

„Übergewicht und Adipositas bei Kindern und Jugendlichen im europäischen Vergleich“

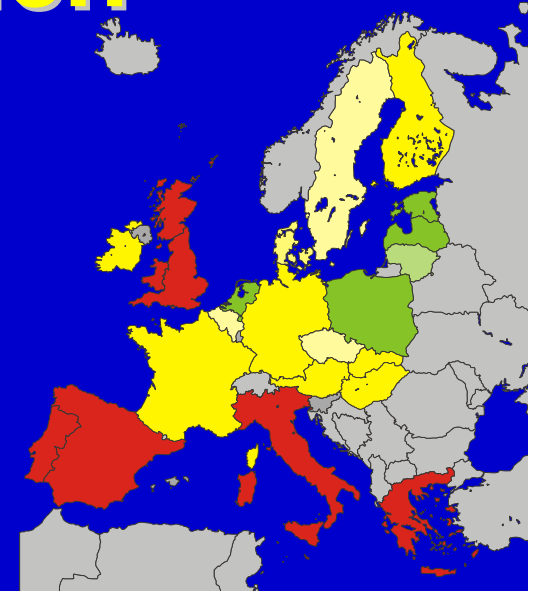
Prof. Dr. Wolf Brettschneider

Universität Paderborn

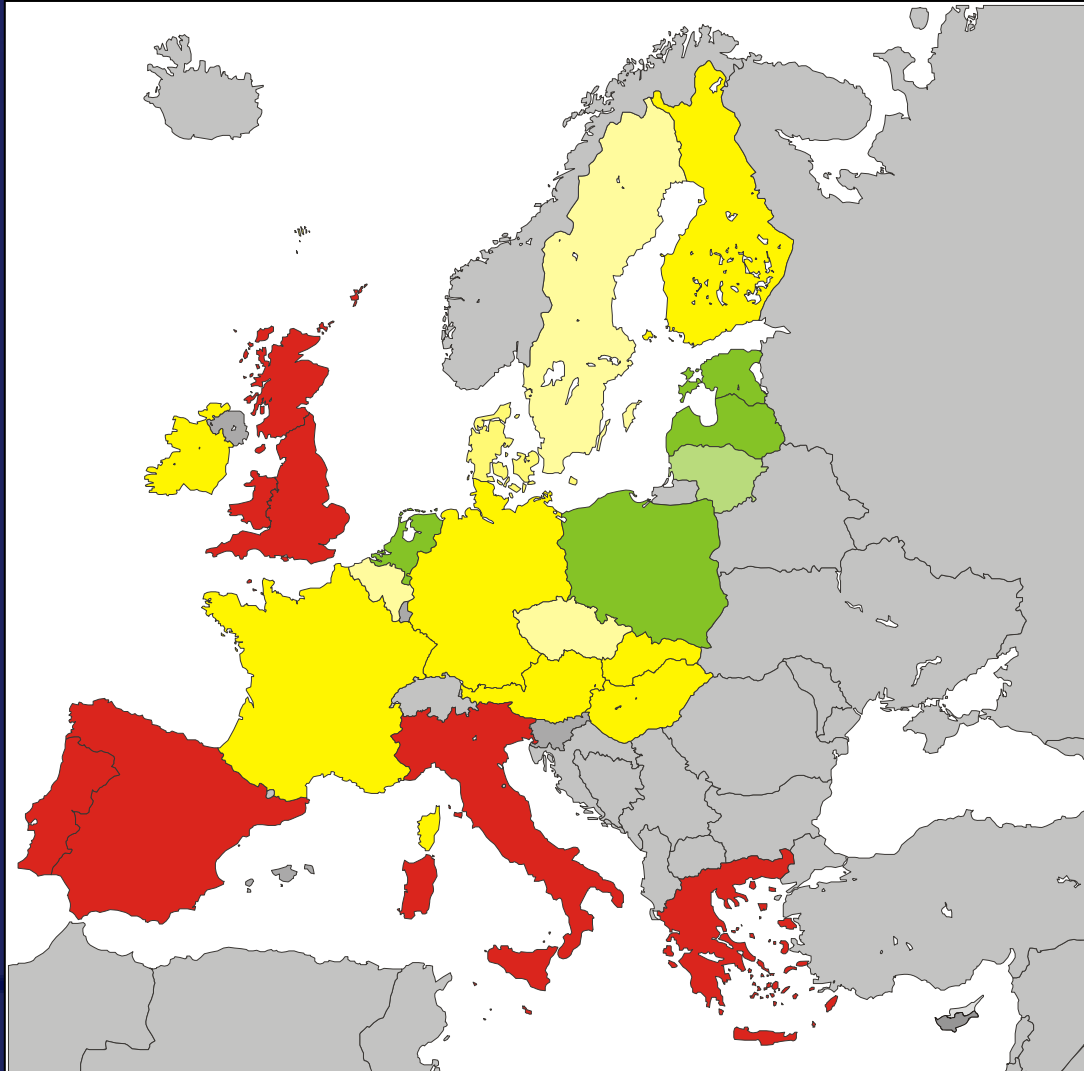
Parlamentarischer Abend

Berlin

14.11.2007



Prevalence rates of overweight in 13-15-year old children in Europe



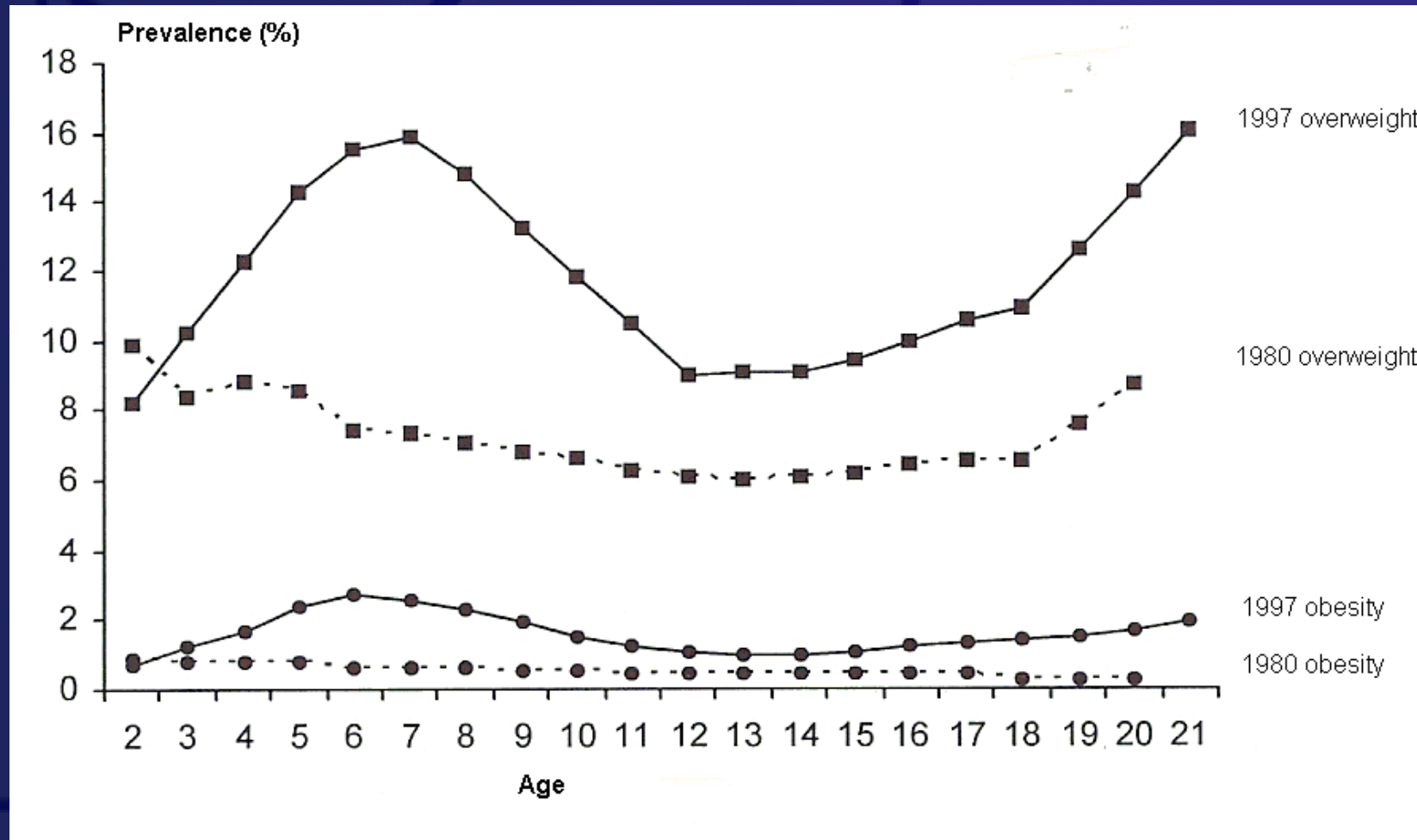
green < 10 %

yellow 10-20 %

red > 20 %

(HBSC-survey, 2004)

Prevalence of overweight and obesity among Dutch girls (%)



(Hirasing et al., 2001)

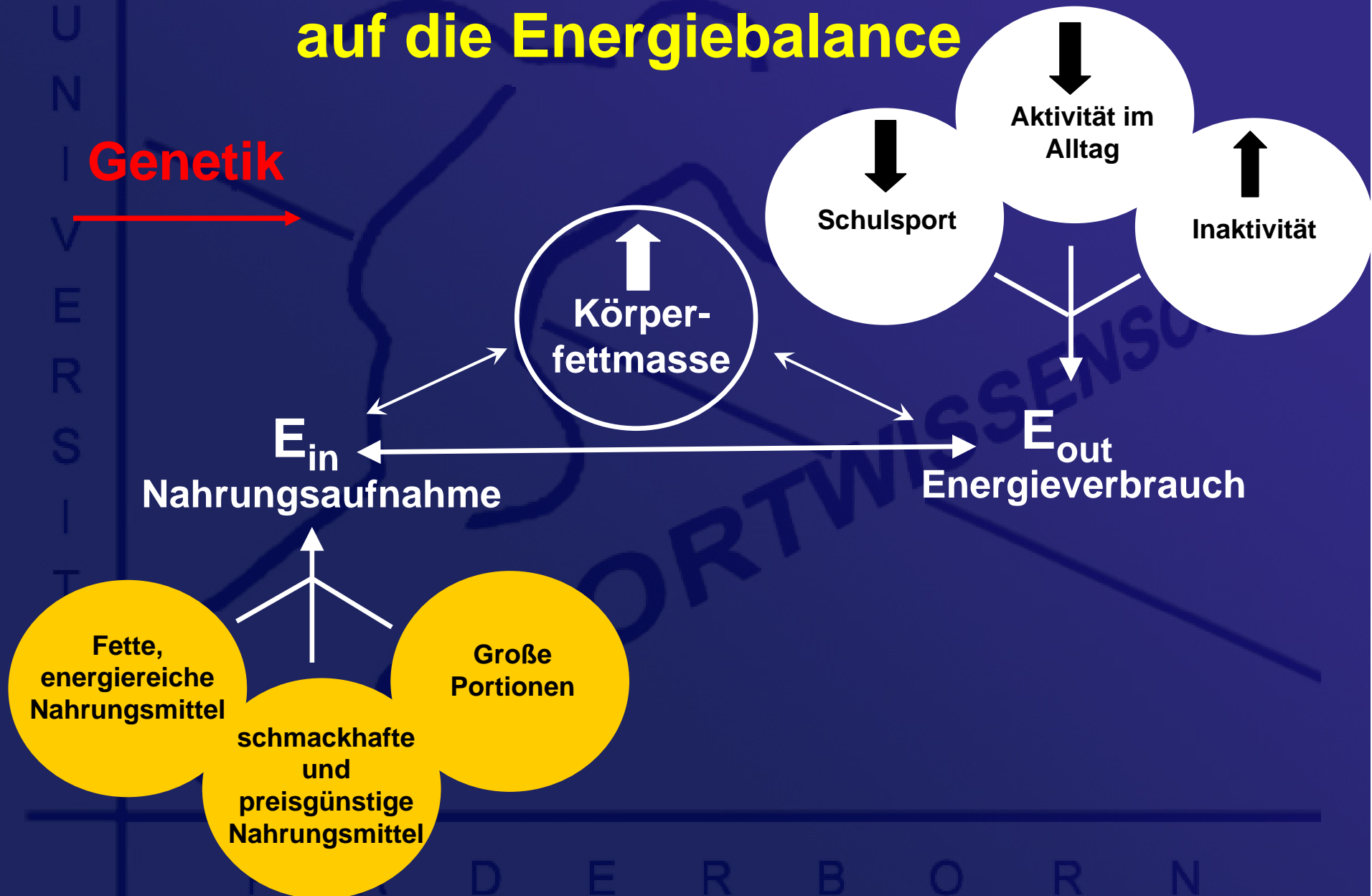
Prof. Dr. W.-D. Brettschneider

Sportwissenschaft

University of Paderborn

Germany

Auswirkungen von Umweltfaktoren auf die Energiebalance



Energy intake per day (in kilojoules) of 13-18-year old boys and girls (1987/88-1997/98)

	1987/88	1997/98	Difference between 1987/88 & 1997/98 in percent	Significance p<0.01
Boys (13-18 years)	12,139	11,137	-8,2	Sign.
Girls (13-18 years)	9,515	8,903	-6,4	Sign.

(Ministry of Welfare, Health and Culture (1988), Health Council of the Netherlands (2002))

Mediennutzung

- Erhebliche Variationsbreite in der EU
- TV: Ca. 25% Dauerseher (> 4 Std./Tag); am Wochenende 40%
- Computer: Ca. 15% Computerfreaks (>3 Std./Tag); am Wochenende 30%;

Tendenz: steigend

Organisationsgrad junger Europäer in Sportvereinen

Country	Membership in sport clubs	
	boys	girls
Germany (12-18)	ca. 50%	ca. 35%
Czech Republic (9-18)	ca. 45 %	ca. 36 %
Poland (12-13)	ca. 47 %	ca. 35%
Belgium (12-18)	ca. 60%	ca. 40%
Italy (12-18)	ca. 48%	ca. 34%
Sweden (12-16)	ca. 52%	ca. 36%
Finland (12-16)	ca. 50 %	ca. 40%

Brettschneider & Naul, 2007

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**Less than 50% of the boys and
20% of the girls in Europe meet
the recommended standard
for physical activity**
(90 minutes of accumulated moderate
physical activity per day)

Andersen et al., 2006

Multiple regression to predict BMI

BMI
$R^2 = .148, F(14, 1767) = 21,791, p < .001$

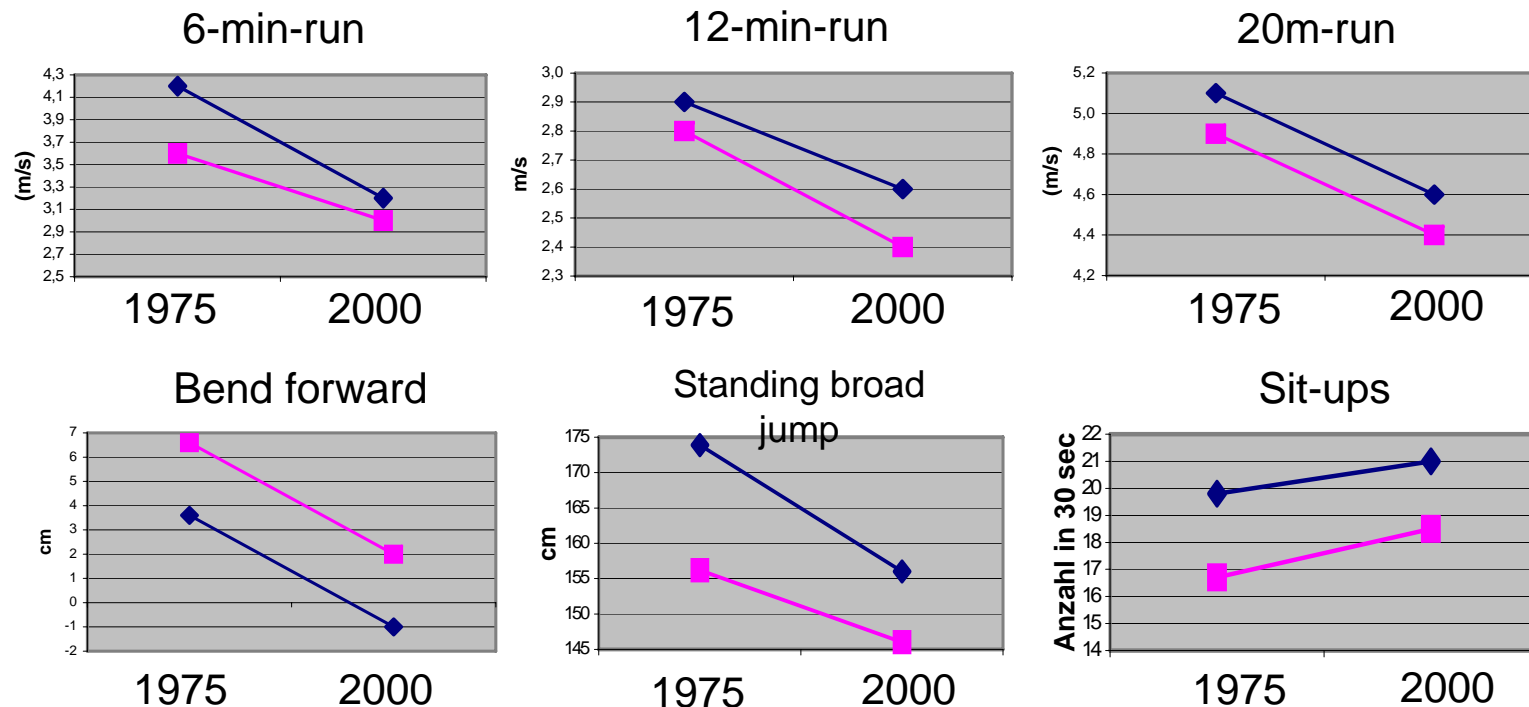
Change in R^2	
Gender + age	$R^2 = .103$
SES + ed. level	$R^2 = .012$
Sport	$R^2 = .001$
Way to school	$R^2 = .000$
Nutritional patterns	$R^2 = .027$
Meals	$R^2 = .000$
TV	$R^2 = .002$
Computer + play station	$R^2 = .002$

β -values to predict BMI	
Gender	-.050*
Age	.294***
SES	-.027
School type 1	.002
School type 2	-.086*
School type 3	-.122**
Migr. German	-.044
Migr. Foreign	.017
Sport	-.044
Way to school	-.022
EMI	.192***
MMI	-.017
TV	.041
Computer & play station	.049*

Explained variance of lifestyle elements
3,2 %

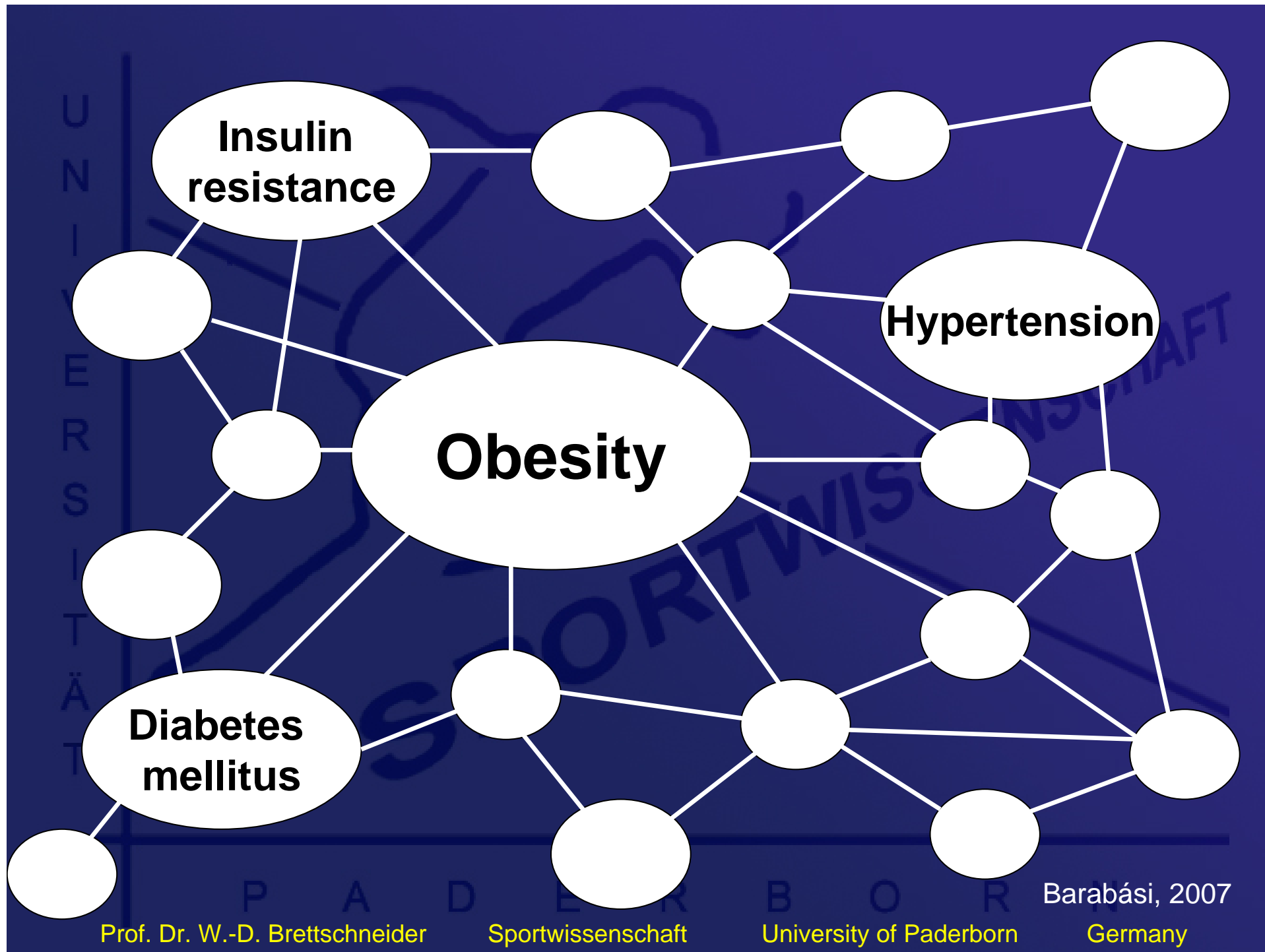
* $p < .05$, ** $p < .01$, *** $p < .001$

Motor abilities of young Europeans



The average decrease is about 10% - 15%

Boys
Girls
(Bös, 2003)



Barabási, 2007

Relationship between self-esteem and overweight in young people

Children (3-12 year-old)

- Inconsistent findings
- No relationship between self-esteem and overweight

Adolescents (13-18 year-old)

- Relationship between self-esteem and overweight; more girls than boys
- Treatment: positive effects of weight loss on self-esteem

Wachsende Polarisierung zwischen Heranwachsenden, die

- aktiv und inaktiv sind,
- fit und nicht fit sind,
- sich gesund und ungesund ernähren,
- kreative Mediennutzer und passive Medienkonsumenten sind.

Erfolg/Effizienz bisheriger Interventionsmaßnahmen

„The results of these studies indicate that the interventions employed to date have largely not impacted on weight status of children to any significant degree.“

Cochrane Collaboration, 2007

