

Impact of the 2020 COVID-19 Pandemic on the Movement Behaviours of Children and Youth with Disabilities and Recommendations for Building Back Better Healthy Movement Opportunities

IDENTIFIED THEMES IMPACTING FAMILIES DURING COVID-19



Intentional focus on quality programming



Capacity building through enhanced training of coaches and instructors



(Re)construction of infrastructure that is accessible and welcoming to kids with disabilities



Consider taking a family centered approach

Newsletter/Email Content

NEW RESOURCES

Impact of the 2020 COVID-19 Pandemic on the Movement Behaviours of Children and Youth with Disabilities and Recommendations for Building Back Better Healthy Movement Opportunities

A team of researchers conducted surveys and interviews with parents and children and youth with disabilities (CYD) in the Spring and Fall of 2020 to understand how the COVID-19 pandemic impacted the movement behaviours (i.e., physical activity, sedentary behaviour, and sleep) and overall health of CYD. Study findings highlighted concerning physical activity and sedentary behaviour movement profiles of CYD, where CYD were engaging in even less physical activity and more recreational screen time than pre-pandemic levels and experienced a decline in their mental and physical health.

Parents who reported to have the capability and opportunity to support their child's movement behaviours during the pandemic were more likely to report an increase in their child's physical activity, family-based physical activity, decreased screen time, and increased sleep quality. However, families living in communities lacking available and accessible PA options often struggled to maintain their physical activity. Many parents experienced limited access to resources in the community that they relied on pre-pandemic for supporting their child's physical activity.

As organizations offering sport and physical activity programming continue or begin to reopen their doors, it's important that CYD are not left out. Organizations should strive to ensure programs and policies provide CYD with equal and equitable opportunity to participate in the programs offered within their communities. This can be achieved by organizations focusing on: quality programming, capacity building, accessible and inclusive infrastructure and policies, and taking a family approach.

To learn more about study findings and recommendations for how to build back better healthy movement for CYD, visit the CDPP website for associated resources: <https://bit.ly/3qnSwdS>.

Social Media Posts

Below are a few pre-prepared social media posts along with associated graphics and suggested hashtags and links. These messages may be used on any social media platform. Please tag the CDPP @CanDisParPro where space allows.

SHAREABLE IMAGE

ACCOMPANYING TEXT

Twitter

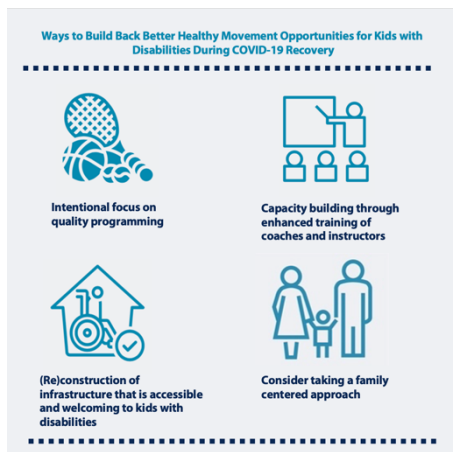


Alt text: Diagram of ways to build back better healthy movement

To build back better healthy movement opportunities for kids during COVID-19 recovery, organizations offering sport & physical activity need to ensure kids with disabilities are not left out.

Learn more about accessible, inclusive & quality programming, at: <https://bit.ly/3qnSwdS>

Instagram/Facebook



Alt text: Diagram of ways to build back better healthy movement

To build back better healthy movement opportunities for children and youth with disabilities during COVID-19 recovery, organizations offering sport and physical activity programming need to ensure children and youth with disabilities are not left out.

Organizations can help to better support children and youth with disabilities and their families, by focusing on quality programming, capacity building, infrastructure and policies, and taking a family approach.

To learn more about how COVID-19 has impacted the movement behaviours of children and youth with disabilities and how to ensure accessible, inclusive and quality programming, visit: <https://bit.ly/3qnSwdS>