

# 臺北市二國小高年級學生脊柱側彎篩檢研究.

## School Screening for Scoliosis among Fifth and Sixth Graders of Two Elementary Schools in Taipei

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### 摘要

目標：本研究旨在瞭解國內學童脊柱側彎的盛行率與嚴重度，以及找出影響脊柱側彎的相關因素。方法：以臺北市某二所國小 85 學年度所有在學的五、六年級學生為研究對象，以脊柱側彎計，於 85 年 9 月~12 月進行檢查，共調查 987 位學生。結果：脊柱側彎以等於或大於 5 度的軀幹旋轉度來定義，則國小高年級的盛行率是 10.1%，其中男性為 10.2%，女性為 10.1%；五年級盛行率為 9.3%，六年級盛行率為 11.1%。脊柱側彎的發生與否，不因學童的性別、年級、背書包時間、書包型式、書包重量等的不同，而有顯著的差異，但在身高／體重比例上有顯著差異，尤以女生最為顯著。以對數迴歸分析，發現女學生脊柱側彎的發生與身高有關，身高愈高罹患脊柱側彎的可能性愈高。脊柱側彎的嚴重度（即軀幹旋轉度）與年級、年齡、身高、體重、身高／體重比例等，並無統計上顯著的關聯。結論：建議針對不同年齡群的學生進行篩檢，並繼續驗證相關危險因子，如：長短腳、書包重量、遺傳、營養等。

### Abstract

Objective: The purposes of this study were to estimate the prevalence rate and to discover relevant risk factors for scoliosis among elementary school students in Taiwan. Methods: Samples were selected from two elementary schools in Taipei. All fifth and sixth graders registered in both schools in 1996 were screened between September and December using a scoliometer. Totally, 987 subjects were screened. Results: Scoliosis was judged on the basis of the angle of trunk rotation (ATR). Students with spinal rotation equal to or greater than 5° were considered as having scoliosis. The prevalence rate was estimated at 10.1% (boys: 10.2%; girls: 10.1%). The sixth graders had a significantly higher prevalence rate of scoliosis (11.1%) than did the fifth graders (9.3%). Gender, academic year, types and weight of students' satchels, and length of time for students carrying their satchel per day were not significantly associated with scoliosis. The heightweight ratio was found to be a significant factor for scoliosis, especially for girls. However, results of logistic regression analysis indicated that height was the significant predictor for scoliosis only in female students. The taller the female student is, the more likely she will have scoliosis. Severity of scoliosis (ATR) was not associated with academic year, age, height, weight, or height-weight ratio. Conclusions: Results of this study point to the need for screening various age groups of

students. Risk factors for scoliosis such as leg-length discrepancy, actual weight of satchel, family medical history, and nutritional status require further investigation.