

## 论文

### 儿童青少年饮食自我效能感及健康行为调查

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#### 摘要:

目的 了解贵州省儿童青少年饮食相关行为自我效能感和健康饮食行为现状,为科学开展健康教育及促进健康饮食行为提供依据。方法 采用自行设计儿童青少年饮食相关行为自我效能感调查表和健康饮食行为调查表对贵州省9所学校1 398名在校中小學生(非住校生)进行问卷调查。结果 贵州省省会和县级以下地区儿童青少年饮食相关行为自我效能感得分分别为(2.08±0.72)和(2.00±0.61)分,≤12和>12周岁年龄段儿童青少年得分分别为(2.08±0.63)和(2.01±0.69)分,差异均有统计学意义( $P<0.05$ );省会和县级以下地区儿童青少年健康饮食行为得分分别为(2.67±0.90)和(2.05±0.92)分,男生和女生得分分别为(2.26±0.94)和(2.45±0.99)分,≤12和>12周岁年龄段儿童青少年得分分别为(2.29±0.93)和(2.52±0.87)分,小学、初中及高中生得分分别为(2.33±0.95)、(2.28±0.92)和(2.53±0.87)分,差异均有统计学意义( $P<0.01$ 或 $P<0.001$ );贵州省儿童青少年饮食相关行为自我效能感与健康饮食行为得分呈正相关关系( $r=0.202, P<0.001$ )。结论 贵州省省会和县级以下地区中小學生与饮食相关行为自我效能感和健康饮食行为存在差异,应有针对性开展教育和干预工作,促进儿童青少年形成健康饮食行为。

关键词: 儿童青少年 自我效能感 健康饮食行为

### Diet-related self-efficacy and healthy behaviors in children and adolescents of Guizhou province

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#### Abstract:

Objective To investigate diet-related self-efficacy and healthy behaviors in children and adolescents and to provide basis for health education and promotion on healthy diet behaviors. Methods Self-designed questionnaires for self-efficacy and healthy diet behaviors were used among 1 398 students from nine primary and secondary schools in Guizhou province. Results The diet-related self-efficacy was different for the children and adolescents of different residential areas, with the score of 2.08±0.72 for the students from provincial capital areas and 2.00±0.61 for those from the county areas. The score of diet-related self-efficacy was 2.08±0.63 for the students older than 12 years and 2.01±0.69 for those at the age of 12 years or younger, with statistically significant difference ( $P<0.05$ ). The scores of healthy diet behaviors were 2.67±0.90 for the students from provincial capital areas and 2.05±0.92 for those from county areas; the score was 2.26±0.94 for the male students and 2.45±0.99 for the female students; the scores were 2.29±0.93 for the students aged 12 years or younger and 2.52±0.87 for the students less than 12 years old. The healthy diet score was 2.33±0.95, 2.28±0.92, and 2.53±0.87 for primary school, junior high school, and senior high school students, respectively, with significant differences ( $P<0.01$  or  $P<0.001$ ). There was a significant positive correlation ( $r=0.202, P<0.001$ ) between diet-related self-efficacy and healthy behavior in the children and adolescents. Conclusion The diet-related self-efficacy and healthy behaviors are different for the children and adolescents from provincial capital areas and from county areas. Specific education and intervention on diet-related self-efficacy and healthy diet behavior should be implemented among the students.

Keywords: children and adolescent self-efficacy healthy diet behavior

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