



Awareness Program

Excessive use of technology devices and their healthy impact

Tens of billions of technology devices around the world surround us like never before. There are many positive aspects to technology – not least, helping us stay connected to others, which has been a lifeline –but alongside the benefits, there are also potential health consequences of technology and its overuse that should be considered.

Technologies, such as handheld tablets, smartphones, and computers, can hold a person's attention for long periods. This may lead to psychological and physical issues and can involve people sitting in positions consistent with poor ergonomic function and poor ergonomic positioning. As well as back pain such as eyestrain as well as pains in elbows, wrists, and hands, difficulty focusing on important tasks. mobile devices can cause heat to body tissue. As well as Electronic Microwave is very harmful to the human body

Microwaves

Microwave radiations are very harmful, particularly for children and unborn babies. Many researches have proved that, such radiations pose a greater risk for bodily damage in children and unborn babies.

The rate of microwave radiation absorption is higher in children than adults because their brain tissues are more absorbent, their skulls are thinner, and their relative size is smaller. Fetuses are particularly more vulnerable because microwave radiation exposure can lead to degeneration of the protective sheath that surrounds the brain neurons.

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Mobile telephone and health impact on human

Mobile: Mobile phones are being widely used throughout the world. Electromagnetic waves generated from mobile phones have raised concerns as these may have adverse effects on humans. If RF radiation is high enough, it has a ‘thermal’ effect, which means it raises body temperature. Intensive international research has found no conclusive or convincing evidence that mobile phones are damaging to health in the short or long term. However, in May 2011, the World Health Organization (WHO) classified RF radiation as ‘possibly carcinogenic for humans, based on an increased risk for glioma, a type of brain cancer

Mobile telephone and health impact on children

Parents may consider giving their kids mobile phones for security purposes or making them busy while they are doing household and children new days are exposed to technology at younger ages than ever before but Children are not fully-grown yet, and they are just little adults, their growing minds and bodies make them uniquely vulnerable to technology side effects coming from the all tech devices that can generate radiations from the mobile phones, iPads, tablets, smartphones and all other kinds of wireless devices. however, the possible misuse can Cause health impact to the children that are using on their daily basis.

Negative impacts of technology and how to reduce

- **Sleeping disorder:** getting enough sleep is vital for almost every bodily function. But using a laptop, tablet, or smartphone shortly before going to bed can affect your ability to fall asleep. This is because the so-called blue light from devices can lead to heightened alertness and disrupt your body clock. In addition, activities on digital devices can be stimulating and make us much less ready for sleep. As a result, people can become absorbed and continue using the technology past their bedtime.
 - a) Avoid using your smartphone, laptop, and tablet for at least an hour before going to sleep every night. Reading a book is more likely to relax you than scrolling through social media feeds.
 - b) Establish a relaxing bedtime routine that doesn’t involve screens, to help you relax before going to sleep



- **Musculoskeletal issues:** Looking down at an electronic gadget for long periods can lead to neck and back pain, as well as pains in elbows, wrists, and hands. In addition, laptop and smartphone usage can involve people sitting in positions consistent with poor ergonomic function and poor ergonomic positioning. As well as back pain from computer use, often caused by poor gaming posture or computer postur.
 - a) To relieve back and neck pain, adjust your posture when using a device:
 - b) Ensure proper sitting posture at the computer by ensuring that your desk, seat, and screen set-up is optimized
 - c) Instead of holding your phone in your lap, you can minimize neck problems by holding it out in front of you. Positioning the device so it is in front of your face with your head sitting squarely on your shoulders is helpful to your neck.
 - d) Consider using a body-standing desk. These make staring straight at your computer screen possible and help you avoid the health dangers of sitting all day.
 - e) Regular screen breaks – allowing you to walk around, stand up, or stretch – will help relieve muscle pain and stress.
- **Digital eye strain:** Constant exposure to digital devices can be harmful to our eyes. Digital eye strain, sometimes called Computer Vision Syndrome (CVS), is one of the most commonly reported symptoms of too much screen time. one study suggested over 60% of people were affected by it. Symptoms of digital eye strain include dry eyes, redness around the eyes, headaches, blurred vision, plus neck and shoulder pain. Other tips to combating digital eye strain include:
 - a) To minimize discomfort, the doctors recommend taking a break When using any form of digital screen for longer periods of time the 20-20-20 rule for healthy digital device usage – i.e., take a 20-second break from the screen every 20 minutes and look at something 20 feet away. You could set a timer every 20 minutes to act as a reminder
 - b) Reducing overhead lighting to eliminate screen glare
 - c) Using eyewear if needed
 - d) Positioning yourself at arm’s distance away from the screen
 - e) Increasing text size on devices to make them easier to read
 - f) Getting regular eye exams
- **Psychological issues:** Excessive screen time can negatively affect mental and emotional wellbeing. For example, by inducing anxiety because someone hasn’t replied quickly enough to your WhatsApp or text message, or constantly checking your social media feeds to see how many likes your last post received. It’s easy for both adults and children to compare themselves unfavorably to others on social media, which in turn can lead to feelings of anxiety.
 - a) Use real-world activities to help you focus on your immediate surroundings and circumstances. For example, you can read a book, watch a movie, go for a walk, do some baking, or phone a friend.



- b) Limit the amount of time you spend on social
- **Negative effects on kids:** Technology overuse can have a significant impact on children and teenagers. This is because children's brains are still developing, which means they can be more sensitive to the effects of technology overuse than adults. For example, some studies suggest that excessive screen time and social media use among kids and teens can impact social skills, creativity, attention spans, and language and emotional development delays. In addition, the same issues described above – poor posture, eye strain, disrupted sleep, and lack of physical activity leading to obesity – also apply to children.
 - a) To help your children get better sleep, talk to them about how digital devices can disrupt sleep and encourage them to avoid screens for at least an hour before bedtime.
 - b) It's important for parents and caregivers to monitor screen time. The American Academy of Pediatrics recommends children under 18 months old avoid screen time altogether, while 2-5 years old should have no more than 1 hour a day of supervised viewing.
 - c) Set aside time without technology – for example, by turning off electronics at specific times or set days of the week.
 - d) Model good behaviors for your children by avoiding technology overuse and ensuring your own healthy screen time per day.
- **Impact on hearing:** Prolonged use of earphones, headphones, or earbuds at high volumes can cause hearing loss. The World Health Organization estimates that 1.1 billion young people worldwide are at risk of hearing loss due to unsafe listening practices, in part from listening to music via headphones or earbuds. Noise exposure is one of the most common causes of hearing loss.
 - a) Outside-the-ear headphones are considered a better option because, unlike earbuds which deliver music directly into the ear, they provide a buffering space between the music and the ear canal.
 - b) Better quality headphones are likely to improve both your listening experience and protect your hearing.
 - c) You could also consider using noise-canceling headphones, which work by using inverse waves to cancel out the incoming sound. Another option is noise-isolating headphones, which create a seal around the ear that creates a physical barrier between the ear and the outside noise.

- **Specific Absorption Rate (SAR) :**

choosing a mobile phone model that has a low specific absorption rate (SAR), which refers to the amount of RF radiation absorbed by body tissues. Mobile phones are low-powered radiofrequency transmitters, operating at frequencies between 450 and 2700 MHz with peak powers in the range of 0.1 to 2 watts. These handset only transmits power when it is turned on, Radiofrequency exposure limits for mobile phone users are given in terms of Specific Absorption Rate (SAR).



You can check the Radiation level in terms of SAR of your smartphone by **dialing a USSD code*#07#**, if the results show SAR below 1.6 watts per kilogram (1.6 W/kg) then it is OK Here is SAR level of some popular smartphones in the market:

Awareness Questions

part 1 Mobile

- What are Several adverse healthy effects of mobile users?
- How long can someone spend on cellular phone during the day?
- how close people can hold the phone to their body ?
- Is there a possible way to check the good quality mobile phone with minimum side effects?

Somali

- maxay yihiin waxyeelooyinka caafimaad ee kala duwan ee uu sababo telephonka gacantu?
- Celcelis ahaan Wakhti intee leeg ayuu maalintii qofku adeegsan karaa telephonka gacanta ?
- Masaafu intee leeg ayay tahay inuu qofku ka gofeeyo jidhkiisa telephonka gacanta ?
- Ma jirtaa hab suurtagal ah oo lagu hubin karo tayada wangsana ee uu telephonka leeyahay ?

part 2. devices

- Are tech users concerned about the health effects of technology devices?
- who's is vulnerable to tech devices?
- Has sleeping pattern and quality been affected due to these electronic devices
- How to Avoid Risks on Technology Devices and choose the good quality equipment?
- What advice would you give to telecommunications device users?

Somali

- Dadka isticmaala technologydu ma ka war qabaan saamaynta caafimaad ee u qalabku leeyahay ?
- Yaa u nugul isticmaalka aaladaha tignoolajiyada ?
- Adeegsida qalabka electronic miyuu samayaan ku leeyahay hurdada iyo caafimaadka maskaxda?
- Sidee looga fogaan karaa Khatarta Qalabka Tignoolajiyada uu leeyahay sido kale aad dooran kartaa qalabka tayada wanaagsan?



- Maxaa talo ah oo aad siin lahayd isticmaaleyaasha qalabka tejnolojiyada ?

Part3. health Impacts

- What are the negative health effects of technology on your physical health?
- What is the negative impact technology on children social and health development?
- What are the consequences that children face while using cell devices?
- What are the specific health risks associated with technology use?
- What medical advice would you give to telecommunications device users?