

## عنوان مقاله:

The Prevalence of Obesity, Technological Device Usage, Physical Activity and their Relationship with Spirometry Indicators among Children in Isfahan City, Iran

## محل انتشار:

مجله بین المللی کودکان, دوره 6, شماره 11 (سال: 1397)

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## خلاصه مقاله:

Background: The decrease in physical activities following increased usage of computer and digital games has led to serious health consequences in children. This study investigates the prevalence of obesity, cellphone and computer usage and physical activity levels and their relationship with spirometry indicators in Iranian children. Materials and Methods: This is a cross-sectional study during 2013 to 2014 on high-school students in Isfahan, Iran. Sample size determined 1,690 students and sampling performed from 10 girls and 10 boy s high schools, based on multi-staged cluster randomized scheme. A research-made questionnaire was developed to complete by students interview and also contact with teachers and parents and measuring height and weight by researchers. If the asthma was probable (based symptoms and examined by physician) the spirometry was performed. Results: Overall 1,622 high-school students with the average age of 12.9 (+ 1.1) years were recruited. Prevalence of obesity and overweight were significantly higher in boys ( $P<0.05$ ). The prevalence of obesity was 9.5% in boys and 5.3% in girls, and sever underweight was 4.2% and 2.5%, respectively. Cell phone, computer, and digital game usage were significantly higher for boys ( $P<0.05$ ); while watching television (TV) was not ( $P=0.400$ ). Of total, 423 students (26.1%) witch asthma was probable and the average of FVC and FEV1 was significantly higher in boys than girls ( $P=0.001$ ). Conclusion:The overall prevalence of obesity in 12 to 14-year-old students was more than 7% and its prevalence was influenced by physical activity. Spirometry indicators were correlated with physical activity and .lifestyle

## کلمات کلیدی:

Obesity, Mobile use, lifestyle, Physical Activity, Spirometry, Iran

## لینک ثابت مقاله در پایگاه سیویلیکا:

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