

# 含糖飲料、甜食攝取習慣與預防保健行為和新住民與本國籍 兒童嚴重性早發性齲齒之關係：台灣的大規模調查

## Immigrant–Native Differences in Sugar-Sweetened Beverage and Snack Consumption and Preventive Behaviors Associated with Severe Early Childhood Caries: A Large-Scale Survey in Taiwan

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### 摘要

本研究透過台灣針對 31,565 位本國籍兒童和 1046 位新移民進行大規模調查中，分析新住民兒童與本國籍兒童在含糖飲料（Sugar-Sweetened Beverage, SSB）、甜食攝取頻率與預防行為之差異對於嚴重性早期性齲齒之影響（Severe Early Childhood Caries, SECC）。對於 3 至 5 歲的兒童進行口腔檢查，並由兒童之父母完成結構性問卷。新住民兒童的 SECC 盛行率顯著高於本國籍兒童（32.3% vs. 19.4%）。在本國籍兒童中，發現當晚上睡前父母未協助刷牙且一周含糖飲料攝取超過 4 次，其有較高的機會發生 SECC，（adjusted odds ratio (aOR) = 4.8）。此外，本國籍兒童不使用牙線且每週甜食攝取超過 4 次，其發生 SECC 的機會 aOR 為 4.1。新住民兒童晚上睡前父母未協助刷牙且每週甜食攝取超過 4 次，其發生 SECC 的機會 aOR 為 8.2。結果發現，針對新住民提供跨文化齲齒預防計畫是必要的。父母必須限制兒童的含糖飲料、甜食攝取習慣，並實施預防措施以減少發生嚴重性早發性齲齒的可能性。

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## Abstract

This study assessed the differences between immigrants and natives in terms of combined effects of sugar-sweetened beverage (SSB) or snack consumption and preventive behaviors for severe early childhood caries (SECC) through a large-scale survey of 31,565 native and 1046 immigrant child–parent pairs in Taiwan. Children aged 3–5 years underwent dental examinations, and parents completed structured questionnaires. Immigrants had a significantly higher SECC prevalence than native children (32.3% vs. 19.4%). A combined effect of SECC was observed in native children who did not receive assistance when brushing teeth at night before sleep and those who consumed SSBs more than four times weekly (adjusted odds ratio (aOR) = 4.8). Moreover, native children who did not use dental floss and who consumed snacks more than four times weekly had an aOR of 4.1 for SECC. The combined effects of children with immigrant parents who did not receive assistance when brushing their teeth at night before sleep and those who consumed snacks more than four times weekly had an aOR of 8.2 for SECC. The results suggest the necessity of cross-cultural caries prevention programs for immigrants. Parents must limit children’s SSB and snack intake, and implement preventive measures to reduce SECC development.

## Reference

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