

### **Descriptions of the outreach programmes and projects planned by the university**

1. The university has established a health committee to promote health education on campus, provide a quality learning environment, and plan the management of environmental sanitation and health services. The committee also coordinates with the relevant agencies and organisations to jointly promote health matters on campus to achieve the goal of “being strong in the four aspects of health: physical, mental, social adaptation, and moral”.

*(1) Strengthen food safety and hygiene to create an excellent dining environment*

The campus cafeterias offer healthy and delicious meals for teachers, students, and the community in the forms of buffets and a variety of menus. We actively guide the caterers operating on campus to ensure that the environments for meal preparation and dining are safe and hygienic so that our teachers, students, and the community can enjoy nutritious and hygienic catering services. The caterers must also comply with the government’s “Five-point food safety policy” and make use of domestically produced fresh and traceable ingredients. Educational training and lectures on nutrition are conducted every academic year. The hope is that the campus cafeterias become places not only to have delicious meals, but also ideal venues for teachers, students, and the community to interact with one another.

*(2) Plan educational activities related to sports and exercise from various perspectives to enhance community health*

The university provides our community members with courses on sports, exercise education, and physical education. In addition, health-preserving tai chi, aerobic muscle endurance training, and regular stretching exercises are conducted. The goal is to improve the cardiopulmonary and muscle fitness of the university’s teachers and students and community members, enhance the metabolic function of cells in their bodies, and increase the metabolism of their adipose tissues through courses and activities. These help produce natural antioxidants, improve psychological comfort, and reduce stress, thereby improving general health.

*(3) Provide smoke-free campus environments*

The university has vast and open campuses that are excellent venues for visitors from afar and residents of nearby communities to enjoy and participate in recreational activities. Regular campus inspections, environmental disinfection, and pruning of flowers and plants are carried out to ensure the cleanliness of the campus environments. Soap-dispensing and hand-washing equipment are installed in all toilets to prevent the spread of diseases. At the same time, smoking is completely prohibited on campus to create an oasis for health promotion and provide a fresh, healthy, and high-quality learning environment.

*(4) Organise health-promotion seminars to improve knowledge on health*

Every semester, the university organises health education lectures covering different topics to encourage our students to develop the correct health education concepts and prevent diseases. Interesting contents are delivered during the lectures, which often attract the active participation of residents from the neighbouring communities. We actively organise first aid training to improve the first aid skills and emergency response capabilities of the staff and faculty so that everyone can have peace of mind when they are at the workplace. In response to the high pressure that is felt in modern life at work and during academic studies, we also plan courses on stress relief and healthcare and the cultivation of healthy lifestyles. Our efforts are aimed at developing holistic health.

(5) *Organise healthcare preservation tasks and disease management to enhance our healthcare capabilities*

Outpatient and occupational safety medical personnel are stationed on campus to provide on-site services. By implementing measures to prevent occupational diseases and to provide health management, as well as health promotion and caregiving, these personnel improve the health levels for our teachers and employees. There are also thirty blood pressure stations on campus so that teachers, students, and the community can conveniently take their measurements themselves, developing the habit of measuring their blood pressure regularly and improving their awareness of their own health through independent health management.

2. The university's Consultation and Counselling Centre conducts in-house Level 3 prevention work. In addition, it works with the Consultation and Counselling Coordination Centre for Universities in Central Taiwan and promotes the policies of the Ministry of Education. Relevant research and training activities are carried out for professional counsellors, including discussions and seminars on case studies, group supervision, education and training, and theme-based study with the aim of improving the quality of professional work through empowerment training and at the same time providing education about self-care.
3. Nursing rooms are specially established to provide faculty, staff, students, and community members of the university with a safe and private venue for breastfeeding. This is to encourage our female faculty, staff, and students to continue breastfeeding after giving birth, which is in line with the national breastfeeding policy and the spirit of the *Act of Gender Equality in Employment* and *Gender Equality Education Act*.
4. Our USR Implementation Hub (USR HUB) and the North Changhua LOHAS and Cardiac Strength Programme jointly organised the "Free technology-based physical fitness test" programme, which integrated the contents of the similarly named programme implemented by the Ministry of Education's Department of Sports. The aim is to help people understand their individual physical and fitness status, choose suitable exercises to engage in sports and achieve

fitness, and to exercise together for a sustained period to enjoy long-lasting health. The targets of this test are our faculty, staff, students, and residents of the neighbouring communities who are in the 23–64 years age group.

5. The university and Show Chwan Memorial Hospital recently signed the “Memorandum of Cooperation in the Training and Service Programme for Professional Sports Instructors” the purpose of which is to facilitate health promotion activities and services for the elderly and the general public, diversified sustained services for individuals’ sporting health, cooperation in academic research projects, the development of academic research in related fields, and the cultivation of local community services to inculcate the intention of mutual cooperation.
6. Information in the appendices:
  - (1) English website of the Medical and Nursing Office under NCUE’s Office of Student Affairs: <http://health.ncue.edu.tw/files/15-1018-8767,c83-1.php?Lang=en>.
  - (2) English website of the NCUE’s Student Consultation and Counselling Centre: <http://ncuecounseling.ncue.edu.tw/bin/home.php?Lang=en>.
  - (3) Snapshots of health promotion activities conducted at NCUE: <http://health.ncue.edu.tw/files/11-1018-1264-1.php?Lang=zh-tw>.



NCUE won the “Excellence Award (Tertiary Category)” in the Ministry of Education’s 2020 Annual Awards for Outstanding Sports Organisations



NCUE and Show Chwan Memorial Hospital collaborate to create a sporting, healthy, and happy city

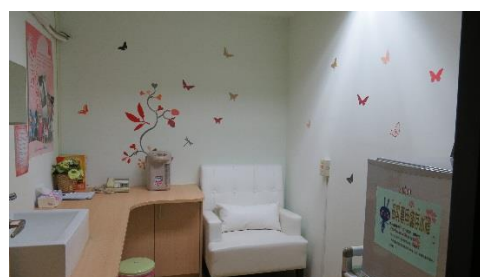
Appendix 3.3.2D-Outreach programmes and projects planned by the university



Core muscle training



Stretching for healthy muscles



Cosy nursing room in the Jin-De Campus (left) and Bao-Shan Campus (right)



Promoting a sporting atmosphere on campus



Encouraging students to participate in sporting activities



Environmental setup-85210: Advocating a healthy lifestyle



Blood donation as a healthy LOHAS activity



Advocating a tobacco-free campus



HIV/AIDS prevention & treatment: Breaking through with love

7. Information on the establishment of blood pressure measurement stations on our two campuses:



國立彰化師範大學  
教職員工

# 健康密碼卡

單位：\_\_\_\_\_

姓名：\_\_\_\_\_

職稱：\_\_\_\_\_

QR Code

**活動時間：**  
\_\_\_\_年\_\_月\_\_日至\_\_\_\_年\_\_月\_\_日

**活動辦法：**

1. 每週至少量2次血壓，並記錄認證；一個月達8次
2. 每學期至少到醫護室量身高、體重及體脂及體電並記錄認證
3. 每學期至少到醫護室量視力(2小時內)1次並記錄認證
4. 參與年度新舊體密度檢測並記錄認證
5. 參與CPR或AED教學活動並通過認證

★ 醫護室護理師定安班時間到各學院及單位提供走動式健康護理服務，教職員工亦可於該時間完成上述1-5項之認證！

**活動獎項：**

個人獎 - 健康認證卡完成前100名者，即可獲得「只小米健康手環」！！

團體組 - 鼓勵各單位踴躍參加，每隊15人，統計參與與最高者，為團體組冠軍，可獲得禮券5000元整。

## 國立彰化師範大學 血壓測量站

**確認姿勢是否正確**

量測前：安靜休息5至10分鐘。  
測量中：放鬆鬆勿動、勿說話。

**量左手、量右手?**  
第一次左右手都量，以後固定量血壓高的那一側。

**量血壓的時機**  
固定的時間測量即可  
(正常人一天當中血壓以上午6點至8點、下午4點至6點較高)

測量時請言語放鬆並帶者在正確位置上，或隨意輕薄的衣物測量

測量時中央必須須與心臟(乳頭)位置同高

電子自檢子的高度應距以25~30cm為理想  
一般量測時電子自檢子的高度應距以25~30cm(從鎖骨位置量起，測量時應坐正或站直身體)。

分期	收縮壓 (mmHg)	舒張壓 (mmHg)
正常血壓	< 120	且 < 80
高血壓前期	120-139	或 80-90
高血壓	≥140	或 ≥90

資料來源：美國預防疾病控制中心與歐洲高血壓全國聯合委員會第七屆報告 (ON7)

一次的血壓值偏高，未必就是高血壓。  
建議測量一至二星期或長建一個月數有參考價值。

若發現兩臂的血壓值差異超過20毫米汞柱，就需向醫師進一步諮詢。