

KiGGS – The German Health Interview and Examination Survey for Children and Adolescents

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Physical activity among children and adolescents in Germany. Results of the German Health Interview and Examination Survey for Children and Adolescents (KiGGS)

Abstract Regular physical activity has a positive effect on health and wellbeing at any age. For this reason, sports and exercise enhancing measures are inherent parts of public health in Germany. The German Health Interview and Examination Survey for Children and Adolescents (KiGGS) provides a nationally representative database which allows a comprehensive analysis of physical activity behaviour among young people. This may support the planning and implementation of health intervention measures. Primary results of KiGGS indicate that most children aged 3 to 10 years regularly go in for sports: around three quarters of girls and boys go in for sports at least once a week, and even more than one third three times a week or more. Children without sport engagement come disproportionately often from families with low socioeconomic status, with a migration background or from former East Germany. Also among adolescents sports and exercise activity is very common. Among 11–17 year olds, however, the current recommendation to conduct physical and or sports activities on most days of the week is only achieved by every fourth boy and every sixth girl. Especially girls with low socioeconomic status and with a migration background show a lack of physical activity. These results underline the importance of sports- and exercise-promoting measures in childhood and adolescence, designed for specific target groups.

Keywords Health survey - Children - Adolescents - Sport - Exercise - Physical activity
