**花蓮縣110學年度健康促進學校輔導訪視紀錄表 附件7**

**壹、基本資料 填寫日期： 年 月 日**

| 學校名稱 | | | | **○○校群○○國○** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 學校班級數 | | | |  | | | | | | | | | | | | | | | | 學生人數 | | | | | | | | |  | | | | | | | | | | | | |
| 輔導內容 （若為重點議題請打勾） | | | 執 行 情 形 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **一** | **視力**  **保健**  □重點議題 | | 項 目 | | | | 108學年度 | | | | | | | | | | | | | | | | 109學年度 | | | | | | | | | | | 110學年度 | | | | | | | |
| 前後測或  上下學期 | | | | 前 | | | | | | 後 | | | | | | | | | | 前 | | | | | 後 | | | | | | 前 | | | | 後 | | | |
| 裸視篩檢視力不良率 | | | | ( )/( )= | | | | | | ( )/( )= | | | | | | | | | | ( )/( )= | | | | | ( )/( )= | | | | | | ( )/( )= | | | | ( )/( )= | | | |
| 裸視篩檢視力不良就醫複檢率 | | | | ( )/( )= | | | | | | ( )/( )= | | | | | | | | | | ( )/( )= | | | | | ( )/( )= | | | | | | ( )/( )= | | | | ( )/( )= | | | |
| 規律用眼3010達成率 | | | | ( )/( )= | | | | | | ( )/( )= | | | | | | | | | | ( )/( )= | | | | | ( )/( )= | | | | | | ( )/( )= | | | | ( )/( )= | | | |
| 戶外活動120達成率 | | | | ( )/( )= | | | | | | ( )/( )= | | | | | | | | | | ( )/( )= | | | | | ( )/( )= | | | | | | ( )/( )= | | | | ( )/( )= | | | |
| 下課淨空率 | | | |  | | | | | |  | | | | | | | | | | ( )/( )= | | | | | ( )/( )= | | | | | | ( )/( )= | | | | ( )/( )= | | | |
| 3C小於1達成率 | | | |  | | | | | |  | | | | | | | | | | ( )/( )= | | | | | ( )/( )= | | | | | | ( )/( )= | | | | ( )/( )= | | | |
| 本年度推動簡述策略及活動照片 | 上學期 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 下學期 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **二** | **口腔衛生**  □重點議題 | 項 目 | | | | 108學年度 | | | | | | | | | | | | | | | 109學年度 | | | | | | | | | | | | | | 110學年度 | | | | | | |
| 前後測或  上下學期 | | | | 前 | | | | | | 後 | | | | | | | | | 前 | | | | | | | 後 | | | | | | | 前 | | | | 後 | | |
| 學生未治療齲齒率(105學年度前為初檢齲齒率) | | | | ( )/( )=% | | | | | | ( )/( )=% | | | | | | | | | ( )/( )=% | | | | | | | ( )/( )=% | | | | | | | ( )/( )=% | | | | ( )/( )=% | | |
| 學生齲齒複檢率 | | | | ( )/( )=% | | | | | | ( )/( )=% | | | | | | | | | ( )/( )=% | | | | | | | ( )/( )=% | | | | | | | ( )/( )=% | | | | ( )/( )=% | | |
| 午餐餐後搭配含氟牙膏潔牙比率 | | | | ( )/( )= | | | | | | ( )/( )= | | | | | | | | | ( )/( )= | | | | | | | ( )/( )= | | | | | | | ( )/( )= | | | | ( )/( )= | | |
| 學生睡前潔牙比率 | | | | ( )/( )= | | | | | | ( )/( )= | | | | | | | | | ( )/( )= | | | | | | | ( )/( )= | | | | | | | ( )/( )= | | | | ( )/( )= | | |
| 高年級每日至少使用1次牙線比率 | | | | ( )/( )= | | | | | | ( )/( )= | | | | | | | | | ( )/( )= | | | | | | | ( )/( )= | | | | | | | ( )/( )= | | | | ( )/( )= | | |
| 12歲學童平均每人齲齒指數(DMFT)(國中) | | | | ( )/( )= | | | | | | ( )/( )= | | | | | | | | | ( )/( )= | | | | | | | ( )/( )= | | | | | | | ( )/( )= | | | | ( )/( )= | | |
| 在校兩餐間不喝含糖飲料 | | | | ( )/( )= | | | | | | ( )/( )= | | | | | | | | | ( )/( )= | | | | | | | ( )/( )= | | | | | | | ( )/( )= | | | | ( )/( )= | | |
| 在校兩餐間不喝吃零食 | | | | ( )/( )= | | | | | | ( )/( )= | | | | | | | | | ( )/( )= | | | | | | | ( )/( )= | | | | | | | ( )/( )= | | | | ( )/( )= | | |
| 本年度推動簡述策略及活動照片 | 上學期 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 下學期 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **三** | **健康體位**  □重點議題 | | | | 項 目 | | | 108學年度 | | | | | | | | | | | | | | | | 109學年度 | | | | | | | | | | | 110學年度 | | | | | | |
| 前後測或  上下學期 | | | 前 | | | | | | | 後 | | | | | | | | | 前 | | | | | | 後 | | | | | 前 | | | 後 | | | |
| 學生體位適中比率 | | | ( )/( )= | | | | | | | ( )/( )= | | | | | | | | | ( )/( )= | | | | | | ( )/( )= | | | | | ( )/( )= | | | ( )/( )= | | | |
| 學生體位肥胖比率 | | | ( )/( )= | | | | | | | ( )/( )= | | | | | | | | | ( )/( )= | | | | | | ( )/( )= | | | | | ( )/( )= | | | ( )/( )= | | | |
| 學生體位過重比率 | | | ( )/( )= | | | | | | | ( )/( )= | | | | | | | | | ( )/( )= | | | | | | ( )/( )= | | | | | ( )/( )= | | | ( )/( )= | | | |
| 學生體位過輕比率 | | | ( )/( )= | | | | | | | ( )/( )= | | | | | | | | | ( )/( )= | | | | | | ( )/( )= | | | | | ( )/( )= | | | ( )/( )= | | | |
| 學生睡足八小時比率 | | | ( )/( )= | | | | | | | ( )/( )= | | | | | | | | | ( )/( )= | | | | | | ( )/( )= | | | | | ( )/( )= | | | ( )/( )= | | | |
| 學生一日蔬菜建議量達成率(105學年度前為午餐理想蔬菜量達成率) | | | ( )/( )= | | | | | | | ( )/( )= | | | | | | | | | ( )/( )= | | | | | | ( )/( )= | | | | | ( )/( )= | | | ( )/( )= | | | |
| SH150平均達成率 | | | ( )/( )= | | | | | | | ( )/( )= | | | | | | | | | ( )/( )= | | | | | | ( )/( )= | | | | | ( )/( )= | | | ( )/( )= | | | |
| 本年度推動簡述策略及活動照片 | 上學期 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 下學期 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **四** | **檳榔防制**  □重點議題 | | | |  | | | | | 108學年度 | | | | | | | | | | | | | | | | 109學年度 | | | | | | | | | | 110學年度 | | | | | |
| 前後測 | | | | | 前 | | | | | | | | 後 | | | | | | | | 前 | | | | | 後 | | | | | 前 | | | | 後 | |
| 無檳校園率 | | | | | ( )/( )= | | | | | | | | ( )/( )= | | | | | | | | ( )/( )= | | | | | ( )/( )= | | | | | ( )/( )= | | | | ( )/( )= | |
| 學生嚼檳榔率 | | | | | ( )/( )= | | | | | | | ( )/( )= | | | | | | | | | ( )/( )= | | | | | ( )/( )= | | | | | ( )/( )= | | | | ( )/( )= | |
| 嚼檳學生戒檳率（有開辦戒檳班者自行填報） | | | | | ( )/( )= | | | | | | | ( )/( )= | | | | | | | | | ( )/( )= | | | | | ( )/( )= | | | | | ( )/( )= | | | | ( )/( )= | |
| 本年度推動簡述策略及活動照片 | 上學期 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 下學期 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 五 | 菸害防制  □重點議題 | | | |  | | | | 108學年度 | | | | | | | | | | | | | | | | 109學年度 | | | | | | | | | | | 110學年度 | | | | | |
| 前 | | | | | | | 後 | | | | | | | | | 前 | | | | | | 後 | | | | | 前 | | | 後 | | |
| 無菸校園率 | | | | ( )/( )= | | | | | | | ( )/( )= | | | | | | | | | ( )/( )= | | | | | | ( )/( )= | | | | | ( )/( )= | | | ( )/( )= | | |
| 學生吸菸率 | | | | ( )/( )= | | | | | | | ( )/( )= | | | | | | | | | ( )/( )= | | | | | | ( )/( )= | | | | | ( )/( )= | | | ( )/( )= | | |
| 學生吸電子煙率 | | | | ( )/( )= | | | | | | | ( )/( )= | | | | | | | | | ( )/( )= | | | | | | ( )/( )= | | | | | ( )/( )= | | | ( )/( )= | | |
| 學生參與菸害教育率 | | | | ( )/( )= | | | | | | | ( )/( )= | | | | | | | | | ( )/( )= | | | | | | ( )/( )= | | | | | ( )/( )= | | | ( )/( )= | | |
| 吸菸學生戒菸率（有開辦戒菸班者自行填報） | | | | ( )/( )= | | | | | | | ( )/( )= | | | | | | | | | ( )/( )= | | | | | | ( )/( )= | | | | | ( )/( )= | | | ( )/( )= | | |
| 本年度推動簡述策略及活動照片 | 上學期 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 下學期 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 六 | 性教育  (含愛滋病)  □重點議題 | | | |  | | | | | | 108學年度 | | | | | | | | | | | | | | | 109學年度 | | | | | | | | | | 110學年度 | | | | | |
| 前後測 | | | | | | 前 | | | | | | | | 後 | | | | | | | 前 | | | | | | 後 | | | | 前 | | | | | 後 |
| 性知識正確率 | | | | | |  | | | | | | | |  | | | | | | |  | | | | | |  | | | |  | | | | |  |
| 性態度(含愛滋防制)正向率 | | | | | |  | | | | | | | |  | | | | | | |  | | | | | |  | | | |  | | | | |  |
| 關懷愛滋感染者比率 | | | | | |  | | | | | | | |  | | | | | | |  | | | | | |  | | | |  | | | | |  |
| 危險知覺比率 | | | | | |  | | | | | | | |  | | | | | | |  | | | | | |  | | | |  | | | | |  |
| 拒絕性行為效能  (國中) | | | | | |  | | | | | | | |  | | | | | | |  | | | | | |  | | | |  | | | | |  |
| 本年度推動簡述策略及活動照片 | 上學期 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 下學期 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 七 | 全民健保(含正確用藥)  □重點議題 | | | |  | | | | 108學年度 | | | | | | | | | | | | | 109學年度 | | | | | | | | | | | 110學年度 | | | | | | | | |
| 對全民健保有正確認知比率 | | | |  | | | | |  | | | | | | | |  | | | | |  | | | | | |  | | | |  | | | | |
| 珍惜全民健保及正確用藥行為比率 | | | |  | | | | |  | | | | | | | |  | | | | |  | | | | | |  | | | |  | | | | |
| 遵醫囑服藥率 | | | |  | | | | |  | | | | | | | |  | | | | |  | | | | | |  | | | |  | | | | |
| 使用藥品前看清藥袋、藥盒標示 | | | |  | | | | |  | | | | | | | |  | | | | |  | | | | | |  | | | |  | | | | |
| 本年度推動簡述策略及活動照片 | 上學期 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 下學期 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| 八 | 心理健康促進  □重點議題 |  | 110學年度 | |  | |  | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 正確知識率 |  |  |  |  |  |  |
| 正向態度率 |  |  |  |  |  |  |
| 自我效能率 |  |  |  |  |  |  |
| 健康生活品質指標 |  |  |  |  |  |  |
| 正向心理健康指標 |  |  |  |  |  |  |
| 本年度推動簡述策略及活動照片 | 上學期 | | | | | | | |
| 下學期 | | | | | | | |

* 填表說明:
* 『( )/( )= %』，表示方式：請將分子/分母數字填入，並算出百分比，以利委員審視。如：20/100=20%，以此類推。

視力保健：

1. 裸視篩檢視力不良率＝【裸視篩檢視力不良學生數/裸視篩檢受檢學生數】 ×100%
2. 裸視篩檢視力不良就醫複檢率=【裸視篩檢視力不良有就醫複檢的學生人數 /裸視篩檢視力不良學生人數】×100％。
3. 規律用眼3010達成率=【護眼行動每日檢核表有達成目標人數/受調查人數】×100％。
4. 戶外活動2小時達成率=【有達成目標人數/受調查人數】×100％
5. 下課淨空率=【有達成目標人數/受調查人數】×100％
6. 3C小於1=【有達成目標人數/受調查人數】×100％

口腔衛生:

1. 學生未治療齲齒率=【經口腔診斷檢查結果有未治療齲齒人數/【受檢人數】×100％。
2. 學生齲齒複檢率=【至合格牙科醫療院所就診的學生人數】/【經口腔診斷檢查結果為齲齒的學生人數】×100％。
3. 學生午餐餐後潔牙搭配含氟牙膏數=【正確潔牙人數】/【學生總人數】。
4. 學生睡前潔牙比率=【學生睡前潔牙人數】/【學生總人數】。
5. 高年級每日至少使用1次牙線比率=【使用人數】/【高年級學生總人數】。
6. 12歲學童平均每人齲齒指數(DMFT)(國中)= 【蛀牙、填補牙與齲齒被拔除的牙齒總數】/【學生總人數】。
7. 在校兩餐之間不喝含糖飲料=【有達成目標人數/受調查人數】×100％
8. 在校兩餐之間不吃零食=【有達成目標人數/受調查人數】×100％

健康體位:

* 1. 學生體位適中比率=【體位適中的學生人數】/【受檢人數】×100%。
  2. 學生體位肥胖比率=【體位肥胖的學生人數】/【受檢人數】×100%。
  3. 學生體位過重比率=【體位過重的學生人數】/【受檢人數】×100%。
  4. 學生體位過輕比率=【體位過輕的學生人數】/【受檢人數】×100%。
  5. 學生睡足八小時比率=【達到每天睡足八小時目標之學生數】/【學生總人數】×100％。
  6. 學生在校午餐理想蔬菜量達成率: 【達到每天在校午餐蔬菜**一份半**目標之學生數】/【學生總人數】×100％。
  7. SH150達成率:【在校期間，除體育課程時數外，每日參與體育活動之時間，每週應達150分鐘以上之學生】/【受檢人數】×100%。

檳榔防制:

1. 學生嚼檳榔人數:係指過去30天內曾經嚼檳榔者
2. 學生嚼檳榔率: 【戒檳班課後調查最近七日內無嚼食檳榔人數】/【參加戒檳班學員人數】×100％

菸害防制:

1. 學生吸菸率: 【學生過去30天曾經吸菸人數】/【學生總人數】×100％
2. 無菸校園率:【過去7日在校時看到有人在面前吸菸的學生數】/【學生總人數】×100％
3. 吸菸學生參與戒菸率: 【吸菸學生參與戒菸人數】/【吸菸學生人數】×100％

性教育:

1. 性知識正確率: 【性知識滿分的學生人數】/【受測學生總人數】×100％
2. 性態度正向率: 【性態度總平均達3.5之人數】/【受測學生總人數】×100％。※反向題應先反向記分，數值越高代表態度越趨正向。
3. 關懷愛滋感染者比率: 【關懷達3.5之人數】/【受測學生總人數】×100％
4. 危險知覺比率：【危險知覺達滿分之人數】/【受測學生總人數】×100％
5. 拒絕性行為效能：【拒絕性行為效能達滿分之人數】/【受測學生總人數】×100％

全民健保:

1. 對全民健保有正確認知比率: 【平均每人答對題數】/【總題數】×100%
2. 珍惜全民健保行為比率: 【回答「經常」或「總是」珍惜健保行為的人數】/【學生總人數】×100%
3. 遵醫囑服藥率：
4. 使用藥品前看清藥袋、藥盒標示
5. 心理健康：依正向或反向逐一計分後/【受測學生總人數】×100％
6. 正確知識率
7. 正向態度率
8. 自我效能率
9. 健康生活品質指標
10. 正向心理健康指標

**貳、輔導項目**

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| 健康促進學校六大範疇 | | | 學校自評分數 | | | 委員評分 | | |
| 成效區分 | | | 成效區分 | | |
| 1 | 2 | 3 | 1 | 2 | 3 |
| 校群重點議題  必填 | 健康政策 | (簡述針對重點議題召開健康促進學校會議之會議名稱、參加人員、日期時間、提出針對處理重點議題之重要政策或方針、會議結論等及活動照片) |  |  |  |  |  |  |
| 健康教學 | (簡述針對提升學生重點議題之認知與技能融入當年度之課程或活動名稱、教學內容、參與對象、日期時間、教學次數等及活動照片) |  |  |  |  |  |  |
| 社區面 | (簡述針對改善重點議題與社區新關單位合作辦理教學或活動、名稱、內容、參與對象、日期時間、次數等及活動照片) |  |  |  |  |  |  |
| 環境營造 | (簡述針對改善重點議題提出1.物質環境改變與2.社會心理環境營造與改變，名稱、內容、日期時間、次數等及活動照片) |  |  |  |  |  |  |
| 健康服務 | (簡述針對改善重點議題提出並執行有效的健康服務方式、對象、日期時間、次數等及活動照片) |  |  |  |  |  |  |
| 健康技能 | (簡述針對提升學生重點議題技能融入當年度之課程或活動名稱、內容、參與對象、日期時間、次數等及活動照片) |  |  |  |  |  |  |
| 學校特色 | | (簡述針對提升重點議題執行的特殊作法，堪稱學校特色之執行內容及活動照片) |  |  |  |  |  |  |
| 學生健康問題執行上困難之分析 | |  |  |  |  |  |  |  |
| 健康促進輔導委員意見  (本欄請輔導委員填寫) | | 表現評價：□績優 □良好 □普通 □待改善**(輔導委員務必勾選)**  輔導內容:（含輔導建議）  **輔導委員簽名：** | | | | | | |
| 備註：成效區分-1最佳、2普通、3有改進空間 | | | | | | | | |

表格長度不足，請學校自行延伸（總頁數以4頁為限）

各校均需填寫並於輔導訪視時填妥予教授訪視之用，未完成部分請於107年6月底前完成，並繳交至中心學校彙整。

承辦人： 單位主管： 機關首長：