

# RESEARCH SUMMARY

## IMPACT OF COVID-19 RESTRICTIONS ON HEALTH AND WELLBEING OF ADULT AUSTRALIAN SPORT AND PHYSICAL ACTIVITY PARTICIPANTS



PROF ROCHELLE EIME, DR JACK HARVEY, MELANIE  
CHARITY, DR SAM ELLIOTT, PROF MURRAY DRUMMOND,  
DR AURELIE PANKOWIAK, PROF HANS WESTERBEEK

BMC Public Health:22:848. 2022  
<https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-022-13195-9>





## **Background**

Due to COVID-19 restrictions, Australian community sport was cancelled.

## **Aim**

To investigate the perceived health and wellbeing of Australian adults, during COVID-19 compared to a year earlier (pre COVID-19).

## **Methods**

A survey was conducted during first COVID-19 lockdown in Australia May-June 2020. It was distributed by national and state sporting organisations. This paper focuses on adults aged 18-59 years. The survey collected information about participant demographics, sport and physical activity patterns and health and wellbeing outcomes during COVID-19 compared to pre-COVID-19.

## **Key result**

**During lockdown men were significant more likely than women to report worse general, physical and mental health and lower life satisfaction**

## **Discussion**

It seems that the absence of playing competitive sport and training with friends, teams and within clubs has severely impacted males, and younger adults in particular.

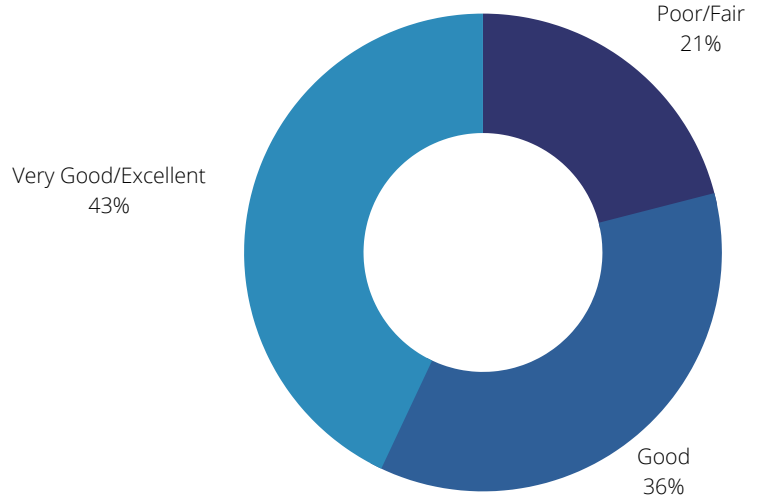
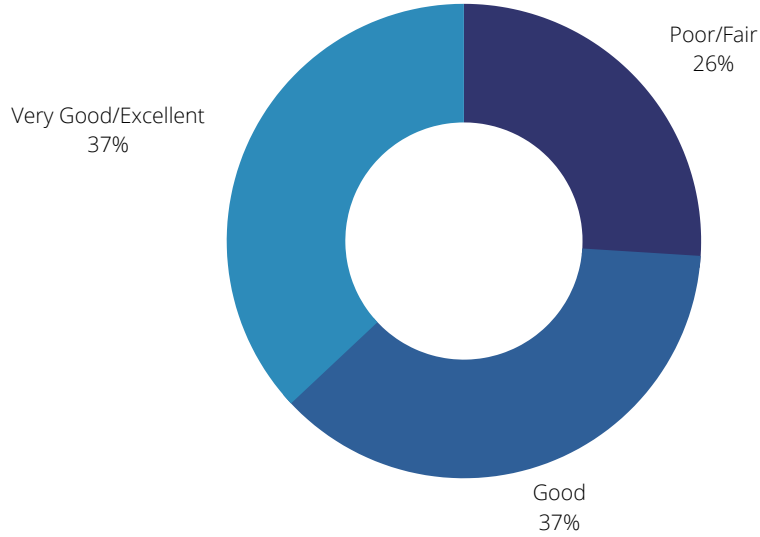
Sports clubs are important settings for individuals' health and wellbeing, which is why clubs require the capacity to deliver sport and individuals may need to regain the motivation to return.

# HEALTH DURING COVID-19

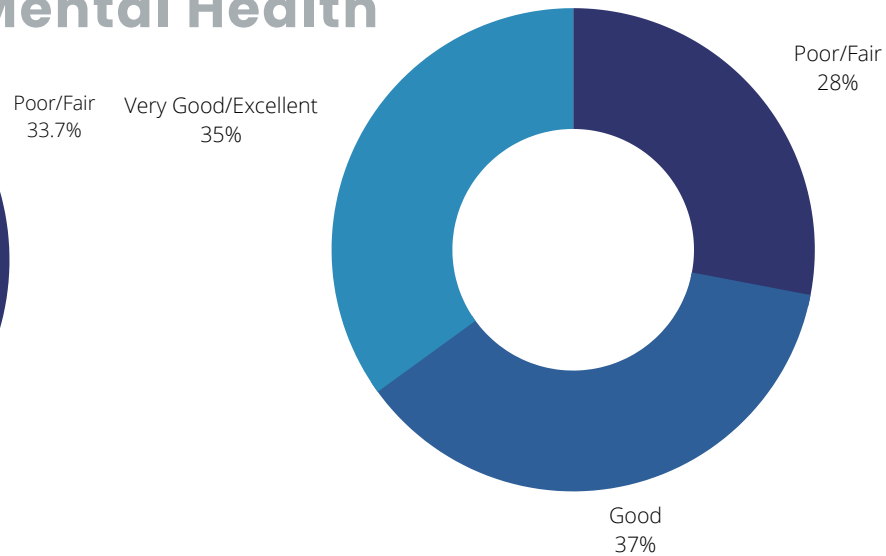
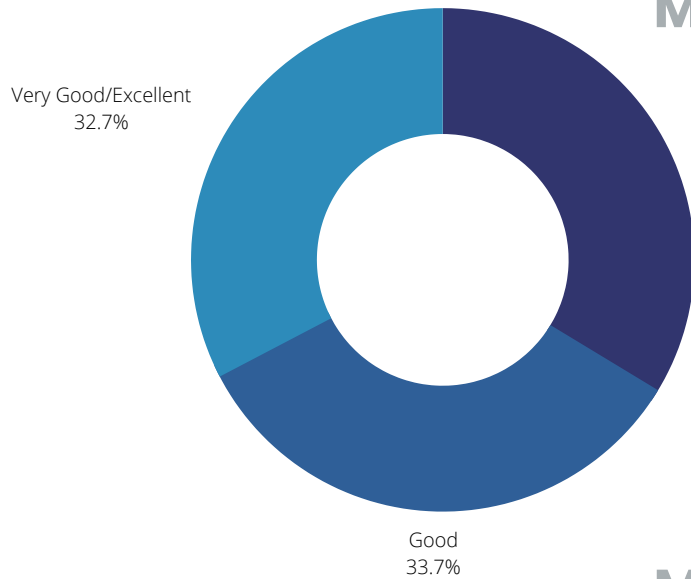
## Males

## Females

### Physical Health

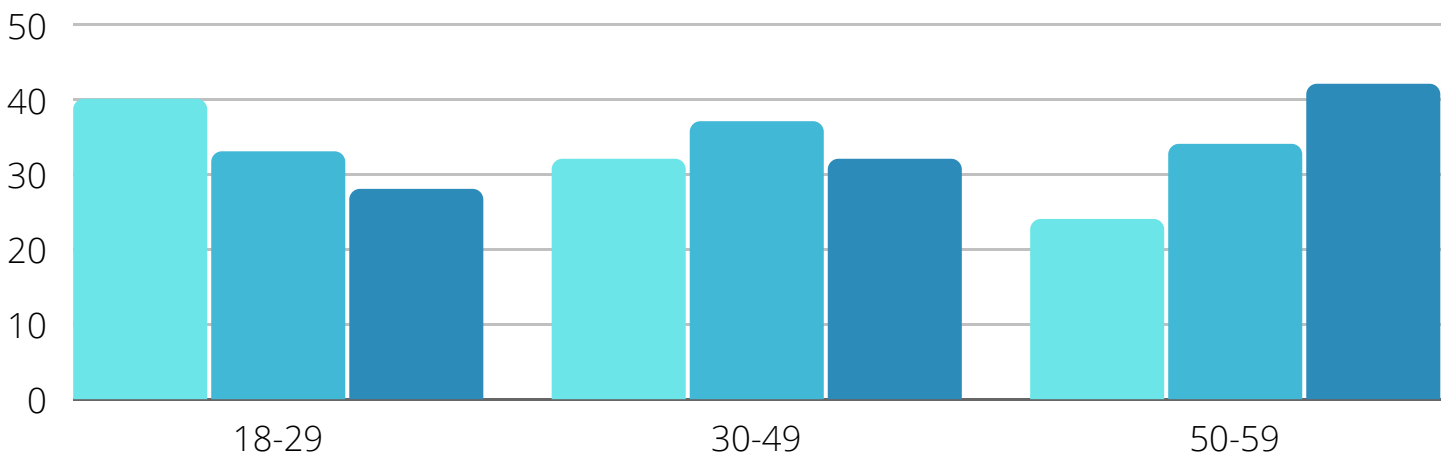


### Mental Health



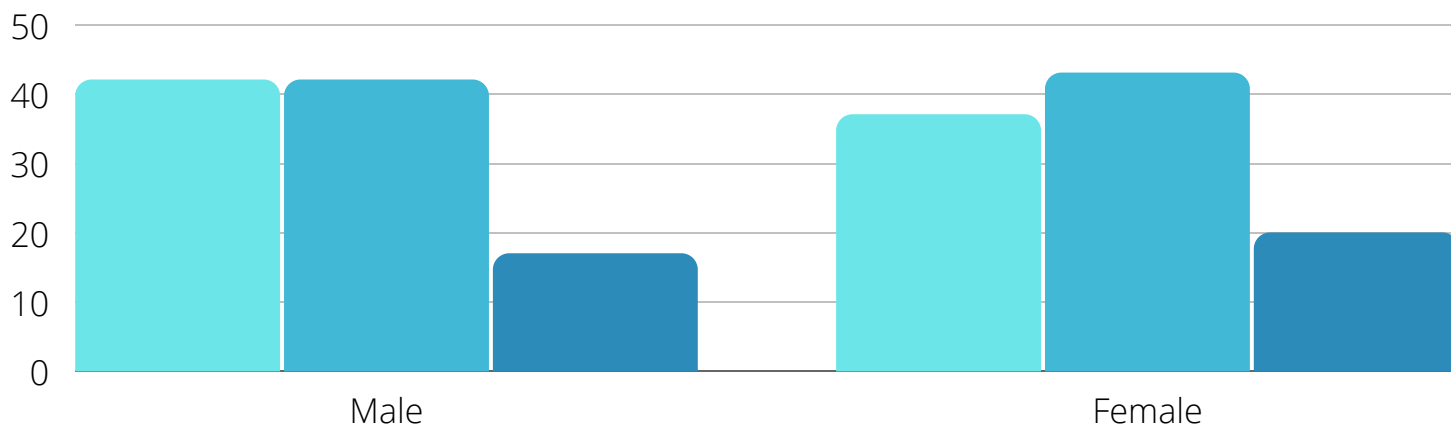
### Mental Health

■ Poor/Fair
 ■ Good
 ■ Very Good/Excellent



# HEALTH DURING COVID-19 COMPARED TO A YEAR AGO (PRE-COVID)

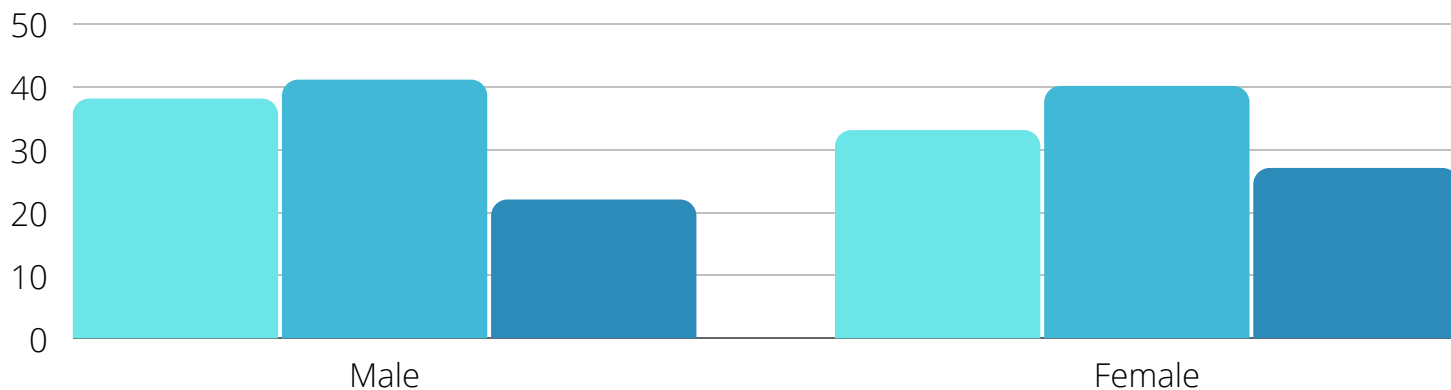
## Mental Health



**How will sports clubs re-engage players particularly men who have experienced worse health due to COVID restrictions?**

## Physical Health

Worse Same Better



Contact: Professor Rochelle Eime  
r.eime@federation.edu.au

[pasiglobal.com](http://pasiglobal.com)

