

countries around the world and have had a big impact on physical activity (PA) and daily movement. Previous studies reported the increase of sedentary behaviours during movement restrictions. This study investigates the impact of the first Italian lockdown measures (9 March - 3 May 2020) on PA habits and factors potentially associated with starting or ceasing PA practice during home confinement.

Methods:

A web-based cross-sectional survey was carried out using an online 40-item questionnaire spread in May 2020 in Italy. Multivariable regressions were performed.

Results:

A total of 1865 people were enrolled. During lockdown, PA was performed by 65.5% of the sample. Overall, the number of physically active people increased by 8%, compared to the pre-pandemic period level (56%). A change in PA habits occurred in 34.1% of the sample (37.9% of them stopped PA and 62.1% started it). Starting PA during lockdown was related to being on a diet, whereas living with children and having poor psychological well-being were inversely related with starting PA. Conversely, unhealthy factors like being overweight or obese, having poor mental well-being and the occurrence of emotional overeating were related to stopping PA during lockdown.

Conclusions:

The first Covid-19 Italian lockdown had a significant impact on healthy habits of the population, leading to an increase of physically active individuals. Furthermore, a relation between unhealthy lifestyle factors and stopping physical activity during lockdown was found. European governments should adopt health promotion strategies to avoid the increase of sedentary behaviours during and after the pandemic.

Key messages:

- Physical activity habits changed during lockdown due to Covid-19 pandemics and a relation between unhealthy lifestyle factors and stopping physical activity during lockdown was found.
- European governments should adopt health promotion strategies to avoid the increase of sedentary behaviours during and after the pandemic.

COVID-19 lockdown and physical activity changes in Italy: a cross-sectional survey

Alessandro Scacchi

A Scacchi¹, F Bert¹, A Savatteri¹, G Lo Moro¹, D Catozzi¹, R Siliquini¹

¹Department of Public Health and Pediatrics Sciences, University of Turin, Turin, Italy

Contact: alessandro.scacchi@unito.it

Background:

The global pandemic of COVID-19 has caused radical changes in the structure of people's daily routines in most of the