

Community Assessment

Duluth Head Start Program

2011-2012



Table of Contents

General Area Description – Demographics

Geographic boundaries (size, counties, distinguishing characteristics)	1
Governing structure	1
Population and related trends	1
Racial and ethnic composition, gender, ages	1
Household composition	1
Economic activities	2
Future trends	2
Median income level	3
Principle source of income	3
Number below poverty level	3

Head Start Eligible Children and Families

General	4
Racial and ethnic composition	4
Education – Adult educational attainment	4
Information on functional literacy levels	4
Dropout rates	5
Graduation rates	5
Employment/job training status of Head Start parents	5
Languages spoken	5
Transition activities	6
Number of enrolled children with disabilities and types of disabilities	6
Resources provided to enrolled children with disabilities by other agencies	6
Incidence of drug and alcohol abuse	7
Incidence of abuse and neglect	8
Domestic violence	8
Infant and child death rates	8
Number of low-birth weight babies	9
Teen pregnancy rates	9
Immunization levels among school children	9
Prevalent health problems	9
Communicable diseases	9
Air and water quality	10
Nutrition	10
Children receiving free lunch and breakfast	10
Food support recipients	10
Participant in food distribution programs, availability of low-cost food	10
Housing	12
HUD housing	12
Homeless count	13
Child Care Needs	13
Names and locations of other child development programs	14
Infant and toddler programs	14
Availability of public transportation services	14
Proportion of population with telephone/cell phones	15

Head Start Enrolled Children and Families

Recruitment area _____	15
Center location _____	16
Number and location of currently enrolled children _____	16
Ages of HS children at the time of enrollment _____	16
Tribal/racial/ethnic composition of enrolled children _____	16
Attendance/waiting lists/over-income children _____	16
Parent involvement _____	17
Duluth Head Start staff demographics _____	17

Relevant Opinions of Community Needs

Surveys

Parents _____	18
Community members _____	18
Head Start staff _____	18

Bibliography _____	19
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General Area Description - Demographics

Geographic Boundaries (Size, Counties, Distinguishing Characteristics)

The Duluth Head Start program serves Minnesota resident families of birth to four-year-old children living within the Duluth city limits or enrolled in a day care situation within the city limits.

The city of Duluth is a geographically unique city with a population of 86,265. Population within a 30-mile radius is 184,134. It is located at the westernmost tip of Lake Superior, halfway between Minneapolis/St. Paul and the Canadian border. There are 2,342 freshwater miles from the Atlantic Ocean to Duluth via the Great Lakes/St. Lawrence Seaway. The city is built into a steep, rocky cliffside; almost mountainous for the Midwest. An extensive climate-controlled skywalk connects downtown facilities.

Governing Structure

Duluth has a Mayor-Council form of government, with the City Administration making policy proposals to a nine member City Council. Duluth's five representational districts are divided into 36 precincts. Each of the five council districts elects its own councilor. There are also four at large councilors, representing the entire city.

Population and Related Trends

According to the 2010 Census, the population of Duluth is 86,265 with a total of 200,226 in St. Louis County. This is a decrease of -0.8% from the previous census.

More than half of Minnesota's residents live in the 7-county Twin Cities region. It is one of the fastest growing regions in the Midwest and is predicted to continue rapid growth; adding nearly one-half million more residents by 2030.

Racial and Ethnic Composition, Gender, Ages

The population of Duluth is 90.4% white, 2.3% African American, 2.5% American Indian, and 1.5% Asian. Of these persons, 5.6% are under the age of 5 years old, 18.5% are under 18 and 13.8% are 65 and over. 51% are female; 49% is male. 2.9% of the population is foreign born and 5.3% speak a language other than English at home.

While Minnesota is still not nearly as racially diverse as the nation, we are becoming more diverse. About 17 percent of our state's residents are now persons of color, compared to only about 1 percent in 1960. Between 2000 and 2010, the state's population of color grew by 55 percent.

Age trends are also transforming our state. By 2030, the number of Minnesotans over age 65 is expected to almost double and older adults will comprise about one-fifth of our population.

Household Composition

59.9% of Duluth residents own their own homes, the average value of owner-occupied housing units is \$150,300 compared to \$207,000 for the state of Minnesota. There is an average of 2.16 of persons per household. Among Duluth's households, 26.6% had children under 18, 41.4% were married couples living together, 11.4% had a female head of household, and 43.9% were non-families. 34.5% of all households were one-person households, and 13.3% had someone 65 or older living alone. The average household size was 2.26 and the average family size was 2.90. In the city the age distribution of the population shows 21.3% under the age of 18, 16.2% from 18 to 24, 26.1% from 25 to 44, 21.3% from 45 to 64, and 15.1% 65 years of age or

older. The median age was 35 years. For every 100 females there were 93.4 males. For every 100 females age 18 and over there were 89.7 males.

Economic Activities

Duluth is a major transportation center for the transshipment of coal, taconite, agricultural products, steel, limestone, and cement. In recent years it has seen strong growth in the transshipment of wind turbine components coming and going from manufacturers in both Europe and North Dakota and of oversized industrial machinery manufactured all around the world and destined for the tar sands oil extraction projects in northern Alberta. It is also a center for aquatic biology and aquatic science and a popular center for tourism. It is a convenient base for trips to the scenic North Shore and Canada.

According to Drew Digby, the northeast regional labor market analyst for the Minnesota Department of Employment and Economic Development, "The government and manufacturing jobs that put people solidly in the middle class are disappearing." In Duluth, about 19% of government jobs and more than 16% of manufacturing jobs have been lost since 2001, according to government numbers. Further, the long held perception that Duluth is a "welfare magnet" for people who don't work isn't really true, Digby said, and the 2010 census data shows that. "Only 15-20% of those in poverty don't work at all and the vast majority is probably dealing with some kind of disability."

JOBS NOW's Cost of Living research shows that in a Northeast MN family of 4 with both parents working, each worker must earn \$12.60 per hour (\$52,400 per year) to meet basic needs.

- 43% of jobs in our region (more than 61,000) pay less than \$12.60 per hour.
- If one parent stays home with the children in a family of 4, the other must find a job that pays \$14.47 per hour to cover basic needs. Half of the jobs in our region pay less.
- If the purchasing power of the minimum wage had kept pace with inflation since the late 1960's, it would be \$9.95 per hour. In NE MN, 27% of jobs – more than 39,000 – pay less than \$9.95 per hour.
- A single person with no dependents must earn \$10.79 per hour to meet basic needs. 1/3 of the jobs in our region pay less.
- The annual cost of basic needs for a single person with one child is about \$34,000 (nearly \$20,000 higher than the federal poverty guideline). To cover these costs a person must earn \$16.37 per hour.

Future Trends

On January 16, 2012, it was announced that Kestrel Aircraft will be opening a new manufacturing plant in Superior, WI – our Twin Port neighbor. This plant will create up to 600 permanent jobs in our area by 2016. In addition, the company will be moving its headquarters to Superior. It is the biggest announcement of new jobs for Superior since WWII.

A ratio-trend analysis similar to the one used for projecting population growth was performed using the most current employment estimates available for the Duluth-Superior area. Employment projections done at the regional level were used as the basis for estimating the future numbers of retail, service and "other" jobs for the area. The results of this exercise suggest employment in the Duluth-Superior metropolitan area will increase by approximately 9,000 jobs by the year 2035. If trends concerning types of employment from the past decade continue, new jobs in the *Retail* and *Other* categories will increase at a faster rate than the *Service* jobs, even though *Service* jobs will still account for the vast majority of the area's employment. It is interesting to note that when comparing projected employment to the population projections, the ratio of people to jobs becomes smaller in the year 2035, which implies more jobs will be available to the population. Since more of the area's population is expected to be 65 or older, this smaller ratio would also seem to suggest that more people will be working longer into their "retirement" years, or more people will be commuting in from outside the area, or a combination of both.

Median Income Level:

Duluth's median household income was \$33,766; median family income was \$46,394. Males had a median income of \$35,182, females \$24,965. The per capita income was \$18,969. About 8.6% of families and 15.5% of all residents were below the poverty line, including 15.4% of those under 18 and 9.5% of those 65 or over.

2012 Poverty Guidelines for the 48 Contiguous States and the District of Columbia

Persons in family/household	Poverty guideline
1	\$11,170
2	15,130
3	19,090
4	23,050
5	27,010
6	30,970
7	34,930
8	38,890

For families/households with more than 8 persons,
add \$3,960 for each additional person.

Principle Source of Income

Northeast MN has three times more job openings than two years ago. With 14,000 unemployed workers competing for 4,800 unfilled jobs, job seekers outnumber job openings 3 to 1. Of these 4,800 openings, only 2,000 are full-time. Job seekers outnumber full-time openings 7 to 1.

The two largest occupational groups in St. Louis County are food preparation and serving, and sales. These two groups have a combined median wage of \$7.27 per hour. More than 35% of openings are temporary or seasonal and 58% of them are part-time. 73% of openings require no education or training beyond high school. The median wage for all openings is \$8.67 per hour.

Number Below Poverty Level

Despite glimmers of positive economic news in late 2011, many Minnesotans still struggle every day to put food on the table, keep a roof over their heads and find steady employment. Our state's poverty rate is now 11.6 percent, up from 6.9 percent in 2000. And more than 15 percent of our children now live in poverty.

Fifteen percent of MN children, or about 190,000 of them, were living in poverty last year, an increase of about 18,000 from 2009, according to a new report from the US census Bureau. The share of MN children in poverty in 2010 was up from about 14% in 2009. The rate was uneven when examined by race. While about 10 percent of white children in MN were in poverty last year, about 46 percent of black children lived below the poverty line. The state's white child poverty rate was lower than the national average of 17%, while the rate for black children was much higher than the national average of 38%. Recent census data show 40 percent of American Indians in Minnesota live in poverty.

Community Action Duluth – The Reality of Poverty in Duluth (2009 American Community Survey updated in December 2010)

- The poverty rate was up sharply in 2009 to just over 25% of all Duluthians
- The poverty rate in Duluth has risen by almost 10% since 2006. The following is a look at the percentage of all Duluthians who were at or below 100% of Federal Poverty in the past 4 years:
 - 2009: 25.1%
 - 2008: 20.9%
 - 2007: 18.3%
 - 2006: 15.8
- MN as a whole had an 11% poverty rate in 2009. The poverty rate for Duluth is more than double the rate for the state overall.
- A family of one child and one parent is at or below the poverty guideline if they lived on less than \$14,560 annually
- In 2009, 47.2% of all Duluthians were at or below 200% of Federal Poverty guidelines. This was up from 40.7% in 2008.
- A massive percentage of single mothers in Duluth live in poverty. Families with only a woman present and a related child under the age of 5 had a poverty rate of 82.4%
- All families (1 or 2 parents in the home) with children under 5 have a poverty rate of 38.9%

Head Start Eligible Children and Families

General

The Duluth Head Start program serves Minnesota resident families of birth to four-year-old children living within the Duluth city limits or enrolled in a day care situation within the city limits.

Racial and Ethnic Composition

Total	Black	White	Native American	Asian	Other/Unspecified	Multi/Bi Racial
321	33	177	17	3	11	80

Education - Adult Educational Attainment

THE AMERICAN COMMUNITY SURVEY UPDATE OF 2010 provides us with the data in **EDUCATIONAL ATTAINMENT IN DULUTH**, which summarizes the educational attainment of residents of Duluth over the age of 25. Over 63 percent of the general population has taken college level classes or received advanced degrees.

Information on Functional Literacy Levels

To date, 11 Head Start families have identified adult literacy concerns in their family.

EDUCATIONAL ATTAINMENT IN DULUTH		
Level of Education	Count	Percent
Less than High School Grad	4,453	13.1%
High school graduate/GED	15,605	28.7%
Some college,/Associate's degree	17,393	32
Bachelor's/Graduate/ Professional Degree	17,006	31.2

Dropout Rates

The Duluth Public School District had a grades 9-12 dropout rate of 17% in 2010 and a sharp decrease down to 10% in 2011.

Graduation Rates

According to the Duluth Public Schools office of Education Equity, the 2009 4 year on time graduation rates show a great racial disparity with 34% of Native American, 49% black and 80% white students graduating on time.

While issues of racial inequity persist, the disparity between children living in poverty and their middle-income peers is a growing concern. "Education was historically considered a great equalizer in American society, capable of lifting less advantaged children and improving their chances for success as adults. But a body of recently published scholarship suggests that the achievement gap between rich and poor children is widening, a development that threatens to dilute education's leveling effects.

Preliminary Statistics on Families with Children Enrolled in the Program for the 2011-2012 School Year

HEAD START HOUSEHOLD EDUCATIONAL ATTAINMENT 2011-2012		
Level of Education	Count	Percent
Less than High School Grad	48	16.05
High School Grad or GED	120	40.13
Some College/ Associates	116	38.80
Bachelors or Higher	13	4.35
Unreported	2	.67

Employment/Job Training Status of Head Start Parents During the 2011-2012 School Year To Date

	Two Parents	One Parent
	97	204
Employed	73	70
Unemployed	21	132

Of these families there are currently 26 parents enrolled in a job training program.

Languages Spoken

Head Start Program Primary Language Spoken at Home - Preliminary data is largely consistent with these statistics:

LANGUAGE	09-10	10-11	11-12
English	99.7	99.5	97.17
Asian/Pacific Island (Hmong)	.3	2.5	1.57
Spanish	0	0	.63
European	0	0	.63
Hindi	0	.25	0

Language Spoken at Home is statistical information data taken directly from US Census Bureau, indicating a primary English speaking population.

<i>2009 City of Duluth LANGUAGE SPOKEN AT HOME</i>		
Population 5 years and over	88,495	Percent
English only	84,071	95
Language other than English	4,424	.5
Speak English less than 'very well	1,422	1.5
Spanish	1,235	1.4
Speak English less than "very well"	416	.5
Other Indo-European languages	1,947	2.2
Speak English less than "very well"	501	.6
Asian and Pacific Island languages	775	.9
Speak English less than "very well"	417	.5

Transition Activities

Duluth Head Start supports families as their children transition both from Early Head Start (Birth-3) and from Head Start to Kindergarten. Families with children birth – age 3 are eased into the new care setting with frequent visits to the new setting, transition conferences and parent input into the process. For children moving on to kindergarten, transition activities include visits to kindergarten rooms, lunch in the cafeteria and participation in district wide Kindergarten Round-Up activities. Round Up is a good opportunity for Head Start staff to introduce Head Start families to the greater school community. Head Start provides assistance with kindergarten enrollment paperwork, childcare for siblings and transportation to the spring Round Up events.

Number of Enrolled Children with Disabilities and Types of Disabilities (By Diagnostic Category) of Enrolled Children

Emotional/Behavior	Autism	Speech Language	Developmental	Multiple
1	1	11	29	1

Statewide .6% of the children 0-4 years old in Minnesota, living in households, are diagnosed with a disability, up from .5% in 2008. Including the populations living in group quarters would raise the rate significantly.

As a school district program, Duluth Head Start has a strong working relationship with the district's early childhood special education program. This relationship allows us to streamline our work with children and families in need of special education services. In addition, we are piloting a team teaching approach with ECSE this year in 4 Head Start classrooms.

Resources Provided to Enrolled Children with Disabilities by Other Agencies

HELP ME GROW

Help Me Grow is the initial point of contact in the city of Duluth for health and development questions about children ages birth to twenty-one. If the question is about a suspected developmental delay, Help Me Grow staff helps with appropriate referrals. They also help families access needed services for children who have

medically diagnosed conditions or have conditions with a high probability of resulting in developmental delay. Depending on the questions and the needs of the child, the initial request may result in developmental screening and/or in-depth evaluation. Special education services may be an option if the child meets the Minnesota state special education criteria. Services include speech, physical and occupational therapy, service coordination, special instruction, vision, hearing and nurse services. All services provided through the school system are free of charge.

Scottish Rite Clinic Childhood Language Disorders

Provides families with the assessments and tools they need to successfully open up the world of communication to their child. The services they provide include:

- Hearing assessments
- Communication assessments
- Consultation with allied professionals
- Direct management of language disorders
- Referral to the medical and educational communities services
- Onsite outreach visits
- Intensive parent education

The Robert F. Pierce Speech-Language-Hearing Clinic

The Robert F. Pierce Speech-Language-Hearing Clinic is the clinical teaching unit within the Department of Communication Sciences and Disorders. The Department is part of the College of Education and Human Service Professions at the University of Minnesota Duluth.

The goals of the Robert F. Pierce Speech Language- Hearing Clinic are to: assist people of all ages with speech language, and hearing disorders through comprehensive assessment and individually designed treatment programs; provide a practicum experience for students in the Department of Communication Sciences and Disorders who are supervised by professional speech-language pathologists and audiologists certified by the American Speech-Language-Hearing Association; and help clients, family members, and other professionals gain a better understanding of communication disorders advance knowledge of communication disorders through research. Therapy and treatment include:

- *Treatment to improve speech and language skills through individual or group sessions
- *Family Counseling & Education
- *Parent Education (InterAct-A program for parent training to integrate activities from therapy at home)
- *Group Therapy & Social Activities
- *Individual & group interaction to enhance spoken English skills of non-native English speakers

Essentia Health–Polinsky Medical Rehabilitation Center

Part of Essentia Health Children's Services, the Polinsky Center pediatric rehabilitation team offers physical therapy, occupational therapy, speech therapy and psychology services. They see children with a wide variety of conditions, from developmental delays to serious brain and spinal cord injuries.

Arc Northland

ARC Northland exists to aid families through many supportive services. For over 50 years, they have been helping people with disabilities and their families overcome challenges and thrive in community life. They serve individuals in Southern St. Louis, Carlton, and Lake Counties. Arc Northland's mission is to create equal opportunity for quality living and to enhance dignity and respect for people with disabilities and their families.

Incidence of Drug and Alcohol Abuse

A new report shows 7.5 million children under age 18 (10.5 percent of this population) lived with a parent who has experienced an alcohol use disorder in the past year. According to the report by the Substance Abuse and Mental Health Services Administration (SAMHSA) 6.1 million of these children live with 2 parents – with either one or both parents experiencing an alcohol use disorder in the past year. The remaining 1.4 million of these children live in a single-parent house with a parent who has experienced an alcohol use disorder in the past

year. Of these children 1.1 million lived in a single mother household and 0.3 million lived in a single father household. This study was done in conjunction with Children of Alcoholics Week, February 12-18, 2012.

Forty-two Head Start families have indicated there has been chemical dependency within their family.

Incidence of Abuse and Neglect

St. Louis County reports that there were 781 reported cases of child maltreatment in Duluth in 2011.

In Minnesota, 2,742 children were abused and neglected in 2009; 44 suffered life-threatening injuries and 21 children died from maltreatment. Of these, the median age was 6 years old.

White children accounted for 51 percent of maltreatment victims; African American/black children, 23 percent; American Indian children, 10 percent; Asian and Pacific Islander children, about 1 percent. Children who identified with two or more races accounted for 13 percent. Of approximately 2 percent of the remaining cases, racial background was missing or unknown. Of victims, 11 percent indicated Hispanic ethnicity.

Seventy-six percent of all alleged offenders were victims' birth parents. Other relatives, including stepparents, adoptive parents, grandparents and siblings, accounted for 12 percent of offenders. Parents' companions accounted for 7 percent of offenders. Licensed child care providers, foster parents and facility staff accounted for 2 percent of offenders. Three percent were other nonrelatives. Some children were victims of more than one offender.

Domestic Violence

Duluth has led the way in handling domestic abuse cases. This approach, known as the Duluth Model has been recognized locally, nationally and internationally for transforming the way the community addresses domestic violence.

The Women's Program at Safe Haven Shelter in Duluth provides battered women and their children with 24 hour emergency shelter, food and clothing, personal advocacy, and a safe environment to explore their options. Advocates work closely with the women, connecting them to available resources in the community including economic assistance, medical services, education and employment opportunities, and permanent housing. In 2010, our 39 bed shelter served 274 unduplicated women and 241 children. This year, Safe Haven Shelter experienced a 95.4 percent occupancy rate; meaning 95.4 percent of the year the shelter facility was full. This is the highest figure experienced in their 32 year history and attests to the crucial role we play in providing shelter for battered women in the greater Duluth Community.

The Lake Superior Regional Family Justice Center (FJC) continues to serve the greater Duluth Community as a one stop shop for women in abusive relationships. The FJC includes a wide range of services and programs available, serving victims of domestic violence community wide. In total, staff and professional partners at FJC responded to 1,164 new incidences of abuse, advocated and supported 948 unduplicated women, and completed over 6,700 activities. Services and programs include the Legal Advocacy Program. In 2010, the FJC Legal Advocacy Program served 758 clients. Staff assisted in 354 protection orders, followed up on 290 arrests, prosecuted 304 offenders, and attended 466 court hearing.

Infant and Child Death Rates

During a period when little progress has been made on the national level to reduce disparities in infant mortality by race, the disparity with Whites has been decreased for Asian and Hispanic infants in Minnesota by 75.0 percent and 66.7 percent, respectively. However, efforts need to continue in order to maintain the gains made with Asians and Hispanics and to reach the target for American Indian and African American infants, where the disparity has been decreased by 26.3 percent and 37.7 percent, respectively. The data also show:

- The overall infant mortality rate in Minnesota is the lowest in the nation, and infant mortality rates for African American, Asian, and Hispanic infants are significantly lower than the national average. The American Indian rate is nearly the same as the national average (2003-2005).
- Relatively small numbers of annual births and infant deaths in some Populations of Color including American Indians mean that the prevention of even one infant death can significantly impact rates. Looked at within this context, the EHDI target could have been reached in the 2001-2005 reporting period if there had been five fewer infant deaths for African Americans per year and three fewer deaths for American Indians.

Number of Low-Birth Weight Babies

Birth weight and early screening for potential learning and health concerns are two important measures for determining a child's long-term health and success:

During 2009, 1 in 20 babies (single births) born in Minnesota was low birth weight. Preterm birth is the leading cause of newborn death in the US.

Teen Pregnancy Rates

The teen birth rate in Minnesota declined 27% between 1991 and 2008. The US Health and Services reports, from data collected in 2008, that the birthrate for teenagers across the US, 15-19 years is 41.5 per 1,000 women. Minnesota is among the 10 lowest states for teenage birth rates at 27.2. The highest rates are across the southern US states. While Minnesota ranks in the lowest states for overall birthrates, it ranks in the top ten for non-Hispanic black teenagers.

St. Louis county's birthrate at 18.2 is below the 2009 Minnesota birth rate of 24.3.

Immunization Levels Among School Children

According to the Minnesota Department of Health, 60-79% of children 24-35 months in St. Louis County are up to date with their immunizations. To date, 89% of Duluth Head Start children are current, this includes homeless children enrolled in our FIT program.

Prevalent Health Problems

The number of children without health insurance rose sharply in the past two years in Minnesota, making it the only state to see a significant increase since 2008. This is an increase from 5.8% to 6.6% or a total of 84,000 children. The national rate is 8%, down from 9% in the same period. MN has always had a higher rate of children and adults covered by employer-based health insurance, so the recession had a more dramatic impact here as businesses cut workers, raised premiums or dropped health plans altogether. To address chronic budget deficits MN lawmakers reduced adults' eligibility for subsidized health programs such as Medical Assistance and MinnesotaCare and eliminated the General Assistance Medical Care program. While enrollment standards haven't changed for children, they have been affected. When you cut parents' health care, you lose the children as well. Of the 312 children that have been enrolled in Duluth Head Start for the 2011-2012 school year, 300 have health insurance at this time; 284 of these children are covered by Medicaid.

Communicable Diseases

No major disease outbreaks have been documented for St. Louis County. There are periodic cases of infectious disease, including influenza, chicken pox and whooping cough.

Air and Water Quality

One of the big draws for people in this area is the air and water quality. We are fortunate to be located on the eastern shore of Lake Superior. Not only is Lake Superior the largest of the Great Lakes, it also has the largest surface area of any freshwater lake in the world. It contains almost 3,000 cubic miles of water, an amount that could fill all the other Great Lakes plus three additional Lake Eries. With an average depth approaching 500 feet, Superior also is the coldest and deepest (1,332 feet) of the Great Lakes. The lake stretches approximately 350 miles from west to east, and 160 miles north to south, with a shoreline almost 2,800 miles long. The drainage basin, totaling 49,300 square miles, encompasses parts of Michigan, Minnesota, Wisconsin and Ontario. Most of the Superior basin is sparsely populated, and heavily forested, with little agriculture because of a cool climate and poor soils. More on water and air quality information can be accessed at <http://www.pca.state.mn>

Nutrition - Children Receiving Free Lunch and Breakfast

Duluth Head Start Centers are located in Elementary schools with the highest percentages of children receiving Free and Reduced Lunch services.

2011-2012: 47.1% of Duluth school children are eligible for the Free and Reduced Price Lunch Program up from 42.9% just last year.

School Name	Enrolled	Percentage
Homecroft Elementary	397	29.0%
Lakewood Elementary	273	36.3%
Lester Park Elementary	547	26.5%
Lowell Music Elementary*	447	47.7%
Laura MacArthur Elementary*	466	78.8%
Nettleton Elementary*	430	84.4%
Piedmont Elementary*	440	66.4%
Stowe Elementary*	358	67.9%
Early Childhood Special Education	209	23.9%

*Schools where Head Start classrooms are located.

Food Support Recipients

Our statistics show that 106 of our current Duluth Head Start parents are enrolled in the SNAP program.

Participant in Food Distribution Programs, Availability of Low-Cost Food

Hunger Solutions MN

Hunger Solutions MN is a comprehensive hunger relief organization that works to end hunger in MN. They support agencies that provide food to those in need, advancing sound public policy, and guiding grassroots advocacy. This year, thanks to donors, they have been able to get nearly a million pounds of fresh fruits and vegetables out to food shelves across the state. Through their HelpLine, they have helped thousands of families and seniors find emergency food and enroll in public nutrition programs. They have distributed more than one million dollars in grants to food shelves so far this year

Minnesota Nutritious Food Coalition

Launched just this year, the MNFC is a public-private partnership whose goal is to raise awareness and increase participation in the federal Food Support program and provide guidance on means of better serving Minnesotans in need of health food. Their main charge is to address food access issues, increase participation in the federally funded Food Support program, identify barriers and areas for expansion, and develop a coordinated outreach effort to ensure all Minnesotans who are eligible for the program have an opportunity to apply for it.

More than 583,000 Minnesotans access food support benefits monthly, yet many more, particularly seniors are eligible for the program. Currently, only 65% of eligible Minnesotans and 41% of eligible seniors receive food support benefits. Minnesota's fifth and eighth Congressional Districts (which includes Duluth) have the highest rates of food insecurity, with both districts containing approximately 96,000 Minnesotans who are food-insecure. St. Louis County has a food insecurity rate of 13% or 27,110 individuals. Thirty-eight percent of St. Louis Counties food insecure individuals are NOT eligible for Federal Nutrition Assistance.

Second Harvest Northern Lakes Food Bank

Second Harvest is a 501(c)3 nonprofit organization and the sole distributor of surplus food products to over 200 charitable food programs, including our region's soup kitchens, food shelves and shelters. As a food bank, their primary role is to provide food to the front-line charitable agencies that offer meals to the hungry. In addition, they provide food to over 1,000 people per month as part of their own direct service programming.

As part of Feeding America™, a national network of food banks, Second Harvest rescues food and non-food items from national and regional manufacturers, wholesalers, retailers, restaurateurs and growers. These products are temporarily stored in our 24,000 square foot warehouse, then quickly distributed to agencies and people in need throughout their service region.

In NE Minnesota/NW Wisconsin:

Eleven percent (11%) of our population, or 36,048 people, live in poverty

Thirty-two percent (32%) of households utilizing food shelves and soup kitchens report at least one working adult in the home making an average wage of \$8.39 per hour

Thirty-eight percent (38%) of those receiving food from food shelves are children

Forty percent (40%) of the food distributed by the food bank feeds children

Twenty percent (20%) of the food distributed by the food bank feeds senior citizens

In 2011 the Food Shelf processed 6,297 food orders for 5,370 unduplicated individual households. Of these 35% (2,148) were children. This represents 240,551 pounds of food that was distributed.

Churches United in Ministry's Emergency Food Shelves

The food shelf provides a five-day food order for people without food or the resources to buy food and advocacy services connecting people to community resources (e.g. shelter, medical care, children's services, employment, clothing, and emergency monies). Staff, along with approximately 100 volunteers, distribute 230,000 pounds of food annually. An average of 460 households receive emergency food each month; roughly 35% of those fed are children. People using the food shelves have access to an advocate who provides information and referral service and short-term counseling

Damiano Center

The Damiano Center operates the largest on-site meal program in the city of Duluth serving 7 hot meals each week, plus a continental breakfast 5 days a week. In 2010 the Soup Kitchen served 108,039 meals to people in need using salvaged food (food that is still usable but grocery stores, restaurants and other institutions can no longer use it). The Kids Café at the center serves health, kid friendly meals and food to take home on the weekends. They also provide nutrition education and a nurturing and fun place for kids to be afterschool and in the summer time. In 2010 Kids Café served 5,527 meals to 604 individuals.

WIC – Women, Infants, and Children

The mission of WIC is to safeguard the health of low-income women, infants, and children up to age 5 who are at nutritional risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care. WIC accepts women, infants, and children who are at or below 185% of poverty. They receive a three-month voucher when they make an appointment. WIC has presumptive eligibility up to 275% when they sign up for medical assistance or Minnesota Care within two weeks.

Automatic Qualifiers for the WIC Program:

- Head Start
- Minnesota Care/Medical Assistance
- Food Stamps
- Reduced or Free School Lunch
- MFIP
- Fuel Assistance
- SSI-Client
- Ready Work

WIC MONTHLY ENROLLMENT	
2009	2,669
2010	2,650
2011	3,205

So far this year, 261 children enrolled in Head Start are receiving WIC services.

Mothers and Children (MAC)

MAC is a free food program for children age 5 and women who are postpartum 6-12 months and not breast feeding. To qualify you must:

Meet income guidelines

Live in Minnesota

Provide proof of age

Not be receiving WIC (One family member may receive WIC and another MAC but the same person cannot receive both.)

MAC distributes fruits, vegetables, juice, milk, cheese, cereal, meat, dry beans, peanut butter, rice and pasta. The four Duluth sites have served 549 people in 2010.

Housing

In 2010, about 71% of St. Louis County households owned their home and 29% were renters. With the foreclosure crisis, rental is becoming increasingly important. Statewide, home ownership rates have fallen to 73%, a significant drop since peaking at 76% in 2006. Minnesota homeowners owned an estimated 21,000 fewer homes in 2009 than in 2006.

In St. Louis County, approximately 8% of homeowner households pay at least half of their income on housing. In addition,

- The median sale price for homes (excluding foreclosures) was \$126,100 in 2010 in the county. Since 2006, median home prices have decreased by 8%, after adjusting for inflation. Compared to 2000, real median home prices have increased by 19%.
- Statewide, a drop in home prices as a result of the foreclosure crisis and recession has left many owing more on their home than it is worth. The median income for homeowners is \$55,325.10

HUD Housing

Section 8 Rental Housing Assistance is a program that makes market rate rental housing affordable for low-income families. Program participants pay a minimum of 30% of their monthly-adjusted income for rent and utilities. The current waiting list for Section 8 housing is 24 months.

In 2010, Duluth had the highest level of renters paying more than 30% of their income for housing of any of the major Minnesota metros. An alarming 56% of renters in the Duluth metropolitan area fell into this category. When families pay even 30% of their income for housing, housing is considered unaffordable. Families then often must choose between paying for their housing and other needs such as food, medications, and transportation.

Unfortunately, the Duluth area, like the state of MN as a whole, has seen a marked increase in both the number of homeless people and the number of foreclosures since the middle of the decade. There were 698 foreclosures in Duluth in 2010, up from 260 in the year 2005.

Homeless Count

Compared to last year, both family homelessness and homelessness among children in Duluth, St. Paul and Minneapolis combined, increased by about 8%. Duluth has been hit particularly hard with the number up 56% since 2008.

Statewide data over time shows a steady increase in the number of children experiencing homelessness.

- 2006-07 6008
- 2007-08 8417
- 2008-09 8406
- 2009-10 9858
- 2010-11 11,276

Grade Levels of Students Identified in Duluth as Homeless:

- Preschool 115 (27%)
- Kindergarten 28 (7%)
- Grades 1-5 104 (25%)
- Grades 6-8 69 (16%)
- Grades 9-12 92 (22%)
- Other 11 (3%)

In the 2011-2012 school year to date Duluth Head Start has served a total of 111 children experiencing homelessness.

Child Care Needs

- An estimated 76 percent of Minnesota families will use child care while they work.
- In 2010 child care problems prevented 12 percent of parents from taking or keeping a job.
- Families earning low incomes devote 29% of their income to child care costs.
- Nearly a third of families report they use "whatever child care arrangement they could get" in order to work. This is up from 21 percent in 1999. Families earning low incomes are more likely to describe their child care arrangement this way (35 percent).
- In 2010, 29 percent of families surveyed were not able to find child care in their preferred area; 13% were not able to find quality child care; and 25% encountered problems paying for child care.

Early childhood screening is required for kindergarten entrance, but screening at age 3 or 4 provides more benefit to children and the schools who will receive them. Efforts to screen children at a younger age are improving 4 out of 5 of the children screened across the state in 2010 were under age 5.

Names and Locations of other Child Development Programs, Estimated Number of Head Start Eligible Children Served by Each

SCHOOL READINESS

School Readiness is a program offered through ISD #709 which serves three and four-year-olds. In 2010-2011, they served 85 children; so far this year they have 92 children. They provide service three times per week at three sites: Stowe, Piedmont, and Lester Park. School Readiness staff indicated that approximately 70 families attending their program last year; all qualified for free or reduced lunch.

EARLY CHILDHOOD

ECFE is a program providing information and support for parents and their young children (from birth through age 3). In the 2010-2011 school year, they served 397 children ages 0-3, (362 parents). This year they anticipate the same. The ISD #709 program had 76 slots available for three-year-olds each year with options at Stowe, Piedmont, Lester Park and Washington Center. A sliding fee is paid determined by the family income however, no one will be turned away for inability to pay.

COMMUNITY ED PRESCHOOL

Community Ed Preschool is based out of two Duluth locations, Homecroft Elementary School, and Laura MacArthur Elementary School. Homecroft has Monday/Wednesday/Friday AM and PM sessions as well as Tuesday/Thursday AM sessions. Laura MacArthur is open Monday – Friday for morning sessions. To date they have served approximately 83 students. The majority of the children are not living in poverty. Fees are \$15 registration, \$85 per 4 weeks for MWF classes and \$75 per 4 weeks for TTH classes.

Infant and Toddler Programs (0-3 yrs)

According to Childcare and Referral, there are 168 daycares in Duluth and 20 centers.

TANF/MNFIP recipients

A family of three — a parent with two children — with no other income receives \$532 per month in financial assistance and Supplemental Nutrition Assistance Program (SNAP) benefits of \$473. That adds up to \$1,005, two-thirds of the poverty level of \$1,544 for a family of three. When parents work, and earnings increase, MFIP assistance phases out. Financial assistance phases out first at 66 percent of the federal poverty level. SNAP decreases gradually and ends when earnings and other income total 15 percent above the federal poverty level.

In St. Louis county MFIP had 1,413 cases which equaled 3,474 people where as the City of Duluth estimated 60% of the numbers. The City of Duluth had 848 cases with a total of 2,084 people. This year 53% of Head Start children are on MFIP.

Availability of Public Transportation Services

The location of low-income residents is important to transportation planning because individuals in this subset often face challenges similar to mobility-limited populations. They often lack the means to transport themselves to/from work and other destinations, and often they're reliant on public transit or other services that do not always provide the flexibility they need to effectively chain different trips together (work, daycare, shopping, etc.).

These concentrations are near the downtown districts of Duluth and Superior, the Central Hillside and Lincoln Park neighborhoods of Duluth, as well as Duluth's university district (full-time students are included in the low-income subset). It is important to note that significant distances (two miles in Superior, and greater than

four in Duluth) exist between these concentrations and the area's major retail centers, which represent the greatest number of low-skilled or entry level employment opportunities in the area.

As with areas of concentrated poverty, it is also important to consider the impacts of public transportation decisions as they relate to neighborhoods with a high representation of racial or ethnic minorities. Racial minorities make up less than 6% of the Duluth-Superior population while individuals of Hispanic or Latino ethnicity made up only 1% of the metro area population. The largest concentrations overall exist in Duluth's Central Hillside neighborhood near the downtown, which also represents a high concentration of people living below the national poverty line.

The average travel time to work in Duluth is 19 minutes; 17.4% less than the MN average. 10.3% of workers carpool, 4.2% takes public transportation and 5.0% walk to work. Duluth International Airport serves the city and surrounding areas with daily flights to Minneapolis, Detroit, Chicago, and weekly flights to Orlando, Phoenix and Las Vegas. Greyhound and Jefferson Lines offers daily bus service to Minneapolis/St. Paul.

The local bus system is run by the Duluth Transit Authority, which serves Duluth and Superior. Ridership for 2010 surpassed the 3 million rider mark for the 3rd consecutive year and is up 21.6% since 2005. Transit use is up by all segments of the general population but U-Pass ridership for the local colleges has shown the most consistent gains; 4.5% over 2009. DTA Bike & Bus ridership for 2010 also surpassed the previous year's total by 2.5%. In the year 2009, the DTA began providing the Bike & Bus service on a year-round basis. The DTA extends and/or adds service routes during festivals, parades, New Years Eve and various events in Duluth.

Current public transportation routes and schedules do not cover all the geographic areas where jobs are located. Travel is difficult or impossible during the late night and early morning hours that job schedules may require. Even when the bus is an option, the time required to wait for transfers to get to their destination is prohibitive. The Duluth Transit Authority (DTA) works to plan routes and schedules to accommodate the higher concentration work places. They recently added new routes to accommodate employees at United Health Care which did not previously have access to public transportation

Proportion of Population with Telephones/Cell Phones/Televisions/Computers

Communication with Head Start families is accomplished in a number of ways. Because most parents and family members transport their children to Head start classrooms, we have an opportunity to connect face to face twice a day. In addition, teachers send home newsletters and make phone calls as needed. Family Advocates make frequent contacts with families in person and phone calls and increasingly with text messaging. We are updating our website and will soon be on FACEBOOK as we know families increasingly use technology and social media as their main mode of communication.

Head Start Enrolled Children and Families

Recruitment Area

The Duluth Head Start program serves Minnesota resident families of birth to four-year-old children living within the Duluth city limits or enrolled in a day care situation within the city limits. Our recruitment area and service area are the same, the Duluth city limits.

Center Location

CURRENT PROGRAM INFORMATION FOR DULUTH HEAD START	
Site Name	Site Address
Barnes Early Childhood Center	2102 N. Blackman Avenue, Duluth, MN 55811
Families in Transition (FIT)	2102 N. Blackman Avenue Duluth, MN 55811
Laura MacArthur Elementary	727 North Central Avenue Duluth, MN 55807
Nettleton Elementary	108 East 6th Street Duluth, MN 55805
Piedmont Elementary	2827 Chambersburg Avenue, Duluth, MN 55811
Stowe Elementary School	715-101st Avenue West Duluth, MN 55808
YWCA Childcare- Spirit Valley	411 North 57th Avenue West Duluth, MN 55807

Number and Location of Currently Enrolled Children

Barnes	MacArthur	Nettleton	Piedmont	Stowe	YWCA	FIT
31	64	64	64	32	30	18

Ages of Children at the Time of Enrollment, (Includes Those Who Have Left the Program During the Year)

0-3	3	4	5 & Older	Males	Females
53	77	248	19	200	197

Tribal/Racial/Ethnic Composition of Enrolled Children

Race/Ethnicity	Percent 09-10	Percent 10-11	Percent 11-12
American Indian	10.20	10.24	4.14
Asian/Pacific Islander	.68	.24	1.03
Hispanic	.23	0	0
Black/African American	12.70	11.90	9.66
White	47.39	51.66	56.90
Multi Racial	24.04	21.90	25.17
Unspecified/Other	4.76	3.80	3.10

Attendance/Waiting Lists/Over-Income Children

Average Daily Attendance

September	October	November	December	January
91.84%	88.12%	84.92%	83.41%	82.21%

As of 3/1/12, Head Start has a waiting list of 97 children/ 17 of these children are over income.

Parent Involvement

Parent involvement is and always has been part of Head Start's success. We believe parent involvement in Head Start is the beginning of a parent's advocacy for their children throughout their school careers. In Duluth, parents can choose to serve on the Policy Council, a decision making board made up of current and former Head Start parents and community members. The majority of Policy Council members are elected representatives from parent committees formed at all Head Start building sites, our childcare collaborations and Families in Transition. Policy Council, along with the ISD 709 School Board, our Governing Board, makes up the decision making body of Duluth Head Start.

Parents participate in their child's education in number of other ways as well. Here are a few examples: home visits, conferences, parent and family events, Head Start service area committees, national, state and local community advocacy and involvement, ensuring their child's regular attendance and supporting their child's health and development by all they do at home to support school readiness and success.

Duluth Head Start Staff

Staff Ethnicity	
Non-Hispanic/Non-Latino	45
Staff Race	
Asian	1
White	44
Tribal Composition	0
Languages spoken	
East Asian Languages	1
Spanish	1
English	45
Educational Attainment	
Advanced Degree	
Teachers	5
Home-Based Supervisor	1
Baccalaureate Degree	
Home Visitors	5
Teachers	10
Associates Degree	
Assistant Teachers	3
Child Development Associate	0

Relevant Opinions of Community Needs

A sample of Head Start parents, staff and community members completed these survey questions.

Opinions of parents - 15 responses

1. Prevalent community problems
Jobs, housing, transportation and lack of family activities.
2. Knowledge of existing resources
Yes, often with support from family advocates.
3. Accessibility of available resources
Yes they are accessible but sometimes people have to dig for them.
4. Adequate service provision by existing resources
Yes, but lack Teen Closet, similar to Kid's Closet.
5. Additional resources needed
Housing, food support, programs for kids, money for unexpected expenses

Opinions of community members - 5 responses

1. Prevalent community problems
Poverty, health and health care, living wage jobs.
2. Knowledge of existing resources
Yes.
3. Accessibility of available resources
Yes, for the most part.
4. Adequate service provision by existing resources
Yes but not enough.
5. Additional resources needed
Free and low cost health care, programs for families, family activities.

Opinions of Head Start staff - 20 responses

1. Prevalent community problems
Homelessness, transportation, housing (affordable, quality), lack of living wage jobs, services for families with mental health issues
2. Knowledge of existing resources
Good understanding of community resources that address basic needs.
3. Accessibility of available resources
Yes, but people may need support to access them.
4. Adequate service provision by existing resources
Yes, but needs of working poor is growing.
5. Additional resources needed
Shelters, housing, jobs, transportation

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