

Press Release

Note to Editors
For Immediate Release

3 November 2008

**First Study in Hong Kong by Cadenza Project on
International Comparison of the Well-being of Seniors Reveals
Seniors in Hong Kong Lead a Healthy and Active Life**

“CADENZA: A Jockey Club Initiative for Seniors”, a five-year project initiated by The Hong Kong Jockey Club Charities Trust, in collaboration with the Faculty of Medicine of The Chinese University of Hong Kong (CUHK) and the Faculty of Social Sciences of The University of Hong Kong, reveals today (3 November 2008) the findings of its recent study that seniors in Hong Kong generally live a healthy and active life. International comparisons, conducted in a broad sense, show that their well-being in physical and social terms is comparable to other well developed economies, including Japan, Singapore, Australia, the United States and the United Kingdom. The findings are compiled in a book entitled *How Well are Seniors in Hong Kong Doing? An International Comparison*.

The study compared seniors in Hong Kong with those in other well developed economies on a number of aspects:

On nutrition and health-related lifestyle

- generally consumed adequate amount of vegetables;
- should consume more fruits;
- generally had a habit of doing exercise regularly;
- had a relatively lower prevalence of female daily smokers, but relatively higher prevalence of male daily smokers

On social network and engagement

- were relatively less active in formal employment, voluntary work and lifelong learning;
- were generally active in care giving and social activities

On health status

- had similar prevalence of hypertension and diabetes as in other countries;
- had relatively lower prevalence of heart diseases;
- had lower mortality rates from cancer and diseases of the heart

The study also found that Hong Kong would soon catch up with Japan on the ageing issue. By 2030, seniors are expected to constitute 25% of Hong Kong's population, just slightly less than that in Japan (28%).

To enhance the well-being of seniors, the study recommended seniors to have balanced diet and ample exercise, avoid excessive alcohol drinking and smoking, be active in social life, contribute to family and society, and seek suitable assistance on need basis.

“Apart from negative outcomes such as morbidity and disability in the late stage of life, aspects like lifestyle and social engagement are also important in determining the well-being of the seniors. Targeting at the favourable and less favourable aspects, we should improve the current situation and take to a higher standard so as to enhance the well-being of the seniors,” said Professor Jean Woo, Director of CADENZA Project.

Mr William Y Yiu, Executive Director, Charities of The Hong Kong Jockey Club remarked that CADENZA has always had a strong emphasis on research and evidence-based approach. He expected that the findings would provide useful reference for government departments, social welfare agencies, care-givers, elderly and the general public in enhancing the quality of care and quality of life for Hong Kong’s elderly.

CADENZA: A Jockey Club Initiative for Seniors is a \$380 million and 5-year project initiated and funded by The Hong Kong Jockey Club Charities Trust in light of a rapidly ageing population. Faculty of Social Sciences, The University of Hong Kong and Faculty of Medicine, The Chinese University of Hong Kong are the project partners. It aims at creating an elder-friendly community which fosters positive community attitude towards older people and continuously improves the quality of care and quality of life for Hong Kong’s elderly. Please refer to the fact sheet for details of the project.

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About CADENZA: A Jockey Club Initiative for Seniors

CADENZA: A Jockey Club Initiative for Seniors is a \$380 million and 5-year project initiated and funded by The Hong Kong Jockey Club Charities Trust in light of a rapidly ageing population. Faculty of Social Sciences, The University of Hong Kong and Faculty of Medicine, The Chinese University of Hong Kong are the project partners. It aims at creating an elder-friendly community which fosters positive community attitude towards older people and continuously improves the quality of care and quality of life for Hong Kong's elderly.

CADENZA is an acronym for “Celebrate their Accomplishments: Discover their Efferverscence and Never-ending Zest as they Age.” In classical music, a 'Cadenza' is an extended virtuosic section, usually near the end of a movement in a concerto. The word is used here in a figurative context to describe the apex of one's life and the celebration of a lifetime's accomplishments.

CADENZA has 6 major project components:

1. **Community Projects** are innovative and sustainable service models to cope with changing needs of seniors.
2. **Research Training Workshop** is to nurture academic leadership in social gerontology.
3. **Research** is to advance gerontological knowledge and to evaluate the outcomes of different CADENZA projects.
4. **Public Awareness** seeks to promote positive ageing and highlight important issues pertaining to elderly population, covering 6 major themes: (i) health promotion and maintenance, (ii) health and social services in Hong Kong, (iii) living environment, (iv) financial and legal issues, (v) quality of life and quality of dying, and (vi) age disparities.
5. **Symposium** is to provide a platform where the overseas and local experts can exchange new insights in the understanding of aging issues.
6. **Training** includes on-line courses, workshops and public seminars to train different levels of professional front-line workers, care givers and the general public.

新聞稿

致新聞編輯
請即發放

「流金頌」發表本港首個長者安康狀況國際比較研究報告 香港長者普遍活得健康積極

由香港賽馬會慈善信託基金主導，與香港中文大學（中大）醫學院及香港大學社會科學學院合作的五年計劃——「流金頌：賽馬會長者計劃新里程」，於今天（十一月三日）發表研究報告，顯示香港的長者普遍生活得健康而積極。從廣義層面分析，香港的長者在身體及社交的安康情況，與其他經濟發達國家，包括日本、新加坡、澳洲、美國及英國的長者相若。研究的詳細內容輯錄於《長者安康狀況 -- 香港與國際的比較》報告書。

是項研究就多方面比較香港與其他經濟發達國家的長者之安康狀況，結果顯示香港的長者：

營養與影響健康的生活習慣方面

- 普遍進食充足的蔬菜；
- 應該多吃水果；
- 大致有定期做運動的良好習慣；
- 有每日吸煙習慣的女性長者較少，但有每日吸煙習慣的男性長者則較多

社交方面

- 從事正規就業、參與義務工作和持續學習方面相對較少；
- 在照顧他人及參與社交活動方面相對積極

健康狀況

- 患有高血壓和糖尿病的比率與其他國家相近；
- 患有心臟病的比率大致較低；
- 死於癌症及心臟病的比率則相對較低

研究亦指出香港人口老化的情況將日漸追上日本，預期到二零三零年，香港長者人口比例將達 25%，僅次於日本的 28%。

要達致成功及豐盛晚年，研究建議長者應維持均衡飲食、作適量運動、避免煙酒、積極投入社交生活、貢獻家庭及社會，以及於有需要時尋求適當協助。

「流金頌」計劃總監胡令芳教授表示，除了晚年時的各種問題如疾病及殘障外，其他因素如生活習慣及積極參與社交活動，對反映長者的安康狀況也同樣重要。針對研究指出有關香港長者較為優越及略為遜色之處，我們應加以提升及改善，從而促進長者的安康。

香港賽馬會慈善事務執行總監饒恩培先生表示，「流金頌」是一項強調以研究為基礎，實證為本，期望是項研究可為政府部門、社會服務機構、護老者、長者以及市民大眾提供具參考價值的數據，藉此改善香港老人的照顧，和提升長者的生活質素。

「流金頌：賽馬會長者計劃新里程」是香港賽馬會慈善信託基金有見於人口老化為社會帶來的種種挑戰，主動與本地及國際知名的老人學專家研究和合作，並捐款 3.8 億港元，與香港大學社會科學學院和香港中文大學醫學院合作推行的長者計劃。計劃為期五年，主要目的為推動社會對長者的正面態度，改善香港老人的照顧，和提升長者的生活質素。

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二零零八年十一月三日

「流金頌：賽馬會長者計劃新里程」簡介

「流金頌：賽馬會長者計劃新里程」是一項由香港賽馬會慈善信託基金有見於人口老化為社會帶來的種種挑戰，主動與本地及國際知名的老人學專家研究和合作，並捐款 3.8 億港元，與香港大學社會科學學院和香港中文大學醫學院合作推行的長者計劃。計劃為期五年，主要目的為推動社會對長者的正面態度，改善香港老人的照顧，和提升長者的生活質素。

計劃的英文名 CADENZA 取自 “Celebrate their Accomplishments; Discover their Effervescence and Never-ending Zest as they Age” 之英文縮寫。同時，CADENZA 一詞亦解作協奏曲中由演奏者以超卓技藝演奏出的華彩段，而此段樂章往往出現於協奏曲中的最後部份。本計劃以此命名，中文譯作「流金頌」，寓意步入晚年正是積累成就，踏進人生高峰，奏出生命華彩讚歌的階段。

「流金頌」由六個項目組成：

- (1) **社區計劃**展示創新及可持續之服務模式，以配合轉變中的長者需要。
- (2) **科研培訓工作坊**是要培育社會老年學的學者。
- (3) **科研計劃**旨在促進老年學的知識，並評估「流金頌」中各個項目的成效。
- (4) **公眾認知計劃**旨在推廣正面的晚年生活，帶出與老年人口有關的六個重點課題：(一) 推廣及維持長者健康；(二) 香港的醫療和社會服務；(三) 長者生活環境；(四) 財政及法律事務；(五) 生活質素及臨終質素；(六) 年齡差異。
- (5) **研討會**提供了一個平台，讓本地和海外專家交流他們對人口老化的新見解。
- (6) **培訓**包括一系列的網上課程、工作坊和專題討論會，為不同層面的專業及前線工作人員、護老者和市民大眾提供訓練。