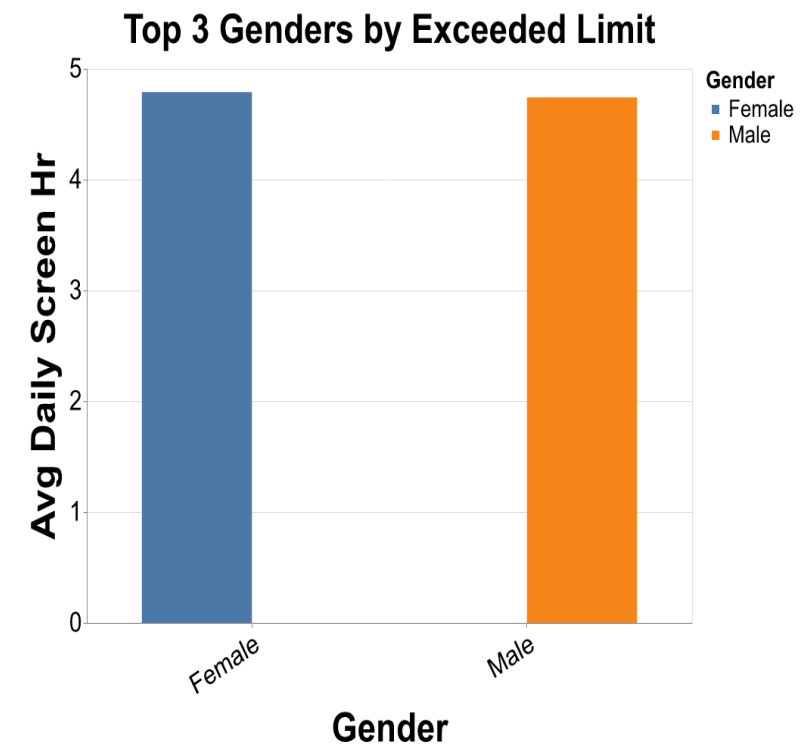
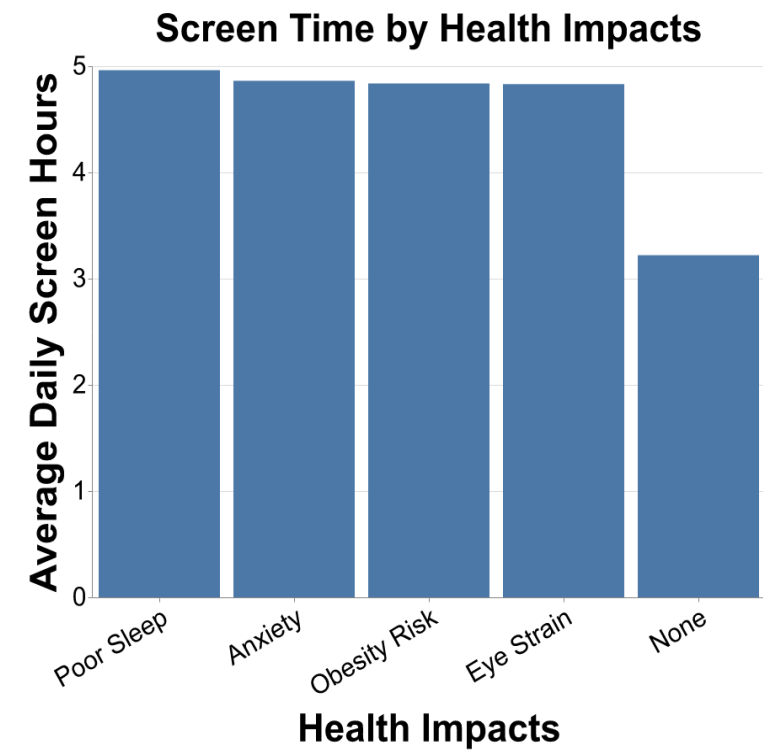


# How Does Excessive Screen Time Impact Health Differently by Gender and Device?

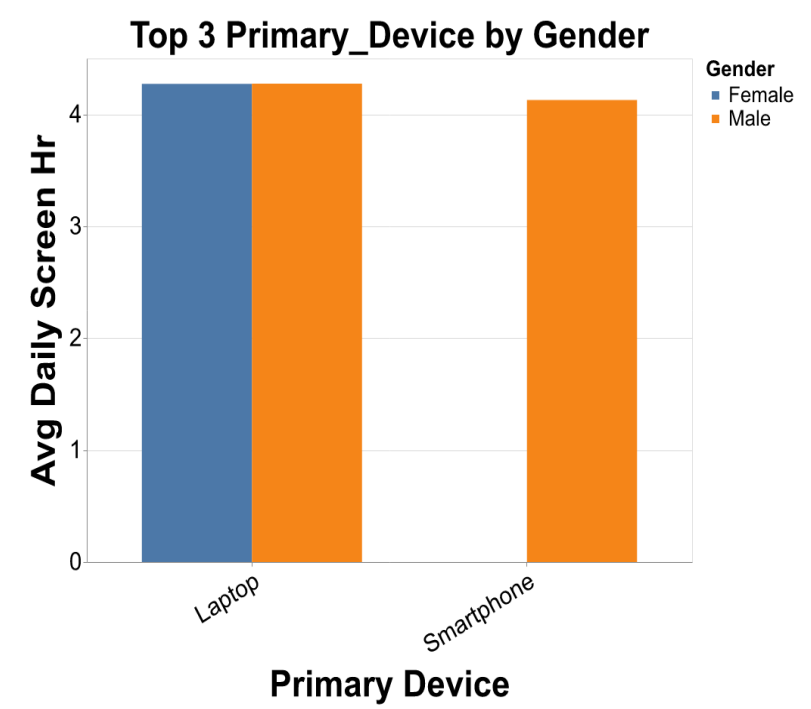
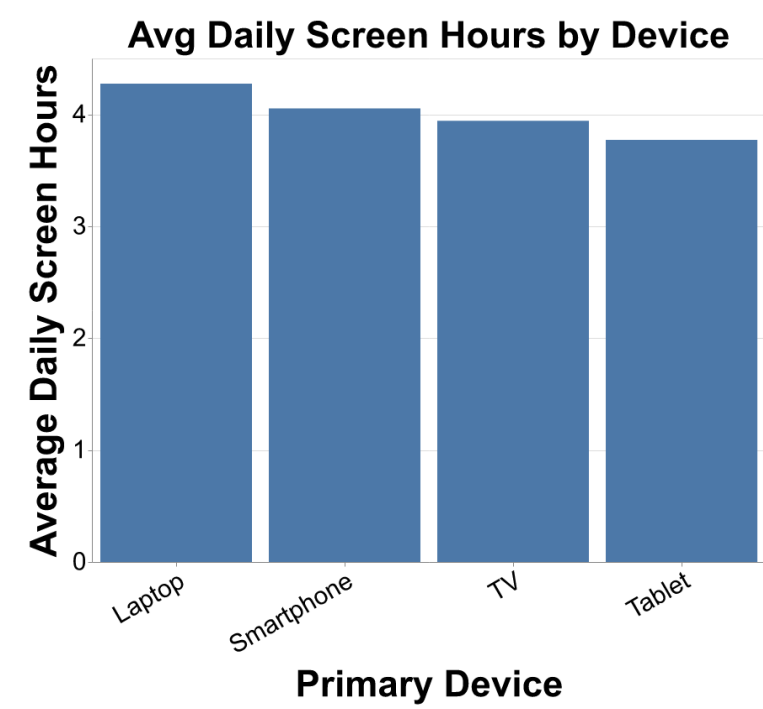
## INTRODUCTION

Excessive screen time is linked to poor sleep, anxiety, and eye strain. This poster analyzes screen hours by health impact, gender, and device type. Data shows smartphones are the most used device exceeding recommended limits for both genders.

**01** Health impacts vary with screen time, with certain genders exceeding limits most.

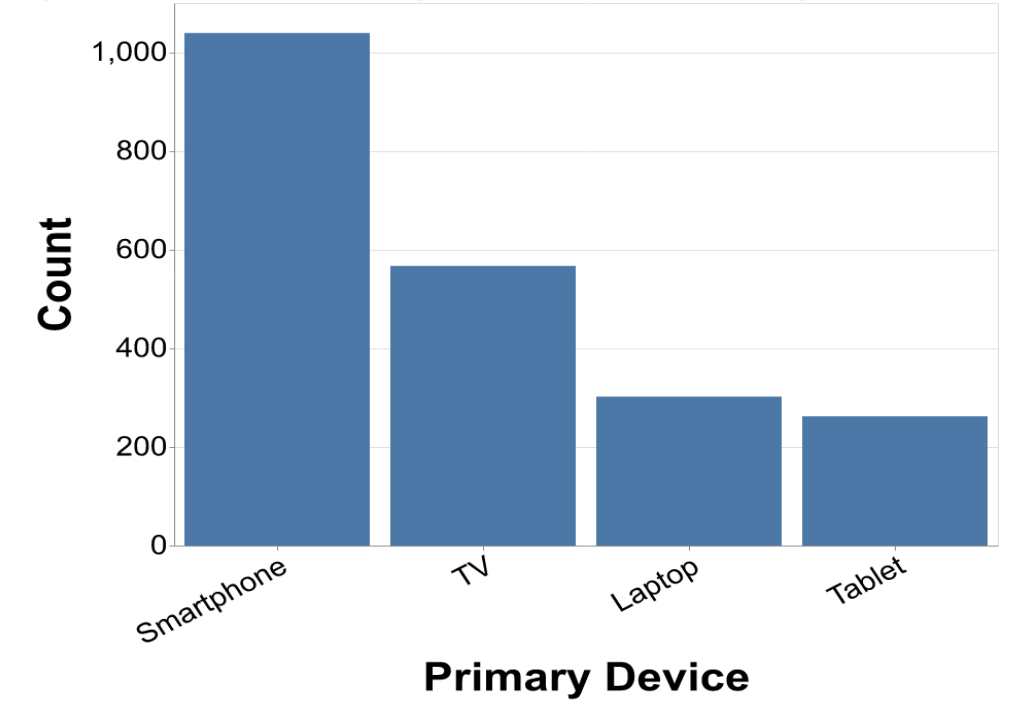


**02** Average screen hours differ by device, with distinct primary device preferences by gender.

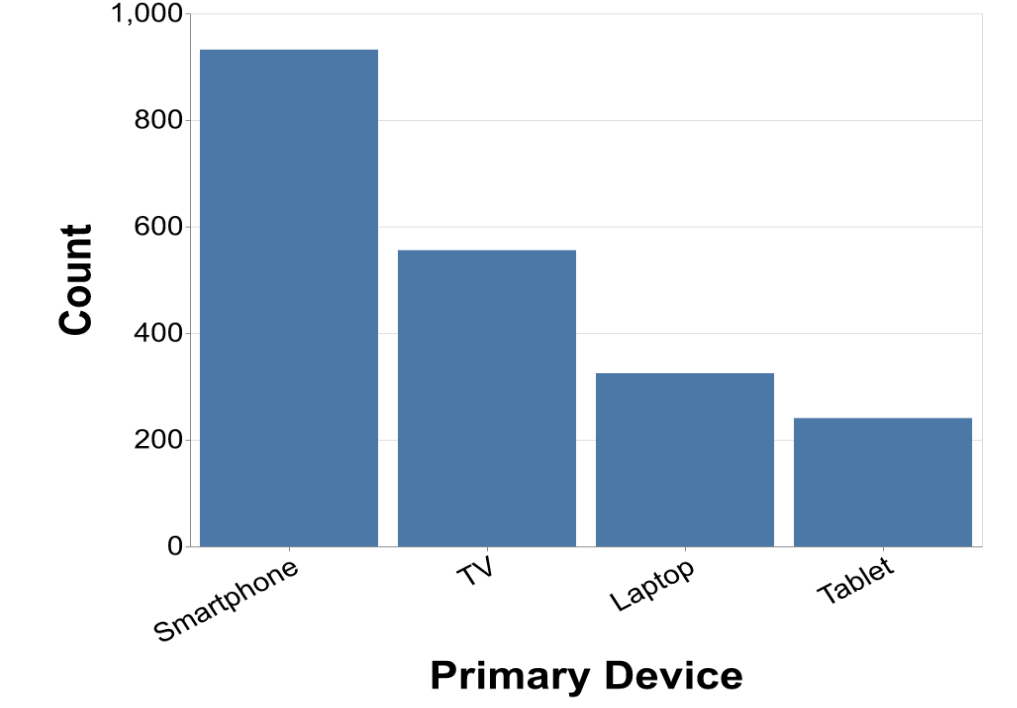


**03** Males and females exceeding limits use different primary devices.

### Primary Devices Used by Males Exceeding Recommended Limit



### Primary Devices Used by Females Exceeding Recommended Limit



## CONCLUSION

Excessive screen time negatively affects health, varying by gender and device. Males and females exceed screen time limits using different primary devices. Smartphones are the most used device exceeding recommended screen time for both genders. Targeted interventions should consider gender and device preferences to reduce health risks.