

2026 Asia-Pacific Health Promotion and Non-Communicable Disease Prevention Workshop

Agenda

Digital Innovation for Enhancing Physical Activity and Nutrition Management

This two-day session explores how digital innovation can enhance physical activity and nutrition management, spanning from practice to policy. The first day focuses on strengthening physical activity and nutrition through digital innovation. The second day addresses policy translation and governance, with an emphasis on integrating digital health into public health systems.

Date: 11th to 12th of August, 2026

Venue: Lecture Hall 101, College of Public Health, National Taiwan University

Address: 17 Xuzhou Road, Taipei City, Taiwan

[DAY 1] 11 th of August, 13:00~17:00		
Digital Innovation for Enhancing Physical Activity and Nutrition Management 數位創新強化身體活動與營養管理（公開演講場次）		
Time	Program	
13:00~13:30 (30 min)	Registration	
13:30~13:45 (15 min)	Opening Remarks	
	Speaker 1: Dr. Ching-Fen SHEN Director-General, Health Promotion Administration, Ministry of Health and Welfare, Taiwan	Moderator: Dr. Betty Ya-Wen CHIU Vice-President Finance & Taiwan Regional Director, APACPH
	Speaker 2: Dr. Hung-Yi CHIOU President, APACPH & Director, CCHP Director & Distinguished Investigator, Institute of Population Health Sciences (IPHS), National Health Research Institutes (NHRI), Taiwan Director, Health Policy Research Center, IPHS, NHRI, Taiwan	Deputy Director & Principal Investigator, IPHS, NHRI, Taiwan Executive Director, Health Policy Research Center, IPHS, NHRI, Taiwan
13:45~13:55 (10 min)	Group Photo	
13:55~14:20 (25 min)	Keynote Address: From Policy to Practice: Promoting Healthy Eating and Physical Activity in Taiwan Speaker: Dr. Ching-Fen SHEN	Moderator: Dr. Wei J. CHEN Vice President, NHRI, Taiwan Distinguished Investigator & Director, Center for

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Time	Program	
	Director-General, Health Promotion Administration, Ministry of Health and Welfare, Taiwan	Neuropsychiatric Research, NHRI, Taiwan
	Q&A (5 min)	
14:20~15:00 (40 min)	Topic 1: Health Promotion Board's Journey towards Citizen Centric Innovation Speaker 1: Ms. Audrey TONG Director, Integrated Solutions & Program Planning Office, Health Promotion Board, Singapore	Moderator: Dr. Chih-Cheng HSU Director & Principal Investigator, National Center for Geriatrics and Welfare Research, NHRI, Taiwan
	Q&A (10 min)	
15:00~15:20 (20min)	Tea Break	
15:20~16:00 (40 min)	Topic 2: PHR Research and Evidence from Japan: Analyzing Multi-Source Data for Behavior Change Speaker 2: Dr. Takehiro SUGIYAMA Director, Department of Medical DX, Bureau of System Infrastructure Development, Japan Institute for Health Security Specially Appointed Professor, Department of Health Services Research Institute of Medicine, University of Tsukuba, Japan	Moderator: Dr. Shu-Sen CHANG Professor & Director, Institute of Health Behaviors and Community Sciences, NTU, Taiwan
	Q&A (10 min)	
16:00~16:40 (40 min)	Topic 3: AI-Driven Solutions for Personalized Physical Activity and Nutrition Management in Korea Speaker 3: Dr. Junbok LEE Research Professor, Yonsei Institute for Digital Health, Yonsei University, Republic of Korea	Moderator: Dr. Shao-Yuan CHUANG Principal Investigator, IPHS, NHRI, Taiwan
	Q&A (10 min)	

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Time	Program
16:40~16:50 (10 min)	Closing Remarks Speaker: Dr. Betty Ya-Wen CHIU Vice-President Finance & Taiwan Regional Director, APACPH Principal Investigator and Deputy Director, IPHS, NHRI, Taiwan Executive Director, Health Policy Research Center, IPHS, NHRI, Taiwan

[DAY 2] 12th of August, 9:00~12:00 Advancing Digital Health for Physical Activity and Nutrition: Policy Translation and Governance 促進身體活動與營養之數位健康：政策轉譯與治理（公開演講場次）			
Time	Program		
8:40~9:10 (30 min)	Registration		
	Opening Remarks		
9:10~9:15 (5 min)	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> Speaker: Dr. Hung-Yi CHIOU President, APACPH & Director, CCHP Director & Distinguished Investigator, Institute of Population Health Sciences (IPHS), National Health Research Institutes (NHRI), Taiwan Director, Health Policy Research Center, IPHS, NHRI, Taiwan </td> <td style="width: 50%; vertical-align: top;"> Moderator: Dr. Wei-Cheng LO Associate Professor, Master Program in Applied Molecular Epidemiology, Taipei Medical University, Taiwan </td> </tr> </table>	Speaker: Dr. Hung-Yi CHIOU President, APACPH & Director, CCHP Director & Distinguished Investigator, Institute of Population Health Sciences (IPHS), National Health Research Institutes (NHRI), Taiwan Director, Health Policy Research Center, IPHS, NHRI, Taiwan	Moderator: Dr. Wei-Cheng LO Associate Professor, Master Program in Applied Molecular Epidemiology, Taipei Medical University, Taiwan
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9:15~9:20 (5 min)	Group photo		
9:20~9:35 (15 min)	Topic 1: Development of a Logic Model–Based Evaluability Assessment Scale for Public Health Programs in Taiwan Speaker 1: Dr. Yu-Hung CHANG Project Assistant Investigator, IPHS, NHRI, Taiwan		
9:35~9:50 (15 min)	Topic 2: Singapore’s Sodium Reduction Strategy Speaker 2: Ms. Audrey TONG Director, Integrated Solutions & Program Planning Office, Health Promotion Board, Singapore		
9:50~10:05 (15 min)	Topic 3: Bridging Research and Practice: Developing Handbooks for Professional Support via PHR		

[DAY 2] 12th of August, 9:00~12:00

Advancing Digital Health for Physical Activity and Nutrition: Policy Translation and Governance 促進身體活動與營養之數位健康：政策轉譯與治理（公開演講場次）

Time	Program			
	<p>Speaker 3: Dr. Takehiro SUGIYAMA Director, Department of Medical DX, Bureau of System Infrastructure Development, Japan Institute for Health Security Specially Appointed Professor, Department of Health Services Research Institute of Medicine, University of Tsukuba, Japan</p>			
10:05~10:20 (15 min)	<p>Topic 4: Implementation and Governance Challenges of Digital Healthcare in the Korean Healthcare System Speaker 4: Dr. Junbok LEE Research Professor, Yonsei Institute for Digital Health, Yonsei University, Republic of Korea</p>			
10:20~10:35 (15 min)	<p>Topic 5: Governing AI Nutrition Care: From Accuracy to Human-AI Collaboration and Workforce Training Speaker 5: Dr. Jung-Su CHANG Professor, School of Nutrition and Health Sciences, College of Nutrition, Taipei Medical University, Taiwan</p>			
10:35-10:40 (5 min)	<p align="center">Break</p>			
10:40~11:40 (60 min)	<p align="center">Roundtable Discussion</p> <table border="0" style="width:100%"> <tr> <td style="width:50%; vertical-align: top;"> <p>Panelists:</p> <ul style="list-style-type: none"> • Panelist 1: Dr. Jung-Su CHANG • Panelist 2: Dr. Junbok LEE • Panelist 3: Dr. Takehiro SUGIYAMA • Panelist 4: Ms. Audrey TONG </td> <td style="width:50%; vertical-align: top;"> <p>Moderator: Dr. Hung-Yi CHIOU President, APACPH & Director, CCHP Director & Distinguished Investigator, IPHS, NHRI, Taiwan Director, Health Policy Research Center, IPHS, NHRI, Taiwan</p> </td> </tr> </table>		<p>Panelists:</p> <ul style="list-style-type: none"> • Panelist 1: Dr. Jung-Su CHANG • Panelist 2: Dr. Junbok LEE • Panelist 3: Dr. Takehiro SUGIYAMA • Panelist 4: Ms. Audrey TONG 	<p>Moderator: Dr. Hung-Yi CHIOU President, APACPH & Director, CCHP Director & Distinguished Investigator, IPHS, NHRI, Taiwan Director, Health Policy Research Center, IPHS, NHRI, Taiwan</p>
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11:40~11:50 (10 min)	<p align="center">Closing Remarks</p> <p>Speaker: Dr. Betty Ya-Wen CHIU Vice-President Finance & Taiwan Regional Director, APACPH Deputy Director & Principal Investigator, IPHS, NHRI, Taiwan Executive Director, Health Policy Research Center, IPHS, NHRI, Taiwan</p>			