

Sedentary Activity, Waterloo Region & Ontario, 2011-2012

Table 1. Proportion of the population aged 12 years and older who frequently used or viewed a screen during their leisure time, by type of sedentary activity, Waterloo Region & Ontario, 2011-2012

Place of residence	Age group	Type of sedentary activity	Length of time per week	Per cent
Waterloo Region	12 years and older	Watching television or videos	15 hours or more	29.4 (CI:26.1-32.8)
	12 to 25 years	Playing video games	11 hours or more	2.5 (CI:1.5-3.5) ^E
	12 years and older	Using a computer	11 hours or more	25.9 (CI:22.2-29.5)
	12 years and older	Any of the above	15 hours or more	62.7 (CI:58.9-66.5)
Ontario	12 years and older	Watching television or videos	15 hours or more	29.0 (CI:28.2-29.8)
	12 to 25 years	Playing video games	11 hours or more	3.3 (CI:3.0-3.6)
	12 years and older	Using a computer	11 hours or more	26.7 (CI:25.9-27.6)
	12 years and older	Any of the above	15 hours or more	61.5 (CI:60.6-62.4)

Definition:

Proportion of population aged 12 years and older who frequently engage in sedentary activities (i.e., using or viewing a screen) during their leisure time. Screen time activities include television or video viewing, computer use, and video game playing.

Sedentary activities were considered frequent if the following length of time was accumulated over a typical week in the past three months:

- Watching television or videos: 15 or more hours per week
- Playing video games (aged 12 to 25 years only): 11 or more hours per week
- Using a computer: 11 or more hours per week
- Watching television or videos, using a computers, and playing video games: 15 or more hours per week

Table 2. Proportion of the population aged 12 years or older who frequently used or viewed a screen during their leisure time, by sex, age, municipality, household income, level of education & immigration status, Waterloo Region, 2011-2012

	Measure	Per cent
Sex	Male	63.3 (CI:57.5-69.0)
	Female	62.2 (CI:56.7-67.6)
Age group	12 to 17 years	58.1 (CI:45.5-70.8)
	18 to 24 years	78.6 (CI:70.2-87.0)
	25 to 34 years	70.6 (CI:61.8-79.3)
	35 to 49 years	53.0 (CI:43.9-62.2)
	50 to 64 years	64.2 (CI:56.8-71.6)
	65 years and older	62.4 (CI:54.9-69.8)
Municipality	Cambridge	57.2 (CI:49.5-65.0)
	Kitchener	65.1 (CI:59.5-70.8)
	Waterloo	69.4 (CI:60.2-78.6)
	Townships	55.3 (CI:46.3-64.3)
Household income	Less than \$40,000	66.2 (CI:58.8-73.5)
	\$40,000 or more	61.7 (CI:57.4-66.0)
	Don't know/refused	F
Level of education	Less than high school	60.0 (CI:51.6-68.4)
	High school diploma	70.5 (CI:61.5-79.5)
	Some post-secondary	72.0 (CI:56.1-88.0)
	Post-secondary degree	61.9 (CI:56.7-67.1)
Immigration status	Immigrant	56.0 (CI:46.8-65.2)
	Canadian-born	65.3 (CI:60.8-69.9)

Limitations and Notes:

The CCHS is based on self-reported data collected in telephone and in-person interviews. The CCHS excludes individuals living on Indian reserve communities, institutions, full-time members of the Canadian Armed Forces, and residents of remote regions of the country.

Self-reported measures are subject to such sources of bias as social desirability bias and recall bias.

Estimates provided at the municipal level may not be representative of the given population as the CCHS sampling frame was not designed for analysis below the health region level.

'Don't know', refused and not stated responses were removed from analysis when they represented less than five per cent of the sample. In removing these responses from the denominator, the assumption is that the missing values are random, which is not always the case.

The 'Townships' category combines responses from North Dumfries, Wellesley, Wilmot and Woolwich townships.

'CI' refers to 95 per cent confidence limits. The superscript 'E' denotes high sampling variability, and estimates must be interpreted with caution. The 'F' denotes estimates which were suppressed due to unacceptably high sampling variability.

Limitations and Notes (continued):

There is an inherent assumption in this indicator that individuals are sedentary while spending leisure time in front of a screen, which may not always be the case. Some individuals may perform some physical activity during screen time (e.g., walking on a treadmill or playing on 'active' video game consoles that designed to promote movement and participant interaction).

Source:

Canadian Community Health Survey, 2011-2012. Statistics Canada, Share File, Ontario MOHLTC.

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