

Physical Activity Level and Obesity Prevalence of Primary and Secondary Students

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ABSTRACT This study aimed at examining physical activity level and obesity prevalence of Turkish students at age of 6-12 according to age and gender variables. The study covered 2378 children in total. Researchers used pedometers in order to determine physical activity level of children, and evaluated the pedometer score standards. Body compositions were determined as per Body Mass Index (BMI) and evaluated under BMI standards. Independent t test, one-way analysis of variance test, Tukey HSD test, and Chi-square test were used in this study. In the pedometer step counts, there were differences associated with gender in each age ($p < 0.001$). There was a significant difference in BMI values and the pedometer step counts of boys and girls according to their ages ($p < 0.001$). There was difference in both groups according to age ($p < 0.001$). There were gender-related differences in ages ($p < 0.05$, $p < 0.01$ and $p < 0.001$ respectively) in standard value of the pedometer step counts and the pedometer step counts. It is considered important for public health to bring body compositions of boys and girls up to normal levels by increasing their physical activity levels.