

Relationship between sedentary behavior and pregnant risk on teenagers

Letter to editor

Dear Editor, current guidelines of physical activity during pregnancy are based on healthy pregnant women population. These guidelines suggest achieving at least 150 minutes weekly of moderate aerobic activities or 21 minutes of energetic walking.¹ However, this recommendation are supported on studies of almost a decade old and with limited sample (n = 1280).² Regarding Teenage pregnancy, there are no specific exercise guidelines for this group, even though there is enough evidence showing sedentary behavior is higher in female teenagers with low income.³

Evidence has also demonstrated higher risk of preterm birth, low birth weight, risk of death, preeclampsia and eclampsia when comparing teenage versus pregnant woman, therefore teenage pregnancy is considered a risk condition.⁴ Regular physical activities during the pregnancy reduce risk for gestational hypertension, among others.⁵ A recent study by Gabrielle aimed to characterize physical activity on pregnant teens and to identify determinant factor for achieving activity intensity. In this cohort study 157 pregnant teenagers (between 13 and 18 years) of different races were included. Authors obtained self-report data of physical activity during pregnancy (Memory of Physical Activity of the Previous Day questionnaire (PDPAR)). Results show that self-reported physical activity levels were independent of gestational age, age of pregnant women, educational level and race. In addition, it was found that less than 50% of adolescents achieved physical activity levels recommended by guidelines for pregnant women. Another interesting finding was that as pregnancy progressed, MET min/day significantly decreased ($p < 0,05$), in average rate of 1% a month, consistent with what was previously found in pregnant women. A direct relationship was found between low physical activity of pregnant teenagers and gestational age at birth, low birth weight, greater number of cesarean, duration of labor, maternal anemia and gain Weight during pregnancy.⁶

Given the strength of these results and the lack of evidence recommending physical activity doses for teenage pregnancy, it is imperative to carry out more research in this particular field. It is also necessary to disseminate the importance and impact of achieving sufficient physical activity levels in the clinical field of gynecology in order to promote women health.

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Conflicts of interest

No conflicts to declare.

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