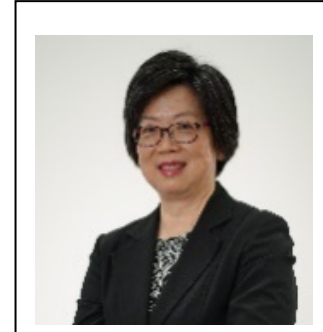


CURRICULUM VITAE

PERSONAL

NAME(姓名，含英譯): 駱菲莉/Feili Lo Yang



PROFESSIONAL APPOINTMENT (現職，含英譯)

現職:

輔仁大學營養科學系/食品營養博士學位學程 專任副教授

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EDUCATION(學歷)

Ph.D.

The Ohio State University, Department of Human Nutrition
Columbus, Ohio, USA. Jan, 1990

M.S.

The Ohio State University, Department of Human Nutrition
Columbus, Ohio, USA. Jan, 1985

B.S.

Fu Jen Catholic University,
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Xinhuang, Taiwan. Jun, 1982

WORKING EXPERIENCE (經歷)

Associate Professor	1992.8~current
Department of Nutritional Science College of Human Ecology, Fu Jen Catholic University	
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Department of Nutritional Science College of Human Ecology, Fu Jen Catholic University	
Director, Nutrition Society in Taiwan	2021.6~current
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Secretary General, Nutrition Society in Taiwan	2015.6~2018.5
Member of Service Learning Advisory Board	2010.8~2018.7
Service Learning Center, Fu Jen Catholic University	
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MAJOR RESEARCH AREA(研究領域)

Lifespan nutrition, biochemical assessment of nutrition, micronutrient nutrition, nutrition and health promotion

Current project leader of Taiwan Dietary Reference Intake, Dietary Guideline , Daily Food Guide revision

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

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以實證研究制訂台灣老年營養推廣工具與飲食指引

Development of Evidence-based Nutrition Education Tool and Daily Food Guidance for Older Adults

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健康老化是每個人對高齡的期待，需要在生活中創造機會，使人們能夠成為並做他們一生感到有價值的事。為達到這的目標，需使老年人的功能能力最佳化。內在能力包括所有的身體素質以及一個人可以仰賴的心理能力包括一個人的運動能力（身體運動）、感覺能力（視覺和聽力）、活力（能量與平衡）、認知和心理承受能力。這些能力相互關連，並是功能能力的基石。我們的研究團隊以遵循我國之每日飲食指南為準則，制定台灣健康飲食指數(Taiwan-Healthy Eating Index, T-HEI)，評估社區與機構長者之飲食品質，證實營養是支持內在能力與健康老化的重要基礎。研究團隊並以融合量化與質性訪談之研究法，進行老年期營養指南之研修，及資源手冊與單張之編撰和設計。首先透過國家攝食資料庫規劃老年國人各類食物攝取之建議份數，核算結果顯示老年期不同身體活動強度的能量建議下，各項營養素含量應可滿足 DRIs 之建議。接著透過整理、蒐集研究實證、國際作法，與跨領域學術與實務專家之洞見，並由深入訪談納入社區照護第一線工作者之實務經驗，將重要老年期營養問題收斂為健康飲食、疾病預防及健康生活三個重點構面，然後就三個重點構面進行手冊內容編撰與單張設計。焦點團體針對新版老年期營養指南的集體性探討發現，資源手冊內容兼具學理、實證與實務應用性，可作為熟齡族營養與健康促進的工作綱要。試用衛教研究則顯示七成以上民眾認為單張內容實用且淺顯易懂。期望此依國內營養實證資料為基礎設計之老年期營養單張、資源手冊能廣為運用，促進健康老化。

關鍵字: 健康飲食、營養、老年期營養單張、內在能力、健康老化