Physical activity decreased by a quarter in the 11- to 12-year-old Swedish boys between 2000 and 2013 but was stable in girls: A smartphone effect?

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## Topics

## Sample

"We examined cross-sectional cohorts of 126 second-grade children in 2000, 84 in 2006 and 44 in 2013 and 105 fifth-grade children in 2000 and 38 in 2013." (Authors, in Abstract)

## Implications For Parents About

Other

## Other Parent Implication

Health impacts of children's smartphone use

## Implications For Educators About

Other

## Implications For Stakeholders About

Healthcare

# Abstract

Aim
This study explored physical activity, body mass index (BMI) and overweight and obesity from 2000 to 2013 using a convenience sample of second- and fifth-grade Swedish schoolchildren aged 8–9 years and 11–12 years, respectively.
Methods
We examined cross-sectional cohorts of 126 second-grade children in 2000, 84 in 2006 and 44 in 2013 and 105 fifth-grade children in 2000 and 38 in 2013. No fifth graders were available in 2006. Physical activity data were collected based on pedometer readings over four consecutive weekdays, and height and weight were measured. Identical instruments and procedures were used in all three years.
Results
There was an increase in physical activity in second-grade girls from 2000 to 2006 (p