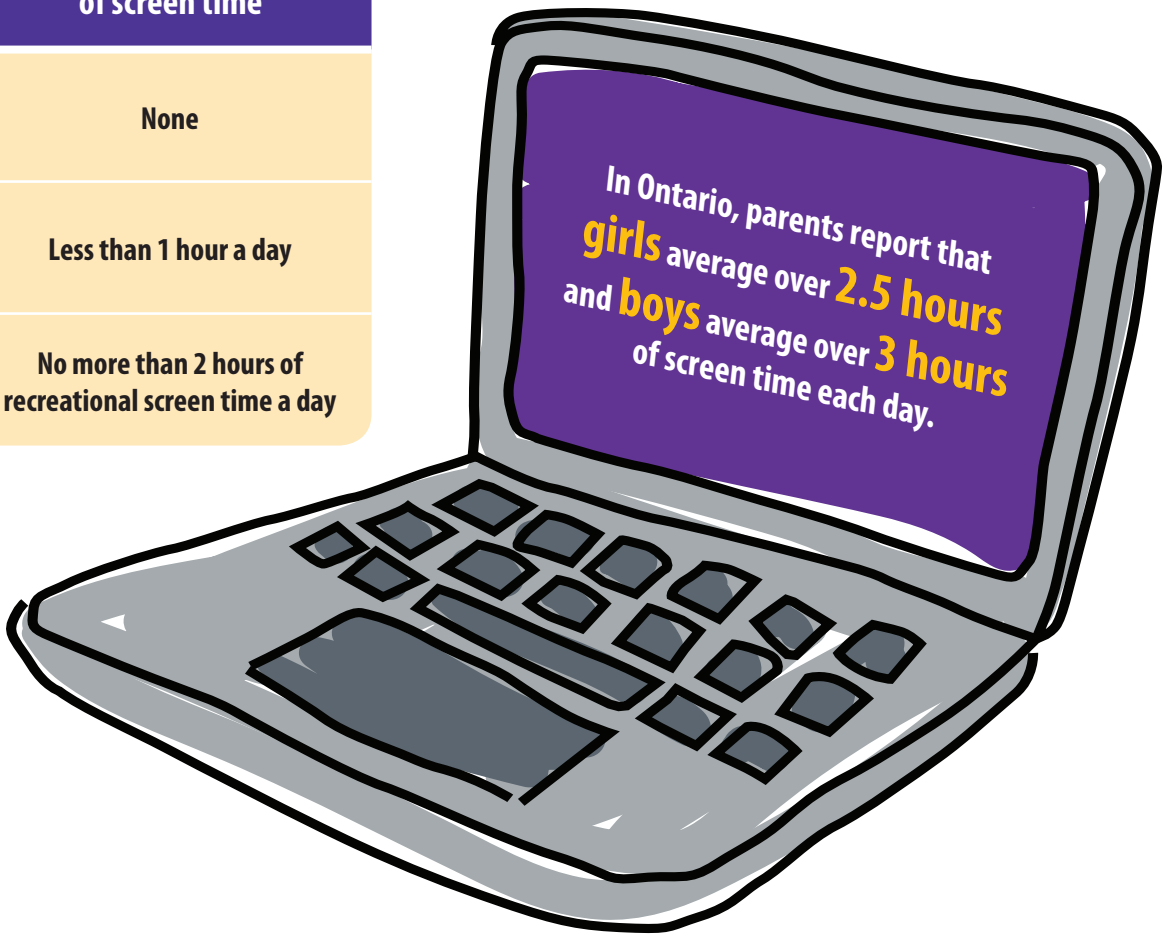
HEALTHY KIDS
COMMUNITY CHALLENGE

Avoiding screens one hour before bed time can contribute to better sleep for kids.

Age	Percentage in Ontario who meet Canadian screen time guidelines
1-4 years	15.3%
5-8 years	54.5%
9-12 years	37.7%
13-17 years	29.7%

Age	Recommended hours of screen time
Under 2 years	None
2-4 years	Less than 1 hour a day
5-17 years	No more than 2 hours of recreational screen time a day



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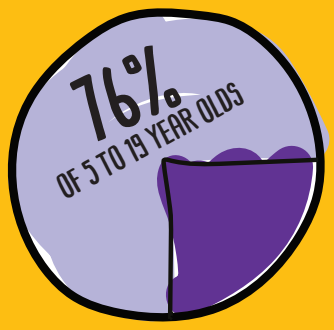
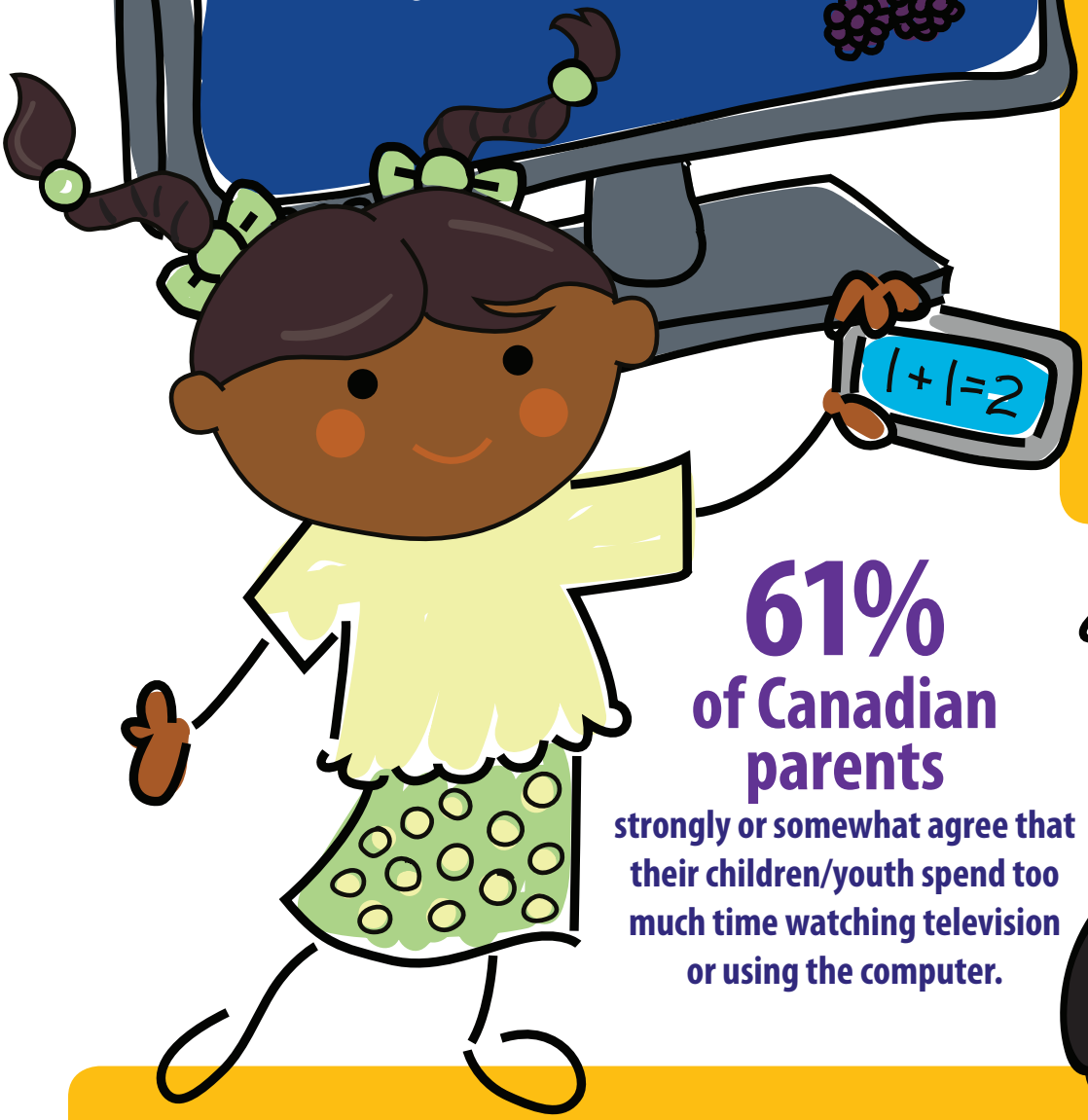
In Ontario, **almost 85%** of parents report they eat meals as a family away from the TV. Those who do are **over 65%** more likely to report their child is meeting guidelines for eating fruit and vegetables.



76% of 5 to 19 year-olds in Canada report watching television, playing computer or video games, or reading during the afterschool period



61%
of Canadian parents

strongly or somewhat agree that their children/youth spend too much time watching television or using the computer.

The Canadian Physical Activity Guidelines recommend that Canadian kids aged 5 – 17, get at least 60 minutes of moderate – to vigorous-intensity physical activity each day. Only 9% of 5 to 17-year olds are meeting the recommendations.

Active Healthy Kids Canada (2016) The Active Healthy Kids Canada Report Card.

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