

To Advance the Power of the Contest Program of Community Volunteers to Participate in Health Promotion Activities

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introduction

To promote and develop community health service, we organize Health Stations in five administrative districts. We train community volunteers not only to provide measurement on BMI, blood pressure and abdominal waist, but also referral service for individuals with abnormal outcomes. In order to encourage volunteers to continue to promote and participate in health promotion activities, we organize the "excellent Health Stations and individual merit" contest.

Results

A total of 339 volunteers participate in this activity. The recovery rate of the passbooks at each station was 73.3%. The participation rates of each station for preventive health care and chronic disease control were 23.3% and 46.7%. 291 volunteers joined for obesity prevention and finished the full course, achieving 273.2 kg of total weight loss. Co-sponsored with the District Office a health and vitality show contest, there were 19 teams consisting of 611 seniors participating in this contest. 170 participants join in the exercise walking, with individual frequency on average 2.1 times per week.

Purpose and methods

We formulated the contest details through the discussions with representatives of health stations in 2014. The 5 contest items included preventive health care, chronic disease control, obesity prevention, active aging, and physical health. We provided a rewarding point passbook (healthy lifestyles) for contest; the competition period was from April to October 2015. In addition to awards bonuses given to top three stations, we invited them to share experiences in annual award ceremony.

Conclusion

To consolidate volunteers' coherence and to bring better results, we organized the first annual contest program in 2015. We revised the procedures of second annual contest program based on the feedback from all aspects in 2016. We believe that the new program can motivate volunteers to participate community health activities. We will continue to invite people to join volunteers and to promote health activities for creating healthy life.

