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Source: Television clip - GlobalBC Noon News with Randene Neill

Author/Producer: Anchor/host – Randene Neill

Link/Reference: At time of summary, video available at:

<http://www.globaltvbc.com/noonnews/video.html?categoryID=129655558>

Fighting Childhood Obesity

Dr. Shazhan Amed was interviewed by Noon News host Randene Neill, along with Cris Rowan, independent pediatric Occupational Therapist, about important ways to fight childhood obesity. Shazhan Amed described the SCOPE project's purpose and goals, and introduced three of the four elements of the common guideline, including enjoying at least five vegetables and fruits every day, play actively for at

least one hour each day, and to choose healthy by choosing zero sugar-sweetened beverages.

OT Chris Rowan described the statistics around screen time, indicating that children under 3 are spending an average of 2.5 hours every day in front of a screen, while older children are spending much more. Rowan also highlighted the message that we must reduce screen time for children, which echoes

the second of SCOPE's Live 5-2-1-0 guideline, Power down - no more than 2 hours of screen time per day.

Host Randene Neill discussed the challenge and importance of following these guidelines, and Dr. Amed demonstrated the beverage options and alternatives to help children choose healthy to avoid sugar-sweetened beverages.

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