Cerebral palsy (CP) is a group of neurologic conditions characterized by poor voluntary muscle control and spasticity resulting in abnormal movement and posture. These impairments are known to affect the child’s capacity to perform activities of daily living, and will also limit engagement in physical activity.1-7.

Children with CP are thought to be more sedentary than their typically developing peers.1,3,7.

Sedentary behaviour, independent of physical activity, has been linked with cardiovascular and metabolic risk factors in both children and adults.1,4,6.

Patterns of sedentary behaviour may be just as important as the amount of sedentary time since shorter sedentary "bouts" have been beneficially associated with metabolic risk factors.1,4.

Sedentary behaviour in CP may play an important role in mediating risk for chronic disease; however, this variable has not yet been objectively quantified in youth with CP.

### METHODS

**Participants**

Sixteen youth with CP and sixteen typically developing youth matched for age, gender, and season of assessment participated. Participant characteristics are provided in Table 1.

### RESULTS

**Table 2.** Average daily activity and sedentary behaviour. Active and sedentary time are displayed as minutes per day, and minutes per hour of monitoring time. Sedentary behaviour is further broken down into the number of sedentary bouts, and breaks from sedentary behaviour. Data are presented as means ± SD, *p* value ≤0.05.

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### REFERENCES


