

Community Wide Strategic Planning and Needs Assessment



*White Plains, NY
2019*

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EXECUTIVE SUMMARY

PURPOSE

Family Services of Westchester, Inc. has developed the *2019 Community Wide Strategic Planning and Needs Assessment* to identify the strengths, challenges, and barriers to self-sufficiency of those living in poverty in White Plains, York. The Assessment is intended for the design of future program plans to meet community needs; to build on the current strengths and resources of the community; and to assist in reducing identified barriers to self-sufficiency for families living in poverty.

Family Services of Westchester, Inc. conducts a comprehensive Community Assessment during each five-year period, and annually reviews and updates the Assessment to reflect significant changes affecting infants, toddlers, preschoolers and their families, as well as expectant mothers throughout the county. Data will be used to make informed decisions which may include, but are not limited to:

- ♦ Determination of long- and short-range program goals, objectives, and priorities;
- ♦ Types of services most needed for families living in poverty;
- ♦ Geographic areas to be served by the program, if additional funding is available, or if limitations in the amount of resources make it impossible to serve the entire service area;
- ♦ Locations of Head Start and Early Head Start services; and
- ♦ Criteria that define the special populations of children who will be given priority for recruitment and selection for program services.

METHODOLOGY

The 2019 *Community Wide Strategic Planning and Needs Assessment* has been developed per the requirements of the 2016 Head Start Program Performance Standards (HSPPS).

HSPPS Standard 1302.11 *Determining Community Strengths, Needs and Resources* (right) outlines the information that must be included and analyzed about each grantee's Head Start and/or Early Head Start's funded area.

Family Services of Westchester, Inc. utilized the consulting services of Spiridis Consulting LLC to facilitate the Community Assessment process, research and analyze data, and compile the final Community Assessment report.

Methods utilized for the collection of quantitative and qualitative data information included:

- Local, state and federal data resources;
- Program data systems; and
- American Community Survey estimates*.

*The American Community Survey (ACS) is an ongoing survey by the U.S. Census Bureau. It regularly gathers information previously contained only in the long form of the decennial census, such as population, educational attainment, income, language proficiency, migration, disability, employment, and housing characteristics. These data are used to track shifting demographics and learn about local communities. Sent to approximately 295,000 addresses monthly (3.5 million per year), it is the largest household survey that the Census Bureau administers.¹

HSPPS 1302.11 ***Determining Community*** ***Strengths, Needs and Resources***

- ♦ The number of eligible infants, toddlers, preschool age children and expectant mothers, including their geographic location, race, ethnicity, and languages they speak.
- ♦ Children in foster care, children experiencing homelessness, and children with disabilities, including types of disabilities and relevant services and resources provided to children by community agencies;
- ♦ The education, health, nutrition, and social service needs of eligible children and their families, including prevalent social or economic factors that impact their well-being;
- ♦ Typical work, school, and training schedules of parents with eligible children;
- ♦ Other child development, child care centers, and family child care programs that serve typical work, school, and training schedules of parents with eligible children;
- ♦ Other child development, child care centers, and family child care programs that serve eligible children, including home visiting, publicly funded state and local preschools, and approximate number of eligible children served;
- ♦ Resources that are available in the community to address the needs of eligible children and their families; and
- ♦ Strengths of the community.

KEY FINDINGS/DATA OVERVIEW

White Plains, NY has several community issues which greatly impact families living in poverty including lack of: quality infant & toddler child care for low-income families; preschool/full day care for working families; high housing costs; and finding jobs with sustainable living wages. These and other issues are often intertwined, meaning that families must overcome several challenges and remove a multitude of barriers to move towards self-sufficiency. Through the Community Assessment process, both strengths and challenges were identified. Below is a summary of demographic information and data trends that most impact those living in poverty. For detailed information regarding any statistic, refer to the narrative in the Community Assessment.

DEMOGRAPHICS

- The population of White Plains is estimated at 58,111, an increase of 2.2 percent between 2010 and 2018. Westchester County grew by 2 percent during the same time period.
- The majority race in White Plains is 59.7 percent Caucasian, less than Westchester County at 65.4 percent. The African-American population constitutes 12.5 percent of the population and the Asian population is 7.8 percent. Another 16.8 percent of the population identifies as “Other.”
- The Hispanic population in White Plains is 33.2 percent Hispanic (19,411 people), significantly higher than Westchester County (24 percent) and New York State (18.8 percent).
- The majority language in White Plains is English at 56.6 percent, compared to Westchester County at 66.7 percent. Of the remaining population, 30.3 percent speak Spanish; 7.1 percent speak an Indo-European language; 4.8 percent speak an Asian language; and 1.2 percent speak an unidentified language.
- During 2018-2019, 25.5 percent of enrolled families identified their child’s primary home language as English; 70.9 percent as Spanish; 2 percent as Caribbean Languages; .8 percent as Middle Eastern and South Asian Languages; .4 percent as European/Slavic languages and .4 percent as Unspecified.
- During the 2018-2019 program year, 67 percent of FSW Head Start and Early Head Start families were two-parent households and 33 percent were single-parent families.

ECONOMIC WELL-BEING

- The NYS minimum wage increased on December 31, 2018. In NYC, it is \$13.50/hour for businesses with 10 or fewer employees, and \$15.00/hour for businesses with 11 or more employees. In Nassau, Suffolk and Westchester counties, it is \$12.00 per hour. In the remainder of the state, it is \$11.10 per hour. Minimum wage will increase each year on 12/31 until they reach \$15.00 per hour.
- The living wage per hour needed to support a single adult and one child in Westchester County is \$31.32. A single adult with one child who is earning minimum wage in Westchester County makes only 38.3 percent of the living wage.

- Of family households, the mean (average) family income is \$145,802 in White Plains, lower than Westchester County (\$173,360). The median family income in White Plains is \$110,400 compared to \$114,923 in Westchester County. Of family households, 4.6 percent earn under \$15,000; 10.7 percent earn under \$25,000; 16.7 percent earn under \$35,000; and 24.5 percent of households earn under \$50,000.
- During 2018-2019, 73.6 percent of Head Start two-parent families and 69.2 percent of Early Head Start two-parent families had one or more parents employed. In single-parent homes, 66.7 percent of Head Start parents and 30.8 percent of Early Head Start parents were employed.
- The July 2019 unemployment rate in White Plains was 3.1, compared to 3.8 in Westchester County and 3.7 in the United States.
- As of 2017, the general population poverty rate of White Plains was 11.9 percent (6,815), higher than the Westchester County at 9.4 percent. An estimated 2,938 are living in deep poverty (50 percent of Federal Poverty Level) in White Plains. The percentage of women living in poverty in White Plains is 12.9 percent, higher than men living in poverty (10.8 percent).
- The rates of poverty by race are as follows: 8.4 percent for Whites (2,855 people); 25 percent for African-Americans (1,755 people); 8.8 percent for Asians (399 people); and 17.3 percent for Other (1,683 people). Of the Hispanic/Latino population, 16.3 percent (3,135 people) are living in poverty, slightly lower than Westchester County at 17.1 percent.

Estimated Children under Five in Poverty by Age Group

	Children Under 5	Estimated Population Under 5 in Poverty	Infants and Toddlers*	Infants and Toddlers in Poverty	3 and 4 Year Olds*	3 and 4 Year Olds in Poverty
White Plains, NY	3,343	535 (16.0%)	2,006	321	1,337	214
Westchester County	54,890	6,542 (11.9%)	32,934	3,919	21,956	2,613

HOUSING

- The rate of cost burdened households in White Plains is 39.9 percent, compared to Westchester County at 41.1 percent and New York State at 39.2 percent.
- Fair Market Rent for a modest two-bedroom apartment is \$1,775 per month in Westchester County; to afford a two-bedroom apartment without assistance a family needs to earn \$34.13/hour (\$71,000 annually) or work 3.1 full time jobs at minimum wage.

HOMELESSNESS

- As of 2018, Westchester County had an estimated 739 people experiencing homelessness as reported by Continuums of Care to the U.S. Department of Housing and Urban Development.

- Of students in Westchester County, 2,799 were homeless during 2017-2018; of these, 67 percent were doubled up with other families due to financial constraints; 31.7 percent were in shelters; and the remaining 1.3 percent were unsheltered or living in a hotel/motel.
- In the White Plains School District, there were 230 children experiencing homelessness as of 2018.
- During 2018-2019, FSW enrolled 8 children (3.2 percent) who experienced homelessness.

EDUCATION

- Of adults age 25 and older in White Plains, 13.4 percent do not have a high school diploma, slightly higher than Westchester County at 12.4 percent. The rates of African-Americans (15.6 percent); Multiple Races (12.2 percent); and Hispanics (31 percent) without a high school diploma in White Plains are much higher than Whites (8.8 percent) and Asians (6.9 percent).
- During 2018-2019, 53.3 percent of FSW Head Start/EHS families had less than a high school diploma; 24.2 percent had a high school diploma or G.E.D; 20.3 percent had an Associate Degree or some college; and 2.2 percent had an Advanced Degree or Baccalaureate.
- In 2018, 86 percent of students in White Plains School District graduated from high school. Eighty-five percent of economically disadvantaged students graduated.
- The percent of students who were proficient on the English Language Arts Assessment (ELA) in White Plains School District decreased from 45 to 43 percent between 2018 and 2019; economically disadvantaged students showed even lower proficiency scores of 28 percent in 2019, compared to 32 percent proficient in 2018.
- The percent of students who were proficient on the Mathematics Assessment in White Plains School District increased from 41 percent to 44 percent between 2018 and 2019; economically disadvantaged students showed increased proficiency scores of 31 percent in 2019, compared to 27 percent proficient in 2018.

DISABILITIES

- In 2017, 6.2 percent of children ages birth-three years of age received Early Intervention services in Westchester County.
- During 2017-2018, 199 preschool children in the White Plains School District received disabilities services. Of all students in the district, 11.4 percent were diagnosed with disabilities.
- During 2018-2019, FSW Head Start served 51 (25.5 percent) Head Start children with diagnosed disabilities; 100 percent of these children were diagnosed with non-categorical/developmental delays. Of enrolled children in Early Head Start, 8 (17.8 percent) were diagnosed with disabilities.

EARLY EDUCATION AND CARE: BIRTH TO FIVE

- During PY 2019-2020, the White Plains School District offers 316 half-day UPK slots and 158 full-day UPK slots, for a total of 474 funded slots.^{2^}
- Regulated Child Care Centers: In White Plains there are 14 centers with a capacity of 1,622 slots for children ages six weeks to five years (86 infant slots; 271 toddlers slots; and 1,265 preschool slots).
- Family Child Care Homes: In White Plains there are 3 FCC Homes with a capacity of 18 children ages six weeks to 12 years of age.
- Group Family Child Care Homes: In White Plains there are 17 Group FCC Homes with 204 slots for children ages six weeks to 12 years old.

CHILD WELFARE

- In 2017, 18 percent (986) of all reports of abuse/neglect in Westchester County were indicated.
- During 2018-2019, 2 (.8 percent) Head Start/Early Head Start children were in foster care. No children were reported as being raised by a grandparent or relative, due to a parent's absence. In 2017, 446 children were in foster care in Westchester County.

HEALTH AND WELLNESS

- Of elementary students in White Plains School District from 2016-2018, 16.8 percent were obese and 14 percent were overweight.
- Of children at FSW Head Start during 2018-2019, just 59.5 percent of children had a healthy weight. Of the remaining 40.5 percent of children, 5 percent of children were underweight; 18 percent were overweight; and 17.5 percent were obese.
- Between 2015 and 2017, the child food insecurity rate in Westchester County decreased slightly from 13.9 percent to 13.5 percent, lower than New York State (17.6 percent) and the United States (17 percent). However, as of 2017, there were a reported 29,900 children under the age of 18 experiencing food insecurity.
- The Westchester County Department of Health WIC Program serves approximately 8,000. The average monthly benefit per person in NYS in FY 2019 is \$52.52. During the 2018-2019 program year, 79.5 percent (31) of FSW Early Head Start families received WIC services and 64.6 percent (124) of Head Start families received WIC during the 2018-2019 program year.

- During 2018-2019, just 9.5 percent (22 families) of FSW Head Start/EHS families received SNAP. In White Plains, 14.6 percent of children (31,857) received SNAP during 2017; this was a 1.1 percent decrease from 2015.

ZIP Code	Total Births 2014-2016	Percent of Births					Infant and Neonatal Deaths, rate per 1,000 live births				Teen Rates per 1,000	
		Premature Birth	Low Birth Weight	Out of Wedlock	Medicaid or Self-pay	Late or No Prenatal Care	Infant Deaths 2014-2016	Infant Deaths Rate	Neonatal Deaths 2014-2016	Neonatal Deaths Rate	Teen Birth Rate	Teen Pregnancy Rate
10601	534	13.0	8.6	36.7	34.6	5.1	1	1.9	1	1.9	27.8	41.7
10603	646	12.5	8.0	28.7	24.0	1.7	0	0.0	0	0.0	9.2	20.3
10604	359	16.1	8.9	26.9	30.8	3.9	0	0.0	0	0.0	4.8	11.1
10605	582	14.2	7.0	23.0	17.3	1.4	2	3.4	1	1.7	4.3	7.9
10606	664	14.0	8.1	40.7	41.1	2.7	5	7.5	5	7.5	18.3	33.1
10607	244	14.9	6.1	33.3	29.3	3.3	1	4.1	0	0.0	7.2	14.3

TRANSPORTATION

- It is estimated that 16.7 percent of households in White Plains and 14.4 percent in Westchester County do not have a vehicle, compared to NYS (29.9 percent) and the United States (8.8 percent).

SUBSTANCE ABUSE

- Opioid deaths in NY tripled between 2010 and 2016, increasing from a rate per 100,000 of 5.4 deaths in 2010 to 15.1 deaths in 2016.
- The opioid burden includes: overdose deaths, non-fatal outpatient ED visits and hospital discharges involving opioid abuse, poisoning, dependence and unspecified use. Zip code 10601 has a 405.8 (per 100,000) opioid burden rate and 10603 has a 418.1 opioid burden rate, significantly higher than Westchester County (221.3) and New York State (295.9).

PROGRAM OVERVIEW

Family Services of Westchester has been a private, not-for-profit, non-sectarian agency located in Westchester County, New York since 1954. A staff of more than 450 professionals and paraprofessionals includes Master's level social workers; psychiatrists; clinical psychologists; child care workers; nurses; certified home health aides; multi-lingual clinicians; peer counselors and early childhood educators. FSW offers a broad range of innovative programs custom designed to meet particular needs of children, teens, adults, and the elderly through our seven Family Centers.

Family Services of Westchester is governed by a Board of Directors composed of volunteers from the business and local community, and has a very active, effective volunteer program. Funding comes from a healthy mix of government grants, fees, as well as philanthropic gifts contributed by individuals, foundations and corporations dedicated to maintaining the quality and scope of services.

FSW PROGRAMS

ADULT CARE

- Elder Abuse Prevention
- Gatekeepers
- Home Health Care
- Livable Communities Connection
- Maple House Enriched Housing
- My Second Home
- Partnership Innovation Program for Older Adults
- RideConnect
- Service Coordination
- White Plains Guest Home

EARLY CHILDHOOD

- Early Head Start
- Early Step Forward
- Head Start
- Great Beginnings Universal Pre-K
- Prime Time: Special Education and Evaluation

HIV/AIDS EDUCATION AND SUPPORT

- Camp Viva
- Community Resources
- HIV Supportive Housing Service
- Living Together
- Medical Case Management

FAMILY STRENGTHENING

- EMERGE
- Family Mental Health
- Family Preservation
- Latino Connections
- Navigators Fatherhood Re-Entry Program
- Step Down/Family Success

VETERANS SUPPORT

- VET2VET
- Veterans Outreach & Support

YOUTH DEVELOPMENT

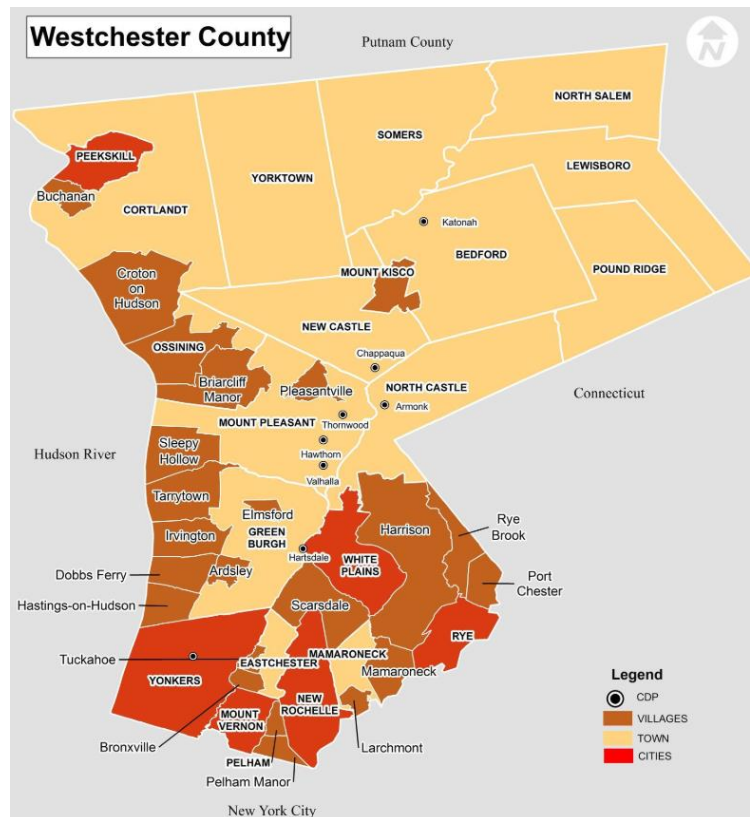
- ADAPT Family Mediation
- Adoption and Children's Services
- Advantage After School
- Bienvenidas
- Big Brothers Big Sisters
- Community Residence for SED Youth
- Girls' and Boys' Group Homes
- Port Chester Cares
- Project SNUG
- Respite/Camp Success
- Junior/Senior Youth Councils
- Successfully Transitioning Youth
- The Sharing Shelf
- Therapeutic Foster Care
- Youth Forum/Aging Out/Youth Residences

GEOGRAPHY AND LOCATION

Family Services of Westchester, Inc. receives Head Start and Early Head Start funding to serve children ages 0-5 in White Plains, New York, in the northeastern United States. With an estimated 19.54 million residents in 2018, New York is the fourth most populous state. In order to distinguish the state from the city with the same name, it is sometimes referred to as New York State (NYS).

The state is bordered by New Jersey and Pennsylvania to the south and Connecticut, Massachusetts, and Vermont to the east. The state has a maritime border with Rhode Island, east of Long Island, as well as an international border with the Canadian provinces of Quebec to the north and Ontario to the northwest. The southern part of the state is in the Atlantic coastal plain and includes Long Island and several smaller associated islands, as well as New York City and the lower Hudson River Valley. The state's most populous city, New York City, makes up over 40 percent of the state's population. Two-thirds of the state's population lives in the New York City metropolitan area.

Westchester County is the second-most populous county on the mainland of New York, after the Bronx, and the most populous county in the state north of New York City. Situated in the Hudson Valley, Westchester covers an area of 450 square miles, consisting of six cities, 19 towns, and 23 villages. The county seat is the city of White Plains. The county's 2018 population was 967,612.

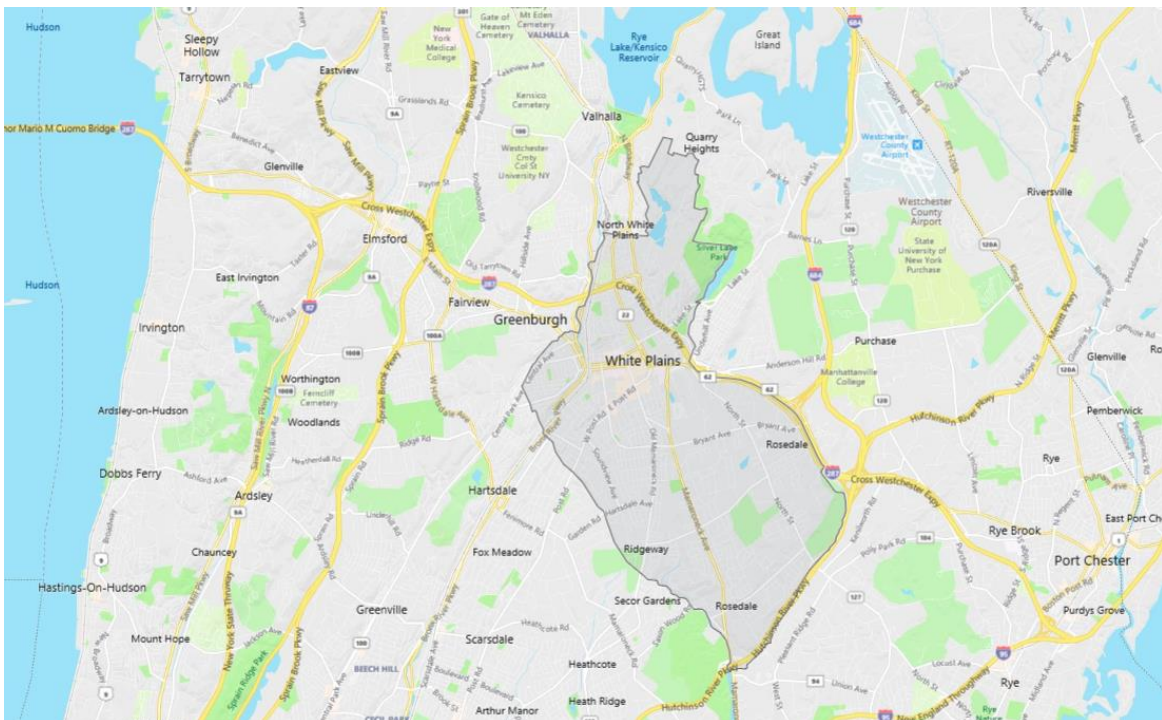


The City of White Plains is a suburban city in south-central Westchester County. White Plains is the county seat and considered the economic and political center of Westchester. The city's downtown is 25 miles north of Midtown Manhattan in New York City. As of 2018, the population of White Plains was estimated to be 58,112, up 2.2 percent from 56,853 at the 2010 census.

White Plains is bordered to the north by North Castle; to the north and east by the town/village of Harrison; to the south by the town/village of Scarsdale; and to the west by the town of Greenburgh. The city is approximately 7 miles east of the Hudson River and 7 miles northwest of Long Island Sound.

White Plains has 35 neighborhoods:

- Battle Hill
- Bryant Gardens
- Carhart
- Colonial Corners
- Downtown White Plains
- East White Plains
- Eastview
- Ferris Avenue
- Fisher Hill
- Fulton Street
- Gedney Farms
- Gedney Manor
- Gedney Meadows
- Gedney Park
- Green Acres
- Haviland Manor
- Highlands
- Holbrooke
- Idle Forest
- North Broadway
- North Street
- North White Plains
- Dekalb
- Old Mamaroneck Road
- Prospect Park
- Reynal Park
- Ridgeway
- Rocky Dell
- Rosedale
- Saxon Woods
- Secor Woods
- Soundview
- Westminster Ridge
- Winbrook
- Woodcrest Heights



HEAD START AND EARLY HEAD START

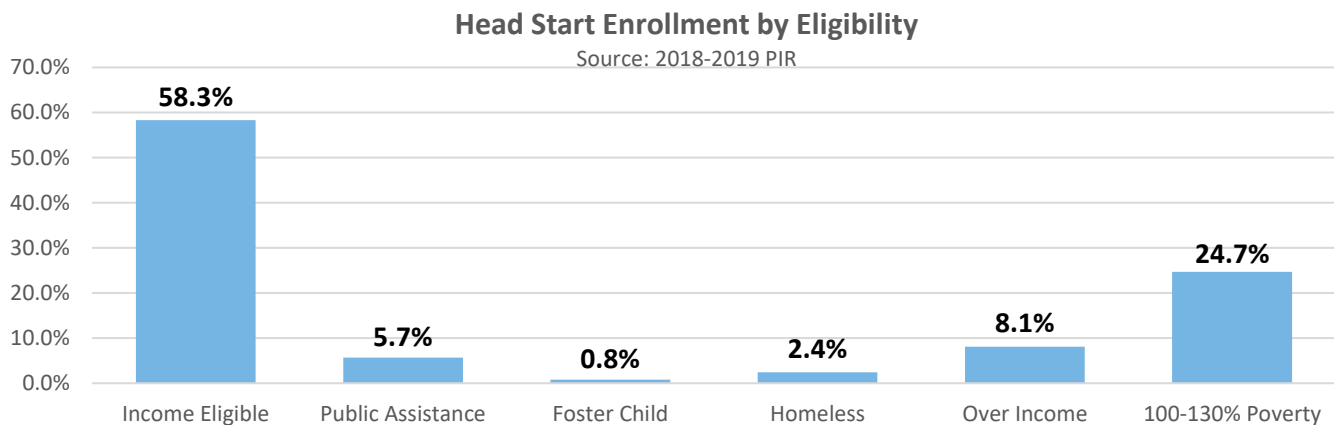
Head Start is a federally funded program that began in 1965; the program is based on the premise that all children share certain needs and can benefit from a comprehensive developmental program designed to meet those needs.

Children from low-income households or on public assistance, as well as those in foster care or experiencing homelessness are given priority for enrollment. Head Start supports children's growth and development in a positive learning environment through services, including:

Early learning: Children's readiness for school and beyond is fostered through individualized learning experiences. Through relationships with adults, play, and planned and spontaneous instruction, children grow in many aspects of development. Children progress in gaining social skills and emotional well-being, along with language/literacy learning, and concept development.

Health: Each child's perceptual, motor, and physical development is supported to permit them to fully explore and function in their environment. Children receive health and development screenings, nutritious meals, oral health, and mental health support. Programs connect families with medical, dental, and mental health services to ensure that children are receiving the services they need.

Family well-being: Parents and families are supported in achieving their own goals, such as housing stability, continued education, and financial security. Programs support and strengthen parent-child relationships and engage families around children's learning and development.³



During 2018-2019, children at FSW were eligible for enrollment as follows: 58.3 percent Income Eligible; 5.7 percent receiving Public Assistance; just .8 percent in Foster Care; 2.4 percent identified as experiencing Homelessness per the McKinney Vento Act; 8.1 percent from families considered Over Income; and 24.7 percent with family income between 100 and 130 percent of the federal poverty line.

FSW currently provides center-based Head Start enrollment slots to 6 infants, 14 toddlers, and 194 preschoolers in five locations. The program also enrolls 20 EHS children in the home-based program.

Program Hours/Day, Months/Year	Site	Number of Children	Total
EHS 6:30-Hour/12-Month Center-Based	North Street	Infants: 6 Toddlers: 14 (2 classes)	20
HS 6-Hour/10-Month	Rochambeau	112	112
HS 6-Hour/12-Month	Rochambeau	17	17
HS 6-Hour/10-Month	Bethel	17	17
HS 6-Hour/10 Month	Slater	17	17
HS 6-Hour/10 Month	Eastview	48	48
		Total HS	194
		Total EHS	40
		Total EHS/HS	234

DEMOGRAPHICS

POPULATION AND GROWTH

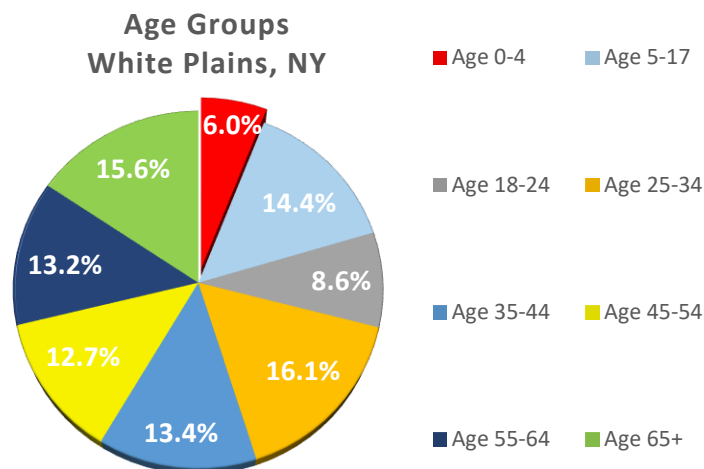
The population of White Plains is estimated at 58,111, an increase of 2.2 percent between 2010 and 2018. Westchester County grew by 2 percent during the same time period.

2018 Population Estimates⁴

	2010 Population	2018 Population	Pop. Change 2010-2018
White Plains, NY	56,853	58,111	2.2%
Westchester County	949,113	967,612	2.0%
New York State	19,378,102	19,542,209	.9%
United States	308,745,538	327,167,434	6.0%

AGE

According to the 2013-2017 American Community Survey, the 0-4 year old age group makes up 6 percent (3,478 children) of the population in White Plains, NY.



RACE AND ETHNICITY

The majority race in White Plains is 59.7 percent Caucasian, less than Westchester County at 65.4 percent. The African-American population constitutes 12.5 percent of the White Plains population and the Asian population is 7.8 percent. Another 16.8 percent of the population identifies as “Other.”

Population by Race

	White	Black African- American	Asian	Native American Alaska Native	Native Hawaiian Pacific Islander	Other	Multiple Races
White Plains, NY	59.7%	12.5%	7.8%	.8%	0.0%	16.8%	2.3%
Westchester County	65.4%	14.6%	5.9%	.4%	0.0%	10.7%	3.0%
New York State	63.8%	15.7%	8.4%	.4%	0.1%	8.7%	2.9%
United States	73.0%	12.7%	5.4%	0.8%	0.2%	4.8%	3.1%

Source: U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates

Population by Ethnicity

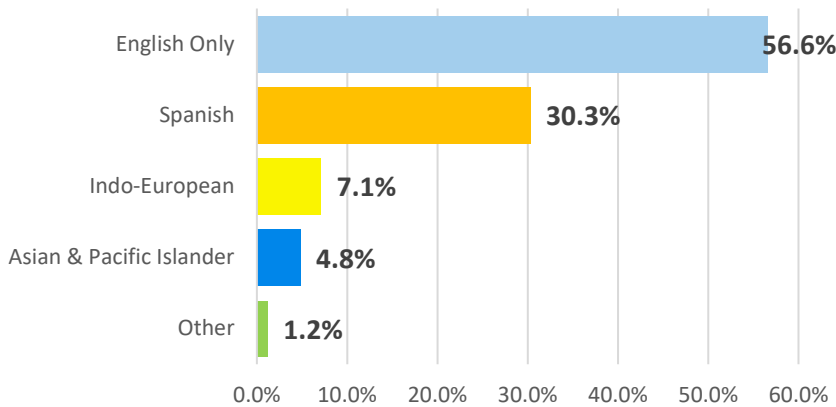
	Hispanic	Non-Hispanic
White Plains, NY	33.2%	66.8%
Westchester County, NY	24.0%	76.0%
New York State	18.8%	81.2%
United States	17.6%	82.4%

The Hispanic population in White Plains, NY is 33.2 percent Hispanic (19,411 people), significantly higher than Westchester County (24 percent) and New York State (18.8 percent).

PRIMARY LANGUAGE

Languages Spoken in White Plains, NY

Source: American Community Survey, 2013-2017



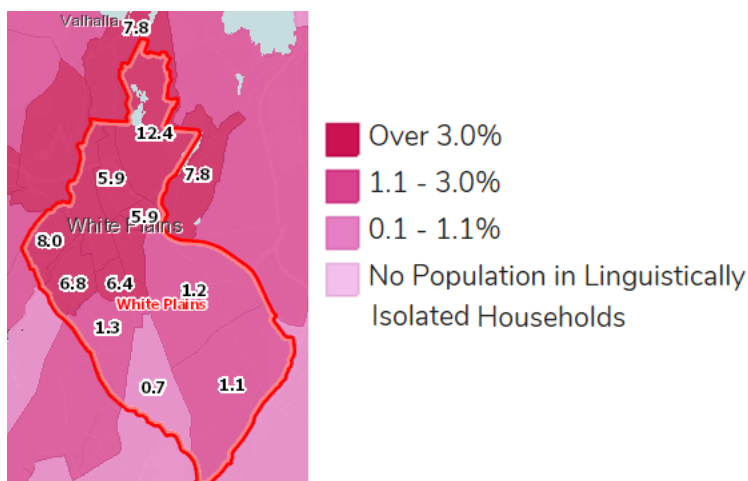
The majority language in White Plains is English at 56.6 percent, compared to Westchester County at 66.7 percent. Of the remaining population, 30.3 percent speak Spanish; 7.1 percent speak an Indo-European language; 4.8 percent speak an Asian language; and 1.2 percent speak an unidentified language.

During 2018-2019, 25.5 percent (63 enrolled families) identified their child's primary home language as English; 70.9 percent (175 families) as Spanish; 2 percent (5 families) as Caribbean Languages; .8 percent (2 families) as Middle Eastern and South Asian Languages; .4 percent (1 family) as European/Slavic languages and .4 percent (1 family) as Unspecified.

Population in Limited English Households

	Total Population Age 5+	Linguistically Isolated Population	Percent Linguistically Isolated Population
White Plains, NY	54,926	3,956	7.2%
Westchester County, NY	919,728	60,772	6.6%

Source: US Census Bureau, American Community Survey. 2013-17.



A "Limited English speaking household" is one in which all family members 14 years old and over do not speak English at home or speak English less than "very well." These households often need English-language assistance. Of households in White Plains, 7.2 percent are limited English households, compared to Westchester County (6.6 percent) and New York State (7.6 percent).

FAMILY STRUCTURE

As defined by the U.S. 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.

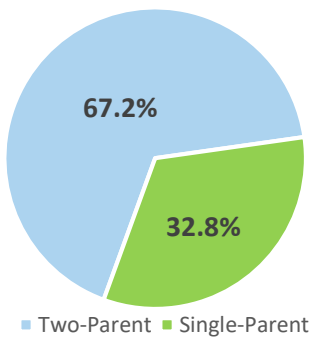
The connection between single parenting and lower outcomes is clear in a growing number of studies, showing strong correlations between father-absent families and poverty, juvenile delinquency, reduced school performance, and numerous other outcomes that can negatively impact children's futures.

Households by Composition

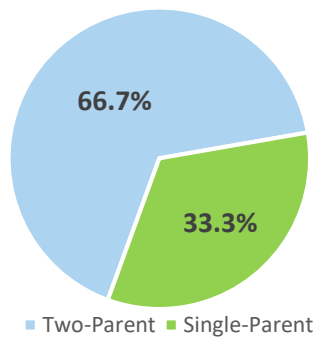
	All Household Types	Married Family Households	Single Male Households	Single Female Households	Non Family Households
White Plains, NY	6,457	4,567	346	1,432	112
Westchester County	118,173	85,305	8,052	24,099	717
New York	2,194,841	1,388,037	177,462	611,368	17,974
United States	37,676,388	24,462,387	3,212,552	9,652,014	349,435

Source: American Community Survey, 2013-2017

2018-2019 Head Start
Family Structure



2018-2019 EHS
Family Structure



During the 2018-2019 program year, 67 percent of FSW Head Start and Early Head Start families were two-parent households and 33 percent were single-parent families.

ECONOMIC WELL-BEING

EMPLOYMENT AND INDUSTRY

The local economy of White Plains, New York includes large local employers include Combe (personal care), Xylem, ITT and Bunge. A few other large names count the Presbyterian Hospital, Krasdale Foods, Dannon and Alliance Bernstein. Aside from finances and education, health care represents a top notch opportunity for new students. The medical field is successfully represented by both private and public or state owned institutions. Furthermore, White Plains also hosts a few medical nonprofits, such as the March of Dimes and Leukemia & Lymphoma Society.

The New York State minimum wage increased on December 31, 2018. In New York City, it is \$13.50 per hour for businesses with 10 or fewer employees, and \$15.00 per hour for businesses with 11 or more employees. In Nassau, Suffolk and Westchester counties, it is \$12.00 per hour. In the remainder of the state, it is \$11.10 per hour. There are different hourly rates for workers in the fast food industry and those who receive tips. These rates remain in effect until December 30, 2019. The Minimum Wage rates are scheduled to increase each year on 12/31 until they reach \$15.00 per hour.⁵

General Minimum Wage Rate Schedule

Location	12/31/16	12/31/17	12/31/18	12/31/19	12/31/20	2021*
NYC: Large Employers	\$11.00	\$13.00	\$15.00			
NYC: Small Employers	\$10.50	\$12.00	\$13.50	\$15.00		
Long Island & Westchester	\$10.00	\$11.00	\$12.00	\$13.00	\$14.00	\$15.00
Remainder of NYC	\$9.70	\$10.40	\$11.10	\$11.80	\$12.50	*

*Annual increases for the rest of the state will continue until the minimum wage reaches \$15 (and \$10 for tipped wages.)

Living Wage

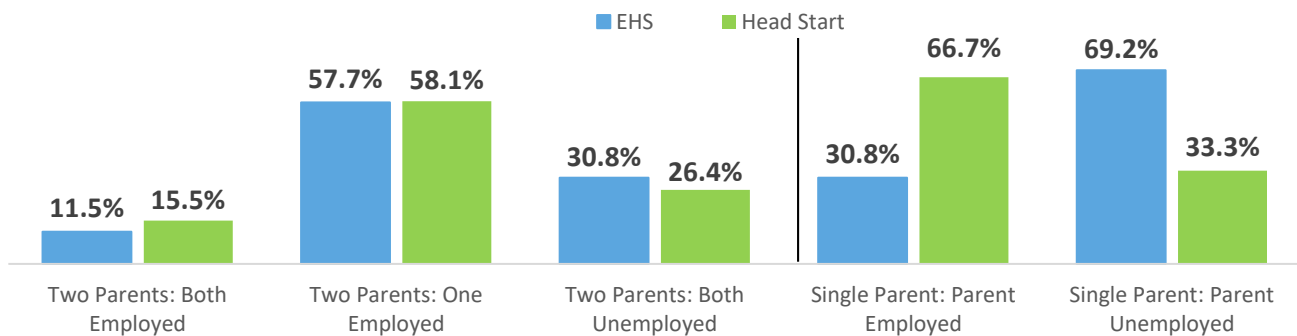
	1 Adult 1 Child	1 Adult 2 Children	2 Adults (Both Working) 2 Children	2 Adults (1 Working) 1 Child	2 Adults (1 Working) 2 Children
Westchester County	\$31.32	\$40.87	\$21.81	\$27.56	\$30.18

Source: Massachusetts Institute of Technology

The living wage per hour needed to support a single adult and one child in Westchester County is \$31.32.⁶ The living wage is the hourly rate that an individual must earn to adequately support the family and cover day-to-day expenses if the person is the sole provider and is working full-time (2080 hours per year). A single adult with one child who is earning minimum wage in Westchester County makes only 38.3 percent of the living wage.

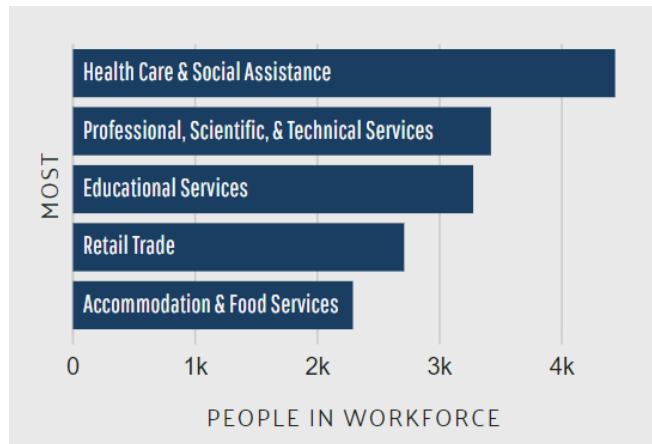
Head Start and EHS Parent Employment Status

Source: 2018-2019 PIR



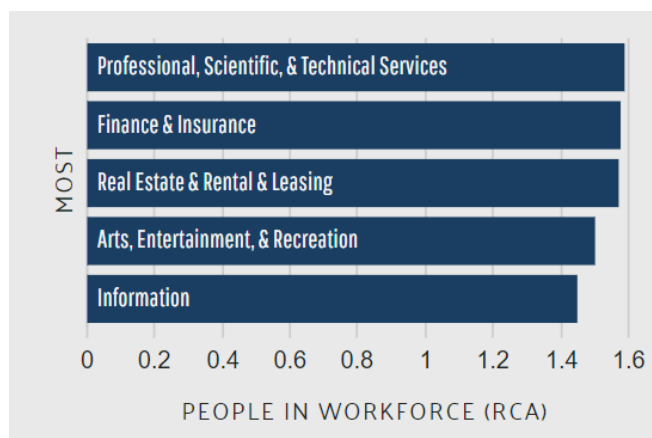
During 2018-2019, 73.6 percent of Head Start two-parent families and 69.2 percent of Early Head Start two-parent families had one or more parents employed. In single-parent homes, 66.7 percent of Head Start parents and 30.8 percent of Early Head Start parents were employed.

The economy of White Plains, NY employs 30.7k people. The largest industries in White Plains, NY are Health Care & Social Assistance (4,436 people), Professional, Scientific, & Technical Services (3,413 people), and Educational Services (3,277 people), and the highest paying industries are Management of Companies & Enterprises (\$147,778), Finance & Insurance (\$101,545), and Public Administration (\$89,794).⁷



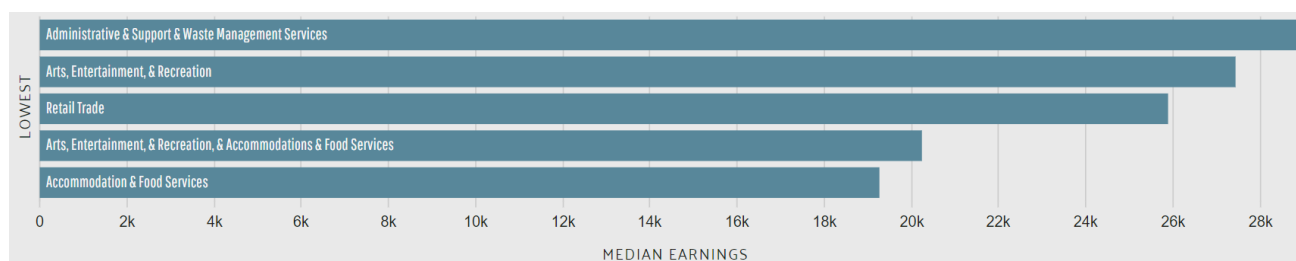
The most common jobs held by residents of White Plains by number of employees, are Management Occupations (4,177 people), Sales & Related Occupations (3,229 people), and Office & Administrative Support Occupations (2,839 people).⁸

The July 2019 unemployment rate in White Plains was 3.1, compared to 3.8 in Westchester County and 3.7 in the United States.



Compared to other places, White Plains has an unusually high number of Professional, Scientific, & Technical Services (1.59 times higher than expected), Finance & Insurance (1.58 times), and Real Estate & Rental & Leasing (1.57 times) industries.

The highest paying industries in White Plains, NY, by median earnings, are Management of Companies & Enterprises (\$147,778), Finance & Insurance (\$101,545), and Public Administration (\$89,794).



The lowest paying industries are Administrative & Support and Waste Management Services (\$29,000); Arts, Entertainment and Recreation (\$27,000); Retail Trade (\$26,000); and Accommodations and Food Services (\$19,000).

INCOME

Mean/Median Family Income

	Total Family Households	Average (Mean) Family Income	Median Family Income
White Plains, NY	13,337	\$145,802	\$110,400
Westchester County	239,896	\$173,360	\$114,923
New York	4,633,030	\$109,230	\$77,141
United States	78,298,703	\$95,031	\$70,850

Source: US Census Bureau, American Community Survey. 2013-17

Percentage of Households by Income Level in White Plains, NY

	Total Households	Family Households
Less than \$10,000	5.8%	1.9%
\$10,000 to \$14,999	4.8%	2.7%
\$15,000 to \$24,999	7.7%	6.1%
\$25,000 to \$34,999	5.7%	6.0%
\$35,000 to \$49,999	8.1%	7.8%
\$50,000 to \$74,999	11.6%	10.3%
\$75,000 to \$99,999	10.7%	10.8%
\$100,000 to \$149,999	17.9%	18.8%
\$150,000 to \$199,999	11.5%	14.5%
\$200,000 or more	16.2%	21.1%

Source: US Census Bureau, American Community Survey. 2013-17

Of family households, the mean (average) family income is \$145,802 in White Plains, lower than Westchester County (\$173,360). The median family income in White Plains is \$110,400 compared to \$114,923 in Westchester County.

Of family households, 4.6 percent earn under \$15,000; 10.7 percent earn under \$25,000; 16.7 percent earn under \$35,000; and 24.5 percent of households earn under \$50,000.

POVERTY

General Population in Poverty

	Total Population for Whom Poverty Status is Determined	Population in Poverty	Population in Poverty (Percentage)
White Plains, NY	57,385	6,815	11.9%
Westchester County	951,990	89,829	9.4%
New York State	19,285,448	2,908,471	15.1%
United States	313,048,563	45,650,345	14.6%

Source: US Census Bureau, American Community Survey. 2013-17.

As of 2017, the general population poverty rate of White Plains was 11.9 percent (6,815), higher than the Westchester County at 9.4 percent. An estimated 2,938 are living in deep poverty (50 percent of Federal Poverty Level) in White Plains. The percentage of women living in poverty in White Plains is 12.9 percent, higher than men living in poverty (10.8 percent).

Gender and Poverty

	Total Male	Total Female	Percent Male	Percent Female
White Plains, NY	2,963	3,852	10.8%	12.9%
Westchester County	39,478	50,351	8.6%	10.2%
New York State	1,284,016	1,624,455	13.8%	16.3%
United States	20,408,626	25,241,719	13.3%	15.8%

Source: US Census Bureau, American Community Survey. 2013-17.

Race and Poverty (Percentages)

	White	Black African-American	Asian	Native American Alaska Native	Native Hawaiian Pacific Islander	Other	Multiple Races
White Plains	8.4% (2,855)	25.0% (1,755)	8.8% (399)	9.2% (43)	No data (0)	17.3% (1,683)	3.7% (50)
Westchester County	6.7%	16.2%	7.0%	17.6%	18.1%	18.3%	8.0%
New York State	11.0%	24.5%	16.8%	25.6%	20.7%	27.9%	20.4%
United States	12.1%	25.2%	11.9%	26.8%	19.0%	23.9%	18.4%

Source: U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates

The rates of poverty by race are as follows: 8.4 percent for Whites (2,855 people); 25 percent for African-Americans (1,755 people); 8.8 percent for Asians (399 people); and 17.3 percent for Other (1,683 people).

Of the Hispanic/Latino population, 16.3 percent (3,135 people) are living in poverty, slightly lower than Westchester County at 17.1 percent.

Population in Poverty by Ethnicity

	Hispanic/Latino (Count)	Hispanic/Latino (Percent)	Non Hispanic/ Latino (Count)	Non Hispanic/ Latino (Percent)
White Plains, NY	3,135	16.3%	3,680	9.7%
Westchester County	39,254	17.1%	50,575	7.0%
New York State	889,328	24.4%	2,019,143	12.9%
United States	12,269,452	22.2%	33,380,893	13.0%

Source: US Census Bureau, American Community Survey. 2013-17.

Estimated Children under Five in Poverty by Age Group

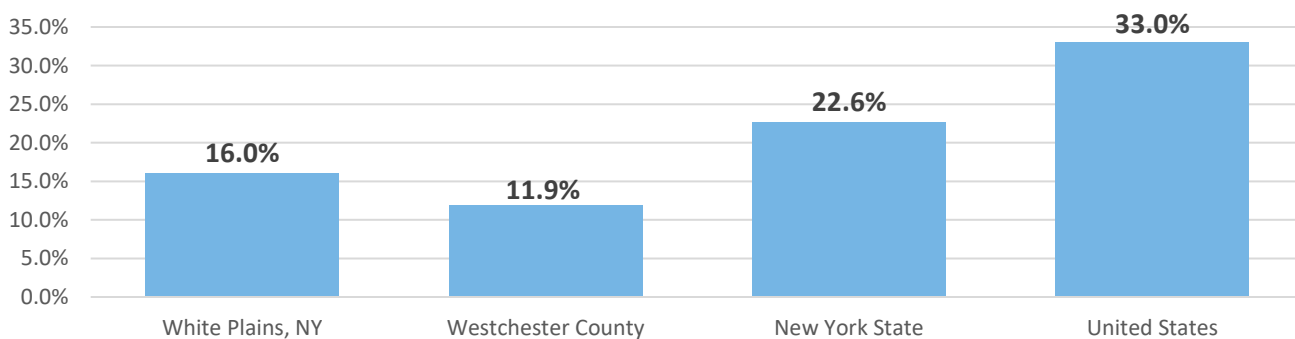
	Children Under 5	Estimated Population Under 5 in Poverty	Infants and Toddlers*	Infants and Toddlers in Poverty	3 and 4 Year Olds*	3 and 4 Year Olds in Poverty
White Plains, NY	3,343	535 (16.0%)	2,006	321	1,337	214
Westchester County	54,890	6,542 (11.9%)	32,934	3,919	21,956	2,613

Source: US Census Bureau, American Community Survey. 2013-17.

The most recent poverty rate for children under 5 years old in White Plains is 16 percent, higher than Westchester County at 11.9 percent. There are an estimated 3,343 children under age 5 in White Plains with 535 (16 percent) of these children experiencing poverty; 2,006 (60 percent of children under age 5) children are infants/toddlers, with 321 children living in poverty. In addition, there are approximately 1,337 preschoolers, with 214 children experiencing poverty.

Children Under 5 in Poverty

Source: ACS 2013-2017



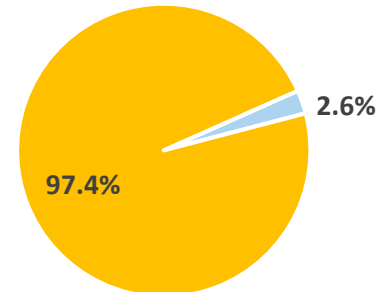
FEDERAL ASSISTANCE

SUPPLEMENTAL SECURITY INSURANCE

Supplemental Security Income (SSI) pays monthly benefits to people with limited Income and resources, including those who are disabled, blind, or age 65 or older. Children who are disabled may also get SSI. Effective January 1, 2019, the federal benefit rate is \$771 for an individual and \$1,157 for a couple.⁹ Of FSW Head Start/EHS families, 2.6 percent (6 families) received SSI benefits during 2018-2019.

Head Start/EHS Families Receiving SSI

Source: 2018-2019 PIR



HOUSING

Cost burdened households are those where housing costs exceed 30 percent of total household income. Data (below) includes the cost of monthly housing expenses for both owners and renters.

Cost Burdened Households

	Occupied Housing Units	# of Cost Burdened Households	% of Cost Burdened Households
White Plains, NY	22,069	8,809	39.9%
Westchester County	345,885	142,025	41.1%
New York State			39.2%
United States			32.0%

Source: American Community Survey, 2013-2017

Severely cost burdened households are more likely than other renters to sacrifice necessities like healthy food and healthcare to pay the rent, and to experience unstable housing situations like evictions.¹⁰ The rate of cost burdened households in White Plains is 39.9 percent, compared to Westchester County at 41.1 percent and New York State at 39.2 percent.

Fair Market Rent for a modest two-bedroom apartment is \$1,775 per month in Westchester County; to afford a two-bedroom apartment without assistance a family needs to earn \$34.13/hour (\$71,000 annually) or work 3.1 full time jobs at minimum wage.

2019 Fair Market Rent (FMR)

Westchester County¹¹

Cost to Rent 2 BR at FMR	Income Needed to afford 2 BR at FMR	Percent of Households Who are Renting	Estimated Hourly Mean Renter Wage	Full time jobs to afford 2 BR at Mean Renter Wage	Full time jobs to afford 2 BR at Minimum Wage
\$1,775	\$71,000 (\$34.13)	38%	\$19.01	1.8	3.1

HOMELESSNESS

As of 2018, Westchester County had an estimated 739 people experiencing homelessness as reported by Continuums of Care to the U.S. Department of Housing and Urban Development (HUD).

Sheltered and Unsheltered Homeless Children Identified in Westchester - HUD					
	People in Households With At Least One Adult and One Child Under Age 18		People in Households Comprised Only of Children Under Age 18 (includes unaccompanied youth, parenting youth, and other household configurations composed only of children)		Total
	Sheltered**	Unsheltered	Sheltered**	Unsheltered	
2013	730	1	7	3	740
2014	775	0	9	0	784
2015*	622	0	6	0	628
2016	655	0	7	0	662
2017	696	0	6	0	702
2018	729	0	10	0	739

*2015 was the first year HUD conducted a Youth Count specifically tracking homeless youth in various situations.

**Sheltered denotes the total number of people in emergency shelters, transitional housing, and Safe Havens.

Homeless Students (Pre-K to Grade 12) Identified in Westchester* - ED					
	Doubled Up	Hotel/Motel	Sheltered	Unsheltered	Total by Primary Nighttime Residence
2013-14	1,724	s	877	s	2,662
2014-15	1,833	76	761	8	2,678
2015-16	1,887	59	778	8	2,732
2016-17	1,823	s	839	s	2,697
2017-18	1,876	s	887	s	2,799

*Data is a Westchester County total. Categories where 1-4 students identified as homeless are suppressed (denoted by "s") for confidentiality reasons but are reflected in the total.

Data Source: NYSTEACHS (2018). Data on Student Homelessness in NYS.

- Of students in Westchester County, 2,799 were homelessness during 2017-2018; of these, 1,876 students (67 percent) were doubled up with other families due to financial constraints; 887 (31.7 percent) were in shelters; and the remaining 1.3 percent were unsheltered or living in a hotel/motel.
- In the White Plains School District, there were 230 children experiencing homelessness as of 2018.
- During 2018-2019, FSW enrolled 8 children (3.2 percent) who experienced homelessness.

White Plains Shelters:

- Open Arms is a male-only shelter with 15 beds for drop-ins and 38 beds for those in residence.
- Samaritan House Shelter is a female-only shelter with 17 beds.
- The Coachman Family Center is a 100-family homeless shelter for families placed by DSS.
- My Sister's Place provides 20 beds to families fleeing abusive partners.
- Hope's Door provides 16 beds to families fleeing domestic violence.

EDUCATION

Of adults age 25 and older in White Plains, 13.4 percent do not have a high school diploma, slightly higher than Westchester County at 12.4 percent. The rates of African-Americans (15.6 percent); Multiple Races (12.2 percent); and Hispanics (31 percent) without a high school diploma in White Plains are much higher than Whites (8.8 percent) and Asians (6.9 percent).

Education Levels

	Population Age 25+	No High School Diploma 25+ (Absolute)	No High School Diploma 25+ (Percent)	High School Diploma or Higher	Bachelors/ Advanced Degree
White Plains, NY	41,502	5,566	13.4%	86.6%	50.3%
Westchester County	668,102	82,929	12.4%	87.6%	47.7%
New York State			13.9%	86.1%	35.3%
United States			12.7%	87.3%	30.9%

Source: American Community Survey, 2013-2017

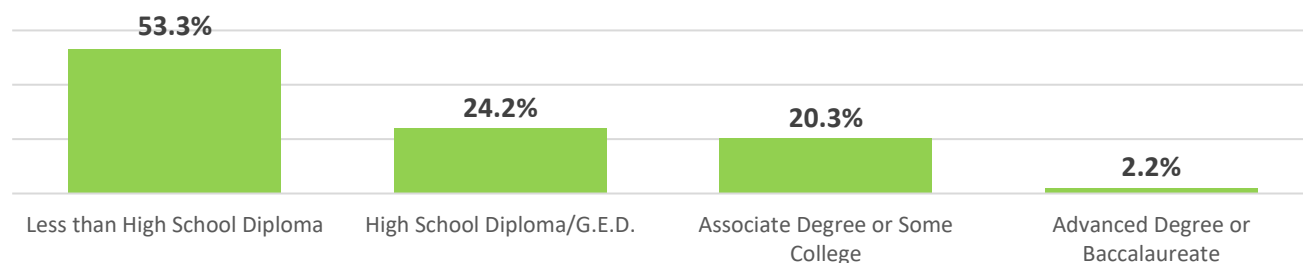
Persons with No High School Diploma by Race/Ethnicity

	White	Black/ African American	Asian	Some Other Race	Multiple Races	Hispanic/ Latino
White Plains, NY	8.8%	15.6%	6.9%	36.9%	12.2%	31.0%
Westchester County	9.1%	14.0%	7.8%	35.5%	16.6%	31.4%
New York State	9.4%	17.0%	21.6%	35.9%	19.7%	31.6%
United States	10.7%	15.1%	13.5%	20.3%	12.5%	33.3%

Source: US Census Bureau, American Community Survey. 2013-17.

Level of Education--FSW Head Start/EHS Parents

Source: 2018-2019 PIR

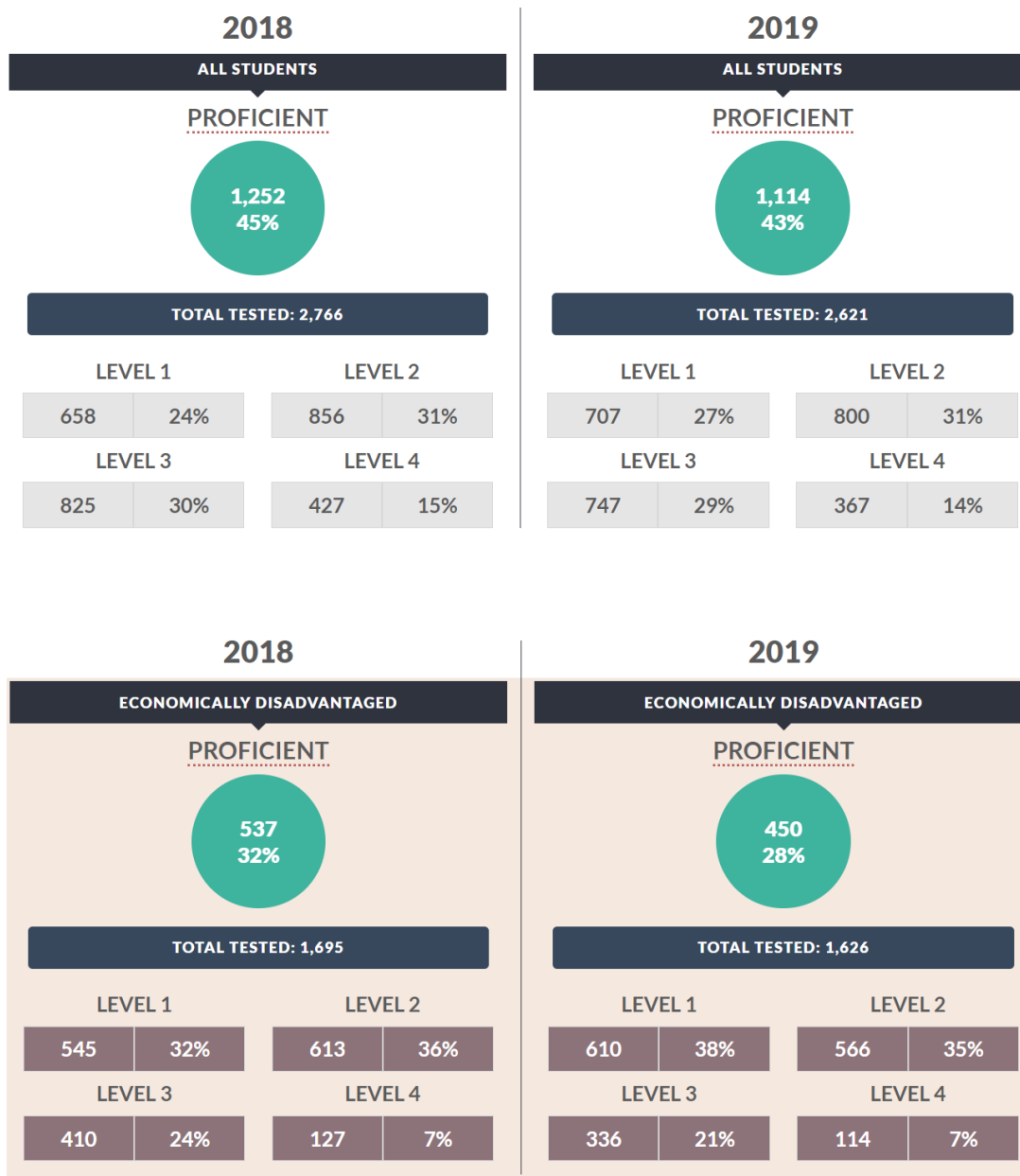


During 2018-2019, 53.3 percent of FSW Head Start/EHS families had less than a high school diploma; 24.2 percent had a high school diploma or G.E.D; 20.3 percent had an Associate Degree or some college; and 2.2 percent had an Advanced Degree or Baccalaureate.

In 2018, 86 percent of students in White Plains School District graduated. Eighty-five percent of economically disadvantaged students graduated.

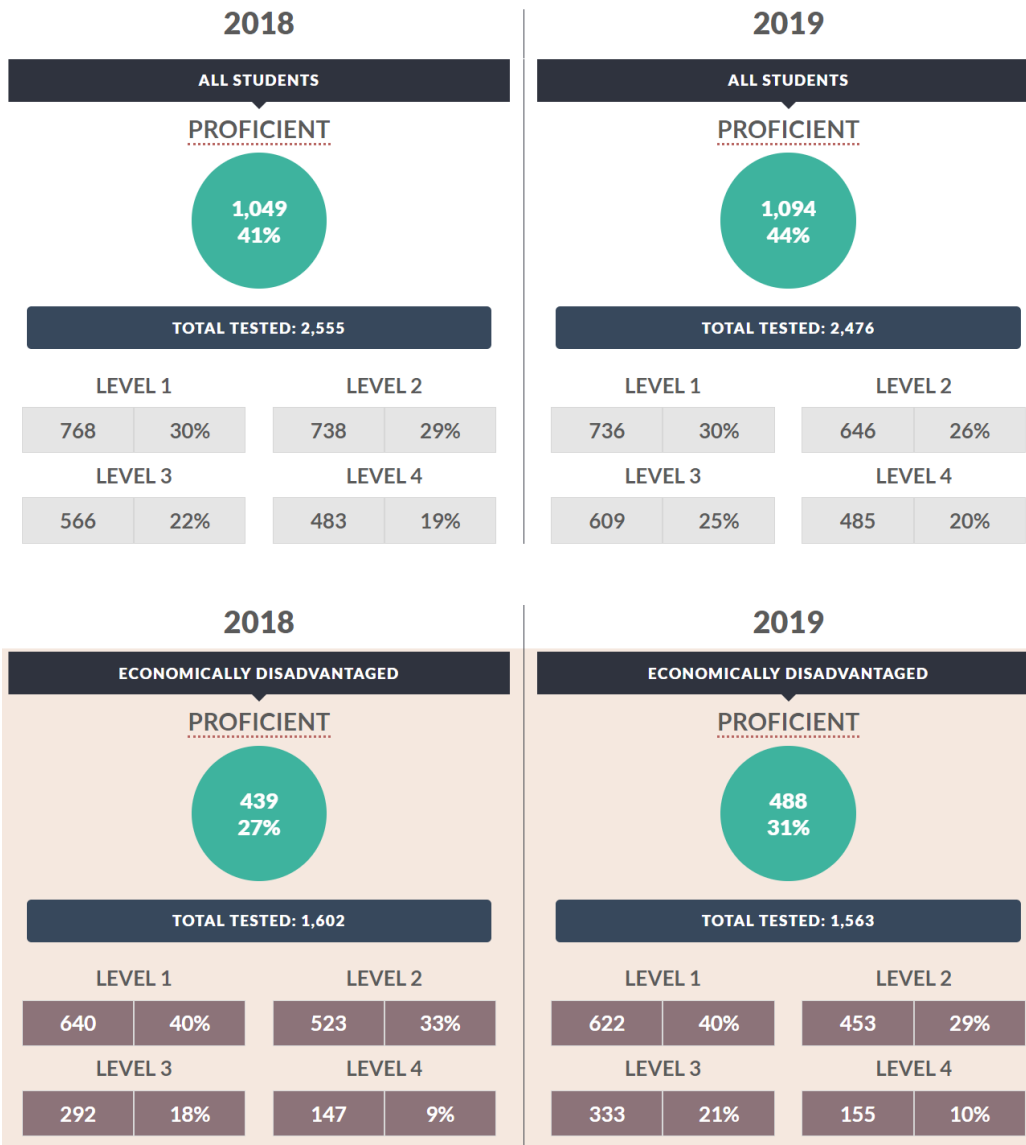
The grades 3-8 English Language Arts (ELA) and mathematics assessments measure the higher learning standards that were adopted by the State Board of Regents in 2010, which more accurately reflect students' progress toward college and career readiness. Data is based on those reported by districts to the State as of July 25, 2019 via the Student Information Repository System (SIRS).

White Plains School District English Language Arts Assessment



The percent of students who were proficient on the ELA in White Plains School District decreased by two percent between 2018 and 2019 (from 45 to 43 percent); economically disadvantaged students showed even lower proficiency scores of 28 percent in 2019, compared to 32 percent proficient in 2018.

White Plains School District Mathematics Assessment



The percent of students who were proficient on the Mathematics Assessment in White Plains School District increased from 41 percent to 44 percent between 2018 and 2019 ; economically disadvantaged students showed increased proficiency scores of 31 percent in 2019, compared to 27 percent proficient in 2018. The disparity in proficiency scores between all students and economically disadvantaged students is evident.

DISABILITIES

The NYS Early Intervention Program (EIP) is part of the national Early Intervention Program for infants and toddlers with disabilities and their families. Part C services under IDEA are provided for families and children birth up to age 3 who have a confirmed disability or established developmental delay, as defined by the state, in one or more of the following areas of development: physical, cognitive, communication, social-emotional, and/or adaptive. Approximately 80% of children receive services at home, with speech and language being the most common service authorized.

In 2017, 6.2 percent of children ages birth-three years of age received Early Intervention services in Westchester County.

**Children Receiving Early Intervention Services
Westchester County**

	2015	2016	2017
Birth – 1 Year	1.3%	1.3%	1.5%
Birth – 3 Years	5.5%	5.8%	6.2%

Source: www.health.ny.gov, 2015-2017

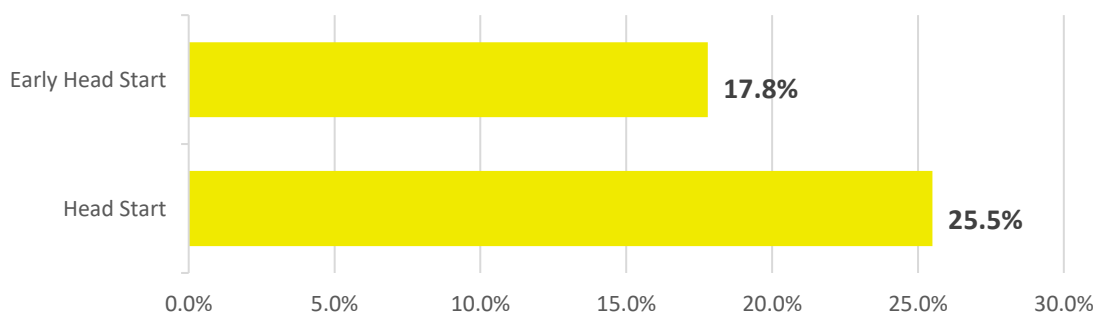
The NYS Education Department oversees a statewide preschool special education program with school districts, municipalities, approved providers and parents. Evaluations and planned individual or group instructional services or programs are provided to eligible children, ages 3-5, who have a disability that affects their learning. LEAs provide Part B services under IDEA to students ages 3 through 21.

During 2017-2018, 199 preschool children in the White Plains School District received disabilities services. Of all students in the district, 11.4 percent were diagnosed with disabilities.¹²

During 2018-2019, FSW Head Start served 51 (25.5 percent) Head Start children with diagnosed disabilities; 100 percent of these children were diagnosed with non-categorical/developmental delays. Of enrolled children in Early Head Start, 8 (17.8 percent) were diagnosed with disabilities.

Enrolled Head Start/EHS Children with Diagnosed Disabilities

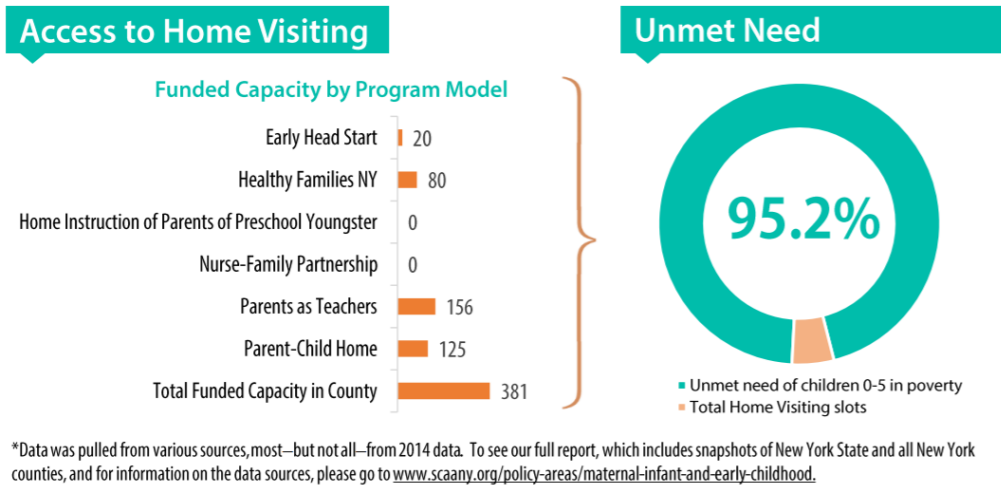
Source: PIR 2018-2019



EARLY EDUCATION AND CARE: BIRTH – FIVE

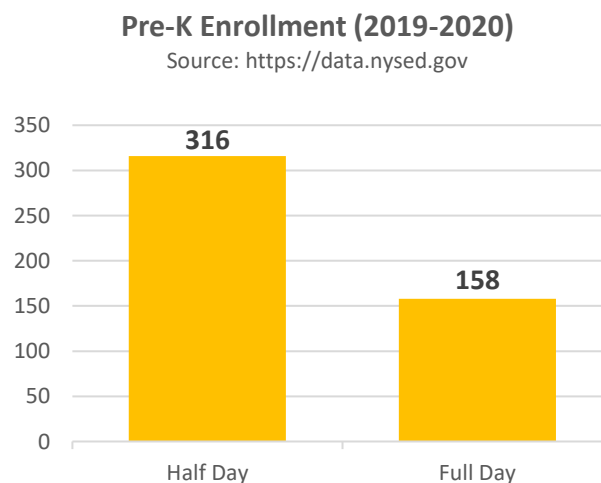
HOME VISITATION PROGRAMS

According to the Westchester Children’s Association (WCA), 95.2 percent of eligible children are not receiving home visiting services. WCA advocates for the expansion of home visiting programs at the county and state level so that every eligible family can have access.



PRE-KINDERGARTEN FUNDING

Universal Prekindergarten (UPK) is the entry point for public education in New York. The goal is to provide four-year-olds with high quality, research-based instruction that increases the number of children who enter kindergarten prepared to succeed. During PY 2019-2020, the White Plains School District offers 316 half-day UPK slots and 158 full-day UPK slots, for a total of 474 funded slots.¹³



CHILD CARE

Child care programs in NY State are regulated by Office of Children and Family Services (OCFS), except NYC-based child care centers.

Regulated Child Care Centers in White Plains¹⁴

	Infants	Toddlers	Preschool	Total
Children's Corner Learning Center, 120 Bloomingdale Rd.	24	24	38	86
Children's Corner Learning Center, 1133 Westchester Avenue	32	48	47	127
Elizabeth Seton Children's School, 317 North Street	0	12	166	178
Kol Ami, 252 Soundview Ave	0	42	114	156
Memorial Methodist Early Childhood Ctr, 250 Bryant Ave.	0	12	121	133
Prospect Academy, 82 Prospect Ave.	0	0	30	30
Ridgeway Nursery School & Kindergarten, 465 Ridgeway Ave.	0	36	154	190
Temple Israel Nursery School, 280 Old Mamaroneck Road	0	25	100	125
The Church in the Highlands, 35 Bryant Ave	0	11	72	83
The Little Disciple Learning Center, 348 South Lexington Ave	0	0	99	99
The Montessori Garden, 468 Rosedale Avenue	0	11	25	36
United Pre-School Center, 456 North Street	0	0	73	73
White Plains Family YMCA, 250 Mamaroneck Avenue	8	12	89	109
YWCA Child Care Center, 515 North Street,	22	38	137	197
Total: 14 Licensed Centers	86	271	1,265	1,622

Source: Office of Children and Family Services, August 2019

- **Regulated Child Care Centers:** In White Plains there are 14 centers with a capacity of 1,622 slots for children ages six weeks to five years (86 infant slots; 271 toddlers slots; and 1,265 preschool slots).
- **Family Child Care Homes:** In White Plains there are 3 FCC Homes with a capacity of 18 children ages six weeks to 12 years of age.
- **Group Family Child Care Homes:** In White Plains there are 17 Group FCC Homes with 204 slots for children ages six weeks to 12 years old.

According to the Child Care Council of Westchester, below are the 2019 child care rates in White Plains.¹⁵

Child Care Centers		
Weekly Full Time Rate	Range	Average
Infants (6 Weeks – 18 Months)	\$300 - \$452	\$376
Toddlers (19 Months – 35 Months)	\$265 - \$439	\$352
Preschoolers (3-5 years old)	\$253 - \$424	\$339
School Age* (5-12years old)	\$250	\$250
*Only one program provided their rate information.		
Hourly Part Time Rate	Range	Average
School Age (5-12years old)	None provided	None provided
Monthly Full Time Rate	Range	Average
Infants (6 Weeks - 18 Months)	\$1,555 - \$2,472	\$1,832
Toddlers (19 Months - 35 Months)	\$1,312 - \$2,266	\$1,599
Preschoolers (3-5 years old)	\$850 - \$1,871	\$1,342
School Age (5-12years old)	None provided	None provided

Family/Group Family Child Care Providers		
Weekly Full Time Rate	Range	Average
Infants (6 Weeks - 23 Months)	\$300 - \$425	\$335
Toddlers (24 Months - 35 Months)	\$225 - \$400	\$320
Preschoolers (3-5 years old)	\$225 - \$400	\$312
School Age* (5-12years old)	\$125	\$125
*Only one program provided their rate information.		
Hourly Part Time Rate	Range	Average
School Age (5-12years old)	\$8- \$15	\$12

School Age Programs		
Weekly Part Time Rate**	Range	Average
School Age (5-12years old)	None Provided	Non Provided
** Weekly part time rates may include before and after school rates.		
Hourly Part Time Rate		
School Age (5-12years old)	\$10-\$16.00	\$13.00

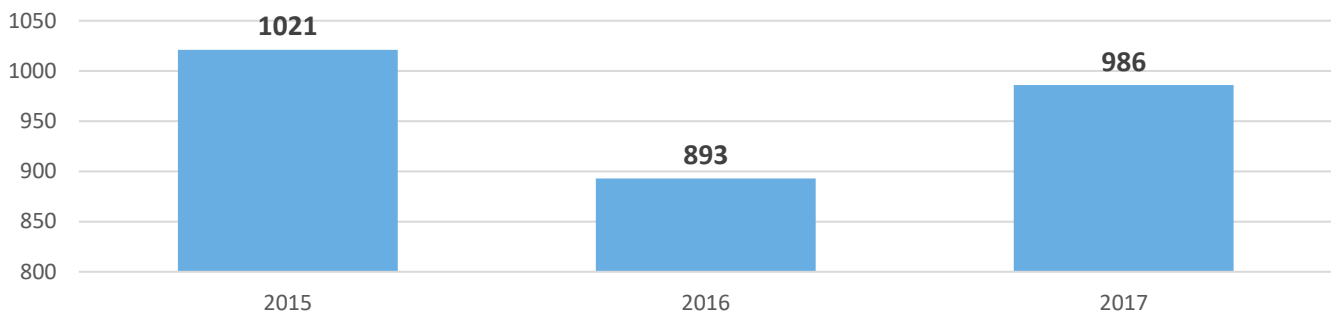
CHILD WELFARE

CHILD ABUSE AND NEGLECT

Nearly 700,000 children are abused in the U.S annually; an estimated 676,000 children were victims of abuse and neglect in 2016. Of the children who experienced maltreatment or abuse, 74.8 percent suffered from neglect; 18.2 percent suffered physical abuse; and 8.5 percent suffered sexual abuse. For all victims younger than 1 year, percentages of victims with an alcohol abuse risk factor increased from 3.1 percent in 2012 to 4.8 percent in 2016, and victims with a drug abuse child risk factor increased from 3.1 percent to 4.8 percent.¹⁶

Substantiated Abuse and Neglect in Westchester County

Source: NYS Office of Children and Family Services



In 2017, 18 percent (986) of all reports of abuse/neglect in Westchester County were indicated.¹⁷

SUBSTITUTE CARE

Substitute care is the temporary placement of children outside of their homes due to abuse, neglect or dependency and can include foster care, home-of-relative care, group homes or institutions. Substitute care is not intended as a permanent living arrangement, but to protect the child with the goal of returning the child to the parents once they can provide a safe and stable home.

During 2018-2019, 2 (.8 percent) Head Start/Early Head Start children were in foster care. No children were reported as being raised by a grandparent or relative, due to a parent's absence.

Foster Care Children In Care - Children/Youth 0-21 years:

Source: NYS Office of Children and Family Services; Child Care Review Service

	Number	Rate per 1,000
2016	487	1.8
2017	446	1.6

In 2017, 446 children were in foster care in Westchester County.

HEALTH AND WELLNESS

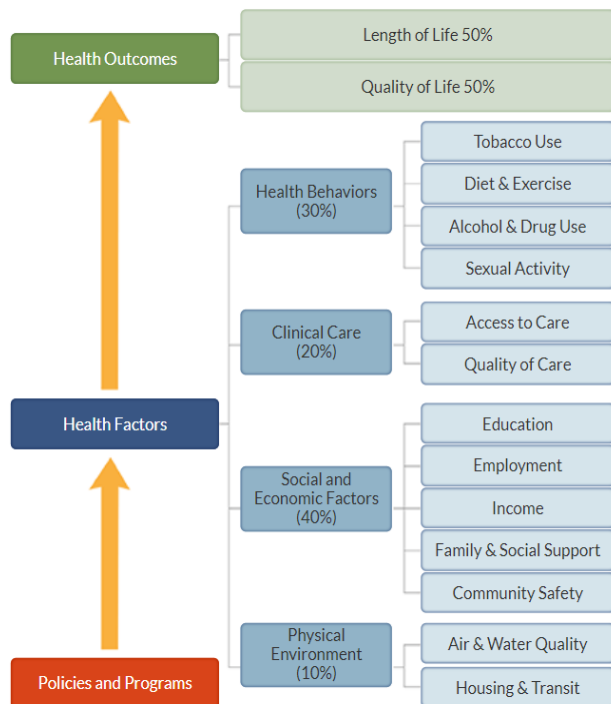
COUNTY HEALTH RANKINGS

The 62 counties in the state of New York are ranked against one another across the state, as well as across 34 measures of health behaviors, clinical care, physical environment, and health outcomes. Health Outcomes represent measures of how long people live and how healthy people feel. Health Factors represent the focus areas that drive how long and how well we live, including health behaviors.¹⁸

Westchester County Health Rankings

	2017	2018	2019
Health Outcomes	4	3	3
Length of Life	3	2	2
Quality of Life	16	21	19
Health Factors	4	3	4
Health Behaviors	1	2	2
Clinical Care	11	10	17
Social & Economic Factors	7	7	6
Physical Environment	61	61	60

Source: www.countyhealthrankings.org



As of 2019, Westchester County is rated the 3rd highest county in Overall Health Outcomes and the 4th for Health Factors.

Areas of greatest concern include:

- Adult Smoking (11 percent);
- Severe Housing Problems (25 percent); and
- Income equality (6.1) Income equality is the ratio of household income at the 80th percentile to income at the 20th percentile. A higher inequality ratio indicates greater division between the top and bottom of the income spectrum. The range in NY State is 3.8 - 9.1.

HEALTH INSURANCE

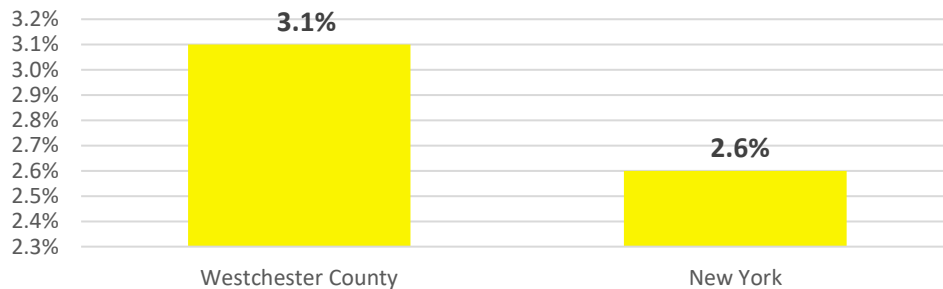
Children without health insurance coverage are less likely than insured children to have a regular health care provider and to receive care when needed. Instead, they are likely to begin receiving treatment after their condition has worsened, putting them at greater risk of hospitalization. Having health insurance can protect families from financial devastation and can help children remain healthy, active and in school.¹⁹

In January 2018, Congress passed reauthorization of CHIP, renewing the program for another six years.

The 2010 Affordable Care Act brought an increase of people with health insurance; however, some children and families are still uninsured.

Children Ages 0-18 Without Health Insurance

Source: NYS Department of Public Health, 2016



Of children under age 19, 3.1 percent in Westchester County are uninsured, slightly higher than 2.6 percent of children across New York State.

OBESITY

Overweight is defined as a Body Mass Index (BMI) at or above the 85th percentile and below the 95th percentile for children and teens of the same age and gender. Obesity is defined as a BMI at or above the 95th percentile for children and teens of the same age and gender. Obese children are more likely to become obese adults and develop chronic conditions such as diabetes and heart disease.

Obesity/Overweight by Grade Level in White Plains and Statewide, 2016-2018

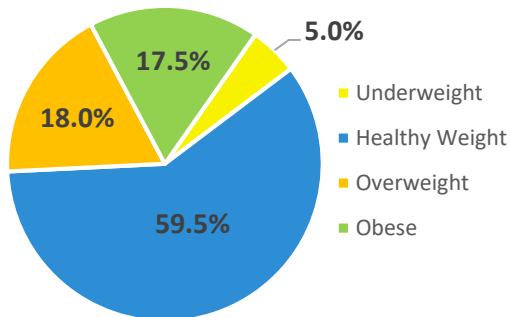
Obesity			
	Elementary	Middle/High	District Total
New York State	16.0%	18.8%	17.2%
White Plains, NY	16.8%	17.6%	17.0%
Overweight			
New York State	15.7%	17.4%	16.5%
White Plains, NY	14.0%	19.9%	15.7%

Of elementary students in White Plains School District from 2016-2018, 16.8 percent were obese and 14 percent were overweight.

New York has the ninth lowest adult obesity rate in the nation, and the 25th highest obesity rate for youth ages 10 to 17. New York's adult obesity rate is currently 27.6 percent, up from 17.1 percent in 2000 and from 9.3 percent in 1990, according to The State of Obesity: Better Policies for a Healthier America. The most recent data shows that obesity rates declined among 2- to 4-year-olds enrolled in WIC from 2010 (16.1 percent) to 2014. (14.3%), a decrease of 1.7%.²⁰

Body Mass Index (BMI) FSW Head Start Children

Source: PIR 2018-2019



Of children at FSW Head Start during 2018-2019, just 59.5 percent of children had a healthy weight. Of the remaining 40.5 percent of children, 5 percent of children were underweight; 18 percent were overweight; and 17.5 percent were obese.

MENTAL HEALTH SERVICES

In 2017, one in five U.S. adults (46.6 million) lived with a mental illness; this number represented 18.9 percent of all U.S. adults. Only 19.8 million (42.6 percent) received mental health services. In 2017, an estimated 11.2 million (4.5 percent) U.S. adults aged 18 or older who experienced a serious mental illness that substantially interfered with or limited one or more major life activities; 7.5 million (66.7 percent) received mental health treatment.²¹

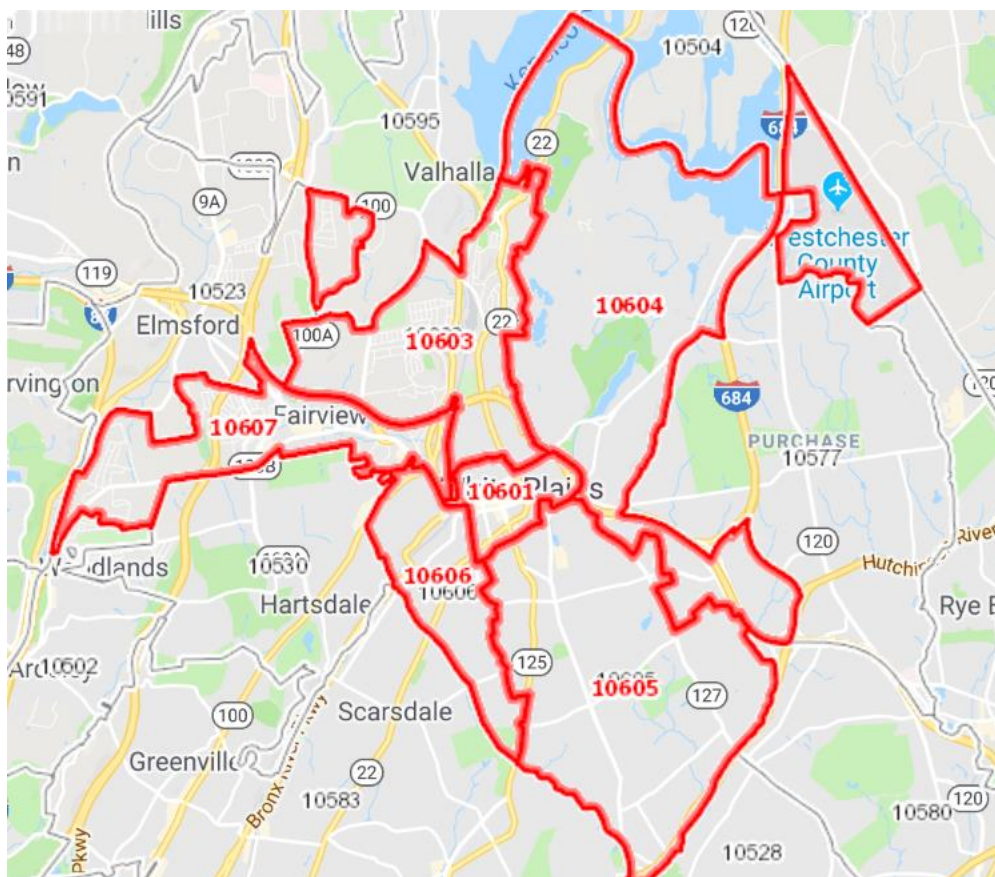
One in 5 children ages 13-18 have, or will have a serious mental illness. Of youth ages 13-18, 49.5 percent live with a mental health condition. Mental illness can have devastating effects on children and families in New York State , particularly when individuals go undiagnosed or untreated.²²

The rate of mental health providers per 100,000 people in Westchester County is 363.2 (3,560 providers), compared to the the state's rate of 266.5 and the U.S. rate of 202.8. Fewer providers result in longer waiting periods for residents in need of mental health services.

BIRTH OUTCOMES

Vital Statistics (2014-2016) White Plains, NY

ZIP Code	Total Births 2014-2016	Percent of Births					Infant and Neonatal Deaths, rate per 1,000 live births				Teen Rates per 1,000	
		Premature Birth	Low Birth Weight	Out of Wedlock	Medicaid or Self-pay	Late or No Prenatal Care	Infant Deaths 2014-2016	Infant Deaths Rate	Neonatal Deaths 2014-2016	Neonatal Deaths Rate	Teen Birth Rate	Teen Pregnancy Rate
10601	534	13.0	8.6	36.7	34.6	5.1	1	1.9	1	1.9	27.8	41.7
10603	646	12.5	8.0	28.7	24.0	1.7	0	0.0	0	0.0	9.2	20.3
10604	359	16.1	8.9	26.9	30.8	3.9	0	0.0	0	0.0	4.8	11.1
10605	582	14.2	7.0	23.0	17.3	1.4	2	3.4	1	1.7	4.3	7.9
10606	664	14.0	8.1	40.7	41.1	2.7	5	7.5	5	7.5	18.3	33.1
10607	244	14.9	6.1	33.3	29.3	3.3	1	4.1	0	0.0	7.2	14.3

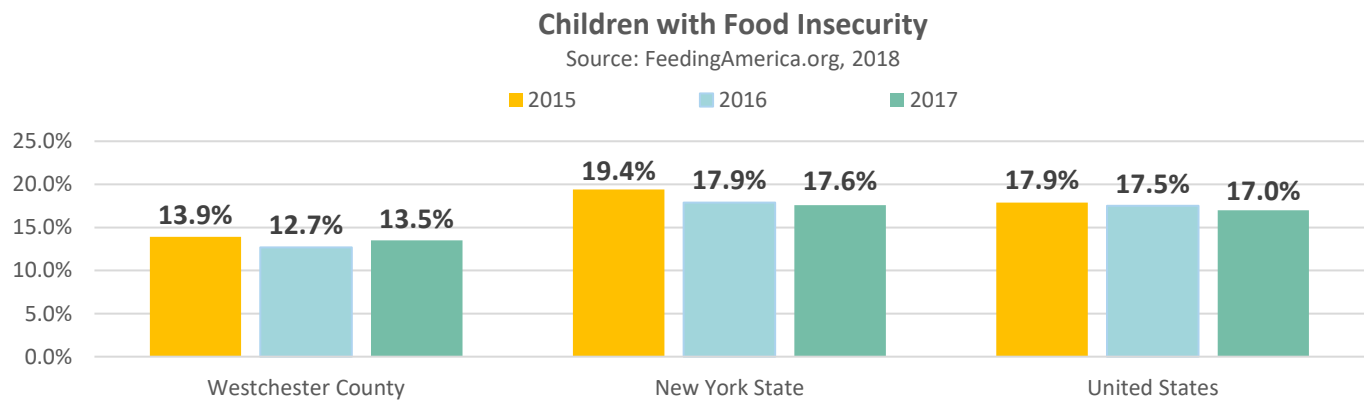


FOOD AND NUTRITION

FOOD INSECURITY

Food insecurity refers to the USDA's measure of lack of access to a sufficient amount of food for an active, healthy life for all household members, and limited or uncertain availability of nutritionally adequate foods. Food-insecure households are not necessarily food insecure all the time. Food insecurity may reflect a household's need to make trade-offs between important basic needs, such as housing or medical bills, and purchasing nutritionally adequate foods. Families may intentionally keep their food insecurity hidden due to shame or embarrassment that they are unable to adequately feed their children. The first three years of a child's life are a period of rapid brain development; too little energy, protein and nutrients can lead to lasting deficits in cognitive, social, and emotional development. Hunger reduces a child's motor skills, activity level and motivation to explore the environment.²³

Between 2015 and 2017, the child food insecurity rate in Westchester County decreased slightly from 13.9 percent to 13.5 percent, lower than New York State (17.6 percent) and the United States (17 percent). However, as of 2017, there were a reported 29,900 children under the age of 18 experiencing food insecurity.²⁴



White Plains School District
Free and Reduced-Price Lunch, 2017-2018

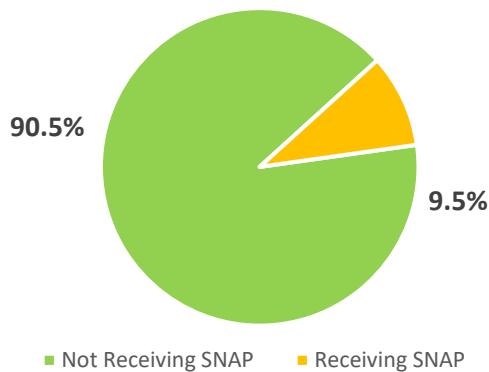
Source: data.nysed.gov²⁵

Eligible for Free Lunch		Eligible for Reduced-Price Lunch	
Number	Percent	Number	Percent
3,416	48%	421	6%

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

The Supplemental Nutrition Assistance Program (SNAP) helps low income individuals and families buy healthy, nutritious food. New York State uses the Electronic Benefit Transfer (EBT) system to provide access to SNAP food benefits. EBT cards can be used at most grocery stores to buy food, ensuring that families have access to a healthy diet.

2018-2019 Head Start/EHS Families Receiving SNAP



SNAP Income Guidelines for Households with Earned Income, Effective Oct. 1

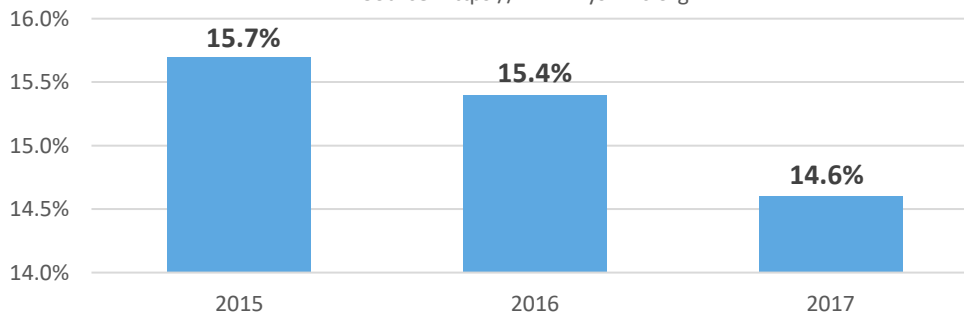
Source: ny.gov²⁶

Household Size	Annual Gross Income
1	\$1,562
2	\$2,114
3	\$2,667
4	\$3,219
5	\$3,772
6	\$4,324
7	\$4,877
8	\$5,429
Each Additional Member	+\$553

During 2018-2019, just 9.5 percent (22 families) of FSW Head Start/EHS families received SNAP.

Children (0-17) Receiving SNAP in Westchester County

Source: <https://www.nyskwic.org>



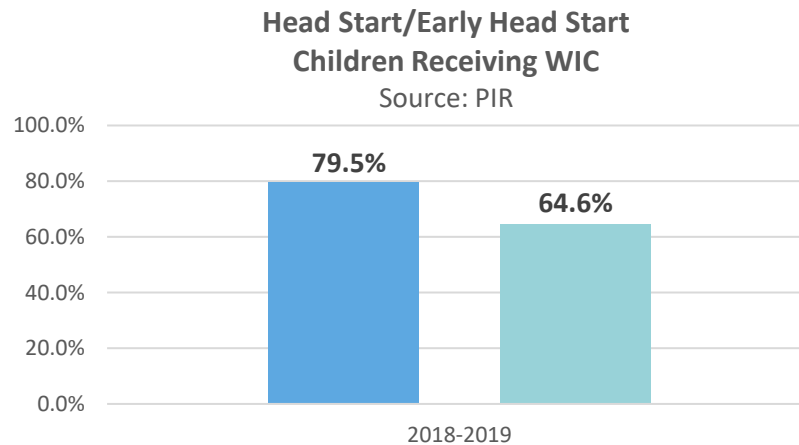
In White Plains, 14.6 percent of children (31,857) received SNAP during 2017; this was a 1.1 percent decrease from 2015.²⁷

WOMEN, INFANTS, AND CHILDREN (WIC)

WIC (Women, Infants and Children) is a supplemental nutrition program funded by the U.S. Department of Agriculture and administered locally by the Westchester County Department of Health. The program provides supplemental foods, nutrition and health education to income eligible pregnant, breastfeeding, postpartum women, infants and children up to 5 years of age who are at nutritional risk. Eligible recipients must live in New York; be pregnant or breastfeeding a baby under 1 year of age; have had a baby within the past six months; and/or have a child younger than 5 years and be income eligible.

All NYS WIC participants purchase foods using the electronic benefits transfer card called eWIC that can be used at local contracted grocery stores and pharmacies to buy specific WIC approved nutritious foods. In addition, fresh fruits and vegetables can be purchased with farmers' markets.²⁸

The Westchester County Department of Health WIC Program serves approximately 8,000.²⁹ The average monthly benefit per person in NYS in FY 2019 is \$52.52.



During the 2018-2019 program year, 79.5 percent (31) of FSW Early Head Start families received WIC services and 64.6 percent (124) of Head Start families received WIC during the 2018-2019 program year.

TRANSPORTATION

For families living in poverty without a reliable personal vehicle or limited public transit, the lack of transportation can be a significant barrier to achieving self-sufficiency. Lack of transportation is a barrier for families to: gain employment opportunities, attend health care appointments, refill prescriptions in a timely manner and to shop for groceries and necessities. For those families with a vehicle, some must share one car and coordinate schedules. Car repairs are another challenge, sometimes forcing a family to spend a whole month's salary that the family likely does not have in savings.

It is estimated that 16.7 percent of households in White Plains and 14.4 percent in Westchester County do not have a vehicle, compared to New York State (29.9 percent) and the United States (8.8 percent).³⁰

The Bee-Line is Westchester County's bus system, serving over 27 million passengers annually with service connecting residents to jobs, school, recreation, shopping and other regional transportation services. convenient. Over 65 percent of all Westchester County residents are within walking distance of a Bee-Line bus route. For those with special needs, the County offers ParaTransit transportation. Under the Americans with Disabilities Act (ADA), disability alone does not qualify a person to ride the ParaTransit system. A person must be functionally unable to use the fixed-route regular Bee-Line service.³¹

THE BRONX AND YONKERS TO WHITE PLAINS AND THE PLATINUM MILE / MONDAY – FRIDAY • AM SERVICE

A	B	C	D	E	F	G
Broadway at W 242 St	S Broadway at McLean Ave	S Broadway at New Main St (Getty Square)	TransCenter (Lane C)	Main St at N Broadway	Westchester Ave at Corporate Park Dr	The Centre at Purchase

	BRONX	YONKERS	WHITE PLAINS	PURCHASE
AM	5:55 6:15 6:30 6:40 6:48 7:03 7:15 7:30 7:45 8:20	6:05 6:25 6:40 6:50 6:58 7:13 7:25 7:40 7:55 8:30	6:15 6:35 6:50 7:00 7:08 7:23 7:35 7:50 8:05 8:40	6:47 7:07 7:22 7:37 7:45 8:05 8:17 8:32 8:47 9:22
				* 6:52 * 7:12 — 7:27 7:42 7:50 8:10 8:22 8:37 8:52 * 9:27
				— — 7:37 7:52 8:00 8:20 8:32 8:47 9:02 —
				7:43 7:58 8:06 8:26 8:38 8:53 9:08 —

* This trip stops at EJ Conroy Dr. at Main St.

THE PLATINUM MILE AND WHITE PLAINS TO YONKERS AND THE BRONX / MONDAY – FRIDAY • PM SERVICE

G	H	E	D	J	B	A
The Centre at Purchase	Westchester Ave at Corporate Park Dr	N Broadway at Main St	TransCenter (Lane F)	Riverdale Ave at Main St (Getty Square)	S Broadway at Post St	Broadway at W 242 St

	PURCHASE	WHITE PLAINS	YONKERS	BRONX
PM	3:54 4:19 4:34 4:49 4:59 5:29 5:54	4:03 4:28 4:43 4:58 5:08 5:38 6:03	4:16 4:41 4:56 5:11 5:21 5:51 6:16	4:22 4:47 5:02 5:17 5:27 5:57 6:22
				5:01 5:28 5:43 6:00 6:08 6:33 6:58
				5:08 5:35 5:50 6:07 6:15 6:40 7:05
				5:17 5:44 5:59 6:16 6:24 6:49 7:14

SUBSTANCE ABUSE

Opioid deaths in New York tripled between 2010 and 2016, increasing from a rate per 100,000 of 5.4 deaths in 2010 to 15.1 deaths in 2016. The opioid burden includes: overdose deaths, non-fatal outpatient ED visits and hospital discharges involving opioid abuse, poisoning, dependence and unspecified use. Zip code 10601 has a 405.8 (per 100,000) opioid burden rate and 10603 has a 418.1 opioid burden rate, significantly higher than Westchester County (221.3) and New York State (295.9).

Overdose Deaths per 100,000 Population in New York State

Substance	2010		2016	
	Deaths	Age-Adjusted Rate per 100,000 Population	Deaths	Age-Adjusted Rate per 100,000 Population
All Opioids	1,074	5.4	3,009	15.1
Heroin	193	1.0	1,307	6.5
Opioid Pain Relievers	851	4.3	2,337	11.7
Synthetic Opioids	173	.9	1,641	8.3
Heroin with Other Synthetic Opioids	Suppressed	Suppressed	649	3.3
Cocaine with Other Synthetic Opioids	18	Unreliable	451	2.3

*Note: Death count and rate are suppressed for categories with less than 10 deaths. Rate is marked as unreliable when the count is less than 20 deaths. Categories of substances are not mutually exclusive.

Source: CDC Wonder, NYS Opioid Annual Report, 2018

Opioid Burden, 2016^{*32}

Zip Code	Absolute	Rate
10601	47	405.8
10603	79	418.1
10604	27	227.7
10605	27	140.1
10606	21	120.8
Westchester County		221.3
New York State		295.9
New York State (Exc. NYC)		300.3

* (including opioid overdose deaths, non-fatal outpatient ED visits and hospital discharges involving opioid abuse, poisoning, dependence and unspecified use) Rate per 100,000

COMMUNITY RESOURCES

For current community resource information for White Plains and Westchester County in New York State, visit <http://www.hudson211.org/cms/>

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