

WELLNESS WEDNESDAY

National Screen-Free Week: May 5th-9th

Nutritional Development Services | May 2025



The first week of May is National Screen-Free Week! As our lives become more digitalized, it can be easy to spend more time on screens than we would like. The goal of Screen-Free Week is to promote digital well-being by encouraging taking a break from entertainment screens to experience more peace, connection, and fun.

Screen Time Facts

- Children ages 8-18 spend an average of 4 ½ hours per day watching television, 1½ hours using computers, and more than an hour playing video games
- Children with more than 2 hours of daily screen time are more likely to have psychological and social difficulties
- Time spent with screens is associated with obesity, sleep disturbances, and attention span issues

Recommendations

- Have tech-free zones or times, such as mealtimes or one night a week
- Set screen-free curfews such as no devices an hour before bedtime
- Keep devices out of the bedroom. A helpful way is to charge your device in another room at night!
- Don't just remove screens; replace them with activities like trying new hobbies, reading, or taking a walk! Here are [101 screen-free activities](#) you can try!



Resources

- Screen-Free Week for [families](#)
- Screen-Free Week for [schools](#)

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Managing Sugar Intake

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Did you know there are two kinds of sugars in our foods? There are added sugars and natural sugars.

- Natural sugars are naturally present in foods such as fruits and dairy
- Added sugars are any sugars or sugar-based sweeteners that are added to foods such as sugary beverages, desserts, and candy



Natural sugars

vs.



Added sugars

Too much added sugar can be harmful to your health! It can damage your teeth and increase your risk for diabetes and heart problems.

Recommendations

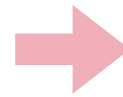
- Children and women are recommended to have less than 25 grams (6 teaspoons) of added sugar a day
- Men are recommended to have less than 36 grams (9 teaspoons) of added sugar a day

Tips for Reducing Sugar Intake

- **Swap sugar sweetened beverages for water**



39g added sugar

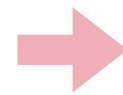


0g added sugar

- **Swap sweets for fruit**



26g added sugar

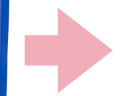


0g added sugar

- **Choose lower sugar alternatives**



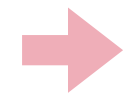
21g added sugar



13g added sugar



12g added sugar



1g added sugar

Resources

- [More on added sugars](#)
- [Tips for cutting down on sugar](#)

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Mental Health Awareness Month

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Started by Mental Health America, May is recognized as Mental Health Awareness month. Its goal is to increase awareness of the importance of mental health and wellness, provide resources and support for those who may be in need, and celebrate recovery from mental illness. Continue reading to learn more about mental health and how you can take care of your own mental health!



What is mental health?

- Mental health is the state of a person's emotional, psychological, and social well-being
- It affects how they think, feel, and act, and how they handle stress, relate to others, and make choices
- Mental health occurs along a spectrum of good to poor and includes mental health disorders such as anxiety, depression, schizophrenia, and ADHD

Resources

- [Additional mental health resources](#)
- If you are in crisis, call or text the 988 Suicide & Crisis Lifeline at 988 or chat at 988lifeline.org

Statistics

- 1 in 5 American adults experience a mental health condition each year
- 1 in 20 American adults experience a serious mental illness each year
- 1 in 6 young people have experienced a major depressive episode
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24
- Suicide is the second leading cause of death for people ages 10-24

Tips for mental health care

- **Exercise regularly.** Exercise releases "feel good" hormones that reduce feelings of stress and anger
- **Eat healthy foods.** A balanced diet can improve your energy and focus throughout the day
- **Stay connected.** Talking with trusted friends or family members can help you process emotions and receive support
- **Prioritize sleep.** Getting 7-9 hours of sleep on a consistent schedule can boost your energy and mood
- **Try a relaxing activity.** Practicing meditation, mindfulness, and journaling can help manage stress



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Reading the Food Label

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The food label is a label found on most pre-packaged foods that provides information about the nutritional content of the food. Knowing how to read the food label can help you make informed and healthy eating choices!

Understanding the food label

Nutrition Facts

1 4 servings per container
Serving size 1 cup (227g)

2 Amount per serving
Calories 280

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1. **Start with the servings!** Check the serving size and the number of servings per container. All of the nutritional amounts on the label are for one serving.

2. **Check the calories!** Calories are a measure of how much energy is in a food. Your calorie needs will vary depending on age, gender, height, weight, and physical activity level.

3. **Know your nutrients!**

- Limit saturated fats, sodium, and added sugars
- Eat more dietary fiber, vitamins, and minerals

4. **Use the % Daily Value!** The % DV tells you how much a nutrient in a serving contributes to the daily recommended intake of the nutrient.

In general:

- 5% DV or less is considered a low amount of a nutrient
- 20% DV or more is considered a high amount of a nutrient

Resources

- For more detailed information on reading food labels, [click here](#)