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论著

长沙和深圳市儿童肥胖症患病率与危险因素研究

李新华1， 廖兵荣1,2， 刘健3， 谭红专1， 黄文繁4， 克瓦库1， 刘薇1， 黄昕1， 文师吾1，5

1.中南大学公共卫生学院流行病与卫生统计学系,长沙 410078；2.宜春学院医学院流行病与卫生统计学系，江西宜春 336000； 3.加拿大布罗克大学社区卫生学系，安大略省 L2S3A1； 4.深圳市南山区疾病预防控制中心慢性病防治科，深圳 518054；
5.加拿大渥太华大学医学院妇产科学系，渥太华 K1H8L6

摘要：

目的：研究长沙和深圳市儿童肥胖的发生率及其危险因素。方法：以在中国长沙和深圳两市6 288名6～9岁儿童肥胖调查中发现的209名肥胖儿童?± 葱员稹⑳.炅浜脱 ＝ 信浔妊≡?09名体质量正常的儿童作对照，进行病例对照研究，计算各危险因素的调整OR值和95%可信区间。结果：儿童超体质量和肥胖的发生率在长沙为9.28%和3.30%，在深圳为12.17%和4.22%。两地儿童的超体质量发生率差异有统计学意义，而肥胖发生率差异没有统计学意义。中国城市儿童肥胖患病率为3.95%。用多因素Logistic回归分析对潜在的混杂因素加以调整后，父亲肥胖（OR：1.78, 95% CI：1.01～3.16），母亲怀孕期体质量增加15 kg以上（OR：5.22, 95% CI：2.78～9.80），出生体质量4 kg以上（OR: 2.55, 95% CI：1.24～5.26），每周不健康快餐1次以上(OR：3.94, 95% CI：1.11～13.99)，每天看电视2 h以上（OR：2.35,95% CI：1.01～5.47）等因素与儿童肥胖有关。结论：父亲肥胖、妊娠期体质量增加、出生体质量和不健康生活方式是中国南方城市儿童肥胖的重要危险因素。

关键词： 儿童 肥胖 危险因素 病例对照研究 中国

Prevalence and risk factors for childhood obesity in Changsha and Shenzhen in China

LI Xinhua1, LIAO Bingrong1,2, LIU Jian3, TAN Hongzhuan1, HUANG Wenfan4, Abuaku Benjamin1, LIU Wei1, HUANG Xin1, WEN Shiwu1,5

1.Department of Epidemiology and Health Statistics, School of Public Health, Central South University, Changsha 410078, China; 2.Department of Epidemiology and Health Statistics, Medical College of Yichun University, Yichun Jiangxi 336000, China; 3.Department of Community Health Sciences, Brock University, Ontario L2S 3A1, Canada; 4.Department of Chronic Diseases Prevention, Nanshan Center for Disease Prevention and Control, Shenzhen 518054, China; 5.Departments of Obstetrics & Gynecology, University of Ottawa Faculty of Medicine, Ottawa K1H 8L6, Canada

Abstract:

ObjectiveTo determine the prevalence and the risk factors for childhood obesity in Changsha and Shenzhen, China.MethodsA case-control study was conducted in 209 obese children (the cases) identified in the investigation on childhood obesity in 6 288 children aged 6 to 9 years in Changsha and Shenzhen in China and 209 children with normal weight (the controls). The cases and controls were matched by gender, age, and school. Adjusted odds ratio (aOR) and 95% confidence intervals (CI) for the risk factors were measured.ResultsThe prevalence rate of overweight and obese children was 9.28% and 3.30% in Changsha, and 12.17% and 4.22% in Shenzhen, respectively. The rate of overweight children is significantly higher in Shenzhen than in Changsha. No statistical difference was observed in the rate of obesity between the children in both cities. Paternal obesity (OR 1.78, 95% CI 1.01 to 3.16), maternal weight gain during pregnancy ⩾15.0 kg (OR 5.22, 95% CI 2.78 to 9.80), birth weight ⩾4.00 kg (OR 2.55, 95% CI 1.24 to 5.26), unhealthy snacks ⩾1 per week (OR 3.94, 95% CI 1.11 to 13.99), and watching television ⩾2 hours per day（OR 2.35, 95% CI 1.01 to 5.47） were associated with childhood obesity when potential confounding factors were adjusted by multi-variable logistic regression analysis. ConclusionPaternal obesity, gestational weight gain, high birth weight, and unhealthy life-style are important risk factors for obesity in urban children in south China.

Keywords: children;obesity;risk factors;case-control study;China

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作者简介:

作者Email: tanhz99@qq.com

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