STRATEGY 5: Limit Recreational Screen Time

why does this matter?

Limiting screen time can help prevent childhood obesity.[1]

Young children who spend less time watching TV tend to do better in school, have a healthier diet, and are more physically active when they are older.[2]

Too much screen time puts kids at risk for lower reading scores, attention problems, and problems learning.[3-6]

Screen time includes time spent watching TV, playing video games, using a computer, and using mobile devices such as smartphones and tablets.

As new screen technologies become popular, they don't replace the old ones. For example, video games and tablets have not replaced television time—they have actually added to the amount of time kids spend with screens.[7]

References

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