



STATE OF HAWAII
DEPARTMENT OF HEALTH
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Testimony in SUPPORT of S.C.R. 156 SD1

**REQUESTING THE DEPARTMENT OF HEALTH TO REVIEW EXISTING
RESEARCH ON CERTAIN IMPACTS OF SCREEN TIME AND PROVIDE
RECOMMENDATIONS ON REDUCING SCREEN TIME AND INCREASING RATES
OF PHYSICAL ACTIVITY AND NUTRITION OF CHILDREN AND ADOLESCENTS
IN HAWAII**

REPRESENTATIVE JOHN M. MIZUNO, CHAIR
COMMITTEE ON HEALTH AND HUMAN SERVICES

Hearing Date: April 12, 2018

Room Number: 329

1 **Fiscal Implications:** The Department of Health (DOH) proposes to conduct and achieve the
2 requested activities by integrating these into the existing program workplan and budget.

3 **Department Testimony:** The DOH supports Senate Concurrent Resolution 156 SD1 (S.C.R.
4 156 SD1) requesting a report from the DOH that reviews research on the impact of screen time
5 and media consumption on childhood and adolescent physical activity, nutrition and obesity,
6 policies other states and countries have implemented, an assessment of the importance and
7 urgency of this issue, any novel policy ideas, and a summary of findings and recommendations
8 from a future convening of nutrition and physical activity stakeholders.

9 The DOH works with agency and community partners statewide on strategies to reduce
10 children's exposure to screen time and to encourage and create opportunities for children to be
11 physically active in Hawaii's schools and communities. Partnering with early childcare
12 education stakeholders, the DOH helped to ensure inclusion of recommendations to prevent and
13 reduce exposure to screen media in the *Wellness Guidelines for Nutrition and Physical Activity*
14 *in Hawaii's Early Care and Education Settings*. The DOH collaborates with the Department of
15 Education (DOE) to support quality health education and physical education classes for all
16 students attending public schools in grades K-12. The DOH also supports state and county

1 transportation agencies to implement safe, connected infrastructure to provide opportunities for
2 physical activity and active transportation. These efforts include programs such as Safe Routes
3 to School, and Safe Routes to Parks, that encourage youth to be outside and physically active.

4 The DOH in partnership with the DOE and University of Hawaii collects and reports on
5 screen time by middle and high school students. The screen time data is a proxy measure for
6 sedentary behavior that is displacing physical activity. More than four out of five of high school
7 and middle school students played three or more hours of video games on an average school day.
8 However, less than one of five high school students, and less than three of five middle school
9 students had sixty minutes of physical activity a day ([Youth Risk Behavioral Survey 2017,](https://ibis.hhdw.org)
10 ibis.hhdw.org).

11 In fiscal year 2019, the DOH will be convening partners and stakeholders to review and
12 update the [Hawaii Physical Activity and Nutrition Plan](#). During these meetings and discussions,
13 the DOH can convene stakeholders with an interest in reducing screen time and increasing rates
14 of physical activity and nutrition to gather the requested recommendations outlined in S.C.R. 156
15 SD1. The DOH can assemble a report with research, current policy initiatives in other states and
16 countries, and recommendations from stakeholder meetings to submit to the legislature prior to
17 the convening of the Regular Session of 2020.

18 Thank you for the opportunity to provide testimony.

19 **Offered Amendments:** None.

20

SCR-156-SD-1

Submitted on: 4/10/2018 11:49:17 PM

Testimony for HHS on 4/12/2018 10:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Melodie Aduja	Oahu County Committee on Legislative Priorities of the Democratic Party of Hawai'i	Support	No

Comments:

To the Honorable John M. Mizuno, Chair; to the Honorable Bertrand Kobayahsi, Vice Chair; and the Members of the Committee on Health and Human Services:

Good morning. My name is Melodie Aduja. I serve as Chair of the Oahu County Committee ("OCC") Legislative Priorities Committee of the Democratic Party of Hawaii. Thank you for the opportunity to provide written testimony on **SCR156 SD1** relating to the impact of screen time and media consumption on childhood and adolescent physical activity.

The OCC Legislative Priorities Committee is in favor of **SCR156 SD1** and strongly supports its passage.

SCR156 SD1 is in accord with the Democratic Platform as it requests the Department of Health to review the existing research on the impact of screen time and media consumption on childhood and adolescent physical activity, nutrition, and obesity, as well as policies other states and countries have implemented to address this issue.

The DPH Platform states that: "We support community health initiatives that provide opportunities for the overall health of communities through strategic projects and programs focusing on increased interaction and physical activities among all age groups, as well as on better nutrition." (Platform of the DPH, P.7, Lines 378-80 (2016)).

We also support the development of empirically validated prevention programs targeted at major public health issues. (Platform of the DPH, P.7, Lines 368-369 (2016)).

Given that **SCR156 SD1** requests the Department of Health to review the existing research on the impact of screen time and media consumption on childhood and adolescent physical activity, nutrition, and obesity, as well as policies other states

and countries have implemented to address this issue, it is the position of the OCC Legislative Priorities Committee to strongly support this measure.

Thank you very much for your kind consideration.

Sincerely yours,

/s/ Melodie Aduja

Melodie Aduja, Chair, OCC Legislative Priorities Committee

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SCR-156-SD-1

Submitted on: 4/11/2018 4:23:33 PM

Testimony for HHS on 4/12/2018 10:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Lauren Paer	Individual	Support	Yes

Comments:

As a Hawaii resident, I fully support this bill as I am very concerned about the impact screens are having on children's physical and mental health. On the physical side, screens appear to be replacing much of kids' traditional, physical, outdoor play. Parents and teachers I've talked to report a decrease in outside play- especially unstructured outside play. One obvious negative is obesity. I believe the research there actually shows a causal effect of screens on obesity (for most symptoms it's just a strong correlation). Beyond obesity, play very important physical, cognitive and emotional benefits including physical fitness, motor skills (which prompts cognitive development), resilience, creativity and the ability to negotiate/compromise with others. As a preschool teacher friend of mine says "for kids, play is serious business". So the fact that play is in decline is cause for serious concern.

As far as nutrition, most media is supported by commercials. And many commercials (especially geared towards kids) are for fast food and candy. Advertisers are very shrewd and although most of us don't think ads works on us, for the most part they do. Advertising wouldn't be a \$250B/year industry if this were not the case. I believe all this peddling of junk food, in addition to lack of adequate exercise, plays a role in our high level of child obesity.

Thank you for hearing this resolution. It is an important first step to addressing this growing problem affecting our keiki.

SCR-156-SD-1

Submitted on: 4/11/2018 10:59:28 AM

Testimony for HHS on 4/12/2018 10:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Chantel Chang	Individual	Support	No

Comments:

As an educator in Hawaii, I have seen the increase of screen time both inside and outside of the classroom. I am concerned that the increase in screen time is adversely affecting the social, emotional, physical and mental well-being of our children. Further research is needed to understand the true impact of screen time on the development of our children. I fully support this bill.

SCR-156-SD-1

Submitted on: 4/11/2018 12:39:52 PM

Testimony for HHS on 4/12/2018 10:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Torrey Manz	Individual	Support	No

Comments:

The impact screen time is having on children's development is of great concern to me and I support this bill.

SCR-156-SD-1

Submitted on: 4/11/2018 1:48:32 PM

Testimony for HHS on 4/12/2018 10:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Elise Anderson	Individual	Support	No

Comments:

I support this resolution to prod the Department of Health and the Department of Commerce & Consumer Affairs into taking the first steps (research and publication) in the critical battle to ensure happy, healthy and functional future generations. Downward mental health trends are accelerating at alarming rates, and without intervention to protect the health and safety of developing minds against a looming threat, Hawaii could face bleak days ahead in terms of suicide, depression, poverty and crime. Please let's push this issue, of excessive screen time and media addiction, to the forefront of public regard.

SCR-156-SD-1

Submitted on: 4/11/2018 2:18:28 PM

Testimony for HHS on 4/12/2018 10:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Nancy Fleming	Individual	Support	No

Comments:

I was born and raised in Hawai. My family, neighbors and friends support resolution scr156. I am a

mother and grandmother, and I am concerned

about the future and health of the children of

Hawaii.

I have seen the negative effects that too much

screen time has on children such as it seems make them less social and unable to take the take the

time to problem solve. Furthermore, they spend

less time outside and excercising. Too much

screen time may lead to cyper bullying.

I have read in multiple sources including the

Mayo Clinic, the Washington Post, and the New

York Times citing research and facts regarding the effects of not restricting screen time. Would you

please for the health of our children pass this

resolution. Thank you.

LATE

SCR-156-SD-1

Submitted on: 4/11/2018 6:06:16 PM

Testimony for HHS on 4/12/2018 10:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Talya Randall	Individual	Support	No

Comments:

Support of this measure will ensure the safety of our keiki in this increasingly technology-oriented world.

LATE

SCR-156-SD-1

Submitted on: 4/11/2018 9:45:45 PM

Testimony for HHS on 4/12/2018 10:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Emily Sampson	Individual	Support	No

Comments:

LATE

SCR-156-SD-1

Submitted on: 4/11/2018 9:51:52 PM

Testimony for HHS on 4/12/2018 10:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
April Hail	Individual	Support	No

Comments:

I am a local teacher and parent and believe strongly that screen time is impacting the brain development and social skills of our youth and should be studied further. Mahalo for your consideration.

LATE

SCR-156-SD-1

Submitted on: 4/11/2018 11:00:17 PM

Testimony for HHS on 4/12/2018 10:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Corinne Ching	Individual	Support	No

Comments: