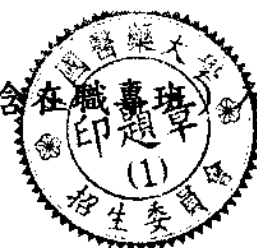


所別：環境醫學研究所

科目：健康教育與健康促進

考試時間：80 分鐘

考生注意：答案必須寫在答案卷上，否則不予計分。



53

1. 請敘述何謂跨理論模式(Transtheoretical Model)及其改變階段，並舉例說明如何應用於吸菸者以達到健康行為的養成。30%
2. 請敘述如何將三段五級預防醫學應用於社區老人。20%
3. 請依健康信念模式(Health Belief Model)敘述個人健康行為的影響因素有哪些? 25%
4. 請依下列英文摘要回答下列問題：25%

The epidemics of obesity, metabolic syndrome and type 2 diabetes have worsened over the past decades. During this time our preventive and therapeutic approach, consisting of a low-fat diet and exercise, has remained fundamentally unchanged. A case is made that these conditions are inter-related and may be caused by a single underlying factor related to the carbohydrate content of diet.

- (1) 請說明摘要內容(限以中文回答)。
- (2) 這篇摘要內容可以引發討論的議題有哪些?