

原鄉酒害問題的探討與健康促進—以花蓮縣推動原鄉酒害覺醒運動為例

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摘要

本文作者走過台灣全島的原鄉，發覺酗酒過量的問題非常嚴重，也深入探討酗酒帶給原鄉四大害處，第一是經濟能力低弱，第二是家暴增多，第三是酒駕意外的問題，第四是健康的問題。作者從二零一二年開始，在花蓮縣從秀林鄉開始，逐村逐部落以「以茶代酒」來推動原鄉酒害的覺醒運動。走過萬榮鄉、卓溪鄉、豐濱鄉、光復鄉等五大原鄉，共舉辦超過兩百二十場宣導，超過一萬原民鄉親參加，獲得原鄉民眾的良好回響，探究此專案能順利推動的原因與特點有：

- 本專案推動，從人類學角度，本文作者告訴原鄉民眾，酒與原民傳統文化的連結是在酒是族人與祖靈對話的橋樑，而不是酒精依賴。並以馬偕博士的文獻考證早期原民很少酗酒，再引進相關的衛教。
- 本專案以行動式研究，在順利推動本專案的宣導後，並省思如何能將推動的成效永續在原鄉扎根，而逐村推動「茶友會」，期待茶友會會員成為持續推動的一股力量。卓溪鄉的鄉長結合卓溪鄉婦女會與慈濟基金會共同在卓溪鄉六個村成立了九個茶友會，多個教會的牧師也都加入了這茶友會的推動。

經過本計畫「以茶代酒」健康促進的「四階段節酒計畫」推動後，原鄉酒害問題獲得相當不錯的解決成效，值得後續理論研究與實務方案之參考。

關鍵字：酗酒，以茶代酒，茶友會

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Exploration on Problems of Wine's Harm in the Aboriginal Tribes and Health Promotion—A case study of Promoting the Movement of Awakening from Wine's Harm in Aboriginal Tribes in Hualien County

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Abstract

The author has been visited all the aboriginal tribes in Taiwan and discovered that alcohol abuse was very serious, and found that alcohol abuse has four problems. First, alcohol abuse weakens the economic ability. Secondly, family revenge occurs frequently including between husband and wife or to their children due to alcohol abuse. Thirdly, accident by drunk driving happens more often. Fourthly, alcohol abuse causes health problem. The obvious phenomenon are full of gout patients and the liver cirrhosis. The author has been moving the movement of the awareness of alcohol's harm by means of "Tea instead of wine." from the Shialing township in 2012. And then, Wan Zon County, Zhuoxi township, Fongbin township and Kungfu Township. These are the five big Aboriginal Counties. The author have held more than 220times and more than 10,000 people participatedwhich gain very good reaction in the aboriginal tribes. After making a thorough thinking that the reason and special features of smoothly promoting this project :

1. The author of this article told the aboriginal people from the perspective of anthropology that the link between wine and the traditional culture of aboriginal people is that wine is the bridge between the Aboriginal people and the ancestry, not alcohol dependence. The literature wrote Dr. George Leslie Macay came to Taiwan about 100 years ago and visited several aboriginal tribes and lived with them. He found the aboriginal people was scarcely drunk. After this explanation, the author bring in the hygienic education.

2. The project is of Action Research. After successfully promoting the advocacy of this project, we immediately pondered how we can persevere in promoting the effectiveness of the project to take root in the original village and promote the “Tea Party” by the village. The author hope that the members of the “Tea Party” will become the long lasting strength that will continue to promote the movement of awakening of alcohol. ZHUOXI township Heads combined with the Zhuoxi township Women’s Association and the Tzu Chi Foundation established nine tea parties in six villages in Zhuoxi township. Pastors of various churches also jointed the tea party promotion.

After the health promotion of “Tea instead of wine” four stages abstaining from alcohol of this project, the aboriginal tribes alcohol abuse problem has achieved good results and is worthy of reference for follow-up theoretical research and practical projects.

Key words: Alcohol abuse, Tea instead of wine, Tea party