

老年女性肥胖及腰圍與年齡的關係－以台灣南部 某鄉村的流病調查為例

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摘要

目的：隨著盛行率的快速增加，肥胖已經成為世界各國以及台灣重要的健康問題之一。然而針對台灣鄉村地區老年女性族群肥胖的研究相當少見，本研究的目的即在探討居住於鄉村地區老年女性肥胖的盛行率和年齡及腰圍的可能關係。

方法：本研究共收錄368位田寮鄉老年女性為研究對象，完成研究的反應率為75.9%。身高、體重及腹部中線腰圍均由同一工作人員以標準方式量取。所有研究對象均需接受結構式問卷的訪談，內容包含基本資料、社會心理因子、高血壓及糖尿病史等。經排除可能影響肥胖的特殊疾病後，依據2000年世界衛生組織亞太肥胖標準的建議，分別以身體質量指數(BMI) ≥ 25 公斤/公尺²以及腰圍 ≥ 80 公分為切分點，區分研究對象為有無肥胖以及中心型肥胖兩組，並依據人數均分的原則，分為四個年齡層(65-69, 70-74, 75-79以及 ≥ 80 歲)，進一步探討影響肥胖的可能相關因子。

結果：研究對象的平均年齡 74.4 ± 6.0 歲，平均身體質量指數為 24.9 ± 3.9 公斤/公尺²，平均腰圍為 87.5 ± 10.6 公分。研究對象整體以及四個年齡層間的肥胖盛行率分別為46.7%、64.4%、43.4%、41.5%以及32.8%，中心型肥胖的整體盛行率為76.4%，四個年齡層間平均腰圍分別為 89.3 ± 9.1 公分、 87.0 ± 11.3 公分、 88.4 ± 10.4 公分以及 84.6 ± 11.1 公分，肥胖盛行率($p < 0.05$)以及腰圍($p < 0.001$)都有隨年齡層逐漸遞減的現象。利用多因子複邏輯回歸分析模式，以有無肥胖為應變項，所有有興趣的因子為自變項，結果發現對於田寮鄉老年女性而言，肥胖有無與年齡分層呈現有顯著的負相關，而與腰圍呈現有意義的正相關；與婚姻狀況、教育程度、喝茶習慣、高血壓病史及糖尿病史有無等因子間無顯著相關性。

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結論：台灣鄉村老年女性呈現偏高的肥胖盛行率，並與年齡及腰圍明顯相關。台灣鄉村老年女性的肥胖盛行率及平均腰圍有隨著年齡增加而減少的明顯趨勢。
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關鍵詞：肥胖、腰圍、女性、老年人、鄉村地區

Relationship between Obesity, Waist Circumference and Age in Elderly Females: an Epidemiological Survey in Rural Community in Southern Taiwan

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Abstract

Objectives: Obesity, with its rapid increment, had become a major health problem in worldwide and Taiwan. There are limited epidemiological data focusing on the rural female elderly in Taiwan. This study was planned to explore the prevalence of obesity and the association with age and waist circumference in female elderly lived in rural Taiwan.

Methods: A total of 368 ambulatory elderly women (65 year-old or more) randomly sampled from a rural community (Tianliao township) were analyzed. The response rate was 75.9%. Body weight, height and mid-way waist circumference (WC) were measured in a standard way by a well trained staff. Questionnaires including the demographic data and biopsychosocial characteristics were interviewed by staff. According to the recommendations of Asia Pacific Obesity Association in 2000, subjects were categorized into either non-obese ($BMI < 25 \text{ kg/m}^2$) or obese group ($BMI \geq 25 \text{ kg/m}^2$) by four age groups (65-69, 70-74, 75-79 and ≥ 80 years-old) for further study.

Results: The mean age of study subjects was 74.4 ± 6.0 years-old, BMI was $24.9 \pm 3.9 \text{ kg/m}^2$ and WC was $87.5 \pm 10.6 \text{ cm}$. The prevalence of obesity in total population and four age groups was 46.7%, 64.4%, 43.4%, 41.5% and 32.8%, accordingly. The prevalence of central obesity ($WC \geq 80 \text{ cm}$) in total population was 76.4%. The mean WC in four age groups was $89.3 \pm 9.1 \text{ cm}$, $87.0 \pm 11.3 \text{ cm}$, $88.4 \pm 10.4 \text{ cm}$ and $84.6 \pm 11.1 \text{ cm}$, respectively. The decrement of obesity and waist circumference along with four age groups were found [$p < 0.05$ and $p = 0.001$, respectively]. Using multiple logistic regression analysis, the age and waist circumference were significant independent factors for obesity. The hypertension history, diabetes history, marital status, and habit of tea drinking were not associated with the prevalence of obesity in the rural Taiwan.

Conclusion: In rural Taiwan, the high prevalence of obesity was found in female elderly. The age and waist circumference were the independently associated with obesity. The changing pattern of body size favoring decrement of obesity and waist circumference along with age was clearly demonstrated in female elderly lived in rural community of southern Taiwan.

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Key words: obesity, waist circumference, female, old people, rural community

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