

Chapter 1 : Youth Physical Activity Guidelines | Physical Activity | Healthy Schools | CDC

The Physical Activity Questionnaire for Children is a self-administered, 7-day recall instrument. It was developed to assess general levels of physical activity throughout the elementary school year for students in grades 4 to 8 and approximately 8 to 14 years of age.

In addition, children who were shown by ACC to spend more minutes per hour on light, moderate and vigorous PA and less time in sedentary activities were more likely to be perceived by their parents as active Table 2. Other studies have shown similar results. They also showed that children with the highest parental questionnaire scores were 2. In this study, we found that associations were higher, using the ACC by Sirard et al. Therefore, depending on the method used, the validation of a questionnaire or the assessment of the PA can yield different results. There is currently enormous variation in the practice between researchers and the use of cutoff points. In a recent review conducted by Reilly et al. Though based on different methods of deriving cutoff points, we have seen consistent results among year old children, using cutoff points from Sirard et al. The children in this study were engaged depending on the ACC used from 2. This relatively low level of PA in the preschool children is consistent with the results observed in other studies conducted in different preschool settings 17 , However, they found important differences among the preschool settings. We did not assess differences between preschool settings. As reported in other studies 31 , 32 , 33 , the preschool children whom we studied did very little moderate and vigorous PA at home and were sedentary most of the time. The average BMI of participants in the California study was also higher at the 85th percentile for age and gender than in Baja California at the 65th percentile for age and gender. The questionnaire might be a simple and useful tool to assess the PA of preschool children at the Mexican daycare facilities, and the information collected might also be used for sending an alert for medical referrals, which will aid physicians in making a definite diagnosis and prescribing adequate treatment. Additionally, if validated in different settings, it could be used in promoting and evaluating preventive and intervention programmes. This study used the cutoff points reported by Sirad et al. Additionally, cutoff points proposed by Pate et al. Therefore, the results of this study were evaluated using two different validated standards. This is the first study which validates the perceptions of Mexican parents about PA of their preschool children. Limitations One of the limitations of our study is the use of uniaxial accelerometers. Uniaxial accelerometers worn at the waist do not measure upper-body activities or activities occurring in a horizontal plane This might be relevant since movement patterns in young children might have higher horizontal motion than older children. Activities of 15 or more minutes were recorded in the questionnaire, and shorter activity periods were not reported. Activity patterns were tested at only one point in the year, which does not allow for quantifying seasonal variation, and only 10 hours of observation per day were recorded. Thus, children might have been more active or more sedentary than the results of the study indicate. Additionally, this study was conducted using a convenient sample in one preschool centre in a city located in the northwestern part of Mexico; thus, we could not assess differences between children from different settings, or children with or without siblings. Results of this study may not be generalized to other settings, regions, cultural populations or socioeconomic groups within Mexico. The questionnaire in this study might be a simple and useful tool to assess the PA of preschool children at Mexican daycare facilities. However, further investigation is warranted to assess if the results are applicable in other daycare settings. Sitting down watching television. Sitting down playing video games, toy cars or dolls, puzzles, colouring. Lying down in bed or an armchair. Walking to the park and in the park or on the patio. Walking in a mall or going to the convenient store tiendita 15 min. Playing on a bicycle or tricycle. Normally sits down while playing, watching TV, colouring or playing with dolls or stuffed animals Combines playing while sitting down and standing up with activities that include walking from one side of the room or house to the other. Does not stop moving, goes from one side of the house to the other, goes up and down stairs, runs and jumps. Overweight with concurrent stunting in very young children from rural Mexico: Eur J Clin Nutr. Periods of risk in childhood for the development of adult obesityâ€”what do we need to learn? Early adiposity rebound and the risk of adult obesity. Television viewing as a cause of increasing obesity among children in

the United States, Arch Pediatr Adolesc Med. Is the Canadian childhood obesity epidemic related to physical inactivity? Early life risk factors for obesity in childhood: Iowa Bone Development Study. Tracking of activity and sedentary behaviors in childhood: Am J Prev Med. The effects of increasing outdoor play time on physical activity in Latino preschool children. Int J Pediatr Obes. Physical activity, sedentary behaviour and energy balance in the preschool child: Measurement issues in the assessment of physical activity in children. Res Q Exerc Sport. Physical activity in preschoolers: Assessment of physical activity and sedentary behavior in preschool-age children: Physical activity assessment in children and adolescents. Calibration and evaluation of an objective measure of physical activity in preschool children. J Phys Act Health. Comparison of two accelerometers for assessment of physical activity in preschool children. Physical activity among children attending preschools. An objective method for measurement of sedentary behavior in 3- to 4-year olds. Med Sci Sports Exerc. Assessing physical activity among children with accelerometers using different time sampling intervals and placements. Validation of a questionnaire to assess physical activity of children ages years. Parental report of outdoor playtime as a measure of physical activity in preschool-aged children. Validation evidence for the Netherlands physical activity questionnaire for young children: Validation and calibration of an accelerometer in preschool children. Obesity Silver Spring ; Validity of a physical activity questionnaire used with parents of preschool children in Mexico. Vital Health Stat Objective measurement of physical activity and sedentary behaviour: Finn KJ, Specker B. Fundamental movement skills and habitual physical activity in young children. The association between an objective measure of physical activity and weight status in preschoolers. Total energy expenditure and physical activity in young Scottish children:

Chapter 2 : NHIS - Adult Physical Activity - Questions By Year

1 Parent Questionnaire Please note: Â- this questionnaire will take approximately 10 minutes to complete Â- please answer the questions in relation to the child named above.

Chapter 3 : Physical Activity Questionnaire for Adolescents (PAQ-A)

The Physical Activity Questionnaire (PAQ) is a questionnaire which assess the frequency and type of physical activity (Kowalski et al,). The responses are measured using a five-point Likert.

Chapter 4 : Physical Activity Questionnaire for Children (PAQ-C)

To assess the validity of a questionnaire developed for parents of preschool children to know their physical activity (PA) status, we compared the questionnaire results with the measures of accelerometer for children's activities. Thirty-five preschoolers who wore the accelerometer for at least