



# Best Medical Staff Do Health-Promoting

by Dr. Chin-Lon Lin, CEO of Buddhist Tzu Chi Medical Foundation

The emergence of the health care industry was due to the sickness of human beings. The physician profession is the result of sickness that causes pain, suffering or even death. This industry aims to cure diseases, relieve pain and prolong life. In the West, physicians and nurses, or the establishments of clinics and hospitals in the last hundreds of years are all focused on curing diseases and extending human life. In the 21st century, the quality of medicine, medication and technologies evolved, yet the excess of curing disease and prolonging lives have caused a huge waste in medical resources. Using Taiwan as an example, a large part of expenses is spent on intensive care services. We use ECMO (Extracorporeal membrane oxygenation) equipment, tubes, and respiratory aids to lengthen patients' lives. However, the effectiveness is less than 50% according to recent studies. It means that half of all medical expenses are inefficient. This situation demands that we review the whole process of administering medicine; to look at it from another angle, and to explore the nature of medicine again. Medicine should not involve simply taking action only when a person is sick. It should have as an objective the "prevention of illness." A positive way to prevent illness is to "promote health."

Actually, this was pointed out long ago by Chinese ancestors recorded in Huangdi Nei Jing (The medical Classic of the Yellow Emperor, an old medicine Scripture), which states, “The superior medicine prevents illness; the mediocre medicine takes care of syndromes, and the inferior medicine treats diseases.”

Therefore, at present we can say “the superior medicine involves the promotion of health.” Put it in another way, the new definition of medicine is to make a person healthy and productive in terms of the need of the family, the society, the body and mind; and to make the best use of one’s potential. This is also Tzu Chi Medical Foundation’s mission – becoming “The Guardians of Lives.”

More than twenty years ago, the WHO (World Health Organization) started a program to promote healthy patient hospitals. However, it was mainly implemented in Europe. When I learned about this, I suddenly realized that this is what we have been doing. Whether it is for energy saving, environment friendliness, water and power conservation, waste and carbon reduction, vegetarian practice, patients’ health education and community based health-care, Tzu Chi hospital is carrying out health promotion. Beginning at Dalin Tzu Chi Hospital, then expanding to Hualien, Taipei, Yuli, Taichung and Kuanshan, and becoming a member of WHO’s HPH network.

April 2008, it was me who, for first time, led Tzu Chi’s staff to participate in the 16<sup>th</sup> International Conference on HPH (Health Promoting Hospitals) held in Berlin, Germany. Two reports handed in by our staff have been accepted by the Conference. One was addressed in oral sessions; the other in mini-oral sessions. The reports were shocking to the organization and conference attendees. People gave us high marks and they look at us differently ever since.

The reason was that health promotion in Europe was based on theory more-so than practice. At that time, participating countries mostly focused on reducing weight and quitting smoking. But with the case of Tzu Chi hospital, HPH is actively encouraged throughout the entire hospital. Led by the superintendent, health promotion is systematically implemented involving four components: patients, employees, community and the environment. This has shown European medical workers our completed and practical achievement. Afterwards, the spiritual part of health promotion was added.

After five years, reports addressed in conferences sponsored by the Tzu Chi Medical Foundation increased exponentially. In 2010 we delivered 26 reports, at the 20<sup>th</sup> Conference in April 2012, 65 reports were issued. They are the outcomes of health promotion done by staff from our six hospitals and departments which specialize in different areas. Whether it's being a mother-baby friendly, elderly friendly and environmental friendly hospital, or campaigns to quit smoking, quit chewing betel nuts, reduce weight and become vegetarians, these efforts all aim to help all elderly, middle-aged, adult, and adolescent people in different ethnic communities to promote health.

During these few years, the Bureau of Health Promotion (BHP), Department of Health has been proactively leading Taiwan's Hospitals to join the HPH network. We also appreciate the efforts of Shu-Ti Chiou, director-general of BHP and her staff for securing Taiwan's selection as host for the HPH's 20<sup>th</sup> International Conference. Because of this conference, medical experts from more than 40 countries were able to discover Taiwan and learn about Tzu Chi.

We also received some positive results from the 20<sup>th</sup> Conference in our efforts to promote a vegetarian diet and reduce carbon emission. Almost all of the conference participants ate vegetarian meals. Many European countries have started to encourage the consumption of a meat-free, plant-based diet among its citizens, and also agreed that it is the best way to create a friendly environment and reduce carbon emission. Dr. Jürgen M. Pelikan, Chair of the Scientific Committee, Vienna, for example, is a vegetarian. We also learned that many who were not fond of vegetarian food were willing to take their first step and try to eat one vegetarian meal a week. This is the first step in their efforts to promote health and demonstrate their love for the earth.

In September 2011, the London-based NGO, World Preservation Foundation, released in a paper entitled "Plant-Based Diets: A Solution To Our Public Health Crisis" stated, "The people of the UK should switch to a meat-free diet, including milk and eggs-free products. It would reduce work-age related illnesses and could save the UK up to £100 billion a year; around the size of the entire annual NHS (National Health Services) budget...also reduce diabetes, cardiovascular disease and severe

obesity problem.” NGO called upon UK’s Prime Minister to encourage the implementation of a plant-based diet as a solution to the severe obesity problem in the UK. The UK is currently the most obese nation in Europe. Former US President, Bill Clinton after his cardiovascular stent surgery followed the dietary research (based on the China Study) done by Cornell University professors, including Dr. T Colin Campbell, which recommended the adoption a plant-based diet and reduction of cholesterol consumption. This helped President Clinton reduce his weight and maintain his health. There are many global studies that have proven that vegetarian diets are the best way to reduce the risk of cardiovascular disease, chronic disease and cancers.

Finally, many of the natural disasters are due to the extreme climate that continuously occurs in the world. Additionally, to reduce world hunger, Master Cheng Yen promotes the campaign of “Eating 80% and spare the remaining 20% for the needy.” Only by the simple way of controlling one’s appetite, we can be healthy and our environment can be protected – an easy way to make us worry less and be more content.



**Tzu Chi Medical Foundation promotes vegetarian diet in various ways. Photo depicts Hualien Tzu Chi Hospital senior volunteer Hui-Mei Yen adds secret meal to hospital lunch cafeteria which successfully attracts staff.**

# The 20<sup>th</sup> International Conference on *Health Promoting Hospitals and Health Services*

By Ching-Fang Tseng, Chiu-Hui Huang, Chien-Min Shen, and Yi-Fang Wu





# Health Promotion in Taiwan



The WHO established “Health Improvement Hospital International Network” in 1990.

The concept of medicine has been elevated from “treating patients” to “improving health”.

Since 1993, annual conferences were held at European’s countries to discuss the research results and accomplishments.

Taiwan and Tzu Chi have participated at the conferences since 2008 and their efforts have been highly praised.

Tzu Chi’s six hospitals are certified as members of the network.

In 2012, the international conference was, for the first time, held in Taiwan. It is an effort of inviting people globally to improve nutrition, reduce stress, quit smoking, and prevent injuries of exercise and accident.

In April 2012, 1370 medical experts from 45 countries gathered at Taipei International Convention Center to present their papers. The number of registrations, paper publications, and countries was a record high. Taiwan's accomplishments for cancer screening, mental health, the respect and kindness to elders, friendly environment, energy and carbon dioxide reduction, and promoting vegetarianism have been positively appraised by the medical professionals. Not only Tzu Chi published the most papers, Dalin Tzu Chi Hospital also received the award of "Outstanding Fulfillment of WHO HPH (World Health

Organization Health Promoting Hospital) Standards". Taipei Tzu Chi Hospital was awarded for the best poster; it demonstrated Taiwan's HPH Performance is a world model.

Do you know, Taiwan's accomplishments for cancer screening, quit smoking, friendly environment, carbon dioxide reduction, mental health, and the respect and kindness to elders has been positively confirmed from the medical field of the world? Taiwan hospitals' proactive devotion in improving the mental health of people and employees has become a benchmark for more than forty countries in the world!



In the Pre Conference, Superintendent Sou-Hsin Chien was invited to share the medical waste reduction of Dalin Tzu Chi Hospital.



In the evening of April 11 2012, Superintendent Sou-Hsin Chien represented Dalin Tzu Chi Hospital received the award of “Outstanding Fulfillment of WHO HPH Standards” presented by Mr. Louis Côté (center), chair of HPH Governance Board and Ms. HanneTønnesen (left), chief secretary.

### **Dalin Tzu Chi Hospital Model for the World**

The move from Europe to Taiwan for the Twentieth International Annual Conference is because of the amazing health improvement of Taiwan’s hospitals. The annual conference awarded the Outstanding Fulfillment of WHO HPH Standards to Dalin Tzu Chi Hospital. Dalin Tzu Chi Hospital was selected among more than twenty-five thousand hospitals from five continents.

The superintendent of Dalin Tzu Chi Hospital, Dr. Sou-Hsin Chien (now superintendent of Taichung Tzu Chi Hospital), was invited to share the experiences of managing and reducing the medical waste in the first

day’s agenda “Environmental Friendly Hospital International discussion”. Dr. Chien began his talk with a film of an eighty-year-old volunteer who was doing recycling. Then he let all the medical personnel from the world know that this old lady’s work was without pay and it was to serve the society. Then he said Dalin Tzu Chi Hospital also has a recycling station, thus all personnel of the hospital are engaged in recycling. We demonstrated the concept of recycling, reducing the waste by our practices. Then Dr. Chien showed a picture during a surgical operation when many of the medical tools were used repeatedly. It is not necessary to discard or replace after being used once. Dr. Chien said, “We do not have contamination problem, and the



postoperative infection rate is lower than most medical centers.” The nursing field also suggested many creative ways to recycle, such as ice pads, instruments for extract sputum, and etc. Dalin Tzu Chi Hospital has reduced the waste year after year, and received numerous awards. “So we told the organization that please give other hospital a chance for an award, we have had too many times.” Everyone in the room enjoyed and laughed at Dr. Chien’s humor.

Other than that, pre-operational agreement video replaces hard paper copy so many trees are saved. Eleven years since the beginning of Dalin Tzu Chi Hospital, all staff members

have been using the reusable utensils. In total, six million pairs of disposable chopsticks were saved from being made and used. At last, Dr. Chien emphasized the importance of education for hospital personnel regarding the concept of recycling. It is a practical way to protect the environment.

During the question and answer session, one could feel the audience really wanted to know the details of Dalin Tzu Chi Hospital’s experience. Finally, a doctor from the United States asked, “How do you achieve this for environmental protection? For example, if the senior surgeon is unwilling to cooperate, what will you



There were 71 of Tzu Chi Medical Foundation officially registered for 2012 HPH Conference which published essays around 9% of the conference publication.

do?”

Dr. Chien smiled and said, “Luckily, I am the most senior surgeon in the hospital. When I say “Yes”, then other doctors have to accommodate.” Everyone laughed. Dr. Chien then said, “We are serious about recycling in terms of surgical operation; we have proof that the infection rate is very low.”

Dr. Chien asked everyone to examine the data as a testimony. Besides, “It is also an opportunity for all personnel to learn how to sort recyclables into different categories. By doing so, one would understand the level of difficulty and is more willing to help reduce trash whenever possible.” Recycling efforts not only benefit the environment and help reduce carbon dioxide, the environment also becomes greener. From inside out and from top to bottom, everyone in Dalin Hospital implements the concept of health improvement. As a result, we are awarded and becoming a standard in health improvement.

### **Annual Conference in Asia – First Time: The Achievement of Taiwan and Tzu Chi**

The European Chapter of WHO established “Health Promoting

Hospitals International Network” in 1990. The goal of this network is to encourage all hospitals not only treat patients passively, but also develop the “health promotion” everywhere, such as hospitals, or local communities for the health movement. Since 1993, the Network holds annual conference to review the result of this movement. It has been held in many European countries. Taiwan and Tzu Chi have been participating in this conference since 2008 and devotedly presenting the result of health movement. Their essays were widely recognize by the organization. Because of our accomplishments, the headquarters in Copenhagen decided to hold the Twentieth International Conference in Taiwan for 2012.

The 20<sup>th</sup> International Conference on Health Promoting Hospitals and Health Services organized by Taiwan’s Health Organization was held from April 11 to 13, 2012. There were one 1370 people registered for the conference and it was the highest attendance after all. A total of 1005 participants from 140 some hospitals, 36 universities and colleges, and 14 health organization attended the conference.

Statistics from the Bureau of National Health showed there were

five keynote-speakers, 58 parallel sessions. A total of 744 essays were presented in the conference – with 183 oral presentations, and 561 posters. The number of essays,



Dr. Jyh-Gang Hsieh of Hualien Tzu Chi Hospital made an oral speech on elder friendly health care network in Fonglin Township of Hualien County.

the number of people and countries registered were a new record high. Five-hundred-ninety-eight essays were presented from Taiwan alone.

All six hospitals of Tzu Chi Medical Foundation participated in the conference. Among them Kuansan Tzu Chi Hospital is the first time participant as an observer. Dalin Tzu Chi Hospital, the first to participate in the conference and other Tzu Chi hospitals such as Hualien, Taipei, Taichung, and Yuli all submitted research papers. The total research papers included nine oral presentations, six mini presentations, and 50 poster presentations. In total, 65 papers are presented by Tzu Chi hospitals. It accounts for about 9% of the conference and about 10% of Taiwan's publications. These numbers demonstrated the effort from six Tzu Chi hospitals for promoting physical and mental health of the people.

### **Pledge a Green & Friendly Environment, Improve Health & Protect Earth**

On the morning of the first day conference, Wednesday April 11, 2012, the sun shined upon Taipei, like a warm welcome to the guests from all over the world. Although the official opening was 6 pm, two discussions



The poster "Promote the Green and Carbon-Reduction Hospital – Taipei Tzu Chi Hospital" presenter Ming-Chong Yang, Director of the Engineering Dept., demonstrated the achievement of Taipei TC hospital. Group photo of Director Yang (2nd to the right) with co-authors Superintendent You-Chen Chao (2nd to the left), Lih-Lih Chou (left).



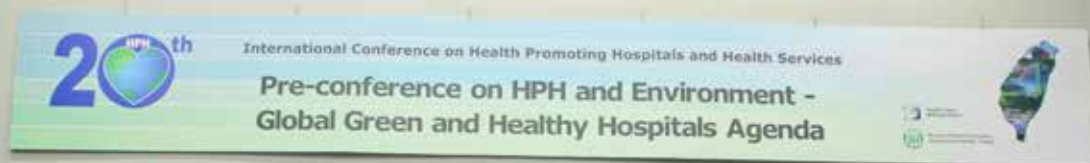
had begun at 9 am already. They were “Environmental-Friendly Hospitals Discussion” and “2010 Smoke-Free Hospital International Award Discussion”. The colleagues from Tzu Chi Hospitals arrived early and participated in topics of interest to them.

Then at 4:45pm in the afternoon, two representatives from the “Health Care without Harm” invited everyone to support the movement “Green and Friendly Environment” by signing a petition. The Director General of Bureau of Health Promotion, Dr. Shu-Ti Chiou, signed the petition first, then Dr. Sou-Hsin Chien, Dr. You-Chen Chao, superintendent of Taipei Tzu Chi Hospital, Dr. Ching-Yuan Chen, HPH project head of

Taichung Tzu Chi Hospital all signed the petition on behalf of all Tzu Chi medical personnel.

At 6 pm, Vice-President of Taiwan, Wan-Chang Siew, came and hosted the opening ceremony. The Chairman of International Health Promotion Hospital Network Organization, Dr. Jürgen Pelikan addressed to the representatives and explained the three reasons why the conference was held in Taiwan. The first reason was because of the significance of holding the first conference in an Asian country. The second was that Taiwan had most representatives and papers to present. Lastly, it was meant to bring the HPH Network to a new era. At the same time, they also announced

**HPH** In the conference, there're over 2,500 hospitals from 13 countries supported “Global Green and Healthy Hospitals Network”.





that Dr. Shu-Ti Chiou was elected to be a board member of WHO HPH Network. Then the twentieth annual meeting has officially begun.

At 8 pm, a dinner and award ceremony was held at the third floor of the conference hall. The awards are to recognize the outstanding health promotion, including for the first time an “Outstanding HPH Award” to Dalin Tzu Chi Hospital. The conference award was presented by Dr. Louis Côté, the chairman of the international health network and Dr. Hanne Tønnesen, Secretary of international health network organization, to Dr. Sou-Hsin Chien. Dr. Chien thanked for the recognition



of the organization, and appreciated the leadership of Dr. Shu-Ti Chiou, the head of the department of the health toward the improvement of Taiwan's health. This honor was credited to the Dr. Chin-Lon Lin , chief executive of Tzu Chi's hospitals and all medical personnel who have been promoting the health movement for a long time, so that patients, families, and hospital personnel come together for a common goal – a healthy body and mind.

### **Yuli Tzu Chi Hospital Well Known; Taipei Tzu Chi Hospital the Best**

During the parallel presentations, whether it was 20 minutes oral presentation or 10 minutes mini presentation, or poster presentation, one could see the colleagues from six Tzu Chi hospitals everywhere. Besides doctors and nurses, there were physical therapists, nutritionists, social workers, and hospital administrators. Yuli Tzu Chi Hospital's improvement on promoting health was audited by the committees at



Conference attendees visited the booth of Tzu Chi Medical Foundation and showed interests in post cards of Taichung Tzu Chi Hospital's eco architecture. Ms. Julia Tseng of Humanitarian Communications Dept. of the medical foundation described to them in details.

the conference, with three mini oral presentations, which were recognized and confirmed.

On the third day of the conference, before the closing ceremony, Taipei Tzu Chi Hospital's Service Department Ming-Chung Yang was presented by the conference the best poster award, which featured "Taipei Tzu Chi hospital's example on protecting the environment by reducing carbon dioxide." The poster presented the accomplishment of the savings on electricity, water, and diesel oil.

### **Friendly Environment Trilogy: Medical Organization, Environmental Protection, Vegetarian Diet**

Besides meeting agenda and poster areas, on the first floor of the Taipei International Convention Center were display booths organized by the conference. The display booth was for related medical organizations and health organizations in Taiwan. Tzu Chi medical organizations and Da Ai technology organization were next door to the Taiwan vegetarian nutrition association. The goal was to present the concepts and actions of Tzu Chi's medical culture, environmental recycle and vegetarian



**HPH** Tzu Chi Translation volunteer George Lin (left) introduced the process of making PET bottles into fabrics.

concept to reduce carbon dioxide. "Recycled bottle scarf" or cut-outs from the plastic bottles recycled blankets used in relief mission, were passed out as souvenirs if the participant makes a pledge to eat vegetarian meals.

Because Tzu Chi's display area was next to the poster's area, many people who were presenters of the poster were viewing the display. The best friendly neighbor of the display area was from Chiayi Health Department and DaLin Tzu Chi Hospital.

Among the medical related products, a series of environmental

friendly textile products were prominently presented on the light green colored display booth. In order to be able to present to the professional guests, volunteers from Taipei's Foreign Language Team, Siri Su, George Lin, and Hsuan-Yi Hsu enthusiastically explained these green products. Everyone was amazed by the products made from recycled plastic bottles. They praised Tzu Chi's effort in protecting the environment.

After the show, doctors from India and Nepal inquired the possibility of exporting Da Ai's technology and

system for recycling. They have never heard the technology to reduce trash, energy and carbon dioxide.

Janet Robinson, a short blond hair lady, came to Tzu Chi's presentation booth with a warm smile. She represented a non-governmental organization – Family Health International 360 (FHI 360). Janet is the director of the scientific experiment organization and is also person in charge for Asia Pacific area with main office located at Bangkok, Thailand. Janet has been a vegetarian for twenty-two years and wishes to learn more about Tzu Chi's effort on spreading the environmental protection effort. She also wishes to know how to transform the idea of protecting the environment into actions. With the explanation of Ching-Fang Tseng, she realized Tzu Chi's effort in protecting the environment is a gradual and long-term effort. It started with families, then friends, relatives, neighborhoods to today's community environmental protection stations. Throughout Tzu Chi offices around the world, volunteers are devoted to the effort of protecting the environment.



**HPH** A staff at Taiwan Vegetarian Association advised conference participants to vegetarian diet as a carbon reduction compensation to their flight to Taipei which added carbon dioxide emission to the earth.



**HPH** This visitor from Sweden has been a vegetarian for 11 years. Tzu Chi volunteer Ms. Wang and Dr. Ming-Nan Lin of Dalin Tzu Chi Hospital assisted her to key in her vegetarian pledge list.

A woman from England's Health Organization searching for meditation as a means to help patients and general public's mental health curiously asked: "As a Buddhist hospital, do you provide any mental or psychological therapy to patients?" One of the colleagues at the booth answered, "Tzu Chi is a Buddhist hospital, but its volunteers come from all religious backgrounds. Other than Buddhist monastics, the medical volunteers who wear yellow vests offer emotional and psychological supports to patients and families."

Of course, several guests expressed interest in making donations. Nurse Associate Wu from the maternity ward of Sijhih Cathay General hospital affirms Tzu Chi's ideas. She left her address so Sijhih's Tzu Chi volunteers could reach her in

her workplace.

An executive from Jakarta, Indonesia recanted he had collaborated with Tzu Chi's medical organization in Indonesia, so this time he bought six representatives to Taiwan for observation. He wanted to learn how hospitals can reduce medical waste. He was also interested in the ways of detecting the mercury level in Tzu Chi's hospitals. The executive was very modest and unassuming and he also wanted to participate in activities about vegetarianism. One government official from Indonesia visited Tzu Chi's presentation booth and said he had never heard of Tzu Chi before.

On the third day of the conference, many guests visited Tzu Chi's booth, some of them were first timers. One doctor from Barcelona,





**Two Italian participants joined our vegetarian pledge event and they're surprised to have eco-friendly scarfs from Da Ai Technology Co. as gifts.**

Spain asked, "My colleague just told me that you have scarfs made from plastic bottles. I did not know it was from the rescue mission blanket. Thank you for telling me." Another foreigner who first visited the booths and was looking for presentation room with his friend, but was led by his English friend Ms. Cook to our booth and was told that the scarfs and blankets were made from recycled plastic bottles. We joked with Ms. Cook, "You are our best guide." They were all from England and said this non-existent in England. Clearly, the plastic bottles are worthwhile for recycling purpose. This

English gentleman also followed our guide and signed the petition to be a vegetarian.

There were two Nigerian doctors in the traditional clothes and hats. They came by the second time. One of them said the grey colored scarf matched his grey hat and grey gown, and tried it on. Then he decided to loop it on his hat and left with it.

Tzu Chi's environmental scarfs left good impression with thirty or forty countries. We hope all hospitals will eventually march toward environment protection for a greener and better world.

## **Echoing Gong Calls for Pledge - Countries That Follow the Movement**

Inside the conference hall, the sound of gongs was everywhere with hail and clapping. This was the scene in front of booth of Taiwan's vegetarian association. Tzu Chi's display booth was one of the two most popular; the other one was the free photo booth provided by the National Health Bureau.

In order to make up for the additional carbon dioxide produced by the airplane because of the conference, Taiwan's vegetarian association was promoting pledges for vegetarian meals. It is estimated that the annual conference generated 438,552 kilograms of carbon dioxide, it would require 404 people to go on vegetarian diet for one year, or the equivalent of 4,252 hundred vegetarian meals.

One of the guests making a pledge is a Muslim from Indonesia. Ms. Tika had heard of Tzu Chi's contribution in Indonesia. She said in Indonesia, vegetarians have limited selections of food and they are usually expensive as compared to the convenience and inexpensiveness in Taiwan. For energy saving and carbon

dioxide reduction, she gladly hit the gong to support one day a week pledge for vegetarian meals.

The Tzu Chi Celebrity Association was invited by Da Ai's news anchorman Ming-Chun Ni to advise people to keep a healthy veggie diet. Volunteers included Ting Chen, An-Shun Yu, Suny, Yin-Yi Chien, Ching-Ren Cheng and Hsin-Yu Chen. The response was overwhelming especially to the local guests from Taiwan.

Nutritionist Chih-Hung Tsai from Taitung's St. Mary Hospital came after an appeal from Hsueh-Ting Chiu, the secretary of Taiwan's vegetarian nutrition association, for healthy veggie diet.

"We are promoting eating veggie in the hospital and hope patients will respond to the call. Because Tzu Chi has experience in veggie diet, we want to collaborate with Tzu Chi." The director of Tzu Chi's Kuanshan's administration also shared with Mr. Tsai on the experience of providing vegetarian lunch box in the Kuansan Tzu Chi Hospital.

On the evening of April 12, before the end of the exposition, a very tall grey-hair gentleman with sideburns invites everyone to come to Sweden for next year's conference. He invited Tzu Chi's colleagues to take

pictures in front of Tzu Chi's booth. He said he had pledged to become a vegetarian one day a week. He said he was overweight and it affected his health. Doctor told him to cut down the intake of sugary food. One of his four children is a vegetarian, so he will have more opportunities to eat vegetable.

### **Doctors Against Tobacco, Surgery for Smoking-quitters Only**

Dr. David Chalom, an orthopedic from Sweden, came to Tzu Chi's booth with a big smile. He introduced himself as a member of Doctors against Tobacco ([www.doctorsagainstitobacco.org](http://www.doctorsagainstitobacco.org)). He is passionately against the use of tobacco and was very interested in Tzu Chi's recycling effort. He witnessed plastic bottles being recycled to useful materials and sincerely invited Tzu Chi to come to Sweden to introduce the recycled products. Ching-Fang Tseng took a newly developed product, a recycled medical mask developed by Da Ai Technological Organization, and asked his opinion from a surgeon's point of view. David willingly put it on, and then took a deep breath. After he tested it, David suggested making adjustment on the lower chin area to

go deeper but thinner. He advised not to make the mask too thick because it would make breathing difficult. He hopes after the modification, Tzu Chi can bring the modified environmental mask to Sweden next year. He would invite more doctors to experiment with it. David also said many hospitals will place orders since everyone wants to protect the environment. CEO Lin and his wife were at the booth. Lin complimented Chalom's effort in persuading patients to quit smoking. He will not perform surgery unless the patients quit smoking.

On April 13, when the booths were about to close, a female psychologist from Swaziland came to our booth again. Even though she expressed difficulty of a veggie diet, she was still given a scarf. But after she visited Taipei Tzu Chi Hospital and had tasted the vegetarian food, she found out the vegetarian food was very delicious. She said she would start eating less meat. So she came back to our booth, and signed her pledge to be a vegetarian once a week. She said, "It may be hard, but I will be a vegetarian one day a week." Then she hit the gong.

### **Carbon Dioxide Reduced 60% - Taiwan the Best**

After three days of hard work,



**Dr. David Chalom (center), an orthopedist from Sweden and member of Doctors against Tobacco ([www.doctorsagainsttobacco.org](http://www.doctorsagainsttobacco.org)) tried on Tzu Chi's eco-mask and was impressed by Tzu Chi's HPH efforts.**

there were 573 people from all countries that participated at the conference pledged to be vegetarians once a week. Therefore, it will reduce 274,717 kilograms of carbon dioxide. This will offset 63 percent of carbon dioxide generated by this annual conference. This is a pleasant surprise. We wish all those people who signed up will keep their promises, and wish they will inspire their families, friends, and colleagues to this pledge. Hopefully all hospitals will support this movement of

reducing carbon dioxide to improve health.

The International Health Improvement Annual Conference successfully adjourned. It was a record high for the number of theses presented, and the number of people who pledged to reduce carbon dioxide by eating vegetarian food. For the physical and mental health of Taiwanese people, the six Tzu Chi hospitals will continue to promote health improvement in their local communities.





Two sisters at Saint Paul's Hospital, Philippines, knocked the gang as a promise to once a week vegetarian diet. Besides them were Tzu Chi Artists Association volunteers.

## Vegetarian Diet and CO<sub>2</sub> Reduction Pledge - Display Booth Result

### from Taiwan Vegetarian Association

Success rate 63% (Reduced CO<sub>2</sub> 274,717 kg). In total 573 people made pledge to go vegetarian.

One vegetarian meal a week: 194 people

One vegetarian day a week: 27 people

Two vegetarian days a week: 20 people

One vegetarian meal a day: 166 people

Two vegetarian meals a day: 63 people

Vegetarian for life: 103 people

## Country Ranking According to the Vegetarian Pledge

1. India	100% ( 1 people)
2. Philippine	55% ( 5 people)
3. Spain	50% ( 2 people)
4. Malaysia	44% ( 3 people)
5. Thailand	26% ( 25 people)
6. South Africa	22% ( 3 people)
7. Indonesia	22% ( 12 people)
8. England	21% ( 8 people)
9. Taiwan	21% ( 1,049 people)
10. Austria	20% ( 5 people)







# Small Town, Happy Town

Health Promotion in Yuli Tzu Chi Hospital

by Shih-Yuan Chen

Even though the Yuli Tzu Chi Hospital has less than 100 staff and only 46 patient beds, the hospital started promoting health in 2009. In 2010, the hospital received its international internet membership for Health Promoting Hospitals. Dr. Yuh-Lin Chang, superintendent of the hospital, led colleagues to actively promote related activities within the hospital and in the community. Finally, we were able to highlight our achievement at the 20th International Conference of Health Promotion Hospitals, winning one poster award and three oral presentations. Suddenly, the rural town's hospital became a learning model for over 2000 hospitals around the world.



Promoting age-friendly activities – Shih-Yuan Chen shares how Yuli Tzu Chi Hospital promotes health for the elderly in conjunction with the community.

### Senior Friendly Service & Healthy Employees

This time, Yuli Tzu Chi Hospital had four papers accepted for presentation. One of these was a poster titled “A Humane Method: Painless Suture for Open Wound of Children”. Three oral presentations were: “Reduction of Carbon Emission in Medical Service”, “Never Too Late to Exercise” and “A Simple Strategy to Improve Employees’ Health”. The first two were 10 minutes each, the result of Yuli Tzu Chi Hospital’s effort to improve the health of the community’s elderly. The first was about driving to give vaccinations to the elderly, thus saving their money and reduce carbon emission

by driving back and forth the hospital. This was reported by management unit Director Chang-Tse Tang. The second was about a plan to encourage the seniors to exercise routinely to strengthen their joints. This was reported by Shih-Yuan Chen, the assistant director. The third was introduced by Ko-Jen Lin, the group leader, about the results of the hospital’s drive for employee exercise.

Superintendent Chang encouraged everyone by saying, “This is a very rare opportunity. Only after one year, we already have the opportunity to present four papers on stage. I appreciate every colleague’s effort in promoting health. Having the chance to go on stage to report our work is the best way to learn how to be independent.



The meeting's emcee, Taiwan Hospital Affairs Management Association Director General, Yaw-Tang Shih (left), praised Yuli Tzu Chi Hospital's effort in promoting staff exercises. The right one is Vice Superintendent Yen-Pi Chen.



## **Overcoming the Language Barrier**

Originally, Superintendent Chang wanted to participate in the meeting, but at the last minute he had to remain on duty in the hospital's emergency room. In order to prepare his staff to deliver the presentations in English, Dr. Chang invited medical treatment division's director, Dr. Yen-Pi Chen, to accompany the staff to the meeting to provide onsite guidance.

To use English as the presentation language is a daunting challenge for the hospital staff from the rural town of Yuli. The challenge made them very nervous especially when they knew they were facing top scholars from all over the world. However, as long as they were prepared, their hard work would be known to the world. After the presentations were finished, our coworkers received praises from the audience. Even the representatives from Hong Kong and Singapore hospitals took the initiative to come forward to exchange business cards.

Director Tang recalls that up until two days before the meeting, he still could not decide whether he should give

the opportunity to other people. After all, this was the first time in his life he gave an English presentation. Before the conference, CEO Lin, and his wife Mrs. Lin and many others encouraged him, but on stage there was still an enormous pressure. One of the staff who also presented was Supervisor Ko-Jen Lin. She originally had stage fright, but as soon as she was on stage she felt like it a dream. She recalled, "On the day of the speech, my heart was pounding heavily. I encourage myself that I am ready since I have already practiced so many times. As I read the script, I forgot that I was on stage. It was just like another practice. I only wanted to read my script well, so the audience disappeared in front of me."

During this conference, we had the opportunity to introduce the Health Promotion experience of a remote region to the international symposium. Yuli Tzu Chi Hospital also had the opportunity to expand its horizon, to bring back international Health Promotion's latest concepts and practice to the Taiwan's East Rift Valley. Through Yuli Tzu Chi Hospital's effort, people in the small town can also enjoy health care at the international level.

# The Trip to **Green** Energy Hospital

by Yu-Mei Gao, Photographed by Yuan-Ji Chien



Recommended by the Health Promoting Hospitals and Health Services (HPH), 27 medical professionals from the USA, Italy, Norway, South Africa, Nigeria, Sweden, Finland, Malaysia, and Thailand visited Taipei Tzu Chi Hospital on April 10, 2012, the day before the International Conference on HPH. They were impressed by the practice of energy saving, carbon reducing, medical waste recycling, sorting and reducing, and vegetarian diets in the hospital.

Superintendent You-Chen Chao led a group of Tzu Chi staff to Finland for the 2011 annual conference. He was also invited to give a speech. He used concrete figures to tell all the attendees that not only the hospital building is designed to collect and reuse rainwater, the idea of environment protection is fully implemented by all the Tzu Chi staff at work and in their lives.

The moment the guests stepped into Taipei Tzu Chi Hospital, their eyes were lit up. The large mosaic mural, "Buddha Cares for the Sick", occupied the tall wall in the spacious and sunlit foyer. Dr. Jie-Ying Wu led all visitors with her fluent English, describing about how the hospital implemented energy saving, carbon reducing, medical waste recycling and vegetarian diet. All the

foreign experts learned that putting all these practices into our lives is a successful way for promoting health and achieving a green environment.

The art of Italian architecture is world renowned. Dr. Zortti Raffaele from Italy commented with a deep thought. "The atmosphere of Tzu Chi is relaxing. Entering this environment makes you forget your worry, and feel calm and happy," said Raffaele. He admired how much humanity the Tzu Chi architecture shows. He said that he would share his experience back home and encourage architects from Italy to visit the hospital personally.

American professor of Cardiology, Kenneth LaBresh, says, "We can always see patient-centered care signs in American hospitals. However, I doubt

**The guests are visiting the rain collecting channel in the basement. They learned that Tzu Chi buildings are designed with the consideration of environmental protection and energy saving.**





**Dr. Jie-Ying Wu (left 2) explains to visitors how medical wastes are recycled and sorted by the staff.**

we have really put it into practice. There is no such sign in Tzu Chi hospital, but all the designs and cares are patient-centered.”

The medical experts from Thailand make up most of the group. Thai Health Administer, Somyos Deerasamee stated, “Tzu Chi is well-known of its promotion and practice of environmental protection. Today I come with a learning mind on this visit. I am repenting that Thailand’s most serious flood in 100 years was a result of greed and ignorance of environmental awareness. I hope I can bring this experience back to Thailand and promote Tzu Chi’s notion of environmental protection.”

Malaysian nurse, Mrs. Chun Teik Lan felt disbelief in the entire hospital’s practice of vegetarian diets. She said, “Our hospital used to promote vegetarian diets. It was ineffective and we almost lost all patients.” She was perplexed that though vegetarian diet is implemented, Taipei Tzu Chi still attracts many patients.

Superintendent Chao wishes that all the medical experts from Europe, Asia, Africa and America can take Tzu Chi’s notion of environmental protection about energy saving and carbon reduction back to their countries and put it into practice. Together, everyone makes a bit of effort to protect the earth.