

# Unplug and Be Outside!

**Reduce your screen-time and get active!**  
**The health benefits are right outside your door.**

## ***Why It Matters.....***

Over the past 30 years, the obesity rate in children 6-11 years has quadrupled. There is a connection between the number of hours spent watching TV and childhood obesity. **Most children watch more than 30 hours of screen media each week.** That's roughly four hours every day! The impact of TV and other screen-time can have a harmful effect on a child's health and well-being.

**Children with TV sets in their bedroom watch more TV,** snack more and are more likely to be overweight than those with no TV in their bedroom.

**Over 90% of food advertisements aimed at youth** are for products high in fat, sugar or sodium. This advertising influences preferences, purchases and consumption.

**Exposure to media violence through TV, music videos, cartoons, video games and DVDs is significantly associated with bullying, aggressive behavior and violence.** Nearly two-thirds of all programming contains violence and children's shows contain the most violence.

**The majority of obese children ages 5 to 10 years already have signs of heart disease.**

## ***The Academy of Pediatrics recommends:***

- No screen-time for children under age two
- Limiting screen-time to 1-2 hours of quality programming for children over the age of two
- No screen media in the bedroom

**"Screen-time"= TV, videos, video games, computer use, internet surfing, DVDs, , etc.**

\* This flyer was developed with assistance of the Montana Nutrition and Physical Activity



## ***TIPS FOR PARENTS:***

**Monitor your child's screen-time viewing.**

**Set limits on the amount of TV your child watches.** Limit their screen-time to 1-2 hours of quality programming per day.

**Watch with your kids.** Talk about inappropriate content and advertising claims. TV can be a great learning opportunity.

**Don't allow your child to have a TV set in his or her bedroom.** Kids may get less sleep, causing them to be tired at school the next day.

**Make meal time family time.** Turn off the TV and encourage more cooking and talking together.

**Encourage alternative entertainment for children.** Try activities that include being active and creative play.

**Be a good role model.** Keep a check on your own viewing habits and limit your own screen use. Your kids learn best from you!

[www.unplugandbeoutside.com](http://www.unplugandbeoutside.com)