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**Galadari Hotel, Colombo**

*“Child Health: Navigating through crises”*

# 25<sup>th</sup> Annual Scientific Congress of the Sri Lanka College of Paediatricians

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## **MOVEMENT BEHAVIOUR OF CHILDREN AGED 3-5 YEARS IN SELECTED PUBLIC HEALTH AREAS IN COLOMBO DISTRICT, SRI LANKA**

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### **INTRODUCTION**

A child requires sufficient physical activity (PA), sleep and limiting sedentary behaviour (SB), collectively termed movement behaviours, to lead a healthy growth, both cognitively and physically. The prevalence of overweight has increased from 0.37% in 1987 to 2% in 2016 under age five children. Global Nutrition Report 2020 recognized no progress despite interventions implemented to regulate behavioural patterns against obesity. Sri Lanka follows 'The WHO Global Action Plan on Physical Activity and Health 2018-2030' which aims at decreasing physical inactivity by 2030. Child obesity is considered a strong predictor of adult obesity, thus timely and early interventions could prevent long term consequences.

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### **OBJECTIVES**

To evaluate the movement behaviour and involvement of behaviour among children aged 3 to 5 years in selected Medical Officer of Health (MOH) areas in Colombo District, Sri Lanka in comparison with guidelines implemented by World Health Organisation as the standard and to implement a national guideline on movement behaviours.

## **METHOD**

A multistage cluster sampling, descriptive cross-sectional study was carried out on 425 children between 3-5 years in seven MOH areas in Colombo district. The questionnaire consisted of details of movement behaviours and demography gathered via telephone survey and movement diary. Physical activity levels were assessed compared to Preschool-age Children's Physical Activity Questionnaire (Pre-PAQ) devised across 5 levels.

## **RESULTS**

Two hundred and fifty-nine (61%) participants achieved the recommended overall 180 minutes/day of varied physical activity on a weekday and 270 (64%) on a weekend out of which only 26% and 20% achieved the recommended time duration of moderate to vigorous activities in age groups 3-4 years and 4-5 years respectively. This study highlighted child's age, parental level of education, maternal age and occupation, number of siblings, living area, nighttime sleep as factors affecting PA whereas null associations were observed for gender and household income; 29% of 3-4-year-old children and 21% of 4-5-year-old children were identified as obese of whom 69% did not engage in level 5 activities. Majority reached the recommended sleep duration of 10-13 hours.

## **CONCLUSIONS**

The PA patterns indicated increased sedentary time and signified the need of improvement in moderate to vigorous PA. Sleep patterns were consistent with the age.