

The Chinese University of Hong Kong Jockey Club Institute of Ageing

Annual Report for 2014-2015



香港中文大學
The Chinese University of Hong Kong



香港中文大學
賽馬會老年學研究所
CUHK Jockey Club Institute of Ageing



香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust
同心 同步 同進 RIDING HIGH TOGETHER

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- Unless otherwise stated, the reporting period of this Annual Report ends at 31 July 2015.

(1) About the CUHK Jockey Club Institute of Ageing

Background

The CUHK Jockey Club Institute of Ageing was established in 2014 with the generous donation of HK\$12 million from The Hong Kong Jockey Club Charities Trust, which also covered its operation cost for the first five years.

Prof. Jean Woo has been appointed as the Director of the Institute. The Institute is actively pursuing community outreach initiatives, research projects and training programmes which contribute to overcoming the challenges brought by the ageing population in Hong Kong.

Vision and Mission

Vision

To make Hong Kong an age-friendly city in the world.

Mission

To synergize the research personnel and efforts on ageing across disciplines to promote and implement holistic strategies for active ageing through research, policy advice, community outreach and knowledge transfer.

(2) Organization and Staffing Structure

Steering Committee

Chairperson: **Professor Fanny M.C. Cheung**
Pro-Vice-Chancellor (Research)

Members: **Professor Francis K.L. Chan**
Dean of Medicine (*ex officio*)
Mr. Cheung Leong
Executive Director, Charities and Community,
The Hong Kong Jockey Club (*ex officio*)
Professor Chiu Chi-yue
Dean of Social Science (*ex officio*)
Professor Joseph J.Y. Sung
Vice-Chancellor
Professor Wong Ching-ping
Dean of Engineering (*ex officio*)
Professor Jean Woo
Director, CUHK Jockey Club Institute of Ageing

Secretary: **Mr. Richard Lee**
Functional Manager, CUHK Jockey Club Institute of Ageing

Management Committee

Chairperson: Prof. Jean Woo

Director, CUHK Jockey Club Institute of Ageing
Project Director, CADENZA project
Chairman, Department of Medicine & Therapeutics

Members: Prof. Fung Hoi Lam, Helene

Professor, Department of Psychology

Prof. Timothy Kwok

Director, Jockey Club Centre for Positive Ageing
Director, Jockey Club Centre for Osteoporosis Care and Control
Deputy Director, CUHK Jockey Club Institute of Ageing

Prof. Lee Tze Fan, Diana

Chair Professor, The Nethersole School of Nursing
Deputy Director, CUHK Jockey Club Institute of Ageing

Prof. Liao Wei Hsin

Professor, Department of Mechanical and Automation Engineering

Prof. Edward Ng

Professor, School of Architecture

Prof. Wong Hung

Associate Professor, Department of Social Work

Prof. Yeoh Eng Kiong

Director, Jockey Club School of Public Health and Primary Care

Representative from The Hong Kong Jockey Club

Secretary: Mr. Richard Lee

Functional Manager, CUHK Jockey Club Institute of Ageing

Organization

Director:

Prof. Jean Woo

Deputy Directors:

Prof. Timothy Kwok

Prof. Diana Lee

Constituent Centre:

S.H. Ho Centre for Gerontology and Geriatrics

Collaborative Centres:

Jockey Club Centre for Positive Ageing

Jockey Club CADENZA Hub

Project Staff:

Ms. Miao Ho Yee

Research Assistant

Administrative Staff:

Mr. Richard Lee

Functional Manager

Ms. Shirley Ng

Project Coordinator

(3) Research and Academic Activities

A. Research Activities

Since its establishment, the CUHK Jockey Club Institute of Ageing (IOA) has been pursuing researches along the themes endorsed by the Steering Committee such as gerontology, healthy ageing, living environment on ageing well. The overall theme of IOA is Ageing Well. The research brief is to develop cross disciplinary research, as well as collaboration with other universities. Collaborative/theme based research grant support will be sought, as well as participation in international meetings, multicenter studies, and publication in high ranking journals in relevant fields.

(a) Major research activities

IOA has contributed to bidding a grant from the Health and Medical Research Fund commissioned by Food and Health Bureau entitled “Quality of healthcare for the Ageing – Health system and service models to better cater for an ageing population”, which focuses on developing an integrated service delivery model for the elderly population that includes community care, clinical care, social care, palliative care and end-of-life care.

In addition, IOA has also secured from the Provost to allocate one PhD place for a cross disciplinary project to examine the relationship between environmental factors and ageing well. The PhD candidate is placed under the School of Public Health and Primary Care.

(b) Promotion of research collaboration

In January 2015, IOA has disseminated research findings on the screening for frailty in the community in 2014 conducted jointly with Jockey Club CADENZA Hub which revealed that more than half of the community-dwelling population aged 65 or above are pre-frail and about one in eight are frail. The findings assisted to promote further implementation of programmes on frailty in the community.

Press conference on the research findings of the screening for frailty in the community on 12 January 2015



*(From Left) Dr. Ruby Yu, Research Assistant Professor of Department of Medicine and Therapeutics; Professor Jean Woo, Director of CUHK Jockey Club Institute of Ageing and Chairman of Department of Medicine and Therapeutics
(2nd right) Ms. Jenny Cheng, Service Manager and Nursing Officer of Jockey Club CADENZA Hub*

(c) Research related events

IOA has co-organized and participated in the following conferences to establish networks and identify research opportunities conducted during the reporting period:

Date	Events
30 September 2014	Co-organized the “Technologies and Healthy Ageing Symposium” with the Hong Kong Applied Science and Technology Research Institute
5-6 January 2015	Co-organized the conference “The U.S.-Hong Kong 2015 Conference: Putting Aging Research and Clinical Practice in



	Cultural Context” with the Department of Psychology and the Nethersole School of Nursing of CUHK as well as the Gerontological Society of America
9-10 January 2015	“Building Bioethics Capacity in Hong Kong: Ethical Dimensions of Policy for Ageing and Genetics” conference organized by the CUHK Centre for Bioethics, with Director of IOA as a member of the organizing committee

B. Publications

Auyeung TW, Kwok T, Leung J, Lee JSW, Ohlsson C, Vandenput L, Wing YK, Woo J. Sleep duration and disturbances were associated with testosterone level, muscle mass, and muscle strength- A cross-sectional study in 1274 older men. *J Am Med Dir Assoc.* 2015;16(7):630.e1-6.

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Conference Proceedings & Presentations

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Yu R. Positive psychology and health: a Chinese perspective. Oral presented at the Putting Aging Research and Clinical Practice in Cultural Context US-Hong Kong 2015 Conference (Symposium: Socioeconomic and psychosocial inferences on ageing well); Jan 5 – 6, 2015; Hong Kong.

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Yu R, Poon D, Ng A, Sit K, Lee J, Ma B, Lum CM, Yeung F, Wong M, Hui E, Woo J. Computer-assisted intervention using touch-screen video game technology on cognitive function and behavioural symptoms for community-dwelling older Chinese adults with mild-to-moderate dementia: Preliminary results of a randomized controlled trial. ICT4AgeingWell International Conference on Information and Communication Technologies for Ageing Well and e-Health; 20-22 May 2015; Lisbon, Portugal.

Woo J. A stepped care approach to frailty screening among community dwelling older people aged 65 years and over using the FRAIL score. Oxford International Health Conference; 25-27 June 2015; Oxford, UK. Oral presentation.

Tam HMK, Chu LW, Kwok TCY, Chan F, Lam LCW, Woo J, Lee TMC. Neural plastic effects of cognitive training on aging brain. International Alzheimer's Disease Conference 2015; 27 June 2015; Hong Kong.

C. Research Projects Funded

Prof Jean Woo

Research Fund for the Control of Infectious Disease / Health and Health Services Research Fund 2011*

(Lee TMC, Chan FHW, Chu LW, Kwok T, Lam LCW, Tam H, Woo J)

HKD945,048 (From 1 April 2012 – 31 March 2015)

Effects of an auditory-based cognitive training program on attention and memory of older people at risk of progressive cognitive decline: A randomized controlled trial

National Healthcare Group Clinician Scientist Career Scheme 2012*

(Chong MS, Chan M, Tay L, Lim WS, Woo J, Earnest Arul, Wan Gervais)

SGD300,000 (from 2012)

The influence of physical frailty, sarcopenia and Vitamin D status on disease progression on community-dwelling older persons with mild cognitive impairment and mild-moderate dementia

NHG Clinician Scientist Career Scheme (CSCS)*

(Chong MS, Chan, Tay L, Yap VB, Lim WS, Woo J, Wan G)

SGD297,800 (From 2012 – 2015)

The influence of the frailty phenotype on fast progressors amongst community-dwelling older persons with mild cognitive impairment and mild-moderate dementia

Lee Foundation*

(Chong MS, Tay L, Tan CH, Noor H, Ding YY, Chan M, Lim WS, Wong WC, Tan CH, Woo J, Morley J, Tai BC)

SGD2 million (From 2013 – 2018)

Longitudinal assessment of biomarkers for characterization of early sarcopenia and predicting frailty and functional decline in community-dwelling Asian older adults study (GERI-LABS)

Innovation and Technology Fund

(Qian HH, XU YS, Woo J, Kwok T, Hou KW, Chen YQ, Xu D)

HKD2,693,833 (From 15 July 2014 – 14 July 2016) Project no. GHP/007/13SZ

Intelligent robotic technologies for treatment of dementia in the elderly

Health and Medical Research Fund 2015*

(Yu D, Lee D, Woo J, Choi K, Ng S, Siu P)

HKD818,519.11 (From July 2015)

The effects of an activity-based lifestyle intervention on moderate sleep complaints among older adults: A sequential mixed method study

Health and Medical Research Fund 2015*

(Siu P, Yu D, Woo J, Hui S)

HKD 1,091,700 (From August 2015 – August 2017) Project no. 12131841

Effectiveness of Tai Chi training to alleviate metabolic syndrome in abdominal obese older adults: A randomized controlled trial

Health and Medical Research Fund 2015*

(Lam S, Woo J, Ng S)

HKD 630,444 Project no. 02133096

A randomised controlled trial of bilateral movement-based computer games training to improve motor function of upper limb and quality of life in sub-acute stroke patients

Health and Medical Research Fund 2015*

(Lee J, Woo J, Kwok T, Tang N, Auyeung TW)

HKD 996,108 (From March 2015) Project no. 12133811

Relationship between chronic inflammation and vitamin D level to prevalent and incident frailty in older adults

Social Science Collaborative Research Fund 2014-15*

(Chan A, Sze S, Woo J, Kwok T, Yu R)

HKD200,000 (From May 2015 – April 2016)

A Lifestyle Intervention Program Improves Memory of Older Adults

(* Co-investigator)

Prof Timothy Kwok

Research Grant Council – General Research Fund

HKD890,000 (1/1/2013 – 31/12/2015)

The use of B vitamins to prevent cognitive decline in older mild cognitive impairment patients with elevated plasma homocysteine - A randomized placebo controlled trial

Health and Medical Research Fund (HMRF)

HK\$843,360 (1/1/2013 – 31/12/2015)

A randomized trial of chronic disease self management and cognitive training programme to improve diabetic control in older cognitive impaired outpatients

Health and Medical Research Fund (HMRF)

HKD 638,000 (1/5/2015 – 30/4/2016)

Sulfur Amino Acids as Risk Factors for Obesity and Related Morbidities

Innovation and Technology Support Programme

HKD 1,199,990 (1/8/2014 – 31/7/2016)

Herbal Tonic to Improve Dementia

D. Academic Visits

Prof Jean Woo

- Ageing well: insights from longitudinal studies from Hong Kong. 2014 Global Health Forum in Taiwan
Taipei on 30 November – 2 December 2014
- 銀髮族的力量與價值 (The Strength and Worth of Seniors). Symposium on Intergenerational Service in Hong Kong – Social Innovation: Intergenerational Perspective
Hong Kong on 12 December 2014
- Self-rated health: impact of ethnic and cultural influences. Putting Aging Research and Clinical Practice in Cultural Context
Hong Kong on 5-6 January 2015

Prof Timothy Kwok

- WHO Ministerial Conference on Global Action Against Dementia
Geneva on 16 and 17 March 2015

- The First Lingnan Symposium on Ageing Industry
Guangzhou on 25 April 2015



(4) Community Outreach and Publicity Events

A. Smart Elderly Television Programme series

To promote positive ageing and raise the awareness of the general public on various ageing-related issues, IOA has sponsored Radio Television Hong Kong (RTHK) to produce a ten-episode series TV programme entitled “Smart Elderly” for broadcasting on TVB Jade and RTHK Channel 31. The first episode was broadcasted on TVB Jade on 30 June 2015.



Announcement on the series on 24 June 2015



(From left) Prof. Timothy Kwok, Deputy Director of CUHK Jockey Club Institute of Ageing; Mr. Orlando To; Ms. Chan Man-kuen, Assistant Director of Broadcasting; Ms. Imelda Chan, Executive Manager, Charities, The Hong Kong Jockey Club; Ms. Nina Paw; and Mr. Leung Tin.

B. AgeWatch Index

The Global AgeWatch Index is a multi-dimensional index assessing the social and economic wellbeing of elderly populations in over 90 countries, representing 91% of people aged 60 and above in the world. The Index is composed of 13 indicators which can be categorized into four key domains – income security, health status, capability and enabling environment of older people. For the first time the Index enables international comparisons of the quality of life of older people. It also provides a means by which to measure progress in policy responses to ageing.

With funding support from The Hong Kong Jockey Club Charities Trust, the Institute has ranked Hong Kong among 97 countries and regions in the world in the Global AgeWatch Index, which highlights the importance of assessing the wellbeing of our elderly population from a comprehensive and holistic approach. Based on the methods used to calculate the Global AgeWatch Index, the Institute revealed that Hong Kong ranked 24th among 97 countries and regions in 2014.

The press conference has received coverage of over 20 media organizations, with the following post-conference interviews:

Programme	Speaker	Broadcast date
RTHK English News ‘Hong Kong Today’	Prof Jean Woo	17 July 2015
香港電台第五台《香江暖流》「暖流採訪隊」電話錄音訪問	Prof Jean Woo	14 August 2015
NOW TV’s 杏林在線	Prof Wong Hung	24 August 2015

Press Conference on “AgeWatch Index” on 16 July 2015



(From Left) Prof. WONG Hung, Management Committee Member of the Institute, Mr. Leong CHEUNG, Executive Director, Charities and Community, The Hong Kong Jockey Club (middle); and Prof. Jean WOO, Director, CUHK Jockey Club Institute of Ageing (right)

C. Jockey Club Age-friendly City Project

The Institute has commenced the project which is led by the Hong Kong Jockey Club Charities Trust together with the Sau Po Centre on Ageing of The University of Hong Kong, Institute of Active Ageing of The Hong Kong Polytechnic University and Asia-Pacific Institute of Ageing Studies of Lingnan University and other stakeholders including Government departments. The project aims to cover 18 districts and will be implemented in phases.

The Institute has been conducting questionnaires and focus groups in different age groups (including elders) in Sha Tin and Tai Po districts based on the framework set out by the World Health Organization. Besides, the Institute will establish a

network of older people in Sha Tin and Tai Po districts which serves as a platform of views collation and expression to contribute Hong Kong as an Age-friendly City.

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D. Launch Conference

The Institute is organizing its Launch Conference which will be held on 8 October 2015. With the theme of "Creating Age-Friendly Communities", the conference will bring together prominent scholars around the world as well as renowned not-for-profit organizations to participate and share their vision to building age-friendly communities. Speakers will include distinguished scholars from China, Hong Kong, Japan, Singapore and the United States. Topics covered in the conference include Redesigning Communities for Aged Society, the Age-Friendly City movement led by The Hong Kong Jockey Club Charities Trust, Frailty and Geriatric Syndromes as well as Age-friendly Hospital and Service.

Apart from seminars and symposiums, booths will also be set up to showcase the latest researches and developments in the above areas.



(5) Training

A. ACCESS Health International

On 15 September 2014, the Institute formed partnership with ACCESS Health International. The collaboration will bring together leading experts from a range of disciplines to work toward the shared goal of improving elderly and long term care in mainland China and Hong Kong.

The Institute and ACCESS Health International will share experts, conduct joint research, and organize training opportunities. Together, the two organizations will help policymakers, care providers, investors, and other groups to develop effective, efficient, and comprehensive solutions that meet the needs of the rapidly growing market for elderly and long term care.

B. “Prosperous Life, Healthy Campus” Series of Seminars - Anti-Ageing, ways to stay young and healthy

The Institute joined the Jockey Club CADENZA Hub and Personnel Office to deliver the talk to CUHK staff on 13 July 2015.



(6) General Administration

A. Website and Facebook of the Institute

The Institute launched its website and Facebook on 16 February 2015.

B. Office Renovation and Signage

Installation of signage at G/F and 9/F of the Yasumoto International Academic Park of CUHK, as well as window film signage to the meeting room of the Institute were completed in February 2015.

C. Steering Committee of the Institute

The first Steering Committee meeting was held at the Vice-Chancellor's conference room of the University Administration Building of CUHK on 25 March 2015.

D. Security Controls Measures

Data encryption program was installed to all computers in the IOA office to enhance security of information kept by IOA.