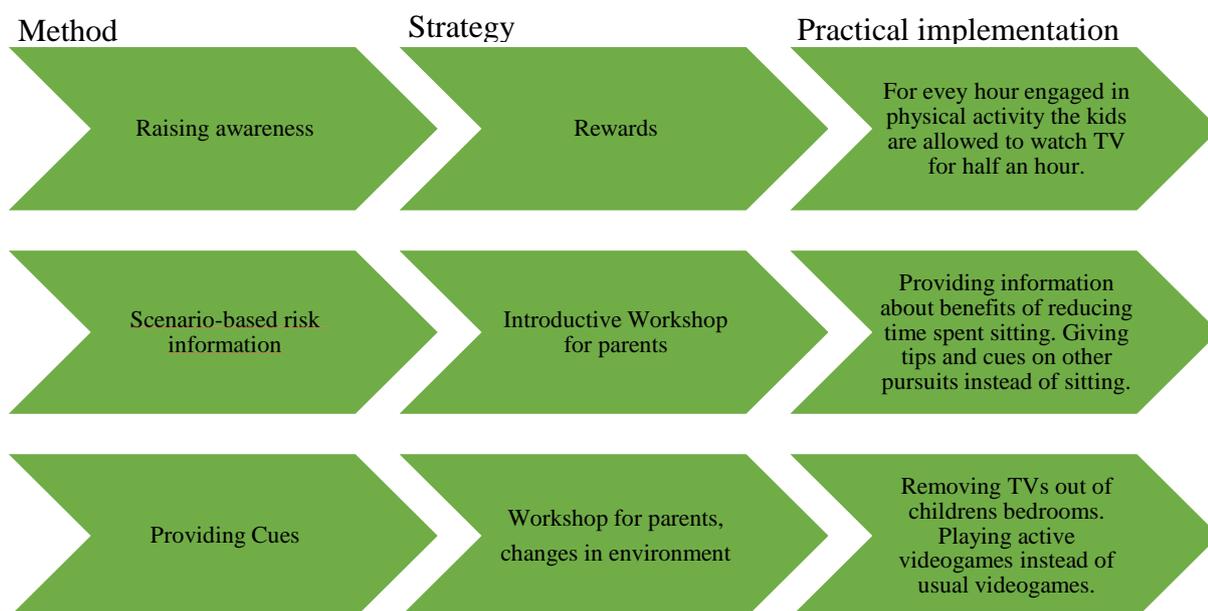


How to reduce time spend sitting in children?!

Time spent in sedentary activities has been associated with a number of adverse health outcomes, including overweight and obesity. Children spend the majority of their leisure time in sedentary behaviours, such as screen-viewing, sedentary socialising, and inactive forms of transport. Being sedentary for more than two hours during daily leisure time is associated with unfavourable body composition, decreased fitness, lowered scores for self-esteem and prosocial behaviour, and decreased academic achievement in children and youth. Sedentary lifestyle is influenced by many factors such as sex, socio-economic status, having screen-based media at home, and the familiar setting itself. Girls are using screen-based media while sitting round about 4,4 hours per day; boys even 5,2 hours per day. If activities like reading, listening to music, playing cards etc. would be taken into account, the total time spent sitting would rise even more.

The effectiveness of interventions aimed to decrease either total sedentary time, or screen-based sedentary time in children has been assessed in a number of systematic reviews. The aim of the Bachelor thesis of Marina Schlattmann was to analyse methods and strategies that successfully decrease leisure time sedentary behaviour in children. Various systematic reviews and an own systematic investigation have been analysed. As a result, 23 RCTs were identified, meeting the inclusion criteria. These studies used 24 different methods and numerous practical strategies. Most of the interventions showed moderate, some significant, and others no effects in reducing sedentary time. As a result, 12 intervention methods can be considered effective and recommended for future interventions.

Here are some examples:



Advice for good practice:

Parents play a major role in influencing children's lifestyles and should be integrated in interventions for reducing sedentary behaviour in children. Relevant strategies that parents can apply in order to reach this goal are increasing their problem solving skills, in order to make the environment of their children healthier, praising them, as wells as supporting and motivating them.

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