

Executive Summary  
**Children's Report Card**  
**Sacramento County**



The *Sacramento County Children's Report Card* is a project of the Sacramento County Children's Coalition, an advisory body to the Sacramento County Board of Supervisors charged with assessing community needs, evaluating existing services, and making recommendations to the Board of Supervisors and other policy-making bodies to promote the health and well-being of children, youth, and families in Sacramento County.

The development of the *Children's Report Card* was made possible by support from:

**Sacramento County Children's Trust Fund**

**Sacramento County Department of Child, Family, and Adult Services**

**Child Abuse Prevention Council of Sacramento**

**California State University, Sacramento, Institute for Social Research**

*Sacramento County is fortunate to have many agencies, foundations, community groups, and individuals who care deeply for our children and youth. We thank them for the countless hours dedicated to working on this project.*

Community member photos provided courtesy of:

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# SACRAMENTO COUNTY CHILDREN'S REPORT CARD | 2022 EXECUTIVE SUMMARY

*Children hold our future in their hands. As a community, we hold their health, safety, education, and happiness in ours.*

The 2022 Sacramento County Children's Report Card provides a holistic picture of how children, youth, and families are faring in Sacramento County. It is meant to be a snapshot in time that shows an overview of the health and wellbeing of our children/youth. It presents findings in five areas: family economic well-being (financial stability), education, health, safety, and social and emotional well-being. It can be used to assist in the following ways:

- **Guide policy** development in the systems that serve children, youth, and families, and help inform the services they offer;
- **Set goals** for improvement;
- **Track change** in population and living conditions;
- **Support bringing more resources** into our communities; and,
- **Promote community responsibility** within Sacramento County neighborhoods.

In short, the report provides important information that can guide discussions that promote positive changes within our neighborhoods and our homes. It can be used to compare one year to another, showing community strengths and needs over time, and advocate for solutions to the challenges we face as a community.

We'd like to acknowledge the diversity of experiences among the families of Sacramento County, and that not all strengths and challenges facing our children and youth are captured in this report. The report shines a light on community voice using feedback and quotes that were gathered during a series of community listening sessions held in 2021. These listening sessions, attended by nearly 100 community members, presented a snapshot of data and provided opportunities to hear from parents and other community members about their thoughts and experiences. Economic well-being, health, and safety echoed throughout nearly every conversation.



Scan the QR Code below  
to access the full 2022  
**Sacramento County  
Children's Report Card**



## FAMILY ECONOMIC WELL-BEING (FINANCIAL STABILITY)

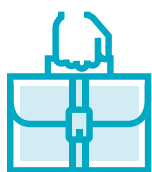
Financial stability continues to be a top goal for working families in Sacramento County. Although efforts are in place, this continues to be a struggle. Rent, unemployment, food, child care costs, and health care costs have all increased, but wages are not keeping pace. Families that experience financial stability meet or exceed their basic needs, such as food, clothing, stable housing, employment, transportation, and quality child care. When a community helps families meet their basic needs, it impacts the growth and development of their children and demonstrates how well the community supports its residents in providing stability and building resilient and healthy families.

### How are we helping families to be financially stable and meet basic needs?

The data provided indicates that more families are working now, but their income is still less than needed to meet their household expenses.



Table 21 | Source: American Community Survey (2018)



**Unemployment rate decreased** from 11% (2011) to 3.7% (2019)

Table 11 | Source: Bureau of Labor Statistics (2017–2019)



**Annual income needed** for a two-parent working family, with one preschooler and one school-age child to remain self-sufficient **\$115,728**. (2020)

Source: Living Wage Calculator (2020) \*\* Reported in 2022 dollars

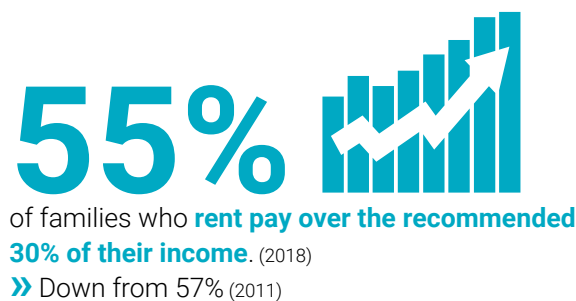


Table 15 | Source: American Community Survey (2020)

**“It’s definitely hard when you are having to make a decision around ‘do I give my child a book or do I get them dinner?’ It’s really tricky for some of our communities. Those are hard decisions to make. And dinner is usually the winning one.”**

(Attendee/Parent at Kiwanis Club Convening)

**Children and Youth in Poverty, by Age and Race/Ethnicity in Sacramento County**

Population	Ages	Ages	Ages	All
	0-4	5-11	12-17	0-17
Total Children and Youth	23,136	31,121	23,071	77,328
% Living in Poverty	24%	22%	19%	22%
Non-Hispanic				
Am. Indian/Alaska Native	30%	22%	20%	24%
Asian	22%	20%	19%	20%
Black/African American	41%	34%	28%	34%
Nat. Hawaiian/Pacific Is.	33%	32%	20%	29%
White	15%	15%	13%	14%
Multiracial	23%	20%	18%	20%
Hispanic (any race)	27%	26%	24%	26%

Table 21 | Source: American Community Survey (2018)


“Almost half (**48%**) of community convening attendees said that **lack of child care** is one of the biggest challenges their family is facing right now; **One-third (36%) cited housing.**”

Having access to reliable child care that meets their family's needs helps parents/caregivers move toward financial stability. Since 2010, child care costs have increased. By 2019, the average cost for a preschooler at a child care center increased by 29 percent and 30 percent for a family child care home. Child Care continues to be one of the most expensive items on a family's budget.


**Annual Average Cost of Full-Time Care Comparison in Sacramento County**

Average cost for an infant (0-23 months) in child care (2019)

 **\$14,240**  
(center)

 **\$9,594**  
(family child care home)

Average cost for a preschooler (2-5 years) in child care (2019)

 **\$9,913**  
(center)

 **\$8,955**  
(family child care home)

Table 19 | Source: CA Childcare Resource and Referral Network 2019

“Honestly, that's why I became a stay-at-home dad....  
**I didn't need to make \$25/hour just to break even on child care...**”

(Attendee/Parent at Kiwanis Club Convening)

## MENTIMETER COMMENT

"WHEN I LOOK AROUND MY NEIGHBORHOOD, I NOTICE THAT FAMILIES NEED..."



This word cloud captures responses given by participants during seven community convenings. The size of the word indicates the number of times the same response was given. (Those words shown in larger font indicate a higher frequency of response.) "Child Care" was the most highly used response.

## EDUCATION

The education that children and youth receive today affects the jobs they will hold tomorrow. Early education begins at home, transitions children to quality early care and education programs known as school readiness programs and prepares them for kindergarten. A well-grounded education propels students into becoming critical thinkers and powerful agents of change within their communities. Education is the foundation for success in a knowledge-driven economy.

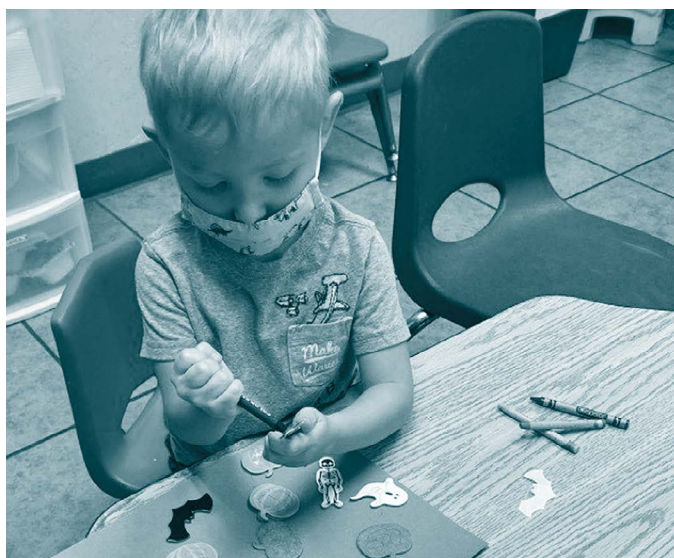
**Do our children and youth have the tools and resources to become financially stable and self-sufficient as adults?**

Preschool enrollment in the county varies by race/ethnicity. More White children were enrolled in preschool in 2018–19, likely for a variety of reasons, including a lack of culturally responsive preschool options. Children not enrolled in preschool are still able to receive school readiness in early care and education settings.

**Preschool Enrollment of Children Ages 3 and 4 | Sacramento County and State Comparison**

Children Ages 3 and 4	County	State
Total Children Enrolled in Preschool	45%	49%
(Public Preschool)	(65%)	(57%)
(Private Preschool)	(35%)	(43%)
Not Enrolled	55%	51%

Table 25 | Source: American Community Survey (2018)



Students who are suspended experience learning loss and are less likely to graduate high school and become independent adults. Black/African American students were disproportionately suspended more than their peers. Additionally, students in foster care have the highest suspension rates in the county, and higher than the state average.



**5.3%**  
Suspension  
Rate for  
Students

#### Suspension Rates by Race/Ethnicity of Students (2018–2019)

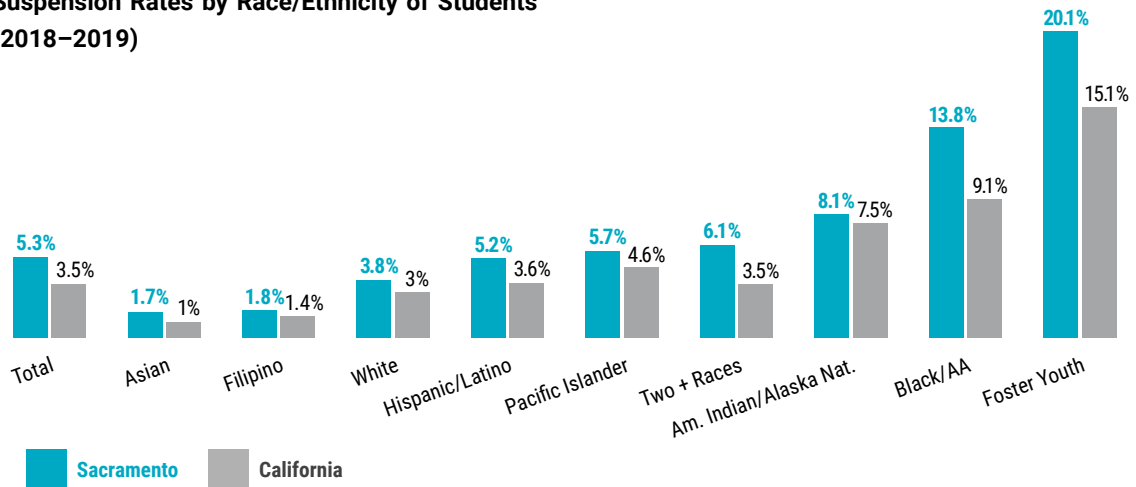


Table 31 | Source: CA Department of Ed (2018–19)  
\*Suspension reports are based on annual K–12 public school suspension rates by ethnicity

#### Suspension Rates (K–12<sup>th</sup> Grade) by Student Sub-Groups | Sacramento County and State Comparison

Suspension Rates	County	State
All Students	5.3%	3.5%
Foster	20.1%	15.1%
Homeless	11.9%	6.3%
Socio-Economically Disadvantaged	6.9%	4.4%
Migrant	4.1%	4.0%

Table 32 | Source: CA Department of Ed (2018–19)  
\*Suspension reports are based on annual K–12 public school suspension rates by program subgroup



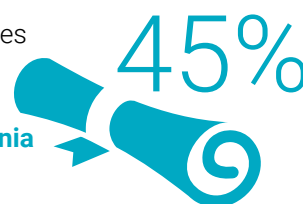
The county has seen an increase in the number of youth graduating high school. However, student outcomes vary depending on their race/ethnicity and those in the foster care system are the least likely to graduate.

In 2018–2019, 45 percent of Sacramento County high school graduates met university entrance requirements, which is slightly below the state average. Black/African American and students in foster care had disproportionate outcomes in completing university admission requirements.



Students **Graduating** from  
**High School in Four Years**

High School Graduates  
**Meeting California  
State University/  
University of California  
Requirements**



#### Students Graduating & Graduates Meeting Requirements for Public University Admission

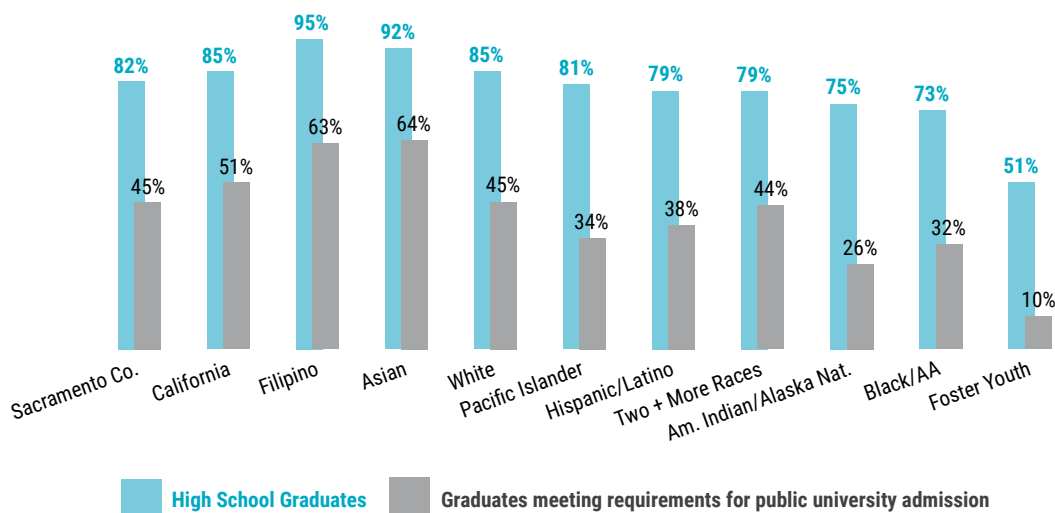


Table 35 | Source: CA Dept of Education (2018–19)

Note: Four-year graduation data reflects the traditional graduation path for many students. Students who completed their degrees after four years are not included.

**High School Graduates Meeting Requirements for Public University Admission by Race and Ethnicity and Student Sub-Group | Sacramento County and State Comparison**

Graduates Meeting UC/CSU Requirements	County	State
All Students Graduating		
Total	45%	51%
By Race and Ethnicity		
Asian	64%	75%
Filipino	63%	67%
White	45%	55%
Two or More Races	44%	55%
Hispanic or Latino	38%	44%
Pacific Islander	34%	40%
Black/African American	32%	40%
American Indian/Alaska Native	26%	31%
By Student Sub-Group		
Socioeconomically Disadvantaged	36%	43%
Migrant Education	33%	31%
English Learners	23%	26%
Homeless Youth	17%	29%
Students with Disabilities	10%	18%
Foster Youth	10%	20%

Table 37 | Source: CA Department of Education (2018–19)

**“ I was a little bit shocked. I graduated thinking that anyone who graduated can pretty much go to any sort of state school [CSU]. I didn’t realize that there was this huge discrepancy. ”**

(Attendee/Parent at Kiwanis Club Convening)

## HEALTH AND WELLNESS

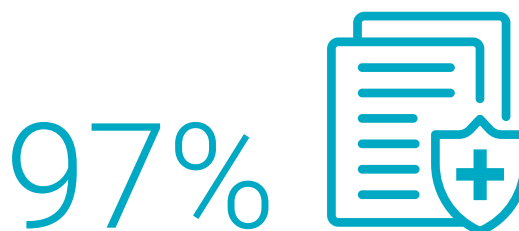
It is important that children, youth, and families have access to quality affordable health care. Health care, which includes physical and behavioral health and wellness services, is vital to child and youth well-being and has lasting impacts throughout their life. Behavioral health, known more commonly as mental health, is a needed but often stigmatized part of health and wellness. Developing healthy coping, social, emotional, and behavioral skills are part of mental health care.

Preventative care services support wellness by enhancing early development and identifying health challenges.



Children and Youth with an **Annual Dental Visit**

Table 43 | Source: California Department of Public Health, Immunization Branch (2018–2019)



Children and Youth with **Health Insurance Coverage**

Table 42 | Source: American Community Survey (2018) \*Data is for 0–19-year-olds



**Kindergarteners** with All Required **Immunizations**

Table 47 | Source: Sacramento County Public Health – Birth Fact Sheet 2018

### Current Health Care Coverage of Children and Youth | Sacramento County and State Comparison

Type of Health Care Coverage	County	State
At least one type of health insurance coverage	97%	96%
With one type of health insurance coverage	91%	91%
<i>Employer-based health insurance only</i>	47%	45%
<i>Medicaid (Medi-Cal) or Public Coverage</i>	39%	39%
<i>Other Coverage</i>	5%	8%
With two or more types of health insurance coverage	6%	5%
No health insurance coverage	3%	4%

Table 42 | Source: American Community Survey (2018)

\*Data is for 0–19-year-olds

**Sacramento County Children and Youth with Annual Dental Visit, Medi-Cal Utilization | 3-Year Trend**

Annual Dental Visit	2017	2018	2019	3-Year Average
<1 year old	1%	1%	5%	2%
1–2 years old	18%	19%	29%	22%
3–5 years old	41%	42%	49%	44%
6–9 years old	46%	47%	51%	48%
10–14 years old	42%	43%	46%	44%
15–18 years old	37%	38%	40%	38%
All Ages	37%	38%	42%	39%

Table 47 | Source: Sacramento County Public Health – Birth Fact Sheet 2018





When children and youth experience mental health challenges, it is critical to have health care options available that can support them and their families.

33%

### Chronic Sadness and Hopelessness

Incidences of depression-related feelings were reported by one-third of ninth graders (33%) in both Sacramento County and the state (2017–2019)



### Suicide Contemplation

Rates of suicide contemplation among ninth graders (18%) and eleventh graders (20%) were higher than state rates of 16% and 17%, respectively (2017–2019)



Table 48 | Source: California Healthy Kids Survey (2017–2019)

### Youth-Reported Mental Health Concerns in School by Grade | Sacramento County and State Comparison

Mental Health Concerns	County	State
Chronic Sadness/Hopelessness		
7th Grade	28%	30%
9th Grade	33%	33%
11th Grade	37%	37%
Suicide Contemplation		
7th Grade	18%	–
9th Grade	18%	16%
11th Grade	20%	17%

Table 48 | Source: California Healthy Kids Survey (2017–2019)

“The services that would make my neighborhood a better place include... **accessible and visible mental health services that don't require technical use to get interventions to those in need.**”

(Attendee/Parent at Valley Hi Convening)

66% of convening attendees said that one of the most important data points shared about health and wellness pertained to child and youth mental health.

## CHILD, YOUTH, AND FAMILY SAFETY

Family safety is essential for the health and well-being of children and youth. Prioritizing child, youth, and family safety, extra support in times of need, and resources for immediate needs, decreases stressors, increases family safety, and supports a lifetime of productivity as children and youth grow into adulthood. When parents and caregivers face challenges and struggle to provide safety, communities support families with resources, tools, and by partnering with them to create safe and nurturing environments for their children and youth.

### How are we supporting our families in building, improving, and sustaining safe and healthy communities?

The infant mortality rate in Sacramento County has been trending downwards from 2016 to 2018. However, disparities exist by race/ethnicity.

Infant Mortality Rate, by Race/Ethnicity in Sacramento County (3-Year Rolling Averages)			
*Rates are per 1,000 live births	2016	2017	2018
Black/African American	11.2	8.4	8.9
Hispanic	5.3	5.6	5.5
White	3.6	3.9	3.6
Asian/Pacific Islander	4.3	3.3	3.1
All Infants	5.2	4.9	4.5

Table 56 | Source: Sacramento County Public Health Infant Mortality Fact Sheet (2018), CA Dept of Public Health

“It’s really hard to hear about infant mortality rates. **I know there are things like the Black Child Legacy [Campaign] but how do we get more people in the community to hear about this?**”

(Attendee/Parent at Folsom Cordova Convening)

- 58% of convening attendees said the most important data points shared about safety pertained to child abuse and neglect.
- 43% of convening attendees said that children, youth, and families experiencing homelessness is one of the most important data points shared about safety.
- 34% of convening attendees cited infant mortality rates as one of the most important data points shared about safety.

Neglect is the most commonly reported type of child maltreatment. From 2017-2019, 85% of children and youth who entered foster care did so due to neglect.

There has been a declining trend in the rate of Child Abuse and Neglect Homicides from 2006 to 2016. While the trend overall is declining, the rate has increased and decreased over the eleven-year period.

**Child Abuse and Neglect Homicides, 3-Year Rolling Average Rate (Per 100,000 Child Population)**

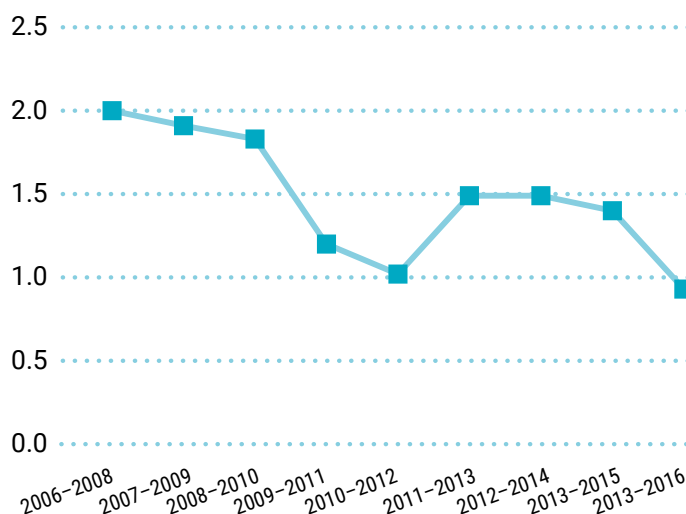
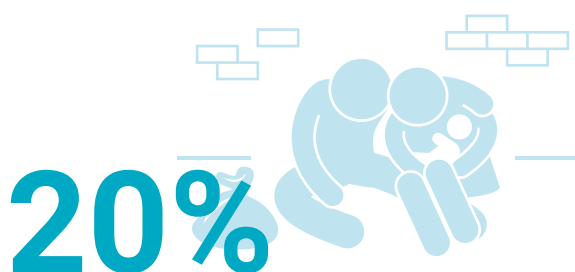


Table 59 | Source: Sacramento County Child Death Review Team (2016)



People Reporting **Homelessness** Who Were **Families with Children and/or Youth** (2019)

» 52% of them reported they were unsheltered\*. (2019)\*\*

(\* "Unsheltered", means not in a homeless shelter, motel, or another habitable place)  
(\*\* This is 5x higher than the national average in 2019.)

Stable and affordable housing have a positive impact on child and youth safety, mental and physical health, and educational outcomes. Additionally, living in a familiar community near family, friends, and support networks is invaluable to the well-being of children/youth, and their sense of safety.



**3%** (7,435) of all enrolled students in the county were experiencing homelessness.

» This is compared to 3.4% across California. (2018-019)

Table 73 | CA Department of Education (2018-2019)

*When I look around my neighborhood, I notice people need...*

**“ AFFORDABLE HOUSING, SO THAT EVERYONE HAS A ROOF. ”**











(Attendee/Parent at Community Convening)

SOCIAL AND EMOTIONAL WELL-BEING

Children and youth who are strong and healthy, socially and emotionally, have the capacity to express and control emotions, form safe and meaningful relationships, explore their surroundings, and learn new skills within their family and community. Adults can support child and youth social and emotional well-being by providing thoughtful attention to their connections and by increasing “protective factors”. Protective factors are actions and surroundings that assist in the recovery from stressful events or can prevent them.

**Adverse Childhood Experiences (ACEs)** are potentially traumatic experiences, which occur before 18 years of age. ACEs cause a person to experience toxic stress which leads to more serious health and social challenges. The effects of ACEs are seen across all communities.

Adverse Childhood Experiences (ACEs)

Abuse	Neglect	Household Dysfunction	
 Physical	 Physical	 Mental Illness	 36514 Incarcerated Relative
 Emotional	 Emotional	 Family Violence	 Substance Abuse
 Sexual		 Divorce	

ACEs are common, occurring in 33 percent of children’s and youth’s lives in the United States

67% of households in Sacramento County have **experienced at least one ACE**

» Compared to 62% of households in the state

19% of households in Sacramento County have **experienced four or more Traumatic Experiences (ACEs)**

» Slightly higher than the state (California) at 17%

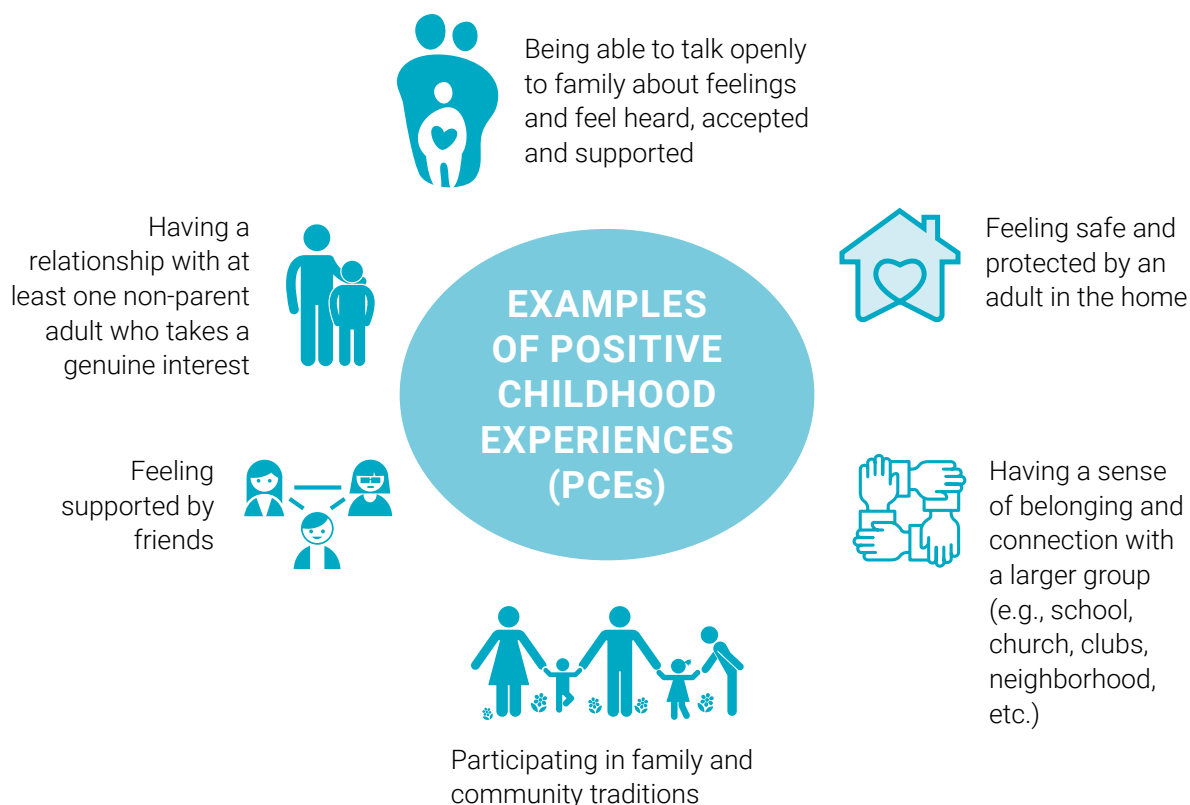
Table 76 | Source: UC Davis Violence Research Prevention Program (2011–2017)

“I’m glad this is being discussed and would like more coverage on the emotional and psychological consequences of domestic violence, not just physical. **Often people are not trauma informed.**”

(Attendee/Parent at Kiwanis Club Convening)



**Positive Childhood Experiences (PCEs)** help mitigate the effects of ACEs and nurture healthy childhood development. Research shows that the more PCEs children and youth have, the more likely they are to be healthy, resilient, and successful in school.



66% of convening attendees said that the most important information shared about social and emotional well-being pertained to Adverse Childhood Experiences (ACEs).

## SACRAMENTO COUNTY CHILDREN'S COALITION

Appointed by the Sacramento County  
Board of Supervisors

*"If it takes a village to raise a child, it takes a village to support that child's family."*

### ACKNOWLEDGMENTS

Sacramento County is fortunate to have countless parents, caregivers, families, service providers, and community members who are dedicated to improving the health, safety, and well-being of children, youth, and families. The *2022 Sacramento County Children's Report Card* could not have been written without your invaluable insight. Thank you!

The development of the *2022 Sacramento County Children's Report Card* was produced by the Sacramento County Children's Coalition, through support from the Sacramento County Children's Trust Fund.

#### In partnership with

- Sacramento County Board of Supervisors
- Sacramento County Department of Child, Family, and Adult Services
- Child Abuse Prevention Council of Sacramento
- California State University, Sacramento, Institute for Social Research

#### Community Convening Hosts

Birth and Beyond Family Resource Centers  
Kiwanis Club of Citrus Heights

#### Additional Contributing Partners

First Star Sacramento State Academy  
Kiwanis Club of Citrus Heights  
Sacramento Youth Commission

Access the full report electronically by visiting the Children's Coalition's website:  
[https://dcfas.saccounty.net/Admin/childrenscoalition/Pages/ChildrensCoalition\\_Home.aspx](https://dcfas.saccounty.net/Admin/childrenscoalition/Pages/ChildrensCoalition_Home.aspx)

The Coalition is always seeking new members! Learn how to join our work by visiting our website. We look forward to hearing from you!





**Sacramento County Children's Coalition**

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[https://dcfas.saccounty.net/Admin/childrenscoalition/Pages/ChildrensCoalition\\_Home.aspx](https://dcfas.saccounty.net/Admin/childrenscoalition/Pages/ChildrensCoalition_Home.aspx)

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