## **Letter to the Editor**

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## Physical activity and sedentary lifestyle towards teenagers' overweight/obesity status

Sir,

We read the article titled, "physical activity and sedentary lifestyle towards teenagers' overweight/obesity status" with interest. The authors have done a commendable job in highlighting the role of physical activity in the teenagers towards increasing overweight and obesity. Their effort is admirable. The study provides good insights into present day problems of increased technology dependence and reducing outdoor physical activity like walking and cycling. However, the following issues need to be addressed not just in the article, but also for wider dissemination and understanding.

In the methods section, the authors mention using proportional stratified random sampling method. However, the authors have not mentioned the size of the population they are dealing with and the proportion of every element/stratum in the population. Moreover, the sample size calculation has not been mentioned at all.

It is highly recommended that STOBE (strengthening the reporting of observational studies in epidemiology) checklist be followed when reporting findings of cross-sectional studies.<sup>2</sup> It is endorsed by most biomedical journals and the present journal. These should include inclusion and exclusion criteria and any non-response rate

Interestingly, while father's occupation did not show significant association in Table 1; family income does show significant association. This is probably because; the father's occupation is classified into binary variable: does not work and work. If the occupation was classified into various occupational groups or at the very least classified into high paying and low paying jobs, it would have corroborated with the association of family income with nutritional status.

The children have been classified into equal groups of normal nutritional status and overweight/ obesity. But no mention has been made about the type of cut-off used for this purpose. It is important to know if the World Health Organization (WHO) cut-offs were used or any other regional cut-offs were used.<sup>3</sup> Also the methodology fails to mention the anthropometric methods followed to classify the participants. Similarly the operational definition of parental overweight seems to be missing; was it subjective or objective.

Lastly, the issue of use of international physical activity questionnaire (IPAQ) needs mention. This questionnaire is an excellent standardized tool for assessment of physical activity for young and adults from 15-69 years of age. Its first section is about job-related physical activity which is skipped when the participant does not have a paid or an unpaid job outside home. This needs to be mentioned in the scoring and classification of the participants according to vigorous and moderate physical activity. Moreover, whether an English version or translated version was used should preferably be mentioned.

Nonetheless, overweight and obesity is an important health issue that demands urgent attention in the school-going children and it got highlighted through this article. This is true not only for Indonesia but also for most developed as well as developing countries. A standardized questionnaire like IPAQ which can be applied to school-going children of all age-groups may be very useful for national and international comparisons.

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