



# Summit

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## Digital Addiction and Dopamine

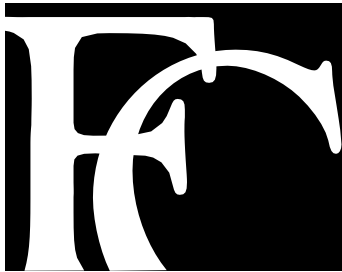
*Finding Balance in the Age of Indulgence*

Welcome

LIVENWIRE



MATTO  
FOUNDATION



Forum  
Communications  
Company





Lead • Build • Innovate

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## DMF Family of Initiatives





# *Why an annual summit?*

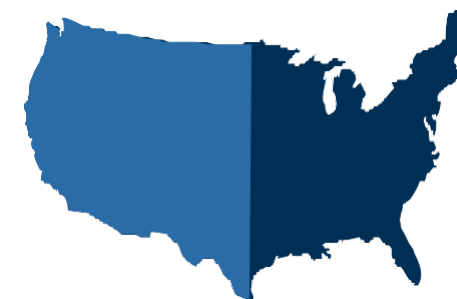
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Shining a light and gathering  
solutions on significant regional  
health issues.

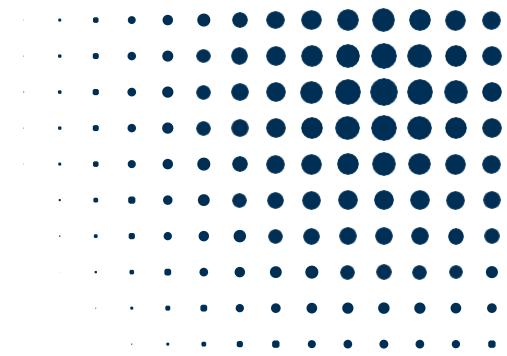
# Obesity and Chronic Illness



Since 1960, the rate of  
**OBESITY IN THE US**  
**HAS TRIPLED.**<sup>1</sup>



Nearly **1/2 OF ALL**  
**AMERICANS** have at least  
one **CHRONIC ILLNESS.**<sup>2</sup>



# Diet, Physical Activity, & Sleep



**6 IN 10 YOUNG PEOPLE** consume at least one sugary drink on any given day.<sup>1</sup>



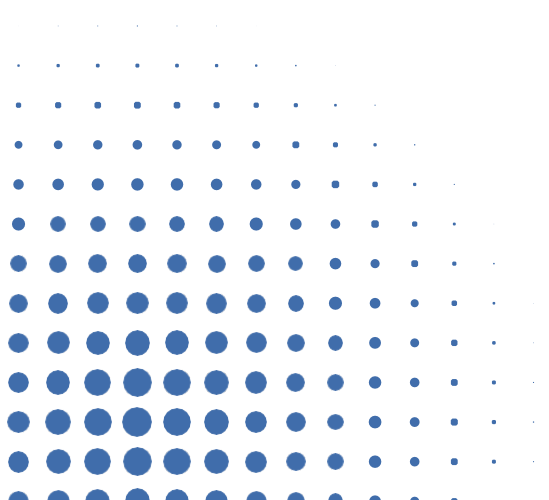
Adults need at least **30 MINUTES OF DAILY PHYSICAL ACTIVITY.**<sup>2</sup>



More than **80% OF AMERICAN ADULTS** don't meet the guidelines for physical activity.<sup>3</sup>



**70% OF ADULTS** get insufficient sleep on a monthly basis.<sup>1</sup>

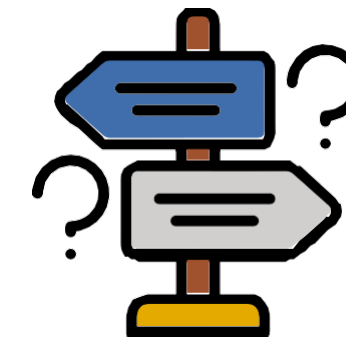




# Mental Health



**NEARLY HALF OF AMERICANS**  
report feeling lonely or left out.  
The same percentage feel they lack  
companionship, and their relationships  
lack meaning and purpose.<sup>1</sup>



**Nearly 60% OF AMERICANS**  
regularly contemplate how they  
can find more meaning and  
purpose in their life, which reduces  
stress, depression, and anxiety.<sup>2</sup>

# Kids Mental Health



In 2021, **ABOUT 1 IN 5 HIGH SCHOOL STUDENTS** reported seriously considering suicide. In the same year, **10% OF STUDENTS** made some form of suicide attempt.<sup>1</sup>



In 2022, **NEARLY HALF OF US HIGH SCHOOLERS** reported that they had experienced persistent feelings of sadness or hopelessness. That's an increase of nearly 20% from 2009.<sup>1</sup>



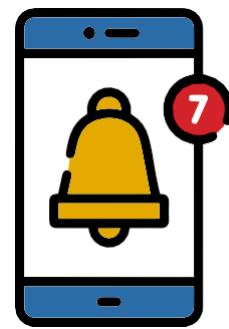
Over the past decade, there has been a **300% INCREASE IN YOUTH ADMISSIONS** to emergency room hospital visits because of self-harm, suicide attempts, and severe mental and emotional distress.<sup>2</sup>



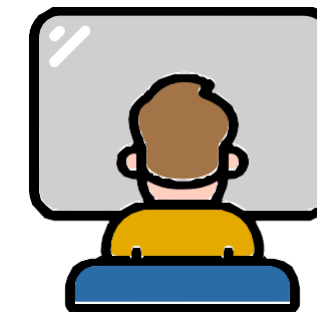
# Digital Addiction



ABOUT HALF OF TEENS and more than 1/4 OF PARENTS say they're addicted to their mobile devices.<sup>1</sup>



ABOUT 3/4 OF TEENS and HALF OF PARENTS say they feel the need to immediately respond to texts, social media messages, and other notifications.<sup>1</sup>

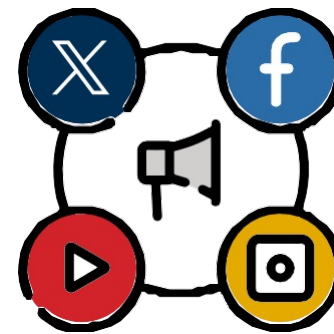


AMERICAN TEENS use an average of 9 HOURS PER DAY of entertainment media, and nearly half say they're online on a near-constant basis. American ADULTS spend about 7 HOURS A DAY IN FRONT OF A SCREEN.<sup>2</sup>

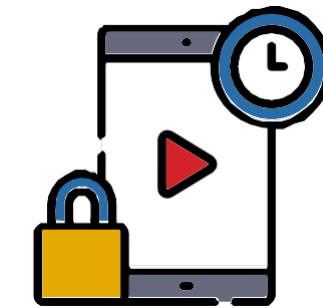
# Digital Addiction



One study suggested that teens who use screens for more than five hours per day were **20% MORE LIKELY** to have **SUICIDAL IDEATION** compared to those who used screens for less than one hour per day.<sup>1</sup>



According to one study, users who spent **MORE TIME ON SOCIAL MEDIA** were **5 TIMES** more likely to report that they suffered from **DEPRESSION**.<sup>2</sup>



In general, it's recommended that adults and teens limit their screen time to **TWO HOURS OR LESS** each day. For children and toddlers, the recommendation is **LESS THAN AN HOUR A DAY**.<sup>3</sup>



# Today's Host

**Kevin Wallevand**

Emmy Award-winning reporter at WDAY-TV since 1983







Dr. Anna Lembke is a professor of psychiatry and addiction medicine at Stanford University. Dr. Lembke is the author of the New York Times bestselling “Dopamine Nation: Finding Balance in the Age of Indulgence,” which explains how our addiction to pleasure actually causes us pain.



# Break





# Q&A

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With Kevin Wallevand and  
Dr. Anna Lembke





*Where do we go  
from here?*



# *Take the "Phones Down, Heads Up Challenge"*