



Actividad física, calidad de la dieta y exceso de peso en escolares: Análisis en función del entorno de residencia en la Comunidad Autónoma de Extremadura [

Federación Extremeña de Balonmano,
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text (article)

Analítica

The aim of this paper is to study the differences depending on the context of residence in compliance with physical activity guidelines, diet quality and weight excess. A total of 293 schoolchildren of both sexes (137 boys and 156 girls, 9,99 " 0,79 years) took part in this study, being a representative sample of the population studied. After receiving informed parental consent, we assessed their physical activity pattern, diet quality and body mass index (BMI= 18.35 " 3.58, establishing weight-excess through international standards for BMI). To study the relationships between different variables evaluated, a statistical analysis was performed by the SPSS software (15.0) using a Chi square test and a multinomial logistic regression analysis with the aim of establishing the odds ratio and confidence intervals between groups. School children in rural areas more closely meet physical activity guidelines and have a better diet quality than residents in the urban setting, although no significant differences exits in the prevalence of overweight among both groups

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