

12<sup>th</sup> International Conferences on **Childhood Obesity and Nutrition**  
&  
3<sup>rd</sup> World Congress on **Diabetes and Obesity**

March 18-19, 2019 | Rome, Italy

**The level of physical activity, sedentary time and obesity in children and adolescents: What is the evidence in this game?**

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The purpose of this study was to discuss the relationship between physical activity, sedentary time and obesity in children and adolescents. The presentation intends to bring about the different factors that can affect children and adolescents' health. The influence of physical activity, the level of physical activity, the screen time, and the objectively measure instruments to assess physical activity. Hence, to present some studies developed in Brazil by different graduate programs and researchers related to the state of art of these variables. For such it becomes relevant to point out the need for more longitudinal studies and ecological validity evidence. The childhood and adolescent period of development might be affected for this intriguing and multifactorial relationship between physical activity, sedentary time and obesity, increasing the probability to be committed by non-transmissible chronic diseases later in life such as Diabetes Type II, hypertension, cardiovascular diseases and some types of cancer. Social and cultural factors also seem to develop a key role to promote and develop favorable perceptions about physical activity in this period of development which seems through an active lifestyle to increase the chance to adherence that can affect health across life span.