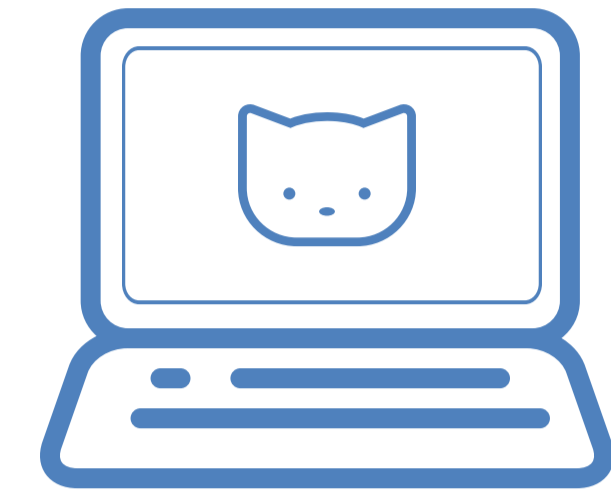
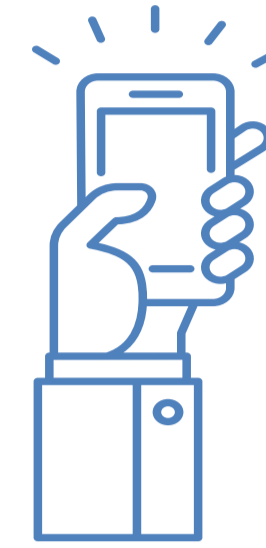
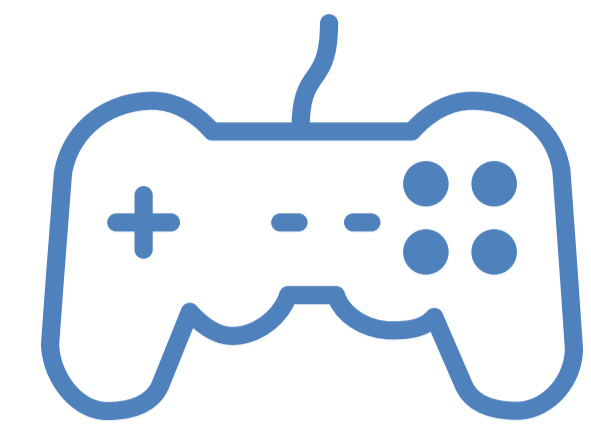
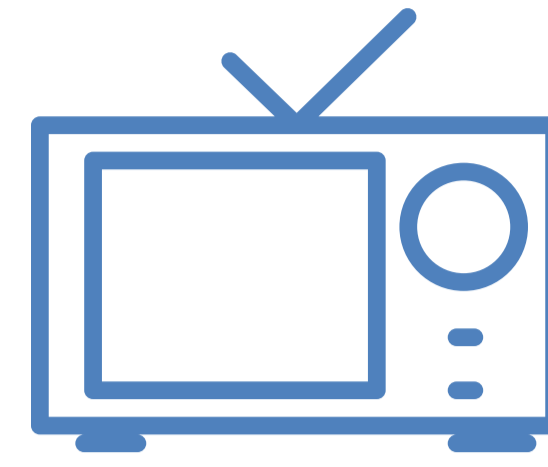


SCREEN USE

WHAT IS SCREEN USE?

Screen use includes using a computer (including playing computer games), using the Internet, playing video games, and watching television or videos.



55%

OF GREY BRUCE RESIDENTS
SPEND 2+ HOURS OF THEIR FREE
TIME PER DAY USING SCREENS



LOWER LEVELS OF EXCESSIVE SCREEN USE LOCALLY THAN IN ONTARIO

Overall, Grey Bruce residents are less likely than Ontarians to spend 2 or more hours per day of their leisure time using screens. This is also true of Grey Bruce residents aged 18 to 34 when compared to Ontarians in the same age group.

OLDER ADULTS ARE FREQUENT SCREEN USERS

Excessive screen use in Grey Bruce is more common among older adults than among middle-aged adults.

35 to 49



44%

65+



65%