

Table. Physical activity and Dietary Habits of Pre-Adolescents, Catania, Sicily, 2002

Characteristic	n (%)	95% CI
Physical activity		
<i>At school</i>	556 (97)	91 – 102
<i>organized</i>	341 (59)	53 – 66
<i>non-organized</i>	483 (84)	80 – 88
Walk ³ 30 minutes/day	27 (10)	5 – 15
Number of hours spent watching television during the previous day:		
<1 hour	37 (6)	4 – 9
1-3 hours	174 (31)	26 – 35
4-6 hours	245 (43)	39 – 48
>6 hours	112 (20)	15 – 24
Watch television weekend mornings	424 (74)	69 – 78
Dietary Habits		
Breakfast	449 (78)	74 – 82
Morning snack	535 (93)	90 – 96
Afternoon snack	534 (93)	91 – 95
Ate fruit (during the previous week):		
<i>At least once a day</i>	87 (29)	23 – 35
<i>A few times during the week</i>	244 (39)	33 – 44
<i>Never</i>	50 (9)	6 – 11
Ate vegetables (during the previous week):		
<i>At least once a day</i>	70 (49)	40 – 58
<i>A few times during the week</i>	373 (65)	60 – 70
<i>Never</i>	59 (10)	7 – 13