

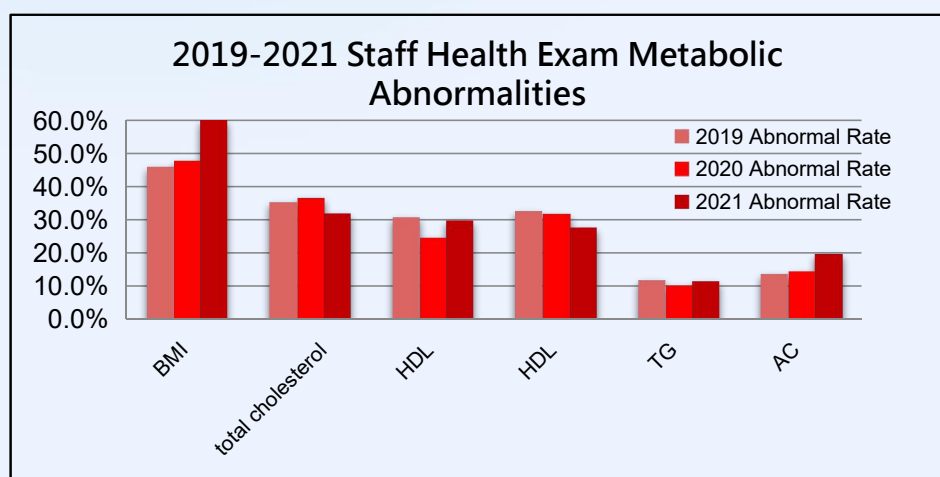
# Smart and Healthy Life of Weight Loss by Cross-Team Group to Improve the Effectiveness of Metabolic Syndrome Improvement During the COVID-19 Pandemic

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## Background

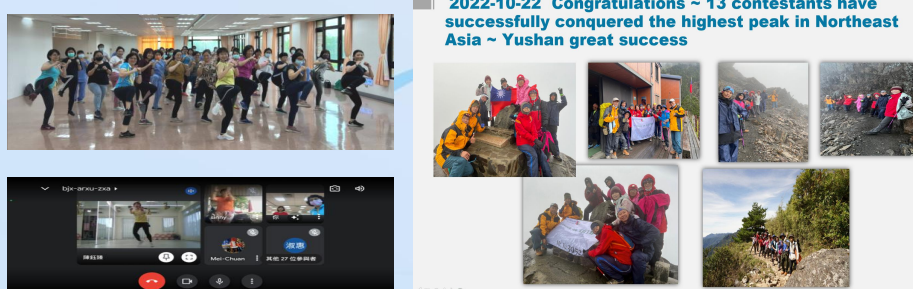
During the COVID-19 epidemic prevention period in 2020, the abnormal rate of employee health checks was triggered by the “mutant” virus, such as 44% for BMI greater than 24, and 37% for high levels of total cholesterol. As above mentioned, it shows that the risk of metabolic syndrome may be relatively high in the next 10 years. Therefore, this study explores the effectiveness of remote multi-professional team intervention with health knowledge-oriented intelligent self-management in improving metabolic syndrome.



## Materials and Methods

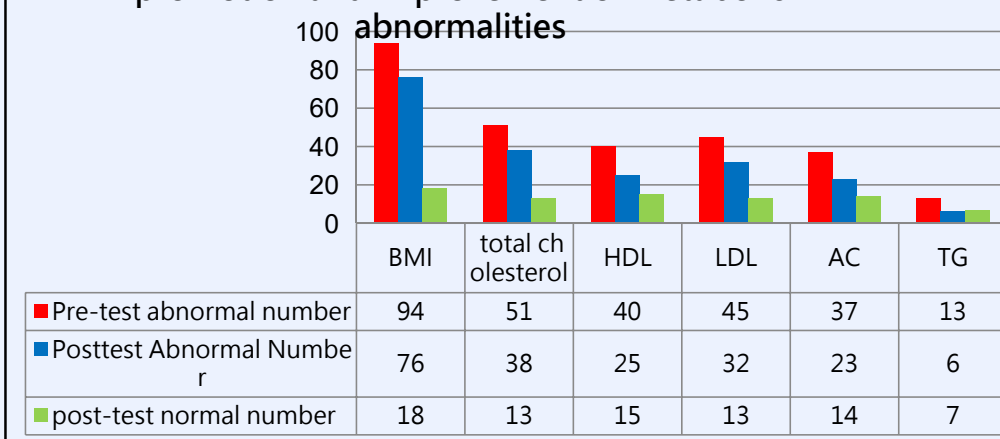
Colleagues in our hospital are highly professional medical professionals. The study takes the intentional sampling method of employees voluntarily participating in health promotion as the research object. The effective sample is about 142 people. Innovation, teamwork, and distance promote healthy workplace strategies for 24 weeks, thereby improving metabolic syndrome. Our hospital take smart and healthy new life group strategy: (1) Establish a healthy public policy - a cross-team of 6 people (medical, nursing, medical technology, management, at least 3 occupations) at least 2 people are obese or overweight. (2) Create support Sexual workplace environment - the top three team honors and the standard award, the dean personally awarded the award. (3) Strengthen the workplace action - super enjoy lean - fat burning muscle strength, super happy life - aerobic leap, step by step challenge, lunch YA cafeteria. (4) Develop personal healthy workplace skills - strengthen and increase multi-media (entity and distance) education and training. (5) Adjust the orientation of healthy workplace - in response to the low participation of physicians, call on 15 physicians to serve as team leaders for weight loss, and drive colleagues and teams with a BMI greater than 24 get moving.

2022-10-22 Congratulations ~ 13 contestants have successfully conquered the highest peak in Northeast Asia ~ Yushan great success



When employees participated in the pre-test of the 2021 health promotion plan, the number of abnormal BMI, pre-meal blood sugar, total cholesterol, HDL cholesterol, LDL cholesterol, and high blood pressure were 50, 15, 24, 25, 27 people, the number of post-test abnormalities was 38, 11, 7, 15, and 18, and the abnormal improvement rates were 24%, 27%, 71%, 40%, and 33%. Among them, the improvement of total cholesterol and HDL cholesterol is the most significant.

## 2022 of participation in employee health promotion and improvement of metabolic abnormalities



The 6-person team achieved excellent pre- and post-test results - a total of 20 physicians led the team and lost a total weight of 232 kg



## Conclusion

The results of the study show that the COVID-19 epidemic restricts physical activities. For colleagues with a BMI greater than 24 and a low participation rate of physicians, our hospital uses cross-team recruitment, and through the anti-epidemic time of each medical team Accumulated revolutionary emotions teamed up to participate in the competition, which inspired the spark of healthy weight loss to be more brilliant. The team participated in the multi-media education training and activities of the hospital, so that the team work together to lose weight healthily, achieve the effect of improving metabolic syndrome, and win priceless health at the same time and camaraderie. Therefore, the experience period of this study can be used as an important reference for future practical experience in promoting the health promotion of patients and the community, and can effectively prevent the incidence of metabolic syndrome.