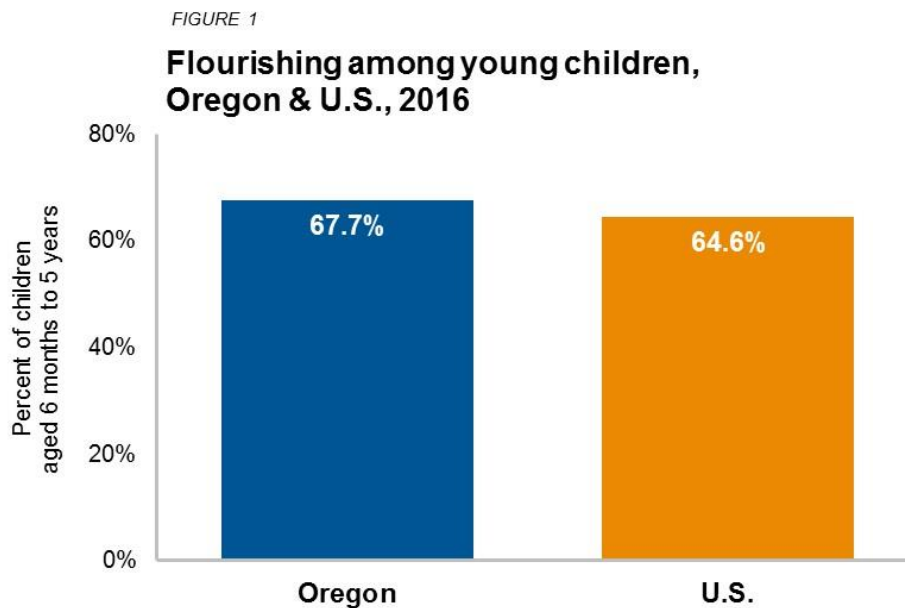


## Social Determinants of Health

# Flourishing in early childhood

Evidence shows that experiences in early childhood provide a foundation for brain development and a broad range of skills and learning capacities. How a child develops during early childhood affects future cognitive, social, emotional, language, and physical development, which in turn influences school readiness and later success in life<sup>1</sup>. Flourishing as a concept contains multiple dimensions of physical health, mental and emotional health, caring, empathy and resilience. The National Survey of Children’s Health (NSCH) asks parents of children aged 6 months to 5 years four questions to assess curiosity and discovery about learning, resilience, attachment with the parent, and contentedness with life.

In 2016, 67.7% of Oregon children aged 6 months to 5 years had met all 4 flourishing items, compared to 64.6% in the U.S. (Figure 1).



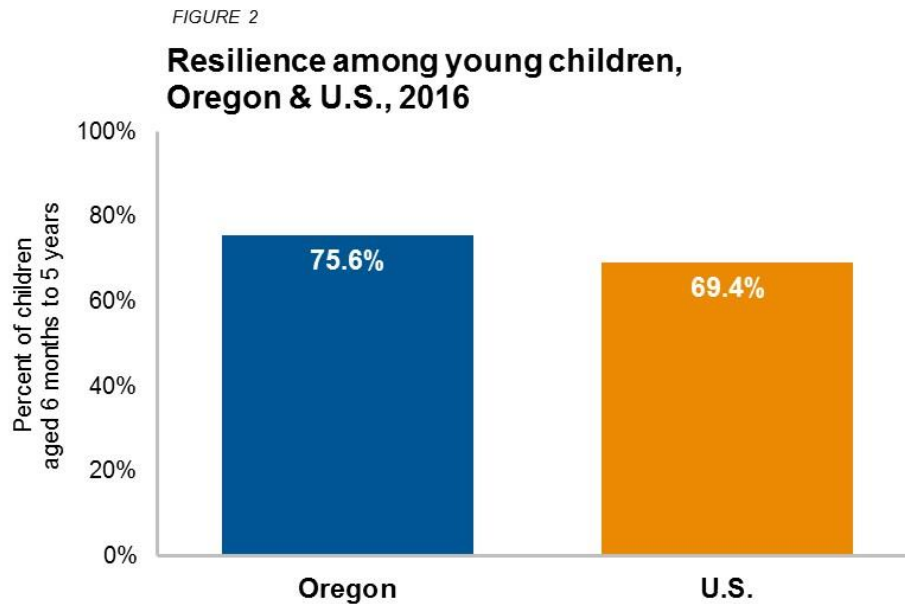
Source: National Survey of Children's Health (NSCH)

Resiliency is one of the four items included in the NSCH flourishing construct. It assesses the degree to which the child bounces back quickly when things do not go

<sup>1</sup> US Office of Disease Prevention and Health Promotion. (2018). *Healthy People 2020: Early and Middle Childhood*. Retrieved from <https://www.healthypeople.gov/2020/topics-objectives/topic/early-and-middle-childhood>

his or her way. Resiliency has been identified as an important mediator of the association between stress and health outcomes. Greater resiliency is associated with reduced negative effects of stress on long-term health<sup>2</sup>.

In 2016, 75.6% of Oregon children aged 6 months to 5 years had parents respond “definitely true” regarding the child’s ability to bounce back quickly when things do not go his or her way compared to 69.4% in the U.S. (Figure 2).



Source: National Survey of Children's Health (NSCH)

**Additional Resources:** [Data Resource Center for Child & Adolescent Health](#)

**About the Data:** Data source is the National Survey of Children’s Health. The survey was changed significantly in 2016 and cannot be compared to previous years, so only one year of data is available. Flourishing data includes children aged 6 months to 5 years who met all of four flourishing items, including (1) child is affectionate and tender, (2) child bounces back quickly when things don’t go his/her way, (3) child shows interest and curiosity in learning new things, and (4) child smiles and laughs a lot. Resilience data includes children whose parents definitely agree that their child bounces back quickly when things don't go his/her way, as opposed to somewhat agree or do not agree.

**For More Information Contact:** Maria Ness, [maria.n.ness@state.or.us](mailto:maria.n.ness@state.or.us)

**Date Updated:** April 27, 2018

[Oregon State Health Profile](#)

<sup>2</sup> Taylor, S.E. (2010). Mechanisms linking early life stress to adult health outcomes. *PNAS*, 107(19), 8507-8512.

---

*OHA 9153-D (Rev) 09/13: This document can be provided upon request in an alternate format for individuals with disabilities or in a language other than English for people with limited English skills. To request this publication in another format or language, contact the Publications and Design Section at 503-378-3486, 711 for TTY, or email [dhs-oha.publicationrequest@state.or.us](mailto:dhs-oha.publicationrequest@state.or.us).*