



Effectiveness of employee health promotion activities : An example of Kaohsiung Municipal CiJin Hospital

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Background/Problem/Objective :

There is an obesity rate of 39.2% that is from workplace employees according to Health Promotion Administration information. “Healthy weight loss” in the workplace is currently a health policy actively promoted by the National Health Administration of the Ministry of Health and Welfare. There is an obesity rate of 40.9% found from the analysis of employee health checkups of hospital in 2019. The hospital is located at island which across Kaohsiung city. Most of the employees came from the urban area of Kaohsiung across the sea. It took a long traveling time for commuting every day that led to no time to exercise and prepare correct healthy meals when they off duty. It shown the hospital employees were facing a health crisis of overweight and obesity.

Methods/Intervention :

2020 Love Motion Love Health program: 12-weeks physical fitness and yoga courses, 60 minutes each time. The hospital would like to encourage employees to participate in healthy exercises. Participants send watch pedometers employees at any time convenient to monitor and record their own body weight changes. Regularly handle weight loss seminars and provide healthy meal. Making competition held in healthy eating. Set up full attendance and various reward systems. InBody composition at pre-test and post-test. Paired Sample t-test.

Results (of evaluation) :

39 people signed up, 32 people participated in the whole process, reaching 82.1%; 5 males (15.6%), 27 females (84.4%), average age 39.2±8.2, 7 people with excessive body mass index (21.9%), paired sample T test, body weight ($p<0.001$), body mass index ($p<0.001$), fat percentage ($p<0.05$) body and visceral fat area ($p<0.05$) are of significant decline, although the rate of abdominal obesity.

Conclusions/Lessons learned :

Employee's mental and physical are able to obtain relax by cutting down working time which means reduce work load. The most of employees are willing to participate the exercise joyfully. Total 60 minutes (Hospital put into 30 minutes and employees dedicate 30 minutes) that effectively improve the weight of employees.

