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題目 (Title):

適重、過重及肥胖兒童在體能表現測量的比較
(Comparison of Measures of Physical Performance Among Young Children Who Are
Healthy Weight, Overweight, or Obese)

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目的 (Purpose):

比較適重、過重及肥胖兒童在步態、肌力及體能活動的不同
(To determine the differences in gait, balance, muscle strength, and physical activity
in young children who are healthy weight (HW), overweight (OW), or obese.)

方法 (Methods):

70 位參與者依據個別身體質量指數(BMI)進行分組，肥胖及過重組共計 29 位、適
重組 41 位；資料收集含步態參數、單腳站立測試、握力、垂直跳高度及體能活
動；資料統計分析採獨立 t 檢定、曼惠二氏 U 檢定、共變數分析及迴歸分析。
(Participants (n = 70; 5-9 years) were classified according to their body mass index as
OW/obese (n = 29) or HW (n = 41). Data were collected on gait parameters, 1-leg
stance test (OLST), handgrip strength, vertical jump (VJ) height, and physical activity.
An independent t test, Mann-Whitney U test, analysis of covariance (ANCOVA), and
regression analyses were carried out.)

結果 (Results):

相較於適重兒童，過重及肥胖組在行走時的支撐面明顯增加($P < .05$)、單腳站立表現較差($P < .05$)、垂直立跳高度也相對減少($P < .01$)。

(Being OW/obese resulted in a significantly increased base of support while walking ($P < .05$), decreased OLST performance ($P < .05$), and decreased VJ height ($P < .01$) compared with peers of HW.)

結論 (Conclusions):

研究顯示兒童若過重及肥胖可能導致行走時底面積增加、平衡表現降低及下肢肌肉爆發力減少。

(These findings suggest that in young children, being OW/obese may lead to an increased base of support while walking, decreased balance, and decreased leg explosive strength.)

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