

Introduction From the Director General

Love is the reason for health promotion; cherishing leads to a better life. The Bureau of Health Promotion is committed to a vision of "Cherish Life, Promote Health". We strive to create healthy lives, happy families, LOHAS communities, schools for fun learning, hospitals that treat patients like family, as well as great work places.

To realize our target of "Total National Health", the BHP actively promoted the health of people from all ages and ethnic groups. We help the people of Taiwan prevent, treat and control chronic illnesses, actively promote health policies, as well as work together through the industry, government, university, public and media to build a healthy supportive environment in everyday life. These include healthy cities, communities, hospitals, workplaces and schools to help citizens cultivate a healthy lifestyle. We encourage everyone to avoid the hazards of smoking and betel nut, embrace a healthy diet, engage in regular exercise and maintain their physical health to free themselves from the shadow of chronic illness.

During the process of promoting healthy settings, many health workers, industry professionals, school teachers, community residents and volunteers combined their energies and used their skills to bring stories of love to the stage of health promoting settings. In health promoting hospitals, volunteers and health professionals became the guardians of public health by actively promoting health know-how. A spirit of "willing contribution" was embraced to accept, respect and support patients and their families so they may face the challenges of illness with peace and joy in their hearts. Hospital beds and facilities may expand the health system, but only love can make health care great. In health promoting workplaces, the health of employees are cherished, supported and encouraged. Health employees are a precious asset in business. By enhancing the healthiness and productivity of the workplace, a healthy economy can also be created. Schools are an important setting for cultivating healthy habits. The Bureau supports the Health Promoting Schools initiative to draw on the love and



enthusiasm of parents, teachers and students to support happy learning and growth for students. Everywhere in the community it is love and hope that drives the healthy community initiative. Through dedication and effort, LOHAS communities where people can live and play can be built.

For the 100th anniversary of the Republic, we have chosen to publish the 100 Stories of Love to express our gratitude for the efforts of health evangelists in the community, workplace, school, hospital and city. Through their stories of spreading love's energy, we hope to present the vitality in many different locations. Apart from giving the reader an opportunity to applaud these health evangelists, we also look forward to planting the seeds of love so more people will join us in building a healthy life, happy family, LOHAS and prosperous communities.



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