



Speaker Series - Série de conférences

SESSION - ATELIER #1

10 / 2 / 2022

Emerging from the Pandemic: Prioritizing Physical Activity and Recreation

Sortir de la pandémie : Priorité à l'activité physique et aux loisirs

Presented by - Présenté par

The Federal-Provincial/Territorial Physical Activity and Recreation Committee

Le Comité fédéral, provincial et territorial de l'activité physique et des loisirs

in partnership with - en partenariat avec



Society implications (and opportunities) of COVID-19

Lindsay McLaren PhD

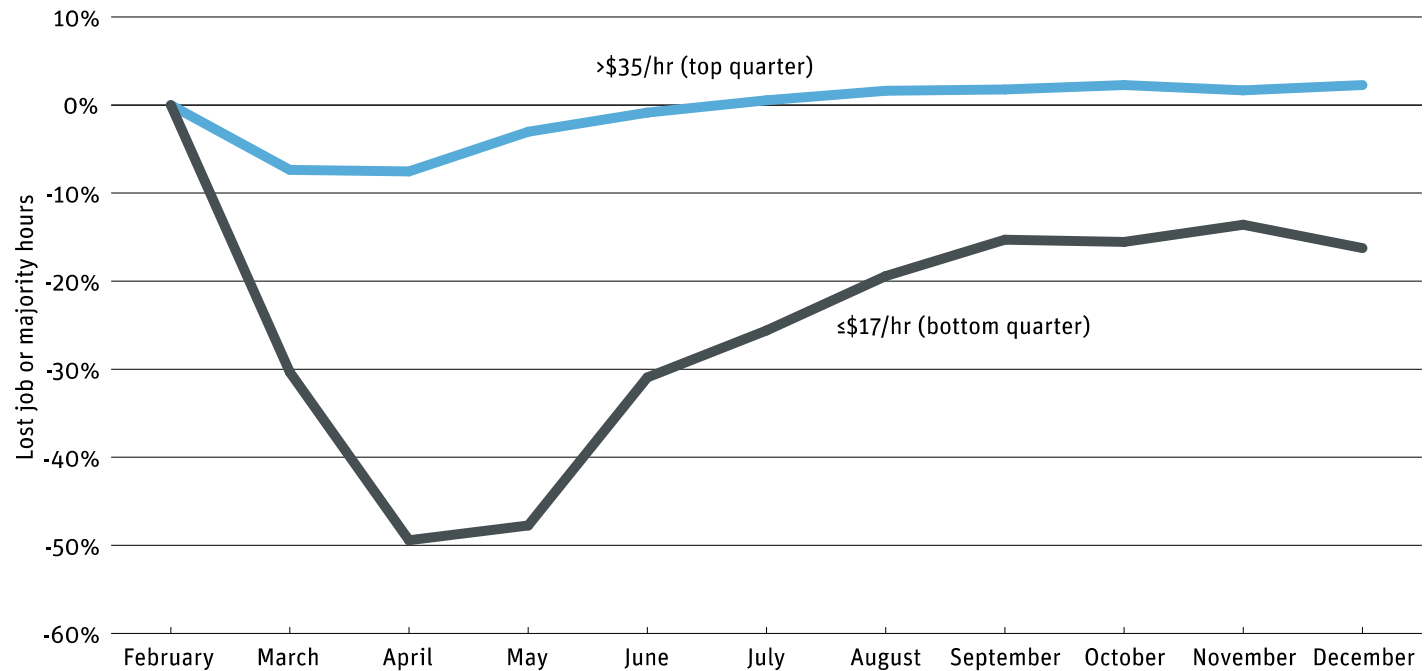
Professor, University of Calgary

Research Associate, Canadian Centre for Policy Alternatives

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- Most people want a fair society that allows everyone to be well
- The COVID-19 pandemic has illuminated significant and longstanding problems – *for example*:
 - Inadequate income security
 - Outdated employment insurance
 - Privatisation and deregulation of public sector institutions and services
 - Growing income and wealth inequality
 - Persistent inequities by gender, ethnicity, indigeneity, disability, etc.
 - Reliance on an oil and gas economy

FIGURE 2 Top and bottom quartiles of workers, by hourly wage (2020)



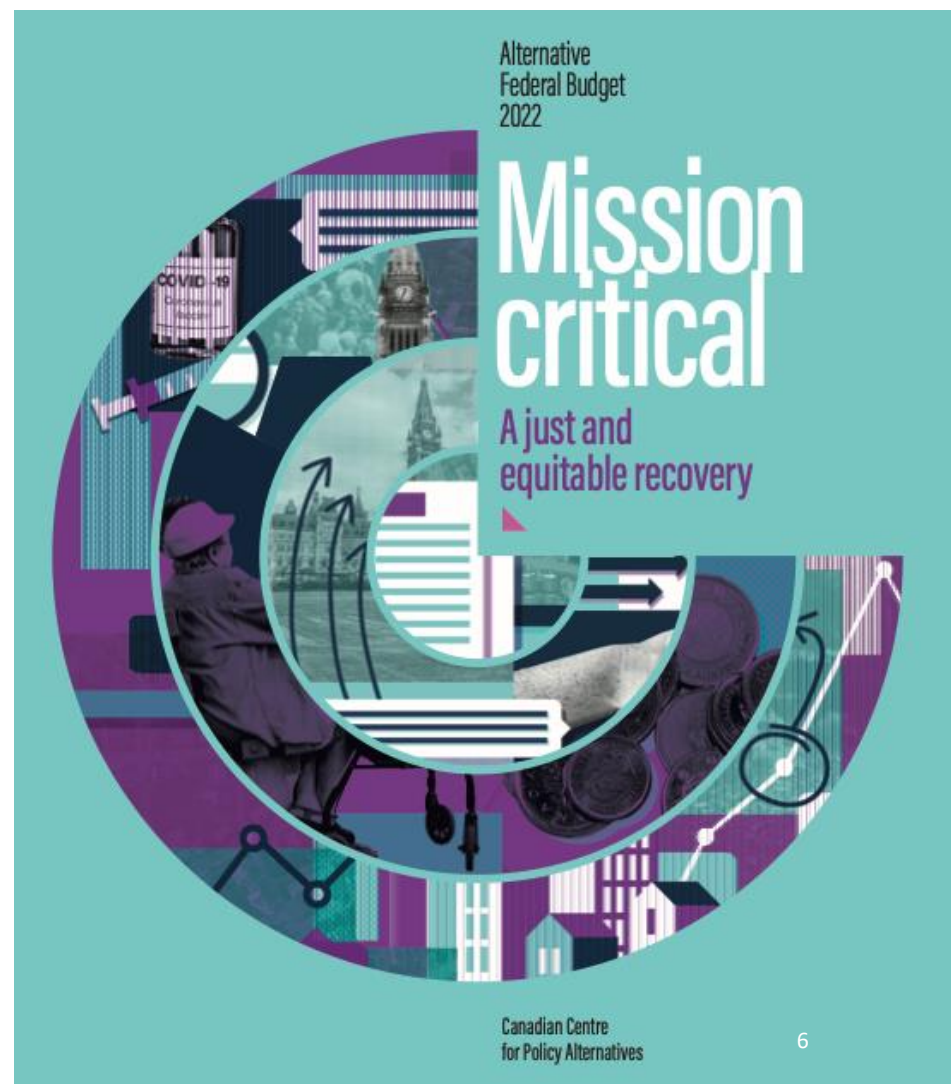
Source Statistics Canada Labour Force Survey PUMF and author's calculations.

Source: D. Macdonald, CCPA, January 2022

- Need new, coherent policy paradigm
- **Well-being economy**
 - Puts **quality of life for all**, and the **sustainability of the planet**, at the centre of policymaking
- Examples
 - Well-being of Future Generations (**Wales**) Act and Commissioner, 2015
 - Wellbeing budget, **New Zealand** Treasury, since 2019
 - Centering First Nations Concepts of Wellbeing, Toward a GDP-Alternative (**BC Assembly of First Nations**, 2020)
 - Toward a Quality of Life Strategy for Canada (Department of Finance **Canada**, 2021)

Road map to a just and equitable recovery

1. Income security
2. High quality social infrastructure and a vibrant care economy
3. Health and well-being for all
4. Job creation and decent work
5. Physical infrastructure for people and the planet
6. Canada in the world
7. A fairer tax system



Impact of COVID-19 and Related Restrictions on Movement Behaviours in the Population

John C. Spence, PhD FCAHS

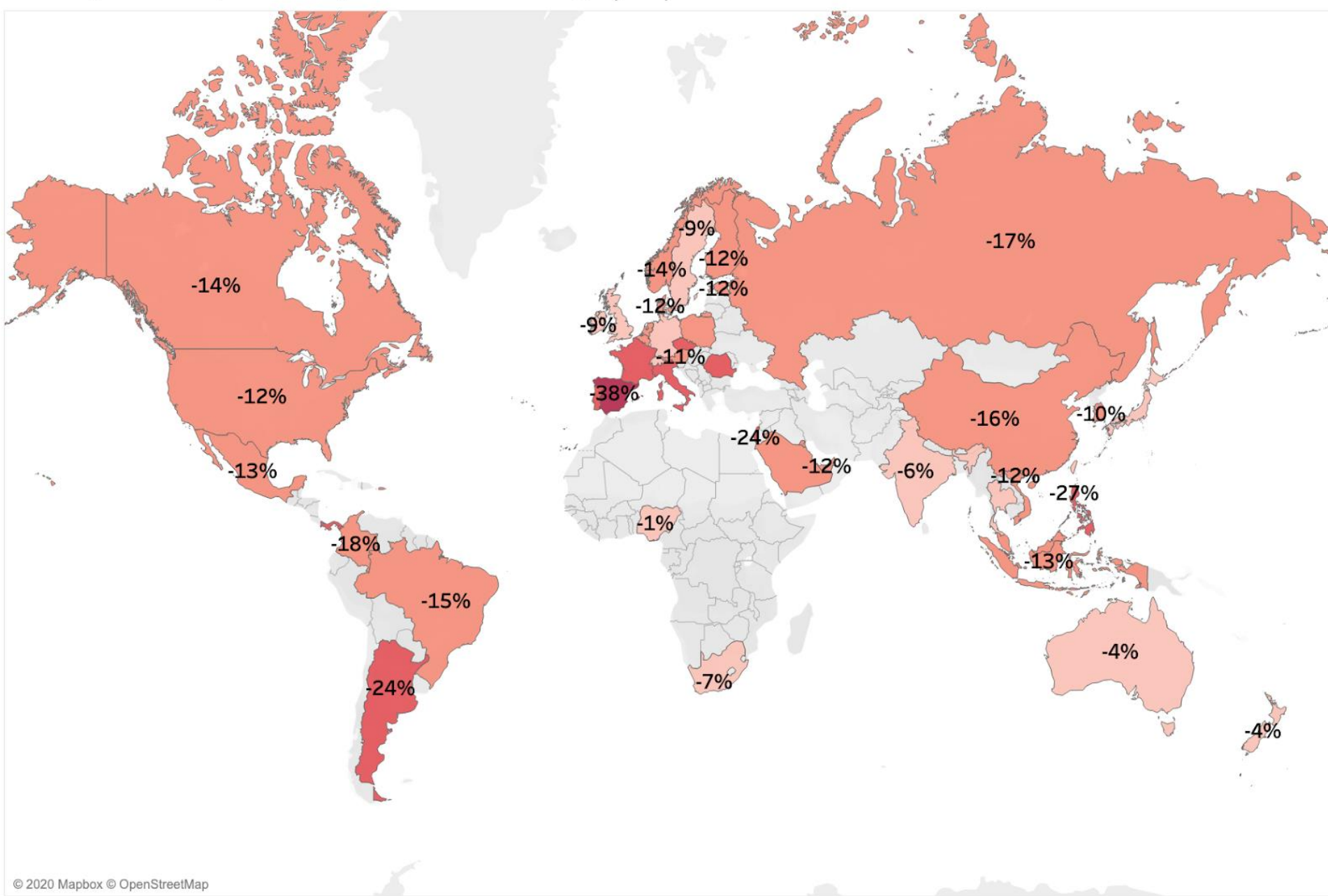
Adjunct researcher, Canadian Fitness and Lifestyle Research Institute (CFLRI)

CPRA-FPT PARC Speaker Series, February 10, 2022



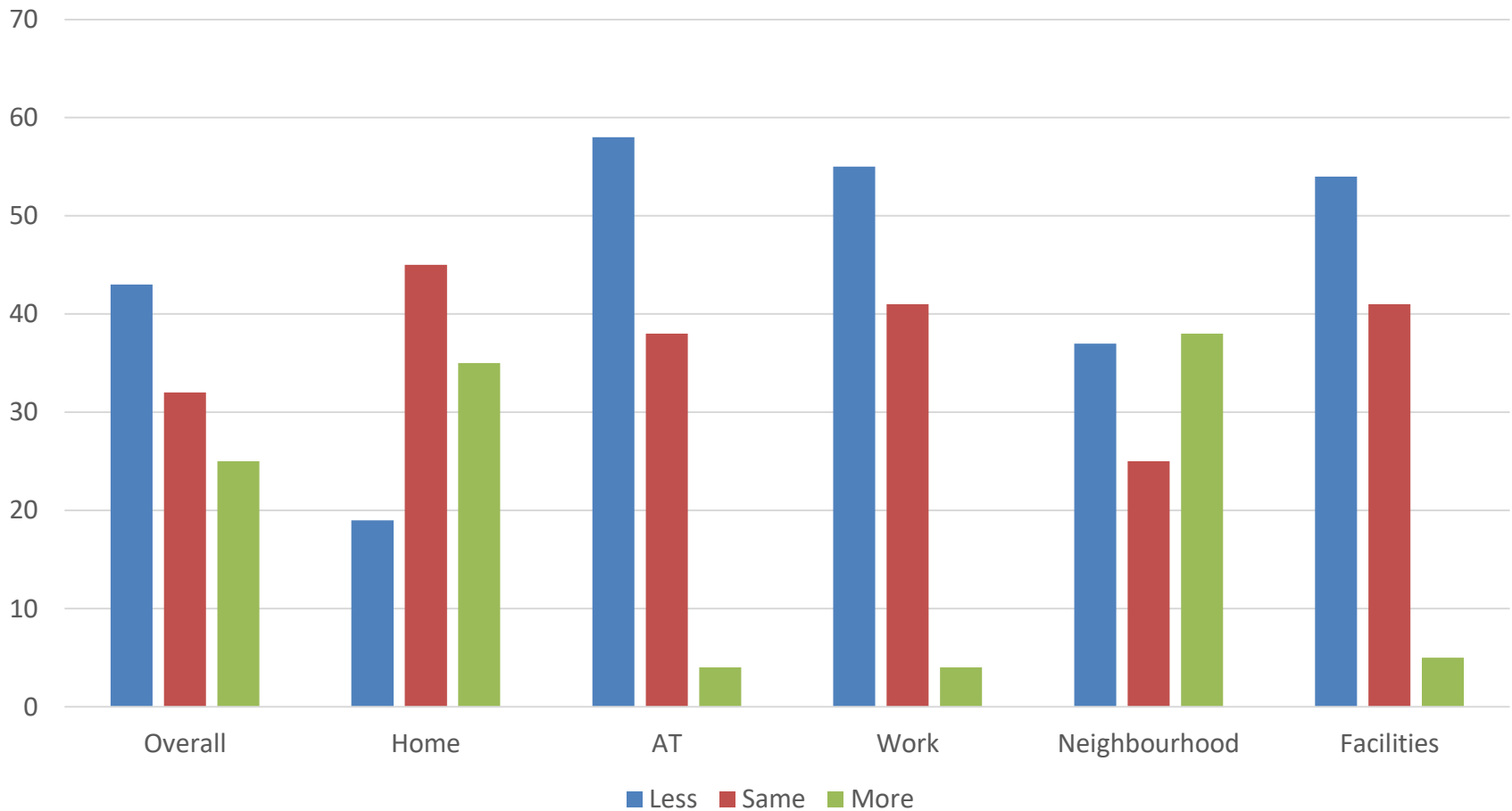
UNIVERSITY OF ALBERTA
FACULTY OF KINESIOLOGY,
SPORT, AND RECREATION

Change in Step Activity in Week Ending 3/22/2020

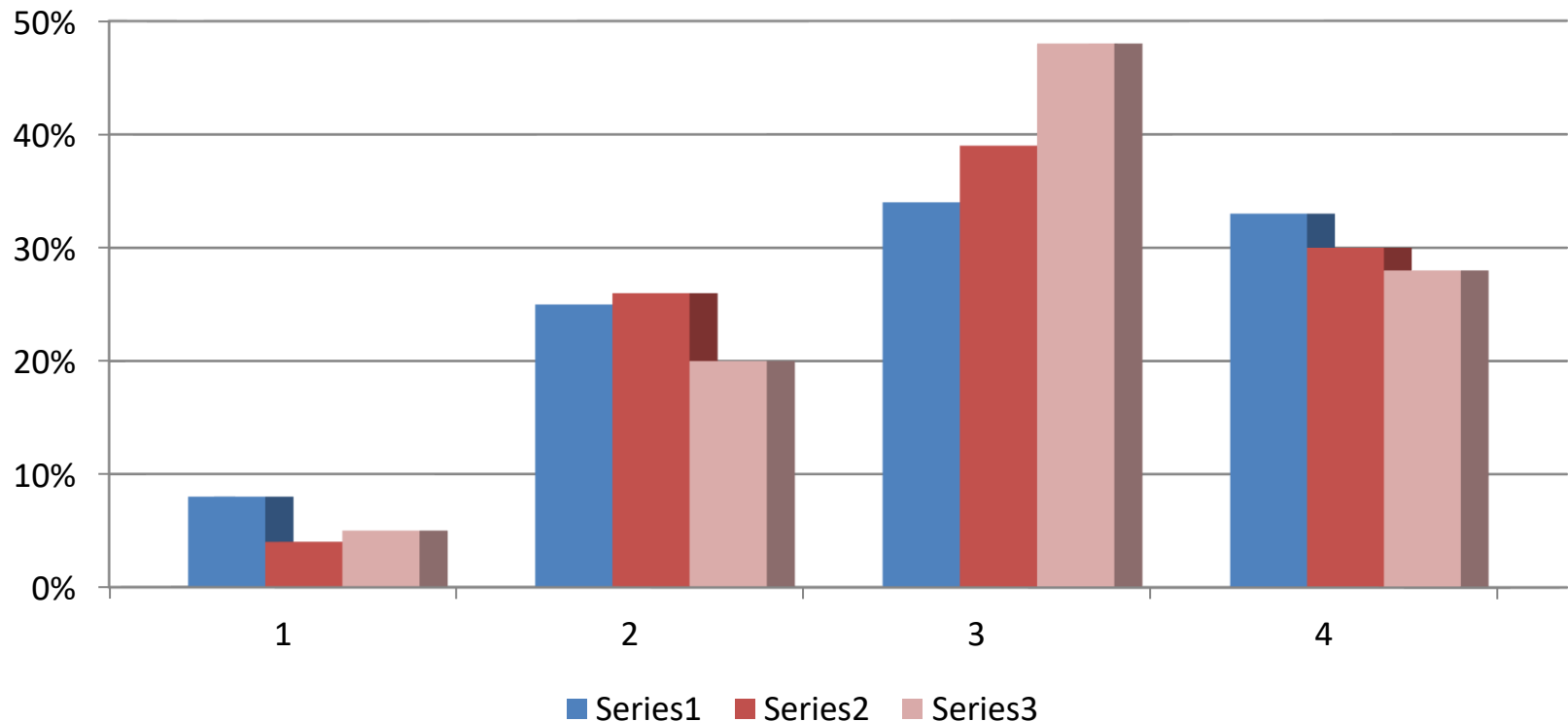


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Impact of COVID Lockdown on Physical Activity of Adults in the UK by Place (Spence et al., 2021)



Impact of COVID Restrictions on Physical Activity of Canadian Adults by Place (CFLRI, 2021)



Preliminary data, CFLRI Impact of COVID-19 on physical activity survey, 2021 – Not for distribution

24-Hour Movement Behaviours



Canadian children and youth meeting the 24-hour movement behaviour guidelines 6 months into the COVID19 pandemic (Moore et al., 2021)

Mental Health & PA During COVID

- Physically active individuals and those who had increased or maintained their PA levels reported **lower levels of boredom proneness and greater subjective well-being** during COVID lockdown in the UK (McCurdy et al., submitted)
- PA “may help alleviate some of the negative mental health symptoms” experienced by US and Canadian older adults while social distancing (Callow et al., 2020)
- “...Canadians are **less likely to use physical activity as compared to more sedentary activities** (e.g., watching TV) as a coping mechanism for stress or anxiety reduction.” (Faulkner et al., 2020)

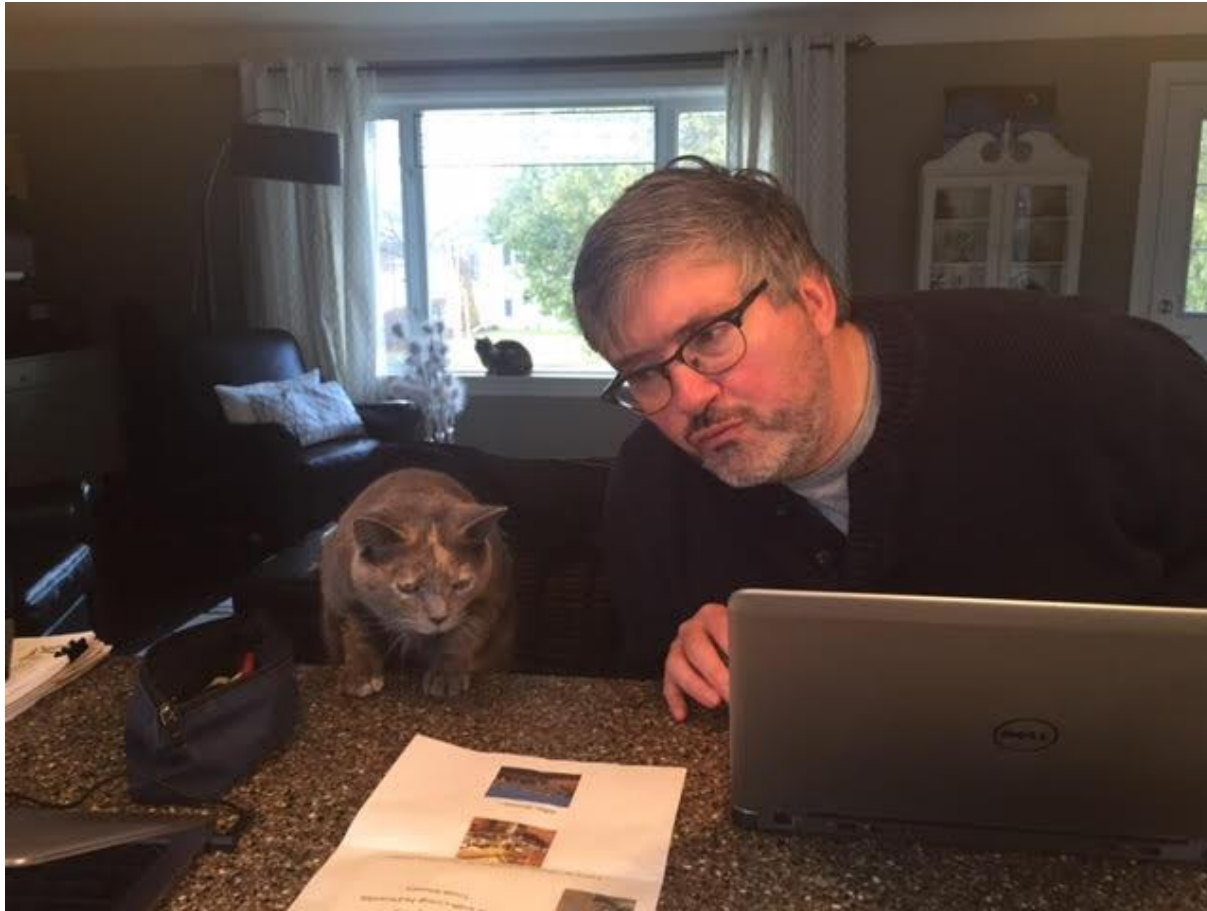
The role of national and global strategies?



Key Points

- COVID-related restrictions influenced engagement in PA (-) and SB (+) among both children and adults
 - But some variations occurred by activity domains
- The mental health benefits of PA & recreation should be promoted widely
- Potential equity issue around access to alternative sources for transportation (e.g., cost of ebikes) when avoiding public transit
- National strategies: Spaces & places are critically important for PA, sport, & recreation
 - School- and work-related activities account for a significant proportion of daily steps
 - Active transport infrastructure will become even more important

Thanks for your Attention!



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Restart to Recovery:

Reimagining Parks,
Recreation and
Community Sport

February 10, 2022

Canada



Relmagine RREC
Renew, Retool, Engage, Contribute





RREC REFRESHER:

- PEOPLE
- PLACES
- POLICY
- PROGRAMS

LEARNINGS

**TIMELY &
NEEDED**

**IMPACTS ARE
SEVERE &
LASTING**

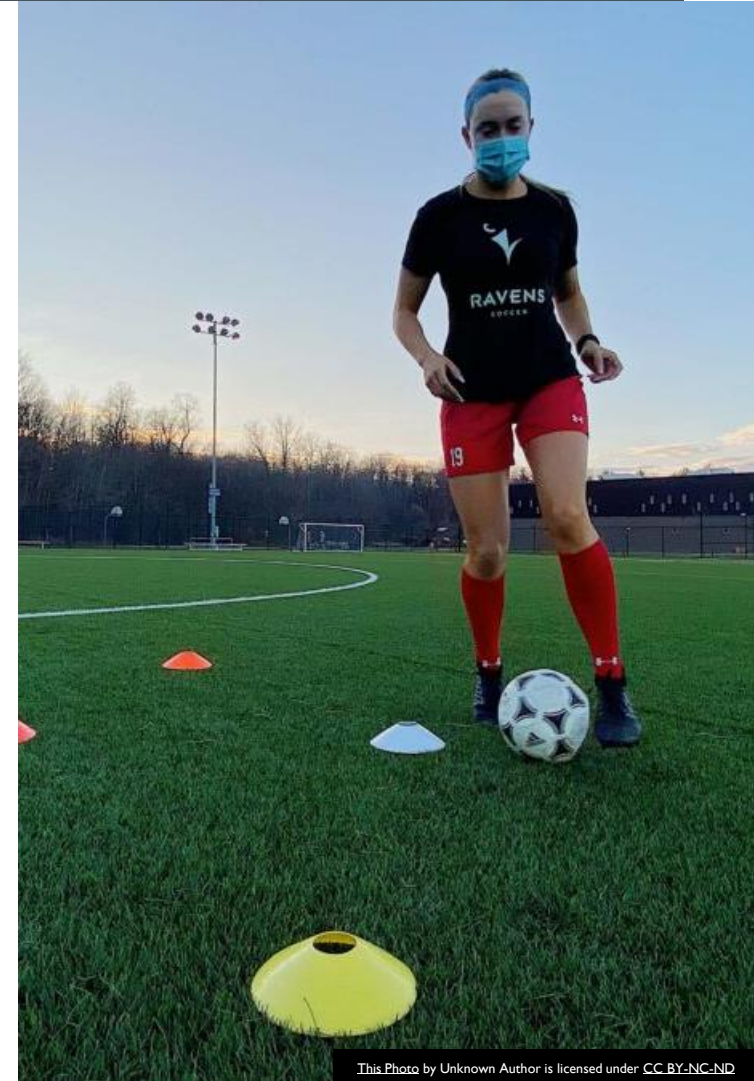
**HEIGHTENED
USE & DEMAND
FOR OUTDOOR
SPACES**

**HR CHANGES &
CHALLENGES**

**AUTHORITATIVE
& CONSISTENT
GUIDANCE**

**INCREASED
INEQUITIES IN
ACCESS**

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SDGs Mental-health PROGRAMS
Co-planning/Co-delivery
Governance
Permanent-closures
PEOPLE
Policy-alignment
Redesign-Retrofit
Expectations
Technology-Digital
Training
Renewal
Data
Recover
Retraining
New-models
Outdoors Innovation Fear
Safety
Pandemic-resistant
Inclusion Revenue
Changing-roles
Eroding-sport-participation
Cross-sector-partnerships Active-transportation
Public-sector-leadership
Recreational-sport¹⁹

- POLICY IMPLICATIONS
- PROGRAM IMPACTS

KEY THEMES TO RESTART RENEW, RETOOL, RECOVER

1. Building Back Organizational Capacity

2. Responding to Heightened Demand & New Modalities for Recreation

3. Supporting Organizational, Operational and Facility Transformation

4. Re-engaging Vulnerable & Underrepresented Populations

5. Addressing Changing Public Preferences, Expectations & Behaviors

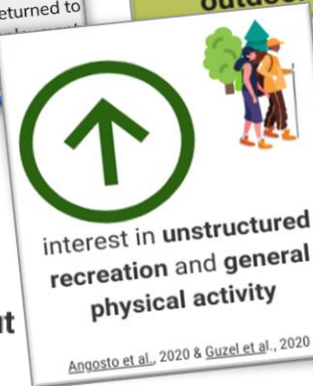
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SOME RELEVANT FINDINGS

- Employment Impacts
- Preferences in sport and activity
- Increased demand
- Trend toward unstructured movement
- Recreation as essential



87% plan to continue to work out at home, even if they return to their club or facility



Wakefield Research, 2020

