

Physical Activity Among Students in Grades 7 to 12 in the NBPSDHU Region

Methodology, Data Source and Limitations

The data presented in this report is from the Ontario Student Drug Use and Health Survey (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 Centre for Addiction and Mental Health.

The data presented in this report was collected during the 2014/2015 school year, and when noted, for a combined sample of the 2010/2011 & 2014/2015 school years. It provides an update of substance use in Ontario youth, updating data that were previously reported in [The Health of Youth in the North Bay Parry Sound District Health Unit Region](#) (North Bay Parry Sound District Health Unit, 2012).

The survey was administered to students from grades seven through twelve enrolled in public and Catholic school systems (French and English). Excluded from this report are youth enrolled in private schools or home-schooled, those institutionalized for correctional or health reasons, and those schooled on native reserves, military bases, or in the remote northern region of Ontario. Data in this report has been presented for the North Bay Parry Sound District Health Unit (NBPSDHU), other northern regions in Ontario (excluding the NBPSDHU region) and Ontario. The NBPSDHU region sample includes 580 students from 19 regional schools within three school boards.

The term “significant” is used within this report to describe differences between health regions or groups that are statistically meaningful. Without statistical significance you cannot say with certainty that the differences are real, or simply due to chance. Sampling variability associated with each estimate is described using 95% confidence intervals (95% CI), which indicate the precision of the estimate. Confidence intervals were used to determine significant differences between estimates.

Estimates with a coefficient of variation (ratio of standard error to its estimate) equal to or higher than 33.3, or based on less than 50 responses were suppressed due to high sampling variability. Estimates were calculated using complex survey analysis in Stata 14.2 (StataCorp LP, College Station, TX).

Definitions and Comparison Groups

Aboriginal Identity

Only students who identified themselves as Aboriginal on the survey are included in this group. It is possible that some students did not self-identify, and are thus excluded from this group.

Perceived Socio-Economic Status (SES)

Students were asked to identify where they thought their family would be on the SES ladder, on a scale from 1 to 10, with 1 being “worst off”, and 10 being “best off”. Students who selected a rating of 1-6 were considered to be of low SES, while students who selected 7-10 were considered to be of high SES.

Physical Activity

About one in four students in our region reported being physically active for at least 60 minutes a day during the previous seven days in 2014/15, similar to the percentage for other northern regions and Ontario (Table 1). This percentage has not changed between 2010/11 and 2014/15 school years in any of the three regions.

Data from 2010/11 & 2014/15 was combined to analyze those who reported being physically active in the previous seven days among selected demographic subgroups (Tables 2 through 7). Significantly higher percentages of students whose mothers had university level educations were physically active compared to students whose mothers had high school or less than a high school education, in our region and Ontario respectively (see Table 6). Among Ontario students, about 27% of male students were physically active compared to 16% of female students, and 26% of elementary students were physically active compared to 21% of secondary students (Table 2).

Table 1. Percentage (95% CI) of Students Physically Active by Number of Days They Were Physically Active for at Least 60 Minutes in the Previous Seven Days & Region, 2014/15

Days physically active at least 60 minutes	NBPSDHU Region	Other Northern Regions	Ontario
0 days	F	6.0 (4.3, 8.4)	6.4 (5.5, 7.5)
1 day	5.6 ^E (3.3, 9.5)	6.3 (4.5, 8.6)	6.0 (5.3, 6.8)
2 days	7.0 ^E (4.7, 10.5)	7.6 ^E (5.2, 11)	8.6 (7.7, 9.6)
3 days	14.4 ^E (9.4, 21.4)	10.4 (8.1, 13.2)	12.2 (11.3, 13.2)
4 days	14.5 ^E (9.5, 21.5)	11.8 (9.2, 15.0)	14.0 (12.8, 15.3)
5 days	16.2 (12.7, 20.4)	20.2 (16.2, 24.8)	18.7 (17.5, 19.9)
6 days	10.3 ^E (6, 17.1)	13.3 (10.7, 16.4)	11.8 (10.7, 13.0)
7 days	24.2 (19.7, 29.2)	24.4 (20.8, 28.4)	22.3 (20.7, 23.9)

E Interpret with caution; the estimate is associated with high sampling variability

F Estimate suppressed; too unreliable to be released

Table 2. Percentage (95% CI) of Students Who Were Physically Active for at Least 60 Minutes a Day During All of the Previous Seven Days, by Gender & Region, 2010/11 & 2014/15 Combined

Gender	NBPSDHU Region	Other Northern Regions	Ontario
Males	27.0 (23.1, 31.4)	30.5 ‡ (27.7, 33.4)	27.0 ‡ (25.4, 28.7)
Females	20.4 (15.7, 26.0)	18.5 (16.0, 21.2)	16.2 (15.0, 17.5)

‡ Estimate is significantly different from females in the same region

Table 3. Percentage (95% CI) of Students Who Were Physically Active for at Least 60 Minutes a Day During All of the Previous Seven Days, by Grade Level & Region, 2010/11 & 2014/15 Combined

Grade Level	NBPSDHU Region	Other Northern Regions	Ontario
Grades 7 - 8	32.7 (25.8, 40.4)	28.7 (25.1, 32.6)	25.5 ‡ (23.5, 27.6)
Grades 9 - 12	21.2 (17.2, 25.8)	23.0 (20.2, 26.2)	20.5 (19.2, 21.8)

‡ Estimate is significantly different from students in grades 7 & 8 in the same region

Table 4. Percentage (95% CI) of Students Who Were Physically Active for at Least 60 Minutes a Day During All of the Previous Seven Days, by Aboriginal Identity & Region, 2010/11 & 2014/15 Combined

Aboriginal identity	NBPSDHU Region	Other Northern Regions	Ontario
Aboriginal	19.8 (14.7, 26.0)	19.3 (13.5, 26.8)	U
Non-Aboriginal	24.4 (20.3, 29.0)	25.1 (22.7, 27.6)	21.8 (20.7, 22.9)

U - Estimate for combined sample unavailable as estimate changed significantly between 2010/11 & 2014/15 school years

Table 5. Percentage (95% CI) of Students Who Were Physically Active for at Least 60 Minutes a Day During All of the Previous Seven Days, by Perceived Socioeconomic Status & Region, 2010/11 & 2014/15 Combined

Perceived Socioeconomic Status (SES)	NBPSDHU Region	Other Northern Regions	Ontario
Low SES	19.5 (14.4, 25.8)	22.1 (17.9, 27.0)	17.1 (15.6, 18.8)
High SES	25.3 (20.9, 30.3)	25.5 (22.4, 28.7)	U

U - Estimate for combined sample unavailable as estimate changed significantly between 2010/11 & 2014/15 school years

Table 6. Percentage (95% CI) of Students Who Were Physically Active for at Least 60 Minutes a Day During All of the Previous Seven Days, by Highest Level of Maternal Education Completed & Region, 2010/11 & 2014/15 Combined

Highest level of maternal education completed	NBPSDHU Region	Other Northern Regions	Ontario
University	31.0 ‡ (25.4, 37.2)	28.8 (24.1, 34.1)	24.7 ‡ (23.1, 26.3)
College	21.4 (16.9, 26.9)	23.9 (19.4, 29.1)	20.7 (18.8, 22.7)
High school	11.1 ^E (7.1, 17.1)	21.8 ^E (13.9, 32.6)	18.6 (15.8, 21.7)
Less than high school	F	17.7 ^E (10.0, 29.3)	17.6 (14.0, 22.0)

E Interpret with caution; the estimate is associated with high sampling variability

F Estimate suppressed; too unreliable to be released

‡ Estimate is significantly different from students those whose mothers had completed a high school education or lower level of education, in the same region

Table 7. Percentage (95% CI) of Students Who Were Physically Active for at Least 60 Minutes a Day During All of the Previous Seven Days, by Highest Level of Paternal Education Completed & Region, 2010/11 & 2014/15 Combined

Highest level of paternal education completed	NBPSDHU Region	Other Northern Regions	Ontario
University	34.0* (27.3, 41.3)	31.4 ‡ (26.4, 36.8)	25.0 ‡ (23.3, 26.7)
College	20.0 (15.6, 25.2)	27.8 ‡ (23.5, 32.5)	21.7 (19.7, 23.8)
High school	13.6 ^E (9.3, 19.4)	22.4 (16.8, 29.3)	20.1 (18.1, 22.2)
Less than high school	24.9 ^E (15.0, 38.3)	13.9 ^E (8.3, 22.4)	17.6 (14.9, 20.6)

E Interpret with caution; the estimate is associated with high sampling variability

‡ Estimate is significantly different from students those whose fathers had less than a high school education, in the same region

* Estimate is significantly different from provincial estimate

Physical education at school

Frequency of physical education at school was defined as *the number of days during the previous five school days when the student participated in physical activity for at least 20 minutes that increased their heart rate and made them breathe hard some of the time in physical education class at school.*

Almost one of every two students in our region reported no physical activity at school as defined above (46.4%; 95% CI: 37.8-55.4), similar to the percentage for students in other northern regions (41.2%; 95%

CI: 35.9-46.8) and Ontario (41.9%; 95% CI: 38.3-45.5). This percentage has not changed between 2010/11 and 2014/15 school years in our region or Ontario, but has decreased by about 10% in other northern regions. Most of those who have not been physically active were not enrolled in a physical education class (Table 8).

Data from 2010/11 & 2014/15 was combined to analyze no physical activity at school by selected demographic subgroups (Tables 9 through 12). In all three regions, about one in ten students in grades 7 & 8 reported no physical activity at school, significantly lower compared to secondary students where six in 10 reported no physical activity (Table 10). In Ontario, about half of students with low perceived socioeconomic status had no physical activity at school compared to about 40% of students with high perceived socioeconomic status (Table 12).

Table 8. Percentage (95% CI) of Students by Number of Days They Participated in Physical Activity for at Least 20 Minutes in a Physical Education Class at School & Region, 2014/15

Days participated in physical activity in physical education class	NBPSDHU Region	Other Northern Regions	Ontario
Not enrolled in physical education now	43.7 (34.4, 53.4)	37.5 (32.3, 43.1)	38.0 (34.5, 41.7)
0 days	2.8 ^E (1.5, 5.2)	3.7 ^E (2.3, 5.8)	3.8 (3.1, 4.7)
1 day	4.1 ^E (2.5, 6.6)	5.8 ^E (3.1, 10.8)	4.7 (3.9, 5.5)
2 days	7.1 ^E (4.3, 11.6)	6.6 ^E (4.2, 10.2)	9.0 (7.7, 10.5)
3 days	12.7 ^E (8.7, 18.3)	9.6 ^E (6.3, 14.4)	9.2 (7.9, 10.6)
4 days	3.5 ^E (1.9, 6.5)	7.1 ^E (4.9, 10.1)	6.9 (6.0, 7.9)
5 days	26.1 ^E (17.9, 36.3)	29.7 (25.0, 34.8)	28.4 (25.5, 31.5)

E Interpret with caution; the estimate is associated with high sampling variability

Table 9. Percentage (95% CI) of Students Who Reported No Physical Activity For at Least 20 Minutes in a Physical Education Class at School in the Previous Five School Days, by Gender & Region, 2010/11 & 2014/15 Combined

Gender	NBPSDHU Region	Other Northern Regions	Ontario
Males	47.1 (37.9, 56.5)	43.6 (37.5, 49.8)	41.8 (39.1, 44.6)
Females	53.7 (45.8, 61.5)	48.4 (42.7, 54.1)	U

U - Estimate for combined sample unavailable as estimate changed significantly between 2010/11 & 2014/15 school years

Table 10. Percentage (95% CI) of Students Who Reported No Physical Activity For at Least 20 Minutes in a Physical Education Class at School in the Previous Five School Days, by Grade Level & Region, 2010/11 & 2014/15 Combined

Grade Level	NBPSDHU Region	Other Northern Regions	Ontario
Grades 7 - 8	9.3 ^{E ‡} (6.1, 14.1)	10.6 (7.9, 14.1)	11.9 (10.4, 13.7)
Grades 9 - 12	62.5 (56.8, 67.9)	60.0 [‡] (54.9, 64.8)	56.8 [‡] (53.6, 59.9)

‡ Estimate is significantly different from students in grades 7 & 8 in the same region

E Interpret with caution; the estimate is associated with high sampling variability

Table 11. Percentage (95% CI) of Students Who Reported No Physical Activity For at Least 20 Minutes in a Physical Education Class at School in the Previous Five School Days, by Aboriginal Identity & Region, 2010/11 & 2014/15 Combined

Aboriginal identity	NBPSDHU Region	Other Northern Regions	Ontario
Aboriginal	51.7 (42.7, 60.5)	47.0 (36.6, 57.7)	43.3 (36.5, 50.3)
Non-Aboriginal	50.1 (43, 57.2)	45.9 (41.2, 50.7)	45.2 (42.2, 48.3)

Table 12. Percentage (95% CI) of Students Who Reported No Physical Activity For at Least 20 Minutes in a Physical Education Class at School in the Previous Five School Days, by Perceived Socioeconomic Status & Region, 2010/11 & 2014/15 Combined

Perceived Socioeconomic Status (SES)	NBPSDHU Region	Other Northern Regions	Ontario
Low SES	54.3 (44.6, 63.7)	49.7 (43.0, 56.4)	49.9 [‡] (46.3, 53.4)
High SES	48.9 (41.4, 56.4)	44.6 (39.7, 49.5)	43.1 (40.1, 46.2)

‡ Estimate is significantly different from students with high perceived socioeconomic status, in the same region

Active transportation to school

About half of all students in our region usually travel to school on a school bus, significantly higher compared to students in Ontario where about one in four come to school in a school bus (Table 13).

About one in eight students in our region and other northern regions walk to school, significantly lower compared to students in Ontario where about one in four walk to school.

About one in eight in our region travelled to school by walking or bicycling (17.7%; 95% CI: 11.3-23.7), similar to students of other northern regions (14.0%; 95% CI: 11.0-17.9) but significantly lower compared to Ontario students (24.4%; 95% CI: 21.5-27.5). This percentage has not changed between 2010/11 and 2014/15 school years within all three regions.

Data from 2010/11 & 2014/15 was combined to analyze active transportation (i.e., walking or bicycling to school) among selected demographic subgroups (Tables 14 through 19). Significantly lower percentages of female, elementary, non-Aboriginal students and students with high socio-economic status in our region walked or bicycled to school compared to students in Ontario (Tables 14, 15, 16, & 17, respectively). In our region, about one in eight students whose mother had a university or college education walked or bicycled to school, significantly lower compared to students whose mother had less than a high school education where one in two walked or biked to school (interpret estimate with caution as it is associated with high sampling variability; Table 18).

Table 13. Percentage (95% CI) of Students by Their Method of Usual Transportation to School & Region, 2014/15

Method of usual transportation to school	NBPSDHU Region	Other Northern Regions	Ontario
By car as a passenger	19.1 ^{Δ*} (15.6, 23.1)	29.6 (24.0, 36.0)	31.8 (29.1, 34.5)
By car as a driver	4.1 ^E (2.3, 7.3)	10.4 (6.8, 15.6)	6.3 (5.2, 7.5)
By school bus	53.9* (43.0, 64.5)	41.7* (34.6, 49.2)	25.7 (22.2, 29.5)
By public bus	F	F	9.5 (6.6, 13.4)
By walking	15.0 ^E (10.1, 21.7)	13.1* (10.1, 16.9)	23.5 (20.7, 26.5)
By bicycling	F	F	0.9 (0.6, 1.3)
By subway or streetcar	-	-	F
Multiple answers	F	2.0 ^{E*} (1.0, 3.9)	0.5 (0.3, 0.8)

* Estimate is significantly different from provincial estimate

Δ Estimate is significantly different from estimate for other northern regions

E Interpret with caution; the estimate is associated with high sampling variability

F Estimate suppressed; too unreliable to be released

Table 14. Percentage (95% CI) of Students Who Usually Walked or Bicycled to School, by Gender & Region, 2010/11 & 2014/15 Combined

Gender	NBPSDHU Region	Other Northern Regions	Ontario
Males	19.5 (15.0, 24.9)	16.5* (12.1, 22.0)	26.6 ‡ (24.2, 29.3)
Females	14.0* (10.5, 18.5)	13.3* (10.2, 17.1)	21.6 (19.6, 23.9)

* Estimate is significantly different from provincial estimate

‡ Estimate is significantly different from females in the same region

Table 15. Percentage (95% CI) of Students Who Usually Walked or Bicycled to School, by Grade Level & Region, 2010/11 & 2014/15 Combined

Grade Level	NBPSDHU Region	Other Northern Regions	Ontario
Grades 7 - 8	18.2 ^{E*} (12.6, 25.5)	20.4* (16.1, 25.4)	34.5 ‡ (29.5, 39.9)
Grades 9 - 12	16.4 (12.0, 22.1)	12.7* (9.1, 17.4)	20.5 (18.4, 22.7)

* Estimate is significantly different from provincial estimate

‡ Estimate is significantly different from students in grades 7 & 8 in the same region

E Interpret with caution; the estimate is associated with high sampling variability

Table 16. Percentage (95% CI) of Students Who Usually Walked or Bicycled to School, by Aboriginal Identity & Region, 2010/11 & 2014/15 Combined

Aboriginal identity	NBPSDHU Region	Other Northern Regions	Ontario
Aboriginal	14.8 (7.9, 25.9)	15.9 (11.6, 21.4)	22.7 (16.6, 30.2)
Non-Aboriginal	16.9* (13.2, 21.3)	14.7* (11.6, 18.4)	24.3 (22.3, 26.5)

* Estimate is significantly different from provincial estimate

Table 17. Percentage (95% CI) of Students Who Usually Walked or Bicycled to School, by Perceived Socioeconomic Status & Region, 2010/11 & 2014/15 Combined

Perceived Socioeconomic Status (SES)	NBPSDHU Region	Other Northern Regions	Ontario
Low SES	21.8 ^E (15.2, 30.2)	16.4* (12.3, 21.7)	26.9 (24.2, 29.8)
High SES	14.5* (10.8, 19.3)	14.1* (11.1, 17.6)	23.1 (20.9, 25.3)

* Estimate is significantly different from provincial estimate

E Interpret with caution; the estimate is associated with high sampling variability

Table 18. Percentage (95% CI) of Students Who Usually Walked or Bicycled to School, by Highest Level of Maternal Education Completed & Region, 2010/11 & 2014/15 Combined

Highest level of maternal education completed	NBPSDHU Region	Other Northern Regions	Ontario
University	17.1 ^{E ‡} (11.8, 24.0)	12.7* (9.2, 17.2)	24.3 (21.8, 27.1)
College	12.8 ^{E ‡} (8.0, 19.6)	15.9 (12.0, 20.9)	21.4 (18.7, 24.4)
High school	F	16.0 ^E (9.6, 25.4)	22.7 (19.6, 26)
Less than high school	48.8 ^E (25.6, 72.6)	22.6 ^E (14.7, 33.2)	31.3 (25.9, 37.3)

* Estimate is significantly different from provincial estimate

‡ Estimate is significantly different from students those whose mothers had completed less than a high school education, in the same region

E Interpret with caution; the estimate is associated with high sampling variability

F Estimate suppressed; too unreliable to be released

Table 19. Percentage (95% CI) of Students Who Usually Walked or Bicycled to School, by Highest Level of Paternal Education Completed & Region, 2010/11 & 2014/15 Combined

Highest level of paternal education completed	NBPSDHU Region	Other Northern Regions	Ontario
University	19.5 ^E (12.2, 29.7)	14.6 (11.1, 19.0)	24.8 (21.9, 27.8)
College	15.9 ^E (10.6, 23.2)	12.6 ^{E*} (8.9, 17.4)	21.2 (18.2, 24.5)
High school	F	14.9 ^E (8.9, 23.9)	24.2 (21.0, 27.7)
Less than high school	19.4 ^E (11.0, 32.0)	14.5 ^E (9.5, 21.6)	22.1 (18.5, 26.2)

* Estimate is significantly different from provincial estimate

E Interpret with caution; the estimate is associated with high sampling variability

F Estimate suppressed; too unreliable to be released

Sedentary Behaviour (Screen-Time)

Sedentary behaviour or screen-time is defined by hours spent on an average day over the previous seven days watching TV/movies, playing video/computer games, on a computer/tablet chatting, emailing, or surfing the Internet in their free time.

About a third of students in all three regions spent three to four hours using screens recreationally (Table 20). About six in ten students in our region spent an average of three or more hours on an average using screens recreationally (62.6%; 95% CI: 56.3-68.4), similar compared to students in other northern regions (60.1%; 95% CI: 54.8-65.1) and in Ontario (64.1%; 95% CI: 62.4-65.9).

The percentage of female students with an average of three or more hours a day of recreational screen time in the previous seven days has increased significantly in our region from 47.1% (95% CI: 41.7-52.6) in 2010/11 to 65.8% (95% CI: 59.2-71.8) in 2014/15. Likewise in Ontario, the percentages of females with three or more hours a day of recreational screen time increased significantly from 58.1% (95% CI: 54.8-61.4) in 2010/11 to 65.5% (95% CI: 63.2-67.8)

Data from 2010/11 & 2014/15 was combined to analyze sedentary behaviour (i.e., screen time) among selected demographic subgroups (Tables 21 through 26). In Ontario, about 73% of students whose mother had less than a high school education spent an average of three or more hours a day using screen time recreationally in the previous seven days, compared to 60% of students whose mother had a university level education (Table 25).

Table 20. Percentage (95% CI) of Students by the Number of Hours They Spent Using Screens Recreationally on an Average Day in the Previous Seven Days, & Region, 2014/15

Hours spent using screen time recreationally	NBPSDHU Region	Other Northern Regions	Ontario
None	F	F	0.9 (0.7, 1.2)
Less than one hour	10.7 ^E (7.1, 15.9)	11.2 (8.5, 14.6)	8.1 (7.2, 9.1)
One to two hours	26.6 (19.7, 34.9)	27.9 (24.4, 31.6)	26.9 (25.5, 28.3)
Three to four hours	32.8 (26.7, 39.5)	34.1 (29.1, 39.5)	31.2 (29.7, 32.7)
Five to six hours	16.2 (12.1, 21.4)	12.9 (9.4, 17.3)	16.2 (15, 17.6)
Seven or more hours	8.8 ^E (5, 15.1)	9.5 (7.3, 12.2)	12.5 (11.3, 13.9)
Not sure	4.8 ^E (3.3, 7)	3.7 ^E (2.4, 5.5)	4.2 (3.6, 5)

E Interpret with caution; the estimate is associated with high sampling variability

F Estimate suppressed; too unreliable to be released

Table 21. Percentage (95% CI) of Students Who Spent an Average of Three or More Hours a Day Using Screens Recreationally in the Previous Seven Days, by Gender & Region, 2010/11 & 2014/15 Combined

Gender	NBPSDHU Region	Other Northern Regions	Ontario
Males	61.2 (54.6, 67.3)	56.9* (52.9, 60.8)	64.0 (62.3, 65.7)
Females	U	54.9 (49.7, 60.0)	U

* Estimate is significantly different from provincial estimate

U - Estimate for combined sample unavailable as estimate changed significantly between 2010/11 & 2014/15 school years

Table 22. Percentage (95% CI) of Students Who Spent an Average of Three or More Hours a Day Using Screens Recreationally in the Previous Seven Days, by Grade Level & Region, 2010/11 & 2014/15 Combined

Grade Level	NBPSDHU Region	Other Northern Regions	Ontario
Grades 7 - 8	54.5 (48.1, 60.7)	47.2 (42.6, 52.0)	54.1 (51.8, 56.5)
Grades 9 - 12	60.1 (54.7, 65.3)	59.4 ‡ (54.1, 64.5)	66.1 ‡ (64.1, 68.0)

‡ Estimate is significantly different from students in grades 7 & 8 in the same region

Table 23. Percentage (95% CI) of Students Who Spent an Average of Three or More Hours a Day Using Screens Recreationally in the Previous Seven Days, by Aboriginal Identity & Region, 2010/11 & 2014/15 Combined

Aboriginal identity	NBPSDHU Region	Other Northern Regions	Ontario
Aboriginal	52.9 (43.1, 62.4)	U	64.4 (56.5, 71.7)
Non-Aboriginal	59.4 (54.7, 64.0)	55.3* (51.5, 59.2)	62.9 (61.3, 64.5)

* Estimate is significantly different from provincial estimate

U - Estimate for combined sample unavailable as estimate changed significantly between 2010/11 & 2014/15 school years

Table 24. Percentage (95% CI) of Students Who Spent an Average of Three or More Hours a Day Using Screens Recreationally in the Previous Seven Days, by Perceived Socioeconomic Status & Region, 2010/11 & 2014/15 Combined

Perceived Socioeconomic Status (SES)	NBPSDHU Region	Other Northern Regions	Ontario
Low SES	58.8 (50.0, 67.1)	58.4* (51.2, 65.2)	69.1 (66.5, 71.7)
High SES	58.4 (52.8, 63.7)	55.1 (51.5, 58.7)	U

* Estimate is significantly different from provincial estimate

U - Estimate for combined sample unavailable as estimate changed significantly between 2010/11 & 2014/15 school years

Table 25. Percentage (95% CI) of Students Who Spent an Average of Three or More Hours a Day Using Screens Recreationally in the Previous Seven Days, by Highest Level of Maternal Education Completed & Region, 2010/11 & 2014/15 Combined

Highest level of maternal education completed	NBPSDHU Region	Other Northern Regions	Ontario
University	60.1 (49.5, 69.8)	52.1* (47.0, 57.1)	59.7 ‡ (57.3, 62.0)
College	58.1 (49.6, 66.1)	59.8 (53.6, 65.6)	63.2 (60.4, 65.9)
High school	56.7 (42.4, 70)	57.8 (47.1, 67.8)	64.0 (60.7, 67.2)
Less than high school	57.0 ^E (29.4, 80.8)	57.4 (42.4, 71.1)	72.6 (68.1, 76.6)

* Estimate is significantly different from provincial estimate

‡ Estimate is significantly different from students those whose mothers had completed less than a high school education, in the same region

E Interpret with caution; the estimate is associated with high sampling variability

Table 26. Percentage (95% CI) of Students Who Spent an Average of Three or More Hours a Day Using Screens Recreationally in the Previous Seven Days, by Highest Level of Paternal Education Completed & Region, 2010/11 & 2014/15 Combined

Highest level of paternal education completed	NBPSDHU Region	Other Northern Regions	Ontario
University	59.2 (50.3, 67.7)	54.5 (49.1, 59.7)	60.8 (58.3, 63.2)
College	57.3 (49.4, 64.9)	55.0 (48.8, 61.1)	62.9 (60.2, 65.6)
High school	58.0 (47.6, 67.8)	54.3* (47.9, 60.6)	64.2 (61.5, 66.8)
Less than high school	56.2 (43.2, 68.5)	63.1 (54.8, 70.8)	65.4 (60.5, 69.9)

* Estimate is significantly different from provincial estimate