

健康食品に関する使用実態調査研究の統合により見いだされた 諸問題解決のための提案

朝比奈泰子¹⁾、堀里子³⁾、大谷壽一³⁾、佐倉統²⁾、澤田康文^{*2,3)}

¹⁾ 東京大学大学院学際情報学府：東京都文京区本郷 7-3-1

²⁾ 東京大学大学院情報学環：東京都文京区本郷 7-3-1

³⁾ 東京大学大学院薬学系研究科：東京都文京区本郷 7-3-1

Proposal to solve the problems found in the research synthesis of the actual state of dietary supplement use.

Yasuko ASAHINA¹⁾, Satoko HORI³⁾, Hisakazu OHTANI³⁾, Osamu SAKURA²⁾ and Yasufumi SAWADA^{2,3)}

¹⁾ Graduate School of Interdisciplinary Information Studies, The University of Tokyo

²⁾ Interfaculty Initiative in Information Studies, The University of Tokyo

³⁾ Graduate School of Pharmaceutical Sciences, The University of Tokyo

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Abstract

Objectives: To investigate the actual state of dietary supplements use and the perception of consumers and medical staffs, and to propose a method to enhance dietary supplements safety, on the basis of research synthesis.

Methods: We searched and integrated the results of nine previous reports in terms of five factors; *i.e.*, 1) purpose of dietary supplements use, 2) participation of medical staffs, 3) source of dietary supplements information, 4) route of purchase, and 5) rate of adverse reactions associated with the use of dietary supplement.

Results: 1) Nearly 30% of users considered dietary supplements as alternative medication, 2) a few consumers (less than 40% even in cancer patients) consulted with medical staffs about the use of dietary supplements, 3) primary source of dietary supplement information for consumers was the Internet and television, 4) many consumers accessed dietary supplements without medical staffs' advices, and 5) 0.8 to 6.4% of consumers have experienced adverse event that may be attributable to the use of dietary supplement.

Conclusions: This research synthesis shows that a lot of essential information for dietary supplements may be passed by and consumers use them on the basis of inappropriate information. Dietary supplements data should be more actively collected from both consumers and medical staffs, to analyze, evaluate and provide them. We propose a network to enhance dietary supplements safety.

Key words: health food, dietary supplement, network, internet