

# Physical activity patterns and sedentary time in primary schools situated in a low socio-economic status neighborhood in Amsterdam – The Netherlands.

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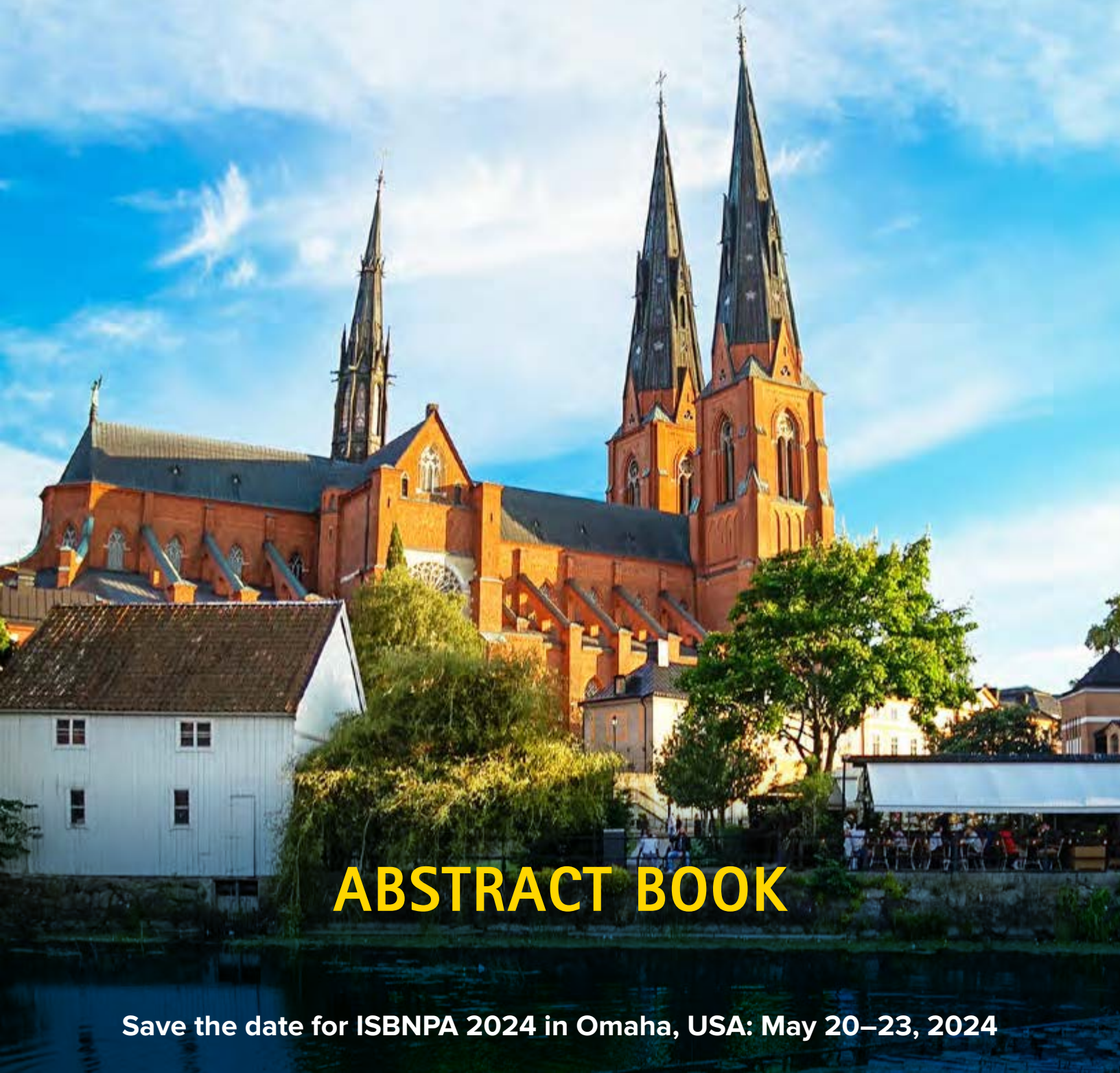
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# ABSTRACT BOOK

Save the date for ISBNPA 2024 in Omaha, USA: May 20-23, 2024

# physical activity patterns and sedentary time in primary schools situated in a low socio-economic status neighborhood in Amsterdam – The Netherlands.

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Poster Session #1, June 15, 2023, 10:50 AM - 12:00 PM

**SIG - Primary Choice:** G. Children and families

**Purpose:** In Amsterdam – the Netherlands – we know that children living in low-income households have a lower health status and report lower physical activity levels than their peers in middle- or high-income households. Seven primary schools located in neighborhoods with a low social-economic status are currently developing their own active school using the ‘Creating Active Schools Framework’.

This study was conducted to assess the current physical activity and sedentary behavior patterns during and after school of the pupils in these seven primary schools.

**Methods:** In this cross-sectional study, we collect data in seven schools located within an Amsterdam neighborhood with a low social economic status score. Within each school, 4 classes are eligible for participation. Children wear an accelerometer from Monday morning until Friday afternoon to assess physical activity levels. Parents of participating children are asked to complete a questionnaire on baseline characteristics, wellbeing and out of school physical activity behaviors. The mean sedentary time (ST), low physical activity (LPA) time and Moderate to Vigorous physical activity (MVPA) time will be calculated. The association between the outcomes of the accelerometer data and gender and health related outcomes reported by parents will be assessed.

**Results:** The data will be collected between March and May 2023. We will present the average LPA and MVPA during and after school time. The duration of the ST bouts during and after schooltime. And associations between ST, LPA and MVPA and gender and health related outcomes.

**Conclusions:** The results of this study will be used to support local school teams in the development and implementation of local action plans towards a school day that involves less sitting and more physical activity.