

5 2 1 0 Message

The Scientific Rationale

5 OR MORE
FRUITS &
VEGETABLES
EVERY DAY

A diet rich in fruits and vegetables provides vitamins and minerals, important for supporting growth and development, and for optimal immune function in children. High daily intakes of fruits and vegetables among adults are associated with lower rates of chronic diseases such as heart disease, stroke, high blood pressure, diabetes and, possibly, some types of cancers. Emerging science suggests fruit and vegetable consumption may help prevent weight gain, and when calories are controlled, may be an important aid to achieving and sustaining a healthy weight.

2 HOURS
OR LESS
RECREATIONAL
SCREEN TIME
EVERY DAY

Watching too much television and use of other screen media is associated with an increased prevalence of overweight and obesity, lower reading scores and attention problems. The American Academy of Pediatrics (AAP) recommends no more than two hours of screen time a day and that children under 2 not watch any TV or other screen media. The AAP recommends keeping the TV and computer out of the bedroom.

1 HOUR
OR MORE
OF PHYSICAL
ACTIVITY
EVERY DAY

Regular physical activity is essential for weight maintenance and prevention of chronic diseases, such as heart disease, diabetes, colon cancer and osteoporosis. While most school age children are quite active, physical activity sharply declines during adolescence. Children who are raised in families with active lifestyles are more likely to stay active as adults than children who are raised in families with sedentary lifestyles.

0 SUGARY
DRINKS AND
MORE
WATER
EVERY DAY

Sugar-sweetened beverage consumption has increased dramatically since the 1970s; high intake among children is associated with overweight and obesity, displacement of milk consumption and dental cavities. The AAP recommends that children 1 – 6 years old consume no more than 4 – 6 oz. of 100% juice per day and youth 7 – 18 years old consume no more than 8 – 12 oz. Water provides a low-cost, zero-calorie beverage option and is a healthy alternative to sugary drinks.

Screen time includes time spent watching television, playing video games, and using a computer, smart phone or tablet. Recreational screen time is screen time used for non-educational purposes.

Baker S, Cochran W, Greer F, et al. The use and misuse of fruit juice in pediatrics. *Pediatrics*. 2001; 107(5): 1210-1213. National Association for Sport and Physical Education, Physical Activity for Children: A Statement of Guidelines for Children Ages 5-12. (2004). Position of the American Dietetic Association: Dietary Guidance for Healthy Children Ages 2-11 Years. *J. Am. Diet. Assoc.*, 2004; 104: 660-677. Strasburger VC, Hogan MJ, Mulligan DA, et al. Children, adolescents, and the media. *Pediatrics*. 2013; 132(5): 958-961. The Henry J. Kaiser Family Foundation, Issue Brief: The Role of Media in Childhood Obesity, February 2004. USDHHS and USDA, 2005 Dietary Guidelines Advisory Committee Report, retrieved during 12/04 from www.health.gov/dietaryguidelines Walter C. Willett, M.D. Eat, Drink and Be Healthy: The Harvard Guide to Healthy Eating, 2001, Free Press, NY Adapted from the Harvard School of Public Health Prevention Research Center; Maine Youth Overweigh Collaborative (MYOC) 6/5/15

Let's Move
Pittsburgh

Download more 5-2-1-0 resources at letsmovepittsburgh.org/5210. To start a 5-2-1-0 campaign at your home or organization, please contact letsmove@phipps.conservatory.org.

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Let's Move Pittsburgh is affiliated with Phipps Conservatory and Botanical Gardens. This program is adapted from Let's Go! www.letsgo.org.