



THE RELATION BETWEEN THE DIETARY HABITS AND CHOICES, THE NUTRITIONAL STATUS AND THE PHYSICAL ACTIVITY REGIME IN ROMANIAN ADOLESCENTS

<http://www.firstlight.cn> 2009-09-10

Although adolescents are more active from a physical point of view than adults (the physical activity being considered a characteristic of this age stage), the reduction of their fitness level (especially in the condition of an inadequate diet) represents a reduction of the protection against metabolic and cardio-vascular diseases of future adults. The aim of this study was to determine the correlations between the alimentary type, the nutritional status and the physical activity regime in Romanian adolescents. We realized a transversal correlational study by using questionnaires for the physical activity regime (Physical Activity Index, PAI) and the attitude towards nutrition (Eating Attitude Test, EAT-26). We also evaluated anthropometrical data: weight, height and body mass index on 200 Romanian adolescents (average age 16.1 years, sex ratio 1/1). We ascertained that gender induces modifications at the nutritional status level in the context of a certain type of attitude towards alimentary and physical activity regime ($p \leq 0.05$). The differences induced by gender among Romanian adolescents are based especially on the physical activity regime and less on the alimentary type and on the nutritional status. We determined reduced correlations between the nutritional status, the attitude towards alimentary and the physical activity regime for both sexes.

[存档文本](#)