

ALL KIDS NEED PHYSICAL ACTIVITY!

Introducing the Canadian Disability Participation Project (CDPP) Family-Focused Sport and Exercise Team, and the important work we're doing!

It's no secret: physical activity offers kids with disabilities a range of benefits, including improved physical and mental health! Unfortunately, many kids with disabilities aren't getting enough physical activity. The CDPP's Family-Focused Sport and Exercise Team is here to help.

The CDPP is an alliance of university, public, private, and government sector partners working together to enhance community participation among Canadians with disabilities. As the Family-Focused Sport and Exercise Team of the CDPP, we're working to break down the barriers to participation that kids with disabilities and their families often face when they seek out opportunities for activity, recreation, and sport – barriers that range from poor accessibility in recreational facilities and programs to lack of knowledge about opportunities, and everything in between.

This seasonal newsletter is one way the CDPP Family-Focused Sport and Exercise Team will connect regularly with kids with disabilities and their families, along with community organizations and recreation facilities and programs. In this first issue, and in issues to come, we'll share our research, highlight opportunities for readers to contribute to projects, and create opportunities for open dialogue – all with the goal of getting kids with disabilities more active.

Family-Focused Sport and Exercise Team Members

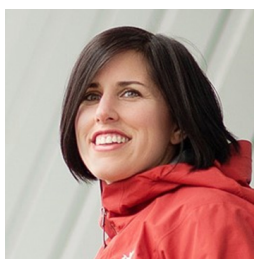


Left to right: Dr. Kelly Arbour-Nicitopoulos (University of Toronto), Dr. Rebecca Bassett-Gunter (York University), Dr. Jennifer Leo (Abilities Centre), Ms. Ritu Sharma (University of Toronto)



CDPP Director

Dr. Kathleen Martin Ginis
University of British Columbia



Sport & Exercise Lead

Dr. Amy Latimer-Cheung
Queen's University

IN THIS ISSUE

- Introducing the CDPP's Family-Focused Sport and Exercise Team
- Research update: Are kids with disabilities spending too much time in front of a screen?
- Canadian Tire "Jumpstarts" our research
- The 24-Hour Movement Guidelines: How do they apply to my child?
- Get involved and help us succeed!





RESEARCH UPDATE:

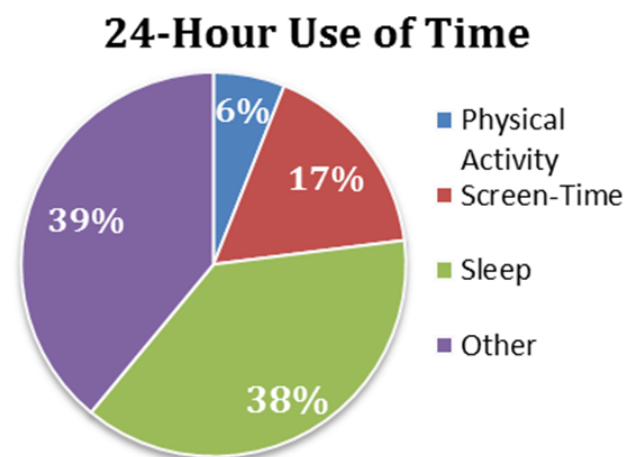
Our National Physical Activity Monitoring (NPAM) study revealed that too many youth with disabilities are spending too much time in front of the TV and computer

In 2015, the CDPP set out to learn more about how youth with disabilities are spending their time each day. In the fall of that year, we launched a pilot study of 54 youth (ages 12 to 21 years) with physical disabilities or visual impairments. Our goal was to understand how much time youth with disabilities spent engaged in physical activity and screen-time activities.

Findings from the study, which were presented at the International Society of Behavioural Nutrition and Physical Activity's Annual Meeting in June 2017, revealed that youth averaged 90 minutes daily (that's six percent of their day) engaged in any type of physical activity. In contrast, they spent more than four hours per day (17 percent of their day) engaged in screen-time activities.

Most of the physical activity reported by the youth (about 70 percent) involved active travel – for example, wheeling or walking to school. Participation in sports, most often individual swimming or wheelchair basketball, was the second most common type of physical activity reported by the participants, while just one percent of their activity involved active play, such as going to the park or playing catch.

"Until now, there has been a lack of information on the typical movement behaviours of children and youth with disabilities. The first phase of the NPAM study provides a great starting point, but we need to learn more," says Dr. Kelly Arbour-Nicitopoulos, lead investigator of the NPAM study. "More information will help us better understand current levels of physical activity and screen-time behaviours among kids with disabilities, and how programs and policies can be improved to better encourage healthier, more active living."



CANADIAN TIRE "JUMPSTARTS" OUR RESEARCH!

We're pleased to announce that Canadian Tire's Jumpstart Charity has recognized the value of the NPAM study and has made an investment that will allow us to significantly expand its scope.



In line with Jumpstart Charity's objectives, our priority is to find out how to get more young people involved in sport and play. The first step in achieving our common goal is learning more about the daily lives of children and youth with disabilities.

The Jumpstart Charity's financial assistance will allow us to continue our NPAM work with a larger study that will examine the 24-hour movement patterns of children and youth (aged four to 17 years) with all types of disabilities. Movement patterns include physical activity, sedentary behaviours (including screen-time), and sleep. This will help us identify those children and youth who are in greatest need of programs and services that will help them become more physically active and healthy.

Please email the Research Coordinator, Ritu Sharma, at ri.sharma@mail.utoronto.ca to learn more about how you can participate in this study.



DID YOU KNOW?

- The Canadian Society for Exercise Physiology (CSEP) has released the 24-Hour Movement Guidelines for infants, toddlers, children, and youth!
- These guidelines recommend kids of all ages should achieve a balance between high levels of physical activity, low levels of sedentary activities (such as watching TV), and sufficient sleep for healthy* growth and development.
- Visit CSEP's website to learn more about the Canadian 24-Hour Movement Guidelines for the Early Years, and Children and Youth at <http://www.csep.ca/guidelines>.

The 24-Hour Movement Guidelines. For optimal health benefits, children and youth (aged 5 to 17 years) should strive for a healthy* 24-hour cycle that includes:

SWEAT Moderate to Vigorous Physical Activity

An accumulation of at least 60 minutes per day of moderate to vigorous physical activity involving a variety of aerobic activities. Vigorous physical activities, and muscle and bone strengthening activities should each be incorporated at least 3 days per week.

STEP Light Physical Activity

Several hours of a variety of structured and unstructured light physical activities.

SLEEP Sleep

Uninterrupted 9 to 11 hours of sleep per night for children aged 5-13 years and 8-10 hours of sleep per night for youth aged 14 - 17 years, with consistent bed and wake up times.

SIT Sedentary Behaviour

No more than 2 hours per day of recreational screen time; Limit inactive sitting for extended periods.

*These guidelines may be appropriate for children and youth with a disability or medical condition. A health professional should always be consulted for additional guidance.

4.5 hours per day
Youth reported an average almost 2 hours of TV-watching and 1.5 hours of computer use per day.

Taking a closer look at screen-time, we found that 75 percent of youth in the study were greatly exceeding the screen-time guideline of two hours or less per day, as determined by the *Canadian 24-Hour Movement Guidelines for Children* and (see facing page).

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.

JOIN OUR CDPP FAMILY ADVISORY COMMITTEE!

In addition to participating in research, there are other ways your family can be involved with the work that the CDPP does. One such way is through our Family Advisory Committee. We're looking for 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. 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, including families, youth, parents, and community organizations.

If you're interested in becoming a member of the CDPP Family Advisory Committee, please contact Dr. Jennifer Leo at jleo@abilitiescentre.org.



LOOKING FORWARD...

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

- Identifying and reaching out to more community partners across Canada
- Working with parents, kids with disabilities, and community partners to develop important tools and resources to support physical activity
- Getting your feedback on what matters to you most when it comes to research