

Eating Habits and Sedentary Lifestyle in Teens 13 to 18 years old from Texán de Palomeque

Aim

To identify the food intake and sedentary lifestyle habits of teens 13 to 18 years old, living in Texán de Palomeque, Yucatán, México, and explore their relationship with the use of social networks.



Problem and hypothesis

Place: Texán de Palomeque, Hunucmá, Yucatán, México (4600 inhabitants).

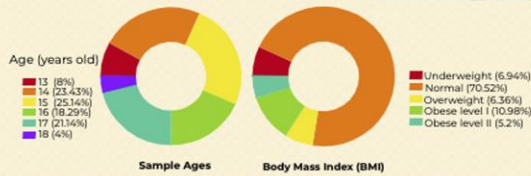
Problem: High rates of obesity and related diseases (diabetes and hypertension).

Hypothesis: Higher body mass indexes are related to spending more time on social networks.

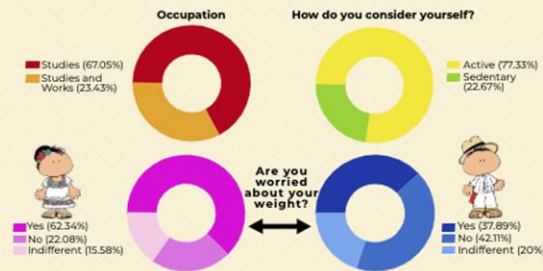
Sample Description

Sample: N= 173 (93 men and 80 women, middle and high school students in community schools)

Resources: printed survey, scale and height meter



- Men: 57 study and 38 study and work; women: 61 study and 19 study and work.
- Food: 83% said meals were cooked by their parents. The rest said either they cooked or their grandmother or some other person did. At school, 53.7% always eats something, 36.4% sometimes does and 9.2% never does.
- Sleep: 18.6% sleeps less than 6 hours per day, the 56.4% sleeps between 7 and 8 hours and 25% sleeps more than 8 hours per day.

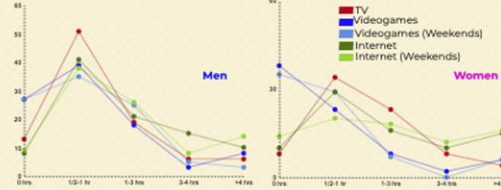


Data analysis

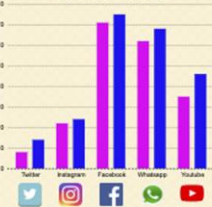
What about free time? Technology

Questions were asked about the use of social networks, internet, videogames, and TV during their free time.

How many hours a day?



Social Networks



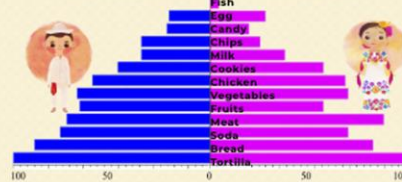
Devices you use the most



What about eating habits?

The frequency with which they consume certain foods was questioned. The food was grouped and compared with the healthy eating plate (Plato del buen comer) which is a guide designed for the Mexican population. Through a color code similar to that of a traffic light, it is intended to regulate the intake of food: green allows for frequent consumption, while red requires moderation.

Frequency of food consumption per week



Conclusions

Data did not allow for verifying that those with a higher BMI spend more time on social networks. However, we can conclude that overall the sample had an inadequate diet, different from the "Plato del buen comer". Also, that there is an important tendency to a sedentary lifestyle associated with the use of social media. These conditions can lead to overweight and obesity. The sample has a different diet than healthy eating plate since cereals are preferred over fruits and vegetables. More than one in five students were overweight or obese. The daily intake of fried foods, sweets and cookies is greater for men, which suggests that they are not worried about their weight. Although the sample considers itself active, in general it devotes more time to social media and internet than to physical activity. Most men spend about an hour a day watching TV, one to play video games and one in internet: three hours a day in front of a device.

Most women are not interested in video games. However, more women watch TV for longer periods of time each day (1 - 4 hours). Although more women than men are not internet users, those who are remain hooked for more than four hours per day. Social networks most frequently used by both men and women are Facebook and WhatsApp, and the majority (66.36%) connect via their cell phones.

There are big differences between men and women in sports: men invest more time in sport activities, walk more and are members of a sport team more than women.

Improvement for future studies

The main limitation of our study is that the sample only included students. It is important to consider other people in the community in order to learn about their eating and exercise habits. Further studies should inquire about other activities such as reading books and other popular activities in Texán, such as dance and sewing.

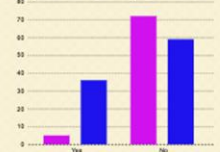
Charts and diagrams are of own authorship. Pictures are from the Facebook page of Legorreta Hernández Foundation.

What about sports and exercise?

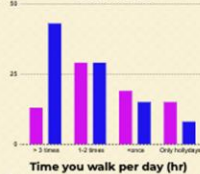
They were asked how many times per week they exercised, if they belonged to a sport team and the time they walked per day. Results are presented by sex.



Do you belong to a sports team?



How often do you practice sports each week?



Time you walk per day (hr)

