Resolution: 901
(I-17)

Introduced by: Resident and Fellow Section

Subject: Harmful Effects of Screen Time in Children

Referred to: Reference Committee K
(L. Samuel Wann, MD, Chair)

Whereas, Increased screen time amongst youth has been associated with an increase in morbidities such as obesity, sleep problems, depression and anxiety¹; and

Whereas, Screen time can be utilized for both educational and recreational purposes; and

Whereas, Screens with artificial light, as found in smart phones and tablets, can emit a substantial amount of short-wavelength (blue-enriched) light emissions²; and

Whereas, The blue light emitted from screens can lead to disruption of circadian rhythm, as it suppresses melatonin secretion, and enhances alertness which can ultimately impact duration and quality of sleep²³; therefore be it

RESOLVED, That our American Medical Association encourage all schools to incorporate into health class curriculum the topic of balancing screen time with physical activity and sleep (New HOD Policy); and be it further

RESOLVED, That the AMA encourage research into the utility of blue light filtering glasses and a blue light filter option on devices such as smart phones and tablets (New HOD Policy); and be it further

RESOLVED, That our AMA encourage physicians to assess all patients and educate all parents about amount of screen time, physical activity and sleep habits. (New HOD Policy)

Fiscal Note: Minimal - less than $1,000.

Received: 09/06/17

References:
¹ https://www.ncbi.nlm.nih.gov/pubmed/28168778
² http://www.health.harvard.edu/staying-healthy/blue-light-has-a-dark-side

RELEVANT AMA POLICY
Human and Environmental Effects of Light Emitting Diode (LED) Community Lighting H-135.927
1. Our AMA supports the proper conversion to community-based Light Emitting Diode (LED) lighting, which reduces energy consumption and decreases the use of fossil fuels.
2. Our AMA encourages minimizing and controlling blue-rich environmental lighting by using the lowest emission of blue light possible to reduce glare.
3. Our AMA encourages the use of 3000K or lower lighting for outdoor installations such as roadways. All LED lighting should be properly shielded to minimize glare and detrimental human and environmental effects, and consideration should be given to utilize the ability of LED lighting to be dimmed for off-peak time periods. (CSAPH Rep. 02, A-16)