



Results from the Behavioral Nutrition and Physical Activity Laboratory

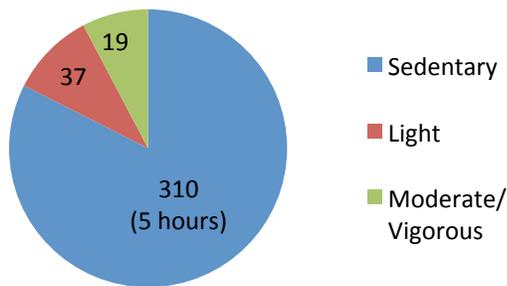
The purpose of this project is to determine the relationship between time spent outdoors and watching tv in child care centers and how that affects the physical activity of preschool children. 25 centers with 3 to 5 year old children participated in classroom observation. Participating children wore a monitor to measure their physical activity in minutes and steps. This project was conducted by the Behavioral Nutrition and Physical Activity Laboratory at the University of Oklahoma Health Sciences Center.

We wanted to share some of the findings with you.

Project Participants

- | | | |
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| <ul style="list-style-type: none"> 2 days of observation | <ul style="list-style-type: none"> 220 children | <ul style="list-style-type: none"> Female=49% Male=51% |
|---|--|--|

Total Minutes of Physical Activity/Day



Physical Activity

The Centers for Disease Control and Prevention recommends that children spend at least 60 minutes each day in moderate-intensity aerobic activity². This figure displays the average amount of physical activity, in different intensities, for children across centers.

Television Viewing

The American Academy of Pediatrics recommends that preschool children's TV viewing time be limited to less than two hours of programming each day¹. *Caring For Our Children* focuses on the best practices in early care and education settings; they recommend a screen time standard of no more

than 30 minutes of TV per week². However, preschool children in the US view about 1.8 to 2.4 hours of TV viewing each day at child care³. High TV viewing time in young children is associated with low physical activity⁴ and reducing TV viewing time has been shown to prevent childhood overweight and obesity.⁵ Children in this project watched about 34 minutes of TV/day.

Relationship between Outdoor Time, TV Viewing, and Physical Activity

- More outdoor time was associated with more light and vigorous physical activity as well more steps.
 - Children spent 83% of their total outdoor time at childcare in light physical activity.
 - Of total active play time, 75% of the physical activity took place when children were outside.
 - Children observed in this project were only engaged in 5 minutes of MVPA/hour.

Actual vs. Recommended Steps/Day

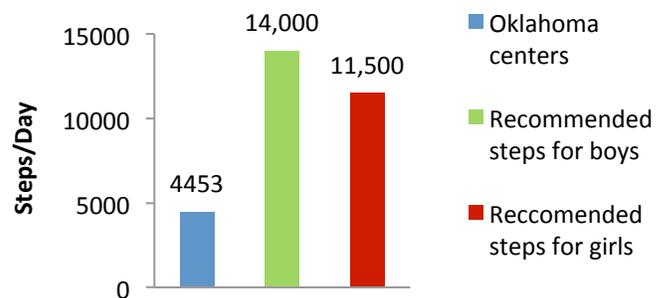
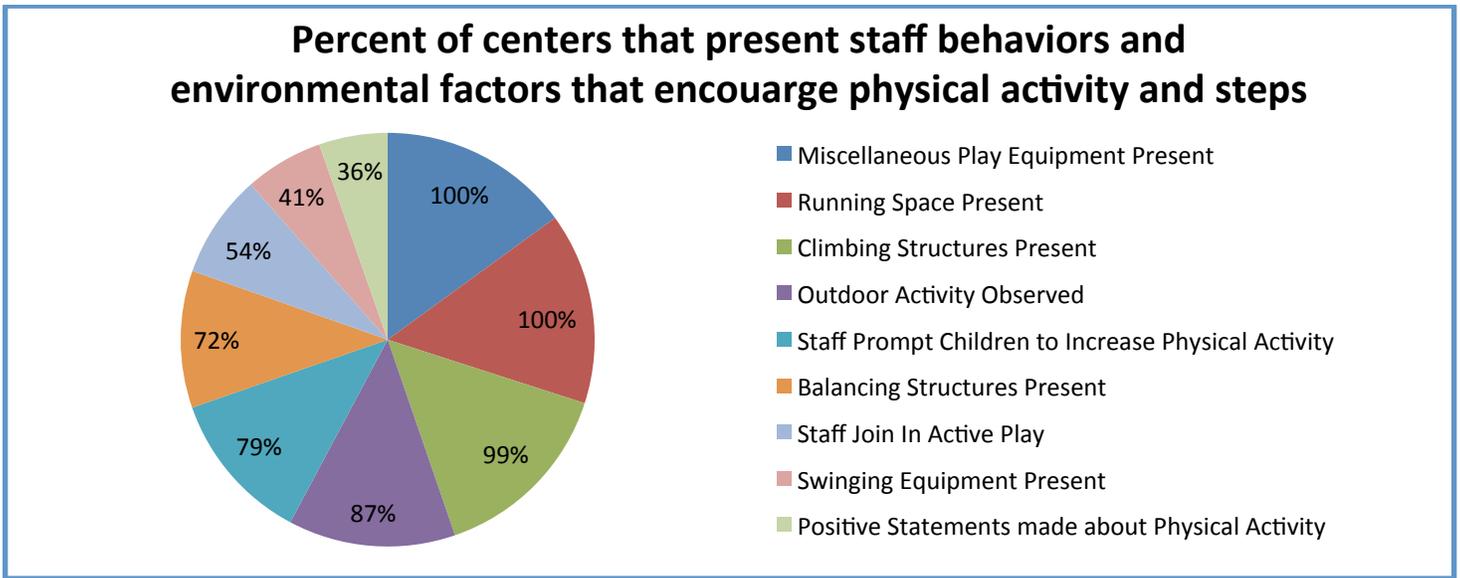


Figure 2 Recommendation Data⁶

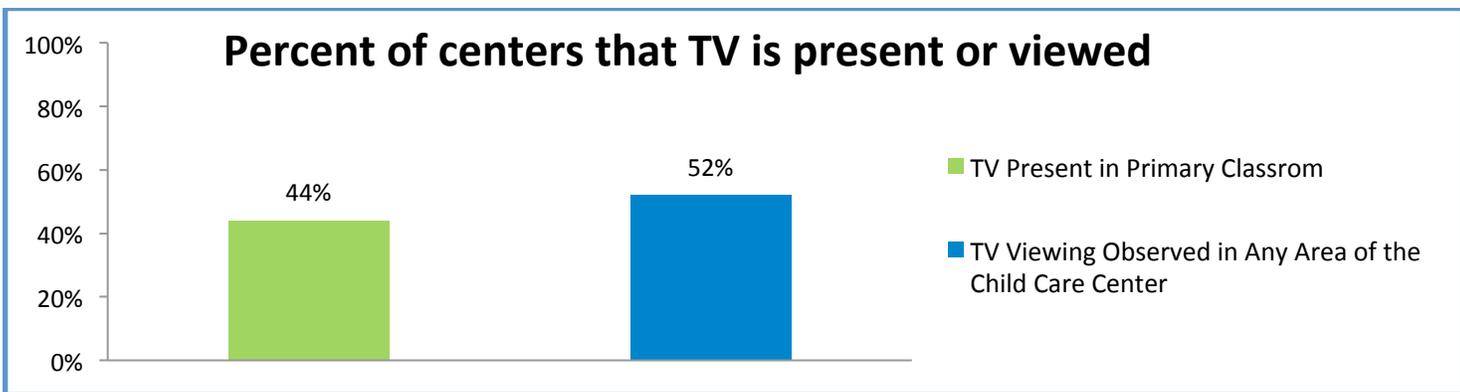
- Less total TV viewing time was associated with more moderate/vigorous physical activity.
- There was no association between minutes of outdoor time and minutes of TV viewing.



The following affect physical activity and steps:



The following affect TV viewing:



References:

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- Tudor-Locke C. Steps to better cardiovascular health: how many steps does it take to achieve good health and how confident are we in this number? *Current cardiovascular risk reports*. 2010;4.