

父母因素對學齡兒童之體重狀況之影響

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摘要

目的：世界衛生組織公告"肥胖"為全世界的重要健康議題。在台灣，平均每年的衛生保健支出中至少有 3%為肥胖相關所造成的。許多的研究聚焦在造成肥胖的主要因素：即人類飲食中攝取太多高熱量的食物及缺乏運動的二十大因素。然而兒童的生活習慣並不是完全決定於他們本身，父母應扮演著重要的角色。

方法：本研究探討父母的因素如何影響小孩的體重，研究對象為花蓮市某公立國小學齡兒童及其父母，於父母與學童簽署同意後各進行問卷調查，完成了 339 對問卷。

結果：本研究發現，依衛生福利部標準，研究對象有 23.0%的學童身體質量指數分類為過重(overweight)或肥胖(obese)。學童的體重受到他們的生活飲食所影響（有是否食用早餐、速食的使用情形、蔬菜食用情形及水果食用情形）及休閒活動（運動情形、看電視或使用電腦的時間）。父母的休閒活動和兒童的休閒活動有顯著的相關，且兒童的體重也受到父母所影響。

討論：本研究建議在健康促進領域造成肥胖的二十大因素（飲食與運動）之衛教，因該不只是到教室或在醫院內對學童進行衛教，而是需要針對家長進行，才可達到一定的效果。

關鍵字：學齡兒童、肥胖、過重、生活習慣、休閒活動

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The Effects of Parental Factors on the Weight of School-aged Children

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Abstract

Purposes: The World Health Organization (WHO) has announced that obesity is a worldwide health problem. In Taiwan, obesity causes at least 3% of total health expenditures. Numerous studies have focused on the two main causes of obesity: increased intake of energy-dense foods and the trend toward decreased physical activity. However, children do not determine their lifestyles by themselves.

Methods: This study focused on the effect of parental factors on children's weight by investigating 339 elementary school children and their parents in Hualien City, Taiwan. Two questionnaires were filled by the volunteering children and their family members.

Results: In this study, 23.0% of these children were overweight or obese. The results showed that children's weight is affected by their dietary habits (consumption of fast food, vegetables, fruits, and breakfast) and leisure habits (exercise, and time spent watching TV or using the computer). The lifestyle habits of parents and children were found to exhibit crucial connections. Moreover, parental weight was found to affect their children's weight.

Conclusion: It has been suggested that public health programs targeting overweight status and obesity in children should focus not only on children but also on their parents, especially their mothers.

Key Words: school-aged children, overweight, obese, dietary habits, leisure habits