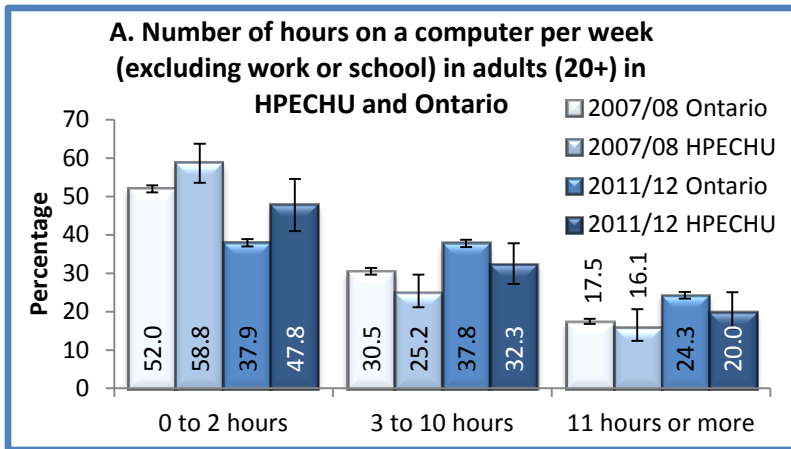
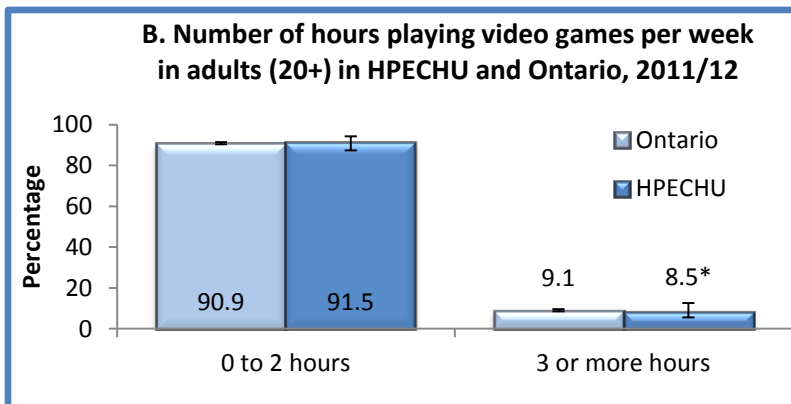


Sedentary Time - Adults



Sample: Residents aged 20+ in HPECHU area and Ontario.

Source: Canadian Community Health Survey, 2007/08, 2011/12. Statistics Canada.



Interpretation:

Figure A: In 2011/12, 20.0% (15.7-25.1) of residents ages 20+ in HPECHU area spent 11 or more hours per week on a computer, excluding work or school.

Figure B: In 2011/12, 8.5*% (5.6-12.6) of residents ages 20+ in HPECHU area spent 3 or more hours per week playing video games (data for 2007/08 not available).

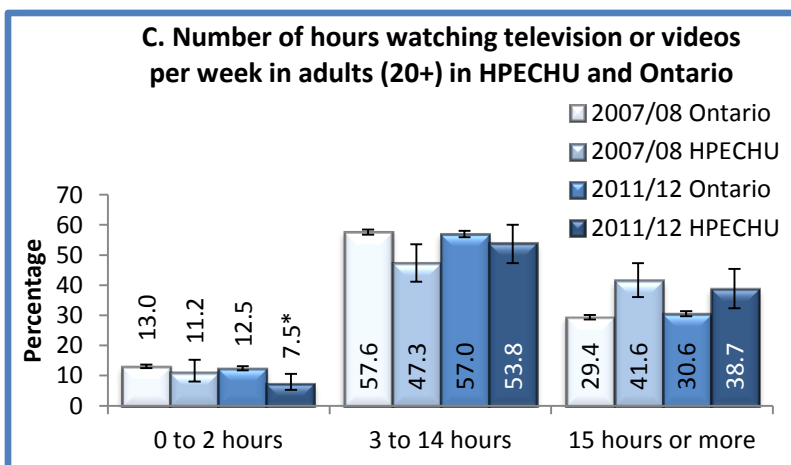
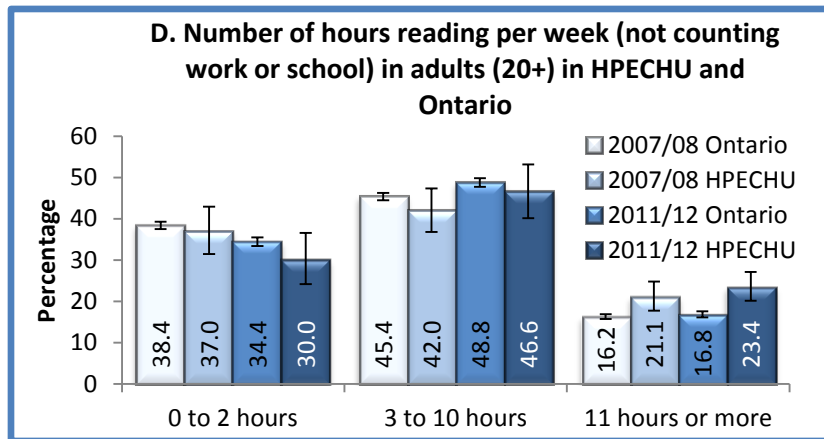


Figure C: Over one-third of adults (38.7% (32.4-45.4)) ages 20+ in HPECHU area spent 15 or more hours watching television or videos per week in 2011/12.

I = (in the graphs) represents the 95% confidence interval.

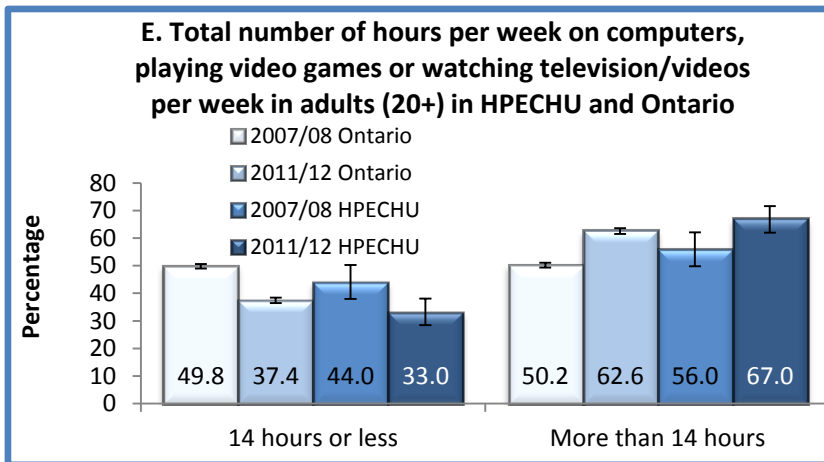
* = use with caution.

Sedentary Time - Adults



Sample: Residents aged 20+ in HPECHU area and Ontario.

Source: Canadian Community Health Survey, 2007/08, 2011/12. Statistics Canada.



Interpretation:

Figure D: In 2011/12, 30.0% (24.2-36.6) of residents ages 20+ in HPECHU area spent 2 or fewer hours per week reading.

Figure E: In 2011/12, 67.0% (62.0-71.6) of adults ages 20+ spent more than 14 hours a week on computers, playing video games or watching television/videos. This averages out to two or more hours per day.

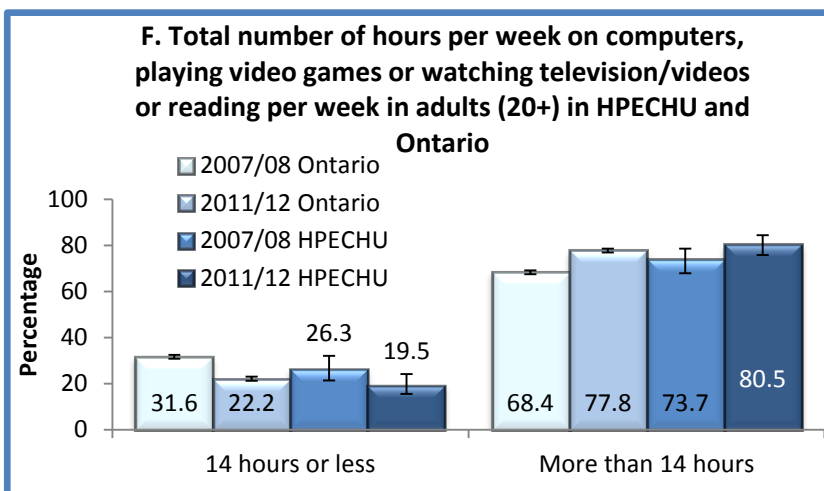


Figure F: In 2011/12, 80.5% (75.9-84.4) of adults ages 20+ spent more than 14 hours a week on computers, playing video games, watching television/videos or reading. This averages out to two or more hours per day.

I = (in the graphs) represents the 95% confidence interval.

* = use with caution.