



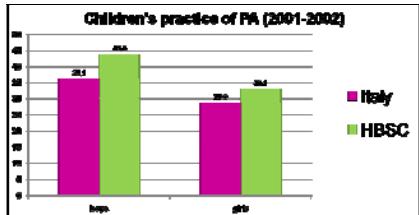
DETERMINANTS OF CHILDREN'S LIFESTYLES: A SURVEY IN ITALY

Attilio Carraro, Stefano Scarpa, Erica Gobbi,
Department of Educational Sciences, University of Padua, Italy



Introduction

Determinants of children's lifestyles were recently investigated by different studies in Italy (e.g., DOXA, 2004; ISTAT, 2005; WHO/HBSC, 2001-2002). Italian children generally appeared less physically active and with higher rates of overweight and obesity when compared with children in other European countries.



Objective

The aim of this poster was to enlarge knowledge on social and individual correlates of children's healthy and unhealthy behaviors.

A study was conducted in North-East Italy (in the context of an European survey, Brandl-Bredenbeck et al., 2009) in order to reach this objective.



Method

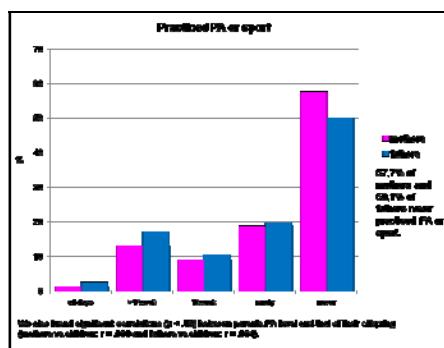
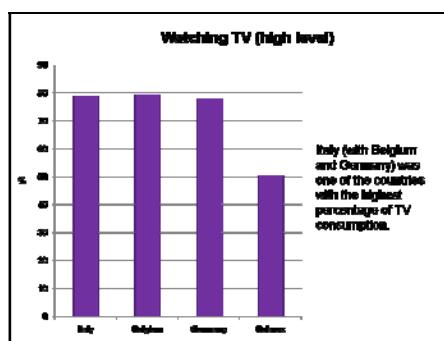
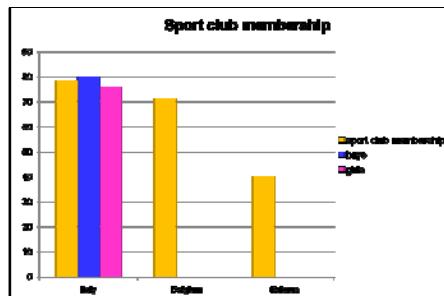
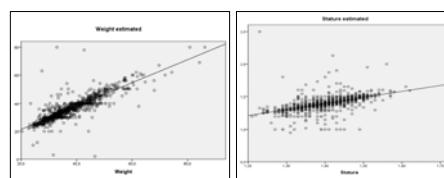
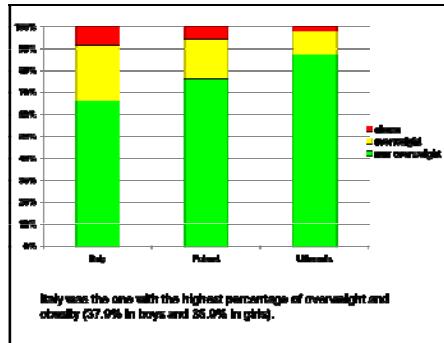
Participants:

A sample of children ($N = 1005$, boys 49.6%, girls 50.4%) at fourth grade primary school (9-10 years old).

Procedures:

Children completed, in classroom setting, a questionnaire exploring: their sport participation, levels of physical activity, nutritional patterns and media consumption. Moreover, height and weight of children were measured using a standardized procedure.

Results



Discussion

- ✓ Percentage of sport club members was confirmed by data from CENSIS- CONI 2008 (74.5%, the highest in Europe) and it showed an increasing trend;
- ✓ Quantity of school physical education? e.g. 810 h/school-cycle vs 2600 in France and 1500 in Austria;
- ✓ Quality of school physical education? e.g. 40% exemption from PE in secondary school (CENSIS-CONI 2008);
- ✓ Only 39% active transports to school;
- ✓ High levels of media consumption/day (with Belgium and Germany the country with the highest % of TV consumption).



Conclusions

The results of this study underline the importance to support actions to change children's habits and lifestyles. It appears necessary to promote complex, multilevel and multi-participated actions, not only oriented towards the prescription/promotion of sport participation, rather in the direction of the modification of social, familiar and individual behaviors.

References

- Anderssena N., Woldb B. (2006). *J Adolesc*, 29:513-524.
 Brandl-Bredenbeck H.P. (2006). *International comparison of physical education: Concepts, Problems, Prospects* (pp. 19-31). Aachen: Meyer & Meyer.
 Brandl-Bredenbeck H.P. et al. (2009). *Int J Phys Educ*, 46:31-39.
 Kantomaa M., Tammelin T., Nayha S., Taanila A. (2007). *Prev Med*, 44:410-415.
 Sallis J., Prochaska J., Taylor W. (2000). *Med Sci Sports Exer*, 32(5):963-975.
 Van Sluijs E., McMinn A., Griffin S. (2008). *Br J Sports Med*, 42:653-657.

contact: prof. Attilio Carraro
attilio.carraro@unipd.it