




















Health habits of pre-schoolers from low-income families and their peers

	CIRCLE OF CARE GROUP	PRE-SCHOOL PEER GROUP
Dental hygiene		
Awareness of importance of dental hygiene	93.7% 	55.6% 
Dental knowledge	40.9% 	87.5% 
Dental health	27% 	16% 
Screen time		
Total screen time on weekdays	2h 27min	2h 4min
Sleep		
Sleep quantity (weekdays night)	9h 22min	8h 52min
Sleep quantity (weekends night)	9h 39min	9h 17min
Percentage of children reported to have sleep problems	48% 	27.2% 
Activities (proportion of time spent on weekdays)		
Reading	17% 	18% 
Screen time	30% 	25% 
Indoor activities	36% 	35% 
Outdoor activities	17% 	22% 
Nutrition		
Consumed sweet drinks daily	33.6% 	8.6% 
Picky eaters	54.4% 	34.9% 