

## STRATEGY 5: Limit Recreational Screen Time

# why does this matter?

**Limiting screen time can help prevent childhood obesity.<sup>1</sup>**

**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.<sup>2</sup>**

**Too much screen time puts kids at risk** for lower reading scores, attention problems, and problems learning.<sup>3-6</sup>

**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.<sup>7</sup>

### References

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