



2012

NEEDS AND ASSETS REPORT

Navajo/Apache Regional Partnership Council



FIRST THINGS FIRST

Ready for School. Set for Life.

REGIONAL PARTNERSHIP COUNCIL

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LETTER FROM THE CHAIR

The past two years have been rewarding for the First Things First Navajo/Apache Regional Partnership Council as we delivered on our mission to build better futures for young children and their families. During the past year we have impacted many lives of young children and their families by:

- building a system of preventive oral health screening, fluoride varnish, and education;
- ensuring access to affordable, quality early childhood experiences and child care;
- creating opportunities for parents to receive education and information related to early literacy and nutrition;
- and by developing the Healthy Steps for Young Children Program that is available to families with newborns and young children across the region.

The First Things First Navajo/Apache Regional Partnership Council will continue to advocate and provide opportunities for the very youngest members of our communities. We will also work toward helping their families be safe, healthy, and to have every chance to be successful in school and life.

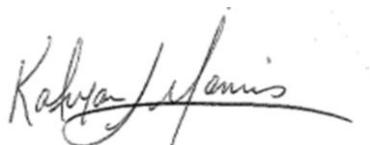
Over the years, our strategic direction has been guided by the Needs and Assets reports, specifically created for the Navajo/Apache Region in 2008, 2010, and the new 2012 report. The Needs and Assets reports are vital to our continued work in building a truly integrated early childhood system.

The Navajo/Apache Regional Council would like to thank our Needs and Assets Vendor, Applied Survey Research, for their knowledge, expertise and analysis of the Navajo/Apache Region. The new report will help guide our decisions as we move forward for young children and their families within the Navajo/Apache Region.

The First Things First Navajo/Apache Regional Partnership Council remains deeply committed to meeting the needs of young children by providing essential services and advocating for social change. Thanks to our dedicated staff, volunteers and community partners, First Things First is making a real difference in the lives of our youngest citizens and throughout the entire State.

Thank you for your continued support.

Sincerely,



Kalman Mannis, Chair
Navajo/Apache Regional Partnership Council



INTRODUCTORY SUMMARY AND ACKNOWLEDGMENTS

A Child's most important developmental years are those leading up to kindergarten. First Things First is committed to helping Arizona kids five and younger receive the quality education, healthcare and family support they need to arrive at school healthy and ready to succeed. Children's success is fundamental to the wellbeing of our communities, society and the State of Arizona.

The Needs and Assets Report for the Navajo/Apache Region provides a clear statistical analysis and helps us in understanding the needs, assets and gaps for young children and points to ways in which children and families can be supported. The needs young children and families face in the Navajo/Apache Region include: access to oral and preventive healthcare; access to affordable, quality child care and early education opportunities, and professional development supports for early care and education professionals.

The First Things First Navajo/Apache Regional Partnership Council recognizes the importance of investing in young children and empowering parents, grandparents, and caregivers to advocate for services and programs within the region. A strong focus throughout the Navajo/Apache Region, in the past years, has been developing a system of coordinated care programs to ensure that parents are aware of, and have access to, the services and programs that are available to them, and to their children. This report provides basic data points that will aid the Council in their decision making process; while building a truly comprehensive statewide early childhood system.

ACKNOWLEDGMENTS

The First Things First Navajo/Apache Regional Partnership Council owes special gratitude to the agencies and key stakeholders who provided information, data, and their unique perspective. The success of First Things First is due, in large measure, to the contributions of numerous individuals who gave their time, skill, support, knowledge and expertise.

To the current and past members of the Navajo/Apache Regional Partnership Council, your dedication, commitment and extreme passion has guided the work of making a difference in the lives of young children and families within the region. Our continued work will only aid in the direction of building a true comprehensive early childhood system for the betterment of young children within the region, and the entire State.

We thank The Arizona Department of Economic Security and the Arizona Child Care Resource and Referral, the Arizona Department of Health Services and the Arizona State Immunization Information System, the Arizona Department of Education and School Districts across the State of Arizona, the Arizona Head Start Association, the Office of Head Start, and Head Start and Early Head Start Programs across the State of Arizona, and the Arizona Health Care Cost Containment System for their contribution of data for this report.



LEGEND

ITEM	DESCRIPTION
	Denotes a Face-to-Face Parent Survey
	Denotes a Web-Based Provider Survey

Report Prepared By:



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Additional Offices in the Bay Area and Southern California



EXECUTIVE SUMMARY

THE REGION AND THE PEOPLE

The U.S. Census reported there were 72,331 residents, of all ages, in the First Things First Navajo/Apache Region in 2010. Of those, 6,099 were children ages birth through 5. The First Things First Navajo/Apache Region had a slightly higher percentage of children identified as American Indian alone and a lower percentage of children identified as Hispanic/ Latino than the state overall; 65% of children ages birth through four in the First Things First Navajo/Apache Region were identified as White alone, 23% as Hispanic or Latino, and 8% as American Indian alone.

The Navajo/Apache Region is largely rural. This is an asset to many community members but presents challenges to low-income families in remote regions who struggle to meet their basic needs and must travel great distances to access services. The lack of infrastructure, such as paved roads, and amenities, such as running water and electricity, present these families with additional challenges unseen in more urban areas. In order for any family to access specialty health and human services, beyond what the region can offer, Navajo/Apache residents must drive about two hours to Flagstaff or four hours to Phoenix.

The First Thing First Navajo/Apache Regional Council has worked to address the diverse needs of children ages birth through five, their families and the care givers. They have worked with local service providers to develop targeted programs to address the needs of children and families living in more remote and rural areas of the region as well as increase resources in larger, more urban centers.

Income and Poverty

Income

Children who grow up in poverty are more likely to lack adequate food, become victims of crime and violence, and lack basic health care. They are at significant risk for dropping out of school early, poor academic performance, behavior problems in school, lower levels of literacy, and lower educational attainment.

Approximately one in four children ages 5 through 17 was part of a family living in poverty in the school districts served by the First Things First Navajo/Apache Region in 2010, according to US Census data.

- Poverty for children ages 5 through 17 was highest in Sanders Unified (37%), Holbrook Unified (34%) and Vernon Elementary (34%) and lowest in Blue Ridge Unified School District (22%) in 2010.



- The median household income was \$57,973 for married couple families in Navajo County and \$44,636 in Apache country, according to 2008-2010 US Census estimates. Both were lower than the median family income of married couples in Arizona as a whole at \$68,408.
- The median household income for single female households was \$25,011 in Navajo County, \$24,019 in Apache County, and \$30,899 in Arizona overall, according to US Census 2008-2010 estimates.

Food Insecurity

When children suffer from lack of food, it can lead to poor physical and mental health, difficulty learning, increased school absences, and lower test scores. This makes children more likely to suffer from poverty when they become adults.

Approximately 4 in 10 children in both Navajo County and Apache County lived in families that didn't have enough food to eat in 2009.

- Thirty-eight percent of children in Navajo County and approximately 43% of children in Apache County lived in "food insecure families" where at least one member had gone without food at some point in the year in 2009 because their family could not afford it, according to Feeding America 2012.
- Between half (49%) and 89% of children in school districts in the First Things First Navajo/Apache Region were eligible for free and reduced price meals in 2011, according to the Department of Education.
 - Sanders Unified and Concho Elementary School Districts had the highest percentage of children eligible for free and reduced priced meals (86% and 89%) in 2011.

Basic Needs

Going without basic needs such as food, housing, child care, health care, or clothing can have short and long-term consequences to residents' health and well-being.

More than one in three families went without a basic need in the First Things First Navajo/Apache Region in 2011.

- Thirty-four percent of parents surveyed in the First Things First Navajo/Apache Region reported having gone without at least one basic need in the 12 months prior to the 2011 survey.



- Of those families who reported going without a basic need, 41% went without gas for their car, 36% went without dental care and 32% without medical care. Eighteen percent reported going without child care, 16% without food and 5% without shelter.
- Sixty-four percent of parent survey respondents in the First Things First Navajo/Apache Region reported receiving some form of public assistance in 2011.
 - Of those receiving assistance, 75% reported receiving food stamps and half (50%) were receiving Women, Infants, and Children (WIC) benefits.

Unemployment

The unemployment rate as defined by the International Labor Organization measures the number of people who are without jobs and who have actively sought work within the past four weeks.¹ The unemployment rate is calculated as a percentage by dividing the number of unemployed individuals by all individuals currently in the labor force. While the unemployment rate provides some measure of a community's economic well-being, it does not capture those who have stopped looking for work, who are underemployed, or struggling to make ends meet.

Unemployment remains high in many communities in the First Things First Navajo/Apache Region.

- The overall unemployment rate in the communities of the First Things First Navajo/Apache Region was 8.5% in 2011, according to the Arizona Office of Employment and Labor Statistics. Navajo County has had higher rates of unemployment than Apache County since 2007.
 - Unemployment was highest in Holbrook at 10.7% and Snowflake at 9.1% and lowest in Heber-Overgaard at 4.2% in 2011, according to the Department of Commerce Research Administration.

Foreclosures

When foreclosures force children out of their homes, they are affected both physically and emotionally. When children change homes frequently, it can contribute to lower performance in school and more delinquent behaviors in the classroom.

¹ International Labour Organization. (1982). Resolution concerning statistics of the economically active population, employment, unemployment and underemployment adopted by the Thirteenth International Conference of Labour Statistics. Thirteenth International Conference on Labour Statistics.



Communities in the First Things First Navajo/Apache Region are experiencing lower foreclosure rates than in Arizona overall in 2012.

- There was a lower rate of foreclosures in Navajo County (1 in 463) and Apache County (1 in 2,032) than in the state of Arizona overall (1 in 303) in June 2012. Locally, Taylor had the highest foreclosure rate with 1 in 143 homes and Holbrook had the lowest foreclosure rate at 1 in 2,183.

THE EARLY CHILDHOOD SYSTEM

Quality child care helps children develop social and cognitive skills in preparation for school and life success. Child care, and in particular, subsidized care for low-income families, also provides critical support for working families.

Many parents are not using and do not have access to formal child care services in the First Things First Navajo/Apache Region.

- Only 18% of children with working parents in the First Things First Navajo/Apache Region had child care spaces available to them in 2010. This leaves an estimated 7,524 children ages 0-11 without child care spaces, forcing parents to look for alternative solutions such as Kin and Kith care.
- Of parent survey respondents in First Things First Navajo/Apache Region who reported using child care, 60% reported relying on an adult family member and 22% used a paid babysitter as the primary source of child care in 2011. Less than 3% of parent respondents reported using a non-relative home, 12% reported using a non-relative child care center and 10% reported using Head Start programs.

Early Care and Education

Child Care Professionals

Research shows that by having well educated early child care professionals, children receive increased learning and development.

All child care survey respondents in the First Things First Navajo/Apache Region reported having good or excellent skills engaging in positive interactions with children.

- Ninety-five percent reported having good or excellent abilities in using measurement tools to assess students, in designing ECE settings to enhance learning, and engaging families in their child's transition to kindergarten.



School Success

Third grade reading scores are an excellent predictor of later school success, including high school graduation rates and career success.

Many children in the First Things First Navajo/Apache Region are behind in their reading skills.

- Sanders Unified School District had the lowest percentage of children meeting or exceeding the 3rd grade reading standards (40%) and Vernon Elementary School District had the highest percentage of children meeting or exceeding the standard (92%), according to the Arizona Department of Education in 2011.

Graduation rates in the First Things First Navajo/Apache Region varied greatly from district to district.

- In 2009, Sanders Unified had the lowest graduation rate of districts in the region with 64% students graduating in four years. Joseph City Unified (98%) and Snowflake Unified School District (92%) had the highest graduation rates in the region that same year.

Children with Special Needs and Mental Health Issues

It's crucial to have early identification of children's special needs so that children can get the support and opportunities they need to achieve success in school and in the community.² Developmental screenings including oral, vision, cognitive and audio screenings are an important practice to ensure children's optimal growth.

There are limited services for children with special needs in the First Things First Navajo/Apache Region.

- The Arizona Department of Health Services Licensing Department reports that there were only three audiologists and 34 speech language therapists in the region in 2012. Many children in Navajo County needing special services must travel to Flagstaff in order to receive services.
- One in ten First Things First Navajo/Apache Region parent survey respondents reported their child had been referred to a doctor or specialist or had been diagnosed with a developmental delay, disability, or special need in 2011.

² Steele, M.M. (2004). Making the Case for Early Identification and Intervention for Young Children at Risk for Learning Disabilities. *Early Childhood Education Journal*, Vol. 32, 2, 75-79.



- Of those referred to services, 36% of parents reported that their child received needed services, while 20% reported that their child received services less often than was prescribed by the medical specialist.
- Eighty-two percent of child care providers surveyed in the First Things First Navajo/Apache Region reported that they would most like to receive additional training in the area of behavioral issues. Other top interest areas included specific disabilities training (47%) and special needs in general (47%) in 2011.

Health

Access to Health Care and Health Insurance

Children with a regular source of primary health care and health insurance have better health, receive more preventative care, and have lower rates of hospitalization because they get treated for conditions before they become too serious.

Most children in both Apache County and Navajo County had some form of health insurance coverage in 2009, according to US Census data.

- U. S. Census data on health insurance coverage showed 15% of children 19 years and under in Apache County did not have health insurance in 2009. This was higher than both Navajo County children (13%) and all children in the state of Arizona (13%).
- Eight percent of parent survey respondents in the First Things First Navajo/Apache Region reported their children, ages birth through five, did not have health insurance in 2011.
- KidsCare enrollment numbers have dropped significantly in recent years due to severe funding cuts. In February of 2011 just 517 children in Navajo County and 346 children in Apache County were served by the program.

All communities in the First Things First Navajo/Apache Region were classified by the Arizona Department of Health Services as Health Professional Shortage Areas and Medically Underserved Areas.

- There were only 51.4 primary care physicians for every 100,000 people in Navajo County and 44.2 primary care physicians for every 100,000 people in Apache County in 2010. There were even fewer dentists at 39.0 per 100,000 in Navajo County and 34.2 per 100,000 in Apache County in 2010.

Healthy Births

Women who receive adequate prenatal care are more likely to have better birth outcomes. Babies born to mothers who receive no prenatal care are three times more likely to be born at a low birth weight (less than 5.5 pounds), and five times more likely to die.



Nearly 20% of women in the First Things First Navajo/Apache Region did not receive prenatal care in their first trimester of pregnancy.

- There were 935 total births in the First Things First Navajo/Apache Region in 2010, the lowest number of births in the last six years.
- In 2010, 8.2% of babies were born at low birth weight in the region compared to 7.1% of babies in Arizona.

Teen Births

Teen mothers tend to give birth prematurely, have babies born at low birth weights, are less likely to complete high school, and have lower earning power in their careers. Children born to teens are 50% more likely to repeat a grade, are less likely to complete high school, and perform lower on standardized tests than children of older mothers. Arizona had the 6th highest teen birth rate in the nation in 2009.

There was a higher percentage of births to teen mothers in the First Things First Navajo/Apache Region in comparison to the state overall.

- Teen birth rates in the First Things First Navajo/Apache Region were consistently higher than the state between 2005 and 2010. In 2010, 12% of births were to teen mothers in the First Things First Navajo/Apache Region, according to the Arizona Department of Health Services.

Asthma

Many things can cause asthma, including allergens (mold, pollen, animals) and irritants (cigarette smoke and air pollution) as well as infections. Children have smaller airways than adults, which makes asthma especially serious for them. However, even severe asthma symptoms can be minimized with appropriate medical care.

Many children visited the emergency room for asthma related symptoms in both Navajo and Apache County.

- There were 116 emergency room visits for children birth to five with asthma in Navajo County and 60 emergency room visits in Apache County in 2010, according to the Arizona Department of Health Services. Emergency room visits for asthma related symptoms increased in both counties in 2010, in comparison to previous year.

Infant Deaths

The leading causes of death for infants are birth defects, premature birth, Sudden Infant Death Syndrome (SIDS) and complications with the mother during pregnancy.



Child mortality rates were higher in Apache County than in Navajo County in 2009.

- In Navajo County, there were 5.2 deaths per 1,000 births in 2010, compared to 6.4 deaths per 1,000 births in Apache County that same year. For the state overall, there were 6.0 infant deaths per 1,000 births, according to the Arizona Department of Health Services.

Supporting Families

Family and Community Supports

Community ties with friends and relatives are a principal means by which people and households get supportive resources to help raise their children.

Nearly two-thirds of parents in the First Things First Navajo/Apache Region reported they did not always have someone reliable to watch their child when they needed a break.

- Just over one-third (34%) of parents survey respondents in the region in 2011 reported that they were able to find someone reliable to watch their child if they needed a break “all of the time,” 34% were able to count on someone “most of the time,” 29% could count on someone “some of the time,” while 3% reported that they were never able to find someone.
- Over half (54%) of parents surveyed in 2011 felt that the most needed service in the First Things First Navajo/Apache Region was child care, followed by parenting classes/parent education (39%) and kindergarten preparation (38%).

Child Abuse and Neglect

Child abuse and neglect are found in families across the social and economic spectrum. Social isolation, financial stress, poverty, substance abuse, and domestic violence are all factors that can lead to adults abusing children. Children who are victims of abuse or neglect experience higher rates of suicide, depression, substance abuse, difficulties in school, and other behavioral problems later in life, including a greater risk of mistreating their own children.

The number of children removed from the home increased between 2007 and 2010 in the First Things First Navajo/Apache Region.

- There were 83 children removed from their homes by Child Protective Services in the First Things First Navajo/Apache Region in 2010, up from 69 children in 2007, according to the Department of Economic Security.



PARENT AWARENESS AND SUPPORT

It is important to know the perceptions of parents about early childhood services in the region so that First Things First can work with partner agencies to improve services and supports to parents.

Most parents in the First Things First Navajo/Apache Region felt confident in the parenting skills in 2011.

- Eighty-six percent of First Things First Navajo/Apache Region parent survey respondents felt confident in their ability to help their child grow and develop in 2011.
- Seventy-six percent of parent respondents reported coping well with the day-to-day demands of parenting, and 71% said that they calmed themselves down before dealing with their child when they got angry with their child in 2011.

Parent knowledge of First Things First in the Navajo/Apache Region was limited in 2011.

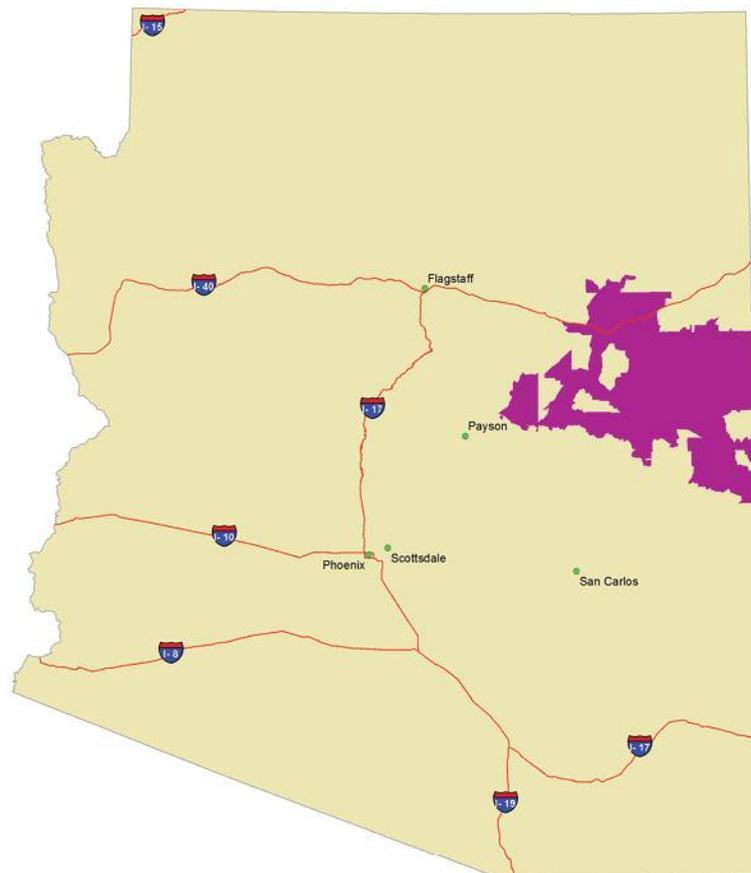
- Parents in the First Things First Navajo/Apache Region were asked to provide their perspectives on their knowledge about what First Things First does in their community in the 2011 survey. Half (53%) were not at all knowledgeable, 37% said they were somewhat knowledgeable and 10% were very knowledgeable about what First Things First does in their community.

Most parents get information on services and activities via word of mouth.

- Parent survey respondents in the First Things First Navajo/Apache Region in 2011 reported that they got important information about activities and services for their child and family from these top five sources: friends and family members (80%), the Internet (28%), the child's teacher (27%), newspaper/magazines (25%), and doctors/clinics (23%).



DEMOGRAPHIC OVERVIEW: WHO ARE THE FAMILIES AND CHILDREN LIVING IN THE NAVAJO/APACHE REGION?



ABOUT THE FIRST THINGS FIRST NAVAJO/APACHE REGION

The Navajo/Apache First Things First Region is composed of the non-reservation portions of Navajo and Apache counties in northeast Arizona. It extends to New Mexico in the east, to the Navajo Nation in the north, to Coconino County in the west, and to the White Mountain Apache Tribes and Greenlee County in the south. The region includes the community of Forest Lakes, but not the city of Winslow. Show Low is the largest community in the region. To access services beyond what the region can offer, Navajo/Apache residents must drive about two hours to Flagstaff or four hours to Phoenix.

Legend

-  Navajo County
-  Apache County
-  Navajo Nation
-  Fort Apache
-  Hopi Reservation
-  Zuni Reservation
-  Petrified Forest



0 5 10 20 30 Miles



BASIC DEMOGRAPHICS

Demographics describe the region's population including gender, age, ethnicity and language. These factors are important to help First Things First provide services that fit local needs.

SELECTED INDICATORS

- Population
- Family Types
- Race/Ethnic Distribution
- Language Characteristics



Population

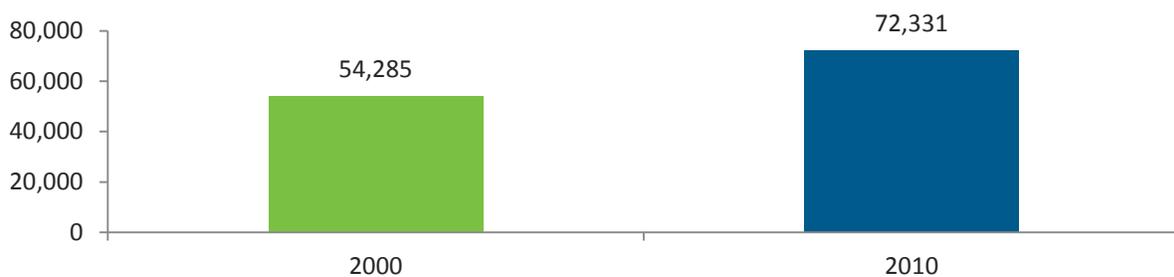
Why It Is Important

Since the 2010 First Things First Needs and Assets Report, the U.S. Census Bureau released a number of new data. Demographics of the region rely heavily on these data. While these data provide a general understanding of the region, it is important to recognize their limitations as they are self reported and rely on the Bureau's ability to reach and build trust with local community members.

What the Data Tell Us

The U.S. Census reported there were 72,331 residents, of all ages, in the First Things First Navajo/Apache Region in 2010. The region had grown roughly 33%, nearly 20,000 individuals, since the 2000 census.

Total Population, First Things First Navajo/Apache Region



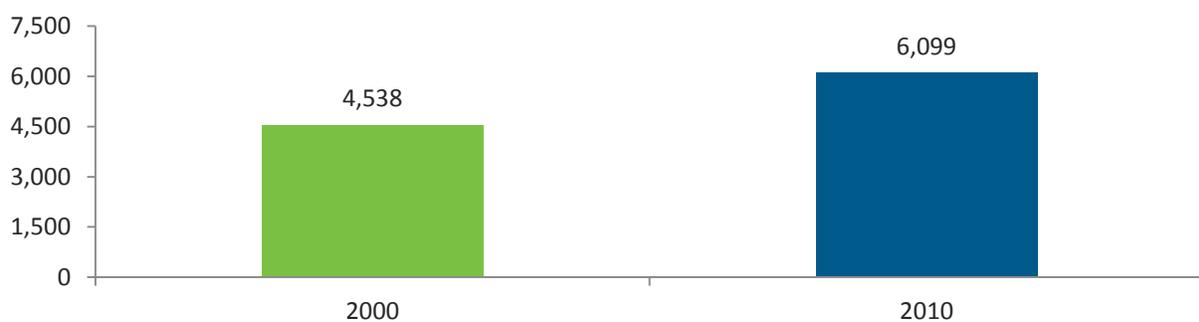
Source: U.S. Census Bureau. (2011). Table Qt-P2- Single years of sex and age. *Census 2010*. Retrieved 2012 from <http://factfinder2.census.gov>.

U.S. Census Bureau. (2001). Table P008- Sex and age. *Census 2000*. Retrieved 2012 from <http://factfinder2.census.gov>.

Note: First Things First Navajo/Apache regional data is a combination of census data from ZCTA5: 85901, 85912, 85920, 85923, 85924, 85925, 85927, 85928, 85929, 85931, 85932, 85933, 85934, 85935, 85936, 85937, 85938, 85939, 85940, 85942, 86025, 86028, 86029, 86032; Census data is not available for zip code 85902.

There were 6,099 children ages birth through 5 in the First Things First Navajo/Apache Region in 2010. The growth of this population was similar to that of the overall population, with a 34% increase between 2000 and 2010.

Population of Children Ages Birth Through Five, First Things First Navajo/Apache Region



Source: U.S. Census Bureau. (2011). Table Qt-P2- Single years of sex and age. *Census 2010*. Retrieved 2012 from <http://factfinder2.census.gov>.

U.S. Census Bureau. (2001). Table P008- Sex and age. *Census 2000*. Retrieved 2012 from <http://factfinder2.census.gov>.

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Family Types

Why It Is Important

Family structure is an important factor in the health and development of young children. Household structures and family environments have been correlated with children's educational achievement and physical well-being.³ A 2008 study by McLanahan and Percheski suggest that the links between family structure, income inequality and ethnicity are not only compounded by one another but increase generationally. Income inequality may lead to increases in single motherhood; single motherhood decreases children's economic mobility, and these in turn are exacerbated by already existing racial inequalities.⁴

What the Community Is Doing

Grandparents Raising Grandchildren (GRG) provides support groups for grandparent caregivers through the University of Arizona Cooperative Extension.

What the Community Is Saying

- Multiple community representatives noted that *grandparents raising grandchildren* is common and seemed to be on the rise in the First Things First Navajo/Apache Region.
 - Conversations with community representatives and local service providers suggested that many cases relate to economic necessity (such as parents needing to leave to seek employment) or drug or alcohol abuse by parents.
- *Custody* can be an issue for families in which the primary caregiver is not a parent:
 - A service provider in the First Things First Navajo/Apache Region reports that local grandparent support group activities included a conversation with an attorney about grandparents' rights when they are caregivers.
 - A local service provider shared the story of a couple, both women, who took in three nephews in need of care, and who have been exemplary caregivers and willingly sacrificed a lot for the children. Describing the women as "heroes," the provider reported that there is a current court struggle for formal custody of the boys.

³Fields, J. & Smith, K. (1998). Poverty, family structure, and child well-being: Indicators from the SIPP (U.S. Census Bureau, Population Division, Working Paper 23). Washington DC: U.S. Census Bureau. Retrieved from <http://www.census.gov/population/www/documentation/twps0023/twps0023.html>

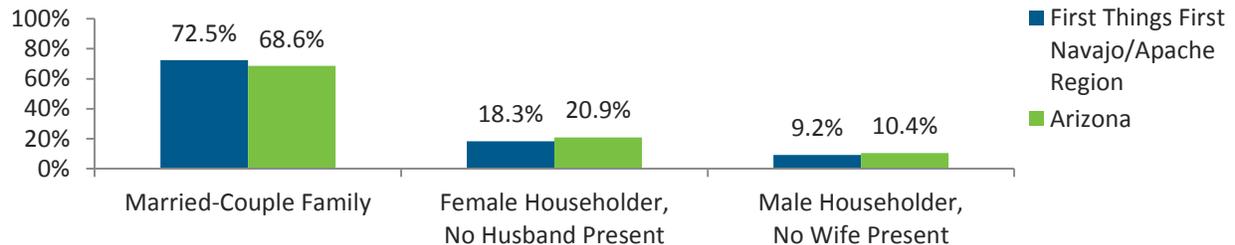
⁴McLanahan, S. & Percheski, C. (2008). Family Structure and the Reproduction of Inequalities. *Annual Review of Sociology*, Vol. 34: 257-276.



What the Data Tell Us

Seventy-three percent of families with children ages birth through five were in married couple families in the First Things First Navajo/Apache Region in 2010. Eighteen percent of families with children birth through five were in female headed households with no husband present, this was lower than the state at 21%.

Types of Families with Children Ages Birth Through Five, 2010



Source: U.S. Census Bureau. (2011). Table P-38: Family Type by presence and age of own child under 18. *Census 2010*. Retrieved 2012 from <http://factfinder2.census.gov>

Note: First Things First Navajo/Apache regional data is a combination of census data from ZCTA5: 85901, 85912, 85920, 85923, 85924, 85925, 85927, 85928, 85929, 85931, 85932, 85933, 85934, 85935, 85936, 85937, 85938, 85939, 85940, 85942, 86025, 86028, 86029, 86032; Census data is not available for zip codes 85902.

Race/Ethnic Distribution

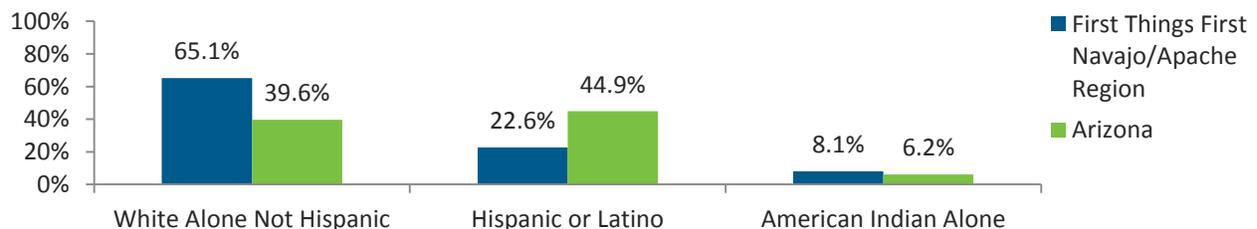
Why It Is Important

Arizona is a very ethnically diverse state with large percentages of Whites, Latinos and American Indians. Understanding racial and ethnic diversity within the region allows First Things First to provide culturally appropriate services to families of different backgrounds.

What the Data Tell Us

Sixty-five percent of children ages birth through four in the First Things First Navajo/Apache Region were identified as White alone not Hispanic, 23% as Hispanic or Latino, and 8% as American Indian alone. The First Things First Navajo/Apache Region had a slightly higher percentage of children identified as American Indian alone and a lower percentage of children identified as Hispanic or Latino than the state overall.

Race/Ethnicity of Children Ages Birth Through Four, First Things First Navajo/Apache Region, 2010



Source: U.S. Census Bureau. (2011). Table P12 H, I and C: Sex and Age. *Census 2010*. Retrieved 2012 from <http://www.factfinder.census.gov/>.

Note: The U.S. Census combines Native American and Alaska Native. The term Alaska Native has been omitted from our report for relevance.

Note: First Things First Navajo/Apache regional data is a combination of census data from ZCTA5: 85901, 85912, 85920, 85923, 85924, 85925, 85927, 85928, 85929, 85931, 85932, 85933, 85934, 85935, 85936, 85937, 85938, 85939, 85940, 85942, 86025, 86028, 86029, 86032; Census data is not available for zip codes 85902.



Language Characteristics

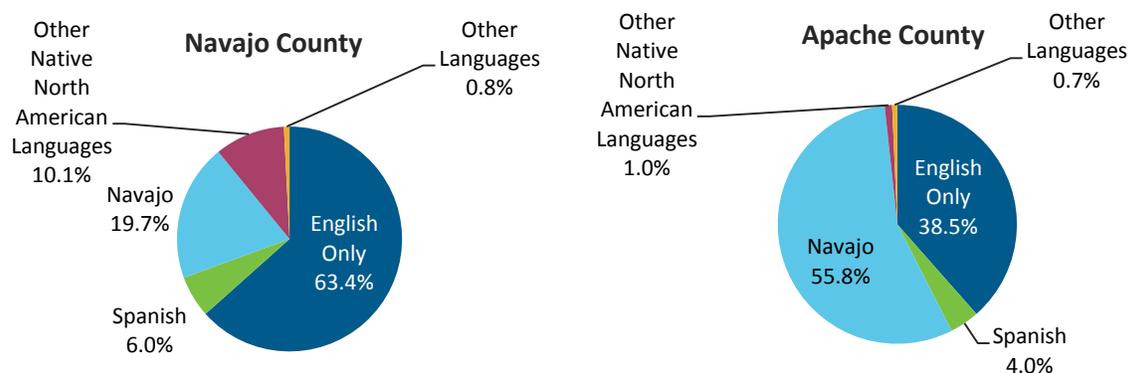
Why It Is Important

In Arizona, English is the most commonly spoken language, followed by Spanish and Native American languages such as Navajo and Apache.⁵ The US Census Bureau describes households where no one speaks English “very well,” or where no one over the age of 14 speaks English as “linguistically isolated households.” Non-English speakers tend to be less likely to access health care, preventive care, and prenatal care unless services are in their own language and culturally sensitive.

What the Data Tell Us

Nearly two-thirds of homes in Navajo County spoke English only, in comparison to just over one-third of homes in Apache County. Navajo was spoken in 56% of homes in Apache County and 20% of homes in Navajo County. Very few homes spoke Spanish as the primary language, 6% in Navajo County and 4% in Apache County.

Language Spoken at Home, 2006-2010



Source: U.S. Census Bureau. (2010). Table B16001- Language spoken in the home for the population 5 and over. *American Communities Survey 2006-2010 5-Year Estimates*. Retrieved 2010 from <http://www.factfinder.census.gov/>.

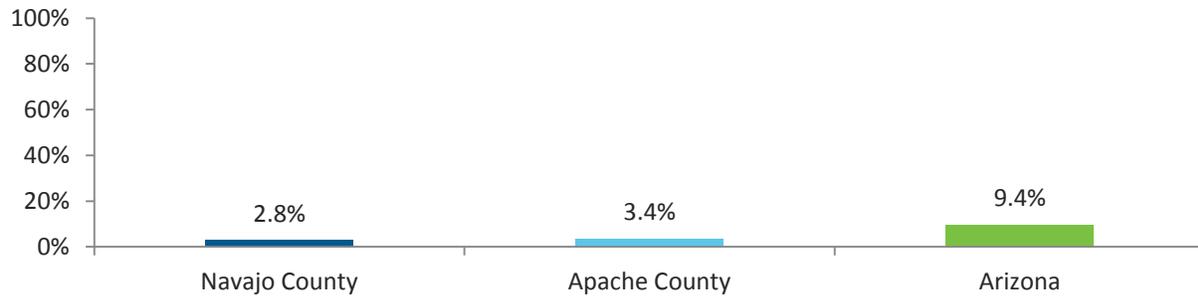
Note: Data presented are for the population 5 years and over.

⁵ The Center for Public Education (2000). Top Five Languages by State. Retrieved 2012 from <http://www.centerforpubliceducation.org>



According to 2006-2010 census estimates, very few children lived in non-English speaking or “linguistically isolated” households, about 3% of children ages 5-17 in each of the two counties. This was lower than the state of Arizona at 9%.

Children Ages 5 Through 17 Living in Linguistically Isolated (Non-English Speaking)* Households, 2006-2010



Source: U.S. Census Bureau. (2010). Table B16001- Language spoken in the home for the population 5 and over in households in which no one over the age of 14 speaks English “very well.” *American Communities Survey 2006-2010 5-year Estimates*. Retrieved 2012 from <http://www.factfinder2.census.gov/>.

Note: Values are the number of children ages 5 through 17 living in non-English speaking households divided by the total number of children ages 5 through 17 living in households.

* “A household is classified as non-English speaking if no one 14 years old and over speaks only English or speaks a non-English language and speaks English ‘very well.’ In other words, all members of the household 14 years old and over have at least some difficulty with English.” (U.S. Census Bureau).



ECONOMIC CIRCUMSTANCES

It is important to consider the current national economic climate when assessing the needs and assets of local regions. The nation still faces economic challenges that greatly impact families and their children. Cuts in federal and state spending have major effects on health status, child care and the educational needs of young children.

SELECTED INDICATORS

- Income
- Unemployment
- Poverty
- Economic Supports
- Food Insecurity
- Homelessness
- Foreclosure



Income

Why It Is Important

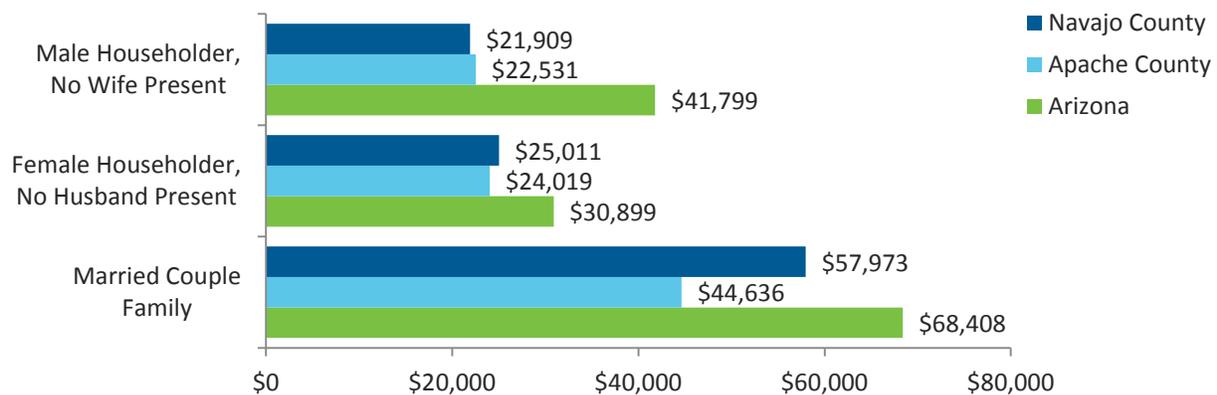
Income levels are important to understanding the vitality of a community and the well-being of its residents. The income of families is related to the health, well-being, educational attainment and future economic success of children.

What the Data Tell Us

Median household income means that half of the households earn more than the median household income, and half earn less.

Based on 2008-2010 estimates, the median family income was \$57,973 for married couple families in Navajo County and \$44,636 for married couple families in Apache country, both were lower than in Arizona as a whole at \$68,408. Male headed householders in both Navajo and Apache counties earned less than female headed households and married couple families; this was in contrast to the state, where female headed family households had a lower median income than male householders and married couples families.

Median Family Income, 2008-2010



Source: U.S. Census Bureau. (2010). *Table B19126- Median Family Income in the Past 12 months*. American Communities Survey 2008-2010 3-Year Estimates. Retrieved 2012 from <http://www.factfinder2.gov/>.

Note: Data is county level data and includes reservation portions of each county.

The Self-Sufficiency Standard is used as an indicator of how much income is needed for a family to meet its minimal basic needs without the need for public or private assistance. The Self-Sufficiency Standard is dependent on geographic location, family structure, and the age of the children.

A household with two adults, one preschooler, and one school-aged child requires \$48,984 in Navajo County and \$47,814 in Apache County to be self-sufficient. When compared to recent data on median family income, the median family income of married-couple families met the self-sufficiency level in both Navajo County and Apache County. The median income of single parent households was much less than the level needed to be self-sufficient (e.g., \$34,680 for a family with one adult and one preschooler).



Self-Sufficiency Income Standards, Navajo County, 2012

MONTHLY EXPENSE	FAMILY TYPE			
	Adult + Preschooler	Adult + Preschooler + School age	2 Adults + Preschooler	2 Adults + Preschooler + School age
Housing	\$691	\$691	\$691	\$691
Child Care	\$611	\$946	\$611	\$946
Food	\$363	\$544	\$587	\$747
Transportation	\$279	\$279	\$529	\$529
Health Care	\$470	\$493	\$526	\$548
Miscellaneous	\$241	\$295	\$294	\$346
Taxes	\$411	\$504	\$466	\$542
Earned Income Tax Credit (-)	-\$30	-\$5	\$0	\$0
Child Care Tax Credit (-)	-\$63	-\$105	-\$53	-\$100
Child Tax Credit (-)	-\$83	-\$167	-\$83	-\$167
Self-Sufficiency Wage				
Hourly	\$16.42	\$19.74	\$10.14*	\$11.60*
Monthly	\$2,890	\$3,474	\$3,568	\$4,082
Annual	\$34,680	\$41,685	\$42,817	\$48,984

Source: Center for Women's Welfare, University of Washington. (2012). Self Sufficiency Standard for Arizona. Retrieved June 2010 from <http://www.selfsufficiencystandard.org/pubs.html>.

* Hourly wages for two-adult households are per adult (e.g., \$10.14 for both adults in a two-adult family with a preschooler).

Self-Sufficiency Income Standards, Apache County, 2012

MONTHLY EXPENSE	FAMILY TYPE			
	Adult + Preschooler	Adult + Preschooler + School age	2 Adults + Preschooler	2 Adults + Preschooler + School age
Housing	\$614	\$614	\$614	\$614
Child Care	\$611	\$946	\$611	\$946
Food	\$363	\$544	\$587	\$747
Transportation	\$279	\$279	\$529	\$529
Health Care	\$470	\$493	\$526	\$548
Miscellaneous	\$234	\$287	\$287	\$338
Taxes	\$386	\$476	\$448	\$529
Earned Income Tax Credit (-)	-\$51	-\$36	\$9	\$0
Child Care Tax Credit (-)	-\$63	-\$110	-\$53	-\$100
Child Tax Credit (-)	-\$83	-\$167	-\$83	-\$167
Self-Sufficiency Wage				
Hourly	\$15.68	\$18.90	\$9.82*	\$11.32*
Monthly	\$2,759	\$3,326	\$3,456	\$3,985
Annual	\$33,112	\$39,907	\$41,477	\$47,814

Source: Center for Women's Welfare, University of Washington. (2012). Self Sufficiency Standard for Arizona. Retrieved June 2010 from <http://www.selfsufficiencystandard.org/pubs.html>.

* Hourly wages for two-adult households are per adult (e.g., \$9.82 for both adults in a two-adult family with a preschooler).



Unemployment

Why It Is Important

Healthy communities require an adequate supply of jobs that generate enough income to pay for basic needs. The unemployment rate as defined by the International Labor Organization measures the number of people who are without jobs and who have actively sought work within the past four weeks.⁶ The unemployment rate is calculated as a percentage by dividing the number of unemployed individuals by all individuals currently in the labor force. Since the economic recession began, much attention has been paid to the unemployment rate and its inability to capture data on individuals that are underemployed or have stopped searching for work. However, it remains the primary indicator of a community's economy. Job growth is an additional indicator of economic well-being and Arizona has added jobs at a slower rate than the US as a whole for the past three years (2010 to 2012).⁷

What the Community Is Doing

- *The Arizona Workforce Connection - Show Low* offers employment opportunities, career advising, job readiness workshops, transportation allowances and daycare assistance (for eligible participants) to job seekers.
- *The Arizona DES Employment Services Program* in Eagar and Show Low matches employers with qualified applicants.
- *The Springerville Division of Emergency Services* provides vehicle repair assistance when community members need the vehicle to get to work or look for a job. Program funds are limited and are available on a first-come first-serve basis.

⁶ International Labour Organization. (1982). Resolution concerning statistics of the economically active population, employment, unemployment and underemployment adopted by the Thirteenth International Conference of Labour Statistics. Thirteenth International Conference on Labour Statistics.

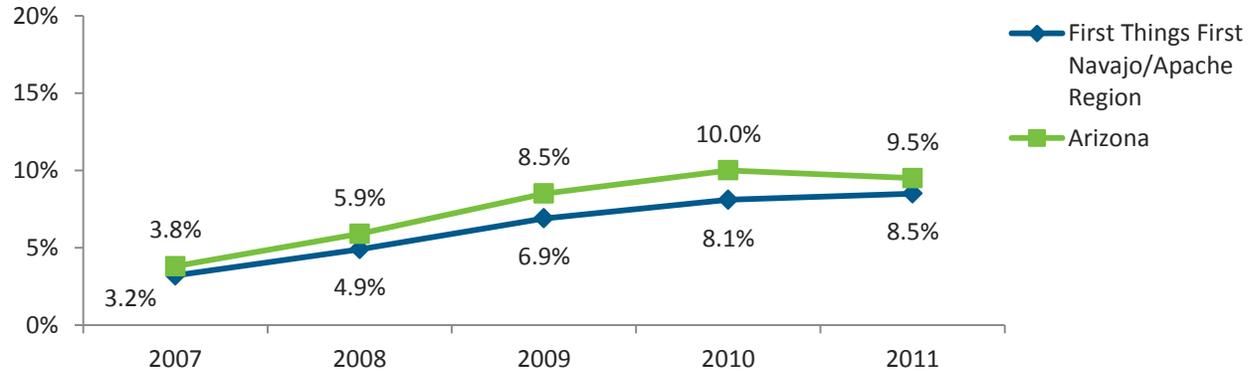
⁷ Arizona Directions. (2012). Arizona Indicators. Received 2012 from Arizonaindicators.org



What the Data Tell Us

The overall unemployment rate in the First Things First Navajo/Apache Region was 8.5% in 2011. This was lower than the rate for Arizona as a whole at 9.5%.

Unemployment Rate



Source: Arizona Department of Administration, Office of Employment and Labor Statistics. (2012). Local Area Employment Statistics. Retrieved 2012 from <http://www.workforce.az.gov>

Note: Data for First Things First Navajo/Apache Region represents unemployment in Navajo and Apache counties excluding Native American Reservations and Winslow City.

In 2011, unemployment was highest in Holbrook at 10.7% and lowest in Heber-Overgaard at 4.2%. Navajo County has had higher rates of unemployment than Apache County since 2007.

Unemployment Rate by Community

PLACE	2007	2008	2009	2010	2011
Eagar	2.6%	3.5%	4.5%	5.3%	6.2%
Springerville	3.4%	4.5%	5.9%	6.8%	8.0%
St. Johns	3.0%	3.9%	5.2%	6.0%	7.1%
Heber-Overgaard	1.6%	2.5%	3.6%	4.2%	4.2%
Holbrook	4.1%	6.3%	9.1%	10.4%	10.7%
Pinetop-Lakeside	3.3%	5.1%	7.5%	8.6%	8.8%
Show Low	3.0%	4.7%	6.8%	7.8%	8.0%
Snowflake	3.4%	5.3%	7.7%	8.9%	9.1%
Taylor	2.8%	4.4%	6.4%	7.3%	7.5%
Apache County Less Native American Tribes	3.1%	4.1%	5.4%	6.3%	7.3%
Navajo County Less Native American Tribes	3.3%	5.0%	7.3%	8.4%	8.6%
Arizona	3.8%	5.9%	8.5%	10.0%	9.5%

Source: Department of Commerce Research Administration. (2012). Special unemployment report. *Arizona Workforce Informer*. Retrieved 2012 from <http://www.workforce.az.gov>.



Poverty

Why It Is Important

With more than 1 in 4 children living in poverty, Arizona had the 5th highest child poverty rate in the nation in 2010.⁸ Living in poverty puts children at risk for a wide variety of challenges with both immediate and lasting effects. Children who grow up in poverty are more likely to lack adequate food, become victims of crime and violence, and lack basic health care. They are at significant risk for dropping out of school early, poor academic performance, behavior problems in school, lower levels of literacy, and lower educational attainment.⁹

What the Data Tell Us

Developed in the early 1960s, the Federal Poverty Thresholds (more commonly known as Federal Poverty Levels) were based on three times the cost of a nutritionally adequate food plan, as determined by the Department of Agriculture. This figure presupposes that the average family spends one-third of their income on food. Annual adjustments for inflation occur, based on changes in the Consumer Price Index, but the Federal Poverty Thresholds do not consider other factors besides food, such as child care, and housing costs. The Federal Poverty Thresholds are used mainly for statistical purposes – including estimates of the number of Americans in poverty each year. Each person or family is assigned to one of 48 possible poverty thresholds based on size of family and ages of the family members.¹⁰

Federal Poverty Guidelines by Family Size

FAMILY SIZE	2001	2003	2005	2007	2008	2009	2010	2011
1	\$8,590	\$8,980	\$9,570	\$10,210	\$10,400	\$10,830	\$10,830	\$10,890
2	\$11,610	\$12,120	\$12,830	\$13,690	\$14,000	\$14,570	\$14,570	\$14,710
3	\$14,630	\$15,260	\$16,090	\$17,170	\$17,600	\$18,310	\$18,310	\$18,530
4	\$17,650	\$18,400	\$19,350	\$20,650	\$21,200	\$22,050	\$22,050	\$22,350
5	\$20,670	\$21,540	\$22,610	\$24,130	\$24,800	\$25,790	\$25,790	\$26,170
6	\$23,690	\$24,680	\$25,870	\$27,610	\$28,400	\$29,530	\$29,530	\$29,990
7	\$26,710	\$27,820	\$29,130	\$31,090	\$32,000	\$33,270	\$33,270	\$33,810
8	\$29,730	\$30,960	\$32,390	\$34,570	\$35,600	\$37,010	\$37,010	\$37,630

Source: Department of Health and Human Services (2011). 2001-2011 *Federal Register*.

⁸ Arizona Directions. (2012). Arizona Indicators. Retrieved 2012 from Arizonaindicators.org

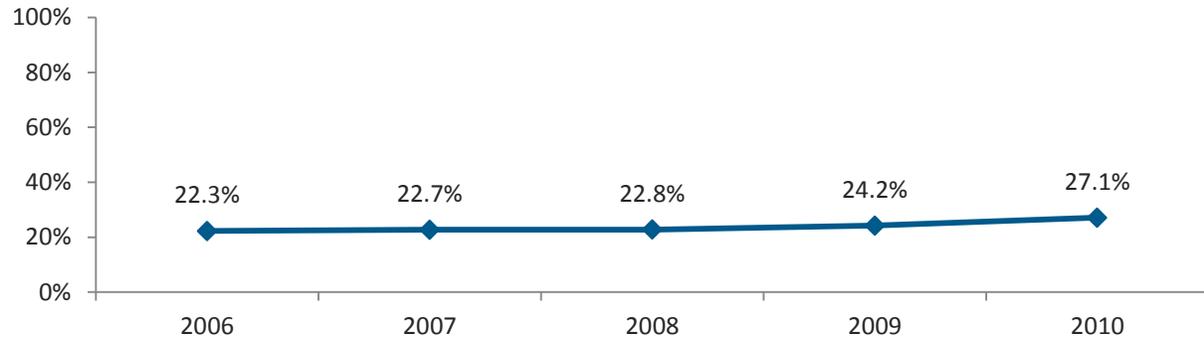
⁹ Winsler, A., Tran, H., Hartman, S. C., Madigan, A. L., Manfra, L., & Bleiker, C. (2008). School readiness gains made by ethnically diverse children in poverty attending center-based childcare and public school pre-kindergarten programs. *Early Childhood Research Quarterly*, 23(3), 314-329.

¹⁰ U.S. Department of Health and Human Services. (2011). Poverty Guidelines and Poverty Measurement. Retrieved January 5, 2011 from <http://aspe.hhs.gov/poverty/index.shtml>.



Twenty-seven percent of children ages 5 through 17 living in the areas served by the First Things First Navajo/Apache Region school districts were living in poverty in 2010. This was an increase from 22% in 2006.

Children Ages 5 Through 17 in Families Living in Poverty, First Things First Navajo/Apache Region School District Areas



Source: U.S. Census Bureau. (2010). Small Area Income and Poverty Assessments. Retrieved 2012 from <http://www.census.gov/cgi-bin/saipa/saipa.cgi>

Note: First Things First Navajo/Apache Region data are the combination of data from all school districts within the region. Regional school districts include: Alpine Elementary, Blue Ridge Unified, Concho Elementary, Heber-Overgaard Unified, and Holbrook Unified, Joseph City Unified, Round Valley Unified, Sanders Unified, Show Low Unified, Snowflake Unified, St Johns Unified, and Vernon Elementary.

At least one in five children 5 through 17 were part of a family living in poverty in each of the areas served by the regional school districts in 2010. The area served by Sanders Unified had the highest percentage of children 5 through 17 living in families in poverty (37%), while the area served by Blue Ridge Unified had the lowest (22%).

Children Ages 5 Through 17 in Families Living in Poverty, Areas Served by the First Things First Navajo/Apache Region School Districts

SCHOOL DISTRICT	2006	2007	2008	2009	2010
Alpine Elementary	37.5%*	33.3%*	33.3%*	34.8%*	25.5%
Blue Ridge Unified	13.5%	16.0%	17.7%	18.2%	21.5%
Concho Elementary	29.0%	31.6%	29.1%	25.5%	31.6%
Heber-Overgaard Unified	16.8%	18.2%	18.3%	17.8%	32.3%
Holbrook Unified	31.1%	33.0%	33.1%	33.9%	34.4%
Joseph City Unified	20.9%	22.3%	22.4%	22.4%	23.8%
Sanders Unified	45.6%	41.4%	38.6%	41.4%	37.4%
Show Low Unified	18.0%	19.2%	21.1%	26.3%	25.1%
Snowflake Unified	14.5%	15.5%	15.6%	15.6%	23.9%
St. Johns Unified	24.0%	22.0%	20.4%	21.1%	25.7%
Vernon Elementary	30.6%	31.0%	29.3%	27.4%	34.1%

Source: U.S. Census Bureau. (2010). Small Area Income and Poverty Assessments. Retrieved 2012 from <http://www.census.gov/cgi-bin/saipa/saipa.cgi>

Note: * Caution should be used when interpreting Alpine Elementary District area data due to small population size.



Basic Needs

Why It Is Important

Individuals and families living in poverty or below the self-sufficiency level often have to make tough choices each month, sometimes foregoing certain basic needs. Going without basic needs such as food, housing, child care, health care, or clothing can have short and long-term consequences to residents' health and well-being.

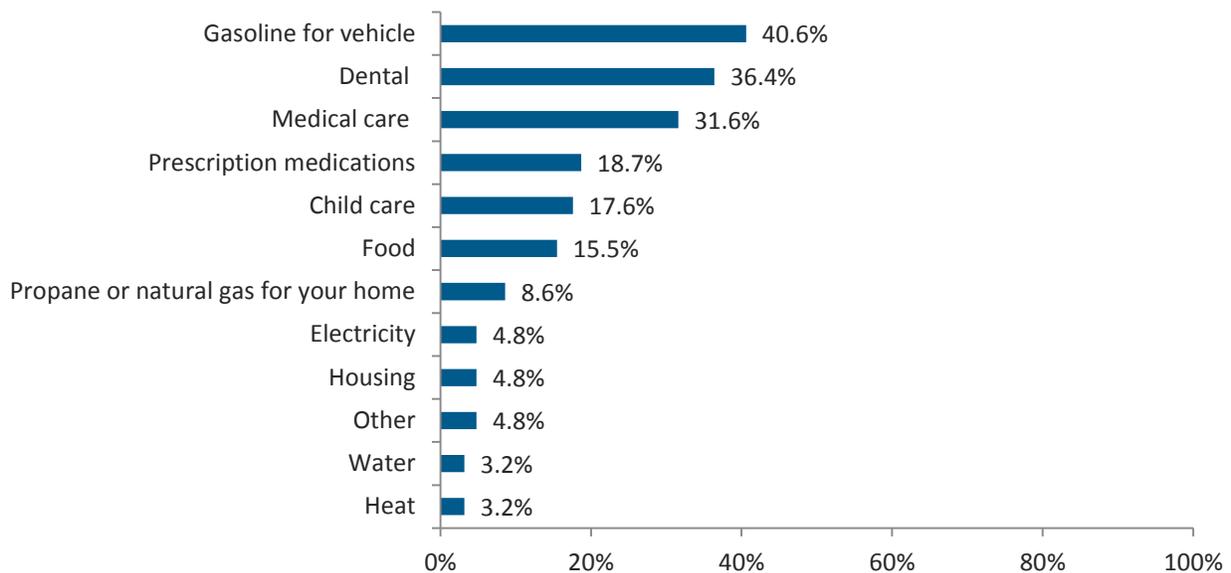
What the Data Tell Us

Thirty-four percent of parents surveyed in the First Things First Navajo/Apache Region Parents Survey reported having gone without at least one basic need in the previous 12 months, in 2011.

Of those who reported going without a basic need, 41% reported having gone without gasoline for their car, 36% reported going without dental care and 32% reported going without medical care. Eighteen percent reported going without child care, 16% reported having gone without food, and 5% without shelter.



In the past 12 months did you or your family go without any of the following? (Of respondents who reported going without a basic need), 2011



Multiple response question with 187 respondents offering 355 responses.

Source: Applied Survey Research. (2011). First Things First – Navajo/Apache Region: Survey for Parents with Children Ages 0-5. (Unpublished raw data).

Note: These responses are not mutually exclusive.



Economic Supports

Why It Is Important

Many families require the support of public assistance to meet their basic needs, particularly during periods of reduced income, illness, or unemployment. However, some families fall into the income eligibility gap for support services. To be eligible for federal and state supports, a family has to be extremely low-income. Those who earn slightly more are not eligible for support, yet often have difficulty meeting their basic needs. There is still a need, therefore, for supplemental services like food banks and clothing for those families.

What the Community Is Doing

- ***The Community Services Administration*** of the Northern Arizona Council of Governments (NACOG) offers assistance with utility and energy bills, transportation, housing payments, and more to individuals and families in economic crisis. These services are available through:
 - NACOG Housing Maintenance Assistance in Lakeside
 - Good Shepherd Catholic Charities in Holbrook
 - Old Concho Community Assistance Center in Concho
 - Navapache Regional Medical Center (NRMC) East Campus in Overgaard.
- ***The Springerville Division of Emergency Services:***
 - Can pay for one or more electric, propane, water, or firewood bill per year for low-income individuals and families using state and federal funding.
 - Provides financial assistance to low-income households for repair or replacement of necessary appliances (stoves, refrigerators, furnaces, generators, etc.) Funding comes from the state.
- ***The Association for Supportive Child Care*** seeks to address the issue of adequate nutrition for children. The Child and Adult Care Food Program provide nutrition training and reimbursement to child care providers who serve nutritious meals to children. Within the First Things First Navajo/Apache Region, 25 child care centers and homes participate in the program.

What the Community Is Saying

- The First Things First Navajo/Apache Region is host to families in ***substantial economic need and sometimes without very basic resources:***
 - Apache County is home to many families living in rural areas. According to a community representative, some of these families may live without basic



amenities such as electricity or indoor plumbing—sometimes by their own choice, and sometimes due to poverty and/or the cost of installing the necessary infrastructure.

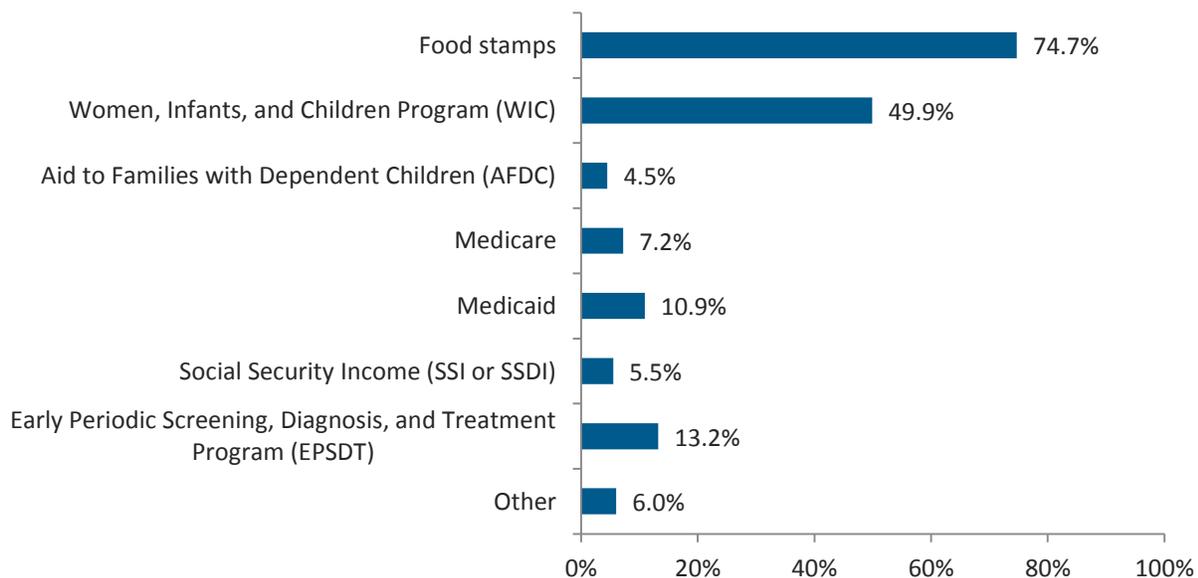
- Families in economic need may require services or supplies that are not offered by local assistance programs. Given this diversity of needs, families may use available resources in creative ways, according to a local service provider—for example, one family used a donated blanket to cover the exposed back window of their truck.
- **The needs of community members may be under represented by service numbers:**
 - There may be more families without basic resources than the numbers indicate as many have never sought services or have not filed paperwork due to culture or language barriers. Local service providers have reported this may be especially true in communities such as Joseph City where there seems to be more need than the numbers indicate.

What the Data Tell Us

Sixty-four percent of parent survey respondents in the First Things First Navajo/Apache Region reported receiving some form of public assistance in 2011. Of those receiving assistance, 75% reported receiving food stamps and half (50%) were receiving WIC benefits.



Do you or your family receive any of the following forms of public assistance? (Of respondents who reported receiving assistance), 2011



Multiple response question with 403 respondents offering 692 responses.

Source: Applied Survey Research. (2011). First Things First—Navajo/Apache Region: Survey for Parents with Children Ages 0-5. (Unpublished raw data).

Note: These responses are not mutually exclusive.

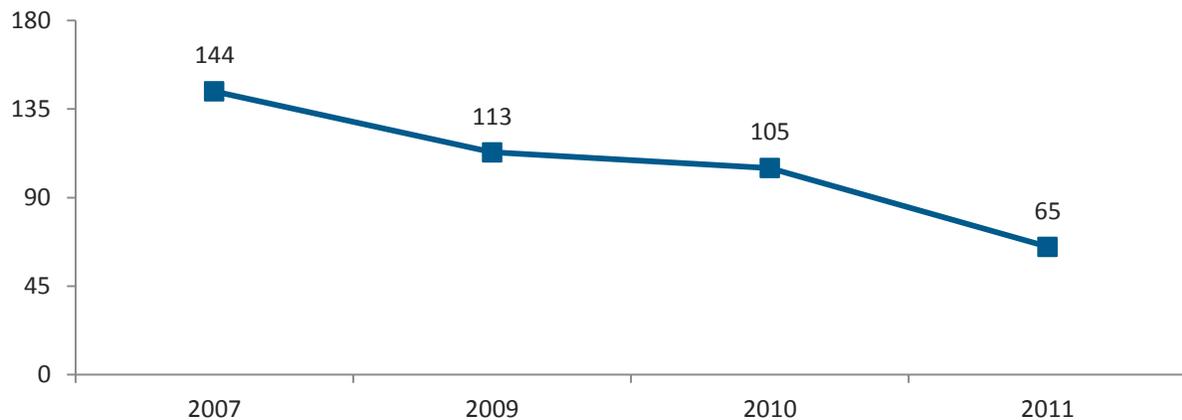


The Temporary Assistance for Needy Families (TANF) program provides some temporary cash assistance for struggling families with children, while the parent/parents are trying to return to work.¹¹

In the First Things First Navajo/Apache Region, 65 families with children ages birth through five were receiving TANF benefits. The substantial decline in participants observed is the result of legislative action:

- Effective July 1, 2010, the Lifetime Benefit Limit for TANF was reduced from 60 months to 36 months. All families that had received TANF from 37 to 60 months were immediately removed from the TANF roles.
- Effective August 1, 2011, the Lifetime Benefit Limit for TANF was reduced from 36 months to 24 months. All families that had received TANF for more than 24 months were immediately removed.

Families with Children Ages Birth Through Five Receiving Temporary Assistance for Needy Families (TANF), First Things First Navajo/Apache Region



Source: Arizona Department of Economic Security. (2009). DES Multidata Database. (Unpublished data). Received 2012 from First Things First. Note: First Things First Navajo/Apache Region TANF data are a combination of zip codes: 85901, 85912, 85923, 85924, 85925, 85928, 85929, 85931, 85933, 85935, 85936, 85937, 85938, 85939, 86025, 86029, and 86032. Data for zip codes 85920, 85940, 85942, 85902, 85927, 85932, 85934, 85940, 85942, 86028 were not consistently available from DES.

The Supplemental Nutrition Assistance Program (SNAP) previously called Food Stamps provides benefits to individuals struggling to obtain food for their families. The program focuses on providing nutritional assistance that can be used on any foods that can be eaten in the home. In 2009, 48% of all SNAP participants were children in the US. The average SNAP (food stamp) benefit is \$29/week for a qualifying individual.¹²

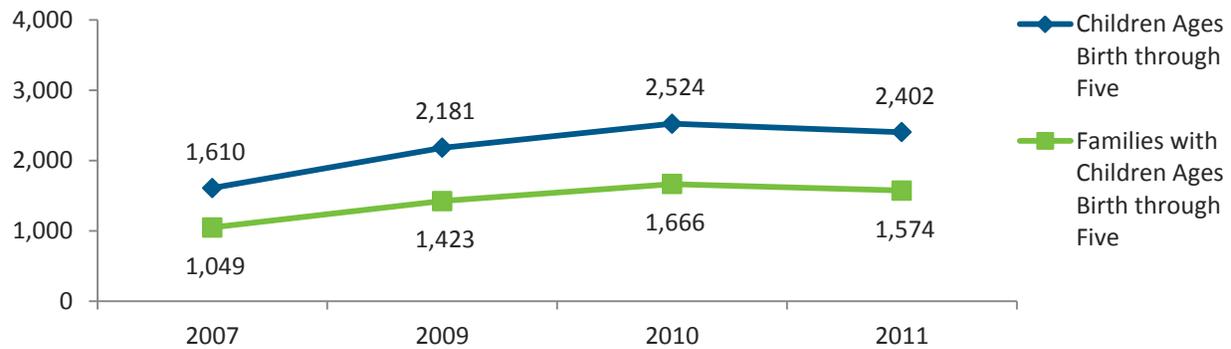
¹¹ U.S. Department of Health and Human Services. (2008, November 20). About TANF. Washington DC: U.S. Department of Health and Human Services, Administration for Children and Families. Retrieved from U.S. Department of Health and Human Services Administration for Children and Families: <http://www.acf.hhs.gov/programs/ofa/tanf/about.html>

¹² Map the Meal Gap. (2011). Child Food Insecurity. Gundersen, C., E. Waxman, E. Engelhard and J. Brown. Feeding America.



The number of families with children birth through five in the First Things First Navajo/Apache Region receiving SNAP benefits decreased from 1,666 in 2010 to 1,574 families in 2011. Though there was decrease, the number of children and families receiving SNAP benefits in 2011 remained higher than in 2009.

Supplemental Nutrition Assistance Program (SNAP/Food Stamps) Recipients, First Things First Navajo/Apache Region



Source: Arizona Department of Economic Security. (2010). Supplemental Nutrition Assistance Program (SNAP) Recipients. (Unpublished Data). Received June, 2010 from First Things First.

Note: Supplemental Nutrition Assistance Program was formerly the Food Stamp Program.

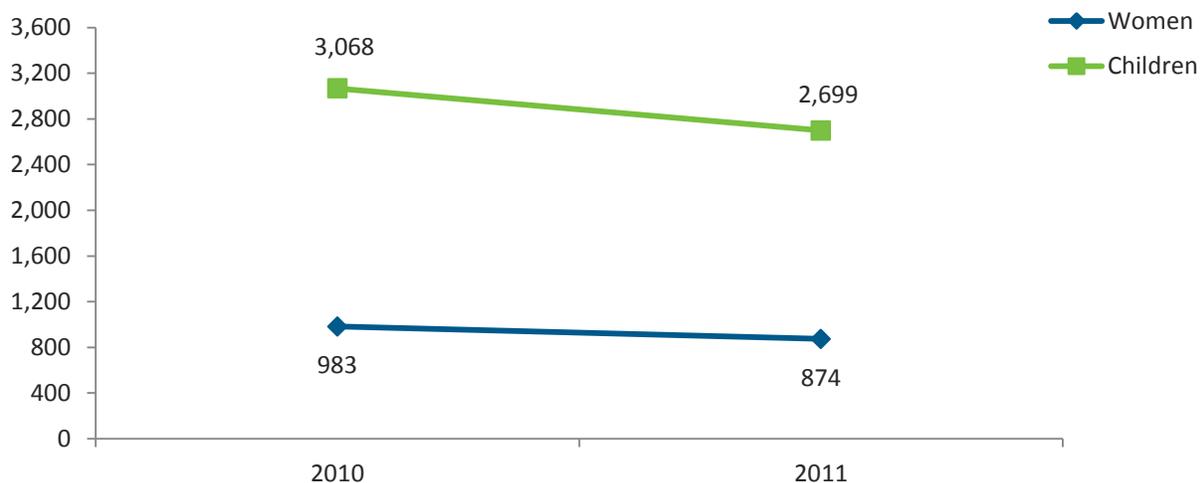
Note: First Things First Navajo/Apache Region data are the combination of all zip codes in the region (see Methodology for list of zip codes).

Note: Data presented are from January of each year.

Participants in the WIC program receive nutritious supplemental foods, health screening services, age-appropriate nutrition information, and referrals to health and human services.

The number of children who received WIC services in the First Things First Navajo/Apache Region fell from 3,068 children in 2010 to 2,699 children in 2011.

Women, Infants, and Children (WIC) Recipients, First Things First Navajo Apache Region



Source: Arizona Department of Economic Security. (2012). DES Multidata Database. (Unpublished Data). Retrieved 2012 from First Things First.

Note: First Things First Navajo Apache Region data are the combination of zip codes in this region (see Methodology for list of zip codes). Data shown for First Things First Navajo Apache Region only includes ZIP codes that had at least 30 WIC participants per category within them. The following zip codes were excluded: 85902, 85912, 85920, 85923, 85927, 85928, 85931, 85932, 85933, 85934, 85940, 85942, 86028, 86029, and 86032.



The National School Lunch Program qualifies low-income children living in families between 130% and 185% of the Federal Poverty Level for reduced-cost meals and those at or below 130% of the poverty level for free meals.¹³

Higher percentages of students qualified for free and reduced price lunches in all districts in the First Things First Navajo/Apache regional schools districts between 2007 and 2011. Eighty-nine percent of students in Concho Unified qualified for benefits in 2011.

Children Eligible for Free and Reduced Price Meals, First Things First Navajo/Apache Region School Districts

SCHOOL DISTRICT	OCTOBER 2007	OCTOBER 2008	OCTOBER 2009	OCTOBER 2010	OCTOBER 2011
Blue Ridge Unified	37.5%	41.7%	46.6%	48.4%	49.2%
Concho Elementary	75.0%	82.8%	82.4%	87.1%	89.0%
Heber-Overgaard Unified	52.4%	56.3%	58.6%	57.4%	61.8%
Holbrook Unified	68.2%	67.9%	73.6%	72.0%	75.5%
Joseph City Unified	40.6%	40.1%	40.4%	45.8%	49.5%
Round Valley Unified	47.0%	46.9%	50.8%	51.0%	53.2%
Sanders Unified	55.1%	88.3%	90.2%	89.9%	85.5%
Show Low Unified	49.8%	52.0%	57.3%	57.4%	58.4%
Snowflake Unified	42.8%	39.7%	49.8%	49.2%	49.3%
St. Johns Unified	53.0%	53.2%	56.3%	52.2%	57.6%

Source: Arizona Department of Education. (2011). National School Lunch Program and School Breakfast Program. Retrieved 2010 from <http://www.ade.az.gov/health-safety/cnp/nslp/>.

Food Insecurity

Why It Is Important

The lack of nutritious food is harmful to any individual, but food insecurity is particularly devastating to children and can have long-term consequences. Chronic under-nutrition, food insecurity, unhealthy foods, and hunger can lead to poorer physical and mental health, difficulty learning, lower test scores, increased school absences, tardiness, and suspensions.¹⁴ This makes children more likely to suffer from poverty when they become adults.

Approximately 16 million children lived in households without enough food in the US in 2010. Arizona was among the top 5 states with the highest rate of food insecure children under 18.¹⁵ Households are classified as food insecure with hunger if one or more household members went hungry at least once during the year because the household could not afford enough food to eat.

¹³United States Department of Agriculture, Food and Nutrition Service. (2009, August). National School Lunch Fact Sheets. Retrieved June 22, 2010, from <http://www.fns.usda.gov/cnd/lunch/AboutLunch/NSLPFactSheet.pdf>

¹⁴Center on Hunger and Poverty, Heller School for Social Policy and Management. (2002, June). The Consequences of Hunger and Food Insecurity for Children, Evidence from Recent Scientific Studies. Massachusetts: Brandeis University.

¹⁵Feeding America. (2012). Child Hunger Facts. Retrieved 2012 from <http://www.feedingamerica.org>.



The Child and Adult Care Food Program provide nutrition training and reimbursement to child care providers who serve nutritious meals to children. For families who earn above 185% of the poverty level (where WIC and SNAP end) but are still unable to afford food, charitable services and programs become their safety net.¹⁶

What the Community Is Doing

- *The White Mountain S.A.F.E. House* offers food boxes at its Butterfly Boutique in Pinetop. Individuals and families in need are allowed one free food box per month, and any community member can purchase additional food boxes (\$16) or meat bags (\$11).
- *There are 20 food banks* in the First Things First Navajo/Apache Region.¹⁷

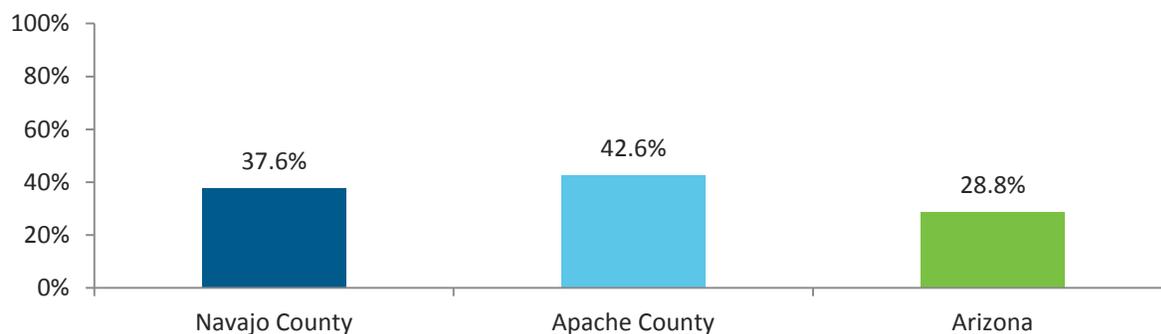
What the Community Is Saying

- *Local resources make a huge difference* in the lives of many families. However, a number of community representatives reported that *the needs are greater than the support system currently in place*.
 - A once per month food box for one person often contains enough food for just five to six days, according to a community representative.

What the Data Tell Us

There were higher rates of food insecurity among children in both Navajo County and Apache County than in Arizona as a whole. It was estimated that 43% of children had gone without food in Apache County, and 38% percent of children in Navajo County had gone without food in 2009.

Food Insecure Children, 2009



Source: Feeding America. (2012). Map the Meal Gap, Arizona, Apache County, Navajo County. Retrieved 2012 from <http://feedingamerica.org/>

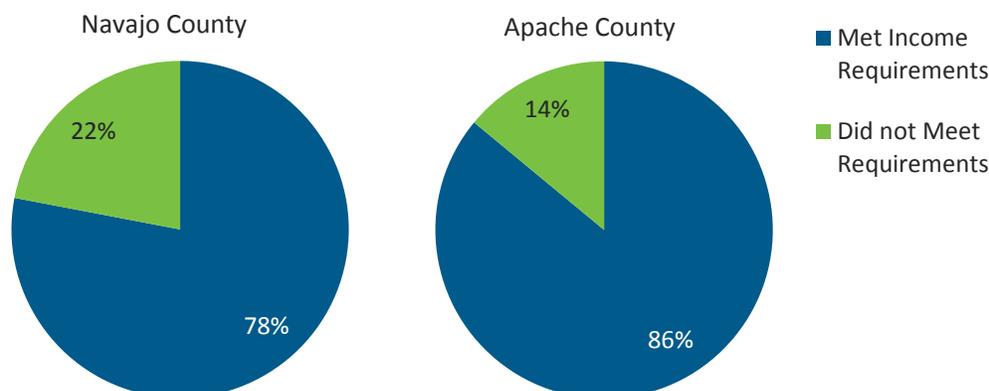
¹⁶ Map the Meal Gap. (2011). Child Food Insecurity. Gundersen, C., E. Waxman, E. Engelhard and J. Brown. Feeding America.

¹⁷ Association of Arizona Food Banks. (2011). Food Provider Directory. Retrieved March 2012 from <http://www.azfoodbanks.org/index.php/foodbank/>.



Of children's households experiencing food insecurity in Navajo County, it was estimated that 22% had incomes that were too far above SNAP program requirements, and therefore were not receiving the program benefits. Of food insecure households in Apache County, this percentage was 14%.

Children in Food Insecure Households Meeting SNAP Income Requirements, 2009



Source: Feeding America. (2012). Map the Meal Gap, Arizona, Navajo and Apache Counties. Retrieved 2012 from <http://feedingamerica.org/>

Homelessness

Why It Is Important

Homelessness among young children, and the high mobility often associated with homelessness, can lead to behavior problems and reduced academic success in school.¹⁸ The McKinney-Vento Act ensures that homeless children receive transportation to and from school free of charge, allowing children to attend their school of origin (last school enrolled or the school they attended when they first became homeless), regardless of what district the family resides in. It requires schools to register homeless children even if they lack normally required documents, such as immunization records or proof of residence.^{19, 20}

The McKinney-Vento Act defines homeless children as individuals who lack a fixed, regular, and adequate nighttime residence. The act provides examples of children who would fall under this definition:

1. Children sharing housing due to economic hardship or loss of housing;
2. Children living in motels, hotels, trailer parks, or camp grounds due to lack of alternative accommodations;
3. Children living in emergency or transitional shelters;
4. Children awaiting foster care placement;

¹⁸ Zenger, S. (2004, February). Health care for homeless Native Americans. National Health Care for the Homeless Council. Retrieved June 2010 from <http://www.nhchc.org/Publications/FINALHnNativeHealth.pdf>

¹⁹ McKinney-Vento Homeless Assistance Act of 1986, 42 U.S.C. § 11317 (1987).

²⁰ Though the definition of homeless was expanded in 2012 to include those who are unstably housed, or in imminent danger of losing their nighttime residence. The data presented reflects information collected prior to the definitional change.



5. Children whose primary nighttime residence is not ordinarily used as a regular sleeping accommodation (e.g. park benches, etc);
6. Children living in cars, parks, public spaces, abandoned buildings, substandard housing, a bus or train station.

What the Community Is Doing

- *The Springerville Division of Emergency Services* offers:
 - *Shelter* at a local motel for homeless persons in crisis.
 - *Rent or mortgage payment assistance* for low-income households once or more per year.
 - However, program funds are limited and are available on a first-come first-serve basis.
- *A cross-county coalition of area school districts and service providers* addresses *McKinney-Vento* issues and focuses on creating and supporting a *continuum of care for homeless children*.

What the Community Is Doing

- A February 2012 conference sponsored by a cross-county coalition of area school districts and service providers to address *McKinney-Vento issues* attracted 55 people—a large number for the area—and supported valuable conversations and connections between participating service providers, according to a coalition leader.
 - The coalition was initially created to encourage *compliance with the McKinney-Vento Act* given a general lack of knowledge and resources, according to a community representative.

What the Data Tell Us

The Department of Economic Security reported there were 472 school children identified as homeless in Navajo County and 65 children in Apache County in 2010.

Point-in-Time Count of Homeless Students, 2010

REGION	PRESCHOOL	KINDERGARTEN	TOTAL
Apache County	1	2	65
Navajo County	2	43	472

Source: Arizona Department of Economic Security. (2010). Homelessness in Arizona, Efforts to Prevent and Alleviate Homelessness 2010 Annual Report. Retrieved 2012 from www.azdes.gov/InternetFiles/Reports/pdf/2010_homelessness_report.pdf

There was limited data at the district level regarding the number of students experiencing homelessness in the Navajo/Apache Region. Of those school districts who provided data, Holbrook reported the greatest number of homeless students in preschool and kindergarten.



Foreclosure

Why It Is Important

Many families across the country have been negatively affected by the mortgage crisis. When foreclosures force children out of their homes, they are affected both physically and emotionally. While not all children who experience a foreclosure will become homeless, they often experience the same increased mobility associated with homelessness. This increased mobility has been shown to be associated with lower performance in math and reading, and more delinquent behaviors in the classroom.

What the Data Tell Us

There was a lower rate of foreclosures in Navajo County (1 in 463) and Apache County (1 in 2,032) than in the state of Arizona overall (1 in 303) in June 2012. Locally, Taylor had the highest foreclosure rate with 1 in 143 homes entering foreclosure and Holbrook had the lowest foreclosure rate with 1 in 2,183 homes entering foreclosure.

Monthly Foreclosure Rate by Community, First Things First Navajo/Apache Region, June 2012

PLACE (ZIP CODES)	NUMBER OF FORECLOSURES	RATE OF FORECLOSURES
Eagar (85925)	6	1 in 342
Forest Lakes (85931)	6	1 in 182
Heber (85928)	7	1 in 148
Holbrook (86025)	1	1 in 2,183
Lakeside (85929)	22	1 in 266
Overgaard (85933)	6	1 in 796
Show Low (85901)	47	1 in 262
Snowflake (85937)	12	1 in 269
Springerville (85938)	2	1 in 624
Taylor (85939)	11	1 in 143
Vernon (85940)	1	1 in 844
Navajo County	123	1 in 463
Apache County	16	1 in 2,032
Arizona	9,393	1 in 303

Source: RealtyTrac. (July 2012). National Real Estate Trends. Retrieved March 2012 from <http://www.realtytrac.com/tendcenter/>.

Note: The foreclosure rate is calculated by dividing the total housing units (based on the most recent estimate from the U.S. Census Bureau) by the total number of properties that received foreclosure filings during the month.

Note: Data were unreliable for zip codes 85924, 85927, 85935, 85936



THE EARLY CHILDHOOD SYSTEM



EARLY CARE AND EDUCATION

Over forty years of research has shown that children begin learning at birth and they need quality learning environments that support optimal growth and development.²⁰ For example, children exposed to high quality early childhood education are less likely to need special education or be held back a grade. They score higher on school-readiness tests and are more likely to advance to college and successful careers.²¹

Parents need options for their children to be cared for in quality early care and educational settings. Quality early care and education settings include: safe, healthy environments; highly educated teachers; classrooms and materials that stimulate children at different stages of learning; low staff turnover rates; and, small child to staff ratios so that kids get the attention and support they need. All of these can contribute to a child's development and have long term effects that extend into adolescence and adulthood.²²

SELECTED INDICATORS

Early Child Care & Education

- Child Care Access and Enrollment
- Cost of Child Care
- Child Care Providers
- Parent Knowledge of Child Development

Special Needs

- Children with Disabilities: Identification & Services

Education

- School Enrollment
- School Readiness
- 3rd Grade Test Scores
- Graduation Rate
- Educational Attainment
- Family Literacy

²⁰ Enterprise Community Partners, Inc. (2006). The importance of Early Care and Education. Retrieved 2010 from <http://www.practitionerresources.org/cache/documents/639/63935.doc>

²¹ First Things First. (2010). Quality Early Learning. 2010 Annual Report. Retrieved 2012 from http://www.aztf.gov/WhoWeAre/Board/Documents/FTF_Annual_Report_FY2010_web.pdf

²² Ibid.



Early Child Care and Development

Child Care Access and Enrollment

Why It Is Important

Quality child care helps children develop social and cognitive skills in preparation for school and life success.²⁴ Child care, and in particular, subsidized care for low-income families, also provides critical support for working families. Child care choices include center-based facilities, family and child care homes, and informal care by family (kin) and friends (kith).

Family, friend, and neighborhood child care programs (kith and kin) are a likely option for parents who cannot afford licensed child care centers. In Arizona as many as 50% of children birth through five are being cared for by relatives or neighbors. Family, Friend, and Neighbor programs are used to provide these relatives and neighbors with access to information and training on child development, health, and safety issues.²⁵

Quality First was started by First Things First in 2009 to increase the availability of quality early care and education in child care centers and homes. It is a voluntary quality improvement and rating system for programs serving children ages birth through five. This system helps providers to: develop lessons focused on early literacy; support teachers in becoming better trained to work with infants, toddlers, and preschoolers; and purchase age-appropriate learning materials. Approximately 36,000 Arizona children had access to a higher standard of child care through Quality First in 2010. The ratings of nearly 1,000 providers will be publicly advertised to parents across the state in 2012.²⁶

The Child Care Resource and Referral Network (CCR&R) helps parents to find quality early care programs in their community. CCR&R maintains a list of child care providers who are licensed by the Department of Health Services, certified by the Department of Economic Security, or registered with the CCR&R. There are providers that are registered with the CCR&R that are not licensed or certified but do meet the minimum requirements of passing a Child Protective Services background check and receiving CPR and First Aid training. CCR&R helps to match children to programs that fit their needs based on age, personality, special needs, and location. Parents are also provided with a checklist to use when visiting potential child care providers.

²⁴ National Institute of Child Health and Human Development. (n.d.). Link Between Child Care and Academic Achievement and Behavior Persists Into Adolescence. Retrieved 2010 from <http://www.nichd.nih.gov/>

²⁵ First Things First. (2011). Annual Report. Retrieved 2012 from http://www.azfff.gov/WhoWeAre/Board/Documents/FTF_Annual_Report_FY2010_web.pdf

²⁶ First Things First. (2010). Annual Report. Retrieved 2012 from http://www.azfff.gov/WhoWeAre/Board/Documents/FTF_Annual_Report_2011.pdf



What the Community Is Doing

- *The First Things First Navajo/Apache Regional Partnership Council* provides funding for qualified health professionals to help child care providers meet high health and safety standards for the children in their care.

What the Community Is Saying

- *Daycare quality and capacity* emerged as a focus in multiple discussions with community representatives:
 - Over the past decade, the First Things First Navajo/Apache Region has seen a consistent lack of quality daycare, according to a community representative. Daycare that is physically accessible—for example, located on a main road—would be particularly useful.
 - Another community representative also stated that quality day care is the region’s greatest need for children birth through five, and suggested that the need is greater in Apache County than in other areas such as southern Navajo County.
- *Head Start emerged as a particularly valuable asset* in more than one discussion with individuals working in the First Things First Navajo/Apache region:
 - Head Start “gives parents hope”, according to one local service provider.
 - Another community representative commented that that everyone loves Head Start and it would be a tragedy if it went away.

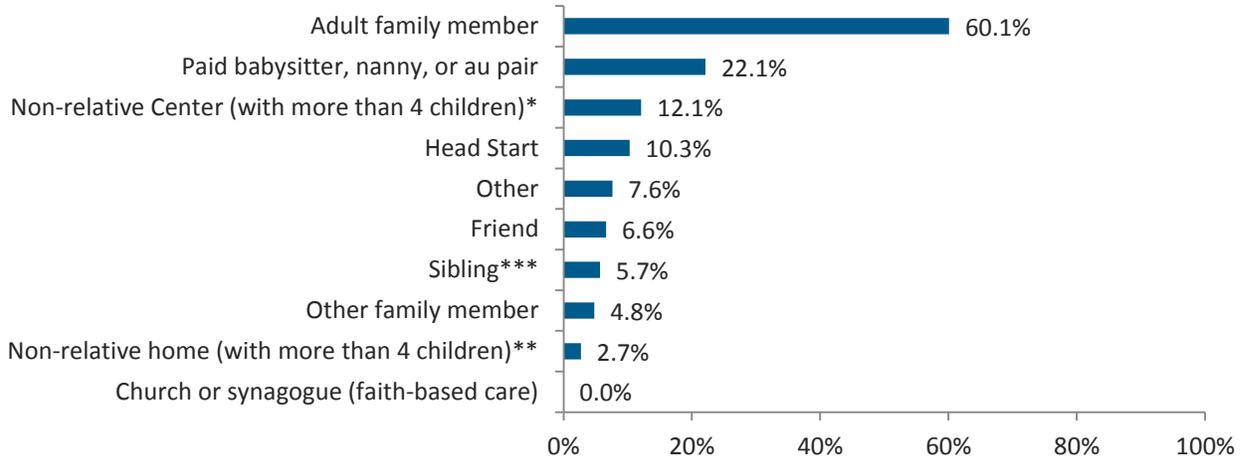
What the Data Tell Us

Forty-seven percent of First Things First Navajo/Apache Region parent survey respondents reported relying on someone for child care, in 2011. Of those, 60% of respondents reported relying on an adult family member as the primary source of child care. Twenty-two percent reported using a paid babysitter. One-quarter of survey respondents reported using a child care home, center or Head Start program for their child care needs.





If yes, what is your primary source of child care? 2011



Multiple response question with 331 respondents offering 437 responses.

Source: Applied Survey Research. (2012). First Things First – Navajo/Apache Region: Survey for Parents with Children Ages 0-5. (Unpublished raw data).

Note: These responses are not mutually exclusive.

*Of respondents who reported using non-relative care Centers, 28 of 30 reported the center was licensed.

** Of respondents who reported using non-relative Homes, all 5 reported the homes were licensed.

***The age of siblings reported as care givers included: 3 between the ages of 12 and 14, 6 between the ages of 15 and 17, and 4 over the age of 18 years old.

Only 18% of children with working parents in the First Things First Navajo/Apache Region had child care spaces available to them in 2010. This left an estimated 7,524 children ages 0-11 without child care spaces, forcing parents to look for alternative solutions such as Kin and Kith care.

Estimated Child Care Need and Availability, First Things First Navajo/Apache Region, 2010

CHILD CARE INDICATOR	NUMBER
Estimated Number of Children (Ages 0-11) with Parents in the Labor Force ¹	9,159
Estimated Number of Child Care Spaces	1,635
Estimated Percent of Children (Ages 0-11) with Parents in the Labor Force with Licensed Child Care Available	17.9%

Source: U.S. Census Bureau. (2011). Table B23008- Age of Own Children Under 18 Years in Families and Subfamilies by Living Arrangements by Employment Status of Parents. *American Community Survey 2006-2010 5-Year Estimates*. Retrieved 2012 from <http://factfinder2.census.gov>.

U.S. Census Bureau. (2011). Table B09001- Population Under 18 Years. *American Community Survey 2006-2010 5-Year Estimates*. Retrieved 2012 from <http://factfinder2.census.gov>.

¹Percentage of children under 6 and children 6 to 17 living with both parents or a single parent in the labor force applied to the total number of children under 6 and 6 to 11 respectively.

The First Things First Navajo/Apache Region lost a total of 10 child care programs in one year (2010 to 2011) equaling almost 500 slots. The First Things First Navajo/Apache Region lost two Quality First Programs between 2010 and 2011.



Child Care Programs and Capacity, First Things First Navajo/Apache Region

	2010		2011	
	NUMBER OF PROGRAMS	APPROVED CAPACITY	NUMBER OF PROGRAMS	APPROVED CAPACITY
ADHS Licensed Programs				
Child Care Centers	21	1,161	17	881
Child Care Public Schools	9	366	7	250
Child Care Small Group Homes	6	60	5	41
ADES Certified Programs				
Child Care Homes	11	44	8	NA
Child Care Resource and Referral (CCR&R)				
Unregulated Child Care Homes	1	4	0	NA
Total Programs	48	1,635	38	1,172
Quality First Programs	5 (3 Centers, 2 Homes)	NA	3 (2 Centers, 1 Homes)	NA

Source: Arizona Department of Health Services. (2011). Division of Licensing Services, Child Care Centers and Small Groups Homes by Zip Code. Retrieved April, 2010 from <http://www.azdhs.gov/als/databases/index.htm>.

Child Care Resource and Referral Network. (2011). Received 2011 from First Things First.

Note: Approved capacity includes slots for children ages birth through 12 years. Therefore, the capacity for children ages birth through five may be less than the values presented.

1 Providers registered with Child Care Resource and Referral are not licensed or certified but do meet the minimum requirements of passing a Child Protective Services background check and receiving CPR and First Aid training.

The number of child care centers and homes in the First Things First Navajo/Apache Region has declined, as many providers have closed. However, some child care provider survey respondents reported having waitlists for their programs.



Median Number of Child Care Slots, Children Served and Waitlisted at Child Care Centers and Homes, by Age, 2011

RESPONSE	AVERAGE NUMBER
Infants	
Slots available	0
Children served	0
Children on waiting list	2
12-24 months old	
Slots available	4
Children served	4
Children on waiting list	2
24-36 months old	
Slots available	6
Children served	4
Children on waiting list	3
3-5 years old	
Slots available	20
Children served	20
Children on waiting list	8
Over age 5	
Slots available	0
Children served	0
Children on waiting list	0

N=17.

Source: Applied Survey Research. (2011). First Things First – Navajo/Apache Region: Survey for Child Care Providers. (Unpublished raw data).



Head Start programs in the First Things First Navajo/Apache Region are run by the Northern Arizona Council of Governments (NACOG). NACOG encompasses Navajo, Apache, Coconino, and Yavapai counties.

Nearly 2,000 children were served by Head Start in the 2010/2011 school year in the NACOG region.

Head Start Enrollment Demographics, Northern Arizona Council of Governments (Navajo, Apache, Coconino, Yavapai Counties)

	2006/07	2007/08	2008/09	2010/2011
Enrollment				
Funded Enrollment	1,585	1,585	1,585	1,621
Actual Enrollment	1,965	1,931	1,931	1,960
Age				
3 years old	15.5%	32.1%	10.4%	32.2%
4 years old	45.4%	50.7%	45.2%	50.6%
5 years and older	39.1%	17.2%	44.4%	17.2%
Eligibility				
Income Eligible	94.0%	91.0%	92.8%	87.7%
Receipt of Public Assistance	3.4%	7.5%	5.2%	4.5%
Foster Children	1.8%	1.1%	1.8%	2.9%
Homeless	-	-	0.0%	4.7%
Over Income	0.8%	0.4%	0.2%	0.1%

Source: Northern Arizona Council of Governments. (2011). Head Start Program Information Reports. (Unpublished Data). Received 2012 from Northern Arizona Council of Governments.

Note: Data presented are for the Northern Arizona Council of Governments region, which includes Coconino, Yavapai, Navajo and Apache counties.

Early Head Start had even greater increases in the numbers of children served. The Early Head Start NACOG programs served 323 children in the 2010/2011 school year, compared to just 206 children served in 2006/2007.

Early Head Start Enrollment Demographics, Northern Arizona Council of Governments (Navajo, Apache, Coconino, Yavapai Counties)

	2006/07	2007/08	2008/09	2010/2011
Enrollment				
Funded Enrollment	124	124	124	193
Actual Enrollment	206	213	212	323
Age				
Less than 1 year old	17.2%	42.9%	74.3%	35.6%
1 year old	28.8%	30.0%	24.3%	32.2%
2 years old	28.3%	23.6%	1.5%	30.3%
3 years old	25.8%	3.4%	0.0%	1.9%
Eligibility				
Income Eligible	90.8%	90.6%	90.6%	82.7%
Receipt of Public Assistance	4.9%	4.7%	3.8%	4.6%
Foster Children	4.0%	4.2%	4.7%	4.0%
Homeless	-	-	0.9%	7.7%
Over Income	0.5%	0.5%	0.0%	0.6%

Source: Northern Arizona Council of Governments. (2011). Early Head Start Program Information Reports. (Unpublished Data). Received 2012 from Northern Arizona Council of Governments.

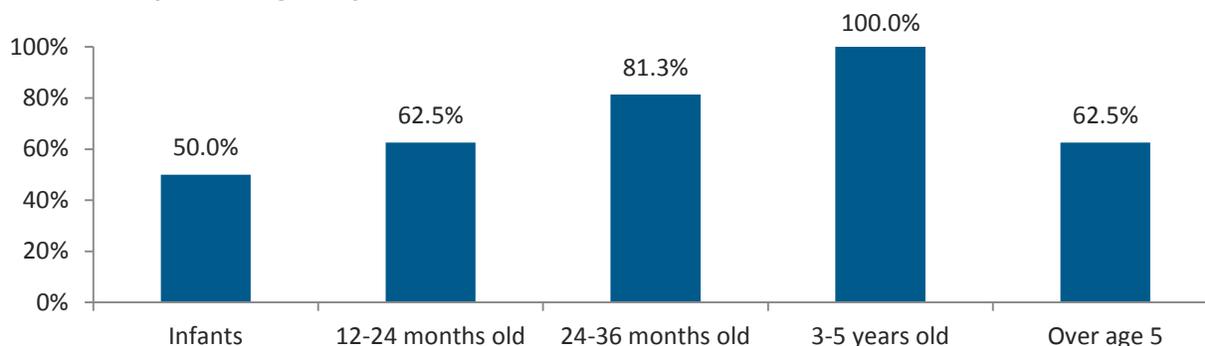
Note: Data presented are for the Northern Arizona Council of Governments region, which includes Coconino, Yavapai, Navajo and Apache counties.



Child care providers were asked about their average daily attendance and only half of infants who were expected to attend actually did attend. However, 100% of 3-5 year olds were expected to attend and did show up.



What is your average daily attendance?



N=16.

Source: Applied Survey Research. (2011). First Things First – Navajo/Apache Region: Survey for Child Care Providers. (Unpublished raw data).

Cost of Child Care

Why It Is Important

Child care can be very costly for families. The cost of child care has grown twice as fast as the median income of families with children in the United States since 2000²⁷. However, many families are benefiting from local child care programs and subsidies that significantly lessen these costs. For those who qualify, Head Start child care is provided at no cost to parents. Low-income parents who are working, in job training, or in school can receive child care subsidies through the Federal Child Care and Development Fund (CCDF). The statutory limit for eligibility for child care assistance is 85% of the State median income. In Arizona, the Department of Economic Security (DES) administers CCDF subsidies.

In addition to CCDF subsidies, Arizona was the first in the nation to launch a statewide scholarship program through its First Things First emergency Child Care Scholarships. Implemented in April 2009, it allocated \$23 million, totaling more than 11,600 children who could benefit from the program.

What the Community Is Doing

- *The First Things First Navajo/Apache Regional Partnership Council* funds Quality First Child Care Scholarships that enable children from low-income families to attend quality early care and education programs.

²⁷ McSweeney, T. (January 29, 2010). Helping Middle Class Families with Soaring Child Care Costs. In the White House. Retrieved July 1, 2010 from www.thewhitehouse.gov/blog/2010/01/29/helping-middle-class-families-with-soaring-child-care-costs.



What the Data Tell Us

In 2010, the median daily cost of *full-time* child care ranged from \$20 to \$30 per day in Navajo, Apache, Coconino and Yavapai counties. The median daily cost of *part-time* child care ranged from \$12 to \$24. Child care for children under the age of one year old and child care provided by centers tended to be higher than child care for older children or approved homes.

Median Daily Cost of Child Care: Full-Time, Navajo, Apache, Coconino, and Yavapai Counties

AGE OF CHILD	2002	2004	2006	2008	2010
Children Under One					
Centers	\$22.00	\$23.26	\$25.50	\$29.00	\$30.00
Approved Homes	\$18.00	\$20.00	\$20.00	\$24.00	\$21.00
Certified Group Homes	\$20.00	\$20.00	\$20.00	\$30.00	\$30.00
Unregulated Homes	\$20.00	\$27.50	\$25.00	\$25.00	\$25.00
1 and 2 Year Olds					
Centers	\$20.00	\$20.00	\$23.26	\$25.00	\$25.00
Approved Homes	\$17.00	\$20.00	\$20.00	\$21.00	\$20.00
Certified Group Homes	\$19.00	\$20.00	\$20.00	\$27.00	\$26.00
Unregulated Homes	\$20.00	\$27.50	\$25.00	\$20.00	\$25.00
3, 4, and 5 Year Olds					
Centers	\$19.50	\$18.00	\$22.00	\$23.00	\$24.00
Approved Homes	\$16.00	\$18.00	\$20.00	\$20.00	\$20.00
Certified Group Homes	\$19.00	\$20.00	\$20.00	\$26.10	\$26.00
Unregulated Homes	\$20.00	\$22.50	\$25.00	\$20.00	\$25.00

Source: Department of Economic Security. (2010). Market Rate Survey. Retrieved 2012 from <https://www.azdes.gov/appreports.aspx?category=136>.
Note: Full-time is 6 or more hours a day.

Note: Data presented are for the Arizona Department of Economic Security's District 3, which includes Apache, Coconino, Navajo, and Yavapai Counties.

Median Daily Cost of Child Care: Part-Time, Navajo, Apache, Coconino, and Yavapai Counties

AGE OF CHILD	2002	2004	2006	2008	2010
Children Under One					
Centers	\$15.00	\$18.00	\$18.00	\$20.00	\$24.00
Approved Homes	\$10.00	\$10.00	\$12.00	\$13.00	\$12.00
Certified Group Homes	\$15.00	\$16.00	\$16.00	\$25.00	\$20.00
Unregulated Homes	\$12.00	\$16.50	NA	NA	\$20.00
1 and 2 Year Olds					
Centers	\$14.00	\$15.00	\$15.45	\$18.50	\$20.00
Approved Homes	\$10.00	\$10.00	\$10.50	\$13.00	\$12.00
Certified Group Homes	\$15.00	\$14.00	\$16.00	\$25.00	\$18.00
Unregulated Homes	\$12.00	\$16.50	NA	NA	\$20.00
3, 4, and 5 Year Olds					
Centers	\$12.00	\$11.00	\$13.95	\$15.00	\$12.79
Approved Homes	\$10.00	\$10.00	\$10.00	\$12.00	\$12.00
Certified Group Homes	\$15.00	\$14.00	\$16.00	\$21.80	\$18.00
Unregulated Homes	\$12.00	\$16.50	NA	NA	\$20.00

Source: Arizona Department of Economic Security. (2010). Child Care Market Rate Surveys. Retrieved 2010 from <https://www.azdes.gov/appreports.aspx?category=136>

Note: Part-time is fewer than 6 hours a day.

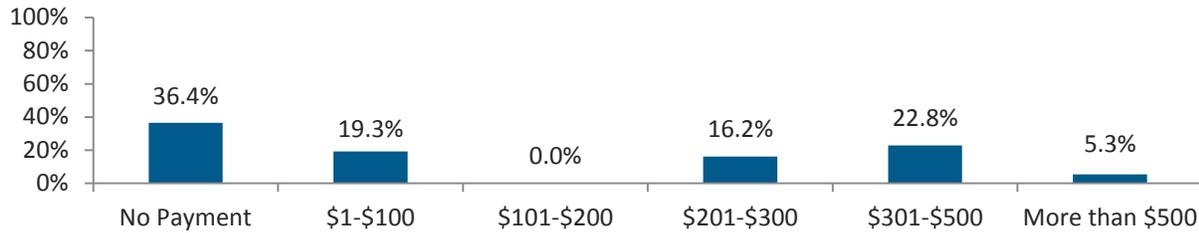
Note: Data presented are for the Arizona Department of Economic Security's District 3, which includes Navajo, Apache, Coconino, and Yavapai Counties.



Of First Things First Navajo/Apache Region parent survey respondents, 36% reported not paying for child care in 2011. This may be a result of parents using kith and kin care (77% of survey respondents reported kith and kin care as their primary child care source). Twenty-three percent pay between \$301 and \$500 per month on child care expenses.



Please Enter the Amount You Pay per Month for ALL of Your Children's Child Care Combined, 2011



N=228

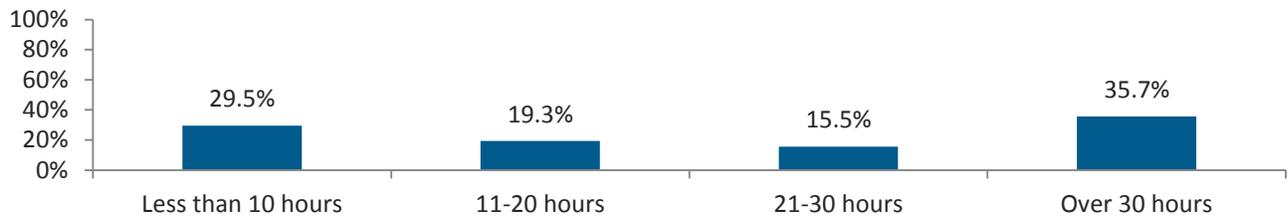
Source: Applied Survey Research. (2012). First Things First – Navajo/Apache Region: Survey for Parents with Children Ages 0-5. (Unpublished raw data).

Note: Survey question asked the total amount parents paid for child care minus any subsidies and rounded to the nearest 100.

Thirty-six percent of parent survey respondents reported having their children in child care more than 30 hours per week in 2011. Thirty percent reported having their child in child care less than 10 hour per week.



About How Many Hours per Week is Your Child in Child Care, 2011



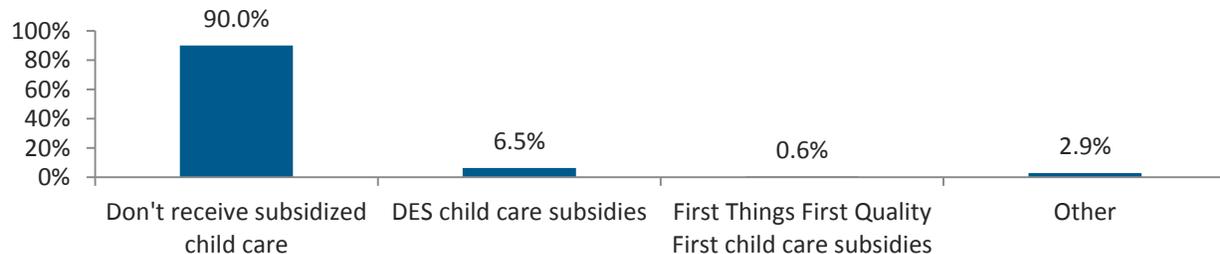
N=322

Source: Applied Survey Research. (2012). First Things First – Navajo/Apache Region: Survey for Parents with Children Ages 0-5. (Unpublished raw data).

Ninety percent of parent survey respondents in the First Things First Navajo/Apache Region did not receive subsidized child care in 2011.



Do you receive subsidized child care? 2011



N=310

Applied Survey Research. (2012). First Things First – Navajo/Apache Region: Survey for Parents with Children Ages 0-5. (Unpublished raw data).



Families Eligible and Receiving Child Care Subsidies, First Things First Navajo/Apache Region

	JANUARY 2009	JANUARY 2010	JANUARY 2011
Number of Families			
Number of Families Eligible for Subsidies: First Things First Navajo/Apache Region	241	126	106
Number of Families Receiving Subsidies: First Things First Navajo/Apache Region	194	96	77
Percent of Eligible Families Receiving Subsidies: First Things First Navajo/Apache Region	80.5%	76.2%	72.6%
Percent of Eligible Families Receiving Subsidies: Arizona	81.3%	82.2%	81.1%
Number of Children			
Number of Children Eligible for Subsidies: First Things First Navajo/Apache Region	350	177	154
Number of Children Receiving Subsidies: First Things First Navajo/Apache Region	264	128	120
Percent of Eligible Children Receiving Subsidies: First Things First Navajo/Apache Region	75.4%	72.3%	77.9%
Percent of Eligible Children Receiving Subsidies: Arizona	76.4%	77.0%	81.8%

Source: Department of Economic Security. (2011). Child Care Subsidies. Received 2010 from First Things First. (Unpublished Data).

Note: First Things First Navajo/Apache Region data are the combination of all zip codes in the region (see Methodology for list of zip codes).

Child Care Professionals

Why It Is Important

The preparation and ongoing professional development of early child care professionals is closely linked to increased student learning and development.²⁸ According to the National Association of Early Childhood Teacher Educators, teachers who have good preparation in early childhood education can apply their knowledge of child development, use appropriate teaching strategies, meet the social/emotional demands of young children, understand children's thinking, know how to build student learning over time, and understand language and literacy developments.

²⁸Bowman, B. T., Donovan, M. S., & Burns, M. S. (2000). Eager to learn: Educating our preschoolers. Washington DC: National Academy Press.



What the Community Is Doing

- *The First Things First Navajo/Apache Regional Partnership Council:*
 - Provides TEACH and non-TEACH scholarships for higher education and credentialing for early care and education teachers.
 - Offers professional REWARDS\$ financial incentives to encourage longevity and continuous skill improvement.
 - Provides education and training in community settings for early care and education professionals.
 - Funds learning labs that provide practical, hands-on experience for college students enrolled in early child care degree programs.
 - Supports education, mentoring and training for early care and education directors, building their leadership and business skills.

What the Data Tell Us

The preparation and ongoing professional development of early child care professionals is closely linked to increased student learning and development.²⁹ Professional development options in the First Things First Navajo/Apache Region are plentiful. Northland Pioneer College offers early childhood education (ECE) programs at its campuses in Snowflake/Taylor, Heber, St. Johns, Show Low, Holbrook, and Springerville/Eager. In addition, most of these programs are available through an on-site delivery approach in which all basic ECE classes are taken in the field where students are working with children. However, general education classes must be taken at one of the campuses. Many other colleges and universities offer an online Associate of Child Development certificate or offer ECE degree programs in which Navajo/Apache residents interested in the early child care field can enroll.

²⁹ Bowman, B. T., Donovan, M. S., & Burns, M. S. (2000). *Eager to learn: Educating our preschoolers*. Washington DC: National Academy Press.



Early Childhood Education Professional Development Programs, First Things First Navajo/Apache Region

COLLEGE OR INSTITUTION	DEGREE	DEGREE NAME	LOCATION
Arizona State University	M.Ed.	Curriculum and Instruction – Concentration in Early Childhood Education	Online
Childcare Education Institute	C.D.A. Certificate	Child Development Associate	Online
Grand Canyon University	B.S. M.A.	Elementary Education: Early Childhood Education Elementary Education	Online
Northern Arizona University	B.A.S.	Early Childhood Education	Online
Northland Pioneer College	A.A.S.	Early Childhood Development	Snowflake/Taylor, Winslow, Heber, Hopi, St. Johns, Show Low, Holbrook, Springerville/Eagar
	A.A.S.	Early Childhood Infant/Toddler	
	A.A.S.	Early Childhood Preschool	
	A.A.S.	Early Childhood Management	
	A.A.S.	Family Child Care	
	Certificate of Applied Science	Early Childhood Development	
	Certificate of Applied Science	Early Childhood Special Needs	
	Certificate of Proficiency	Early Childhood Development	
Prescott College	A.G.S.	Early Childhood Infant/Toddler	Online and Locally with one trip to Prescott, AZ
	A.G.S.	Early Childhood Preschool	
Rio Salado College	A.G.S.	Early Childhood Management	Online
	B.A.	Early Childhood Education	
	B.A.	Early Childhood Special Education	
	Certificate	Early Childhood Education	
	A.A.S.	Early Childhood Education	
A.A.S.	Early Learning and Development		
A.A.S.	Early Childhood Administration and Management		
A.T.P.	Early Childhood Teacher Education		
A.A.S.	Family Life Education		
University of Phoenix	M.Ed.	Early Childhood Education	Online

Source: College or Institution website searches. (2010).



Thirty-seven of 80 Head Start teachers in the NACOG region had an associate's degree in ECE, and 9 had a BA in ECE.

Educational Attainment of Head Start ECE Professionals by Job Title, NACOG, 2010/2011 School Year

ECE PROFESSIONALS	ASSOCIATE DEGREE IN ECE	BACCALAUREATE DEGREE IN ECE	ADVANCED DEGREE IN ECE	CDA OR STATE EQUIVALENT	TOTAL*
Classroom/Child Development Staff					
Teachers	37	9	1	4	80
Assistant Teachers	3	1	0	43	91
Home Visitors	4	0	0	6	17
Supervisory Child Development Staff					
Child Development Supervisors	12	5	0	1	24
Home Based Supervisors	8	4	0	0	15

Source: Northern Arizona Council of Governments. (2012). Head Start Program Information Reports. (Unpublished Data). Received 2012 from Northern Arizona Council of Governments.

Note: Associate, Bachelor's, and Advanced Degrees are in Early Childhood Education or related fields.

Note: Data presented are for the Northern Arizona Council of Governments region, which includes Coconino, Yavapai, Navajo and Apache counties.

* Total includes staff with and without a degree or credential.

Seven of 31 Early Head Start teachers in the NACOG region had an associate's degree in ECE, 4 had a BA in ECE, and 5 had a CDA or equivalent in 2010/11.

Educational Attainment of Early Head Start ECE Professionals by Job Title, NACOG, 2010/2011 School Year

ECE PROFESSIONALS	ASSOCIATE DEGREE	BACCALAUREATE DEGREE	ADVANCED DEGREE	CDA OR STATE EQUIVALENT	TOTAL*
Classroom/Child Development Staff					
Teachers	7	4	0	5	31
Home Visitors	5	0	0	1	11
Supervisory Child Development Staff					
Child Development Supervisors	3	1	0	1	6
Home Based Supervisors	4	3	0	1	10

Source: Northern Arizona Council of Governments. (2012). Early Head Start Program Information Reports. (Unpublished Data). Received 2012 from Northern Arizona Council of Governments.

Note: Associate, Bachelor's, and Advanced Degrees are in Early Childhood Education or related fields.

Note: Data presented are for the Northern Arizona Council of Governments region, which includes Coconino, Yavapai, Navajo and Apache counties.

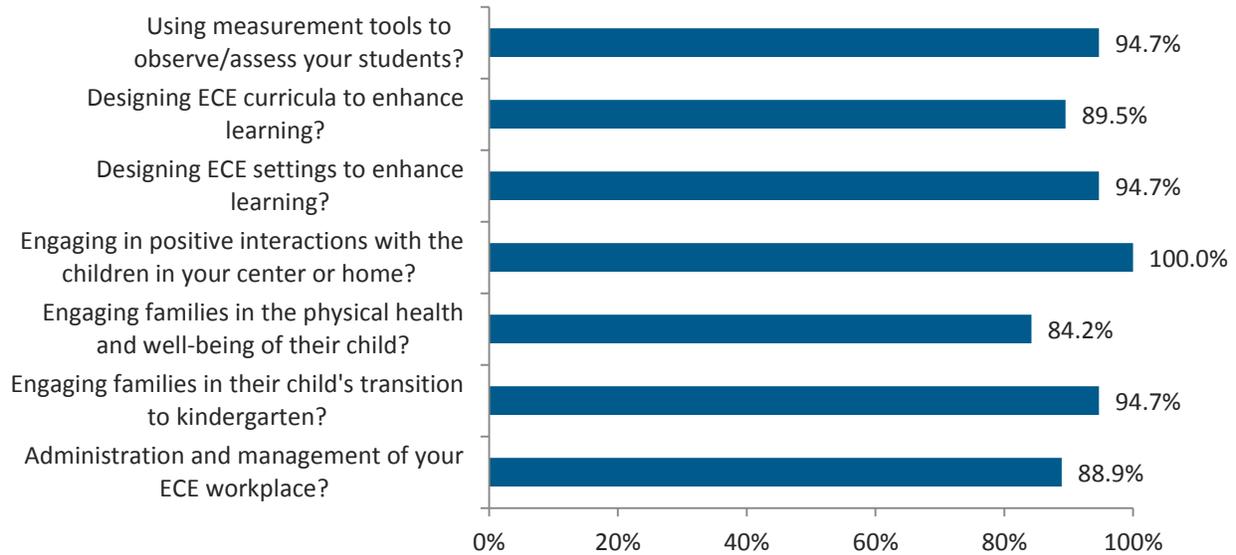
* Total includes staff with and without a degree or credential.



Of the 19 child care provider survey respondents in the First Things First Navajo/Apache Region, all respondents reported that they had good or excellent skills in engaging in positive interactions with the children (100%). Ninety-five percent reported the same abilities in using measurement tools to assess students, in designing ECE settings to enhance learning, and engaging families in their child’s transition to kindergarten.



We would like to know about your skills in each of the following areas in ECE (Respondents answering Good or Excellent): 2012



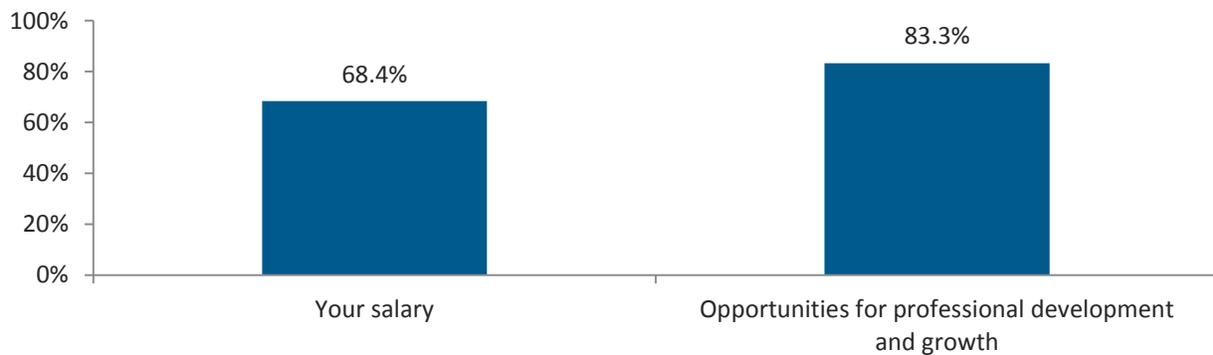
N=19.

Source: Applied Survey Research. (2012). First Things First – Navajo/Apache Region: Survey for Child Care Providers. (Unpublished raw data).

The same child care survey respondents were asked about their satisfaction with their current jobs. Eighty-three percent said they were mostly satisfied or very satisfied with the opportunities for professional growth and development and 68% were equally satisfied with their salary.



How satisfied you are with your current job in terms of: (Respondents answering Mostly satisfied or Very satisfied): 2012



N=19.

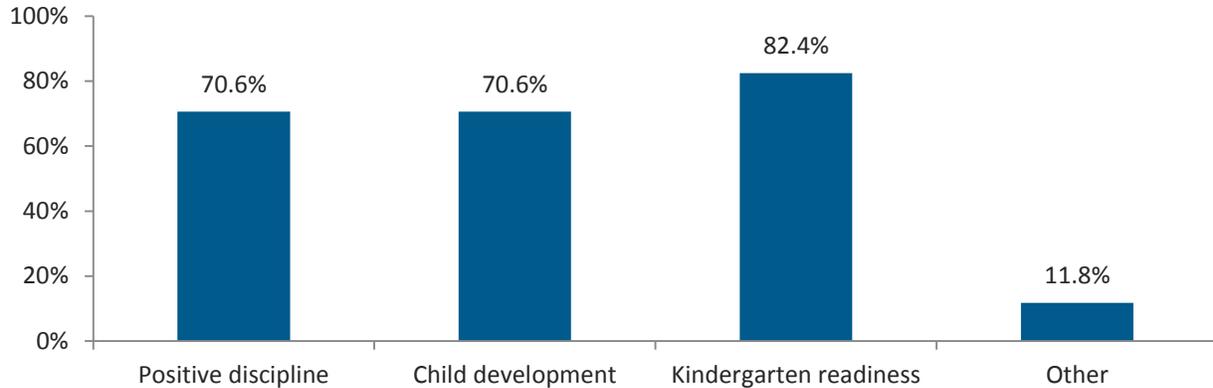
Source: Applied Survey Research. (2012). First Things First – Navajo/Apache Region: Survey for Child Care Providers. (Unpublished raw data).



All 19 child care providers surveyed reported participating in professional development activities within the past year. Eighty-two percent of providers were interested in accessing kindergarten readiness development opportunities in the future.



What types of professional development opportunities would you be interested in? 2012

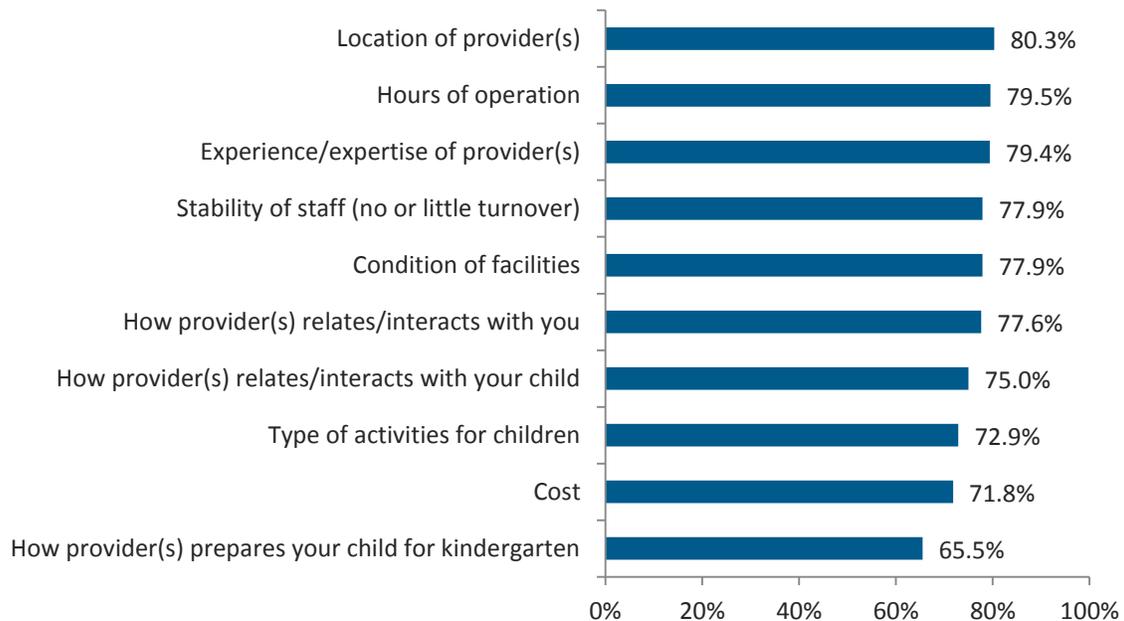


N=17.
Source: Applied Survey Research. (2012). First Things First – Navajo/Apache Region: Survey for Child Care Providers. (Unpublished raw data).

Of parents that were “very satisfied” with their child care arrangement in 2011, 80% were most satisfied with the location of their provider and their hours of operation, followed closely by the expertise (79%) and stability (78%) of the child care provider staff.



How satisfied are you with the following aspects of your child care arrangement? (Respondents answering “Very Satisfied”) 2011



2011 N: Condition=294, interaction with child=284, experience/expertise=287, interaction with you=286, stability of staff=285, activities=288, location=289, hours=292, preparation for kindergarten=284, cost=287
Source: Applied Survey Research. (2012). First Things First – Navajo/Apache Region: Survey for Parents with Children Ages 0-5. (Unpublished raw data).



Parent Knowledge of Child Development

Why It Is Important

Parents provide the emotional and physical support that children need to succeed in school and life. Having a basic understanding of child development allows parents to provide the right kind of support at the right time.³⁰ The Arizona Parent Kit is offered to families statewide, including new parents in hospitals. It includes instructional DVDs, resource guides, helpline information, and a baby book to inform and empower new parents.

What the Community Is Doing

- *The Navajo County Libraries' New Moms Group* in the Snowflake-Taylor area discusses a variety of topics related to children and parenting, including nutrition, and learning.
- *First Things First Navajo/Apache Regional Partnership Council* funds classes on parenting and child development through Northland Pioneer College.

What the Community Is Saying

- *Speech delays* are among the most common developmental problems that one local service provider has encountered; the provider speculated that some of these delays *may occur because parents use the television as a babysitter and do not talk a lot to their children.*

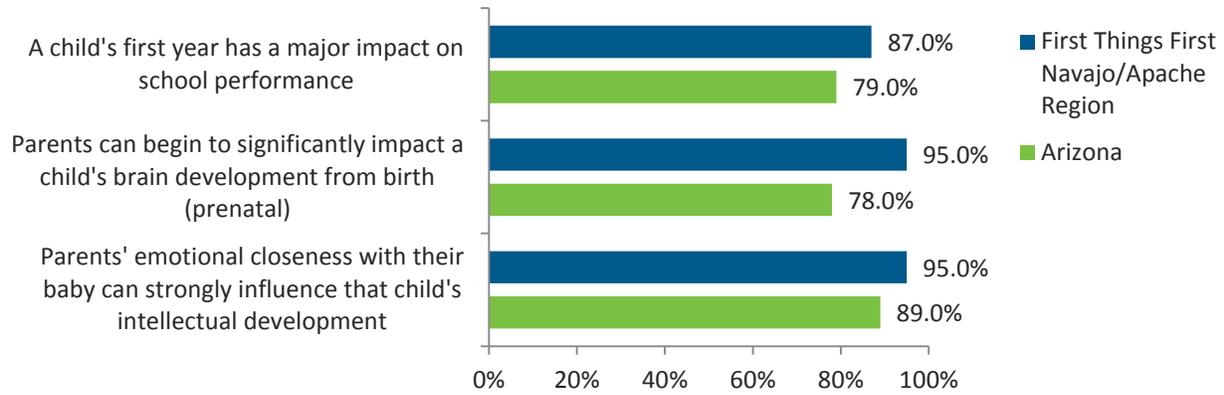
What the Data Tell Us

First Things First conducted a survey in 2008 among family and community members in Arizona. Respondents were asked questions about their knowledge of child development. Parents in the First Things First Navajo/Apache Region seemed to have a better understanding of their child's cognitive development than Arizona parents as a whole. A large majority (87%) of local respondents knew that the first year of a child's development could affect their future school success, in comparison to only 79% of all Arizona parents. Ninety-five percent of parent respondents knew that parents can significantly impact a child's brain development from birth compared to 78% in Arizona.

³⁰The Child Development Institute. (n.d.). Home Page. *In Child Development Institute*. Retrieved 2012 from <http://www.childdevelopmentinfo.com>



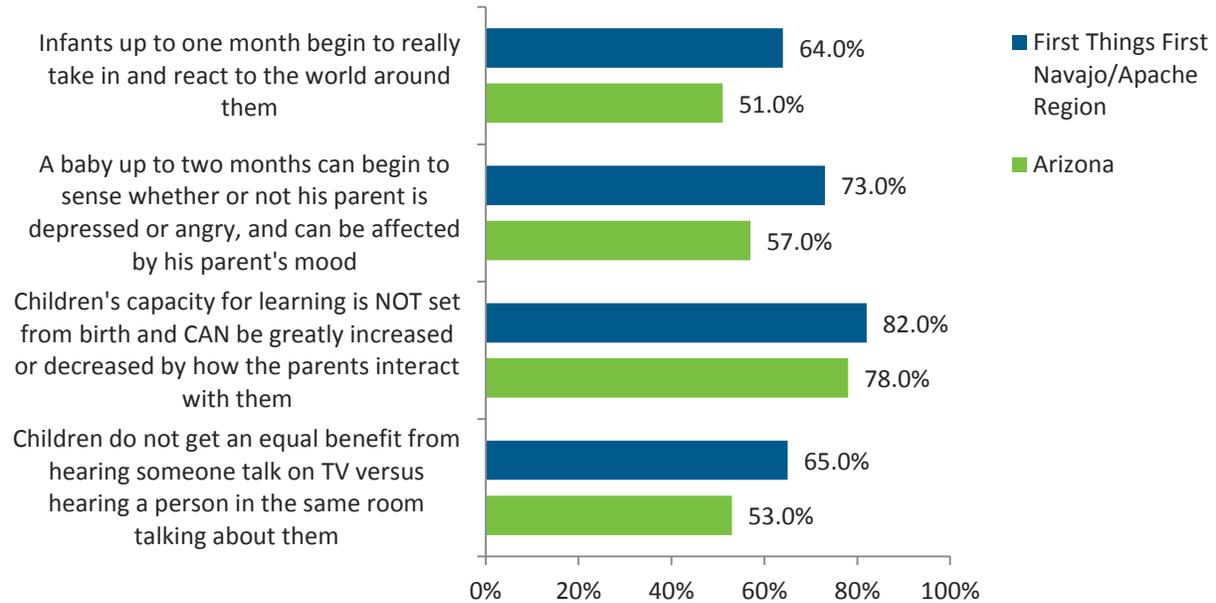
Parents Who Accurately Responded to Questions Regarding Their Child’s Cognitive Development, 2008



Source: First Things First. (2008). Family and Community Survey. (Unpublished Data).Received 2012 from First Things First.
 Note: Responses shown are the percent of parents who accurately identified that the given statement was true or appropriate.

Only 65% of parents knew that children do not get an equal benefit from hearing someone talk on TV versus hearing someone speaking in the same room.

Parents Who Accurately Responded to Questions Regarding Their Child’s Cognitive Development, 2008

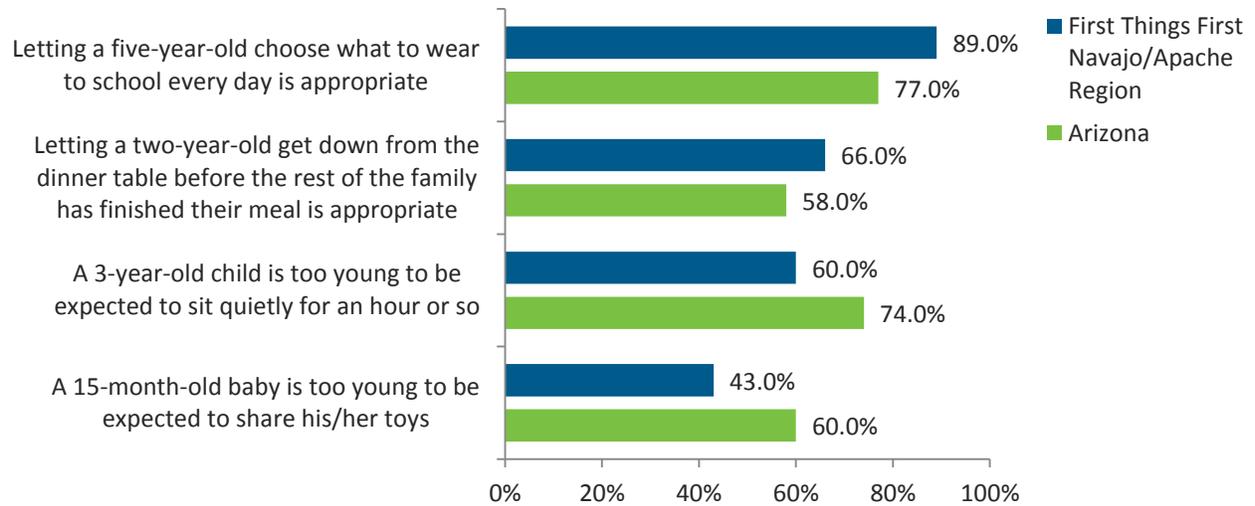


Source: First Things First. (2008). Family and Community Survey. (Unpublished Data).Received 2012 from First Things First.
 Note: Responses shown are the percent of parents who accurately identified that the given statement was true or appropriate.



Nearly 90% of parents knew that it was appropriate to let a five year old choose what to wear to school every day. However, only 43% of parents knew that a 15-month-old baby is too young to be expected to share his/her toys.

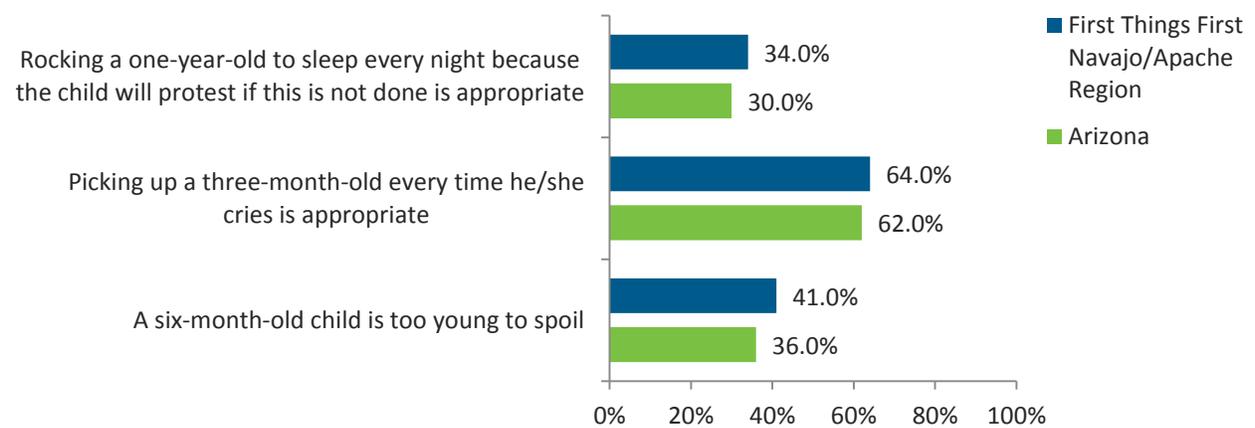
Parents Who Accurately Responded to Questions Regarding Their Child’s Social and Emotional Development, 2008



Source: First Things First. (2008). Family and Community Survey. (Unpublished Data).Received 2012 from First Things First.
 Note: Responses shown are the percent of parents who accurately identified that the given statement was true or appropriate.

Local parents were less knowledgeable about several social and emotional development areas. These topics included the inability to spoil a six-month old child, bed time routines for a one-year-old child, and that it’s appropriate to pick up a three-month old every time he/she cries.

Parents Who Accurately Responded to Questions Regarding Their Child’s Social and Emotional Development, 2008



Source: First Things First. (2008). Family and Community Survey. (Unpublished Data).Received 2012 from First Things First.
 Note: Responses shown are the percent of parents who accurately identified that the given statement was true or appropriate.



Special Needs

Children with Disabilities: Identification

Why It Is Important

Early identification of children with special needs helps ensure these children get the support and opportunities they need to achieve success in school and in the community.³¹ Developmental screenings including oral, vision, cognitive and audio screenings are an important practice to ensure children's optimal growth, setting them up for success by identifying early on when services are needed.

What the Community Is Saying

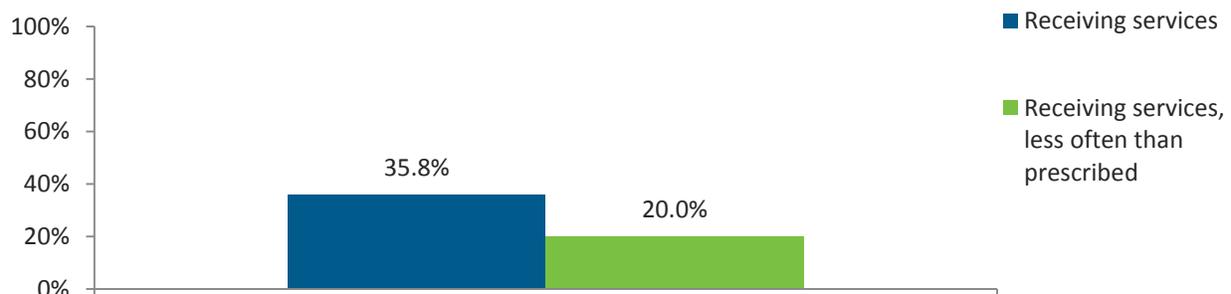
- A local service provider reported that *providing services such as developmental screenings can be difficult at times*, because some parents say "My kids are okay" and don't want to explore further. Building strong relationships with parents can be a counterbalance to this pattern, according to the service provider.

What the Data Tell Us

Ten percent of First Things First Navajo/Apache Region parent survey respondents reported their child had been referred to a doctor or specialist or had been diagnosed with a developmental delay, disability, or special need in 2011. Of those referred to services, 36% of parents reported that their child received needed services, while 20% reported that their child received services less often than was prescribed by the medical specialist.



If your child was referred to services to address her/his developmental delay, disability, or special need, did they receive services? (Of respondents who reported their child had been referred or diagnoses with a special need) Respondents answering Yes - 2011



Receiving Services N=98; Receiving Less Services N=35.

Source: Applied Survey Research. (2012). First Things First – Navajo/Apache Region: Survey for Parents with Children Ages 0-5. (Unpublished raw data).

Note: Due to the low number of respondents, caution should be used when interpreting these survey results.

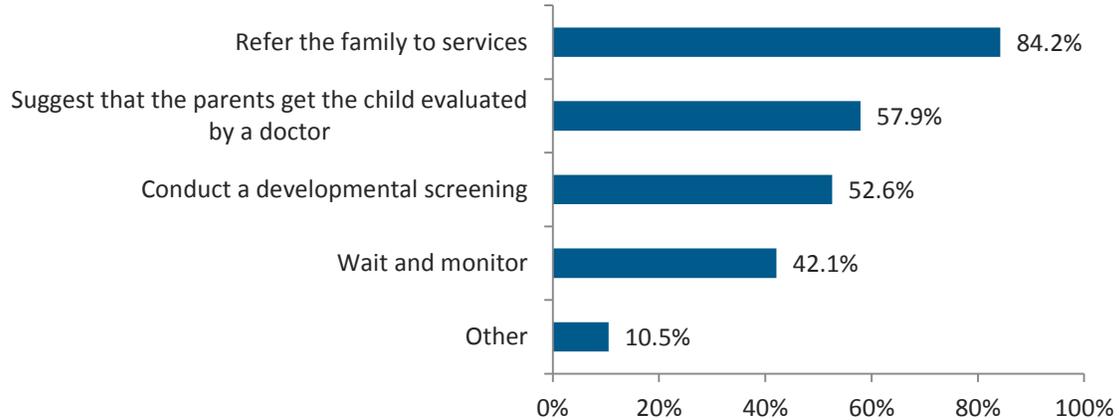
³¹ Steele, M.M. (2004). Making the Case for Early Identification and Intervention for Young Children at Risk for Learning Disabilities, *Early Childhood Education Journal*, Vol. 32, 2, 75-79.



Eighty-four percent of First Things First Navajo/Apache Region child care providers surveyed in 2011 reported that when their staff identified a child as possibly having a developmental or behavioral concern, that the staff referred the family to services. Over 57% of providers reported that they suggested to parents to get the child evaluated by a doctor and half of providers had conducted developmental screenings.



When your program staff identifies a child as having a possible developmental and/or behavioral concern, what does your program typically do? - 2012



N=19.

Source: Applied Survey Research. (2012). First Things First – Navajo/Apache Region: Survey for Child Care Providers. (Unpublished raw data).

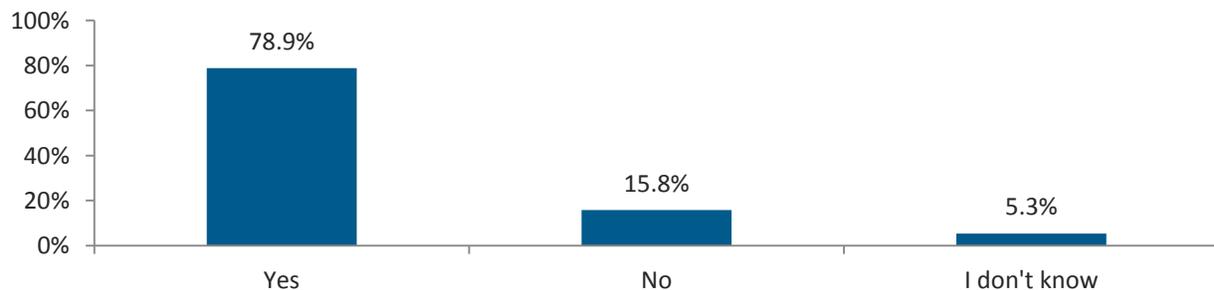
Note: Multiple response question, percentages may not add to 100%

Child Find is a program of the US Office of Special Education Programs and provides public awareness, screening and evaluation designed to locate, identify, and refer as early as possible all young children with disabilities and their families who are in need of Early Intervention Program or Preschool Special Education services of the Individuals with Disabilities Education Act.

About 80% of child care provider survey respondents in the First Things First Navajo/Apache Region reported referring families to Child Find in 2011.



Does your center refer families to Child Find? - 2012



N=19.

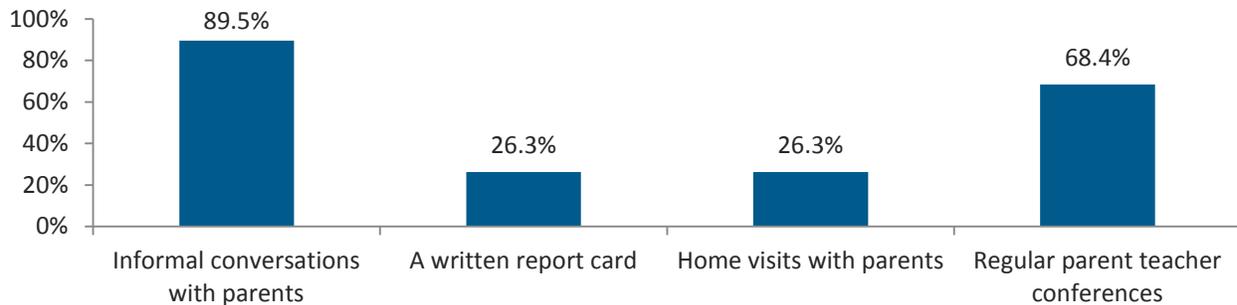
Source: Applied Survey Research. (2012). First Things First – Navajo/Apache Region: Survey for Child Care Providers. (Unpublished raw data).



Providers who were surveyed reported sharing information with parents about their child's developmental progress through: informal conversations (90%), parent teacher conferences (68%), written report cards (26%) and home visits (26%).



How do you share information about the developmental progress of the child with parents? - 2012



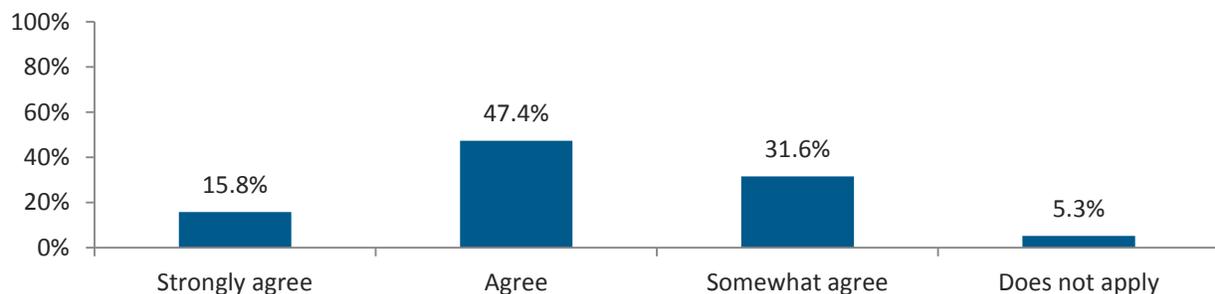
N=19.

Source: Applied Survey Research. (2012). First Things First – Navajo/Apache Region: Survey for Child Care Providers. (Unpublished raw data).

Two-thirds (63%) of child care providers “Strongly agreed” or “Agreed” that parents were receptive when they raised concerns that they suspected their child may have a disability or special need.



How much do you agree or disagree with the following statement? In general, when you have a child in your care who you suspect may have a disability or special need, parents have been receptive to your concerns. - 2012



N=19.

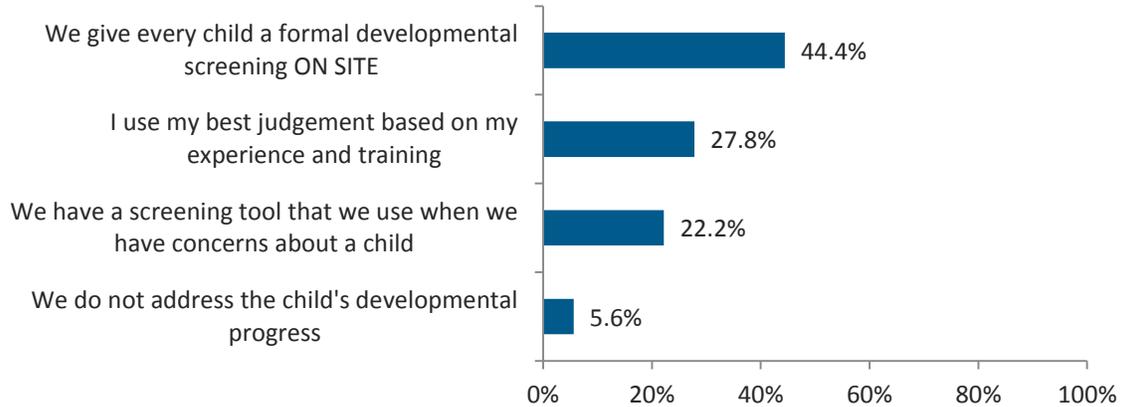
Source: Applied Survey Research. (2012). First Things First – Navajo/Apache Region: Survey for Child Care Providers. (Unpublished raw data).



Forty-four percent of child care providers surveyed gave every child a formal developmental screening at their facility, 28% used their best judgment based on their experience and training as a method to address children’s developmental progress.



Which of the following methods describes your approach to addressing children’s developmental progress? - 2012



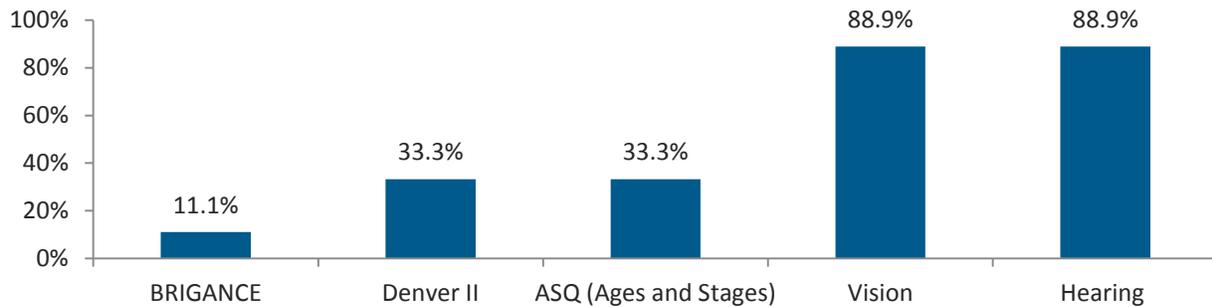
N=18.

Source: Applied Survey Research. (2012). First Things First – Navajo/Apache Region: Survey for Child Care Providers. (Unpublished raw data).

Of those providers who screened the children in their child care center, 89% (8 providers) reported that they used vision and hearing developmental screening tools, one-third (3 providers) used the Ages and Stages (ASQ) screening tool, and one-third (3 providers) used the Denver II.



What developmental screening tool do you use?- 2012



N=9.

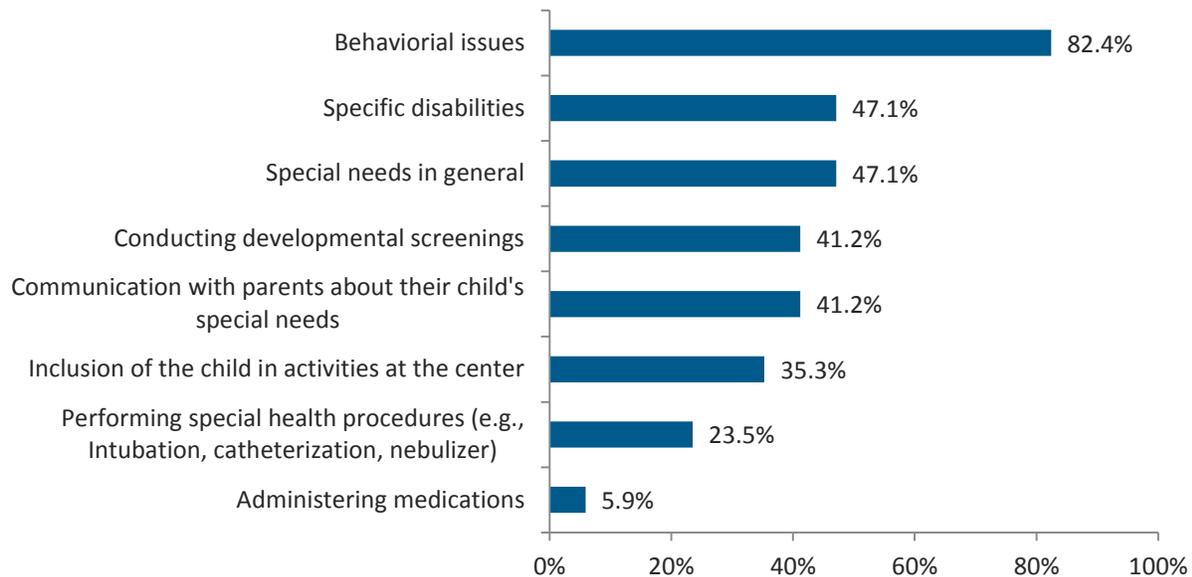
Source: Applied Survey Research. (2012). First Things First – Navajo/Apache Region: Survey for Child Care Providers. (Unpublished raw data).



Eighty-two percent of child care providers in the First Things First Navajo Apache Region reported that they would most like to receive additional training in the area of behavioral issues. Other top interest areas included specific disabilities training (47%) and special needs in general (47%).



In what areas would you most like you and/or your staff to receive additional specialized training for yourself and/or your staff? - 2012



N=17.

Source: Applied Survey Research. (2012). First Things First – Navajo/Apache Region: Survey for Child Care Providers. (Unpublished raw data).

Children with Disabilities: Services

Why It Is Important

Assuring that the needs of children with disabilities are appropriately met is an important priority in the First Things First Navajo/Apache Region. While children generally receive developmental and health screenings and diagnosis in a timely manner, there is often a shortage of therapeutic services for children identified with special needs.

The Comprehensive System of Personnel Development unit supports all Arizona districts and charter schools with teacher recruitment, retention, and professional development for improving the knowledge, skills, and services of staff to improve outcomes for students with disabilities.

The Arizona State Performance Plan is dedicated to improving achievement for students with disabilities and assisting schools in complying with indicators like preschool placements and outcomes.

The Parent Information Network Specialists serves every county in Arizona to provide essential information to parents to be active participants in all areas of their child's special education (free resources, trainings, workshops, and consultations).



State budget cuts have led to dramatic reductions or complete eliminations in behavioral health services (also known as mental health services). Over 4,600 children have lost behavioral health services completely. Four thousand children served by Children’s Rehabilitation Services program lost medical services and therapies in 2009 that may result in long-term health impairment.

What the Community Is Saying

- *Children ages three through five or six may fall through the cracks for special needs services*, according to a community representative. Children over age three are the responsibility of the school districts rather than AzEIP, but it is difficult for the schools to help them receive services as many are not enrolled as students, and the districts are themselves struggling with short staffing due to funding cuts.
- One local service provider noted that the “Ladies at *AzEIP*” are “awesome” in one local area—the staff is very well known among community members.

What the Data Tell Us

The First Things First Navajo/Apache Region has a severe shortage of providers for children with disabilities. The Arizona Early Childhood Intervention Program (AzEIP) does not have a full team of therapists in Navajo County. Navajo County Education Department reported that due to the shortage they have a number of providers who provide contract services to children in Navajo and Apache counties who reside outside of either county.

In total there are 30 therapists on staff with Navajo County Education Department and they provide much of the services in the area to children 3-21. Their services are focused on children enrolled in either HeadStart or the public schools. Most of the early intervention services provided to children (0-3) in the area are provided by therapists who reside in Flagstaff, which can limit the amount treatment children receive due to travel and time constraints.

The Arizona Department of Health Services Licensing Department reports that there were three audiologists and 34 speech language therapists in the region in 2012. DHS licensing data does not reflect all providers providing services in the area but the number of providers with addresses registered in the county.

Speech Language and Hearing Service Providers, First Things First Navajo/Apache Region

TYPE OF PROVIDER	2010	2012
Audiologists	3	3
Speech Language Assistant	1	5
Speech Language Pathology	17	20
Speech Language Pathology Limited	9	9

Source: Arizona Department of Health Services. (2012). Division of Licensing Services Provider Databases. (Unpublished data). Received 2012 from First Things First.

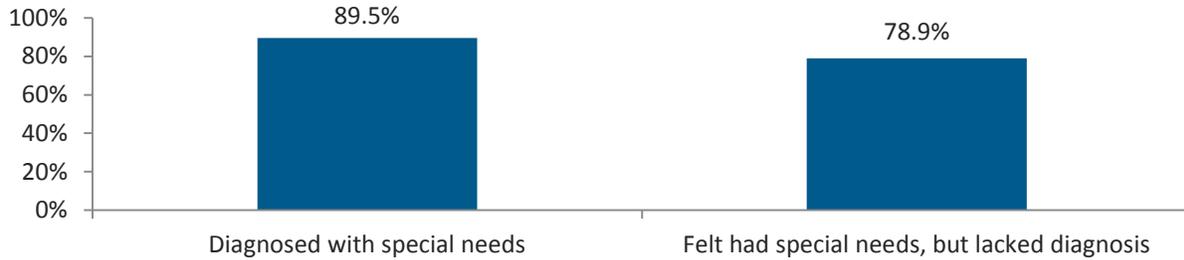
Note: Data pulled by zip code.



Nearly 90% of child care providers in the First Things First Navajo/Apache Region surveyed in 2011 reported that they currently or previously served children with special needs and 79% reported serving children they thought might have a special need.



Do you currently, or have you in the past, served any children with special needs at this child care center or home? Respondents answering Yes- 2012



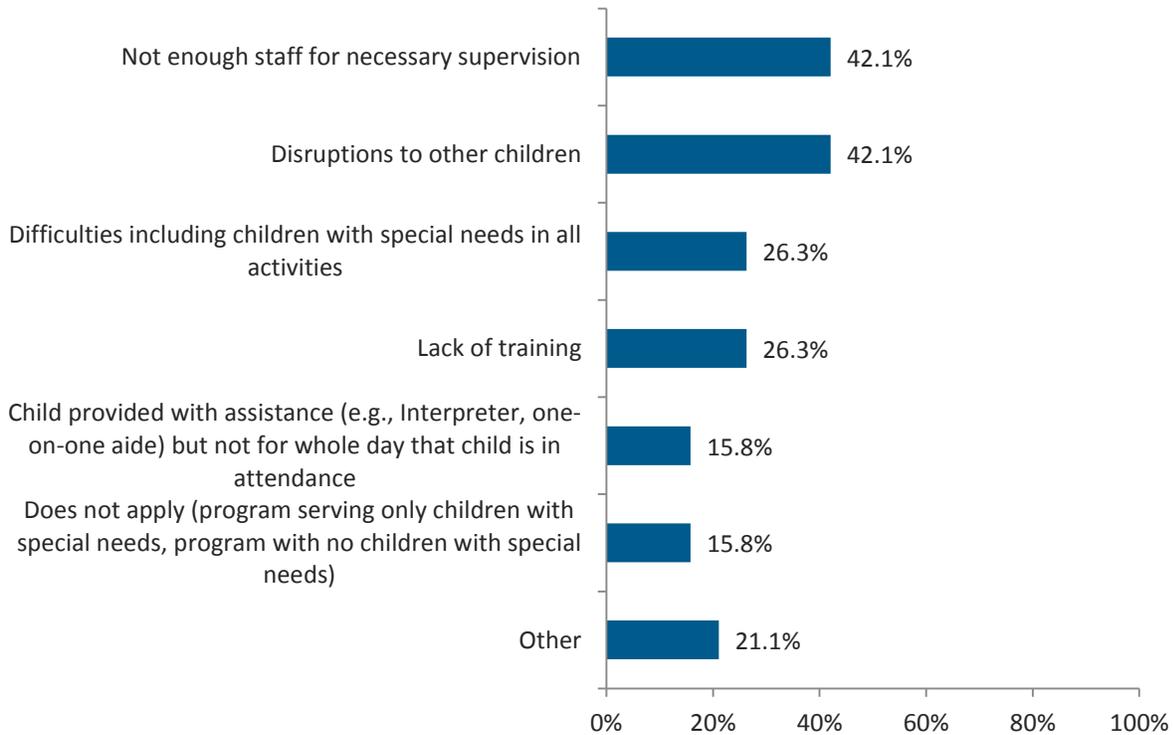
N=19.

Source: Applied Survey Research. (2011). First Things First – Navajo/Apache Region: Survey for Child Care Providers. (Unpublished raw data).

Child care providers reported the top most challenging issues in appropriately accommodating children with special needs were not enough staff for necessary supervision (42%), disruptions to other children (42%), difficulties in including special needs children in all activities (26%) and lack of training (26%).



What are the most challenging issues in appropriately accommodating children with special needs? - 2012



N=19.

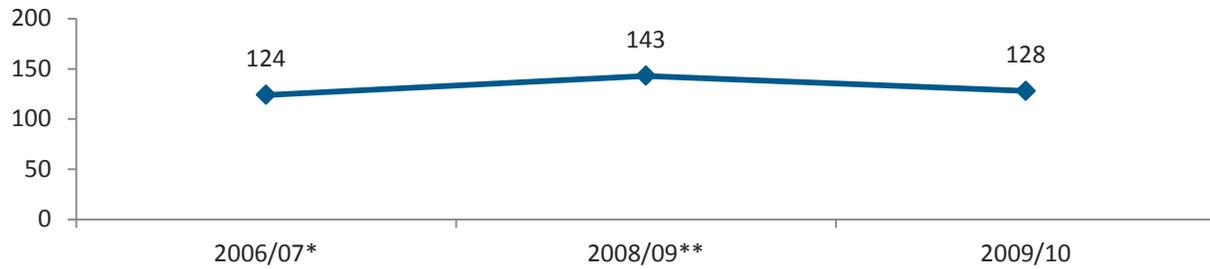
Source: Applied Survey Research. (2011). First Things First – Navajo/Apache Region: Survey for Child Care Providers. (Unpublished raw data).



The Arizona Early Intervention Program (AzEIP) provides services for children with special needs. State funding for early intervention services was eliminated effective November 1, 2010 and federal stimulus money was used to backfill state funding cuts. As a result, families must share some cost in order to receive services, a practice which may deter many from obtaining services until children turn three years old, when the local school districts assume responsibility for services for children with disabilities.

In 2009/2010 128 children received AzEIP services in the First Things First Navajo/Apache Region.

Children Receiving Arizona Early Intervention Program (AzEIP) Services, First Things First Navajo/Apache Region



Source: Arizona Department of Economic Security. (2009). DES Multidata Database. (Unpublished Data). Retrieved 2012 from First Things First.

Note: First Things First Navajo/Apache Region data are the combination of all zip codes in the region (see Methodology for list of zip codes).

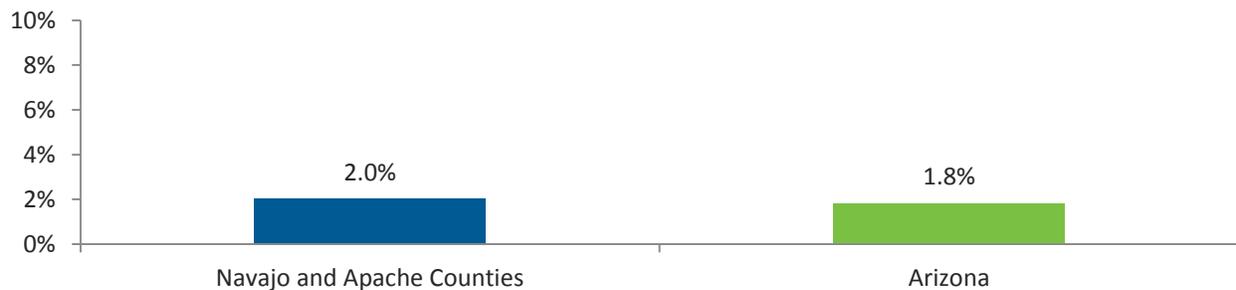
* 2007 data are cases serviced between 07/01/2006 and 06/30/2007.

** 2009 data are cases serviced between 07/01/2008 and 06/30/2009.

AZEIP data specific to the First Things First Navajo/Apache region are limited to the number of children receiving services. Data on the quality of these services are reported with Navajo County and Apache County data combined.

Two percent of children ages birth to three had an Individualized Family Service Plan (IFSP) in Navajo and Apache counties in 2008/09.

Children Ages Birth to Three with an Individualized Family Service Plan (IFSP) , 2008/09



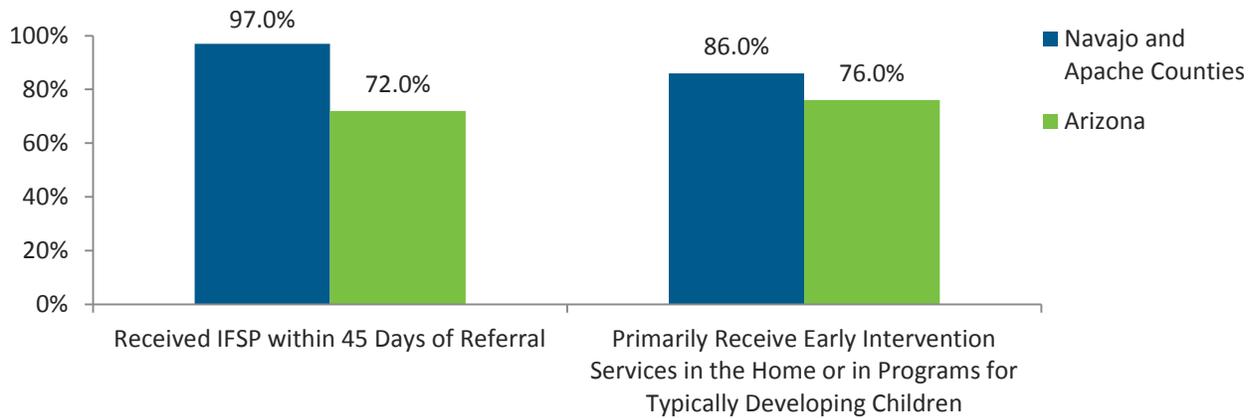
Source: Arizona Department of Economic Security. (n.d.). Early Intervention Program Reports. Retrieved 2010 from <https://www.azdes.gov/appreports.aspx>

Note: Data presented before 2008/09 was separated by county and is therefore not comparable.



One component of AzEIP services is the development of an Individualized Family Service Plan (IFSP) within 45 days of referral to AzEIP. Ninety-seven percent of children in Navajo and Apache counties received an IFSP within 45 days of referral in 2009. Eighty-six percent of infants and toddlers with IFSPs in Navajo and Apache counties were receiving services in the home or in programs for typically developing children.

Infants and Toddlers with IFSPs , 2009



Source: Arizona Department of Economic Security. (n.d.). Early Intervention Program Reports. Retrieved 2010 from <https://www.azdes.gov/appreports.aspx>

Note: Data presented before 2008/09 was separated by county and is therefore not comparable.

In Navajo and Apache counties 92% of parents reported that early intervention services had helped their family help their children develop and learn; 89% reported that early intervention services had helped the family effectively communicate their children's needs, and helped the family to know their rights (89%) in 2008/09. These results were a decline from parents' perceptions in 2007/08 and were lower than in the state of Arizona overall.

Perceptions of Families Participating in Early Intervention Services

	2007/08	2008/09
Early intervention services have helped the family know their rights.		
Navajo and Apache Counties	95.0%	89.0%
Arizona	96.7%	95.0%
Early intervention services have helped the family effectively communicate their children's needs.		
Navajo and Apache Counties	91.0%	89.0%
Arizona	95.2%	94.7%
Early intervention services have helped the family help their children develop and learn.		
Navajo and Apache Counties	100.0%	92.0%
Arizona	97.4%	96.7%

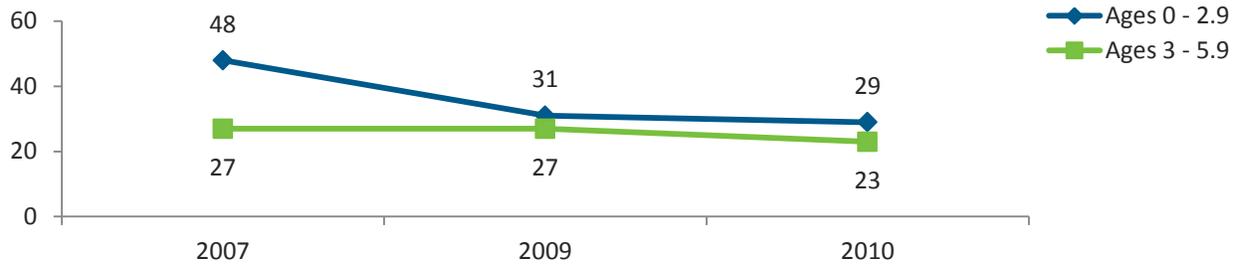
Source: Arizona Department of Economic Security. (n.d.). Early Intervention Program Reports. Retrieved 2010 from <https://www.azdes.gov/appreports.aspx>



Children who are considered at risk for epilepsy, cerebral palsy, cognitive disability, or autism qualify for DDD services (in addition to AzEIP services).

Fifty-two children in the First Things First Navajo/Apache Region received DDD services in 2010, a sharp decline from 75 children in 2007.

Children Receiving Division of Developmental Disabilities (DDD) Services, First Things First Navajo/Apache Region



Source: Arizona Department of Economic Security Division of Developmental Disabilities. (2010). DES Multidata Database. (Unpublished Data). Received 2012 from First Things First.

Note: Children are eligible for DDD services if they are considered at risk for epilepsy, cerebral palsy, cognitive disability, or autism.

Note: First Things First Navajo/Apache Region data are the combination of all zip codes in the region (see Methodology for list of zip codes).

Preschool Enrollment by Disability, First Things First Navajo/Apache Region School Districts

SCHOOL DISTRICT	DEVELOPMENTALLY DELAYED	HEARING IMPAIRED	PRE-SCHOOL SEVERE DELAY	SPEECH LANGUAGE IMPAIRED	VISUALLY IMPAIRED	PRESCHOOL DISABILITY TOTAL	DISTRICT DISABILITY TOTAL
Alpine Elementary	0	0	0	0	0	0	<10
Blue Ridge	12	<10	<10	15	0	30	300
Concho Elementary	<10	0	<10	0	0	<10	43

Source: First Things First Navajo/Apache Region School Districts. (2012). Personal Communication with District Representatives. Received 2012 from First Things First Navajo/Apache Region School Districts.

Note: School districts that did not provide data are marked as "not available" (NA).

Education

Children’s success in school is improved by a combination of promoting physical and mental health, increasing literacy, and enhancing social and emotional skills. Typically, children who do well in school have early literacy skills and higher social and emotional skills at entry to kindergarten. However, Arizona students scored below the national average on every subject at every grade level tested, according to the National Assessment of Educational Progress (NAEP).³²

³² Arizona Directions. (2012). Arizona Indicators. Retrieved 2012 from Arizonaindicators.org



School Enrollment

Why It Is Important

School enrollment data are used to determine school funding and to plan for services and programs for students.

What the Community Is Saying

- American Indian children in the First Things First Navajo/Apache Region may experience substantial movement between off-reservation and on-reservation schools, according to a local service provider who expressed concern about the *impact of movement between schools on the children's educational experiences*.
- The First Things First Navajo/Apache Region hosts a large contingent of *homeschooling* families, according to a community representative, and digital educational resources are very heavily used in the region.

What the Data Tell Us

The First Things First Navajo/Apache Region is composed of twelve public school districts (Alpine Elementary, Blue Ridge Unified, Concho Elementary, Heber-Overgaard Unified, Holbrook Unified, Joseph City Unified, Round Valley Unified, Sanders Unified, Show Low Unified, Snowflake Unified, St. Johns Unified, and Vernon Elementary). Children in the Forest Lakes community of Coconino County attend school at Heber-Overgaard Unified.

There were a total of 198 preschool and 1,008 kindergarten students in the First Things First Navajo/Apache Region in 2010/11, similar in number to 2009/10.

School Enrollment, First Things First Navajo /Apache Region School Districts

SCHOOL DISTRICT	2009/10	2010/11
Alpine Elementary		
Preschool	*	*
Kindergarten	NA	*
District Total	56	54
Blue Ridge Unified		
Preschool	33	27
Kindergarten	153	141
District Total	2,618	2,499
Concho Elementary		
Preschool	7	11
Kindergarten	17	19
District Total	201	171
Heber-Overgaard Unified		
Preschool	12	*
Kindergarten	34	43
District Total	517	510



School Enrollment, First Things First Navajo /Apache Region School Districts (Continued)

SCHOOL DISTRICT	2009/10	2010/11
Holbrook Unified		
Preschool	65	83
Kindergarten	165	159
District Total	2,073	2,058
Joseph City Unified		
Preschool	23	20
Kindergarten	40	48
District Total	500	512
Round Valley Unified		
Preschool	24	32
Kindergarten	113	116
District Total	1,501	1457
Sanders Unified		
Preschool	*	*
Kindergarten	65	58
District Total	1,040	970
Show Low Unified		
Preschool	26	NA
Kindergarten	133	143
District Total	2,443	2,357
Snowflake/Taylor Unified		
Preschool	24	25
Kindergarten	217	209
District Total	2,647	2,639
St. Johns Unified		
Preschool	*	*
Kindergarten	54	60
District Total	912	907
Vernon Elementary		
Preschool	2	NA
Kindergarten	11	12
District Total	112	110
First Things First Navajo/Apache Region Total **		
Preschool	216	198
Kindergarten	1,002	1,008
District Total	14,620	14,244

Source: Arizona Department of Education. (2012). Research and evaluation section, Retrieved 2012 from <http://www10.ade.az.us/researchpolicy/AZenroll>.

Note: Preschool enrollment includes only students attending preschools associated with public school districts.

* Indicates that the school district does not have a preschool.

** First Things First Navajo/Apache Region Totals are the sum of all school districts in the region.



School Readiness

Why It Is Important

Children, who have early learning skills as they enter kindergarten do better in school, are more likely to graduate with a high school diploma, are more successful in their careers, and are less likely to be involved in crime and drugs.³³ A recent study in high needs schools showed that of children who were ready for kindergarten, 62% of them performed well on standardized tests at 3rd grade. Of children who weren't ready for kindergarten, only 6% of them performed well on standardized tests at 3rd grade. Typically, children will not make up the learning gap that they started off with when they entered kindergarten.³⁴

In Arizona, children's literacy and reading skills, between kindergarten and 6th grade, are assessed by the Dynamic Indicators of Basic Early Literacy Skills (DIBELS). While the DIBELS assessments only measure skills related to the letter knowledge component of kindergarten readiness, they provide some picture of how well children are prepared when beginning school.

What the Community Is Saying

- A community representative reported that kids entering kindergarten in the First Things First Navajo/Apache Region often *lack social and other necessary skills*.
 - The representative offered as an example one preschool located in an isolated area in which eleven of the fourteen incoming students had developmental delays, and only one was at grade level—a situation that the teacher “seemed to think was normal.”

³³ Rolnick, A., & Grunewald, R. (2003). Early Childhood Development: Economic Development with a High Public Return. *Big Ideas for Children*. First Focus, Washington, DC.

³⁴ Applied Survey Research. (2008). Does readiness matter: How kindergarten readiness translates into academic success. San Jose, California: Applied Survey Research.



What the Data Tell Us

Early literacy and reading preparedness for kindergarten varied within the Navajo/Apache Region. At best, the Show Low Unified School District had only 48% of children enter kindergarten at grade level during the 2009/10 school year. In the Sanders Unified School District, 14% of children scored at grade level at the beginning of kindergarten, while more than half (53%) needed substantial intervention.

Kindergarten DIBELS Scores, Beginning of School Year, First Things First Navajo/Apache Region School Districts

SCHOOL DISTRICT	2005/06	2006/07	2007/08	2008/09	2009/10
Holbrook Unified (Park Elementary School)					
Benchmark - At Grade Level	NA	25%	32%	30%	28%
Strategic - Needs Additional Intervention	NA	44%	39%	44%	35%
Intensive - Needs Substantial Intervention	NA	31%	28%	26%	36%
Sanders Unified					
Benchmark - At Grade Level	6%	12%	18%	28%	14%
Strategic - Needs Additional Intervention	37%	31%	32%	37%	33%
Intensive – Needs Substantial Intervention	57%	57%	50%	35%	53%
Show Low Unified					
Benchmark - At Grade Level	NA	NA	52%	37%	48%
Strategic - Needs Additional Intervention	NA	NA	26%	39%	27%
Intensive - Needs Substantial Intervention	NA	NA	22%	24%	25%
Snowflake/Taylor Unified					
Benchmark - At Grade Level	47%	40%	42%	40%	42%
Strategic - Needs Additional Intervention	29%	22%	26%	32%	36%
Intensive - Needs Substantial Intervention	24%	39%	32%	28%	22%
St. Johns Unified					
Benchmark - At Grade Level	21%	20%	20%	11%	18%
Strategic - Needs Additional Intervention	46%	41%	44%	44%	31%
Intensive - Needs Substantial Intervention	33%	39%	36%	45%	51%

Source: First Things First Navajo/Apache Region School Districts. (2012). Correspondence with District Representative. Received 2010 from First Things First Navajo/Apache Region School Districts.

Note: School districts that did not provide data included Alpine Elementary,, Concho Elementary, Heber-Overgaard Unified, and Joseph City Unified.

Note: Vernon Unified data not included due to small number of students tested.



3rd Grade Test Scores

Why It Is Important

One of the most powerful indicators of later academic success is a child's reading level at the end of third grade. In third grade it is expected that children will show evidence of reading comprehension and be able to read unfamiliar words through various strategies. Reading proficiency at this point prepares the student for fourth grade, where the focus of reading instruction changes from "learning to read" to "reading to learn."³⁵ The Arizona Instrument to Measure Standards (AIMS) is the tool used to measure third grade academic proficiency in Arizona.

What the Data Tell Us

There was a fair amount of fluctuation in 3rd grade AIMS reading scores between 2007 and 2011. However, Sanders Unified School District typically had the lowest percentage of children who passed the reading standard (40% in 2011) and Vernon Elementary School District had the highest percentage of children who passed (92% in 2011). Seventy-six percent of Arizona 3rd graders passed the reading standard the same year.

AIMS Reading: 3rd Grade Students Passing the Standard

SCHOOL DISTRICT	2007	2008	2009	2010	2011
Alpine Elementary	*	*	*	*	*
Blue Ridge Unified	82%	78%	74%	69%	71%
Concho Elementary	71%	56%	88%	75%	84%
Heber-Overgaard Unified	62%	77%	64%	71%	73%
Holbrook Unified	73%	72%	79%	69%	70%
Joseph City Unified	73%	56%	64%	52%	85%
Round Valley Unified	86%	71%	70%	69%	73%
Sanders Unified	53%	52%	49%	43%	40%
Show Low Unified	78%	77%	77%	76%	85%
Snowflake Unified	81%	80%	80%	84%	82%
St. Johns Unified	70%	82%	84%	85%	83%
Vernon Elementary	*	93%	92%	83%	92%
Arizona	69%	69%	72%	73%	76%

Source: Arizona Department of Education. (2011). School Report Cards. Retrieved 2012 from http://www.ade.state.az.us/srcs/find_school.asp/.

Note: Caution should be used when interpreting these data as populations are small.

* Data are not presented if fewer than 10 students are represented.

³⁵ Annie E. Casey Foundation. (2010). Early Warning! Why Reading by the End of Third Grade Matters. Retrieved June 23, 2010 from <http://datacenter.kidscount.org/>



Third grade AIMS math scores also fluctuated between 2007 and 2011, but were typically lower than reading scores. Show Low Unified School District had the highest percentage of 3rd graders meeting or exceeding the standard (80%), while Sanders Unified had the lowest percentage (30%) in 2011. Sixty-eight percent of children in Arizona overall met or exceeded the standard that same year.

AIMS Math: 3rd Grade Students Passing the Standard

SCHOOL DISTRICT	2007	2008	2009	2010	2011
Alpine Elementary	*	*	*	*	*
Blue Ridge Unified	82%	83%	77%	63%	66%
Concho Elementary	74%	75%	77%	70%	79%
Heber-Overgaard Unified	71%	78%	62%	66%	52%
Holbrook Unified	71%	67%	71%	56%	53%
Joseph City Unified	74%	63%	67%	34%	70%
Round Valley Unified	85%	70%	73%	62%	60%
Sanders Unified	68%	54%	52%	36%	30%
Show Low Unified	82%	83%	84%	69%	80%
Snowflake Unified	86%	80%	80%	75%	73%
St. Johns Unified	69%	76%	73%	58%	66%
Vernon Elementary	*	85%	83%	67%	69%
Arizona	72%	71%	73%	65%	68%

Source: Arizona Department of Education. (2011). School Report Cards. Retrieved 2010 from <http://www10.ade.az.gov/ReportCard/>.

Note: Caution should be used when interpreting these data as populations are small.

* Data are not presented if fewer than 10 students are represented.

Graduation Rate

Why It Is Important

High school graduation is an important indicator of future economic and personal success. Youth who leave high school prior to graduation are more likely to experience lower earnings and unemployment.³⁶ Dropping out of high school may be a result of several risk factors including child abuse, substance abuse, unaddressed learning disabilities, mental health problems, pregnancy, homelessness, and poverty.³⁷

³⁶ United States Department of Education. (n.d.). Promoting Educational Excellence for all Americans, Questions and Answers on No Child Left Behind. Retrieved from <http://www.ed.gov/>

³⁷ U. S. Department of Health and Human Services. (2010). Trends in the Well-being of America's Youth, 2000. Washington DC: U.S. Department of Health and Human Services. Retrieved from <http://www.aspe.hhs.gov/hsp/00trends/EA1.pdf>



There are differences in graduation rates by ethnicity in Arizona which may be due to language and cultural barriers, as well as higher poverty rates. It is important to identify the contributing factors to these low graduation rates to ensure greater success for all children.³⁸

What the Data Tell Us

Graduation rates in the region ranged from a low of 64% in Sanders Unified School District to a high of 98% in Joseph City Unified in 2009.

Graduation Rate, First Things First Navajo/Apache Region School Districts

SCHOOL DISTRICT	2005	2006	2007	2008	2009
Blue Ridge Unified	87%	85%	80%	79%	85%
Heber-Overgaard Unified	90%	86%	92%	86%	85%
Holbrook Unified	77%	78%	72%	75%	77%
Joseph City Unified	100%	95%	97%	92%	98%
Round Valley Unified	84%	75%	81%	83%	88%
St. Johns Unified	100%	72%	91%	82%	85%
Sanders Unified	NA	72%	52%	74%	64%
Show Low Unified	78%	75%	92%	80%	83%
Snowflake Unified	89%	79%	89%	83%	92%

Source: 2008 and 2009 data: Navajo County Superintendent of Schools Office. (2009). Personal Correspondence with Department Representative. Received 2010 from Navajo County Superintendent of Schools Office.
2005-2007 data: Arizona Department of Education. (n.d.). Research Evaluation Section. Retrieved 2010 from <https://www.ade.state.az.us/researchpolicy/grad//>.

Educational Attainment

Why It Is Important

Educational attainment is an important indicator of future economic success because those with at least a high school diploma have better employment opportunities. Limited education and employment can also impact other quality of life areas including access to health care and life expectancy. Low educational attainment is often associated with lower income or poverty, less access to good quality child care, and poorer health.

What the Community Is Doing

- **Northland Pioneer College** offers free GED preparation and basic adult education classes in reading, writing, and math through The Learning Cornerstone (TLC) in Holbrook, Snowflake, Show Low, Springerville, and St. Johns. Adults can take these classes face-to-face or through a distance learning approach.

³⁸ Arizona Directions. (2012). Arizona Indicators. Retrieved 2012 from Arizonaindicators.org

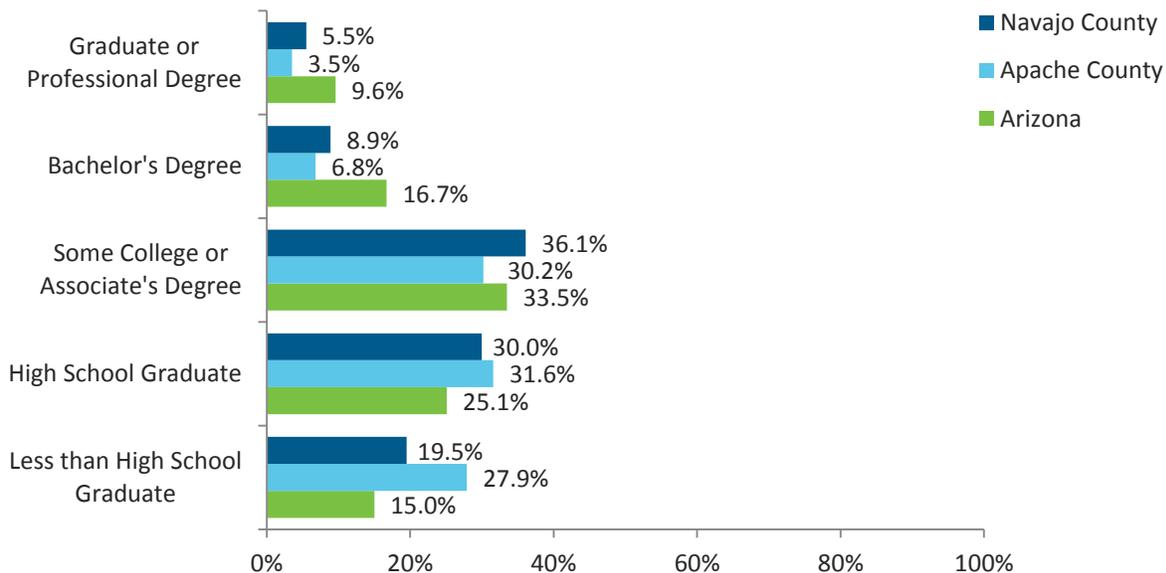


- Students can attend one of Arizona's three public four-year universities which are located in Flagstaff, Tempe, and Tucson.

What the Data Tell Us

Educational attainment for individuals over the age of 25 was generally higher in Arizona than in Navajo or Apache counties. Nearly 20% of individuals in Navajo County and 28% in Apache County had less than a high school degree, compared to just 15% in Arizona. Less than 9% had Bachelor's degrees in either Navajo or Apache counties, while 17% had Bachelor's degrees in Arizona in 2010. Similarly, less than 6% had graduate or professional degrees in either Navajo or Apache counties, while 10% had those same degrees in Arizona in 2010.

Educational Attainment of Population 25 Years and Over, 2010



Source: U.S. Census Bureau. (2010). Table S1501- Educational Attainment. *American Communities Survey 2006-2010 5-Year Estimates*. Retrieved 2010 from <http://www.factfinder.census.gov/>.

Family Literacy

Why It Is Important

One important component of parenting knowledge is understanding the importance of reading to and with children from an early age. When families read to their infants and preschool children, children learn crucial skills such as how to recognize letters, words, and sounds. Young children who have these early literacy skills are more successful later in school and life.³⁹ Other key activities such as playing games and exercising also help children learn and develop.

³⁹ Levy, B. A., Gong, Z., Hessels, S., Evans, M. A., & Jared, D. (2006). Understanding print: Early reading development and the contributions of home literacy experiences. *Journal of Experimental Child Psychology*, 93(1), 63-93.



The national Reach Out and Read program promotes early literacy and school readiness by giving new books to children and educating parents about the importance of reading to children. The program partners with doctors in 185 locations in Arizona (as of 2011) as the primary point of contact with children and families. In a 2010 parent survey of the program, 99% of respondents reported receiving a book from their doctor or nurse during their first well child visit and 87% said their child's doctor provided advice about early literacy that inspired parents and children to read together.⁴⁰

What the Community Is Doing

- **Navajo County Library District** has 7 library branches in the First Things First Navajo/Apache Region located in Holbrook, Woodruff, Clay Springs, Heber, Snowflake-Taylor, Show Low, and Pinetop-Lakeside. Library offerings include story times, workshops on literacy, and summer reading programs.
 - The Navajo County Libraries' **Early Literacy Programs**, funded by The First Things First Regional Partnership Council, help parents support their young children's love of books through education and training on language development and literacy.
- **Apache County Library District** has 7 library branches in the region, located in Alpine, Concho, Greer, Round Valley, Sanders, St. Johns, and Vernon. Library branches offer preschool story hours and other programs for children and families.
- **The Forest Lakes Community Library**, operated by the Coconino County Public Library, holds summer reading programs and other summer youth activities.
- **The Reach Out and Read Program** is offered at the North County HealthCare Round Valley Clinic, the Nahat'a Dzii Health Center in Sanders, the North Country HealthCare St. John's Clinic, the North Country Community Health Clinic in Holbrook, Pediatrics in the Pines in Show Low, White Mountain Pediatrics in Lakeside, and Your Family Practice Team in Show Low. The First Things First Navajo/Apache Regional Partnership Council has partnered with Reach Out and Read to expand the capacity of early language and literacy programs in the region.
- All of the NACOG Head Start Centers participate in **Reading is Fundamental (RIF)**, one of the nation's largest children's literacy organizations. Each enrolled child in the Head Start program receives three new books a year through the **Books for Ownership Service** (formerly known as the National Book Program) which motivates children, families, and community members to read together through the principles of book ownership, motivational activities, and family involvement in children's reading.

⁴⁰ Ready for School. (2012). Personal correspondence. *Reach out and Read Arizona*. Received February, 2012 from Ready for School.

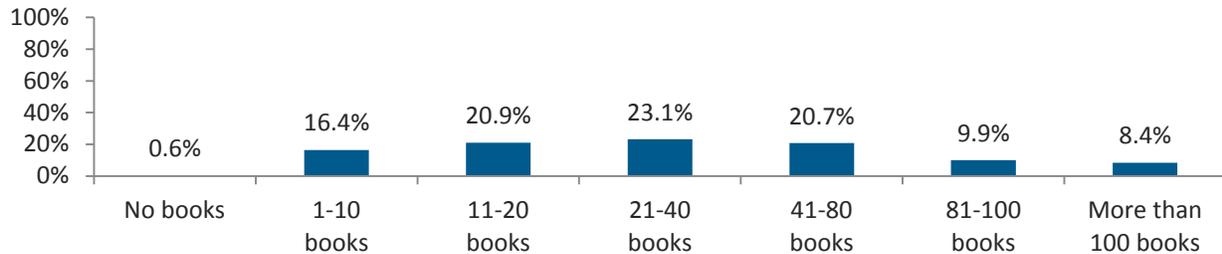


What the Data Tell Us

Research in 40 countries showed that children in homes with more than 100 children's books performed much better in reading achievement at 4th grade than did children with 10 or fewer books.⁷ Thirty-eight percent First Things First Navajo/Apache Region parent survey respondents reported having less than 20 children's books in their home, 44% had 21-80 books, and 18% had more than 81 books.



How many children's books are in your home? 2011



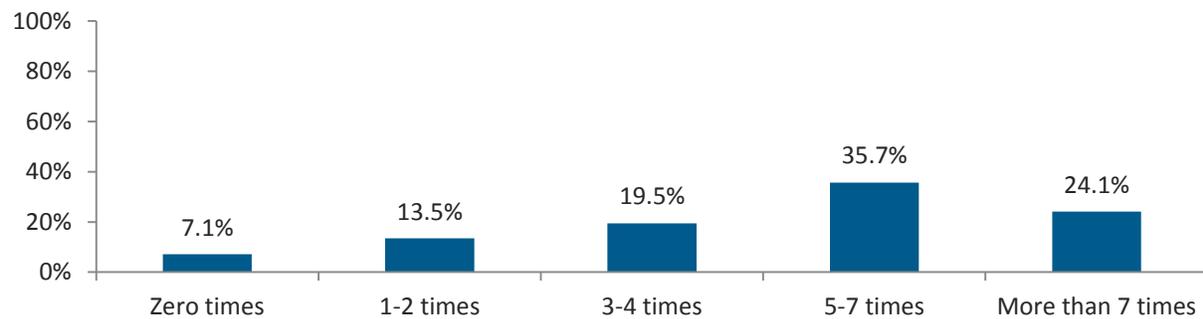
N=536

Source: Applied Survey Research. (2012). First Things First – Navajo/Apache Region: Survey for Parents with Children Ages 0-5. (Unpublished raw data).

Seven percent of parent respondents reported spending no time with their child in the last week either reading or sharing books, 33% of parents read or shared books 1-4 times in the last week, 36% read/shared books 5-7 times, and 24% read or shared books more than 7 times in the last week with their child.



Number of Times in the Last Week Parents or Another Adult in the Home Spent Time Reading or Sharing Books with Their Child, 2011



N=645

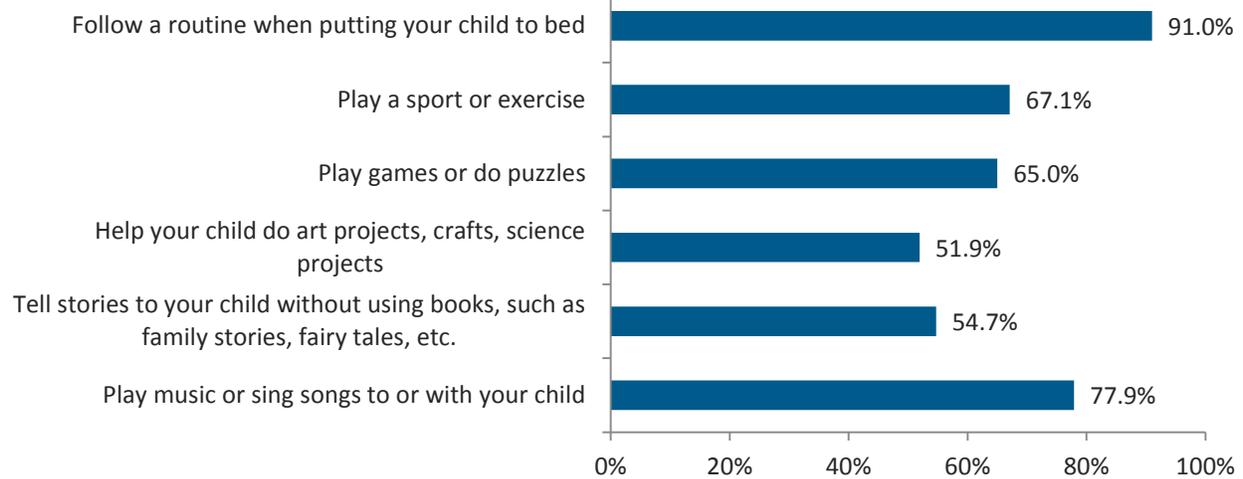
Source: Applied Survey Research. (2012). First Things First – Navajo/Apache Region: Survey for Parents with Children Ages 0-5. (Unpublished raw data).



Ninety-one percent of parent survey respondents reported they or a family member had “Always” or “Frequently” followed a nighttime routine in the last week when putting their child to bed, followed by 78% who always or frequently played music or sang songs, 67% who played a sport or exercised with their child, and 65% who played games or did puzzles together. Slightly more than half (55%) told stories and about half (52%) reported helping their child do art projects/crafts/science projects.



**In the last week, how often did you or a family member do any of the following with your child?
(Respondents who reported “Always” or “Frequently”)**



Play music: N=698, Tell stories N= 693, Art Projects N=690, Games or Puzzles N=686, Play Sport N=686, Follow Routine N=690

Source: Applied Survey Research. (2012). First Things First – Navajo/Apache Region: Survey for Parents with Children Ages 0-5. (Unpublished raw data).



SUPPORTING FAMILIES

All families need support of one kind or another. Families experiencing the strain of substance abuse or family violence may need extra resources. At the same time, every family has strengths. We need to recognize and build on the capacity and resiliency of our families, while helping to provide them with the supports needed to best care for their children. The identified indicators within this section help us understand how well we are doing to keep our families strong.

SELECTED INDICATORS

Community Supports

- Family and Community Supports

Social Services

- Child Abuse
- Foster Care
- Juvenile Justice
- Children of Incarcerated Parents



Community Supports

Family and Community Supports

Why It Is Important

Community ties with friends and relatives are a principal means by which people and households get supportive resources.

What the Community Is Doing

- *The Northeast Arizona Regional Science Fair and Science Carnival* was held in Show Low in early March 2012.

What the Community Is Saying

- According to a community representative, The 2012 Northeast Arizona Regional Science Fair and Science Carnival was a great success, attracting just over 300 people and generating a lot of excitement (“teachers want it; kids love it”). Attendees included many young children who came with their parents.
 - The community representative also reported that the 2013 fair will include a focus on pre-Kindergarten through grade three, and had already attracted community interest nearly a year in advance.
- **Transportation issues**—including lack of public transit and the high cost of gasoline—present a substantial barrier for families in the First Things First Navajo/Apache Region seeking to access services for their children, according to a community representative.
 - The representative also noted that the Northern Arizona Council of Government (NACOG) has some transportation funds, and efforts are underway to try to access and coordinate these resources for families in the region.
- **Relationship and trust building is an important part of providing effective support for families**, according to discussions with individuals working in the First Things First Navajo/Apache Region.
 - A community representative observed that building trust is a crucial part of service provision in the region because some families may come from an initial stance of distrust for the government.
 - A local service provider reported that people have been “becoming more aware that we’re not DES [the state Department of Economic Services]” and that this awareness has been an important part of a successful connection with the community.



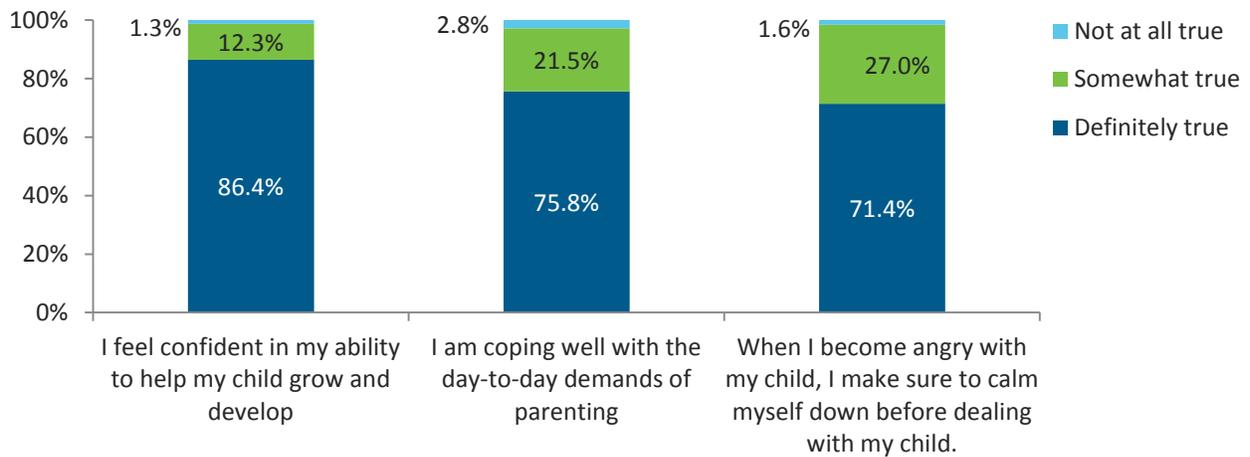
- People who are new to the social service system because of recent job loss can find it particularly difficult to navigate and *may struggle to get access to available basic resources that they need for their families*, according to a local service provider.

What the Data Tell Us

Eighty-six percent of First Things First Navajo/Apache parent respondents felt confident in their ability to help their child grow and develop, while less than two percent felt that this was not at all true for them in 2011. Seventy-six percent of parents reported coping well with the day-to-day demands of parenting, and 71% said that they calmed themselves down before dealing with their child when they got angry with their child.



Please state how much the following statements are true for you. 2011

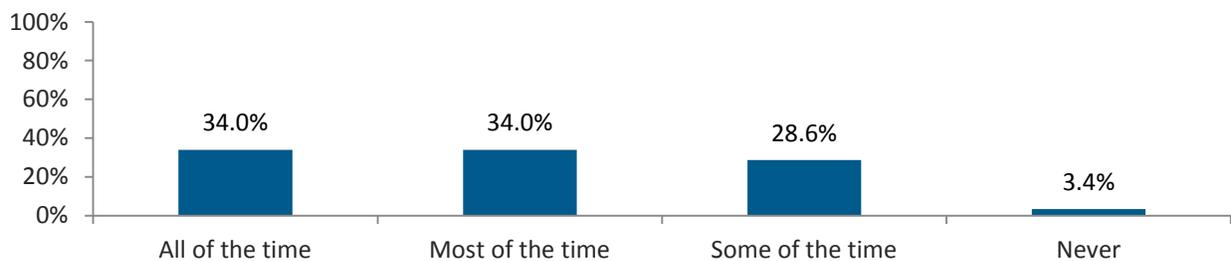


2011 N: Confident in ability to help child grow and develop=693; Coping well with day-to-day demands of parenting=685; Calm myself down before dealing with child=679.
 Source: Applied Survey Research. (2012). First Things First – Navajo/Apache Region: Survey for Parents with Children Ages 0-5. (Unpublished raw data).

Just over one-third (34%) of parents survey respondents in 2011 reported that they were able to find someone reliable to watch their child if they needed a break “all of the time,” 34% were able to count on someone “most of the time,” 29% could count on someone “some of the time,” while three percent reported that they were never able to find someone.



How often is there someone you can count on to watch your child if you need a break? 2011



N=697
 Source: Applied Survey Research. (2012). First Things First – Navajo/Apache Region: Survey for Parents with Children Ages 0-5. (Unpublished raw data).



According to the 2008 First Things First Family and Community Survey, parents in the First Things First Navajo/Apache Region primarily relied on the support of a spouse (88%) or their own mother (65%), and their child's pediatrician (52%) for support and advice.

Parents who Report that They "Frequently" Rely on Family and Community Members, 2008

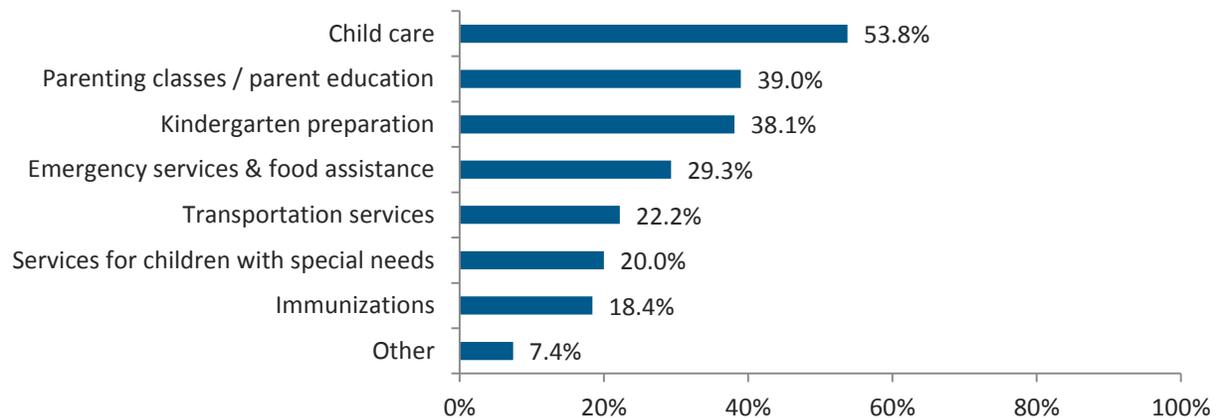
PERSONAL SUPPORTS	FIRST THINGS FIRST NAVAJO/APACHE REGION	ARIZONA
Spouse	87.7%	79.0%
Your Mother	64.8%	62.6%
Child's Doctor/Pediatrician	51.8%	52.4%
Your Spouse's Mother	36.1%	37.6%
Your Father	21.1%	24.8%
Your Spouse's Father	12.7%	12.2%
Friends and Neighbors	23.5%	23.1%

Source: First Things First. (2008). Family and Community Survey. (Unpublished Data). Received 2010 from First Things First.

Over half (54%) of parents surveyed in 2011 felt that the most needed service in the First Things First Navajo/Apache Region was child care, followed by parenting classes/parent education (39%) and kindergarten preparation (38%).



Which of the following services for children under the age of 6 and their families do you think are most needed in the First Things First Navajo/Apache Region? 2011



Multiple response question with 625 respondents offering 1,426 responses.

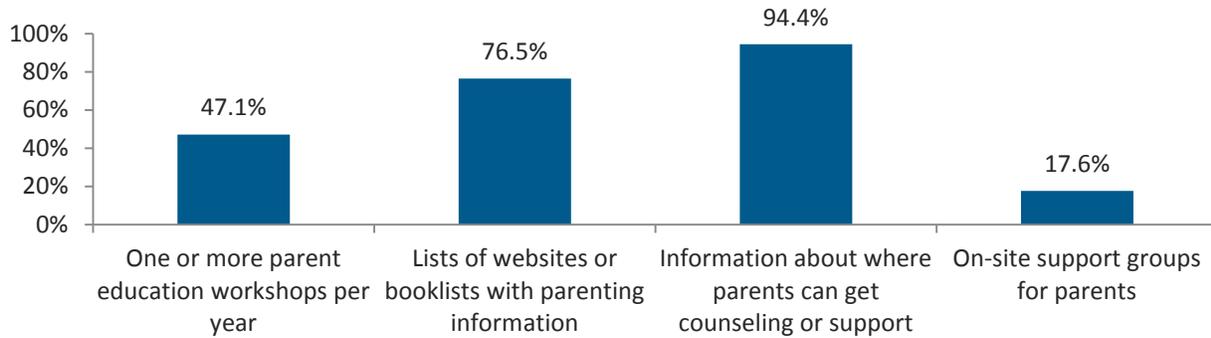
Source: Applied Survey Research. (2012). First Things First – Navajo/Apache Region: Survey for Parents with Children Ages 0-5. (Unpublished raw data).

Note: These responses are not mutually exclusive, respondents were asked to mark their top two priorities for the region.

Of child care providers surveyed in 2011, 94% reported that they offered information to parents about where they could receive counseling or support, while over three-quarters (77%) offered websites or booklists with parenting information. Nearly half (47%) offered parent workshops and 18% offered on-site support groups.



Do you offer any of the following resources to parents? (Respondents answering yes), 2011



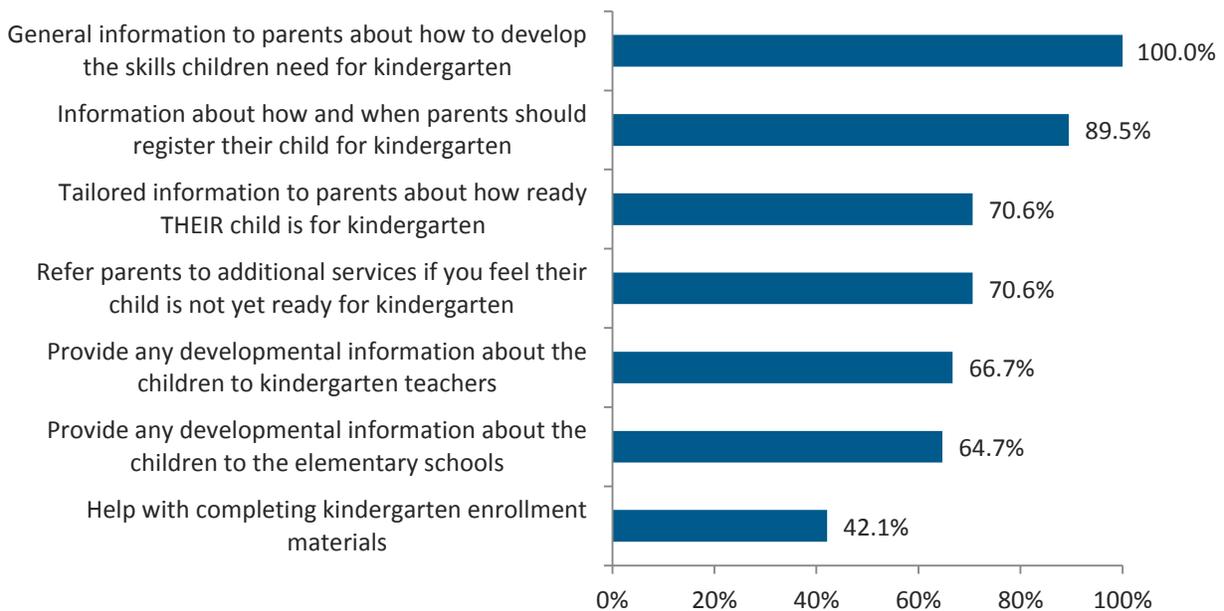
N=17.

Source: Applied Survey Research. (2011). First Things First – Navajo/Apache Region: Survey for Child Care Providers. (Unpublished raw data).

One-hundred percent of child care providers surveyed reported offering general information to parents on how to help their child develop the necessary skills for kindergarten, followed by 90% that offered information about how to register a child for kindergarten. Less than half (42%) provided help in completing kindergarten enrollment materials.



Do you offer any of the following supports? (Respondents answering yes), 2011



N=17-19.

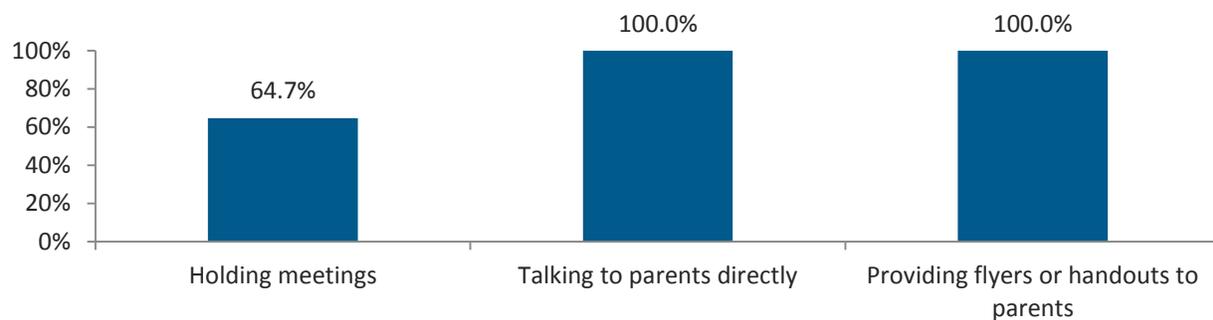
Source: Applied Survey Research. (2011). First Things First – Navajo/Apache Region: Survey for Child Care Providers. (Unpublished raw data).



Child care providers who were surveyed in the region reported that they provided parents with resources listed in the table above through talking to them directly (100%), providing flyers and handouts (100%) and holding meetings (65%) in 2011.



How do you provide these resources to parents? (Respondents answering yes), 2011



N=18.

Source: Applied Survey Research. (2011). First Things First – Navajo/Apache Region: Survey for Child Care Providers. (Unpublished raw data).

Social Services

Child Abuse

Why It Is Important

Child abuse and neglect are found in families across the social and economic spectrum. Social isolation, financial stress, poverty, substance abuse, and domestic violence are all factors that can lead to adults abusing children.⁴¹ Children who are victims of abuse or neglect experience higher rates of suicide, depression, substance abuse, difficulties in school, and other behavioral problems later in life, including a greater risk of mistreating their own children.⁴² The estimated average lifetime cost per victim of nonfatal child maltreatment is \$210,012 in 2010 dollars, including \$32,648 in childhood health care costs. It is therefore essential that communities work to prevent child abuse and neglect so as to end this cycle of abuse.

What the Community Is Doing

- *The White Mountain S.A.F.E. (“Safety Against Fearful Environments”) House* provides up to 120 days of shelter, guidance, and referral services for women and children escaping from domestic violence.

⁴¹ Child Welfare Information Gateway. (2004, February). Risk and protective factors for child abuse and neglect. Retrieved 2012 from <http://www.childwelfare.gov/preventing/pdfs/riskprotectivefactors.pdf>

⁴² Kolbo, J. R. (1996). Risk and resilience among children exposed to family violence. *Violence & Victims, 11*, 113-128; and Child abuse: The hidden bruises. (2008, May). American Academy of Child and Adolescent Psychiatry. Retrieved 2012 from http://www.aacap.org/cs/root/facts_for_families/child_abuse_the_hidden_bruiases

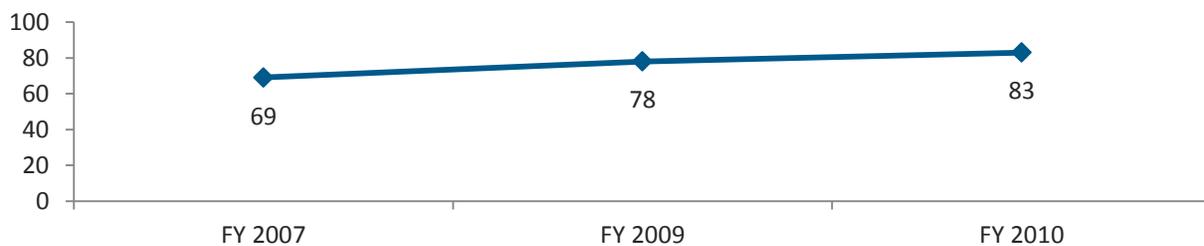


- **The Springerville Division of Emergency Services** offers domestic violence shelter at a local motel for community members in crisis. Program funds are limited and are available on a first-come first-serve basis.
- The **Family Advocacy Center** provides forensic exams for children and adults who have been sexually traumatized/abused. It uses the collaborative services of a partnership between North Country Health Care, Navajo County Attorney's Office, Navajo County Sheriff's Office, and Summit Healthcare.

What the Data Tell Us

There were 83 children removed from their homes by Child Protective Services in the First Things First Navajo/Apache Region in 2010, up from 69 children in 2007.

Children Removed from Home by Child Protective Services (CPS), First Things First Navajo/Apache Region



Source: Department of Economic Security. (2010). Child Protective Services, (Unpublished Data). Received 2012 from First Things First.
Note: First Things First Navajo/Apache Region data are the combination of all zip codes in the region (see Methodology for list of zip codes).

There was a decline in the number of substantiated cases of child abuse and neglect in the two counties from 63 cases in 2006 to 20 cases in 2010. Every year, the most cases were for child neglect. There were 10 cases of neglect, 9 cases of physical abuse, and 1 case of sexual abuse in 2010.

Substantiated Cases of Child Abuse or Neglect, Navajo and Apache Counties

TYPE OF MALTREATMENT	FY 2006	FY 2007	FY 2008	FY 2009	FY 2010*
Emotional Abuse	0	1	1	0	0
Neglect	41	27	27	33	10
Physical Abuse	16	11	10	7	9
Sexual Abuse	6	4	3	3	1
Total	63	43	41	43	20

Source: Department of Economic Security. (2010). Child Welfare Reporting Requirements Semi-Annual Reports. Retrieved June 2010 from <https://www.azdes.gov/>

*Number of reports collected from October 2009 – September 2010.



Foster Care

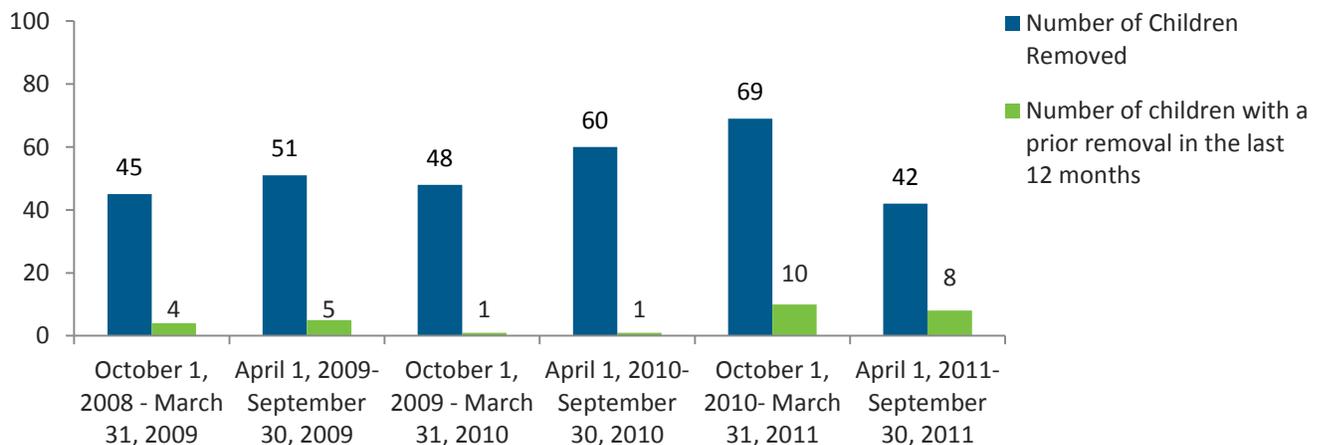
Why It Is Important

Children who are victims of child abuse or neglect may be placed in foster care by the court. Foster care is care for children ages birth through 17 who are removed from their parents' or guardians' home and placed in a different setting such as a family foster care home, relatives' home, group residential home, or an institutional care facility. It is generally held that the child's best interests are served by being with their parents, and there is often an effort to address the issues at home so as to reunite the family.⁴³

What the Data Tell Us

The number of children entering out of home care is reported in 6 month increments. Between April 1st and September 30th of 2011, there were 42 children removed from homes in Navajo County and 30 in Apache County. In Navajo County, nearly 20% of those children had a prior removal in the 12 months previous.

Number of Children Entering Out-of-Home Care, Navajo County

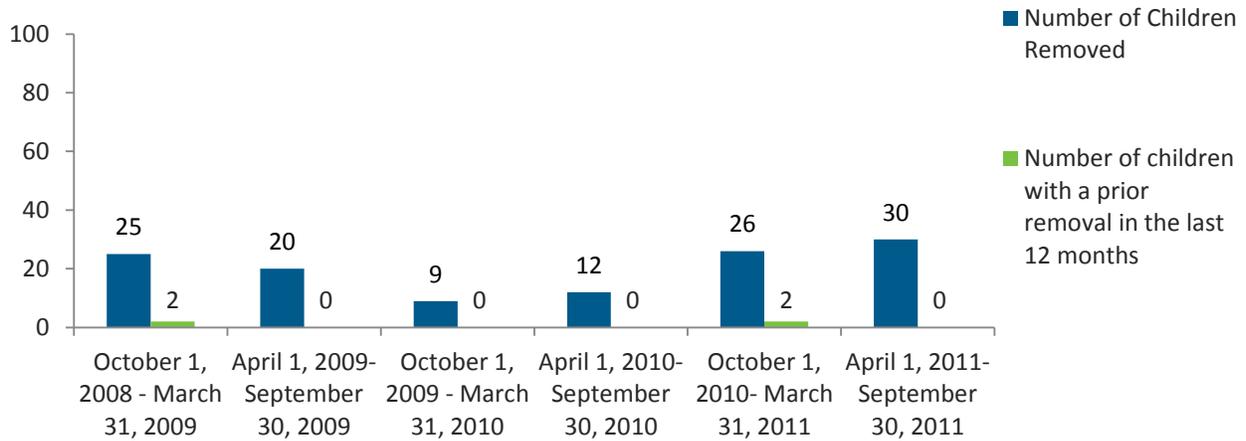


Source: Department of Economic Security. (2011). Child Protective Services. (Unpublished Data). Received 2012 from First Things First.
Note: Fiscal year goes from October to September.

⁴³ Department of Health and Human Services, Administration for Children and Families, *Family Preservation Services*, Retrieved 2010 from <http://www.childwelfare.gov/supporting/preservation/>



Number of Children Entering Out-of-Home Care, Apache County



Source: Department of Economic Security. (2011). Child Protective Services. (Unpublished Data). Received 2012 from First Things First.
Note: Fiscal year goes from October to September.

Juvenile Justice

Why It Is Important

Juvenile crime is one of the most salient indicators of community safety. It is associated with histories of abuse or neglect, substance abuse, mental health problems, family disorganization, peer pressure, and gang activity.⁴⁴ To reduce juvenile crime, it is important that the community promote youth assets and positive attitudes by providing opportunities for education, mentoring, employment, and leadership.

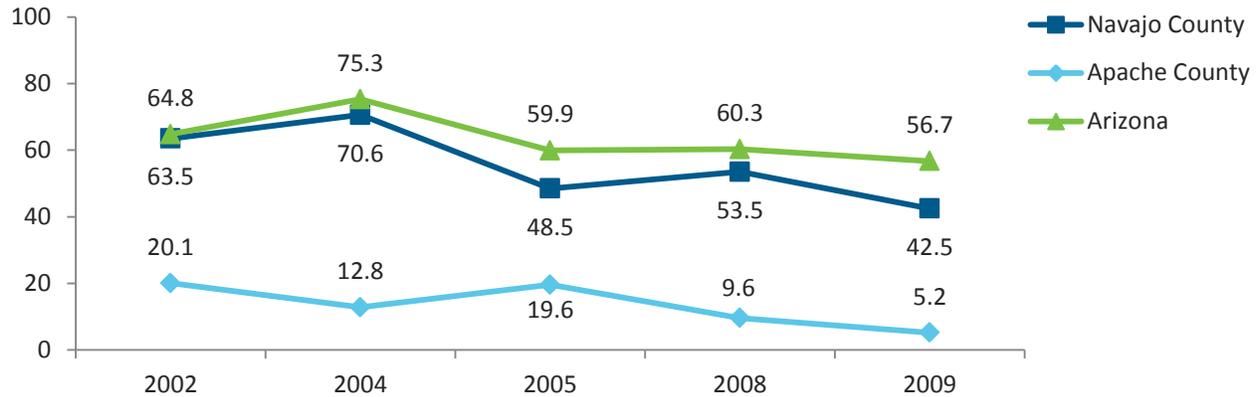
⁴⁴ Noguera, P. (1995). Reducing and Preventing Youth Violence: An Analysis of Causes and an Assessment of Successful Programs. *Harvard Education Review*. 65, 189-212.



What the Data Tell Us

The juvenile arrest rate for children ages 8 through 17 was higher in Arizona at 56.7 per 1,000 youth, than it was in either Navajo County (42.5 per 1,000) or Apache County (5.2 per 1,000) in 2009. The juvenile arrests rates declined from 2002 to 2009 in the state and the two counties. Currently the rates are lower than they have ever been since 2002.

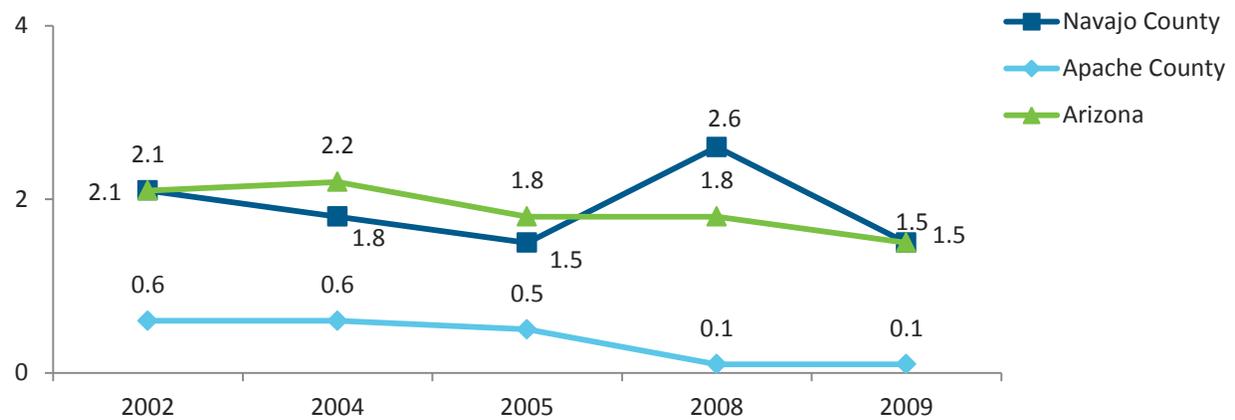
Juvenile Arrests Ages 8 Through 17 (Rate per 1,000 Youth)



Source: Kids Count Data Center. (n.d). State Profile. Retrieved 2010 from <http://datacenter.kidscount.org/>
 Note: Rate per 1,000 youth ages 8 through 17.

The juvenile arrest rate for violent crimes for children ages 8 through 17 was the same in Arizona and Navajo County at 1.5 per 1,000 youth in 2009, but much lower in Apache County at 0.1 per 1,000 youth. In general, the juvenile arrests rates for violent crimes declined from 2002 to 2009 in the state and the two counties, except for a spike in Navajo County in 2008.

Juvenile Arrests for Violent Crimes Ages 8 Through 17 (Rate per 1,000 Youth)



Source: Kids Count Data Center. (2009). State Profile. Retrieved 2010 from <http://datacenter.kidscount.org/>
 Note: Rate per 1,000 youth ages 8 through 17.



There were 90 arrests for drug crimes for youth ages 8 through 17 in 2009 in Navajo County (a rate of 4.3 per 1,000), and 7 arrests in Apache County (a rate of 0.5), as compared to a rate of 6.0 per 1,000 in Arizona.

Juvenile Arrests for Drug Crimes Ages 8 Through 17, 2009

	NAVAJO COUNTY	APACHE COUNTY	ARIZONA
Number of Arrests for Drug Crimes	90	7	5,507
Rate per 1,000 of Arrests for Drug Crimes	4.3	0.5	6.0

Source: Kids Count Data Center. (2009). State Profile. Retrieved 2010 from <http://datacenter.kidscount.org/>

Children of Incarcerated Parents

Why It Is Important

Children of incarcerated parents are more likely to experience poverty and household instability, especially due to the increased likelihood of single parent households or grandfamilies. These children are more likely to witness drug and alcohol abuse and domestic violence and they are more likely to exhibit higher levels of emotional and behavioral problems than children whose caregivers have never been arrested. They are also more likely to later be incarcerated themselves if preventive steps are not taken.⁴⁵ Arizona had the highest rate of incarceration nationally. There were an estimated 95,669 minor children in Arizona affected by parental incarceration 2007, and an additional 80,398 children had at least one parent on probation. Overall, it was estimated that on any given day, 176,067 children have a parent involved in the Arizona criminal justice system.⁴⁶

⁴⁵ Nickel, J. Garland, C., and Kane, L. (2009). Children of Incarcerated Parents: An Action Plan for Federal Policymakers. New York: Council of State Governments Justice Center, 2009. Retrieved June 29, 2010 from http://www.thecrimereport.org/wp-content/uploads/2009/10/Children_Incarcerated_Parents_v8.pdf

⁴⁶ Prima Prevention Partnership. (2007, December). Arizona Children of Incarcerated Parents Arizona: Bill of Rights Project. Retrieved 2010 from http://thepartnership.us/newsite/pdfs/Final_report.pdf



What the Data Tell Us

In Navajo and Apache counties, it was estimated in 2007 that more than 900 children had a parent in a county jail and more than 22% of those children were under age four.

Estimated Daily Number of Children of Arrested and Incarcerated Parents, 2007

ARRESTS BY FACILITY	NUMBER OF MINOR CHILDREN*	NUMBER OF CHILDREN UNDER THE AGE OF 4
Correctional System		
Navajo County Jail	712	157
Apache County Jail	204	45
Federal Prison System in Arizona	5,681	1,250
Arizona State Prison	63,050	13,871
Arizona Correctional System Total	95,669	21,047
Probation Department		
Navajo County Probation	1,756	386
Apache County Probation	827	182
Federal Probation	8,500	1,870
Arizona State Probation Total	80,398	17,688

Source: The Pima Prevention Partnership. (2007). Arizona Children of Incarcerated Parents Report. Retrieved 2010 from http://thepartnership.us/newsite/pdfs/Final_report.pdf.

* On average, every inmate in Arizona has 1.7 minor children less than 18 years.



HEALTH

Ensuring that children and youth are in good physical health provides an essential foundation for healthy development so that children can become successful, healthy and thriving adults. It is critical that children have access to health care to ensure that they have a chance at obtaining optimum health. However, Arizona's general fund budget has been reduced by more than 20%, from \$10.6 billion in fiscal year (FY) 2008 to \$8.5 billion in FY 2011. Cuts to health and human services have been especially profound.⁴⁹

According to the 2008 FTF Family and Community Survey, more than 1/3 of parents were dissatisfied with the health information and resources available, and 70% of parents of children with health issues expressed dissatisfaction with available information and resources. The cuts that have occurred to date are beginning to take their toll on children and their families, especially the most vulnerable populations, such as children with behavioral health conditions and special health needs.

SELECTED INDICATORS

Maternal and Child Health

- Prenatal Care
- Birth Characteristics
- Substance Abuse During Pregnancy
- Teen Births
- Breastfeeding
- Immunizations

Special Needs

- Health Insurance
- Health Providers
- Oral Health Care

Education

- Asthma
- Overweight and Obesity
- Illness
- Leading Causes of Death

⁴⁹ Arizona Health Futures. (2011). After the Dust Settles. Retrieved 2012 from <http://slhi.org/wp-content/uploads/2011/05/ib-2011-April.pdf>



Maternal and Child Health

Prenatal Care

Why It Is Important

Prenatal care is comprehensive medical care for pregnant women, including screening and treatment for medical conditions and identification and interventions for behavioral risk factors like tobacco, alcohol, and substance abuse that are associated with poor birth outcomes. Women who receive adequate prenatal care are more likely to have better birth outcomes, such as full term births and babies born weighing more than 5.5 pounds. Babies born to mothers who receive no prenatal care are three times more likely to be born at a low birth weight (less than 5.5 pounds), and five times more likely to die, than those whose mothers received prenatal care.⁴⁸ Lack of prenatal care is often associated with lack of health insurance and other barriers to health care, including communication difficulties, lack of child care, and transportation obstacles.⁴⁹

It is essential for women to receive prenatal care early in their pregnancy (first trimester) and to have regular prenatal visits throughout the pregnancy. Timely and consistent visits allow for the identification of medical problems. Health providers are also able to provide pregnancy and delivery education, education service referrals, and prevent maternal health risks including death.⁵⁰

What the Community Is Doing

- ***Childbirth Classes*** at Summit Healthcare Regional Medical Center are free and offered monthly. Topics include labor and delivery, relaxation and breathing, and infant care.
- ***The Navajo County Prenatal Block Grant Program*** through the Navajo County Public Health Services Department helps create and develop community services networks that facilitate early access into already established health programs for women of child bearing ages 13-46.
- ***Prenatal Care Management Program***, a Community Development Block Grant Program of Apache County Health Department provides comprehensive maternal and child health care that address prenatal and postnatal needs of women in southern Apache County.

⁴⁸ U.S. Department of Health Services, Maternal and Child Health Bureau (n.d.) A Healthy start: Begin before baby's born. Retrieved June 28, 2010 from <http://www.mchb.hrsa.gov/programs/womeninfants/prenatal.htm>

⁴⁹ American Congress of Obstetricians and Gynecologists. (2010). Universal maternity care. Retrieved June 23, 2010 from http://www.acog.org/acog_districts/dist_notice.cfm?recno=1&bulletin=2893

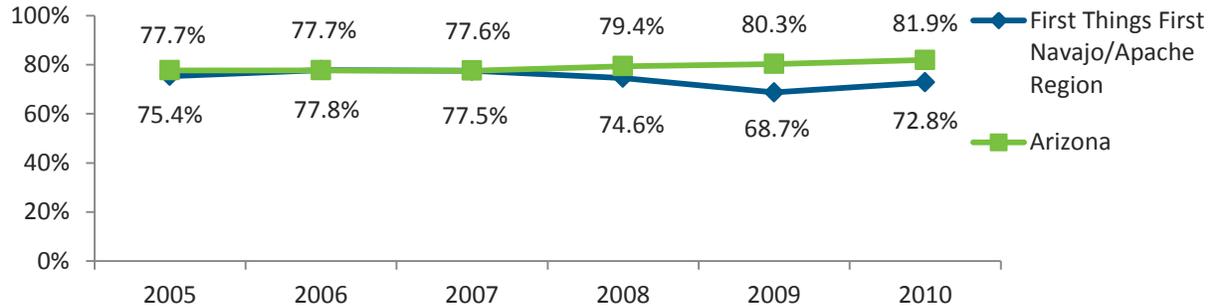
⁵⁰ Kotelchuck, M. (1994). An evaluation of the Kessner Adequacy of Prenatal Care Index and a Proposed Adequacy of Prenatal Care Utilization Index. *American Journal of Public Health*, 84(9), 1414-1420. Retrieved from <http://ajph.aphapublications.org/cgi/reprint/84/9/1414.pdf>



What the Data Tell Us

A lower percentage of women in the communities served by the First Things First Navajo/Apache Region (73%) began prenatal care in the first three months of their pregnancy as compared to women in Arizona (82%) in 2010. The percentage of women receiving prenatal care in their first trimester hit a six year low in 2009.

Women Who Began Prenatal Care in First Trimester of Pregnancy



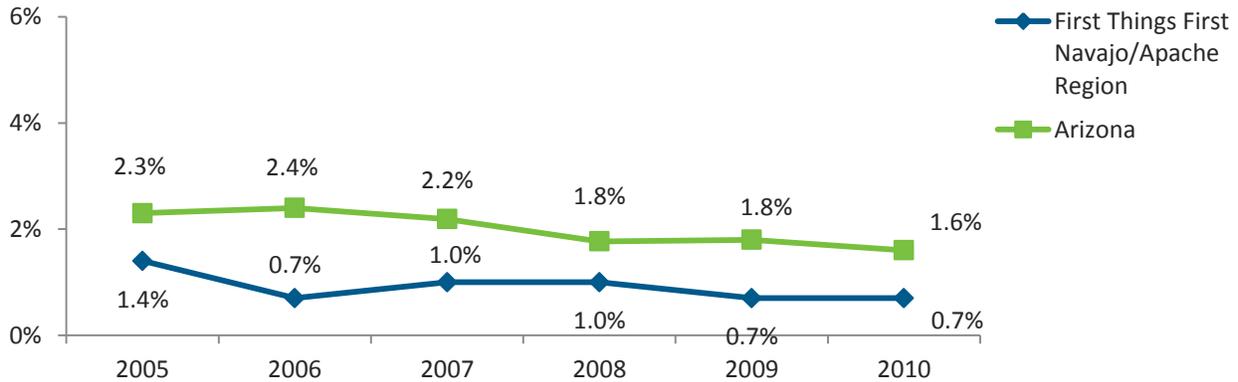
Source: Arizona Department of Health Services. (2010). Health Status and Vital Statistics. Retrieved 2011 from <http://www.azdhs.gov/plan/index.htm>.

Note: Regional birth data is the combination of data for the communities of Alpine, Concho, Eager, Greer, Nutrioso, Saint Johns, Sanders, Springerville, Vernon, Clay Springs, Heber, Holbrook, Joseph City, Lakeside, Overgaard, Pinedale, Pinetop, Show Low, Sun Valley, White Mountain, Woodruff, and Taylor.

Note: Percentage of total births.

A small percentage of women (less than 1%) did not receive any prenatal care during their pregnancy in the communities served by the First Things First Navajo/Apache Region in 2010. This was compared to Arizona at nearly 2%.

Women Who Received No Prenatal Care During Pregnancy



Source: Arizona Department of Health Services. (2010). Health Status and Vital Statistics. Retrieved 2011 from <http://www.azdhs.gov/plan/index.htm>.

Note: Regional birth data is the combination of data for the communities of Alpine, Concho, Eager, Greer, Nutrioso, Saint Johns, Sanders, Springerville, Vernon, Clay Springs, Heber, Holbrook, Joseph City, Lakeside, Overgaard, Pinedale, Pinetop, Show Low, Sun Valley, and Taylor.

Note: Percentage of total births.



Birth Characteristics

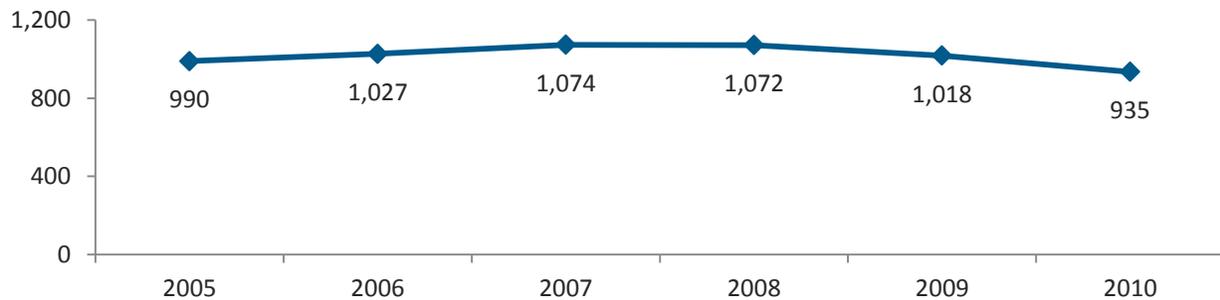
Why It Is Important

There are many factors surrounding a child's birth that are related to infant and child survival, health, and development. Low birth weight in particular is a risk factor for developmental delays, visual and hearing defects, chronic respiratory problems, autism, and learning difficulties.⁵¹ Low birth weights are commonly associated with pre-term births which also increase the risk of serious lasting disabilities like cerebral palsy and increased infant mortality.⁵² Births with medical complications of labor and delivery include such things as long delivery, uncoordinated contractions, and overstretching of the uterus. Births with medical risk factors apply to the mother and include such things as anemia, heart disease, diabetes, hypertension and kidney disease.

What the Data Tell Us

There were 935 total births in the First Things First Navajo/Apache Region in 2010, a decrease from 2009.

Total Births, First Things First Navajo/Apache Region



Source: Arizona Department of Health Services. (2010). Health Status and Vital Statistics. Retrieved 2011 from <http://www.azdhs.gov/plan/index.htm>.

Note: Regional birth data is the combination of data for the communities of Alpine, Concho, Eager, Greer, Nutrioso, Saint Johns, Sanders, Springerville, Vernon, Clay Springs, Heber, Holbrook, Joseph City, Lakeside, Overgaard, Pinedale, Pinetop, Show Low, Sun Valley, and Taylor.

⁵¹ U.S. Department of Health and Human Services, Health Resources and Services and Administration. (2009, September). Child health USA 2008-2009. Retrieved 2012 from <http://mchb.hrsa.gov/chusa08/>

⁵² March of Dimes Foundation. (2010). Preterm Births. Retrieved June 22, 2010 from http://www.marchofdimes.com/professionals/14332_1157.asp#head4



Total Births, By County and Community, 2010

AREA	NUMBER
Navajo County	
Clay Springs	11
Heber	26
Holbrook	84
Joseph City	22
Lakeside	96
Overgaard	22
Pinedale	4
Pinetop	41
Show Low	202
Snowflake	121
Sun Valley	3
Taylor	72
White Mountain Lake	1
Woodruff	2
Apache County	
Alpine	2
Concho	17
Eagar	73
Greer	2
Nutrioso	1
Saint Johns	48
Sanders	26
Springerville	45
Vernon	14

Source: Arizona Department of Health Services. (2010). Health Status and Vital Statistics. Retrieved 2011 from <http://www.azdhs.gov/plan/index.htm>.

The communities of the First Things First Navajo/Apache Region had slightly higher rates of low birth weight babies and more fluctuation than the state of Arizona as a whole, 8.2% in comparison to 7.1% respectively.

Births with Low Birth Weight (Less than 2,500 Grams)



Source: Arizona Department of Health Services. (2010). Health Status and Vital Statistics. Retrieved 2011 from <http://www.azdhs.gov/plan/index.htm>.

Note: Regional birth data is the combination of data for the communities of Alpine, Concho, Eagar, Greer, Nutrioso, Saint Johns, Sanders, Springerville, Vernon, Clay Springs, Heber, Holbrook, Joseph City, Lakeside, Overgaard, Pinedale, Pinetop, Show Low, Sun Valley, and Taylor.
 Note: Percentage of total births.



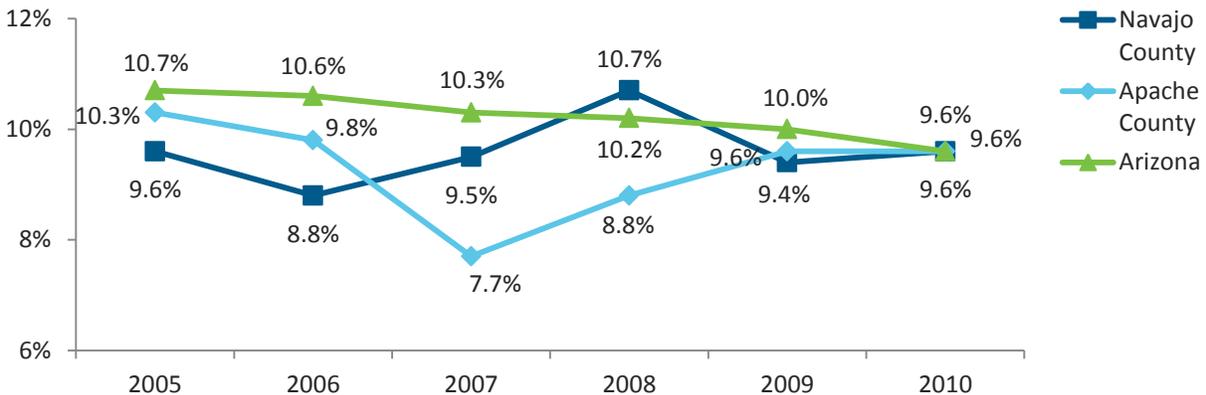
Low Birth Weights, By County and Community, 2010

AREA	NUMBER
Navajo County	
Clay Springs	1
Heber	5
Holbrook	11
Joseph City	3
Lakeside	8
Overgaard	4
Pinedale	0
Pinetop	3
Show Low	14
Snowflake	12
Sun Valley	0
Taylor	1
White Mountain Lake	0
Woodruff	0
Apache County	
Alpine	1
Concho	2
Eagar	4
Greer	1
Nutriso	0
Saint Johns	2
Sanders	0
Springerville	2
Vernon	3

Source: Arizona Department of Health Services. (2010). Health Status and Vital Statistics. Retrieved 2011 from <http://www.azdhs.gov/plan/index.htm>.

Unfortunately, there are no current data on preterm births at the community level. Data are available at the county level and show the rate of preterm births to be similar to the preterm births at the state level, about 10 of every 100 births.

Preterm Births (Gestational Age of Less Than 37 Weeks)



Source: Arizona Department of Health Services. (2010). Health Status and Vital Statistics. Retrieved 2011 from <http://www.azdhs.gov/plan/index.htm>.

Note: Rate per 100 births.



Teen Births

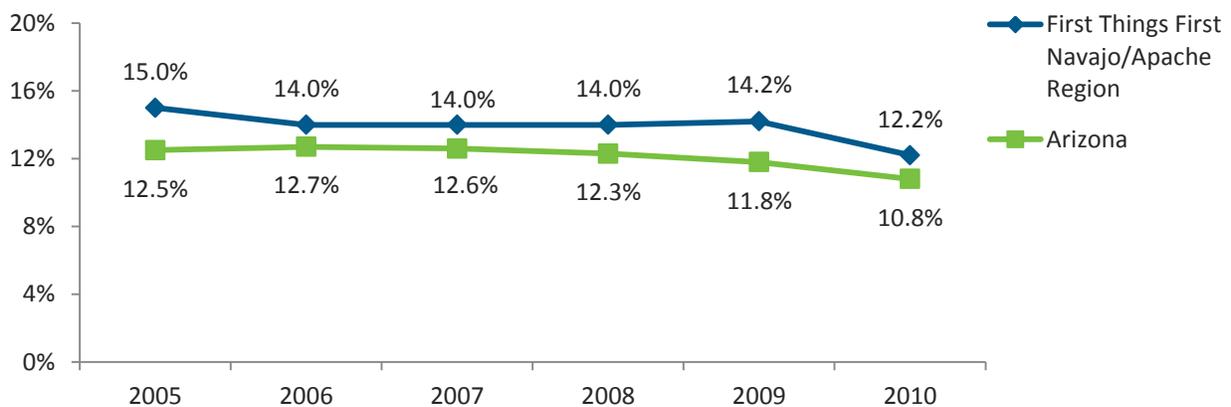
Why It Is Important

Teen parents and their children are often at greater risk of experiencing short- and long-term health, economic, social, and academic challenges than parents who delay childbirth. Teen mothers tend to give birth prematurely and have babies born at low birth rates. Teen mothers are less likely to complete high school and therefore have lower earning power in their careers. Children born to teens are 50% more likely to repeat a grade, are less likely to complete high school, and perform lower on standardized tests than children of older mothers.⁵³ Arizona had the 6th highest teen birth rate in the nation in 2009.⁵⁴

What the Data Tell Us

In 2010, 12% of births were to teen mothers in the First Things First Navajo/Apache Region, higher than the state of Arizona at 11%. Teen birth rates in the First Things First Navajo/Apache Region were consistently higher than the state between 2005 and 2010.

Births to Teen Mothers 19 Year or Younger



Source: Arizona Department of Health Services. (2010). Health Status and Vital Statistics. Retrieved 2011 from <http://www.azdhs.gov/plan/index.htm>.

Note: Regional birth data is the combination of data for the communities of Alpine, Concho, Eager, Greer, Nutrioso, Saint Johns, Sanders, Springerville, Vernon, Clay Springs, Heber, Holbrook, Joseph City, Lakeside, Overgaard, Pinedale, Pinetop, Show Low, Sun Valley, and Taylor.
Note: Percentage of total births.

⁵³ National Campaign to Prevent Teen and Unplanned Pregnancy. (2002). Not Just Another Single Issue: Teen Pregnancy Prevention's Link to Other Critical Social Issues. Retrieved 2004 from <http://www.teenpregnancy.org/resoures/data/pdf/notjust.pdf>.

⁵⁴ Arizona Department of Health Services and National Center for Health Statistics.



Births to Teen Mothers 19 Year or Younger, By County and Community, 2010

AREA	NUMBER
Navajo County	
Clay Springs	1
Heber	2
Holbrook	10
Joseph City	2
Lakeside	15
Overgaard	3
Pinedale	0
Pinetop	5
Show Low	34
Snowflake	15
Sun Valley	0
Taylor	6
White Mountain Lake	0
Woodruff	1
Apache County	
Alpine	0
Concho	3
Eagar	7
Greer	0
Nutriso	0
Saint Johns	2
Sanders	3
Springerville	4
Vernon	1

Source: Arizona Department of Health Services. (2010). Health Status and Vital Statistics. Retrieved 2011 from <http://www.azdhs.gov/plan/index.htm>.

Breastfeeding

Why It Is Important

Breastfeeding offers multiple health advantages to the infant and the mother. Breast milk contains properties that increase immunity, lower the risk of infection, and decrease susceptibility to chronic illness. Mothers who breastfeed have fewer postpartum problems and a reduced risk of osteoporosis, ovarian cancer, and breast cancer.⁵⁵

The state of Arizona has Breastfeeding Help AZ to provide classes and lactation consultations.

What the Community Is Doing

- *Summit Healthcare Regional Medical Center's Childbirth Classes* are free and include breastfeeding support and education.

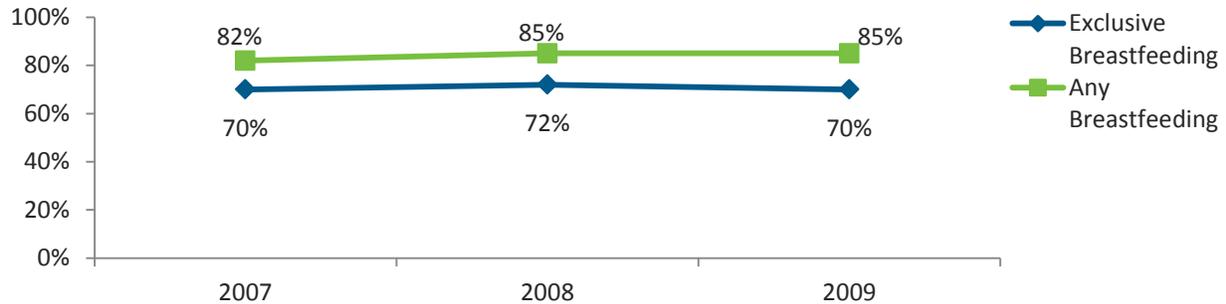
⁵⁵ Schack-Nielsen, L, Larnkjær, A & Michaelsen, K. F.(2005). Long Term Effects of Breastfeeding on the Infant and Mother. *Early Nutrition and its Later Consequences: New Opportunities*. (pp16-23). Springer Netherlands doi: 10.1007/1-4020-3535-7_3



What the Data Tell Us

Eighty-five percent of mothers breastfed their newborn babies in addition to bottle feeding at discharge from the hospital in 2009, and 70% exclusively breastfed their babies.

Breastfeeding by Mothers at Discharge from Hospital, Summit Regional Medical Center



Source: Summit Regional Medical Center. (June 2010). Personal Correspondence with Hospital Representative. (Unpublished data).

Immunizations

Why It Is Important

Immunization requirements help to prevent against a number of serious and sometimes fatal vaccine-preventable diseases in young children. In Arizona, immunizations are a requirement for entry into kindergarten and children must be up-to-date with age-appropriate vaccinations in order to attend preschool or child care. The required vaccinations protect against hepatitis B, polio, measles, mumps, rubella, diphtheria, tetanus, pertussis, influenza, and varicella (chickenpox).

A standard measure of vaccinations, as measured by the National Immunization Survey, is the percentage of children ages 19 to 35 months who have received the appropriate number of vaccines across a wide range of diseases; it is referred to as the 4:3:1:3:3:1 immunization schedule.⁵⁶

What the Community Is Doing

- **Both Navajo and Apache Counties offer free immunizations** for children ages birth through 18 as part of the federal Vaccines for Children Program:
 - Apache County Division of Public Health Clinical Services' Immunization Program has immunization clinics in **Springerville** and **St. Johns**.
 - Navajo County Public Health Services' Immunization Program has immunization sites in **Holbrook**, **Taylor/Snowflake**, and **Show Low**.

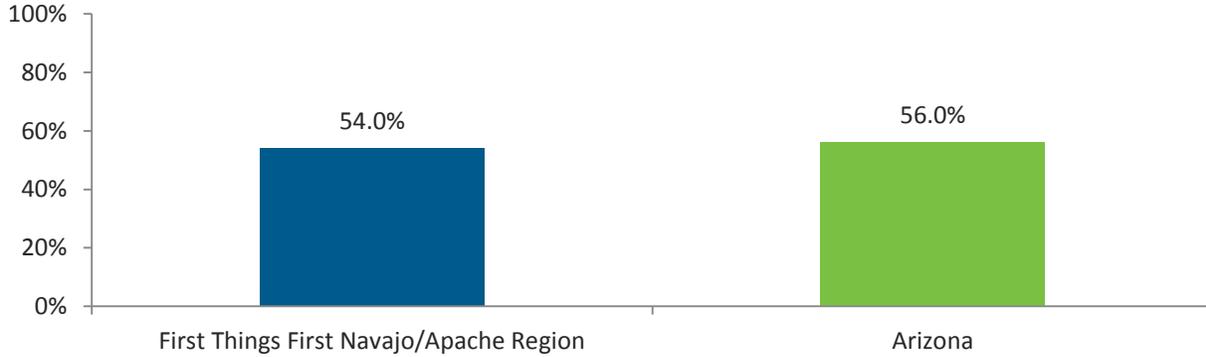
⁵⁶ U.S. Centers for Disease Control. (May 2010). National Immunization Survey. Retrieved June 2010 from <http://www.cdc.gov/vaccines/stats-surv/imz-coverage.htm#nis>.



What the Data Tell Us

The vaccination rates among children ages 19 through 35 months in the First Things First Navajo Apache Region was similar to those of the state, with 54% of children in the region and 56% of children in the state having completed their vaccination schedule.

Children Ages 19 Through 35 Months with Completed Vaccination Schedule, 2010

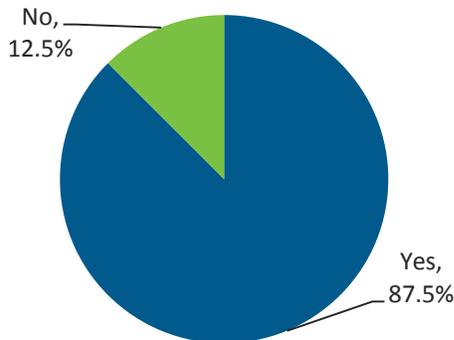


Source: Arizona Department of Health Services. (2010). Arizona State Immunization Information System Data Base (ASIIIS). (Unpublished Data). Received 2012 from First Things First.
 US National Immunization Survey. (2011). Estimated Vaccination Coverage with Individual Vaccines and Selected Vaccination Series Among Children 19-35 Months of Age by State and Local Area. Retrieved 2012 from <http://www.cdc.gov/vaccines/stats-surv/nis/nis-2010-released.htm>
 Note: First Things First Navajo Apache Region based on sum of Arizona Department of Health Services zip codes within region.
 Note: Children with completed schedule have received all vaccines in the 4:3:1:3:3:1 combination. Data only include children who have been entered into the Arizona State Immunization Information System, and do not capture children who have never seen a doctor or whose doctor did not enter them into the system.

The majority of parent respondents to a survey in the First Things First Navajo/Apache Region (88%) reported that their children were current on all vaccinations.



Is your child current on all the recommended vaccines?



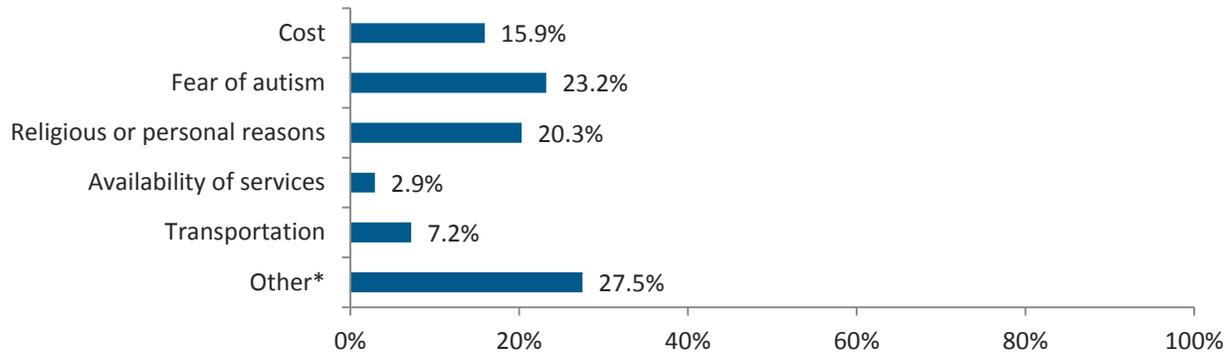
N=704
 Source: Applied Survey Research. (2012). First Things First – Navajo/Apache Region: Survey for Parents with Children Ages 0-5. (Unpublished raw data).



Of parents who reported their children were not current on their vaccinations, 23% reported not vaccinating their child due to fear of autism, another 20% did not vaccinate due to personal or religious reasons.



If no, why hasn't your child been vaccinated?



Multiple response question with 80 respondents offering 83 responses.

Source: Applied Survey Research. (2012). First Things First – Navajo/Apache Region: Survey for Parents with Children Ages 0-5. (Unpublished raw data).

*Other responses included: Busy, Fallen Behind, and no written response

Health Care

Health Care Need and Access

Why It Is Important

Children with a regular source of primary health care have better health. They receive more preventative care, have increased access to care, receive continuous care, have lower rates of hospitalization, and lower health care costs.⁵⁷ An inability to receive medical care has the potential to cause adverse health consequences for children. People foregoing health care at the first cause for concern are more likely to require later hospitalization.⁵⁸

What the Community is Doing

- **Summit Healthcare** has a mobile health services van that visits patients in hard to reach areas, identifying medical problems and referring them to local physicians, community agencies or medical facilities before their medical problem becomes more serious.

⁵⁷ U.S. Department of Health and Human Services, Health Resources and Services Administration, Maternal and Child Health Bureau. Women's Health USA 2008. Rockville, Maryland: U.S. Department of Health and Human Services, 2008.

⁵⁸ Billings, J., J.D., Bindman, A. B., M.D., Grumbach, K., M.D., et al. (1995) Preventable Hospitalizations and Access to Health Care. JAMA (274(4): 305-311.

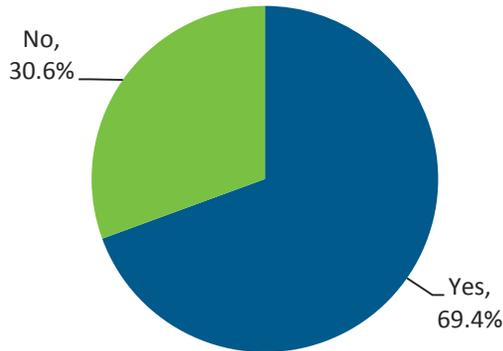


What the Data Tell Us

Of First Things First Navajo/Apache Region parent survey respondents, just 69% reported their child had needed medical care in the past 12 months. As parents of children ages birth through five, this percentage is low, as children would have required at least one well-child visit in the 12 month period.



In the last 12 months, has your child needed medical care?



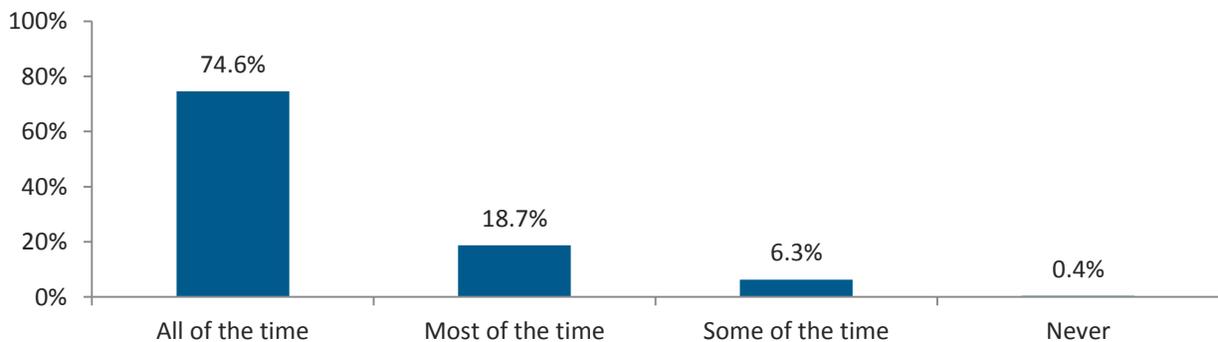
N=709

Source: Applied Survey Research. (2012). First Things First – Navajo/Apache Region: Survey for Parents with Children Ages 0-5. (Unpublished raw data).

Of parents who reported their child needed medical care, 75% reported the child always received care when they needed it. An additional 19% reported the child received care most of the time and 6% said the child received care some of the time. Less than 1% of parent respondents (2 parents) reported their child was never able to receive the care they needed.



How often was your child able to receive the medical care she/he needed?



N=492

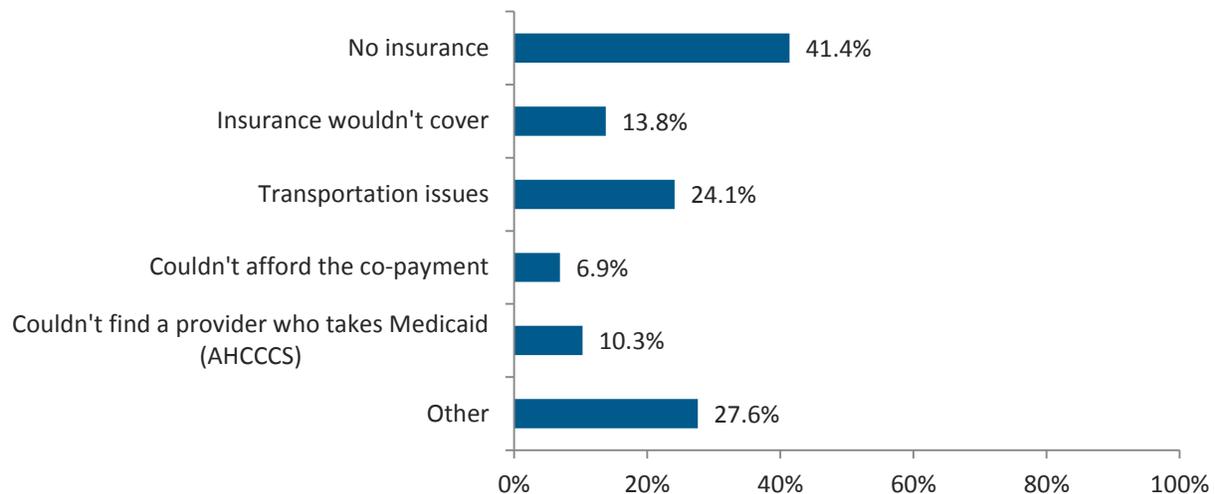
Source: Applied Survey Research. (2012). First Things First – Navajo/Apache Region: Survey for Parents with Children Ages 0-5. (Unpublished raw data).



Of parents who reported their child received care less often than needed, most (41%) reported lack of insurance as their reason for not receiving care. Twenty-four percent reported transportation was a problem in receiving care.



If "some of the time" or "never," why was your child unable to receive the care she/he needed?



Multiple response question with 29 respondents offering 36 responses.

Source: Applied Survey Research. (2012). First Things First – Navajo/Apache Region: Survey for Parents with Children Ages 0-5. (Unpublished raw data).

Note: These responses are not mutually exclusive.

Health Insurance

Why It Is Important

A key measure of access to the health care system is whether a child has health insurance. Children who have health insurance learn better in school and miss fewer days of school.⁵⁹ Children who don't have health insurance are four times more likely to have delayed medical care and are more likely to be hospitalized for conditions that could have been treated by a primary care physician.⁶⁰ Uninsured children have less access to health care, are less likely to have a regular source of primary care, and use both medical and dental care less often. To help parents get insurance for their children, there is a toll-free hotline in Arizona to request an application for KidsCare/AHCCCS.

There has been an increase in enrollment of children in public programs like KidsCare and ACCCHS, but the economic recession has made it harder for many families to obtain this coverage. These programs provide health coverage for approximately 1 in 4 Arizonans. As many Arizonans have lost their jobs or health coverage, they have turned to AHCCCS for insurance.

⁵⁹ Mathematica Policy Research, Inc. (2004). Evaluation of the Santa Clara County Children's Health Initiative • In Brief Number 4. Retrieved June 22, 2010 from <http://www.mathematica-mpr.com/publications/PDFs/CHLImproves.pdf>

⁶⁰ American Academy of Pediatrics. (2010). MediKids Fact Sheet. Retrieved June 22, 2010 from <http://www.aap.org/advocacy/washing/MediKids-Fact-Sheet.pdf>.



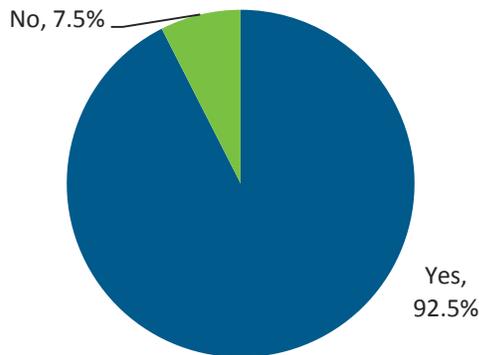
However, AHCCCS faces significant budget cuts from the state, including a freeze in KidsCare in 2009 which resulted in over 22,000 children losing KidsCare insurance.⁶¹

What the Data Tell Us

Eight percent of First Things First Navajo/Apache Region parent respondents reported their children did not have health insurance in 2011.



Does your child have health insurance?

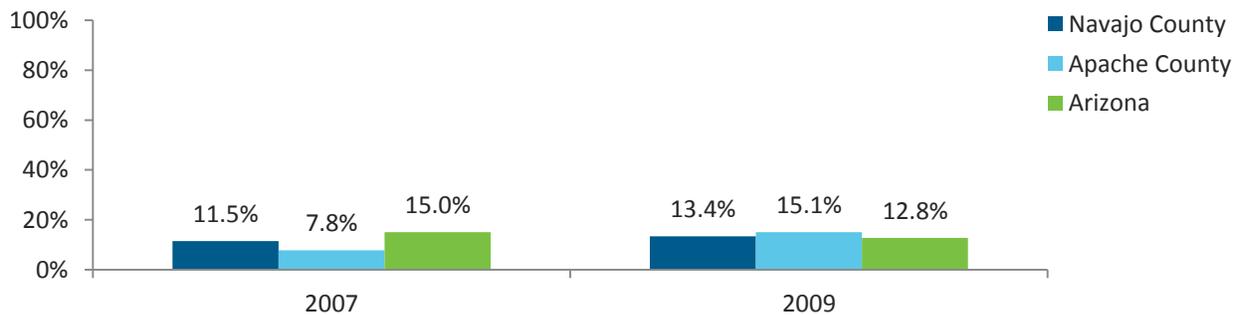


N: 2011=691

Source: Applied Survey Research. (2012). First Things First – Navajo/Apache Region: Survey for Parents with Children Ages 0-5. (Unpublished raw data).

U. S. Census data on health insurance coverage showed 15% of children 19 years and under in Apache County did not have health insurance in 2009. This was higher than both Navajo County children (13%) and all children in the state of Arizona (12.8%).

Children Without Health Insurance Coverage (Ages 19 and Younger),



Source: U. S. Census Bureau. (2010). Small Area Health Insurance Estimates. Retrieved 2011 from <http://www.census.gov/did/www/saie/index.html>

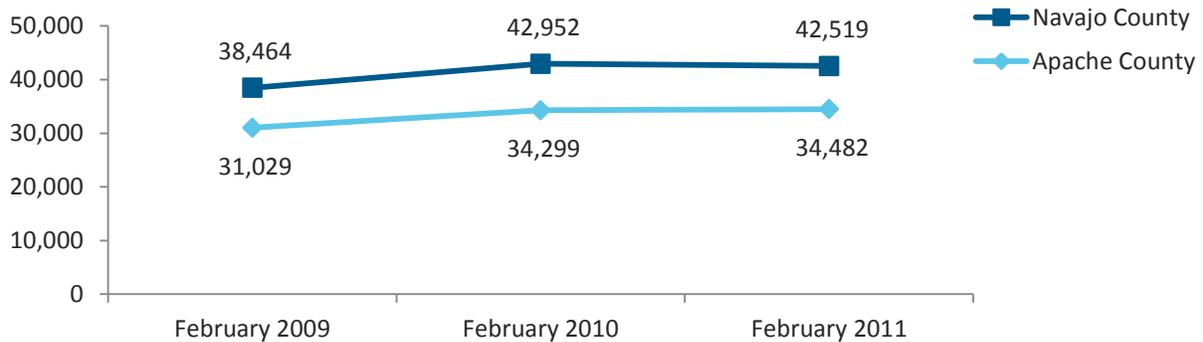
⁶¹ Arizona Health Futures. (April 2011). After the Dust Settles.



With the high costs associated with health care, most families are dependent on health insurance to cover needed services. There has been an increase in enrollment of children in public programs like KidsCare and ACCCHS, but the economic recession has made it harder for many families to obtain this coverage. These programs provide health coverage for approximately 1 in 4 Arizonans. As many Arizonans have lost their jobs or health coverage, they have turned to AHCCCS for insurance. However, AHCCCS faces significant budget cuts from the state, including a freeze in KidsCare in 2009 which resulted in over 22,000 children losing KidsCare insurance.⁶²

In February 2011, more than 42,000 residents in Navajo County and 34,000 residents in Apache County were enrolled in AHCCCS.

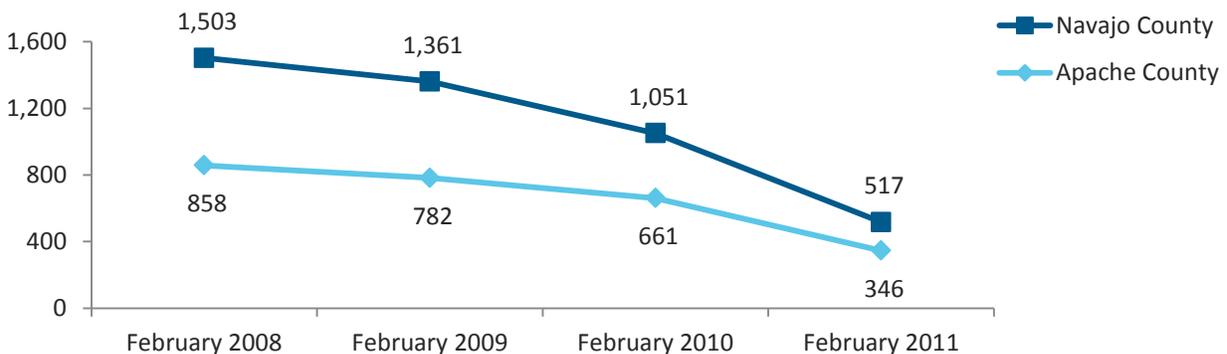
Arizona Health Care Cost Containment System (AHCCCS) Enrollment, All Ages



Source: Arizona Health Care Cost Containment System, (2012). AHCCCS Population by County. Retrieved 2012 from <http://www.azahcccs.gov/reporting/enrollment/population.aspx>.

KidsCare enrollment numbers have dropped significantly in recent years. Between 2008 and 2011 enrollment in Navajo County has dropped by 66% and by 60% in Apache County. In February of 2011 just 517 children in Navajo County and 346 children in Apache County were served by the program.

KidsCare Enrollment



Source: Arizona Health Care Cost Containment System, (2012). Kids Care Enrollment. Retrieved 2011 from <http://www.azahcccs.gov/reporting/enrollment/population.aspx>.

⁶² Arizona Health Futures. (April 2011). After the Dust Settles.



Health Providers

Why It Is Important

Communities across the nation are facing shortages of healthcare professionals. As the population ages and continues to increase in number, concern over provider shortfalls are increasing. The Arizona Healthcare Workforce is working to track and find ways of addressing these shortfalls across the state.

What the Data Tell Us

All communities in the First Things First Navajo/Apache Region are classified by the Arizona Department of Health Services as Health Professional Shortage Areas and Medically Underserved Areas. These designations identify the region as having a need for medical services based on demographic data, including the provider to population ratio, the population living in poverty, uninsured births, low birth weight, access to prenatal care, infant mortality rate, and unemployment.⁶³

The First Things First Navajo/Apache Region is served by two general hospitals – Summit Healthcare Regional Medical Center and White Mountain Regional Medical Center. Show Low had the greatest number of health care providers, with 78 primary care physicians and 336 registered nurses.

The number of providers in the region continues to change; an additional pediatrician was reported to have joined the region in 2012.⁶⁴

Health Care Providers, 2010

TYPE OF PROVIDER	HOLBROOK	ROUND VALLEY	SAINT JOHNS	SANDERS	HEBER-OVERGAARD	SHOW LOW	SNOW-FLAKE
Primary Care Physicians*	10	12	4	1	2	78	12
Physician Assistants	2	5	2	1	0	15	1
Nurse Practitioners	4	4	1	0	2	34	7
Registered Nurses	23	74	37	7	34	336	102
Dentists	2	1	4	0	2	28	5
Midwives	0	0	0	0	1	5	1
Emergency Medical	19	49	45	11	37	185	52

Source: Arizona Department of Health Services. (2012). Arizona Primary Care Area Program. Retrieved 2012 from <http://www.hhs.gov>.

Note: Primary Care physicians include M.D. and D.O.

Note: Most recent data is presented.

⁶³ Arizona Department of Health Services. Bureau of Health Systems Development and Oral Health. (2010). *Arizona Medically Underserved Areas*. Retrieved 2012 from <http://www.azdhs.gov/hsd/azmuadesignation.htm>.

⁶⁴ First Things First. (2012). Personal correspondence. Received 2012 from First Things First.



There were only 51 primary care physicians for every 100,000 people in Navajo County and 44 primary care physicians for every 100,000 people in Apache County in 2010. There were fewer dentists at 39 per 100,000 in Navajo County and 34 per 100,000 in Apache County in 2010.

Provider to Population Rates, 2010

TYPE OF PROVIDER	NAVAJO COUNTY	APACHE COUNTY
Primary Care Physicians per 100,000 population	51.4	44.2
Dentists per 100,000 population	39.0	34.2

Source: Community Department of Health and Human Services. (2010). Community Health Status Indicators. Retrieved 2011 from <http://www.hhs.gov>.

Note: Most recent data is presented.

Primary Care and Medical Homes

Why It Is Important

Having access to primary care and having a medical home where a child can get consistent health care with a professional that knows the child's history is key to maintaining good health. However, access to primary care and having a medical home are tied to many financial, physical, and cultural factors, such as employment, health insurance, transportation, language, and education.⁶⁵ Children's access to primary health care is especially important to monitor healthy growth and development and to prevent illnesses from progressing into more serious health problems.

What the Community Is Doing

- **North Country HealthCare Medical Care** is the only publicly supported community health center in the area. Its sliding fee scale services include preventive health care, family medicine, and pediatrics. Outpatient centers are located in Show Low, Holbrook, Springerville, and St. Johns.
 - North Country's **Healthy Steps** program in Show Low, Holbrook, and Round Valley emphasizes a close relationship between health care professionals and parents to encourage the physical, emotional, and intellectual growth and development of children from birth to age three. Healthy Steps is funded for children birth through five by The First Things First Navajo/Apache Regional Partnership Council.
- **The Summit Healthcare Healthy Steps Program** provides a bedside Newborn Observation (NBO) to all babies born at Summit. There is also a Healthy Steps Specialist in the Summit Healthcare Pediatric Clinic in Show Low. Ongoing participation in Healthy Steps, through any of the Healthy Steps clinics, is offered to all newborns prior to their initial discharge from Summit.

⁶⁵ U.S. Department of Health and Human Services. (2003). National Healthcare Disparities Report 2003. Rockville, MD. Retrieved June 22, 2010 from <http://www.ahrq.gov/qual/nhdr03/nhdrsum03.htm#ref6>



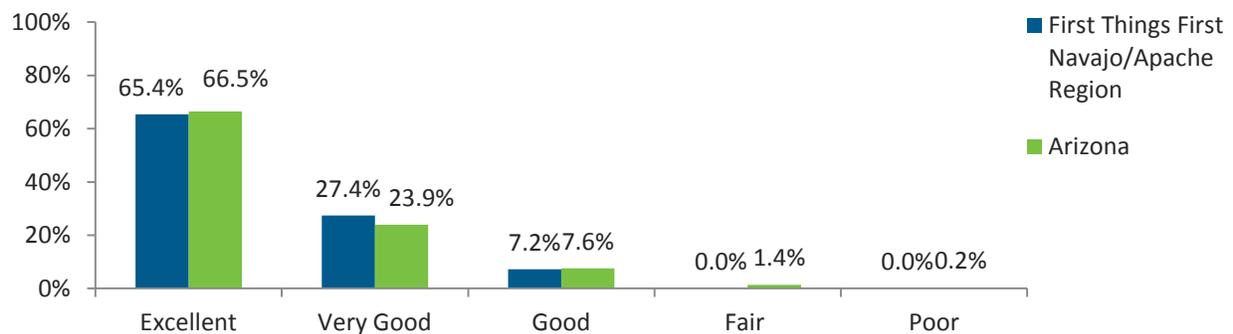
What the Community Is Saying

- According to one community representative, there were only two doctors serving children in the “huge region” of Southern Apache County in early 2012.
- According to a local service provider, the Healthy Steps program seeks to serve the whole family of the child and may “go the next step” to provide information on whatever the family’s overall needs may be, including referral to resources as diverse as employment assistance or car seat safety education.

What the Data Tell Us

Parents were asked about their perceptions of their child’s health in a First Things First Navajo/Apache Regional Survey in 2008. Almost two-thirds (65%) of parents reported that their child’s health was excellent, 27% said very good, 7% said good, and none said fair or poor. There results were comparable to Arizona results for children birth through five.

Parent Perceptions of the Statement “Compared with Other Children Ages Birth Through Five, Would You Say that Your Child’s Health Is...” 2008

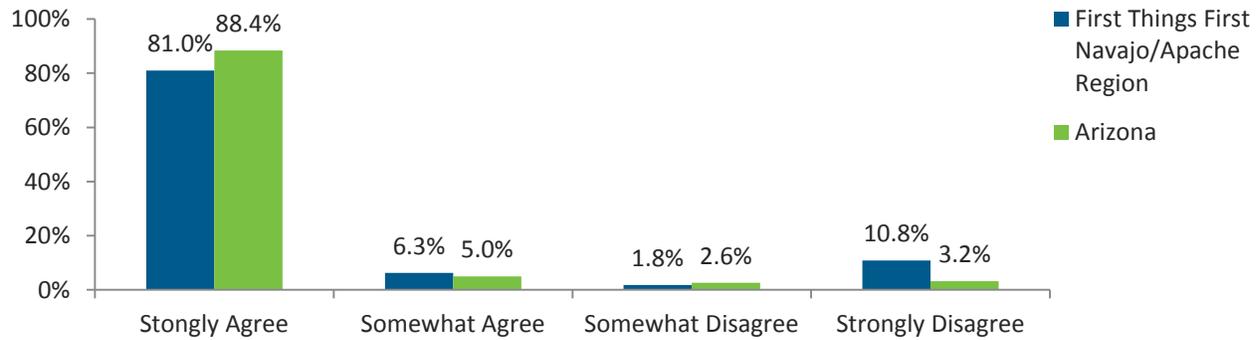


Source: First Things First. (2008). Family and Community Survey. (Unpublished Data). Received 2010 from First Things First.
 Note: Totals may not add to 100% due to respondents answering “don’t know” or refusing to answer.



The vast majority of First Things First Navajo/Apache parent survey respondents (81%) strongly agreed that their children had regular visits with the same doctor’s office, suggesting that most children had a consistent medical home. However, 11% of parents strongly disagreed that their child had a consistent medical home in 2008.

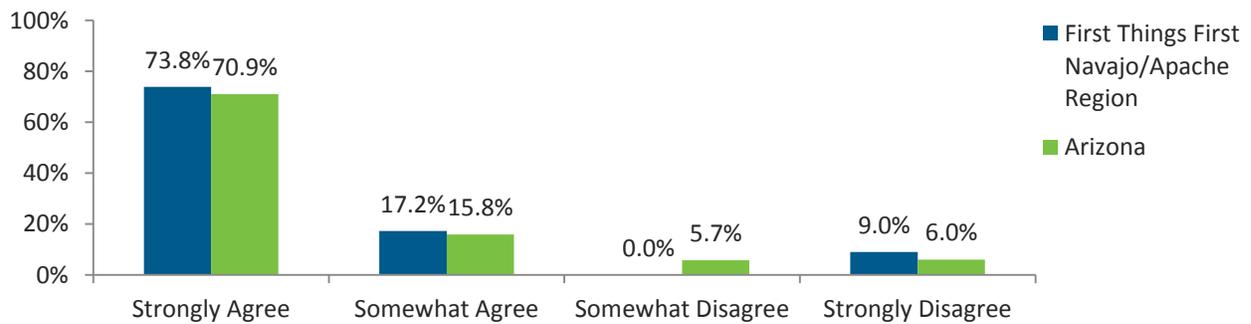
Parent Responses to the Statement “My Child/children Age Five and Under Have Regular Visits at the Same Doctor’s Office.” 2008



Source: First Things First. (2008). Family and Community Survey. (Unpublished Data). Received 2010 from First Things First. Note: Totals may not add to 100% due to respondents answering “don’t know” or refusing to answer.

Almost 74% of local parent survey respondents strongly agreed that their medical provider knew their family well and helped them make healthy decisions; however, 9% (or almost 1 in every 10 parents) strongly disagreed in 2008.

Parent Responses to the Statement “My Regular Medical Provider Knows my Family Well and Helps Us Make Healthy Decisions.” 2008



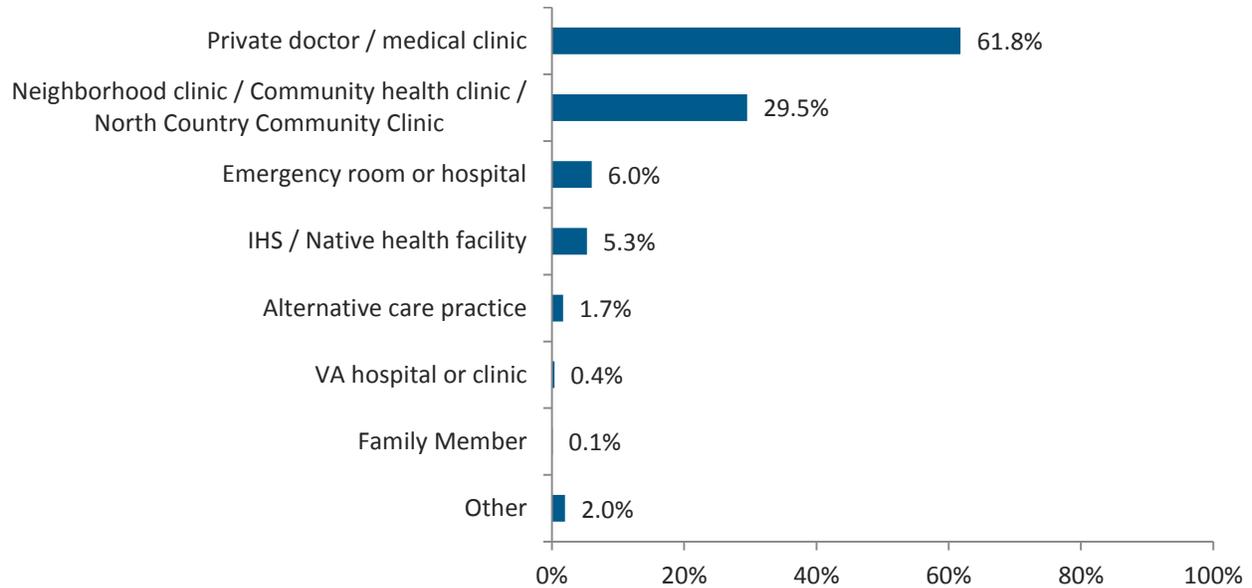
Source: First Things First. (2008). Family and Community Survey. (Unpublished Data). Received 2010 from First Things First. Note: Totals may not add to 100% due to respondents answering “don’t know” or refusing to answer.



Sixty-two percent of First Things First Navajo/Apache parent survey respondents reported that when their child needed health care, they usually went to a private doctor or medical clinic, followed by 30% who used a neighborhood/community or the North County Community Clinic. Six percent used the emergency room or hospital and 5% used Indian Health Services in 2011.



When your child needs health care, where do you usually go? 2011



Multiple response question with 701 respondents offering 749 responses.

Source: Applied Survey Research. (2012). First Things First – Navajo/Apache Region: Survey for Parents with Children Ages 0-5. (Unpublished raw data).

Note: These responses are not mutually exclusive.

Oral Health Care

Why It Is Important

Many pediatricians highlight dental problems as a major health problem. Arizona has substantial disparities in oral health where low income children, Hispanic children and children of color have more dental needs.⁶⁶ Dental diseases can be serious and are linked to premature birth, low birth weight infants, failure to thrive, diabetes, cardiovascular diseases, and stroke. Dental care is the most common unmet health need in children, and is the cause of impaired speech development, inability to concentrate in school, poor social relationships, and reduced self esteem.⁶⁷ Experts recommend that children as young as one year old be examined for tooth decay.⁶⁸

⁶⁶ The Oral Health of Arizona's Children. (2005). Arizona Department of Health Services. Office of Oral Health. Retrieved November 2005 from <http://www.azdhs.gov/phs/owch/ooh/index.htm>

⁶⁷ Arizona department of Health Services, Bureau of Women and Children's Health, Office of Oral Health. *The State of American Indian Children's Oral Health in Arizona*. Retrieved May 2011 from <http://www.azdhs.gov/phs/owch/ooh/index.htm>

⁶⁸ American Association for Pediatric Dentistry. (2004). Policy on the Dental Home. Retrieved June 22, 2010 from http://www.aapd.org/media/Policies_Guidelines/P_DentalHome.pdf



What the Community Is Doing

- *The First Things First Navajo/Apache Regional Partnership Council* funds oral health education for families, screenings and fluoride varnishes for children, and outreach to dentists to encourage first dental visits by age one.
 - *The White Mountain S.A.F.E. House's Family Advocacy Center* offers a variety of services at the Butterfly Boutique in Pinetop, including a fluoride varnish program for children ages birth through five. The Butterfly Boutique is one of the newest of the sites funded by the First Things First Navajo/Apache Regional Partnership Council to offer this service in community settings.
- *North Country HealthCare Medical Care* provides sliding fee services, including dental care. Its outpatient centers are located in Show Low, Holbrook, Springerville, and St. Johns.

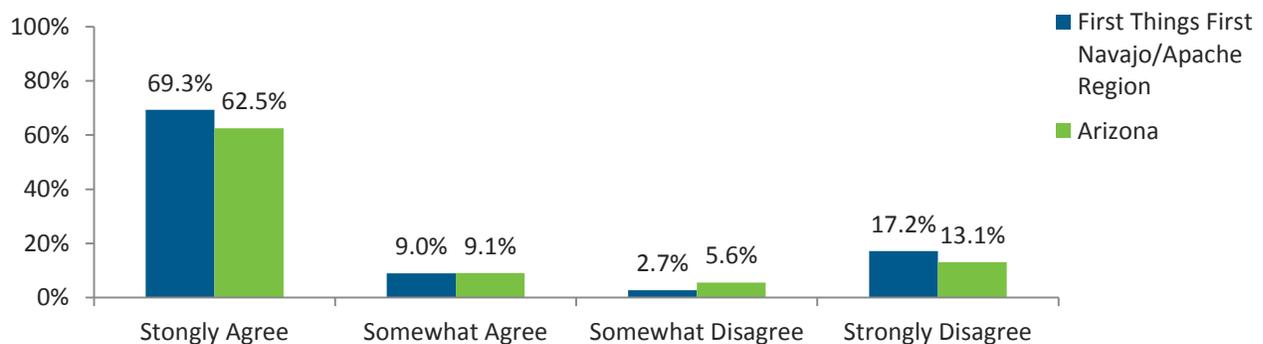
What the Community Is Saying

- Some children in the First Things First Navajo/Apache Region continue to go without **basic oral health care**. A local service provider shared the story of a three year old receiving a free toothbrush and toothpaste from a local agency who presented with all four teeth black and worn to stubs with decay.

What the Data Tell Us

Over 69% of parent respondents to the First Things First Navajo/Apache Community Survey in 2008 strongly agreed that their child age five and under had regular visits with the same dental provider; however, 17% of those parents strongly disagreed with the statement.

Parent Responses to the Statement "My Child/Children Age Five and Under Have Regular Visits with the Same Dental Provider." 2008



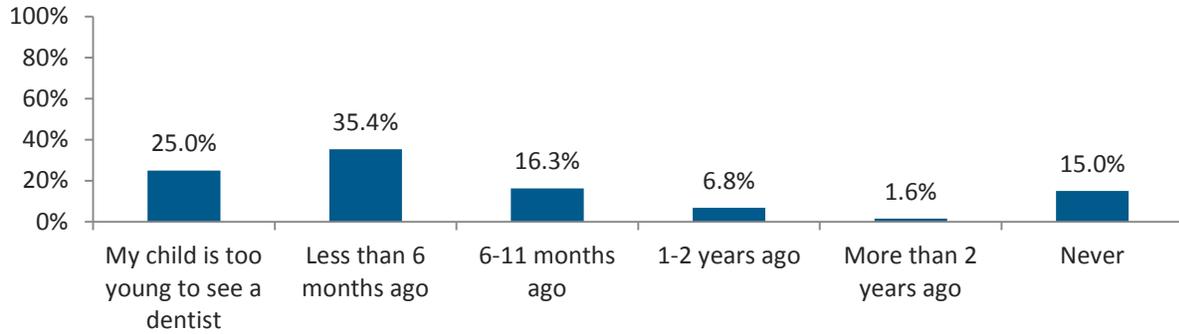
Source: First Things First. (2008). Family and Community Survey. (Unpublished Data). Received 2010 from First Things First. Note: Totals may not add to 100% due to respondents answering "not sure."



Parents in the First Things First Navajo/Apache Region were asked when their child last saw a dentist or dental hygienist. In 2011, half of parents (52%) reported that it was in the last year. Fifteen percent had never seen a dentist/hygienist and 8% said it was more than one year ago.



When did your child last see a dentist or dental hygienist for dental care? 2011



N: 2011=701

Source: Applied Survey Research. (2012). First Things First – Navajo/Apache Region: Survey for Parents with Children Ages 0-5. (Unpublished raw data).

Sixty-two percent of parents said they traveled 10 miles or less to take their child to the dentist in a 2011 regional survey. However, 38% reported that they had to travel more than 11 miles.



How far do you travel to get dental care for your child?

RESPONSE	2011
Less than 5 miles	44.9%
5-10 miles	17.0%
11-20 miles	10.0%
More than 20 miles	28.0%

N=681

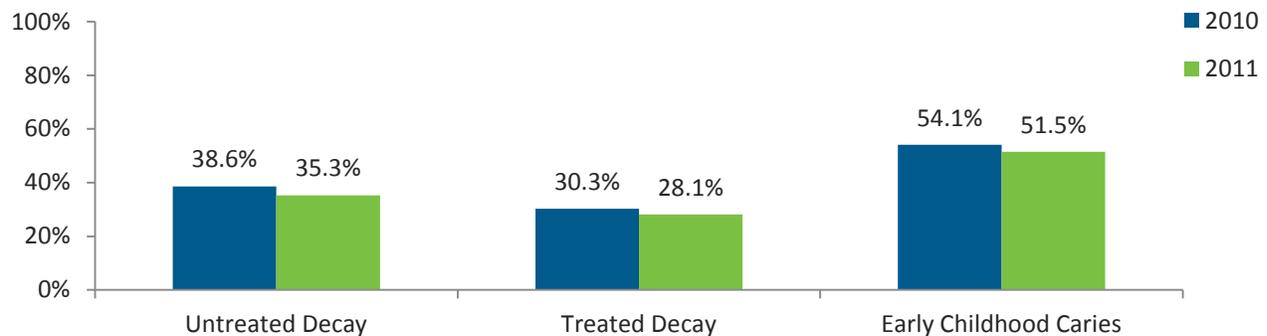
Source: Applied Survey Research. (2012). First Things First – Navajo/Apache Region: Survey for Parents with Children Ages 0-5. (Unpublished raw data).

The Navajo/Apache Regional Partnership Council has funded an oral health initiative within the region to increase the number of children receiving dental screenings. Since the program began seeing children in 2010, nearly 2,500 dental screenings have been provided. Children must have a permission form signed and on file before they can be screened. The oral health screening day consists of a dental screen by a registered dental hygienist and the application of fluoride varnish if necessary. Parents are encouraged to attend and talk to the dental hygienist and receive information about proper dental care for children.

Between 2010 and 2011, the percent of children with dental decay and childhood caries decreased. In 2011, 35% of children screened had untreated decay, 28% had treated tooth decay and 52% had signs of early childhood caries disease.



Children Receiving Oral Health Screenings Experiencing the Following Types of Tooth Decay, Navajo/Apache Region, January-December



Note: 2010 n=1,097; 2011 n= 1,372

Source: Navajo/Apache First Things First Regional Partnership Council, First Things First Quarterly Oral Health Narrative Report. Received 2012. (Unpublished data).

Chronic and Communicable Diseases

Injury and Illness

Why It Is Important

Injuries among children can be intentional or unintentional. Intentional injuries, including child abuse, assault, and self-inflicted injuries require intervention by the authorities to protect the child and prevent recurrence. Unintentional injuries, or accidents, are more common, and are generally preventable. Parent education on the importance of child-proofing the home, appropriate use of car/booster seats, placing fences around pools and yards, bicycle helmet use, animal safety, and safe storage of firearms can reduce the likelihood of accidents.

Communicable diseases are conditions that can be transmitted directly or indirectly to a person from an infected person or animal. Reporting cases of communicable diseases is essential to preventing further spread and protecting the public health of the community. State and federal agencies have certain diseases that are required by law to be reported.

- ***The Injury Prevention Program*** of the Navajo Public Health Services helps ensure Navajo County Community members are well educated on the proper use of car seats, seat belts, and reducing the risk of driving under the influence therefore increasing the safety of Navajo County.
- ***The Child Safety Program*** of the Apache County Health Department, funded by a community development block grant, provides information and support on care seat safety, shaken baby and sudden infant death syndrome in Apache County.



What the Data Tell Us

There were 1,357 injury related emergency department visits for children birth through 14 in Navajo County in 2008 and 779 that same year in Apache County. There were 54 hospitalizations in Navajo County and 12 in Apache County for injuries for children birth through 14. There were a total of 12 deaths in the two counties due to injuries in 2008.

Injury-Related Outcomes for Children Ages Birth Through 14, Navajo and Apache Counties

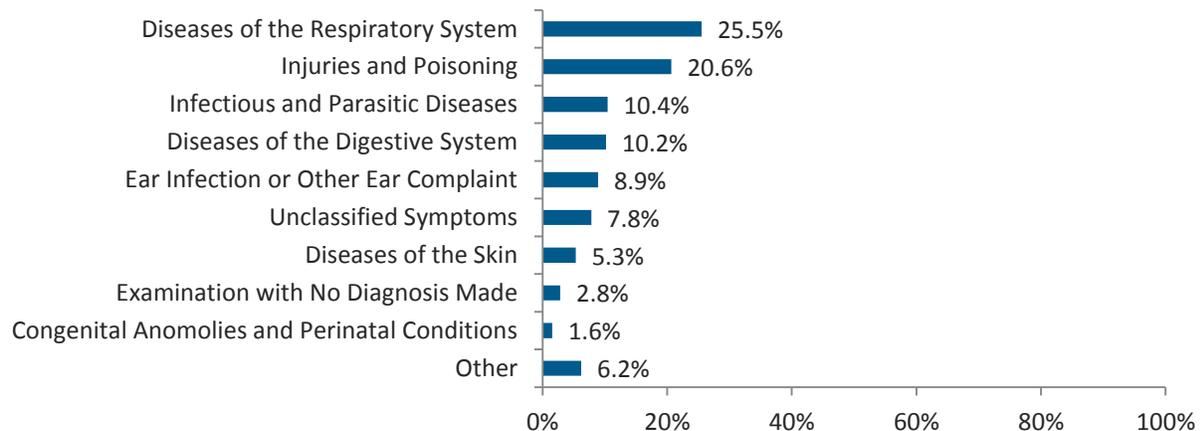
INJURY-RELATED OUTCOME	2005	2007	2008
Injury-Related Emergency Department Visits			
Navajo County	1,480	1,449	1,357
Apache County	848	895	779
Injury-Related Inpatient Hospitalizations			
Navajo County	64	55	54
Apache County	39	9	12
Injury-Related Deaths			
Navajo County	10	6	5
Apache County	4	2	7

Source: Arizona Department of Health Services. (2010). Health Status and Vital Statistics. Retrieved 2012 from <http://www.azdhs.gov/plan/report/ahs/index.htm>.

Note: Data presented are the most recent data presented.

Data on Emergency Department visits by children ages birth through five at Summit Healthcare Regional Medical Center indicated that in 2009, there were 2,418 visits by 2,187 children. The most common diagnoses were diseases of the respiratory system (26%) and injuries and poisonings (21%).

Emergency Department Utilization for Children Ages Birth Through Five, Summit Healthcare Regional Medical Center, 2009



Source: Summit Healthcare Regional Medical Center. (June 2010). Personal Correspondence with Hospital Representative. Received 2010 from Summit Healthcare Regional Medical Center.



The number of vaccine preventable diseases in both Navajo County and Apache County has remained low since 2005. In 2010, there were 5 known cases of vaccine preventable illness in Navajo County and just 1 in Apache County. There were 102 cases of enteritides (e coli, salmonella, campylobacteriosis etc) in Navajo County in 2010, and 83 cases in Apache County the same year. There were 11 cases of Tuberculosis (TB) in Apache County in 2010.

Reported Cases of Notifiable Diseases, All Ages, Navajo and Apache Counties

NOTIFIABLE DISEASE	2005	2006	2007	2008	2009	2010
Vaccine Preventable						
Navajo County	5	2	2	3	4	5
Apache County	9	0	1	1	0	1
Enteritides						
Navajo County	91	113	86	98	159	102
Apache County	148	139	63	59	58	83
Hepatitides (Hepatitis)						
Navajo County	10	9	2	6	6	3
Apache County	3	2	2	4	2	4
Tuberculosis						
Navajo County	0	5	10	3	3	5
Apache County	5	1	5	3	5	11

Source: Arizona Department of Health Services (2010). Health Status and Vital Statistics. Retrieved 2010 from <http://www.azdhs.gov/plan/index.htm>.

Notes: Vaccine Preventable includes cases of measles, mumps, pertussis, rubella, congenital rubella syndrome, and *H. influenzae*. Enteritides includes both reported and verified cases of amebiasis, campylobacteriosis, cholera, cryptosporidiosis, *E. coli*, Salmonellosis, *Salmonella*, shigellosis, and typhoid fever. Hepatitides include cases of Hepatitis A, B, C, D, and E.

Asthma

Why It Is Important

In the United States, nearly 9 million children have asthma. Children have smaller airways than adults, which makes asthma especially serious for them. Many things can cause asthma, including allergens (mold, pollen, animals) and irritants (cigarette smoke and air pollution), weather (cold air, changes in weather), exercise, and infections, including the flu and the common cold.⁶⁹ Asthma is treated with two kinds of medicines: quick-relief medicines to stop asthma symptoms and long-term control medicines to prevent symptoms.⁷⁰ Even severe asthma symptoms can be minimized with appropriate medical care. Well-controlled asthma allows for less symptoms and decreases interference with normal activities, including sleep, work and school.⁷¹

⁶⁹ U.S. National Library of Medicine and the National Institutes of Health. (2010). Asthma. *Medline Plus*. Retrieved June 23, 2010 from <http://www.nlm.nih.gov/medlineplus/asthmainchildren.html>.

⁷⁰ Ibid.

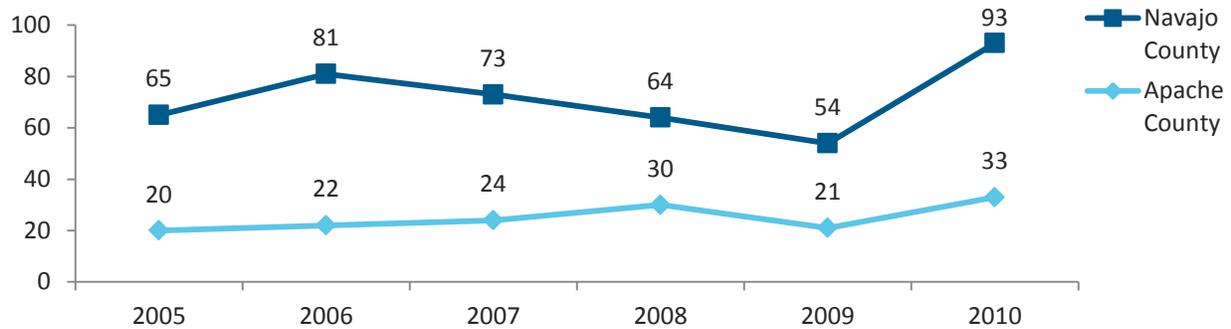
⁷¹ The Mayo Clinic. (2010). Asthma. Retrieved June 23, 2010 from <http://www.mayoclinic.com/health/asthma-treatment/AS00011/NSECTIONGROUP=2>.



What the Data Tell Us

There were 93 hospital discharges for children birth to five with asthma in Navajo County and 33 hospital discharges in Apache County in 2010. The number of hospital discharges was greater in both counties in 2010 than in previous years.

Hospital Discharges of Inpatients Ages Birth Through Five with Asthma

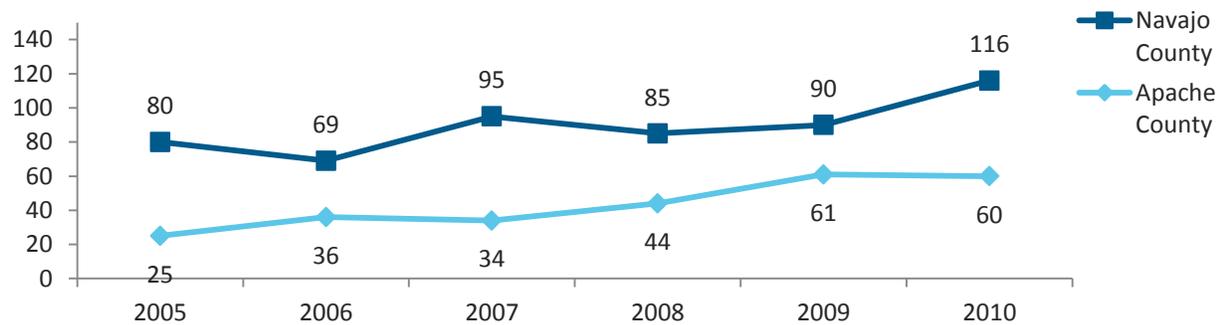


Source: Arizona Department of Health Services. (2010). Table 7: Emergency Room Visits and Discharges of Patients with Asthma. Retrieved 2012 from <http://www.azdhs.gov/plan/hip/for/asthma/index.htm>

Note: Includes all mentioned asthma cases, not just first listed diagnosis.

There were 116 emergency room visits for children birth to five with asthma in Navajo County and 60 emergency room visits in Apache County in 2009.

Emergency Room Visits by Children Ages Birth Through Five with Asthma



Source: Arizona Department of Health Services (2010) Emergency Room Visits and Discharges of Patients with Asthma, Table 7. Retrieved 2012 from <http://www.azdhs.gov/plan/hip/for/asthma/index.htm>

Note: Includes all mentioned asthma cases, not just first listed diagnosis.

Overweight and Obesity

Why It Is Important

Children and adolescents with a BMI between the 85th and 94th percentiles are generally considered overweight, and those with a BMI at or above the gender- and age-specific 95th percentile of the population on this growth chart are typically considered obese. Overweight and obese conditions in children can lead to severe physical and emotional health effects, including a greater risk of hospitalization, type II diabetes, cardiovascular disease, low self-esteem, and



depression. Furthermore, overweight adolescents have a 70% chance of becoming overweight adults, and this increases to 80% if one or both parents are overweight.⁷²

According to the 2007 to 2008 National Health and Nutrition Examination Survey (NHANES), 10% of infants and toddlers in the US were obese, 49% of children and adolescents aged 2 through 19 years were considered overweight or obese, and 60% of adults were obese or overweight.^{73 74 75}

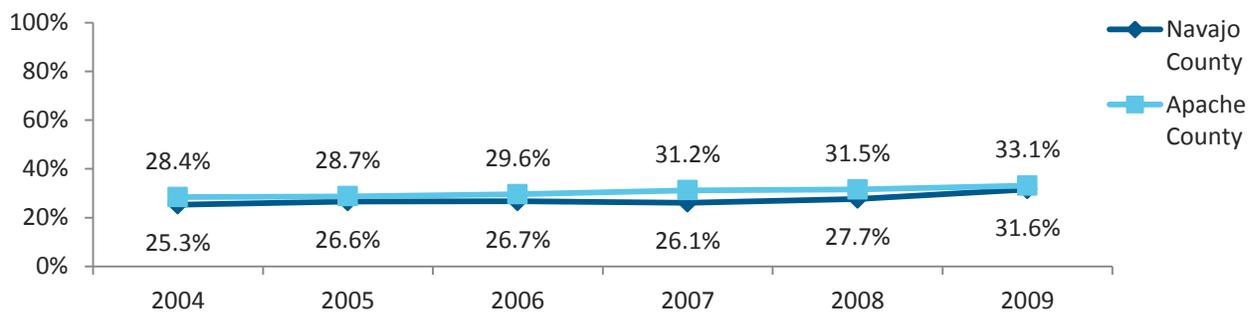
What the Community Is Doing

- **The Navajo County Nutrition Services Program** offers its SNAP-Ed nutrition education programs and activities to Head Start programs, after school programs, and kindergarten through eighth grade classrooms. Offerings include “Nutritious Story Time with Buddy Bear Hand Washing” for Head Start, kindergarten classes and WIC clinics.
- **The First Things First Navajo/Apache Regional Partnership Council** funds community-based health education on topics including healthy food choices and appropriate physical activity.

What the Data Tell Us

Approximately one-third of adults were obese in Navajo and Apache counties in 2009 (this excludes those individuals who were only overweight).

Age-Adjusted Estimates of Adults Who are Obese



Source: Centers for Disease Control and Prevention (2010). National Diabetes Surveillance System. Retrieved 2010 from <http://www.cdc.gov/diabetes/statistics/index.htm>.
Data presented is the most recent data available.

⁷² Goran, M. (2001). Metabolic precursors and effects of obesity in children: A decade of progress, 1990–1999. *American Journal of Clinical Nutrition*, 73(2), 158-171.

⁷³ Ogden, C.L., Carroll, M., Curtin, L., Lamb, M., & Flegal, K. (2010). Prevalence of high body mass index in US children and adolescents 2007-2008. *Journal of American Medical Association*, 303(3), 242-249.

⁷⁴ Centers for Disease Control and Prevention. National Center for Health Statistics. (2010, March). Health behaviors of adults: United States, 2005–2007. *Vital and Health Statistics*, 10(245), 1-143. Retrieved 2012 from http://www.cdc.gov/nchs/data/series/sr_10/sr10_245.pdf

⁷⁵ Ogden, C.L., Carroll, M., Curtin, L., Lamb, M., & Flegal, K. (2010). Prevalence of high body mass index in US children and adolescents 2007-2008. *Journal of American Medical Association*, 303(3), 242-249.



Diabetes

Why It Is Important

While type II diabetes is primarily associated with overweight adults over age 40, inactivity and increased obesity rates have led to greater incidence in children. Children with type II diabetes are at greater risk for the long-term complications of diabetes, including hypertension and cardiovascular disease. Early diagnosis and treatment of type II diabetes can prevent or delay the onset of diabetes complications. The cornerstones of diabetes management for children with type II diabetes are weight management and increased physical activity.⁷⁶

Adult diabetes was 31% higher in Arizona than across the nation. Direct medical costs for those with diabetes are 2.3 times greater than for those who don't suffer from the disease and many additional indirect costs are sustained through lost worker productivity.⁷⁷ In addition, diabetes is the 4th leading cause of death for American Indians in Arizona.⁷⁸ This requires aggressive public education campaigns that are bilingual and culturally sensitive.

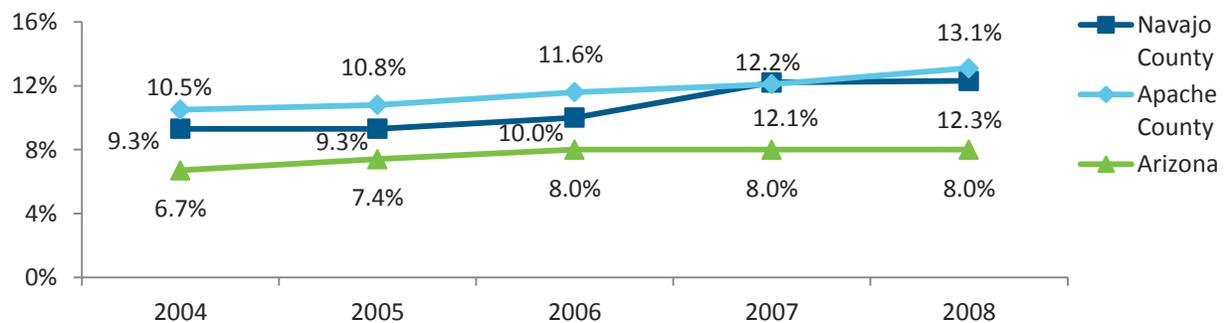
What the Community Is Doing

- *The Diabetic Support Group* meets monthly at the Summit Healthcare Regional Medical Center and is free of charge.

What the Data Tell Us

There is not current diabetes data for children. However, the percentage of adults with diagnosed diabetes was higher in both Navajo and Apache counties than the state of Arizona. In 2008, it was estimated that 13% of adults in Apache County and 12% of adults in Navajo County had been diagnosed with diabetes. This was in comparison to just 8% of adults in Arizona overall.

Age-Adjusted Estimates of the Percentage of Adults with Diagnosed Diabetes



Source: Centers for Disease Control and Prevention (2010). National Diabetes Surveillance System. Retrieved 2010 from <http://www.cdc.gov/diabetes/statistics/indez.htm>.

Note: Includes adults ages 20 and older

Data presented is the most recent data available.

⁷⁶ National Diabetes Education Program. (2008). Overview of diabetes in children and adolescents. Retrieved 2012 from www.yourdiabetesinfo.org

⁷⁷ CDC < National Center for Chronic Diseases Prevention and Health Promotion.

⁷⁸ Arizona Department of Health Services, Vital Statistics.



Leading Causes of Death

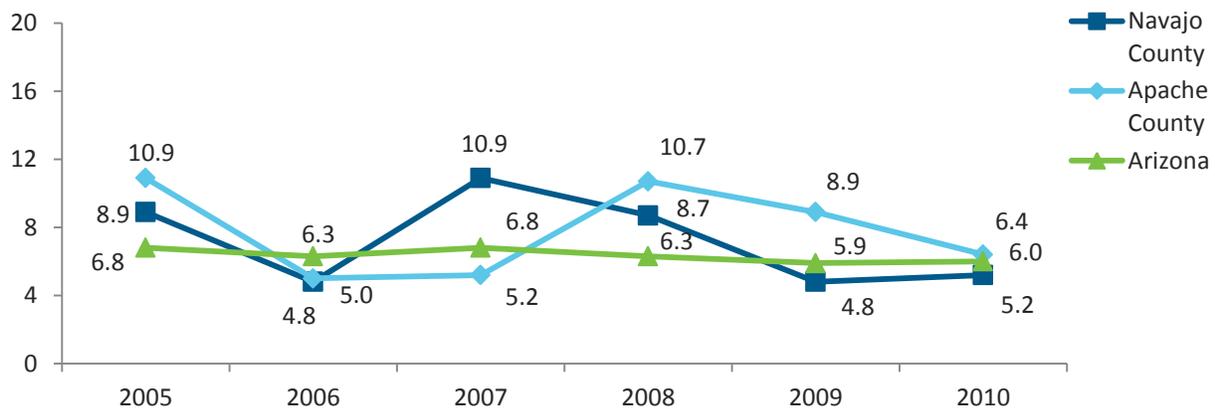
Why It Is Important

The infant mortality rate in the United States has decreased dramatically over the last 30 years from 20 deaths per 1,000 babies born to 6.9 deaths in 2003.⁷⁹ The leading causes of death are birth defects, premature birth, Sudden Infant Death Syndrome (SIDS) and complications with the mother.

What the Data Tell Us

The infant mortality rates in the two counties have fluctuated since 2005 due to the relatively small number of births in each county. In Navajo County, there were 5.2 deaths per 1,000 births in 2010, and in Apache County there were 6.4 deaths per 1,000 births that same year. For the state overall, there were 6.0 infant deaths per 1,000 births.

Infant Mortality Rate per 1,000 Live Births



Source: Arizona Department of Health Services (2010). Health Status and Vital Statistics. Retrieved 2012 from <http://www.azdhs.gov/plan/index.htm>.

Note: Under-five mortality rates and infant mortality rates are not actually rates but a probability of death expressed as rate per 1,000 live births.⁸⁰

⁷⁹ United States Department of Health and Human Services. (2006). Preventing Infant Mortality Fact Sheet. Retrieved 2012 from <http://www.hhs.gov/news/factsheet/infant.html>

⁸⁰ World Health Organization. (2010). Probability of dying aged < 5 years per 1000 live births (under-five mortality rate). Retrieved June 29, 2010 from <http://www.who.int/whosis/indicators/2007MortChild/en/>



The number of deaths to children under the age of 18 in Navajo and Apache Counties decreased between 2005 and 2010. In 2010, 35 children died, most due to medical causes or prematurity.

Cause of Death for Children Under 18 Years, Navajo and Apache Counties

CAUSE OF DEATH	2005	2006	2007	2008	2009	2010
Medical (excluding prematurity and SIDS)	21	15	21	23	22	13
Motor Vehicle Crash	11	13	12	9	6	3
Prematurity	6	1	7	4	2	5
SIDS – Sudden Infant Death Syndrome	1	0	3	1	1	0
Hanging	3	2	1	6	3	6
Other Cause	13	10	7	7	13	4
Undetermined	1	1	1	0	1	4
Total Navajo and Apache Counties	56	42	52	50	48	35

Source: Arizona Department of Health Services. (2010). *Child Fatality Review Report, Navajo and Apache Counties*. Retrieved 2010 from <http://www.azdhs.gov/plan/index.htm/>.

Note: Data from the Arizona Department of Health Services is presented with Navajo and Apache counties combined.

Other causes include poisoning, firearms, drowning, fall/crush, exposure, suffocation/strangulation, fire/burn, trauma, stabbing and shaken infant.



PUBLIC AWARENESS AND COLLABORATION

Parents are their children's first teachers and all parents can benefit from networking with other parents, sharing ideas with them, and hearing from experts about a range of topics such as child development, nutrition, positive discipline, managing a crying baby and building a child's self-esteem. Family support includes collaboration between families, programs and services with the goal of helping families reach their full potential.

The Birth to Five Helpline (1-877-705-KIDS) is a free resource open to all families with young children and professionals looking for information about their child's development. The helpline is staffed by early childhood development specialists, registered nurses, disability specialists, early literacy specialists and mental health counselors.

SELECTED INDICATORS

- Parent Satisfaction with Early Childhood Services



Parent Satisfaction with Early Childhood Services

Why It Is Important

It is important to know the perceptions of parents about early childhood services in the region so that First Things First can work with partner agencies to improve services and supports to parents.

What the Data Tell Us

Parent respondents to a survey in the First Things First Navajo/Apache Region in 2011 reported that they got important information about activities and services for their child and family from these top five sources: friends and family members (80%), the Internet (28%), the child's teacher (27%), newspaper/magazines (25%), and doctors/clinics (23%).



How do you get important information about activities and services for your child and family?

RESPONSE	2011
Friends and family members	80.4%
Internet / email	28.1%
Television	9.1%
Doctors / clinics	22.6%
Mail	9.9%
Newspaper / magazines	25.0%
Community agencies	10.0%
Child's teacher	27.2%
Parenting classes / groups	5.2%
Radio	15.8%
Child care worker	4.3%
Other	5.7%

Multiple response question with 669 respondents offering 1,628 responses.

Source: Applied Survey Research. (2012). First Things First – Navajo/Apache Region: Survey for Parents with Children Ages 0-5. (Unpublished raw data).

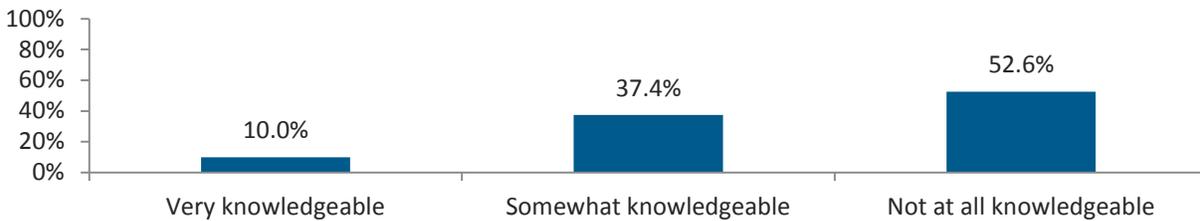
Note: These responses are not mutually exclusive.



Local parents were asked to provide their perspectives on their knowledge about what First Things First does in their community in 2011. Half of parents surveyed in the region (53%) were not at all knowledgeable, 37% said they were somewhat knowledgeable and 10% were very knowledgeable about what First Things First does in their community.



How knowledgeable are you about what First Things First does in your community?



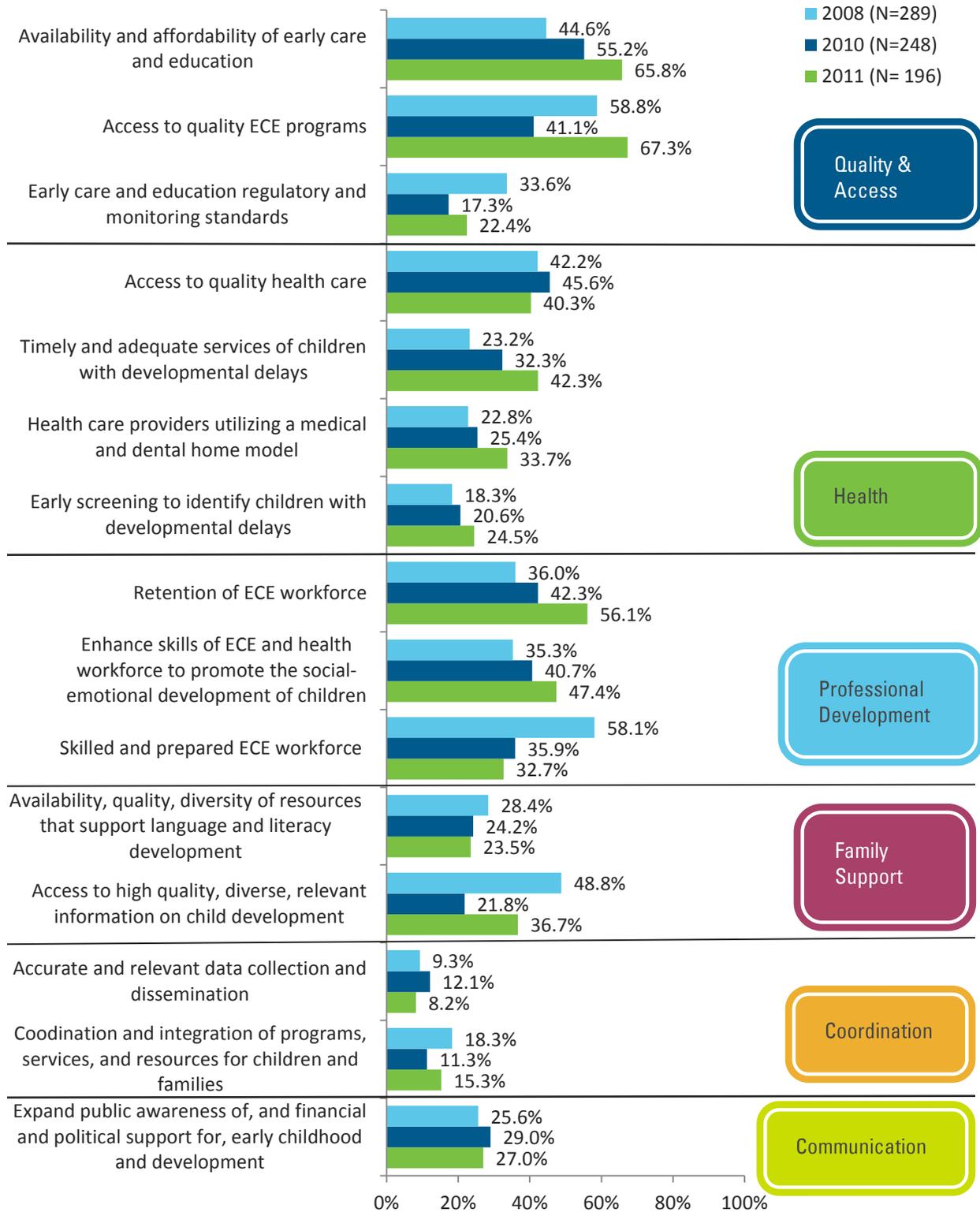
N: 2011=688

Source: Applied Survey Research. (2012). First Things First – Navajo/Apache Region: Survey for Parents with Children Ages 0-5. (Unpublished raw data).

The First Things First Navajo/Apache Regional Partnership Council has conducted a community survey in an effort to better understand the importance of issues related to children ages birth through five in their region. The survey, listed the First Things First Navajo/Apache Region strategic planning goal areas for the upcoming fiscal year, asked respondents to indicate their top five priorities based on this particular list of goals. Between 2008 and 2011, the percentage of respondents who rated availability and affordability of early care and education increased from 45% to 66%. Overall, quality and access to early child care and education and quality health care have remained the two areas of greatest concern for survey respondents in the First Things First Navajo/Apache Region.



Responses to First Things First Navajo/Apache Region Community Survey



Source: First Things First. (2012). Navajo/Apache Strategic Planning Community Survey. (Unpublished raw data).



CONCLUSION



The families and children living within the First Things First Navajo/Apache Region

The U.S. Census reported there were 72,331 residents, of all ages, in the First Things First Navajo/Apache Region in 2010. Of those, 6,099 were children ages birth through 5. The First Things First Navajo/Apache Region had a slightly higher percentage of children identified as American Indian alone and a lower percentage of children identified as Hispanic/ Latino than the state overall; 65% of children ages birth through four in the First Things First Navajo/Apache Region were identified as White alone, 23% as Hispanic or Latino, and 8% as American Indian alone. Nearly two-thirds of homes in Navajo County spoke English only in comparison to just over one-third of homes in Apache County.

The Navajo/Apache Region is largely rural. This is an asset to many community members but presents challenges to low-income families in remote regions who struggle to meet their basic needs and must travel great distances to access services. The lack of infrastructure, such as paved roads, and amenities, such as running water and electricity, present these families with additional challenges unseen in more urban areas. In order for any family to access specialty health and human services, beyond what the region can offer, Navajo/Apache residents must drive about two hours to Flagstaff or four hours to Phoenix.

The First Thing First Navajo/Apache Regional Council has worked to address the diverse needs of children ages birth through five, their families and the care givers. They have worked with local service providers to develop targeted programs to address the needs of children and families living in more remote and rural areas of the region as well as increase resources in larger more urban centers.

Community Assets and Areas of Strength

There are many people and organizations in the both Navajo County and Apache County who are dedicated to making a difference in the lives of children ages birth through five and their families, and their efforts appear to be having a positive effect on the communities of the First Things First Navajo/Apache Region.

Child care providers reported their Early Childhood Education skills were high.

Of the 19 child care providers surveyed in the First Things First Navajo/Apache Region in 2012, all respondents reported they had good or excellent skills in: engaging in positive interactions with children (100%), using measurements tools to assess students (95%) and designing ECE settings to enhance learning (95%). All 19 child care providers surveyed reported participating in professional development activities in the previous year and 82% expressed interest in accessing kindergarten readiness development opportunities in the future.



The First Things First Navajo/Apache Regional Partnership Council provides TEACH and non-TEACH scholarships for higher education and credentialing for early care and education teachers. First Things first also offers professional REWARDS\$ financial incentives to encourage longevity and continuous skill improvement. These three programs total more than \$35,000 in support for ECE professionals in the First Things First Navajo/Apache Region.

Parents in the First Things First Navajo/Apache Region were reading to their children and reported having books in the home.

More than half of parent survey respondents in the region reported reading to their children at least 5 times a week, in 2011. More than half also reported having more than 20 books in the home. In addition to reading 78% of parents reported playing music or singing songs to or with their child and 91% reported following a bedtime routine.

There are 14 libraries in the First Things First Navajo/Apache Region which offer reading and childhood development support and services to children and families, their service include story hours, summer programs and workshops. Additionally, the First Things First Navajo/Apache Regional Partnership Council has partnered with Reach Out and Read to expand the capacity of early language and literacy programs in the region. The Reach Out and Read program promotes early literacy and school readiness in pediatric exam rooms and is present in many communities in the region.

Very few women in the region went without prenatal care and birth outcomes were in line or better than the state average.

Less than 1% of women in the First Things First Navajo/Apache Region went without prenatal care in 2010. Preterm births in both Navajo and Apache County were equal to the 10% seen by the state of Arizona.

Both Navajo and Apache County have programs dedicated to the health and wellbeing of pregnant mothers and newborns. Community development block grants have funded prenatal and postnatal support programs in both Navajo County and Apache County. Programs such as these, help to educate the community and provide care to new and expecting mothers in the region.

Accessing health services may soon be easier for children in rural areas of the region with the addition of the new Mobile Health Van.

Summit Mobile Health Services began providing education, preventative services, screening and some basic primary care in Navajo and Apache counties in May of 2012. The mobile outreach clinic will target individuals who are uninsured, underinsured, undocumented, and is especially target children and families. The mobile van will provide Health Steps services which takes a holistic view of children health and development, providing not just health services and screening but information on positive parenting and increasing child development skills.



Community Challenges and Areas for Improvement

Despite the concerted efforts of First Things First, community organizations, and individuals, there are areas affecting the health and well-being of children and families in the First Things First Navajo Apache Region that need additional improvement.

Many families reported have gone without basic needs in the 12 months prior to the 2011 regional parent's survey.

In 2010, the U. S. Census estimated that 27% of children ages 5-17 in the areas served by the 11 First Things First Navajo/Apache Region school districts were living in poverty. Thirty-four percent of parents surveyed in the First Things First Navajo/Apache Region Parents Survey reported having gone without at least one basic need in the previous 12 months.

Of parents who reported going without basic needs, 41% reported having done without gasoline for their car, 36% reported going without dental care and 32% reported going without medical care. While the food assistance programs in the communities will help families and children, families would likely benefit from additional assistance. Support for household costs aside from food, such as housing subsidization, and additional scholarships for higher education and job training programs to increase earning potential could be beneficial.

There continues to be a need for affordable oral health care and primary health care for children in the First Things First Navajo/Apache Region.

All parts of the Navajo/Apache Region are considered "Medically Underserved." Although the Healthy Steps program is working to improve general pediatric care, and the oral health initiative is beginning to help children, there is still a great need for health care and dental care for children and families. In 2011, 8% of parent survey respondents reported their children did not have health care and the number of children enrolled in KidsCare has dropped dramatically in recent years, with just 517 children enrolled in Navajo County and 346 enrolled in Apache County in 2011.

The First Things First Navajo/Apache Region continues to have a shortage of providers for children with disabilities.

The First Things First Navajo/Apache Region continues to lack the complete team of professionals needed to serve children aged birth through five with special needs. This leaves parents having to drive their children to Flagstaff for services. This lack of service providers makes it difficult for child care providers and educators to refer children to services and even harder for children to receive the services they need. Additionally, the integration of early support services and services for school aged children appears to create gaps and added difficulties to service providers seeking services for children in the region.



There is a need for additional support for family members and friends providing child care to children outside of regulated homes or centers.

Great effort has been given to increase the quality of child care homes and centers in the First Things First Navajo/Apache Region, including TEACH scholarships, REWARD\$, and Quality First Scholarships and programs, however only one quarter of parent survey respondents in the region reported using a child care home, center or Head Start program. Sixty percent reported their children were cared for by a member of the family, 7% reported using a friend and 22% reported using paid babysitters. Each of these forms of care falls outside the reach of quality measures and programming.

Many parents do not know about First Things First and what they do in the First Things First Navajo/Apache Region.

More than half (53%) of parent survey respondents in the First Things First Navajo/Apache Region reported they were not at all knowledgeable about what First Things First does in the community. First Things First funds a huge number of programs and initiatives in the First Things First Navajo/Apache Region. These services reach many families in the communities, however, they may not be recognized by those who access and depend on the services as a service provided by the regional council.

Conclusion

This Needs and Assets report on the health and well-being of children ages birth through five in the First Things First Navajo/Apache Region has identified the areas where children are doing well and areas that need additional investment. In general, children and families in the region are thriving. However, communities appear to be struggling to meet some of the health, economic and social needs of their children, particularly in regards to health insurance, dental care access, and services for children with disabilities. In light of these challenges in the First Things First Navajo/Apache Region, targeted efforts, in areas such as those highlighted above, and continued collaboration are needed to help improve the situation of children and families. First Things First is committed to working with the communities in the Navajo/Apache Region to address these issues and ensure that all children have the opportunity for a bright and healthy future.



APPENDICES



APPENDIX A: METHODOLOGY

PRIMARY DATA

Face to Face Survey

In order to better understand the needs of young children ages birth through five in the First Things First Navajo/Apache Region and gather important information on how to help provide greater opportunities for them to grow up ready to succeed, ASR conducted a face-to-face survey with parents of young children (birth through five) in the First Things First Navajo/Apache Region. In all, 709 unique self-administered surveys were completed over the month of September 2011.

A convenience sampling approach was used, whereby trained surveyors went to different locations and events in the First Things First Navajo/Apache Region and asked people to complete the survey. Surveyors were instructed to prioritize locations and events where they believed there would be a strong presence of the target population, including (but not limited to) community and school events, local community organizations, and child care providers. Some of these locations and events where surveys were conducted included the Corn Festival, library story times, flea markets, parks, schools, and child care centers throughout the First Things First Navajo/Apache Region. In addition, surveyors conducted face-to-face surveys on an individual basis, whereby trained surveyors asked eligible individuals they knew to complete the survey, including family, friends, neighbors, and coworkers who had children ages birth through five.

The team of surveyors consisted of community volunteers, service providers, and other community members, all of whom were required to attend a comprehensive training, and were compensated at a rate of \$3.00 per completed survey. In order to attract survey respondents, a children's book was offered (in both English and Spanish) as an incentive gift in appreciation for their time and participation.

It is important to note that the face-to-face survey process was subject to the limitations common to this form of convenience sampling, notably inclusion of only those parents frequenting the various survey locations or being present at the different organizations and events where surveys were distributed. Thus, survey respondents who received the survey by convenience may be less representative of the region than a sample obtained through random sampling due to differences in the types of parents who frequent these events or are present at organizations where surveys were distributed. For example, parents who participate in these events may obtain more parent education than parents who do not attend events, such that results reflect a more educated group than is valid. However, this would skew results in the direction that would make it harder to measure parenting difficulties, such that those difficulties seen in survey results may actually be *more* prevalent.



Note: Whenever a survey question had fewer than 30 respondents, a note of caution was included with the results. This is because smaller sample sizes are less reliable, such that conclusions drawn from the data may not accurately represent the sample from which they were drawn.

Child Care Provider Survey

In order to better understand early childhood services in the First Things First Navajo/Apache Region and gather important information on the quality and quantity of child care services, ASR conducted an online survey of child care providers in the First Things First Navajo/Apache Region. All surveys were completed between January and March of 2012.

The survey was developed to identify child care providers' understanding of child development, their level of education and interest in continuing education classes as well as their approach to identifying and supporting children with special needs and methods of communicating and supporting parent's needs.

A list of child care providers in the area was developed and reviewed with First Things First, with a final total of 37 health care providers to contact. In order to improve the response rate, the survey was split into two sections: one section that could be completed by any child care provider and one section for directors or managers. The survey was a mix of multiple response questions and open-ended questions.

The final sample included a total of 19 child care providers, 17 represented staff from child care centers, and two from child care homes. The sample represented both public and private child care providers serving the communities of Concho, Heber-Overgaard, Holbrook, Pinetop-Lakeside, Show Low, Springerville, and St. Johns.

First Things First Strategic Planning Community Survey

The First Things First Navajo/Apache Regional Partnership Council conducted a community survey in 2008, 2010, and again in 2011 in order to gather community input on the importance of issues related to children ages birth through five in their region. The survey, which listed the First Things First Navajo/Apache Region strategic planning goal areas for the upcoming fiscal year, asked respondents to indicate their top five priorities based on this particular list of goals. It was distributed to Navajo/Apache Regional Partnership Council Members, Navajo and Apache County libraries, child care centers and preschools, Head Start centers, North Country Healthcare clinics, school districts, and other community partners. Representatives at each organization were asked to distribute the survey to parents, patients, and other community members to complete. The 2008 survey was administered in August and September of 2008; the 2010 survey was administered between April and May of 2010; and the 2011 survey was administered in September and October of 2011. A total of 289 completed surveys were returned in 2008; 248 surveys were completed in 2010; and 196 were completed in 2011.



SECONDARY DATA

Secondary (pre-existing) data were collected from a variety of sources, including but not limited to: the U.S. Census, the Arizona Department of Health Services, the Arizona Department of Economic Security, the Arizona Department of Education, Summit Regional Medical Center, Northern Arizona Council of Governments Head Start, and other local, state, and federal agencies. Additional data were provided by First Things First for inclusion in the Needs and Assets Report.

The Navajo/Apache Region is a complicated region for which to collect representative data. County-level data are not completely accurate because they include the Navajo Nation, the White Mountain Apache Tribes, and Winslow, and excludes Forest Lakes. Therefore, whenever possible, every effort was made to collect data for just the region. In some cases, such as for the U.S. Census, data were available at the zip code level. In these cases, data for all zip codes within the Navajo/Apache Region (see below) were combined to form one value for the region as a whole. In other cases, data were available for individual communities within the region and these were combined together when possible (see below for the communities used from Arizona Department of Health Services data). Further, some data were available at the school district level, and data for the school districts in the Navajo/Apache Region were combined to present a region total (see below for school districts in the region; only public school data were collected). However, data were not always available at the regional level, and data for comparable areas are presented as a proxy. These instances include the use of Navajo and Apache County data, the Department of Economic Security's District-level data (which for Navajo/Apache Region includes Navajo, Apache, Coconino, and Yavapai Counties), and the Northern Arizona Council of Governments (NACOG) Head Start data (which represents Navajo, Apache, Coconino, and Yavapai Counties).

In addition, all efforts were made to identify data for the population ages birth through five in the Navajo/Apache Region, although data were not always available for this age group. In these cases, data were collected for other age ranges, such as birth through four or under 18 years. Whenever possible, multiple years of data were collected to present trends. State level data were also collected for comparison to Navajo/Apache Region data.

Data in the report underwent extensive proofing to ensure accuracy. The data proofing protocol is a nine-step process that thoroughly checks text, numbers, and formatting in narrative, tables, charts, and graphs no fewer than three times.

Navajo/Apache Region Zip Codes

85901, 85902, 85912, 85920, 85923, 85924, 85925, 85927, 85928, 85929, 85931, 85932, 85933, 85934, 85935, 85936, 85937, 85938, 85939, 85940, 85942, 86025, 86028, 86029, 86032



Navajo/Apache Region School Districts

Public School Districts: Alpine Elementary, Blue Ridge Unified, Concho Elementary, Heber-Overgaard Unified, Holbrook Unified, Joseph City Unified, Round Valley Unified, Sanders Unified, Show Low Unified, Snowflake Unified, St. Johns Unified, and Vernon Elementary.

Navajo/Apache Region Department of Health Services Communities

Apache County: Alpine, Concho, Eagar, Greer, Nutrioso, Saint Johns, Sanders, Springerville, Vernon.

Navajo County: Clay Springs, Heber-Overgaard, Holbrook, Joseph City, Lakeside, Pinedale, Pinetop, Show Low, Snowflake, Sun Valley, Taylor, White Mountain Lake, Woodruff.

First Things First Family and Community Survey

First Things First conducted a survey of community members and parents (or related, non-paid caregivers) of children ages birth through five in 2008. The survey assessed respondents' views of coordination among service providers, the quality and accessibility of family support programs, and their understanding of early childhood development and parenting. A randomly-selected, geographically-balanced sample of 5,193 Arizona adults (18 and older) was surveyed. The sample included 3,690 parents/caregivers of children ages birth through five and 1,503 members of the general population who did not have children under six. This randomized sample was drawn to ensure the generalizability of results to the adult Arizona population. Computer Assisted Telephone Interviews (CATIs) were conducted during August and September, 2008. The respondents were selected randomly from sample lists, and random predictive dialing was also used to supplement the purchased lists. This strategy helped to ensure that residents who were not yet listed in a directory (or who chose not to be listed) were still eligible for selection. To include "cell phone only" households, the contractor manually dialed randomly-generated cell phone numbers (based on known cell phone exchanges). Cell phone contacts were given the option of completing their interview using their calling plan minutes or scheduling a call-back (on a land line or such a time when cell phone calling plan minutes were "free"). The average length of a parent interview was 21 minutes; and the average general population interview lasted 7 minutes. Interviewers and respondents remained blind to the survey sponsor. For the Navajo/Apache Region, there were 156 surveys completed from 111 parents and 45 members of the general population.



APPENDIX B: PARENT SURVEY DEMOGRAPHICS

FACE-TO-FACE PARENT SURVEY

What is your age?

AGE	2011
Less than 18 years	0.7%
18-24 years	24.0%
25-34 years	54.0%
35-44 years	16.0%
45-54 years	2.8%
55 years or more	2.4%

N=670

Source: Applied Survey Research. (2012). First Things First – Navajo/Apache Region: Survey for Parents with Children Ages 0-5. (Unpublished raw data).

What town or community do you live closest to?

RESIDENCE	2011
Holbrook	20.5%
St. Johns	18.6%
Snowflake	13.0%
Show Low	12.1%
Pinetop-Lakeside	10.3%
Springerville	8.9%
Eager	8.6%
Taylor	6.2%
Heber-Overgaard	1.8%

N=709

Source: Applied Survey Research. (2012). First Things First – Navajo/Apache Region: Survey for Parents with Children Ages 0-5. (Unpublished raw data).

Are you male or female?

GENDER	2011
Female	87.7%
Male	12.3%

N=632

Source: Applied Survey Research. (2012). First Things First – Navajo/Apache Region: Survey for Parents with Children Ages 0-5. (Unpublished raw data).



Which of the following best describes your race or ethnic group?

RACE/ETHNICITY	2011
Caucasian or White	61.6%
Latino or Hispanic	15.3%
American Indian	12.9%
Multi-racial/Multi-ethnic	7.1%

N=695

Source: Applied Survey Research. (2012). First Things First—Navajo/Apache Region: Survey for Parents with Children Ages 0-5. (Unpublished raw data).

Which income range best describes your annual household income?

INCOME	2011
Less than \$10,000 per year	21.5%
\$10,000 to \$14,999 per year	11.8%
\$15,000 to \$24,999 per year	18.2%
\$25,000 to \$34,999 per year	14.5%
\$35,000 to \$49,999 per year	15.2%
\$50,000 to \$74,999 per year	11.5%
\$75,000 or more per year	7.3%

N=685

Source: Applied Survey Research. (2012). First Things First—Navajo/Apache Region: Survey for Parents with Children Ages 0-5. (Unpublished raw data).

What is your employment status?

EMPLOYMENT STATUS	2011
Employed full-time	35.8%
Homemaker	23.7%
Employed part-time	15.3%
Unemployed	15.3%
Student	3.1%
Self-employed part-time	3.0%
Self-employed full-time	2.1%
Retired	1.4%
Seasonal worker	0.1%

N=699

Source: Applied Survey Research. (2012). First Things First—Navajo/Apache Region: Survey for Parents with Children Ages 0-5. (Unpublished raw data).



What is the highest level of education you have completed?

EDUCATIONAL ATTAINMENT	2011
Less than 9th grade	2.4%
9th grade to 12th grade (no diploma)	11.0%
High school diploma (includes GED or equivalent)	37.2%
Some college, no degree	30.4%
Associate's degree	9.8%
Bachelor's degree	5.7%
Graduate or professional degree	3.4%

N=697

Source: Applied Survey Research. (2012). First Things First – Navajo/Apache Region: Survey for Parents with Children Ages 0-5. (Unpublished raw data).

Are you the (child's):

RESPONDENTS' RELATIONSHIP TO CHILD	2011
Parent	90.7%
Grandparent (primary caregiver for grandchild)	5.1%
Legal guardian	1.1%
Other family member (primary caregiver for child)	1.0%
Foster parent	0.8%
Other*	1.3%

N=706

Source: Applied Survey Research. (2012). First Things First – Navajo/Apache Region: Survey for Parents with Children Ages 0-5. (Unpublished raw data).

*Other responses include: aunt, baby sitter, brother, great grandparent, mother's boyfriend, step father, & uncle.

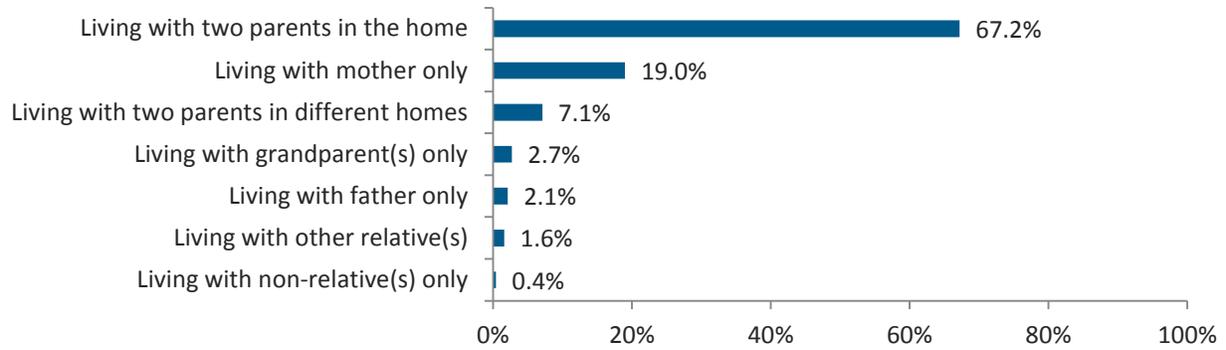
What is your child's age?

AGE OF CHILD FOR WHOM RESPONDENTS FILLED OUT THE SURVEY	2011
Less than 1 year	29.3%
1 year	13.5%
2 years	19.0%
3 years	19.5%
4 years	15.1%
5 years	3.5%

N=709

Source: Applied Survey Research. (2012). First Things First – Navajo/Apache Region: Survey for Parents with Children Ages 0-5. (Unpublished raw data).



What is your child's current living arrangement?

N=707

Source: Applied Survey Research. (2012). First Things First – Navajo/Apache Region: Survey for Parents with Children Ages 0-5. (Unpublished raw data).



APPENDIX C: PROVIDER SURVEY DEMOGRAPHICS

WEB-BASED CHILD CARE PROVIDER SURVEY

Do you work at a child care center or home?

AGE	NUMBER	PERCENT
Child Care Center	17	89.5%
Child Care Home	2	10.5%

N=19

Source: Applied Survey Research. (2012). [First Things First – Navajo/Apache Region: Child Care Provider Survey]. Unpublished raw data.

Is your Program: (Mark all that apply)

RESIDENCE	NUMBER	PERCENT
Located at an Elementary School	3	15.8%
Affiliated with a Church or Religious Organization	1	5.3%
Head Start Program	6	31.6%
Non-profit Organization	3	15.8%
Private Childcare Program	6	31.6%
Employee Sponsored Child Care Program	3	15.8%
Other	2	10.5%

N=19

Source: Applied Survey Research. (2012). [First Things First – Navajo/Apache Region: Child Care Provider Survey]. Unpublished raw data.



Educational Attainment and Experience of Child Care Providers, 2012

RESPONSE	PERCENT
Educational Attainment (N=19)	
Some college, no degree	15.8%
Associate's degree	36.8%
Bachelor's degree	21.1%
Graduate or professional degree	21.1%
CDA	5.3%
Length of Time at Current Position (N=19)	
One to two years	5.3%
Two to five years	36.8%
Five to 10 years	21.1%
More than 10 years	36.8%
Length of Time in ECE Field (N=19)	
Two to five years	10.5%
Five to ten years	15.8%
More than ten years	73.7%

Source: Applied Survey Research. (2012). First Things First – Navajo/Apache Region: Survey for Child Care Providers. (Unpublished raw data).



APPENDIX D: DATA DEVELOPMENT AGENDA

Data collection for the First Things First Navajo/Apache Region can be difficult due to the First Things First regional boundaries. Many sources publish data at the county level, which in the case of Navajo and Apache Counties may not represent the true population of the First Things First Navajo/Apache Region. Additional sources are published with the two counties combined, further obscuring the data's meaning to community members. Despite these challenges, when available, region-specific data were collected about issues related to children ages birth through five and their families.

In 2011, the First Things First Navajo/Apache Regional Council conducted two surveys to illicit local data from parents of children ages birth through five and the child care providers who serve them. This survey data allowed for the collection of region specific data of particular interest to the council.

Additional support and collaboration with community members, schools, and organizations in the area resulted in current and relevant data regarding Head Start enrollment, kindergarten readiness scores, services for children with disabilities, community assets, and more.

Still, vital information about children ages birth through five in the region is missing. More comprehensive, current, and representative data will help to make more informed conclusions about the state of children in the First Things First Navajo/Apache Region and can better guide initiatives within the communities. Future efforts should be made to improve the data available for the following areas of interest:

- **Kindergarten Readiness** – There is no current source of comprehensive kindergarten readiness data in the state of Arizona. Arizona school districts use a variety of methods, including DIBELS and AIMSWeb, to assess literacy skills, however; these measures do not assess many of the other skills needed for children to succeed in school. First Things First is currently working to build a common, cohesive system for measuring school readiness.
- **Quality First Child Care Centers Capacity** – Data on the capacity of Quality First Child Care spaces are not currently available. Through the efforts of First Things First, a comprehensive database of Quality First Child Care centers and homes is being created. It will provide regional data on capacity and accessibility of Quality First Child Care for children.
- **Child Abuse, Foster Care, and Juvenile Justice** – The majority of these indicators are available only at the county level. While child abuse data are collected at the zip code level, the Department of Economic Security was unable to release these data for many areas due to the small number of reports per zip code and concern for confidentiality.



- **Health Insurance** – Enrollment numbers for the Arizona Health Care Cost Containment System (AHCCCS) and KidsCare are not available at breakdowns lower than the county level. Regional survey data provides some further understanding of health insurance coverage in the First Things First Navajo/Apache Region however; it does not provide the exact number of people without health insurance in the First Things First Navajo/Apache Region.
- **Oral Health Care Data**– There is limited oral health data available at the First Things First Navajo/Apache Regional level. Service providers have provided information on the services they offer the community and their understating of the issue. However, there is not comprehensive data on the scope and scale of oral health care needs for children in the region.
- **Obesity and Diabetes** – Obesity and diabetes data are available for adults living in Navajo and Apache counties. There are no current data available regarding the number of children and, in particular, the number of children ages birth through five who are considered to be overweight, obese, or diagnosed with diabetes.

