



2014 NEEDS AND ASSETS REPORT
NAVAJO / APACHE REGIONAL PARTNERSHIP COUNCIL

 **FIRST THINGS FIRST**
Ready for School. Set for Life.



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2014 NEEDS AND ASSETS REPORT

Navajo/Apache 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 touched many lives of young children and their families.

The First Things First Navajo/Apache Regional Partnership Council will continue to advocate and provide opportunities as indicated throughout this report.

Our strategic direction has been guided by the Needs and Assets reports, specifically created for the Navajo/Apache Region in 2012 and the new 2014 report. The Needs and Assets reports are vital to our continued work in building a true integrated early childhood system for our young children and our overall future. The Navajo/Apache Regional Council would like to thank our Needs and Assets vendors 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.

Going forward, the First Things First Navajo/Apache Regional Partnership Council is 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

The way in which children develop from infancy to well-functioning members of society will always be a critical subject matter. Understanding the processes of early childhood development is crucial to our ability to foster each child's optimal development and thus, in turn, is fundamental to all aspects of wellbeing of our communities, society and the State of Arizona.

This Needs and Assets Report for the Navajo/Apache Region provides a clear statistical analysis and helps us in understanding the needs, gaps and assets for young children and points to ways in which children and families can be supported. The needs young children and families face are outlined in the executive summary and documented in further detail in the full report.

"OUR COMMUNITIES CARE ABOUT OUR YOUTH.

They want to have the freedom to raise their children as they were raised.
We are extremely proud, proud of heritage, proud of our communities,
and that is a good thing."

- Barry Williams, Apache County School Superintendent

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. This report provides basic data points that will aid the Council's decisions and funding allotments; while building a true 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 participated in numerous work sessions and community forums throughout the past two years. The success of First Things First was 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 also want to 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 American Community Survey, 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

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EXECUTIVE SUMMARY

A BRIEF SNAPSHOT

A quick snapshot of quality of life in the First Things First Navajo/Apache Region would show a relatively stable population in the region in 2010, despite a recent decrease in the number of new births in the area. The vast majority of women have prenatal care and most children are born at healthy weights, but when comparing the region to the state, a lower percentage of women in the region start prenatal care in their first trimester, and a higher percentage of babies are born at low birth weight.

While the region is known to be medically underserved, and to have a lower number of primary care physicians in relation to the population, most children are getting access to health care.

Families participating in the parent survey report they are not reading to their children as frequently now as they were a couple of years ago, and some families don't have any books in the home. There are more parents that report never playing sports or exercising, never playing games, or never helping with art/craft or science projects with their child. Many children in the region are doing well in school, with good reading skills and high graduation rates, but some children, especially in certain school districts, are struggling with both. The percentage of children referred to a specialist or diagnosed with a special need is declining, and yet there are still a limited number of professionals to serve the children who do have a special need.

The local economy appears to be getting slightly better, with decreasing unemployment rates and fewer foreclosures. However child poverty is still an issue for about one-third of children and food insecurity remains a big problem for families.

Local parents report that they are confident in their parenting skills and in coping with the day-to-day demands of parenting, and yet they report needing more help with child care, parenting classes, and preparing their child for kindergarten.

First Things First, however, is definitely making its mark on the region, with far more parents now aware of First Things First and what it does. Less than five out of ten parents were knowledgeable about First Things First in 2011, compared to seven out of ten parents in 2013, a statistically significant increase.

More details about quality of life in the First Things First Navajo/Apache Region are described below.



PEOPLE IN THE FIRST THINGS FIRST NAVAJO/APACHE REGION

There were 73,083 residents in the First Things First Navajo/Apache Region according to 2010 U.S. Census data; of those, 6,166 were children ages birth through five. Half of children birth through five identified as White, 19% as Hispanic or Latino, and 6% as American Indian or Native American.

Income and Poverty

Poverty

Children who grow up in poverty are more likely to lack adequate food and basic preventive health care. They are at significant risk for dropping out of school early, having lower levels of literacy, and ending up in poverty as adults.

About one in four children ages birth through five were living in poverty in the First Things First Navajo/Apache Region between 2007 and 2011.

- Poverty for children ages 5 through 17 was highest in the areas served by Sanders Unified (44%), Concho Elementary (39%) and Vernon Elementary School Districts (37%), and lowest in the areas served by Snowflake Unified (22%) and Blue Ridge Unified (25%) in 2012.

Food Insecurity

When children lack adequate food, it can lead to poor physical and mental health, difficulty learning, increased school absences, and lower test scores than their counterparts.

Nearly 4 in 10 children in both Navajo County and Apache County lived in families that did not have enough food to eat in 2011.

- It is estimated that 83% of food insecure children qualify for Supplemental Nutrition Assistance Program (SNAP) benefits in Navajo County based on family incomes. Of food insecure households in Apache County, 95% qualify.

Basic Needs and Public Assistance

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



One in five families went without a basic need in the First Things First Navajo/Apache Region in 2013, according to parent survey results.

- Commonly reported needs included gasoline for their car (11%), medical care (7%), dental care (5%), prescription medications (4%), food (4%), child care (3%), and propane or natural gas for the home (3%).

Two out of three (63%) parent survey respondents reported receiving some form of public assistance in 2013.

- The most common forms of assistance reported were food stamps (50%) and WIC benefits (31%).

Unemployment

The unemployment rate measures the number of people who do not have a job and who have actively sought work within the past four weeks.

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

- The overall unemployment rate in the First Things First Navajo/Apache Region was 7.9% in 2013.
 - Unemployment was highest in Holbrook at 9.8%, followed by Springerville and Snowflake at 8.3% each, and lowest in Heber-Overgaard at 3.9% in 2013.

Foreclosures

When foreclosures force families out of their homes, children 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.

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

- One in every 925 homes in Apache County was in foreclosure, while one in every 1,107 homes was in foreclosure in Navajo County, worse than the state at one in every 1,305 in February 2014.



Early Care and Education

Child care

Quality child care helps children develop social and academic skills in preparation for school and life success. It also allows parents to feel confident knowing that their child is well cared for while they are at work or school.

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

- Only about 16% of children ages birth through 11 years old who needed care had child care slots available to them in 2013. This left an estimated 5,937 children ages birth through 11 without formal child care.
- The median daily cost of *full-time* child care ranged from \$20 for approved homes to \$30 for center based care in the counties of Navajo, Apache, Coconino, and Yavapai in 2012.

Family Reading and Activities

When families read to their infants and preschool aged children, children learn crucial skills such as how to recognize letters, words and sounds. It gives them a leg up for starting kindergarten, which helps them throughout their school career. Family activities like doing exercise together, playing sports and games, and making puzzles are also key ways for children to learn.

Half of families are reading together 3 to 7 times a week, but more frequent reading is declining.

- One out of four parent respondents (24%) reported reading with their child more than 7 times a week in 2011, down to 17% in 2013, a statistically significant decline.
- A higher percentage of parents reported in 2013 that they never played a sport or exercised, never played games or did puzzles, and never helped with an art/craft/science project as compared to parents in 2011.

School Success

Third grade reading scores are an excellent predictor of later school success, including high school graduation rates and career success. One way to measure third grade reading is by the AIMS reading standard.



Some children had very strong reading skills and others were behind in their reading.

- St. Johns (92%) and Blue Ridge Unified School District (86%) had the highest percentage of children who passed the reading standard while Sanders Unified School District consistently had the lowest percentage at 40% in 2013.

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

- The graduation rate was 90% or over in four school districts: the Joseph City Unified School District, St. Johns Unified, Show Low Unified, and Snowflake Unified in 2012. Sanders Unified School District had the lowest graduation rate at 69%.

Special Needs

Children with Special Needs

It's crucial to have early identification of children's special needs so that they can get the support and opportunities they need to achieve success in school and in the community.¹ 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.

- There were only three audiologists and 33 speech language therapists in the Navajo/Apache Region in 2013.
- Six percent of First Things First Navajo/Apache Region parent survey respondents reported their child had been diagnosed with a developmental delay, disability, or special need in 2013, down from 10% in 2011, a statistically significant decrease.
- Sixty-three percent of child care provider survey respondents in the First Things First Navajo/Apache Region reported that they referred families to Child Find, a program for screening and referral for young children, in 2013; but 18% said they didn't know what Child Find was, and 16% didn't know whether or not they had referred families.

¹ Steele, M.M. (2004). Making the case for early identification and intervention for young children at risk for learning disabilities. *Early Childhood Education Journal*, 32(2) 75-79.



Health

Access to Needed Health Care

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.

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 was one primary care physician for every 2,066 people living in Apache County, and one for every 1,018 residents in Navajo County in 2012. These provider-to-population rates are both much higher than the ratio in Arizona as a whole at one for every 785 residents.

The vast majority of children got health care when they needed it, but some went without it.

- Of parents who reported their child needed medical care, 94% reported the child received care *all or most of the time* while nearly 6% said their child received it *some of the time* or *never* in 2013

Healthy Births

There were 910 total births in the First Things First Navajo/Apache Region in 2012, the lowest number of births in the last six years. It's important that pregnant women get adequate prenatal care so that they will be 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 28% of women in the First Things First Navajo/Apache Region did not receive prenatal care in their first trimester of pregnancy in 2012.

- A slightly higher percentage of babies were born at low birth weights in the region compared to Arizona as a whole, 8% and 7% respectively, in 2012.

Teen Births

Teen mothers tend to give birth prematurely with babies born at low birth weights. The mothers 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.



There was a higher percentage of births to teen mothers in the First Things First Navajo/Apache Region (13%) in comparison to the state overall (9%) in 2012.

Immunization Rates

Immunization requirements help to prevent a number of serious and sometimes fatal diseases in young children including hepatitis B, polio, measles, mumps, rubella, diphtheria, tetanus, pertussis (whooping cough), influenza, and varicella (chickenpox).

- When parents were asked in a survey whether their child was up to date on their vaccines, there was a statistically significant decline from 88% reporting yes in 2011, to 84% in 2013.
- However, only about half (57%) of children ages 19 through 35 months in the First Things First Navajo/Apache Region had their required vaccinations in 2012, according to the Arizona Department of Health Services.²

Infant Deaths

The United States ranks very poorly in infant mortality when compared to other high income countries, 31 out of 37 countries in 2006.³ Further, there are large disparities in infant mortality based on race and ethnicity in the U.S. with African Americans and American Indians having the highest infant mortality rates.

Child mortality rates were higher in Apache and Navajo County than in Arizona as a whole in 2011.

- The infant mortality rates in the two counties have fluctuated since 2005 due to the relatively small number of births in each county. There were 8.4 to 8.5 deaths per 1,000 in each of the two counties in 2011, higher than the state at 5.9 deaths per 1,000 births.

² Immunization data are from the Arizona State Immunization Information System (ASIS). ASIS-based coverage level estimates are nearly always lower than actual coverage levels given the challenges in determining a completion rate. Fragmented records, children relocating out of state before completing their immunization, and duplication of records are some reasons for these challenges.

³ Singh, G.K., van Dyck, P.C. (2010). *Infant mortality in the United States, 1935-2007: Over seven decades of progress and disparities*. Health Resources and Services Administration, Maternal and Child Health Bureau, pp. 1-8. Rockville, MD: U.S. Department of Health and Human Services.



Supporting Families

Top Needs for Families

- There was a statistically significant increase in the percentage of parents reporting that parenting classes were a top need in the region from 39% in 2011 to 47% in 2013.
- Almost half of parents surveyed in 2013 felt that the most needed local services were child care (47%) and parenting classes/parent education (47%) followed by kindergarten preparation (27%).

Communicating with Parents

Most local parents get information on services and activities from family and friends.

- Parent survey respondents reported that they got important information about activities and services for their child and family from: friends and family members (67%), doctors/clinics (41%), the Internet (35%), and community agencies (24%) in 2013.
- There were statistically significant differences in the sources of information parents have used over the last several years. In 2013, parents relied more on doctors/clinics, the internet, community agencies, and child care workers and less on families and friends as compared to 2011.

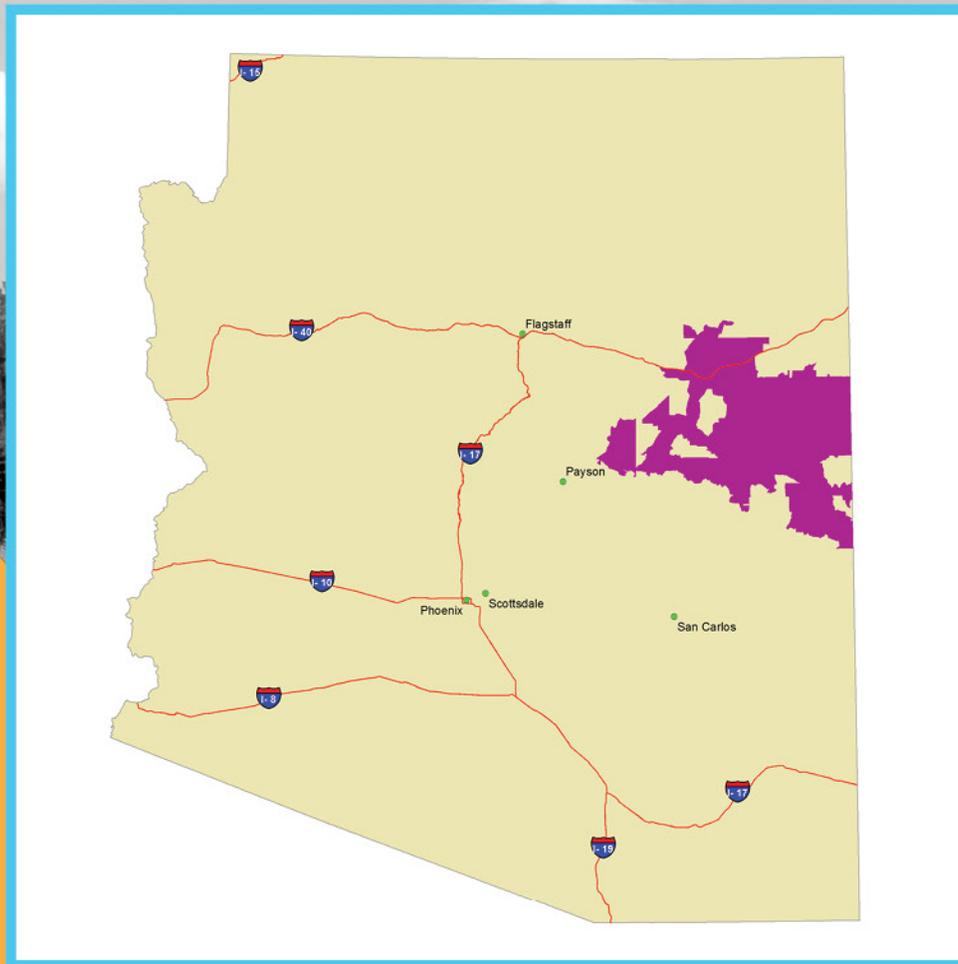
Parent Knowledge of First Things First

Parent knowledge of First Things First in the Navajo/Apache Region is increasing.

- Seventy percent of parents surveyed in the region were “somewhat” or “very knowledgeable” about what First Things First did in their community in 2013, a statistically significant increase from 47% in 2011.



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



ABOUT THE FIRST THINGS FIRST NAVAJO/APACHE REGION

The First Things First Navajo/Apache 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 regions' 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
- Households and Family Types
- Race/Ethnic Distribution
- Language Characteristics



Population

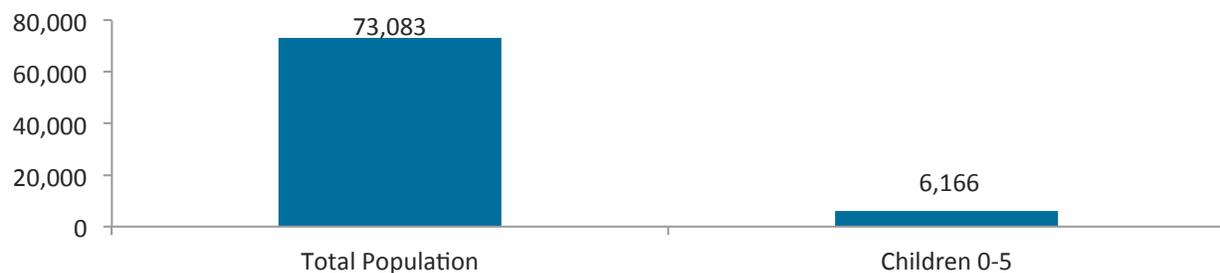
Why It Is Important

The U.S. Census Bureau calculates population estimates based largely on three factors: birth rates, mortality rates, and migration. Policy makers use these estimates to plan for the future, especially in areas such as food, water, energy, and health care. For example, with an increasing birth rate, there will be more demands on pediatricians, early childhood education, and K-12 education. While these census data provide a general understanding of the region, it is important to recognize their limitations as they are self-reported and rely heavily on the Bureau's ability to reach and build trust with local community members.

What the Data Tell Us

An estimated 6,166 children under the age of six years old live in the First Things First Navajo/Apache Region. Children ages birth through five were 8% of the overall population.

Total Population Estimates, First Things First Navajo/Apache Region



Source: First Things First. (2014). *Population estimates*. Phoenix, AZ.
 Note: Data are based on U.S. Census 2010.

Households and 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 are connected to children's educational achievement and physical wellbeing.⁴ A study by McLanahan and Percheski suggests that the links between family structure, income inequality, and ethnicity are not only compounded by one another but increase over the generations. The authors describe a cycle where single

⁴ Fields, J. & Smith, K. (1998). *Poverty, family structure, and child well-being: Indicators from the SIPP* (U.S. Census Bureau Working Paper 23). Retrieved from <http://www.census.gov/population/www/documentation/twps0023/twps0023.html>



motherhood leads to higher child poverty rates, and poverty exacerbates already existing racial inequalities.⁵

The effects of single parent households on the health and wellbeing of children have been long recognized. However, continued economic challenges have added pressure to families across the country, creating new alternative family structures, including multigenerational households and households in which grandparents are raising children. These grandfamilies require unique programs and services targeted at bridging the generation gap.⁶

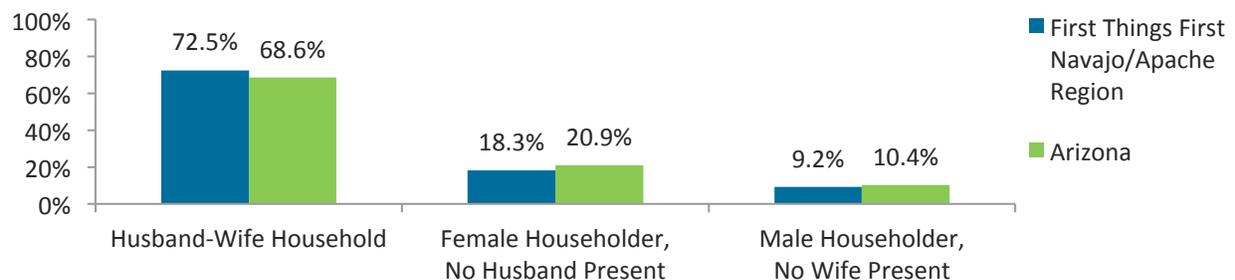
Snapshot of Community Supports

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

What the Data Tell Us

Seventy-three percent of families with children ages birth through five were in husband-wife households, and 18% were in female-headed households in the First Things First Navajo/Apache Region in 2010.

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. *American Community Survey, 2007-2011 5-Year Estimates*. Retrieved from <http://factfinder2.census.gov>

Note: First Things First Navajo/Apache regional data are the combination of zip codes in this region. See methodology for a list of zip codes.

Note: For detail on Census and American Community Survey data, see Appendix A.

⁵ McLanahan, S. & Percheski, C. (2008). Family structure and the reproduction of inequalities. *Annual Review of Sociology*, 34, 257-276.

⁶ Edwards, O., Taub, W., & Gordon E. (2009). A conceptual pathways model to promote positive youth development in children raised by their grandparents. *School Psychology Quarterly*, 24(3), 160-172. doi: 10.1037/a0016226



There were an estimated 1,170 children under the age of 18 living in grandparent-led households in the First Things First Navajo/Apache Region. This represents 6% of children under age 18, higher than the state at 5%. The majority (70%) of those children were living in a household where the child's parent(s) were also present.

Children Under 18 Years Old Living With a Grandparent Head of Household, First Things First Navajo/Apache Region, 2007-2011 5-Year Estimates

HOUSEHOLD TYPE	FIRST THINGS FIRST NAVAJO/APACHE REGION		ARIZONA PERCENT OF CHILDREN UNDER 18
	NUMBER OF CHILDREN	PERCENT OF CHILDREN UNDER 18	
Grandparent-led households	1,170	6.3%	4.5%
Of Grandparent-led households			
Parent Present	807	4.3%	3.3%
No Parent Present	363	1.9%	1.2%

Source: U.S. Census Bureau. (2012). Table B10002: Grandchildren under 18 years living with a grandparent by grandparent's responsibility and presence of parent. *American Community Survey, 2007-2011 5-Year Estimates*. Retrieved from <http://factfinder2.census.gov>
U.S. Census Bureau. (2012). Table B09001: Population under 18 by age. *American Community Survey, 2007-2011 5-Year Estimates*. Retrieved from <http://factfinder2.census.gov>

Note: Caution should be used when interpreting these numbers due to small population sample.

Note: First Things First Navajo/Apache regional data are the combination of zip codes in this region. See methodology for a list of zip codes.

Note: For detail on Census and American Community Survey data, see Appendix A.

Race/Ethnic Distribution

Why It Is Important

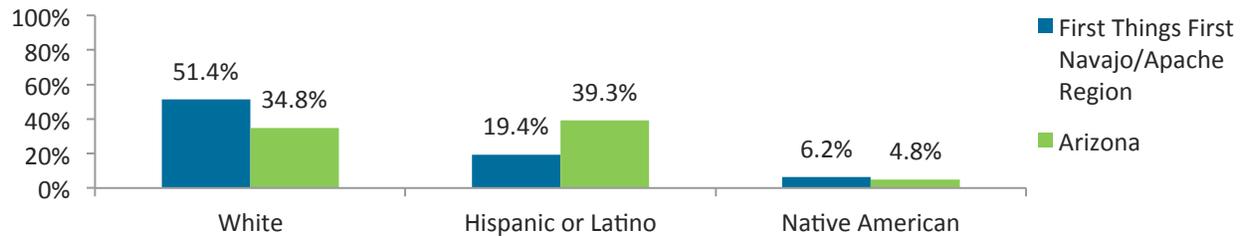
Arizona is a very ethnically diverse state with large percentages of people who are White, Latino or Hispanic and American Indian. Understanding racial and ethnic diversity within the region allows First Things First to provide culturally appropriate services to families of different backgrounds.

What the Data Tell Us

Fifty-one percent of children ages birth through five in the First Things First Navajo/Apache Region were identified as White, 19% as Hispanic or Latino, and 6% as American Indian or Native American. The First Things First Navajo/Apache Region had a much lower percentage of children identified as Hispanic or Latino than the state overall.



Race/Ethnicity of Children Birth through Five, First Things First Navajo/Apache Region, 2007-2011 5-Year Estimates



Source: U.S. Census Bureau. (2012). Table B01001-H, I, B, D, and C: Sex by age. *American Community Survey, 2007-2011 5-Year Estimates*. Retrieved from <http://factfinder2.census.gov>

Note: Data presented are for respondents who reported "White alone, not Hispanic/Latino" and "Native American alone, not Hispanic/Latino."
 Note: First Things First Navajo/Apache regional data are the combination of zip codes in this region. See methodology for a list of zip codes.
 Note: For detail on Census and American Community Survey data, see Appendix A.

Each area within the First Things First Navajo/Apache Region had different race/ethnic breakdowns. In the Vernon, Alpine, Round Valley Area and Blue Ridge Area more than two-thirds of the children under the age of 5 identified as White. The Holbrook, Joseph City, Sanders Area had the largest percentage of children who identified as Native American (62%).

Race/Ethnicity of Children Under Age 5, By First Things First Navajo/Apache Region Area, 2007-2011 5 – Year Estimates

AREA	WHITE	HISPANIC/LATINO	NATIVE AMERICAN	SOME OTHER RACE	2 OR MORE RACES
Vernon, Alpine, Round Valley Area	70.0%	27.6%	0.0%	0.0%	2.4%
Concho, St. Johns Area	43.3%	27.7%	9.2%	16.0%	3.8%
Holbrook, Joseph City, Sanders Area	17.7%	10.5%	62.4%	0.6%	8.7%
Blue Ridge Area	61.8%	17.8%	0.8%	16.7%	2.9%
Show Low, Heber Area	62.2%	13.5%	12.8%	5.8%	5.6%
Snowflake Area	54.0%	25.6%	0.0%	9.5%	10.9%
First Things First Navajo/Apache Region	49.7%	19.0%	17.5%	6.3%	6.5%

Source: U.S. Census Bureau. (2012). Table B01001-B, C, D, E, F, G, H and I: Sex by age. *American Community Survey, 2007-2011 5-Year Estimates*. Retrieved from <http://factfinder2.census.gov>

Note: Some other race alone includes African American, Asian, Native Hawaiian and Pacific Islander, and Some other Race Alone.

Note: Area totals may not add up to 100% due to people being able to choose more than one race/ethnicity.

Note: First Things First Navajo/Apache regional data are the combination of zip codes in this region. See methodology for a list of zip codes.

Note: For detail on Census and American Community Survey data, see Appendix A.



Language Characteristics

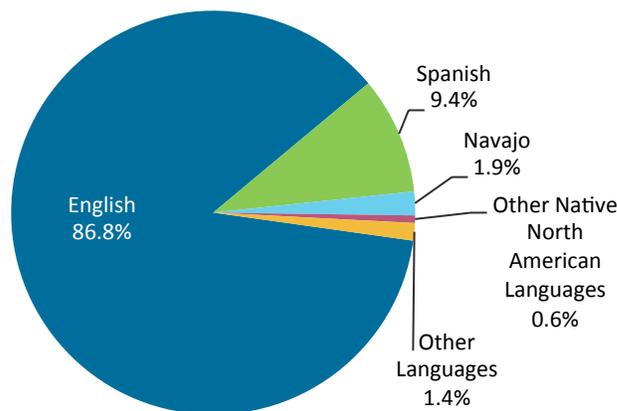
Why It Is Important

In Arizona, English is the most commonly spoken language, followed by Spanish and Native American languages such as Navajo and Apache.⁷ According to the U.S. Census Bureau, a "limited English speaking household" is one in which no member 14 years old and over speaks only English or speaks a non-English language and speaks English less than "very well." In other words, all members 14 years old and over have at least some difficulty with English. 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

The majority (87%) of the population ages 5 years and older in the First Things Navajo/Apache Region spoke English only in the home, while less than 10% spoke Spanish and less than 2% spoke Navajo.

Language Spoken at Home for the Population 5 and Over, First Things First Navajo/Apache Region, 2007-2011 5-Year Estimates



N=66,168

Source: U.S. Census Bureau. (2012). Table B16001: Language spoken at home by ability to speak English for the population 5 years and over. *American Community Survey, 2007-2011 5-Year Estimates*. Retrieved from <http://factfinder2.census.gov>

Note: First Things First Navajo/Apache regional data are the combination of zip codes in this region. See methodology for a list of zip codes.

Note: For detail on Census and American Community Survey data, see Appendix A.

⁷ The Center for Public Education. (2000). *Top five languages by state*. Retrieved from <http://www.centerforpubliceducation.org>



While the majority of the population in the region spoke only English, the Holbrook, Joseph City, Sanders Area was an exception where 44% of the population spoke Navajo, and 52% spoke only English in the home.

Language Spoken at Home for the Population 5 and Over, 2007-2011 5 – Year Estimates

AREA	ENGLISH ONLY	SPANISH	NAVAJO	OTHER NATIVE NORTH AMERICAN LANGUAGE	OTHER LANGUAGES
Vernon, Alpine, Round Valley Area	82.5%	14.5%	1.2%	0.1%	1.8%
Concho, St. Johns Area	85.0%	11.6%	2.2%	0.6%	0.6%
Holbrook, Joseph City, Sanders Area	51.5%	3.7%	43.5%	1.0%	0.3%
Blue Ridge Area	88.4%	9.7%	1.2%	<0.1%	0.7%
Show Low, Heber Area	89.8%	5.9%	1.6%	0.2%	2.5%
Snowflake Area	87.5%	10.1%	0.6%	0.9%	0.9%
First Things First Navajo/Apache Region	86.8%	9.4%	1.9%	0.6%	1.4%

Source: U.S. Census Bureau. (2012). Table B16001: Language spoken at home by the ability to speak English for the population 5 years and over. *American Community Survey, 2007-2011 5-Year Estimates*. Retrieved from <http://factfinder2.census.gov>

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

Note: All the members of a limited English speaking household are tabulated as limited English speaking household, including members under 14 years old who may speak only English.

Note: Caution should be used when interpreting these data due to the margin of error in smaller geographic areas.

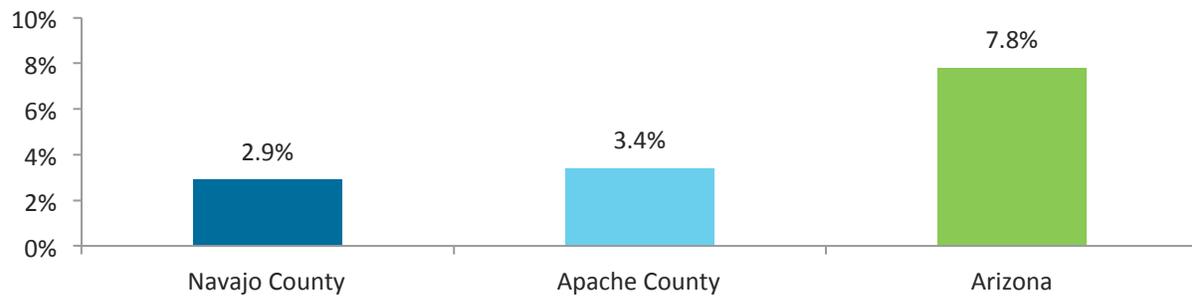
Note: For detail on Census and American Community Survey data, see Appendix A.

Data on the number of children living in limited English speaking households is limited, due to the small number of households and the stigma of identification. However, county level data provides a basic snapshot of the percentage of children living in limited English speaking homes.

According to 2007-2011 American Community Survey estimates, very few children lived in limited English speaking households: about 3% of children ages 5 to 17 in each of the two counties. This was lower than the state of Arizona at nearly 8%.



Children Ages 5 Through 17 Living in Limited English Speaking Households* Households, 2007-2011 5 – Year Estimates



Source: U.S. Census Bureau. (2013). Table B16003: Age by language spoken at home for the population 5 years and over in households in which no one 14 years and over speaks English only or speaks a language other than English at home and speaks English "very well." *American Community Survey, 2007-2011 5-year Estimates*. Retrieved from <http://www.factfinder2.census.gov>

U.S. Census Bureau. (2013). Table B01001: Sex by age. *American Community Survey, 2007-2011 5-Year Estimates*. Retrieved from <http://factfinder2.census.gov>

* denotes Limited English Speaking Households are households in which no one 14 years and over speaks English only or speaks a language other than English at home and speaks English "very well."

Note: For detail on Census and American Community Survey data, see Appendix A.



ECONOMIC CIRCUMSTANCES

It is important to consider the current national economic climate when assessing the needs and assets of local regions. While the economy has improved, the nation still faces economic challenges that greatly impact families and their children.

SELECTED INDICATORS

- Income
- Unemployment
- Poverty
- Basic Needs
- Economic Supports
- Food Insecurity
- Foreclosure



Income

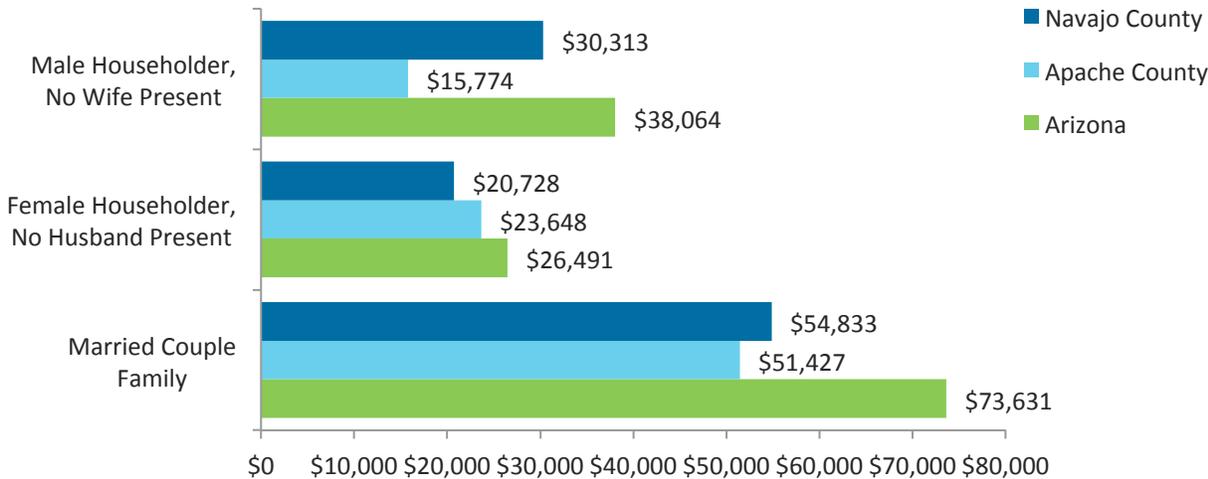
Why It Is Important

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

What the Data Tell Us

The annual median family income was \$54,833 in Navajo County and \$51,427 in Apache County for married couple families with children under the age of 18 years old, based on 2007-2011 estimates. Both counties were much lower than Arizona as a whole at \$73,631. Single parent female headed households earned less than half of what married couple families earned in both counties.

Median Family Income¹ in the Past 12 Months by Family Type with Own Children Under 18 Years, 2007-2011 5 – Year Estimates



Source: U.S. Census Bureau. (2013). Table B19126: Median family income in the past 12 months by family type by presence of own children under 18 years. *American Community Survey, 2007-2011 5-Year Estimates*. Retrieved from <http://www.factfinder2.census.gov>

Note: Data are county level and include reservation portions of each county.

Note: For detail on Census and American Community Survey data, see Appendix A.

¹The median family income represents a midpoint, meaning that half of households earn more, and have earn less.



Median Family Income in the Past 12 Months by Family Type with Own Children Under 18 Years, By First Things First Navajo/Apache Regional Area, 2007-2011 5 – Year Estimates

AREA	MARRIED COUPLE FAMILY	FEMALE HOUSEHOLDER, NO HUSBAND PRESENT	MALE HOUSEHOLDER, NO WIFE PRESENT
Vernon, Alpine, Round Valley Area			
Vernon Elementary District Area	\$51,667	\$17,250	-
Alpine Elementary District Area	\$110,982	-	-
Round Valley Unified District Area	\$71,934	\$25,761	\$14,676
Concho, St. Johns Area			
Concho Elementary District Area	\$29,327	\$15,313	\$17,115
St. Johns Unified District Area	\$86,779	\$35,125	\$55,438
Holbrook, Joseph City, Sanders Area			
Holbrook Unified District Area	\$59,861	\$25,625	\$31,346
Joseph City Unified District Area	\$57,679	-	\$30,625
Sanders Unified District Area	\$49,063	\$20,278	\$11,944
Blue Ridge Area			
Blue Ridge Unified District Area	\$71,213	\$22,145	\$34,231
Show Low, Heber Area			
Show Low Unified District Area	\$44,846	\$16,038	\$37,103
Heber-Overgaard Unified District Area	\$53,010	\$18,333	-
Snowflake Area			
Snowflake Unified District Area	\$54,079	\$44,167	\$50,125

Source: U.S. Census Bureau. (2013). Table B19126: Median family income in the past 12 months by family type by presence of own children under 18 years. *American Community Survey, 2007-2011 5-Year Estimates*. Retrieved from <http://www.factfinder2.census.gov>

- denotes too few observations to compute reliable estimates.

Note: For detail on Census and American Community Survey data, see Appendix A.

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 looking at median family incomes in the two counties, married couple families met the self-sufficiency level in both Navajo County and Apache County for a family of four. However, the median family income for single parent households is much lower than what would be needed for a parent with two children to be self-sufficient in either county.



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 from <http://www.selfsufficiencystandard.org/pubs.html>

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

Note: Data presented are the most recent available.

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 from <http://www.selfsufficiencystandard.org/pubs.html>

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

Note: Data presented are the most recent available.



Unemployment

Why It Is Important

Healthy communities require an adequate supply of jobs that pay 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.⁸ 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 wellbeing and Arizona has one of the highest projected growth rates in the U.S. with an expected 59,000 non-farm related jobs in 2014.⁹

Snapshot of Community Supports

- ***The Arizona Workforce Connection - Show Low*** offers employment opportunities, career advising, job readiness workshops, transportation allowances and child care assistance for eligible residents.
- ***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.

What the Data Tell Us

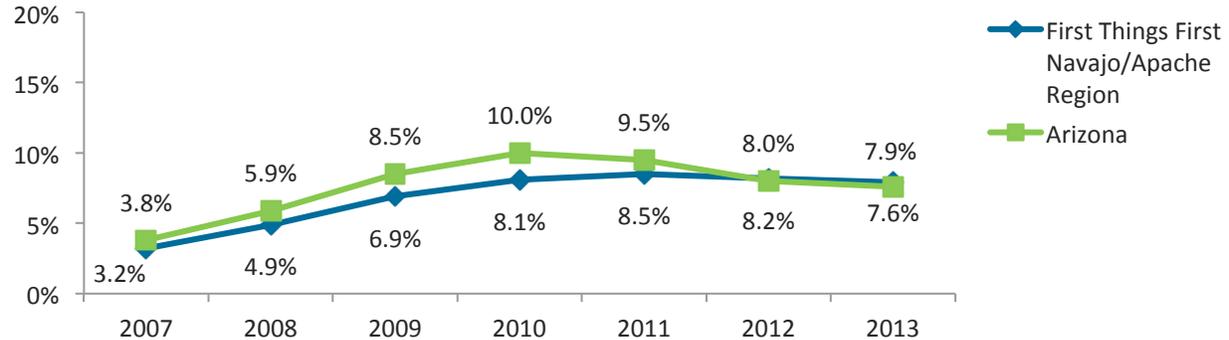
The overall unemployment rate in the First Things First Navajo/Apache Region was 7.9% in 2013. This was the lowest unemployment rate in the last four years and was slightly higher than Arizona at 7.6%.

⁸ 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*.

⁹ Arizona Department of Administration, Office of Employment and Population Statistics. (2014). *Gradual nonfarm employment growth*. Retrieved from <http://azstats.gov>



Unemployment Rate



Source: Arizona Department of Administration, Office of Employment and Labor Statistics. (2014). *Local area employment statistics*. Retrieved from <http://www.workforce.az.gov>

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

Unemployment was highest in Holbrook at 9.8% and lowest in Heber-Overgaard at 3.9% in 2013. While both counties experienced a decrease in the percentage of unemployed residents, Navajo County (7.9%) continued to have a higher rate of unemployment than Apache County (7.6%) in 2013.

Unemployment Rate, By Community

PLACE	2007	2008	2009	2010	2011	2012	2013
Eagar	2.6%	3.5%	4.5%	5.3%	6.2%	6.5%	6.4%
Springerville	3.4%	4.5%	5.9%	6.8%	8.0%	8.4%	8.3%
St. Johns	3.0%	3.9%	5.2%	6.0%	7.1%	7.4%	7.3%
Heber-Overgaard	1.6%	2.5%	3.6%	4.2%	4.2%	4.0%	3.9%
Holbrook	4.1%	6.3%	9.1%	10.4%	10.7%	10.1%	9.8%
Pinetop-Lakeside	3.3%	5.1%	7.5%	8.6%	8.8%	8.4%	8.1%
Show Low	3.0%	4.7%	6.8%	7.8%	8.0%	7.6%	7.3%
Snowflake	3.4%	5.3%	7.7%	8.9%	9.1%	8.6%	8.3%
Taylor	2.8%	4.4%	6.4%	7.3%	7.5%	7.1%	6.8%
Apache County Less Native American Reservations	3.1%	4.1%	5.4%	6.3%	7.3%	7.6%	7.6%
Navajo County Less Native American Reservations	3.3%	5.0%	7.3%	8.4%	8.6%	8.2%	7.9%
Arizona	3.7%	6.0%	9.8%	10.4%	9.4%	8.3%	7.9%

Source: Arizona Department of Commerce, Research Administration. (2014). *Arizona unemployment statistics program: Special unemployment report*. Retrieved 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 2010.¹⁰ 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.¹¹

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.¹²

What the Data Tell Us

The federal poverty guidelines are used by federal and state governments to determine eligibility for government assistance. There are several programs that use these guidelines or percentages of the guidelines (such as 125% or 185% of the federal poverty guidelines), such as Head Start, food stamps, the school lunch program, low-income energy assistance, the children's health insurance program, and Medicare. The federal poverty guideline for 2013 was \$19,530 for a family of three, and \$23,550 for a family of four.

¹⁰ Arizona Directions. (2012). *Arizona indicators*. Retrieved from Arizonaindicators.org

¹¹ 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.

¹² U.S. Department of Health & Human Services. (2011). *Poverty guidelines and poverty measurement*. Retrieved from <http://aspe.hhs.gov/poverty/index.shtml>



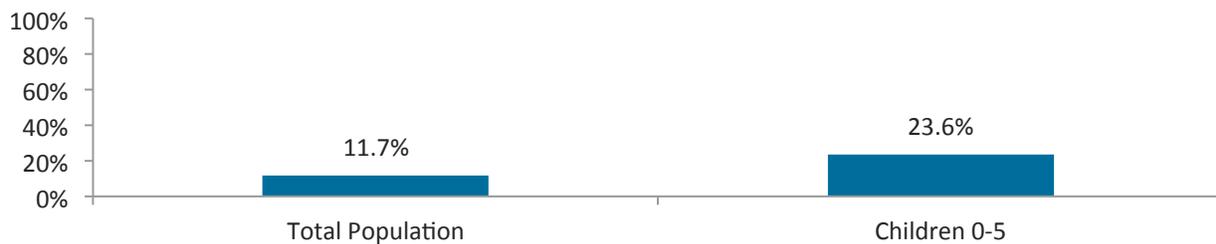
Federal Poverty Guidelines, By Family Size

FAMILY SIZE	2008	2009	2010	2011	2012	2013	2014
1	\$10,400	\$10,830	\$10,830	\$10,890	\$11,170	\$11,490	\$11,670
2	\$14,000	\$14,570	\$14,570	\$14,710	\$15,130	\$15,510	\$15,730
3	\$17,600	\$18,310	\$18,310	\$18,530	\$19,090	\$19,530	\$19,790
4	\$21,200	\$22,050	\$22,050	\$22,350	\$23,050	\$23,550	\$23,850
5	\$24,800	\$25,790	\$25,790	\$26,170	\$27,010	\$27,570	\$27,910
6	\$28,400	\$29,530	\$29,530	\$29,990	\$30,970	\$31,590	\$31,970
7	\$32,000	\$33,270	\$33,270	\$33,810	\$34,930	\$35,610	\$36,030
8	\$35,600	\$37,010	\$37,010	\$37,630	\$38,890	\$39,630	\$40,090

Source: U.S. Department of Health & Human Services. (2014). *Federal register*. Retrieved from <http://aspe.hhs.gov>
 Note: For families with more than 8 persons, add \$4,670 for each additional person for 2014 guidelines.

It is estimated that nearly one in four children under the age of 6 in the First Things First Navajo/Apache Region are living in poverty. This translates to roughly 1,400 children birth through five. The poverty rate is higher among young children than the population as a whole.

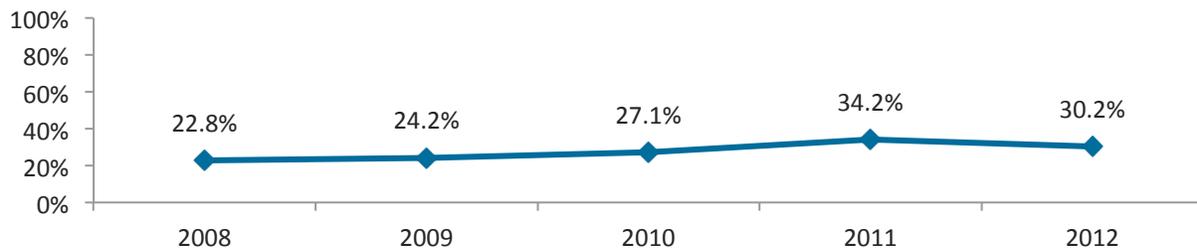
Poverty Estimates, First Things First Navajo/Apache Region, 2007-2011 5 – Year Estimates



Source: First Things First. (2014). *Poverty estimates*. Phoenix, AZ.
 Note: Data are based on American Community Survey 2007-2011 5 – Year Estimates.

Thirty percent of children ages 5 through 17 living within the boundaries of the First Things First Navajo/Apache Region school districts were living in poverty in 2012, up from 23% in 2008.

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



Source: U.S. Census Bureau. (2013). Small Area Income and Poverty Estimates (SAIPE) Assessments. Retrieved from <http://www.census.gov/did/www/saibe/index.html>



Note: First Things First Navajo/Apache Region School District Area data are the combination of data from all school districts serving the region. Regional school districts include 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.

At least one in five children ages 5 through 17 were part of a family living in poverty in each of the areas served by the regional school district areas in 2012. Some school district areas had more than one out of three children living in poverty, including the areas served by Concho Elementary School District (39%) and Sanders Unified School District (44%) in 2012. The school district areas with the lowest percentage were Snowflake Unified School District (22%) and Round Valley Unified School District (24%) in 2012.

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

SCHOOL DISTRICT	2006	2007	2008	2009	2010	2011	2012
Vernon, Alpine, Round Valley Area							
Alpine Elementary	37.5%*	33.3%*	33.3%*	34.8%*	25.5%*	29.4%*	29.4%*
Round Valley Unified	11.7%	10.7%	9.9%	10.3%	22.6%	28.0%	23.8%
Vernon Elementary	30.6%	31.0%	29.3%	27.4%	34.1%	34.8%	36.9%
Concho, St. Johns Area							
Concho Elementary	29.0%	31.6%	29.1%	25.5%	31.6%	40.9%	38.8%
St. Johns Unified	24.0%	22.0%	20.4%	21.1%	25.7%	28.3%	28.0%
Holbrook, Joseph City, Sanders Area							
Holbrook Unified	31.1%	33.0%	33.1%	33.9%	34.4%	39.2%	35.5%
Joseph City Unified	20.9%	22.3%	22.4%	22.4%	23.8%	35.4%	35.4%
Sanders Unified	45.6%	41.4%	38.6%	41.4%	37.4%	42.9%	44.4%
Blue Ridge Area							
Blue Ridge Unified	13.5%	15.9%	17.7%	18.2%	21.5%	27.8%	24.6%
Show Low, Heber Area							
Show Low Unified	18.0%	19.2%	21.1%	26.3%	25.1%	37.4%	32.4%
Heber-Overgaard Unified	16.8%	18.2%	18.3%	17.8%	32.3%	40.8%	35.3%
Snowflake Area							
Snowflake Unified	14.5%	15.5%	15.6%	15.6%	23.9%	31.3%	22.1%

Source: U.S. Census Bureau. (2013). *Small Area Income and Poverty Estimates (SAIPE) Assessments*. Retrieved from <http://www.census.gov/did/www/saipe/index.html>

* 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 forgoing 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 wellbeing.

What the Data Tell Us

During the months of September and October in 2011 and 2013, Applied Survey Research partnered with the First Things First Navajo/Apache Region to assist in distributing self-administered surveys with parents of children 0-5. A total of 709 surveys were collected in 2011 and 899 surveys were collected in 2013.

Twenty-five percent of parents surveyed in the 2013 First Things First Navajo/Apache Region Parent Survey reported having gone without at least one basic need in the previous 12 months. The most commonly reported needs were gasoline for their car (11%), medical care (6%), dental care (5%), prescription medications (4%), food (4%), child care (2%), and propane or natural gas for the home (2%).

"WE ARE A SMALL CLOSE KNIT COMMUNITY. EVERYONE KNOWS EVERYONE.

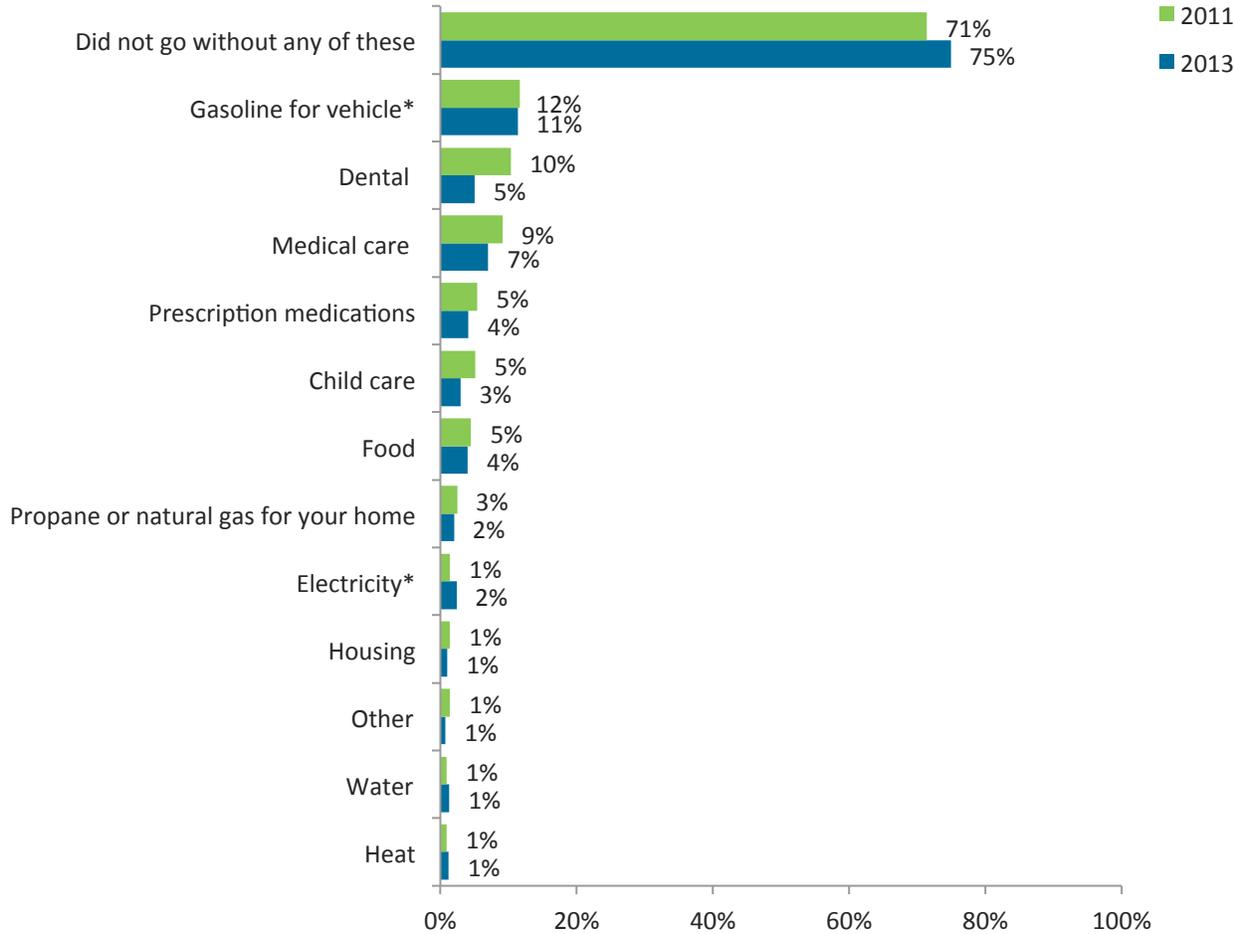
When there is a need, there is usually somebody out there that becomes aware of that need who helps get the need taken care of."

- Barry Williams, Apache County School Superintendent





In the past 12 months did you or your family go without any of the following?



2011: 651 respondents offering 820 responses; 2013: 785 respondents offering 948 responses.
 * Significance testing (Columns Proportions): Respondents in 2013 were significantly more likely to identify gasoline for vehicles and electricity as basic needs they went without compared to respondents in 2011.
 Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for parents with children ages 0-5]. Unpublished data. Watsonville, CA.
 Note: These responses are not mutually exclusive.
 Note: Multiple response question.

In each of the First Things First Navajo/Apache Region Areas, the basic need the greatest number of respondents reported going without in the past 12 months was gasoline for their vehicle (6% to 13%), with the exception of respondents in the Show Low, Heber Area where 10% of respondents reported going without medical care. The majority of respondents in each of the areas reported they did not go without any basic need in the 12 months prior to the survey.





In the past 12 months did you or your family go without any of the following? By First Things First Navajo/Apache Region Area - 2013 (Top 3 Responses)

	VERNON, ALPINE, ROUND VALLEY AREA	HOLBROOK, JOSEPH CITY, SANDERS AREA	BLUE RIDGE AREA	SHOW LOW, HEBER AREA	SNOW-FLAKE AREA
Response 1	Gasoline for vehicle (7%)	Gasoline for vehicle (14%)	Gasoline for vehicle (10%)	Medical care (11%)	Gasoline for vehicle (11%)
Response 2	Prescription medication (7%)	Food (7%)	Food (10%)	Gasoline for vehicle (8%)	Medical care (7%)
Response 3	Dental (6%)	Dental (6%)	Prescription medication (6%)	Dental (8%)	Dental (4%)

Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for parents with children ages 0-5]. Unpublished data. Note: Multiple response question. Vernon, Alpine, Round Valley (Area 1): 108 respondents offering 122 responses; Holbrook, Joseph City, Sanders (Area 3): 173 respondents offering 218 responses; Blue Ridge (Area 4): 125 respondents offering 163 responses; Show Low, Heber (Area 5): 172 respondents offering 208 responses; Snowflake (Area 6): 167 respondents offering 192 responses.

*Note: The number of respondents for Concho, St. Johns (Area 2) is less than 50, therefore the sample is too small to be reliable.

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 earning an 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.

Snapshot of Community Supports

- ***The Community Services Administration*** of the Northern Arizona Council of Governments (NACOG) offers one-time assistance for utility deposits and bills, transportation, housing payments, and appliance repair 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



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 provides 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 Data Tell Us

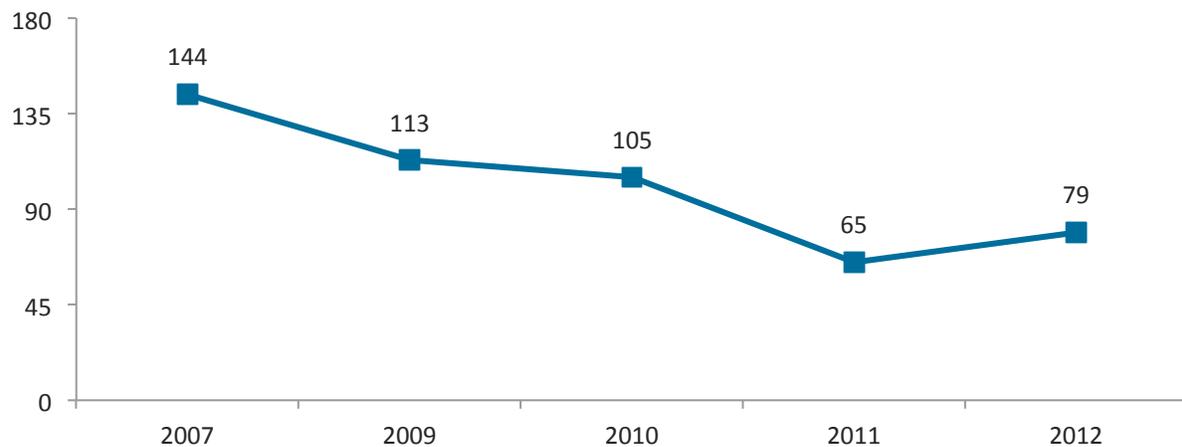
The Temporary Assistance for Needy Families (TANF) program provides some temporary cash assistance for struggling families with children, while the parent/parents are trying to return to work.¹³ In the First Things First Navajo/Apache Region, 79 families with children ages birth through five received TANF benefits in 2012, a 22% increase since 2011. Although this was the first increase in the number of families served during the last five years, this is still a substantial difference in the number of families who were served in 2007 (144 families). The substantial decline is mostly the result of legislative action, whereby:

- 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.

¹³ U.S. Department of Health & Human Services, Administration for Children and Families. (2008). About TANF. Retrieved from <http://www.acf.hhs.gov/programs/ofa/tanf/about.html>



Number of 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. (2014). [DES multi-data database]. Unpublished data. Received from First Things First. Note: First Things First Navajo/Apache Region data are the combination of all zip codes available in the region. See Methodology for a list of zip codes.

Many families in the First Things First Navajo/Apache region rely on Supplemental Nutritional Assistance Program (SNAP) benefits. SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. SNAP is the largest program in the domestic hunger safety net. The Food and Nutrition Service works with State agencies, nutrition educators, and neighborhood and faith-based organizations to ensure that those eligible for nutrition assistance can make informed decisions about applying for the program and can access benefits.¹⁴ Forty-seven percent of all SNAP households in the United States had at least one child under the age of 18 in fiscal year 2011.¹⁵

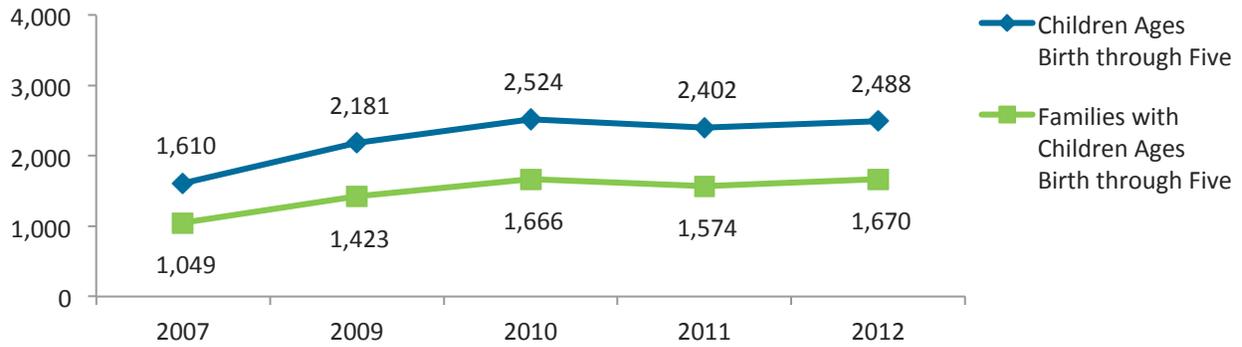
¹⁴ U.S. Department of Agriculture. (2014). *Supplemental Nutritional Assistance Program (SNAP)*. Retrieved from <http://www.fns.usda.gov>

¹⁵ Gundersen, C., Waxman, E., Engelhard, E. & Brown, J. (2013). *Map the meal gap: Child food insecurity*. *Feeding America*. Retrieved from <http://feedingamerica.org>



There were 2,488 children ages birth through five receiving SNAP benefits in 2012, an increase of 86 children since 2011 in the First Things First Navajo/Apache Region.

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

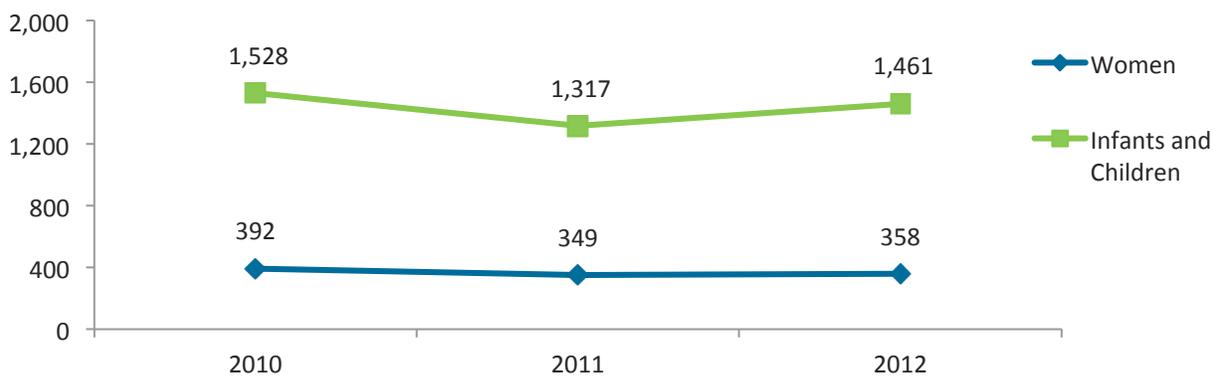


Source: Arizona Department of Economic Security. (2014). [Supplemental Nutrition Assistance Program (SNAP) Recipients]. Unpublished data. Received from First Things First.
 Note: Supplemental Nutrition Assistance Program was formerly the Food Stamp Program.
 Note: First Things First Navajo/Apache Region data are the combination of all zip codes in the region. See Methodology for a 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 infants and children who participated in WIC in the First Things First Navajo/Apache Region increased from 1,317 infants and children in 2011 to 1,461 in 2012.

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



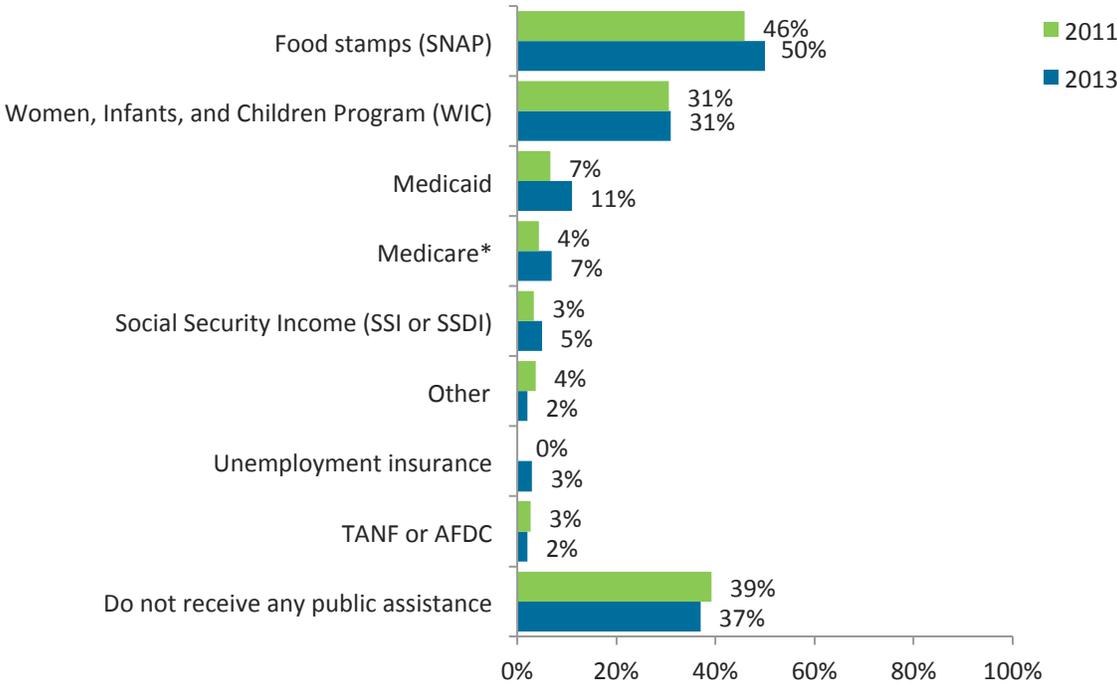
Source: Arizona Department of Economic Security. (2014). [WIC recipients]. Unpublished data. Received from First Things First.
 Note: First Things First Navajo/Apache Region data are the combination of zip codes in this region. See methodology for list of zip codes. Data shown for First Things First Navajo/Apache Region only includes zip codes that had at least 30 WIC participants per category within them.



In 2013, 50% of parent respondents reported that they received assistance from the Supplemental Nutrition Assistance Program (SNAP) and 31% reported receiving assistance from the Women, Infant and Children (WIC) program. These numbers are slightly higher than actual enrollment which may be due to the sample of parents who completed the survey. In 2012, approximately 40% of children 0-5 in the region received SNAP.



Do you or your family receive any of the following forms of public assistance?



2011: 403 respondents offering 692 responses; 2013: 795 respondents offering 1,164 responses.
 *Significance testing (Columns Proportions): Respondents in 2013 were significantly more likely to identify Medicare as a form of public assistance that they received IN 2013 compared to respondents in 2011.
 Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for parents with children ages 0-5]. Unpublished data. Watsonville, CA.
 Note: These responses are not mutually exclusive. Early Periodic Screening, Diagnosis, and Treatment Program (EPSDT) were not asked in 2013, 8% reported receiving services in 2011.
 Note: Multiple response question.



Respondents in each of the First Things First Navajo/Apache Regional Areas were asked what forms of public assistance they were receiving in 2013. The top responses were assistance from SNAP (41% to 61%), WIC (27% to 36%), and Medicare/Medicaid (4% to 38%).



Do you or your family receive any of the following forms of public assistance? By First Things First Navajo/Apache Region Areas - 2013 (Top 3 Responses)

	VERNON, ALPINE, ROUND VALLEY AREA	CONCHO, ST JOHNS AREA	HOLBROOK, JOSEPH CITY, SANDERS AREA	BLUE RIDGE AREA	SHOW LOW, HEBER AREA	SNOW- FLAKE AREA
Response 1	SNAP (41%)	SNAP (48%)	SNAP (61%)	SNAP (53%)	SNAP (49%)	SNAP (46%)
Response 2	WIC (33%)	Medicare (38%)	WIC (30%)	WIC (36%)	WIC (27%)	WIC (32%)
Response 3	Medicare (12%)	WIC (28%)	Medicaid (24%)	Medicaid (13%)	Medicaid (6%)	Medicare (4%)

Multiple response question. Vernon, Alpine, Round Valley (Area 1): 116 respondents offering 173 responses; Concho, St. Johns (Area 2): 40 respondents offering 61 responses; Holbrook, Joseph City, Sanders (Area 3): 172 respondents offering 276 responses; Blue Ridge (Area 4): 128 respondents offering 199 responses; Show Low, Heber (Area 5): 171 respondents offering 235 responses; Snowflake (Area 6): 168 respondents offering 223 responses.

Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for parents with children ages 0-5]. Unpublished data. Watsonville, CA.

Food Insecurity

Why It Is Important

The lack of nutritious food is harmful to any individual, but food insecurity is particularly devastating to children. 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.¹⁶ This makes children more likely to suffer from poverty when they become adults.

Nearly 16 million children lived in food insecure households in the US in 2012. Arizona continued to be among the top 5 states with the highest rate of food insecure children under 18.¹⁷ 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.

¹⁶ Center on Hunger and Poverty, Heller School for Social Policy and Management. (2002). *The consequences of hunger and food insecurity for children: Evidence from recent scientific studies*. Massachusetts: Brandeis University.

¹⁷ Feeding America. (2014). *Child hunger facts*. Retrieved from <http://www.feedingamerica.org>



The Child and Adult Care Food Program, a federally-funded program, provides 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.¹⁸

Snapshot of Community Supports

- **The White Mountain S.A.F.E. House** offers food boxes at its **Butterfly Boutique** in Pinetop. Individuals in need are allowed one free food box per month which includes one type of meat.
- **There are 17 food banks** in the First Things First Navajo/Apache Region.¹⁹

NAME	CITY	ZIP CODE
Old Concho Community Assistance Center	Concho	85924
Round Valley Cares, Inc.	Springerville	85938
Seventh Day Adventist – Springerville	Springerville	85938
Round Valley Senior Center	Springerville	85938
New Covenant Church Community Food Bank	St. Johns	85936
St. Johns/Concho Senior Citizen Association	St. Johns	85936
Holbrook Emergency Food Bank (Senior Center & Food Service)	Holbrook	86025
Bread of Life Mission of Holbrook	Holbrook	86025
Rim Country Senior Center	Overgaard	85933
Our Lady of the Assumption Catholic Church	Overgaard	85933
Love Kitchen	Pinetop	85935
First Baptist Church- Pinetop Food Pantry	Pinetop	85935
White Mountain Catholic Charities	Pinetop	85935
First Baptist Church	Show Low	85901
Our Lady of the Snow Catholic Church	Snowflake	85937
Shepherd's Kitchen/Food Bank	Snowflake	85937
Cedar Hills Health Center	Snowflake	85937

Source: Association of Arizona Food Banks. (2014). *Food provider directory*. Retrieved March 2014 from <http://www.azfoodbanks.org/index.php/foodbank>

What the Data Tell Us

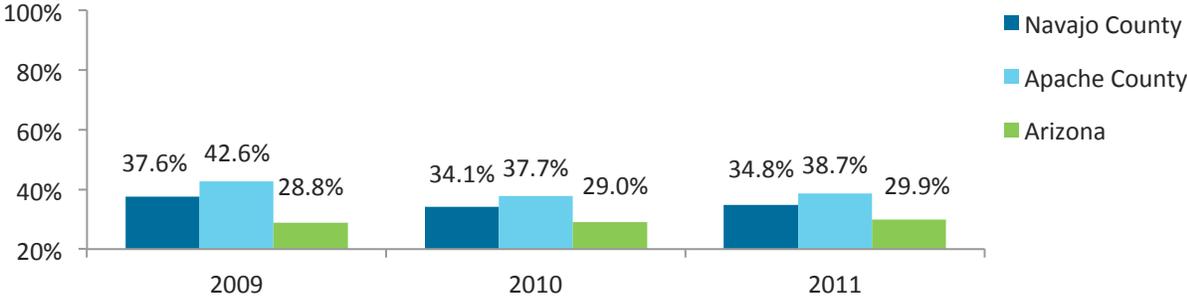
The percentage of food insecure children was higher in both Navajo County and Apache County compared to Arizona as a whole. It was estimated that 35% of Navajo County children and 39% of Apache County children went without enough food to eat in 2011.

¹⁸Gundersen, C., Waxman, E., Engelhard, E. and Brown, J. (2011). *Map the meal gap: Child food insecurity*. Feeding America. Retrieved from <http://feedingamerica.org>

¹⁹ Association of Arizona Food Banks. (2014, March). *Food provider directory*. Retrieved from <http://www.azfoodbanks.org/index.php/foodbank>



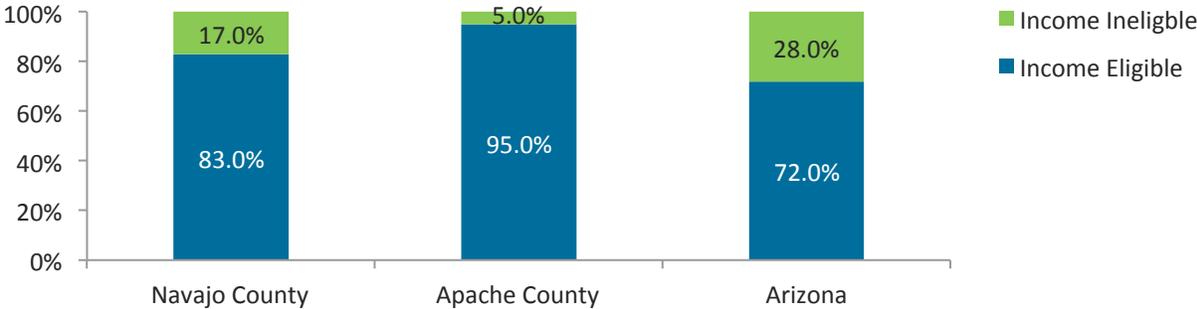
Percentage of Food Insecure Children



Source: Feeding America. (2014). *Map the meal gap*. Retrieved from <http://feedingamerica.org>
Note: Food Insecurity data includes data on the entire county including tribal lands.

Not all families and children that experience food insecurity qualify for public assistance. Of the children who lived in households experiencing food insecurity, 17% did not qualify for Supplemental Nutrition Assistance Program (SNAP) benefits in Navajo County based on family incomes. Of food insecure households in Apache County, 5% did not qualify. There were 17 food banks within the two counties in 2013.

Percentage of Children in Food Insecure Households Meeting/Not Meeting SNAP Income Requirements, 2011



Source: Feeding America. (2014). *Map the meal gap*. Retrieved from www.feedingamerica.org
Note: Food Insecurity data includes data on the entire county including tribal lands.



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.²⁰ Of the districts in the First Things First Navajo/Apache Region, Sanders and Concho were the two school districts with the highest percentage of students eligible for free and reduced price meals.

Children Eligible for Free and Reduced Price Meals, First Things First Navajo/Apache Phoenix Region School Districts, 2013/2014 School Year

SCHOOL DISTRICT	2013/14
Concho Elementary District	
Concho Elementary School	85-89%
Holbrook Unified District	
Holbrook High School	60%
Holbrook Junior High School	79%
Hulet Elementary School	74%
Indian Wells Elementary	90%
Park Elementary School	77%
Joseph City Unified District	
Joseph City Elementary School	51%
Joseph City High School	40-44%
Snowflake Unified District	
Highland Primary School	52%
Snowflake High School	35%
Snowflake Intermediate School	53%
Snowflake Junior High School	48%
Taylor Elementary School	55%
Taylor Intermediate School	59%
Vernon Elementary District	
Vernon Elementary School	70-74%
Sanders Unified District	
Sanders Elementary School	88%
Sanders Middle School	92%
Valley High School	88%

²⁰United States Department of Agriculture, Food and Nutrition Service. (2009). *National school lunch fact sheets*. Retrieved from <http://www.fns.usda.gov/cnd/lunch/AboutLunch/NSLPFactSheet.pdf>



SCHOOL DISTRICT	2013/14
Show Low Unified District	
Linden Elementary School	45-49%
Nikolaus Homestead Elementary School	76%
Show Low High School	46%
Show Low Junior High School	56%
Whipple Ranch Elementary School	60%
Blue Ridge Unified District	
Blue Ridge Elementary School	55%
Blue Ridge High School	41%
Blue Ridge Jr High School	55%
Blue Ridge Middle School	58%
Heber-Overgaard Unified District	
Capps Elementary School	65-69%
Mogollon High School	59%
Mountain Meadows Primary	60-64%
Round Valley Unified District	
Round Valley Elementary School	58%
Round Valley High School	35%
Round Valley Middle School	56%

Source: Arizona Department of Education. (2014). *National school lunch program and school breakfast program*. Received from Arizona First Things First.

Foreclosure

Why It Is Important

Many families across the country have been negatively affected by the mortgage crisis. When foreclosures force families out of their homes, children 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 higher rate of foreclosures in Navajo County (1 in 1,107) and Apache County (1 in 925) than in the state of Arizona overall (1 in 1,305) in February 2014. Locally, Heber had the highest foreclosure rate with 1 in 220 homes entering foreclosure and Lakeside had the lowest (1 in 1,568) foreclosure rate.



Monthly Foreclosure Rate by Community, First Things First Navajo/Apache Region, February 2014

PLACE (ZIP CODES)	NUMBER OF FORECLOSURES	RATE OF FORECLOSURES
Concho (85924)	5	-
Eagar (85925)	21	1 in 446
Forest Lakes (85931)	9	-
Heber (85928)	45	1 in 220
Holbrook (86025)	12	-
Lakeside (85929)	82	1 in 1,568
Overgaard (85933)	54	1 in 914
Show Low (85901)	201	1 in 864
Snowflake (85937)	53	1 in 672
Springerville (85938)	13	-
Taylor (85939)	37	1 in 566
Vernon (85940)	1	-
Navajo County	NA	1 in 1,107
Apache County	NA	1 in 925
Arizona	NA	1 in 1,305

Source: RealtyTrac. (March 2014). *National real estate trends*. Retrieved from <http://www.realtytrac.com/statsandtrends>

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.

- Denotes the number of foreclosures is too small to calculate a reliable rate.



THE EARLY CHILDHOOD SYSTEM



EARLY CARE AND DEVELOPMENT

Children begin learning at birth and need quality learning environments that support optimal growth and development. Children exposed to high quality early education are less likely to need additional support later in school, score higher on school readiness tests and are more likely to advance to college.

SELECTED INDICATORS

Early Child Care and Development

- Child Care Access and Enrollment
- Cost of Child Care
- Child Care Professionals

Special Needs

- Children with Disabilities: Identification
- Parents
- Providers
- Children with Disabilities: Services

Education

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

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.²¹ 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 and friends.

Family, friend, and neighborhood child care programs are a likely option for parents who cannot afford licensed child care centers or in areas where licensed child care centers are not available. In Arizona as many as 50% of children birth through five are being cared for by relatives or neighbors.²² 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.

“I DO THINK THERE IS A SHORTAGE OF QUALITY PRESCHOOL PROGRAMS
that are cost-effective for families.”

-Beth Kulish, a Kindergarten teacher at Sequoia Charter School

“WHEN FAMILIES CAN’T AFFORD CHILDCARE, THEY HAVE TO FACE A CHOICE
of leaving their kids home alone or risk losing their job. When they can’t get healthcare, they have to cope with sick children or end up in the emergency room with ruptured ear drums because they can’t get primary and preventive health care. These are two specific safety net services that were cut that logically contribute to the number of neglect reports that are received by the Department.”

- Becky Ruffner, Executive Director, Prevent Child Abuse Arizona

²¹ U.S. Department of Health & Human Resources, National Institute of Child Health and Human Development. (2010). *Link between child care and academic achievement and behavior persists into adolescence*. Retrieved from <http://www.nichd.nih.gov>

²² First Things First. (2011). *Annual report*. Retrieved 2012 from http://www.azftf.gov/WhoWeAre/Board/Documents/FTF_Annual_Report_FY2010_web.pdf



Snapshot of Community Supports

- **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. The ratings of nearly 1,000 providers are publicly available to parents across the state at <http://qualityfirstaz.com/index.html>. The Quality First website provides a checklist that parents can use to help assess the quality of child care centers and homes. This information can be found at <http://qualityfirstaz.com/parents-and-families/tools-to-help-you-choose/QFChecklist082013-Version1.pdf>
- **The Child Care Resource and Referral Network (CCR&R)** helps parents 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 receive 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.

What the Data Tell Us

Twenty-eight percent of parent survey respondents reported that they currently have a regular source of child care for 10 hours or more a week. Of those, 57% of First Things First Navajo/Apache Region parent survey respondents reported relying on an adult family member for child care in 2013. Twenty percent of survey respondents reported using a paid babysitter, 19% reported using a child care center, and 18% reported using a Head Start program in 2013.

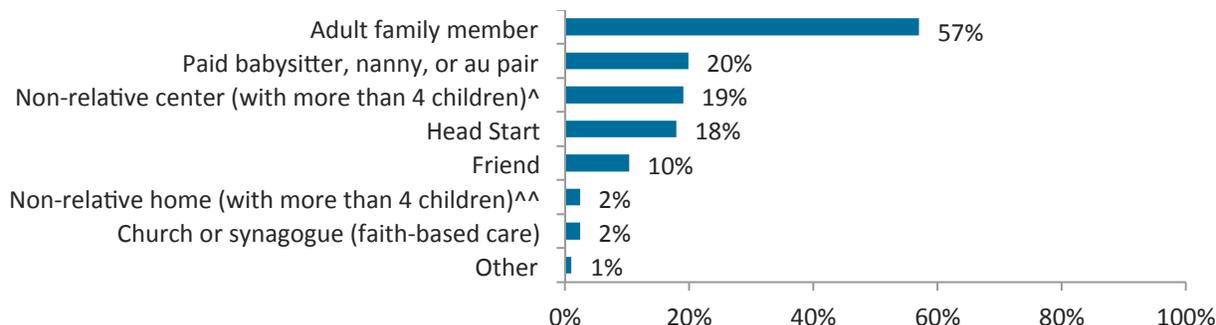
“MY KINDERGARTEN STUDENTS HAVE BENEFITED FROM AN EARLY CHILDHOOD education program such as the Head Start program. Early childhood education is a necessity for kindergarten—not just intellectually, but to help separate from mom, and establish new routines.”

-Beth Kulish, a Kindergarten teacher at Sequoia Charter School





If you have a regular source of child care for 10 hours or more per week, what is your primary source of child care? - 2013



Multiple response question: 234 respondents offering 303 responses.

Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for parents with children ages 0-5]. Unpublished data. Watsonville, CA.

Note: These responses are not mutually exclusive.

^Of respondents who reported using non-relative care centers, 39 of 43 reported the center was licensed.

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

Survey respondents in each of the First Things First Navajo/Apache Region Areas most often reported relying on an adult family member as their primary source of child care, followed by a paid babysitter, nanny or au pair in the Vernon, Alpine, Round Valley Area, Holbrook, Joseph City, Sanders Area, and Snowflake Area. In the Blue Ridge Area, after an adult family member, respondents relied on Head Start while respondents in the Show Low, Heber Area relied on a child care center.



If you have a regular source of child care for 10 hours or more per week, what is your primary source of child care? By First Things First Navajo/Apache Region Area - 2013 (Top 3 Responses)

	VERNON, ALPINE, ROUND VALLEY AREA	HOLBROOK, JOSEPH CITY, SANDERS AREA	BLUE RIDGE AREA	SHOW LOW, HEBER AREA	SNOWFLAKE AREA
Response 1	Adult family member (69%)	Adult family member (62%)	Adult family member (61%)	Adult family member (46%)	Adult family member (55%)
Response 2	Paid babysitter ¹ (19%)	Paid babysitter ¹ (28%)	Head Start (37%)	Center-based care (35%)	Paid babysitter ¹ (19%)
Response 3	Friend (11%) Head Start (11%)	Friend (19%)	Center-based care (24%)	Head Start (24%)	Friend (10%) Center-based care (10%) Head Start (10%)

Multiple response question. Vernon, Alpine, Round Valley (Area 1): 36 respondents offering 43 responses; Holbrook, Joseph City, Sanders, (Area 3): 53 respondents offering 69 responses; Blue Ridge (Area 4): 41 respondents offering 62 responses; Show Low, Heber (Area 5): 66 respondents offering 85 responses; Snowflake (Area 6): 31 respondents offering 34 responses.

Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for Parents with Children Ages 0-5]. Unpublished data. Watsonville, CA.



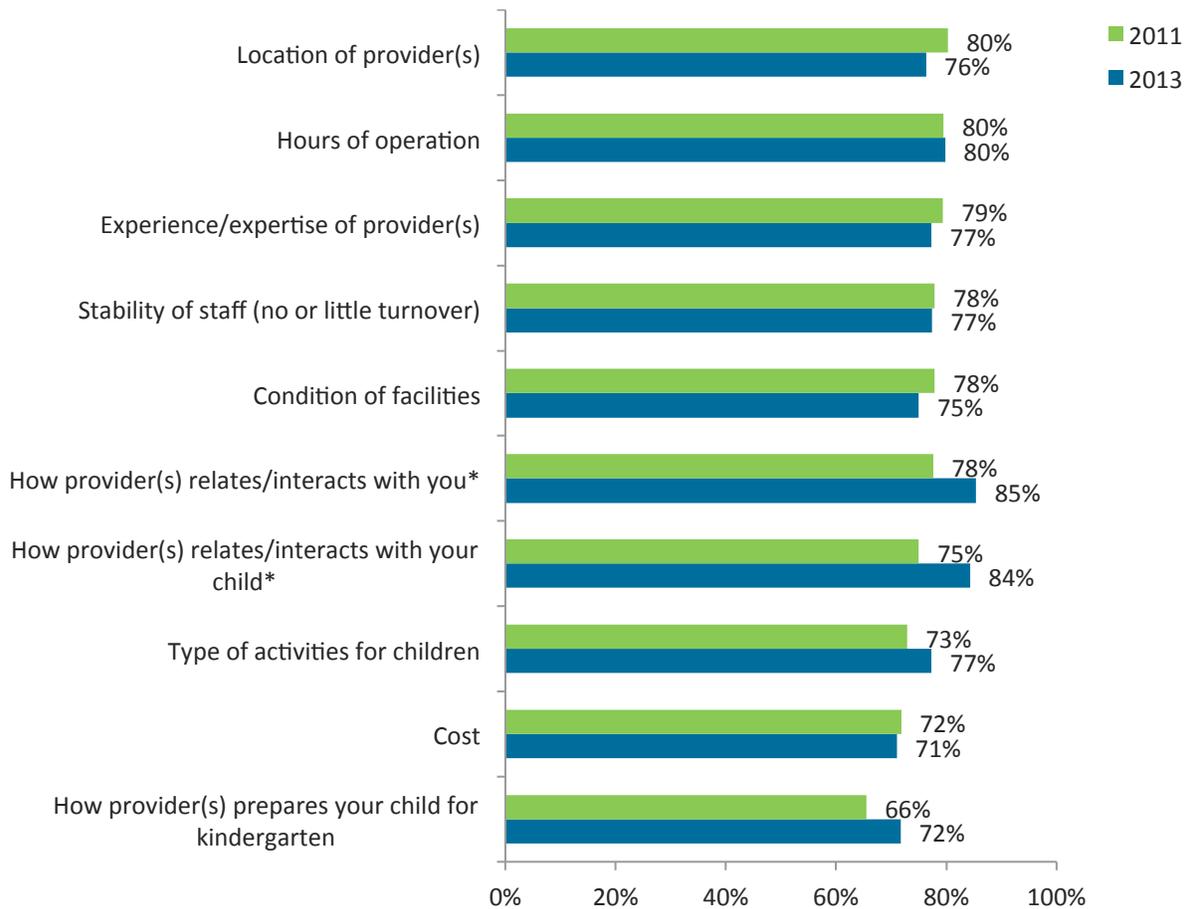
¹ Response option included nanny and au pair

Note: The number of respondents for Concho, St. Johns (Area 2) is less than 10, therefore data are not presented.

Parents were asked a series of questions regarding their satisfaction with different aspects of their child care arrangement. In 2013, 85% of parents reported being very satisfied with how their child care provider interacted with them, 84% reported being very satisfied with the way their child care provider interacted with their child, and 80% reported being very satisfied with the hours of operation.



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



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; 2013 n: Condition=204, interaction with child=198, experience/expertise=198, interaction with you=199, stability of staff=199, activities=198, location=198, hours=203, preparation for kindergarten=198, cost=200.

*Significance testing (Columns Proportions): Respondents in 2013 were significantly more likely to be very satisfied with how the provider relates to the child and parent compared to respondents in 2011.

Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for parents with children ages 0-5]. Unpublished data. Watsonville, CA.



There were 12,453 children birth through 11 living in the First Things First Navajo/Apache Region, with approximately 7,095 who needed child care, according to 2007-2011 estimates. The estimated number of children who needed child care is based on married families with both parents working and single parent families with one parent working. Based on these estimates, only about 16% of children ages birth through 11 years old who needed care had child care slots available to them in 2013. This left an estimated 5,937 children ages birth through 11 without formal child care, forcing parents to look for alternative solutions.

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

CHILD CARE INDICATOR	NUMBER
Estimated Number of Children (Ages 0-11) with Parents in the Labor Force ¹	7,095
Estimated Number of Child Care Slots	1,158
Estimated Percent of Children (Ages 0-11) with Parents in the Labor Force with Licensed Child Care Available	16.3%

Source: U.S. Census Bureau. (2012). Table B23008: Age of own children under 18 years in families and subfamilies by living arrangements by employment status of parents. *American Community Survey, 2007-2011 5-Year Estimates*. Retrieved from <http://factfinder2.census.gov>
 U.S. Census Bureau. (2013). Table B09001: Population under 18 years. *American Community Survey, 2007-2011 5-Year Estimates*. Retrieved from <http://factfinder2.census.gov>

¹ Number 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 0-11.



Child care availability decreased by 6 facilities and capacity decreased by 14 slots in the First Things First Navajo/Apache Region between 2011 and 2012. There were three Quality First programs in the First Things First Navajo/Apache Region in 2012.

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

	2010		2011		2012	
	NUMBER OF PROGRAMS	APPROVED CAPACITY	NUMBER OF PROGRAMS	APPROVED CAPACITY	NUMBER OF PROGRAMS	APPROVED CAPACITY
ADHS Licensed Programs¹						
Child Care Centers	21	1,161	17	881	19	893
Child Care Public Schools	9	366	7	250	6	218
Child Care Small Group Homes	6	60	5	41	4	31
ADES Certified Programs						
Child Care Homes	11	44	8	NA	3	12
Child Care Resource and Referral (CCR&R)						
Unregulated Child Care Homes	1	4	0	NA	1	4
Total Programs	48	1,635	37	1,172	32	1,158
Quality First Programs	5	-	3	-	3	-

Source: Arizona Department of Health Services. (2014). *Child care centers and small group homes by zip code*. Retrieved from <http://www.azdhs.gov/als/databases/index.htm>

Child Care Resource and Referral Network. (2014). [Child care programs and capacity]. Unpublished data. Received from First Things First.

Note: Duplicate 2012 DES data and March 2014 AZDHS data were mined using the newest data.

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.

Note: 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 receive CPR and First Aid training.

¹Data from ADHS was not available retrospectively, therefore the data presented for 2012 represents 2014 data.

Quality First – a signature program of First Things First – partners with regulated early child care providers to make quality, research-based improvements to help children birth to 5 thrive. For example, Quality First has provided education for teachers to expand their expertise in working with young children. As of May 2014, there were over 900 Quality First early care and education settings in the state of Arizona serving just over 50,000 children between the ages of 0-5. That's approximately 9% of the 0-5 population.

There were approximately 123 children ages birth through five enrolled in a Quality First Program in the First Things First Navajo/Apache Region as of May 30, 2014. Almost half of children enrolled were in Quality First sites with a star rating of 3-5.



Quality First Enrollment by Quality First Star Ratings, First Things First Navajo/Apache Region

QUALITY FIRST RATING	0-2 YEARS OLD	3-5 YEARS OLD	TOTAL ENROLLMENT	PROVIDERS
1-2 Stars ¹	<10	33	<43	NA
3-5 Stars ²	43	37	80	NA
Total	<53	70	<123	<5

Source: Arizona First Things First. (2014). *Personal correspondence with program representative*. Phoenix, CA.

Note: Data on enrollment pulled May 30, 2014. Data on providers pulled June 20, 2014.

Note: Enrollment data are self-reported by the child care provider. Child enrollment numbers do not include children with special needs.

¹Committed or approaching quality standards.

²Meets or exceeds quality standards.

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. A total of 1,931 children were served by Head Start in the 2012/2013 school year in the NACOG region, which was nearly 300 more than the total funded enrollment. The Early Head Start NACOG programs served 328 children and 5 pregnant women in the 2012/2013 school year.

Head Start Enrollment Demographics, Northern Arizona Council of Governments (Navajo, Apache, Coconino, Yavapai Counties), 2012/2013

	EARLY HEAD START	HEAD START
Enrollment		
Funded Enrollment ²	193	1,621
Cumulative Enrollment ³	328 (5 pregnant women)	1,931
Age		
Pregnant Women	1.5%	0.0%
Less than 1 Year Old	30.3%	0.0%
1 Year Old	34.5%	0.0%
2 Years Old	30.9%	0.0%
3 Years Old	2.7%	30.1%
4 Years Old	0.0%	51.7%
5 Years and Older	0.0%	18.1%
Demographics		
Income Eligible	79.6%	83.5%
Receipt of Public Assistance	6.0%	5.9%
Foster Children	2.1%	1.8%
Homeless	12.0%	7.8%
Over Income	0.3%	0.3%
Income 100% to 130% Poverty	0.0%	0.7%

Source: Northern Arizona Council of Governments. (2014). [Head start program information reports]. Unpublished data. Retrieved from <https://hses.ohs.acf.hhs.gov>



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

Note: Percent total may not add up to 100% due to rounding.

Cost of Child Care

Why It Is Important

The cost of child care has grown twice as fast as the median income for families with children in the United States since 2000.²³ Many families rely on 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.

“SOME FAMILIES ARE STILL STRUGGLING, GOING THROUGH SEVERAL DIFFERENT JOBS in a year, and it seems to affect children. We ask parents to send in snacks for their child and one kindergartener said, “My mom doesn’t have money to buy me snacks.”

-Beth Kulish, a kindergarten teacher at Sequoia Charter School

Snapshot of Community Supports

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

What the Data Tell Us

In 2012, the median daily cost of *full-time* child care ranged from \$20 for approved homes to \$30 for center-based care in the counties of Navajo, Apache, Coconino, and Yavapai. The median daily cost of *part-time* child care ranged from \$12 to \$24 per child. Child care for children under the age of one year old and child care provided by centers tended to cost more.

²³ McSweeney, T. (January 29, 2010). Helping middle class families with soaring child care costs. *The White House*. Retrieved from <http://www.whitehouse.gov/blog/2010/01/29/helping-middle-class-families-with-soaring-child-care-costs>





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

AGE OF CHILD	2002	2004	2006	2008	2010	2012
Children Under One						
Centers	\$22.00	\$23.26	\$25.50	\$29.00	\$30.00	\$30.00
Approved Homes	\$18.00	\$20.00	\$20.00	\$24.00	\$21.00	\$22.00
Certified Group Homes	\$20.00	\$20.00	\$20.00	\$30.00	\$30.00	\$27.00
Unregulated Homes	\$20.00	\$27.50	\$25.00	\$25.00	\$25.00	NA
1 and 2 Year Olds						
Centers	\$20.00	\$20.00	\$23.26	\$25.00	\$25.00	\$25.00
Approved Homes	\$17.00	\$20.00	\$20.00	\$21.00	\$20.00	\$20.00
Certified Group Homes	\$19.00	\$20.00	\$20.00	\$27.00	\$26.00	\$25.00
Unregulated Homes	\$20.00	\$27.50	\$25.00	\$20.00	\$25.00	NA
3, 4, and 5 Year Olds						
Centers	\$19.50	\$18.00	\$22.00	\$23.00	\$24.00	\$25.00
Approved Homes	\$16.00	\$18.00	\$20.00	\$20.00	\$20.00	\$20.00
Certified Group Homes	\$19.00	\$20.00	\$20.00	\$26.10	\$26.00	\$26.00
Unregulated Homes	\$20.00	\$22.50	\$25.00	\$20.00	\$25.00	NA

Source: Arizona Department of Economic Security. (2012). *Child care market rate survey*. Retrieved from <https://www.azdes.gov>

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.

Note: 2012 data were not available for Unregulated Homes for District 3.



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

AGE OF CHILD	2002	2004	2006	2008	2010	2012
Children Under One						
Centers	\$15.00	\$18.00	\$18.00	\$20.00	\$24.00	\$24.42
Approved Homes	\$10.00	\$10.00	\$12.00	\$13.00	\$12.00	\$12.00
Certified Group Homes	\$15.00	\$16.00	\$16.00	\$25.00	\$20.00	\$20.00
Unregulated Homes	\$12.00	\$16.50	NA	NA	\$20.00	NA
1 and 2 Year Olds						
Centers	\$14.00	\$15.00	\$15.45	\$18.50	\$20.00	\$20.00
Approved Homes	\$10.00	\$10.00	\$10.50	\$13.00	\$12.00	\$12.00
Certified Group Homes	\$15.00	\$14.00	\$16.00	\$25.00	\$18.00	\$17.00
Unregulated Homes	\$12.00	\$16.50	NA	NA	\$20.00	NA
3, 4, and 5 Year Olds						
Centers	\$12.00	\$11.00	\$13.95	\$15.00	\$12.79	\$17.00
Approved Homes	\$10.00	\$10.00	\$10.00	\$12.00	\$12.00	\$12.00
Certified Group Homes	\$15.00	\$14.00	\$16.00	\$21.80	\$18.00	\$17.00
Unregulated Homes	\$12.00	\$16.50	NA	NA	\$20.00	NA

Source: Arizona Department of Economic Security. (2012). *Child care market rate surveys*. Retrieved from <https://www.azdes.gov>

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

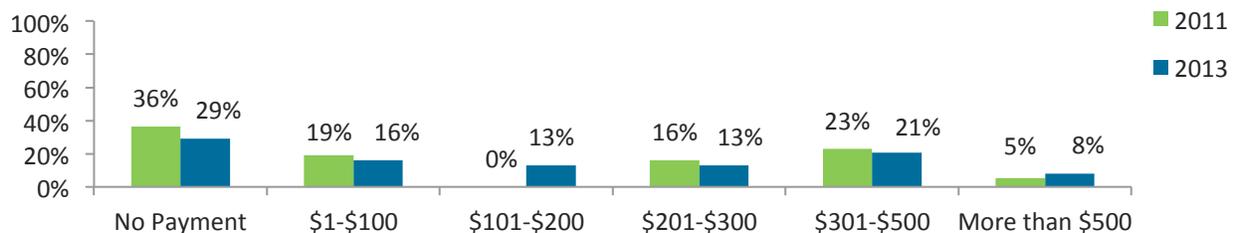
Note: Data presented are for the Arizona Department of Economic Security's District 3, which includes Navajo, Apache, Coconino, and Yavapai Counties.

Note: 2006, 2008 and 2012 data were not available for Unregulated Homes for District 3.

Twenty-nine percent of First Things First Navajo/Apache Region parent survey respondents reported having no child care payment in 2013. This may be a result of parents utilizing family and friends for child care. Sixteen percent of surveyed parents in the region reported paying between \$1 and \$100 per month on child care expenses, 13% said they paid between \$101 and \$200 per month, 13% said they paid between \$201 and \$300 per month, and 21% said they paid between \$301 and \$500 per month.



What Is The Amount You Pay per Month for ALL of Your Children's Child Care Combined? - 2013



2011 n=228; 2013 n=172

Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for parents with children ages 0-5]. Unpublished data. Watsonville, CA.

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



Approximately half of parent survey respondents in the Snowflake Area spent \$301 or more per month on their children’s child care. Nearly half of respondents in the Holbrook, Joseph City, Sanders Area and about one-third of respondents in the Blue Ridge Area made no payments for child care.



What Is The Amount You Pay per Month for ALL of Your Children's Child Care Combined? By First Things First Navajo/Apache Region Area - 2013

	VERNON, ALPINE, ROUND VALLEY AREA	HOLBROOK, JOSEPH CITY, SANDERS AREA	BLUE RIDGE AREA	SHOW LOW, HEBER AREA	SNOWFLAKE AREA
No payment	27%	40%	36%	25%	12%
\$1-\$100	20%	19%	14%	14%	18%
\$101-\$200	3%	9%	18%	20%	6%
\$201-\$300	10%	9%	14%	18%	18%
\$301-\$500	23%	16%	14%	18%	35%
More than \$500	17%	7%	4%	4%	12%

Vernon, Alpine, Round Valley (Area 1) n=30; Concho, St. Johns not presented due to n=5; Holbrook, Joseph City, Sanders (Area 3) n=43; Blue Ridge (Area 4) n=28; Show Low, Heber (Area 5) n=49; Snowflake (Area 6) n=17.

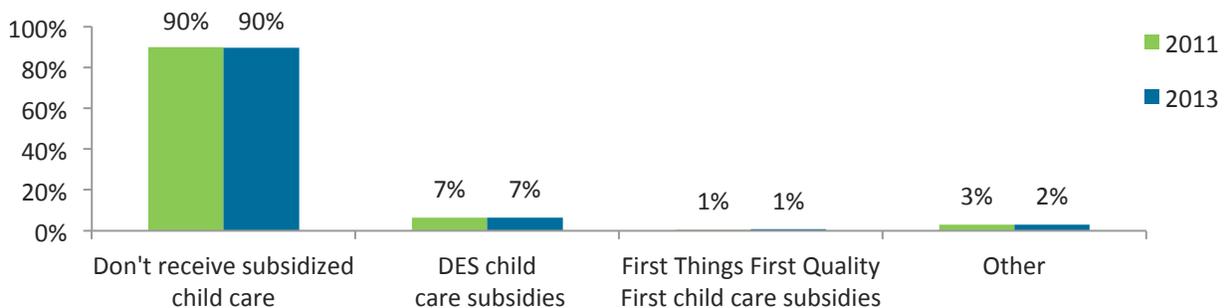
Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for parents with children ages 0-5]. Unpublished data. Watsonville, CA.

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

Ninety percent of parent survey respondents in the First Things First Navajo/Apache Region did not receive subsidized child care in 2011 and 2013.



Do you receive subsidized child care?



2011 n=310; 2013 n=213

Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for parents with children ages 0-5]. Unpublished data. Watsonville, CA.



The majority of survey respondents (84% to 98%) in each of the First Things First Navajo/Apache Region Areas did not receive subsidized child care. Two percent of the Holbrook, Joseph City, Sanders Area respondents reported receiving DES child care subsidies as compared to 11% in the Blue Ridge Area and 10% in the Vernon, Alpine, Round Valley Area.



Do you receive subsidized child care? By First Things First Navajo/Apache Region Area - 2013

	VERNON, ALPINE, ROUND VALLEY AREA	HOLBROOK, JOSEPH CITY, SANDERS AREA	BLUE RIDGE AREA	SHOW LOW, HEBER AREA	SNOWFLAKE AREA
Don't receive subsidized child care	84%	98%	87%	87%	96%
DES child care subsidies	10%	2%	11%	8%	4%
First Things First Quality First child care subsidies	0%	0%	3%	2%	0%
Other	7%	0%	0%	3%	0%

Vernon, Alpine, Round Valley (Area 1) n=31; Concho, St. Johns not presented due to small n (n=6); Holbrook, Joseph City, Sanders (Area 3) n=52; Blue Ridge (Area 4) n=37; Show Low, Heber (Area 5) n=61; Snowflake (Area 6) n=26.
Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for parents with children ages 0-5]. Unpublished data. Watsonville, CA.

A small number of families in the First Things First Navajo/Apache Region received child care subsidies from the Department of Economic Security. These subsidies are based on family size and household income as a percentage of the Federal Poverty Level. While the number of families receiving subsidies in the region increased slightly between 2011 and 2013, it was far below the 188 families who received subsidies in 2009.

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

NAVAJO/APACHE REGION	JANUARY 2009	JANUARY 2010	JANUARY 2011	JANUARY 2012
Families				
Number of Families Eligible for Subsidies	228	120	105	86
Number of Families Receiving Subsidies	188	90	77	88
Percent of Eligible Families Receiving Subsidies	82.5%	75.0%	73.3%	102.3%
Percent of Eligible Families Receiving Subsidies: Arizona	81.4%	82.2%	81.1%	90.6%
Children				
Number of Children Eligible for Subsidies	331	169	152	130
Number of Children Receiving Subsidies	257	120	120	130
Percent of Eligible Children Receiving Subsidies	77.6%	71.0%	78.9%	100.0%
Percent of Eligible Children Receiving Subsidies: Arizona	76.3%	77.0%	81.8%	90.7%

Source: Arizona Department of Economic Security. (2014). [Child care subsidies]. Unpublished data. Received from Arizona First Things First.
Note: First Things First Navajo/Apache Region data are the combination of all zip codes in the region. See methodology for a list of zip codes).



Note: Data presented are the most recent available.

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.²⁴ 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.

Snapshot of Community Supports

- ***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 First Things First Professional REWARDS\$ financial incentives to encourage teacher retention and continuous skill improvement.
 - Supports education and training in community settings for early care and education professionals.
 - 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.²⁵ Professional development options in the First Things First Navajo/Apache Region are plentiful. Northland Pioneer College offers early childhood development (ECD) programs at its campuses in Snowflake/Taylor, 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 ECD classes are taken in the field where students are working with children. However, general education classes must be taken at one of

²⁴ Bowman, B. T., Donovan, M. S., & Burns, M. S. (2000). *Eager to learn: Educating our preschoolers*. Washington, D.C.: National Academy Press.

²⁵ Ibid.



the campuses or centers. Many other colleges and universities offer an online Associate of Child Development certificate or ECE degree programs in which Navajo/Apache residents can enroll.

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.	Elementary Education: Early Childhood Education	Online
	M.A.	Elementary Education	
Northern Arizona University	B.A.S.	Early Childhood Education	Online
Northland Pioneer College	A.A.S.	Early Childhood Special Needs	Snowflake/Taylor, 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.	Early Childhood Family Child Care	
	Certificate of Applied Science	Early Childhood Development (4 Specialization Areas)	
	Certificate of Applied Science	Early Childhood Special Needs	
Prescott College	Certificate of Proficiency	Early Childhood Development (5 Specialization Areas)	Online and Locally with one trip to Prescott, AZ
	A.G.S.	Early Childhood Infant/Toddler	
	A.G.S.	Early Childhood Preschool	
	A.G.S.	Early Childhood Management	
	B.A.	Early Childhood Education	
Rio Salado College	B.A.	Early Childhood Special Education	Online
	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	
University of Phoenix	A.A.S.	Family Life Education	Online
M.Ed.	Early Childhood Education		

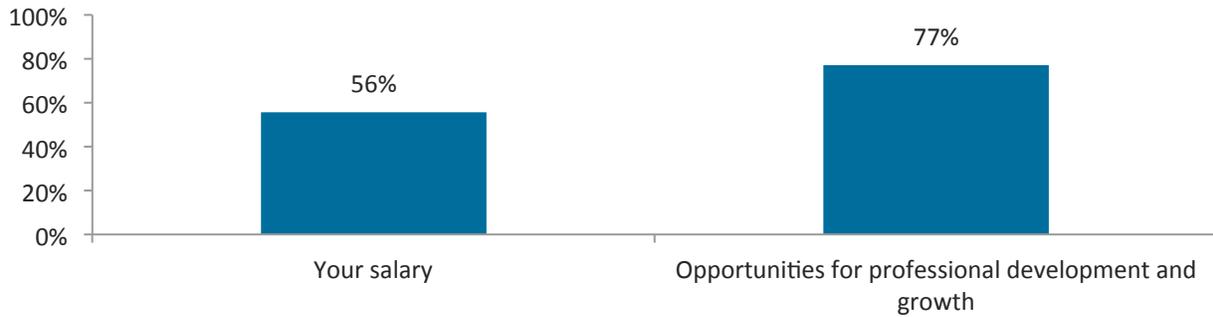
Source: Applied Survey Research. (2014). *College or institution website searches*. Watsonville, CA.



Job satisfaction among child care providers was measured in terms of salary and opportunities for professional development and growth. In the Navajo/Apache Region, 77% percent of child care providers were satisfied with the opportunities they had for professional development and growth. However, a smaller proportion of child care providers (56%) reported being satisfied with their salary in 2013. The majority of child care providers in the Navajo/Apache Region reported being interested in child development (72%), followed by kindergarten readiness (47%) in 2013.



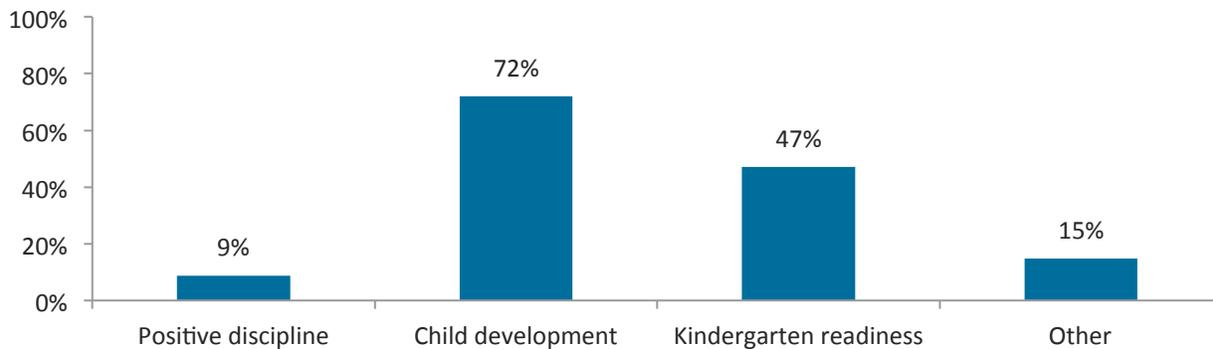
How satisfied are you with your current job in terms of: (Respondents answering Mostly Satisfied or Very Satisfied) -2013



2013: Salary: All n=136, Regional n=70; Opportunities: All n=133, Regional n=69.
 Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for child care providers]. Unpublished data. Watsonville, CA.



What types of professional development opportunities would you be interested in? – 2013



2013 n=133, Regional n=68.
 Note: Multiple response question with 68 respondents offering 97 responses.
 Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for child care providers]. Unpublished data. Watsonville, CA.



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.²⁶ Developmental screenings including oral, vision, cognitive and auditory screenings are an important practice to ensure children's optimal growth, setting them up for success by identifying early on when services are needed.

"PRIOR TO THE PROGRAM [HEALTHY STEPS],
most kids wouldn't have been identified until Kindergarten.
Now, identifying children sooner, we can refer them to where they need to go,
but we do not have the number of providers/specialists to serve the children."

- Sarah Nolan, CLEC Coordinator, Summit Healthcare Healthy Steps

What the Data Tell Us

Parents

Six percent of First Things First Navajo/Apache Region parent survey respondents reported their child had been diagnosed with a special need in 2013, a statistically significant decline from 10% in 2011. Of those parents whose children were referred to services, 20% reported that their child was not seen, and 20% reported that their child received services less often than was prescribed by the medical specialist.

Providers

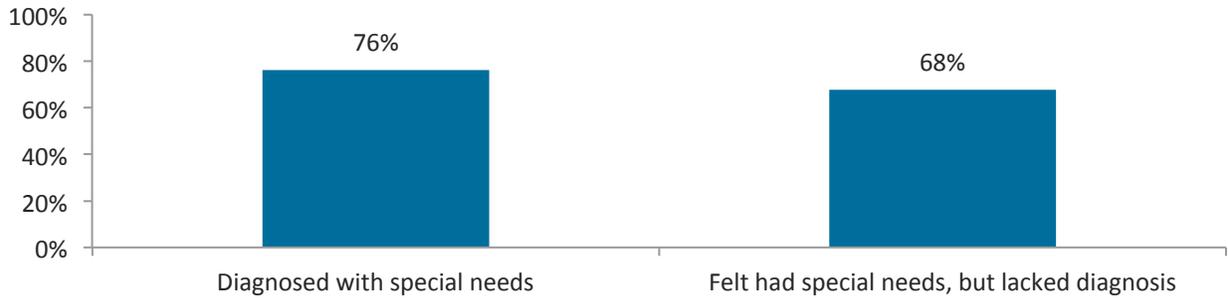
Seventy-six percent of surveyed child care providers in the First Things First Navajo/Apache Region reported in 2013 that they currently or previously served a child that was diagnosed with a special need, while 68% reported that they felt a child had a special need but was not yet diagnosed.

²⁶ Steele, M.M. (2004). Making the case for early identification and intervention for young children at risk for learning disabilities. *Early Childhood Education Journal*. 32(2), 75-79.





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) - 2013



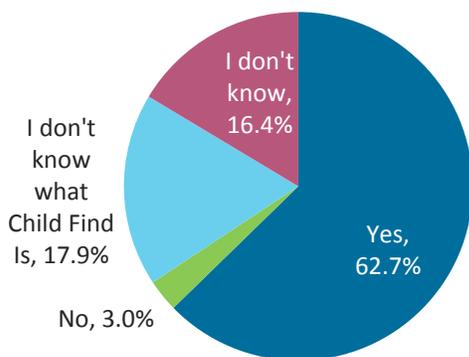
2013 Diagnosed: All n=137, Regional n=67; Felt had special needs: All n=138, Regional n=67.
 Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for child care providers]. Unpublished data. Watsonville, CA.

Child Find is a program of the U.S. 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 who are in need of an Early Intervention Program or Preschool Special Education services of the Individuals with Disabilities Education Act.

Sixty-three percent of child care provider survey respondents in the First Things First Navajo/Apache Region reported that they referred families to Child Find in 2013, but 18% said they didn't know what Child Find was, and 16% didn't know whether or not they referred families.



Does your center refer families to Child Find? – 2013



2013 n=67
 Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for child care providers]. Unpublished data. Watsonville, CA.

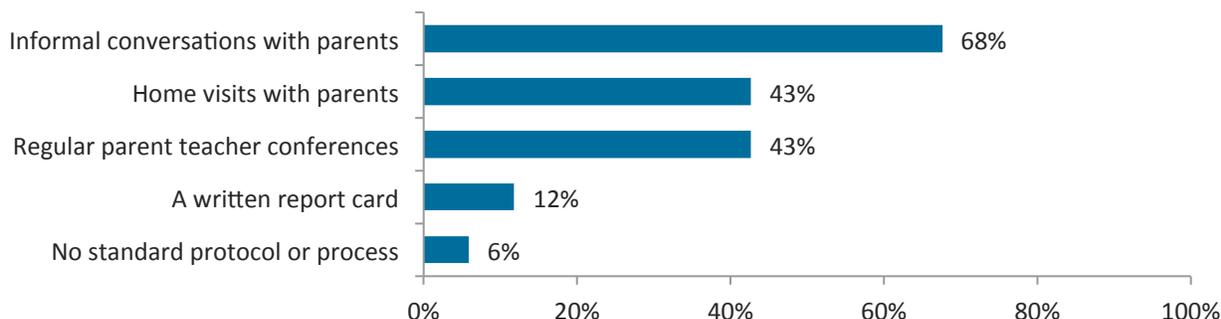
Child care providers who were surveyed reported sharing information with parents about their child's developmental progress through: informal conversations (68%), home visits with parents and parent teacher conferences (43% each), and written report cards (12%). Six percent reported



that they did not have a standard protocol or process for sharing information with parents about the child’s developmental progress.



How do you share information about the developmental progress of the child with parents? – 2013

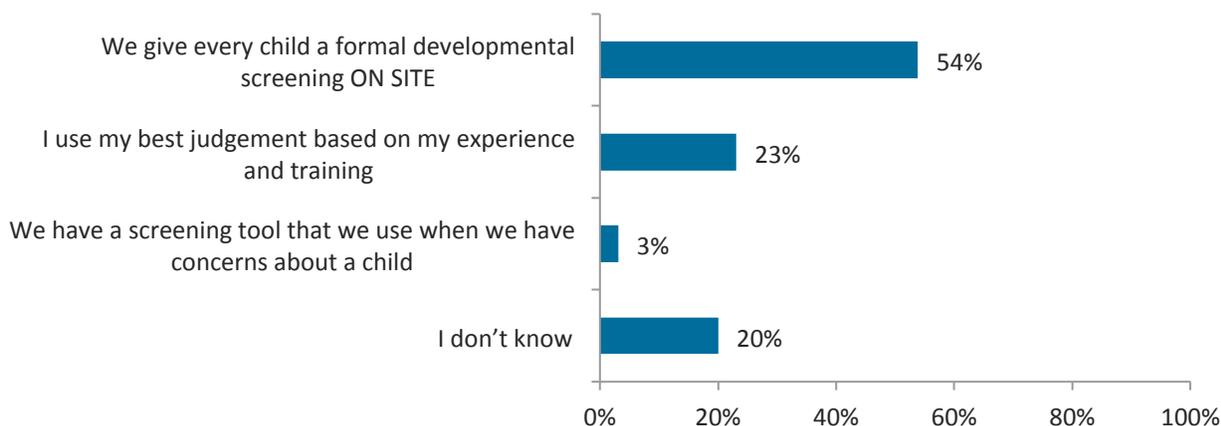


2013 n=68.
 Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for child care providers]. Unpublished data. Watsonville, CA.
 Note: Multiple response question.

Fifty-four percent of surveyed child care providers in 2013 indicated that they gave every child a formal developmental screening on site. Twenty-three percent said they used their best judgment as a method to address a child’s developmental progress. Only 3% said they used a screening tool when they had concerns about a child.



Which of the following methods describes your approach to addressing children’s developmental progress? - 2013



2013 n=65.
 Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for child care providers]. Unpublished data. Watsonville, CA.

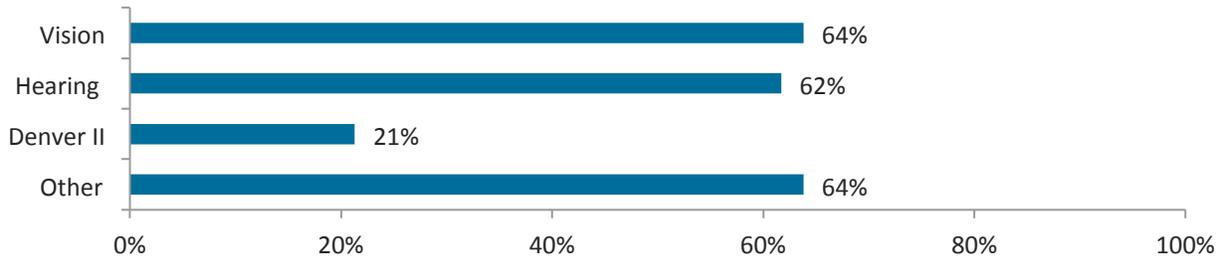
Sixty-four percent of child care survey respondents in the Navajo/Apache Region said they had a vision screening tool they used; 62% said they had a hearing screening tool; 21% said they had



used Denver II screening tool. None said they used the Ages and Stages (ASQ) or the BRIGANCE screening tool. Sixty-four percent said they also used a different screening tool.



What developmental screening tool do you use? - 2013



2013 n=47.

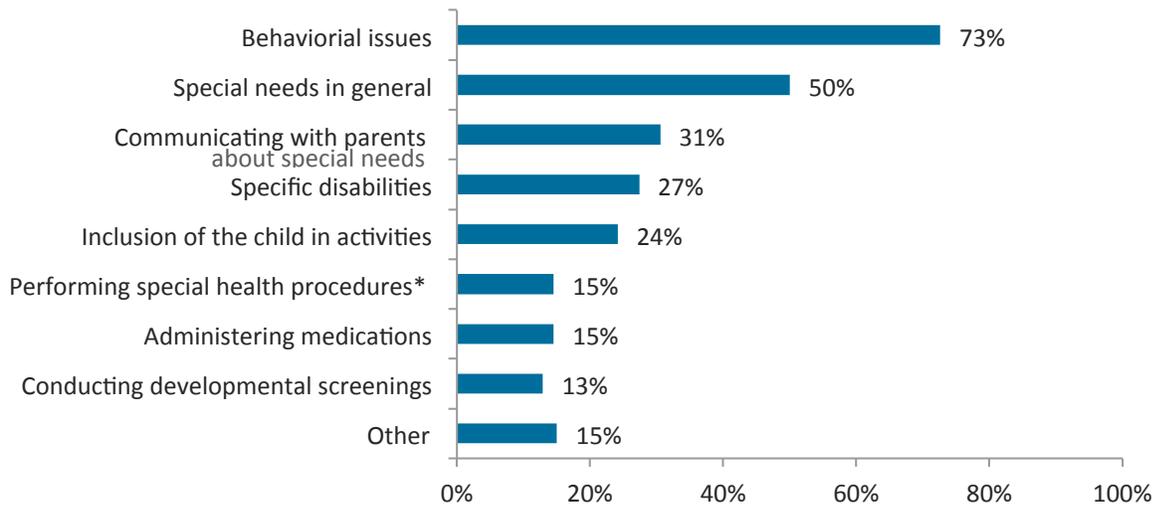
Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for child care providers]. Unpublished data. Watsonville, CA.

Note: Multiple response question.

Seventy-three percent of surveyed child care providers reported that they would most like to receive additional training in the area of behavioral issues. Other top interest areas included special needs (50%), communication with parents about their child’s special needs (31%) and specific disabilities training (27%).



In what areas would you most like you and/or your staff to receive additional specialized training for yourself and/or your staff? - 2013



2013 n=62.

Source: Applied Survey Research. (2013). [First Things First – Navajo/Apache Region: Survey for child care providers]. Unpublished data. Watsonville, CA.

Note: Multiple response question.

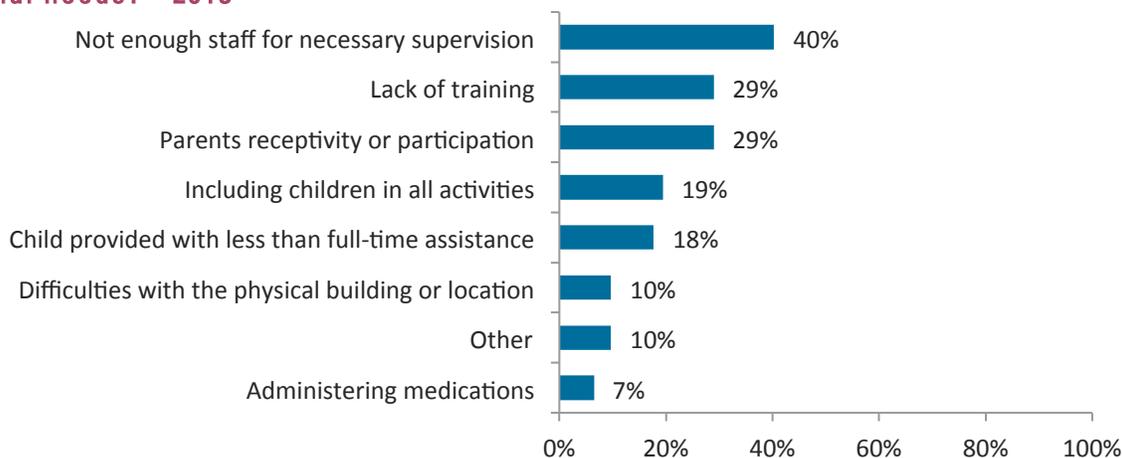
* Indicates other response option included intubation, catheterization, and nebulizer.



Surveyed child care providers reported the most challenging issues in appropriately accommodating children with special needs were not enough staff for necessary supervision (40%), a lack of training (29%), parents' receptivity or participation (29%), difficulties including children with special needs in all activities (19%), and a child being provided with assistance for only part of the day (18%).



What are the most challenging issues in appropriately accommodating children with special needs? - 2013



2013 n=62.

Source: Applied Survey Research. (2013). [First Things First – Navajo/Apache Region: Survey for child care providers]. Unpublished data. Watsonville, CA.

Note: Multiple response question.

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 Professional Learning Sustainability unit of the Arizona Department of Education 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.

On July 1, 2013, Raising Special Kids and the ADE Parent Information Network (PIN) merged their parent training activities to create a "one-stop shop" for parents to increase their knowledge and skills for participation and decision-making in special education. The resources formerly provided



by the PIN, including documents, trainings, and the lending library, are now available through Raising Special Kids. The program serves every county in Arizona by providing essential information to parents to be active participants in all areas of their child's special education (free resources, trainings, workshops, and consultations).

What the Data Tell Us

The Arizona Department of Health Services Licensing Department (DHS) reports that there were three audiologists and 33 speech language professionals in the Navajo/Apache Region in 2013. These providers serve the entire population including adult, elderly, and stroke rehabilitation patients, and therefore do not work exclusively with children. DHS licensing data do not reflect all providers in the area but only those with addresses registered in the county.

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

TYPE OF PROVIDER	2010	2012	2013
Audiologists	3	3	3
Speech Language Assistant	1	5	4
Speech Language Pathology	17	20	22
Speech Language Pathology Limited	9	9	7

Source: Arizona Department of Health Services. (2014). *Provider databases*. Retrieved from <http://www.azdhs.gov>

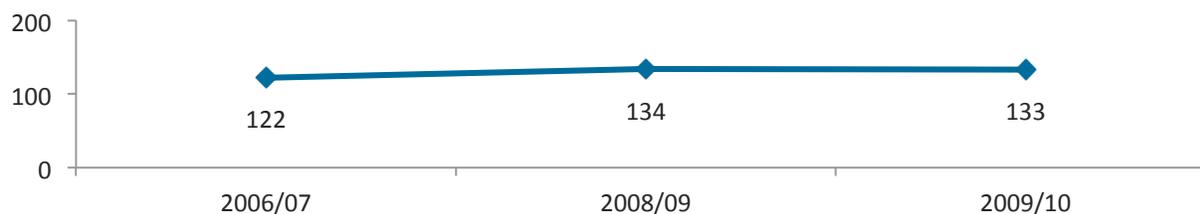
Note: Data pulled by zip code.

Note: Data presented are the most recent available.

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, 133 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. (2014). [DES multidata database]. Unpublished data. Received from Arizona First Things First.

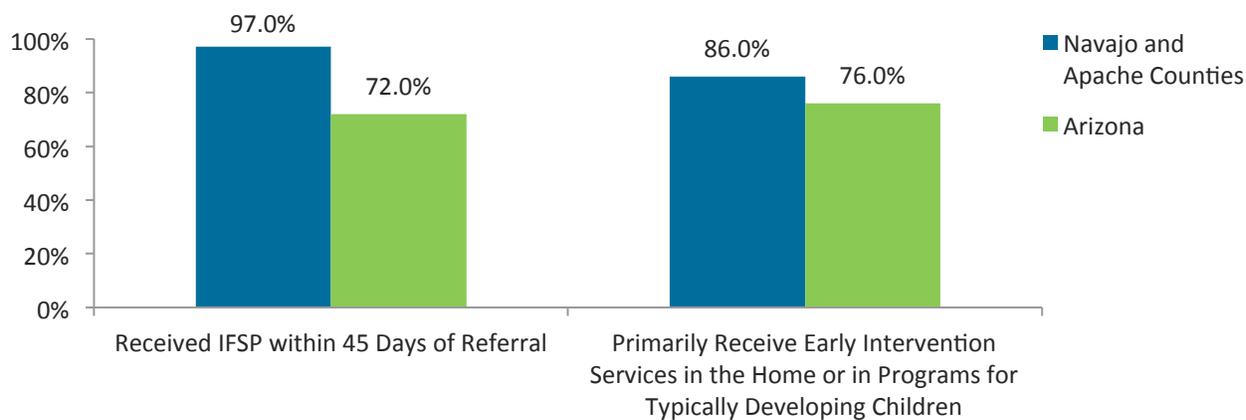
Note: First Things First Navajo/Apache Region data are the combination of all zip codes in the region. See methodology for a list of zip codes.

Note: 2006/2007 data are cases serviced between 07/01/2006 and 06/30/2007; 2008/2009 data are cases serviced between 07/01/2008 and 06/30/2009; 2009/2010 data are from 7/1/2009-6/30/2010. Note: Data presented are the most recent available.



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



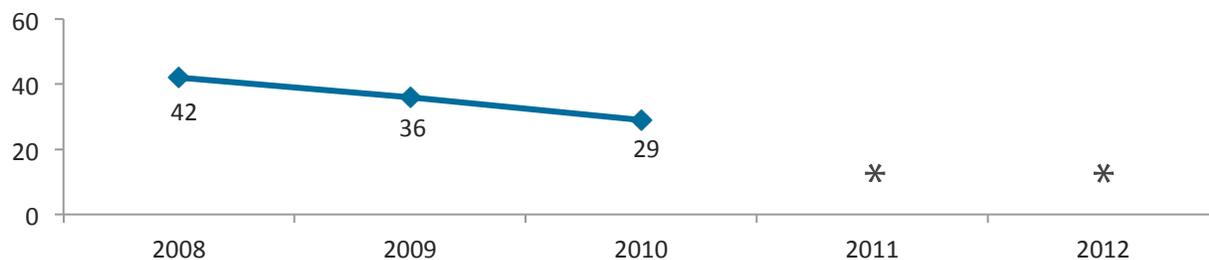
Source: Arizona Department of Economic Security. (2010). *Early intervention program reports*. Retrieved from <https://www.azdes.gov/appreports.aspx>

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

Note: Data presented are the most recent available.

Children who are considered at risk for epilepsy, cerebral palsy, cognitive disability, or autism qualify for Division of Developmental Disabilities (DDD) services (in addition to AzEIP services). Less than 25 children in the First Things First Navajo/Apache Region received DDD services in 2012.

Children Under 6 Years Old Receiving Division of Developmental Disabilities (DDD) Services, First Things First Navajo/Apache Region



Source: Arizona Department of Economic Security. (2014). [DES Multidata Database]. Unpublished data. Received from Arizona 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.

Note: Data presented are the most recent available.

* Indicates data for 2011 and 2012 were suppressed due to the total number of cases being less than 25.



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.

"I HONESTLY BELIEVE THAT THE TEACHERS AND THE ADMINISTRATORS
want the very best for every child that comes into their room.
The people in this profession care deeply about their children."

- Barry Williams, Apache County School Superintendent

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 Data Tell Us

The First Things First Navajo/Apache Region is composed of 12 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. Preschool and kindergarten enrollment numbers in the First Things First Navajo/Apache Region have been relatively stable over the last four years.

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

SCHOOL DISTRICT	2009/10	2010/11	2011/12	2012/13
Alpine Elementary				
Preschool	*	*	*	*
Kindergarten	NA	*	*	*
District Total	56	54	69	67
Blue Ridge Unified				
Preschool	33	27	30	27
Kindergarten	153	141	132	134
District Total	2,618	2,499	2,343	2,252



SCHOOL DISTRICT	2009/10	2010/11	2011/12	2012/13
Concho Elementary				
Preschool	7	11	22	*
Kindergarten	17	19	11	16
District Total	201	171	232	244
Heber-Overgaard Unified				
Preschool	12	*	*	*
Kindergarten	34	43	43	40
District Total	517	510	515	487
Holbrook Unified				
Preschool	65	83	94	91
Kindergarten	165	159	180	184
District Total	2,073	2,058	2,153	2,227
Joseph City Unified				
Preschool	23	20	24	26
Kindergarten	40	48	37	32
District Total	500	512	495	461
Round Valley Unified				
Preschool	24	32	22	20
Kindergarten	113	116	109	110
District Total	1,501	1,457	1,375	1,348
Sanders Unified				
Preschool	*	*	*	39
Kindergarten	65	58	*	54
District Total	1,040	970	886	835
Show Low Unified				
Preschool	26	NA	12	*
Kindergarten	133	143	136	135
District Total	2,443	2,357	2,342	2,387
Snowflake/Taylor Unified				
Preschool	24	25	23	25
Kindergarten	217	209	197	215
District Total	2,647	2,639	2,563	2,555
St. Johns Unified				
Preschool	*	*	*	*
Kindergarten	54	60	58	58
District Total	912	907	839	808
Vernon Elementary				
Preschool	2	NA	*	*
Kindergarten	11	12	16	16
District Total	112	110	179	164

Source: Arizona Department of Education. (2014). *School enrollment by district*. Retrieved from <http://www10.ade.az.us>

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.



Trends in Charter School enrollment were similar to public school enrollment, with relatively stable enrollment over the past four years.

School Enrollment, by Charter School, First Things First Navajo/Apache Region

SCHOOL	2009/10	2010/11	2011/12	2012/13
Northern Arizona Academy for Career Development – Taylor 85939				
Kindergarten	NA	*	*	*
District Total	53	38	54	50
Sequoia Village School – Show Low 85901				
Kindergarten	20	30	32	35
District Total	199	193	202	218
Jefferson Academy of Advanced Learning – Show Low 85901				
Kindergarten	31	27	26	23
District Total	181	178	168	165
New Visions Academy, St. Johns Academy – St. Johns 85936				
Kindergarten	NA	*	*	*
District Total	32	25	25	23

Source: Arizona Department of Education. (2014). *School enrollment by district*. Retrieved from <http://www10.ade.az.us>

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

Note: Data were not available for other charter schools within the First Things First Navajo/Apache 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.²⁷ A 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 were not 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.²⁸

²⁷ Rolnick, A. & Grunewald, R. (2003). Early childhood development: Economic development with a high public return. *The Federal Reserve Bank of Minneapolis*. Retrieved from https://www.minneapolisfed.org/publications_papers/pub_display.cfm?id=3832&

²⁸ Applied Survey Research. (2008). *Does readiness matter? How kindergarten readiness translates into academic success*. San Jose, CA.



“IF ALL OUR CHILDREN ARE GOING TO BE SCHOOL READY,
we need to address the issues of poverty and adverse childhood experiences in a positive way, to reduce the corrosive effects of those things on childhood development.”

- Becky Ruffner, Executive Director, Prevent Child Abuse Arizona

In some Arizona schools, children’s literacy and reading skills in kindergarten to 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 Data Tell Us

Based upon DIBELS data, a larger number of children in the First Things First Navajo/Apache Region are entering kindergarten without the expected readiness skills. At the beginning of the 2012/13 school year, 41% of kindergarteners in Holbrook Unified needed substantial intervention and St. Johns reported 80% of students needed substantial intervention. Show Low reported much higher readiness rates, with 12% of students needing substantial intervention.

“MANY OF THE KINDERGARTENERS IDENTIFIED AS HOMELESS
are not kindergarten-ready. Often they have moved a number of times, they have lost their personal belongs, and families are forced to focus on basic needs, not on reading books.”

- Ronda Sharp, Teacher/Title 1, Concho School District



Kindergarten Readiness 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	2010/11	2011/12	2012/13
Holbrook Unified (Park Elementary School)								
Benchmark - At Grade Level	NA	25%	32%	30%	28%	41%	33%	36%
Strategic - Needs Additional Intervention	NA	44%	39%	44%	35%	31%	19%	14%
Intensive - Needs Substantial Intervention	NA	31%	28%	26%	36%	28%	59%	41%
Sanders Unified								
Benchmark - At Grade Level	6%	12%	18%	28%	14%	NA	NA	NA
Strategic - Needs Additional Intervention	37%	31%	32%	37%	33%	NA	NA	NA
Intensive - Needs Substantial Intervention	57%	57%	50%	35%	53%	NA	NA	NA
Show Low Unified								
Benchmark - At Grade Level	NA	NA	52%	37%	48%	60%	64%	66%
Strategic - Needs Additional Intervention	NA	NA	26%	39%	27%	25%	23%	22%
Intensive - Needs Substantial Intervention	NA	NA	22%	24%	25%	15%	13%	12%
Snowflake/Taylor Unified¹								
Benchmark - At Grade Level	47%	40%	42%	40%	42%	NA	NA	NA
Strategic - Needs Additional Intervention	29%	22%	26%	32%	36%	NA	NA	NA
Intensive - Needs Substantial Intervention	24%	39%	32%	28%	22%	NA	NA	NA



SCHOOL DISTRICT	2005/06	2006/07	2007/08	2008/09	2009/10	2010/11	2011/12	2012/13
St. Johns Unified								
Benchmark - At Grade Level	21%	20%	20%	11%	18%	19%	21%	13%
Strategic - Needs Additional Intervention	46%	41%	44%	44%	31%	31%	45%	8%
Intensive - Needs Substantial Intervention	33%	39%	36%	45%	51%	50%	34%	80%

Source: First Things First Navajo/Apache Region School Districts. (2014). [DIBELS]. Unpublished data. Navajo County and Apache County, Arizona. Note: School districts that did not provide data included Alpine Elementary, Concho Elementary, Heber-Overgaard Unified, and Joseph City Unified.

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

¹ The majority of data presented above are DIBELS data. However, Snowflake is no longer using DIBELS. They are now using Fountas and Pinnell Assessments.

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."²⁹ 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 2013. However, Sanders Unified School District consistently had the lowest percentage of 3rd grade children who passed the reading standard (40% in 2013) while St. Johns Unified School District (92%) and Blue Ridge Unified School District (86%) had the highest percentage in 2013. Seventy-five percent of Arizona 3rd graders passed the reading standard the same year.

²⁹ Annie E. Casey Foundation. (2010). *Early warning! Why reading by the end of third grade matters*. Retrieved from <http://datacenter.kidscount.org>



AIMS Reading: 3rd Grade Students Passing the Standard

SCHOOL DISTRICT	2007	2008	2009	2010	2011	2012	2013
Alpine Elementary	*	*	*	*	*	*	*
Blue Ridge Unified	82%	78%	74%	69%	71%	73%	86%
Concho Elementary	71%	56%	88%	75%	84%	81%	67%
Heber-Overgaard Unified	62%	77%	64%	71%	73%	79%	69%
Holbrook Unified	73%	72%	79%	69%	70%	72%	77%
Joseph City Unified	73%	56%	64%	52%	85%	67%	75%
Round Valley Unified	86%	71%	70%	69%	73%	75%	76%
Sanders Unified	53%	52%	49%	43%	40%	58%	40%
Show Low Unified	78%	77%	77%	76%	85%	76%	82%
Snowflake Unified	81%	80%	80%	84%	82%	87%	82%
St. Johns Unified	70%	82%	84%	85%	83%	76%	92%
Vernon Elementary	*	93%	92%	83%	92%	*	73%
Arizona	69%	69%	72%	73%	76%	75%	75%

Source: Arizona Department of Education. (2014). *School report cards*. Retrieved from <http://www.ade.state.az.us>

* Indicates caution should be used when interpreting these data as populations are small.

Note: Data are not presented if fewer than 10 students are represented.

Third grade AIMS math scores also fluctuated between 2007 and 2013, but overall were lower than reading scores. Blue Ridge Unified (78%), Heber-Overgaard Unified (78%), Snowflake Unified (76%), and St. Johns Unified (76%) School Districts had the highest percentage of 3rd graders passing the math standard while Sanders Unified had the lowest percentage (33%) of students passing in 2013. As a state, 68% of 3rd graders passed the math standard in 2013.

AIMS Math: 3rd Grade Students Passing the Standard

SCHOOL DISTRICT	2007	2008	2009	2010	2011	2012	2013
Alpine Elementary	*	*	*	*	*	*	*
Blue Ridge Unified	82%	83%	77%	63%	66%	73%	78%
Concho Elementary	74%	75%	77%	70%	79%	63%	61%
Heber-Overgaard Unified	71%	78%	62%	66%	52%	71%	78%
Holbrook Unified	71%	67%	71%	56%	53%	62%	67%
Joseph City Unified	74%	63%	67%	34%	70%	49%	69%
Round Valley Unified	85%	70%	73%	62%	60%	67%	64%
Sanders Unified	68%	54%	52%	36%	30%	44%	33%
Show Low Unified	82%	83%	84%	69%	80%	71%	74%
Snowflake Unified	86%	80%	80%	75%	73%	78%	76%
St. Johns Unified	69%	76%	73%	58%	66%	62%	76%
Vernon Elementary	*	85%	83%	67%	69%	85%	55%
Arizona	72%	71%	73%	65%	68%	69%	68%

Source: Arizona Department of Education. (2014). *School report cards*. Retrieved from <http://www.ade.state.az.us>

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

Note: 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 than their counterparts to experience lower earnings and unemployment.³⁰ 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.³¹

What the Data Tell Us

Over the last seven years, graduation rates have fluctuated by school district. However, Sanders Unified School District continued to have the lowest graduation rate (69%) and Joseph City Unified School District continued to have the highest rate (97%) in 2012. Other school districts that had graduation rates at 90% or above included St. Johns Unified (90%), Show Low Unified (91%), and Snowflake Unified (94%) in 2012.

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

SCHOOL DISTRICT	2006	2007	2008	2009	2010	2011	2012
Blue Ridge Unified	85%	80%	79%	85%	79%	74%	77%
Heber-Overgaard Unified	86%	92%	86%	85%	79%	80%	88%
Holbrook Unified	78%	72%	75%	77%	81%	79%	83%
Joseph City Unified	95%	97%	92%	98%	97%	91%	97%
Round Valley Unified	75%	81%	83%	88%	82%	91%	77%
St. Johns Unified	72%	91%	82%	85%	87%	93%	90%
Sanders Unified	72%	52%	74%	64%	56%	61%	69%
Show Low Unified	75%	92%	80%	83%	85%	91%	91%
Snowflake Unified	79%	89%	83%	92%	84%	91%	94%

2008 and 2009 Data Source: Navajo County Superintendent of Schools Office. (2009). *Personal correspondence with department representative*.
 2010, 2011, and 2012 Data Source: Arizona Department of Education. (2012). *Graduation rate*. Retrieved from <http://www10.ade.az.us>
 Note: Data presented are the most recent available.

³⁰ 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>

³¹ U.S. Department of Health & Human Services. (2010). *Trends in the well-being of America's youth, 2000*. Retrieved from <http://www.aspe.hhs.gov/hsp/00trends/EA1.pdf>



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 and poorer health.

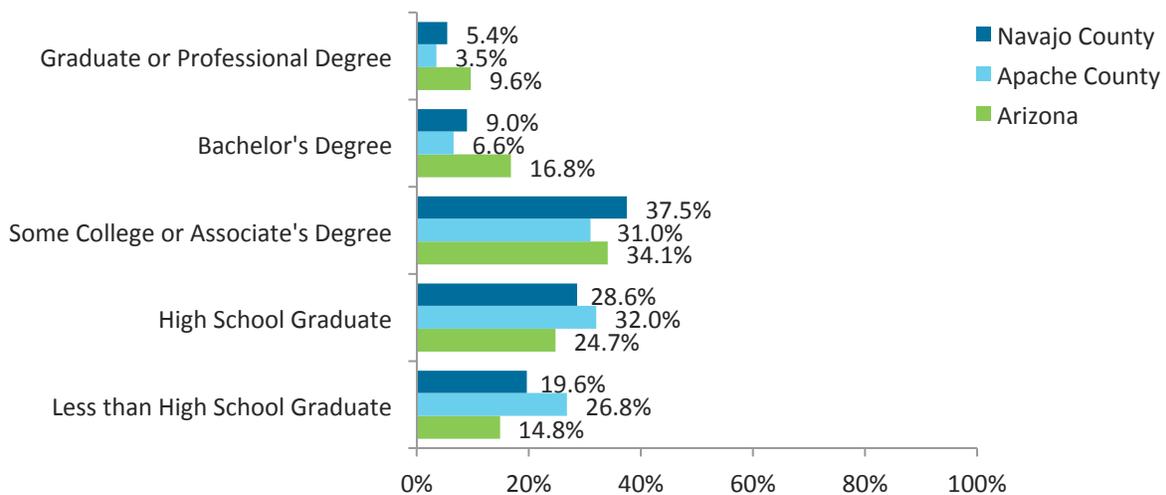
Snapshot of Community Supports

- **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.
- 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

Nearly 20% of individuals 25 years or older in Navajo County and 27% in Apache County had less than a high school degree, compared to 15% in Arizona. Less than 7% of people in Apache County and 9% in Navajo County had a Bachelor’s degree, compared to 17% in Arizona overall in 2007-2011. Similarly, between 3% and 5% of individuals in both counties had graduate or professional degrees, as compared to 10% in Arizona.

Educational Attainment of Population 25 Years and Over, 2007-2011 5 – Year Estimates



Source: U.S. Census Bureau. (2011). Table S1501: Educational attainment. *American Community Survey, 2007-2011 5-Year Estimates*. Retrieved from <http://factfinder2.census.gov>



Family Literacy

Why It Is Important

One important component of parent knowledge is understanding the importance of reading 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.³² Other key activities such as playing games and exercising also help children learn and develop.

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. Reach Out and Read Arizona was established in 2002 and is a coalition of 188 sites serving 103,711 of Arizona's children each year. Reach Out and Read Arizona trains medical providers to integrate literacy into well child visits by giving new books to children between the ages of 6 months through 5 years. Annually, sites give over 193,176 new, developmentally appropriate books to families.³³

Snapshot of Community Supports

- ***The Navajo County Libraries' Early Literacy Programs***, funded by the First Things First Regional Partnership Council, helps parents support their young children's love of books through education and training on language development and literacy. All programs that are offered through Navajo County Library Early Literacy are also available in all Apache County Libraries.
 - ***Navajo County Library District*** has 8 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.
 - ***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.

³² 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.

³³ Reach Out and Read Arizona Coalition. (2013). About Reach Out and Read Arizona. Retrieved from <http://www.roraz.org/about-roraz.asp>



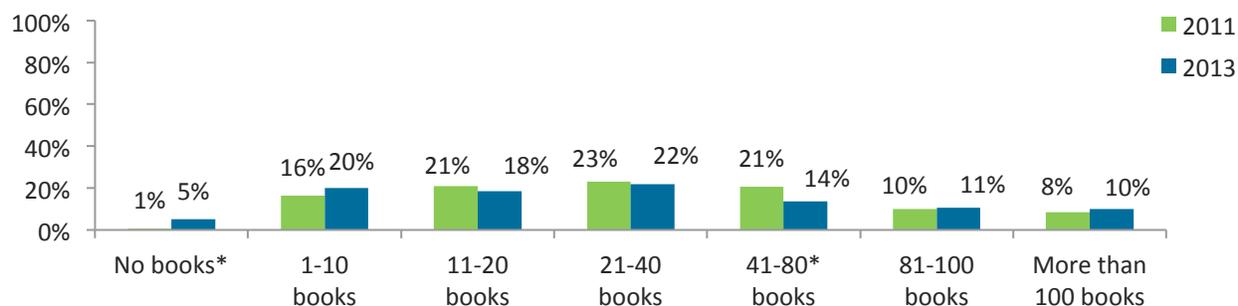
- The **Forest Lakes Community Library**, operated by the Flagstaff City-Coconino County Public Library, holds summer reading programs and other summer youth activities.
- The **Reach Out and Read** program operates in most pediatric offices in Navajo and Apache Counties to support literacy and early language development 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 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.

What the Data Tell Us

Research in 40 countries has indicated 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 Five percent of parent respondents in the First Things First Navajo/Apache Region reported not having any books in the house (a statistically significant increase from 2011). There was a statistically significant decline in the percentage of respondents reporting having 41-80 books, from 21% in 2011 to 14% in 2013.



How many children's books (including e books) are in your home?



2011 n=536; 2013 n=661

*Significance testing (Columns Proportions): Respondents in 2013 were significantly more likely to say that they had no books as compared to respondents in 2011, while respondents in 2011 were significantly more likely to say they had 41-80 books than in 2013.

Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for parents with children ages 0-5]. Unpublished data. Watsonville, CA.

The number of children's books in the home varied across the First Things First Navajo/Apache Region areas. Ten percent of respondents in the Blue Ridge area reported having zero children's books in the home, while 13% of respondents in the same area reported having 100 or more.





How many children’s books (including e books) are in your home? By First Things First Navajo/Apache Region Area - 2013

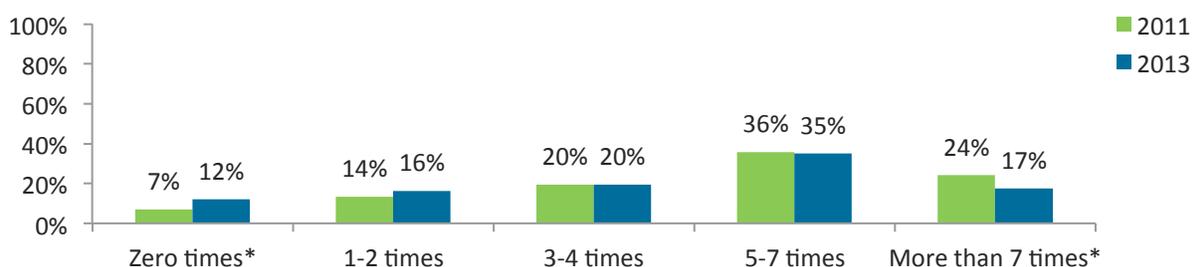
	VERNON, ALPINE, ROUND VALLEY AREA	CONCHO, ST. JOHNS AREA	HOLBROOK, JOSEPH CITY, SANDERS AREA	BLUE RIDGE AREA	SHOW LOW, HEBER AREA	SNOWFLAKE AREA
No books	0%	9%	3%	10%	4%	8%
1-10 books	25%	38%	20%	14%	9%	31%
11-20 books	24%	29%	17%	21%	15%	15%
21-40 books	25%	18%	26%	18%	24%	20%
41-80 books	12%	6%	14%	13%	16%	13%
81-100 books	6%	0%	8%	11%	21%	6%
More than 100 books	9%	0%	12%	13%	12%	7%

Vernon, Alpine, Round Valley (Area 1) n=85; Concho, St. Johns (Area 2) n=34; Holbrook, Joseph City, Sanders (Area 3) n=143; Blue Ridge (Area 4) n=107; Show Low, Heber (Area 5) n=161; Snowflake (Area 6) n=131.
 Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for parents with children ages 0-5]. Unpublished data. Watsonville, CA.

Twelve percent of parent survey respondents reported spending no time reading books with their child in the last week, a statistically significant increase from 2011 when 7% spent no time reading. Frequent reading is declining with 24% of parent respondents reporting reading more than 7 times a week in 2011, down to 17% in 2013, a statistically significant decline.



How many times last week did you or another family member read or share books with your child?



2011 n=645; 2013 n=731
 *Significance testing (Columns Proportions): Respondents in 2013 were significantly more likely to read zero times and less likely to read more than 7 times as compared to respondents in 2011.
 Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for parents with children ages 0-5]. Unpublished data. Watsonville, CA.



Approximately half or more survey respondents in four different areas reported reading or sharing books with their child at least 5 or more times within the last week in 2013. There was less frequent reading in two Areas: Vernon, Alpine, Round Valley and Concho, St Johns.



How many times last week did you or another family member read or share books with your child? By First Things First Navajo/Apache Region Area - 2013

	VERNON, ALPINE, ROUND VALLEY AREA	CONCHO, ST. JOHNS AREA	HOLBROOK, JOSEPH CITY, SANDERS AREA	BLUE RIDGE AREA	SHOW LOW, HEBER AREA	SNOW- FLAKE AREA
Zero times	17%	41%	7%	11%	5%	14%
1-2 times	17%	22%	21%	13%	14%	13%
3-4 times	23%	16%	23%	21%	18%	18%
5-7 times	25%	11%	30%	36%	42%	44%
More than 7 times	17%	11%	19%	20%	21%	12%

Vernon, Alpine, Round Valley (Area 1) n=99; Concho, St. Johns (Area 2) n=37; Holbrook, Joseph City, Sanders (Area 3) n=168; Blue Ridge (Area 4) n=122; Show Low, Heber (Area 5) n=166; Snowflake (Area 6) n=139.

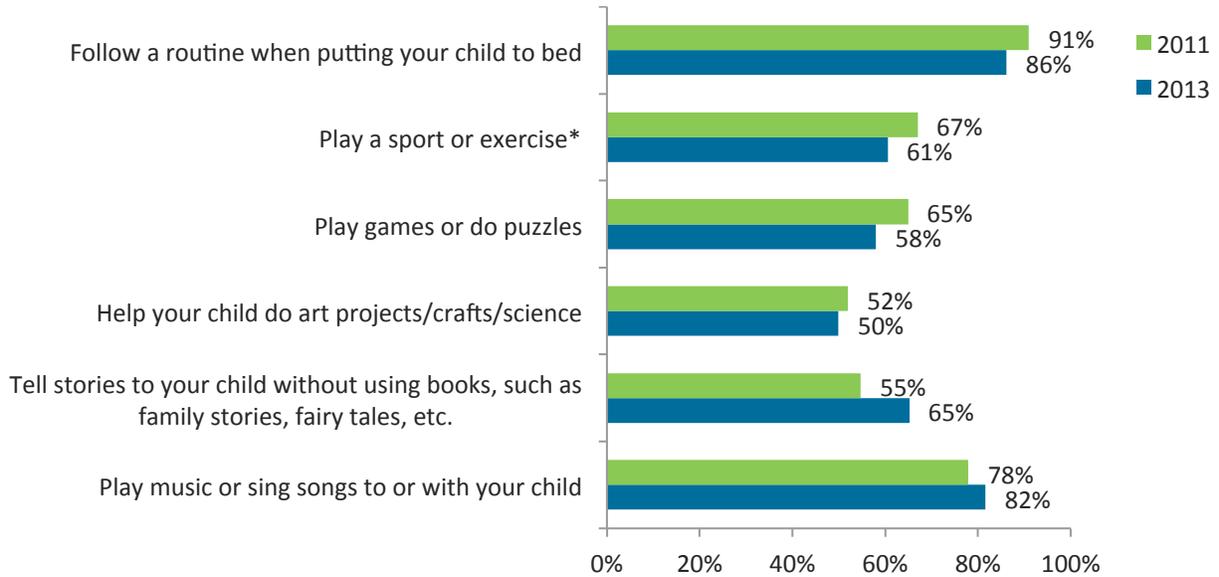
Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for parents with children ages 0-5]. Unpublished data. Watsonville, CA.

Eighty-six 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, 82% reported they always or frequently played music or sang songs with their child, 65% told stories to their child without using books, and 61% played a sport or exercised with their child. Half (50%) of surveyed parents reported helping their child with art projects, crafts, and science projects and 58% played games or did puzzles with their child.





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”)



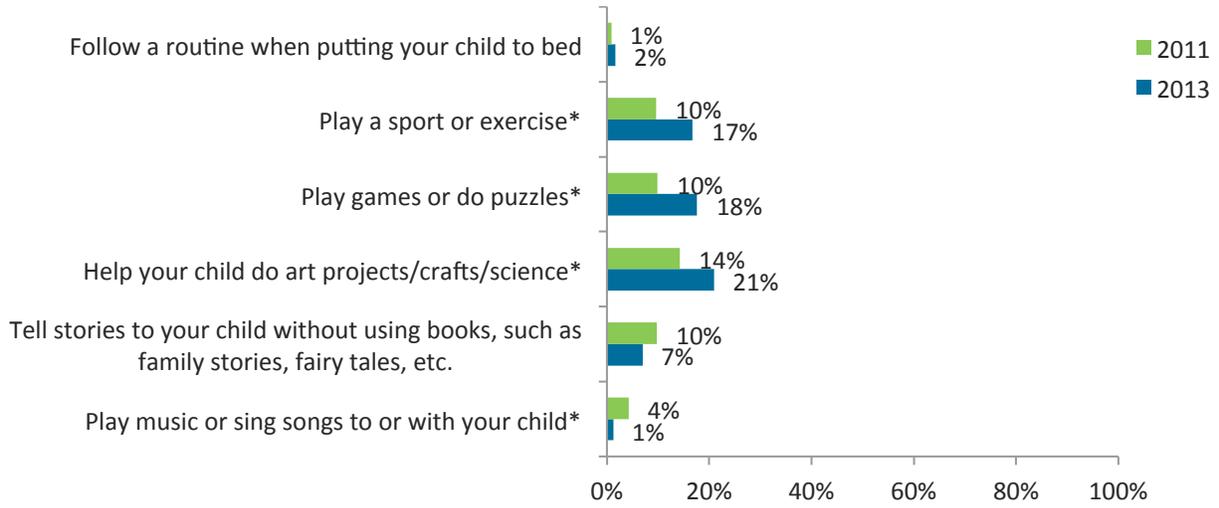
2013: Play music: n=874, Tell stories n=875, Art Projects n=860, Games or Puzzles n=859, Play Sport n=857, Follow Routine n=868
 2011: Play music: n=698, Tell stories n=693, Art Projects n=690, Games or Puzzles n=686, Play Sport n=686, Follow Routine n=690
 Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for parents with children ages 0-5]. Unpublished data. Watsonville, CA.

When looking at parents who said they “never” did particular activities with their child, there were statistically significant changes in several areas. A higher percentage of parents reported in 2013 as compared to 2011 that they never played a sport or exercised, never played games or did puzzles, and never helped with an art/craft/science project.





In the last week, how often did you or a family member do any of the following with your child? (Respondents who reported “Never”)



2013: Play music: n=874, Tell stories n=875, Art Projects n=860, Games or Puzzles n=859, Play Sport n=854, Follow Routine n=868
 2011: 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
 *Significance testing (Columns Proportions): A significant difference in respondents reported they never did the activity between 2011 and 2013.
 Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for parents with children ages 0-5]. Unpublished data. Watsonville, CA.

Survey respondents in each of the First Things First Navajo/Apache Region Areas reported fairly comparable levels of doing two primary activities: following a routine when putting their child to bed (85% to 89%) and playing music or singing songs with their child (75% to 89%). However, there was a lot of variation between Areas for the other activities. Survey respondents in the Concho, St Johns Area reported lower levels of doing art/crafts/science projects or playing games/puzzles as compared to the other Areas.





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”)? By First Things First Navajo/Apache Region Area - 2013

	VERNON, ALPINE, ROUND VALLEY AREA	CONCHO, ST. JOHNS AREA	HOLBROOK, JOSEPH CITY, SANDERS AREA	BLUE RIDGE AREA	SHOW LOW, HEBER AREA	SNOWFLAKE AREA
Follow a routine when putting your child to bed	86%	85%	85%	85%	89%	86%
Play a sport or exercise	64%	49%	72%	54%	70%	41%
Play games or do puzzles	62%	30%	73%	51%	63%	43%
Help your child do art projects, crafts, science projects	57%	28%	60%	45%	50%	38%
Tell stories to your child without using books, such as family stories, fairy tales, etc.	73%	68%	62%	67%	53%	74%
Play music or sing songs to or with your child	89%	80%	84%	75%	77%	84%

Vernon, Alpine, Round Valley (Area 1) n=115; Concho, St. Johns (Area 2) n=40; Holbrook, Joseph City, Sanders (Area 3) n=178-179; Blue Ridge (Area 4) n=126; Show Low, Heber (Area 5) n=180; Snowflake (Area 6) n=168.

Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for parents with children ages 0-5]. Unpublished data. Watsonville, CA.



FAMILY SUPPORTS

All parents need support. Having someone to rely on in a time of need improves the overall wellbeing of parents and children. At the same time, every family has strengths. We need to recognize and build on the capacity and resilience of our families, while helping provide them with the support needed to best care for their children.

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 support.

“THE CASELOAD IN ARIZONA GREW FASTER THAN ANY OTHER STATE

in the country over the last five years, while the staffing and funding remained the same. I believe what precipitated that growth is the reductions in safety net services in 2009 when we had a budget crisis in Arizona and funding for subsidized childcare and healthcare for working families, and other related services were almost nearly eliminated. There were many families that lost services very dramatically as of February 13th, 2009.”

- Becky Ruffner, Executive Director, Prevent Child Abuse Arizona

What the Data Tell Us

Between 97% and 99% of First Things First Navajo/Apache parent respondents reported feeling confident in their ability to help their child grow and develop, coping well with the day-to-day demands of parenting, and calming themselves down before dealing with their child when they got angry with their child.

“A PARENTING CLASS WOULD BE GOOD. WHEN A CHILD COMES INTO KINDERGARTEN, the parents have a lot of questions, especially when behavior is challenging. Parents need help with discipline so the child will have a more positive experience in school and won’t be getting in trouble so much.”

-Beth Kulish, a Kindergarten teacher at Sequoia Charter School

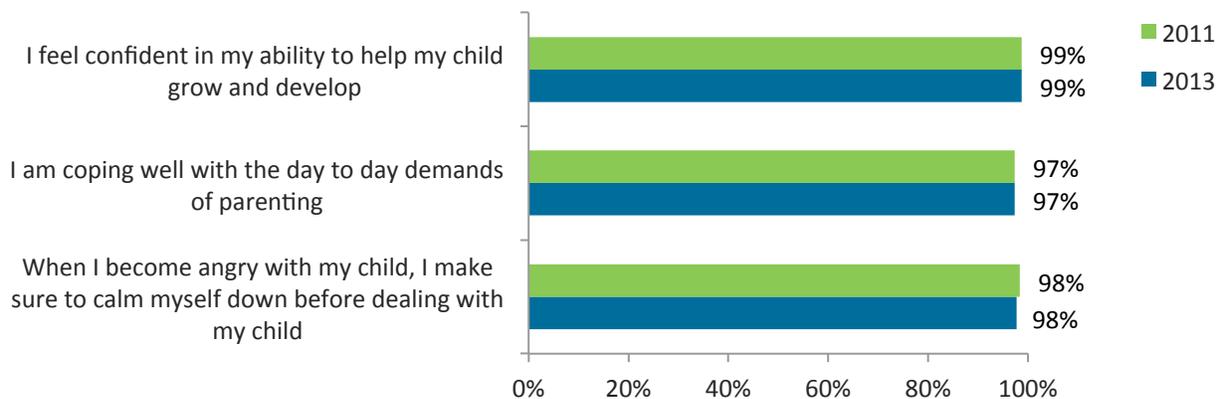


“IT IS IMPORTANT TO RECOGNIZE THAT THINGS THAT HAPPEN TO YOUNG CHILDREN are far more common than we have recognized in past years. We know that adverse childhood experiences are largely preventable, and the bulk of them can be reduced by making sure that families have access to mental health care, quality early childhood programs, health care, and other resources for childhood.”

- *Becky Ruffner, Executive Director, Prevent Child Abuse Arizona*



Please state how much the following statements are true for you: (Respondents answering “Definitely True” or “Somewhat True”)



I feel confident in my ability to help my child grow and develop 2011 n=693; 2013 n=879. I am coping well with the day to day demands of parenting 2011 n=685; 2013 n=873. When I become angry with my child, I make sure to calm myself down before dealing with my child 2011 n=679; 2013 n=869. Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for parents with children ages 0-5]. Unpublished data. Watsonville, CA.

“A LOT OF THE WORK THAT WE DO WITH FAMILIES OF CHILDREN 0-5 is working on relationships, preventing strain that might negatively impact them in the future.”

- *Shelley Ehman, Community Counseling Centers, Navajo County*

The vast majority of respondents from each of the First Things First Navajo/Apache Areas reported that they felt confident in their ability to help their child grow and develop, were coping well with their day-to-day demands of parenting and could calm themselves down before dealing with their child when they got angry.





Please state how much the following statements are true for you: (Respondents answering “Definitely True” or “Somewhat True”) By First Things First Navajo/Apache Region Area - 2013

	VERNON, ALPINE, ROUND VALLEY AREA	CONCHO, ST. JOHNS AREA	HOLBROOK, JOSEPH CITY, SANDERS AREA	BLUE RIDGE AREA	SHOW LOW, HEBER AREA	SNOWFLAKE AREA
I feel confident in my ability to help my child grow and develop	100%	100%	99%	96%	99%	98%
I am coping well with the day to day demands of parenting	98%	93%	98%	94%	98%	98%
When I become angry with my child, I make sure to calm myself down before dealing with my child	97%	93%	99%	97%	98%	97%

Vernon, Alpine, Round Valley (Area 1) n=117-118; Concho, St. Johns (Area 2) n=42; Holbrook, Joseph City, Sanders (Area 3) n=174-177; Blue Ridge (Area 4) n=124-126; Show Low, Heber (Area 5) n=177-179; Snowflake (Area 6) n=168-169.

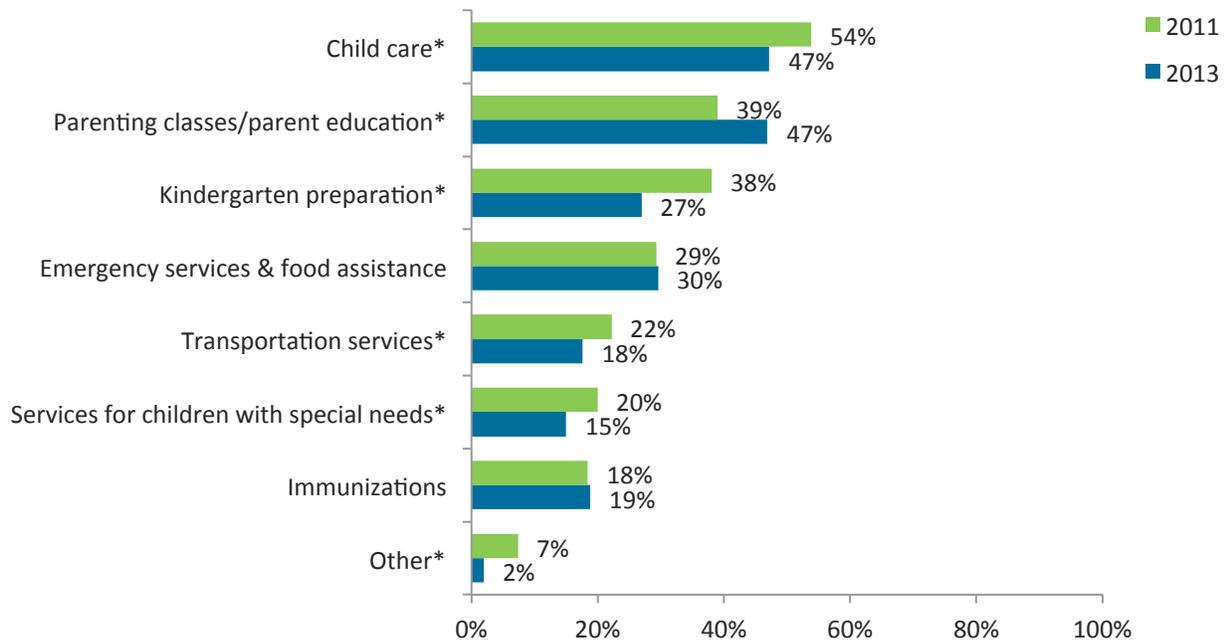
Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for parents with children ages 0-5]. Unpublished data. Watsonville, CA.

While parents reported being confident in their parenting skills, many parents still felt they needed additional support. Parents surveyed in 2013 felt that the most needed services in the First Things First Navajo/Apache Region were child care, parenting classes/parent education (47%), and kindergarten preparation (27%). There was a statistically significant increase between 2011 and 2013 in the percentage of parents reporting parenting classes and parent education (39% in 2011 to 47% in 2013) as a top need. Conversely, there were statistically significant decreases for child care, kindergarten preparation, transportation, and services for children with special needs.





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?



Multiple response question. 2011: 625 respondents offering 1,426 responses; 2013: 740 respondents offering 1,516 responses.

*Significance testing (Columns Proportions): A significant difference in respondents reported needing specific services between 2011 and 2013.
Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for parents with children ages 0-5]. Unpublished data. Watsonville, CA.

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

“ONE OF OUR STUDENTS WALKED 3 MILES TO GET TO A FAMILY’S HOUSE
who could drive him into town to get to school.”

- Ronda Sharp, Teacher/Title 1, Concho School District

The top service needs differed slightly by Area. The biggest differences were seen in services for children with special needs from 4% in the Blue Ridge Area to 21% in the Show Low, Heber Area.





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? By First Things First Navajo/Apache Region Area -2013

	VERNON, ALPINE, ROUND VALLEY AREA	CONCHO, ST. JOHNS AREA	HOLBROOK, JOSEPH CITY, SANDERS AREA	BLUE RIDGE AREA	SHOW LOW, HEBER AREA	SNOWFLAKE AREA
Child care	55%	58%	47%	51%	43%	44%
Parenting classes / parent education	42%	47%	45%	52%	43%	52%
Kindergarten preparation	26%	34%	34%	19%	25%	26%
Emergency services & food assistance	27%	32%	37%	30%	26%	27%
Transportation services	13%	16%	27%	18%	18%	12%
Services for children with special needs	16%	5%	19%	4%	21%	12%
Immunizations	13%	16%	18%	19%	21%	23%
Other	3%	3%	3%	3%	3%	0%

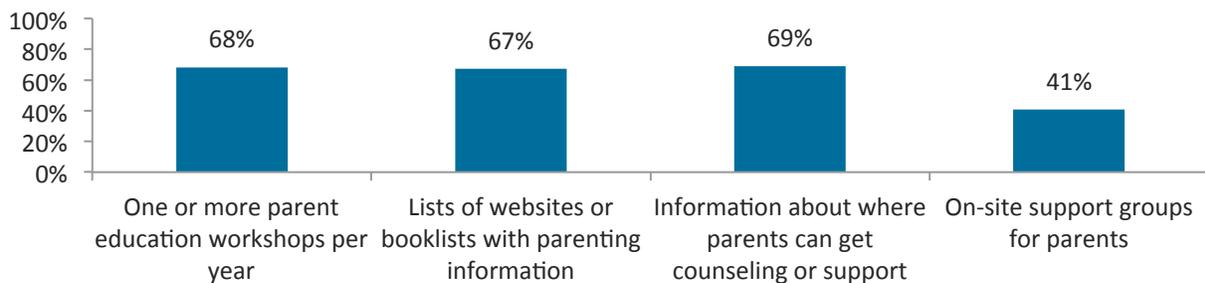
Multiple response question. Vernon, Alpine, Round Valley (Area 1): 98 respondents offering 191 responses; Concho, St. Johns (Area 2): 38 respondents offering 80 responses; Holbrook, Joseph City, Sanders (Area 3): 169 respondents offering 386 responses; Blue Ridge (Area 4): 116 respondents offering 227 responses; Show Low, Heber (Area 5): 160 respondents offering 319 responses; Snowflake (Area 6): 159 respondents offering 313 responses.

Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for parents with children ages 0-5]. Unpublished data. Watsonville, CA.

Of child care providers surveyed in 2013, 67% to 69% reported that they offered information to parents about where they could receive counseling or support, a list of websites or booklists with parenting information, and one or more parent education workshops per year. Forty-one percent offered on-site support groups for parents.



Do you offer any of the following resources to parents? (Respondents answering yes) -2013



2011 n=17; 2013 n=59-63.

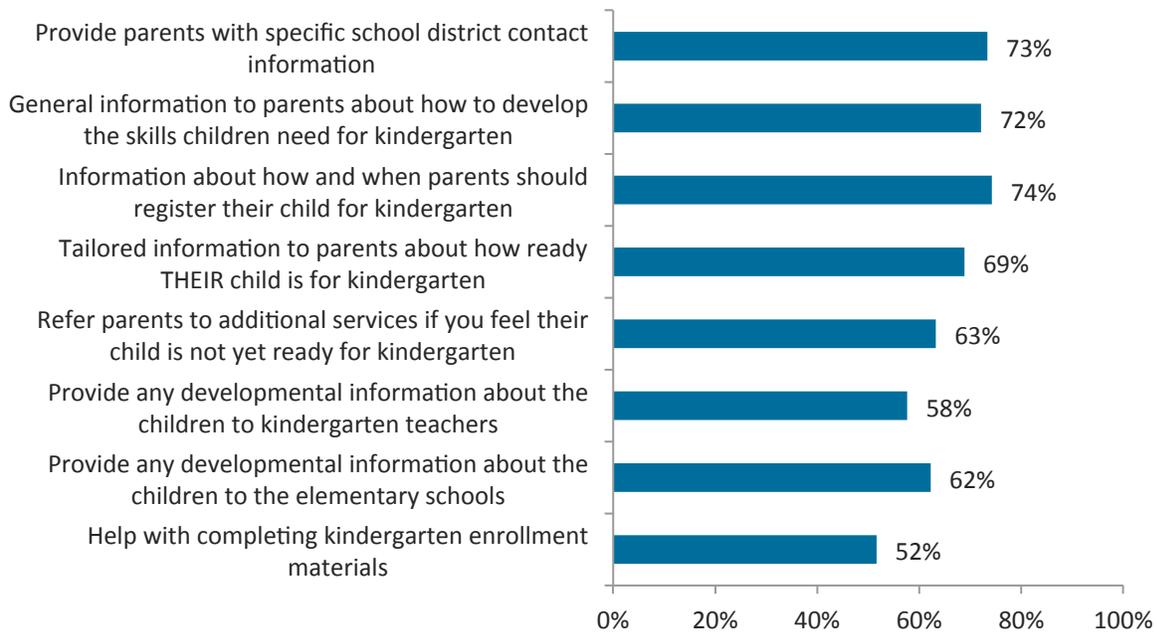
Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for child care providers]. Unpublished data. Watsonville, CA.



The top supports child care provider survey respondents reported offering parents were information about how and when parents should register their child for kindergarten (74%), information with specific school district contact information (73%), general information about how to develop the skills children need for kindergarten (72%), and tailored information for parents about how ready their child was for kindergarten (69%).



Do you offer any of the following supports? (Respondents answering yes) - 2013



2013 n=59-62.

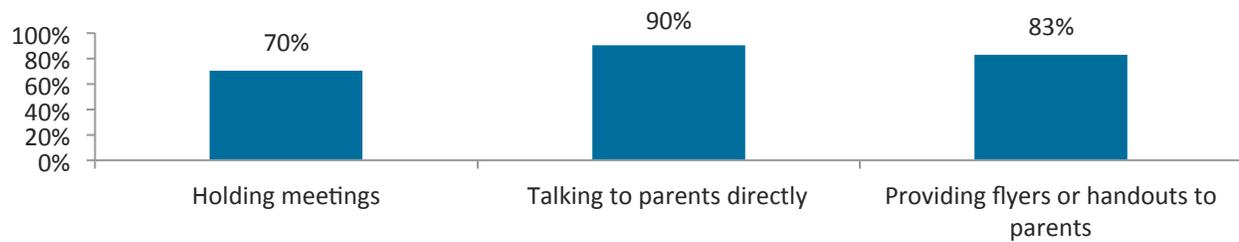
Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for child care providers]. Unpublished data. Watsonville, CA.

When child care survey respondents were asked in 2013 how they provide parents with resources, 90% said they talked to parents directly, 83% said they provided flyers or handouts to parents, and 70% said that they held meetings.





How do you provide these resources to parents? (Respondents answering yes) - 2013



n=57-61.

Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for child care providers. Unpublished data. Watsonville, CA.

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.³⁴

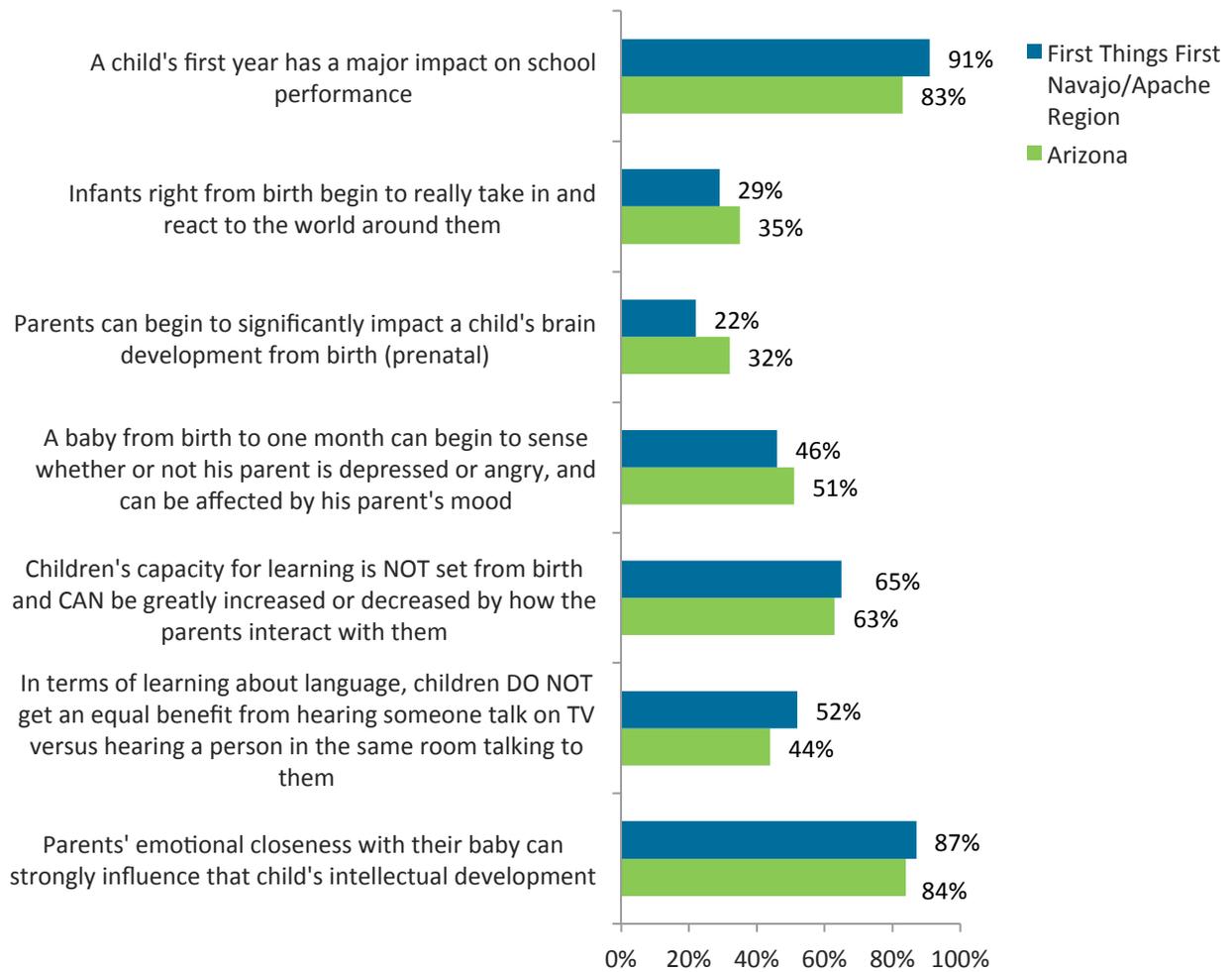
What the Data Tell Us

Ninety-one percent of First Things First Navajo/Apache parent respondents in 2012 understood that a child's first year has a major impact on school performance according to the First Things First Family and Community Survey. Eighty-seven percent of parents believed that parent's emotional closeness with their baby can strongly influence their child's intellectual development, similar to the state at 84%. While 22% of parents in the First Things First Navajo/Apache responded that a parent can begin to significantly impact a child's brain development from birth, lower than the state at 32%.

³⁴ The Child Development Institute (n.d.). Home Page. Retrieved from <http://www.childdevelopmentinfo.com>



Parent Understanding of Child’s Cognitive Development, 2012

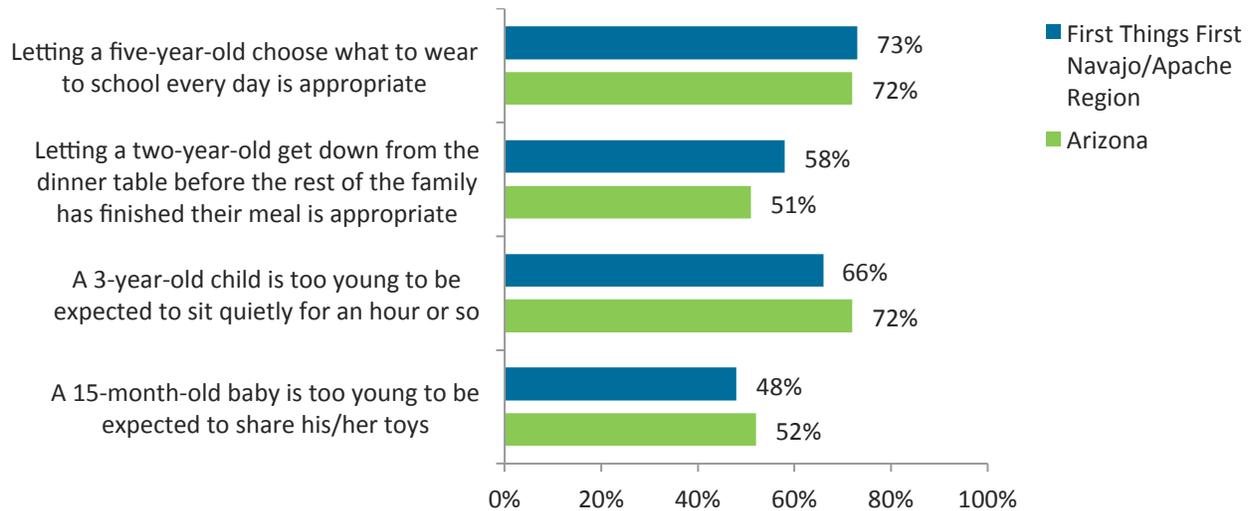


Source: First Things First. (2014). [Family and community survey]. Unpublished data. Phoenix, AZ.



Roughly half (48%) of parents in the First Things First Navajo/Apache Region knew a 15-month-old was too young to be expected to share their toys and only 58% believed that it was appropriate to let a two year old get down from the table before other families members had finished their dinner. Yet, 66% of parents understood that a 3-year-old was too young to be expected to sit quietly for an hour or so.

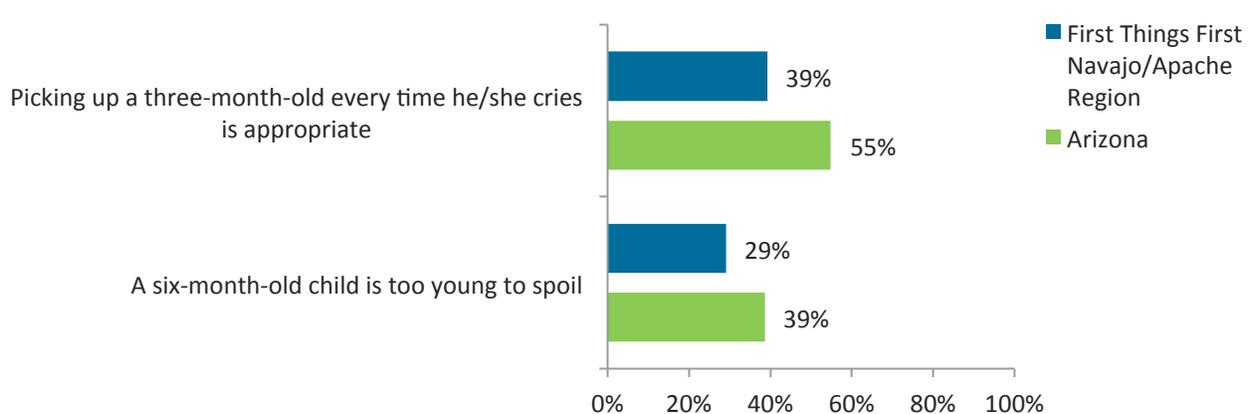
Parent Understanding of Child’s Social and Emotional Development, 2012



Source: First Things First. (2014). [Family and community survey]. Unpublished data. Phoenix, AZ.
 Note: Responses shown are the percent of parents who accurately identified that the given statement was true or appropriate. Parents and caregivers were asked to rate the statements as either “appropriate,” “will likely spoil the child,” or “not sure.”

Local parents lacked knowledge related to 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.

Parent Understanding of Child’s Social and Emotional Development, 2012



Source: First Things First. (2014). [Family and community survey]. Unpublished data. Phoenix, AZ.
 Note: Responses shown are the percent of parents who accurately identified that the given statement was true or appropriate. Parents and caregivers were asked to rate the statements as either “appropriate,” “will likely spoil the child,” or “not sure.”



Social Services

Child Abuse

Why It Is Important

Child abuse and neglect occurs 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.³⁵ 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. It is therefore essential that communities work to prevent child abuse and neglect so as to end this cycle of abuse. 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.^{36,37}

“THERE HAS BEEN ABOUT A 5% INCREASE IN THE REPORTS OF NEGLECT in a five year period, and about a 25% increase in the number of children in foster care overall in the last five years in the state. What is most shocking to us is the number of birth to three children that those numbers represent, with infants under one year being the largest single group entering foster care each year consistently over the last five years.”

- *Becky Ruffner, Executive Director, Prevent Child Abuse Arizona*

Snapshot of Community Supports

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

³⁵ Child Welfare Information Gateway. (2004). *Risk and protective factors for child abuse and neglect*. Retrieved from <http://www.childwelfare.gov/preventing/pdfs/riskprotectivefactors.pdf>

³⁶ Kolbo, J. R. (1996). Risk and resilience among children exposed to family violence. *Violence & Victims, 11*, 113-128.

³⁷ American Academy of Child and Adolescent Psychiatry (2008). Child abuse: The hidden bruises. Retrieved from http://www.aacap.org/cs/root/facts_for_families/child_abuse_the_hidden_bruires



- The **Family Advocacy Center** provides forensic exams for children and adults who have been sexually abused or traumatized. It uses the collaborative services of a partnership between North Country Health Care, the Navajo County Attorney's Office, the Navajo County Sheriff's Office, and Summit Healthcare.

What the Data Tell Us

There were 39 children removed from their homes by Child Protective Services in the First Things First Navajo/Apache Region in 2013, down from 46 children in 2011.

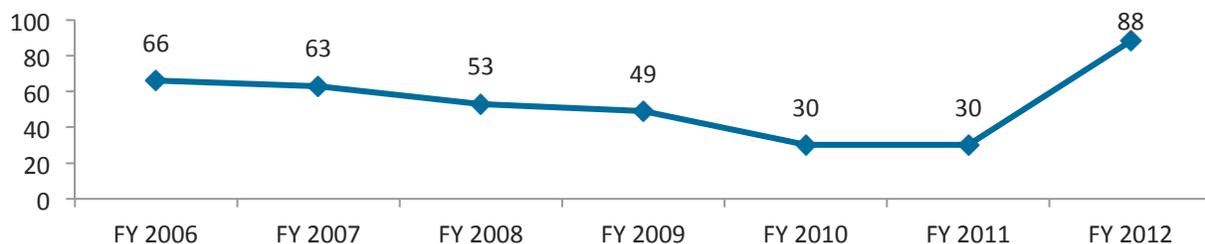
Children Removed from Home by Child Protective Services (CPS), First Things First Navajo/Apache Region



Source: Arizona Department of Economic Security. (2010). [Child protective services]. Unpublished data. Received 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 a list of zip codes.

There was an increase in the number of substantiated cases of child abuse and neglect in the two counties, from 66 cases in 2006 to 88 cases in 2012. In each year, the majority of abuse cases were for child neglect.

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



Source: Arizona Department of Economic Security. (2014). *Child welfare reporting requirements: Semi-annual reports*. Retrieved from <https://www.azdes.gov>

Note: Fiscal year is from October 1 through September 30.



Foster Care

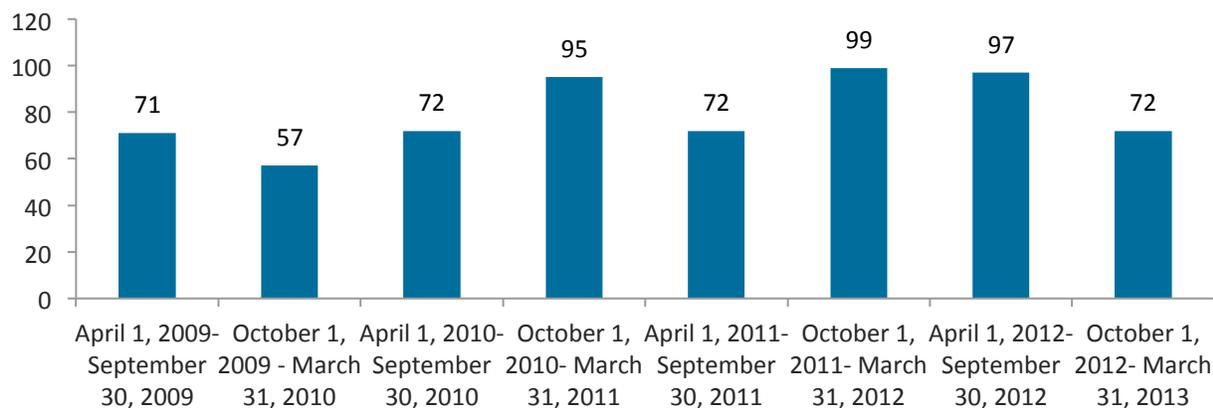
Why It Is Important

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.³⁸ Some children are placed into foster care because their parents were deported due to immigration laws. Immigrant victims of domestic violence are at particular risk of losing their children.³⁹

What the Data Tell Us

The number of children entering out-of-home care is reported in 6 month increments. Between October 1st and March 31st of 2013, there were 72 children removed from their homes in Navajo and Apache Counties.

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



Source: Arizona Department of Economic Security. (2011). [Child protective services]. Unpublished data. Retrieved from <https://www.azdes.gov>
 Note: Data on prior removals are not presented due to the number of children affected being less than 20.

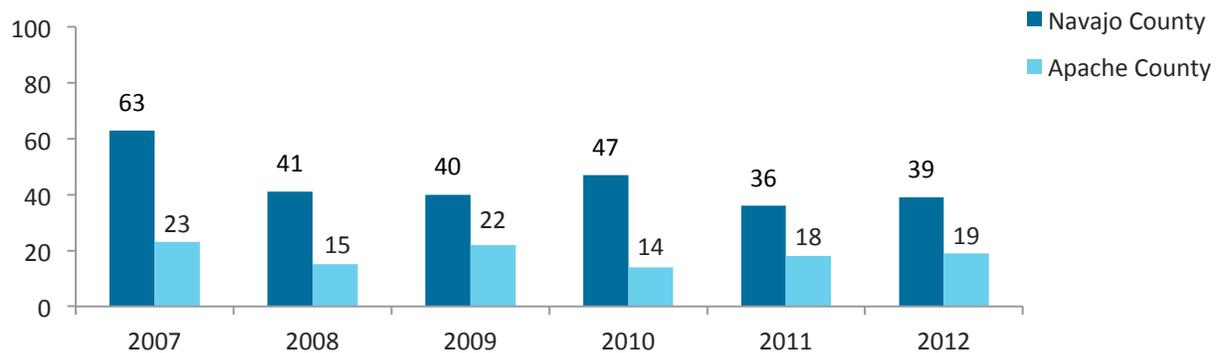
There were 39 children in Navajo County and 19 children in Apache County that entered foster care at age five or younger in 2012.

³⁸ U.S. Department of Health & Human Services, Administration for Children and Families. (2010). *Family preservation services*. Retrieved from <http://www.childwelfare.gov/supporting/preservation>

³⁹ Applied Research Center. (2011). *Shattered families*. Retrieved from www.arc.org/shatteredfamilies



Number of Children in Foster Care Who Entered Care at Age 5 or Younger



Source: First Things First. (2014). [Children in foster care]. Unpublished data. Phoenix, AZ.

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.⁴⁰ 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.

What the Data Tell Us

In Navajo and Apache Counties, there were 88 juvenile arrests for drug crimes, 39 for violent crimes and a total of 743 juvenile arrests for youth ages 8 through 17 in 2011. Juvenile arrests for drug crimes and violent crimes remained stable from 2007 to 2011, however, overall juvenile arrests decreased by 28%.

Juvenile Arrests by Type of Crime, Ages 8 Through 17, Navajo and Apache Counties

	2007	2008	2009	2010	2011
Drug Crimes	92	102	97	84	88
Violent Crimes	25	47	33	41	39
Total All Juvenile Arrests	1,036	1,054	969	808	743

Source: Kids Count Data Center. (2014). *Juvenile arrests by offense*. Retrieved from <http://datacenter.kidscount.org>

⁴⁰ Noguera, P. (1995). Reducing and preventing youth violence: An analysis of causes and an assessment of successful programs. *Harvard Education Review*, 65, 189-212.



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.⁴¹ It is estimated that more than 1.7 million children are children of incarcerated parents in the United States. According to the Arizona Children's Association, almost 200,000 such children live in Arizona, which has one of the highest incarceration rates of any Western state.⁴²

What the Data Tell Us

In Navajo and Apache counties, approximately 900 children had a parent in a county jail in 2007 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 from http://thepartnership.us/newsite/pdfs/Final_report.pdf

Note: Data presented are the most recent available.

⁴¹ Nickel, J., Garland, C. and Kane, L. (2009). Children of incarcerated parents: An action plan for federal policymakers. *Council of State Governments Justice Center*. Retrieved from http://www.thecrimereport.org/wp-content/uploads/2009/10/Children_Incarcerated_Parents_v8.pdf

⁴² Northern Arizona University. (2014). *Unintended victims: A project for children of incarcerated parents and their caregivers*. Retrieved from <http://nau.edu/SBS/CCJ/Children-Incarcerated-Parents>



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.

SELECTED INDICATORS

Maternal and Child Health

- Prenatal Care
- Birth Characteristics
- Teen Births
- Immunizations

Health Care

- Health Care Need and Access
- Health Insurance
- Health Providers
- Oral Health Care

Chronic and Communicable Disease

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

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 at healthy weights. 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.⁴³ 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.⁴⁴ 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 to help prevent maternal health risks.⁴⁵

Snapshot of Community Supports

- **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 service networks that facilitate early access into health programs for girls and women ages 13 to 46.

What the Data Tell Us

A lower percentage of women in the First Things First Navajo/Apache Region (72%) began prenatal care in the first three months of their pregnancy as compared to women in Arizona (83%) in 2012.

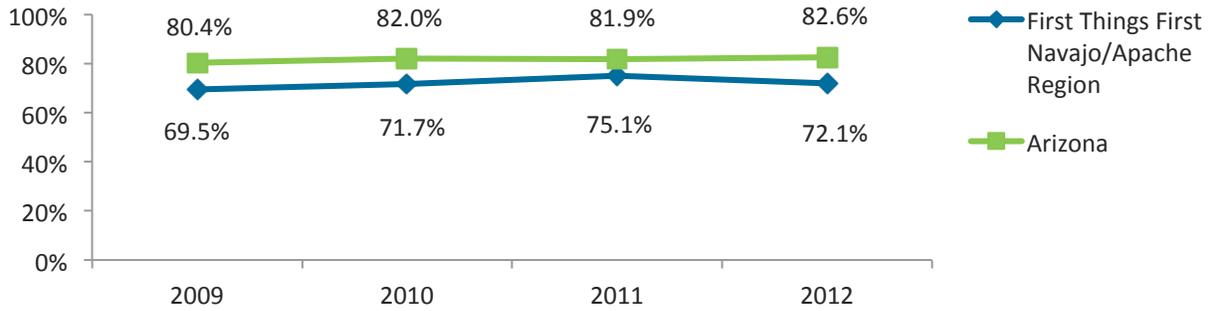
⁴³ U.S. Department of Health & Human Services, Maternal and Child Health Bureau. (2010). *A Healthy start: Begin before baby's born*. Retrieved from <http://www.mchb.hrsa.gov/programs/womeninfants/prenatal.htm>

⁴⁴ American Congress of Obstetricians and Gynecologists. (2010). *Universal maternity care*. Retrieved from http://www.acog.org/acog_districts/dist_notice.cfm?recno=1&bulletin=2893

⁴⁵ 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>



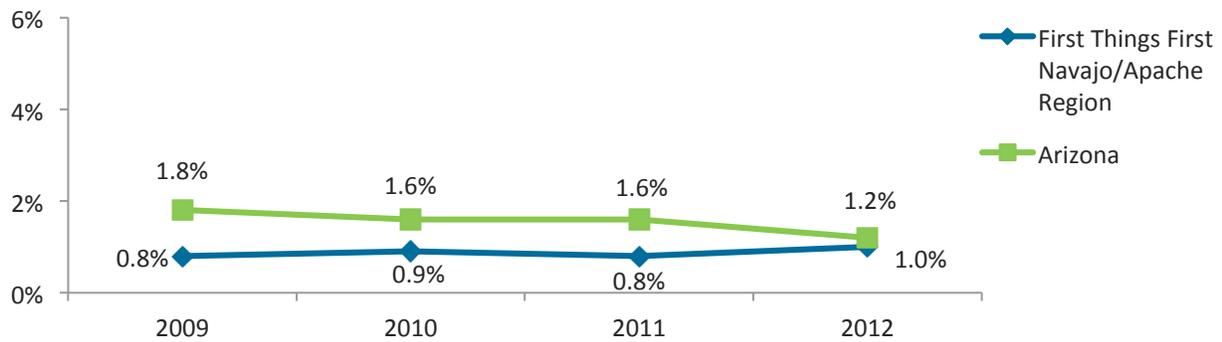
Women Who Began Prenatal Care in First Trimester of Pregnancy



Source: Arizona Department of Health Services. (2014). [Prenatal care]. Unpublished data. Phoenix, AZ.

One percent of women who gave birth in the communities served by the First Things First Navajo/Apache Region did not receive any prenatal care during their pregnancy in 2012.

Women Who Received No Prenatal Care During Pregnancy



Source: Arizona Department of Health Services. (2014). [Prenatal care]. Unpublished data. Phoenix, AZ.



Birth Characteristics

Why It Is Important

The total number of births in a community is important for service planning and provides an idea of what is happening for families in the region. While the population continues to grow there have been fewer births at the national level since the economic downturn. Changes in income, unemployment rates, and personal savings, have been correlated with both fertility and birth outcomes.⁴⁶

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.⁴⁷ Low birth weights are commonly associated with pre-term births, which also increase the risk of serious lasting disabilities such as cerebral palsy and increased infant mortality.⁴⁸ 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.

"WE ARE STARTING TO SEE A FAIR AMOUNT OF INFANT WITHDRAWALS—
babies born to moms who used drugs, especially methamphetamine.
We don't have solid data about it yet, but it's just a sense that we are seeing
more of these babies."

-Dr. Jeff Northup, Chief Medical Officer, Summit Health Care Regional Medical Center

⁴⁶ Livingston, G. and the Pew Research Center. (2012). *In a down economy, fewer births*. Retrieved from <http://www.pewsocialtrends.org/2011/10/12/in-a-down-economy-fewer-births>

⁴⁷ U.S. Department of Health & Human Services, Health Resources and Services and Administration. (2009). *Child health U.S.A., 2008-2009*. Retrieved from <http://mchb.hrsa.gov/chusa08>

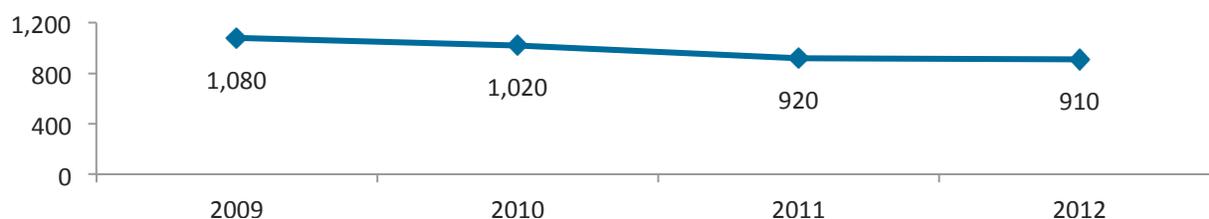
⁴⁸ March of Dimes Foundation. (2010). *Preterm births*. Retrieved from http://www.marchofdimes.com/professionals/14332_1157.asp#head4



What the Data Tell Us

The total number of births in the Navajo/Apache Region has steadily declined between 2009 and 2012. There were 910 births in the First Things First Navajo/Apache Region in 2012, a decrease of 170 births from 2009.

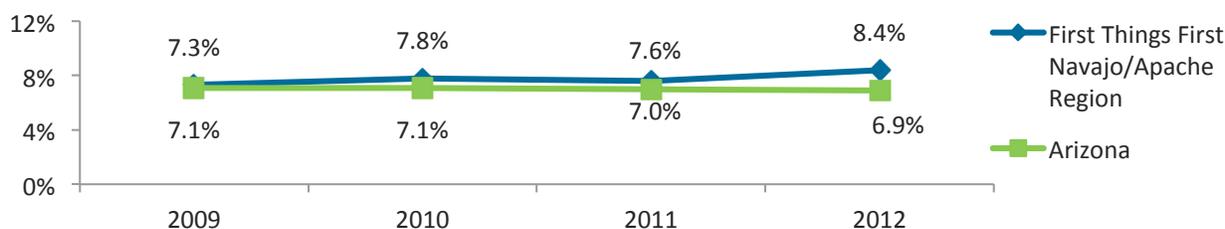
Total Births, First Things First Navajo/Apache Region



Source: Arizona Department of Health Services. (2014). [Birth characteristics]. Unpublished data. Phoenix, AZ.

The communities of the First Things First Navajo/Apache Region had higher rates of babies born at low birth weight and more fluctuation than the state of Arizona as a whole, 8.4% in comparison to 6.9%, respectively in 2012. In 2012, the national rate for babies born at low birth weight was 8.0%.

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



Source: Arizona Department of Health Services. (2014). [Birth characteristics]. Unpublished data. Phoenix, AZ.

The First Things First Navajo/Apache Region had 7.7% of births that were preterm, compared with 9.2% at the state level in 2012.

Preterm Births (Gestational Age of Less Than 37 Weeks)



Source: Arizona Department of Health Services. (2014). [Birth characteristics]. Unpublished data. Phoenix, AZ.



Teen Births

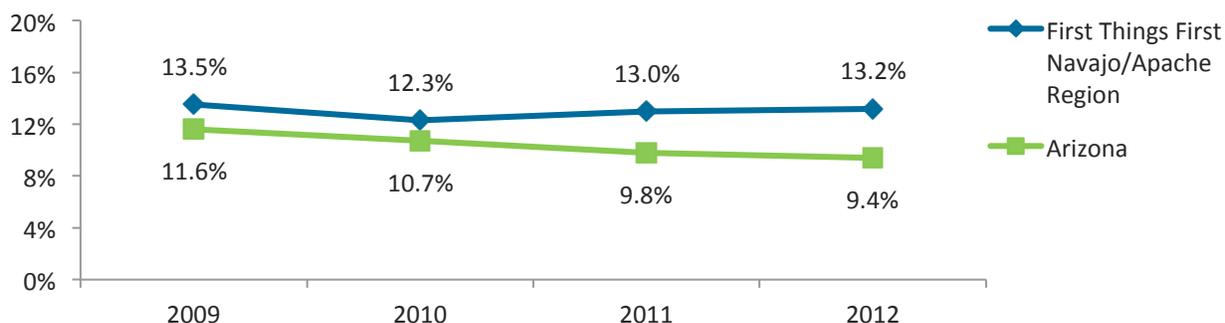
Why It Is Important

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.⁴⁹ Arizona had the 12th highest teen birth rate in the nation in 2012.⁵⁰

What the Data Tell Us

Births by teens in the First Things First Navajo/Apache Region remained stable from 2006 through 2012. Among the 910 births within the Navajo/Apache Region in 2012, 13.2% were to teens ages 19 or younger. At the state level, the number of teen births steadily declined from 11.6% in 2009 to 9.4% in 2012.

Births to Teen Mothers 19 Year or Younger



Source: Arizona Department of Health Services. (2014). [Birth characteristics]. Unpublished data. Phoenix, AZ.
Note: Percentage of total births.

⁴⁹ 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 from <http://www.teenpregnancy.org/resoures/data/pdf/notjust.pdf>

⁵⁰ U.S. Department of Health & Human Services. (2014). *Birth: Final data for 2012*. Retrieved from http://www.cdc.gov/nchs/data/nvsr/nvsr62/nvsr62_09.pdf#table02



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). Most recently, there has been concern with lower levels of vaccination for pertussis (also known as whooping cough) because there has been both a state and national epidemic of whooping cough, where infants are at risk to die of the disease. According to Will Humble, the Arizona Director of Health Services, there were 988 cases of pertussis in Arizona in 2012, signifying a 300% to 400% increase in the disease. Furthermore, there were 14 infant deaths in the United States from the disease in 2012, according to the Centers for Disease Control.⁵¹ New babies are too young to get the pertussis vaccine, but they can catch the disease from older children or parents who are not immunized or have not received the booster.

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.⁵²

Snapshot of Community Supports

- **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**.

⁵¹ Will Humble. (2014, March 28). Whooping cough. [Web log post]. Retrieved from <http://directorsblog.health.azdhs.gov/?tag=whooping-cough>

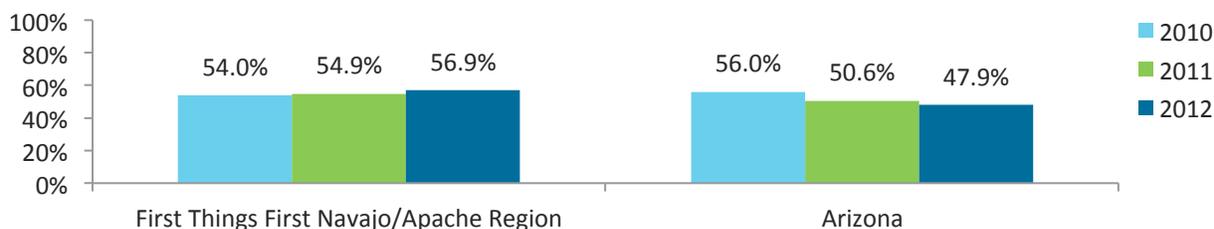
⁵² Centers for Disease Control and Prevention. (2010). *National immunization survey*. Retrieved from <http://www.cdc.gov/vaccines/stats-surv/imz-coverage.htm#nis>



What the Data Tell Us

The vaccination rates among children ages 19 through 35 months in the First Things First Navajo/Apache Region were similar to those of the state in 2010, but have increased slightly over the past two years, with 57% of children in the region being vaccinated in 2012. The state of Arizona experienced the opposite trend, decreasing from 56% of children ages 19 to 35 months vaccinated in 2010 to 48% in 2012.

Children Ages 19 Through 35 Months With Completed Vaccination Schedule



Source: Arizona Department of Health Services. (2014). Arizona state immunization information system (ASIS) data base. Received from Arizona First Things First.

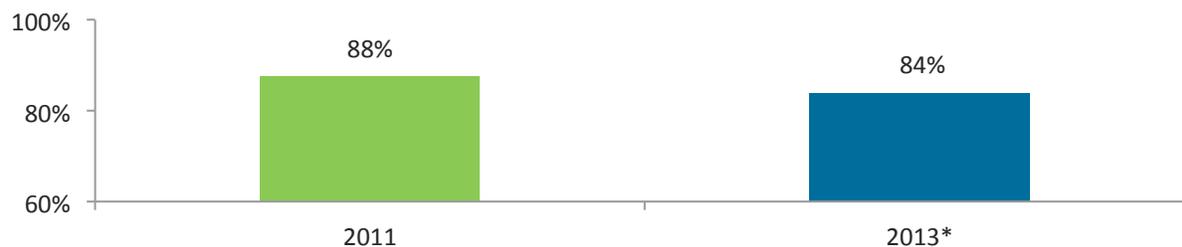
Note: First Things First Navajo/Apache Region data are based on sum of Arizona Department of Health Services zip codes within region.

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. ASIS-based coverage level estimates are nearly always lower than actual coverage levels given the challenges in determining a completion rate. Fragmented records, children relocating out of state before completing their immunizations, and duplication of records are some reasons for these challenges

The majority of parent respondents to a survey in the First Things First Navajo/Apache Region (84%) reported that their children were current on all vaccinations, a statistically significant decrease from 2011 (88%).



Is your child current on all the recommended vaccines?



2011 n=704; 2013 n=825.

* Significance testing (Columns Proportions): A significant decrease in respondents reported their child having the recommended vaccines.

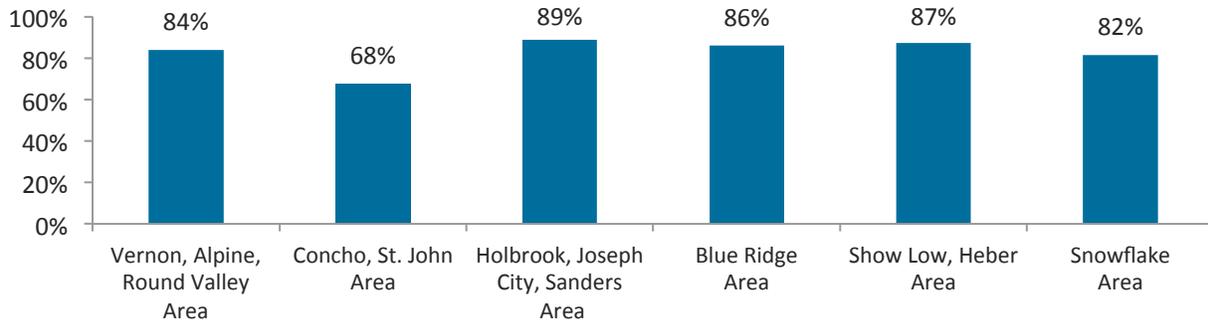
Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for parents with children ages 0-5]. Unpublished data. Watsonville, CA.

Over 80% of respondents within each of the First Things First Navajo/Apache Region Areas reported their child was current on all the recommended vaccines. The only exception was the Concho, St. Johns Area where slightly over two-thirds (68%) had the recommended vaccines.





Is your child current on all the recommended vaccines? By First Things First Navajo/Apache Region Area - 2013

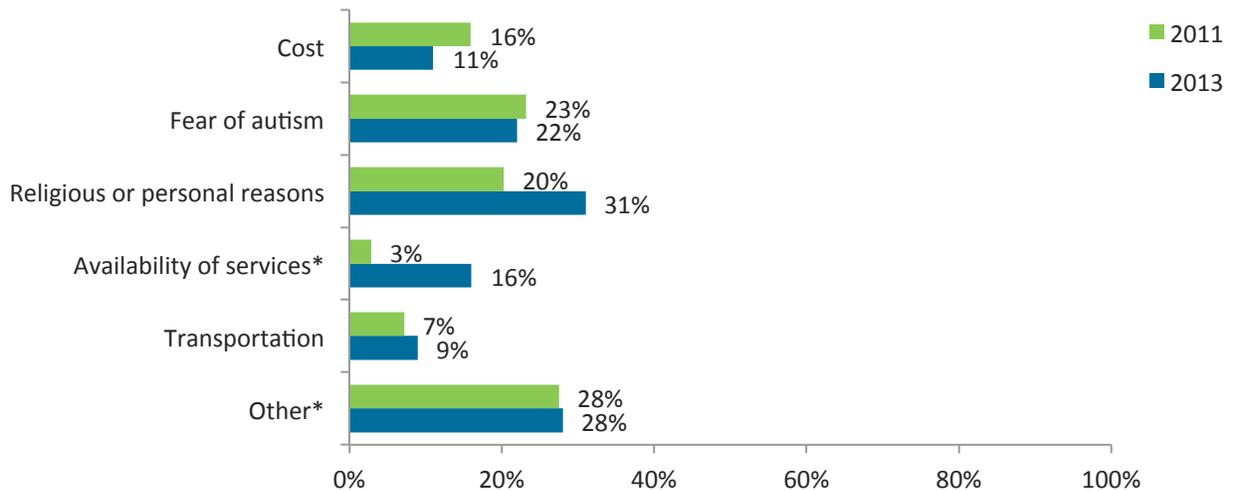


Vernon, Alpine, Round Valley (Area 1) n=124; Concho, St. Johns (Area 2) n=40; Holbrook, Joseph City, Sanders (Area 3) n=179; Blue Ridge (Area 4) n=128; Show Low, Heber (Area 5) n=181; Snowflake (Area 6) n=173.
 Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for parents with children ages 0-5]. Unpublished data. Watsonville, CA.

Of parents who reported their child was not current on their vaccinations, 31% did not vaccinate due to personal or religious reasons while another 22% reported fear of autism in 2013. However, there was a statistically significant increase in the percentage of parents citing a lack of services as the reason they didn't get their child vaccinated, from 3% in 2011 to 16% in 2013.



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



2011: Multiple response question with 80 respondents offering 83 responses. 2013: Multiple response question with 64 respondents offering 75 responses.

* Significance testing (Columns Proportions): A significant difference in respondents reported a lack of services between 2011 and 2013.

Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for parents with children ages 0-5]. Unpublished data. Watsonville, CA.



Health Care

Health Care Need and Access

Why It Is Important

Children with a regular source of primary health care receive more preventative care, get more consistent care, have lower rates of hospitalization, lower health care costs, and overall better health.^{53 54} 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.

Snapshot of Community Supports

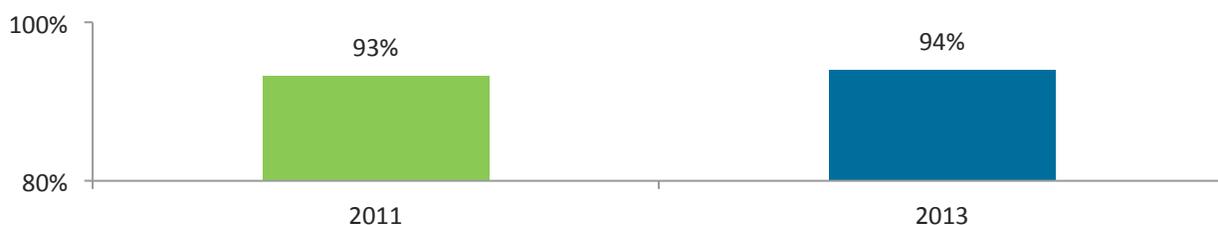
- **Summit Healthcare** has a mobile health van that visits patients in hard to reach areas, identifying medical problems and referring them to local physicians, community agencies or medical facilities before their medical problem becomes more serious.

What the Data Tell Us

Ninety-four percent of parents reported their child received care all or most of the time while 6% said their child received it *some of the time or never* in 2013.



In the last 12 months, how often was your child able to receive the medical care she/he needed? (Respondents Answering "All" or "Most of the Time")



2011 n=492; 2013 n=827.

Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for parents with children ages 0-5]. Unpublished data. Watsonville, CA.

⁵³ U.S. Department of Health & Human Services, Health Resources and Services Administration, Maternal and Child Health Bureau. (2008). *Women's health, 2008*. Rockville, MD.

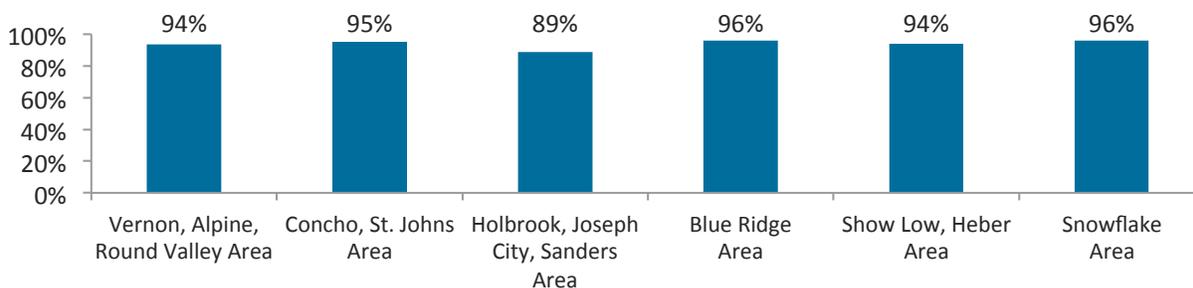
⁵⁴ Billings, J., Bindman, A.B., Grumbach, K., et al. (1995). Preventable hospitalizations and access to health care. *JAMA* 274(4), 305-311.



More than 94% of respondents in each of the Areas reported that their child was able to receive the medical care that they needed with the exception of the Holbrook, Joseph City, Sanders Area (89%).



In the last 12 months, how often was your child able to receive the medical care she/he needed? (Respondents Answering "All" or "Most of the Time") By First Things First Navajo/Apache Region Area - 2013

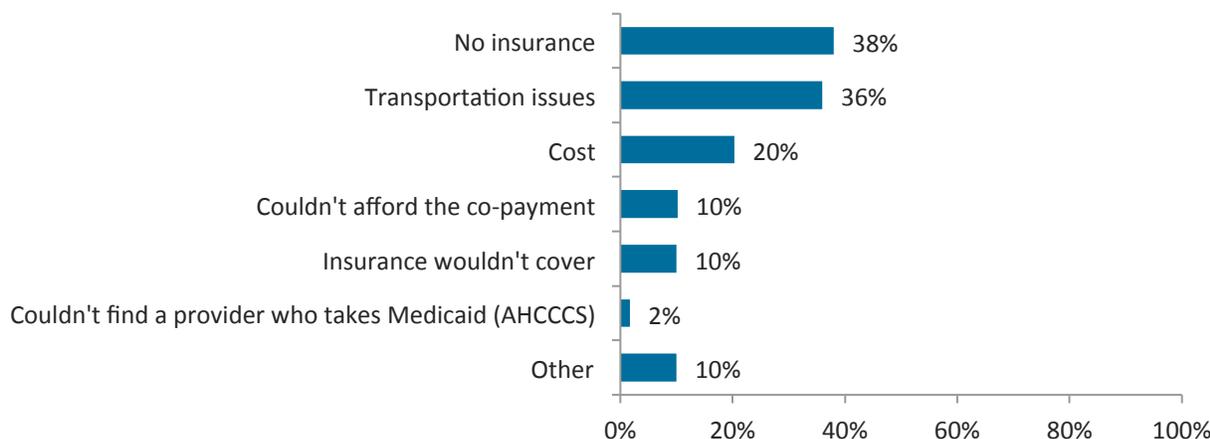


Vernon, Alpine, Round Valley (Area 1) n=124; Concho, St. Johns (Area 2) n=42; Holbrook, Joseph City, Sanders (Area 3) n=180; Blue Ridge (Area 4) n=128; Show Low, Heber (Area 5) n=180; Snowflake (Area 6) n=173.
 Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for parents with children ages 0-5]. Unpublished data. Watsonville, CA.

Of parents who reported their child received care less often than needed, 38% reported lack of insurance as the reason and 36% said transportation was the problem.



If "some of the time" or "never," why was your child unable to receive the care she/he needed? 2013

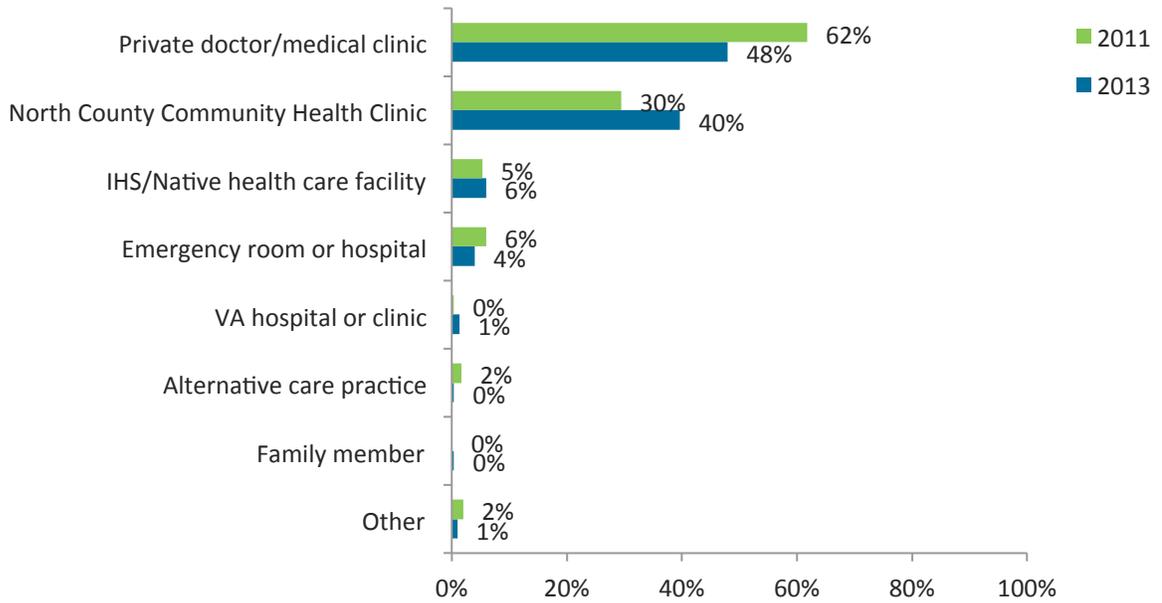


2013 Multiple response question with 50 respondents offering 63 responses.
 Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for parents with children ages 0-5]. Unpublished data. Watsonville, CA.



Where does your child usually go to receive medical care?

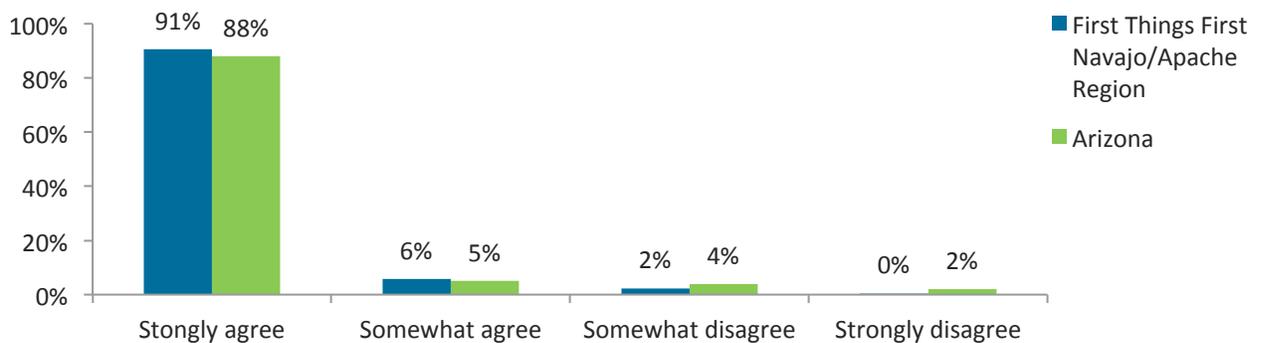




2011 Multiple response question with 701 respondents offering 749 responses. 2013 Multiple response question with 817 respondents offering 854 responses.
 Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for parents with children ages 0-5]. Unpublished data. Watsonville, CA.
 Note: These responses are not mutually exclusive.

The vast majority of First Things First Navajo/Apache parent survey respondents (91%) strongly agreed that their children had regular visits with the same doctor’s office, suggesting that most children had a consistent medical home.

Parent Responses to the Statement “My Child/children Age Five and Under Have Regular Visits at the Same Doctor’s Office.” 2012



Source: First Things First. (2014). [Family and community survey]. Unpublished data. Phoenix, AZ.
 Note: Totals may not add to 100% due to respondents answering “don’t know” or refusing to answer.



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.⁵⁵ Children who do not 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.⁵⁶ 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.

“WHEN PEOPLE DON'T HAVE HEALTH INSURANCE, THEY DELAY SEEKING CARE and show up in the Emergency Department much sicker.”

-Dr. Jeff Northup, Chief Medical Officer, Summit Health Care Regional Medical Center

In 2010, the Affordable Care Act was passed and was implemented in 2014. While the effects of ACA are still largely unknown, a recent study published in *Health Affairs* estimated that nationally, 3.2 million children are expected to gain health care coverage, cutting the number of uninsured children in the U.S. by 40%. Rates of the uninsured are expected to decline for children in all income groups, with the steepest decline expected for children in families with incomes between 138% and 250% of poverty. The increase in coverage will come from expansions in Medicaid and CHIP, as well as the new subsidized exchange coverage and the impact of the requirement to secure coverage.⁵⁷

⁵⁵ Mathematica Policy Research, Inc. (2004). *Evaluation of the Santa Clara County children's health initiative, Brief Number 4*. Retrieved from <http://www.mathematica-mpr.com/publications/PDFs/CHImproves.pdf>

⁵⁶ American Academy of Pediatrics. (2010). *MediKids fact sheet*. Retrieved from <http://www.aap.org/advocacy/washing/MediKids-Fact-Sheet.pdf>

⁵⁷ Kenney, G.M. & Buettgens. (2011). Improving coverage for children under health reform will require maintaining current eligibility standards for Medicaid and CHIP. *Health Affairs*. DOI 30:122371-2381



“WE ARE SEEING MORE SEPSIS OR SEPTIC SHOCK CAUSED BY SEVERE INFECTIONS.

People don't think that an infection is a big deal, so they delay getting care. Then the disease progresses rapidly, making it harder to treat when they do present. This has been a major challenge in our Emergency Department.”

-Dr. Jeff Northup, Chief Medical Officer, Summit Health Care Regional Medical Center

Snapshot of Community Assets

- **North Country Healthcare** acted as a navigator agency in Springerville and St. Johns for the Affordable Care Act, helping people understand the qualified health plans, providing laptops to aid enrollment, and guiding individuals through the enrollment process.

What the Data Tell Us

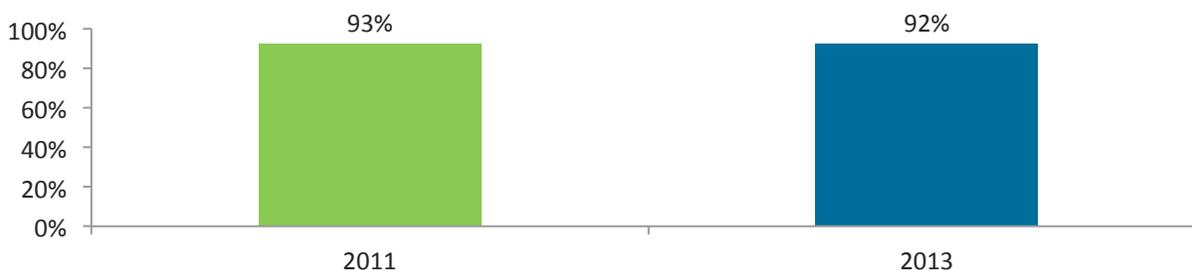
Eight percent of First Things First Navajo/Apache Region parent respondents reported their child did not have health insurance in 2013, similar to parent respondents in 2011.

“ONE BIG CHALLENGE IS GETTING KIDS INSURED.”

-Dr. Jeff Northup, Chief Medical Officer, Summit Health Care Regional Medical Center



Does your child have health insurance?



2011 n=691; 2013 n=818.

Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for parents with children ages 0-5]. Unpublished data. Watsonville, CA.

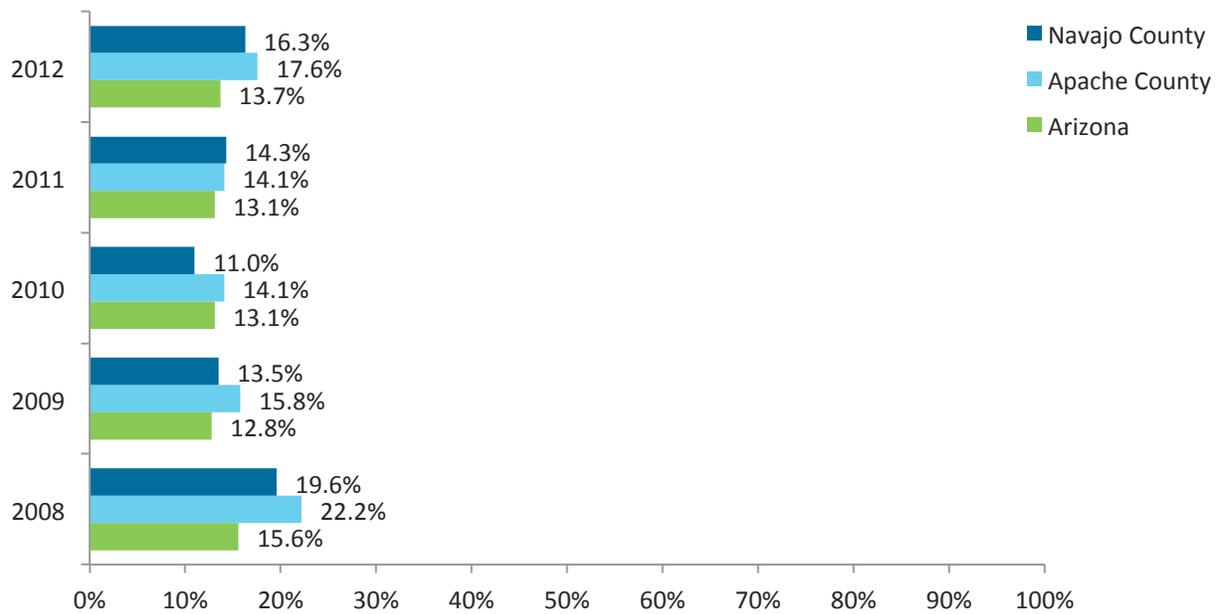
The U.S. Census Bureau and Centers for Disease Control and Prevention provides health insurance estimates known as the Small Area Health Insurance Estimates (SAHIE) for the population 18 years and younger. According to the SAHIE, 18% of children and youth in Apache County and 16% in Navajo County went without health insurance, as compared to 14% in the state in 2012.



“WE ARE SEEING MORE PATIENTS WHO ARE UNINSURED.
 In 2008, the hospital spent **7 million dollars** on charity care,
 last year it went up to **28 million dollars.**”

-Dr. Jeff Northup, Chief Medical Officer, Summit Health Care Regional Medical Center

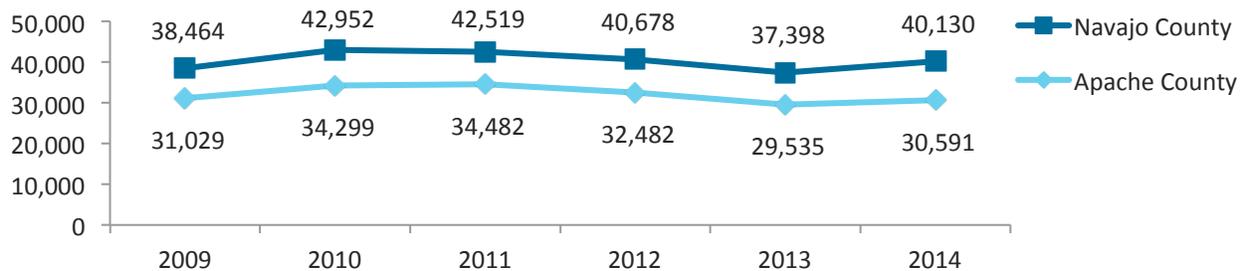
Children Without Health Insurance Coverage (Ages 18 and Younger)



Source: U.S. Census Bureau and the Centers for Disease Control and Prevention. (2014). Small area health insurance estimates (SAHIE). Retrieved from <http://www.census.gov/did/www/sahie/index.html>

In February 2014, 40,130 residents in Navajo County and 30,591 residents in Apache County were enrolled in the Arizona Health Care Cost Containment System.

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



Source: Arizona Health Care Cost Containment System. (2014). *AHCCCS population by county*. Retrieved from <http://www.azahcccs.gov/reporting/enrollment/archiveAHCCCS.aspx>
 Note: Data presented are from February of each year.



There have been many changes to health coverage in recent years. KidsCare enrollment numbers have dropped drastically in recent years as the KidsCare Office is no longer able to approve any new applications. Enrollment in the KidsCare Program has been frozen since January 1, 2010 due to lack of funding for the program. The KidsCare Office continues to process renewals and changes for eligible children. However families with eligible KidsCare children must complete their renewal and make their premiums on time to avoid losing KidsCare coverage.

In addition to traditional KidsCare, KidsCare II was a new children's coverage program available May 1, 2012 through December 31, 2013, for a limited number of eligible children funded through three hospital systems. KidsCare II has the same benefits and premium requirements as KidsCare.

Between 2008 and 2012, KidsCare enrollment in Navajo County had dropped by 85% and by 82% in Apache County. In February of 2011, there was a large increase in the number of enrollees in each county, but by February of 2014, enrollment was down to just 36 children in Apache County and 32 children in Navajo County.

KidsCare/KidsCare II Enrollment



Source: Arizona Health Care Cost Containment System. (2014). *KidsCare enrollment*. Retrieved from <http://www.azahcccs.gov>

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. The Arizona Department of Health Services defines Health Professional Shortage Areas and Medically Underserved Areas as having a need for medical services based on demographic data, including the ratio of providers to the population, the



number of people living in poverty, uninsured births, low birth weight babies, access to prenatal care, infant mortality rates, and unemployment rates.⁵⁸

“ONE BIG ASSET IN THE COMMUNITY IS OUR HEALTH CARE SYSTEM.

Our providers at Summit Health Care Regional Medical Center are dedicated to doing their very best. The hospital staff goes out into the community, and they make sure that patients have consistency in care and follow up after leaving the hospital.
Our readmission rate to the hospital is extremely low.”

-Dr. Jeff Northup, Chief Medical Officer, Summit Health Care Regional Medical Center

What the Data Tell Us

There was one Primary Care Physician (PCP) for every 2,066 people living in Apache County, and one for every 1,018 residents in Navajo County, much lower than Arizona as a whole at one per 785 residents in 2012.

Primary Care Physicians to Population Ratio, 2012

AREA	RATIO
Navajo County	1:1,018
Apache County	1:2,066
Arizona	1:785

Source: Arizona Department of Health Services. (2013). *Statistical profile, Primary care area*. Retrieved from <http://www.azdhs.gov/hsd/data/profiles>

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

Note: Data presented are the most recent available.

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 including 55 primary care physicians (PCP) and 393 registered nurses. Sanders and Heber-Overgaard each had one PCP and zero dentists. However, while Sanders had zero emergency medical providers, Heber-Overgaard had 134 emergency medical providers.

⁵⁸ Arizona Department of Health Services, Bureau of Health Systems Development and Oral Health. (2010). *Arizona medically underserved areas*. Retrieved from <http://www.azdhs.gov/hsd/azmuadesignation.htm>



“A CHILD WHO IS REFERRED TO AN OUTPATIENT SPEECH THERAPIST or physical therapist or occupational therapist in town can get services in town, but they [the providers] are not trained in pediatrics.”

- Sarah Nolan, CLEC Coordinator, Summit Healthcare Healthy Steps

Health Care Providers, 2012

TYPE OF PERSONNEL	HOLBROOK	ROUND VALLEY	SAINT JOHNS	SANDERS	HEBER-OVERGAARD	SHOW LOW	SNOW-FLAKE
Primary Care Physicians	5	11	3	1	1	55	8
Physician Assistants	2	6	1	1	0	14	1
Nurse Practitioners	2	3	1	0	1	23	4
Registered Nurses	27	85	36	10	30	393	130
Dentists	2	1	1	0	0	13	2
Midwives	0	0	0	0	1	5	1
Emergency Medical Providers	84	82	102	0	134	355	90

Source: Arizona Department of Health Services. (2013). *Statistical profile, Primary care area*. Retrieved from <http://www.azdhs.gov/hsd/data/profiles>

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

Note: Heber-Overgaard has a volunteer fire department, which accounts for the large number of EMS/EMTs as compared to primary care physicians in the area.

Note: Data presented are the most recent available.

“WE ARE FORTUNATE THAT WE HAVE 2 DENTISTS ON CONTRACT WITH THE PROGRAM, one is a pediatric dentist that comes 9 days a month from Flagstaff to Show Low. They have been coming here for 5 years now, before that, families had to travel to Flagstaff, Tucson, or Phoenix for treatment.

We are noticing that more children have established dental homes.”

- Gina Rich, Registered Dental Hygienist, Oral Health Fluoride Program



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 have more unmet dental needs.⁵⁹ 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.⁶⁰ Experts recommend that children as young as one year old be examined for tooth decay.⁶¹

“LAST YEAR, WE STARTED THE TELEDENTISTRY PORTION OF THE PROGRAM.

We were finding that some kids were not seeing dentists until they turned 3, so this program was started to start seeing kids earlier. It is really helpful to see kids in their own environment, where they feel more comfortable. We wanted to see the areas of concern, take x-rays, and get a good understanding of what was going on with the potential problem areas so we could help get the kids to the dentist to get them taken care of.”

- Gina Rich, Registered Dental Hygienist, Oral Health Fluoride Program

Snapshot of Community Supports

- ***The First Things First Navajo/Apache Regional Partnership Council*** funds oral health education and services for families to encourage first dental visits by age one. Services include a tele-dentistry clinic and screenings and fluoride varnishes for children. They have recently contracted with two dentists to serve children under the age of 5.
- ***The White Mountain S.A.F.E. House’s Family Advocacy Center*** offers a variety of services two to three times each year 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.

⁵⁹ Arizona Department of Health Services. (2005). *Children’s oral health*. Retrieved from <http://www.azdhs.gov/phs/owch/ooh/index.htm>

⁶⁰ Arizona Department of Health Services, Bureau of Women and Children’s Health, Office of Oral Health. (2011). *The state of American Indian children’s oral health in Arizona*. Retrieved from <http://www.azdhs.gov/phs/owch/ooh/index.htm>

⁶¹ American Association for Pediatric Dentistry. (2004). *Policy on the dental home*. Retrieved from http://www.aapd.org/media/Policies_Guidelines/P_DentalHome.pdf

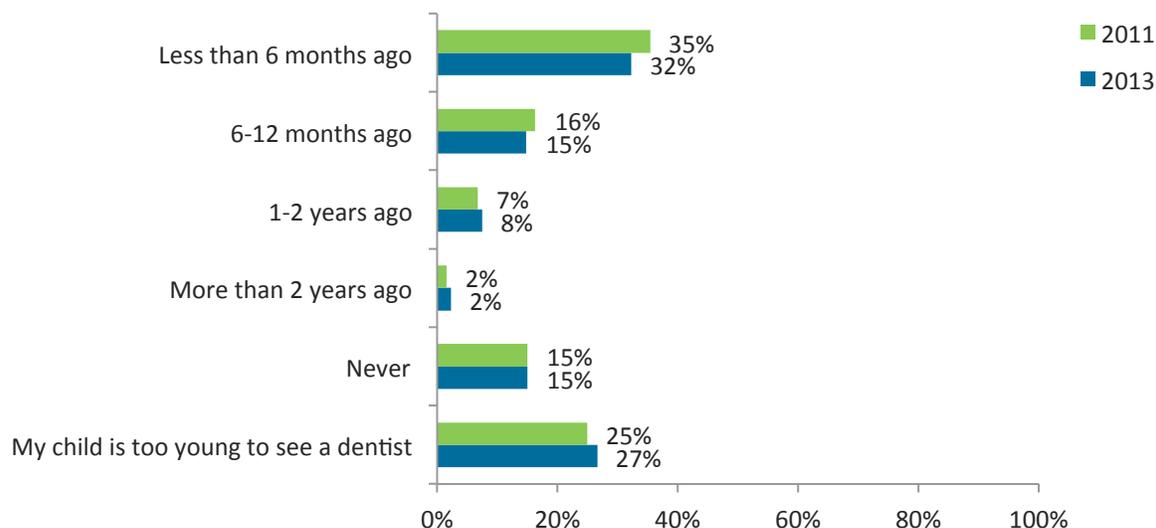


What the Data Tell Us

Parents in the First Things First Navajo/Apache Region were asked when their child last saw a dentist or dental hygienist. Nearly half of parents (47%) in 2013 reported that it was in the last year, 15% said their child had never seen a dentist/hygienist, and 10% said it was more than one year ago.



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



2011 n=701; 2013 n=820.

Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for parents with children ages 0-5]. Unpublished data. Watsonville, CA.

“WE RUN THE FLUORIDE VARNISH PROGRAM IN THE NAVAJO/APACHE REGION.

We started the program 4 years ago. Some kids started at 7 months old and are now turning 5 years old. It is great to see kids grow, see how families are doing as we have built relationships with families.”

- Gina Rich, Registered Dental Hygienist, Oral Health Fluoride Program

Forty percent of children in the Concho, St. Johns Area had never seen a dentist or dental hygienist compared to between 10% and 19% in the other First Things First Navajo/Apache Region Areas.





When did your child last see a dentist or dental hygienist for dental care? By First Things First Navajo/Apache Region Area – 2013

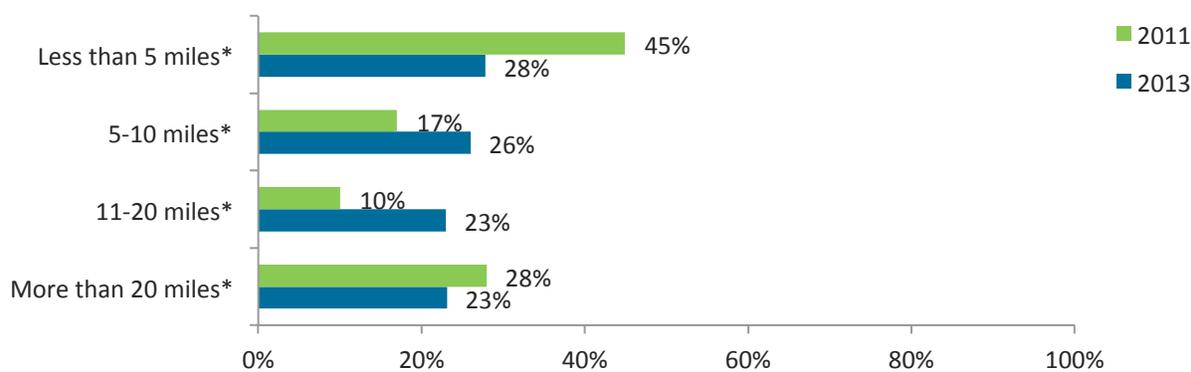
	VERNON, ALPINE, ROUND VALLEY AREA	CONCHO, ST JOHNS AREA	HOLBROOK, JOSEPH CITY, SANDERS AREA	BLUE RIDGE AREA	SHOW LOW, HEBER AREA	SNOW-FLAKE AREA
My child is too young to see a dentist	33%	21%	21%	32%	16%	39%
Never	19%	41%	16%	13%	10%	14%
More than 2 years ago	4%	5%	4%	0%	3%	0%
1-2 years ago	12%	5%	13%	6%	7%	2%
6-11 months ago	16%	14%	17%	17%	17%	9%
Less than 6 months ago	16%	14%	29%	33%	47%	37%

Vernon, Alpine, Round Valley (Area 1) n=122; Concho, St. Johns (Area 2) n=42; Holbrook, Joseph City, Sanders (Area 3) n=179; Blue Ridge (Area 4) n=128; Show Low, Heber (Area 5) n=179; Snowflake (Area 6) n=170.
 Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for parents with children ages 0-5]. Unpublished data. Watsonville, CA.

More than half (54%) of parents said they traveled 10 miles or less to take their child to the dentist in a 2013 regional survey, compared to 62% of parents in 2011.



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



2011 n=681; 2013 n=803.
 * Significance testing (Columns Proportions): A significant difference in respondents reported travel time to the dentist between 2011 and 2013.
 Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for parents with children ages 0-5]. Unpublished data. Watsonville, CA.



The number of respondents that traveled over 20 miles to get dental care for their child differed by area. Approximately half of parent survey respondents in the Concho, St. Johns Area and the Holbrook, Joseph City, Sanders Area traveled more than 20 miles while 10% or less traveled that far within the Blue Ridge and Snowflake Areas.



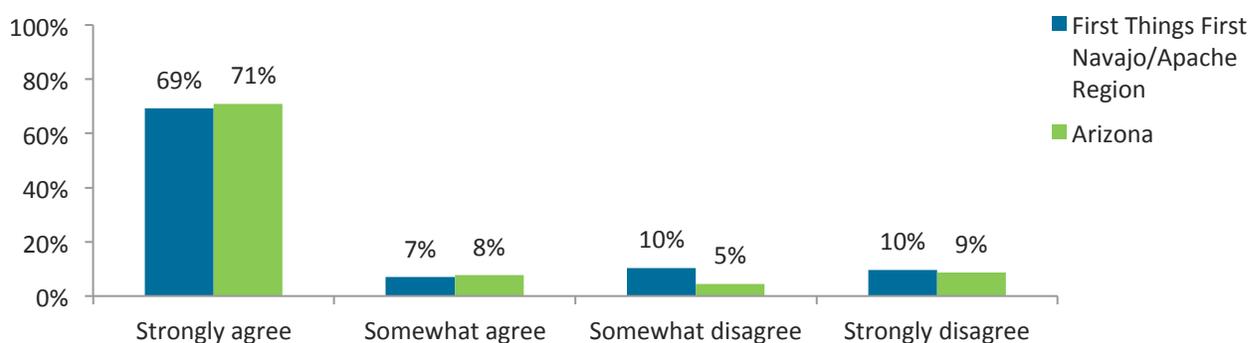
How far do you travel to get dental care for your child? By First Things First Navajo/Apache Region Area -2013

	VERNON, ALPINE, ROUND VALLEY AREA	CONCHO, ST JOHNS AREA	HOLBROOK, JOSEPH CITY, SANDERS AREA	BLUE RIDGE AREA	SHOW LOW, HEBER AREA	SNOW-FLAKE AREA
Less than 5 miles	36%	31%	27%	27%	32%	20%
5-10 miles	35%	10%	8%	46%	20%	36%
11-20 miles	12%	10%	16%	21%	30%	34%
More than 20 miles	18%	50%	49%	6%	19%	10%

Vernon, Alpine, Round Valley (Area 1) n=120; Concho, St. Johns (Area 2) n=42; Holbrook, Joseph City, Sanders (Area 3) n=172; Blue Ridge (Area 4) n=122; Show Low, Heber (Area 5) n=177; Snowflake (Area 6) n=170.
 Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for parents with children ages 0-5]. Unpublished data. Watsonville, CA.

Two thirds of parents in the First Things First Navajo/Apache Region strongly agreed that their child age five and under had regular visits with the same dental provider in 2012.

Parent Responses to the Statement “My Child/Children Age Five and Under Have Regular Visits with the Same Dental Provider.” 2012



Source: First Things First. (2014). [Family and community survey]. Unpublished data. Phoenix, AZ.
 Note: Totals may not add to 100% due to respondents answering “not sure.”



Chronic and Communicable Diseases

Illness

Why It Is Important

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 educates residents on the proper use of car seats, seat belts, and reducing the risk of driving under the influence, in an effort to increase the safety of Navajo County.
- ***Certified Child Passenger Safety Seat Trainers*** at Navajo County and Apache County Health Departments provide information and support on car seat safety and allow agencies who work with children to promote car seat and seat belt safety education in Apache County.

What the Data Tell Us

The number of vaccine preventable diseases in Apache County remained very low (< 6) with a stable trend from 2006 through 2011. However, in 2012, the number of cases in Apache County saw an increase (>10 || <25). In Navajo County, vaccine preventable diseases have remained relatively stable between 2006 and 2012 (<10). There were zero cases of any form of hepatitis reported in either county.



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

NOTIFIABLE DISEASE	2006	2007	2008	2009	2010	2011	2012
Vaccine Preventable							
Navajo County	<25	<25	<25	<25	<25	<25	<25
Apache County	0	<25	<25	0	<25	<25	<25
Enteritides							
Navajo County	113	86	98	159	102	85	86
Apache County	139	63	59	58	83	75	53
Hepatitides (Hepatitis)							
Navajo County	<25	<25	<25	<25	<25	<25	0
Apache County	<25	<25	<25	<25	<25	<25	0
Tuberculosis							
Navajo County	<25	<25	<25	<25	<25	<25	<25
Apache County	<25	<25	<25	<25	<25	<25	<25

Source: Arizona Department of Health Services (2013). *Health status and vital statistics*. Retrieved from <http://www.azdhs.gov/plan/report/ahs/ahs2012/toc12.htm>

<25 Indicates data were suppressed due to the total number of cases being less than 25 (not including 0).

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

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.⁶² Asthma is treated with two kinds of medicines: quick-relief medicines to stop asthma symptoms and long-term control medicines to prevent symptoms.⁶³ 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.⁶⁴

⁶² U.S. National Library of Medicine and the National Institutes of Health. (2010). Asthma. *Medline Plus*. Retrieved from <http://www.nlm.nih.gov/medlineplus/asthmainchildren.html>

⁶³ Ibid.

⁶⁴ The Mayo Clinic. (2010). *Asthma*. Retrieved 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 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

NOTIFIABLE DISEASE	2005	2006	2007	2008	2009	2010
Navajo County	65	81	73	64	54	93
Apache County	<25	<25	<25	30	<25	33

Source: Arizona Department of Health Services. (2010). Table 7: Emergency room visits and discharges of patients with asthma. Retrieved from <http://www.azdhs.gov/plan/hip/for/asthma/index.htm>

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

<25 Indicates data were suppressed due to the total number of cases being less than 25 (not including 0).

Obesity and Overweight

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 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 2 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.⁶⁵

⁶⁵ 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.



Snapshot of Community Supports

- ***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 such as healthy food choices and appropriate physical activity.

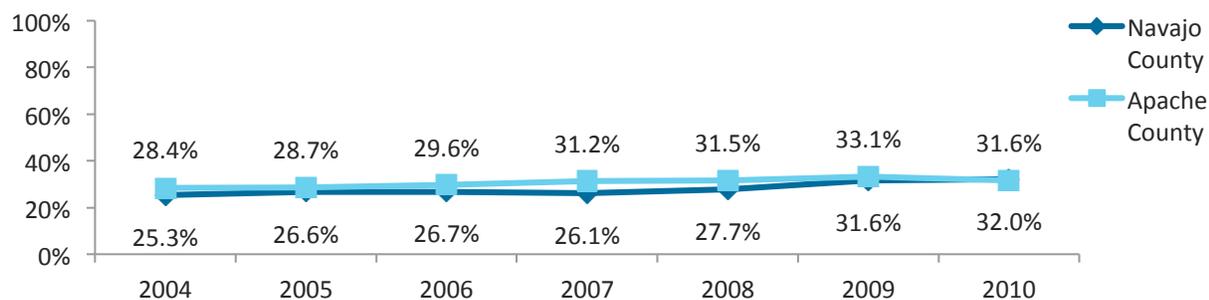
“OBESITY IS AN EPIDEMIC, WE ARE SEEING A LOT OF YOUNGER PEOPLE, even 4-7 year old kids.”

-Dr. Jeff Northup, Chief Medical Officer, Summit Health Care Regional Medical Center

What the Data Tell Us

Unfortunately, reliable data on child and youth obesity are not available. However, adult obesity is an indicator of childhood obesity and data show that approximately one-third of adults were obese in Navajo and Apache Counties in 2010. This estimate excludes those individuals who were only considered overweight.

Age-Adjusted Estimates of Adults Who are Obese



Source: Centers for Disease Control and Prevention. (2014). National diabetes surveillance system. Retrieved from <http://apps.nccd.cdc.gov/DDTSTRS/default.aspx>

Note: Data presented are the most recent available.



Diabetes

Why It Is Important

While Type 2 diabetes has historically been associated with overweight adults over age 40, inactivity and increased obesity rates have led to greater incidence in children. Children with Type 2 diabetes are at greater risk for the long-term complications of diabetes, including hypertension and cardiovascular disease. Early diagnosis and treatment of Type 2 diabetes can prevent or delay the onset of diabetes complications. The cornerstones of diabetes management for children with Type 2 diabetes are weight management and increased physical activity.⁶⁶

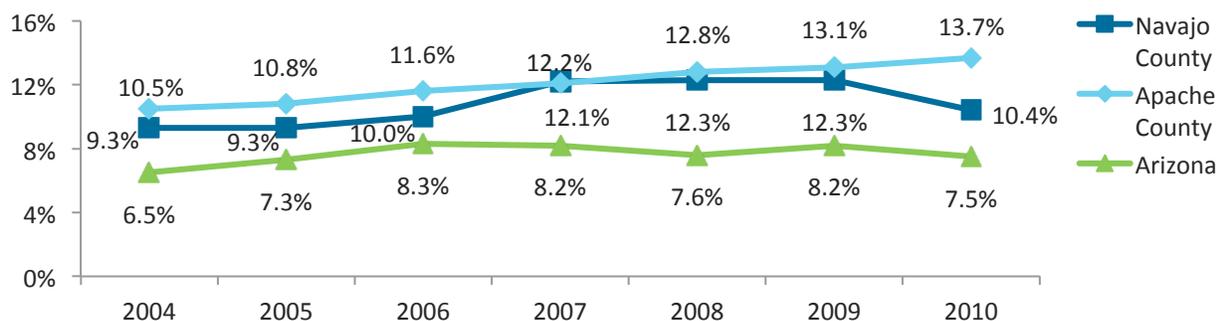
Snapshot of Community Supports

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

What the Data Tell Us

There are no current diabetes data for children at the county level in Arizona. However, the percentage of adults with diagnosed diabetes was higher in Navajo and Apache Counties than the state of Arizona. In 2010, it was estimated that 14% of adults in Apache County and 10% of adults in Navajo County had been diagnosed with diabetes, as compared to less than 8% of adults in Arizona overall.

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



Source: Centers for Disease Control and Prevention. (2014). *Diabetes interactive atlas*. Retrieved from <http://www.cdc.gov/diabetes/atlas>

Note: Includes adults ages 20 and older.

Note: Data presented are the most recent available.

⁶⁶ National Diabetes Education Program. (2008). *Overview of diabetes in children and adolescents*. Retrieved from www.yourdiabetesinfo.org



Leading Causes of Death

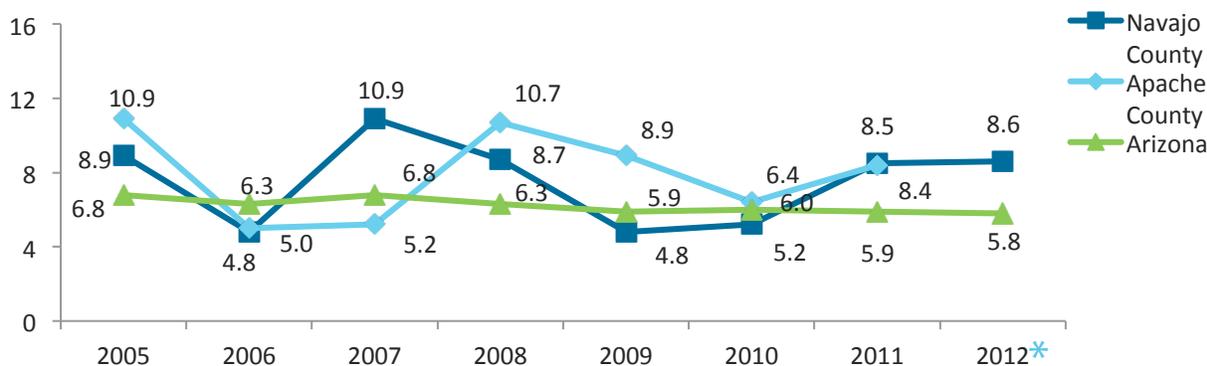
Why It Is Important

A report was recently released by the U.S. Health Resources and Services Administration, looking at 70 years of infant mortality data in the United States in comparison to 37 other countries. The infant mortality rate in the United States showed a consistently downward trend over those 70 years from 55.7 deaths per 1,000 live births in 1935 to 6.8 in 2007. However, the U.S. ranked very low when compared to other countries, 31 out of 37 in 2006.⁶⁷ Further, there are large disparities in infant mortality based on race and ethnicity in the U.S. According to the 2006 linked birth/infant death data, the infant mortality rate per 1,000 live births was highest for non-Hispanic blacks (13.4), followed by American Indians/Alaska Natives (8.3), non-Hispanic whites (5.6), Mexicans (5.3), and Asian/Pacific Islanders (4.6). 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. There were 8.4 to 8.5 deaths per 1,000 in each of the two counties in 2011, higher than the state at 5.9 deaths per 1,000 births.

Infant Mortality Rate per 1,000 Live Births



Source: Arizona Department of Health Services. (2014). *Health status and vital statistics*. Retrieved from <http://www.azdhs.gov>

* Indicates the infant mortality rate for Apache County was unreported by the Arizona Department of Health Services because the total number of cases was less than 6.

Note: Five years and under mortality rates and infant mortality rates are not actually rates but a probability of death expressed as rate per 1,000 live births.⁶⁸

⁶⁷ Singh, G.K. & van Dyck, P.C. (2010). Infant mortality in the United States, 1935-2007: Over seven decades of progress and disparities. *Health Resources and Services Administration, Maternal and Child Health Bureau*, pp 1-8. Retrieved from http://www.hrsa.gov/healthit/images/mchb_infantmortality_pub.pdf

⁶⁸ World Health Organization. (2010). *Probability of dying aged < 5 years per 1,000 live births (under-five mortality rate)*. Retrieved from <http://www.who.int/whosis/indicators/2007MortChild/en/>



There were 42 deaths among children under the age of 18 in Navajo and Apache Counties in 2011. The top causes of death were medical, motor vehicle-related crashes, and premature birth. See <http://www.azdhs.gov/phs/owch/publications/index.php?pg=cfr> for more information.

Number of Deaths for Children Under 18 Years, Navajo and Apache Counties

NUMBER OF DEATHS	2005	2006	2007	2008	2009	2010	2011
Total Navajo and Apache Counties	56	42	52	50	48	35	42

Source: Arizona Department of Health Services. (2012). *Child fatality review report, Navajo and Apache Counties*. Retrieved from <http://www.azdhs.gov/phs/owch/publications/index.php?pg=cfr>

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

Note: Other causes of death, in addition to the 3 listed above, that are included in the number of deaths in the table include poisoning, firearms, drowning, fall/crush, exposure, suffocation/strangulation, fire/burn, trauma, hanging, stabbing and sudden infant death syndrome (SIDS).



PUBLIC AWARENESS AND COLLABORATION

Every parent can benefit from networking with other parents and hearing from experts. In order for parents and children to access the services and supports they need, they must know that they exist and where to find them. Raising awareness about the local network of supports and services for parents is essential.

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.

“THERE IS SO LITTLE IN TERMS OF FAMILY SUPPORTS AND PARENT EDUCATION, and places for families to get help if they are unemployed, or facing foreclosure, or needing childcare. First Things First has worked very well to put a number of resources for families with young children in place, but those are primarily early childhood focused services.”

- Becky Ruffner, Executive Director, Prevent Child Abuse Arizona

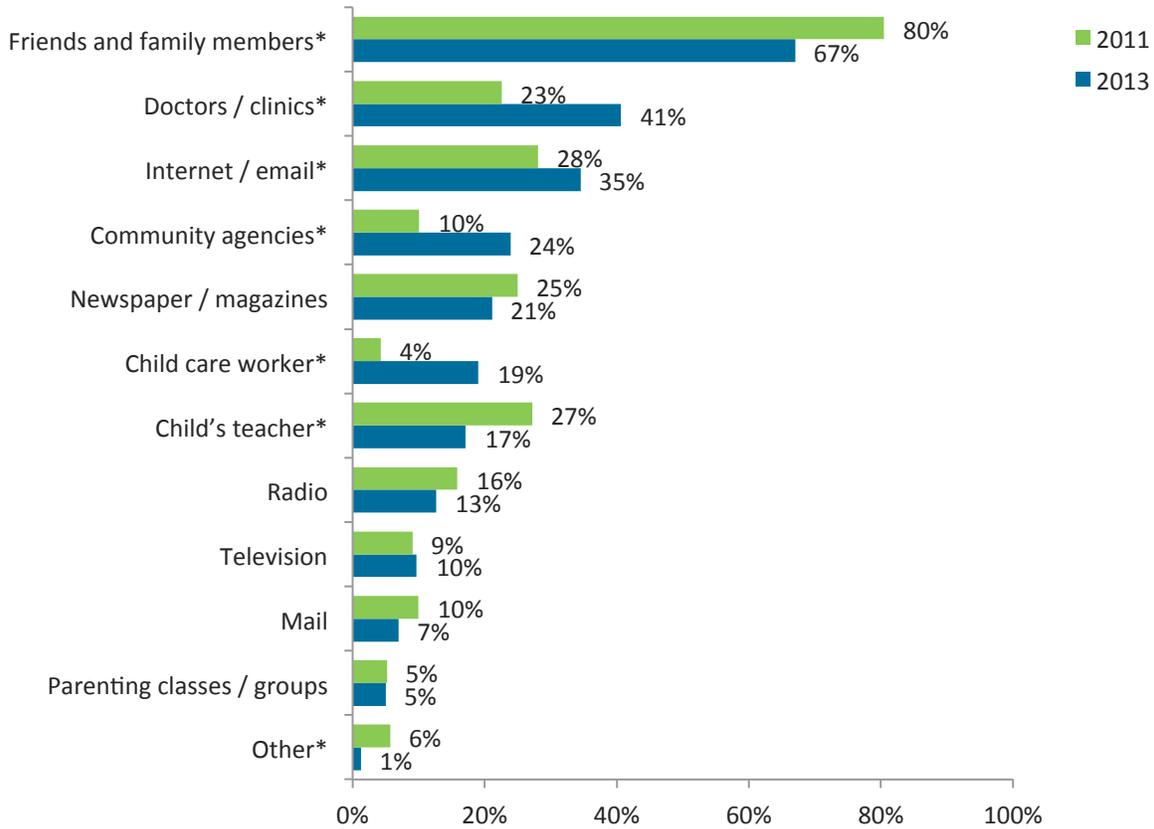
What the Data Tell Us

Parent respondents to the First Things First Navajo/Apache Region survey in 2013 reported that they got important information about activities and services for their child and family from these top five sources: friends and family members (67%), doctors/clinics (41%), the Internet (35%), community agencies (24%), and newspaper/magazines (21%). There were statistically significant differences in sources of information between 2011 and 2013. In 2013, parents relied more on doctors/clinics, the internet, community agencies, and child care workers and less on families and friends as compared to 2011.





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



2011 Multiple response question with 669 respondents offering 1,628 responses. 2013 Multiple response question with 793 respondents offering 2,053 responses.

* Indicates significance testing (Columns Proportions): A significant difference in respondents reported where they get information between 2011 and 2013.

Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for parents with children ages 0-5]. Unpublished data. Watsonville, CA.

Note: These responses are not mutually exclusive.

The majority of the survey respondents within each First Things First Navajo/Apache Region Area reported that they get important information about activities and services from friends and family members. The only exception was in the Snowflake Area where more than half of respondents reported getting information from doctors/clinics.





How do you get important information about activities and services for your child and family? By First Things First Navajo/Apache Region Area (Top 5 Responses) - 2013

	VERNON, ALPINE, ROUND VALLEY AREA	CONCHO, ST JOHNS AREA	HOLBROOK, JOSEPH CITY, SANDERS AREA	BLUE RIDGE AREA	SHOW LOW, HEBER AREA	SNOW-FLAKE AREA
Response 1	Friends and family members (74%)	Friends and family members (74%)	Friends and family members (84%)	Friends and family members (51%)	Friends and family members (72%)	Doctors/clinics (58%)
Response 2	Doctors/clinics (44%)	Doctors/clinics (47%)	Internet/email (46%)	Doctors/clinics (46%)	Internet/email (40%)	Friends and family members (48%)
Response 3	Community agencies (28%)	Community agencies (47%)	Newspaper/magazines (36%)	Internet/email (33%)	Child's teacher (31%)	Child care worker (37%)
Response 4	Internet/email (24%)	Child care worker (24%)	Doctors/clinics (33%)	Child care worker (28%)	Doctors/clinics (26%)	Community agencies (34%)
Response 5	Child's teacher (17%)	Internet/email (21%)	Child's teacher (19%)	Community agencies (27%)	Newspaper/magazines (25%)	Internet/email (28%)

Multiple response question. Vernon, Alpine, Round Valley (Area 1): 113 respondents offering 275 responses; Concho, St. Johns (Area 2): 38 respondents offering 104 responses; Holbrook, Joseph City, Sanders (Area 3): 177 respondents offering 489 responses; Blue Ridge (Area 4): 123 respondents offering 310 responses; Show Low, Heber (Area 5): 179 respondents offering 441 responses; Snowflake (Area 6): 163 respondents offering 434 responses
 Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for parents with children ages 0-5]. Unpublished data. Watsonville, CA.
 Note: These responses are not mutually exclusive.

“WHERE I SEE THE CHALLENGE, IS THAT STRUGGLING FAMILIES
 don’t know how to reach the resources, or choose not to use resources,
 but they struggle in obtaining and accessing those resources.
 First Things First has done a wonderful job, it has been a wonderful tool reaching out to many of those families, but there are still more to be reached.”
- Barry Williams, Apache County School Superintendent

Local parents were asked to describe their knowledge about what First Things First does in their community. Seventy percent of parents surveyed in the region were “somewhat” or “very knowledgeable” about what First Things First did in their community in 2013, a statistically significant increase from 47% in 2011.





How knowledgeable are you about what First Things First does in your community? (Respondents Answering “Somewhat” or “Very Knowledgeable”)

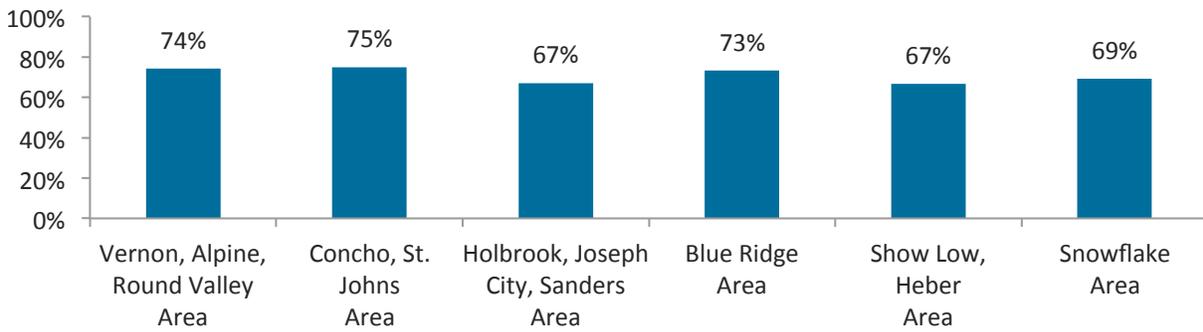


n: 2011=688; 2013 n=811.

Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for parents with children ages 0-5]. Unpublished data. Watsonville, CA.



How knowledgeable are you about what First Things First does in your community? (Respondents Answering “Somewhat” or “Very Knowledgeable”) - 2013



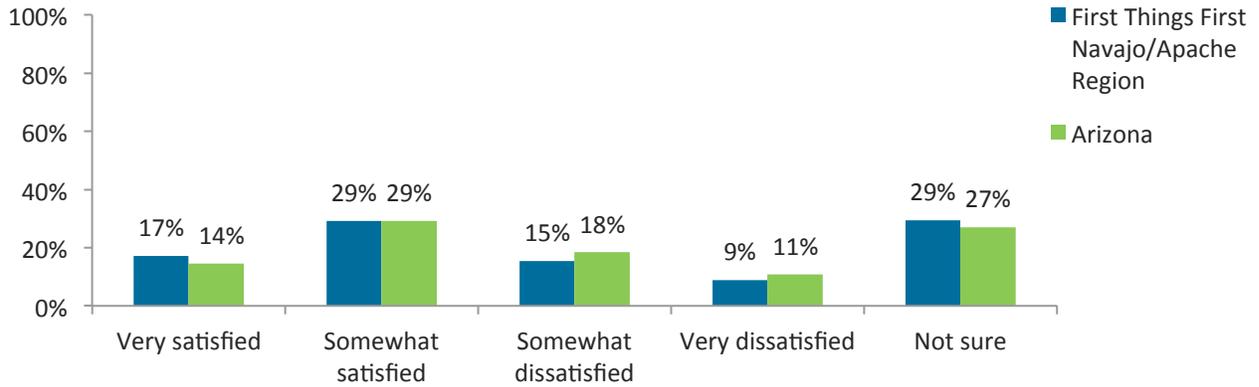
Vernon, Alpine, Round Valley (Area 1) n=116; Concho, St. Johns (Area 2) n=40; Holbrook, Joseph City, Sanders (Area 3) n=176; Blue Ridge (Area 4) n=127; Show Low, Heber (Area 5) n=180; Snowflake (Area 6) n=172.

Source: Applied Survey Research. (2014). [First Things First – Navajo/Apache Region: Survey for parents with children ages 0-5]. Unpublished data. Watsonville, CA.



Seventeen percent of parents in the First Things First Navajo/Apache Region reported they were very satisfied with the way child care providers and government agencies work together and communicate with each other in 2012.

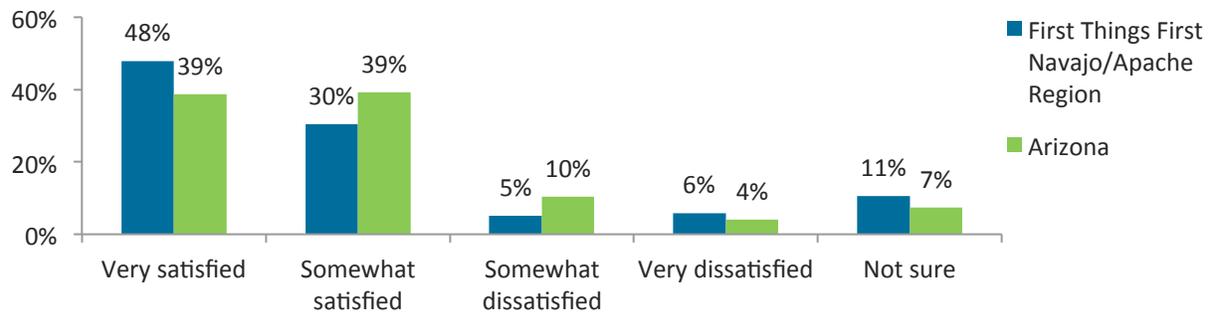
Parent Responses to the Question “How satisfied are you with how care providers and government agencies work together and communicate with each other?” 2012



Source: First Things First. (2012). [Family and community survey]. Unpublished data. Phoenix, AZ.

Nearly half of parents in the Navajo/Apache Region reported they were very satisfied with community information and resources in 2012. Eleven percent reported they were somewhat or very dissatisfied with information and resources.

Parent Responses to the Question “How satisfied are you with the community information and resources available to you about children’s development and health?” 2012

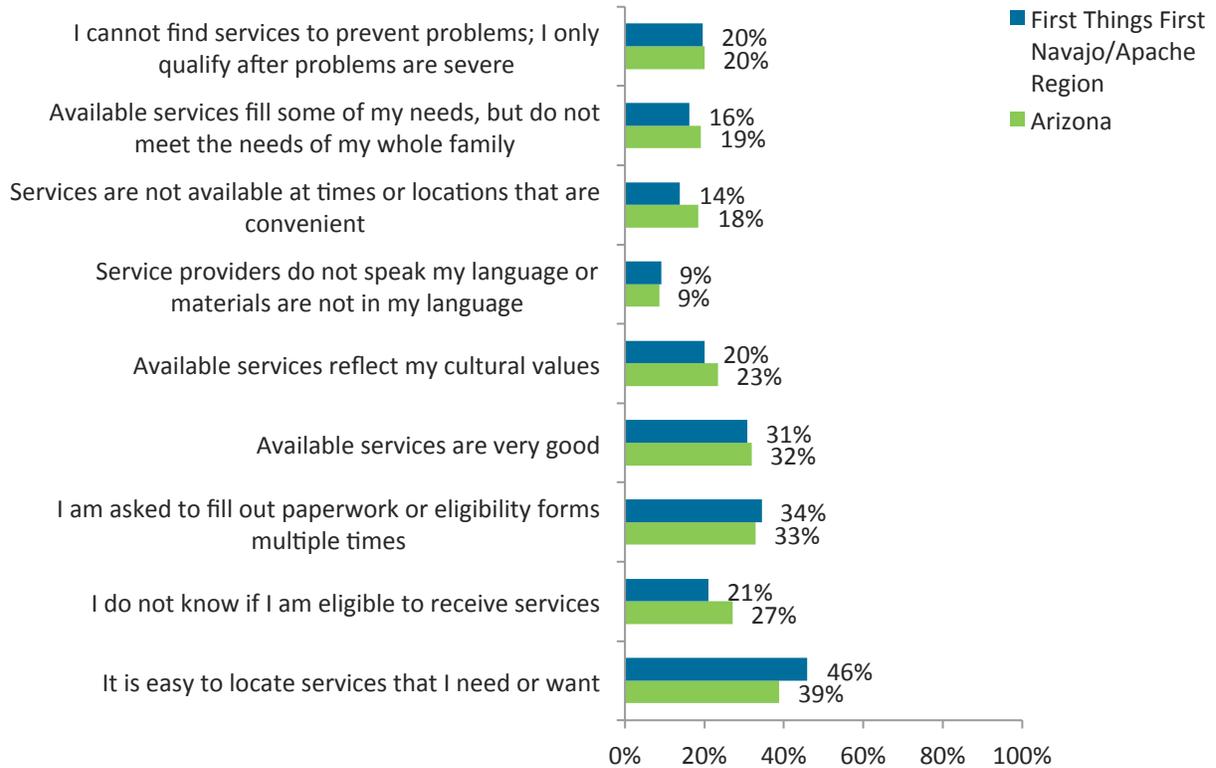


Source: First Things First. (2014). [Family and community survey]. Unpublished data. Phoenix, AZ.

In 2012, one in five parents in the First Things First Navajo/Apache Region reported they strongly agreed that they could not find services to prevent problems and those services were only available after problems were severe. However, 46% reported they strongly agreed with the statement that services they needed or wanted were easy to locate.



Reasons for Parent Satisfaction/Dissatisfaction with Early Childhood Services (Respondents reported “Strongly Agree”) 2012



Source: First Things First. (2014). [Family and community survey]. Unpublished data. Phoenix, AZ.

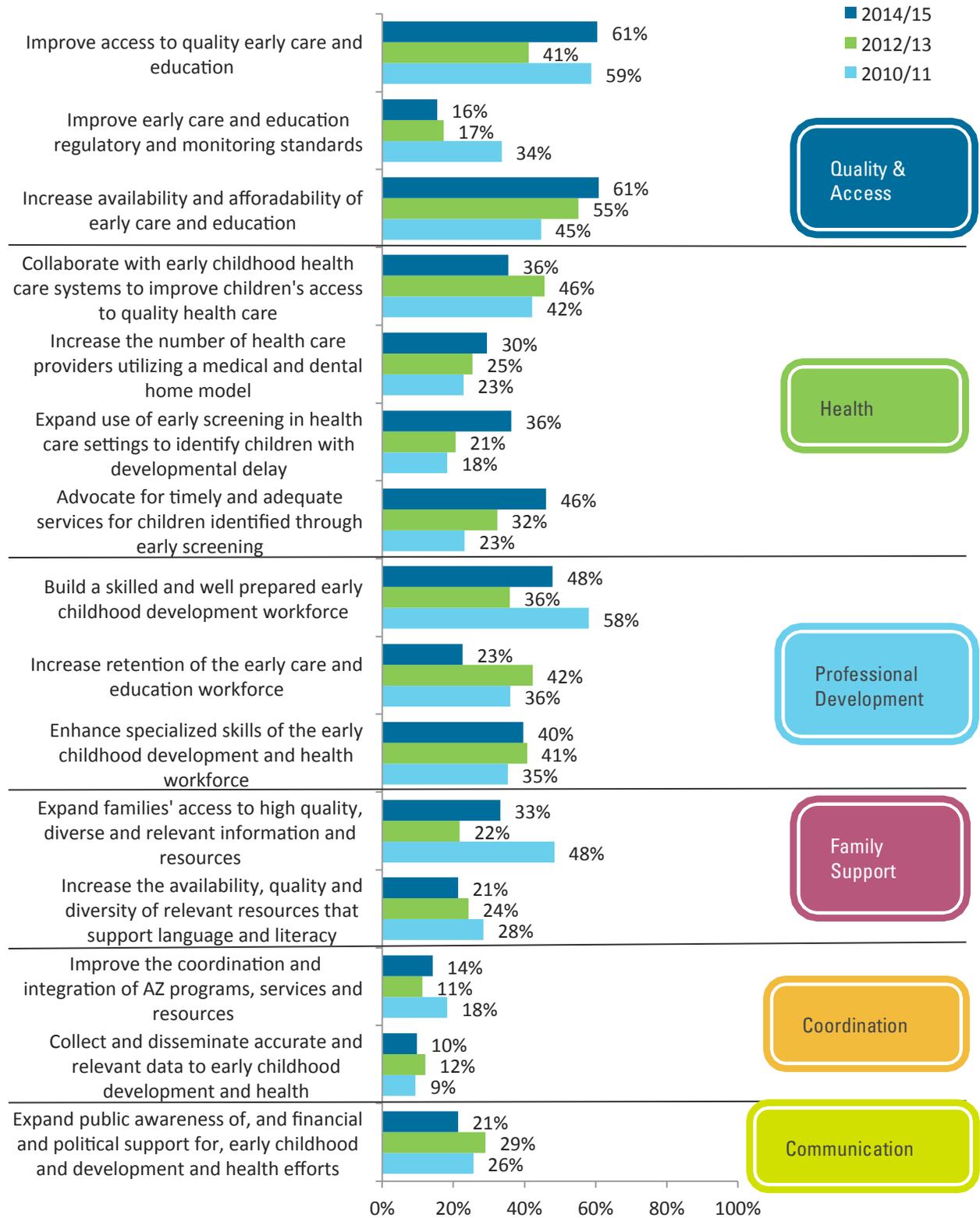
“BIGGEST BENEFITS TO FAMILIES HERE IS CONTINUITY.
 Doctor brings healthy steps in and then they can walk with them to navigate through the system. They are able to be the golden thread from beginning to the end for the families.”

- Sarah Nolan, CLEC Coordinator, Summit Healthcare Healthy Steps

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 and asked respondents to indicate their top five priorities based on this particular list of goals. At the very top of the list was improving the quality, availability and affordability of early care and education in 2014/15. Building a skilled and well-prepared early childhood development workforce was also key. In the area of health, respondents valued early screening to identify children with developmental delays and timely and adequate services for those children.



Responses to First Things First Navajo/Apache Region Community Survey



2014/2015: n=380; 2012/2013: n=196; 2010/2011=248.

Source: First Things First. (2014). [Family and community survey]. Unpublished data. Phoenix, AZ.



CONCLUSION



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

There were 73,083 residents in the First Things First Navajo/Apache Region in 2014, and 6,166 of those were children ages birth through five. Fifty-one percent of those children were identified as White, 19% as Hispanic or Latino, and 6% as American Indian or Native American. The majority (87%) of the population ages 5 years and older in the First Things Navajo/Apache Region spoke English in the home.

The First Things First Navajo/Apache Region is largely rural and remote. 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 First Things First Navajo/Apache Regional Council has worked to address the diverse needs of children ages birth through five, their families and their caregivers.

Community Assets and Areas of Strength

There are many people and organizations in 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.

Far more parents are familiar with First Things First and what they do in the First Things First Navajo/Apache Region.

Seventy percent of parent survey respondents in the region were “somewhat” or “very knowledgeable” about what First Things First did in the community in 2013, a statistically significant increase from 47% in 2011.

Parents report high levels of confidence in their parenting skills.

Almost all surveyed parents reported feeling confident in their ability to help their child grow and develop, coping well with the day-to-day demands of parenting, and calming themselves down before dealing with their child when they got angry (97% to 99%) in 2013.

The economic picture is starting to improve.

Unemployment is starting to go down from 8.5% in 2011 in the First Things First Navajo/Apache Region to 7.9% in 2013. Child poverty for children ages 5 to 17 is still high but dropped from 34% in 2011 to 30% in 2012.



There are lots of local supports to help families read with their children.

There are 15 libraries in the First Things First Navajo/Apache Region which offer reading and childhood development support and services to children and families; their services include story hours, summer programs and workshops. 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.

Some children have very strong reading skills.

Third grade reading scores are an excellent predictor of later school success. One way to measure it is by the AIMS reading standard. There are seven of eleven school districts where 75% or more 3rd graders met the AIMS reading standard. St. Johns (92%) and Blue Ridge Unified School District (86%) had the highest percentage of children who passed the reading standard in 2013.

The vast majority of children received health care when they needed it.

Of parents who reported that their child needed medical care in a 2013 survey, 93% reported that the child received care *all or most of the time*, while nearly 7% said their child received it *some of the time or never*.

The number of juvenile arrests are steadily decreasing.

The number of juvenile arrests declined by 28% between 2007 and 2011.

Community Challenges and Areas for Improvement

While the economy is improving slightly, many children are still living in families in poverty, with high food insecurity.

Three out of every 10 children ages 5 to 17 were part of a family living in poverty in the areas served by school districts within the First Things First Navajo/Apache Region in 2012. Approximately 4 out of 10 children in both counties lived in families that did not have enough food to eat in 2011. Both counties still have higher rates of foreclosure than the state. Residents would benefit from more economic development and food.

Families are still lacking some basic needs.

One in four families participating in the parent survey reporting going without a basic need in the First Things First Navajo/Apache Region in 2013. Eleven percent went without gasoline for their vehicle, 5% went without dental care and 7% went without medical care in 2013.



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 16% children ages birth through 11 with working parents in the First Things First Navajo/Apache Region had child care space available to them in 2013. This left an estimated 5,937 children without child care space, requiring parents to look for alternative solutions such as relying on support from friends and family.

Academic outcomes vary greatly from district to district.

While some children in several school districts are doing very well in 3rd grade reading, other children are struggling much more with their reading skills. Similarly, in some districts the graduation rate was over 90% while it went as low as 69% in another district. There was also wide variation in the frequency of parents reading to their children, and in the number of children's books they had in the house. In fact, there was a statistically significant decrease in frequent family reading (over 7 times a week) between 2011 and 2013. It is important to keep family reading, child literacy, school readiness, and school success at the forefront of work in the region.

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. The ratio of doctors to residents was much lower in the two counties as compared to the state in 2012. In addition, some parents still have to drive a long way to get health care or oral health care.

"HEALTHY STEPS FROM FIRST THINGS FIRST HAS REALLY BENEFITED CHILDREN ages 0 to 5 in our region. There's even national data that Healthy Steps leads to higher child immunization rates, more parent involvement in the health of children, especially with dads, and less child abuse."

-Dr. Jeff Northup, Chief Medical Officer, Summit Health Care Regional Medical Center

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 has benefited from increased services for children with disabilities in recent years. There are now two teams of professionals that serve children



with disabilities in the region. There were recent changes made to improve the way the teams meet and how the resources are divided between agencies. However, challenges still exist, including cost-sharing, navigating health insurance benefits to cover therapies, and understanding the new service delivery model. Additionally, there is still a shortage of providers. Some parents are still having to drive their children to Flagstaff for services.

Summary

This Needs and Assets report on the health and wellbeing 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 childhood poverty, having enough food to eat, quality child care, immunizations, school success, dental care access, and services for children with disabilities. In light of these challenges in the First Things First Navajo/Apache Region, targeted efforts 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

REGIONAL BREAKDOWNS

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 developed sub-regional data profiles based upon school district areas. In 2014, the First Things First Regional Council concluded that the areas served by school districts would provide usable data on the region and would serve as the basis for sub-regional geographic breakdowns. The 12 elementary school districts were combined into 6 areas, because some districts were too small to render statistically reliable data. The following areas include:

AREA 1	AREA 2	AREA 3	AREA 4	AREA 5	AREA 6
Vernon Alpine Round Valley	Concho St. John	Holbrook Joseph City Sanders	Blue Ridge	Show Low Heber	Snowflake

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, ASR conducted a face-to-face survey with their parents. In all, 899 unique self-administered surveys were completed over the month of September and October 2013. In 2011, a total of 709 unique surveys were completed.

Sampling Approach

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. Survey sites included the Corn Festival, libraries, flea markets, parks, schools, and child care centers throughout the First Things First Navajo/Apache Region. In addition, surveyors asked eligible individuals whom they knew to complete the survey, including family, friends, neighbors, and coworkers who had children ages birth through five.

The team of surveyors included community volunteers and service providers, 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 a gift for their time and participation.

In order to present data by geographic breakdowns, ASR used a quota sampling strategy based upon U.S. Census data on the number of families in each geographic region with at least one child under the age of six.

Survey Limitations

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. Survey respondents who received the survey by convenience may be less representative of the region than a sample obtained through random sampling. This is 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 parenting education about child development than parents who do not attend, such that survey results would reflect a more educated group. The result of having a more educated group of parents might make it harder to surface parenting difficulties in the region overall. Therefore, the difficulties in parenting seen in survey results may actually be *more* common in the region overall.

Another limitation of the survey occurs when comparing results from 2011 to 2013. In 2013, quota sampling was used to make sure the surveys were distributed throughout the region. This resulted in statistically significant differences between 2011 and 2013 in some areas where respondents lived, for example, St. Johns, Snowflake, and Pinetop-Lakeside.

Whenever a survey question had fewer than 30 respondents, a note of caution was included in the report indicating that a smaller sample size yields less reliable data. In other words, it's important to be more cautious in drawing any conclusions from data that were collected from a smaller group of parents.

Significance Testing

In order to test the difference between 2011 to 2013 survey results, a column proportions test was conducted. The column proportions test looks at the rows of a table independently and compares pairs of columns, testing whether the proportion of respondents in one column is significantly different from the proportion in the other column. When a significant difference was identified, it was noted with an asterisk and a note below the table or chart.

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 a paper-based survey of child care providers at the First Things First Navajo/Apache Regional Child Care Summit on October 5th 2013 and then for two weeks following the summit.

The survey was developed to identify child care providers' understanding of child development, their level of education and interest in continuing education classes, their approach to identifying and supporting children with special needs, and methods of communicating with and supporting parents.

The survey had two sections, one for child care providers and one for directors or managers. The survey was a mix of multiple response questions and open-ended questions. The final sample included a total of 70 child care providers, 63 represented staff from child care centers, and 7 from child care homes. The sample represented both public and private child care providers. While the majority of respondents were attendees of the First Things First Navajo/Apache Regional Child Care Summit, additional outreach was conducted to reach Head Start providers and smaller home based programs, who did not attend the summit.

A child care provider survey was also administered in 2011 on the internet, but the response rates were low so the Navajo/Apache Region Council chose to pursue a paper based survey.

First Things First Strategic Planning Community Survey

The First Things First Navajo/Apache Regional Partnership Council conducted a community survey in 2008, 2010, 2011, and 2013 in order to gather 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, 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 member. A total of 289 completed surveys were returned in 2008, 248 surveys were completed in 2010, 196 were completed in 2010, and 380 were completed in 2013.

First Things First Family and Community Survey

First Things First Family and Community Survey data is collected every two - three years. The Family and Community Survey is designed to measure many critical areas of parent knowledge, skills, and behaviors related to their young children. The survey contains over sixty questions, some of which were drawn from the national survey, What Grown-Ups Understand About Child Development. Survey items explore multiple facets of parenting. There are questions on overall knowledge of the importance of early childhood, questions which gauge parent knowledge of specific ages and stages, parent behaviors with their children, as well as parent practices related to utilization of services for their families.



A total of 5,209 adults (ages 18 and older) responded to the 2012 survey with 3,708 of the respondents indicating they had one or more children under six living in their household. For the purposes of the Regional Needs and Assets reports, the sub-sample of 3,708 parents with children under six (FTFs target population) was included for the analyses presented in this report.

The sample data were weighted so that the sample would match the population of the state on four characteristics: Family income, Educational attainment, Sex, and Race-ethnicity. Data was weighted at both the statewide level to arrive at the Arizona results and at the regional level to arrive at the Regional results. Please note that regional estimates are necessarily less precise than the state estimates; i.e. small differences observed might easily be due to sampling variability.

SECONDARY DATA

Secondary (pre-existing) data were collected from a variety of sources, including but not limited to: First Things First, 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.

The Navajo/Apache Region is a complicated region for which to collect representative data. County-level data are not completely accurate because it includes the Navajo Nation, the White Mountain Apache Tribes, and Winslow, while it excludes Forest Lakes. Therefore, whenever possible, every effort was made to collect data for just the First Things First Region. In some cases, such as 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. Some data were available at the school district level and 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. In cases where data were not available for those ages, 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.

Data Presented by School District Boundaries

U.S. Census and American Community Survey

The U.S. Census attempts to count every resident in the United States. It is mandated by Article I, Section 2 of the Constitution and takes place every 10 years. The data collected by the decennial census determine the number of seats each state has in the U.S. House of Representatives and are used to distribute billions in federal funds to local communities. The 2010 Census represented the largest participation movement ever witnessed in the U.S. Approximately 74% of households returned their census forms by mail; the remaining households were counted by census workers walking neighborhoods throughout the United States. National and state population totals from the 2010 Census were released on December 21, 2010. Redistricting data, which include additional state, county, and local counts, were released starting in February 2011.

The American Community Survey (ACS) is an ongoing survey that provides data every year giving communities the current information they need to plan investments and services. It uses a series of monthly samples to produce annually updated data for small areas (census tracts and block groups) formerly surveyed via the decennial census long-form sample.

The U.S. Census and American Community Survey calculate data based on school district areas. The U.S. Census Bureau's Geography Division updates school district boundaries every other year as part of the School District Review Program. This initiative provides boundaries for the production of school district demographic estimates, and also provides school district boundary layers for the Census Bureau's TIGER/Line spatial data products.

The U.S. Census Bureau does not release data when the margin of error is too high and the sample is too small for reasonable estimates. However, they do release data with high margin of error. When data for each individual school district area were too small to be reliable, these areas were combined and presented as a singular region, thereby decreasing the margin of error. Data on the margin of error of each data component is available at www.factfinder2.census.gov and additional information on ACS methodology including how to calculate a standard margin of error for combined multi-year data estimates see http://www.census.gov/acs/www/Downloads/data_documentation/Accuracy/MultiyearACSAccuracyofData2010.pdf



Small Area Income and Poverty Estimates (SAIPE)

Small Area Income and Poverty Estimates (SAIPE) are produced for school districts, counties, and states. The main objective of this program is to provide updated estimates of income and poverty statistics for the administration of federal programs and the allocation of federal funds to local jurisdictions. These estimates combine data from administrative records, postcensal population estimates, and the decennial census with direct estimates from the American Community Survey to provide consistent and reliable single-year estimates. These model-based single-year estimates are more reflective of current conditions than multi-year survey estimates.

SAIPE data display a composition of unified and elementary districts only. Secondary school districts were omitted because often they have the same boundaries as elementary districts. Cartographic generalization was applied to simplify and smooth line work, therefore, shapes may not represent exact boundaries and extent of districts.

Secondary Data Analysis

Child Care Programs and Capacity

Child care programs and capacity data were determined using Department of Economic Security (DES) data provided to us by First Things First and then cross-referenced with data pulled from the DES website. Child care programs were categorized by those that were licensed by the Arizona Department of Health Services (ADHS), certified by the Arizona Department of Economic Security (AZDES), and registered with Child Care Resource and Referral (CCR&R). ADHS licensed programs include child care centers, child care public schools, and child care small group homes; ADES certified programs include child care homes; and CCR&R programs include unregulated child care homes. Quality First Program data were received from First Things First.

Child Care Need and Availability

Child care need and availability was displayed by presenting the estimated percent of children ages 0 to 11 with parents in the labor force with child care available to them. The numerator in this equation was established by using child care program and capacity data collected through the Department of Economic Security (DES) and the Arizona Department of Health Services (ADHS) to establish an unduplicated estimate of the number of child care slots in the region. The denominator in this equation was the estimate of the number of children with parents in the labor force. This is calculated by using the five year estimate of the American Community Survey (ACS), Table B23008, to establish the percentage of parents in the workforce with children ages 0-17 and multiplying that by the population age 0-11 (ACS Table B09001). Parents in the workforce are defined as married households where both parents work and single parent households where one parent works.

