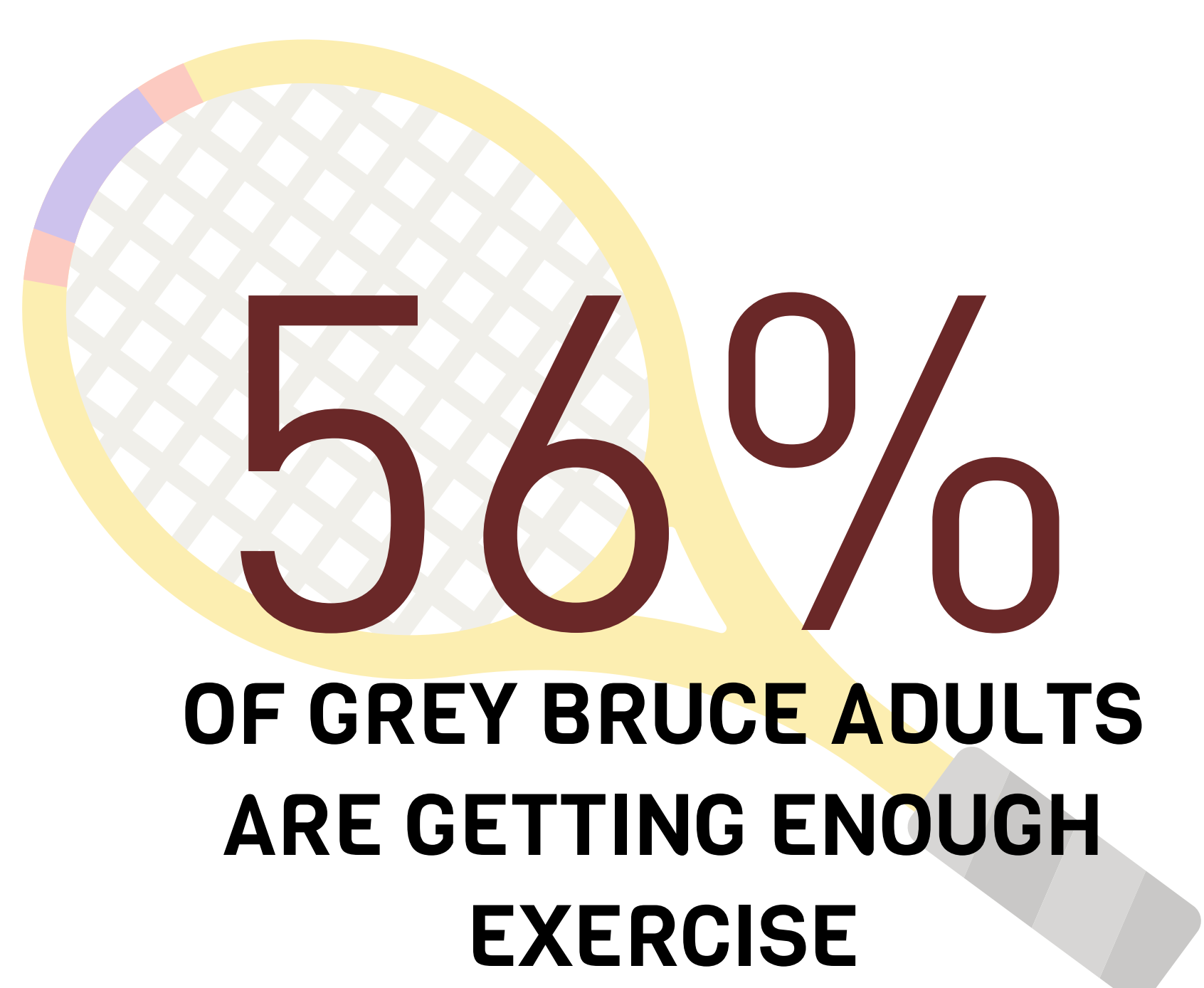
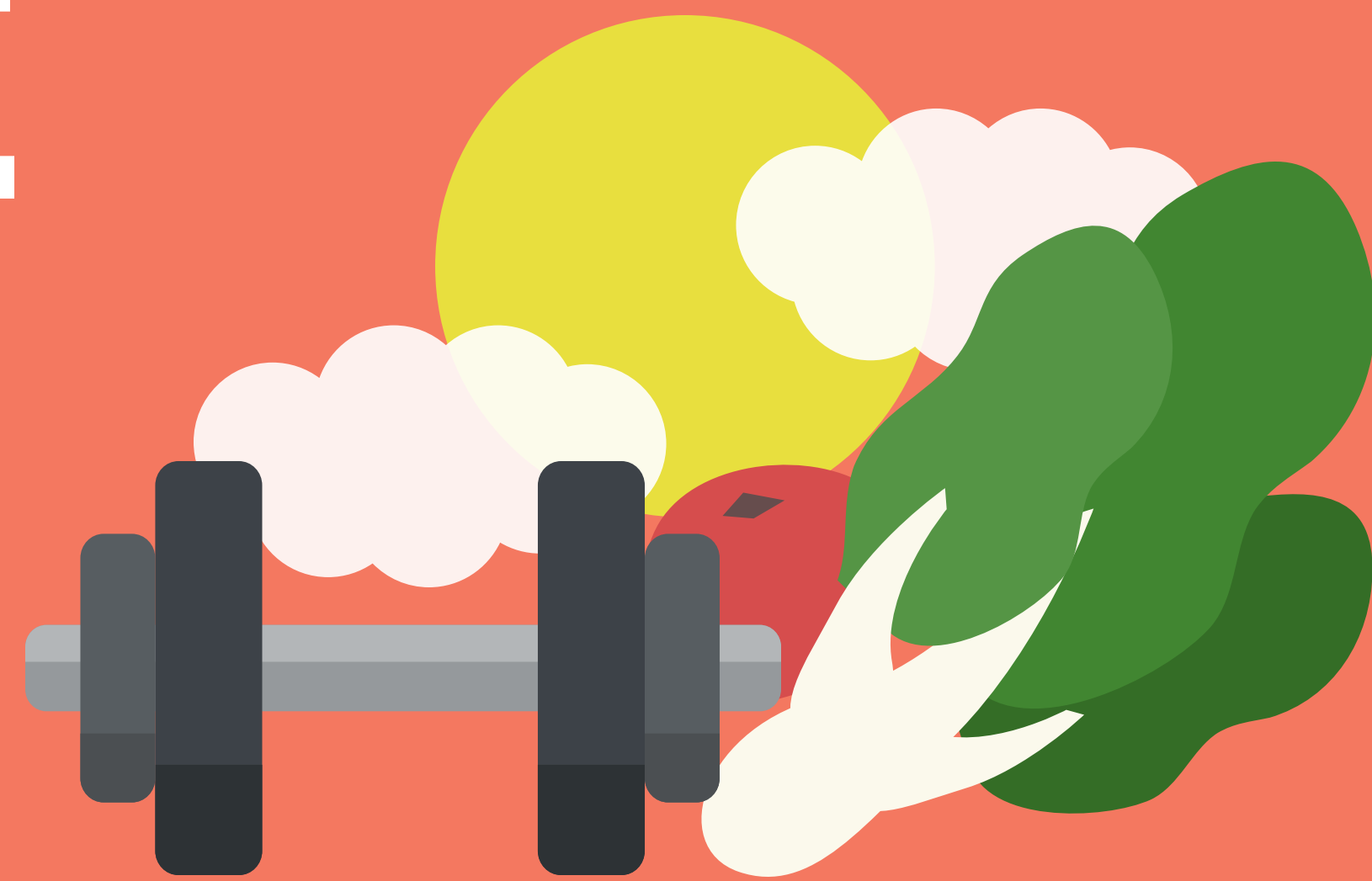


HEALTHY BEHAVIOURS IN GREY BRUCE

HOW DO WE COMPARE TO ONTARIO?



56%
OF GREY BRUCE ADULTS
ARE GETTING ENOUGH
EXERCISE



PHYSICAL ACTIVITY: ADULTS

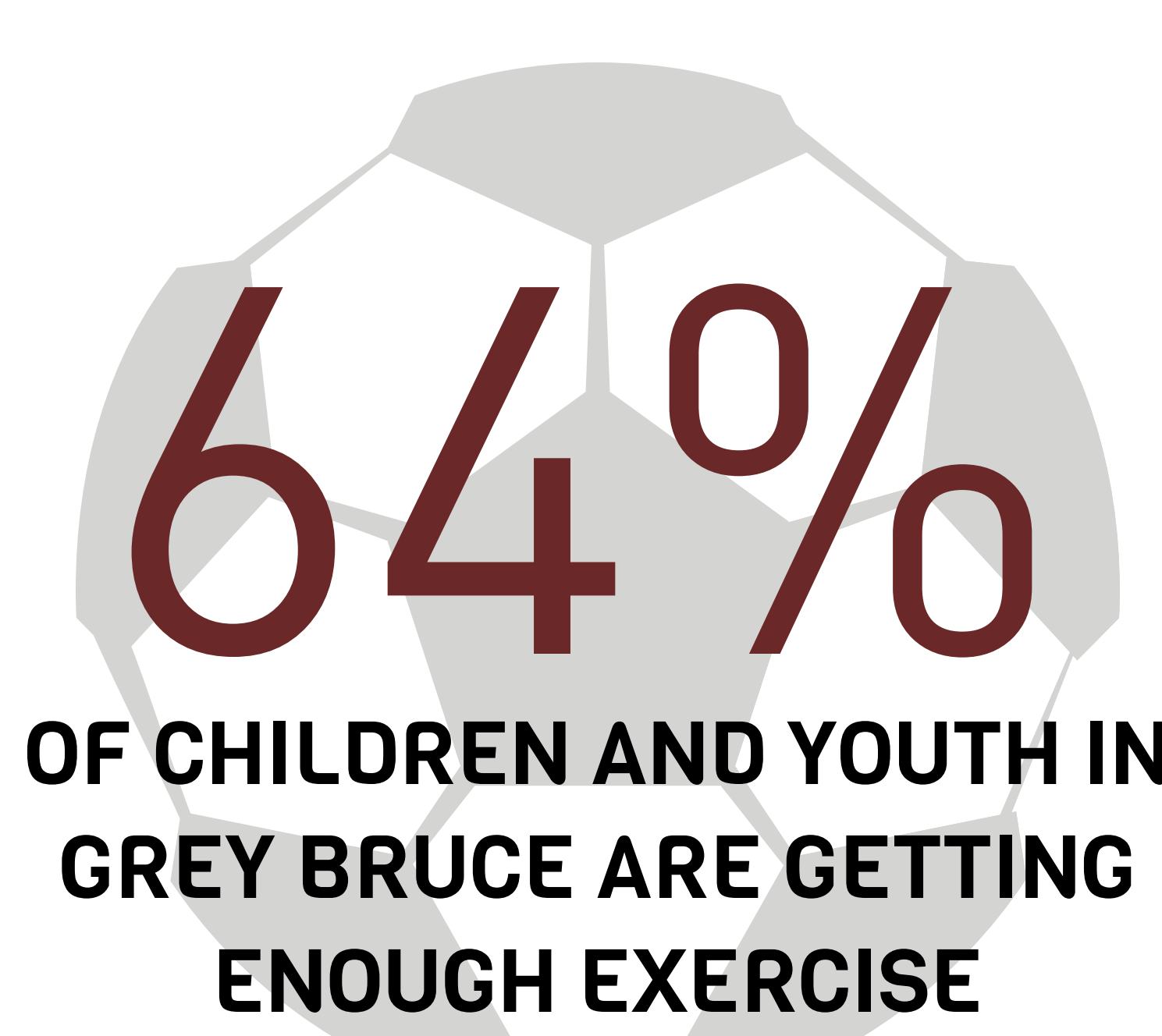
Overall, Grey Bruce residents and Ontarians are similarly likely to meet Canadian Physical Activity Guidelines.

Grey Bruce residents aged 35 to 49 are more likely to meet these guidelines than Ontarians in the same age category.

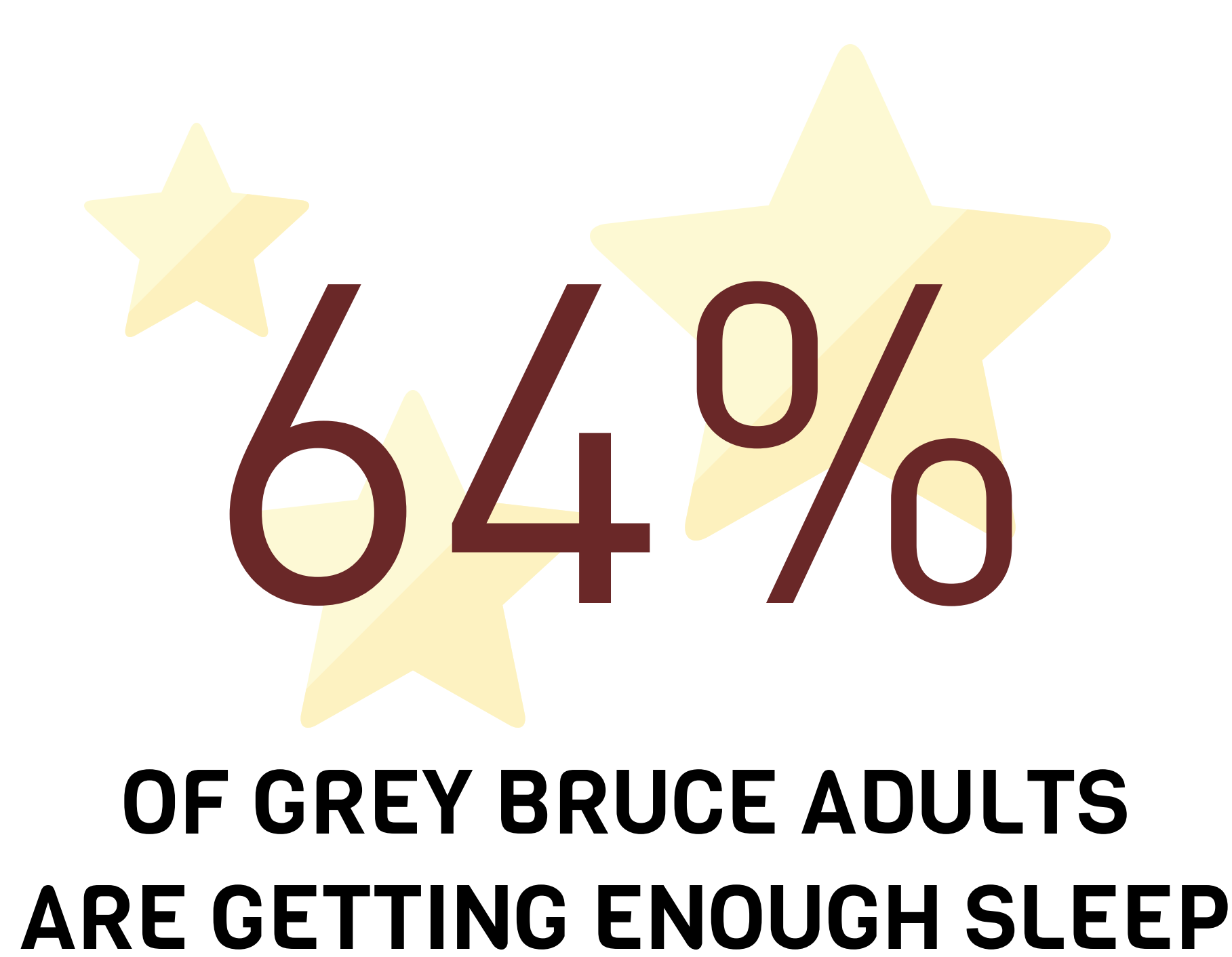
PHYSICAL ACTIVITY: CHILDREN & YOUTH

Children and youth aged 12 to 17 in Grey Bruce and Ontario are similarly likely to meet Canadian Physical Activity Guidelines.

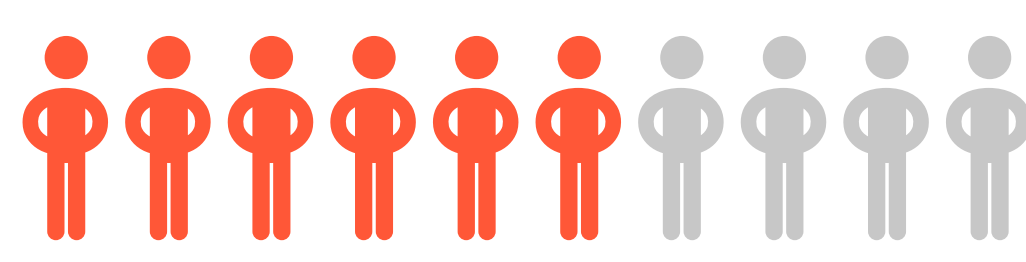
Young females in Grey Bruce are more likely than in Ontario to meet these guidelines.



64%
OF CHILDREN AND YOUTH IN
GREY BRUCE ARE GETTING
ENOUGH EXERCISE



64%
OF GREY BRUCE ADULTS
ARE GETTING ENOUGH SLEEP



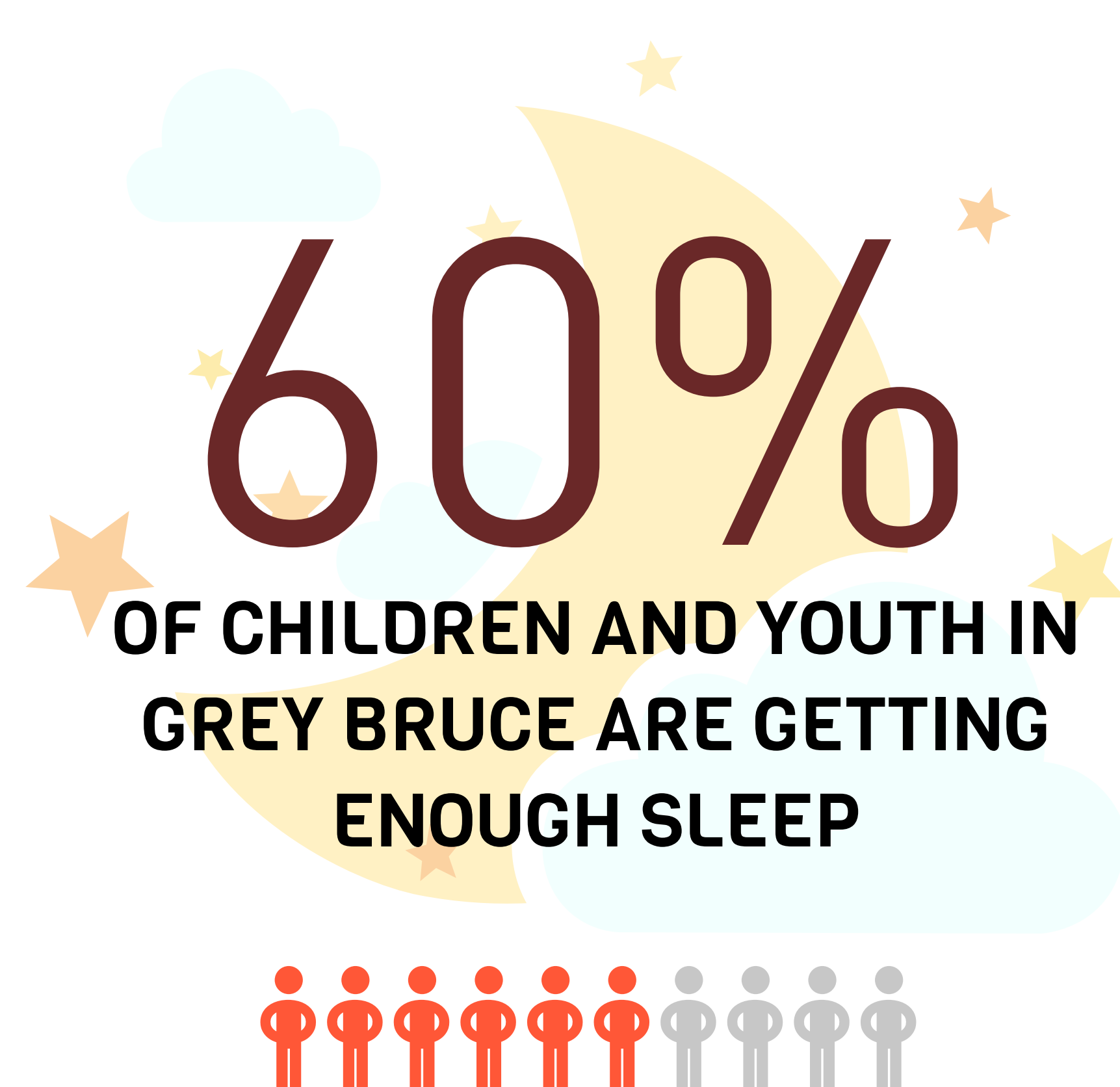
SLEEP: ADULTS

Overall, adults in Grey Bruce are more likely to get 7 or more hours of sleep per night than in Ontario.

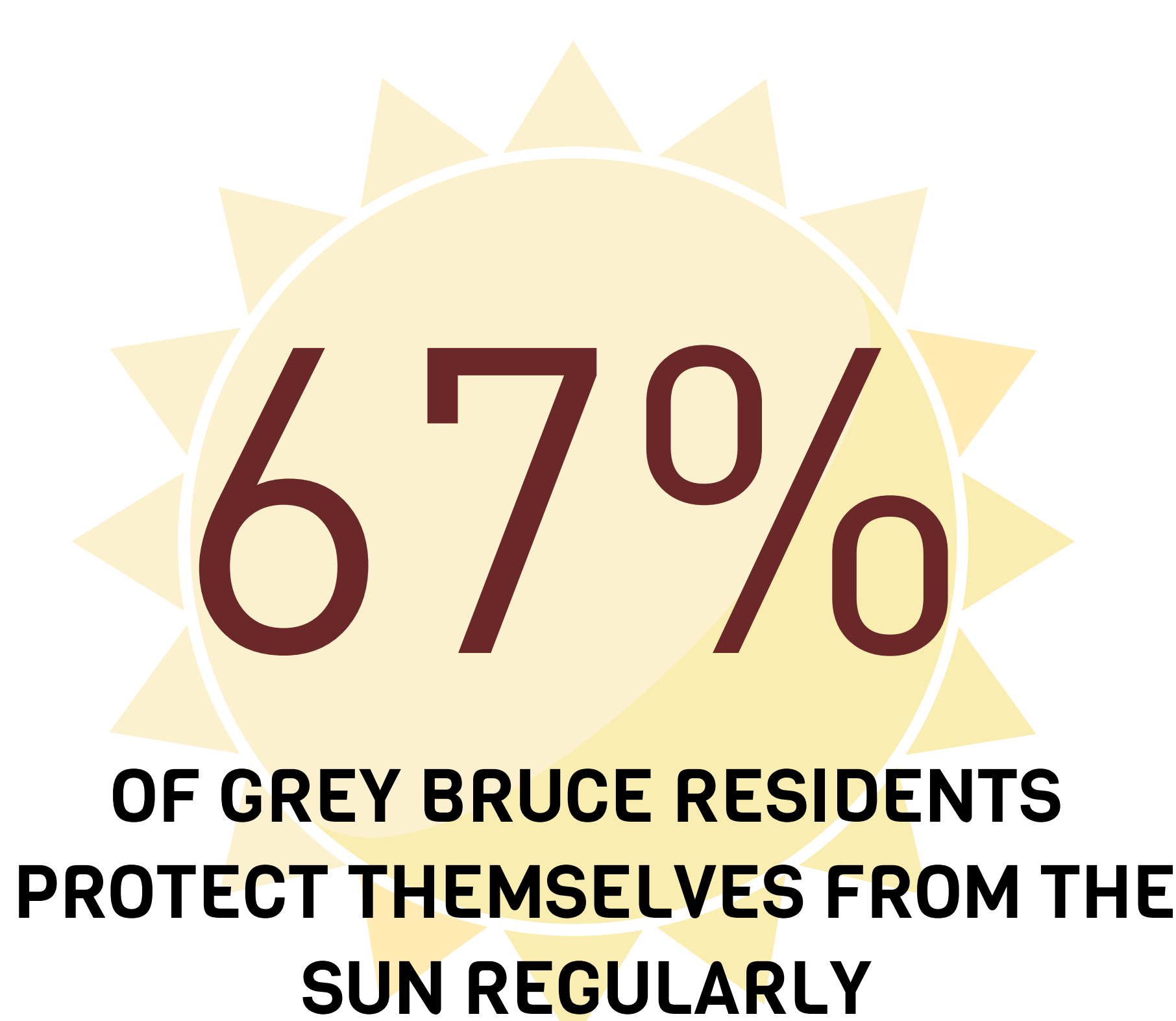
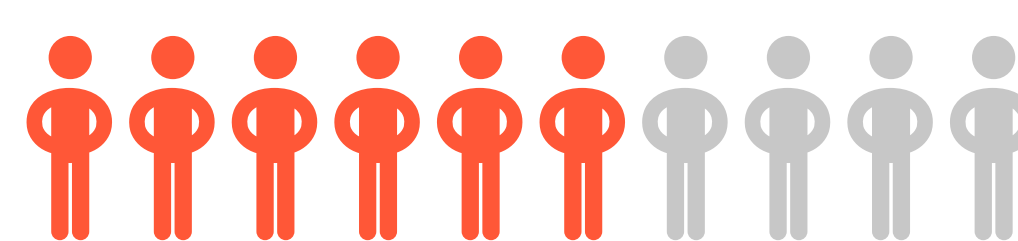
This was also true of male and female residents, and of every age group except 50 to 64, when compared to their counterparts in Ontario.

SLEEP: CHILDREN & YOUTH

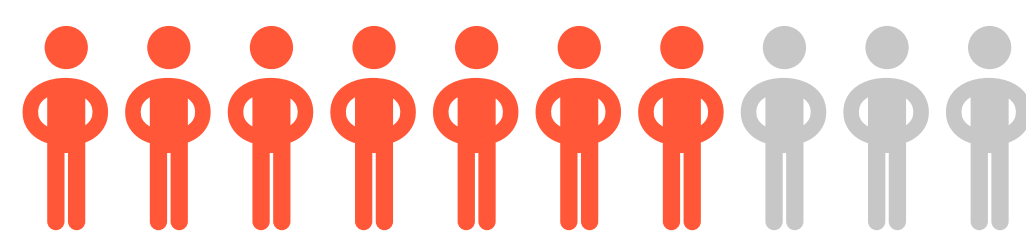
Children and youth aged 12 to 17 in Grey Bruce and Ontario are similarly likely to get between 8 and 10 hours of sleep per night.



60%
OF CHILDREN AND YOUTH IN
GREY BRUCE ARE GETTING
ENOUGH SLEEP



67%
OF GREY BRUCE RESIDENTS
PROTECT THEMSELVES FROM THE
SUN REGULARLY



SUN SAFETY

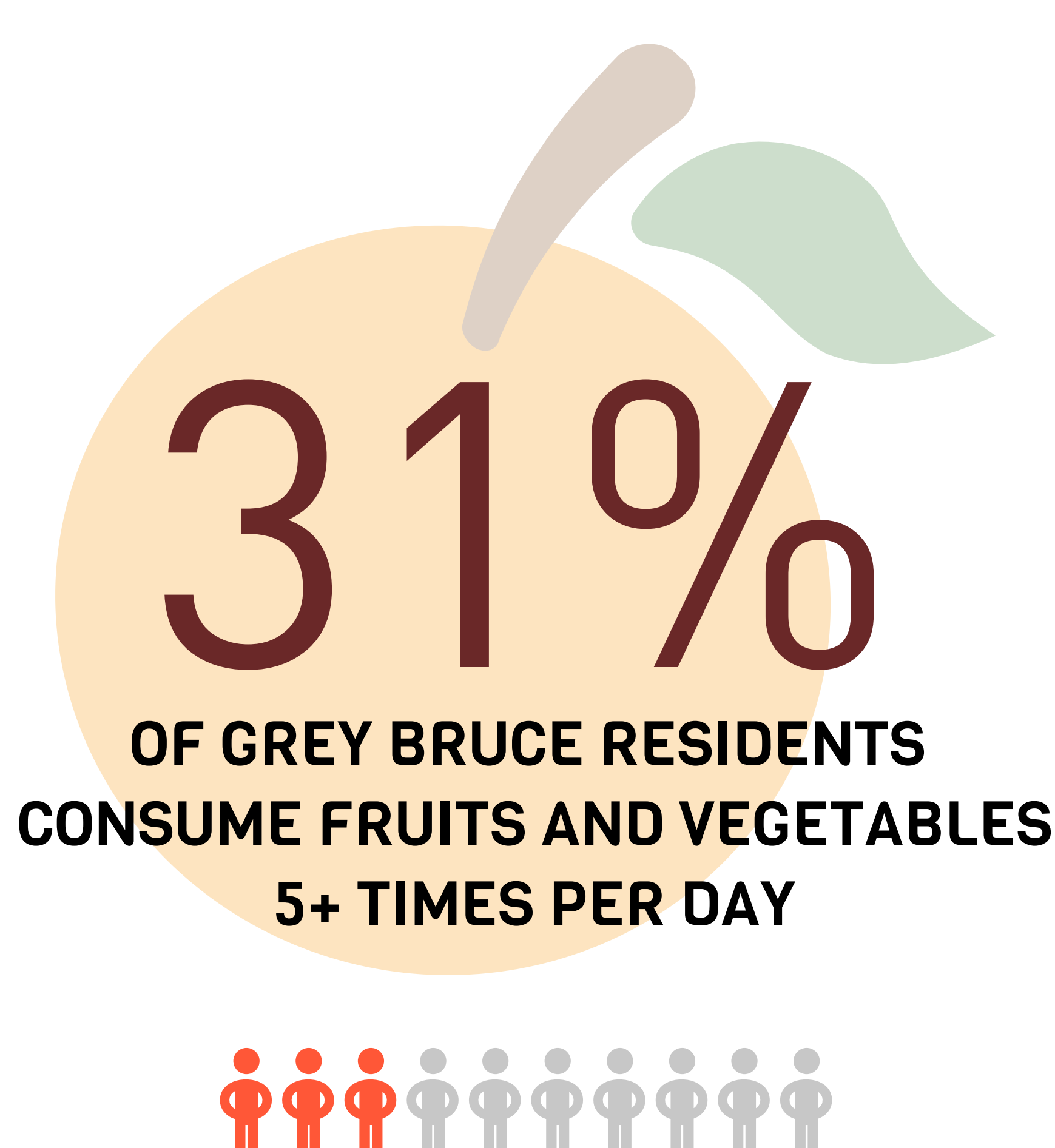
Grey Bruce residents and Ontarians are similarly likely to protect themselves from the sun often or always.

Female residents of Grey Bruce and those aged 18 to 34, however, were less likely than their counterparts in Ontario to do so.

FRUIT & VEGETABLE CONSUMPTION

Overall, Grey Bruce residents and Ontarians are similarly likely to consume fruits and vegetables five or more times per day.

Grey Bruce residents aged 65+ were more likely than Ontarians in that age group to do so.



31%
OF GREY BRUCE RESIDENTS
CONSUME FRUITS AND VEGETABLES
5+ TIMES PER DAY

