

SELECTED COMPONENTS OF THE LIFESTYLE OF A GROUP OF CHILDREN AND YOUTH FROM THE LESSER POLAND VOIVODESHIP

Urszula Ambroży^{1*}, Katarzyna Sekulak¹, Marcin Kuźma², Ewa Błaszczuk-Bębenek³, Beata Piórecka³,

1. Human Nutrition Student Interest Group, Institute of Public Health, Faculty of Health Sciences, Jagiellonian University Medical College in Cracow, Poland 2. County Headquarters of the State Fire Service in Limanowa
3. Department of Nutrition and Drug Research, Institute of Public Health, Faculty of Health Sciences Jagiellonian University Medical College in Cracow, Poland

Background and aims: It is important to develop pro-health attitudes and behaviours among children and teenagers. The aim of the study is to present selected components of lifestyle in a group of children and teenagers from Lesser Poland Voivodeship.

Methods: The study was conducted between 2016-2019 in the group of 468 people aged 10-17. Diagnostic survey method was used with nutritional behaviour questionnaire and lifestyle elements included. Two age groups were distinguished: the younger group (10-13 years old) - 221 people and the older group (14-17 years old) - 247 people (Fig. 1). The average age was 11,8±1,07 and 15,38±0,94 years appropriately in groups.

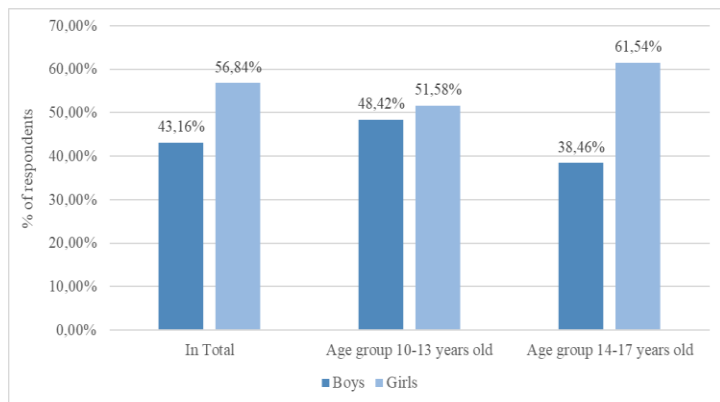


Fig. 1. Distribution of participants (%) by gender in the total group and in groups by age

Results: Most of the younger age group never followed any diet (81.9%), while in the older age group only 67.2% (Tab.1). Girls significantly more often declared dieting than boys. Only 5.4% of the younger respondents used a cigarette and consumed alcohol, while among older group 19.8% and 32.8% appropriately (Tab.1). In the assessment of sleep hygiene, 13.6% of the younger age group declared 6 hours or less of sleep on weekdays, compared to 26.7% of the older group (Tab.1). Low level of physical activity at school was indicated by 12.2% of people aged 10-13 and 22.7% of people aged 14-17 and we observed a significant difference between gender groups (Tab.1). More than half of the respondents exceeded 2 hours a day spent in front of screen (Fig.2)

Table I. Selected components of lifestyle in the studied group depending on age

Questions	Answers	Age group 10-13 years old	Age group 14-17 years old	p-value
		% of participants	% of participants	
Have you ever had any diet?	No	81,9	67,2	0,0002*
	Yes, because of medical doctor recommendations for health reasons	6,3	5,7	
	Yes, from my own choice	11,8	27,1	
Have you ever tried to smoke a cigarette?	No	94,6	80,2	0,0000*
	Yes	5,4	19,8	
Have you ever tried to drink alcohol?	No	94,6	67,2	0,0000*
	Yes	5,4	32,8	
How many hours per day do you spend sleeping on weekdays?	6 hours or less	13,6	26,7	0,0000*
	7 or 8 hours	69,2	67,2	
	9 and more hours	17,2	5,7	
	empties	0,0	0,4	
How do you rate your physical activity at school?	Low	12,2	22,7	0,0017*
	Moderate	41,6	44,5	
	High	46,2	32,8	

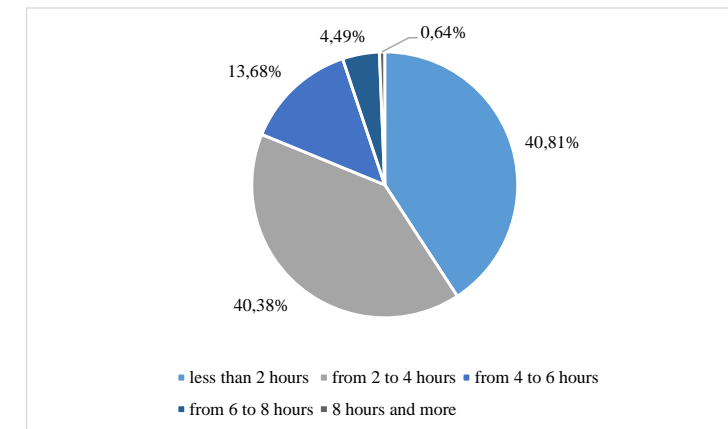


Fig. 2 Hours spent in front of the screen (% of answers) in the total group

Conclusions: Due to the intensification of sedentary behavior of adolescents there is an urgent need to conduct educational activities in each of the presented lifestyle factors.