Abstract

The objective of the study was to describe health-related quality of life (HRQoL) and its association with socio-demographic aspects, overweight or obesity, and physical activity (pa) in a group of adolescents from the city of Medellín (Colombia). Different instruments were used in order to evaluate these variables in 399 participants. The HRQoL dimensions with the highest scores were Social Support and Friends and Mood and Feelings. Male primary school students with college-educated parents, belonging to a high socio-economic level, engaging in high levels of pa, and without obesity caused by fat percentage or abdominal perimeter proved to have a better HRQoL.

Keywords

Quality of life, health, adolescents, obesity, physical activity.