

**h) Public Service Announcements: Please complete the following information concerning all public service announcements that include significant treatment of community issues aired this quarter during the hours of 6 am-12 am.**

Sponsoring Organization Not Listed		General Goal of PSA: Making the viewers aware that <b>66% of American adults are either overweight or obese and 16% of children and adolescents are overweight</b> , putting both groups at risk for serious health problems including heart disease, hypertension and diabetes due to lifestyle and nutrition choices.
Name of PSA: Healthy Balance Nutrition Education		
No. of Times Aired: NOT LISTED	% of times aired during prime time NOT LISTED	PSA Length: :30

In the [United States](#), the hours traditionally taken as constituting prime time are 8:00 p.m. to 11:00 p.m. Eastern and Pacific and 7:00 p.m. to 10:00 p.m. Central and Mountain Monday–Saturday.

- On Sundays, prime time begins an hour earlier, at 7:00 p.m. Eastern and Pacific and 6:00 p.m. Central and Mountain, ending at the same time as on the other six days of the week. Note that for cable networks, such as [USA](#), [TBS](#), and [ABC Family](#), prime time is 8:00 p.m. to 11:00 p.m. all seven days of the week.

PS6361      0:00:30      Healthy Balance :30 Nutrition Education  
**Curbing America's Obesity Epidemic Starts with Nutrition Education**

Recently the Ad Council released a **Nutrition Education** campaign which motivates moms to encourage proper nutrition and physical activity for their families. Studies show that children's food preferences and lifelong eating habits are influenced by those of their parents.

The numbers are staggering, with **66% of American adults either overweight or obese and 16% of children and adolescents overweight**, putting both groups at risk for serious health problems including heart disease, hypertension and diabetes due to lifestyle and nutrition choices.



1/14/2009	6:59:20	PS6361	3	0:00:30	Healthy Balance :30 Nutrition Education
1/10/2009	7:17:29	PS6361	3	0:00:30	Healthy Balance :30 Nutrition Education
1/9/2009	7:29:25	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
1/13/2009	7:59:20	PS6361	3	0:00:30	Healthy Balance :30 Nutrition Education
1/14/2009	8:59:20	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
1/10/2009	9:28:55	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
1/15/2009	9:29:25	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
1/12/2009	9:29:25	PS6361	3	0:00:30	Healthy Balance :30 Nutrition Education
1/15/2009	9:58:50	PS6361	3	0:00:30	Healthy Balance :30 Nutrition Education
1/12/2009	10:59:20	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
1/13/2009	11:29:25	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
1/9/2009	12:59:20	PS6361	3	0:00:30	Healthy Balance :30 Nutrition Education
1/7/2009	14:15:27	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
1/20/2009	14:26:00	PS6361	3	0:00:30	Healthy Balance :30 Nutrition Education
1/5/2009	14:28:55	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
1/19/2009	14:29:00	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
1/19/2009	14:29:25	PS6361	3	0:00:30	Healthy Balance :30 Nutrition Education
1/21/2009	14:44:46	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
1/1/2009	14:48:15	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
1/8/2009	14:53:58	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
3/2/2009	14:53:58	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
2/18/2009	14:55:24	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
1/20/2009	14:56:28	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
3/30/2009	14:58:50	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
1/27/2009	14:59:20	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
2/23/2009	14:59:20	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
3/11/2009	14:59:20	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
1/21/2009	15:18:05	PS6361	3	0:00:30	Healthy Balance :30 Nutrition Education
1/7/2009	15:18:26	PS6361	3	0:00:30	Healthy Balance :30 Nutrition Education
2/4/2009	15:29:25	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
1/28/2009	15:29:25	PS6361	3	0:00:30	Healthy Balance :30 Nutrition Education
1/28/2009	15:58:50	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
1/4/2009	15:59:20	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
2/2/2009	16:28:55	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
1/6/2009	16:29:25	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
1/20/2009	16:59:20	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
1/2/2009	17:28:55	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
1/3/2009	17:28:55	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
1/1/2009	17:59:20	PS6361	3	0:00:30	Healthy Balance :30 Nutrition Education
1/14/2009	18:58:55	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
1/22/2009	18:59:25	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
2/25/2009	18:59:25	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
1/6/2009	23:58:50	PS6361	3	0:00:30	Healthy Balance :30 Nutrition Education
1/12/2009	23:59:20	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
1/16/2009	23:59:20	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
1/17/2009	23:59:20	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
1/23/2009	23:59:20	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education

HIGHLIGHTED PRIME TIME: 0  
NUMBER OF TIMES AIRED: 48

% OF TIME THE PERCENTAGE:

0  
0%

1/18/2009	0:28:55	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
1/29/2009	0:29:25	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
1/11/2009	0:58:50	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
2/11/2009	1:28:55	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
2/16/2009	1:28:55	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
3/4/2009	1:28:55	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
2/19/2009	1:29:25	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
3/25/2009	1:58:50	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
2/3/2009	1:59:20	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
2/9/2009	1:59:20	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
3/23/2009	1:59:20	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
2/24/2009	2:28:55	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
3/3/2009	2:28:55	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
3/9/2009	2:28:55	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
3/24/2009	2:28:55	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
2/17/2009	2:29:25	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
3/31/2009	2:29:25	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
3/16/2009	2:58:50	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
3/10/2009	3:28:55	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
2/5/2009	3:29:25	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
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3/18/2009	3:29:25	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
2/1/2009	3:58:50	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
2/10/2009	3:58:50	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
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2/22/2009	3:59:20	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
3/17/2009	3:59:20	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
2/20/2009	4:28:55	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
3/12/2009	4:58:50	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
3/26/2009	4:59:20	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
3/15/2009	5:28:30	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
2/27/2009	5:28:55	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
1/5/2009	5:58:50	PS6361	3	0:00:30	Healthy Balance :30 Nutrition Education
3/1/2009	5:59:20	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
3/5/2009	5:59:20	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education
3/14/2009	5:59:20	PS6361	2	0:00:30	Healthy Balance :30 Nutrition Education