

A LIST OF THE NINE DATA VIDEOS USED IN THE STUDY WITH THEIR RELEVANT LINKS AND SOME ADDITIONAL INFORMATION

Table 4: List of the Data Videos used in the study, by topic

Title	URL	Source	Length	# Views	# Data Rep-resentations	Audio Narra-tion
Diet						
Sugar is Killing Us	https://www.youtube.com/watch?v=Yda8RtOcVFU	Sikuvideo	3:23	1,228,701	3	yes
What would happen if you didn't drink water?	https://www.youtube.com/watch?v=9iMGFqMmUFs	TED-ED	4:36	9,027,233	11	yes
Why eating fat won't make you gain weight	https://www.youtube.com/watch?v=470619aXIt0	Tech Insider	4:43	346,114	8	yes
Physical Activity						
Morning Exercise = Mental Health	https://www.youtube.com/watch?v=3ZBXldCxZEA	Kram Gallery	2:12	373,174	1	yes
The Importance of Intensity in Physical Activity	https://www.youtube.com/watch?v=0Mn8Tq5Eyao	DocMikeEvans	3:20	97,728	4	yes
What Happens To Your Body When You Stop Exercising	https://www.youtube.com/watch?v=hQz_V9Dr8IU	Tech Insider	2:08	6,339,611	8	no
Sleep						
Understanding the Importance of Sleep	https://www.youtube.com/watch?v=NwJ_Xwr2irI	Tylenolofficial	1:25	28,524	3	yes
The benefits of a good night's sleep	https://www.youtube.com/watch?v=gedoSfZvBgE	Ted-Ed	5:30	3,445,468	3	yes
What causes insomnia?	https://www.youtube.com/watch?v=j5S18LyI7k8	Ted-Ed	4:47	1,930,075	6	yes

B LIST OF THE DATA VIDEOS USED WITH SUMMARY DESCRIPTION AND SOME VIDEO ATTRIBUTES


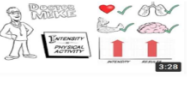

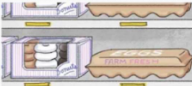




Video	Summary	Negative Consequences	Suggest Solutions	Audio Narration	# of Infographics
Physical Activity					
 <p>PA1: Morning Exercise = Mental Health</p>	<p>The video is focusing on the importance of starting the day with physical activity.</p> <p>Benefits of exercising in the morning as:</p> <ul style="list-style-type: none"> - mental capacity for handling stress triples, - the brain produces chemicals (BNF and Endorphins) that clears the mind, helps in making positive decisions, minimize the discomfort and the feeling of pain and promotes the feeling of pleasure - helps with a faster metabolism, more energy and sense of accomplishment. 	✗	✓	✓	1
 <p>PA2: The Importance of Intensity in Physical Activity</p>	<ul style="list-style-type: none"> - Narrator is Dr. Mike Evans (which adds credibility and authority to the video). - Video is about the importance of intensity in physical activity and they define it as "stuff that gets your heart pumping" - They state that we need to perform 150 minutes of Moderate to Vigorous Physical Activity weekly. - Exercise reduces heart disease and cancer, and improves mental health and the overall quality of our lives. - Research has shown that higher the intensity, the better the results. - "Interval training is good to improve performance in a short amount of time. - Tips to know the intensity of the activity: 1. low intensity activity: if you are not sweating or not experiencing breath rate change; 2. Moderate activity: you feel out of breath but can still hold a conversation; Vigorous activity: you can't talk" 	✗	✓	✓	4
 <p>PA3: What Happens To Your Body When You Stop Exercising</p>	<ul style="list-style-type: none"> - The video is talking about changes and risks to the body over time as we stop exercising. - The video is reporting changes that can happen over weeks to months. - The video is tracking the increase in the time needed to finish a 5k run (starting at 20 min when physically active, increase of 1 min after 2-3 weeks and 3 minutes longer after 5-7 weeks. - The video is also showing the decrease in the level of VO2 max that is responsible for delivering oxygen to generate energy for muscles as the no exercise period increases. As VO2 max decreases, muscle cells become smaller and the fat cells are become bigger. 	✓	✗	✗	8
Diet					
 <p>Diet1: Sugar is Killing Us</p>	<ul style="list-style-type: none"> - The video is talking about the dangers of sugar. - Scientists are saying sugar is toxic. It turned out that sugar is not only not healthy but it is dangerous. - High fructose in sugar can harm the body in various ways and causes lots of health issues. - However it is not easy to cut down on sweets as high fructose corn syrup are now added to foods that you never expect. - A recent study found the 80% of food in America contain added sugar. - At the end, the video is suggesting that the solution is to educate consumers not to buy products with added sugar which will affect the sales of such products. 	✓	✓	✓	3
 <p>Diet2: What would happen if you didn't drink water?</p>	<ul style="list-style-type: none"> - The video is about the role of water in the human body and how much do we need to drink to stay healthy. - Water cushion and lubricate joints, regulate temperature and nourish the brain and spinal cord. - Each day our bodies lose 2-3 liters of water through sweat, urine and bowel movements and even from breathing. We need to drink water to compensate for this loss. - The amount of daily water intake we need ranges between 2.5-3.7 L for men and 2-2.7 L for women depending on the weight and environment. - Benefits of being well hydrated: lower the chance of stroke, manage diabetes, reduce the risk of certain types of cancer 	✓	✓	✓	11
 <p>Diet3: Why eating fat won't make you gain weight?</p>	<ul style="list-style-type: none"> - This video is focused on the benefits of good fats and how they are not associated with weight gain while carbs are the real issue. - Research shows that low fat diets do not aid in weight loss or reducing the risk of disease compared to high-fat diet and the refined carbs might be the real issue. - Good fats are very important for the body to function properly. - Monounsaturated fats are found in olive oil and avocados and they reduce inflammations and levels of LDL or bad cholesterol in the blood. - Polyunsaturated fats are found in fish and are very useful; Omega-3 fatty acids decrease blood pressure and increase HDL or good Cholesterol and protects against heart disease. - Studies showed that full fat dairy is healthier than reduced fat as full fat dairy is found to be associated with a lower risk of type 2 diabetes 	✓	✓	✓	8
Sleep					
 <p>Sleep1: Understanding the Importance of Sleep</p>	<p>This video is short and to the point. It explains the importance of getting good sleep, how much sleep do we need and the dangers of not getting enough sleep.</p> <p>Almost half of the video is dedicated to listing annoying and worrying threats of inadequate sleep (e.g. you will look older, you will get fat, you will develop cardiovascular disease, etc.)</p>	✓	✗	✓	3
 <p>Sleep2: The benefits of a good night's sleep</p>	<ul style="list-style-type: none"> - The video is talking about the importance of sleep for memory consolidation. - It starts by putting the viewers in an imaginary situation where they have a test in 8 hours followed by a piano recital and you are not feeling ready yet. You can drink a cup of coffee and spend some time studying and practicing but the narrator assures that it is better to put everything away and sleep. - The video contains a lot of scientific informations and terms and refers to several scientific studies related to the brain and the process of memory consolidation. 	✓	✓	✓	3
 <p>Sleep3: What causes insomnia?</p>	<ul style="list-style-type: none"> - The video focuses on insomnia, its symptoms, reasons and provides some solutions. - unlike healthy sleepers, during their sleep, insomniac experience high metabolism which exhausts their bodies and brain making them wake in a state exhaustion, stress and confusion. - Insomnia's chemical mechanisms are similar to anxiety attacks found in people experiencing depression and anxiety and accordingly suffering from insomnia increases the risk of suffering from depression and anxiety. 	✓	✓	✓	6

Figure 6: List of all videos with summary description and some video attribute classification.