



Fast Facts About Healthy Living

1. The average American child spends **44 hours per week** (more than **6 hours a day**) staring at some kind of electronic screen.
2. Research shows that children are spending **half as much time outside** as they did 20 years ago - and much more time doing "inside" activities.
3. **Test scores** have been shown to be **better in schools that offer environment-based programs**, as compared to schools without such programs.
4. Studies have shown that **environmental education programs throughout the curricula** (science, language arts, arts, and social studies) combined with **hands-on learning elements** like nature study areas, team teaching, and broad school administration support, create **top-performing students**.
5. Play **protects children's emotional development**, whereas a loss of free time in combination with a hurried lifestyle can be a source of **stress, anxiety**, and may even contribute to **depression** for many children.
6. **Obesity** among children aged 6 to 11 has **more than doubled in the past 20 years**, to 17 percent of children in this age group. The rate of clinically obese adolescents (aged 12-19) more than tripled, to 17.6 percent. The Centers for Disease Control concludes that a major missing ingredient is **an hour per day of moderate physical activity**.
7. Researchers at University of Illinois report findings that indicate **exposure to natural settings** in the course of common after-school and weekend activities may be "widely effective" in **reducing attention deficit symptoms** in children.
8. Researchers found that kids who spent **more time outside** during the day tended to have **better distance vision** than those who favored indoor activities.
9. On average, American kids get only **26 minutes of recess per day**, including lunchtime. Children from low-income families tend to get even less than that.
10. Young people between the ages of 10 to 16 engage in vigorous activity, on average, for only **12.6 minutes per day** — nowhere near the 60 minutes that the surgeon general recommends.



Sources

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