



TIME USE

Time Use measures how people experience and spend their time. It means how the use of our time affects physical and mental wellbeing, individual and family wellbeing, and present and future wellbeing. It examines the length of our workweek, our work arrangements, our levels of time pressure, and the time we spend with friends and in other free-time activities.

The implicit assumption with Time Use is the notion of *balance*. Most activities are beneficial to wellbeing when done in moderation, but are detrimental when done excessively or not at all. There are only 24 hours in a day, so too much time directed towards one activity can mean not enough or no time at all allocated for other activities that are also critical for our wellbeing. Not only does the amount of time matter, but the pace of and relative control over timing of activities throughout the day can affect overall quality of life.

TIME

How much time Ontarians devote each day to certain kinds of activities may be beneficial – or detrimental – to their wellbeing. While some people might have the ability to allocate their time to achieve greater work- life balance, too often, factors beyond their control dictate how that time is allocated.

In Oxford County, 15.2% of residents are working 50 hours or more each week, which is well beyond the maximum 35 to 40 hours most full-time employees work. Indeed, this percentage is among one of the highest rates in Ontario, which sits at 14.3%, and well above the national rate (8.7%). The number of residents working long hours in Oxford County represents a departure from recent national trends that show fewer people are working longer hours.

While residents living in Ontario and across the country have average workday commute times of nearly an hour (53.7 minutes and 52 minutes respectively), round-trip commutes in Oxford County are shorter. In Oxford County, workers spend almost 20 minutes less commuting to and from work each day (36.2 minutes) than those workers residing elsewhere in Ontario. This indicator on commute time for Oxford County was drawn from the recent Community Wellbeing Survey, so the reference group and specific question are slightly different from national sources of data. In this sense, direct comparisons to Oxford County with other areas must be made with caution. Nevertheless, lower commute times should be encouraging, because it can contribute to a greater sense of work-life balance, less time pressure, and higher overall life satisfaction.



people working
50+ hours per week

OXFORD	15.2%
WEST ONTARIO	15.2%
ONTARIO	14.3%
CANADA	8.7%

TIMING

Timing considers when activities occur during the day, and how easy or difficult it might be for people to schedule activities like work, leisure, meals, or volunteer commitments. The more easily people can control their time, the greater their wellbeing.

Having regular, weekday work hours increases the sense of stability and security people feel about their jobs. In Oxford County, just under two- thirds of employees (63.0%) have regular weekday



working people with flexible work hours

OXFORD	37.6%
WEST	41.4%
ONTARIO	46.1%
CANADA	43.2%



15 to 64 year olds reporting high levels of time pressure

OXFORD	17.4%
WEST	21.3%
ONTARIO	19.8%
CANADA	17.4%

working hours, which is somewhat lower than the provincial level (65.9%) and much lower than the national rate (67.3%). Further, the percentage of residents in Oxford County (37.6%) who have access to flexible work hours (i.e., when they choose to begin and end their workday) is notably lower than in West Region (41.4%) and much lower than anywhere else in Ontario (46.1%) and across Canada (43.2%). Overall, these measures of timing for working people in Oxford County suggest people have a lower degree of control over their time than others do.

TEMPORALITY

Temporality focuses on the natural rhythms associated with time such as our sleep and waking time rhythms, transitions from day to night, and activities associated with the changing of the seasons. Sleep is a biological necessity – we need good quality sleep in order to function. Adults require between seven to nine hours of sleep per day, and too much, too little, or poor quality sleep is detrimental to our wellbeing.

Approximately one-third of residents in Oxford County (32.5%) report getting between seven and nine hours of quality sleep. This percentage is slightly below the rate for West Region (34.4%) and Canada (35.9%), but comparatively above the rate for the province (30.5%). Nevertheless, as is seen elsewhere in the province and country, about two-thirds of residents of Oxford County are not getting adequate sleep and this is a concern for the overall health and wellbeing.

A high level of perceived time pressure may break people’s work-life balance and even further affect individual life quality. Just under 1 in 5 residents of Oxford County report high levels of time pressure (17.4%), which is identical to the percentage across Canada overall (17.4%). This percentage of people feeling higher levels of time pressure is lower than the percentages reported both in West Region (21.3%) and provincially (19.8%). Even though the reported degree of time pressure has been decreasing nationally in recent years, with about 20% of the people still feeling time stressed, the ongoing challenge of achieving work-life balance for people in Oxford County remains.