

2020 Strafford County Community Assessment

A PUBLICATION OF THE COMMUNITY ACTION PARTNERSHIP OF
STRAFFORD COUNTY



The 2020 Strafford County Community Assessment captures the health, demographics, and trends of the 13 municipalities in Strafford County. Compiling data from multiple sources and surveying stakeholders, this report provides information on significant economic and social issues. It should be a resource for improving health, education, and well-being in Strafford County.

Table of Contents

Table of Contents	2
Executive Summary	5
<i>Housing</i>	5
<i>Transportation</i>	5
<i>Substance Misuse</i>	6
<i>Poverty</i>	6
<i>Aging Population</i>	6
Purpose and Program Overview	8
Geographic Information	12
Service Area	14
Current Community Conditions.....	15
<i>Demographics</i>	15
Population	15
Age and Gender.....	15
Race, Ethnicity and National Origin	16
Children in Foster Care	18
Nativity and English Proficiency.....	19
<i>Veterans</i>	21
<i>Income</i>	21
<i>Poverty</i>	23
Poverty Rate	23
Poverty Rate Change, 2000 - 2018	24
Household Poverty Rate by Household Type	25
Child (0-4) Poverty Rate (ACS)	26
Child (5-17) Poverty Rate (ACS)	27
Child (0-17) Poverty Rate (ACS)	27
Child (0-17) Poverty Rate Change, 2018	28
Seniors in Poverty	28
<i>Employment</i>	28
Current Unemployment	29
Unemployment Rate	29
Five-Year Unemployment Rate	30
Commuter Travel Patterns, 2014-18	31
Commute Time to Work	32
Travel Time to Work, 2014-2018	33

Commuter Characteristic by Mode of Transportation.....	33
Education.....	34
Educational Attainment and Dropout Rates.....	34
<i>Housing and Homelessness.....</i>	<i>35</i>
Homeowners and Housing Types	35
Vacancy Rates.....	36
Housing Affordability	36
Home Heating.....	38
Public / Subsidized Housing	37
Homelessness	38
<i>Nutrition.....</i>	<i>40</i>
Free and Reduced Lunch Program	40
Women, Infants, and Children.....	41
<i>Health</i>	<i>42</i>
Disabilities	42
Children with Disabilities	42
Childhood Obesity	43
Obesity Rate Among WIC Participants	44
Immunization Rates.....	45
Oral Health	46
Substance Misuse	47
Trauma and Toxic Stress.....	48
<i>Maternal and Child Health</i>	<i>49</i>
Number of Low Birth Weight Babies	49
Teen Pregnancy Rate	49
County Health Ranking	50
Medicare and Medicaid Providers.....	51
Persons Receiving Medicaid	51
Persons Receiving Medicare.....	52
Uninsured Population.....	52
Federally Qualified Health Centers	53
Head Start/Early Head Start Eligibility and Estimates.....	54
Other Child Development and Childcare Programs	54
Availability of Childcare.....	54
Subsidized Childcare	55
Home Visiting Programs.....	55
Community Perceptions	56
Community Services	56

CAPSC Meeting the Needs.....	59
Social Service Issues as Determined by Enrolled Head Start / Early Head Start Families.....	61
Family Interest.....	61
Family Needs And Satisfaction With Services.....	61
Conclusion (Head Start / Early Head Start)	63
Community Resources	65
Appendix.....	66
Tables.....	68
End Notes.....	69
Acronym List	70

Acknowledgements: It is with gratitude that we thank UNH Health Policy and Management students for assisting in preparing this needs assessment. Victoria Dobrzycki, Carissa Bourque, Emily Lengyel, and Hannah Newbold all contributed numerous hours and provided a data driven document that truly reflects Strafford County's needs. We are grateful for their work.

Executive Summary

The 2020 Community Action Partnership of Strafford County (CAPSC) Community Assessment captures the health, demographics, and trends of the 13 municipalities in Strafford County. Compiling data from multiple sources and surveying stakeholders, this report provides information on significant economic and social issues. It should be a resource for improving health, education, and well-being in Strafford County.

In analyzing the data contained within the 2020 Community Assessment, the following trends emerge:

- Rising housing costs and resulting homelessness with an insufficient capacity of homeless shelters or low-income housing to meet the need
- Substance use disorder rates continue to hold steady in Strafford County with the state's highest per capita overdose rates
- Limited mental health resources and access to quality mental health services
- Households with children under age 4 experience the highest level of poverty in Strafford County
- An aging population which by 2040 will be the highest population in Strafford County despite Strafford County having the youngest population in the state due to University of New Hampshire students will have a great impact on employers in the region
- COVID 19 impacting communities and Community Action Partnership of Strafford County

Housing

Community, funder and staff surveys indicated the top primary concern is housing and homelessness. Data backs up these concerns as Strafford County residents have lower home-ownership rates than other New Hampshire Counties and increases in median gross rents continue to outpace the increase in median household renter incomes, diminishing an already sparse market of affordable housing. Strafford County residents depend more heavily on the higher-cost home heating sources such as oil and electric and. The capacity of regional homeless shelters is insufficient to meet demand. Strafford County only has 12.75% of the states total Housing Choice Voucher program. Moreover, Strafford County saw a 26% increase in the cost of rentals for 2 bedrooms, averaging \$1,291ⁱ.

Transportation

Residents of Strafford County are very dependent upon private vehicles for transportation to work, especially in the Northern portions of the county where public transit options are very limited. Of the 66,373 workers in the Strafford County, 79.1 percent used private automobiles, 2.1 percent of all workers use some form of public transportation, while 4.8 percent used some other means including walking, bicycles, and 1.2 % used taxicabs to travel to work.

An estimated 63,254 residents commute for work. New Hampshire commuter patterns are unique because we border two states, Maine and Massachusetts which have commuter patterns of residents from Strafford County that totals 6,448 residents or 57.5% to Maine and 33.8% to Massachusetts. Moreover, of the residents that commuted, 79.7% commute to work in Rockingham County.

Community, funder, and staff surveys indicated a high concern around the lack of transportation resources for residents in the northern portions of the county and the elderly population needing rides to/from doctor appointments and shopping. Transportation in the norther tier of Strafford continues to be a problem. Communities such as Middleton, Milton, New Durham, Rollinsford, Barrington, Lee and Madbury do not have access to public transportation through COAST. Seniors and disabled are heavily relying on transportation provided by both Frisbie and Wentworth Douglass Hospitals, and many must rely on cab companies who take Medicaid to gain rides to medical appointments in Strafford County.

Substance Misuse

Strafford County has experienced an increase in overdose deaths in 2019, with an increase of 6% from the previous year. In total, there were 53 drug overdose deaths in Stafford County during 2019ⁱⁱ. In addition, residents from Strafford County had the most opioid related emergency department visits per capita with 74.65 visits per 10,000 population and had the highest suspected location of drug use resulting in overdose deaths per capita at 4.11 deaths per 10,000 populationⁱⁱⁱ. Community, funder and staff surveys highlight the need for additional resources in treating substance use disorders in Strafford County, this issue area ranked second among all surveys collected to date.

While Strafford County partners with the Doorway, Hope on Haven Hill, Abi's Place, SOS Recovery Community Organization, Southeastern NH Services, the Strafford County Public Health Network and Goodwin Community Health, Groups (Suboxone) and Health Care Resource Centers Somersworth (methadone) residents of Strafford County would look like access is no longer a problem, but NH still ranks 49th out of 50 states for number of treatment beds per capita. We rely intensive outpatient treatment programs to serve high need clients who really need long term residential and sober living to ensure successful remission from SUD. Most individuals seeking residential treatment must leave their living area to get the next bed that may open up in NH CAPSC coordinates with many of these programs and will continue to advocate for substance use disorder services in Strafford County.

Poverty

In the Strafford County area, 22.97% or 27,328 individuals are living in households with income below 200% of the Federal Poverty Level (FPL). There are also 13.06% or 15,531 individuals and 7.89% or 2,419 family households are living with income below 125% of the Federal Poverty Level (FPL). (FPL). This is an important indicator because poverty creates barriers to access including health services, healthy food, and other necessities that contribute to poor health status. According to ACS 2014 – 2018 5-year estimates in Strafford County there were 12,218 individuals living in poverty^{iv}.

Aging Population

According to a report published in 2017 by the Economic and Labor Market Information Bureau, New Hampshire Employment Security^v, over 13 percent of the population in New Hampshire was age 65 years or

over in 2015. Population estimates from the New Hampshire Office of Energy and Planning, report that residents age 65 and over will make up almost 30 percent of the state's population by 2040, while the share of residents ages 25 to 64 will shrink, dropping from 54 percent in 2015 to 45 percent by 2040.

According to the Census Bureau's 2019 Population Estimates the 65 and over population grew by over a third (34.2% or 13,787,044) during the past decade, and by 3.2% (1,688,924) from 2018 to 2019. The growth of this population contributed to an increase in the national median age from 37.2 years in 2010 to 38.4 in 2019. Our partner and staff surveys revealed a need still for senior services and senior transportation.

In addition to the areas listed above, other items of interest also emerge. For instance,

- Employment levels remain consistently high with 5.3 percent unemployment in Strafford County, however lower than the national rate of 7.9 percent in September 2020. Higher rates of employment do not necessarily equate to sufficient income, considering higher costs of living in Strafford County, particularly southern portions and the state minimum of \$7.25 per hour.
- There are continued pockets of growth in racial and ethnic minorities, particularly in the city of Somersworth.
- The overall picture of Strafford County appears solid, despite the COVID-19 pandemic, with relatively stable employment and education. However, the disparity between communities, and the gaps between the poorest and wealthiest within the county is striking. There is a significant difference in a resident's quality of life dependent on geography, health, education level, and occupation. For CAPSC, this assessment will be one tool in our toolbox to address community needs, assess programs, and create a roadmap for change.

Purpose and Program Overview

The 2020 Community Action Partnership of Strafford County (CAPSC) Community Assessment captures the health, demographics, and trends of the 13 municipalities in Strafford County. This report provides information on significant issues and should be a resource for improving health, education, and well-being in Strafford County. The 2020 assessment provides in-depth information and analyses that focuses on the strengths, needs, and resources of residents in Strafford County, New Hampshire.

There are several reasons for conducting a Community Assessment:

1. Per the Community Services Block Grant (CSBG) Act – Section 676(b)(11): “an assurance that the State will secure from each eligible entity in the State...a community action plan ... that includes a community-needs assessment for the community served, which may be coordinated with community-needs assessments conducted for other programs...”
2. Creating action plans that respond to the community needs is a fundamental piece of Community Action. In the foundation rule from the Office of Economic Opportunity Instruction (1970): “CAA(s) must develop both a long-range strategy and specific, short-range plans for using potential resources...In developing its strategy and plans, the CAA shall take into account the areas of greatest community need, the availability of resources, and its own strengths and limitations.”
3. CAPSC has adopted CSBG’s Results Oriented Management and Accountability (ROMA) approach, which includes specific expectations regarding information-based planning, promulgated by the U.S. Department of Health and Human Services (HHS) in 2001^{vi}.
4. The Community Assessment meets requirements outlined in the Head Start Program Performance Standards, Subpart A - 1302.11(b) (1)^{vii}, which requires that all Head Start programs conduct a comprehensive community assessment at least once each five year grant period, to design programming that meets community needs and builds on strengths and resources; and (2) annually review and update the community assessment to reflect any significant changes¹.

At Community Action Partnership of Strafford County (CAPSC), we strongly believe no one should go without having his or her basic needs met. As the leading anti-poverty agency in Strafford County, we strive to empower individuals and families to achieve self-sufficiency by opening the doors to resources and opportunities that offer a hand up, not a handout. When we achieve this goal, we reduce the impact of poverty and build a stronger community.

Our Mission: To educate, advocate and assist people in Strafford County to help meet their basic needs and

¹ <https://eclkc.ohs.acf.hhs.gov/policy/45-cfr-chap-xiii/1302-11-determining-community-strengths-needs-resources>

promote self-sufficiency.

Our Vision: To eliminate poverty in Strafford County

Our Values: Compassion, Education, Self-sufficiency, Transparency, Accountability, Teamwork, Client Focus and Professionalism

CAPSC is a 501(c)(3) private, nonprofit organization established under the provisions of the Equal Opportunity Act of 1964. In addition to the administrative office located in Dover, CAPSC maintains its outreach capacity by employing 119 FT and 26 PT staff who provide services at program offices and Head Start Centers in Farmington, Rochester, Dover and Somersworth. The agency is governed by a tripartite Board of Directors composed of elected officials, community leaders from for-profit and non-profit organizations, and past or present clients. The Board is responsible for assuring CAPSC continues to assess and respond to the causes and conditions of poverty in the community, achieve anticipated family and community outcomes, and remain administratively and fiscally sound.

In accordance with its mission, CAPSC offers over seventy coordinated programs designed to have a measurable impact on poverty and health status among our community's most vulnerable residents, specifically, children under the age of six, seniors, and those experiencing poverty. Programs include nutrition, housing, fuel and electrical assistance, weatherization, parent and child education, childcare, transportation, and employment and job training, all of which are locally defined, planned, and managed in partnership with community agencies. All programs are designed to increase self-sufficiency and help clients become socially and financially independent. CAPSC's goal is to interrupt the cycle of poverty and empower at-risk children, working families, and seniors to live more secure, stable, and healthier lives.

Broad-based and community focused, CAPSC is the sole provider in Strafford County to offer a full suite of services that meet residents' basic needs while promoting self-sufficiency. Ultimately, CAPSC's vision is to eliminate poverty in Strafford County. By working with people experiencing low-incomes and collaborating with community partners across all sectors, CAPSC is successfully able to reduce the impact of poverty on at-risk children, working families, seniors, and the community at large. This year has been challenging for all of us as a community, but we are thankful to be able to assist so many across Strafford County.

In 2019-2020, CAPSC served over 14,000 individuals and provided nearly \$14.3 million in goods and services in Strafford County, thereby reducing the burden on other County and community services, including:

- 56,049 free summer meals and 36,000 free after-school snacks and meals to children experiencing food insecurity;
- Housing services and Outreach to 879 homeless individuals and families;

- 1,923 safe, accessible rides to seniors;
- Job training, employment assistance and job placement to 130 individuals;
- \$3.5 million in fuel and electrical utility assistance to 5,073 households;
- 623 children and their families gained access to early childhood education, home visiting, and childcare through our Head Start, Early Head Start and Home Visiting and childcare programs; and
- \$554,032 in donated/commodity food.

Some of the service offerings through CAPSC include:

- **Senior Transportation** is a government program funded through the NH Department of Health and Human Services (NH DHHS) Bureau of Elderly and Adult Services to provide non-medical transportation to and from an individual's home for grocery shopping and errands at other stores to promote independent living and provide socialization. The program is open to anyone age 60 in Strafford County. Our program has a full-time driver and a wheelchair-accessible bus funded with NH Department of Transportation (DOT) 5310 money. 1923 rides were provided to seniors living within Strafford County during FY 2020.

- **Head Start and Early Head Start:** CAPSC has delivered Head Start services to low-income children and their families since 1965. Comprehensive child development services are provided throughout the county to low-income children, ages birth to five years, and their families. Head Start offers a center-based program for 222 children ages three to five years that typically operates four hours per day, five days per week, September through May, with extended hours available in Rochester and Dover to accommodate working families

Extended-day, year-round childcare is available at the Farmington Children's Center. An additional nine slots are dedicated to Head Start home-based services for families with children ages three to five. Early Head Start offers home-based programs to 66 prenatal mothers and their children up to age three. Weekly socialization opportunities are provided to these families at the Dover and Rochester centers. The total number of families served by Head Start, Early Head Start, Early Head Start Home visiting and Early Head Start Childcare Partnership was 362 during FY 2020.

- **Home Visiting:** Through the Healthy Families America Program at CAPSC, home visiting services are available from the time a woman becomes pregnant until your child turns three. We offer free, voluntary and flexible support where and when you need it. We offer a voluntary, free home visiting service, available to families who have children through age 20. This program focuses on prevention and promoting self-sufficiency. Home visitors work with families for up to one year to achieve goals developed by families. Healthy Families America (HFA) program has 29 families enrolled and Comprehensive Family Supports and Services (CFSS) has 137 families, and 49 HFA and 226 CFSS children.

- **Childcare:** Farmington Children's Center provides childcare to children age 6 weeks through school age from 6:30 a.m. to 5:30 p.m. daily, including vacations and during the summer. Private payment is accepted, or state scholarships are available. Farmington Children's Center offers slots for 95 children for childcare, and 45 for the school age program at two locations in Farmington schools.
- **Low Income Home Energy Assistance Program (LIHEAP)** is a government program to help low-income families and individuals pay their heating bills during the winter. Guidelines for this program are based on 200% of federal poverty of the household's gross annual income to qualify. 2335 households in Strafford County received this benefit during the 2019-2020 program year. The average benefit per household is \$924 during the program year.
- **Electric Assistance:** The New Hampshire Electric Assistance Program (EAP) gives eligible customers a discount on their monthly electric bills (7% to 70%) depending on gross household income, household size and electricity use. In 2019-2020, 2,738 households utilized this program. The average benefit per household is \$502. Neighbor Helping Neighbor assisted an additional 114 families during the FY 2020 period.
- **Food and Nutrition:** We operate 2 food pantries in Dover and Rochester, to provide short-term supplies of food to eligible households, including the only food pantry in the region open five days per week. We administer the delivery of US Department of Agriculture (USDA) Commodity Food in Strafford County through the federal Temporary Emergency Food Assistance program. CAPSC operates a Summer Food Service Program through the NH Department of Education to provide children age 18 and under free meals. This program served 28,948 breakfasts and lunches to children at 27 sites in Strafford County in 2020. In addition, CAPSC provides after-school meals in the Somersworth School District and served 36,000 snacks and dinners to children in the elementary and middle schools in 2020.
- **Housing Services:** We assist eligible clients to coordinate with their various town and city welfare departments to obtain first month's rent, back rent, and utility assistance. This program is designed for clients who are unable to receive assistance through other sources.
- **NH Security Deposit:** The New Hampshire Security Deposit Loan Program is assistance in the form of a guarantee certificate to the landlord and a loan to the client, which must be paid back to CAPSC. This program along with Housing Prevention services and Rapid Re-Housing program assisted 111 individuals in FY 2020.
- **Homeless Outreach:** The Homeless Outreach and Intervention Program offers intensive outreach and intervention services to the unsheltered homeless throughout the county. This program, which is part of a state-wide initiative, is designed to help the homeless get into emergency shelter, provide referrals, and get connected to other emergency services. This outreach program worked with 593 individuals in FY

2020.

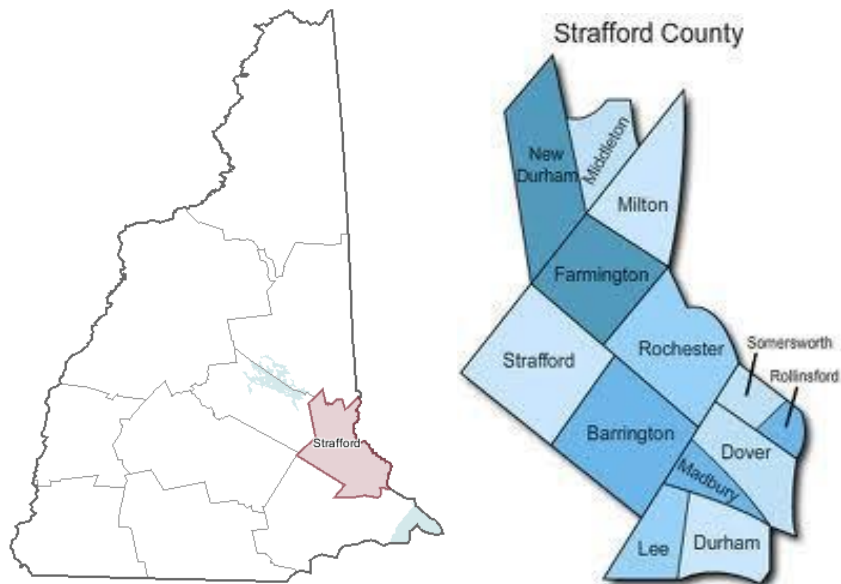
- **Housing Support Services:** Provides support services to Covered Bridge, a senior residential living facility, in addition to Woodbury Mills and Bradley Commons residents to help with eviction prevention for back rent, resident services, referral to outside agencies and CAP offerings.
- **Weatherization:** The Weatherization Assistance Program (WAP) reduces energy costs for low-income households by increasing the energy efficiency of their homes, while ensuring their health and safety. The overall goal of WAP is to serve those low-income households most vulnerable to high-energy costs and without the means of making cost-effective energy conservation improvements to their homes. WAP collaborates with the electric and natural gas utilities' energy efficiency programs to enhance the Weatherization services provided to low-income households. The Weatherization program helped 180 households.
- **Workplace Success:** Provides job-skill training and volunteer placement for the New Hampshire Employment Program with clients who are receiving Temporary Assistance for Needy Families (TANF).
- **Workforce Development: Workforce Development:** A federally funded program focusing on helping unemployed people find jobs and/or training for in-demand occupations through New Hampshire Works offices
- **Facilities:** CAPSC oversees 20,061 sq. ft of space to provide bricks and mortar to our programs and services. All facilities are operational, meet state and local standards and manage capital calendars for planned and unplanned upgrades.

Geographic Information

Strafford County is located on the eastern border of the state, bordered by Carroll, Belknap, Rockingham counties and the State of Maine. Strafford County contains 369.0 square miles of land area, the smallest among the counties, and 15.3 square miles of inland water area. 128,613 people live in Strafford County according to the U.S. Census Bureau American Community Survey 2017 1-year estimates. The population density for this area, estimated at 333.7 persons per square mile, is much greater than the national average population density of 89.61 persons per square mile.

There are ten (10) counties in New Hampshire, of which Strafford County is the fourth largest in population but is the smallest of the ten counties. Three cities: Dover, Rochester, and Somersworth and ten towns: Barrington, Durham, Farmington, Lee, Madbury, Middleton, Milton, New Durham, Rollinsford, and Strafford comprise Strafford County, all governed by varied municipal governmental entities.

Strafford County is a bedroom community to the New Hampshire seacoast and Boston, MA. The county has some of the poorest communities in the state (Farmington, Milton and Middleton) along with the wealthiest (Durham and Madbury). The largest employers for the region are the University of New Hampshire (the state's largest public institution), Liberty Mutual, Wentworth Douglas and Frisbee Memorial Hospitals, the Cities of Dover and Rochester, and Contitech Manufacturing. There are 36,532 residents over 16 who commute for work within the county. About 41.4% of all Strafford County residents travel outside the county to work.



Service Area

CAPSC provides services countywide. In addition to the CAPSC administrative and outreach offices located in Dover, the agency maintains outreach offices and food pantries in Rochester. Head Start centers are in Dover, Farmington, Rochester, and Somersworth. Head Start offers services in the four towns where centers are located, in addition to closely neighboring towns such as Middleton and Milton (served in Farmington), Barrington (served in Rochester), Rollinsford, Durham, Lee and Madbury (served in Dover). Head Start and Early Head Start home based programs serve all of the towns listed above and staff is located out of our Rochester and Dover centers.

Current Community Conditions

Demographics

Population

In 2019, Strafford County, New Hampshire had a total population of 1,359,711, 50.9 percent female and 49.1 percent male. The median age was 36.9 years. An estimated 18.2 percent of the population was under 18 years and 15.4 percent was 65 years and older.

Population Change

Population change within Strafford County from 2010-2019 is shown below. During the nineteen-year period, total population estimates for the report area grew by 6.08 percent, increasing from 123,143 persons in 2010 to 130,633 persons in 2019.

Strafford County continues to grow at a rate significantly higher than the rest of New Hampshire. More than half of the county's residents live in one of the four cities/towns: Dover, Durham, Somersworth, and Rochester. All towns experienced growth, many over 5 percent.

Table 1 Population Change 2010 - 2019

Geographic Area	Census 2010 Population	ACS 2019 Population Estimates	Population Change	% Change
Strafford County	123,143	130,633	7,490	6.08%
New Hampshire	1,316,470	1,359,711	43,241	3.28%
United States	308,745,538	329,877,505	21,131,967	6.84%
Durham	14,638	16,293	1,655	11.31%
Madbury	1,771	1,883	112	6.32%
Middleton	1,783	1,838	55	3.08%
New Durham	2,683	2,706	23	0.86%
Farmington	6,786	6,973	187	2.76%
Milton	4,598	4,624	26	0.57%
Barrington	8,576	9,264	688	8.02%
Dover	29,987	32,191	2,204	7.35%
Strafford	3,991	4,212	221	5.54%
Lee	4,330	4,569	239	5.52%
Rochester	29,752	31,526	1,774	5.96%
Somersworth	11,766	11,968	202	1.72%
Rollinsford	2,527	2,586	59	2.33%

Sources: U.S. Census Bureau, Population Division, Census 2019. Release Date: July 2019 and U.S. Census Bureau, 2014-2018 American Community Survey 5-Year Estimates

Age and Gender

Strafford County is slightly younger than the rest of New Hampshire, in part due to the presence of roughly 12,000 undergraduates at the University of New Hampshire, most of who live in Durham and surrounding communities. The average age of the population is expected to increase markedly in the coming decades.

This is expected as the number of young people will decrease slightly, while the number of people over age

60 will increase.

Population by age within the report are shown below. According to ACS 2014-18 5-year population estimates for Strafford County, the over 65 population increased by 27.12% from 2012 (14,316 to 18,198 persons).

Table 2 Population by Gender 2014-2018

Geographic Area	0 to 4		5 to 17		18 to 64		Over 64	
	M	F	M	F	M	F	M	F
Strafford County	3,080	3,106	9,308	8,853	42,173	43,555	7,482	10,020
New Hampshire	32,777	31,302	101,300	97,184	427,004	426,071	93,380	124,082
United States	10,146,960	9,689,890	27,438,613	26,277,777	99,617,317	100,493,892	19,630,586	27,457,281

Source: U.S. Census Bureau, 2014-2018 American Community Survey 5-Year Estimates.

Race, Ethnicity and National Origin

An estimated 94.6 percent of the people living in Strafford County, New Hampshire in 2014-2018 were native residents of the United States and 47.4 percent of these residents were living in the state in which they were born. An estimated 5.4 percent of the people living in Strafford County, New Hampshire in 2014-2018 were foreign born^{viii}.

Like New Hampshire overall, Strafford County is predominantly white and non-Hispanic. Racial and ethnic minority populations are relatively concentrated in the cities of Dover, Rochester, and Somersworth. Of note, the majority of towns within Strafford County are showing marked increases in ethnic and minority populations. Specifically, the city of Somersworth's population continues to see the most significant change.

Population by race and ethnicity within Strafford County is shown in table 3. According to U.S. Census Bureau V2019 population estimates, the white population comprised 92.5 of the report area, black population represented 1.4%, and other races combined were 1.4%. Persons identifying themselves as mixed race made up 2% of the population.

Table 3 Population by Race 2019

Geographic Area	White	Black	American Indian	Asian	Pacific Islander	Mixed Race
Strafford County	120,836	1,829	392	4,833	131	2,613

New Hampshire	1,265,891	24,475	4,079	40,791	375	24,475
United States	250,446,756	43,984,096	4,267,114	19,366,132	656,479	9,190,707

Source: U.S. Census Bureau, Population Division, Census V2019. Release Date: July 2019

NH remains one of the most homogenous states in the country as demonstrated in Tables 3, 4 and 5, but diversity has seen a slow growth in recent years, especially in the area of Somersworth NH.

Table 4 Population by Ethnicity 2019

Geographic Area	Percentage of Population		
	Hispanic or Latino	Not Hispanic or Latino	White alone
Strafford County	2.8%	97.2%	92.5%
New Hampshire	4.0%	96.0%	93.1%
United States	18.5%	81.5%	76.3

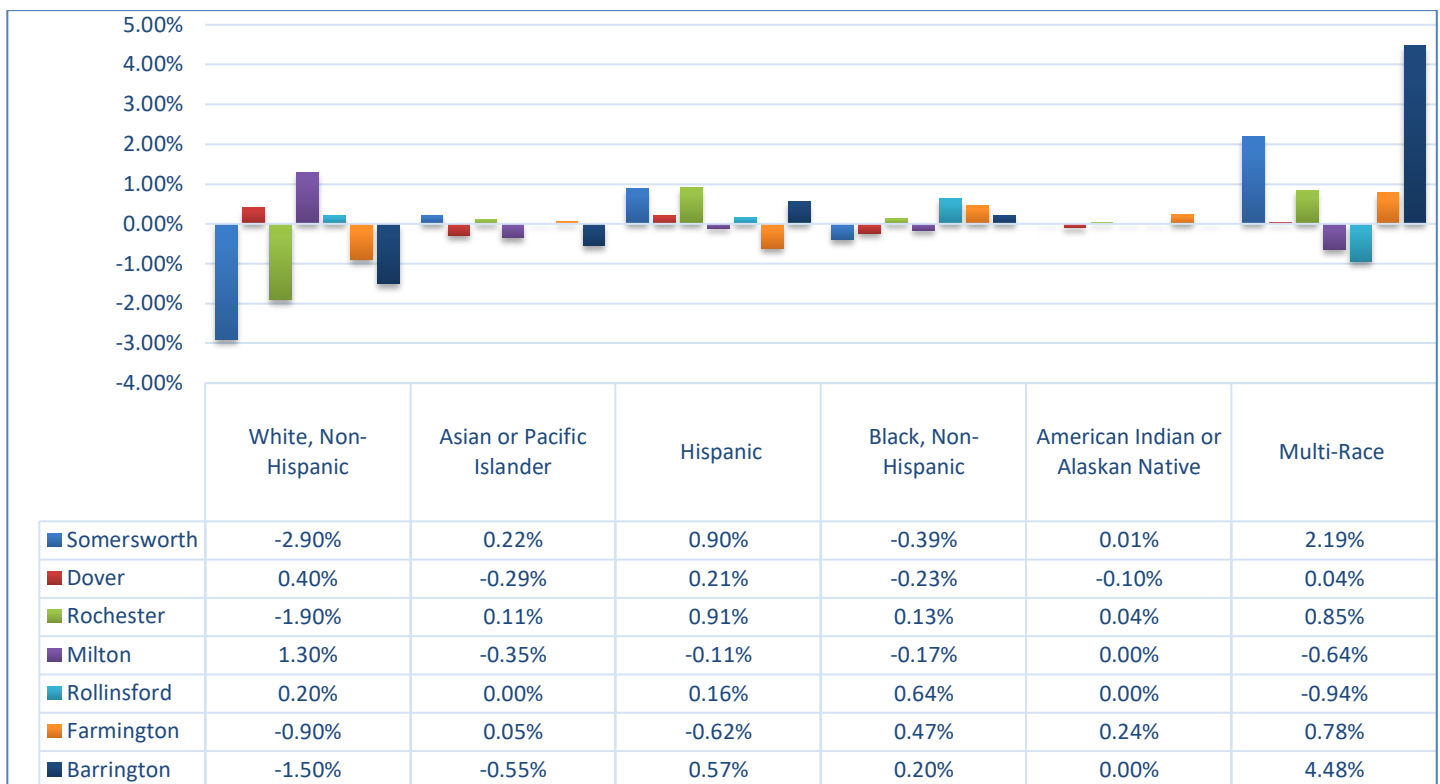
Source: U.S. Census Bureau, Population Division, Census V2019. Release Date: July 2019

Table 5 Race/Ethnicity Enrollments in Selected School Districts 2019

Geographic Area	White, Non-Hispanic	Asian or Pacific Islander	Hispanic	Black, Non-Hispanic	American Indian or Alaskan Native	Multi-Race
Somersworth	75.9%	8.36%	6.22%	2.67%	0.13%	6.69
Dover	81.9%	7.41%	3.69%	2.02%	0.07%	4.81%
Rochester	88.3%	1.61%	4.39%	1.30%	0.14%	4.23%
Milton	93.2%	0.80%	2.20%	0.40%	0.00%	3.40%
Rollinsford	92.2%	0.00%	2.59	0.64%	0.00%	4.54%
Farmington	91.9%	0.37%	1.11%	1.11%	0.24%	5.21%
Barrington	91.9%	0.52%	2.81%	0.20%	0.00%	4.48%

Source: NH Dept. of Education, Bureau of Data Management, data as of Oct. 1, 2019

Table 6 Percent Change Race / Ethnicity in Selected School Districts 2016 – 2019



Source: NH Dept. of Education, Bureau of Data Management, data as of Oct. 1, 2019

Table 7 Race and Ethnicity of Head Start and Early Head Start Participant Children

	Head Start Participants		Early HS Participants		EHS Child Care Participants	
	Number	Percentage	Number	Percentage	Number	Percentage
White	132	82%	68	77%	21	77%
Bi - or Multi Racial	12	7%	5	6%	4	15%
Asian	6	4%	5	6%	0	0%
Black or African American	3	2%	3	3%	1	2%
Hispanic or Latino	6	4%	3	4%	1	2%
Other/Unspecified	2	1%	4	4%	1	4%
Total	161	100%	88	100%	28	100%

Source: 2020 Head Start / Early Head Start Enrollment Data

The demographic breakdown of the 2020 Head Start, Early Head Start, and EHS Child Care Partnership enrollees indicates CAPSC provides services to a larger percentage of children from varied racial backgrounds than would be expected based on the Strafford County demographic profile. In all, 18% of Head Start enrollees and 23% of EHS and CCP enrollees were of a race or ethnic group other than white.

Children in Foster Care

Children are placed in foster care when child protective services and a court has determined it is not safe for them to remain home. In 2018, there were 1,510 children under age 18 in New Hampshire foster care

according to the Federal Adoption and Foster Care Analysis and Reporting System. The average length of time for children in foster care is 19 months. Approximately 40% of all children in foster care in NH are age 5 or under^{ix}. Approximately 37% of children in foster care are placed with non-relatives, 27% are placed with relatives and the remainder are placed in group homes or other placements. In NH, 56% of children were reunified with their parents in 2018.

Nativity and English Proficiency

Table 8 Foreign-Born Residents 2012-2016

Geographic Area	Native	Foreign-born
New Durham	99%	1%
Milton	99%	1%
Farmington	99%	1%
Middleton	99%	1%
Strafford	97%	3%
Rochester	97%	3%
Rollinsford	97%	3%
Madbury	96%	4%
Strafford County	95%	5%
New Hampshire	94%	6%
Durham	93%	7%
Dover	92%	8%
Lee	92%	8%
Somersworth	90%	10%
United States	87%	13%

Source: U.S. Census Bureau, 2012-2016 American Community Survey 5-Year Estimates.

Among people, at least five and older living in Strafford County, between 2012-2016, averaged 7 percent of individuals spoke a language other than English at home. Of those speaking a language other than English at home, 16 percent spoke Spanish and 84 percent spoke some other language.

Table 9 and Table 10 reflect the language spoken at home as well as students with limited language proficiency. According to the U.S. Census Bureau, American Community Survey (ACS) 2014-2018, 6.6% reported language other than English spoken at home, for household members age 5 and older.

Our staff survey asked how often they met clients who have Limited English Proficiency and 10% reported often, 34% reported sometimes, 42% reported rarely, and 14% reported never. Moreover, staff reported coming in to contact with clients who were of Indonesian decent and spoke primarily Indonesian language. Spanish was a close second.

The client survey revealed that of the 218 respondents, 5.05% reported another language aside from English

was spoken. 95% had English as their primary language spoken in the home.

Table 9 English Proficiency 2012-2016 (ages five and older)

Language Spoken at Home	English only	Language other than English	Speak English less than "very well"
United States Total	78.9%	21.1%	8.5%
Lee	84.3%	15.7%	3.9%
Somersworth	85.4%	14.6%	5.1%
Durham	91.0%	9.0%	2.0%
Dover	91.5%	8.5%	2.6%
New Hampshire Total	92.1%	7.9%	2.4%
Strafford County Total	92.9%	7.1%	2.0%
Rochester	95.2%	4.8%	1.3%
Madbury	95.7%	4.3%	0.6%
Strafford	95.8%	4.2%	0.2%
Farmington	96.7%	3.3%	1.0%
New Durham	97.2%	2.8%	0.3%
Rollinsford	98.0%	2.0%	0.2%
Middleton	98.1%	1.9%	0.2%
Milton	99.1%	0.9%	0.4%

Source: U.S. Census Bureau, 2012-2016 American Community Survey 5-Year Estimates.

When comparing English proficiency in the home, Strafford County was much lower than the US average of 78.9% of English spoken only households, while Strafford County was 92.9%. Additionally, Somersworth which has approximately 11,000 people revealed 4.9% has limited English proficiency in their respective school district.

Table 10 Students with Limited English Proficiency in Public Schools 2018

District Name	Enrollment	LEP Eligible 1	LEP Monitored 2
Barrington	954	**	0
Dover	3966	116	19
Farmington	863	**	0
Middleton	137	0	**
Milton	514	**	**
Rochester	4219	62	**
Rollinsford	156	0	0
Somersworth	1490	74	**
Strafford	411	0	0

Source: NH Dept. of

of Educational Statistics, data as of Oct. 1, 2018

Education, Bureau

In reviewing primary languages spoken by Head Start children, the majority of children speak English with limited outlying languages. Table 11 shows a slight decrease when compared to Strafford County LEP data overall. It is however higher when taking into account other unspecified languages such as Indonesian and Middle Eastern languages.

Table 11 Primary Language of Head Start and Early Head Start Participant Households, 2020

Primary Language Spoken at Home	# of Households	% of Total Enrolled Households
English	477	91.0%
Spanish	7	1.0%
Other Unspecified Language (primarily Indonesian and Middle Eastern)	41	8.0%

Source: 2020 Head Start / Early Head Start Enrollment Data

Veterans

The largest age group of veterans in Strafford County are 65 or older, so the assumption is that many in Strafford County were at some point were assigned to Pease Airforce Base, which closed in the early 1990's. Moreover, we have the Portsmouth Naval Shipyard which has about 5,000 civilian positions and has Navy personnel assigned to the shipyard base. Because Strafford County is in such close proximity to both military installations, it drove up the number of Veterans who reside in the county.

Table 12 illustrates the numbers of veterans living in Strafford County. 50% are older than age 65. In Strafford County, 8.92% are veterans, closely in line with New Hampshire but greater than the national average of 7.49%. Many retired from military service and stayed in the seacoast area of NH even when the base closure happened.

Table 12 Age of Veterans 2014-2018

Geographic Area	Total Number of Veterans	Percent of Population over 18
Strafford County	9,246	8.92%
New Hampshire	97,644	9.05%
United States	18,611,432	7.49%

Source: U.S. Census Bureau, 2014-2018 American Community Survey. Source Geography: County

Income

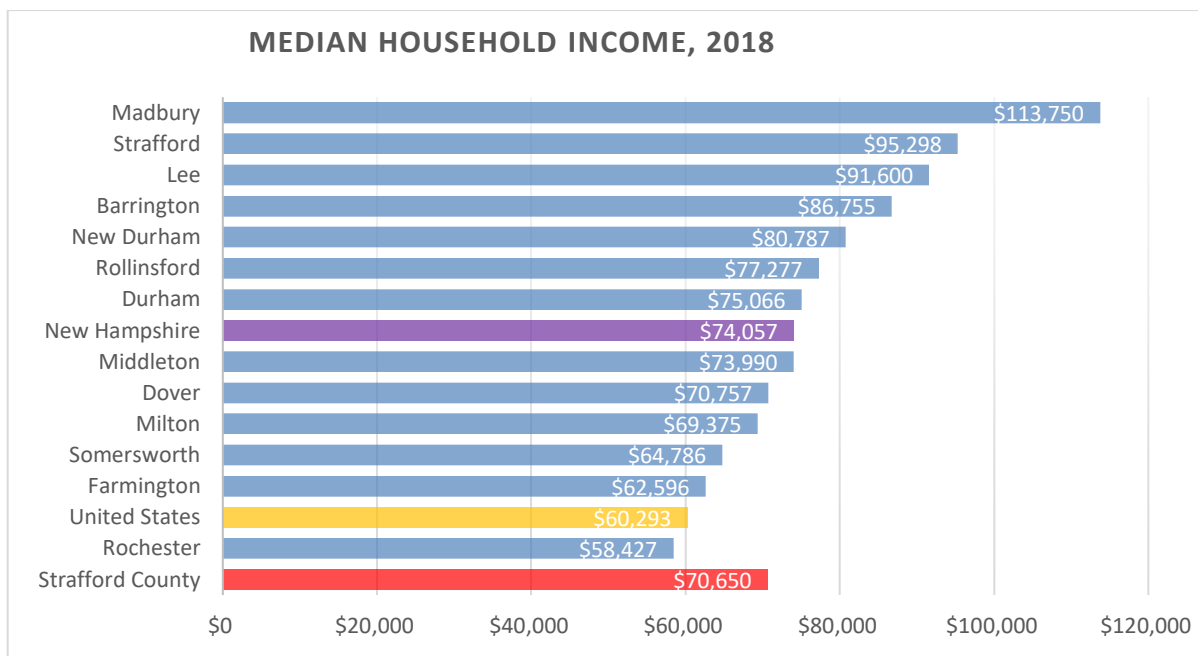
Income measured by the Census Bureau incorporates all income- earnings from work, unemployment compensation, workers' compensation, Social Security, Supplemental Security Income, public assistance, veterans' payments, pension or retirement income, educational assistance, alimony, child support, etc. "Median Income" is the level at which half of incomes are above, and half are below. This is different from the "average" or "Mean" income. "Per capita" measures are for all persons regardless of their household

According to the American Community Survey for 2014/18, the median income of households in Strafford County was \$70,650. An estimated 8.4 percent of households had income below \$15,000 a year and 13.4 percent had income over \$150,000 or more. By all measures, incomes in Strafford County are greater than the nation, but lower than New Hampshire overall. Median annual household incomes in Strafford County are shown in Table 13.

Table 13 Median Household Income, 2018

Geographic Area	Median Household Income (\$)
Strafford County	\$70,650
New Hampshire	\$74,057
United States	\$64,324

Source: U.S. Census Bureau, 2014-2018 American Community Survey 5-Year Estimates



Source: U.S. Census Bureau, 2014-2018 American Community Survey 5-Year Estimates

The median household income level in Strafford County of \$70,650 has increased greatly over the past 5 years, closing the gap in on New Hampshire's median income level of \$74,057. It is important to note that income varies significantly by cities and towns within Strafford County. The wealthiest towns of Madbury, Strafford, Lee, Barrington, and New Durham show incomes of greater than \$80,000, and the least wealthy cities and towns of Rochester and Farmington demonstrate incomes less than \$65,000. Significant changes over the past 5 years indicate a trend of increased median income overall, specifically the towns of Dover and

Somersworth with incomes now exceeding \$60,000.

On average, residents within the Head Start / Early Head Start target area have a lower household income compared with the state and other areas of the county. The difference in available income has far-reaching consequences. Head Start families must pay for housing, meals, and other living expenses with a mere fraction of the resources the average person in Strafford County or New Hampshire does. They need to stretch each dollar as far as it can go, and most certainly require community assistance just to acquire enough food, housing, and childcare. The last study of a basic needs budget and livable wages in New Hampshire found basic needs family budgets ranged from two- to three-and-a-half times the federal poverty line.

Currently, Head Start / Early Head Start services are focused, though not limited to the towns of Somersworth, Rochester, Farmington, and Dover. Based on median income alone, these towns continue to be the most in need of services.

Poverty

Households in Poverty

In 2014 - 2018, 9.7 percent of people living in Strafford County were in poverty. An estimated 10.9 percent of related children under 18 were below the poverty level, compared with 5.9 percent of people 65 years old and over.

How poverty is measured

The Census Bureau uses poverty 'thresholds' to estimate the number of families or individuals living in poverty. If a families' or individual's income is below the threshold, they are considered to be living in poverty. Thresholds vary based on the size of a family and the age of family members, and thresholds are the same throughout the country- there is no reflection of the differences in cost of living in different parts of the country. Thresholds are revised every year based upon changes in the Consumer Price Index. The thresholds reflect needs but are intended for use as a statistical 'yardstick' rather than as a complete description of what people need to live. Many government aid programs use a different poverty measure.

For example, CAPSC federal programs such as Head Start, Early Head Start, Low Income Heating Energy Assistance Program (LiHEAP) and Weatherization use up to 200% of the federal poverty threshold for program qualification. For example, a family of four may qualify for LiHEAP if the total household income were \$49,200 or less.

Poverty Rate

Table 14 shows the total population estimates for all persons in poverty for Strafford County. According to the American Community Survey 5 year estimates, an average of 9.7 percent of persons in Strafford County lived in a state of poverty during the 2018 period. The poverty rate for all persons living in Strafford County is less than

the national average of 12.96 percent.

Table 14 Poverty Thresholds in the United States, 2019

Size of Family Unit	Average Poverty Threshold
	2019
One person (unrelated individual)	\$ 13,011
Under 65 years	\$ 13,300
65 years and over	\$ 12,261
Two people	\$ 16,521
Household under 65 years	\$ 17,196
Household 65 years and over	\$ 15,468
Three people	\$ 20,335
Four people	\$ 26,172
Five people	\$ 31,021
Six people	\$ 35,129
Seven people	\$ 40,016

Source: U.S. Census Bureau 2019

Table 15 demonstrates the Strafford County poverty rate at 9.5%, this is two points higher than the NH average. That data also aligns with the County Health Rankings, 2020.

Table 15 Poverty Status by Age Group over the Past 12 Months, 2018

Geographic Area	All Ages		Under Age 5		Age 5-17	
	Number of Persons	Poverty Rate	Number of Persons	Poverty Rate	Number of Persons	Poverty Rate
Strafford County	11,673	9.7%	2,558	10.9%	1,658	9.5%
United States	41,852,315	12.96%	12,997,532	17.67%	8,930,152	16.62%

Source: U.S. Census Bureau, 2018 Small Area Income & Poverty Estimates.

Poverty Rate Change, 2000 - 2018

Poverty rate change in Strafford County from 2000 to 2018 is shown in Table 16.

Table 16 Poverty Rate 2014-2018

Geographic Area	Poverty Rate for All Persons
-----------------	------------------------------

	Total Population	In Poverty	Poverty Rate
Strafford County	118,964	11,673	9.7%
New Hampshire	1,300,664	100,076	7.6%
United States	314,943,184	41,852,315	12.96%

Source: U.S. Census Bureau, 2014-2018 American Community Survey 5-Year Estimates.

According to the U.S. Census, the poverty rate for area increased by 2.6% when compared to the national data which increased only 1.08%. NH Has long had a history of having lower than national average poverty rates but it is slowly creeping up as demonstrated in Table 17 when compared to the US poverty levels.

Table 17 Change in Poverty Rate 2000-2018

Geographic Area	Persons in Poverty, 2000	Poverty Rate, 2000	Persons in Poverty, 2018	Poverty Rate, 2018	Change in Poverty Rate, 2000- 2018
Strafford County	7,771	7.1%	11,673	9.7%	2.6%
United States	31,581,086	11.3%	41,852,315	13.1%	1.08%

Source: U.S. Census Bureau, 2000-2018 American Community Survey 5-Year Estimates.

Households in Poverty

Table 18 shows the number and percentage of households in poverty in Strafford County. In 2018, it is estimated that there were 5,081 households, or 10.5 percent, living in poverty within the Strafford County. The growth in poverty in NH and Strafford County is above 2% but Strafford County still has a rate higher than NH. For Strafford County, this represents over 12,500 residents living in poverty. For example, this represents almost the entire population of Somersworth and Middleton.

Table 18 Households in Poverty, 2014 - 2018

Geographic Area	Total Households	Households in Poverty	% Households in Poverty
Strafford County	48,548	5,081	10.5%
New Hampshire	528,078	42,371	8.0%
United States	119,730,128	16,027,481	13.4%

Source: U.S. Census Bureau, 2014-2018 American Community Survey 5-Year Estimate.

Household Poverty Rate by Household Type

The graphs below demonstrate the percentage of households in poverty by household type in the Strafford County. Of the households in poverty, female-headed households represented 54.3 percent of all households in poverty, compared to 34.7 and 11.0 percent of households headed by males and married couples, respectively.

A very stark statistic in Table 19 is the percent of poverty among female led households. A 20% difference in poverty levels remains between married couples when compared to female head of households. That is a

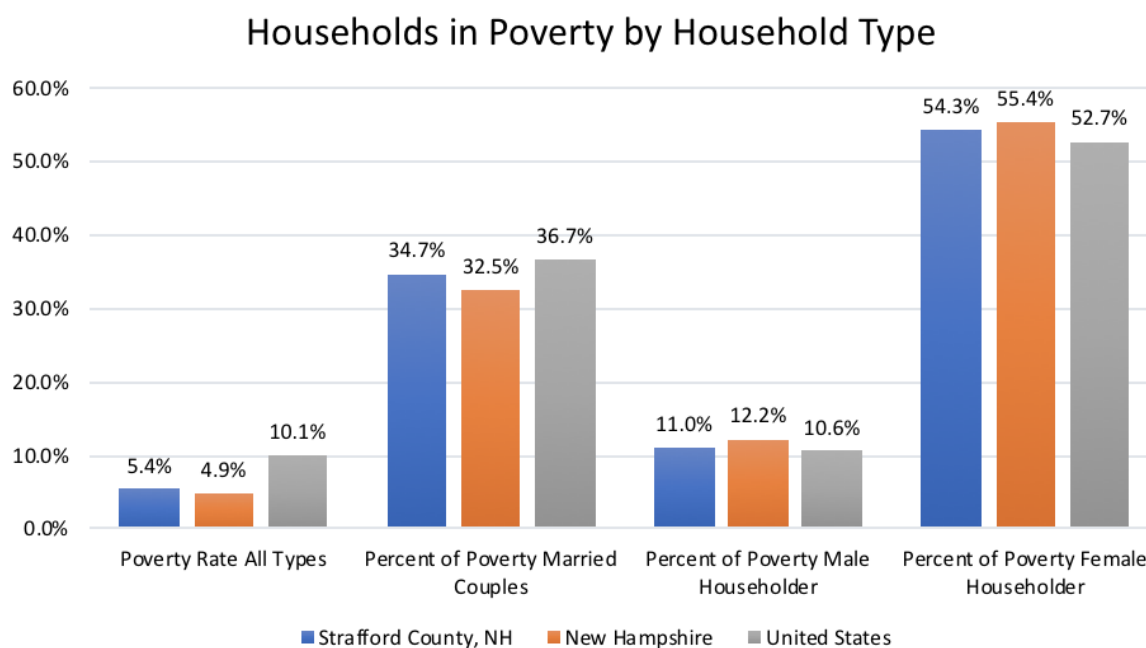
staggering statistic for Strafford County.

Table 19 Households in Poverty by Household Type, 2014- 2018

Report Area	Poverty Rate All Types	Percent of Poverty Married Couples	Percent of Poverty Male Householder	Percent of Poverty Female Householder
Strafford County, NH	5.4%	34.7%	11.0%	54.3%
New Hampshire	4.9%	32.5%	12.2%	55.4%
United States	10.1%	36.7%	10.6%	52.7%

Data Source: US Census Bureau, American Community Survey. 2014-18.

When looking at female led households their poverty rate was over 1/3rd higher than those of married couples.



Data Source: US Census Bureau, American Community Survey. 2014-2018

Child (0-4) Poverty Rate (ACS)

Table 20 shows the population and poverty estimates for children under five years of age for the county. According to the American Community Survey 5 Year data, an average of 16.2 percent of children under five years of age lived in a state of poverty in Strafford County during 2018. The poverty rate for children under five years of age living in Strafford County is less than the national average of 21.5 percent.

Strafford County children age 4 and under are almost 4 percentage points higher when compared to the poverty rate to NH. Communities such as Rochester, Somersworth, and Farmington demonstrate additional poverty data further in this needs assessment when we look at free and reduced lunch as well as Head Start data. CAPSC continues to combat childhood poverty by offering after school and summer meal programs

throughout Strafford County to address food insecurity and children in poverty. CAPSC also addresses poverty in its Head Start and Early Head Start programs as well as home visiting programs. Unfortunately, we cannot reach every household among children 4 and under to address poverty.

Table 20 Child (0-4) Poverty Rate, 2014-18

Geographic Area	Children, Ages 0 - 4 years		
	Total Population	In Poverty	Poverty Rate
Strafford County	6,138	996	16.2%
New Hampshire	63,036	7,813	12.4%
United States	19,514,070	4,193,998	21.5%

Source: U.S. Census Bureau, 2014-2018 American Community Survey 5-Year Estimate.

Child (5-17) Poverty Rate (ACS)

Table 21 shows the population and poverty estimates for children aged five to seventeen for the county. According to the American Community Survey 5-year data, an average of 9.2 percent of children aged five to seventeen lived in a state of poverty during the 2018 calendar year. The poverty rate for children age five to seventeen living in Strafford County is less than the national average of 18.8 percent. When looking at this data set, Strafford County is more aligned with NH than the data set of children age 4 and under.

Table 21 Child (5-17) Poverty Rate, 2014-18

Geographic Area	Children, Ages 5 - 17 years		
	Total Population	In Poverty	Poverty Rate
Strafford County	17,710	1,621	9.2%
New Hampshire	194,853	18,376	9.4%
United States	52,868,571	9,923,016	18.8%

Source: U.S. Census Bureau, 2014-2018 Community Survey 5-Year Estimate

Child (0-17) Poverty Rate (ACS)

Table 22 shows the population and poverty estimates for children in Strafford County. According to the American Community Survey 5-year data, an average of 11 percent of children age 0-17 lived in a state of poverty during the 2018 calendar year. The poverty rate for children living in Strafford County is less than the national average of 19.5 percent.

Table 22 Child (0-17) Poverty Rate, 2012-2016

Geographic Area	Children, Ages 0 - 17 years		
	Total Population	In Poverty	Poverty Rate
Strafford County	23,848	2,617	11.0%

New Hampshire	257,889	26,189	10.2%
United States	72,382,641	14,117,014	19.5%

Source: U.S. Census Bureau, 2014-2018 American Community Survey 5-Year Estimate

Child (0-17) Poverty Rate Change, 2018

The poverty rate change for all children in Strafford County from 2000 to 2018 is shown in Table 23.

According to the U.S. Census, the poverty rate for Strafford County increased by 2.3%, compared to a national increase of 1.8 percent.

Table 23 Change in Childhood (0-17) Poverty Rate, 2014-2018

Geographic Area	Children in Poverty,	Poverty Rate, 2000	Children in Poverty,	Poverty Rate, 2018	Change in Poverty Rate,
Strafford County	2,250	8.6%	2,558	10.9%	2.3%
United States	34,757,074	16.2%	38,986,565	18.0%	1.8%

Source: U.S. Census Bureau, 2018 American Community Survey 5-Year Estimates.

Seniors in Poverty

Poverty rates for seniors (persons age 65 and over) are shown in Table 24. According to American Community Survey estimates, there were 1,037 seniors, or 5.8 percent, living in poverty within the Strafford County. This is higher than NH but lower than US rate of poverty among seniors 65 and older.

Table 24 Seniors in Poverty, 2014-2018

Geographic Area	Seniors	Seniors in Poverty	Senior Poverty Rate
Strafford County	16,641	970	5.8%
New Hampshire	202,174	11,352	5.6%
United States	44,874,586	4,195,427	9.3%

Source: U.S. Census Bureau, 2014-2018 American Community Survey 5-Year Estimates

Employment

According to New Hampshire's Labor Force and Unemployment Report, 2020, New Hampshire's preliminary seasonally adjusted unemployment rate for September 2020 was 6 percent, reflecting the impact on unemployment due to the coronavirus (COVID-19) pandemic and efforts to contain it. This was a decrease of 0.6 percentage points from the August rate, which increased to 6.6 percent after seasonal adjustment. The September 2019 seasonally adjusted rate was 2.6 percent. Strafford Country communities experienced spiked rates April-July 2020 and unemployment remains unstable as the pandemic continues in Strafford County.

Current Unemployment

According to the Economic and Labor Market Information reports for Strafford County and NH, for the period of January 2020-March 2020, Quarter 1 (Q1), Strafford County had very low unemployment rates of 2.7%, 2.8% and 2.5% respectively. When the COVID pandemic hit the United State, New Hampshire and Strafford County we saw widespread layoffs and beginning of Q2, unemployment skyrocketed to 16.4% for April, 15% for May and 8.8% for June. Even with public health measures put in place, companies allowing their workforce to work remote when able and state strategies were implemented such as social distancing, mandatory mask wearing, it still was not enough to bring the current unemployment rates back to pre-COVID numbers. NH overall had a greater number of layoffs when compared to Strafford County. NH Q2 data reveals unemployment rates of 17.2%, 5.3% and 9.1% respectively. NH had unemployment rates in Q1 of 3.1%, 3.1% and 2.8% respectively.

Unemployment Rate

In August 2020, there were an estimated 4,305 unemployed in Strafford County residents, or 6.1% of workforce, and September 2020 saw another reduction of unemployment at 5.3%. This is still double the pre-COVID statistic. We know from our direct work in the adult dislocated worker program and workplace success, that adults are staying unemployed longer and having a harder time finding meaningful employment with wages and benefits. Several manufacturing companies have moved into the county, bringing jobs and opportunities for the region.

Table 25 Employment Information August 2020

Geographic Area	Labor Force	Employment	Unemployment	Unemployment Rate
Strafford County	70,733	66,428	4,305	6.10%
New Hampshire	745,326	697,979	47,347	6.40%
United States <i>(Converted from thousands)</i>	162,015,261	148,184,604	13,830,656	8.50%

Source: New Hampshire Employment Security, Economic & Labor Market Information Bureau, NH Local Area Unemployment Statistics, August 2020 and US Department of Labor, Bureau of Labor Statistics

Table 26- Pre-COVID Unemployment numbers per City or Town

Strafford County Town	Unemployment Rate
Dover	2.0 %
Madbury	2.00%
Strafford	2.00%
Lee	2.10%
Rochester	2.10%
Rollinsford	2.10%
Somersworth	2.10%
Farmington	2.20%
Barrington	2.30%
New Durham	2.50%
Durham	2.60%
Milton	2.70%
Middleton	2.90%

Source: New Hampshire Employment Security, Economic & Labor Market Information Bureau, NH Local Area Unemployment Statistics

Table 27 post COVID Employment Information by Town, November 2020

Strafford County Town	Unemployment Rate
Dover	5.4%
Madbury	4.3%
Strafford	4.6%
Lee	3.9%
Rochester	6.0%
Rollinsford	6.2%
Somersworth	6.2%
Farmington	6.3%
Barrington	4.8%
New Durham	4.4%
Durham	3.3%
Milton	6.0%
Middleton	5.2%

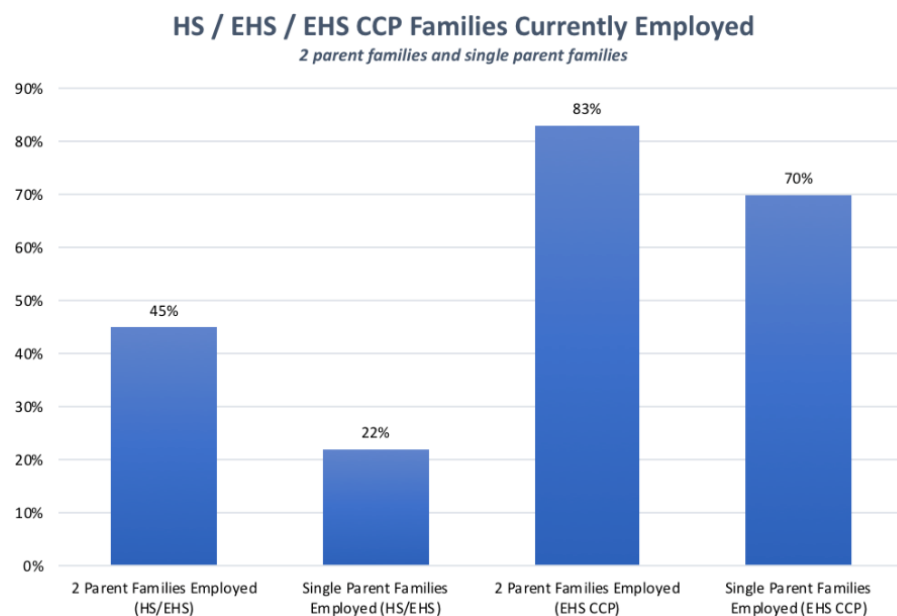
Source: New Hampshire Employment Security, Economic & Labor Market Information Bureau, NH Local Area Unemployment Statistics, November 2020 and US Department of Labor, Bureau of Labor Statistics

Table 26 demonstrates pre-COVID unemployment and Table 27 shows a vast difference when comparing post COVID numbers as of November. Rates are still double what they were pre-COVID. Hardest hit is Farmington, Somersworth and Rollinsford.

Five-Year Unemployment Rate

Unemployment change within Strafford County from August 2016 to August 2020 grew from 2.6% to 6.1%.

Another stark employment indicator is the Head Start, Early Head Start and Childcare Partnership which shows markedly different employment data when compared to Strafford County. Single parent families have a 78% unemployment rate, while 2 parent households have a 55% unemployment rate. This data was derived by parent disclosure upon enrollment of their children in Head Start and Early Head Start. These unemployment rates directly correlate to poverty rates among families enrolled in HS/EHS (at enrollment) 2019-2020.



Source: 2019-2020 Head Start / Early Head Start Enrollment Data

Commuter Travel Patterns, 2014-18

There are 36,532 residents over 16 who commute for work within the county, about 41.4% of all Strafford County residents travel outside the county to work. Table 28 illustrates the method of transportation workers used to travel to and from work for residents of Strafford County. Of the 66,373 workers in the Strafford County, 79.1 percent used private automobiles to travel to work. Of these, 79.1 percent drove to work alone while 8.7 percent carpooled. 2.1 percent of all workers reported that they used some form of public transportation, while 4.8 percent used some other means including walking, bicycles, and 1.2 % used taxicabs to travel to work.

Table 28 Method of Transportation to Work

Geographic Area	Workers 16 and Up	Method of Transportation to Work (Percent)					
		Drive Alone	Carpool	Public Transportation	Bicycle/Walk	Taxi/Other	Work at Home
Strafford County	66,373	79.1%	8.7%	2.1%	4.8%	1.2%	4.2%
New Hampshire	707,037	80.9%	7.9%	0.8%	3.0%	1.1%	6.4%

United States	150,571,044	76.4%	9.3%	5.1%	3.3%	1.2%	4.9%
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Source: U.S. Census Bureau, 2014-2018 American Community Survey 5-Year Estimate

Commute Time to Work

Commute time for workers is shown in Table 29 for Strafford County. The New Hampshire average commute time is not much higher than the national average of 26.64 minutes. The most common travel time to work falls between 10 to 30 minutes in Strafford County, New Hampshire as a whole, and nationally.

Table 29 Travel Time to Work, 2014-2018

Geographic Area	Workers 16 and Up	Travel Time to Work in Minutes (Percent of Workers)				Average Commute Time
		Less than 10	10 to 30	30 to 60	More than 60	
Strafford County	63,589	13.86%	49.84%	27.54%	8.76%	No Data
New Hampshire	661,775	14.27%	47.43%	28.31%	9.98%	27.30
United States	143,148,111	12.45%	49.55%	28.89%	9.11%	26.64

Source: U.S. Census Bureau, 2014-2018 American Community Survey 5-Year Estimate

Strafford County residents mainly commute between 10-60 minutes, with under 10% reporting they commute an hour or longer. Table 30 illustrates Strafford County's commuting characteristics with mode of transportation to work daily. During the COVID pandemic many more employees are working remotely, but the data on working from home is not readily available.

Table 32 Commuter Characteristic by Mode of Transportation

	New Hampshire	Strafford County	Percentage
Commuting Characteristics	Estimate-New Hampshire	Estimate-Strafford County	Percent
Total	723,275	68,487	
Car, Truck, or van- drove alone	581,204	54,813	80%
Car, Truck, or van- carpooled	56,619	5,006	7.3%
Public Transportation (excluding taxicabs)	6,327	884	1.3%
Taxicabs, motorcycles, bicycle, walked or other	26,103	3,506	5.1%
Worked from home	53,022	4,278	6.2%

Source: U.S. Census

2018 American Community Survey 5-Year Estimate

Bureau, 2014-

Residents of Strafford County are very dependent upon private vehicles for transportation to work, especially in the Northern portions of the county where public transit options are very limited. Just under half the workers residing in Strafford County work outside the county or in an adjoining state. Transportation in the northern tier of Strafford continues to be a problem. Communities such as Middleton, Milton, New Durham, Rollinsford, Barrington, Lee and Madbury do not have access to public transportation through **COAST**. COAST reconfigured their routes that directly impact Dover, Rochester Farmington and Somersworth. For trips that either originated in the Tri-City or Farmington areas or ended in the Tri-City area, a total of 200,065 rides were consumed in FY 2020, and that includes curtailed service during COVID's first appearance in March and April.

Somersworth stops were cut back due to a lack of funding. The northern tier of Strafford County does not have adequate access to public transportation. Moreover, it is very difficult for a young family to navigate the schedules with strollers and diaper bags to make a connection towards Portsmouth. It generally takes an hour plus to travel from Rochester to Portsmouth while in a car it takes 20 minutes.

Seniors and disabled are heavily relying on transportation provided by CAPSC, Frisbie and Wentworth Douglass Hospitals. Some communities are served by Wildcat Transit, the University of NH transit system, however even with bus routes that go through Lee, Barrington and Rochester, the routes are only offered during the school year and have not been in operation during COVID.

Education

Educational Attainment and Dropout Rates

Educational Attainment shows the distribution of educational attainment levels in Strafford County.

Educational attainment is calculated for persons over 25 and is an estimated average for the period from 2014 to 2018. The highest rates of educational attainment in the county were concentrated in Southern communities surrounding the university, while Northern communities show lower rates of attainment in both high school and college degrees.

Table 31 shows that in 2014-2018, 92.5 percent of people 25 years and over had at least graduated from high school and 35.6 percent had a bachelor's degree or higher. An estimated 8 percent did not complete high school.

Table 31 Educational Attainment Levels, 2014-2018

Geographic Area	% Less than 9th grade	% No High School Diploma	% High School Only	% Some College	% Associates	% Bachelors	% Graduate or Professional
Strafford County	2.00%	5.50%	28.00%	18.80%	10.00%	22.10%	13.50%
New Hampshire	2.20%	4.90%	27.60%	18.70%	10.10%	22.40%	14.10%
United States	5.30%	7.10%	27.10%	20.60%	8.40%	19.40%	12.10%

Source: U.S. Census Bureau, 2014-2018 American Community Survey 5-Year Estimate

Table 32 shows the 2019 high school dropout rates for selected schools in Strafford County. The most significant change in dropout rate was at Somersworth High School, which dropped nearly 6% since the 2015/2016 rate of 6.44%. Dover Senior High School also saw a decrease in the dropout rate by about 1.25%. Dropout rates at Nute Middle/High School, Spaulding High School, and Farmington Senior High School increased, however.

Of the 5 schools selected, 4 had a dropout rate lower than the New Hampshire average of 4.03%. Milton had almost double the state dropout rate. Milton has the lowest class sizes in the county, with an average of 75-80 students per class. If 5-7 students drop out, that sends their dropout rates spiraling.

Table 32 High School Dropout Rates, 2019

District	High School	4-year Cumulative Dropout Rate
Rochester	Spaulding High School	3.47%

Farmington	Farmington Senior High School	2.96%
Dover	Dover Senior High School	2.26%
New Hampshire Total		4.03%
Somersworth	Somersworth High School	0.97%
Milton	Nute High School	7.52%

Source: NH Department of Education, Bureau of Data Management 2018/19 Dropouts and Completers

Head Start / Early Head Start Family Education

Head Start, Early Head Start data revealed that 23% of families reported less than a 12th grade education, which is extremely high when compared to Department of Education data on dropouts. 57% reported having a high school diploma or GED, 15% had an Associates Degree and 5% had an advanced degree as reported in the 2019-2020 Head Start and Early Head Start Family Report.

Housing and Homelessness

Housing

Strafford County residents have lower home-ownership rates than other New Hampshire Counties and pay a higher percentage of their income in rent. They are more likely to have moved in the past year and depend more heavily on the higher-cost home heating sources of oil and electricity.

These factors are frequently cited by service providers as causes of family homelessness. Housing and homelessness were identified by service providers as one of the county's greatest concerns, and the numbers of people experiencing homelessness, as shown below, consistently exceed the available shelter space in the region. When surveying community conditions that included partners greatest concerns and greatest gaps in service in Strafford County,

There is a significantly higher percentage of mobile homes in Strafford County than the rest of the state as well. Nearly 20% of the housing units in Rochester and Farmington are mobile homes, while only 0.2% of Rollinsford's and 0.2% of Durham's housing units are mobile homes. There is also a higher concentration of low-income residents in mobile home parks.

Homeowners and Housing Types

In 2019, Strafford County had approximately 52,821 housing units, of which 66% percent are owner occupied. The reasons behind such low numbers of owner-occupied can be attributed to communities that are near the University of NH and lake homes. As demonstrated in Table 33, many have used real estate as an investment for student housing and 2nd homes that are vacation homes. Barrington, Strafford, Milton, Middleton, Farmington and Rochester all have lakes or ponds and real estate is often is not the owner's primary residence.

Table 33 Selected Housing Data, 2017-2019

Geographic Area	% of Housing Units		
	Owner - Occupied	2+ units/structure	Mobile Homes
Strafford County	66%	29.5%	9.6%
New Hampshire	83.7%	25.2%	5.6%
United States	87.8%	26.2%	6.2%

Source: U.S. Census Bureau, 2019 American Community Survey 5-Year Estimate

Vacancy Rates

The U.S. Postal Service provided information quarterly to the U.S. Department of Housing and Urban Development on addresses identified as vacant in the previous quarter. Residential and business vacancy rates for Strafford County in the second quarter of 2019 are reported in Table 34. In the second quarter of 2019, a total of 550 residential addresses were identified as vacant in the Strafford County, a vacancy rate of 0.8 percent, and 374 business addresses were also reported as vacant, a rate of 3.1 percent.

Table 34 USPS Address Vacancies, 2nd Quarter, 2019

Geographic Area	Residential Addresses	Vacant Residential Addresses	Residential Vacancy Rate	Business Addresses	Vacant Business Addresses	Business Vacancy Rate
Strafford County	66,307	550	0.8%	11,887	374	3.1%
New Hampshire	652,757	6,146	0.9%	78,274	3,593	4.6%
United States	149,623,509	3,747,598	2.5%	13,904,730	1,270,600	9.1%

Source: U.S. Department of Housing and Urban Development Aggregated USPS Administrative Data on Address Vacancies, Second Quarter, 2019

Housing Affordability

An estimated 28.53 percent of homeowners with mortgages, 19.04 percent of owners without mortgages, and 45.74 percent of renters in Strafford County spent 30 percent or more of household income on housing. The median monthly housing costs for mortgaged homeowners was \$1,816 and \$1,291 average for a 2-bedroom apartment.

The New Hampshire Housing Finance Authority (NHHFA)^x considers “Affordable Gross Rent” to be 30% of a household’s income. Based upon the median income of renting households in Strafford County, the ideal affordable median gross rent would be \$1,413. Unfortunately, for low-income households, most rental units are priced well above that level especially in the surrounding areas of Dover.

Rents in Strafford County are starting to decrease going from \$1,347 in 2019 to \$1,291 in 2020. The vacancy rate remains under extremely low at 2% for 2-bedroom and all units. Strafford County's vacancy has increased to 2.1% from 0.8% in 2019. By NHHFA's calculations, less than 3% of the housing units in the county are priced below an affordable rent compared to 14% in other parts of New Hampshire.

The following graph demonstrates the climbing gross rent and decreased availability of 2-bedroom units in Strafford County, there is a housing shortage and an increase for demand of 2 bedroom plus units in Strafford County, the median income for renter households was \$44,805. During the same period, Strafford County saw between 22 and 23 percent of two-bedroom apartments priced below the affordable rent in both Strafford County (\$1,120) and New Hampshire (\$1,127). As Table 35 below demonstrates, the gap between affordable gross rent and the median gross rent for a 2-bedroom unit in Strafford County is significant with only 22 percent below the affordable rent range.

Table 35 Rental Affordability for Median Household Incomes, 2020

Geographic Area	Median Income of Renter Households	Affordable Gross Rent based on	Median 2 BR Gross Rent	% of 2 BR Apartments priced Below Affordable
Strafford County	\$ 44,805	\$ 1,120	\$ 1,291	22.0%
New Hampshire	\$ 45,073	\$ 1,127	\$ 1,413	23.0%

Source: NH Housing Finance Authority, Rental Cost Survey 2020

Home Heating

As of 2018, Strafford County homes were predominately heated by oil, which has fluctuating prices throughout every home heating season. The LIHEAP program is a safety net for those who have difficulty meeting the demands of fueling their homes and apartments, particularly during the cold winter months.

Public / Subsidized Housing

Strafford County has multiple housing assistance programs for individuals meeting income eligibility requirements. Dover, Rochester, and Somersworth each have a Housing Authority that operates Housing Choice Vouchers (HCV), affordable tax credit housing and public housing programs within Strafford County (NH Housing Finance Authority, 2018). There are significant waiting lists for these programs (one to three years). In addition, multiple property management companies manage affordable housing units within the towns of Dover, Farmington, Rollinsford, Rochester and Somersworth as noted in Table 36.

Table 36 Total HUD-Assisted Housing Units, 2018

Demographic Area	Total Housing Units (2018)	Total HUD-Assisted Housing Units	HUD-Assisted Units, Rate per 10,000 Housing Units
Strafford County, NH	51,697	2,537	490.74
New Hampshire	614,754	21,607	351.47
United States	133,341,676	5,024,504	376.81

Source: US Department of Housing and Urban Development. 2016. Source geography: County

Homelessness

According to the 2019 State of Homelessness in New Hampshire report^{xi}, the reported number of overall homeless individuals decreased by 5% between 2017 and 2019. Strafford County saw a 41.8% change since 2017 in the overall homeless report of 2019.

Table 37 Strafford County Residents Served by Regional Homeless Shelters, 2017

Shelter	Adults	Children
My Friend's Place, Dover	111	26
Homeless Center, Rochester	73	59
Crossroads House, Portsmouth	156	34
Total	340	119

Source: Shelter reporting

For purposes of the federal Point-in-Time Count done in January, the NH Coalition to End Homelessness defines people experiencing homelessness in one of two distinct categories: those who are living in temporary shelters, such as emergency shelters or transitional housing, and those who are living unsheltered, such as in a tent, a car, or somewhere else not meant for human habitation. People experiencing unsheltered homelessness often have higher mortality rates due to exposure to hazardous environments and less access to preventative healthcare.

Table 38 depicts the Point in Time report for January 2019 in Strafford County. Based on survey data collected for this need's assessment almost every gap in service or service concerns were related to housing and homelessness. The Point in Time Count tries to capture the needed data, but the Strafford County numbers seem woefully understated. CAPSC shows 593 people were helped by homelessness outreach in FY 2020.

Table 38 Point-In-Time Count of Homeless Persons in Strafford County, Jan. 23, 2019

	Individuals	Families	Family Members
Sheltered	13	5	13
Unsheltered	19	0	0
Doubled Up	22	2	0
Total	54	7	13

Source: New Hampshire Department of Health and Human Services, Bureau of Homeless and Housing Services, 2019

The McKinney-Vento Act, Education for Homeless Children and Youth Program (EHCY) is designed to address the challenges that homeless children and youth have faced in enrolling, attending, and succeeding in school. It states that a child or youth who lacks a fixed, regular, and adequate nighttime residence. Strafford County schools demonstrate in Table 39 how many students were considered homeless over two school years, 2017-18 and 2018-19. Rochester had the highest rate, and Dover was second, but when adjusted for population, both communities have approximately 30,000, Rochester had a greater percentage overall. There are pockets of poverty in Dover.

Table 39 Students Identified as Homeless in Selected School Districts, SY 2018-2019

District	# Homeless in 2017-2018	# of Homeless in 2018-2019
Barrington	21	20
Cochecho Arts and Technology		2
Dover	143	109
Farmington	70	36
Milton	4	5
Rochester	191	132
Rollinsford	0	0
Seacoast Charter	0	0
Somersworth	67	46
Strafford		7
<i>Total</i>	<i>496</i>	<i>357</i>

Enrolled 2018/2019

Source: Department of Education Homeless

Reporting of this data has historically been by type of homeless (doubling up, hotel/motel, shelter, etc.) but the data is not available from the NH Department of Education for the most recent year as of this publication due to the size of the data pool. The low numbers could lead to identification of students, so numbers are reported here

Table 40 Head Start and Early Head Start Participants Experiencing Homelessness, 2017-2020

Number	2017	2020
Number of Children	40	40
Number of Families	37	53

Source: 2020 Head Start / Early Head Start Enrollment Data

The number of Head Start and Early Head Start families reporting homelessness continues to grow. Table 40 indicates a 69% increase in families reporting homelessness from the prior program year. Homeless children are more at risk for developmental delays; chronic and acute health problems; and behavioral, emotional, and mental health issues than their housed peers. Homelessness continues to be a priority for selection of children enrolled in the Head Start and Early Head Start programs.

Nutrition

Free and Reduced Lunch Program

This indicator measures the percent of children in grades 1 through 12 eligible for free or reduced-price lunch under the National School Lunch Program. Children living in households at or below 130% of the federal poverty level qualify for free meals; those with incomes between 131% and 185% of poverty qualify for reduced-price meals.

Every child participating in the Head Start / Early Head Start program automatically qualifies for free school lunch. Eligibility for free or reduced-price lunch is widely used as a proxy for poverty rates in federal programs such as Title I. An analysis of free or reduced-price lunch by school district is provided in the table below.

Table 41 shows 4,083 households (or 8.41%) in Strafford County received SNAP payments during 2018. During this same period, there were 3,401 households with income levels below the poverty level that were not receiving Supplemental Nutrition Assistance Program (SNAP) payments. More than half of all households receiving SNAP benefits in Strafford County reside in the towns of Milton, Rochester, Farmington, and Somersworth where participation has increased over the past years.

Table 41 Students Eligible for Free and Reduced Lunch Program, SY 2019

District	Enrollment	# Eligible	% Eligible
Somersworth	1,350	570	43.39%
Farmington	727	267	50.27%
Rochester	3,831	1,521	45.54%

Milton	442	148	22.57%
Dover	3,628	976	27.70%
NH Average			24.77%
Rollinsford	124	24	19.35%
Barrington	817	96	11.76%
Strafford	365	48	13.15%

Source: NH Dept. of Education, Bureau of Data Management, Free/Reduced School Lunch Eligibility, 2019

SNAP participation data was difficult to find and when found it was outdated. Table 42 provides numbers from 2016 and only 10 of the thirteen communities in Strafford County.

Table 42 Households Receiving SNAP Benefits by Poverty Status, 2018

Geographic Area	Households Receiving SNAP				Households NOT Receiving SNAP			
	Total	Percent	Income Below Poverty	Income Above Poverty	Total	Percent	Income Below Poverty	Income Above Poverty
Strafford County	4,083	8.41%	1,680	2,403	44,465	91.59%	3,401	41,064
New Hampshire	38,059	7.21%	16,084	21,975	490,019	92.79%	26,287	463,732
United States	14,635,287	12.22%	7,090,216	7,545,071	105,094,841	87.78%	8,937,265	96,157,576

Source: U.S. Census Bureau, 2014-2018 American Community Survey 5-Year Estimate

SNAP participation rose noticeably in the following areas during the period of 2012 and 2016: Milton, Rochester and Farmington while the areas of Somersworth, Middleton, Dover, Barrington and Rollinsford saw noticeable decreases in Table 43.

Table 43 Participation in SNAP Programs by City/Town, 2016

	# Households Participating 2016	% of Households 2016
Milton	289	16.9%
Rochester	1,913	14.8%
United States		13.0%
Farmington	353	12.9%
Somersworth	547	11.8%
Strafford County		9.2%
New Hampshire		7.8%
Middleton	44	7.4%
Dover	911	7.1%
New Durham	63	6.5%
Barrington	144	4.3%
Rollinsford	30	2.9%
Durham	72	2.2%

Source: U.S. Census Bureau, 2012-2016 American Community Survey 5-Year Estimate

All infants and children under age 5 are eligible for Women, Infants, and Children (WIC) participation if family income does not exceed 185% of the federal poverty level. Based on 2019-2020 Head Start data, the percentage of Head Start/EHS participants enrolled with WIC at the end of the program year was 85%, which was significantly higher than the state average. This is to be expected with the nature of the Head Start/EHS program and associated income limitations.

Health

Disabilities

The American Community Survey estimates the number of persons with various disabilities including hearing; vision; cognitive; ambulatory; and self-care as demonstrated in Table 44. Strafford County estimates are like the state overall, with slightly higher rates at higher margins of sampling error. When breaking down to the municipal level, the margins of error are higher, particularly in smaller towns. However, even with those higher margins of error, rates in the Northern cities and towns of Strafford County are all significantly higher than the Southern towns. The five highest estimates are on the Northern border of the county, the four lowest on the Southern border.

Table 44 Civilian, non-institutionalized population with Disabilities, 2018

	Percent of Population			
	Margin of Error			
	Age			
Geographic Area	Total Population	Under 18	18 - 64	Over 65
United States	12.60%	4.20%	10.30%	35.00%
	+/-0.1	+/-0.1	+/-0.1	+/-0.1
New Hampshire	12.60%	4.80%	10.10%	31.90%
	+/-0.2	+/-0.3	+/-0.2	+/-0.6
Strafford County	12.50%	4.30%	10.70%	32.50%
	+/-0.7	+/-0.9	+/-0.9	+/-2.5

Source: U.S. Census Bureau, 2018 American Community Survey 5-Year Estimate

Children with Disabilities

The Office of Head Start requires that Head Start programs ensure at least 10% of their total funded enrollment be filled by children eligible for services under IDEA. Strafford County Head Start/EHS has a history of consistently exceeding that requirement. In Program Year 2019-2020, 19% of the children served in Strafford County Head Start had Individual Education Plans; and 23% of the infants and toddlers served in EHS had Individual Family Support Plans.

There is an absence of information available about children with disabilities in Strafford County. In 2017, there were 173 children in Strafford County School Districts with developmental delays, speech impairments, or language impairments as shown in Table 45. Insufficient data is currently available about these populations, making this an area to expand upon when an opportunity to survey arises.

Table 45 Children Birth to Age Three with Identified Disabilities, Strafford County (2016-17)

Town	Established Condition	Developmental Delay	Grand Total
Barrington	4	10	14
Dover	14	46	60
Durham	0	7	7
East Rochester	1	1	2
Farmington	0	21	21
Gonic	0	2	2
Lee	2	4	6
Madbury	1	4	5
Milton	1	5	6
Milton Mills	0	0	0
New Durham	0	3	3
Rochester	12	61	73
Rollinsford	0	4	4
Somersworth	7	24	31
Strafford	1	9	10
Grand Total	43	201	244

Source: Family Center Early Supports and Services 2016-17

Childhood Obesity

Being overweight or obese increases the risk for several chronic diseases including heart disease, stroke, hypertension, type 2 diabetes, osteoarthritis and certain cancers. Overweight is defined as having a BMI of 25.0-29.9, and obesity as having a BMI equal to or greater than 30. BMI is calculated by dividing weight in kilograms by height in meters squared. Obese children are more likely to develop Type 2 diabetes, heart disease, and asthma and are up to 10 times more likely than healthy-weight children to be obese as adults. Research shows, females are more likely to report their weight as lower than the actual measure, and males are more likely to report a higher height than the actual measure. It's likely that if the subjects responding in this survey, were directly measured, their BMIs and obesity rates would be higher than shown.

Head Start program information reports for program year 2019-2020 indicate that 11% of enrolled children

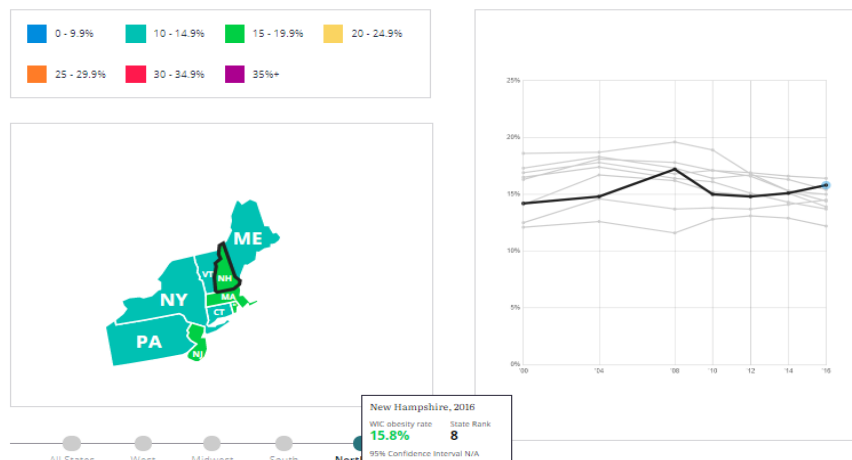
were considered to have BMI's in the overweight range. Families with children falling in these categories are provided the opportunity to meet with a Nutrition Consultant.

Obesity Rate Among WIC Participants Ages 2-4 by State, 2016

Obesity Rate: WIC Participants Ages 2-4, 2016

Select years with the slider to see historical data. Hover over states for more information. Click a state to lock the selection. Click again to unlock.

Percent of WIC participants ages 2-4 with obesity



Source: *The State of Obesity, 2016* (A study conducted by the CDC and the USDA analyzing trends in obesity from 2000 to 2016 among 2- to 4-year-old WIC participants)

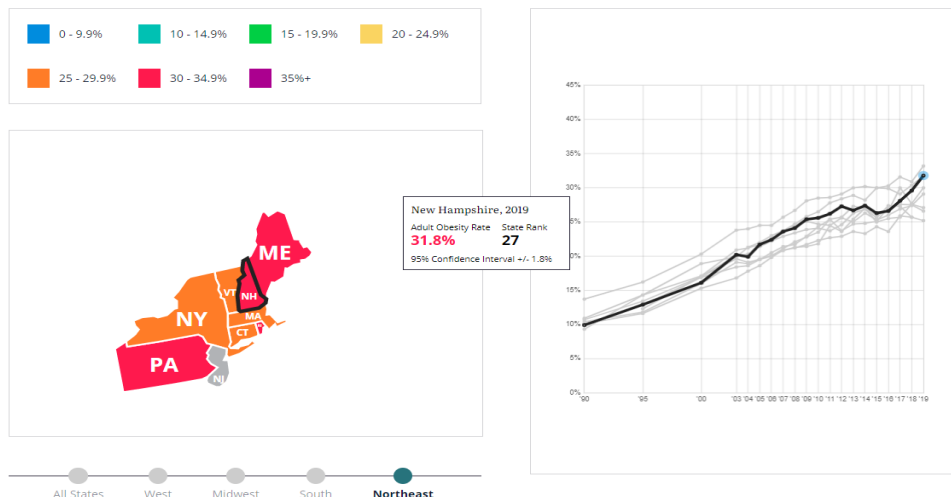
New Hampshire has the 24th lowest adult obesity rate in the nation, according to *The State of Obesity: Better Policies for a Healthier America*^{xii} released September 2020. New Hampshire's adult obesity rate is currently 31.8 percent, up from 16.1 percent in 2000 and from 9.9 percent in 1990. Among NH adults, overweight and obesity are increasing with age. Obesity rates are higher among those with lower incomes and less education. Overweight is more prevalent among those with higher incomes. Females are less likely to report obesity or overweight than males.

Obesity Rates Among Adults

Adult Obesity Rate by State, 2019

Select years with the slider to see historical data. Hover over states for more information. Click a state to lock the selection. Click again to unlock.

Percent of obese adults (Body Mass Index of 30+)



Source:

Risk Factor Surveillance System (BRFSS). 2019

Behavioral

Immunization Rates

Immunization of children for selected diseases is required for school and day care entry in accordance with NH Statutes. In comparison to the United States' National average, New Hampshire has consistently high levels of vaccination coverage, as demonstrated in Table 46 below. Strafford County Head Start and Early Head Start reported 98% of enrolled children were up to date on all possible immunizations as of program year 2019-2020.

Table 46 Estimated Vaccination Coverage for Children 19-35 months, 2018

	% Up to date
Polio (≥ 3)	93.6%
Diphtheria, Tetanus, and Pertussis (DTaP) (≥ 4)	83.8%
Measles, Mumps and Rubella (MMR) (≥ 1)	92.1%
Hepatitis B (≥ 3)	92.1%
Varicella (≥ 1)	92.0%

Source: Centers for Disease Control, National Immunization Survey – Child, 2018

Oral Health

Strafford County has two major dental providers accepting Medicaid for children locally. The Wentworth-Douglass Community Dental Center is open to low-income, uninsured adults and children living in Wentworth-Douglass Hospital's primary service area or patients of Wentworth Health Partners: Barrington, Dover, Durham, Lee, Madbury, Rollinsford, and Somersworth. Goodwin Community Health offers integrated, comprehensive dental services to children and adults in Strafford County. Most insurance is accepted, and a sliding-scale fee based on household income is available.

Head Start partners with Goodwin Community Health to provide dental exams for children who do not have a dentist and are unable to access services elsewhere. In program year 2019-2020, 90% of the cumulative enrollment (163 Head Start children out of cumulative enrollment of 181) received a dental exam. In EHS, 90% of the cumulative enrollment (119 infants and toddlers out of cumulative enrollment of 132) received primary oral care.

Lead

The amount of lead in blood is referred to as blood lead level (BLL). BLLs are measured in micrograms of lead per deciliter of blood ($\mu\text{g}/\text{dL}$). There is no known safe BLL. Exposure to lead can seriously harm a child's health.

In the United States, the major source of lead exposure among children is lead-based paint and lead-contaminated dust found in older buildings. Children under the age of 6 years are at risk for lead poisoning because they tend to put their hands or other objects into their mouths. Children can be exposed to lead by eating lead-based paint chips, chewing on objects painted with lead-based paint or swallowing house dust or soil that contains lead.

No safe level of lead exposure has been identified. However, CDC recommends public health interventions when a child's blood lead level (BLL) is greater than 5 micrograms of lead per deciliter of blood ($\mu\text{g}/\text{dL}$).

Too much lead in the body can cause permanent damage to the brain, kidneys, nervous system and red blood cells. In children, exposure to lead may result in:

- Behavioral Problems
- Decreased Intelligence
- Learning Disabilities

Strafford County with its pre-1950 housing stock has towns with a greater risk of lead exposure when compared to other counties in New Hampshire. Several factors influence the rate of lead poisoning. Cities and towns with 27% or more pre-1950 housing stock are considered high risk. The communities of

Rochester, Somersworth and Dover is classified as one of twenty-one areas designated as the State's

“highest-risk” communities. These communities are among the highest risk level for lead poisoning in New Hampshire. The mean blood lead levels for children residing in New Hampshire’s twenty-one highest risk communities were significantly higher than the mean levels in non-high-risk communities. Children whose blood levels are much higher than most children’s levels are defined as $\geq 5.0 \mu\text{g/dL}$. The communities of Rochester, Dover, and Somersworth all have high mean blood levels among children as shown in Table 47.

Table 47 Lead Surveillance Data for 2016

Town / City	# BLL >10mcg/dL	% Pre- 1950s Housing	% Under 6 Below Poverty	% Living in Rental Units	% Public Insurance
Rochester	29	27.1%	34.8%	36.0%	17.7%
Dover	13	32.4%	16.7%	49.3%	12.2%
Somersworth	8	34.3%	22.4%	43.5%	16.3%

Source: Healthy Homes & Lead Poisoning Prevention Program, 2016 Lead Poisoning Surveillance Report

In the 2019-2020 Strafford County Head Start/EHS program year, it was reported that 7 children had high lead levels. Each family was referred for housing support, some moved from their residence while others stayed.

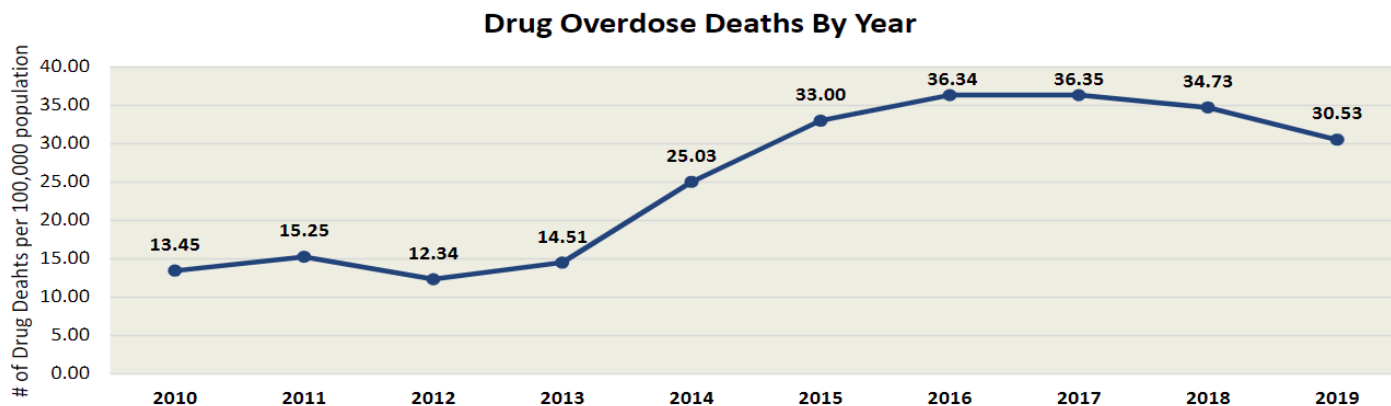
Substance Misuse

According to a 2018-2021 report issued by One Voice for Strafford County, approximately 105,000 individuals (9% of the population over 12 years of age) in New Hampshire meet the American Psychiatric Association (APA) diagnostic criteria for substance use disorders (SUD). Approximately 5,000 people receive SUD services through contracts administered by the Department of Health and Human Services (DHHS) Bureau of Drug and Alcohol Services (BDAS). New Hampshire is consistently ranked highest in the nation for alcohol consumption among adults and young people per capita, and among the highest for illicit drug use, while access to treatment for resident’s remains among the lowest in the U.S.^{xiii}

Strafford County has seen a drastic increase in substance misuse. Strafford County experienced an increase in overdose deaths in 2019, with an increase of 6% from the previous year. In total, there were 53 drug overdose deaths in Stafford County during 2019. According to the *NH Bureau of Emergency Medical Services (EMS)*, 255 doses of Narcan were administered in Strafford County during 2018. Strafford County had the largest increase in EMS Narcan Administration from 2018 to 2019, with a 76% increase from 10.24 to 17.85 incidents per 10,000 population. In 2019, residents from Strafford County had the most opioid related ED visits per capita with 74.65 visits per 10,000 population and had the highest suspected location of drug use resulting in overdose deaths per capita at 4.11 deaths per 10,000 population^{xiv}.

The Doorway, a funded program by the State Opioid Response (SOR) grant through NH DHHS reported that the greater Dover area that they responded to 225 client inquiries in the month of October 2020. 79 individuals were referred or self-referred to the Doorway for opioid misuse, 33 for alcohol misuse, 8 for other substances, for a total of 180 non-duplicated individuals.

Drug Overdose Deaths by Year, 2010-2019



Source NH Drug Monitoring Initiative, 2019 Overview Report Issued September 18, 2020

Rochester was one of the three towns in New Hampshire with the highest number of overdose deaths for 2019, with between 26 and 50 overdose deaths. Dover and Somersworth each had between five and ten overdose deaths in 2019. The towns of New Durham, Middleton, Milton, Farmington, Barrington, Lee, and Rollinsford each had between one and four overdose deaths in 2019.

Head Start/EHS families self-report Substance Use Disorder (SUD). In program year 2019-2020, 9% of families reported either being a parent in treatment, in recovery, or still actively using.

Strafford County continues to see a need for substance use disorder treatment services. In 2019, there were 325 treatment admissions related to opioids/opiates, methamphetamines, and cocaine/crack. CAPSC works closely with Hope on Haven Hill, which provides a safe, supportive environment for eight women who are either pregnant or newly postpartum. Moms who reside there receive comprehensive treatment and counseling for substance use disorders. Participants receive group therapy, private counseling, childbirth classes, life skills coaching, recovery support services and enrichment programs. CAPSC collaborates with Hope on Haven Hill to enroll moms and their babies in Early Head Start services.

Trauma and Toxic Stress

Childhood experiences, both positive and negative, have a tremendous impact on lifelong health. As such, early experiences are an important public health issue. Much of the foundational research in this area has been referred to as Adverse Childhood Experiences (ACEs)^{xv}. A recent ACEs study looked at how 10 types of childhood trauma affect long-term health. They include: physical, emotional and sexual abuse; physical and

emotional neglect; living with a family member who's addicted to alcohol or other substances, or who's depressed or has other mental illnesses; experiencing parental divorce or separation; having a family member who's incarcerated, and witnessing a mother being abused. While there is little data surrounding childhood trauma in Strafford County, with the high use of substances in the county, an area worth exploring is the use of ACEs with Head Start / Early Head Start families to gather data around trauma and then identifying supports and resources to build a child's ability to cope with adversity.

Maternal and Child Health

Number of Low Birth Weight Babies

Low birth weight is when a baby is born weighing less than 5 pounds, 8 ounces. According to the March of Dimes, about 1 in every 12 babies in the United States is born with low birth weight.

The 2020 County Health Rankings and Roadmaps indicate a low birth weight rate of 7% in Strafford County. In comparison, the U.S. rate in 2020 (most recent data) was 8.28%.

Teen Pregnancy Rate

Teen pregnancy and childbearing have a huge social, medical, and economic impact on families as well as the community. Children of teen mothers are at higher risk for poor academic performance, lower cognitive attainment, and proficiency scores at kindergarten entry.

New Hampshire has one of the lowest teen pregnancy rates in the country, according to a recent study by the National Center for Health Statistics. There were only 8 births per 1,000 women ages 15 to 19 years old in 2018. Of these births, 2.8 per 1,000 were born to teens ages 15 – 17 and 14.8 per 1,000 were born to teens ages 18 – 19.

In Table 48, Strafford County has a birth rate of 9 per 1,000 women ages 15 to 19 years old, according to the 2020 County Health Rankings and Roadmap data^{xvi}.

Table 48 Teen Birth Rate Decline

Teen Birth Rates		
	New Hampshire	United States
Overall decline in teen births past 24 years (1991 to 2017)	-76%	-72%
Decline in teen births past year (2017 to 2018)	-5%	-7%

Source: Centers for Disease Control and Prevention, National Vital Statistics Report 2018 Infant Mortality Rate

The infant mortality rate is defined as the rate of deaths during the first year of life per 1,000 live births. Overall, the infant mortality rate in New Hampshire has been consistently low and among the best in the country: 4.3 per 1,000 births in New Hampshire on average (2017-2020) and 6.2 per 1,000 births in Strafford County for the same time period according to the National Kids Count Data Center.

County Health Ranking

A collaboration of the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute produced numerical Health Rankings for counties nationwide, showing Strafford County among the lowest ranked in New Hampshire as demonstrated in Table 49. (For additional information about how the County Health Rankings are calculated, see www.countyhealthrankings.org).

Strafford County ranked well below the state average in key measures of “Physical Environment” and “Quality of Life.” The RWJ methodology uses the number of individuals reporting fair or poor health, number of physical and mental health days, and low birth weight to measure quality of life. It uses air pollution measures, drinking water violations and severe housing problems to assess the physical environment.

Table 49 RWJ Overall County Health Ranking within New Hampshire, 2020

County	Health Outcomes	Health Factors
Rockingham	1	1
Grafton	2	2
Merrimack	3	3
Hillsborough	4	6
Cheshire	5	7
Sullivan	6	8
Carroll	7	4
Belknap	8	5
Strafford	9	9
Coos	10	10

Source: Robert Wood Johnson Foundation

The County Health Rankings are based on a model of community health that emphasizes the many factors that influence how long and how well we live. Health Factors are things that can be modified to improve the length and quality of life. They are predictors of how healthy our communities can be in the future. Health outcomes reflect how healthy a county or community is currently. Health outcomes and health factors are ranked among NH’s ten counties and assigns a numeric data set drawn from many health risks and health factors, with 1 being the lowest score. Strafford county has a health outcome ranking of 9 and a health factor ranking of 9 so there are a lot of areas that can be improved upon.

Table 50 shows key indicators of chronic diseases and their prevalence when comparing Strafford County to NH overall..

Table 50 RWJ County Key Indicators, Comparison to New Hampshire, 2020

Key Indicators	Strafford County	New Hampshire
Diabetes Prevalence	10%	9%
Frequent mental distress	12%	13%
Food insecurity	10%	9%
Children eligible for free / reduced lunch	30%	26%
Poor or fair health	14%	13%
Excessive drinking	22%	21%
Primary care physicians	1,570:1	1,100:1
Dentists	1,370:1	1,340:1
Mental health providers	400:1	330:1

Source: Robert Wood Johnson Foundation

Health Care

Medicare and Medicaid Providers

Total institutional Medicare and Medicaid providers, including hospitals, nursing facilities, federally qualified health centers, rural health clinics and community mental health centers for Strafford County are shown in Table 51.

According to the U.S. Department of Health and Human Services, there were 21 active Medicare and Medicaid institutional service providers in the Strafford County in the fourth quarter of 2019.

Table 51 Institutional Medicare and Medicaid Providers, 2019

Geographic Area	Total Institutional Providers	Hospitals	Nursing Facilities	Federally Qualified Health Centers	Rural Health Clinics	Community Mental Health Centers
Strafford County	21	2	6	3	0	1
New Hampshire	264	34	74	34	14	10
United States	74,721	7072	15,491	9,215	4,455	

Source: U.S. Department of Health and Human Services, Center for Medicare & Medicaid Services, December 2019.

Persons Receiving Medicaid

As shown in Table 52, Medicaid Enrollment broken out by town or city a total of 19,686 individuals enrolled in NH Medicaid, roughly 15% of Strafford County's population.

Table 52 Medicaid Participation as of 10/06/2020

Medicaid Enrollment by City / Town as of 10/06/2020	
City/Town	Member Count
Rochester	7,511
Farmington	1,458
Milton	786
Somersworth	2,437
Middleton	281
New Durham	322
Dover	4,358
Barrington	984
Strafford	457
Lee	355
Durham	314
Rollinsford	290
Madbury	133

Source: NH DHHS, New Hampshire Medicaid Enrollment Demographic Trends and Geography, September 2020.

Persons Receiving Medicare

The total number of persons receiving Medicare is shown below, broken down by number over 65 and number of disabled persons receiving Medicare for the Strafford County. The U.S. Department of Health and Human Services reported that a total of 25,266 persons were receiving Medicare benefits in Strafford County in 2019. Many individuals in our society are aware that persons over 65 years of age can begin to receive Medicare; however, many of them are unaware that disabled persons also receive Medicare benefits. A total of 4,910 disabled persons in the report area received Medicare benefits in 2019 as shown in Table 53.

Table 53 Medicare Enrollment, 2019

Geographic Area	Persons Over 65 Receiving Medicare	Disabled Persons Receiving Medicare	Total Persons Receiving Medicare
Strafford County	20,355	4,910	25,266
New Hampshire	504,742	92,691	597,434
United States	52,987,966	8,519,960	61,507,926

Source: U.S. Department of Health and Human Services, Centers for Medicare and Medicaid Services.

Uninsured Population

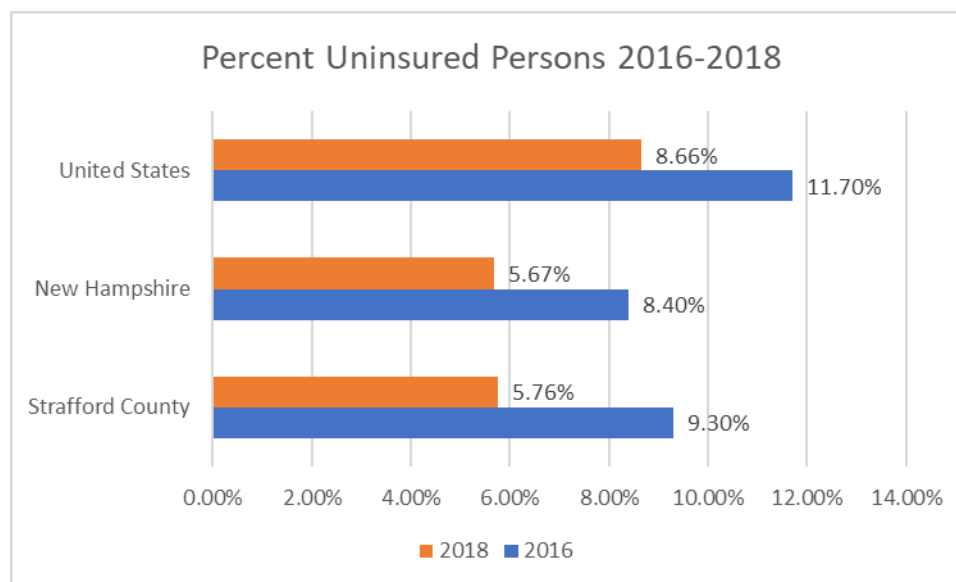
The uninsured population is calculated by estimating the number of persons eligible for insurance (generally those under 65) minus the estimated number of insured persons. In 2018, the percentage of persons

uninsured in Strafford County was 5.76%, a sharp decrease from 9.3% in 2016 due to the Healthcare Exchange being stood up in NH and Strafford County as seen in Table 54.

Table 54 Uninsured Persons, 2018

Geographic Area	Insurance Population (2018 Estimate)	Number Insured	Number Uninsured	Percent Uninsured
Strafford County	128,237	94,762	7,382	5.76%
New Hampshire	1,343,622	1,002,810	76,244	5.67%
United States	322,903,030	240,092,386	27,954,329	8.66%

Source: U.S. Census Bureau, American Community Survey. U.S. Census Bureau, Small Area Health Insurance Estimates. 2018.



Federally Qualified Health Centers

Two Federally Qualified Health Centers provide services in Strafford County. Goodwin Community Health Center delivers services in Somersworth, and the Families First Health and Support Center operates a mobile Healthcare for the Homeless program with service locations in Dover and Rochester.

Head Start / Early Head Start Eligibility and Estimates

Based on the 2012-16 American Community Survey, CAPSC estimates that there are approximately 2,100

children under age 5 years throughout Strafford County who were eligible for Head Start / Early Head Start services in 2016. The largest pockets of eligible children under age 5 were in the areas of Rochester (457 children), Dover (275 children) and Somersworth (91 children). These same areas, in addition to the Town of Farmington all fall below the median household income for Strafford County. There is a lack of recent data available related to eligibilities and estimates for Head Start / Early Head Start.

Strafford County has the capacity to enroll 277 children under age 5 at any one time through CAPSC's Head Start, Early Head Start and Early Head Start Child Care Partnership programs. Knowing that subsidized childcare services, public preschool for children with disabilities and home visiting programs are available to families lessens the demand for Head Start / Early Head Start services; however, demand still outweighs the availability of services in Strafford County.

Child Development and Childcare Programs

Availability of Childcare

New Hampshire currently only collects data on licensed childcare slots for providers who care for children in their homes, childcare centers, and preschool centers that accept children with income-based state scholarships. As of June 2018, there were 834 licensed childcare programs in New Hampshire, a decrease of 31 percent from 2001 (loss of 373 providers). Childcare capacity in New Hampshire as of February 2020 was 46,023 (95% childcare centers; 5% family childcare homes).

New Hampshire does not offer a regular state-funded pre-kindergarten program, but some children attend public schools for preschool through an integrated special education approach or on a tuition basis. Public schools in Strafford County continue to expand preschool programming with enrollment of 271 children on October 1, 2019 as shown in Table 55. Families often look to enroll their 4-years old in public schools as often transportation is available and older siblings attend which has resulted in declining enrollment of this age group in Head Start. As a result, more 3-year old are being served in Head Start classrooms.

Table 55 Preschool Enrollment in Public Schools

Total Preschool Enrollment in Public Schools as of October 1, 2019		
School District	School	Enrollment
Barrington	Early Childhood Learning Center	46
Dover	Woodman Park School	55
Farmington	Valley View Community School	29
Governor Wentworth Regional	New Durham Elementary School	43
Rochester	East Rochester School	68
Somersworth	Maple Wood Elementary School	22
Middleton	Middleton Elementary School	8

Source: New Hampshire Department of Education, October 2019

The 2018 New Hampshire Child Care Market Rate Report shows an increase in rates for all ages ranging from

0.7 percent to 6.5 percent increases in costs since 2016. Rates in the Southern and Eastern regions were highest for all age ranges.

Table 56 Comparison of Childcare Rates, 2018

	Infants	Toddlers	Preschool (2–3)	Preschool (3–5)
NH Mean Rate	\$237.47	\$221.03	\$215.84	\$197.00
Resource & Referral East Region (encompassing the seacoast) Mean Rate	\$248.47	\$240.83	\$226.26	\$207.00

Source: New Hampshire Child Care Market Rate Report, NH DHHS, June 2018

Subsidized Childcare

Availability of financial assistance plays a major role in parents' decisions about childcare settings. In 2020, the income limit for a family of three qualifying for a New Hampshire childcare scholarship was \$46,926.00 or 220% of the federal poverty level (NH DHHS, 2020). Families are assessed a childcare cost share based on a tiered system. The same family of three at 220% of the federal poverty level would be assessed a 17% cost share meaning, a weekly cost share of \$40.37 for an infant receiving full-time care based on the mean regional rate for New Hampshire in 2018 (\$237.47). There is currently no waiting list for subsidized childcare scholarships in New Hampshire.

Home Visiting Programs

The availability of state funded home visiting services adds to the availability of early childhood programming in Strafford County. CAPSC holds contracts for state funded home visiting programs within the service area. Housed in the child and family services department, home visitors collaborate with Head Start and Early Head Start staff to assure families enroll in the most appropriate program to meet their specific family needs. In program year 2019-20, 29 Healthy Families America (HFA) and 95 Comprehensive Family Supports and Services (CFSS) children and their families received home visiting services outside of Early Head Start. Home visiting programs target pregnant moms, infants and toddlers with referrals frequently made for classroom-based Head Start services as a child turns age 3. Specifically, for HFA, 49 children and seven prenatal women received services. For CFSS, 226 children and eight prenatal women received services.

Community Perceptions

In October 2020, Community Action Partnership of Strafford County invited four audiences to participate in a survey of community needs, service gaps, and the effectiveness of CAPSC. 367 CAPSC customers, staff, funders, and community agency partners participated in a survey online. CAPSC clients were identified using program databases. Constant Contact, social media and email were used to reach staff, partners and funders. Clients were invited to participate online for a two-week period in October 2020.

Community Services

Staff, Partner Agencies, and CAPSC Funders identified a wide variety of Community needs and concerns and identified gaps in services to meet those needs. Results indicate a consensus among all audiences that the areas of Housing / Homelessness, Substance Abuse and Transportation are of highest concern in Strafford County. We asked customers to identify which town they resided in and a resounding 46% of respondents live in Rochester, followed by Dover.

Cities and Towns of Costumers Completing Survey

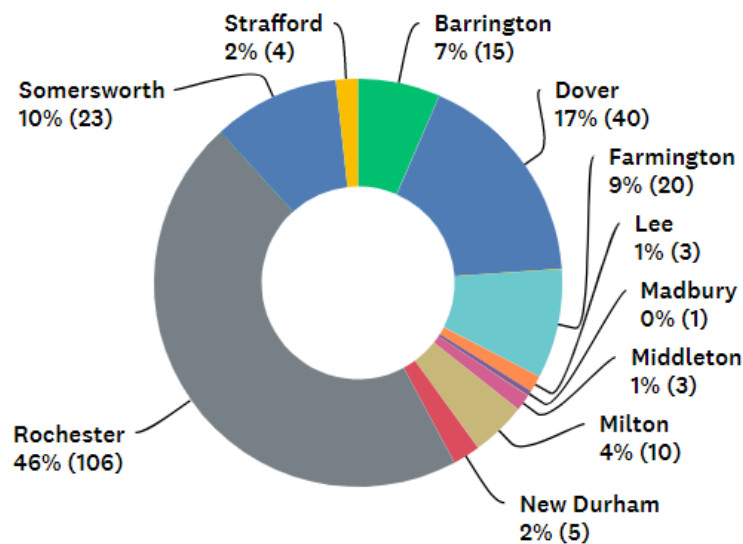
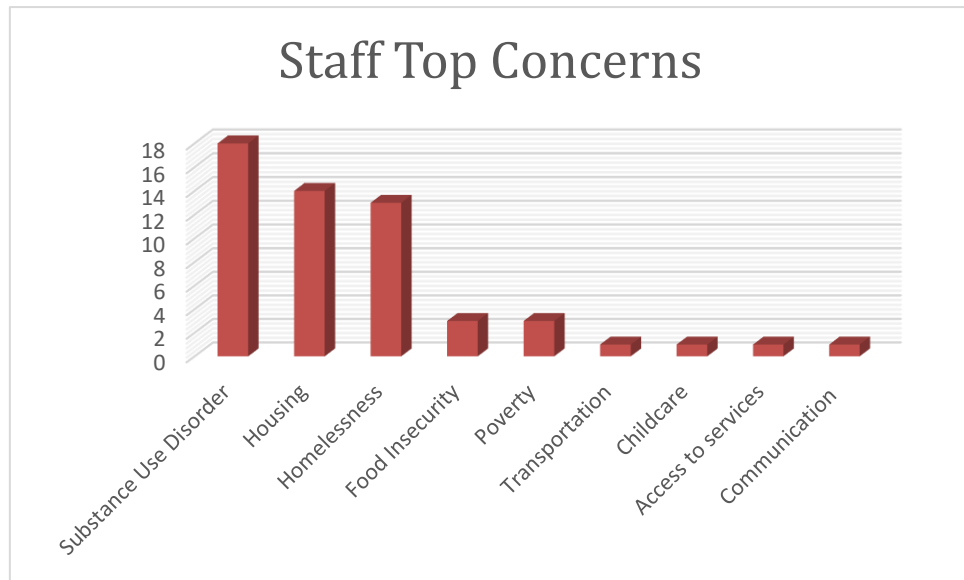


Table 57 demonstrates the staffs' chief concerns for service delivery in Strafford County.

Homelessness/Housing, substance misuse and transportation were in the top three of

Table 57-Top Staff Concerns



Similar to the highest areas of concern identified in Table 58, service gaps identified by community, staff and funding partners reflect a need for additional substance use disorder programs, affordable housing opportunities, homeless services, mental health services and transportation.

Table 58 Survey Results - Service Gaps in Strafford County

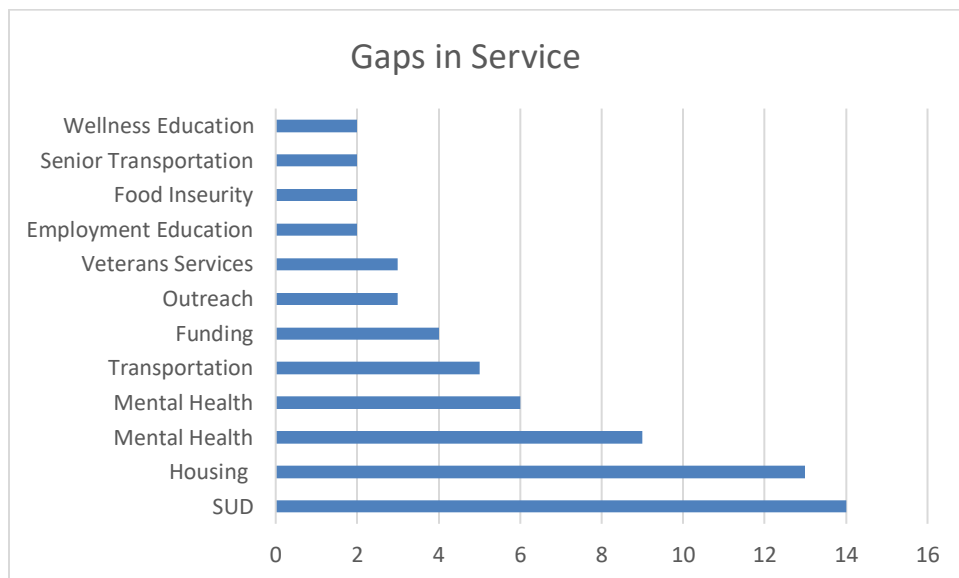


Table 59 Survey Results - Geographical Gaps

Are there geographical gaps (services only in certain parts of the county)?					
	Partner	Staff	Funder	Total	
Yes	10	22	0	32	69%
No	2	10	0	12	31%
No Answer	10	15	6	44	
<i>Of those who identified a geographical gap, many mentioned the northern portion of Strafford County beyond Rochester as being the primary gap in services.</i>					

CAPSC Meeting the Needs

Table 60 Client Survey Results

Survey Questions	Yes		No		N/A or Didn't Answer	
	#	%	#	%	#	%
I was helped in a timely manner	180	82.57%	32	14.68%	6	2.75%
I was treated with respect	196	89.91%	9	4.13%	13	5.96%
I got the information/services I needed	190	87.16%	21	9.63%	7	3.21%
I was informed about other CAP or community services	148	68.20%	54	24.88%	15	6.91%
I would recommend CAP to friends and/or family	201	93.06%	6	2.78%	9	4.17%
When I came into the building, I felt comfortable.	130	60.19%	10	4.63%	76	35.19%
The office/building was clean	137	63.43%	4	1.85%	75	34.72%

Source: 2020 Client Survey Respondents

Table 61 Client Survey Responses to Services Accessed

Client Responses to Optional Question Regarding Services Accessed Services / Programs Accessed (209 respondents)		
Services / Programs Accessed	Responses	
Head Start	3.35%	7
Early Head Start	2.39%	5
Early Childcare Partnership	0.00%	0
Home Visiting	1.91%	4
Child Care	0.96%	2
Fuel Assistance	87.56%	183
Electrical Assistance	80.38%	168
Housing assistance	1.91%	4
Homelessness assistance	0.48%	1
Emergency rent and utility assistance	2.87%	6

Food Pantry	24.40%	51
Holiday Baskets	12.44%	26
Senior Transportation	0.96%	2
Workplace Success	1.44%	3
Employment assistance	0.48%	1
Emergency home heating repair	2.39%	5
Weatherization program	13.40%	28
COVID Housing Stabilization Program	9.57%	20

Source: 2020 Client Survey Respondents

Table 62 Partner, Funder, Staff Survey Results

How effective do you feel CAP has been addressing the issues you face in Strafford County?						
Answer Options	Partner		Funder		Staff	
	#	%	#	%	#	%
Very effective	15	55.56%	5555	75%	19	35.19%
Somewhat effective	9	33.33%	0000	000	25	46.30%
Neutral	0	0.00%	0000	000	5	9.26%
Somewhat ineffective	3	11.11%	0	0.0%	2	3.70%
Very ineffective	0	0.00%	1111	25%	3	5.56%

Source: 2020 Client Survey Respondents

Social Service Issues as Determined by Enrolled Head Start / Early Head Start Families

Many Head Start families experience social service needs in the areas of:

- Substance misuse treatment
- Housing needs
- Mental health resources
- Transportation
- Food pantries
- Employment training

In program year 2019-2020, nine percent of Head Start and Early Head Start families reported being in substance abuse treatment, in recovery, or actively using substances. In the 2019-2020 program year, 25% of Head Start families requested assistance with mental health services and 50% of families requested assistance with obtaining food. 14% of families struggled with transportation issues; 6% walked their children to Head Start Centers. In EHS, 66% of families reported having no transportation. 7% of Head Start families struggled with housing.

Family Interest

During program year 2019-2020, families reported an interest in learning more about a variety of topics. The three most requested topic of interest from Head Start families were nutrition, behavior management and budgeting. CAPSC Head Start offers a variety of parent education opportunities around topics such as Building Blocks for Positive Behavior, health education, and family wellness.

Family Needs and Satisfaction with Services

In a family survey conducted in program year 2018-2019:

- 98% of respondents said that Head Start adequately prepared their children for kindergarten.
- Only 15% of respondents reported they had attended any parent education events. Work and childcare were the primary reasons for not attending.
- All the respondents agreed that being in Head Start taught them ways to help their children grow developmentally and socially. The majority stated the social and emotional development of their children was “the best part.”
- All the respondents reported they worked on and met family goals during the program year.
- Respondents reported that food assistance and fuel/electric assistance were the most needed and helpful referrals/resources they received. They also reported referrals for clothing, assistance with DHHS,

housing assistance, and medical referrals/resources as being very helpful.

- The leading reason respondents felt some people choose not to enroll in the Head Start program was the lack of transportation, followed by Head Start's operating hours, and the low-income eligibility guidelines.
- Most respondents reported they learned about Head Start through family and friends, followed by community agencies and social media. They recommended social media as the most effective way to recruit families.

Conclusion (Head Start / Early Head Start)

Based on the data presented in this assessment, there are approximately 2,100 children in Strafford County potentially eligible for Head Start / Early Head Start services. The largest pockets of eligible children under age 5 are in the areas of Rochester (457 children), Dover (275 children) and Somersworth (91 children). These same areas, in addition to the Town of Farmington all fall below the median household income for Strafford County. Based on this analysis, the Head Start service area and program options appear to be reflective of the community needs.

CAPSC has the capacity to serve 277 Head Start and Early Head Start children at any one time whether through center-based, home-based, or childcare partnership programming. This past program year, 65 preschool children were on a waiting list for Head Start center-based services and 72 infants and toddlers were on a waiting list for Early Head Start home-based services. (Rochester Head Start received dose and duration funds to extend the Head Start day, further meeting the needs of working families. Additionally, wrap-around childcare is available to Head Start families with children enrolled at the Farmington Children's Center.)

While Head Start and Early Head Start meets the needs of approximately only 13 percent of the eligible population in Strafford County, data suggest families are also accessing childcare (often subsidized), home visiting programs and public pre-k programs. While demand for Head Start / Early Head Start is lessened as a result, demand still outweighs the availability of services in Strafford County.

The 2020 Community Assessment update indicates there continues to be a growing population of Asian and Pacific Islander residents in the Dover and Somersworth School Districts (8.14% and 7.70% of enrollment). This has been noted in Head Start enrollment as well with approximately 9% dual-language learners enrolled. Training on cultural diversity and resource materials for teachers of dual-language learners has been a focus of training and technical assistance this past year.

The update also demonstrates the growing concern with the number of students identified as homeless in Strafford County Head Start and Early Head Start. The Program Indicator Report for Head Start and Early Head Start in PY 2019 indicated 40 children in 53 families experiencing homelessness. The large number of homeless children and families in the program has resulted in higher than usual attrition rates due to frequent moving, transportation and custody issues.

Overall, the results of the parent and provider surveys indicate satisfaction with the Head Start / Early Head Start program with a want / need for:

1. Access to parent education workshops on topics such as handling behavioral issues with their children, teaching skills, child development, and healthy living.

2. A longer day for center-based Head Start services

Parents indicated that the locations of current Head Start centers are conveniently located for families. Key risk factors for families with young children in Strafford County are poverty, housing, food insecurity, and access to transportation. Community strengths identified, include access to health care and health insurance, subsidized childcare, and services for children with disabilities.

Community Resources

The CAPSC Community Resource Guide is available to community partners, parents, and staff and is posted on the agency website (www.traffordcap.org).

Appendix

Partner Survey Questions

1. CAP Staff is effective in working collaboratively with other organizations and the community in advocating for low-income families
2. The agency operates with integrity and uses ethical practices
3. Staff is qualified and competent in the performance of their jobs.
4. Staff is creative and innovative in developing and sustain programs
5. What are the agency's strengths?
6. In what areas could the agency be improved and/or strengthened?
7. What are the top three community concerns for Strafford County?
8. What are the top three service gaps in Strafford County?
9. Are there geographical gaps (services only in certain parts of the county)?
10. How effective do you feel CAP has been addressing the issues in Strafford County?
11. Do you encounter non-English speaking/reading people who need your services?
12. If so, what are the top three languages that you encounter?
13. How do you address language barriers?
14. Do you find language to be a barrier in preventing you from providing services?

Funder survey questions

1. CAP staff is effective in working collaboratively with other organizations and the community in advocating for low-income families.
2. The agency operates with integrity and uses ethical practices.
3. The agency uses sound financial management and budgeting.
4. What are the agency's strengths?
5. In what areas could the agency be improved and/or strengthened?
6. What are the top three community concerns for Strafford County?
7. What are the top three service gaps in Strafford County?
8. Are there geographical gaps (services only in certain parts of the county)?
9. How effective do you feel CAP has been addressing the issues you face in Strafford County?

Client Survey Questions

1. What town or city do you live in?
2. I was helped in a timely manner
3. I was treated with respect
4. I got the information/services I needed

5. I was informed about other CAP or community services
6. I would recommend CAP to friends and/or family
7. When I came into the building, I felt comfortable
8. The office/building was clean
9. Were you able to interact with CAP program and services remotely such as through email or Internet?
10. Is there a language other than English spoken in your home?
11. How would you rate the English Proficiency in your home?
12. Do you require documents to be translated into a language other than English?
13. I have used the following programs at CAP within the past year
14. I would be willing to participate in a discussion group to help CAP continue to improve or share my story about my experience with CAP.

Optional: Services accessed

Staff Survey Questions

1. CAP staff is effective in working collaboratively with other organizations and the community in advocating for low-income families
2. The agency operates with integrity and uses ethical practices
3. Staff is qualified and competent in the performance of their jobs
4. Staff is creative and innovative in developing and sustaining programs
5. What are the agency's strengths?
6. In what areas could the agency be improved and/or strengthened?
7. What are the top three community concerns for Strafford County?
8. What are the top three service gaps in Strafford County?
9. Are there geographical gaps (services only in certain parts of the county)?
10. How effective do you feel CAP has been addressing the issues in Strafford County?
11. Do you encounter non-English speaking/reading people who need your services?
12. If so, what are the top three languages that you encounter?
13. How do you address language barriers?
14. Do you find language to be a barrier in preventing you from providing services?

Tables

Table 1 Population Change 2010 - 2019	15
Table 2 Population Gender 2014/18.....	16
Table 3 Population by Race 2019	16
Table 4 Population by Ethnicity 2019	17
Table 5 Race/Ethnicity Enrollments in Selected School Districts 2019	17
Table 6 Percent Change Race / Ethnicity in Selected School Districts 2016 – 20	18
Table 7 Race and Ethnicity of Head Start and Early Head Start Participant Children	18
Table 8 Foreign-Born Residents 2012/16	19
Table 9 English Proficiency 2012/16 (ages five and older)	20
Table 10 Students with Limited English Proficiency in Public Schools.....	210
Table 11 Primary Language of Head Start and Early Head Start Participant Households, 2020	21
Table 12 Age of Veterans 2014-18	221
Table 13 Median Household Income, 2018	242
Table 14 Poverty Thresholds in the United States, 2019	24
Table 15 Poverty Status by Age Group over the Past 12 Months, 2018.....	244
Table 16 Poverty Rate 2014-2018.....	25
Table 17 Change in Poverty Rate 2000-2018	25
Table 18 Households in Poverty, 2014-2018.....	275
Table 19 Households in Poverty by Household Type, 2014-2018	276
Table 20 Child (0-4) Poverty Rate, 2014-2018.....	277
Table 21 Child (5-17) Poverty Rate, 2014-2018.....	287
Table 22 Child (0-17) Poverty Rate, 2012-2016.....	28
Table 23 Change in Childhood (0-17) Poverty Rate, 2014-2018.....	298
Table 24 Seniors in Poverty 2014/18	28
Table 25 Employment Information August 2020	29
Table 26 Employment Information by Town Pre-COVID	30
Table 27 Employment Information by Town Post-COVID.....	320
Table 28 Method of Transportation to Work, 2014-2018.....	32
Table 29 Travel Time to Work, 2014-2018	342
Table 30 Selected Commuting Characteristics, 2019	343
Table 31 Educational Attainment Levels, 2014/18.....	34
Table 32 High School Dropout Rates, 2019	34
Table 33 Selected Housing Data, 2017/19	376
Table 34 USPS Address Vacancies, 2 nd Quarter, 2019.....	386
Table 35 Rental Affordability for Median Household Incomes, 2020	387
Table 36 Total HUD-Assisted Housing Units, 2018.....	398
Table 37 Strafford County Residents Served by Regional Homeless Shelters, 2017	398
Table 38 Point-In-Time Count of Homeless Persons in Strafford County, Jan. 23, 2019	40
Table 39 Students Identified as Homeless in Selected School Districts, SY 2018/2019	4039
Table 40 Head Start and Early Head Start Participants Experiencing Homelessness, 2017	410
Table 41 Students Eligible for Free and Reduced Lunch Program, SY 2019.....	41
Table 42 Households Receiving SNAP Benefits by Poverty Status, 2018.....	421
Table 43 Participation in SNAP Programs by City/Town, 2016	41
Table 44 Civilian, non-institutionalized population with Disabilities, 2018	42
Table 45 Children Birth to Age Three with Identified Disabilities, Strafford County (2016/17).....	43
Table 46 Estimated Vaccination Coverage for Children 19-35 months, 2018	45
Table 47 Lead Surveillance Data for 2016.....	47
Table 48 Teen Birth Rate Decline	49

Table 49 RWJ Overall County Health Ranking within New Hampshire, 2020	50
Table 50 RWJ County Key Indicators, Comparison to New Hampshire, 2020.....	51
Table 51 Institutional Medicare and Medicaid Providers, 2019	521
Table 52 Medicaid Participation as of 10/06/2020	52
Table 53 Medicare Enrollment, 2019.....	532
Table 54 Uninsured Persons, 2018.....	543
Table 55 Preschool Enrollment in Public Schools	554
Table 56 Comparison of Childcare Rates (2018).....	565
Table 57 Survey Results – Community Concerns for Strafford County.....	57
Table 58 Survey Results – Service Gaps in Strafford County	587
Table 59 Survey Results – Geographical Gaps	598
Table 60 Client Survey Results	59
Table 61 Client Survey Responses to Services Accessed	59
Table 62 Partner, Funder, Staff Survey Results	60

Acronym List

CAPSC	Community Action Partnership of Strafford County
ACS	American Community Survey (US Census Bureau)
CSBG	Community Services Block Grant
CAA	Community Action Agency
ROMA	Results Oriented Management and Accountability
U.S. DHHS	Health and Human Services
LIHEAP	Low Income Home Energy Assistance Program
DOT	NH Department of Transportation
EAP	New Hampshire Electric Assistance Program
USDA	US Department of Agriculture
NH DHHS	New Hampshire Department of Health and Human Services
TANF	Temporary Assistance for Needy Families
WIC	Women, Infants and Children
SNAP	Supplemental Nutrition Assistance Program

Endnotes

- ⁱ <https://www.nhhfa.org/wp-content/uploads/2020/07/2020-Rental-Survey-Report.pdf>
- ⁱⁱ <https://www.dhhs.nh.gov/dcbcs/bdas/documents/2019-dmi-overview.pdf>
- ⁱⁱⁱ <https://www.dhhs.nh.gov/dcbcs/bdas/documents/2019-dmi-overview.pdf>
- ^{iv} <https://www.nhes.nh.gov/elmi/products/cp/documents/strafford-cp.pdf>
- ^v <https://www.nhes.nh.gov/elmi/documents/senior-care-2017.pdf>
- ^{vi} <http://www.nascsp.org/CSBG/594/ROMA.aspx?iHt=13>
- ^{vii} <https://eclkc.ohs.acf.hhs.gov/policy/45-cfr-chap-xiii/1302-11-determining-community-strengths-needs-resources>
- ^{viii} https://thedataweb.rm.census.gov/TheDataWeb_HotReport2/profile/2016/5yr/np01.hrml?SUMLEV=50&state=33&county=017
- ^{ix} https://www.childtrends.org/wp-content/uploads/2017/01/New-Hampshire-Foster-Care-Factsheet_2015.pdf
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- ^{xiv} <https://www.dhhs.nh.gov/dcbcs/bdas/documents/dmi-2016-overview.pdf>
- ^{xv} https://www.cdc.gov/violenceprevention/acestudy/about_ace.html
- ^{xvi} <http://www.countyhealthrankings.org/app/new-hampshire/2017/rankings/strafford/county/outcomes/overall/snapshot>