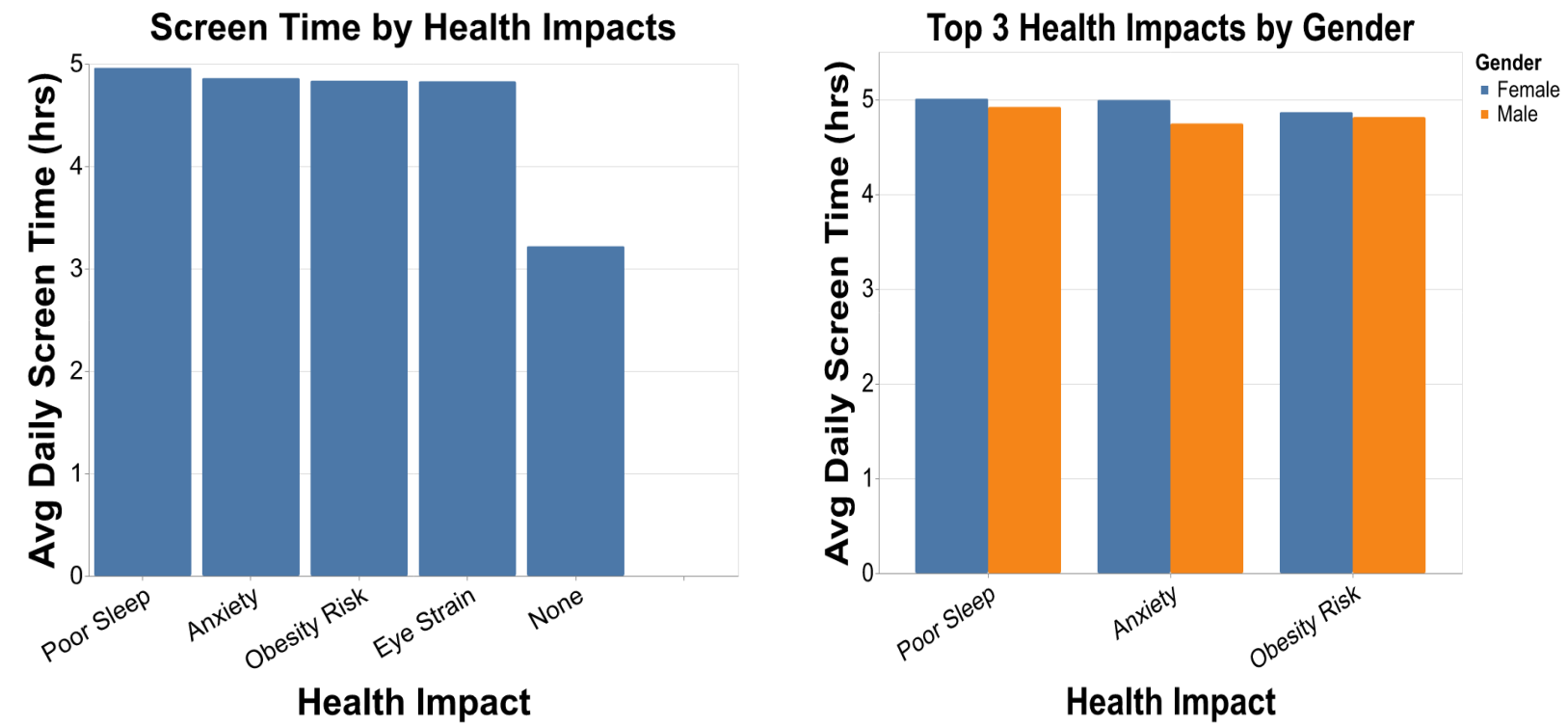


How Does Screen Time Affect Health Differently for Males and Females?

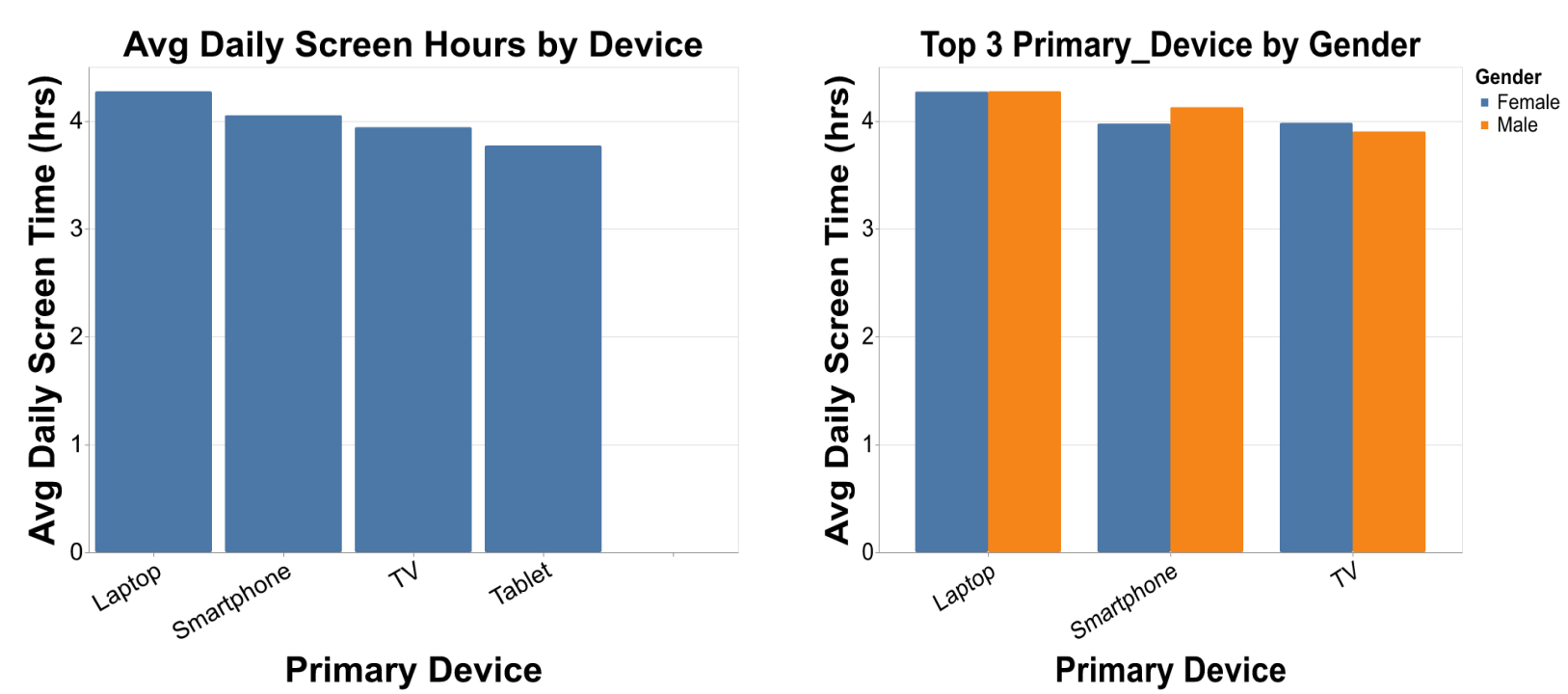
INTRODUCTION

Screen time averages nearly five hours daily for users with health impacts like poor sleep. This poster explores screen time by health impact, gender, and device type using survey data. We highlight differences in usage patterns linked to anxiety, sleep, and obesity risks.

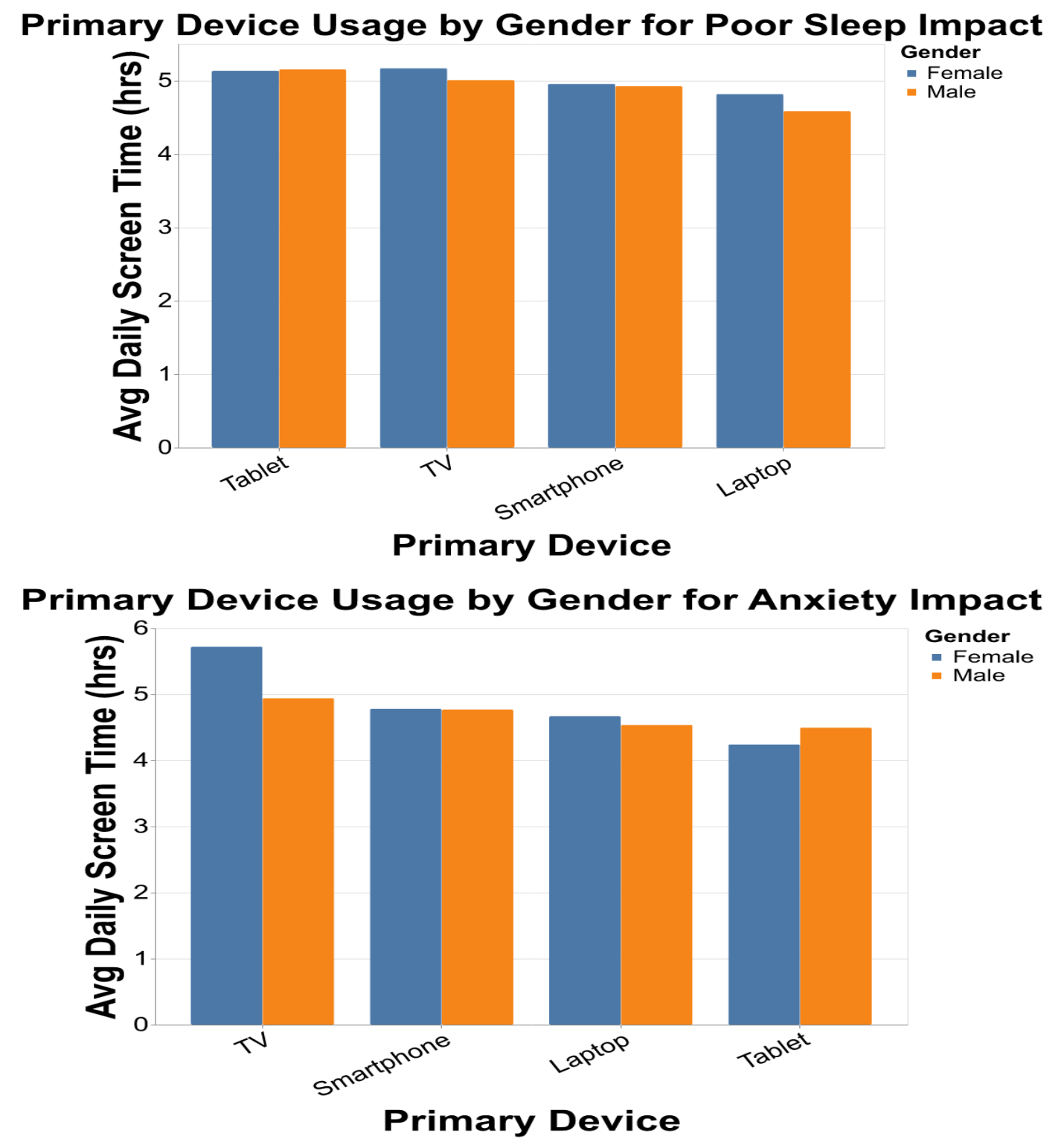
01 Screen time affects health impacts differently across genders.



02 Device usage varies by gender and daily screen hours.



03 Device preferences differ by gender for poor sleep and anxiety impacts.



CONCLUSION

Screen time impacts health differently for males and females. Device usage patterns vary by gender and screen time duration. Poor sleep and anxiety relate to distinct device preferences by gender. Understanding these differences can guide targeted health interventions.