

Enjoy Skinny from Health care-

Explore the Effects of Physical Managements from Multivariate-Activities in "Health Day"

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introduction

According to the WHO reports, obesity could increase the risk of metabolic syndrome. The "Health Day" events, which are free of charge, are held in our hospital regularly. They include lectures, expert guidance and measurement for obesity issues. Especially, we provide personal physical assessments and health consulting in order to increase awareness of physical fitness and knowledge of self-weight-management in the communities.

Results

Five "Health Day" events were held. There were 1558 participants attending the themes of obesity prevention, healthy diet and physical fitness. Four hundreds and eighty-three participants' BMI were obtained. Sixty-six people were overweighted (BMI > 24). BMI was decreased in thirty four participants. All of them made effort to lose weight, which were 102.5 kg in total. Seven of them joined weight-lost course through outpatient arrangements. The rest of them were more likely to achieve self-life modification through the activities of "Health Day".

Purpose and methods

The "Health Day" events provided lectures targeting on metabolic syndrome prevention, healthy diets and fitness exercise from June to October, 2016. The participants' body mass indexes (BMI) were also recorded. Finally, medical staffs would give recommendations and or refer participants to outpatient program for weight management if necessary. Any participants in the program who can lose over 1 kg would have an opportunity to join the annual lucky draw as incentive of events.

Conclusion

The hospital is a platform for advocating weight management and check-up services. Hospital is also the best gatekeeper in the community, by providing multiple categories of activities and professional advice to enhance community awareness of the continuously self-weight management skills. Therefore, we can create a healthy living community and keep the metabolic syndrome away.

