

# Physical activity and nutrition status of adolescents

by

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**Objective:** The aim of study was to examine the influence of physical activity level on nutrition status of adolescents in Subotica, a city in the north of the Autonomous Province of Vojvodina.

**Methods:** The data were collected through the prospective study in 2000/2001 among 4858 adolescents (2178 girls and 2680 boys) aged 15-19. The nutritional status of adolescents was evaluated due to measured values of body height and body weight, which were used for calculating the Body Mass Index - for - age. The US CDC data of Body Mass Index - for - age were used for comparing measured data. The data about physical activity level were collected through the poll. The statistical analyses were done by softver STATISTICA 6.0.

**Results:** Among 4858 adolescents, 3.32% were not physically active in school, 47% were recreating and 15% were practicing some kind of sports. Adolescents recreated and trained mostly 3-5 times per week, not more than one hour. Recreation was the most popular among normal weight girls ( $p < 0.05$ ) and boys ( $p < 0.01$ ). Professional physical activity was mostly popular among overweight and obese girls ( $p > 0.05$ ) and normal weight boys ( $p < 0.01$ ). The nutritional status of underweight girls depended on recreation ( $p = 0.037$ ), while the nutritional status of overweight and obese girls depended on time duration of sports activity ( $p = 0.020$ ) and on recreation ( $p = 0.045$ ). The nutritional status of underweight boys depended on physical activities in school ( $p = 0.013$ ), on sports activities ( $p = 0.032$ ) and recreation ( $p = 0.040$ ), while the nutritional status of overweight and obese boys depended on regular week recreational activities ( $p = 0.003$ ) and regular week sport activities ( $p = 0.009$ ).

**Conclusion:** There is a need for continuous promotion of physical activity among children and adolescents and regular monitoring of physical activity level influence on adolescents' health.

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