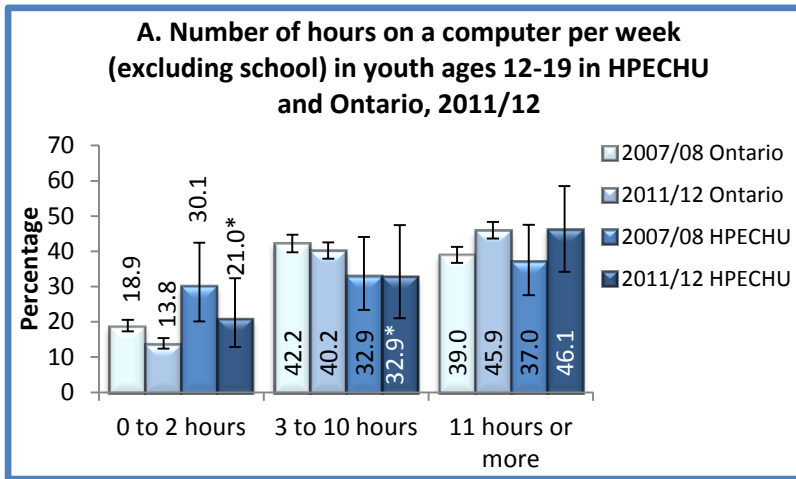
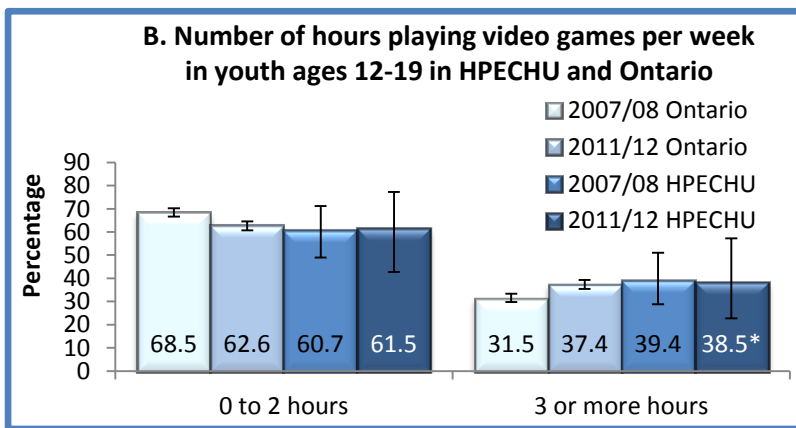


## Sedentary Time - Youth



**Sample:** Residents aged 12 to 19 in HPECHU area and Ontario.

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



**Interpretation:**

The Canadian Sedentary Behaviour Guidelines recommend that teens ages 12 to 17 limit their recreational screen time to no more than 2 hours per day. [www.csep.ca](http://www.csep.ca)

Figure A: In 2011/12, 46.1% (34.2-58.5) of residents ages 12 to 19 in HPECHU area spent 11 or more hours per week on a computer, excluding school.

Figure B: In 2011/12, 38.5% (22.7-57.2) of residents ages 12 to 19 in HPECHU area spent 3 or more hours per week playing video games.

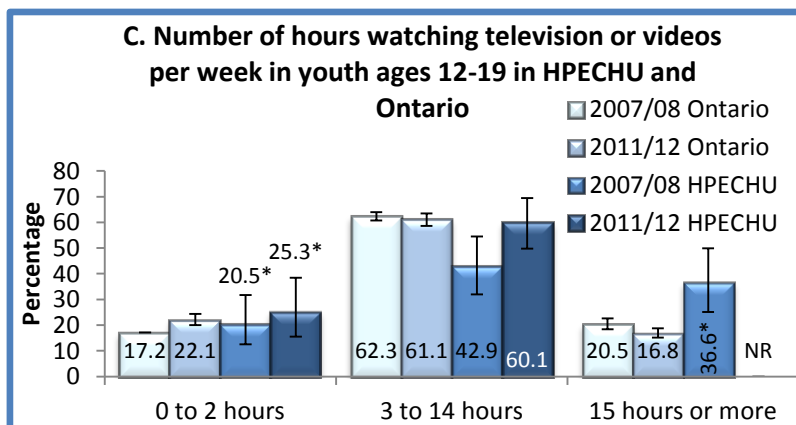
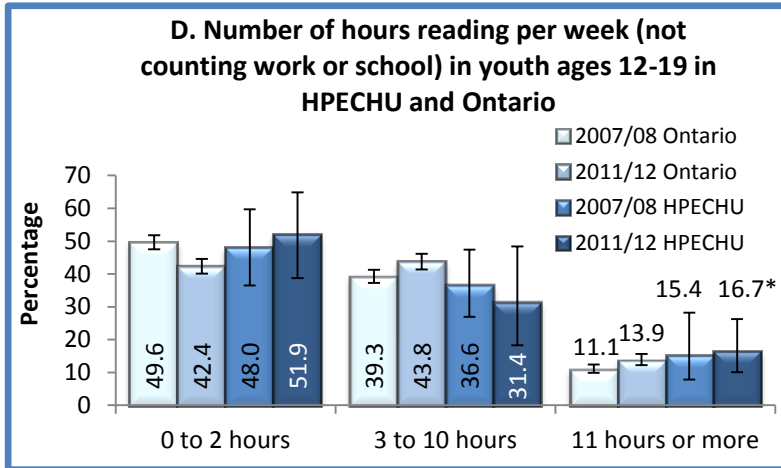


Figure C: Significantly more youth ages 12 to 19 in HPECHU area, 36.6% (25.1-49.8), than youth in Ontario, spent 15 or more hours watching television or videos per week in 2007/08. This averages out to more than two hours per day, which exceeds the limit recommended by the Canadian Sedentary Behaviour Guidelines.

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

\* = use with caution.

## Sedentary Time - Youth



**Sample:** Residents aged 12 to 19 in HPECHU area and Ontario.

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

**Interpretation:**

Figure D: In 2011/12, 51.9% (38.7-64.9) of residents ages 12 to 19 in HPECHU area spent 2 or fewer hours per week reading.

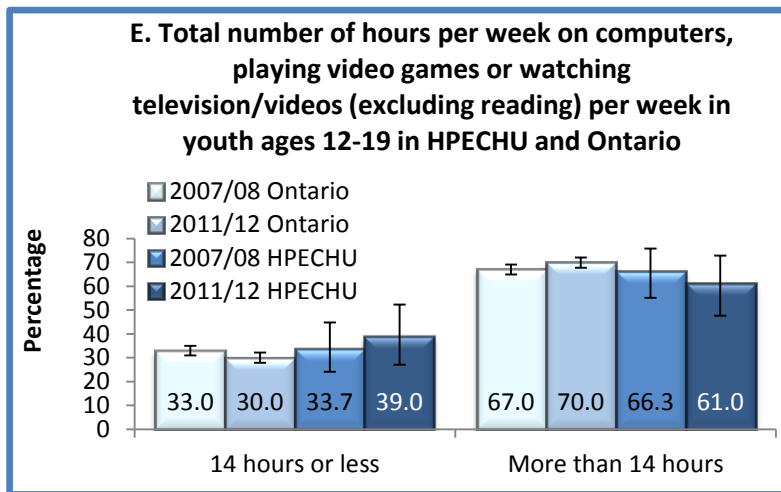


Figure E: In 2011/12, 61.0% (47.7-72.9) of youth ages 12 to 19 in HPECHU area spent more than 14 hours a week on computers, playing video games or watching television/videos. This averages out to more than two hours per day, which exceeds the limit recommended by the Canadian Sedentary Behaviour Guidelines.

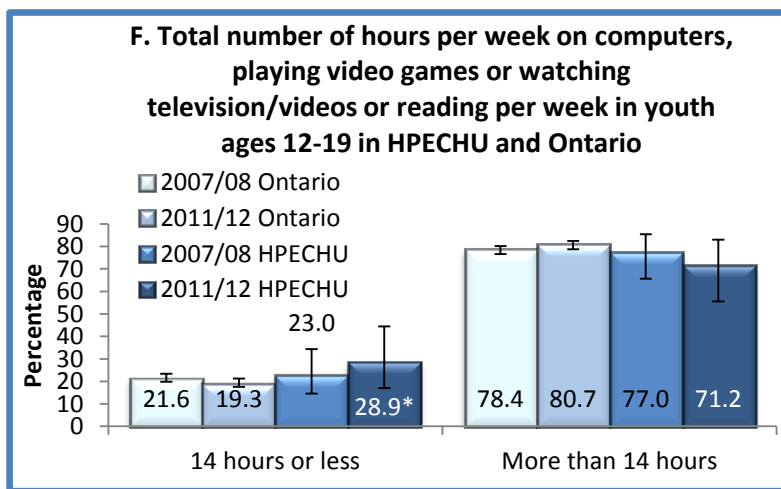


Figure F: In 2011/12, 71.2% (55.6-83.0) of youth ages 12 to 19 in HPECHU area spent more than 14 hours a week on computers, playing video games, watching television/videos or reading. This averages out to more than two hours per day, which exceeds the limit recommended by the Canadian Sedentary Behaviour Guidelines.

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

\* = use with caution.