

Cijin District, Shangzhu Village Community assessment



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Borough chief SUN TSUNG JUNG

Outline

Data collection

- **I.Environment**
- **II.Demographic characteristics**
- **III.Health Condition**
- **IV. Community motivation**
- **V. Community Resources**



Data collection

➤ Health assessment

(1) Physiological examination : blood pressure 、 blood sugar 、 body composition 、 physical fitness

(2) Questionnaire survey : Self-made health questionnaire 、 Kihon Checklist

➤ Community Development History —

Borough chief SUN TSUNG JUNG in Shangzhu Village

➤ Observation



I. Environment

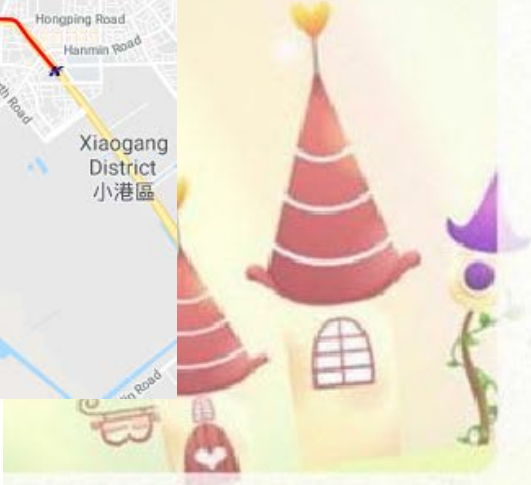


Location



**Kaohsi
Cijin
District**

馬祖
貓鼻頭
墾丁
鵝鑾鼻



Here is the community



II. Demographic characteristics



A.Age

【Table 1】 Age

Items	Male		Female		Total	
	(12 people)		(27 people)		(39 people)	
	n	%	n	%	n	%
<65	0	0	1*	2.5	1	2.5
≥65	12	30.8	26	66.7	38	97.5

* The age of the person is 63 years old.

B. Living arrangement

Elderly caregivers
and solitary elders
were 30%.

【Table 2】 Living arrangement N=30*

Items	n	%
Live alone	3	10
Not live alone	27	90
Three generational families	15	55.6
Nuclear family	6	22.2
Live with spouse	5	18.5
Live with parents	1	3.7

* There are 9 people unfilled answers.

C.Education

Average educational level was low.

4.Education

【Table 4】 Education

N=30*

Items	n	%
No formal education	19	63.4
Less than complete Elementary school	1	3.3
Elementary school	10	33.3

* There are 9 people unfilled answers.

A vibrant, cartoon-style illustration of a rainbow arching across a soft, pastel sky. The rainbow's colors are bright and saturated. In the foreground, there are several stylized, whimsical houses with conical roofs in shades of red, orange, and purple. Some houses have small windows and doors. There are also some small, decorative plants and flowers scattered around the base of the houses. The overall scene is bright and cheerful, with a dreamy atmosphere. The text 'III. Health Condition' is centered over the rainbow.

III. Health Condition

A. Chronic diseases diagnosed by the physician

Chronic diseases

【Table 5】 Chronic illness
(Multiple choice questions)

N=39		
Chronic diseases	n	%
None	11	28.2
hypertension	22	56.4
Diabetes	7	17.9
Cardiovascular disease	5	12.8
Others*	3	7.8

*Others include hyperlipidemia, gout, and unknow

In the Health Promotion Administration, Ministry of Health and Welfare's 2011 data in Taiwan, 52.8% of people over 65 years old with hypertension.

The situation of hypertension diagnosis and control

【Table 6】 Diagnosis and Control of Hypertension

Items	
Hypertension	• Normal : SBP <120mmHg and DBP <80mmHg
Good control	
Poor control	
Hypertension	
Normal	
Prehypertension	
Stage 1 hypertension	SBP ≥160mmHg or DBP ≥100mmHg
Stage 2 hypertension	

1 The members' blood pressure abnormal rate was too high and poor control.

The situation of diabetes diagnosis and control

【Table 7】 Diagnosis and Control of diabetes

N=39

Items		%
Diabetes has d	<ul style="list-style-type: none"> • Normal Blood sugar level: fasting blood sugar(FBG) <100mg/dl, and Postprandial Glucose(PPG) <140mg/dl. 	
Good contr	<ul style="list-style-type: none"> • Good Blood sugar control: FBG 80-130mg/dl, and PPG <160mg/dl 	
Acceptable	<ul style="list-style-type: none"> • acceptable control : FBG 131-150mg/dl, or PPG at 161-200mg/dl 	
Poor contro	<ul style="list-style-type: none"> • poor control: FBG >150 mg/dl, or PPG <200mg/dl. 	
Diabetes has n		
Normal		
High blood		

In the Health Promotion Administration, Ministry of Health and Welfare's 2011 data in Taiwan, 24.1% of people over 65 years old with diabetes.

**B.Body composition
analysis
(Machine type :
ioi353)**

Body mass index(BMI)

$$\text{BMI} = \text{Weight (kg)} / \text{Height}^2 \text{ (meter}^2\text{)}$$

【Table 9】 body mass index N=37*

Body mass index(BMI)	(1)	(2)	(3)	(4)	Totally (N=37)*	
	n	%	n	%	%	
Health(18.5-23.9)	2	18.7	7	26.0	9	24.3
Overweight(24-26.9)	3	27.3	6	23.1	9	24.3
Mild obesity(27-29.9)	4	6.3	9	34.6	13	35.1
Moderate obesity(30-34.9)	2	18.2	3	11.5	5	13.5
Severe obesity(>=35)	0	0.0	1	3.8	1	2.7

75.7% of members were overweight and obese

*Two untested members, one had the prosthetics, so the machine can't measure; the other uses the wheelchair and can't stand up, too.

【Table 10】 waist

Waist circumference	Male (11 people)		Female (26 people)		Totally (N=37)*	
	n	%	n	%	n	%
Normal	4	36.4	9	34.6	13	35.1
Exceeds the standard	7	63.6	17	65.4	24	64.0

*It has two untested members.

【Table 11】 waist-hip ratio

waist-hip ratio	Male (11 people)		Female (26 people)		Totally (N=37)*	
	n	%	n	%	n	%
Normal	0	0.0	7	26.9	7	18.9
Exceeds the standard	11	100.0	19	73.1	30	81.1

*It has two untested members.

Body fat percentage

【Table 12】 body fat percentage

Body fat percentage	Male (11 people)		Female (26 people)		Totally (N=37)*	
	n	%	n	%	n	%
	Normal	0	0.0	2	7.7	2
Exceeds the standard	11	100.0	24	92.3	35	94.6

*It has two untested members.



Visceral fat area

#2 The members' obesity rate was too high.

Vis

lly

7)*

%

Not

8.5

Exce

86.5

The ideal range for male is 50-100cm², over 100cm² is too high.
The ideal range for female is 40-80cm², over 80cm² is too high.

C.Physical frailty assessment



Kihon Checklist

【Table 13】 Various risk assessments

N=39

Items(Risk)*	n	%
Physical strength	26	66.7
Oral function	20	51.3
Cognitive function	15	38.5
Depression risk	13	33.3
Score more than 9 out of 1–20 items	9	23.1
Houseboundness	7	17.9
Nutritional status	2	5.1

* Q.6–10 Physical strength(risk group ≥ 3 negative answers)

Q.13–15 Oral function(risk group ≥ 2 negative answers)

Q.18–20 Cognitive function(risk group ≥ 1 negative answers)

Q.21–25 Depression risk(risk group ≥ 2 negative answers)

Q.1–20 Score more than 9 out of 1–20 items(risk group ≥ 10 negative answers)

Q.16 Houseboundness(risk group = answered negatively in Q.16.Q.17 is referred question)

Q.11–12 Nutritional status(risk group = 2 negative answers)

Exercise assessment

【Table 16】 Exercise habit

N=30*

Items	n	%
No	4	13.3
Yes	26	86.7
Invalid exercise	22	84.6
Effective exercise**	4	15.3

* : There are 9 people unfilled answers.

** : The definition of effective exercise

How frequency : Regular exercise at least three times a week

How long : At least twenty minutes at one time

How intensity : Sweating slightly and consciously a little breathless and not too breathless

Physical fitness

【Table 15】 The resy
(Sports Administrat

Items		(N=24)	Result
Balance	Average (Norm)	15.79	9.96 14.41

Most of the physical fitness tests were below norm.

#3 The members had high potential risk of fall.

Lower Flexibility	Average (Norm)	-2.17 0.73	-10.69 5.23
Upper Flexibility	Average	-18.96	-15.38

List of community health issues

1 The members' blood pressure abnormal rate was too high and poor control.

#2 The members' obesity rate was too high.

#3 The members had high potential risk of fall.



IV. Community motivation



Communication

Borough
Chief
Mr. SUN

Kaohsiung
Municipal
CiJin
Hospital



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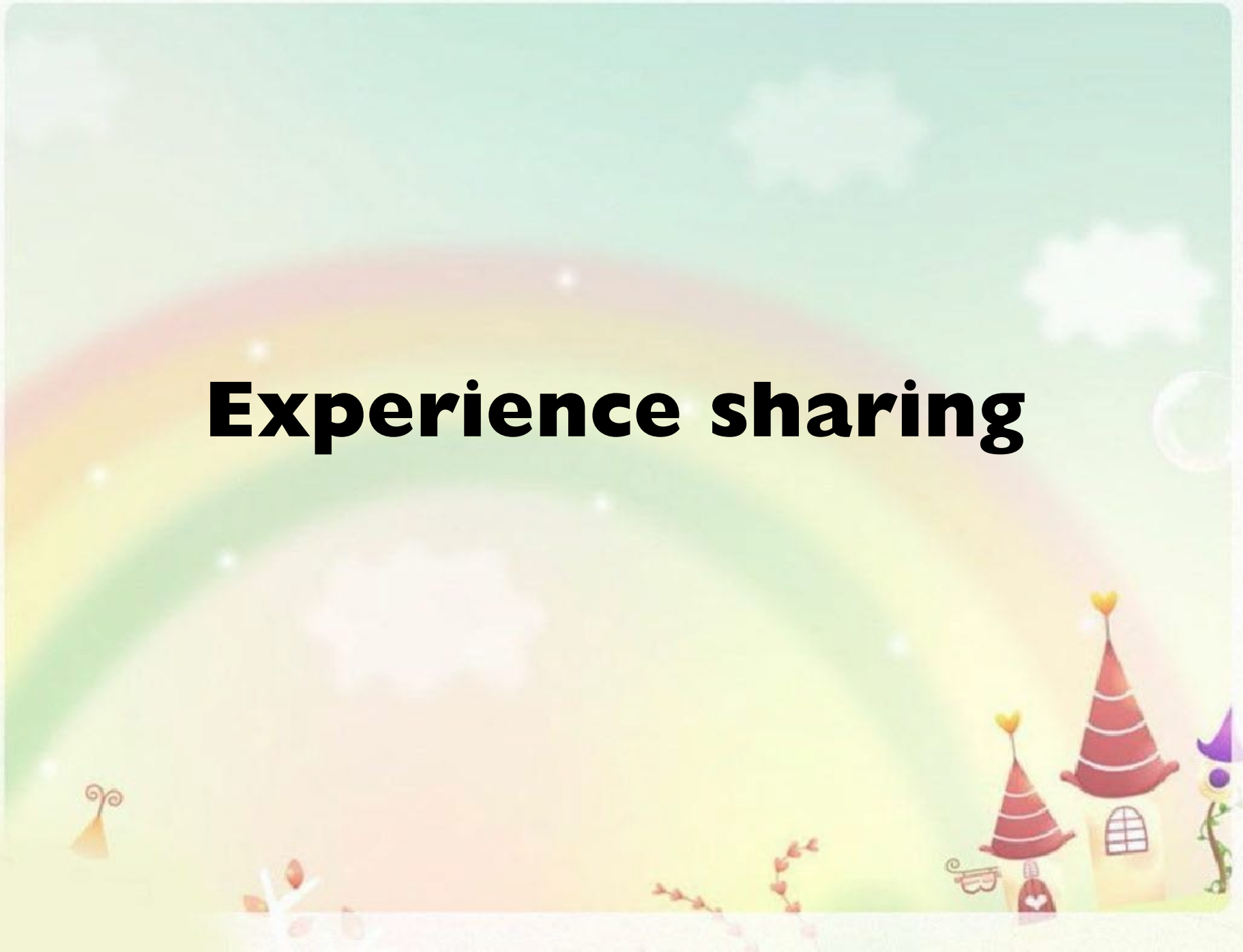
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漢旗市立

KAOHSIU



Experience sharing





Before the congress

1. Prepare for the presentation

-content

-way

-skills

2. Practice more times

3. Fight for nervous and weakness



ACINE (Asian Congress in Nursing Education)



ACINE (Asian Congress in Nursing Education)



After the congress

1.Lang

2.Cour

3.Mus

Full



heart



A vibrant, cartoon-style illustration featuring a large, multi-colored rainbow arching across the sky. The background is a soft, pastel gradient of light green and yellow. In the foreground, there are several stylized, whimsical houses with pointed roofs in shades of red, orange, and purple. Some houses have small windows and doors. There are also various decorative elements like flowers, leaves, and a small figure. The overall mood is cheerful and bright.

Thank you for listening.