Dr Chiou is a pioneer in health promotion and in healthcare delivery reform. She launched Taiwan’s first healthy city project, first accreditation program for healthy hospitals and first regional diabetes shared care model. She also led the initiatives towards successful legislation to ban junk food marketing towards children as well as the use of trans fat. She developed the largest network of health promoting hospitals in the world and the world’s first age-friendly healthcare recognition program. Dr Chiou received several honorable awards such as the Distinguished Achievement Award for Top Ten Outstanding Civil Servants and the Award for Top Ten Outstanding Young Women in Taiwan. With broad collaborative efforts over the past 7-10 years, her team has facilitated Taiwan to achieve a 26.5% reduction in adult smoking rate, 49% reduction in betel quid chewing rate among adult males, doubling of sufficient physical activity rate among people aged 13 or above, doubling of exclusive breastfeeding rate in 6 months after birth, and decline of smoking rate and obesity prevalence among children & adolescents.