



Student Physical Activity and COVID-19 Restrictions

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Objective

- To determine whether COVID-19 restrictions are associated with the amount of physical and sedentary activity rates among UC San Diego students

Methods

- Retrospective Cohort, 52 participants
- UC San Diego students 2020
- Exposure:** COVID-19 pandemic restrictions/lockdown order
- Outcome:** change in physical activity and sedentary activity

Results

- Difference in means of PA before and since COVID-19 decreased 8.1 hours, SD of 1.6 hours ($p < 0.0001$)
- Difference in means of SA before and since COVID-19 increased 24.7 hours, SD of 10.9 hours ($p = 0.0251$)
- Walking decreased the most (6.4 hours)
- Playing video/board games increased the most (7.3 hours)

Figure 1. Difference in Means of Physical Activity Hours Before COVID-19 and Since COVID-19

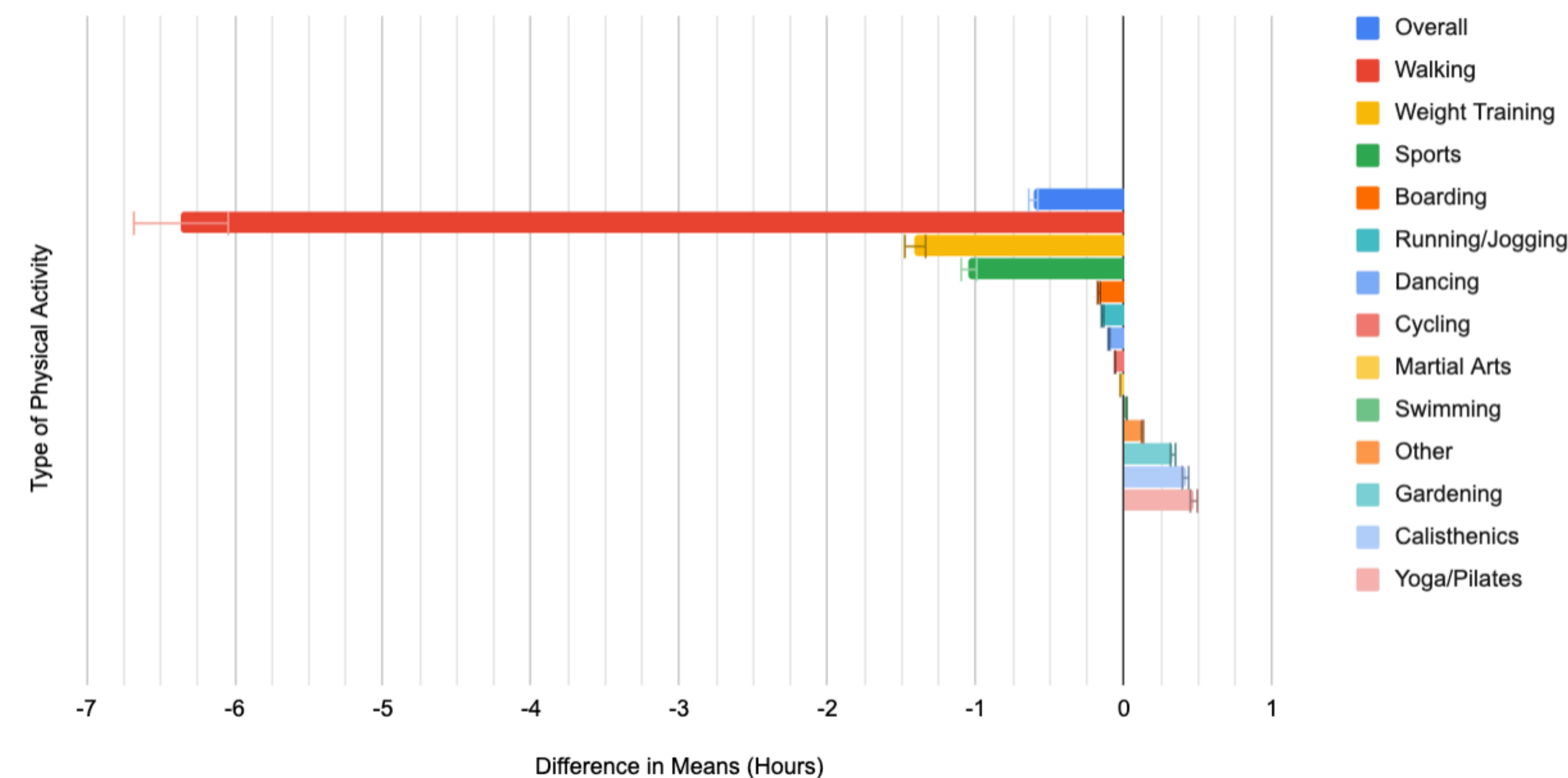
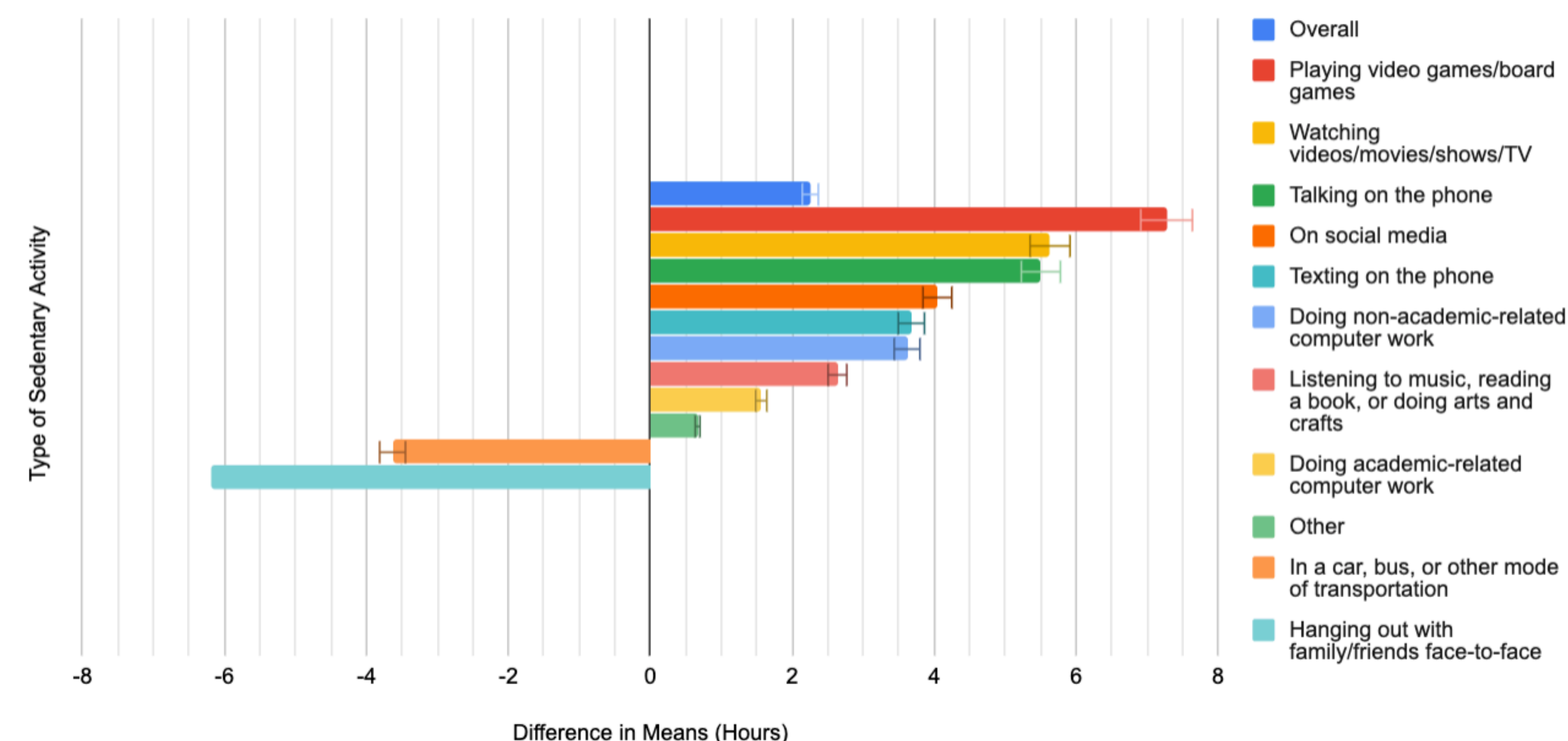


Figure 2. Difference in Means of Sedentary Activity Hours Before COVID-19 and Since COVID-19



Conclusion

- The COVID-19 pandemic is associated with decreased physical activity and increased sedentary activity among UC San Diego students

Policy Implications

- During times of lockdown, college students would benefit from efforts to promote physical activity
- i.e. An increase of media content being in favor of increasing physical activity, the idea of re-incentivizing walking in a COVID-19 safe context