

## Smoking and associated unhealthy lifestyle behaviours in patients with chronic cardiac diseases during COVID-19 related lockdown

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**Background:** Lockdown can affect tobacco smoking (TS) behaviours.

**Purpose:** To evaluate the impact of lockdown on (TS) and associated lifestyle behaviours in patients with Chronic coronary syndrome (CCS) and congestive heart failure (CHF)

**Methods:** CCS and CHF patients were invited to answer to a phone-call questionnaire during the 1st COVID-19 lockdown start

**Results:** (Table) 343 questionnaires were fit for analysis, 43 (12.5%) were current smokers (CS). CS were younger ( $p < 0.001$ ), none stopped and 13 increased their consumption (main reasons were stress and boredom). CS felt more often cramped ( $p = 0.023$ ). CS who increased their TS consumption showed a trend toward a higher rate of unhealthy lifestyle behaviours

**Conclusions:** During the lockdown, more than ¼ of CS with CCS or CHF increased their TS consumption and none quit. Moreover, TS was often associated with other deleterious behaviours increasing their risk for short and long term

### Main results

	Total	Non-Smokers	Smokers	p*
N(%)	344	301	43	
Age, years	67.7 ± 12.8	69.2 ± 12.2	57.2 ± 12.1	<0.001
Men/Women	229/115	197/104	32/11	0.300
CCS/CHF	220/124	185/116	36/7	0.004
Urban/Rural	163/181	137/164	26/17	0.073
Living alone at home	83(24.3)	68(22.7)	15(34.9)	0.089
COVID screening (PCR)	11(3.2)	7(2.3)	4(9.3)	0.037
Feeling cramped	19(5.5)	13(4.4)	6(14.0)	0.023
Feeling less well	75(21.9)	65(21.7)	10(23.8)	0.842
K6 ≥ 5	81(23.7)	70(23.5)	11(25.6)	0.845
Physical activity decrease	146(42.6)	125(42.1)	21(48.8)	0.323
Screen time increase	154(45.0)	130(43.5)	24(55.8)	0.100
Alcohol consumption increase	14(5.5)	11(4.9)	3(7.5)	0.419
Sleep change	83(24.6)	68(22.5)	15(39.5)	0.083
Weight increase	77(22.4)	64(21.3)	13(30.2)	0.242
Smokers (n = 43)	Smoking increase	No smoking increase	p**	
Feeling less well	5(38.5)	5(17.2)	0.238	
Screen time increase	10(76.9)	14(46.7)	0.104	
Weight increase	6(46.2)	7(23.3)	0.173	

n(%) or mean ± SD. \*p value: Smokers vs non smokers. \*\*p value: Smoking increase vs no smoking increase