



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.



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

- 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

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 5th 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, and obtained an award of 『Gold level』

2017



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



Outline

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Purpose

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Introduction



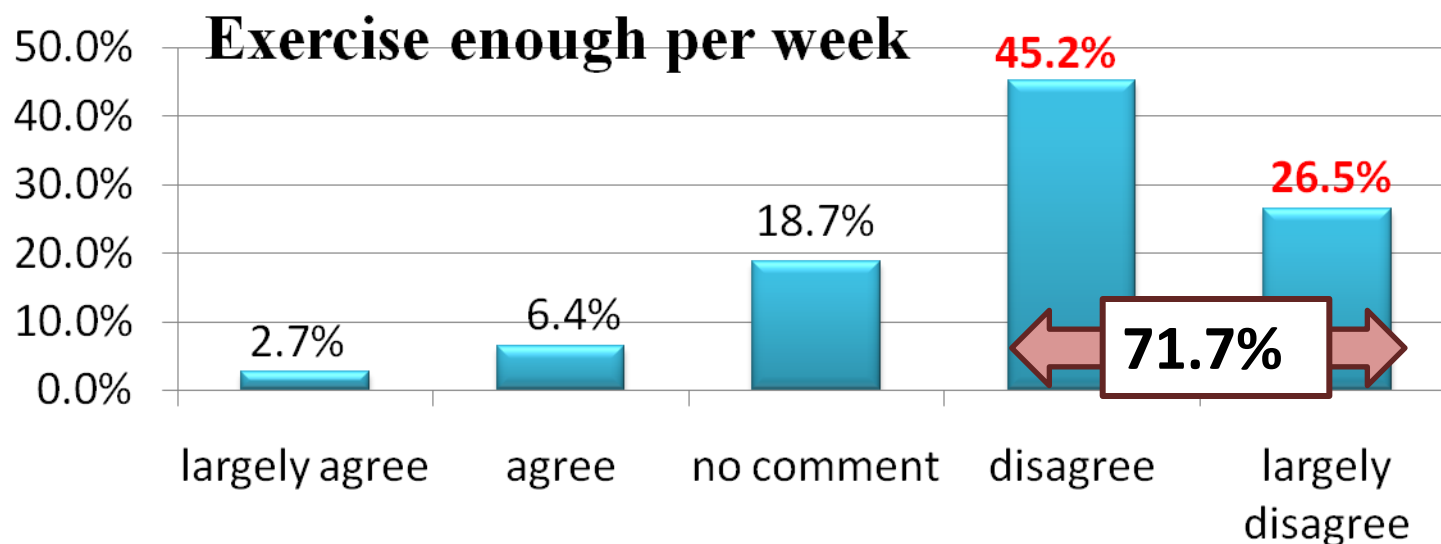
- ❑ The World Health Organization points out that **walking** is one kind of physical activity that is the most easily practiced and recommended.
- ❑ According to the 2013 survey of the HPA in Taiwan, 30.4% of people who's main exercise are walking.





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



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.





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		
1.	黃幸子	20,468
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.	僑燕 徐僑燕	10,692
25.	阿正	10,671
26.	fenny liu	10,489
27.	于建雲	10,433
28.	芝榆 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.	雪芳 許雪芳	9,872
34.	廖婉玲	9,468



Method

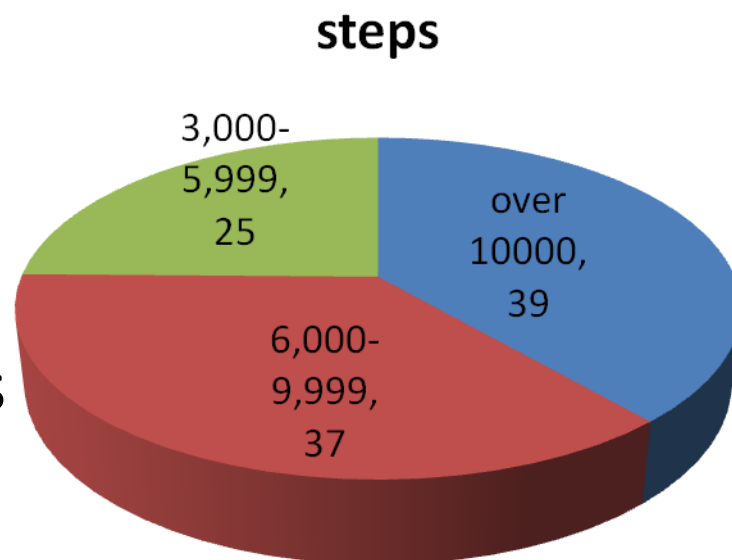
- The outcomes were analyzed~
 - activity satisfaction survey
 - individual average daily steps
 - exercise habit questionnaire





Results

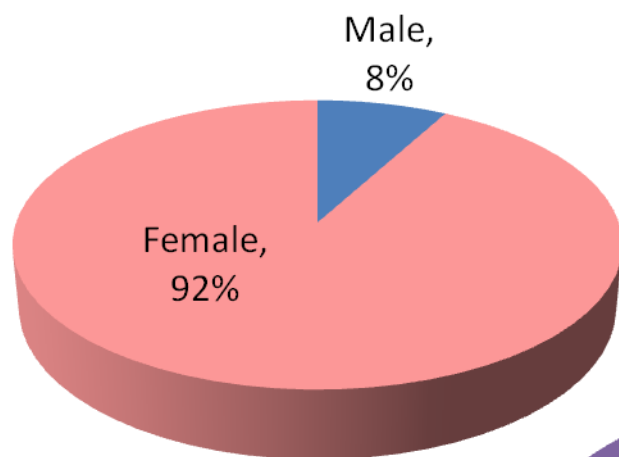
- 147 employees participated in the walking activity and did for more than 5 months.
- The average daily steps :
 - 39 people (26.5%) were over ten thousand steps
 - 37 people (25.2%) were between 6000 to 9999 steps
 - 25 people (17%) were between 3000 to 5999 steps.



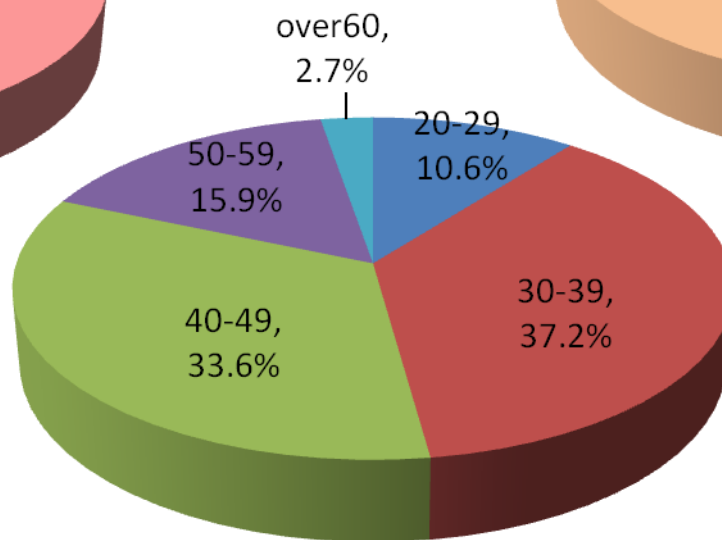


Results

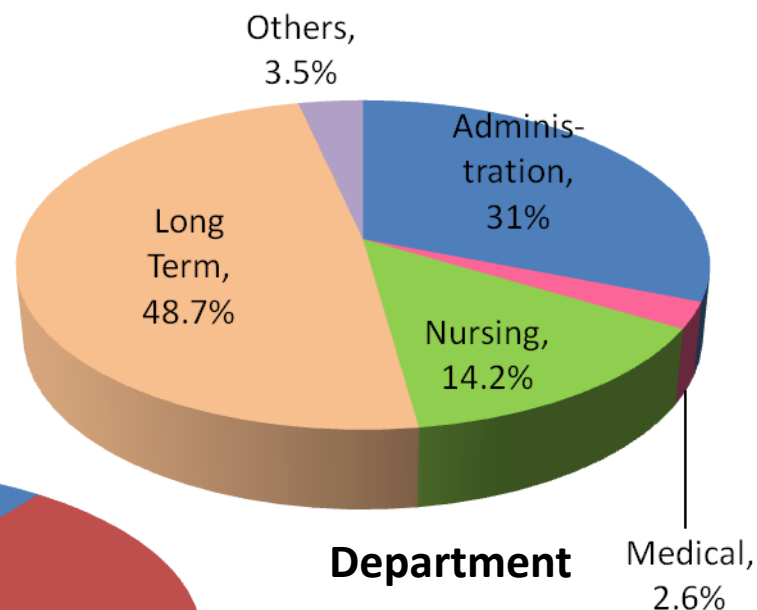
□ A questionnaire survey was completed by 113 participants.



Gender



Age



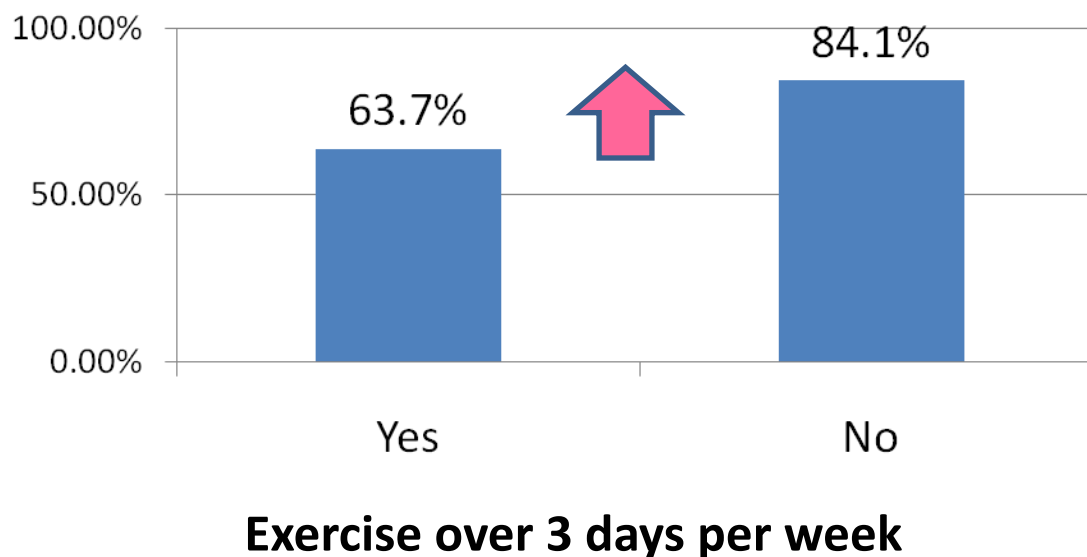
Department



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

