



powered by
Google™

☒ News Archive [\[link\]](#)
☐ Web
 ☐ Wikipedia
 ☐ Medical Dictionary [\[link\]](#)

News Category Menu

[Pediatrics / Children's Health](#)
[Categories A-B](#) >

[Categories C-D](#) >

[Categories E-G](#) >

[Categories H-L](#) >

[Categories M-O](#) >

[Categories P-R](#) >

[Categories S-Z](#) >

[View full category list](#)

News By Email

[Weekly Newsletters](#)
[Daily News Alerts](#)

Navigation Links

[Home](#)
[About Us](#)
[News Licensing](#)
[Free Website Feeds](#)
[Free Tools & Content](#)
[Links](#)
[Tell a Friend](#)
[Accessibility](#)
[Help / FAQ](#)
[Article Submission](#)
[Contact Us](#)

Health Professional Sites

[Psychiatry](#)
[Urology](#)

Patient Resource Sites

[Bipolar](#)
[Schizophrenia](#)

Clinical Trials

Medical News Gadget

Add our medical news to your Google homepage



Website Developers

[Website Gadget Code](#)
[Website News Code](#)
[RSS News Feed Links](#)

DOWNLOAD



Ads by Google

[Smokers Lungs](#)
[Health](#)
[Exercises](#)




Descubrir meetic gratis y encontrar el amor

[Pediatrics / Children's Health News](#)
[Useful Links](#)
[Video Library](#)

8 Of Every 10 Spanish Adolescents Who Play A Sport Do Not Smoke, And More Than 40% Do Not Practice Any Physical Activity

 Main Category: [Pediatrics / Children's Health](#)

 Also Included In: [Smoking / Quit Smoking](#)

Article Date: 26 Aug 2008 - 3:00 PDT

 [email to a friend](#)
 [printer friendly](#)
 [view / write opinions](#)
 [rate article](#)

Sports and tobacco consumption are directly related, according to a study carried out by researchers of the University of Granada, the Spanish National Research Council- CSIC, the Universities of Murcia, Zaragoza and Cantabria, and the Nuestra Señora de la Consolación School of Granada. This work has proved that those Spanish adolescents who play a sport do not smoke usually (8 of every 10), and more than 40% of the adolescents aged between 13 and 18 do not practice any physical activity.

The article Increase of tobacco consumption and reduction of the physical activity practice level in Spanish adolescents: AVENA Study, published in the journal Nutrición Hospitalaria, has analysed the relationship between tobacco and sports in a sample of about 3,000 students from Granada, Madrid, Murcia, Santander and Zaragoza, who were applied a questionnaire to get to know their habits on this matter.

According to this research work, with the participation of the UGR Professors Pablo Tercedor, Palma Chillón, and Manuel Delgado, 59.2% of the adolescents are physically active, although there are significant differences according to sex (71.1% of the boys as against 46.7% of the girls). These percentages coincide with other similar studies carried out in the USA, although the results are below those obtained in France (where 75% of men play a sport, as against 58% of women).

Girls smoke more

As regards tobacco consumption the survey has revealed that 15% adolescents are regular smokers, slightly more girls than boys. There is a clear correlation between the practice of physical activity and tobacco consumption, as 80.9 per cent of the active subjects say they do not smoke, as against 71.4% of the non-active.

In the scientists' opinion, these results show the importance of adopting measures to promote the practice of physical activity and eradicate tobacco consumption, as it has been proved how physical activity, diet and tobacco and alcohol consumption are related to obesity, diabetes, coronary disease, osteoporosis and cancer. Whereas the practice levels of physical activity in adolescents decrease as they get older, tobacco consumption increase, which reveals the importance of adopting intervention strategies on both conducts.

This work has also analysed the attitudes and motivations that encourage to tobacco consumption among the young, such as the use of this toxic substance as a mechanism to control body weight, a method to calm down, a curiosity or a wish to feel older, among others.

UNIVERSITY OF GRANADA - COMMUNICATIONS DEPARTMENT

Secretariado de Comunicación - Universidad de Granada

Hospital Real - Cuesta del Hospicio s/n

<http://www.ugr.es>

Please rate this article: **Patient / Public:** or **Health Professional:**

(Hover over the stars then click to rate)

Latest News For Pediatrics / Children's Health

[Trends In Prescription Medication Sharing Among Reproductive-Aged Women](#)

27 Aug 2008

[Study Finds Troubled Children Adversely Affect Peers' Test Scores, Behavior](#)

27 Aug 2008

[Gene Found For Rare And Deadly Childhood Cancer Neuroblastoma](#)

27 Aug 2008

[View more news...](#)

Latest Videos For Pediatrics

[Back-to-school Sleep](#)

Going back to school is tough for families who have been enjoying a relaxed summertime schedule. Learn how to get sleep back on track for the whole family...

[ADHD Therapy](#)

Every parent wants their child to be well-behaved, and encouraging focus and self-discipline is an important issue both at home and at school. But when a child has Attention Deficit Hyperactivity Disorder, conventional approaches to teaching good behavior may not work. Join us as we take a look at...

[View more videos...](#)




y encontrar el amor

Ads by Google

Most Popular Categories

[cancer](#)
[cardiovascular](#)
[dermatology](#)
[hiv](#)
[nutrition](#)
[diabetes](#)
[obesity](#)
[pediatrics](#)
[psychology](#)
[neurology](#)
[alcohol](#)
[urology](#)
[breast cancer](#)
[women's health](#)
[infectious diseases](#)
[respiratory](#)
[sexual health](#)
[gastrointestinal](#)
[pain](#)
[pregnancy](#)
[bones](#)
[medical devices](#)
[medicare](#)
[depression](#)
[prostate](#)
[smoking](#)
[alzheimer's](#)
[allergy](#)
[sleep](#)
[biology](#)
[genetics](#)
[eye health](#)
[sports](#)
[medicine](#)
[hypertension](#)
[abortion](#)
[health insurance](#)
[autism](#)
[stem cell research](#)
[adhd](#)
[liver disease](#)
[multiple sclerosis](#)
[arthritis](#)
[pharma](#)
[industry](#)
[seniors](#)
[dentistry](#)
[it](#)
[nursing](#)
[blood fertility](#)

Useful Links