



# CUHK Jockey Club Institute of Ageing

香港中文大學賽馬會老年學研究所

2016 - 2017

Annual Report 年報





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Note: The report period is from 1 August 2016 to 31 July 2017.



# 1. 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.





## 2. Timeline



5 October

The Institute announced that Hong Kong was ranked 19th in the world in terms of Elderly Well-being in the Press Conference on "AgeWatch Index 2015".



18 & 25 December

The Institute was consulted by the Nippon Television Network Corporation for producing a Japanese TV programme "所さんの目がテン!" for broadcast in Japan.

# 2016

1 November

The Institute commenced the Jockey Club Community eHealth Care Project.



# 2017

1 January

The Institute commenced the second phase of Jockey Club Age-friendly City Project at Kwai Tsing, North and Sai Kung Districts.





### 19 June

The Institute held a public event on End-of-Life Care Planning with participation of over 300 people.



### 11 July

The Institute announced the baseline assessment findings on elderly employment and share the achievements of a district-based programme titled "Jockey Club Age-friendly City Project - New Employment Journey for Senior Citizens" at the Press Conference on "Elderly Employment".

## 2017

### June

Two of the Institute research projects "Designing better urban green spaces for active ageing in high-density cities" and "Establishment of an active ageing index for Hong Kong: Re-inventing the live experience and potential of older people" obtained the General Research Fund.

### 23-27 July

The Institute sent a team of delegates to IAGG World Congress of Gerontology and Geriatrics 2017.



# 3. Organization & Staffing Structure

## Steering Committee

<b>Chairperson:</b>	<b>Prof. Fanny M.C. Cheung</b> Pro-Vice-Chancellor (Research)
<b>Members:</b>	<b>Prof. Francis K.L. Chan</b> Dean of Medicine (ex officio)
	<b>Mr. Cheung Leong</b> Executive Director, Charities and Community, The Hong Kong Jockey Club (ex officio)
	<b>Prof. Chiu Chi-yue</b> Dean of Social Science (ex officio)
	<b>Prof. Joseph J.Y. Sung</b> Vice-Chancellor
	<b>Prof. Wong Ching-ping</b> Dean of Engineering (ex officio)
	<b>Prof. Jean Woo</b> Director, CUHK Jockey Club Institute of Ageing
<b>Secretary:</b>	<b>Mr. Richard Lee</b> Functional Manager, CUHK Jockey Club Institute of Ageing

The third and fourth Steering Committee meetings were held on 24 August 2016 and 17 May 2017 respectively.



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

**Prof. Liao Wei Hsin**  
Professor, Department of Mechanical and Automation Engineering

**Prof. Edward Ng**  
Professor, School of Architecture

**Prof. Wong Hung**  
Associate Professor, Department of Social Work

**Prof. Yeoh Eng Kiong**  
Director, Jockey Club School of Public Health and Primary Care

**Representative from The Hong Kong Jockey Club**

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

*The second Management Committee meeting was held on 26 April 2017.*



## Organization

<b>Director:</b>	<b>Prof. Jean Woo</b>
<b>Deputy Directors:</b>	<b>Prof. Timothy Kwok</b> <b>Prof. Diana Lee</b>
<b>Constituent Centre:</b>	<b>S.H. Ho Centre for Gerontology and Geriatrics</b>
<b>Collaborative Centres:</b>	<b>Jockey Club Centre for Positive Ageing</b> <b>Jockey Club CADENZA Hub</b>

## Project Staff:

### Project on Age-friendly City

**Ms. Cindy Cheung**  
Project Manager

**Ms. Lee Tsz Ling**  
Project Manager

**Ms. Regina Lo**  
Project Manager

**Ms. Giann Chan**  
Project Officer

**Ms. Joanne Chow**  
Project Officer

**Ms. Miu Tsui**  
Project Officer

**Dr. Anna Wong**  
Project Officer

**Mr. Moses Wong**  
Project Officer

**Mr. Anson Chau**  
Research Assistant  
(until 20 August 2017)

**Mr. Ken Ng**  
Research Assistant

**Mr. Andrew Tsoi**  
Research Assistant

**Ms. Lilian Ngan**  
Project Assistant

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

**Dr. Susanna Lo**  
Consultant

**Mr. Charles Fok**  
Project Manager  
(until 28 October 2016)

**Ms. Kenway Ng**  
Project Officer

**Ms. Connie Tong**  
Project Officer

**Mr. Lok Cheung**  
Project Coordinator

**Ms. Jenny Chan**  
General Clerk

**Mr. Johnny Cheung**  
Research Assistant

### Project on Community eHealth Care

**Ms. Lok Tam**  
Nursing Officer

**Ms. Clara Cheng**  
Project Manager

**Ms. Sara Kong**  
Programme Worker

## Research Staff:

**Prof. Doreen Au**  
Research Assistant Professor

**Prof. Kevin Lau**  
Research Assistant Professor

**Dr. Fang Yang**  
Postdoctoral Fellow

**Dr. Sun Yi**  
Postdoctoral Fellow  
(until 30 June 2017)

**Ms. Natalie Ng**  
Research Assistant

## Administrative Staff:

**Mr. Richard Lee**  
Functional Manager

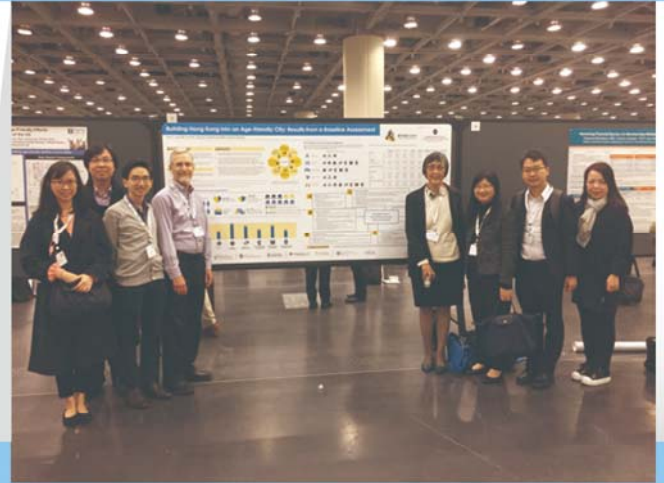
**Mr. Kelvin Kwok**  
Executive Officer

**Ms. Shirley Ng**  
Project Coordinator

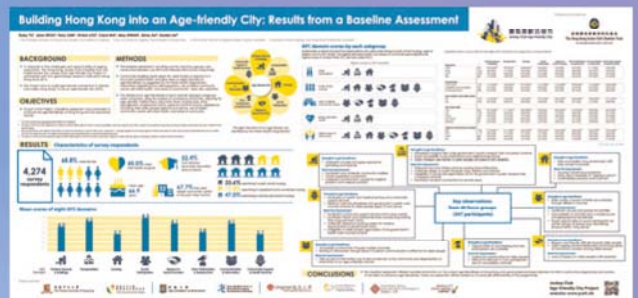
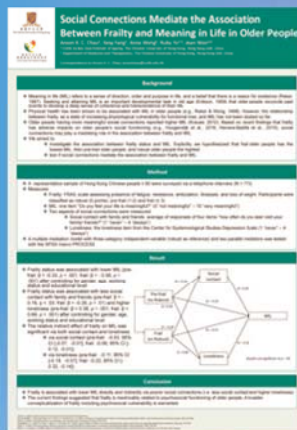


# 4. Research Highlights

## A The 21st International Association of Gerontology and Geriatrics World Congress



The Gerontological Society of America hosted the 21st International Association of Gerontology and Geriatrics World Congress in San Francisco, 23-27 July 2017. The Institute participated in this event and four poster presentations had been made to over 6,000 participants in the Congress:



- Baseline assessment of age-friendliness in eight districts of Hong Kong
- Neighboring green space and two-year transitions between frailty states among Chinese older people in Hong Kong
- Social connections mediate the association between frailty and meaning in life in older people
- Prevalence of frailty in Chinese older people: A cross-cultural study



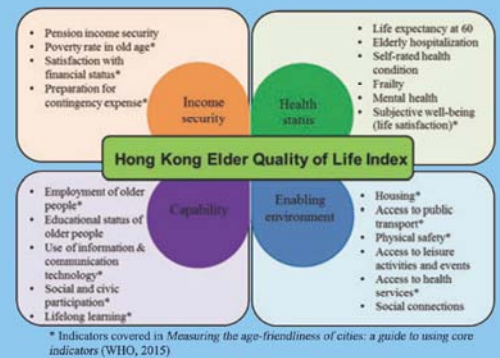
In the Congress, Prof. Jean Woo was invited to be a keynote speaker on Dietary Determinant of Lifelong Health and talked at a session “Biopsychosocial and Cultural Factors Influencing Diet and Nutrition: Impact on Age-Related Diseases” on 26 July. A video introducing the research work of IOA was broadcast in the Congress. The participation in the Congress helps IOA establish collaboration with worldwide academics.



# B Measuring an Ageing Well Society

The Institute ranked Hong Kong in the Global AgeWatch Index which highlights the importance of assessing the wellbeing of our elderly population from a comprehensive and holistic approach. Hong Kong ranked 19th among 97 countries and territories in 2015.

In order to assess the well-being of older people in Hong Kong more comprehensively and enable trend analysis, the Institute, in collaboration with the Centre for Quality of Life, develops the "Hong Kong Elder Quality of Life Index". The baseline data of the new index is compiled from official statistics of Hong Kong and telephone survey of 1,200 elders aged 50 or above collected by the Hong Kong Institute of Asia-Pacific Studies, CUHK. Some of the indicators in this Index are also covered by the WHO AFC Core indicators to assess the age-friendliness of elders.



Hong Kong has the highest global life expectancy and a low fertility rate, which raises concern as to whether its welfare system can sustain the long and active lives of older people. Given high density urban living and the residual welfare ideology, active ageing in Hong Kong is a challenging task of incorporating older people into society as assets. With the funding support from the General Research Fund, University Grants Committee and research collaboration with Prof. Agshar Zaidi, professor in University of Southampton who developed Active Ageing Index (AAI) and used in European Union countries, the Institute is conducting a research project on "Establishment of an Active Ageing Index for Hong Kong: Re-inventing the lived experience and potential of older people" and the project is expected to be completed in April 2019. The aim of this project is to adapt the European AAI in the Hong Kong context through the four core domains:

Employment

Participation in society

Independent, healthy and secure living

Capacity and enabling environment for active ageing



Meaningful social relationships are essential to the psychological well-being of older people. Yet, loneliness is a condition faced by many older people in Hong Kong. With the funding support from the Knowledge Transfer Fund of CUHK and in collaboration with the Department of Psychology, CUHK and NGO partners, the Institute undertook a project to understand whether loneliness in older adults can be reduced by engaging them in programmes that draw upon their meaningful experiences and memories.

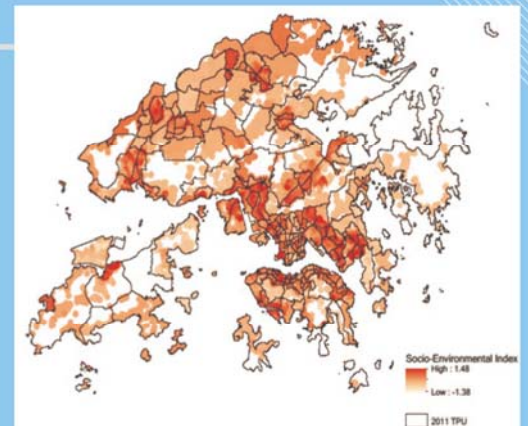




# C Physical Environment and Healthy Ageing

As stated in the WHO Framework of Global Age-friendly Cities, outdoor spaces and buildings are important aspects for the mobility, independence and quality of life of elderly people. In high-density cities like Hong Kong, elderly people’s perception of outdoor spaces is considerably different from that in the low- or medium-density cities. The Institute research team figures out the association between green space and frailty and mortality. It has embarked a research project on “Designing better urban green spaces for active ageing in high-density cities” with the funding support from the General Research Fund of University Grants Committee.

Based on the above research findings, the spatial variability of geriatric depression risk in Hong Kong was mapped and areas with higher risks are identified. Research findings are useful to not only urban design which promotes healthy lifestyle and active ageing, but also healthcare policies which prevent geriatric diseases and relieve the burden on public healthcare system.



In addition, a PhD student of IOA together with her teammates won The Best ‘Living’ Building Award at the International Youth Competition at the World Sustainable Built Environment Conference in July 2017. The team took Hong Kong as the case in point and proposed an original ‘C3 Farming’ concept which combined vertical farming and residence and turned the land resource limitation into the best option in living environment. The initiative was reported at the second issue of the Chinese University Bulletin 2017.



# 5. Research and Academic Activities

## A Research Activities

### Research Collaboration and Personnel

The Institute has been pursuing various research projects in collaboration with local and overseas research institutes across various disciplines including medicine, public health, nutrition, architecture, psychology and social work.

The Institute has established collaboration with the National Cheng Kung University, University of Southampton, Big Data Decision Analytics Research Centre and The Jockey Club School of Public Health and Primary Care, CUHK. The institute has 16 affiliated academics and researchers:

**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. Wong Wai Tat**  
Assistant Professor

**Prof. Doris Yu**  
Professor

**Dr. Ruby Yu**  
Research Fellow

**Dr. Jacqueline Yuen**  
Research Associate

**Prof. Asghar Zaidi**  
Adjunct Professor

**Prof. Mimi Zou**  
Assistant Professor



## Research-related Activities

1-2

Dec 2016

Prof. Jean Woo participated in the expert meeting of WHO Clinical Consortium on Healthy Ageing in Geneva and contributed to the meeting report which was published in 2017.

9

Dec 2016

A delegation of Shanghai Civil Affairs Bureau visited IOA to understand the training work by IOA.

21

Jan 2017

Prof. Jean Woo was invited to be a panelist of Washington University's first Forum for Greater China in Shanghai.

10

Apr 2017

IOA received a visit from IBM Team to explore research collaboration opportunities.

28-30

Jun 2017

Prof. Jean Woo attended the WHO Expert Technical Meeting on Trajectories of Intrinsic Capacity Through the Life Course in Geneva.

2 Jul - 19 Aug  
2017

The Institute supervised students from the National Cheng Kung University under the CUHK Summer Research Placement Programme to improve their research techniques.

## B Publications

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# C Conference Proceedings & Presentations

Au DWH, Lee JSW, Chan HY, Wong MW, Cheung NL, Ng K, Woo J. An exploratory investigation into advance care planning, end-of-life communication and decision-making in an acute hospital setting. Poster presentation at JCECC Conference: Collaboration in Creating Compassionate Holistic End-of-Life Care for the Future; 2017 Mar 8-9; Hong Kong.

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Auyeung TW, Lee J, Leung J, Kwok T, Woo J. The relationship between testosterone level and muscle mass and strength decline - a four-year longitudinal study in 1489 older men. Poster presentation at Asia Pacific Geriatrics Conference 2016; 2016 Aug 10-13; Singapore.

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Chan H, Lee D, Yi H, Woo J. How to improve our palliative care services? Voices of different stakeholders. Poster presentation at 12th Asia Pacific Hospice Conference 2017; 2017 Jul 26-29 Singapore.

Chan R, Li L, Sea M, Woo J. A pilot cross-sectional study examining the nutrient intakes of Chinese postnatal women in Hong Kong. Poster presentation at JCSPHPC 15th Anniversary - International Conference on Innovations in Public Health Sciences; 2016 Sep 23-25; Hong Kong.

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Fang Y, Lu M, Fung HH. A Meta-Analytic Study of Cultural Differences in Holism and Analyticism Across Age Groups. Presented at The 21st IAGG World Congress of Gerontology and Geriatrics; 2017 Jul 23-27; San Francisco, US.

Fung HH, Jiang D, Ng CC. Contrasting the effects of future time limitation and mortality salience on goal prioritization. Paper presented at the Gerontological Society of America Annual Scientific Meeting; 2016 Nov 16-20; New Orleans, US.

Fung HH, Li AY, Chan SSM. The compensatory power of time perspective on the negative consequences of negative self-views. Paper presented at the Gerontological Society of America Annual Scientific Meeting; 2016 Nov 16-20; New Orleans, US.





Fung HH, Lu M, Isaacowitz DM, Zhang F. Pursuing eudaimonic goals moderated age differences in attending to others' emotions. Oral presentation at the 21st International Association of Gerontology and Geriatrics World Congress; 2017 Jul 23-27; San Francisco, US.

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Ho SC, Yu RHY, Woo J et al. Prospective study on predictors of psychological well-being in Chinese mid-life women. *Menopause: The Journal of the North American Menopause Society* 2016;23(12): 1376.

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Lam CKC, Lau KKL. A comparative analysis of outdoor thermal comfort in Hong Kong and Melbourne during summer. The 21st International Congress of Biometeorology; 2017 Sep 3-9; Durham, UK.

Lam FMH, Chan PFL, Liao LR, Woo J, Hui E, Lai CWK, Kwok TCY, Pang MYC. The effect of adding Whole-body vibration to a strength and balance exercise program on physical function in institutionalized older adults: a randomized controlled trial. 11th International Society of Physical & Rehabilitation Medicine (ISPRM) World Congress; 2017 Apr 30-May 4; Buenos Aires, Argentina.

Lau KKL, Kwok YT, Ho JCK, Chan PW, Ng EYY. Thermal comfort in public housing estates in high-density cities under near extreme summer conditions. *Passive & Low Energy Architecture Conference 2017 (PLEA2017)*; 2017 Jul 3-5; Edinburgh, UK.

Lau KKL, Shi Y, Ng E. Dynamic response of pedestrian thermal comfort under outdoor transient conditions. *International Conference on Urban Comfort and Environmental Quality*; 2017 Sep 28-29; Genova, Italy.

Lee TFD. Applying evidence in the nursing care of older people. Invited speaker at the *Nursing Forum on Preparing for Aging Society*; 2016 Sep; Bangkok, Thailand.

Lee TFD. Evaluation of the nurse consultant roles. Keynote speech at the *First International Specialty Nurses Conference*; 2016 Dec; Hangzhou, China.

Lee TFD. Future challenges on the role of advanced practice nurse and technology utilization in community health nursing. Invited speaker at the *Asia Pacific Geriatric Conference 2016*; 2016 Aug; Singapore.

Lee TFD. Interprofessional collaborative practice: the vital ingredient for team-based care. Invited speaker at the *Asia Pacific Geriatric Conference 2016*; 2016 Aug; Singapore.

Lee TFD. Person-centred care in gerontology. Invited speaker at the 'Third International Symposium on Elderly Services and the Second International Nursing Forum'; 2016 Oct; Jinling, Nanjing, China.





Lee TFD. Preparing for an aging society: the role of nursing education. Invited speaker at the Nursing Forum on Preparing for Aging Society; 2016 Sep; Bangkok, Thailand.

Leung AWY, Chan RSM, Sea MMM, Woo J. Identifying psychosocial predictors of adherence to a lifestyle modification program among Chinese overweight and obese adult participants. *Int J Behav Med*. 2016;23(Suppl 1):S151.

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Pang CKR, Lee TFD. The positive experiences of family caregivers of persons with dementia in Hong Kong. Abstracts of Hong Kong College of Gerontology Nursing Scientific Meeting CUM AGM 2017. 2017. p24.

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Sea M, Yau F, Wong B, Chan R, Woo J. A pilot health promoting workplace programme. Poster presentation at JCSPHPC 15th Anniversary - International Conference on Innovations in Public Health Sciences; 2016 Sep 23-25; Hong Kong.

Tsoi KK, Yip B, Au DWH, Kuo YH, Wong SY, Woo J, et al. Blood pressure monitoring on the cloud system in elderly community centres. Paper presented at the 7th International Conference on Cloud Computing and Big Data (CCBD 2016); 2016 Nov 16-18; Macau, China.

Wang D, Lau K, Yu R, Wong S, Kwok T, Woo J. Neighboring green space and all-cause mortality in elderly people in Hong Kong: a retrospective cohort study. *The Lancet* 2016;388(S82). doi: [http://dx.doi.org/10.1016/S0140-6736\(16\)32009-8](http://dx.doi.org/10.1016/S0140-6736(16)32009-8). The Lancet-Chinese Academy of Medical Sciences Health Summit; 2016 Oct 30-31; Beijing, China.

Wang D, Lau K, Yu R, Wong S, Kwok T, Woo J. Neighboring green space and transitions between frailty states among Chinese elderly in Hong Kong. *Innovation in Aging* 2017;1(S1):433.

Wang D, Lau K, Yu R, Wong S, Kwok T, Woo J. Neighboring green space and transitions between frailty states among Chinese elderly in Hong Kong. Poster presentation at The 21st IAGG World Congress of Gerontology and Geriatrics; 2017 Jul 23-27; San Francisco, US.

Woo J. Addressing the chasm between the philosophical and real life perspectives to ageing: Making bioethics relevant to society. Invited speaker at International Workshop on Ageing: Intergenerational Justice and Elderly Care; 2017 Apr 28-29; Hong Kong.

Woo J. Approach to frailty and sarcopenia in clinical practice: The Asian Experience. Plenary lecture at Asia Pacific Geriatrics Conference 2016; 2016 Aug 10-13; Singapore.

Woo J. Biopsychosocial and cultural factors influencing diet and nutrition: impact on age-related diseases. Keynote speaker at The 21st IAGG World Congress of Gerontology and Geriatrics; 2017 Jul 23-27; San Francisco, US.





Woo J. Community Engagement of the Elderly: An Asian Perspective. Invited speaker at Asia Pacific Geriatrics Conference 2016; 2016 Aug 10-13; Singapore.

Woo J. Descent into frailty. Guest speaker at The Queen Elizabeth Hospital – Medical Grand Round; 2016 Sep 27; Adelaide, Australia.

Woo J. Doing research when there is no time to do research. Invited speaker at Asia Pacific Geriatrics Conference 2016; 2016 Aug 10-13; Singapore.

Woo J. Fighting frailty in aged care - The role of nutrition. Invited speaker at Nestlé - Dinner presentation; 2016 Sep 20; Sydney, Australia.

Woo J. Frailty and Ageing well - two sides of the same coin. Keynote speaker at Launch of Centre of Research Excellence of Frailty Event; 2016 Sep 30; Adelaide, Australia.

Woo J. Panelist of the Discussion Session - Completed and planned future actions in ageing on the biological and the sociological aspects. NAM Grand Challenge for Healthy Longevity; 2017 Jun 1; Hong Kong.

Woo J. The Impact of Frailty and the Effectiveness of the Intervention Programs. Invited speaker at 8th International Association of Gerontology and Geriatrics Master Class on Ageing; 2017 Mar 24-26; Kaohsiung, Taiwan.

Woo J. Shaping community activities for frailty prevention and re-ablement. Guest speaker at Resthaven Residential Aged Care and Community Therapy Service: Community seminar; 2016 Sep 28; Adelaide, Australia.

Woo J. Social frailty. Invited speaker at 2nd Asian Conference for Frailty and Sarcopenia; 2016 Nov 4-5; Nagoya, Japan.

Woo J. Walking away from frailty. Invited speaker at Walk21 Hong Kong Conference; 2016 Oct 3-7; Hong Kong.

Woo J, Chan R. Nutritional status and health: the Asian context. Workshop on Addressing the Nutritional Needs of the Aging Consumer in Asia, Keynote speaker at Wageningen University and FrieslandCampina Institute; 2016 Nov 10-11; Singapore.

Woo J, Chan R, Leung J, Shikany J. Dietary patterns and atherosclerosis in community-dwelling older men in Hong Kong and the U.S.. Poster presentation at The 21st IAGG World Congress of Gerontology and Geriatrics; 2017 Jul 23-27; San Francisco, US.

Woo J. There is no gender equality in ageing. *Australasian Journal on Ageing* 2016;35:14.

Woo J. The myth of filial piety as a characteristic of Chinese culture. *Australasian Journal on Ageing* 2016;35:16.

Woo J. Biopsychosocial and cultural factors influencing diet and nutrition: impact on age-related diseases. *Innovation in Aging* 2017;1(S1):1084.

Woo J, Chan R, Leung J, Shikany J. Dietary patterns and atherosclerosis in community-dwelling older men in Hong Kong and the U.S.. *Innovation in Aging* 2017;1(S1):215.



Xie YJ, Ho SC, Loke AY. Migraine and Cardiovascular Risk Profile in a Sample of Hong Kong Chinese Women. Poster presentation at the American Heart Association Epidemiology and Prevention - Lifestyle and Cardiometabolic Health (EPI-Lifestyle) 2017 Scientific Sessions; 2017 Mar 7-10; Portland, US.

Yu R, Leung J, Woo J. Targeting "Sarco-osteoporosis" in preventing fractures and functional decline. Oral presentation at 2nd Asian Conference for Frailty and Sarcopenia; 2016 Nov 4-5; Nagoya, Japan.

Yu R, Ong S, Cheung O, Leung J, Woo J. Prevalence of low grip strength in middle-aged and older Chinese people: A public health approach for sarcopenia prevention in community. Poster presentation at International Conference on Frailty and Sarcopenia Research; 2017 Apr 27-29; Barcelona, Spain.

Yu R, Woo J, Lum T, Lou V, Ma C, Kwan M, Au A, Lai DW. Building Hong Kong into an age-friendly city: results from a baseline assessment. *Innovation in Aging* 2017;1(S1):1086.

Yu R, Woo J, Lum T, Lou V, Ma C, Kwan M, Au A, Lai D. Building Hong Kong into an age-friendly city: Results from a baseline assessment. presentation at The 21st IAGG World Congress of Gerontology & Geriatrics "Global Aging and Health: Bridging Science, Policy, and Practice"; 2017 Jul 23-27; San Francisco, USA.

Yu R, Woo J, Lum T, Lou V, Ma C, Kwan M, Au A, Lai DW. Building Hong Kong into an age-friendly city: results from a baseline assessment. Poster presentation at The 21st IAGG World Congress of Gerontology and Geriatrics; 2017 Jul 23-27; San Francisco, US.

Yu R, Wu W, Leung J, Hu SC, Woo J. Prevalence of frailty in Chinese older people: a cross-cultural study. *Innovation in Aging* 2017;1(S1):385.

Yu R, Wu W, Leung J, Hu SC, Woo J. Prevalence of frailty in Chinese older people: a cross-cultural study. Poster presentation at The 21st IAGG World Congress of Gerontology and Geriatrics; 2017 Jul 23-27; San Francisco, US.

Zhang J, Lee TFD. Meaning in stroke family caregiving: A literature review. Abstracts of 6th Pan-Pacific Nursing Conference and First Colloquium on Chronic Illness Care. 2016. p.21.



# D / Research Projects Funded

Prof. Jean Woo

## Project

Monitoring lifestyle modification using wearable health services

Pursuing meaningful goals as intervention to reduce loneliness among Hong Kong elders

UNEMIA- Business for Social Cohesion and Understanding

## Nature and amount of Grant

Microsoft Regional Seed Fund  
HKD 232,500

Knowledge Transfer Project Fund  
HKD 399,760

Knowledge Transfer Project Fund  
HKD 272,792

Prof. Dianna Lee

## Project

Development of micro-movies to empower senior citizens in advance care planning

## Nature and amount of Grant

Health Care Promotion Fund  
HKD 295,182

Prof. Helen Chan

## Project

A study on the development of palliative and end-of-life care services in Hong Kong

## Nature and amount of Grant

Public Policy Research Funding Scheme  
HKD 480,801

Prof. Helene Fung

## Project

Age(ing) as Future - Future-related activities regarding age and aging in cross-cultural perspective

## Nature and amount of Grant

Volkswagenstiftung, Germany  
EUR 91,800

Prof. Suzanne Ho

## Project

A 60-m prospective study of long-term intake of dietary isoflavones and lignans on the risk of recurrence and mortality in Chinese women with early-stage breast cancer

Develop a clinical risk assessment tool for osteoporosis screening in Hong Kong Chinese Adults

## Nature and amount of Grant

World Cancer Research Fund  
International  
HKD 2,004,605.6

Internal Research Funds,  
Hong Kong Polytechnic University  
HKD 200,000

Prof. Doreen Au

## Project

Establishment of an active ageing index for Hong Kong: Re-inventing the lived experience and potential of older people

## Nature and amount of Grant

General Research Fund,  
Research Grants Council  
HKD 380,038

Prof. Kevin Lau

## Project

Designing better urban green spaces for active ageing in high-density cities

## Nature and amount of Grant

General Research Fund,  
Research Grants Council  
HKD 621,992

## 6. Community Outreach

### A AgeWatch Index



At the press conference on 5 October 2016 the Institute presented the findings of “AgeWatch Index for Hong Kong 2015”. The press conference was widely reported by over 10 printed newspapers and TVB. Prof. Jean Woo attended interviews with RTHK English News “Hong Kong Today” and RTHK Radio 5 《香江暖流》「暖流採訪隊」 in October 2016. The report of AgeWatch Index is available at the Institute’s webpage:

[www.ioa.cuhk.edu.hk/images/content/community\\_outreach/AgeWatch\\_Index/Report\\_on\\_AgeWatch\\_Index\\_for\\_Hong\\_Kong\\_2015.pdf](http://www.ioa.cuhk.edu.hk/images/content/community_outreach/AgeWatch_Index/Report_on_AgeWatch_Index_for_Hong_Kong_2015.pdf)

### B Jockey Club Age-friendly City Project (JCAFC)

To support NGOs implementing district-based programme in Tai Po and Sha Tin, IOA has provided professional support to organizers in programme planning, implementation and evaluation. 4 programmes have been completed by July 2017 and 5 programmes are in progress. In total, more than 1,450 people were benefitted from the programmes. 82 residents from Tai Po and Sha Tin have been trained as ambassadors to promote the JCAFC project.

The baseline assessments of Kwai Tsing, North and Sai Kung have been started in March 2017. Questionnaires and focus group interviews were conducted in the three districts to collect views on age-friendliness from local stakeholders. IOA also met with the District Offices, District Councils and NGOs providing elderly services in these districts to secure their supports to the JCAFC project.

Acting as Secretariat of the JCAFC Project, the Institute has compiled a baseline assessment report on age-friendliness in eight pilot districts of Hong Kong and shared the report findings in the 21st International Association of Gerontology and Geriatrics World Congress in San Francisco through a poster presentation titled “Building Hong Kong Into an Age-Friendly City: Results From a Baseline Assessment”. In addition, an evaluation plan comprising evaluation components on multiple tiers has been formulated to assess the effectiveness and impact of the age-friendly movement initiated by the JCAFC Project.



Jockey Club Age-friendly City Project – Cross-Generation Fun with Ageing



Jockey Club Age-friendly City Project – “Story of my life”







## C Outreach and Press Activities

To promote an age-friendly city in Hong Kong, the Institute has participated in outreach activities such as Gerontechnology and Innovation Expo cum Summit 2017 by Hong Kong Council of Social Service, Advanced Diploma Programme in Dementia Care by Department of Medicine and Therapeutics, CUHK and Jockey Club Centre for Positive Ageing and Hong Kong Social Enterprise Challenge 2017-18 by Center for Entrepreneurship of CUHK.

6 Oct 2016



RTHK English News  
'Hong Kong Today'

5 Oct 2016



Press Conference on  
"AgeWatch Index 2015"

16-18 Jun 2017



Gerontechnology and Innovation  
Expo cum Summit 2017

14 Oct 2016



香港電台第5台  
《香江暖流》「暖流採訪隊」

2016-2017



Advanced Diploma  
Programme in Dementia Care

2017-2018



Hong Kong Social Enterprise  
Challenge 2017-18

11 Jul 2017



Press Conference on  
"Elderly Employment"

## D Network of Ageing Well for All (NAWA)



The Institute has established NAWA network to foster older people in building an age-friendly Hong Kong. It serves as a platform for older people from all strata to create social impact for betterment of the community so that their voice can be heard. The Institute organized a Summer Camp with CUHK Lee Woo Sing College on 10-11 August 2017 and a sharing session to create an age-friendly financial environment for the members. NAWA members were also invited to participate in the Consumer Council elderly consumer focus group discussion.





## 7. Training

### A.

### Jockey Club End-of-Life Community Care Project



### Training

The Institute had conducted 117 seminars, public forums and training workshops to over 3,740 participants. Participants included patients and their family members, volunteers, public as well as healthcare staff including doctors, nurses, physiotherapists, occupational therapists, social workers and supporting staff from seven hospitals in New Territories East Cluster (Alice Ho Miu Ling Nethersole Hospital, Bradbury Hospice, Cheshire Home, North District Hospital, Prince of Wales Hospital, Shatin Hospital and Tai Po Hospital), Care & Attention Homes, Church, Enhanced Home Care and Community Services, Hong Kong Doctors Union, Hong Kong Stoma Association, Integrated Discharge Support Programme, Public Expo and Public Libraries (Fanling and Sheung Shui).

### Public Event

A public event introducing End-of-Life Care was held on 19 June 2017 at CUHK. Dr. Vincent Tse, Ex-Chairman of Society for Life and Death Education gave a talk on "How patients and family members initiate communication with healthcare professionals" to 180 participants. After the talk, over 150 participants joined the three interactive workshops including Micro-movie & Talk on Advance Care Planning (ACP), ACP Handbook-making, and Horticulture with Life & Death Education held subsequently.





## ACP Handbook

In order to encourage patients and their families to express and facilitate discussion with healthcare professionals regarding the kind of treatment that the patients would like to have, the Institute published an "ACP Handbook" for the public. This had been used in the interactive workshop of the public event and distributed to residents in residential care home for the elderly, community centres for the elderly, and resource centres in Hospital Authority for users to record their preferences on treatment options.

## Public Education Videos

Educational videos had been produced to public and healthcare professionals featuring talks by experts in end-of-life care with the objectives to arouse awareness of ACP and Advance Directive amongst patients, their relatives and healthcare professionals; and to emphasize the importance of communication for better end-of-life care.





# B.

## Jockey Club Community eHealth Care Project

The Institute is a key partner to the “Jockey Club Community eHealth Care Project” led by the Hong Kong Jockey Club Charities Trust, which adopts an innovative approach to promote preventive healthcare among the elderly and empowers them in health management. It seeks to develop a medico social integrated model of primary care as a basic first step in the care pathway. A brief geriatric screening (well-being survey) was administered in 24 elderly centres in the first year of the project. Over 2,500 participants and over 1,500 individual intervention had been conducted which covers the following aspects:

- Oral health, hearing and vision
- Physical and cognitive frailty
- Physical and psychological health
- Ability to manage instrumental activities of daily living
- Use of health and social services, medication, and financial security

With the survey results, elderly unmet needs could be early detected with timely intervention from elderly centres and other community resources. The top 3 conditions with the highest prevalence are memory complaints, frailty and chewing difficulties.

The findings show that there is room for intervention at the community level by arranging group frailty intervention programmes, further assessment of memory problems, checking of drugs, psychological support, advice regarding instrumental activities of daily living, and referrals for sensory impairments

Targeted 10,000 participants from 80 centres, collecting the huge amount of data collected, big data analytics will be applied to shed light on the health trends in the community which will at the same time showcase the application of big data analysis in electronic health management at the community level.

