

• 系統編號	RB8610-1261		
• 計畫中文名稱	臺北市中小學生家長對高膽固醇及高纖維食物認知與行為的評估		
• 計畫英文名稱	Evaluation of Knowledge and Behavior on Cholesterol and Fiber-Rich Foods of Adults in Taipei.		
• 主管機關	行政院國家科學委員會	• 計畫編號	NSC84-2511-S038-002
• 執行機構	私立台北醫學院保健營養學系		
• 本期期間	8308 ~ 8407		
• 報告頁數	0 頁	• 使用語言	中文
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• 中文關鍵字	台北；成人；膽固醇；高纖維食物；食物頻率問卷		
• 英文關鍵字	Taipei；Adult；Cholesterol；Fiber-riched food；Food frequency questionnaire		
• 中文摘要	<p>高血膽固醇是造成心血管疾病的主要因子。國外研究指出,每降低 1%血膽固醇,就可減少心血管疾病的危險率 2%。富含膳食纖維的飲食,也可降低血膽固醇。故本研究欲了解大眾對飲食中膽固醇/纖維食物的認知、行為與態度,以問卷及「常用食物頻率問卷份量圖」對北市各行政區中小學生家長 839 位調查,結果顯示 177 位(29% of 609 人)民眾每日攝取 3 份或以上蔬菜、12% 民眾(n=609)每日攝取 2 份或以上水果、只有 8% 民眾(n=50)合乎以上二者蔬果(每日飲食指南)的攝取量。大多數人(43%-79%)對相關飲食行為和態度有正面反應,惟有二項反應較差:49% 成人(n=403)經常吃雞時連皮一起吃及 21%(n=173)成人在美食當前無法控制自己的份量。十題營養知識的平均得分為 7.6.plmin.1.1。此外,有關影響行為、態度和知識的因子也將討論。</p>		
• 英文摘要	<p>High blood cholesterol contribute importantly to coronary heart disease (CHD). Research Clinical Trial reported that lowering 1% serum cholesterol reduce 2% risk factor of CHD. Intensive nutrition intervention with diets rich in dietary fiber can lower serum cholesterol level. We investigate the understanding and behavior of adults to cholesterol/fiber-riched foods in diets. Adults (n=839) who live in Taipei area are randomly selected to join this study. Only 29% of 609 respondents consumed the three or more servings of vegetables and 12% had the two or more servings of fruit recommended by the National Health Administration (NHA); 8% had both. Most of adults (range: 43%-79%) had positive response on behavior and attitude statements in this survey. Forty-nine percentage of adults often ate chicken with skin and 21% of adults couldn't control portion size in front of delicious foods. The average of nutritional knowledge was 7.6.plmin.1.1.</p>		