



我國銀髮族健康飲食現況 與推動策略

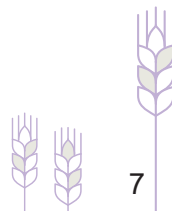
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摘要

隨著我國 65 歲以上人口比率在 114 年 6 月底達 19.6%，預計將邁入「超高齡社會」。國民健康署持續蒐集國內外實證資料，並進行監測調查研究，分析我國長者的營養攝取狀況，並據以規劃、推動高齡營養政策，強化跨單位合作連結，包括訂定營養相關基準、進行人才培訓、建立支持性環境及提升社區營養服務，以及辦理多元宣導推廣活動等，展現重視高齡營養之相關作為。

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The Current Status and Promotion Strategies of Healthy Diets for the Elderly in Taiwan

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Abstract

As of the end of June 2025, the proportion of Taiwan's population aged 65 and above has reached 19.6%, indicating that the nation is on the verge of entering a “super-aged society.” The Health Promotion Administration continues to collect domestic and international evidence, conduct monitoring and research, and analyze the nutritional intake status of older adults in Taiwan. Based on these findings, it plans and promotes senior nutrition policies, while strengthening cross-sector collaboration. Key measures include establishing nutrition-related standards, conducting professional training, creating supportive environments, enhancing community nutrition services, and carrying out diverse public education and promotional activities. Through these efforts, the Administration demonstrates its commitment to elderly nutrition.

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