Impact of the COVID-19 Pandemic on the Movement Behaviours of Canadian Children and Youth with Disabilities: 6-Month Follow-Up Survey Results



Parents play a key role in supporting their child's movement behaviours!

In comparison to before the pandemic and related restrictions:



In Fall 2020, researchers from the National Physical Activity Measurement (NPAM) Study conducted a follow-up survey among 87 parents of a child with a disability to understand how the COVID-19 pandemic has continued to impact their child's movement behaviours (i.e., physical activity, sedentary behaviour, and sleep) and overall health.

In comparison to before the pandemic and related restrictions:



62%

of children and youth engaged in less outdoor physical activity



39%

of children and youth engaged in less walking, wheeling, or biking



40% of parents

activity or sport

46% of parents

encouraged their child

more often to do physical

did a physical activity or



54% of parents

encouraged their child more often to do chores around the house



of children and youth engaged in more recreational screen time (e.g., watching TV, using the computer)



64%

of children and youth experienced the same quality of sleep



sport more often with their child



54% of parents

encouraged their child more often to take breaks from screens



26% of parents

encouraged their child more often to get enough sleep



of children and youth experienced a decline in the quality of the balance of their movement behaviours



24%

of children and youth experienced a decline in their health (e.g., mental health challenges, joint and muscle pain)

Despite these challenges, children and youth, and their families, started new indoor and outdoor hobbies!



Coding



Playing instruments





Drawing

Video games









Reading

Playing with toys

Knitting

Board games

Every day is different as we continue adjusting to the pandemic. Staying active and reducing sedentary behaviours is a commonly experienced challenge, especially now with restrictions on recreation and programming. What matters is being mindful of finding the appropriate balance of physical activity, sleep, and sedentary behaviours for your child.

Although we should try to reduce our time spent using screens, it's a normal part of life and is how many children are currently attending school and staying socially connected.

Encourage your child to take mini movement breaks away from the screens throughout the day. Try a stand break, using a stander, or playing around the house!

It's important to get outside and enjoy the fresh air and sun, even for just a few minutes. These small breaks will provide several benefits to your and your child's health!

Resources to Help Plan To Move **Your Kids**

- Access Free In-App Coaching and Peer-to-peer Support
- Expert Health Resources and Virtual Support
- Connect with and Support Other Parents

Dr. Kathleen Martin Ginis, Principal Investigator Professor, Department of Medicine





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Please note that if you do choose to post to the study page, and/or "like", "comment", and/or "follow" the study page, you may be publicly identified with the study. Id you wish to remain completely anonymous, please refrain from engaging with the online study content on publicly available pages with your identifiable inform

Based on recommendations from parents, here are a few ways we plan to share our study findings:



Academic papers in peer-reviewed journals



Organizations who work with children and youth in the area of sport and recreation



Disability organizations



Local media and government

We thank all parents for their recommendations and are committed to sharing your thoughts with those who a play key role in policy- and decision-making.

[†] The NPAM Study is a national study on the movement behaviours and mental health of Canadian school-aged children and youth with disabilities, led by Dr. Kelly Arbour-Nicitopoulos at the University of Toronto. Results from the baseline survey can be found <u>here</u>.