

SCR156

REQUESTING THE DEPARTMENT OF HEALTH AND
DEPARTMENT OF COMMERCE AND CONSUMER
AFFAIRS TO REVIEW THE EXISTING RESEARCH

Measure Title: ON THE IMPACT OF SCREEN TIME AND MEDIA
CONSUMPTION ON CHILDREN'S AND
ADOLESCENTS' PHYSICAL, COGNITIVE, AND
EMOTIONAL HEALTH.

Report Title: Screen Time and Media Consumption; Children's
and Adolescents' Health; DOH; DCCA

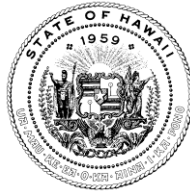
Description:

Companion:

Package: None

**Current
Referral:** CPH/HMS

Introducer(s): RUDERMAN, GABBARD, GREEN, K. RHOADS,
RIVIERE, Baker, Galuteria, Ihara, Inouye, Kim,
Nishihara, Taniguchi



DAVID Y. IGE
GOVERNOR

DOUGLAS S. CHIN
LIEUTENANT GOVERNOR

STATE OF HAWAII
OFFICE OF THE DIRECTOR
DEPARTMENT OF COMMERCE AND CONSUMER AFFAIRS
335 MERCHANT STREET, ROOM 310
P.O. Box 541
HONOLULU, HAWAII 96809
Phone Number: 586-2850
Fax Number: 586-2856
cca.hawaii.gov

CATHERINE P. AWAKUNI COLÓN
DIRECTOR

JO ANN M. UCHIDA TAKEUCHI
DEPUTY DIRECTOR

TO THE SENATE COMMITTEES ON
COMMERCE, CONSUMER PROTECTION, AND HEALTH
AND
HUMAN SERVICES

TWENTY-NINTH LEGISLATURE
Regular Session of 2018

Monday, April 2, 2018
2:45 P.M.

TESTIMONY ON SENATE CONCURRENT RESOLUTION NO. 156 AND SENATE RESOLUTION NO. 116, REQUESTING THE DEPARTMENT OF HEALTH AND DEPARTMENT OF COMMERCE AND CONSUMER AFFAIRS TO REVIEW THE EXISTING RESEARCH ON THE IMPACT SCREEN TIME AND MEDIA CONSUMPTION ON CHILDREN'S AND ADOLESCENT'S PHYSICAL, COGNITIVE, AND EMOTIONAL HEALTH.

TO THE HONORABLE ROSALYN H. BAKER, CHAIR, THE HONORABLE JOSH GREEN, AND MEMBERS OF THE COMMITTEES:

The Department of Commerce and Consumer Affairs (“DCCA” or “Department”) appreciates the opportunity to testify on S.C.R. 156 and S.R. 116, Requesting the Department of Health and Department of Commerce and Consumer Affairs to Review the Existing Research on the Impact of Screen Time and Media Consumption on Children’s and Adolescents’ Physical, Cognitive, and Emotional Health. My name is Stephen Levins, and I am the Executive Director of the Department’s Office of Consumer Protection (“OCP”). The Department opposes these resolutions and offers the following comments.

These resolutions request the State Department of Health (“DOH”) and DCCA to submit a report that includes: (1) key points from existing research, including which

effects linked to screens are most concerning, as well as the overall assessment of the importance and urgency of this issue; (2) a list of policies other states and countries have instituted; (3) plans for future DOH and DCCA action to address this issue; and (4) an explanation of the division of responsibility between DOH and DCCA regarding this issue.

The Department lacks the necessary expertise to review research relating to the effects of screens on children and adolescents. As these resolutions indicate, most of the research emanates from health-related sources, such as the National Institute of Mental Health and the World Health Organization, or academic institutions, such as Stanford University, Harvard University, and Princeton University.

DCCA's many functions include: maintaining the business registry for entities conducting business activities in the State; regulating cable operators within the State; protecting and advancing the interests of Hawaii's consumers of regulated public utilities and transportation services; ensuring regulatory compliance by state-licensed financial institutions, escrow depositories, money transmitters, mortgage servicers, mortgage loan originators, and mortgage loan originator companies; overseeing the Hawaii insurance industry; conducting administrative hearings and issuing decisions for all DCCA divisions required to provide contested case hearings; reviewing, investigating and prosecuting allegations of unfair or deceptive trade practices in consumer transactions; educating the public on consumer protection issues; implementing the licensing regulations of 51 different professions and vocations; and investigating allegations of professional misconduct by licensees and unlicensed activity that may be occurring in the State. As such, the goals of these resolutions are not consistent with DCCA's core objectives.

While the Department acknowledges the serious issues concerning the effects of screen time on children, it respectfully lacks the knowledge and resources to address the concerns these resolutions raise.

Thank you for the opportunity to testify on S.C.R. 156 and S.R. 116. I would be happy to answer any questions the Committee may have.

SCR-156

Submitted on: 3/30/2018 4:03:33 PM

Testimony for CPH on 4/2/2018 2:45:00 PM

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

Comments:

To the Honorable Rosalyn H. Baker, Chair; the Honorable Jill N. Tokuda, Vice-Chair, and Members of the Committee on Commerce, Consumer Protection and Health:

To the Honorable Josh Green, Chair; the Honorable Stanley Chang, Vice-Chair, and Members of the Committee on Human Services:

Good afternoon, my name is Melodie Aduja. I serve as Chair of the Oahu County Committee ("OCC") on Legislative Priorities of the Democratic Party of Hawaii. Thank you for the opportunity to provide written testimony on **SCR156 / SR 116** relating to the impact of screen time and media consumption on children's and adolescents' physical, cognitive, and emotional health.

The OCC Legislative Priorities Committee is in favor of **SCR156 / SR 116** and support its passage.

SCR156 / SR 116 is in alignment with the Platform of the Democratic Party of Hawai'i ("DPH"), 2016, as it requests the Department of Health and Department of Commerce and Consumer Affairs to review the existing research on the impact of screen time and media consumption on children's and adolescents' physical, cognitive, and emotional health, as well as policies other states and countries have implemented to address this issue; and the review shall include: (1) the key points from existing research, including which effects linked to screens are most concerning, as well as the overall assessment of the importance and urgency of this issue; (2) a list of policies other states and countries have instituted, including but not limited to public health campaigns, mandatory classes for parents and children, and counseling, and an assessment of their appropriateness for Hawaii, as well as any novel policy ideas; (3) plans for future Department of Health and Department of Commerce and Affairs action to address this issue; and (4) an explanation of the division of responsibility between the Department of Health and Department of Commerce and Consumer Affairs regarding this issue.

The DPH Platform states that: "We believe in a government that will adequately, efficiently, courteously, openly, ethically and fairly administer to the needs of the people." (Platform of DPH, P.5, Line 245-246 (2016)).

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 378-380 (2016)).

Given that **SCR156 / SR 116** requests the Department of Health and Department of Commerce and Consumer Affairs to review the existing research on the impact of screen time and media consumption on children's and adolescents' physical, cognitive, and emotional health, as well as policies other states and countries have implemented to address this issue; and the review shall include: (1) the key points from existing research, including which effects linked to screens are most concerning, as well as the overall assessment of the importance and urgency of this issue; (2) a list of policies other states and countries have instituted, including but not limited to public health campaigns, mandatory classes for parents and children, and counseling, and an assessment of their appropriateness for Hawaii, as well as any novel policy ideas; (3) plans for future Department of Health and Department of Commerce and Affairs action to address this issue; and (4) an explanation of the division of responsibility between the Department of Health and Department of Commerce and Consumer Affairs regarding this issue., it is the position of the OCC on Legislative Priorities to support this measure.

Thank you very much for your kind consideration.

Sincerely yours,

/s/ Melodie Aduja

Melodie Aduja, Chair, OCC on Legislative Priorities

Email: legislativepriorities@gmail.com, Text/Tel.: (808) 258-8889

SCR-156

Submitted on: 3/30/2018 8:38:36 AM

Testimony for CPH on 4/2/2018 2:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Lauren Paer	Individual	Support	No

Comments:

I **strongly support** this resolution. Given (1) the growing body of empirical research (2) anecdotal evidence from occupational therapists, school psychological counselors, teachers and parents (3) the fact we all see kids at younger ages glued to devices while out and about, **I'm surprised the Department of Health (DOH) hasn't already looked into this issue and released information publicly on their findings.** It's been a growing issue for the past ten years.

I have been independently study the impact screens are having on children and teenagers for the past year- reading books and talking to parents and teachers. I have been shocked by what a huge impact it's having on children and families. And by how hard companies work to make their apps addictive- the book *Hooked* by Nir Eyal shows apps are addictive by very intentional design.

There is compelling research out of UCSD linking increased screen time to teen suicide (which has increased drastically since the advent of the smartphones), there is data showing more time in front of a screen leads to obesity (not just correlation), there is interesting work out of Romania suggesting a significant chunk of the huge increase in autism in the past 20 years is connected to screens and the list goes on. The resolution lists many of the important impacts, but it doesn't even get to them all.

With excessive screen time being implicated in so many negative health outcomes, the DOH has a responsibility to look into this issue and provide the people of Hawaii with quality information on the risks time watching screens pose to our keiki- plus steps we can take to minimize harm. The rest of us probably need this too, but kids are a good place to start.

SCR-156

Submitted on: 3/30/2018 2:52:25 PM

Testimony for CPH on 4/2/2018 2:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Layla Schuster	Individual	Support	No

Comments:

As a parent and teacher I see the strong effects of screen time on our youth. Please review the research of media consumption on our children so that we can implement healthful guidelines.

SCR-156

Submitted on: 3/31/2018 7:03:15 AM

Testimony for CPH on 4/2/2018 2:45:00 PM

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

Submitted on: 3/31/2018 1:31:43 PM

Testimony for CPH on 4/2/2018 2:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Traven Watase	Individual	Support	No

Comments:

SCR-156

Submitted on: 3/31/2018 5:03:59 PM

Testimony for CPH on 4/2/2018 2:45:00 PM

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

Comments:

I am a Hawaii teacher and parent, and believe strongly that we need to take action to further understand and mitigate the effects of excessive screen time on our youth.

SCR-156

Submitted on: 3/31/2018 5:27:22 PM

Testimony for CPH on 4/2/2018 2:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Lyle Fujikawa	Individual	Support	No

Comments:

Aloha State Senators,

Please pass Senate Concurrent Resolution 156.

There already are intial studies showing the negative impact of too much screen time on children and teens.

- This past January, it was reported by the Wall Street Journal that Jana Partners LLC and the California State Teachers' Retirement System, or Calstrs, which control about \$2 billion of Apple shares, wrote to Apple to ask for new software tools to help control children's mobile phone use and also to study the impact of overuse.(1)
- A study conducted by the Pew Research Center found 73% of U.S. teenagers had access to a smartphone and, on average, spent close to nine hours a day connected to a screen outside of school. (2)
- A study by the Center for Disease Control and Prevention found female students are twice as likely to be bullied online compared with boys.(3)

It is fortunate that we have in Hawaii immediate solutions to help overcome the negative effects of overuse of online devices, but we must first assess the scope and depth of the problem. SCR 156 will have positive impact.

Thank you very much for your consideration,

Lyle Fujikawa

References:

1) Wall Street Journal: <https://www.wsj.com/articles/iphones-and-children-are-a-toxic-pair-say-two-big-apple-investors-1515358834>

2) Pew Research Center's Teens Relationships Survey, Sept. 25-Oct. 9, 2014 and Feb. 10-Mar. 16, 2015. Margin of error is +/- 3.7 (smartphone access, number of texts); Common Sense (screen time)

3) Center for Disease Control and Prevention

SCR-156

Submitted on: 3/31/2018 5:44:24 PM

Testimony for CPH on 4/2/2018 2:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Raphaelle Chappe	Individual	Support	No

Comments:

As a mother to two toddlers (who are two and a half, boy/girl twins), I am very concerned about the addictive potential of screen time, and the potential impact on children's mental health in the long run. What we have experienced is that screen time is extremely addictive -- kids are always screaming when we take the iPad away, always asking for more, and always in a bad mood because they mourn the loss of the device / show more than they actually show appreciation while they have it. The impact of screen time on their development and mental health is not fully known. I am concerned about ADD as we've noticed that the kids get very impatient when watching shows. Ultimately we will want them to socialize, read books and exercise, and we are concerned that the addictive potential of screen time could jeopardize this.

SCR-156

Submitted on: 4/1/2018 7:11:15 AM

Testimony for CPH on 4/2/2018 2:45:00 PM

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

Comments:

I am growing increasingly concerned with the impact screen time is having on children and their development and fully support this action.

SCR 156/ SR 116
RELATING TO THE IMPACT OF SCREEN TIME AND MEDIA CONSUMPTION ON CHILDREN'S
HEALTH

Committee on Commerce, Consumer Protection, and Health
Committee on Human Services

Joint Public Hearing – April 2, 2018

2:45 p.m., State Capitol, Conference Room 016

By

Melissa Mau

As a private citizen of Hawaii and a mother of three young children, I would like to express my support in SCR 156/ SR 116 in requesting that The Department of Health and Department of Commerce and Consumer Affairs review the existing research on the impact of screen time and media consumption on children's health.

In this present time in our society now more than ever, children are exposed to a wide range of electronic devices and media sources. Not only are they using these devices at home, but schools and as early as preschool are enforcing the use of these.

My eldest child who is in the 8th grade spends most of her day on a screen device. In school, it is required that notetaking, in class assignments, projects and homework be completed and submitted on laptops. In the evening when she gets home she does an average of 2-3 hours of homework, all of it on the laptop supplied by the school. At my daughters yearly physicals, doctors recommend that screen time be limited to two hours a day. That's not possible with current demands that are put on our children with school and everyday life.

In the current climate of technological advancement, the necessity of devices, social media, and the world-wide web are nearly impossible to live without. It provides a platform for people to discuss topics, have forums, buy and sell products or ideas and whatever else they deem to be informed about. It is instant gratification that a constant supply of information is right at our fingertips. All this is can be used in productive and positive ways if in the right doses.

Current research has shown excessive exposure to screen time has resulted in children having shorter attention spans, less physical dexterity, negative effects on memory and learning, social disorders and childhood obesity.

Parents have a role to play in monitoring and controlling consumption, but corporate responsibility would help. These screen devices can sometimes inhibit the use of imagination and creativity when used excessively. I want my children to be able to use and appreciate this technology, but to also not forget the simple pleasures of life. Such as interacting with others, expanding their imagination in play, and observing the world around them. George Lucas, writer and director of Star Wars states this quote, "Imagination allows you to realize the limitless possibilities before you and to bring to life things that don't even exist. It's one of the

most important things that make us human.” We must not forget that its our minds that are far superior than any other technology out there.

Melissa Mau

SCR-156

Submitted on: 4/1/2018 9:21:33 AM

Testimony for CPH on 4/2/2018 2:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Diane Koushki	Individual	Support	No

Comments:

As a retired elementary teacher of 34 years both in Hawaii and several mainland states, I offer testimony that I have personally seen an alarming increase in the amount of time students have been spending on technological devices. I am concerned with the damage that spending extensive amounts of time on such devices is causing. Using technology, while having some valid benefits related to learning, has become skewed to the point that students seem to have narrowed personal communication skills and lack the necessary interpersonal knowledge required to function in our world. My greatest concern is that our youth are also being exposed to varying forms of online distractions such as social media ploys, advertisement for morally corrupt views such as pornography, and tactics that engage students in addictive online media activities. I support any measure to bring awareness to the need for monitoring time used on devices, as well as studies that encourage prevention of our youth from overusing technology. Diane Koushki

SCR-156

Submitted on: 4/1/2018 12:00:47 PM

Testimony for CPH on 4/2/2018 2:45:00 PM

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

Comments:

I support SCR156 and believe that childrens' screen time is a big issue!

Senator Josh Green, Chair
Senator Stanley Chang, Vice Chair
Members of the Committee On Human Services

Re: SCR 156/SR 166: REQUESTING THE DEPARTMENT OF HEALTH AND DEPARTMENT OF COMMERCE AND CONSUMER AFFAIRS TO REVIEW THE EXISTING RESEARCH ON THE IMPACT OF SCREEN TIME AND MEDIA CONSUMPTION ON CHILDREN'S AND ADOLESCENTS' PHYSICAL, COGNITIVE, AND EMOTIONAL HEALTH

Dear Chair Green, Vice Chair Chang and Committee Members:

I approve of the resolution to compel the Hawaii Department of Health to review the effect of screen time and media consumption on children and adolescents' physical, cognitive and emotional health.

Reviewing current research might encourage the department to put forward new policies to help protect Hawaii's children.

Sincerely,
Michael C. Fahey

SCR-156

Submitted on: 4/1/2018 1:37:54 PM

Testimony for CPH on 4/2/2018 2:45:00 PM

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

Comments:

This is a topic that is well worth studying. There are not many things I am okay with my tax dollars being spent on, but this is one of them.

Thank you,

Lundie Fleming

Haiku, Maui

SCR-156

Submitted on: 4/1/2018 3:49:57 PM

Testimony for CPH on 4/2/2018 2:45:00 PM

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

Comments:

Let's pay attention NOW !!!!!!! The information is in front of us . Our keiki are worth it !

SCR-156

Submitted on: 4/1/2018 7:20:35 PM

Testimony for CPH on 4/2/2018 2:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Corinne Ching	Individual	Support	Yes

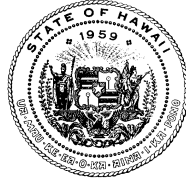
Comments:

Dear Chairs and Members of the Committee,

I strongly support this resolution as it addresses a underdiscussed health threat to our keiki. As a mother here in Hawaii, this is a subject that increasingly concerns me, as well as other moms I talk to. A growing body of evidence has linked excessive screen time with a host of negative consequences to children's mental and physical health. It is high time that the Department of Health look into this pressing issue.

Thank you for your time and consideration.

Corinne W.L. Ching



STATE OF HAWAII
DEPARTMENT OF HEALTH
P. O. Box 3378
Honolulu, HI 96801-3378
doh.testimony@doh.hawaii.gov

**Testimony COMMENTING on Senate Concurrent Resolution 156
REQUESTING THE DEPARTMENT OF HEALTH AND DEPARTMENT OF
COMMERCE AND CONSUMER AFFAIRS TO REVIEW THE EXISTING
RESEARCH ON THE IMPACT OF SCREEN TIME AND MEDIA CONSUMPTION
ON CHILDREN'S AND ADOLESCENTS' PHYSICAL, COGNITIVE, AND
EMOTIONAL HEALTH**

SENATOR ROSALYN H. BAKER, CHAIR
COMMITTEE ON COMMERCE, CONSUMER PROTECTION, AND HEALTH

SENATOR JOSH GREEN, CHAIR
COMMITTEE ON HUMAN SERVICES

Hearing Date: April 2, 2018

Room Number: 016

1 **Fiscal Implications:** Additional staffing and resources would be required to conduct the
2 described research and to develop the report, novel policy ideas, a plan for future actions
3 between the Departments of Health and Commerce and Consumer Affairs.

4 **Department Testimony:** The Department of Health (DOH) is providing comments on Senate
5 Concurrent Resolution 156 (S.C.R. 156) requesting a report, from the DOH and the Department
6 of Commerce and Consumer Affairs (DCCA), that reviews research on the effects of screen time
7 on children's and adolescent's physical, cognitive, and emotional health, a list of policies other
8 states and countries have instituted related to screen time, an assessment of potential novel
9 policies for Hawaii, and future planned activities for the DOH and DCCA to address this issue.

10 The DOH works with agency and community partners statewide on strategies to reduce
11 children's exposure to screen time and to encourage and create opportunities for children to be
12 physically active in Hawaii's schools and communities. Partnering with early childcare
13 education stakeholders, the DOH helped to ensure inclusion of recommendations to prevent and
14 reduce exposure to screen media in the *Wellness Guidelines for Nutrition and Physical Activity*

1 *in Hawaii's Early Care and Education Settings*. The DOH collaborates with the Department of
2 Education to support quality health education and physical education classes for all students
3 attending public schools in grades K-12. The DOH also supports state and county transportation
4 agencies to implement safe, connected infrastructure to provide opportunities for physical
5 activity and active transportation. These efforts include programs such as Safe Routes to School,
6 and Safe Routes to Parks, that encourage youth to be outside and physically active.

7 While the DOH acknowledges that youth in Hawaii are engaging in unhealthy levels of
8 screen time and media consumption, the DOH has concerns related to the breadth of S.C.R. 156.
9 The DOH currently lacks fiscal, and personnel capacity and expertise to conduct the broad study
10 requested on the impact of screen time and media consumption on children's and adolescents'
11 physical, cognitive, and emotional health. In order to conduct the comprehensive review
12 outlined in S.C.R. 156 the Department would require additional staffing and resources.

13 Thank you for the opportunity to provide comments.

14 **Offered Amendments:** None.

15

SCR-156

Submitted on: 4/2/2018 12:05:31 PM

Testimony for CPH on 4/2/2018 2:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Anna Lauren Lerner	Individual	Support	No

Comments:

I fully support this resolution and will have someone read my testimony in person.

Thank you.