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• 計畫中文名稱	太極拳對預防社區老人跌倒及降低其醫療使用的效性(II)	
• 計畫英文名稱	Effectiveness of Tai Chi Quan on Reduction of Falls and Health Care Utilization among Community Elderly People (II)	
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• 英文關鍵字	Community; Falls; Elderly people; Tai Chi Chuan	
• 中文摘要	<p>目的：推行太極拳運動一年以瞭解太極拳是否能降低老人跌倒發生率。方法：以台中縣新社鄉六個村 65 歲以上老人為研究對象，研究設計採前後(Before and after)與同步對照(Simultaneous controls)混合。其中兩村為太極拳組，四個村為對照組，六村內都有張貼預防跌倒海報，並從 2002 年 8 月到 2003 年 7 月以楊氏太極拳十三式介入。研究資料的收集包括(1)基線測量：於 2001 年 8 月採用結構式問卷進行第一次面對面訪視。與(2)跌倒電話追蹤：自 2001 年 8 月至 2003 年 7 月，每位老人共 8 次電話追蹤。並利用波以松回歸(Poisson regression)來分析太極拳對降低老人跌倒的效應。結果：整體而言，太極拳組及對照組的跌倒發生率均有顯著下降，但兩組發生率的改變並無顯著差異。另外，太極拳介入對較能降低年輕老人的跌倒發生率。結論：太極拳的社區介入並不足以有效降低社區老人跌倒發生率，但社區介入試驗(包含衛教宣導、問卷訪視等活動)可能幫助降低社區老人跌倒的發生。</p>	
• 英文摘要	<p>Purposes: This study was to examine the effectiveness of Tai Chi Chuan on the reduction of falls among older people. Methods: The study design was a combination of before and after and simultaneous controls. Of 6 villages in Shin-Sher Township, Taichung County, 2 villages were intervened by 13-form Tai Chi Chuan from August 2002 to July 2003, and 4 were the control group. Data collection included (1) baseline information using personal interviews and (2) follow-up telephone interviews every 3 months over a 2-year period of from August 2002 to July 2003. The Poisson regression model was employed to investigate the effects of Tai Chi Quan on the reduction of falls. Result: Both of incidence rates of falls in Tai Chi Chuan and control groups decreased significantly; however, the decreases in the two groups were similar. Furthermore, the decrease was different in younger elderly people. Conclusion: The Tai Chi Chuan may not effectively reduce the incidence rate of falls among community dwelling older people.</p>	