

Vermont Youth Risk Behavior Survey

Data Brief

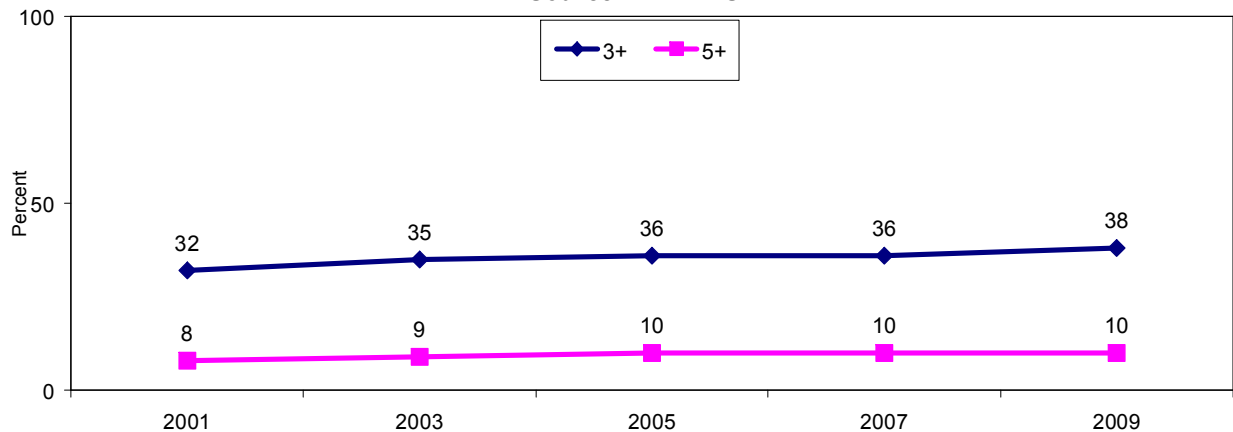
Screen Time

Since 2001, the YRBS has asked: “On an average school day, how many hours do you watch TV or use a computer for fun or play video games? (Include activities such as being on the Internet, computer games, Nintendo, Game Boy, and Play Station.)”

The percent of students in grades 8-12 who reported spending three or more hours in front of a screen has increased from 2001 to 2009, but not significantly. Males and younger students are more likely to report three or more hours of screen time on a school day.

Percent of students who report 3+ and 5+ hours of screen time, 2001-2009.

Source: VT YRBS



Students who reported three or more hours of screen time were significantly more likely to be classified as overweight or obese based on body mass index calculated from students’ self-reported height and weight. They also were significantly more likely to report drinking a can, glass, or bottle of soda a day, and significantly less likely to report physical activity.

After controlling for these and other factors associated with weight (such as breakfast, fruit, and vegetable consumption), students with 3+ hours of screen time remained significantly more likely to be overweight or obese.

	3+ hours of screen time	< 3 hours of screen time
Overweight or obese	31%	23%
At least one can, glass, or bottle of soda a day in past week	31%	17%
Number of days with at least 60 minutes of physical activity in the past week		
Zero	16%	10%
At least 5	38%	49%
All 7 (U.S. Department of Health and Human Services guideline)	19%	27%

Students who reported three or more hours of screen time were significantly more likely to be in a physical fight, fight at school, bully someone, be bullied electronically, feel sad or hopeless for more than two weeks, and report purposeful self-harm, such as cutting or burning. Students who reported three or more hours of screen time were not significantly more likely to have been bullied.

	3+ hours of screen time	< 3 hours of screen time
Physical fight in past 12 months	30%	25%
Fight at school in past 12 months	15%	10%
Were bullied in past 30 days	19%	16%
Bullied someone else in past 30 days	25%	16%
Electronically bullied in past 12 months	17%	13%
Sad or hopeless for two weeks or more in past 12 months	24%	19%
Purposeful self-harm in past 12 months	18%	13%

Students who reported three or more hours of screen time were significantly less likely than students who reported less than three hours of screen time to endorse all of the youth assets listed below.

	3+ hours of screen time	< 3 hours of screen time
Gets As or Bs	73%	82%
Parents talk about school at least weekly	75%	79%
Students help decide what goes in school	47%	52%
You matter to your community	39%	51%
Volunteer 1+ hours on average school day	36%	47%
Participate in clubs outside of school for 1+ hours on average school day	23%	30%
Have a meal with most or all of your family members 3 or more days of the last week	67%	75%
Have an adult to turn to for help or advice	86%	91%

Screen time was not associated with tobacco, alcohol, or marijuana use. There were no differences in lifetime or use in the 30 days before the survey between students who reported three or more hours of screen time and those who did not.

For helpful ways to reduce screen time, visit:

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/reduce-screen-time/tips-to-reduce-screen-time.htm>

For more information about the Youth Risk Behavior Survey, please contact Erika Edwards

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