

台灣小學生飲食行為、飲食效能及相關因素之調查研究

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摘要

背景及目的：本研究旨在探討台灣國小學童的飲食行為、飲食效能及其影響因素。**方法：**研究採用問卷調查的方式，對象包括參與 2012 年健康促進學校之國小四年級學生，共施測 198 所國小，8,548 人。接著使用 SPSS 軟體以描述性統計、變異數分析及雪費事後比較法進行分析。**結果：**54.8%的學生為理想體型，20.8%體重過輕，而體重過重及肥胖者則佔 24.4 %。早餐外食者佔 51.6%，晚餐外食者也達四分之一，且在每日蔬菜、水果、奶類攝取量等飲食內容多半未達健康標準。飲食行為及效能則顯著受學生成績表現及父母婚姻關係、教育程度等家庭背景影響。**結論：**整體而言，學生成績表現較佳、與父母同住、父母婚姻狀況穩定及教育程度愈高者，學童在飲食行為、效能及體型皆有較佳的表現。此外，許多國小學童數健康飲食情形不佳，外食也是一大因素。因此，父母對健康飲食的認知及學校的健康飲食教育對改善學童的飲食行為及效能均扮演重要角色。

關鍵詞：國小學童、飲食行為、飲食效能。

Influencing Factors on Dietary Behaviors and Efficacy among Elementary School Students in Taiwan

Abstract

Background and purpose: The aim of the study was to examine dietary behaviors and dietary efficacy among elementary school students in Taiwan. The influential factors on dietary behaviors and efficacy were also determined. **Methods:** Questionnaires were utilized to investigate fourth-grade students of elementary schools that participated in Health Promotion School in 2012, including 198 elementary schools, a total of 8548 students. Descriptive statistics, ANOVA, and Scheffé's method were conducted to analyze survey data with SPSS software. **Results:** 54.8% of the four-grade students were ideal weight, 20.8% were underweight and 24.4% were overweight or obese. There were 51.6% of students eating out for breakfast, and one in four for dinner. Intakes of vegetables, fruits, and milk were also less than standards. Dietary behaviors and dietary efficacy were affected by students' academic performance, parents' marital status, educations and other family backgrounds significantly. **Conclusions:** Overall, students having good academic performance, living with parents in stable marital status and better educated, would have better dietary behaviors and dietary efficacy. Lots of elementary school children had poor dietary habit resulted from eating out. Therefore, parents' perception to healthy eating and school education were very important to improve children's dietary behavior and dietary efficacy.

Key words: elementary school student, dietary behavior, dietary efficacy.