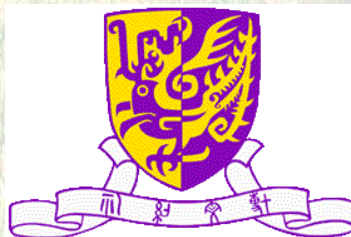


SH Ho Centre for Gerontology & Geriatrics

Faculty of Medicine

The Chinese University of Hong Kong

Annual Report for 2017 - 2018



Content

- ❖ **SH Ho Fellowship**
- ❖ **Conference**
- ❖ **Activities**
- ❖ **Publications**
- ❖ **Invited conference speaker**
- ❖ **Other conference presentations**
- ❖ **Interaction with media**
- ❖ **Press conference**

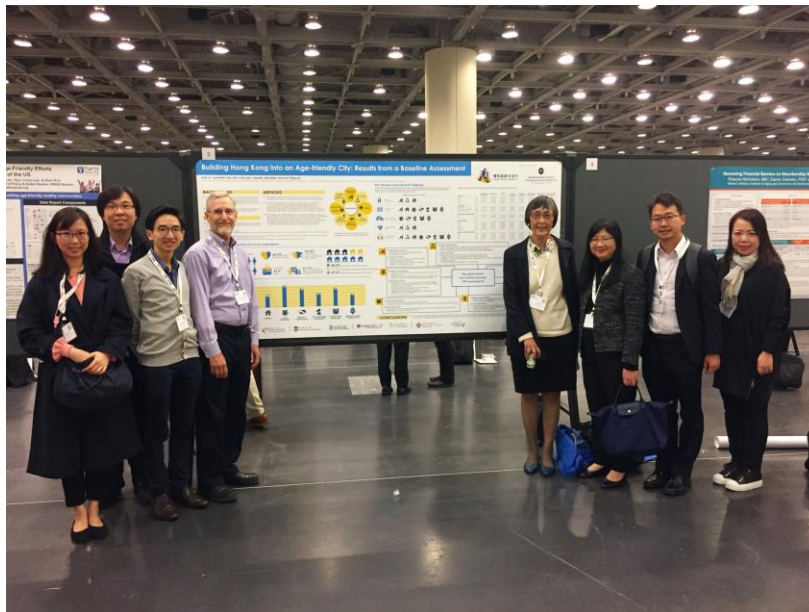
S H Ho Fellowship

The centre has partly supported Dr Jacqueline Yuen as Clinical Lecturer from 2017-2018 in the Department of Medicine & Therapeutics, CUHK for teaching in Geriatric Medicine.

Conference

- **The 21st IAGG World Congress of Gerontology and Geriatrics, San Francisco, 23-27 July 2017**

Prof Jean Woo was one of the keynote speakers of this international conference. With approximately 2,500 different organizations represented from more than 75 countries, this conference reminds us that there is nothing more powerful than when our community comes together in an open dialogue to reflect on the progress and further initiatives to advance healthy aging.



- **3rd Asian Conference for Frailty and Sarcopenia, Korea (27-28 October 2017)**

Prof Jean Woo was one of the invited speakers of the conference. The conference was hosted by Korean Geriatrics Society (KGS) and around 300 experts from Asia and beyond attended.



- CUHK Jockey Club Institute of Ageing Conference on 'Promoting Intrinsic Capacity in Ageing' (4 December 2017)

The conference aimed of enabling experience sharing and discussion on various aspects of 'Promoting Intrinsic Capacity in Ageing'. The conference was well attended by over 300 prominent scholars from around the world as well as representatives from renowned non-profit organizations.



- **Golden Age Expo & Summit 2018 (26 - 28 January 2018)
cum ACAP Conference on Active Ageing in Hong Kong (26 January, 2018)**

“We Engage. We Create. We Share”, theme of “Golden Age Expo & Summit 2018”. Loads of quality products, technologies and services showcased as to empower the Golden Agers (people at 45 and over) to have a purposeful, healthy and quality life. There are a variety of exhibits: technology, smart home products, health supplements, walking aids, home care products, rehab aids, courses offered, financial planning, life-style products, end-of-life services and social services.

Over 80 renowned speakers from Hong Kong and overseas in more than 20 sessions in the summit. There are both in-depths and innovative talks and discussions on medical, technology, housing, homecare and finance. Celebrities shared their own experiences with the audience, along with health tests, interactive activities and performances.

Prof Jean Woo, one of the speakers in the symposium – Age Friendly City and Community Care.



- **The 4th Asia-Pacific Bone and Mineral Research Meeting, Hong Kong (11-13 May 2018)**

The conference focus on Osteoporotic Fracture Prevention & Treatment. Prof Jean Woo has chaired one of the symposium – Community Fall Prevention.



Activities

- Public event on End-of-Life Care education (12 August 2017)

Dr. Jacqueline Yuen (Clinical Lecturer of Department of Medicine and Therapeutics in CUHK) gave a talk to 220 participants on knowledge of End of Life Care and communication skills with healthcare professionals. Over 200 participants joined the five interactive workshops (Micro Movie and Talk on Advance Care Planning, EOL care planning handbook making, and Horticulture with Life and Death education).



- **Public Forum – Age-friendly Community Support and Health Services (10 November 2017)**

Over 500 participants from government, academia, professional bodies, elderly groups, social and medical sectors and the general public took part in the public forum and visited the exhibition booths set up along with the forum.

At the forum, Professor Jean Woo shared the findings on community support and health services according to the baseline assessment studies conducted in eight pilot districts.



Publications

Prof Jean Woo

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2. Threapleton DE, Chung RY, Wong SYS, Wong E, Chau P, Woo J, Chung VCH, Yeoh EK. Integrated care for older populations and its implementation facilitators and barriers: A rapid scoping review. *International Journal for Quality in Health Care* 2017; 29(3): 327-334.
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Prof Timothy Kwok

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Prof Ruby Yu

1. Wong D, Lau K, **Yu R**, Wong S, Kwok T, Woo J. BMJ open Neighboring Green Space and Mortality in community-dwelling elderly Hong Kong Chinese: A Cohort Study. *BMJ Open* 2017;7(7):e015794.
2. Ho SC, Liang ZZ, **Yu RH**, Sham A. Association of life events and depressive symptoms among early postmenopausal Chinese women in Hong Kong. *Menopause - The Journal of The North American Menopause Society* 2017;24(2):180-186. doi: 10.1097/GME.0000000000000734
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4. Yu R, Ong S, Cheung O, Leung J, Woo J. Reference values of grip strength, prevalence of low grip strength, and factors affecting grip strength values in Chinese adults. *JAMDA* 2017; 18: 551.e9-551.e16.

Invited conference speaker

Prof Jean Woo

1. Woo J. Biopsychosocial and cultural factors influencing diet and nutrition: impact on age-related diseases. The 21st IAGG World Congress of Gerontology and Geriatrics, San Francisco, 23-27 July 2017. Keynote speaker.
2. Woo J. Ageing in Hong Kong. Hong Kong International Dental Expo and Symposium 2017, Hong Kong, 4-6 August 2017. Invited speaker.
3. Woo J. Sarcopenia obesity re-visited: insights from the Mr. and Ms. Os cohort. 3rd Asian Conference for Frailty and Sarcopenia, Korea, 27-28 October 2017. Keynote speaker.
4. Woo J. Mr. Os and Ms. Os study. 3rd Asian Conference for Frailty and Sarcopenia, Korea, 27-28 October 2017. Invited speaker.
5. Woo J. How to study frailty and sarcopenia in community. 3rd Asian Conference for Frailty and Sarcopenia, Korea, 27-28 October 2017. Invited speaker.
6. Woo J. Validating SARC-F. 10th International Conference on Cachexia, Sarcopenia & Muscle Wasting, Rome, Italy, 8-10 December 2017. Invited speaker.
7. Woo J. Jockey Club Age-friendly City Project. ACAP Conference on Active Ageing, Hong Kong, 26 January 2018. Invited speaker.

Other conference presentations

Prof Jean Woo

1. Woo J, Chan R, Leung J, Shikany J. Dietary patterns and atherosclerosis in community-dwelling older men in Hong Kong and the U.S.. The 21st IAGG World Congress of Gerontology and Geriatrics, San Francisco, 23-27 July 2017. Poster presentation.
2. Auyeung T, Lee J, Leung J, Tang N, Yu R, Kwok T, Woo J. Paradoxical adverse association between high vitamin D level and muscle strength. The 21st IAGG World Congress of Gerontology and Geriatrics, San Francisco, 23-27 July 2017. Poster presentation.
3. Wang D, Lau K, Yu R, Wong S, Kwok T, Woo J. Neighboring green space and transitions between frailty states among Chinese elderly in Hong Kong. The 21st IAGG World Congress of Gerontology and Geriatrics, San Francisco, 23-27 July 2017. Poster presentation.
4. Chau A, Fang Y, Wong A, Yu R, Woo J. Social connections mediate the association between frailty and meaning in life for older people. The 21st IAGG World Congress of Gerontology and Geriatrics, San Francisco, 23-27 July 2017. Poster presentation.
5. Ho SC, Woo J, Sham A. Change of functional status and quality of life in community living Chinese elderly with fractures. The 21st IAGG World Congress of Gerontology and Geriatrics, San Francisco, 23-27 July 2017. Paper presentation.
6. Chan H, Lee D, Yi H, Woo J. How to improve our palliative care services? Voices of different stakeholders. 12th Asia Pacific Hospice Conference 2017, Singapore, 26-29 July 2017. Poster presentation.
7. Yang PX, Lupón J, Vidán MT, Ferguson C, Gastelurrutia P, Newton PJ, Bueno H, Bayés-Genís A, Woo J, Fung E. Risks of mortality and hospitalisation in patients with frailty and chronic heart failure: a systematic review and meta-analysis. European Society of Cardiology Congress, Barcelona, Spain, 26-30 August 2017. Poster presentation.
8. Moliner P, Gastelurrutia P, Lupon J, Yang X, De Antonio M, Domingo M, Altimir S, Gonzalez B, Rodriguez M, Rivas C, Fung E, Zamora E, Santesmases J, Woo J, Bayes-Genis A. Frailty, co-morbidities and survival in heart failure patients with mid-range ejection fraction. European Society of Cardiology Congress, Barcelona, Spain, 26-30 August 2017. Poster presentation.
9. Fang Y, Chau AKC, Wong A, Fung HH, Woo J. Information and communicative technology use enhances psychological well-being of older adults: the when and the how. 8th Association of Pacific Rim Universities Population Ageing Conference, Ageing and Resilience in the 21st Century, Singapore, 11-13 October 2017.

10. Siu P, Yu A, Yu D, Hui S, and Woo J. Effects of Tai Chi exercise on cardiometabolic health and muscle content. 3rd Asian Conference for Frailty and Sarcopenia, Korea, 27-28 October 2017.
11. Zhu LY, Chan R, Leung J, Kwok T, Woo J. Profile of Serum amino acids among community dwelling older adults from Hong Kong MrOs and MsOs cohort study: Special reference to sarcopenia. 10th International Conference on Cachexia, Sarcopenia & Muscle Wasting, Rome, Italy, 8-10 December 2017. Poster presentation.
12. Siu PM, Yu AP, Yu DS, Hui SS, Woo J. Effectiveness of Tai Chi training to alleviate metabolic syndrome in abdominal obese older adults: a randomised controlled trial. The Lancet-Chinese Academy of Medical Sciences Health Summit, Beijing, China, 11 December 2017. Oral presentation.
13. Lam SSL, Ng SSM, Lai CWK, Woo J. Effectiveness of bilateral movement-based computer training program to improve the motor function of upper limb in sub-acute stroke patients - a randomized controlled trial. Hospital Authority Convention 2018, Hong Kong, 7-8 May 2018. Speed presentation and poster display.
14. Chau AKC, Wong A, Fang Y, Woo J. Demographic, health, social and environmental correlates of loneliness in Hong Kong older adults. U.S.-Hong Kong 2018 Conference "Aging across Time and Contexts", Hong Kong, 19-20 May 2018. Oral presentation.
15. Woo J. Perspective from country with ageing population – China. Worldwide Universities Network - Expert Technical Meeting on Promoting Adaptability across the Life course, Perth, Australia, 21-22 May 2018. Oral presentation.
16. Leung AWY, Chan RSM, Sea MMM, Woo J. How did completers of lifestyle modification program perceive their adherence before and after program? Findings from a qualitative study. International Society of Behavioral Nutrition and Physical Activity 2018 Annual Meeting, Hong Kong, 3-6 June 2018. Poster presentation.
17. Woo J. Application of technology in meeting unmet needs of older people living in the community. Innovation in Medicine 2018, London, United Kingdom, 25-26 June 2018. E-poster Presentation.

Prof Ruby Yu

1. Yu R. Healthy aging: Interactions between personal and environmental factors. The WUN workshop “Promoting adaptability across the life course” 21-22 May 2018. Perth, Western Australia
2. Yu R. Older people are living longer than before, but are they living healthier? Conference on “Promoting intrinsic capacity in ageing” 4 Dec, 2017. Shatin, Hong Kong
3. Yu R, Osbert Cheung, Jean Woo. Neighborhood cohesion, health behaviors and well-being in older Chinese people. The 50th AAG Conference ‘Ageing: The Golden Opportunity’ 8-10 November 2017 (CROWN PERTH, WESTERN AUSTRALIA)
4. Yu R, Woo J, Lum T, Lou V, Ma C, Kwan M, Au A, Lai D. Building Hong Kong into an age-friendly city: Results from a baseline assessment. *Innovation in Aging*, 2017, Vol. 1, No. S1: 1086. The 21st IAGG World Congress of Gerontology & Geriatrics “Global Aging and Health: Bridging Science, Policy, and Practice”, Jul 23-27, 2017, San Francisco, California, USA

Interaction with media

- Nippon Television Network Corporation interviewed Prof Jean Woo for producing a Japanese TV programme on "Walking Through Modern History". Topic: "Why Hong Kong has the longest life expectancy" on 14 May 2018.
- Topic: "Impact of high-density built environments on depression in older people" at Sanity and Urbanity Blog on 10 November 2017.
<https://www.urbandesignmentalhealth.com/blog/impact-of-high-density-built-environments-on-depression-in-older-people>

Press conference

- **Jockey Club Age-friendly City Project - Press Conference on "Elderly Employment" (11/7/2017)**

The press conference on "Elderly Employment" of the Jockey Club Age-friendly City Project was held on 11 July 2017 at Yasumoto International Academic Park, The Chinese University of Hong Kong.

