Abstract

Objective. To determine whether screen time and physical activity is related to overweight or obesity in adolescents. Material and Methods. Cross-sectional design. Adolescents aged 10 to 19 were included in the Mexican National Health and Nutrition Survey 2006 (ENSANUT 2006). The dependent variable was overweight or obesity; the independent variable was screen time. A logistic regression model was created to estimate the relationship of overweight and obesity to various factors, including screen time, physical activity, study vs. no study, age, sex, indigenous ethnicity, alcohol consumption and tobacco use. Results. A total of 18,784 adolescents were included. A positive relation between screen time and overweight and obesity was found. Conclusions. Screen time is associated with overweight and obesity in Mexican adolescents.

Keywords
Overweight, obesity, television/utilization, adolescents, Mexico.