

Let's Tung 動動!

A three month hospital-based exercise program was effective on decreasing sedentary behavior and rate of turn over

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童綜合醫院
醫療社團法人
Tungs' Taichung MetroHarbor Hospital

Background 46 anniversary



榮獲 JCI
國際醫療評鑑認證



再度榮獲行政院衛生福利部評定
最高等級重度急救責任醫院2



Health promotion for staff

A

『physical activities』



『mental health』

B

Health promotion center



Let' s Tung !



Tung' s Metro Harbor hospital

Let' s Tung 動動!

(Lead, exercise, tread: satisfied)

1. : anaerobic exercise

(1) office :~

* sedentary / standing style

(2) home~

* home video

1. Supervisor leads
anaerobic exercise
before every meeting

2. 2K tread

3. health countersign



Satisfied

1. Lottery draw

Walking above ten thousands steps in one month



① Lead



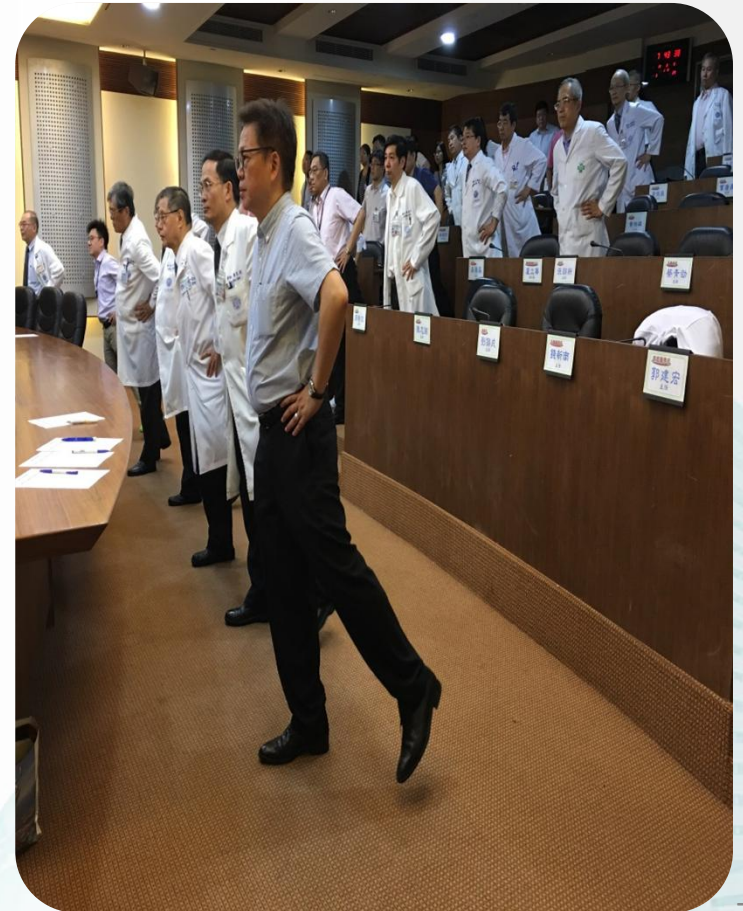
◀director of hospital▶



Lead



◀ Supervisors in Superintendent lead ▶



Lead



◀Supervisor in our hospital promised to support exercise ▶



Lead the tread



- Goal : **350** person times / 6 events

Event	date	participants
1	106.07.26(WED.)	105
2	106.08.16(WED.)	44
3	106.08.30(WED.)	22
4	106.09.14(THU.)	74
5	106.09.28(THU.)	70
6	106.10.11(WED.)	52
sum		367

Achieved

Lead the tread



Lead the tread



Health Promotion Countersign



	sent/Piece	Goal/Piece	Receive/Piece
feet	1500 + 16 (small) (Big)	1200	1470 (symbol)



童綜合醫療社團法人童綜合醫院 通告



中華民國 106 年 08 月 03 日
(106)童醫字第 1499 號
主辦單位：人資室(分機 4236)

主旨：通告本院員工健康促進『S.Y健康召集令』-連署簽名活動事宜，請 查照。

說明：

一、背景：

為推動本院同仁運動風氣，今年46週年院慶活動推出『S.Y健康召集令』員工健康促進系列「包含『S.Y阻力訓練』、『童醫一萬步』、『大家動起來~健康廣播』等活動，為請發同仁之運動意願，本次發起『S.Y健康，我來了』連署簽名活動，邀請同仁共襄盛舉。

二、活動方式：

- (一) 簽名腳丫(如右圖)由人資室統一發放給各單位主管(106/08/03起陸續傳送)。
- (二) 請同仁於簽名腳丫之正、反面都簽名後，由單位主管整單位收齊後，於106.08.08(二)14:00前傳送回人資室。



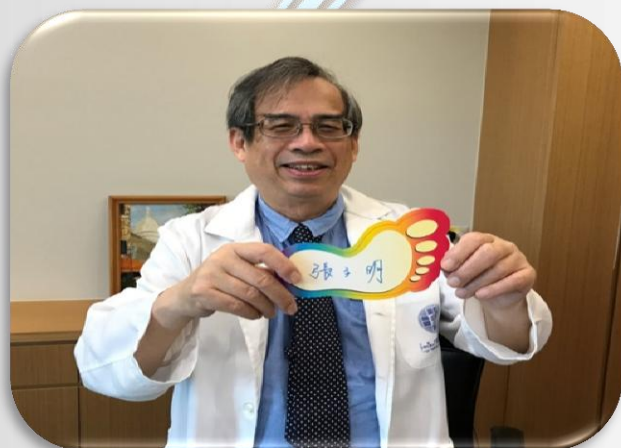
~NOTICE~

12

Health Promotion Countersign



◀ Support from Supervisors in Superintendent ▶





Health Broadcast

Broadcast

⇒ Everyday

- goal : create the atmosphere of exercise
- Method : two times everyday
(09:00 Mandarin) (17:00 Taiwanese)

- Recorded by supervisors & vice

Taiwanese



Mandarin

◀ Director ▶



◀ Vice director ▶

② Exercise



- 『The unit can apply on site or download』
 - Method :
Promote resistant exercise before every meeting
 - goal : to achieve 1500 person times within three months



『Anaerobic Exercise』 Video



• Standing / Sedentary style

Sedentary

做運動

Standing

動作講解

第三招
立姿划船

回到我們軀幹自然擺放的位置



Resistant Exercise before meeting



◀Hospital meeting▶



◀Executive meeting▶



Resistant Exercise before meeting



◀Head of the meeting▶



◀head nurse meeting▶



Resistant Exercise before meeting



◀pharmacy meeting▶



Anaerobic Exercise before meeting

- period : 3 months (7/19-10/19)
- Goal : 1 5 0 0 person times
- result :

1592

Achieved

『Home Video』



- It satisfied the need of employee who work in shift / meet the level

Basic ver.



Upgrade ver.



Perfect ver.



(分男生版 / 女生版動作)

『Home Video』



family event of exercise/ kids will ask



『 Home Video 』



Different kinds of exercise Clubs



- Comfortable space
- Regular
- 10 class / 1 session
- 9 clubs/ a week

◀2017 results▶

session	Sum / person times	class
35	633	350

CLubs



~aerobic exercise~

Clubs



~Tai Chi~



~Belly Dance~



~Yoga~



~Dance~

③ Tread



- Goal : 92 staffs walk above 10000 within 3 months
- Method : 21days for becoming a habit
- Goal :

$$\underline{46} + \underline{46} = \underline{92}$$



Anniversary



next 46 years

activity	Register/person	Achieved/person
Tread	194	97



『Tread』 upload steps



『Tread』



- Join social group
- Encourage staffs to share their feedbacks



101
person



36
articles

Four screenshots of a mobile app interface showing a social group named "童醫一萬步 (81)".

Screenshot 1 (Left): Post by 淑蓉 (筱文, 世恆). Text: "健走 還記得七年前, 因為意識到久坐辦公而直線上升的體重, 因為每次治裝都只能望著模特兒感嘆, 她怎麼穿得那麼有型。於是開始與室友實行宿舍經台灣大道到靜宜繞行沙鹿火車站的走路運動。記得第一次改變路線走到清水祖師廟, 途經勞工育樂中心時有一種欲昏厥的感覺, 但是突破後, 清水祖師廟就不是難題了, 大甲媽祖過境到沙鹿這一段也不是難事。一切都是室友的鼓勵。對於不喜運動的我來說, 同伴是最大的功臣。"

Screenshot 2: Post by 秀娟hello. Text: "其實平常要走一萬步有點難, 但是在長隆時這是基本的啦, 所以回來後, 我會持續的走下去, 當然要超越自己的最大..., 要很拼, 各位帥哥美女, 一起加油吧!"

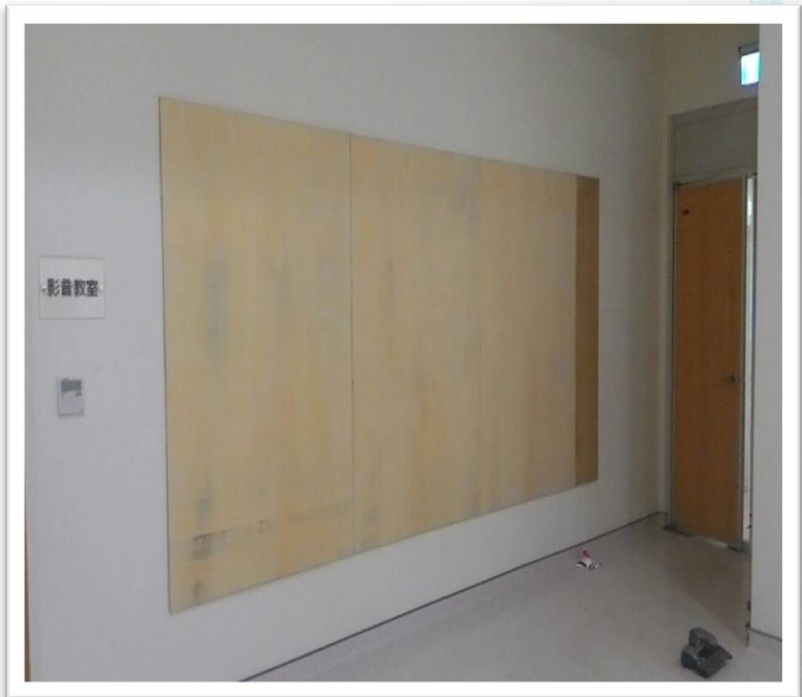
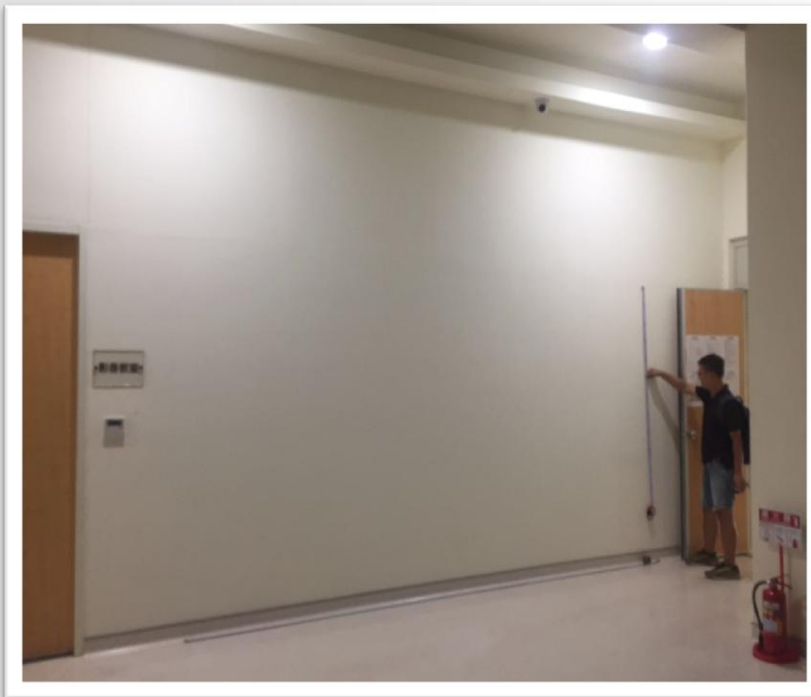
Screenshot 3: Post by 翁小芬. Text: "從未想過自己會參加童醫一萬步的活動, 對我而言, 那是一種天方夜譚, 是我的朋友都知道, 我的fb永遠都是吃香喝辣, 聚餐是我最大的享受, 一萬步對我而言, 好難好遙遠喔! 第一天, 為了一萬步號召同事, 都會公園野餐去, 一群人嘻嘻哈哈努力再努力, 唉...回家的路上, 互相打氣還沒達到的人, 記得回家再加加油囉! 我就是那個回家咬著牙再持續動的人, 天阿~累死我了, 終於邁過那一萬步了, 好感動喔..."

Screenshot 4 (Right): Post by 謝佳蓉 (欣慶). Text: "當初會參加童醫一萬步其實也是單位主管揪的...本來想說算了...但其實自己已有參加院內有氣瑜珈課程...一個禮拜至少也會有2天是破萬的...不然平常5、6000步就差不多啦...有時還會忘了戴手環...可惡! 這樣就沒證據證明自己破萬步啦...剛開始上傳步數時還真覺得丟臉...大家都那麼多步...我這幾千步怎敢上傳...後來就豁出去啦...反正同事那麼多...又沒人認識我...今天放假終於破萬啦...所以趕快來寫個心得感想...我可是都有拍照存檔的...只是沒上傳而已...坦白說醫院給我們的活動超多...真的可以好好利用時間參與...一來可以舒展...二來又可以加減健身...志在參加不在得獎...就算幾千步還是照上傳...這樣會不會太不爭氣啦..."

Health Bulletin



- Settle in Health Promotion Center
- Organize the culture of exercise





Health Bulletin(Recognition)

◀Health Bulletin▶





"Happiness Bank Book Point Rewards"



Goal

- Increase participation in employee health promotion activities

Reason

- help maintain positive, healthy behavior, and improve physical, psychological, and spiritual health

Method

- recognized by rewarding health points and a lottery system would encourage active participation



Result 1

◀ 2704 participants analysis (20% male) ▶

	physicians	nurse	technicians	regular staffs
Participant	24.4%	36.2%	43.5%	51.9%

◀ whole procedure ▶

2017.07

2017. 10

Start

Let's Tung
(3 month)

sedentary habit
resignation rate
~~absent rate~~

Conclusion & Implication

Keep exercise/
beyond/
trend/set/
promote



Any feedback
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