



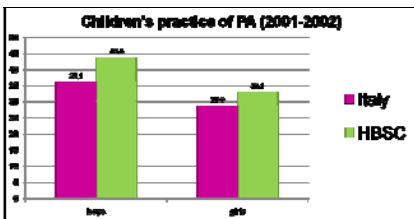
# DETERMINANTS OF CHILDREN'S LIFESTYLES: A SURVEY IN ITALY



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## 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

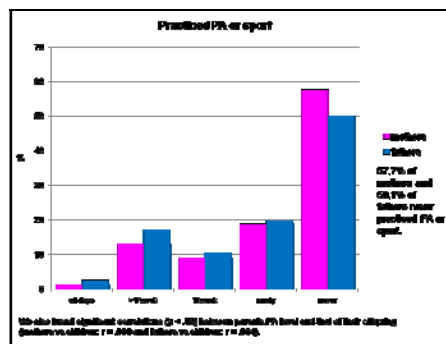
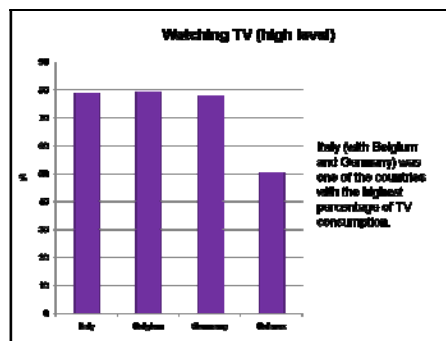
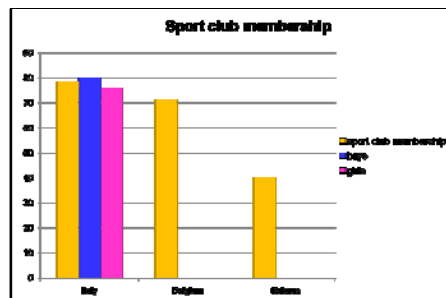
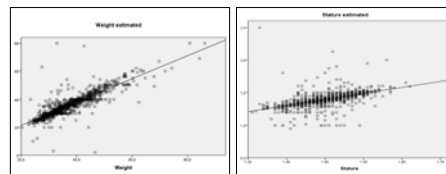
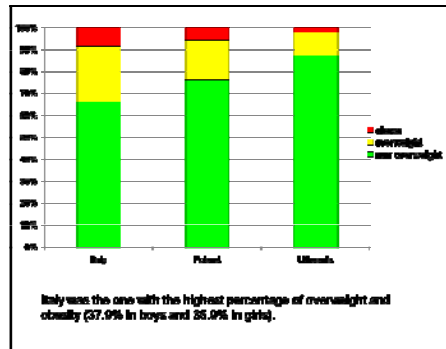
### Participants:

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 transportations 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.

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