

原著

保育園児の食事性アレルギーの実態と母子の食歴

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The Reality of Food-allergy in Day-care Children and the Effect of Their Mother-and-Child Diet on the Food Allergy

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Abstract

The purpose of this study is to clarify the percent of food allergy children and the influence of the mother's diet at pregnancy on child food allergy. Questionnaires were sent to 1,514 mothers who have 0-6 age children in Nagoya city and nearby bed town cities. There were 10% of food allergy disease children. The percentage of food allergy children in Nagoya city was higher than in other cities. The results are as follows ; 1) Egg was pointed out as the first cause, and milk and milk products were the second causes of allergy. 2) The percentage of atopic phenomena was 66.4%, and it was the highest in food allergy symptoms. 3) There were no different child diets at lactation and weaning periods between allergy and not-allergy patients. 4) Mothers who had allergy patient children liked some food more strongly than the other who had no allergy children. 5) The allergy constitution of a child developed a tendency to depend on family constitution.

要約

名古屋市およびその周辺都市の保育園児(対象年齢層は0歳から6歳)1,514人を対象として食事性アレルギーに関する実態調査を行った。アレルギー疾患児の割合は、平均10.0%、地域のうちでは名古屋市が13.0%と他地域に比べて高かった。1)食事性アレルギー原因食品として第1位に卵、次いで乳製品が挙げられた。発症頻度は、年齢が上がるほど低くなった。2)アレルギー症状としては、アトピー性皮膚炎の割合が66.4%と最も高く、次いでじん麻疹が挙げられた。3)アレルギー疾患児と非

疾患児の授乳および離乳時期の食歴にほとんど差異は認められなかった。4)母親の妊娠・授乳中の食傾向を子供の食事性アレルギーの有無と比較したところ、アレルギー疾患児の母親の方が、両時期の食の好みの強い人の割合が高く、好んで食べた食品として乳製品が挙げられた。5)アレルギー疾患児の方が非疾患児より家族にアレルギー体質者の割合が顕著に高かった。
