



Mayor Yu-Yi Hou

## EIM National Center Director

Mayor You-Yi Hou

## Affiliation

New Taipei City Government

## EIM National Center Manager

Ran-Chou Chen

## 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 3.99 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 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

Yu-Yi Hou	• Mayor, New Taipei City Government
Ran-Chou Chen	• 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
Jing-Rong Xiao	• Director, Public Health Bureau, Penghu County
Yi Chen	• Director, Public Health Bureau, Tainan City Government
Tzu-Chan Tseng	• Director, Public Health Bureau, Taichung City Government
Ching-Lu Hsu	• Manager, General Manager of Gee Hoo Fitec Corporation
Su-Hon Chao	• General Manager, Giant Power Technology Biomedical

## 2019 Goals

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- Increase the number of physicians and health care providers that receive EIM training and are actively engaged in the assessment, prescription and counseling of physical activity
  - Integrate physical activity as a vital sign and implement principles of EIM into health care systems and communities throughout Taiwan
  - Design senior parks equipped with outdoor exercise equipment to help users improve core strength, flexibility and balance
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## Accomplishments to Date

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- Conducted the “Fit for Age” project 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
  - 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.
  - Since 2017, have integrated frailty assessments, exercise prescription and exercise intervention into the elderly health check-up program. In 2018, a total of 37,601 people had taken frailty assessments, and 1,358 of the frail and pre-frail elderly have received exercise plans helped by EIM exercise professionals
  - Held EIM workshops that provided training to 67 physicians and 151 allied health professionals in 2018 (for a total of 262 and 151 since the beginning of the National Center)
  - Currently have 485 individuals in their EIM exercise professional network
  - Commissioned by the Taiwan MOHW (Ministry of Health and Welfare) and HPA (Health Promotion Administration, Ministry of Health and Welfare) to implement exercise courses for 8,894 senior citizens. The exercise professionals who received EIM Taiwan training and certification were recruited to help these exercise courses, and thus increasing the numbers of the served communities
  - Hosted the first EIM Taiwan International Symposium on Frailty Intervention with more than 500 attendees
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