

KidsHealth KidsPoll—Worry/Stress Poll: Summary of Findings

KidsHealth KidsPoll is a collaboration among the Nemours Foundation/KidsHealth, the Department of Health Education and Recreation at Southern Illinois University--Carbondale, the National Association of Health Education Centers, and participating health education centers. The purpose is to gather information (opinions, attitudes, and feelings etc.) about current health issues from children. The information is gathered using handheld data collection devices from children ages 9 to 13 as they attend classes in the health education centers. The information is shared with educators, caregivers, healthcare organizations, the media and other interested parties at the national and local levels. The goal is to provide insightful information that will enable them to develop programs to help children to make healthy life decisions, prevent disease and injury, and understand their bodies. This poll focused on issues related to what children stress/worry about and how they cope.

Individual Demographics

Individual-level information was collected anonymously from each child who participated.

- o 1004 children

- o 52% girls, 48% boys

- o ages 9-13 (average age 11)

- o 10 centers participated in this poll:
 - Susan P. Byrnes Health Education Center—York, PA
 - Children’s Health Education Center—Milwaukee, WI
 - Robert Crown Center for Health Education—Hinsdale, IL
 - St. Joseph Mercy Health Exploration Station—Canton, MI
 - HealthSpace Cleveland—Cleveland, OH
 - HealthWorks! Kids' Museum—South Bend, IN
 - Health World Children’s Museum—Barrington, IL
 - Ruth Lilly Health Education Center—Indianapolis, IN
 - Alice Aycock Poe Center for Health Education—Raleigh, NC
 - Weller Health Education Center—Easton, PA

School demographics

School-level information was not collected from each child, but is based on statistics for the schools that the children were from. Thirteen groups were from private schools or non-school groups (e.g., girl scout troop); school-level data for these groups were not available and therefore were not included in the school-level analyses.

- 25 schools (12 public)
- Of public schools, 58% White, 14% Black, 25% Hispanic, 3% Asian/Pacific, 0% Native American
 - 46% of the schools had student bodies that were 0-33% Black/Hispanic/ Asian/Native American combined
 - 9% of the schools had student bodies that were 33-67% of these groups
 - 45% of the schools had student bodies that were 67-100% of these groups
- Public schools participating had an average of 46% of their students receiving free or reduced lunch
 - 40% of the schools had 0-33% of their student body qualifying for free or reduced lunch
 - 24% of the schools had 33-67% of their student body qualifying for free or reduced lunch
 - 36% of the schools had 67-100% of their student body qualifying for free or reduced lunch
- The U.S. Census Bureau and Dept of Education use a measure of city size and location called a Metropolitan Statistical Area (MSA). The categories for MSA are:
 - Large city center = center of a MSA city with population >250,000
 - Midsize city center = center of a MSA city with a population <250,000
 - Large city fringe = urban fringe of a large MSA city
 - Midsize city fringe = urban fringe of a midsize MSA city
 - Large town = not within a MSA with a population >25,000
 - Small town = not within an MSA with a population 2,500-25,000
 - Rural outside = not within an MSA with a population <2,500
 - Rural inside = population <2,500, coded rural, with in a census MSA
- Of the participating public schools: 24% large city center, 22% mid-size city center, 21% large city fringe, 13% small town, 6% rural outside MSA, 15% rural inside MSA
- Average school size--652
 - 13% of students from public schools with enrollments of <250
 - 21% of schools had enrollment of 250-500
 - 29% of the schools had enrollment of 500-750
 - 18% of the schools had enrollment of 750-1000
 - 10% of the schools had enrollment of 1000+

8 How often do you stress or worry about school grades ?														
A) never	17	19	14	15	18	15	14	15	13	14	11	13	26	
B) once in a while, but not every month	19	16	21	16	25	20	14	13	20	14	18	26	17	
C) every month, but not every week	11	10	12	11	13	11	11	9	13	6	11	13	11	
D) every week, but not every day	11	12	10	8	10	11	18	11	13	7	15	11	8	
E) every day	42	43	43	50	34	43	43	52	41	59	45	37	38	
	100	100	100	100	100	100	100	100	100	100	100	100	100	
9 When you are stressed or worried about something, what do you usually do?														
A) talk to my parent(s)	25	25	25	33	32	24	24	10	35	31	6	42	13	
B) talk to friends	25	19	33	25	22	27	18	35	20	33	41	24	21	
C) keep my worries to myself	24	24	24	17	23	22	36	30	22	21	30	21	31	
D) do something about what's causing my worries	9	11	7	11	10	9	4	9	10	6	11	10	5	
E) none of the above	17	21	11	14	13	18	18	16	13	9	12	3	30	
	100	100	100	100	100	100	100	100	100	100	100	100	100	
10 If you want to learn more about a topic that is worrying you, which of the following is the best source for that information?														
A) a parent	42	41	44	34	49	51	38	20	100					
B) a teacher	13	13	13	21	16	8	8	16		100				
C) friends	17	15	19	20	13	15	21	21			100			
D) a doctor or nurse	4	4	5	2	8	4	0	5				100		
E) the internet	24	27	19	23	14	22	33	38					100	
	100	100	100	100	100	100	100	100	100	100	100	100	100	

Margin of Error is not reported for this study:

Margin of Error is a measure of how precise a reported proportion is within the population represented by the sample. It is a calculation based on the proportion, the confidence level and the sample size. The larger the sample size the smaller the margin of error. Margin of error relies on two primary assumptions: 1) the distribution within the population is normal--with large sample sizes this can usually be assumed; and 2) that the sample is representative (i.e., random). Our survey cannot be considered random; therefore, we do not report a margin of error.

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