

Learning by Showing- Promoting Healthy Dietary Habit for the Hospital Staffs

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Introduction

Obesity is an important risk factors for chronic diseases. Lack of dietary knowledge or inappropriate dietary habit leads to obesity and thus chronic diseases. However, it is not easy to correct the dietary habit of people. Improving the knowledge is essential for changing the behavior. Showing the good example on site can lead the immediate reflection of inappropriate habit thus can change the behavior. For promoting healthy dietary habit, we developed a learning by showing model for our hospital staffs.

Method

Our restaurant for staff provided vegetarian meal with buffet style. We found that staffs cannot help themselves to eat too much or inappropriately. We developed a “learning by showing” strategy for correcting the behavior. Firstly, we made a “standard meal” to show appropriate quantity and quality of food per meal ; secondly, we announced the menus weekly by e-mails system and provided the nutritional information; lastly, we posted “cooking healthy vegetarian diet” in the community health report twice a month.

Results

The total number of meals served per month increased from 44,192 in 2007 to 49,640 (11%) in 2009. Compare the frequency of using restaurant for staffs between 2007 and 2009: every working day increased from 42% to 68%; 3 ~ 4days a week decreased from 38% and 28%; 1~2 day a week is 10% and 2%. Satisfaction of services which is including the variety, flavor, and provision of nutrition information increased from 75% to 81%.

Conclusion

The results showed that the provision of vegetarian dietary and nutrition information is definitely welcomed by staffs. Using learning by showing strategy not only increased the knowledge of nutrition but also the frequency of using healthy vegetarian diet.

Fig. 1 Learning Model



Fig. 2 Meal service of the monthly from 2007 to 2009

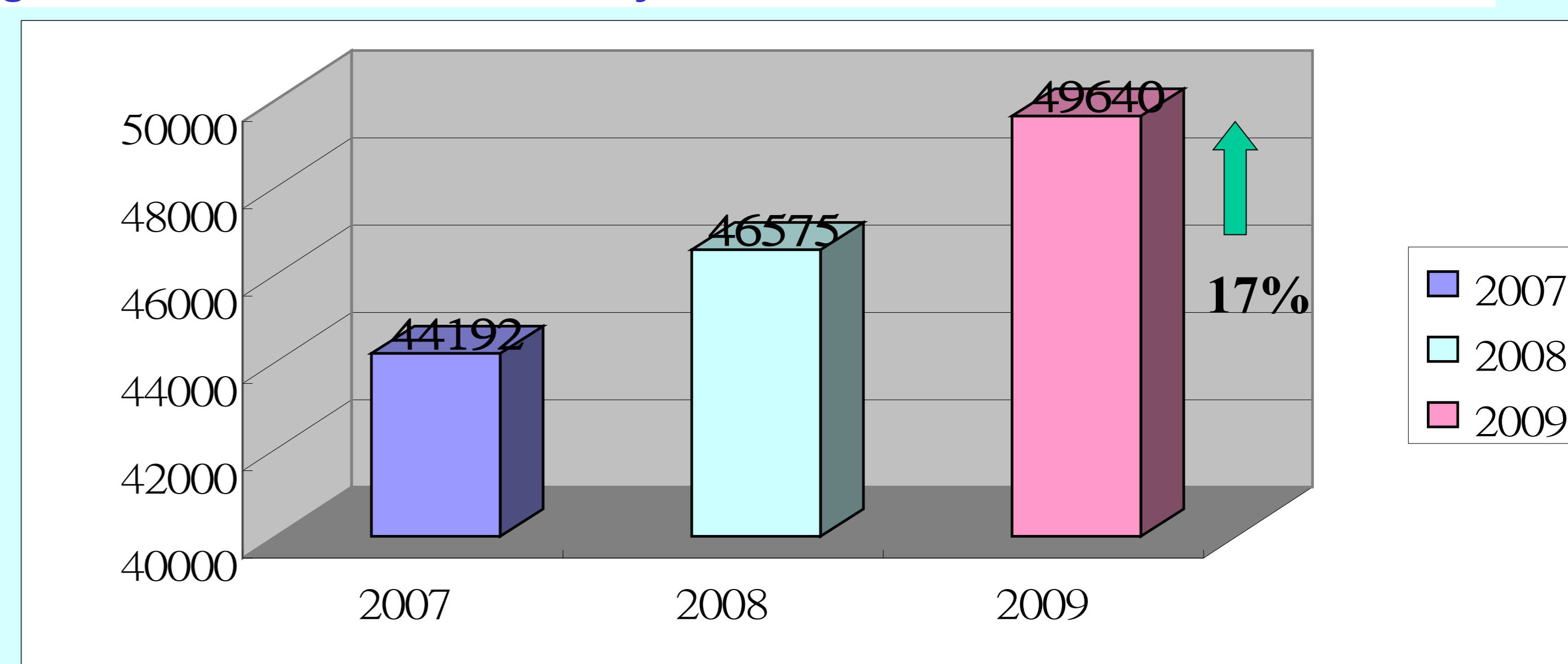


Fig. 3 Compare the frequency of using restaurant for staffs between 2007 and 2009

