

There's a strong link between media exposure and childhood obesity, smoking and sexual activity, according to U.S. researchers who reviewed 173 studies on media and health conducted over the past three decades.

According to the review, 80 percent of the studies concluded that higher amounts of television and other media exposure were associated with negative health effects in children and adolescents. The strongest association was between media and obesity. Of the 73 studies that examined media/childhood weight, 86 percent showed a significant association between increased media exposure and obesity.

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