

Danish scientists have established that the excess time in front of the screen increases the risk of cardiovascular and metabolic diseases in adolescents.

The study published in the Journal of the American Heart Association watched more than 1000 children and young people aged 10 and 18, fixing their screen habits and sleep mode.

The analysis showed: each additional hour in front of the screen increases the likelihood of problems, such as high pressure, increased cholesterol and insulin resistance.

The leading author of the work, the researcher of Copenhagen University David Horner, explained that three extra hours can increase the risk by a quarter or even half the standard deviation compared to peers.

Scientists warn that at the level of the entire population, this leads to a noticeable growth of early risk factors that can be preserved in adulthood and increase the chances of developing diabetes or cardiovascular diseases.

Although the opinions of experts about the harm of the screen time diverge, the majority converge in the fact that children and adolescents are more vulnerable than adults.