

Table 4: Screen time by Ontario Health Region	Average number of hours of computer use in a typical week										Average number of hours watching television or videos in a typical week										Total Average Screen Time						
	Respondents 12 to 19 years of age					Respondents 20 years of age and over					Respondents 12 to 19 years of age					Respondents 20 years of age and over					Youth		Adult		Overall Canadian		
	Estimate in hours	95% Confidence Interval		Significantly higher or lower (p<0.05) than Canada	Rank	Estimate in hours	95% Confidence Interval		Significantly higher or lower (p<0.05) than Canada	Rank	Estimate in hours	95% Confidence Interval		Significantly higher or lower (p<0.05) than Canada	Rank	Estimate in hours	95% Confidence Interval		Significantly higher or lower (p<0.05) than Canada	Rank	Hours	Rank	Hours	Rank	Score	Rank	
		Lower	Upper				Lower	Upper				Lower	Upper				Lower	Upper									Lower
Canada	8.7	8.4	9.0			4.7	4.6	4.8			8.8	8.5	9.0			11.1	11.0	11.2			17.7		15.8				
Lambton Health Unit	10.1	7.4	12.8	Same	12	5.8	4.9	6.8	Higher	4	12.0	7.8	16.2	Same	2	12.9	11.8	14.0	Higher	7	22.1	3	18.7	2	5	1	
Hastings and Prince Edward Counties Health Unit	9.6	7.2	12.1	Same	16	5.0	3.9	6.2	Same	12	11.5	8.0	14.9	Same	5	13.8	12.6	15.1	Higher	3	21.1	6	18.9	1	7	3	
Brant County Health Unit	11.8	7.7	15.8	Same	2	4.6	3.9	5.3	Same	16	11.4	8.4	14.4	Same	6	12.8	11.5	14.1	Higher	8	23.1	2	17.4	8	10	4	
Leeds, Grenville and Lanark District Health Unit	9.0	6.8	11.1	Same	22	5.0	4.2	5.8	Same	12	10.8	8.3	13.3	Same	8	12.8	12.0	13.7	Higher	8	19.7	13	17.8	6	19	5	
Haldimand-Norfolk Health Unit	9.3	6.1	12.6	Same	19	4.0	3.1	4.9	Same	22	12.6	9.4	15.8	Higher	1	12.5	11.2	13.9	Same	11	21.9	4	16.5	15	19	5	
Sudbury and District Health Unit	11.0	8.7	13.2	Same	6	4.7	4.1	5.4	Same	15	10.7	8.4	13.0	Same	9	11.6	10.7	12.6	Same	20	21.7	5	16.4	16	21	6	
York Regional Health Unit	11.7	9.9	13.5	Higher	3	5.6	4.8	6.3	Same	6	9.0	7.3	10.8	Same	22	11.0	10.3	11.7	Same	26	20.7	8	16.6	14	22	7	
City of Hamilton Health Unit	10.5	8.4	12.6	Same	9	4.6	3.9	5.2	Same	16	11.2	9.3	13.2	Higher	7	11.7	10.8	12.6	Same	19	21.7	5	16.2	18	23	7	
Waterloo Health Unit	10.2	7.7	12.7	Same	11	5.1	4.5	5.8	Same	11	10.4	8.2	12.6	Same	10	11.3	10.4	12.2	Same	23	20.6	9	16.4	16	25	8	
Middlesex-London Health Unit	9.9	7.9	11.8	Same	14	5.7	5.0	6.4	Higher	5	9.4	7.6	11.2	Same	18	11.3	10.4	12.2	Same	23	19.2	16	17.0	10	26	9	
Kingston, Frontenac and Lennox and Addington Health Unit	9.4	6.9	11.9	Same	18	6.2	5.3	7.0	Higher	2	8.7	7.1	10.3	Same	28	12.2	11.4	13.0	Higher	14	18.1	24	18.3	4	28	10	
District of Algoma Health Unit	10.9	7.9	13.8	Same	7	5.0	4.2	5.9	Same	12	7.5	5.3	9.8	Same	37	12.4	11.3	13.4	Higher	12	18.4	21	17.4	8	29	11	
Durham Regional Health Unit	8.9	6.7	11.1	Same	23	5.3	4.5	6.1	Same	9	10.0	8.3	11.7	Same	13	11.7	10.9	12.4	Same	19	18.9	19	17.0	10	29	11	
Windsor-Essex County Health Unit	9.8	7.8	11.9	Same	15	4.5	3.9	5.1	Same	17	9.7	7.5	11.9	Same	15	11.9	11.1	12.7	Same	17	19.5	14	16.4	16	30	12	
Northwestern Health Unit	9.5	4.9	14.1	Same	17	4.6	3.4	5.7	Same	16	8.9	5.9	12.0	Same	23	12.4	11.0	13.8	Same	12	18.5	20	16.9	11	31	13	
Grey Bruce Health Unit	7.4	4.5	10.4	Same	38	4.3	3.5	5.2	Same	19	11.8	8.6	15.0	Same	4	12.2	10.9	13.5	Same	14	19.2	16	16.5	15	31	13	
Chatham-Kent Health Unit	9.6	6.8	12.5	Same	16	4.4	3.5	5.2	Same	18	8.0	5.9	10.2	Same	32	13.2	11.9	14.4	Higher	6	17.7	27	17.5	7	34	14	
City of Ottawa Health Unit	10.4	8.4	12.5	Same	10	5.7	5.2	6.2	Higher	5	9.6	7.9	11.3	Same	16	9.9	9.3	10.6	Lower	36	20.1	11	15.7	23	34	14	
Peterborough County-City Health Unit	5.8	3.8	7.8	Lower	50	3.8	3.0	4.5	Lower	24	8.0	5.8	10.2	Same	32	12.3	11.3	13.3	Higher	13	13.7	55	16.1	19	74	16	
Simcoe Muskoka District Health Unit	8.1	6.4	9.9	Same	31	4.6	4.1	5.1	Same	16	9.8	8.0	11.6	Same	14	12.3	11.7	13.0	Higher	13	17.9	26	16.9	11	37	17	
Oxford County Health Unit	8.6	6.5	10.8	Same	26	4.0	2.9	5.0	Same	22	11.5	7.6	15.5	Same	5	11.3	10.0	12.6	Same	23	20.2	10	15.3	27	37	17	
Niagara Regional Area Health Unit	8.6	6.6	10.7	Same	26	4.5	3.9	5.0	Same	17	9.5	7.6	11.5	Same	17	12.0	11.0	13.0	Same	16	18.2	23	16.5	15	38	18	
Thunder Bay District Health Unit	10.1	7.6	12.6	Same	12	4.1	3.4	4.8	Same	21	8.4	6.3	10.4	Same	28	12.1	11.2	13.0	Same	15	18.5	20	16.2	18	38	18	
Peel Regional Health Unit	10.7	9.3	12.2	Same	8	4.9	4.4	5.5	Same	13	9.5	7.9	11.1	Same	17	10.1	9.4	10.8	Lower	35	20.2	10	15.0	30	40	20	
Renfrew County and District Health Unit	7.0	4.3	9.7	Same	41	4.1	3.3	4.9	Same	21	9.5	6.6	12.5	Same	17	14.4	13.2	15.6	Higher	1	16.5	38	18.5	3	41	21	
Haliburton, Kawartha, Pine Ridge District Health Unit	7.4	4.1	10.7	Same	38	4.3	3.5	5.1	Same	19	9.6	6.7	12.6	Same	16	13.2	11.9	14.5	Higher	6	17.0	34	17.5	7	41	21	
North Bay, Parry Sound District & Timiskaming Health Units	8.3	5.5	11.1	Same	29	4.3	3.4	5.2	Same	19	9.3	6.5	12.2	Same	19	11.8	11.1	12.4	Same	18	17.7	27	16.1	19	46	26	
Eastern Ontario Health Unit	8.3	6.2	10.4	Same	29	3.6	3.0	4.2	Lower	26	8.7	6.6	10.8	Same	28	12.8	11.7	13.9	Higher	8	17.0	34	16.4	16	50	30	
Halton Regional Health Unit	7.8	6.2	9.4	Same	34	5.8	4.9	6.7	Higher	4	7.8	6.2	9.4	Same	34	10.6	9.9	11.4	Same	30	15.6	42	16.5	15	57	35	
City of Toronto Health Unit	10.4	8.9	11.8	Same	10	5.2	4.8	5.6	Same	10	7.1	6.0	8.2	Lower	40	9.9	9.4	10.4	Lower	36	17.5	29	15.1	29	58	36	
Elgin-St Thomas Health Unit	6.8	3.7	9.9	Same	43	4.9	4.0	5.9	Same	13	8.4	3.7	13.0	Same	28	10.8	9.3	12.3	Same	28	15.2	46	15.7	23	69	42	
Wellington-Dufferin-Guelph Health Unit	7.6	5.0	10.2	Same	36	3.9	3.4	4.4	Lower	23	9.5	7.0	11.9	Same	17	10.4	9.7	11.2	Same	32	17.1	33	14.4	36	69	42	
Huron County & Perth District Health Units	5.2	3.5	7.0	Lower	52	4.1	3.4	4.7	Same	21	9.1	6.8	11.4	Same	21	12.2	11.5	13.0	Higher	14	14.3	53	16.3	17	70	43	
Porcupine Health Unit	9.1	6.5	11.7	Same	21	4.0	3.3	4.7	Same	22	5.9	4.4	7.4	Lower	46	11.7	10.7	12.8	Same	19	15.0	48	15.8	22	70	43	

Data Source : 2007 Canadian Community

Data for adults are age and sex standardized to the Canadian population.