

---

---

# SENATE 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  
6

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  
12

13           WHEREAS, researchers from Stanford, Harvard, Princeton, and  
14 elsewhere have found correlations between excessive screen time  
15 and obesity; and  
16

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  
20

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  
25

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,  
29 including interventions focused on reducing screen time and  
30 increasing physical activity or improving diet; and  
31



1           WHEREAS, regular physical activity and healthy eating can  
2 play a significant role in promoting health and preventing  
3 chronic illnesses such as heart disease, cancer, and type 2  
4 diabetes; and  
5

6           WHEREAS, the Department of Health's mission is to protect  
7 and improve the health and environment for all people in Hawaii;  
8 and  
9

10           WHEREAS, the Department of Health currently works with  
11 agency and community partners statewide on strategies to reduce  
12 children's exposure to screen time and to encourage and create  
13 opportunities for children and adolescents to be physically  
14 active in Hawaii's schools and communities; now, therefore,  
15

16           BE IT RESOLVED by the Senate of the Twenty-ninth  
17 Legislature of the State of Hawaii, Regular Session of 2018,  
18 that the Department of Health is requested to review the  
19 existing research on the impact of screen time and media  
20 consumption on childhood and adolescent physical activity,  
21 nutrition, and obesity, as well as policies other states and  
22 countries have implemented to address this issue; and  
23

24           BE IT FURTHER RESOLVED that the Department of Health is  
25 requested to submit a report of its findings and  
26 recommendations, including any proposed legislation, to the  
27 Legislature no later than twenty days prior to the convening of  
28 the Regular Session of 2020; and  
29

30           BE IT FURTHER RESOLVED that the report is requested to  
31 include:  
32

- 33           (1) The key points from existing research on the effects  
34 of screen time on children and adolescents' physical  
35 activity, nutrition, and obesity, as well as the  
36 overall assessment of the importance and urgency of  
37 this issue;  
38
- 39           (2) A list of policies other states and countries have  
40 instituted, including but not limited to public health  
41 campaigns, environmental changes, and an assessment of



1           their appropriateness for Hawaii, as well as any novel  
2           policy ideas; and

3  
4           (3) A summary of findings and recommendations from a  
5           future convening of nutrition and physical activity  
6           stakeholders, including the American Academy of  
7           Pediatrics Hawaii Chapter, Hawaii Children's Action  
8           Network, parents, educators, and educational  
9           institutions, to discuss national recommendations for  
10          screen time and to address what is being done to  
11          reduce screen time, and to improve physical activity  
12          and nutrition for children and adolescents in Hawaii;  
13          and

14  
15           BE IT FURTHER RESOLVED that a certified copy of this  
16          Resolution be transmitted to the Director of Health.

