健康餐飲介入對大學生營養認知之探討

Effects of Healthy Meal Intervention on Nutritional Knowledge of College Students

中文摘要

本研究藉由國立政治大學校園內餐飲業者推出健康餐飲的環境營養介入方式，探討對校內學生健康餐飲認知及營養知識的影響。研究方法是在介入前（n=710）以問卷調查同學每日的飲食攝取、高熱量食物攝取頻率，及營養知識現況，再針對其中有參與介入的同學（n=148）進行介入後的問卷調查。結果發現有 87.2%的同學（n=612）一天攝取主食類在 3 碗以下，有 17.4%的同學（n=124）蛋豆魚肉類每天攝取份量達 4 份以上及 85.9%的同學（n=602）蔬菜類的每天攝取量未達 3 碟。含糖飲料爲同學每週攝取最多的較高熱量食品，其他依次爲糖果類、高油食品類、餅乾類、糕點類及泡麵類。營養知識平均得分爲 10.6±2.3 分，其中男生（n=323）平均 10.4±2.5 分、女生（n=387）平均 10.8±2.2 分，女生的營養知識平均得分顯著高於男生（P=0.03）。環境營養介入後，同學的營養知識平均得分有顯著增加的趨勢（由 10.96±1.99 分增加到 11.35±1.78 分，P<0.001），介入後不知道健康餐飲的同學則由 39.2%（n=58）降爲 16.2%（n=24），而介入後有買過健康盒餐的同學認爲其優點依序爲：較不油膩、已知熱量及比較清淡。

英文摘要

The study investigated the effect on healthy meal awareness and nutritional knowledge of college students with the manners of the campus cafeteria introducing healthy meals within National Chengchi University as an environmental nutritional intervention. Before the intervention (n=710), questionnaires were used for daily dietary intakes, frequency of eating high-calorie foods, and current nutritional knowledge of college students. For those who involved in the intervention (n=148), post-intervention questionnaire was proceeded. The results revealed 87.2% of college students (n=612) took fewer than 3 servings of grains, where 17.4% (n=124) took more than 4 servings of meat and 85.9% (n=602) took fewer than 3 servings of vegetables. During a week sweetened drinks were the most-taken, high-in-calorie food, and others, in sequence, were candies, greasy foods, cookies, cakes and instant noodles. The average score of nutritional knowledge was 10.6±2.3, 10.4±2.5 for males (n=323) and 10.8±2.2 for females (n=387), indicating nutritional knowledge of females was significantly higher than that of males. With the environmental nutritional intervention, the average score increased for all students (from 10.96±1.99 to 11.35±1.78, P<0.001). The percentage lowered from 39.2%（n=58） to 16.2%（n=24） for those did not aware of healthy meals after the intervention. The students

who had tried healthy meals after the intervention thought the benefits of the meal were less greasy, known calories and light.