



Fact Sheet

The Northern Virginia Healthy Kids Coalition's Campaign is a community-wide strategy for improving child health through healthy lifestyle promotion. The goal is to change child health behaviors by creating supportive environments where children live, learn, and play. Specifically, we aim to help more children practice the 9-5-2-1-0 for Health™ behaviors so that fewer children will develop unhealthy weight and related health problems.

- 9** Get at least 9 hours of sleep per day
- 5** Eat 5 servings of fruits and vegetables per day
- 2** Limit screen time to no more than 2 hours per day
- 1** Get at least one hour of physical activity per day
- 0** Avoid beverages with added sugar

Why 9 5 2 1 0 for Health™?

The core message for the Coalition's campaign is 9 5 2 1 0 for Health™ — daily habits for healthy living. This message communicates five key behaviors which promote healthy weight and overall good health for children.

9 - Get at least nine hours of sleep per day

Research has linked inadequate sleep with a higher risk for childhood obesity. Adolescents and teens should get at least 8.5 to 9.5 hours per day, and younger children should get more.

5 - Five servings of fruits and vegetables per day

Eating five fruits and vegetables per day promotes good health and may also reduce eating of less nutritious foods which contribute to unhealthy weight gain.

2 - Limit screen time to 2 hours or less outside of school

Research links higher volumes of screen time to higher rates of obesity. Time spent in front of a screen is time not spent in physical activity, plus high doses of screen time may decrease metabolism and increase snacking.

1 - Get at least 1 hour of physical activity per day

Physical activity has many health benefits in addition to the calorie consumption needed to achieve a healthy weight. Research shows that most kids don't get enough.

0 - Eliminate sugar-added beverages

Natural beverages with natural sugars are fine for most children. But too many children drink too many sugar-added beverages. This habit increases intake of 'empty' calories and can cause other health problems. It is recommended that children drink no or almost no beverages with sugar added.

See the references at www.NorthernVirginiaHealthyKids.org.



Healthier, together.

What can I do to promote healthy habits for children & youth?

- Model the way by participating in the healthy habits outlined above.
- Educate kids, parents, & caregivers about the importance of healthy weight for overall good health.
- Learn more about the Northern Virginia Healthy Kids Coalition at www.NorthernVirginiaHealthyKids.org.

