

Children who watch lots of TV may have poor bone health later in life

July 7 2016

Consistently watching high levels of television during childhood and adolescence were linked with lower peak bone mass at age 20 years in a recent study.

In the *Journal of Bone and Mineral Research* study, hours of television watching per week were recorded by parental or self-report at 5, 8, 10, 14, 17 and 20 years of age in 1181 participants. Those who consistently watched ≥ 14 hours/week of television had lower bone mineral content than those who watched less television, even after adjusting for height, body mass, [physical activity](#), [calcium intake](#), vitamin D levels, alcohol, and smoking (all at age 20).

"Since attainment of optimal peak bone mass is protective against osteoporosis later in life, reducing [sedentary time](#) in children may have long-term skeletal benefits," the authors wrote.

More information: Joanne A McVeigh et al. Longitudinal Trajectories of Television Watching Across Childhood and Adolescence Predict Bone Mass at Age 20 Years in the Raine Study, *Journal of Bone and Mineral Research* (2016). [DOI: 10.1002/jbmr.2890](https://doi.org/10.1002/jbmr.2890)

Provided by Wiley

Citation: Children who watch lots of TV may have poor bone health later in life (2016, July 7)

retrieved 26 April 2024 from

<https://medicalxpress.com/news/2016-07-children-lots-tv-poor-bone.html>

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