

School year 2023 - 2024

**Research Title: What are the significant implications of a sedentary lifestyle among young children in Qatar?**

**How can targeted interventions and policies be developed to promote physical activity and overall well-being in this demographic?**

Year: 1

Group: 1A

Youth Leadership Program 2023-24

<b>School Name</b>	The Next Generation School – Ain Khalid Campus
<b>M</b>	<b>Member Name</b>
<b>Teacher</b>	Ms. Dipika
<b>Co- Teacher</b>	Ms. Michelle
<b>Students</b>	All students
<b>Synopsis (Abstract)</b>	<p>The prevalence of sedentary lifestyles among young children in Qatar poses significant health, developmental, and social implications. With rising rates of obesity and related health issues, such as cardiovascular diseases and type 2 diabetes, sedentary behavior exacerbates these risks. Furthermore, limited physical activity impedes proper muscle and bone development, delays motor skill acquisition, and can contribute to mental health concerns like anxiety and depression. Academic performance may also suffer due to decreased concentration and cognitive functioning. Additionally, sedentary habits established in childhood tend to persist into adulthood, perpetuating long-term health risks. Addressing these implications necessitates collaborative efforts from parents, educators, policymakers, and healthcare professionals to promote regular physical activity, active play, and policies that discourage sedentary behaviors, thus fostering healthier lifestyles among young children in Qatar.</p>
<b>Research Objectives</b>	<p>"To investigate the prevalence and impact of sedentary lifestyles among young children in Qatar, with a focus on the associated health risks, developmental implications, and social consequences. The study aims to assess factors contributing to sedentary behavior, such as screen time, lack of access to recreational facilities, and parental influence, while also exploring potential interventions and strategies to promote physical activity and mitigate the negative effects of sedentary behavior on children's health and well-being. By examining these aspects comprehensively, the research seeks to provide insights and recommendations for stakeholders, including policymakers, educators, healthcare professionals, and parents, to address the issue effectively and promote healthier lifestyles among young children in Qatar."</p>
<b>Targeted Global Issue</b>	SDG 3 – Good health and well being

<p><b>Impact of your project on school/community</b></p>	<p><b>Awareness and Education:</b> By conducting research on sedentary lifestyles among young children in Qatar, the project raises awareness about the importance of physical activity and the risks associated with prolonged sedentary behavior. This knowledge empowers parents, educators, and community members to make informed decisions regarding children's lifestyle choices.</p> <p><b>Policy Development:</b> The research findings can inform the development of policies and guidelines at both school and community levels aimed at promoting physical activity and reducing sedentary behavior among children. This might include recommendations for curriculum enhancements, school-based physical activity programs, and community initiatives to provide safe and accessible recreational spaces.</p> <p><b>Intervention Strategies:</b> The project could identify effective intervention strategies to encourage physical activity and discourage sedentary behavior among children. These strategies might involve incorporating more active learning opportunities into the school day, implementing parental education programs, or advocating for changes in the built environment to facilitate active transportation and play.</p> <p><b>Health Outcomes:</b> Ultimately, the project's impact could be measured by improvements in children's health outcomes, including reductions in obesity rates, improvements in cardiovascular health, and enhancements in overall well-being. By promoting healthier lifestyles from a young age, the project contributes to the long-term health and vitality of the school and wider community.</p> <p><b>Community Engagement:</b> Engaging with stakeholders throughout the research process fosters a sense of community ownership and collaboration. By involving parents, educators, policymakers, and healthcare professionals, the project builds a network of support for promoting physical activity and healthy living, strengthening community ties and collective efforts towards improving children's health outcomes.</p>
<p><b>Big Questions</b></p>	<ul style="list-style-type: none"> <li>• How does a sedentary lifestyle contribute to obesity?</li> <li>• How can Qatar implement a comprehensive and culturally sensitive strategy to combat childhood obesity, considering lifestyle factors, dietary habits, physical activity,</li> <li>• What role does screen time play in sedentary behavior and obesity in children and adults?</li> <li>• How do workplace environments contribute to sedentary behavior, and what can be done to promote activity during work hours?</li> <li>• How does a sedentary lifestyle contribute to the development of other health conditions associated with obesity, such as cardiovascular diseases and type 2 diabetes?</li> <li>• What psychological factors influence the relationship between sedentary behavior and obesity?</li> </ul>
<p><b>Conclusion of project</b></p>	<p>Addressing a sedentary lifestyle to promote active well-being in students, we realize the profound impact of</p>

prolonged inactivity on their physical and mental health. Recognizing that modern lifestyles involve significant sitting, we integrated active breaks and interactive lessons into the classroom, encouraging students to move and engage through short exercises, stretching, and group activities. Providing options like stand-up desks further supported this initiative. Quality physical education programs were prioritized, ensuring they were engaging and inclusive, offering a variety of activities to cater to different interests and abilities. Additionally, promoting extracurricular sports and collaborating with local sports clubs provided students with more opportunities to be active outside regular school hours.

Education on the benefits of an active lifestyle was also crucial. Integrating health lessons that highlight the dangers of sedentary behavior and ways to stay active, alongside inviting role models such as athletes and fitness experts, helped inspire students. Parental involvement was fostered through workshops and newsletters, encouraging an active lifestyle at home as well.

To evaluate the outcomes, we monitored physical activity levels using tools like activity trackers and surveys, gathering feedback from students to understand their experiences and preferences. Assessing changes in physical health, mental well-being, and academic performance provided insights into the effectiveness of the implemented strategies.

Reflecting on the challenges and successes, we found that continuous adaptation based on student feedback and collaboration with colleagues was essential. This experience underscores the importance of fostering an environment that values and encourages physical activity, ensuring the holistic development and well-being of students.

**Recommendations**

Year 1A shows evident growth and improvement in thinking skills. Ice breaking was done by showing them related videos and conducting research. The observation was made during research, quizzes, surveys, group discussions, etc. Students were able to understand the given SDG topic. After continuous research, they began to understand the problems faced by our environment. They chose their big questions and started to research their topic.

- Development of engagement activities to enhance their skills.
- Field trips to conduct surveys physically and better understanding of the big question.

	<ul style="list-style-type: none"><li>● Having more time for reflection to give immediate and appropriate corrective feedback.</li><li>● Parents should be part of the theme exploration if possible e.g. activities involving parent and child as recommended by the department or school.</li><li>● Children could go back to these YLP experiences; and get an update for example, after 5 years or so</li><li>● Better analysis of problems through group discussions.</li></ul> <p>More engagement of LA students during the class presentation. Supporting the LA students or those with communication problems with activities that will boost their confidence.</p>
<b>YouTube link</b>	<a href="https://youtu.be/n7Kt4-7t48?si=L9fsnjPfsZvDxm0C">https://youtu.be/n7Kt4-7t48?si=L9fsnjPfsZvDxm0C</a>

**\*Paste your YLP  
Poster snapshot  
here**