

Kids, Smartphones, and Their Bodies:

Obesity, sleep, and depression in the phone age

Research Review: The Early Ownership Risk

Before Age 12

Early Adolescence



Depression Risk (+30%)



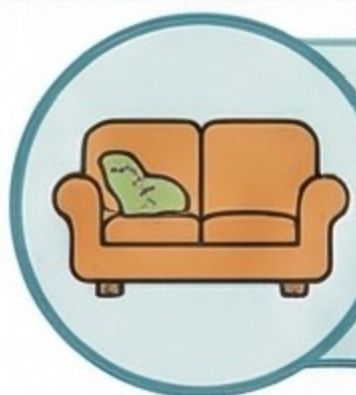
Insufficient Sleep Risk (+60%)



Obesity Risk (+40%)

Pediatrics Analysis: Higher risks for early owners compared to peers without phones.

Contributing Factors & Mechanisms



Sedentary Behavior

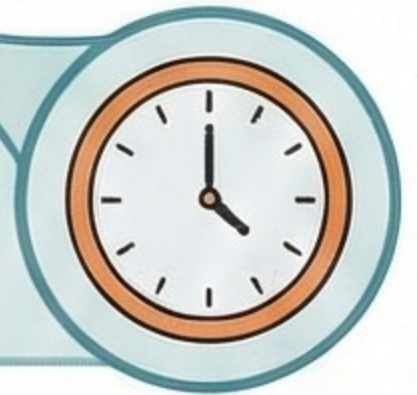


Exposure to Social Comparisons

Late-Night Scrolling



Excessive Screen Time



Parental Guidance: Decision Frameworks & Healthy Habits

Before You Buy: Family Questions

- ✓ Is it for safety or social pressure?
- ✓ Is the child mature enough for responsibility?
- ✓ Are there established screen-free zones/times?
- ✓ What are the agreed-upon rules & consequences?

Bedroom Rules: A Sleep Sanctuary



Keep devices out of bedrooms to ensure restful sleep.

Healthy Digital Engagement vs. Scrolling



Balanced & Purposeful Use

Healthy Digital Engagement vs. All-Day Scrolling



Replaces Physical Activity & Sleep