



# Interventions for Health Promotion in the Countryside Community -Promoting Green Diet

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## Introduction

In order to respond to the problem of population aging, strengthen preventive and supportive services, promote the physical and mental health of the elderly in the community, and implement the spirit of aging in place and community creation, a "community care base" is established in accordance with the "Implementation Plan for Establishing a Community Care Base" to provide preventive care (catering services, health promotion activities, etc.). It can be seen that care bases have flourished in various communities and neighborhoods.

## Purpose/Method

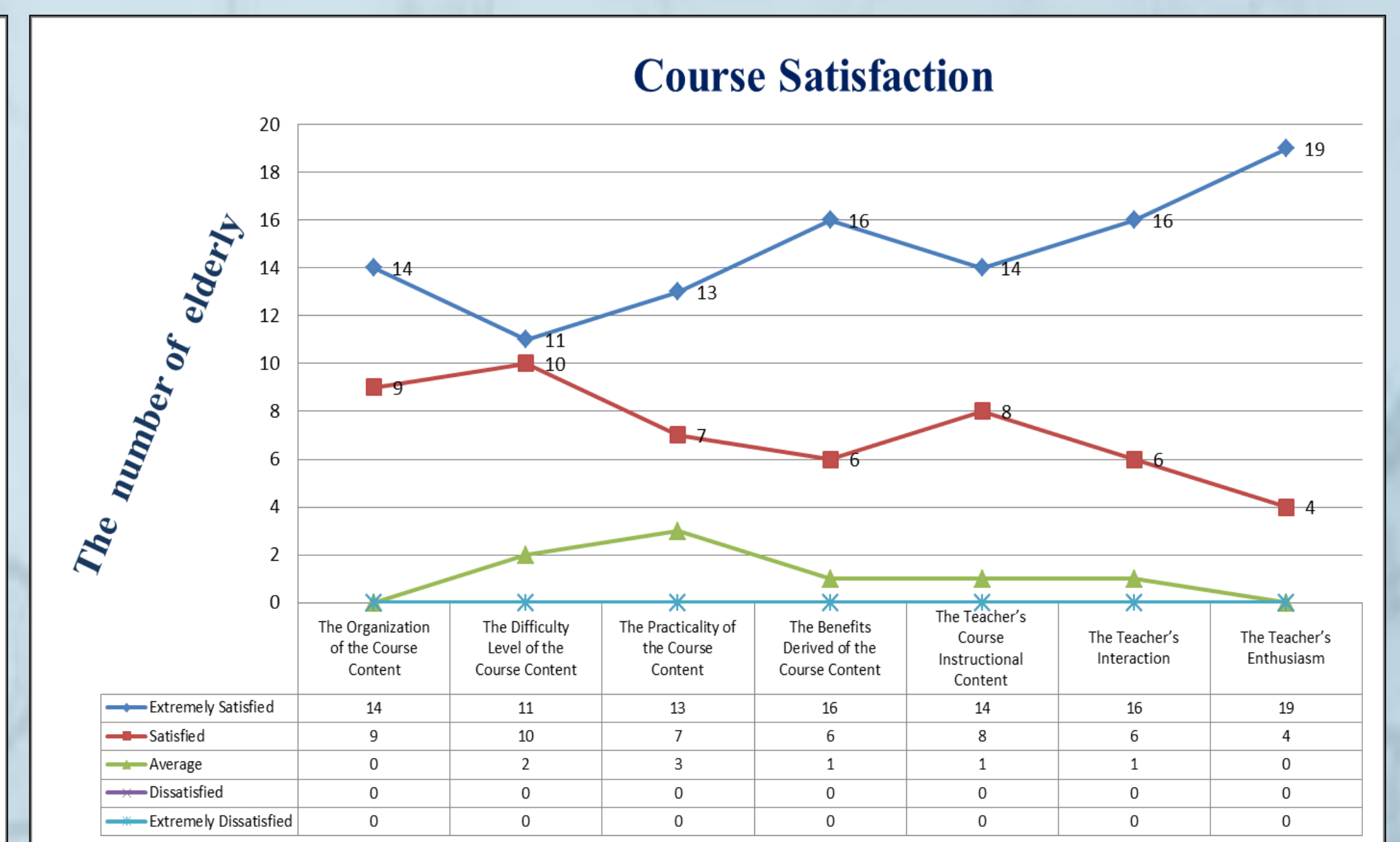
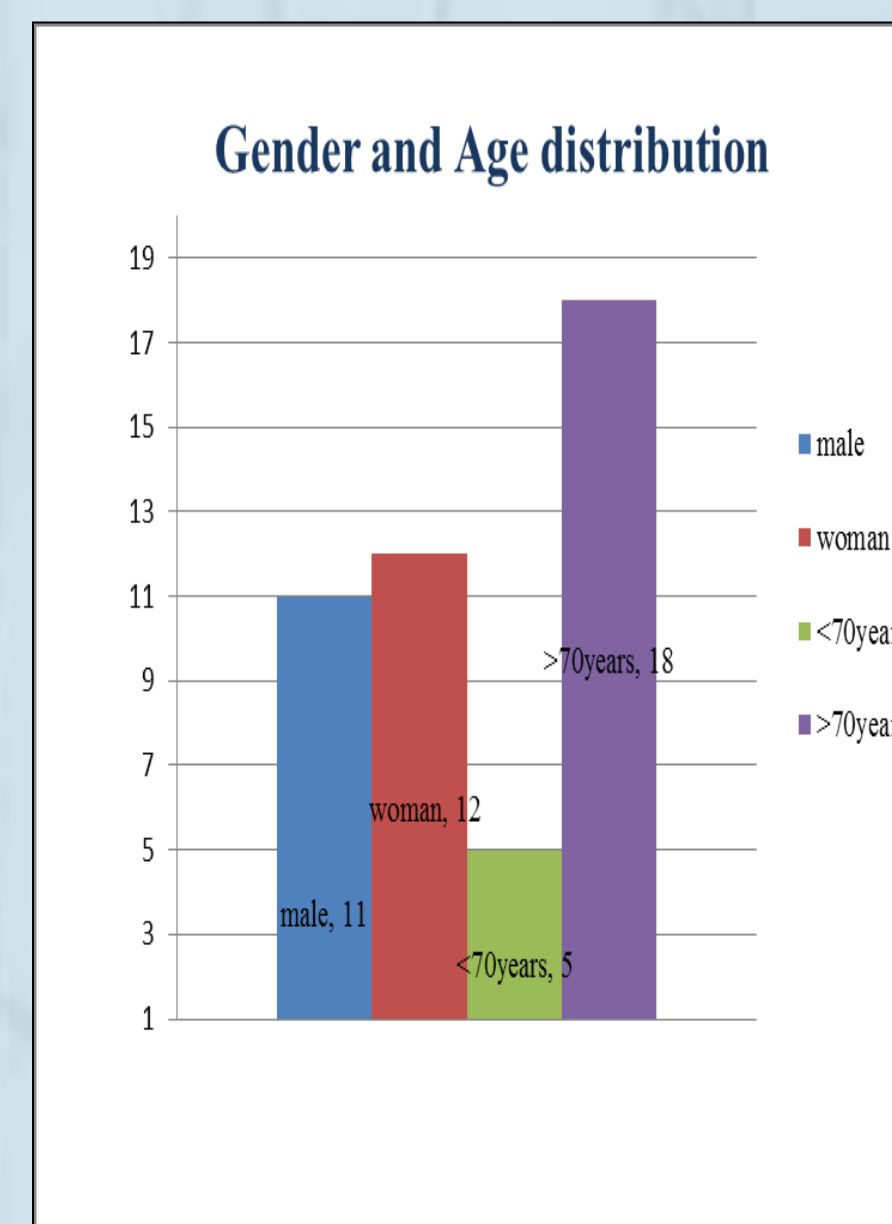
"Green Diet" is a simple change in living and eating habits. It promotes the right amount of food, giving priority to local, seasonal and natural ingredients, and bringing your own environmentally friendly tableware, so as to cherish food and reduce leftover food.

The program content includes: (Implement the plan 6 months)

- Daily dietary guidelines.
- Five-color fruits and vegetables.
- Healthy meal plates for the elderly.
- Whole-grains.
- Vegetables and fruits.
- Oils and nuts and seeds.
- Design healthy low-carb meal.
- Designed muscle-building meal.
- Immune enhancement courses.
- DASH (Dietary Approaches to Stop Hypertension) diet courses.

## Results

After 6 months of joint efforts, the course satisfaction survey found that 23 people participated in the elderly questionnaire, with an average age of  $73.26 \pm 6.03$  years old, the female ratio: 52.1%, the male ratio: 47.8%, and 23 people returned the questionnaire. The questionnaire was effectively returned. The rate is 100%, excluding the non-recycling rate of 0%, and the satisfaction rate is 95.1%.



## Conclusion

Cishan Hospital is a public hospital in the community, providing professional manpower and the independent participation of community residents to establish a diverse community care service model to create a healthy environment with green food for the elderly in countryside communities.

