



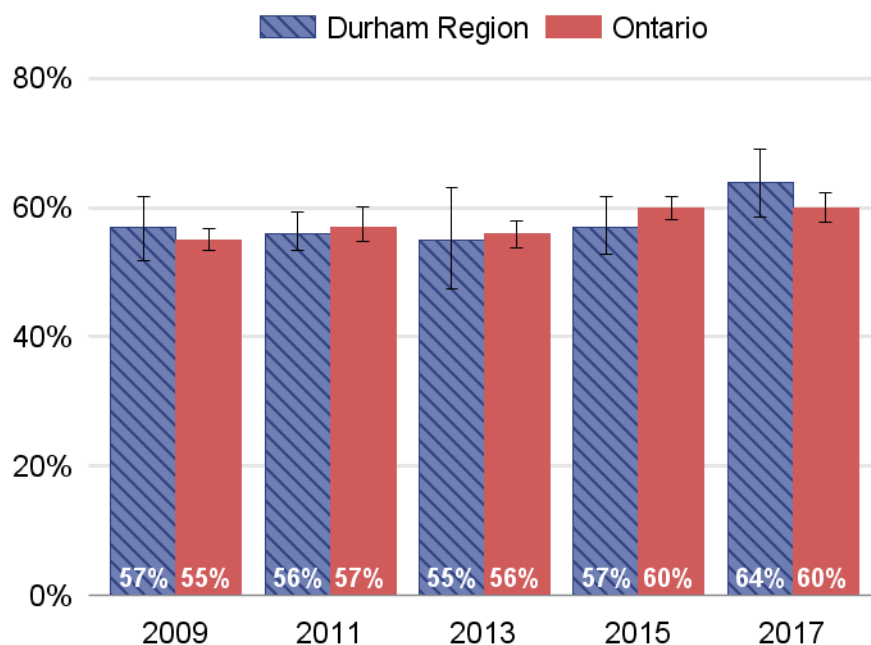
DURHAM REGION  
HEALTH DEPARTMENT

## Trends In: Recreational Screen time (August 2018)

Public Health Monitoring of Risk Factors in Ontario (PMO)

Collaboration with Durham Region Health Department and the Centre for Addiction and Mental Health (CAMH)

**Figure 1.** Screen time (exceeding two hours daily), students Grades 7-12, 2009-2017



### Key Findings

- In 2017, 64% of Durham Region students exceeded two hours of daily screen time, representing approximately 32,800 students.
- From 2015 to 2017, there was a significant increase in the rate of screen time in Durham Region students.
- Since 2009, there was no significant difference in the rate of screen time among Durham Region students.
- There was no statistical difference in the trend of screen time between Durham Region and the rest of Ontario.

**Table 1.** Trend Analysis, 2009-2017 (per cent and 95 per cent confidence interval)

2009	2011	2013	2015	2017	Recent Trend 2015-2017	Overall Trend	Durham Region vs. Ontario Trend
57 (52-62)	56 (53-59)	55 (47-63)	57 (53-62)	64 (59-69)	Increase	No difference	Not different

## **The Ontario Student Drug Use and Health Survey (OSDUHS)**

The OSDUHS is an Ontario-wide survey, conducted every 2 years, targeting students in Grades 7-12, enrolled in Ontario's publicly funded school systems (English language public, English language Catholic, French language public, and French language Catholic). Oversampling in Durham Region's local publicly funded schools has occurred since 2008. The OSDUHS monitors awareness and use of alcohol, tobacco, other drugs, and the mental and physical well-being of Ontario students. For a detailed description of the OSDUHS, visit the [Centre for Addiction and Mental Health website](#).

### **Analysis Notes**

Analysis was conducted using SAS software version 9.4. The recent trend, overall trend, and the difference in the trend between Durham Region and the rest of Ontario were estimated using logistic regression (see Table 1). Recent trend refers to the change in the indicator from the previous survey and is identified in the table as either an increase, decrease, or no difference. Overall trend refers to the presence of a consistent change in the indicator across all years and is identified in the table as increasing, decreasing, or no difference. Durham Region verses Ontario trend refers to a difference in the slope of the trend for Durham Region compared with the rest of Ontario and is identified in the table as different or not different. In Figure 1, error bars depict the 95% confidence interval of the estimate, indicating that the true or actual percentage falls within the range of the confidence interval 95 out of 100 times. All analyses utilized a significance level of  $\alpha = 0.05$ .

### **Acknowledgement**

The data used in this publication came from the OSDUHS conducted by the Centre for Addiction and Mental Health (CAMH) and administered by the Institute for Social Research, York University. Its contents and interpretation are solely the responsibility of the author and do not necessarily represent the official view of the CAMH.

### **Contact Information**

For more information, visit the [Durham Region Health Department website](#), or call 1-800-841-2729 or 905-666-6241.