

## JOINT EVENT

Global Public Health Congress

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**The three-year developmental changes in social correlates of physical activity in girls and boys: The PAHL study**

**Background:** Cross-sectional evidence has been consistent about supporting family social support and peer social support, as significant indicators of adolescents' participation in moderate to vigorous physical activity (MVPA). The objective of the study was to investigate the changes in social correlates of physical activity a three-year follow-up study in learners from high schools in the Tlokwe Local Municipality, South Africa.

**Methods:** A total of 206 (boys=73 and 133 girls) at the three measurements of 2012 to 2014 in the physical activity and health longitudinal study (PAHLS) were used. Anthropometric measurements of height, weight, skinfolds thickness and waist circumferences were determined using the standard procedures described by International Standard of Advancement of Kinanthropometry (ISAK). Waist-to-height ratio (WHtR), body mass index (BMI) and percentage body fat (%BF) were calculated. A standardized questionnaire on the 'Social Support for Physical Activity' was used to gather information on social correlates for physical activity.

**Results:** There were significant statistical ( $p < 0.05$ ) changes and high correlation coefficient (ranged from  $r = 0.90$  to  $r = 0.97$ ) as well as large partial ETA of the effect sizes in BMI, %BF and WHtR over a three years period. Small, but not significant statistical ( $p > 0.05$ ) changes in social correlates (encouragement, coactivity and transportation) were found. A significant change ( $p = 0.04$ ) for someone who watched you participate in PA or sport among girls (i.e. changes from; mean,  $2.14 \pm 0.60$ ; to mean,  $2.02 \pm 0.58$ ), was revealed. Additionally, in both boys and girls changes in a construct of transportation to do physical activities or sports decreased from a mean of 1.88 to 1.71.

**Conclusions:** High correlation coefficients exists for the developmental changes in body mass, stature, BMI, %BF and WHtR over a period of time. The adolescents experience a decrease in transportation support to physical activity or sport facilities over time. Adolescents were motivated when watched by others for participation in physical activity

**Biography**

Meriam Mohlala is a Lecturer at the University of Venda, Centre for Biokinetics, Recreation and Sport Science, Limpopo Province of South Africa. She is a Biokineticist by profession. She obtained her BSc Biokinetics at the University of Venda and her MSc in Biokinetics at the North-West University, Potchefstroom campus. Currently she is studying towards PhD in Human movement studies with the North-West University which she envisages to complete in 2019. In addition to teaching, she contributes to research in physical activity, non-communicable diseases, corporate health and wellness. She has co-authored articles published in accredited journals. She believes that through awareness the effort to promote health and wellness among all age groups and different walks of life may be improved.

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**Notes:**