

COST-BURDENED HOUSEHOLDS

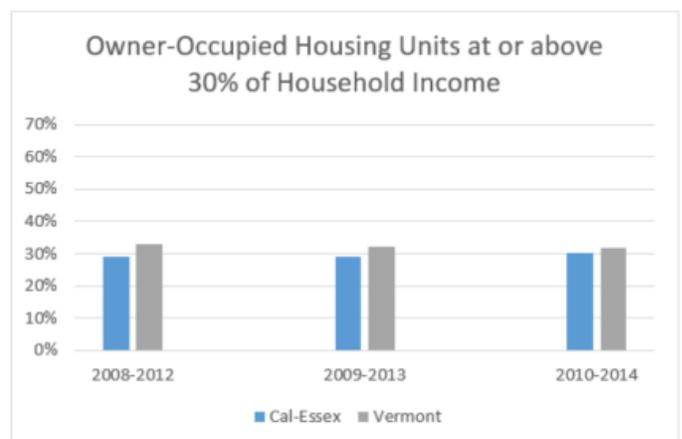
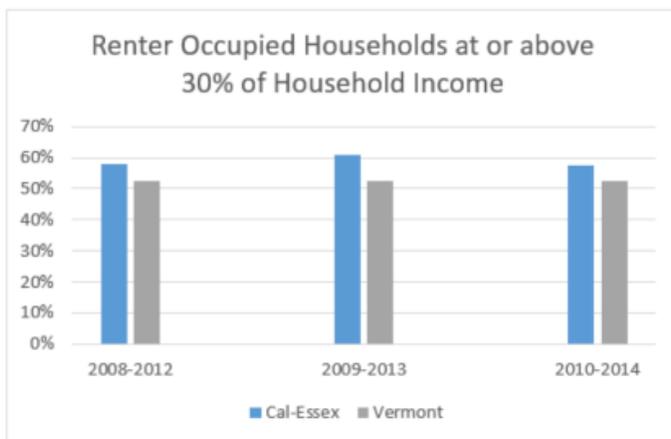
Indicator Percentage of households considered to be cost-burdened by their housing expenses relative to their incomes for homeowners and renters.

Outcomes Well-housed, financially secure

Description This indicator measures the percentage of cost-burdened households (those paying more than 30%) of all homeowners and renters in the region. Housing-related expenses for owners include mortgage and interest payments, taxes, insurance, utilities, and maintenance costs while for renters expenses include rent, insurance, utilities, and maintenance costs.

Relevance Households that are cost-burdened due to their housing are unable to invest in other aspects of their lives or create savings. They are likely at –risk for maintaining the quality or continuity of their housing. Relative to the state as a whole, renters especially in Caledonia and Essex counties face similar difficulties with the cost of their housing relative to their earned income with approximately 50-60% of those renting considered to be cost-burdened. There is widespread concern within the community about affordability, quality, and quantity of housing in the region. Focus group participants described how people facing homelessness rely on family and friends, seek temporary housing vouchers, “walk the streets” in downtown areas, seek shelter in encampments, or live in their cars. Participants also described the vital connection between one’s housing and feeling of self-worth, highlighting the important role of safe, secure, and decent housing in overall quality of life.

Source American Community Survey 5-year estimates (Annual)



HOUSEHOLDS PARTICIPATING IN SNAP & CHILDREN ENROLLED (PARTICIPATING) IN FREE/REDUCED NATIONAL SCHOOL LUNCH PROGRAM

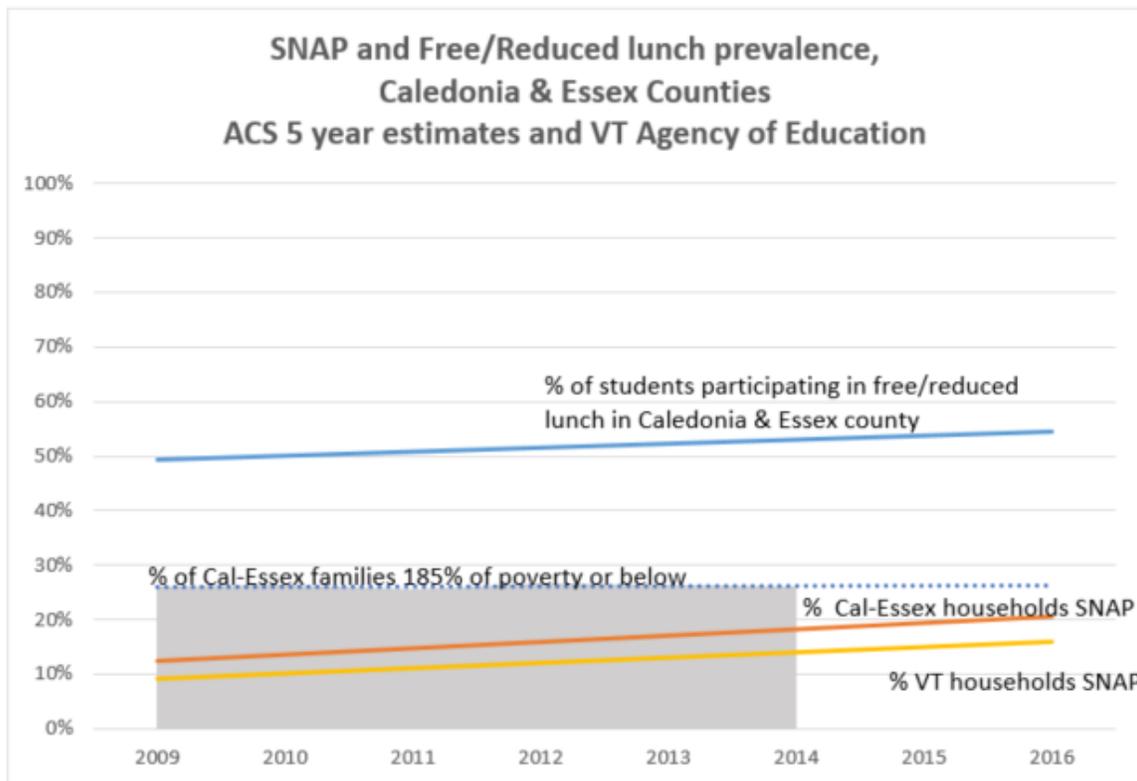
Indicator Percent of households participating in SNAP and percent of children participating in the free and reduced National School Lunch Program (NSLP).

Outcomes Well nourished, physically healthy, financially secure

Description This indicator measures the participation rates of households and schoolchildren in SNAP and the free/reduced National School Lunch Program.

Relevance Food insecurity is a significant concern in Caledonia and Essex counties. Findings from the CAHC focus group session indicate that there is reliance upon a variety of food security programs, including SNAP and NSLP. Participants raised concerns about income limits for eligibility and access to high quality, wholesome foods. One focus group participant commented that, “I earned 14 cents too much per hour to get food stamps.”

Source



COMPOSITION OF HOUSEHOLD INCOME BY INCOME BRACKETS

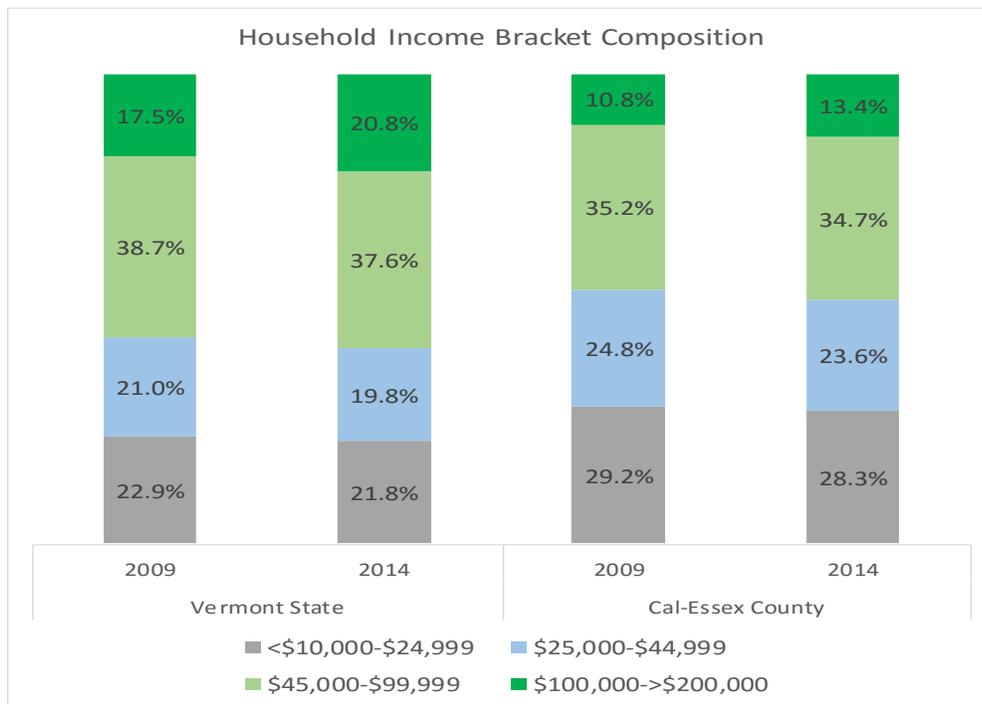
Indicator Percentages of different household income levels

Outcomes Financially secure, well-nourished, well-housed

Description Comparison of the percentage of households in each income bracket, by county and state.

Relevance Understanding the relative composition of households by income and how that has changed over time can provide insight into the economic climate that residents experience. Note that statewide there is a higher percent of households in the highest income bracket than in either Caledonia or Essex county, and a lower percentage of households in the lowest income bracket. This indicator compares 5-year averages in 2009 and 2014 by geographic area. It shows little change in income bracket within Essex County while showing some changes in Caledonia County, specifically increase in households earning more than \$100,000 per year.

Source American Community Survey; Data accessed from factfinder.census.gov



NUMBER OF POOR MENTAL HEALTH DAYS

Indicator Percentage of adults with a high number of poor mental health days per month

Outcomes Mentally healthy

Description This indicator measures the percent of adults who self-reported 14+ days out of the past 30 as “not good”.

Relevance Poor mental health can indicate issues in “obtaining mental health services...because of too few services” available. It is also indicative of poor health education, as “the stigma attached to seeking services” prevents many from seeking the help they need. CAHC focus group participants reported “mental health concerns” and “substance abuse” as a key issue when discussing issues affecting health in the community.

Source Behavioral Risk Factor Surveillance; Survey results from healthvermont.gov (VDH)

