

Student Physical Activity and COVID-19 Restrictions

UCSan Diego
INSTITUTE FOR PUBLIC HEALTH

Arlene Herrera, Phillip Kim, Samantha Dieu, James Furukawa University of California, San Diego Undergraduate Public Health

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)

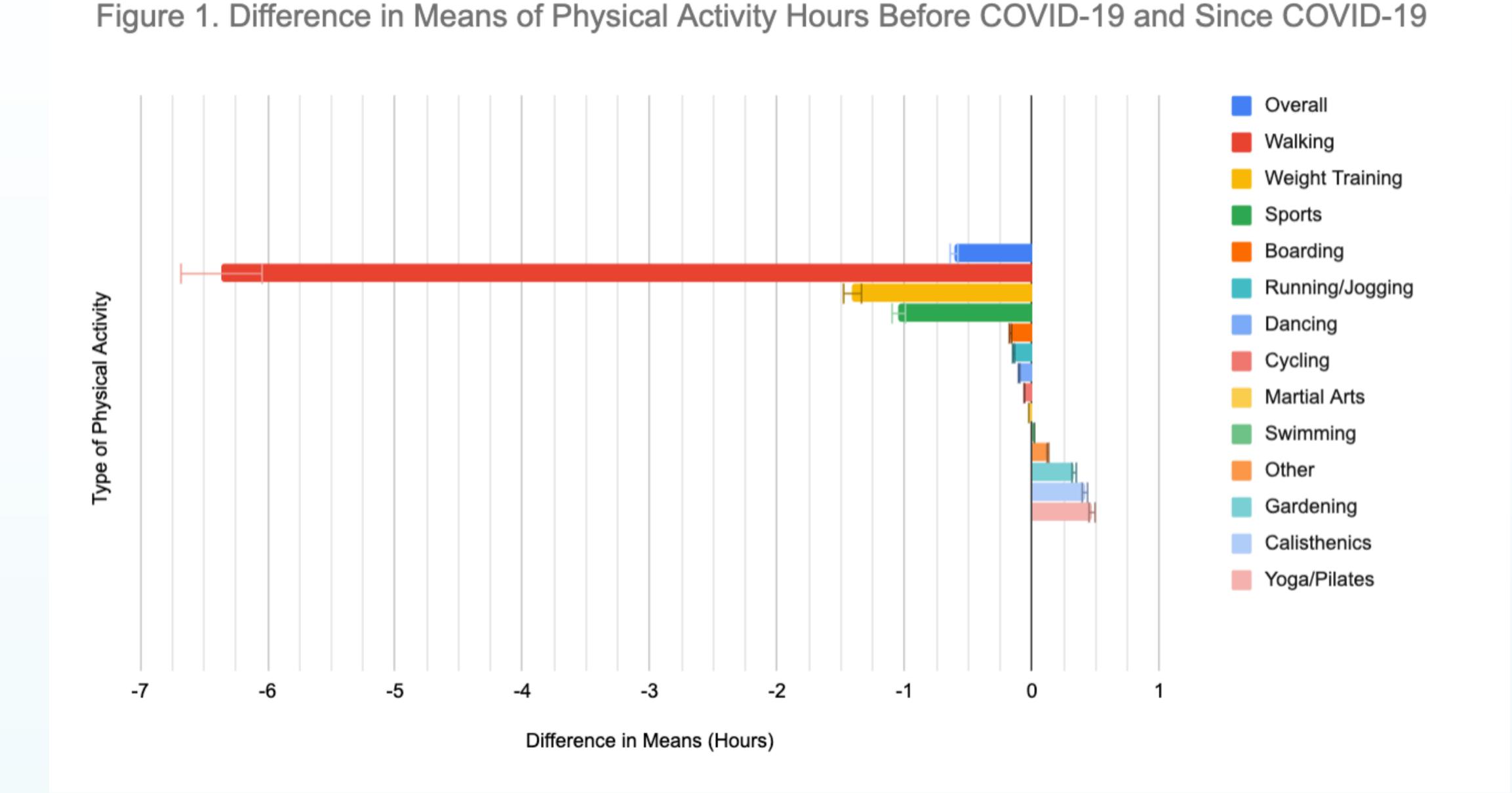
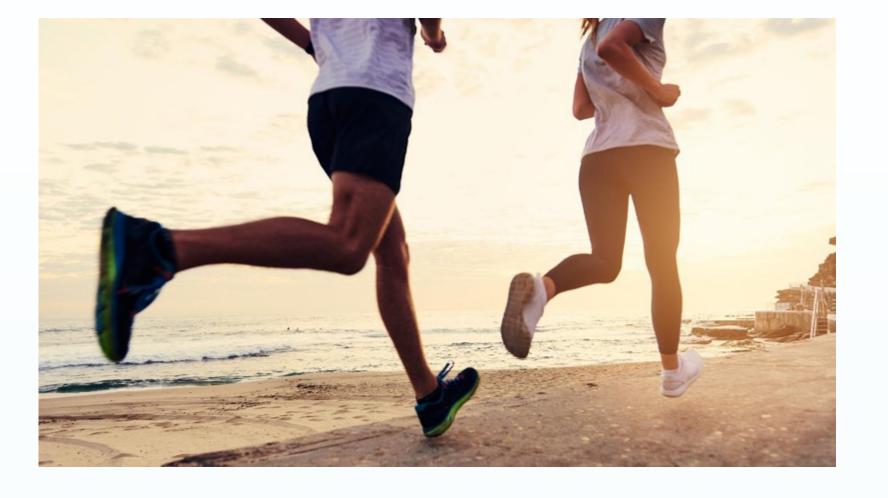


Figure 2. Difference in Means of Sedentary Activity Hours Before COVID-19 and Since COVID-19 Playing video games/board Watching videos/movies/shows/TV Talking on the phone On social media Texting on the phone Doing non-academic-related computer work Listening to music, reading a book, or doing arts and Doing academic-related computer work Other In a car, bus, or other mode of transportation Hanging out with family/friends face-to-face Difference in Means (Hours)





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