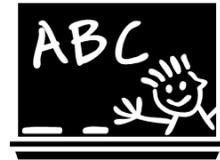


# Health Conditions Per 100 U.S. Students

2011 Update



**COLOR KEY**

See reverse for more information

- |  |   |   |  |
|--|---|---|--|
|  Asthma       |  Hearing Loss        |  Autism Spectrum Disorders |  Mental/Emotional Disorders |
|  Food Allergy |  Vision Deficiencies |  Teen Pregnancy            |  Threatened by Weapon       |
|  Seizure      |  Obesity             |  Tobacco use               |  Access to Health Care      |

## ASTHMA

Approximately **10%** of school-aged children have asthma<sup>1</sup>. Asthma is responsible for 13 million missed school days each year.<sup>2</sup> In schools with full time nurses, African-American students missed significantly fewer schools days than children in school with part time nurses.<sup>3</sup>

## FOOD ALLERGY

The prevalence of food allergy among children under age 18 increased 18% from 1997-2007, with **3.9%** of children reported to have a food or digestive allergy in the previous 12 months.<sup>4</sup> In a survey of school epinephrine administration, approximately 25% of recipients had no previous diagnosis.<sup>5</sup>

## SEIZURE DISORDER

By 16 years of age, **0.4% to 0.7%** of children will have developed epilepsy.<sup>6</sup>

## HEARING LOSS

One to 3 out of every 1,000 children is born with hearing loss. Among adolescents, **4.6%** aged 12 to 18 years have elevated hearing thresholds in high frequencies (3, 4, or 6 kHz), in both ears, signifying noise-induced hearing loss.<sup>7</sup>

## VISION DEFICIENCIES

Over **13%** of individuals 12 years and older had uncorrected refractive errors in 2005–08.<sup>8</sup>

## OBESITY

Almost 32% of children 2-19 years old are overweight at or above the 85<sup>th</sup> percentile and at risk for developing health problems, **16.9%** of whom are obese, at or above the 95<sup>th</sup> percentile. The incidence of obesity has doubled for 2-5 year olds in the last 30 years, tripled among 6 to 11 year olds, and more than tripled among 12-19 year olds.<sup>9</sup> Approximately one in every 500 children and adolescents has type 1 or type 2 diabetes (0.2%).<sup>10</sup>

## AUTISM SPECTRUM DISORDERS (ASD)

It is estimated that between 1 in 80 and 1 in 240 with an average of **1 in 110** children in the United States have an ASD.<sup>11</sup> Approximately 13% of children have a developmental disability, ranging from mild disabilities such as speech and language impairments to serious developmental disabilities, such as intellectual disabilities, cerebral palsy, and autism.<sup>12</sup>

## TEEN PREGNANCY

A total of 409,840 infants were born to 15–19 year olds in 2009, for a live birth rate of **39.1 per 1,000** women in this age group.<sup>13</sup>

## TOBACCO USE

In 2009, 19.5% of students (**5.1% on school property**) had smoked cigarettes on at least 1 day during the 30 days before the survey.<sup>14</sup>

## MENTAL / EMOTIONAL DISORDERS

A recent study reports the overall prevalence of mental/emotional disorders with severe impairment and/or distress was **22.2%**.

Approximately one in every four to five youth in the U.S. meets criteria for a mental disorder with severe impairment across a life-time.<sup>15</sup>

This same study reported an ADHD prevalence of 4%, although the most recent parent-reported prevalence of ADHD was 9.5%.<sup>16</sup>

## THREATENED BY WEAPON

According to the 2009 YRBS Survey, **7.7%** of students had been threatened or injured with a weapon (e.g., a gun, knife, or club) on school property one or more times during the 12 months before the survey. 19.9% of students had been bullied on school property during the 12 months before the survey.<sup>14</sup>

## ACCESS TO HEALTH CARE

In 2008, **10%** of children lacked health insurance coverage at any time during the year.<sup>17</sup>

The chart on the reverse side depicts the prevalence of some common health concerns in children and youth, and is **not** meant to imply that every student has a health concern. Instead, it illustrates that for every 100 U.S. students, there are likely 100 health concerns that would benefit from onsite management by a school nurse. Overall, 15 to 18% of children and adolescents have some sort of chronic health condition; nearly half of whom could be considered disabled.<sup>18</sup> School nurses are extensions of the public health system, assisting many children not served by the traditional health care system, and a vital component of the care of children with chronic health conditions and disabilities. Even in the absence of chronic health conditions, **all students benefit** from having a full time Professional Registered Nurse to provide immunization and communicable disease monitoring; health screenings such as hearing and vision; health education and promotion; and episodic care of student illness and injury. The literature shows a higher nurse-to-student ratio is related to better attendance rates.<sup>19</sup> **Healthy People 2020 recommends one registered nurse per every 750 regular education students.** Only, 40.6 percent of all elementary, middle, and senior high school had a nurse-to-student ratio of at least 1:750 in 2006.<sup>20</sup>

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