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• 中文摘要

國人飲食日漸西化,脂肪攝取量也日漸提高,以致心血管疾病長期威脅國人的健康。爲了改善國人的罹患率,本研究乃設計以營養師對心血管疾病患者進行營養介入課程(主要是降低脂肪攝取策略),藉由生化檢驗及問卷方式評估受試者在介入前後的體位、血脂質、飲食習慣及營養知識等方面的變化,以評估本研究的有效性。台灣北部和中部二地區共有 56 位受試者完成全部實驗,平均年齡 55.9.plmin.10.11 歲,營養師介入的總時間平均爲 90.77.plmin.13.22 分鐘(範圍爲 70-140 分鐘)。介入後受試者的脂肪攝取量降低了 24.6%、身體質量指數(Body mass index;BMI)下降 3.2%、而血清中膽固醇濃度下降 9.9%及三酸甘油酯濃度下降 31.3%。($p<0.001$)。在飲食習慣平均得分由 61.3.plmin.8.3 分(總分爲 80 分),增加爲 71.5.plmin.4.4 分(16.7%) ($p<0.001$),營養知識(總分爲 11)和危險因子(總分爲 9)認知平均得分由 7.13.plmin.2.37 分和 6.29.plmin.2.37 分增加爲 9.29.plmin.1.36 分和 7.70.plmin.1.52 分($p<0.001$)。由以上結果可知,心血管疾病患者經此降低脂肪攝取策略之營養介入 4 週後,受試者血脂中膽固醇及三酸甘油酯濃度及對危險因子的認知均改善,營養教育也可以改善不良飲食習慣及增加營養知識。因此我們建議對心血管疾病患者,以專業營養師進行營養介入,可使病患血清中膽固醇及三酸甘油酯濃度明顯下降,此一個月介入計畫的執行可減少心血管疾病危險性及節省醫療資源。本研究因人力和時間限制未有對照組的參與且樣本數若能擴大則研究結果更具代表性。

• 英文摘要

The death rate of cardiovascular disease (CVD) was the third level among all mortality in Taiwan. This study was designed to evaluate patient with CVD accepted nutrition intervention (the strategy of reducing dietary fat intake) by registered dietitian. Patients were counseled by a clinic dietitian at baseline and every 2 weeks at office visits for one month. We examined the subjects anthropometric

level, plasma lipid levels, dietary practices the nutritional knowledge by biochemical test and questionnaire for assessment the effect of this program after one month. The fifty-six subjects from northern and central Taiwan completed all process. There were no significant differences across survey sites were noted in gender, age, economic and educational level. The average age of subjects was 55.9.plmin.10.1 years old and intervention time was 90.77.plmin.13.22 minutes. After nutrition intervention program subjects lowered in fat intake by 24.6% and BMI by 3.2% ($p<0.001$). The serum total-cholesterol and triglyceride levels of subjects were significantly reduced 9.9% and 31.3%, respectively after program ($p<0.001$). The subjects posttest scores of dietary practices were significantly higher than pretest scores, 16.7% ($p<0.001$). The nutritional knowledge and notice of risk factor were increased 2.16.plmin.1.80 and 1.41.plmin.2.03 respectively ($p<0.001$). In the 10 factors of demographic characteristics, nutritional knowledge and notice of risk factors were affected by 2/10 and 2/10 items respectively this information will be utilized to set up a nutrition intervention program for patients with CVD in Taiwan.