

Fidgeting in Hong Kong adolescents and its associations with physical activity and weight status



Yung D, Ho SY, Lo WS, Lam TH

School of Public Health, Li Ka Shing Faculty of Medicine, The University of Hong Kong

Introduction

What is fidgeting?

- Fidgeting is the engagement of physical movements which are not vital to the current focal tasks
 - Ex. tapping feet, twirling hair
- Energy expended may accrue to have a significant impact on total daily energy expenditure
- Potential implications on obesity
- Studies on fidgeting are few and none have been conducted in Hong Kong adolescents

Objective: To investigate the prevalence of fidgeting in Hong Kong adolescents and its associations with physical activity and weight status.

Methods

Study design

- Hong Kong Obesity Surveillance (HKSOS) Project 2006-07
- 42 randomly selected schools
- 34678 students (mean age 14.6, SD 2.0, boys 44.1%)

Measurements (Questionnaire)

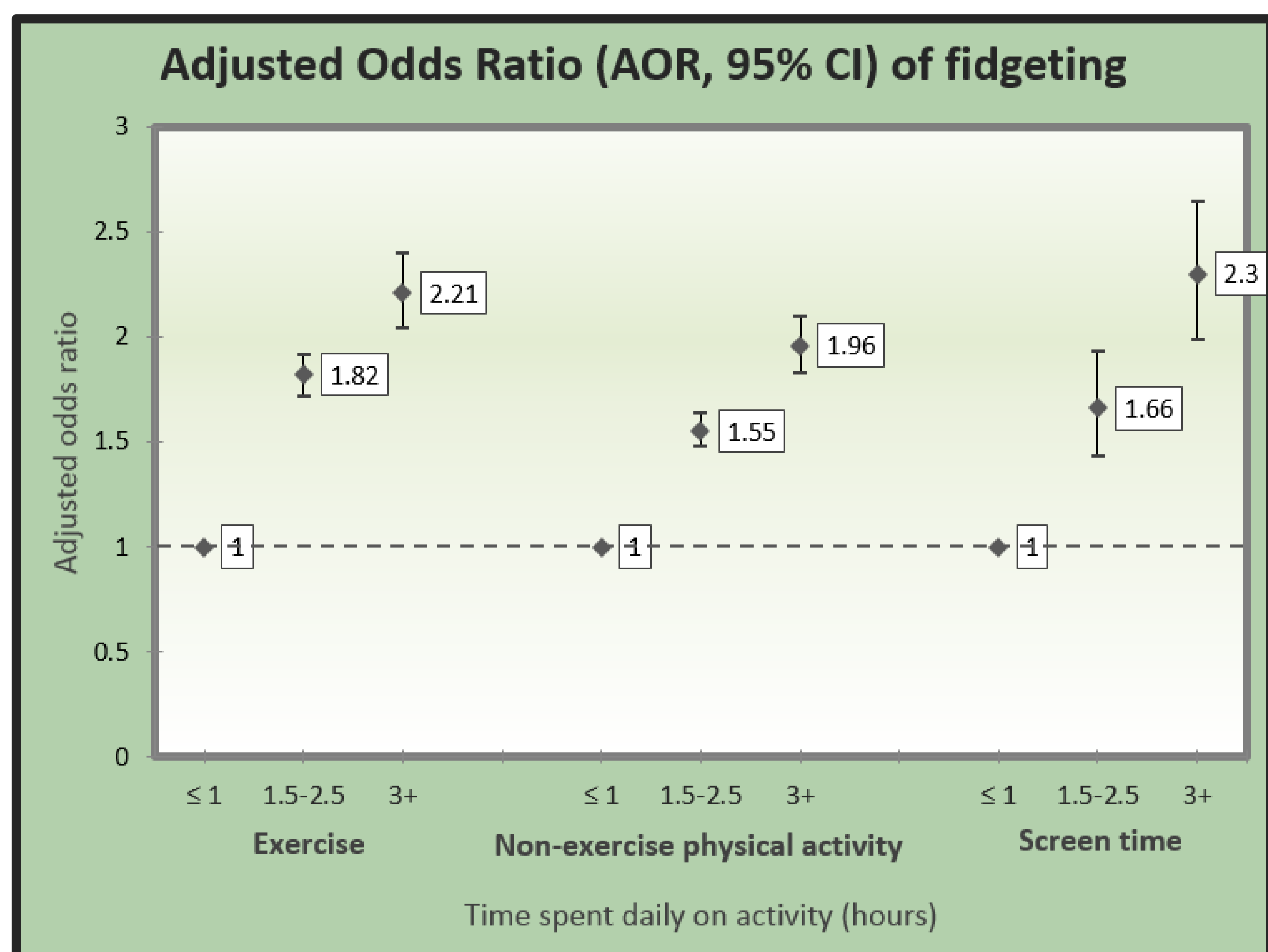
- Fidgeting (“Has anyone described you as can’t sit still/never stopping/always fidgeting?”)
 - “Always”/“Sometimes” → Fidget
 - “Rarely”/“Never” → Non-fidget
- Weight and height
- Exercise
- Non-exercise physical activity (NEPA)
- Sedentary screen time (TV and computer use)

Analysis

- Logistic regressions
 - Adjusted for potential confounders and school clustering

Results

- ➔ **Key Message 1:** Prevalence of fidgeting was 38.2% (95% CI 37.7%-38.7%)
- ➔ **Key Message 2:** Fidgeting was associated with increased levels of daily exercise, non-exercise physical activity (NEPA) and screen time



- ➔ **Key Message 3:** Fidgeting was not significantly associated with weight status
 - Adjusted odds ratios (AOR, 95% CI) below:

	Underweight vs. normal	Overweight/obese vs. normal
Non-fidgeting	1	1
Fidgeting	0.93 (0.82 – 1.05) P = 0.2	0.96 (0.88 – 1.04) P = 0.3

Conclusions

- Fidgeting is prevalent in Hong Kong adolescents
- Fidgeting is associated with exercise, NEPA and screen time
- Our results do not support an independent association between fidgeting and weight status
- Implications: Future studies should investigate whether discouraging fidgeting is harmful and encouraging fidgeting is beneficial to exercise and NEPA levels

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