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# 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,  
18

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.