



**The Chinese University of Hong Kong**

**School of Public Health**

**Centre for Nutritional Studies**

**Report ( 1997 – 2007 )**

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**Centre for Nutritional Studies**  
**School of Public Health**  
**The Chinese University of Hong Kong**

The Centre for Nutritional Studies was formed in April 1997, from members of the Faculty of Science (Biochemistry, Biology) and Faculty of Medicine (Chemical Pathology, Clinical Oncology, Community & Family Medicine, Medicine & Therapeutics, Paediatrics and Surgery).

The Centre was inaugurated in September 1997, on the same occasion as the receiving of the competitive international Bristol Myers Squibb/Mead Johnson Unrestricted Nutrition Grant Programme, consisting of USD500,000 over 5 years. Previous and current award holders include well established Institutes or Departments of Nutrition such as the Johns Hopkins and Cambridge Universities. The first Annual Scientific Symposium was also held. The principal investigator of the award participates in the external nutrition selection committee that selects the recipient of the annual award for Distinguished Achievements in Nutrition.

**Mission**

- To conduct research in nutrition, particularly in areas of concern in this region, covering the role of nutrition in the prevention of diseases, and nutritional aspects of acute and chronic diseases
- To promote awareness of the importance nutrition among health care workers and the public
- To interact with similar organizations in other countries, particularly the Asian Pacific
- To apply the scientific founding to daily life of the public (e.g. weight management and nutritional advice to prevent chronic diseases)

**Objectives**

- To conduct research in nutrition, particularly in areas of concern in this region, covering the role of nutrition in the prevention of diseases, and nutritional aspects of acute and chronic diseases.
- To promote awareness of the importance of nutrition among health care workers and the public.
- To interact with similar organizations in other countries, particularly the Asian Pacific Region.
- To apply the scientific founding to daily life of the public (e.g. weight management and nutritional advice to prevent chronic diseases).

## Structure

Department of Biochemistry	Prof. Zhen Yu Chen Prof. Georgia S Guldan Prof. David SC Tsang
Department of Biology	Prof. Peter CK Cheung
Department of Chemical Pathology	Prof. Chris WK Lam Prof. Nelson LS Tang
Department of Clinical Oncology	Prof. Philip J Johnson
Department of Community and Family Medicine	Prof. Suzanne C Ho
Department of Medicine & Therapeutics	Prof. J Woo (Director) Prof. KS Woo Prof. Clive S Cockram
Department of Paediatrics	Prof. Tai Fai Fok Prof. Rita SY Sung
Department of Surgery	Prof. Eric SY Chan
Private Practice (Paediatrics)	Dr. Sophie SF Leung

Apart from research activities, members of the group also provide undergraduate and postgraduate programmes in nutrition for Science and Medical students. The clinical service scope include a 1,400 bed acute teaching hospital, 700 bed nonacute hospital, and residential care homes in the catchment area.

## Projects completed or in progress

1. Nutritional status of patients undergoing chronic ambulatory peritoneal dialysis (CAPD).
2. Energy requirements of activities of daily living.
3. Obesity: effect of Orlistat and lifestyle modification.
4. Nutritional status of patients with NPC before, during and after treatment.
5. Longitudinal study of nutritional status of patients with Alzheimer's disease and factors affecting energy balance and body composition.
6. Effect of age on body composition: comparison of 4 methods.
7. Effect of age and disease on taste perception.
8. Prevalence and risk factors for sarcopenia in Chinese subjects.
9. Calcium balance studies to determine calcium requirements in Chinese women.

10. A comparison of Pueraria Lobata and hormone replacement therapy on various health aspects of postmenopausal women.
11. Determining the phytoestrogen content of common foods and traditional Chinese Herbal products.
12. Study of the effect of phytoestrogens on bone mineral density and calcium absorption.
13. Studies on milk supplementation and bone mineral density in various age groups.
14. A population-based cohort study of phytoestrogens intake and bone loss in Chinese early postmenopausal women.
15. A double-blind randomized controlled study on the effects of soy isoflavones with and without calcium fortification on bone mass and serum lipids in early postmenopausal women.
16. Habitual physical activity, health fitness and behaviour among middle-age population in Hong Kong.
17. Nutrition & physical activity as possible factors affecting bone mineral status in adolescent idiopathic scoliosis (AIS) – cross-sectional & case-control studies.
18. Quality of life measurements in Chinese women with urinary incontinence: a validation & clinical application study.
19. A population-based study of phytoestrogens intake and bone loss in Chinese peri-menopausal women.
20. A study of the prevalence of subclinical atherosclerosis and the associated risk factors in Chinese postmenopausal women.
21. A study of informal caregivers and association of caregiving status with health and quality of life.
22. Development of food frequency questionnaire and database for assessing soy isoflavones intake in the Chinese population.
23. Effects of phytoestrogens on calcium metabolism in Chinese postmenopausal women.
24. Peer counselling to promote exclusive breastfeeding.
25. A Human Dioxin levels in Hong Kong – a pilot study.
26. Childhood obesity assessment and intervention study.
27. PCBs in breast milk: a pilot study.
28. Calcium and Iron nutritional status of lactating Hong Kong mothers.
29. Nutritional status of CAPD patients: follow-up study ongoing.
30. Energy requirements of ADL: effect of age and conservation techniques completed, and manuscript drafted.
31. Effect of Orlistat and lifestyle modification: study completed and 3 manuscripts have been published/accepted; others being drafted.
32. Nutritional status of patients with NPC before and after treatment: completed and manuscript accepted.
33. Effect of age and disease on taste perception. Completed and manuscript published..
34. Prevalence of and risk factors for sarcopenia: completed and paper published.
35. Calcium balance studies in Chinese women. Completed and 4 papers published.
36. RCT of isoflavones and cognitive function started.
37. Nutritional status of CAPD patients: follow up study completed; data being analyzed and various manuscripts have been published or are in preparation
38. RCT of isoflavones and cognitive function completed. Manuscript in press.

39. Body composition studies, completed. Data analysis in progress.
40. Population survey of lipid profile and glucose tolerance commissioned by the Department of Health, completed.
41. Territory-wide survey on diet composition and food consumption pattern of HK people commissioned by the Food and Environmental Hygiene Department ( G Guldan)
42. Cardiorespiratory fitness normal reference range, completed. Manuscript under review.
43. Validation of the Epic physical activity questionnaire by using basal metabolic rate measurement, in progress
44. The efficacy of dietary intervention in preventing Alzheimer's disease, in progress.
45. The efficacy of lifestyle modification programme. Data analysis in progress.
46. Food composition analysis of Hong Kong local foods, in progress.
47. RCT of the effect of 2 year milk supplement on bone mineral density in HK and Beijing Chinese women aged 20-35 years completed. Manuscript under review.
48. Examination of the relationship between nutrition and atherosclerosis (measured by ankle brachial index), and between Nutrition and psychological health in the Os cohort of 2000 men and 2000 women completed, and data published.
49. Examination of the effect of dietary pattern on the development of overweight and obesity over a 5-8 year period in HK Chinese adults, manuscript under review
50. Examination of the effect of body fat on functional limitation in the Os cohorts: manuscript under review.
51. A Phase IIa randomized, placebo-controlled clinical trial to study the efficacy and safety of MK-0773 in patients with sarcopenia. In progress.
52. The investigation of parental attitude / belief, knowledge and practice on infant and young child feeding. Study proposal under review by HHSRF.
53. Low glycemic index dietary intervention program in nonalcoholic fatty liver disease – A randomized controlled trial. Study proposal under review by HHSRF
54. Prevalence of nonalcoholic fatty liver disease and advanced liver fibrosis in Hong Kong – A cross-sectional population study using magnetic resonance spectroscopy and transient elastography. Study proposal under review by HHSRF.
55. Food labeling and self management in primary care patients with diabetes mellitus and hypertension. Study proposal under review by HCPF.
56. A Randomized Controlled Trial to Investigate the Mechanisms of Low Glycemic Index (GI) Diet on Changes of Body Mass Index, Body Composition, Insulin Secretion, Insulin Resistance and Associated Metabolic and Neurohormonal Factors in Chinese Adolescents. Study proposal under review by RGC.
57. Dietary and genetic risk factors of prostate cancer in Hong Kong Chinese men. Study proposal under review by RGC.
58. A Case-Control Study to Examine the Association between Food Groups and Prostate Cancer Risk in Hong Kong Chinese men. Study proposal under review by World Cancer Research Fund
59. Lifestyle and bone health in young adult Chinese women living in Hong Kong and Beijing. Manuscript revision in progress.
60. Estimates of dietary exposure and sources of artificial food colourings in Hong Kong children. Study proposal under review by RGC.

61. Comparison of food colouring levels in snack foods. Study in progress with collaboration with Hong Kong Polytechnic University.
62. Food additives & behaviour in 8/9 year old children in Hong Kong: A Randomised, Double blinded, placebo controlled trial. (DBPCT). Study proposal under review by RGC.
63. Dietary intake and snack consumption of 8-10 year old children in Hong Kong. Manuscript under review.
64. The effect of exercise in weight management program
65. Glycaemic index and glycaemic load values of different foods and on weight management meals available in Hong Kong
66. Glycaemic index and glycaemic load values of Chinese foods. Manuscript under review
67. Dietary differences in Da Chang and Wu Shan regions in China. Data analysis in progress.
68. Client-centred approach of a weight management program: a qualitative study. Data analysis in progress.
69. Mr and Ms Os database. Data analysis in progress and various manuscripts will be prepared.

### ***Research grants and donations***

- |         |  |
|---------|--|
| 2008-11 | SK Yee Medical Foundation<br>HKD1,132,730<br>Healthy ageing through empowerment  |
| 2007-10 | RGC Earmarked Grant<br>HKD932,500<br>Why does dietary oxidized cholesterol elevate blood cholesterol level more effectively than non-oxidized cholesterol? |
| 2007-8  | MSD<br>HKD 113,974.5<br>A Phase IIa randomized, placebo-controlled clinical trial to study the efficacy and safety of MK-0773 in patients with sarcopenia  |
| 2006-8  | CUHK Direct Grant<br>HKD35,022<br>Regional Distribution of DHA and AA in brain of omega-3 deficient rats.  |
| 2006-8  | Jockey Club Charities-CE Community Project List 2006<br>HKD17,700,000<br>To set up food Composition database for nutrition labelling. The Hong Kong.       |

- 2006-7 Oriental Daily News Charitable Fund  
HKD 250,000  
Hong Kong Food Exchange Book
- 2006-7 Miss Liu Choi Yee  
HKD 150, 000  
Nutritional researches and activities
- 2005-8 RGC Earmarked Grant  
HKD568,957  
Effect of linoleic acid (LA), conjugated linoleic acid (CLA),  
alpha-linolenic acid (LN) and conjugated linolenic acid (CLN)  
on blood cholesterol: A mechanism study.
- 2005-7 RGC Earmarked Grant  
HK\$787,775.00  
A single-centre double blind randomized control trial comparing the efficacy  
and safety of isoflavone (soylife) versus placebo in patients with watchful  
waiting benign prostate hyperplasia.
- 2004-6 CUHK Direct Grant  
HKD100,000  
Effect of egg consumption on blood cholesterol levels in SD rats and hamster
- 2003-8 World Cancer Research Fund International  
£149,772  
Adolescent and adult soy intake and breast cancer risk in Chinese  
premenopausal women
- 2003-6 Research Grant Committee Earmarked Grant  
HK\$624,000  
Effect of soy isoflavones supplementation on cognitive function in Chinese  
postmenopausal women: a double-blind randomized controlled trail
- 2004-6 Research Grant Committee Earmarked Grant  
HK\$1,200,000  
Effects of phytoestrogens on calcium metabolism in Chinese postmenopausal  
women
- 2004-6 Food and Environmental Hygiene Department  
HK\$3,200,000  
Population-based food consumption survey of the people of Hong Kong
- 2006 Research Grants Council 2006  
HKD 854,780

Effects of soy protein or isoflavones on glycaemic control, insulin resistance, and cardiovascular risks- A six month randomized, double-blind, placebo-controlled trial in pre- and post menopausal women.

- 2006-09 RGC Earmarked Grant  
HK\$932,500  
Why does dietary oxidized Cholesterol elevate blood cholesterol level more effectively than non-oxidized cholesterol?
- 2005-08 RGC Earmarked Grant  
HK\$568,957  
Effect of linoleic acid (LA), conjugated linoleic acid (CLA), alpha-linolenic acid (LN) and conjugated linolenic acid (CLN) on blood cholesterol: A mechanism study.
- 2006-08 CUHK Direct Grant  
HK\$35,022  
Regional Distribution of DHA and AA in brain of omega-3 deficient rats.
- 2004-06 CUHK Direct Grant  
HK\$100,000  
Effect of egg consumption on blood cholesterol levels in SD rats and hamster
- 2005-7 RGC Earmarked Grant  
HK\$787,775.00  
A single-centre double blind randomized control trial comparing the efficacy and safety of isoflavone (soylife) versus placebo in patients with watchful waiting benign prostate hyperplasia.
- 2003-8 World Cancer Research Fund International  
£149,772  
Adolescent and adult soy intake and breast cancer risk in Chinese premenopausal women
- 2003-7 Research Grant Committee Earmarked Grant  
HK\$624,000  
Effect of soy isoflavones supplementation on cognitive function in Chinese postmenopausal women: a double-blind randomized controlled trail
- 2004-7 Research Grant Committee Earmarked Grant  
HK\$1,200,000  
Effects of phytoestrogens on calcium metabolism in Chinese postmenopausal women
- 2004-6 Food and Environmental Hygiene Department  
HK\$3,200,000  
Population-based food consumption survey of the people of Hong Kong

- 2006 Research Grants Council 2006  
HKD 854,780  
Effects of soy protein or isoflavones on glysemic control, insulin resistance, and cardiovascular risks- A six month randomized, double-blind, placebo-controlled trial in pre- and post menopausal women.
- 2006-10 RGC Earmarked Grant  
HK\$932,500  
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- 2005-08 RGC Earmarked Grant  
HK\$568,957  
Effect of linoleic acid (LA), conjugated linoleic acid (CLA), alpha-linolenic acid (LN) and conjugated linolenic acid (CLN) on blood cholesterol: A mechanism study.
- 2006-09 CUHK Direct Grant  
HK\$35,022  
Regional Distribution of DHA and AA in brain of omega-3 deficient rats.
- 2004-06 CUHK Direct Grant  
HK\$100,000  
Effect of egg consumption on blood cholesterol levels in SD rats and hamster
- 2004 Department of Health (SC Ho, J Woo)  
HKD 872,801  
Provision of Population Health Survey – second module on cardiovascular disease and risk factor.
- 2004 Health and Health services Research ( Hui SSS, Woo J, Kwok TCY)  
HKD 811,790  
Evaluation of energy expenditure and cardiovascular health effects from Tai Chi and walking exercise
- 2005-7 RGC Earmarked Grant  
HK\$787,775.00  
A single-centre double blind randomized control trial comparing the efficacy and safety of isoflavone (soylife) versus placebo in patients with watchful waiting benign prostate hyperplasia.
- 2003-8 World Cancer Research Fund International  
£149,772  
Adolescent and adult soy intake and breast cancer risk in Chinese premenopausal women –

- 2003-8      Research Grant Committee Earmarked Grant  
HK\$624,000  
Effect of soy isoflavones supplementation on cognitive function in Chinese postmenopausal women: a double-blind randomized controlled trail
- 2004-8      Research Grant Committee Earmarked Grant  
HK\$1,200,000  
Effects of phytoestrogens on calcium metabolism in Chinese postmenopausal women
- 2004-6      Food and Environmental Hygiene Department  
HK\$3,200,000  
Population-based food consumption survey of the people of Hong Kong

Research Grants Council, Hong Kong Government, 2000-2003  
HKD763,200

Hypolipidemic and antioxidant activity of theaflavins and thearubigins from oolong and black tea.

Research Grant Committee Earmarked Grant, 2000-2003  
HKD1,200,000

Effects of phytoestrogens on calcium metabolism in Chinese postmenopausal women.

Strategic Research Programme, CUHK, 2000-2004  
HKD500,000

The role of phytoestrogens on women's health. The Chinese University of Hong Kong (SRP 9903).

Research Grant Committee Earmarked Grant, 2001-2003  
HKD765,000

Development of food frequency questionnaire and database for assessing soy isoflavones intake in the Chinese population

Direct Grant, 2002  
HKD80,000

A Novel homocysteine-lowering strategy for atherosclerosis prevention in China: diet, hyperhomocysteinaemia, and atherosclerosis.

Pfizer Corporation 2002.  
HKD5,600,000

Pearl Postmenopausal evaluation and risk reduction with Lasofoxifene

Eisai 2002-2003  
HKD189,405

The role of methylcobalamin in early dementia patients with vitamin B12 deficiency and hyperhomocysteinaemia

Direct Grant, 2002-2003

HKD80,000

A study of the prevalence of subclinical atherosclerosis and the associated risk factors in Chinese postmenopausal women.

Direct Grant, 2002-2003

HKD 80,000

Dietary fiber from mushroom: An evaluation of their biochemical, physico-chemical, nutritional, toxicological, sensory properties

Direct Grant, 2002-2003

HKD80,000

Antioxidant and vasorelaxative properties of catechin epimers

Research Grant Council Earmarked Grant, 2002-2004

HKD1,036,000

A mechanistic study of the immunopotentiating and antitumor effects of native and chemically modified nonstarch polysaccharides [(1 $\rightarrow$ )-b-D-glucans] from mushroom sclerotia.

Health Care Promotion Fund, 2002-2004

HK\$ 703,116

A study of informal caregivers and association of caregiving status with health and quality of life.

RGC Earmarked Grant, 2002-2004

HKD 876,000

In vitro and in vivo anticancer studies of novel polyunsaturated fatty acids (DHA, EPA) purified and characterized from several enriched microalgae

New Zealand Dairy Board, 2002

HKD 3,943,753

A randomized controlled trial of the effect of milk supplementation on bone density in women aged 20-35 years in Asia (Hong Kong Leg of Trial).

International Atomic Energy Agency (IAEA) Regional Cooperative Grant, 2003

(RAS7012) – a 5-y project

TBA

Calcium bioavailability from the indigenous diets, and the effects of fortified cow's milk and soymilk on calcium absorption and bone metabolism in children, adolescents and postmenopausal women in China.

Fortress Pharmaceutical Company Ltd., 2003

HKD 308,000

Beneficial effects of dietary whey protein isolate in palliative care patients with advanced cancer, and in patients with chronic obstructive airways disease

Research Grants Council, 2003.

HKD 1,012,990

Effects of soy isoflavones supplementation on cognitive function in Chinese postmenopausal women: a double-blind randomized controlled trial

Direct Grant of the Research Committee, CUHK, 2003-2004

HKD 36,852

Hypoglycemic effect of mushroom dietary fiber (non-starch polysaccharides)

Research Grant Committee Earmarked Grant, 2003-2005

HKD624,000

Effect of soy isoflavones supplementation on cognitive function in Chinese postmenopausal women: a double-blind randomized controlled trail

Bristol-Myers Squibb/Mead Johnson Nutrition Programme Grant, 1997-2002

USD500,000

The Centre for Nutritional Studies, CUHK.

Industrial Support Fund, 1997-2000

HKD7,311,000

A preclinical and clinical validation of Fructus Crataegi and green tea in lowering blood lipids.

New Zealand Dairy Board, 1997-2001

HKD2,158,193

A randomized controlled trial to evaluate the effects of high calcium milk powder supplement on bone density of postmenopausal women.

Research Grants Council, Hong Kong Government, 1999-2001

HKD709,000

Studies in the immunomodulatory and anti-tumor activities of green tea catechins.

Research Grants Council, Hong Kong Government, 1999-2002

HKD1,095,720

A double-blind randomized controlled study on the effects of soy isoflavones with and without calcium fortification on bone mass in early postmenopausal women.

New Zealand Dairy Board, 1999-2001

HKD3,731,570

A randomized controlled trial of the effect of milk supplementation on the rate of bone accretion in Chinese children (8-10) in Hong Kong.

Research Grants Council, Hong Kong Government, 2000-2002

HKD763,200

Hypolipidemic and antioxidant activity of theaflavins and thearubigins from oolong and

black tea.

Research Grants Council, 2000

HKD1,200,000

Effect of phytoestrogens on calcium metabolism in Chinese postmenopausal women.

Nestec Ltd., 2001

HKD276,457

Development of the Chinese MNA.

Research Grants Council, 2001

HKD765,000.

Development of food frequency questionnaire and database for assessing soy isoflavones intake in the Chinese population.

Environment Conservation Fund, 2001

HK\$1,281,920

A Human Dioxin levels in Hong Kong – a pilot study.

CUHK Direct Grant, 2001-2002

HKD80,000

Correlation of calcium absorption and homeostasis with severity and progression of spinal deformity in growing adolescents with idiopathic scoliosis.

New Zealand Dairy Board, 2002

HKD 3,943,753

A randomized controlled trial of the effect of milk supplementation on bone density in women aged 20-35 years in Asia (Hong Kong Leg of Trial).

Direct Grant, 2002

HKD80,000

A Novel homocysteine-lowering strategy for atherosclerosis prevention in China: diet, hyperhomocysteinaemia, and atherosclerosis.

Direct Grant, 2002-2003

HKD80,000

A study of the prevalence of subclinical atherosclerosis and the associated risk factors in Chinese postmenopausal women.

Research Grant Council Earmarked Grant, 2002-2004

HKD1,036,000

A mechanistic study of the immunopotentiating and antitumor effects of native and chemically modified nonstarch polysaccharides [(1 $\beta$ )-D-glucans] from mushroom sclerotia.

Research Grant Council Earmarked Grant, 2002-2004

HKD876,000

In vitro and in vivo anticancer studies of novel polyunsaturated fatty acids (DHA, EPA) purified and characterized from several enriched microalgae.

Health Care Promotion Fund, 2002-2004

HK\$ 703,116

A study of informal caregivers and association of caregiving status with health and quality of life.

International Atomic Energy Agency (IAEA) Regional Cooperative Grant, 2003

(RAS7012) – a 5-y project

TBA

Calcium bioavailability from the indigenous diets, and the effects of fortified cow's milk and soymilk on calcium absorption and bone metabolism in children, adolescents and postmenopausal women in China.

Bristol Myers Squibb/Mead Johnson Foundation Nutrition Programme Grant. Jan 1997.

USD500,000 for five years.

The Center for Nutritional Studies, CUHK.

Direct Grant CUHK Research Committee, 1996-1997

HKD30,000

Breast milk fatty acid composition in Chinese.

Direct Grant CUHK Research Committee Medicine Panel, 1999

HKD105,000.

Collagen Type 1 Alpha I Gene, Estrogen Receptor Gene, and lifestyle Factors in the Etiology of Osteoporosis in Chinese.

Health Care & Promotion Fund, September 1997.

HKD80,000.

A nutrition manual for carers in elderly residential homes.

Health Services Research 1999-2000

HK\$862,666.

A population-based cohort study of phytoestrogen intake and bone loss in Chinese early postmenopausal women

Industrial Support Fund, 1997-2000

HKD7,311,000

A preclinical and clinical validation of Fructus Crataegi and green tea in lowering blood lipids

Industrial Support fund, HKSAR government, 1999-2001

HKD8,100,000

Development of Over-the-counter pharmaceutical products based on local medicinal plants

New Zealand Dairy Board, 1997.  
HKD1,500,000.  
Anlene supplementation trial-effect on bone mineral density in women.

New Zealand Dairy Board 1999-2001  
HKD3,731,570.  
A randomized controlled trial of the effect of milk supplementation on the rate of bone accretion in Chinese children (8-10) in Hong Kong..

Strategic Research Grant (CUHK) 1999-2000  
HK\$500,000.  
The role of phytoestrogens in women's health.

Research Grants Council, Hong Kong Government, 1995-1998  
HKD1,180,000  
Metabolic fate of trans/cis fatty acids in high-trans milk and their effect on metabolism of essential fatty acids

Research Grants Council, Hong Kong Government, 1996  
HKD692,000.  
The Vitamin D receptor gene, lifestyle factors and the aetiology of osteoporosis in Chinese

Research Grants Council, HKSAR government, 1997-2000  
HKD1,122,000  
Investigation of mechanisms of cholesterol-lowering effect of green tea epicatechin isomers.

Research Grants Council Ear-marked Grant, 1997-1999  
HKD500,000  
Characterization of pharmacologically active substances and nutritional evaluation of selected seaweeds in Hong Kong

Research Grants Council, HKSAR, 1997-1999  
HKD500,000  
Study on mechanisms of vasodilator effects of green tea catechins in spontaneously hypertensive and normotensive rats

Research Grants Council, HKSAR government, 1999-2000  
HKD709,500  
Studies on the immunomodulatory and anti-tumor activity of green tea catechins.

Research Grants Council, 1999-2000  
HK\$580,000.  
Hyperhomocysteinaemia and arterial endothelial dysfunction: an emerging strategy for prevention of atherosclerosis

Research Grants Council, 2000-2003

HK\$763,200.

Hypolipidemic and antioxidant activity of theaflavins and thearubigins from Oolong and black tea.

Research Grants Council, 2000-2001

Result Pending

Studies on the cholesterol-lowering mechanisms of beta-glucan (a soluble dietary fiber) from the sclerotium of edible mushroom.

The Wei Lun Foundation (Hong Kong) 1996-1998

HKD835,000

Identification and evaluation of biologically active compounds present in Chinese green tea

### **Current areas of interest**

- The association between specific nutrients and health (calcium and osteoporosis; folate and B vitamins and coronary heart disease; phytoestrogens and women's health).
- Obesity and the metabolic syndrome.
- Nutritional status of patients with renal disease undergoing chronic dialysis, nasopharyngeal carcinoma; dementia.
- Methods of food enhancement to improve intake of elderly people in institutional care.
- Validation of dietary questionnaires using duplicate meal analysis.
- Development of a nutritional screening tool for malnutrition in the elderly.
- Promotion of healthy lifestyle including dietary habits and weight management through lifestyle modification programs. This is a comprehensive programme and is individualized, which includes personalized dietary and exercise advices and management for each participant. The programme also includes personal and group schemes which gears towards helping participants achieve healthy weight management.
- Validation of physical activity questionnaire by using basal metabolic rate measurement.

## Publications

1. Chan CCJ, Cheung PCK, Ang PO Jr. (1997) Comparative studies on the effect of three drying methods on the nutritional composition of seaweed *Sargassum hemiphyllum* (Turn.) C. Ag. *Journal of Agricultural & Food Chemistry* 45: 3056-3059
2. Chau CF, Cheung PCK (1997) Effects of various processing methods on antinutrients and in vitro digestibility of protein and starch of two Chinese indigenous legume seeds. *Journal of Agricultural & Food Chemistry* 45: 4773-4776
3. Chau CF, Cheung PCK, Wong YS (1997) Effects of cooking on the amino acids composition and some antinutrients of *Phaseolus angularis*, *Phaseolus calcaratus* and *Dolichos lablab* seeds. *Journal of the Science of Food and Agriculture* 75: 447-452
4. Chau CF, Cheung PCK, Wong YS (1997) Functional properties of protein concentrates from three Chinese indigenous legumes seeds. *Journal of Agricultural & Food Chemistry* 45: 2500-2503
5. Chen ZY, Chan PT, Kwan KY, Zhang A (1997) Reassessment of antioxidative activity of conjugated linoleic acids. *Journal of the American Oil Chemists Society* 74: 749-753
6. Chen ZY, Kwan KY, Tong KK, Ratnayake WMN, Leung SF(1997) Breast milk fatty acid composition: A comparative study between Hong Kong and Chongqing Chinese. *Lipids* 32: 1061-1067
7. Cheng JCY, Leung SSF, Leung AKL, Guo Xia, Sher A, Mak AFK (1997) Change of foot size with weightbearing. *Clinical Orthopaedics and Related Research* 342: 123-131
8. Cheng JCY, Leung SSF, Tse PWT, Chan AKH, GUO X (1997) Reference anthropometric data of Chinese children - A study of 3000 children. *Hong Kong Journal of Orthopaedic Surgery*,1:40-4. (中國兒童生長發育測量參考值 - 3000名兒童身體測量數據分析。)
9. Ho SC (1997) Attainment of peak bone mass and dietary factors in Chinese women. In *Osteoporosis in Asia: Crossing the Frontiers*, Lau EMC, Ho SC, Leung S and Woo J (eds), World Scientific Publishing Co Ltd.
10. Ho SC, Wong E, Chan SG, Lau J, Chan C, Leung PC (1997) Determinants of Peak Bone Mass in Chinese Women Aged 21-40 Years. III Physical Activity and Bone Mineral Density. *Journal of Bone and Mineral Research* 12: 1262-1271
11. Ho SC, Woo J, Chan SG, Yuen YK, Sham A. (1997) Predictors of mobility decline: the Hong Kong old-old study. *Journal of Gerontology: Medical Sciences* 52A: M356-362

12. Ho SC, Woo J, Chan SG, Yuen YK, Sham A, Lau J, Lee SH (1997) Health risk, health changes and quality of life in Hong Kong elderly cohort: Risk factors for falls and mobility decline. *Hong Kong Journal of Gerontology* 11:38-44
13. Huen KF, Leung SSF, Lau JTF, Cheung AYK, Leung NK, Chiu MC (1997) Secular trend in the sexual maturation of Southern Chinese girls. *Acta Paediatrica* 86: 1121-1124.
14. Hui E, Ho SC, Tsang J, Lee SH, Woo J (1997) Attitudes Toward Life-Sustaining Treatment of Older Persons in Hong Kong. *Journal of Applied Gerontology Sciences* 45: 1232-1236.
15. Ko GTC, Chan JCN, Lau E, Woo J, Cockram CS. (1997) Fasting plasma glucose as a screening test for diabetes and its relationship with cardiovascular risk factors in Hong Kong Chinese. *Diabetes Care* 20: 170-171.
16. Ko GTC, Chan JCN, Woo J, Lau E, Yeung VTF, Chow CC, Li JKY, So WY, Cockram CS. (1997) Simple anthropometric indices and cardiovascular risk factors in Chinese. *International Journal of Obesity* 21: 995-1001.
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288. Cheung LM, Cheung PCK and Ooi VEC. Antioxidant activity and total phenolics of edible mushroom extracts. *Food Chemistry* (in press).
289. Henry CJK, Woo J, Lightowler HJ, Seyoum TA, Yip R, Lee R, Hui E, Shing S. Energy and protein intake in a sample of hospitalized elderly in Hong Kong. *Int J Food Sci Nutr*; (in press).
290. Ho SC. Soy and women's health – recent studies in Asia. (in press)
291. Ho SC, Chan A, Ho YP, So E, Sham A, Zee B, Woo J. Effects of Soy Isoflavones Supplementation on Cognitive Function in Chinese Postmenopausal Women: A Double-blind Randomized Controlled Trial. *Menopause* (in press).
292. Ho SC, Chan SG, Yip YB, Chan SY. Factors associated with menopausal symptom reporting in Chinese midlife women. *Maturitas*. (in press)
293. Ho SC, Chen YM, Woo J, Soy isoflavone supplementation and fasting serum glucose and lipid profile among postmenopausal Chinese women: A double-blind, randomized, placebo-controlled trial. *Menopause* (in press).
294. Ho WKK, Chen ZY, Huang Y, Zhang ZS, Chang Q, Chow M, Liu Y, Tomlinson B. Cardiovascular protective effects of hawthorn. A book chapter, ACS press. (in press)
295. Huang Y, Chan FL, Lau CW, Chen ZY, He GW, Tsang SY, Yao X. Urocortin-induced relaxation of rat coronary artery: involvement of K<sup>+</sup> channels. A book chapter. *Endothelium-Derived Hyperpolarization Factor*. (in press)
296. Kwok T, Lau E, Woo J. The prediction of height by armspan in older Chinese people. *Ann Human Biol*. (in press)
297. Lau E, Lynn H, Woo J, Kwok T, Melton J. The prevalence and risk factors of sarcopenia in Chinese elderly. *J Gerontol*, in press.
298. Po LS, Chen ZY, Tsang DSC, Keung LK. Baicalein and genistein display different actions on ER transactivation and apoptosis in MCF-7 cells. *Cancer Lett*. (in press)
299. Sea MM. Weight management in Men. In “Men's Health” (in Chinese), Wong WW ed. CU Press. (In press).
300. Sea MM. Weight Management in Women. In “Women's Health” (in Chinese), Wong EE ed. CU Press. (In Press).
301. Su YL, Leung LK, Huang Y and Chen ZY. Stability of tea theaflavins and catechins. *Food Chem*. (in press)

302. Tong PC, Lee ZS, Sea MM, Chow CC, Ko GT, Chan WB, So WY, Ma RC, Ozaki R, Woo J, Cockram CS, Chan JC. The heterogeneity of insulin sensitivity and pancreatic  $\beta$  cell function and their responses to weight in young obese subjects with or without Type 2 diabetes. *Diabetes*. (submitted).
303. Wang AYM, Sanderson JE, Sea MMM, Wang M, Lam CWK, Li PKT, Lui SF, Woo J. Important factors other than dialysis adequacy associated with inadequate dietary protein and energy intake in maintenance peritoneal dialysis patients *J Am Clin Nutr*. (in press)
304. Woo J, Lau E, Ho SC, Cheng F, Chan C, Chan ASY, Haines CJ, Chan TYK, Li M, Sham A. Comparison of Pueraria Labata with hormone replacement therapy in treating the adverse health consequences of the menopause. *Menopause* (in press)
305. Woo KS, Qiao M, Chook P, Poon PYK, Chan A, Lau J, Fung KP, Woo JLF. Homocysteine, endothelial dysfunction and coronary artery disease: emerging strategy for secondary prevention. *J Cardiovasc Surg* (in press).
306. Wu JZ, Cheung PCK Wong KH and Huang NL. Studies on the submerged fermentation of *Pleurotus tuber-regium* (Fr.) Singer: 1. Physical and chemical factors affecting the rate of mycelial growth and bioconversion efficiency. *Food Chemistry* (in press).
307. Yeung F, Kwok T, Woo J, Kwan M, Yuan HJ. Nutritional status of rural elderly Tibetans in Sichuan China. *Journal of Nutrition, Health and Aging* 2003; in press.
308. Zhang M, Zhang L and Cheung PCK. Molecular mass and chain conformation of carboxymethylated derivatives of  $\beta$ -glucan from sclerotia of *Pleurotus tuber-regium*. *Biopolymers* (in press).
309. Zhang, M, Zhang L Cheung PCK and Jing Y. Fractionation and characterization of polysaccharide from the sclerotia of *Pleurotus tuber-regium* by preparative size-exclusion chromatography. *Journal of Biochemical and Biophysical Methods* (in press).
310. Cao Y, Gao HL, Chen JN, Chen ZY, Yang L. 2006. Identification and characterization of conjugated linolenic acid isomers by Ag<sup>+</sup>-HPLC and NMR. *Journal of Agricultural and Food Chemistry*. 54:9004-9009.
311. Tong PC, Lee ZS, Sea MM, Chow CC, Ko GT, Chan WB, So WY, Ma RC, Ozaki R, Woo J, Cockram CS, Chan JC. The heterogeneity of insulin sensitivity and pancreatic  $\beta$  cell function and their responses to weight in young obese subjects with or without Type 2 diabetes. *Diabetes* .

## Conference presentations

1. Chan DKY, Randwick NSW, Woo J, Ho SC, Pang CP and Kay R (Dec 1997) Genetic and Environmental Risk Factors of Parkinson Disease in Chinese Population. Paper presented at the *Annual Scientific Meeting of the Australia Society for Geriatric Medicine*, Australia & New Zealand *Journal of Medicine*, Vol 27 no.6 : 736

2. Chau CF, Cheung PCK, Wong YS (1997) Chemical composition and in vitro digestibility of protein and starch of two Chinese indigenous legume seeds. *Abstracts of the Third International Conference of Food Science and Technology*, Davis California, USA.
3. Chen ZY, Kwan KY, Leung SSF, Ratmayake WMN (Jul 27 –Aug 1, 1997) Breast milk fatty acid composition: A comparison study among Hong Kong Chinese, Mainland Chinese and Canadian. Presented at *16<sup>th</sup> International Congress of Nutrition*. The International Union of Nutritional Sciences, Montreal, Canada, p.325 (PR169).
4. Chen ZY, Zhang A, Kwan KY, Chan PT (May 11-14, 1997) Conjugated linoleic acids - Antioxidants or prooxidants? *88<sup>th</sup> American Oil Chemists' Society Annual Meeting, Seattle, USA* (Abstract).
5. Cheung PCK, Chau CF (1997) The carbohydrate composition of cotyledons and hulls of three Chinese indigenous legume seeds. *Abstracts of the Third International conference of Food Science and Technology*, Davis, California, USA.
6. Cheung PCK, Lee MY (1997) Preparation of dietary fiber (non-starch polysaccharides) in straw mushroom by enzymatic-gravimetric method and chemical method. *Abstracts of the Third International Conference of Food Science and Technology*, Davis, California, USA.
7. Chung LP, Ho SC, Woo J, Chan SG, Chan SY (Apr 25 1997) A Study of Bone Mass and Bone Loss in Chinese Perimenopausal Women (HSRC 511023). Paper presented at *15<sup>th</sup> Annual Meeting of Japanese Society for Bone and Mineral Research*. Omiya, Japan.
8. Guldan GS (October 7-8, 1997) Influence of breakfast eating on attention and learning in the classroom. Proceedings of *the Heinz Institute of Nutritional Sciences 11<sup>th</sup> International Symposium on Maternal and Infant Nutrition*, Chongqing, PRC.
9. Ho SC (April 12, 1997) Osteoporosis: Assessment of risks and strategies for prevention. Paper presented at the *Symposium on "Information on risks in public health decision making"*, CUHK.
10. Ho SC (Oct 23-25, 1997) Epidemiological Research on aging and osteoporosis in Hong Kong. Paper presented in *China 4<sup>th</sup> National Conference on Epidemiology*. ShenZhen.
11. Ho SC, Woo J, Chan SG, Yuen YK, Sham A, Lau J, Lee SH (Nov 29, 1997) Health Risk, Health Changes and Quality of Life in the Hong Kong Elderly Cohort: Risk Factors for Falls and Mobility Decline. Paper presented at *Fifth Annual Congress of Gerontology*, H.K. Association of Gerontology.
12. Ho SC, Young R, Chan SG, Woo J, Lee S, Sham A, Lau MC (Sept 10-14, 1997) The vitamin D receptor gene, bone mass and bone loss in Chinese perimenopausal women. Paper presented at *the 1997 American Society for Bone and Mineral Research Meeting*, Cincinnati.

13. Lau EMC, Kwok T, Woo J, Ho SC (May 22-24, 1997) Bone health and nutritional status of Chinese vegetarians. Paper presented at the 3<sup>rd</sup> *International Symposium on Nutrition Aspects of Osteoporosis*, Lausanne, Switzerland.
14. Leung SSF (Mar 15, 1997) Obesity amongst Hong Kong children & adolescents. Paper presented at *Center for Physical Education and Sport Physical Education and Sports Science Unit*, The University of Hong Kong.
15. Leung SSF (Sept 20-23, 1997) Growth and Nutrition. Paper presented at *Beijing/Hong Kong Medical Exchange First Meeting ~ Paediatrics*, Jointly organized by Chinese Medical Association and Hong Kong Medical Association, p.20-21.
16. Leung SSF, Chen ZY, Li HQ (Jul 27-Aug 1, 1997) Dietary pattern in two Chinese populations of lactating women. Paper presented at 16<sup>th</sup> *International Congress of Nutrition*. The International Union of Nutritional Sciences, Montreal, Canada. p.325 (PR173).
17. Leung SSF, Cheung A, Lam P, Lau JTF Tse LY, Leung NK (Jun 29-Jul 3, 1997) Growth Standards for Hong Kong. Paper presented at the *Eighth International Congress of Auxology Human Growth and Development*, The Children's Hospital of Philadelphia & Department of Anthropology at the University of Pennsylvania and the University of Pennsylvania School of Medicine, Philadelphia, USA.
18. Leung SSF, Peng XH, Chen ZY, Ho SC, Woo J, Janus ED (Apr 25-27, 1997) Serum fatty acids in Chinese adults: correlation with serum lipids and qualitative dietary data. Paper presented at *Fifth Annual Scientific Congress*. Hong Kong.
19. Sakamoto M, Ishii S, kashiwazaki H, Chiu PC, Chen CM, Chang NZ, Leung SSF, Rabuco LB, Tee ES, Winamo FG, Tontisirin K, Howden J and Saldanha LG (Jul 27-Aug 1, 1997). The relationship between nutrition-related knowledge and food practices in Asian countries. Paper presented at 16<sup>th</sup> *International Congress of Nutrition*. The International Union of Nutritional Sciences, Montreal, Canada. (PM550).
20. Sea MM, Fong WP, Chen ZY (May 11-14, 1997). Depletion of essential fatty acids by weight-cycling is independent of extent of calorie restriction. 88<sup>th</sup> *American Oil Chemists' Society Annual Meeting, Seattle, USA* (Abstract).
21. Tontisirm K, Kashiwazaki H, Chiu PC, Chen CM, Chang NS, Leung SSF, Rabuco LB, Sakamoto M, Tee ES, Winamo FG, Howden J, Saldanha LG (Jul 27-Aug 1, 1997) Dietary and breakfast habits in urban Asian populations. Paper presented at 16<sup>th</sup> *International Congress of Nutrition*. The International Union of Nutritional Sciences, Montreal, Canada. p.179 (PM533).
22. Zhang A, Chen ZY. (May 11-14, 1997) Effect of jasmine green tea epicatechin isomers on human LDL-oxidation. 88<sup>th</sup> *American Oil Chemists' Society Annual Meeting, Seattle, USA*. (Abstract)
23. Zhang A, Chen ZY. (May 11-14, 1997) Inhibitory effect of Chinese green tea polyphenol on oxidation of red blood cell membrane. 88<sup>th</sup> *American Oil Chemists' Society Annual Meeting, Seattle, USA*. (Abstract)

24. Chen ZY (Feb 12, 1998) Fatty acid in paediatric nutrition. Invited presentation to *Hong Kong Society of Paediatric Endocrinology and Metabolism*.
25. Chen ZY (June, 1998) Obesity, dieting and weight cycling. *Capital University of Medical Sciences, Beijing*. (Invited presentation)
26. Chen ZY, Sea MM, Fong WP. (Aug 29-Sept 2, 1998) Weight-cycling increases the size of perirenal and epididymal fat pads in rats fed a high-fat diet. 8<sup>th</sup> International Congress on Obesity, Paris.
27. Chen ZY, Zhang A, Chan PT, Fong WP. (May 10-13, 1998) Hypolipidemic effect of green tea catechins in hamsters. 89<sup>th</sup> *American Oil Chemists' Society Annual Meeting, Chicago, USA*. (Abstract)
28. Cheung PCK. (1998). The Cholesterol-lowering effect of mushroom. *Proceedings of International Symposium on Science and Cultivation of Mushrooms*, Nanjing, China, pp 153-156.
29. Cheung PCK, Leung AYH, Ooi VEC, Ang PO (1998) A comparative study of supercritical carbon dioxide and soxhlet extraction of omega-3 fatty acids from some subtropical seaweeds. *Abstracts of the 31<sup>st</sup> Annual convention of the Australian Institute of Food Science and Technology*, Melbourne, Australia, pp20.
30. Cheung PCK, Lim SN, Ooi VEC, Ang PO (1998) Antioxidative activities of subtropical marine macroalgae. *Abstracts of the 31<sup>st</sup> Annual convention of the Australian Institute of Food Science and Technology*, Melbourne, Australia, pp45.
31. Guldan GS. (Aug 8-12, 1998) Nutrition Education Programs in Schools. Proceedings of Symposium (SYM14) presented at The 2nd Asian Congress of Dietetics, Seoul, Korea (Invited speaker), pp. 308-313.
32. Guldan GS (Aug 9-12, 1998) Nutrition Education in Schools. Proceedings of the 2<sup>nd</sup> *Asian Congress of Dietetics*, Seoul, Korea (invited speaker).
33. Guldan GS (Aug 1998). Presented a paper entitled "Nutrition Education Programs in Schools" at The 2<sup>nd</sup> Asian Congress of Dietetics in Seoul, Korea (Invited speaker).
34. Guldan GS (Aug 1998). Presented a seminar on Community Nutrition to members of the Korean Community Nutrition Society at Seoul National University (Invited speaker).
35. Guldan GS (Nov 10-11, 1998) Presented a paper entitled "Childhood Obesity in Hong Kong: Embracing an Unhealthy Lifestyle Before Puberty" at the Heinz Institute of Nutritional Sciences 12<sup>th</sup> International Symposium on Maternal and Infant Nutrition, Nanjing, China, (Invited speaker).
36. Ho SC. (Dec 9-12, 1998) Nutritional Issues in Women. The 4<sup>th</sup> Congress of Parental and Enternal Nutrition Society of Asia (PENSA). Hong Kong. (Invited presentation).
37. Ho SC, Chan SG, Wong E, Chan C, Lau J, Fan YK, Leung PC (Sept 26-28, 1998) Effects of Milk Supplementation and Exercise on Peak Bone Mass in Chinese Women. Paper presented at *Annual Meeting of the American College of Epidemiology*, San Francisco, CA.

38. Kwok T, Woo J, Lau E. (Oct 8, 1998) Prediction of body fat by anthropometry in older Chinese people. 98<sup>th</sup> International Conference on Gerontology, Chengdu. .
39. Lau EMC (Jul 10, 1998) Primary Prevention of Osteoporosis. Paper presented at *the Consensus Development Conference, Singapore Osteoporosis Society*. Singapore.
40. Lau EMC (July 11-12, 1998) Osteoporosis among Asians and what can we do about it. Paper presented at *the Osteoporosis Workshop, Malaysian Osteoporosis Society*. Penang, Malaysia.
41. Lau EMC, Young R, Woo J, Ho SC, Kwok J, Critchley J (Nov 1998) Vitamin D Receptor gene Polymorphism and Bone Mineral Density in Elderly Chinese Men and Women. Paper presented at the 16<sup>th</sup> Meeting of Japanese Society of bone and Mineral Research.
42. Lim SN, Ooi VEC, Cheung PCK, Ang PO Jr. (1998). Antioxidative activities of methanol extracts from some marine macroalgae of Hong Kong. *Abstracts of the International Symposium on Progress and Prospect of Marine Biotechnology*, Qingdao, China, pp. 76.
43. Tang NLS. (1998) Energy metabolism in asthma patients. Presented in the 4<sup>th</sup> Congress of Parenteral and Enteral Nutrition Society of Asia.
44. Tang NLS, Chan CK, Gohel MD, Woo J, Hjelm NM. (Dec 9-12, 1998) Vitamin B<sub>2</sub> and B<sub>6</sub> status among hospital inpatients. The 4<sup>th</sup> Congress of Parenteral and Enteral Nutrition Society of Asia (PENSA), Hong Kong.
45. Tang NLS, Chan YK, Hui E, Lum CM, Or KH, Hjelm NM, Woo J. (Dec 9-12, 1998) Evaluation of empirically derived enteral tube feeding in chronically debilitated patients. The 4<sup>th</sup> Congress of Parenteral and Enteral Nutrition Society of Asia (PENSA), Hong Kong.
46. Tang NLS, Chung ML, Hui E, Lum CM, Or KH, Luk J, Chung S, Lau R, Kong D, Ling YH, Elia M, Woo J, Hjelm NM. (Dec 9-12, 1998) Total energy expenditure (TEE) in chronic obstructive airways disease (COAD) patients undergoing rehabilitation program. The 4<sup>th</sup> Congress of Parenteral and Enteral Nutrition Society of Asia (PENSA), Hong Kong.
47. Tang NLS, Xiao G, Lam CWK (1998). Serum zinc concentration in patients with acute myocardial infarction and its prognostic implications. Presented in the 50<sup>th</sup> AACC Annual Meeting. *Clinical Chemistry*, **44 (S6)**: A157.
48. Wong W, Tang NLS, Lau TK et al (under revision) (1998) A new recommendation for maternal weight gain in Chinese women. Journal of the American Dietetic Association, Organisations. Faculty of the 4<sup>th</sup> Congress of Parenteral and Enteral Nutrition Society of Asia.
49. Woo J. (May 5-8, 1998) Optimizing dietary salt intake. Invited lecture International Congress on vascular disease prevention, Gl-argow, Scotland. .
50. Woo J. (May 30-31, 1998) Diet, disability, dementia. Plenary lecture. Advances in Medicine 1998, Hong Kong.

51. Wu YM, Guldan GS (July 18-22, 1998) "Fitter, Smarter, Happier"- A healthy eating campaign for adolescents in Hong Kong. Proceedings of the *Society for Nutrition Education 31<sup>st</sup> Annual Meeting*, Albuquerque, NM USA
52. Yeung CH, Wang J, Chen ZY. (1998) Hypolipidemic effect of conjugated linoleic acid in hamsters. *89<sup>th</sup> American Oil Chemists' Society Annual Meeting, Chicago, USA* (Abstract)
53. Zhu QY, Chen ZY. (May 10-13, 1998) Regeneration of alpha-tocopherol in human LDL by green tea catechins. *89<sup>th</sup> American Oil Chemists' Society Annual Meeting, Chicago, USA*. (Abstract)
54. Chen ZY (May 15, 1999) Functions of antioxidants from foods to traditional Chinese medicine. *Institute of Biology (HK) – Annual Biology Symposium* (Invited presentation).
55. Chen ZY. (Jun 29- Jul 2, 1999) Breast milk fatty acid composition in Hong Kong and Mainland Chinese. Summer Meeting of Nutrition Society, Glasgow.
56. Chen ZY (August 5-6, 1999) Fatty acids and cardiovascular disease. *Symposium organised by Beijing Nutritional Society and Beijing Medical University, Beijing* (Invited presentation).
57. Chen ZY, Fong WP. (Mar 21-25, 1999). Hypolipidemic activity of green tea epicatechins. *217<sup>th</sup> American Chemical Society National Meeting & Exposition, Anaheim*.
58. Chen ZY, Zhang ZS, Kwan KY, Zhu M, Ho WKK, Huang Y. (1999) Crataegus extract induces NO-dependent relaxation in rat mesenteric artery. *Physiology Symposium*. (Abstract)
59. Cheung PCK. (1999). The cholesterol-lowering effect of mushroom dietary fiber. *Abstracts of the eighth European Nutrition Conference, Lillhammer, Norway. Scand. J. Nutrition, 43(2S), (Supplement 34), 82S*.
60. Cheung PCK, Lee MY (1999). Isolation and characterization of mushroom dietary fiber (non-starch polysaccharides) as potential nutraceuticals. . *Abstracts of the Institute of Food Technologists' Annual Meeting, Chicago, U.S.A.* 15-6, pp. 27-28.
61. Cheung PCK, Lim SN, Ooi VEC, Ang PO Jr. (1999). Isolation of phenolic compounds with antioxidant activity from *Sargassum siliquastrum*. *Abstracts of the Second Asian Pacific Psychological Forum, Hong Kong, China*, pp.5.
62. Cheung PCK, Man O. (1999). The antioxidative effect of water-soluble extracts from edible mushroom. *Abstracts of the Second International Conference on Food Factors, Kyoto, Japan*, pp. 182.
63. Cheung PCK, Ooi VEC, Zhang L. (1999). Antitumor polysaccharides from mushrooms: structure and activity. *Abstracts of the Tenth World Congress of Food Science and Technology, Sydney, Australia*, pp. 35.
64. Evans BAJ, Morgan LD, Steward SJ, Leung SF, Lee HY, Davies DP, Morton MS. (1999) Exposure of the foetus and young infant in Cardiff and Hong Kong to dietary phytoestrogens. Abstract of the Welsh Paediatric Society Clinical Meeting, the Royal College of Paediatrics and Child Health.

65. Guldan GS. (Winter 1999) Lifelong Nutrition for a Healthier Hong Kong. The Digest, publication of the American Dietetic Association's Public Health Nutrition Practice Group. p.1.
66. Guldan GS, Cheung ILT, Chui KKH. (Dec 11, 1999) Diet, Physical Activity and Parental Care Associations with Child Obesity in Hong Kong. Presented at The 4<sup>th</sup> Congress of Parenteral and Enteral Nutrition Society of Asia (PENSA), Hong Kong (abstract A20).
67. Guldan GS, Fan HC, Xiao M, Ni ZZ. (October 25-27, 1999) Experience improving complementary feeding through nutrition education in Sichuan. International (UNICEF) Workshop for Improved Complementary Feeding in China, Chengdu, China.
68. Ho SC. (Mar 31-Apr 3, 1999) Peak bone mass and its determinants in Chinese women. Presented in Osteoporosis Update 1999. The Third International Congress on Osteoporosis held in Xi'an PR China.
69. Ho SC. (Apr 26-29, 1999) Chief Rapporteur, Asia-Pacific Regional Conference for the International Year of Older Persons. Hong Kong.
70. Ho SC. (Apr 26-29, 1999) Health issues of mature women. Invited presentation in Symposium in 'Women & Ageing' in Asia-Pacific Regional Conference for the International Year of Older Persons held in Hong Kong.
71. Ho SC. (May 29-30, 1999) Health status of perimenopausal women in Hong Kong. Invited presentation in Programme in Women's Health Issues in Advances in Medicine held in Hong Kong.
72. Ho SC. (July 5-7, 1999) Phytoestrogenes intake and potential benefits in postmenopausal women. Invited presentation in Symposium on Complementary/Alternative Medicine in Women's Health – The Nation's Gain: An International Conference with a Special Focus on Older Women in Asia held in Singapore.
73. Ho SC. (July 10, 1999) The pattern of soya consumption and relation to women's health in Hong Kong. Invited presentation in Seminar on Health Benefits of Soya Beans held in Hong Kong.
74. Huang Y, Chen ZY, Lau CW, Zhu M, Ho WKK. (1999) Crataegus extract induces endothelium-mediated relaxation in rat isolated mesenteric arteries. *Fifth Annual Meeting of HK Pharmacology Society* P13 (Abstract).
75. Ko WH, Yao XQ, Lau CW, Law WI, Chen ZY, Huang Y (1999) Inhibitory effects of berberine on vasoconstriction and smooth muscle proliferation. *Physiology Symposium* P12. (Abstract)
76. Kwok T, Woo J, Ho SC, Sham A. (June 8–11, 1999) Is vegetarianism an independent protective factor against ischaemic heart disease in older Chinese? 6<sup>th</sup> Asia/Oceania Regional Congress of Gerontology, Seoul, Korea.
77. Lau DPS, Guldan GS, Cheung ILT, Chui KKH. (July 24-28, 1999) Primary school children's breakfast in Hong Kong: associations with health. Proceedings of the Society for Nutrition Education 32nd Annual Meeting, Baltimore, MD USA (abstract).

78. Li YY, Ding Q, Cheung PCK, Ang PO Jr., Ooi VEC (1999). Characterization of water-soluble polysaccharides (alginates) from subtropical brown seaweeds. *Abstracts of the Institute of Food Technologists' Annual Meeting*, Chicago, U.S.A. 65B-4, pp. 174.
79. Li YY, Cheung PCK, Ang PO Jr., Ooi VEC (1999). Extraction of water-soluble polysaccharides (alginates) from three *Sargassum* species. *Abstracts of the Second Asian Pacific Phycological Forum*, Hong Kong, China, P-6.
80. Lim SL, Ooi VEC, Cheung PCK, Ang PO Jr. (1999). Hypotensive activities of marine macroalgae in rats. *Abstracts of the Second Asian Pacific Phycological Forum*, Hong Kong, China, P-7.
81. Tsang C, Guldan GS, Chan V, Chan CCN, Ho WSK, Lau P, Ma M. (29 Aug -2 Sept 1999) School tuck shop choices need improvement to better foster healthy eating habits. Poster presented at the 8<sup>th</sup> Asian Congress of Nutrition, Seoul, Korea.
82. Wong KH, Cheung PCK. (1999). Effect of subtropical seaweed as source of dietary fiber on protein quality. *Abstracts of the Institute of Food Technologists' Annual Meeting*, Chicago, U.S.A. 50E-5, pp. 152.
83. Wong KH, Cheung PCK, Ang PO Jr. (1999). Nutritional evaluation of protein concentrates isolated from red seaweeds *Hypnea charoides* and *Hypnea japonica* in growing rats. *Abstracts of the Second Asian Pacific Phycological Forum*, Hong Kong, China, S-20.
84. Wong RTC, Cheung PCK, Ang PO Jr. (1999). Spatial variation of heavy metal concentration in the macroalga *Ulva lactuca* from Victoria Harbor and Tolo Harbor, Hong Kong. *Abstracts of the Second Asian Pacific Phycological Forum*, Hong Kong, China, S-17.
85. Woo J. (May 3-6, 1999) Relationships among diet, physical activity, and other life-style factors and debilitating diseases in the elderly. IDECG Workshop on the Impact of Human Aging on Energy and Protein Metabolism and Requirements. Boston.
86. Woo J. (Nov 25-27, 1999) Nutrition and successful ageing: a perspective from China. Workshop on Nutrition & successful ageing, Biarritz, France.
87. Woo KS, Chook P, Liu B, Woo JLF, Chan SW, Raitakari OT, Feng JZ, Celermajer DS. (Nov 7-10, 1999) Subclinical atherosclerosis and dietary patterns in modernizing Chinese: An East to West voyage. American Heart Association 72<sup>nd</sup> Scientific Sessions, Atlanta. Georgia.
88. Woo KS, Chook P, Liu BTY, Leung SF, Woo JLF, Feng JZ, Chan SW, Celermajer DS. (April 16-18, 1999) Modernization is associated with more atherogenic dietary patterns in the Chinese: A East to West Dialogue in the "Chinese Atherosclerosis Study in the Aged and Young. 7<sup>th</sup> Annual Scientific Congress, HK College of Cardiology.
89. Chan FL, Choi HL, Chen ZY, Huang Y. (2000) Induction of apoptosis in prostate cancer cell lines by a flavonoid, bacalin. *Proceedings of the American Association for Cancer Research* **41**, A4766.

90. Chan SM, Nelson EAS, Leung SSF, Brouwer A, Sauer PJJ. Seafood consumption in Hong Kong Chinese postpartum women and dioxin/PCB levels in human milk. *Journal of Pediatric Gastroenterology and Nutrition* 2000;31 (suppl 2):S27.
91. Chan SM, Nelson EAS, Leung SSF, Cheung PCK, Li CY. Traditional special dietary practice in Hong Kong Chinese postpartum women. 10<sup>th</sup> Asian Congress of Pediatrics. Taipei, Taiwan, March 2000.
92. Chan SM, Nelson EAS, Leung SSF, Ip P, Wu C, Li CY. Breastfeeding in Hong Kong. 10<sup>th</sup> Asian Congress of Pediatrics. Taipei, Taiwan, March 2000.
93. Chan SM, Nelson EAS, Leung SSF, Li CY. Fish, seafood and fish soup consumption of Hong Kong Chinese postpartum woman. The Hong Kong Epidemiological Association Second Annual Scientific Meeting. Hong Kong, January 2000.
94. Chan SM, Nelson EAS, Leung SSF, Li CY. Diet of Hong Kong Chinese lactating and non-lactating women in the first six weeks postpartum. 10<sup>th</sup> Asian Congress of Pediatrics. Taipei, Taiwan, March 2000.
95. Chen ZY (May 27, 2000) Weight cycling and its health consequence. *Symposium on Emerging Issues in Women Health, Hong Kong.* (Invited presentation)
96. Chen ZY. Effect of DHA on brain and visual development in infants. 8<sup>th</sup> National Nutritional Meeting of Chinese Nutrition Society, October, Beijing, 2000.
97. Chen ZY. Invited Speaker at the Symposium on Emerging Issues in Women Health. Title: Weight cycling and its health consequence, 27<sup>th</sup> May, 2000, Hong Kong.
98. Chen ZY, Huang Y. (2000) Vasorelaxant, antiproliferative and hypolipidemic activity of purified green tea epicatechins. *Proceedings of UNESCO Regional Symposium on Chemistry of Medicinal Plants* (in press).
99. Chen ZY, Yeung CH. (Jun 10-14, 2000) Hypolipidemic activity of conjugated linoleic acids. *Institute of Food Technologists Annual Meeting and Food EXPO.* Dallas, Texas.
100. Cheung PCK. (2000). Evaluation of mushroom fiber as an alternative source of food fiber supplement. *Abstracts of the Joint ICC/AOAC International Conference*, Dublin, Ireland.
101. Guldan GS. (Jan 8, 2000) Findings and methodological issues in dietary studies among Hong Kong children. Presented at the Second Annual Scientific Meeting of the Hong Kong Epidemiological Association Second Annual Scientific Meeting, Hong Kong,.
102. Guldan GS, Hui WWH. (Feb 25, 2000) New directions in communicating better nutrition to older adults. Presented at the 8<sup>th</sup> Congress on International Association of BioMedical Gerontology: Healthy Aging for Functional Longevity, Kyongju, Korea.
103. Ho HM, Chen ZY. (Jun 10-14, 2000) Phytoestrogen composition of soy leaves. *Institute of Food Technologists Annual Meeting and Food EXPO.* Dallas, Texas.
104. Lau CW, Ko WH, Yao XQ, Chen ZY, Huang Y. (Jun 10-14, 2000) Study on vasorelaxant effect of berberine. *FASEB J* **14**, A149.
105. Nelson EAS. Energy from fat, dietary guidelines and childhood obesity. The Federation's Anniversary Scientific Meeting 2000. Hong Kong, October, 2000.

106. Tsang C, Guldán GS, Chan V, Chan CCN, Ho WSK, Lau P, Ma M. (Mar 22-23, 2000) A pilot primary school project enhancing education and environment to encourage healthier student snacking behavior. Poster presented at the Asia Pacific Academic Consortium for Public Health: Public Health Education for the 21<sup>st</sup> Century Conference, Hong Kong.
107. Tsang SY, Chen ZY, Yao XQ, Huang Y. (2000) Inhibition of nitric oxide-mediated response by purified baicalin and baicalein in rats arteries . *FASEB J* **14**, A493.
108. Wang ZT, Lau CW, Chan FL, Yao XQ, Chen ZY, Huang Y. (2000) Vascular effects of purified alpinetin and cardamonin from *Alpinia blepharocalyx* . *FASEB J* **14**:A494.
109. Woo J. (Feb 26, 2000) The Chinese diet as a cardiovascular risk factor. Hong Kong College of Cardiology Scientific Symposium on Cardiovascular risk factors.
110. Woo J. (May 12-13, 2000) Nutrition requirements in the elderly. Shanghai.
111. Yu CW, Sung RYT, Nelson EAS, So R, Lam K. Energy expenditure in obese children. *Arch Dis Child* 2000;82(suppl 1):A20.
112. Zhang ZS, Chen ZY. (Jun 10-14, 2000) Antioxidant activity of hawthorn fruit flavonoids. *Institute of Food Technologists Annual Meeting and Food EXPO*. Dallas, Texas.
113. Chen SSF, Wang AYM, Sea MM, Woo J, Lok J. Dietary knowledge survey in CAPD patients. Annual Nutrition Symposium, Centre for Nutritional Studies, The Chinese University of Hong Kong. 10<sup>th</sup> November, 2001.
114. Chen ZY. Invited Presentation at the Symposium-Emerging Trends in Pediatric Nutrition, Bristol-Myers Squibb/Mead Johnson Nutrition Research Colloquium, Evansville, Indiana, USA. Title: Breast milk fatty acid composition in Chinese women. 6<sup>th</sup>-8<sup>th</sup> June, 2001.
115. Chen ZY. Invited Presentation at 北京高血壓、高脂血症非藥物治法研討會, Beijing University, Beijing. Title: Traditional Hypolipidemic Foods in Treatment of Hypercholesterolemic Patients. 24<sup>th</sup> September, 2001.
116. Chen ZY and Huang Y. Effect of storage and processing on stability of green tea catechins in tea drinks. Proceeding: Active compounds in plant foods: health effects and perspectives for the food industry, Tenerife, Canary Islands, Spain, 26<sup>th</sup>-29<sup>th</sup> April, 2001.
117. Cheng JCY, Guo X, Lee WTK, Ng SWE, Cheung SK, Hung WY. Asynchronous Coupling of Endochondral and Membranous Ossification in Adolescent Idiopathic Scoliosis (AIS). P.228, Program & Abstracts of 13<sup>th</sup> Triennial Congress of Asia Pacific Orthopaedic Association, 1<sup>st</sup>-6<sup>th</sup> April, 2001, Adelaide, Australia.
118. Cheung PCK and Li YY. Evaluation of non-starch polysaccharides (alginates) from some subtropical brown seaweeds as functional food ingredients. Abstracts of the 17<sup>th</sup> Congress of Nutrition, Vienna, Austria, 2001. *Annals of Nutrition and Metabolism*, 45 (Suppl 1), p 73.
119. Cheung PCK and Wong KH. Preparation and functional properties of fiber-rich materials from edible mushrooms. Abstracts of the 11<sup>th</sup> World Congress of Food Science and Technology, Seoul, South Korea, 2001.

120. Cheung SK, Cheng JCY, Lee WYK, Guo X, Cheng SH. Estrogen Receptor Gene, a Likely Candidate Gene for Adolescent Idiopathic Scoliosis (AIS)? P. 228, Program & Abstracts of the 13<sup>th</sup> Triennial Congress of Asia Pacific Orthopaedic Association, April 1-6 2001, Adelaide, Australia.
121. Cheung SK, Cheng JCY, Lee WTK, Guo X, Qin L. Osteopenia in Newly Diagnosed Adolescent Idiopathic Scoliosis Females. P. 228, Program & Abstracts of the 13<sup>th</sup> Triennial Congress of Asia Pacific Orthopaedic Association, April 1-6 2001, Adelaide, Australia.
122. Cheung SK, Lee WTK, Cheng JCY. Osteopenia and calcium intake in patients with Adolescent Idiopathic Scoliosis. Abstracts of the 17th International Congress of Nutrition; 2001 August 27-31; Vienna, Austria. *Annals of Nutrition & Metabolism* 2001 45 (Suppl 1): 249.
123. Henry CJK, Seyoum TA, Lightowler HJ, Woo J. Flavour enhancers on food intake in hospitalised elderly patients. Annual British Nutrition Society Meeting. Sheffield, UK, July 10-12, 2001.
124. Ho SC. Soy intake and women's health: recent studies in Asia. Invited presentation in the Soya and Health Symposium held in, Kuala Lumpur, 18 April, 2001.
125. Ho SC. A three-year follow-up study of social, lifestyle and health predictors of cognitive impairment in a Chinese older cohort. Invited presentation in the Advances in Dementia Conference held in Hong Kong, April 23, 2001.
126. Ho SC. Factors associated with menopausal symptoms in a population-based study of Chinese perimenopausal women. Paper presented in 4<sup>th</sup> International Symposium on Women's Health and Menopause: New strategies improved quality of life held in Washington DC, USA, May 19-23, 2001.
127. Ho SC. Overview on contemporary women's health issues in HK and insight on an efficient multidisciplinary approach (with emphasis on physiotherapy) in addressing these issues. Invited presentation in the Women's Health – Hong Kong Chapter in the Annual General Meeting of Hong Kong Physiotherapy Association held in Hong Kong, June 16, 2001.
128. Ho SC. Physical activity and successful aging. Invited presentation in the 2001 Annual Congress of Hong Kong Physiotherapy Association – Towards Health Living Years -Health For The Body & Health For The Mind, held in Hong Kong, Nov 2, 2001.
129. Ho SC, Woo J, Chen YM, Lam S, Lau J, Sham A. Soy consumption and hip bone mass in early postmenopausal Chinese women. 4<sup>th</sup> International Symposium on Women's Health and Menopause. Washing D.C., USA, May 19-23, 2001.
130. Huang Y, Yao XQ and Chen ZY. Relaxant response to purified green epicatechins in cerebral, coronary and mesenteric arteries of rats. Proceeding: Active compounds in plant foods: health effects and perspectives for the food industry, Tenerife, Canary Islands, Spain, April 26-29, 2001.
131. Hui LL, Nelson EAS, Li AM, Fok TF. Dietary glycaemic response and childhood overweight development. 5<sup>th</sup> Annual Nutrition Symposium. Centre for Nutritional Studies, School of Public Health, The Chinese University of Hong Kong. Hong Kong, November 2001.
132. Hui LL, Nelson EAS, Li AM, Fok TF. Risk factors for childhood overweight in Hong Kong. *Annals of Nutrition and Metabolism* 2001;45 (suppl 1):226.

133. Kwok T, Kwan M, Lam L, Woo J, Chiu H. A prospective study of weight changes in community dwelling Alzheimer's disease patients. 1<sup>st</sup> Congress of the International Academy on Nutrition & Aging. Paris June 29-30, 2001. Best poster award
134. Kwok T, Woo J, Lau E. Armspan: height ratio to predict vertebral deformity in older Chinese people. American Geriatrics Society Annual Meeting. Chicago, USA, May 9-13, 2001. *J Am Geriatr Soc* 2001; 49(4):S128.
135. Lee WTK, Cheung SK, Chau JWW, Cheng JCY. Calcium intake in osteopenic adolescent girls with idiopathic scoliosis (AIS). Program & Abstracts of The 1<sup>st</sup> International Conference on Bone & Mineral Research. September 15-19 2001, Beijing, China. P.86.
136. Lee WTK, Cheung SK, Cheng JCY. Higher calcium intakes are found in idiopathic scoliotic adolescent girls with generalised osteopenia. Programme of the 5<sup>th</sup> Annual Nutrition Symposium, Centre of Nutritional Studies, School of Public Health, The Chinese University of Hong Kong, P. 15. 10, Nov, 2001.
137. Lee WTK, Cheung SK, Cheng JCY. Cheng. Bone mineral density (BMD) and calcium intake in patients with adolescent idiopathic scoliosis. Abstracts of Joint Annual Scientific Meeting 2001 The Hong Kong Paediatric Society and Hong Kong Paediatric Nurses Association, 13 Oct 2001.
138. Lee WTK, Cheung SK, Lam SSW, Lee C, Chau WW, Cheng JCY. Calcium intakes in patients with adolescent idiopathic scoliosis. 21<sup>st</sup> Annual Congress of the Hong Kong Orthopaedic Association. 10-11 Nov, 2001, Hong Kong. *Hong Kong J Ortho Surg* 2001, 5 (Suppl), p. S76.
139. Lee WTK, Jiang J, Hu P, Hu XP, Cheng JCY. Calcium Absorption Measured by Stable Calcium Isotopes (<sup>42</sup>Ca & <sup>44</sup>Ca) among Northern Chinese Adolescents with Low Vitamin D Status. P. 35, Program & Abstracts of the 13<sup>th</sup> Triennial Congress of Asia Pacific Orthopaedic Association, April 1-6 2001, Adelaide, Australia.
140. Lee WTK, Jiang J, Hu P, Hu XP, Cheng JCY. Use of stable isotopes in evaluation of calcium absorption in Beijing adolescents with low vitamin D status. Program & Abstracts of The 1<sup>st</sup> International Conference on Bone & Mineral Research. September 15-19 2001, Beijing, China. P.86.
141. Lee WTK, Jiang J, Hu P, Hu XP, Roberts DCK, Cheng JCY. An inverse association between calcium absorption and plasma 25-hydroxyvitamin D<sub>3</sub> of Adolescents in North China. Programme of the 5<sup>th</sup> Annual Nutrition Symposium, Centre of Nutritional Studies, School of Public Health, The Chinese University of Hong Kong, P. 14. 10, Nov, 2001.
142. Lee WTK, Jiang J, Hu P, Hu XP, Roberts DCK, Cheng JCY. Calcium absorption of adolescents with low 25-(OH)-Vitamin D<sub>3</sub> status in North China. Abstracts of Joint Annual Scientific Meeting 2001 The Hong Kong Paediatric Society and Hong Kong Paediatric Nurses Association, 13 Oct 2001.
143. Lee WTK, Jiang J, Hu P, Hu XP, Roberts DCK, Cheng JCY. Calcium Absorptive Efficiency of Adolescents with Low 25-(OH)-vitamin D<sub>3</sub> Status as Measured by Stable Calcium Isotopes. 17<sup>th</sup> International Congress of Nutrition; 2001 August 27-31; Vienna, Austria. *Annals of Nutrition & Metabolism* 2001 45 (Suppl.): 348.
144. Lee WTK, Lu WF, Lam SSW, Chau WW, Cheung SK, Chan CW, Jiang J, Cheng JCY. Calcium absorption & homeostasis of patients with adolescent idiopathic scoliosis - a pilot study. 21<sup>st</sup> Annual Congress of the Hong Kong Orthopaedic Association. 10-11 Nov, 2001, Hong Kong. *Hong Kong J Ortho Surg* 2001, 5 (Suppl), p. S77.

145. Nelson EAS, Hui LL, Li AM, Cheng SKY. Weight control programme incorporating glycaemic index. *Annals of Nutrition and Metabolism* 2001;45 (suppl 1):192.
146. Sea MM, Chan JCN, Woo J. Dietary habits in obese diabetic and obese non-diabetic Chinese adults– East meets West Symposium, November 3-4, 2001.
147. Sea M, Chong A, Tong P, Ko GTC, Chow CC, Critchley JAJH, Woo J, Tomlinson B, Cockram CS, Chan JCN. The effects of orlistat on body composition in obese diabetic and nondiabetic Chinese Adults. 61<sup>st</sup> Scientific session of the American Diabetic Association. Philadelphia, USA, June 22-26, 2001.
148. Sea MM, Chong A, Tong P, Ko GTC, Chow CC, Critchley JAJH, Woo J, Tomlinson B, Cockram CS, Chan JCN. The difference of the effects of Orlistat on body composition in obese diabetic and non-diabetic Chinese Adults. 2<sup>nd</sup> International Huaxia Congress of Endocrinology. Hong Kong, China December 14-17,2001.
149. Sea MM, Tong P, Chow CC, Chan JCN, Woo J. A pilot study for the effectiveness of “weight management program” at the conference of Research in Women’s Health-from Knowledge to Practice. Hong Kong, October 21, 2001.
150. Sea MM, Tong P, Ko GTC, Chow CC, Critchley JAJH, Woo J, Tomlinson B, Cockram CS, Chan JCN. A pilot study of the effects of Orlistat for weight loss and prevention of weight regain in obese diabetic and obese non-diabetic Chinese adults. 3<sup>rd</sup> HK Diabetes and Cardiovascular Risk Factor – East meets West Symposium, November 3-4, 2001.
151. Sea MM, Woo J. Associations between food variety and body fatness in Hong Kong Chinese. 5<sup>th</sup> Annual Nutrition Symposium, Centre for Nutritional Studies, The Chinese University of Hong Kong. November 10<sup>th</sup> 2001.
152. Wang AYM, Sea MM, Ip R, Sanderson JE, Tang N, Lui SF, Woo J. A positive history of heart failure is associated with reduced energy intake but no increase in energy expenditure – potential implications for malnutrition in dialysis patients. Annual Nutrition Symposium, Centre for Nutritional Studies, The Chinese University of Hong Kong. November 10, 2001.
153. Wang AYM, Sea MM, Ip R, Sanderson JE, Wang M, Li PKT, Lui SF, Woo J. Congestive cardiac failure, an important, yet unrecognized cause of inadequate dietary nutrient intake in continuous ambulatory peritoneal dialysis patients. Annual Nutrition Symposium, Centre for Nutritional Studies, the Chinese University of Hong Kong. November 10, 2001.
154. Wong, W.C. and Cheung, P.C.K. (2001). Nutrition evaluation of some novel edible mushrooms. Abstracts of the Institute of Food Technologists’ Annual Meeting, New Orleans, Louisiana, USA.
155. Woo J. Nutritional aspects of osteoporosis: Studies in Southern Chinese. *Hong Kong Medical Journal* 2001; 7(4) Suppl 2: pp 34.
156. Woo J. Nutritional aspects of osteoporosis. 2<sup>nd</sup> International Huaxia Congress of Endocrinology. Hong Kong, China December 14-17, 2001. Invited lecture
157. Woo J, Ho SC. Is lifestyle important for health outcomes in elderly HK Chinese? *Gerontology* 2001; 47(suppl 1): 356.
158. Woo J, Ho SC. Is lifestyle important for health outcomes in elderly Hong Kong Chinese? XVII<sup>th</sup> World Congress of the International Association of Gerontology. Vancouver, Canada. July 1-6, 2001.
159. Woo J, Woo KS, Leung SSF, Chook P, Liu B, Ip R, Ho SC, Chan SW, Feng JZ, Celermajer DS. The Mediterranean Score of dietary habits in Chinese populations in

- four different geographical areas. 5<sup>th</sup> International conference on preventive cardiology. Osaka, Japan. May 27-31, 2001.
160. Woo KS, Chook P, Chan SW, Ip RKL, Woo JLF, Celermajer DS. Changing dietary patterns and subclinical atherosclerosis in Chinese Americans: the impact of prolonged and early acculturation. Berlin, Germany, July 1-6, 2001.
  161. Woo KS, Chook P, Kwok T, Qiao M, Ip RKL, Poon PYK, Woo JLF. Are vegetarians less vulnerable to developing atherosclerosis: The impact of hyperhomocysteinemia? *Circulation* 2001; 104: II-837.
  162. Woo KS, Chook P, Qiao M, Lui B, Ip RKL, Chan SW, Mai JZ, Feng JZ, Woo JLF, Celermajer D. Job stress, westernized dietary habits and subclinical atherosclerosis: Report from CATHAY Study. The European Society of Cardiology – XXIII Congress. Stockholm, Sweden, September 1-5, 2001.
  163. Zhang M., Cheung, P.C.K. and Zhang, L. (2001). Evaluation of mushroom dietary fiber (non-starch polysaccharides) from sclerotia of *Pleurotus tuber-regium* (Fries) Singer as potential anti-tumor agent. Abstracts of the 17<sup>th</sup> Congress of Nutrition, Vienna, Austria, *Annals of Nutrition and Metabolism*, 45 (Suppl 1), p 78.
  164. Chen SSF, Wang AYM, Sea M, Woo J, Lok J. Dietary knowledge survey in CAPD patients. First forum of Hospital Authority Dietetic service on evidence based practice and experience sharing. 5<sup>th</sup> January 2002, Hong Kong.
  165. Chen ZY. Comparison of breastmilk docosahexaenoic acid (DHA) and arachidonic acid (AA) content between Chinese and other women. ISSFA 2002-Dietary Fats and Health-5<sup>th</sup> Congress of the International Society for the Study of Fatty Acids and Lipids. Montreal, Canada, May 7-11, 2002.
  166. Cheung CSK, Lee WTK, Guo X, Tang SP, Lee SKM, Cheng JCY. Abnormal Bone Turnover in Adolescent Girls with Idiopathic Scoliosis. The American Society for Bone & Mineral Research (ASBMR) 24th Annual Meeting. Sept 20-24, 2002. San Antonio, Texas, USA. *J Bone Min Res* 2002;17: Suppl 1 S219.
  167. Cheung CSK, Lee TK, Guo X, Tang SP, Qin L, Lee SKM, Cheng JCY. Abnormal Bone Turnover in Adolescent Girls with Idiopathic Scoliosis. 22<sup>TH</sup> Annual Congress of the Hong Kong Orthopaedic Association. 15-17 Nov, 2002, Hong Kong. *Hong Kong J Ortho Surg* 2002, 6 (Suppl), p. S89.
  168. Cheung CSK, Lee WTK, Tang SP, Lee KM, Guo X, Qin L, Cheng JCY. Abnormal peri-pubertal anthropometric measurements and growth pattern in adolescent idiopathic scoliosis- a study of 598 patients. 22<sup>nd</sup> Annual Congress of the Hong Kong Orthopaedic Association. 15-17 Nov, 2002, Hong Kong. *Hong Kong J Ortho Surg* 2002, 6 (Suppl), p. S11.
  169. Cheung CSK, Lee WTK, Tang SP, Lee SKM, Guo X, Qin L, Cheng JCY. Abnormal peripubertal anthropometric measurements and growth pattern in adolescent idiopathic scoliosis - a study of 582 patients. Program of the 37<sup>th</sup> Annual Meeting, Scoliosis Research Society, Seattle, Washington, USA, Sept 18-21, 2002. P. 111.
  170. Cheung LM, Zhang M and Cheung PCK. Antioxidant and radical scavenging activities of chemically modified polysaccharides from mushrooms. Abstracts of the 39<sup>th</sup> International Symposium on Macromolecules, Beijing, China, 2002, p 934.
  171. Cheung PCK and Lim SN. In vivo anti-tumor activity of alginates extracted from some subtropical brown seaweed (*Sargassum* species). Abstracts of the 4<sup>th</sup> Asia-Pacific Biotechnology Conference, Hawaii, USA, 2002, p 59.

172. Chu WCW, Li AM, Liu EKH, Chan D, Chan YL, Nelson EAS, Sung R. Fatty liver in simple obesity of children: US scoring, phase contrast MR imaging and correlations with other clinical parameters. 39<sup>th</sup> Congress European Society of Paediatric Radiology, Bergen Norway, June 2002.
173. Ho SC. Menopausal transition and changes of body composition: a prospective study in Chinese women. Invited Presentation at the 6th Beijing/Hong Kong Medical Exchange – The Climacteric, held in Hong Kong, Sept 28-29, 2002.
174. Ho SC. Soy intake and cholesterol concentrations. Invited Presentation at the China & International Soy Conference & Exhibition 2002 – Advancing Science, Technology, and Trade in the Age of Globalization held in Beijing, Nov 6-8, 2002.
175. Ho SC. Health issues of midlife and older women in Hong Kong. Invited presentation in Seminar on Soy Protein and Research Update held at Sheraton Hotel, 11 November 2002.
176. Ho SC, Chan SSG, Sham A, Lee R, Woo J. Vitamin K intake and bone mineral density in Chinese perimenopausal women. 13<sup>th</sup> Annual Meeting, North American Menopause Society, October 3-5, 2002.
177. Ho SC, SG Chan V Yip, R Lee, J Woo. Vitamin K intake and bone mineral density in Chinese perimenopausal women presented in the North American Menopause Society 13<sup>th</sup> Annual Meeting held in Chicago, Oct 3-5. 2002.
178. Huang Y, Chen ZY. Vasodilator and hypolipidemic effects of hawthorn fruit extract. ISSFA 2002-Dietary Fats and Health-5<sup>th</sup> congress of the International Society for the Study of Fatty Acids and Lipids. Montreal, Canada, May 7-11, 2002.
179. Lee WTK. Nutrition & Osteoporosis. 4<sup>th</sup> Symposium of Chinese Academy of Preventive Medicine – Danone Institute, China, October 2002, Shanghai, China.
180. Lee WTK, Cheng JCY, Lee C, Cheung CSK, Tang SP. Underweight and Nutritional Intakes of 389 Adolescent Idiopathic Scoliotic Patients. 22<sup>nd</sup> Annual Congress of the Hong Kong Orthopaedic Association. 15-17 Nov, 2002, Hong Kong. Hong Kong J Ortho Surg 2002, 6 (Suppl), p. S88.
181. Lee WTK, Cheung A, Lau J, Hung V, Qin L, Cheng JCY. Correlation of New BMD Composite Index Scores with Growth Parameters in Adolescents. 22<sup>nd</sup> Annual Congress of the Hong Kong Orthopaedic Association. 15-17 Nov, 2002, Hong Kong. Hong Kong J Ortho Surg 2002, 6 (Suppl), p. S91.
182. Lee WTK, Cheung CSK, Cheng JCY. Abnormal peri-pubertal growth patterns and anthropometry in girls with adolescent idiopathic scoliosis. Abstract of The Joint Annual Scientific Meeting of The Hong Kong Paediatric Society (40<sup>th</sup> Anniversary Celebration) & Hong Kong Paediatric Nurses Association Ltd. 30 November 2002. P.49-50.
183. Lee WTK, Cheung CSK, Guo X, Cheng JCY. Generalised Osteopenia Associated with Higher Calcium Intake in Adolescent Idiopathic Scoliosis. The American Society for Bone & Mineral Research (ASBMR) 24<sup>th</sup> Annual Meeting. Sept 20-24, 2002. San Antonio, Texas, USA. J Bone Min Res 2002;17: Suppl 1 S219.
184. Lee WTK, Cheung CSK, Guo X, Tang SP, Cheng JCY. Abnormal Peri-Pubertal Growth and Development in Girls with Adolescent Idiopathic Scoliosis. The American Society for Bone & Mineral Research (ASBMR) 24<sup>th</sup> Annual Meeting. Sept 20-24, 2002. San Antonio, Texas, USA. J Bone Min Res 2002;17: Suppl 1 S382.

185. Lee WTK, Cheung CSK, Lee SKM, Cheng JCY. Unusual Bone Turnover Phenomenon in Pubertal Girls with Adolescents Idiopathic Scoliosis (AIS). 20<sup>th</sup> Annual Meeting of the Japanese Society for Bone and Mineral Research (JSBMR), Okayama, Japan, July 25-27, 2002.
186. Lee WTK, Cheung CSK, Tang SP, Cheng JCY. Abnormal calcium metabolism in adolescent idiopathic scoliosis? Program of the 37<sup>th</sup> Annual Meeting, Scoliosis Research Society, Seattle, Washington, USA, Sept 18-21, 2002. p.181.
187. Lee WTK, Cheung CSK, Tang SP, Qin L, Cheng, JCY. Inadequate Weight-Bearing Exercise is a Contributory Factor to Osteopenia in Adolescent Idiopathic Scoliotic Females During Rapid Bone Growth. 22<sup>nd</sup> Annual Congress of the Hong Kong Orthopaedic Association. 15-17 Nov, 2002, Hong Kong. Hong Kong J Ortho Surg 2002, 6 (Suppl), p. S69.
188. Lee WTK, Cheung CSK, Tang SP, Qin L, Cheng JCY. Generalised Osteopenia and Low Calcium Intake in 600 Patients with Adolescent Idiopathic Scoliosis during Peripubertal Growth. 22<sup>nd</sup> Annual Congress of the Hong Kong Orthopaedic Association. 15-17 Nov, 2002, Hong Kong. Hong Kong J Ortho Surg 2002, 6 (Suppl), p. S68.
189. Lee WTK, Cheung CSK, Qin L, Cheng JCY. Systemic Osteopenia Associated with Higher Calcium Intake in 600 Patients with Adolescent Idiopathic Scoliosis. 20<sup>th</sup> Annual Meeting of the Japanese Society for Bone and Mineral Research (JSBMR), Okayama, Japan, July 25-27, 2002. (JSBMR Travel Award Paper)
190. Lee WTK, E Wong, V Ho, SSH Lui, J Lau, W Tang, LY Tse. Factors determining duration of breast-feeding in currently formula fed infants who have initially received breast milk in Hong Kong. Abstract of The Joint Annual Scientific Meeting of The Hong Kong Paediatric Society (40<sup>th</sup> Anniversary Celebration) & Hong Kong Paediatric Nurses Association Ltd. 30 November 2002. P.51. (1<sup>st</sup> Prize Award for the Best poster presentation).
191. Nelson EAS. Is glycaemic index related to childhood obesity. 6<sup>th</sup> Annual Nutrition Symposium, Centre for Nutritional Studies, School of Public Health, Hong Kong, October 2002.
192. Sea MM, Tong P, Chow CC, Critchley JAJH, Woo J, Tomlinson B, Cockram CS, Chan JCN. The effects of Orlistat on body composition and basal metabolic rate in obese diabetic and non-diabetic Chinese adults. 5<sup>th</sup> International Diabetes Federation Western Pacific Region Congress, Beijing, China, May 4-7, 2002.
193. Sea MM, Tong P, Chow CC, Critchley JAJH, Woo J, Tomlinson B, Cockram CS, Chan JCN. A pilot study to examine the efficacy of Orlistat and lifestyle modification in Chinese obese subjects with or without Type 2 diabetes mellitus. 62<sup>nd</sup> Scientific Sessions Meeting of American Diabetics Association, San Fransico, USA, June 14-18, 2002.
194. Szeto YT, Kwok TCY, Ip KL, Wachtel-Galor S, Benzie IFF. Biomarkers of antioxidant status and CHD risk in long term vegetarians. Asia-Pacific Conference on Anti-Ageing Medicine in Singapore, June 2002.

195. Tang SP, Lee WTK, Cheung CSK, Guo X, Cheng JCY. Abnormal peri-pubertal growth in 582 adolescent girls with idiopathic scoliosis. Program of the 37<sup>th</sup> Annual Meeting, Scoliosis Research Society, Seattle, Washington, USA, Sept 18-21, 2002. P. 211.
196. Wong EHY, Nelson EAS. Early postpartum use of pacifiers in breastfeeding infants in Hong Kong. Pan Asian Lactation Consultant Association Regional Conference 2002, Hong Kong, November 2002.
197. Wong EHY, Nelson EAS. Parental smoking practices in breastfeeding Hong Kong infants. Pan Asian Lactation Consultant Association Regional Conference 2002, Hong Kong, November 2002.
198. Wong EHY, Nelson EAS. Influence of infant feeding method on weight gain at three months of age. 6<sup>th</sup> Annual Nutrition Symposium, Centre for Nutritional Studies, School of Public Health, Hong Kong, October 2002.
199. Wong EHY, Nelson EAS, Chiu A, Wu C, Wong KP, Ip C, Ho LC, Yu LM. Evaluation of a peer-counselling programme to promote increased duration and exclusivity of breastfeeding. Pan Asian Lactation Consultant Association Regional Conference 2002, Hong Kong, November 2002.
200. Wong, K.H., Cheung, P.C.K. and Masuyama, R. (2002). Effect of mushroom dietary fiber on bone mineral level and bone strength in ovariectomized rats. Proceedings of 2002 International Bone Research, Hong Kong, China, p 386-388.
201. Woo J. Improving the quality of nutrition support for the elderly. Invited plenary lecture. First forum of Hospital Authority Dietetic service on evidence based practice and experience sharing. 5<sup>th</sup> January 2002, Hong Kong.
202. Wu, Jinzhong and Cheung, P.C.K. (2002). Studies on the liquid fermentation of *Polyporus rhinoceros* Cooke. Proceedings of 2002 International Conference and Exhibition on the Modernization of Traditional Chinese Medicine, Chengdu, China.
203. Yeung, M. and Cheung, P.C.K. (2002). The hypolipidemic effect of some lesser-known edible and medicinal mushrooms. Abstracts of the Institute of Food Technologists ?Annual Meeting, Anaheim, California, USA, 15E-9.
204. Zhang, M., Zhang, L. and Cheung, P.C.K. (2002). Correlation between structure and antitumor activity of carboxymethylated  $\beta$ -D-glucan from the sclerotia of *Pleurotus tuber-regium*. Abstracts of the 39<sup>th</sup> International Symposium on Macromolecules, Beijing, China, p 1017.
205. Kwan M, Woo J, Kwok T. The standard oxygen consumption value equivalent to 1 MET (3.5 ml/min/kg) is not appropriate for elderly people. 2<sup>nd</sup> International Academy on Nutrition and Aging Conference, Albuquerque, New Mexico, USA, July 10-12,2003.
206. Kwok T, Hui S, Li M, Woo J, Lau E. The comparison of body densities estimated by Bod Pod with that by hydrodensitometry in Chinese people. 2<sup>nd</sup> International Academy on Nutrition and Aging Conference, Albuquerque, New Mexico, USA, July 10-12,2003.
207. Lau EMC, Woo J, Kwok T. The prevalence of and risk factors for sarcopenia in the Chinese elderly: A first study. 2<sup>nd</sup> International Academy on Nutrition and Aging Conference, Albuquerque, New Mexico, USA, July 10-12,2003.
208. Tang NLS, Ma SL, Lam LCW, Ho SSC, Kwok T, Woo J. No association between MTHFR C677T polymorphism and longevity in Southern Chinese. 4<sup>th</sup> International Conference on homocysteine Metabolism. Basel, Switzerland, 29 June- 3 July 2003.

209. Tong P, Lee Z, Sea M, Chow CC, Ko G, Woo J, Cockram C, Chan J. The impact of orlistat-induced weight reduction on metabolic profiles, insulin sensitivity and pancreatic beta cell function in obese Chinese subjects with or without type 2 diabetes mellitus. Second Asia-Oceania Conference on Obesity. Kuala Lumpur, Malaysia, 7-9 September, 2003.
210. Sea MM, Chan JCN, Tong P, Chow CC, Woo J. Quality of life of obese patients before and after weight reduction. 5<sup>th</sup> Hong Kong Diabetes and Cardiovascular Risk Factors East meets West & 13<sup>th</sup> International Symposium on Atherosclerosis Satellite Meeting 2003, 3-5 October.
211. Woo J. Nutrition and disease. Department of Food and Environmental Hygiene, Public Forum on Labelling Scheme on Nutrition Information. Dec 11 2003 and Jan 15 2004. Hong Kong.
212. Chen YM, Ho SC, Woo JLF, Teucher B, Tang XY, Dainty JR, Lee KKC. Calcium requirements in Chinese postmenopausal women: a dual-stable-isotope labeled balance study. Proceeding of the 9<sup>th</sup> National Nutrition Conference of China. Chinese Nutrition Society. Beijing, 10 October 2004, p. 167-168.
213. Chen YM, Teucher, Tang XY, Dainty JR, Lee KKC, Woo JLF, Ho SC. Presentation at Symposium on calcium, Chinese herbal medicine, and women's health, Hong Kong, 20 November 2004.
214. Cheng JCY, Hung VWY, Lee WTK, Cheung SK, Guo X, Lee KM, Qin L, Ho SC. Abnormal bone-turnover, inadequate calcium intake and physical activity, and scoliotic progression are associated with osteopenia in adolescent idiopathic scoliosis (AIS). International Research Society of Spinal Deformities Symposium 2004.
215. Chin MK, Ooi FK, Yang JZ, Girandola RN, Kwok T, Woo J. A comparison of body fat measurement by BodPod, skinfolds and three bioelectrical impedance analysis techniques in Chinese college students. Preolympic Sports Science Congress, Greece, Aug 2004.
216. Ho SC. Calcium intake and bone mass in postmenopausal Chinese women. Presentation at Symposium on calcium, Chinese herbal medicine, and women's health, Hong Kong, 20 November 2004.
217. Ho SC, Chen YM, Woo JLF. Fruit and vegetable consumption and bone mass among postmenopausal Chinese women. Presentation at 45<sup>th</sup> Annual Meeting of American College of Nutrition in Hilton Long Beach, California, 2 October 2004.
218. Tong PCY, Poon MY, Sea M, Lee Z, Ho CS, Chow FC, Ko GT, Woo J, Chan JC. The impact of weight reduction on dynamic growth hormone response and body fat distribution in obese subjects. 64<sup>th</sup> Scientific Sessions, American diabetes Association, June 2004.
219. Woo J. Traditional Chinese Medicine and cognitive function. Symposium on calcium, Chinese Herbal Medicine, and women's health. Joint Annual Symposium of the Centre for Research and Education in Women's Health, and the Centre for Nutritional Studies. Nov 20 2004, Hong Kong.
220. Woo KS, Chook P, Kwok TCY, Qiao M, Poon PYK, Woo JLF. Vegetarians are more vulnerable to develop atherosclerosis remediable by Vitamin B12 supplementation. American Heart Association Annual Scientific Meeting, New Orleans, Louisiana, USA, November 7-10, 2004.

221. Chan SG, Ho SC, Kreiger N, Darlington G Dietary Sources, Intake Levels and Determinants of Soy Isoflavones of Chinese Midlife Women in Hong Kong. Accepted paper of American College of Epidemiology Annual Scientific Sessions – Epidemiology and Advocacy in the Real World: How Advocacy Shapes the Practice of Epidemiology in New Orleans, USA, 17-20 September 2005.
222. Chen ZY at Workshop on Plant antioxidants and Health, Beijing, China. Title: Research on Antioxidant from Foods to Traditional Chinese Medicine, What Can We Conclude? November 4, 2005.
223. Chen ZY at 2005 TWGH Eddie Wang International Symposium on Integrated Chinese and Western Medicine, Hong Kong. Title: Cholesterol-lowering nutraceuticals: a review, November 4-5, 2005.
224. Chen ZY at 6<sup>th</sup> International Conference of Food Science and Technology, Guangzhou, China. Title: Cholesterol lowering functional foods: A review. November 7-9, 2005.
225. Chen ZY at 2005 International Symposium on Innovation in Tea Science and Sustainable Development in Tea Industry. Hangzhou, Zhejiang, China. Title: Vasorelaxant activity of tea catechins and theaflavins. November 10-15, 2005.
226. Ho SC, Chen YM. Habitual soyfood consumption improves glycemic control among postmenopausal Chinese women: A one-year follow-up study. Oral Presentation at 6th International Symposium on the Role of Soy in Preventing and Treating Chronic Disease Chicago, USA, 30 October - November, 2005.
227. Ho SC, Chen YM, Ho S, Woo J. Soy isoflavone supplementation and fasting serum glucose and lipid profile among postmenopausal Chinese women: A one-year double-blind, randomized, placebo-controlled trial. Oral Presentation at the North American Menopause Society 16th Annual Meeting at San Diego, USA, 28 September-1 October, 2005. (selected as top 20 abstracts from 148 submission)
228. Ho SC, Yu RHY, Sham A, Chan SG, Woo J, Lam CWK. Do physical activity and fruit intake reduce inflammation? Cardiovascular risk study in healthy postmenopausal Chinese women. Oral Presentation at Symposium on Advances in Clinical Nutrition, American College of Nutrition, 46<sup>th</sup> Annual Meeting in South Carolina, USA, 23-25 September 2005.
229. Kwok T, Woo J. Body composition and the risk of fractures in older people. 3rd Annual Conference of the International Academy on Nutrition and Ageing. St. Louis, USA, May 2005.
230. Liu KW, Dai D, Ma R, Woo J. A case series of metformin related vitamin B12 deficiency in diabetic elderly correlated with neurological manifestations. World Congress of Neurology. Sydney, Australia, 5-11 November, 2005.
231. Sea MM, Tong PCY, Chow CC, Chan JCN, Woo J. Efficacy of two structured weight management models in Hong Kong Chinese obese adults. 65<sup>th</sup> Scientific Sessions Meeting of American Diabetics Association, SanDiego, USA, June 9-13, 2005.
232. Woo J, Sea MMM, Tong P, Ko GTC, Lee Z, Chan J, Chow CC. Effectiveness of a lifestyle modification programme in weight maintenance in obese subjects after cessation of treatment with Orlistat. 6th National Nutrition and Health Conference. London, 25-26 November, 2005.
233. Chen ZY by Biology Society, Hong Kong Baptist University. Title: Functional Foods: A story about cholesterol. Jan 21, 2006.

234. Chen ZY in International Symposium on Health Aging; A Global Challenge for the 21<sup>st</sup> Century. Title: Healthy aging, a story about cholesterol and functional foods. March 4-5, 2006, Hong Kong.
235. Ho SC, Chan ASY, Ho YP, Zee B, Woo J. Effects of Soy Isoflavones Supplementation on Cognitive Function in Chinese Postmenopausal Women: A Double-blind Randomized Controlled Trial. Oral Presentation at the North American Menopause Society 17th Annual Meeting at held in Nashvill, Oct 11-14, 2006
236. Kwok T, Woo J, Leung PC. Soy intake is associated with less decline in total hip bone mineral density in older Chinese men. World Congress on Osteoporosis. Toronto, Canada, 2-6 June 2006.
237. Sea MM, Tong P, Chow C, Chan J, Woo J. Learn from two structural weight management models: essential components for successful weight management. 10<sup>th</sup> International Congress on Obesity, Sept 3-8, 2006, Sydney, Australia. Oral presentation.
238. Woo J. Obesity in the elderly: definition, consequences and management. International Symposium on Obesity in the Elderly. Rome, Italy, 26-28 January 2006.
239. Woo J. Milk supplementation and bone mineral density. Symposium on Nutrition, Bone Health and Osteoporosis, Innovations in the Management of Osteoporosis, Asian Osteoporosis Foundation. Hong Kong, 12 February, 2006.
240. Yau F, Goggins W, Woo J. A pilot study of using the simple physical activity questionnaire from EPIC study in the Hong Kong population. Physical activity and obesity Satellite Conference, International Congress on Obesity, 31 August - 2 September 2006, Brisbane, Australia. Poster presentation.
241. Chan NN, Sea MMM, Ngai W, Tong PCY, Woo J, Chow CC, Chan JCN. Weight management programme-the Hong Kong experience.
242. Cheung PCK, Wong KH and Masuyama R. Dietary fiber from mushroom: An evaluation of their biochemical and physico-chemical properties. Abstracts of the 7<sup>th</sup> Vahouny Symposium: Dietary in Health and Disease, Edinburgh, Scotland.
243. Kwok T, Hui S, Li M, Woo J, Lau E. The comparison of fat percentages estimated by BODPOD with that by dual energy X ray absorptiometry (DEXA) in Chinese people..
244. Lee TKW, Cheung SK, Qin L, Guo X, Ho SC, Lau TFJ, Cheng CYJ. Calcium Intake and Physical Activity are Associated with Systemic Osteopenia in Adolescent Idiopathic Scoliosis (AIS). Second Asian Regional IOF Conference on Osteoporosis ed. by International Osteoporosis Foundation. p.44. Hong Kong.
245. Lo KM and Cheung PCK. Evaluation of antioxidant activity of some cultivated lesser-known edible mushrooms. Abstracts of the 35<sup>th</sup> Annual AIFST Convention, Sydney, Australia, p 55.

## **Scientific meetings**

### Scientific Meeting

1. First Annual Scientific Symposium 6<sup>th</sup> September, 1997.
2. Fourth Congress of Parenteral and Enteral Nutrition Society of Asia 9<sup>th</sup>-12<sup>th</sup> December, 1998.

3. Press Conference on Chinese diet and atherosclerosis, at the American Heart Association Meeting in Atlanta, USA, 11<sup>th</sup> November, 1999; in HK on 30<sup>th</sup> November, 1999.
4. Seminar on nutrition and Epidemiology 24<sup>th</sup> March, 2000.
5. Annual Scientific Meeting 30<sup>th</sup> September, 2000.
6. The Biology of Human Starvation: lessons for the 21<sup>st</sup> Century. Royal Society Kan Tong Po Visiting Professorship Public lecture
7. 5<sup>th</sup> Annual Nutrition Symposium on 11<sup>th</sup> November, 2001.
8. 6<sup>th</sup> Annual Nutrition Symposium on 12<sup>th</sup> October, 2002.
9. Seminar on “Nutrition for the Elderly” on 10<sup>th</sup> December, 2002.
10. General Meeting of International Atomic Energy Agency (IAEA), United Nations on 20<sup>th</sup>-24<sup>th</sup> January.
11. Symposium on Public Health in the 21<sup>st</sup> Century on 8<sup>th</sup> November, 2003
12. Symposium on Calcium, Chinese Herbal Medicine, and Women’s Health on November 20, 2004
13. Asia-Pacific Conference on Health Promotion-Healthy lifestyle-Healthy Community on November 5-6, 2005