• 計畫中文名稱	探討都會地區職場年輕女性的營養，飲食行爲及其影響因素		
• 計畫英文名稱	Surveillance of Nutrition Knowledge & Dietary Practices of Young Women at Worksite		
• 系統編號	PG9003-0294	• 研究性質	應用研究
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• 執行機構	台北醫學大學		
• 年度	90 年	• 研究經費	480 千元
• 研究領域	食品科技		
• 研究人員	胡雪萍,劉珍芳		
• 中文關鍵字	婦女；營養知識；行爲；；；；；		
• 英文關鍵字	Women health;nutrition knowledge；Practices；nil；；；；；		
• 中文摘要	由衛生署全國國民營養調查 1993-1996 知：中年女性(>45 歲)有肥胖，高血壓，三酸甘油酯過高，及糖尿病的問題 。以上問題和飲食的適當與否極有關。衛生署和民間基金會多年來均大力宣導如何吃出健康，但一般民眾對吃出健康認知如何，一般家庭多由婦女負責全家的飲食，故婦女的飲食營養認知及行爲如何實是關鍵之點，若能對年輕職場婦女的營養認知及行爲進行調查，了解其對營養的認知、營養行爲及其影響因素，實有助衛生當局未來教育婦女健康營養的參考資料。		
• 英文摘要	According to NAHSIT (Nutrition and Health Survey in Taiwan, 1993-1996) results: adults women (>45 old) had obesity, hypertension, hypertriglyceridemia, hypercholesterolemia, and diabetes mellitus problems. Those problems are highly related with diets. Department of Health and Foundations had developed many materials, i.e. ?§health comes from eating?? to the public. Generally women are responsible for family diet and health. To know the nutrition knowledge and practices of women is key to the public health. Relatively little work have explored how young women at worksite understand the nutrition knowledge and information they are given. This study is designed to assess the nutrition knowledge and practices of young women. We also hope to build up the healthy index for women. This study will provide data for effectively implement dietary guidelines for public especially young women in the future.		