

INTRODUCTION

Catalan Sports Observatory (CSO) is the university and governmental association in charge of studying and divulging the main data on the evolution of sport and physical activity in Catalonia and all over Spain.

The CSO collects, processes, draw conclusions on and disseminates tendency data with regard to the sporting habits of children and youth in Catalonia and Spain.

Moreover, the CSO conducts a quantitative analysis of different activation programs carried out in Catalonia to reduce inactivity and the childhood obesity through physical activity.

METHODS

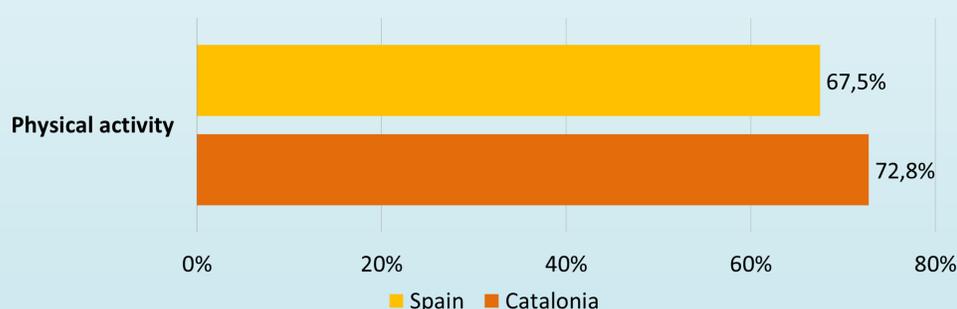
In this poster we analyze participation in non-compulsory school sport and conduct a secondary analysis of the content of plans to promote physical activity among children and youth in Catalonia, and compare it with other regions.

RESULTS

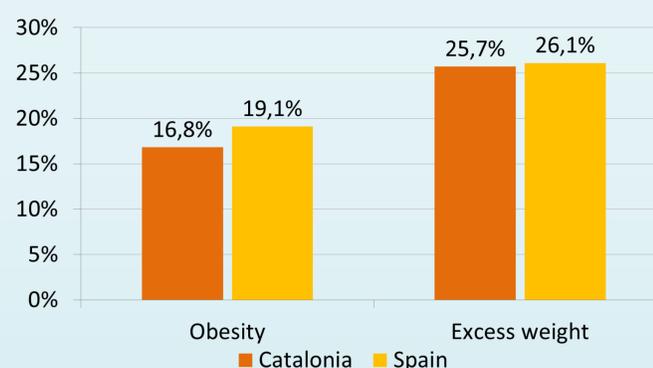
Catalonia is amongst the regions with a higher participation rate in school sports, and also among those with lower childhood obesity rate. The practice of physical activity and sport in school age appears to be directly related to the health of children and adolescents.

As for sports habits, the percentage of children that do physical activity was higher in Catalonia (72.8%), compared to rates in Spain (67.5%).

Physical activity in children (6-9 years)

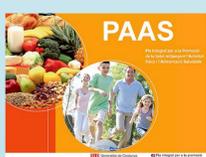


Obesity and excess weightrate in children (6-9 years)



In 2011, the Spanish obesity rate in children aged 6 to 9 years was 19.1% and 26.1% presenting excess weight. In Catalonia, the study found an obesity rate of 16.8% and 25.7% of overweight children.

Activation programs carried out in Catalonia to reduce inactivity and the childhood obesity



Integral Plan for Health Promotion through Physical Activity and Healthy Eating (PAAS-2004): Develop programs with children and youth in education, community level and healthcare.

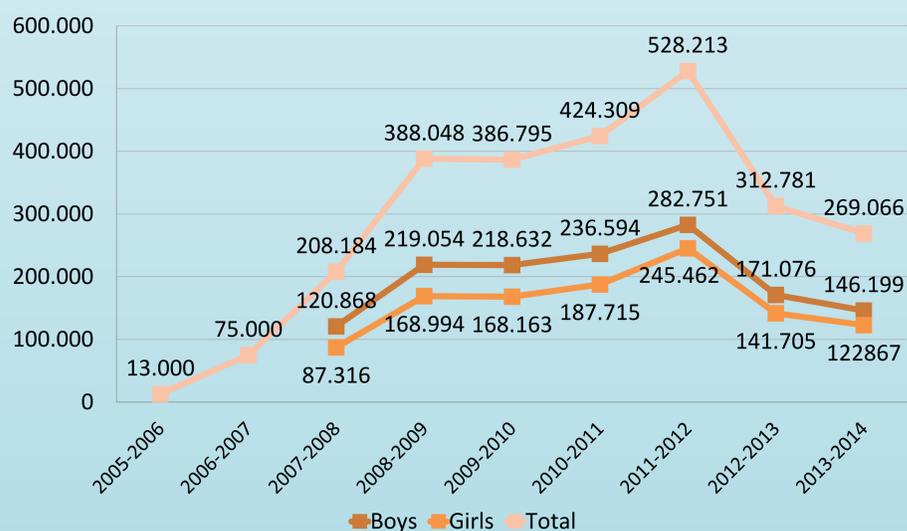


Catalan Plan for Sport in Schools (PCEE - 2005): It is an initiative of the Government of Catalonia to promote sport and practice of physical activities in a schedule out of school hours in the same school.



Plan for Physical Activity, Sport and Health (PAFES - 2007): Recommend children and adolescents to make at least 60 minutes of moderate physical activity five days per week.

Participation's evolution on Catalan Plan for Sport in Schools



The school year 2013-2014 the participation decreased until 269,066 due to a reduction in subsidies to develop sports activities by the government.

CONCLUSIONS

The creation of the Catalan Plan for Sport has contributed to an increase in organized physical and sport activities. This increase we believe can contribute to the increase in health in children and teenage population reducing sedentary attitudes and helping to prevent child overweight and obesity (42,5% in Catalonia). We can also interpret that a major economic investment in sports, increases the involvement of schools and therefore produces more impact on the habits and health of the school population.

REFERENCES

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