

EIM Taiwan



National Center Director
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 Taiwan National 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 is promoting the “Fit for Age” initiative and continually working in collaboration across 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
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Chung-I Lu	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 healthcare providers that have received EIM training and are actively engaged in the assessment, prescription and counseling of physical activity in healthcare systems.
- Increase the number of health and fitness professionals that have received EIM training and/or are certified by the EIM Taiwan National 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 healthcare systems throughout Taiwan.
- Increase the exposure of EIM to University and other educational campuses through the expansion of the EIM on Campus initiative.

Past Accomplishments

- Conducted the “Fit for Age” project (Figure 1) across the three categories of prevention (primary, secondary and tertiary) at over 1,600 communities, hospitals, clinics, public sports centers, private gyms, and local non-profit organizations:
 1. Primary prevention efforts 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.
 2. Secondary prevention efforts focused on conducting a large-scale, self-testing frailty screening. A mobile phone app (F4A.tw; see Figure 2.) was developed for simple self-assessments and provided a gateway for uploading data to the cloud. This data is used not only to follow participant progress through the program, but also for health management purposes by healthcare professionals.
 3. The tertiary intervention was designed for those who exhibit signs of pre-frail or frail statuses. Exercise and nutrition advice protocols, conducted over a period of three-months, are done in the healthcare units supervised by exercise professionals. Those who are interested in continuing the invention are referred to the hospitals or paid-programs provided by health managing company or organizations.
- Held two EIM workshops and trained 195 physicians and 344 allied health professionals in 2017.

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

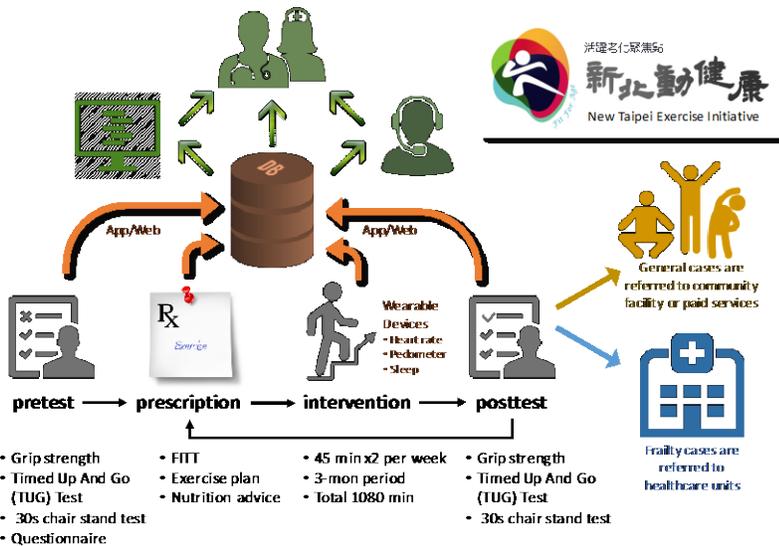


Figure 2. QR code for the “Fit for Age” App.

