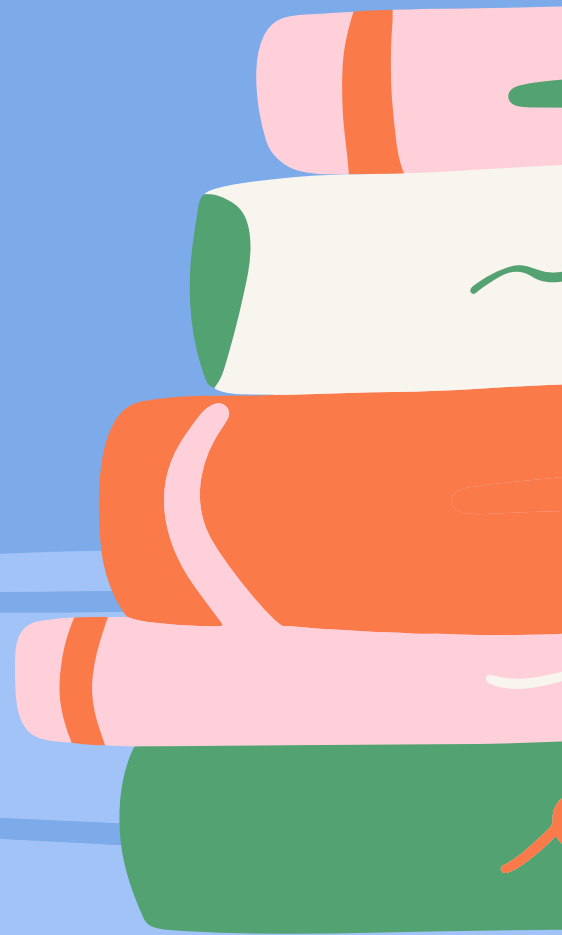


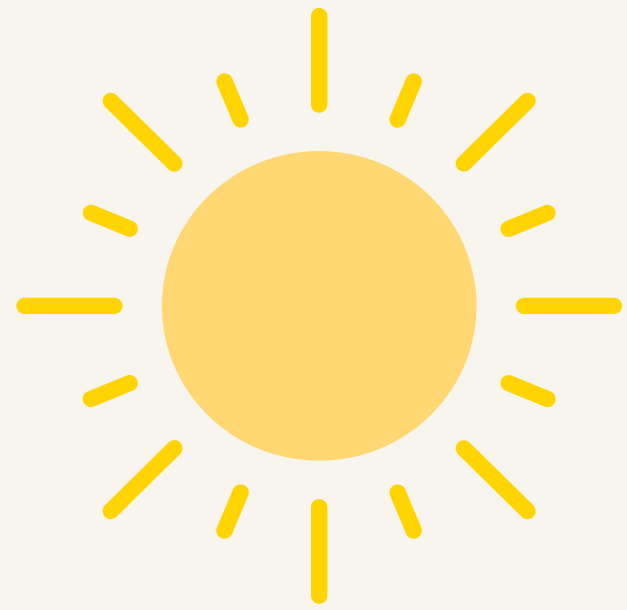


USRI LIGHTNING TALK

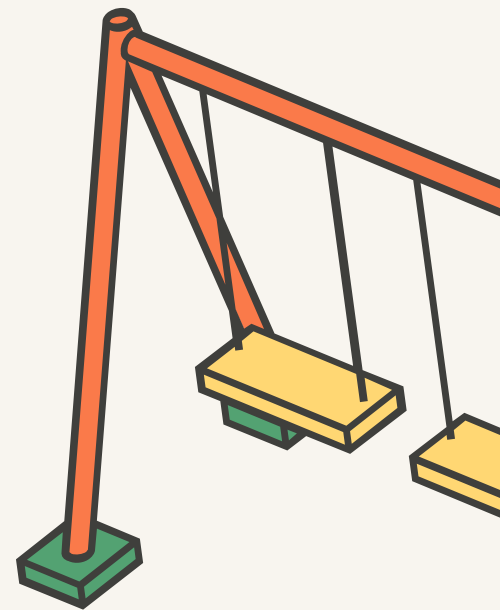
Changes in Children's and Parents' Physical Activity Levels During the COVID-19 Pandemic

Kshitija Mundle | Dr. Trish Tucker and
Monika Szpunar

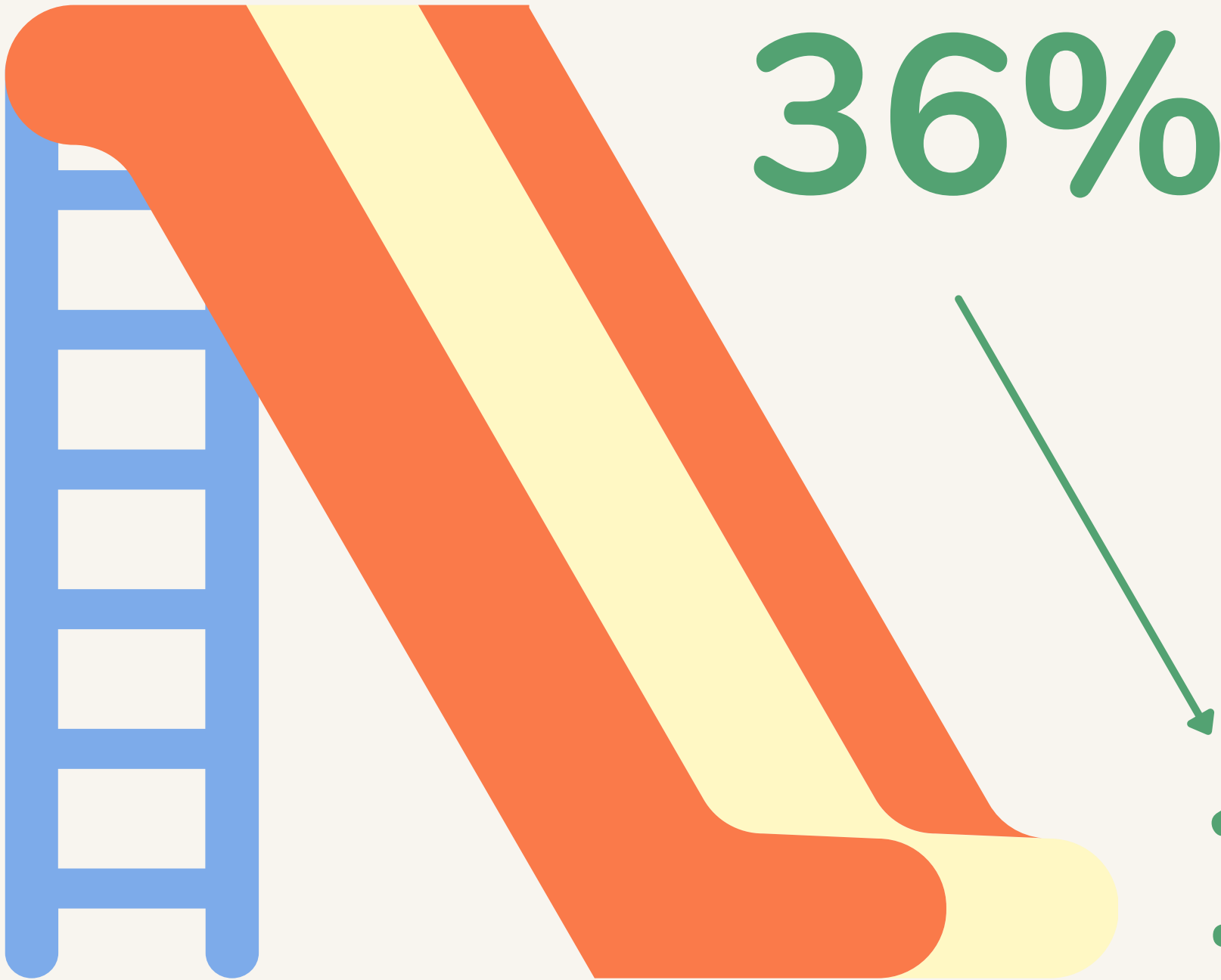




Let's take a trip down
memory lane...



Even before COVID-19, physical inactivity levels of young children in Canada have been a major public health issue.



36%

of Canadian children were meeting Canadian 24-Hour Movement Guidelines in 2017^[1].

18.2%

during the COVID-19 pandemic^[2].

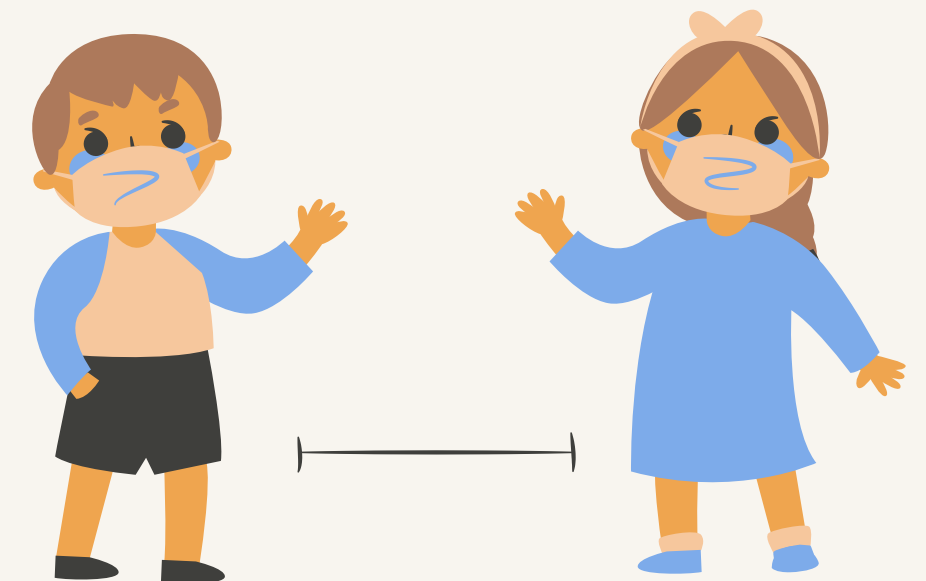
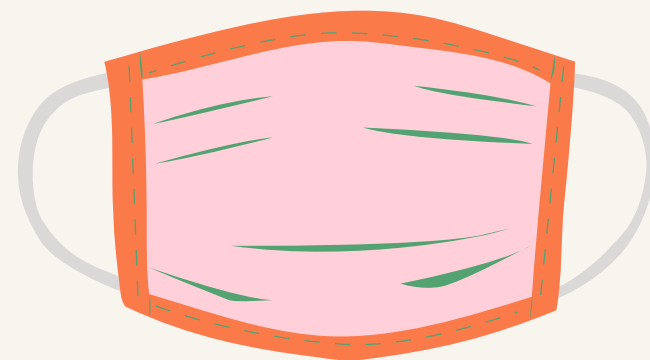
**COVID-
19**



**Important
Public
Health
Measures**



**Reduced
spread
of
disease**



KEY CHANGES DURING COVID-19

- Decreases in structure/organized physical activity and team play opportunities ^[3, 4, 5, 6] .
- Increases in home-based unstructured play and outdoor play ^[3, 4, 5, 6, 7, 8] .



DEMOGRAPHIC DIFFERENCES



Older



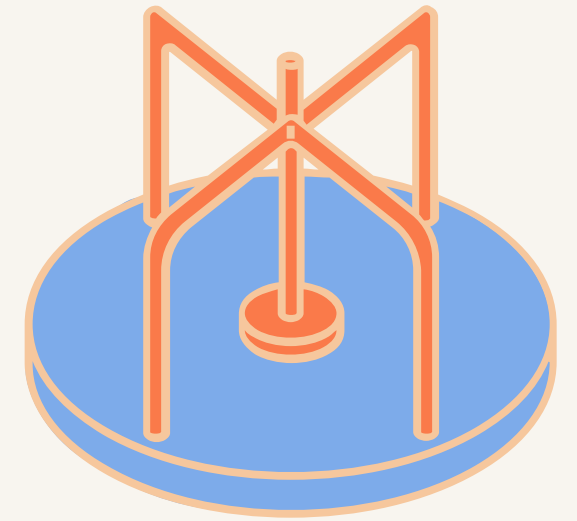
Girls



Lower SES



What can YOU do?



Hope you'll join the movement!



Thank you!

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