

e-Newsletter

2022



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Editor's Words

2022 has almost come to an end and Christmas is just around the corner! It would be a great time to round up some highlights of the activities HKNA organised and participated in. Several online webinars on different topics were conducted for members to acquire updated nutrition information. Our President, Vice President, and Council Members participated in various conferences, task forces, and events on behalf of HKNA. The Annual General Meeting will be conducted on 16 December 2022. Looking forward to seeing you!



Editor
**Mr. Anson
S C Wong**

President's Words

Dear HKNA Members,

Please accept my heartfelt thanks for your continuous support to the Association and it is my honor to be elected as the President of HKNA in the year of 2021-23. Being the only professional body in nutrition in Hong Kong at the time when Asian Federation of Dietetic Associations (AFDA) was established, HKNA was the founding member of AFDA since 1992 and we have the privilege to lead AFDA after the 7th ACD as the president till 2022. Under the restrictions during the pandemics, we tried hard to maintain our continuing education system and connect with nutrition professional worldwide by virtual means to uphold the professionalism and further ameliorate our competency.

In the coming days, HKNA will continue to work with local government, academic institutes, non-governmental organizations and professional bodies to promote nutrition knowledge to general public and to clarify any misinformation related to nutrition. To uphold the professionalism and professional integrity, we will keep on organizing high quality continuing education activities and deterring any malpractice within our profession. We will maintain our excellent network and partnership with the national and regional nutrition and dietetic organizations and support professional exchange with local and foreign experts. We are also exploring the means to promote the capacity and the role of nutritionists in the local community and the possibility to set up the accreditation scheme.

HKNA has been working closely with you more than four decades in public health promotion and professional development. We do believe that your contribution would be crucial to the health of local population and the success of our profession. Looking forward to see you in the coming events and your active participation to our professional development.

President
Mr. Gordon C L Leung



Council Members 2021-2023

President	Mr. Gordon C L Cheung
Vice President	Mr. Frankie P L Siu
Hon. Secretary	Dr. Eric T C Poon
Hon. Treasurer	Dr. Charis Y M Li
Internal Affairs Officer	Dr. Kenneth K H Lo
Education Secretary	Dr. Edmund T S Li
Editor	Mr. Anson S C Wong

Other Positions

CE Sub-committee	Mr. Alfred K H Fu
Health Promotion Sub-committee	Ms. Kary I T Lau Ms. Susan K L Tang Ms. Patricia M L Wong

Vice President **Mr. Frankie P L Siu**



Hello HKNA members!!! I am Frankie Siu.

First of all, I would like to express my heartfelt thanks for electing me again as one of the council members of Hong Kong Nutrition Association.

I am a sport dietitian and currently working at Hong Kong Sports Institute where I have an opportunity to meet and to provide nutrition services to elite athletes in Hong Kong. Since becoming HKNA council member (or executive committee), I have participated in various projects and tasks, which have a great opportunity to meet with different people from different parts of the world and have expanded my horizons. During my over a decade of service at the HKNA, I was most honoured to have witnessed the growth of HKNA and gain more reputation from our society as well as from other healthcare professionals both locally and internationally. I would like to thank all past executive committee members and our members. All of you have helped to make the Association what it is today.

In the future, I truly believe that HKNA will keep its role in promoting our professional recognition, upholding the professionalism and professional integrity, as well as delivering a correct message of a healthful diet. In last, we do believe that your contribution would be crucial to the Association. If you have any comment about the Association, please don't hesitate to contact us. I am looking forward to seeing you in the coming events.

Honorary Secretary

Dr. Eric T C Poon



Hello members, it is my honour to serve HKNA as the Honorary Secretary this year. As an Assistant Professor at the Department of Health and Physical Education at EdUHK, my research mainly focuses on sport nutrition and exercise science. I believe that integrating regular exercise with good nutrition is the key for optimal improvements in health and fitness. I hope to use my experience and knowledge to conduct more knowledge transfer activities which could help raising nutritional awareness in our community. I look forward to meeting our HKNA members in the coming events.

Honorary Treasurer

Dr. Charis Y M Li



Hello everyone, it is my great pleasure to continue serving HKNA for the 6th year.

I am working in the Food and Nutritional Sciences programme in the Chinese University of Hong Kong. Every year, many new graduates become the nutritionists and joined the nutrition fields. I hope that I can provide them with guidance that upholds the professionalism and professional integrity in our field.

In this year, I have taken up the post of Hon. Treasurer, wishing that we can maintain a financial balance even HKNA organizes more different academic events, and also be the founder organization to establish the Nutritionist Accreditation Scheme in Hong Kong.

I am looking forward to meeting you all!

Internal Affairs Officer

Dr. Kenneth K H Lo



As an assistant professor at The Hong Kong Polytechnic University, I am the lecturer of undergraduate and postgraduate subjects related to public health nutrition and practicum, so that students can apply their knowledge by conducting health promotion events in community. In addition, I am in charge of several nutrition research projects in local community, which aims at identifying dietary patterns that are beneficial to cardiometabolic and cognitive health. I am thankful for being involved in HKNA, which is a group of future leaders in the field of nutrition and dietetics. I wish to increase the synergy between nutritionists and dietitians via different academic activities, so that the nutrition community can contribute more for the better health of Hong Kong population.

Education Secretary

Dr. Edmund T S Li



As an educator and researcher, nutrition is really part of my life for nearly 40 years since I started my postgraduate training in Canada. As a retired honorary associate professor at HKU, I maintain my academic activities through part-time teaching. In addition, I see serving the public through promoting food health and safety being very important. I hope to use my experience with industry and government agencies not only to boost the micro-learning environment of the Association but also work with other members to promote nutrition education for the community at large.

Continuing Education Sub-committee

Mr. Alfred K H Fu



It is my honor to serve as one of the subcommittee members of HKNA for the past 2 years. The experience has been rewarding. I would continue to try my best to support our president and council members to maintain the development of the association.

Looking forward to meeting you in upcoming HKNA events!

Health Promotion Sub-committee

Ms. Kary I T Lau



Hello, everyone. I'm Kary. It's my pleasure to be a subcommittee member of HKNA this year. I completed my Master's program in Nutrition at PolyU. I am enthused about promoting nutrition health to the general public and I am focusing on a project to promote health to teachers in Hong Kong. In addition, I wish to foreground the importance of the roles of both dietitians and nutritionists in society. In the future, I will assist and work closely with other members in organizing various events to raise awareness of nutrition in our community.

I am looking forward to meeting you at the coming events!

Health Promotion Sub-committee

Ms. Susan K L Tang



It's my honour to serve as a health promotion subcommittee member in HKNA.

With more than 25 years of experience in the pharmaceutical and clinical nutrition industries, I am currently a part-time lecturer at HKU SPACE Po Leung Kuk Community College teaching Medical and Health Products Management, and also a consultant at STEM Healthcare which is a global pharmaceutical benchmarking company.

After receiving the training in Nutrition and Food Science in my master degree at CUHK, I recognized the strong inter-relationship between food and diseases based on increasing clinical evidence. I'm passionate in advocating the role of nutrition in enhancing health and preventing diseases for the general population. Together with HKNA, I endeavour to promote healthy nutrition in the community through various educational activities.

Health Promotion Sub-committee

Ms. Patricia M L Wong



As an experienced Nutritionist, Graduated in CUHK in MSc of Food Science & NY LIU in BA of Dietetics. Currently a member of HKNA Sub-com.

My goal is to build a healthier city by educating people on prevention of NCD with monitoring on their eating habit, lifestyle, exercise & food choices in order to choose better & organic commodities.

Annual General Meeting 2020-21

The Annual General Meeting 2020-21 was held on 22 December 2021 (Wednesday). It was with great honour to have Professor Jürgen Floege to deliver an Academic Seminar on the topic of "Latest approach of hyperphosphataemia treatment in CKD".



During the AGM, the following three members were appointed as honorary members.



Dr. Warren Lee



Dr. Terry Ting



Mr. Gordon Cheung

Second Asian Dietetic Forum cum AFDA Online Scientific Symposium 2022

HKNA, under the auspices of Asian Federation of Dietetic Associations (AFDA), successfully organised the captioned event on 9 July 2022.

A number of prestigious speakers were invited to speak at the event. Our Present, Mr. Gordon Cheung, and Vice President, Mr. Frankie Siu also presented in the event.

Second Asian Dietetic Forum cum AFDA Online Scientific Symposium 2022

Date: 9 July 2022 (Sat)
Time: 11:00 – 11:30 (login)
11:30 – 16:05 (lectures)
(Hong Kong Time, GMT+8)

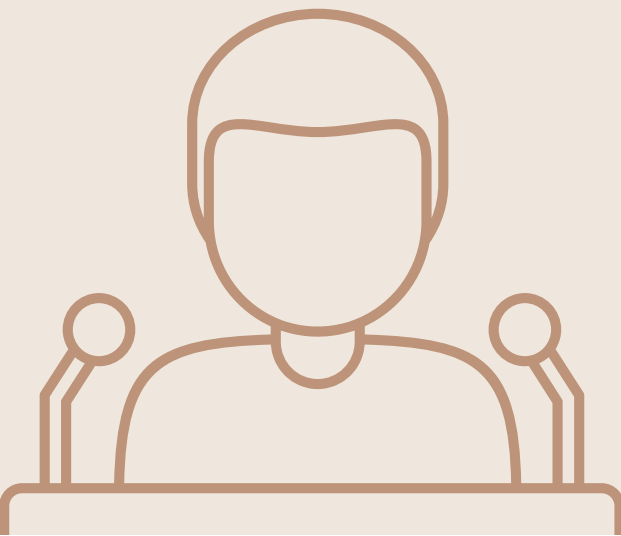
Time	Programme
11:00 – 11:30	Login
11:30 – 11:35	Welcome Mr. Gordon Cheung President, Hong Kong Nutrition Association
	The Second Asian Dietetic Forum Chairpersons: Dr. Susan Lui and Mr. Frankie Siu
11:35 – 12:15	Beyond the Crisis: Opportunities for Asian Dietetic Challenges Dr. Leh-chai Cheung Honorary President, Asian Federation of Dietetic Associations
12:15 – 12:45	Introduction of the Dietetic Development in Vietnam Professor Le Danh Tuyen President, Vietnam Dietetic Association
12:45 – 13:15	Introduction of the Dietetic Development in China Professor Yang Yue-xin President, Chinese Nutrition Society
13:15 – 13:35	Summary of the Discussion on the Dietetic Training Standard in Asia in the First Asian Dietetic Forum Mr. Gordon Cheung President, Hong Kong Nutrition Association
13:35 – 14:00	Break
	AFDA Online Scientific Symposium 2022 Chairpersons: Mr. Gordon Cheung
14:00 – 14:40	The Contribution of Food Systems to Healthy Diets Dr. Warren Lee Senior Nutrition and Food Systems Officer, Food and Agricultural Organization, United Nations
14:40 – 15:20	The Role of Sport Dietitian in the Competitive Sports Mr. Frankie Siu Vice President, Hong Kong Nutrition Association Sport Nutrition and Monitoring Manager, Hong Kong Sports Institute
15:20 – 16:00	Nutrition, Microbiome and Health Associate Professor Sunny Wong Assistant Dean, Academic Medicine, Lee Kong Chian School of Medicine, Nanyang Technological University of Singapore
16:00 – 16:05	Closing Mr. Frankie Siu Vice President, Hong Kong Nutrition Association

Scan or click to register 

Enquiry:
Tel: (852) 2559 9973
Email: webinar0709@iccc.com.hk

Organiser:  HONG KONG NUTRITION ASSOCIATION LTD.
香港營養學會有限公司

Under the auspices of: 



HKNA Scholarship Awardee Sharing Sessions

HKNA has been offering scholarships for members to apply for attending local and overseas academic events. Scholarships awardees then brought us the information and knowledge acquired in the sharing sessions.



Past webinars are available for members' review within the CE cycle.

Step 1: Login to <https://www.hkna.org.hk/>

Step 2: Click the "webinar" icon

Only HKNA members can watch these online webinars. Sharing the access link to any third parties, recording or downloading these online webinars are straightly prohibited.

WEBINAR

In 2022, six HKNA scholarship awardee sharing sessions were conducted.

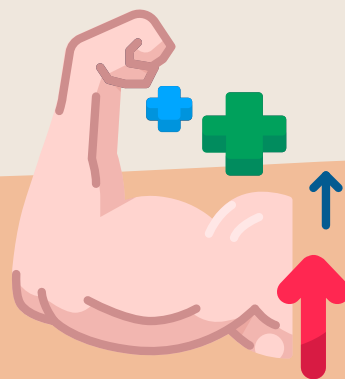


21 February 2022



Is it healthy to go for a vegetarian diet in older age? – health benefits and concerns for seniors

Ms. Kary Lau

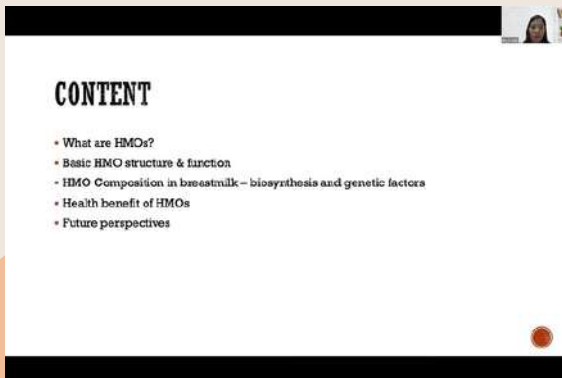


Protein and Exercise – the Key Approach to manage Sarcopenia

Ms. Susan Tang



18 March 2022



Human Milk Oligosaccharides in Breastmilk – Emerging roles in immunity and long-term health

Ms. Eunice Luk

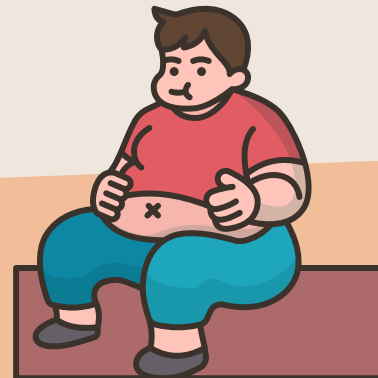
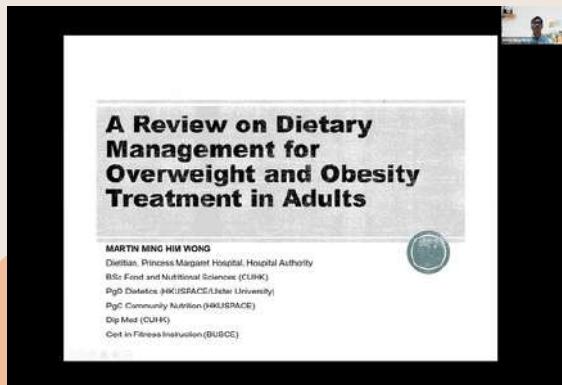


Parental feeding practices in preventing under- or over-weight of infants and children

Ms. Patty Wong



22 June 2022



A Review on Dietary Management for Overweight and Obesity Treatment in Adults

Mr. Martin Wong



28 October 2022



Complementary Feeding for Establishing Eating Behaviours and Supporting Long-Term Health

Ms. Stephanie Koo

Upcoming Event

Annual General Meeting 2021-22



16th December 2022 (Friday)



6:30 – 7:00 p.m.
Registration

7:00 – 8:00 p.m.
Academic Seminar

Voluntary registration of nutritionist in UK
Dr. Dee Bhatka
Course Leader for Human Nutrition
(Public Health/Sports) MSc, London
Metropolitan University, UK

8:00 – 9:00 p.m.
AGM



<https://www.hkna.org.hk>

REGISTER NOW



Dr. Ching-Hwa Chiu Asian Outstanding Young Dietitian Award

Mr. Frankie Siu was awarded the 2nd Dr. Ching-Hwa Chiu Asian Outstanding Young Dietitian Award at the 2nd Asian Congress of Dietetics 2022 in Yokohama, Japan for his dedicated contribution to the nutrition and dietetics field.



Welcome New Members

Nutritionist members

- Chan Chun Ho Anthony
- Chan Chung Nga
- Chang Gloria
- Chau Sing Wai Brandon
- Cheng Man Yiu
- Cheung Chui Kwan
- Cheung Wing Sum Keyne
- Foo Ka Lok Carlotta
- Ho Chi Man Albert
- Ho Ching Ying Jemmi
- Ho Wai Ting
- Ho Wing Chee Beatrice
- Kuok Chiu Hoon Selina
- Kwok Yuen Ting Christina
- Kwong Cham Kei Jackie
- Lam Chun Sing Thomas
- Lau Siu Fung Michelle
- Leung Lai Kuen Erica
- Leung Wing Suen Florence
- Li Ho Yi Queenie
- Li Yao Ting Andrew
- Li Yuen Kiu Shirley
- Lin Lai Wa
- Lo Wing Lam Kara
- Lo Ying Tung
- Ng Wai Pang
- Ngai Queenie
- Poon Tsz Chun Eric
- Tam Suet Ying
- Tang Chi Him
- Tang Lei Yee Yuki
- Tse Kai Wing Anfernee
- Wong Hon Chiu
- Wong Muk Hei Jasper
- Wong Patty
- Wong Wai Ching Angel
- Yau Sze Wan



Student members

- Choy Ming Chi Alice
- Liu Chang Cherry
- Tjhin Anna
- Yeung Tsz Ki

Membership Renewal




HKNA membership renewal for 2022-23 is now open! Renew your membership before it expires on 31 December 2022. Renewal after the end of the "Grace Period" on 31 March 2023 will incur a reinstatement charge of HK\$50 in addition to the membership fee.




Membership renewal can be made online at <https://www.hkna.org.hk> at the "Membership" section after logging in your account.

For enquiries, please email us at internal@hkna.org.hk



Currently HKNA does not have a registration or accreditation scheme for nutritionists and dietitians and the claim of being registered or accredited or other synonyms (either dietitian or nutritionist) under HKNA is inappropriate. Members are also reminded to use the title related to our association in caution.

Members are required to have the authorization of HKNA council to represent our association.

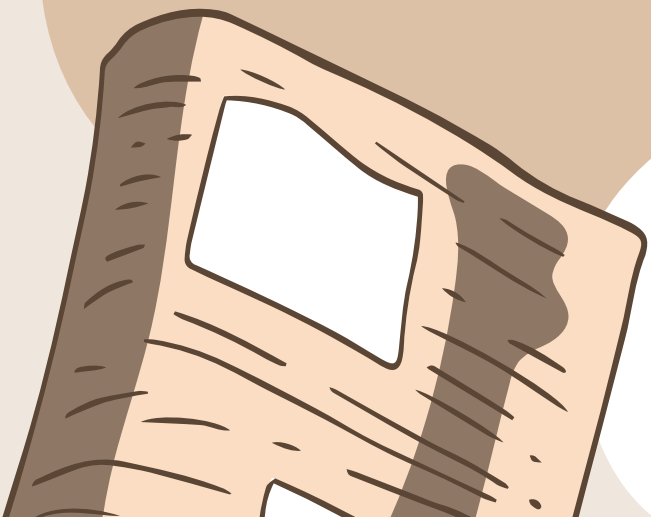


Writers Wanted

For over a decade, HKNA has been empowering the public about nutrition by supporting a column (醫 zone) in am730, a local free newspaper, every Wednesday.

If you would like to contribute to the column, please submit all the following to Mr. Anson Wong (editor@hkna.org.hk)

- An article in about 400-450 words on a current nutrition topic in Chinese and a proposed title
- Supporting scientific references
- Your name in Chinese and English along with your membership number



0.5 CE point
will be granted for
each article accepted
(Max 4 CE points
per member
per CE cycle)



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Hong Kong Nutrition Association

