

# Midcoast Maine Community Action

## Community Needs Assessment 2019

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## EXECUTIVE SUMMARY

Midcoast Maine Community Action Head Start serves Sagadahoc County, Lincoln County and the towns of Brunswick, Freeport, Harpswell and Pownal in northern Cumberland County. The area contains a diverse combination of communities some experiencing economic prosperity and other places struggling with poverty and declining opportunities. The profile of these communities mirror many of the same strengths and challenges experienced by other residents of our state. Maine is considered an aging state, with 19 percent of the population being 65 years old and older, which is also reflected in many of our communities. The economic prosperity of people in our state depends on sustaining income levels equal to the increasing cost of housing, health care, and affordable child care. Even though our state-wide unemployment levels have been the lowest in recent years, many families are still struggling with basic food and shelter needs largely due to the disparity between minimum wage incomes compared to increasing housing cost burden.

The Early Head Start and Head Start programs serve the lowest economically and most desperate populations in our communities. These families depend on social service programs which have been impacted by decreases in funding. Along with daily challenges of nutritional scarcity and dependable shelter many of our most struggling communities also face health issues such as the impact of a continued substance abuse epidemic along with a growing proportion of preschool children identified with social and emotional disabilities.

The following report reviews a wide variety of economic, health, and environmental indicators that provide a profile of the whole communities' needs as well as particular attention to the specific challenges experienced by the Head Start population.

### MAJOR FINDINGS:

#### Demographics

- MMCA's total service area is defined as 68% rural. Lincoln County is 100% rural and the greater Brunswick area is 70% urban.
- Maine had a 4.19% increase in population from 2010 to 2016. The US had 9.75% population increase for the same period. MMCA's service area had a 1.75% population increase during that period; lower than both the state and the nation.
- All counties in MMCA's service area experienced a decrease in the birth rate from 2009 to 2018 ranging from a high of 27% in Sagadahoc County to a low of 4% in both Cumberland and Lincoln Counties.
- All counties in MMCA's area experienced minimal population gains from 2012 to 2016; Cumberland County had a .1% population gain, Lincoln County a 2.5% gain, and Sagadahoc County a .2% gain.
- Data shows that the population increases were somewhat dependent on in-migration of families/individuals from abroad.
- MMCA's service area is 96% Caucasian.

#### Age Cohorts

- The 0-4 age group increased from 2013 to 2016 5% in MMCA's service area.
- The 0-4 age group for MMCA's service area was 4% of the total population (2012-2016) while the 0-4 age group accounted for 5% of Maine's population and 6% of the US population.

- The age group greater than 45 years of age accounts for 48% of the total population for MMCA's service area; for Lincoln County the 45 and older age group accounts for 56% of the county's population.
- The population of 65 and over accounts for 25% of the total population in Lincoln County; 16% in Cumberland County and 19% in Sagadahoc County.

#### Family Composition

- 27% of all occupied households in the report area are family households with one or more child(ren) under the age of 18.
- 23% of households with children are single mothers. Women are twice as likely as men to be a single parent household.
- Children under 6 are the largest proportion of children under the care of grandparents when a parent or parents are present – 38.1%.
- For children 12-17 years old, 41.2% are in the care of Grandparents without a parent/parents present in the household.

#### Limited English

- Brunswick also has the highest incident among our other communities population aged 5 and older who speak a language other than English at home and speak English less than "very well" at 1.6%.
- Sagadahoc County has the lowest percent of the population in MMCA's service area with limited English at .67%.

#### Food Insecurity

- Food insecurity is defined by the USDA as the inability to meet food needs during at least 7 months of the year.
- According to Feeding America, approximately 183,000 Mainers, including one in five children (20%), are facing hunger.
- 13% of the total population in MMCA's service area experiences food insecurity; Maine's total food insecure percentage of the population is 14%.
- Children under 18 years old are more likely to be food insecure. In Cumberland County 17% of children under 18 are food insecure; in Lincoln County the percentage is 21%; in Sagadahoc County the percent is 19%.
- In MMCA's service area, 35% of children facing food insecurity are likely not income eligible for federal nutrition assistance.

#### Access to Food & Nutrition

- In the town of Brunswick in Cumberland County 18 percent of the low income population has limited access to supermarkets and small grocery stores; for Maine 12% of the low income population has limited access.
- The number of SNAP-authorized grocery stores (Supplemental Nutrition Assistance Program) also determines low-income populations' access to food/nutrition. In Brunswick there are 17 stores; Lincoln County 14 stores, and Sagadahoc County 9 stores.
- The number of WIC-approved stores also determines low-income families' access to nutritious food. The number of WIC-authorized stores in Lincoln and Sagadahoc Counties is 5 stores and 4 stores respectively.
- 45% of children in Lincoln County are eligible for free and reduced hot lunch. The eligibility rate in the other service areas is lower than the state-wide eligibility percent of 47%.

## Head Start Population

- The rate of homelessness more than doubled for participants in both programs from 2015 to 2017 (Head Start 6% to 13% and Early Head Start 4% to 11%). The rate for both cohorts during these years is above the National level (Head Start 4% and Early Head Start 8%). For more information on homelessness see page 19.
- The rate of children in foster care also increased in both programs since 2015 and is also at or above the national level. The rate for Early Head Start increased from 4% to 11% and the rate for Head Start increased from 1% to 3%. This rate more than doubled in 2017 for children in the Head Start Program.
- The Head Start population in PY 2016 had 10% more children with IEP's than the National average of 13%.
- English as a primary language, and have previous enrollment in head start programs.
- Fewer Early Head Start children had health insurance, a medical home, and a dental home from program year 2015-2016 to 2016-2017.

## Child Care

- A search was conducted of licensed facilities in our service area that would admit children 0-4 years of age. In Lincoln County there was only one Licensed Family Child Care Home and One Child Care Center serving infants, toddlers, and preschool age children.
- There is difference between total capacity and children needing childcare in all counties in MMCA's service area. In 2017 Cumberland County has 1,665 children and total capacity in the 9 licensed day care facilities of 1,008; Lincoln County had 1348 children and 2 licensed childcare facilities serving 949 children; and Sagadahoc County had 1810 children needing childcare and 12 childcare facilities serving 1334 children.
- According to the 2018 Maine Child Care Facts report by Child Care Aware of Maine, statewide data indicates that 20% of working mothers in the state have children under Age 6 and 9% have infants under one year old.
- Annual average cost for one child is \$10,360 in both Sagadahoc County and Lincoln County.
- Single-parent workers have more hours per week that they need non-parental care to support parental employment than do two-worker households. The need for non-parental care to support parental employment during non-standard hours occurs primarily for single-parent workers, and more for those with lower incomes.
- Child-level estimates describing the parental work schedules of children under 5 years old. Single parent workers across all incomes work an average 10 non-standard hours per week. Not only do the number of work hours matter, but also their timing. This is especially true for parents of young children, who will require non-parental care arrangements for children when parents are not available.

## Housing and Homelessness

- Community most impacted: The highest disparity of median income to median home price is in the town of Harpswell where the purchase price would require 149% of the median income which is \$75,000 and the median home price is \$400,000. The highest disparity of median income to the average rental cost of a 2 bedroom is in Sagadahoc County where 108% of a median income is required for an average priced 2 bedroom rental. Sagadahoc County has second highest average 2 bedroom rental cost in our service area.
- Affordability Home Ownership: All service areas have a Homeownership Index ratio of less than 1. The Homeownership Affordability Index is the ratio of Home Price Affordable at Median Income to Median Home Price. An index of less than 1 means the area is generally unaffordable - i.e., a household earning area

median income could not cover the payment on a median priced home (30 year mortgage, taxes and insurance) using no more than 28% of gross income. In Lincoln County and Sagadahoc County the purchase of a home requires 107% of a median income which is similar to the state wide average. Based on median incomes earned and cost of median home purchase price, over 50% of households across the entire service area are unable to afford home purchase.

- Affordability Rental: All service areas have a Rental Index ratio of less than 1. The Rental Affordability Index is the ratio of 2-Bedroom Rent Affordable at Median Renter Income to Average 2-Bedroom Rent. An index of less than 1 means the area is generally unaffordable – i.e., a renter household earning area median income could not cover the cost of an average 2-bedroom apartment (including utilities) using no more than 30% of gross income. 46% of households in our service area are unable to afford an average priced 2 bedroom rental.
- Availability: In the past 5 years the number of available 3 bedroom rental units has decreased slightly in both Harpswell and across Sagadahoc County. The vacancy rate of the total housing units in the service area is similar to the state-wide rate except in the Lincoln County area where the vacancy rate at 36% exceeds the Maine percentage of 24%. Lincoln County has a significantly higher proportion of rental units vacant compared to vacant houses on the market for sale.
- Maine has the 8th oldest housing stock in the nation based on the percentage of homes built prior to 1939. More rental housing stock was built prior to 1980 than single family homes. Older homes pose greater health risks, and are of lower quality in terms of safety and efficient heating. The use of home heating fuel by tenure suggests a reason why renters are more cost burdened. Renters are unable to rely on fuel alternatives and often use expensive electricity. Over 41% of the houses in our services area were built prior to 1960 which is slightly older than the state-wide average.
- Housing cost burden for both rental and homeownership: In our service area roughly 30% of households expend up to a third of the total income on housing costs. The state-wide rate is similar. Rental households within our service area are approximately 12% more likely than owner-occupied house to have housing expenses exceed 30% of income.
- Homeless: Since the 2015/16 schools providing information in both Lincoln and Sagadahoc Counties indicate an increased rate of homelessness within the McKinney Vento guidelines. In 2013 the rate of children under 6 experiencing homelessness was one in 36 and a similar calculation in 2015 found the rate had increased to one in 43. The number of *children under 6* served by McKinney-Vento Homeless Subgrants doubled between school years 2013 and 2015 according to the Maine DOE Consolidated State Performance Report. The Early Childhood Homelessness report concludes that DOE reporting “*significantly underestimates the prevalence of homelessness during the early-child hood period*” because the data doesn’t capture children 3 and younger. Also since the reporting source is limited to public school early childhood programs the data also don’t capture unenrolled children. The 2015 Maine DOE report indicated that doubled up or sharing housing is the most frequently reported nighttime residence for homeless children served with McKinney Vento subgrants.

## Transportation

- Community with longest travel distance required: Sagadahoc had the highest percentage of workers traveling 35-60 minutes. Lincoln had the highest percentage of workers traveling more than hour for work.
- The rural nature of our service demographic requires this expense for most households so a lack of transportation is a significant barrier to both employment and receiving social services. Public

transportation is not an available option. Maine commuters use public transportation to commute to work less than one percent of the time and the working population on average in our service area is even less likely to access this commuting option.

- The percentage of household with no motor vehicle in our service area is 5%. Within our service area, Brunswick reports the highest percentage of households without a motor vehicle.
- Rental households compared to owner occupied households are about twice as likely not to own a motor vehicle.

#### Poverty:

- In our service area 10% of the general public is living in households with incomes below 100% of the Federal Poverty Level and 27% of the general public is living in households at or below 200% of the Federal Poverty Level.
- Community with highest prevalence is: Lincoln County has the highest rate of children living in poverty at both the 100% and 200% of the Federal Poverty Level, which is also higher than our state-wide averages. Lincoln County also has consistently experienced the highest rate of poverty since 2012 in our service area.
- Children under the age of 5 have a higher rate of poverty than either children under 17 or the general public.
- Family Composition: 23% of households with children are single mothers. Single women with children in our service area have one third the median income as compared to single males with children. The lowest median income for single female households with children is reported in Sagadahoc County at \$21,184. Annual average child care cost for one child is \$10,360 in both Sagadahoc County and Lincoln County.
- Lincoln County median income in 2016 of \$53,515 is lower than other service area median incomes for 2014. Sagadahoc County median income only grew 1.3% from 2014-2015.
- Unemployment has decreased but median household incomes have not increased. Maine's unemployment rate has been below 4.0% for 32 consecutive months, the longest period on record, according to the Maine Department of Labor. Unemployment was lowest in Sagadahoc County (2.6%).
- A contributing reason beyond single-parenthood for the number of Maine children who live in poverty is the State's welfare changes in 2012 limited families to receiving a total of five years of assistance from the federal-state program called TANF. The changes cut at least 1,500 needy families off the program. Those families, according to University of Maine social work professor Sandra Butler, included "an estimated 2,700 children." More families will be cut off in subsequent years when they reach the five-year limit. <http://www.sunjournal.com/rise-single-parenthood-fuels-family-poverty-maine>
- The percentage of households with public assistance income within our service area is 3% which is slightly higher than the state-wide rate.
- Our service area average percentage of insured population receiving Medicaid is at 17% however Lincoln County has a rate of 23%. Within our service area 37% of the insured population under 18 years old is receiving Medicaid where the same age demographic in Lincoln County is 43%.
- Lincoln County has the highest percentage in the service area of households receiving SNAP benefits with a rate of approximately 13%.



## Education

- The average high school graduation rate in our service area increased from 2013 to 2015.
- Brunswick High School and Wiscasset High Schools both experienced a decline in graduation rates during that time period. Also of note, Wiscasset High School experienced a spike in dropout rates for the 2015/16 school year.
- Since 2010 low-income students across Maine have consistently experienced a 10% lower graduation rate.
- The significant comparisons of advanced degrees within separate communities in our service area include; Lincoln County has a 10% lower percentage for Associates degrees than other two counties; Cumberland County has a slightly higher percentage of Bachelor degrees; and the gender ratio of not having a high school diploma is most significant in Sagadahoc County where approximately twice as many males than females fail to complete a high school diploma.
- The fourth grade reading scores in Maine from 2012-2016 show a decreasing percent of students testing at the proficient or higher level.

## Social Emotional Support

- The lack of social or emotional support indicator is relevant because social and emotional support is critical for navigating the challenges of daily life as well as for good mental health.
- The percentage of adults 18 years and older that report they lack this type of support is below the state-wide rate for Cumberland and Sagadahoc County, however in Lincoln County the percentage is 17% which is slightly higher than the state-wide rate.

## Health Issues

- In a health rankings for the 16 Maine counties, Lincoln County falls behind both Cumberland and Sagadahoc County. Health outcomes in the County Health Rankings represent how healthy a county is. Health outcomes are measured: how long people live (length of life) and how healthy people feel while alive (quality of life). Cumberland Ranks 1<sup>st</sup> in the state and Sagadahoc Ranks 2<sup>nd</sup>. Lincoln ranks 9<sup>th</sup> a loss in standing from 5<sup>th</sup> in 2016.
- Identified Disabilities Ages 0-4: The largest category of disability identified for children since 2016 is Speech and Language Impairment. Sagadahoc County reported number of children already in 2018 identified with a Developmental Delay is 12 which has surpassed the number identified in all of 2017. Sagadahoc County leads our service areas in the number of children identified with this diagnosis. The Cumberland County Area has experienced the highest prevalence of Autism identifications since 2016 and currently so far in 2018 has more than double the amount of cases reported compared to the other Counties.
- Access to Health Care: Lincoln County has the lowest rate of both Dentist and Mental Health providers per 100,000 population in our service area. Sagadahoc County has the lowest rate of primary care providers per 100,000 in our service area.
- Low Birth Weight: Percent of Birth less than 5lbs. 8oz, Highest rate: Lincoln County
- Infant Mortality Rate : 2014-2016 Highest rate: Lincoln County
- Babies Born Exposed/Affected to Substances : 2015-2017 Highest Rate: Lincoln County
- Teen Birth: average rate of total births to women age of 15 - 19 per 1,000, Highest Rate: Sagadahoc County

- Drug Overdoses: The rate of drug overdose deaths increased in both Cumberland and Lincoln Counties but remained flat in Sagadahoc County from 2017 to 2016.
- This indicator reports the percentage of population with insurance enrolled in Medicaid (MaineCare). Our service area percentage of insured population receiving Medicaid is at 17% however Lincoln County has a rate of 23%. Within our service area 29% of the insured population under 18 years old is receiving Medicaid compared to same age demographic in Lincoln County is 43%. The rate of uninsured population has remained flat in Lincoln County since 2016.

## Physical Environment

### Air Quality

- This indicator is relevant because poor air quality contributes to respiratory issues and overall poor health. Maine's air quality continues to improve. The air quality indicator is based on ozone levels averaged over an eight-hour period in parts per billion.
- In 2015, 28 days were classified as moderate and four were classified as unhealthy for sensitive groups.
- In 2017, 34 days were classified as a health risk (28 as moderate, 6 as unhealthy for sensitive groups and others).

## ASSESSMENT PROCESS

Methods used to conduct this assessment include extensive statistical and research reports from both State of Maine departments and privately run agencies. Unless otherwise noted, all data comes from the Community Commons' Community Health Needs Assessments online tool, assessed April, 2018, which include 5-year averages for 2011-2016. Individual town data was added to these calculations to establish a more accurate services area, the data was compiled from the US Census Bureau American Fact Finder, <https://factfinder.census.gov/faces/nav/jsf/pages/index.xhtml>. Our service area covers the entire area of both Sagadahoc and Lincoln County, however only a portion Cumberland County demographic is included in our catchment area. When town level data in Cumberland County is available the description for the indicator is described as Cumberland County Area, otherwise total county wide data is used and the description will indicate Cumberland County. Demonstrating data comparisons between communities and with state and national norms has been improved by rounding decimal data to whole numerical values without any significant impact on the evaluation of the content.

## DEMOGRAPHICS

### Service Area

The service area includes all of Lincoln and Sagadahoc County and the towns of Harpswell, Pownal, Freeport, and Brunswick, all in the northern section of Cumberland County. A total of 104,121 people live in the 953.59 square mile report area defined for this assessment according to the U.S. Census Bureau American Community Survey 2012-2016 5-year estimates. The population density of 109 is significantly higher than the state per square mile density of 43 and also greater than the national average of 90. The service area is defined as 68% rural. Lincoln County has no territory that qualifies as urban and Sagadahoc County is over 60% rural. The Brunswick population is 70% urban.

### Population

Total Population	Total Population	Total Land Area (Square Miles)	Population Density (Per Square Mile)
Report Area	104,121	954	109
Lincoln County	34,457	456	75
Sagadahoc County	35,293	254	139
Towns in Cumberland	35,490	251	141
Maine	1,329,923	30,844	43
United States	318,558,162	3,532,069	90

### Changes in Total Population

According to the United States Census Bureau Decennial Census, between 2010 and 2016 the population in the report area grew by 1,806 persons, a change of 1.75%. The growth was lower than both Maine and national averages.

Change in Total Population	Total Population, 2010 Census	Total Population, 2016 estimate	Percent Change, 2000-2016
Report Area	103,280	105,086	1.75%
Cumberland Area	34,371	35,490	3.26%
Lincoln County	33,616	34,204	1.75%
Sagadahoc County,	35,293	35,392	0.28%
Maine	1,274,924	1,328,361	4.19%
United States	280,405,781	307,745,539	9.75%

Maine Department of Health and Human Services, Maine Center for Disease Control and Prevention report, Total Live Births by Residence County and Year 2009-2018 indicates a decrease in birth rate for all Maine counties with the exception of Washington County. Over that time period, Sagadahoc had a decrease in birth rate of 27% while Cumberland and Lincoln Counties each had a 4% decrease.

Area	Live Births 2009	Live Births 2018	Decrease	Percent Decrease
Cumberland	2824	2713	111	4%
Sagadahoc	421	309	112	27%
Lincoln	298	285	13	4%
Knox	391	313	78	20%
Waldo	393	361	32	8%
Maine	13466	12300	1166	9%

Other factors to consider in population change are the in- and out-migration. From 2012 to 2016 for all three counties in MMCA's service area, there were more people moving into the three counties than left the counties. However the net population gain was minimal in all three counties with .1% for Cumberland, 2.5% for Lincoln, and .2% for Sagadahoc.

The in-migration of populations from abroad for all three counties was higher than the net population change. Cumberland County had an in-migration from abroad of 11% for the period of 2012 to 2016; Lincoln County had in-migration from abroad of 5% and Sagadahoc County in-migration from abroad of 2%.

<b>2012-2016 Population Migration IN and OUT</b>	<b>Total Population</b>	Population In- Migration	Percent Population In-Migration	Percent Population In- Migration From <b>Abroad</b>	Population Out- Migration	Percent Population Out- Migration	Net Population Migration	Percent Change
Cumberland County	<b>285,656</b>	17,698	6%	11%	17,330	6%	368	.1%
Lincoln County	<b>33,837</b>	1,681	5%	5%	826	2%	855	2.5%
Sagadahoc County	<b>34,752</b>	2,584	7%	2%	2,510	7%	74	.2%

### Gender and Race

From 2000 to 2010, the male population increased at a higher percent than the female population is slightly higher than male population across the entire service area and is similar to Maine in general. The population in the service area and Maine in general is predominately Caucasian.

Population Change (2000-2010) by Gender	Male Population Change Total	Male Population Change, Percent	Female Population Change Total	Female Population Change, Percent	Total Population by Race Alone Percent	White	Black
Report Area	8,414	5.19%	8,568	4.98%	Report Area	<b>96%</b>	<b>1%</b>
Cumberland County	8,095	6.30%	7,967	5.81%	Cumberland Area	95.7%	1.4%
Lincoln County	510	3.11%	331	1.92%	Lincoln County	97%	0.15%
Sagadahoc County	-191	-1.11%	270	1.51%	Sagadahoc County	96%	0.73%
Maine	29,747	4.80%	23,691	3.62%	Maine	94.8%	1.2%

### Population Age 0-17

For Maine as a whole, since 2012, the age group 5 - 17 continued to decline each year. At a county level, the age group 0-4 increased from 2013 to 2016.

### Children by age group 2013-2016

<b>Location</b>	<b>Age group</b>	<b>2013</b>	<b>2014</b>	<b>2015</b>	<b>2016</b>
Cumberland	Under 5 years old	13,978	14,129	14,457	14,733
Lincoln	Under 5 years old	1,389	1,389	1,354	1,389
Sagadahoc	Under 5 years old	1,675	1,631	1,362	1,768

[Maine Kids Count Data 2017](#) Updated April 2018

The demographic for 0-4 year old population in the service area is 4% which is slightly lower than the state-wide percentage of 5% and lower than the National percentage of 6%. The 5-7 year old population for the service area is similar to the state average but at 13% sits lower than the National average of 17%.

Total Population by Age Groups 2012-2016	Age 0-4	Age 5-17
Report Area*	<b>4%</b>	<b>13%</b>
Cumberland County	5%	15%
Brunswick Maine*	4%	13%
Lincoln County	4%	13%
Sagadahoc County	5%	14%
Maine	5%	15%
United States	6%	17%

\*Brunswick town data substituted for entire Cumberland County data used for calculation purpose due to proportion of Cumberland county population in the service area. Data Source: US Census Bureau, American Community Survey. 2012-16

### Age Cohorts

Approximately half the age demographic for our service area is older than 45 years old which is similar to the state-wide rate. Lincoln County has the largest percent of population over the age of 65.

Total Population by Age Groups, Percent	Age 0-4	Age 5- 17	Age 18- 24	Age 25- 34	Age 35- 44	Age 45- 54	Age 55- 64	Age 65+	% Over 45
Report Location	5%	14%	9%	12%	12%	15%	15%	17%	48%
Cumberland County	5%	15%	9%	13%	12%	15%	14%	16%	46%
Lincoln County	4%	13%	7%	9%	10%	14%	17%	25%	56%
Sagadahoc County	5%	14%	7%	11%	12%	15%	16%	19%	51%
Maine	5%	15%	9%	11%	12%	15%	16%	18%	49%

### Family Composition

As defined by the US Census Bureau, a family household is any housing unit in which the householder is living with one or more individuals related to him or her by birth, marriage, or adoption. According to the most recent American Community Survey estimates, 27% of all occupied households in the report area are family households with one or more child(ren) under the age of 18 and 23% of households with children are single mothers. Women are twice as likely as men to be a single parent household.

Families with Children	Total Households	Total Family Households	Percent of Total Households
Report Area	148,505	91,788	27%
Cumberland County	117,871	72,298	28%
Lincoln County	15,021	9,676	21%
Sagadahoc County	15,613	9,814	24%

### Households with Children by Composition and Relationship to Householder, Percentage of Total Households

Report Area	All Household Types	Married Family Households	Single-Male Family Households	Single-Female Family Households	Non-Family Households
Report Location	26.72%	17.64%	2.71%	6.22%	0.16%
Cumberland County, ME	27.69%	18.41%	2.61%	6.54%	0.13%
Lincoln County, ME	21.86%	13%	3.09%	5.38%	0.39%
Sagadahoc County, ME	24.11%	16.29%	3.08%	4.56%	0.19%
Maine	26.15%	16.61%	2.9%	6.28%	0.36%
United States	31.98%	20.66%	2.71%	8.32%	0.3%

Often Grandparents are the responsible householder for grandchildren. Data available for Northeast states show that many Grandparents are responsible for children under the age of 17 years old whether or not the parent(s) are also in the home. Children under 6 are the largest proportion of children under the care of grandparents when a parent or parents are present – 38.1%. For children 12-17 years old, 41.2% are in the care of Grandparents without a parent/parents present in the household.

% of Children taken care of by Grandparents

	With Grandparent Responsible	
	Total	No Parent Present
<6 years old	38.1%	25.1%
6-11 years old	34.5%	33.7%
12-17 years old	27.5%	41.2%

Data Source: US Census Bureau, American Community Survey. 2012-16. CARES Engagement Network accessed July 2018

### Population with Limited English

Brunswick has a higher percentage in our service area of children living in limited English speaking households. A “Limited English speaking household” is one in which no member 14 years old and over (1) speaks only English at home or (2) speaks a language other than English at home and speaks English less than “Very well.” This indicator is significant as it identifies households and populations that may need English-language assistance. Brunswick also has the highest incident among our other communities population aged 5 and older who speak a language other than English at home and speak English less than "very well" at 1.6%. Sagadahoc County has the lowest percent of the population in MMCA’s service area with limited English at .67%. The percent of population in Maine with limited English is 1.66%. This indicator is relevant because an inability to speak English well creates barriers to healthcare access, provider communications, and health literacy/education.

Population with Limited English Proficiency	Population Age 5+	Population Age 5+ with Limited English Proficiency	Percent Population Age 5+ with Limited English Proficiency
Report Area	339,971	8,316	1.21%
Brunswick Maine*	19,620	314	1.60%
Lincoln County, ME	32,817	451	1.37%
Sagadahoc County, ME	33,324	224	0.67%
Maine	1,264,777	21,008	1.66%
United States	298,691,202	25,440,956	8.52%

## NUTRITIONAL NEEDS

### Food Insecurity

Food insecurity is measured annually by the U.S. Department of Agriculture Economic Research Service using U.S. Census data. According to Feeding America, approximately 183,000 Mainers, including one in five children (20%), are facing hunger. Food insecurity is defined by the USDA as the inability to meet food needs during at least 7 months of the year. The children in Lincoln County are 8% more likely than the general population to experience food insecurity. In Cumberland County the difference between food insecurity for the total

population and for children is 4% (13% for total population and 17% for children) and in Sagadahoc County the difference is 7%.

Area	Food Insecurity rate total population	Population under 18 years old	Child food insecurity rate	# estimated food insecure children	<sup>2</sup> Food insecure children <u>likely</u> income eligible for federal nutrition assistance	<sup>2</sup> Food insecure children <u>likely</u> not income eligible for federal nutrition assistance
Cumberland	13%	56,620	17%	9,760	55%	45%
Lincoln	13%	5,900	21%	1,220	77%	23%
Sagadahoc	12%	6,784	19%	1,300	62%	38%
Report Area	13%	23,101	19%	4,093	65%	35%
Maine <sup>3</sup>	14%	254,951	20%	50,520	64%	36%

Map the Meal Gap 2018:<sup>1</sup>Child Food Insecurity in Maine by County in 2016 <http://map.feedingamerica.org/county/2016/overall/maine>  
 Gundersen, C., A. Dewey, A. Crumbaugh, M. Kato & E. Engelhard. Map the Meal Gap 2018: A Report on County and Congressional District Food Insecurity and County Food Cost in the United States in 2016. Feeding America, 2018. This research is generously supported by The Howard G. Buffett Foundation and Nielsen. <sup>2</sup>Numbers reflect percentage of food insecure children living in households with incomes at or below 185% of the federal poverty guideline for 2016. Eligibility for federal child nutrition programs is determined in part by income thresholds which can vary by state. <sup>3</sup>Data in the state totals row do not reflect the sum of all counties in that state. The state totals are aggregated from the congressional districts data in that state

### Access to Food and Nutrition

Access to nutritional food impacts family and child health. There are four measures used to determine if an area has adequate access to nutritional food.

One food access indicator is the designation of food deserts which indicate lack of access to retail food establishments that provide fresh food options. Low food access is defined as living more than ½ mile from the nearest supermarket, supercenter, or large grocery store. Grocery stores are defined as supermarkets and smaller grocery stores primarily engaged in retailing a general line of food, such as canned and frozen foods; fresh fruits and vegetables; and fresh and prepared meats, fish, and poultry. Included are delicatessen-type establishments; convenience stores are excluded.

In our service area Sagadahoc County has the highest concentration of food desert population. This indicator is relevant because it provides a measure of healthy food access and environmental influences on dietary behaviors. At a rate of 20 grocery stores per 100,000 population Sagadahoc County has the lowest rate than our other service areas and is below both state and national levels. Lincoln County and Cumberland County both have rates of approximately 26 grocery stores per 100,000 population which match the state-wide rate. Maine's rate of 26 is slightly higher than the national average of 21.

### Access to Grocery Stores

Food Access - Grocery Stores	Total Population	Number of Establishments	Establishments Rate per 100,000 Population
Report Area	351,424	92	26
Cumberland County	281,674	76	30
Lincoln County	34,457	9	26
Sagadahoc County	35,293	7	20
Maine	1,328,361	358	27
United States	312,846,570	66,284	21

Another indicator of healthy food access compares low income population's accessibility to healthy retail food stores. In the town of Brunswick in Cumberland County 18 percent of the low income population has limited access to supermarkets and small grocery stores; the rate is both higher than other communities in our service area and is also higher than our state wide rate.

#### Low-Income Access to Grocery Stores

Food Access - Low Income & Low Food Access	Total Population	Low Income Population	Low Income Population with Low Food Access	Percent Low Income Population with Low Food Access
Report Area	351,424	93,671	14,845	16%
Cumberland County	281,674	71,503	13,077	18%
Brunswick Maine*	20,278	8,823	1,562	18%
Lincoln County	34,457	12,534	476	4%
Sagadahoc County	35,293	9,634	1,292	13%
Maine	1,328,361	458,747	53,897	12%

The third indicator reports the number of SNAP-authorized (Supplemental Nutrition Assistance Program) food stores at a rate per 10,000 population. SNAP-authorized stores include grocery stores as well as supercenters, specialty food stores, and convenience stores that are authorized to accept SNAP benefits. Brunswick has the lowest access to SNAP approved food stores. The Brunswick SNAP-Authorized Retailers rate of 8 per 10,000 population is below the Maine rate of 12.

#### SNAP-Authorized Retailers

Food Access - SNAP-Authorized Food Stores	Total Population	Total SNAP-Authorized Retailers	SNAP-Authorized Retailers, Rate per 10,000 Population
Cumberland County	281,674	248	9
Brunswick Maine*	20,278	17	8
Lincoln County	34,457	41	12
Sagadahoc County	35,293	9	9
Maine	1,328,361	1,541	12

The fourth measure of food access is the number of WIC-approved stores in an area. Sagadahoc County has the lowest access to WIC-approved stores with a rate of 11 authorized stores per 100,000 population compared to Lincoln County and Cumberland County. All communities we serve have a rate below the state-wide rate of 23 per 100,000 population. This indicator reports the number of food stores and other retail establishments per 100,000 population that are authorized to accept WIC Program (Special Supplemental Nutrition Program for Women, Infants, and Children) benefits and that carry designated WIC foods and food categories. This indicator is relevant because it provides a measure of food security and healthy food access for women and children who are at 185% of poverty or below as well as environmental influences on dietary behaviors.



## WIC-Authorized Stores

Report Area	Total Population (2011 Estimate)	Number WIC-Authorized Food Stores	WIC-Authorized Food Store Rate (Per 100,000 Pop.)
Report Area	351,834	53	15
Cumberland County	282,402	44	16
Lincoln County	34,224	5	15
Sagadahoc County,	35,207	4	11
Maine	1,435,591	329	23
United States	318,921,538	50,042	16

## Free or Reduced Hot Lunch Program

The Free or Reduced Hot Lunch program is a program of the US Department of Agriculture and is available to all school children. Free lunch eligibility requires that the child's family income does not exceed \$21,500 in order to receive free school lunch (approximately 100% of poverty for a family of 3). In order to receive reduced cost lunch, the child's family income must be lower than \$30,500 (approximately 150% of poverty for a family of 3).

In the 2016-17 school year, 45% of Maine public school students were from economically disadvantaged families, compared to about one in three only a decade ago. Economically disadvantaged is defined using the eligibility criteria for the National School Lunch Program, which provides free and reduced-price school meals to children living in households with income at or below 185% of the poverty level. In the 2016-17 school year, more than 81,000 students met this criteria.

Source: Education Indicators for Maine 2017 Maine Chamber of Commerce

In 2018, 45% of children in Lincoln County were eligible for free and reduced hot lunch. The eligibility rate in the other sectors of our service is at or below the statewide eligibility percent of 47%. The percent of children served by school nutrition programs is approximately 20% less than the percentage of low income children experiencing food insecurity as indicated by the Map the Meal data.

Children Eligible for Free Or Reduced Meal	2018 Fiscal Year	2017 Fiscal Year	2016 Fiscal Year	2015 Fiscal Year	2014 Fiscal Year
Report Area	38%	37%	40%	41%	40%
Cumberland Area	28%	31%	35%	35%	32%
Lincoln County	45%	42%	45%	47%	49%
Sagadahoc County	40%	39%	39%	41%	41%
Maine	47%	47%	48%	47%	46%

<https://neo.maine.gov/doe/neo/nutrition/ReportDashboard>

Discussions with local public school district administrators indicate that while children may be eligible for the free or reduced lunch program families are often reluctant to enroll children. The assumption is that parents are reluctant to share income information with school officials.

## Head Start

MMCA's Head Start and Early Head Start program has the lowest income eligibility of any of MMCA's programs. At least 60% of the families must have incomes at or below 100% of poverty, up to 30% can have an income up to 130% of poverty, and the remaining 10% may have incomes greater than 130%.

According to the Maine Head Start Report: 2017 by Jessica A. Carson, barriers to serving eligible families include funding limitations, transportation to center-based programs, and mismatch between program hour and families' work schedules.

MMCA Head Start Services and Early Head Start Services Snapshot report from 2015 and 2016 summarizes key data on demographics and services that are detailed in the charts below.

- The rate of homelessness more than doubled for participants in both programs from 2015 to 2017 (Head Start 6% to 13% and Early Head Start 4% to 11%). The rate for both cohorts during these years is above the National level (Head Start 4% and Early Head Start 8%). For more information on homelessness see page 19.
- The rate of children in foster care also increased in both programs since 2015 and is also at or above the national level. The rate for Early Head Start increased from 4% to 11% and the rate for Head Start increased from 1% to 3%. This rate more than doubled in 2017 for children in the Head Start Program.
- The Head Start population in PY 2016 had 10% more children with IEP's than the National average of 13%.
- During the past three years, enrollment continued to be a majority of white/non-Hispanic population, speak English as a primary language, and have previous enrollment in head start programs.
- Fewer Early Head Start children had health insurance, a medical home, and a dental home from program year 2015-2016 to 2016-2017.
- A lower percentage of children in both Early Head Start and Head Start had up-to-date immunization compared to the national rate. Approximately a third less Early Head Start children were immunized in both PY 15 and 16 compared to 77% nation-wide. The difference in immunization rates for Head Start children compared to National rates is much less significant

Grantee Details Midcoast Maine Community Action (MMCA) Head Start and Early Head Start Grant Centers:

- Lincoln County - Salt Bay Area Head Start Center, Northern Lincoln County Head Start, Whitefield Head Start, Friendship Street Head Start
- Cumberland County - Brunswick Head Start
- Sagadahoc County - Bath Head Start, Pejepscot Head Start

Early Head Start	Funded Center	Funded Home	Center Full Day or Part Day	Children Experiencing Homelessness	Enrolled Children in Foster Care	Children with an (IEP*), eligible to receive early intervention services
MMCA 2015-2016	33%	67%	Full Day	4%	5%	14%
MMCA 2016-2017	33%	67%	Full Day	11%	8%	10%
National Data	54%*	36%*	Both	8%	4%	13%

\*National Center and Home based funded data doesn't included all options provided and thus doesn't calculate to 100%

Participation by Age	less than 1 year old	1 year old %	2 years old %	3 years old %	Pregnant Women %
MMCA 2015-2016	28%	29%	30%	1.9%	10%
MMCA 2016-2017	29%	22%	36%	0	13%
National Data	26%	34%	34%	0.04%	7%

Health Services	Children with health insurance	Children with a medical home	Children with a dental home	Children up to date immunizations
MMCA 2015-2016	95%	98%	92%	43%
MMCA 2016-2017	93%	90%	83%	46%
National Data	97%	96%	92%	77%

\*Individualized Education Program. Mid Coast Maine Grantee Reports - U.S. Department of Health and Human Services

Head Start	Program Option Funded Center	Program Option Funded Home	Center Hours Full Day or Part Day	Children experiencing homelessness	Enrolled children in foster care at any point in the program year	Children with an (IEP*), indicating they were determined eligible to receive special education and related services
MMCA 2015-2016	100%	0%	Part Day	6%	1%	32%
MMCA 2016-2017	100%	0%	Both	13%	3%	23%
National Data	97%*	2%*	Both	4%	3%	13%

\*National Center and Home based funded data doesn't included all options provided and thus doesn't calculate to 100%

\*Individualized Education Program. Mid Coast Maine Grantee Reports - U.S. Department of Health and Human Services

Participation by Age	1 year old %	2 years old %	3 years old %	4 years old %	5 years old %
MMCA 2015-2016	0%	1%	41%	56.3%	1%
MMCA 2016-2017	0%	6%	37%	55.8	1%
National Data	0%	3%	44%	51.5%	1%

Health Services	Children with health insurance	Children with a medical home	Children with a dental home	Children up to date immunizations
MMCA 2015-2016	96%	97%	97%	81%
MMCA 2016-2017	98%	95%	97%	77%
National Data	97%	97%	97%	93%

## Child Care

Annual average cost for one child is \$10,360 in both Sagadahoc County and Lincoln County. In Lincoln County and Sagadahoc County Family Child Care is only slightly less than center-based (\$5.00 to \$9.00 per week). In Cumberland County, there is a significant difference in the cost of Family versus Center based child care (\$74.00 to \$83.00 per week).

## Weekly Cost 2017

Center Weekly Cost	Infant	Toddler	Preschool	Family Weekly Cost	Infant	Toddler	Preschool
Cumberland County	\$303	\$279	\$259	Cumberland	\$220	\$200	\$185
Lincoln County	\$185	\$185	\$189	Lincoln County	\$180	\$180	\$180
Sagadahoc County	\$185	\$185	\$189	Sagadahoc County	\$180	\$180	\$180

## Child Care Capacity and Availability

According to the 2018 Maine Child Care Facts report by Child Care Aware of Maine, state-wide data indicates that 20% of working mothers in the state have children under Age 6 and 9% have infants under one year old. For working single mothers or single fathers and families where two parents are working the availability of quality, affordable child care is a necessity.

State of Maine Center for Disease Control and Prevention Child Care Licensing has outsourced child care referral services to ChildCareChoices. The service doesn't include capacity information of each facility or if any current openings are available. A search was conducted of licensed facilities in our service area that would admit children 0-4 years of age; the rationale being that most children age 5 and older would be attending public or private school. In Lincoln County there was only one Licensed Family Child Care Home and One Child Care Center serving infants, toddlers, and preschool age children. The potential demand of the 0-4 population count of 1,665 for Cumberland County would far surpass the licensed available capacity. The Division of Maine

Child Care Licensing reports capacity of currently licensed day care facilities in Cumberland County of 1,008 potential seats, however the information is for active licenses not necessarily open facilities and there is no data on if all facilities would accept children ages 0 to 4. Even if all actively licensed facilities in our service area were open for accepting children ages 0 to 4 the population across our service area would still surpass all licensed available capacity. The largest difference between total capacity and total 0-4 age population is in the Cumberland County Area.

State of Maine Child Care Licensing Data	Population Age 0-4	Total Capacity of All Types of Active Licensed Day Care Facilities
Cumberland County Area	1,665	1,008
Lincoln County	1,348	949
Sagadahoc County	1,810	1,334

Source: Population Source: U.S. Census Bureau, 2012-2016 American Community Survey 5-Year Estimates and Community Commons. Daycare capacity State of Maine Center for Disease Control and Prevention Child Care Licensing, no information available for designation of age demographic served by each facility

Child Care Choices CHILD CARE FACILITIES 2017	0-4 year old population	Number of Family Child Care Homes Facilities Serving Infant, Toddler, Pre School	Number of Child Care Center Facilities Serving Age Group Infant, Toddler, Pre School
Cumberland County Area	1,665	4	5
Lincoln County	1,348	1	1
Sagadahoc County	1,810	4	8

Population Source: U.S. Census Bureau, 2012-2016 American Community Survey 5-Year Estimates and Community Commons. Child care data provided by ChildCareChoice.me

## Housing

Maine has the 8th oldest housing stock in the nation based on the percentage of homes built prior to 1939. More rental housing stock was built prior to 1980 than single family homes. Older homes pose greater health risks, and are of lower quality in terms of safety and efficient heating. The use of home heating fuel by tenure suggests a reason why renters are more cost burdened. Renters are unable to rely on fuel alternatives and often use expensive electricity. Over 41% of the houses in our services area were built prior to 1960 which is slightly older than the state wide average.

## Homeownership Affordability

All service areas have a Homeownership Index ratio of less than 1. The Homeownership Affordability Index is the ratio of Home Price Affordable at Median Income to Median Home Price. An index of less than 1 means the area is generally unaffordable - i.e., a household earning area median income could not cover the payment on a median priced home (30 year mortgage, taxes and insurance) using no more than 28% of gross income. The highest disparity of median income to median home price is in the town of Harpswell where the purchase price

would require 149% of the median income where the median income is \$75,000 and the median home price is \$400,000. In Lincoln County and Sagadahoc County the purchase of a home requires 107% of a median income which is similar to the state wide average. Based on median incomes earned and cost of median home purchase price, over 50% of households across the entire service area are unable to afford home purchase.

#### Rental Affordability

All service areas have a Rental Index ratio of less than 1. The Rental Affordability Index is the ratio of 2-Bedroom Rent Affordable at Median Renter Income to Average 2-Bedroom Rent. An index of less than 1 means the area is generally unaffordable – i.e., a renter household earning area median income could not cover the cost of an average 2-bedroom apartment (including utilities) using no more than 30% of gross income. The highest disparity of median income to the average rental cost of a 2 bedroom is in Sagadahoc County where 108% of a median income is required for an average priced 2 bedroom rental. Sagadahoc County has the lowest rental median incomes and second highest average 2 bedroom rental cost. 46% of households in our service area are unable to afford an average priced 2 bedroom rental. In the past 5 years the number of available 3 bedroom rental units has decreased slightly in both Harpswell and across Sagadahoc County.

#### Availability

The vacancy rate of the total housing units in the service area is similar to the state wide rate except in the Lincoln County area where the vacancy rate at 36% exceeds the Maine percentage of 24%. This indicator reports the number and percentage of housing units that are vacant. A housing unit is considered vacant by the American Community Survey if no one is living in it at the time of interview. Units occupied by persons who are staying two months or less and who have a more permanent residence elsewhere are classified as “vacant.” Lincoln County has a significantly higher proportion of rental units vacant compared to vacant houses on the market for sale.

#### Housing Cost Burden / Affordability

The measure of housing affordability can be determined by the percent of total income required to be expended on housing expense. In our service area roughly 30% of households expend up to a third of the total income on housing costs. The state-wide rate is similar. The indicator provides information on the cost of monthly housing expenses for owners and renters. Rental households within our service area are approximately 12% more likely than owner occupied houses with a mortgage to have housing expenses exceed 30% of income. Over the past four years our service area has experienced a 33% increase in rental occupancy.

*Maine State Housing Authority 2017 Housing & Affordability Indexes Statewide Homeownership & Rental Index*

#### Housing Price Index

(100 = U.S. Average),	Overall Cost Index	Index of Housing Cost
Lincoln County	106	106
Sagadahoc County	104	101
Brunswick, Cumberland County	103	98.6
Freeport, Cumberland County	104	100
Harpswell, Cumberland County	129	188
Pownal, Cumberland County	113	132

Source: 2017 Census Bureau and TownCharts, <http://www.towncharts.com/Maine/Maine-state-Economy-data.html>

## Homelessness

Maine State Housing Authority 2016 HMIS Emergency Shelter Data reports that rural shelter Long Term Stayers (LTS) are defined as people staying over 180 cumulative days in shelters (or outdoors) within a 365 day period (not necessarily consecutive). As of December 31, 2016, 22% of Long Term Stayers reside in rural shelters. Rural shelters are defined as any program based in a community which is not listed as urban (Augusta, Bangor, Brunswick, Lewiston, Portland, and Waterville). Unlike urban shelters, all rural shelters serve families, and none serve single adults exclusively. LTS numbers in rural programs are on the rise while LTS numbers in urban shelters are decreasing. This can be attributed almost entirely to an increase in lengths of stays for families. Since 2015, families have now entered the group of LTS, and their stays have edged over 11 months.

According to Maine State Homeless Statistics: State Fiscal Year 2018 Report, nearly one-third (31%) of those experiencing homelessness are under the age of 25; 19% (1,219) are youth under 18 predominately within families; and 12% (766) are young adults 18–24 in all types of households

Homeless Initiatives McKinney-Vento Funds Continuum of Care (CoC) funds helps support 11 agencies with 34 local and state housing and service programs throughout Maine. The local programs receiving the grants offer a variety of services to those who are experiencing homelessness, including street outreach, client assessment, and direct housing assistance. This HUD funding allows both the Portland Continuum of Care (CoC) and Maine CoC to offer transitional, permanent, and repaid re-housing to persons who are homeless as well as services, including job training, health care, mental health counseling, substance abuse treatment, and child care. Note: In 2017, Maine's two Continuums of Care merged into a single, state-wide continuum.

## Homeless Students McKinney Vento

Homeless data for children age 0-5 in our service area is captured by either Head Start programs or local school districts. MMCA Head Start and Early Head Start has documented an increase in homeless populations in both programs since 2015. Maine DOE collects data on the 3 to 5 age group for state wide reporting purposes. Information on the 0-5 age demographic is provided by individual school systems reporting only on students enrolled in either Prek or Kindergarten programs. Since 2015/16 schools providing information in both Lincoln and Sagadahoc Counties indicate an increased rate of homelessness within the McKinney Vento guidelines.

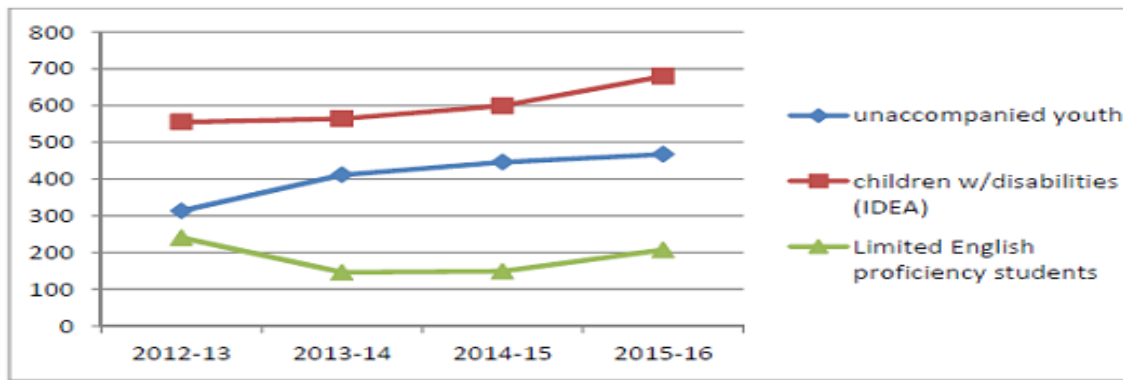
Pre-K to 5 years old	2015/2016	2016/2017	2017/2018
Lincoln County	5	2	7
Cumberland County	29	20	14
Sagadahoc County	2	3	6

Maine Dept. of Education reports on total school enrolled populations and the data indicates a 13% increase in student homelessness from the 2014-15 and 2015-16 school year. The Maine DOE Homeless Education Coordinator reports the subgroup of enrolled students with the highest rates of homelessness are those students with an IDEA identified disabilities and that rate has continued to increase since 2012-13 school year.

## Maine DOE Total Homeless Children/Youths Enrolled in Maine Public Schools, 2012-2016

2012-13	2013-14	2014-15	2015-16	% Increase From 2014-15 to 2015/16
2,070	1,986	1,934	2,192	13% Increase

Subgroups of homeless children and youths enrolled, 2012-2016



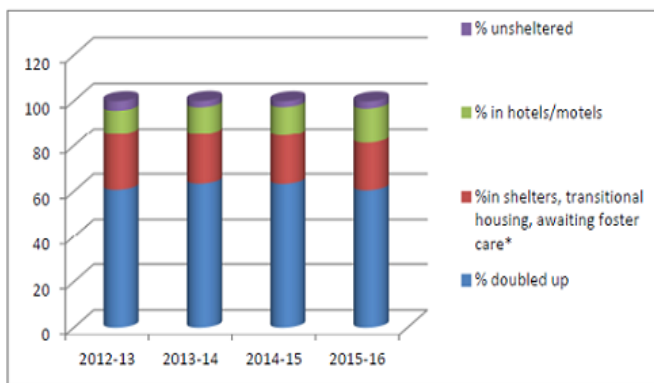
According to the Dept. of Health and Human Services Administration for Children and Families 2016 and 2017 Early Childhood Homelessness in the United States: 50 State Profile Report, children under 6 years old in Maine continue to be a growing population of homeless children. The 2013 rate of children under 6 experiencing homelessness was one in 36 and a similar calculation in 2015 found the rate had increased to one in 43. The number of *children under 6* served by McKinney-Vento Homeless Subgrants doubled between school years 2013 and 2015 according to the Maine DOE Consolidated State Performance Report. The Early Childhood Homelessness report concludes that DOE reporting “*significantly underestimates the prevalence of homelessness during the early child hood period*” because the data doesn’t capture children 3 and younger. Also since the reporting source is limited to public school early childhood programs the data also doesn’t capture unenrolled children. The ability of schools to serve homeless children is also hampered due to families withholding housing status. The 2015 Maine DOE report indicated that doubled up or sharing housing is the most frequently reported nighttime residence for homeless children served with McKinney Vento subgrants.

Academic Year Maine	Homeless Students Enrolled in LEAs with McKinney-Vento Subgrants - Ages 3 to 5	Homeless Students Enrolled in LEAs with or without McKinney-Vento Subgrants - Ages 3 to 5	Homeless Students Served by McKinney-Vento Subgrants - Ages 3 to 5
2013-14	4	24	4
2014-15	5	37	1
2015-16	3	33	3

<https://eddataexpress.ed.gov/state-tables-main.cfm>

Maine Department of Education information regarding the McKinney-Vento program indicates that according to McKinney-Vento, "homeless" can be defined as an individual who lacks a fixed, regular and adequate nighttime residence, including children and youth; sharing housing due to loss of housing or economic hardship; living in motels, hotels, trailer parks or camping grounds due to lack of alternative adequate housing; living in emergency or transitional housing; abandoned in hospitals; having a primary nighttime residence that is a public or private place not designed for, or ordinarily used as, regular sleeping accommodations; living in cars, parks, public spaces, abandoned buildings, substandard housing, bus or train stations; or migratory students meeting the descriptions above.

Living situations of Maine's homeless children and youths 2012-16



Gayle Erdheim, Homeless Education Coordinator Maine Dept. of Education

### Transportation

The percentage of household with no motor vehicle in our service area is 5% which falls below our state-wide rate of 7%. Within our service area, Brunswick reports the highest percentage of households without a motor vehicle. Rental households compared to owner-occupied households are about twice as likely not to own a motor vehicle.

Household No Car	Total Occupied Households	Households with No Motor Vehicle	Percentage of Households with No Motor Vehicle
Report Area	44,901	2,424	5%
Cumberland County Area	14,267	833	6%
Lincoln County	15,021	557	4%
Sagadahoc County	15,613	1,034	7%
Maine	551,109	41,105	7%
United States	117,716,237	10,562,847	9%

### Public Transportation

Maine commuters use public transportation to commute to work less than one percent of the time. The working population on average in our service area is even less likely to access this commuting option. The rate for the employed population for Sagadahoc County is lowest in our service area. Public transportation includes buses or trolley buses, streetcars or trolley cars, subway or elevated rails, and ferryboats.

### Commute Time

From 2014 to 2016 commute time in our service area remained fairly constant. Lincoln County had the highest percentage of commuters traveling less than 10 minutes. Cumberland had the highest percentage of workers traveling 10-24 minutes. Lincoln had the highest percentage of workers travel 25-34 minutes. Sagadahoc had the highest percentage of workers traveling 35-60 minutes. Lincoln had the highest percentage of workers traveling more than hour for work.



	Average Commute Time to Work (in minutes)	Population that Commute 60 or more minutes to work
Lincoln County, Maine	24	7%
Sagadahoc County, Maine	23	5%
Cumberland County Area*	24	5%

## INCOME AND POVERTY

### Median Income

One-third of households in our service area are single parent households. Single women with children within our service area have one-third the median income as compared to single males with children. Even though both Lincoln County and Sagadahoc County report higher median incomes than the state average both of these counties report median incomes for single female households with children below the state-wide average. The lowest median income for single female households with children is reported in Sagadahoc County at \$21,184.

Median household income	Cumberland County	Lincoln County	Sagadahoc County
2016	61,902	53,515	55,766
2015	60,051	50,462	53,298
2014	59,560	50,027	55,046

MEDIAN HOUSEHOLD INCOME IN THE PAST 12 MONTHS 2012-2016 American Community Survey 5-Year Estimates

Median Family Income by Family Composition	Median Family Income	Median Income Single Males with Children	Median Income Single Females with Children
Cumberland County	\$80,740	\$45,891	\$32,172
Lincoln County	\$65,281	\$24,395	\$23,301
Sagadahoc County	\$69,509	\$31,424	\$21,184
Maine	\$64,294	\$34,597	\$24,899
United States	\$67,871	\$39,618	\$25,130

Children in single-parent households	% Single-Parent Households
Maine	32%
Cumberland County	30%
Lincoln County	35%
Sagadahoc County	28%

2018 County Health Rankings. [http://www.countyhealthrankings.org/app/maine/2018/compare/additional?counties=23\\_005%2023\\_023%2023\\_015](http://www.countyhealthrankings.org/app/maine/2018/compare/additional?counties=23_005%2023_023%2023_015)

### Measures of Poverty

Children under the age of 5 have a higher rate of poverty than either children under 17 or the general public. In our service area 16% of children under 18 live in households with incomes below 100% of the Federal Poverty Level, and 38% of children under the age of 18 live in households with incomes at or below 200% of the Federal Poverty Level.

In our service area 10% of the general public is living in households with incomes below 100% of the Federal Poverty Level and 27% of the general public is living in households at or below 200% of the Federal Poverty Level.

In our service area Lincoln County has the highest rate of children living in poverty at both the 100% and 200% of the Federal Poverty Level, which is also higher than our state-wide averages. The general public living in this county at below 100% and at or below 200% of the Federal Poverty Rate is also both higher than our other service area. Lincoln County also has consistently experienced the highest rate of poverty since 2012 in our service area. The area also experienced the largest increase in poverty for children ages 5 to 17 from 2014 to 2015.

Maine ranks last among the 6 New England states for poverty among children and 24th overall 50 states. The poverty indicator is relevant because poverty creates barriers to access including health services, healthy food, and other necessities that contribute to poor health status.

2016	Percent in Poverty
Under Age 5 in Poverty	19%
Ages 5 to 17 in Families in Poverty	15%
Under Age 18 in Poverty	17%
All Ages in Poverty	12%

[census.gov Saipe](https://www.census.gov/saipe)

Maine Poverty Rate	Children Under 5	Children Under 18
2011	24%	19%
2012	25%	20%
2013	21%	18%
2014	23%	19%
2015	20%	18%

Measures of Growth Full Report

American Community Survey 2012-2016	Percent Population Under Age 18 in Poverty Below 100% FPL	Percent Population Under Age 18 at or Below 200% FPL
Report Area	16%	38%
Cumberland County Service Area	10%	27%
Lincoln County	20%	48%
Sagadahoc County	18%	38%
Maine	18%	40%

American Community Survey 2012-2016	Population Below 50% FPL	Population Below 100% FPL	Population Below 185% FPL	Population Below 200% FPL
Report Area	4%	10%	24%	27%
Cumberland County Service Area	3%	7%	17%	21%
Lincoln County	5%	12%	29%	32%
Sagadahoc County	3%	11%	24%	28%
Maine	5%	13%	30%	33%

Poverty by County	2012	2013	2014	2015
Cumberland	11%	12%	11%	11%
Sagadahoc	11%	12%	11%	11%
Lincoln	14%	13%	12%	15%

Children in poverty 2005-2016 ages 0 -17				
Location	2012	2013	2014	2015
Cumberland County	15%	14%	14%	12%
Lincoln County	24%	21%	19%	20%
Sagadahoc County	19%	18%	16%	17%
Maine	20%	18%	19%	18%

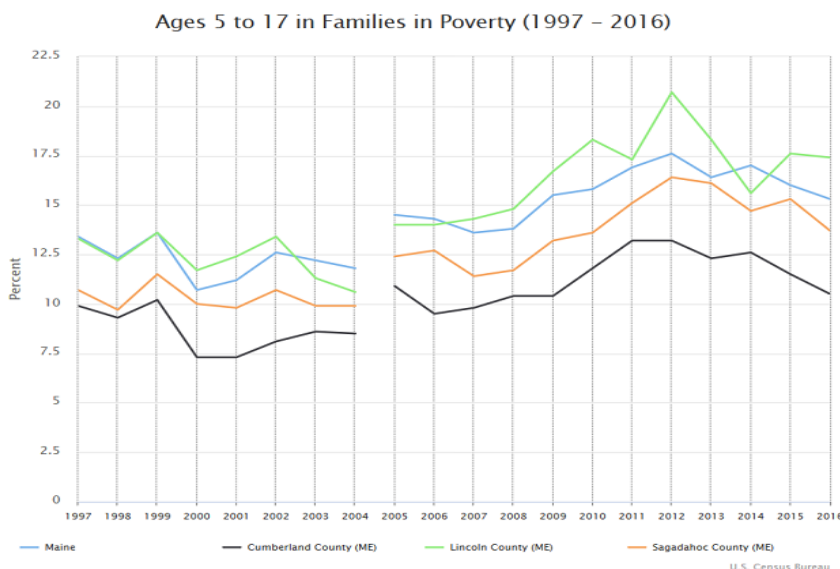
The gap between 2004 and 2005 represents a switch from the Current Population Survey to the American Community Survey.  
[www.census.gov](http://www.census.gov) SAIPE

## Poverty -Family

Of the tens of thousands of Maine children living in poverty or just above it, most are living with one parent, usually a mother. In 2014, 69 percent of Maine children in poor families and 54 percent of children in low-income families were being raised by a single parent. The 41 percent of births in Maine to unmarried women is close to the national figure of 40.2. But the national number reflects much more racial diversity than the number for Maine, which is 95 percent white. According to the CDC, the percentage of births to unmarried Maine women is 15 percent higher than the national percentage of births to unmarried white women, which is 35.7 percent. Currently 41 percent of kids are born to single mothers.

A contributing reason beyond single-parenthood for the number of Maine children who live in poverty is Maine's welfare changes in 2012 which limited families to receiving a total of five years of assistance from the federal-state program called TANF. The changes cut at least 1,500 needy families off the program. Those families, according to University of Maine social work professor Sandra Butler, included "an estimated 2,700 children." More families will be cut off in subsequent years when they reach the five-year limit.

Rise in single parenthood fuels family poverty in Maine By Naomi Schalit, Senior reporter at Maine Center for Public Interest Reporting, October 26, 2016  
<http://www.sunjournal.com/rise-single-parenthood-fuels-family-poverty-maine/>



## Parent Work Schedules in Households with Young Children

Single parents *are more likely to need child care during non-standard hours to cover parental work time*. In two-parent households, it is extremely rare for both parents to have work activities at the same non-standard time. Across all income groups, almost one third (31 percent) of young children live in single-parent households. This analysis presents child-level estimates describing the parental work schedules of children under 5 years old. Single parent workers across all incomes work an average 10 non-standard hours per week. Not only do the number of work hours matter, but also their timing. This is especially true for parents of young children, who will require non-parental care arrangements for children when parents are not available.

This snapshot uses detailed work hours data from the 2012 NSECE to compare parental work schedules for a nationally-representative sample of young children. *Single parent workers and both workers in two-parent households each work similar numbers of standard and non-standard hours weekly, but two-parent workers have significantly staggered schedules that greatly reduce the number of hours that both parents in the household are simultaneously at work*. Moreover, although workers in two-parent households work similar numbers of non-standard hours each week to single-parent workers, *children in two-parent households are extremely unlikely to experience non-standard hours when both parents are at work*.

The work schedules of fully-employed households can provide information about when and who may require non-parental care to support parental employment. *Single-parent workers have more hours per week that they need non-parental care to support parental employment than do two-worker households*. The need for non-parental care to support parental employment during non-standard hours occurs primarily for single-parent workers, and more for those with lower incomes.

National Survey of Early Care and Education Project Team (2017). Snapshot: Parent Work Schedules in Households with Young Children. OPRE Report No. 2017-48, Washington DC: Office of Planning, Research and Evaluation, Administration for Children and Families, U.S. Department of Health and Human Services. Available at: <http://www.acf.hhs.gov/programs/opre/research/project/national-survey-of-early-care-and-education-nsece-2010-2014>. August 2017

## Public Assistance

### TANF (Temporary Assistance to Needy Families)

The percentage of households with public assistance income within our service area is 3% which slightly higher than the state-wide rate. This indicator reports the percentage households receiving public assistance income. Public assistance income includes general assistance and Temporary Assistance to Needy Families (TANF). Separate payments received for hospital or other medical care (vendor payments) are excluded. This does not include Supplemental Security Income (SSI) or noncash benefits such as Food Stamps.

Our service area average percentage of insured population receiving Medicaid is at 17% however Lincoln County has a rate of 23%. Within our service area 37% of the insured population under 18 years old is receiving Medicaid where the same age demographic in Lincoln County is 43%. This indicator reports the percentage of the population with insurance enrolled in Medicaid (or other means-tested public health insurance). This indicator is relevant because it assesses vulnerable populations which are more likely to have multiple health access, health status, and social support needs; when combined with poverty data, providers can use this measure to identify gaps in eligibility and enrollment.

### SNAP

The estimated percentage of households receiving the Supplemental Nutrition Assistance Program (SNAP) benefits in the Cumberland County service area and Sagadahoc County is below the state-wide rate of 16%.

Lincoln County has the highest percentage in the service area of households receiving SNAP benefits with a rate of approximately 13%. In addition to the highest household percentage receiving SNAP benefits, Lincoln County also has the highest total population percentage receiving SNAP benefits compared to the other communities in our service area. This indicator is relevant because it assesses vulnerable populations which are more likely to have multiple health access, health status, and social support needs; when combined with poverty data, providers can use this measure to identify gaps in eligibility and enrollment. The trend for 2017 SNAP active counts for children age 0-5 in both Sagadahoc and the area served in Cumberland County demonstrated a steady decline. Lincoln County remained at a steady rate of total SNAP active accounts each month ending the year with a total of 4,494 which represents 39% of the total active cases for our service area.

Population Receiving SNAP Benefits (ACS)	Total Households	Households Receiving SNAP Benefits	Percent Households Receiving SNAP Benefits
Report Area	46,593	5,127	11%
Cumberland Area	15,959	1,184	7%
Lincoln County	15,021	2,023	13%
Sagadahoc County	15,613	1,920	12%
Maine	551,109	89,609	16%

#### Summary Count of 5 Year Olds and Younger Active on SNAP

2017	Dec	Nov	Oct	Sept	August	July	June	May	April	March	Feb	Jan	Annual Total	% of active accounts
Lincoln	405	405	403	407	410	404	413	410	402	415	420	399	4,494	39%
Sagadahoc	389	389	381	375	380	376	397	404	404	384	400	394	4,279	37%
Cumberland	230	243	264	251	254	265	270	276	272		271	264	2,860	25%
Totals													11,633	

The Food Supplement program (also known as the Supplemental Nutrition Assistance Program or SNAP) is funded by the U.S. Department of Agriculture. <https://www.maine.gov/dhhs/ofi/reports/2017/index.html#summarycount5>.

## Education

### High School Graduation Rates

The average high school graduation rate in our service area increased from 2013 to 2015. In the 2015/16 school year both Lincoln County and the area we service in Cumberland County experienced a small decline in graduation rates. Brunswick High School and Wiscasset High Schools both experienced a decline in graduation rates during that time period. Also of note, Wiscasset High School experienced a spike in dropout rates for the 2015/16 school year. Since 2010 low-income students across Maine have consistently experienced a 10% lower graduation rate.

Public High Schools in our Service Area	2013/14 graduation rate	2014/15 graduation rate	2015/16 graduation rate	2013/14 Dropout rate	2014/15 Dropout rate	2015/16 Dropout rate
Morse High School	79.9%	79.8%	74.5%	5.5%	4.1%	4.3%
Mt Ararat High School	78.0%	90.0%	91.1%	6.2%	1.9%	1.6%

Richmond High School	68.6%	83.8%	90.9%		2.0%	4.0%	2.1%
Sagadahoc County Average	76%	85%	86%		5%	3%	3%
Wiscasset Middle High School	73.5%	86.4%	73.6%		6.5%	1.1%	4.1%
Boothbay Region High School	90.9%	91.7%	84.2%		1.8%	1.8%	2.7%
Medomak Valley High School	91.6%	78.2%	94.8%		3.1%	2.0%	2.7%
Lincoln Academy	91.2%	92.3%	88.4%		1.9%	1.2%	2.8%
Lincoln County Average	87%	87%	85%		3%	2%	3%
Brunswick High School	89.1%	92.6%	88.0%		2.1%	1.3%	1.9%
Freeport High School	92.5%	98.4%	94.3%		1.2%	1.46%	0.2%
Cumberland Area Average	91%	96%	91%		2%	3%	1%

<http://www.maine.gov/doe/data/student/gradrates.html>

Maine	Graduation Rate, Low Income	Graduation Rate all Students
2010-11	73%	84%
2011-12	76%	85%
2012-13	77%	86%
2013-14	78%	87%
2014-15	76%	88%
2015-16	78%	87%

ED.gov ED Data Express

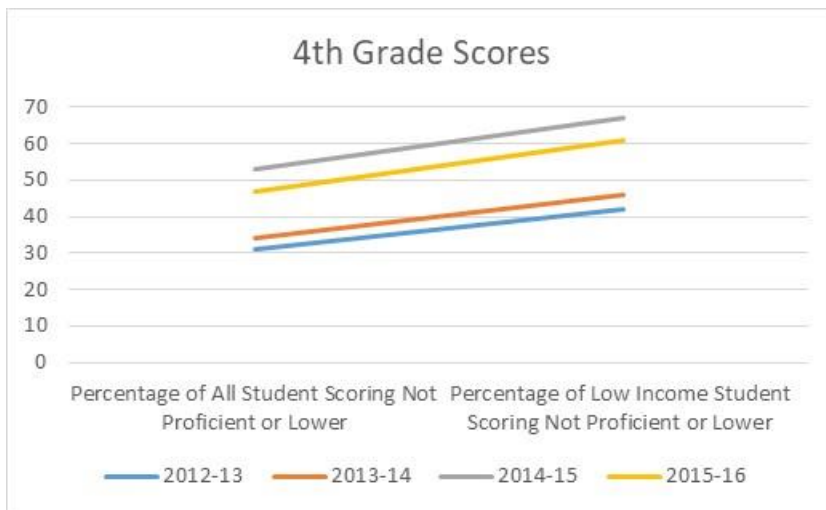
### Educational Degree

The population age of 25 and older in our service area have 10% more Associates degrees than the state average while having approximately the same rate as the state average for holding a Bachelor degree. The service area also has a slightly lower percentage in this age demographic without a high school diploma than compared to our state-wide rate. Similar to the state-wide gender ratio, our service area has a higher percentage of males that do not have a high school diploma.

The significant comparisons of advanced degrees within separate communities in our service area include; Lincoln County has a 10% lower percentage for Associates degrees than other two counties; Cumberland County has a slightly higher percentage of Bachelor degrees; and the gender ratio of not having a high school diploma is most significant in Sagadahoc County where approximately twice as many males than females fail to complete a high school diploma.

Population with No High School Diploma by Gender	Total Male	Total Female	Percent Male	Percent Female
Report Area	836	638	11%	9%
Cumberland Service Area	598	629	17%	17%
Lincoln County	985	780	8%	6%
Sagadahoc County	924	506	7%	4%

### 4<sup>th</sup> Grade Reading Non-Proficiency



The fourth grade reading scores in Maine from 2012-2016 show a decreasing percent of students testing at the proficient or higher level. The results also indicate low income students in the same cohort consistently have lower proficiency scores as compared to the total fourth grade testing population. Fourth grade reading proficiency results for low income students have also indicated fewer students performing at a proficiency or higher level. This indicator is relevant because an inability to read English well is linked to poverty, unemployment, and barriers to

healthcare access, provider communications, and health literacy/education.

### Unemployment

This indicator is relevant because unemployment creates financial instability and barriers to access including insurance coverage, health services, healthy food, and other necessities that contribute to poor health status.

Overall, the preliminary seasonally adjusted unemployment rate of 3.0% for July was little changed from 2.9% in June and down from 3.5% one year ago. Maine's unemployment rate has been below 4.0% for 32 consecutive months, the longest period on record, according to the Maine Department of Labor. Unemployment was lowest in Sagadahoc County (2.6%).

Maine Biz 8/20/2018 <http://www.mainebiz.biz/article/20180820/NEWS01/180829996>

Cumberland County and Sagadahoc County both have experienced unemployment rates consistently lower than our state average.

	Feb. 2017	Feb. 2018	March 2017	March 2018	July 2017	July 2018
Report Area	2.9	2.5	2.7	2.5	2.8	2.8
Cumberland County	2.8	2.4	2.5	2.3	2.8	2.7
Lincoln County	4.2	3.8	4	3.5	3.1	2.8
Sagadahoc County	3	2.6	2.8	2.6	3.3	2.6
Maine	4.1	3.3	3.8	3.1	4.6	3.0

### Health Outcomes

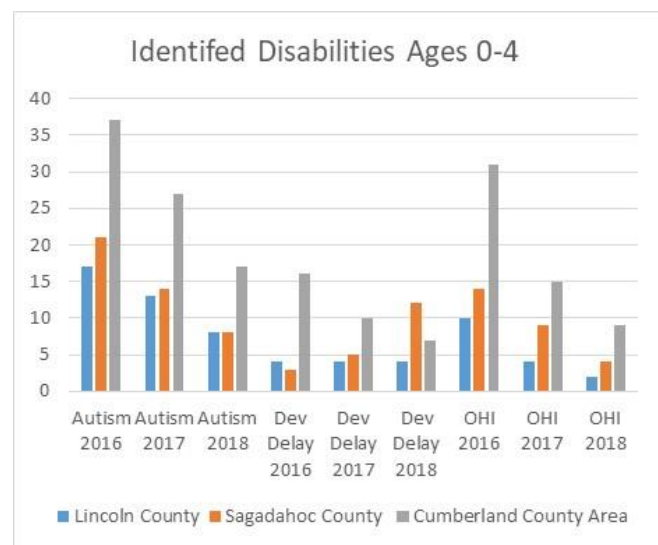
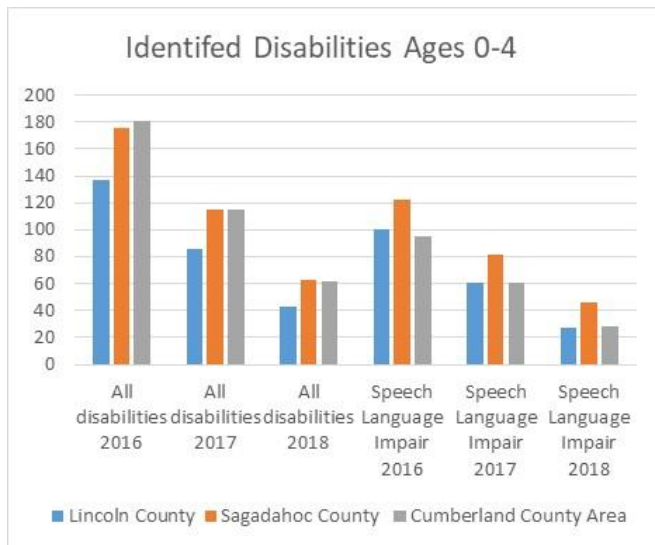
Health outcomes in the County Health Rankings represent how healthy a county is. Health outcomes are measured: how long people live (length of life) and how healthy people feel while alive (quality of life). In health rankings for the 16 Maine counties, Lincoln County falls behind both Cumberland and Sagadahoc County and also has experienced a loss in health standing among other counties in the past three years.

	2018 Health Outcomes	2017 Health Outcomes	2016 Health Outcomes
Cumberland County	1	1	2
Lincoln County	9	9	5
Sagadahoc County	2	2	1



### Identified Disabilities Ages 0-4

The total of identified disabilities in children ages 0-4 within our service areas decreased from 2016 to 2017. The largest category of disability identified for children since 2016 is Speech and Language Impairment. . Sagadahoc County reported number of children already in 2018 identified with a Developmental Delay is 12 which has surpassed the number identified in all of 2017. Sagadahoc County leads our service areas in the number of children identified with this diagnosis. The Cumberland County Area has experienced the highest prevalence of Autism identifications since 2016 and currently so far in 2018 has more than double the amount of case reported compared to the other Counties.



Cumberland County Area includes only the towns within our service area. Number of children ages 0-4 identified by disability by Maine Dept. of Education Child Development Services. 2018 indicates partial year data. Other Health Impairments is abbreviated to OHI.

### Asthma Prevalence

Nearly eight in 10 (77.7 percent) Maine children with asthma live with indoor furry pets; more than half (57.7 percent) of children with furry pets are exposed to those pets in their bedroom. Four in 10 (39.6 percent) Maine children with asthma live in homes with either a wood-burning stove or fireplace; nearly one-third (30.8 percent) live in homes where gas is used for cooking. More than half (60.5 percent) of Maine children with asthma had carpeting or rugs in their bedroom. SOURCE: Maine respondents to the Behavior Risk Factor Surveillance System Asthma Call Back Survey, <https://www.cdc.gov/brfss/acbs/index.htm>

Asthma Prevalence	Percent Adults (Age 18+)with Asthma
Report Area	14.80%
Cumberland County	14.70%
Lincoln County	13.60%
Sagadahoc County,	16.60%
Maine	15.90%

### Low Birth Weight

This indicator reports the percentage of total births that are low birth weight (under 5lbs 8oz). This indicator is relevant because low birth weight infants are at high risk for health problems. This indicator can also highlight the existence of health disparities. Low birthweight (LBW) is unique as a health outcome because it represents



multiple factors: infant current and future morbidity, as well as premature mortality risk, and maternal exposure to health risks.

Percent of Birth less than 5lbs. 8oz	2015	2016	2017
Cumberland County,	6.5	7	7
Lincoln County,	6.6	7	8
Sagadahoc County,	5.8	6	6
Maine	6.5	7	7

2018 County Health Rankings, [countyhealthrankings.org](http://countyhealthrankings.org)

Data Source: US Department of Health & Human Services, Health Indicators Warehouse. Centers for Disease Control and Prevention, National Vital Statistics System. Accessed via CDC WONDER. 2006-12.

### Infant Mortality Rate

This indicator reports the rate of deaths to infants less than one year of age per 1,000 births. This indicator is relevant because high rates of infant mortality indicate the existence of broader issues pertaining to access to care and maternal and child health.

Infant Mortality	Infant Mortality Rate (Per 1,000 Births)	Infant Mortality Rate (Per 1,000 Births)	Infant Mortality Rate (Per 1,000 Births)
Report Area	2014	2015	2016
Cumberland County	7	7	6
Lincoln County	7	7	7
Sagadahoc County	5	6	6
Maine	7	7	6

Community Health Rankings Maine data.

### Babies Born Exposed/Affected to Substances

Parental drug addiction is often a causative factor in families being involved in the child protective system. The child's basic needs for food and safety may not be met in households where drug abuse is present. This data includes babies born with symptoms of addiction to both illicit and prescribed medications. The data for which drug or drugs the baby may be addicted to is not recorded in the data set. However, at least one hospital, Eastern Maine Medical Center,\* reports that in the majority of cases, the babies reported to OCFS as drug affected are due to the mother's use of either Buprenorphine or Methadone during pregnancy. Pregnant women may be prescribed Methadone or Buprenorphine to treat their addictions to other substances. For the new born baby, treatment of Neonatal Abstinence Syndrome can be inpatient or outpatient and can involve either pharmacologic or non-pharmacologic treatments. \*Mark Moran, Pediatric Forensic Clinic Coordinator at Eastern Maine Medical Center presentation to Maine Legislative Children's Caucus, 3/27/2018.

	2015	2016	2017
Maine	8%	8%	8%
Cumberland County	4%	3%	4%
Lincoln County	8%	7%	5%
Sagadahoc County	5%	3%	4%

[Kid Count Data Center](#) This data includes babies born with symptoms of addiction to both illicit and prescribed medications. The data for which drug or drugs the baby may be addicted to is not recorded in the data set. However, at least one hospital, Eastern Maine Medical Center,\* reports that in the majority of cases, the babies reported to OCFS as drug affected are due to the mother's use of either Buprenorphine or Methadone during pregnancy. Pregnant women may be prescribed Methadone or Buprenorphine to treat their addictions to other substances. For the new born baby, treatment of Neonatal Abstinence Syndrome can be inpatient or outpatient and can involve either pharmacologic or non-pharmacologic treatments.

\*Mark Moran, Pediatric Forensic Clinic Coordinator at Eastern Maine Medical Center presentation to Maine Legislative Children's Caucus, 3/27/2018.

## Teen Birth

The average rate of total births to women age of 15 - 19 per 1,000 over the past 3 years in our service area has been slightly below the state wide rate of 23 per 1,000 births. Rates for Sagadahoc County are slightly higher than other communities within our service area. This indicator is relevant because in many cases, teen parents have unique social, economic, and health support services.

Number of births per 1,000 female population ages 15-19	2015	2016	2017
Cumberland	14	13	12
Lincoln	22	20	21
Sagadahoc	24	23	24
Maine	23	22	21

[http://www.countyhealthrankings.org/app/maine/2018/compare/snapshot?counties=23\\_005%2023\\_015%2023\\_023](http://www.countyhealthrankings.org/app/maine/2018/compare/snapshot?counties=23_005%2023_015%2023_023)

## Drug Overdoses

The rate of drug overdose deaths increased in both Cumberland and Lincoln Counties but remained flat in Sagadahoc County from 2017 to 2016.

According to the 2017 Expanded Maine Drug Death Report by the Margaret Chase Smith Policy Center, in 2017 there were 418 drug-induced deaths statewide, 42 (11%) more than in 2016. This is a smaller increase than the increase between 2015 and 2016, which was 38%. The average age has remained stable at 41. The number of deaths in 2017 was driven by a sharp increase of 27% in deaths due to illegal fentanyl and fentanyl analogs, while heroin deaths decreased.

In 2016, four out of five overdose deaths involved an opiate or opioid. Non-pharmaceutical fentanyl was present in over half of the drug related overdose deaths, one third involved heroin/morphine, according to the Maine Department of Health and Human Services 2017 Substance Abuse Trends in Maine State Epidemiological Profile 2017.

Number of drug poisoning deaths per 100,000 population.	2017# Drug Overdose Deaths	2016 # Drug Overdose Deaths	2017 Drug Overdose Mortality Rate	2016 Drug Overdose Mortality Rate
Cumberland County	164	132	19	15
Lincoln County	16	13	16	13
Sagadahoc County	10	11	10	10

Source: 2016 and 2017 Maine County Health Rankings

## Clinical Care

A lack of access to care presents barriers to good health. The supply and accessibility of facilities and physicians, the rate of uninsured, financial hardship, transportation barriers, cultural competency, and coverage limitations affect access. Rates of morbidity, mortality, and emergency hospitalizations can be reduced if community residents access services such as health screenings, routine tests, and vaccinations. Prevention indicators can call attention to a lack of access or knowledge regarding one or more health issues and can inform program interventions.

## Access to Dental Services

Lincoln County has the lowest availability of dentist to serve their population. Even though Cumberland County has the highest proportion of dentist none of dental practices serve MaineCare or the low income population are located within our service area.

Dentists, Rate per 100,000 Pop.	2015	2016	2017	2018
Report Area	<b>62</b>	63	63	64
Cumberland County	81	83	86	89
Lincoln County	41	41	41	41
Sagadahoc County	63	66	63	62
Maine	59	58	59	60

The availability of dental services for low income and Maine Care families is significantly limited in our service area. According to Consumers for Affordable Health Care there is only one dental practice serving Sagadahoc County that is currently accepting low income and Maine Care patients.

*Lincoln County* - Damariscotta: Lincoln County Dental. Serves anyone without insurance; *not currently taking new patients*, call for availability. Reduced fee for uninsured or low income individuals is available.

*Sagadahoc County* - Bath: Jessie Albert Memorial Dental & Orthodontic Center. Provides service for all ages. Sliding-scale fees and accepts Maine Care or private insurance

*Cumberland County* - No dental practices available to provide services to low income or Maine Care populations.

Last Updated June 20, 2017

<http://www.mainecehc.org/guide-to-maine-health-care/other-helpful-programs/dental-help/>

## Primary Health Providers

The rate of available primary care physicians to serve the Sagadahoc population is lowest in our service area.

Primary Care Physicians per 100,000 population	2015	2016	2017	2018
Maine	107	110	111	111
Cumberland County	156	156	158	162
Lincoln County	123	126	126	112
Sagadahoc County	60	69	68	68

Doctors classified as "primary care physicians" by the AMA include: General Family Medicine MDs and DOs, General Practice MDs and DOs, General Internal Medicine MDs and General Pediatrics MDs

PCP Rate: Primary Care Physicians per 100,000 population

Source: County Health Rankings 2015-2018, <http://www.countyhealthrankings.org>

## Mental Health Providers

This indicator reports the rate per 100,000 population of mental health providers including psychiatrists, psychologists, clinical social workers, and counsellors that specialize in mental health care. The rate of available mental health providers to server the Lincoln population is the lowest in our service area.

Mental Health Providers per 100,000 population	2015	2016	2017	2018
Maine	383	400	423	441
Cumberland County	574	593	624	651
Lincoln County	167	170	174	184
Sagadahoc County	191	208	216	215

MHP Rate Mental Health Providers per 100,000 population

Source: County Health Rankings 2015-2018, <http://www.countyhealthrankings.org>

### Social Emotional Support

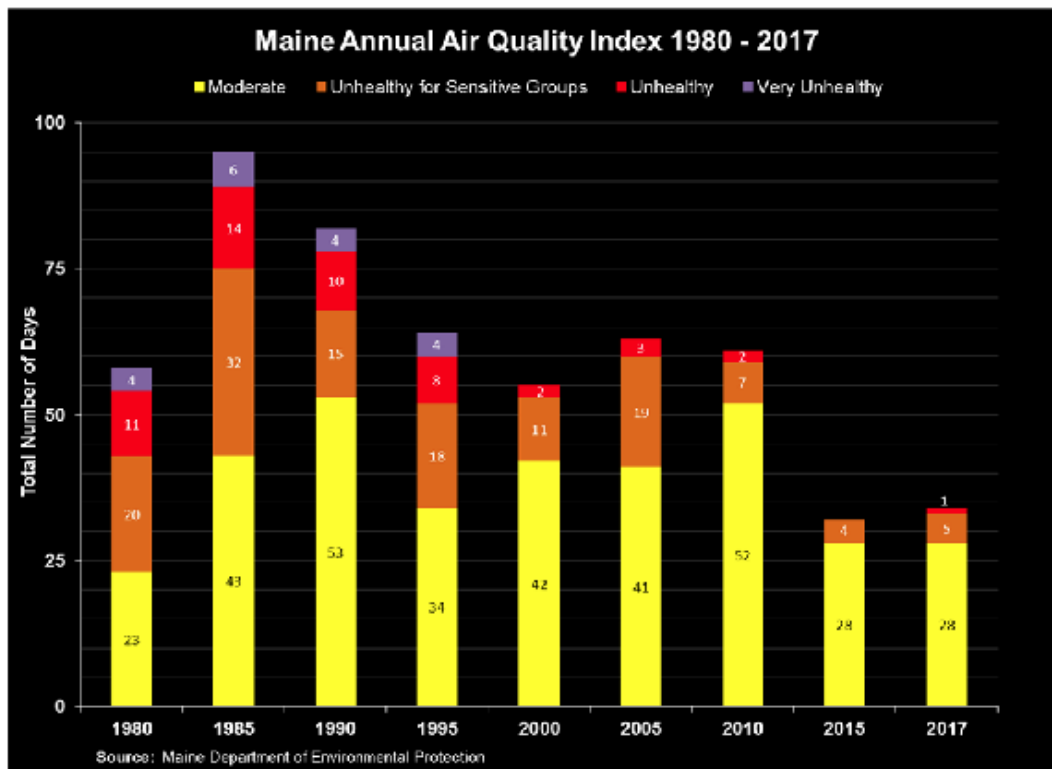
The lack of social or emotional support indicator is relevant because social and emotional support is critical for navigating the challenges of daily life as well as for good mental health. Social and emotional support is also linked to educational achievement and economic stability. This indicator is comprised of the population demographic who self-report that they receive insufficient social and emotional support all or most of the time. The percentage of adults 18 years and older that report they lack this type of support is below the state-wide rate for Cumberland and Sagadahoc County, however in Lincoln County the percentage is 17% which is slightly higher than the state-wide rate.

	Total Population Age 18+	Estimated Population Without Adequate Social / Emotional Support	Age-Adjusted Percentage
Report Area	277,706	39,938	14%
Cumberland County	221,739	31,487	14%
Lincoln County	28,002	4,536	17%
Sagadahoc County	27,965	3,915	14%
Maine	1,050,956	174,459	16%

### Physical Environment

#### Air Quality

This indicator is relevant because poor air quality contributes to respiratory issues and overall poor health. Maine's air quality continues to improve. The air quality indicator is based on ozone levels averaged over an eight-hour period in parts per billion. The report is based on the highest value and frequency of air quality index category (good, moderate, unhealthy for sensitive groups, unhealthy, and very unhealthy). Maine's values were above 100 for much of the 1980s but have been at or below the national ambient air quality standard of 75 since 2010. In 2013, a total of only 23 days fell into the designated categories, and no days fell into the "unhealthy" or "very. In 2014 a total of 17 days fell into the "moderate" risk category, the first year without a day classified above "moderate" risk. In 2015, 28 days were classified as moderate and four were classified as unhealthy for sensitive groups. In 2017, 34 days were classified as a health risk (28 as moderate, 6 as unhealthy for sensitive groups and others).



Source: 2018 Measures of Growth, Maine Department of Environmental Protection