

# DID YOU KNOW???

What month do the most births occur?

**July, August, September, October**

What month do the fewest births occur?

**February, April, November, March**

What day of the week has the most births?

**Tuesday, Wednesday, Thursday**

What day of the week has the fewest births?

**Sunday, Saturday**

In what year did the U.S. population surpass 100M, 200M, 300M?

**1915, 1968, 2007**

# DID YOU KNOW???

U.S. Average for twins is 33.6/1K live births

Which state has the highest rate of twin births?

NJ(43.1), MA (42.8), CN (40.5)

Which state has the lowest rate of twin births?

NM (24.0), AZ (28.5), AR (28.8)

U.S. average for triplets is 119.1/1K live births

Which state has the highest rate or triplet births?

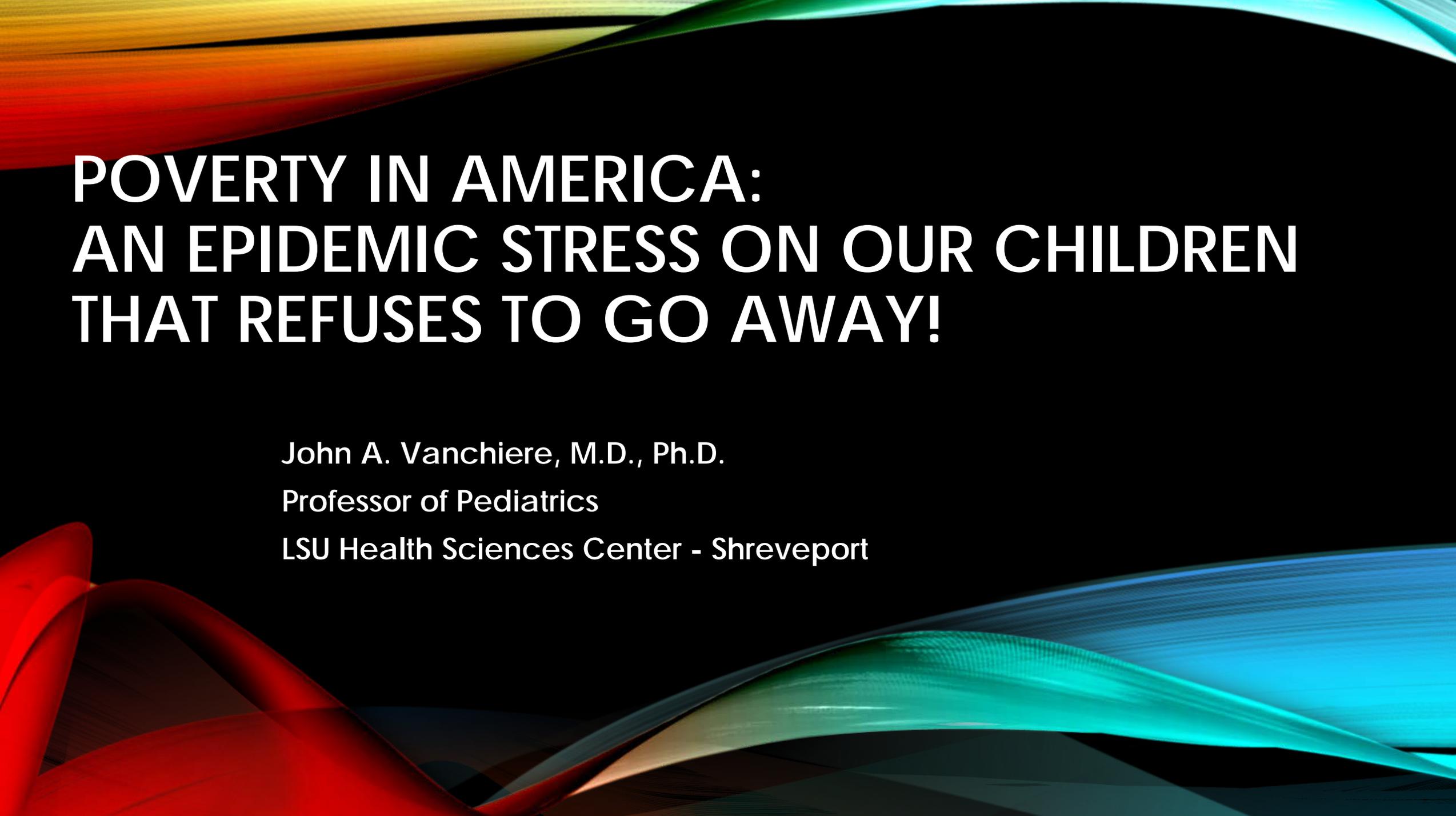
NB (191.5), OH (169.6), ND (155.9)

Which state has the lowest rate of triplet births?

OR (75.9), NH (81.0), NM (85.6)

1% of U.S. births occur at home, which state has the highest rate of home births?

Vermont and Oregon (2.5%), Utah and Washington (2.3%), Montana (2.2%), Idaho and Wisconsin (2.1%)



# POVERTY IN AMERICA: AN EPIDEMIC STRESS ON OUR CHILDREN THAT REFUSES TO GO AWAY!

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# DISCLOSURES

- I have no disclosures related to the content of this presentation.

# OBJECTIVES

- Identify the causes of chronic and acute poverty and the consequences of poverty for children.
- Identify families facing poverty and assist them with finding appropriate community resources.
- Work with families to mitigate the stress of poverty on children and adults.

POLICY STATEMENT Organizational Principles to Guide and Define the Child Health  
Care System and/or Improve the Health of all Children

American Academy  
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

## Poverty and Child Health in the United States

COUNCIL ON COMMUNITY PEDIATRICS

TECHNICAL REPORT

American Academy  
of Pediatrics



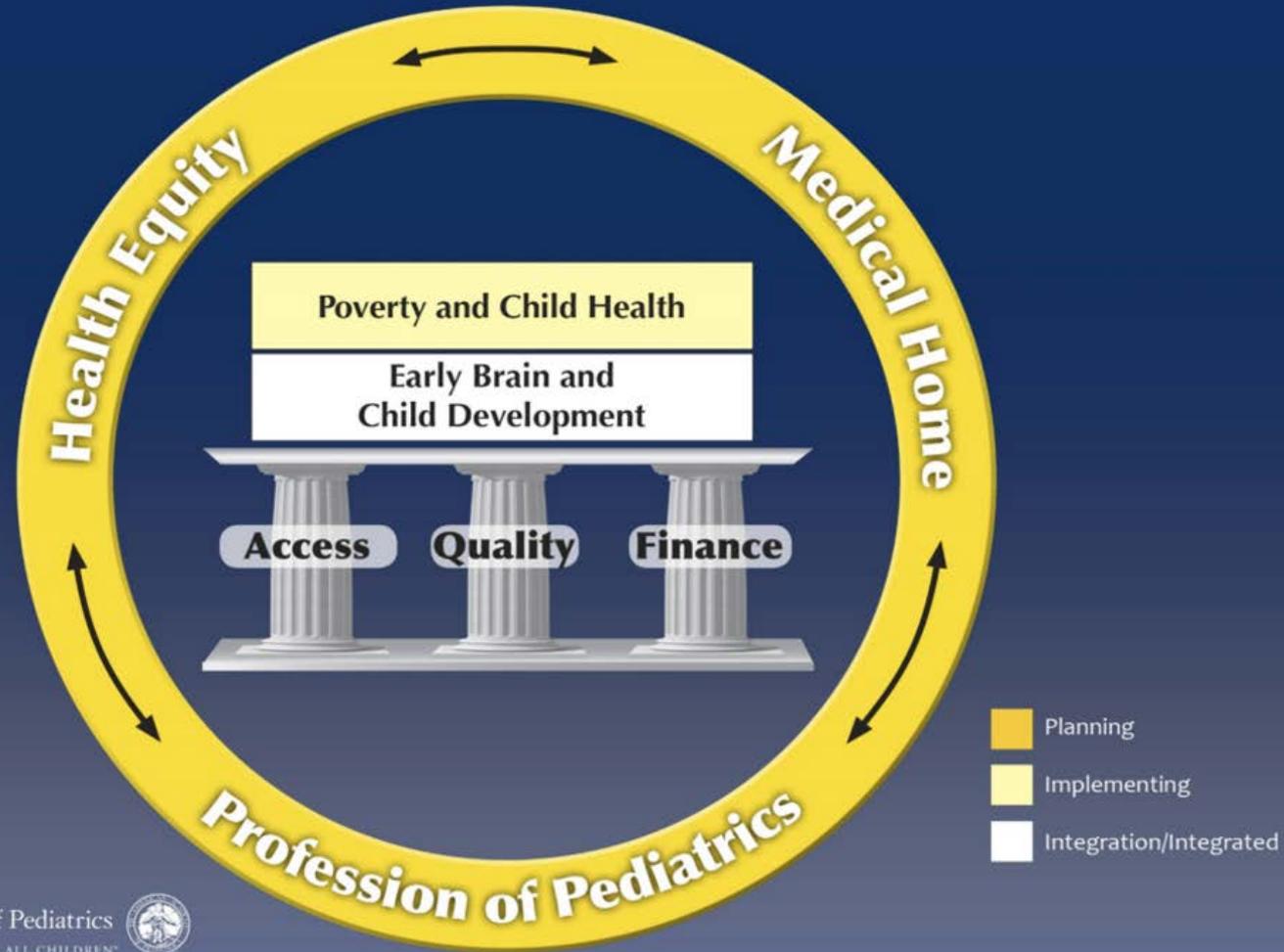
DEDICATED TO THE HEALTH OF ALL CHILDREN™

## Mediators and Adverse Effects of Child Poverty in the United States

John M. Pascoe, MD, MPH, FAAP, David L. Wood, MD, MPH, FAAP, James H. Duffee, MD, MPH, FAAP, Alice Kuo, MD, PhD,  
MEd, FAAP, COMMITTEE ON PSYCHOSOCIAL ASPECTS OF CHILD AND FAMILY HEALTH, COUNCIL ON COMMUNITY PEDIATRICS

# AAP Agenda for Children 2016-2017

DEDICATED TO THE HEALTH OF ALL CHILDREN™





“The young man or woman who grows up without a decent education, in a broken home, in a hostile and squalid environment, in ill health or in the face of racial injustice--that young man or woman is often trapped in a life of poverty. He does not have the skills demanded by a complex society. He does not know how to acquire those skills. He faces a mounting sense of despair which drains initiative and ambition and energy...”

-- President Lyndon B. Johnson , 1964

Lyndon Johnson declared “unconditional war on poverty in America” in his January 1964 State of the Union Address to Congress, telling them “The richest nation on earth can afford to win it. We cannot afford to lose it.”

“The program I shall propose will emphasize this cooperative approach to help that **one-fifth** of all American families with incomes too small to even meet their basic needs.”

“Our chief weapons in a more pinpointed attack will be **better schools, and better health, and better homes, and better training, and better job opportunities** to help more Americans, especially young Americans, escape from squalor and misery and unemployment rolls where other citizens help to carry them.”

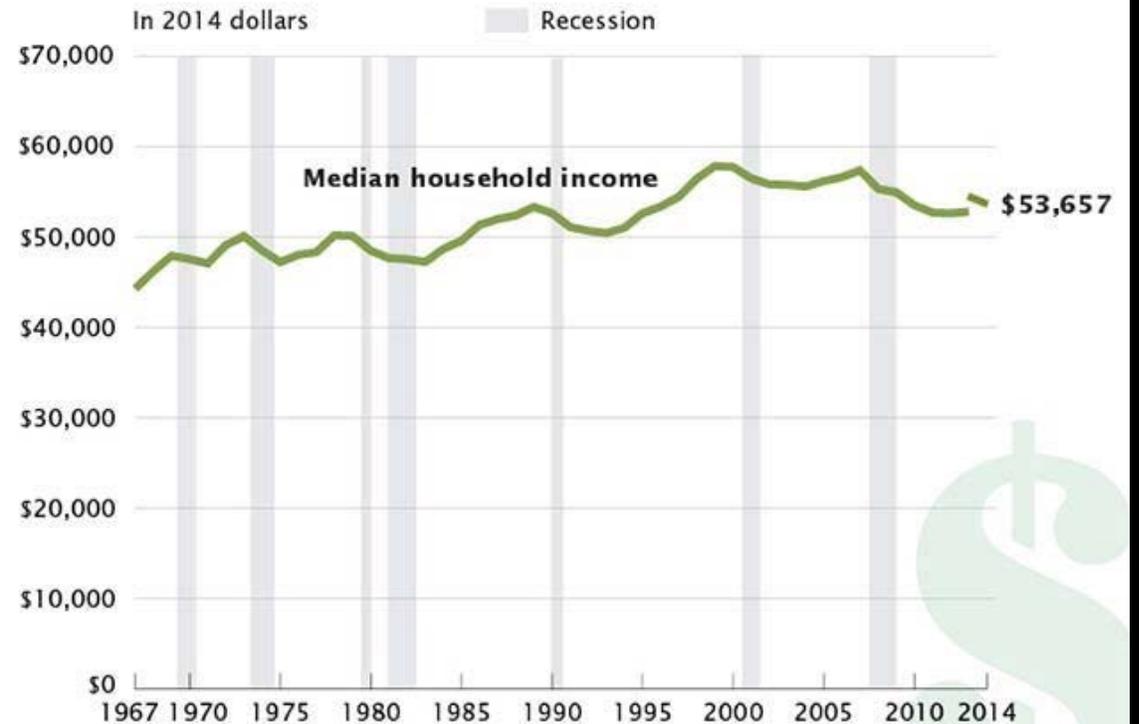
## Signing of the Economic Opportunity Act of 1964 by LBJ



## Major components of the War on Poverty

- **Economic Opportunity Act of 1964**
  - Job Corps, VISTA, federal work-study
- **Social Security Amendments of 1965**
  - Creation of Medicare and Medicaid
- **The Food Stamp Act of 1964**
  - Made food stamps program permanent
- **Elementary and Secondary Education Act**
  - Established Title I

## U.S. Income Through the Years 1967 to 2014



Note: Beginning in 2013, household income was measured differently as a result of redesigned questions in the Current Population Survey Annual Social and Economic Supplement.

United States  
**Census**  
Bureau

U.S. Department of Commerce  
Economics and Statistics Administration  
U.S. CENSUS BUREAU  
[census.gov](http://census.gov)

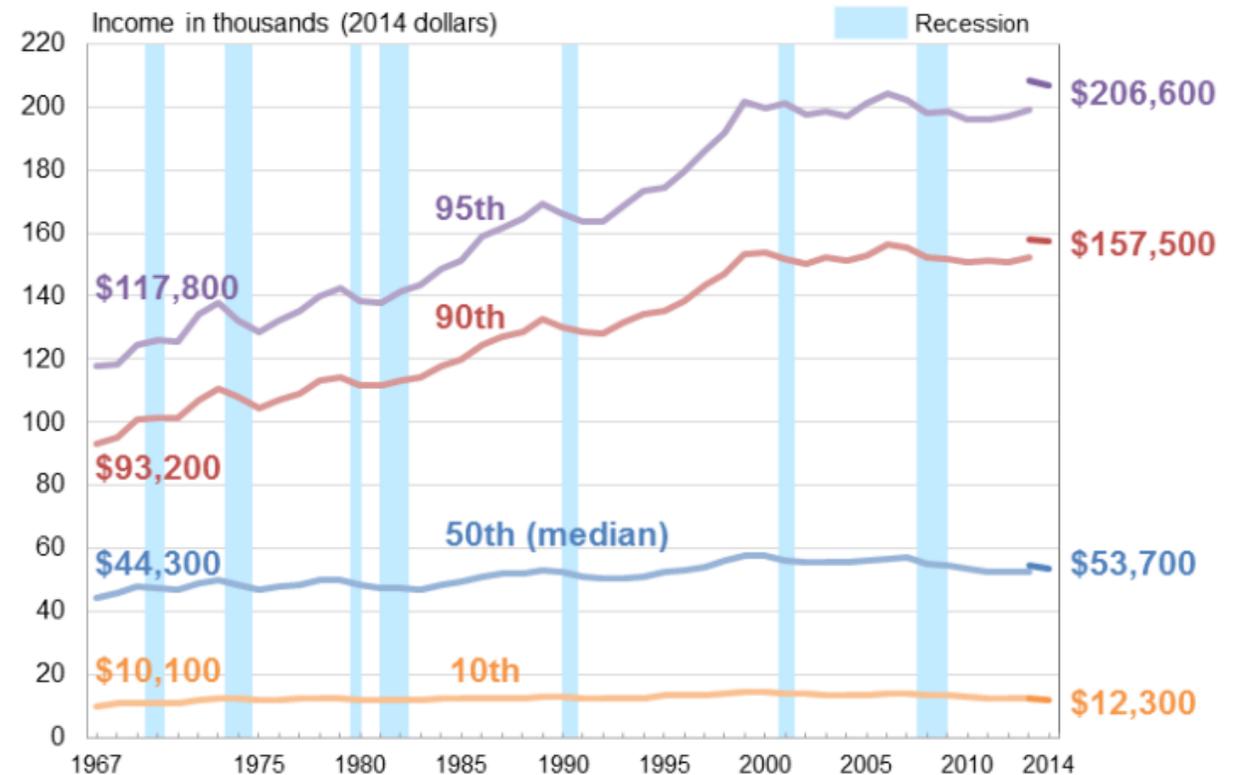
Source: 1968 to 2015 Current Population Survey  
Annual Social and Economic Supplements

The widening gap between the “haves” and the “have-nots” from 1967 to 2014

- 10<sup>th</sup>-ile has increased by 21.8%.
- Median (50<sup>th</sup>-ile) income has increased by 21.2%.
- 90<sup>th</sup>-ile has increased by 69.0%.
- 95<sup>th</sup>-ile has increased by 75.4%.

The 95%-ile in 1967 was the 90%-ile in 1985 and the 95%-ile in 1985 was the 90%-ile in 1998

## Real Household Income at Selected Percentiles: 1967 to 2014



Note: The 2013 data reflect the implementation of the redesigned income questions. See Appendix D of the P60 report, "Income and Poverty in the United States: 2014," for more information. Income rounded to nearest \$100.  
Source: U.S. Census Bureau, Current Population Survey, 1968 to 2015 Annual Social and Economic Supplements.

30-Year-Olds: Then and Now

1975

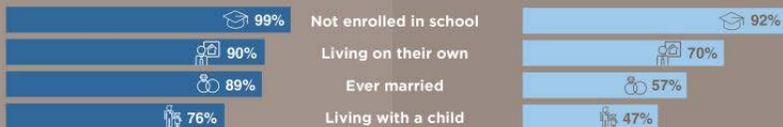
71%

In 1975, nearly 3 in 4 30-year-olds had married, had a child, were not enrolled in school, and lived on their own.  
In 2015, just 1 in 3 30-year-olds have these characteristics.

2015

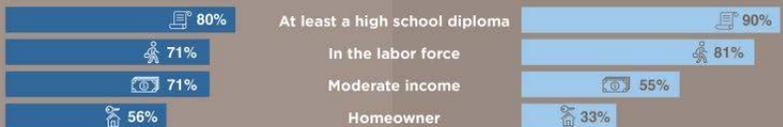
32%

Characteristics of Young Adults\*  
(In percent)



Today, more 30-year-olds have earned at least a high school diploma and are in the labor force, while fewer are earning a moderate income or are homeowners.

Selected Socioeconomic Characteristics of Young Adults\*\*  
(In percent)

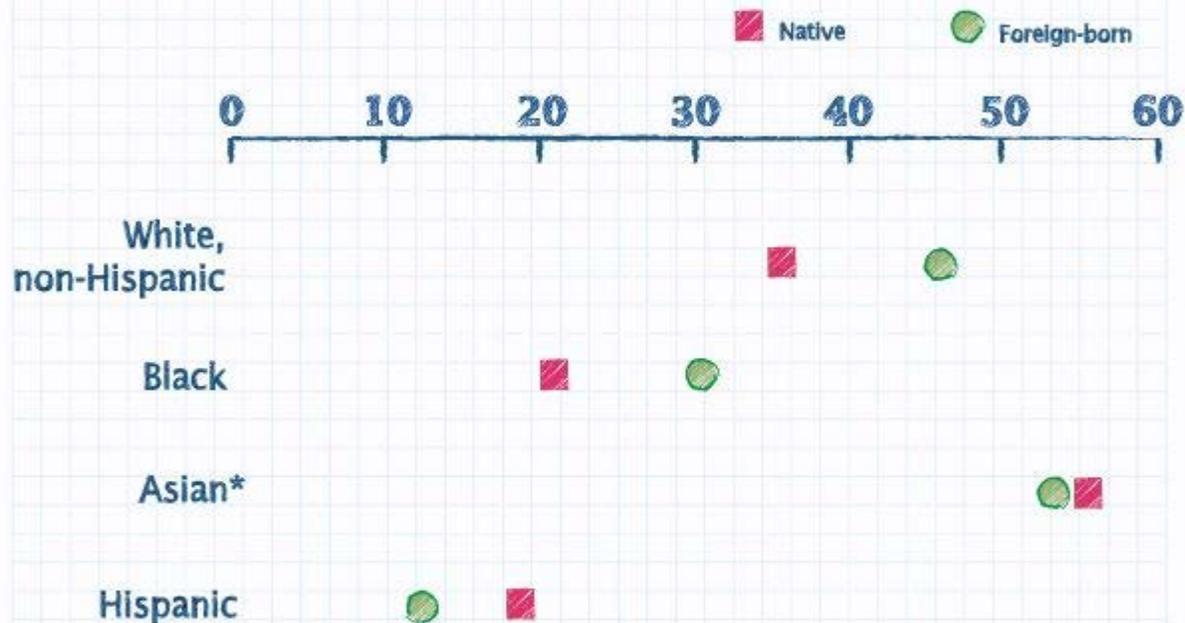


\* Enrollment status is independent of labor force participation. In 1975, we can only identify whether the young adult lives with a child under 18, and not necessarily whether they are the parent of the child.  
\*\* A moderate income is defined as a household income between 66 percent and 200 percent of the national median household income. Women who were out of the labor force because they reported taking care of home or family were still counted as having all four socioeconomic characteristics, as long as they met the other three characteristics (diploma, income, and homeownership). To be a homeowner, the 30-year-old must be the householder or spouse of the householder who owns or is buying their home (i.e., not renting).

Source: U.S. Census Bureau, Current Population Survey, Annual Social and Economic Supplement, 1975 and 2015.

Educational Attainment: 2015

Percentage 25 and Older With a Bachelor's Degree or Higher

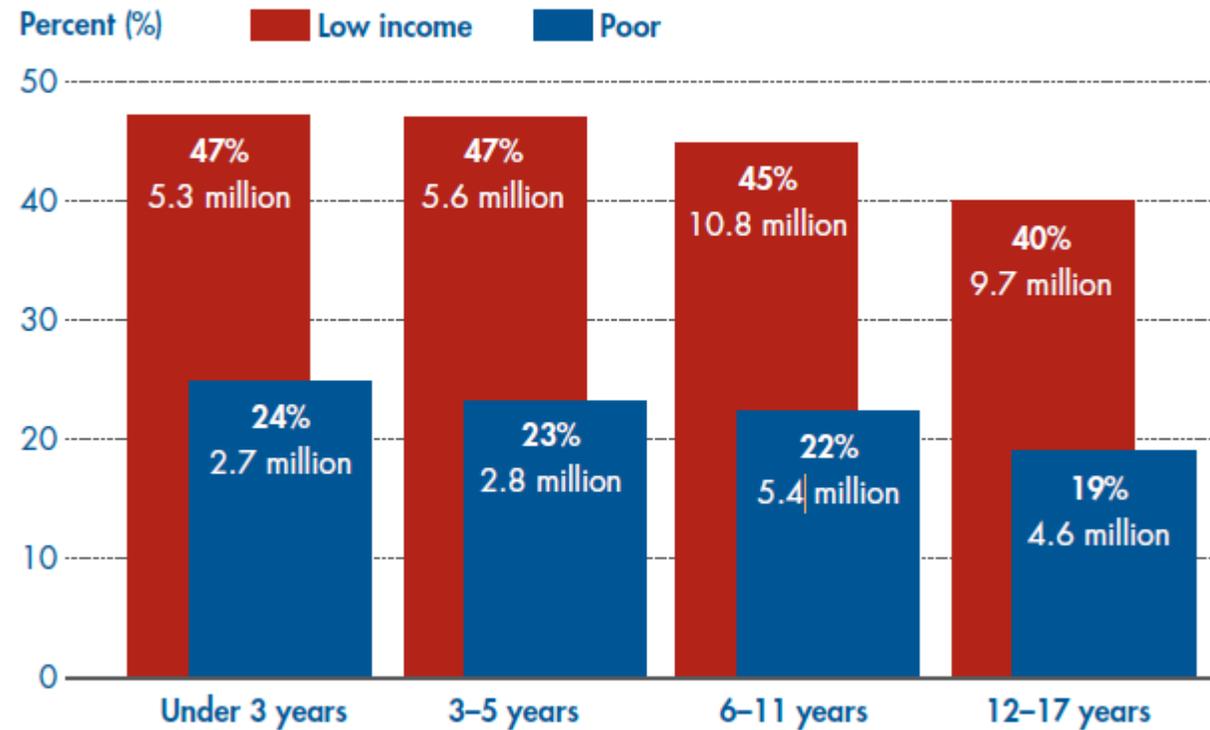


Source: 2015 Current Population Survey.  
For more information, visit <http://www.census.gov/hhes/socdemo/education/data/cps/index.html>.  
\* The percentage of the native Asian population with a bachelor's degree or higher (55 percent) was not statistically different from the percentage of the foreign-born Asian population (54 percent).

	Income	2014	Proportion of children	Number of children
Low Income	150%-200% of FPL	\$48,460	44%	31.4 million
Poverty	< FPL	\$24,230	21.1%*	15.5 million
Extreme Poverty	< 50% of FPL	\$12,115	9.3%	6.8 million

\* 46% of African-American children < 6 years old live in poverty!

Figure 4: Percentage of children in low-income and poor families by age, 2014

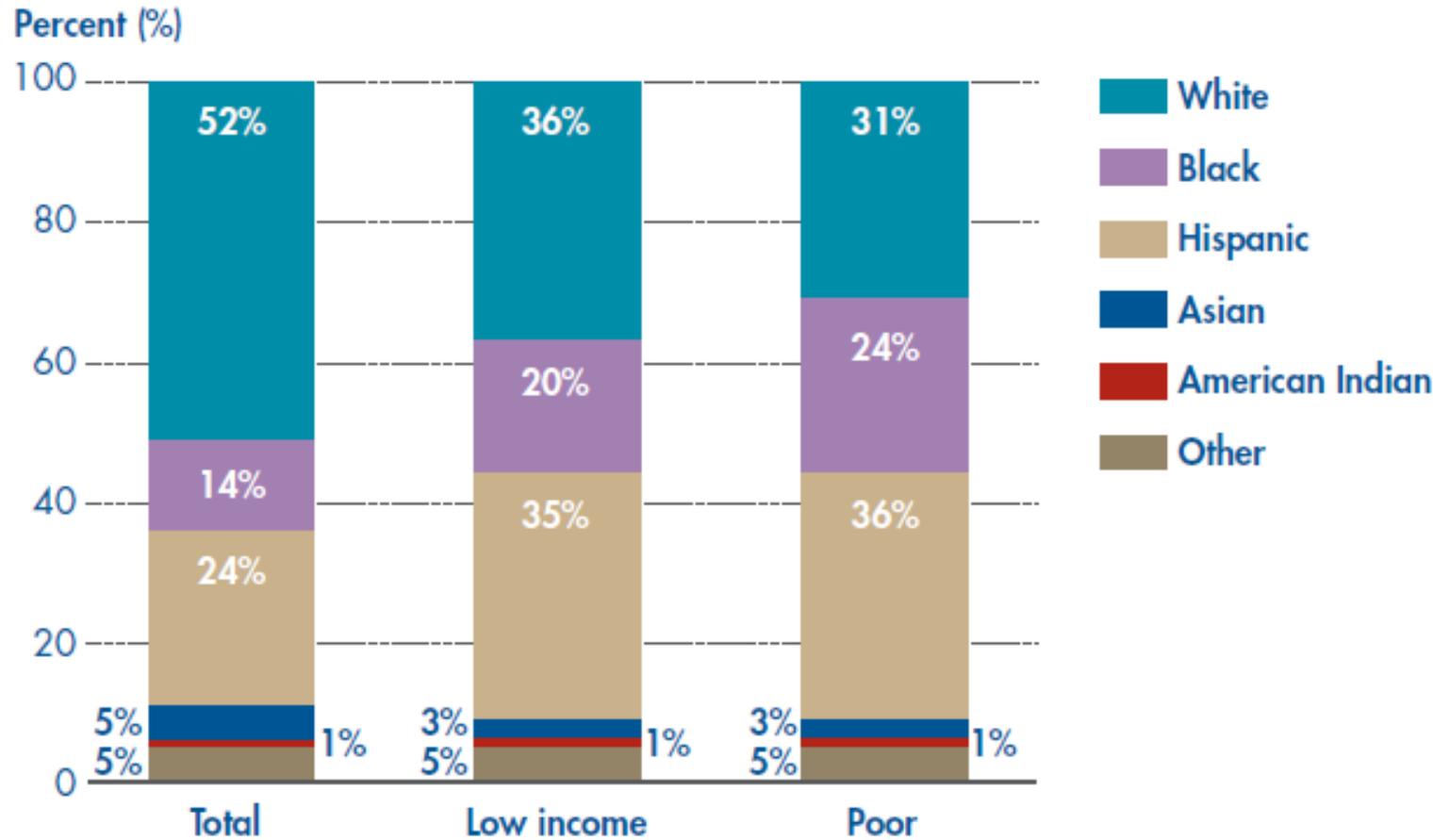


Basic Facts about Low-Income Children  
*Children under 18 Years, 2014*

Yang Jiang | Mercedes Ekono | Curtis Skinner

February 2016

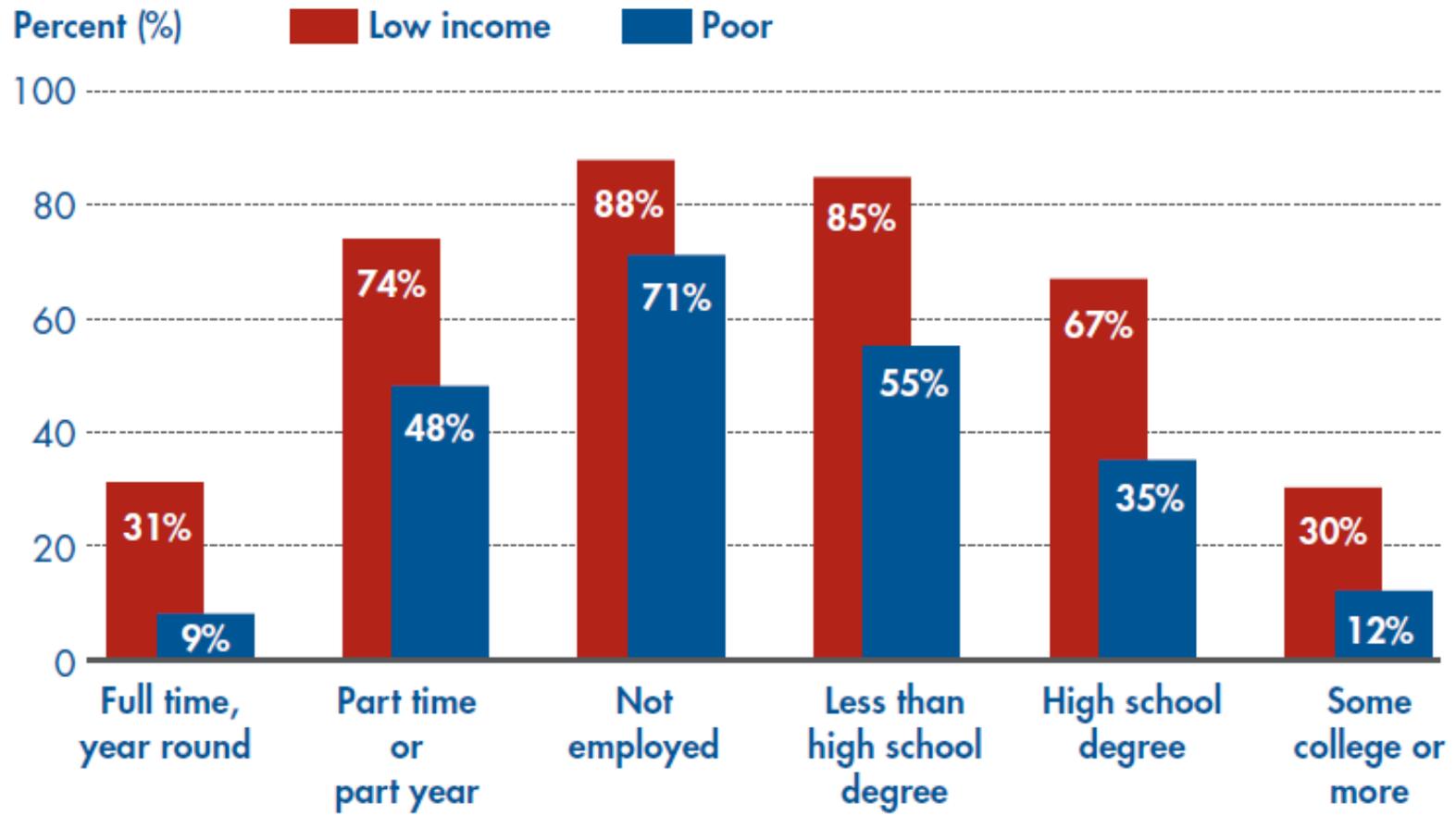
**Figure 5: Race/ethnicity by family income, 2014**



Basic Facts about Low-Income Children  
*Children under 18 Years, 2014*

Yang Jiang | Mercedes Ekono | Curtis Skinner February 2016

*Figure 7:* Percentage of children in low-income and poor families by parents' employment and education, 2014



## 2016 POVERTY GUIDELINES FOR THE 48 CONTIGUOUS STATES AND THE DISTRICT OF COLUMBIA

PERSONS IN FAMILY/HOUSEHOLD	POVERTY GUIDELINE
-----------------------------	-------------------

For families/households with more than 8 persons, add \$4,160 for each additional person.

1	\$11,880
2	16,020
3	20,160
4	24,300
5	28,440
6	32,580
7	36,730
8	40,890

# How do we measure poverty??

## Poverty Measure Concepts: Official and Supplemental

	Official Poverty Measure	Supplemental Poverty Measure
<b>Measurement units</b>	Families and unrelated individuals	All related individuals who live at the same address, including any coresident unrelated children who are cared for by the family (such as foster children) and any cohabitators and their children
<b>Poverty threshold</b>	Three times the cost of minimum food diet in 1963	The 33 <sup>rd</sup> percentile of expenditures on food, clothing, shelter, and utilities (FCSU) of consumer units with exactly two children multiplied by 1.2
<b>Threshold adjustments</b>	Vary by family size, composition, and age of householder	Geographic adjustments for differences in housing costs and a three parameter equivalence scale for family size and composition
<b>Updating thresholds</b>	Consumer Price Index: all items	Five year moving average of expenditures on FCSU
<b>Resource measure</b>	Gross before-tax cash income	Sum of cash income, plus in-kind benefits that families can use to meet their FCSU needs, minus taxes (or plus tax credits), minus work expenses, minus out-of-pocket medical expenses

# Supplemental Poverty Measures (SPM) take into account all sources of income.

## Resource Estimates

### SPM Resources = Money Income From All Sources

#### Plus:

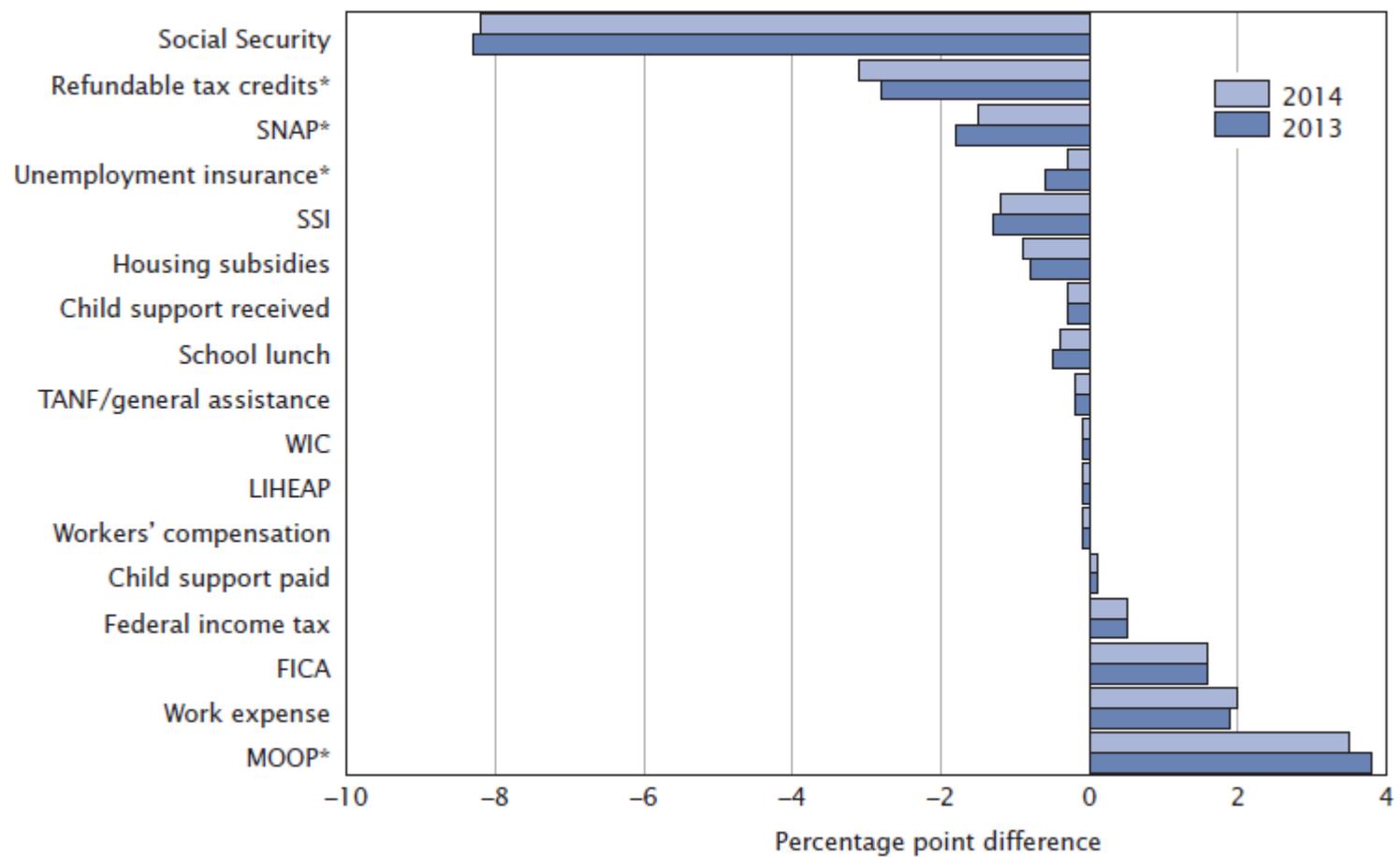
Supplemental Nutritional Assistance (SNAP)  
National School Lunch Program  
Supplementary Nutrition Program for Women,  
Infants, and Children (WIC)  
Housing subsidies  
Low-Income Home Energy Assistance (LIHEAP)

#### Minus:

Taxes (plus credits such as the Earned Income Tax Credit [EITC])  
Expenses Related to Work  
Child Care Expenses\*  
Medical Out-of-Pocket Expenses (MOOP)\*  
Child Support Paid\*

\*Items for which data from new CPS ASEC questions are used in the SPM estimates.

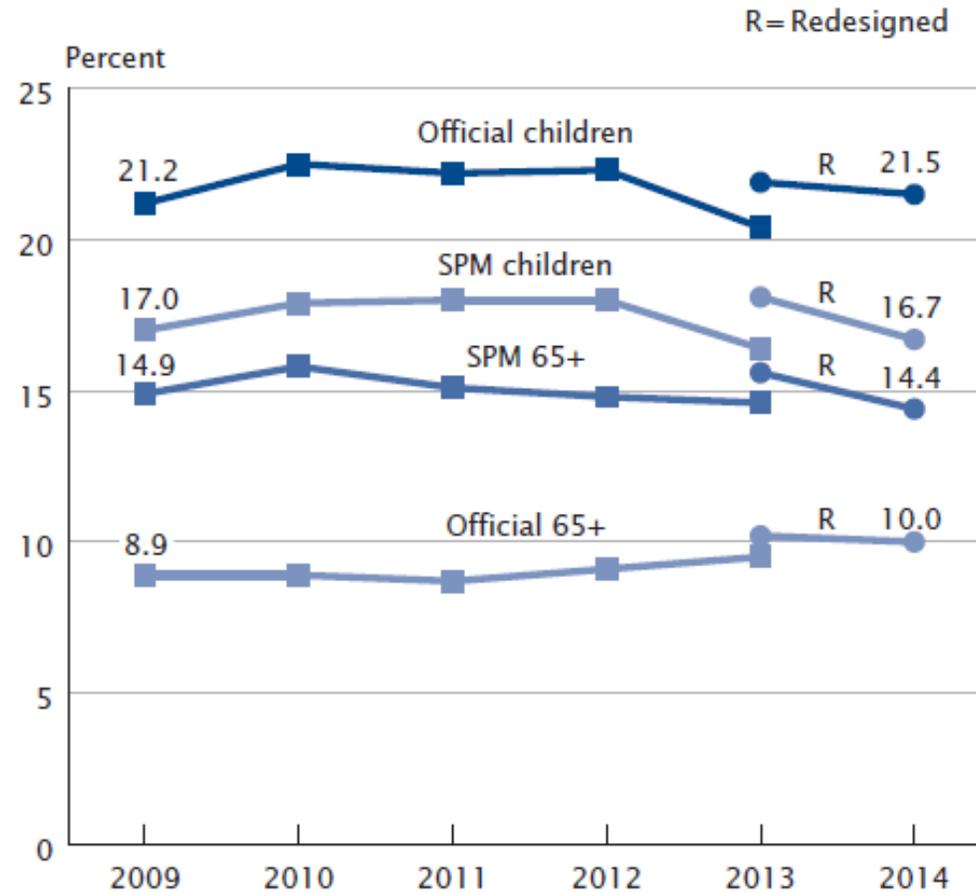
Figure 3.  
**Difference in SPM Rates After Including Each Element: 2013 and 2014**



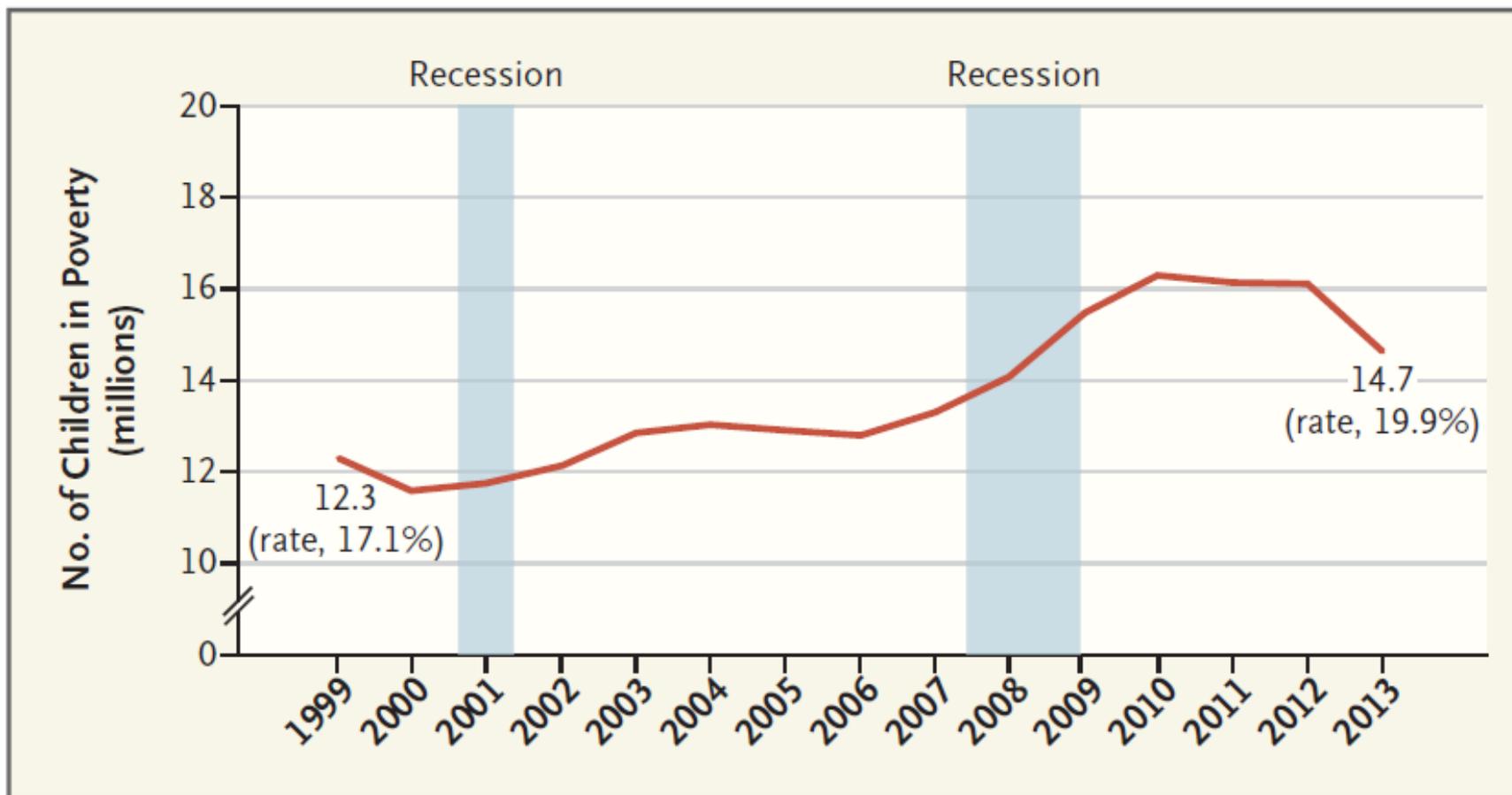
\* Statistically significant change between 2013 and 2014.

Source: U.S. Census Bureau, Current Population Survey, 2014 and 2015 Annual Social and Economic Supplements.

Figure 5.  
**Poverty Rates Using the Official Measure and the SPM for Two Age Groups: 2009 to 2014**



Source: U.S. Census Bureau, Current Population Survey, 2010–2015 Annual Social and Economic Supplements.



Number of Children in Poverty (and Child Poverty Rate) in the United States, 1999–2013.

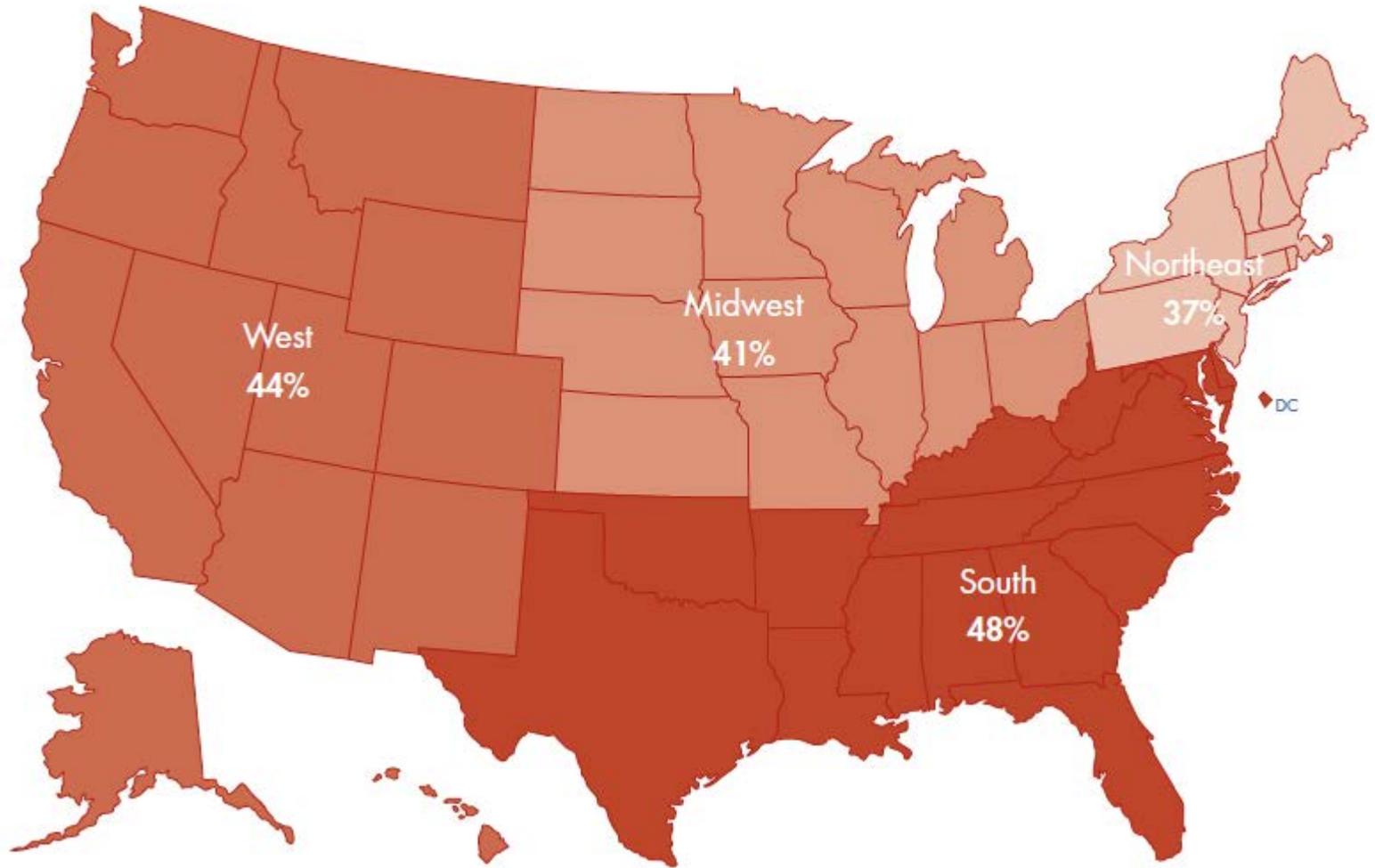
Data are from the U.S. Census Bureau.

## Children Under 18 Living in Poverty, 2014

Category	Number	Percent
All children under 18	15,540,000	21.1
White only, non-Hispanic	4,679,000	12.3
Black	4,639,000	36
Hispanic	5,745,000	31.9
Asian	577,000	12

SOURCE: U.S. Bureau of the Census, "Income and Poverty in the United States: 2014", Report P60, n. 252, Table B-2, pp. 54-56..

Figure 9: Percentage of children in low-income families by region, 2014



## What are the consequences of growing up in poverty in the United States??

Economic hardship leads to parental stress, which leads to depressed marital mood and marital conflict. Parental stress activates children's stress mechanisms.

The chronic stress of poverty during early childhood is associated with impaired suppression of the amygdala, which is the "on switch" for the stress response.

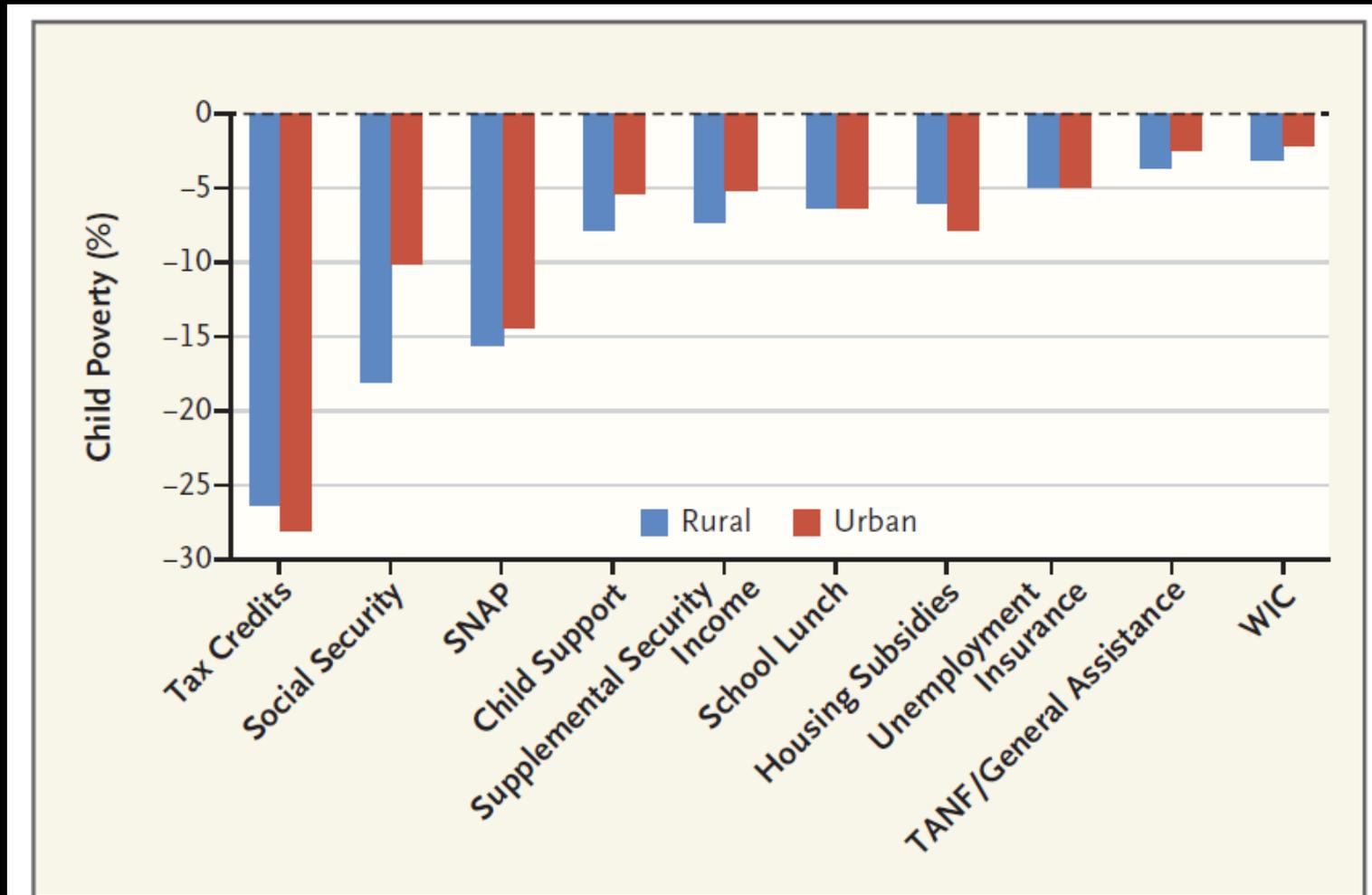
Prolonged activation of the body's stress response becomes intolerable in the absence of the buffering effect of a supportive adult relationship.

Activation of the stress response leads to production of CORTISOL... Cortisol levels correlate with poverty-related factors: poor-quality housing, African-American race, adults leaving the home and duration of family poverty.

## More consequences of poverty

- Limited housing options
  - Urban crowding, violence, lack of safety
  - Rural isolation, lack of social support
  - Increased Lead exposure
- Limited access to quality educational opportunities
  - Fewer books, limited extracurricular activities
  - Larger class sizes, less-skilled teachers
- Suboptimal nutrition
  - Food insecurity
  - Obesity (7X greater likelihood vs. underweight)
- Poor academic progress
- Incarceration
- Lack of healthcare
  - Increased infant mortality
  - Increased adolescent pregnancy
  - More low birth weight and premature infants
  - Delayed growth and development
    - Less parental reading
    - Lack of school-readiness
  - Increased Tobacco exposure
  - Increased exposure to electronic media
  - Increased asthma attacks
  - More likely to have diagnosis of behavioral disorders, ADHD, substance abuse

# What things work to reduce CHILD poverty??



Reduction in Child Poverty Rates from Income Support Programs, 2013.

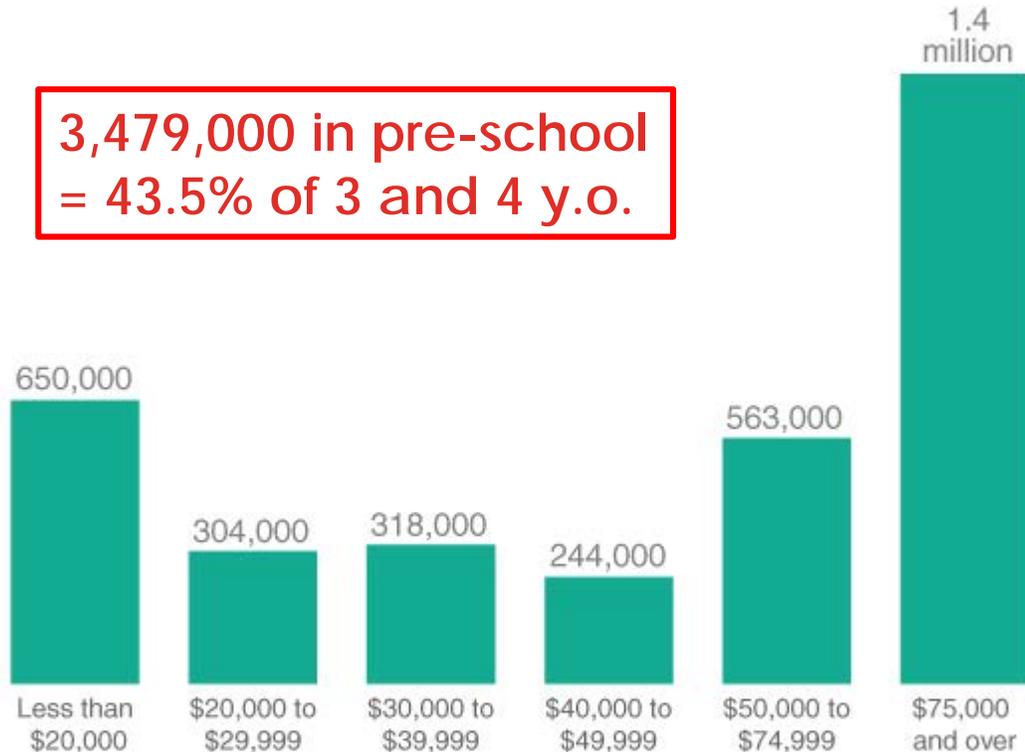
The return on investment for Early Childhood Education is estimated at \$1.80 to \$17 for every dollar spent.

.... Improved academic and occupational outcomes;  
....lowered costs of remedial education;  
....reduced juvenile justice involvement.

# Nursery School Enrollment

Number of 3- and 4-Year-Olds Enrolled by Family Income in 2014

3,479,000 in pre-school  
= 43.5% of 3 and 4 y.o.



## A Child's Day: At a Glance

What does a child's day look like? Statistics from the U.S. Census Bureau's Survey of Income and Program Participation look at children's participation in extracurricular activities and academic programs as well as their interaction with their parents and nonrelative caregivers.

### Extracurricular Activities

#### Boys ages 6 to 17

40% Sports  
26% Lessons  
26% Clubs



#### Girls ages 6 to 17

30% Sports  
33% Lessons  
31% Clubs



### Reading

**7 times**

Average times children 3 to 5 years old were read to in the past week.



### Academic Experiences

**27%** of children ages 12 to 17 enrolled in gifted classes.

**12%** of children ages 6 to 11 enrolled in gifted classes.



### Meals

**56%** of children under 6 years old ate breakfast with a parent every day in a typical week.

**79%** ate dinner with a parent every day in a typical week.



### Child Care

**29 hours**

Average number of hours per week children 3 years old and under spend in child care with a nonrelative.



# Public Education Spending

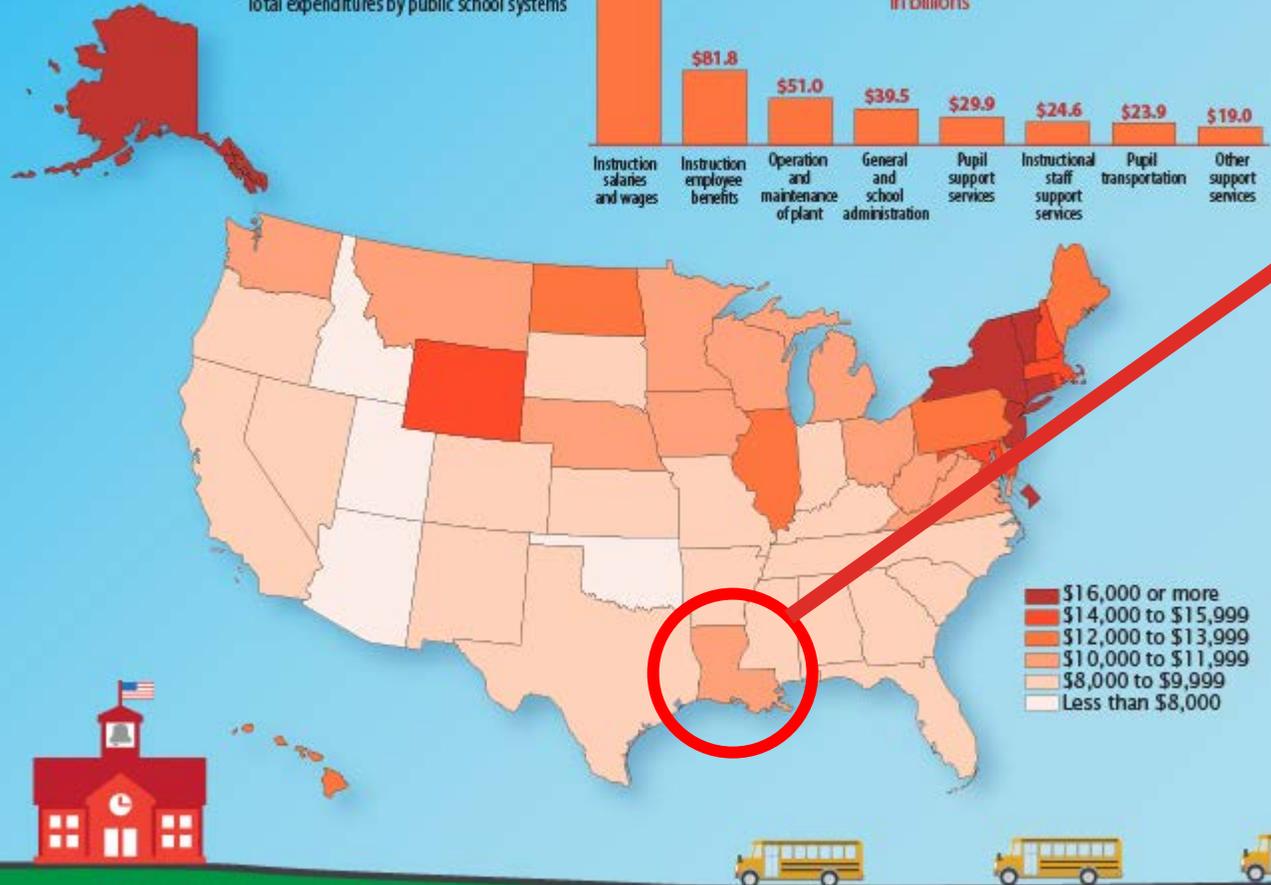
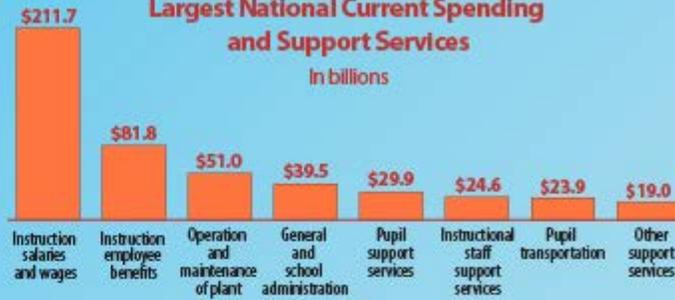
Amount Spent Per Pupil by State in 2014

**\$613.6 billion**

Total expenditures by public school systems

## Largest National Current Spending and Support Services

In billions



So why isn't Louisiana doing better than 49<sup>th</sup> in education compared to other states??

U.S. Average is \$11,000 per student

Louisiana spends \$10,750 per student

United States  
**Census**  
Bureau

U.S. Department of Commerce  
Economics and Statistics Administration  
U.S. CENSUS BUREAU  
[census.gov](http://census.gov)

Source: 2014 Annual Survey of School System Finances

Note: The map graphic presents expenditures for the day-to-day operation of PreK-12 public schools and excludes some additional costs, such as repairs, new school construction or other capital outlays.

## State and Regional Rankings by Poverty Rates: 1969 – 1989

	1989		1979		1969		1979– 1989	1969– 1979
	Poverty Rate	Rank	Poverty Rate	Rank	Poverty Rate	Rank	Percent- age point change	Percent- age point change
<b>United States</b>	<b>13.1</b>	<b>—</b>	<b>12.4</b>	<b>—</b>	<b>13.7</b>	<b>—</b>	<b>0.7</b>	<b>-1.3</b>
Texas	18.1	44	14.7	38	18.8	39	3.4	-4.1
Alabama	18.3	45	18.9	49	25.4	48	-0.6	-6.5
Kentucky	19.0	46	17.6	45	22.9	46	1.4	-5.3
Arkansas	19.1	47	19.0	50	27.8	50	0.1	-8.8
West Virginia	19.7	48	15.0	40	22.2	44	4.7	-7.2
New Mexico	20.6	49	17.6	45	22.8	45	3.0	-5.2
Louisiana	23.6	50	18.6	47	26.3	49	5.0	-7.7
Mississippi	25.2	51	23.9	51	35.4	51	1.3	-11.5

# Louisiana's poverty and child poverty rates remain high

Posted on September 18, 2014

## Change in poverty and child poverty by metropolitan area.

	POVERTY RATE			CHILD POVERTY RATE		
	2012	2013	CHANGE	2012	2013	CHANGE
Statewide	19.9%	19.8%	-0.1%	28.1%	27.7%	-0.4%
Alexandria	21.9%	18.7%	-3.2%	32.9%	27.2%	-5.7%
Baton Rouge	18.7%	18.7%	0.0%	25.5%	24.4%	-1.1%
Houma	16.0%	13.6%	-2.4%	21.6%	17.3%	-4.3%
Lafayette	17.9%	16.4%	-1.5%	26.6%	22.3%	-4.3%
Lake Charles	16.5%	15.6%	-0.9%	24.0%	20.4%	-3.6%
Monroe	25.9%	25.3%	-0.6%	40.7%	36.8%	-3.9%
New Orleans	19.4%	19.3%	-0.1%	27.8%	28.6%	0.8%
Shreveport	18.1%	20.4%	2.3%	26.4%	28.9%	2.5%

## How is Louisiana doing??

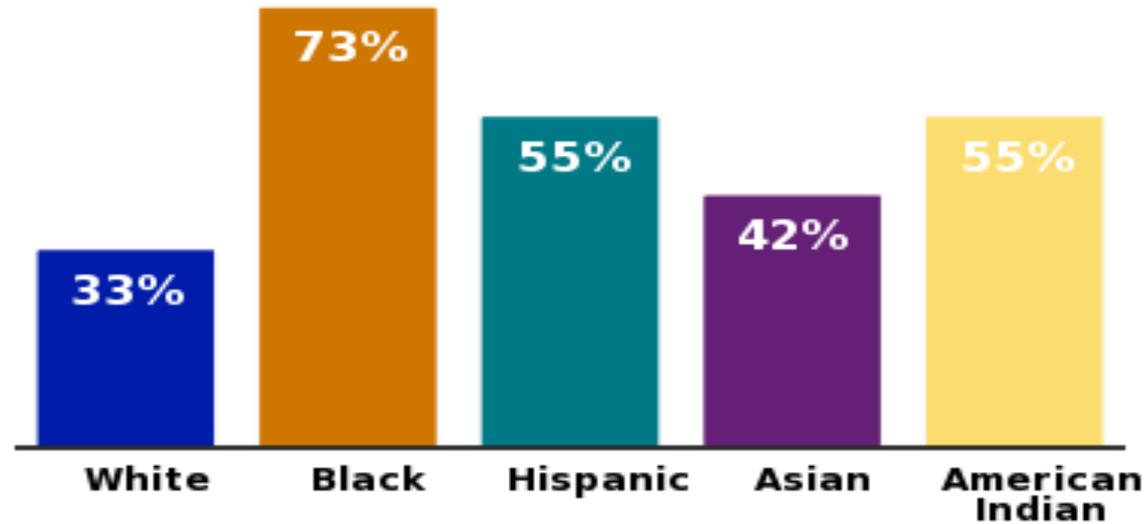
Child poverty remains above 2008 levels. 28 percent of Louisiana's children are below the poverty line, compared to 25 percent in 2008. **Louisiana's child poverty rate has remained unchanged over the past three years.**

In 2010-2014, **21 percent of Louisiana children lived in a high-poverty neighborhood**, a 24 percent increase in the percentage of children compared to 2006-2010.

Louisiana is one of just five states in which the percentage of children in households that spend more than 30 percent of their income on housing was higher in 2014 than in 2008. **Almost a third of children (32 percent) in Louisiana live in housing-burdened families.**

In 2012/2014, 49 percent of Louisiana children ages 3-4 were not attending school, compared to the national average of 53 percent. **Louisiana was ranked seventh on this measure**, alongside states with significantly more resources, such as Colorado, Hawaii and Vermont.

### Children in Low-Income Families in Louisiana, by Race, 2014



© National Center for Children in Poverty (nccp.org)  
Louisiana Demographic Profiles

- 33% (186,301) of white children live in low-income families.
- 73% (291,358) of black children live in low-income families.
- 55% (32,373) of Hispanic children live in low-income families.
- 42% (7,176) of Asian children live in low-income families.
- 55% (3,380) of American Indian children live in low-income families.

## **Aug. 11: The child care dilemma**

Posted on August 11, 2016

One of the most visible and damaging consequences of Louisiana's budget quagmires is the effect they've had on low-income parents seeking quality, affordable care for their young children. The number of children served through the state's Child Care Assistance Program has plummeted from nearly 40,000 six years ago to around 12,000 today.

## **Louisiana has the baby blues**

A ranking of the best and worst states to have a baby places Louisiana second to last in the nation based on 17 metrics. Developed by WalletHub, the ranking compiled factors such as delivery costs, infant mortality, and the number of child-focused health care professionals, of which Louisiana scores poorly. Tallied on a 100 point scale, Louisiana scores 29.25, while Vermont, the highest ranking state, scored 65.66. Gannett Newspapers has more on Louisiana's rankings:

### ***The study found that Louisiana:***

- **Has the 5th highest infant mortality rate**
- **Has the fewest midwives and OB-GYNs per capita**
- **Has the third fewest pediatricians per capita**

# How far have we come in 50+ years since the war on poverty was declared by LBJ??

- ? Reducing the proportion of children in poverty ..... **Not so much**
- ? Improving education ..... **Yes**
- ? Improving incomes ..... **Modestly**
- ? Improving health ..... **Yes**
- ? Improving homes ..... **Modestly**
- ? Improving job opportunities ..... **Hard to say**

## What should Pediatricians do??

### 1. Screen families for economic stress... talk with parent privately

1. "Are you having trouble making ends meet each month?"
2. "How are things at home these days?"

### 2. Screen children for signs of economic stress at home...

1. Loss of insurance, esp. private to public change
2. Behavioral issues, esp. acting out
3. Increased travel for work
4. Not playing a favored sport this year
5. Weight gain... poor sleep
6. Summer job requirements to help the family finances
7. Recent or frequent moves to new home or sharing of home

## What should Pediatricians do??

### 3. Identify family strengths and champion them...

1. Positive coping mechanisms
2. Extended family and community supports

### 4. Connect parents with local resources for addressing specific needs...

1. Food Bank
2. Rental/utilities assistance
3. School contacts
4. Medicaid expansion
5. Legal Assistance Programs

## Conclusions

**The epidemic of poverty continues!**

**There are hopeful signs in some areas!**

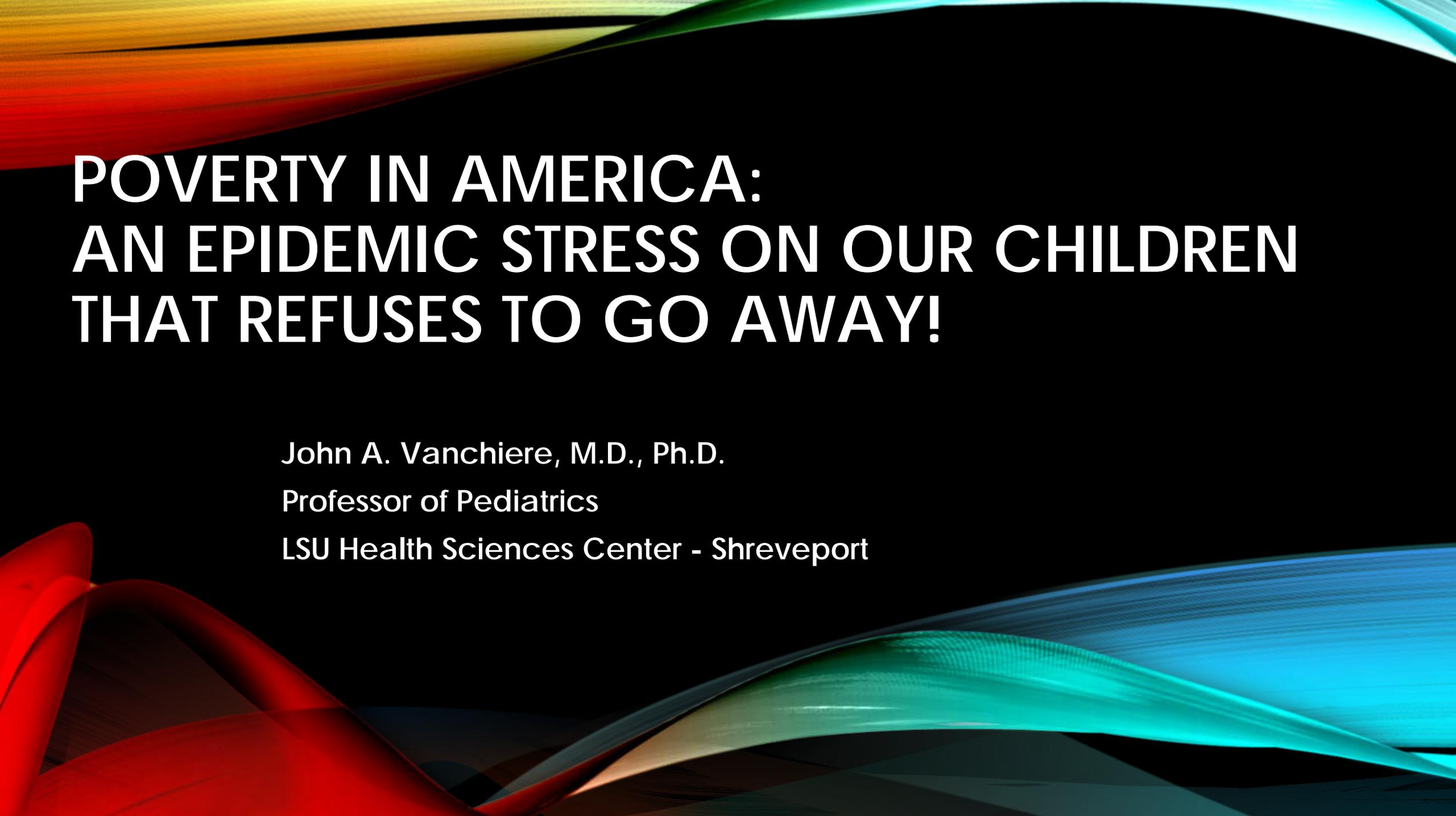
**We must stay engaged in the war on poverty for the sake of our children and our society at large!**

**Within our practices, simple screening can identify families who are struggling and provide an opportunity for support.**



Nothing you do for children is ever wasted. They seem not to notice us, hovering, averting our eyes, and they seldom offer thanks, but what we do for them is never wasted.

-- Garrison Keillor



# **POVERTY IN AMERICA: AN EPIDEMIC STRESS ON OUR CHILDREN THAT REFUSES TO GO AWAY!**

John A. Vanchiere, M.D., Ph.D.

Professor of Pediatrics

LSU Health Sciences Center - Shreveport



## LYNDON B. JOHNSON

XXXVI President of the United States: 1963-1969

**91 - Annual Message to the Congress on the State of the Union.**

January 8, 1964

Unfortunately, many Americans live on the outskirts of hope--some because of their poverty, and some because of their color, and all too many because of both. Our task is to help replace their despair with opportunity.

This administration today, here and now, declares unconditional war on poverty in America. I urge this Congress and all Americans to join with me in that effort.

It will not be a short or easy struggle, no single weapon or strategy will suffice, but we shall not rest until that war is won. The richest Nation on earth can afford to win it. We cannot afford to lose it. One thousand dollars invested in salvaging an unemployable youth today can return \$40,000 or more in his lifetime.

Poverty is a national problem, requiring improved national organization and support. But this attack, to be effective, must also be organized at the State and the local level and must be supported and directed by State and local efforts.

For the war against poverty will not be won here in Washington. It must be won in the field, in every private home, in every public office, from the courthouse to the White House.

The program I shall propose will emphasize this cooperative approach to help that one-fifth of all American families with incomes too small to even meet their basic needs.

Our chief weapons in a more pinpointed attack will be better schools, and better health, and better homes, and better training, and better job opportunities to help more Americans, especially young Americans, escape from squalor and misery and unemployment rolls where other citizens help to carry them.

Very often a lack of jobs and money is not the cause of poverty, but the symptom. The cause may lie deeper in our failure to give our fellow citizens a fair chance to develop their own capacities, in a lack of education and training, in a lack of medical care and housing, in a lack of decent communities in which to live and bring up their children.

But whatever the cause, our joint Federal-local effort must pursue poverty, pursue it wherever it exists--in city slums and small towns, in sharecropper shacks or in migrant worker camps, on Indian Reservations, among whites as well as Negroes, among the young as well as the aged, in the boom towns and in the depressed areas.

Our aim is not only to relieve the symptom of poverty, but to cure it and, above all, to prevent it. No single piece of legislation, however, is going to suffice.