

HEALTH BEHAVIOURS

- Many factors influencing chronic disease outcomes are modifiable. Physical inactivity, poor diet and excess consumption of refined sugars are associated with increased rates of chronic disease.^{1,2} Additionally, despite the preventable nature of injuries, they continue to be the leading cause of death for young Canadians.³
- The Canadian Sedentary Behaviour Guidelines recommends a maximum of 2 hours of screen time per day, for children 5 to 17 years of age. Following these guidelines may lead to improved self-esteem, social behaviours, academic achievement, body composition and improved fitness.⁴
- Additionally, with the constant presence of cell phones and other mobile devices, use among young drivers is a concern. The use of cell phones and other mobile devices while driving increases inattentive/distracted driving, which has been identified as a factor in 16% of all traffic fatalities in Ontario in 2013.⁵
- The level of perceived risk related to inattentive/distracted driving, seatbelt use, cycling-related injuries and collisions may not be adequate among youth. The potential for serious and life-long consequences, including death, should not be ignored.

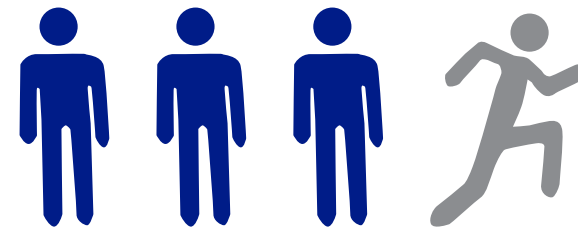
**HKPR District includes Haliburton County,
Northumberland County and
City of Kawartha Lakes**

Results from the 2013 Ontario Student Drug Use and Health Survey

66.9% of HKPR District Grade 7-12 students reported their self-rated health as 'Excellent' or 'Very Good'.



More than **3 in 4** HKPR District Grade 7-12 students did not meet the 60 minute requirement for daily physical activity.



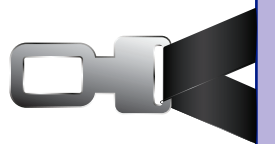
1 in 4 HKPR District Grade 7-12 students were overweight for their corresponding age and sex⁶, which is significantly higher than the rest of Ontario.

(RR=1.07; 95% CI: 1.02, 1.12)

Nearly **4 in 10** HKPR District Grade 7-12 students only reported eating breakfast on two or less of the previous five school days.

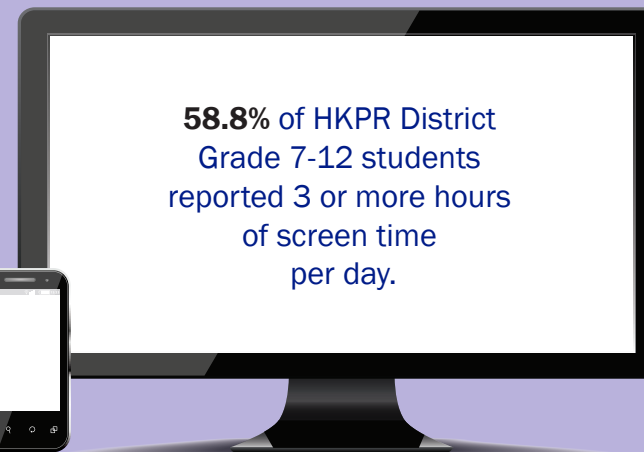


21.9% of HKPR District students in Grade 7-12 reported they did not always use a seatbelt when traveling in a vehicle.



Nearly **40%** of HKPR District Grade 10-12 students with a driver's license report sending at least one text message while driving in the past 12 months.

58.8% of HKPR District Grade 7-12 students reported 3 or more hours of screen time per day.



Nearly **2 in 3** HKPR District Grade 7-12 students who reported riding a bicycle in the past year, reported not wearing a helmet 'all the time'.



References

- 1) Janssen, I. PHAC. Obesity in Canada: Appendix 2. Updated economic burden of obesity analysis: summary of methodology. 2011 (Updated 2011 June 23; cited 2016 Mar 03). Available from: <http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/oic-oac/app-ann-2-eng.php>
- 2) Katzmarzyk P, Janssen I. The Economic Costs Associated with Physical Inactivity and Obesity in Canada: An Update. *Canadian Journal of Applied Physiology* 29 (2004): pp. 90-115
- 3) Parachute (2015). *The Cost of Injury in Canada*. Parachute: Toronto, ON. Available from: http://www.parachutecanada.org/downloads/research/Cost_of_Injury-2015.pdf
- 4) Canadian Society for Exercise Physiology. Canadian Sedentary Behaviour Guidelines: 2011 scientific statements. Available from: http://www.csep.ca/CMFiles/Guidelines/CanadianSedentaryGuidelinesStatements_E_2012.pdf
- 5) Road Safety Research Office, Safety Policy and Education Branch, Ministry of Transportation (2015). *Preliminary 2013 Ontario Road Safety Annual Report Selected Statistics*. Ministry of Transportation: Toronto, ON
- 6) Cole TJ, Bellizzi MC, Flegal KM, Dietz WH. Establishing a standard definition for child overweight and obesity worldwide; international survey. *BMJ*. 2000 May 6; 320(7244): 1240-3