



Title	Gender difference in the mediating effect of health-related behaviors on the relationship between neighborhood social capital and self-rated health among community dwelling people in a town of Okinawa( Abstract_論文要旨 )
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## 論文要旨

論文題目 地域住民の主観的健康と近隣信頼感との関連における健康関連行動の媒介効果の性差に関する研究

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### 要旨

本研究の目的は、健康関連行動による主観的健康と近隣信頼感との関連における媒介効果を性別により比較検討することである。研究対象は、沖縄県西原町在住で20歳以上80歳未満の住民24,748人（男性12,495人、女性12,253人）のうち、32行政区ごとに性別、10歳年齢区分で30%の無作為抽出した7,425人（男性3,749人、女性3,676人）であり、2011年に郵送法による自記式質問紙調査を行った。回収の得られた1,271人（男性583人、女性688人、回収率17.1%）を分析対象とした。調査内容は、従属変数に主観的健康、独立変数には近隣信頼感、媒介変数は健康関連行動（朝食摂取状況、喫煙、飲酒、睡眠状況および身体活動）、調整変数として年齢、学歴および婚姻状況を設問した。分析は、男女別にBaron and Kennyのtraditional mediational modelに基づき、多重ロジスティック回帰分析を行い、媒介効果の判定にはSobel testを用いた。その結果、近隣信頼感は男性（adjusted odds ratio [AOR] = 3.2, 95% confidence interval [CI] = 1.6-5.9）、女性（AOR = 2.1, 95% CI = 1.1-3.9）ともに主観的健康と有意に関連し、その関連の程度は男性で大きかった。また、男性における近隣信頼感と主観的健康との関連は、飲酒によって媒介され（Sobel test statistics = 2.07,  $p = 0.038$ ）、近隣信頼感が男性の飲酒行動を適切にし、その影響が主観的健康を良好にするという結果となった。一方女性では、近隣信頼感と主観的健康との関連は睡眠によって媒介され（Sobel test statistics = 2.06,  $p = 0.039$ ）、近隣信頼感が女性の睡眠を良好にし、その影響が主観的健康に良好に作用するという結果となった。以上より、近隣信頼感（neighborhood social capital）は、地域住民の健康の重要な社会的決定要因であり（特に男性において）、その作用機序として男性では飲酒行動、女性では睡眠が媒介要因として介在することが明らかとなった。

## Abstract

**T i t l e** Gender difference in the mediating effect of health-related behaviors on the relationship between neighborhood social capital and self-rated health among community dwelling people in a town of Okinawa

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### Abstract

The aim of the present study was to investigate the mediating effects of health-related behaviors on the relationship between neighborhood trust and self-rated health by gender. We conducted a cross-sectional study in A Town, Okinawa in 2011. A questionnaire survey was sent to 7,425 residents (aged 20-79 years) who were selected random sampling from the Basic Resident Register. The number of responses and response rate were 1,271 (583 men, 688 women) and 17.1%, respectively. The questionnaire consisted of self-rated health as dependent variable, neighborhood trust as independent variable, health-related behaviors (breakfast intake, smoking, alcohol intake, sleeping habits and physical activity) as mediating variables, and socioeconomic and demographic variables as control variables. We applied logistic regression analysis to clarify the mediating effect using the traditional mediational model of Baron and Kenny and Sobel test. As results, neighborhood trust was significantly associated with self-rated health in both men (adjusted odds ratio [AOR] = 3.2, 95% confidence interval [CI] = 1.6-5.9) and women (AOR = 2.08, 95%CI = 1.10-3.90), that the magnitude of the association was higher in men than in women, and that the associations were mediated by health-related behaviors such as alcohol intake in men (Sobel test statistics = 2.07,  $p = 0.038$ ) and sleep duration in women (Sobel test statistics = 2.06,  $p = 0.039$ ). This study suggests the importance of neighborhood social capital for health, especially in men's health, and show that the association was mediated by health-related behaviors; alcohol intake in men and sleep duration in women. Furthermore, the measures to promoting neighborhood social capital might improve drinking behaviors in men and sleep duration in women, and its effect on health behaviors could lead to improved self-rated health.