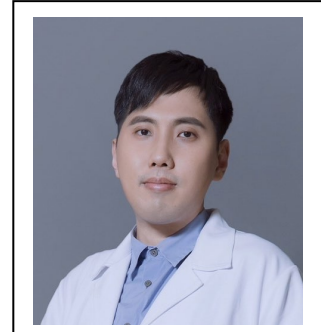


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PUBLICATION(In the nearest 5 years)(發表、出版物)

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4. Exploring the needs and care experiences of age-friendly services among older residents in long-term care institutions: A mixed-methods study,2021,28th International HPH Conference, Shih-Chun Ho, Meng-Hsiu Tsai, Chien-Cheng Huang, Sheng-Yu Fan, Chien-Yuan Wu, Shu-Li Chia, Chao-Chun Wu
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生活型態醫學全球趨勢 Global Trends in Lifestyle Medicine

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生活型態醫學是一門重視生活方式對健康影響的獨特醫學領域，專注於透過生活方式的改變來預防、管理和逆轉慢性疾病。其核心六大支柱分別為健康飲食、規律身體活動、恢復性睡眠、壓力管理、避免危害物質以及正向的社會連結，這些都有助於提升個人的整體健康。生活型態醫學不僅包含在其他醫學領域中的元素，如飲食和身體活動，而其獨特性在於將生活方式改變視為治療和逆轉疾病的首要 and 最重要手段。這個領域強調患者的主動參與和責任感，使人們能夠在日常生活中做出對健康有益的選擇。

在全球各地，生活型態醫學正在蓬勃發展，許多國家已經建立了相應的專業組織和認證機制，以提高醫療專業人員在此領域的專業知識和能力。生活型態醫學不僅可以提升個人的生活品質和幸福感，還能改善公共衛生，降低醫療成本，推動醫療體系轉變為價值醫療，強調預防和生活方式的介入，而不僅僅是疾病治療，提高患者整體滿意度。

Lifestyle Medicine (LM) is a unique medical field emphasizing the impact of lifestyle on health, focusing on lifestyle modifications to prevent, manage, and reverse chronic diseases. Its six core pillars include healthy diet, regular physical activity, restorative sleep, stress management, avoidance of harmful substances, and positive social connections—all crucial for enhancing overall individual health. Lifestyle Medicine incorporates elements found in other medical areas, such as diet and physical activity, but uniquely prioritizes lifestyle changes as the primary and most critical means of treating and reversing diseases. This field emphasizes patient engagement and responsibility, empowering individuals to make health-beneficial choices in their daily lives.

Globally, Lifestyle Medicine is flourishing. Many countries have established professional organizations and certification processes to enhance the expertise and capabilities of healthcare professionals in this area. Lifestyle Medicine not only improves individual quality of life and well-being but also enhances public health and reduces medical costs by shifting healthcare systems towards value-based care, emphasizing prevention and lifestyle interventions over merely treating diseases, thereby improving overall patient satisfaction.