

Hydration, Activity, and Screen Time for Families

Healthy Eating Tip of the Month: September 2020

Staying hydrated year-round is important and as we approach the autumn season, it can be tempting to let children's screen time increase. This guide will help you understand why limiting screen time and staying physically active is important and give you and your family tips on staying active while staying hydrated.



What Type of Things Count as Screen Time?



Time spent on our phones



Watching television



Using a computer

It is recommended that children do not exceed **2 hours** of screen time daily. Reducing screen time can...¹

Promote activity and movement



Decrease risk for overweight and obesity as well as other health conditions later in life



What influences what you and your children eat? ²

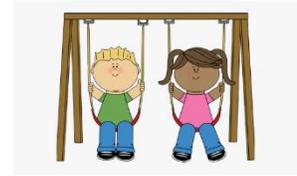
You may be surprised to learn how many things influence our food choices! Did you know that while watching TV daily, kids see an average of 10-13 advertisements involving food? The choices displayed often may look appealing but offer little benefit nutritionally. Many shown are high in fats, added sugars, and are full of empty calories. So how can we overcome these unhealthy TV food temptations and promote healthy eating?

- Remove the TV from the bedroom.
- Enjoy meals without the TV or electronics.
- Make screen time an active time. Incorporate physical activity when you do watch TV.
- Save certain electronics for a certain day of the week or the weekends.
- Turn off the TV while eating.
- Watch programs or movies without advertisements.
- Spend time with your child learning about new, healthy foods.
- Encourage your child to help in the kitchen.
- Be a role model for your child.



Why Decrease Screen Time?³

- To encourage movement and activity
- Decrease risks for overweight and obesity
- Promote regular sleep schedules
- Promote development of children's social skills
- Reduce behavioral problems in children



What Can My Family Do in Place of Screen Time?⁴

- Have a family game night
- Go for a bike ride or take the dog for a walk.
- Have your child's friends over to play.
- Encourage outdoor, active games to promote movement.
- Explore a new park.
- Try out a new sport or take lessons for something you've always wanted to learn.

Screen Time in the News⁵

Twenge and Campbell published their study examining associations between screen time and psychological wellbeing in 2-17 year-olds in 2018. Their research found that greater screen time was associated with lower overall well-being and that twice as many of those who had greater hours of screen time in comparison to those with lower hours of screen time had diagnosis of anxiety or depression.

This was especially true among adolescents.

Is My Family Getting Enough Physical Activity?⁶

Aim for at least 60 minutes of physical activity each day for kids, and more is even better! Any activity that gets their heart beating faster counts!

Most activities can be moderate intensity aerobic activities, such as:

- Swimming
- Going on a walk
- Dancing

Aim for at least 3 days each week of vigorous intensity aerobic activity, such as:

- Biking, hiking, or running
- Playing a sport like basketball or soccer

As you and your family become more active, it is important to stay well hydrated.

Why is water important for our bodies?^{7,8,9}



60% of our body and 75% of our muscles are made of water.



Promotes healthy digestion.



Regulates body temperature.



Improves cognitive function.

Every Day Hydration Tips

- Don't wait until you feel thirsty to drink water! Drink water before, during and after activity.
- Keep a reusable water bottle with you throughout the day.
- Exercise during the coolest time of the day.
- Enjoy foods with a high water content, like watermelon, strawberries, lettuce, or cucumber.

How Much Fluid Do I Need?^{8,10}

Water needs vary from person to person and may differ based on your specific activity level and medical conditions. These recommendations are approximations and include water obtained through water, foods, and other fluids. **Please consult your medical provider if you have questions about your personal water needs.**

Age	Water Needs (cups/day)
4-8	7
9-13	Girls: 9 Boys: 10
14-18	Girls: 10 Boys: 14
Adults	Women: 11.5 Men: 15.5

How do I know if I am well-hydrated?¹¹

We can't rely on thirst to tell us when we are well-hydrated. An easy way to determine how hydrated you are is to **pay attention to the color of your urine.**



Staying Safe and Healthy During COVID-19¹²

To protect yourself and your family, it is recommended that you follow the CDC's guidelines. These include:

- **Wash your hands often.** After participating in outdoor physical activity with your family, make sure to wash your hands with soap and warm water well.
- **Avoid touching your face.** While outside your home, avoid touching your mouth, nose, or eyes.
- **Avoid close contact with others.** As you engage in physical activity with your family, make sure to keep at least 6 feet between yourselves and other members of the community.
- **Cover your mouth and nose with a cloth face cover when around others.** When in public spaces, it is recommended that you use a cloth face cover to cover your mouth and nose. Cloth face covers should not be placed on children younger than 2 years old or those who may have trouble breathing or difficulty removing the mask on their own.
- **Cover your coughs and sneezes.** Always use a tissue to cover your mouth and nose when you cough or sneeze or use your elbow. Make sure to wash your hands after.
- **Disinfect surfaces.** Disinfect commonly touched surfaces, such as door handles, countertops, as well as sporting equipment, such as soccer balls.

For more information about safe practices, visit
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

For More Information:

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