



Hintergrund und Relevanz

- Bildschirmnutzung in frühen Lebensjahren steht im Zusammenhang mit einem erhöhten Risiko für u. a.:
 - Sprachliche, feinmotorische und grobmotorische Entwicklungsverzögerungen
 - Verhaltens- und Bindungsstörungen
 - Lernprobleme
 - Kurzsichtigkeit
 - Schlafstörungen
 - Veränderte Gehirnaktivität
 - Ungesunde Ernährungsweise, Mehrgewichtigkeit und Adipositas
 - Autismus-Spektrum-Störung (ASS)



Übergewicht (durch Abwesenheit körperlicher Aktivität und einer ungesunden Ernährungsweise)

Quelle:

Kracht, C. L., Redman, L. M., Bellando, J., Krukowski, R. A., & Andres, A. (2023). Association between maternal and infant screen time with child growth and development: A longitudinal study. *Pediatric Obesity*, 18(7), e13033. doi:10.1111/ijpo.13033

Peter C, Schweizerisches Gesundheitsobservatorium (Hrsg.): Gesundheit in der Schweiz - Kinder, Jugendliche und junge Erwachsene: nationaler Gesundheitsbericht 2020. 1. Auflage. Bern: Hogrefe 2020.



Schlafprobleme

Quelle:

Li C, Cheng G, Sha T, Cheng W, Yan Y: The Relationships between Screen Use and Health Indicators among Infants, Toddlers, and Preschoolers: A Meta-Analysis and Systematic Review. *Int J Environ Res Public Health* 2020; 17: E7324.



Verzögerte Sprachentwicklung und -probleme

Quelle:

Li C, Cheng G, Sha T, Cheng W, Yan Y: The Relationships between Screen Use and Health Indicators among Infants, Toddlers, and Preschoolers: A Meta-Analysis and Systematic Review. *Int J Environ Res Public Health* 2020; 17: E7324.



Mathematik- und Leseschwäche

Quelle:

Li C, Cheng G, Sha T, Cheng W, Yan Y: The Relationships between Screen Use and Health Indicators among Infants, Toddlers, and Preschoolers: A Meta-Analysis and Systematic Review. *Int J Environ Res Public Health* 2020; 17: E7324.



Motorische Entwicklungsprobleme

Quelle:

Li C, Cheng G, Sha T, Cheng W, Yan Y: The Relationships between Screen Use and Health Indicators among Infants, Toddlers, and Preschoolers: A Meta-Analysis and Systematic Review. *Int J Environ Res Public Health* 2020; 17: E7324.



Verringerte Vorstellungskraft

Quelle: Suggate, S. P. & Martzog, P. Screen-time influences children's mental imagery performance. Dev. Sci. e12978 (2020) doi:10.1111/desc.12978



Augenerkrankungen

Quelle:

Huang L, Schmid KL, Yin ZQ, Zhang J, Wu PC, Yang Q, et al. Combination Effect of Outdoor Activity and Screen Exposure on Risk of Preschool Myopia: Findings From Longhua Child Cohort Study. *Frontiers in Public Health*. 2021;9:645032. DOI: 10.3389/fpubh.2021.645032

Yang G-Y, Huang L-H, Schmid KL, u. a.: Associations Between Screen Exposure in Early Life and Myopia amongst Chinese Preschoolers. *Int J Environ Res Public Health* 2020; 17: E1056.



Kognitive Beeinträchtigung

Quelle:

Hutton JS, Dudley J, DeWitt T, Horowitz-Kraus T. Associations between digital media use and brain surface structural measures in preschool-aged children. *Sci Rep.* 2022 Nov 9;12(1):19095. doi: 10.1038/s41598-022-20922-0. PMID: 36351968; PMCID: PMC9645312.

Hutton JS, Dudley J, Horowitz-Kraus T, DeWitt T, Holland SK. Associations Between Screen-Based Media Use and Brain White Matter Integrity in Preschool-Aged Children. *JAMA Pediatr.* 2020;174(1):e193869. doi:10.1001/jamapediatrics.2019.3869



Pexels.com

Diabetes

Quelle:

Thorp AA, Owen N, Neuhaus M, Dunstan DW. Sedentary behaviors and subsequent health outcomes in adults a systematic review of longitudinal studies, 1996-2011. *Am J Prev Med.* 2011 Aug;41(2):207-15

Danielsen, Y., Júlíusson, P., Nordhus, I., Kleiven, M., Meltzer, H., Olsson, S., & Pallesen, S. (2011). The relationship between life-style and cardio-metabolic risk indicators in children: the importance of screen time: Physical activity and cardio-metabolic risk indicators. *Acta Paediatrica*, 100(2), 253–259. <https://doi.org/10.1111/j.1651-2227.2010.02098.x>



ADHS (Aufmerksamkeitsdefizit-/Hyperaktivitätsstörung)

Quelle:

Liu H, Chen X, Huang M, Yu X, Gan Y, Wang J, Chen Q, Nie Z, Ge H. Screen time and childhood attention deficit hyperactivity disorder: a meta-analysis. Rev Environ Health. 2023 May 11;39(4):643-650. doi: 10.1515/reveh-2022-0262. PMID: 37163581.



Autismus-Spektrum-Störung (ASS)

Quelle:

Yuan et al., (2024). Screen Time and Autism Spectrum Disorder: A Comprehensive Systematic Review of Risk, Usage, and Addiction. *Autism Dev Disord.* doi: 10.1007/s10803-024-06665-z.



Internetsucht

Quelle:

Holmgren HG, Stockdale L, Shawcroft J, Coyne SM, Fraser AM. Toddlers and the Telly: A latent profile analysis of children's television time and content and behavioral outcomes one year later in the U.S. *Journal of Children and Media*. 2023;17(3):298–317. DOI: 10.1080/17482798.2023.2195194

Moreno, M. A., Jelenchick, L., Cox, E., Young, H., & Christakis, D. A. (2011). Problematic internet use among US youth: a systematic review. *Archives of Pediatrics & Adolescent Medicine*, 165(9), 797–805.



Aggressivität

Quelle:

Takahashi I, et al. Bidirectional Associations of Screen Time with Externalizing and Internalizing Behaviors in Children: A Random Intercept Cross-Lagged Panel Model. *American Journal of Epidemiology*. 2026. DOI: 10.1093/aje/kwag023

Council on Communications and Media. (2016). Media and Young Minds. *Pediatrics*, 138(5), e20162591.

