Five-Year Trends in US Children’s Health and Well-being, 2016-2020

Access to Mental Health Services · https://bridges4mentalhealth.org/hub/access-to-mental-health-services/five-year-trends-in-us-childrens-health-and-well-being-2016-2020/

This study analyzed national survey data from 2016–2020 and found concerning trends in U.S. children’s health, including significant increases in anxiety (up 29%) and depression (up 27%), along with declines in physical activity and caregiver mental health and coping.

The COVID-19 pandemic was associated with additional challenges, including increased behavioral problems, reduced preventive health care visits, and more unmet health needs, alongside greater family stress and child care disruptions affecting employment.

Overall, the findings highlight growing mental health and well-being concerns among children and families and underscore the need for policy, clinical, and programmatic investments to improve access to care and support family stability.

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