

measures. It brings about how the people、environment and behavior interact with each other; meanwhile, it explores how people's thought and intervention measures affect their health behavior. Furthermore, it actually carries out the intervention program, and evaluates the result for both the experimental group and control group. The findings have three parts: the first part is the analysis of the research target (this analysis is the pretest of the intervention program), the second part is the effectiveness of the intervention program, and the third part is the doctors' suggestion for uplifting the utilization rates. The findings demonstrate that the intervention program generates statistical significance toward the "children's health check-up" and "health consultation for the children".

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Analysis and Achievement of Healthcare Station for Promoting Residents' Health in a Community of Mid-Taiwan

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Objectives: In mid-Taiwan, a community hospital established healthcare station at nearby villages since June 2007. We took residents' blood pressure (BP) weekly, finger-stick blood sugar (FBS), serial programs of patient instructions and epidemic prevention monthly to aim to investigate and analyze the efficiency of healthcare station in health promotion.

Methods: We selected one village as the sample. The population was 782, with 44% male. Statistic t-test of residents' BP and FBS of 2008 was done by SPSS 13. We followed up cases with abnormal BP and FBS, and investigated residents' satisfaction about health promotion via questionnaires.

Results: Total residents who participated actively were 46: mean age, 70±4 years; 30% male. On January 2008, the residents' mean BP was 147±7/94±5 mmHg and number of cases with abnormal BP and FBS were 30 and 12. On December 2008, mean BP was 135±5/85±3 mmHg and abnormal cases were reduced to 21 and 10. Throughout one-year of patient instructions and closely monitored, the reduction in residents' BP achieved significant difference ($p<0.05$), but no difference in FBS. The residents' satisfaction for healthcare station could attain to 90%.

Conclusions: Healthcare station's work in regular BP monitor and life style instruction got significant achievement, but the efficacy in FBS reduction could be studied further. We expect that a combination of diet modification, regular exercise and follow-up in community hospital could provide better health quality.

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"The Pills Touch My Heart"- Medication Cognition and Medication Behavior within Communities of

Elderly People Suffering from Hypertension and Cardiovascular Diseases

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Objectives: Due to the fact that hypertension and cardiovascular problems are lingering diseases, elderly people tend to neglect the necessary medication. Therefore this research focuses on the medication cognition and behavior of elderly suffering from these kinds of diseases.

Methods: Our research is based on an In-depth interview with open questions. The group being questioned consists of 20 elderly people in 2 suburb communities. The group in the first community had participated in a health education program. The second one has had no health education at all, but was submitted to several preventive health examinations in the neighboring hospital.

Results: Our comparative study indicates a clear division between the two groups being questioned: The participants of first group show more awareness concerning the side effects of their prescribed medicine. They are more eager to tell the physician about their complaints connected with their medication. The second group showed the opposite behavior. These participants were not aware of the side effects and were reluctant to speak with the physician about their complaints. The statements suggest that coping with health problems is strongly interrelated with intensive neighborhood contacts within these communities consisting of elders with little education. The regular control of their blood pressure indicates that elderly with hypertension are well aware of their disease and take their medicine in accordance to the prescription. Due to their worse health condition elderly with hypertension plus heart diseases have to take a greater variety of pills. Their medication behavior can be labeled as selective.

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More Family Numbers, Higher Quality of Life? Evidence from Quality of Life of Family Numbers with Needed Long Term Care Family

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The different choice of care may impact the caregivers' quality of life. This study aim is to analysis the number of family influence the quality of care of family caregivers. By using the 2001 Taiwan National Health Interview Survey data, we analyzed 986 samples of 372 families, and used multiple regression analysis as statistical method. After controlling other confounding factors, there is statistical significant negative effect influence of numbers of family on physical health related quality of life, and there is no significant effect on mental health related quality of life among samples. The results will be discussed.