

ASSESSMENT OF PHYSICAL ACTIVITY LEVELS AND ITS BARRIERS IN PATIENTS WITH INFLAMMATORY BOWEL DISEASES: THE "BE-FIT-IBD" STUDY RESULTS IN SOUTHERN EUROPE

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A survey of 219 Italian IBD patients found that 42.9% were physically inactive and inactivity was influenced by patient beliefs about physical activity's impact on disease rather than by actual disease activity.

KEY POINTS

- Among 219 IBD patients with non-severe disease, 94 patients (42.9%) were classified as inactive (less than 700 Met min/week), while only 9 patients (4.1%) achieved health-enhancing physical activity levels.
- Physical inactivity rates were similar in Crohn's disease (42.4%) and ulcerative colitis (43.3%), and IBD activity did not differ between active and inactive patients.
- Patients without dyslipidaemia and those on biologic therapy showed better scores for moderate physical activity.
- Barriers to physical activity such as IBD diagnosis and fear of flare-ups after exercise were significantly more reported by inactive patients, and active patients expressed interest in discussing physical activity with their gastroenterologist.
- This study is relevant for clinicians managing IBD patients in southern Europe who wish to understand physical activity patterns and address patient concerns about exercise.

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