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| **Patterns and correlates of light intensity physical activity in COPD** |
| Kubra Sacan1, Sonia Cheng1,2, Jennifer Alison3, Sarah Dennis4, Emmanuel Stamatakis5, Lissa Spencer6, Renae McNamara7, Zoe McKeough1 |
| *1Sydney School of Health Sciences, Faculty of Medicine and Health, University of Sydney, Sydney, New South Wales, Australia.**2Allied Health Professorial Unit, Sydney Local Health District, NSW, Australia.**3Ingham Institute for Applied Medical Research, NSW, Australia.**4School of Public Health, The University of Sydney, NSW, Australia.**5Royal Prince Alfred Hospital, Sydney Local Health District, NSW, Australia.**6Prince of Wales Hospital, South Eastern Sydney Local Health District, NSW, Australia* |
| **Introduction/Aim:** Increasing participation in light intensity physical activity (LIPA) may be a feasible strategy for improving health outcomes in individuals with chronic obstructive pulmonary disease (COPD). However, only a scarce number of studies have explored the patterns of LIPA in COPD. The aim of this study was to explore patterns and correlates of LIPA in COPD, in particular the time spent in LIPA including short and long bouts of LIPA.**Methods:** Physical activity was measured over 7 days, using thigh worn accelerometery. Time in LIPA was calculated as time spent walking with a cadence of <100 steps per minute and compared in short and long bouts of <1 and ≥1 minute, respectively. Correlations between LIPA and clinical outcomes like the six-minute walk distance (6MWD) were explored using Spearmen’s correlation coefficient. Participants were further categorised into a “high” or “low” LIPA group based on the median time spent in LIPA. Differences in characteristics between groups were compared using unpaired t-test for continuous and chi-square test for categorical variables.**Results:** Sixty-seven participants with COPD (mean ± SD, age 74 ± 9, 49% male) were included in the analysis. Mean time spent in LIPA was 55 ± 28 minutes/day (6% of waking wear time). Sixty-six percent of time spent in LIPA was accumulated in bouts of <1-minute. Time spent in LIPA (r = 0.41, p < .001) and long bouts of LIPA (r = 0.43, p < .001) were moderately correlated with 6MWD. Participants with high LIPA had a better 6MWD compared to those with low LIPA (mean difference 74 metres, 95% CI 30 to 118, p=.001).**Conclusion:** People with COPD have low levels of LIPA and tend to accumulate it in shorter bouts. Given the moderate relationship between 6MWD and LIPA, future research should explore whether improving functional capacity increases levels of LIPA in COPD.**Grant Support:** Physiotherapy Research Foundation Seeding Grant, Better Breathing Foundation Scholarship.**Key words:** Chronic Obstructive Pulmonary Disease; Physical Activity; Accelerometry; Six-Minute Walk Test |