

**Table 1.** Proportion of children and adolescents who increased, decreased or did not change their PA level during the confinement depending on gender and initial level of PA

	Children			p	Adolescents			p
	Decreased	Similar	Increased		Decreased	Similar	Increased	
<b>Sex</b>				0.10				<b>&lt;0.001</b>
<i>Girls</i>	293 (39.9%)	151 (20.6%)	290 (39.5%)		1791 (59.7%)	560 (18.6%)	651 (21.7%)	
<i>Boys</i>	374 (43.8%)	187 (21.9%)	293 (34.3%)		1085 (57.1%)	508 (26.7%)	308 (16.2%)	
<b>Physical activity level</b>								
<i>Initially inactive (&lt;5h30/week)</i>	486 (40.8%)	122 (10.2%)	583 (49.0%)		1560 (53.7%)	388 (13.3%)	959 (33.0%)	
<i>Initially active (&gt;5h30/week)</i>	181 (45.6%)	216 (54.4%)	0 (0.0%)		1316 (65.9%)	680 (34.1%)	0 (0.0%)	

**Data are presented as number of subjects (row percentages). Boldfaced values: P < 0.05**

**Table 2.** Changes in PA level during the confinement depending on the housing situation of the children and adolescents

	Children			p	Adolescents			p
	Decreased	Similar	Increased		Decreased	Similar	Increased	
<b>Housing area</b>				<b>&lt;0.001</b>				<b>&lt;0.001</b>
<i>Rural</i>	248 (35.2%)	159 (22.5%)	298 (42.3%)		1566 (55.6%)	637 (22.6%)	612 (21.8%)	
<i>Suburban</i>	156 (46.7%)	62 (18.6%)	116 (34.7%)		655 (62.0%)	219 (20.8%)	182 (17.2%)	
<i>Urban</i>	263 (47.9%)	117 (21.3%)	169 (30.8%)		655 (63.5%)	212 (20.5%)	165 (16.0%)	
<b>Housing conditions</b>				<b>&lt;0.001</b>				0.13
<i>No outdoor access</i>	52 (64.2%)	14 (17.3%)	15 (18.5%)		111 (63.8%)	36 (20.7%)	27 (15.5%)	
<i>Balcony</i>	100 (62.1%)	23 (14.3%)	38 (23.6%)		243 (64.8%)	70 (18.7%)	62 (16.5%)	
<i>Collective outdoor access</i>	50 (43.1%)	26 (22.4%)	40 (34.5%)		204 (58.6%)	80 (23.0%)	64 (18.4%)	
<i>Individual outdoor access</i>	465 (37.8%)	275 (22.3%)	490 (39.9%)		2318 (57.9%)	882 (22.0%)	806 (20.1%)	

**Table 3.** Changes in sitting time during the confinement presented by gender, initial PAL, sitting time, screen time, and housing situation of children and adolescents.

	Children			p	Adolescents			p
	Decreased	Similar	Increased		Decreased	Similar	Increased	
<b>Sex</b>				0.54				<b>&lt;0.001</b>
<i>Girls</i>	215 (29.3%)	242 (33.0%)	276 (37.7%)		428 (14.3%)	1847 (61.6%)	721 (24.1%)	
<i>Boys</i>	256 (30.0%)	298 (34.9%)	299 (35.1%)		357 (18.8%)	1014 (53.4%)	528 (27.8%)	
<b>Physical activity level</b>				0.98				<b>&lt;0.001</b>
<i>Initially inactive</i>	355 (29.8%)	405 (34.1%)	430 (36.1%)		470 (16.2%)	1,758 (60.6%)	672 (23.2%)	
<i>Initially active</i>	116 (29.3%)	135 (34.1%)	145 (36.6%)		315 (15.8%)	1,103 (55.3%)	577 (28.9%)	
<b>Sitting time</b>				<b>&lt;0.001</b>				<b>&lt;0.001</b>
<i>&gt;6h/day</i>	462 (35.5%)	468 (36.0%)	370 (28.5%)		763 (17.5%)	2,735 (62.6%)	867 (19.9%)	
<i>&lt;6h/day</i>	9 (3.1%)	72 (25.2%)	205 (71.7%)		22 (4.1%)	126 (23.8%)	382 (72.1%)	
<b>Screen time</b>				<b>&lt;0.001</b>				<b>&lt;0.001</b>
<i>&gt;2h/day</i>	87 (31.3%)	140 (50.4%)	51 (18.3%)		488 (14.2%)	2,345 (68.2%)	603 (17.6%)	
<i>&lt;2h/day</i>	384 (29.3%)	400 (30.6%)	524 (40.1%)		297 (20.3%)	516 (35.4%)	646 (44.3%)	
<b>Housing area</b>				<b>&lt;0.001</b>				<b>&lt;0.001</b>
<i>Rural</i>	243 (34.5%)	247 (35.0%)	215 (30.5%)		499 (17.8%)	1,626 (57.8%)	685 (24.4%)	
<i>Suburban</i>	91 (27.3%)	107 (32.0%)	136 (40.7%)		157 (14.9%)	596 (56.6%)	300 (28.5%)	
<i>Urban</i>	137 (25.0%)	186 (34.0%)	224 (41.0%)		129 (12.5%)	639 (61.9%)	264 (25.6%)	
<b>Housing conditions</b>				<b>&lt;0.001</b>				<b>0.004</b>
<i>No outdoor access</i>	9 (11.1%)	24 (29.6%)	48 (59.3%)		13 (7.5%)	105 (60.3%)	56 (32.2%)	
<i>Balcony</i>	33 (20.5%)	49 (30.4%)	79 (49.1%)		43 (11.5%)	232 (62.0%)	99 (26.5%)	
<i>Collective outdoor access</i>	30 (25.9%)	49 (42.2%)	37 (31.9%)		56 (16.2%)	209 (60.2%)	82 (23.6%)	
<i>Individual outdoor access</i>	399 (32.5%)	418 (34.0%)	411 (33.5%)		673 (16.8%)	2,315 (57.9%)	1,012 (25.3%)	

**Data are presented as number of subjects (row percentages). Boldfaced values: P < 0.05**

**Table 4.** Changes in screen time during the confinement by gender, initial PAL, sitting time, screen time and housing situation of the children and adolescents.

	Children				Adolescents			
	Decreased	Similar	Increased	p	Decreased	Similar	Increased	p
<b>Sex</b>				0.15				<b>0.02</b>
<i>Girls</i>	7 (1.0%)	283 (38.6%)	443 (60.4%)		99 (3.3%)	792 (26.4%)	2105 (70.3%)	
<i>Boys</i>	15 (1.8%)	298 (34.9%)	540 (63.3%)		58 (3.0%)	571 (30.1%)	1270 (66.9%)	
<b>Physical activity level</b>				0.62				<b>&lt;0.001</b>
<i>Initially inactive</i>	18 (1.5%)	430 (36.1%)	752 (62.4%)		122 (4.2%)	915 (31.6%)	1,863 (64.2%)	
<i>Initially active</i>	4 (1.0%)	151 (38.0%)	241 (60.9%)		35 (1.8%)	448 (22.4%)	1,512 (75.8%)	
<b>Sitting time</b>				<b>0.02</b>				<b>&lt;0.001</b>
<i>&gt;6h/day</i>	21 (1.6%)	459 (35.3%)	820 (63.1%)		149 (3.4%)	1,146 (26.3%)	3,070 (70.3%)	
<i>&lt; 6h/day</i>	1 (0.4%)	122 (42.6%)	163 (57.0%)		8 (1.5%)	217 (40.9%)	305 (57.6%)	
<b>Screen time</b>				<b>&lt;0.001</b>				<b>&lt;0.001</b>
<i>&gt;2h/day</i>	22 (7.9%)	123 (44.3%)	133 (47.8%)		157 (4.6%)	1,052 (30.6%)	2,227 (64.8%)	
<i>&lt;2h/day</i>	0 (0.0%)	458 (35.0%)	580 (65.0%)		0 (0.0%)	311 (21.3%)	1,148 (78.7%)	
<b>Housing area</b>				<b>0.002</b>				0.10
<i>Rural</i>	8 (1.1%)	297 (42.2%)	400 (56.7%)		95 (3.4%)	820 (29.2%)	1,895 (67.4%)	
<i>Suburban</i>	4 (1.2%)	110 (32.9%)	220 (65.9%)		34 (3.2%)	268 (25.5%)	751 (71.3%)	
<i>Urban</i>	10 (1.8%)	174 (31.8%)	363 (66.4%)		28 (2.7%)	275 (26.7%)	729 (70.6%)	
<b>Housing conditions</b>				<b>0.01</b>				<b>0.002</b>
<i>No outdoor access</i>	0 (0.0%)	27 (33.3%)	54 (66.7%)		7 (4.0%)	36 (20.7%)	131 (75.3%)	
<i>Balcony</i>	3 (1.9%)	43 (26.7%)	115 (71.4%)		8 (2.1%)	105 (28.1%)	261 (69.8%)	
<i>Collective outdoor access</i>	4 (3.5%)	35 (30.1%)	77 (66.4%)		18 (5.2%)	121 (34.9%)	208 (59.9%)	
<i>Individual outdoor access</i>	15 (1.2%)	476 (38.8%)	737 (60.0%)		124 (3.1%)	1,101 (27.5%)	2,775 (69.4%)	

**Data are presented as number of subjects (row percentages).**