

Leading causes of death for children (1-17) are:

were 73.6 million children 0 to 17 years old living in the United States

**Overdose** 

of death for children in the United States

Firearms are the

single biggest cause

(Unintentional injuries) Car accidents, drownings, falls

**Assault** Gun violence & other

unlawful use of force

Intentional self-harm

Suicide

**1 in 25** American five-year-olds today will not make it to their 40th birthday. These young deaths are caused overwhelmingly by external causes such as: **Dangerous driving** 

Many factors affect the mental & physical well-being of children The health and well-being of a child is shaped by biological factors, including genes and brain chemistry, and environmental factors, including life experiences

**Gun violence** 

## Social & economic inequalities, discrimination, racism, migration, media & technology, popular

culture, government policies

Society Environment Community
Family
Self Prevalence of mental disorders & behavioral problems

from 2016-2020

Asian

Black

Hispanic

**Native Hawaiian or** 

Pacific Islander

Multiracial

High school students report:

Injury from a gun

29%

had a parent or

caregiver lose their job

Being threatened by a gun Hearing gunshots

93% of children

Hispanic or Latino

7.7%

Hispanic or Latino

18%

22%

21%

24%

Relationships with peers, teachers, and mentors; faith community, school climate, academic pressure, community support

Neighborhood safety, access to green spaces, healthy food, housing, health care, pollution, natural disasters, climate change

of LGBQ+ students

regardless of racial identity reported

seriously considering suicide

30%

of female students reported seriously

> considering suicide

11%

were physically abused

Knowing someone who has been shot

Having friends or a sibling who carry a gun

Diagnosed with asthma aged 1-17

White

Hispanic or Latino

Asthma

Asthma

8.9%

No Asthma

No Asthma

No Asthma

Data from 2021

Relationships with parents, caregivers, and siblings; family mental health, financial stability; domestic violence; trauma

Age, genetics, race, ethnicity, gender, sexual orientation, disability, beliefs, knowledge, attitudes, coping skills

9.2%

8.1% 7.1% 6.7% 4.0% 3.1% **Behavior Problems** Anxiety **Depression** 2016 2020 2016 2020 2019 2020 29% increase 27% increase 21% increase Increases in anxiety & depression were evident before the pandemic Suicidal ideology among high school aged children in the US American Indian or 27% 45% Alaska Native

Americans aged 3-17 are estimated to currently

have a mental health disorder

White 23%

Considered suicide Did not consider suicide

Exposure to gun violence can also create traumatic disturbances in a child's life and interfere with their long-term health & development. Gun violence exposure can include:

**42%** of high schoolers had persistent feelings of sadness

or hopelessness in 2021

More than **200,000** children of all ages lost a parent or primary caregiver to COVID-19

55%

were emotionally abused

by a parent or caregiver

Trauma and hardship endured by children during COVID-19 pandemic

Witnessing gunfire

Prevalence of physical health issues and vaccine uptake

~1 in 5 children 9.1% in America are obese

were immunized for all required vaccines during the 2021-22 school year 16.8% Black \*95% is needed for herd immunity Asthma Children's health care access & utilization In 2021 Percentage of children (1-17) who had a well-child check-up in the past 12 months: 86.8% 89.5%

White Black 4.1% of all children were uninsured in 2021 3.5% Black Promoting positive health and well-being for our children

Schools

## psychologists to support student well-being onsite. Bring mentors from the community into schools, and making

schools safer & more supportive for all types of students.

2.6%

White

who need extra support with one-on-one counseling. Expand the mental health workforce and early mental

Utilize telehealth during school hours for students

- Physical health and vaccination uptake
- Improve messaging from trusted messengers to increase vaccinations.
  - include incentives to increase vaccination.

choices.

Where to find a mental health professional for kids:

Community health centers

with pediatricians and

psychiatrists

Research centers

Private practice

Hospitals working in partnership

Nutrition education

is a vital part of a

comprehensive health

education program and empowers children with

knowledge and skills to

make healthy food

Access to health care **Expand access to health coverage** for children and eliminate

barriers to accessing coverage and care

NIHCM

health screening through schools and pediatricians.

Mental health and well-being

Build capacity to better equip schools with

Participate in 60 minutes of physical activity every day. Help schools implement a nutrition environment that

supports students in making healthy choices.

Implement school-located vaccination programs and