

During the Covid-19 lockdown, rural residence is associated to healthier lifestyle behaviours in patients with chronic coronary syndrom

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Background: Lifestyle behaviours (LB) are keystones of coronary prevention and might be impacted during Covid-19 (C19) lockdown.

Purpose: To compare the LB in urban and rural patients suffering from chronic coronary syndrom (CCS)

Methods: 250 outpatients suffering from CCS were invited during the 6th week of the 1st C19 lockdown to answer to a phone-call questionnaire.

Results: 220 questionnaires were fit for analysis, of whom about 1/4 declared a psychologic impairment; people staying at home in urban zones trended to be more impacted. Unhealthier behaviours including cigarette smoking, decrease in physical activity and increase in screentime were common, especially in patients from urban zones. Telehealth partially counterbalanced limitation in care access and none declared discontinuation of medications.

Conclusion: The lockdown impacted wellbeing of CCS patients; living in rural zone was associated with a healthier LB.

Main results

	TOTAL	URBAN	RURAL	p *
N (%)	220	107	113	p *
Age (years, SD)	66.4+/-12.0	64.5+/-14.0	68.2+/-9.5	0.02
Male/Female	154/66	76/31	78/35	0.77
Alone at home	47(21.7)	28(26.2)	19(17.3)	0.13
Feeling cramped	16(7.6)	13(12.5)	3(2.8)	0.008
Feeling less well	50(22.9)	29(27.1)	21(18.9)	0.19
Kessler-6 score \geq 5	57(26.8)	33(32.0)	24(21.8)	0.12
Sleep impairment	53(24.5)	30(28.6)	23(20.7)	0.20
Angina pectorisdestabilization	13(6.6)	8(7.9)	5(5.3)	0.57
Cancelled physical examination**	67(63.8)	40(65.6)	27(61.4)	0.68
Switched to Telehealth***	16(17.0)	7(17.5)	9(16.7)	1
Coronavirus testing	7(3.2)	3(2.8)	4(3.6)	1
Lifestyle behaviours				
Cigarette smoking	36(16.4)	26(23.3)	10(9.3)	0.006
Cigarette smoking increase	11(30.6)	8(40.0)	3(18.8)	0.27
Decreased physical activity	96(44.2)	56(53.3)	40(35.7)	0.009
Screentime increase	98(45.0)	59(55.1)	39(35.1)	0.004
Alcohol intake increase	10(5.2)	5(5.3)	5(5.2)	1
Weight increase \geq 2 kg	52(24.5)	28(26.9)	24(22.2)	0.52

* between Urban and Rural**from scheduled physical examination***from cancelled scheduled physical examination