



Mayor Yu-Ih Hou

EIM National Center Director

Mayor Yu-Ih Hou

Affiliation

Mayor, New Taipei City Government

EIM National Center Manager

Ching-Wen

Affiliation

New Taipei City Department of Health

Host Institution – New Taipei City Government

The New Taipei City Government serves as the host institution for the EIM Taiwan National Center. Located in northwest Taiwan, New Taipei City includes 29 districts with a population of 3.99 million residents, 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 Fit for Age 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-Ih Hou	• Mayor, New Taipei City Government
Ran-Chou Chen	• Commissioner, Department of Health, New Taipei City Government
Ching-Hui Loh	• 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
Hong-Shun Yan	• 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-Jyuan Chen	• Director, Public Health Bureau, Penghu County
Shih-Bin Su	• Director, Public Health Bureau, Tainan City Government
Tzu-Chan Tseng	• Director, Public Health Bureau, Taichung City Government
Ching-Lu Hsu	• President, General Manager of Gee Hoo Fitec Corporation
Ciou-Tong Jhao	• General Manager, Giant Power Technology Biomedical
Kuo-Wei Tseng	• Professor & Chairman, Department of Exercise and Health Sciences, University of Taipei

2023 Goals

- Conduct a large training on physical activity, exercise prescriptions, and frailty for physicians across New Taipei City.
 - Increase the number of physicians and healthcare 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 healthcare systems and communities throughout Taiwan.
 - Continue conduct frailty screening during elderly health examinations and providing referrals to exercise interventions for frail elderly to improve their muscular strength.
 - Design more inclusive outdoor parks equipped with exercise equipment for seniors to help users improve core strength, flexibility, and balance.
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Accomplishments to Date

- Officially established the EIM Taiwan National Center in May 2017
- Have 3 regional ministries of health, 3 public health bureaus, 2 health care companies and 1 university represented on the Advisory Board
- Developed a “Fit for Age” app and made home exercise videos for individuals in quarantine during the COVID pandemic
- Since 2018, provided training to >700 physicians and exercise/allied health professionals
- 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 (2017-present)
- Hosted the 1st EIM Taiwan International Symposium on Frailty Intervention with more than 500 attendees (2018)
- Conducted a primary prevention effort focused on raising awareness of frailty prevention and stressed “exercise anytime, anywhere” for every citizen that was publicly supported by the mayor, community leaders, and the media. More than 38,000 events were conducted in New Taipei City, reaching nearly 40% of its population, in this initiative.
- 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 healthcare units supervised by exercise professionals.
- 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.
- Secondary prevention efforts focused on conducting a large-scale, simple, self-testing frailty screening. Patients are then given an exercise prescription to train with local exercise professionals. After the intervention, 52% of pre-frailty patients return to normal status.
- In 2019, EIM Taiwan organized 336 elderly health promotion courses in community settings, with 4,360 elders receiving services.
- Since 2017, integrated frailty assessments, exercise prescription and exercise intervention into the elderly health check-up program. In 2018, a total of 36,887 people had taken frailty assessments, and 1,207 of the frail and pre-frail elderly have received exercise plans helped by EIM exercise professionals

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