

# Adolescent Health Behavior, Contentment in School, and Academic Achievement

Álfeir Logi Kristjánsson, MSc; Inga Dóra Sigfúsdóttir, PhD;  
John P. Allegrante, PhD; Ásgeir R. Helgason, PhD

---

**Objectives:** To examine the association between health behavior indicators, school contentment, and academic achievement.

**Methods:** Structural equation modeling with 5810 adolescents.

**Results:** Our model explained 36% of the variance in academic achievement and 24% in school contentment. BMI and sedentary lifestyle were negatively related to school contentment and academic achievement, but physical activity was positively related to

school contentment and academic achievement ( $P < .01$ ). School contentment was strongly related to academic achievement but only a weak mediator of the health behavior indicators. **Conclusion:** Findings may inform the efforts to improve academic achievement and the general health status of youth.

**Key words:** academic achievement, adolescence, health behavior, school health

*Am J Health Behav.* 2009;33(1):69-79

---