

# 8-5-2-1-0 for Health

## Adult Fact Sheet

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The **Northern Virginia Healthy Kids Coalition** is promoting healthy lifestyles for children, youth, and families through the **9-5-2-1-0 for Health™ Daily Habits for Healthy Living Campaign**. It's important for adults to model healthy habits for children in their community. In this adult fact sheet we focus on the importance of the **8-5-2-1-0 for Health** message:

- ✓ **8** - Get at least 8 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 outside of work.
  - ✓ **1** - Get at least 150 minutes of physical activity per week
  - ✓ **0** - Avoid beverages with added sugar.
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### Why 8-5-2-1-0 for Health?

The **8-5-2-1-0 for Health** is the **9-5-2-1-0 for Health™ Daily Habits for Healthy Living Campaign** message for adults. This message communicates five key behaviors which promote healthy weight and overall good health for adults while modeling healthy behaviors for children and youth.

#### **8 - Get at least eight hours of sleep per day.**

Adults need 7 to 9 hours of sleep per day. Recent research has linked inadequate sleep with a higher risk for childhood obesity. Parents and caregivers can model good sleeping habits for children when they make adequate sleep a priority.

#### **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 for both adults and children.

#### **2 - Limit screen time to 2 hours or less outside of work**

Children should not have more than 2 hours screen time outside of school. Parents and caregivers can set a good example by limiting their screen time to 2 hours at home. Time spent in front of a screen is time not spent doing something fun and active.

#### **1 - Get at least 150 minutes of physical activity per week**

Adults need at least 150 minutes of moderate physical activity per week. Children need to be active for 1 hour per day. Parents and caregivers can encourage children to enjoy being active by joining them in fun physical activities daily.

#### **0 - Eliminate sugar-added beverages**

Too many adults and children drink too many sugar-added beverages. This habit increases intake of 'empty' calories and can cause other health problems. It is recommended that adults and children drink no or almost no beverages with sugar added. Make healthy choices by drinking water or herbal teas.

See the references at [www.NorthernVirginiaHealthyKids.org](http://www.NorthernVirginiaHealthyKids.org)

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

- ✓ Model the way by participating in the healthy habits outlined above.
  - ✓ Educate children and youth about the importance of healthy weight for overall good health.
  - ✓ Learn more about the **Northern Virginia Healthy Kids Coalition** at [www.NorthernVirginiaHealthyKids.org](http://www.NorthernVirginiaHealthyKids.org).
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