

研究業績 英文表記

和文	
表題	沖縄の高校生における多重健康リスク行動の特徴
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英文	
Title	Multiple Health Risk Behaviors among High School Students in Okinawa: A Cross-sectional Study
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Abstract	<p>Multiple health risk behavior among adolescents pose a threat to their health. This study examines the prevalence of multiple health risk behaviors among high school students in Okinawa prefecture.</p> <p>Participants were 3,386 students from 30 high schools in Okinawa. Thirteen health risk behaviors (non-seat belt use, physical fight, carried weapon, suicidal ideation, ever had sexual intercourse, current cigarette use, lifetime inhalant use, offered or sold an illegal drug, current alcohol use, binge drinking, breakfast skipping, risky dieting, physical inactivity) were assessed in a cross-sectional study in 2012. These data were analyzed with analysis of variance, Spearman r, and cluster analysis for variables. The hierarchical cluster analysis was performed using the Ward's method.</p> <p>A total of 3,022 respondents (response rate 89.2%; 53% girls; 35% 10th grade, 33% 11th and 32% 12th) , about one fifth of students (22%) reported no health risk behavior, 35% one risk, 22% two risks, 9% three risks, and 9% reported four risks or more. Thus, in sum 40% of students were engaged in multiple health risk behavior forms. The most prevalent risk behaviors were non-seat belt use (41%) , physical inactivity (30%) and breakfast skipping (21%) . Boys and girls engaged in a similar number of risk behaviors but cigarette use, binge drinking and breakfast skipping were more prevalent among boys, suicidal ideation, risky dieting and physical inactivity were more prevalent among girls. Thirteen health risk behaviors analyzed by cluster analyses were separated in the first step into two main groups. The first major cluster contained cigarette use, alcohol use, binge drinking and sexual intercourse. The second major cluster was divided into three sub clusters.</p> <p>Multiple health risk behaviors are common among adolescents in Okinawa. In addition, about 9% of students reported four risks or more, and special attention should be paid to them. Our data contribute to an understanding of adolescents with multiple health risk behaviors</p>
keyword	Multiple health risk behavior, High School Students, Cross-sectional Study

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