

問答題：

一、請描述您對臺灣近十年來：1). 十大死因變化與，2). 民眾主要健康問題之觀察與看法(15%)。護理師可運用哪些流行病學資料以進行「介入性」(intervention)之社區衛生護理工作，增進民眾之健康？(10%)

二、請寫出您對下列描述之看法，並說明社區衛生護理師應如何教育一般民眾以減少 overweight and obesity 對健康的影響(25%)。

Overweight and obesity indicate abnormal or excessive fat accumulation that may affect health of adults and children. A total of 42 million children under the age of 5 were reported overweight or obese in 2013 worldwide. Once considered a high-income country problem, overweight and obesity are now on the rise in low- and middle-income countries, particularly in urban settings. Overweight and obesity are also linked to more deaths than underweight. Most of the world's population live in countries where overweight and obesity kill more people than underweight.

The fundamental cause of obesity and overweight is an energy imbalance between calories consumed and calories expended. Changes in dietary and physical activity patterns are often the result of environmental and societal changes associated with development and lack of supportive policies in sectors such as health, agriculture, transport, urban planning, environment, food processing, distribution, marketing and education.

The following are common health consequences of overweight and obesity:

- cardiovascular diseases (mainly heart disease and stroke);
- diabetes;
- musculoskeletal disorders (especially osteoarthritis - a highly disabling degenerative disease of the joints);
- some cancers (endometrial, breast, and colon).

Overweight and obesity, as well as their related noncommunicable diseases, are largely preventable. Supportive environments and communities are fundamental in shaping people's choices, making the healthier choice of foods and regular physical activity the easiest choice (accessible, available and affordable), and therefore preventing obesity.

三、試參考社區評估的架構，比較目前台灣鄉村與都市社區健康問題之異同(15%)，並提出您認為社區護理人員在該類社區最能發揮之功能及其理由(10%)。

四、請以括弧內任一項慢性病(癌症、失智症、糖尿病、結核病)為例，說明慢性病造成社區病人與其家庭的內在結構(角色結構、權力結構、溝通過程及價值系統)間的相互影響，及社區護理人員可以如何協助該家庭。(25%)