

STEPS SNAP-ED



Newsletter

Vol. 2 Issue 8 April 2024



To Healthy Behaviors.

WHAT'S INSIDE?

Screen Time.

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Global Screen Time Stats, 2024.

Alarming Average Screen Time Statistic

Global and US-based data on daily average scree time statistics, exploring regional and dereograph

Globally, people average 6 hours and 58 minutes of screen time per day. Almost half (49%) of 0 to 2year-olds interact with smartphones.

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

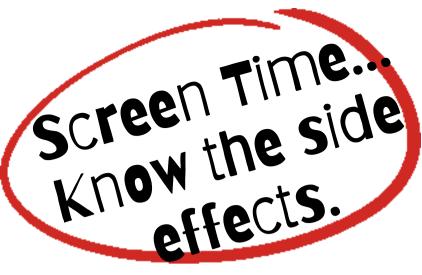
Daily screen time has increased by nearly 50 minutes per day since 2013.

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

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

Gen Z averages around 9 hours of screen time 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 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.

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

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.

Q 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.

TO FUN TIMES, NOT TO SCREEN TIME.

In average, people spend <u>44%</u> 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!...

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.



Spend time with your children and have fun time together.



your children into outdoor physical activities



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

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