

Data Brief 381. Mental Health Treatment Among Children Aged 5–17 Years: United States, 2019

Data table for Figure 1. Percentage of children aged 5–17 years who had received any mental health treatment, taken medication for their mental health, or received counseling or therapy from a mental health professional in the past 12 months, by age group: United States, 2019

Mental health treatment and age group (years)	Percent (95% CI)	Standard error
Any mental health treatment		
Total	13.6 (12.7–14.6)	0.47
5–11	10.8 (9.6–12.2)	0.64
12–17	16.8 (15.3–18.3)	0.74
Took medication		
Total	8.4 (7.7–9.2)	0.39
5–11	6.2 (5.2–7.4)	0.54
12–17	10.9 (9.8–12.1)	0.59
Received counseling or therapy		
Total	10.0 (9.2–10.9)	0.41
5–11	7.8 (6.9–8.9)	0.51
12–17	12.5 (11.2–13.8)	0.66

NOTES: Children were considered to have received any mental health treatment if they were reported to have taken medication for their mental health, received counseling or therapy from a mental health professional, or both in the past 12 months. Estimates are based on household interviews of a sample of the U.S. civilian noninstitutionalized population. Confidence intervals (CIs) are calculated using the Korn–Graubard method for complex surveys.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2019.

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Data table for Figure 2. Percentage of children aged 5–17 years who had received any mental health treatment, taken medication for their mental health, or received counseling or therapy from a mental health professional in the past 12 months, by sex: United States, 2019

Mental health treatment and sex	Percent (95% CI)	Standard error
Any mental health treatment		
Boys	14.8 (13.5–16.2)	0.69
Girls	12.4 (11.2–13.7)	0.63
Took medication		
Boys	9.8 (8.7–11.1)	0.60
Girls	7.0 (6.1–8.0)	0.48
Received counseling or therapy		
Boys	10.3 (9.2–11.5)	0.59
Girls	9.7 (8.7–10.9)	0.55

NOTES: Children were considered to have received any mental health treatment if they were reported to have taken medication for their mental health, received counseling or therapy from a mental health professional, or both in the past 12 months. Estimates are based on household interviews of a sample of the U.S. civilian noninstitutionalized population. Confidence intervals (CIs) are calculated using the Korn–Graubard method for complex surveys.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2019.

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Data table for Figure 3. Percentage of children aged 5–17 years who had received any mental health treatment, taken medication for their mental health, or received counseling or therapy from a mental health professional in the past 12 months, by race and Hispanic origin: United States, 2019

Mental health treatment and race and Hispanic origin	Percent (95% CI)	Standard error
Any mental health treatment		
Hispanic	9.2 (7.7–10.8)	0.78
Non-Hispanic white	17.7 (16.3–19.2)	0.72
Non-Hispanic black	8.7 (6.6–11.3)	1.15
Took medication		
Hispanic	4.7 (3.6–5.9)	0.57
Non-Hispanic white	11.4 (10.2–12.7)	0.61
Non-Hispanic black	5.6 (3.9–7.6)	0.90
Received counseling or therapy		
Hispanic	7.6 (6.2–9.2)	0.73
Non-Hispanic white	12.4 (11.2–13.7)	0.62
Non-Hispanic black	6.9 (5.0–9.3)	1.04

NOTES: Children were considered to have received any mental health treatment if they were reported to have taken medication for their mental health, received counseling or therapy from a mental health professional, or both in the past 12 months. Children categorized as Hispanic may be of any race or combination of races. Children categorized as non-Hispanic white or non-Hispanic black indicated one race only. Estimates are based on household interviews of a sample of the U.S. civilian noninstitutionalized population. Confidence intervals (CIs) are calculated using the Korn–Graubard method for complex surveys.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2019.

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Data table for Figure 4. Percentage of children aged 5–17 years who had received any mental health treatment, taken medication for their mental health, or received counseling or therapy from a mental health professional in the past 12 months, by urbanization level: United States, 2019

Mental health treatment and urbanization level	Percent (95% CI)	Standard error
Any mental health treatment		
Large metropolitan	12.4 (11.2–13.6)	0.62
Medium or small metropolitan	14.4 (12.7–16.1)	0.85
Nonmetropolitan	17.0 (14.4–19.8)	1.37
Took medication		
Large metropolitan	7.4 (6.4–8.4)	0.49
Medium or small metropolitan	8.8 (7.5–10.3)	0.70
Nonmetropolitan	11.8 (9.5–14.4)	1.23
Received counseling or therapy		
Large metropolitan	9.6 (8.5–10.7)	0.55
Medium or small metropolitan	10.5 (9.1–12.2)	0.78
Nonmetropolitan	10.5 (8.5–12.9)	1.09

NOTES: Children were considered to have received any mental health treatment if they were reported to have taken medication for their mental health, received counseling or therapy from a mental health professional, or both in the past 12 months. Estimates are based on household interviews of a sample of the U.S. civilian noninstitutionalized population. Confidence intervals (CIs) are calculated using the Korn–Graubard method for complex surveys.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2019.