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# Why NU ACT?

- ☀ **Nearly 50% of U.S. children ages 8-16 watch more than 2 hours of TV a day.**
  - ☀ **90% of foods advertised on TV are high in fat, sugar and salt.**
  - ☀ **Obesity and number of calories consumed increases as hours of TV increases.**
  - ☀ **Occurrence of overweight children has more than doubled over the past 30 years.**
  - ☀ **50% of overweight children remain overweight as adults.**
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