環境營養教育介入對某學院住宿生營養知識及行為的探討

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為研究對象，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、飲食行為及其影響因素，作為未來教育大專青年健康促進活動的參考資料。研究方法主要為量化研究（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），回收率分別為 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%學生家庭收入為 2~6 萬元內。69%學生無健康問題，14.5%學生自認為有胃腸的問題。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。營養資訊來源主為報章雜誌，次為電視、廣播及父母建議。未來有興趣的營養課題主要為如何吃出健康與美麗，其次為體重控制。營養介入後，部份營養知識有增加，但無顯著差異，營養行為有改善且某些行為有顯著差異，可見此四週低密度的營養介入，對住宿大專生某些攝取行為改變有影響。

關鍵詞：營養知識、飲食行為、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 questionaire 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±12.8kg and 51.0±11.3kg. 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 gastrointestial problems.In the questionaire, Twelve knowlelge statements had multiple choices with a single collected answer and 10 knowlelge statement had true /false/uncertain choices. The average percentage of correct answer responses for general and fiber-related kowlelge was 0.77±0.16 and 0.88±0.19 , respectively. The average score of clinical and obesity-related knowlege 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 of compaired 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