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• 英文關鍵字	Hypertension；Nutrition knowledge；Health care；Behavior；Adult；Taipei county		
• 中文摘要	本研究以台北縣地區醫院高血壓民眾爲對象,主要探討(1)大眾曾接受飲食或衛生教育的比率?(2)患者對高血壓飲食的認知、態度及營養行爲。(3)一般民眾(健康者)對高血壓預防的認知。對患者採一對一的面談方式,對一般民眾則採家戶訪問,由受訪者或研究者填寫。問卷內容有基本資料、營養知識、態度及飲食行爲等部分。結果患者(n=231)和一般民眾(n=311)在性別上、身高、體重方面無不同,但在年齡、教育程度、收入等上有明顯不同。男性(n=290)身高體重分別爲 167.3.plmin.5.6 公分和 68.7.plmin.9.7 公斤,女性(n=234)身高體重分別爲 155.3.plmin.5.2 公分和 59.7.plmin.8.1 公斤。年齡範圍由 40-79 歲;教育程度以小學程度較多,約佔一半左右。約 2.5 成受試者目前仍有抽煙及喝酒習慣,約 6 成受試者有運動習慣,患者和一般民眾中有 32%和 22%屬肥胖(BMI>26.4)。高血壓中 83%定期量血壓,一般民眾 54%定期量血壓。 在 10 題營養知識上患者和一般民眾平均分數爲 7.5.plmin.2.2 和 7.5.plmin.2.1,兩組在預防性(有 4 題)和治療性認知(6 題)上無統計上差異,但 2 組在 8 題的營養認知上有差異,患者在 3 題上表現較優,一般民眾在 5 題上表現較優,此資料可提供政府及教育單位做營養教育時,該從何處著手及著手重點爲何。患者在遵從性態度表現略低於一般民眾,但 2 組在障礙性態度上及總態度得分上無統計差異。高血壓患者在去除脂質行爲及不喜鹹食品的表現上均優於一般民眾,可見衛生署防治計畫有功效,但患者及一般民眾中仍有一半人不知有關高血壓的飲食預防手冊,可知衛生署及教育單位宜加強推廣高血壓相關資訊,以降低醫療成本。		
• 英文摘要	This study was designed to know the nutrition knowledge, attitude and nutritional practice of hypertension patients in Taipei County. This questionnaire consisted of four parts: basic characteristics, nutrition knowledge, attitude, and nutrition practices. The results		

included 213 hypertension patients and 311 adults who resided on Taipei county. There were significantly differences between this two groups were noted in age, economic and education level. Two-hundred ninety men and 234 women in this study, with a mean height 167.3.plmin.5.6cm and 68.7.plmin.9.7kg body weight for men, and 155.3.plmin.5.2cm and 9.7.plmin.8.1kg body weight for women. About 25% subjects did smoke and drink, and 60% subjects did exercise. Eighty-three percent patients and 54% healthy people regularly measured their blood pressure. The average score of correct answers for all subjects was 7.5 out of 10. The preventive knowledge score and therapeutic knowledge score were no different for both groups. However, hypertensive patients had less obedient attitude than healthy people. The obstructive attitude and total attitude scores were no significant different for both groups. Patients had higher score on "avoiding fatty foods" and "disliking salt-processed foods" practices than general public. About fifty percent of patients and general public did not know the information which related with hypertension. We also identified 8 demographic characteristic that were associated with knowledge, attitude and practices. Government and nutrition educators may expand the scope of this study for hypertension patients and public education program.