

## 97 年度至 101 年度國科會專題研究計畫案

### 衛沛文副教授

1. 學校、家庭及醫師共同合作之青少年體重控制：多學科及跨國合作研究，96/08~98/07(2年期)，國科會，共同主持人，1,787,000元。
2. 化學治療結束後癌症患童的疲憊型態變化與預測因子之長期追蹤研究，97/08~98/07，國科會，共同主持人，795,000元。
3. 化學治療結束後癌症患童的疲憊型態變化與預測因子之長期追蹤研究，98/08~100/07(2年期)，國科會，共同主持人，1,639,000元。
4. 強化社會資本促進老人身體活動國科會專題研究計畫，101/08~102/07，國科會，共同主持人，1,245,000元。

## 97年度至101年度接受中央政府(例如:教育部、行政院衛生署等)、縣市政府委託之研究案

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1. 94-97年度國民營養健康狀況變遷調查，94~97，中央研究院生物醫學科學研究所協同中央研究院調查研究專題中心，協同主持人。
2. 99-100年度國民營養健康狀況變遷調查，99-100，中央研究院生物醫學科學研究所協同中央研究院調查研究專題中心，協同主持人。

## 97 年度至 101 年度學術期刊論文發表

### 衛沛文副教授

1. Wen CP, Tsai MK, Tsai SP, **Wai PM**, Yang YC, Tsao CK, Wu XF. Exercise and life expectancy. *The Lancet* 379 (9818): 800-1, 2012. (SCI)
2. Wen CP, **Wai PM\***, Tsai MK, Yang YC, Yuan T, Cheng D, Lee MC, Chan HT, Tsao CK, Tsai SP, Wu XF. (2011). Minimum amount of physical activity for reduced mortality: a prospective cohort study. *The Lancet*. Published online ([www.thelancet.com](http://www.thelancet.com)), 2011 DOI:10.1016/S0140-6736(11)60749-6. (SCI)
3. Wen CP, Chan HT, Tsai MK, Cheng TYD, Chung WSI, Chang YC, Hsu HL, , Tsai SP, Tsao CK, **Wai PM** and Hsu CC (2011). Attributable mortality burden of metabolic syndrome : comparison with its individual components. *European Journal of Cardiovascular Prevention & Rehabilitation*. Published online before print March 4, 2011, DOI: 10.1177/17418267110389422. (SCI)
4. Yeh CH, **Wai PM**, Lin US, Chiang YC (2010). A Pilot study to examine the feasibility and effects of a home-based aerobic program on reducing fatigue in children with acute lymphoblastic leukemia. *Cancer Nursing*. In printed, 2010. (SCI)
5. Wong CH, Chiang YC, **Wai PM**, Lo FS, Yeh CH, Chung SC and Chang CW

- (2010). Effects of a home-based aerobic exercise programme in children with type 1 diabetes mellitus. *J Clin Nursing*, 20, 681-691, 2010. (SCI)
6. Huang SJ, Hung WC, Sharpec PA, **Wai PM**. (2010). Neighborhood environment and physical activity among Urban and Rural Schoolchildren in Taiwan. *Health & Place*. 16, 270-476. (SCI)
  7. **Wai PM**, Wen CP, Chan HT, Po Chiang H, Tsai MK, Tsai SP and Chang HY (2008). Assessing physical activity in an Asian country: Low energy expenditure and exercise frequency among adults in Taiwan. *Asia Pacific Journal of Clinical Nutrition*, 17(2), 297-308. (SCI)

## 97年度至101年度國內和國際學術會論文發表

### 衛沛文副教授

1. Lei Joseph TH, **Wai PM**, Huang CH, Lin JY, Sun MY, Kao JY. The Multistage Shuttle Run Test – Equivalency to 1600-m Run Test and Cross Validation in Prediction of Cardiorespiratory Fitness among Recreational Joggers/Runners. *Ninth International Sports Science Conference*, organized by Sports Science Unit, School of Medical Sciences, Universiti Sains Malaysia, KubangKerian, Kelantan, Malaysia; and Kelab Sukan KecergasanKesehatan, Kota Bharu, Kelantan, Malaysia, Jun 25-28, 2012.
2. Lin JY, **Wai PM**, Kao JY, Sun MY, and Lei Joseph TH, Huang CH. Association of Bone Mineral Density and Skinfold Thickness among 13-14-year-old Boys in Taiwan. *Ninth International Sports Science Conference*, organized by Sports Science Unit, School of Medical Sciences, Universiti Sains Malaysia, KubangKerian, Kelantan, Malaysia; and Kelab Sukan KecergasanKesehatan, Kota Bharu, Kelantan, Malaysia, Jun 25-28, 2012.
3. Huang CH, **Wai PM**. National Prevalence of Physical Activity of Taiwan Junior High School Students - The 2010 Nutritional and Health Survey in Taiwan (NAHSIT). *Ninth International Sports Science Conference*, organized by Sports Science Unit, School of Medical Sciences, Universiti Sains Malaysia, KubangKerian, Kelantan, Malaysia; and Kelab Sukan KecergasanKesehatan, Kota Bharu, Kelantan, Malaysia, Jun 25-28, 2012.
4. Sun MY, **Wai PM**, Lin JY, Kao JY, Lei Joseph TH, Huang CH. Site-Specific Bone Mineral Density, Hand-Grip Strength, and Puberty Among Taiwanese 13-14-Year-Old Boys. *Ninth International Sports Science Conference*, organized by Sports Science Unit, School of Medical Sciences, Universiti Sains Malaysia, KubangKerian, Kelantan, Malaysia; and Kelab Sukan KecergasanKesehatan, Kota Bharu, Kelantan, Malaysia, Jun 25-28, 2012.
5. Kao JY, **Wai PM**, Sun MY, Lin JY, Lei TH, Huang CH. Cardiorespiratory Fitness is Reduced with Increased Skinfold Thickness Among Adolescent Boys in Taiwan. *Ninth International Sports Science Conference*, organized by Sports Science Unit, School of Medical Sciences, Universiti Sains Malaysia, KubangKerian, Kelantan, Malaysia; and Kelab Sukan KecergasanKesehatan, Kota Bharu, Kelantan, Malaysia, Jun 25-28, 2012.
6. Lin JY, **Wai PM**. Muscular and Cardiorespiratory Fitness of Underweight Male Adolescents. *2012 International Conference on Exercise Physiology and Fitness*, Taipei College of Physical Education, Taiwan, May 19-20, 2012. (Award of

- Excellence).
7. Sun MY, **Wai PM**. Muscular Fitness and Bone Mineral Density among 13-14-year-old Boy. *2012 International Conference on Exercise Physiology and Fitness*, Taipei College of Physical Education, Taiwan, May 19-20, 2012.
  8. Kao JY, **Wai PM**, Normalized Blood Pressure and Health-Related Physical Fitness among Junior High School Male Students. *2012 International Conference on Exercise Physiology and Fitness*, Taipei College of Physical Education, Taiwan, May 19-20, 2012.
  9. Liu Ryan YC, **Wai PM**, Chen SY, Chang HY, Tu SH, Pan WH. (2011, 07). *Grip Strength and Risk of Mobility Disability among Taiwan Older People – 2005-2008 NAHSIT*. The 10th Annual Conference for SCSEPF , Cheng Shiu University, Kaohsiung, Taiwan, July 16-17, 2011. (Award of Excellence).
  10. Cheng YY, **Wai PM**, Chen SY, Chang HY, Tu SH, Pan WH. (2011, 07). *Association of Smoking Behavior and Physical Activity with C-Reactive Protein Concentration among Adults in Taiwan – 2005-2008 NAHSIT*. The 10th Annual Conference for SCSEPF , Cheng Shiu University, Kaohsiung, Taiwan, July 16-17, 2011.
  11. Lu PJ, **Wai PM**, Chen SY, Chang HY, Tu SH, Pan WH. (2011, 07). *Association of Sleep Duration and Physical Activity with C-Reactive Protein Concentration among Adults in Taiwan – 2005-2008 NAHSIT*. The 10th Annual Conference for SCSEPF , Cheng Shiu University, Kaohsiung, Taiwan, July 16-17, 2011.
  12. Li YJ, **Wai PM**, Chen SY, Chang HY, Tu SH, Pan WH. (2011, 07). *Walk-to-school and body mass index: Association with Abnormal Liver Function among 6-12-years old Children in Taiwan – 2001-2002 NAHSIT*. The 10th Annual Conference for SCSEPF , Cheng Shiu University, Kaohsiung, Taiwan, July 16-17, 2011.
  13. Li Yen-Jin, **Wai PM**. (2010, 07). *Prevalence and Correlates of Walking to School among 6-12-year Taiwan Children*. The 9th Annual Conference for SCSEPF , Beijing Sport University, July 16-19, 2010.
  14. Chang CC, **Wai PM**. (2010, 07). *Bone Mineral Density and Physical Activity among Taiwan Adults*. The 9th Annual Conference for SCSEPF, Beijing Sport University, July 16-19, 2010.
  15. Liu YC, **Wai PM**. (2010, 07). *Grip Strength and Physical Activity among Taiwan Adults*. The 9th Annual Conference for SCSEPF, Beijing Sport University, July 16-19, 2010.
  16. Lu PJ, **Wai PMa**. (2010, 07). *Sleep Duration and Physical Activity among Taiwan Adults*. The 9th Annual Conference for SCSEPF, Beijing Sport University, July 16-19, 2010.
  17. Cheng YY, **Wai PM**. (2010, 07). *Smoking Behavior and Physical Activity among Taiwan Adults*. The 9th Annual Conference for SCSEPF, Beijing Sport University, July 16-19, 2010.
  18. **Wai PM**, Chen KY, Mao TY, HuangYC, Peng HY. (2009, 03). *Energy Expenditure Of Mechanical Horse Riding And Its Measurement Reliability Among Young Adults*. Poster presented at the 2009 American College of Sports Medicine Annual Meeting, May 27-30, Seattle, Washington, USA.
  19. **Wai PM**, Yeh CH, Chang Y. (2009, 02). *Overweight and Obesity in 13-year-old Adolescents and its Relationship with Health-Related Physical Fitness and Physical Activity*. 2009 China International Academic Congress on Obesity (CIACO), February 24-26, 2009, Beijing of China.
  20. 陳國元、**衛沛文**、毛祚彥、黃裕昌、彭煥揚。年輕成年人從事騎馬機運動之熱量消耗。2008 體育運動學術團體聯合年會暨學術研討會，中國文化大學，2008 年 12 月 13-14 日。

21. **Wai PM**, Yeh CH, Huang YC, Peng HY. (2008, 11). *Association of BMI Cut-off Points for Overweight and Obesity with Skinfold Thickness and Circumference Measurement among 13-year-old Taiwanese Adolescents*. 2008 International Conference on Childhood Obesity. The Chinese University of Hong Kong. Nov 13th-16th, 2008.
22. Huang YC, **Wai PM**, Yeh CH, Peng HY. (2008, 11). *Cross-Validation of Multiple-Stage Shuttle Run Test Prediction Equations for Cardiorespiratory Fitness among 13-year-old Taiwanese Adolescents*. 2008 International Conference on Childhood Obesity. The Chinese University of Hong Kong. Nov 13-16, 2008.
23. Peng HY, **Wai PM**, Yeh CH, Huang YC. (2008, 11). *Reliability of Multiple-Stage Shuttle Run Test and Influence of BMI and Age among 13-15-year-old Taiwanese Boys and Girls*. Poster presentation. 2008 International Conference on Childhood Obesity. The Chinese University of Hong Kong. Nov 13-16, 2008.
24. Chang WL, **Wai PM**, Yeh CH, Huang YC, Peng HY. (2008, 11). *Gender Difference in Cardiorespiratory Fitness at Equal Nutritional State among 13-year-old Taiwanese Adolescents*. 2008 International Conference on Childhood Obesity. The Chinese University of Hong Kong. Nov 13-16, 2008.
25. Chang CC, **Wai PM**, Yeh CH, Huang YC, Peng HY. (2008, 11). *Low Muscle Fitness among 13-year-old Overweight and Obese Taiwanese Adolescents*. 2008 International Conference on Childhood Obesity. The Chinese University of Hong Kong. Nov 13-16, 2008.
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27. Wong CH, Yeh CH, Chiang YC, **Wai PM**, Chang CW, Lo FS. (2008, 11). *Effects of a Home-based Aerobic Exercise Program on Glycemic Control and Cardiorespiratory Fitness in Children and Adolescents with Type 1 DM*. 2008 International Conference on Childhood Obesity. The Chinese University of Hong Kong. Nov 13-16, 2008.
28. Yeh CH, Lin US, Chiang YC, **Wai PM**. (2008, 11). *The Effect of Home Based Aerobic Exercise Program on Sleep Habit in Children with Acute Lymphoblastic Leukemia*. 2008 International Conference on Childhood Obesity. The Chinese University of Hong Kong. Nov 13-16, 2008.
29. 黃裕昌、毛祚彥、吳爵敏、陳國元、彭煥揚、葉昭幸、衛沛文 (2008, 06)。多階段折返跑表現-13歲青少年。臺灣運動生理體能學會年會及學術研討會，國立中興大學 (台中)，2008年6月14-15日。
30. 彭煥揚、徐志翔、陳國元、毛祚彥、黃裕昌、衛沛文 (2008, 06)。多階段折返跑的再測信度-13歲青少年。臺灣運動生理體能學會年會及學術研討會，國立中興大學 (台中)，2008年6月14-15日。
31. 陳國元、黃裕昌、彭煥揚、毛祚彥、衛沛文 (2008, 05)。騎馬機運動前傾與後傾模式在最高搖動速度下之熱量消耗初步結果。2008運動教練科學學術研討會，國立臺灣大學，2008年5月24-25日。