

Less TV, More Activity

Television and screen time are common causes of overweight. Spending too much time watching television decreases family time, increases risk of obesity, and harms children's ability to read and succeed in school. Here are some facts on television watching:

- ❖ On average, kids spend more time watching television (1,023 hours) than in school (900 hours) each year.
- ❖ The more time kids spend on TV, the more likely they are to snack between meals, and eat the junk foods they see advertised on TV.
- ❖ Watching more than 2 hours of television per day has been shown to diminish interest in school activities and decrease academic scores.

Things Parents Can Do

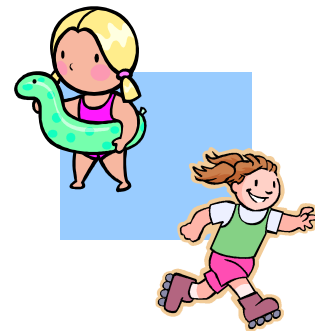
- ♥ Limit TV, video, and computer time to less than 2 hours a day.
- ♥ Eat meals as a family and keep the TV off during meals.
- ♥ Remove the TV set from your child's bedroom.
- ♥ Do not use watching TV as a reward.



Some activities you and your family may enjoy:



1. Biking
2. Walking/ hiking
3. Swimming
4. Skating
5. Walking the dog



References:

- <http://www.dhs.ca.gov/ps/cdic/copi/copiforms/tvtool.htm>
- http://www.kidshealth.org/parent/nutrition_fit/fitness/exercise.html
- <http://www.americanheart.org/presenter.jhtml?identifier=3033902>



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Funded by the USDA Food Stamp Program, an equal opportunity provider and employer, through the California Nutrition Network. The Food Stamp Program provides nutrition assistance to people with low income. Helping them buy nutritious food for a better diet. For more information about the California Food Stamp program call 1-800-952-5253.

