

### ABOUT THE NSCH

The National Survey of Children's Health (NSCH), funded and directed by the Health Resources and Services Administration's (HRSA) Maternal and Child Health Bureau (MCHB), provides information on the health and well-being of children ages 0-17 years in the United States. The NSCH is the largest national and state-level survey on the health and health care needs of children, their families, and their communities.

### TOPICS COVERED

- Physical and mental health status
- Health and functional status, including over 20 current or lifelong conditions
- Health insurance status, type, and adequacy
- Access to and use of health care services
- Preventive and specialty care
- Medical home
- School readiness (3-5 years)
- Transition to adult health care (12-17 years)
- Family health and activities
- Impact of child's health on family
- Parental health status
- Parental perceptions of neighborhood characteristics
- Access to community-based services

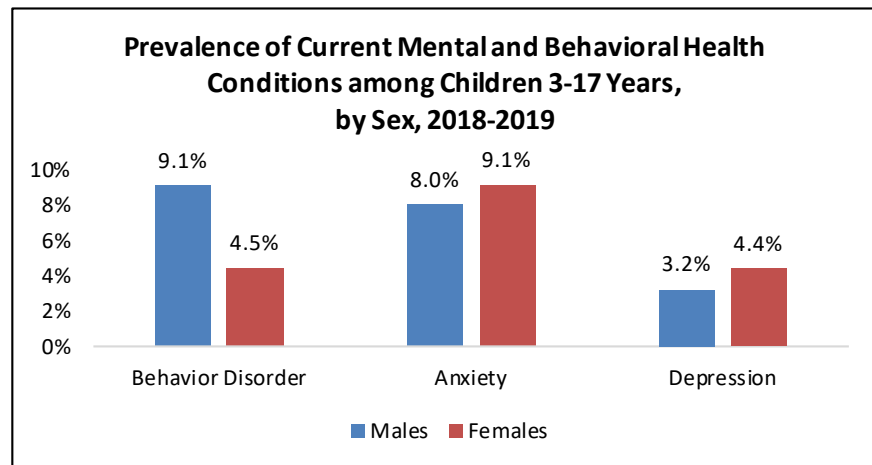
### 2019 DATA RELEASE

New data from the 2019 NSCH are now available. To access these data and supporting materials, please visit **HRSA MCHB** (<https://mchb.hrsa.gov/data/national-surveys>) or the **U.S. Census Bureau** (<https://www.census.gov/nsch>).

### NSCH DATA IN ACTION

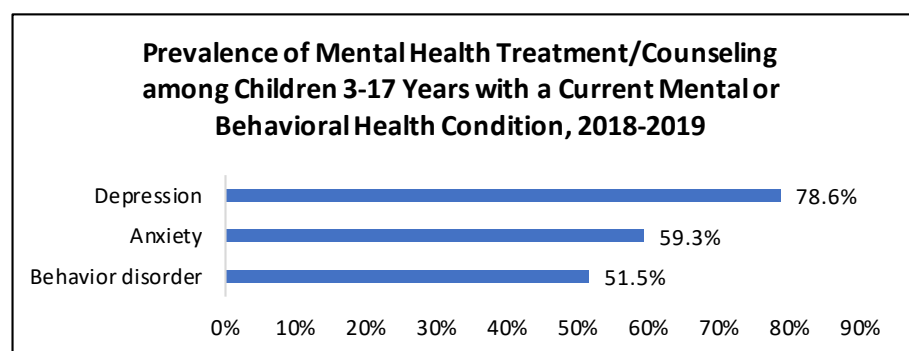
#### Mental & Behavioral Health Conditions

- In 2018-2019, 13.2% of U.S. children ages 3-17 years – just over 8 million – had a current, diagnosed mental or behavioral health condition.
- Anxiety was the most common condition (8.5%), followed by behavior disorder (6.8%) and depression (3.8%). A greater proportion of males had a behavior disorder (9.1% vs. 4.5%), while a greater proportion of females had anxiety (9.1% vs. 8.0%) and depression (4.4% vs. 3.2%).
- Among children with a current mental or behavioral health condition, 62.8% had a single condition, 28.3% had two conditions, and 8.9% had all three conditions.



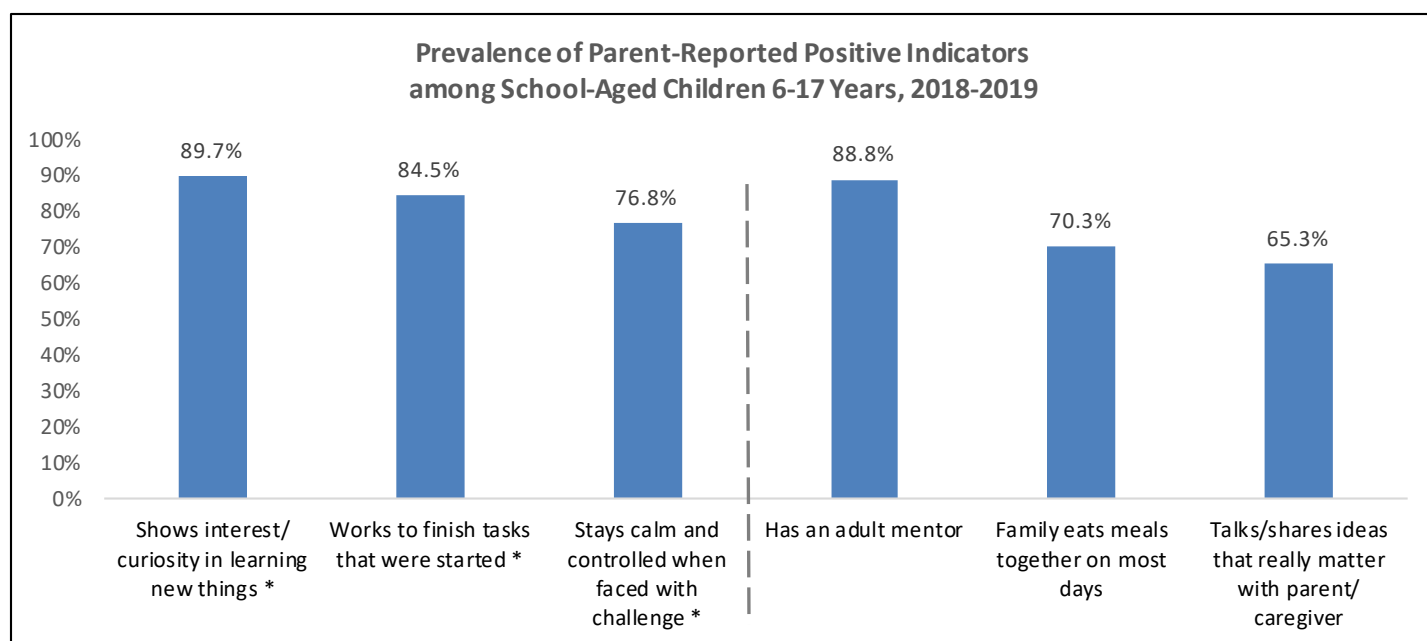
#### Mental Health Treatment

- In 2018-2019, just over half (53.2%) of children ages 3-17 years with a current mental or behavioral health condition received treatment or counseling from a mental health professional in the past year, and 42.8% took medication for an emotional, concentration, or behavioral condition.
- Receipt of treatment or counseling was highest among children with depression (78.6%), followed by children with anxiety (59.3%), and children with behavior disorders (51.5%).
- Receipt of treatment or counseling increased with age, from 36.1% of children ages 3-5 years to 60.2% of adolescents ages 12-17 years. Use of medication also increased with age, from 15.2% of children ages 3-5 to 50.9% of children ages 12-17 years.



## Positive Health Indicators among School-Aged Children

- The NSCH includes items that capture elements of positive health and development among children, such as flourishing and relationships with family and peers. These indicators are applicable for all children, regardless of mental health diagnosis.
- Flourishing is a measure of positive mental health and thriving. In 2018-2019, two-thirds (66.5%) of children ages 6-17 years were reported to exhibit all criteria for flourishing (i.e., met 3 out of 3 flourishing items). Among the specific flourishing items, 89.7% of children usually or always showed interest and curiosity in learning new things, 84.5% usually or always worked to finish tasks they started, and 76.8% usually or always stayed calm and in control when faced with a challenge.
- About 9 in 10 children (88.8%) were reported to have another adult in their school, neighborhood, or community on whom they could rely for advice or guidance.
- Nearly two in five children (39.2%) ate a meal with all family members in the household every day of the week, and 31% ate a meal with all family members 4-6 days per week.
- Almost two in three children (65.3%) were reported to be able to share ideas and talk very well with their parent or caregiver about things that really matter.



\* Item that measures flourishing among school-aged children.

## NSCH DATA COLLECTION

HRSA MCHB works with the U.S. Census Bureau to conduct the survey, oversee sampling, and produce a final data set for public use.

- **How often is the NSCH conducted?** The NSCH is conducted annually.
- **How are the data collected?** Survey participants complete either web-based or self-administered paper-and-pencil questionnaires.
- **Who completes the survey?** The NSCH is conducted as a household survey, and the respondent is a parent or guardian with knowledge of the sampled child.
- **How many households participate in the NSCH?** One child per household is selected to be the subject of the detailed age-specific questionnaire. In 2019, parents completed age-specific questionnaires for 29,433 children. These data can be combined with an additional 30,530 children from 2018, representing a combined total of 59,963 children in 2018-2019.