



Actividad física en adolescentes mexicanos en el periodo 2006-2021: análisis breve y algunas observaciones

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text (article)

Analítica

Introduction: The practice of preventive behaviors is essential to mitigate overweight and obesity, emphasizing physical activity in adolescents due to its importance. **Objective:** To analyze the behavior of performing physical activity in Mexican adolescents between 10 and 19 years old in the 2006-2021 period. **Materials and methods:** Six National Health and Nutrition Surveys were reviewed in Mexico. To estimate the growth gradients, a formula was used that considered the final percentages minus the initial ones, divided by the final years minus the initial ones. **Results and discussion:** In the group of adolescents between 10 and 14 years old, physical inactivity shows a negative increase, going in 2012 from 58.6% to 84.6% in 2018-2019. When analyzing the percentages of inactivity based on sex, higher percentages are observed in the group of male adolescents, regardless of whether they belong to the age subgroup of 10-14 or 10-18 (or 18-19). Physical inactivity contributes to adolescents between 10 and 19 years of age being more likely to develop overweight, obesity and chronic diseases such as diabetes and hypertension. **Conclusions:** Within homes and schools, it is necessary to promote programs to promote moderate and vigorous physical activity in Mexican adolescents

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