A Community in Good Health and Vitality

健康活力在社區

The government provides a series of medical care system from birth to old age, which covers, including remote areas, health care for mothers and children, school children, adults and the elderly. The step-by-step healthcare system is set to gradually establish a healthy and happy community, where people behold hopes and live a self-motivated and healthy life in a worry-free environment.

A nation is driven by the health and positive vitality of its people. The WHO believes that health can be maintained when it is part of the daily life. With the support of a complete health care system, the people of Taiwan take the initiative in participating in community activities. Together with various professional forces, they work to build a healthy community.

The Department initiated the "Community Health Building Program" in 1999 to establish community health building centers in 368 townships across the island. Thus far, 223 of them are in operation. Through the active participation of the community people, the program aims at gathering the strength of volunteers, public welfare advocators, professional organizations of private sectors, and government resources to jointly solve health problems of the communities. By taking into consideration the special features of local communities, people are motivated to address to and solve their own health problems.

In both city and countryside, we truly see people live positively and happily. The government promotes the community health building program, and the people take the initiative in joining it. The vitality of the community certainly has filled the life with hopes.

政府提供一套從出生到終老的完善醫療制度，從婦幼照顧、學童健康、成人保健、老人照護，並兼顧偏遠醫療。一系列的規劃，逐步打造一個健康快樂的城市。讓人們在安心無虞的環境下，懷著美好的願景，自動自發經營健康的人生。

一個國家的動力，在於人民健康的體魄和樂觀的活力。世界衛生組織認為，將健康的生活型態融入日常生活中，更能維護民衆的健康。我們的國人在完善的健康照護的後盾之下，擁有主動參與的熱忱，結合不同專業力量，共同打造健康的社區。

衛生署從1999年開始推動「社區健康營造計畫」，在全國368個鄉鎮市區設置「社區健康營造中心」，目前已經有223個中心在運作中。希望透過社區民衆共同參與，結合社區熱心人士、公益團體、民間各種專業機構及政府資源等，共同解決社區健康問題。結合社區的特性，在地人自己來解決自己的事情，社區的凝聚力由此而生。

不論城鄉部落，我們的確看到了人們積極、快樂地生活著，歡笑聲此起彼落。官方推動、民間自動，這種社區生動的活力，的確讓每天都充滿希望。

Voluntary workers in hospitals are best companions for recovering patients. In Taiwan, many religious groups devote themselves to voluntary work in hospitals. They are angels to patients.

醫院志工是協助病患走向康復之路最好的伙伴，台灣有非常多的宗教團體都投入義務服務工作，他們是病人的天使。

Medical staff makes home visits. Voluntary workers bring lunch to senior citizens. They all bring care and warmth to the elderly.

醫護人員義務的到宅診療；志工每天把營養便當送到老人家中，帶來關愛和溫暖。

Clergymen are praying for patients in the Heng-chun Hospital.

恆春醫院內牧師在病床前為住院病人祈禱。

Voluntary workers in the Buddhist Tzu-Chi General Hospital help the elderly in their rehabilitation.

花蓮慈濟醫院志工協助老人做復健治療。

Voluntary workers around Taiwan pay regular visits to senior citizens in communities and tribes.

遍佈在全台每角落的志工，定期訪視社區部落的老人。

Voluntary workers gather up women in the community and pick up traditional weaving art.

志工召集社區中的婦女，重拾傳統的編織藝術。

Senior ladies in an aboriginal tribe instruct young mothers how to make a traditional cradle.

部落裡年長的婦女指導年輕的媽媽們編織傳統的搖籃。

Cradling the children to their sweet dreams, the feelings of residents are increasingly condensed, which is the beginning to build a healthy community.

搖啊搖！社區居民的情感，在孩子甜美的夢裡逐漸凝聚起來，這也是營造社區健康的開始。

People build their own healthy community, and design health activities that suit local customs.

民衆自己打造自己健康的家園，設計符合當地風俗的健康活動，以凝聚居民的感情。

The elderly in communities in Yen-ping village find back pride of being Bunun tribe from making traditional brooms. They help each other quitting excess drinking problems.

延平鄉社區中的老人，藉由傳統掃帚的製作，找回布農族人的自信。彼此互相扶持，一起戒除飲酒過量的不良習慣。

Children from double income families do their homework and learn their mother tongue in community health building centers before parents arrive home.

雙薪家庭，父母在孩童課後還未下班，孩子可以在下課後前往社區健康營造中心做功課、學習母語。