

The impact of online and offline dual-track health promotion program on the health behavior of hospital staff during the COVID-19 pandemic

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Background and objective

During the COVID-19 pandemic, health care workers faced significant physical and mental pressure.

The purpose of this study is to investigate how a staff health promotion plan, which provides appropriate leisure activities and online program, can positively influence the health behavior of hospital staff during the pandemic.



Methods/intervention



Mobile Phone/Line@

Target

275 staff from
Taiwan Adventist
Hospital

Providing On-site and Online dual- track Health promotion program

- Exercise consultation
- Handmade Plant Therapy
Stress Relief Course
- Cooking Class

- Online AR exercise activities
- Online dietary guidance
- Online dietary trivia

Behavior changes

Pre- and post-test data
were collected through
questionnaires

Methods/intervention

On-site
Health promotion



Exercise consultation



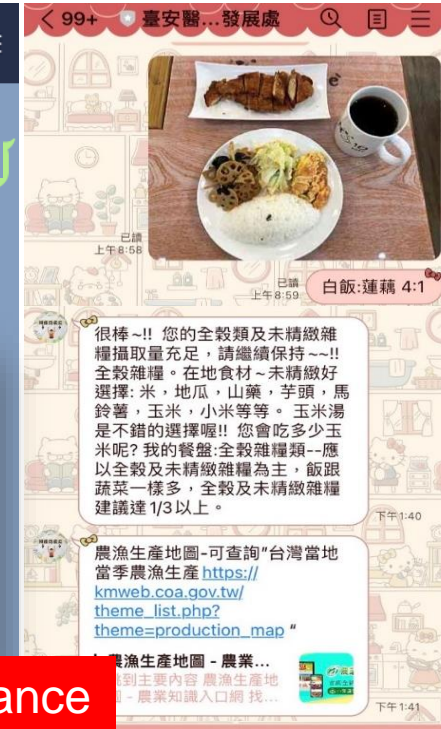
Plant Therapy Stress Relief Course



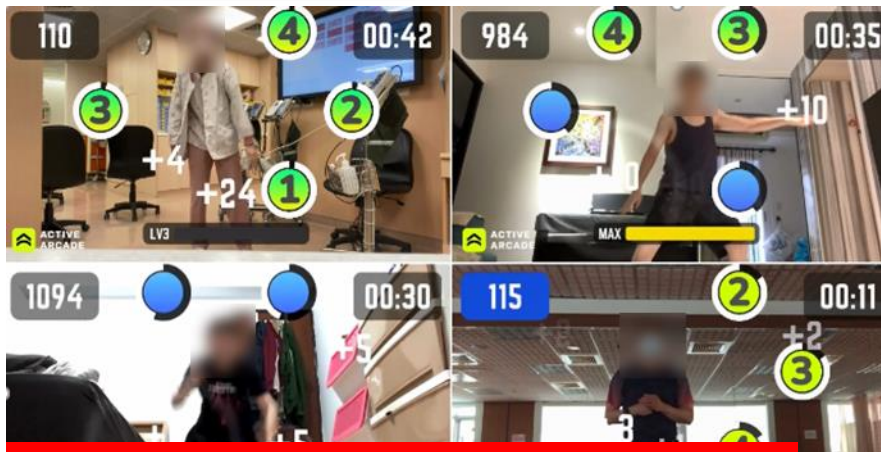
Cooking class



Online dietary guidance



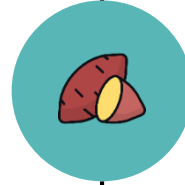
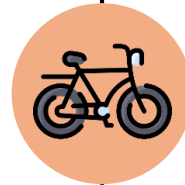
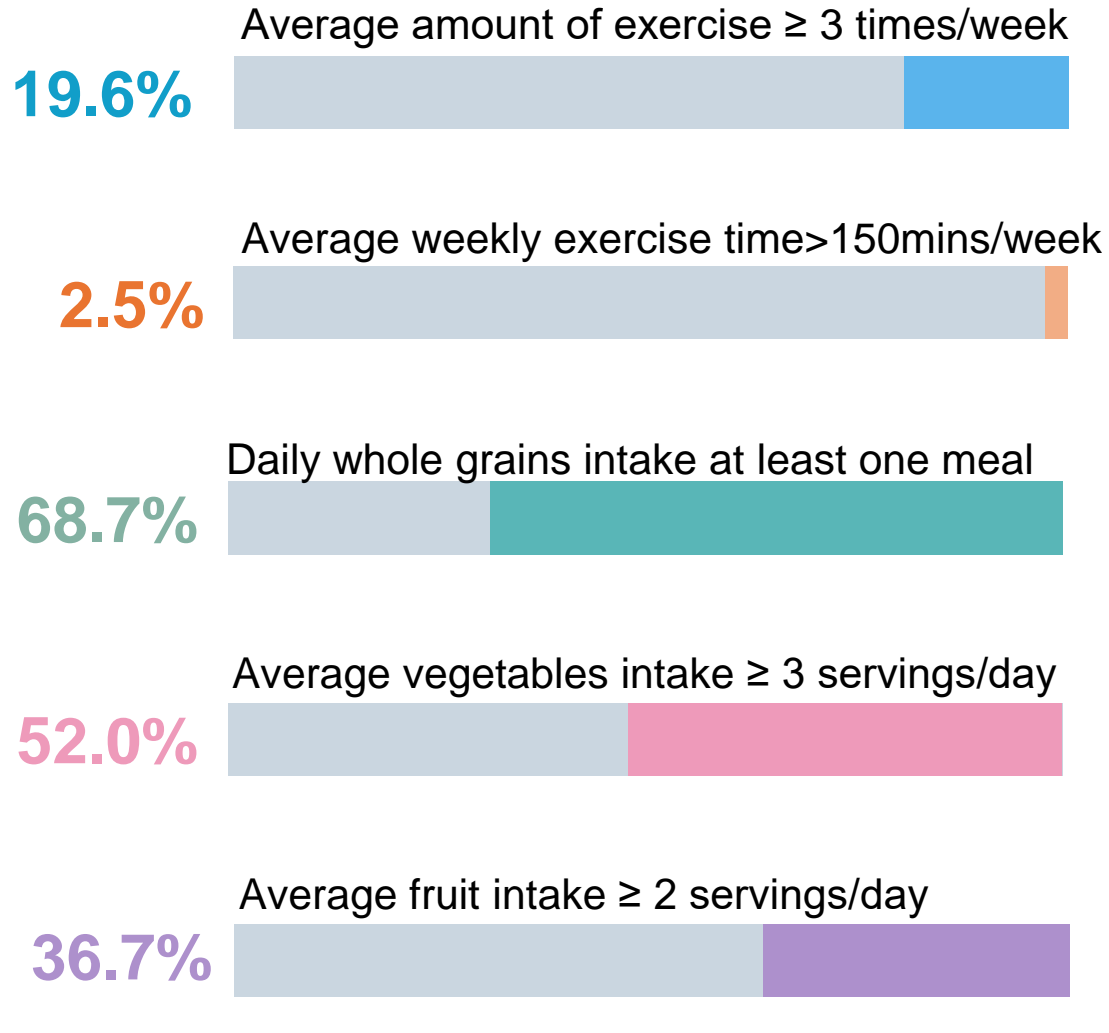
Online
Health promotion



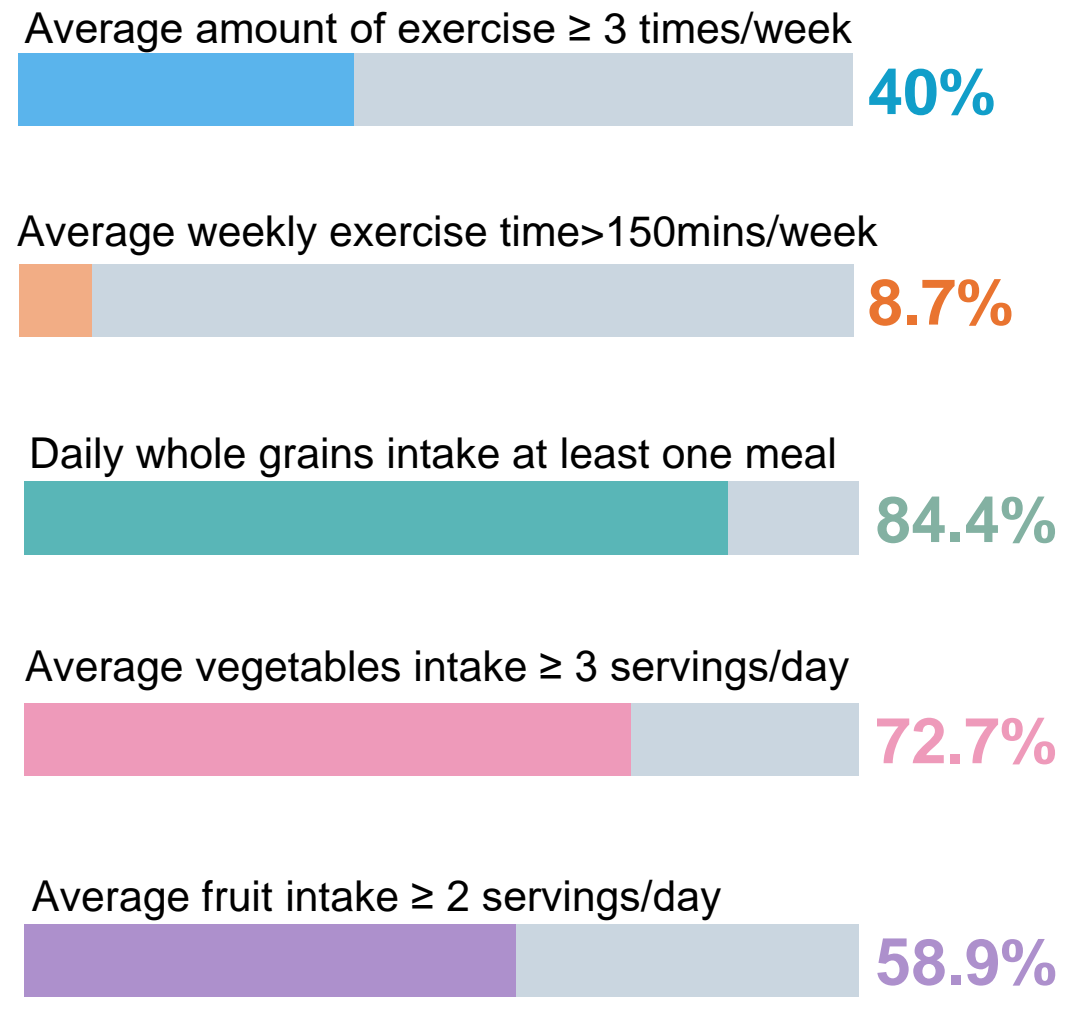
Online AR exercise activities

Results

Before



After



Pre- and post-test data were collected through questionnaires to evaluate the program's impact on behavior changes

Conclusions

COVID-19 Impact

Traditional health events constrained by social distance rules in Taiwan.



Positive Changes

Participants showed better physical activity levels and dietary habits.



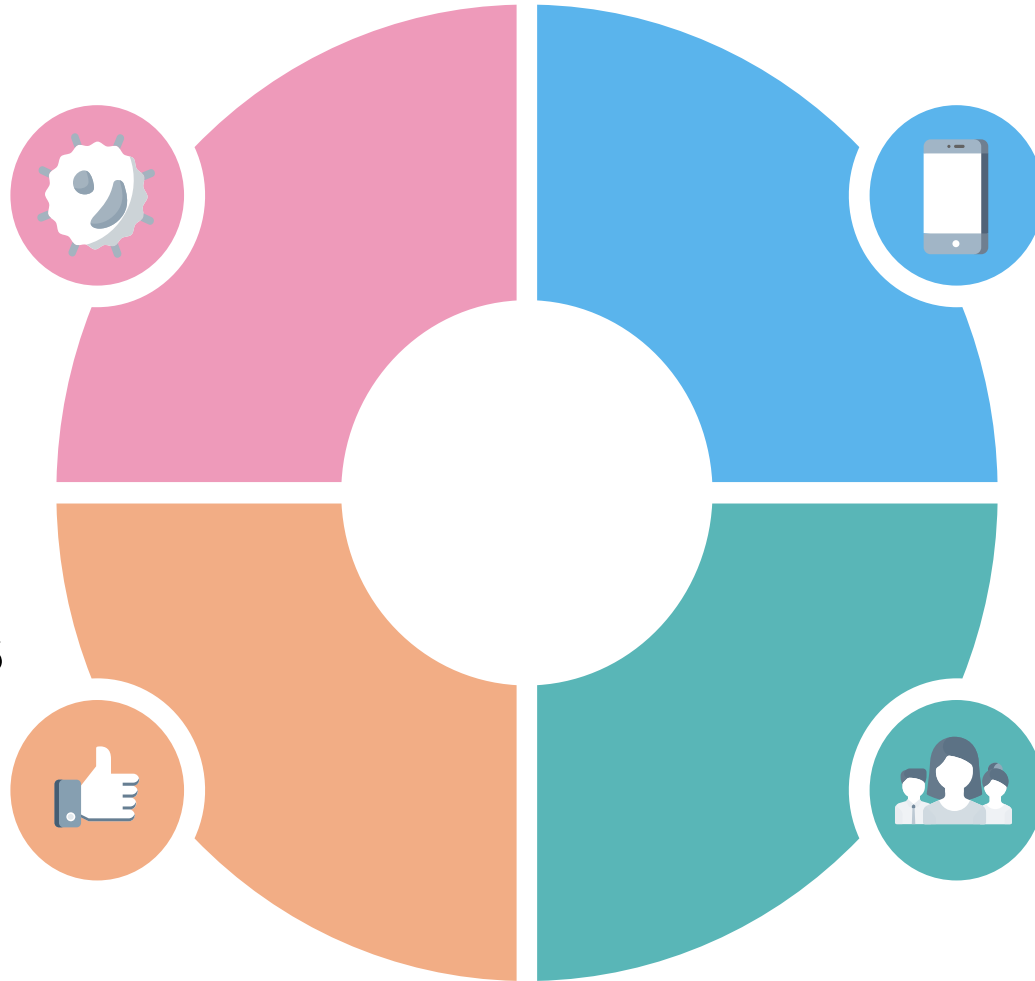
Dual-Track Success

Combined online-offline health programs effectively improved behaviors.



Safeguarding Healthcare Workers

Support healthcare workers' well-being.
Sustain a healthy workforce during challenges.



Thank you