



# Effect of Walking Activities to Enhance Employees' Health Lifestyle

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# Historical Development



1959, A group of ICM sisters from Belgium set up a dispensary in Taipei City.



1961, The Saint Joseph Hospital was inaugurated.



1981, The Saint Joseph Hospital became the Cardinal Tien Hospital Yonghe Branch.

- 1996, Taipei County Ai-Der Care Center was open
- More than 6 long term care centers were established and became a network since 1998



- 2007, the new inpatient building was inaugurated
- 2011, preschool and day care center were opened
- 2012, cancer committee started to work for better cancer treatment
- 2013, health promotion center was opened
- 2016, Cardiac catheterization center was opened



- Pass The New Hospital Accreditation 優等
- Pass The Teaching Hospital Accreditation
- First aid responsibility hospital
- Awarded as the HPH Model



# Four Principles of Holistic Care





# Our System

**\* Include 5 long-term care institutions**



1998 New Taipei City Ai-Wei Mercy home for disabled



2001 Catholic St. Joseph Dementia Old Man Conservation Center



Yonghe Cardinal Tien Hospital



2013 Taipei city Da-long Senior Home



Taipei City Zhu Lun elderly apartment



Taipei City, the old man care center



# Participation in Health Promotion

2006



Membership of WHO Health Promotion Hospitals

2012



Obtained Model Award in the 5<sup>th</sup> Health Promoting Hospital Model Selection held by Taiwan Society of Health Promoting Hospitals, 2012.

2014



In 2014 we got the international greatest award –ENSH-GLOBAL GOLD FORUM in Barcelona, Spain.

2014



Contribution Award of Health Promotion Hospitals by HPA, 2014.

2015



Participation in the 2013-2015 Taiwan WHO HPH Recognition Project, Control Group, and obtained an award of 『Gold level』

2017



Award of Health Hospitals 『Excellent level』 by HPA, 2017.



# Outline

**Introduction**

**Purpose**

**Method**

**Result**

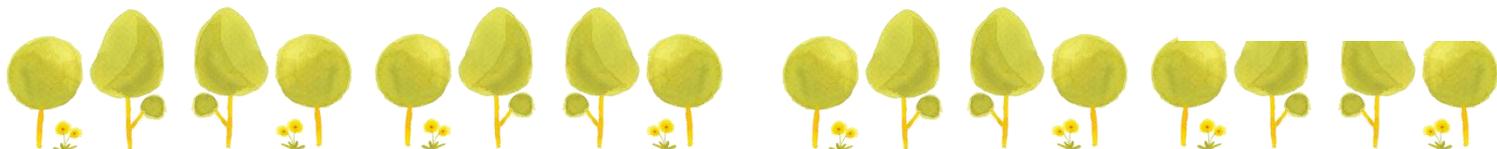
**Conclusion**



# Introduction



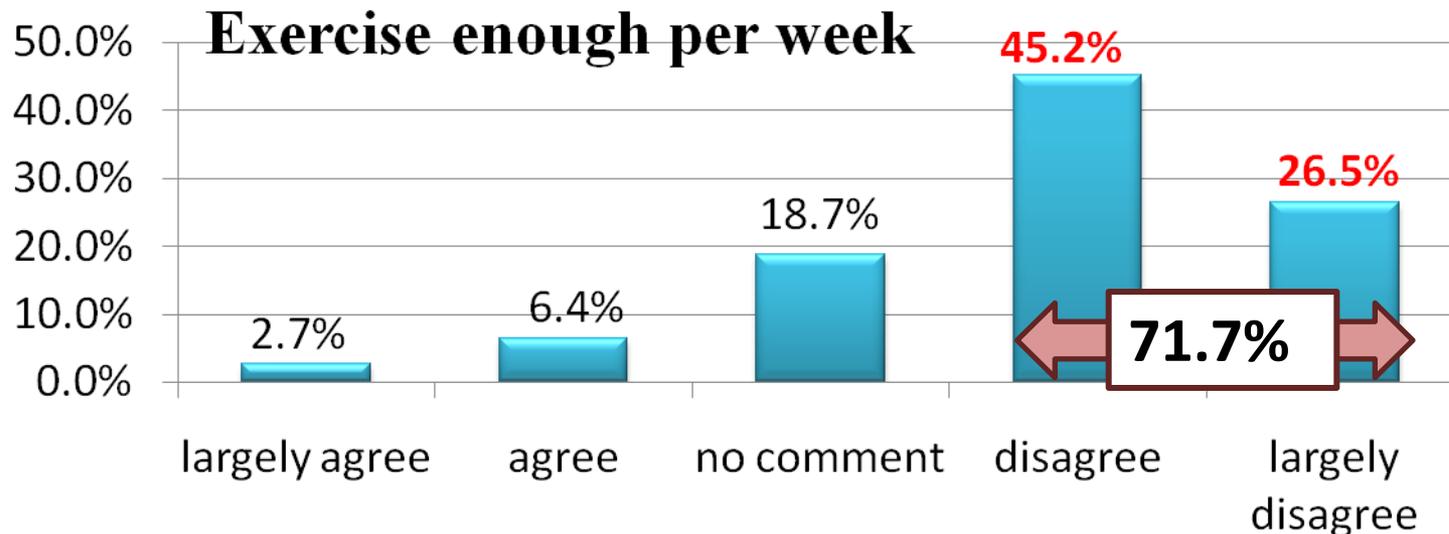
- The World Health Organization points out that **walking** is one kind of physical activity that is the most easily practiced and recommended.
- According to the 2013 survey of the HPA in Taiwan, 30.4% of people who's main exercise are walking.





# Purpose

- In 2018, our hospital conducted a questionnaire on exercise habits for 219 employees. Result showed that the rate of “lack of exercise consciously” was **71.7%**.





# Purpose

□ Therefore, we held multiple exercise activities to enable employees to participate and increase exercise opportunities.



Stairs climbing activities

天主堂光緒華醫院  
107年健康走動華活力  
永耕走動地圖

活動期間：6月-12月  
地圖領取：永和耕莘醫院健康護檢櫃台/各里健康守護站  
活動辦法：  
1. 請於每月最後一週領取下個月走動地圖，或自行網站列印(每人限一張)  
2. 依走動時間自由選擇路線，並於走動地圖跨後完成蓋章：  
(1) 完成5次7-11門市章，或 (2) 健康守護路線A、B  
3. 完成當月份走動地圖後，請將地圖投入永和耕莘門診1樓『健走攝影箱』  
4. 每月走動滿15天，即可參加抽彩，並於月初公開抽出5名200元及10名精美禮品  
領獎辦法：每月公佈於永和耕莘醫院網站最新消息，請民眾自行上網查詢，並於門診健康護檢櫃台進行兌換

7-11門市路線  
健康守護站路線A  
健康守護站路線B

地點 忠信-麗陽-瑞漢-永竹-永漢  
時間 隨時皆可  
路程 1.5公里/15分鐘  
忠信門市：中興街101號  
富財門市：永和路2段116號  
瑞漢門市：中正路710號  
永竹門市：永竹路1-AG 88

地點 店街里⇨竹林里  
時間 每週二 9:00-11:00  
路程 1.1公里/11分鐘  
店街里守護站：秀朗路1段51號  
竹林里守護站：瑞業街151巷9號

地點 大新里⇨新慶里  
時間 每週三 9:00-11:00

12月  
Home 2023  
永耕 15日誌

Walking map



# Purpose

- We try to create an **exercise friendly environment** with this program.



Flexibility training



Aerobic exercise



Table tennis



Physical training



# Method

- From June to October in 2018, we used the mobile step counter application - **Hahago** to hold a walking activity for employees.
- After employees registered, they could record the number of daily walking steps.

The screenshot shows the Hahago mobile application interface. At the top, it displays the user's name '永耕—哈健走夯健康' and a '朋友' (Friends) button. Below this, there are two profile pictures: one of a person (陳義法, gogoro2) and one of a green cartoon character (夏卡瓦). The main content area is titled '本月步數' (Monthly Steps) and shows a list of daily step counts for the month of June 2018. The average step count is 14,845. The daily step counts are as follows:

日期	步數
06月26日	--
06月25日	16,063
06月24日	20,285
06月23日	15,335
06月22日	16,393
06月21日	13,308
06月20日	16,057
06月19日	12,614
06月18日	18,373



# Method

- We established a walking group by **Hahago** application that all participants were added in, and can be seen in the group.

社群 永耕—哈健走旁健康		
<div style="text-align: center;">  <p>1. 黃幸子 20,468</p> </div>		
2.	黃雪鈴	17,470
3.	黃育榛	17,409
4.	雪虹	17,246
5.	KuanHui Lee	16,346
6.	吳芸萱	14,814
7.	明輝 周明輝	14,628
8.	楊慧卿	14,397
9.	謝孟真	14,395
10.	莊千慧	13,556
11.	Joanne Huang	13,482
12.	Cheng Fan	13,235
13.	Vivian H. Cheng	12,913
14.	Anita Tsai	12,301
15.	Valerie Lin	12,186
16.	宋怡萍	12,018
17.	Carry Hsu	12,014
18.	陳義法	12,004
19.	cathy lin	12,002
20.	Ping Young	11,833
21.	方靜玉	11,803
22.	洪于婷	11,720
23.	吳佩因	11,334
24.	徐備燕	10,692
25.	阿正	10,671
26.	fenny liu	10,489
27.	于建雲	10,433
28.	趙芝榆	10,370
29.	林倩如	10,255
30.	瑩	10,060
31.	張泰裕	10,031
32.	林莉蕓	10,009
33.	許雪芳	9,872
34.	廖婉玲	9,468



# Method

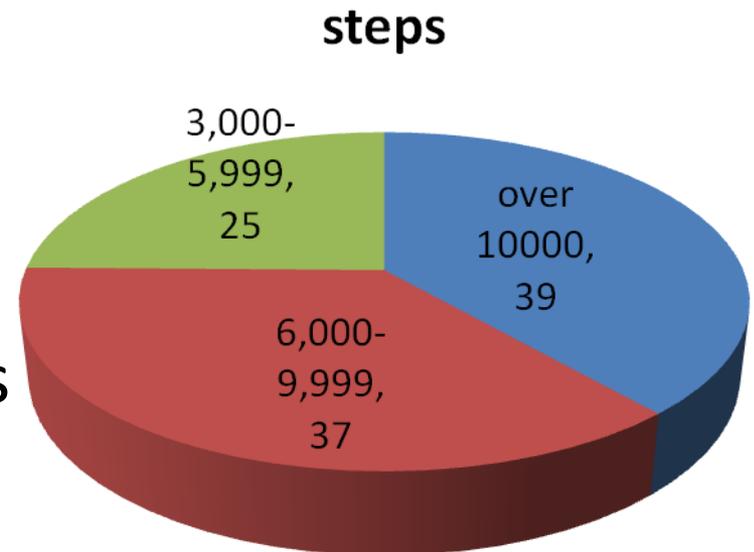
- The outcomes were analyzed~
  - activity satisfaction survey
  - individual average daily steps
  - exercise habit questionnaire





# Results

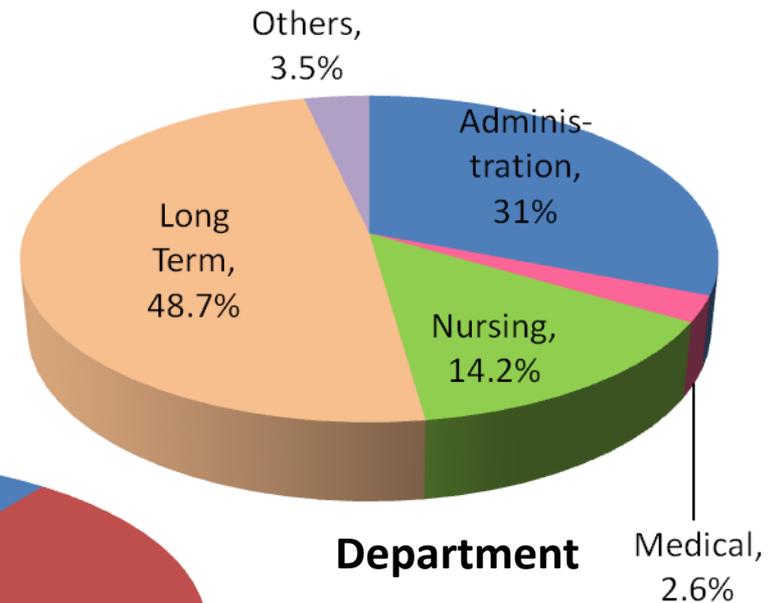
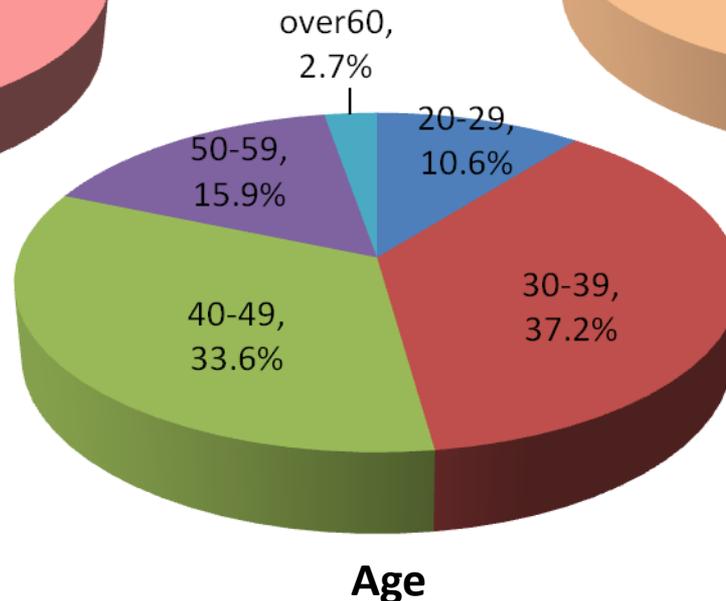
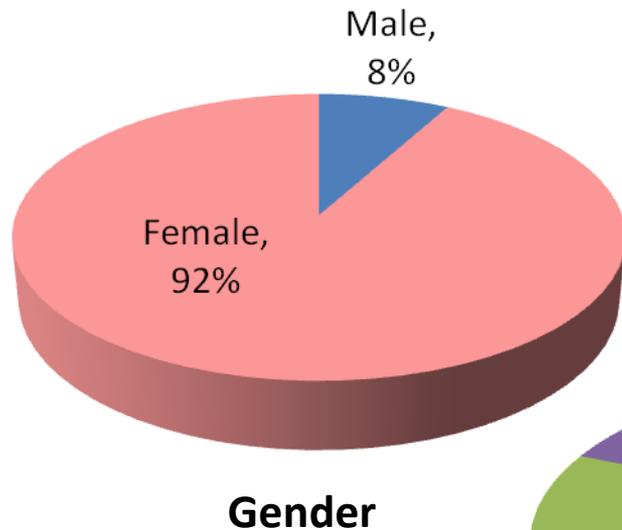
- 147 employees participated in the walking activity and did for more than 5 months.
- The average daily steps :
  - 39 people (26.5%) were over ten thousand steps
  - 37 people (25.2%) were between 6000 to 9999 steps
  - 25 people (17%) were between 3000 to 5999 steps.





# Results

□ A questionnaire survey was completed by 113 participants.

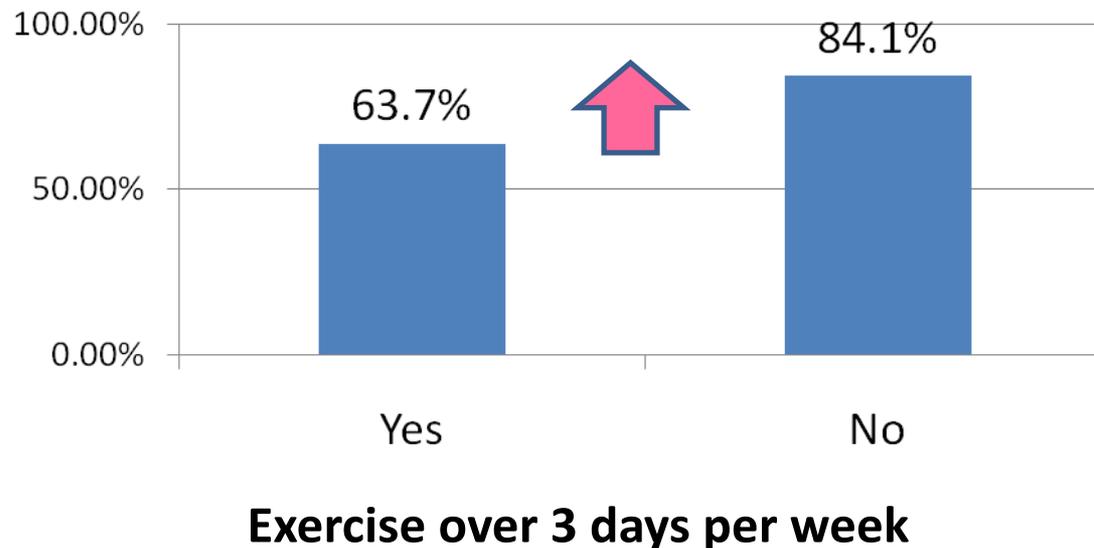




# Results

## □ The results showed

- Exercise habits increased from 63.7% to **84.1%**
- 89.4% participants agreed that this activity could increase their exercise intention and improve their health.





# Conclusions

- ❑ National Institute for Health and Care Excellence (NICE) indicate that you will remind yourself to walk with pedometer, and achieve recommended daily physical activity.
- ❑ This year, we held a health promotion program by mobile step counter application in hospital and increased the employees' interest in exercise walking significantly.



# Conclusions

- ❑ It's easy to do, fun, and with little cost.
- ❑ We will keep using mobile application to let more staff to participate in health promotion activities and make our staff healthier.



# Thanks For Your Attention

“The miracle is not that we do this work,  
but that we are happy to do it.”

-Mother Teresa

