

# APEC 倡議 4E(飲食、運動、生態、經濟)實現星球健康之國際研討會

## 議程

2022 年 3 月 17 日 星期四 | 時區: GMT+8

| 時間          | 主題                                                | 講者                                          |
|-------------|---------------------------------------------------|---------------------------------------------|
| 08:30-09:30 | 實體與會報到                                            |                                             |
| 09:30-09:40 | 開幕致詞                                              | 石崇良常務次長<br>衛生福利部                            |
| 09:40-09:45 | 大合照                                               |                                             |
| 09:45-10:15 | 大會演講<br>創造幸福社會: 21 世紀的健康挑戰                        | Trevor Hancock 名譽教授<br>加拿大維多利亞大學公共衛生暨社會政策學院 |
| 10:20-11:40 | 主題演講 1: 攜手展現「綠食力」, 共享宜居地球<br>主持人: 潘文涵特聘研究員/ 中央研究院 |                                             |
| 10:20-10:40 | 兩全其美的方法: 個人健康與星球健康的植物性飲食                          | 林名男副院長<br>大林慈濟醫院                            |
| 10:40-11:00 | 講題 2                                              | Courtney Howard 臨床副教授<br>加拿大卡爾加里大學醫學院       |
| 11:00-11:20 | 建構健康且永續飲食的路徑                                      | Walter C. Willett 教授<br>美國哈佛公共衛生學院          |
| 11:20-11:40 | 綜合討論                                              |                                             |
| 11:40-13:00 | 午餐                                                |                                             |
| 13:00-14:20 | 主題演講 2: 運動產業的綠色行動與創新<br>主持人: 謝英士董事長/ 環境品質文教基金會    |                                             |
| 13:00-13:20 | 結合科技賦能與健康教練, 提升長者生活智慧及品質                          | Theng Yin Leng 副教務長<br>新加坡南洋理工大學            |
| 13:20-13:40 | 泰國國家級身體活動促進策略分享                                   | Udom Asawutmangkul 組長<br>泰國公共衛生部健康署身體活動與健康組 |
| 13:40-14:00 | 運動產業之數位化與永續性                                      | 相子元教授<br>國立臺灣師範大學運動競技學系                     |
| 14:00-14:20 | 綜合討論                                              |                                             |
| 14:20-14:30 | 中場休息                                              |                                             |
| 14:30-15:50 | 主題演講 3: 官方代表及民間團體分享<br>主持人: 蘇慧貞校長/ 國立成功大學         |                                             |
| 14:30-14:50 | 健康生活型態促進運動: 泰國經驗                                  | Pairoj Saonuam 助理執行長<br>泰國健康促進基金會           |
| 14:50-15:10 | 講題 2                                              | Erna Mulati 司長<br>印尼衛生部公共營養及婦幼健康司           |
| 15:10-15:30 | 推動全民綠生活                                           | 簡慧貞處長<br>行政院環境保護署                           |
| 15:30-15:50 | 綜合討論                                              |                                             |
| 15:50-16:00 | 閉幕致詞                                              | 吳昭軍署長<br>國民健康署                              |

# APEC Conference on Achieving One Planet from 4E: Eat, Exercise, Ecology, Economics

## Agenda

Date: Thursday, 17<sup>th</sup> March, 2022 | Time Zone: GMT+8

| Time        | Topic                                                                                                                                                                                                   | Speaker                                                                                                                                          |
|-------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| 08:30-09:30 | Registration                                                                                                                                                                                            |                                                                                                                                                  |
| 09:30-09:40 | Opening Remarks                                                                                                                                                                                         | <b>Dr. Chung-Liang Shih</b><br>Vice Minister, Ministry of Health and Welfare, Chinese Taipei                                                     |
| 09:40-09:45 | Group Photo                                                                                                                                                                                             |                                                                                                                                                  |
| 09:45-10:15 | <b>Keynote Speech</b><br>Creating Well-Being Societies: The Health Challenge of the 21 <sup>st</sup> Century                                                                                            | <b>Prof. Trevor Hancock</b><br>Professor Emeritus, School of Public Health and Social Policy, University of Victoria, Canada                     |
| 10:20-11:40 | <b>Plenary 1: Join for Demonstrating the "Green Eating Power" and Sharing the Livable Planet</b><br>Moderator: <b>Dr. Wen-Harn Pan</b> , Distinguished Research Fellow, Academia Sinica, Chinese Taipei |                                                                                                                                                  |
| 10:20-10:40 | One Action, Two Functions- Plant-Based Diet for Personal Health and Planetary Health                                                                                                                    | <b>Dr. Ming-Nan Lin</b><br>Vice Superintendent, Buddhist Tzu Chi Medical Foundation Dalin Tzu Chi Hospital, Chinese Taipei                       |
| 10:40-11:00 | Topic 2                                                                                                                                                                                                 | <b>Dr. Courtney Howard</b><br>Clinical Associate Professor, Cumming School of Medicine, University of Calgary, Canada                            |
| 11:00-11:20 | Creating a Path for Healthy, Sustainable Diets                                                                                                                                                          | <b>Prof. Walter C. Willett</b><br>Professor, Epidemiology and Nutrition, Harvard T.H. Chan School of Public Health, United States                |
| 11:20-11:40 | Panel Discussion                                                                                                                                                                                        |                                                                                                                                                  |
| 11:40-13:00 | Lunch                                                                                                                                                                                                   |                                                                                                                                                  |
| 13:00-14:20 | <b>Plenary 2: The Green Action Plan and Innovation of Sport Industry</b><br>Moderator: <b>Dr. Ying-Shih Hsieh</b> , Chair, The Environmental Quality Protection Foundation (EQPF), Chinese Taipei       |                                                                                                                                                  |
| 13:00-13:20 | Elderly-Centred Technology-Enablers and Health Coaches for Living Well, Ageing Well and Ageing Smart                                                                                                    | <b>Prof. Theng Yin Leng</b><br>Associate Provost (Faculty Affairs), President's Office, Nanyang Technological University (NTU), Singapore        |
| 13:20-13:40 | National Physical Activity Promotion Strategy and Campaign: Lesson learned from Thailand                                                                                                                | <b>Dr. Udom Asawutmongkul</b><br>Director, Division of Physical Activity and Health, Department of Health, Ministry of Public Health, Thailand   |
| 13:40-14:00 | The Digitalization and Sustainability of Sport Industry                                                                                                                                                 | <b>Prof. Tzyy-Yuang Shiang</b><br>Distinguished Professor, Department of Athletic Performance, National Taiwan Normal University, Chinese Taipei |
| 14:00-14:20 | Panel Discussion                                                                                                                                                                                        |                                                                                                                                                  |
| 14:20-14:30 | Coffee Break                                                                                                                                                                                            |                                                                                                                                                  |
| 14:30-15:50 | <b>Plenary 3: Case Sharing from Official and Private Representatives</b><br>Moderator: <b>Prof. Huey-Jen Jenny Su</b> , President, National Cheng Kung University, Chinese Taipei                       |                                                                                                                                                  |
| 14:30-14:50 | Healthy Lifestyle Promotion Movement: Thailand Experience                                                                                                                                               | <b>Dr. Pairoj Saonuam</b><br>Assistant CEO, Thai Health Promotion Foundation, Thailand                                                           |
| 14:50-15:10 | Topic 2                                                                                                                                                                                                 | <b>Dr. Erna Mulati</b><br>Director, Public Nutrition, Mother and Child Health, Ministry of Health, Indonesia                                     |
| 15:10-15:30 | Promoting Green Life for All                                                                                                                                                                            | <b>Dr. Huei-Jen Chien</b><br>Director, Environmental Protection Administration, Executive Yuan, Chinese Taipei                                   |
| 15:30-15:50 | Panel Discussion                                                                                                                                                                                        |                                                                                                                                                  |
| 15:50-16:00 | Closing Remarks                                                                                                                                                                                         | <b>Dr. Chao-Chun Wu</b><br>Director-General, Health Promotion Administration, Ministry of Health and Welfare, Chinese Taipei                     |