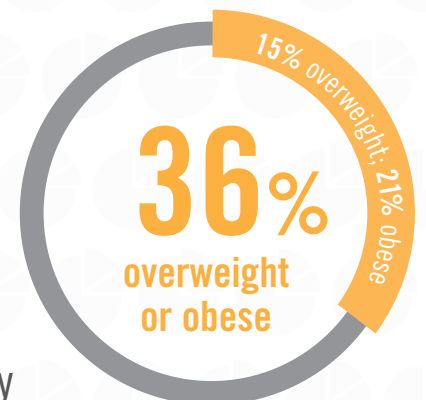
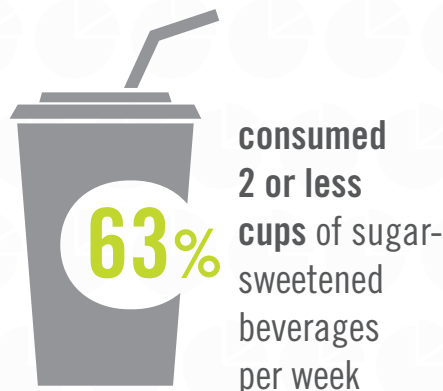
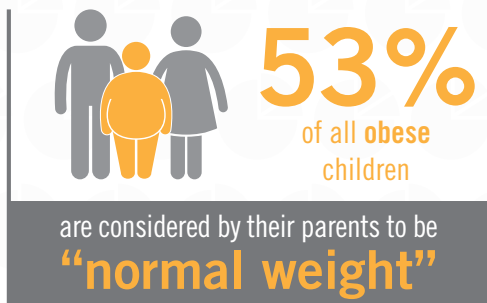
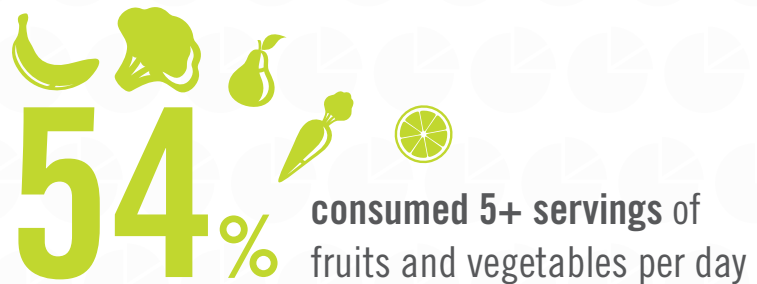
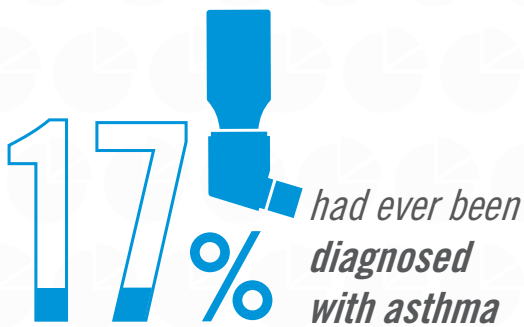


# 2014 Delaware Survey of Children's Health

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)

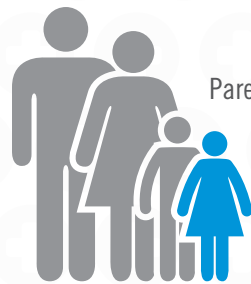
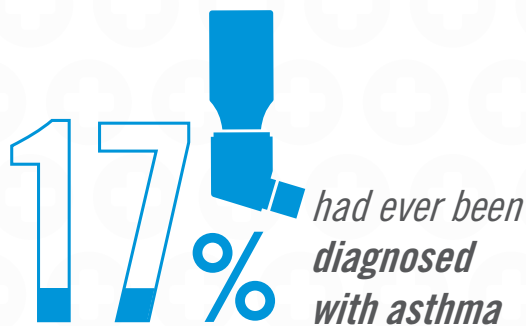
1. Long-term conditions are conditions that limit a child's ability to do things most children of the same age can do and have lasted or are expected to last more than 12 months.



95% visited a health care professional for preventive care during the past 12 months



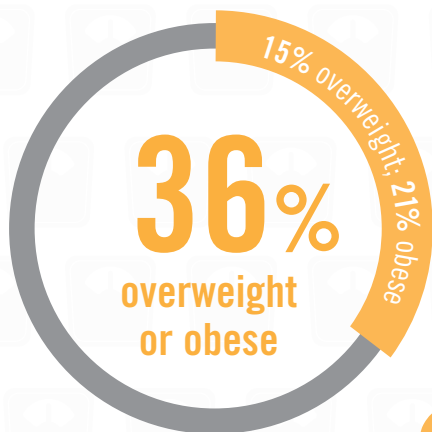
11% experienced one or more long-term medical, behavioral or other health conditions<sup>1</sup>



Parents of 50% of children with asthma were advised to make changes in their home, child's school or other environment

## WEIGHT STATUS<sup>2</sup> (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"

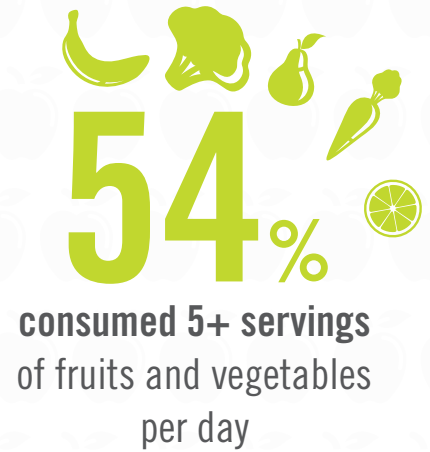
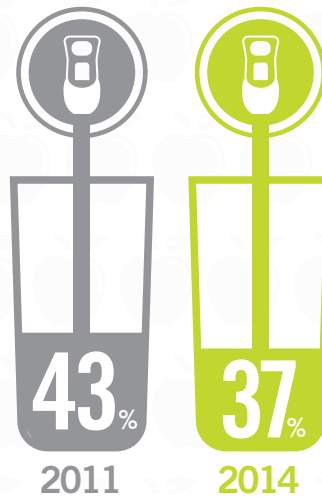
# HEALTHY BEHAVIORS (AGES 2-17 UNLESS OTHERWISE NOTED)

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**

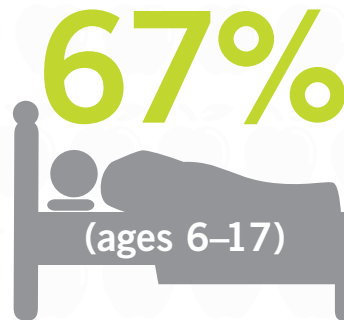
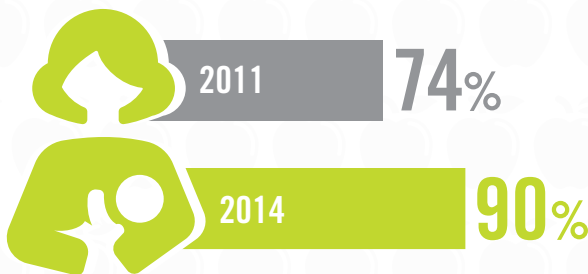


physical activity for 60+ minutes every day has increased



(ages 0-23 months)

children that were ever breastfed increased



met the recommendation for hours of sleep per day for their age<sup>3</sup>

**42%**  
(ages 6-23 months)

of children were fed any breast milk for 6+ months



spent 2 or less hours daily on electronic devices<sup>4</sup> for non-school related activities

# FAMILY & NEIGHBORHOOD ENVIRONMENT (AGES 0-17)



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

65%

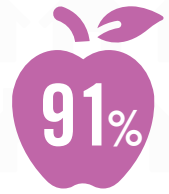


lived in a  
neighborhood  
described as a  
“very” pleasant  
place to walk

80%



families eat  
meals together  
4+ days  
per week



lived in an  
area where it is  
“easy” to get  
to a place that  
sells fruits or  
vegetables

## 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](mailto:nhps_info@nemours.org).

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Prevention Services