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東京都小金井市民の食意識・食行動をふまえた食育の課題

Issue of dietary education on the dietary awareness and behavior by the Citizen of Koganei city, Tokyo

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Abstract

The survey of the Koganei citizens was conducted aiming to study the situation and the issues of citizens' present eating habits as a starting point to promote nutrition education.

Survey respondents are random samples from the Basic Resident Register. Survey slip was sent to 2,000 respondents by mail, and were sent back after being filled. Among the 901 responses collected, 888 samples were used for the analysis.

As attributes of respondents, 77.1% were "Nuclear family household," 13.5% were "Single-person household," and 6.4% were "Extended family household."

The results were as follows.

1. Person interested in nutrition education was 74.3%, and we can see the high interest.
2. Person who misses breakfast was low as 13.1%, but middle aged men of a single-person household and extended family household tend to miss breakfast more.
3. Person who is taking enough vegetables was 20.2% of the entire sample, 51.2% of the men eat insufficient amount of vegetables, and nutritionally balanced meal remains as an issue.
4. "Freshness" and "domestically produced" is highly considered, and a life style that enjoys locally produced, fresh and safe vegetable is established. Meanwhile, convenience stores and dining out are also integral eating habits.
5. As for dining out (dinner), they mostly go with their "Family." But many middle aged men dine with their "Colleague" or "Alone," and we see meals being connected to work style.
6. There was high interest in "Cooking class," "Food safety and display activity," "Eating habits improvement movement," and "Food culture succession activity" as nutrition education activities.
7. As for eating habits, as high as 66.9% were interested in "Food safety."

Key words: dietary education, Koganei city, misses breakfast, life style

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要旨： 食育推進の出発点として、現在の市民の食生活の実態と課題を明らかにすることを目的として、小金井市民を対象とした調査を実施した。

調査対象者は、住民基本台帳から無作為に抽出し、2千人を対象として郵送で調査票を送付し、記入後返送してもらった。回収数は901件だったが、分析に用いたものは888件である。

対象者の特徴として、「核家族世帯」が77.1%、「単身世帯」は13.5%、三世代以上からなる「拡大家族世帯」は6.4%であった。

結果は以下の通りである。

1. 食育に関心も持っている者は74.3%と、関心の高さが伺えた。
2. 朝食の欠食率は13.1%と低いが、単身世帯、拡大家族世帯の中年層の男性では欠食率がやや高い。
3. 野菜の十分摂取している者は全体の20.2%で、男性では不足する者が51.2%に達し、栄養バランスの取れた食事の摂取に課題が残った。
4. 「鮮度」「国産のもの」に配慮し、地場野菜と新鮮で安全な野菜を楽しむ生活スタイルが定着している。一方、コンビニエンスストアや外食も食生活の一部となっていた。
5. 外食（夕食）は「家族」する者が多かった。しかし中年層男性では「同僚と」「ひとり」が多く、食事もワークスタイルと結びついていた
6. 食育活動として「料理教室」「食品安全・表示活動」「食生活改善運動」「食文化継承活動」に関心が高かった。
7. 食生活に関しては「食品の安全」への関心が66.9%と高かった。

キーワード：食育，小金井市，欠食率，生活スタイル