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about one third of children and youth in the canadian population do not meet physical activity recommendations, while 10% of children and youth are classified as overweight or obese. in these cases, maintaining physical activity levels, with the potential for both physical health and mental health benefits, is particularly important. the specific context of covid-19 and the restrictions it has brought about are unique. parents have been forced to make drastic changes to their normal routines, as demonstrated in this survey of parental responses to the covid-19 pandemic. the results demonstrate that parents are reorganizing their family routines to address the potential negative impact on children and youth of the current covid-19 pandemic. for many, this means reducing sedentary screen time. at the same time, parents are prioritizing time for physical activities to help children and youth maintain healthy behaviours, but also to address the potential mental health impact of the pandemic and the associated restrictions [36]. physical activity is linked to numerous benefits in children and youth, including physical health, cognitive development and academic achievement, as well as mental health and social development. in the context of covid-19, parental perceptions of the link between physical activity and these outcomes will be critical to informing future interventions to promote health and prevent chronic disease. within the sample of parents responding to this survey, more than one third of respondents reported that their child had experienced an increase in anxiety, depression or other mental health issues as a result of the covid-19 pandemic.

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the most significant difference observed was between the highest and lowest quartiles for parent education (parent education: or=1.6, 95%ci: 1.3, 1.8, p 5ec8ef588b

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