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• 計畫英文名稱	Surveillance of Nutrition Knowledge & Dietary Practices of Young Women at Worksite
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• 中文關鍵字	年輕婦女；營養知識；飲食行爲；美容美髮工作人員；量化研究
• 英文關鍵字	Young women；Nutrition knowledge；Dietary behavior；Hair dresser and beauty saloon worker；Quantitative research
• 中文摘要	本研究以從事服務業的項目之一美髮業女性爲研究對象。在北、中、南三都會區(台北市，台中市及高雄市)各選取 18-40 歲之女性工作者，探討其營養知識、飲食行爲及其影響因素，以作爲衛生當局未來教育婦女健康營養的參考資料。研究方法分爲質性研究(Focus group)和量化研究(問卷)兩部分。先以前者了解問題的所在，再以問卷的方式進行訪談。結果共面對面訪問 360 位美髮業者(北市 139 人，台中 100 人，高雄 121 人)，平均年齡 22.6 ±5 歲，平均身高 159.97 ±5.25 公分，平均體重 52.79 ±8.49 公斤，其營養知識平均 9.71 ±3.28 分(滿分 14)，對營養素認知平均爲 0.59 ±0.29，一般知識平均爲 0.67 ±0.29，疾病相關知識 0.78 ±0.27。 5 成受訪者早餐定時但只有不到 3 成者午晚餐會定時，且只有 2 成多的人會控制份量。約 3-5 成的受訪者正餐外不吃甜點，不吃零食。約 3-4 成受訪者一天吃一次宵夜，約 2 成每日吃一次速食麵(湯)。受訪者中 7 成每天會喝牛奶，7 成每日飯攝取量小於 3 碗，35%受訪者每日肉魚蛋豆類大於 4 份，32%每日蔬菜量 3 份或以上，約 2 成不吃水果。營養資訊來源多爲報章雜誌，次爲電視/廣播。未來有興趣的營養課題有體重控制，疾病和營養等。最被接受方式爲衛教單張或其他文字資料，演講，錄影帶等次之。
• 英文摘要	This study was designed to know the nutrition knowledge and practices of young women at beauty salon. Three-hundred sixty young women had a mean height 159.9 ±5 cm and 52.8 ±8 kg body weight in this study. One hundred thirty-nine women from Taipei city, 100 women were from Taichung city and 121 women from Kaoshiung city. About 12% women did smoke and 20% women did exercise. The average score of correct answer of nutrition knowledge was 9.7 out of 14; the general nutrition knowledge score was less than

clinical knowledge score (0.59 ±0.29 Vs 0.78 ±0.27). Half women ate breakfast regularly and 30% women ate lunch and dinner regularly. About 30-50% young women did not take deserts and snacks except three meals. Daily food intake patterns of young women to meet nutrition recommendation: 70% women intake less than 3 bowls gain products; 35% women intake more than 4 serving unit meat groups; 32% women intake 3 or more servings vegetables and 20% women didn't intake fruit. About eighty percent of women did not know the "dietary guidelines" supported by NHA. Women mostly received nutrition information from newspaper, TV and radio. They like to learn weight control management and relationship between nutrition and disease, etc. in the future. Government and nutrition educators may expend the scope of this type study for young women.