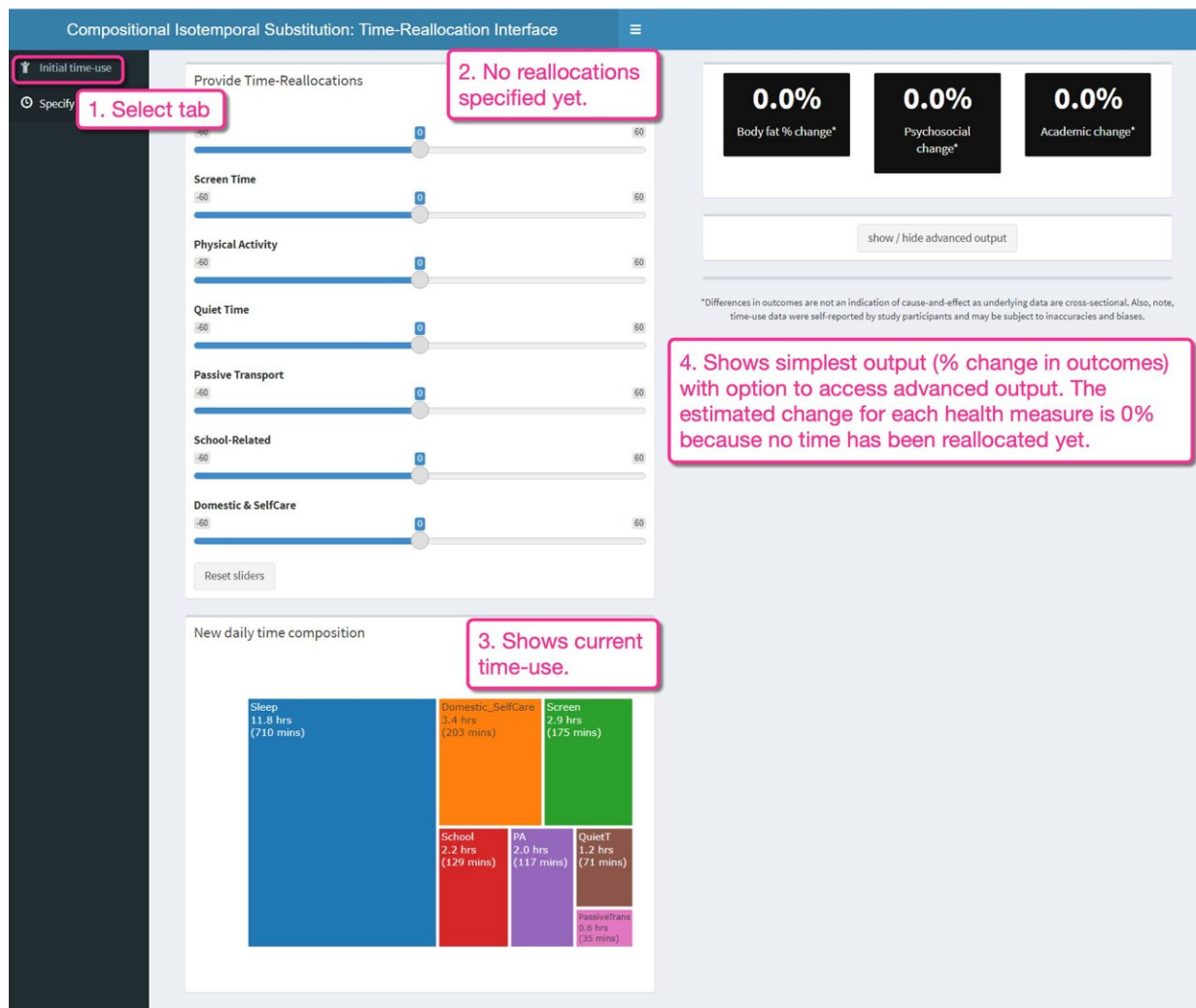# Researchers develop data-based app to link daily schedule with health

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Shiny app interface; time-use reallocation tab. Credit: Dumuid et al., 2022, PLOS ONE, CC-BY 4.0 (creativecommons.org/licenses/by/4.0/)

Researchers studying how children's daily activities are associated with their health have developed a web app that shows users how reallocating time in their day from one activity to another could impact their health and academic performance. The new app and the data used to develop it are described in a paper published this week in the open-access journal *PLOS ONE* by Dorothea Dumuid of University of South Australia and colleagues.

How we use our time may affect our health, well-being and productivity, but the relationships between time use and outcomes can be challenging for both health professionals and the general public to interpret.

In the new study, the researchers used data on 1,685 eleven-to-twelve year-old children enrolled in the Australian Child Health CheckPoint study. Time spent in daily activities was derived from a self-reported 24-hour recall tool in which children recalled the activities they did on the previous day with a granularity of 5 minutes. Data on body fat percentage, psychosocial health and academic performance were also available for each participant. They discovered that, following adjustments for age, socioeconomics and puberty status, how people used their time was significantly associated with body fat percentage (F=2.66, p