



ORIGINAL ARTICLE

Television viewing habits and their influence on physical activity and childhood overweight^{☆,☆☆}



Gisele F. Dutra^{a,*}, Cristina C. Kaufmann^{b,c}, Alessandra D.B. Pretto^a, Elaine P. Albernaz^{a,d}

^a Post-Graduate Program in Health and Behavior, Universidade Católica de Pelotas (UCPEL), Pelotas, RS, Brazil

^b Universidade Católica de Pelotas (UCPEL), Pelotas, RS, Brazil

^c School of Nutrition, Universidade Federal de Pelotas (UFPEL), Pelotas, RS, Brazil

^d Universidade Federal de Pelotas (UFPEL), Pelotas, RS, Brazil

Received 6 August 2014; accepted 12 November 2014

Available online 22 January 2015

KEYWORDS

Children;
Cohort studies;
Physical activity;
Sedentary lifestyle;
Television

Abstract

Objectives: To assess the prevalence of television (TV) viewing habits and their association with childhood sedentary lifestyle and overweight in 8-year-old children, from a cohort in a city in Southern Brazil.

Methods: A prospective cohort study with hospital screening of all births that occurred from September of 2002 to May of 2003. This study refers to a cross-sectional analysis of data collected during the cohort's follow-up conducted at 8 years of age. To evaluate the level of physical activity, a physical activity questionnaire for children and adolescents was used (PAQ-C), during the consultation at 8 years of age.

Results: Of the 616 interviewed children, a prevalence of sedentary lifestyle > 70% was found, as well as the habit of watching TV for more than two hours a day in 60% of the sample, regardless of gender ($p = 0.30$), income ($p = 0.57$), or family socioeconomic level ($p = 0.90$). The daily time spent watching TV was inversely associated with physical activity ($p < 0.05$) and positively associated with excess weight ($p < 0.01$). Regarding physical activity, running was the most frequently practiced sports modality among the population.

Conclusions: Considering the high prevalence of sedentary lifestyle and children who watch TV for an excessive period of time, it is necessary to motivate such individuals to perform interactive activities, as well as promote a more active lifestyle, by decreasing the time children spend in front of the TV.

© 2015 Sociedade Brasileira de Pediatria. Published by Elsevier Editora Ltda. All rights reserved.

[☆] Please cite this article as: Dutra GF, Kaufmann CC, Pretto AD, Albernaz EP. Television viewing habits and their influence on physical activity and childhood overweight. J Pediatr (Rio J). 2015;91:346–51.

^{☆☆} Study performed at the Post-Graduate Program in Health and Behavior, Universidade Católica de Pelotas (UCPEL), Pelotas, RS, Brazil.

* Corresponding author.

E-mail: gisele_fd@yahoo.com.br (G.F. Dutra).

PALAVRAS-CHAVE

Crianças;
Estudos de coorte;
Atividade física;
Sedentarismo;
Televisão

Hábito de assistir televisão e sua influência sobre a atividade física e o excesso de peso infantil**Resumo**

Objetivos: Avaliar a prevalência do hábito de assistir televisão (TV) e sua relação com o sedentarismo infantil e o excesso de peso, em crianças aos oito anos de idade, pertencentes a uma coorte de uma cidade do Sul do Brasil.

Métodos: Estudo de coorte prospectivo, com triagem hospitalar de todos os nascimentos ocorridos entre setembro de 2002 a maio de 2003. O presente estudo refere-se a uma análise transversal dos dados coletados no acompanhamento da coorte ocorrido aos 8 anos de idade. Para avaliar o nível de atividade física, um questionário de atividade física para crianças e adolescentes foi utilizado (PAQ-C), durante a visita aos oito anos de idade.

Resultados: Nas 616 crianças entrevistadas, encontrou-se uma prevalência de sedentarismo superior a 70%, e o hábito de assistir TV por um período superior a 2 horas diárias em 60% da amostra, independente do gênero ($p = 0,30$), renda ($p = 0,57$) ou nível socioeconômico ($p = 0,90$). O tempo diário assistindo televisão associou-se inversamente à prática de atividade física ($p < 0,05$) e positivamente ao excesso de peso ($p < 0,01$). Com relação à atividade física, corrida foi a prática esportiva mais frequente na população.

Conclusões: Diante da elevada prevalência de sedentarismo e de jovens que assistem TV por um período excessivo, faz-se necessário o estímulo a atividades interativas, bem como a promoção de um estilo de vida mais ativo, com a redução do tempo que jovens dispensam em frente à TV.

© 2015 Sociedade Brasileira de Pediatria. Publicado por Elsevier Editora Ltda. Todos os direitos reservados.

Introduction

According to data from the latest Household Budget Survey (HBS), the Brazilian population in all age groups older than 5 years has followed the global trend of weight gain¹ However, also in the preschool population, data from the National Health and Nutrition Research (PNSN-1989) and the National Research on Demographics and Health of Children and Women (PNDS-1996 and 2006/07) show that excess weight has increased dramatically over the last 17 years.² Although the proportion of obese adults is higher than that of children and adolescents, the prevalence of childhood obesity is continuously and rapidly growing in the country, having increased three-fold in the last 20 years.¹

The importance of childhood obesity prevention is widely recognized; however, many interventions tend to reach only a small part of the population, especially in developed countries. Therefore, population-based prevention strategies seek to support and facilitate increased levels of physical activity and healthier diets, as they are factors amenable to intervention.³

Satisfactory results in childhood obesity control have been obtained through tactics that stimulate the decrease in sedentary behaviors.⁴ According to Santaliestra-Pasías et al.,⁵ children and adolescents spend much of their leisure time with low intensity and low caloric expenditure activities. Additionally, in a recent study, Ghavamzadeh et al.⁶ showed a direct association between the habit of watching television (TV) and excess weight in Iranian adolescents, regardless of physical activity and consumption of obesogenic food.

Conversely, a study by Giammattei et al.⁷ showed that more sedentary schoolchildren consumed soft drinks more frequently and, therefore, were more obese. Furthermore, according to Thivel & Chaput,⁸ the time spent on sedentary behaviors is exacerbated by excessive calorie intake. Thus, spending more time in less vigorous activities, such as watching TV, using the computer, and playing video games, has contributed to the weight gain of adolescents, as the main physiopathology of this disorder is the positive balance of energy intake.⁹ In this sense, Friedrich et al.¹⁰ suggested, based on a systematic review, that intervention programs in schools can have a positive effect in reducing the time in front of the screen.

Thus, the aim of this study was to evaluate the prevalence of the habit of watching TV and its association with childhood sedentary lifestyle and excess weight in children aged 8 years, from a cohort in a city in Southern Brazil.

Methods

Between the months of September of 2002 and May of 2003, all hospital births that occurred in the city of Pelotas were identified. This study refers to a cross-sectional analysis of data collected in the follow-up of a cohort that occurred at 8 years of age. Details of the methodology are described in previous studies.^{11,12}

This study described the practice of physical activity in children aged 8 years. For this purpose, it used a physical activity questionnaire for children and adolescents (PAQ-C)¹³ characterizing the level of physical activity performed on the seven days before the questionnaire is applied, which

Download English Version:

<https://daneshyari.com/en/article/4153844>

Download Persian Version:

<https://daneshyari.com/article/4153844>

[Daneshyari.com](https://daneshyari.com)