

青少年肥胖及第 2 型糖尿病之運動建議

Exercise prescription in adolescent obesity and type 2 diabetes

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台灣糖尿病盛行率逐年增加，可能與糖尿病人體重過重及肥胖比例較高有關；在台灣，估計成年男性每兩個有一個要減肥，成年女性每三個有一個要減肥，國中以下青少年每三個有一個該減肥。世界肥胖聯盟資料(2015)指出，成年人及兒童肥胖比率，台灣是亞洲冠軍。根據世界衛生組織建議，兒童及青少年的身體活動建議量，每天應至少達到中度身體活動 60 分鐘以上，每周累積 420 分鐘以上；針對青少年肥胖及糖尿病問題，應該要積極介入，改變生活飲食型態，同時輔以運動建議。

The prevalence of diabetes in Taiwan is increasing year by year, which may be related to the high proportion of overweight and obesity in diabetic patients. According to the World Obesity Federation (2015), Taiwan is the Asian champion in adult and child obesity rates.

According to the recommendations of the World Health Organization, the recommended amount of physical activity for children and adolescents should be at least 60 minutes of moderate physical activity per day, with a cumulative total of more than 420 minutes per week; for adolescent obesity and diabetes, active intervention should be taken to change the lifestyle and diet.