

## PHASE 3 NEXT STEPS

Phase III launched in September 2015. It is the first year of a seven-year longitudinal study to measure the generational impact of the Child+Youth Action Research Project curriculums. It will:

- Engage 60 Kindergarten children and their families in the evidence-based curriculum
- Create training models for the implementation of such curriculum
- Co-create new community-based resources and models for holistic family wellness with multi-sector partners/experts
- Develop resources to share this action research with physical activity program providers



# CREATING PATHWAYS TO WELL-BEING

**VIVO FOR HEALTHIER GENERATIONS** is playing a national leadership role in addressing Canada's growing challenge of sedentary behaviours and inactive lifestyles. Our evidence-based programming is making a positive and measurable difference in the community.

The Canadian Parks and Recreation Association's (CPRA) *Pathways to Well-Being* has called for the national recreation sector to shift its focus from facility operations to building individual and community capacity for healthy, active living<sup>1</sup>. According to the report, "our opportunity is to identify concrete ways to work together that enable all people in Canada to enjoy recreation in supportive physical and social environments."

Canada's public recreation sector is a key driver in developing solutions to the health and wellness challenges our country currently faces. Armed with that knowledge, the sector is now challenged to develop practical, evidence-based solutions to make a positive impact on the health and well-being of all citizens.

As a leading national advocate for raising healthier generations, Vivo's mission is in alignment with the CPRA's report: the recreation sector can and must do more to address the needs of our communities. Creating local solutions to the national challenge of sedentary children and youth is imperative to the health of our nation.

Since 2012, Vivo has provided national leadership in the creation of evidence-based curriculum that reflects the shift from recreation facility operations to building capacity for individuals and communities to lead healthy lives at home, work, school and play. Vivo's model for a new recreation sector has been intentionally created to:

- Support communities and individuals in making the shifts that will enable them to make raising healthier generations a natural way of living
- Lead and assist recreation and other service providers in making the shifts that will enable them to provide supportive environments for healthy living

**This report card is the third in a series. Each will be designed to provide summary information arising from the Child+Youth Action Research Project.**



<sup>1</sup> Canadian Parks and Recreation Association (2014). Pathways to Wellbeing: A Framework for Recreation in Canada. www.cpra.ca

TO LEARN MORE ABOUT THE  
CHILD+YOUTH ACTION RESEARCH  
PROJECT AND OTHER VIVO  
RESEARCH VISIT [WWW.VIVO.CA](http://WWW.VIVO.CA).

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In 2012, Vivo and Mount Royal University (MRU) launched the Child+Youth Action Research Project. This project aims to show that evidence-based curriculum can increase physical literacy and positively affect family's healthy living behaviours.

Phase II of this project focused on piloting a new type of evidence-based recreation program. The curriculum includes:

- Integration with the Alberta Education Program of Studies; Canadian Sport for Life's Long-Term Athlete Development Model; and the Sports, Play, and Active Recreation For Kids (SPARK) program
- A diverse range of environments including land, ice, air and water
- Parent education sessions
- Intentional training for instructors to prepare them to deliver this curriculum

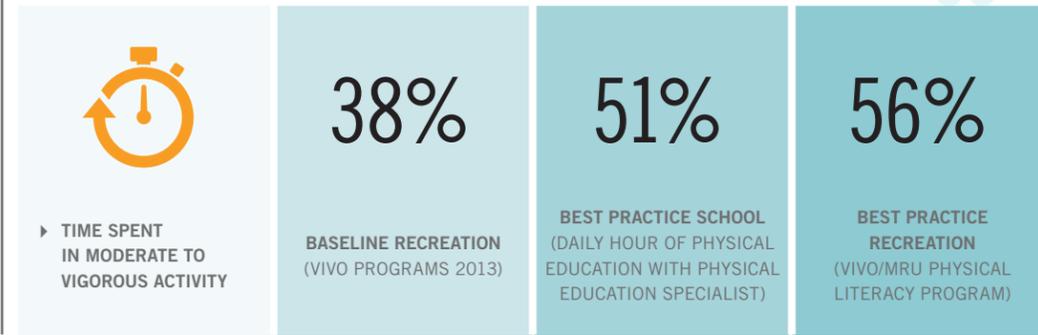
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# PROGRAM OUTCOMES

Evidence-based curriculum developed from the Child+Youth Action Research Project has yielded impressive results. Our goal is to share this knowledge with organizations across Canada to make an impact at the national level.

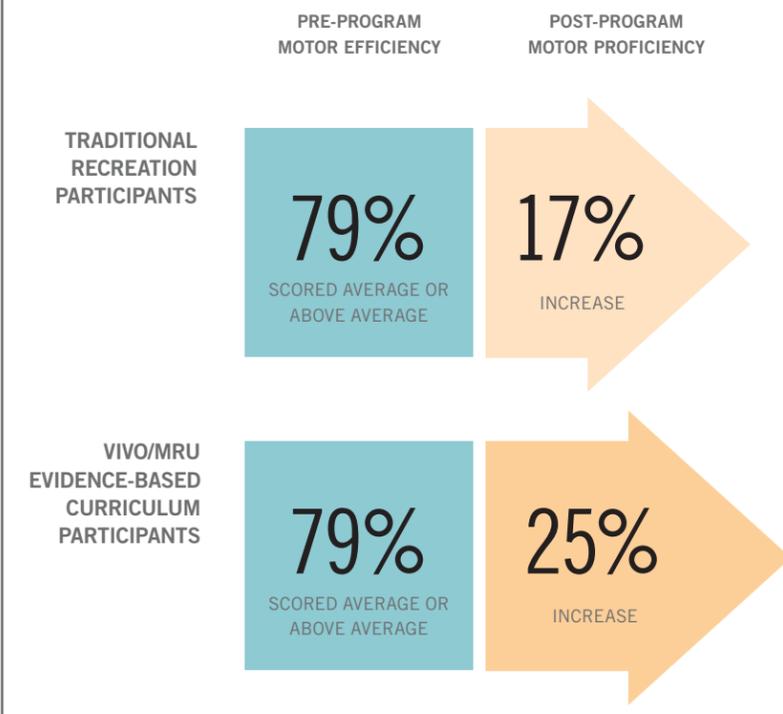
1

**18% increase in physical activity during programming, exceeding gold standard.**



2

**8% increase in motor proficiency when compared to traditional recreation programming.** Motor proficiency measures skill for physical activity including balance, coordination and agility. It is one of the key indicators to predict whether a child will be active for life.



3



**Increasing play and praise were critical components impacting overall physical activity levels and participation.** 5-10 minutes of spontaneous, active play was incorporated at the beginning and end of each lesson. Instructors time spent praising children increased by 12% compared to baseline data.

4



**Participating in the program showed a positive change in the family's attitude toward healthy living – but there's more we can do.** Future curriculum will engage entire families through education sessions, assisting parents to be healthy and well during class time and evaluating, and providing feedback on activity levels for the entire family rather than the child participant.

# STORIES OF IMPACT

The following are four perspectives on how Vivo's Child+Youth Action Research Project has had a positive impact on individuals, communities and sectors.

## Families In the Community

"There is a big difference between the other programs my child has participated in and this one. The children are actively engaged in movement the entire class versus other approaches where my child has watched and waited their turn while other kids learn a skill. The idea of having an 'instructor-buddy' move through the four activities with the children has been a real life-saver. My son was very nervous about his first activity, skating, but Jana was a wonderful support to him and helped build his confidence. He was again nervous when it was time to start the second activity, but after building trust with Jana over the first 7 weeks he felt comfortable to transition to the new activity."

~Kirsten, PARTICIPANT MOM

"The Child+Youth Action Research Project has been an eye opener for our family. The program has built our children's confidence in being active and taught our family the importance of being active. I take the time my children are in the program to be active myself by going for a walk. It helps me stay balanced and shows my children I'm committed to being active too. The kids are inspired to try new things and are encouraging and teaching us different activities as well. I never thought I would have my seven year-old twins teaching me yoga."

~Vicky, PARTICIPANT MOM

## Faculty + Student Partners

"I have been a part of the research at Vivo for almost four years. This opportunity has impacted my experience as an undergraduate student immensely by giving me the opportunity to learn about the importance of connecting research to the community. I believe that research should address challenges that our community is facing. I have applied this thinking to my degree as a Sociology major and am now considering a graduate degree to explore this further."

~Anna, FOURTH YEAR STUDENT, MRU

"Since 2011 the impact of the Child+Youth Research Project has been felt across Mount Royal University's Faculty of Health, Community and Education. Starting with Health and Physical education, it has spread to include Nursing, Child Studies and Social Work. It has driven us to address health holistically and leverage all our faculty expertise. The project has brought our faculty closer together and changed how we approach our research. We focus on what our research can do to help the community and this project has provided us with endless opportunities for this. It has been a rich learning experience for all of our students, especially for many who have been involved as a research assistant."

~Chad London, DEAN, FACULTY OF HEALTH, COMMUNITY & EDUCATION, MRU