

Centre for Nutritional Studies
School of Public Health, Faculty of Medicine
The Chinese University of Hong Kong

Annual Report
(2009-2011)



Research activities

- A randomized controlled trials using lifestyle modification programme (LMP) as an intervention with the treatment of nonalcoholic fatty liver disease;
- A randomized controlled trials using LMP as an intervention with the treatment of obstructive sleep apnea;
- A randomized controlled trial to investigate the impact of a low glycemic index diet on body mass index and obesity related cardiovascular and hormonal factors in Chinese adolescents;
- A double blinded placebo controlled trial of food additives and behaviour in primary children in Hong Kong;
- A study examining cardiorespiratory fitness and health outcomes of older people in Hong Kong;
- A health promotion project of older people in Hong Kong;
- A dietary survey of local children in Hong Kong in collaboration with Family Health Service of the Department of Health;
- iPhone and iPad Apps on Food Database development in collaborate with Food Research Centre of The Chinese University of Hong Kong;
- A study of growth and nutrition of children belonging to a minority ethnic group in Guangdong province, in collaboration with Department of Pediatrics, The Chinese University of Hong Kong

Research Grants

	Name of PI	Project Title	Funding Source	Grant Amount	Start and End Dates
1	Prof Alice Kong	A Randomized Controlled Trial to Investigate the Impact of a Low Glycemic Index (GI) Diet on Body Mass Index and Obesity Related Cardiovascular and Hormonal Factors in Chinese Adolescents	Research Grant Council - General Research Fund	HKD 1,667,339	1 January 2011 to 31 December 2012
2	Prof Josette Chor	Food labeling and self management in primary care patients with diabetes mellitus	Health Care Promotion Fund	HKD 299,752	1 December 2009 to 30 July 2011

		and hypertension			
3	Prof Jean Woo	Provision of phone interview service for study on parental knowledge, attitude and practice in child feeding and a dietary survey of children	Family Health Service, Department of Health	HKD 157,550	1 June 2010 to 30 September 2010
4	Prof Jean Woo	Provision of data entry and data analysis service for study on parental knowledge, attitude and practice in child feeding and a dietary survey of children	Family Health Service, Department of Health	HKD 198,490	1 February 2010 to 31 March 2011
5	Prof Vincent WS Wong	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	Health and Health Services Research Fund	HKD 716,728	1 April 2009 to 31 March 2011
6	Prof Jean Woo	Healthy ageing through empowerment	SK Yee Medical Foundation	HKD 1,132,730	1 February 2009 to 31 January 2011

Donations

	Donor	Amount	Date
1	UK Nutritional Research Foundation	GBP40,000 = HKD 485,240.-	5 October 2010
2	UK Nutritional Research Foundation	GBP10,000 = HKD 123,020.-	2 November 2010
3	L&T Charitable Foundation Ltd.	HKD 20,000	28 July 2009
4	Donation-Mr Hui Siu Wing	HKD 100,000	15 June 2010
5	Donation-Ms Hui Pui Lam	HKD 2,800	8 September 2010
6	Donation-L&T Charitable Foundation Ltd.	HKD 50,000	14 October 2010

Publications and conference papers

1	Yu, R., Yau, F., Ho, S. and Woo, J. (2011) Cardiorespiratory fitness and its association with body composition and physical activity in Hong Kong Chinese women aged from 55 to 94 years. <i>Maturitas</i> , 69(4), 348-353.
2	Yu, R., Woo, J., Chan, R., Sham, A., Ho, S., Tso, A., Cheung, B.M.Y., Lam, T.H. and Lam, K.S.L. (2011) Relationship between dietary intake and the development of type 2 diabetes in a Chinese population: the Hong Kong Dietary Survey. <i>Public Health Nutrition</i> , April(5), 1-9.
3	Ho, S., Woo, J., Yau, F. and Yu, R. (2011) Habitual physical activity and cardiorespiratory fitness in Chinese midlife and elderly women. <i>Aging Clinical and Experimental Research</i> , 23 (suppl 1), 214.
4	Lok, K.Y.W., Chung, W.Y., Benzie, I.F.F. and Woo, J. (2011) Synthetic colourings of some snack foods consumed by primary school children aged 8-9 in Hong Kong. <i>Food additives and Contaminants - Part B</i> . (in press).
5	Chan, R., Chan, D., Woo, J., Ohlsson, C., Mellström, D., Kwok, T. and Leung, P.C. (2011) Serum 25-hydroxyvitamin D, bone mineral density and non-vertebral fracture risk in community-dwelling older men: results from Mr. Os, Hong Kong. <i>Archives of Osteoporosis</i> , DOI 10.1007/s11657-011-0053-0.
6	Chan, R. and Woo, J. (2011) The value of vitamin D supplementation in older people. <i>Nutritional Therapy & Metabolism</i> , 29(1), 8-21.
7	Chan, R., Chan, D., Woo, J., Ohlsson, C., Mellström, D., Kwok, T. and Leung, P.C. (2011) Serum 25-hydroxyvitamin D and parathyroid hormone levels in relation to blood pressure in a cross-sectional study in older Chinese men. <i>Journal of Human Hypertension</i> , doi: 10.1038/jhh.2010.126.
8	Chan, R., Chan, D., Woo, J., Ohlsson, C., Mellström, D., Kwok, T. and Leung, P.C. (2011) Association between serum 25-hydroxyvitamin D and psychological health in older Chinese men in a cohort study. <i>Journal of Affective Disorders</i> , 130, 251-259.
9	Chan, R., Woo, J. and Leung, J. (2011) Effects of food groups and dietary nutrients on bone loss in elderly Chinese population. <i>The Journal of Nutrition, Health and Aging</i> , 15(4), 287-294.
10	Lok, K.Y.W., Chung, W.Y., Benzie, I.F.F. and Woo, J. (2010) Colour additives in snack

	foods consumed by primary school children in Hong Kong. <i>Food Additives and Contaminants: Part B</i> , 3(3), 148-155.
11	Lok, K.Y.W., Chung, W.Y., Benzie, I.F.F. and Woo, J. (2010) Public health issues arising from E labelling quality of foods. <i>Journal of Human Nutrition and Dietetics</i> , 23, 437-461.
12	Woo, J. (2010) Ageing in East Asia. Challenges and policies for the twenty-first century. <i>Age and Ageing</i> , doi: 10.1093/ageing/afq075
13	Sea, M.M. and Woo, J. (2010) Factors that may reduce the risk of weight rebound. <i>Obesity Reviews</i> , 11(1), 293.
14	Kong, A.P.S., Chan, R.S.M., Nelson, E.A.S. and Chan, J.C.N. (2010) Role of low-glycemic index diet in management of childhood obesity. <i>Obesity Reviews</i> , doi: 10.1111/j.1467-789X.2010.00768.x
15	Chan, R. and Woo, J. (2010) Prevention of overweight and obesity: how effective is the current public health approach. <i>International Journal of Environmental Research and Public Health</i> , 7, 765-783.
16	Lok, K.Y.W., Chan, R.S.M., Sea, M.M.M. and Woo, J. (2010) Nutritionists' Variation in Counseling Style and Weight Outcome of Patients Attending a Community Based Lifestyle Modification Program. <i>International Journal of Environmental Research and Public Health</i> , 7, 413-426.
17	Woo, J., Chan, R., Leung, J. and Wong, M. (2010) Relative Contributions of Geographic, Socioeconomic, and Lifestyle Factors to Quality of Life, Frailty, and Mortality in Elderly. <i>PLoS ONE</i> , 5(1): e8775. doi:10.1371/journal.pone.0008775
18	Lok, K.Y.W., Chan, R., Chan, D., Li, L., Leung, G., Woo, J., Lightowler, H.J. and Henry, C.J.K. (2010) Glycaemic index and glycaemic load values of a selection of popular foods consumed in Hong Kong. <i>British Journal of Nutrition</i> , 103, 556-560.
19	Chan, R., Woo, J., Suen, E., Leung, J. and Tang, N. (2010) Chinese tea consumption is associated with longer telomere length in elderly Chinese men. <i>British Journal of Nutrition</i> , 103(1), 107-113.
20	Chan, R.S.M., Lok, K.Y.W., Sea, M.M.M. and Woo, J. (2009) Clients' Experiences of a Community Based Lifestyle Modification Program: A Qualitative Study. <i>International Journal of Environmental Research and Public Health</i> , 6(10), 2608-2622.
21	Chan, R., Woo, J., Lau, W., Leung, J., Xu, L., Zhao, XH., Yu, W., Lau, E. and Pocock, N. (2009) Effects of lifestyle and diet on bone health in young adult Chinese women living in Hong Kong and Beijing. <i>Food and Nutrition Bulletin</i> , 30(4), 370-8.

22	Zhang, X.H., Woo, J., Heller, R.F. (2009) Increasing dietary fish intake has contributed to decreasing mortality from CHD among the older population in Hong Kong. <i>Public Health Nutrition</i> , 12(8), 1248-53.
23	Woo, J., Kwok, T., Leung, J. and Tang, N. (2009) Dietary intake, blood pressure and osteoporosis. <i>Journal of Human Hypertension</i> , 23, 451-455.
24	Woo, J. (2011) Nutritional strategies for successful aging. <i>Medical Clinics of North America</i> , 95, 477-493.
25	Wang, A.Y.M., Sea, M.M.M., Tang, N., Lam, C.W.K., Chan, H.I.S., Lui, S.F., Sanderson, J.E. and Woo, J. (2009) Energy Intake and Expenditure Profile in Chronic Peritoneal Dialysis Patients Complicated with Circulatory Congestion. <i>American Journal of Clinical Nutrition</i> , 90(5), 1179-1184.
<u>Abstracts and Invited Lectures Presented at Local and International Meetings</u>	
1	Ruth Chan. A dietary survey of infant and children in Hong Kong (Preliminary findings). Seminar on common problems in infants and toddler feeding and roles of parents. Hong Kong Primary Care Conference 2011. Hong Kong College of Family Physicians, 29 May 2011, HKSAR.
2	Ruth Chan. A dietary survey of infant and children in Hong Kong (Preliminary findings). Seminar on Infant and Young Child Feeding, 2011 Paediatric Update No. 1. Hong Kong College of Paediatricians, 22 May 2011, HKSAR.
3	Sea MM and Woo J. Factors that may reduce the risk of weight rebound. 11 th International Congress on Obesity, Stockholm, Sweden, 11-15 July 2010
4	Woo J. Nutritional strategies for successful aging. Sixth International Symposium on Healthy Aging “A New Golden Age”, 5-6 March 2011, Hong Kong.
5	Ruth Chan. Glycemic Index and Chronic Diseases. 2011 Nutrition and Health Symposium, Centre for Nutritional Studies, The Chinese University of Hong Kong, 22 January 2011, HKSAR.
6	Lok K, Chung WY, Benzie FFI, Woo J. Public Health issues arising from E labeling quality of foods. <i>Journal of Human Nutrition & Dietetics</i> . Aug 2010, 23, 437-467. Abstracts from the British Dietetic Association Conference: Aviemore, Scotland 22-24 June 2010, UK.
7	Ruth Chan, Jean Woo and Jason Leung. Effects of food groups and dietary nutrients on bone loss in elderly Chinese population. 4 th International Academy on Nutrition and Age Related Diseases: Research and Practice, 5 July 2009, Paris.
8	Sea MM. Invited talk of the topic “Lifestyle and Health” at Chung Chi College, the Chinese

	University of Hong Kong. Jan 2009.
9	Invited talk of the topic “Lifestyle modification and weight management” at a CME talk for general medical practitioner. 28 September 2010
10	Invited guest as a renowned expert to the 19 th Symposium on Intestinal Flora” in Tokyo, Japan. 25-30 October 2010
11	Invited talk of the topic “The efficacy of LMP on weight management” at West China Hospital of Sichuan University. 20 June, 2011

Media Interactions

1. 抑鬱易患心血管病”. Oriental Daily. 2 June, 2009.
2. “腎石患者 勿吃高草酸食物”. Oriental Daily. 9 June, 2009.
3. “有益小菜獻父親表孝心”. Oriental Daily. 16 June, 2009.
4. “計步器誘發運動 八千步最健康”. Oriental Daily. 23 June, 2009.
5. “健康餐盒 毋須多肉”. Oriental Daily. 30 June, 2009.
6. “揭破致胖 7 宗罪”. Fancl. July, 2009.
7. “選擇健康小食 保小朋友健康”. Oriental Daily. 7 July, 2009.
8. “常吃零食易過度活躍症”. Oriental Daily. 14 July, 2009.
9. “紅酒養顏 靠紅酒素”. Apple Daily. 21 July, 2009.
10. “六成港童 年患病逾 4 次”. Oriental Daily. 21 July, 2009.
11. “中大公佈減低體重反彈的要素”. TVB News, ATV News. 21 July, 2009.
12. “四成減肥人士體重反彈”. Singtao Daily. 22 July, 2009.
13. “肥人瘦身體重僅維持 3 年”. Singpao. 22 July, 2009.
14. “減肥反彈礙健康”. Oriental Daily. 22 July, 2009.
15. “減肥打回原形 健康更差”. The Sun. 22 July, 2009.
16. “錯用減肥法 兩成人體重反彈”. Hong Kong Daily News. 22 July, 2009.
17. “76% 人減肥 3 年後體重反彈”. Takungpao. 22 July, 2009.
18. “2 成減肥者體重反彈 2% 更肥”. Hong Kong Economic Times. 22 July, 2009.
19. “控制食量運動有助保持體重”. Am730. 22 July, 2009.
20. “2 成減肥人士 5 年後體重反彈”. Wen Wei Po. 22 July, 2009.

21. “減肥不反彈須長期限食做運動”. Hong Kong Commercial Daily. 22 July, 2009.
22. “八成受訪者減肥後反彈”. Mingpao. 22 July, 2009.
23. “忽略飲食 懶做運動 減肥後兩年多體重易反彈”. Apple Daily. 22 July, 2009.
24. “盲目減肥易反彈 3年回升近兩成”. Metro Daily. 22 July, 2009.
25. “In the battle of the bulge, slow and steady win the day”. South China Morning Post. 22 July, 2009.
26. “調查指飲食習慣變 減肥後體重易反彈”. Hong Kong Headline. 22 July, 2009.
27. “Crash dieters on fast track back to fat”. The Standard. 22 July, 2009.
28. “Pill poppers losers in weight loss war”. China Daily (Hong Kong Edition). 22 July, 2009.
29. “凍啡熱量高 易癡肥致癌”. Oriental Daily. 28 July, 2009.
30. “運動節食打孖上 減肥功效高”. Oriental Daily. 28 July, 2009.
31. “日吃兩種水果 醫生才遠離我”. Oriental Daily. 4 August, 2009.
32. “韓國人「型」得有道理”. Oriental Daily. 11 August, 2009.
33. “小朋友都要識飲識食”. Sing Tao Daily. 14 August, 2009.
34. “分級活力操長幼皆宜”. Oriental Daily. 18 August, 2009.
35. “纖體代言按金凍過水”. Apple Daily. 21 August, 2009
36. “學校茶點應少糖少鹽”. Oriental Daily. 25 August, 2009
37. “日飲一罐汽水糖分已超標”. Sing Pao. 26 August, 2009
38. “長期睡眠不足百病叢生”. Oriental Daily. 1 September, 2009
39. “健康飲食防老人癡呆”. Oriental Daily. 8 September, 2009
40. “家長應注意子女均衡飲食”. Oriental Daily. 15 September, 2009
41. “過度訓練易致患病受傷”. Oriental Daily. 22 September, 2009
42. “月餅熱量高要控制食量”. Oriental Daily. 29 September, 2009
43. “均衡飲食保皮膚健康”. Oriental Daily. 6 October, 2009
44. “食物金字塔 燒烤更健康”. Oriental Daily. 13 October, 2009
45. “小病是福？積極增強子女抵抗力”. Sing Tao Daily. 16 October, 2009
46. “常做帶氧運動心臟病遠離”. Oriental Daily. 20 October, 2009
47. “打牌動腦筋才可防癡呆”. Oriental Daily. 23 October, 2009
48. “食得其法保細緻肌膚”. Oriental Daily. 27 October, 2009
49. “便秘困擾長者 改善飲食紓解”. Orient Daily. 3 November, 2009

50. “佳釀展開鑼中西醫學酒鑑”. Sing Tao Daily. 3 November, 2009
51. “食肉一身酸骨頭危?”. Mingpao. 4 November, 2009
52. “素食者應注意攝取維他命 B12”. ATV (智慳任務第七集). 7 November, 2009
53. “長壽秘訣：飲食節制多運動”. Oriental Daily. 10 November, 2009
54. “太極保健提升長者體能”. Oriental Daily. 17 November, 2009
55. “兒童日飲三支超標”. Oriental Daily, Sing Pao and Hong Kong Economic Times. 17 November, 2009
56. “每天五兩新指引 食肉營人”. Sing Tao Daily. 24 November, 2009
57. “長者亂戒口適得其反”. Oriental Daily. 24 November, 2009
58. “「無糖」亦有糖多食損健康”. Oriental Daily. 1 December, 2009
59. “運動減肥體重較穩定”. Apple Daily. 7 December, 2009
60. “中年人運動過量易傷關節”. Oriental Daily. 8 December, 2009
61. “聖誕。朱古力誘惑”. Sing Tao Daily. 11 December, 2009
62. “節日聚餐要訂飲食策略”. Oriental Daily. 15 December, 2009
63. “為何出現代謝綜合症?”. AM730. 17 December, 2009
64. “度聖誕有營飲食小貼士”. Oriental Daily. 22 December, 2009
65. “營養師無註冊制誤信損健康”. Hong Kong Economic Times. 28 December, 2009
66. “兩罐啤一碗飯 想 fit 少飲為妙”. Oriental Daily. 29 December, 2009
67. “日日行山婆婆心肺強如壯婦”. Apple Daily. 4 January, 2010
68. “減肥真義 持之以恆”. Oriental Daily. 5 January, 2010
69. “補充益生菌減傷風腸胃不適”. Oriental Daily. 12 January, 2010
70. “家庭健康”. RTHK Radio 5 (笑容從家開始). 14 January, 2010
71. “飲適量咖啡醒神防衰老”. Oriental Daily. 19 January, 2010
72. “家庭健康”. RTHK Radio 5 (笑容從家開始). 21 January, 2010
73. “每日減吃三克鹽少心臟病”. Oriental Daily. 24 January, 2010
74. “多攝益生菌腸道健康好幫手”. Oriental Daily. 26 January, 2010
75. “多攝取纖維量減腰圍”. Oriental Daily. 2 February, 2010
76. “打好肌礎”. Next Media. 4 February, 2010
77. “運動後用餐大有學問”. Oriental Daily. 9 February, 2010
78. “全盒首選低升糖美食”. Sing Tao Daily. 10 February, 2010

79. “賀年食品營養標籤參差”. Mingpao. 11 February, 2010
80. “大食狂食有後患「三高」損健康”. Oriental Daily. 13 February, 2010
81. “過年食品”. RTHK Radio 5 (笑容從家開始). 18 February, 2010
82. “新春避美食誘惑健康快活”. Oriental Daily. 23 February, 2010
83. “高脂食物傷害大中風元兇”. Oriental Daily. 26 February, 2010
84. “出差飲食要節制”. Oriental Daily. 2 March, 2010
85. “少搭車立助人兼運動”. Oriental Daily. 9 March, 2010
86. “1日2餐即食麵男童中風面癱”. Hong Kong Economic Times. 16 March, 2010
87. “滴酒不沾都會有脂肪肝”. Oriental Daily. 16 March, 2010
88. “謝絕油腔滑調”. Next Media. 18 March, 2010
89. “攝過量維他命 A 易傷肝”. Oriental Daily. 23 March, 2010
90. “活性乳酸菌健康全攻略”. TVB (都市閒情). 24 March, 2010
91. “多肉少菜脂肪肝主因”. Oriental Daily. 30 March, 2010
92. “餐餐多肉少菜缺運動致癡肥”. Oriental Daily. 3 April, 2010
93. “對自己的飲食負責”. RTHK Radio 1 (自由風自由 PHONE) . 5 April, 2010
94. “長者多運動減抑鬱”. Oriental Daily. 6 April 2010
95. “餵母乳時間愈長婦易恢復產前體重”. Oriental Daily. 13 April, 2010
96. “8成午餐肉高鈉3塊已超標”. Hong Kong Economic Times. 16 April, 2010
97. “午餐肉鈉超標三倍”. Sing Pao. 16 April, 2010
98. “七款午餐肉鹽分勁超標”. Oriental Daily. 16 April, 2010
99. “為健康着想遠離零食有妙法”. Oriental Daily. 20 April 2010
100. “節食降血糖可治脂肪肝”. Hong Kong Headline Daily. 21 April, 2010
101. “低糖趕走脂肪肝”. Metro Hong Kong. 21 April, 2010
102. “低升糖飲食控制脂肪肝”. AM730. 21 April, 2010
103. “低升糖食物改善脂肪肝”. Sing Tao Daily. 21 April, 2010
104. “低升糖食物纖減脂肪肝”. Apple Daily. 21 April, 2010
105. “低升糖飲食改善肝功能”. Sing Pao. 21 April, 2010
106. “低升糖餐消除脂肪肝”. Takungpao. 21 April, 2010
107. “低升糖飲食 助減磅治脂肪肝”. Hong Kong Economic Times. 21 April, 2010
108. “白飯方包脂肪肝元兇”. The Sun. 21 April, 2010

109. “吃低升糖食物可改善脂肪肝”. Hong Kong Commercial Daily, 21 April, 2010
110. “低升糖飲食可改善脂肪肝”. Wen Wei Po. 21 April, 2010
111. “兩成港人患脂肪肝”. Oriental Daily. 21 April, 2010
112. “身體脂肪比例正常不用為磅數煩惱”. Oriental Daily. 27 April, 2010
113. “幼兒營養要均衡”. Headline Daily (Brilliant Kids). May, 2010
114. “港 250 萬成年人超重”. Sing Tao Daily. 1 May, 2010
115. “瑜伽益身心強體穩情緒”. Oriental Daily. 4 May, 2010
116. “壓力情緒易釀慢性病”. Oriental Daily. 11 May, 2010
117. “女士暴肥乳癌風險高兩倍”. Oriental Daily. 18 May, 2010
118. “電視廣告與兒童肥胖關係”. Oriental Daily. 25 May, 2010
119. “我要減肥”. Hong Kong Economic Times. 26 May, 2010
120. “運動抗老非年輕人專利”. Oriental Daily. 1 June, 2010
121. “牛奶有助兒童攝取均衡營養”. Sing Tao Daily. 1 June, 2010
122. “排油丸瘦身日食過 3 粒快衰老”. Apple Daily. 3 June, 2010
123. “「較低糖」不是「低糖」”. Hong Kong Economic Times. 7 June, 2010
124. “大肚腩年輕化健康警號”. Oriental Daily. 8 June, 2010
125. “狂熱世盃捱夜睇波良伴宜選三低一高”. Mingpao. 11 June, 2010
126. “傳統糴高脂易肥宜淺嘗”. Oriental Daily. 15 June, 2010
127. “男性更年期易失眠抑鬱”. Oriental Daily. 22 June, 2010
128. “運動谷住道氣易誘發小腸氣”. Oriental Daily. 29 June, 2010
129. “識破陷阱活學標籤法”. Sing Tao Daily. 1 July, 2010
130. “過量天然糖同損健康”. Oriental Daily. 6 July, 2010
131. “堅持「三不」令孩子均衡飲食”. Oriental Daily. 13 July, 2010
132. “兩包檸茶兒童咖啡因超標”. Oriental Daily. 20 July, 2010
133. “癡肥與居住環境有關”. Oriental Daily. 27 July, 2010
134. “喝過量運動飲品損腎”. Oriental Daily. 3 August, 2010
135. “減肥趨勢不靠藥物靠自己”. Oriental Daily. 10 August, 2010
136. “外出用餐難達「日日二加三」”. Oriental Daily. 17 August, 2010
137. “運動好處多需持之以恆”. Oriental Daily. 24 August, 2010
138. “拆解夏季食品致肥陷阱”. Oriental Daily. 31 August, 2010

139. “港女抗衰老廉食十補營品”. Sing Tao Daily. 2 September, 2010
140. “自細培養健康飲食習慣”. Oriental Daily. 7 September, 2010
141. “不偏食讀書另身體好”. Oriental Daily. 14 September, 2010
142. “吃得有營作息定時” Headline Daily. 15 September, 2010
143. “運動多元化須適己所需” Oriental Daily. 21 September 2010
144. “解讀營養標籤三部曲” Oriental Daily. 28 September 2010
145. “拆解「全脂、低脂、脫脂奶」的飲用之道” 北區食 Guide 第一期. September 2010
146. “愛膚白皙維 D 不足體質差” Oriental Daily. 26 September 2010
147. “預防老人癡呆症食療” The Sun. 29 September 2010
148. “長者少食多餐改善食欲” Oriental Daily. 5 October 2010
149. “男人為個家” CRHK
150. “西梅乾助排便營養豐富” Oriental Daily. 12 October 2010
151. “減污染死亡率宜吃黃豆生果” Hong Kong Economic Times. 13 October 2010
152. “男性更應了解自身健康” Oriental Daily. 19 October 2010
153. “十個港男三個肥超英趕美全球第四” 信報. 21 October 2010
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Summary of talks, workshops, cooking classes and exercise demonstrations

Date	Details	Target audience	No. of audience
Dec 2009-June 2010	Community talks on diabetes for TWGHs Day Centres	Public	1700
June 2010 – May 2011	Weight management workshop for Hong Kong Electric Co. Ltd.	Staff of HKEC	1204
Jan 2010-May 2011	Nutrition consultation and cooking classes at Tai Po Hub, Cadenza	Public	208
29/5/2010	Talk on Eat for boosting up the immune system, held by the Shatin District Office	Public	220
21/8/2010	Talk on How to choose healthy snacks for disabled people, for SAHK	Carer and health professionals	150
22/9/2010	Talk on Healthy eating during Menopause for Hong Kong Electric Co. Ltd.	Public	203
28/9/2010	Talk on Lifestyle modification on weight management for CME workshop	General Practitioners	63
12/10/2010	Talk on How to read the nutrient fact labels for The Hong Kong Institute of Education	Staff and students of HKIE	400

15/1/2011	Booth for Hong Kong Electric Staff Funfair 2010	Public	1800
15/1/2011	Education booth at Chung Chi College 60 th Anniversary Carnival	Public	2300
22/1/2011	Talk on food labelling for School of Public Health and Primary Care	Public	80
22/1/2011	Talk on Gut Health	Public	120
22/1/2011	Talk on Brain Nutrition for The Chinese Dementia Research Association Limited	Public	200
23/1/2011	Talk on Fit for life for retire for TWGHs	Public	50
25/1/2011	Talk on Healthy Eating for Chinese New Year for Tai Po Hub, Cadenza	Public	20
19/2/2011	Game booth for grand opening for JCCH cum Health Carnival	Public	3327
19/2/2011	Exercise demonstration on Stretching in everyday life and Home exercise for Cadenza	Public	3327
23/2/2011	Talk on Healthy Lunch and Snack for Primary School Children for T.W.G.Hs. Ko Ho Ning Memorial Primary School	Primary students	1050
26/2/2011	Talk on Healthy eating for secondary and university student for Ling Nam University	Students and Staff	200

Conferences and events (as organizer or co-organizer)

1. 2011 Nutrition and Health Symposium, 22 January 2011 (as organizer)
2. 1st “Evergreen” Carnival, 26 September 2009 (as co-organizer)
3. 2nd “Evergreen” Carnival, 20 March 2010 (as co-organizer)
4. “Food Labeling and Chronic Disease Management” Fun Fair, 22 January 2011 (as co-organizer)
5. Experience sharing in setting up a weight management and chronic disease management clinic with dietitians and doctors at West China Hospital of Sichuan University, 22 to 24 January 2011

6. Workshops on skill for motivation interviewing in lifestyle modification for 88 health professionals and scholars from China, 30 May 2011 to 5 August 2011