**FACTS & FIGURES FOR YOUNG PEOPLE**

• The average Scottish youth spends same amount of time on screens 6.3 hours for recreational use and in school.

• Almost any other activity uses more energy than watching TV and the use of screens. There is no waking activity that people do that burns fewer calories than watching TV and using screens.

• Professionals and researchers recommend that young people spend no more than 2 hours a day in front of the TV, computer, smart phone, laptops or video games. And less is even better!

• Studies have shown that when young people spend less time with screens, they are able to keep weight off.

• Most TV advertisements for young people try to sell junk food like fast food, sugared cereal, sweets, and crisps.

Studies show the more TV young people watch, the more likely they are to snack between meals and eat foods advertised on TV.

* Young people with a television in their bedroom spend more time watching TV and report less physical activity, less healthy dietary habits, worse school performance and fewer family meals.