

To Provide Services Regarding Nutrition to Promote Health of the general publics

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Introduction

Dietitians integrated hospital resources to develop a health promotion program following the hospital's objectives. To enhance health of the general public, information was collected throughout the program. E-media was also adopted to promote medical nutrition knowledge to a wider community.

Methods

An annual program was developed for three target groups including employees, patients and the general public.

1、Employees:

1.1 Developing Personal Skills: Dietitians and chefs created simple dishes and organized cooking classes targeting specific diseases. The themes included Mediterranean, MIND and DASH diet.

1.2 Creating a Supportive Environment: Employee cafeteria offered therapeutic diet, and information regarding MNT was shared to enhance health literacy.

2、Patients:

2.1 Diet education: Dietitians educated patients and their family in the wards to enhance their understanding of therapeutic diet, which helps with recovery.

2.2 Nursing home: Dietitians and chefs created and made dishes with the residents before sharing the food with them. The activity was beneficial for the mind and the moods.

3、Community:

3.1 Services were provided along with social workers for elderly people living alone, teachers and students, nannies et al. The events were entertaining, for example enjoying buffet together to practice food selection after an education session.

3.2 Patients association: Nutrition education was organized targeting diabetic patients, dialysis patients et al. The events combined tea time with therapeutic dishes and informal forums.

Results

The program was conducted from January to December 2019. A total of 2331 people benefited from the program with 91% of satisfaction rate.



Conclusions

Medical resources and specific needs were integrated for the team of dietitians to promote a healthier lifestyle. Three groups were targeted through health education, therapeutic diet and cooking classes with a high satisfaction rate.

Relevance to HPH: Create supportive environments, strengthen community actions, develop personal skills

