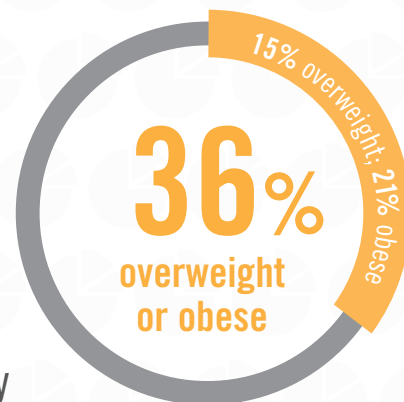
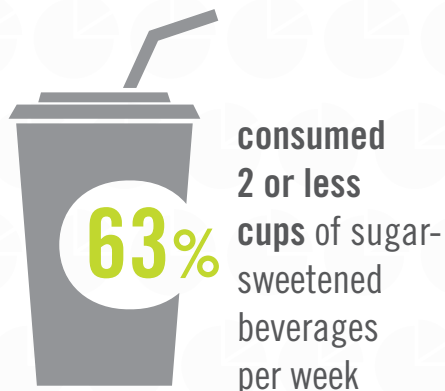
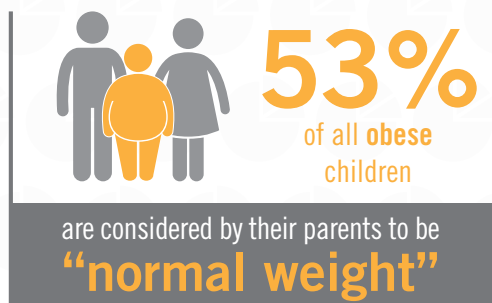
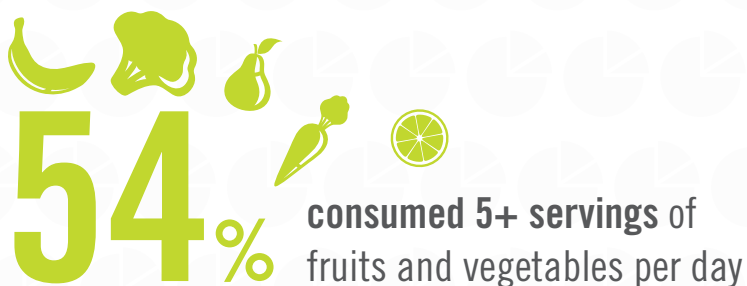
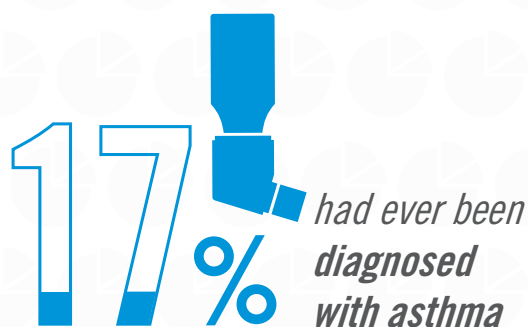


2014 Delaware Survey of Children's Health

FROM A PARENT'S PERSPECTIVE

The Delaware Survey of Children's Health (DSCH), sponsored by Nemours Children's Health System (Nemours), is one of the most comprehensive health surveillance instruments for Delaware children ages birth through 17 years. Using parent-reported data from the DSCH, this material provides a snapshot of the state of Delaware children's health in 2014. This snapshot includes total population indicators for 2014 as well as a select number of statistically significant changes over time between 2011 and 2014. We hope you will use this information to make informed data-driven decisions to improve children's health.

KEY FINDINGS



HEALTH AND HEALTH CARE (AGES 0-17)

1. Long-term conditions are conditions that limit a child's ability to do things most children of the same age can do and have lasted or are expected to last more than 12 months.



in “excellent” or
“very good” health



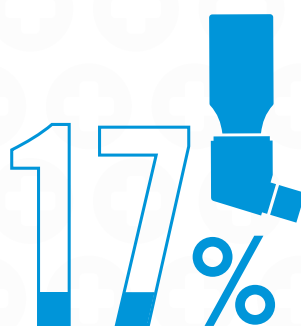
95%

visited a health
care professional
for preventive
care during the
past 12 months

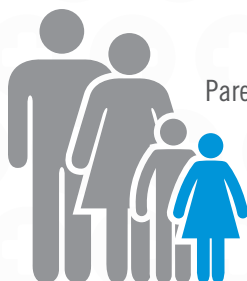


11%

experienced one
or more long-
term medical,
behavioral
or other health
conditions¹



*had ever been
diagnosed
with asthma*



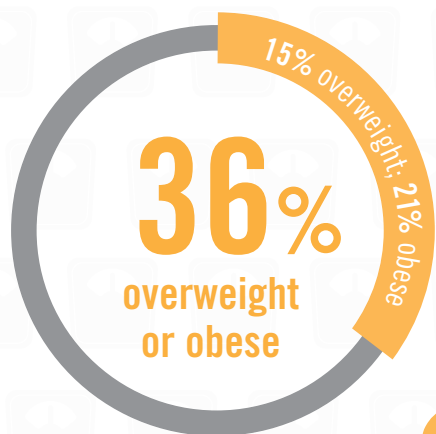
Parents of

50%

of children with asthma were
advised to make changes
in their home, child's school
or other environment

WEIGHT STATUS² (AGES 2-17)

2. Child's weight and height used to calculate weight status is validated by the child's health care provider when possible.



Health care professionals
expressed concerns about
16% of children's weight
in the past 12 months



80%

of all **overweight**
children



53%

of all **obese**
children

are considered by their parents to be
“normal weight”

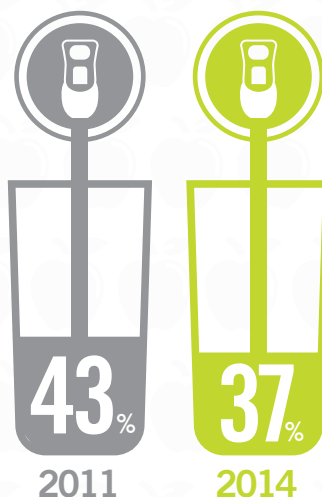
HEALTHY BEHAVIORS (AGES 2-17 UNLESS OTHERWISE NOTED)

3. American Academy of Sleep Medicine Recommendations: Age 6-12 years: 9-12 hours. Age 13-18 years: 8-10 hours

4. Media use, or screen time, is defined as time spent using an electronic device with a screen such as a TV, DVD, video game player, computer, tablet, iPad, or smart phone for non-school related activities.



Children
consuming
more than
2 cups of
sugar-
sweetened
beverages
per week **has
declined**



54%

**consumed 5+ servings
of fruits and vegetables
per day**

physical activity for 60+ minutes
every day has increased

2011

47%

2014

55%

(ages 0-23 months)

children that
were ever
breastfed
increased

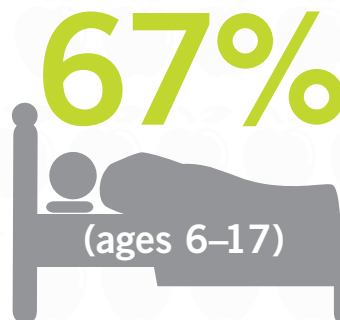


2011

74%

2014

90%



67%

(ages 6-17)

met the
recommendation
for hours of
sleep per day
for their age³

42%

(ages 6-23 months)

of children were fed any
breast milk for 6+ months



31%

**spent 2 or less
hours daily**

on electronic devices⁴ for
non-school related activities

FAMILY & NEIGHBORHOOD ENVIRONMENT (AGES 0-17)



lived in neighborhoods
“definitely” safe for
children to play outside

65%



80%



About the Delaware Survey of Children’s Health

Nemours has conducted the Delaware Survey of Children’s Health (DSCH) in 2006, 2008, 2011, and most recently in 2014. The 2014 DSCH was conducted from July 2014 to May 2015 by telephone, including cell phones. The final data set contains data for 2,657 Delaware households with children. The statewide sample was specifically designed to allow for the analysis and comparison of children living in five geographic locations: New Castle County, the City of Wilmington, New Castle County excluding the City of Wilmington, Kent County and Sussex County. The sample also supports comparisons among children of various age groups (0-5 years, 6-11 years and 12-17 years), and racial and ethnic groups (Hispanic, non-Hispanic Blacks, non-Hispanic Whites and non-Hispanic Others). The Nemours Health & Prevention Services (NHPS) Datacenter allows for further comparison, download, and visualization of the DSCH data. For more information about the DSCH, please visit the NHPS Datacenter <http://datacenter.nemours.org>, call (302) 298-7600, or email nhps_info@nemours.org.

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