

Appendix I

HKASO Activities Summary 2009 - 2010

Date	Activities	Remarks
April 2009	Active participants of various initiatives and programs related to EatSmart@school and the EatSmart@restaurant programs – both are important initiatives from our government to combat and prevent chronic non-communicable diseases	HKASO (represented by Dr CC Chow) continued as Steering Committee member of both programs initiated by Department of Health
8 April 2009	HKASO was invited to participate a RTHK 香港電台第一台: 精靈一點 talk show program on empowerment of patients with chronic medical illness	Dr TC Ko represented HKASO as a guest speaker
May 2009	HKASO-RTHK Obesity Awareness Month May 2009. A series of 5 radio talk show program on 香港電台第一台: 精靈一點 on various medical and health aspects related to obesity hosted by members and council of HKASO.	A public awareness program on air with phone-in Q&A Very well received with many phone-in discussions
May 2009	9 th Newsletter to all members was published	
13 June 2009	5 th Annual General Meeting, followed by annual dinner at the Green Willow Village Restaurant	A total of 13 members attended the meeting. It was an excellent opportunity for the members to exchange ideas and plan new activities in the forth-coming year

15 June 2009	A Seminar on “Healthy Weight Management” jointly organized by The Hong Kong Dietitians Association, Hong Kong Nutrition Association and HKASO at the Boys’ & Girls’ Clubs Association of Hong Kong. We are grateful to have guest speakers from the USA: Dr John Foreyt & Dr. Adam Drewnowski	Over 100 attendances with very enthusiastic discussion
20 June 2009	Meet the Expert Session – satellite workshop of EMW jointly organized by the Hong Kong Institute of Diabetes and Obesity (HKIDO), the Hong Kong Foundation for Research and Development in Diabetes (HKFRDD), the Hong Kong Association for the Study of Obesity (HKASO), the Hong Kong Atherosclerosis Society (HKAS), and the Hong Kong Dietitians Association (HKDA). A Saturday afternoon 3 hour workshop at the Langham HK Hotel, TST with 3 invited speakers discussing life style intervention, drug and surgical management of diabetes and obesity	Close to 100 doctors, dietitians, nurses, pharmacists and other health professionals attended the workshop and gave very positive feedbacks afterwards
13 July 2009	Hong Kong Institute of Diabetes and Obesity, CUHK & the HKASO jointly organized a special lecture entitled “Type 2 Diabetes: The Spectrum of Treatment Options from Lifestyle and Drugs through Interventional Procedures” by Professor Harold Lebovitz from State University of New York Health Science Center at Brooklyn USA, followed by a dinner reception at the Hyatt Regency Shatin Hotel	Attended by 70 endocrinologist and scientist with very enthusiastic Q&A
30 September – 1 October 2009	The annual scientific meeting of HKASO was successfully held on 30 September 2009 as part of the 11th East Meets West Symposium (EMW) in the Hong Kong Convention and Exhibition Centre. The HKASO Plenary Lecture was delivered by Dr John Foreyt from Houston, USA. He shared with us “Perspective from the Look AHEAD Study” with very up to date information on this mega trial on life style	A one and half day medical congress. Well attended by more than 700 local and international participants

	intervention and clinical outcomes in patients with diabetes	
October - November 2009	World Diabetes Day 2009: Diabetes Education and Prevention. A series of 5 radio talk show program on 香港電台第一台 on various medical and health aspects related to diabetes were co- hosted by 7 related medical organizations including HKASO	A public awareness program on air with phone-in Q&A Very well received with many phone-in discussions
December 2009	10 th Newsletter to all members was published	
March 2010	The 4th HKASO research grant 2009-2010 of HK\$ 40,000 was awarded to Prof. Ronald Ma from The Chinese University of Hong Kong on the project entitled “The Role of Omentin in visceral adiposity and cardiometabolic risk”	