



BRAINABLE™

A Women's Brain Health Initiative

Exit Slip Surveys Analysis

2022-2023 School Year



Women's Brain
Health Initiative

womensbrainhealth.org

Charitable # 80099 3206 RR0001

Brainable Exit Slip Surveys Analysis

Exit Slip Surveys

Presentations were conducted either in person or virtual. Physical copies of the exit slips were distributed and collected by the classroom teacher when curriculum was delivered in person. When sessions were conducted virtually, exist slips were submitted digitally.

Students were surveyed following the presentation with a focus on their intention to change their behaviour. They were asked the following three questions:

- (Q1) What is one thing you plan to start doing today to help protect your brain health?
- (Q2) What is one bad habit related to brain health that you plan on eliminating today? and
- (Q3) What did you learn about brain health that you will share with friends and family later today?

The exit slip survey data were compiled into a single spreadsheet and responses were categorized to facilitate the analyses. (See Appendix A for the narrative legend that describes the types of responses in each category.)

Respondent

The Brainable curriculum was delivered to 8007 students in 319 classes ranging from grades 4-8 from September 2022 to June 2023 in Ontario. The data analyzed here were collected from 4983 exit slip surveys from students who participated in the program.

Students listed their grade and the date. It was not possible to collect any further demographic data. The class session was linked to a school code that described which school board the curriculum delivery session was conducted in.

Of the 4983 respondents, 95.70% of respondents are clustered in grades 5-8. See Chart 1. Respondents by Grade.

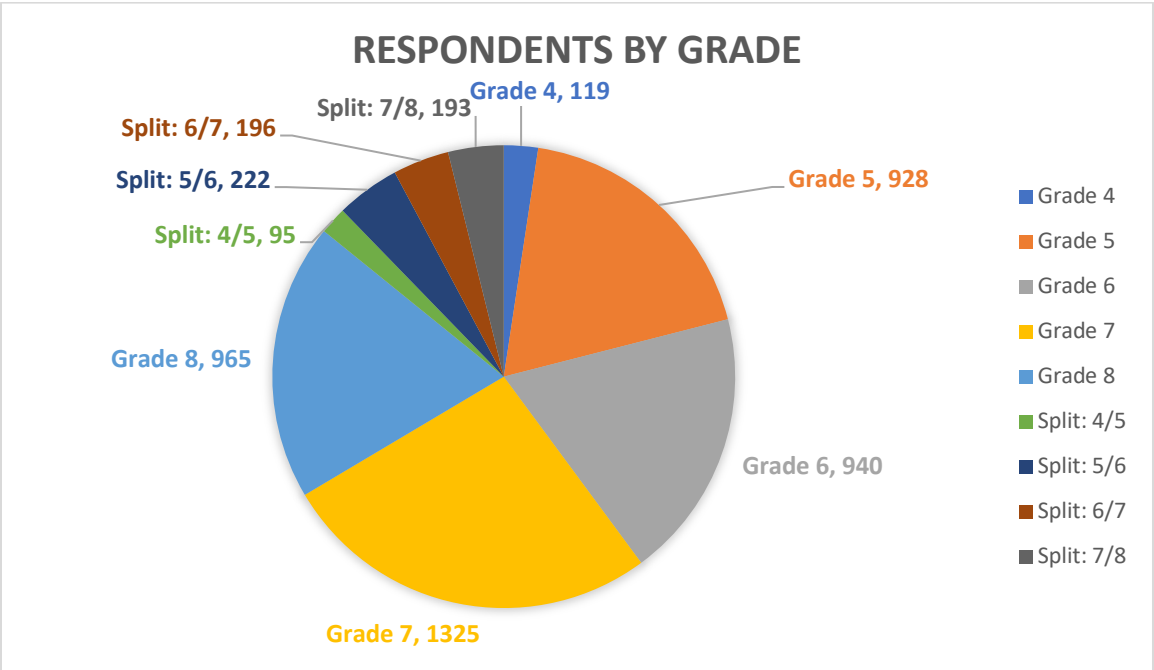


Chart 1. Respondents by Grade.

The majority of responses came from students in public school compared to those in private school (90.31% in public school and 9.69% in private school). With a sample size of less than 10 percent for private schools, we do not have sufficient power to make comparisons. We can only describe the data. See Chart 2. Respondents by School Type.

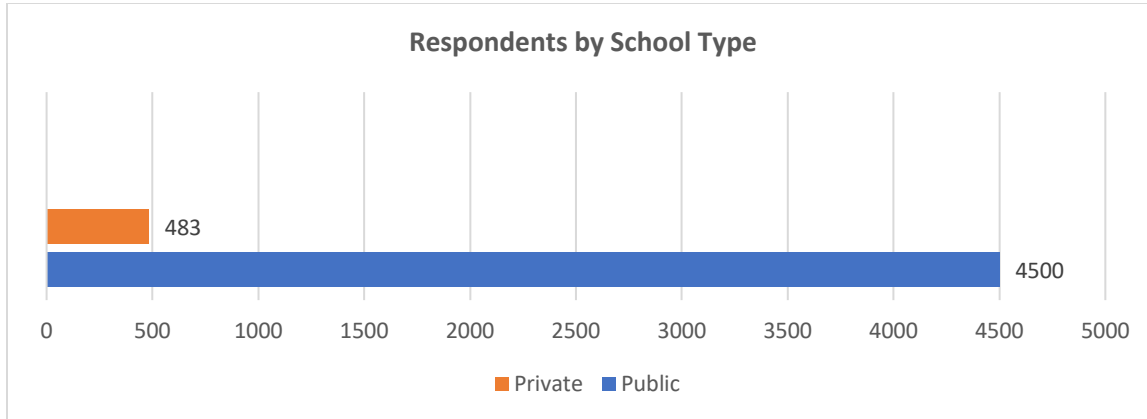


Chart 2. Respondents by School Type

By school board, the majority of responses came from students at YRDSB, TDSB, and PeelSB (79.41%). The remaining 20.59% were split across York School, YCDSB, WCDSB, TCDSB, SMCDSB, Rotherglen, DPCDSB, DDSB, Bialik, and Bayview Glen. With a sample size of less than 10 each for those 10 school boards, we do not have sufficient power to make comparisons to the other boards. We can only describe the data. See Chart 3. Respondents by School Board.

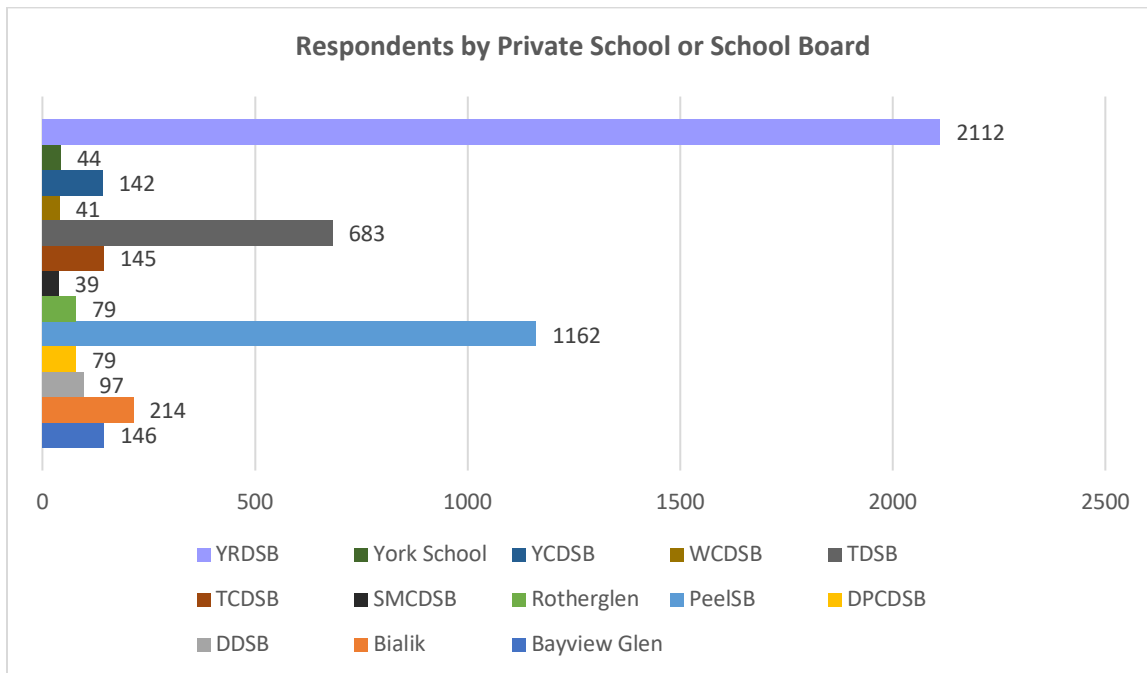


Chart 3. Respondents by Private School or School Board

Exit Slip Surveys Responses

(Q1) What is one thing you plan to start doing today to help protect your brain health?

Responses in Q1 were categorized into the following clusters: breathing exercises; food/nutrition/eating; gratitude practices; healthy lifestyle; music; outdoors; physical activity; reading; screens, use, light, brightness, time/timing/duration of use; seek help; sleep, bedtime; social; mixed/multiple; and other. (Please see Appendices B and C for distribution tables.)

- Overall, physical activity accounts for 22.68% of responses, the largest cluster. Sleep, bedtime is next at 19.05%, and screens, use, light, brightness, time, timing is right behind at 18.73%. See Chart 4. Q1 Responses.
- There are some smaller response clusters for this question: food/nutrition/eating (13.13%) and mixed/multiple (12.19%). See Chart 4. Q1 Responses.

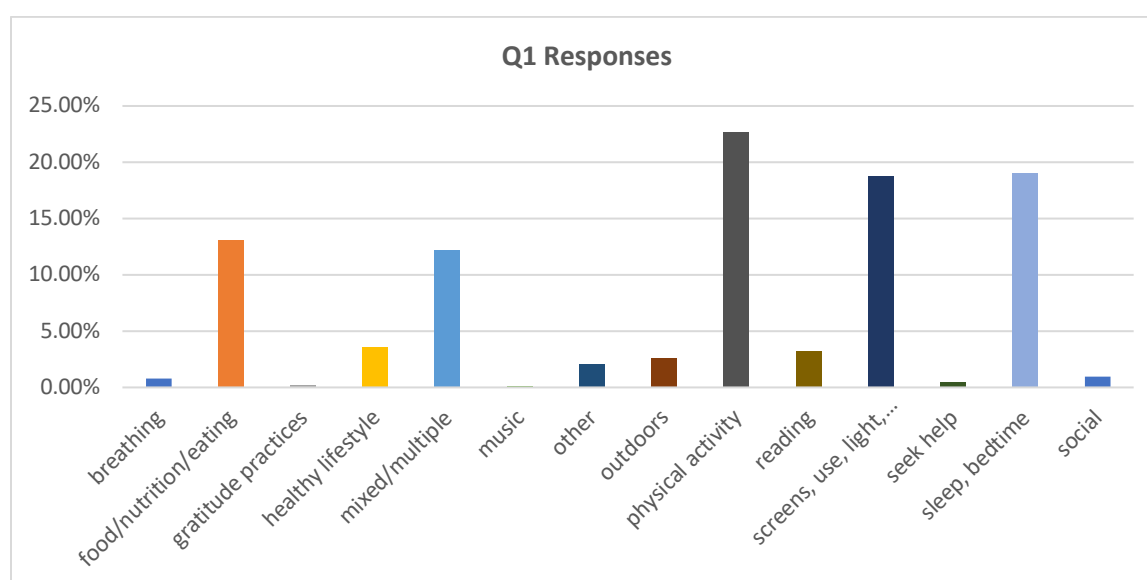


Chart 4. Q1 Responses

- When comparing grades 5 through 8 (excluding split grades), it is interesting to note that, with an increase in grade, there is an accompanying decrease in response rate of food/nutrition/eating, along with an increase in response rate for sleep, bedtime as the grade increases. See Appendix A Table 1. Q1 Response Percentages by Grade and Category.
- When comparing PeelSB, TDSB, and YRDSB, response percentages by category for Q1 remain very similar. The only minor difference is for sleep, bedtime where the response rate at TDSB was lower (14.06%) compared to PeelSB (20.57%) and YRDSB (20.41%). See Appendix B Table 4. Q1 Response Percentages by School Board and Category.

(Q2) What is one bad habit related to brain health that you plan on eliminating today?

Responses in Q2 were categorized into the following clusters: not enough exercise, activity; poor sleep habits/hygiene/routines, staying up late, sleeping late; too much screen time or poor timing of use of technology; too much sugar, junk food, pop; smoking, vaping, drugs; mixed/multiple; and other. (Please see Appendices A and B for distribution tables.)

- The two largest clusters of responses are reduce screen time/technology (31.46%) and mixed/multiple (26.02%). See Chart 5 Q2 Responses.
- There are three smaller clusters of responses: reduce sugar, junk food, pop (17.05%), poor sleep habits/hygiene/routines/staying up late, sleeping late (12.41%), and other (8.56%). See Chart 5 Q2 Responses.

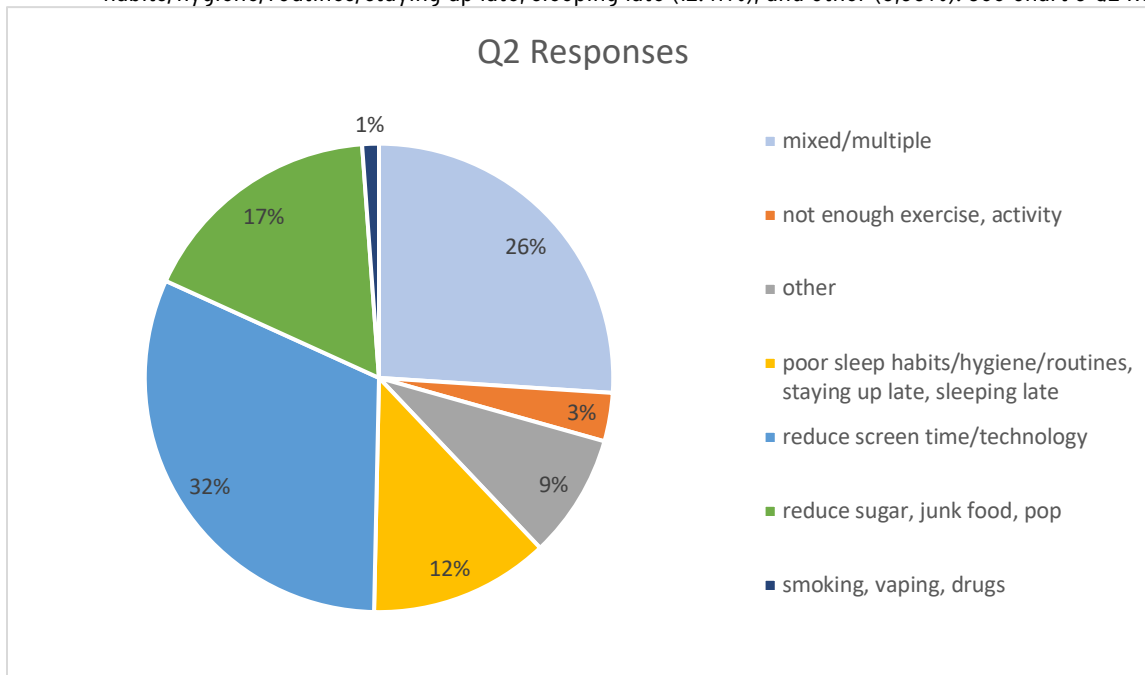


Chart 5. Q2 Responses

- It is also interesting to note that, when comparing the responses amongst grades 5-8 (excluding split grades), the response rate for mixed/multiple took a jump in grade 8 (32.95% compared to 23.49% in grade 5, 25.64% in grade 6, and 23.02% in grade 7). The mixed multiple category largely connects sleep hygiene and screen time, suggesting that in grade 8 there is a connection between these two habits.
- Reduce screen time/technology decreased in grade 8 (26.63% compared to 32.97% in grade 5, 31.49% in grade 6, and 33.89% in grade 7). This is likely due to the increase of mixed/multiple responses for this grade.
- As the grade increased, responses for reduce sugar/junk food/pop decreased (19.18%, 17.13%, 16.91%, and 15.13%). See Appendix A Table 2. Q2 Response Percentages by Grade and Category.
- When comparing PeelSB, TDSB, and YRDSB, response percentages by category for Q2 remain very similar. The only minor difference is for poor sleep habits/hygiene/routines, staying up late, sleeping late where the response rate at YRDSB was slightly higher (14.16%) compared to PeelSB (11.62%) and YRDSB (11.27%). See Appendix B Table 5. Q2 Response Percentages by School Board and Category.

(Q3) What did you learn about brain health that you will share with friends and family later today?

Responses in Q3 were categorized into the following clusters: be kind/judge less; be more active; be social; brain diseases - Alzheimer's and mental health/illness; brain exercises/games; brain sizes/sides/shrinks; don't know/nothing; eat better; get outdoors; help/support others; learn more about brain health/mental health; mixed/multiple; other; prevent concussion/wear helmet; reduce screen time; reduce stress; six pillars/everything/brain boosters or busters; sleep routines; social media can be harmful; stop/don't vape/smoke/do drugs; and tell/educate others about brain health/stigma/mental illness. (Please see appendices A and B for distribution tables.)

- There was a lot of variety in the answers to this question. Overall, with the change to this question from the previous year, the responses show that the students had a better understanding of the curriculum. The largest

clusters of responses fell into: six pillars/everything/brain boosters or busters (12.84%), sleep routines (10.34%), brain diseases - Alzheimer's and mental health/illness (9.28%), reduce screen time (8.61%), and be more active (7.94%). See Chart 6. Q3 Responses.

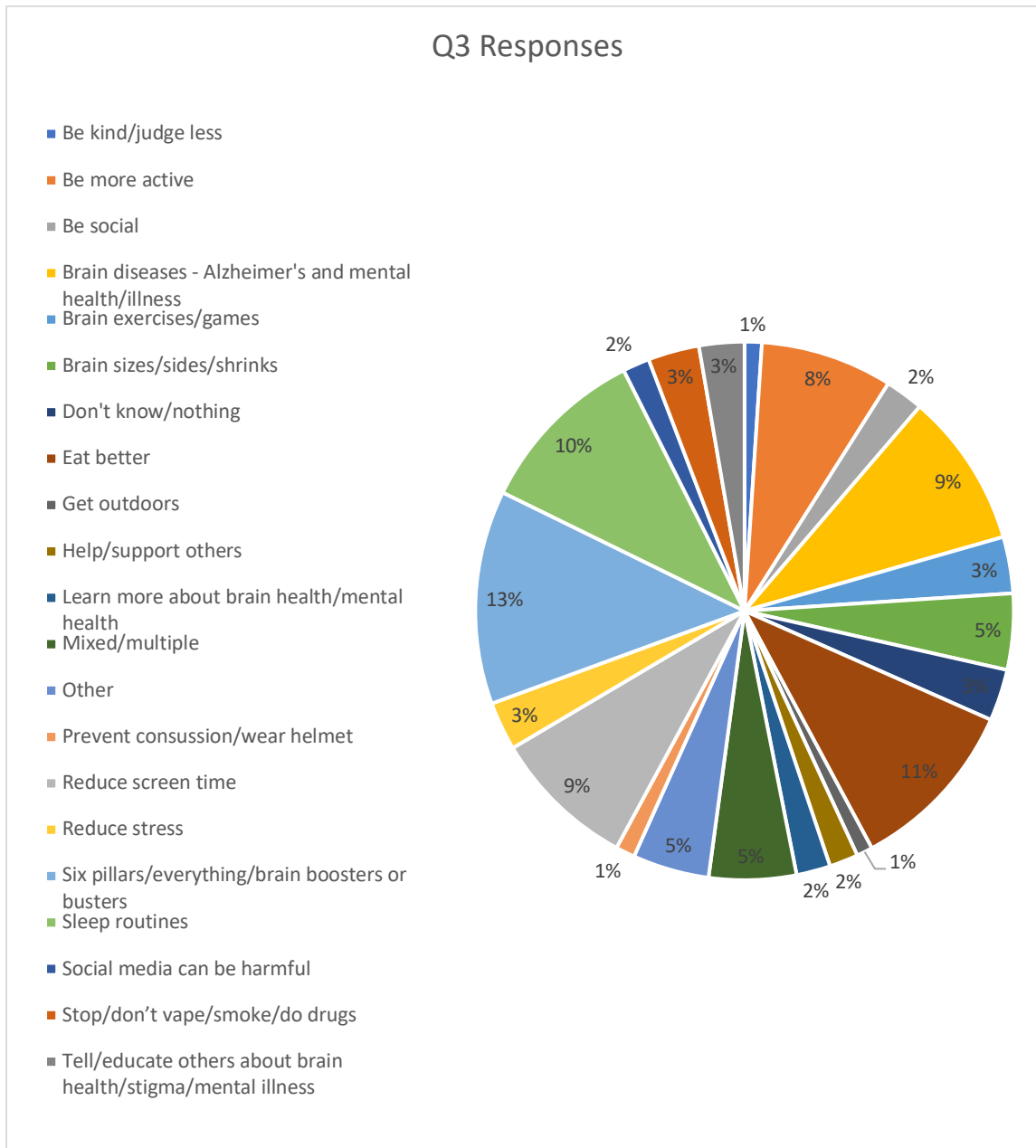


Chart 6. Q3 Responses

- When comparing responses across grades 5-8 (excluding split classes), there is a noticeable jump in the response rate in grade 8 for Brain diseases - Alzheimer's and mental health/illness (16.17% compared to 5.39% in grade 5, 6.49% in grade 6, and 8.98% in grade 7). See Appendix A Table 3. Q3 Response Percentages by Grade and Category.
- As the grade increased, responses for reduce screen time decreased (10.67%, 9.04%, 8.30%, and 6.63%). See Appendix A Table 3. Q3 Response Percentages by Grade and Category.

- When comparing responses from students across PeelSB, TDSB, and YRDSB for Q3, response rates remain very similar. There are slight notable differences across two categories. Students at YRDSB had more responses in the six pillars/everything/brain boosters or busters category (14.49% compared to 10.84% at PeelSB, and 9.52% at TDSB), whereas, students at TDSB had more responses in the tell/educate others about brain health/stigma/mental illness category (5.56% compared to 1.46% at PeelSB, and 1.75% at YRDSB). See Appendix B Table 6. Q3 Response Percentages by School Board and Category.

Further Exploration of the Data

Overall (Please see Appendices C and D for distribution tables.)

- For the most part, regardless of what was answered in Q1, the top response in Q2 was reduce screen use/technology or mixed/multiple (which largely included screen use/technology and sleep). See Appendix C Table 7. Frequency of Q2 response by Q1 response.
- Interestingly, when looking at the links between responses to the questions, when food/nutrition/eating was answered in Q1, the response rate for reduce sugar, junk food, pop was only responded in Q2 was only 20.15%. Similarly, when physical activity was answered in Q1, the response rate for not enough exercise/activity in Q2 was very low at 2.97%. The top response in Q2 for both of these was reduce screen time/technology. See Appendix C Table 7. Frequency of Q2 response by Q1 response.
- When sleep/bedtime was answered in Q1, mixed/multiple was the most frequent response at 29.55% in Q2, whereas poor sleep habits had a response rate of 19.44%. Notably, reduce screen use/technology had a response rate of 27.27% further demonstrating the relationship between sleep and screen time. See Appendix C Table 7. Frequency of Q2 response by Q1 response.
- For the most part, regardless of what was answered in Q2, the top response is Q3 was six pillars/everything/brain boosters or busters. See Appendix D Table 8. Frequency of Q3 response by Q2 response.
- When students complete the exit slip, there are three main areas that they view as modifiable: screens, sleep, and food. Because students are sometimes providing a negative to a question about elimination, it becomes a positive and vice versa. It may be more constructive to look at the three topics that consistently come up across Q1 (What do they want to start doing?) and Q2 (What do they want to stop doing?) as areas the students see as modifiable. These three are strongly associated and appear to resonate the most strongly with the students.

Grades 5-8 (Please see Appendix E for distribution tables.)

- When looking across all four grades:
For the most part, regardless of what was answered in Q1, the top response in Q2 was reduce screen use/technology, except for in grade 8 where the top response for Q2 was most often mixed/multiple (which we know is largely a combination of sleep hygiene and screen use). See Tables 9 - 12: Frequency of Q2 Response by Q1 Response for Grade 5-8 Respondents.

School Boards - PeelSB, TDSB, YRDSB (Please see Appendix F for distribution tables.)

- When looking across PeelSB, TDSB, YRDSB: Just like across the grades and in the overall review, for the most part, regardless of what was answered in Q1, the top response in Q2 was to reduce screen use/technology. See Tables 13 - 15: Frequency of Q2 response by Q1 response (PeelSB vs. TDSB vs. YRDSB).

Limitations

- The demographic data collected necessarily remained very limited. Asking students additional demographic questions could facilitate future findings, although we recognize that there are considerable limits to what can be asked of students without ethical clearance from a university and each of the participating school boards. Potential avenues to explore could include gender, languages spoken, primary language spoken at home, type of screen typically used, and age.
- Trends within the data here are largely based on analysis of grades 5-8. Split classes can create additional challenges in analyzing, especially when grade levels included in a split cross over elementary and middle or middle and secondary.
- Based on the nature of the curriculum delivery, we are limited to capturing the intention to change behaviour through exit survey data and are unable to determine if students act on those intentions.

Appendix A: Distribution Tables Q1-3 (percentage by grade and category)

Question 1: Percentage by grade and category	Column Labels			
Row Labels	5	6	7	8
breathing	0.54%	0.74%	1.06%	0.73%
food/nutrition/eating	14.87%	14.36%	12.83%	10.67%
gratitude practices	0.22%	0.00%	0.30%	0.31%
healthy lifestyle	3.56%	3.30%	4.30%	2.90%
mixed/multiple	15.63%	12.45%	10.34%	11.19%
music	0.22%	0.21%	0.08%	0.10%
other	2.59%	2.77%	1.51%	1.76%
outdoors	2.59%	2.13%	3.40%	2.18%
physical activity	24.46%	20.96%	23.09%	22.07%
reading	2.69%	2.66%	3.17%	4.46%
screens, use, light, brightness, time, timing	16.70%	22.55%	19.17%	16.37%
seek help	0.65%	0.32%	0.38%	0.73%
sleep, bedtime	14.44%	16.91%	19.62%	24.77%
social	0.86%	0.64%	0.75%	1.76%

Table 1. Q1 Response Percentages by Grade and Category

Question 2: Percentage by grade and category	Column Labels			
Row Labels	5	6	7	8
mixed/multiple	23.49%	25.64%	23.02%	32.95%
not enough exercise, activity	1.72%	4.68%	3.32%	3.63%
other	10.24%	8.40%	8.68%	6.94%
poor sleep habits/hygiene/routines, staying up late, sleeping late	9.91%	11.70%	13.58%	13.89%
reduce screen time/technology	32.97%	31.49%	33.89%	26.63%
reduce sugar, junk food, pop	19.18%	17.13%	16.91%	15.13%
smoking, vaping, drugs	2.48%	0.96%	0.60%	0.83%

Table 2. Q2 Response Percentages by Grade and Category

Question 3: Percentage by grade and category	Column Labels			
Row Labels	5	6	7	8
Be kind/judge less	1.29%	0.85%	1.06%	0.93%
Be more active	8.19%	7.98%	8.45%	6.94%
Be social	1.51%	1.81%	3.55%	1.87%
Brain diseases - Alzheimer's and mental health/illness	5.39%	6.49%	8.98%	16.17%
Brain exercises/games	3.02%	2.87%	3.55%	4.04%
Brain sizes/sides/shrinks	4.20%	4.68%	4.45%	4.97%
Don't know/nothing	2.37%	3.72%	2.64%	3.83%
Get outdoors	0.65%	0.64%	1.13%	1.35%
Help/support others	2.59%	0.53%	2.72%	0.73%
Learn more about brain health/mental health	2.37%	1.60%	2.57%	1.45%
Mixed/multiple	5.71%	4.79%	5.89%	4.35%
Other	3.99%	5.43%	5.13%	3.63%
Prevent concussion/wear helmet	2.05%	0.64%	1.13%	0.83%
Reduce screen time	10.67%	9.04%	8.30%	6.63%
Reduce stress	3.99%	1.81%	3.17%	2.59%
Six pillars/everything/brain boosters or busters	12.82%	15.64%	12.68%	10.36%
Sleep routines	8.08%	12.45%	8.75%	12.64%
Social media can be harmful	1.94%	1.28%	1.36%	1.97%
Stop/don't vape/smoke/do drugs	3.45%	4.79%	2.26%	2.18%
Tell/educate others about brain health/stigma/mental illness	3.13%	1.81%	3.32%	2.38%

Table 3. Q3 Response Percentages by Grade and Category

Appendix B: Distribution Tables Q1-3 (percentage by school board and category)

Question 1: Percentage by school board and category			
Row Labels	PeelSB	TDSB	YRDSB
breathing	1.20%	0.73%	0.43%
food/nutrition/eating	10.84%	12.74%	12.07%
gratitude practices	0.34%	0.15%	0.14%
healthy lifestyle	3.61%	2.78%	4.40%
mixed/multiple	10.76%	14.79%	11.98%
music	0.17%	0.29%	0.28%
other	2.32%	3.81%	1.89%
outdoors	4.13%	3.07%	2.04%
physical activity	20.57%	23.87%	23.01%
reading	3.61%	2.93%	3.08%
screens, use, light, brightness, time, timing	20.31%	19.77%	18.13%
seek help	0.69%	0.29%	0.76%
sleep, bedtime	20.57%	14.06%	20.41%
social	0.86%	0.73%	1.37%

Table 4. Q1 Response Percentages by School Board and Category

Question 2: Percentage by school board and category			
Row Labels	PeelSB	TDSB	YRDSB
mixed/multiple	27.19%	23.43%	26.47%
not enough exercise, activity	3.87%	2.78%	3.50%
other	8.09%	9.52%	7.91%
poor sleep habits/hygiene/routines, staying up late, sleeping late	11.62%	11.27%	14.16%
reduce screen time/technology	31.33%	33.53%	31.20%
reduce sugar, junk food, pop	16.95%	17.72%	15.81%
smoking, vaping, drugs	0.95%	1.76%	0.95%

Table 5. Q2 Response Percentages by School Board and Category

Question 3: Percentage by school board and category			
Row Labels	PeelSB	TDSB	YRDSB
Be kind/judge less	0.60%	0.73%	1.42%
Be more active	8.86%	10.40%	7.10%
Be social	2.07%	2.93%	2.32%
Brain diseases - Alzheimer's and mental health/illness	8.43%	7.17%	10.84%
Brain exercises/games	3.27%	2.64%	3.55%
Brain sizes/sides/shrinks	7.06%	3.07%	4.64%
Don't know/nothing	4.13%	1.90%	3.13%
Eat better	10.76%	9.37%	10.51%
Get outdoors	1.46%	1.90%	0.43%
Help/support others	1.72%	4.10%	0.76%
Learn more about brain health/mental health	1.64%	3.07%	0.66%
Mixed/multiple	5.25%	7.03%	5.21%
Other	5.77%	4.69%	3.50%
Prevent concussion/wear helmet	0.77%	2.20%	0.90%
Reduce screen time	9.04%	7.61%	9.42%
Reduce stress	3.18%	1.90%	3.13%
Six pillars/everything/brain boosters or busters	10.84%	9.52%	14.49%
Sleep routines	9.47%	9.22%	11.36%
Social media can be harmful	2.32%	1.76%	1.61%
Stop/don't vape/smoke/do drugs	1.89%	3.22%	3.27%
Tell/educate others about brain health/stigma/mental illness	1.46%	5.56%	1.75%

Table 6. Q3 Response Percentages by School Board and Category

Appendix C: Frequency of Q2 response by Q1 response (Overall)

Row Labels	Frequency
breathing	0.79%
mixed/multiple	9.09%
other	18.18%
poor sleep habits/hygiene/routines, staying up late, sleeping late	9.09%
reduce screen time/technology	48.48%
reduce sugar, junk food, pop	15.15%
food/nutrition/eating	13.13%
mixed/multiple	25.27%
not enough exercise, activity	2.38%
other	8.42%
poor sleep habits/hygiene/routines, staying up late, sleeping late	11.90%
reduce screen time/technology	30.04%
reduce sugar, junk food, pop	20.15%
smoking, vaping, drugs	1.83%
gratitude practices	0.22%
mixed/multiple	22.22%
other	33.33%
reduce screen time/technology	11.11%
reduce sugar, junk food, pop	33.33%
healthy lifestyle	3.58%
mixed/multiple	20.81%
not enough exercise, activity	2.68%
other	18.12%
poor sleep habits/hygiene/routines, staying up late, sleeping late	10.07%
reduce screen time/technology	31.54%
reduce sugar, junk food, pop	14.09%
smoking, vaping, drugs	2.68%
mixed/multiple	12.19%
mixed/multiple	32.54%
not enough exercise, activity	2.37%
other	8.28%
poor sleep habits/hygiene/routines, staying up late, sleeping late	12.03%
reduce screen time/technology	30.57%
reduce sugar, junk food, pop	13.02%
smoking, vaping, drugs	1.18%
music	0.14%
mixed/multiple	16.67%
other	16.67%
poor sleep habits/hygiene/routines, staying up late, sleeping late	16.67%
reduce screen time/technology	50.00%
other	2.09%
mixed/multiple	21.84%
not enough exercise, activity	1.15%
other	26.44%
poor sleep habits/hygiene/routines, staying up late, sleeping late	13.79%
reduce screen time/technology	21.84%
reduce sugar, junk food, pop	12.64%
smoking, vaping, drugs	2.30%
outdoors	2.65%
mixed/multiple	19.09%
not enough exercise, activity	5.45%
other	9.09%
poor sleep habits/hygiene/routines, staying up late, sleeping late	9.09%
reduce screen time/technology	40.91%
reduce sugar, junk food, pop	16.36%

physical activity	22.68%
mixed/multiple	26.72%
not enough exercise, activity	2.97%
other	7.95%
poor sleep habits/hygiene/routines, staying up late, sleeping late	9.65%
reduce screen time/technology	32.24%
reduce sugar, junk food, pop	19.62%
smoking, vaping, drugs	0.85%
reading	3.25%
mixed/multiple	28.15%
not enough exercise, activity	5.93%
other	7.41%
poor sleep habits/hygiene/routines, staying up late, sleeping late	7.41%
reduce screen time/technology	42.22%
reduce sugar, junk food, pop	8.15%
smoking, vaping, drugs	0.74%
screens, use, light, brightness, time, timing	18.73%
mixed/multiple	20.15%
not enough exercise, activity	5.52%
other	7.57%
poor sleep habits/hygiene/routines, staying up late, sleeping late	11.42%
reduce screen time/technology	33.89%
reduce sugar, junk food, pop	20.41%
smoking, vaping, drugs	1.03%
seek help	0.51%
mixed/multiple	38.10%
not enough exercise, activity	4.76%
other	33.33%
reduce screen time/technology	19.05%
reduce sugar, junk food, pop	4.76%
sleep, bedtime	19.05%
mixed/multiple	29.55%
not enough exercise, activity	2.53%
other	5.56%
poor sleep habits/hygiene/routines, staying up late, sleeping late	19.44%
reduce screen time/technology	27.27%
reduce sugar, junk food, pop	14.65%
smoking, vaping, drugs	1.01%
social	0.99%
mixed/multiple	31.71%
not enough exercise, activity	7.32%
other	7.32%
poor sleep habits/hygiene/routines, staying up late, sleeping late	12.20%
reduce screen time/technology	31.71%
reduce sugar, junk food, pop	7.32%
smoking, vaping, drugs	2.44%

Table 7. Frequency of Q2 response by Q1 response

Appendix D: Frequency of Q3 response by Q2 response (Overall)

Row Labels	Frequency
mixed/multiple	25.63%
Be kind/judge less	0.70%
Be more active	7.83%
Be social	2.35%
Brain diseases - Alzheimer's and mental health/illness	11.43%
Brain exercises/games	3.45%
Brain sizes/sides/shrinks	5.01%
Don't know/nothing	2.90%
Eat better	10.57%
Get outdoors	0.70%
Help/support others	1.10%
Learn more about brain health/mental health	0.78%
Mixed/multiple	6.58%
Other	3.05%
Prevent concussion/wear helmet	1.17%
Reduce screen time	8.77%
Reduce stress	2.74%
Six pillars/everything/brain boosters or busters	12.06%
Sleep routines	11.28%
Social media can be harmful	1.64%
Stop/don't vape/smoke/do drugs	3.76%
Tell/educate others about brain health/stigma/mental illness	2.11%
not enough exercise, activity	3.33%
Be kind/judge less	1.81%
Be more active	7.23%
Brain diseases - Alzheimer's and mental health/illness	9.04%
Brain exercises/games	3.61%
Brain sizes/sides/shrinks	4.22%
Don't know/nothing	4.22%
Eat better	10.24%
Get outdoors	0.60%
Help/support others	1.20%
Mixed/multiple	3.61%
Other	4.82%
Prevent concussion/wear helmet	1.20%
Reduce screen time	11.45%
Reduce stress	3.01%
Six pillars/everything/brain boosters or busters	13.25%
Sleep routines	11.45%
Social media can be harmful	2.41%
Stop/don't vape/smoke/do drugs	1.20%
Tell/educate others about brain health/stigma/mental illness	5.42%
other	8.41%
Be kind/judge less	1.67%
Be more active	9.79%
Be social	3.34%
Brain diseases - Alzheimer's and mental health/illness	8.11%
Brain exercises/games	3.34%
Brain sizes/sides/shrinks	3.82%
Don't know/nothing	5.49%
Eat better	9.55%
Get outdoors	1.43%

Help/support others	2.63%
Learn more about brain health/mental health	2.39%
Mixed/multiple	5.25%
Other	3.10%
Prevent concussion/wear helmet	1.43%
Reduce screen time	7.40%
Reduce stress	2.86%
Six pillars/everything/brain boosters or busters	12.17%
Sleep routines	8.83%
Social media can be harmful	1.91%
Stop/don't vape/smoke/do drugs	1.67%
Tell/educate others about brain health/stigma/mental illness	3.82%
poor sleep habits/hygiene/routines, staying up late, sleeping late	12.78%
Be kind/judge less	0.63%
Be more active	7.85%
Be social	1.73%
Brain diseases - Alzheimer's and mental health/illness	8.79%
Brain exercises/games	3.45%
Brain sizes/sides/shrinks	4.71%
Don't know/nothing	3.45%
Eat better	11.15%
Get outdoors	0.16%
Help/support others	1.57%
Learn more about brain health/mental health	1.57%
Mixed/multiple	4.87%
Other	5.34%
Prevent concussion/wear helmet	0.47%
Reduce screen time	8.48%
Reduce stress	3.77%
Six pillars/everything/brain boosters or busters	11.93%
Sleep routines	13.19%
Social media can be harmful	1.73%
Stop/don't vape/smoke/do drugs	2.98%
Tell/educate others about brain health/stigma/mental illness	2.20%
reduce screen time/technology	31.97%
Be kind/judge less	1.19%
Be more active	8.66%
Be social	3.08%
Brain diseases - Alzheimer's and mental health/illness	7.85%
Brain exercises/games	3.33%
Brain sizes/sides/shrinks	3.83%
Don't know/nothing	2.64%
Eat better	9.54%
Get outdoors	1.44%
Help/support others	1.95%
Learn more about brain health/mental health	3.01%
Mixed/multiple	4.83%
Other	5.71%
Prevent concussion/wear helmet	1.26%
Reduce screen time	8.41%
Reduce stress	2.82%
Six pillars/everything/brain boosters or busters	13.50%
Sleep routines	9.73%
Social media can be harmful	1.69%

Stop/don't vape/smoke/do drugs	3.14%
Tell/educate others about brain health/stigma/mental illness	2.39%
reduce sugar, junk food, pop	16.74%
Be kind/judge less	1.32%
Be more active	6.59%
Be social	1.56%
Brain diseases - Alzheimer's and mental health/illness	8.63%
Brain exercises/games	3.00%
Brain sizes/sides/shrinks	6.95%
Don't know/nothing	3.36%
Eat better	12.11%
Get outdoors	0.84%
Help/support others	2.04%
Learn more about brain health/mental health	2.76%
Mixed/multiple	4.92%
Other	4.44%
Prevent consussion/wear helmet	0.72%
Reduce screen time	8.39%
Reduce stress	1.68%
Six pillars/everything/brain boosters or busters	13.55%
Sleep routines	8.03%
Social media can be harmful	2.04%
Stop/don't vape/smoke/do drugs	3.48%
Tell/educate others about brain health/stigma/mental illness	3.60%
smoking, vaping, drugs	1.14%
Be more active	8.77%
Be social	3.51%
Brain diseases - Alzheimer's and mental health/illness	8.77%
Brain exercises/games	1.75%
Brain sizes/sides/shrinks	1.75%
Don't know/nothing	5.26%
Eat better	14.04%
Get outdoors	1.75%
Help/support others	1.75%
Learn more about brain health/mental health	3.51%
Other	3.51%
Prevent consussion/wear helmet	1.75%
Reduce screen time	7.02%
Reduce stress	5.26%
Six pillars/everything/brain boosters or busters	19.30%
Sleep routines	3.51%
Stop/don't vape/smoke/do drugs	7.02%
Tell/educate others about brain health/stigma/mental illness	1.75%

Table 8. Frequency of Q3 response by Q2 response

Appendix E: Frequency of Q2 response by Q1 response (Grades 5 - 8 comparison)

Grade #	5	Grade #	6	Grade #	7	Grade #	8
Row Labels	Frequency	Row Labels	Frequency	Row Labels	Frequency	Row Labels	Frequency
breathing	0.54%	breathing	0.74%	breathing	1.06%	breathing	0.73%
mixed/multiple	20.00%	mixed/multiple	14.29%	other	21.43%	mixed/multiple	14.29%
other	40.00%	poor sleep habits/hygiene/routines, staying up late, sleeping late	14.29%	poor sleep habits/hygiene/routines, staying up late, sleeping late	7.14%	poor sleep habits/hygiene/routines, staying up late, sleeping late	14.29%
reduce screen time/technology	40.00%	other	14.29%	reduce screen time/technology	57.14%	reduce screen time/technology	57.14%
food/nutrition/eating	14.87%	reduce screen time/technology	28.57%	reduce sugar, junk food, pop	14.29%	reduce sugar, junk food, pop	14.29%
mixed/multiple	22.46%	reduce sugar, junk food, pop	28.57%	food/nutrition/eating	12.83%	food/nutrition/eating	10.67%
not enough exercise, activity	0.72%	food/nutrition/eating	14.36%	mixed/multiple	22.35%	mixed/multiple	30.10%
other	11.59%	mixed/multiple	28.15%	not enough exercise, activity	1.76%	not enough exercise, activity	2.91%
poor sleep habits/hygiene/routines, staying up late, sleeping late	9.42%	not enough exercise, activity	4.44%	other	10.00%	other	8.74%
reduce screen time/technology	35.51%	poor sleep habits/hygiene/routines, staying up late, sleeping late	7.41%	poor sleep habits/hygiene/routines, staying up late, sleeping late	14.71%	poor sleep habits/hygiene/routines, staying up late, sleeping late	16.50%
reduce sugar, junk food, pop	15.94%	other	7.41%	reduce screen time/technology	32.35%	reduce screen time/technology	15.53%
smoking, vaping, drugs	4.35%	reduce screen time/technology	32.59%	reduce sugar, junk food, pop	17.65%	reduce sugar, junk food, pop	26.21%
gratitude practices	0.22%	reduce sugar, junk food, pop	22.96%	smoking, vaping, drugs	1.18%	gratitude practices	0.31%
other	50.00%	smoking, vaping, drugs	1.48%	gratitude practices	0.30%	mixed/multiple	33.33%
reduce sugar, junk food, pop	50.00%	healthy lifestyle	3.30%	mixed/multiple	25.00%	other	33.33%
healthy lifestyle	3.56%	mixed/multiple	25.81%	other	25.00%	reduce sugar, junk food, pop	33.33%
mixed/multiple	18.18%	poor sleep habits/hygiene/routines, staying up late, sleeping late	9.68%	reduce screen time/technology	25.00%	healthy lifestyle	2.90%
other	12.12%	reduce screen time/technology	19.35%	reduce sugar, junk food, pop	25.00%	mixed/multiple	21.43%
poor sleep habits/hygiene/routines, staying up late, sleeping late	3.03%	reduce sugar, junk food, pop	25.81%	healthy lifestyle	4.30%	not enough exercise, activity	7.14%
reduce screen time/technology	45.45%	smoking, vaping, drugs	16.13%	mixed/multiple	19.30%	other	10.71%
reduce sugar, junk food, pop	15.15%	smoking, vaping, drugs	3.23%	not enough exercise, activity	3.51%	poor sleep habits/hygiene/routines, staying up late, sleeping late	17.86%
smoking, vaping, drugs	6.06%	mixed/multiple	12.45%	other	24.56%	reduce screen time/technology	21.43%
mixed/multiple	15.63%	mixed/multiple	37.61%	poor sleep habits/hygiene/routines, staying up late, sleeping late	10.53%	reduce sugar, junk food, pop	17.86%
mixed/multiple	26.21%	not enough exercise, activity	5.13%	reduce screen time/technology	31.58%	smoking, vaping, drugs	3.57%
not enough exercise, activity	1.86%	poor sleep habits/hygiene/routines, staying up late, sleeping late	1.86%	reduce sugar, junk food, pop	10.53%	mixed/multiple	11.19%
other	12.81%	mixed/multiple	7.69%	mixed/multiple	10.34%	mixed/multiple	44.44%
poor sleep habits/hygiene/routines, staying up late, sleeping late	7.59%	reduce screen time/technology	27.35%	mixed/multiple	25.55%	not enough exercise, activity	0.93%
reduce screen time/technology	32.41%	reduce sugar, junk food, pop	9.40%	not enough exercise, activity	2.19%	other	6.48%
reduce sugar, junk food, pop	17.24%	music	0.21%	other	5.84%	poor sleep habits/hygiene/routines, staying up late, sleeping late	12.96%
smoking, vaping, drugs	2.76%	other	50.00%	poor sleep habits/hygiene/routines, staying up late, sleeping late	15.33%	reduce screen time/technology	25.00%
music	0.22%	reduce screen time/technology	50.00%	reduce screen time/technology	35.77%	reduce sugar, junk food, pop	9.26%
mixed/multiple	50.00%	other	2.77%	reduce sugar, junk food, pop	14.60%	smoking, vaping, drugs	0.93%
reduce screen time/technology	50.00%	mixed/multiple	26.92%	smoking, vaping, drugs	0.73%	music	0.10%
other	2.59%	not enough exercise, activity	3.85%	music	0.08%	poor sleep habits/hygiene/routines, staying up late, sleeping late	100.00%
mixed/multiple	8.33%	poor sleep habits/hygiene/routines, staying up late, sleeping late	11.54%	reduce screen time/technology	100.00%	other	1.76%
other	33.33%	other	26.92%	other	1.51%	mixed/multiple	29.41%
poor sleep habits/hygiene/routines, staying up late, sleeping late	16.67%	reduce screen time/technology	19.23%	mixed/multiple	25.00%	other	17.65%
reduce screen time/technology	29.17%	reduce sugar, junk food, pop	11.54%	other	25.00%	poor sleep habits/hygiene/routines, staying up late, sleeping late	5.88%
reduce sugar, junk food, pop	8.33%	outdoors	2.13%	poor sleep habits/hygiene/routines, staying up late, sleeping late	20.00%	reduce screen time/technology	23.53%
smoking, vaping, drugs	4.17%	mixed/multiple	15.00%	reduce screen time/technology	15.00%	reduce sugar, junk food, pop	17.65%
outdoors	2.59%	not enough exercise, activity	5.00%	reduce sugar, junk food, pop	15.00%	smoking, vaping, drugs	5.88%
mixed/multiple	20.83%	poor sleep habits/hygiene/routines, staying up late, sleeping late	15.00%	outdoors	3.40%	outdoors	2.18%
other	8.33%	other	10.00%	mixed/multiple	17.78%	mixed/multiple	23.81%
poor sleep habits/hygiene/routines, staying up late, sleeping late	4.17%	reduce screen time/technology	45.00%	not enough exercise, activity	4.44%	not enough exercise, activity	14.29%
reduce screen time/technology	41.67%	reduce sugar, junk food, pop	10.00%	other	8.89%	other	9.52%
reduce sugar, junk food, pop	25.00%	physical activity	20.96%	poor sleep habits/hygiene/routines, staying up late, sleeping late	13.33%	reduce screen time/technology	42.86%
physical activity	24.67%	mixed/multiple	24.37%	reduce screen time/technology	32.00%	poor sleep habits/hygiene/routines, staying up late, sleeping late	9.52%
mixed/multiple	24.67%	not enough exercise, activity	3.55%	reduce sugar, junk food, pop	17.78%	physical activity	22.07%
not enough exercise, activity	2.64%	poor sleep habits/hygiene/routines, staying up late, sleeping late	7.61%	physical activity	23.09%	mixed/multiple	35.21%
other	7.49%	other	9.64%	mixed/multiple	23.86%	not enough exercise, activity	1.41%
poor sleep habits/hygiene/routines, staying up late, sleeping late	7.05%	reduce screen time/technology	36.55%	not enough exercise, activity	3.92%	other	6.10%
reduce screen time/technology	32.16%	reduce sugar, junk food, pop	18.27%	other	8.50%	poor sleep habits/hygiene/routines, staying up late, sleeping late	12.68%
reduce sugar, junk food, pop	24.67%	reading	2.66%	poor sleep habits/hygiene/routines, staying up late, sleeping late	10.78%	reduce screen time/technology	28.64%
smoking, vaping, drugs	1.32%	mixed/multiple	24.00%	reduce screen time/technology	17.78%	reduce sugar, junk food, pop	15.02%
reading	2.69%	not enough exercise, activity	12.00%	reduce sugar, junk food, pop	19.93%	smoking, vaping, drugs	0.94%
mixed/multiple	28.00%	poor sleep habits/hygiene/routines, staying up late, sleeping late	12.00%	smoking, vaping, drugs	0.98%	reading	4.46%
other	8.00%	other	8.00%	reading	3.17%	mixed/multiple	34.88%
poor sleep habits/hygiene/routines, staying up late, sleeping late	4.00%	reduce screen time/technology	32.00%	mixed/multiple	23.81%	not enough exercise, activity	4.65%
reduce screen time/technology	48.00%	reduce sugar, junk food, pop	12.00%	not enough exercise, activity	7.14%	other	4.65%
reduce sugar, junk food, pop	8.00%	screens, use, light, brightness, time, timing	22.55%	other	9.52%	poor sleep habits/hygiene/routines, staying up late, sleeping late	9.30%
smoking, vaping, drugs	4.00%	mixed/multiple	19.34%	poor sleep habits/hygiene/routines, staying up late, sleeping late	4.76%	reduce screen time/technology	41.86%
screens, use, light, brightness, time, timing	16.70%	not enough exercise, activity	7.55%	reduce screen time/technology	45.24%	reduce sugar, junk food, pop	4.65%
mixed/multiple	23.23%	poor sleep habits/hygiene/routines, staying up late, sleeping late	10.85%	reduce sugar, junk food, pop	9.52%	screens, use, light, brightness, time, timing	16.37%
not enough exercise, activity	3.23%	other	8.96%	screens, use, light, brightness, time, timing	19.17%	mixed/multiple	24.05%
other	8.39%	reduce screen time/technology	33.96%	mixed/multiple	16.54%	not enough exercise, activity	5.70%
poor sleep habits/hygiene/routines, staying up late, sleeping late	9.68%	reduce sugar, junk food, pop	17.45%	not enough exercise, activity	5.12%	other	7.59%
reduce screen time/technology	30.97%	smoking, vaping, drugs	1.89%	other	5.91%	poor sleep habits/hygiene/routines, staying up late, sleeping late	12.66%
reduce sugar, junk food, pop	23.23%	seek help	0.32%	poor sleep habits/hygiene/routines, staying up late, sleeping late	12.25%	reduce screen time/technology	29.11%
smoking, vaping, drugs	1.29%	mixed/multiple	33.33%	reduce screen time/technology	38.58%	reduce sugar, junk food, pop	20.89%
seek help	0.65%	other	33.33%	reduce sugar, junk food, pop	20.87%	seek help	0.73%
mixed/multiple	16.67%	reduce screen time/technology	33.33%	smoking, vaping, drugs	0.79%	mixed/multiple	57.14%
other	33.33%	sleep, bedtime	16.91%	seek help	0.38%	not enough exercise, activity	14.29%
reduce screen time/technology	33.33%	mixed/multiple	26.42%	mixed/multiple	40.00%	other	14.29%
reduce sugar, junk food, pop	16.67%	not enough exercise, activity	2.52%	other	60.00%	reduce screen time/technology	14.29%
sleep, bedtime	14.29%	poor sleep habits/hygiene/routines, staying up late, sleeping late	21.38%	poor sleep habits/hygiene/routines, staying up late, sleeping late	19.23%	sleep, bedtime	24.77%
mixed/multiple	23.88%	other	5.03%	mixed/multiple	29.62%	mixed/multiple	34.73%
not enough exercise, activity	1.49%	reduce screen time/technology	24.53%	not enough exercise, activity	1.92%	not enough exercise, activity	3.77%
other	6.72%	reduce sugar, junk food, pop	18.87%	other	5.77%	other	5.02%
poor sleep habits/hygiene/routines, staying up late, sleeping late	20.90%	smoking, vaping, drugs	1.26%	poor sleep habits/hygiene/routines, staying up late, sleeping late	18.85%	poor sleep habits/hygiene/routines, staying up late, sleeping late	17.99%
reduce screen time/technology	28.36%	social	0.64%	reduce screen time/technology	30.00%	reduce screen time/technology	25.52%
reduce sugar, junk food, pop	16.42%	mixed/multiple	33.33%	reduce sugar, junk food, pop	13.85%	reduce sugar, junk food, pop	11.72%
smoking, vaping, drugs	2.24%	reduce screen time/technology	50.00%	social	0.75%	smoking, vaping, drugs	1.26%
social	0.86%	reduce sugar, junk food, pop	16.67%	mixed/multiple	30.00%	social	1.76%
mixed/multiple	25.00%	Grand Total	100.00%	not enough exercise, activity	10.00%	mixed/multiple	35.29%
other	12.50%			poor sleep habits/hygiene/routines, staying up late, sleeping late	20.00%	not enough exercise, activity	11.76%
poor sleep habits/hygiene/routines, staying up late, sleeping late	25.00%			reduce screen time/technology	40.00%	other	11.76%
reduce screen time/technology	25.00%			Grand Total	100.00%	poor sleep habits/hygiene/routines, staying up late, sleeping late	5.88%
smoking, vaping, drugs	12.50%					reduce screen time/technology	23.53%
Grand Total	100.00%					reduce sugar, junk food, pop	11.76%
						Grand Total	100.00%

Table 10. Frequency of Q2 Response by Q1 Response for Grade 6 Respondents

Table 11. Frequency of Q2 Response by Q1 Response for Grade 7 Respondents

Table 12. Frequency of Q2 Response by Q1 Response for Grade 8 Respondents

Table 9. Frequency of Q2 Response by Q1 Response for Grade 5 Respondents

Appendix F: Frequency of Q2 response by Q1 response (PeelSB vs. TDSB vs. YRDSB)

School Board	PeelSB
Row Labels	Frequency
breathing	1.20%
mixed/multiple	7.14%
other	7.14%
poor sleep habits/hygiene/routines, staying up late, sleeping late	7.14%
reduce screen time/technology	64.29%
reduce sugar, junk food, pop	14.29%
food/nutrition/eating	10.84%
mixed/multiple	23.81%
not enough exercise, activity	2.38%
other	8.73%
poor sleep habits/hygiene/routines, staying up late, sleeping late	9.52%
reduce screen time/technology	31.75%
reduce sugar, junk food, pop	23.02%
smoking, vaping, drugs	0.79%
gratitude practices	0.34%
mixed/multiple	25.00%
other	25.00%
reduce screen time/technology	25.00%
reduce sugar, junk food, pop	25.00%
healthy lifestyle	3.61%
mixed/multiple	23.81%
not enough exercise, activity	4.76%
other	16.67%
poor sleep habits/hygiene/routines, staying up late, sleeping late	7.14%
reduce screen time/technology	28.57%
reduce sugar, junk food, pop	19.05%
mixed/multiple	10.76%
mixed/multiple	39.20%
not enough exercise, activity	2.40%
other	7.20%
poor sleep habits/hygiene/routines, staying up late, sleeping late	8.00%
reduce screen time/technology	27.20%
reduce sugar, junk food, pop	14.40%
smoking, vaping, drugs	1.60%
music	0.17%
poor sleep habits/hygiene/routines, staying up late, sleeping late	50.00%
reduce screen time/technology	50.00%
other	2.32%
mixed/multiple	18.52%
not enough exercise, activity	3.70%
other	29.63%
poor sleep habits/hygiene/routines, staying up late, sleeping late	11.11%
reduce screen time/technology	25.93%
reduce sugar, junk food, pop	7.41%
smoking, vaping, drugs	3.70%
outdoors	4.13%
mixed/multiple	25.00%
not enough exercise, activity	8.33%
other	8.33%
poor sleep habits/hygiene/routines, staying up late, sleeping late	6.25%
reduce screen time/technology	37.50%
reduce sugar, junk food, pop	14.58%
physical activity	20.57%
mixed/multiple	30.54%
not enough exercise, activity	2.93%
other	9.21%
poor sleep habits/hygiene/routines, staying up late, sleeping late	10.04%
reduce screen time/technology	30.13%
reduce sugar, junk food, pop	16.74%
smoking, vaping, drugs	0.42%
reading	3.61%
mixed/multiple	23.81%
not enough exercise, activity	2.38%
other	4.76%
poor sleep habits/hygiene/routines, staying up late, sleeping late	2.38%
reduce screen time/technology	54.76%
reduce sugar, junk food, pop	11.90%
screens, use, light, brightness, time, timing	20.31%
mixed/multiple	21.19%
not enough exercise, activity	7.20%
other	7.63%
poor sleep habits/hygiene/routines, staying up late, sleeping late	13.98%
reduce screen time/technology	30.08%
reduce sugar, junk food, pop	18.22%
smoking, vaping, drugs	1.69%
seek help	0.69%
mixed/multiple	62.50%
other	25.00%
reduce screen time/technology	12.50%
sleep, bedtime	20.57%
mixed/multiple	28.03%
not enough exercise, activity	2.93%
other	3.77%
poor sleep habits/hygiene/routines, staying up late, sleeping late	17.99%
reduce screen time/technology	29.71%
reduce sugar, junk food, pop	16.74%
smoking, vaping, drugs	0.84%
social	0.86%
mixed/multiple	30.00%
poor sleep habits/hygiene/routines, staying up late, sleeping late	10.00%
reduce screen time/technology	40.00%
reduce sugar, junk food, pop	20.00%
Grand Total	100.00%

Table 13. Frequency of Q2 Response by Q1 Response for PeelSB Respondents

School Board	TDSB
Row Labels	Frequency
breathing	0.73%
mixed/multiple	40.00%
other	40.00%
poor sleep habits/hygiene/routines, staying up late, sleeping late	20.00%
reduce screen time/technology	20.00%
food/nutrition/eating	12.74%
mixed/multiple	18.39%
not enough exercise, activity	2.30%
poor sleep habits/hygiene/routines, staying up late, sleeping late	9.20%
other	6.90%
reduce screen time/technology	40.23%
reduce sugar, junk food, pop	19.54%
smoking, vaping, drugs	3.45%
gratitude practices	0.15%
other	100.00%
healthy lifestyle	2.78%
mixed/multiple	31.58%
poor sleep habits/hygiene/routines, staying up late, sleeping late	15.79%
reduce screen time/technology	36.84%
reduce sugar, junk food, pop	10.53%
smoking, vaping, drugs	5.26%
mixed/multiple	14.79%
mixed/multiple	35.64%
not enough exercise, activity	1.98%
poor sleep habits/hygiene/routines, staying up late, sleeping late	8.91%
other	11.88%
reduce screen time/technology	30.69%
reduce sugar, junk food, pop	9.90%
smoking, vaping, drugs	0.99%
music	0.29%
other	50.00%
reduce screen time/technology	50.00%
other	3.81%
mixed/multiple	26.92%
poor sleep habits/hygiene/routines, staying up late, sleeping late	15.38%
other	30.77%
reduce screen time/technology	15.38%
reduce sugar, junk food, pop	7.69%
smoking, vaping, drugs	3.85%
outdoors	3.07%
mixed/multiple	23.81%
poor sleep habits/hygiene/routines, staying up late, sleeping late	14.29%
other	4.76%
reduce screen time/technology	47.62%
reduce sugar, junk food, pop	9.52%
physical activity	23.87%
mixed/multiple	25.77%
not enough exercise, activity	2.45%
poor sleep habits/hygiene/routines, staying up late, sleeping late	6.13%
other	9.82%
reduce screen time/technology	31.90%
reduce sugar, junk food, pop	22.09%
smoking, vaping, drugs	1.84%
reading	2.93%
mixed/multiple	10.00%
not enough exercise, activity	5.00%
poor sleep habits/hygiene/routines, staying up late, sleeping late	15.00%
other	5.00%
reduce screen time/technology	55.00%
reduce sugar, junk food, pop	10.00%
screens, use, light, brightness, time, timing	19.77%
mixed/multiple	16.30%
not enough exercise, activity	3.70%
poor sleep habits/hygiene/routines, staying up late, sleeping late	12.59%
other	7.41%
reduce screen time/technology	35.56%
reduce sugar, junk food, pop	22.96%
smoking, vaping, drugs	1.48%
seek help	0.29%
mixed/multiple	100.00%
sleep, bedtime	14.06%
mixed/multiple	20.83%
not enough exercise, activity	4.17%
poor sleep habits/hygiene/routines, staying up late, sleeping late	18.75%
other	7.29%
reduce screen time/technology	28.13%
reduce sugar, junk food, pop	19.79%
smoking, vaping, drugs	1.04%
social	0.73%
not enough exercise, activity	20.00%
poor sleep habits/hygiene/routines, staying up late, sleeping late	40.00%
reduce screen time/technology	40.00%
Grand Total	100.00%

Table 14. Frequency of Q2 Response by Q1 Response for TDSB Respondents

School Board	YRDSB
Row Labels	Frequency
breathing	0.43%
mixed/multiple	11.11%
other	22.22%
poor sleep habits/hygiene/routines, staying up late, sleeping late	22.22%
reduce screen time/technology	33.33%
reduce sugar, junk food, pop	11.11%
food/nutrition/eating	12.07%
mixed/multiple	27.06%
not enough exercise, activity	2.35%
other	8.63%
poor sleep habits/hygiene/routines, staying up late, sleeping late	13.73%
reduce screen time/technology	26.27%
reduce sugar, junk food, pop	20.39%
smoking, vaping, drugs	1.57%
gratitude practices	0.14%
mixed/multiple	33.33%
reduce sugar, junk food, pop	66.67%
healthy lifestyle	4.40%
mixed/multiple	18.28%
not enough exercise, activity	2.15%
other	21.51%
poor sleep habits/hygiene/routines, staying up late, sleeping late	13.98%
reduce screen time/technology	30.11%
reduce sugar, junk food, pop	10.75%
smoking, vaping, drugs	3.23%
mixed/multiple	11.98%
mixed/multiple	27.67%
not enough exercise, activity	1.58%
other	8.70%
poor sleep habits/hygiene/routines, staying up late, sleeping late	13.04%
reduce screen time/technology	34.39%
reduce sugar, junk food, pop	14.23%
smoking, vaping, drugs	0.40%
music	0.28%
mixed/multiple	16.67%
other	16.67%
reduce screen time/technology	33.33%
reduce sugar, junk food, pop	33.33%
other	1.89%
mixed/multiple	15.00%
not enough exercise, activity	2.50%
other	15.00%
poor sleep habits/hygiene/routines, staying up late, sleeping late	22.50%
reduce screen time/technology	30.00%
reduce sugar, junk food, pop	15.00%
outdoors	2.04%
mixed/multiple	23.26%
not enough exercise, activity	2.33%
other	4.65%
poor sleep habits/hygiene/routines, staying up late, sleeping late	9.30%
reduce screen time/technology	51.16%
reduce sugar, junk food, pop	9.30%
physical activity	23.01%
mixed/multiple	27.98%
not enough exercise, activity	3.50%
other	5.97%
poor sleep habits/hygiene/routines, staying up late, sleeping late	11.73%
reduce screen time/technology	31.28%
reduce sugar, junk food, pop	18.72%
smoking, vaping, drugs	0.82%
reading	3.08%
mixed/multiple	29.23%
not enough exercise, activity	4.62%
other	7.69%
poor sleep habits/hygiene/routines, staying up late, sleeping late	7.69%
reduce screen time/technology	38.46%
reduce sugar, junk food, pop	12.31%
screens, use, light, brightness, time, timing	18.13%
mixed/multiple	22.19%
not enough exercise, activity	6.27%
other	6.01%
poor sleep habits/hygiene/routines, staying up late, sleeping late	10.44%
reduce screen time/technology	35.51%
reduce sugar, junk food, pop	18.54%
smoking, vaping, drugs	1.04%
seek help	0.76%
mixed/multiple	6.25%
not enough exercise, activity	6.25%
other	37.50%
reduce screen time/technology	31.25%
reduce sugar, junk food, pop	18.75%
sleep, bedtime	20.41%
mixed/multiple	30.86%
not enough exercise, activity	2.78%
other	6.03%
poor sleep habits/hygiene/routines, staying up late, sleeping late	23.43%
reduce screen time/technology	25.29%
reduce sugar, junk food, pop	10.90%
smoking, vaping, drugs	0.70%
social	1.37%
mixed/multiple	34.48%
not enough exercise, activity	10.34%
other	10.34%
reduce screen time/technology	37.93%
reduce sugar, junk food, pop	3.45%
smoking, vaping, drugs	3.45%
Grand Total	100.00%

Table 15. Frequency of Q2 Response by Q1 Response for YRDSB Respondents