

Conventional Print Poster

CP-PM24 Physical activity promotion sedentarism

EFFECTS OF PHYSICAL ACTIVITY PROMOTION AMONG UNIVERSITY STUDENTS: THE #STUDIOXLAVITA PROJECT

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INTRODUCTION: Sedentariness is a major health problem in our time and physical activity promotion is an imperative commitment for healthcare systems. Recommendations from WHO indicate a minimum of 150 minutes of moderate intensity aerobic exercise as weekly standard for adults. Strategies to increment PA practice are implemented in different settings, such as house care, school, University and workplace. The project #studioxlavita was launched by the University of Brescia in 2016 with the aim of collecting data about undergraduates lifestyle and encourage healthy behaviours. In particular we focused on PA assessment and promotion in a University-based setting.

METHODS: Two consecutive surveys were sent to all students. Q0 included the short form of the International Physical Activity Questionnaire, the Kessler Psychological Distress Scale and additional questions on several lifestyle aspects. Among responders, we selected 40 students who agreed to take part in one of the following 15-week practical sport courses: ultimate frisbee, muscle strengthening and dance fitness. Before and after being engaged in practical sport courses, students underwent cardiopulmonary exercise test and skinfold thickness measurements, in order to assess peak oxygen consumption and percent body fat. Finally, to assess possible lifestyle changes, we sent them additional surveys at the end of the practical sport courses and 30 days after. Paired t-test was used to analyse significant differences.

RESULTS: 27 students <16 female, 11 male; age: 22.7 ± 3.7 > concluded sport activity courses and filled in Q1. Of them, 20 completed also Q2. Overall courses attendance was 57%. At T1, normalized $\dot{V}O_{2peak}$ increased with respect to T0 $<37.0 \pm 6.9$ vs 35.2 ± 7.4 ml/min/Kg, $p=0.03$ >. Conversely, percent body fat decreased $<16.5 \pm 6.4$ vs 18.3 ± 7.5 , $p=0.01$ >. In Q1, 20 students declared to have a more active lifestyle since the beginning of the courses. In Q2, IPAQ-SF-derived total weekly energy expenditure was higher than in Q0, although not significant $<5,839 \pm 7,035$ MET*min vs $2,770 \pm 2,457$ MET*min, $p=0.1$ >. Q2 showed a reduced K6 scale score with respect to Q0 $<13.8 \pm 4.6$ vs 15.8 ± 4.9 , $p=0.03$ >.

CONCLUSION: With the sport activity courses established in #SXLV we gave students the opportunity to comply with WHO recommendations. After courses, they appeared to practice more PA, have a higher maximal aerobic capacity, a lower percent body fat and a lower grade of psychological distress than before courses. Simple activities as those proposed by #SXLV are sufficient to reduce sedentariness and improve the quality of life of students.

LIFESTYLE ASSESSMENT AND IMPROVEMENT WITH FOCUS ON LEISURE TIME PHYSICAL ACTIVITY AMONG UNIVERSITY STUDENTS: THE #STUDIOXLAVITA PROJECT

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INTRODUCTION: Sedentariness, smoking, alcohol abuse and unbalanced feeding are harmful for health, leading to chronic diseases and increasing mortality rate. For young adults, University is a new social and cultural context: parents' imprinting could be easily altered, new lifestyles take shape and personal choices emerge. Intervention programmes to advance awareness on harmful lifestyle and promote healthy habits are essential. The #studioxlavita project, launched in 2016 by the University of Brescia with these purposes, investigated students' lifestyle, with special emphasis on physical activity.

METHODS: We developed two consecutive facultative surveys, of 15 <1st level> and 52 items <2nd level>, addressed to all the University's students. Questions were about leisure time physical activity, use of fitness technology, relationship with friends, classmates and parents, feed, physical appearance, body self-perception, physical and mental health, use of certain substances or products, night-time rest and beliefs concerning healthy behaviours. In the 2nd level survey we also adopted the Kessler Psychological Distress Scale and the short form of the International Physical Activity Questionnaire to estimate the amount of PA carried out in the last 7 days. Students who filled in both questionnaires received a personal report including the aggregate data analysis, a comparison with other investigations and indications about healthy habits, according to recommendations and guidelines.

RESULTS: 3,436 out of 15,688 students filled in the 1st level survey. Of them, 778 accepted to participate in the 2nd level survey, and 456 completed it. 1st level survey revealed that 72% of the students practised LTPA <45% regularly and 27% occasionally>. LTPA is largely performed <44% of the student> in non-competitive form, with recreational and/or health purposes. According to IPAQ-SF categorical score, 24%, 34% and 42% of the students performed low, moderate and high levels of PA, respectively. In 2st level survey, 76% of the students wished to practise more PA; 42% would participate in practical sport courses.

CONCLUSION: University is an ideal setting for promoting lifestyle change among a captive audience. Intervention programs to increment PA are acclaimed by students. The students from University of Brescia reported higher LTPA practice than the national average people between 18 and 34 years <47%, data from Italian National Institute of Statistics, 2015>, although this parameter was assessed with different methods.

ASSESSING PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOR USING ACCELEROMETERS IN A YOUNG UNIVERSITY POPULATION IN THE UNITED ARAB EMIRATES

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INTRODUCTION: Physical inactivity is inextricably linked to the onset of cardiovascular disease (CVD) and diabetes. Data suggests that nearly 58% of the UAE population is physically inactive and only 22% of secondary school graduates and 26.3% of university graduates get the sufficient amount of exercise recommended to stay healthy (DHA, 2009). As a result, the prevalence of overweight and obesity in children in the UAE is over 30%; one of the highest in the world (Malik et al., 2007). The aim of this study was to obtain the first data set