南投縣慢性病罹患率與影響因子之研究

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摘要

本研究針對 2005-2007 年南投縣衛生局推行之「整合性健康篩檢服務」工作蒐集之 26480 筆問卷，分析南投縣居民疾病罹患率，並了解該疾病與生活型態、身體質量指數(BMI)、腰臀圍、遺傳病史之間的關聯性，研究結果顯示罹患高血壓比例達 27.9%為最高，其次為心臟病 10.4%、糖尿病 10.1%與痛風 6.4%；而這些疾病與遺傳病史者關聯性方面，具高血壓、糖尿病、心臟病與痛風遺傳病史者，罹患同樣疾病的比例達 2 倍之多；另在慢性病影響因子方面，罹患高血壓、糖尿病、心臟病與痛風者之 BMI、腰臀圍比、體脂肪值亦高正常者之數值，顯示 BMI、腰臀圍比、體脂肪值是罹患慢性病的影響因子。此外，本研究發現慢性病患者其生活型態(如抽煙、喝酒、運動習慣)與正常者並無顯著差異，顯示這些患者並未因罹患慢性病而改變生活型態，顯示衛生當局在衛教宣導與預防保健推動仍須再努力。

關鍵字：慢性病、影響因子、社區整合性健康篩檢

Abstract

The paper is to analyze the prevalence and relative influence factors of integrated health screening data from 2005 to 2007 at Nan-tou county. The results show the ratio of having hypertension is 27.9%, cardiovascular disease 10.4%, diabet 10.1% and gout 6.4%.The association of these diseases and genetic factors shows the patients with genetic hypertension , cardiovascular disease, diabet and gout get more than twice ratio of having tha same diseases. The study also presents BMI, waist/hip ratio, body fat are the potential influence factors of having chronic diseases. And, the living patterns of these patients have no obvious difference with the normal people. This could be explained that the efforts of preventive health education have to be enhansed.

***Keywords**: chronic disease , influence factor, community-based integrated health screening.*