How can we get children in Elgin County more active?

Through a community forum with service providers in Elgin County, we aimed to learn about their experiences running, and recommendations for improving physical activity programs for children in the county.

9 service providers participated

Many children do not meet **the recommended 60 minutes of daily physical activity** to get health benefits.

Organized activities (ex. sports and recreation programs) are the main way children are getting active.

Service provider staff can offer important insights into the resources and ability to offer programs in the community.

When asked about recommendations for children's physical activity programs, service providers said:

DO

Meet with youth and see what activities they want

"The municipality needs validation that if they are going to pay staffing to be there and do that, so you are going to have to engage with the youth."

Offer free and low-cost activity options

"Most of the people that we deal with, there's not enough money to pay their rent let alone pay for any kind of activities so they don't have an option."

Support neighbouring areas with less resources

"[We] do have a community center but I know that it has been struggling to get people, so that's affecting what we can offer."

DON'T

Forget parents need support too

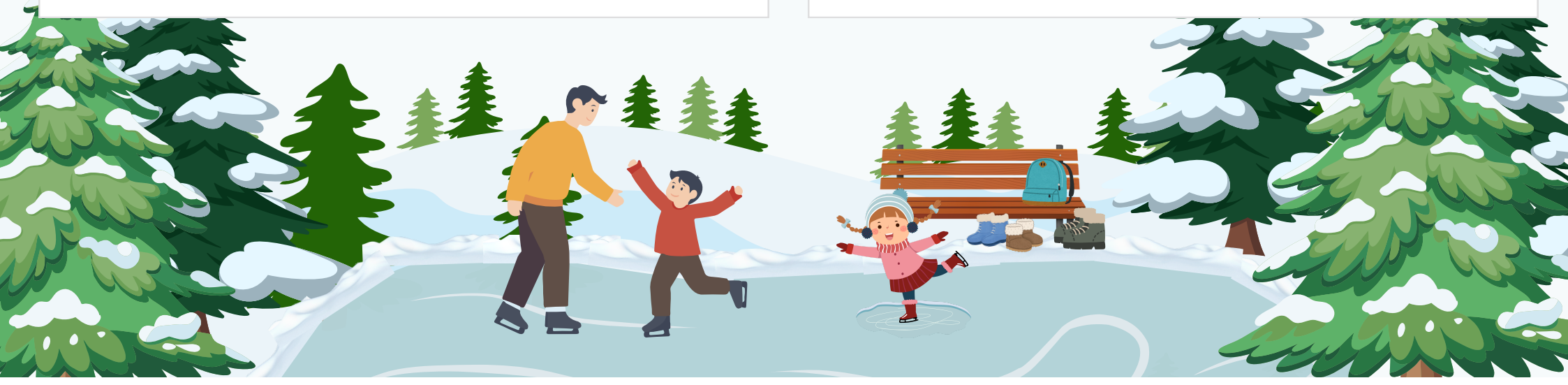
"If parents work outside of their community, they have to drive there and all the way home at the end of the work day to pick up their child. That is a lot of time."

Limit the places children feel they can use for physical activity

"They don't feel like they could even go to the playground facility because it's for younger kids... So the facility might be there but they're not welcomed there."

Remain consistent when children's interests have changed

"It's a different landscape for now. Getting kids to sign up for anything is difficult, getting them to register for anything is impossible."



Questions?
Contact us at **playeveryday@uwo.ca**