

Background

- PA recommendations for adults of at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, or an equivalent combination of both¹
- Only 46.2% of the student population are meeting the guidelines.²
 - 50.6% among males and 44.6% for females²
- Physical activity patterns may have changed as a result of facility closures and social distancing recommendations.

Objective

To examine the barriers to physical activity before and during the implementation of COVID-19 stay-at-home orders.

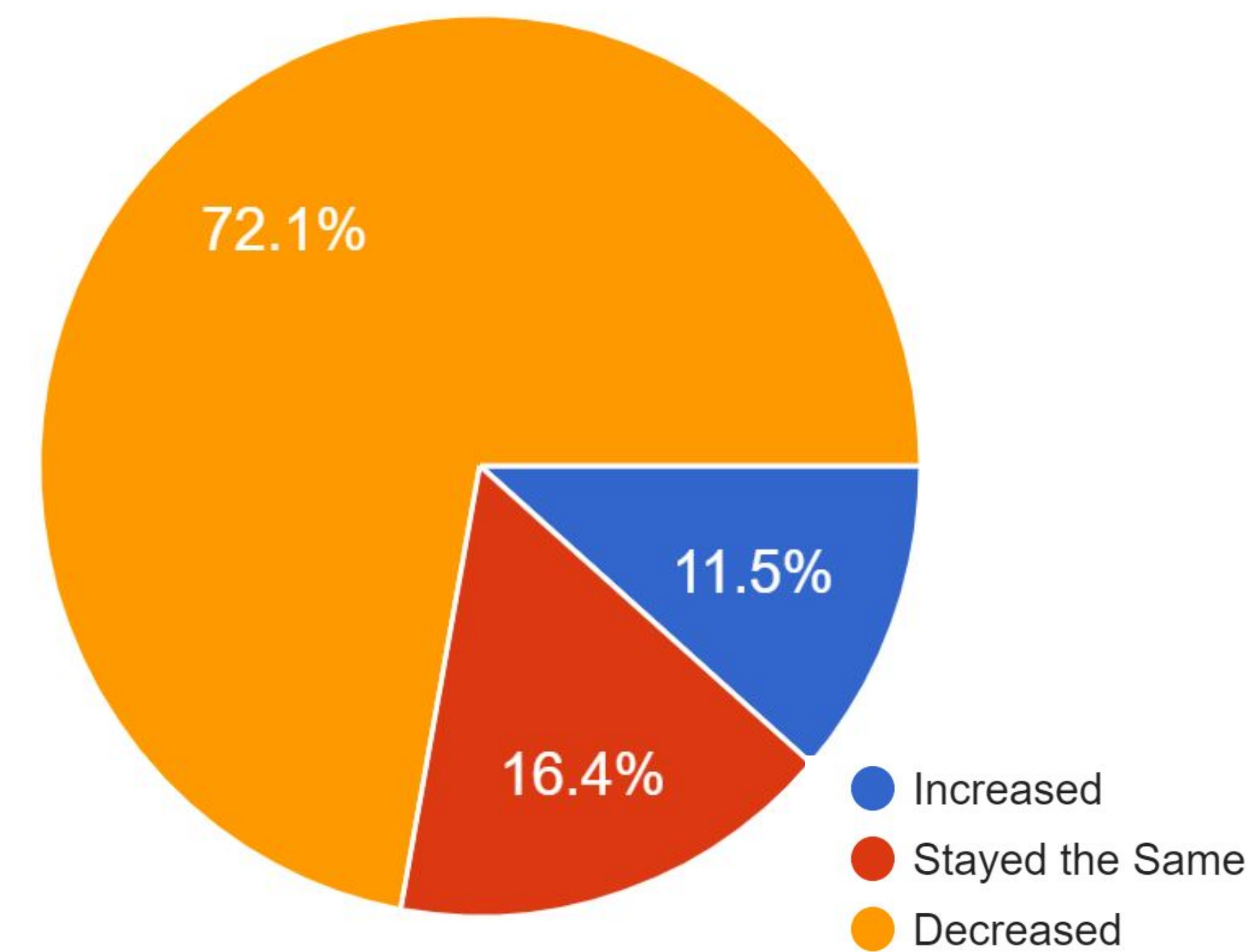
Methods

- Students enrolled at UCSD, aged 18-24, are recruited to take part in a cross-sectional survey online through Google Forms.
- Outreach to student participants took place for 2 weeks via UCSD student social media listings and via the department's email announcements.
- Quantitative data is collected to examine the perceived barriers for the exposure, and the frequency and intensity of physical activity as the outcome.

Results

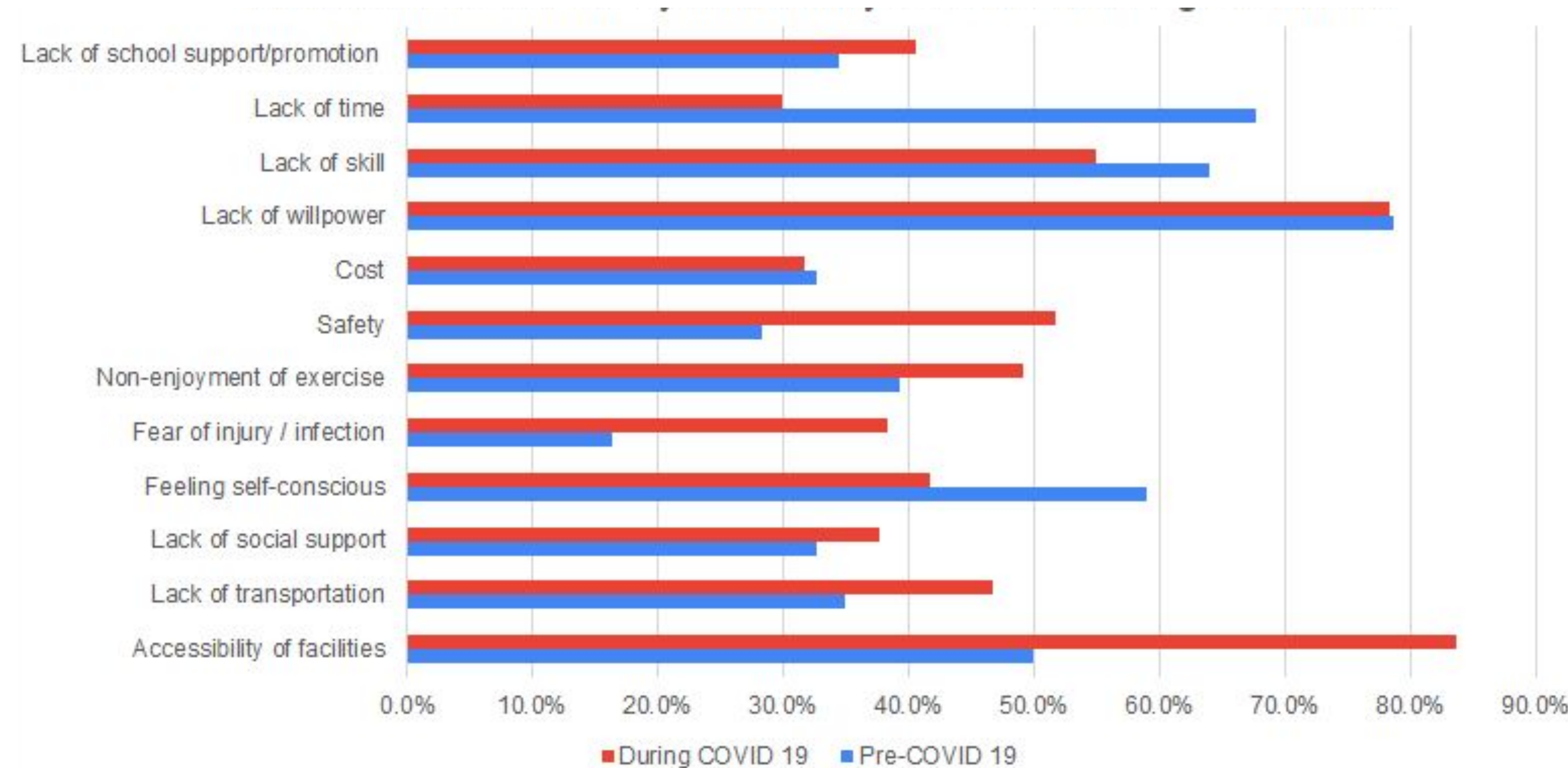
Table 1. Demographic data (n=62)	
Category	Number (%)
Gender	
Female	46 (74%)
Male	15 (24%)
Non-Binary/Other	1 (2%)
Living Situation (Before COVID-19)	
Off-campus	43 (69%)
On-campus	19 (31%)
Living Situation (During COVID-19)	
Off-campus	60 (97%)
On-campus	2 (3%)
Undergraduate Year	
1st year	19 (31%)
2nd year	24 (39%)
3rd year	6 (10%)
4th year	10 (16%)
5th year or more	2 (3%)

Figure 1. Percentages of participants reporting changes to their physical activity levels during COVID-19



- **Bivariate Analysis Results:** The association between accessibility and overall change in physical activity is statistically significant (p-value <0.05).

Figure 2. Bar chart comparison of perceived barriers to physical activity before and during COVID-19



Conclusions

- A decrease in physical activity emerged as a common concern for a majority of our participants.
- “Lack of willpower”, “skill”, and “self-confidence” emerged as the main barriers to physical activity before the pandemic.
- During the pandemic, a majority of participants agreed that “accessibility” was the greatest barrier.
- Overall, during COVID-19 stay-at-home orders, participants not only experienced more barriers to physical activity, but the barriers they acknowledged had greater influence on their physical activity levels.

Policy Implications

Further research and health policies should focus on implementing physical activity initiatives to increase accessibility for students who are currently at home, and promoting the benefits of physical activity for students.

Acknowledgements

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References

1. American College Health Association. (2018, Spring). National College Health Assessment II: Reference Group Executive Summary. ACHA. Retrieved from https://www.acha.org/documents/ncha/NCHA-II_Spring_2018_Reference_Group_Executive_Summary.pdf
2. Assaf, I., Brieteh, F., Tfaily, M. et al. Health Inf Sci Syst (2019, March 19) Students University Healthy Lifestyle Practice: Quantitative Analysis. HISS. Retrieved from <https://doi.org/10.1007/s13755-019-0068-2>