

## Hintergrund und Relevanz

- Bildschirmnutzung in frühen Lebensjahren steht im Zusammenhang mit einem erhöhten Risiko für u. a.:
  - Sprachliche, feinmotorische und grobmotorische Entwicklungsverzögerungen
  - Verhaltens- und Bindungsstörungen
  - Lernprobleme
  - Kurzsichtigkeit
  - Schlafstörungen
  - Veränderte Gehirnaktivität
  - Ungesunde Ernährungsweise, Mehrgewichtigkeit und Adipositas



*Li, C. et al. The Relationships between Screen Use and Health Indicators among Infants, Toddlers, and Preschoolers: A Meta-Analysis and Systematic Review. Int. J. Environ. Res. Public. Health. 17 (19), E7324, (2020).*

11.12.2023

*Yang, G.-Y. Associations Between Screen Exposure in Early Life and Myopia amongst Chinese Preschoolers. Int. J. Environ. Res. Public. Health. 17 (3), E1056, (2020).*

### Übergewicht (durch Abwesenheit körperlicher Aktivität und einer ungesunden Ernährungsweise)

**Quelle:** Peter C, Schweizerisches Gesundheitsobservatorium (Hrsg.): Gesundheit in der Schweiz - Kinder, Jugendliche und junge Erwachsene: nationaler Gesundheitsbericht 2020. 1. Auflage. Bern: Hogrefe 2020.



## Schlafprobleme

**Quelle:** Li C, Cheng G, Sha T, Cheng W, Yan Y: The Relationships between Screen Use and Health Indicators among Infants, Toddlers, and Preschoolers: A Meta-Analysis and Systematic Review. *Int J Environ Res Public Health* 2020; 17: E7324.



## Verzögerte Sprachentwicklung und -probleme

**Quelle:** Li C, Cheng G, Sha T, Cheng W, Yan Y: The Relationships between Screen Use and Health Indicators among Infants, Toddlers, and Preschoolers: A Meta-Analysis and Systematic Review. *Int J Environ Res Public Health* 2020; 17: E7324.



## Mathematik- und Leseschwäche

**Quelle:** Li C, Cheng G, Sha T, Cheng W, Yan Y: The Relationships between Screen Use and Health Indicators among Infants, Toddlers, and Preschoolers: A Meta-Analysis and Systematic Review. *Int J Environ Res Public Health* 2020; 17: E7324.



## Motorische Entwicklungsprobleme

**Quelle:** Li C, Cheng G, Sha T, Cheng W, Yan Y: The Relationships between Screen Use and Health Indicators among Infants, Toddlers, and Preschoolers: A Meta-Analysis and Systematic Review. *Int J Environ Res Public Health* 2020; 17: E7324.



## Verringerte Vorstellungskraft

**Quelle:** Suggate, S. P. & Martzog, P. Screen-time influences children's mental imagery performance. Dev. Sci. e12978 (2020) doi:10.1111/desc.12978





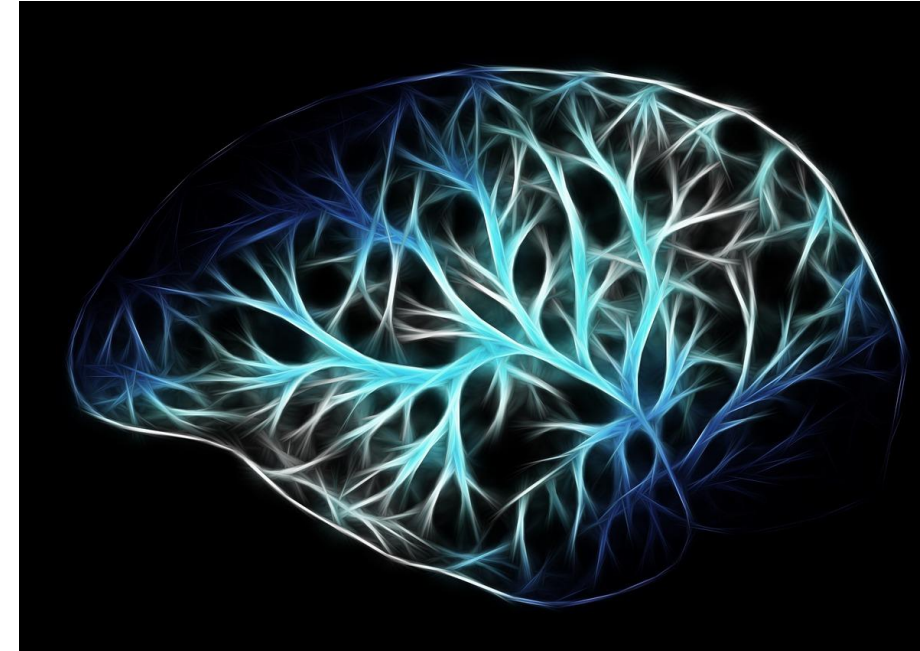
## Augenerkrankungen

**Quelle:** Yang G-Y, Huang L-H, Schmid KL, u. a.:  
Associations Between Screen Exposure in Early Life  
and Myopia amongst Chinese Preschoolers. Int J  
Environ Res Public Health 2020; 17: E1056.



## Kognitive Beeinträchtigung

**Quelle:** Walsh JJ, Barnes JD, Cameron JD, Goldfield GS, Chaput JP, Gunnell KE, Ledoux AA, Zemek RL, Tremblay MS. Associations between 24 hour movement behaviours and global cognition in US children: a cross-sectional observational study. *Lancet Child Adolesc Health*. 2018 Nov;2(11):783-791.



## Diabetes

**Quelle:** Thorp AA, Owen N, Neuhaus M, Dunstan DW. Sedentary behaviors and subsequent health outcomes in adults a systematic review of longitudinal studies, 1996-2011. Am J Prev Med. 2011 Aug;41(2):207-15

**Quelle:** Danielsen, Y., Júlíusson, P., Nordhus, I., Kleiven, M., Meltzer, H., Olsson, S., & Pallesen, S. (2011). The relationship between life-style and cardio-metabolic risk indicators in children: the importance of screen time: Physical activity and cardio-metabolic risk indicators. Acta Paediatrica, 100(2), 253–259. <https://doi.org/10.1111/j.1651-2227.2010.02098.x>



## ADHS (Aufmerksamkeitsdefizit-/Hyperaktivitätsstörung)

**Quelle:** Beyens, I., Valkenburg, P. M., & Piotrowski, J. T. (2018). Screen media use and ADHD-related behaviors: Four decades of research. *Proceedings of the National Academy of Sciences of the United States of America*, 115(40), 9875–9881.



## Internetsucht

**Quelle:** Moreno, M. A., Jelenchick, L., Cox, E., Young, H., & Christakis, D. A. (2011). Problematic internet use among US youth: a systematic review. *Archives of Pediatrics & Adolescent Medicine*, 165(9), 797–805.



## Aggressivität

**Quelle:** Council on Communications and Media. (2016). Media and Young Minds. *Pediatrics*, 138(5), e20162591.

