

Healthy Ageing Conference 2023

Advancing Healthy Ageing in the Western Pacific Moving Forward with the UN Decade of Healthy Ageing

Preparing for population ageing is a priority in the Western Pacific region since it has one of the world's largest and fastest-growing elderly populations. Led by the World Health Organisation (WHO), an action plan on healthy ageing has been developed for the region, providing specific and clear objectives to collectively achieve the vision set out in the United Nations (UN) Decade of Healthy Ageing (2021-2030). In line with these efforts, the Healthy Ageing Conference 2023 was held on 26-27 October, serving as a crucial platform to address the challenges and explore innovative solutions for healthy ageing in the region.

The Conference was organised by the WHO Collaborating Centre for Community Health Services, School of Nursing of PolyU, and co-organised by the Department of Health of the Government of Hong Kong Special Administrative Region (HKSAR), PolyU Research Institute Smart Ageing and PolyU Department of Rehabilitation Sciences.

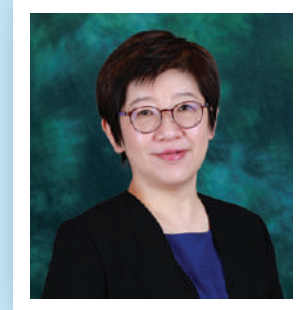
Prof. Jin-Guang Teng, PolyU President, emphasised the pivotal role of the Conference in realising the UN's vision of healthy ageing and addressing the multifaceted factors influencing the well-being of older individuals and their families.

Other esteemed speakers also delivered addresses at the Conference opening ceremony, including Mr Zhang Hui, Counsellor (DG level) from the Department of Ageing and Health, National Health Commission of the People's Republic of China; Prof. Chung-mau Lo, Secretary of Health, Health Bureau of the HKSAR Government; Dr Ronald Lam, Director of Health from the Department of Health of the HKSAR Government; and Dr Hiromasa Okayasu, Director of the Division of Healthy Environments and Populations at the WHO Western Pacific Regional Office.

The Conference featured a comprehensive programme encompassing a wide range of topics including healthcare innovations, social engagement, policy development and technological advancements. Participants engaged in thought-provoking discussions, interactive workshops and other networking opportunities, fostering collaborations and inspiring initiatives to address the multifaceted aspects of healthy ageing.



The distinguished guests at the Healthy Ageing Conference 2023 presided over the inaugural ceremony, symbolising the collective commitment of conference participants to promote healthy ageing in the Western Pacific region in alignment with the United Nations' Decade of Healthy Ageing (2021-2030).



Professor Angela LEUNG :

Professor & Associate Head (Research)
Director, WHO Collaborating Centre
for Community Health Services, School of Nursing
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The WHO has designated the School of Nursing, The Hong Kong Polytechnic University as a WHO Collaborating Centre for Community Health Services since December 2007. Through implementing the WHO's mandate, the School has been playing a proactive role in strengthening evidence-based community health services and improving the health outcomes of local, regional and global populations. The following are the key foci of our activity:

At the request and under the leadership of WHO, analyse data on ageing and healthy living (inc. key indicators of ageing and health)

2. To support WHO in the implementation of WHO Guidelines in Integrated Care for Older People (ICOPE) through evidence gathering and conceptual adaptation

A series of work plans, including collaborative research projects, roundtable sessions, training workshops and so on related to Healthy Ageing, will be developed in conjunction with WHO. This redesignated WHO CC unit on 'Healthy Ageing', the first and only WHO collaborating centre on 'Ageing' in Asia and the Pacific at this juncture, will assist the Western Pacific Regional Office (WPRO) to roll out its strategic initiatives on ageing for the region.

Contact Us:
Website: <http://sn.polyu.edu.hk/whocc>
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Event Highlights



Keynote Speech 1

Dr Hiromasa OKAYASU
Director of Division of Healthy Environments and Populations
WHO Regional Office for the Western Pacific



Keynote Speech 2

Prof. Somnath CHATTERJI
Former Director
Department of Data and Analytics and Senior Adviser
Division of Data, Analytics and Delivery for Impact
World Health Organization, Geneva



Keynote Speech 3

Dr Raymond HO
Assistant Director of Health (Elderly Health), Department of Health
The Government of the Hong Kong Special Administrative Region,
China



Keynote Speech 4

Prof. Wenru WANG
Professor
Alice Lee Centre for Nursing Studies, Yong Loo Lin School of
Medicine
National University of Singapore, Singapore



Keynote Speech 5

Prof. Bei WU
Vice Dean for Research, Dean's Professor in Global Health
Rory Meyers College of Nursing
New York University, USA



Keynote Speech 4&5

Ms April Siwon LEE (Moderator)
Vice Technical Officer
Healthy Ageing Unit, Division of Healthy Environments and Populations
WHO Regional Office for the Western Pacific



Symposium (from left to right)

Dr Yan Ivy ZHAO (Moderator)
Research Assistant Professor
School of Nursing, The Hong Kong Polytechnic University, Hong Kong, China

Dr Elsa LEE
Executive Director
Wong Tai Sin District Health Centre, Hong Kong, China

Ms Karen WEE
Executive Director
Lions Befriender Service Association, Singapore

Dr Carol MA
Associate Professor & Head of Gerontology Programmes & Senior Fellow
(Service-Learning & Community Engagement)
Centre for Experiential Learning
Singapore University of Social Sciences, Singapore
Department of Maternal, Newborn, Child & Adolescent Health & Ageing
World Health Organization

Dr Yuka SUMI
Aging Unit Head, Medical Officer
Ageing and Health Unit
Department of Maternal, Newborn, Child & Adolescent Health & Ageing
World Health Organization

Prof. Angela LEUNG
Professor and Associate Head (Research)
Director, World Health Organization Collaborating Centre for Community
Health Services
School of Nursing
The Hong Kong Polytechnic University, Hong Kong, China



Panel Discussion (from left to right)

Dr Noraliza Binti Noordin MERICAN
Public Health Physician,
Head of Sector,
Elderly Health Sector,
Family Health Development Division,
Ministry of Health, Malaysia

Prof. Noriko YAMAMOTO-MITANI
Professor, Department of Gerontological Homecare & Long-term Care Nursing
Graduate School of Medicine
The University of Tokyo, Japan

Ms Rangii TAIRI
Community Nurse Manager
Ministry of Health, Cook Islands

Dr Yan DONG
Deputy Director
Geriatrics Department of Lianyungang First People's Hospital, China

Dr Jed MONTAYRE
Associate Professor
School of Nursing
The Hong Kong Polytechnic University, Hong Kong, China

Dr Mikiko KANDA (Moderator)
Technical Lead, Healthy Ageing Unit
Division of Healthy Environments and Populations
WHO Regional Office for the Western Pacific



ICOPE Workshop

The workshop used the public health approach to explore the readiness and infrastructures for implementing the ICOPE in the existing health care systems. Participants were from:

- Ministry of Health and Ministry of Social Affairs Veterans and Youth Rehabilitation of Cambodia;
- First People's Hospital of Lianyungang and Lianyungang Civil Affairs Bureau of China;
- Ministry of Internal Affairs and Ministry of Health of Cook Islands;
- Ministry of Health and Kedah State Health Department of Malaysia;
- National Gerontology Centre of Mongolia;
- Health Bureau of Macao; and
- Department of Health and Legislative Council of Hong Kong.



Site Visit

Site visits had been arranged for all participants after the Conference. They could choose and register to visit the:

- Hong Kong Sheng Kung Hui Tsung Kwan O Aged Care Complex;
- Hong Kong Housing Society – The Tanner Hill Joyous;
- Industrial Center and Smart Ageing Hub of The Hong Kong Polytechnic University; or
- Wong Tai Sin District Health Centre.



WEBINAR SERIES

The School's World Health Organisation Collaborating Centre for Community Health Services hosted a series of webinars under the theme 'Embracing Ageing in Western Pacific'. These webinars aim to connect people who are interested in healthy ageing and to enable them to acquire new knowledge and share ideas.

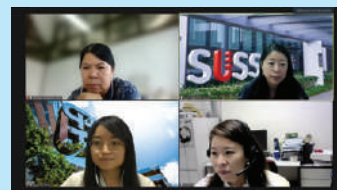
Topic

Speakers

16 Sept
2022

Gerontological education in Singapore: A response to rapid changes in population

Dr Carol MA
Associate Professor & Head of Gerontology Programmes & Senior Fellow (Service-Learning & Community Engagement)
Centre for Experiential Learning
Singapore University of Social Sciences, Singapore



Upper row: Dr Carol Ma (Right), Dr Nattaya Suwankruhasn (left).

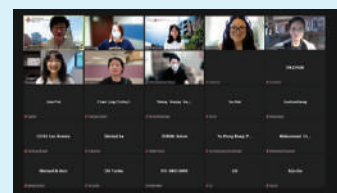
Development of Caring Model for Elderly Persons with Chronic Illness by Volunteers in Community

Dr. Nattaya SUWANKRUHASN
Faculty of Nursing,
Chiang Mai University, Thailand

18 Nov
2022

Grandparenting and later life mental and cognitive outcomes: A cross-country comparison study

Dr Nan ZHANG
Senior Lecturer (Associate Professor) in Medical Sociology and Social Gerontology,
University of Manchester, UK



What can be learnt from Hong near-centenarians and centenarians? Comparison of "successful agers" between 2011 and 2021/22

Dr Karen CHEUNG
Fellow, The Sau Po Centre on Ageing,
The University of Hong Kong, Director,
Mindlink Research Centre,
Hong Kong SAR

Health literacy and dementia knowledge

17 Feb
2023

Understanding of dementia prevention among Chinese older adults

Dr Dan SONG
Associate Professor Shenzhen Shekou People's Hospital
Shenzhen, China



Prof. Angela Leung, Director of the School's WHO CC for Community Health Services; Professor & Associate Head [Research], SN, PolyU (In the photo: upper row, 1st from right)

The missing puzzle in long-term care: Financial literacy and health literacy

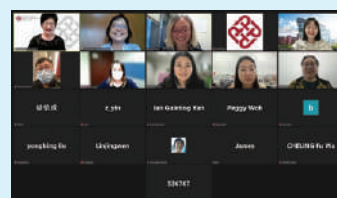
Prof. Angela LEUNG
Professor & Associate Head (Research)
Director, WHO Collaborating Centre for Community Health Services
School of Nursing, The Hong Kong Polytechnic University,
Hong Kong SAR, China

T&CM and Spatial Interventions for Older Adults

21 Apr
2023

Traditional and Complementary Medicine (T&CM) and Elderly Health in Malaysia

Dr Cheng Soon GOH
Director, Traditional and Complementary Medicine Division, Ministry of Health Malaysia / WHO Collaborating Centre for Traditional, Complementary and Integrative Medicine, Malaysia



Bedroom privacy and social networks in a long-term care facility for Hong Kong older adults: a spatio-social network analysis approach

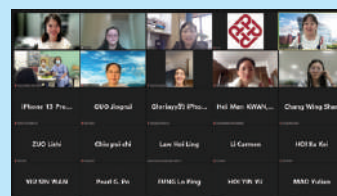
Dr Aria YANG
Research Assistant Professor
School of Design, The Hong Kong Polytechnic University,
Hong Kong SAR, China

Advocating Emotional Support and Palliative Care

16 Jun
2023

Palliative care in Community: opportunities and challenges in China

Dr GU Can
Professor, The Xiang-Ya School of Nursing of Central South University, China



Make Your Favorite Music Curative: Artificial Intelligence Generated Music for Anxiety Reduction

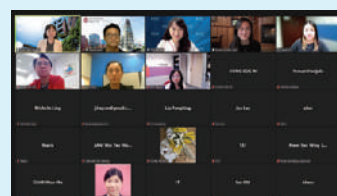
Dr LIU Yan
Associate Professor, Department of Computing,
The Hong Kong Polytechnic University,
Hong Kong SAR, China

Interplay of Emotion and Cognitive Reserves in Ageing

18 Aug
2023

Get Young People's Feet Wet: Enhancing Empathy toward Aging

Dr Pei-Lee TEH
Professor, School of Business; Head of Department, Department of Management; Director, Gerontechnology Laboratory, Monash University Malaysia, Malaysia



Embracing Golden Years: Cultivating Positive Emotions and Preserving Cognitive Vitality in Aging

Dr Rose LIN
Postdoctoral Research Associate, School of Nursing,
University of Rochester, United States

For series of webinar recordings, please visit: <https://www.polyu.edu.hk/sn/whocc/#ah>