

# COVID-19 Pandemic and Remote Education Contributes Improved Nutritional Behaviours and Increased Screen Time in a Polish Population-Based Sample of Primary School Adolescents: Diet and Activity of Youth during COVID-19 (DAY-19) Study

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**Table S1.** Analysis of declared fruit consumption in the studied group of Polish adolescents stratified by gender, age, size of the city and COVID-19 morbidity in voivodeship.

Category	Portions per day	Before COVID-19	During remote education due to COVID-19	p-Value
Gender				
Girls ( <i>n</i> = 711)	0-1	29 (4.1%)	30 (4.2%)	<0.0001
	2	274 (38.5%)	188 (26.5%)	
	≥3	408 (57.4%)	493 (69.3%)	
Boys ( <i>n</i> = 623)	0-1	38 (6.1%)	39 (6.3%)	0.2354
	2	257 (41.2%)	228 (36.6%)	
	≥3	328 (52.7%)	356 (57.1%)	
Age (years)				
10-13 ( <i>n</i> = 1017)	0-1	447 (43.9%)	388 (38.1%)	0.0001
	2	375 (36.9%)	352 (34.6%)	
	≥3	195 (19.2%)	277 (27.2%)	
13-16 ( <i>n</i> = 317)	0-1	150 (47.3%)	97 (30.6%)	<0.0001
	2	109 (34.4%)	131 (41.3%)	
	≥3	58 (18.3%)	89 (28.1%)	
Size of the city				
Urban ( <i>n</i> = 968)	0-1	445 (45.9%)	371 (38.3%)	<0.0001
	2	353 (36.5%)	343 (35.4%)	
	≥3	170 (17.6%)	254 (26.3%)	
Rural ( <i>n</i> = 366)	0-1	152 (41.5%)	114 (31.1%)	<0.0001
	2	131 (35.8%)	112 (30.6%)	
	≥3	83 (22.7%)	140 (38.3%)	
COVID-19 morbidity for the voivodeship				
Morbidity < 40/ 100.000 ( <i>n</i> = 413)	0-1	196 (47.2%)	143 (34.6%)	0.0004
	2	140 (33.9%)	160 (38.8%)	
	≥3	77 (18.6%)	110 (14.5%)	
Morbidity 40-80/ 100.000 ( <i>n</i> = 537)	0-1	241 (44.9%)	225 (41.9%)	0.0099
	2	196 (36.5%)	171 (31.8%)	
	≥3	100 (18.6%)	141 (26.3%)	
Morbidity 80-160/ 100.000	0-1	85 (40.7%)	60 (28.7%)	0.0056

(n = 209)	2	77 (36.8%)	75 (35.9%)	0.0928
	≥3	47 (22.5%)	74 (35.4%)	
	0-1	75 (42.8%)	57 (32.6%)	
Morbidity >160/ 100.000 (n = 175)	2	71 (40.6%)	77 (44.0%)	<0.0001
	≥3	29 (16.6%)	41 (23.4%)	
	0-1	597 (44.7%)	485 (36.4%)	
Total (n = 1334)	2	484 (36.3%)	483 (36.2%)	<0.0001
	≥3	253 (19.0%)	366 (27.4%)	
	0-1	597 (44.7%)	485 (36.4%)	

**Table S2.** Analysis of declared vegetable consumption in the studied group of Polish adolescents stratified by gender, age, size of the city and COVID-19 morbidity in voivodeship.

Category	Portions per day	Before COVID-19	During remote education due to COVID-19	p-Value
Gender				
Girls (n = 711)	0-2	343 (48.2%)	278 (39.1%)	0.0004
	3	236 (33.2%)	249 (35.0%)	
	≥4	132 (18.6%)	184 (25.9%)	
Boys (n = 623)	0-2	312 (50.1%)	286 (45.9%)	0.1152
	3	183 (29.4%)	179 (28.7%)	
	≥4	128 (20.5%)	158 (25.4%)	
Age (years)				
10-13 (n = 1017)	0-2	821 (80.7%)	744 (75.1%)	0.0044
	3	113 (11.1%)	145 (14.3%)	
	≥4	83 (8.2%)	108 (10.6%)	
13-16 (n = 317)	0-2	253 (79.8%)	228 (71.9%)	0.0077
	3	46 (14.5%)	49 (15.5%)	
	≥4	18 (5.7%)	40 (12.6%)	
Size of the city				
Urban (n = 968)	0-2	784 (81.0%)	715 (73.9%)	0.0007
	3	115 (11.9%)	150 (15.5%)	
	≥4	69 (7.1%)	103 (10.6%)	
Rural (n = 366)	0-2	290 (79.2%)	277 (75.7%)	0.2875
	3	44 (12.0%)	44 (12.0%)	
	≥4	32 (8.8%)	45 (12.3%)	
COVID-19 morbidity for the voivodeship				
Morbidity < 40/ 100.000 (n = 413)	0-2	345 (83.5%)	312 (75.6%)	0.0173
	3	43 (10.4%)	63 (15.2%)	
	≥4	25 (6.1%)	38 (9.2%)	
Morbidity 40-80/ 100.000 (n = 537)	0-2	434 (80.7%)	412 (76.8%)	0.2113
	3	57 (10.6%)	62 (11.5%)	
	≥4	47 (8.7%)	63 (11.7%)	
Morbidity 80-160/ 100.000 (n = 209)	0-2	150 (71.8%)	132 (63.2%)	0.0739
	3	38 (18.2%)	41 (19.6%)	
	≥4	21 (10.0%)	36 (17.2%)	
Morbidity >160/ 100.000 (n = 175)	0-2	146 (83.4%)	136 (77.7%)	0.4009
	3	21 (12.0%)	28 (16.0%)	

		≥4	8 (4.6%)	11 (6.3%)	
		0-2	146 (83.4%)	136 (77.7%)	
		3	21 (12.0%)	28 (16.0%)	0.0004
		≥4	8 (4.6%)	11 (6.3%)	
Total					
(n = 1334)					

**Table S3.** Analysis of declared soft drinks consumption in the studied group of Polish adolescents stratified by gender, age, size of the city and COVID-19 morbidity in voivodeship.

Category	Portions	Before COVID-19	During re- mote educa- tion due to COVID-19	p-Value
Gender				
Girls (n = 711)	≥1/week	446 (62.7%)	449 (63.1%)	0.8367
	2-6/week	199 (28.0%)	191 (26.9%)	
	≥1/day	66 (9.3%)	71 (10.0%)	
Boys (n = 623)	≥1/week	346 (55.6%)	346 (55.6%)	0.9616
	2-6/week	197 (31.6%)	194 (31.1%)	
	≥1/day	80 (12.8%)	83 (13.3%)	
Age (years)				
10-13 (n = 1017)	≥1/week	629 (61.9%)	617 (60.7%)	0.7610
	2-6/week	295 (29.0%)	298 (29.3%)	
	≥1/day	93 (9.1%)	102 (10.0%)	
13-16 (n = 317)	≥1/week	163 (51.4%)	178 (56.2%)	0.4249
	2-6/week	101 (31.9%)	87 (27.4%)	
	≥1/day	53 (16.7%)	52 (16.4%)	
Size of the city				
Urban (n = 968)	≥1/week	570 (58.9%)	581 (60.0%)	0.5117
	2-6/week	293 (30.3%)	272 (28.1%)	
	≥1/day	105 (10.8%)	115 (11.9%)	
Rural (n = 366)	≥1/week	222 (60.4%)	214 (58.5%)	0.719
	2-6/week	103 (28.1%)	113 (30.9%)	
	≥1/day	41 (11.2%)	39 (10.6%)	
COVID-19 morbidity for the voivodeship				
Morbidity < 40/ 100.000 (n = 413)	≥1/week	248 (60.0%)	247 (59.8%)	0.9091
	2-6/week	113 (27.3%)	110 (26.6%)	
	≥1/day	52 (13.6%)	56 (13.6%)	
Morbidity 40-80/ 100.000 (n = 537)	≥1/week	305 (56.8%)	311 (57.9%)	0.8296
	2-6/week	181 (33.7%)	172 (32.0%)	
	≥1/day	51 (9.5%)	54 (10.1%)	
Morbidity 80-160/ 100.000 (n = 209)	≥1/week	121 (57.9%)	122 (58.4%)	0.9938
	2-6/week	60 (28.7%)	59 (28.2%)	
	≥1/day	28 (13.4%)	28 (13.4%)	
Morbidity >160/ 100.000 (n = 175)	≥1/week	118 (67.4%)	115 (65.7%)	0.9430
	2-6/week	42 (24.0%)	44 (25.2%)	
	≥1/day	15 (8.6%)	16 (9.1%)	
Total (n = 1334)	≥1/week	792 (59.4%)	795 (59.6%)	0.8275
	2-6/week	396 (29.7%)	385 (28.9%)	
	≥1/day	146 (10.9%)	154 (11.5%)	

**Table S4.** Analysis of declared water consumption in the studied group of Polish adolescents stratified by gender, age, size of the city and COVID-19 morbidity in voivodeship.

Category	Portions per day	Before COVID-19	During re- mote educa- tion due to COVID-19	p-Value
Gender				
Girls ( <i>n</i> = 711)	<1	91 (12.8%)	74 (10.4%)	0.1039
	1-2	218 (30.7%)	197 (27.7%)	
	≥3	402 (56.5%)	440 (61.9%)	
Boys ( <i>n</i> = 623)	<1	57 (9.1%)	63 (10.1%)	0.4321
	1-2	188 (30.2%)	168 (27.0%)	
	≥3	378 (60.6%)	392 (62.9%)	
Age (years)				
10-13 ( <i>n</i> = 1017)	<1	107 (10.5%)	101 (9.9%)	0.4182
	1-2	310 (30.5%)	287 (28.2%)	
	≥3	600 (59.0%)	629 (61.9%)	
13-16 ( <i>n</i> = 317)	<1	41 (12.9%)	36 (11.4%)	0.1680
	1-2	96 (30.3%)	78 (24.6%)	
	≥3	180 (56.8%)	203 (64.0%)	
Size of the city				
Urban ( <i>n</i> = 968)	<1	105 (10.9%)	106 (11.0%)	0.2792
	1-2	284 (29.3%)	253 (26.1%)	
	≥3	579 (59.8%)	609 (62.9%)	
Rural ( <i>n</i> = 366)	<1	43 (11.7%)	31 (8.5%)	0.2765
	1-2	112 (30.6%)	112 (30.6%)	
	≥3	211 (57.7%)	223 (60.9%)	
COVID-19 morbidity for the voivodeship				
Morbidity < 40/ 100.000 ( <i>n</i> = 413)	<1	46 (11.1%)	37 (8.9%)	0.0199
	1-2	197 (47.7%)	166 (40.3%)	
	≥3	170 (41.2%)	210 (50.8%)	
Morbidity 40-80/ 100.000 ( <i>n</i> = 537)	<1	71 (13.2%)	73 (13.6%)	0.2549
	1-2	236 (43.9%)	210 (39.1%)	
	≥3	230 (42.9%)	254 (47.3%)	
Morbidity 80-160/ 100.000 ( <i>n</i> = 209)	<1	15 (7.2%)	13 (6.2%)	0.1759
	1-2	106 (50.7%)	89 (42.6%)	
	≥3	88 (42.1%)	107 (51.2%)	
Morbidity >160/ 100.000 ( <i>n</i> = 175)	<1	16 (9.1%)	14 (8.0%)	0.7247
	1-2	98 (56.0%)	93 (53.1%)	
	≥3	61 (34.9%)	68 (38.9%)	
Total ( <i>n</i> = 1334)	<1	148 (11.1%)	137 (10.3%)	0.0020
	1-2	637 (47.8%)	558 (41.8%)	
	≥3	549 (41.1%)	639 (47.9%)	

**Table S5.** Analysis of declared French fried potatoes consumption in the studied group of Polish adolescents stratified by gender, age, size of the city and COVID-19 morbidity in voivodeship.

Category	Portions per week	Before COVID-19	During remote education due to COVID-19	p-Value
Gender				
Girls (n = 711)	<1	576 (81.0%)	571 (80.3%)	0.5822
	1-2	115 (16.2%)	113 (15.9%)	
	≥2	20 (2.8%)	27 (3.8%)	
Boys (n = 623)	<1	503 (80.7%)	483 (77.5%)	0.3778
	1-2	98 (15.7%)	114 (18.3%)	
	≥2	22 (3.6%)	26 (4.2%)	
Age (years)				
10-13 (n = 1017)	<1	830 (81.6%)	809 (79.6%)	0.4164
	1-2	158 (15.5%)	171 (16.8%)	
	≥2	29 (2.9%)	37 (3.6%)	
13-16 (n = 317)	<1	249 (78.6%)	245 (77.4%)	0.8999
	1-2	55 (17.3%)	57 (17.9%)	
	≥2	13 (4.1%)	15 (4.7%)	
Size of the city				
Urban (n = 968)	<1	783 (80.9%)	766 (79.2%)	0.3957
	1-2	157 (16.2%)	164 (16.9%)	
	≥2	28 (2.9%)	38 (3.9%)	
Rural (n = 366)	<1	296 (80.8%)	288 (78.7%)	0.7574
	1-2	56 (15.3%)	63 (17.2%)	
	≥2	14 (3.8%)	15 (4.1%)	
COVID-19 morbidity for the voivodeship				
Morbidity < 40/ 100.000 (n = 413)	<1	328 (79.4%)	323 (78.2%)	0.8989
	1-2	69 (16.7%)	74 (17.9%)	
	≥2	16 (3.9%)	16 (3.9%)	
Morbidity 40-80/ 100.000 (n = 537)	<1	423 (78.7%)	415 (77.3%)	0.3318
	1-2	96 (17.8%)	93 (17.3%)	
	≥2	19 (3.5%)	29 (5.4%)	
Morbidity 80-160/ 100.000 (n = 209)	<1	173 (82.8%)	164 (78.5%)	0.4931
	1-2	30 (14.3%)	39 (18.6%)	
	≥2	6 (2.9%)	6 (2.9%)	
Morbidity >160/ 100.000 (n = 175)	<1	155 (88.6%)	152 (86.9%)	0.8781
	1-2	18 (10.3%)	21 (12.0%)	
	≥2	2 (1.1%)	2 (1.1%)	
Total (n = 1334)	<1	1079 (80.9%)	1054 (79.0%)	0.3657
	1-2	213 (15.9%)	227 (17.0%)	
	≥2	42 (3.2%)	53 (4.0%)	

**Table S6.** Analysis of declared fast food consumption in the studied group of Polish adolescents stratified by gender, age, size of the city and COVID-19 morbidity in voivodeship.

Category	Portions per week	Before COVID-19	During re- mote educa- tion due to COVID-19	p-Value
Gender				
Girls (n = 711)	<1	644 (90.6%)	637 (89.6%)	0.3381
	1-2	59 (8.3%)	59 (8.3%)	
	≥2	8 (1.1%)	15 (2.1%)	
Boys (n = 623)	<1	553 (88.8%)	550 (88.3%)	0.7835
	1-2	55 (8.8%)	54 (8.7%)	
	≥2	15 (2.4%)	19 (3.0%)	
Age (years)				
10-13 (n = 1017)	<1	929 (91.3%)	913 (89.8%)	0.2972
	1-2	75 (7.4%)	83 (8.2%)	
	≥2	13 (1.3%)	21 (2.0%)	
13-16 (n = 317)	<1	268 (84.5%)	274 (86.4%)	0.4423
	1-2	39 (12.3%)	30 (9.5%)	
	≥2	10 (3.2%)	13 (4.1%)	
Size of the city				
Urban (n = 968)	<1	862 (89.0%)	850 (87.8%)	0.3647
	1-2	89 (9.2%)	92 (9.5%)	
	≥2	17 (1.8%)	26 (2.7%)	
Rural (n = 366)	<1	335 (91.5%)	337 (92.1%)	0.7263
	1-2	25 (6.9%)	21 (5.7%)	
	≥2	6 (1.6%)	8 (2.2%)	
COVID-19 morbidity for the voivodeship				
Morbidity < 40/ 100.000 (n = 413)	<1	362 (87.7%)	362 (87.7%)	0.5527
	1-2	45 (10.9%)	41 (9.9%)	
	≥2	6 (1.4%)	10 (2.4%)	
Morbidity 40-80/ 100.000 (n = 537)	<1	473 (88.1%)	470 (87.5%)	0.7585
	1-2	51 (9.5%)	50 (9.3%)	
	≥2	13 (2.4%)	17 (3.2%)	
Morbidity 80-160/ 100.000 (n = 209)	<1	196 (93.8%)	193 (92.4%)	0.6931
	1-2	11 (5.3%)	12 (5.7%)	
	≥2	2 (0.9%)	4 (1.9%)	
Morbidity >160/ 100.000 (n = 175)	<1	166 (94.5%)	162 (92.6%)	0.5919
	1-2	6 (3.4%)	10 (5.7%)	
	≥2	3 (1.7%)	3 (1.7%)	
Total (n = 1334)	<1	1197 (89.7%)	1187 (88.9%)	0.4135
	1-2	113 (8.5%)	113 (8.5%)	
	≥2	24 (1.8%)	34 (2.6%)	

**Table S7.** Analysis of declared frequency of eating their meals in front of the television in the studied group of Polish adolescents stratified by gender, age, size of the city and COVID-19 morbidity in voivodeship.

Category	Frequency	Before COVID-19	During re- mote edu- cation due to COVID- 19	p-Value
Gender				
Girls (n = 711)	Never or rarely	271 (38.1%)	226 (31.8%)	0.0001
	1-2	146 (20.5%)	220 (30.9%)	
	≥3	204 (28.7%)	184 (25.9%)	
	7/week	90 (12.7%)	81 (11.4%)	
Boys (n = 623)	Never or rarely	205 (32.9%)	159 (25.6%)	<0.0001
	1-2	104 (16.7%)	182 (29.2%)	
	≥3	211 (33.9%)	192 (30.8%)	
	7/week	103 (16.5%)	90 (14.4%)	
Age (years)				
10-13 (n = 1017)	Never or rarely	383 (37.7%)	308 (30.3%)	<0.0001
	1-2	192 (18.9%)	319 (31.4%)	
	≥3	303 (29.8%)	271 (26.6%)	
	7/week	139 (13.6%)	119 (11.7%)	
13-16 (n = 317)	Never or rarely	93 (29.3%)	77 (24.3%)	0.1022
	1-2	58 (18.3%)	83 (26.2%)	
	≥3	112 (35.3%)	105 (33.1%)	
	7/week	54 (17.1%)	52 (16.4%)	
Size of the city				
Urban (n = 968)	Never or rarely	335 (34.6%)	269 (27.8%)	<0.0001
	1-2	172 (17.8%)	287 (29.7%)	
	≥3	310 (32.0%)	280 (28.9%)	
	7/week	151 (15.6%)	132 (13.6%)	
Rural (n = 366)	Never or rarely	141 (38.5%)	116 (31.7%)	0.0182
	1-2	78 (21.3%)	115 (31.4%)	
	≥3	105 (28.7%)	96 (26.2%)	
	7/week	42 (11.5%)	39 (10.7%)	
COVID-19 morbidity for the voivodeship				
Morbidity < 40/ 100.000 (n = 413)	Never or rarely	143 (34.6%)	127 (30.7%)	0.2042
	1-2	170 (41.2%)	199 (48.2%)	
	≥3	44 (10.6%)	34 (8.2%)	
	7/week	56 (13.6%)	53 (12.8%)	
Morbidity 40-80/ 100.000 (n = 537)	Never or rarely	188 (35.0%)	151 (28.1%)	0.0107
	1-2	207 (38.5%)	260 (48.4%)	
	≥3	56 (10.5%)	53 (9.9%)	
	7/week	86 (16.0%)	73 (13.6%)	
Morbidity 80-160/ 100.000 (n = 209)	Never or rarely	88 (42.1%)	67 (32.1%)	0.0117
	1-2	62 (29.7%)	94 (45.0%)	
	≥3	31 (14.8%)	22 (10.5%)	
	7/week	28 (13.4%)	26 (12.4%)	
Morbidity >160/ 100.000 (n = 175)	Never or rarely	56 (32.0%)	40 (22.8%)	0.0486
	1-2	70 (40.0%)	96 (54.9%)	

	≥3	25 (14.3%)	20 (11.4%)	
	7/week	24 (13.7%)	19 (10.9%)	
	Never or rarely	475 (35.6%)	385 (28.9%)	
Total	1-2	509 (38.2%)	649 (48.6%)	
(n = 1334)	≥3	156 (11.7%)	129 (9.7%)	<0.0001
	7/week	194 (14.5%)	171 (12.8%)	

**Table S8.** Analysis of declared number of days a week when they are physically active in the studied group of Polish adolescents stratified by gender, age, size of the city and COVID-19 morbidity in voivodeship.

Category	Frequency per week	Before COVID-19	During re- mote educa- tion due to COVID-19	p-Value
Gender				
Girls (n = 711)	0-2/week	240 (33.8%)	273 (38.4%)	0.0772
	≥ 3/week	471 (66.2%)	438 (61.6%)	
Boys (n = 623)	0-2/week	194 (31.1%)	246 (39.5%)	0.0025
	≥ 3/week	429 (68.9%)	377 (60.5%)	
Age (years)				
10-13 (n = 1017)	0-2/week	400 (39.3%)	364 (35.8%)	0.1090
	≥ 3/week	617 (60.7%)	653 (64.2%)	
13-16 (n = 317)	0-2/week	142 (44.8%)	137 (43.2%)	0.7489
	≥ 3/week	175 (55.2%)	180 (56.8%)	
Size of the city				
Urban (n = 968)	0-2/week	401 (41.4%)	368 (38.0%)	0.1372
	≥ 3/week	567 (58.6%)	600 (62.0%)	
Rural (n = 366)	0-2/week	141 (38.5%)	133 (50.0%)	0.0052
	≥ 3/week	225 (61.5%)	133 (50.0%)	
COVID-19 morbidity for the voivodeship				
Morbidity < 40/ 100.000 (n = 413)	0-2/week	170 (41.2%)	150 (36.3%)	0.1748
	≥ 3/week	243 (58.8%)	263 (63.7%)	
Morbidity 40-80/ 100.000 (n = 537)	0-2/week	221 (41.1%)	204 (37.9%)	0.3181
	≥ 3/week	316 (58.9%)	333 (62.1%)	
Morbidity 80-160/ 100.000 (n = 209)	0-2/week	83 (39.7%)	76 (36.4%)	0.5455
	≥ 3/week	126 (60.3%)	133 (63.6%)	
Morbidity >160/ 100.000 (n = 175)	0-2/week	68 (38.9%)	71 (40.6%)	0.8271
	≥ 3/week	107 (61.1%)	104 (59.4%)	
Total (n = 1334)	0-2/week	542 (40.6%)	501 (37.6%)	0.1125
	≥ 3/week	792 (59.4%)	833 (62.4%)	

**Table S9.** Analysis of declared number of hours a day that they usually spend watching television in the studied group of Polish adolescents stratified by gender, age, size of the city and COVID-19 morbidity in voivodeship.

Category	Frequency per day	Before COVID-19	During re- mote educa- tion due to COVID-19	p-Value
Gender				
Girls (n = 711)	< 2 h/day	193 (27.1%)	106 (14.9%)	<0.0001
	≥ 2 h/day	518 (72.9%)	605 (85.1%)	
Boys (n = 623)	< 2 h/day	85 (13.6%)	45 (7.2%)	0.0003
	≥ 2 h/day	538 (86.4%)	578 (92.7%)	
Age (years)				
10-13 (n = 1017)	< 2 h/day	222 (21.8%)	56 (17.7%)	0.1299
	≥ 2 h/day	795 (78.2%)	261 (82.3%)	
13-16 (n = 317)	< 2 h/day	115 (11.3%)	36 (11.4%)	1.0000
	≥ 2 h/day	902 (88.7%)	281 (88.6%)	
Size of the city				
Urban (n = 968)	< 2 h/day	455 (47.0%)	272 (28.1%)	<0.0001
	≥ 2 h/day	513 (53.0%)	696 (71.9%)	
Rural (n = 366)	< 2 h/day	208 (56.8%)	138 (37.7%)	<0.0001
	≥ 2 h/day	158 (43.2%)	228 (62.3%)	
COVID-19 morbidity for the voivodeship				
Morbidity < 40/ 100.000 (n = 413)	< 2 h/day	83 (20.1%)	40 (9.7%)	<0.0001
	≥ 2 h/day	330 (79.9%)	373 (90.3%)	
Morbidity 40-80/ 100.000 (n = 537)	< 2 h/day	125 (23.2%)	70 (13.1%)	<0.0001
	≥ 2 h/day	109 (76.8%)	467 (86.9%)	
Morbidity 80-160/ 100.000 (n = 209)	< 2 h/day	57 (27.3%)	30 (14.3%)	0.0017
	≥ 2 h/day	152 (72.7%)	179 (85.7%)	
Morbidity >160/ 100.000 (n = 175)	< 2 h/day	24 (13.7%)	15 (8.6%)	0.1742
	≥ 2 h/day	151 (86.3%)	160 (91.4%)	
Total (n = 1334)	< 2 h/day	289 (21.7%)	155 (11.6%)	<0.0001
	≥ 2 h/day	1045 (78.3%)	1179 (88.4%)	