

# SCREEN TIME

American children consume more than double the amount of recommended screen time.



INCREASED USE OF SMART PHONES, PERSONAL TABLETS AND GAMING SYSTEMS HAS REDEFINED THE AGE-OLD BATTLE PARENTS FACE OVER HOW MUCH SCREEN TIME THEIR CHILDREN CONSUME EACH DAY.

**DEFINITION OF SCREEN TIME:** the amount of time a child spends watching television, playing video games, and utilizing computers, tablets or any other electronic media devices.

According to the National Institutes of Health, most American kids spend an average of 3 hours a day watching television. That number jumps up to 7 hours when time spent on other electronic devices is added in. That's more than double the amount the American Academy of Pediatrics recommends.

American Academy of Pediatrics recommends **no more than 2 hours a day** of screen time.



Studies have shown an association between screen time and childhood obesity for a number of reasons:

- Television viewing exposes children to commercials for **food that may not be healthy** for them
- Children are more **prone to snack** while they are watching screens
- Screen time is a **sedentary activity**

It's **never too late** for parents to adjust their child's use of screens. The following steps can help make it happen:

- Set limits
- Create boundaries
- Limit exposure
- Turn off the tube
- Champion physical activity
- Don't use screen time as a reward
- Be a good model



For more information on screen time management, visit [premierhealthnet.com/familyhealth](http://premierhealthnet.com/familyhealth)

SOURCES: National Institutes of Health (NIH); American Academy of Pediatrics (AAP); Aleda Johnson, MD, Liberty Family Medicine