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題目 (Title):

患有唐氏症的兒童之身體活動程度

Physical Activity Levels of Children With Down Syndrome.

摘要中文翻譯**目的：**

此系統性回顧文獻分析加速規量測年齡為二十一歲以下之患有唐氏症者的身體活動。

重點摘要：

此篇研究依據系統性回顧與統合分析之較建議報告項目準則來進行全面性文獻蒐尋。共有八篇文獻符合納入條件，其中六篇文獻指出患有唐氏症的兒童之身體活動量未達到身體活動的指引，四篇研究發現身體活動的強度隨年齡增長而降低。三篇研究則指出患有唐氏症的兒童相對於控制組顯著地較少參與高強度身體活動。各文獻對於身體活動強度的定義有所不同，影響其他比較。

結論：

與同齡典型發展之兒童相比，患有唐氏症的兒童參與較少的身體活動，且所有年齡族群的身體活動量皆未達身體活動的指引，而不足的活動量會進一步增加許多健康狀況的風險。

對臨床執業的建議：

應促進患有唐氏症者更適當的身體活動程度，並且排除影響參與身體活動的障礙因子是很重要的。

Original Abstract

PURPOSE:

This systematic review of literature analyzed accelerometer use to measure physical activity (PA) in individuals 21 years and younger with Down syndrome (DS).

SUMMARY OF KEY POINTS:

Comprehensive search strategy conducted in accordance with Preferred Reporting Items for Systematic Reviews and Meta-Analyses guidelines. Eight articles met inclusion criteria. Six studies reported children with DS are not meeting PA guidelines; 4 studies found intensity levels decline with age. Three studies reported children with DS engage in significantly less vigorous PA than control groups. Determination of intensity levels varied, limiting additional comparisons.

CONCLUSIONS:

Children with DS engage in less PA than peers developing typically and are not meeting PA guidelines across age groups, increasing risk for numerous health conditions secondary to decreased activity.

RECOMMENDATIONS FOR CLINICAL PRACTICE:

Promotion of more appropriate levels of PA and elimination of barriers to participation in PA are important for individuals with DS.

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