

Covid-19 and the effects of isolation on the sedentariness and physical activity of families and children: an Italian study.

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Introduction: The lockdown caused by Covid-19 forced everyone to stay in their own homes. This situation created difficulties in the practice of physical activity. The purposes of this study were to understand how Italian families with children from 0 to 12 years of age experienced this period and investigate on sedentary time and their possibilities of movement at home. Potential implications from results could lead to a greater understanding of the role of adults and environment in physical activity of children. **Methods:** Participants included children (N = 216 parents, children aged 0–12 years 370 (boys = 159, girls = 211)). To assess how families with children under 12 years of age were dealing with the COVID19 confinement situation, we used an online survey, created by the University of Lisbon and approved by the Faculty of Human Kinetics ethics committee. It was launched online at the end of March 2020 and publicized through the social media (Facebook, Instagram, WhatsApp), and by email. It comprises 5 sections: 1) code, 2) composition and characteristic of the household, 3) indoor and outdoor space available, 4) household routine, 5) children's activities. Parents reported the daily activities of children. **Results** Data from 370 children, indicates that during the lockdown: i) there was a decrease in children's physical activity time (77.2%); and an increase in screen time (62,8%) and family activities (74.9%), 53,90% of adults work with telework. Children, as expected, do more physical activity indoors than outdoors ($z=-3,204$; $P<.001$), especially females. There was an increasing in sedentary time. **Conclusions** The situation of isolation at home has contributed to an increase in sedentariness and a decrease in physical activity. It is necessary to think about motor practices that can be implemented in every context and in every situation.