

令和8年度青森県立保健大学
学校推薦型選抜（看護学科）

小論文試験問題

10:40～12:10（90分）

〈注意事項〉

- 1 試験開始の合図があるまで、問題冊子を開かないでください。
- 2 この問題冊子には、問題用紙が2ページあります。
- 3 落丁・乱丁がある場合は、手を挙げて試験監督者に知らせてください。
- 4 解答用紙には、下記の記入例により **あなたの名字の頭2文字及び受験番号を忘れず**に記入してください。
- 5 問題冊子及び下書用紙は持ち帰ってください。

〈解答用紙への記入例〉

（例1）

| | | | |
|------|---|---|----------|
| 頭2文字 | ス | ズ | （鈴木：スズキ） |
|------|---|---|----------|

（例2）

| | | | |
|------|---|---|-----------|
| 頭2文字 | ザ | イ | （財前：ザイゼン） |
|------|---|---|-----------|

（例3）

| | | | |
|------|---|---|-----------|
| 頭2文字 | キ | ツ | （吉川：キツカワ） |
|------|---|---|-----------|

| | | | | | | |
|------|---|---|---|---|---|---|
| 受験番号 | 1 | 1 | 3 | 0 | 0 | 1 |
|------|---|---|---|---|---|---|

令和8年度青森県立保健大学学校推薦型選抜 小論文試験問題

看護学科

問題 次の英文を読んで、後の問に日本語で答えなさい。（*には注釈があります。）

According to the health ministry's 2019 National Health and Nutrition Survey*, 21% of women in their 20s were classified as underweight, with ①a body mass index (BMI) of less than 18.5. The percentage has been on an upward trend since 1981 when 13% of women were classified as underweight.

BMI is used internationally as an indicator of obesity*, regardless of gender. It is calculated by dividing body weight in kilograms by the square of a person's height in meters. An adult with a BMI of less than 18.5 is considered to be underweight, 18.5 to less than 25, in the normal range, and 25 or more, overweight or obese*.

About 10% of all adult women in Japan are underweight, a figure three to four times higher than those of other countries in the Organization for Economic Cooperation and Development*.

The health ministry issued a report on the nation's dietary habits in June, in which it warned that young underweight women are at risk of long-term health issues.

Malnutrition* can lead to ②bone loss, anemia*, and menstrual irregularities*, and insufficient protein intake tends to result in low muscle mass.

Bone mass peaks when people are in their 20s, and it starts to decrease partly because calcium absorption declines with age.

Malnutrition in youth can lead to conditions in middle age like osteoporosis*, which weakens bones, making them fragile* and more likely to break, and increases the risk of people needing nursing care or becoming bedridden*.

（中略）

This issue is likely to have ③an impact on the next generation, too.

It has been reported that the risk of giving birth to a low birth weight infant is 1.5 times greater for underweight women compared to women with a standard physique*.

The risk of premature birth* is also increased.

Newborn babies that weigh less than 2,500 grams are classified as low birth weight infants. Causes include premature birth or fetal growth retardation*, where the fetus* does not gain enough weight in the womb*. Most newborns weigh about 2,500-4,000 grams. The average weight of a newborn in Japan is about 3,000 grams.

Studies in Japan and abroad have shown that low birth weight babies are more likely to have diabetes*, heart disease, and high blood pressure in adulthood. This is believed to be due to the fact that when babies are undernourished* in the womb, they are more likely to store fat and other substances in their bodies.

（中略）

The increase in the percentage of underweight women has been identified as an issue

of national significance. Along with measures to reduce salt intake, the government has stated that effective measures based on research on dietary habits are needed.

(中略)

“④Young women who are underweight face future risks that could affect their health in middle age and also the health of the next generation,” Itakura* said. “This awareness must be shared by everyone in society, and ways must be devised to disseminate* such important information so that the message reaches people in their teens and 20s.”

(出典：Minako I and Manami Nishida. “Health ministry warns of risk, for underweight women.” *The JAPAN NEWS*, September 7, 2021 より抜粋。ただし、出題の都合上、文章の一部を省略・変更している。)

* the health ministry’s 2019 National Health and Nutrition Survey

厚生労働省の2019年国民健康・栄養調査

* indicator of obesity 肥満指標

* obese 肥満

* the Organization for Economic Cooperation and Development 経済協力開発機構

* malnutrition 栄養失調

* anemia 貧血

* menstrual irregularities 月経不順

* osteoporosis 骨粗しょう症

* fragile もろい

* bedridden 寝たきりの

* physique 体格

* premature birth 早産

* fetal growth retardation 胎児発育不全（子宮内で胎児が十分に体重を増やせない状態）

* fetus 胎児

* womb 子宮

* diabetes 糖尿病

* undernourished 栄養不足

* Itakura 順天堂大学の板倉敦夫教授

* disseminate 広める

問1 下線部①について、身長 160 cm，体重 55 kg の場合を計算しなさい。割り切れない場合は、小数第 2 位を四捨五入して、小数第 1 位まで求めなさい。

問2 下線部②について、次の問に答えなさい。

(1) 筆者が述べている下線部②の将来の影響について、50 字以内で説明しなさい。

(2) 下線部②の予防としてどのような対策が考えられるか。本文の内容を踏まえ、あなたの考えを 80 字以上 100 字以内で述べなさい。

問3 下線部③について筆者が述べている内容を、本文の内容を踏まえ、60 字以上 80 字以内で説明しなさい。

問4 下線部④について、どのような対策が考えられるか。本文の内容を踏まえ、あなたの考えを 400 字以上 500 字以内で述べなさい。