while the second survey was conducted between the 27th of October 2021 to the 20th of January 2022 (post-lockdown).
Results A total of 2503 individuals participated in the study. A higher consumption of fruits, vegetables, legumes, fish, and poultry was identified during lockdown compared to the period after the lockdown. Moreover, a daily greater intake of olive oil and a lower consumption of alcohol was found during the confinement period compared to the post-confinement period. During lockdown, the majority of participants (43.0%) never or rarely used delivery services, whist the majority of the participants after lockdown used the delivery services 1-3 times per month (37.0%) ($p<0.001$). During lockdown, around 66% of the participants were physically active, compared to 55.5% after lockdown ($p<0.001$). Furthermore, when compared to those with a normal BMI, more overweight and obese respondents ordered food 1-2 times per week in both periods ($p<0.001$).
Conclusions Dietary and lifestyle habits of the participants were healthier throughout the lockdown period than after the end of the restrictive measures due to COVID-19 pandemic. It is critical to encourage the Cypriot population to maintain the healthy dietary and lifestyle habits established during the lockdown in their daily lives after the confinement.

Health systems

6 EXPLORING MANAGEMENT OF GESTATIONAL DIABETES DURING THE THIRD COVID-19 LOCKDOWN IN THE UNITED KINGDOM

Nurudeen Adesina, Huseyin Dogan, Sue Green, Fotini Tsofliou. *Bournemouth University, Dorset, UK*

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Background The disruption in access to healthcare support as a result of government- imposed lockdown to mitigate the spread of COVID-19 virus have forced people with gestational diabetes (GD), to seek lifestyle adjustment to manage their condition. This study aimed to explore how women with gestational diabetes managed their health condition during the third COVID-19 pandemic lockdown in the UK.
Methods An online anonymous questionnaire survey was developed and distributed across the UK between January and July 2021. Women who had experienced GD during the lockdown were invited to take part via Twitter, Facebook, and LinkedIn.
Results Out of 145 women who accessed the survey link, only 20 reported experiencing GD during the specified period were eligible to take part and completed the survey. Online platforms were reported to be the most frequently accessed resource for lifestyle support to manage GD (n=18). Most participants reported monitoring their blood glucose more frequently during the lockdown (n=17). Participants reported weight gain (n=10), reduced physical exercise (n=15), increased consumption of starchy foods (n=10), increase fat and high protein snacks consumption between meal (n=15), higher consumption of fruit and vegetables (15). Online support to manage GD was positively correlated with monitoring of blood glucose level ($r = .69$, $p = .001$) and consumption of more protein ($r = .48$, $p < .001$). Most participants reported feeling depressed, worried, isolated and had difficulty in sleeping. There was a positive correlation between feeling depressed and respondents' employment status ($r = .27$, $p = .001$).
Conclusion This study describes a switch to online lifestyle support for women with GD during the third COVID-19 lockdown in the UK. However, notable variability was reported on the impact of this on dietary habit, physical and mental wellbeing.

Food systems; practical implementation

7 DEVELOPMENT OF A MEDITERRANEAN (MD) STYLE DIET FRAMEWORK: A UK-BASED ADAPTATION

Fotini Tsofliou, Rachel Davies. *Bournemouth University, Dorset, UK*

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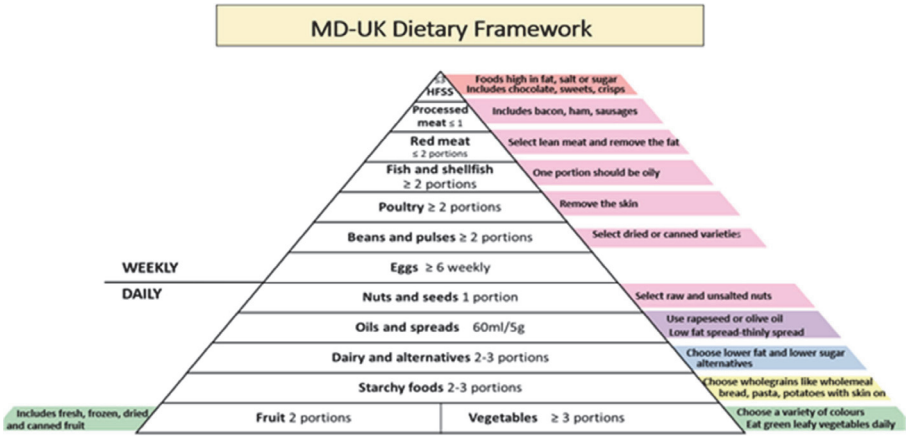
Background The Mediterranean diet (MD) is the most extensively researched diet worldwide. Successfully replicated and adapted outside of the Mediterranean region attests to its capacity for transference to other populations. Its health benefits are renowned for disease prevention and mental wellbeing.
Objective To develop an evidence-based Mediterranean style dietary framework using British grown produce to enable sustainability and promote adherence.



Abstract 7 Figure 1 MD-UK dietary framework