

環境營養教育介入對某學院住宿生營養知識及行爲的探討

An environmental nutritional intervention on knowledge and practice in college students

中文摘要

本研究以台北市某學院住宿生爲研究對象，藉由環境營養的介入（nutrition intervention）：宣導海報和衛教小冊手，來探討對學生營養知識、飲食行爲及其影響因素，作爲未來教育大專青年健康促進活動的參考資料。研究方法主要爲量化研究（問卷），包括前測及後測（介入後 1 週內完成），介入後有效問卷 186 份（男生 107 位、女生 79 位），回收率分別爲 58% 及 83%，平均年齡：男生 18.6 ± 2 歲；女生 17.7 ± 1.7 歲，平均身高：男生 172.1 ± 6.6 公分；女生 159.2 ± 5.6 公分，平均體重：男生 66.2 ± 12.8 公斤；女生 51.0 ± 11.3 公斤。55% 學生最近一年體重無 5 公斤以上的變化，57% 學生有運動習慣，46.7% 學生有定時排便的習慣，57% 學生家庭收入爲 2~6 萬元內。69% 學生無健康問題，14.5% 學生自認爲有胃腸的問題。營養基本知識平均 0.77 ± 0.16，纖維相關知識平均 0.88 ± 0.19，肥胖相關知識平均 0.65 ± 0.25，疾病相關知識平均 0.88 ± 0.20。約 3~5 成的學生正餐外不吃甜點、不吃零食。根據調查結果發現約 7 成學生每日飯攝取量小於 1.5 碗、蔬菜量 2 份、不吃水果、僅喝 1 杯牛奶、肉魚蛋豆類各 1 份。營養資訊來源主爲報章雜誌，次爲電視、廣播及父母建議。未來有興趣的營養課題主要爲如何吃出健康與美麗，其次爲體重控制。營養介入後，部份營養知識有增加，但無顯著差異，營養行爲有改善且某些行爲有顯著差異，可見此四週低密度的營養介入，對住宿大專生某些攝取行爲改變有影響。

關鍵詞：營養知識、飲食行爲、環境營養

英文摘要

This study investigated the effectiveness of a low-intensity nutrition intervention in residences of college dormitory for nutritional knowledge, behaviors and the related factors. We gave 4 nutrition-related posters (one per week) and 3 types of self-help pamphlet to 260 eligible students. Total 186 completed a month follow-up with recovery of the questionnaire was 58% and 83% for men and women, respectively. The average height of men and women was 172.1 ± 6.6 cm and 159.2 ± 5.6 cm, and the average body weight was 66.2 ± 12.8 kg and 51.0 ± 11.3 kg. Fifty-five percent students did not change their weight within 5 kg during this year, 57% students exercised at least twice a week for 20 minutes.

The family incomes of 57 percent students were twenty to sixty thousand dollars per year. Sixty-nine percentage students had no health problems and 14% students had gastrointestinal problems. In the questionnaire, Twelve knowledge statements had

multiple choices with a single collected answer and 10 knowledge statement had true /false/uncertain choices. The average percentage of correct answer responses for general and fiber-related knowledge was 0.77 ± 0.16 and 0.88 ± 0.19 , respectively. The average score of clinical and obesity-related knowledge was 0.88 ± 0.2 and 0.65 ± 0.25 , respectively. About 30-50% students eat 3 meals and no extra-foods per day. Almost seventy percent students in this study: eat less than 1 bowl of cereal group, 1 serving of milk group, 2 servings of vegetable group, 4 servings of meat group and no fruit compared to dietary guidelines.

The main nutritional information sources are from newspaper, TV radio and the parents by order. The results of this program had a improved a little the student's knowledge and behaviors, but no significant was observed. Continuous and more extensive intervention may be required to produce more significant and broader effects.

Key words: nutritional knowledge, behaviors, nutritional intervention