

Editorial

Dissemination reports are concise informative reports of health-related research supported by funds administered by the Food and Health Bureau, for example, the *Health and Health Services Research Fund* and the *Research Fund for the Control of Infectious Diseases* (which was consolidated into the *Health and Medical Research Fund* in December 2011). In this edition, 10 dissemination reports of projects related to cancer, cardiovascular disease, mental health, neurology, and physical activity/obesity are presented. In particular, four projects are highlighted due to their potentially significant findings, impact on healthcare delivery and practice, and/or contribution to health policy formulation in Hong Kong.

In Hong Kong, breast cancer is the most common cancer and the third leading cause of cancer-related mortality among women. The rapid development of Hong Kong over the last 60 years is expected to be reflected in breast cancer incidence and mortality. Wong et al.¹ examined the incidence trend using population data and age-period cohort models. They forecast the future trends for the short- to medium-term based on the extrapolation of trends in earlier periods. They found that the increased risk in breast cancer incidence has continued, likely owing to ageing and cohort effects. However, breast cancer mortality has remained stable during the past three decades despite some increased projections in older women.

Cardiovascular diseases are the leading cause of death worldwide and are expected to increase over the next two decades, particularly in developing countries or migrant populations that undergo rapid economic development, such as Hong Kong. Understanding cardiovascular risk among migrants and migrant generations in Hong Kong may identify target groups for effective early disease prevention. Hui et al.² used data from a large population representative Hong Kong Chinese birth cohort to examine the role of migration in cardiovascular-related risk factors observed in adolescence. They found that early childhood migrants and children of migrant women had more cardiovascular disease–

related risk factors in adolescence.

Expressed emotion refers to the amount of criticism, hostility, positive remarks, warmth and emotional over-involvement expressed in family relationships, particularly among relatives of a psychiatric patient. Of the five components, criticism, hostility, and emotional over-involvement are most predictive of patient's relapse and course of illness and are associated with patient's symptoms, compliance with medication, family burden, and functioning. Chien et al.³ translated and validated the Level of Expressed Emotion scale in a large convenience sample of Chinese outpatients with severe mental illness in Hong Kong. The locally validated scale may be useful in evaluating the emotional climate and interpersonal relationships in families of mentally ill patients.

Dementia is characterised by cognitive decline and functional impairment in older people and is a growing problem in Hong Kong because of its ageing population. Minimising the detrimental effect of risk factors and optimising resilience factors may help prevent or postpone the onset of dementia and reduce functional impairment of older people as well as associated healthcare costs. Lee et al.⁴ assessed the association of basic physical health and lifestyle factors with the development of significant cognitive impairment in community-living active Chinese older people in Hong Kong. They found that the 6-year incidence of significant cognitive impairment in the study population was 8.6%. Old age, female gender, and low educational level are risk factors for its development, while endurance exercises, stretching exercises, and mental activities are protective.

We hope you will enjoy this selection of research dissemination reports. Electronic copies of these dissemination reports and the corresponding full reports can be downloaded individually from the Research Fund Secretariat website (<http://www.fhb.gov.hk/grants>). Researchers interested in the funds administered by the Food and Health Bureau also may visit the website for detailed information about application procedures.

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