

The Relationship Between Herb Usage and Elders' Wellbeing in Indigenous Communities

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Outline

- Introduction
- Methods/Intervention
- Results
- Conclusions
- Relevance to HPH



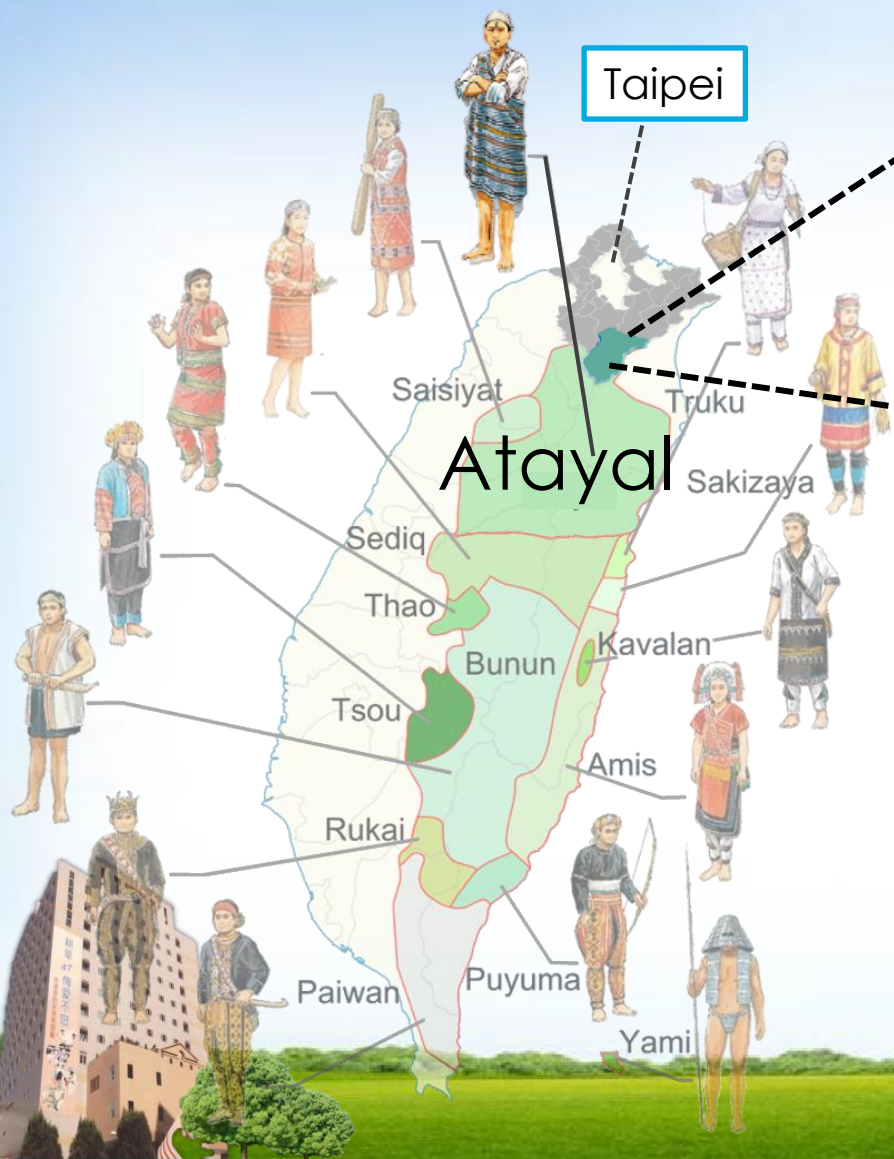
1-1 Introduction

- Well-being

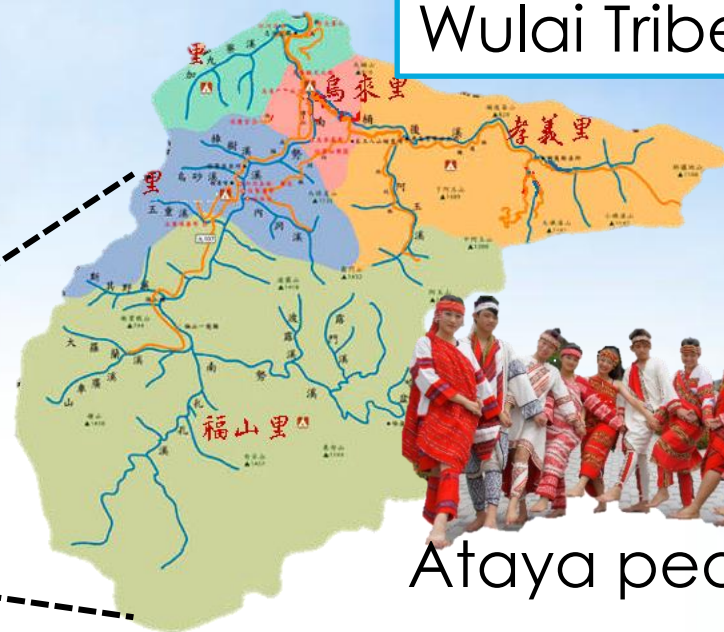


1-2 Introduction

- Indigenous communities



Wulai Tribe



Ataya people



Local herbs



1-3 Introduction

- Herb usage



Herb benefits

relieving
stress

reductions
in
depression

promoting
mental
health

increases
physical
activities

2-1 Methods/Intervention

- 8-week biweekly 90 minutes course
 - Duration : **June to September 2018**
 - Place : Wulai Christian Church of Community Day Care Centers for **Atayal Indigenous Elderly**.
 - Participant : 15-20 Atayal elders.
 - Pre-test and post-test: herb using skills, Subjective wellbeing, physical activity questionnaires.



2-2 Methods/Intervention

- herbs planting, Aromatherapy, healthy diet.
 - **Traditional Atayal** special flavors **herbs**
 - Lectures and DIY



litsea cubeba
(**Makauy**)



Zanthoxylum
ailanthoides
(**Tana**)



tw.myblog.yahoo.com/10071007

2-3 Methods/Intervention

- Herbs planting lessons



Teaching how to take care about plants



pure dew purification experiment



Planting aromatic herbs



Smelling the aromatic plants

2-4 Methods/Intervention

- Aromatherapy lessons



Lessons about the usage of essential oil



used Makauy essential oil



Teaching massage skills



making essential oil emulsion by themselves



2-5 Methods/Intervention

- Healthy Diet lessons



Nutrition facts about Atayal's herbs



Makaay chicken roll



Wrapped vegetables and fruits in it



The cold tofu salad used Tana as topping

The video of our courses

香草植栽課程

尤次雄老師

香草之父教導
種植香草技巧

6/22精油香草-薰衣草

7/20料理香草-迷迭香

8/31茶飲香草-芳香萬壽菊

3-1 Results

- participants
 - Total of 19 elderly participated in the program, including 2 males and 17 females.
 - Average age of 75 years.



3-2 Results

- 19 active participants and 13 valid questionnaires.

		Pre-test	Post-test	p<0.05
Herb using skill		3.36	4.81	*
Subjective well-being	mental health	4.26	4.70	*
	social status	4.38	4.85	*
	emotional status(reductions in depression)	1.79	1.42 ↓	*
Physical activity		4.46	4.62 ↑	



4-1 Conclusions

- Study shows that there is a **positive relationship** between **herb usage** , elders' **mental health** and **social participation** while showing no significant differences for physical activity levels.
- The latter is due to the fact that this community has been actively holding lots of activities including **handmade and painting** classes, therefore **physical** flexibility and **activity levels** **has not increased further**.



5-1 Relevance to HPH

- Promoting the health of elders is one of the important issues of HPH. In addition to providing medical services in hospitals, it is also critical for hospitals to host such programs in local communities.
- The purpose of this program is to confirm the **importance and necessity** of the **health promotion programs in indigenous communities** and how the program can benefit the elders physically, socially and mentally .



Thank you for listening!

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