

Monitoring Activities of Teenagers to Comprehend their Habits (MATCH) Study

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Aim:

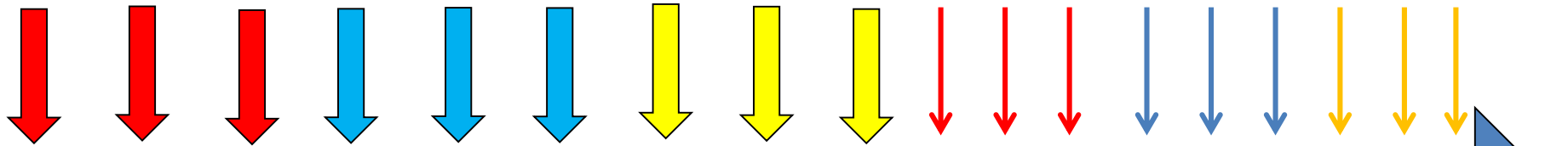
Generating a better understanding of how physical activity participation evolves during childhood and adolescence

Emphasis is placed on the stratification of analyses by physical activity type



PROJET **MATCH** PROJECT

Student questionnaires (n = 843)



Grade 5-6

Grade 6-7

Grade 7-8

School questionnaires (n=17)

Qualitative interviews (n = 25)

Parent questionnaires (n= 250)

Association between School environment and physical activity

Infrastructures

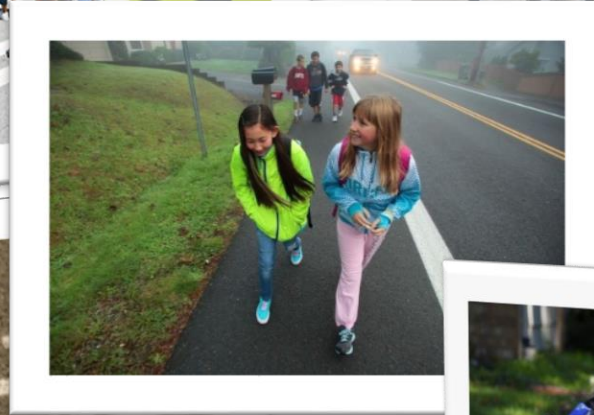
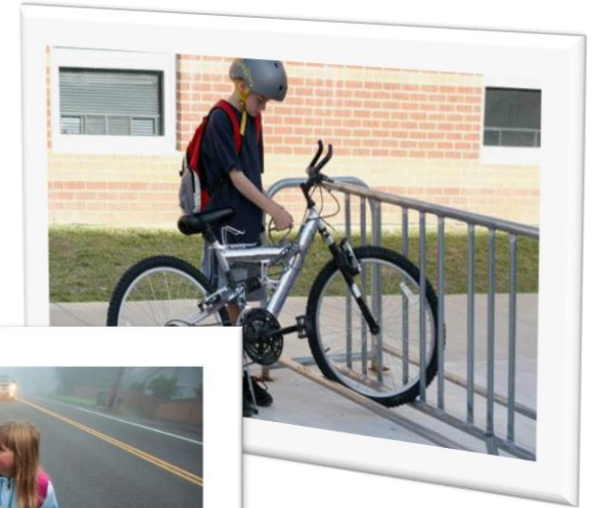
Rules

Intramural activities

Interscholastic sports

Physical education

Active transportation



Literature review

- PubMed; SPORTDiscuss; Science Direct
- English and French
- Key words:

(“environment design” OR surroundings OR “health care accessibility” OR “public facilities” OR “fitness centers”)

AND

(“social behavior” OR “adolescent behavior” OR “health behavior” OR “imitative behavior”)

AND

(“motor activity” OR exercise OR recreation)

Literature review



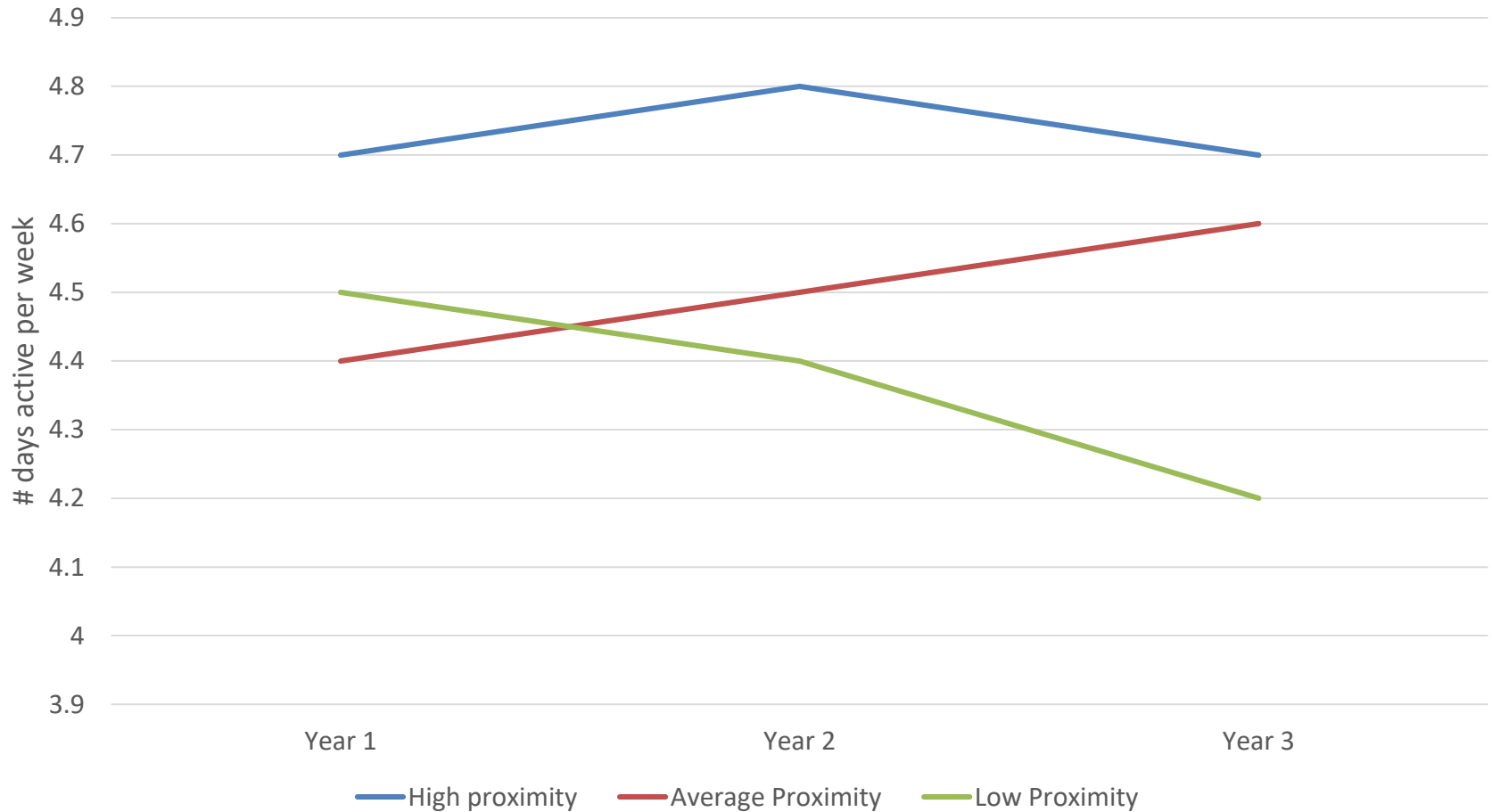
- Proximity to recreational infrastructure
- Number of recreational infrastructure
- Perception of security
- Walkability

} Physical activity

Limitations:

- Mostly among adults
- Cross sectional

Association between proximity to physical activity infrastructure and physical activity





Healthy Start

Be active - Eat well.

*A guide for caregivers
on implementing
physical activity and
healthy eating for
young children*

