

出國報告（出國類別：其他活動-出席國際會議）

第五屆西太平洋健康城市聯盟 全球研討會 （Alliance for Healthy Cities 5th Global Conference）



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摘要

第五屆西太平洋健康城市聯盟全球研討會於101年10月22日至29日在澳洲昆士蘭省布里斯本舉辦，大會主題為健康城市化、健康人、健康社區。本市由本府衛生局林秀亮副局長率團，偕同推動健康城市同仁及營造健康城市之社區夥伴一同前往澳洲布里斯本，進行口頭報告及海報展示等學術交流。

為期3天的研討會進行方式多元化，本市共發表7篇口頭報告及15篇海報。本局林秀亮副局長等3人共口頭發表3篇論文，分別為「臺北市新生兒聽力篩檢效益評價」、「臺北市市民健康行為研究」及「100年度防跌有撇步，健康沒煩惱」。本局3位口頭發表者於會中的報告均深獲與會專家學者的肯定。並參訪布里斯本的黃金海岸救生巡邏隊，可以提供本市推動健康城市參考。

壹、前言

【健康城市】計畫是世界衛生組織爲了對抗都市環境對健康的不良影響而建立。西太平洋健康城市聯盟（Alliance for Healthy Cities, AFHC, 圖1）是由西太平洋健康城市 and 社區所努力建立的國際性網絡，其成員包括當地市政府、各國政府、非政府組織、私人單位、學術機構及國際機構。該組織有鑑於都市化、全球化對居民各種面向的健康影響，每2年舉辦一次國際性的健康城市聯盟會員大會暨研討會，使西太平洋地區各國城市所推動的「健康城市」計畫，能進行學術交流與經驗分享。

第五屆西太平洋健康城市聯盟全球研討會（The 5th Global Conference of Alliance for Healthy Cities）於101年10月22日至10月29日在澳洲昆士蘭省布里斯本（Brisbane, Queensland, Australia）舉辦，大會主題爲健康城市化、健康人、健康社區（Healthy Urbanisation - Healthy People - Healthy Communities）（圖2）。本次會議討論各國的城市、鄉鎮、社區和村莊等，在當地如何改善城市的行動和環境的建置，以提升人們的健康生活品質。

臺北市以民意爲依歸，尊重在地需求，於各行政區輔導民間團體自動自發的營造健康的生活與環境，讓健康城市成爲一個讓市民、公部門、社區團體組織或民間企業機構等能共同回應城市之健康、發展及生活價值等議題的場域。集合眾人不斷的努力，深耕健康城市已有豐碩與實質的成就。



圖1：西太平洋健康城市聯盟LOGO



圖2：第5屆西太平洋健康城市聯盟會員大會暨研討會LOGO

貳、目的

- 一、瞭解澳洲健康城市的推動，並與各國健康城市實務工作者進行經驗交流。
- 二、分享臺灣推動健康城市政策及成果。
- 三、與西太平洋健康城市聯盟會員交流，建立夥伴關係。

參、參加過程

本局與健康服務中心及各社區健康促進發展協會等單位依大會邀約稿件期限（101年4月30日）前完成口頭報告及海報摘要之投遞，經研討會秘書處於101年5月17日通知，接受共計7篇口頭報告及15篇海報發表（詳如下表所列）。101年10月22日由本局林秀亮副局長率團，偕同游麗惠簡任技正、江慧琪股長及中山區健康服務中心容笑英主任、萬華區健康服務中心葉若分組長、士林區健康服務中心高瑛霞組長、陳秀鈴護理師等推動健康城市之同仁，以及各社區健康促進協會等營造健康城市之社區夥伴（其中松山健康促進協會張蓓貞理事、萬華健康促進協會范義彬博士、北投區健康促進協會武茂玲老師所屬協會亦為亞太地區國際健康城市聯盟（AFHC）副會員），一同前往澳洲布里斯本參與本次健康城市聯盟會員大會暨研討會，進行口頭報告及海報展示等學術交流，與亞太地區各國健康城市代表拉近距離，進行國際城市外交（圖3、4）。

本市共計以英文口頭發表7篇報告及15篇海報，分別如下表：

主題	單位
口頭	
臺北市新生兒聽力篩檢效益評價	臺北市政府衛生局

臺北市市民健康行為研究	臺北市政府衛生局
臺北市松山區健康智慧創新計畫	臺北市松山區健康促進協會
臺北市松山區快樂動、聰明吃，健康減重	臺北市松山區健康促進協會
臺北市松山區無菸社區之建置	臺北市松山區健康促進協會
100 年度防跌有撇步，健康沒煩惱	臺北市中山區健康服務中心
水官佑雁鴨華江雁鴨自然公園濕地保育	臺北市萬華健康促進協會
海報	
高齡健康友善城市	臺北市松山區健康促進協會
健康飲食松山食神盃比賽	臺北市松山區健康促進協會
無菸社區	臺北市松山區健康促進協會
松山家庭親子學習營	臺北市松山區健康促進協會
健康減重	臺北市松山區健康促進協會
水資源保護	臺北市松山區健康促進協會
臺北市松山區健康減重計畫	臺北市松山區健康促進協會
活力行動彩繪車	臺北市松山區健康促進協會
100 年臺北市大安區健康便利站	臺北市大安區健康服務中心
家譜獻百瑞、高齡同慶康	臺北市中山區健康服務中心
「以溼地為師」的華江社區營造和生態永續	臺北市萬華健康促進協會
「一里一健康特色方案」打造健康臺北萬華城	臺北市萬華區健康服務中心
臺北市士林健康城市支持性環境建置-磺溪彩虹健走步道	臺北市士林區健康服務中心
臺北市士林國際文化花園城市~樂樹與玫瑰的對話	臺北市士林區公所
北投 活力 向日葵 - 以音樂藝文活動營造社區老人健康	臺北市北投區健康服務中心

肆、研討會與參訪內容介紹

本次會員大會暨研討會於澳洲昆士蘭省布里斯本會議展覽中心（圖5）舉行，主辦單位包含：亞太地區國際健康城市聯盟、世界衛生組織亞太地區辦公處及澳洲Griffith大學、LOGAN市議會與黃金海岸市議會等。與會者來自23個國家，將近400人。研討會核心主題為：「健康城市化、健康人、健康社區（Healthy Urbanisation：Healthy People – Healthy Communities）」（圖6）。

為期3天的研討會進行方式多元化，主要的議題包括：個人、社區和所有決策單位的授權與承諾、環境健康、去除極貧、健康安全及急難準備和反應、能源效率、汙染及環境的永續性、都市及區域計畫、公平基礎的健康系統和服務、健康

設置以及慢性及傳染性疾病管理。

本局林秀亮副局長帶領各區健康服務中心及各區健康促進協會代表，於10月25、26日大會中共發表7篇口頭報告及15篇海報。本局林秀亮副局長（圖7）、游麗惠簡任技正（圖8）及中山區健康服務中心容笑英主任（圖9）等3人共口頭發表3篇論文，主題分別為「臺北市新生兒聽力篩檢效益評價」、「臺北市市民健康行為研究」及「100年度防跌有撇步，健康沒煩惱」。本局3位口頭發表者於會中的報告均深獲與會專家學者的肯定，尤其是日本「健康都市活動支援機構」與會代表（圖10），對於臺北市近3年來以科學實證方法推動健康促進政策且效益卓著讚譽有加，並邀請臺北市與日本東京共同進行跨國性健康城市合作計畫，以促進兩市人民的健康。另海報展示亦吸引眾多城市代表觀賞及興趣，增進彼此對健康城市推動經驗的分享與學習（圖11）。

從國外及臺灣其他縣市代表的口頭報告及海報中學習到他們使用的策略，發表中大多將Hancock及Duhl（1986）對「健康城市」提出的「健康城市是一個能持續性地創造及改善物理及社會環境，藉由強化及擴展社區資源，使得居住在其中的居民能夠彼此互動、相互支持，實踐所有的生活機能，進而發揮其最大的潛能的城市」作為藍圖。

南澳洲學者報告的“Australian Health in All policies”清楚的揭示健康城市是需建立跨部門的能力，以確保健康的公共政策是各界所共同追求的目標，報告中談及南澳健康已實施了一整套的行動，結合來自全國各地的政府，學者和保健人員的健康和福利方面的政策，幫助其他行業，在其業務上也能促進健康。

在兩性平權的議題，印尼學者Elsje Pauline Manginsela就提出倡議婦女參與公共政策的報告。內容大意為印尼是全世界採伐森林比率最高的國家之一。女性傳統上利用森林來維繫家庭所需，但在森林管理決策上卻排除在外。該研究發現女性與男性對森林的知識不同，男性對森林管理的知識多和伐木建材、動物有關，而女性則有更多處理蔬菜、藥用植物的知識，兩性對森林管理的知識可以互補，期印尼政府應給予女性更多機會參與公共政策，以達到永續經營森林的目標。

Griffith大學朱明若老師以生命週期的方式營造健康的場所與社區(Creation of healthy setting through life :A Life –cycle approach)，說明以健康場所與社區健康營造來建立大眾健康的生態基礎，表達了建置健康城市的重要面向。在單張方面像日本尾張旭市健康城市（如附件），其方案的擬定及網絡的建置等可以看到由上到下，各部門的結合，從小孩的教育到老人的安養，涵蓋身、心健康及環境建置等等打造一個民眾想要居住的城市。布里斯本的運動方案，讓民眾到處可以看到運動活動訊息（圖12）。黃金海岸市議會及公園處聯合發行76頁彩色免費之「黃金海岸年度活躍及健康促進資源手冊」(Active & Healthy - free & low-cost activities on the Gold Coast)（圖13）。各種活動仍陸續增加中。該手冊印刷精美，將2012年7月至2013年6月於黃金海岸舉辦之各項健康促進活動（如健康飲食及規律運動）羅列，鼓勵所有黃金海岸市民將健康促進活動視為日常生活的一部分。亦鼓勵市民利用居家或海岸、河岸附近大大小小的二千座公園休憩、探索。手冊中列出各項活動的期程、聯絡電話、收費情況（大多數活動為免費，即使付費的衝浪課程亦極為低廉）。全市每週舉辦超過170種有關運動及營養、健康飲食烹調工作坊（含素食料理）等活動。此手冊的特色是以主題劃分章節，以便民眾就各自需求參與適合的活動，如周末活動、全民活動，或以年齡層或身體狀況分別列出適合活躍長輩、孩童、青少年、親子、失能者的活動。該市尤其鼓勵市民或走路、或騎腳踏車、或搭乘大眾運輸交通工具旅遊，深入親近、探索所居住的城市。甚至規劃市民每週日在不同地點溜狗。此等貼近市民生活的活躍及健康促進計畫，無怪乎黃金海岸成為許多人參訪的健康城市。

研討會中口頭發表及海報，「健康飲食」是一重要議題之一，南澳有一特殊的健康衛教方式是他們利用“行動廚房車”，教導民眾經濟又健康的烹調方法，讓民眾能遠離高油脂、高膽固醇等不健康的飲食。

本次會員大會暨研討會提供參訪路線，我們參訪行程如下：

- 一、在臺灣健康城市聯盟的安排下，首先拜會布里斯本的外交部辦事處（圖 14、15），宋文城處長除介紹該部門的工作外，也提醒大家澳洲人民對於工作是

不分貴賤、無階級，不要將「work holiday曲解為-臺傭」，work holiday它可以使臺灣的年輕人培養國際性的宏觀，在布里斯本都市訪查中也確實見到值得國人驕傲的臺灣年輕人。

二、參觀野生動物保護區內之無尾熊保育中心（圖16），其call center提供民眾發現無尾熊時緊急救護與安置之服務。

三、參觀黃金海岸：黃金海岸為天然資源之著名觀光勝地，澳洲政府為打造世界一流的健康城市觀光市場，與議會合作訓練救生員，州政府補助經費成立救生員巡邏隊（圖17）。夏季每月有上千次以上的救援行動，巡邏隊在遊客尚未發生危險前，即採取預防性的救援行動。該市依據風向、海浪大小在岸邊設立紅色警旗（圖18），以警示民眾從事海上活動的安全性，維護遊客安全，以打造安全的健康城市。

四、參觀曾為世界最高住宅大廈Q1頂樓的SkyPoint。通往頂樓77層瞭望台的電梯內天花板上，設有LED銀幕可顯示電梯抵達每個樓層的時間動態（圖19），並販售優惠價格之年票，以吸引民眾經常參觀，達到市民認同城市及行銷城市觀光之目的。

五、走訪布里斯本街道

(一)布里斯本的天空，晴天非常非常的藍，雖然是因太陽靠近地平線的關係，和空氣污染與否無太大相關性，布里斯本街道看不到一點垃圾，但可以看到容量相當大的垃圾桶，有的是2個（分別為資源回收及一般垃圾），垃圾桶蓋上或周圍地面皆無垃圾堆放情形（圖20）。市容整齊齊沒有突出的看板（圖21）。

(二)布里斯本街道到處有公共腳踏車“U-BIKE”，及其維修的工具，其車尾有「立頓紅茶」的廣告（圖22），街道上多見青年人以腳踏車代步，沒有機車飛馳而過的情景（據說機車是他們的休閒工具，非交通工具）。

(三)在商圈中有UV危害的體驗宣導車（圖23），宣導預防皮膚癌，做為城市之行動健康宣導站。

(四)交通轉運站路口設置電動開關門，讓行人無法闖越（圖 24）。

六、布里斯本河：布里斯本河的渡船也是他們的交通工具之一，河岸景色優美宜人（圖 25），部分班次的船是免費，但搭船的人並不多，河上也見青年泛舟（圖 26）。

伍、心得與建議

綜合此次大會參與人員聽取口頭報告心得及建議分述如下：

一、健康不平等議題：看到澳洲政府努力的減少健康不平等，對於原住民、移民族群及打工族群等皆給予關注。大會開幕式即邀請原住民朋友以吟唱方式演唱及表演。

二、生態環境議題：

(一)有關南澳煉銅工廠污染問題，政府與民間集資9,500萬澳幣，研究工廠設置對於環境及居民健康的影響，該工廠同意依研究結果決定工廠的廢存，最後結果為該工廠在當地關廠。講者認為選擇適當的人、地、物為夥伴，是推動健康城市成功的關鍵。

(二)公共區域垃圾桶的設置：容量相當大，有的有資源回收及一般垃圾，民眾丟棄垃圾時，不致於丟不進去，更可以養成隨手分類的習慣。本市可思考其可行性。

(三)街道公共腳踏車的設置：於車站出口、超市前人行道上及街角設有付費公共腳踏車，減少碳的排放。丹麥39-41%的職場員工騎腳踏車上班，此現象並非一夕之間造成，而是年復一年推動的成果。在布里斯本公共腳踏車「U-BIKE」，其車尾有「立頓紅茶」的廣告，建議我們的「U-BIKE」除了微笑標章也能作健康促進方面的宣導，如騎腳踏車有益健康...等等。

(四)本次大會結合公共運輸部門，提供與會者購買火車來回票等優惠措施，鼓勵搭乘大眾運輸工具，並減少列印一張車票，以減少碳排放。

(五)因去年（2011）昆士蘭州慘遭洪水，澳洲政府開始重視防洪問題，建立強

制性撤離機制，居民主動參與災後清潔重建，加上政府部門的挹助，規劃一套災害防制系統，讓民眾清楚大壩決堤的危險性，亦使民眾從網站迅速得知訊息。

三、協力合作建立健康城市管理：政府、學校及私部門通力合作，各縣市推動的概念架構、行銷術語均一致。政府並非只是發展經濟，而是要培育人才，提高人們的生活素質，以建立健康的城市政府。

四、運動的養成：布里斯本建置友善、可近性的運動支持性環境，到處可見運動活動訊息。

五、城市設計概念處處可見：

(一) 垃圾桶為大型資源回收及一般垃圾之垃圾桶，方便行人分類丟棄。

(二) 地面通用防跌設計，一款圖案有兩種顏色選擇，鋪設於重要路口。

(三) 交通轉運站路口設置電動開關門，增加民眾行的安全。

(四) 指示牌與告示牌均運用大型字體及圖示呈現，清楚易懂且符合高齡友善要求。如圖書館、地下道等路口及南岸沿岸之活動訊息標示牌。

六、政府於黃金海岸岸邊，規劃統一帳棚供攤販使用，以維持市容。台灣為海島型國家，建議以安全為優先來吸引觀光客，參酌黃金海岸成立救生員巡邏隊，提供預防性及救援服務。

感謝本市為建構健康臺北城共同努力的公、私部門夥伴，讓本次有 7 篇口頭報告及 15 篇海報，能分享於國際。未來（2014 年全球研討會議將於香港辦理）我們對投稿方向宜預作計畫性的規劃，並鼓勵及輔導我們的 NGO 團體投稿。大會美中不足的是會場與會場間的距離過遠，是我們以後辦理此類活動應謹記的事項。

附錄 1、活動紀實（附圖說）



圖 3：林秀亮副局長、游麗惠簡任技正與朱明若老師合影



圖 4:林秀亮副局長、游麗惠簡任技正與澳洲健康城市聯盟秘書 Peter Davey 博士合影



圖 5:於澳洲昆士蘭省布里斯本會議展覽中心與會人員合影



圖 6: 研討會會場，核心主題為：「健康城市化：健康人、健康社區」



圖 7: 臺北市政府衛生局林秀亮副局長口頭發表「臺北市新生兒聽力篩檢效益評價」



圖 8:臺北市政府衛生局游麗惠簡任技正口頭發表「臺北市市民健康行為研究」



圖 9:中山區健康服務中心容笑英主任口頭發表「100 年度防跌有撇步，健康沒煩惱」



圖 10:游簡任技正與日本「健康都市活動支援機構」與會代表合影

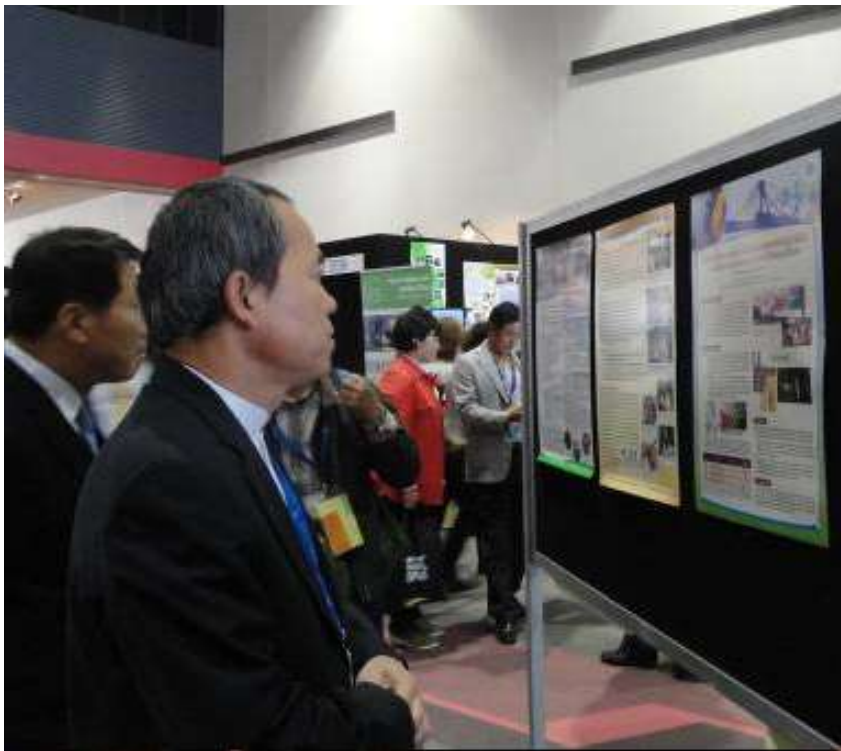


圖 11:海報展示亦吸引眾多城市代表觀賞及興趣

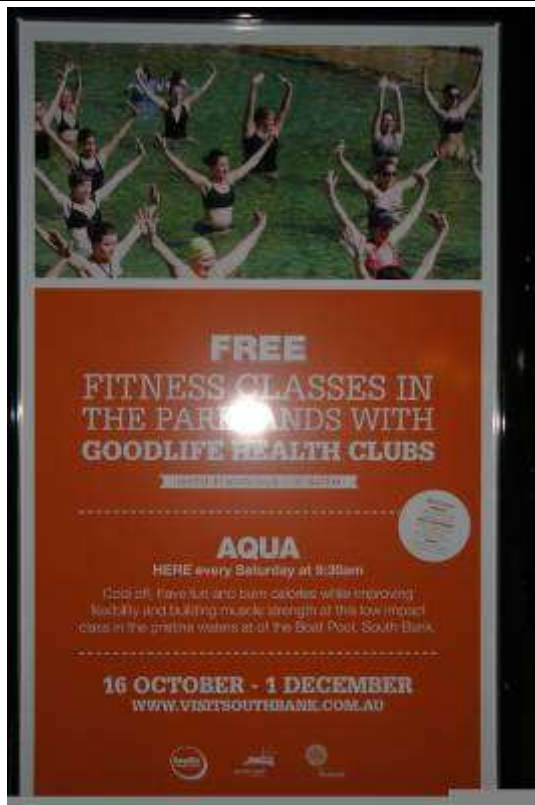


圖 12: 布里斯本的運動方案，民眾到處可以看到運動活動訊息



圖 13 ACTIVE & HEALTHY 手冊



圖 14:臺灣健康城市聯盟代表與駐布里斯本臺灣經濟文化辦事處人員合影



圖 15:林秀亮副局長、游麗惠簡任技正贈天燈磁杯紀念品給辦事處宋文城處長



圖 16: 無尾熊保育中心本市參訪人員合影



圖 17: 黃金海岸預防性的救援行動



圖 18:依風向、海浪大小在岸邊設立紅色警旗



圖 19: 設有 LED 銀幕可秀出及顯示電梯抵達每個樓層的時間動態



圖 20:大型資源回收及一般垃圾之垃圾桶



圖 21:市容整齊齊沒有突出的看板



圖 22:公共腳踏車「U-BIKE」及其維修的工具



圖 23:UV 危害的體驗宣導車

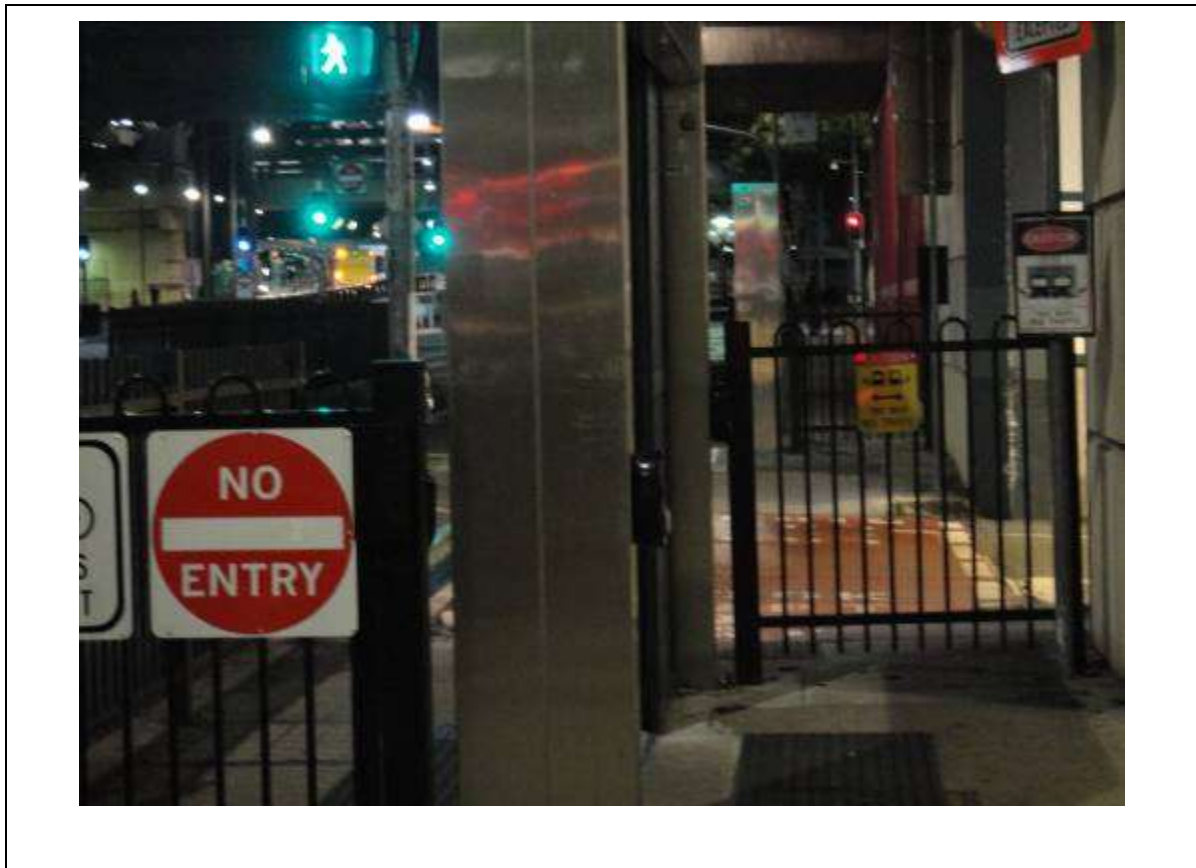


圖 24:交通轉運站路口設置電動開關門，讓行人無法闖越



圖 25: 布里斯本河渡輪風光



圖 25:河上青年在做泛船的活動

附錄 2、研討會議程

10/23(二)	
時間	內容
9:00~17:00	短期課程 A *議題：健康城市的領導 *限 W.H.O.邀請人員參加
10/24(三)	
9:00~17:00	短期課程 A *議題：健康城市的領導 *限 W.H.O.邀請人員參加
10/24(三)	
9:00~17:00	短期課程 B *議題：透過衛生政策及衛生部門間的互動應對非傳染性疾病 *限 W.H.O.邀請人員及報名者參加
10/24(三)	
08:15~13:15	國際健康城市聯盟委員會會議 *僅限 AFHC 委員
09:10 -10:10	拜訪布里斯本的外交辦事處（由台灣健康城市聯盟安排之行程，當日於外交辦事處集合） * 林副局長、游簡任技正及來自台灣其他縣市首長參與，名單詳附件。 *辦事處華人共有 4 位(1 位長官)，外國人共 3 位，備 7 份伴手禮
會議報到註冊及會前活動	
13:00~16:00	開始報到
15:00~16:00	Southbank Precinct River Walk * 1-2 km fun walk
16:00~16:45	Welcome to all Delegates by Professor Ian O'Connor, Vice Chancellor and President, Griffith University and AFHC Networking Event
18:00 - 19:00	布里斯本市議會接見 *僅限 AFHC 會員首長及被邀請貴賓參加
19:30 - 21:30	首長會議
10/25(四)	
08:00~10:45	開幕典禮
10:40~11:05	MORNING TEA (Plaza Level Foyer, Brisbane Convention and Exhibition Centre)
11:05~14:40	PLENARY SESSION 1. AFHC PLENARY PANEL: Healthy Active

	Transport
	2. Professional Development Workshop 1
	3. Professional Development Workshop 2
	4. Professional Development Workshop 3
	5. Professional Development Workshop 4
12:30~13:30	LUNCH (Plaza Level Foyer, Brisbane Convention and Exhibition Centre)
14:45~16:30	分組報告
	1.個人、社區和所有決策單位的授權與承諾 (Empowerment of Individuals and Communities: Engagement of all Sectors in Decision-Making)
	2.能源效率、汙染及環境的永續性 (Energy Efficiency, Pollution and Environmental Sustainability)
	3.都市及區域計畫 (Urban and Regional Planning)
	4.健康設置以及慢性及傳染性疾病管理 (Healthy Settings and Chronic and Communicable)
	5.公平基礎的健康系統和服務 (Equity Based Health Systems and Service Delivery)
	6.環境健康、消弭貧困、健康安全及急難準備和反應(Environmental Health, Elimination of Extreme Poverty, Health Security and Emergency Preparedness and Response)
16:30~17:50	WHO 獎項評選頒獎 (W.H.O Recognition of Best Practices and Best Proposals 2012)
18:00~21:00	*晚宴 *AFHC 獎項評選頒獎(5th AFHC Global Conference Awards and Dinner)
10/26(五)	
08:00~10:00	AFHC 健康城市聯盟會員大會 *AFHC 會員參加
	AFHC PLENARY SESSION
10:00~10:30	*AFHC Mayors' Summit and AFHC Conference Declaration *AFHC 會員參加
10:30~11:00	MORNING TEA *Opportunity for Delegates to View Posters and Trade Exhibition (Plaza Level Foyer, Brisbane Convention and Exhibition Centre)
11:00~12:40	分組報告
	1.個人、社區和所有決策單位的授權與承諾 (分2場次)

	2.環境健康、消弭貧困、健康安全及急難準備和反應
	3.公平基礎的健康系統和服務（11:20 林副局長進行口頭報告）
	4.健康設置以及慢性及傳染性疾病管理 （12:00游簡任技正、12:20中山區容主任進行口頭報告）
12:40~13:30	LUNCH （Delegates Explore Southbank Cafes and Food Outlets / Mayors' CoMSEQ Luncheon and Brisbane City Site Visits）
13:40~15:00	分組報告
	1.個人、社區和所有決策單位的授權與承諾
	2.能源效率、汙染及環境的永續性
	3.環境健康、消弭貧困、健康安全及急難準備和反應
	4.健康設置以及慢性及傳染性疾病管理（分2場次）
15:10	AFTERNOON TEA
15:30~16:10	1.個人、社區和所有決策單位的授權與承諾
	2.能源效率、汙染及環境的永續性
	3.環境健康、消弭貧困、健康安全及急難準備和反應
	4.健康設置以及慢性及傳染性疾病管理（分2場次）
16:10~17:15	閉幕典禮
18:00	LATE NIGHT SHOPPING/OUTBACK SPECTACULAR EVENTS
10/27(六)	
07:30~17:00	【黃金海岸參訪路線】：7:30發車，1.5小時車程，17:00返回布里斯本。參觀野生動物保護區、黃金海岸及參觀Q1大廈（南半球最高建築）。 【陽光海岸參訪路線】：拜訪摩爾頓灣區域市政局議員、參觀卡布爾徹社區衛生服務中心及遊覽 Noosa 國家公園和 Hastings Street 海岸

◆ 發表資訊：

發表主題	發表作者	發表形式	報告時間
Energy Efficiency, Pollution and Environmental Sustainability			10/25 15:45~16:30
Learning from Wetlands– Community Building and Wetland Education of Huachiang Wild Duck Nature Park	范義彬 （臺北市萬華健 康促進協會副研究員）	口頭	10/25 15:45~16:05
Healthy Settings and Chronic and Communicable Diseases Management			10/25 15:45~16:30
Effectiveness of Happy Exercise, Smart Diet and Healthy Weight	陳科成 （臺北市松山健	口頭	10/25 16:06~16:30

Loss in Songshan District, Taipei City	康促進協會理事長)		
Equity Based Health Systems and Service Delivery			10/26 11:00~12:40
Effectiveness of Promotion of Newborn Hearing Screening System	林秀亮 (衛生局副局長)	口頭	10/26 11:20~11:40
Innovative Service in Healthy Smart Town and Cloud Health Care for Songshan District, Taipei City	陳科成 (臺北市松山健康促進協會理事長)	口頭	10/26 11:40~12:00
Community Based Screening of Hepatitis B and C Virus Infection in Taiwan	郭憲文 (台灣健康城市聯盟秘書長)	口頭	10/26 12:00~12:20
Taoyuan County - Healthy Dietary Environment	劉宜廉 (桃園縣政府衛生局局長)	口頭	10/26 12:20~12:40
Healthy Settings and Chronic and Communicable Diseases Management			10/26 11:00~12:40
Investigation of Health Behaviours of Taipei City Residents	游麗惠 (衛生局簡任技正)	口頭	10/26 12:00~12:20
Pilot Project for the University-Integrated Promotion of Fall Prevention Program for the Middle-Aged and Elderly in the Community	容笑英 (中山區健康服務中心主任)	口頭	10/26 12:20~12:40
Healthy Settings and Chronic and Communicable Diseases Management			10/26 13:40~15:00
Effects of Tobacco Taxes on Smoking Behaviours in Adolescents in Taiwan	胡淑貞 (台灣健康城市聯盟秘書長)	口頭	10/26 13:40~14:00
School Children's Knowledge, Attitude and Behaviour Toward Fruit and Vegetable Consumption and Correlated Incidence of Constipation in Miaoli County, Taiwan	郭憲文 (台灣健康城市聯盟秘書長)	口頭	10/26 14:20~12:40

The Association Between Occupation Type and Obesity	黃暖晴 (成功大學健康 城市研究中心執行秘 書)	口頭	10/26 14:40~15:00
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附錄 3、本局於本研討會中發表的海報

Healthy Diet – Songshan Culinary Cup

Ker-Cheng Chen, Su-Chen Tsai
The Songshan Health Promotion Association, Taipei



Background
Obesity is a result of excessive intake of calories and calorie consumption, while the excessive calories turn into fat and stored in the fat cells that cause the weight to be increased eventually. The accumulation of every 7,700 calories in average will be increased into 1 kilo of body weight. As the public grow more evaluation on health issues, healthy diet and regular exercises have become one indispensable part.

Methods
To promote and activate healthy diet in communities, the Taipei Health Promotion Association of Songshan District has held the Culinary Cup and Sports Expert Competition consecutively for the past three years. The Association intends to combine community purchase power and carry out activities in a relaxing and fun atmosphere in attempt to bring health diet culture, concept and professional knowledge into daily life through activities and competitions.



Conclusions
If we could integrate the concept of balanced diet into our life, we can enjoy delicacies intelligently without the burden of health, so that we could eat with healthy effects and longevity.

第四屆松山
食神杯
烹飪比賽
實踐健康人減重
SHPA



Promotion of Senior Health in Communities

Ker-Cheng Chen, Su-Chen Tsai
The Songshan Health Promotion Association, Taipei

Background

The Department of Health estimated in 2011 that the proportion of the elderly population will reach 14% by 2017 and enter an aging society, while the proportion will reach 20% by 2025 and formally enter a super-aged society, whereas the rate of population aging for Taiwan will only be second to Japan in the world. In response to the coming of aging society, the importance of future community health care should be emphasized more. Nonetheless, the lack of current residential facility and availability in barrier-free community contribute to more problems with fast aging population in Taiwan. Hence, the demand for senior health promotion is on the rise.

Methods

The Taipei City Health Promotion Association of Songshan District intends to combine carpentry charity repair society and residential fall-prevention volunteering propaganda to carry out community patrol, reinforce senior residential fall-prevention and promote health promotion workshops for successfully aging community, including reverse aging, exploration of centennial longevity and joint health for the elderly, as well as other relevant senior health promotion topics. To provide a full range of service and take care of the seniors, we also combine the ComCare system from the Institute for Information Industry and the Cloud Caring System from Bojen General Hospital in attempt to protect the health of seniors.

Innovative Service in Healthy

The "ComCare" was first introduced in Songshan District by the Institute for Information Industry to provide the elderly with home care service.

Currently, the 14 main functions provided by ComCare are divided into 5 health management related functions and 9 relevant functions for promoting social group interactions. As of 2011, 300 households of elderly aged over 50 years old have been successfully deployed in the Songshan District.



On the building of aging friendly community

We have started involvement in incubation for Songshan Senior Residential Safety and Fall Prevention Volunteer in 2009 by cooperating with the Songshan Community College Carpenter Welfare Repair Society and the Huashan Foundation to provide community vulnerable elders living along in the community with free residential and environmental repairs.

At the same time, a barrier free space is scheduled to be built for residential fall prevention as well as supporting group cooperation for referral and case service.



In terms of caring for the elderly with Alzheimer's disease



The Songshan District Elderly Day Care Center also promotes the "Healthy Lunch Box of Happiness" to offer free lunch box for the disabled elderly.

Meanwhile, the Songshan Community College is also scheduled to exhibit the elderly with Alzheimer's disease documentary for community tour as well as the successfully aging community health promotion seminars in 2012.

Results

The promotion of these innovative services will effectively solve the needs for elderly society in terms of health and spiritual care derived from the trend in increasing aging population in the Songshan District.

We establish excellent interaction mechanism with the residents through interdepartmental and public-private

A festival for protecting wild ducks in disappearing wetland --The case of environmental education in Taipei City, Taiwan

Author introduction

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Abstract:

Huajiang Wild Duck Nature Park, a size of 70 hectares, is located near by Taipei City. In every winter, wild ducks fly from the north to stay here temporarily. The collection of wild ducks is a special and valuable cultural landscape in Taipei City. As the wetland environment is being to land, the number of wild ducks has been reducing dramatically from six thousand to one thousand since the 1998.

In order to protect the habitat of the geese and ducks, Wild Bird Society cooperates with the Huajiang Community Association and surrounding schools, to hold a series of events and activities to awaken the environmental consciousness of citizens. The most specific activity is to create a festival for calling the God of Water to protect wild ducks. In the mind of Taiwan's people, the God of Water is important to maintain the order of sea and river. Combining the traditional religious belief, the aims of festival is to empower the community to engage environmental education and volunteer in the name of "The God of Water protects the ducks." They organize the Union for the Protection of Huajiang Wetland (HWGA, <http://hwga.biodiv.tw/>). Table 1 shows the discipline and practice of environmental volunteers during the period of 2007 to 2010.

In the festival, the parade of different characters, including the God of Water, geese and ducks will enter streets, temples and schools to attract people to pay attention to the issue of the conservation of wetland and wild birds. Besides, there are various community activities, such as classical events of recalling view of tea tents in music hall, DIY mini-kite to call the return of the geese and ducks, ecological exploration along Dansuei river, decoration art in Dansui River activities, saving energy and reduce carbon farming winds, Monkia herb light meal ecological experiment, and the geese and ducks guide. All the activities intend to rebuild the relations between the community and river, urban and nature.

Monka, the neighborhood of Huajiang Wild Duck Nature Park used to be a port connecting the north of Taiwan and China. The population is about 200 thousand in only 8.8522 square kilometer. Now, it is a declining inner city because of the relocation and downsizing of firms and enterprises. De-industrialization, accompanying low fertility and aging population makes Monka as a collection of urban underclass, especially after the event of SARS in 2003. It is notorious for its gangster, prostitute, and homeless people in Taipei City. However, the City Government and the community begins a series of urban renewal to improve the environment. The festival for protecting geese and ducks is not only a movement for conservation, but also a start for community better movement.



Table 1 Discipline and practice of environmental volunteer

Time	Training hours	The number of volunteer	Service hours
2007/10-11 Basic	20	38	720
2008/03-07 Advance	20	27	480
2008/08-8 Basic	20	38	720
2008/10-12 Advance	20	28	560
2009/08-10 Basic	20	22	440
2009/12-20 Advance	20	13	260
2009/08-11 Basic	20	28	560
2010/02-02 Advance	20	17	340
2012/08-8 Basic	20	34	680
2012/02-21 Advance	20	22	440
Total	200	296	5,000



Smoke-Free Community

Ker-Cheng Chen, Su-Chen Tsai
The Songshan Health Promotion Association, Taipei

Background :

According to the World Health Organization, 5.4 million people die each year worldwide due to the harmful effects of tobacco, about 1 person in average dies of tobacco-related diseases in 6 seconds, while tobacco user reduces one's normal life expectancy by an average of 15 years.

Malignancy was the first of the ten leading causes of death in Songshan District, Taipei. Among these are the highest of lung cancer. Second-hand smoking increases the risk of developing cardiovascular disease than the hazards of active smoking.

Methods

- Convention on the development of community health
- To promote a smoke-free environment stores



- Organize health promotion activities and CO detector
- Organizing community and campus tobacco control advocacy activities



Results :

To build a smoke-free environment, the Songshan District is counseling the community with planning of the fourth smoke-free park and one smoke-free pedestrian trail in addition to the promotion of workplace second-hand smoke control in cooperation with the independent certification for healthy workplace.

These actions aim to offer the public with engagement in leisure activities under a smoke-free environment, so that the public using the park may stay away from the hazards of second-hand smoking and to collectively build a refreshing and smoke-free community environment.

- Create a smoke-free environment
- Promoting around the campus sidewalks become a smoke-free environment





Painted Mobile Vehicle of Diverse Culture

Ker- Cheng Chen, Su-Chen Tsai

The Songshan Health Promotion Association, Taipei

Background :

The diversity of society requires various educational paths so that the different cultures will have the opportunity to fully understand and acquaint, thereby to respect each other and accomplish the overall social harmony. Over the past decade, the number of new immigrants settles down in Taiwan, causing Taiwanese groups and culture to become more diverse.

Methods :

We have applied painted mobile vehicles with presentation in installation arts and visual effects in addition to combining the training and service work from the new immigrant service units, including the New Immigrant Community Story Telling, New Immigrant Handmade Creative Relics Exhibition, New Immigrant Food Talent Performance, and Happy Mobile Movie Theater to shorten the gap between the different cultures.



Results :

We will put the painted vehicle on tour in the different communities of Songshan District and all townships in Taiwan. We will collect the new immigrant service group projects and perform on the vehicles, providing relevant services and support of resource to fully implement the interracial boundaries of diverse culture, settling happiness on the mind of people.



Cultural and Artistic Tainan

Cultural Affairs Bureau of Tainan City Government

Background: Taiwan's history begins in Tainan, which boasts a diversified culture accumulated from the Dutch Colony, Zheng Chenggong's Regime, the Ming and Qing Dynasty Rules and Japanese Rule; the City abounds with historical heritage. Residents of Tainan City, who live in an environment with a deep sense of history and culture profoundness, naturally developed a unique lifestyle and sense of taste.

Methods: In Tainan, you can stroll in Chihkan Tower and listen to music; praise the masterpiece of nature at the Tree House, where the tree and house coexist, and also admire the exquisite work of the traditional craftsmen; and enjoy the various exhibits at the Soulange Cultural Park. This year, the Tainan Arts Festival even incorporated the City's famous cultural landscape, historical sites and heritage houses into its cultural performances. Celebrating this festive occasion in a city with four unique seasons, one can enjoy local and overseas top grade cultural performances, totally relax and be embraced by the culture and leisure, cultivating the unique "LOHAS" pace of Tainan today. Provide a section for photos and references

Results: The word "healthy" in this "Healthy City" not only refers to one's physical health condition, but also how one releases stress and enriches one's spiritual life. Hence, the leisure life has become a hot topic. In Tainan, you can enjoy the leisure lifestyle by participating various art and cultural events.



Tainan Healthy City Association

THE 5TH ALLIANCE FOR HEALTHY CITIES GLOBAL CONFERENCE

“New” Health Policy – Caring for New Inhabitants/Citizens and Their Children

Summary:

New Taipei City currently has 80,000 new inhabitants/citizens and is the city with the largest number of new inhabitants/citizens in Taiwan. According to statistics, most of them are immigrants from Mainland China (62%) and Vietnam (20%). In 2003, in order to integrate them, take care of them and help them with



health issues in Taiwan, the city government started to conduct research surveys to understand their difficulties and needs, and drafted the education program “New Taipei City Medium Range Program for the Education of Foreign Spouses”. The government actively solves their difficulties, researches and formulates plans to meet their needs and creates a suitable living environment. In 2004 the “New Taipei City New Inhabitants/Citizens Education and Counseling Program” was formulated through the cross-department mechanism. In order to treat them with a sincere attitude, continuously support them and integrate them into New Taipei City the term “Foreign Spouse” was changed into “New Inhabitants/Citizens”.

New Taipei City’s number of new inhabitants/citizens and their children is increasing year by year, thus, it became the city with the most new inhabitants/citizens in Taiwan. As a result, in 2005 programs started to reach out to the children of new inhabitants/citizens, and the government, through the expansion of the level of care for ethnic diversity and through an active strategy, hopes to integrate the resources of the city government with social resources. Furthermore, the government provides the new inhabitants/citizens and their children in areas like life learning, social welfare, employment service, education and counseling and multi-cultural exchange with comprehensive care.



From 2003 to 2007 a series of projects related to the new inhabitants/citizens and their children were in progress. After the success experience of the “Torch Program” which was launched by the private sector in 2007, in 2008 the municipal government was the first in Taiwan to formally establish a unit specially responsible for the affairs of the new inhabitants/citizens – “New Inhabitants/Citizens Culture Education and Counseling Division”. In July of the same year the establishment of the “New Taipei City New Inhabitants/Citizens Affairs Committee” was approved, and

with the overall planning of the resources for and affairs of the new inhabitants/citizens, culture, education and their counseling mechanism could be substantially improved.

In the same year, in order to render more comprehensive policy plans and services to the new inhabitants/citizens and their families and to let them thrive in New Taipei City, two further specifications were issued: the “Installation and Operation of the New Taipei City Government New Inhabitants/Citizens Affairs Committee” and the “Distribution of New Taipei City Government Scholarships to the Children of New Inhabitants/Citizens”. We wish that, after they have gained a foothold in New Taipei City, they transform their diverse cultural backgrounds into an advantage, and not only are the “New Inhabitants” “New Citizens,” they will further become “International Citizens”.



