Trends in Mental, Behavioral, and Developmental Disorders Among Children and Adolescents in the US, 2016–2021

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This CDC study examines trends in mental, behavioral, and developmental disorders among U.S. children from 2016 to 2021, finding that prevalence increased from 25.3% to 27.7%, with notable rises in anxiety, depression, learning disabilities, and developmental delays.

The findings also highlight ongoing gaps in access to care, with unmet health care needs increasing and about 40% of children with these conditions not receiving services in a given year.

The report underscores the need for improved pediatric mental health training, expanded access to services, and policies that address economic stability and social factors affecting children’s mental health and well-being.

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