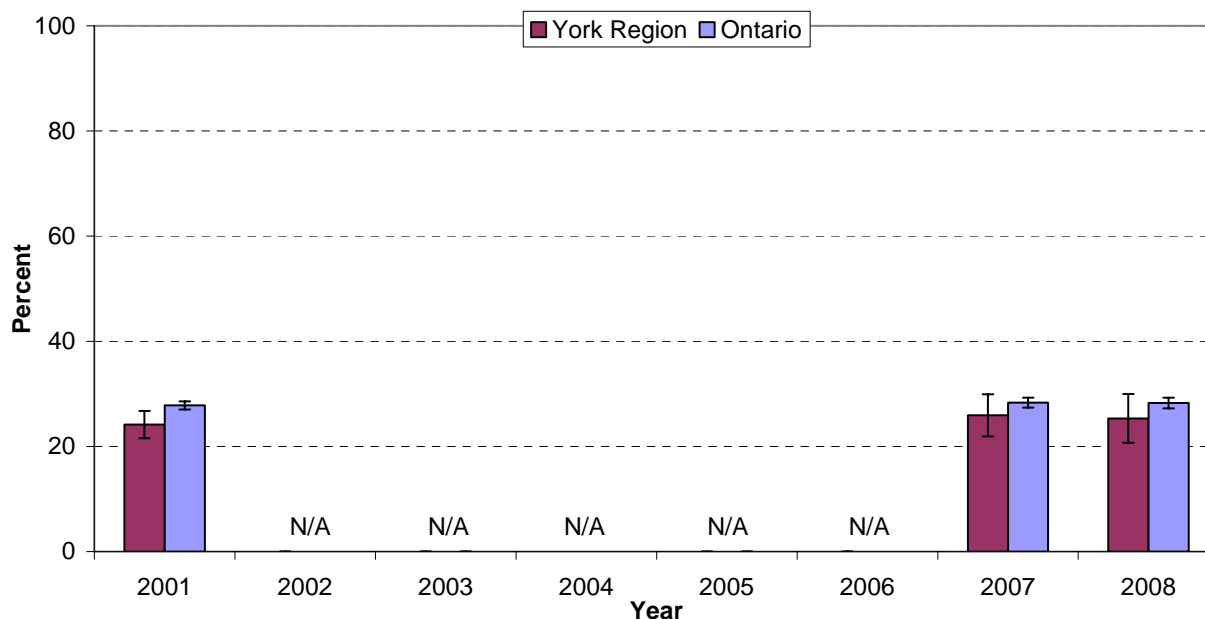


## Screen Time

This summary focuses on the percent of the population, aged 12 years and over, who are frequent television viewers (15 or more hours per week) or frequent computer users (11 or more hours per week) during their leisure time.

Ontario Public Health Standards, Chronic Diseases and Injuries Program Standard, Chronic Disease Prevention – Req 1.

### Leisure-Time Television Viewing, York Region and Ontario, 2001- 2008

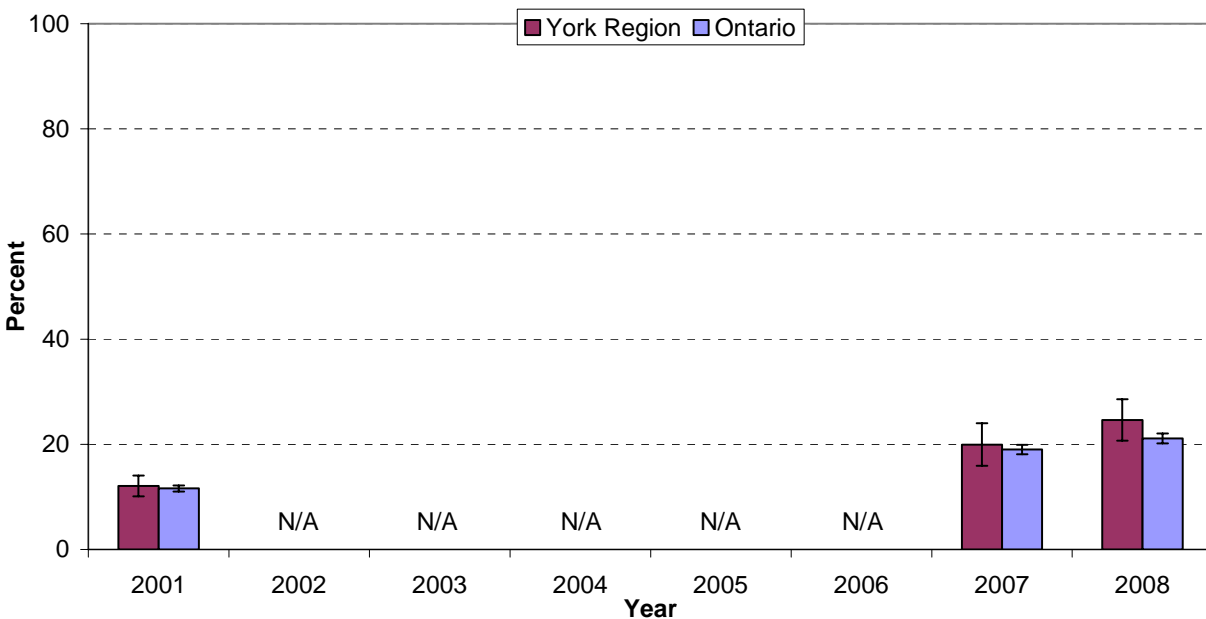


Data Source: Canadian Community Health Survey, 2001, 2007, 2008, Statistics Canada, Ontario Share File, Ontario Ministry of Health and Long-Term Care.

#### Interpretation:

- In 2008, 25% ( $\pm 5$ ) of York Region residents and 28% ( $\pm 1$ ) of Ontario residents over the age of 12 years reported frequent television viewing during their leisure time. The rates of frequent television viewing in 2008 were statistically similar to the 2001 rates for both York Region and Ontario residents.
- In 2008, the rates of frequent television viewing were statistically similar between women and men (27% ( $\pm 6$ ) and 23% ( $\pm 3$ ), respectively).
- In Ontario, those over the age of 65 reported the highest rates of frequent television viewing during leisure time (50% ( $\pm 2$ ) in 2008) (data not shown).

## Leisure-Time Computer Use, York Region and Ontario, 2001- 2008



Data Source: Canadian Community Health Survey, 2001, 2007, 2008, Statistics Canada, Ontario Share File, Ontario Ministry of Health and Long-Term Care.

- In 2008, 25% ( $\pm 4$ ) of York Region residents and 21% ( $\pm 1$ ) of Ontario residents over the age of 12 years reported frequent computer use during their leisure time. The rates of frequent computer use in 2008 were higher than the 2001 rates for both York Region and Ontario residents.
- In 2008, York Region men were more likely than York Region women to report being frequent computer users during their leisure time (29% ( $\pm 6$ ) and 20% ( $\pm 5$ ), respectively).
- Ontario residents between the ages of 12 and 19 years reported the highest rates of frequent computer use during leisure time, followed by those aged 20 to 44 years (39% ( $\pm 3$ ) and 25% ( $\pm 2$ ) in 2008, respectively). This trend was consistent over time (data not shown).

**Data Notes:** Canadian Community Health Survey (CCHS), 2001-2008, Sedentary Activities Module. For more information on CCHS, visit <http://www.statcan.ca/>

The CCHS is a federal survey of residents aged 12 years and older in all provinces and territories, excluding populations on Indian Reserves, Canadian Forces Bases and some remote areas. Data collection is done by a combination of computer assisted personal and telephone interviewing.

The indicators from the survey are based on self-reported information and may be subject to biases, such as recall bias or social desirability bias, or result in high non-response. As such, the estimates may be an underestimate or overestimate of the true prevalence in the population.

$\bar{x}$  and  $\pm$  represents the 95% confidence interval, meaning 19 times out of 20 the results will fall within this range.