

Table 5: Screen time by Western Health Regions	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	
	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								
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							
Health Region																										
Manitoba																										
Winnipeg Regional Health Authority	8.3	6.6	10.0	Same	29	4.8	4.3	5.3	Same	14	9.7	8.0	11.4	Same	15	12.2	11.5	12.8	Higher	14	18.0	25	17.0	10	35	15
Brandon & Assiniboine Regional Health Authorities	8.6	5.7	11.5	Same	26	3.7	3.1	4.3	Lower	25	8.9	6.4	11.4	Same	23	11.9	11.1	12.8	Same	17	17.5	29	15.6	24	53	32
Parkland, Norman & Burntwood/Churchill Regional Health Authorities	8.9	6.5	11.4	Same	23	3.3	2.9	3.8	Lower	28	9.4	7.8	11.0	Same	18	11.5	10.7	12.3	Same	21	18.3	22	14.8	32	54	33
Interlake Regional Health Authority	5.2	3.2	7.1	Lower	52	3.7	2.8	4.5	Lower	25	8.1	5.9	10.2	Same	31	11.8	10.7	12.9	Same	18	13.2	58	15.5	25	83	50
North Eastman & South Eastman Regional Health Authorities	4.7	3.5	5.9	Lower	55	3.0	2.5	3.5	Lower	31	8.3	6.1	10.4	Same	29	10.5	9.7	11.3	Same	31	13.0	59	13.5	39	98	55
Central Regional Health Authority	4.2	2.7	5.8	Lower	57	3.5	2.7	4.3	Lower	27	5.5	3.8	7.3	Lower	47	9.1	8.1	10.1	Lower	41	9.8	62	12.6	41	103	57
Saskatchewan																										
Regina Qu'Appelle Regional Health Authority	8.4	6.2	10.5	Same	28	5.2	4.5	5.9	Same	10	9.3	7.0	11.5	Same	19	11.6	10.8	12.3	Same	20	17.6	28	16.8	12	40	20
Sun Country, Five Hills & Cypress Regional Health Authorities	8.2	6.4	10.0	Same	30	4.0	3.5	4.5	Lower	22	9.5	7.6	11.3	Same	17	12.0	11.2	12.7	Same	16	17.7	27	16.0	20	47	27
Saskatoon	8.6	6.0	11.2	Same	26	4.5	3.9	5.2	Same	17	7.7	5.9	9.4	Same	35	10.5	9.6	11.3	Same	31	16.3	39	15.0	30	69	43
Prince Albert Parkland & Mamawetan/Keewatin/Athabasca Regional Health Authorities	5.9	3.3	8.4	Same	49	4.2	3.2	5.3	Same	20	7.5	5.5	9.5	Same	37	12.4	11.2	13.6	Same	12	13.4	56	16.6	14	70	43
Heartland & Prairie North Regional Health Authorities	7.9	5.6	10.2	Same	33	2.8	2.2	3.3	Lower	33	9.2	7.3	11.1	Same	20	10.7	9.8	11.7	Same	29	17.1	33	13.5	39	72	44
Sunrise & Kelsey Trail Regional Health Authorities	7.5	4.8	10.2	Same	37	2.5	2.0	2.9	Lower	34	8.7	7.2	10.3	Same	28	11.3	10.4	12.1	Same	23	16.2	40	13.8	38	78	47
Alberta																										
Calgary Health Region	9.0	7.2	10.7	Same	22	5.2	4.8	5.6	Same	10	9.4	7.8	10.9	Same	18	10.8	10.2	11.5	Same	28	18.3	22	16.0	20	42	22
Capital Health	7.8	6.5	9.2	Same	34	5.4	4.9	6.0	Higher	8	9.5	8.1	10.9	Same	17	10.4	9.7	11.1	Same	32	17.3	31	15.8	22	53	32
Palliser Health Region	8.0	5.9	10.0	Same	32	4.9	4.1	5.6	Same	13	8.6	6.5	10.8	Same	26	11.3	10.4	12.2	Same	23	16.6	37	16.1	19	56	34
David Thompson Regional Health Authority	7.0	5.1	9.0	Same	41	4.2	3.6	4.8	Same	20	9.6	7.5	11.7	Same	16	11.3	10.5	12.1	Same	23	16.7	36	15.5	25	61	38
Aspen Regional Health Authority	7.7	5.5	9.9	Same	35	3.8	3.2	4.3	Lower	24	9.1	7.0	11.3	Same	21	11.3	10.4	12.3	Same	23	16.8	35	15.1	29	64	39
Chinook Regional Health Authority	7.8	5.3	10.2	Same	34	5.4	4.7	6.2	Same	8	7.3	5.4	9.2	Same	39	10.6	9.6	11.6	Same	30	15.1	47	16.1	19	66	40
Peace Country & Northern Lights Health	7.5	5.6	9.3	Same	37	4.5	4.0	5.0	Same	17	7.6	6.1	9.2	Same	36	10.5	9.7	11.3	Same	31	15.1	47	15.0	30	77	46
East Central Health	4.8	3.5	6.2	Lower	54	2.8	2.3	3.2	Lower	33	8.6	6.6	10.6	Same	26	11.1	10.4	11.8	Same	25	13.4	56	13.9	38	94	54
British Columbia																										
Richmond Health Service Delivery Area	10.0	7.0	13.0	Same	13	6.2	5.1	7.2	Higher	2	9.2	7.2	11.1	Same	20	11.3	10.3	12.3	Same	23	19.2	16	17.5	7	23	7
Central Vancouver Island Health Service Delivery Area	9.0	6.5	11.5	Same	22	5.5	4.5	6.4	Same	7	8.6	5.4	11.8	Same	26	11.5	10.6	12.3	Same	21	17.6	28	16.9	11	39	19
Thompson/Cariboo Health Service Delivery Area	8.5	6.1	11.0	Same	27	4.8	4.2	5.4	Same	14	8.8	5.6	12.0	Same	24	12.1	11.2	13.0	Same	15	17.3	31	16.9	11	42	22
Vancouver Health Service Delivery Area	11.3	8.5	14.0	Same	5	6.3	5.5	7.1	Higher	1	6.8	4.6	9.0	Same	43	9.8	9.1	10.6	Lower	37	18.1	24	16.2	18	42	22
Kootenay-Boundary Health Service Delivery Area	9.8	5.3	14.2	Same	15	4.1	3.4	4.7	Same	21	9.3	4.5	14.1	Same	19	11.2	9.7	12.7	Same	24	19.0	18	15.3	27	45	25
North Vancouver Island Health Service Delivery Area	7.6	3.6	11.6	Same	36	4.7	3.7	5.7	Same	15	7.7	4.0	11.3	Same	35	12.0	10.8	13.1	Same	16	15.3	45	16.7	13	58	36
Okanagan Health Service Delivery Area	8.8	5.3	12.2	Same	24	4.4	3.8	5.0	Same	18	8.1	6.3	9.9	Same	31	11.3	10.4	12.2	Same	23	16.8	35	15.7	23	58	36
East Kootenay Health Service Delivery Area	9.6	6.3	12.8	Same	16	4.2	3.1	5.3	Same	20	7.6	4.4	10.7	Same	36	11.0	9.7	12.4	Same	26	17.1	33	15.3	27	60	37
Fraser North Health Service Delivery Area	9.9	7.5	12.4	Same	14	5.5	4.9	6.0	Higher	7	7.7	5.4	10.0	Same	35	9.2	8.6	9.9	Lower	40	17.6	28	14.7	33	61	38
South Vancouver Island Health Service Delivery Area	7.2	5.1	9.2	Same	39	5.6	4.9	6.3	Higher	6	6.3	4.1	8.5	Same	45	11.1	10.3	11.8	Same	25	13.4	56	16.7	13	69	42
North Shore/Coast Garibaldi Health Service Delivery Area	6.7	4.2	9.2	Same	44	5.8	4.7	6.9	Same	4	7.1	4.7	9.4	Same	41	10.2	9.2	11.2	Same	34	13.7	55	16.0	20	75	45
Fraser South Health Service Delivery Area	8.0	5.8	10.2	Same	32	5.0	4.3	5.7	Same	12	7.4	5.6	9.2	Same	38	9.9	9.1	10.7	Lower	36	15.4	44	14.9	31	75	47
Northern Interior Health Service Delivery Area	7.0	5.6	8.5	Same	41	3.9	3.2	4.6	Same	23	8.0	5.9	10.0	Same	32	11.0	10.1	11.8	Same	26	15.0	48	14.9	31	79	48
Northwest & Northeast Health Service Delivery Areas	5.9	2.7	9.1	Same	49	4.9	3.9	6.0	Same	13	5.2	2.0	8.4	Lower	48	10.4	9.4	11.4	Same	32	11.1	61	15.4	26	87	51
Fraser East Health Service Delivery Area	4.4	2.6	6.2	Lower	56	4.4	3.5	5.2	Same	18	5.2	3.2	7.3	Lower	48	9.7	8.8	10.6	Lower	38	9.6	63	14.1	37	100	56

Data Source : 2007 Canadian Community Health Survey

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