Conclusions
The updated protocol for data processing and analysis of the SQUASH describes the steps to calculate the new PA guidelines in a structured way and gives researchers the opportunity to work with the data from the SQUASH in a uniform way. The duration).

Results
PASSI data 2016-2019 show that 44% among adults residing in Italy has practised active mobility by cycling (11%) and/or walking (41%) for usual commuting. They do in average for 4-5 days per week: people who cycle and those who walk sum up an average of, respectively, 144 and 181 minutes weekly. In the North, active mobility is experienced more than in the other parts of the Country. Active mobility definitively contributes to reach out recommended levels of physical activity that ensure health benefits and, in Italy, 21% of the resident adult population results to be physically active just thanks to this healthy lifestyle.

Conclusions
Walking or cycling for urban commuting, at least for 150 minutes per week in bouts of 10 minutes each, can help

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P06-11 Continuity and changes in commuting mode and influence on physical activity, BMI and waist circumference among Finnish adults
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P06-12 Construction and validation of a physical activity and sedentary behavior temperaments questionnaire among French adults
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Background
Temperament refers to innate differences between individuals, is partly genetically determined, relatively stable across lifespan and expressed through behaviors such as physical activity and sedentary behavior. These two behaviors are known as major determinants of health. Therefore, measuring physical activity
and sedentary behaviors temperaments appears to be of interest but no existing questionnaires allow for it among French adults. This study aimed to create and validate a questionnaire to measure physical activity and sedentary behavior temperaments among French adults.

Methods
The questionnaire was created by the Delphi method. Based on an existing questionnaire on eating temperament, 31 experts in physical activity, health psychology and public health were asked to formulate equivalent items to measure physical activity and sedentary behavior temperaments. The test of the psychometric qualities of the questionnaire and its validation will be carried out on three samples of north-eastern French adults: one of 500 to explore internal validity, one of 100 for external validity, and one of 60 for test-retest reliability (4-week interval). Internal validity will be investigated by exploratory and confirmatory factor analyses, and external validity and test-retest reliability with correlation analyses.

Results
The Delphi method results in a questionnaire of 40 items on physical activity and sedentary behavior temperaments. The test of the psychometric qualities of the questionnaire and its validation are in progress and will be carried out for the congress.

Conclusions
The validation of this questionnaire and its use in practice would help to guide changes in the management of physical activity and sedentary behavior as part of health promotion approach.

Keywords: Psychometric validation, Temperament, Physical activity, Sedentary behavior