[**Risk to Physical Health**](https://youtu.be/2be8pBXQUn4)

**Narrator:**

This vignette concerns physical risks. Interviewees will be discussing the risk to physical health.

The risk perception is related to the increased use of technology leading to problems of eye strain sleep quality and reduced physical activity. It manifests as a concern that using ICT devices might increase physical health problems

In this section, you will hear a number of video vignettes extracted from interviews with older Australians. Sue, age 65, begins speaking to the pressing issue of health during 2020, the way the pandemic has led to an unending barrage of technology and increasingly sedentary lives.

**Sue:**

If you're spending too much screen time you're not moving around as much so your body is not as strong for sure that's a risk. It's become more evident when we've been in lockdown too because you're disinclined to get up and move as much because you've got you know the Netflix or you've got Facebook or Instagram or just even zoom or iTunes you know you're sitting you're not doing. I just think it might be a little bit connected with having been sort of shut down this year as well i think a lot of people have been more sedentary because they've been fearful. Activity would be outside the house so they've done less activity to start with.

**Narrator:**

Further considering the issue of screen time, Peter, age 69, discusses the implications of constant use on your eyes and long-term vision.

**Peter:**

I certainly think there's a huge danger with new generations having too much screen time, one medical example I don't know if you know about it is myopia, short-sightedness, have you read about that

**Interviewer:**

Yeah

**Peter:**

And they've been taking a while to sort that out, but that's just one minor example of an illness which is directly created by not being outside enough it seems.

**Narrator:**

The issues of electromagnetic waves and background radiation remain a concern for Maggie, age 69, who has concerns for the technology on health while she sleeps.

**Maggie:**

Yeah, we won't wonder about the phone thing in beside the bed and if it's far enough away from our heads you know and all that sort of stuff and i don't know about that we understand it's okay it is far enough away and so on but yeah that that's the only issue that I've ever had. Cover it up so we can't see it and we've got it as far away as possible.

**Narrator:**

These vignettes were developed by the Shaping Connections Research Program at RMIT University’s School of Economics, Finance, and Marketing.

Our research develops insights on social inclusion and technology use among older Australians.

Please find additional information about these vignettes in the video description below.

You can get more information about the project by visiting www.shapingconnections.org. if you have any questions, comments, or feedback please use the contact us section of the website and we will get back to you.