



Counting

on the Triangle



A SNAPSHOT OF THE STATE OF HEALTH & HUMAN SERVICES IN OUR REGION

First Edition, 2007





Friends:

The Triangle is a wonderful place to live. Our cities and towns are often rated among the best places in the country to live, work, and raise a family. People from all over the world come to the Triangle to learn from the best colleges and universities and seek healing from some of the nation's top healthcare providers. A growing number of our community neighbors, however, do not have access to all of the "bests" that the Triangle has to offer.

This report provides a basic, regional snapshot of some of the key issues impacting our community. We hope it is a catalyst for generating dialogue about the health and human services issues we are facing together.

The issues highlighted in this report shouldn't be considered problems for Durham, Orange, or Wake counties, but as opportunities for the Triangle as a whole. By addressing these opportunities, we can collectively improve the lives of those in our community.

Triangle United Way will release a follow-up report this fall that features analysis from our community's regional health and human services experts, provides clear recommendations for community action, and evaluates how we are investing in programs that work. Please look for this report later this year. It will challenge the community to move forward to make the Triangle "the best" for all who live here.

Talk to us—we want your feedback! Visit us online at www.unitedwaytriangle.org to share your thoughts. Talk to each other! Listen to your neighbor and get on board, because together, we do what matters.

Sincerely,

A handwritten signature in black ink, appearing to read "Craig Chancellor". The signature is stylized and cursive.

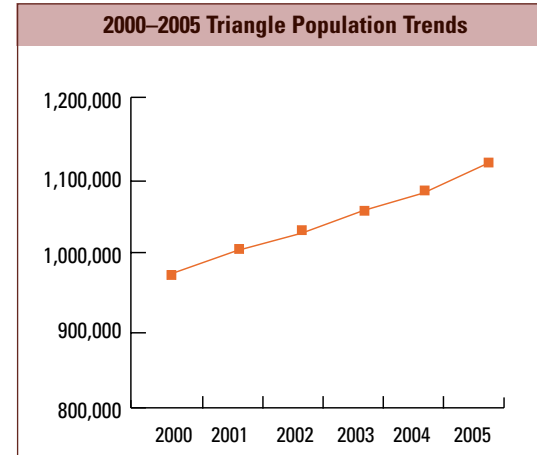
Craig Chancellor
President and CEO

Population:

The total number of people who inhabit an area, region, or country or the number of people in a particular group who inhabit an area.



The Triangle is one of the fastest growing communities in North Carolina.



Source: NC State Demographers' Office

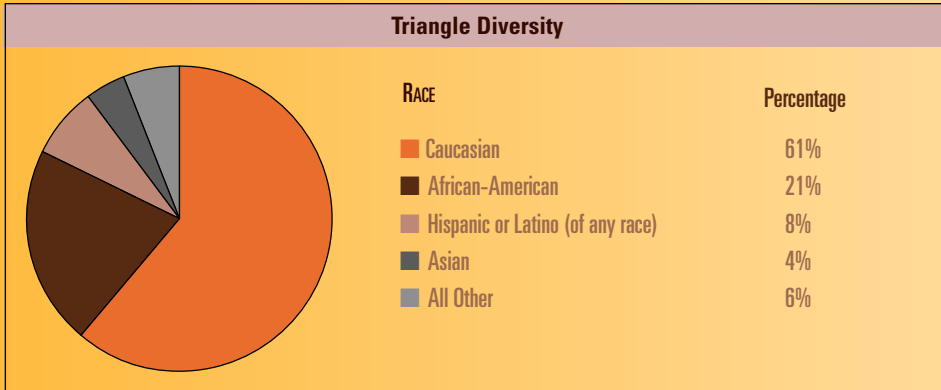
AGE	MALE	FEMALE
0-4	42,300	40,569
5-9	38,459	36,815
10-14	38,931	36,752
15-19	41,447	42,450
20-24	49,771	47,746
25-34	94,633	89,266
35-44	88,929	91,068
45-54	75,116	79,906
55-64	46,544	50,394
65-74	21,540	26,125
75-84	11,188	18,365
85-94	2,756	7,047
95+	216	902

Source: NC State Demographers' Office

1,119,235

men, women, and children live in Durham, Orange, and Wake counties and call the Triangle home—an increase of 16 percent

since 2000.



Source: U.S. Census American Community Survey, 2005



The Triangle

is expected to experience population growth of

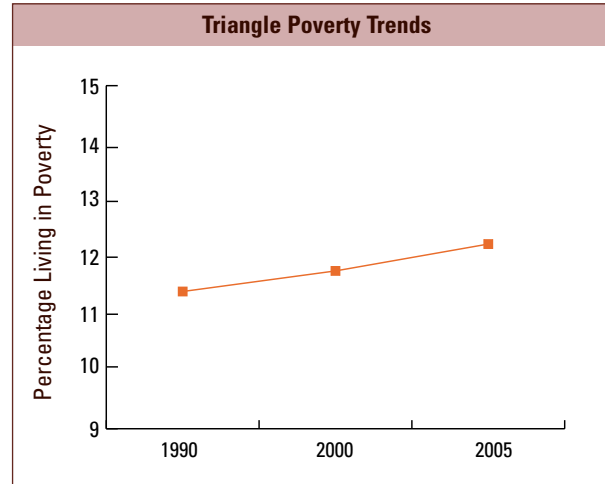
14 percent by 2010.

Poverty:

The state of not having enough money to take care of basic needs such as food, clothing, and housing.



1 in every 8 people in the Triangle lives in poverty.



Source: U.S. Census American Community Survey, 2005

Income Level	Number of Households
Less than \$10,000	33,706
\$10,000 to \$14,999	18,541
\$15,000 to \$24,999	43,980
\$25,000 to \$34,999	47,900
\$35,000 to \$49,999	63,366
\$50,000 to \$74,999	78,055
\$75,000 to \$99,999	53,064
\$100,000 to \$149,999	59,522
\$150,000 to \$199,999	20,839
\$200,000 or more	18,001

Total Number of Households 436,974
Median Household Income \$48,734

Source: U.S. Census American Community Survey, 2005

130,961 people in the Triangle live in poverty—a 15 percent increase since 2000.

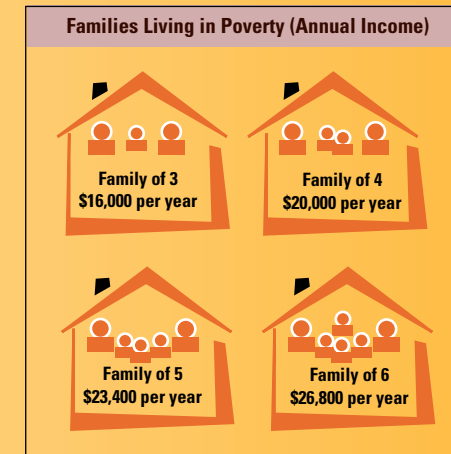
Poverty in the Triangle

- 14 percent of youth under the age of 18 live in poverty.
- 12 percent of adults age 18 to 64 live in poverty.
- 7 percent of seniors age 65 and older live in poverty.

Many low-income families depend on federal and state public assistance programs to help meet basic needs.

Public Assistance Programs

- Food Stamps
- Work First (TANF)
- Women and Infant Care (WIC)
- Section 8 Housing Vouchers
- Medicaid
- Supplemental Security Income (SSI)
- Social Security Disability Income (SSDI)



Source: U.S. Dept. of Housing and Urban Development

Many hardworking families walk a financial tightrope, as wages have not kept pace with the rising cost of housing, healthcare, and education.

Affordable Housing:

Housing designed for those whose incomes generally deny them the opportunity to purchase or rent housing at the Fair Market Rate. A unit is considered affordable if it costs no more than 30 percent of the renter's income.

1 in 8 households in the Triangle spends too much on housing based on their income.



Fair Market Rent (FMR) is the cost of a modest, non-luxury rental unit in a specific market area.

- A person in the Triangle earning the minimum wage of \$5.15 per hour can only afford \$268 per month in rent.
- A person in the Triangle receiving Supplemental Security Income can only afford \$181 per month in rent.

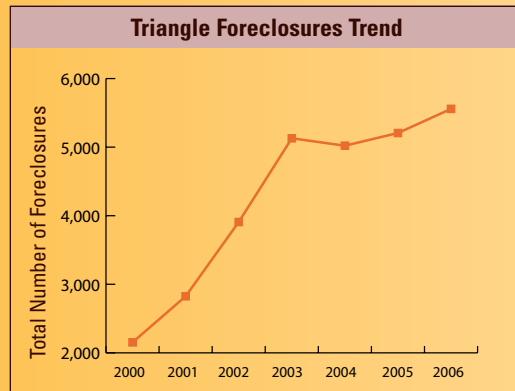
FMR for a two-bedroom apartment in the Triangle is \$807 per month.

- A person would have to earn \$32,267 per year or \$15.92 per hour to afford it.
- A person earning a minimum wage of \$5.15 per hour would have to work 120 hours or 3 full time jobs.

55,846 households in the Triangle pay over one-third of their monthly income in rent—a

30 percent increase since 2000.

From 2000 to 2006, foreclosures in the Triangle increased by 158 percent.



Source: NC Justice Center

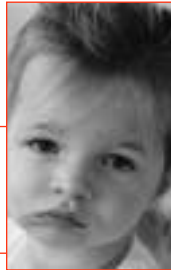
Number of affordable units available	11,396
Number of affordable units needed	<u>59,046</u>
Gap in Affordable Housing	-47,650



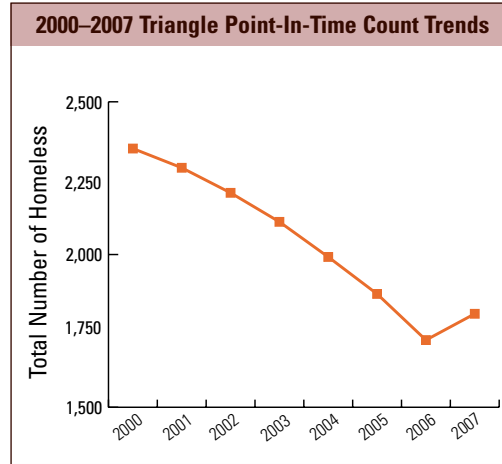
Lack of affordable housing is a direct cause of homelessness. When individuals or families spend more than 30 percent of their income to meet basic housing costs, they do not have enough income to meet other basic needs (such as food, clothing, and medical insurance) or survive financial setbacks, such as reduced work hours or significant illness/injury.

Homelessness:

A state of lacking housing and living in transitional housing, a supervised facility, or on the street.



1 in 6 homeless people in the Triangle is a child.



Source: Triangle United Way, Durham, Orange, and Wake Counties

2007 Triangle United Way Point-In-Time Results

Total number of homeless people in the Triangle	1,806
Homeless people without shelter (i.e. on the streets)	132
Homeless people in families (including children)	501
Homeless children	311
Homeless people (not in families)	1,305

Source: Triangle United Way

1,806 people were found homeless during the 2007 Point-In-Time Count—a

23 percent decrease since 2000.

Causes of Homelessness

Housing Issues

- Eviction
- Foreclosure
- No affordable housing
- Substandard housing
- Utility shut-off

Health Condition

- Physical or Mental Disabilities
- Chronic illness
- Alcohol/drug abuse

Employment Issues

- Loss of Job
- Underemployment

Conflict

- Domestic Violence
- Divorce
- Land/Tenant Disputes



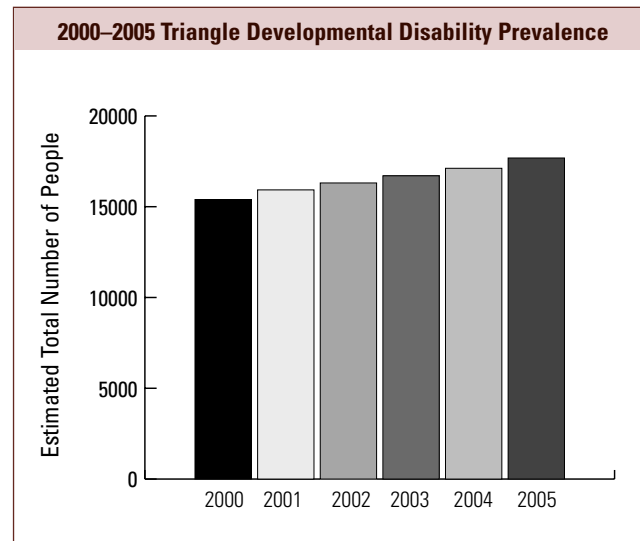
Through partnerships in Durham, Orange, and Wake counties, 10-year plans to prevent and end homelessness are taking shape and communities are being mobilized to move people from managing homelessness to ending homelessness.

Disability:

A physical or mental impairment which has a substantial and long-term adverse effect upon a person's ability to carry out normal day-to-day activities.



1 in 10 people in the Triangle are estimated to have a disability. 1 in 61 people in the Triangle are estimated to have a developmental disability.



Source: NC Division of Mental Health, Developmental Disabilities, and Substance Abuse Services



107,083 people age 5 and over in the Triangle have a disability; 17,683 have a developmental disability.

Developmental Disabilities

A diverse group of severe, chronic conditions due to mental and/or physical impairments.

Types of Developmental Disabilities

- Autism Spectrum Disorders
- Cerebral Palsy
- Hearing Loss
- Mental Retardation
- Vision Impairment

Developmental Disabilities By Age

AGE	TOTAL
0-4	1,309
5-15	2,632
16-64	12,349
65+	1,393

Source: NC Division of Mental Health, Developmental Disabilities, and Substance Abuse Services

Common Disabilities

- Drug Abuse
- Mental Illness
- Alcohol Abuse
- Physical/Mental Impairments
- Physical Mobility Limits

Disabilities By Age

AGE	TOTAL
5-15	10,369
16-64	66,038
65+	30,676

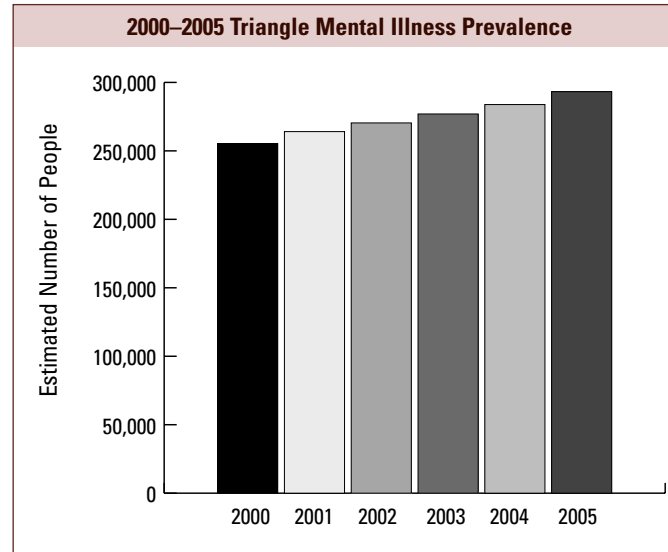
Source: U.S. Census American Community Survey, 2005

As the number of people with developmental disabilities increases, our community must maintain a system of service and support to promote independence and community inclusion.

Mental Illness:

The term that refers collectively to all mental disorders. Mental disorders are health conditions that are characterized by alterations in thinking, mood or behavior (or some combination thereof) associated with distress and/or impaired functioning.

1 in 3 people (age 18 and over) in the Triangle are estimated to have a mental illness.



Source: National Institute of Mental Health



293,240 people age 18 and over in the Triangle are estimated to have a mental illness—a **15 percent increase since 2000.**

Types of Mental Illness

- Anxiety disorders
- Mood disorders
- Psychotic disorders
- Eating disorders
- Impulse control and addiction disorders
- Personality disorders

3,302 people in the Triangle were treated by one of the state's four psychiatric hospitals. This number remained largely unchanged since 2000.



North Carolina Mental Health Facilities

- Broughton Hospital, Morganton
- Cherry Hospital, Goldsboro
- Dorothea Dix Hospital, Raleigh
- John Umstead Hospital, Butner

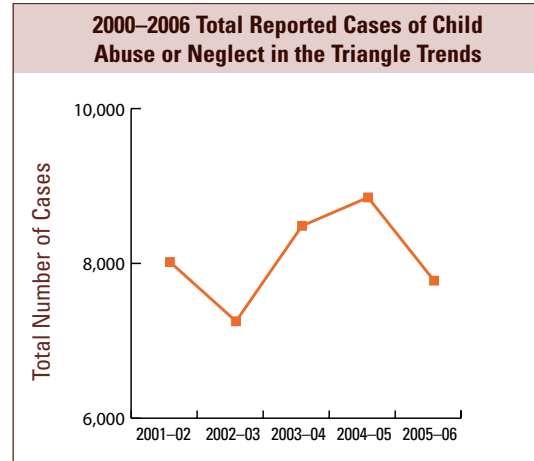
Good mental health is fundamental

to the health and well-being of every person and also to the community in which they live.

Abuse:

The systematic pattern of behaviors in a relationship that are used to gain and/or maintain power and control over another. Abuse can be physical, emotional, sexual, or neglectful.

1 in 35 children in the Triangle under the age of 18 were reported abused or neglected between 2005 and 2006.



Source: NC Dept. of Health and Human Services



7,777 children in the Triangle under the age of 18 were reported abused or neglected between 2005 and 2006—a 3 percent decrease since 2001.

CHILD ABUSE

1,188 youth ages 6–17 were victims of abuse or neglect in 2005.

- An estimated 4 children in the Triangle die each year from child abuse homicide.
- 2 percent of all children reported abused or neglected will be reported again within six months of the first incident.
- Every 15 minutes a child is mistreated by a parent or caretaker.

DOMESTIC ABUSE

4,535 victims of domestic violence sought help in 2004 and 2005.

- An estimated 8 women in the Triangle die each year from domestic violence.
- It takes 7 attempts before a victim successfully leaves his or her abuser.
- 1 in 4 women will be victims of domestic violence.
- Every 15 seconds a woman suffers abuse.

ELDER ABUSE

415 seniors received adult protective services for abuse and/or neglect in 2005—a 12 percent increase over the previous year.

- For every case of elder abuse, neglect, exploitation, or self-neglect reported to authorities, at least 5 more go unreported.
- Only 1 in 14 incidents of elder abuse, excluding incidents of self-neglect, come to the attention of the authorities.

Although child abuse and domestic abuse have received significantly more recognition than elder abuse, all are significant forms of maltreatment in our community and must be addressed.

Child Care:

Supervision of and responsibility for a child over a period of time, including feeding, clothing, and other aspects of daily care.



1 in 4 children age 10 and under in the Triangle are enrolled in child care and using subsidies.

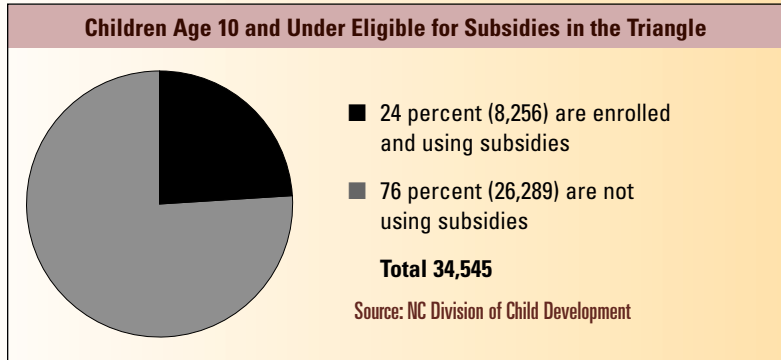
Child Care Cost Comparison

- Infant care per year: \$6,916
- Preschool care per year: \$5,976
- Full-time college tuition and fees at UNC-Chapel Hill for a resident per year: \$5,033.

Percent of Income Spent on Child Care in NC		
	INFANT CHILD CARE	PRESCHOOL CHILD CARE
Single-Parent Household (Median Income \$18,464)	32	37
Two-Parent Household (Median Income \$62,203)	9	11

Source: National Association of Child Care Resources and Referral Agencies

26,289 children age 10 and under in the Triangle are eligible for, but not utilizing, child care subsidies.



Child care subsidies provide families in poverty access to quality child care services offering quality early childhood education.



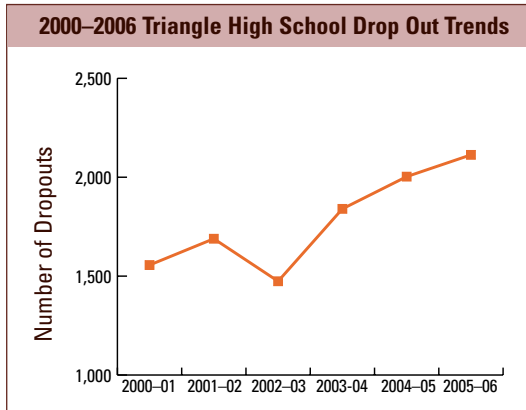
The first three years of life are “critical windows” for childhood development, but the quality of care a child receives depends largely on what a parent can afford.

Education:

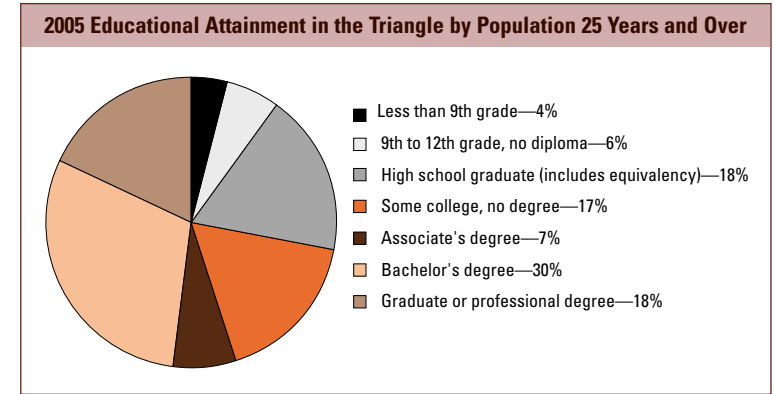
The imparting and acquiring of knowledge through teaching and learning, especially at a school or similar institution.



1 in 17 people in the Triangle age 25 and older do not have a high school diploma.



Source: NC Department of Public Instruction



Source: U.S. American Community Survey, 2005

Most youth who drop out of high school in North Carolina do so in the ninth grade or at age 17.

2,112 students in Triangle public schools in grades 9-12 dropped out of school during the 2005-2006 school year—a 35 percent increase since the 2000-2001 school year.

During their lives, recent dropouts will earn **\$200,000 less than high school graduates and over \$800,000 less than college graduates.**

- Dropouts make up nearly half the heads of households on welfare.
- High school dropouts are three and one half times more likely to be arrested than high school graduates.

Top Five Reasons Students Drop Out of High School

- 1) Enrollment in a community college for GED program or continued education
- 2) Moved, school status unknown
- 3) Academic problems
- 4) Choice of work over school
- 5) Failure to return after a long-term suspension

Source: NC Dept. of Public Instruction

	NUMBER OF DROPOUTS	NUMBER OF GRADUATES
CAUCASIAN	639	5,748
AFRICAN-AMERICAN	996	2,768
HISPANIC*	384	374
AMERICAN INDIAN	4	18
ASIAN	38	429
OTHER	51	NOT AVAILABLE

*More Hispanics dropped out of high school than graduated.

Source: NC Dept. of Public Instruction

Dropping out of school has

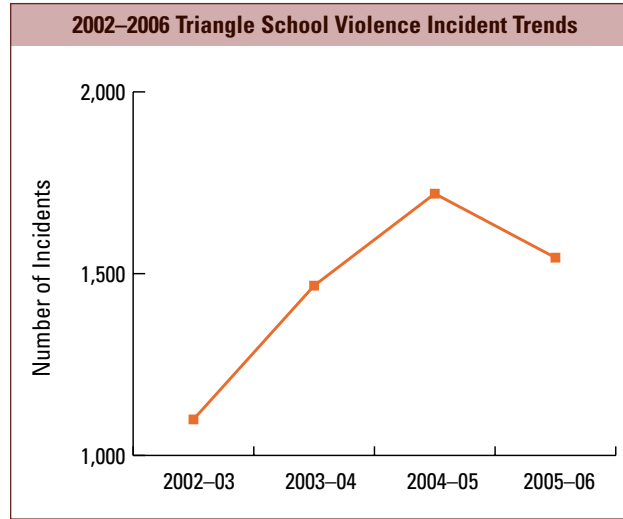
dire economic consequences

for our entire community as well as for the individual.

Juvenile Justice:

The area of criminal law applicable to people not old enough to be held responsible for criminal acts. In North Carolina, the age for criminal culpability is set at 18 years.

888 youth in the Triangle entered the juvenile justice system in 2005; an 11 percent increase over the previous year.



Source: NC Dept. of Juvenile Justice and Delinquency Prevention

TYPE OF INCIDENT	TOTAL NUMBER OF INCIDENTS
Possession of a weapon	633
Possession of a controlled substance	440
Assault on school personnel	184
Possession of an alcoholic beverage	129
Assault involving use of a weapon	63
Possession of a firearm	25
Assault resulting in serious injury	13
Sexual assault	15
Bomb threat	20
Robbery without a dangerous weapon	14
Burning of a school building	5
Sexual offense	1
Robbery with a dangerous weapon	1
Kidnapping	1

Source: NC Dept. of Juvenile Justice and Delinquency Prevention

1,544 violent incidents took place on public school property in the Triangle during the **2005-06 School Year.**

15 percent of youth who entered the juvenile justice system were active in gangs or had gang-related associations.

- The presence of gangs more than doubles the likelihood of violent victimization at school.

There are reportedly six active gangs in the Triangle

- Latin Kings
- Bloods
- Crips
- Dog Pound
- Pimp-C
- DMC (Do More Crime)

Source: NC Dept. of Juvenile Justice and Delinquency Prevention

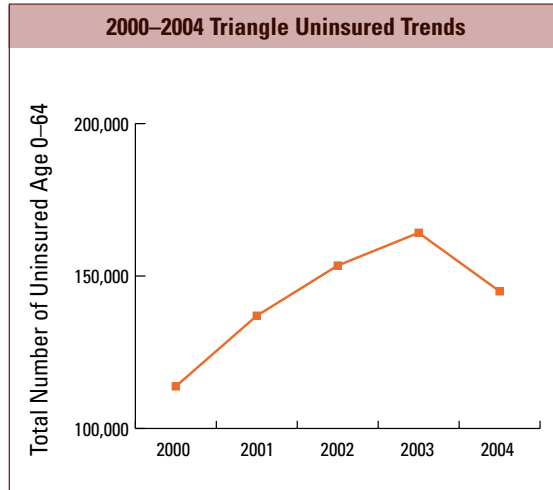


As crimes being committed by today's youth are becoming increasingly serious offenses, positive and preventive alternatives are in overwhelming need.

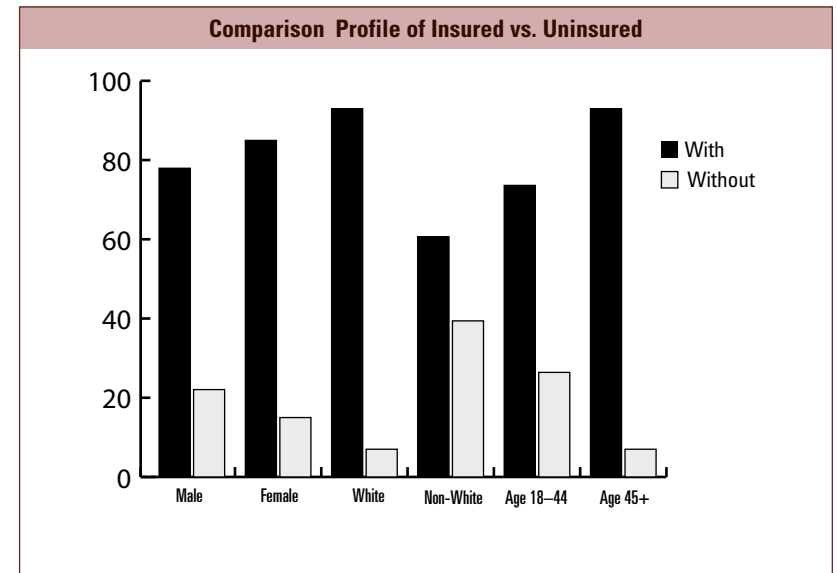
Healthcare:

All reasonable and necessary medical aid, medical examinations, medical treatments, medical diagnoses, medical evaluations, and medical services.

1 in 7 Triangle residents under the age of 65 do not have health insurance.



Source: Cecil B. Sheps Center for Health Services Research, UNC-CH



Source: NC Center for Health Statistics, BRFSS

144,996 people under the age of 65 in the Triangle are uninsured—a 27 percent increase since 2000.

2,371 women received late or no prenatal care in 2005, an increase of 19 percent since 2000.

Infant mortality

- Whites saw a decrease in infant deaths from 6.3 to 2.9 per 1,000 births between 2000 and 2005.
- Non-whites saw an increase in infant deaths from 8.4 to 15.8 per 1,000 births between 2000 and 2005.

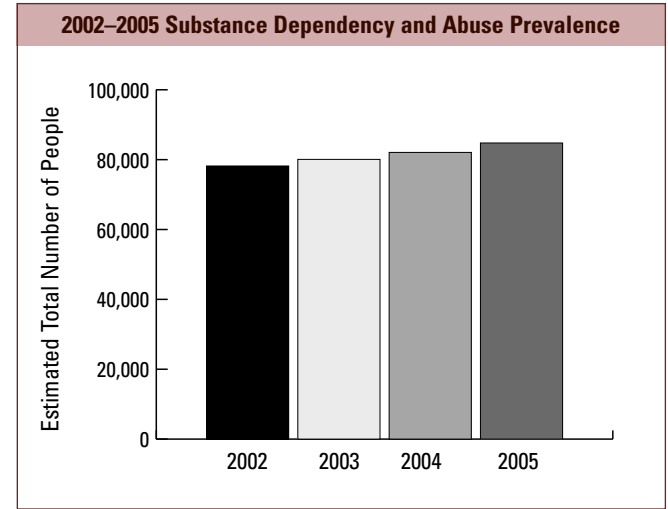


Despite living amongst some of the best healthcare facilities and medical professionals, many Triangle residents are unable to afford the cost of healthcare and health insurance in order to stay healthy.

Substance Abuse:

The excessive use of a substance, especially alcohol or a drug, resulting in increased tolerance and interference in everyday life during the past year.

1 in 13 people in the Triangle are estimated to abuse drugs or alcohol.



Source: U.S. Substance Abuse and Mental Health Services Administration

84,771 people are estimated to abuse drugs or alcohol—an increase of **8 percent since 2002.**

Commonly Abused Substances

- Cocaine
- Alcohol
- Marijuana
- Heroin
- Major Stimulants (amphetamines/methamphetamines)

Source: National Institute on Drug Abuse

Triangle Drug- and Alcohol-Related Arrests and Deaths

INCIDENTS	TOTAL NUMBER
DRIVING WHILE INTOXICATED ARRESTS	2,698
DRUG ARRESTS	3,494
ALCOHOL DEATHS	30

Source: Alcohol/Drug Council of North Carolina, 2004



The solution to the problem of alcohol and drug abuse requires a sustained and collaborative community effort that promotes healthy lifestyles and equips youth with life skills to deal with stress, peer pressure, and other factors that put them at risk.

GLOSSARY



Autism Spectrum Disorders: A group of developmental disabilities defined by significant impairments in social interaction and communication and the presence of unusual behaviors and interests. Source: U.S. Department of Health and Human Services.

Cerebral Palsy: A group of disorders that affects a person's ability to move and to maintain balance and posture. Source: U.S. Department of Health and Human Services.

Child Abuse: Child abuse is any action (or lack of) which endangers or impairs a child's physical, psychological, or emotional health and development. Child abuse occurs in different ways. All forms of child abuse and neglect are detrimental to the child; both physical and sexual abuse are crimes. Source: Kids First Foundation.

Child Care Subsidy: Public funds to pay for child care services. Source: North Carolina General Statutes.

Chronically Homeless Person: An unaccompanied homeless individual with a disabling condition who has either been continuously homeless for a year or more or has had at least four episodes of homelessness in the past three years. Source: U.S. Department of Housing and Urban Development.

Domestic Violence: Any hurtful or unwanted behavior perpetrated upon an individual by an intimate or prior intimate. Includes physical, psychological, and emotional abuse. Primarily a learned behavior, the effects of which, without intervention, become more destructive over time. Source: Turnaround, Inc.

Elder Abuse: An umbrella term referring to any knowing, intentional, or negligent act by a caregiver or any other person that causes harm or serious risk of harm to a vulnerable adult. Source: U.S. Department of Health and Human Services Administration on Aging.

Family: A household comprised of one or more other persons living in the same household who are related by birth, marriage, or adoption. Source: Community Action Network.

Food Stamps: The Food Stamp Program is a federal food assistance program that helps provide food assistance to low-income families. In North Carolina, monthly allotments of Food Stamp benefits are issued via Electronic Benefit Transfer (EBT) cards. Source: NC Department of Health and Human Services.

Foreclosure: The legal process by which an owner's right to a property is terminated, usually due to default. Typically involves a forced sale of the property at public auction, with the processed amount being applied to the mortgage debt. Source: Investorswords.com.

Household: One or more persons occupying a housing unit. Source: Community Action Network.

Medicaid: The nation's major public health program for low-income Americans that covers children, the elderly, and/or disabled and other people who are eligible to receive federal assistance income maintenance payments. Source: NC Justice Center.

Mental Retardation: Characterized both by a significantly below-average score on a test of mental ability or intelligence and by limitations in the ability to function in areas of daily life, such as communication, self-care, and getting along in social situations and school activities. Mental retardation is sometimes referred to as a cognitive or intellectual disability. U.S. Department of Health and Human Services.

Point-In-Time Count: A one-night count of sheltered and unsheltered homeless people. The point-in-time count is just a “snapshot” and may not capture all those who are cycling in and out of homelessness over the course of a specific time frame. Point-in-time counts generally underestimate the number of those who are homeless, because there are those, particularly families with children and youth, who are “doubled-up,”—living with other families. Source: Triangle United Way.

Section 8 Certificate or Voucher: Federal rental assistance programs. Participants pay 30 percent of their income for housing that meets HUD inspection and rent standards. A voucher allows participants to rent a unit above allowable rents if they pay the difference. Source: Community Action Network.

Social Security Disability Income (SSDI): A program run by Social Security that pays monthly checks to the elderly, the blind, and people with disabilities who do not own much or who do not have much income. If a person receives SSDI, he or she usually also gets food stamps and Medicaid as well. Source: U.S. Social Security Administration.

Social Security Income: A federal income supplement program funded by general tax revenues that helps aged, blind, and disabled people who have little or no income by providing cash to meet basic needs for food, clothing, and shelter. Source: U.S. Social Security Administration.

Substance Dependency or Abuse: The excessive use of a substance, especially alcohol or a drug, resulting in increased tolerance and interference in everyday life during the past year. Source: National Household Survey on Drug Use and the American Psychiatric Association.

Substandard Housing: A housing unit lacking complete kitchen or bathroom. By local definition, dwelling units that do not meet standard conditions but are both financially and structurally feasible for rehabilitation. This does not include units that require only cosmetic work, correction or minor livability problems, or maintenance work. Source: U.S. Census and Community Action Network.

Underemployment: A situation in which a worker is employed, but not in the desired capacity, whether in terms of compensation, hours, or level of skill and experience. While not technically unemployed, the underemployed are often competing for available jobs. Source: Investorswords.com.

Women and Infant Care (WIC): The Special Supplemental Nutrition Program for women, infants, and children that provides nutrition education, supplemental nutritious foods, breastfeeding support, and referrals to health care and community resources for low-income women, new mothers, infants, and children under 5 years of age. Source: NC Department of Health and Human Services.

Work First: North Carolina’s Temporary Assistance for Needy Families (TANF) program based on the premise that parents have a responsibility to support themselves and their children. Through Work First, parents can get short-term training and other services to help them become employed and self-sufficient. Source: NC Department of Health and Human Services.



SELECTED DATA SOURCES

Cecil B. Sheps Center for Health Services Research, University of North Carolina, Chapel Hill

National Institute of Mental Health

National Low Income Housing Coalition

North Carolina Center for Health Statistics

North Carolina Demographer's Office

North Carolina Department of Health and Human Services

North Carolina Department of Juvenile Justice and Delinquency Prevention

North Carolina Department of Public Instruction

North Carolina Justice Center

Triangle United Way

U.S. Bureau of the Census, American Community Survey, 2000, 2005

U.S. Department of Health and Human Services Centers for Diseases Control and Prevention

U.S. Department of Housing and Urban Development

U.S. Substance Abuse and Mental Health Services Administration

For a complete list of sources, please visit the Triangle United Way website at www.unitedwaytriangle.org.

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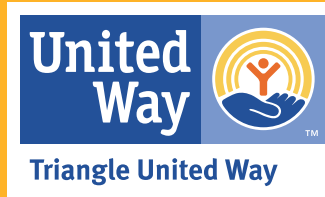
www.archetype-usa.com

A NOTE ABOUT METHODOLOGY AND DATA ASSUMPTIONS

1. The type of data utilized has limitations and should not be considered as the only or definitive source that addresses the issues contained in this report.
2. Every attempt was made to utilize the best sources to which Triangle United Way had access at the time of analysis; analysis occurred over a six-month period between September 2006 and March 2007.
3. Triangle United Way recognizes that other existing data sets are probably available which may or may not provide better information than, or conflict with, the data contained in this report.
4. Triangle United Way made every reasonable attempt to verify each source selected for this report.
5. This type of data is largely based upon estimates that can lag by a year or more or not reflect the entire scope of the affected population. Therefore, Triangle United Way cautions the reader about directly comparing the data found in this report to other similar, yet external, data sources.
6. Most health and human services data that is based on estimates has a tendency to be underreported.
7. The time series data reported for developmental disabilities, mental illness, and substance abuse show the **prevalence** of cases in each year listed. Therefore, they should **not** be considered the final number of actual cases. Triangle United Way opted to show prevalence in order to give the reader a context of just how acute an issue might be.
8. The U.S. Census American Community Survey is an estimate and, "limited to the household population and excludes the population living in institutions, college dormitories, and other group quarters." (U.S. Census American Community Survey, 2000, 2005.)
9. This report is a simple snapshot and the data speaks for itself. Therefore, it should not be utilized for making any sort of funding or policy decision. The significance of this report is in its ability to act as a catalyst for generating further community dialogue on the included issues and serve as a reference for such.

For a complete explanation of our methodology, please visit the Triangle United Way website at: www.unitedwaytriangle.org.





**"Counting on the Triangle: A Snapshot of the State of Health & Human Services in Our Region"
is a publication of the Triangle United Way. Together, we do what matters.**

Our Vision:

All Who Need Help Find It

Our Mission:

To improve lives by mobilizing the caring power of communities.

Triangle United Way

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