

popularity - friendship - physical activity

Social networks can influence the physical activities of children. Notably, these networks can change when transitioning to a higher school grade

A recent study* examined the relationships between children's friendships and their physical activity (PA) before and after transitioning into a new school year.

PRE-TRANSITION

social network characteristics associated with PA

Number of sent friendship nominations



Popularity and the average PA level of friends



POST-TRANSITION

social network characteristics associated with PA

Number of sent friendship nominations and friend's average PA levels



A child's school-based social networks and their friends PA levels are associated with their individual PA behaviour.

*** For more information:**

Swanson, K. C., Nettel-Aguirre, A., & McCormack, G. R. (2019). Popularity and Friendships and Their Relationship to Physical Activity Before and After Transition to a Higher School Grade. *Int. J. Environ. Res. Public Health*, 16, 2782. doi:10.3390/ijerph16152782

References:

I. Sawka, K.J.; McCormack, G.R.; Nettel-Aguirre, A.; Hawe, P.; Doyle-Baker, P.K. Friendship networks and physical activity and sedentary behavior among youth: A systematized review. *Int. J. Behav. Nutr. Phys. Act.* 2013, 10, 130.



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