

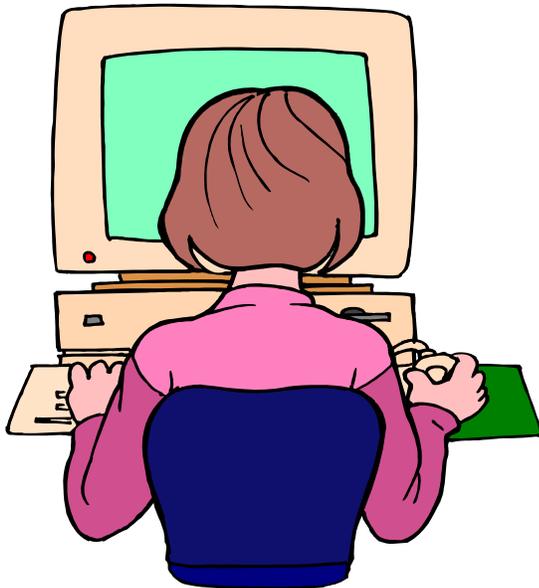
Facts on sitting and children's health

PARENTS
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Research has linked sitting for long periods of time with a number of health concerns, including obesity and metabolic syndrome — a cluster of conditions that includes increased blood pressure, high blood sugar, excess body fat around the waist and abnormal cholesterol levels. Too much sitting also seems to increase the risk of death from cardiovascular disease and cancer. (35, 37)*

One study compared adults who spent less than two hours a day in front of the TV or other screen-based entertainment with those who logged more than four hours a day of recreational screen time. Those with greater screen time had:

- A nearly 50 percent increased risk of death from any cause. (35)
- About a 125 percent increased risk of events associated with cardiovascular disease, such as chest pain (angina) or heart attack. (35)



A new study of healthy young girls found that after a single session of prolonged inactivity, the children developed changes in their blood flow and arteries that, in grown-ups, would signal the start of serious cardiovascular problems. (37)

According to Standup.com, **the average U.S. student is sitting an average of 4.5 hours/day at school and (for kids ages 8-18) an additional 7 plus hours/day in front of a screen**, regardless of socioeconomic status. Combine that with time spent doing homework, sitting at the dinner table, and driving to and from school, and our kids are spending nearly 85% of their waking hours in sedentary positions. (38)

The problem is so bad that medical experts now equate sitting with smoking, saying that sitting as little as two hours continuously increases risk for heart disease, diabetes, metabolic syndrome, cancer, back and neck pain (among other orthopedic problems) and will literally shorten your life, just like smoking. (38)

It turns out that tacking on regular exercise (soccer practice, gymnastics class, etc.) to an otherwise sedentary life doesn't overcome the negative effects of too much sitting. Accordingly, we must create ways for children to be continually moving more throughout the day. (38)

* The parenthetical numbers indicate entries in our documentation paper (<http://tinyurl.com/edtechdocu>)