



Compliance with the World Health Organization 24-Hr Movement Behavior Guidelines in Preschool Children in Western Massachusetts (SUNRISE STUDY)

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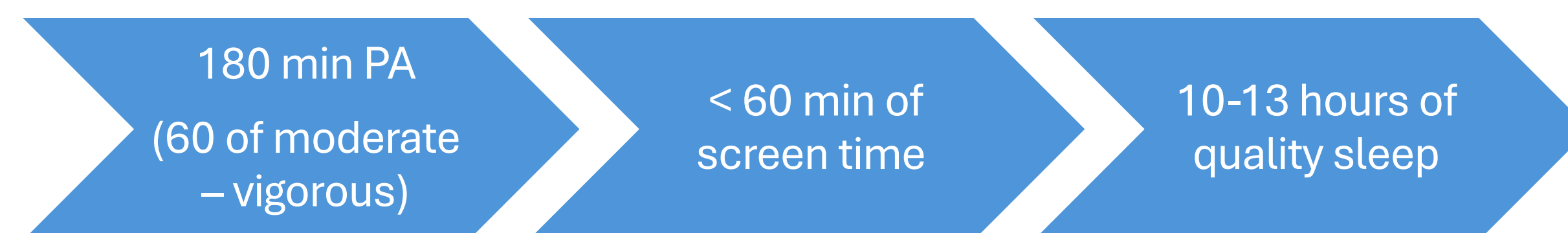
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INTRODUCTION

- Early childhood is an important time period for the development of physical, cognitive, and social behaviors (1).
- In 2019, the World Health Organization released 24-hr movement behavior guidelines that newly included children under the age of 5 (1).

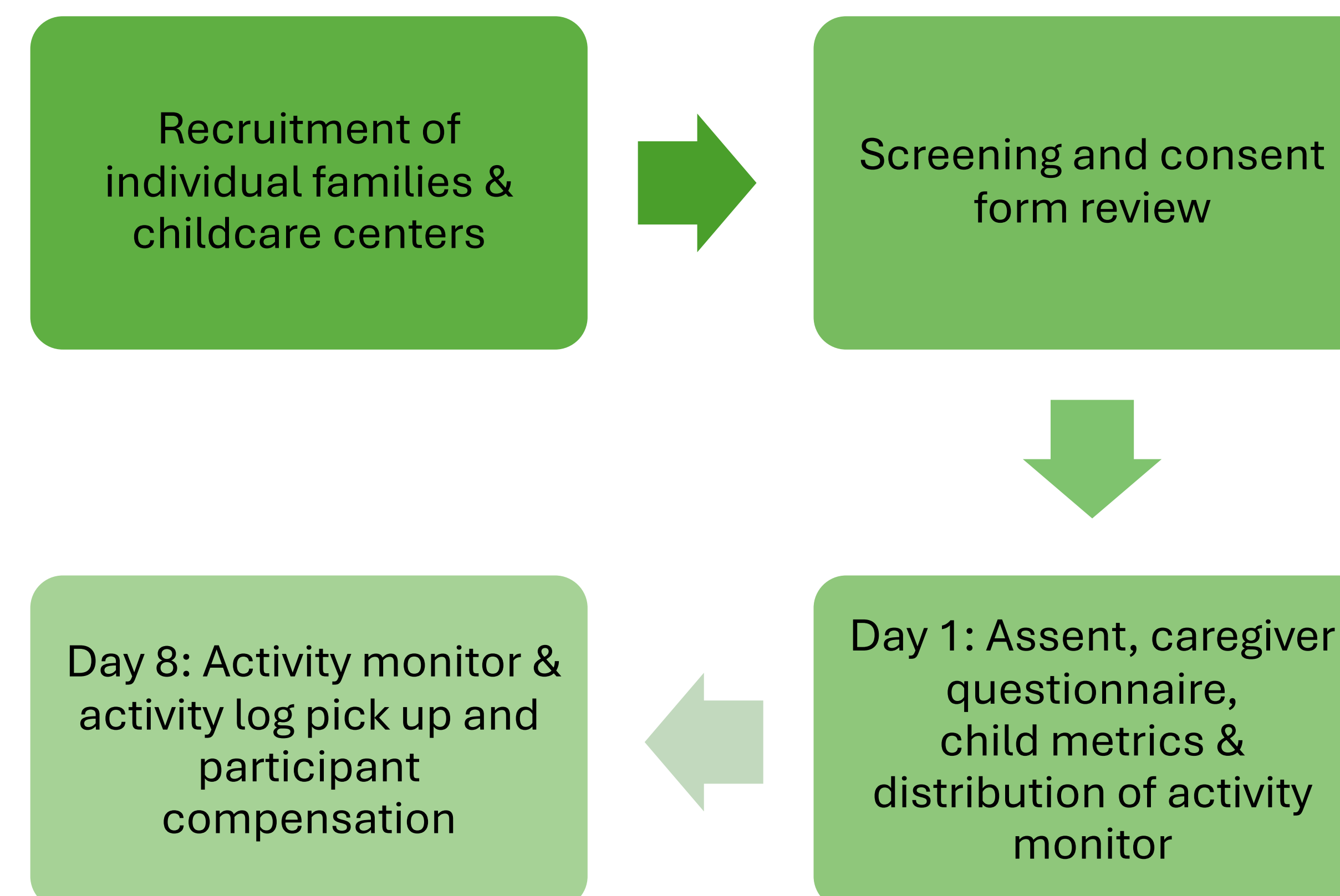


- Evidence shows that meeting one or more 24-hr movement behaviors is associated with improved health indicators in young children (2).
- A greater proportion of girls have been reported to experience a sharper decline in physical activity as they age compared to boys (3).

PURPOSE

To identify the proportion of a sample of 3 to 5-year-old children in Western Massachusetts who meet the WHO 24-hr movement behavior guidelines, and to determine if the proportion varies by sex.

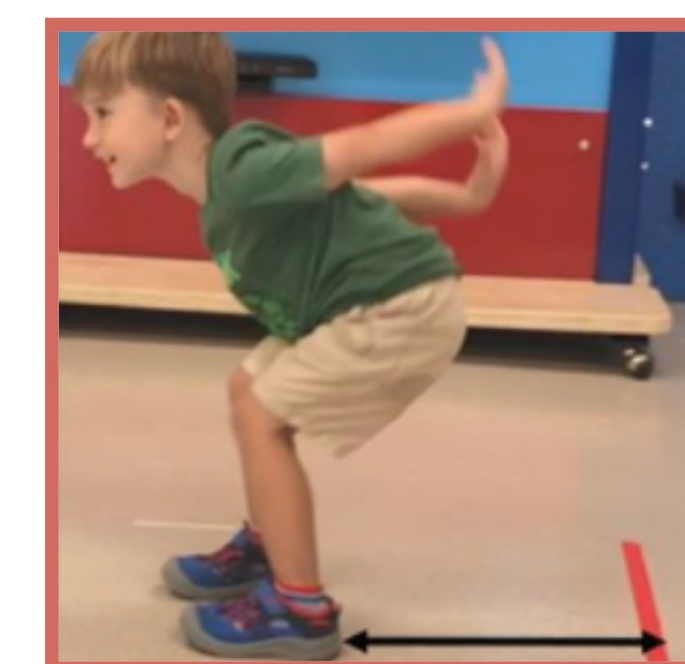
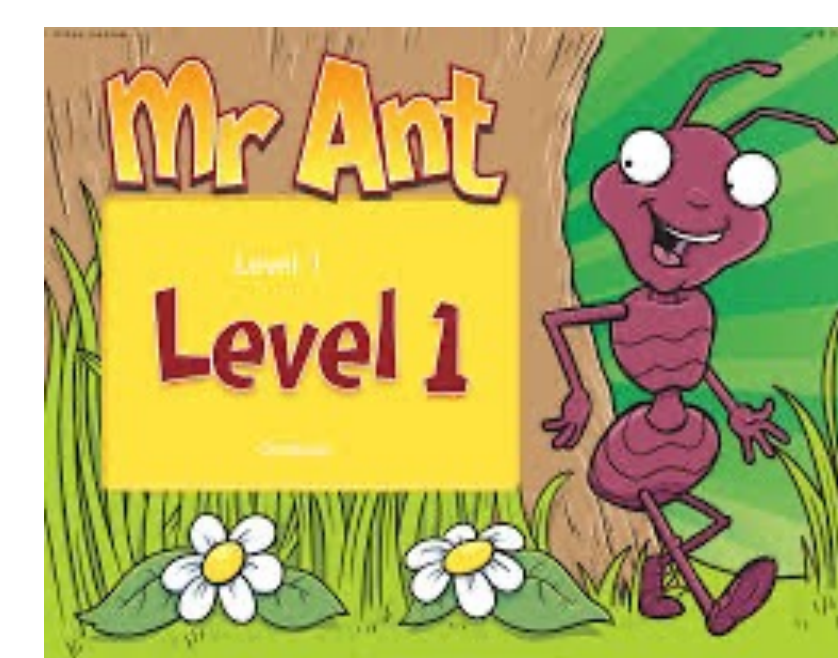
METHODS



- Participants: Preschool children, ages 2 years, 9 months to 5 years, 11 months old

Measurements (for Full Study)

- Caregiver survey
- Height and Weight
- Motor Skills (peg test, long jump, timed up and go, one-leg balance)
- Grip Strength
- Early Years Toolbox Tasks (Mr. Ant, Go No Go)
- Wake time, SB, PA (mins) using GENEActiv

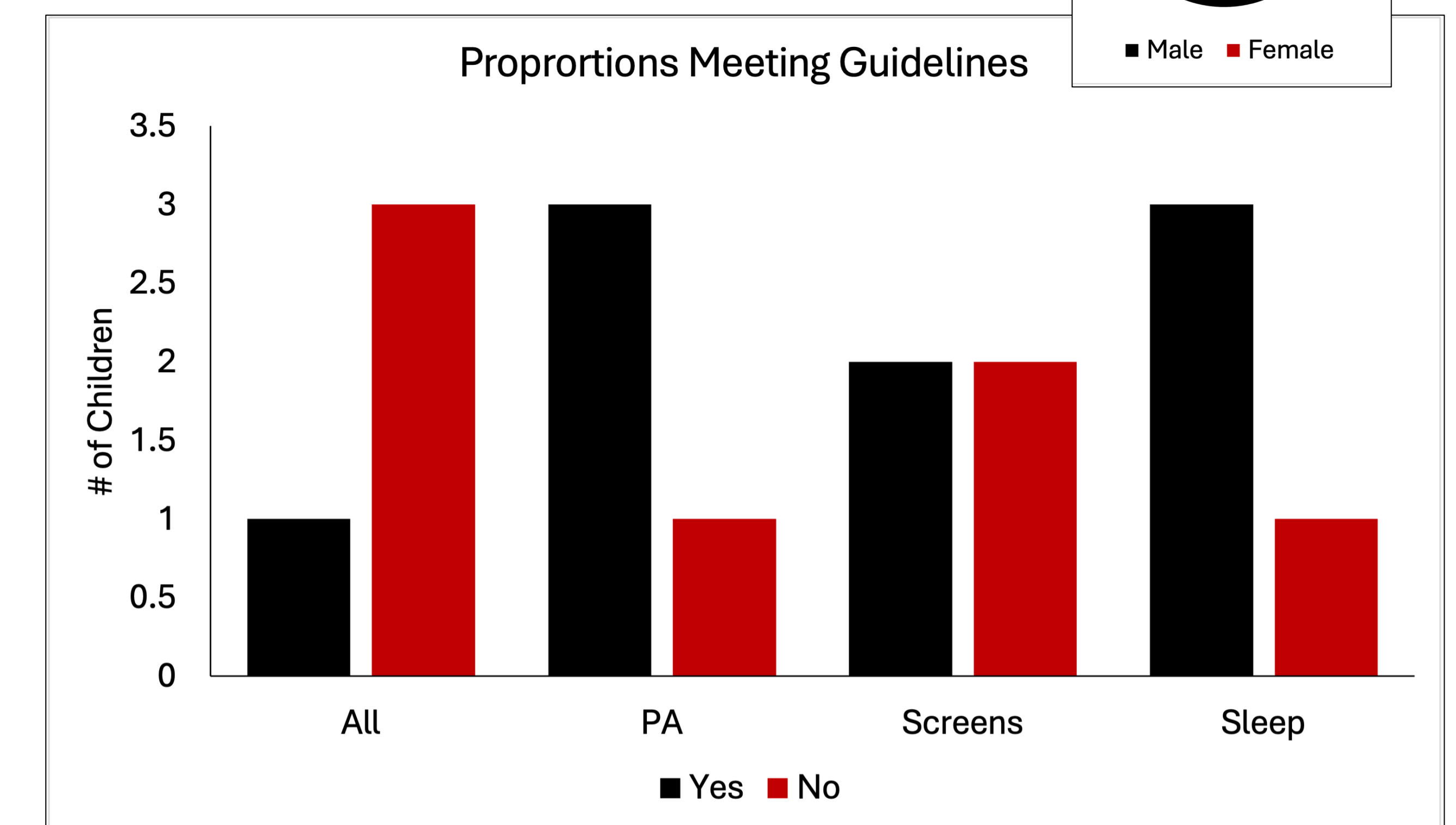
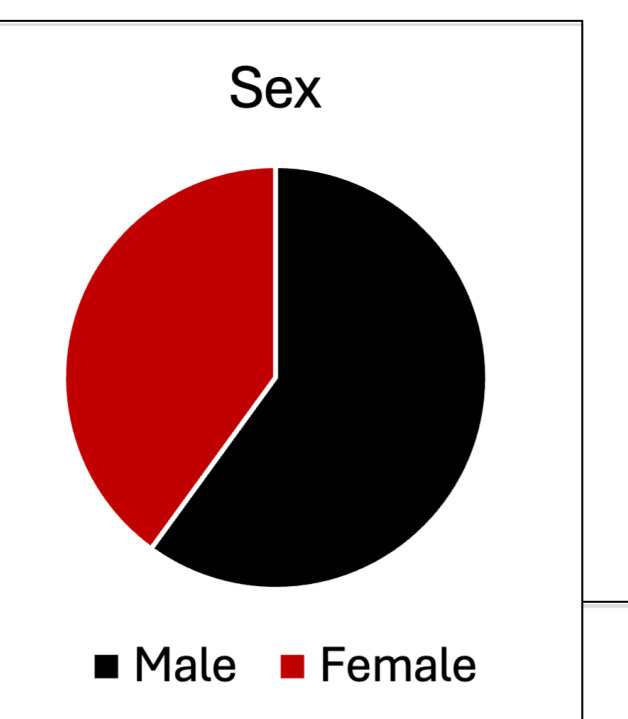


The present study used data from the caregiver survey and GENEActiv data.

PRELIMINARY RESULTS

Current Sample

- 5 children (4 with survey data)
- Ages 57.2 ± 8.8 months



SUMMARY

- Data collection is in progress, but we anticipate that most of the final sample will not meet all 24-hr movement behaviors.
- The completion of this project will aid in developing age and sex-specific strategies to support health and movement behaviors in one of the youngest populations.

REFERENCES

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ACKNOWLEDGEMENTS

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