Active Tech for Kids & Physicians

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Goals

• Discuss how we got to this point
• Discuss how to limit screen time
• Discuss how to embrace technology to help patients

How we got here…
How we got here…

1990s
• Internet

2000
• iPhone

6/29/2007
• iPad

1/27/2010
• Today

Where we are today…

Disney Junior

Temple Run

Angry Birds

Netflix

hulu

YouTube

Nick Jr.

Cartoon Network

Disney Channel

Nickelodeon

Nickelodeon Teen

Disney Now

Your Disney Junior channel is now a new starting at 9 PM daily. beginning April 26th.
Where we are today...

• Television is #1 screen use
• ¾ of teenagers have a smart phone
  – 70% have a “social media portfolio”
  – 84% play video games
• 80% of households have a video game device
We tried for almost a year to get our teen to regulate her own phone usage to no avail. After many fights and having to remove the actual phone at bedtime we heard of this app. I am in no way thinking the fights are over but at least now we don’t have to watch the clock and ask her to turn it off and then argue with her. It will simply stop working.
Reviews—OurPact Jr.  
(1.7/5 stars)

- If I were given choice I would personally delete the app from both my device and my mom’s. If your goal was to control how much time and what your kids see on their phone, good job.

- I hate this app

- Don’t let your parents buy the app!!!!

- If you love your children don’t download this app to their device.

Prices

- Free—1 schedule; 5 manual blocks, 1 device
- $1.99/mo—unlimited schedules/blocks, 10 devices
- $6.99/mo—unlimited schedules/blocks, 20 devices

More information: www.ourpact.com
Physical Activity

• Inactivity = 4th leading cause of death

• Regular physical activity in kids
  – Prevents precursors to metabolic & CV disease
  – Positive effects on bone health, fitness, body fat, blood pressure

Physical Activity

• Recommendation
  – 60 minutes
  – Moderate to vigorous

• <25% of kids meet goal
Activity Trackers

- Self-monitoring effective for behavior change

- 60% of inactive adolescents thought they met activity guidelines
Activity Trackers

- Not many good studies
- Should be used to change behavior not outcome
- Need to set goals
- More likely to be used with interventions
- Kids and parents like them
- Ease of use, comfort, aesthetics are important

Ridgers ND et al. JMIIR Mhealth Uhealth, 2016.
LeapFrog LeapBand

- 4-7 year olds
- Virtual pet
- Parents can set activities
- Earn points by being active
- Quiet time
- Water resistant

Kohl's $59.99

FitBit Ace

- Kid version of Alta
- No HR
- Tracks
  - Steps
  - Active hours
  - Sleep
- Can set challenges

$99
Garmin Vivofit Jr.

- Steps, laps swam, miles
- Can set to incentivize chores
- Rewards for reaching goals (games)
- Can link 2 for competition

$49.99-$79.99

UNICEF Kid Power Band

How it works.

Step 1: Set your Kid Power Band through the UNICEF Kid Power app. Log into the UNICEF Kid Power app and set up your profile. Check out the Help Center for more information on how to set it up.

Step 2: Start to earn points by completing tasks. The more you move, the more points you earn. Use the points to help children in need.

Step 3: Share your success with friends and family. Use the UNICEF Kid Power app to invite friends and family to join your challenge.

Step 4: Celebrate your achievements. Use the points you earn to help children in need. The more you move, the more you help.

The UNICEF Kid Power app is designed to help children in need around the world.
Other Fitness Apps

Zombies, Run!
NFL Play 60

The 7 Minute Workout for Kids
Sworkit Kids

Technology in Your Practice
Scoliometer

- Measures trunk rotation
- $7^\circ = 20^\circ$ Cobb angle

Scoliometer

- Scolicheck
- Health in Your Hands
- Scoliometer
- Validated in multiple studies
Scoliometer App
For iphone and Android
Monitor your child’s scoliosis at home with your smartphone with this $1 Scoliometer phone app download
AAP apps

In Conclusion…