

# Mott Poll Questions



## Health Apps for Tweens

*The following questions were answered by parents with children age 8-12 years old.*

Q1. Do you use any health apps?

1. Yes – currently use
2. Yes – have used in the past
3. No – have never used

Q2. Does your child use any health apps?

1. Yes – currently use
2. Yes – have used in the past
3. No – have never used
4. Don't know

Q3. Some health apps are targeted to younger children 8-12 years of age. Please indicate if you would allow or not allow your child to use the health apps below, or if they are already using that type of app.

	Would allow	Would NOT allow	Child already using
1. App that tracks health information (calories, exercise, sleep)			
2. App that gives tips or coaching about health (food, sleep, stress)			
3. Games that teach about health			

Q4. Many health apps collect data about the person using them. This can include information the user types into the app, or data recorded automatically (like the number of steps a person takes). Do the health apps your child uses collect data about them?

1. Definitely yes
2. Probably yes
3. No
4. Don't know

Q5. Who sees the data from the health app?

1. Child
2. Parent
3. Advertisers
4. Other
5. Nobody
6. Don't know

Q6. Has your child's health care provider ever talked with you or your child about using health apps?

1. Yes
2. No
3. Don't know

Q7. How would you want your child's health care provider to help you and your child with regard to health apps?  
Select all that apply.

1. Tell me if my child has a health problem where an app could help
2. Recommend which apps would be best for my child
3. Recommend what age child can start using apps
4. Look at health data from apps to see how child is doing
5. Other
6. None – do not want help from child's health care provider

Q8. How much do you agree with the following statements about health apps?

	Strongly agree	Agree	Disagree	Strongly disagree
1. Children are more willing to learn about health through apps than from their parents				
2. I am concerned about my child being targeted by ads from health apps				
3. Using an app can help children develop good health behaviors				
4. Having children track what they eat can lead them to become too concerned about their weight or body image				

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**C.S. Mott Children's Hospital National Poll on Children's Health**

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