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The movement of “Drinking tea instead of the alcohol” as the health promotion

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Abstract. Due to the colonization by Japan in 1895 and implemented the system of public of tobacco and alcohol, destroyed the aboriginal original traditional custom. The public alcohol system brought the alcohol abuse to all aboriginals in Taiwan which caused a lot serious healthy problem, no working ability, drunk driving accident and increasing in domestic violence. The author organized the promote team and hold more than 300 times of health education in 5 aboriginal townships. The second stage, the promote team found there should be a local strength long lasting and continuously to promote this movement. Therefore, the “tea club” were set up one after another. This was the key point of success. This movement has been promoted for 12 years and still going on. At that time, the head of the Hualien County Health Bureau affirmed that this was a pioneering work in the public health sector.

Keywords. alcohol abuse, health promotion

1. Introduction

Taiwan is an incredibly special area share 16 various aboriginal ethnic groups. According to the Aboriginal Committee investigation, all the aboriginal ethnic groups has the same problem of alcohol abuse. The Committee proposed at the same time that alcohol abuse has four harm. They are lose health, no work ability, drunk driving accident, increasing in domestic violence. According literature documentation, All the aboriginals hadn't alcohol abuse one hundred years ago which because the production of millet wine was very few for the yield was few. Meanwhile, the millet wine was using for the worshipping rite to the ancestors that was sacred meaning no production normal time. Till 1895, Taiwan was colonized by Japan and implemented the system of public of tobacco and alcohol, The sacred value of the millet wine was lost because all the people in Taiwan including the aboriginals could get the alcohol easier. Meanwhile, the Aborigines are born with a good capacity for alcohol and constitution of alcohol tolerance. According to the study, more than 99% of the genes of the Aborigines can strongly decompose the acetaldehyde that causes the Aborigines feel not uncomfortable after drinking. All the aboriginals always found the bad influence of the alcohol after their health were completely damaged.

There was a report by a very famous magazine named “Vision” in Taiwan wrote: “A aboriginal township tribe corroded by alcohol” “average life expectancy below 46.” “average 2 lives were gone every week on account of alcohol abuse.” The aboriginal township of the article is just Zhouxi township in Hualien. Actually, this was not only matter of a aboriginal township tribe, but also the real situation of all the aboriginals in Taiwan.

Hualien is one of the biggest aboriginals’ counties in Taiwan. There are 5 big aboriginal townships. They are “Xiulin Township, Wanrong township, Zhuoxi township, Guangfu Township, Fengbin Township.” The author decided to set into movement of “Drinking tea instead of the alcohol” in the five big aboriginal township from 2012 and this movement has been lasting for 12 years and still going on. The writer hold more than 300 times of health education in 5 aboriginal townships. But the successful important key were establishing “tea club” at each tribe. These “tea club” were the important local strength. There were a lot of members of Tea Club brought the movement continuously after the health education by the promote team.

2. Methods and Materials

Methods: The Critical reflexivity was proposed a research method that legitimizes practice as a source of knowledge by Dawn Freshwater. He Built upon the concepts of situational understanding and contingent knowledge, advocated an integral research methodology which drew on the notion of the researcher-practitioner and engaged research method for nursing. It not only a novel approach to research but also, a novel approach to practice. The following were adopted this research-practice method and developed a integral practical method. In the beginning of setting this movement, there was only health education. Though the audience reaction were very positive and enthusiastic, the author found there must have local strength. Therefore, the second stage, the author planned to establish tea club. The members of tea club were local people of each Aboriginal tribe. At last, this practical method was proved very important key method.

Materials: The alcohol abuse was very serious in the aboriginal area in Taiwan. The author chose the 5 aboriginal township in Hualien. The promoter must organized enough materials and evidence to guide the long lasting devastated of alcohol aboriginals. The first evidence was that before the Japan colonization of Taiwan and implemented the system of public of tobacco and alcohol, all the aboriginals were healthy. Because Pastor Mackay had written many times in the literature documentation that all the aboriginals were healthy then. If the aboriginals were alcohol abuse serious and full of gout, tophi and liver cirrhosis, Pastor Mackay will wrote in his documentation. Nowadays we can see a lot of aboriginals suffered from gout and liver cirrhosis. Meanwhile, Dr. Chen Chin Lan who was famous doctor wrote a book “Gout and Hyperuricemia” mentioning about drinking excessive alcohol will make it difficult for uric acid to be excreted human body and cause the gout and tophi as well as influence the health.

At last, all the village heads told us that if there is the gift, villagers will take part in eagerly. The promote team thought that if we want they don’t drink alcohol there should be a “healthy alternative drinks”. The promote team chose “green tea” which is better to the high urine acid group such like the aboriginals.

3. Practice

The writer and promote team went into 9 villages in Xiulin Township Wanrong township to make the health education in the first two years. Because the sharing content was

presenting the real situation of the aboriginal tribe. It almost attracted all the audience's attention. Whenever the author asked "will you share all you have heard tonight to your family, your neighbor or your tribe people? If you will, please raise your hand." Almost all the audience raised their hand straightly. The positive attitude encourage the promote team till all the 300 times health education.

Because the neighboring Wanrong township was the same ethnic group of Taroko, the author was invited to share "To drink tea instead of alcohol". Later I found that because of the relatives or in-laws, they informed each other. One day the promote team was invited to a Christian Church, the preacher introduce the promote team to the neighboring Catholic Church. And from then on, the promotion work was one after the other without interruption.

After the promotion proceeded about 2 years, the author found the health promotion need the local strength . In other words, there should be the volunteers in the tribes. Then, the promotion work can be continuous, powerful and sustainable. Therefore, the "tea club" was set up. From then on, the health promotion of "Drinking tea instead of the alcohol" gradually became the "movement". We can see a strength in each tribe.

4. Results

We can judge from some actual examples how this movement brought the change in the 5 aboriginal townships :

1. There wasn't any negative voice after hold more than 300 health presentations, though alcohol almost was part of their life. But almost all the audience agree with the sharing. Whenever the promoter asked them whether they were willing to transfer these concept to the tribe, the audience always raised their hand high and straight. These scene encourage the promoting team keeping go on.

2. The author organized the "Tea Club" in each tribe and village step by step. This is the local strength of promoting "Drinking tea instead of alcohol". The members of the tea club will promote the health concept and care for the people of alcohol abuse by themselves and didn't lean on the public health education by the team of author.

3. There were 4 village heads of Kuanfu township initiatively invited author to share the health education of this project at their Worship Square during the New Year Eve party. They expressed there were most ethnic people took part in the eve party. We can see their positive attitude in the health life. Meanwhile, they made the T-shirt printing with "drinking tea instead of alcohol" for the members of their tea club by their own expenditure.

4. The township head of Zhuoxi township who was above mentioned corroded by the alcohol organized the women association to cooperate with the team of the writer. And successfully organized 13 tea clubs in 6 villages during 8 years of his two terms shi as town. There were more than 300 clansman took part in the tea club and leave their detail contacting data automatically in their annual festival of ethnic groups.

5. "Eliminate the dirty from the fountainhead": Former, we hear the aboriginal shared their experience that they drank whole family together and thought that is very normal. They never thought about the harm of alcohol. Though they found there were a lot people has gout, tophi and liver cirrhosis, but they enjoyed the mode and happiness of all the family drink together. 12 years ago, We began to promote "Drinking tea instead of the alcohol" and developed to be a movement in 5 aboriginal townships and hold the health education one after another. We hope all the people in tribe understanding the health life and attitude. All the members of each family almost heard about "Drinking tea instead of the alcohol". As long as the grandfather advice his son, the father advice his son, the tribe will far away from alcohol.

We solve the “alcohol harm” not to cure the people who alcohol abuse but to prevent from the whole aboriginal family with health life, concept and attitude.

The data presented in this study are available on request from the corresponding author, further data will be **shown in the supplementary file upon request.**

Declarationshe

Ethical Approval

The Ethical Approval System began in 2014 in Taiwan. The author set intomovement of “Drinking tea instead of the alcohol” planned in 2008-2009, and set into movement from 2010. But the author still got the Basic Clinical Reserch Seminar Certification in 2008.

Meanwhile, the author have got all the villagers and the township leaders assent. Even have hold a lot of gratitude celebrations. There are some photos as following:

The head of the aboriginal tribe agreed “drinking tea instead of the alcohol” set into movement in Guangfu Township



The head of four villages of Guangfu Township invited the author to share the health education in their villages.





A big banner wrote “Drinking tea instead of the alcohol health promotion gratitude celebration to the members of club tea Zhuoxi township.



There are 12 tea clubs in Zhuoxi township. Each tea club had a show program.



The head of Zhuoxi township invited women’s association as the promotion team



Though there weren't the ethical system in 2008 in Taiwan, the author had accepted the training of "Basic Clinical Research Class and got the certification.

Competing interests

This movement of "Drinking tea instead of the alcohol" is a health promotion activity and charity purpose. Tzu Chi Charity Foundation promotion team do this project only for helping the suffering. There wasn't the competing interests.

Authors' contributions

Authors are the planners and promoters. They promoted the movement both in working hours and off work time.

Funding

The authors applied no special fund. But Tzu Chi Charity Foundation can provide the cost of purchasing tea and cup as the gifts for all the participants which applied the fee based on receipt.

Availability of data and materials

This movement and health promotion are practical caring act. It is not applicable.

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