

# Compliance of physical activity guidelines by Chilean low-income children: Difference between school and weekend days and nutritional status Grado de cumplimiento de niños chilenos de bajos recursos con la recomendación diaria de actividad física: Diferencia

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© 2015 Grupo Aula Medica S.A. All rights reserved. The main objectives of this study were to compare in 6-9 y Chilean low-income children, daily minutes of moderate/vigorous physical activity (MVPA) and compliance of the guideline of 60 min of daily MVPA on weekdays versus weekends, by sex and nutritional status (NS). The sample included 250 children (139 boys). Weight and height were measured; MVPA was assessed with NL1000 pedometers during 7 days. The sample was categorized into normal-weight (N) and overweight (OW) according to BMI z score (WHO reference 2007). Comparisons between weekdays and weekends included: a) MVPA by sex, using t-test b) MVPA of N and OW by sex, using ANOVA c) Compliance of guideline by sex and NS, using test of proportions. 66% of the children were OW, accumulating significantly more MVPA on weekdays, 50.5 min versus 40.3; boys more than girls; this result was similar by NS, except for N girls who spent similarly on weekdays as on weekends. Only 33 % boys and