

NEW YORK STATE TURN OFF WEEK

SEPTEMBER 20 - 26, 2009



Push the pedal, not the remote!

Did you know that:

- Television viewing is the most common sedentary activity of children in the United States.
- Research has shown that the more hours spent in recreational screen time, the greater the prevalence of overweight and obesity in childhood and risk of overweight and obesity in adulthood.
- Excessive screen time, particularly television, is not only associated with increased risk of obesity, but less nutritious meals and snacks and increased violence.
- A survey of New York third grade children revealed that more than 50% had a TV in their bedroom. Those children, compared to those without a TV in their bedroom, were more likely to be obese or severely obese.
- Parental time limits of their child's TV viewing was also shown to be significantly related to their child's reported TV viewing hours. Children whose parents more stringently limited their TV viewing viewed significantly fewer hours of TV on school days than children who did not have strict limits imposed.
- The Academy of Pediatrics recommends no television under two years and children over two limit their screen time to no more than one to two hours of educational programming a day.

TURN OFF WEEK is a great opportunity for families and sites to find fun, active alternatives to hours in front of any kind of screen! Call Child Care Resources of Rockland at (845) 425-0009 x419, or the Rockland County Department of Health (845) 364-2512 for some ideas!