

CURRICULUM VITAE



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PROFESSIONAL APPOINTMENT (現職)

長庚紀念醫院北院區 家庭醫學部副科主任
林口及台北長庚醫院 智慧醫療委員會委員
林口及台北長庚醫院 體重管理中心副主任
林口及台北長庚醫院 健康促進推動委員會副主席
林口及台北長庚醫院 健康促進中心主任
長庚大學 醫學院中醫學系助理教授
長庚大學 校友總會副理事長
長庚大學 傑出校友

國立清華大學 學士後醫學系助理教授暨家庭、社區、暨預防醫學課程系統召集人
台灣肥胖醫學會 編輯委員/ 國際事務委員
台灣健康識能與傳播學會 理事
中華運動禁藥防治基金會 違規審議委員會委員
台灣骨鬆肌少關節防治學會 副秘書長
台灣女醫師協會 財務長
MWIA2022 Scientific Subcommittee Co-chairs
康健雜誌 「精準健康」專欄作家

EDUCATION(學歷)

Geisinger Medical Center, Danville, Pennsylvania, USA Visiting Scholar
國立台北科技大學管理學院工業工程與管理博士候選人
長庚大學醫學院醫學士

MAJOR RESEARCH AREA(研究領域)

Epidemiology, health impact, and prevention of obesity, suboptimal body composition, and declined physical fitness

PUBLICATION(近 3 年學術發表) (*: as corresponding author)

1. **Chuang, H. H.**, Cherng, W. J., Lin, C. H., Lee, L. A., Hsu, K. H., & Lin, R. H. Physical fitness mediates and predicts for high blood pressure among children in relation to weight status. *Frontiers in Public Health*, 4, 2023, 11, 1157351. (SSCI) [長庚醫院優秀論文獎]
2. Huang, C.G., Hsu, J. F., Chuang, L. P., Li, H. Y., Fang, T. J., Huang, Y. S., Yang, A. C., Lee, G. S., Kuo, T. B. J., Yang, C. C. H., Lee, L. A.,* & **Chuang, H. H.*** Adenotonsillectomy-related changes in systemic inflammation among children with obstructive sleep apnea. *Journal of the Chinese Medical Association*, 3, 2023, 00. (SCI)
3. Lee, L. A., **Chuang, H. H.**, Hsieh, H. S., Wang, C. Y., Chuang, L. P., Li, H. Y., Fang, T. J., Huang, Y. S., Lee, G. S., Yang, A. C., Kuo, T-B. J.,* & Yang, C-C. H.* Using sleep heart rate variability to investigate the sleep quality in children with obstructive sleep apnea. *Frontiers in Public Health*, 3, 2023, 11, 1103085. (SSCI) [長庚醫院優秀論文獎]
4. Hsieh, H. S., Chuang, H. H., Hsin, L. J., Lin, W. N., Kang, C. J., Zhuo, M. Y., Chuang, L. P., Huang, Y. S., Li, H. Y., Fang, T. J., & Lee, L. A.* Effect of Preoperative Weight Status and Disease Presentation on Postoperative Elevated Blood Pressure After Childhood Adenotonsillectomy. *Otolaryngology - Head and Neck Surgery*. 1, 2023, 00, 1-12. (SCI ; IF 2021= 5.591 ; OTORHINOLARYNGOLOGY: 3/43 =6.9, Q1) Chuang, H. H contributed equally to first author
5. Lin, Y. C., Shao, I. H., Juan, Y.H., Yeh, K. Y., Hou, C. P., Chen, C. L., Yu, K. J., Chen, L. S., Lin, C. L., **Chuang, H. H.*** The impact of exercise on improving body composition and PSA in high-risk prostate cancer patients on androgen-deprivation therapy. *Nutrients*. 11, 2022, 14, 5088. (SCI)
6. Hsin, L. J., Chao, Y. P., **Chuang, H. H.***, Kuo, T-B. J., Yang, C-C. H., Huang, C. G., Kang, C. J., W. N., Fang, T. J., Li, H. Y., Lee, L. A.* Mild simulator sickness can alter heart rate variability, mental workload, and learning outcomes in a 360° virtual reality application for medical education: a post hoc analysis of a randomized controlled trial. *Virtual Reality*. 9, 2022, 1-17. (SCI) [長庚醫院優秀論文獎]
7. Chao, Y. P., Kang, C. J., **Chuang, H.H.**, Hsieh, M. J., Chang, Y. C., Kuo, T-B. J., Yang, C-C. H., Huang, C. G., Fang, T. J., Li, H. Y., & Lee, L. A.* Comparison of the effect of 360° versus two-dimensional virtual reality video on history taking and physical examination skills learning among undergraduate medical students: a randomized controlled trial. *Virtual Reality*

- Reality. 8, 2022, 1-14. (SCI) Co-first author [長庚醫院優秀論文獎]
8. Cheng, K. H., Wu, N. K., Chen, C. T., Hsu, C. Y., Lin, Y. A., Luo, J. J-C., Lee, L. A., & **Chuang, H. H.*** Effectiveness and Response Differences of a Multidisciplinary Workplace Health Promotion Program for Healthcare Workers. *Frontiers in Medicine*. 7, 2022, 9, 930165. (SCI) [長庚醫院優秀論文獎]
 9. **Chuang, H. H.**, Wang, C. Y., Chuang, L. P., Huang, Y. S., Li, H. Y., Fang, T. J., Lin, R. H., Lee, L. A.* The 3% Oxygen Desaturation Index is an Independent Risk Factor for Hypertension Among Children with Obstructive Sleep Apnea. *Nature and Science of Sleep*. 6, 2022, 14, 1149-1164. (SCI) [長庚醫院優秀論文獎]
 10. Hsu, W. C., Lin Y. C., **Chuang, H. H.**, Yen, K. Y., Chen, W. P., & Ro, L. S.* A Muscle Biosignature Differentiating Between Limb-Girdle Muscular Dystrophy and Idiopathic Inflammatory Myopathy on Magnetic Resonance Imaging. *Frontiers in Neurology*. 12, 2021, 12, 783095. (SCI)
 11. Chao, Y. P., **Chuang, H. H.**, Hsin, L. J., Kang, C. J., Fang, T. J., Li, H. Y., Huang, C. G., Kuo, T. B. J., Yang, C. H., Shyu, H. Y., Wang, S. L., Shyu, L. Y., & Lee, L. A.* Using A 360° Virtual Reality or Two-Dimensional Video to Learn History Taking and Physical Examination Skills: A Pilot System-Design Study. *JMIR Serious Games*. 11, 2021, 9(4), e13124. (SCI)
 12. **Chuang, H. H.**, Hsu, J. F., Wang, C. Y., Chuang, L. P., Chen, M. C., Chen, N. H., Huang, Y. S., Li, H. Y., & Lee, L. A.* Hypertension in Children with Obstructive Sleep Apnea Syndrome—Age, Weight Status, and Disease Severity. *International Journal of Environmental Research and Public Health*. 9, 2021, 18(18), 9602. (SSCI)
 13. Huang, S. W., Liou, J. J. H.*, **Chuang, H. H.**, Ma, J. C. Y., Lin, C. S., & Tzeng, G. H. Exploring the Key Factors for Preventing Public Health Crises Under Incomplete Information. *International Journal of Fuzzy Systems*. 8, 2021, 23(8), 2467-2488. (SCI)
 14. **Chuang, H. H.**, Liu, C. H., Wang, C. Y., Lo, Y. L., Lee, G. S., Chao, Y. P., Li, H. Y., Kuo, T. B. J., Yang, C. C. H., Shyu, L. Y., Lee, A. L.* Snoring Sound Characteristics Are Associated with Common Carotid Artery Profiles in Patients with Obstructive Sleep Apnea. *Nature and Science of Sleep*. 7, 2021, 13, 1243-1255. (SCI) [長庚醫院優秀論文獎]
 15. Hsieh, H. S., Kang, C. J., **Chuang, H. H.**, Zhuo, M. Y., Lee, G. S., Huang, Y. S., Chuang, L. P., Kuo, T. B. J., Yang, C. C. H., Lee, A. L.*, & Li, H. Y.* Screening Severe Obstructive Sleep Apnea in Children with Snoring. *Diagnostics (Basel)*. 6, 2021, 11(7), 1168. (SCI) Co-first author
 16. Huang, S. W., Liou, J. J. H.*, **Chuang, H. H.**, & Tzeng, G. H. Using a Modified VIKOR Technique for Evaluating and Improving the National Healthcare System Quality. *Mathematics*. 6, 2021, 9(12), 1349. (SCI)
 17. Hsu, C. Y., Chen, L. S., Chang, I. J., Fang, W. C., Huang, S. W., Lin, R. H., Ueng, S. W.-N., & **Chuang, H. H.*** Can Anthropometry and Body Composition Explain Physical Fitness Levels in School-Aged Children? *Children-Basel*. 5, 2021, 8(6), 460. (SCI)
 18. **Chuang, H. H.**, Hsu, J. F., Chuang, L. P., Chiu, C. H., Huang, Y. L., Li, H. Y., Chen, N. H., Huang, Y. S., Chuang, C. W., Huang, C. G., Lai, H. C., Lee, L. A.* Different Associations between Tonsil Microbiome, Chronic Tonsillitis, and Intermittent Hypoxemia among Obstructive Sleep Apnea Children of Different Weight Status: A Pilot Case-Control Study. *Journal of Personalized Medicine*. 5, 2021, 11(6), 486. (SCI) [長庚醫院優秀論文獎]
 19. Hsin, L. J., **Chuang, H. H.**, Lin, M. Y., Fang, T. U., Li, H. Y., Liao, C. T., Kang, C. J., Chen, T. C., Huang, C. G., Yen, T. C., & Lee, L. A.* Laryngeal *Helicobacter pylori* Infection and Laryngeal Cancer-Case Series and a Systematic Review. *Microorganisms*. 5, 2021, 9(6), 1129. Co-first author (SCI)
 20. Geisler, B. P.*, Zahabi, L., Lang, A. E., Eastwood, N., Tennant, E., Lukic, L., Sharon, E., **Chuang, H. H.**, Kang, C. B., Clayton-Johnson, K., Aljaberi, A., Yu, H., Bui, C., Mau, T. L., Li, W. C., Teodorescu, D., Hinske, L. C., Sun, D. L., Manian, F. A., & Dunn, A. G. Repurposing existing medications for coronavirus disease 2019: protocol for a rapid and living systematic review. *Systematic Reviews*. 5, 2021, 10, 143. (SCI)
 21. Lee, L. A., Fang, T. J., Li, H. Y., **Chuang, H. H.**, Kang, C. J., Chang, K. P., Liao, C. T., Chen, C. T., Huang, C. G.*, & Yen, T. C.* Effects of Epstein-Barr Virus Infection on the Risk and Prognosis of Primary Laryngeal Squamous Cell Carcinoma: A Hospital-Based Case-Control Study in Taiwan. *Cancers*. 4, 2021, 13(7), 1741. (SCI) [長庚醫院優秀論文獎]
 22. **Chuang, H. H.**, Lin, R. H., Li, W. C., Yeh, W. C., Lin, Y. A., & Chen, J. Y.* High-Sensitivity C-Reactive Protein Elevation Is Independently Associated with Subclinical Renal Impairment in the Middle-Aged and Elderly Population-A Community-Based Study in Northern Taiwan. *International Journal of Environmental Research and Public Health*. 8, 2020, 17(16), 5878. (SSCI)
 23. Hsu, C. Y., Lin, R. H., Lin, Y. C., Chen, J. Y., Li, W. C., Lee, L. A., Liu, K. H., & **Chuang, H. H.*** Are Body Composition Parameters Better than Conventional Anthropometric Measures in Predicting Pediatric Hypertension? *International Journal of Environmental Research and Public Health*. 8, 2020, 17(16), 5771. (SSCI)
 24. **Chuang, H. H.**, Hsu, J. F., Chuang, L. P., Chen, N. H., Huang, Y. S., Li, H. Y., Chen, J. Y., Lee, L. A.*, & Huang, C. G.* Differences in Anthropometric and Clinical Features among Preschoolers, School-Age Children, and Adolescents with Obstructive Sleep Apnea—A Hospital-Based Study in Taiwan. *International Journal of Environmental Research and Public Health*. 6, 2020, 17(13), 4663. (SSCI)
 25. **Chuang, H. H.**, Huang, C. G., Chuang, L. P., Huang, Y. S., Chen, N. H., Li, H. Y., Fang, T. J., Hsu, J. F., Lai, H. C., Chen, J. Y., & Lee, L. A.* Relationships Among and Predictive Values of Obesity, Inflammation Markers, and Disease Severity in Pediatric Patients with Obstructive Sleep Apnea Before and After Adenotonsillectomy. *Journal of Clinical Medicine*. 2, 2020, 9(2), 579. (SCI) [長庚醫院優秀論文獎] [2020 國際外科學會優秀論文銀牌獎]

Globesity- 肥胖症的世紀難題

Globesity- a formidable foe to human being in the 21st century

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隨著 COVID-19 疫情漸趨尾聲，人類的世紀大敵-肥胖，不僅並未改善，反而以更加倉狂之姿，在世界各國持續影響各個年齡與性別的民眾。

肥胖問題高度複雜，除了最直觀的個人飲食與運動習慣，背後仍受到基因、胎兒時期、家庭經驗、飲食文化、社會氛圍、工作型態、社經地位、國家政策、甚至環境污染物等等因素影響。本講座分析肥胖問題的複雜脈絡、當前困境、及在醫療科技發展下，未來可能的解決方法。

管理青少年肥胖的挑戰和契機

Challenges and opportunities for managing obesity in adolescents

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青少年肥胖是當今已開發國家的一個嚴峻問題。隨著現代生活節奏的加快和便利飲食普及，兒童和青少年的肥胖盛行率皆上升。青少年肥胖不僅對身體健康造成威脅，也對他們的心理和社交發展具有負面影響。

管理青少年肥胖有許多挑戰。首先，肥胖問題高度複雜，受到先天和後天因素影響。第二，青少年正處於身心快速成長並轉換的狀態，適用於兒童或成人的處理方式，不一定適用於這個特殊族群。另外，社會環境對青少年肥胖具有重要作用，包括廣告和市場推銷不健康的飲食選擇、沉迷於電子產品和久坐不動的生活方式、同儕或媒體網路對體型的錯誤認知等，都加深青少年健康體重的推動難度。

但健康意識的提高、藥物治療的進步、穿戴裝置的普遍、精準健康的應用等，皆為青少年肥胖帶了許多新的契機。透過政策擬定、校園推動、產業鏈接，還有良好的家庭教育及個人健康促進措施，管理青少年肥胖需要綜合考慮多個因素，並賴於公司部門的共同努力，以達成肥胖防治及早開始的遠大目標。