

Table S1. Association between differences pre-during COVID-19 lockdown in physical activity, sitting time and screen exposure and sociodemographic factors.

		Argentina			Chile			Total		
		Δ Sitting Time (min/day) β^b	95% CI ^a	<i>p</i>	Δ Sitting Time (min/day) β^b	95% CI ^a	<i>p</i>	Δ Sitting Time (min/day) β^b	95% CI ^a	<i>p</i>
Age Intervals*	18-24	Ref	-	-	Ref	-	-	Ref	-	-
	25-34	-0.11	-117.29 ; 20.56	0.169	-0.06	-77.10 ; 14.21	0.177	-0.09	-78.99 ; -5.75	0.023
	35-44	-0.19	-152.32 ; -6.85	0.032	-0.29	-173.06 ; -75.92	<0.001	-0.27	-151.92 ; -74.37	<0.001
	45-54	-0.24	-189.54 ; -34.14	0.005	-0.16	-128.99 ; -23.13	0.005	-0.20	-137.79 ; -54.10	<0.001
	55-64	-0.21	-163.92 ; -11.19	0.025	-0.22	-165.33 ; -56.31	<0.001	-0.22	-145.36 ; -60.69	<0.001
	≥ 65	-0.25	-202.28 ; -39.36	0.004	-0.10	-148.38 ; -7.32	0.031	-0.15	-142.91 ; -45.23	<0.001
Sex	Male	Ref	-	-	Ref	-	-	Ref	-	-
	Female	0.06	-9.87 ; 60.23	0.159	0.06	-6.24 ; 61.18	0.110	0.06	2.93 ; 51.77	0.028
Educational Level	Low	Ref	-	-	Ref	-	-	Ref	-	-
	Middle	-0.19	-166.57 ; 16.38	0.107	0.10	-12.04 ; 105.14	0.119	0.06	-21.13 ; 74.97	0.272
	High	-0.18	-159.14 ; 18.01	0.118	0.15	9.84 ; 114.78	0.020	0.09	-5.14 ; 84.63	0.083
Area of Residence	North	Ref	-	-	Ref	-	-	Ref	-	-
	Center	-0.18	-151.32 ; -15.82	0.016	0.14	16.43 ; 136.65	0.013	0.02	-33.55 ; 57.07	0.611
	South	-0.13	-149.67 ; 6.55	0.072	0.10	-3.95 ; 142.42	0.064	0.03	-34.45 ; 72.61	0.484
Marital Status	Single	Ref	-	-	Ref	-	-	Ref	-	-
	Married/ Civil Union/ Cohabiting	0.05	-22.70 ; 54.12	0.422	-0.12	-79.67 ; -8.20	0.016	-0.05	-44.21 ; 8.50	0.184
	Divorces/ Separated	-0.02	-59.01 ; 43.35	0.764	0.01	-40.45 ; 51.91	0.808	-0.01	-37.30 ; 31.96	0.880
	Widow	-0.03	-99.06 ; 55.69	0.582	-0.05	-211.25 ; 30.62	0.143	-0.05	-112.07 ; 15.20	0.136

		Δ Screen Exposure (min/day) β^b	95% CI ^a	<i>p</i>	Δ Screen Exposure (min/day) β^b	95% CI ^a	<i>p</i>	Δ Screen Exposure (min/day) β^b	95% CI ^a	<i>p</i>
Age Intervals*	18-24	Ref	-	-	Ref	-	-	Ref	-	-
	25-34	-0.01	-76.93 ; 69.98	0.926	-0.16	-132.38 ; -35.69	0.001	-0.12	-97.30 ; -20.09	0.003
	35-44	-0.11	-127.42 ; 27.62	0.207	-0.32	-194.19 ; -91.33	<0.001	-0.26	-158.84 ; -77.08	<0.001
	45-54	-0.07	-115.35 ; 50.27	0.441	-0.19	-154.47 ; -42.37	0.001	-0.17	-129.59 ; -41.35	<0.001
	55-64	-0.21	-175.42 ; -12.63	0.024	-0.26	-194.83 ; -79.39	<0.001	-0.27	-177.07 ; -87.82	<0.001
	≥ 65	-0.21	-196.81 ; -23.17	0.013	-0.11	-165.71 ; -16.32	0.017	-0.19	-173.51 ; -70.52	<0.001
Sex	Male	Ref	-	-	Ref	-	-	Ref	-	-
	Female	0.12	18.75 ; 93.46	0.003	0.03	-20.21 ; 51.19	0.395	0.07	9.34 ; 60.84	0.008
Educational Level	Low	Ref	-	-	Ref	-	-	Ref	-	-
	Middle	-0.08	-129.40 ; 65.58	0.521	-0.07	-94.56 ; 29.55	0.304	-0.05	-75.74 ; 25.58	0.332
	High	-0.03	-108.27 ; 80.54	0.773	-0.03	-69.08 ; 42.05	0.633	-0.01	-48.20 ; 46.44	0.971
Area of Residence	North	Ref	-	-	Ref	-	-	Ref	-	-
	Center	-0.07	-105.67 ; 38.75	0.363	0.16	25.97 ; 153.29	0.006	0.08	-6.02 ; 89.51	0.087
	South	-0.02	-96.33 ; 70.17	0.758	0.12	4.36 ; 159.36	0.038	0.08	-7.37 ; 105.51	0.088
Marital Status	Single	Ref	-	-	Ref	-	-	Ref	-	-
	Married/ Civil Union/ Cohabiting	-0.04	-55.73 ; 26.14	0.478	-0.10	-77.71 ; -2.02	0.039	-0.07	-54.88 ; 0.70	0.056
	Divorces/ Separated	-0.03	-71.56 ; 37.54	0.541	-0.03	-66.70 ; 31.11	0.475	-0.04	-56.12 ; 16.90	0.292
	Widow	-0.01	-82.58 ; 82.34	0.998	-0.02	-162.62 ; 93.51	0.596	-0.01	-81.94 ; 52.24	0.664

		Δ MPA ^c (min/day) β^b	95% CI ^a	<i>p</i>	Δ MPA ^c (min/day) β^b	95% CI ^a	<i>p</i>	Δ MPA ^c (min/day) β^b	95% CI ^a	<i>p</i>
Age Intervals	18-24	Ref	-	-	Ref	-	-	Ref	-	-
	25-34	0.08	-19.47 ; 57.81	0.330	-0.05	-41.11 ; 12.80	0.303	0.01	-18.63 ; 23.37	0.825
	35-44	0.10	-17.43 ; 64.13	0.261	-0.02	-23.93 ; 33.42	0.745	0.06	-7.51 ; 36.98	0.194
	45-54	0.02	-37.20 ; 49.93	0.774	-0.04	-42.20 ; 20.30	0.492	-0.01	-26.63 ; 21.37	0.830
	55-64	0.10	-18.60 ; 67.04	0.267	0.03	-22.49 ; 41.88	0.554	0.07	-4.95 ; 43.62	0.118
	>=65	0.08	-23.40 ; 67.95	0.339	0.02	-32.60 ; 50.69	0.670	0.05	-9.70 ; 46.34	0.200
Sex	Male	Ref	-	-	Ref	-	-	Ref	-	-
	Female	-0.02	-23.18 ; 16.13	0.725	-0.02	-25.97 ; 13.84	0.550	-0.01	-17.52 ; 10.49	0.623
Educational Level	Low	Ref	-	-	Ref	-	-	Ref	-	-
	Middle	-0.15	-84.90 ; 17.68	0.199	0.03	-26.21 ; 42.99	0.634	0.02	-23.16 ; 31.96	0.754
	High	-0.17	-84.45 ; 14.88	0.169	0.08	-12.26 ; 49.70	0.236	0.03	-18.75 ; 32.74	0.594
Area of Residence	North	Ref	-	-	Ref	-	-	Ref	-	-
	Center	0.07	--19.92 ; 56.05	0.351	-0.18	-89.99 ; -19.00	0.003	-0.08	-49.72 ; 2.26	0.073
	South	0.03	-34.90 ; 52.70	0.690	-0.09	-78.56 ; 7.86	0.109	-0.06	-50.10 ; 11.31	0.216
Marital Status	Single	Ref	-	-	Ref	-	-	Ref	-	-
	Married/ Civil Union/ Cohabiting	-0.06	-32.96 ; 10.11	0.298	0.11	3.30 ; 45.50	0.024	0.04	-6.85 ; 23.39	0.284
	Divorces/ Separated	-0.02	-34.27 ; 23.13	0.703	0.02	-21.31 ; 33.22	0.668	0.01	-17.89 ; 21.84	0.845
	Widow	-0.06	-68.09 ; 18.67	0.264	-0.08	-143.32 ; -0.51	0.048	-0.05	-66.62 ; 6.39	0.106

		Δ VPA ^d (min/day) β^b	95% CI ^a	<i>p</i>	Δ VPA ^d (min/day) β^b	95% CI ^a	<i>p</i>	Δ VPA ^d (min/day) β^b	95% CI ^a	<i>p</i>
Age Intervals	18-24	Ref	-	-	Ref	-	-	Ref	-	-
	25-34	0.04	-17.17 ; 30.02	0.593	0.07	-5.26 ; 31.66	0.161	0.01	-3.19 ; 24.29	0.132
	35-44	0.07	-15.61 ; 34.20	0.464	0.05	-11.53 ; 27.74	0.418	0.06	-5.23 ; 23.87	0.209
	45-54	0.02	-23.05 ; 30.15	0.793	-0.06	-33.26 ; 9.53	0.277	-0.01	-19.74 ; 11.66	0.614
	55-64	0.01	-25.85 ; 26.44	0.983	-0.07	-34.94 ; 9.13	0.251	0.07	-20.83 ; 10.93	0.541
	>=65	0.05	-19.44 ; 36.34	0.552	-0.02	-34.89 ; 22.14	0.661	0.05	-13.19 ; 23.46	0.583
Sex	Male	Ref	-	-	Ref	-	-	Ref	-	-
	Female	-0.01	-12.75 ; 11.25	0.902	0.12	8.06 ; 35.31	0.002	-0.01	1.45 ; 19.77	0.023
Educational Level	Low	Ref	-	-	Ref	-	-	Ref	-	-
	Middle	-0.09	-42.94 ; 19.70	0.467	-0.03	-29.82 ; 17.56	0.612	0.02	-23.06 ; 12.99	0.584
	High	-0.13	-47.13 ; 13.53	0.277	0.01	-19.23 ; 23.13	0.859	0.03	-20.16 ; 13.52	0.699
Area of Residence	North	Ref	-	-	Ref	-	-	Ref	-	-
	Center	0.05	-14.87 ; 31.52	0.481	0.03	-18.87 ; 29.73	0.661	-0.08	-9.96 ; 24.03	0.417
	South	0.02	-23.59 ; 29.90	0.817	0.09	-6.00 ; 53.17	0.118	-0.06	-7.03 ; 33.14	0.202
Marital Status	Single	Ref	-	-	Ref	-	-	Ref	-	-
	Married/ Civil Union/ Cohabiting	0.04	-8.68 ; 17.62	0.505	0.12	3.41 ; 32.31	0.015	0.04	1.60 ; 21.38	0.023
	Divorces/ Separated	0.07	-6.07 ; 28.98	0.200	0.09	-0.27 ; 37.07	0.053	0.01	2.46 ; 28.44	0.020
	Widow	0.02	-20.84 ; 32.15	0.675	0.02	-34.51 ; 63.27	0.564	-0.05	-11.85 ; 35.90	0.323

		Δ MVPA ^c (min/day) β^b	95% CI ^a	<i>p</i>	Δ MVPA ^c (min/day) β^b	95% CI ^a	<i>p</i>	Δ MVPA ^c (min/day) β^b	95% CI ^a	<i>p</i>
Age Intervals	18-24	Ref	-	-	Ref	-	-	Ref	-	-
	25-34	0.04	-17.17 ; 30.02	0.593	0.07	-5.26 ; 31.66	0.161	0.01	-3.19 ; 24.29	0.132
	35-44	0.07	-15.61 ; 34.20	0.464	0.05	-11.53 ; 27.74	0.418	0.06	-5.23 ; 23.87	0.209
	45-54	0.02	-23.05 ; 30.15	0.793	-0.06	-33.26 ; 9.53	0.277	-0.01	-19.74 ; 11.66	0.614
	55-64	0.01	-25.85 ; 26.44	0.983	-0.07	-34.94 ; 9.13	0.251	0.07	-20.83 ; 10.93	0.541
	>=65	0.05	-19.44 ; 36.34	0.552	-0.02	-34.89 ; 22.14	0.661	0.05	-13.19 ; 23.46	0.583
Sex	Male	Ref	-	-	Ref	-	-	Ref	-	-
	Female	-0.01	-12.75 ; 11.25	0.902	0.12	8.06 ; 35.31	0.002	-0.01	1.45 ; 19.77	0.023
Educational Level	Low	Ref	-	-	Ref	-	-	Ref	-	-
	Middle	-0.09	-42.94 ; 19.70	0.467	-0.03	-29.82 ; 17.56	0.612	0.02	-23.06 ; 12.99	0.584
	High	-0.13	-47.13 ; 13.53	0.277	0.01	-19.23 ; 23.13	0.859	0.03	-20.16 ; 13.52	0.699
Area of Residence	North	Ref	-	-	Ref	-	-	Ref	-	-
	Center	0.05	-14.87 ; 31.52	0.481	0.03	-18.87 ; 29.73	0.661	-0.08	-9.96 ; 24.03	0.417
	South	0.02	-23.59 ; 29.90	0.817	0.09	-6.00 ; 53.17	0.118	-0.06	-7.03 ; 33.14	0.202
Marital Status	Single	Ref	-	-	Ref	-	-	Ref	-	-
	Married/ Civil Union/ Cohabiting	0.04	-8.68 ; 17.62	0.505	0.12	3.41 ; 32.31	0.015	0.04	1.60 ; 21.38	0.023
	Divorces/ Separated	0.07	-6.07 ; 28.98	0.200	0.09	-0.27 ; 37.07	0.053	0.01	2.46 ; 28.44	0.020
	Widow	0.02	-20.84 ; 32.15	0.675	0.02	-34.51 ; 63.27	0.564	-0.05	-11.85 ; 35.90	0.323

Δ : Differences pre – during isolation.

p: pvalue

^a= Confidence Interval

^b= Beta Standardized Coefficient

^c= Moderate physical activity

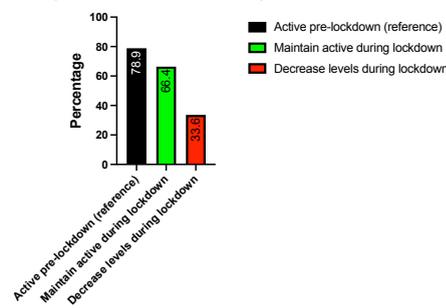
^d= Vigorous physical activity

^e= Moderate to vigorous physical activity

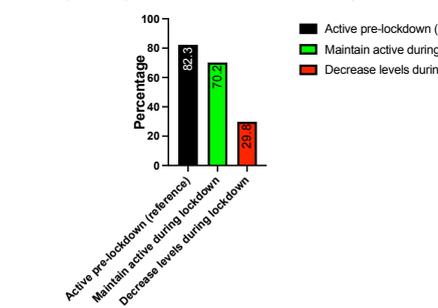
*ptrend < 0.001

Black text and bold face indicate statistical significance

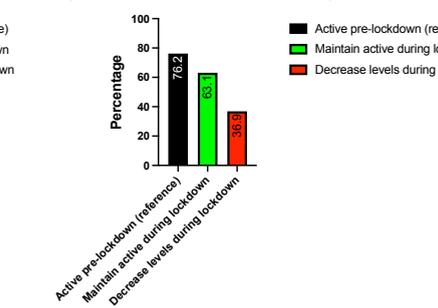
A: Changes in active participants during lockdown



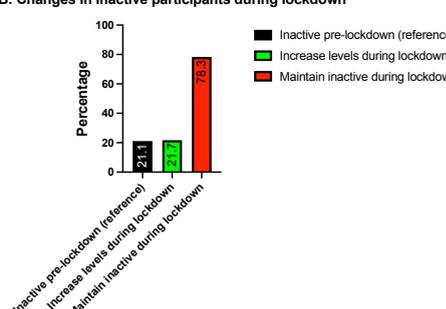
A: Changes in Argentinian active participants during lockdown



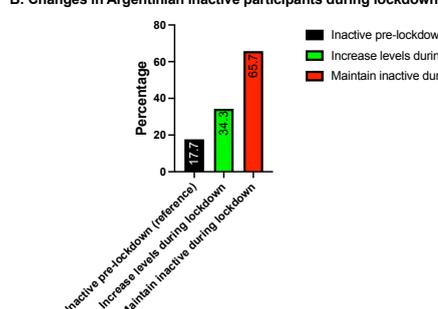
A: Changes in Chilean active participants during lockdown



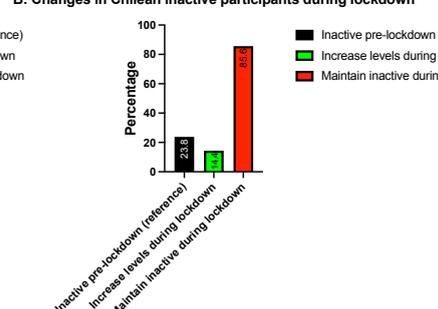
B: Changes in inactive participants during lockdown



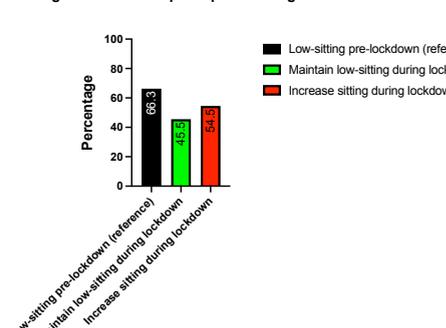
B: Changes in Argentinian inactive participants during lockdown



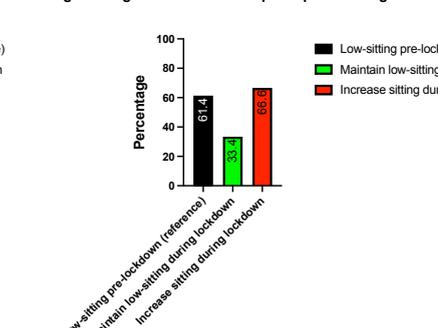
B: Changes in Chilean inactive participants during lockdown



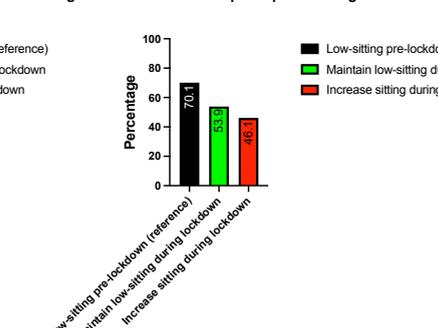
C: Changes in low-sitters participants during lockdown



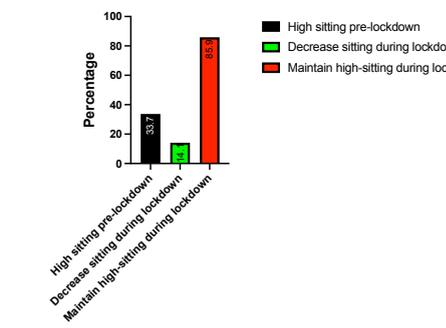
C: Changes in Argentinian low-sitters participants during lockdown



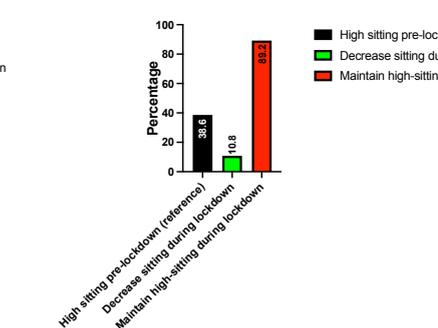
C: Changes in Chilean low-sitter participants during lockdown



D: Changes in high-sitter participants during lockdown



D: Changes in Argentinian high-sitter participants during lockdown



D: Changes in Chilean high-sitter participants during lockdown

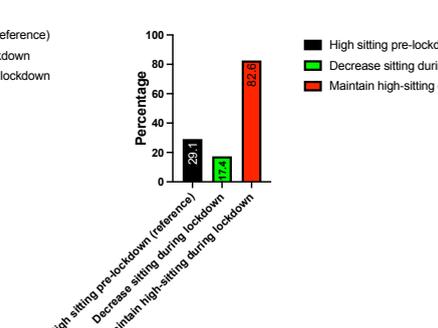


Fig S1: Percentages of the reported changes in physical activity and sitting time (A) physical activity changes in subjects who were active before lockdown (B) physical activity changes in subjects who were inactive before lockdown (C) sitting time changes in subjects who were low-sitters before lockdown (D) sitting time changes in subjects who were high-sitters before lockdown.