

Tunisian Children Screen viewing and obesity

Abstract

This study was based on national survey carried out on the whole Tunisian territory in rural and urban area. Sample size is 1924 Tunisian children, ranging from 2 to 10 years the two genders.

The results showed that 94% of Tunisian children access at least one screen per day. The average of screen viewing is 3h/d and 30 minutes more during weekends and holidays, accompanied by a shift in the child's sleep time slot.

Only 28% of children practice sports activity, the average is 120 minutes/week.

Low physical activity is positively correlated with the parents low level of education ($p = 0.009$) and the lack of social coverage in the household. The social coverage is distributed differently according to the geographic regions of Tunisia ($p < 0.001$).

50% of Tunisian children have daily access to a screen during meals they eat while them watching a screen.

The corpulence has significant correlations with sedentary lifestyle linked to screens. The average screen viewing time is 163.1 minutes/day in overweight or obese children, compared to 148.7 minutes/day in children with normal build ($p = 0.033$).

Crossing overweight / obesity with parental education level, no significant difference was observed ($p = 0.610$).

Key words: National survey, Tunisian children, screen viewing, obesity