

GAMBLING, INTERNET AND MEDIA USE

QANUILIRPITAA? 2017 HEALTH SURVEY

Gambling, Internet, social media and other screen-based media are for some people popular leisure activities. Most people participate in these activities responsibly and gain from them. We must also acknowledge that repetitive and persistent involvement in these activities can have negative impacts on health.

GAMBLING

Half of the population participated in some type of **GAMBLING** (bingo, dice and card games, lottery tickets) every month in 2017 (49%).



4 out of 10 Nunavimmiut who gambled in 2017 participated in **ONLINE GAMBLING** (43%).



Two thirds of those who gambled **REPORTED SPENDING** less than \$50 a month (67%).

PROBLEM GAMBLING is when

a person's gambling behaviours have a negative impact on them, their social network or the community. Among Nunavimmiut who gambled, 1 out of 3 appeared at risk of problem gambling (34%). This proportion is similar to other Inuit populations.

INTERNET USE

1 out of 2 Nunavimmiut aged 55 and over **USED THE INTERNET** in the year before the survey (45%), while more than 9 out of 10 youth did so (93% for those aged 16–20 and 96% for those aged 21–30).

4 out of 10 Nunavimmiut believed that they could not cut down on their use of the Internet even though they would like to (39%).



SOCIAL MEDIA USE

93%

of Internet users visited **SOCIAL MEDIA** sites on a daily basis.



SCREEN TIME

56% of the population aged 16 and over spent 3 or more hours per day **IN FRONT OF A SCREEN** for personal and/or professional reasons

(watching TV, playing video games, surfing on the Internet).

TO SEEK HELP ABOUT YOUR HEALTH, CONTACT YOUR LOCAL CLSC

Enjoy screen-free activities and spending time on the land.

Qanuilirpitaa? 2017 is a population health survey carried out in Nunavik from August to October 2017. A total of 1 326 Nunavimmiut aged 16 and over from all 14 villages participated in this survey.





For more information: <u>nrbhss.ca/en/health-surveys</u>

Nakurmiik to all Nunavimmiut who contributed to this important health survey!