Are the 2–year old toddlers as active as we think they are?

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In this study we want to identify the 2 year old toddlers level of activity in the kindergarten. The activity level of 2-year old toddlers is also to be examined in relation to the national recommendations of physical activity. We used the accelerometer to measure the level of activity. There have been several mapping studies in children using the accelerometer, but we can’t find any study on children under three years old (Løndal, K. & Bergsjø, C.H 2007, Giske R., Tjensvoll M., Dyrstad S. M 2010, Soini, Tammelin, Sääkslahti, Watt, Villberg, J., Kettunen, T., Mehtålå, A., & Poskiparta, M. 2013).

Why 2 year old? To date, we have about full coverage in the kindergarten, and therefor there are a large proportion of young children in the kindergarten. Young children are active by nature, if they have the opportunity to move. Are 2 year old toddlers so active that we actually think? Based on the info we have, there are no or few comparable studies in such young children.

Methods: 2-years old toddlers in six kindergartens, were measured by using the accelerometers and by observations. The children wore the accelerometer for 5 days, just the time they spent in the kindergarten. In this study we also wanted to find out whether the accelerometer can be used to measure the level of activity of such young children. We used the GTX3 ActiGraph accelerometers, and they were worn on the hip, secured by an elastic waist band.

The preliminary results show that the 2-year-old has many changing activities during the hours in kindergarten, but this is not measured against the data from the accelerometers as this analysis work is not complete.

References


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