



# **Cyprus Reality for PA and Healthy Diet**

## **Sources:**

- 1 Personal research – My survey –
- 2 Angelides research
- 3 Promotional and Educational Institute for “Child welfare”

# Sample Study – Results

## 100 children age 10-16

To obtain data of the Cypriot teenagers of 10-16 years of age to find out:

- if they are **involved in physical fitness** during and after school activities
- What is being offered **at a schools canteen** for lunch and for snacks.
- If they **eat properly** especially if they have **breakfast**

**What is being offered in the  
school-canteen:**

**Sandwiches, pastries with olives,  
varieties of cheese, savorys with  
fillings.**

**Juices in cartons, yoghurt, water,  
corn, ice cream**

**Results on physical exercise:**  
**(Information by the Ministry of Education)**

**Primary school:** 2 hours a week (40mins)

**High School:** 3 hours a week (45mins)

**First year in lyceum:** 2 hours a week (45mins)

**Second and Final year:** 1 hour a week (unless there is preference in the subject they have up to 5 lessons).

**After school:** Most of the children: Not enough PA. Boys exercise better than girls.

**Boys** usually play football, rarely play tennis, skate-ball, volleyball, basketball etc.

**Girls** usually do dancing.

## **Results on Breakfast and dinners**

- 1 The majority have 2 meals very few have 1**
- 2 Most of the children have 3-4 snacks daily  
About 2 are taken in school**
- 3 Breakfast: (35%) milk or milk with cereal  
(65%) no breakfast**
- 4 Fruit and vegetables very rarely**
- 5 Too many cold drinks**

# Nutrition

# Exercise

# Health



Πρόσληψη 2500 Kcal

Κατανάλωση 2500 Kcal

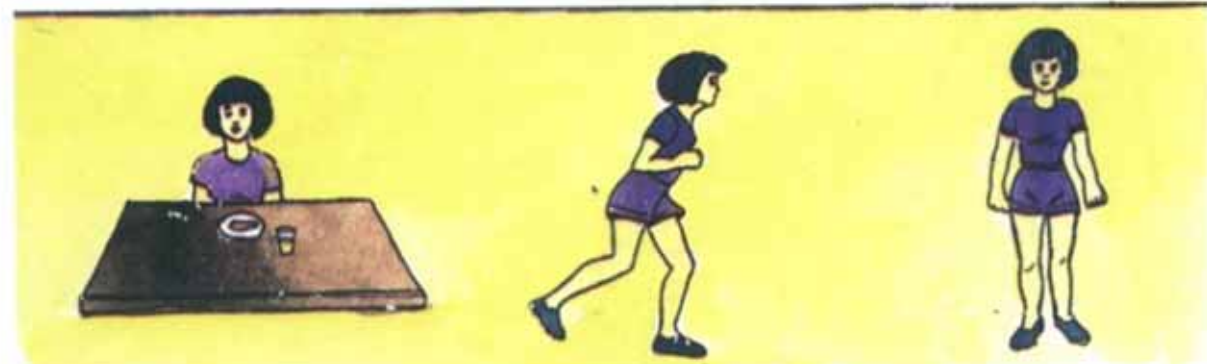
Σταθερό σωματικό βάρος



Πρόσληψη 4000 Kcal

Κατανάλωση 2000 Kcal

Αύξηση σωματικού βάρους



Πρόσληψη 2000 Kcal

Κατανάλωση 2500 Kcal

Μείωση σωματικού βάρους

# **Angelides survey: 2009-10**

## **Purpose:**

### **Nutritional habits-exercise habits**

**1000 children -500 M/500F – age 8-12**

#### **Results:**

- 1. Too nutritional and too many snacks**
- 2. High percentage of children have no breakfast**
- 3. About 70% do not exercise enough – result obesity which leads to hypertension, diabetes, metabolic syndrome etc.**



**Conclusion: OB rates 22.9%**  
**70% no exercise**

**OW/ OB rate in adults:**  
**EU about 50%**  
**USA over 65%**

**Consequences: Low self esteem, introversion,  
aggressiveness, cardiovascular effects and  
bad state of health.**

**Precautions: Parents, teachers and State must help  
children to overcome this problem.**



# Child Health Institute

Has the same results as the  
other two:

My sample survey

Angelides survey

## Prevalence of OW and OB among 11-year-old children in Cyprus 1997-2003

This is the first report documenting **increasing rates of obesity** among school-aged children in Cyprus.

Females and children living in rural areas experienced the most striking increases. The prevalence of **overweight** **increased** only in **males** living in **rural** areas.



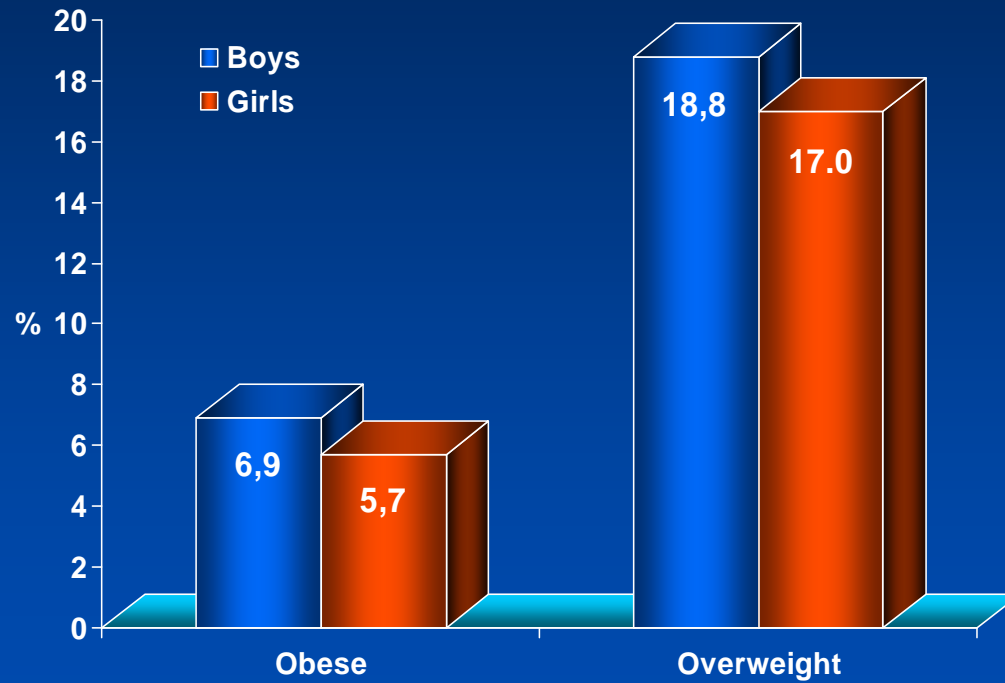
# **Dia.M.Ant.I Research Institute “Child Health”**

**Incidence of metabolic  
syndrome:17%**

Boys 26%

Girls 9.6% - ages considered 12-18  
(overweight and obese)

## Rate of obesity and overweight children between the ages of 6 -17 years of age in Cyprus



Ορισμός IOTF

Savva SC et al. *Int J Obesity* 2002; 26:1036-1045



# **Up-to-date reality in other countries:**

- **European Union**

**Greece**

**Italy**

**Norway etc**

- **USA**



# Study on obesity levels in Greece

BMI of 651582 children aged 8-9 were studied and showed:

**1997 -2007 the obesity rate in**  
**females from 20.2% to 26.7%**  
**males from 19.6% to 26.5%**

**These levels are the highest in Europe**

# Norway

A review study in 2000

Physical activity increases in childhood up until 13 years of age.

50% of adolescents are active – they do 2 hours or more PA a week after school.

Towards young adulthood the rate of PA decreases.

Elderly people become more inactive with increasing age.