KidsHealth® KidsPoll – What Do Kids Worry About? Summary Tables--Descriptive Statistics

The KidsHealth® KidsPoll is 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 (NAHEC), and participating health education centers. The purpose is to gather information (opinions, attitudes, and feelings, etc.) from children about current health issues. The information is gathered via 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, health care organizations, the media, and other interested parties at national and local levels. The goal is to provide insightful information that will enable them to develop programs to help kids make healthy life decisions, prevent disease and injury, and understand their bodies. This poll focused on what kids worry about.

Individual Demographics

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

- 1,154 children
- 49% girls, 51% boys
- 9 to 13 (average age 11.1) (9=10%, 10=25%, 11=29%, 12=16%, 13=20%)
- 9 centers participated in this poll:

  - **Children's Health Education Center – Milwaukee, WI**
  - **Robert Crown Health Education Center – Chicago, IL**
  - **Health World Children's Museum – Barrington, IL**
  - **Hult Health Education Center – Peoria, IL**
  - **Kansas Learning Center – Halstead, KS**
  - **McMillen Center for Health Education – Ft. Wayne, IN**
  - **Ruth Lilly Health Education Center – Indianapolis, IN**
  - **Saint Joseph Mercy Health Exploration Station – Canton, MI**
  - **Weller Health Education Center – Easton, PA**

School Demographics

School-level information was not collected from each child but is based on statistics for the kids' schools.

- 25 schools
- Student participating came from schools that averaged: 65% White, 21% Black, 9% Hispanic, 4% Asian/Pacific, 1% Native American
  - 55% of students were from schools that had student bodies that were 0% to 33% Black/Hispanic/Asian/Native American combined
  - 29% of students were from schools that had student bodies that were 33% to 67% of these groups
  - 16% of students were from schools that had student bodies that were 67% to 100% of these groups
- Students came from schools with an average of 37% of the students qualifying for free or reduced lunch
  - 52% of students were from schools that had 0% to 33% of their student body qualifying for free or reduced lunch
  - 42% of students were from schools that had 33% to 67% of their student body qualifying for free or reduced lunch
  - 6% of students were from schools that had 67% to 100% of their student body qualifying for free or reduced lunch

The U.S. Census Bureau and Dept of Education use measures of city size and location called Core Based Statistical Area (CBSA) and Consolidated Statistical Area (CSA). The categories are:

- *Large city center = center of a CBSA or CSA city with population >250,000*
- *Midsize city center = center of a CBSA or CSA city with a population <250,000*
- *Large city fringe = urban fringe of a large CBSA or CSA city*
- *Midsize city fringe = urban fringe of a midsize CBSA or CSA city*
- *Large town = not within a CBSA or CSA with a population >25,000*
- *Small town = not within an CBSA or CSA with a population 2,500-25,000*
- *Rural outside = not within an CBSA or CSA with a population <2,500*

- The percentage of students from schools in each locale were: 27% large city center, 14% midsize city center, 32% large city fringe, 9% midsize city fringe, and 18% ru
- Average school size – 545
  - 3% of students came from schools with an enrollment of 0-300
  - 70% of students came from schools with an enrollment of 300-600
  - 18% of students came from schools with an enrollment of 600-900
  - 9% of students came from schools with an enrollment of 900+

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(patterns of differences that are statically significant (X2; p<0.05) are highlighted in yellow)

	total	gender		age					best source of information			
		boys	girls	9	10	11	12	13	parent	friend	web	adult
1 How often do you worry about **the environment**?												
A) almost never	19	21	15	14	12	18	24	26	14	16	44	15
B) a little	50	48	55	53	49	48	54	51	53	55	31	52
C) a lot	21	23	19	18	25	25	13	19	21	22	17	28
D) almost all the time	10	8	11	15	14	9	9	4	12	7	8	5
	100	100	100	100	100	100	100	100	100	100	100	100
2 How often do you worry about **schoolwork, tests, or grades**?												
A) almost never	9	12	5	11	10	7	8	8	6	6	26	5
B) a little	14	16	12	13	14	15	13	17	13	17	8	12
C) a lot	40	37	44	36	43	36	44	42	41	42	28	42
D) almost all the time	37	35	39	40	33	42	35	33	40	35	38	41
	100	100	100	100	100	100	100	100	100	100	100	100
3 How often do you worry about **your looks or appearance**?												
A) almost never	13	20	7	24	18	13	7	9	13	10	19	10
B) a little	24	28	20	26	25	23	26	23	30	17	12	19
C) a lot	26	23	28	25	21	25	25	29	25	31	13	37
D) almost all the time	37	29	45	25	36	39	42	39	32	42	56	34
	100	100	100	100	100	100	100	100	100	100	100	100
4 How often do you worry about **your friends and their problems**?												
A) almost never	14	18	10	20	9	15	13	18	12	7	30	18
B) a little	29	34	23	22	28	29	27	33	31	28	22	28
C) a lot	33	33	35	31	35	34	37	30	35	38	24	35
D) almost all the time	24	15	32	27	28	22	23	19	22	27	24	19
	100	100	100	100	100	100	100	100	100	100	100	100
5 How often do you worry about the **health of someone you love**?												
A) almost never	4	4	3	4	3	2	3	7	1	4	18	2
B) a little	10	12	8	6	6	11	10	15	7	12	8	17
C) a lot	31	30	32	34	31	33	28	31	34	34	20	17
D) almost all the time	55	54	57	56	60	54	59	47	58	50	54	64
	100	100	100	100	100	100	100	100	100	100	100	100
6 How often do you worry about **your future**?												
A) almost never	8	8	8	9	7	9	3	12	5	8	19	8
B) a little	16	14	18	21	12	15	17	20	18	14	9	18
C) a lot	33	32	35	33	39	33	33	27	35	35	28	20
D) almost all the time	43	46	39	37	42	43	47	41	42	43	44	54
	100	100	100	100	100	100	100	100	100	100	100	100

7	How often do you worry about **war or terrorism**?												
	A) almost never	19	19	19	19	13	19	19	29	15	18	35	22
	B) a little	31	30	32	17	26	36	36	33	31	35	22	24
	C) a lot	25	24	26	34	28	22	23	25	28	24	23	22
	D) almost all the time	25	27	23	30	33	23	22	13	26	23	20	32
		100	100	100	100	100	100	100	100	100	100	100	100
8	How often do you worry about **making mistakes or messing up**?												
	A) almost never	11	13	8	21	6	11	8	13	7	9	26	8
	B) a little	28	31	26	23	34	27	26	29	30	27	27	28
	C) a lot	35	38	32	32	32	34	41	36	37	37	26	37
	D) almost all the time	26	18	34	24	28	28	25	22	26	27	22	27
		100	100	100	100	100	100	100	100	100	100	101	100
9	When you are worried about something, what do you **most often** do?												
	A) talk to my parent(s)	23	24	23	27	35	22	16	14	37	11	14	18
	B) talk to a friend	25	16	36	25	19	28	25	31	19	43	14	22
	C) try to fix it or make it better	20	23	17	14	18	20	24	23	21	21	15	27
	D) try to think about something else	14	15	11	17	14	13	11	12	12	15	6	18
	E) none of these	18	22	13	17	14	17	24	20	11	10	51	15
		100	100	100	100	100	100	100	100	100	100	100	100
10	If you want to figure out what to do about something that is worrying you, where would you **first** go for information or advice?												
	A) a parent	50	53	47	55	61	53	41	39	100			
	B) a friend	28	22	34	21	21	28	34	35		100		
	C) a website	5	6	4	7	5	4	5	6			100	
	D) another adult	4	4	4	2	4	3	5	5				100
	E) none of these	13	15	11	15	9	12	15	15				
		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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