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• 中文關鍵字	健康社區計劃；健康促進；組織功能；健康促進委員會
• 英文關鍵字	Health community project；Health promotion；Organization function；Health promoting committee
• 中文摘要	繼世界各國開展健康城市運動後，我國衛生署也於 1999 年開始積極推展「社區健康營造」計劃；期望經由整合運用社區中有助於居民健康促進與保護的資源，去形塑每個國民的健康生活型態。因此，本研究擬以促進社區健康爲切入點，藉由社區充能與賦權策略，組織一「社區健康促進委員會」；以(1)瞭解組織社區健康促進委員會之形成過程；(2)探討充能與賦權策略運用於社區健康促進委員會組織功能之情形；(3)探討充能與賦權策略對社區健康促進委員會成員之社區健康意識之提昇情形。本研究採行動研究法，以立意選取合作度高、且俱健康問題之社區爲個案社區，並招募社區中對健康營造有興趣之民眾，組織一社區健康促進委員會，於 89 年 11 月下旬至 90 年 6 月中旬，共經過八次的充能與賦權之委員會議討論；藉由會議之進行，從中瞭解組織社區健康促進委員會的過程，並經由「組織功能量表」測試及訪談瞭解委員對該委員會組織功能之看法。此外，亦運用「社區健康意識量表」，於第五次會議及第一次社區活動後的討論會進行前、後測，以瞭解委員在經此營造策略後對社區健康意識之提昇情形。
• 英文摘要	The Department of Health in Taiwan began to promote the healthy community project enthusiastically in 1999 after the worldwide healthy city movements. The aim of this project is to promote every Taiwanese citizen's health by applying all the resources helpful to human's health in their own communities. Therefore, the purpose of this study is to promote the health of the local community by empowering the community committee. The major objectives include: 1. to describe the organizing processes of the community health promoting committee, 2. to explore the process of applying empowerment strategies on organizing the committee, and 3. to explore the committee's members' enhancement of community health sense after the empowerment. By using action research, the case community was purposively selected due to its high cooperation and with major health problems. From November 2000 to June 2001, 28 interested residents were recruited to participate this health promoting committee. Through eight empowered committee meetings, researcher would explore

the organizing process and outcome of this health promoting committee. Also, scale of community health sense and scale of community organization function were used to investigate the committee function and the improvement of the committee member's community health sense.