從參與衛生所活動之西湖鄉鄉民探討該鄉之社區健康促進方案

Study on Community Health Promotion Program Planning: An Experience of Shihu Health Station, Miaoli County.

中文摘要

本研究之目的爲評估苗栗縣西湖鄉鄉民之健康狀況、體能活動及醫療服務利用情形。本研究爲一橫斷式研究，並採立意取樣法，以參與衛生所預防保健健康檢查服務及義診等活動之鄉民爲對象，研究樣本之來源分爲自問卷樣本、健檢樣本及面訪樣本三大類。資料之收集係透過文獻探討、健康檢查、問卷調查及質化研究的面對面訪談等方式獲得。在地方相關資料與文獻方面，係透過期刊文獻、鄉誌、出版品、報章雜誌、網際網路等通路蒐集。在問卷樣本方面，係以參加健康檢查、義診及園遊會之鄉民爲對象，利用自填式問卷進行調查；在健檢樣本方面，以接受衛生所辦理的成人健康檢查服務之鄉民爲對象，收集其健康檢查之結果；在訪談樣本方面，則針對西湖鄉的行政單位、民間組織團體及社區的代表人士進行有關辦理衛生教育宣導活動議題的面對面訪談。

研究結果發現，接受問卷調查的樣本 330 人中，87%的樣本有一種以上症狀，其中並以腰酸背痛、視力不好及失眠、睡眠不好最常見，約 75%的樣本有運動習慣，8.8%的樣本自認健康狀況不好或很不好，33.3%的樣本會到衛生所看病或拿藥，而接受過衛生所服務者有 85%以上滿意醫師及其他工作人員的服務。接受健康檢查的樣本 339 人中，超重或肥胖者達 52.8%，37.2%有高血壓，8.6%血糖值偏高，14.5%血膽固醇值偏高，18.3%血三酸甘油脂偏高，26.3%血尿酸值偏高。面對面訪談樣本共 10 人，訪談結果發現，在非農忙時期，西湖鄉鄉民對參加各種活動均表現高度意願，社區組織與團體亦能熱心參與，此外，受訪者建議，可透過衛生所邀請、電話通知、宣傳車等方式，宣導民眾參加相關活動。

本研究提供了西湖鄉鄉民健康狀況、體能活動及醫療服務利用情形之概況，並規劃因應西湖鄉鄉民需求的健康促進活動宣導草案，可提供作爲未來研擬進一步服務措施及制定相關健康政策之參考。

關鍵詞：健康狀況、體能活動、醫療服務利用

英文摘要

The major purpose of this study was to assess the health status, physical activities and medical service utilization among community residents in Shihu Village, Miaoli County. This study was a descriptive, cross-sectional study. Subjects were recruited from various types of community activities, i.e., annual physical check-up and free medical services provided by the Shihu Health Station. Data were collected by review of literature, (e.g., government published documents), assessments of physical check-up, self-administered questionnaire survey, and face-to-face interview.

Results of the self-administered questionnaire survey indicated that 87% of subjects had more than one symptom. The most common symptoms were low back pain, vision disturbance and sleep disturbance. Nearly 75% of subjects reported that they have ever engaged in physical activities in the past seven days. Roughly 8.8% of subjects considered their health status were poor. 33.3% of subjects visited the health station for medical services. Over 85% of subjects felt satisfied regarding the services provided by local health station. 52.8% of subjects were overweight or obese, 37.2% of subjects were hypertensive, 8.6% of subjects had high blood sugar, 14.5% of subjects had high level of blood cholesterol, 18.3% of subjects had high blood triglyceride, and 26.3% of subjects had high uric acid level. Results of face-to-face interview suggested that community residents would be highly motivated to participate in health education programs at leisure time.

This thesis concludes with a discussion of possible intervention strategies which might prove effective in promoting health for community residents in Shihu Village.

Key words: health status, physical activities, medical services utilization