



HEALTHIEST STATE MONTH WEEK 3 BULLETIN

#HealthyChoicesCount IowaHealthiestState.com



2 HOURS OR LESS OF RECREATIONAL SCREEN TIME

Too much screen-time for kids is associated with an increased prevalence of obesity, attention problems and lower reading scores.

The American Academy of Pediatrics recommends keeping the TV, computer and other media out of bedrooms

DID YOU KNOW?

Kids aged 8-18 now now spend, on average, 7.5 hours in front of a screen for entertainment each day, 4.5 of which are spent watching TV. Over a year, that adds up to 114 full days watching a screen!



WHAT COUNTS AS "SCREEN-TIME"?

Time spent watching TV, playing video games, using a computer (not for school), and using mobile devices, smart phones, and tablets.



2023 Healthiest State Month:

Oct. 1-7: 1 hour of physical activity

Oct. 8-14: 5 or more fruits & vegetables

Oct. 15-21: 2 hours of less of screen time

Oct. 22-28: 0 sugary drinks - more water!



Healthiest State
INITIATIVE

