

Submission from Josh Fullan,  
Maximum City

# 3 MINUTES FOR YOUR HEALTH AND HAPPINESS

1. Complete the COBRA quiz (COVID Well-Being Risk Assessment) for ages 6-17
2. Find out your score and risk level for worsening well-being
3. Get targeted recommendations for boosting your health and happiness during COVID

# COBRA: a risk assessment tool for children/youth during COVID

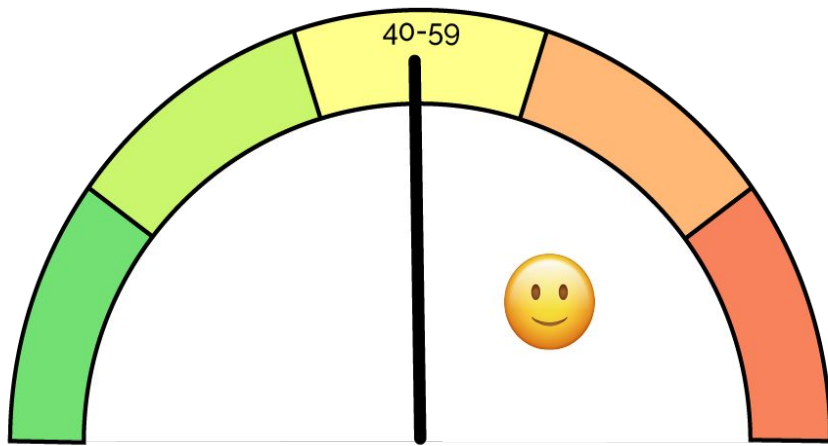
## Introduction

The COVID Well-Being Risk Assessment (COBRA quiz for short) asks children and youth (ages 6-17 years) about their daily life to assess risk and protective factors related to their health and happiness during the COVID-19 pandemic. It is based on research conducted during the spring and fall of 2020 with over 2,100 Canadian children and youth, publicly available information, and the [Canadian 24-hour movement guidelines](#).

## Who is the assessment for and why does it matter?

The COBRA quiz is for young people ages 6-17 who live in Canada and are generally experiencing average or good health. It can be completed alone or with the help of a parent/caregiver in about three minutes. At the end of the short questionnaire, a “score” and risk level will be shown based on your answers, along with targeted recommendations for how to boost your health and happiness. We will use the results as part of our efforts to highlight the needs of children and youth in the COVID recovery.

# COBRA: a risk assessment tool for children/youth during COVID



Risk Level: Medium

Some ways to give your health and happiness a boost are:

More light physical activity like walking or playing



More energetic physical activity like running or jumping



More time outside like going to the park or playground



Score	0-19	20-39	40-59	60-79	80-100
Risk Level	Very Low	Low	Medium	High	Very High

[maximumcity.ca/wellbeing](https://maximumcity.ca/wellbeing)



# Table 1: Self-reported behaviours and conditions that correlate to increased resilience (or lower declines in well-being) vs. risk factors

PROTECTIVE FACTOR	RISK FACTOR
Maintains or increases physical activity levels	Decreases in physical activity levels
Spends less time on digital screens	Spends more time on digital screens
Maintains or increases sleep quality and duration	Decreases in sleep quality or duration
Goes outside once or more per day	Goes outside less than once per day
Has access to indoor and outdoor space to play and exercise	Has limited access to indoor and outdoor space to play and exercise
Has a friend to talk to about how they are feeling	Does not have a friend to talk to about how they are feeling
Participates in school in person	Participates in school virtually or hybrid
Lives in a house	Lives in an apartment
Lives outside an urban or suburban area	Lives in an urban or suburban area
Has a pet	Has decreased feelings of safety outside
Increases in quality family time	Has decreased feelings of household harmony
<a href="https://maximumcity.ca/wellbeing">maximumcity.ca/wellbeing</a>	4

# Research and Development Team

The COBRA research and development team consists of:

- Josh Fullan, Project Lead [josh@maximumcity.ca](mailto:josh@maximumcity.ca)
- Hannah Miller, Research and Analysis
- Jaime Rosen, Graphic Design
- Meredith Gillespie, Research Assistant

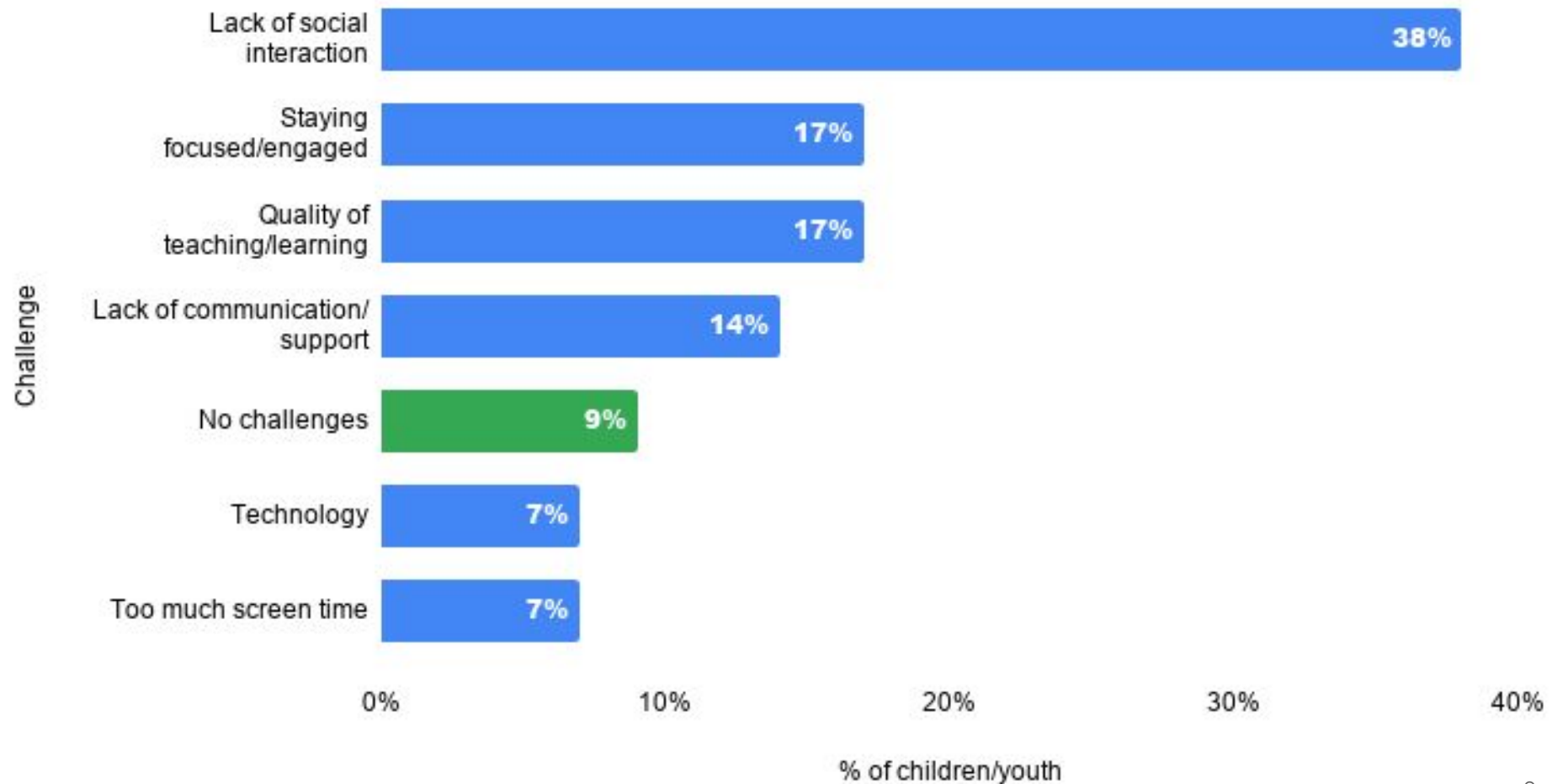
Additional support provided by:

- Susie Saliola, Esri Canada

More info: <https://maximumcity.ca/cobra>

# Figure 1: Challenges of Virtual School According to Students

## Most Commonly Cited Challenges of Virtual School (GTA students)



# Figure 2: Frequency of time outside by municipality size

## Frequency of Time Outside by Population Size: Fall 2020

