



# The Application of Cloud Platform to Analyze Efficiency of "My Plate of Taiwan" Curriculum: Based on employees of Taiwan Adventist Hospital (TAH)

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## Background

More and more people had imbalance eating habits in Taiwan. And such dietary habits might cause nutritional disorder and increase risk of diseases. In 2018, the Health Promotion Administration published a "My Plate of Taiwan"(Fig 1.), which includes the concept of portion-control and six major food groups. Employees were accustomed to using smartphones for communication, so we also used this tool for curriculum assessment. To improve employees' knowledge of preparing healthy meals, we used "My Plate of Taiwan" in health education.

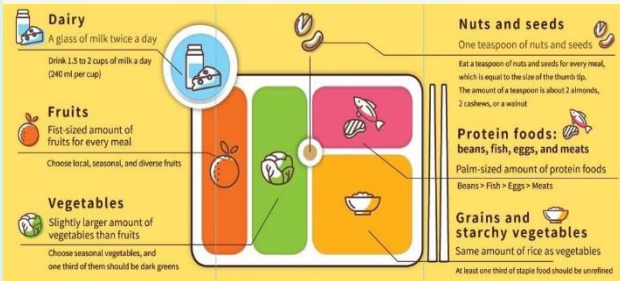


Figure 1. My Plate of Taiwan

## Methods

In 2019, we held employee health education. At first, dieticians designed interactive teaching used Food Poker that we made by "My Plate of Taiwan". Second, we divided 4~5 employees into groups in curriculum, and each group was assigned to one Food Poker. Dietician discussed how to prepare healthy meals with employees in curriculum. Participants had to finish pre-and post-tests. There were 10 questions in this questionnaire, and data was collected through online-platform. The data was analyzed by paired t-test.



## Results

We held a total of 4 events, involving 237 staffs who finished both pre-tests and post-tests. Data showed that employee s' score of "My Plate of Taiwan" significantly increased from 75.2 to 80.8(p<0.01)(Fig 2.). After the curriculum, employee s' accuracy about portions including milk, fruits and nuts were improved to 16.5%, 19.4% and 7.2%(Fig 3.). The accuracy about classification of food-groups including beans and whole-grains also improved to 10.1% and 6.8%(Fig 4.).

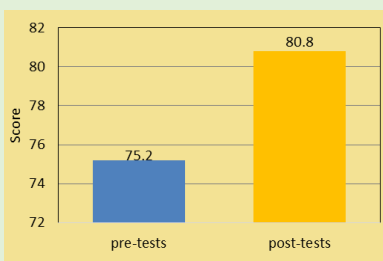


Figure 2. Score of "My Plate of Taiwan"

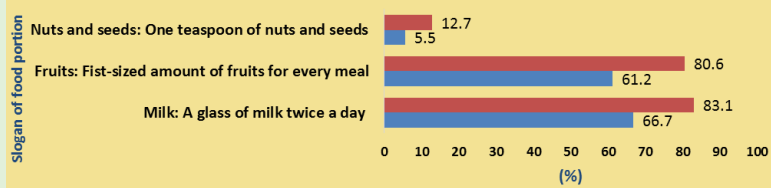


Figure 3. Employee s' accuracy about portions

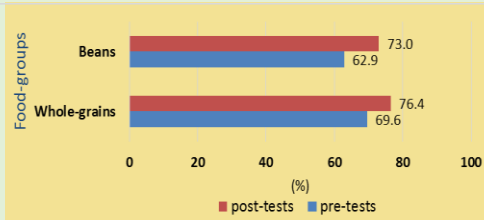


Figure 4. The accuracy about classification of food-groups



## Conclusions

In conclusion, employee s can realize six major food groups and the portion of foods through the curriculum of "My Plate of Taiwan". No matter staffs cook at home or eat outside, this can help to achieve to healthier and nutritionally balanced diets.

## Keywords

My Plate of Taiwan/ food portion size/ employee health promotion/ six major food groups/ balanced diets/