

WHAT HAVE WE BEEN UP TO?

In this issue, we provide an update on the work of the CDPP's Family Focused Sport and Exercise Team.

Research Update: A first look at the preliminary findings from the National Physical Activity Measurement (NPAM) study

In our first newsletter, we shared a few findings from the first phase of the NPAM study. Since then, we have launched the larger version of the NPAM study and have been collecting more information on the typical movement behaviours of school-aged children and youth with disabilities. This information will help with the development of evidence-based policies and programs to better serve and support kids with disabilities.

An Overview of the NPAM Study

The NPAM Study was designed to capture the typical movement behaviours (i.e., physical activity, sedentary activity, and sleep) of Canadian school-aged children and youth (ages 4 to 17 years) with any type of disability.

Online Survey

- Parents complete one, 30-minute online survey about their perceptions of their child's daily activities, well-being, and how they support their child to be active.
- The impact of Jumpstart funding on their child and/or family's participation.

Interview

- If able and over the age of 10, kids complete one, 45-minute interview about their daily activities, well-being, and perceived parental support.

Fitbit®

- Kids are asked to wear a Fitbit for 30 days.
- We are gathering daily heart-rate and step data to understand active and sedentary behaviour.
- Accelerometers are worn by a subsample of kids.

IN THIS ISSUE

- Exciting updates from the NPAM study
- **Gearing up for the fall:** Planning to support your child's physical activity
- **Family Advisory Committee meeting:** What did parents have to say?
- Get involved and help us succeed!
- Upcoming conferences



Ability Insights

STUDY PROGRESS:

Where are we now?

Parent Survey

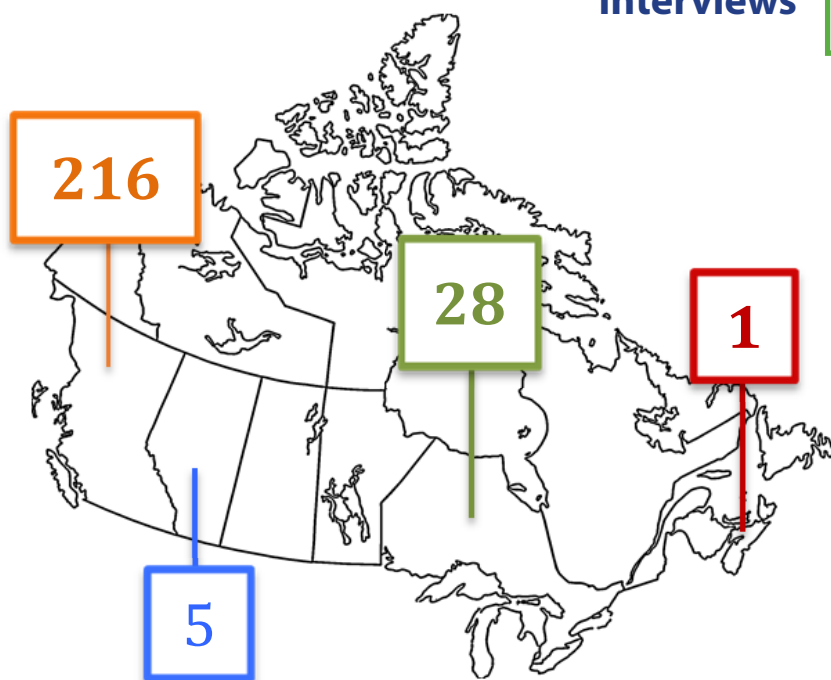
- 250 complete survey responses

Fitbit

- 30 days of minute-by-minute data available for 75 participants

Youth Interviews

- 11 telephone interviews completed



We are still recruiting!

We would love to have you and/or your child contribute to the NPAM study! We want to make sure we have a sample that is representative of Canada and **includes you!** So far, we have recruited many participants with a developmental disability from British Columbia. Our goal is to include more kids with physical and sensory disabilities, and more kids from **across Canada** to make sure our study best represents the movement behaviours of Canadian kids with disabilities.

WHAT HAVE WE FOUND SO FAR?

Here are a few key findings! Using these and other data, we will align our findings on the movement behaviours of kids with disabilities with the Canadian 24-Hour Movement Guidelines for Children and Youth.

PHYSICAL ACTIVITY

13% of the sample engages in physical activity for at least 60 minutes every day.

SEDENTARY TIME

30% of the sample uses a Smartphone or tablet for more than two hours per day.

SLEEP

82% of parents rate the quality and quantity of their child's sleep as fairly to very good.



PLANNING:

A way for parents to support their kids to be active



- Parents told us that they are interested in tools and resources to support their child to be active.
- As you know, parent support plays a major role in the physical activity of kids with disabilities.
- Many parents are motivated to provide support for their child to be more active.
- Keep reading to learn about an evidence-based way to support your child's physical activity.

CREATE A PLAN:

How do you intend to support your child to be active?

WHAT will you do to support your child to be active, **WHEN**, and **WHERE?**

JUST IN CASE!

Always have a backup plan, in case something comes up.

**Here's an example of what your calendar might look like!
Try it yourself with the family calendar or on your Smartphone**

OCTOBER 2018

	SUN	MON	TUES	WED	THURS	FRI	SAT
What		Go for a family walk		Watch Luke's wheelchair basketball practice		Buy Luke new gloves for para hockey	
When		7pm		6pm		6pm	
Where		Wood's Trail		Vaughan Centre		Canadian Tire	
Just in case!	If the weather is too wet for an outdoor family walk, then we will go to the YMCA track. If I don't have time to watch Luke, then I will ask how his practice went. If I don't have time to go to Canadian Tire to get new gloves, then I will go on the weekend.						

Ability Insights

Family Advisory Committee: Updates from our first meeting

What did parents have to say?

Our first Family Advisory Committee was held this summer. We talked about the concerns that parents may have about supporting their children to be active and what parents would like to see in future newsletters. Here are some highlights from our group discussion.



What concerns did parents express?

- A lack of opportunity for advocacy - parents want their voices to be heard!
- Finding inclusive and accessible programming for their child
- Finding support networks for parents



What do parents hope to gain from our newsletter?

- Stay connected and learn useful information
- Access to resources and/or tools to help parents support their kids
- An opportunity to voice and share concerns
- Be informed about positive things happening in the community, such as new inclusive playgrounds or community spaces

Join our CDPP Family Advisory Committee!

Do you want to share your input? We're looking to grow our Family Advisory Committee! We encourage parents and youth who want to share their thoughts and ideas about what matters to them when it comes to physical activity research for kids with disabilities to get involved! This type of input is vital to ensure that we do research that matters to you and your family, and that it's shared with and involves the right people.

If you're interested in becoming a member of the CDPP Family Advisory Committee, please contact Dr. Jennifer Leo at jennifer.leo@ualberta.ca.



A Newsletter to Promote Active Lifestyles for Kids with Disabilities

GET INVOLVED AND MAKE A DIFFERENCE!

There are many ways kids with disabilities and their parents can contribute to the CDPP. Your input is vital, and we encourage you to get in touch with us to learn more about how you can contribute.

PARTICIPATE IN RESEARCH!

If you are a child or young person with a disability, or a parent of a child or youth with a disability, we would love for you to participate in our research! Please contact our Research Coordinator (Ms. Ritu Sharma) at ri.sharma@mail.utoronto.ca to learn more about potential research opportunities for you.

SAVE THE DATE!

BRI Research Symposium – Thursday November 29th

Holland Bloorview's research institute (the Bloorview Research Institute) is hosting their annual symposium that combines research and the family perspective in highlighting current and upcoming research, and engages health professionals, families, scientists, and government in a united discussion on key areas of focus in childhood disability research.

This event is open to families and members of the community. If you are interested in attending, you can learn more about it at <http://research.hollandbloorview.ca/events/brisymposium>.

LOOKING FORWARD...

Here's a quick look at the upcoming priorities of the CDPP Family-Focused Sport and Exercise Team:

- **Plan to Move:** a tool to help kids with disabilities get more active!
- **Ability Toolkit:** a resource for parents of kids with disabilities to learn more about the 24-Hour Movement Guidelines.
- **Find play through Jooy:** Connecting kids with disabilities and their families to leisure activities in their communities.