



2 or Less Hours of Screen Time 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 (TV, video games) 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.

What is Screen Time?

- Time spent:
 - Watching television
 - Using the computer
 - Texting
 - Playing video games
 - On computer
 - On videogame devices – including handheld

Screen Time and Obesity

Why limit screen time?

Increase in screen time = Increase risk of obesity

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.



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?

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 and your family
- Plan TV/Internet time
 - Set a schedule – don't channel surf or surf the internet
- Turn the TV off when the program ends

Be a Role Model

- Decrease YOUR screen time – if you watch less TV, your family will likely do so too
- Plan family activities in place of screen time
 - Take a walk
 - Play a board game
 - Play hide and seek
 - Make a craft
 - Dance in the living room

Adapted from the Consortium to Lower Obesity in Chicago Children (CLOCC) at Children's Memorial Hospital, 5-4-3-2-1 Go!:

<http://www.clocc.net/partners/54321Go/2%20Hours%20or%20less%20a%20day%20Script.pdf>

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