



Mayor Li-Luan Chu

Regional & National Center Director
Mayor Li-Luan Chu

Affiliation
New Taipei City Government

Host Institution – New Taipei City Government

The New Taipei City Government will serve as the host institution for the EIM New Taipei City Center. Located in northwest Taiwan, New Taipei City includes 29 districts with a population of 3.97 million residents, which makes the city home to almost one-sixth of Taiwan’s population. New Taipei City is dedicated to creating and improving its physical and social environments addressing all aspects of health and living conditions. With this in mind, the New Taipei City government began the “Fit for Age” initiative, working in collaboration with public, private, voluntary and community organizations. The ultimate goal of the “Fit for Age” initiative is to empower people to live and maintain a healthy lifestyle and thus fulfill the vision of becoming a sustainable healthy city.



National Center Advisory Board Affiliation

Li-Luan Chu	Mayor, New Taipei City Government
Chi-Hung Lin	Commissioner, Department of Health, New Taipei City Government
Liang-Kung Chen	President, Taiwan Association of Integrated Care
Shao-Chen Lee	President, Taiwan Academy of Physical Medicine and Rehabilitation
Shinn-Jang Hwang	President, Taiwan Association of Family Medicine
Ching-Ming Chou	President, New Taipei City Medical Association
Po-Kai Yang	President, New Taipei City Physical Therapist Association
Pei-Chun Chen	President, New Taipei City Occupational Therapists Union
Jeng-Chuan Shiang	Superintendent, New Taipei City Hospital
Shu-Juan Chen	Director, Public Health Bureau, Penghu County
Yi Chen	Director, Public Health Bureau, Tainan City Government
Chia-Lung Lin	Mayor, Taichung City Government
Tsung-Hsueh Lu	Director, Public Health Bureau, Taichung City Government
Ching-Lu Hsu	Manager, General Manager of Gee Hoo Fitec Corporation

2018 Goals

- Increase the number of physicians and health care providers who receive EIM training and are actively engaged in the assessment, prescription and counseling of physical activity.
- Increase the number of health and fitness professionals who have received EIM training and/or are certified by the EIM New Taipei City Center and are actively engaged in providing guidance to individuals based on the core EIM principles.
- Integrate physical activity as a vital sign and implement principles of EIM into hospitals and health care systems throughout New Taipei City.
- Increase the exposure of EIM to University and other educational campuses through the expansion of the EIM On Campus initiative.

Accomplishments to Date

- Conducted the “Fit for Age” project (see Figure 1) across the three categories of prevention (primary, secondary and tertiary) at more than 1,600 communities, hospitals, clinics, public sports centers, private gyms, and local non-profit organizations.
- Conducted a primary prevention effort focused on raising awareness of frailty prevention and stressed “exercise anytime, anywhere” for every citizen. The mayor, community leaders, and the media strongly echoed this theme to community residents.
- Secondary prevention efforts focused on conducting a large-scale, simple, self-testing frailty screening with the data uploaded to the cloud. This data tracks participant progress through the program and is used for health management purposes by health care professionals.
- A tertiary intervention was designed for those who exhibit signs of pre-frailty or frailty. Eligible patients are referred to hospitals or paid-programs provided by health managing companies or organizations. Exercise and nutrition advice protocols, conducted over a 3-month period, are done in the health care units supervised by exercise professionals.
- Held two EIM workshops and trained 195 physicians and 344 allied health professionals in 2017.

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Figure 1. Operation protocols of the “Fit for Age” initiative that aims to foster healthy aging.

