

Susana Andrade¹⁻⁶, Angélica Ochoa-Avilés¹, Wilma Freire², Natalia Romero-Sandoval³, Daniel Orellana⁴⁻⁵, Teodoro Contreras⁶, José Luis Pillco⁶, Jessica Sacta⁶, Diana Andrade Muñoz¹, Patricia Ramírez¹, Miguel Martín⁷ and Silvana Donoso¹

¹ Bioscience Department, "Food, nutrition and health" Research Group, Cuenca University, Cuenca, Ecuador. ² Institute for Research in Health and Nutrition, Universidad San Francisco de Quito, Quito, Ecuador. ³ School of Medicine, Universidad Internacional del Ecuador, "Epidemiological Studies Research Group-EstEPI-UIDE", Quito, Ecuador and Network Research Groups de Recerca d'Àfrica i Àfrica Llatines - GRAAL-Node Ecuador. ⁴ Space and Population Department, "LIactaLAB - Ciudades Sustentables" research group, Cuenca University, Cuenca, Ecuador. ⁵ Faculty of Agronomy, Cuenca University, Cuenca, Ecuador. ⁶ Faculty of Philosophy, Cuenca University, Cuenca, Ecuador. ⁷ Unitat de Bioestadística, Facultat de Medicina, Universitat Autònoma de Barcelona, Spain.

1. Introduction

The abstract summarizes the knowledge gaps and highlights the most urgent needs and problems that should be considered by policy makers to promote an active healthy lifestyle among Ecuadorian children and youth

2. Methods

A literature review was performed to identify possible sources of information and experts in the field of physical activity and active lifestyle in Ecuador.

3. Results

Figure 1. Around half of children and adolescents complied the Screen time recommendations

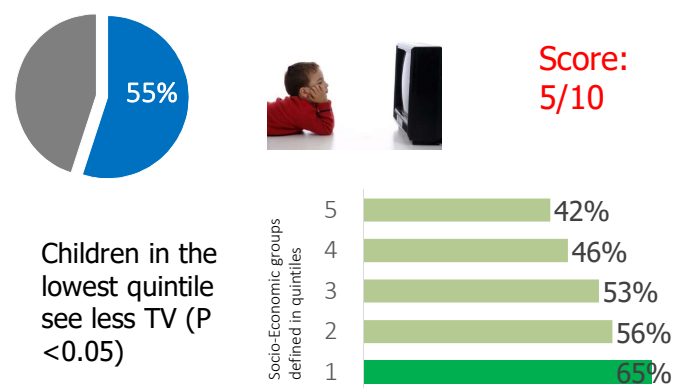


Figure 3. Four out of 10 children and adolescents use Non-motorised Transportation and that in more frequent used among no school children

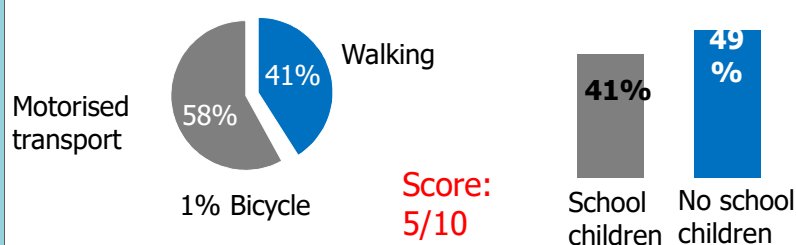


Figure 4. Only 1 out of 10 adults living with children meet the recommendation of 150 minutes of moderate / vigorous physical activity

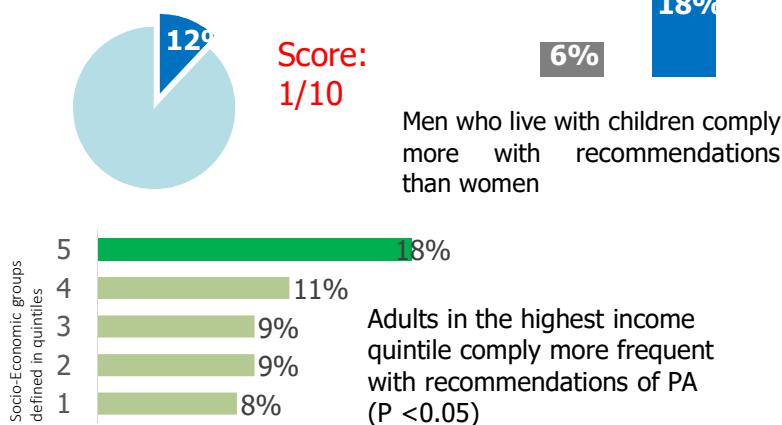
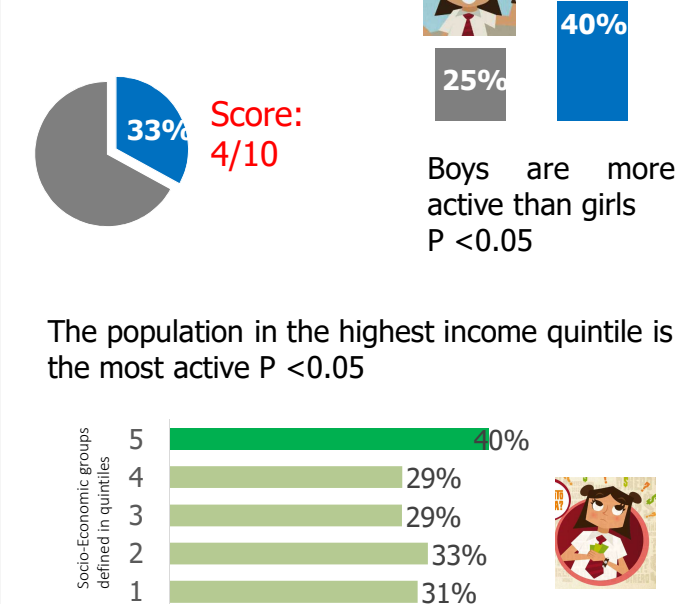


Figure 2. One out of three children and adolescents are active at least 60 min/day



4. Conclusiones

Preventive strategies are urgently needed to improve the health of Ecuadorian children and adolescents with an approach that mitigates gender and economic differences

Contact point: PhD. Susana Andrade. Cuenca University - Ecuador, Bioscience Department. +5934051000 Ext:3152. susana.andrade@ucuenca.edu.ec