

Nemours KidsHealth® Celebrates 30 Years of Providing Families with Trustworthy Health Information

The web's most visited site for children's health information written for the whole family - parents, kids, and teens - provides knowledge and comfort backed by regular and rigorous reviews by Nemours Children's doctors

JACKSONVILLE, Fla. (Dec. 2, 2025) – [Nemours KidsHealth®](#), the first website dedicated to providing pediatric health information was launched in 1995. Now celebrating its 30th anniversary, Nemours KidsHealth has become a trusted, evidence-based resource for families worldwide through doctor-approved and reader-friendly articles, videos, illustrations, newsletters, patient care instructions, and more. Since its inception, the site has remained cost-free, ensuring accessibility to families of all socioeconomic backgrounds and has received more than six billion page views.

“At Nemours, our commitment to Whole Child Health means providing the best medical care for patients – both inside and outside our walls, serving communities across the United States and around the world,” said Dr. Matthew Davis, Executive Vice President, Enterprise Physician-in-Chief, and Chief Scientific Officer at Nemours Children’s Health. “Nemours KidsHealth is a central part of our philosophy, by providing a comprehensive, trustworthy health resource that mirrors the high standards of care that our patients value.”

Before many of today’s big tech companies and search engines even existed, and when few people worldwide had email addresses, Nemours Children’s foresaw the power of the internet and its immense ability to bring information directly into families’ homes. Nemours created a cost-free website to provide science-based information parents, kids, and teens could trust. Since then, the site has evolved and grown to meet the growing demands for medically sound information. Throughout the years Nemours Children’s Health has continued to expand, by growing new partnerships and investing in new features of KidsHealth. Nemours’ commitment to trustworthy, easily accessible information is especially important now, when health information found online is often confusing, behind paywalls, or not backed by science. Some of these investments, partnerships and expansions have included:

1995 – KidsHealth launches after a year of development. At the time, there were only about 25,000 websites. Today 252,000 websites are created *daily*.

2001 – KidsHealth launches a Spanish version of the website to reach even more families. To date, there are more than 4,000 articles, videos and animations accessible to Spanish-speaking families.

2005 - KidsHealth partners with General Mills, makers of Cheerios, to bring over 100 million boxes, with tips on healthy nutrition and staying active, to the breakfast table.

2007 - KidsHealth partners with Sesame Workshop, creators of “Sesame Street”, to develop a resource kit for preschool educators to help parents work on building healthy habits with their kids at home. To date, the kit has reached 5,000 preschool educators and 4.5 million families.

2010 - KidsHealth reaches its 1 billionth visit and partners with the National Basketball Association (NBA) to promote health through the NBA FIT program. The multi-year campaign included outreach to over 10,000 students and educators to promote an active and healthy lifestyle.

2012 - KidsHealth launches its mobile website. Today, mobile traffic accounts for more than 75% of KidsHealth traffic and has made health information more accessible.

2022 - KidsHealth and the Michael Phelps Foundation create the award-winning video series, *Raising Resilient Kids*, to share practical advice for families that helps parents tackle common parenting concerns around social-emotional health in children.

2025 – KidsHealth celebrates 30 years of trustworthy health information and continues to log more than 110 million sessions each year. Additionally, more than 250 children’s hospitals, health systems, payers, nonprofits, and publishers worldwide use KidsHealth education with their patients and families, including nine of the top 10 children’s hospitals in the 2025-2026 *U.S. News and World Report* rankings.

From the very beginning, the site’s mission has been to provide families with knowledge and comfort to help kids grow up healthy. After 30 years, KidsHealth continues to go well beyond medicine to empower parents, kids, and teens around the world with easy-to-understand, doctor-reviewed, medically vetted, actionable information.

To learn more about Nemours KidsHealth, visit [KidsHealth.org](https://kidshealth.org).

About Nemours Children's Health

Nemours Children's Health is one of the nation's largest multistate pediatric health systems, which includes two freestanding children's hospitals and a network of more than 70 primary and specialty care practices. Nemours Children's seeks to transform the health of children by adopting a holistic health model that utilizes innovative, safe, and high-quality care, while also addressing children's needs well beyond medicine. In producing the highly acclaimed, award-winning pediatric medicine podcast Well Beyond Medicine, Nemours underscores that commitment by featuring the people, programs and partnerships addressing whole child health. Nemours Children's also powers the world's most-visited website with health information written for parents, kids and teens, [Nemours KidsHealth](#).

The Nemours Foundation, established through the legacy and philanthropy of Alfred I. duPont, provides pediatric clinical care, research, education, advocacy, and prevention programs to the children, families and communities it serves. For more information, visit [Nemours.org](#).

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