MIDDLE CHILDHOOD
A CRITICAL LIFE PHASE

Middle childhood is the most historically ignored life phase. Federal and state funding and initiatives focus on birth to 3 years old and adolescence, leaving children between the ages 6 to 12 to cope with life challenges without much support. Children in this age group are exposed to increased stressors at school, and with friends and family.

HEALTH CONCERNS FOR THIS AGE GROUP IN WASHINGTON
23% of 6th graders report drinking alcohol, 2.9% used marijuana, 2% used illegal drugs
About 15% of children experience untreated dental decay, 60% have dental caries
17% reported that they missed a meal due to lack of money
10% reported that they are obese
16% of 6th graders report being diagnosed with asthma

CAUSES OF DEATH IN MIDDLE CHILDHOOD IN WASHINGTON
Motor vehicle injuries: 23
Suicide: 13 children under the age of 14 died from suicide in 2014
Cancer: 18

INFLUENCES ON THEIR LIVES

Economic status and environment
Sports/clubs, friends, and school
Family, home, and culture

Sources: DOH Healthy Youth Survey 2014, DOH Cause of Death Report 2014

RACE/ETHNICITY OF CHILDREN IN WASHINGTON STATE (AGED 5 - 13)

33% of all children in Washington are in middle childhood.

61% White
21% Hispanic
10% Asian
7% Black/African American
3% American Indian/Alaska Native
1% Native Hawaiian/Pacific Islander

Deaths by Cause: 2014

Motor vehicle injuries: 23
Suicide: 13 children under the age of 14 died from suicide in 2014
Cancer: 18

Source: Washington Census 2015
For more information, contact:
Shanne Montague, MSW
Middle Childhood Consultant
(360) 236-3560
Shanne.Montague@doh.wa.gov

July 2016 DOH 350-011