

SR116

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

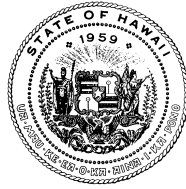
Description:

Companion:

Package: None

**Current
Referral:** CPH/HMS

Introducer(s): RUDERMAN, GABBARD, GREEN, K. RHOADS,
RIVIERE, Baker, Galuteria, Ihara, Inouye,
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**Testimony COMMENTING on Senate Resolution 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**

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 Resolution 116 (S.R. 116) requesting a report, from the DOH and the Department of Commerce
6 and Consumer Affairs (DCCA), that reviews research on the effects of screen time on children's
7 and adolescent's physical, cognitive, and emotional health, a list of policies other states and
8 countries have instituted related to screen time, an assessment of potential novel policies for
9 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.R. 116.
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.R. 116 the Department would require additional staffing and resources.

13 Thank you for the opportunity to provide comments.

14 **Offered Amendments:** None.

15

SENATE CONCURRENT RESOLUTION

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.~~] TO REVIEW THE EXISTING RESEARCH AND PROVIDE RECOMMENDATIONS ON REDUCING SCREEN TIME AND INCREASING RATES OF PHYSICAL ACTIVITY AND NUTRITION OF CHILDREN AND ADOLESCENTS IN HAWAII.

WHEREAS, it is becoming increasingly common for the children of Hawaii, and the United States more generally, to be exposed to screens, including smartphones, tablets, computers, and televisions, for many hours every day at ever-younger ages; and

WHEREAS, in 2015, eighteen percent of middle school students and twenty-two percent of high school students reported playing between 3-5 hours per school day, on average, of video or computer games, or using a computer for something that was not school work; and

~~[WHEREAS, occupational therapists report increasing rates of a wide range of developmental delays among young children exposed to substantial amounts of screen time; and]~~

WHEREAS, researchers from Stanford, Harvard, Princeton, and elsewhere have found correlations between excessive screen time and obesity~~[, attention issues, poor inter personal skills, and strained parent-child relationships]; and~~

WHEREAS, twenty-five percent of 10-17 year old youth and fifty-eight percent of adults in Hawaii are overweight or obese; and

WHEREAS, in 2015, only twenty-seven percent of middle school students and twenty percent of high school students met the national physical activity guidelines of 60 or more minutes of physical activity per day; and

WHEREAS, the Community Preventive Services Task Force recommends behavioral interventions to reduce recreational sedentary screen time among children ages 13 and younger, including interventions focused on reducing screen time and increasing physical activity or improving diet; and

WHEREAS, regular physical activity and healthy eating can play a significant role in promoting health and preventing chronic illnesses such as heart disease, cancer, and type 2 diabetes; and

~~[WHEREAS, anecdotal accounts from teachers consistently report that "digital native" children give up more quickly when solving problems, have shorter attention spans, have less physical dexterity, and demonstrate impaired capacity for deep play, creativity, and thought; and~~

~~WHEREAS, in its 2018 guidelines, the California Department of Public Health encourages people, especially children, to limit their cell phone exposure due to potential negative effects on memory and learning; and~~

~~WHEREAS, the World Health Organization just classified videogame addiction as a disease and researchers from Iowa State University found nearly one in ten gamers have pathological playing patterns; and~~

~~WHEREAS, addictions started in adolescence are much harder to overcome and, according to Common Sense Media, fifty percent of teenagers say they are addicted to their phones, with sixty percent of their parents agreeing; and~~

~~WHEREAS, researchers at the University of Maryland found that students exhibited withdrawal, cravings, and anxiety after giving up all media for less than twenty-four hours; and~~

~~WHEREAS, San Diego State University researcher Jean Twenge has linked growing smartphone penetration among teens to their deteriorating mental health, finding teens who consume more than three hours of screen time a day show a pronounced increase in their likelihood of exhibiting a suicide risk; and~~

~~WHEREAS, smartphone penetration among teens reached fifty percent in 2012; and~~

~~WHEREAS, between 2007 and 2015, suicide deaths among teenage girls doubled and suicide deaths among teenage boys rose thirty percent, and suicide deaths now make up two thirds of all gun deaths; and~~

~~WHEREAS, according to the National Institute of Mental Health, mental health issues are now the number one cause of disability for United States workers; and~~

~~WHEREAS, major investors in Apple, including the California Teacher Retirement System, recently called on Apple to study the impacts of smartphones and tablets on children because of the growing body of research; and~~

~~WHEREAS, a growing number of high level tech executives and ex tech executives are expressing guilt and concern about the impact their companies are having on children and society; and~~

~~WHEREAS, China, South Korea, and Taiwan have enacted legislation and programs that aim to limit screen time among children and teens to a healthy level, including public health campaigns, tax funded counseling, and mandatory classes for children and parents; and]~~

~~WHEREAS, the State Department of Health's mission is to protect and improve the health and environment for all people in Hawaii; and~~

~~[WHEREAS, the mission of the Department of Commerce and Consumer Affairs is to uphold fairness and public confidence in the marketplace, promote sound consumer practices, and increase knowledge, opportunity, and justice in our community; and~~

~~WHEREAS, children are the future leaders of society and the most valuable asset and society has a moral obligation to protect them; now, therefore,]~~

WHEREAS, the Department of Health currently works with agency and community partners statewide on strategies to reduce children's exposure to screen time and to encourage and create opportunities for children and adolescents to be physically active in Hawaii's schools and communities; now, therefore,

BE IT RESOLVED by the Senate of the Twenty-ninth Legislature of the State of Hawaii, Regular Session of 2018, the House of Representatives concurring, that the Department of Health [~~and Department of Commerce and Consumer Affairs are~~] is requested to review the existing research on the impact of screen time on childhood and adolescent physical activity, nutrition, and obesity, [~~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

BE IT FURTHER RESOLVED that the Department of Health[~~, in collaboration with the Department of Commerce and Consumer Affairs,~~] is requested to submit a report of its findings and recommendations, including any proposed legislation, to the Legislature no later than twenty days prior to the convening of the Regular Session of [~~2019~~]2020; and

BE IT FURTHER RESOLVED that the report is requested to include:

1) The key points from existing research[~~, including which effects linked to screens are most concerning,~~] on the effects of screen time on children and adolescent's physical activity, nutrition, and obesity, 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 eounseling,~~] environmental changes, 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 Consumer Affairs action to address this issue; and~~]

(3) A summary of findings and recommendations from a future convening of nutrition and physical activity stakeholders including, but not limited to, the American Academy of Pediatrics Hawaii Chapter, Hawaii Children's Action Network, parents, educators, and educational institutions to discuss national recommendations for screen time and to address what is being done to reduce screen time, and improve physical activity and nutrition for children and adolescents in Hawaii; and

~~[(4) An explanation of the division of responsibility between the Department of Health and Department of Commerce and Consumer Affairs regarding this issue; and]~~

BE IT FURTHER RESOLVED that certified copies of this Concurrent Resolution be transmitted to the Director of Health ~~[and Director of Commerce and Consumer Affairs]~~.

OFFERED _____

BY: