

## HKASO Activities Summary 2006 - 2007

Date	Activities	Remarks
<b>1 April 2006</b>	3 <sup>rd</sup> Newsletter published	Very well received
<b>1 April 2006</b>	HKASO remained as a member of Steering Committee on Healthy Eating in School Campaign lead by the Department of Health (DH). DH published a report on “Baseline Assessment of Promoting Healthy Eating in Primary Schools” as baseline reference. Working with the medical, nutritional, school and parent community, DH also launched the “Nutritional Guidelines on School Lunch for Primary School Students” and “Nutritional Guidelines on Snacks for Primary School Students” to enhance the nutritional quality of school lunches, as one of the components of the www.eatsmart.gov.hk campaign to be launched in primary schools in the new school year. Dr CC Chow was appointed convenor of the publicity task force of this programme	The www.eatsmart.gov.hk campaign aims to promote healthy eating among primary school students through interventions that strengthen education to school staff, parents, students and food traders; raise community awareness through publicity efforts, and enable students to make wise choices by providing healthier options in the school environment. The campaign is one of many strategies to gradually change public perception and attitude, and to support healthy eating practices for better health outcomes in our society
<b>30 April 2006</b>	A database on Hong Kong obesity-related local literature and publication is created and available in the HKASO website to facilitate local research and information sharing	Good comments received from media and general public
<b>5 July 2006</b>	2 <sup>nd</sup> Annual General Meeting	A total of 16 members and our honorary auditor, Mr. Simon Ng, and honorary legal advisor, Mr. Raymond Tse, attended the meeting. It was an excellent opportunity for the members to exchange ideas and plan new activities in the forth-coming year

<b>14 July 2006</b>	Dr CC Chow, representing HKASO, was invited by Consumer Council to comment on various unclaimed efficacies of slimming products, in particularly laxatives, available in the market. The analysis was published in Choice Magazine No 357 on 14 July 2006	An effective cooperation with well-established organization to educate our public on proper attitudes towards obesity
<b>17 July 2006</b>	Dr CC Chow and Dr TC Ko, represented HKASO in a press conference on “Over one fifth of the Hong Kong population has low HDL-C”. HKASO urged the public to pay attention to the level of lipids in the blood, as well as the levels of good and bad cholesterol in order to prevent atherosclerosis which may increase the risk of cardiovascular diseases	Well reported by both electronic media and local newspapers. Good awareness for the general public
<b>23 September 2006</b>	Prof Stanley Hui hold a press release on “Fitness assessment project for HK citizens” which was a project initiated by the LCSO of the HKSAR to conduct a large scale fitness assessment project for HK citizens, covering a large age-range from 3 to 69 year-old. It was the first time that the HK Government initiated such a large scale fitness assessment for the population. Many aspects of the fitness assessment of HK people were examined including the overweight and obesity prevalence, the relationship between BMI and TV/Computer watching of children and adolescents, as well as the BMI and PA & fitness levels	Widely reported by both electronic media and local newspapers. Good awareness for the general public
<b>28 September 2006</b>	Dr CC Chow and Dr KW Lo, represented HKASO in a press conference on releasing the result from a global survey on abdominal obesity and the risks of diabetes and cardiovascular diseases.	Good coverage by local newspapers
<b>30 September - 1 October 2006</b>	The annual scientific meeting of HKASO was successfully held on October 1, 2006 as part of the one and a half day program of the 8th East Meets West Symposium (EMW) in the Hong Kong Convention and Exhibition Centre. The HKASO keynote lecture titled “What to Eat and What to Drink to Prevent Diabetes and Cardiovascular diseases?” was presented by the internationally renowned scholar, Dr F Hu and received excellent response from the audience	A one and half day medical congress. Well attended by more than 800 local and international participants
<b>14 October 2006</b>	A health talk was delivered by our member, Dr Tang Kit Ying for two patient groups “Diabetes Hong Kong” and “Care for Your Heart” on the topic of “Cardiometabolic risk factor” A related photo contest was organized afterwards	Well attended by around 100 peoples
<b>20 October 2006</b>	4 <sup>th</sup> Newsletter published	Good comments received
<b>25 October 2006</b>	In a local press conference Prof Juliana Chan, representing The Chinese University of Hong Kong and HKASO reported key findings of the "Health impact of Obesity in	Well reported by both electronic media and local newspapers. Good awareness for the general public

	Local Schoolchildren". This important data release was co-organized together with Department of Health	
<b>14 November 2006</b>	Ms Lorena Cheung, representing HKASO, was invited to deliver an education talk to secondary 2 &3 students of St Paul's Convent on the topic of "Proper attitude towards obesity"	More than 200 students attended the lecture with enthusiastic discussion
<b>21-23 November 2006</b>	A Conference on Obesity and Related Disease Control in China organized by the Chinese Center for Disease Control and Prevention was held in Beijing. Dr CC Chow, Dr TC Ko and Prof Juliana Chan, representing HKASO, were invited and gave lectures titled "Diet, physical activity and obesity in Hong Kong residents", "The cost of obesity in Hong Kong" and "Overview of obesity and related chronic diseases in China, respectively	A very important National meeting addressing various aspects of obesity-related health problems, and was well attended by more than 500 delegates from all over China. Very good comments were received
<b>14 January – 4 March 2007</b>	4 <sup>th</sup> Certificate Course in Obesity and Weight Management – A 2 3-hour symposia and 2 4-hour workshops training and education course jointly organized with Hong Kong Foundation for Research and Development in Diabetes, CUHK	Very well received training course for health professionals. More than 40 participants
<b>28 March 2007</b>	The 2nd HKASO research grant 2006-2007 of amount \$30,000 was awarded to Dr Alice Kong from The Chinese University of Hong Kong on the project titled "Effects of growth hormone on body fat distribution, insulin action and cardiovascular risk factors in middle-aged men with metabolic syndrome"	To encourage local scientific research related to metabolic syndrome