Temporal Trends in Overweight and Obesity, Physical Activity and Screen Time among Czech Adolescents from 2002 to 2014: A National Health Behaviour in School-Aged Children Study

# Details

## Year

2015

## DOI

10.3390/ijerph120911848

## Issued

2015

## Language

English

## Volume

12

## Issue

9

## Start Page

## End Page

## Authors

Sigmund E.;Sigmundová D.;Badura P.;Kalman M.;Hamrik Z.;Pavelka J.

## Type

Journal article

## Journal

International Journal of Environmental Research and Public Health

## Publisher

MDPI AG

## Topics

* Internet usage, practices and engagement
* Wellbeing
* Risks and harms

## Sample

This study is based on four cycles of the Czech Health Behaviour in School-aged Children (HBSC) study. The sample consisted of reports from 19,940 adolescents (9760 boys and 10,180 girls) from the 5th, 7th and 9th grades of primary schools in the Czech Republic. Across the four cycles, sample sizes were as follows: in 2002 (n = 5012), 2006 (n = 4774), 2010 (n = 4404) [5] and 2014 (n = 5750) (Table 1). The 5th (7th and 9th, respectively) grade involves adolescents in the age range 10.5–12.49 years (12.50–14.49 years and 14.50–16.49 years, respectively.

## Implications For Policy Makers About

## Other PolicyMaker Implication

Evaluation of the effect of current intervention programmes

## Implications For Stakeholders About

Researchers

# Abstract

This study examines trends in overweight and obesity, physical activity (PA) and screen time (ST) among Czech adolescents over a recent 12-year study period. Nationally representative samples consisted of 19,940 adolescents (9760 boys and 10,180 girls) aged 10.5–16.5 years from the Czech Health Behaviour in School-aged Children (HBSC) questionnaire-based surveys conducted in 2002, 2006, 2010 and 2014. Trends in the prevalence of overweight/obesity, meeting the recommendations for moderate-to-vigorous PA (MVPA) (≥60 min per day of MVPA) and excessive ST (>2 h per day) were estimated using logistic regression. Significant increases (p