

父母影響學齡兒童之身材—以飲食與生活習慣為中介效果

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摘要

本研究主旨在探討父母的因素(包括父母的 BMI、父母的教育程度、家庭收入、母親工作情形、父母一方為原住民及父母對兒童出生時的體重認知)與學齡兒童之 BMI 狀況的關係，並且瞭解上述因素是否透過對兒童的飲食與生活習慣而與兒童的 BMI 狀況有所關連。

以橫斷性研究採立意抽樣方式以花蓮縣立國小為研究對象，經學校、家長與兒童本人同意後，針對家長及兒童分別進行結構式問卷，以瞭解家長因素及學童的飲食與生活習慣，學童的身高與體重採用實際測量方式，於 2013 年完成了八間國小計 544 組有效問卷以進行分析。中介因素採用路徑分析法，中介效果以係數乘積法進行判斷。

本研究對象的過重或肥胖比例為 24.8%與衛生福利部於 2012 年所公布的 25.0%相近。研究發現，父母親的 BMI 值、父母對兒童出生時體重的認知與兒童的 BMI 狀況達統計上顯著意義，兒童的飲食習慣僅食用早餐情形；生活習慣僅睡眠時間點分別對兒童的 BMI 狀況有統計上顯著意義。中介因素分析結果發現，若父母一方為原住民則會透過早餐食用情形及透過睡眠時間點而對兒童的 BMI 狀況影響。

研究建議父母因素影響兒童的 BMI 是存在著不可控制的遺傳因子外，也包括了環境因子，若父母(尤其是原住民的父母)可以給予兒童良好的榜樣，對自己與兒童的健康都是有益的，尤其於含糖飲料的攝取上面的控制。近年來由於國人飲食及生活習慣的西化，國人肥胖的情形易向歐美看齊，故在政策面雖然體重的控制政策推行無法於短期間獲得成果及成效也難以歸因於政策的施行，因此較難有推行大型的政策活動。

關鍵字：父母因素、兒童肥胖、飲食習慣、生活習慣

The Correlation Between Parental Factors and Children's Weight Status: Use Food Intake and Lifestyle as Moderating Factors

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Abstract

This study was conducted to elucidate the correlations between parental factors (i.e., parents' BMI, education level, family income, maternal employment status, aboriginal status, and parents' cognitive conditions associated with their children's birth weight status) and children's weight status and to determine whether the correlations between these factors are affected by the children's diets and lifestyle habits.

A cross-sectional study design was adopted to recruit students from elementary schools in Hualien, Taiwan, in 2013. After the schools, parents, and children consented to this study, structured questionnaires were compiled specifically for the parents and children. The children's height and weight were measured, and the parents self-reported their height and weight. This study surveyed 544 parent-child pairs from eight elementary schools. A path analysis was conducted to test the moderating factors, and the statistical results were defined according to the product of coefficients.

The results show that the proportion of overweight and obese children in the study population was 24.8%, which is similar to the proportion of overweight and obese children (25.0%) reported by the Ministry of Health and Welfare. Father's BMI, mother's BMI, and parents' cognitive conditions associated with their children's birth weight status were significantly related to children's weight status. Eating breakfast and sleeping time were significant moderators between the parent-child weight status in aboriginal families.

The findings of this study suggest that parents, particularly aboriginal parents, should endeavor to be positive role models for their children in maintaining a healthy diet and lifestyle habits, potentially benefitting parents and their children. Sugary beverages were often used as rewards to control children. Few ongoing comprehensive weight control programs have been implemented in Taiwan because these programs require 1 to 2 years to yield results, and their effectiveness is difficult to measure.

Key words: Parental factors, Children's weight status, Food intake, Life Style