

※ 考生請注意：本試題不可使用計算機。請於答案卷(卡)作答，於本試題紙上作答者，不予計分。

《Abstract》

A 5-tier pyramid best describes the impact of different types of public health interventions and provides a framework to improve health. At the base of this pyramid, indicating interventions with the greatest potential impact, are efforts to address socioeconomic determinants of health. In ascending order are interventions that change the context to make individuals' default decisions healthy, clinical interventions that require limited contact but confer long-term protection, ongoing direct clinical care, and health education and counseling.

Interventions focusing on lower levels of the pyramid tend to be more effective because they reach broader segments of society and require less individual effort. Implementing interventions at each of the levels can achieve the maximum possible sustained public health benefit.

《Table: Structural Approaches to Health Promotion for Communicable Disease》

Approaches to Prevention	Communicable Disease
Counseling and educational interventions	● Behavioral counseling to reduce sexually transmitted infections
Clinical interventions	● HIV treatment to decrease viral load and reduce transmission ● Treatment of tuberculosis, resulting in decreased spread of infection
Long-lasting protective interventions	● Immunizations ● Male circumcision in countries with high HIV prevalence and significant female-to-male transmission ● Mass antibiotics to prevent or treat tropical diseases (e.g., onchocerciasis)
Changing the context	● Clean water ● Ubiquitous condom availability
Socioeconomic factors	● Reduced poverty to improve immunity, decreased crowding and environmental exposure to communicable microbes, and improved nutrition, sanitation, and housing

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美國總統歐巴馬時期所任命的疾病控制和預防中心 (CDC) 主任 Thomas R. Frieden 在 2010 年於 American Journal of Public Health 發表文章“A Framework for Public Health Action: The Health Impact Pyramid”，並提出了下面這個健康效應金字塔。該文的摘要描述了這個金字塔的意義，下表也摘錄文章內舉例傳染性疾病在金字塔各層可採取的健康促進策略手段。

請根據資料與你對公共衛生的了解，意會這個金字塔的意涵，先看過下面各問題後，挑一個你最能發揮的公共衛生議題(ex:菸害防制、暴力、慢性病、高齡健康等不限定範疇)，回答下列問題：

1. 請說明這個議題的重要性，我國的現況，以及導致這個問題的重要危險因子。(15分)
2. 請列舉該議題在金字塔各層可進行的公共衛生策略。(15分)
3. 承上，用你列出各層策略，說明策略層級偏向金字塔上端或下端，對民眾健康的影響程度，以及在健康促進策略推動的容易度。為什麼？(15分)
4. 提升民眾健康與降低健康不平等各有什麼重要的公共衛生意涵？請用你選的議題來說明。(15分)
5. 請用你舉例的議題，回顧我國近年來是否提出過金字塔下層的重要政策行動？請詳述這個政策內容。(10分)
6. 承上一題，你覺得該政策的推動是否成功？有無提升民眾健康或改善健康不平等的問題？原因是？(10分)
7. 請用你舉例的議題，回顧我國近年來是否推動過金字塔上層的具體公共衛生行動？請詳述這個行動的具體方案。(10分)
8. 承上一題，請問你覺得該行動的推動是否成功？是否有效提升民眾健康，或改善健康不平等的問題？原因是？(10分)

