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School Study Reveals Clues To **Success**

These cropped pages from the Fall 2018 issue of *Wellness Matters* show only the articles written by *Eve Lees*. Writer bylines did not appear on individual articles; contributors were listed on the final page (shown in the box below).

Behaviour in high school can reliably predict future success despite IQ or other factors that influence achievement, suggests a report in the *Journal of Personality and Social Psychology*.

Being a responsible student, expressing an interest in school and being good at reading and writing were all associated with achieving higher education, more prominent jobs and higher income decades later.

The study analysed data collected from 346,660 U.S. high school students in 1960 with followup surveys 11 and 50 years later, which revealed a significant association between good behaviour and greater career achievement.

Dr. Avis Glaze, an international education adviser, agrees that behaviour influences a student's future. Glaze, now living in Delta, B.C., worked with Ontario's education ministry to implement a character development initiative in the province's schools.

"Many of the students who do well are individuals who have high motivation and a strong desire to learn," Glaze tells *Wellness Matters*. The good news is that this self-discipline can be taught. And strong support from teachers and parents helps foster student attitude and behaviour.

The study's findings were not surprising. Researchers and educators agreed that behaviour in school reliably predicted a student's future outcome. However, certain behaviours at crucial times may have greater impact and long-term effects than we realize.

Glaze says not to lose hope if grades aren't high. She believes if students have the qualities to assist themselves, regardless of IQ or high marks, "they will be stars in the workplace."

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The Good News about Housework

Research shows everyday activities—such as taking the stairs or washing windows—can offer health benefits and protect the heart.

The study, which included researchers from Simon Fraser and McMaster universities, collected data from more than 130,000 people in 17 countries. They compared the effects of recreational and non-recreational physical activity on low- to high-income participants, aged 35 to 70. A 6.9-year followup period assessed mortality and cardiovascular disease rates.

The lead researcher, Dr. Scott Lear, professor of Health Sciences at Simon Fraser University, says the study confirms that any physical activity, whether at home, work or the gym, contributes to reducing the risk of early death or heart disease and stroke.

Lear, who also conducts research at Vancouver, B.C.'s St. Paul's Hospital, says this study is one of few to include non-leisure time activities, such as walking to work or vacuuming.

Participants showed improvement in important health factors such as cholesterol, blood pressure, blood sugar control and mental well-being.

"It didn't matter if that activity came from being active during leisure time or at work," Lear tells *Wellness Matters*. He adds that even lower intensity and duration of the activity offered risk reduction—although lower intensity activity levels aren't as effective to improve your health.

"More activity does offer greater benefits," confirms Lear. However, if you can't get the recommended 150 minutes of activity a week, Lear suggests moving more often throughout the day: at home, at work and in your leisure time.

WORKING IT

In these household chores, the activities can burn calories in the range from 11 to 300 calories per hour, depending on the length of time and intensity. Here are the muscles that get worked:
Mopping floors: Shoulders and biceps
Painting: Arms and core muscles
Gardening: Arms, back and legs
Cleaning gutters: Shoulders, upper back, arms and legs

Toddlers Engaged, Despite Precautions



More than half of parents in a recent survey say they allow their toddlers to use electronic devices despite the Canadian Pediatric Society's recommendation to ban all screen time for children aged two and under.

University of British Columbia nurses surveyed parents at Vancouver community health centres in February and about 40 per cent said they allowed children aged two and under 30 minutes of screen time daily. And 17.5 per cent allowed an hour or more.

The results weren't surprising: television and electronic devices conveniently occupy children while parents finish chores and cope with busy workdays. And many people believe that screen time helps develop their child's language skills. However, studies prove it can interfere with a young child's language development. It may also interfere with a child's getting adequate sleep.

Reda Wilkes, study co-author and public health nurse with Vancouver Coastal Health, says that kids should be constantly moving but screen time reduces activity. This may create future poor lifestyle habits.

The Canadian Paediatric Society suggests setting family rules, such as no screen time during meals, while in a vehicle or before bedtime, for example. If distractions are needed, use books, games or crafts instead. The society also advises parents to set a good example with their own use of electronic devices.