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## HOUSE CONCURRENT RESOLUTION

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REQUESTING THE DEPARTMENT OF HEALTH AND DEPARTMENT OF COMMERCE  
AND CONSUMER AFFAIRS TO REVIEW THE EXISTING RESEARCH ON THE  
IMPACT OF SCREEN TIME AND MEDIA CONSUMPTION ON CHILDREN'S  
AND ADOLESCENTS' PHYSICAL, COGNITIVE, AND EMOTIONAL HEALTH.

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, occupational therapists report increasing rates of  
8 a wide range of developmental delays among young children  
9 exposed to substantial amounts of screen time; and  
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11 WHEREAS, researchers from Stanford, Harvard, Princeton, and  
12 elsewhere have found correlations between excessive screen time  
13 and obesity, attention issues, poor inter-personal skills, and  
14 strained parent-child relationships; and  
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16 WHEREAS, anecdotal accounts from teachers consistently  
17 report that "digital native" children give up more quickly when  
18 solving problems, have shorter attention spans, have less  
19 physical dexterity, and demonstrate impaired capacity for deep  
20 play, creativity, and thought; and  
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22 WHEREAS, in its 2018 guidelines, the California Department  
23 of Public Health encourages people, especially children, to  
24 limit their cell phone exposure due to potential negative  
25 effects on memory and learning; and  
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27 WHEREAS, the World Health Organization just classified  
28 videogame addiction as a disease and researchers from Iowa State  
29 University found nearly one in ten gamers have pathological  
30 playing patterns; and  
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## H.C.R. NO. 85

1 WHEREAS, addictions started in adolescence are much harder  
2 to overcome and, according to Common Sense Media, fifty percent  
3 of teenagers say they are addicted to their phones, with sixty  
4 percent of their parents agreeing; and  
5

6 WHEREAS, researchers at the University of Maryland found  
7 that students exhibited withdrawal, cravings, and anxiety after  
8 giving up all media for less than twenty-four hours; and  
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10 WHEREAS, San Diego State University researcher Jean Twenge  
11 has linked growing smartphone penetration among teens to their  
12 deteriorating mental health, finding teens who consume more than  
13 three hours of screen time a day show a pronounced increase in  
14 their likelihood of exhibiting a suicide risk; and  
15

16 WHEREAS, smartphone penetration among teens reached fifty  
17 percent in 2012; and  
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19 WHEREAS, between 2007 and 2015, suicide deaths among  
20 teenage girls doubled and suicide deaths among teenage boys rose  
21 thirty percent, and suicide deaths now make up two-thirds of all  
22 gun deaths; and  
23

24 WHEREAS, according to the National Institute of Mental  
25 Health, mental health issues are now the number one cause of  
26 disability for United States workers; and  
27

28 WHEREAS, major investors in Apple, including the California  
29 Teacher Retirement System, recently called on Apple to study the  
30 impacts of smartphones and tablets on children because of the  
31 growing body of research; and  
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33 WHEREAS, a growing number of high-level tech executives and  
34 ex-tech executives are expressing guilt and concern about the  
35 impact their companies are having on children and society; and  
36

37 WHEREAS, China, South Korea, and Taiwan have enacted  
38 legislation and programs that aim to limit screen time among  
39 children and teens to a healthy level, including public health  
40 campaigns, tax-funded counseling, and mandatory classes for  
41 children and parents; and  
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## H.C.R. NO. 85

1 WHEREAS, the State Department of Health's mission is to  
2 protect and improve the health and environment for all people in  
3 Hawaii; and  
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5 WHEREAS, the mission of the Department of Commerce and  
6 Consumer Affairs is to uphold fairness and public confidence in  
7 the marketplace, promote sound consumer practices, and increase  
8 knowledge, opportunity, and justice in our community; and  
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10 WHEREAS, children are the future leaders of society and the  
11 most valuable asset and society has a moral obligation to  
12 protect them; now, therefore,  
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14 BE IT RESOLVED by the House of Representatives of the  
15 Twenty-ninth Legislature of the State of Hawaii, Regular Session  
16 of 2018, the Senate concurring, that the Department of Health  
17 and Department of Commerce and Consumer Affairs are requested to  
18 review the existing research on the impact of screen time and  
19 media consumption on children's and adolescents' physical,  
20 cognitive, and emotional health, as well as policies other  
21 states and countries have implemented to address this issue; and  
22

23 BE IT FURTHER RESOLVED that the Department of Health, in  
24 collaboration with the Department of Commerce and Consumer  
25 Affairs, is 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 2019; and  
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30 BE IT FURTHER RESOLVED that the report is requested to  
31 include:  
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- 33 (1) The key points from existing research, including which  
34 effects linked to screens are most concerning, as well  
35 as the overall assessment of the importance and  
36 urgency of this issue;  
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- 38 (2) A list of policies other states and countries have  
39 instituted, including but not limited to public health  
40 campaigns, mandatory classes for parents and children,  
41 and counseling, and an assessment of their



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appropriateness for Hawaii, as well as any novel policy ideas;

(3) Plans for future Department of Health and Department of Commerce and Consumer Affairs action to address this issue; and

(4) An explanation of the division of responsibility between the Department of Health and Department of Commerce and Consumer Affairs regarding this issue; and

BE IT FURTHER RESOLVED that certified copies of this Concurrent Resolution be transmitted to the Director of Health and Director of Commerce and Consumer Affairs.

OFFERED BY:

*John M. Flynn*  
*Shela A. Betch*  
*L. N. S.*

MAR - 8 2018

