



Experience of sharing special population successful physical activity promotion--Longci Home for the Disabled in Taiwan as an example

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Background

Studies have confirmed that obesity will increase the incidence of disease and mortality. The basic mechanism of obesity is that calorie intakes more than consumption. Due to the special populations' conditional restrictions, the concept of health literacy is undefined to them, probably causing obesity. Longci Home for the Disabled in Taiwan is the institution of caring chronic mental patients and severe disability. Due to the physical and mental condition, drugs, and environmental impact, obesity is a common problem.

Process

National Cheng Kung University Hospital(NCKUH) cares about the health of special populations, collaborated with Longci Home for the Disabled, to train caregivers to become a Physical Fitness Trained Teacher and set up a healthy exercise class. The Physical Fitness Trained Teacher Program contains 16 hours of classes, including warm-up exercises, choreography, relaxation exercises, teaching aids design. Healthy exercise classes are led by program trained teacher. The courses cover dance classes, exercise classes and walking.



Figure 1. The Physical Fitness Trained Teacher classes-choreography.



Figure 2. The Physical Fitness Trained Teacher classes-teaching aids design.

Result

With the support of Dean of Longci Home for the Disabled, 11 care givers were trained as Physical

Fitness Trained Teachers and set up a physical fitness class. 20 overweight residents ($BMI \geq 24$) included in a 2-month fitness program designed for weight loss, totally weight loss in the class is 29 kg. Two of the weight-loss champions, who lost weight 3 kg and 2 kg respectively, successfully to lower BMI and waist circumference.



Figure 3. 11 Physical Fitness Trained Teachers.



Figure 4. Care givers set up a physical fitness class.



Figure 5. Health fitness classes included walking.



Figure 6. The teachers have the ability to lead their health fitness classes alone.

Conclusion

To enhance the motivation of disabilities and develop the habits of regular physical exercise is a common goal of each Welfare Institution. NCKUH promotes the physical activity in special populations via the education of the caregivers who have the closest life experience with the residents, by training them become Physical Fitness Trained Teachers. The teachers have the ability to lead their health fitness classes alone. This successful experience can be a reference for the promotion physical activities of special populations.