

12 week health promotion project and its influence on active aging

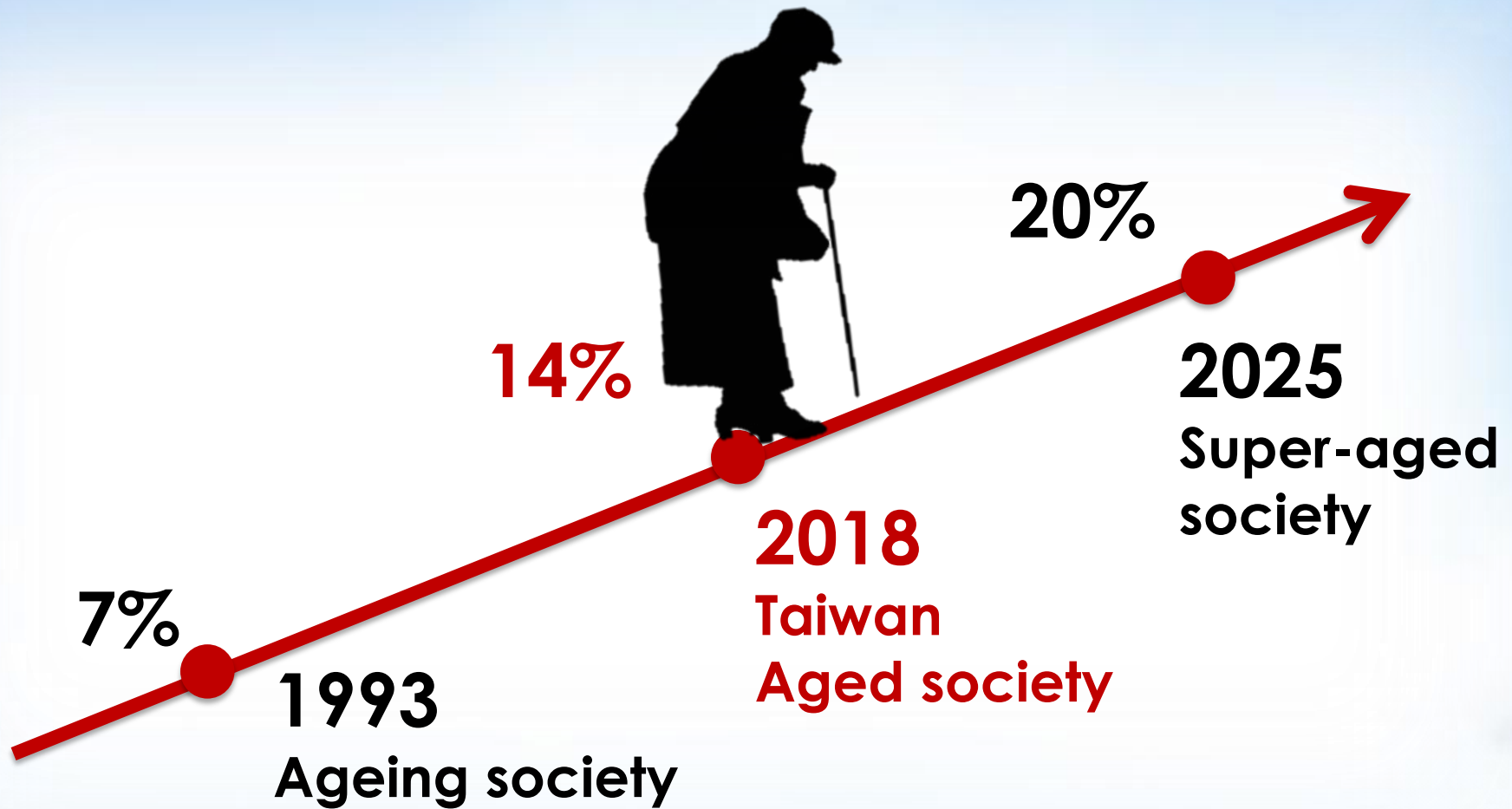
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Outline

- ❖ Introduction
- ❖ Purpose/Methods
- ❖ Results
- ❖ Conclusions
- ❖ Relevance to HPH

1-1 Introduction



1-2 Introduction

To improve overall health of the aged people, our institute created a 12-week program for aged people.



107年社區預防及延緩失能照護計畫

銀造健康動感班

◆ 內容:

12週運動課/健康飲食/疾病認識及預防/環境安全/老年生活規劃

◆ 日期/時間:

8月	31	星期五 早上09:00~11:00 共12堂課
9月	7、14、21、28	
10月	5、12、19、26	
11月	2、9、16	

◆ 地點:新和國小(新北市新店區安和路三段100號)

◆ 對象:65歲以上長者優先

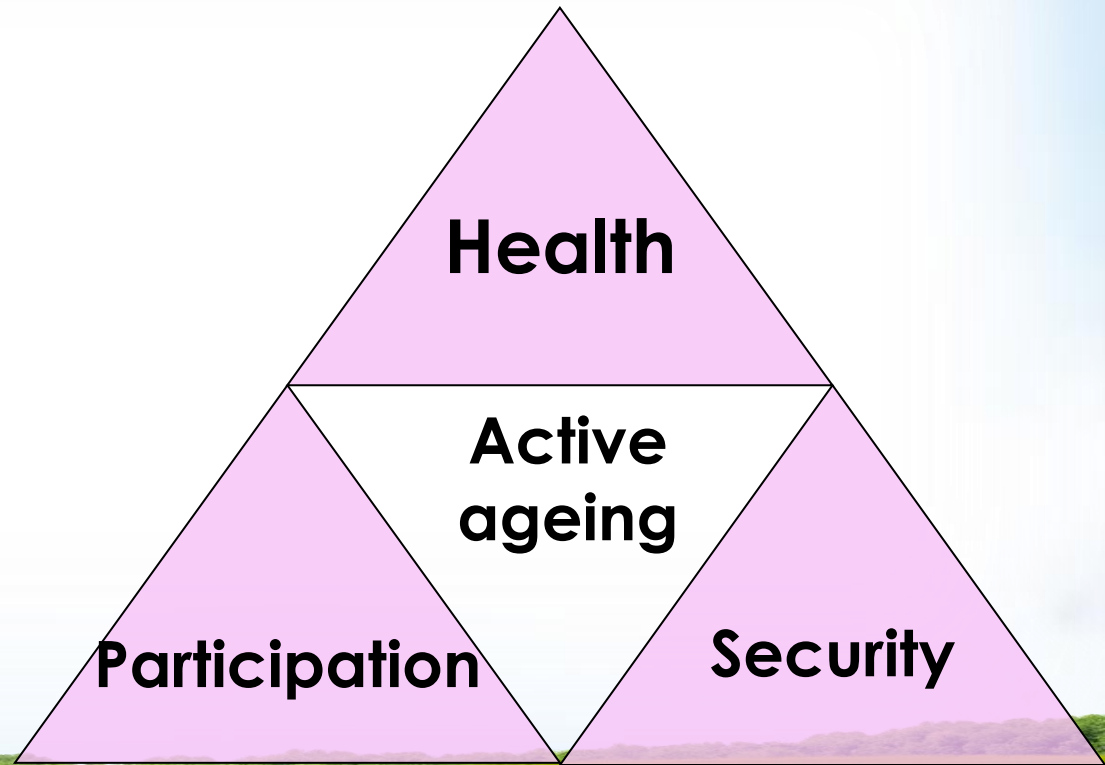
◆ 費用:免費課程,歡迎參加

◆ 報名請洽:永平里里長 林木山(02)2943-6633

參加活動就送精美好禮~



指導單位:衛生福利部國民健康署、新北市政府衛生局
主辦單位:天主教耕莘醫院、永平里辦公處 (本經費來自菸品健康福利捐)



2-1 Purpose/Methods

The project targeted on people over 65 years old and took place in Yong-ping-li ,a community in Taipei Xindian District.



2-2 Purpose/Methods

Participants spent two hours per week for three months. The group leader introduced “**active-aging**” related topics for discussion.

Lecture



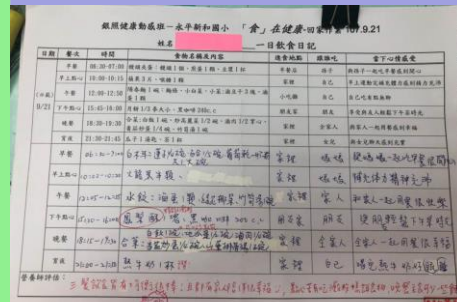
Experience activities



Group discussions



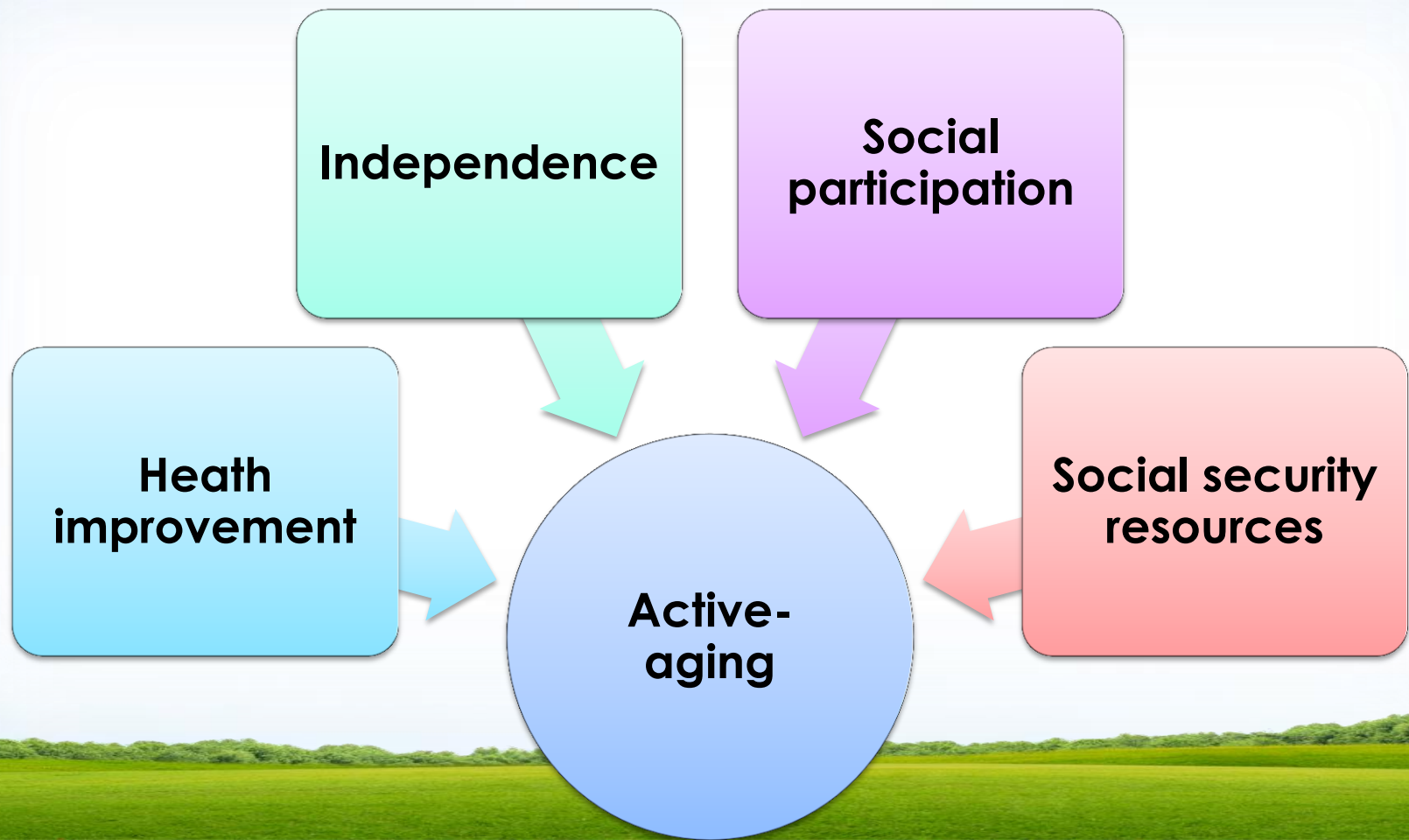
Homework



DATE	COURSE TOPIC	CONTENTS
8/31	Happy meeting	Course introduction
9/7	Start with healthy life	Exercise safely; the benefit of exercise
9/14	Live long and live good;	Chronic illness and the importance of heath exam
9/21	Eat healthily	Eat healthily for aged people
9/28	Stay healthy	Acquire good heath information
10/5	Exercise for living	Experience sharing for exercise
10/12	Experience sharing for exercise	Avoid fraud and good money management
10/19	Smart living with 3C	Listen old music by YouTube
10/26	Live and Safe	Prevent falling for aged people
11/2	When happiness knock on your door	Think positively
11/9	Live and make choice	Retirement planning and volunteer work
11/16	End of program celebration and farewell	Final presentations, course review, and Award ceremony

3-1 Results

There are totally 20 participants in the project .
(17 valid questionnaires from 68.8 years old in average).



3-2 Results

The five-point rating scale was used to calculate the statistical analysis of the paired samples.

	Pre-test	Post-test	p<0.05
Heath improvement	16.65±2.06	18.12±1.73	*
Independence	17.12±1.73	18.35±1.84	*
Social participation	17.00±1.73	18.06±1.78	*
Social security resources	16.88±2.18	17.88±1.96	

3-3 Results

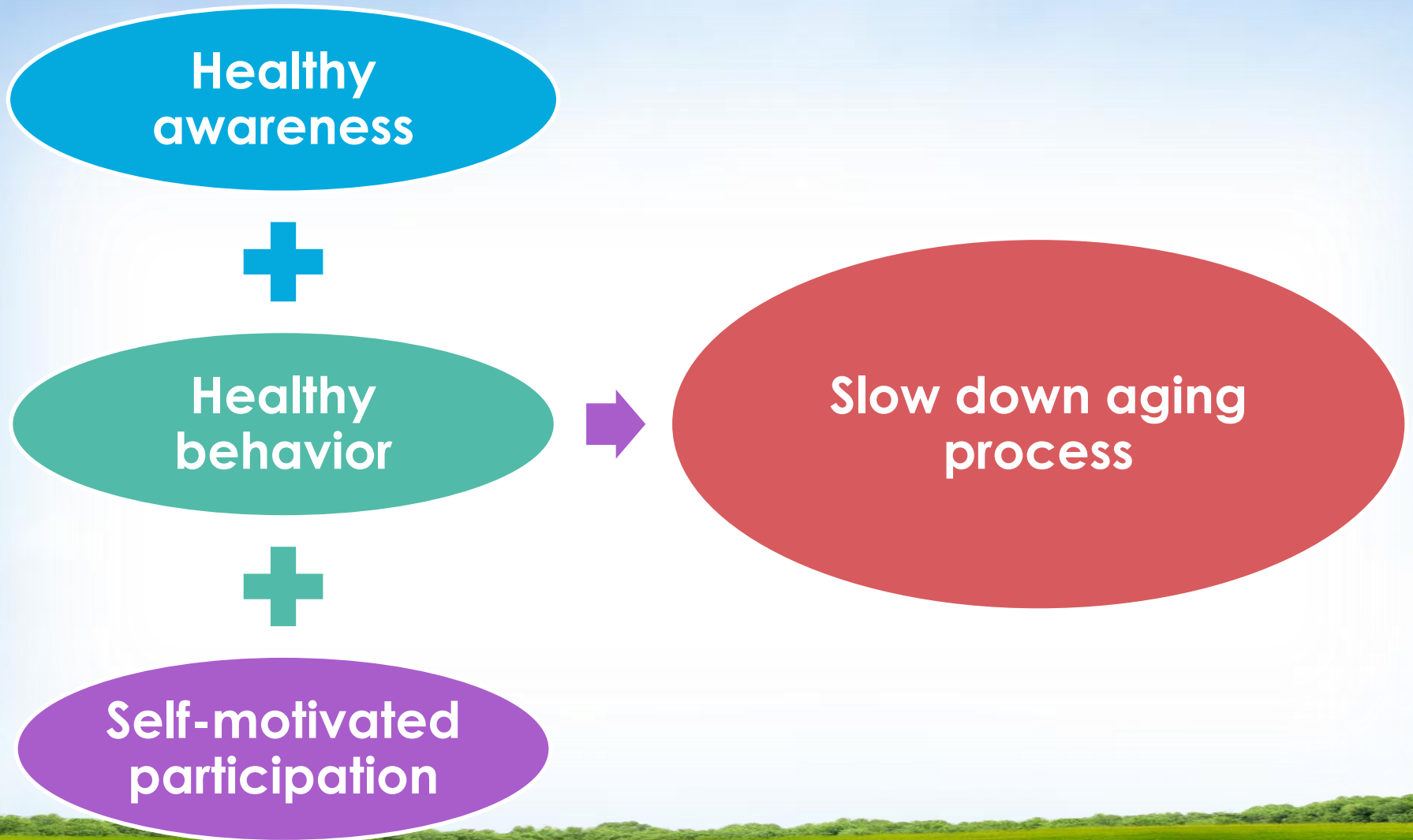


社區預防及延緩失能照護計畫 -長者健康管理



天主教耕莘醫院

4-1 Conclusions



4-2 Conclusions

Through a process of **exploring their own experience and continuous discussion**, the aging people could improve their physical and mental health, self-independence and live with positive view on old age.

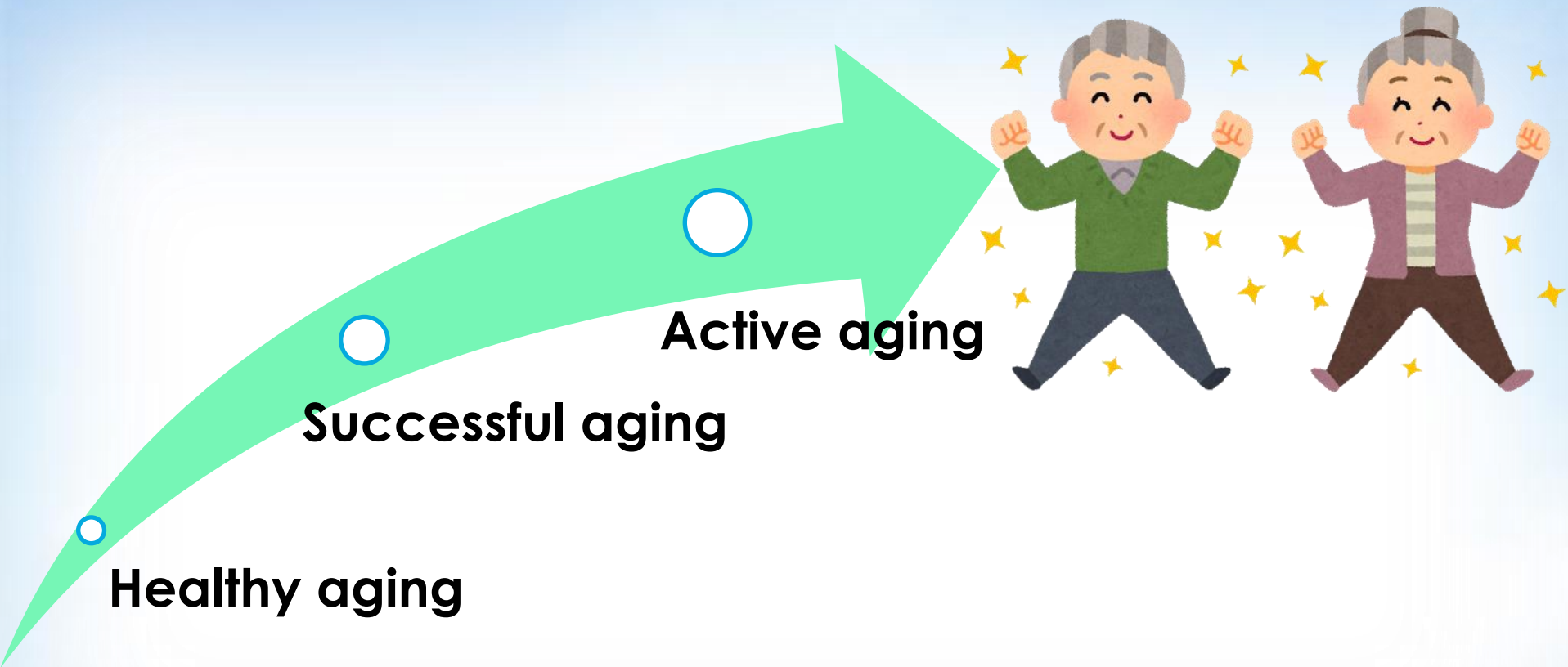


Wrap-up presentation



The project was credited by health organization

5 Relevance to HPH



THANK YOU FOR LISTENING!

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