

Increasing the Health literacy and workplace health promotion of healthcare professional through empowerment

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Background

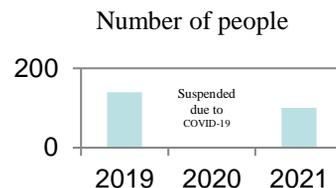
The primary responsibility for improving health literacy with public health professionals and health care organizations. To improve the health literacy of patients, we have to enhance the health literacy of healthcare professionals. In order to elevate healthcare professional's health literacy, achieve a healthy lifestyle and meanwhile improve workplace health promotion, we have designed different topics on therapeutic diet. Motivate healthcare professional to self-execute, cook therapeutic diet, that is to say, empowerment. And healthcare professional could develop a healthy life style.

Methods

Designed different topics on therapeutic diet every month. Each class will be taught teaching different therapeutic diet backgrounds and methods, chef teaching cooking skills, then healthcare professional will be cooking by themselves. They will be impressed with the self-operation. The course lasts 26 months, The last event will be held on May 3, 2021. In the form of buffet, everyone is allowed to choose healthy food, and the Dietitian also guides the correct way of food selection on the spot.

Results

It began in April, 2019 up to May, 2021. 21 month course, The total was 202 person-time. The average therapeutic knowledge score we tested before was 89.6, afterwards the score rose to 98.6, and the satisfaction rate was 100 %.



Conclusions

In conclusion, we could improve healthcare professional's health literacy through the therapeutic diet class. Meanwhile, we could also upgrade self-execute, cook therapeutic diet, and develop a healthy life style, to achieve workplace health promotion.



Relevance to health promoting hospitals and health services :

The therapeutic diet class can improve healthcare professional's health literacy, meanwhile, achieve workplace health promotion.

Keywords :

Therapeutic die, health literacy, workplace health promotion, empowerment