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P09-04 Sedentary time measured by GT3X+ accelerometry and its variation with grade level and gender among children and adolescents in Morocco
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Background
Sedentary behavior (SB) in children is related to different health outcomes such as overweight and cardio-metabolic diseases. These negative effects have been widely supported by evidence. However, no data on sedentary time (ST) among Moroccan children has been available, yet. Therefore, the present study examined gender and grade differences in objectively measured sedentary behavior in a sample of Moroccan primary school children and adolescents.

Methods
In total, 172 Moroccan children/adolescents aged between 8 to 14 years old (mean age = 10.92 ± 1.55 years; 49.4% were boys) completed the survey. School grade, gender, height, and weight were collected by questionnaires and ST objectively measured using a tri-axial accelerometer (GTX3+). Study required at least 3 valid weekdays and 1 weekend day with ≥600 min/day total wear time. Two-way analysis of covariance and logistic regression analyses, adjusted for BMI z-score and accelerometer wear time, were used to examine gender and grade differences in ST.

Results
Mean time spent in SB was 535.93 ± 87.15 min/day or ~62.94% of the average daily accelerometer wear time of 851.45 ±51.35 min/day with statistical differences between weekend and weekdays (471.357 ±127.73 minutes/day vs. 559.7661 ±90.75 minutes/day; p < 0.001). Adolescents (11-14y) were more involved in sitting tasks when compared to the early grades (8-10y). 550.011±88.827 vs. 521.845±83.602 respectively; p > 0.001.

Conclusion
ST increases between ages 11 and 14 years. On week days children and adolescents spent sitting longer than at weekends. Girls and adolescents were identified as potential risk groups. This report on ST presents valuable information for designing and implementing interventions to decrease time spent in SB among children during class time.

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P09-05 Can physical activity make up for the self-care disability effects of too much sitting?

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Objectives
To determine whether or not, and, what extent the association between sedentary time, moderate to vigorous physical activity and self-care disability.

Methods
Sedentary time was measured with accelerometers. Self-care disability was measured using the Rotterdam Scales for Handicap and Disability (RSCHD). Significant differences (p > 0.001) were found by sex, age group and level of education. Men reported slightly more sedentary hours than women (9.2 vs. 8.8 hours/day). With respect to age groups, adolescents (12-17 years old) reported the highest, whereas children (4-11 years old) reported the lowest sedentary hours (10.1 vs. 7.3 hours/day). Finally, sedentary hours were high for higher educated people (9.7 vs. 8.2 hours/day in lower educated people). Adolescents accumulated most sedentary time at school or during studying (4.0 hours/day), higher educated people accumulated most sedentary time at work (3.4 hours/day).

Conclusions
Our study showed that in general Dutch people spend a lot of time sedentarily, especially adolescents and higher educated people. Most sedentary times was spent while watching television, at school or during studying, and at work. Therefore interventions aiming to decrease sedentary behaviour in the home environment, the occupational as well as the leisure time environment could be effective.