

# Global Summit on OBESITY AND HORMONES

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## Association of physical fitness, screen time, and sleep hygiene according to the waist-to-height ratio in children and adolescents from the extreme South of Chile

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**Abstract:** Objective: To analyze the perception of physical fitness, screen time, and self-reported Sleep hygiene in children and adolescents (CA) from the extreme south of Chile and its associations with waist-to-height ratio (WtHr).

**Material and methods:** An observational cross-sectional study was conducted in a sample of 594 schoolchildren from 5th to 8th grade of primary education, belonging to municipal educational establishments in the Magallanes region, Chile. Cardiorespiratory fitness was assessed through the 20-m shuttle run test, muscle strength through handgrip and the standing broad jump test, physical fitness perception through the International Fitness Scale, and central Obesity through the waist-to-height index. In addition, sleep hygiene and screen time were measured.

**Results:** More than 92% of CA spent more than two hours a day watching or using screens. In addition, CA with excess central adiposity had a lower perception of physical fitness, and lower muscle strength and cardiorespiratory fitness compared to CA with normal values of adiposity.

**Conclusions:** CA of the present study spent a high number of hours watching or using screens and had poor sleep quality. In addition, excessive central adiposity was associated with lower physical fitness.