



Early Childhood: Portland, Maine

A community profile by Starting Strong and the Cumberland County Developmental Screening Initiative
May, 2019

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Introduction

Starting Strong is the early age component (birth through age eight) of Portland ConnectED, a cross-sector partnership of organizations committed to supporting high-quality education for all children and youth in Portland, from cradle to career, with a focus on those who are most at risk of not succeeding. Starting Strong's main goal is to work together with the community to ensure Portland's children read on grade level by the end of third grade by: improving the social, emotional and academic environment of Portland's most vulnerable children birth to eight, and by creating opportunities so that all children in this age group are ready for school, reading on grade level and prepared for academic success.

In May 2018, Maine Community Foundation awarded an early childhood community planning grant to Starting Strong to participate in a collaborative process to gather data about Portland's population aged zero to five, map community resources, create an early childhood profile of the city and develop an action plan to address community-specific challenges. The intent of these early childhood community planning grants was to inspire community-based learning about this population so that more children arrive at school ready to learn and thrive. They are more likely to arrive at school ready to learn and thrive if they are part of communities and environments that value young children and families and offer a broad range of resources and opportunities

Starting Strong partnered with the Cumberland County Developmental Screening Community Initiative (DSCI) leadership team to assemble Portland's early childhood profile, which is presented in the following report. This profile will help to support actions that will improve outcomes for Portland's young children and positively impact the future vitality and prosperity of Portland for years to come.

Key Findings:

According to the Maine Community Foundation, the first three years of a child's life is a time of immense physical, cognitive, social and emotional development. Key to this development are the relationships children form and the environments in which they are raised. With these truths in mind, Starting Strong and the Cumberland County DSCI leadership team created this profile of Portland's children aged birth to three through the lens of promoting safe, stable and nurturing relationships and environments.

After reviewing the early childhood data and assembled profile, stakeholders from Starting Strong and the Cumberland County DSCI workgroup identified the following key findings.

DEMOGRAPHICS

In General:

- The overall population in Portland increased only 2% between the 2005-2009 and 2012-2016 Census; however, the Black/African American group increased by 29%, more than 13 times the overall increase in population.

Riverton has the:

- most number of children under age 3,
- highest number of women who have given birth in the last year,
- largest average family size, and the
- greatest number of black residents in the city.

East and West Bayside:

- These neighborhoods are the most racially diverse in the State of Maine. About 34% of the overall population in East Bayside is foreign born.

NURTURING CAREGIVERS

The extent to which a caregiver is available and able to sensitively and consistently respond to and meet the needs of their child.

- When compared to Cumberland County and Maine overall:
 - fewer Portland students report that their parents help them to succeed (91% Portland, 93% Cumberland County, 93% Maine), and
 - fewer Portland students report regularly talking with parents about what they are doing in school (82% Portland, 87% Cumberland County, 85% Maine).

SAFE AND STABLE LIVING ENVIRONMENTS

The extent to which a child is free from fear and secure from physical or psychological harm within their social and physical environments.

- Overall, 19.2% of all Portlanders live in poverty, but poverty varies greatly by neighborhood:

Neighborhood	Poverty Rate
East Bayside	39.1%
Deering Oaks	38.7%
West Bayside	36.4%
Downtown	34.4%
West End/Reiche	28.7%
West End/MMC	28.5%
West End/Mercy	26%
East Deering	22%
East End/North	18.8%
Libbytown	18.7%
No. North Deering	17.4%
Nason's Corner	14.7%
Riverton	14%

- Poverty also varies greatly in Portland by family type:
 - for all families with children under 5 in Portland, the rate is 19.5%, but
 - for families with a female head of household (with no husband), the rate is over 56%. Neighborhoods reporting 100% of families with a female head of household living below the poverty level were:
 - East Bayside
 - West Bayside
 - Deering Center
 - Nason's Corner
 - Riverton
- When compared to Cumberland County and Maine overall, more Portlanders, regardless of whether they were homeowners or renters, have moved in 2010 or later (50% Portland, 36% Cumberland County, 31% Maine). This rate also varies greatly by neighborhood, from a high of 75% in Deering Oaks to a low of 30% in North Deering.
-

NURTURING COMMUNITIES

The extent to which a community responds to and meets the needs of young children and their families.

- When compared to Cumberland County and Maine overall:
 - fewer Portland students report that they had been bullied on school property (13% Portland, 19% Cumberland County, 21% Maine),
 - more Portland students felt like they mattered to their community

- (64% Portland, 62% Cumberland County, 57% Maine), and
 - o violent crime in Portland is twice the state average (855.5 per 100,000 Portland, 349.4 Cumberland County, 366.7 Maine).
- Seven neighborhoods in Portland are designated childcare deserts. Those with the least supply are:
 - o East End with 25 children per licensed childcare slot, and
 - o Woodfords with 14 children per licensed childcare slot.
- Average monthly cost of preschool is \$980. For a family earning the median income of \$59,118, this represents 17% of their income.
- Although overall income levels in Portland have increased slightly:
 - o families with children under the age of 18 have seen poverty levels increase from 20.6% in 2010 to 22.6% in 2016, and
 - o more parents of young children (under the age of six) were in the labor force (65 percent in 2010 to 73 percent in 2016).
- For school year 2017/2018, approximately 26% of students entering kindergarten in Portland had no preschool experience.

PHYSICAL AND MENTAL HEALTH

The extent to which a child's physical and mental health needs are cared for and met.

- Compared to Maine's average:
 - o among Portland children screened for lead, those with confirmed elevated blood lead levels is twice as high. (4.5% Portland, 2.2% Maine),
 - o the percentage of children in Cumberland County with MaineCare who are screened for developmental disabilities is lower (22% Portland, 27% Maine), and
- the percentage of women who smoke while pregnant is lower (6.2% Portland, 14.5% Maine). Significant disparities of adults who report their physical and mental health as "not good" for 14 or more days per month are reported by neighborhood:
 - o 16% of adults in the East Bayside
 - o 8.2% of adults in the East End

Concept of Safe, Stable, Nurturing Environments

The Centers for Disease Control and Prevention (CDC) identifies safety, stability and nurturing caregivers as “three critical qualities of relationships that make a difference for children as they grow and develop.”

Specifically, these three qualities are defined by the CDC as follows:

Safety

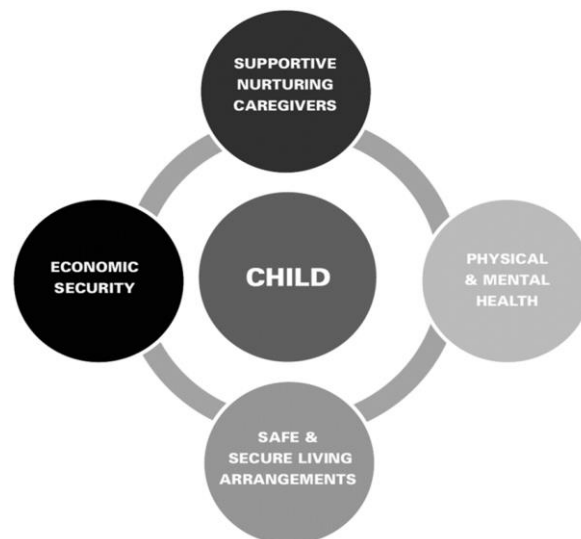
The extent to which a child is free from fear and secure from physical or psychological harm within their social and physical environments.

Stability

The degree of predictability and consistency in a child’s social, emotion, and physical environment.

Nurturing

The extent to which a parent or caregiver is available and able to sensitivity and consistently respond to and meet the needs of their child.



How can we use data to inform our action?

It seems common sense that children thrive in an environment that is safe, stable and nurturing, but how can we measure that assumption? To begin, we determined which available data points could be correlated with safe, stable and nurturing environments and relationships. We then organized those indicators into four categories (seen in grid below).

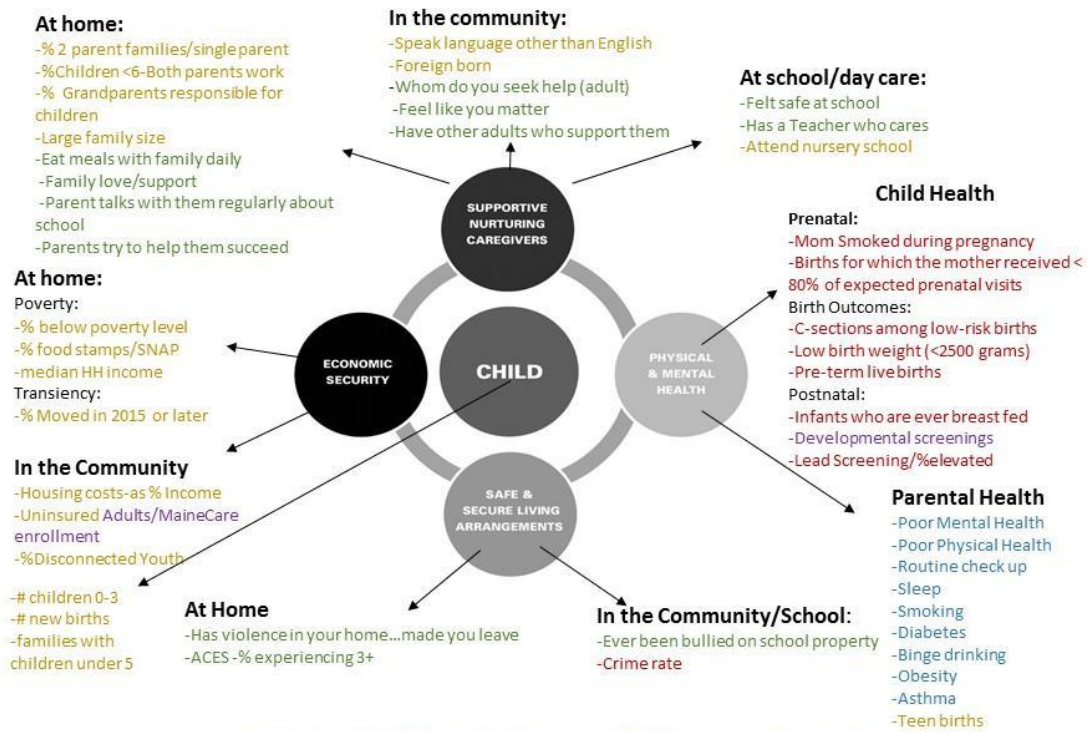
Nurturing Caregivers	Safe and Stable Living Environments	Physical and Mental Health	Nurturing Communities
The extent to which a caregiver is available and able to sensitively and consistently respond to and meet the needs of their child.	The extent to which a child is free from fear and secure from physical or psychological harm within their social and physical environments.	The extent to which a child's physical and mental health needs are cared for and met.	The extent to which a community responds to and meets the needs of young children and their families.
<ul style="list-style-type: none"> • Eat meals as family daily • Two parent households • Family love/support • Parent talks with students regularly about school • Parents try to help students succeed 	<ul style="list-style-type: none"> • Poverty (and income) • Crime • Homelessness and transiency • Rent as % Income • Uninsured Adults • Domestic Violence • Prevalence of ACEs • Food insecurity 	<ul style="list-style-type: none"> • Maternal smoking rates • Infants who are breastfed • C-sections among low-risk births • Low birth weight • Preterm births • Births for which the mother received prenatal care • Developmental screenings • Lead Screenings • Poor parental mental health • Poor parental physical health • Routine parent check up 	<ul style="list-style-type: none"> • Children feel like they matter • Have other adults who support them • Feet safe at school • Has a Teacher who cares • Attends nursery school • Ever been bullied on school property • Childcare availability

		<ul style="list-style-type: none"> • Parental sleep • Parental smoking rates • Parental diabetes 	
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Some of these factors, like poverty, can be measured quite definitely whereas measuring feelings of safety or support is certainly more subjective. The influence of the indicators we've selected can be debated; one person growing up in poverty may have fond memories of a large family in which resourceful parents created a warm environment, while others may recall the stress of not having enough to eat. Experiencing certain risk factors does not predict with certainty a negative environment, no more than lack of certain factors ensures a positive one. In addition, there are resilience building components that may positively influence child development despite negative environments.

With that said, there are factors that more often challenge healthy child development including living in poverty or an unsafe community. In the diagram below, indicators within the home, family and community that contribute to or take away from a safe, secure and nurturing environment have been identified. For this report, we have focused on those indicators most associated with early childhood, especially those with reliable data available at the local level.

How can we use data to identify and assess components of a safe secure and nurturing environment in early childhood?



Portland, Maine - Community Context

Portland is made up of 20 census tracts representing distinct neighborhoods. Portland has grown approximately three percent between 2010 and 2016, with the most recent population estimate at 66,649. The population of people under five has remained relatively steady over that time period (5.2 percent of the population in 2016). The greater Portland metro area is Maine's economic center and is home to more than half a million people or about 1/3 of Maine's total population.

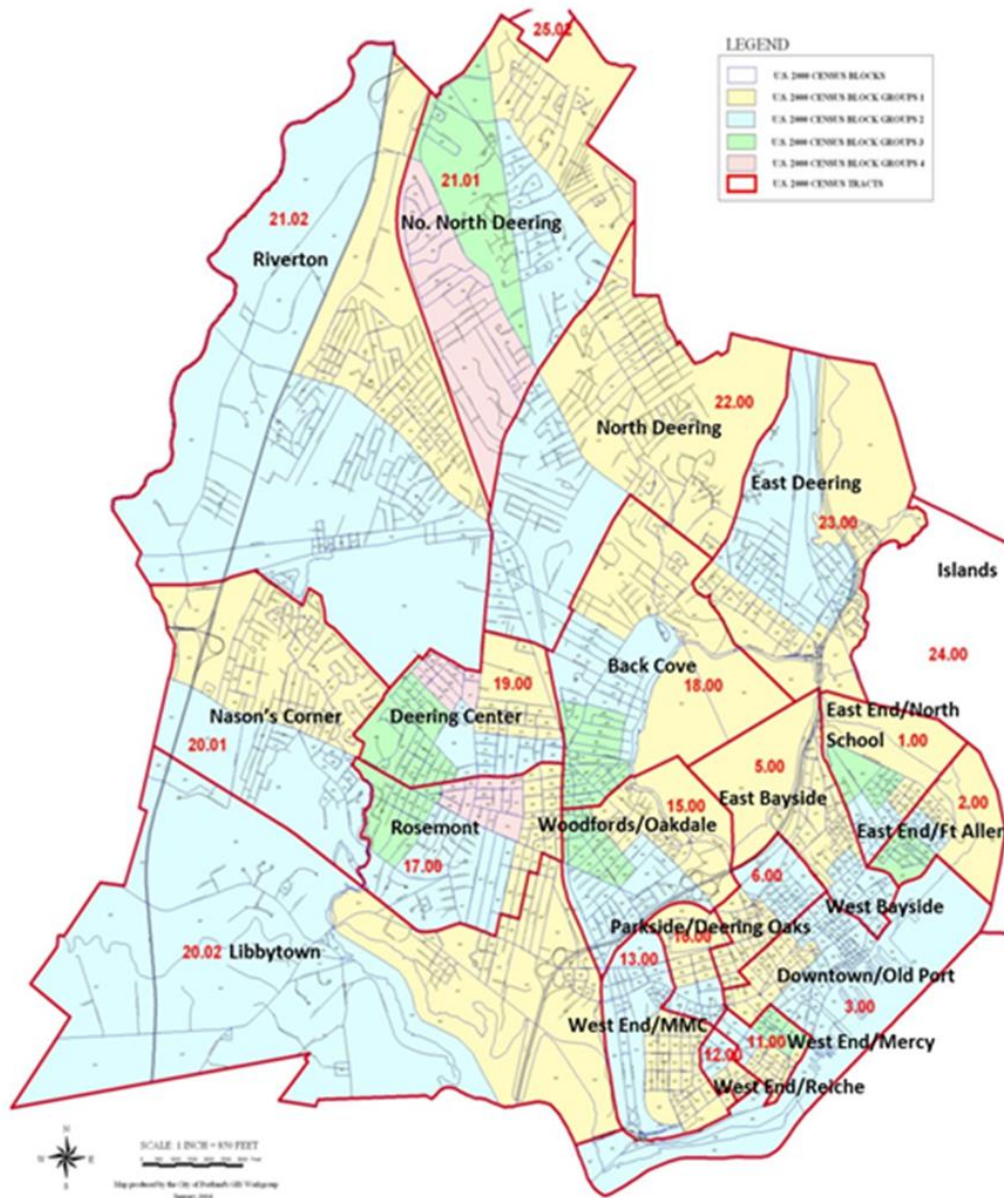
Portland is a city that embraces diversity and welcomes new Mainers. The City of Portland's Office of Economic Opportunity and the Portland Regional Chamber were selected by Welcoming America and New American Economy as one of the 2017-2018 Gateways for Growth communities. Their strategy to "Honor, celebrate and welcome newcomers to Portland and all who call Portland home" is designed to promote a sense of belonging. They employ a second strategy to actively promote Portland as a culturally and racially diverse, welcoming and vibrant city.

Portland Public Housing was established in 1943 and provides or facilitates housing for over 6,500 Portland residents. Their policy promotes economic opportunity and achievement of diverse communities. The largest public housing developments for families are: Sagamore Village in Nason's Corner – 200 families; Bayside East, Bayside Terrace and Kennedy Park in the East and West Bayside neighborhoods – 167 families; Riverton Park in the Riverton neighborhood – 141 families.

There are ten Portland elementary schools (including two island schools on Cliff and Peaks). Pairing the school district map with income data shows that the areas with the higher median household incomes (North Deering, Stroudwater, and Rosemont) overlap with Lyseth, Hall, and Longfellow schools. Areas with lower median household incomes overlap with Riverton, Reiche, and East End schools. In regards to age, the median age of the Riverton area (Riverton School) is very young (19.6) and has one of the highest concentrations of children between 0 and 17 in Portland. Similarly, East Bayside has a high percentage of children 17 and under (East End School).

It can be argued that Portland has been on an economic and cultural upswing over the last decade, especially in the more urban and "walkable" neighborhoods that were bypassed during past periods of suburban sprawl. This resurgence has benefited development but has displaced some families or made it challenging or impossible for them to stay in more urban areas that provide access to jobs and services.

City of Portland, Maine



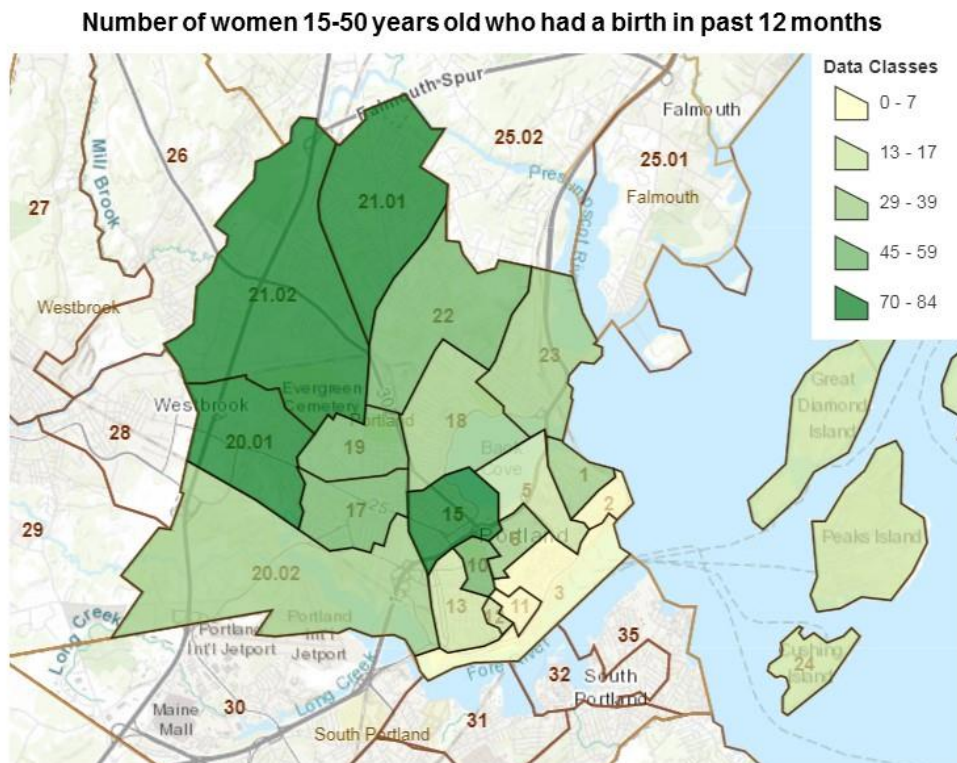
The above map displays the 20 census tracts and corresponding neighborhood names within Portland, Maine. See Appendix 1 for neighborhood descriptions.

Demographics

Children and families

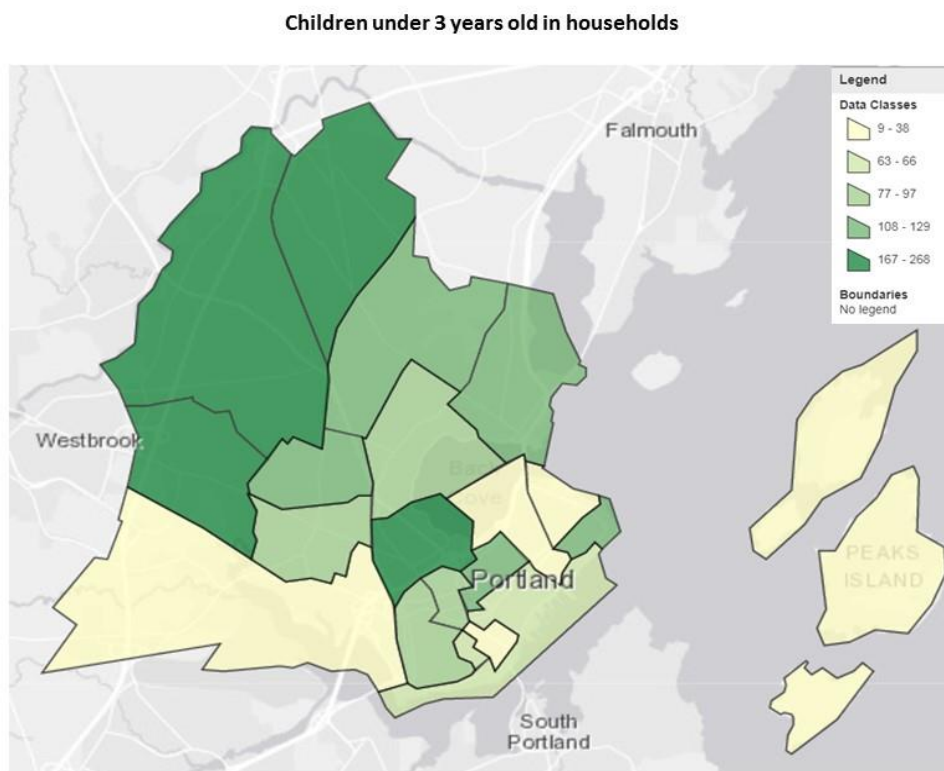
For this profile, most household and family data is from the American Community Survey (ACS) by the U.S. Census Bureau. This survey gathers information such as educational attainment, income, language, migration, employment, housing and other characteristics. The most recent data available at the time of this profile was 2012-2016 with comparisons made to prior years to assess change.

According to the 2012-2016 ACS, there are an estimated 11,000 children (under age 18) in Portland. There were an estimated 700+ births annually to Portland women age 15-50 during the last 5 year period. The neighborhoods with the highest number of women who had given birth in the last year are: Riverton (84), North Deering (76), and Nason's Corner (72). The neighborhoods with at least 350 families with children under 18 include Rosemont (440), Deering center (545), Nason's Corner (495), No. North Deering (724), Riverton (532), North Deering (485) and East Deering (356).



There are almost 2000 children under the age of 3 in Portland according to 2012-2016 estimates. The neighborhoods with the **most number of children under 3 years of age** are:

- Riverton (268)
- North Deering (200)
- Oakdale (183)
- Nason's Corner (167)

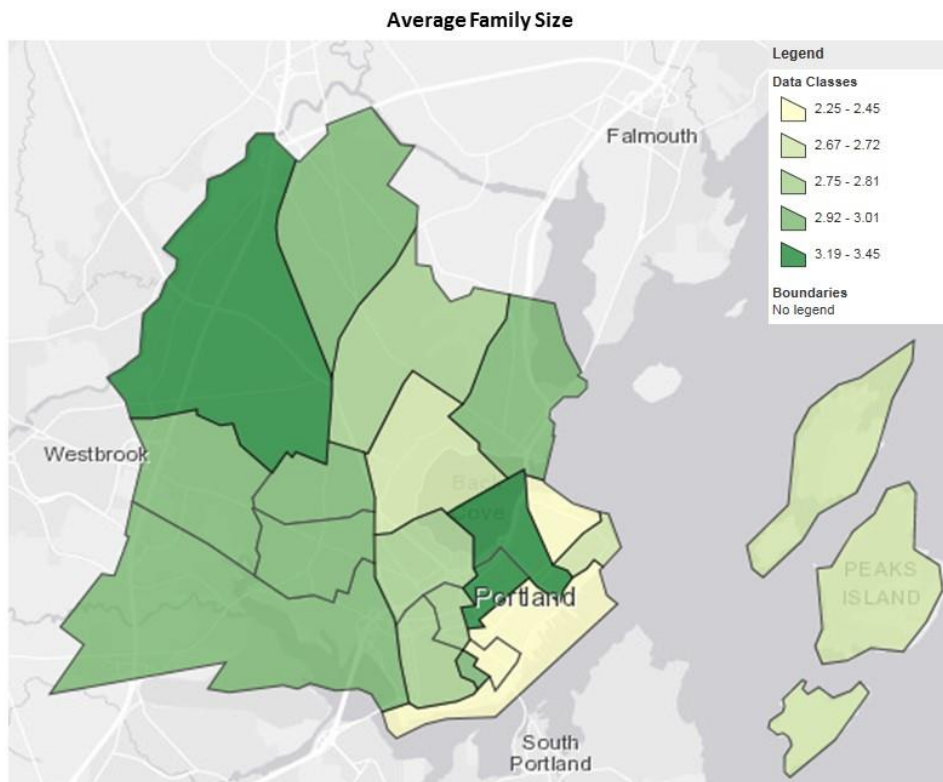


If you combine the number of those under 3 and those having given birth in the last year, 4 neighborhoods account for more than 40% of **the youngest Portlanders**:

- Riverton (352)
- No. North Deering (276)
- Oakdale (253)
- Nason's corner (239)

The neighborhoods with the **largest average family size** are:

- Riverton (3.45)
- West Bayside (3.2)
- East Bayside (3.19)
- West End/Reiche (3.01)
- East Deering (2.99)



There are an estimated 768 **children living with their grandparents** in Portland, with roughly half of those grandparents responsible for these children. The neighborhoods with the highest number of grandparents who are responsible for their grandchildren are:

- North Deering (58)
- Nason's Corner (41)
- West End (38)

The **highest number of single parent families** (both male and female head of household) are in:

- Nason's corner (160)
- No. North Deering (164)
- No. Deering (159)
- East Deering (156)
-

Race

While Maine is the whitest state in the union, Portland is much more diverse. According to the 2012-2016 American Communities Survey, Maine and Cumberland County are predominantly white, 95% and 92% respectively, while Portland reports 84% of residents as "white alone" making it the most racially diverse community in Maine.

Portland also has more foreign born citizens;13% of the population is foreign born compared to 6% in Cumberland County and 4% statewide.

The Portland neighborhoods of East Bayside and West Bayside are the most racially diverse in the State of Maine.

In Portland, the overall breakdown by race is:

- White alone – 84.0%
- Black/African American alone – 8.3%
- Asian alone – 3.5%
- Two or more races – 3.4%
- American Indian/Alaska Native alone – .1%
- Some other race -- .8%

Within Portland neighborhoods, the range of those reporting race as White alone ranges from 59% in East Bayside (Census tract 5) to a high of 98% on the Casco Bay Islands (Census tract 24) and 94% in Back Cove (Census tract 18).

The lowest percentage of residents reporting as White alone are in East Bayside and West Bayside at 59% and 68% respectively. Not surprisingly, these are the two most racially diverse neighborhoods in the State of Maine.

The greatest number of black residents live in four neighborhoods —Riverton (984), Parkside (808), Bayside (660) and Deering Oaks (584). These four neighborhoods are home to 55% of the black residents in Portland.

In terms of Native Hawaiian and Other Pacific Islander alone or American Indian and Alaska natives, there were less than 100 reported.

Although the overall population in Portland increased only 2% from 2005-2009, within the Black/African American only group, the population increased by 28.5%, more than 13 times more than the overall increase in population. Those reporting two or more races increased by 33% between the two periods. Looking back to the 2000 census, there has been a 231% increase in those reporting their race as Black/African between 2000 and 2012-2016. During this same period, the percentage of those reporting White alone decreased by 5%.

Portland Maine	2000		2005-2009		2012-2016		Change in #	Change in %
	#	%	#	%	#	%	2000 to 2012-2016	
Total:	64,249		63,153		66,649		2,400	4%
White only	58,638	91%	54,531	86%	55,963	84%	(2,675)	-5%
Black/African American	1,665	3%	3,946	6%	5,516	8%	3,851	231%
Asian alone	1,982	3%	2,097	3%	2,338	4%	356	18%
Two or more races	1,195	2%	1,508	2%	2,244	3%	1,049	88%
All Other	769	1%	1,070	2%	588	1%	(181)	-24%

Comparing the 2017 American Communities Survey estimate to that of 2012-2016, the overall population in Portland continued to grow; however the only racial group to increase in population was Black/African, indicating this trend will likely continue.

*Between 2000 and 2012-2016 there has been a **231%** increase in the number of those from Black/African race living in Portland*

Nativity

In Maine, the percentage of foreign born residents increased from 3% in 2005-2009 to 4% in the 2012-2016 timeframe. During the same two timeframes, there was:

- an increase of foreign born residents from 5% to 6% in Cumberland County
- an increase of foreign born residents from 11% to 13% in Portland, and

There has been a 71% increase in the percentage of Portland residents that were foreign born between 2000 and 2012-2016.

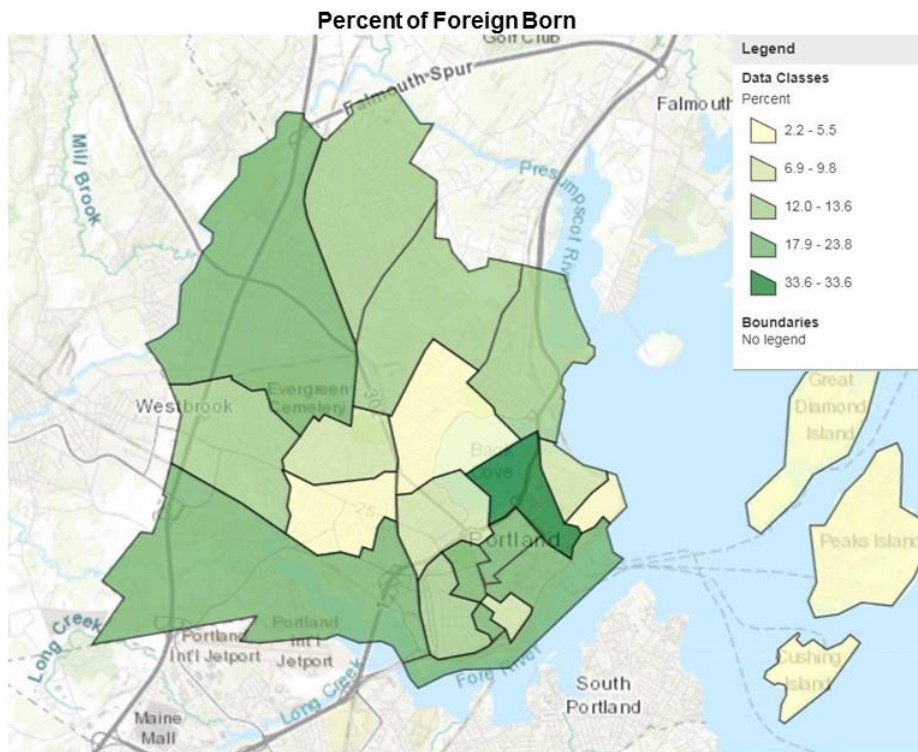
In 2005-2009; 37% of foreign born Mainers were naturalized and 63% were not. By 2012-2016, 50% of foreign born Mainers were naturalized. There is much variation by neighborhood in the percent of foreign born Mainers that have been naturalized:

- 93% of foreign born residents in Deering Oaks were not naturalized
- 8% of Rosemont and 13% of North Deering foreign born residents were not naturalized

Likewise, there is much variation by neighborhood in the percent of foreign born Mainers of all types. Specifically, there is a more than a 15 fold difference between the Portland neighborhoods with the lowest percentage of foreign born Mainers (East End/Fort Allen and Casco Bay Islands) and the highest (East Bayside).

The neighborhoods with the highest percentage of foreign born population include:

- East Bayside – 33.6%
- West Bayside – 23.8%
- Riverton – 21.5%
- Deering Oaks – 20.5%



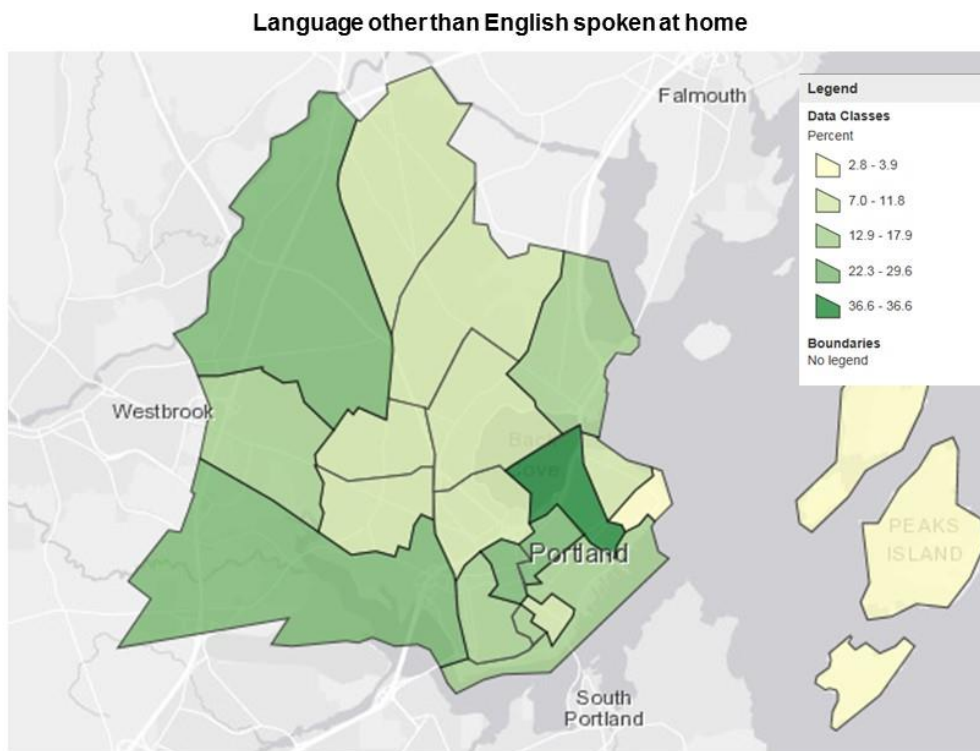
In Portland, the regions of origin for those foreign born include Europe (13%), Asia (32%), Africa (39%) and Latin America (12%).

Language

In Portland, 85% of those 5 years and over speak only English compared to 92% in Cumberland County and 94% overall in Maine.

- 44% of all those in Cumberland County that speak a language other than English live in Portland
- 11% of all those in Maine that speak a language other than English live in Portland

Clearly, not speaking the same language as most of the residents of your city or state may present a challenge to people trying to live, learn, work, and play in the community.



In the 2017 Maine Integrated Youth Health Survey, 27% of Portland High School students reported speaking a language other than English most often at home, which is 3.5 times that reported in Cumberland County (7.6%) and more than 5 times that reported statewide (4.8%). An October 2016 fact sheet from Portland Public Schools stated that 33% of their students speak a primary language other than English at home; the ten most common languages (in order of prevalence) noted were: Somali, Arabic, Spanish, French, Portuguese, Kirundi, Vietnamese, Khmer, Kinyarwanda and Acholi.

Nurturing Caregivers

The extent to which a caregiver is available and able to sensitivity and consistently respond to and meet the needs of their child.

Youth Perceptions

The Maine Integrated Youth Health Survey is conducted every two years. Its purpose is to quantify the health of Kindergarten and Grade 3 students through parent interviews, and the health-related behaviors and attitudes of 5th through 12th graders by direct student survey. Some schools choose not to participate or do not have enough participation for their scores to be included. There are several questions on the MIYHS

that examine the extent to which youth perceive they have nurturing caregivers in their lives. The survey also addresses other components of safe, secure and nurturing environments. Although there were differences in Portland students' responses compared to responses of students in all of Cumberland County and Maine, we focused on those where the differences were statistically significant in both comparisons. Among Portland schools with fifth and sixth grade classes, Riverton and Lyman Moore students participated in the survey. Two questions had responses statistically below the of Cumberland County and Maine rates:

- *% of students who ate dinner with at least one of parents 5 days during the past 7 days (73.1% Portland, 84% Cumberland County, 86% Maine).*
- *% of students that agree or strongly agree that their parents try to help them succeed (91% Portland, 93% Cumberland County, 93% Maine).*

Among Middle School students (seventh and eighth grades), King, Lincoln and Lyman-Moore students participated in the survey. Only 1 question had responses that were statistically below the Cumberland County and Maine statewide rates. It was:

- *% of students who talk every day or about once or twice a week to a parent about what you are doing in school (82% Portland, 87% Cumberland County, 85% Maine)*

Safe and Stable Living Environments

The extent to which a child is free from fear and secure from physical or psychological harm within their social and physical environments.

Poverty

Poverty is an important social determinant of health. According to the American Academy of Pediatrics, poverty and related social determinants of health can lead to adverse health outcomes in childhood and across the life course, contributing to health disparities and negatively affecting physical health, socioemotional development and educational achievement. Poverty in Portland varies greatly by both geography and family status.

Poverty by family status

Although the poverty rate for all Portlanders regardless of family status (19.2%) is similar to that of all Portland families with children under age 5 (19.5%), there is considerable difference by family status subgroups. For families with a female head of household (with no husband), the rate is over 56%, an almost three-fold difference.

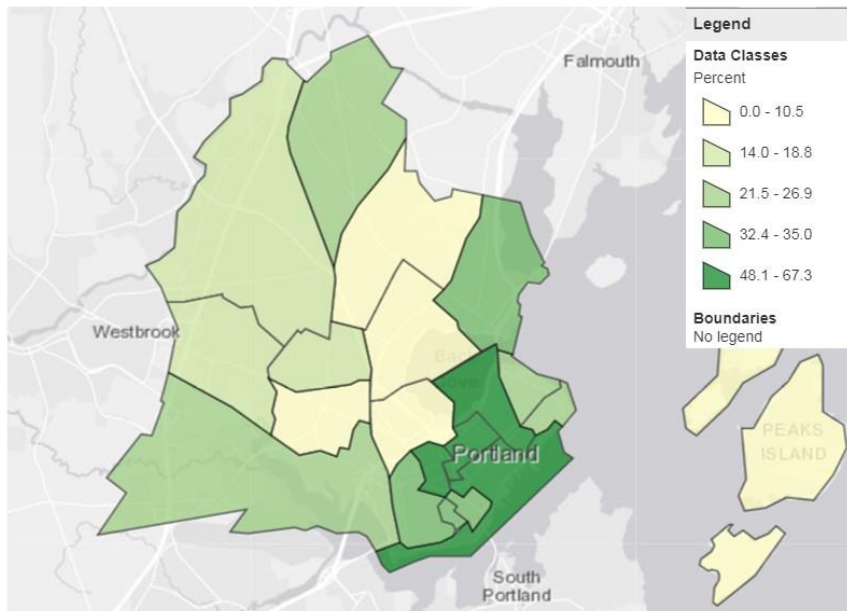
Poverty by neighborhood

Looking at poverty among families with children under 5 by neighborhood, those with the highest percentage of poverty include:

- Downtown/Old Port (70%)
- West Bayside (52%)

- Deering Center (46%)
- West End (41%)
- Deering Oaks (28%)

Families with children under 18 with income below poverty level



Looking at all families with children under 18, the results are similar. Those neighborhoods with the largest percentage of families with children under 18 living in poverty are:

- Downtown (67%)
- Deering Oaks (65%)
- West Bayside (56%)

Those with the lowest percentage of families living in poverty are:

- Islands (0%)
- North Deering (3%)
- Back Cove (7%)

Income

The 2016 American Community Survey found that Portland's median family income in the past 12 months for those with children was \$59,118, having increased an average of 1.9% per year since 2012. The North Deering, Stroudwater, and Rosemont neighborhoods have the highest median household incomes.

However, although overall income has increased slightly, families with children under the age of 18 have seen poverty levels increase from 20.6% in 2010 to 22.6% in 2016. Interestingly, over that same time period, more parents of young children (under the age of six) were in the labor force, an increase from 65% in 2010 to 73% in 2016.

Rent/Housing Costs

From 2006-2010, median household income increased by 8.6% in Portland, however median rents increased by 15.7%. Between these periods, the percentage of families spending 35% or more of their income on housing expenses increased from 41.8% to 42.3% while the vacancy rate went from 5.3% to 3%. Not only are rentals getting more expensive to afford, but they are also more difficult to find.

Excluding the Casco Bay Islands, gross rents account for 35% or more of household income for at least 29%, but up to 74%, of households in Portland.

Homeowners are also feeling the impact of escalating home prices, especially in several neighborhoods close to downtown Portland. Four neighborhoods (X, X, X and X) reported between 42- 47% of residents are paying 35% or more of their household income on monthly homeownership costs.

Homelessness

According to City of Portland FY18 (July 2017-June 2018) data, 183 families (664 individuals) were served in their homeless shelters, totaling 51,788 bed nights. The average length of stay was 78 days. These figures represent a 16% increase over bed nights in FY17 and a 20% increase in the number of individual family members served. The recidivism rate of families returning to the shelter for housing was 1%. The City of

Portland was able to follow up with 79% of all families served and noted that 87% went on to secure permanent housing.

Homeless families served by private or religious organizations (e.g. Salvation Army, Family Promise of Greater Portland) are not included in the aforementioned City of Portland data so the number of homeless families served within the community are likely quite understated.

Food Insecurity

According to the US Department of Agriculture, Maine ranks 9th in the nation and 1st in New England for food insecurity. In Maine, 14.4% of households, or nearly 200,000 individuals are food insecure. Feeding America notes that 1 in every 5 Maine children are food insecure, which ranks the state 16th in the nation and 1st in New England in terms of childhood food insecurity. Approximately 55% of Portland public school students are eligible for free or reduced school lunch.

Beyond the immediate impact, food insecurity is a significant healthcare and education issue that costs communities money and perpetuates the cycle of poverty. Food insecurity among children is associated with a host of poor health outcomes. Children living with hunger have 90% greater odds of having their health described as fair/poor rather than excellent/good and are 31% more likely to have been hospitalized. Food insecurity among adults is also associated with many chronic health conditions.

Adverse Childhood Experiences

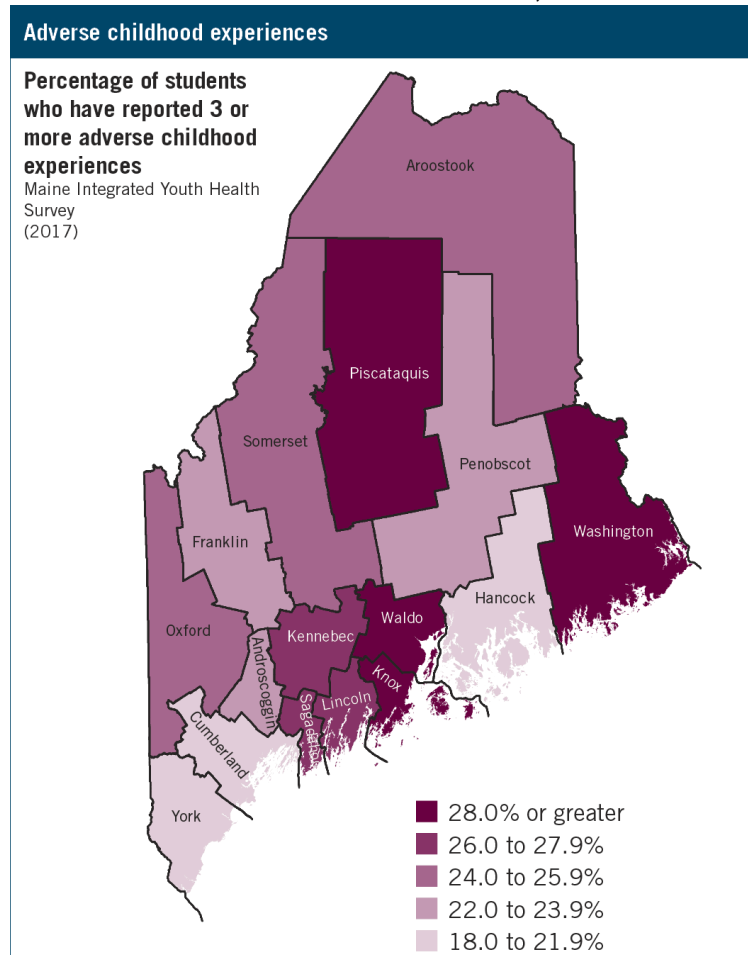
Adverse childhood experiences (ACEs) are stressful or traumatic experiences, occurring during the first 18 years of life, which can have lifelong implications for learning, behavior, health and adult functioning. These experiences include:

- Abuse — physical, emotional, sexual
- Neglect — physical, emotional
- Household challenges — mental illness, incarcerated relative, mother treated violently, parental substance abuse and parental separation/divorce

There are many other experiences that also can cause a traumatic response and impact function and health, including the death of a parent, homelessness, bullying, intimate partner violence, peer-to-peer violence and, witnessing violence in the community or at school.

Children exposed to multiple ACEs have significantly higher rates of developmental delays, anxiety, depression, behavioral concerns and academic problems. Having multiple ACEs is also associated with longer-term adolescent and adult health issues, including unhealthy high-risk behaviors such as smoking, alcohol/drug misuse and promiscuity, and chronic health conditions, such as, diabetes, cardiovascular disease, cancer, chronic lung disease and depression. Importantly, as the number of adverse experiences increase, the risk of harm also increases.

ACEs are common in Maine. In 2017, 23% of Maine's high school students reported



having experienced three or more adverse experiences. The percentages varied significantly across counties, ranging from 20% to 37%.

Further, the percentage of high school females that experienced 3+ ACEs was 10 points higher than males (28% vs 18%). Over 40% of students who identified as gay, lesbian or bisexual experienced 3+ ACEs. Fortunately, children are resilient and can thrive when they have access to protective factors. Several evidence-based treatments are proven to be highly successful in reducing the negative effects of trauma and increasing resiliency. In turn, these treatments enable the healthy development of children's brains and bodies and reduce the risk of unhealthy behaviors and chronic illness as adults. Many of these treatments are available

throughout Maine.

Maine Medical Partners pediatric and family medicine sites in Greater Portland screened 16,810 pediatric patients for trauma over the last year. Of those, 1,497 patients screened positive for a potentially traumatic event (9% positive rate). When a significant event is identified, children are then screened to determine post-traumatic stress symptomology to determine next steps for treatment. Of those with positive symptomology, 69% were referred or were already connected to a Behavioral Health Clinician.

Transiency

Part of feeling secure in your community is knowing that there are certain people who make up the community. When people are rooted in an area, they get to know each other and each other's families, their children go to the same school, they shop at the same stores and may belong to the same faith community. A stable population brings with it more investment in making the community better and more feelings of civic responsibility.

One measure of neighborhood stability is the percentage of homeowners and a measure of the transiency is how often it's a neighborhood's residents move. Looking at the duration of residency, 50% of Portlanders, regardless of if they were homeowners or renters, have moved in 2010 or later, compared to 36% in Cumberland County and 31% in Maine overall. In Portland, only 43% of housing is owner occupied, compared to 68% in Cumberland County and 72% in Maine overall. Within Portland neighborhoods, homeownership ranges from a low of 9.5% in the downtown area to a high of 87% on the Casco Bay islands. This disparity reflects the type of housing in each of these areas; downtown has more rental apartments whereas the islands have more single family homes.

Within neighborhoods of Portland, there is much variation in the rates of homeownership as well as the rates of residents who reported moving in 2010 or later, reinforcing that areas with a low percentage of owner-occupied housing tend to be more transient in nature.

- Deering Oaks: 7% homeownership and 75% moved since 2010
- West Bayside: 10% homeownership and 71% moved since 2010
- West End: 15% homeownership and 66% moved since 2010

Crime

Even though Maine has a low violent crime rate, according to the 500 Cities Survey, the rate in Portland is twice that of that rest of Maine. In Portland, the violent crime rate is 855.8 per 100,000 compared to 394.4 in Cumberland County and 366.7 statewide.

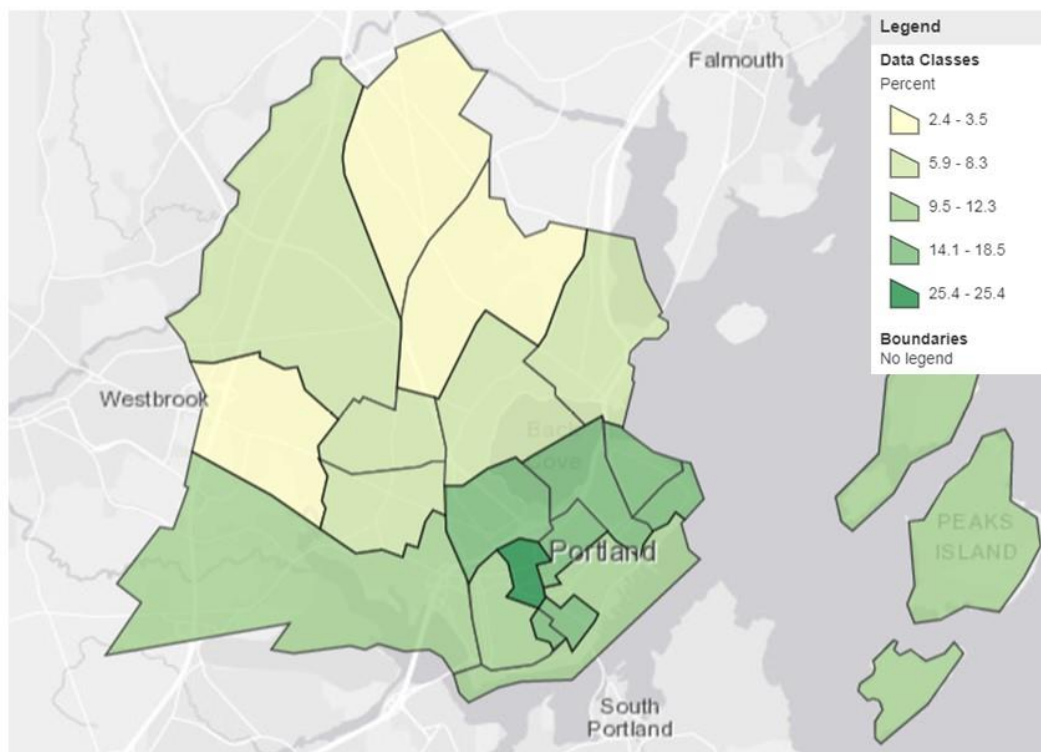
Physical and Mental Health

Insurance Status

Access to health insurance is an important indicator for child and adult health. Those without insurance often delay important preventive care for themselves and their children.

As of 20XX, in Portland, 12% of those ages 18-64 (an estimated X people) do not have health insurance coverage. The highest percentage of those without health insurance is in the West Bayside neighborhood (19%) followed by East Bayside (16%) and the West End (13%).

Percent without health insurance



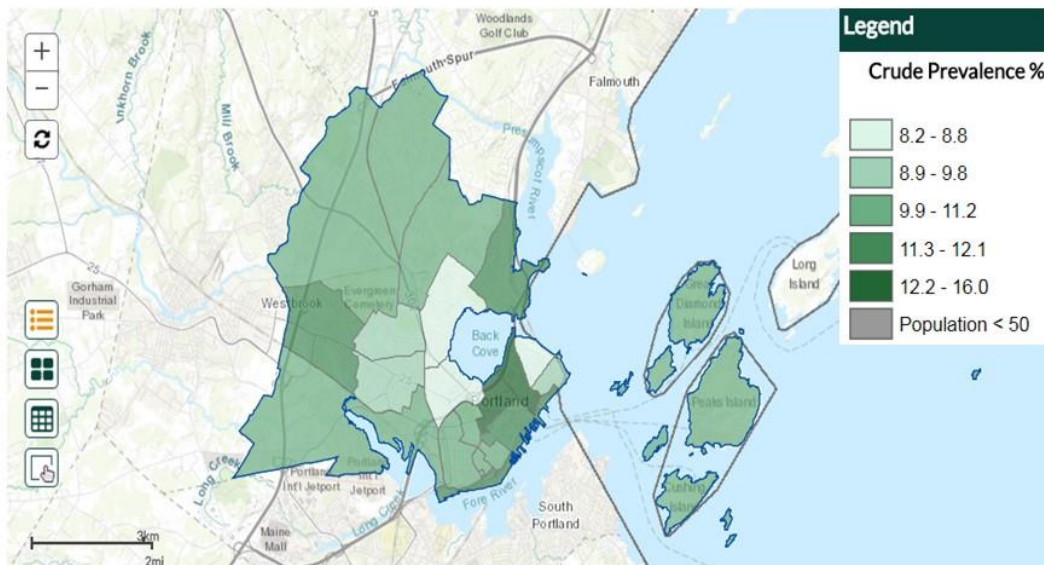
Parental Health

A parent's poor physical health may impact their ability to be a caregiver. Poor mental health, at a minimum, can impact a parent's ability to be a positive and nurturing influence and may create an atmosphere of toxic stress for children and the family.

Physical Health

According to the X in 2016, about 11% of adults in Portland reported their health was not good for 14 or more days in the last month; however, this statistic varies by neighborhood yet again, from 8.2% in the East End (the lowest rate in the city) and 8.6% in Back Cove to 14.7% in West Bayside and 16% in East Bayside (the highest rate in the city)

Percent of Adults with 14+ days when physical health was not good



Pap smear among women

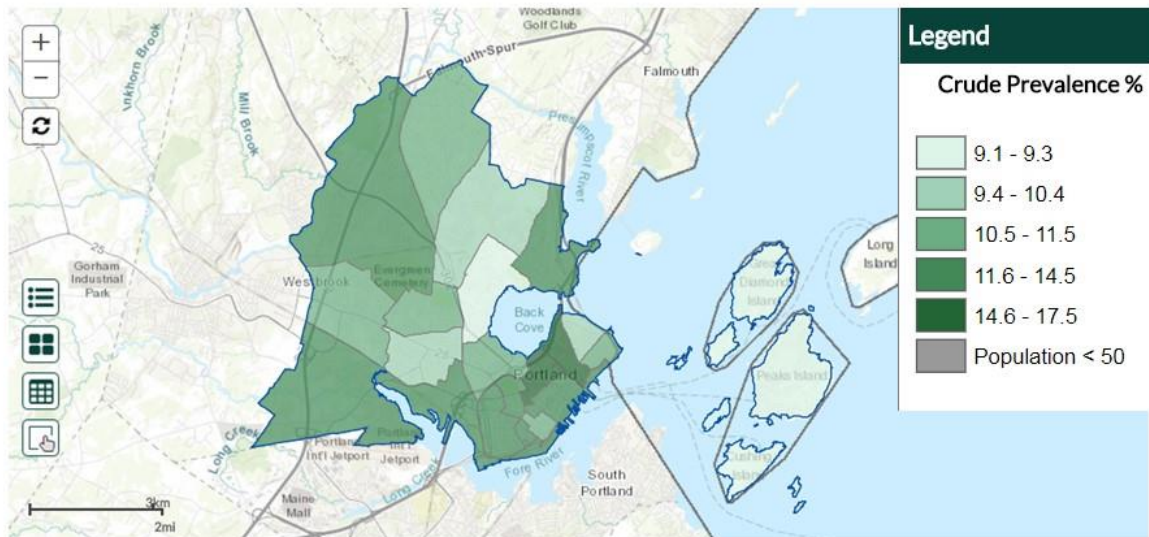
The percentage of women who received a pap smear was selected as a benchmark measure because it is a preventive screening that focuses on women aged 21-65 who are often family caregivers and represents compliance with recommended preventative health screenings. A focus on and compliance with prevention and wellness screenings and appointments in caregivers often carries over to a focus on accessing those screenings and appointments for their children.

This measure obviously focuses on women the range between the highest and lowest values was greatest for this measure, 15 points. The range was from 71% and 74% in East Bayside and West Bayside to in Back Cove and 85% in Island communities.

Mental Health

Adults were asked to report if their mental health was not good for at least 14 days in the last month. This measure highlights areas where poor mental health and mental stress are most prominent. The overall rate of poor mental health in Portland among adults is 11.8%, but ranges from a low of 9.1% for Islanders and 9.3% for residents of the Back Cove to a high of 17.5% in East Bayside and 14.5% in Deering Oaks. There is a range of 8.4 points in this measure compared to a range of 6.5 points in poor physical health.

Percent of Adults with 14+ days when mental health was not good



Child Health

Prenatal/Early Childhood

In Portland, the percentage of women that smoked during pregnancy is below the rate in Maine at a statistically significant level (6.2% vs. 14.5%), but is similar to that in Cumberland County (7.0%), which may be reflective of a lower smoking rate in Portland overall. The rate of infants who had ever been breastfed in Portland is lower than the Cumberland County and Maine rates (76% in Portland vs. 82% in Cumberland County and statewide); however, this difference is not statistically significant.

Just under 7% of babies in Portland are low birth weight and 8% are pre-term. In 77% of births, the mother received 80% of the expected prenatal visits, similar to the rate in Cumberland County and in Maine overall (80.6%). The percentages of women that have caesarean sections among low risk births, babies born with low birth weight, preterm births and births in which the mother received at least 80% of expected prenatal visits are statistically similar to those rates in Cumberland County and Maine overall.

Drug Affected Babies

In 2018, the Maine Department of Health and Human Services reported over 900 babies born as drug-affected. The percentage of all births ranged from a low of 3% in Cumberland County to a high of 16% in Washington County. The statewide average is 8%. The highest percentages of drug-affected babies are in the more rural counties:

- 16% in Washington County
- 15% in Oxford County
- 14% in Somerset County
- 13% in both Aroostook and Waldo counties

Childhood Screenings

Lead Screening

The rate of lead screening among children ages 24-35 months was 26.7% in 2016. This rate is not statistically different from that in 2011 and is similar to the 2016 statewide rate of 31%. The rate of lead screening for children 12-23 months is 51.8% compared to 53% statewide. However, in Portland, twice as many children that were screened had confirmed elevated blood levels compared to the state as a whole (4.5% vs. 2.2%).

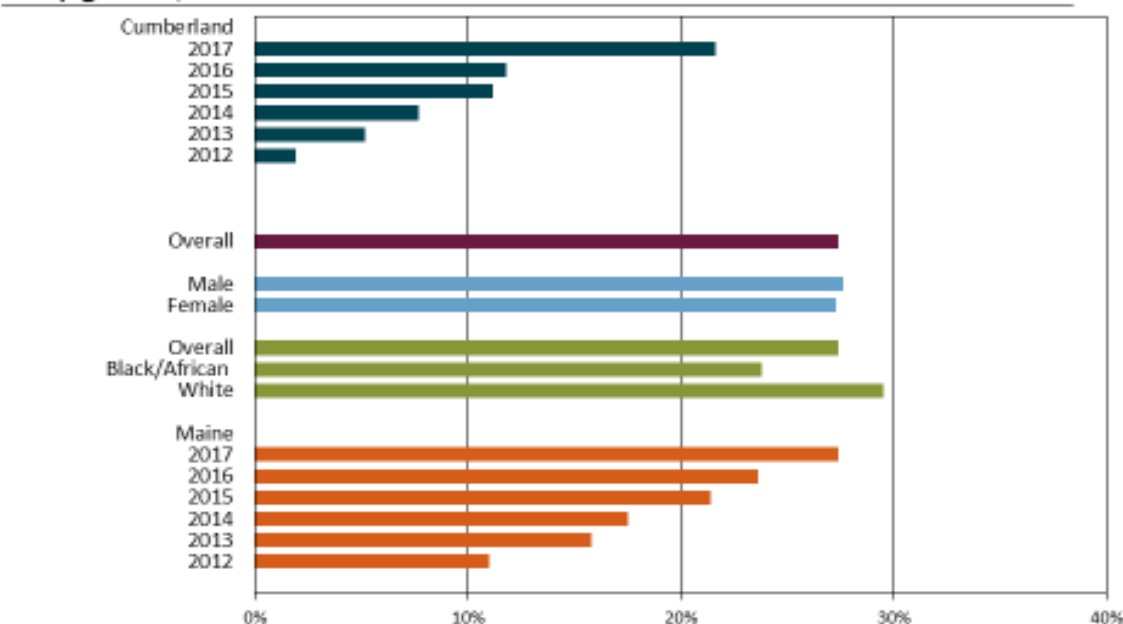
Developmental Screenings

The graphic below shows the percent of children who received developmental screenings in Maine and Cumberland County by year. The percent of those ages 0-3 with MaineCare that have been screened has been increasing both statewide and within Cumberland County, although the rate in Cumberland County is 22% compared to 27% statewide. The percentage of males screened is almost identical to the percentage of females screened. The percentage of whites screened is about 30% compared to 24% of blacks.

Developmental Screening- Maine & Cumberland County

Percent of MaineCare members aged 0-3 (2012-2017)

By gender, race statewide in 2017



MaineHealth

Nurturing Communities

The extent to which a community responds to and meets the needs of young children and their families

Youth Perceptions

There are a number of questions on the MIYHS that address Portland youth's perceptions of whether their community is nurturing or not. Although there were differences between Portland's data compared to that of Cumberland County and Maine, we have chosen to focus on data points where differences were statistically different in both comparisons. All Portland High Schools participated in the survey.

- The percentage of students reporting that they had been bullied on school property was significantly lower in Portland compared to Cumberland County and statewide (13% Portland, 19% Cumberland County and 89% statewide).
- The rates of agreement to the following statement in both Cumberland County and Portland were statistically above the statewide rate: In your community, do you feel like you matter to people? (64% Portland, 62% Cumberland County, 57% Maine)

Childcare/Preschool

Rigorous studies have consistently demonstrated that quality preschool education programs can meaningfully enrich early learning and development for children which, in turn, improves their school success and social behavior over the long term.

In 2018, Starting Strong worked with the Data Innovation Project at the University of Southern Maine to conduct research regarding preschool in Portland. The research examined 47 preschool locations in Portland. Of these locations, 29 were private center-based (62 percent), eight were home-based (17 percent), four were Head Start sites (nine percent), and six were within the Portland Public School system (13 percent). The majority (21) of the center-based sites have child care options for younger children in addition to a preschool program. Quality for ME, a Department of Health and Human Services voluntary program, has a rating system to evaluate the quality of early childhood education programs. A rating of four is the highest. Within Portland, 13 of the 29 (45%) centers have a Quality for ME rating, including eight centers with a rating of four. Of the home-based sites, five of the eight (63 percent) have a rating.

Preschool sites are scattered throughout the city, with a higher concentration of preschools on the peninsula and along Forest Avenue, toward Riverton and North Deering and down Woodford Street and Brighton Avenue toward Rosemont. The Reiche, Hall, Riverton, and Lyseth school neighborhoods have the most preschools. Presumpscot, East End, and Ocean Avenue school neighborhoods have the fewest.

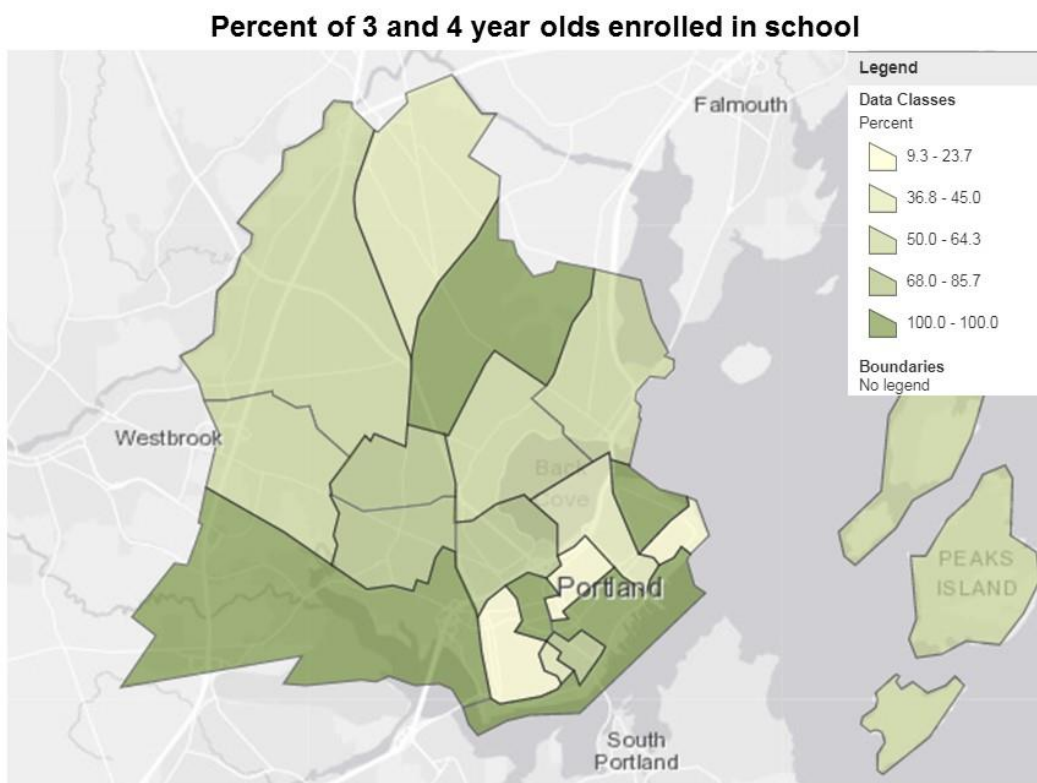
The research found that many children in Portland had a preschool experience, however the type of experience varied. Approximately three-quarters or 381 of Portland kindergartners (School Year 2017-18) attended some type of preschool programming. Approximately one quarter (26% or 133) had no prior school or program listed on their kindergarten enrollment form. Overall, 39% attended a private program, 24% attended the PPS Pre-K program, 6% attended Head Start, and 5% attended some other type of program (either out of state, another district in Maine or through CDS).

Common challenges in accessing the PPS Pre-K program and challenges regarding accessing preschool services in general were expressed by families. For parents, the hours of the PPS Pre-K program, transportation, acceptance into another program (mainly Head Start), and location were the main reasons for declining a space in the program. Another challenge related to the PPS Pre-K program was that the lottery system was difficult to navigate and leaves some families and providers with uncertainty in programming. Preschool providers reported that common access challenges for families related to schedule or work conflicts, financial issues, and care for other siblings. Less than half of preschool providers surveyed accepted child care vouchers or have some type of financial aid or scholarship. In all interviews with providers, the length of the program day was cited as an important factor for families and for students. Full-day programs and programs with both before and after care may align better with working families' schedules and provide more time for

developmentally appropriate practices like free play and outside time. Of survey respondents, the average monthly cost of preschool was \$980.

3-4 Year Olds in Nursery School

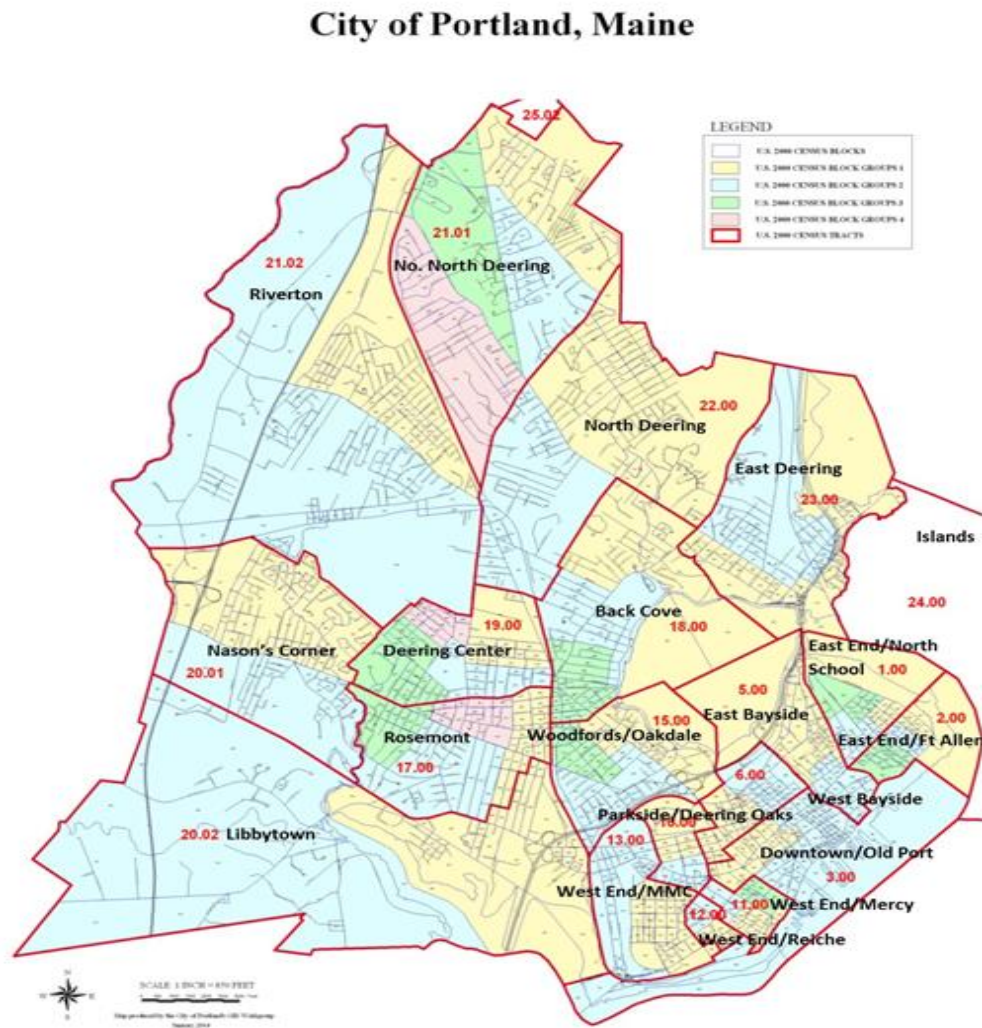
Portland estimated there were about 1800 3-4 year olds in the city. Of these children, 1300 or 72% were enrolled in nursery school, and there were actually a number of neighborhoods where 100% of the 3-4 year olds were enrolled in nursery school. These included East End, Downtown, Deering Oaks, Libbytown and North Deering. The neighborhoods with the lowest rate of nursery school participation were the West End (9%), West Bayside (16%), East End (24%) and North Deering (37%).



Appendix 1

Portland Neighborhoods

Portland is located on a peninsula in Casco Bay on the Atlantic Ocean bordering South Portland, Westbrook and Falmouth. It is made up of 20 census tracts representing distinct neighborhoods.



Munjoy Hill – East End/North School and East End/Ft. Allen (Tracts 2 and 3)

Munjoy Hill is on the eastern edge of the Portland peninsula overlooking Casco Bay and about a half mile from the heart of downtown. Decks and balconies on Munjoy Hill look out onto the Eastern Promenade, a scenic waterfront park with a small beach and bike path, a favorite of active Portlanders. Munjoy Hill is home to the Portland Observatory.

The historic signal tower was built in 1807 using both telescope and signal flags to allow for two-way communication between ship and shore. It is the only known surviving tower of its type in the U.S. The neighborhood historically had a large Irish and Italian American population. The Ft. Allen side of Munjoy Hill has one of the highest percentages (95%) of “English only” speaking residents. The East End/North School neighborhood has the lowest percentage of those reporting poor physical health.

Downtown/Old Port (Tract 3)

Downtown is the heart of Portland, running from High Street to Franklin Street, and from Cumberland Avenue down to Portland’s working waterfront. Downtown residents enjoy views of Portland’s picturesque brick cityscape, and coffee shops, restaurants, museums, galleries, and bookstores are conveniently located right outside their doorsteps. The downtown area had the highest percentage of poverty in those families with children under five and with those with children under 18.

East Bayside (Tract 5)

East Bayside is one of the most diverse, quickly growing neighborhoods in Maine and is bound by Franklin Street, Washington Avenue, Marginal Way, and Congress Street. East Bayside has the highest overall percentage of foreign born Portlanders of all ages along with the lowest percentage of “English only” speaking residents. East Bayside has the highest percentage of uninsured residents (21%) and the highest percentage of those reporting poor physical health (15%) and poor mental health (19%), and the highest percentage of those getting less than 7 hours of sleep per night (38%). East Bayside is home to Franklin Towers, a public housing complex with 200 senior and disabled apartments.

West Bayside (Tract 6)

West Bayside is a centrally-located neighborhood with easy access to the heart of the city. It is bordered by Marginal Way to the north, Franklin Street to the east, Congress Street to the south, and Forest Avenue to the west. West Bayside has the highest percentage of foreign born Portlanders under age 18 (39%) and the second highest percentage of foreign born when looking at all ages. Of all residents, 13% speak a language other than English. West Bayside has one of the lowest median household incomes in Portland (\$25,705).

Parkside/Deering Oaks (Tract 10)

Parkside is the area adjacent to Deering Oaks Park, a 55-acre grassy expanse in the center of the city which has nearly 1,000 trees, a pond, wading pool, playground, tennis and volleyball courts, and is also the site of the weekly Portland Farmers Market between the months of May and November. Of all residents, 13% speak a language other than English/have limited English. Parkside has one of the lowest median

household incomes in Portland (\$27,256). The percentage of foreign born residents who are not naturalized is 93%.

West End—Mercy, Reiche and MMC (Tracts 11, 12, 13)

The West End has tree-lined streets with single and multi-family homes.. The Western Promenade, a grassy walkway with views of the White Mountains and the Fore River, slopes down to the historic Western Cemetery, creating a natural boundary for the neighborhood. From the West End, Portland's downtown district is just a short walk away. The West End/Mercy neighborhood is small in area and has the lowest number of children under age three.

Woodfords/Oakdale (Tract 15)

Woodfords-Oakdale is centrally located, just northwest of the downtown area, but with quiet, tree-lined residential streets and easy access to several schools. This walkable, bike-friendly neighborhood extends to the Back Cove at its northeast edge, and includes the Portland campus of the University of Southern Maine.

Rosemont (Tract 17)

The family-friendly Rosemont neighborhood, with its small streets and older homes, is tucked between Deering Center to the north and Libbytown to the south. It has the second highest median household income (\$70,602) in Portland, one of the highest median monthly housing costs (\$1,382) and one of the lowest percentages of uninsured (8.6%).

Back Cove (Tract 18)

Back Cove is the neighborhood adjacent to the tidal basin on the northern side of Portland, bordered by a popular running trail and Baxter Boulevard. Quiet residential streets branch out from the Boulevard like spokes, and three-story Victorians intermingle with ranch houses with tidy, fenced-in yards. The Back Cove neighborhood has the lowest percentage of uninsured residents (8.4%) in continental Portland and one of the lowest percentages of those getting less than seven hours sleep per night (29%).

Deering Center (Tract 19)

Deering Center is situated between Brighton Avenue, Woodford Street, Forest Avenue, and Walton Street. The neighborhood is home to many schools, including Longfellow Elementary, Lincoln Middle School, and Deering High School, as well as the historic Evergreen Cemetery and Baxter Woods nature preserve.

Nason's Corner (Tract 20.01)

Nason's Corner includes the areas on both sides of outer Brighton Avenue starting at Wayside Road out to Westbrook. The area is sandwiched between the two largest green spaces in the city, Evergreen Cemetery and the Fore River Sanctuary, and also contains Capisic Pond Park and the Capisic Brook Trail. Nason's Corner is home to Sagamore Village, one of the larger public housing locations with 200 family apartments. Nason's Corner has the highest number of single parent families (160).

Libbytown/Stroudwater (Tract 20.02)

Libbytown is a convenient neighborhood on the southern edge of Portland, bordered by the Fore River and South Portland, and is close to the Portland Transportation Center and the interstate highway. Libbytown is home to recreational facilities including the Kiwanis Pool and the Dougherty Field Skate Park. Libbytown has one of the smallest number of children under three (n=20) and children ages three to four (n=9).

North Deering/ North North Deering (Tract 22, 21.01)

North Deering is a large residential neighborhood on the northeastern edge of Portland, bordered on the west by train tracks, and on the east by the town of Falmouth. North Deering is home to some of Portland's oldest houses, spared from the fire that burned much of the city in the 19th century, as well as the 48-acre Presumpscot River Preserve. North Deering has one of the highest number of children under three (200) and the highest number of grandparents who are responsible for their grandchildren (58). North Deering has one of the lowest percentages of families with children under 18 living in poverty. The North/North Deering census tract has the highest median household income in Portland (\$79,508) and the highest median monthly housing cost (\$1,580).

East Deering (Tract 23)

East Deering is Portland's easternmost neighborhood, situated between Munjoy Hill, North Deering, and the town of Falmouth. This economically diverse, comfortable suburban neighborhood provides unmatched views of Casco Bay and Mackworth Island from many of its homes. It's also home to the 47-acre Payson Park.

Riverton (Tract 21.02)

Riverton is a geographically large neighborhood in the northwest corner of Portland, bordered by the town of Westbrook. Riverton is home to a branch of the Portland Public Library, the Riverton Community Pool, the one-and-a-half mile Riverton Rail Trail, and Riverside Golf Course. Riverton had the highest number of women who had given birth in the last 12 months (84), the most number of children under age three (n=268), the most number of three to four year olds (n=218) and the largest average family size (3.45) of all census tracts.

Islands (Tract 24)

Peaks Island is one of over 200 islands in Casco Bay and is just an 18-minute ferry ride from downtown Portland. The island is home to many artists, writers, and educators. There is a public elementary school on the island, and Peaks Island students attend King Middle School and Portland High School. The island is home to around 900 year-round residents, and the population blossoms to 2,000-4,000 in the summertime. The island has the lowest percentage of foreign born residents, the highest percentage of residents who are “white alone” (98.1%) and the highest percentage of those that speak only English (95%), making it the least diverse area of Portland. Peaks Island has the lowest percentage of residents reporting poor mental health (9%).

List of Data Sources/References

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