



PRESS RELEASE

Madrid, 6th March 2017

This new research deepens in sedentary behaviors among a representative sample of the population aged between 9 and 17 years, as well as in electronic devices availability at home

The ANIBES Study analyzes the prevalence of sedentary behaviors among Spanish children and adolescents

- The international scientific journal **BMC Public Health** has recently published the research 'Sedentary behavior among Spanish children and adolescents: findings from the ANIBES Study'
- According to the American Academy of Pediatrics recommendations, children and adolescents should not spend more than 2 hours per day on screen viewing
- 48.4% of the sample of children and adolescents that participated in this research work spent more than 2 hours per day in front of a screen every day of the week, figure that added up to 84% during weekends

The international scientific journal [BMC Public Health](#) recently published the research 'Sedentary behavior among Spanish children and adolescents: [findings from the ANIBES Study](#)', focused on describing sedentary behaviors of children and adolescents (9 to 17 years), as well as electronic device availability at home and which are the determinants for excess screen time.

This research work adds new evidence within this scientific study about anthropometric data, macronutrients and micronutrients intake and their sources, as well as the level of physical activity and socioeconomic data of the population, which has been coordinated by the [Spanish Nutrition Foundation](#) (FEN).

Degree of compliance with international recommendations

"Except for using the internet for study reasons, Spanish children and adolescents spent more screen time on weekend days than on weekdays", comments **Prof. Marcela González-Gross**, Head of the imFine Research Group and Professor at the Faculty of Physical Activity and Sports Sciences at the Technical University of Madrid. "48.4% of the group of children and adolescents that participated in this research work spent more than 2 hours per day in front of a screen every day of the week, figure that added up to 84% during weekends".

With the participation of:



Spanish Nutrition Society (SEN)



Spanish Society of Community Nutrition (SENC)



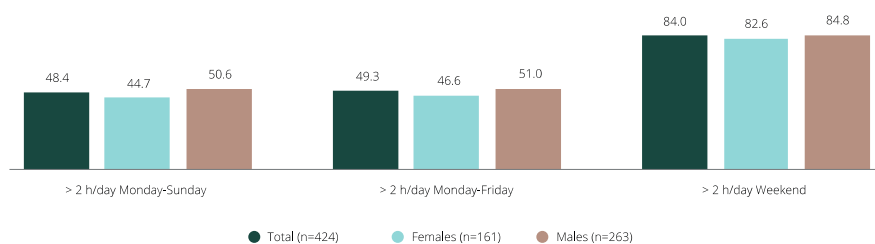
Spanish Foundation for Nutritional Research (FEN)



Nutrition Studies Association (ASEN)



Total of children and adolescents (9 to 17 years) who spend more than 2 h/day in sedentary behaviors (%)



In this sense, it is important to remember that, according to the American Academy of Pediatrics, children and adolescents should not spend more than 2 hours per day on screen viewing. "Age appears as an important determinant of a sedentary lifestyle, as the group of adolescents spent more time on screen time than children", explains the main researcher of this new scientific study.

"To this information we need to add that according to the data included in other research from the ANIBES Study, 55.4% of Spanish children and adolescents aged 9 to 17 years are not meeting the World Health Organization (WHO) global recommendations on physical activity", explains Prof. González-Gross. "Considering these results, Public Health must make an increased effort to influence both behaviors, on one hand to reduce time spent by children and adolescents sitting for non-study reasons, and on the other hand to encourage the practice of physical activity".

Differences according to age groups

"It should be noted that compared to the group of children, the group of adolescents spent more time watching TV, playing console or computer games and surfing on the internet (both for study reasons and for other reasons)", highlights Prof. González-Gross. "Regardless of sex, almost 38.5% of the group of children and 60% of the group of adolescents spent more than 2 hours per day in front of a screen during weekdays, figures that accounted for 82.25% and 85.8%, respectively, during weekend days".

On the other hand, "30% of the children and adolescents had a TV, computer and/or console in their bedrooms". "This makes us see that the new generations make a high use of the new technologies", remarks Prof. González-Gross. "The console was the dominant device used by the male population aged 9 to 17 years, whereas TV was the most used by the female population".

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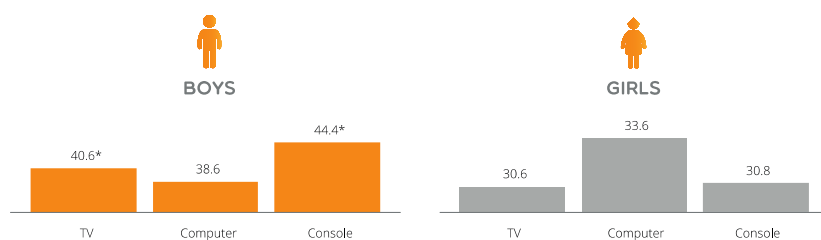


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Children and adolescents (boys and girls aged 9 to 17 years) having TV, computer and console in their bedroom (%)



* Sex significant differences using Fisher's exact test Bonferroni's correction (* p < 0.05)

Mielgo-Ayuso J, Aparicio-Ugarriza R, Castillo A, Ruiz E, Ávila JM, Aranceta-Bartrina J, Gil A, Ortega RM, Serra-Majem LI, Varela-Moreiras G, González-Gross M. Sedentary behavior among Spanish children and adolescents: findings from the ANIBES study. BMC Public Health, 2017;17:94; doi:10.1186/s12889-017-4026-0.

Coordinated by:



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Spanish Nutrition Society (SEN)



Spanish Society of Community Nutrition (SENC)



Spanish Foundation for Nutritional Research (FIN)



Asociación de Estudios Nutricionales
Nutrition Studies Association (ASEN)



Improvement of Health by Fitness, Nutrition and Exercise Research Group

Scientific Committee of the ANIBES Study

- **Prof. Javier Aranceta-Bartrina MD, PhD**, Chairman of the Scientific Committee of the Spanish Society of Community Nutrition (SENC), Clinical Director of the Spanish Foundation for Nutritional Research (FIN) and Associate Professor of Community Nutrition at the University of Navarra
- **Prof. Ángel Gil PhD**, Chairman of the Iberoamerican Nutrition Foundation (FINUT), Director of the BioNit Scientific Group and Professor of Biochemistry and Molecular Biology at the University of Granada
- **Prof. Marcela González-Gross PhD**, Vice President of the Spanish Nutrition Society (SEÑ), Head of the imFine Research Group and Professor of Sports Nutrition and Exercise Physiology at the Technical University of Madrid
- **Prof. Rosa M^a Ortega PhD**, Director of the VALORNUT Research Group and Professor of Nutrition at the Complutense University of Madrid
- **Prof. Lluís Serra-Majem, MD, PhD**, Chairman of the Spanish Foundation for Nutritional Research (FIN), Chairman of the Spanish Nutrition and Food Sciences Academy (AEN), and Professor of Preventive Medicine and Public Health at the University of Las Palmas de Gran Canaria
- **Prof. Gregorio Varela-Moreiras PhD**, Chairman of the Spanish Nutrition Foundation (FEN), Director of the Nutrition and Food Sciences Research Group (CEUNUT) and Professor of Nutrition and Bromatology at CEU San Pablo University of Madrid

Technical specifications of the ANIBES Study

Design: Representative sample of the resident population in Spain (excluding Ceuta and Melilla)

Sample: Individuals aged between 18 and 64 years old who live in municipalities with more than 2,000 inhabitants

Universe: 37 million inhabitants

Final sample: 2,009 individuals aged 9 to 75 years. For this study, the sample has been 1,665 individuals aged between 18 and 64 years (2.23% error and 95% confidence interval)

Random sample plus boost: 2,285 participants*

*Boost in the sample size was considered in order to obtain a correct representation

The final protocol of the ANIBES scientific study was previously approved by the Clinical Ethics Committee of the Autonomous Region of Madrid (Spain).

More information:
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