



# International Virtual 2023 Medical Research Symposium

*'Spearheading Responsible  
Research & Innovation towards  
Achieving Sustainability'*

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PC063

## Sedentary Behaviors and Sleep Time of Under Five Children with Normal BMI in Kuantan, Pahang

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**Introduction:** Early childhood is a period of rapid physical and cognitive development in which a child's habits are formed. Sedentary behaviors and inadequate sleeps contributes to the rise in overweight and obesity. This study aims to look into the physical activity (PA), screen time (ST) and sleep time of under-five children. **Methodology:** A cross-sectional study was conducted at eight purposely selected government health clinics in Kuantan, Pahang in 2023. A total of 135 children aged 12 to 60 months with normal BMI for age were randomly selected. An interviewer-guided questionnaire was used to gather the relevant data from the caregivers which were later compared to the World Health Organisation's recommendations. Data was analysed using the IBM SPSS Version 26. **Results:** The mean age was  $29.01 \pm 14.43$  months, with 54% of them were boys. For the caregivers, 51.1% have secondary or lower education and majority (72.6%) were from the B40 group. In term of PA, the mean duration was  $120.85 \pm 70.49$  minutes per day with 68.2% of children had inadequate PA (<180 minutes per day). 94.8% of children were exposed to gadgets with 76.3% of them had used hand phone. The mean ST was  $1.7 \pm 1.4$  hours per day with 43.7% of children had excessive exposure (> 1 hour per day). Regarding sleep, the mean duration was  $11.98 \pm 1.72$  hours per day with only 12.6% of children had inadequate sleep time. **Conclusion:** Young children in this study population has sedentary behaviors (low PA with high ST) with adequate sleep time. Therefore, caregivers and relevant authority must play greater role in ensuring the under 5 children practice an active lifestyle especially on the PA and ST aspect.

Keywords: Sedentary behavior; sleep time; under-five