

Soundbite Script – Too much screen time, too little sleep put kids’ health at risk

Natasha Noel, MD, pediatric cardiologist, OSF HealthCare

“I liked the fact that they highlighted that everyday habits could have an effect on the cardiac health of kids and teens. I also liked that they didn't focus on weight alone, but they looked at other metabolic measures like high blood pressure, cholesterol and blood glucose.” (:19)

Natasha Noel, MD, pediatric cardiologist, OSF HealthCare

“When you have lack of sleep for whatever reason, and in this case, maybe late, prolonged screen times, it could increase your insulin resistance. It could increase your appetite, your weight, blood pressure levels.” (:15)

Natasha Noel, MD, pediatric cardiologist, OSF HealthCare

“Of the many things they told us was that not only more screen time, but more screen time occurring with less sleep. That kind of had an additive effect on cardiovascular risk factors.” (:12)

Natasha Noel, MD, pediatric cardiologist, OSF HealthCare

“Physical activity is one of the mainstays of treatment, especially when we do lifestyle management for high blood pressure and high cholesterol. But even with physical activity, that screen time and less sleep may be independent risk factors for cardiovascular health long term for kids.” (:22)

Natasha Noel, MD, pediatric cardiologist, OSF HealthCare

“It's not about taking it out of the picture completely. It's about balance and limiting it. Believe it or not, the habits children build today, how they eat, how they move, how they sleep and how they use technology, could affect their long-term cardiac health.” (:19)