
Physical activity, screen viewing, and sleep, and their impact on maternal and child health

Faculty:

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Project Description:

The student will join and work with researchers in the Physical Activity and Nutrition Determinants in Asia (PANDA) Research Programme. He/she will have the opportunity to be involved in three large-scale projects investigating maternal and child health.

S-PRESTO, NIPPeR, and GUSTO are three ongoing preconception/birth cohort studies in Singapore. They are longitudinal studies that track the health and behaviours of preconception/pregnant women and their offspring's since birth. Physical activity, screen viewing and sleep behaviours of women and children have been collected using questionnaires and accelerometers at multiple time points throughout pregnancy and up to the age of 10 years.

The student's work will focus on developing a better understanding of movement behaviours among mothers and children, their determinants, as well as their impact on various health outcomes. He/she will have the opportunity to apply different methodologies.

For more information about PANDA and the studies, please visit:

<https://blog.nus.edu.sg/sphpanda/>

<https://www.s-presto.sg/>

<https://www.nipperstudy.com/>

<https://www.gusto.sg/>