US Child Health Trends

Compiled by AAP Research Staff

March 2021
*Note: The majority of the slides have been updated through 2019, showing trends just prior to the pandemic. The data for 2019 have not yet been released for the remaining topics, with the exception of health insurance and vaping where some 2020 data have been included.
The slides that follow are meant for AAP staff and leaders to use.

• No permissions are required.

• The graphics are developed from publicly available federal data sources.

• At the bottom of each slide, the data source is given, and a link is provided for those seeking more information.
Trends in...

1. Population Characteristics
2. Health
3. Health Care
1. Population Characteristic Trends

- US child population
- Birth rates - overall and adolescent
- Racial/ethnic composition
- Immigrant children
- Language other than English
- Poverty/low income
- Family structure

Number of US Births (in Millions of Children Born), 1980-2019

13% decline 2007 - 2019

US Adolescent Birth Rates (per 1,000 Women) by Age Group, 1970-2019

Race/Ethnicity of US Children (under 18), Recorded (1980-2019) and Projected (2020-2050)

- Non-Hispanic Asian
- Hispanic
- Non-Hispanic Black
- Non-Hispanic White

Percent of US Hispanic or Latino Children (under 18) by State, 2019

Source: US Census Bureau, Population Division; The Annie E. Casey Foundation, KIDS COUNT Data Center (datacenter.kidscount.org)
Percent of US Non-Hispanic Asian Children (under 18) by State, 2019

Source: US Census Bureau, Population Division; The Annie E. Casey Foundation, KIDS COUNT Data Center (datacenter.kidscount.org)
% of US Children (under 18) in Immigrant* Families, 2005-2019

*Children who are foreign-born or reside with at least one foreign-born parent

Source: US Census Bureau, American Community Survey (https://datacenter.kidscount.org/data#USA/1/0/char/3)
Growth in the Number of US Children (under 18) by Immigrant Status, 1995-2017

Immigrant children
7,200,000

Non-immigrant children
-3,700,000

All children
3,500,000

% of US Children (Ages 5-17) Who Speak a Language Other Than English at Home, 1979-2018

% of Persons in the US Living Below the Poverty Level by Age Group, 1980-2019*

*Estimates for 2013 and beyond are not directly comparable to previous years due to a re-design of the income questions. Estimates for 2017 and beyond are not directly comparable to previous years due to the implementation of an updated CPS ASEC processing system.

Poverty Level in 2019: $25,926 (family of 4 with 2 children)

% of US Children (under 18) Living Below the Poverty Level by Race/Ethnicity, 1980-2019*

*Estimates for 2013 and beyond are not directly comparable to previous years due to a re-design of the income questions. Estimates for 2017 and beyond are not directly comparable to previous years due to the implementation of an updated CPS ASEC processing system.


Poverty Level in 2019: $25,926 (family of 4 with 2 children)
% of US Children (under 18) by Family Income Relative to the Poverty Line, 1980-2018

Poverty Level in 2018: $25,465 (family of 4 with 2 children)

% of US Children (under 18) in Poverty by Race/Ethnicity and Family Structure, 2019

Living Arrangements of US Children (under 18), 1980-2019

- Two married parents
- Mother only
- Father only
- No parent
- Two unmarried parents*

*Prior to 2007, children with two unmarried parents in the household may be identified as "mother only" or "father only." Starting in 2007, a second parent identifier permits identification of two co-resident parents, even if the parents are not married to each other.

Note: Estimates for 2019 are not directly comparable to previous years due to data collection and processing changes resulting in shifts in estimates of the number of parents with whom children live and the type of relationship (biological, step, or adoptive) between children and their parent(s).

Population Characteristic Takeaways

- The number of US children is not increasing
- Children are a shrinking portion of the population
- The adolescent birth rate has gone down
- % of Hispanic and Asian children has gone up
- % of immigrant children has gone up
- % of children who speak a language other than English has gone up
- % of children in poverty remains high, higher than adults
- % of children in middle class families has shrunk
- % of children in two married parent homes has gone down
2. Health Trends

- Preterm birth and low birthweight
- Neonatal Abstinence Syndrome
- Infant mortality
- Child/adolescent injury and mortality
- Suicide and suicidal behavior
- Youth major depressive episodes
- Mental health diagnoses
- Adolescent alcohol use
- Adolescent cigarette use/vaping
- Asthma
- Activity limitation/disability
- ADHD
- Obesity
- Breastfeeding
% of US Infants Born Preterm, 2007-2019

Preterm (<37 completed weeks of gestation)
Very preterm (<32 completed weeks of gestation)

% of US Infants Born with Low Birthweight, 1990-2019

Low birthweight (<2500 grams, or 5 lbs 8 oz)
Very low birthweight (<1500 grams, or 3 lbs 4 oz)

Number of US^ Neonatal Abstinence Syndrome Births, 2008-2018*

*Estimates for 2008–2018 include data from the following in all years: Arizona, Arkansas, California, Colorado, Connecticut, Florida, Georgia, Hawaii, Illinois, Indiana, Iowa, Kansas, Kentucky, Louisiana, Maine, Maryland, Michigan, Minnesota, Missouri, Nebraska, Nevada, New Jersey, New Mexico, Ohio, Oregon, Pennsylvania, Rhode Island, South Carolina, South Dakota, Tennessee, Texas, Utah, Vermont, Virginia, Washington, West Virginia, and Wisconsin.

*Data for 2015 are not shown due to the transition from ICD-9-CM to ICD-10-CM on October 1, 2015.

Source: Agency for Healthcare Research and Quality (AHRQ), Healthcare Cost and Utilization Project (HCUP), State Inpatient Databases (https://www.hcup-us.ahrq.gov/reports/ataglance/HCUPtrendsNASbirthsUS.pdf)
US Infant Mortality Rates (per 1,000 Live Births) by Gender, 1980-2018

Rate per 1,000 live births

1980: Male 13.93, Female 11.21
1990: Male 10.26, Female 8.13
2000: Male 7.57, Female 6.21
2010: Male 6.69, Female 5.57
2018: Male 6.23, Female 5.07

Leading Causes of Death among US Children (Ages 1-14) by Age Group, 2019

### Ages 1-4 yrs
- Perinatal Period
- Influenza & Pneumonia
- Heart Disease
- Homicide
- Malignant Neoplasms
- Congenital Anomalies
- Unintentional Injury

Percent of Total Deaths:
- Unintentional Injury: 31.3%

### Ages 5-14 yrs
- Chronic Lower Respiratory Disease
- Heart Disease
- Homicide
- Congenital Anomalies
- Suicide
- Malignant Neoplasms
- Unintentional Injury

Percent of Total Deaths:
- Unintentional Injury: 27.1%

Fatal Unintentional Injuries (Rate per 100,000) among US Children (Ages 0-19) by Gender, 1981-2019

Source: CDC/National Center for Injury Prevention and Control, WISQARS fatal injury reports (https://webappa.cdc.gov/sasweb/ncipc/mortrate.html)
Non-Fatal Unintentional Injuries Treated in Emergency Rooms 
(Rate per 100,000) among US Children (Ages 0-19) by Gender, 2000-2019

Source: CDC/National Center for Injury Prevention and Control, WISQARS non-fatal injury reports 
(https://webappa.cdc.gov/sasweb/ncipc/nfirates.html)
US Passenger Vehicle Child Occupant Deaths (per Million Children) by Age Group, 1975-2019


Rate per 100,000 population

<table>
<thead>
<tr>
<th>Year</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>1981</td>
<td>23.6</td>
<td>4.7</td>
</tr>
<tr>
<td>1986</td>
<td>45.8</td>
<td>5.8</td>
</tr>
<tr>
<td>1991</td>
<td>48.4</td>
<td>6.0</td>
</tr>
<tr>
<td>1996</td>
<td>20.3</td>
<td>2.9</td>
</tr>
<tr>
<td>2001</td>
<td>17.0</td>
<td>2.0</td>
</tr>
<tr>
<td>2006</td>
<td>23.5</td>
<td>3.5</td>
</tr>
</tbody>
</table>

Source: CDC/National Center for Injury Prevention and Control, WISQARS fatal injury reports (https://webappa.cdc.gov/sasweb/ncipc/morrate.html)

Source: CDC/National Center for Injury Prevention and Control, WISQARS fatal injury reports
(https://webappa.cdc.gov/sasweb/ncipc/mortrate.html)

Source: CDC/National Center for Injury Prevention and Control, WISQARS fatal injury reports (https://webappa.cdc.gov/sasweb/ncipc/mortrate.html)

Source: CDC/National Center for Injury Prevention and Control, WISQARS fatal injury reports (https://webappa.cdc.gov/sasweb/ncipc/mortrate.html)
US Teenage (Ages 15-19) Suicide Deaths by Gender, 1981-2019

Rate per 100,000 population

Male
Female

Source: CDC/National Center for Injury Prevention and Control, WISQARS fatal injury reports (https://webappa.cdc.gov/sasweb/ncipc/morrate.html)
US Teenage (Ages 15-19) Suicide Deaths by Race/Ethnicity, 1990-2019

Source: CDC/National Center for Injury Prevention and Control, WISQARS fatal injury reports (https://webappa.cdc.gov/sasweb/ncipc/mortrate.html)
% of US Students (9th - 12th Graders) Who Reported Suicide-Related Behavior, 1991-2019

- Seriously considered attempting suicide
- Made a suicide plan
- Attempted suicide
- Made a suicide attempt that had to be treated by a doctor or nurse

Source: CDC/Division of Adolescent and School Health, Youth Risk Behavior Survey (YRBS) (https://www.cdc.gov/healthyyouth/data/yrbs/factsheets/2019_suicide_trend_yrbs.htm)
% of US Youth (Ages 12-17) Who Reported a Major Depressive Episode in the Past Year by Gender, 2008-2019

Source: SAMHSA, National Survey on Drug Use and Health online query system (https://pdas.samhsa.gov/#/)
% of US Children (Ages 0-17) with Any Mental Health Diagnosis* by Age Group, 1997-2018

*Mental health diagnosis is defined broadly - it includes adjustment disorders; anxiety disorders; attention-deficit/conduct/disruptive behavior disorders; cognitive disorders; developmental disorders; impulse control disorders; mood disorders; personality disorders; psychotic disorders; alcohol/substance-related disorders; suicide and intentional self-inflicted injury; and other miscellaneous mental health disorders.

Source: AAP Health Services Research analysis of AHRQ, Medical Expenditure Panel Survey (MEPS) data
% of US Students (9th - 12th Graders) Who Reported Alcohol Use, 1991-2019

- **Ever drank alcohol**
  - 1991: 81.6%
  - 2019: 60.4%

- **Current alcohol use (at least 1 drink on at least 1 day in past 30 days)**
  - 1991: 50.8%
  - 2019: 29.2%

- **Drank alcohol before age 13 years (had their first drink other than a few sips)**
  - 1991: 32.7%
  - 2019: 15.0%

% of US 12th Grade Students Who Reported Having 5 or More Alcoholic Beverages in a Row in the Past 2 Weeks by Gender, 1980-2019

% of US 12th Grade Students Who Reported Cigarette Use and Vaping in the Past 30 Days, 1975-2020

% of US Children (Ages 0-17) with Asthma According to Parent Report, 1997-2018

- Ever diagnosed with asthma
- Currently have asthma
- Having at least 1 asthma attack in the past 12 months

Source: CDC/NCHS, National Health Interview Survey (http://www.childstats.gov/americaschildren/tables/health8a.asp)
% of US Children (Ages 5-17) with a Disability Due to Chronic Health Conditions by Gender According to Parent Report, 1999-2018

Source: CDC/NCHS, National Health Interview Survey (http://www.childstats.gov/americaschildren/tables/health5.asp)
% of US Children (Ages 3-17) Ever Diagnosed with ADHD by Gender According to Parent Report, 2000-2018

Source: AAP Health Services Research analysis of CDC/NCHS National Health Interview Survey data and Summary Health Statistics Tables (https://www.cdc.gov/nchs/nhis/SHS/tables.htm)
Obesity Prevalence among US Children (Ages 2-19) and Adults, 1999-2018

Source: CDC/NCHS, National Health and Nutrition Examination Survey

% of US Infants Breastfed by Birth Year of Infant, 2000-2017

- Ever Breastfed
- Breastfed at 6 months
- Breastfed at 12 months

Health Takeaways

Improvements:

• Infant mortality rates have gone down
• Fatal and non-fatal unintentional injuries among children have gone down
• Child and adolescent motor vehicle deaths have gone down
• Adolescent alcohol use has gone down
• Adolescent cigarette use has gone down
• % of breastfed children has gone up
Health Takeaways (cont.)

Challenges:

• % of infants born preterm and with low birthweight have remained relatively stable
• Number of infants born with NAS have gone up, but recently started to stabilize
• Teen firearm and homicide death rates have decreased, but recently started to go up
• Suicide death rates among teenagers have started to go up
• Youth-reported major depressive episodes have gone up
• Mental health diagnoses have gone up
• Adolescent vaping rates have gone up
• Asthma rates among children have remained stable
• % of children with a disability has gone up
• % of children diagnosed with ADHD has gone up
• Obesity rates among children have gone up
3. Health Care Trends

• Health insurance coverage
• Usual source of health care
• Immunizations
• Well-child visits
• Dental visits
% of US Children (Ages 0-17) with Health Insurance by Coverage Type at Time of Interview, 1997-2020*

*Estimates for 2019 and beyond are not directly comparable to previous years due to a survey re-design; estimate for 2020 includes Jan-June only.

Source: CDC/NCHS, National Health Interview Survey

% of US Children (Ages 0-17) with Public Health Insurance Coverage at Time of Interview by Race/Ethnicity, 1997-2018

Source: CDC/NCHS, National Health Interview Survey (http://www.childstats.gov/americaschildren/tables/hc1.asp)
% of US Children (Ages 0-17) with No Health Insurance Coverage at Time of Interview by Race/Ethnicity, 1997-2018

Source: CDC/NCHS, National Health Interview Survey (http://www.childstats.gov/americaschildren/tables/hc1.asp)
% of US Children (Ages 0-17) with No Usual Source of Health Care by Poverty Status According to Parent Report, 1997-2018

Poverty Level in 2018: $25,465 (family of 4 with 2 children)

Source: CDC/NCHS, National Health Interview Survey (http://www.childstats.gov/americaschildren/tables/hc2.asp)

*Includes 4 or more doses of diphtheria, tetanus toxoids, and pertussis vaccine (DTP, DT or DTaP); 3 or more doses of poliovirus vaccine; 1 or more dose of any measles-containing vaccine; and 3 or more doses of Haemophilus influenzae type b (Hib) vaccine.

**Includes 4 or more doses of diphtheria, tetanus toxoids, and pertussis vaccine (DTP, DT or DTaP); 3 or more doses of poliovirus vaccine; 1 or more dose of any measles-containing vaccine; 3 or more doses of Haemophilus influenzae type b (Hib) vaccine; 3 or more doses of hepatitis B vaccine; and 1 or more dose of varicella vaccine.

***Includes 4 or more doses of diphtheria, tetanus toxoids, and any acellular pertussis (DTaP) vaccine; 3 or more doses of poliovirus vaccine; 1 or more dose of any measles-containing vaccine; the full series of Haemophilus influenzae type b (Hib) vaccine (3 or more, or 4 or more doses, depending on product type received—includes primary series plus the booster dose); 3 or more doses of hepatitis B vaccine; 1 or more dose of varicella vaccine; and 4 or more doses of heptavalent pneumococcal conjugate vaccine (PCV).

% of US Children (Ages 0-17) Who Received a Well-Child Visit in the Past 12 Months by Age According to Parent Report, 2000-2018

Source: AAP Health Services Research analysis of CDC/NCHS, National Health Interview Survey data
% of US Children (Ages 0-17) Who Received a Well-Child Visit in the Past 12 Months by Type of Health Insurance According to Parent Report, 2000-2018

Source: AAP Health Services Research analysis of CDC/NCHS, National Health Interview Survey data
% of US Children (Ages 2-17) with a Dental Visit in the Past Year by Age According to Parent Report, 1997-2018

Source: CDC/NCHS, National Health Interview Survey (https://www.childstats.gov/americaschildren/tables/hc4a.asp)
Health Care Takeaways

• % of uninsured children has gone down, but recently started to stabilize
• % of children with public insurance has gone up, but started to stabilize
• % of children with no usual source of care has gone down
• Immunization rates have gone up and were stable, but recently started to go down
• % of children with well-child visits has gone up
• % of children with dental visits has gone up
For more information, please contact Liz Gottschlich, MA or Kandyce Larson, PhD in Health Services Research

Slides are posted on the intranet
(Online Documents → Research → General Documents)