

利用口腔健康意識對抗兒童肥胖問題

Battling Children's Obesity Through Dental Health Awareness

By Today's RDH - February 5, 2018



來自瑞典哥德堡大學的薩爾格倫斯卡學院的最近一篇研究論文，提及了適當的口腔衛生教育在對抗兒童肥胖問題的重要性。

兒童飲食研究

具體來說，這項來自歐洲的研究 “[Diets of European Children, With Focus on BMI, Well-being, and Families](#)” 分析 271 名學齡前與學齡兒童的口腔健康和 BMI 狀況，以及其飲食行為。

分析身高，體重和食物攝取量等因素，其中有個明確的關聯性被發現：**進食頻率多的、攝取含糖食物量多的，有較高的 BMI，甚至發現有較高的致齲菌。**

雖然進食頻率較高的人其齲齒的可能性較高，但整體來看，食物的類型也同樣重要。**含糖食物、齲齒、肥胖與較高 BMI 之間有明顯的相關性。**如果僅是口腔照護，例如更頻繁的刷牙，並不能成功地彌補這種生活方式造成的結果。

增強口腔健康意識

這項研究的作者 Louise Arvidsson 確認了口腔健康意識帶給兒童的重要性。如果告訴他們吃某些食物是不好的，尤其是兒童天生喜歡的甜食，對於阻止兒童養成不良的飲食習慣的效果有限。

Arvidsson 在研究中發現了有趣的模式：**那些試圖勸阻兒童（2 至 10 歲）不良飲食習慣的父母，在接下來的六年之內，兒童反而會發生體重超重的情況。**很顯然，這種方法無法達到預期目標，反而將兒童推向了相反且意想不到的飲食習慣。

但是，從正向的角度來看，父母、醫師和教育工作者等可以確實透過教育和提高口腔健康意識進而產生正向積極的影響。在另一項子研究結論中，Arvidsson 指出**堅持一般飲食建議**的孩子的情況會更好。

除了較好的心理健康狀況外，Arvidsson 發現到，當這些兒童的自尊心得到改善，與同儕的關係會更加密切和穩定，而且會較少有情緒問題。

社會經濟地位或兒童的相對體重等因素對結果幾乎沒有影響。反而是**健康飲食與口腔保健與兒童的整體健康**之間有著**緊密的關聯**。

更令人鼓舞的是，這些相同的結果也適用於成年人，這意味著每個人都有選擇權和能力，透過較好的口腔健康意識和照護來增進自己的健康和幸福。

合作與溝通

Arvidsson 提倡更好地整合性醫療保健服務，提供全面性的態度照顧兒童，Arvidsson 鼓勵醫學領域的人員依照專業在工作上合作與溝通，為他們的患者提供更好的照護，特別是通過教育和提高意識進行預防保健。

儘管我們已經強調身體活動和正向的心理觀念成為兒童生活的一部分，但強調正確飲食帶來的變化也同樣重要。一般飲食建議合理選擇全穀物產品，每天約 500 克的水果和蔬菜，以及少量糖和飽和脂肪的攝取。這些簡單的步驟可以使您在充滿活力和健康的生活或是充滿疾病和不適的生活中有所作為。

Arvidsson 的研究是一項更大的歐洲研究 Idefics（識別和預防飲食和生活方式對兒童和嬰兒造成的健康影響）的一部分。它的重點主要放在日益嚴重的肥胖問題上，肥胖正在影響整個歐洲以及全球的兒童。

Battling Children's Obesity Through Dental Health Awareness

By Today's RDH - February 5, 2018

A recent thesis out of Sahlgrenska Academy (of the University of Gothenburg in Sweden) is convincingly positing the importance of proper dental hygiene education in battling rising obesity levels among children.

Studying the Diets of Children

Specifically, one of the sub-studies presented in the paper “[Diets of European Children, With Focus on BMI, Well-being, and Families](#)” looked into eating behaviors in addition to the dental health and BMI levels of 271 pre-school and primary school children.

Taking into account elemental factors such as height, weight, and food intake, a clear link was identified: those children who ate more frequently, consumed more sugary foods, and showed a higher BMI were also found to have a higher presence of caries bacteria, commonly associated with tooth decay.

While it may seem obvious that those who eat more often will have a higher possibility of experiencing tooth decay, the types of foods are equally important in considering the overall picture. There is a clear correlation between sugary foods, tooth decay, obesity, and a high BMI. Mere dental care, such as more frequent brushing, cannot successfully offset the results of this kind of lifestyle.

Increasing Awareness of Dental Health

Using common sense, the author of the study, Louise Arvidsson, identified the importance of bringing dental health awareness to young children. Telling them it is bad to eat certain foods, especially sweets that children naturally love, does little to deter bad eating habits.

In her thesis, Arvidsson uncovered this interesting pattern: those parents that attempt to discourage the bad eating habits of their youngsters (from ages 2 to 10) more often than not ended up with overweight children within the next six years. Clearly, this disciplinary approach fails to achieve its intended goal and instead appears to push its subjects in the opposite and unintended dietary direction.

However, on the positive side of the picture, parents and authorities such as doctors and educators can and do make a positive difference through education and better dental awareness. In another sub-study, Arvidsson concluded that those children who adhered to general dietary recommendations fared much better.

In addition to consistently reporting better states of mental well-being, Arvidsson also learned that these same children reported improved self-esteem, closer and more stable relationships with peers, and fewer emotional problems.

Factors such as socio-economic statuses or the child's comparative weight had little to no influence over the results. There appears to be a solid link between healthy eating, dental care, and the overall wellness of your children.

Even more encouraging is that these same results apply to adults, meaning that everyone has the choice and the power to improve their health and happiness through better dental awareness and maintenance.

Improving Collaboration and Communication

An advocate of better integration of health care services to bring a more holistic attitude to the care of children, Arvidsson encourages professionals in the medical field to overlap their services and communications efforts to better serve their patients, particularly in preventive care through education and awareness.

While we already encourage physical activity and a positive mental outlook to be a part of children's lives, it is just as important to emphasize the difference that the right diet will make. General dietary recommendations suggest a sensible combination of whole grain products, about 500 grams of fruits and vegetables daily, along with a limited intake of both sugars and saturated fats. These few and simple steps can make a difference between a vibrant and healthy life or a life filled with ailments and discomfort.

Arvidsson's thesis is part of a larger European Study, Idefics (Identification and Prevention of Dietary- and Lifestyle-induced Health Effects in Children and Infants). Its focus is primarily on the growing and alarming obesity epidemic that is impacting children throughout Europe as well as across the globe.

文章來源：<https://www.todaysrdh.com/battling-childrens-obesity-dental-health-awareness/>