



The Innovative Nutrition Education Method for Targeting Overweight Hospital Staff

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Introduction

The prevalence of obesity is increasing year by year and it is highly associated with metabolic syndrome. Our hospital's prevalence of overweight and obesity staff is 35.5% in 2016-2017. Face-to-face model is the most common methods in nutrition education; however, it's not convenient to be used in worksite.

Methods

Several nutrition education lectures (include body weight control diet, diabetic diet, hypertention diet, hyperlipidemia diet etc.) were edited by dietitians. All education lessons were digitalized, upload to the internet and convert to QR codes. Then, set the target population to those BMI over 24 in staff health examination. For staff BMI over 24 and having risk of metabolic syndrome, their health examination reports will be printed with nutrition lesson QR codes after their regular health check (Figure 1).

Results

All nutrition lessons were digitalized, upload to the internet and convert to QR codes (Figure 2). The length of every nutrition lesson is limited in 10 minutes. For staff BMI over 24, nutrition lesson QR codes were showed on health examination reports (Figure 3). Different from the traditional nutrition education, digitalized nutrition education material is flexible and can take the lesson at any time and any places by using mobile phone. In addition, the repeatable of the online nutrition education material can also provide the staff to review the course if necessary.

Conclusion

Through the Internet, digitalized nutrition education lessons combining with QR code can provide nutritional information directly and effectively target to the overweight hospital staff.

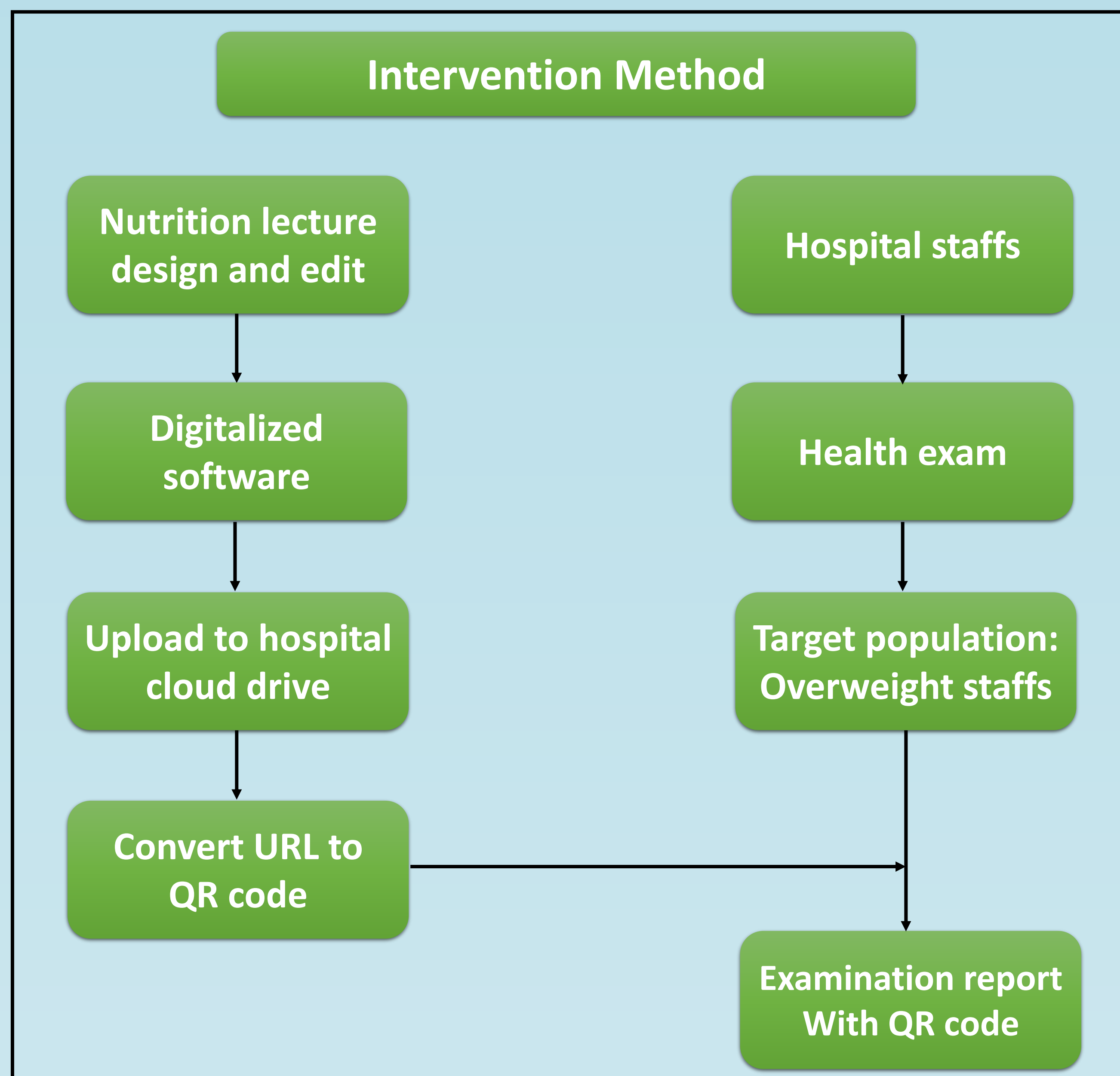


Figure 1. Flow chart of nutrition intervention.

Hyperlipidemia Diet	Diet for Hypertention	Diabetes Mellitus Diet	Diet for Weight Reduction

Figure 2. QR codes of different digitalized nutrition lectures.

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• 檢查日期: 2018/ [redacted] • 性別: 男 • 年齡: 55歲 [redacted]		
• 胸部X光--無活動性肺病變(無明顯異常) • 口腔黏膜檢視--無異常 • 追蹤管理分級--第二A級: 檢查結果部分異常, 經醫師綜合判定為異常但已定期追蹤。		
【醫師總評及建議】		
1. 尿沈渣異常 2. 尿液檢驗潛血陽性反應 3. 平均血球體積偏高 4. 單核球增加 5. 低密度膽固醇過高 6. 體重過重, 腰圍偏大, 請控制飲食, 保持適度運動。 8. 對於體檢報告有相關問題者, 逕洽家醫門診員工健康專線: 66699或66603 9. 胸部X光檢查無活動性肺病變(無明顯異常)。		
檢查醫師 主治醫師 [redacted] 判讀醫師 主治醫師 [redacted]		
<div>高血脂 高血壓 糖尿病 減重資訊 衛教資訊</div> <div></div>		

Figure 3. Staff health exam report with QR codes.