

In teens, sedentary behavior independently tied to adiposity

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Photo: U.S. National Institutes of Health

(HealthDay)—For adolescents, sedentary behavior is associated with markers of adiposity, independent of dietary intake, according to a systematic review published online June 22 in *Obesity Reviews*.

Elly Fletcher, from Deakin University in Melbourne, Australia, and colleagues explored the correlations between various sedentary behaviors and cardiometabolic risk markers. Data were included from 25 studies that met the inclusion criteria and assessed the association between sedentary behaviors and cardiometabolic markers in 12- to 18-year-olds, with adjustment for [dietary intake](#).

The researchers found that most of the 21 studies that examined [sedentary behavior](#) and adiposity identified significant correlations between television viewing, [screen time](#), and self-reported overall sedentary behavior and markers of adiposity, which were independent of dietary intake. There were no significant correlations reported for screen time with blood pressure and cholesterol.

"Sedentary behavior appears to be associated with adiposity in adolescents, irrespective of dietary intake," the authors write. "However, the variability of dietary variables between studies suggests further work is needed to understand the role of dietary intake when examining these associations in youth."

More information: [Abstract](#)
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