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西安市城区初中生健康危险行为调查 *

鲍向红[1] 刘 雅[2] 尚 磊[3] 王长军[3] 许凤琴[2△]

(1 第四军医大学军事预防医学系卫生勤务学教研室 陕西 西安 710032; 2 第四军医大学西京医院门诊部 陕西 西安 710032;
3 第四军医大学军事预防医学系卫生统计学教研室 陕西 西安 710032)

摘要 目的:健康相关危险行为是产生常见病、多发病的重要原因,其形成受社会、家庭等多种环境因素和自身因素影响。初中阶段是养成良好健康行为的关键时期,了解初中生健康危险行为现状,可为制定干预措施提供科学依据。**方法:**对西安市城区 1608 名初中生进行健康危险行为问卷调查,分析各种健康危险行为检出率的性别差别。**结果:**34.3 %的初中生存在偏食行为,42.6 %的初中生在过去 30 天内采取过减肥措施;62.2 %的初中生最多有 2 天运动超过 30 分钟;65.3 %的初中生骑自行车违规;9.6 %的初中生目前吸烟。过去 1 个月有大量饮酒行为者占 8.4 %。因上网影响学习者占 17.0 %;参与过类似赌博的娱乐活动者占 9.8 %。多数健康危险行为检出率男生高于女生(P 值均 < 0. 05)。 **结论:**西安市城区初中生健康危险行为发生率较高,男女生间存在差异,应针对男女生不同健康危险行为,采取有针对性的综合干预措施进行干预,以及早纠正健康危险行为,促进青少年健康发展。

关键词: 健康危险行为;中学生;青少年

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Investigation of Health Related Risk Behaviors Among Junior High School Students in Xi'an*

BAO Xiang-hong[1], LIU Ya[2], SHANG Lei[3], WANG Chang-jun[3], XU Feng-qin[2△]

(1 Department of Health administration, School of Public Health, , Xi'an, Shaanxi, 710032, China;
2 Department of Outpatient, Xijing Hospital, , Xi'an, Shaanxi, 710032, China;
3 Department of Health Statistics, School of Public Health, Fourth Military Medical University, Xi'an, Shaanxi, 710032, China)

ABSTRACT Objective: Health related risk behaviors is the main course for many common disease and some chronic diseases. It is influenced by many environmental factors of social, family etc, as well as factors of children themselves. Junior high school is the key period for healthy behavior cultivating. To investigat the health related risk behaviors among junior high school students ,so as to provide the scientific bases for laying out the interventional measures by. **Methods:** The health related risk behaviors of 1608 junior high school students were surveyed with the questionnaire and the differences of the detection rates of each health related risk factor between genders were analyzed. **Results:** During the past 30 days, 34.3% reported monophagism behaviors and 42.6% were on a diet; 62.2% did the physical exercises more than 30 minutes for no more than 2 days; 65.3% violated the traffic rules when riding bikes; 9.6% smoked; 8.4% had the excess drinking behaviors; 17.0% reported adverse influence on their study due to net surfing and 9.8% participated in the gamble-like entertainment. The detection rates of most health related risk behaviors among boys were significantly higher than those in girls. **Conclusions:** The rates of the health related risk behaviors among junior high school students in Xi'an are higher and there are differences in them between boys and girls, the corresponding comprehensive interventions should be taken based on the differences, so as to correct health related risk behaviors early and promote health status among junior high school student.

Key words: Health related risk behaviors; Junior high school students; Teenagers

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前言

健康相关行为指凡是对健康、完好状态乃至成年期健康和生活质量造成直接或间接影响的行为[1,2]。按其对健康的影响性质分两大类即促进健康的行为和危害健康行为为[3]。促进健康行为有利于维持良好的身心健康,而健康危险行为则会给健康带来负面影响,是产生常见病、多发病、慢性病的重要原因。行为因素对健康影响的共同特点是自创的、可以改变的。因此,预防和改变健康危险行为,提倡积极的健康行为对促进人群健康有重要作用。健康相关行为的形成是个体因素和社会环境因素综合作用的结果,与家庭教养方式、教育体制及传统观念、社会与文化环境等有关。青春期的青少年社会阅历浅,且敏感而脆弱,

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作者简介:鲍向红(1968),女,博士,副教授,主要从事卫生统计方面的研究工作,
E-mail:vision_n@163.com
△通讯作者:许凤琴,E-mail:fqx505@hotmail.com
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这一阶段是各种健康相关行为形成的关键时期,初中阶段正处于青春期发育的关键阶段,因此,关注初中生健康相关危险行为,并进行及时矫正,对青少年健康成长意义重大。近年来,儿童青少年健康行为引起了全社会的关注,但有关西安市初中生健康危险行为的报道较少,本研究调查西安市城区初中生健康危险行为的现状,旨在为西安市初中生健康危险行为的干预措施的制定提供参考依据。

1 对象与方法

1.1 对象

采用分层整群抽样方法,在西安市城区东、西、南、北方向各选取 1 所中学,在各学校中从初一到初三每个年级随机抽取 2 个班级作为调查对象,共调查 1632 人。

1.2 方法

1.2.1 调查内容 以北京大学儿童青少年卫生研究所编制的中国青少年健康相关行为调查问卷[4]为基础,结合中学生的行为特点,编制调查问卷。调查内容包括:①一般情况:性别、年龄、年级等。②健康相关行为:饮食相关行为、运动相关行为、伤害行为、心理和成瘾相关行为,共 48 个项目。问卷均为单项选择题,以"是"和"否"回答。

1.2.2 调查方法 2012 年 11 月在各班主任的协助下,以班为单位进行现场问卷调查。由调查员告知学生填写问卷的目的和意义,问卷以不记名方式填写,填好问卷后由调查员统一收回。

1.2.3 质量控制 正式调查前进行了预调查,对问卷进行了反复调试和修改,以确保问卷的准确性。统一培训调查员,使其知晓本研究的目的和意义,熟悉调查表的填写方法、审核要点。

1.3 统计学处理

所有调查表使用 EpiData 3.0 软件录入。数据经整理、审核后,采用 SPSS 16.0 统计软件进行分析。危险行为发生率的比较采用 X^2 检验或 Fisher 精确概率法。

2 结果

2.1 一般情况

本次共发放问卷 1632 份,回收有效问卷 1608 份,有效应答率为 98.5 %。其中:男生 785 人,女生 823 人,分别占 48.8 % 和 51.2 %。

2.2 饮食相关行为

在过去 7 天里,有 31.7 %的初中生每天喝加糖饮料,男生高于女生(P<0.05);34.3 %的初中生存在偏食行为。5.2 %的初中生一周内吃西式快餐次数超过 3 次;42.6 %的初中生在过去 30 天内采取过减肥措施,女生高于男生(P<0.05)。79.7 %的初中生每天吃早餐,女生高于男生(P<0.05)。仅有 39.0 %的初中生每天喝牛奶,45.3 %每天吃水果,53.0 %每天吃蔬菜超过半斤。见表 1。

表 1 过去 7 天饮食相关行为检出率(%)

Table 1 Detecting rate of diet related behaviours in the last 7 days (%)

Diet related behaviours	Boys(n=785)	Girls(n=823)	Total(n=1608)
Drinking sweetened beverage everyday	38.9	24.8*	31.7
Eating sweet snacks everyday	23.1	25.8	24.5
Eating breakfast everyday	75.6	83.6*	79.7
Drinking milk everyday	39.2	38.8	39.0
Eating fruits everyday	41.1	49.3*	45.3
Eating vegetables exceed 250 g everyday	53.8	52.2	53.0
Eating western fast foods exceed 3 times in the last 7 days	4.8	5.6	5.2
Don't eat street foods	51.2	52.6	51.9
Food fussiness	33.1	35.4	34.3
Having weight reducing measure in the last 30 days	38.2	46.7*	42.6

Note: *There are significant difference in the detecting rate between boys and girls, P<0.05.

2.3 伤害相关行为

见表 2。近 1 月来,有 65.3 %的初中生骑自行车违规,26.0 %存在步行违规行为。能导致严重伤害的故意或非故意伤害行为排在前 4 位的是:在楼梯上追跑打闹、互相推搡的占 48.5 %,在溜冰、滑板车等时不戴保护装备(如头盔)的占 23.1 %,斗殴为 17.0 %,为了逞能而做危险动作占 16.4 %。所有伤害行为检出率均为男生高于女生(P<0.05)。

2.4 心理相关行为

29.8 %的初中生自觉学习压力很大,女生高于男生(P<0.05);11.3 %的初中生有孤独感,女生高于男生(P<0.05);6.2 %的学生感觉内心抑郁,7.8 %经常失眠,6.7 %曾经有过自杀念头,4.5 %想离家出走。

2.5 物质成瘾行为

见表 3。在过去 30 天内曾尝试过吸烟者占 28.1 %,初次烟龄小于 12 岁者占 9.3 %,目前吸烟者占 9.6 %。在过去 30 天内尝试饮酒者占 38.3 %;12 岁以前开始第 1 次饮酒者占 21.1 %;过去 1 个月有大量饮酒行为者占 8.4 %,曾出现醉酒症状者占 6.4 %,无医生指导使用镇静剂者为 1.2 %。吸烟和饮酒行为的检出率男生均高于女生(P< 0.05)。

2.6 游戏、网络成瘾行为和赌博情况

表 2 伤害相关行为检出率(%)

Table 2 Detecting rate of injury related behaviours (%)

Injury related behaviours	Boys (n=785)	Girls (n=823)	Total (n=1608)
Violate traffic rules when ride a bike	69.7	61.2*	65.3
Violate traffic rules when walking	32.5	19.8*	26.0
Being bullied	9.4	4.6*	6.9
Fighting	28.3	6.3*	17.0
Often chasing or pushing each other in the corridor	57.8	39.6*	48.5
Often climb tree, roof, or other dangerous place	14.8	3.1*	8.8
Often climb over fence,top of a wall or a door, ect、	13.8	2.2*	7.9
Often as dangerous action in order to show off his skill.	26.7	6.5*	16.4
Often in the skate or scooter without wearing protective equipment	29.1	17.3*	23.1

Note: *There are significant difference in the detecting rate between boys and girls, P<0.05.

表 3 物质成瘾相关行为发生率(%)

Table 3 Detecting rate of substance addictive behaviour

Substance addictive behaviours	boys(n=785)	girls(n=823)	total(n=1608)
Try to smoking in the last 30 days	38.4	18.2*	28.1
First smoking age less than 12 years old	14.2	4.6*	9.3
Smoking presently	16.0	3.5*	9.6
Try to drinking in the last 30 days	49.5	27.6*	38.3
First drinking age less than 12 years old	26.3	16.2*	21.1
Heavy drinking in the last 30 days	12.7	4.3*	8.4
Drunk or hit the bottle in the last 30 days	9.4	3.5*	6.4
Take ataractic without the instruction of doctor in the last 30 days	1.3	1.1	1.2

Note: *There are significant difference in the detecting rate between boys and girls，P<0.05.

表 4 游戏、网络成瘾行为发生率(%)

Table 4 Detecting rate of game and web addictive behaviours

Game and web addictive behaviours	boys(n=785)	girls(n=823)	total(n=1608)
Playing game time exceed 4h/d in the last 7 days	5.2	2.6*	3.9
Surf the internet time exceed to 4h/d in the last 7 days	4.4	1.9*	3.1
Want to stop using the Internet, but can't control	3.7	1.3*	2.5
Influence studies influenced because of surf the Internet	22.5	11.7*	17.0
Conflict with parents because of surf the Internet	19.7	11.6*	15.6
Even without the Internet, many things related to internet emerge in mind.	12.1	9.0*	10.5
Participate in similar gambling entertainment	12.2	7.5*	9.8

Note: *There are significant difference in the detecting rate between boys and girls, P<0.05

在过去 7 天里，3.9 %的初中生玩电子游戏每天超过 4 小时；上网超过每天 4 小时者占 3.1 %；想停止上网，但控制不住者占 2.5 %；因上网影响学习者占 17.0 %；因上网与家长发生过冲突者占 15.6 %。即使不上网，也会浮现于网络有关的事情者占 10.5 %。有 9.8 %的初中生参与过类似赌博的娱乐活动。男生均明显高于女生(P＜0.05) 。见表 4。

3 讨论

初中阶段正处于青春期发育的关键阶段，合理的营养是保证正常生长发育的基础。本次调查发现，不良饮食行为如喝加糖饮料、吃甜食、偏食的检出率较高，良好饮食行为如每天吃早餐、喝牛奶、吃蔬菜、水果的检出率较低。与国内同类研究结果

基本一致[5-12]。另外,初中生的减肥行为普遍,特别是女生。目前,国内很多地区青少年营养不良和肥胖问题并存,这与不健康饮食行为密切相关[13]。

据 WHO 估计,中国目前 20 岁以下青少年有 2 亿吸烟者,其中,至少有 5 千万人将因吸烟而早逝[14]。肿瘤、心脑血管等疾病的发生与吸烟、饮酒、过量摄入能量 / 脂肪、缺乏体育锻炼等行为密切相关,青少年时期就形成这些行为者,发生上述疾病的概率较成年后才形成者显著提高[15]。吸烟、饮酒年龄越小,越有可能成为成瘾者[16]。本次调查显示,初中生吸烟、饮酒比例较高,首次吸烟、饮酒年龄偏低。因此,应该加强对初中生的吸烟、饮酒等不良行为的早起干预。

目前,意外伤害已经成为我国儿童青少年的首位死因[17,18]。本次调查显示,可能导致自己或他人受到伤害的故意或非故意行为主要有:在楼梯上追跑打闹、互相推搡,在玩溜冰、滑板车等时不戴保护装备,斗殴,为逞能而做危险动作等。这些行为是导致意外伤害的主要原因。本次调查显示,内心抑郁、经常失眠、自杀念头、想离家出走,网络依赖和虚幻倾向不容忽视。主要是由于初中生处于青春发育期,敏感而脆弱,社会阅历浅,不能很好解决面临的各种矛盾,容易产生心理问题。初中生社会阅历浅,常用幻想代替现实,而网络的虚拟性正迎合了他们的这种需要,青少年是网络成瘾症的易感人群。

健康危险行为发生的原因是多方面的,可能是个体因素和社会因素综合作用的结果,与家庭教养方式、教育体制及传统观念等有关[19]。因此,学校、家庭及社会应足够重视。学校方面,应注意培养青少年乐观健全的性格,开展全面、及时的健康教育以消除学生因好奇而发展起来的健康危险行为;家庭应建立和谐的家庭气氛,家长自觉提高自身素质,积极与孩子沟通,正确教育孩子;社会有关部门要建立完善有效的学生健康危险行为监测系统,长期、及时、完整、准确地收集学生相关健康行为信息,并及时分析变化规律,制定切实可行的干预方案。总之,健康危险行为的预防需依赖学校 - 家庭 - 社会三联预防屏障[20],通过健康教育,引导学生往正确、健康的方向发展,有效减少健康危险行为的发生。

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