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 recreoted 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.