



Mayor Yu-Ih Hou

## National Center Director

Mayor Yu-Ih Hou

## Affiliation

Mayor, New Taipei City Government

## 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. 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.



## NC Advisory Board

## Affiliation

|                   |                                                                                          |
|-------------------|------------------------------------------------------------------------------------------|
| Yu-Ih Hou         | • Mayor, New Taipei City Government                                                      |
| Wen-Zhong Cai     | • President, Taiwan Academy of Physical Medicine and Rehabilitation                      |
| Ran-Chou Chen     | • Commissioner, Department of Health, New Taipei City Government                         |
| Shu-Jyuan Chen    | • Director, Public Health Bureau, Penghu County                                          |
| Yan-Hui Chen      | • President, New Taipei City Physical Therapist Association                              |
| Ching-Lu Hsu      | • President, General Manager of Gee Hoo Fitec Corporation                                |
| Zhen-Guo Huang    | • President, Taiwan Association of Family Medicine                                       |
| Ciou-Tong Jhao    | • General Manager, Giant Power Technology Biomedical                                     |
| Ching-Hui Loh     | • President, Taiwan Association of Integrated Care                                       |
| Zhong-Yi Lu       | • President, New Taipei City Occupational Therapists Union                               |
| Jeng-Chuan Shiang | • Superintendent, New Taipei City Hospital                                               |
| Kuo-Wei Tseng     | • Professor & Chairman, Department of Exercise and Health Sciences, University of Taipei |
| Tzu-Chan Tseng    | • Director, Public Health Bureau, Taichung City Government                               |
| Li Tsuey-fong     | • Director, Public Health Bureau, Tainan City Government                                 |
| Hong-Shun Yan     | • President, New Taipei City Medical Association                                         |

## 2025 Goals

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- 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.
  - Continue conducting 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

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- Officially established the EIM Taiwan National Center (May 2017)
- 3 regional ministries of health, 3 public health bureaus, 2 health care companies and 1 university represented on the Advisory Board
- New Taipei City has taken the lead in public sector efforts, by incorporating EIM concepts into health check-ups for seniors and integrating cross-departmental resources, the city has established a comprehensive service model. Moving forward, New Taipei City will continue to refine its approach and expand international collaboration, providing its citizens with even better health promotion services.
- Developed a comprehensive service model that offers one-stop frailty intervention for local seniors in the Wanli District Health Center, which includes routine health check-ups, frailty screenings, and integration with senior fitness clubs, physical therapy clinics, nutrition centers and telemedicine services (2023-)
- Developed a “Fit for Age” app and made home exercise videos for the public (developed during COVID-19 quarantine) (2021-22)
- Since 2018, provided training to >750 physicians and exercise/allied health professionals
- Organized 336 elderly health promotion courses in community settings, with 4,360 elders receiving services (2019)
- Hosted the 1<sup>st</sup> EIM Taiwan Int’l Symposium on Frailty Intervention with >500 attendees (2018)
- Ministry of Health and Welfare implemented exercise courses for 8,894 senior citizens, led by EIM certified exercise professionals in community settings (2018)
- Conducted “Fit for Age” efforts at over 1,600 communities, hospitals, clinics, public sports centers, private gyms, and local non-profit organizations (2017-present)
  - Primary prevention efforts to raise awareness of frailty prevention, publicly supported by the mayor and community leaders with >38,000 events conducted in New Taipei City, reaching nearly 40% of the population.
  - Secondary prevention focused on conducting a large-scale, self-testing frailty screening. Frail patients were given an exercise prescription to train with local exercise professionals.
  - Tertiary interventions for eligible patients with signs of pre-frailty or frailty are referred to hospitals or health managing companies to receive exercise and nutrition advice conducted over a 3-month period in healthcare units supervised by exercise professionals.
- As of 2018, 36,887 people had taken frailty assessments, with 1,207 frail or pre-frail elderly receiving exercise plans developed by EIM exercise professionals