

孫建安教授以在台灣地區七個鄉鎮市建立的研究世代，參與國際慢性疾病危險因子研究聯盟(NCD Risk Factor Collaboration, NCD-RisC)。針對體重過重與肥胖及體重過輕，身體質量指數(body mass index)，血壓分佈及進展至高血壓與高血壓治療，膽固醇的國際趨勢與分佈特徵，進行國際比較。研究結果發現體重過重和肥胖、高血壓、高血脂之高盛行率，已從歐美國家轉移至亞洲地區。此一研究成果提供這些慢性病危險因子在族群層面防治政策，需要因地制宜。研究成果分別發表於國際頂尖學術期刊:Lancet, Nature。



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1. Worldwide trend in body mass index, underweight, overweight, and obesity from 1975 to 2016: a pooled analysis of 2416 population-based measurement studies in 128.9 million children, adolescents, and adults. Lancet 2017;390:2627-2642.
2. Contributions of mean and shape of blood pressure distribution to worldwide trends of variations in raised blood pressure: a pooled analysis of 1018 population-based measurement studies with 88.6 million participants. Int J Epidemiol 2018;47:872-883.
3. Rising rural body mass index is the main driver of the global obesity epidemic in adults. Nature 2019;569:260-264.
4. Repositioning the global epicenter of non-optimal cholesterol. Nature 2020;582:73-94.
5. Heterogenous contributions of change in population distribution of body mass index to change in obesity and underweight. eLife 2021;10:e60060.
6. Worldwide trend in hypertension prevalence and progress in treatment and control from 1990 to 2019: a pooled analysis of 1201 population-representative studies with 104 million Participants. Lancet 2021;398:957-980.

孫建安教授與美國 Stanford University 合作，進行東西方幸福感(well-being)研究。在新北市進行社區居民收案，發展適合台灣之八個面向的幸福感測量方法:家庭關係(family)、經濟能力(finances)、工作成就(work-life)、身體健康(physical health)、生活型態(lifestyle behaviors)、自我意識(sense of self)、韌性(resilience)、宗教信仰。在研究文獻上，幸福感分為主觀幸福感(subjective well-being)與心理幸福感(psychological well-being)兩個學派。此一幸福感測量方法則同時含蓋了主觀幸福感(subjective well-being)與心理幸福感(psychological well-being)兩個層面。利用此一幸福感測量方法，發現沉思靜默(contemplative practice)與幸福感有正相關。這些研究成果發表於國際學術期刊。

1. Exploring health and well-being in Taiwan. BMC Public Health 2020;20:159.
2. Contemplative practice behaviors is positively associated with well-being in three global multi-Regional Stanford WELL for Life cohorts. Int J Environ Res Public Health 2022;19:13485.

孫建安教授使用使用台灣地區全民健康保險研究資料庫(National Health Insurance Research Database, NHIRD)，以流行病學研究設計，探討不同疾病主體之間的相關性，諸如：腸胃道感染症是精神疾病的危險因子，黃斑部病變是心臟衰竭的危險因子，葡萄膜炎(uveitis)是心肌梗塞的危險因子，結核病是肺癌的危險因子。另外，臨床疾病治療用藥會與罹患其他疾病具有關聯性，諸如：婦女停經接受賀爾蒙替代療法與罹患失智症有關，服用制酸劑與罹患失智症有關。這些研究成果發表於國際優良學術期刊。

1. Clinical use of acid suppressants and risk of dementia in the elderly: A pharmacoepidemiological Cohort study. *Int J Environ Res Public Health* 2020;17:8271.
2. Association between age-related macular degeneration and risk of heart failure: A population-Based nested case-control study. *J Am Heart Assoc* 2021;10:e020071.
3. Increased risk of secondary lung cancer in patients with tuberculosis: A nationwide population-Based cohort study. *PLoS One* 2021;16:e0250531.
4. Uveitis as a risk factor for developing acute myocardial infarction in ankylosing spondylitis: a National population-based longitudinal cohort study. *Front Immunol* 2022;12:811664.
5. Intestinal infectious diseases increase the risk of psychiatric disorders: A nationwide population-Based cohort study. *Medicine* 2022;101:e30959.
6. Use of hormone replacement therapy and risk of dementia. *Neurology* 2022;99:e1835-e1842.