

5-4-3-2-1 Go!

- **5** servings of fruits and vegetables a day
- **4** servings of water a day
- **3** servings of low-fat dairy a day
- **2** hours or less of screen time a day
- **1** hour or more of physical activity a day



- The *5-4-3-2-1 Go!* message was developed by the Consortium to Lower Obesity in Chicago Children (CLOCC) at Children’s Memorial Hospital.
- The message is focused on 5 healthy lifestyle behaviors to help children and their families be more healthy.
- 5-4-3-2-1 Go!* promotes:
 - **5** servings of fruits and vegetables a day
 - **4** servings of water a day
 - **3** servings of low-fat dairy a day
 - **2** hours or less of screen time a day
 - **1** hour or more of physical activity a day
- This message was developed with the 3-5 year old child in mind, but is a healthy message for the entire family.
- Today, we are going to focus on the importance of 2 hours or less of screen time a day



**2 or Less Hours of
Screen Time a Day**

What We Will Cover

- ✦ Why is it important to reduce screen time to no more than 2 hours?
- ✦ How can families keep screen time to a minimum?



- Today we will focus on these two main questions.
 - Why should we reduce screen time?
 - Strategies to keep screen time to a minimum.

What is screen time?

Time spent:

- ✦ Watching television
- ✦ Using the computer
- ✦ Playing video games
 - ✦ On computer
 - ✦ On video game devices
 - ✦ Includes handheld



- Screen time includes watching television, using the computer, and playing video games –
 - whether at a computer, using gaming systems like XBox, and handheld videogame devices.
 - Even texting!

Screen Time and Obesity

↑ in screen time = ↑ risk of obesity

Due to:

- ✦ Excess snacking
- ✦ Exposure to food advertising



- So what's wrong with screen time, and why limit it?
- Increased screen time results in an increased risk of obesity due to a more sedentary lifestyle, excess snacking and exposure to food advertisements.
- People who eat while watching TV are often unaware of how much they are eating, and will often eat more than they expect. Results from a University of Alabama School of Medicine study found that snacking while watching TV is associated with increased overall caloric intake and calories from fat.
- More time in front of a screen means watching more commercials and shows that make unhealthy foods very appetizing. And, it's been found that people have a greater tendency to snack while watching TV.

[Television viewing and snacking. Gore, SA... Eat Behav. 2003 Nov; 4(4):399-405]

TV viewing and physical activity

- ✦ Many children watch a lot of TV and are inadequately active
 - ✦ Less TV = less weight gain
 - ✦ More activity = less weight gain





How can families get to 2 hours of
screen time or less?

Try to avoid:

- ✦ Turning on TV upon entering a room
- ✦ Eating in front of the TV
- ✦ Having a TV in the bedroom
- ✦ Chanel surfing



•Here are some things you can do to avoid watching TV too much:

•Don't turn on the TV when you enter the room. Don't eat meals in front of the TV. You're likely to become less aware of how much you're eating, and this practice doesn't encourage discussion or "quality time".

•Remove TVs from the bedrooms. Not only does having a TV in the bedroom mean more screen time, but screen time right before bed increases the risk of insomnia.

•If there is nothing on TV to watch, Turn it off! 😊

Tips to reduce screen time

- ✦ Set limits for screen time
 - ✧ Set a timer to remind you & your family
- ✦ Plan TV / Internet time
 - ✧ Set a schedule
- ✦ Turn the TV off when the program ends



- Here are some tips to reduce your screen time:
- First, set limits for screen time for yourself and your children.
- Plan TV and internet viewing – don't channel surf or surf the internet.
- When a program ends, turn the TV off – don't channel surf.

Be a role model

- ✦ Decrease YOUR screen time
- ✦ Plan family activities in place of screen time
 - ✦ Take a walk
 - ✦ Play a board game
 - ✦ Play hide and seek
 - ✦ Make a craft



Be a good role model for your children – if you watch less TV, they will likely do so too.

Also, the more active you are, the more active your kids will likely be. So plan family activities in place of screen time. Walk to your local park and take a ball along with you to play soccer or catch. Dance in your living room.

