



Ambiente familiar, actividad física y el índice de masa corporal en infantes de 6 a 12 años de la ciudad de Juliaca [

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text (article)

Analítica

The construction of favorable environments within families is urgent and educating schoolchildren by example will allow them to build healthy habits that will serve them in their adult lives. The objective of the research was to determine the relationship of the family environment with physical activity and body mass index in infants from 6 to 12 years of age in the city of Juliaca, Peru 2023. A non-probabilistic sample consisting of 551 infants was assumed. (293 women and 258 men) with an average age of 9.15 " 2.04. The instruments used were questionnaires on family environment, physical activity and anthropometric measurement of body weight and height. Statistical analysis was performed with SPSS software. V. 28, descriptive and correlational statistics were applied through the Pearson and Rho Spearman Chi Square test. The most important results regarding the type of family environment are regular 42.65%, good 31.40% and unfavorable 25.95%. Infants assume moderate physical activity 52.63%. Women have a higher prevalence of overweight and obesity 15.06% and 8.17%. The direct and inversely proportional association between the variables family environment, physical activity and body mass index is determined. It is concluded that assuming unfavorable family environments, the levels of physical activity will decrease and the body mass index would increase. Reason why the importance of building healthy family environments in promoting healthy lifestyles in infants

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