**BBC 2 Radio**

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* [BBC 2 Radio](https://scout.tveyes.com/) /

* [U.K. National Radio](https://scout.tveyes.com/)

a child diabetes risk source with just 3 hours of screen time the day to underspend Alastair its smartphones have a raised risk of type two diabetes youngsters look at screens for more than 3 hours a day fatter and have greater insulin resistance according to a study the findings applied to TV tablets mobile phones and computers suggesting millions of children are at risk under fives in Britain already spent 4 hours and 11 minutes on average in front of electronic screens children aged 5 to 15 5 hours and 33 minutes a day