

## **Too Much Television May Be Linked To Narrower Eye Arteries In Children**

According to a study published online in *Arteriosclerosis, Thrombosis and Vascular Biology: Journal of the American Heart Association*, “young children who spend too much time watching TV or playing computer games have narrower eye arteries than kids who are more physically active.” The study included close to 1,500 six and seven-year-olds living in Sydney, Australia. Parents kept records of their children's time spent watching TV or using other electronic equipment vs. the time spent engaged in physical activity. Digital photographs were taken of the back of each child's eyes to measure the width of the retinal blood vessels. On average, the children spent just under two hours each day watching TV or in front of other electronic equipment and just 36 minutes engaged in physical activity. According to researchers, the danger of this is “narrower arteries are a marker of future cardiovascular risk.” **It's time to go outside and play!**