



# ReelTalk ACT II



Activities • Communities • Teens

## From the ACT II Study Team...



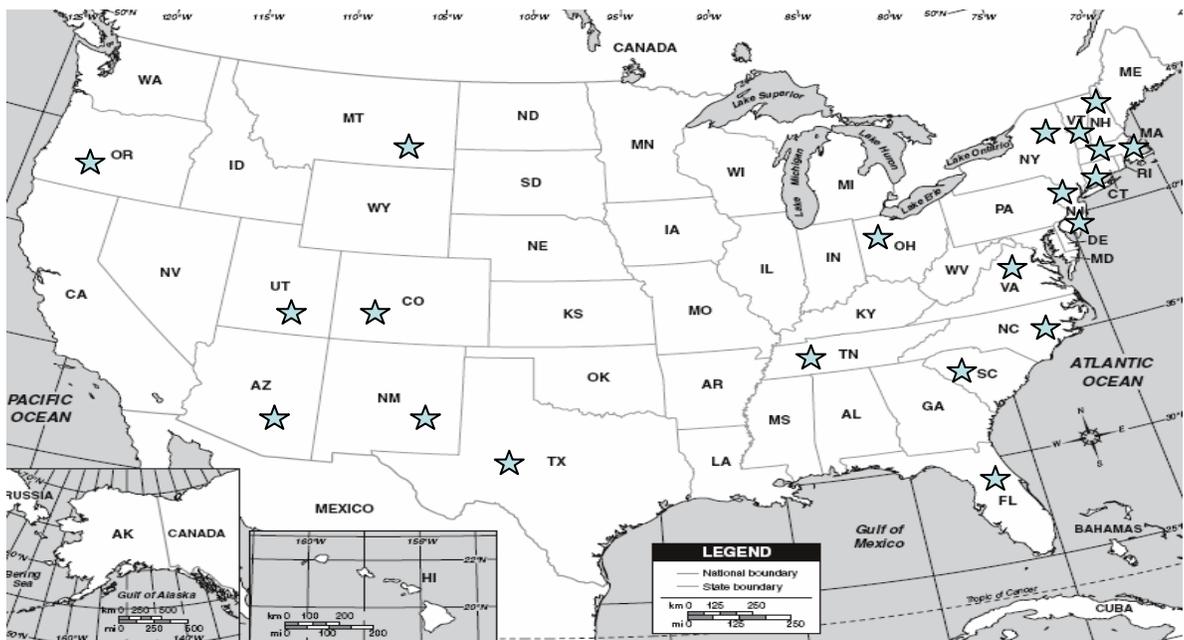
Greetings, and welcome to the first ever ReelTalk newsletter! With over 2500 families participating in the ReelTalk survey, we have been able to learn a lot about kids, movies and health behaviors.

Here are some of the fun and exciting facts that we have gathered over the years.

We appreciate your continued support of our research and hope that you enjoy learning a little bit more about our study!

## Have you ever wondered who else participates in the ReelTalk ACT II study?

Back in 2002, when the ReelTalk team first surveyed you, participants lived in 27 towns and 2 states (NH and VT). Today, this same group of ReelTalk families live in 225 towns, across 21 states!



## Media use, physical activity and family time!

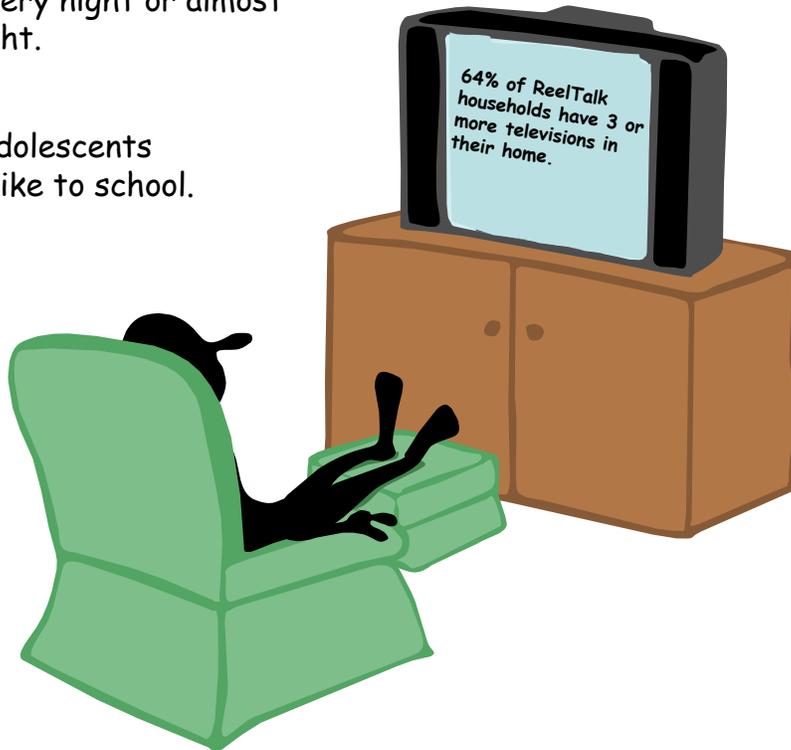
➔ ReelTalk families on average watch television or movies together one to three times per week.

➔ 70% of adolescents reported eating supper with their family every night or almost every night.

➔ 41% of adolescents walk or bike to school.

➔ 74 % of adolescents reported participating in a team sport during the previous 12 months.

-There was no difference by gender in team sport participation.



## Keeping Active....

*We asked you what you do to keep active throughout the year- here are the most common responses:*

### Teens:

- Basketball
- Baseball/Softball
- Soccer
- Biking
- Swimming
- Skiing/Snowboarding

### Parents:

- Walking
- Biking
- Swimming
- Working out at the gym
- Household chores
- Yard Work

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The latest survey you completed focused on physical activity and diet in addition to media and health behaviors. Because of this added focus, the 2007 survey may have seemed longer than usual.

The next round of surveys will start in February 2008. This year the survey will be much shorter and to thank you for your continued support, we will send you and your child \$10 for your participation.

If your phone number or address has changed since we last surveyed you, please let us know by phone, fax or e-mail.

We really appreciate your continued support of our study and thank you for taking so much time out of your busy days to answer our questions.

We look forward to speaking to you in 2008-2009!

## About Our Research...

Our research is funded by the National Institutes of Health (NIH) and the Robert Wood Johnson Foundation (RWJF). During the past 4 years, we have conducted over 15,000 surveys with study participants.

We've published over 25 scientific papers and given more than 50 presentations based on the information collected through these surveys. For more info, please visit our website:  
<http://hoodcenter.dartmouth.edu/>

Our research findings have been featured in hundreds of newspapers including the *Boston Globe*, *New York Times*, *Washington Post*, *Chicago Tribune*, and *Los Angeles Times*. Our studies have also been featured on the CBS and FOX news.

All of this is possible thanks to YOU!!!

### Questions?

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