



Health Promotion Online 簡介

吳寂絹

一、概說

這是一個免費的BBS系統，提供新穎的、雙語的（英語及法語）醫療資訊。如同7-11般，三百六十五天全年無休，一天開放二十四小時。藉由其互動式的方法，可將您與醫療團體結合在一起。其所採用的軟體，提供線上輔助說明畫面及簡單的提示字元，使您置身於USER-FRIENDLY的環境中。

二、連線方式

Telnet 204.187.49.3（選ANSI Color Graphics）或透過World Wide Web:

http://hpb1.hwc.ca/links/healthcan/hpon_e.htm

（請先從browser的Preference或Option menu中選擇一個telnet application，需提醒您的是：大部份的Telnet Application皆不支援彩色顯示卡，但新版的Procomm, Telix或QModem Pro則可）

三、它能提供什麼資料？

1. 有用的全國性（指加拿大）及國際性事件相關資料。
2. 加拿大醫療及社會機構名錄。
3. 利用關鍵字檢索，於數秒內查得資訊。
4. DIY的社會行銷計畫及其他自學軟體。
5. 醫療推廣計畫部門之名錄。
6. 透過E-Mail，可與世界各地之醫療同業互動交流。
7. 快速且方便的下載資料至自己的電腦中（使用ncsa軟體者請用"Alt-C" capture之方式）。

四、涵蓋主題

若您對下列主題有興趣，不妨找個時間，進入HPO的世界中瀏覽一番。

1. tobacco
2. alcohol and other drugs
3. nutrition
4. AIDS
5. cardiovascular disease
6. child and family health
7. grants and contributions opportunities
8. health promotion studies

9. social marketing programs
10. school health
11. women and tobacco
12. research, surveys and evaluations

五、範例

〈主畫面〉

```

                                HEALTH PROMOTION ON-LINE
                                MAIN ACCESS MENU

Organization
  1.  Who We Are, What We Do, Our Partners.

Information and services - to help you:
  2.  Strategies and Programs.
  3.  Publications, Newsletters.
  4.  Calendar of Events. NEW
  5.  Other Services.
  6.
  7.

Reaching us... we're listening
  8.  Comment On This System / Request Information.

(K) Keyword Search   (LANG) Change Language   (UTIL) Utilities Menu
(BYE) Hangup/Disconnect (NEWS) New Developments (HELP) System Help Menu
    
```

Type "UTIL"
for your system
Settings.

(Change password,
protocols, etc.)

(10 Used, 42 Left) Main Board - Your Command ? k

範例

〈畫面一：關鍵字查詢〉

```

Last Search:
                                0 hits in 0.00 seconds.
Search Mode: Boolean

(S)earch HPD Publications          (C)hange search mode
(R)edisplay last search            (P)acker selection
(V)iew search history              (D)ownload
                                   (Q)uit

Command: S
Enter your search below:
[PREGNANCY SMOKING
Searching: 27 hits found.
    
```

<畫面二：展示檢索結果清單>

Hit list: Page 1 27 hits

- [1] REPORT ON WOMEN AND SMOKING Prepared by: Price Waterhouse For the: T (1)
 - [2] SMOKING AND HEALTH: Selected Bibliography This bibliography lists bo (1)
 - [3] ACT NOW Women and Tobacco CONTENTS INTRODUCTION EXAMINING THE PROBLE (1)
 - [4] DIRECTIONS THE DIRECTIONAL PAPER OF THE NATIONAL STRATEGY TO REDUCE (1)
 - [5] BACKGROUND PAPER ON WOMEN AND TOBACCO 1987) AND UPDATE (1990) Prepar (1)
 - [6] Alcohol In Canada Published by the authority of the Minister of Nati (1)
 - [7] HOW EFFECTIVE ARE ALCOHOL AND OTHER DRUG PREVENTION AND TREATMENT PR (1)
 - [8] Action Towards Healthy Eating... Canada's Guidelines for Healthy Eat (1)
 - [9] (c) Minister of Supply and Services Canada 1988 Cat. No. H39-131/198 (1)
 - [10] CANADIAN GUIDELINES FOR HEALTHY WEIGHTS Report of an Expert Group co (1)
 - [11] PROMOTING HEART HEALTH IN CANADA A FOCUS ON HEART HEALTH INEQUALITIE (1)
 - [12] A Vision of Health for Children and Youth in Canada Discussion Paper (1)
 - [13] SURVEY OF BREASTFEEDING SUPPORT SERVICES IN NORTH AMERICA Part1 gal (1)
 - [14] Health and Welfare Canada Health Promotion Activities in The Workpla (1)
 - [15] Directory update Since publishing our Directory of National Organiza (1)
 - [16] Families first Across Canada and around the world, governments, orga (1)
 - [17] Reaching for solutions Child sexual abuse is a major problem in Cana (1)
 - [18] SOCIAL MARKETING BIBLIOGRAPHY (FINAL REPORT) Author: Colleen Macdone (1)
 - [19] SOCIAL MARKETING IN HEALTH PROMOTION Program Promotion Division Heal (1)
 - [20] Introduction Smoking cessation is a process that normally involves s (1)
 - [21] Report on the Symposium on Fetal Alcohol Syndrome and Fetal Alcohol (1)
- [V]iew [M]ark M[o]de [?]Help! [N]ext [S]top [V]

<畫面三：展示檢索結果之詳細書目資料(page 1)>

[Page 1 Action Towards Healthy Eating...Canada's Guidelines for Hea 0%]
Action Towards Healthy Eating...

Canada's Guidelines for Healthy Eating and Recommended Strategies for
Implementation

The Report of the Communications/
Implementation Committee

Published by authority of the Minister of National Health and Welfare

Egalement disponible en francais sous le titre:

Action concertée pour une saine alimentation...

Recommandations alimentaires pour la sante
des Canadiens et Canadiennes et strategies
recommandees pour la mise en application

■Minister of Supply and Services Canada, 1990

Cat. No.: H39-166/1990E

ISBN: 0-66217438-0

[L]ocate [M]ark [?]Help! [T]op [N]ext N[o]nstop [+] [-] [S]top [N]

〈畫面四：展示檢索結果之詳細書目資料(page 2)〉

[Page 2 Action Towards Healthy Eating... Canada's Guidelines for Hea 0%]
Table of Contents

1. Executive Summary and Recommendations for Action
2. Introduction
3. Purpose of the Report
4. Members of the Communications/Implementation Committee
5. Recommendations by the Scientific Review Committee
6. Canada's Guidelines For Healthy Eating: A Translation of the SRC Recommendations
7. Review of Canada's Food Guide
8. The Current Situation
 - Current Recommendations and Guidelines
 - Estimated Food Consumption
 - Opportunities and Challenges

[L]ocate [M]ark [?]Help! [T]op [N]ext [P]rev N[o]nstop [+] [-]
[S]top [N]

範例

〈行事曆之主畫面〉

INFORMATION AND SERVICES

Calendar of Events

1. User-Updatable Calendar of Events: Input your own Special Dates and/or Conferences.
2. View the User-Updatable Calendar of Events.
3. Health Promotion Calendar of Events Winter 1995/96
 - a bilingual calendar of events of interest to the health promotion community
4. E-Mail Correspondence (for users to discuss upcoming events or dates or ask for more information).

(K) Keyword Search (LANG) Change Language (DOWN) Download a Document
(BYE) Hangup/Disconnect (NEWS) New Developments (TUTOR) System Tutorial

Your Choice (M=Main Service Area)...?