

## Contents

*(You may click on the title below to view the abstract content.)*

<b>Oral Poster Presentation Session</b> .....	<b>3</b>
Happy Family Kitchen II, a Community-Based Participatory Research (CBPR) to Enhance Family Health, Happiness and Harmony in Hong Kong: A Cluster Randomized Control Trial Under the FAMILY Project .....	3
Valuation on Health Community Indicator in Songshan District, Taipei City from 2009 to 2013 .....	4
Priorities of Healthy City Project in the Perspectives of Developing Country's Community Leaders - Based on a Small City in Ethiopia .....	5
Hsinchu County Government's Innovative Programmes to Increase Crude Birth Rate .....	6
The Effectiveness of Using MiPHS Case Management System for Patients with Chronic Diseases: An Evaluation from Charity Clinic in Taiwan.....	7
An Overview of Evidences Related to Systematic Reviews of Qigong .....	8
The Activation Plane of Lao-Chieh River .....	9
Health in All Places – The Experience of Total Health Promotion at Workplace .....	10
Strengthening Family Relationship to Increase Family Health, Happiness and Harmony: Findings from a Community-Based Participatory Research (CBPR) Project Under FAMILY: A Jockey Club Initiative for a Harmonious Society Project in Hong Kong .....	11
Three Areas GO Together, Love and Health.....	12
Healthy Cities Model Development in Korean Cities.....	13
When Healthy City Project Faced Power Transfer .....	14
Creating Livable and Friendly Communities in Hsinchu City .....	15
A Comprehensive Care In-Home Services for the Disabled Elderly in Miaoli County, Taiwan .....	16
Physically Active Adults Reported Higher Levels of Family Happiness, Harmony and Health: Findings from the Hong Kong Family and Health Information and Trends Survey (FHinTs) Under FAMILY: A Jockey Club Initiative for a Harmonious Society Project.....	17
Sustainable Taoyuan from Low Carbon Aerotropolis .....	18
Hearts Jumping- All People CPR.....	19
Educational Program to Prevent Drug Misuse and Abuse .....	20
Miaoli County "to Retain a Good Teeth" : Elderly Oral Health Promotion Plan .....	21

Development of Refined Agriculture .....	22
The Babybot in Hsinchu City – A Cloud-Based Personal Health Management System .....	23
Stopping the Circle of Inter-Generation Abuse - Hsinchu City Infant Mental Health for Early Treatment of Parent-Child Relationship .....	24
Senior Citizen Friendly Beitou Town Fostering the Health of Senior Citizens Through Intergenerational Learning .....	25
Love Your Parents –The Best Solution to Control Hypertensive .....	26
The Citizen's Perception for the Age-Friendly Cities Initiatives in Chiayi City, Taiwan.....	27

**Oral Poster Presentation Session**  
Prevention of Non-communicable Diseases

Abstract Title	<b>Happy Family Kitchen II, a Community-Based Participatory Research (CBPR) to Enhance Family Health, Happiness and Harmony in Hong Kong: A Cluster Randomized Control Trial Under the FAMILY Project</b>
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Hong Kong Council of Social Service and School of Public Health, HKU conducted a three-arm cluster randomized control trial (cRCT) of a community-based participatory research (CBPR) “Happy Family Kitchen II” during July 2012 to June 2013.

The present paper compared intervention arm A and control arm C to determine whether CBPR intervention improved family health, happiness and harmony (3Hs).

31 organizations in Tsuen Wan and Kwai Tsing districts were randomly allocated into: intervention arms A (n=11) and B (n=10), and waitlist control arm C (n=10). Within positive psychology and an agreed similar framework, each organization organized their own program on one selected theme of “Five-Taste Model” for people aged 6+ recruited by organization. Arm A had two intervention-sessions and one tea-gathering, and arm C had tea-gathering first (intervention at 3 months later). Participants were assessed four times (T1, pre-intervention; T2, immediately post-intervention; T3 and T4, 1 and 3 months after T2). Changes of primary outcomes from T1 to T3/T4 were compared in participants aged 12+ of arms A and C.

Behavior score change was greater in arm A (n=416) than arm C (n=432) at both T3 (Effect size=0.11, p=0.03) and T4 (ES=0.21, p=0.003). Family health score and happiness score changes were greater in arm A than arm C at T3, with ES=0.23 (p=0.001) and ES=0.18 (p=0.01) respectively. Mental health score and intention score changes were greater in arm A than arm C at T4, with ES=0.16 (p=0.03) and ES=0.18 (p=0.01) respectively. All changes above indicated improvements in outcomes.

This was the first cRCT to evaluate a CBPR short intervention in Hong Kong, which was effective with small effect size in increasing participants’ intention and practice in healthy behaviors and improving family 3Hs, suggesting that CBPR, evidence-based and evidence-generating programmes are feasible and effective.

## *Oral Poster Presentation Session*

Health in All Policies

Abstract Title	<b>Valuation on Health Community Indicator in Songshan District, Taipei City from 2009 to 2013</b>
Author	Prof Pei-jen CHANG
Position	Professor
Affiliation	National Taipei University of Nursing and Health Sciences Taiwan
Other Authors	

To encourage community residents to actively participate in policy setting and action implementation to ensure that the contents of plan meet the residents' needs.

To evaluate the result of the five-year intervention from 2009 to 2013 based on the health community indicators for 33 neighborhoods in Songshan District, Taipei City.

To utilize the questionnaire distributed to 33 neighborhoods in Songshan District to carry out the comparison of basic data, evaluation on health indicators, and analysis on the development, degree of development and differentiation of indicators to evaluate and review various indicators.

The coefficient of Cronbach's  $\alpha$  in the study is 0.815, and the detailed coefficient for community environment 0.714, and 0.079 for community organization and energy, and 0.756 for community health service, all of which attained the high reliability. Through the five-year intervention of various health promotion policies, the scores for the community environment, community organization and energy, and community health service in the health community indicators were raised in 2013.

To facilitate the connection and interoperability of local resource networks and aim at the sustainable and mutual development in Songshan District.

***Oral Poster Presentation Session***  
 Healthy City Development in Developing Country

Abstract Title	<b>Priorities of Healthy City Project in the Perspectives of Developing Country's Community Leaders - Based on a Small City in Ethiopia</b>
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In Africa, the concept of 'healthy city' lacks local understanding and there are no African cities undergoing such project. Therefore, South Korea's Yonsei University, in cooperation with Korea International Cooperation Agency(KOICA), is currently undertaking a project in Holeta, Oromia, Ethiopia, that would develop the region into the first healthy city in Africa.

This research project aims to recognize the importance of setting priorities in the process of a healthy city project and investigate in the priorities of the project with concerns to the perspectives of local community leaders.

The project area is a small city in Ethiopia, currently under a healthy city project, and 32 programs under 8 categories have been developed based on the results of a healthy city need assessment targeting 1,420 local residents. Among the 32 programs, 16 programs were selected based on the city profile, city statistics, analysis on local health issues and SWOT analysis. BPRS regarding these 16 programs was conducted on 12 community leaders.

Converting the BPRS results into a 100 point scale, 'HIV/AIDS examination' was rated the highest with 63.3 points, followed by 'providing of safe drinking water'(55.3), 'advertisement of healthy city'(52.8), 'community health classes'(51.5), 'health promoting schools'(48.1) and 'ANC/PNC education'(48.0), 'promotion of infant/child immunization'(47,7) etc.

Setting the priorities of the healthy city project is one of the most important steps in the project's planning stage, and is essential to developing an effective project. According to the research results, programs that reveal the health characteristics of developing countries such as high prevalence of HIV/AIDS and waterborne diseases have been developed, and have high priority among the list. Likewise, developing and promoting the appropriate programs for the local area is important in developing a healthy city project.

## Oral Poster Presentation Session

### Health in All Policies

Abstract Title	<b>Hsinchu County Government's Innovative Programmes to Increase Crude Birth Rate</b>
Author	Mr Sheng-chi WU
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Other Authors	Dr Jack Yu-jen HUANG

Taiwanese society is currently facing two challenges: low birth rate and aging population. Taiwan's current fertility rate has decreased to one of the lowest in the world. Hence, enhancing the birth rate has become an important national goal. With the aim of promoting maternal and child health care, Hsinchu County Government provides numerous fertility incentive programmes.

We report Hsinchu County government's innovative programmes to increase crude birth rate.

(1) Neonatal nutrition assistance: Every newborn receives NT\$ 10,000 subsidy. Jurisdiction township offices also provide bonus subsidies (Jubei City, Sinpu town: NT\$10,000/person; Cyonglin: NT\$6000/person; Baoshan Township "twin subsidy": NT\$50,000).

(2) Unemployment childcare allowance: This programme is for families with children under 2 years old and one unemployed parent (Average-income family: NT\$2,500/month; Medium-income families: NT\$4,000/month; Low-income families: NT\$5,000/month).

(3) Childcare subsidies: This programme is for families with employed parents sending children under age of 2 to legally-registered childcare centers. (Average-income families: NT\$3,000/month; Medium-income families: NT\$4,000/month; Low-income families: NT\$5,000/month).

(4) Fertility treatment assistance: Ton-Yen General Hospital (TYGH) International Center for Reproductive Medicine and Infertility has collaborations with Stanford University professors and offers world-class fertility treatments. TYGH provides NT\$1,500,000/year for fertility treatment aid to low-income underprivileged families.

Hsinchu County saw an increase in crude birth rate from 9.83% to 11.91% during 2010-2012. Hsinchu County's crude birth rates for past three years were 9.83% (2010), 10.64% (2011) and 11.91% (2012). In 2012, Hsinchu County's fertility rate ranked second in Taiwan and was named second place in the "Taiwan Top 10 Happiness Cities". Each year, over 5000 babies were born in Hsinchu County. As of March 2014, Hsinchu County's population surpassed 531,723 with Jubei city having most population growth.

Hsinchu County Government's future blueprint is to develop the region into a city filled with "hope, brightness and technology" connected to the world by carrying out effective county administrative plans.

***Oral Poster Presentation Session***  
Prevention of Non-communicable Diseases

Abstract Title	<b>The Effectiveness of Using MiPHS Case Management System for Patients with Chronic Diseases: An Evaluation from Charity Clinic in Taiwan</b>
Author	Dr Jia-sheu HUANG
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The healthcare communities of today lacks case management services which involves medical record integration, integrated caring, information exchange and collaborated operation among medical institutions.

MiPHS case management system was jointly developed by MiTAC Corporation and Charity Clinic. The project incorporated doctors, case managers, individual caretaker and healthcare resources to build a network of healthcare services that provide a total solution of case management for patients with chronic diseases.

MiPHS provides continuous services from medical examination screening to doctor-patient relationship management, and performs four major functions:

1. Abnormality screening from examination: automated screening system screens out candidates with possible health abnormalities.
2. Caring service procedure management system: provides standardized service procedure guidelines and helps case managers go through each step of the caring service with quality assured.
3. Case management caring service tools: the tools provide service contents for a variety of chronic diseases and weight management. Service packages can be configured in accordance with individual clinic's case management practices.
4. Health promotion tools: by means of mobile APPs and personalized healthcare portal, MiPHS enables case managers to fully control the status of individual case and provides caretakers immediate health related information.

Charity Clinic is a typical primary care clinic that starts using MiPHS case management system to provide case management service for their patients. Computerized and standardized caring tools provided by MiPHS had dramatically reduced the repetitive tasks and paper works of case managers.

Caregivers and caretakers have established a tighter and closer relationship owing to the adoption of cloud computing and ICT technology, giving primary care organizations a cutting edge solution that enhances service quality and customer loyalty.

***Oral Poster Presentation Session***  
Prevention of Non-communicable Diseases

Abstract Title	<b>An Overview of Evidences Related to Systematic Reviews of Qigong</b>
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Qigong is a form of ancient Chinese martial arts. An increasing number of systematic reviews have documented the effectiveness of qigong and its applicability to different groups of people.

This overview aims to summarize the evidences for health promotion and identify the type of disease-specific qigong related to different groups of people.

Electronic databases searching of Medline, Cochrane and Journal@Ovid were conducted using the terms “qigong” and “systematic review”. Twenty-one relevant systematic reviews of qigong were found, which analyzed different groups, such as cancer, pain, fibromyalgia, diabetes mellitus, depression, anxiety, stress, chronic illness, COPD, movement disorders, hypertension, cardiac rehabilitation, immunity to diseases and healthy people. Of which six of them were able to conduct further in-depth meta-analysis.

The study of Zeng et al. (2014) showed that qigong had positive effect on cancer specific QOL, mental health, immune function, vitality, decreased fatigue and cortisol level of cancer patients. The review of Ng et al. (2014) supported the therapeutic effect of qigong in pulmonary rehabilitation in improving the lung function and physical state. The study of Wang F. et al. (2013) supported qigong in improving psychological health and reducing depression and anxiety among people with chronic disease. Similarly, the study group of Wang C. et al. (2013) supported qigong in reduction of depressive symptoms for people with depression and anxiety disorders. Another study of Wang C. et al. (2014) supported qigong in reduction of anxiety and perceived stress among healthy subjects. On the contrary, the systematic review of qigong on fibromyalgia showed inconclusive results (Lauche et al., 2013).

Suggestion to reduce bias, heterogeneity, improve standardization of qigong types and outcome measures were summarized. The reviews supported the potential beneficial effect of qigong in various group of people.



## *Oral Poster Presentation Session*

### Environmental Improvement

Abstract Title	<b>The Activation Plane of Lao-Chieh River</b>
Author	Mr Jung-wei LI
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Other Authors	Mr Peng-hao CHIU

Lao-Chieh River was long-term occupied by vendors since 1980, and it caused traffic chaos, environmental dirty, and water pollution. In order to solve those problems, the Chungli city government build a market on the Lao-Chieh River by BOT. Because of errors in design and reduce river flow in cross-sectional area, the market can't be used and becomes a ruin in Chungli City.

In order to solve the problems from environmental dirty, water pollution, floods and business decline, a program initiate to activate Lao-Chieh River to create a well ecology waterfront environment by the Taoyuan county government.

The activation plane of Lao-Chieh River included the MRT, bicycle path, eco-roads and ecology waterfront environment. For spreading of domestic culture, we re-planned the local humanistic space along the waterfront of Lao-Chieh River. Otherwise, we build hydrophilic leisure facility to provide well resident place. In the popularity of culture, we establish the educational center to advocate eco-education, let people learned from water resource and ecological conservation.

Based on above-mentioned method, reactivation of Lao-Chieh River has created low carbon and healthy living. Meanwhile, we periodically perform regulation of river, and to create a well waterfront space, to sustain livable, safe environment. Vision of LOHAS will be promoted and achieved in Taoyuan county.

Lao-Chieh River has effectively remediated after the Taoyuan county government, we will continue the remediation plan to Nan-Kan River. Through the remediation plan for different rivers, contract Taoyuan county becoming a livable and sustainable city. Moreover, we expect to make Taoyuan citizens living in a nature, ecological and low-carbon environment.

## ***Oral Poster Presentation Session***

### Health in All Policies

Abstract Title	<b>Health in All Policies – The Experience of Total Health Promotion at Workplace</b>
Author	Dr Maw-cherng LIN
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The average age of our branch workers is around 50. Some life-style related disease like metabolic syndrome and chronic diseases is a coming facing crisis. Instead of the passive exercises, we take an aggressive approach to encourage workers to promote health at workplace.

The objectives of Health in All Policies at workplace is to enhance work efficiency and management performance by using a permanent promoting process that means we are not only to prevent occupational injury, but to assess and improve workers' overall health.

The slide system has been conducted to help the e-Health Promotion System work which means the data are collected automatically every time when workers swipe their staff badges when they do exercise. By using the Cloud Computing techniques, the data could be transferred, stored, analyzed, and feedback to workers.

Compared with last year (2012), our branch office has successfully lost more than 2,000 KGs in 2013. Also, the intangible benefits are significantly affected like productivity increasing, working willingness increasing, press releasing and so on.

We have successfully conducted three types data collection into the workplace healthcare system and the significant results are followed as well. Besides the implement of the modern techniques, we have been focusing on Health Education, Health Promotion and Behavior Change as key strategies to help health promotion.

**Oral Poster Presentation Session**  
Prevention of Non-communicable Diseases

Abstract Title	<b>Strengthening Family Relationship to Increase Family Health, Happiness and Harmony: Findings from a Community-Based Participatory Research (CBPR) Project Under FAMILY: A Jockey Club Initiative for a Harmonious Society Project in Hong Kong</b>
Author	Prof Tai-hing LAM
Position	Professor
Affiliation	The University of Hong Kong Hong Kong
Other Authors	Mr Charles LEUNG; Ms Ngai-teck Alice WAN; Ms Sze-sze Cissy SOONG; Ms Xin WANG; Prof Siu-chee Sophia CHAN

Sham Shui Po (SSP) district is one of the districts with high population density and lowest median household income. A CBPR project “Enhancing Family Well-being Project” was conducted by SSP District Social Welfare Office and School of Public Health, the University of Hong Kong from February 2012 to May 2013.

(1) To promote family health, happiness and harmony (3Hs) by building capacity for families to enhance family relationship; (2) To investigate the effectiveness of CBPR programmes in improving family relationship and 3Hs.

After training, based on positive psychology, social service workers in 30 participating organizations designed and organized their own programmes (one 2-hour session; one 1-hour booster) on one self-selected theme (“Gratitude”, “Hope/Resilience” and “Open-mindedness”) for people aged 6+ recruited by the organization. Participants were assessed four times (T1, pre-intervention; T2, immediately post-intervention; T3, 6 weeks and T4, 3 months after T2) primarily on family relationship and family 3Hs using Family Relationship Scale and family 3H indicators respectively.

1586 individuals aged 12+ from 1031 families participated in 29 programmes. Most (89.5%) were aged 18+, 69.0% were female, 65.9% had secondary or above education level and 69.5% were married. The mean score of overall family relationship increased from 75.6 (T1) to 76.0 (T4) (effect size, ES=0.06, p=0.03). The mean scores of family expressiveness increased (ES=0.10, p<0.001) and family conflict decreased from T1 to T4 (ES=-0.05, p=0.04). Family health, happiness and harmony scores all significantly increased from T1 to T4: ES = 0.14 (p<0.001), 0.10 (p<0.001) and 0.10 (p<0.001) respectively. All changes above indicated improvements after the programmes.

This CBPR brief intervention was effective in enhancing family relationship and 3Hs. The effects were small but sustained up to 3 months. The main limitation was the lack of a control group, which was not feasible in a large CBPR project.

## ***Oral Poster Presentation Session***

### Health in All Policies

Abstract Title	<b>Three Areas GO Together, Love and Health</b>
Author	Mr Aihua QIU
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Recent years, criminal age is declining, the bureau is promoting “three areas GO together” (a combination of the attendance area, school area and housing area), the hope project of high concern for the juvenile and take action of cross-district and cross-department policy to effectively prevent juvenile delinquency and killed, and take the high concern for the juvenile into the housing area, rebuilding correct concepts and behavior patterns.

To improving the decision-making level of prevent juvenile delinquency in this city and implementing the efficiency, and to changing the tutoring measures for high concern students and seeking optimized mechanism of auxiliary learning.

We holding meeting in cross bureau related to juvenile topics and improving the decision-making level, implementing the concepts of juvenile protection by explicit policy planning. To keeping benign interaction with schools, pushing the tutorship and performing crime prevention work together, we promote the concept of “Everybody is responsible for caring the juvenile”.

In 2011, 2012 and 2013, the city's reentry rates of dropout middle school students are listed in the top five in the nation and reentry rate is almost above 90%. The bureau positively engages in tutoring job for high concern juvenile by the idea of “Three areas GO together”. The juvenile crime in the city reduced year by year, from 557 in 2011 to 503 in 2012 to 383 in 2013, the 2012 and 2013 reduced respectively by 9.69% and 9.69% than the former year.

Under the pushing care of “Three areas GO together”, it is evident that under the pushing of attendance area, school area and housing area together, the prevention of juvenile delinquency work has been effective.

## *Oral Poster Presentation Session*

### Healthy Cities Model

Abstract Title	<b>Healthy Cities Model Development in Korean Cities</b>
Author	Prof Kwang-wook KOH
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Many Korean Cities adopted Healthy Cities approach since 2004 and six categories of Korean Healthy Cities were classified by Nam, Moon and Koh etc. And in White Paper of Korean Healthy Cities Partnership four stages of Korean Healthy Cities Development were identified. But evidence-based useful healthy cities model has not been proposed and tested in South Korea.

To test the 12 stage tool of Ontario Healthy Communities Coalition and to develop Korean Healthy Cities model appropriate to Korean situation.

Demonstratively apply to 4 cities (Jinju, Pohang, Tongyeong, Geochang) in Republic of Korea and reviewed through survey to the healthy cities and professional group discussion

Application to two cities have completed. Application to two cities are now under going now.

Through some modification useful Korean healthy model will be made.

## ***Oral Poster Presentation Session***

### Health in All Policies

Abstract Title	<b>When Healthy City Project Faced Power Transfer</b>
First Author	Prof Shiann-far KUNG
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Other Authors	

Inspired by the WHO Global Strategy for Health for All by the Year 2000, Bureau for Health Promotion in Taiwan has encouraged several types of local initiatives. As a result, Tainan Healthy City project started in 2003 and Chiayi City started to promote Age-Friendly City Project in 2009. Both projects are the first of their kinds in Taiwan, and both projects adopted health in all policy (HiAP) approaches. The Healthy City Research Center of National Cheng Kung University has been deeply involved in both projects, accumulated observations and discussions led to the discussion of the validity and limitations of HiAP model.

This article reviews the HiAP models developed in the two cases with an emphasis on Tainan Healthy City project, the objective is to extract lessons and to provide suggestions for the future. The author will focus on the formation and evolution of HiAP in Tainan, and examines its capacity in facing political power shift.

Review of project literature and archives concerning Tainan Healthy City. Grounded theory and in-depth interviews were conducted to key participants in the project from political, administrative and academic sectors.

During 2003-2009, Tainan Healthy City set up the mechanism of intersectoral cooperation and community participation, established many healthy public policies, and had a great achievement. Some results based on these demonstration projects still appear.

Tainan Healthy City Project started in 2003. In the end of 2009, Tainan city merge with their surrounding counties, expanding in size while rising to top-tier municipality, and faced a power transfer. HiAP was found to be useful in the formation of collaborated intersectoral efforts within the same policy regime. However, its capacity to last through major political power shift is yet to be proven.

## ***Oral Poster Presentation Session***

### **Age Friendly Cities**

Abstract Title	<b>Creating Livable and Friendly Communities in Hsinchu City</b>
Author	Ms Ching-mei YANG
Position	Director
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Other Authors	Prof Ksien-wen KUO

The concept of livable communities is to create the ways the physical, social, and economic infrastructure of areas and city can promote or hinder older residents' ability to age in place where is the ability to remain in one's own home or community to face changes in health and functioning in later life.

Our objective of this study to collaborate with resources to promote the program of livable communities for ageing in place in HsinChu community.

A program of livable community is created and designed to offer a variety of accessible, affordable, and available housing options so that older adults have a place to live. Demands of seniors in HsinChu city were assessed by randomly interviewing using telephone based on eight domains from WHO guide. Governors from Departments of health, Transportation, Social warfare and Engineering/Technology dialogued with representative leader and seniors in communities. Leader in several communities, sponsored limited budget to establish age-friendly environment, were advocated the concepts and strategies of age-friendly community which act as model to take a references for other communities in HsinChu City.

Based on principles of independence, self-management and bottom-up from local community, HsinChu City have incrementally promoted goal of age-friendly community using various resources from public and private sectors, to create the well-system of health care, supportive services, general retail and services, healthy food, social integration, safe and walkable neighborhoods, transportation, safe driving conditions, emergency preparedness. Each community will be assessed to consider adapting the indicators to best meet the needs of their elderly.

We have performed effective strategies of creating livable community to achieve change include adopting incremental changes, focusing initially on low-cost policies and programs, and partnering with other stakeholders.

## *Oral Poster Presentation Session*

### Age Friendly Cities

Abstract Title	<b>A Comprehensive Care In-Home Services for the Disabled Elderly in Miaoli County, Taiwan</b>
Author	Prof Hsien-wen KUO
Position	Professor
Affiliation	National Yang-Ming University Taiwan
Other Authors	Ms Yu-ching HSU; Ms Hsiao-lin HUANG

Aging population is often associated with increases of disability and dementia, then comprehensive care services is urgently needed. Because ratio of the elderly population has reached to 13.5% in Miaoli County, the well-organized in-home services for the disabled elderly is superiority.

To improve use of in-home services for the disabled elderly and to reduce delivery time in long-term service.

Based on the five strategies from the Chapter of Ottawa, we include various action plans, such as to promote the organization system, to revise and modify the delivery service processes, to sign the Declaration on the promotion of long-term care services from governors, to outreach and link to other resources of care service, to use and promote by various media, and to organize the seminar and meeting to advocacy strategies in local communities.

41.2% of disabled elderly used in-home services, which increase to 30.8% and to reduce six days in service delivery than those who used in-home services. Using questionnaires to assess overall effectiveness, we found that our system significantly improved on quality of life and physiological function for disabled elderly, and to significantly reduce loading from caregivers. Over 90% of participants responded to satisfy our in-home services for the disabled elderly.

It is necessary to continue and expand various resources of medical service, to periodically monitor and improve the quality of service delivery, to provide better services for the disabled elderly. Moreover, we encourage and organize the system of self-help resources with mutual cooperation in local community in order to enhance the affordability of services and access.



**Oral Poster Presentation Session**  
Prevention of Non-communicable Diseases

Abstract Title	<b>Physically Active Adults Reported Higher Levels of Family Happiness, Harmony and Health: Findings from the Hong Kong Family and Health Information and Trends Survey (FHinTs) Under FAMILY: A Jockey Club Initiative for a Harmonious Society Project</b>
Author	Ms Xin WANG
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Other Authors	Dr Man-ping WANG; Prof Tai-hing LAM; Prof Kasisomayajula VISWANATH; Prof Siu-chee Sophia CHAN

Behavioral Risk Factor Surveillance showed half (50.1%) of Hong Kong adults, aged 18-64, had not performed moderate physical activity (PA) and two-third (62.2%) had not performed vigorous physical activity (PA) in the past week. Whether PA was associated with family well-being (happiness, harmony and health) is less known.

We examined the associations of moderate and vigorous PA with perceived family health, happiness and harmony in Hong Kong adults.

The Hong Kong Family and Health Information and Trends Survey (FHinTs) was conducted in 2013 using random telephone interviews on 1502 adults aged 18+ with 70.6% response rate. PA was measured using two questions: (1) During the past 7 days, on how many days did you do at least 10 minutes of moderate physical activities (e.g. carrying light loads, or bicycling at a regular pace but do not include walking)? (2) Same question on vigorous physical activities (e.g. aerobics, heavy lifting, or fast bicycling)? Family well-being was measured using three separate questions of perceived family happiness, harmony and health with response ranging from 0-10 with higher scores indicating better well-being. General linear model was used to calculate  $\beta$ -coefficient for family well-being adjusting for potential confounders. Data were weighted by sex and age using 2012 census data.

Of 1502 respondents (45.5% male, 73.4% aged 25-64), the average days of having moderate and vigorous PA were 2.42 ( $\pm 2.75$ ), and 1.46 ( $\pm 2.13$ ) respectively. Moderate PA was significantly associated with family happiness (adjusted  $\beta=0.09$ ,  $p<0.001$ ), and harmony (adjusted  $\beta=0.06$ ,  $p=0.01$ ) but not health (adjusted  $\beta=0.03$ ,  $p=0.25$ ). Vigorous PA was significantly associated with family happiness (adjusted  $\beta=0.12$ ,  $p<0.001$ ), harmony (adjusted  $\beta=0.09$ ,  $p<0.001$ ) and health (adjusted  $\beta=0.05$ ,  $p=0.03$ ).

Increasing PA levels was associated with family well-being. Prospective studies are needed to confirm the findings. Intervention studies are warranted.

## *Oral Poster Presentation Session*

Health in All Policies

Abstract Title	<b>Sustainable Taoyuan from Low Carbon Aerotropolis</b>
Author	Dr Shyh-wei CHEN
Position	Director-General
Affiliation	Environmental Protection Bureau Taiwan
Other Authors	Mr Gen-mu CHANG; Mr Yen-yu CHEN

Taoyuan is an industrial and commercial county with more than 20 industrial areas and ten-thousands of factories. Aerotropolis program using various economic activities and policies will cause severe impact for environmental development.

To accelerate business and industries development and advancement in Aerotropolis project, we create Taoyuan County as a sustainable paradise and low-carbon Aerotropolis with love and harmony.

Government establishes inter-sectorial collaboration Committee with Low Carbon Life, to completely estimates every low carbon and sustainability policy, and to fulfill principles of Aerotropolis into public by highlight projects from points to districts. We advocate main topics to different groups of people by broadcasting, moving advertisement cars, walls, campus action drama and short videos. To establish partnership with food service business, food providing industry and farmers' associations, we establish low carbon and healthy food selling chain and the internet platform, as a center for local food providing companies, governments and schools, providing related activities and trade information.

To increase efficiency of communication using platform from cross-sectorial cooperation, This plan focuses on six sections, included Food, Clothing, Residence, Transportation, Education and Recreation. Assisting 74 units by "Energy-saving Guidance Service group", providing the subvention for improvements, and establishing low carbon demonstration points. All above actions contributes over 15,000 tons for the amount of carbon reduction, which can save 98 million dollars.

Applying low-carbon and sustainable elements to present activities and popularizing it by civil groups, Green transportation and use domestic food materials in food service business were provide with low carbon and sustainable development.

## *Oral Poster Presentation Session*

Health in All Policies

Abstract Title	<b>Hearts Jumping- All People CPR</b>
Author	Mr Jing-shiuh SHIEH
Position	Director General
Affiliation	Fire Bureau, Taoyuan County Taiwan
Other Authors	Mr Tzu-yen CHIEN; Ms Pei-li CHUNG

The survival rate of patients with cardiac arrest will be decreased by 10% with every minute that passes without CPR. Therefore, Mayor Wu listed CPR for the whole residents as the county's target to create a safe and healthy city!

To facilitate the acquisition of CPR skills and increase the awareness, thousands of people performed CPR skill breaking the Guinness world record. Meanwhile, this can increase the frequency of performing CPR by people and the success rate of pre-hospital first-aid for patients with OHCA.

With the concept of "Top to bottom and inside out" and strategy of "Point to line, and to surface", the program shall be vigorously promoted with each bureau and the training shall be provided for civil seed instructors, to make the promotion faster and more pervasive. An innovative marketing shall be adopted and multiple learning channels shall be provided to increase the learning convenience and willingness for the people.

There was 65% people learned CPR and thousands of people performed CPR on December 7, which breaks the current Guinness world record. The rate of CPR performed by the people is increased by 10%, and the first-aid success rate of patients with OHCA also increases to 29.55%; it is great achievements achieved recovering patients increased 1.5 times compared to the previous year! In addition, there is a program of installing the AED in public places, promote 119 dispatch system upgraded, introduce and promote the auto pulse for fire fighting, and set up the fire rescue locomotive point and rescue locomotive team.

It is an integrated program included CPR skills of the people, the success rate of pre-hospital first-aid for patients with OHCA which improves through large-scale activities and ongoing promotion plans, our county will be built to a healthy city with every people's life value effectively guaranteed.

## ***Oral Poster Presentation Session***

Health in All Policies

Abstract Title	<b>Educational Program to Prevent Drug Misuse and Abuse</b>
Author	Mrs Miroung SONG
Position	Team Leader
Affiliation	Seongdong-gu Community Health Center Republic of Korea
Other Authors	

The age of people who start smoking and take harmful drugs for the first time is getting younger, so an intervention program is needed to prevent drug misuse and abuse.

An educational program was implemented to prevent drug misuse and abuse in different age groups to assist Seongdong-gu residents in maintaining a healthy lifestyle.

- A comprehensive education program tailored for easy understanding of different age group.
- Pre-school children: An orally narrated children's story was used in the education program
- Elementary school students: Parody plays were used to show the risk of drug abuse and help them realize the value of good health.
- Adolescents with smoking problems and depression symptoms: group consultation program (8 times) to help build their self-esteem and a sense of their own value in regards to drug use.
- Senior citizens: advise about the safety of medications they owned and safe use of the drugs.
  
- The number of participation in the program was nearly 12,000 in 2013.
- The education program addressed not harmful drugs, inhalation and smoking but also diet and studying-related medications.
- The number of elderly people who took multiple medications decreased and the overall drug compliance increased.
  
- Developed intellectual assets and trained drug education providers in collaboration with the Korean Association against Drug Abuse(KADA)
- Developed educational content for each stage of the human life cycle in collaboration with the Green Consumer Network and 10 different organizations.
- Delivered drug-related education in collaboration with a group of drug education providers.
- Participated in home-visiting consultation services for beneficiaries of national medical aid to help them avoid double dose of medication and increase drug compliance.

## ***Oral Poster Presentation Session***

### **Age Friendly Cities**

Abstract Title	<b>Miaoli County "to Retain a Good Teeth" : Elderly Oral Health Promotion Plan</b>
Author	Mrs Hsiu-hui LIAO
Position	Chief
Affiliation	Miaoli Healthy City Association Taiwan
Other Authors	Tsai-chang LUO; Hsu-chih TAI; Chun-hsien SU

The county about ninety percent of elderly edentulous 8.28 average, 3-4 % of the elderly and functional natural teeth less than 20, there is the use of oral hygiene aids only three percent, missing teeth fillings rate of less than three percent.

Training clinic nurses and volunteers for the oral health of seed teachers, in collaboration with hospitals and Dental Association, the implementation of the dental clinic, active advocacy and participate fully in community oral health and health care, the elderly maintain oral health and promoting dental health goals.

1. An interdepartmental ( interdisciplinary ) mechanism
2. Public participation mechanism
3. Advocacy mechanisms
4. Five Programmed of Action

Dental care for the elderly Satisfaction seed training courses- Made 47 total satisfaction questionnaires, of which 23 ( 48.9% ) of nurses, and the remaining 24 ( 51.1% ) as a volunteer or other positions, there are more than 85% satisfied.

Maintenance and evaluation:

1. Establish basic information ("oral health status examination and oral health behavior , oral -relate

2. Monitoring the implementation process

Effectiveness and felt indicators:

Two-month period, the first in nine townships county public health clinic nurses and volunteers as a demonstration of the service 228 elderly people, the majority of people are satisfied with progress in appetite also, many people feel the body becomes better, there is a significant improvement in quality of life, especially in improving the food more difficult to swallow hard problems, but also improves the feel dry mouth problems in the pronunciation part is also significantly improved.

## ***Oral Poster Presentation Session***

Health in All Policies

Abstract Title	<b>Development of Refined Agriculture</b>
Author	Mr Yic-hwan CHEN
Position	Director
Affiliation	Agriculture Department of Hsinchu County Government Taiwan
Other Authors	

It is suit for refined, local produced and marketed agriculture development in Hsinchu County rely on her rich conditions. The strengths of Hsinchu County contained either highly cultivation technique equipped peasants, enrich environment or closed to marketing channel of the Hsinchu Science Park.

To enhance Industry-Academic Cooperation benefits and extend multi-dimensional development of agriculture dependent on useful strategies including organic-safe agriculture promotion and agriculture technology cultivation, such as vegetation plant construction can facilitating the gross production value of industry.

Guide and support peasants engaged in planting organic-safe agricultural products. Further, to enrich the utility of agricultural products via innovation, research and design by facilitating the Industry-Academic Cooperation between Hsinchu Farmers' Association and Yuanpei University.

This project achieved the goals including rise the agricultural product added value, enrich the agricultural product utility in vary domains, Industry-Academic Cooperation, assist product innovation, and package improvement. Moreover, 77 organic farmers with 124.9 m<sup>2</sup> (308.64 acre) to be coached and passed Government certification, and the land of Ci-Yuan-Pu Agricultural Production-Marketing Groups were extended to 820.74 m<sup>2</sup> (2028.10 acre).

Hsinchu County Government began to enforce the organic and safe agricultural production plan since 2011. Based on this plan, the cultivation area of organic agricultural production increased 133.7%. Also, Hsinchu County Government helped the Wufeng town to establish the cooperation contract with private industries to guarantee the production and sale of "Taiwan jewel orchid" so that the quality of agricultural production can be maintained. Besides this, Hsinchu County Government also tried to help the farmers' association has a cooperation project with Yuanpei University to develop the chewable tap containing xanthin and the extraction of Oriental Beauty Tea. This cooperation will combine the superiority of organic and safe agricultural industries and the development energy of university to make the better products for the populations of Hsinchu County.

## ***Oral Poster Presentation Session***

### Age Friendly Cities

Abstract Title	<b>The Babybot in Hsinchu City – A Cloud-Based Personal Health Management System</b>
Author	Ms Joyce LU
Position	Chief
Affiliation	Health Promotion Section, Hsin-Chu City Health Bureau Taiwan
Other Authors	Mr Yuan-chieh CHANG

High cholesterol, high blood pressure and high blood glucose levels are harmful to people's health, especially for elderly. The development of cloud technology and advances in telemedicine provides a new direction to solve the three high problems. Hsinchu City is establishing cloud health management system with a self-monitoring tool for screening public health by themselves. However, for senior citizens, whether using cloud health services can become a habit, depending on the technology acceptance of health cloud system. In this study, we use technology acceptance model (TAM) and diffusion of innovations as theoretical framework to investigate the adoption of health cloud services by Hsinchu seniors.

1. To establish cloud health management system with a telecare device (Babybot) for public health screening purposes.

2. To investigate technology acceptance and barriers of adopting health cloud services in order to design appropriate technology systems and service processes in line with the needs of seniors.

1. Set-up babybot machines in 28 elderly care centers, and Health Cloud in the Public Health Bureau.

2. Measure blood pressure, weight, ECG, glucose levels for each users by the babybot.

3. Personal Health records will be uploaded to the HsinChu Health Cloud.

4. Recruit and train community volunteers to contact the seniors with irregular.

3. Questionnaire survey will be conducted

1. There are 7,105 users registered in 6 pretest community from Aug.2013 to Apr.2014, with seniors highly appreciated.

2. 28 service sites will be set up in elderly care centers in May 2014.

3. a questionnaire survey to 1,000 Hsinchu seniors to understand acceptance of cloud services, and also study the high-risk seniors for blood pressure control behavior intervention

1. The seniors can use babybot personal health management system to create better strategies to promote their health.

2. Strengthen senior's health awareness, so that more will understand their community

## ***Oral Poster Presentation Session***

### **Age Friendly Cities**

Abstract Title	<b>Stopping the Circle of Inter-Generation Abuse - Hsinchu City Infant Mental Health for Early Treatment of Parent-Child Relationship</b>
Author	Ms Dailing CHEN
Position	Social Worker
Affiliation	Hsinchu City Government Society Department Taiwan
Other Authors	

There is a sign that the "child abuse" is getting worse and worse. It is common to see the news about child abuse in newspapers and on TVs. How to protect these children? In addition to the problem of how to get injured children's bodies treated, one of the important tasks to prevent child abuse and provide protection is how to treat trauma on their minds and how to treat the abusers - their "ill" parents.

To Provide Infant Mental Health program, to help parents and infants establish a secure attachment relationship. Enhance the infants' emotion, further to promote the comprehensive development.

We provide experimental services under the system of child protection, mainly for poor parent-child attachment relationship; hope to intervene their poor relationship early, to help the abusers (parents) learn how to love their children, further to stop the circle of inter-generation abuse by the good care experience full with love, finally to prevent the abuse.

Provide 10 pairs of parent-child and provide a suitable intervention mode after the assessment; help the parents learn about children's development, understand the impact of their parenting experience on the parent-child relationship, gradually develop positive parent-child interaction during the treatment. The parents can feel the challenges to raise a child more objectively, which will enhance their "image-function", further facilitate the establishment of secure attachment relationship and lay the development foundation of infant personality and mental health.

We provide protection for 0-6 year-old infants with high crisis, help parents establish parent-child relationship early and stabilize the attachment relationship between parents and children. We help parents learn to observe and understand the children, choose the parenting skills appropriate to the children's personality, so as to achieve the purpose of preventing child abuse or developmental delay due to insufficient cultural stimulation.



## ***Oral Poster Presentation Session***

### **Age Friendly Cities**

Abstract Title	<b>Senior Citizen Friendly Beitou Town Fostering the Health of Senior Citizens Through Intergenerational Learning</b>
Author	Mrs Mao-lin WU
Position	Lecturer
Affiliation	Mackay Junior College of Medicine, Nursing and Management Taiwan
Other Authors	Mrs Shiao-ying JUNG

Establishing an effective health promotion programme for senior citizens is a critical issue for global aging.

Using “Intergenerational Learning model” to enhance the level of functional fitness and self-efficacy of the health information e-learning programme for senior citizens.

The Beitou District Health Center implemented the innovative model of its “intergenerational learning” in 2012. The model gathered 35 senior citizens and 18 youthful students to form five teams having a ratio of 2:1 and then undertake a three-month senior citizen health e-learning programme. Under the observation, guidance and recording of the community nurse practitioner, content analysis was used to analyze the qualitative data. A paired t test was conducted to analyze the level of the functional fitness of senior citizens.

The implementation of the model enabled the learners to support each other; the learning and growth of the senior citizens and the dedicated teaching of the youthful students formed a tight bond that developed into bridge that narrowed the generational gap, taught the young how to tend to the older generation, produced substantial benefits from the course, and established intergenerational harmonious teams. A paired t test which was conducted to analyze the functional fitness found an improvement of senior citizens after the course and revealed a statistical significance ( $P < 0.05$ ).

The greatest contribution of this model is that through health and e-learning teaching, life experience sharing of senior citizens, and company of the youthful students, the senior citizens perceived that they have learned a “positive and proactive outlook for fostering health and a healthy attitude towards aging”. The model have been served as reference for the Beitou District Health Center of Taipei City in policy making and promotion expanding programmes.

***Oral Poster Presentation Session***  
Prevention of Non-communicable Diseases

Abstract Title	<b>Love Your Parents —The Best Solution to Control Hypertensive</b>
Author	Prof Michael M.C. LAI
Position	Chairman
Affiliation	Taiwan Health Movement Alliance Taiwan
Other Authors	Prof Chin-chuan YEH; Mr Tony CHANG

Per Chinese Physicians Association, most of 260 million hypertensive population in China lack awareness, treatment and control (“Three Lows”) of the disease.

Our vision is to connect social resources, parent-child bonding, and ICT (Information, Communication and Technology) to develop an effective, low-cost solution to Three Lows.

Our objective is for over 10% of Chinese hypertensive to join the program in 3 years.

We will invite entrepreneurs supporting this program and encourage young people to purchase “Blood Pressure Meter with GPRS Dongle” and SIM card from China Telecom Corporation as a gift for their parents, then guide the beloved elder ones to regularly track the blood pressure, exercise and take healthy foods over phone conversation.

When a measurement is done, the data will be uploaded to Health Cloud and the subscribers can review data, historical trend and analysis of the blood pressure through APP and/or computer.

The program will be launched in Beijing in summer 2014, followed by other cities including Shanghai, Guangzhou, and Shenzhen by the coming Chinese Ram Year.

The elderly will be most motivated by their offspring to work through Three Lows. Spending small fee, the young generation are less likely to carry a heavy burden by preventing the elder ones from having a stroke and/or suffering from other chronic diseases.

The program also provides a great conversational topic between the two generations.

The data and analysis will be sent to city governments for further medical care, preventing thousands of people from stroke and related diseases, and saving enormous social funds and resources.

This All Win program will be applied to diabetes afterwards.

## ***Oral Poster Presentation Session***

### Age Friendly Cities

Abstract Title	<b>The Citizen's Perception for the Age-Friendly Cities Initiatives in Chiayi City, Taiwan</b>
Author	Prof Tzu-Yuan CHAO
Position	Assistant Professor
Affiliation	Department of Urban Planning, National Cheng Kung University Taiwan
Other Authors	Ms Hui-Wen HUANG

In response to the global aging trend, the age-friendly city promoted policy start from 2010 in Taiwan. Chiayi City is the first pilot city in Taiwan. The city government is the main execution units. It is also combined academic and NGO organizations to jointly promote.

The policy has been promoted for four years in Taiwan. As indicated clearly by WHO, it is important to involve the local elderly in promoting the concept of Age-friendly cities. This project aims to explore the effectiveness of AFC movement from the perception of the elderly.

The main method adapted in this research is questionnaire. The main purpose of conducting questionnaire is to understand how well the local elderly have become aware of the movement and government's efforts towards Age-friendly cities in order to collect feedbacks for the policy based on users' needs.

There are 885 valid samples collected in this survey. The survey results includes there are significant differences between eight domains policies in terms of the satisfaction levels from the respondents. The variation of satisfaction and feedbacks for each domain could offer policy makers more understandings of the elderly's expectations in amending policies in the future.

The survey not only enables the local elderly to involve into the movement more actively but also allows them to take the supervisory role in making more positive recommendations to the government. The positive effects of the feedback system with conducting questionnaire survey annually has been proven in the Chiayi City. Similar approach will be adapted in the next phase of promoting age-friendly communities.