

2008 REGIONAL PEDIATRIC HEALTH ASSESSMENT

Your source for pediatric health information



Improving the health status of children is a key component of The Children's Medical Center of Dayton's mission. To help develop meaningful strategies in this area, Dayton Children's evaluates the status of our region's pediatric health through an assessment conducted every three years. Conducted by Professional Research Consultants, Inc. (PRC), and funded by the Dayton Children's Foundation Board, the study helps determine the health status, behavior and needs of children younger than 15 within Dayton Children's service area. The hospital uses the insight from this study to develop initiatives aimed at improving the health and safety of our region's children.

How was the study conducted?

PRC randomly interviewed 600 parents of children younger than 15 years old within Dayton Children's service area including the primary area (Clark, Greene, Miami and Montgomery counties); the northern area (Allen, Auglaize and Shelby counties); and the southern area (parts of Butler and Warren counties) service areas. Telephone surveys covered the following aspects of child's health and safety:

- ▶ Daily life
- ▶ General and mental health status
- ▶ Special health needs
- ▶ Injury
- ▶ Violence
- ▶ Environmental health
- ▶ Safety
- ▶ Nutrition and weight
- ▶ Physical activity
- ▶ Medical care and health care access
- ▶ Health care information sources

Comparisons and conclusions

PRC was able to compare this year's findings to 2002 and 2004* survey data. PRC also provided comparisons to targets provided by *Healthy People 2010: Understanding and Improving Health*, which is part of the Healthy People 2010 initiative sponsored by the US Department of Health and Human Services. Healthy People 2010 outlines a comprehensive, nationwide health promotion and disease prevention agenda. It is designed to serve as a roadmap for improving the health of all people in the United States during the first decade of the 21st century.

*Data was gathered in 2004/2005 and was released in 2005.

SIGNIFICANT FINDINGS

Overall, the health assessment showed kids in this region are basically healthy. In fact, 56 percent of parents said their children experienced no days of poor physical health in the previous month.

While kids were generally healthy, the study pointed to three areas of concern that require increased awareness regarding prevention and treatment.

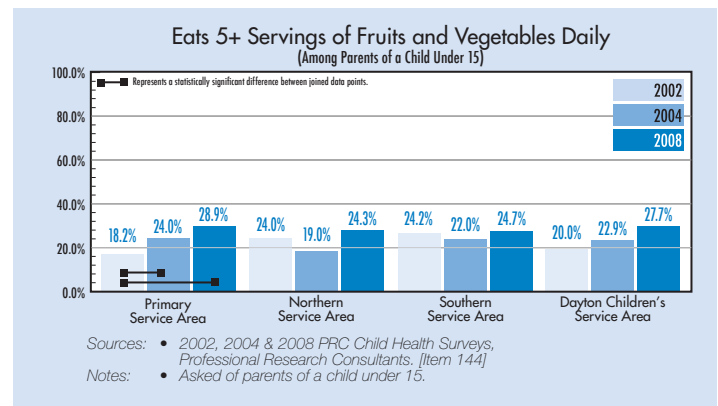
The number of overweight children in the region, the number of children diagnosed with asthma and allergies, and the number of children regularly visiting a dentist when compared to national goals suggest a focus for the region's pediatric health agenda for the coming years.

Perceived number-one health issue facing children

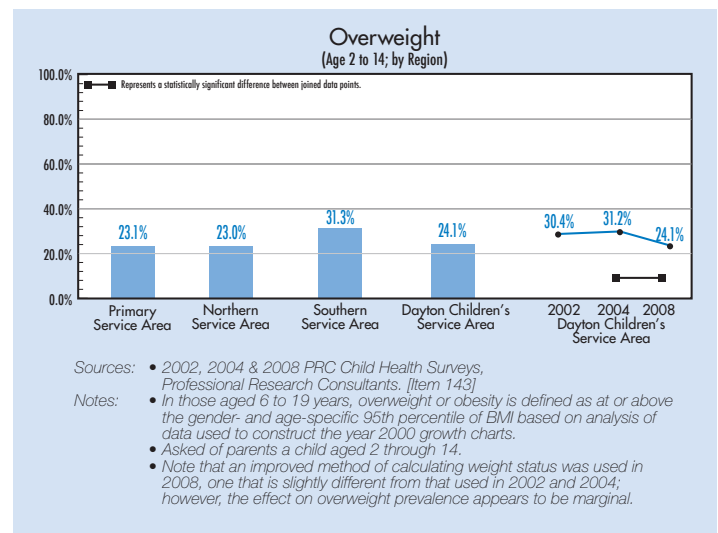
- ▶ Nearly one-fourth (23.5 percent) of respondents identified obesity, nutrition or exercise as the “number-one” community health issue facing area children younger than age 15.
- ▶ In comparison with the 2004 findings, this marks a significant increase in mention of obesity as the number-one health issue.

Nutrition and weight

- ▶ Just over one-fourth of area children (27.7 percent) are reported to eat an average of five or more servings of fruits and/or vegetables per day.



- ▶ According to respondent information, nearly one-fourth (24.1 percent) of children ages 2-14 are overweight.

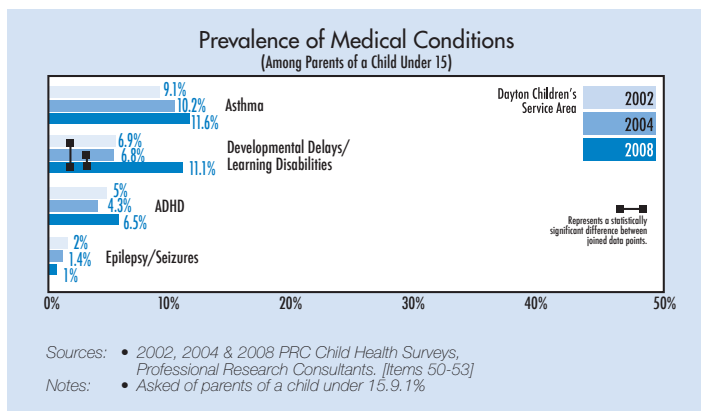


Physical activity

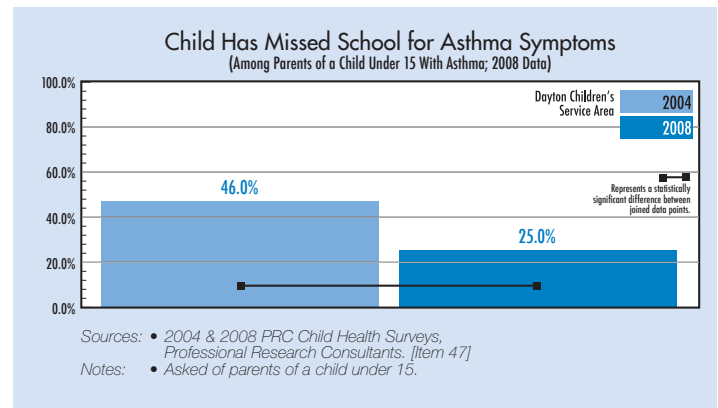
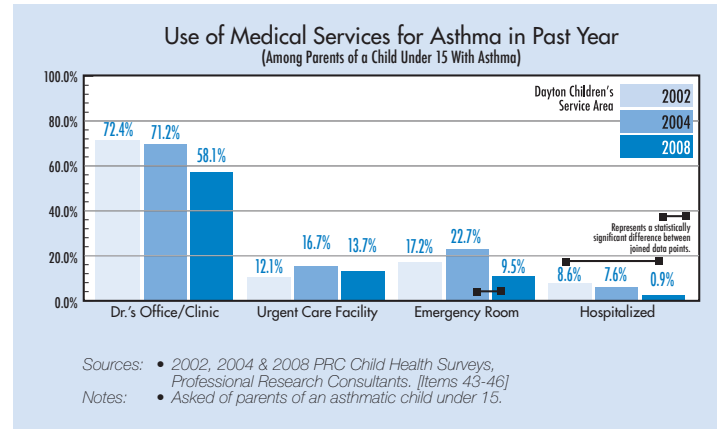
- ▶ Physical activity indicators among children ages 6-14 show that:
 - 73.2 percent currently participate in at least one organized sports activity, such as a school or community sports team.
 - 70.6 percent engage in vigorous physical activity three or more times per week (9.1 percent engage in none).
 - 34.0 percent engage in moderate physical activity five or more times per week (17.6 percent engage in none).
 - 39.6 percent perform exercises designed to tone and strengthen at least once per week.
- ▶ For children ages 6-14, sedentary behaviors on a typical weekday include:
 - 26.7 percent who spend three or more hours watching television
 - 9.0 percent who spend three or more hours playing computer games or using the computer
- ▶ Two-thirds (66.4 percent) of area parents of children ages 6-14 report that their child has physical education (PE) class only one or two times per week.

Special health needs

- ▶ More than one out of 10 area children currently suffer from or have been diagnosed with allergies to airborne substances (13.9 percent), asthma (11.6 percent) or developmental delays/learning disabilities (11.1 percent, a significant increase over 2004 findings).



- ▶ 25 percent of children with asthma and 14.4 percent of children with airborne allergies missed school in the past year because of their condition.



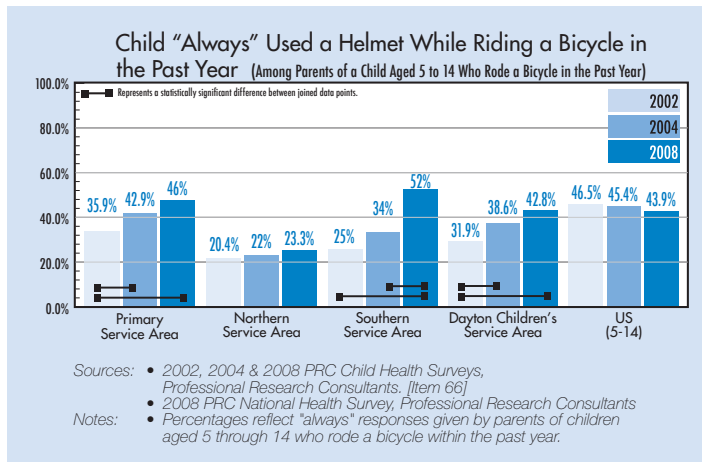
Dental care

- ▶ Nine out of 10 respondents (90.4 percent) report that their child (ages 6-14) has visited a dentist in the past year. These numbers compare unfavorably to the national statistics.
- ▶ Among those needing dental care for their child in the past year, 93 percent of area parents indicate that they were able to receive such care.
- ▶ Two-thirds of respondents report that their child (ages 6-14) brushes his or her teeth at least twice daily. However, 25.1 percent brush only once a day, and 8 percent brush less often or not at all.

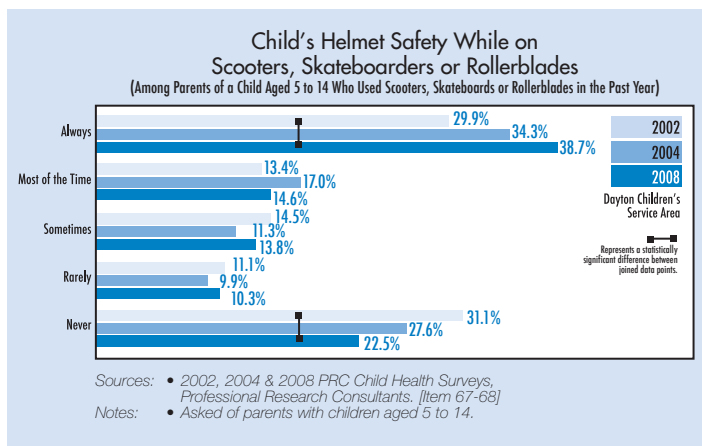
In addition, the report outlines some significant gains regarding smoking and helmet usage, although work is needed to meet nationwide goals.

Helmet usage

- ▶ Of the children ages 5-14 who have ridden a bicycle in the past 12 months, 42.8 percent are reported to have “always” worn a bicycle helmet, compared to 43.9 percent nationally.

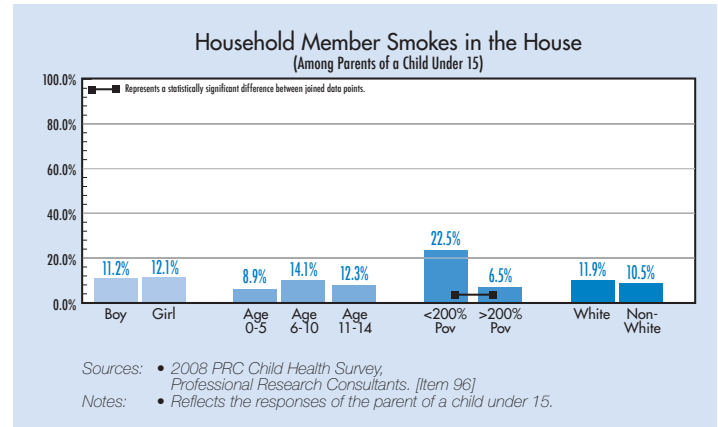


- ▶ 62.9 percent of parents of children ages 5-14 report that their child has ridden a scooter, skateboard or in-line skates in the past year. Among these parents:
 - 38.7 percent report that their child “always” wore a helmet when riding the scooter, skateboard or in-line skates.
 - On the other hand, 32.8 percent report that their child “rarely” or “never” wore a protective helmet.
 - “Always” responses are significantly higher than found in 2002 (and “never” responses are significantly lower).



Environmental health

- ▶ Locally, 11.6 percent of respondents state that a household member smokes in the home. This data is similar to 2004 findings, but significantly better than found in 2002.
- ▶ Healthy People 2010 Objective 27-9: Reduce the proportion of children who are regularly exposed to tobacco smoke at home to 10 percent. (Note that Healthy People 2010 baseline data for this objective reports children age 6 and under.)

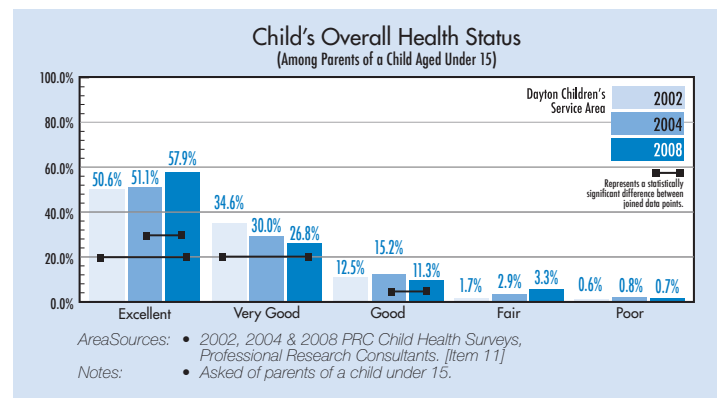


Other health indicators

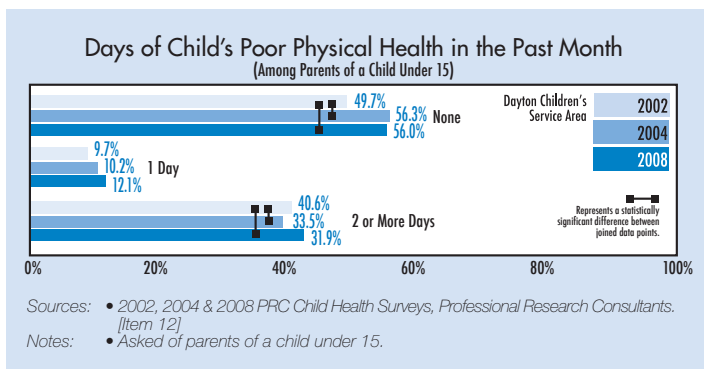
The following section of the assessment provides a summary of additional highlights from the 2008 PRC Child Health Survey. Dayton Children’s will continue to monitor these indicators to obtain a better picture of pediatric health and safety in the hospital’s service area.

General health status

- ▶ A majority (84.7 percent) of area parents perceive their child’s health to be “excellent” or “very good,” an overall improvement since 2004.

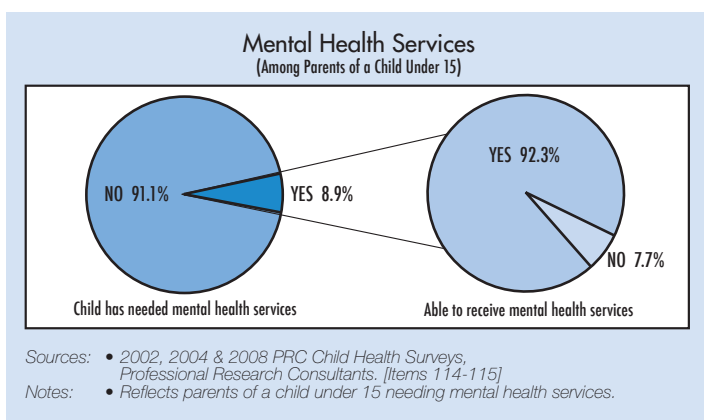


- ▶ Further, 12.1 percent indicated that their child experienced one day of poor physical health last month, while 31.9 percent reported two or more days. These findings were similar to 2004 findings, but have improved since 2002.



Mental health status

- ▶ A very high percentage of respondents (96.7 percent) report that their child's mental health was good "most of the time" in the past month.
- ▶ Most parents (91.1 percent) report that their children have not needed mental health services; however, for those who have, over 90 percent say they were able to get the needed services.



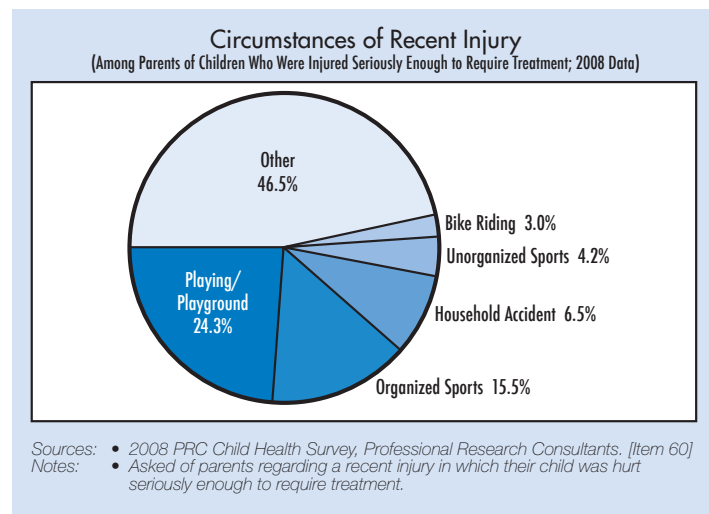
- ▶ One out of five area parents (20.4 percent) reports that their child worries "a lot," and 17.7 percent report that their child has difficulty sleeping
- ▶ A total of 2.5 percent of children are reported to have had a period of two weeks or more in the past year during which they felt so sad or hopeless almost every day that they stopped doing some usual activities.

Lead exposure

- ▶ More than one out of five area parents live in homes that they say were built in or before 1950, putting their children at higher risk of exposure to lead-based paints.
- ▶ In all, 30.7 percent of area children under the age of 7 have been tested for lead poisoning.

Injury

- ▶ A total of 17.7 percent of area children have been injured severely enough in the past two years to require treatment.
- ▶ When asked to describe the circumstances of their child's recent serious injury, the largest share of responses given related to general play and playground accidents (24.3 percent), followed by organized sports activities (15.5 percent), household accidents (6.5 percent), unorganized sports (4.2 percent) and bike riding (3 percent).



Injury control measures include:

- 94.8 percent of children "always" use a car seat or safety belt when riding in a car (all children ages 0-14).
- 86.2 percent of parents have discussed a fire escape plan with their child (among those ages 5-14).
- 64.2 percent have received swimming or water safety instruction, and 35.2 percent are reported to have "excellent" or "very good" swimming skills (all children age 0-14).
- 42.8 percent "always" wear a bicycle helmet (among those age 5-14 who ride bicycles).
- 31.5 percent live in households with a firearm; of these, most parents (82.7 percent) report that their firearms are kept locked.

Violence

- ▶ A total of 92.8 percent of respondents report that their child did not participate in any physical fights in the past year. Only 2.3 percent said that their child avoided going to school at some time in the past month because he or she felt unsafe on the way to or from school or at school.
- ▶ However, 3.4 percent report that their child has witnessed a physical fight involving a family member in the past year.
- ▶ Nearly nine out of 10 area children (88.5 percent) live in neighborhoods that their parents view as “extremely” or “quite” safe.

Medical care

- ▶ Nearly all (97.1 percent) of respondents indicate that their child has a physician’s office or clinic that they visit when in need of regular medical care.
- ▶ 86 percent report that their child has had a routine check-up by a physician in the past year. This statistic compares unfavorably to national findings (92.9 percent).
- ▶ A total of 46.1 percent of area children ages 6-14 have never had an eye exam in which the pupils were dilated.

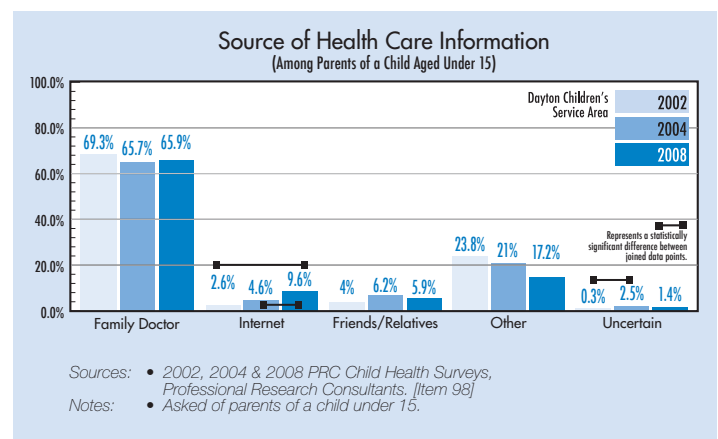
Health care access

- ▶ A total of 5.2 percent of respondents indicate that they have no insurance coverage (neither private insurance nor government-sponsored plans) to pay for their child’s health care expenses.

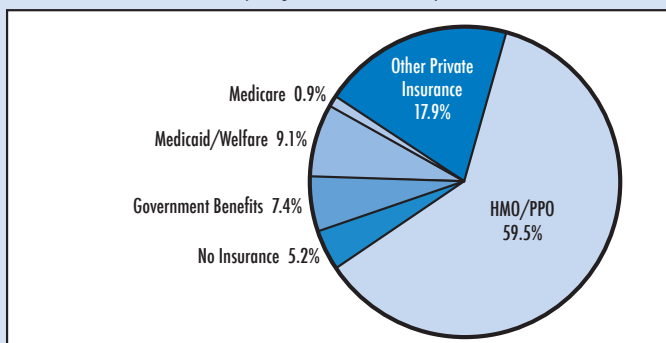
- ▶ Barriers to accessing health care services for children include:
 - 6.1 percent of parents report that the cost of office visits prevented them from taking their child for medical care at some point in the past year.
 - 5.3 percent report that the cost of prescriptions prevented them from obtaining a needed medicine for their child in the past year.
 - 4.8 percent of parents report that difficulty finding a physician prevented a medical visit for their child in the past year.
 - 4.7 percent report that the lack of transportation made it difficult or prevented them from taking their child for medical care at some point in the past year.

Health care information sources

- ▶ A majority of parents rely on their family physician for information about their child’s health care. However, an increasing number of parents rely on the internet for health care information.



Child’s Health Care Insurance Coverage
(Among Parents of Child Under 15)



Sources: • 2008 PRC Child Health Survey, Professional Research Consultants. [Item 150]
Notes: • Asked of parents of a child under 15.

For the complete Regional Pediatric Health Assessment, please visit www.childrensdayton.org.

If you have questions about the information in this report, please contact Dayton Children’s at 937-641-3666.