
SENATE CONCURRENT RESOLUTION

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.

1 WHEREAS, it is becoming increasingly common for the
2 children of Hawaii, and the United States more generally, to be
3 exposed to screens, including smartphones, tablets, computers,
4 and televisions, for many hours every day at ever-younger ages;
5 and
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7 WHEREAS, in 2015, eighteen percent of middle school
8 students and twenty-two percent of high school students reported
9 playing from three to five hours per school day, on average, of
10 video or computer games, or using a computer for something that
11 was not school work; and
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13 WHEREAS, researchers from Stanford, Harvard, Princeton, and
14 elsewhere have found correlations between excessive screen time
15 and obesity; and
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17 WHEREAS, twenty-five percent of youth ages ten to seventeen
18 and fifty-eight percent of adults in Hawaii are overweight or
19 obese; and
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21 WHEREAS, in 2015, only twenty-seven percent of middle
22 school students and twenty percent of high school students met
23 the national guidelines of sixty or more minutes of physical
24 activity per day; and
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26 WHEREAS, the Community Preventative Services Task Force
27 recommends behavioral interventions to reduce recreational
28 sedentary screen time among children ages thirteen and younger,



1 including interventions focused on reducing screen time and
2 increasing physical activity or improving diet; and
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4 WHEREAS, regular physical activity and healthy eating can
5 play a significant role in promoting health and preventing
6 chronic illnesses such as heart disease, cancer, and type 2
7 diabetes; and
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9 WHEREAS, the Department of Health's mission is to protect
10 and improve the health and environment for all people in Hawaii;
11 and
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13 WHEREAS, the Department of Health currently works with
14 agency and community partners statewide on strategies to reduce
15 children's exposure to screen time and to encourage and create
16 opportunities for children and adolescents to be physically
17 active in Hawaii's schools and communities; now, therefore,
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19 BE IT RESOLVED by the Senate of the Twenty-ninth
20 Legislature of the State of Hawaii, Regular Session of 2018, the
21 House of Representatives concurring, that the Department of
22 Health is requested to review the existing research on the
23 impact of screen time and media consumption on childhood and
24 adolescent physical activity, nutrition, and obesity, as well as
25 policies other states and countries have implemented to address
26 this issue; and
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28 BE IT FURTHER RESOLVED that the Department of Health is
29 requested to submit a report of its findings and
30 recommendations, including any proposed legislation, to the
31 Legislature no later than twenty days prior to the convening of
32 the Regular Session of 2020; and
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34 BE IT FURTHER RESOLVED that the report is requested to
35 include:
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- 37 (1) The key points from existing research on the effects
38 of screen time on children and adolescents' physical
39 activity, nutrition, and obesity, as well as the
40 overall assessment of the importance and urgency of
41 this issue;
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- 1 (2) A list of policies other states and countries have
2 instituted, including but not limited to public health
3 campaigns, environmental changes, and an assessment of
4 their appropriateness for Hawaii, as well as any novel
5 policy ideas; and
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- 7 (3) A summary of findings and recommendations from a
8 future convening of nutrition and physical activity
9 stakeholders, including the American Academy of
10 Pediatrics Hawaii Chapter, Hawaii Children's Action
11 Network, parents, educators, and educational
12 institutions, to discuss national recommendations for
13 screen time and to address what is being done to
14 reduce screen time, and to improve physical activity
15 and nutrition for children and adolescents in Hawaii;
16 and
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18 BE IT FURTHER RESOLVED that a certified copy of this
19 Concurrent Resolution be transmitted to the Director of Health.