

# National Health Interview Survey – Teen (NHIS-Teen): First Findings

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**NHIS–Teen**

Health data **about**  
**teens from teens**



# Background & Methods



# Challenges to the Teenager Survey Landscape

1

There is a dearth of surveys on the health of teenagers in the United States, both self-reported and parent-reported

2

Surveys which rely on parental report for teenage health have greater measurement error on items parents are less knowledgeable about

3

Few adolescent self-reported health surveys are linked to robust parent-reported data



# National Health Interview Survey – Teen (NHIS-Teen)

*From the NCHS Division of Health Interview Statistics*

- Open to all teenagers 12-17 years of age whose parents completed NHIS Sample Child Interview and provided permission
- Launched July 1<sup>st</sup>, 2021
- 95 questions long, approximately 15 minutes to complete
- 18-month and 30-month data releases

# National Health Interview Survey – Teen (NHIS-Teen)

*From the NCHS Division of Health Interview Statistics*

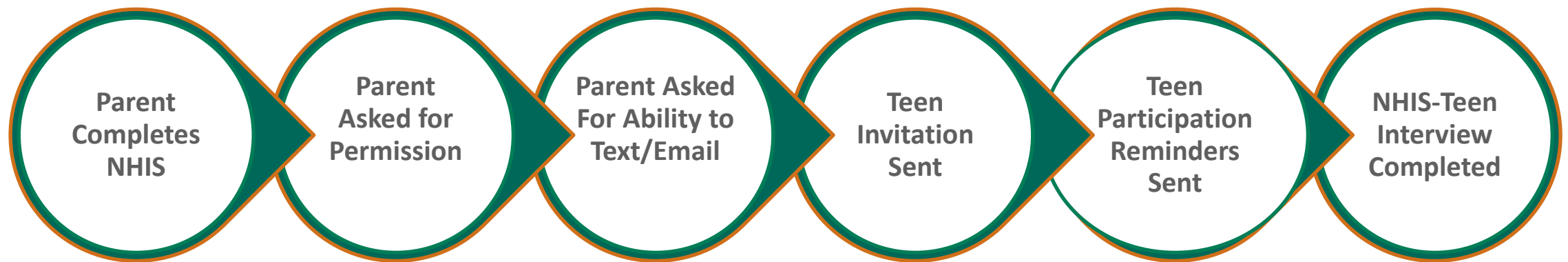
## Major topic areas

- Physical activities and sleep
- Injuries
- Mental health
- Social and emotional supports
- Doctor visits and content of care
- Meditation and yoga
- Stressful life events
- Bullying and discrimination

# NHIS-Teen: Recruitment and Consenting

NHIS Sample Child Interview

NHIS-Teen



# Permission and Participation Rates (30-months)\*

## ■ Parents were open to providing permission

- Approximately 6 in 10 parents gave permission for their teen to be invited to NHIS-Teen
- Parents were more likely to provide permission in-person than over the phone

**Approximately half of parents agreed to let their teenager be contacted by e-mail and/or text**

## ■ Teens were interested in the survey

- Almost half of all teens invited to NHIS-Teen completed the survey (~46%)
- Teenagers were more likely to participate when parents completed the NHIS over the phone

**Teens were equally likely to complete the survey over their phone or computer**

\*Survey remains open through March 31<sup>st</sup> which may impact final rates

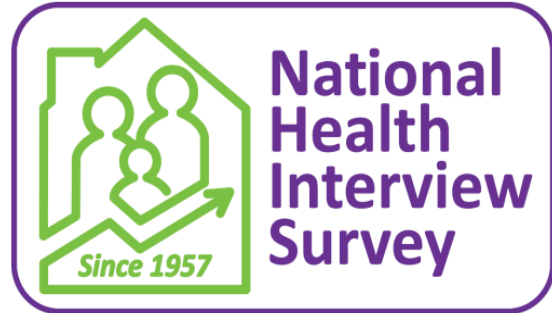
# NHIS-Teen Statistics (30-months)\*

- **Median interview length:** 15 minutes
- **Completion rate:** 96%
- **Average item non-response:** 0.8% (<0.1% - 3.6%)
- **Average time to submit:** 14 days

\*Survey remains open through March 31<sup>st</sup> which may impact final NHIS-Teen statistics



# Methodology and Weighting Reports (18-month)



## Methodology Report for the 2021-2022 National Health Interview Survey – Teen 18-month File

Benjamin Zablotzky, Lindsey I. Black, Amanda E. Ng, Jonaki Bose, Jessica Jones,  
Aaron Maitland, and Stephen J. Blumberg

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Centers for Disease Control and Prevention  
U.S. Department of Health and Human Services

September 2023

U.S. Department of Health and Human Services • Centers for Disease Control and Prevention • National Center for Health Statistics



## Weighting Procedures and Bias Assessment for the 2021-2022 National Health Interview Survey – Teen 18-month File

Matthew D. Bramlett, Lindsey Black, Benjamin Zablotzky, and James M. Dahlhamer

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U.S. Department of Health and Human Services

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U.S. Department of Health and Human Services • Centers for Disease Control and Prevention • National Center for Health Statistics


# **Interactive Summary Health Statistics for Teens: An Overview**

An abstract geometric pattern consisting of thin white lines connecting small white dots, creating a network-like structure. This pattern is set against a dark teal background and is positioned on the right side of the slide, partially overlapping the text.

# National Center for Health Statistics

## Interactive Summary Health Statistics for Teens

Interactive Summary Health Statistics for Teens provide estimates of selected health topics for youth aged 12-17 years based on final data from the National Health Interview Survey— Teen. Estimates can be grouped by characteristics such as age, race, or sex by clicking on the "Group by" dropdown menu.

After you select the available health topics, the table will automatically be updated. The data can be viewed as a plot under the "Charts" tab, with line graphs for trends over time (when available) and grouped bar graphs for the cross-sectional view. The "Technical Notes" tab displays links to technical documentation on the measures and methodology used to produce the estimates. The generated table and graph can be downloaded with the download button  under each tab. To view the Korn-Graubard confidence intervals, select the "95% confidence intervals" checkbox.



Select topic:

Show 95% confidence intervals

Select data view:  
 Single time period

Eighteen month average:

Group by:

Table |  Charts |  Technical Notes

### Percentage of teens aged 12-17 years who were ever bullied in the past 12 months, United States, July 2021-December 2022

Year	Bullied
July 2021-December 2022	33.5 (30.1, 37.1)

### Notes

#### Bullied

Based on the question, "During the past 12 months, how often were you bullied, picked on, or excluded by other youth?" Response options were, "Never in the past 12 months; 1-2 times in the past 12 months; 1-2 times per month; 1-2 times per week; Almost every day." Estimates presented are based on responses of, "1 - 2 times in the past 12 months; 1-2 times per month; 1-2 times per week; Almost every day."

Data from NHIS-Teen are from survey participants aged 12-17 years who were originally randomly selected as the NHIS Sample Child respondent. NHIS-Teen participants complete a self-administered questionnaire about their own health, whereas a parent or adult who is knowledgeable about and responsible for the health care of the Sample Child

**Bullying**

- Bullied
- Bullied others
- Electronically bullied
- Electronically bullied others

**Stressful life events**

- Death of a parent or guardian
- Divorced or separated parents
- Victim or witness of neighborhood violence
- Incarcerated parents
- Household member with mental illness
- Household member with substance abuse
- Experienced emotional abuse
- Unmet basic needs
- Experienced discrimination due to race or ethnic group**
- Experienced discrimination due to sexual orientation or gender identity

**Social and emotional supports**

- Social and emotional support
- Peer support
- Parent support

Experienced discrimination due to race or ethnic group

Show 95% confidence intervals

**Select data view:**

Single time period

**Eighteen month average:**

July 2021-December 2022

**Group by:**

Total

html

# ics for Teens

health topics for youth aged 12-17 years based on grouped by characteristics such as age, race, or sex

ed. The data can be viewed as a plot under the and bar graphs for the cross-sectional view. The s and methodology used to produce the estimates. under each tab. To view the Korn-Graubard



[Charts](#)

[Technical Notes](#)

Percentage of teens aged 12-17 years who ever experienced discrimination due to race or ethnic group, United States, July 2021-December 2022


Year	Experienced discrimination due to race or ethnic group
July 2021-December 2022	18.4 (15.6, 21.5)

## Notes

Experienced discrimination due to race or ethnic group

Based on the question, "Has anyone ever treated or judged you unfairly because of your race or ethnic group?"

Interactive Summary Health Statistics for Teens provide estimates of selected health topics for youth aged 12-17 years based on final data from the National Health Interview Survey— Teen. Estimates can be grouped by characteristics such as age, race, or sex by clicking on the "Group by" dropdown menu.

After you select the available health topics, the table will automatically be updated. The data can be viewed as a plot under the "Charts" tab, with line graphs for trends over time (when available) and grouped bar graphs for the cross-sectional view. The "Technical Notes" tab displays links to technical documentation on the measures and methodology used to produce the estimates. The generated table and graph can be downloaded with the download button  under each tab. To view the Korn-Graubard confidence intervals, select the "95% confidence intervals" checkbox.



- Demographic Characteristics**
  - Total
  - Sex
  - Sexual or gender minority
  - Age
  - Hispanic ethnicity
  - Race
  - Number of residential parents
  - Disability status
  - Any developmental disability**
- Geographic Characteristics**
  - Urbanicity
  - Region
- Socio-economic Status**
  - Parental education
  - Family income
  - Health insurance coverage
- Any developmental disability ▼
- Select Levels ▼

 **Table**       **Charts**       **Technical Notes**

### Percentage of teens aged 12-17 years who were ever bullied in the past 12 months, United States, July 2021-December 2022

Year	Any developmental disability	No developmental disability
July 2021-December 2022	46.1 (37.3, 55.1)	30.4 (26.5, 34.5)

### Notes

#### Bullied

Based on the question, "During the past 12 months, how often were you bullied, picked on, or excluded by other youth?" Response options were, "Never in the past 12 months; 1-2 times in the past 12 months; 1-2 times per month; 1-2 times per week; Almost every day."

#### Any developmental disability

Based on the Sample Child interview. Children were considered to have a developmental disability if they were diagnosed with one or more of the five selected developmental disabilities: Attention Deficit Disorder (ADD) or

Experienced discrimination due to race or ethnic group

Show 95% confidence intervals

Select data view:

Single time period

Eighteen month average:

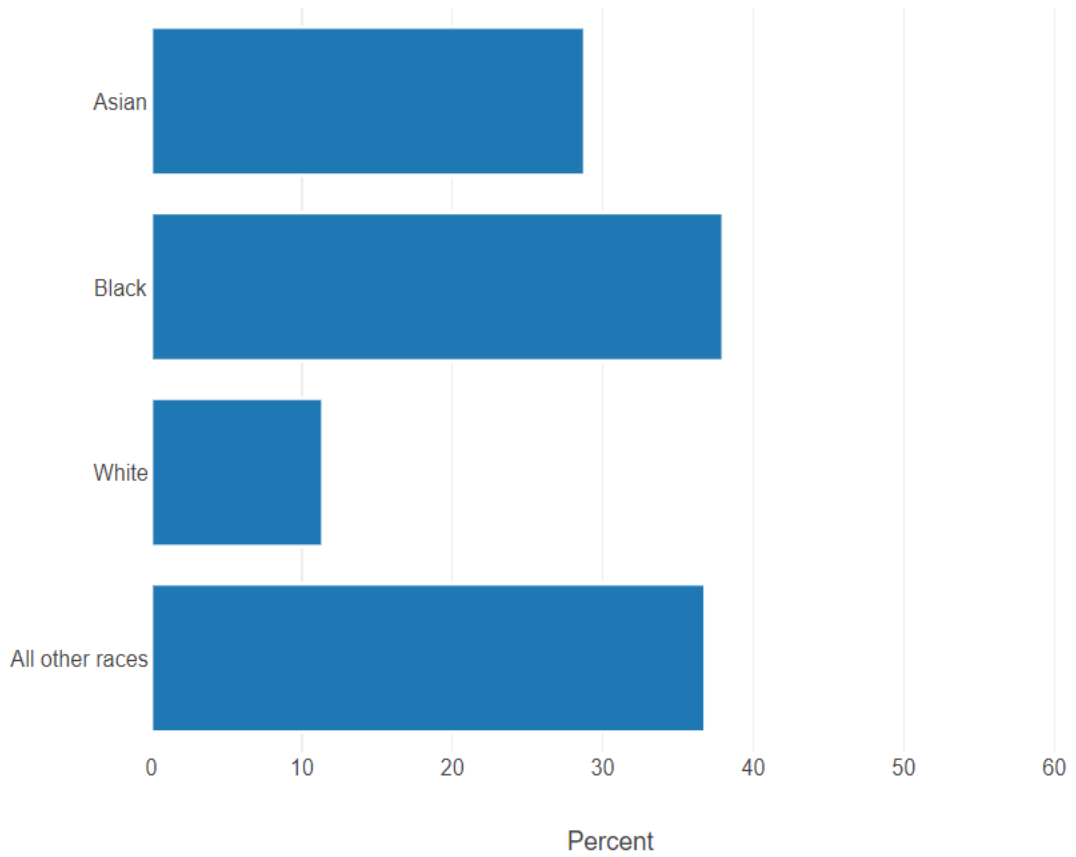
July 2021-December 2022

Group by:

Race

Select Levels

Percentage of teens aged 12-17 years who ever experienced discrimination due to race or ethnic group, United States, July 2021-December 2022





### Select data view:

Single time period

### Eighteen month average:

July 2021-December 2022 ▼

### Group by:

Total ▼

## 2021-December 2022

Year	Social and emotional support
July 2021-December 2022	58.0

## Notes

### Social and emotional support

Based on the question, "How often do you get the social and emotional support you need?" Response options were, "Always; Usually; Sometimes; Rarely; Never."

Data from NHIS-Teen are from survey participants aged 12-17 years who were originally randomly selected as the NHIS Sample Child respondent. NHIS-Teen participants complete a self-administered questionnaire about their own health, whereas a parent or adult who is knowledgeable about and responsible for the health care of the Sample Child completes the NHIS Sample Child Interview. Estimates presented here are based on data from the NHIS-Teen interview with selected sociodemographic characteristics based on data from the parent interview during the NHIS Sample Child interview. Unless otherwise noted, unknowns were not included in the denominators when calculating percentages. Two-sided 95% confidence intervals are calculated using the Clopper-Pearson method adapted for complex surveys by Korn and Graubard. For more information on the data source, methods, and definitions used for this table, refer to Technical Notes for Interactive Summary Health Statistics for Teens ([available from: https://www.cdc.gov/NHISDataQueryTool/SHS\\_teen/SHS\\_Tech\\_Notes.pdf](https://www.cdc.gov/NHISDataQueryTool/SHS_teen/SHS_Tech_Notes.pdf))

## Suggested citation

National Center for Health Statistics. Percentage of teens aged 12-17 years who always or usually received social and emotional support in the past 12 months, United States, July 2021—December 2022. National Health Interview Survey. Generated interactively: Aug 15 2023 from [https://wwwndev.cdc.gov/NHISDataQueryTool/NHIS\\_TEEN/index.html](https://wwwndev.cdc.gov/NHISDataQueryTool/NHIS_TEEN/index.html)



More than **1 in 5** teens  
have **experienced**  
**symptoms of anxiety**  
in the past 2 weeks








**1 in 3 teens** were  
**bullied** in the  
past 12 months





Only **half** of **teens**  
report feeling **well-rested**  
most or every day



# Next Steps



# Data Collection and Report Preparation

- Survey closes to teens on March 31<sup>st</sup> 2024
- Development of 30-month sampling weight
- Update data query tool
- Final methodological report
  - Paper questionnaires
  - Faster mailings

# NHIS-Teen Research Objectives



Determine the feasibility of  
teenager-report and online  
data collection



Produce nationally  
representative estimates of  
teenager health



Evaluate concordance  
between parent and  
teenager-report

# Current Dissemination Efforts

## ■ Publications

- Internal Reports (e.g. National Health Statistics Reports, NCHS Data Briefs)
- Journal Articles

## ■ Presentations

- Webinars
- Papers at conferences

## ■ Websites

- Interactive Dashboard
- NHIS-Teen webpage

**“Perceived Social and Emotional Support Among Teenagers: United States, July 2021-December 2022”**

**“The Association Between Screentime and Sleep Problems Among Teenagers: Findings from the 2021-2022 National Health Interview Survey-Teen”**

**“Transition from Pediatric to Adult Care: Perspectives from a National Survey of Teens”**

# Accessing NHIS-Teen Data (1):



**Dashboard**



**Research Data Center**

**For more information on the RDC:**

<https://www.cdc.gov/rdc/index.htm>

# Accessing NHIS-Teen Data (2):

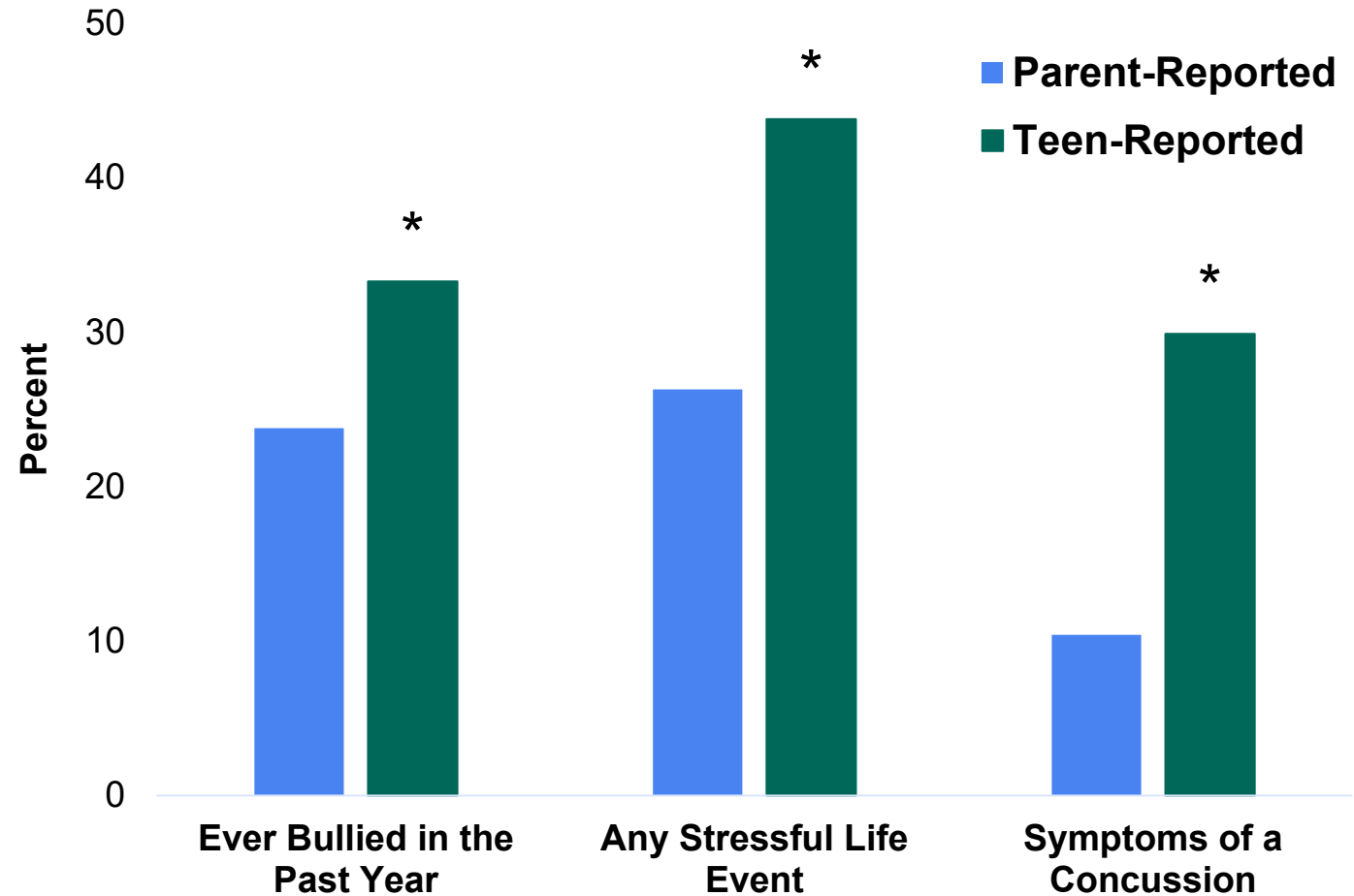


**Collaborate with us!**

**“Parent-Teen Concordance of Stressful Life Events in a National Sample of Teenagers”**

**“Prevalence and Concordance of Traumatic Brain Injuries Among U.S. Teenagers Using a National Survey”**

**“Parent-Teen Concordance of Bullying in a National Sample of Teenagers”**



\* Significantly different from parent-report ( $p < .05$ )



# Take Home Messages

- Early findings underscore the importance of a surveillance system exclusive to teenagers
- Harnessing the sampling frame of the NHIS improves response rates
- A web-based design is appealing to teenagers
- An interactive dashboard is a powerful tool to enhance data accessibility

# Questions for the BSC

- What are additional ways to disseminate findings from NHIS-Teen?
  - How do we reach the broadest audience possible?
- What are the most pressing topic areas moving forward in the adolescent health landscape?
  - What data gaps still remain, or will possibly develop?

# Contact

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**For more information:**

<https://www.cdc.gov/nchs/nhis/teen.htm>

**Interactive Summary Health Statistics for Teens:**

[https://wwwn.cdc.gov/NHISDataQueryTool/NHIS\\_teen/index.html](https://wwwn.cdc.gov/NHISDataQueryTool/NHIS_teen/index.html)