

PHYSICAL ACTIVITY

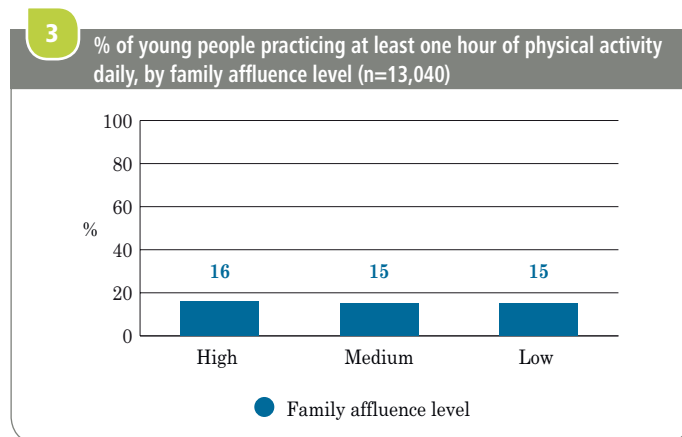
Only 15% of young people in the FWB practiced sufficient daily physical activity. Furthermore, almost two-thirds of young people spent over 2 hours per day watching TV and/or using the internet.

PHYSICAL ACTIVITY

The World Health Organization (WHO) recommends that young people aged 5 to 17 practice a physical activity for at least one hour every day. Physical activity is a very broad concept which includes inter alia, games, sport, travel, recreational activities or physical education at school or in clubs.

Fifteen percent of adolescents in the Federation Wallonia-Brussels (FWB) practiced physical activity for at least one hour daily. However, there was a significant difference between pupils in the 5th-6th years of primary school and the students in secondary school. Twenty-three percent of pupils in the 5th-6th years of primary school and 14% of students in secondary school practiced one hour of physical activity every day. These proportions were stable since 2006 for pupils in the 5th-6th years of primary school and since 2010 for the students in secondary school. **1**

Practicing physical activity daily for at least one hour did not vary by family affluence level. **3**

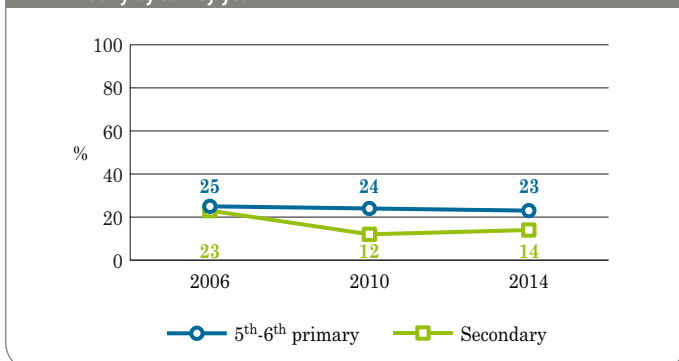


The proportions of adolescents practicing at least one hour of physical activity every day seen in FWB, were close to the global proportions for countries taking part in the HBSC survey, regardless of age and gender. **4**

4 % of young people practicing at least one hour of physical activity, internationally and in FWB

	HBSC International			FWB	
	% min	% global	% max	%	Rank
Boys (11 years)	17	30	47	29	19/42
Boys (13 years)	14	25	38	21	25/42
Boys (15 years)	10	21	29	17	29/42
Girls (11 years)	8	21	34	16	30/42
Girls (13 years)	6	15	25	13	24/42
Girls (15 years)	5	11	22	11	17/42

1 % of young people practicing at least one hour of physical activity daily by survey year



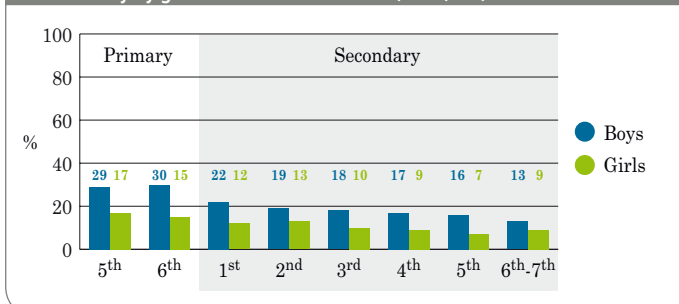
The proportions of young people practicing one hour of physical activity daily were higher among boys than among girls. These proportions declined as their school career progressed. **2**

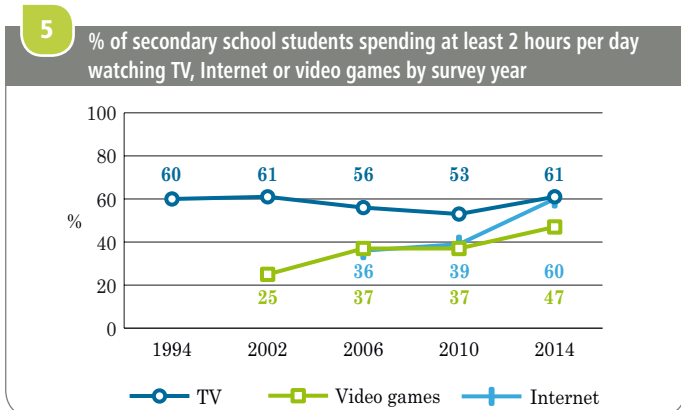
SEDENTARY LIFESTYLE

A sedentary lifestyle is considered here to be devoting at least 2 hours per day, on school days, to watching TV or videos (DVD, YouTube, etc.), playing video games and/or surfing the Internet. These occupations were chosen because their energy expenditure is close to energy expenditure at rest.

In secondary school, 60% of young people used the Internet at least 2 hours per day, 60% of young people watched TV at least 2 hours daily and 50% of young people played video games at least 2 hours per day on school days. After a declining trend between 2002 and 2010, the proportion of young people watching television daily for at least 2 hours increased in 2014. Compared to 2002, the proportion of young people playing video games at least 2 hours per day was increasing and the proportion of adolescents using the Internet at least 2 hours per day increased significantly between 2010 and 2014. **5**

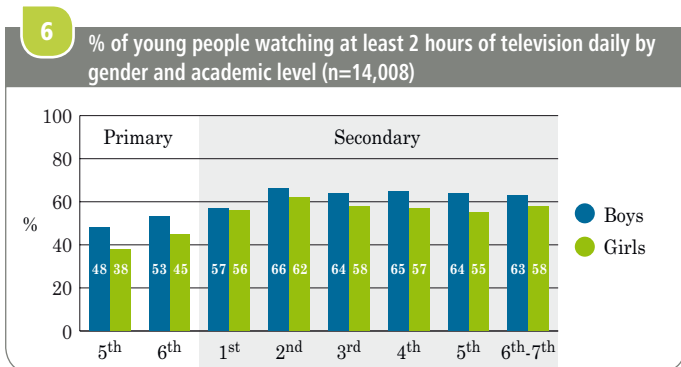
2 % of young people practicing at least one hour of physical activity daily by gender and academic level (n=13,998)



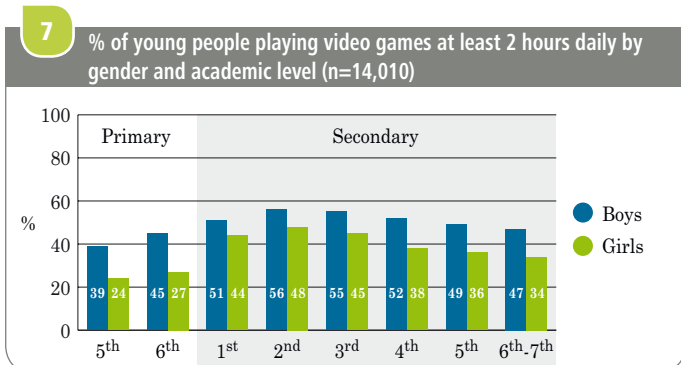


Among pupils in the 5th-6th years of primary school, 50% watched television at least 2 hours per day, 35% of them played video games at least 2 hours per day and 30% used the Internet at least 2 hours daily on school days.

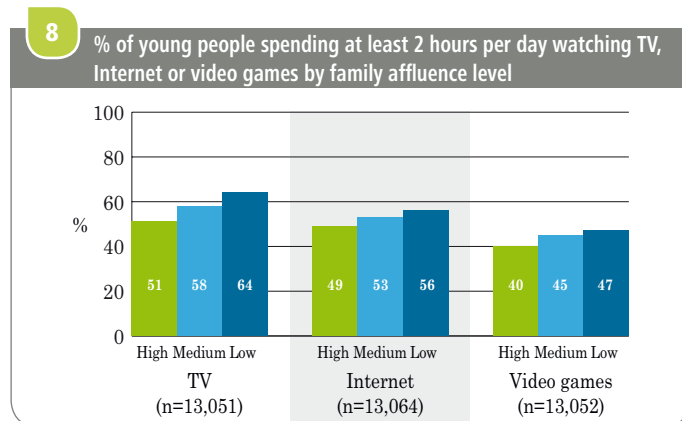
Apart from students in 1st and 2nd years of secondary school, the proportions of young people watching television at least 2 hours per day were higher among boys than girls. They were also higher in secondary school than among pupils in the 5th-6th years of primary school. **6**



The proportions of adolescents using the Internet at least 2 hours per day increased between the 5th year of primary school and 2nd year of secondary school, without a gender difference (data not shown). The proportions of students playing video games at least 2 hours per day were higher among boys than girls. They increased between the 5th year of primary school and the 2nd year of secondary school, and then declined. **7**



Social inequalities were reflected in these indicators. The proportion of adolescents who watched at least 2 hours television per day, those young people who played video games at least 2 hours per day and those young people who used the Internet at least 2 hours per day, were higher when the level of family affluence was lower. **8**



Regardless of age and gender, the proportions of adolescents in FWB watching television **9** and those young people who used the Internet at least 2 hours per day were close to the global proportions across all countries that took part in the survey.

9 % of young people watching at least 2 hours of television daily, internationally and in FWB

	HBSC International			FWB	
	% min	% global	% max	%	Rank
Boys (11 years)	32	53	69	48	30/41
Boys (13 years)	45	62	73	60	31/41
Boys (15 years)	54	65	73	64	22/41
Girls (11 years)	29	47	69	43	27/41
Girls (13 years)	40	61	79	58	25/41
Girls (15 years)	50	62	77	55	33/41

Regardless of age, the proportions of boys in FWB playing video games at least 2 hours per day were close to the global proportions across all countries that took part in the HBSC survey. That was also the case for girls aged 11. Among girls aged 13 and 15 years in FWB, these proportions were higher than the global proportions across all countries taking part in the survey. **10**

10 % of young people playing video games at least 2 hours daily, internationally and in FWB

	HBSC International			FWB	
	% min	% global	% max	%	Rank
Boys (11 years)	25	46	68	40	25/41
Boys (13 years)	32	56	73	51	28/41
Boys (15 years)	32	54	97	55	21/41
Girls (11 years)	14	28	50	25	23/41
Girls (13 years)	10	35	52	44	8/41
Girls (15 years)	8	30	53	44	3/41



The full results of the HBSC Survey 2014 conducted in Federation Wallonia-Brussels will be the subject of a publication that will be available later. For further information, see the website sipes.ulb.ac.be

