Prevalence, socio-economic and spatial distribution of eating, physical activity and sedentary behaviours among Australian children

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Brief outline of project

The promotion of physical activity (PA) in society has become a significant public health priority in Australia and prevents sedentary behaviours, eating disorder and obesity among children. In Australia, similar to other countries, 31% of Australian children are not meeting national guidelines for PA. Despite childhood being an important period to establish regular PA patterns that can track across the lifespan, our understanding of strategies to develop and sustain health enhancing PA behaviours among school children is limited.

Baseline data will be used for students’ participation in grades 4 to 6 (9-11 years old) and grades 9-10 (14-16 years old). Self-report surveys are available in the OPAL intervention program. Geographical location will be used to see the variation of eating, PA and sedentary behaviours.

The development of healthy lifestyle behaviors early in life is important. Childhood is a crucial time to develop activity habits that can prevent potential health consequences associated with a sedentary lifestyle in adulthood.

Location of Project:
Health Sciences Building, Bedford Park Campus