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題目 (Title):

幼稚園兒童的體重狀態和粗大動作技巧
(Weight Status and Gross Motor Skill in Kindergarten Children)

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目的 (Purpose):

全球的幼兒肥胖率正逐漸增加。兒童體重狀態受身體活動的行爲變項所影響。在幼兒初期，身體活動的參與需要基本粗大動作的精熟度。本研究的目的是以具全國代表性的幼稚園幼兒大樣本，探討粗大動作技巧和體重狀態間的關係。
(Childhood obesity rates are increasing globally. Physical activity is one behavioral variable that influences weight status. Participation in physical activity requires basic gross motor proficiency in early childhood. The purpose of this study was to examine the relationship between gross motor skill level and weight status in a large national representative sample of kindergarten-aged children.)

方法 (Methods):

4650 位兒童之身體質量指數百分位等級由一個縱貫性世代研究常模而得，並根據疾病控制和預防中心的標準，將兒童分爲低體重組、一般體重組、過重組和肥胖組。以「早期篩檢量表修正版」(Early Screening Inventory Revised) 評估兒童粗大動作技巧程度。
(Body mass index percentile ranking was calculated for 4650 children from the Early

Childhood Longitudinal Study-Birth Cohort. Children were classified into underweight, healthy, overweight, or obese categories according to the Centers for Disease Control and Prevention criteria. The Early Screening Inventory Revised was used to evaluate gross motor skill level.)

結果 (Results):

與一般體重組兒童相比，肥胖組兒童的粗大動作技巧程度較低，尤其在移行和平衡技巧項目上差異最大。

(Children with obesity displayed lower gross motor skill levels compared with peers of healthy weight. Largest differences were seen in locomotor and balance skills.)

結論 (Conclusions):

臨床工作者應調整對肥胖幼兒在粗大動作技巧中的移行或穩定任務的期待標準。

(Clinicians should consider adjusting gross motor expectations for locomotor or stability tasks in young children with obesity.)