

大学時代のスポーツ競技経験と卒後の食事摂取状況との関連性

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【目的】

本研究では、体育・スポーツ系学部の卒業生を対象に、大学生まで競技を続けていた者が、卒後どのような食事摂取状況を示すかについて明らかにすることを目的とした。

【方法】

体育・スポーツ系学部を卒業した1,971名（男性1,644名・平均年齢 55.0 ± 15.42 歳、女性327名・平均年齢 34.0 ± 8.26 歳）について、エネルギーおよび日本人の食事摂取基準（2020年版）で目標量が設定されている栄養素と17の食品群の摂取状況について食事調査を実施し、日本人の平均摂取量と比較した。また、対象者を大学時の競技経験の有無で「競技者」と「非競技者」にわけた比較も行った。

【結果】

国民健康・栄養調査の結果と比べ、対象者は脂質からと飽和脂肪酸からのエネルギー摂取比率が低いという特徴がみられた。また、カリウムと食塩の平均摂取量が多い多かった。食品群では、対象者の方が肉類の平均摂取量が低く、緑黄色野菜や果物、菓子類や調味料の平均摂取量が多かった。大学時の競技経験の有無で群間比較を行った場合、有意差は認められなかったが、競技者の方が飽和脂肪酸のエネルギー比率が低く、全ての年代で目標量を下回っているという特徴が見られた。それ以外の栄養素や食品群の摂取状況については、大学時の競技経験の有無だけでは一定の傾向は認められなかった。

【結論】

体育・スポーツ系学部卒業生の栄養摂取状況として、脂質や飽和脂肪酸の摂取エネルギー比率が低く、カリウムや食塩の摂取量が多いという特徴が見られた。食品群では、肉類の平均摂取量が低く、緑黄色野菜や果物、調味料や菓子類の平均摂取量が高いという特徴が見られた。大学時の競技経験の有無別では、ほとんどの栄養素や食品群の摂取状況に有意差が認められなかった。

Relationship between athletic experience during college and post-graduate dietary intake

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[Purpose]

The purpose of this study is to assess the dietary intake of physical education post-graduates and undergraduates pursuing a sports-related discipline who continued to compete until college.

[Methods]

We conducted a dietary survey of 1,971 graduates (1,644 men and 327 women with a mean age of 55.0 ± 15.42 and 34.0 ± 8.26 years, respectively) of the Faculty of Physical Education and Sports on their intake of energy, nutrients based on target amounts set in the Dietary Intake Standards for Japanese (2020 version), and 17 food groups. We compared the intake of the study participants with the average intake of the Japanese population. In addition, the subjects were divided into two groups, "athletes" and "non-athletes", according to their athletic experience (belonging sports club) in college.

[Results]

Compared to the results of the National Health and Nutrition Examination Survey, the subjects were observed to have a lower ratio of energy intake from fat and saturated fatty acids and a higher average intake of potassium and salt. In terms of food groups, the subjects had a lower average intake of meat and a higher average intake of green and yellow vegetables, fruits, sweets, and seasonings. When comparing the two groups (athletes and non-athletes), athletes were characterized by a lower energy ratio of saturated fatty acids and were below the target amount in all age groups. Regarding the intake of other nutrients and food groups, no certain trend was observed based solely on the presence or absence of athletic experience during college.

[Conclusion]

The nutritional intake status of graduates of physical education and sports was characterized by a low energy ratio of fat and saturated fatty acid intake and a high intake of potassium and salt. In terms of food groups, the average intake of meat was low, and the average intake of green and yellow vegetables, fruits, seasonings, and sweets was high. There was no significant difference in the intake of most nutrients or food groups between those who were or were not athletes during college.