

# Relationship of weight status, physical activity and screen time with academic achievement in adolescents

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**Objective** The aim of this study was to examine the relationship of weight status, physical activity and screen time with academic achievement in Chilean adolescents. **Methods** The present cross-sectional study included 395 adolescents. The International Obesity Task Force cut-off points were used to define the weight status. Physical activity was assessed using the Physical Activity Questionnaire for Adolescents and screen time was assessed using several questions about television, videogame and computer use. Academic achievement was measured using the mean of the grades obtained in mathematics and language subjects. **Results** In both genders, adolescents with obesity and excessive screen time earned worse grades compared to their non-obese peers and their peers that complied with screen time recommendations. The logistic regression analysis showed that adolescents with obesity, classified with medium/low physical activity and excessive screen time recommendations (excess  $\geq 2$  h/day) are less likely to obtain high academic achievement (boys: OR = 0.26; girls: OR = 0.23) compared to their non-obese peers, high levels of physical activity and those who comply with the current screen time recommendations. Similar results were observed in adolescents with obesity and classified with medium/low physical activity (boys: OR = 0.46; girls: OR = 0.33) or excessive screen time (boys: OR = 0.35; girls: OR = 0.36) compared to adolescents with high levels of physical activity and those who complied with the screen time recommendations, respectively. **Conclusion** This study shows that when combined, obesity, low/medium levels of physical activity and excessive screen time might be related to poor academic achievement. © 2015 Asia Oceania Association for the Study of Obesity

Cognition

Exercise

Obesity

Sedentary behaviour

academic achievement

adolescent

adolescent obesity

Article

assessment of humans

body mass

body weight

child

Chilean

controlled study

cross-sectional study

female

human

language

logistic regression analysis

major clinical study

male

mathematics

peer group

physical activity

Physical Activity Questionnaire for Adolescent

priority journal

school child

screening test

sedentary lifestyle

sex difference

television

time

video game

achievement

child behavior

Chile

complication

computer

educational status

exercise

obesity

odds ratio

questionnaire

sedentary lifestyle

statistical model

Achievement

Body Weight

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