

STEPS



OUTH TEXAS EARLY PREVENTION STUDIES
STEPS SNAP-ED

Kindergarten



Newsletter

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To Healthy Behaviors.

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SCREEN TIME, ...
HOW
MUCH, IS
TOO
MUCH?...



Picture courtesy of Castillo's parents for the UTRGV STEPS project.

Global Screen Time Stats, 2024.



Almost half (49%) of 0 to 2-year-olds interact with smartphones.

Globally, people average 6 hours and 58 minutes of screen time per day.

The average American spends 7 hours and 4 minutes looking at a screen each day.

Daily screen time has increased by nearly 50 minutes per day since 2013.



Gen Z averages around 9 hours of screen time per day.

South Africans spend 10 hours and 46 minutes on screen per day.

The average screen time in the United States is 7 hours 4 minutes per day - 7 minutes more than the global average according to Comparitech data.

According to the latest available data, the average person spends 6 hours and 58 minutes per day on screens connected to the internet



**Screen Time...
Know the side
effects.**

According to the STATS...

Elementary school children who watch 2+ hours of screen time per day are more likely to suffer from social, emotional, and attentional issues.

The new digital/virtual modern life may put your children at risk to develop several health conditions in academic learning, eyes, sleep disorders amongst many others.

Delayed learning

Young children who watch excessive amounts of TV can experience difficulties picking up the language.

Obesity

A strong association between screen time and obesity in children aged 5 to 17, most likely due to the sedentary nature of viewing a screen.

Sleep deprivation

Blue light interferes with melatonin production and disrupts the body's circadian rhythm.

The American Academy of Pediatrics discourages media use by children younger than 2 and recommends limiting older children's screen time to no more than one or two hours a day.

Game ON

TO FUN TIMES, NOT TO SCREEN TIME.

In average, people spend 44% of their waking hours looking at a screen, and 3 in 4 parents with a child aged 2 or younger claims that their child watches TV!...

NO. Do not be part of the STATS, adopt healthy behaviors.



yes. Take control of your screen time and your children's.



"PARENTS"... YOU are your children's role models, spend time with them and teach them healthy behaviors such as exercising and healthy eating.



Take your children out to your backyard or to a park to play or for a walk.



Spend time with your children and have fun time together.



Engage your children into outdoor physical activities.



Teach your children to make healthy eating choices.

Picture courtesy of Castillo's parents for the UTRGV STEPS project.

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