

## 2023 Head Start Community Needs Assessment (CNA) Update

This updated information is being added to the 2021 CNA. This data summarizes the information requested in 1302.11(b)(2) of the Head Start regulations.

1. *Demographic make-up of Head Start eligible children, including number, location, and racial composition.*

### Population under age 0-4 by County

County	2020 Census	2017-2021 American Community Survey Estimates
Audubon	345	381
Calhoun	565	588
Carroll	1,236	1,269
Dallas	6,849	7,068
Greene	514	492
Guthrie	547	528
Sac	578	568

Source: U.S. Census Bureau, 2020 Census Data, American Community Survey 2017-2021 5 Year Estimates & U.S. Census Bureau.

### Poverty Status

County	Children 0-5 in Poverty	% of children in Poverty 0-5
Audubon	78	20.4%
Calhoun	75	12.8%
Carroll	76	6.0%
Dallas	537	7.6%
Greene	111	22.5%
Guthrie	111	21.1%
Sac	84	14.8%

Source: U.S. Census Bureau, Poverty Status in the past 12 Months by Sex and Age. 2017-2021 American Community Survey 5-Year Estimates.

### Estimated Race of Children Age 0-4 by County

County	White	Black/African American	American Indian/Alaska Native	Asian	Native Hawaiian/Pacific Islander	Other Race	Multiple Race
<b>Audubon</b>	364	2	0	0	0	4	8
<b>Calhoun</b>	554	9	1	2	0	6	16
<b>Carroll</b>	1,193	4	6	8	0	12	44
<b>Dallas</b>	5,669	133	11	248	0	190	600
<b>Greene</b>	469	2	1	3	0	4	16
<b>Guthrie</b>	504	2	1	1	0	5	18
<b>Sac</b>	552	4	0	4	0	2	8

Source: U.S. Census Bureau, American Community Survey, 2017-2021 Estimates.

### Estimated Ethnicity of Children Age 0-4 by County

County	Hispanic/Latino	Non Hispanic/Latino
<b>Audubon</b>	<b>8</b>	<b>372</b>
<b>Calhoun</b>	<b>13</b>	<b>575</b>
<b>Carroll</b>	<b>37</b>	<b>1,231</b>
<b>Dallas</b>	<b>447</b>	<b>6,403</b>
<b>Greene</b>	<b>15</b>	<b>479</b>
<b>Guthrie</b>	<b>15</b>	<b>515</b>
<b>Sac</b>	<b>21</b>	<b>549</b>

Source: U.S. Census Bureau, American Community Survey, 2017-2021 Estimates.

According to the 2017-2021 American Community Survey population estimates released by the U.S. Census Bureau, three of the seven counties within the New Opportunities, Inc. Head Start service area declined in overall population in the past year. The county with continued significant increases in population remains Dallas County. Consistent with past years, Dallas County continues to see a fair amount of growth year over year.

The data gathered reflects the vast majority of children living in the seven county area served by New Opportunities programs are white and are non-Hispanic, however, it is noted that the exceptionally high number of Hispanic 0-5 children in Dallas County represents a very specific need within that county. Dallas County is home to the community of Perry which is home to a large Hispanic or Latino population. The U.S. Census Bureau American Community Survey 2017-2021 data showed that 6.6% of all Dallas

County residents are estimated to be of Hispanic or Latino ethnicity; however, data from U.S. Census Bureau QuickFacts for Perry, Iowa, 2022 reflects the city of Perry as 31.8% Hispanic or Latino population. The high concentration of Hispanic or Latino population is a unique opportunity to the Head Start program as it works to provide services and support to those families. The diversity in Dallas County does not exist only in Perry. The city of Waukee has experienced growth in diversity in the past several years with increased numbers of Arabic population.

The ever increasing number of children speaking a language other than English provides a unique opportunity to the Head Start program. While past years have seen a multitude of Spanish speaking children and families enroll into Head Start/Early Head Start, the past several years have brought about increased diversity. The 2022-2023 program year shows approximately 14% Spanish speaking families/children as well as a small segment 5% of families and children who speak Arabic and other languages (Korean, Burmese, French, and Vietnamese).

#### Percentage of Children in Poverty Receiving Head Start Services

County	Number of EHS/ Head Start Slots	Number of Children 0-5 living in Poverty	Percentage of Children age 0-5 Living in Poverty Receiving EHS/Head Start
Audubon	15	78	19.30%
Calhoun	13	75	17.27%
Carroll	79	76	100%
Dallas	152	521	29.20%
Greene	43	111	38.84%
Guthrie	18	111	16.16%
Sac	18	84	21.41%

Source: U.S. Census Bureau, Poverty Status in the past 12 Months by Sex and Age. 2017-2021 American Community Survey 5-Year Estimates.

**Opportunity:** According to data from the 2017-2021 American Community Survey, only 32.01% of eligible children in the New Opportunities, Inc. Head Start service area are receiving Head Start. Looking at the data by county provided above, the opportunity exists to reach a greater number of children with Early Head Start and Head Start services in nearly every county, many of which are lower than the state

percentage, 24.88%. It is important to note that the centers in Carroll County are full and specifically the Early Head Start center is available to serve children from other surrounding counties as parents commute into Carroll (the regional economic hub) for work daily. The counties that present the greatest opportunity, as represented by the data, are Audubon, Calhoun, Guthrie, and Sac. The challenge in these four counties is their rural nature. The program will continue to assess the locations of the program in these counties and consider opportunities for expansion. While Dallas County appears to be better served than the above locations, as shown by the data, potential opportunity still exists for both Early Head Start and Head Start growth. The data gathered during this year's Community Needs Assessment reflects 29.2% of children are served by the program; however, with the growing population, if the program does not continue to grow with the community, the percentage served will decline. Last year's Community Needs Assessment reflected 31.72% of children in poverty were served by the program. It is important to note that an additional Head Start classroom (17 students) that was added this year in Waukee (Dallas County) through a new school district partnership. At this time the program has a greater waitlist of eligible children in Waukee than in any other community. This will be an area the program continues to monitor.

An ongoing opportunity for the program is to continue to strengthen the services being provided to dual language learners and families who speak languages other than English. It will be imperative, as diversity increases, to determine creative ways to communicate with and provide services to those of languages other than English. The program has adapted well to the Hispanic population in the program; though other languages have presented a bit more of a challenge.

## *2. Other child development programs serving Head Start eligible children.*

The New Opportunities, Inc. Head Start program partners with six school districts (Panora, Coon Rapids, Audubon, Rockwell City/Lake City, Jefferson, and Waukee) in its seven county service area to provide

services to Head Start eligible children in the elementary school. In Panora (4 year olds only), New Opportunities and the district blend Head Start and Iowa Statewide Voluntary Preschool Program (SVPP) funds to provide full day services to Head Start eligible four year old children. In Audubon, Waukee (1 classroom), and Jefferson (4 year olds only), Head Start and the school district blend funding to provide enrolled children with a minimum of 1,020 hours of instruction per year. In the Carroll Community and East Sac Community School Districts the New Opportunities, Inc. Head Start program collaborates to provide full day services, ½ day Head Start and ½ day SVPP for eligible four year olds.

In several communities, The Head Start program provides a full day of Head Start preschool and fills a gap within the community for families who need full day care but would otherwise only have access to half day. These federally funded, full day classrooms are located in Carroll (1 classroom, 3 year olds only), Perry (3 classrooms), and Waukee (2 classrooms).

While all communities have options for three year olds for preschool, most of them are tuition based, which can eliminate the ability for low income families to participate. As a note: programs do exist, such as Early Childhood Iowa, that can help with tuition in some areas. The majority of these preschool programs operate 2-4 days per week for less than 4 hours per session. New Opportunities, Inc. Head Start offers full day to three year olds in Audubon, Perry, Waukee, and Carroll (1 classroom) alongside their four year old peers. These full day programs fill a gap within the community for high quality early childhood programming.

**Opportunity:** Given the greater margin of achievement with children attending full day preschool, the opportunity and challenge to the Head Start program is continuing to expand the Head Start program to provide full day services in the districts where this is not currently taking place. The program has engaged in conversations with Rockwell City/Lake City and Coon Rapids about these options; however, space and staff limitations have caused barriers. Additionally, because of these challenges in some

district partnerships limited three year olds may receive Head Start services. The opportunity for the program is to continue working with districts where full day services are not available to eligible four year olds and build a full day option in these locations (Coon Rapids, Lake City, and Rockwell City). Another opportunity exists to continue working towards serving more three year old children in districts where this is limited due to capacity reasons.

**3. *The education, health, nutrition, and social service needs of eligible children.***

**Actual Number of Documented Disabilities, Age 0-5**

<b>County</b>	<b>Children Birth to 5</b>
Audubon	<b>23</b>
Calhoun	<b>29</b>
Carroll	<b>110</b>
Dallas	<b>649</b>
Greene	<b>21</b>
Guthrie	<b>65</b>
Sac	<b>24</b>

*Source: Heartland and Prairie Lakes Area Education Agency, as reported in 2023. Only includes districts served by NOI Head Start/EHS.*

In the New Opportunities, Inc. Head Start/Early Head Start service area, 921 children are identified with disabilities age 5 and under. In 2021-2022, the number of 0-5 children reported with disabilities was 625. Children identified receive services from the Area Education Agency (AEA). During the 2022-2023 program year the program served 37 Head Start children and 18 Early Head Start children with a documented disability (2021-2022 was 47 HS/18 EHS). It is important to note that the number of children 0-5 with disabilities has steadily increased over the past several years.

The continuing school district partnerships between local school districts and New Opportunities, Inc. Head Start provide the opportunity for children to receive educational services as outlined on their Individual Education Plan (IEP) by teachers with Special Education endorsements. For children within the Head Start non-partnership locations, the educational services outlined by the IEP are fulfilled by the

area school districts while the Head Start classroom teachers work to individualize for the child in an effort to assist with meeting IEP goals and objectives.

The New Opportunities, Inc. Head Start & Early Head Start programs have a longstanding working relationship with two local Area Education Agencies. These working relationships provide the access to services for families and children with disabilities in both classrooms with or without Special Education endorsed teachers.

**Opportunity:** The opportunities in this area include continuing to work with local AEA and school district partnerships to build relationships and to ensure children with disabilities are receiving the services needed while enabling them to continue to be a part of Head Start/Early Head Start. Within the New Opportunities, Inc. Head Start service area, many children determined eligible for IEP's are removed from the Head Start classrooms for at least part of their day to attend the school district for the services provided through their IEP. The program continues to work collaboratively with the state and Area Education Agencies to explore alternatives to this outcome. This can be especially challenging in communities with full day Head Start only centers (i.e. Waukeee, Perry, Carroll Full Day). Given the ever increasing numbers of children being evaluated and determined eligible for IDEA services, continuing to work with local school districts to ensure all children are receiving services will be important in the upcoming year. Additionally, continuing to educate staff on the program internal referral process to ensure children with suspected disabilities are recognized as early as possible.

## Adult Education Information

County	Adults >25 years, % with No High School Diploma
Audubon	8.2%
Calhoun	6%
Carroll	5.8%
Dallas	4.1%
Greene	6.8%
Guthrie	5.6%
Sac	6.4%

*\*Source: U.S. Census Bureau, American Community Survey, 2017-2021.*

Of the families of children enrolled in the New Opportunities, Inc. Head Start program in 2022-2023, approximately 12% had no high school diploma or equivalent. This percentage is a bit higher than the data provided by the U.S. Census Bureau for the New Opportunities, Inc. Head Start service area.

The 2022-2023 New Opportunities, Inc. data showed that out of a total of 241 children served, 32% were either overweight or obese (overweight: BMI at or above 85<sup>th</sup> percentile to 95<sup>th</sup> percentile, obese: BMI at or above 95<sup>th</sup> percentile). Further, the State of Childhood Obesity indicates that children from low income homes are more than two times likely to be obese than their higher income peers (based upon 2020-2021 data). High rates of overweight and obese children indicate further need for nutritional education of children and parents. The program continues to implement 'I am Moving, I am Learning' in the Head Start classrooms, place added emphasis on outdoor time and overall physical movement, and provide healthy, nutritious meals and snacks for all enrolled children. Several New Opportunities, Inc. Head Start locations have partnered with local programs that provide snack packs for children to take home over the weekend.



## Nutritional Information

County	% of students eligible for free and reduced lunch program	% of individuals receiving Food Assistance
Audubon	41.6%	8.5%
Calhoun	41.1%	10.0%
Carroll	41.2%	7.8%
Dallas	18.7%	6.0%
Perry	59.73%	
Greene	47.3%	13.3%
Guthrie	41.2%	7.9%
Sac	50.1%	8.9%

*\*Source: National Center for Education Statistics, 2020-2021, U.S. Census Bureau, American Community Survey, 2017-2021.*

The percentage of students eligible for the free and reduced lunch program within each county eludes to low income families who may not have the resources present to provide healthy meals for their children while out of school. Audubon, Greene, and Sac Counties are higher than the state average of 41.2% with Carroll and Guthrie right at the state average. Despite the low percentage of Dallas County as a whole, the high percentage in Perry indicates there are communities within the county where need is significant. The number of students eligible for free and reduced meals shows need for programs such as Head Start that provide nutritious meals to enrolled children.

## County Unemployment Rates

County	Percentage Unemployed 2021 average
Audubon	2.6%
Calhoun	3.2%
Carroll	2.6%
Dallas	2.6%
Greene	3.1%
Guthrie	3.8%
Sac	3.0%

*\*Source: US Department of Labor, Bureau of Labor Statistics, 2023.*

The data in the above table reflects a decrease in unemployment in every county from prior year. The state of Iowa also shows a decrease from 5.2% to 3.8%. Given the abundance of employment options,

the data is not surprising. The 2022-2023 New Opportunities, Inc. Head Start program report indicated 29.17% of Head Start/Early Head Start children were in families where no parent was working. This percentage is well above the unemployment percentage within each of the counties served by the program.

#### **Confirmed and Founded Cases of Child Neglect and Abuse/Children in Foster Care**

<b>County</b>	<b>Confirmed or Founded abuse total children</b>	<b>Number of children 5 or younger with confirmed or founded abuse</b>	<b>Children in Foster Care</b>
<b>Audubon</b>	34	15	15
<b>Calhoun</b>	41	17	27
<b>Carroll</b>	75	38	35
<b>Dallas</b>	169	92	82
<b>Greene</b>	48	7	24
<b>Guthrie</b>	29	9	21
<b>Sac</b>	27	6	12

*Source: Iowa Department of Health & Human Services; Assessed Reports of Child Neglect and Abuse by level of finding for CY2022. Children in Foster care, Iowa Department of Health & Human Services, Bureau of Public Health Performance-Quality Improvement, 2023.*

The well-being of all children is a major concern within the Head Start program. When surveyed in the spring of 2023, of all respondents within the Head Start program, 24% indicated challenging child behaviors as a primary concern their family most often faces. The program provides parent education in an array of topics including safe ways to discipline children. The program has adopted the Love and Logic parenting curriculum as well as Conscious Discipline to assist with providing parents effective parenting skills.

### Data on Expectant Mothers

	Audubon	Calhoun	Carroll	Dallas	Greene	Guthrie	Sac
Prenatal Care	89.8%	84.9%	90.1%	90.1%	90.4%	80.7%	91.1%
Low Birthweight	N/A	N/A	6.1%	5.1%	6.3%	6.7%	8.0%

*\*Source: Annie E Casey Foundation, Kids Count Data Center, 2020 Data.*

The above table shows the percentage of mothers receiving prenatal care within the first trimester of their pregnancy. The Low Birthweight category shows the percentage of infants determined to have low birthweight. The program does offer home based Early Head Start visitation services that serve expectant mothers in Carroll, Dallas, Greene, and Guthrie Counties.

A target population for Early Head Start remains teen expectant mothers and those low income expectant mothers who are at higher risk for not obtaining proper prenatal care during the pregnancy and also at increased risk for low birthweight babies.

#### ***Opportunity:***

The communities served by New Opportunities, Inc. Head Start & Early Head Start programs have an array of programs and services that can be offered to families, many of which are offered through the umbrella of services offered by New Opportunities, Inc. Such programs include LIHEAP, Weatherization, Toys for Tots, Food Pantry, WIC, Maternal Health, Substance Abuse Treatment, Back to School supplies, etc. The ability to provide such services to Head Start & Early Head Start families with ease enables the program to meet many of the immediate needs of the families served.

An opportunity for the program includes finding ways to get parents to attend and engage in parenting skills classes within the rural New Opportunities Head Start service area.

A second opportunity that exists for the New Opportunities, Inc. Early Head Start program is finding ways to reach high risk pregnant mothers. With the 32 center based Early Head Start slots in Perry and in Carroll, the program has been recruiting more expectant mothers into Early Head Start home visitation.

4. *Other child development, childcare centers, and family childcare programs that serve eligible children and the approximate number of children served.*

#### **Child Care Availability**

<b>County</b>	<b>Total Registered Child Care Homes</b>	<b>Total Registered Child Care spaces</b>	<b>Total 0-5 population</b>	<b>% of families where all parents work and there are children under 6</b>	<b>Estimated number of children needing childcare</b>	<b>Number of children without a <u>registered</u> childcare spot</b>	<b>Percent of children without a <u>registered</u> childcare spot</b>
Audubon	9	169	377	94%	354	185	52.31%
Calhoun	6	156	686	77%	528	372	70.47%
Carroll	38	948	1,473	88%	1,296	348	26.87%
Dallas	94	7,826	8,946	74%	6,620	0	0%
Greene	10	385	648	84%	544	159	29.27%
Guthrie	6	224	658	82%	540	316	58.48%
Sac	8	254	698	70%	489	235	48.01%

*Source: 2022 Child Care Resource and Referral Data Sheets.*

The data regarding childcare availability in the New Opportunities, Inc. Head Start seven county service area is concerning and unfortunately, the availability of quality childcare continues to decrease in some of the communities served. As an example of this trend, the number of registered spaces in Audubon County has decreased steadily from 2021 to 2022 (197 spaces to 169 spaces). The number of children

without quality childcare is substantial as demonstrated by the preceding table. The program has attempted to meet the need for high quality childcare by opening Early Head Start centers in both Carroll and Dallas Counties. While this has assisted low-income families in these areas, it is evident that families in other counties have significant need as well. Additionally, while the numbers in the chart above do not reflect the need of Dallas County, the need for child care for low income families continues to exist in this area.

***Opportunity:***

Childcare continues to be a significant area of opportunity for New Opportunities, Inc. Head Start. The program has the infrastructure available to implement high quality early childhood programs and has added Early Head Start Center Based programming to its suite of programs in two communities. Based upon the data in other communities, an opportunity exists to continue to explore opportunities to add Early Head Start Center Based programming, to work with area child care centers as partners, or to consider conversion of slots from Head Start to Early Head Start center based to meet this need within the communities being served.

*5. Resources available in the communities to address the needs of eligible children.*

The New Opportunities, Inc. Early Head Start home based program serves only 4 of the 7 counties served by the Head Start program. Currently, the following home visitation programs for birth to three are available:

Audubon: HOPES  
Calhoun: Family Foundations  
Carroll: Early Head Start & HOPES  
Dallas: Early Head Start & Parents As Teachers  
Greene: Early Head Start & HOPES  
Guthrie: Early Head Start & HOPES  
Sac: Family Steps Program

These programs work together closely to ensure as many families as possible are served through home based visitation.

Statewide Voluntary Preschool programs (Universal PreK) are available in all districts served by Head Start. Statewide Voluntary Preschool in Iowa is a 10 hour per week minimum (most programs run 2.5 hours per day, four days per week). The program generally does not provide meals for children and does not include three year olds (unless they are on an IEP). While there are definite differences between Head Start and Statewide Voluntary Preschool programs, now that all districts in the New Opportunities, Inc Head Start service area have Statewide Voluntary Preschool, most four year olds are receiving at least some preschool at age four. The following table shows the preschool enrollment by district according to certified enrollment.

#### **Preschool Enrollment 2022-2023**

<b>District</b>	<b>Counties</b>	<b>Number of four year old children receiving preschool</b>
<b>Audubon Community</b>	Audubon	38
<b>South Central Calhoun</b>	Calhoun	51
<b>Carroll Community</b>	Carroll	164
<b>Coon Rapids Bayard</b>	Carroll	24
<b>Perry Community</b>	Dallas	91
<b>Waukee Community</b>	Dallas	220
<b>Greene County Community</b>	Greene	78
<b>Panorama Community</b>	Guthrie	34
<b>East Sac Community</b>	Sac	35

*\*2022-2023 Certified Enrollment by District, Iowa Department of Education.*

## Preschool Enrollment

Counties	Percentage of four year old children receiving preschool
Audubon	89%
Calhoun	100%
Carroll	100%
Dallas	63%
Greene	91%
Guthrie	94%
Sac	52%

*\*2022-2023 Certified Enrollment by District, Iowa Department of Education. Number by Age of child, Woods and Poole, 2021.*

Note: While this data pulls actual enrollment for children in PreK in the school districts located within the counties represented, it is important to note that due to school district boundary maps, some children living in the seven counties included in the table are attending districts outside of their home county.

In Dallas, Carroll, and Sac Counties, Head Start assists in increasing these percentages by providing preschool opportunities through completely federally funded classrooms.

When considering three year old preschool, Early Childhood Iowa can provide scholarships for three year old preschool in select counties within the New Opportunities Head Start area. In the Head Start service area, three year old preschools are not always regulated nor are the services as comprehensive or as long in duration as those of Head Start. The following represents the number of three year old (non-Head Start) preschool programs available in the counties served by the Head Start program. The Head Start program provides preschool for three year olds in Audubon, Calhoun, Carroll, Dallas, Greene, Guthrie, and Sac Counties.

### Three Year Old Preschool Programs

County	Number of Three Year Old Preschool Programs	Notes (Numbers do not include Head Start program in the county)
Audubon	1	
Calhoun	1	In the school district
Carroll	4	One program is in Manning (others in Carroll)
Dallas	14	
Greene	1	In the school district
Guthrie	0	
Sac	2	

*\*Data provided by Early Childhood Iowa, 2023.*

#### **Opportunity:**

Continue working with local Early Childhood Iowa boards to make children's issues visible.

Collaborate with Statewide Voluntary Preschool programs to expand full day preschool to additional locations. Continue to advocate for quality programming for young children, specifically three year olds.

Continue to assess the percentage of eligible four year olds receiving preschool. In communities with low percentages, consider options to increase preschool availability to children and families.

Continue to monitor the need for services to children 0-3, specifically monitoring the need for center based care, in all counties served by New Opportunities, Inc.

Continue to watch Dallas County closely and ensure that classrooms are located in the correct communities based upon the population growth, ensuring the neediest children are served by Head Start and Early Head Start.

Using population data and historical program enrollment, assess all Head Start classroom locations to determine best placement. Some locations have seen shifts in eligible children and enrollment may need to be shifted to other areas.



Recognize barriers to enrollment and attendance. Primarily, why families choose not to enroll their children or why families struggle with regular attendance. Consider possible solutions to overcome these barriers.

Ensure the Head Start program is culturally aware, being cognizant of the diverse population in Perry and the increasing diversity in Waukeet and other communities. Ensure teachers and staff are able to assist children in learning English as a second language while developing in their own culture and home language. Recruit and hire, as necessary, bilingual staff in classrooms with high numbers of non-English speaking children.

The past two years have presented the program with some challenges in staffing as well. To serve the children and families in the New Opportunities, Inc. service area, the program needs to be fully staffed with high quality staff. This will be a continued area of focus for the program in the 2023-2024 program year. Recruitment and retention, including staff wages, are areas of opportunity.

