



Lifestyle in teenagers from different environments. Differences according to recorded periods, activity intensity and gender.

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Introduction

The results of different investigations indicate that: a) at one time, physical activity (PA) decreases, and this situation takes place frequently in teenagers, especially in females; b) during spring time and at school, it has been noticed that physical activity is greater than at winter time or at the weekends, prevailing moderate PA (Sallis et al., 2000; Ridloch et al., 2004). The objective of this investigation is to compare physical activity levels between teenagers from different environments in Aragon, (Spain).

Methods

The sample is representative of the population that studies compulsory Secondary Education, accepting an error sample of 3%. The total sample consists of 470 teenagers, of whom 394 belong to the city of Zaragoza (195 women and 199 men) and 76 students of Sabiñánigo (43 women and 33 men), of an average age of $13,25 \pm 2.4$. The questionnaire used to study the levels of PA is the "Four by one-day Physical Activity Questionnaire" (Cale 1994).

Results

The PA total is greater in the studied countryside; whereas the PA derived from the scholastic day as much of winter as of spring is greater in the studied urban population. The PA derived from the weekend as well as in winter or spring is greater in the rural population; the physical activity made by men is greater than the single women in the case of the studied urban population; the slight or very slight activities in both sexes and populations predominate; we found a significant relation between the hours that they watch TV and the high frequency they practice PA.



Table 1: Energy expenditure (EE) (kcal/kg/day).

	ZARAGOZA	SABIÑÁNIGO
EE total	37,6 (2,9)	39,1 (5,1)*
EE weekdays winter	38,2 (4,8)	34,3 (5,1)*
EE weekdays spring	37,0 (3,6)	30,8 (6,0)*
EE weekend winter	35,9 (5,0)	38,8 (9,5)*
EE weekend spring	39,4 (5,3)	41,7 (7,6)*
EE winter	37,1 (3,8)	35,6 (5,6)*
EE spring	38,2 (2,7)	35,3 (3,7)*
TV watching	2,5 (1,0)	1,4 (0,5)*

Values are mean values (standard deviation) *p<0.05

Table 2: Characteristics physical activity (kcal/kg/day) according to intensity.

	Males		Females	
	ZARAGOZA	SABIÑÁNIGO	ZARAGOZA	SABIÑÁNIGO
Sleep	8,89 (0,75)	9,80* (3,5)	9,03 (0,66)	9,44 (3,0)
Very light	17,67 (1,86)	15,91* (4,1)	17,21 (1,89)	16,84 (1,9)
Light	5,44 (2,36)	5,74 (2,8)	6,49 (2,30)	6,23 (2,7)
Moderate	2,41 (1,63)	2,48 (3,9)	2,78 (1,87)	1,92 (2,6)
Vigorous	7,82 (2,99)	6,46* (2,5)	3,96 (2,90)	3,89 (4,3)

Values are mean values (standard deviation) *p<0.05

Table 3: Percentage active/nonactive people.

	Males				Females			
	ZARAGOZA		SABIÑÁNIGO		ZARAGOZA		SABIÑÁNIGO	
	N	%	N	%	N	%	N	%
Active	121	60,7	20	45	83	42,5	26	84
Nonactive	78	39,3	25	55	112	57,5	5	16

Discussion/Conclusions

The results obtained could be influenced, among other factors, by the different characteristics of the physical environment of these sample populations. This supports other investigations (Ross et al., 1985), which indicate that the accessibility and availability to the programmes and activities as well as the time that they spend in the street can be related to the conduct of doing of physical activity, and even to its frequency and intensity (Sallis et al., 1997).

References

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