



SPORTS UNIVERSITY OF TIRANA

SUMMARY DISSERTATION

Topic: "Overweight and Relationship with
Health and Physical Activity in
Children 10-15 years"

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ENTRY

Researchers point out, but now widely believed that a significant decrease in the daily activity associated with eating meals high in calories as fats and sugars, are perhaps the most important factors that contribute to the progressive growth of obesity (29).

Following our reasoning there are clear evidences to show that genetic factors are important, especially in societies with high technological progress (26).

Moreover, a study has suggested that while physical activity was correlated with fat mass to 6-12 year olds, the same situation was true for girls, suggesting that factors that contribute to obesity may have and gender specifications (65).

Gender differences in sporting behavior does have similarities with biological sex differences division. Sex is a universal category and prominent gender..Stereotype exists in sport and physical exercise in an open society.

Hypothesis STUDY

1. We believe that we have a significant level (Significant) overweight and undernourished.
2. We have a low level of physical activity in children
3. We believe that boys are more active than girls because of gender differences.

PURPOSE OF THIS STUDY

The main aim of this study is, truthfully reflecting the current situation of this age, situation related to the well-known problems such as physical activity, overweight, undernourished, etc. basal metabolism.

SUBJECTS AND METHODS

Postulate that circulates more sports science today, is that the data collected to be: "be honest, simple oath, swear true "... .. honest, simple, really available data and without pretending that are doing something great so we tried to work on this study

A study called Cross Section are attached and some popular methods of scientific work:

The survey methods, method of comparison to other study authors
case study method or case study and the literature research method etc.

Measurements will be performed for about 7% of children Tirana, chosen randomly in schools ,. Jun 50 schools has The entire capital, for each age group and in three major districts, Berat, Fier,

Shkodra)

For the experiment group is using a special protocol according to the American College of Sports Medicine, 1998.

Following tests are used on the most important concepts measurements (validity, reliability, Accuracy) and strictly implemented

Pre-testing is carried out for all medical control experimental group of VO₂max .Measurements require major constraints for children - therefore it is necessary medical care and control.

a .. Rating standard of BMI .Measure of VO₂ (, shuttle run test (20m) - (BO Larsen Andersen) was used to measure aerobic fitness test .This is certified to use it with other tests and European Canadian Children Andersson 1992;)

b. Evaluation of the physical activity questionnaire standard:

1. Called PEACH questionnaire from the European Youth Heart Study
2. Poul standard questionnaire (M .Insel and Wallton T .Roth 1988) on the way of nutrition.
3. . standard questionnaire on the eating of breakfast and consequently basal metabolism (Karsten Floberg 2008).
4. standard questionnaire on physical activity and individual skills self management Charles B.Corbin, et al 2000). - As the best authors of Human Kinetics today.

BMI above 5.Korelacionet of physical activity, leisure health (VO₂ level,, and linguistic cognitive, mental health)

Chapter 1

The current epidemic of obesity

Obesity is not just a matter of being overweight, poor power, or bad voluntary behavior. More than that, it is a multifactor chronic medical condition that involves a complex relation to genetics, metabolic, physiological, psychological, and environmental forces that combine all to make it very difficult for obese individuals who lose weight and to keep the this weight loss.

Chapter 2

Issues of social and psychological attitude towards obesity

It should be emphasized today a problem that has been observed in developed countries that nonetheless have the best plans possible in the market today to prevent or decrease excess weight can be expected from participants, a significant percentage fail in their goals and even those who

have lost weight may slowly return to previous levels.

Chapter 3

Style inactive lifestyle, leisure, nutrition, diets and Basal metabolic rate

Obesity and inactive lifestyle are two of the most risky factor prevalent chronic diseases in the western world. An inactive lifestyle is a risky factor for gaining weight with age. Obese individuals are generally more sedentary, as far as their measure of excess body remains the biggest obstacle to the acquisition of a more active lifestyle.

Chapter 4

Defining and measuring the percentage of fat in body . Anthropometric measurement and distribution of fat as an indicator trupert.BMI fat percentage.

Anthropometric measurements of the distribution of fat, particularly abdominal section already have a wide use. Molarius and Seidell (110) have systematically taking some of these measurements, providing a comprehensive analysis of the advantages and their disadvantages, but it should be noted that this is not our aim in this study.

Chapter 5

Evaluation and the role of physical activity -Methods to measure physical activity

Given the importance of presents, waist circumference has and a better reflection of the visceral fat than WHR can tell us, but other measurements (72).

Waist circumference variable with visceral fat(or BMI) is over 80%, while the correlation coefficient is 0.8 (125.151).

IV. Discussion and Analysis

- It should be noted at the beginning that the experimental part of the theme with seven (7) measurements or its STAGES is according to platform presented and approved Phases
- **Phase 1: July 2013 - November 2013 .**
- **Phase 2: December 2013 – June 2014 .**
- **Phase 3: June 2014 – February 2015**

The seven stages are published in ECSS congresses (European Congress of Sports Science) and international magazines (according to the law of higher education) as in England, Romania, Macedonia and Spain



Let all the time analyzing the research component of the study, starting from the standard questionnaires to study the latest issues for the turn and not in terms of importance, starting with:

1. PEACH questionnaire called the European Youth Heart Study

It is impressive that $\geq 82\%$ of children ages sexes and go on foot to school (table 2).

Most of the roads to school takes 20-25 min / day on foot (round trip 1) and a considerable number of children make

Approximately 52% of children of both sexes and ages of the exercise itself in most of the day..We have and another side of the coin that about 15% of girls and boys performed one, two or never in the month.

2. Standard questionnaire by Poul M .Insel and Wallton T .Roth 1988 on the way of nutrition (Tirana, Berat)

On the way of nutrition do not have significant difference between the two districts. Girls go better informed than boys

3. Standard questionnaires on the eating of breakfast and consequently basal metabolism (Karsten Floberg 2008)

Data show encouraging results for eating at breakfast,

A new and important is to focus on age 12.1 yrs -16 yrs (table 4-table 11 where the last alternative (1-2 times / month) data showed marginal children about breakfast (1 or 2 time in months / or never) 12.9%, 12%, 13%, 16.6 .16.3%, 23.8%, 26.5% and 28.8% (but fortunately in this age group has finished "-fat cell hyperplasia store" so bull "shrinks" less

Good data showed age 10 -12 yrs, fortunately, we have an optimistic attitude towards dining that morning

Makes little difference 12- 16 yrs showing lack of interest on the eating in the morning due to many factors, we believe:

4. Free and self skills management

The Self-Management Skills Questionnaire-. (Charles B. Corbin, et al 2000).

Thus, our study shows that both informative sexes in the study conducted regularly using strategies and manage their time in the service of a regular performance of physical activity,

according to the program and it is a positive feedback of our modest study .Results boys and girls appear to have approximately the same value and are positive, particularly in level and sufficient (in total 50% and 37.5%).

5 .The study the prevalence of obesity in children and the actual level of physical activity of their

Data showed an obesity problem exist in Tirana. Results we showed that the prevalence for obesity for all participants was 14% of which varies with gender, and prevalence for obesity was 4%. Most children (77%) indicated that come and go on foot to school and study shows a decrease from 11 to 14 years of children who report "rarely or never" participation in sports activities Taking part in Organized sports.

The output from this study revealed a strong evidence that children today have a low value of aerobic fitness.

6. RELATIONSHIP BETWEEN BMI -- leisure and mental health in children

_ It is apparent from the two tables that this indicator as the stage of first and in the second does not change in significant shape

_ Changes observed from the table of the differences are caused by the rapid nature of physical development apparatus bone resulting in an increase in height by about 1,8cm generally the period between the two measurements.

_ As the height as well as weight is an indicator that changes at the same rate and that seems to be natural

- BMI itself seems to be lower than WHO standards, so we do not have overweight and obesity in these schools.
- How much time is spent in activities, the higher is the the value of the results of the degree of mental health taken
- In Tirana, the connection between, mental health (> 16 on a scale) and expenditure of time is in proportion to the increase of scale.

- The same results were found to be in other cities.
- In eight weeks, adding three hours a week AF can not BMI change, but the values of mental health were found to improved

7. The relationship between BMI and Cognitive Functions to students

Results of the correlation coefficient between BMI and cognitive tests showed:

- a) a positive Significant correlation between points of stimulus tests conducted visual and acoustic stimuli. ($P = .78$).
- b) a positive Significant correlation between BMI and balance test ($p = 0:21$).

In conclusion:

- a) No Significant differences between men and women
- b) Significant differences between years.

Results of coefficient the Pearson correlation and p-Values (2-tail.) - Between BMI and cognitive tests showed:

- a) There is a positive correlation between Stipple Significant tests performed with simple acoustic stimuli and visual $p = .78$ in relation to BMI.
- b) There is a positive correlation between BMI and test Significant balance $p = 0:21$ in relation to BMI.

. ANOVA resulted in the conclusion that:

- a) no Significant differences between men and women
- b) But there are differences from year to year (ex. children 10 years have spread from children vj 11, 12,13)

V. Conclusions and Recommendations

1. .Hypothesis of our study was partially confirmed the study, but you rarely get: The data from the study, we have considerable level (Significant) obesity, but we have not undernourished (have greater awareness on food consumption by young people).
2. Low level of physical activity among children fell as a hypothesis, fell for the standard questionnaire realized, was without a higher level of participation in physical activities.
3. It may be more active boys than girls because of gender differences - remain as a hypothesis,

because the study modes emerged that boys are more active than girls, and this for many reasons (higher basal metabolism, time trend, hormonal processes etc.)

4. It is impressive that $\geq 82\%$ of children ages sexes and go on foot to school. This actually goes in line with our country's economic status or the fact that Tirana has a dense population short distance from schools, but for the moment is impressive and has benefits for health
5. Really Is a Significant number of children who go to school, but also impressive is the number of children who go by car or bus. Most of the roads to school takes 20-25 min / day on foot (round trip) and a considerable number of children make.
6. Approximately 52% of children of both sexes and ages of the exercise itself in most of the day..We have and another side of the coin that about 15% of girls and boys performed one, two or never in the month.
7. Significant do not see any difference between boys and girls, so in general seem to be two active ..From questionnaire we presented a positive picture of being active, the arrivals from school trips and participation in sports.
8. On the way of nutrition do not have significant difference between the two districts .Girls come more informed than boys, records show encouraging results for the eating of breakfast.
9. One aspect of the new and important is to focus on age 12.1 yrs -16 yrs (table 4-table 11 where the last alternative (1-2 times / month) data showed marginal children about breakfast (1 or 2 times per month / or never) 12.9%, 12%, 13%, 16.6% .16.3%, 23.8%, 26.5% and 28.8% (but fortunately in this age group has finished "-fat cell hyperplasia store " so" shrinks " is less
10. The best evidence showed age 10 -12 yrs, fortunately, we have an optimistic attitude towards dining that morning. Makes little difference 12- 16 yrs showing lack of interest on the eating in the morning due to many factors, we believe:
11. ,, Perhaps entry into puberty is associated with the desire to appear more personable, mature, stylish or trendy est. Tendency - follow fashion starting at this age and / or other sociological factors, which are not object of this topic and need for greater analysis.
12. through the eyes pedagogical, only to memory, when half the class does not capture the philosophy of learning and teaching - pedagogue should intervene (Tacomot METHODS), perhaps this applies to our study.
13. RESULTS from studying physical activity and self managing skills speak for themselves,

especially on the last point that requires improvement . So only 12.5% of individuals seeking to improve our work in the future so Not Significant .

14. So, our study shows informative, that both sexes in the study conducted regularly using strategies and manage their time in the service of a regular performance of physical activity, according to the program and it is a positive feedback of our study modest.

15. Results of the boys and girls appear to have approximately the same value and are positive, particularly in level and sufficient (in total 50% and 37.5%). Data showed an obesity problem exists in Tirana. results we showed that the prevalence for obesity for all participants was 14% which varies with sex, and the prevalence for obesity was 4%.

Most of 16 children (77%) indicated that come and go on foot to school and study shows a decrease from 11 to 14 years of children who report "rarely or never" participation in sports activities

17. RESULTS from this study revealed a strong evidence that children today have a low value of aerobic fitness.

18. The problem of obesity should be the primary priority in the health care system by implementing intervention programs base school, family and community is evident from both tables that this indicator is first applied as the stage and in the second no significant changes in shape.

_ 19. The changes observed from the table of the differences are caused by the rapid nature of physical development bone apparatus, resulting in an increase in height of about 1,8cm in general for the period between both measurement .Si height as well as weight is an indicator that changes at the same pace and that seems to be natural

20. BMI itself seems to be lower than WHO standards, so we do not have overweight and obesity in these schools. So more time spent on activities, the higher is the value of the degree of health outcomes Mental taken

21. In Tirana, the connection between, mental health (> 16 on a scale) and expenditure of time is proportional to the scale.

22. The same results were found to be in other cities. In eight weeks adding three hours a week AF can not change BMI, but only mental health values were found to improved

23. Results of the correlation coefficient between BMI and cognitive tests showed a Significant positive correlation between points of stimulus tests conducted visual and acoustic

stimuli. ($P = .78$), a positive Significant correlation between BMI and balance test ($p = 0:21$)., No Significant differences between men and women, but Significant differences between years.

24. Results of coefficient the Pearson correlation and p-Values (2-tail.) - Between BMI and cognitive tests showed that there is a positive correlation between Stipple Significant tests performed with simple acoustic and visual stimuli $p = .78$ respect with BMI and has a positive correlation between BMI and test Significant balance $p = 0:21$ in relation to BMI.

25. ANOVA resulted in the conclusion that: a) no Significant differences between men and women b) But there are differences from year to year (ex. children 10 years have spread from children 11, 12,13 years).

26. In conclusion we can say metaphorically that overweight ratio is equal to the inverse of the factor variable health and physical activity ($M = 1 / SHxPA$ higher .As factors affecting health and the higher physical activity to our children, so lower values come BMI values or overweight - and consequently children are healthier, what we ask all to the young generation of our children.

INSTEAD OF ENCLOSURE

- All of the above work is neither beginning nor end, but is part of a process
- That course, not all scientific research are equally required for participation in sport and for more, not all are equally valid
- Certain research are worth more, while some of them are treated with more care and to allow research to study with their desire, but it is worth mentioning that .. science is not a final answer but an ongoing process

THANK YOU