Today’s story was prepared by Brooke Jardine, MD based on related articles from USA Today, [About 1 in 4 young teens meet screen-time guidelines](http://www.usatoday.com/story/news/nation/2014/07/09/tv-watching-computer-use-adolescents/12358775/) and HealthDay, [Kids Still Getting Too Much 'Screen Time': CDC](http://consumer.healthday.com/kids-health-information-23/adolescents-and-teen-health-news-719/u-s-kids-still-getting-too-much-screen-time-cdc-689571.html).

The CDC recently released data from two 2012 surveys (NHANES and NHANES National Youth Fitness Survey) finding few adolescents follow recommended screen time guidelines.

The USA Today article accurately notes “Only 27% of kids ages 12-15 meet the recommended limit of two hours or less of TV plus computer use daily.” The article lists statistics about the extremes of screen time use without overwhelming the reader with numbers and identifies potential weaknesses in the data such as not including other digital devices like phones. She also clarifies that this data was not collected previously, so no trends can be identified. The article is predominantly informative, listing  negative health effects associated with screen time and citing the AAP recommendations of <2 hours screen time per day without providing guidance on adhering to these guidelines.

HealthDay also covered this new data, emphasizing an action orientation to suggest ways families might meet these guidelines, including setting media limits at an early age, keeping screens out of bedrooms, acting as role models, and creating environments with other activity options such as “after-school activities… sports, dance, music, art or… volunteer work.” They talk about the physical as well as social benefits of less screen time, and provide a link to the AAP Family Media Use website.

**RESOURCES ON SCREEN TIME:**
[AAP Family Media Use](http://www.healthychildren.org/English/family-life/Media/Pages/How-to-Make-a-Family-Media-Use-Plan.aspx) *HealthyChildren.org*
[Active Bodies Active Minds](http://depts.washington.edu/tvhealth/) *UW Center for Public Health Nutrition*
[Center on Media and Child Health](http://www.cmch.tv/) *Boston Children’s Hospital, Harvard School of Public Health and Harvard Medical School. The site shares practical tips and research information.*

And that’s today’s Developmental & Behavioral Pediatrics: IN THE NEWS!