



Illuminating significant health challenges and ways to solve them

A New Addiction: Living in a World of Digital Drugs

With increasing rates of health issues such as anxiety, depression, suicide, obesity, chronic illness, and loneliness, we are becoming more miserable than ever. One factor that may be contributing to this despair is digital addiction.

Over the past couple decades, society has seen a massive shift in the way technology and media intersect with the ways we work and live. What hasn't kept pace is our understanding of the impact this change has had on people's physical, mental, and emotional health.

As we integrate screens and addictive apps into more and more aspects of our lives — relying on them for a range of work, school, and social purposes — the negative effects of our dependence become more pronounced and more wide-ranging. For proof, you need look no further than one recent survey, which found that American teens now spend about nine hours per day just using entertainment media — watching TV, playing video games, and listening to music.

DIGITAL ADDICTION



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



AMERICAN TEENS use an average of **9 HRS PER DAY** of entertainment media. American **ADULTS** spend about **7 HRS A DAY IN FRONT OF A SCREEN**.³



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



Users who spent **MORE TIME ON SOCIAL MEDIA** were **5 TIMES** more likely to report that they suffered from **DEPRESSION**.⁴

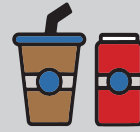


Teens who use screens for more than five hours per day were **20% MORE LIKELY** to have **SUICIDAL IDEATION** compared to those who used screens for less than one hour per day.²



It's recommended that adults & teens limit their screen time to **TWO HRS OR LESS** each day. For children and toddlers, the recommendation is **LESS THAN AN HR A DAY**.⁵

HEALTH IN AMERICA



6 IN 10 YOUNG PEOPLE consume at least one sugary drink on any given day.⁶



70% OF ADULTS get insufficient sleep on a monthly basis.⁶



More than **80% OF AMERICAN ADULTS AND CHILDREN** don't meet the guidelines of 30 minutes of physical activity daily.⁷



Since 1960, the rate of **OBESITY IN THE US HAS TRIPLED**.⁸



Nearly **60% OF AMERICANS** regularly contemplate how they can find more meaning and purpose in their life, and nearly half report feeling lonely.⁹

¹Common Sense Media, ²Clinical Psychological Science, ³Grounded and Soaring, ⁴Child Mind Institute, ⁵American Academy of Pediatrics

⁶Centers for Disease Control and Prevention, ⁷US Department of Health and Human Services, ⁸National Institutes of Health, ⁹American Hospital Association

ALTERNATIVES TO TECHNOLOGY USE

Parents, teachers, and supportive adults can help kids use media and tech in healthy, productive, and responsible ways. By mixing media and tech time with other unplugged activities, families can find a happy medium. Here are a few helpful tips for getting started and finding alternatives to technology use:



Support in-person friendships and community events



Be in nature



Exercise and move your body



Read a hard book



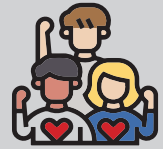
Meditate



Work on your to-do list



Care for pets



Volunteer

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10 Tips for Digital Well-Being



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