



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

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



2017 - 2018  
Annual Report  
年報



香港中文大學  
The Chinese University of Hong Kong



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

*1. About the Institute*

*2. Organization and Staffing*

*3. Overview of IOA Work*

*4. Research and Academic Activities*

*5. Project Developments*

*Annex*

Note: The report period is from 1 August 2017 to 31 July 2018

# *About the Institute*

## *Background*

The CUHK Jockey Club Institute of Ageing (IOA) was established in 2014 with the generous donation of HKD 12 million from the Hong Kong Jockey Club Charities Trust, which covered its operation cost for the first 5 years.

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

## *Vision*

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

## *Mission*

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



## IOA in Figure (as at 31 July 2018)



108m+

Funding



6

Grants\*



93

Publications\*



94

Community Partners



730+

Members in the  
Network of Ageing  
Well for All



30

Staff

\* Details refer to Annex



# Organization and Staffing

## Steering Committee

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

**Members:**        **Prof. Francis K.L. Chan**  
Dean of Medicine (ex officio)

**Mr. Cheung Leong**  
Executive Director, Charities and Community,  
The Hong Kong Jockey Club (ex officio)

**Prof. Chiu Chi-yue**  
Dean of Social Science (ex officio)

**Prof. Joseph J.Y. Sung**  
Vice-Chancellor

**Prof. Wong Ching-ping**  
Dean of Engineering (ex officio)

**Prof. Jean Woo**  
Director, CUHK Jockey Club Institute of Ageing

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

## Management Committee

**Chairperson:**

**Prof. Jean Woo**

Director, CUHK Jockey Club Institute of Ageing

Director, S.H. Ho Centre for Gerontology and Geriatrics

Director, Centre for Nutritional Studies

Emeritus Professor, Department of Medicine & Therapeutics

Henry G Leong Research Professor of Gerontology and Geriatrics

**Members:**

**Prof. Fung Hoi Lam, Helene**

Professor, Department of Psychology

**Prof. Timothy Kwok**

Director, Jockey Club Centre for Positive Ageing

Director, Jockey Club Centre for Osteoporosis Care and Control

Deputy Director, CUHK Jockey Club Institute of Ageing

**Prof. Lee Tze Fan, Diana**

Professor of Nursing, The Nethersole School of Nursing

Deputy Director, CUHK Jockey Club Institute of Ageing

**Prof. Liao Wei Hsin**

Professor, Department of Mechanical and Automation Engineering

**Prof. Edward Ng**

Professor, School of Architecture

**Prof. Wong Hung**

Associate Professor, Department of Social Work

**Prof. Yeoh Eng Kiong**

Director, Jockey Club School of Public Health and Primary Care

**Representative from The Hong Kong Jockey Club**

**Secretary:**

**Mr. Richard Lee**

Functional Manager, CUHK Jockey Club Institute of Ageing

# Organization

**Director:** Prof. Jean Woo

**Deputy Directors:** Prof. Timothy Kwok  
Prof. Diana Lee

**Constituent Centre:** S.H. Ho Centre for Gerontology and Geriatrics

**Collaborative Centres:** Jockey Club Centre for Positive Ageing  
Jockey Club CADENZA Hub

## Project Staff:

### Project on Age-friendly City

**Ms. Cindy Cheung**  
Project Manager

**Ms. Regina Lo**  
Project Manager

**Ms. Miu Tsui**  
Project Officer

**Mr. Moses Wong**  
Project Officer

**Mr. Johnny Cheung**  
Research Assistant

**Mr. Ken Ng**  
Research Assistant

**Ms. Lilian Ngan**  
Project Assistant

### Project on End-of-Life Community Care

**Dr. Susanna Lo**  
Consultant

**Ms. Connie Tong**  
Project Officer

**Ms. Jenny Chan**  
Project Coordinator

**Mr. Anthony Ip**  
Research Assistant

**Ms. Candy Wong**  
General Clerk

## Research Staff:

**Prof. Doreen Au**  
Research Assistant Professor

**Prof. Kevin Lau**  
Research Assistant Professor

**Dr. Fang Yang**  
Postdoctoral Fellow

**Mr. Ken Cheung**  
Research Assistant

## Administrative Staff:

**Mr. Richard Lee**  
Functional Manager

**Mr. Kelvin Kwok**  
Executive Officer

**Ms. Shirley Ng**  
Project Coordinator

### Project on Community eHealth Care

**Dr. Ruby Yu**  
Research Fellow

**Ms. Lok Tam**  
Nursing Officer

**Ms. Clara Cheng**  
Project Manager

**Ms. Sara Kong**  
Programme Worker

### Project on Jockey Club CADENZA e-tools for Elder Care

**Dr. Maria Chui**  
Consultant

**Ms. Stephanie Yeung**  
Project Manager

**Ms. Candy Cheng**  
Research Assistant

# Overview of IOA Work

- The Institute endeavors to articulate ageing topics to different sectors of the community. Various channels were used including conferences to address subjects on intrinsic capacity in ageing and biogerontology, seminar to engage discussions with academic and former senior government officials on research findings, radio interviews and newspaper articles to share age-friendly messages and end-of-life care issues.



香港中文大學  
The Chinese University of Hong Kong



Funded by  
香港賽馬會慈善基金  
The Hong Kong Jockey Club Charities Trust



## Conference on “Promoting Intrinsic Capacity in Ageing” 「應對老齡挑戰 提升內在能力」研討會





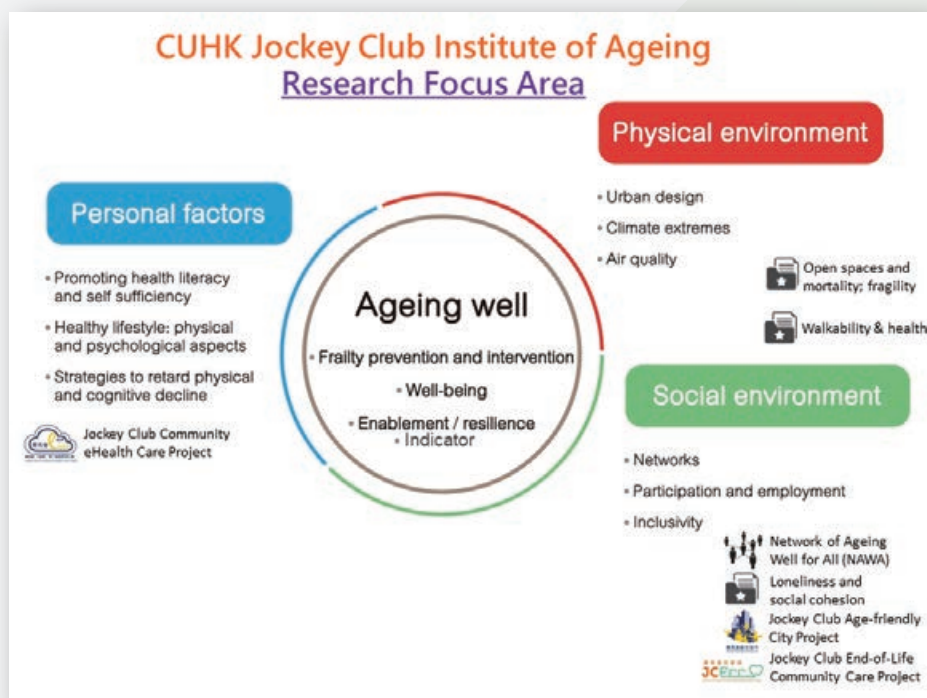


- The network of elders, Network of Ageing Well for All (NAWA) (耆萃匯), continues to grow in terms of membership and activities. In addition to a spectrum of activities from exercise to planting aiming to enhance the physical & mental wellbeing of elders, the Institute has organised a day camp for NAWA members to enjoy the CUHK campus and cultural spots.





# Research and Academic Activities



- Centering on ageing well, the Institute places its research focus areas on the individual and interactive effects of personal factors, physical environment and social environment on ageing. The overarching framework guides the research work of the Institute, with details at Annex of the report.

The Institute has initiated / collaborated with other units to bid for Theme-based Research and Collaborative Research Fund. Its interdisciplinary approach to conduct researches on ageing management such as ageing-well indicators, physical and physiological well-being and age-friendly environment align with the research strategic themes under the University's Strategic Plan 2016-2020. With funding support from the Vice-Chancellor's Discretionary Fund, the Institute continued with its research work on projects involving staff from medicine, social science and engineering faculties.



# Project Developments



## Age-friendly City

This is the first year in which the scores of the Hong Kong Elder Quality of Life Index were available since its inception. With indicators to measure age-friendliness of cities incorporated, the Index enables capturing important local determinants of wellbeing among Hong Kong elders, monitor and evaluate local age-friendly interventions and improve quality of life and wellbeing of elders through stimulating debates and providing policymakers with a reference tool.







The Institute has supported 15 district programmes with more than 4,410 elder beneficiaries covering 7 age-friendly city domains. In addition, the Institute initiated the Active Ageing Programme to empower older adults in Kwai Tsing, North and Sai Kung districts to develop a healthy lifestyle and voice opinions on communal amenities for active ageing. In the programme, outdoor exercises and place audit on the public amenities enabled elders to voice out their views through videos and exhibitions shown in the Information Day.

To arouse public awareness on age-friendly city, the Institute held a public forum on Age-friendly Community Support and Health Services in November 2017. Over 500 participants from government, academia, professional bodies, elderly groups, social and medical sectors and the general public participated in the forum serving as a platform to brainstorm ideas on how to improve and implement our community support and health services.





## End-of-Life Care

Training to healthcare staff on end-of-life (EOL) care topics such as serious illness conversations and medical ethics was conducted in hospital and residential care home for the elderly in the New Territories East Cluster. The topic was also featured in other context to raise awareness of the practitioners in the field such as Hospital Authority Convention and Hong Kong Doctors' Union.



Concerted efforts were made to promote and educate the public through workshops, talks and publications. Two public events on EOL care were held in August 2017 and March 2018 to share with some 540 participants on topics such as Advance Care Planning (ACP) and Advance Directive, communication skills with healthcare professionals, and making a will, followed by smaller group interactive workshops. An ACP handbook and a book on Good Death (吾該好死) were produced and disseminated to the public and staff in social service sector.







## *Primary Health Care*

The Institute continued to implement a model of primary care to fulfil the unmet needs of older people in Hong Kong along the Integrated Care for Older People (ICOPE) model advocated by the World Health Organization. The use of information technology was piloted and incorporated to serve as an automated system to empower older people for their self-management.



As interim project evaluation has been completed with report sent to the Hong Kong Jockey Club in June 2018.

## *Healthcare Empowerment Training*

A lot of the frail elders are coping with one or more of the following chronic health conditions such as heart conditions, pneumonia, dementia, delirium, incontinence, frequent falls which may end up in fractures, depression, weight loss, sleep problems, and thinner skin which can lead to tears or wounds that heal very slowly. The list of chronic health conditions in their care can seem overwhelming. However, with proper care and support, our frail elders can still lead a life filled with joy and dignity.

There are a lot to consider when it comes to health problems of frail elders, and deciding where to start can be challenging. In order to fit in with the new communication era, the Programme, supported by the CUHK Jockey Club Institute of Ageing, will be developed as Massive Open Online Courses (MOOC) and micro modules. Understanding health problems of older people can be demanding, but we try to narrow it down to the essentials. The training mode will be scenario-based, with interactive online training material. CADENZA training material will serve as a base, and will be enhanced with the latest development of care to the elders. The Programme is open to anyone, but will be of particular relevance to professionals and caregivers who are involved in caring older persons with common health problems. Both MOOC and micro modules will be set up at a dedicated website and a mobile app. Caregivers can then update their knowledge with their mobile devices anywhere at any time.



## *Annex*

---

### *Research Collaboration and Personnel* (as at 31 July 2018)

**Prof. Au Yeung Tung Wai**  
Clinical Associate Professor (honorary)

**Prof. Helen Chan**  
Associate Professor

**Prof. Chung Yat Nork Roger**  
Assistant Professor

**Prof. Suzanne Ho**  
Adjunct Professor

**Prof. Elsie Hui**  
Clinical Associate Professor (honorary)

**Prof. Lee Shun Wah Jenny**  
Clinical Associate Professor (honorary)

**Prof. Lo See Kit Raymond**  
Clinical Professor (honorary)

**Prof. Lui Siu Fai**  
Adjunct Professor

**Prof. Helen Meng**  
Professor

**Prof. Kelvin Tsoi**  
Associate Professor

**Prof Samuel Wong**  
Professor

**Prof. Doris Yu**  
Professor

**Dr. Jacqueline Yuen**  
Research Associate

**Prof. Asghar Zaidi**  
Adjunct Professor

## *Visits and Research-related Activities*

- 2017-2018 | Prof. Jean Woo contributed as guideline development group member of Integrated Care for Older People (ICOPE) and the WHO Guidelines on ICOPE was published in 2017.
- 14 August 2017 | Visit from Prof. Eric Brunner from University College London.
- 21 September 2017 | IOA received a visit from Xian Jiaotong University to discuss the collaboration on ageing involved population migration and relocation.
- 24 October 2017 | IOA received a visit from University of Zurich to share the CUHK's research in ageing and explore areas for collaboration.
- April 2018 | Prof. Jean Woo was invited to serve on the International Expert Panel for the Position Development Conference of the Sarcopenia Definitions and Outcomes Consortium.
- 25 April 2018 | A group of Master of Social Gerontology students from Singapore University of Social Sciences visited IOA to understand how eldercare services in Hong Kong have been developed and driven by the entrepreneurial spirit of its people.
- 12 May 2018 | Prof. Jean Woo was invited to chair Osteoporotic Fracture Prevention & Treatment Conference.

## Publication

AuYeung TW, Leung J, Yu R, Lee JSW, Kwok T, Woo J. Decline and peripheral redistribution of fat mass in old age - a four-year prospective study in 3018 older community-living adults. *J Nutr Health Aging*. 2018;22(7):847-853.

Becker C, Woo J, Todd C. Falls. *Oxford Textbook of Geriatric Medicine* (3 ed.). Eds Michel JP, Beattie BL, Martin FC, Walston JD. Oxford University Press. 2017;Chapter 50.

Bencharit LZ, Tsai JL, Ho YW, Fung HH, Yeung D, Stephens N. Should Job Applicants Be Excited or Calm?: The Role of Culture and Ideal Affect in Employment Settings. *Emotion*. 2018;19(3):377-401.

Bohn L, Kwong See ST, Fung HH. Meaningful activity in Alzheimer's disease. *Aging & Mental Health*. 2018;1-8.

Bohn L, Kwong See ST, Fung HH. Time perspective and positivity effects in Alzheimer's disease. *Psychology and Aging*. 2016;31(6):574.

Chan DFY, So HK, Hui SCN, Chan RSM, Li AM, Sea MM, Chu WCW, Chan M, Woo J, Nelson EAS. Dietitian-led lifestyle modification programme for obese Chinese adolescents with non-alcoholic fatty liver disease: a randomized controlled study. *International Journal of Obesity*. 2018. DOI: 10.1038/s41366-018-0010-8.

Chan HYL, Cheng A, Cheung S, Pang W, Ma WY, Mok LC, Wong WK, Lee TFD. Association between dehydration on admission and postoperative complications in older persons undergoing orthopaedic surgery. *Journal of Clinical Nursing*. 2018. DOI: 10.1111/jocn.14336.

Chan HYL, Chun GKM, Man CW, Leung EMF. Staff preparedness for providing palliative and end-of-life care in long-term care homes: Instrument development and validation. *Geriatr Gerontol Int*. 2018. DOI: 10.1111/ggi.13244.

Chan HYL, Ng JSC, Chan KS, Chan LN, Ko PS, Leung DYP, Lee IFK, Lee DTF, Chan CWH. Effects of a nurse-led post-discharge advance care planning programme for community-dwelling patients nearing the end of life and their family members: A randomised controlled trial. *International Journal of Nursing Studies*. 2018;87:26-33. DOI: 10.1016/j.ijnurstu.2018.07.008.

Chan RCH, Mak WWS, Pang IHY, Wong SYS, Tang WK, Lau JTF, Woo J, Lee DTF, Cheung FM. Utility and cost-effectiveness of motivational messaging to increase survey response in physicians: a randomized controlled trial. *Field Methods*. 2018;30(1):37-55.

Chan RSM, Tam WH, Ho ICH, Kwan MWC, Li LS, Sea MMM, Woo J. Randomized trial examining effectiveness of lifestyle intervention in reducing gestational diabetes in high risk Chinese pregnant women in Hong Kong. *Sci Rep*. 2018;8(1):13849. DOI:10.1038/s41598-018-32285-6.

Chau PH, Moe G, Lee SY, Woo J, Leung AYM, Chow CM, Kong C, Lo WT, Yuen MH, Zerwic J. Low level of knowledge of heart attack symptoms and inappropriate anticipated treatment-seeking behavior among older Chinese: a cross-sectional survey. *J Epidemiol Community Health*. 2018;72(7):645-652.

Cheng ST, Leung CMC, Chan KL, Chen PP, Chow YF, Chung JWY, Law ACB, Lee JSW, Leung EMF, Tam CWC. The relationship of self-efficacy to catastrophizing and depressive symptoms in community-dwelling older adults with chronic pain: A moderated mediation model. *PLoS One*. 2018;13(9):e0203964. DOI: 10.1371/journal.pone.0203964. PubMed PMID: 30226892; PubMed Central PMCID: PMC6143242.

Cheng S-T, Chan KL, Lam RWL, Mok MHT, Chen PP, Chow YF, Chung JWY, Law ACB, Lee JSW, Leung EMF, Tam CWC. A multicomponent intervention for the management of chronic pain in older adults: study protocol for a randomized controlled trial. *Trials*. 2017;18:528. <https://doi.org/10.1186/s13063-017-2270-3>

Cheng S-T, Mak EPM, Fung HH, Kwok T, Lee DTF, Lam LCW. Benefit-finding and effect on caregiver depression: A double-blind randomized controlled trial. *Journal of Consulting and Clinical Psychology*. 2017;85(5),521.

Cheung JTK, Au DWH, Chan WCH, Chan JHY, Ng K, Woo J. Self-competence in death work among health and social care workers: a region-wide survey in Hong Kong. *BMC Palliative Care*. 2018;17:65.

Cheung JTK, Yu R, Wu ZM, Wong SYS, Woo J. Geriatric syndromes, multimorbidity, and disability overlap and increase healthcare use among older Chinese. *BMC Geriatrics*. 2018;18(1):147. DOI: 10.1186/s12877-018-0840-1.



Chim L, Hogan CL, Fung HHH, Tsai JL. Valuing Calm Enhances Enjoyment of Calming (vs. Exciting) Amusement Park Rides and Exercise. *Emotion*. 2017;18(6):805-818.

Chung GKK, Yu RHY, Ho SSY, Woo J, Ho SC. Associations of consuming specific fruit and vegetable subgroups with LDL-C status in early postmenopausal Chinese women. *Menopause*. 2018;25(4):436-443.

Cruz-Oliver DM, Little MO, Woo J, Morley JE. End-of-life care in low- and middle-income countries. *Bull World Health Organ*. 2017;95:731.

Ekerdt DJ, Koss C, Li AYL, Münch A, Lessenich S, Fung HH. Is longevity a value for older adults? *Journal of Aging Studies*. 2017;43:46-52.

Eurelings LSM, van Dalen JW, Ter Riet G, Moll van Charante EP, Richard E, van Gool WA; ICARA Study Group. Apathy and depressive symptoms in older people and incident myocardial infarction, stroke, and mortality: a systematic review and meta-analysis of individual participant data. *Clinical Epidemiology*. 2018;10:363-379.

Fang Y, Chau AK, Wong A, Fung HH, Woo J. Information and communicative technology use enhances psychological well-being of older adults: the roles of age, social connectedness, and frailty status. *Aging & Mental Health*. 2017;1-9.

Fougère B, Cesari M, Arai H, Woo J, Merchant RA, Flicker L, Cherubini A, Bauer JM, Vellas B, Morley JE. Involving primary care health professionals in geriatric assessment. *The Journal of Nutrition, Health & Aging*. 2018;22(5):566-568.

Fougère B, Morley JE, Arai H, Bauer JM, Bernabei R, Cherubini A, Dong B, Martin FC, Flicker L, Merchant RA, Rodriguez Mañas L, Woo J, Vellas B. Precision medicine: the future management of geriatric conditions. *The Journal of Nutrition, Health & Aging*. 2018;doi: 10.1007/s12603-018-1045-1.

Fung E, Hui E, Yang XB, Lui LT, Cheng KF, Li Q, Fan YT, Sahota DS, Ma BHM, Lee JSW, Lee APW, Woo J. Heart failure and frailty in the community-living elderly population: what the UFO study will tell us. *Frontiers in Physiology*. 2018;9:347. DOI: 10.3389/fphys.2018.00347.

Gastelurrutia P, Lupón J, Moliner P, Yang XB, Cediél G, de Antonio M, Domingo M, Altimir S, González B, Rodríguez M, Rivas C, Díaz V, Fung E, Zamora E, Santesmases J, Núñez J, Woo J, Bayes-Genis A. Comorbidities, fragility, and quality of life in heart failure patients with midrange ejection fraction. *Mayo Clinic Proceedings: Innovations, Quality & Outcome*. 2018;2(2):176-185.

Gong X, Seaman KL, Fung HH, Loeckenhoff C, Lang FR. Development and Validation of Social Motivation Questionnaire. *The Gerontologist*. 2018;1-10.

Gong X, Zhang F, Fung HH. Are Older Adults More Willing to Donate? The Roles of Donation Form and Social Relationship. *Journal of Gerontology: Psychological Sciences*. 2017;74(3):440-448.

Hess TM, O'Brien EL, Voss P, Kornadt AE, Rothermund K, Fung HH, Popham LE. Context influences on the relationship between views of aging and subjective age: The moderating role of culture and domain of functioning. *Psychology and Aging*. 2017;32(5):419-431.

Ho HC, Lau KKL, Yu R, Wang D, Woo J, Kwok TCY, Ng E. Spatial variability of geriatric depression risk in a high-density city: a data-driven socio-environmental vulnerability mapping approach. *International Journal of Environmental Research and Public Health*. 2017;14(9):994. DOI:10.3390/ijerph14090994.

Kornadt AE, Voss P, Fung HH, Hess TM, Rothermund K. Preparation for Old Age: The Role of Cultural Context and Future Perceptions. *Journal of Gerontology: Psychological Sciences*. 2018;74(4):609-619.

Kwok T, Lee J, Ma RC, Wong SY, Kung K, Lam A, Ho CS, Lee V, Harrison J, Lam L. A randomized placebo controlled trial of vitamin B12 supplementation to prevent cognitive decline in older diabetic people with borderline low serum vitamin B12. *Clin Nutr*. 2017 Dec;36(6):1509-1515. DOI: 10.1016/j.clnu.2016.10.018. Epub 2016 Oct 27.

Lam FMH, Chan PFL, Liao LR, Woo J, Hui E, Lai CWK, Kwok TCY, Pang MYC. Effects of whole-body vibration on balance and mobility in institutionalized older adults: a randomized controlled trial. *Clinical Rehabilitation*. 2018;32(4):462-472.

Lau JYC, Wong ELY, Chung RY, Law SCK, Threapleton D, Kiang N, Chau P, Wong SYS, Woo J, Yeoh EK. Collaborate across silos: Perceived barriers to integration of care for the elderly from the perspectives of service providers. *Int J Health Plann Mgmt*. 2018;33(3):e768-e780.

Lei YY, Ho SC, Cheng A, Kwok C, Lee CI, Cheung KL, Lee R, Loong HHF, He YQ, Yeo W. Adherence to the World Cancer Research Fund/American Institute for Cancer Research Guideline Is Associated With Better Health-Related Quality of Life Among Chinese Patients With Breast Cancer. *J Natl Compr Canc Netw*. 2018 Mar;16(3):275-285.

Lessenich S, Ekerdt DJ, Münch A, Koss C, Li AYL, Fung HH. The dog that didn't bark: The challenge of cross-cultural qualitative research on aging. *Journal of Aging Studies*. 2018;47,66-71.

Li J, Rong Y, Meng H, Lu Z, Kwok T, Cheng H. TATC: Predicting Alzheimer's Disease with Actigraphy Data. *KDD*. 2018;509-518.

Li K-K, Ng L, Cheng S-T, Fung HH. Reverse Message-framing Effects on Accelerometer-assessed Physical Activity among Older Outpatients with Type 2 Diabetes. *Journal of Sport & Exercise Psychology*. 2017;39(3),222-227.

Li T, Fung HH. Communal one day, exchange the next: Daily relationship orientation mediates the influence of perceived stress on constructive interactions in close relationships. *Journal of Social and Personal Relationships*. 2018;1-20.

Liu ZM, Tse LA, Ho SC, Wu S, Chen B, Chan D, Wong SY. Dietary acrylamide exposure was associated with increased cancer mortality in Chinese elderly men and women: a 11-year prospective study of Mr. and Ms. OS Hong Kong. *J Cancer Res Clin Oncol*. 2017 Nov;143(11):2317-2326.

Lu M, Fung HH, Doosje B. Intergroup conflicts: When interdependent individuals feel less dialectical than independent individuals. *Personality and Individual Differences*. 2017;105,150–157.

Lu M, Li AY, Fung HH, Rothermund K, Lang FR. Different Future Time Perspectives Interplay in Predicting Life Satisfaction. *The Journal of Gerontopsychology and Geriatric Psychiatry*. 2018;31,103–113.

Lu Z, Woo J, Kwok T. The effect of physical activity and cardiorespiratory fitness on all-cause mortality in Hong Kong Chinese older adults. *J Gerontol A Biol Sci Med Sci*. 2018; 73(8):1132-1137.

Morley JE, Abbatecola AM, Woo J. Management of comorbidities in older persons with type 2 diabetes. *Journal of the American Medical Directors Association*. 2017;18(8):639-645.

NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in body-mass index, underweight, overweight, and obesity from 1975 to 2016: a pooled analysis of 2416 population-based measurement studies in 128.9 million children, adolescents, and adults. *Lancet*. 2017;390:2627-2642.

O'Brien EL, Hess TM, Kornadt AE, Rothermund K, Fung HH, Voss P. Context Influences on the Subjective Experience of Aging: The Impact of Culture and Domains of Functioning. *The Gerontologist*. 2017;57(suppl\_2),S127-S137.

Pang CKR, Lee TFD. The unique experiences of Chinese spousal caregivers of caregivers of persons with young-onset dementia. *Age and Ageing*. 2018;47 (Suppl 2), ii1. DOI: 10.1093/ageing/afy041.04.

Pang CKR, Lee TFD. The impacts of dementia on the family: Implications for family-centered care. *Age and Ageing*. 2018;47 (Suppl 2), ii1. DOI: 10.1093/ageing/afy041.03.

Peter SAE, Wang X, Lam TH, Kim HC, Ho SC, Ninomiya T, Knuiman M, Vaartjes I, Bots ML, Woodward M and the Asia Pacific Cohort Studies Collaboration. Clustering of risk factors and the risk of incident cardiovascular disease in Asian and Caucasian populations: results from the Asia Pacific Cohort Studies Collaboration. *BMJ Open*. 2018 Mar 6;8(3):e019335. DOI: 10.1136/bmjopen-2017-019335.

Phillips D, Woo J, Cheung F, Wong M, Chau PH. Exploring the age-friendliness of Hong Kong: opportunities, initiative and challenges in an ageing Asian city. *Age-friendly cities and communities: A global perspective*. Eds Buffel T, Handler S, Phillipson C. Policy Press. 2018;119-142.

Rohr MK, John D, Fung HH, Lang FR. A Three-Component Model of Future Time Perspective across Adulthood. *Psychology and Aging*. 2017;32(7),597.

Sims T, Koopmann-Holm B, Young HR, Jiang D, Fung H, Tsai JL. Asian Americans respond less favorably to excitement (vs. calm)-focused physicians compared to European Americans. *Cultural Diversity and Ethnic Minority Psychology*. 2018;24(1),1-14.

Sinclair AJ, Abdelhafiz A, Dunning T, Izquierdo M, Rodriguez Manas L, Bourdel-Marchasson I, Morley JE, Munshi M, Woo J, Vellas B. An international position statement on the management of frailty in diabetes mellitus: summary of recommendations 2017. *The Journal of Frailty & Aging*. 2018;7(1):10-20.

Sit JWH, Chair SY, Chan CWH Yip, Choi, K.C., Lee DTF, Leung KP, Tang SW, Chan PS. Effect of health empowerment intervention for stroke self-management on behaviour and health in stroke rehabilitation patients. *Hong Kong Medical Journal*. 2018;24 (suppl 2),S12-15.

Siu MY, Lee TFD. Effects of Tai Chi on cognition and instrumental activities of daily living in community dwelling older people with mild cognitive impairment. *BMC Geriatrics*. 2018. DOI: 10.1186/s12877-018-0720-8.

Sun Y, Wong A, Chau AKC, Wong M, Woo J. Listening to the elders: the case of a bottom-up, context-sensitive place audit in Tai Po District of Hong Kong. *Planning for Greying Cities: Age-Friendly City Planning and Design Research and Practice*. Ed Ache P. Routledge, Taylor and Francis Group. 2017;Chapter 5:72-88.

Tam WH, Chan RSM, Chan MHM, Yuen LY, Li L, Sea MMM, Woo J. Moderate iodine deficiency among pregnant women in Hong Kong: revisit the problem after two decades. *Hong Kong Med J*. 2017;23(6):586–593.

Threapleton DE, Chung RY, Wong SYS, Wong ELY, Kiang N, Chau PYK, Woo J, Chung VCH, Yeoh EK. Care toward the end of life in older populations and its implementation facilitators and barriers: a scoping review. *Journal of the American Medical Directors Association*. 2017;18(12):1000-1009.e4.

Trajanoska K, Morris JA, Oei L, Zheng HF, Evans DM, Kiel DP, Ohlsson C, Richards JB, Rivadeneira F, on behalf of the GEFOS/GENOMOS consortium and the 23andMe research team. Assessment of the genetic and clinical determinants of fracture risk: genome wide association and mendelian randomisation study. *BMJ*. 2018;362:k3225. DOI: 10.1136/bmj.k3225.

Tsai JL, Blevins E, Bencharit LZ, Chim L, Fung HH, Yeung DY. Cultural variation in social judgments of smiles: The role of ideal affect. *Journal of Personality and Social Psychology*. 2018;116(6),966-988.

Tsai JL, Sims T, Qu Y, Thomas E, Jiang D, Fung HH. Valuing excitement makes people look forward to old age less and dread it more. *Psychology and Aging*. 2018; 33(7), 975-992.



Tse DCK, Fung HH, Nakamura J, Csikszentmihalyi M. Teamwork and flow proneness mitigate the negative effect of excess challenge on flow state. *The Journal of Positive Psychology*. 2018;13(3):284-289.

Tse G, Gong M, Nunez J, Sanchis J, Li G, Ali-Hasan-Al-Saegh S, Wong WT, Wong SH, Wu WKK, Bazoukis G, Yan GX, Lampropoulos K, Baranchuk AM, Tse LA, Xia Y, Liu T, Woo J, International Health Informatics Study (IHIS) Network. Frailty and mortality outcomes after percutaneous coronary intervention: a systematic review and meta-analysis. *Journal of the American Medical Directors Association*. 2017;18(12):1097.e1-1097.e10.

Tse G, Gong M, Wong SH, Wu WKK, Bazoukis G, Lampropoulos K, Wong WT, Xia Y, Wong MCS, Liu T, Woo J, International Health Informatics Study (IHIS) Network. Frailty and clinical outcomes in advanced heart failure patients undergoing left ventricular assist device implantation: a systematic review and meta-analysis. *Journal of the American Medical Directors Association*. 2018;19(3):255-261.

Voss P, Kornadt A, Hess TM, Fung HH, Rothermund K. A world of difference? D Domain-specific views on aging in China, the US, and Germany. *Psychology and Aging*. 2018;33(4):595-606.

Wang D, Lau KKL, Yu R, Wong SYS, Kwok TTY, Woo J. Neighbouring green space and mortality in community-dwelling elderly Hong Kong Chinese: a cohort study. *BMJ Open*. 2017;7:e015794. DOI: 10.1136/bmjopen-2016-015794.

Wong SYS, Zou D, Chung RY, Sit RW, Zhang D, Chan D, Yeoh EK, Woo J. Regular source of care for the elderly: a cross-national comparative study of Hong Kong with 11 developed countries. *Journal of the American Medical Directors Association*. 2017;18(9):807.e1-807.e8.

Woo J. How can we achieve healthy aging? *International Journal of Environmental Research and Public Health*. 2017;14(12):1583. DOI:10.3390/ijerph14121583.

Woo J. Challenges of population ageing: putting frailty as a cornerstone of health and social care systems. *European Geriatric Medicine*. 2018;9:273-276.

Woo J. Nutritional interventions in sarcopenia: where do we stand? *Current Opinion in Clinical Nutrition and Metabolic Care*. 2018;21(1):19-23.

Woo J, Hung Wong, Yu R, Cheung J, CUHK Jockey Club Institute of Ageing, The Centre for Quality of Life, Hong Kong Institute of Asia-Pacific Studies, CUHK. Report on AgeWatch Index for Hong Kong 2016 and Hong Kong Elder Quality of Life Index. The Hong Kong Jockey Club. 2018.

Woo J, Leung J. Sarcopenic obesity revisited: insights from the Mr and Ms Os cohort. *JAMDA*. 2018;19(8):679-684.

Woo J, Yu BWM, Chan RSM, Leung J. Influence of dietary patterns and inflammatory markers on atherosclerosis using ankle brachial index as a surrogate. *The Journal of Nutrition, Health & Aging*. 2018;22(5):619-626.

Woo J, Yu R, Leung J. A 3-Item SARC-F. *Journal of the American Medical Directors Association*. 2018;19(3):223-228.

Woo J, Yu R, Leung J. Predictive ability of individual items of the Cardiovascular Health Study (CHS) scale compared with the summative score. *JAMDA*. 2018;19(5):444-449.

Woo J, Yu R, Leung J, Wong M, Lau K, Ho HC, Yip HM, Kwok J, Lai DWL, Tsien T, Au A. Urban characteristics influencing health of older people: what matters. *International Journal of Innovative Research in Medical Science*. 2017;2(12):1561-1568.

Woo J, Yu R, Tang N. Telomeres and physical activity. *Telomeres, Diet and Human Disease: Advances and Therapeutic Opportunities*. Eds Marti del Moral A, Zalba Goñi G. CRC Press, Taylor and Francis Group 2017; Chapter 7.

Woo J, Yu R, Tsoi K, Meng H. Variability in repeated blood pressure measurements as a marker of frailty. *J Nutr Health Aging*. 2018;22(9):1122–1127.

Woo J, Yu R, Yang F, Wong A, Chau A, Cheung J, CUHK Jockey Club Institute of Ageing. AgeWatch Index for Hong Kong: Topical Report on Health Status. The Hong Kong Jockey Club. 2018.

Xu L, Lam TH, Jiang CQ, Zhang WS, Zhu F, Jin YL, Woo J, Cheng KK, Thomas GN. Egg consumption and the risk of cardiovascular disease and all-cause mortality: Guangzhou Biobank Cohort Study and meta-analyses. *European Journal of Nutrition*. 2018;doi: 10.1007/s00394-018-1692-3.

Yu AP, Tam BT, Lai CW, Yu DS, Woo J, Chung KF, Hui SS, Liu JY, Wei GX, and Siu PM. Revealing the neural mechanisms underlying the beneficial effects of Tai Chi: A neuroimaging perspective. *Am J Chin Med.* 2018;46(2):231-259.

Yu DSF, Ng SSM, Lee DTF, Choi KC, Siu PMF, Low LPL, Woo J. The effects of an activity-based lifestyle intervention on moderate sleep complaints among older adults: study protocol for a randomized controlled trial. *Trials.* 2018;19:69. DOI:10.1186/s13063-018-2465-2.

Yu R, Cheung O, Lau K, Woo J. Associations between perceived neighborhood walkability and walking time, wellbeing, and loneliness in community-dwelling older Chinese people in Hong Kong. *International Journal of Environmental Research and Public Health.* 2017;14(10):1199. DOI:10.3390/ijerph14101199.

Yu R, Cheung O, Leung J, Tong C, Lau K, Cheung J, Woo J. Is neighbourhood social cohesion associated with subjective well-being for older Chinese people? The neighbourhood social cohesion study. *BMJ Open.* 2019;9:e023332.

Yu R, Morley JE, Kwok T, Leung J, Cheung O, Woo J. The effects of combinations of cognitive impairment and pre-frailty on adverse outcomes from a prospective community-based cohort study of older Chinese people. *Frontiers in Medicine.* 2018;5:50. DOI: 10.3389/fmed.2018.00050.

Yu R, Wang D, Leung J, Lau K, Kwok T, Woo J. Is Neighborhood Green Space Associated With Less Frailty? Evidence from the Mr. and Ms. Os (Hong Kong) Study. *Journal of the American Medical Directors Association.* 2018;in press.

Yu R, Wong M, Chong KC, Chang B, Lum CM, Auyeung TW, Lee J, Lee R, Woo J. Trajectories of frailty among Chinese older people in Hong Kong between 2001 and 2012: an age-period-cohort analysis. *Age and Ageing.* 2018;47(2):254-261.

Yu R, Wu WC, Leung J, Hu SC, Woo J. Frailty and its contributory factors in older adults: a comparison of two Asian regions (Hong Kong and Taiwan). *International Journal of Environmental Research and Public Health.* 2017;14(10):1096. DOI:10.3390/ijerph14101096.

Yu R, Wang D, Leung J, Lau K, Kwok T, Woo J. Is neighborhood green space associated with less frailty? Evidence from the Mr. and Ms. Os (Hong Kong) study. *JAMDA.* 2018;19(6):528-534.

Zhang F, Zhou B, Liu L, Liu Y, Fung HH, Lin H, Ratti C. Measuring human perceptions of a large-scale urban region using machine learning. *Landscape and Urban Planning*. 2018;180, 148-160.

Zhang NQ, Ho SC, Mo XF, Lin FY, Huang WQ, Luo H, Huang J, Zhang CX. Glucosinolate and isothiocyanate intakes are inversely associated with breast cancer risk: a case-control study in China. *Br J Nutr*. 2018 Apr;119(8):957-964.

Zhu LY, Chan R, Li L, Kwok T, Woo J. Dietary protein intake pattern and sources and their associations with muscle and physical function measures in older Chinese adults with sarcopenia in Hong Kong. *Journal of Aging Research & Clinical Practice*. 2018;7:75-81.

## *Conference Proceedings & Presentations*

Chan HYL. Advance Care Planning at Home and Community Care, 14th Hong Kong Palliative Care Symposium; 2017 October 7; Hong Kong.

Chan HYL. Advance care planning in Hong Kong, JCECC conference on Innovation, Impact: The Review and Vision of Community End-of-life Care; 2018 June 21; Hong Kong.

Chan HYL, Chan KS, Ng JSC, Ko PS, Chan LN, Lee DTF, Lee IFK, Leung DYP, Chan CWH. The Effects of Advance Care Planning on Dyadic Agreement regarding End-of-life Care Preferences. Presented in the 6th International Conference on Advance Care Planning and End of Life Care; 2017 September 6-9; Alberta, Canada.

Chau AKC, Wong A, Fang Y, Woo J. Demographic, health, social and environmental correlates of loneliness in Hong Kong older adults. Oral presentation at U.S.-Hong Kong 2018 Conference "Aging across Time and Contexts"; 2018 may 19-20; Hong Kong.

Fang Y, Chau AKC, Wong A, Fung HH, Woo J. Information and communicative technology use enhances psychological well-being of older adults: the when and the how. 8th Association of Pacific Rim Universities Population Ageing Conference, Ageing and Resilience in the 21st Century; 2017 October 11-13; Singapore.

Ho SC, Woo J, Sham A. Change of functional status and quality of life in community living Chinese elderly with fractures. *Innovation in Aging* 2017;1(S1):1244.

Ho SC, Woo J, Sham A. Change of functional status and quality of life in community living Chinese elderly with fractures. Oral presentation at the 21st IAGG World Congress of Gerontology and Geriatrics; 2017 July 23-27; San Francisco, California.

Ho SC. Obesity, metabolic syndrome and prevention in Chinese women. Invited presentation at the 2017 International Congress on Obesity and Metabolic Syndrome (ICOMES 2017); 2017 August 31 – September 3; Seoul, Korea.

Ho SC, Yeo W, Lee R, Lee CKI, Sham A, Lei YY, Cheung KL, He YQ. Dietary soy intake and breast cancer survival in Chinese women. Oral presentation at the 21st World Congress of Clinical Nutrition held on 6-8 October 2017 at Budapest, Hungary.

Ho SC, Yu R, Woo J, Sham A. Symptom reporting and continual perceived stress in Chinese mid-life women – a five-year followup study. Oral presentation at the 16th World Congress on Menopause held on 6-9 June 2018 at Vancouver, Canada.

Lam SSL, Ng SSM, Lai CWK, Woo J. Effectiveness of bilateral movement-based computer training program to improve the motor function of upper limb in sub-acute stroke patients - a randomized controlled trial. Speed presentation and poster display at Hospital Authority Convention 2018, 2018 May 7-8; Hong Kong.

Lee TFD. Improving care transition with innovation in technology. Keynote speech at the 4th International Conference on Healthcare and Management (ICHM 2018); 2018 September; Taiwan.

Lee TFD. Night time care for patients with dementia. Keynote speech at 2018 Xiangya Nursing International Forum (4th) – Elderly Care: Innovation, Education & Development; 2018 June; Changsha, China.

Lei YY, Yeo W, Ho SC, Lee CKI, Cheung KL, Lee R, He YQ. Significant changes in dietary intake and physical activity after breast cancer diagnosis in a Chinese breast cancer cohort study. Poster presentation at the ESMO 2017 Congress; 2017 September 8-12; Madrid, Spain.

Leung AWY, Chan RSM, Sea MMM, Woo J. How did completers of lifestyle modification program perceive their adherence before and after program? Findings from a qualitative study. Poster presentation at International Society of Behavioral Nutrition and Physical Activity 2018 Annual Meeting; 2018 June 3-6; Hong Kong.



Moliner P, Gastelurrutia P, Lupon J, Yang X, De Antonio M, Domingo M, Altimir S, Gonzalez B, Rodriguez M, Rivas C, Fung E, Zamora E, Santesmases J, Woo J, Bayes-Genis A. Frailty, co-morbidities and survival in heart failure patients with mid-range ejection fraction. Poster presentation at European Society of Cardiology Congress; 2017 August 26-30; Barcelona, Spain.

Siu P, Yu A, Yu D, Hui S, and Woo J. Effects of Tai Chi exercise on cardiometabolic health and muscle content. 3rd Asian Conference for Frailty and Sarcopenia; 2017 October 27-28; Korea.

Siu P, Yu A, Yu D, Hui S, and Woo J. Effects of Tai Chi exercise on cardiometabolic health and muscle content. Proceedings of the 3rd Asian Conference for Frailty and Sarcopenia; 2017 October 27-28; Korea. p.143.

Siu PM, Yu AP, Yu DS, Hui SS, Woo J. Effectiveness of Tai Chi training to alleviate metabolic syndrome in abdominal obese older adults: a randomised controlled trial. Oral presentation at The Lancet-Chinese Academy of Medical Sciences Health Summit; 2017 December 11; Beijing, China.

Siu PM, Yu AP, Yu DS, Hui SS, Woo J. Effectiveness of Tai Chi training to alleviate metabolic syndrome in abdominal obese older adults: a randomised controlled trial. The Lancet 2017;390(S4):S11.

Wong A, Chan A, Fang Y, Woo J. Basic psychological need satisfaction in social relations: an important mechanism in the development of loneliness among frail and pre-frail older adults. Oral presentation at British Society of Gerontology 47th Annual Conference - Ageing in an Unequal World: Shaping Environments for the 21st Century; 2018 July 4-6; Manchester, United Kingdom.

Woo J. Ageing in Hong Kong. Invited speaker at Hong Kong International Dental Expo and Symposium 2017; 2017 August 4-6.

Woo J. Application of technology in meeting unmet needs of older people living in the community. E-poster presentation at Innovation in Medicine 2018; 2018 June 25-26; London, United Kingdom.

Woo J. How to study frailty and sarcopenia in community. Invited speaker at 3rd Asian Conference for Frailty and Sarcopenia; 2017 October 27-28; Korea.

Woo J. Jockey Club Age-friendly City Project. Invited speaker at ACAP Conference on Active Ageing; 2018 January 26, Hong Kong.

Woo J. Mr. Os and Ms. Os study. Invited speaker at 3rd Asian Conference for Frailty and Sarcopenia; 2017 October 27-28; Korea.

Woo J. Perspective from country with ageing population – China. Oral presentation at Worldwide Universities Network - Expert Technical Meeting on Promoting Adaptability across the Life course; 2018 May 21-22; Perth, Australia.

Woo J. Sarcopenia obesity re-visited: insights from the Mr. and Ms. Os cohort. Keynote speaker at 3rd Asian Conference for Frailty and Sarcopenia; 2017 October 27-28; Korea.

Woo J. Validating SARC-F. Invited speaker at 10th International Conference on Cachexia, Sarcopenia & Muscle Wasting; 2017 December 8-10; Rome, Italy.

Yang PX, Lupón J, Vidán MT, Ferguson C, Gastelurrutia P, Newton PJ, Bueno H, Bayés-Genís A, Woo J, Fung E. Risks of mortality and hospitalisation in patients with frailty and chronic heart failure: a systematic review and meta-analysis. Poster presentation at European Society of Cardiology Congress; 2017 August 26-30; Barcelona, Spain.

Yu R. Neighborhood cohesion, health behaviors and well-being in older Chinese people. The 50th AAG Conference "Ageing: The Golden Opportunity"; 2017 November 8-10; Perth, Australia.

Yu R. Trajectories of Frailty among Chinese Older People in Hong Kong. Invited speaker at Jockey Club Institute of Ageing Conference: 'Promoting Intrinsic Capacity in Ageing'; 2017 December 4; Hong Kong.

Zhu LY, Chan R, Leung J, Kwok T, Woo J. Profile of serum amino acids among community dwelling older adults from Hong Kong MrOs and MsOs cohort study: Special reference to sarcopenia. *Journal of Cachexia, Sarcopenia and Muscle* 2017;8:1057.

Zhu LY, Chan R, Leung J, Kwok T, Woo J. Profile of Serum amino acids among community dwelling older adults from Hong Kong MrOs and MsOs cohort study: Special reference to sarcopenia. Poster presentation at 10th International Conference on Cachexia, Sarcopenia & Muscle Wasting; 2017 December 8-10; Rome, Italy.

## Research Projects Funded with Grants Obtained

Project	Nature and amount of Grant (HK\$)	PI
Effects of a Motivational-Interviewing-Tailored Programme for Promoting Advance Care Planning Behaviours on Patients with Palliative Care Needs: A Randomised Controlled Trial	General Research Fund, Research Grants Council \$902,400	Prof. Helen Chan
Effects of a Structured Advance Care Planning Guide among Patients with Advanced Illness in Hospital Care Settings: A Stepped-wedge Cluster Randomised Controlled Trial	Food and Health Bureau \$803,024	Prof. Helen Chan
A pilot study on the effect of neighbourhood environment on the physical activity of older adults in high-density cities	CUHK Research Committee Direct Grant for Research \$89,824	Prof. Kevin Lau
Neighborhood social cohesion, health, and well-being in older people in Hong Kong: A pilot study	CUHK Research Committee Direct Grant for Research \$69,650	Dr. Ruby Yu
The effectiveness of health service/investment interventions aimed at reducing inequalities in health among older people in China: a longitudinal study	WUN Research Development Fund \$20,000	Prof. Doreen Au
Active ageing and ageing-in-place in Hong Kong and Taiwan	Taiwan Collaboration Fund 2017-18 \$9,000	Prof. Doreen Au