

Pathway To Health

A Health Newsletter

Brought to you by Financial Risk Management

Are You as Healthy as You Think?

Are you as healthy as you think? Log onto <http://www.healthstatus.com/calcs.html> and use the following calculators to find out:

Blood Alcohol Estimator

Don't drink and drive. See how little alcohol is required to change the alcohol content of your blood stream.

Body Fat Estimator

How much fat are you carrying? Find out if you are in the healthy range with several simple measurements.

Body Mass Index

Do you have more mass than your heart can handle?

Calories Burned

Find out how many calories you burn doing your favorite activities.

Daily Energy Expenditure

Calculate how many calories your body is burning just keeping you alive.

Frame Size

This calculator uses standard tables to calculate your frame size.

Ideal Weight

Use this tool to determine your healthiest weight.

Lean Body Mass

Increasing your leans while you reduce your fats is the key to looking great.

Lose One Pound

How long does it take to lose a pound doing your favorite activity?

Smoking Costs

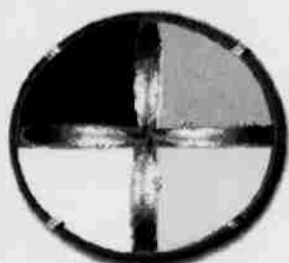
Just how much is this habit costing you in hard dollars?

Target Heart Rate

Achieving your target heart rate is the key to maximizing the effectiveness of your aerobic workout.

Waist to Hip Ratio

Are you at increased risk of heart disease because of your shape?



The Native American
Medicine Wheel —
a sacred symbol representing
the wholeness of life.

East — Mental
South — Spiritual
West — Emotional
North — Physical

Excessive TV Spurs Attention Trouble in Kids

But the new study is at odds with much of the previous research, experts say

Watching more than two hours of television daily during childhood increases the likelihood of attention problems in adolescence, according to a new study.

Yet far from settling the debate, the findings add more confusion to the debate on whether television viewing might contribute to attention problems. The new research largely agrees with one previous study but disagrees with two others.

"I wouldn't advocate that watching TV is a good thing," said Tara Stevens, assistant professor of educational psychology at Texas Tech University in Lubbock, who in 2006 published a study finding no link between television viewing and hyperactivity disorder. "I'm just not sure there's a direct relationship between having a disorder and watching TV. I don't think that's definitive. This is one important piece to the argument, but it is still not the end," she said.



The current study is published in the September issue of *Pediatrics* and led by Robert John Hancox of the University of Otago in Dunedin, New Zealand. His team monitored the television-viewing habits of more than 1,000 children born in Dunedin in 1972 and 1973 between the ages of 5 and 15, as well as reports of attention problems at ages 13 and 15.

The authors determined that watching more than two hours of television per day between the ages of 5 and 11 increased the likelihood of attention problems in adolescence, with each hour of television viewing increasing the risk of "high adolescent attention problems" -- that is, the top 10 percent of attention difficulties -- by about 40 percent. This association held even after accounting for gender, socioeconomic status, early attention problems and early cognitive ability.

"We found the amount of television did predict the amount of problems at age 13 and 15," Hancox said. "And these effects were not explained by early attention problems."

The team further found that TV watching during childhood and adolescence were independently associated with attention problems, suggesting that time in front of the television leads to both short- and long-term effects.

"Childhood TV viewing was associated with attention difficulties regardless of what you watch as an adolescent," he explained. "The amount of TV watched between 5 and 11 predicted problems between ages 13 and 15 regardless of what you watch between 13 and 15."

That doesn't mean it would be pointless to curtail your child's viewing habits now, he said. But it might only relieve short-term damage and not any longer-term effects.

"You may not be able to reverse what happened in childhood, but you can stop compounding the problem," he said.

The take-home message, Hancox concluded, is that parents should heed the American Academy of Pediatrics' recommendations, which say that children under 2 should watch no television at all, and that