

## CHANNELING OUR ENERGY

Percentage of U. S. households with at least one television: 98.

Percentage of U.S. households with three or more TV's: 40.

Time per day that a TV is on in an average U.S. home: 7 hours, 40 minutes.

Percentage of Americans who always or often watch TV while eating dinner: 40.

Chance that an American falls asleep with the TV on at least three nights a week: 1 in 4.

Percentage of Americans who say they watch too much TV: 49.

Number of videos rented daily in the U.S.: 6 million.

Amount of TV the average American watches per day: more than 4 hours.

Amount of TV the average American 1-year-old watches per week: 6 hours.

Hours per year the average American youth spends in school: 900.

Hours per year the average American youth spends watching TV: 1,023.

Compiled by TV-Turnoff Network