

Physical activity in sports clubs remains important!

The development of physical activity from childhood into early adulthood



FACT SHEET

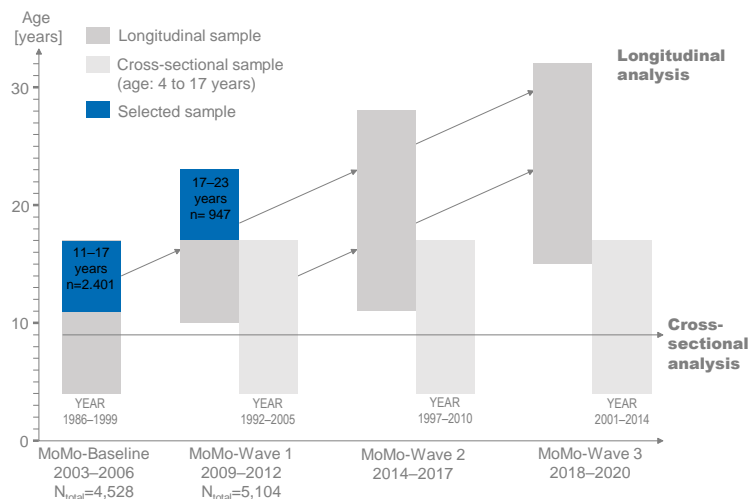
Background and methods

The health benefits of physical activity (PA) are well documented [1]. A continuous and regular participation in physical activities is an important factor for maintenance of health. First studies in this field showed that physical activity in childhood and adolescence leads to an active lifestyle also in adulthood [2]. However, these studies showed several limitations (small study population, local data collection, no differentiation concerning settings, no consideration of socioeconomic variables). In addition, there exists only a small number of European studies.

The purpose of the study was to quantify tracking of leisure-time physical activity in different settings and over a age range from 11 to 23 years. The analyses based on data of the MoMo Study, the first German representative study on this field.

Stability of different physical activity indices was measured using ANOVA with repeated measurement and Spearman rank-order correlations.

Study design



Results

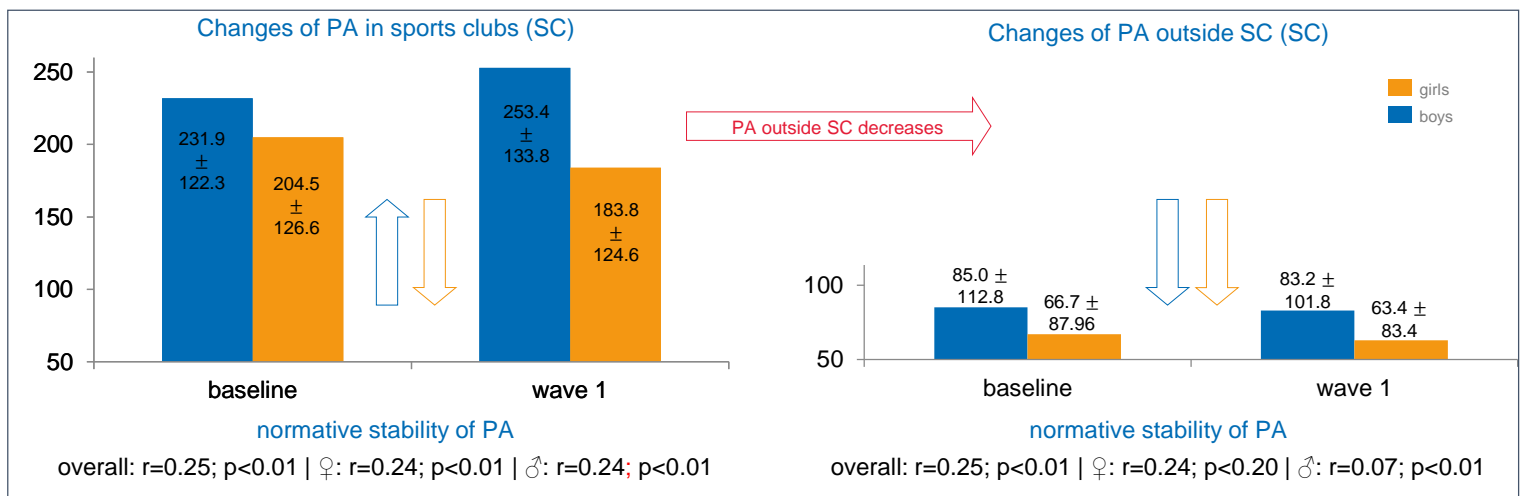


Fig. 1.: mean stability in minutes/week (ANOVA with repeated measures) and normative stability (Spearman rank-order correlations)

PA in sports clubs remains important!

- PA outside SC stays on a critical low level over a period of 6 years. Adopted measures to promote physical activity outside SC seem to be not effective.
- PA in SC continues to be 3 times as high as PA outside SC 6 years later.
- Girls are the „losers“ and boys are the „winners“: in as well as outside SC the girls' PA decreases, whereas boys can increase the PA in SC and show only a low decrease in PA outside SC.
- High variation in individual PA (low normative stability).
- In boys, PA in SC is more stable than PA outside SC. There are no differences between PA in and outside SC in girls.



- Especially PA in SC can reach a certain degree of PA, whereas there still exists capability for increasing PA.
- Interventions to increase the commitment on PA are still necessary.

[1] Li, J., & Siegrist, J. (2012). Physical activity and risk of cardiovascular disease – a meta-analysis of prospective cohort studies. *Int J Environ Res Public Health*, 9 (2), 391–407.
 [2] Hallal, P. C., Victora, C. G., Azevedo, M. R., & Wells, J. C. (2006). Adolescent physical activity and health: a systematic review. *Sports Med*, 36 (12), 1019–1030.
 [3] Rauner, A., Jekauc, D., Mess, F., Schmidt, S. & Woll, A. (2015). Tracking physical activity in different settings from late childhood to young adulthood in Germany. *BMC Public Health*, 15:391.