

# CRO-PALS

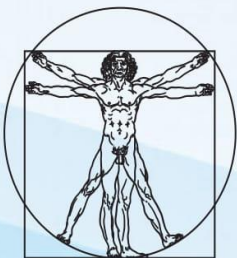


**Hrvatska longitudinalna studija tjelesne aktivnosti u adolescenciji**



## Tjelesna aktivnost i prehrana srednjoškolaca

### *Javna prezentacija rezultata 4-godišnje studije*



**Prof. dr. Marjeta Mišigoj-Duraković, FECSS<sup>1</sup>**

**Doc. dr. Maroje Sorić<sup>1</sup>**

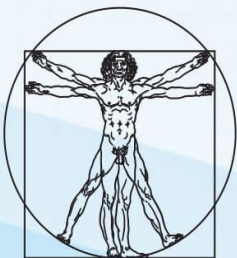
**Prof. dr. Zvonimir Šatalić<sup>2</sup>**

<sup>1</sup> Katedra za medicinu sporta & vježbanja, Kineziološki fakultet

<sup>2</sup> Prehrambeno-biotehnološki fakultet Sveučilišta u Zagrebu

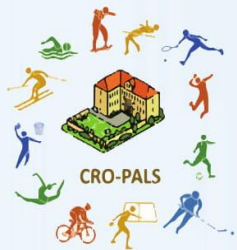


# Tjelesna neaktivnost



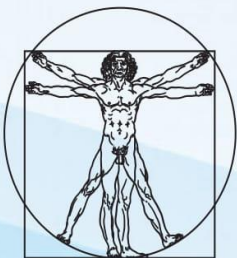
- **Glavni modificirajući rizik za KVB**
- **TA & prehrana determiniraju E ravnotežu**
- **Ključ prevencije i liječenja MS djece i adolescenata**

- **Najznačajni preventabilni rizici**
  - za razvoj debljine



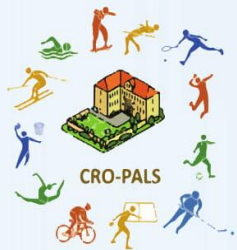
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Hrvatska longitudinalna studija tjelesne aktivnosti u adolescenciji



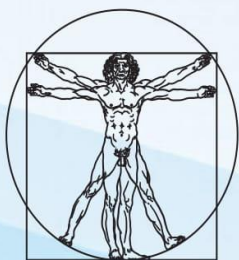
- **prospektivno interdisciplinarno longitudinalno istraživanje**
- **započelo: 2014. godine,**
- **obuhvaća 903 djece iz 14 slučajno odabranih zagrebačkih srednjih škola koji su praćeni tijekom 4-god srednjoškolskog obrazovanja**





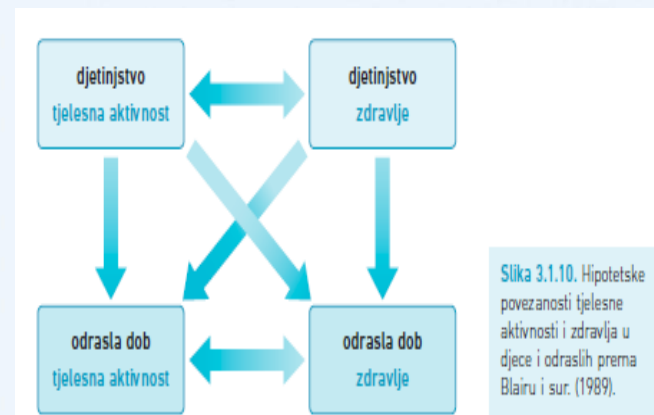
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Hrvatska longitudinalna studija tjelesne aktivnosti u adolescenciji

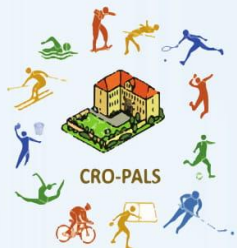


## CROPALS ciljevi:

- ispitati **obrasce promjena TA i SB**
- utvrditi **determinante i moderatore TA i SB** u tom periodu
- **raščlaniti nezavisne učinke TA i SB na sa zdravljem povezane ishode** (status uhranjenosti, BF, RR, prehrana, pušenje, samopercepcija zdravlja i kvalitete življenja, mentalno zdravlje)
- istražiti **utjecaj TA na školski uspjeh**
- proučiti **kako neki čimbenici moderiraju povezanosti TA i SB tijekom adolescencije na ishode povezane sa zdravljem** (spol, socio-ekonomski status, status uhranjenosti) i **na školski uspjeh.**

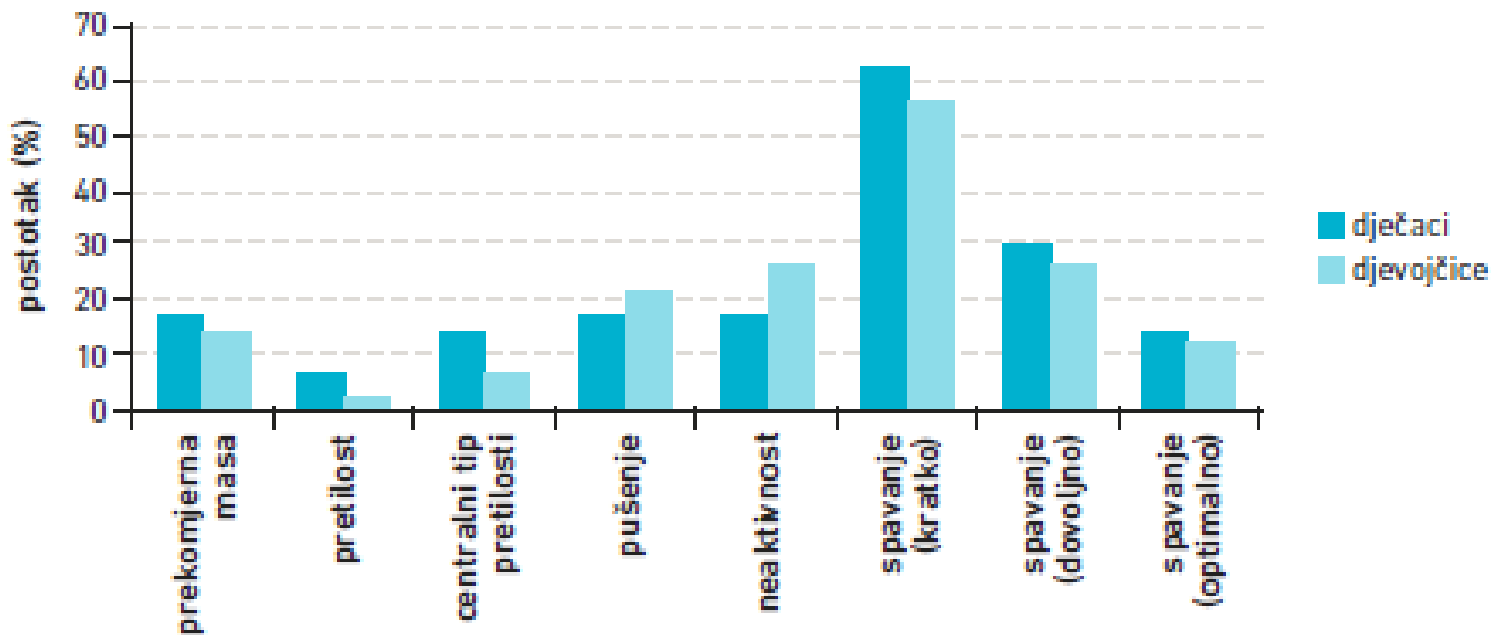
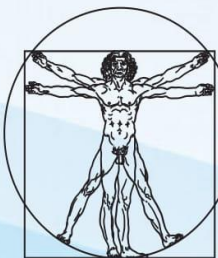


**"Današnje generacije djece bit će prve u kojih će se očekivano trajanje života smanjivati."**  
zaključak UK Health Committee on Obesity prema Hills i sur., 2007.



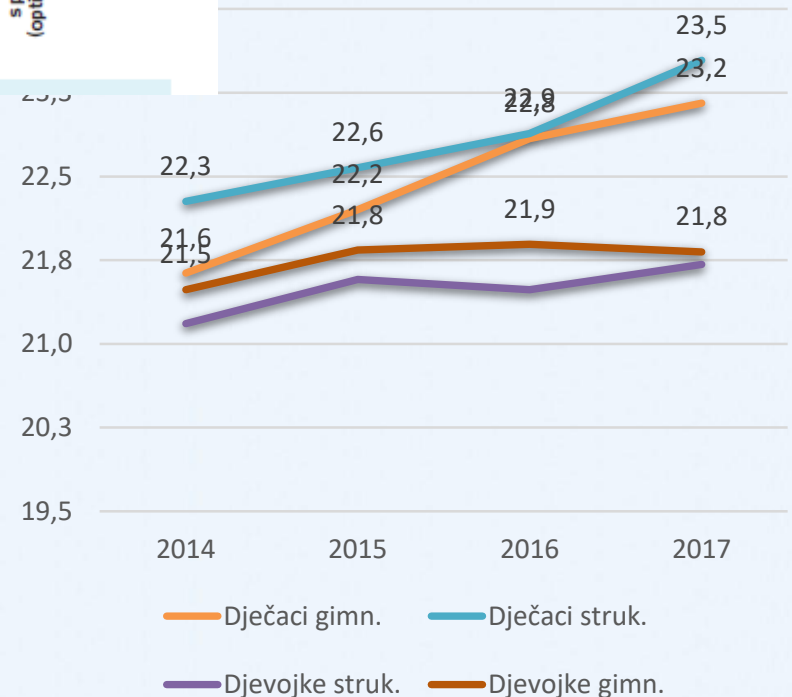
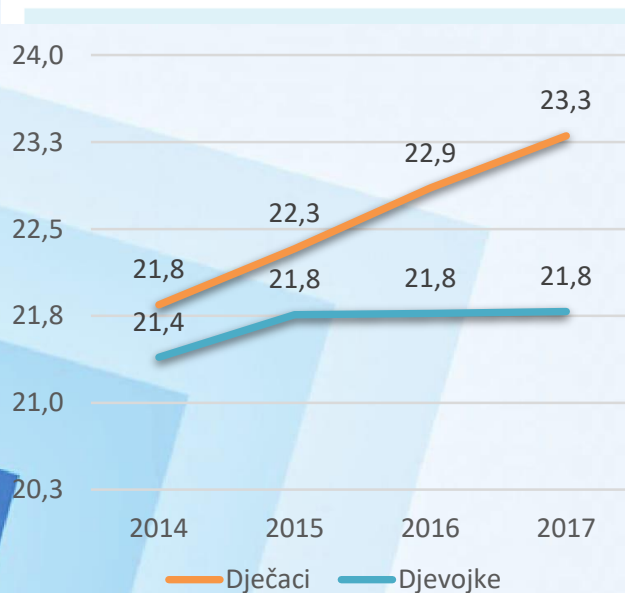
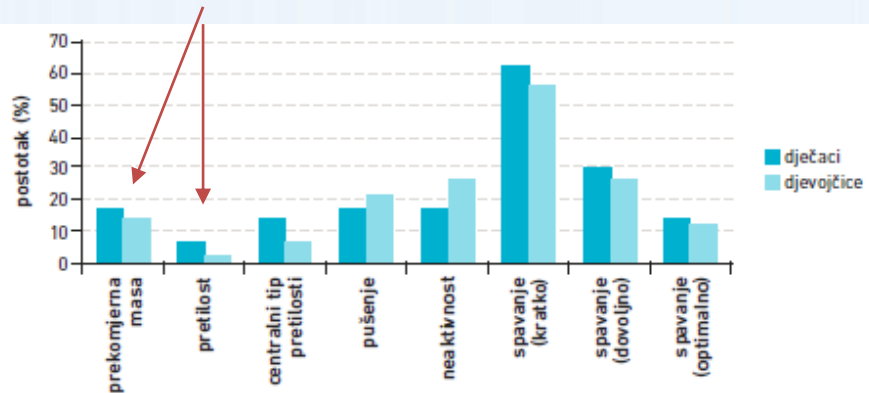
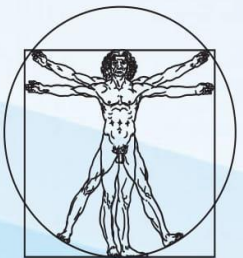
# CRO-PALS REZULTATI

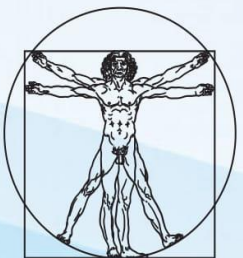
## 2014. godina



STANJE UHRANJENOSTI, NAVIKA PUŠENJA, NEAKTIVNOSTI I SPAVANJA U ZAGREBAČKIH 15-GODIŠNJAKA

# Indeks tjelesne mase



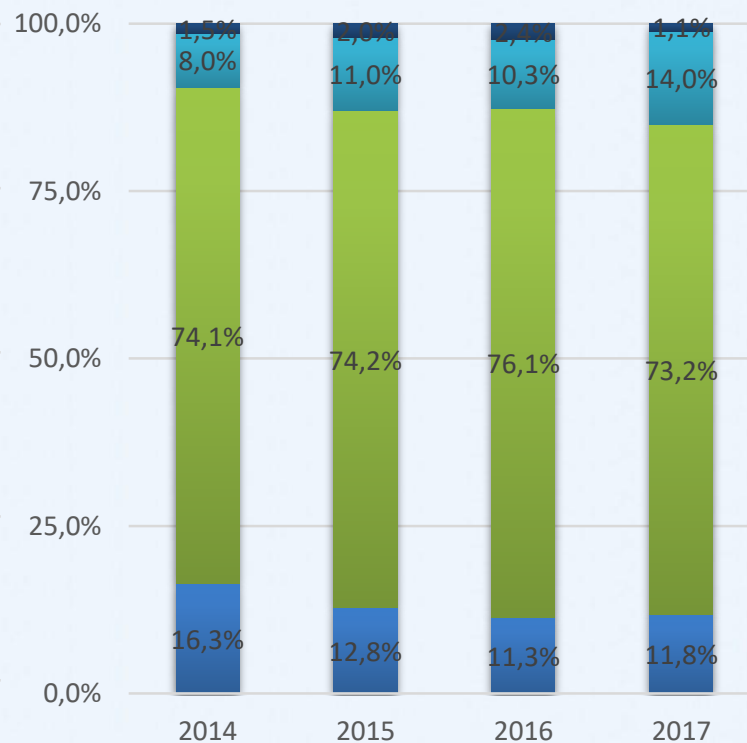
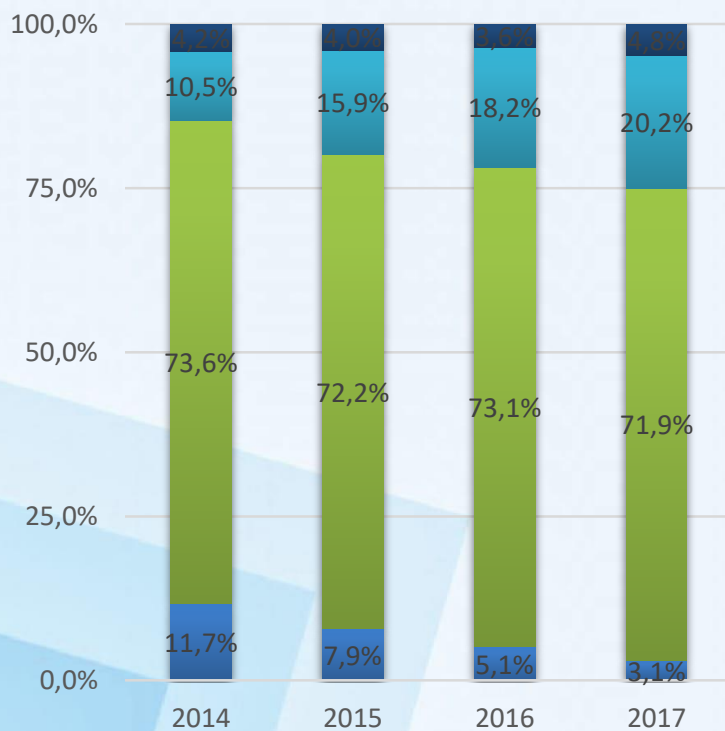


**ITM**



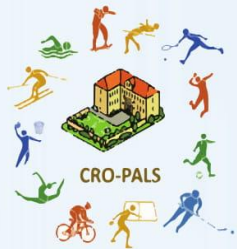
## DJEČACI

## DJEVOJKE



- Pothranjenost
- Normalna uhranjenost
- Prekomjerna težina
- Pretilost

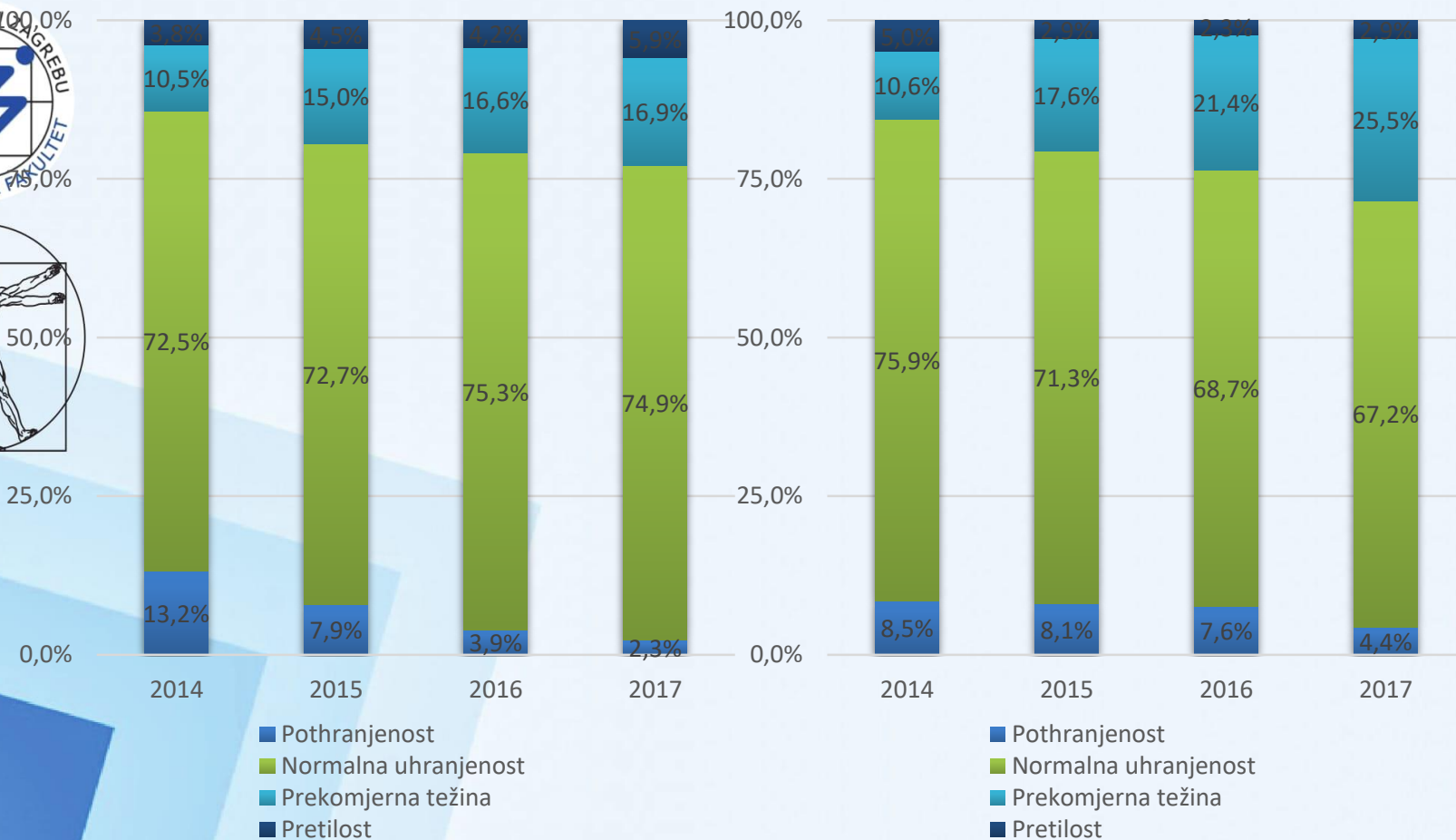
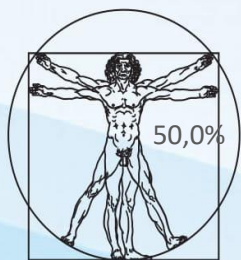
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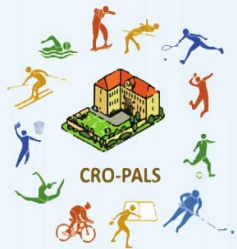
# ITM DJEČACI

## GIMNAZIJE

## STRUKOVNE



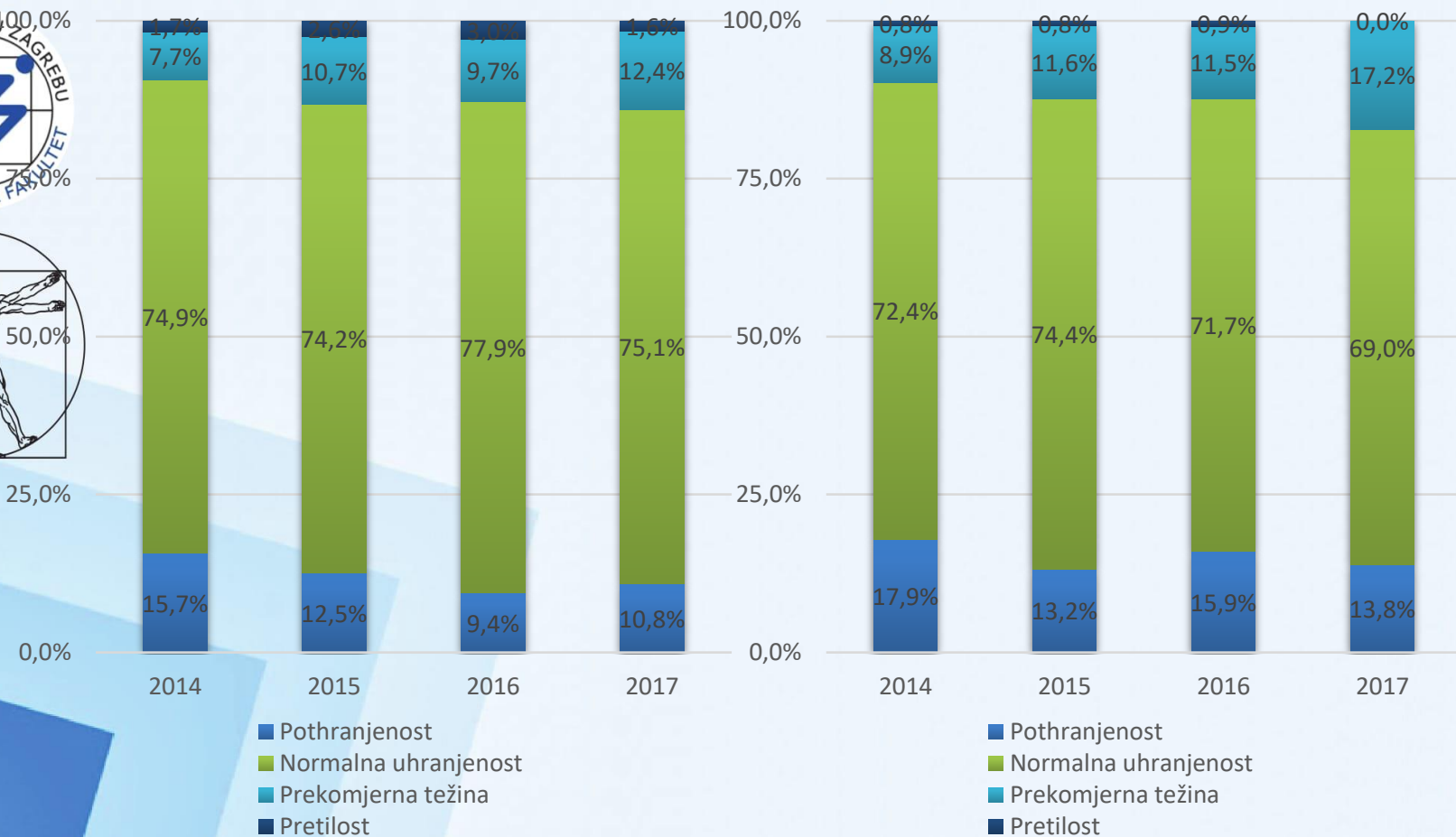
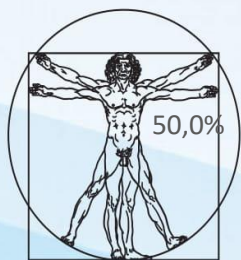


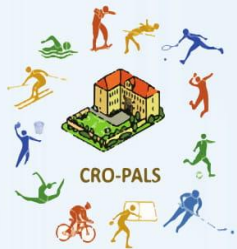


# ITM DJEVOJKE

## GIMNAZIJE

## STRUKOVNE



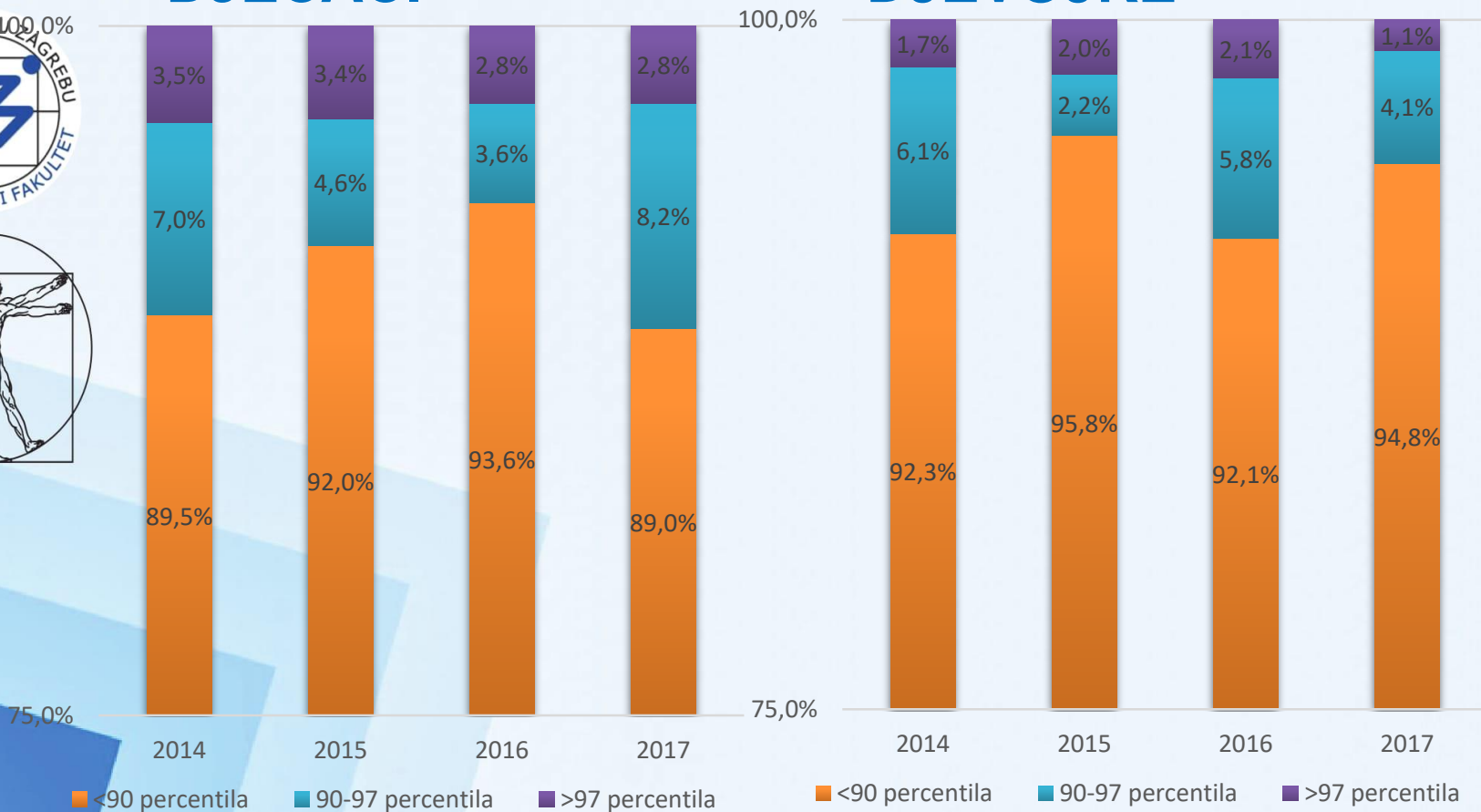
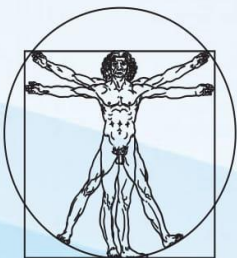


# ABDOMINALNA PRETILOST



## DJEČACI

## DJEVOJKE



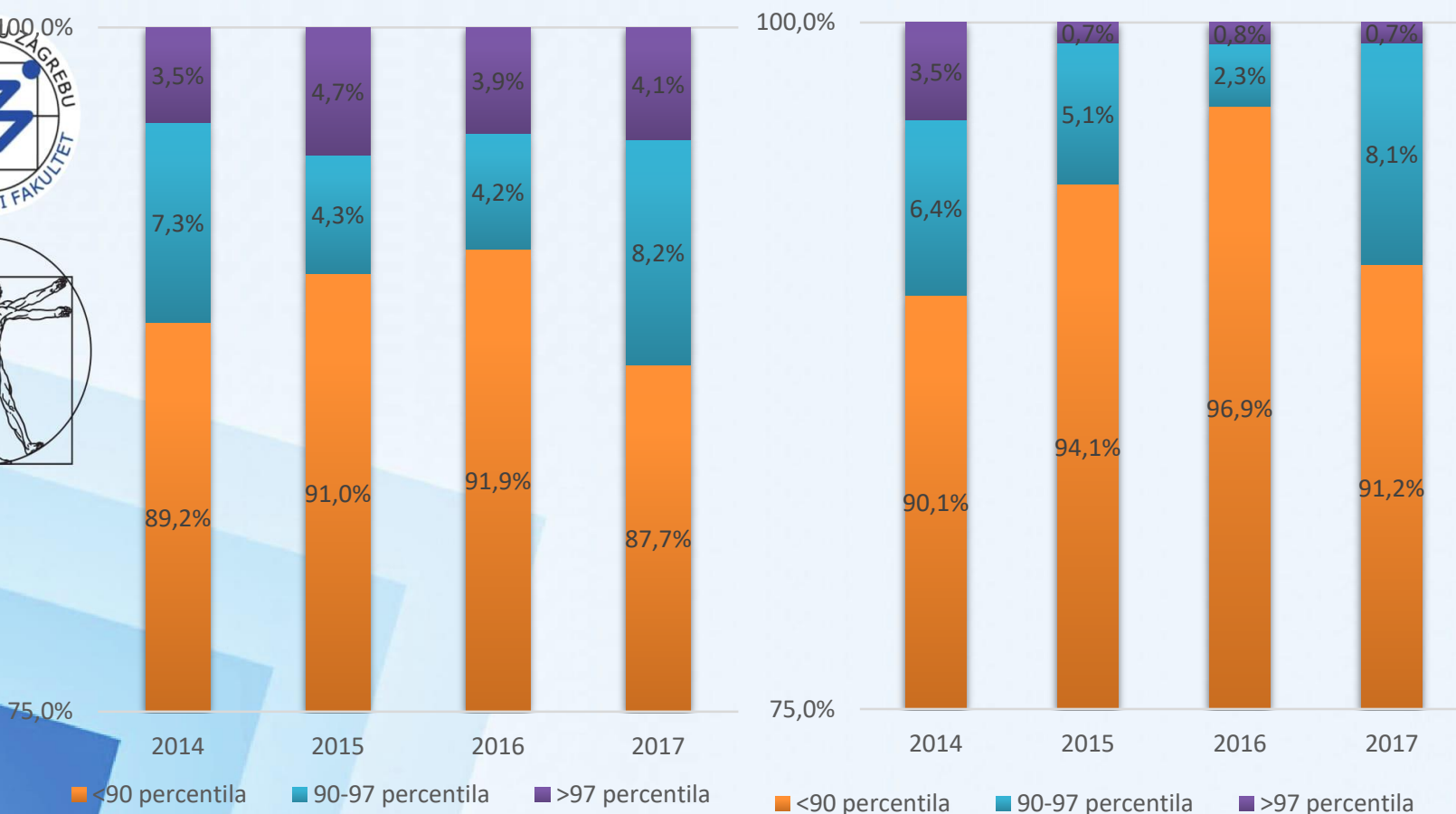
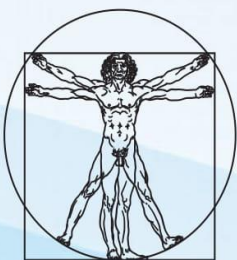


# ABDOMINALNA PRETILOST – DJEČACI



## GIMNAZIJE

## STRUKOVNE



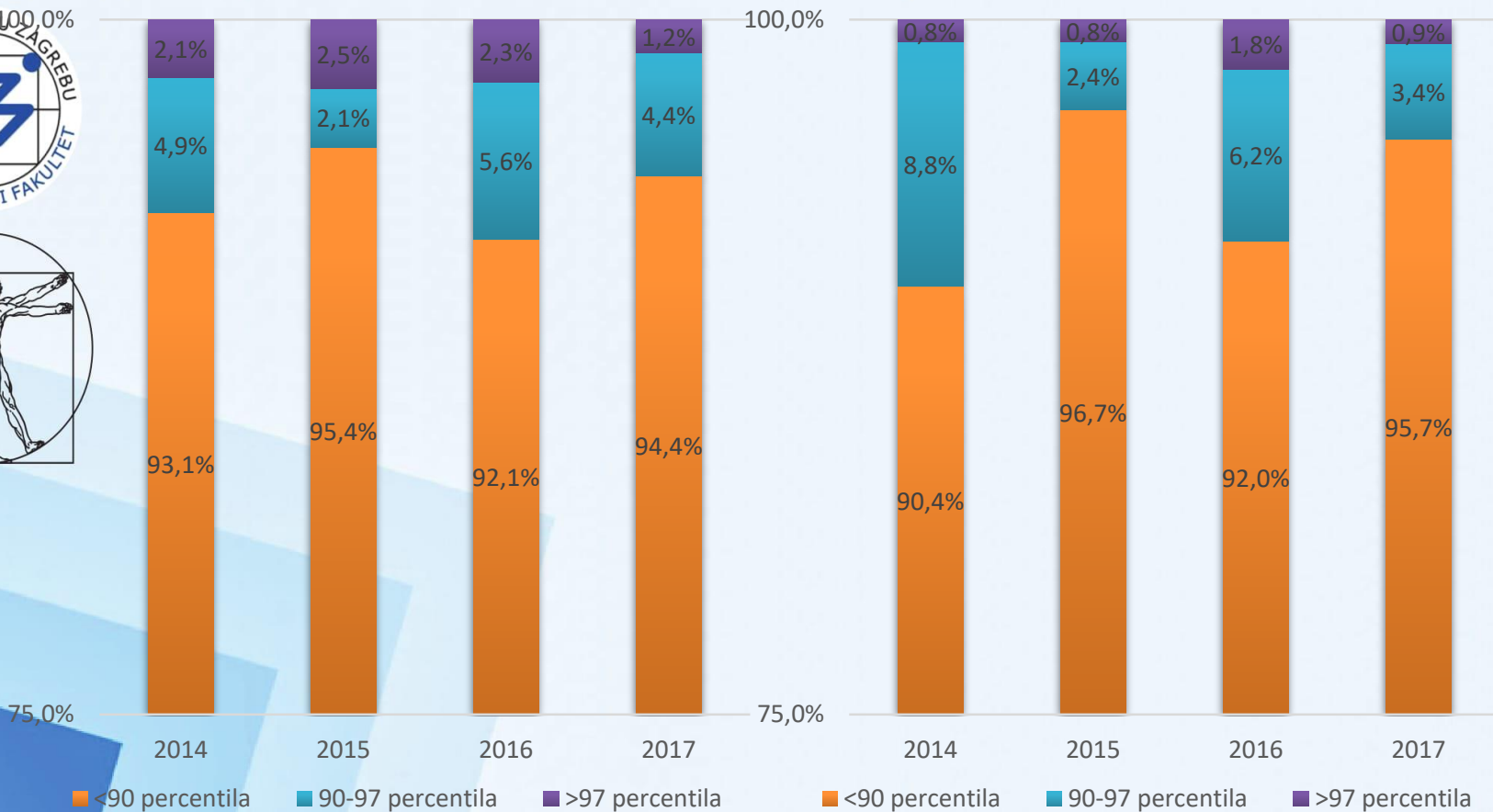
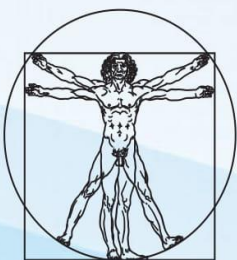


# ABDOMINALNA PRETILOST – DJEVOJKE

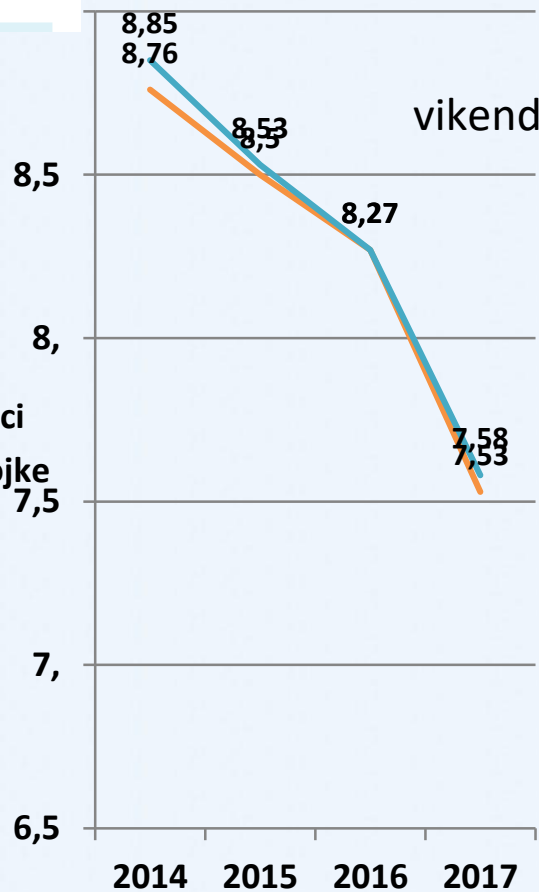
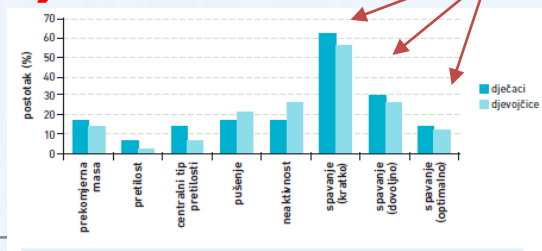
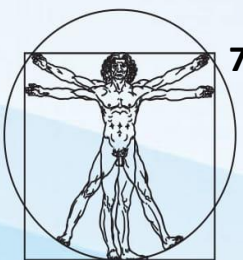


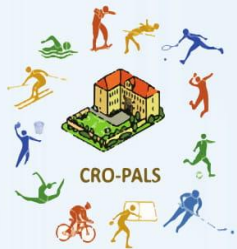
## GIMNAZIJE

## STRUKOVNE



# Trajanje spavanja (h/dan)



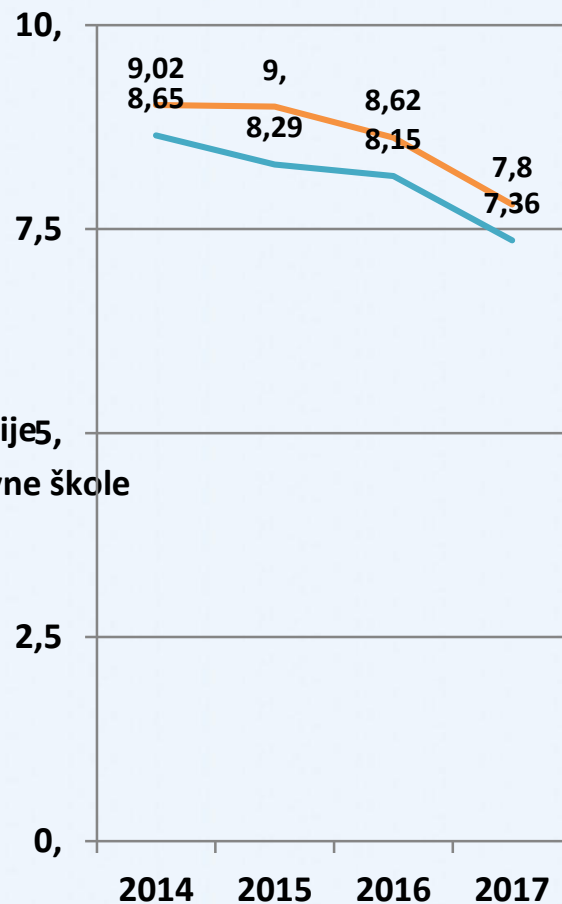
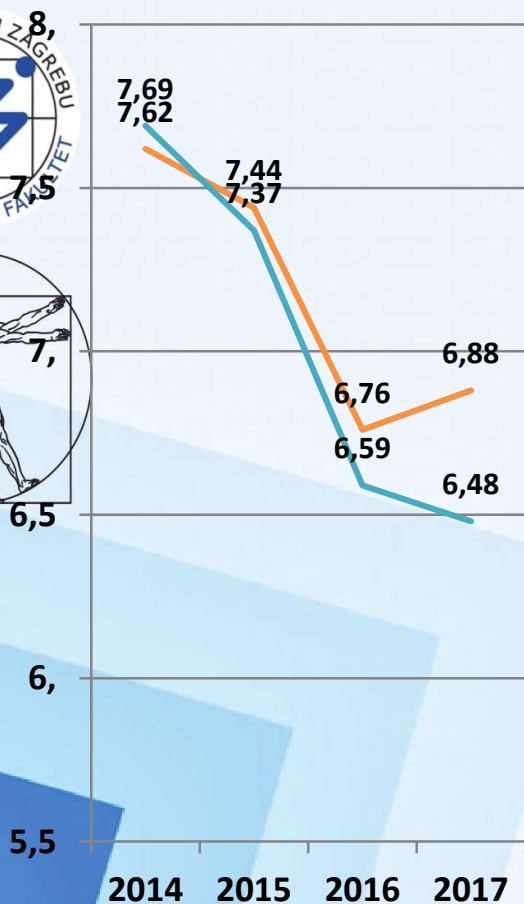
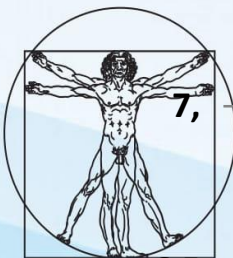


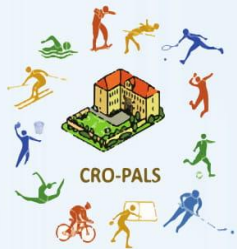
# Trajanje spavanja (h/dan) Dječaci



## školski dan

## vikend



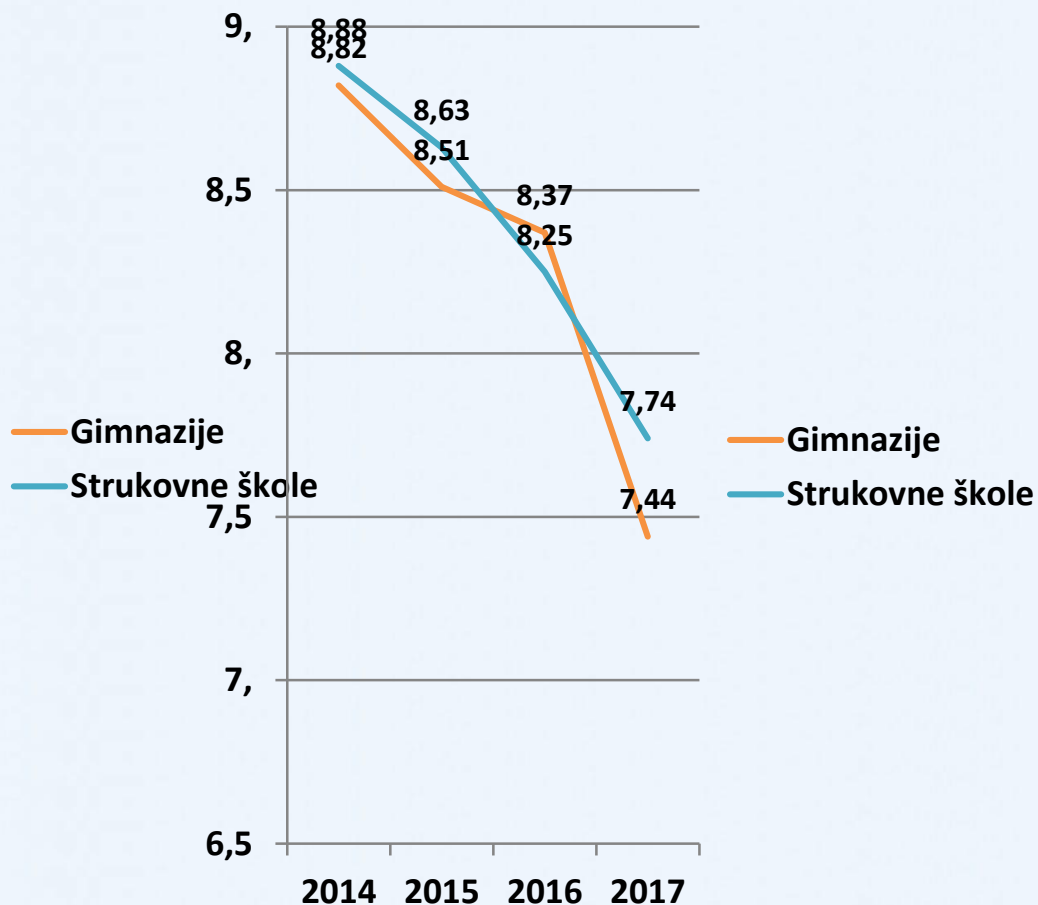
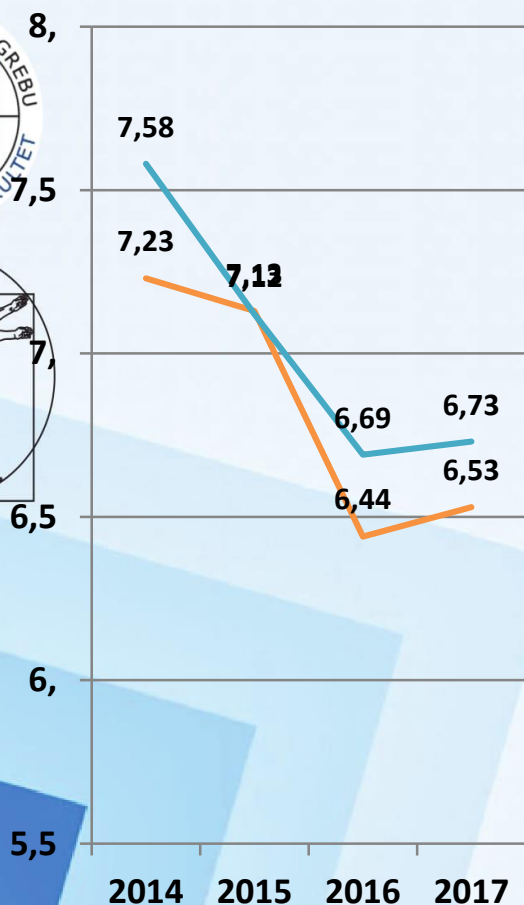
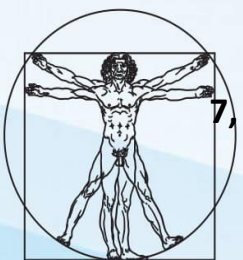


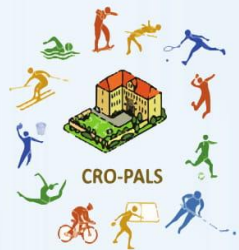
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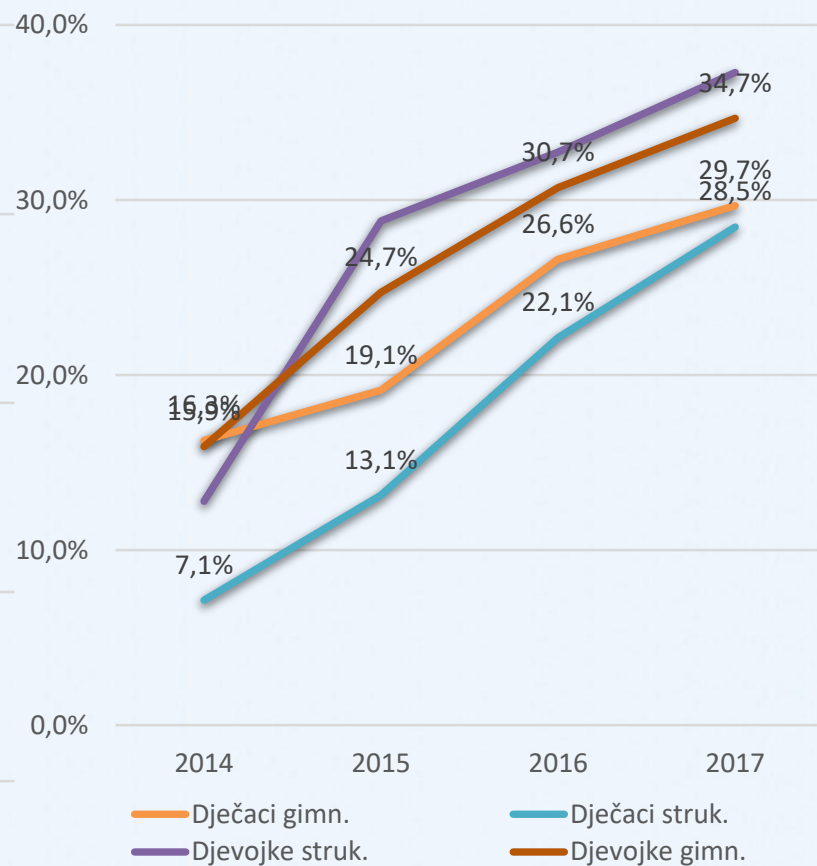
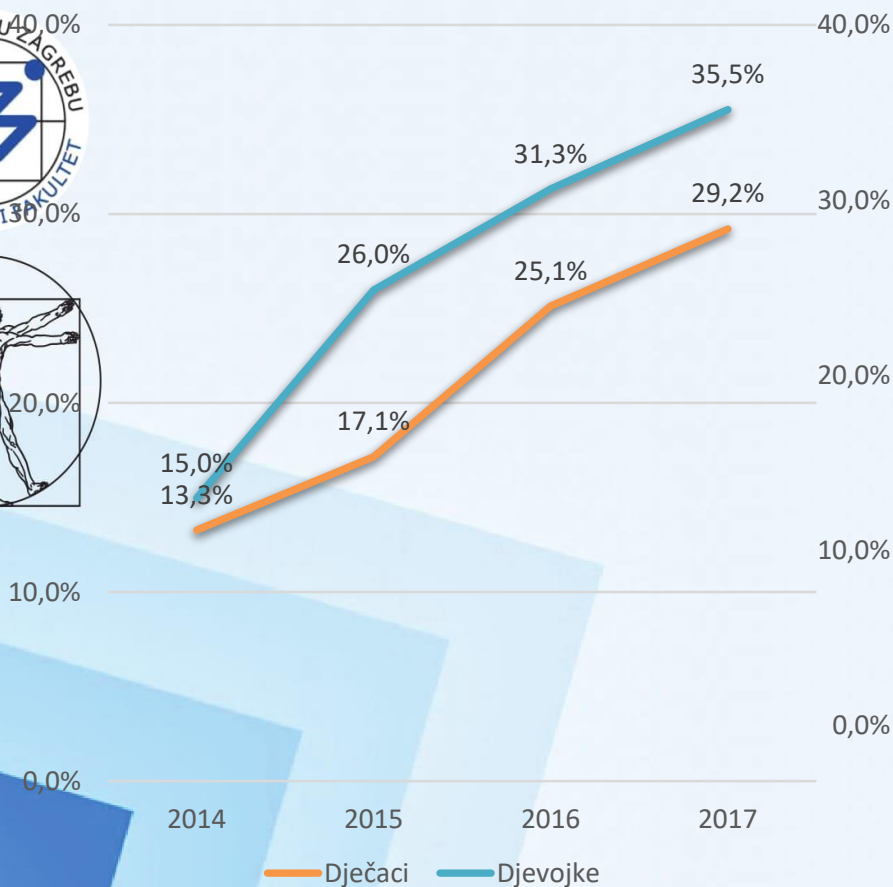
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## vikend

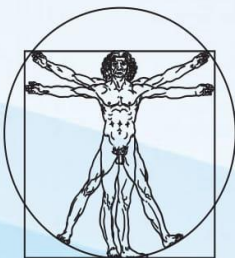




# PUŠENJE







# CRO-PALS



**HVALA NA POZORNOSTI**