

**Health and Medical Research Fund  
Investigator-initiated Projects and Research Fellowship Scheme**

**Guidance Notes on Dissemination Report**

*(January 2025)*

Part 1. Background

1.1 The Health and Medical Research Fund (HMRF) has long been emphasising on the translation value of the research it funds. As part of HMRF's latest efforts in promoting research translation, there is a change in the requirements of the Dissemination Report (DR). For projects with **approved end date on or after 21 January 2025 for grant amount > \$100,000 or on or after 21 April 2025 for grant amount ≤ \$100,000**, project teams must summarise and present their research findings and implications in **user-friendly format in the DR suitable for the potential end-users of the research findings, as identified by the project team**, to facilitate finding dissemination and enhance translational impact of HMRF studies.

1.2 To support researchers in disseminating their findings, the **Research Fund Secretariat regularly selects projects with strong scientific merits and translational value to be disseminated across a wide spectrum of HMRF dissemination channels**, including coordinated engagement with the public healthcare sector, web-based channels, and other platforms. Having an effective DR will not only increase the visibility of your project but also strengthen your track record of research translation and engagement, which is increasingly recognised as an essential element of research funding applications both locally and internationally.

1.3 This Guidance Notes, applicable to Investigator-initiated Projects and Research Fellowship awards, aim to provide guidelines on the preparation of DR with a renewed emphasis on user-oriented content and format.

Part 2. Guiding principles

***Maximise the impact of research***

2.1 Research funded by HMRF is expected to generate impact beyond academia; and that researchers must recognise their role in research translation. Effective dissemination of research findings to intended end-users is a fundamental step in enhancing the visibility, promoting translation and enhancing impact of your research.

***Disseminate for end-users***

2.2 For any communication to be effective, we must be clear who the target audience is. Project teams should have identified the potential end-users of their research findings right from the start, and the DR ought to effectively communicate your findings to your end-users. Your DR should succinctly convey the essence of your study, highlighting the key findings, their

significance and translation value to your intended end-users (e.g. medical professionals, community partners, policy-makers) in a relevant and comprehensible manner.

### ***Reduce burden on researchers***

2.3 These new requirements are intended to streamline the development process of the DR while enhancing the translational impact of your research. By the time of submission, it is expected that you have already created relevant materials for other channels of dissemination (e.g. graphical abstract for academic journals, conference presentation). Therefore, the new content and format requirements of the DR are designed to be inclusive to allow you to readily utilise your existing resources, subject to appropriate customisation and adaptation. On the other hand, **the DR should not be an output merely to fulfil HMRF’s requirement, but a practical tool that project teams can use in their dissemination efforts.**

## Part 3. Content requirements

3.1 **The DR must include three mandatory sections, namely the (a) Cover, (b) Research Summary, and (c) Other Information, and it should not be more than six A4 pages in total. A hypothetical example is included in the Annex I for your reference.**

### **(a) Cover**

3.2 The Cover, taking up **no more than one A4 page**, must contain the following items -

- i. Project title (Times New Roman, 14 pt, bold)
- ii. Project team (Principal Applicant [PA] and all Co-Applicants [CoA]): name and affiliations (institution and country)
- iii. Intended research findings end-user groups identified by project team
- iv. Acknowledgements – please include *“This project is funded by the Health and Medical Research Fund, the Health Bureau, The Government of the Hong Kong Special Administrative Region.”* and provide your project number in brackets, and acknowledge any individuals or institutions who contributed to the project, but are not PA or CoA of the project.
- v. Submission Date (DD/MM/YYYY)
- vi. Contact information – please include the following notes at the bottom of the cover page, providing the name and email of the contact person (who must be PA or any CoA)  
*“Please contact <Name (email)> for potential collaboration or full details of the study. More information of the study can also be obtained from the project Final Report, available on the Research Fund Secretariat website: <https://rfs.healthbureau.gov.hk/search/#/fundedsearch/basicsearch?lang=en>; or the publication list at the end of this document.”*

## (b) Research Summary

3.3. The Research Summary should be tailored to your end-users and must be bilingual (i.e. **an English version and a Chinese version separately**). If there is more than one group of end-users, your materials should be designed to be as inclusive as possible, so all of your end-users will grasp the key messages easily. While this section can take a diverse range of format depending on the needs of your target end-users, the use of (i) **graphical abstract** together with (ii) **structured plain language summary** are required. Please ensure that the information and illustration presented in this section are accurate, and consistent with the content of the Final Report. You may be asked to revise the materials if any misrepresentation (e.g. over-interpretation of statistically non-significant findings) or inconsistency is found in this section.

### (i) Graphical Abstract

3.4 A graphical abstract provides a rich visual summary of your project. Depending on your research topic and target end-users, the style and content could vary. The graphical abstract however must always be clear, concise, well-structured and informative to illustrate study findings and key implications. You should clearly highlight the key findings of your project and their significance with engaging visuals, and avoid excessive text or technical details. Some examples in [Annex II](#).

3.5 If you are adapting already-published materials, you must cite the reference(s) and declare your right to use the materials (see example in [Annex I](#)) to avoid self-plagiarism and right infringement. You can include only information directly relevant to your reporting HMRF project. You must also include a footnote to acknowledge that the project is funded by “*Health and Medical Research Fund, the Health Bureau, HKSAR Government*”, followed by the project number in brackets.

3.6 You can submit graphical abstract that take up **no more than one A4 page per language**. The image(s) submitted should be at  $\geq 150$  dpi resolution. You can include multiple images, as long as the included text are clearly legible at 100% scale. Please ensure the Project title and any footnotes (where applicable) are included on the same page of the image.

### (ii) Structured Plain Language Summary

3.7 Your graphical abstract must be accompanied with a structured plain language summary of **no more than 250 words for the English version, and no more than 500 words for the Chinese version (including full-width punctuation)**. You must provide the word count in brackets at the bottom left of each section. The content should fit in **one A4 page per language**. This is where you could provide more details of your work to complement the information presented in the graphical abstract. Please note that the content of this section would naturally be different from the Abstract in the Final Report, as they are intended for different audience and serve different purposes. You can use bullet points or full-length paragraphs. It should be written for a non-technical audience, with following required headers (excluded from word count) –

- **Why did we carry out this work? 為什麼開展這項研究？**  
Describe your research background or rationale, and highlight the key research objectives/questions.
- **How did we do this? 這項研究是怎樣進行的？**  
Briefly highlight the research methods used. Avoid technical jargons where possible.
- **What did we find? 這項研究發現了什麼？**  
Succinctly summarise the key findings and conclusions of your research.
- **Why is this important? 研究結果有何重要性？**  
Highlight and explain the significance and translation value of your findings.

(c) **Other Information**

3.8 This section, taking up **no more than one A4 page**, must contain the following items –

(i) ***Key project outputs***

3.9 In this section, you can provide any key project outputs deemed relevant. Below are some examples:

- **Peer-reviewed publications/ conference papers (5 entries maximum)**
  - Peer-reviewed publications (including in press) – please provide the full citation details in Vancouver style, including DOI information. **Do not include** unpublished manuscripts (i.e. submitted, under review or revision) or those only published as pre-prints.
  - Conference papers/ presentations – please provide the full title of the paper/ presentation, the full conference title, location, and dates in full. If the abstract has been published online or in a journal, please provide relevant web-link, DOI, and/ or full citation accordingly.
- **Patents and other Intellectual Property Rights (IPR)** – please provide details of patent/ IPR that have planned/ filed/ obtained directly from the research project, including brief description, date of filing/ granting, jurisdictions, patent number, etc.
- **Application/ adoption of findings** – please provide short description, including parties (could be public or private entities, or NGO) adopting the findings, timeframe, income generated, etc., and any supporting evidence.

(ii) *References*

3.10 Include a maximum of 5 references in this section, following the format requirements below –

- Vancouver style (see: [http://www.nlm.nih.gov/bsd/uniform\\_requirements.html](http://www.nlm.nih.gov/bsd/uniform_requirements.html)), numbered in order of appearance in the report.
- Superscript references in text (including those in the graphical abstract) after punctuation, where applicable.

Part 4. Format requirements

4.1 Unless otherwise specified, the following format requirements should be observed -

- All text included in the DR (except in tables / figures / graphical abstract) should be Times New Roman in English or 新細明體 in Chinese (with full-width [全形] punctuation), 12 pt, in double spacing and single column, left aligned (right margin ragged).
- File type: PDF, up to 3MB

***Hypothetical example of user-friendly dissemination report for HMRF projects  
(contains hypothetical information, not to be re-used or cited in any form)***

## **Impact of fresh fruit intake on obesity and risks of major chronic diseases and death: a prospective cohort study**

*Principal Applicant: David TM CHAN<sup>1</sup>*

*Co-Applicants: Richard YY TAM<sup>2</sup>, Susan YH WONG<sup>2</sup>*

<sup>1</sup> Department of Medicine, University of ABC, Hong Kong SAR, China

<sup>2</sup> Department of Oncology, University of ABC, Hong Kong SAR, China

### **Intended research findings end-user groups**

Doctors, Nurses, Dietitians, Nutritionists

### **Acknowledgements**

This project is funded by the Health and Medical Research Fund, the Health Bureau, The Government of the Hong Kong Special Administrative Region (project no. 02880081).

We acknowledge the support of the Healthy Fruit Association and Hong Kong X Association in formulating the research questions, designing the survey instrument, and in recruiting study participants.

### **Submission Date**

21/07/2025

Please contact Prof David CHAN (email: [david.chan@abc.edu.hk](mailto:david.chan@abc.edu.hk)) for potential collaboration or full details of the study. More information of the study can also be obtained from the project Final Report, available on the Research Fund Secretariat website:

<https://rfs.healthbureau.gov.hk/search/#/fundedsearch/basicsearch?lang=en>; or the publication list at the end of this report.

# Fresh fruit intake helps weight reduction and reduce risk of major chronic diseases and death\*

## Summary



Increasing **fresh fruit intake** may decrease risk of **cardiovascular disease (CVD)**, **diabetes (DM)**, and **death** regardless of obesity status.

## Study design



**Prospective cohort study**

**20 years follow-up**

Annual survey on **fresh fruit intake** and **anthropometric measurements**

## Population



**1M participants** in HK

**Mean age: 45.1 years**

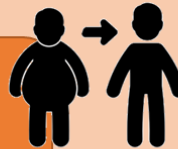
**Sex: 52.6% women**

No chronic diseases at baseline



**100 gram more fresh fruits / day<sup>^</sup>**

**Inverse association with obesity among overweight/ obese adults:**  
-0.5 kg/m<sup>2</sup> BMI; -3cm waist circumference



**Overall: -30% CVD**



**-20% DM**



**-25% death**



*\*This project was funded by the Health and Medical Research Fund, the Health Bureau, HKSAR Government (project no. 02880081)*

*<sup>^</sup>About 1 medium sized apple.*

Declaration: the graphical abstract was adapted from a project team's publication,<sup>1</sup> and we have the right to reuse and adapt the image for the purpose of this report.

### ***Why did we carry out this work?***

- Obesity and lack of fresh fruit consumption are top causes of disease worldwide.<sup>2,3</sup>
- Overweight or obese individuals may avoid fresh fruits for their high sugar content, hence deprived of the associated benefits.<sup>4</sup>
- There is limited longitudinal evidence on impact of fresh fruit intake on obesity, morbidity and mortality.<sup>5</sup>

### ***How did we do this?***

- Conducted annual surveys in 1 million adults (aged 35-60 years at baseline) in Hong Kong for 20 years during 2000-2020, assessing individuals' fruit intake (via questionnaire), height, weight, waist circumference.
- Monitored participants' disease status via electronic health records.
- Compared BMI, waist circumference, and risks of major diseases and death across people with different levels of fresh fruit intake, adjusted for confounders.

### ***What did we find?***

- Each 100 gram/ day higher fresh fruit intake among overweight or obese ( $BMI \geq 23 \text{ kg/m}^2$ ) adults was associated with  $0.5 \text{ kg/m}^2$  lower BMI and 3cm lower waist circumference.
- Each 100 gram/ day increased fresh fruit intake was associated with 30%, 20%, and 25% lower risks of cardiovascular disease, diabetes, and death, respectively.
- The apparent benefits of fresh fruit intake were more pronounced in under- or normal-weight participants, but remain significant in overweight or obese participants.

### ***Why is this important?***

- Our study provides clear evidence against the myth that fresh fruit intake may promote obesity and increase disease risk.
- The potential benefits of fresh fruits are observed in individuals of all body sizes.
- Clinical and weight management guidelines should consider encouraging fresh fruit intake among overweight or obese individuals.

(241 words)



# 新鮮水果的攝取有助於減輕體重並降低重大慢性疾病及死亡的風險 \*

## 總結



不論肥胖與否，提升新鮮水果的攝取有可能降低心血管病、糖尿病，以及死亡風險

## 研究設計



前瞻性研究

20年隨訪

每年一度新鮮水果攝取和人體測量問卷調查

## 研究人群



1百萬香港居民  
為研究對象

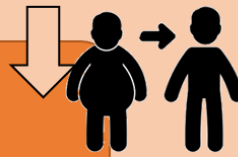
平均年齡：45.1歲  
性別比例：52.6%女性

沒有慢性病的  
健康人群



每天攝入100克新鮮水果<sup>^</sup>

超重和肥胖人群當中呈現負相關：  
身體質量指數 (BMI)  $-0.5 \text{ kg/m}^2$   
腰圍  $-3\text{cm}$



人群 平均：  
-30% 心血管病  
-20% 糖尿病  
-25% 死亡



\*該項目由香港特別行政區政府醫務衛生局-醫療衛生研究基金贊助 (項目編號：02880081)  
<sup>^</sup>約一個中等大小的蘋果

聲明：此圖文摘要取材自項目團隊的出版物<sup>1</sup>，團隊有權重用和改編此圖像，並用於此報告。

## 為什麼開展這項研究？

- 肥胖和缺乏新鮮水果的攝取是全球致病的主因<sup>2,3</sup>。
- 超重或肥胖的人士或會因新鮮水果含糖量高而避免進食，但這可能會妨礙他們受惠於其健康益處<sup>4</sup>。
- 目前就新鮮水果攝取對肥胖以及發病和死亡之影響的縱向研究數據有限<sup>5</sup>。

## 這項研究是怎樣進行的？

- 在 2000 年至 2020 年的 20 年間在本港對 100 萬名成年人（基線年齡為 35-60 歲）進行年度調查，透過問卷評估他們的水果攝取量和身高、體重、腰圍。
- 透過電子健康記錄監測參與者的疾病狀況。
- 在排除干擾因素後，我們比較了不同新鮮水果攝取量的參與者的體重指標(BMI)、腰圍以及主要疾病和死亡風險的差異。

## 這項研究發現了什麼？

- 在超重或肥胖（BMI  $\geq 23\text{kg/m}^2$ ）的成年人中，每日新鮮水果攝取量和肥胖指標呈負相關（每增加 100 克，BMI 降低  $0.5\text{kg/m}^2$ ，腰圍減少 3 公分）。
- 每日新鮮水果攝取量和心血管疾病、糖尿病和死亡風險亦呈負相關（每增加 100 克，分別降低 30%、20% 和 25%）。
- 增加新鮮水果攝取量的好處在體重過輕或正常的參與者中更為明顯，但在超重或肥胖的參與者中好處仍然顯著。

## 研究結果的重要性？

- 研究提供了明確的證據去駁斥「攝取新鮮水果可能會加劇肥胖並增加疾病風險」的迷思。
- 各種體型的人士都可以受惠於新鮮水果的潛在好處。
- 臨床和體重管理指引應考慮鼓勵超重或肥胖人士攝取新鮮水果。

(470 字)

## ***Key project outputs***

### Peer-reviewed publications

Chan D, Tam R, Wong S. Impact of fresh fruit consumption on obesity and risks of morbidity and mortality: a prospective cohort study of 1 million adults in Hong Kong. BMC. 2024 (in press). DOI: xxxxxxxxxxxxxxxxxxxx

### Conference presentations

Chan D, Tam R, Wong S. Association of fresh fruit consumption and risks of mortality: a prospective cohort study of 1 million adults in Hong Kong. 20<sup>th</sup> International Conference in Obesity Care, London, UK, 18-20<sup>th</sup> March 2024.

### Adoption of findings

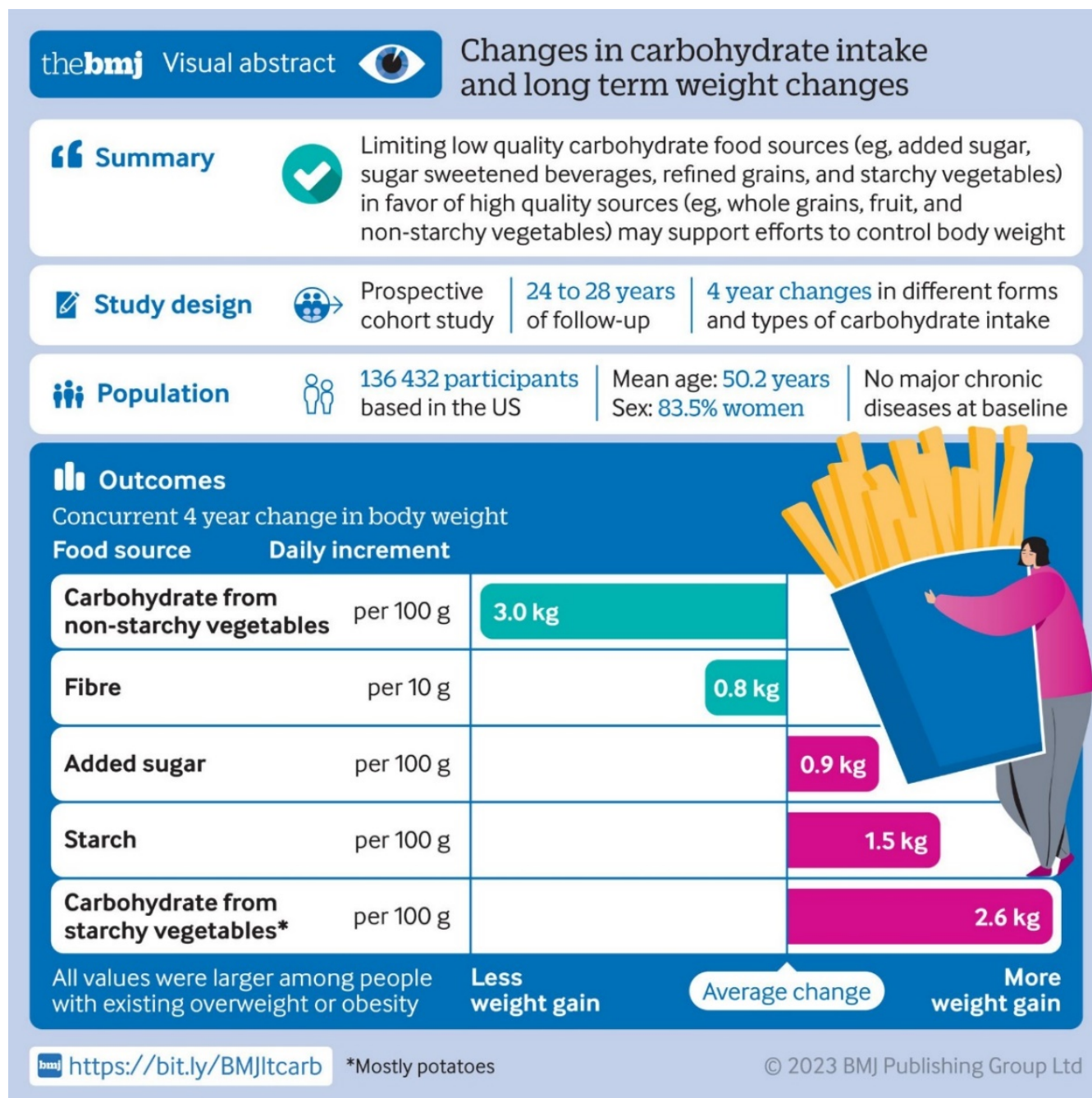
The Healthy Fruit Association started in May 2025 a health promotion programme based on the findings of this project, aiming to promote fresh fruit consumption among overweight and obese adults in Hong Kong. See [www.healthyfruity.org/fruit\\_promotion/obese2024](http://www.healthyfruity.org/fruit_promotion/obese2024) (accessed 10/07/2025) for further details.

## ***References***

1. Chan D, Tam R, Wong S. Impact of fresh fruit consumption on obesity and risks of morbidity and mortality: a prospective cohort study of 1 million adults in Hong Kong. BMC. 2024 (in press). DOI: xxxxxxxxxxxxxxxxxxxx
2. Doe K, Chan D, Todd C. Global burden of disease attributed to obesity in 1990-2021. Med J. 2021; xx(xx):xxxxxx. DOI: xxxxxxxxxxxxxxxx
3. Doe K, Chan D, Todd C. Global burden of disease attributed to lack of fresh fruit consumption in 1990-2021. Med J. 2021; xx(xx):xxxxxx. DOI: xxxxxxxxxxxxxxxx
4. Chan D, Lam T. The lack of fresh fruit consumption in obese adults: a public health concern. Obesity J. 2022; xx(xx):xxxxxx. DOI: xxxxxxxxxxxxxxxx
5. Lam T., Lo K. A systematic review of the impact of fresh fruit consumption on obesity and major chronic diseases. Int J Epidemiol. 2023; xx(xx):xxxxx. DOI: xxxxxxxxxxxxxxxx

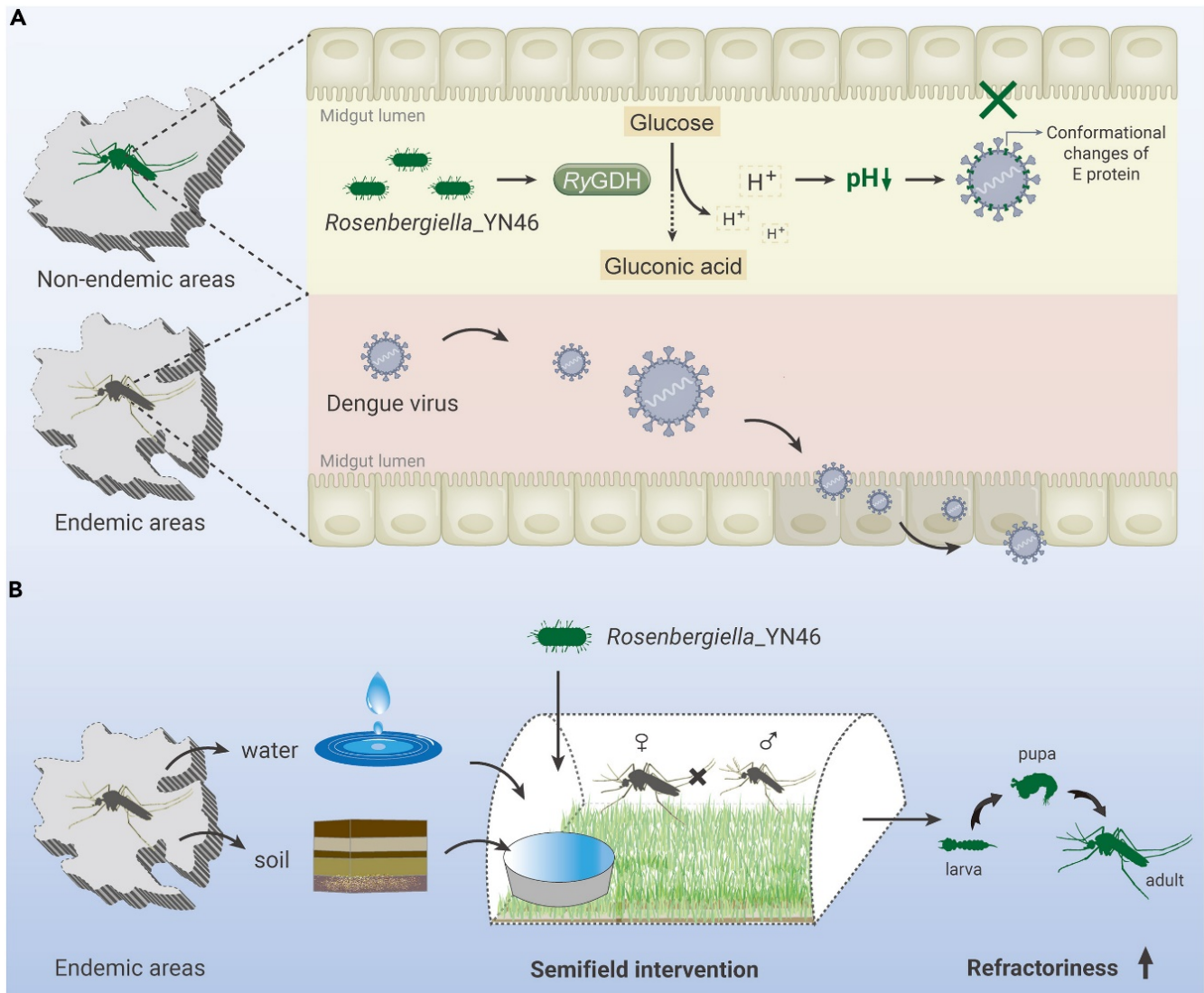
## Examples of Graphical Abstracts

**Example 1.** Visual abstract of The BMJ – on a prospective cohort study on the changes in carbohydrate intake and long term weight changes in US adults.



Source: Wan et al. Association between changes in carbohydrate intake and long term weight changes: prospective cohort study. BMJ 2023; 382:e073939. DOI: 10.1136/bmj-2022-073939.

**Example 2.** A graphical abstract in *The Innovation* – on the use of bacterium-based strategy to control dengue transmission in mosquitoes



Source: Song et al. A promising bacterium-based strategy to control dengue transmission in mosquitoes. *The Innovation*. 2024; 5 (6):100708. DOI: <https://doi.org/10.1016/j.xinn.2024.100708>