

BABY APPS

MEDIA EXPOSURE IN SIX MONTH OLD INFANTS:

Television and Computer Time

*Sahel Hazrati, MPH, Elisabeth Klein, DNP, Kathi C. Huddleston, PhD, Faith De La Cruz, Alma Fuller, MS, Kathleen Donnelly, MD, Wendy Wong, PhD, and John E. Niederhuber, MD
Inova Translational Medicine Institute (ITMI), Falls Church, VA*

Media is everywhere!

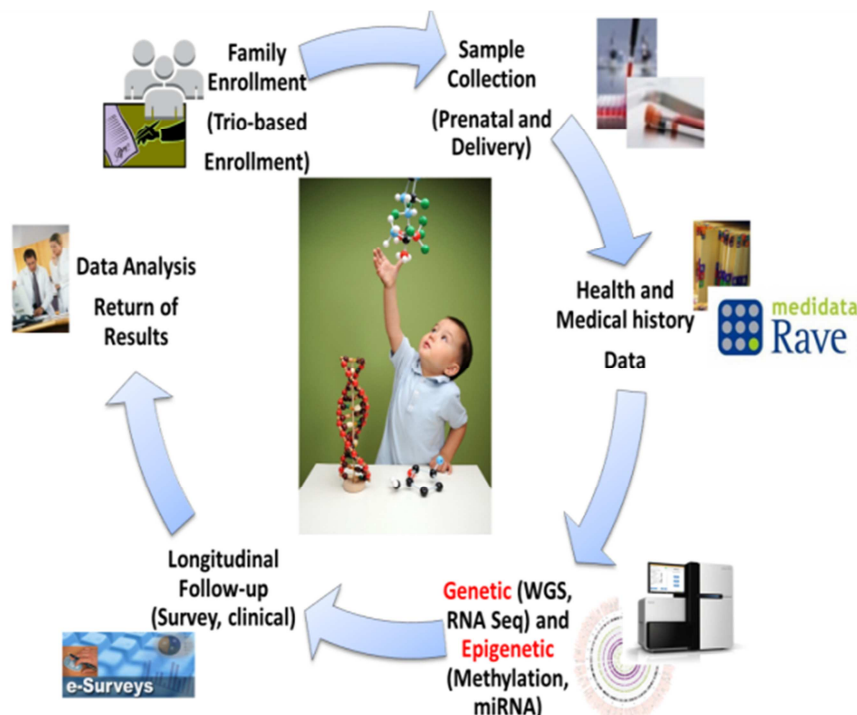
In 2013, the American Academy of Pediatrics (AAP)* stated that television and other entertainment media should be avoided for infants and children under age 2.

A child's brain develops rapidly during these first years, and they learn by interacting with people, not with screens.

However, infants have been born in a high tech world that anticipates the use of Media!



DEUCEE_/GETTY IMAGES.

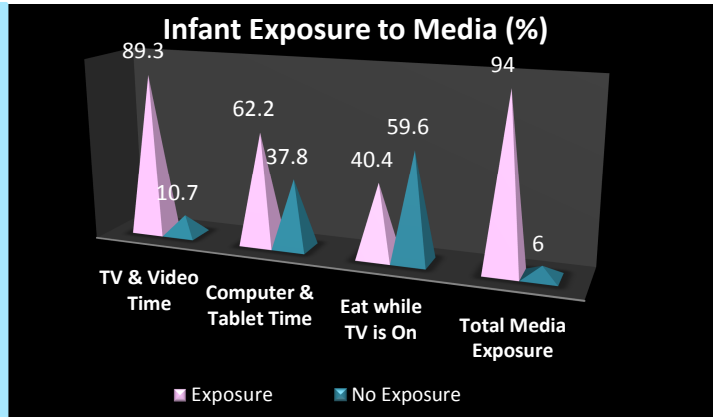


ITMI has enrolled over 1,500 families over the past two years in the genomic longitudinal study of “First 1,000 Days of Life”; families (mother, father, and baby) are followed from the prenatal period through childhood. The multiracial / multicultural study population is reflective of the Northern Virginia community representing parental ancestry of over 100 countries of birth.

The longitudinal survey component to this genomic study addresses questions on early infant health measures, maternal factors and social health determinants.

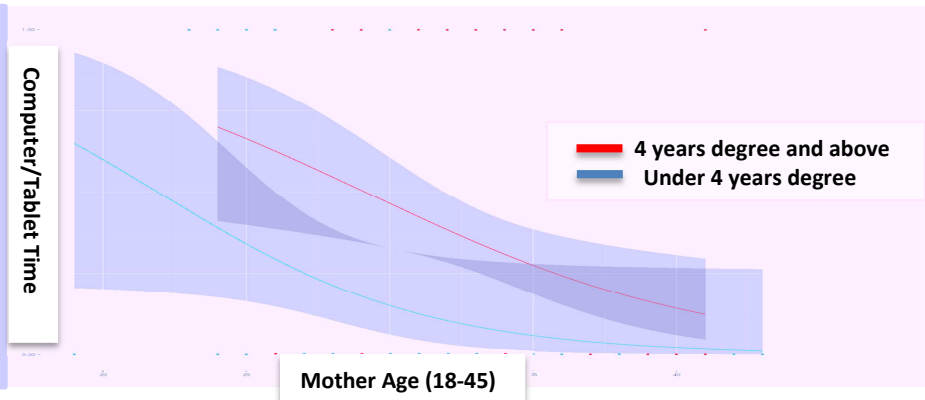
Media questions assess the amount of media in the home including TV/Video time, Computer time, Use of TV in Eating or Sleeping.

Baseline data analysis indicates that 94% of 6 month old infants had media exposure

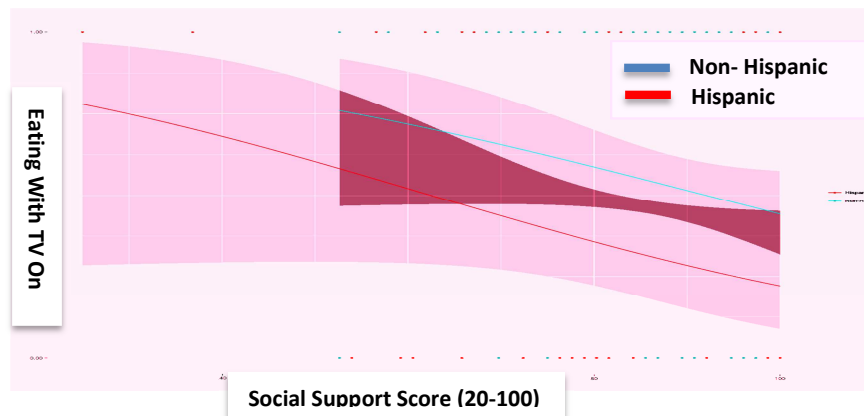


- Correlations between demographic and maternal/social factors to infant media exposure variables were analyzed using Chi-square or Fisher’s exact test.
- Multivariate logistic regressions were performed to look for maternal/social factors that correlate with infant media exposure.

Younger and more educated mothers provided more computer/tablet time for infants compared to less educated or older mothers



Eating With TV On



Non-Hispanic mothers with lower social support score fed infants in front of the TV compared to Hispanic mothers or mothers with higher social support scores.