

**Thank You  
for supporting  
our research!**

## About our Research....

Our research is funded by the National Institutes of Health (NIH) and the Robert Wood Johnson Foundation (RWJF). During the past 6 years, we have conducted over 18,500 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 findings have been featured in hundreds of newspapers, and on TV and radio news broadcasts.

Thanks to YOU, all of this is possible!



## National recommendations for staying fit...

- ✓ Eat breakfast every day.
- ✓ Eat a minimum of 3 servings of fruits & 5 servings of vegetables every day.
- ✓ Limit screen time to no more than 2 hours per day.
- ✓ Be physically active for at least 1 hour a day.



## ReelTalk Act II

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## ReelTalk ACT II



## Greetings from the ACT II Study Team!

Thanks to your help and the other 2500 families participating in the ReelTalk ACT II Survey, we have been able to learn a lot about kids, movies & health behaviors.

Based on your responses to our survey, we have put together some fun & interesting findings.

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



# Survey Results!

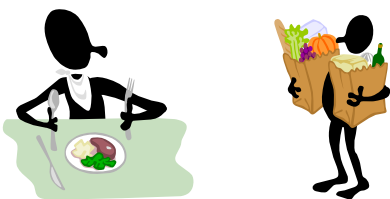
## When and where do you eat?

Studies show that eating breakfast is generally associated with better school performance and health status. Students who eat regular meals are more likely to maintain a healthy weight.

- Half the students in the ReelTalk Act II study ate breakfast every day.
- Students who frequently ate breakfast reported better grades than students who rarely ate breakfast.
- Students who ate breakfast at least 5 times per week were *less likely* to be overweight than students who skipped breakfast.

We asked students to report which meals they ate and how often. We also asked about the types of foods they ate during the week before the survey. This is what we found:

- Almost three quarters of the students ate 3 meals per day.
- Students who ate 3 or more meals per day were *less likely to be overweight* than students who ate less than 3 meals.
- Students who ate supper with their family were more likely to eat fruits, vegetables & whole grains.



## Screen Time: TV, video games & computer time

- On average, students said they spent 1.5 hours a day watching TV, playing video games, and using a computer for things other than homework.
- In comparison, students said they spent an average of 50 minutes per day reading or doing homework.

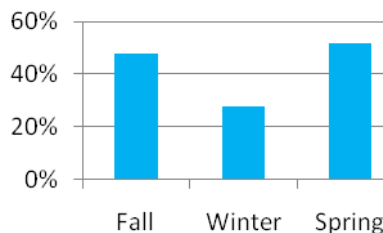
## How do you get to school?

Active travel--that is walking or biking--to school is a great way to add physical activity to your daily routine. Students in urban areas often walk or bike to school, but until now we didn't know much about active travel in rural areas.

First, we wanted to know how many students lived close enough that they could walk or bike to school. We found that almost half the students in the ReelTalk study lived within 3 miles of school.

Of the students who lived within 3 miles of school:

- 6 out of 10 students walked or biked to school at least once in the past year; 1 out of 10 walked or biked every day year round.
- Students were more likely to walk or bike to school in the fall or spring than in the winter.



## How active are you?

Regular physical activity may be one of the most important things you can do to stay healthy. It is recommended that teens get at least 60 minutes per day of moderate-to-vigorous physical activity at least 5 days per week. Moderate-to-vigorous means any activity that increases your heart rate and makes you breathe hard.

- About half the students in the ReelTalk study were getting the recommended amounts of physical activity. That's higher than the national average, which is about one-third.
- Males were more likely than females to get enough physical activity.
- Students who were physically active at least 2 days per week were *less likely* to be overweight than students who were physically active on 1 or fewer days.
- 75% of the students participated in a team sport during the past year. That's quite a bit higher than the national average of 56%.
- The 3 most popular recreational activities were:
  - GIRLS: swimming, running & soccer.
  - BOYS: basketball, biking & soccer.

