



International Conference on
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**TITLE: Is Women's Recreational Physical Activity captured by screen viewing ?
Impact on their obesity indices**

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ABSTRACT

Objective: Aim of this study was to investigate the association between television (TV) viewing, computer (PC) use with recreational physical activity energy expenditure (RPAEE), levels of physical activity (PAL), as well as obesity indices. **Methods:** One hundred and fifty adult women participated in the study. Their body weight (BW), height, waist (WC) and hip (HC) circumferences were measured. Body Mass index (BMI) and Waist for hip ratio (WHR), were calculated. Body fat (BF%) was measured by bioelectrical impedance analysis. The Athens Physical Activity Questionnaire was used to assess PAL, RPAEE, TV viewing and PC hours. **Results:** The majority of women (53%) were overweight and obese, watched TV more than 14 hours weekly (59%), while almost half of them (47%) were using computers for more than 1 hour daily. Slightly more than half of them (54%) had a sedentary lifestyle and reported exercise participation for less than 2 hours/week. No walking for leisure was reported by the one third of the subjects while an alarming low percentage (0.7%) walked 2.5 hours weekly. No participation in informal physical activity was reported by 69%. RPAEE was estimated at 982 ± 973 kcal/week and negatively correlated to TV watching hours ($r = -.31, p < .05$), computer use ($r = -.3, p < .05$). BMI ($r = -.44, p < .01$), BW ($r = -.44, p < .01$), WC ($r = -.41, p < .01$), WHR ($r = -.31, p = .01$). RPAEE and BF% correlated negatively ($r = -.44, p < .01$). BF% was associated with long hours of PC use and TV watching (R Square = .11, $F_{1,148} = 17.94, p = 0.00$; R Square = .14, $F_{1,148} = 5.4, p = 0.002$ respectively). **Conclusion:** Screen use affecting obesity indices seemed to overrun recreational time for physical activity participation and to dominate women's lifestyle. Further research is required targeting to behavioral change practices.



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BIOGRAPHY

Maria Spanoudaki is Colonel and Director of Clinical Dietetic and Nutritional Department, at 424 GMHTH. She has:

- graduated from Hellenic Military Nursing Academy(1991) and specialized at Pathological Nursing (1999), Nursing and Pediatric Surgery(2008) and from Health Sciences Department/ School of Nutrition & Dietetics (2011; Higher Educational Institution, Thessaloniki)
- Has MSc in Human Performance and Health (2019; Aristotle University of Thessaloniki).
- Specialty at diet in diabetes- insulin pump(Medical School of Aristotle University Certificate)
- Management of Health Services Certificate (2005).
- Certificate in Nutritional Support for patients with covid-19 in ICU, 2020 (Association of UK Dietitians & Critical Care Specialist Group)
- Nutritional Interventions in Postoperative Patients Certificate: Nutritional Protocols, Diagnostic Tools & Modern Remote Applications, in Covid-19 Season (2020, Abbott).

She has conducted research studies presenting results in several conferences and published original articles in her country and abroad.

Her last Recent publication is : Maria J.Spanoudaki et al.(2022). Is Women's Recreational Physical Activity captured by PC and TV viewing? Impact on obesity indices of adult women. *Arab Journal of Nutrition and Exercise*, 6(1),doi:10.18502/ajne.v6i1.10062.





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