The *Dangers* of ScreenTime

1 An average 8-18 year old looks at a screen around *7.5 hours a day.* That is the equivalent of *114 days* out of the year of kids using cell phones, tablets, computers, and playing video games. *68 of those days* are also spent solely *watching television.*

2 Watching television is the top after-school activity and kids who **watch more than 3 hours of TV** a day are at a high risk of *poor homework completion and grades* and also have a more *negative attitude toward school.*

3 Not only is the number of hours children are watching TV increasing, but the age at which they are exposed to TV is also getting younger. Right now the average age for a child to be exposed to TV is *9 months old* and by the time they are three, *1/3 of children have a television in their bedroom.*

4 Not only is screen time affecting weight, but it is also affecting children's sleep. Screen time is linked to **irregular sleeping patterns and disturbances** in children.
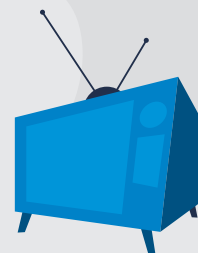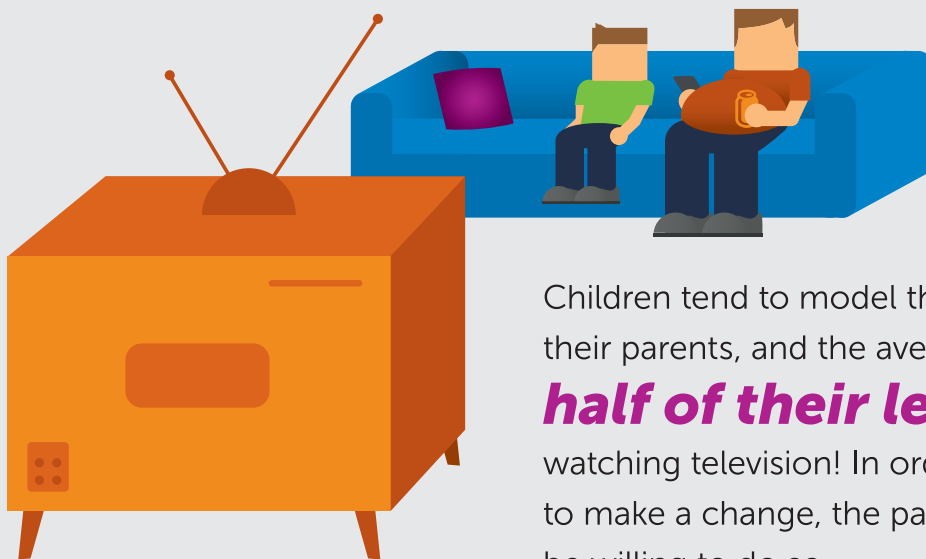
5 Television isn't the only thing affecting kids; video games are just as unhealthy. Video games are linked to *increased food intake,* and *97% of kids* play them regularly!

6 Screen time exposure is *linked to increased BMI.* Kids watch **more than 10 food-related ads per day,** nearly **4,000 per year,** most for foods high in fat, sugar and sodium.

7 Children tend to model themselves after their parents, and the average adult spends *half of their leisure time* watching television! In order for the kids to make a change, the parent must also be willing to do so.

1: Kaiser Family Foundation. Generation M² – Media in the lives of 8-18 year olds, Jan 2010.
3: Wartella, E; Richert, RA; Bobb, MB. (2010). Babies, television and videos: How did we get here? Developmental Review.
5: Chaput, JP, et. al. (2011). Video game playing increases food intake in adolescents: a randomized crossover study. Amer J Clin Nutr.