# HELP Reads

UBC

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## HUMAN DEVELOPMENT RESEARCH REVIEW



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## HUMAN DEVELOPMENT RESEARCH REVIEW: AIMS AND SCOPE

HELP's Human Development Research Review (*HELP Reads*) aims to expand awareness of topics in human development, including social and emotional learning, social and environmental determinants of health, child care, and more. *HELP Reads* connects health academics, advocates, and professionals with online and publicly available research, news, and information. This review focuses on listing articles relevant to human development research activities at HELP. This review is not official or peer reviewed. It does not cover all research, news, and information, and HELP is not responsible for the accuracy of the content from media or databases. Not all links are open access; some are abstract links where paid journal subscription is required. HELP Reads is posted monthly <a href="here">here</a>.



## **EDITOR PICKS**

Contributors to positive mental health among youth: a qualitative study in British Columbia, Canada.

Brenda Poon, Assistant Professor, Human Early Learning Partnership, and co-authors

"This study sought to explore youths' perspectives on positive mental health and its determinants. Analysis yielded 3 interconnected themes...."



Evaluating the feasibility and preliminary impact of the Social, Emotional, and Ethical (SEE) Learning program: A compassion-based social and emotional learning program for elementary school children.

Kimberly Schonert-Reichl, NoVo Foundation Endowed Chair in Social and Emotional Learning, University of Illinois Chicago, and co-authors

"This study is among the first to demonstrate the feasibility and preliminary student impacts of the compassion-focused SEE Learning program in an elementary school setting."



Pathways for outdoor play and learning: pedagogical decisions and curricular intent in elementary school outdoor classrooms.

Megan Zeni, Faculty of Education, UBC, and co-authors

"In this study teachers described how affordances of loose parts were important and effective in supporting, guiding, and extending children's learning along a continuum of play outdoors...."



Examining outdoor play associations in Canadian early learning and child care centres: Cross-sectional insights from the Measuring Early Childhood Outside survey. Rachel Ramsden, PhD student, School of Population and Public Health, UBC, and co-workers

"In this study, we report results of the Measuring Early Childhood Outside (MECO) national survey to fill this gap and examine the factors that are associated with children's outdoor play and risky play in ELCC programs...."



Development and application of a geospatial index of urban playability for young children.

Emily Gemmell, Postdoctoral researcher, School of Population and Public Health, UBC, and co-authors

"...For a majority of cities (20/35), materially disadvantaged neighbourhoods had lower playability scores. Across Canadian cities, children's access to playable neighbourhoods varies widely. The playability index enables small area-level assessment of...."





The Five R's of Indigenous Research as a framework to co-design and evaluate an outdoor play program in early learning and child care centres: Protocol for the PROmoting Early Childhood Outside (PRO-ECO) 2.0 wait-list control cluster randomized trial.

Mariana Brussoni, Director, Human Early Learning Partnership, and co-authors



#### How we measure child disadvantage matters.

Sharon Goldfeld, Professor, Murdoch Children's Research Institute, and co-authors

"This research highlights the opportunity for policy and research to move beyond onesize-fits-all models and embrace approaches that reflect the diverse experiences of children. The research also demonstrates the value of large-scale, longitudinal data in understanding the complex pathways that shape children's development."



Effectiveness of Nurse-Family Partnership on child outcomes by patterns of program intensity: secondary evidence from a randomized controlled trial (British Columbia Healthy Connections Project).

Nicole Catherine, Assistant Professor, Faculty of Health Sciences, SFU, and co-authors

"Delivering Nurse Family Partnership as intended, with sustained intensity, led to greater benefits regarding child language and problem behavior (mental health) but not....."



#### New policy statement: Improving child and youth mental health care.

#### Doctors of BC

"Doctors of BC's new policy paper, <u>Improving Child and Youth Mental Health Care</u>, calls for reviewing the current structure of BC's mental health care system and the development of concrete and tangible steps to enhance care and improve access for children and youth.."



## Addressing the long-term effects of the COVID-19 pandemic on children and families.

#### First Nations Health Authority

"Throughout the project, our FNHA research team worked closely with communities to learn about First Nations perspectives on accessibility, understand the barriers they face, and hear their ideas. This work helps bring forward their voices and needs."



#### HELP Reads July Issue, 2025.

University of British Columbia, Faculty of Medicine, School of Population and Public Health, Human Early Learning Partnership

For back issues, please visit:

https://earlylearning.ubc.ca/resources/mediatype/help\_reads/.





## HUMAN DEVELOPMENT RESEARCH REVIEW

## **HELP FACULTY and AFFILIATE** (selected publications)

- Brussoni M, Ramsden R, Grieve S, Mount D, Fox E, Herrington S, et al. The Five R's of Indigenous Research as a framework to co-design and evaluate an outdoor play program in early learning and child care centres:
   Protocol for the PROmoting Early Childhood Outside (PRO-ECO) 2.0 wait-list control cluster randomized trial. JMIR Research Protocols. 2025. Available from: <a href="http://dx.doi.org/10.2196/preprints.77956">http://dx.doi.org/10.2196/preprints.77956</a>.
- Catherine NLA, Zheng Y, Xie H, Boyle M, Jack SM, MacMillan H, et al. Effectiveness of Nurse-Family Partnership on child outcomes by patterns of program intensity: Secondary evidence from a randomized controlled trial (British Columbia Healthy Connections Project). Child Abuse Negl. 2025;167:107600. Available from: <a href="https://www.sciencedirect.com/science/article/pii/S0145213425003564">https://www.sciencedirect.com/science/article/pii/S0145213425003564</a>.
- 3. Chaplin A, McGuinness L, Gadermann A, Poon BT, Jenkins EK. **Contributors to positive mental health among youth: a qualitative study in British Columbia, Canada**. Health Prom Int. 2025;40(4). Available from: <a href="https://doi.org/10.1093/heapro/daaf127">https://doi.org/10.1093/heapro/daaf127</a>.
- 4. Frazier T, Roeser RW, Schonert-Reichl KA, Negi LT. Evaluating the feasibility and preliminary impact of the Social, Emotional, and Ethical (SEE) Learning program: A compassion-based social and emotional learning program for elementary school children. PLoS One. 2025;20(8):e0328519. Available from: https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0328519.
- Gemmell E, Cavanaugh A, Brussoni M, Guhn M, Andrade-Rivas F, Imon I, et al. Development and application of a geospatial index of urban playability for young children. SSRN. 2025. Available from: <a href="https://papers.ssrn.com/sol3/papers.cfm?abstract\_id=5351437">https://papers.ssrn.com/sol3/papers.cfm?abstract\_id=5351437</a>.
- 6. Ramsden R, Forer B, Hussaina H, Han C, Bouchard C, Crane J, et al. Examining outdoor play associations in Canadian early learning and child care centres: Cross-sectional insights from the Measuring Early Childhood Outside survey. medRxiv. 2025:2025.08.13.25333648. Available from: https://www.medrxiv.org/content/medrxiv/early/2025/08/15/2025.08.13.25333648.full.pdf.
- 7. Zeni M, Schnellert L, Brussoni M. Pathways for outdoor play and learning: pedagogical decisions and curricular intent in elementary school outdoor classrooms. Journal of Adventure Education and Outdoor Learning. 2025:1-21. Available from: https://doi.org/10.1080/14729679.2025.2517042.

#### **HELP RESOURCES**

## **MEDIA**

- Cox S. Norwegians support children's risky playtime. Jamestown Sun. 2025 07 30 Jul 30. Available from: <a href="https://www.jamestownsun.com/lifestyle/arts-and-entertainment/norwegians-support-childrens-risky-playtime">https://www.jamestownsun.com/lifestyle/arts-and-entertainment/norwegians-support-childrens-risky-playtime</a>.
- Patterson J. Direct audience engagement is key to surviving Google Zero. 2025 Jul 31. Available from:
   https://digitalcontentnext.org/blog/2025/07/31/direct-audience-engagement-is-key-to-surviving-google-zero/?utm\_source=DCN+InContext+Newsletter&utm\_campaign=fe81ec3da5-2025\_07\_31-incontext&utm\_medium=email&utm\_term=0\_7a1e151592-fe81ec3da5-399491876.
- 3. Pellicane A. Raising Boys to Take Risks. 2025 [Jul]; Available from: <a href="https://www.focusonthefamily.com/uncategorized/raising-boys-to-take-risks/">https://www.focusonthefamily.com/uncategorized/raising-boys-to-take-risks/</a>.
- 4. Shostak S, Bentley M. **The Play's the Thing. The evolutionary benefit of fun**. 2025 07 21; Available from: https://radio.seti.org/.

HELP READS are listed here by month: <a href="https://earlylearning.ubc.ca/resources/mediatype/help\_reads/">https://earlylearning.ubc.ca/resources/mediatype/help\_reads/</a>.



#### 1. CHILD DEVELOPMENT

## 1.i. General, Cognition

 Sampaio F, Nystrand C, Feldman I, Mihalopoulos C. Evidence for investing in parenting interventions aiming to improve child health: a systematic review of economic evaluations. Eur Child Adolesc Psychiatry. 2024;33(2):323-55. Available from: https://doi.org/10.1007/s00787-022-01969-w.

#### 1.ii. Communication, Language. Literacy

- Aktar S, D'Souza K. Advocacy in Early Childhood Education in Canadian and Indian Contexts: A Living Literacies
   Approach. Potentia: Activating Change in Early Childhood Education. 2025;1(1). Available from:
   https://ojs.library.ubc.ca/index.php/UBCECE/article/view/200291.
- Gerlach A, Community Voices on Tapping into Tech Council. A relationship focused & technology-enhanced
  approach to early child development & intervention in northern and rural communities in British Columbia.
  Vancouver, BC: Vancouver Foundation; 2025 Aug. Available from:
  <a href="https://dspace.library.uvic.ca/items/c353555c-ccc8-4f85-9c65-03b490fe7c8e">https://dspace.library.uvic.ca/items/c353555c-ccc8-4f85-9c65-03b490fe7c8e</a>.

## 1.iii. Socioemotional Learning, Other

 Frazier T, Roeser RW, Schonert-Reichl KA, Negi LT. Evaluating the feasibility and preliminary impact of the Social, Emotional, and Ethical (SEE) Learning program: A compassion-based social and emotional learning program for elementary school children. PLoS One. 2025;20(8):e0328519. Available from: https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0328519.

#### 2. CHILD CARE, EDUCATION, PARTNERSHIPS

- 2.i. Connections, Hubs, Partnerships
- Skerritt L, Li P, Benkelfat R. Expanding access to early childhood developmental screening for children of recently arrived migrant families through community health fairs. Paediatrics & Child Health. 2025. Available from: <a href="https://doi.org/10.1093/pch/pxaf057">https://doi.org/10.1093/pch/pxaf057</a>.

#### 2.ii. Initiatives, Interventions

 Davidson A, Quelch J, White LA. Policy Design, Instrument Choice, and Policy Feedback Effects of Institutional Business Power: Varieties of Child Care Investments in Australia, Canada, and Germany. Governance. 2025;38(4):e70044. Available from: <a href="https://onlinelibrary.wiley.com/doi/abs/10.1111/gove.70044">https://onlinelibrary.wiley.com/doi/abs/10.1111/gove.70044</a>.



- 2. Dhuey E. Will the Increased Investment in Early Childhood Education and Care in Canada Pay off? It Depends!

  Canadian Public Policy. 2024;50(S1):103-26. Available from:

  <a href="https://utppublishing.com/doi/abs/10.3138/cpp.2023-061">https://utppublishing.com/doi/abs/10.3138/cpp.2023-061</a>.
- 3. Hsiung S, Mansell B, Biswas S, Zahid S. Connecting Care: Building Collaborative Pathways through Social Prescribing. International Journal of Integrated Care. 2025. Available from: https://ijic.org/articles/10.5334/ijic.NACIC24216.
- 4. Peters C, Budin-Mercer A. **Building Brighter Futures: Integrating Health Equity Programs to Enhance Care in Canada**. International Journal of Integrated Care. 2025. Available from: <a href="https://ijic.org/articles/10.5334/ijic.NACIC24028">https://ijic.org/articles/10.5334/ijic.NACIC24028</a>.

## 2.iii. Programs, Services, Other

- Bernhard JK, Young JEE, Goldring L. Precarious Status Families' Access to Early Childhood Services in a Sanctuary City: The Case of Toronto, Canada. In: Bauder H, Setrana MB, editors. Urban Migrant Inclusion and Refugee Protection - Volume 2: Global Perspectives of Sanctuary, Solidarity, and Hospitality. Cham: Springer Nature Switzerland; 2025. p. 205-21. Available from: <a href="https://doi.org/10.1007/978-3-031-95151-0">https://doi.org/10.1007/978-3-031-95151-0</a> 12.
- 3. Catherine NLA, Zheng Y, Xie H, Boyle M, Jack SM, MacMillan H, et al. Effectiveness of Nurse-Family Partnership on child outcomes by patterns of program intensity: Secondary evidence from a randomized controlled trial (British Columbia Healthy Connections Project). Child Abuse Negl. 2025;167:107600. Available from: https://www.sciencedirect.com/science/article/pii/S0145213425003564.
- 2. Daniels JS, Edwards K, Haight J, Malin A, Mejia T, Quintanilha M. Wraparound in practice: a program description of a school-based wraparound model of support for children and their families in Canada. Children & Schools. 2025;47(3):153-60. Available from: <a href="https://doi.org/10.1093/cs/cdaf015">https://doi.org/10.1093/cs/cdaf015</a>.
- 4. Foster D. The economic and educational impacts of universal early childhood education and care programs: a meta-analytic and quasi-experimental approach. Toronto, ON: University of Toronto; 2025. Available from: https://utoronto.scholaris.ca/items/c8ec500b-96ff-4c8a-982a-a7ef493e0074.

#### 3. EARLY ENVIRONMENTS

- 3.i. Biological Sensitivity to Context, Cortisol, Epigenetic
- Barr E, Comtois-Cabana M, Coope A, Coté SM, Kobor MS, Konwar C, et al. Early-Life Adversity and Epigenetic
  Aging: Findings from a 17-Year Longitudinal Study. Biomolecules. 2025;15(6). Available from:
  <a href="https://doi.org/10.3390/biom15060887">https://doi.org/10.3390/biom15060887</a>.
- Cushing LJ, Caballero-Gomez H, Eick SM, Guimaraes ACP, Depsky NJ, DeMicco E, et al. Neighborhood built
  environment, psychosocial stressors, and telomere length of birth parents and their newborns from San
  Francisco, California. J Expo Sci Environ Epidemiol. 2025. Available from: <a href="https://doi.org/10.1038/s41370-025-00797-9">https://doi.org/10.1038/s41370-025-00797-9</a>.

## 3.ii. Adversity, Resilience



- De Rubeis V, Wang E, Joshi D, Catherine N, MacMillan HL, Waddell C, et al. History of childhood maltreatment, prenatal cortisol levels, and executive functioning: A cross-sectional study using data from the Healthy Foundations Study. Child Abuse Negl. 2025;167:107602. Available from: <a href="https://doi.org/10.1016/j.chiabu.2025.107602">https://doi.org/10.1016/j.chiabu.2025.107602</a>.
- Le DQ, Le LK-D, Le PH, Yap MBH, Mihalopoulos C. Cost effectiveness of interventions to prevent the occurrence and the associated economic impacts of child maltreatment: A systematic review. Child Abuse Negl. 2024:106863. Available from: <a href="https://www.sciencedirect.com/science/article/pii/S0145213424002539">https://www.sciencedirect.com/science/article/pii/S0145213424002539</a>.
- Stewart-Tufescu A, Fortier J, Salmon S, Taillieu TL, Garces-Davila I, Afifi TO. Examining adolescents' experiences
  of distress when participating in research on well-being and early life adversity. Child Abuse Negl.
  2025;162:107099. Available from:
  https://www.sciencedirect.com/science/article/pii/S0145213424004897.

#### 3.iii. Other

 Turner SE, Goguen S, Dufault B, Mayer T, Mandhane PJ, Moraes TJ, et al. Early life predictors of child development at kindergarten: a structural equation model using a longitudinal cohort. Frontiers in Public Health. 2025; Volume 13 - 2025. Available from: <a href="https://www.frontiersin.org/journals/public-health/articles/10.3389/fpubh.2025.1529055">https://www.frontiersin.org/journals/public-health/articles/10.3389/fpubh.2025.1529055</a>.

#### 4. ENVIRONMENTAL HEALTH

#### 4.i. Climate Change

- Chauhan AS, Singh S. Chapter 24. Growing Up in Crisis: How Climate Change Shapes Physical, Cognitive, and
  Mental Development. In: Chaudhury S, Dhillon R, Yadav HK, editors. Emerging Horizons in Human
  Development and Well-being (Vol II)2025. p. 236-42. Available from:
  <a href="https://www.researchgate.net/profile/Rupan-Dhillon/publication/394103369">https://www.researchgate.net/profile/Rupan-Dhillon/publication/394103369</a> Emerging Horizons in Human Development and Well-being Vol I 2/links/6889d0eef8031739e6099d4c/Emerging-Horizons-in-Human-Development-and-Well-being-Vol-I-2.pdf#page=251.
- 2. Komeiha M, Artyukh I, Ogundele OJ, Zhao QJ, Massaquoi N, Straus S, et al. **Unveiling the Impact: A Scoping Review of the COVID-19 Pandemic's Effects on Racialized Populations in Canada**. Int J Environ Res Public Health. 2025;22(7):1054. Available from: <a href="https://www.mdpi.com/1660-4601/22/7/1054">https://www.mdpi.com/1660-4601/22/7/1054</a>.
- 3. Kühner C, Gemmecke C, Hüffmeier J, Zacher H. **Climate change anxiety: A meta-analysis**. Global Environmental Change. 2025;93:103015. Available from: https://www.sciencedirect.com/science/article/pii/S0959378025000524.
- Reichelt P, Schumacher A, Meyer N, Zenclussen A. Climate change and child health: The growing burden of climate-related adverse health outcomes. Environ Res. 2025;285:122502. Available from: <a href="https://www.sciencedirect.com/science/article/pii/S0013935125017542">https://www.sciencedirect.com/science/article/pii/S0013935125017542</a>.
- 5. Tong M. Editorial: The impact of extreme weather events on public health. Frontiers in Public Health. 2025; Volume 13 2025. Available from: <a href="https://www.frontiersin.org/journals/public-health/articles/10.3389/fpubh.2025.1645681">https://www.frontiersin.org/journals/public-health/articles/10.3389/fpubh.2025.1645681</a>.
- 6. Ubalde J, Bradshaw CJA, Le Souëf PN, Judge MA. Climate change policies fail to protect child health. Globalization and Health. 2025;21. Available from: http://dx.doi.org/10.1186/s12992-025-01142-3.



## 4.ii. Urban Design, Child Friendly Cities, Rural, Greenspace

 Moldavanova AV, Daley DM, Pierce JC. What Does it Take to Have a Healthy Community? Exploring the Role of Social Infrastructure in Shaping Public Health. The American Review of Public Administration. 2025;55(5):396-414. Available from:

https://journals.sagepub.com/doi/abs/10.1177/02750740251346805.

#### 4.iii. Exposures, Other

- Chauhan AS, Singh S. Chapter 24. Growing Up in Crisis: How Climate Change Shapes Physical, Cognitive, and
   Mental Development. In: Chaudhury S, Dhillon R, Yadav HK, editors. Emerging Horizons in Human
   Development and Well-being (Vol II)2025. p. 236-42. Available from:
   <a href="https://www.researchgate.net/profile/Rupan-Dhillon/publication/394103369">https://www.researchgate.net/profile/Rupan-Dhillon/publication/394103369</a> Emerging Horizons in Human Development and Well-being Vol I 2/links/6889d0eef8031739e6099d4c/Emerging-Horizons-in-Human-Development-and-Well-being-Vol-I-2.pdf#page=251.
- 2. Vlachou M, Kyrkou G, Georgakopoulou VE, Kapetanaki A, Vivilaki V, Spandidos DA, et al. Smoke signals in the genome: Epigenetic consequences of parental tobacco exposure (Review). Biomed Rep. 2025;23(3):146. Available from: https://doi.org/10.3892/br.2025.2024.

#### 5. MENTAL HEALTH

## 5.i. Happiness, Wellbeing, Distress

- 1. Bradbury T, Lang JJ, Prince SA, Goldfield GS, de Lannoy L, Tremblay MS, et al. **Outdoor physical activity, mental health, life satisfaction, happiness and life stress among Canadian adolescents**. Health Promot Chronic Dis Prev Can. 2025;45(7-8):323-34. Available from: <a href="https://doi.org/10.24095/hpcdp.45.7/8.02">https://doi.org/10.24095/hpcdp.45.7/8.02</a>.
- Chaplin A, McGuinness L, Gadermann A, Poon BT, Jenkins EK. Contributors to positive mental health among youth: a qualitative study in British Columbia, Canada. Health Prom Int. 2025;40(4). Available from: <a href="https://doi.org/10.1093/heapro/daaf127">https://doi.org/10.1093/heapro/daaf127</a>.
- 3. Doctors of BC. New Policy Statement: Improving Child and Youth Mental Health Care. Vancouver, BC: Doctors of BC; 2025 Aug 12. Available from: <a href="https://www.doctorsofbc.ca/policy/2025/new-policy-statement-improving-child-youth-mental-health-care">https://www.doctorsofbc.ca/policy/2025/new-policy-statement-improving-child-youth-mental-health-care</a>.
- 4. Miller DAA, Ronis ST. Stemming the flow: Institutional management of demand for youth mental health services. Journal of Public Health. 2025. Available from: <a href="https://doi.org/10.1007/s10389-025-02572-4">https://doi.org/10.1007/s10389-025-02572-4</a>.
- 5. Newson JJ, Marinova Z, Thiagarajan TC. Are the growing levels of neurotoxic and neuro-disruptive chemicals in our food and drink contributing to the youth mental health crisis? A narrative review. Neurosci Biobehav Rev. 2025;176:106290. Available from: https://www.sciencedirect.com/science/article/pii/S014976342500291X.
- 6. Oberle E, Ji XR, Molyneux T, Guhn M, Forer B, Thomson K, et al. Mental well-being trends and school-based protective factors among adolescents in British Columbia (2015-2022): A population-based study. Social



science & medicine (1982). 2025;380:118201. Available from: https://doi.org/10.1016/j.socscimed.2025.118201.

- 7. Toigo S, Wang C, Prince SA, Varin M, Roberts KC, Betancourt MT. Recreational screen time and mental health among Canadian children and youth. Health Promot Chronic Dis Prev Can. 2025;45(7-8):311-22. Available from: https://doi.org/10.24095/hpcdp.45.7/8.01.
- 8. Ungar M, Holtge J. The Influence of Housing, Education and Employment Trajectories on Mental Health and Behavioral Outcomes for Youth Receiving Child Welfare and Community Services. SSRN. 2025. Available from: http://dx.doi.org/10.2139/ssrn.5383970

#### 5.ii. Sleep, Screentime

- Horner D, Jahn M, Bønnelykke K, Chawes B, Flensborg-Madsen T, Schoos AMM, et al. Screen Time Is Associated With Cardiometabolic and Cardiovascular Disease Risk in Childhood and Adolescence. Journal of the American Heart Association. 2025;14(16):e041486. Available from: https://doi.org/10.1161/JAHA.125.041486.
- 2. Ilie A, Kim AJ, DesRoches D, Keys E, Sherry SB, Stewart SH, et al. **COVID-19 Stress and Family Well-Being: The Role of Sleep in Mental Health Outcomes for Parents and Children**. Children. 2025;12(8):962. Available from: https://www.mdpi.com/2227-9067/12/8/962.
- 3. Norman L, Bright K, Bassi EM, Barker M, Hews-Girard J, Pintson K, et al. 'Multi-stressed': A qualitative study exploring the impact of the social determinants of health on access to digital mental health for youth and young adults in Alberta. Digital health. 2025;11:20552076251361327. Available from: https://doi.org/10.1177/20552076251361327.

#### 5.iii. Healthy Habits, Substance Use, Other

1. Chung J, Lim CCW, Leung J, Stjepanović D, Chiu V, Hides L, et al. Cannabis Vaping in Youth: A Systematic Review and Meta-Analysis of Risk Factors in Adolescents and Young Adults. Journal of studies on alcohol and drugs. 2025. Available from: https://doi.org/10.15288/jsad.24-00464.

#### 6. PHYSICAL HEALTH, MOBILITY

6.i. Active Transportation

## 6.ii. Activities, Sports

- Caswell M. Food Policy in Recreation and Sport Facilities in Canada: Lessons Learned from Eat, Play, Live. Waterloo, ON: University of Waterloo; 2025. Available from: <a href="https://uwspace.uwaterloo.ca/items/6b0a90e2-f9a1-4bad-829f-d5b33089351a">https://uwspace.uwaterloo.ca/items/6b0a90e2-f9a1-4bad-829f-d5b33089351a</a>.
- 2. Forghani Soong Y, Hollman H, Rhodes RE. **Association between child and youth physical activity and family functioning: a systematic review of observational studies**. The international journal of behavioral nutrition



- and physical activity. 2025;22(1):101. Available from: https://ijbnpa.biomedcentral.com/articles/10.1186/s12966-025-01782-z.
- 3. García-Moya I, Jiménez-Iglesias A, Díez M, Paniagua C. "But I Also like to Enjoy my Time, I'm Not a Student 24 Hours a Day": Adolescents' Perspectives About Organized Leisure and School Stress. Leisure Sciences. 2025:1-21. Available from: <a href="https://doi.org/10.1080/01490400.2025.2537834">https://doi.org/10.1080/01490400.2025.2537834</a>.
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The Human Early Learning Partnership is situated within the traditional, ancestral and unceded territory of the  $x^w m \theta \theta k^w \theta y' \theta m$  (Musqueam) People.

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Michele Wiens, Senior Manager (Knowledge Management) Email michele.wiens@ubc.ca 2206 East Mall, UBC
Vancouver, BC V6T 1Z3
Phone 604. 822. 1278
Email earlylearning@ubc.ca
Web www.earlylearning.ubc.ca

Faculty of Medicine, SPPH