

Appendix I

HKASO Activities Summary 2012 - 2013

Date	Activities	Remarks
1 April 2012	Active participants of various initiatives and programs related to EatSmart@school, StartSmart@school and the EatSmart@restaurant programs – all three are important initiatives from our government to combat and prevent chronic non-communicable diseases	HKASO (represented by Dr CC Chow / Prof Alice Kong) continued as Steering Committee member of all 3 programs initiated by Department of Health
1 April 2012	Formation of subcommittee on bariatric & metabolic surgery group was endorsed and Dr Simon Wong was appointed as the Convenor.	Only Life Member and Full Member are eligible for joining the Group. The said Group will then later join the International Federation for the Surgery of Obesity and Metabolic Disorders (IFSO).
14 April 2012	Joining with CUHK and HKAS, a “Case Discussion on Diabetes & Hypertension” was organized with presentation by various endocrinologists & family physicians	A total of around 80 attendants and the meeting was well received
May 2012	14 th Newsletter to all members was published	Announcement on Prof Alice Kong being co-opted as new Council Member since 1 April 2012
15 June 2012	8th Annual General Meeting, followed by annual dinner at Monet Room, Intercontinental Grand Stanford Hotel, TST East, Kowloon. This year a HKSUGIS & HKASO Joint Scientific Symposium was followed with 3 lectures delivered	A total of over 60 members attended the scientific meeting and was well received

	by Prof Juliana Chan, Dr Simon Wong and Dr. Galvao Neto from Brazil	
1 – 2 October 2012	The 14th Diabetes & Cardiovascular Risk Factors – East Meets West (EMW) Symposium was successfully held on 1 – 2 October 2012 at the Hong Kong Convention and Exhibition Centre. The meeting was jointly organized by the Hong Kong Association for the Study of Obesity (HKASO), the Hong Kong Institute of Diabetes and Obesity (HKIDO), The Chinese University of Hong Kong, the Hong Kong Foundation for Research and Development in Diabetes (HKFRDD), the Hong Kong Atherosclerosis Society (HKAS), and UBM Medica Pacific Limited (UBM Medica). We have received support from many professional healthcare associations for this meaningful symposium.	A one and half day medical congress. Well attended by more than 800 local and international participants
15 October 2012	HKASO hosted a Scientific Meeting on “Prescription to Healthier Weight” delivered by Prof Gary Wittert from Australia	A total of over 80 attendants and the meeting was well received
3 November 2012	HKASO hosted a Scientific Meeting on “Mealtime Summit” with various presentations by 7 local endocrinologist and diabetes nurse educator.	A total of over 60 attendants and the meeting was well received
16 December 2012	16 th Newsletter to all members was published	
January – February 2013	HKASO was invited to participate a joint DH-RTHK 香港電台第一台: 精靈一點 talk show program on a series of 7 episodes on Healthier Attitude towards Obesity	4 Council Members represented HKASO as a guest speakers
January – March 2013	7 th Certificate Course in Obesity and Weight Management – A 2 3-hour symposia and 2 4-hour workshops training and	Very well received training course for health professionals with more than 50

	education course jointly organized with Hong Kong Foundation for Research and Development in Diabetes, CUHK	participants
31 March 2013	HKASO research grant 2012-2013 of amount HK\$ 30,000 was awarded to Prof Alice Kong for her Project entitled “Impact of diet on sleep quantity and quality of obese adolescents”	