

门诊就诊儿童单纯性肥胖影响因素调查分析

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摘要:目的 了解门诊就诊儿童超重肥胖的影响因素, 分析超体重肥胖儿童增多的原因。通过对肥胖相关因素的分析, 引起家长与社会的重视, 为肥胖儿童的护理干预与心理健康教育提供依据。方法 采用 1:1 配对对照研究, 选取 2014 年 9—12 月在首都医科大学附属北京安贞医院儿科门诊就诊的 4~10 岁单纯性肥胖儿童 102 例, 测量身高、体重, 计算体质指数 (BMI), 并针对遗传因素、饮食与喂养、运动情况等 6 个方面进行问卷调查, 对问卷结果进行单因素分析及多因素 Logistic 回归分析。结果 单因素分析中, 父亲肥胖、进食速度快、喜食油炸食品、每日吃夜宵和每日看电视时间 ≥ 2 h 为危险因素; 每日户外活动时间 ≥ 2 h 为保护性因素。多因素 Logistic 分析显示, 父亲肥胖、进食速度快和每天看电视时间 ≥ 2 h 是儿童单纯性肥胖的危险因素。结论 应加强健康教育, 教会儿童与家长改变不良饮食方式, 减慢进食速度, 以达到降低儿童单纯性肥胖发生率, 减少肥胖对儿童身心健康的危害。

关键词: 儿童; 单纯性肥胖; 影响因素; 调查

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Influencing factors of simple childhood obesity in outpatients (*Beijing Anzhen Hospital, Capital Medical University, Beijing 100029, China*)

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Abstract: Objective To investigate the influencing factors of simple childhood obesity in outpatients, analyze the reasons of overweight and obesity, and provide the basis for nursing intervention and psychological health education. **Methods** A total of 102 children with simple obesity (age 4-10) were selected from Beijing Anzhen Hospital, Capital Medical University, from September to December 2014. The 1:1 matched case-control study was adopted. The height, weight and body mass index (BMI) were measured. The genetic factors, diet, movement and so on were investigated by questionnaire. The single-factor analysis and multi-factor logistic regression analysis were used. **Results** The single-factor analysis showed that father's obesity, fast eating, fried foods, daily supper, daily TV time ≥ 2 h were risk factors; and daily outdoor activity time ≥ 2 h was a protective factor. The multi-factor logistic regression analysis showed that father's obesity, fast eating, daily TV time ≥ 2 h were risk factors of simple childhood obesity ($P < 0.05$). **Conclusion** The health education for parents and children should be strengthened to make them change poor diet and eat at a slow speed, thereby reducing the incidence of childhood obesity and obesity-related problems.

Key Words: Child; Simple obesity; Influencing factor; Investigation

随着人们生活水平的不断提高及社会经济的发

展, 膳食结构和生活方式的转变, 我国儿童青少年超重肥胖率迅速增长, 导致某些成年后才出现的慢性疾病如高血压、血脂异常及糖尿病等在儿童群体中聚积, 成为我国儿童青少年面临的主要健康问题之一。若不采取积极有效的措施, 将会成为影响国民素质和社会

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