

2022 Maryland KIDS COUNT Data Report

*Data Findings on Youth Mental
Health*

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Maryland Center on Economic Policy
Presentation to Metropolitan Washington Council of
Governments, Human Services Policy Committee
January 13, 2023



**Every Marylander should
be able to achieve their full
potential in a healthy
economy that offers a
widely shared, rising
standard of living**

We engage in **research, analysis, strategic communications, public education, and grassroots alliances** promoting robust debate and greater public awareness of the policy choices Maryland residents face together.

Maryland Center on Economic Policy



Annie E. Casey Foundation and KIDS COUNT

- Started in 1990 to provide legislators, public officials and child advocates with reliable data, policy recommendations and tools to advance policies that benefit children.
- Advance policies that connect children to quality education, and health care, parents to economic opportunities, and communities to better ways of working on behalf of families
- **National KIDS COUNT Project**
 - KIDS COUNT Data Book
 - Online Resources including KIDS COUNT Data Center
- **State KIDS COUNT Projects**
 - Grantees in all 50 states including DC, US Virgin Islands and Puerto Rico
 - Produce data and information on child wellbeing at the local level (county etc.)

Voices

For Virginia's Children

KIDS COUNT

State KIDS COUNT Network

DC ACTION



MDCEP
 MARYLAND CENTER
 ON ECONOMIC POLICY

KIDS COUNT

Data Center

Best available data and statistics on the educational, social, economic and physical well-being of children.

With data at the local, state and national levels, the Data Center features hundreds of indicators, many of which examine the effects of poverty and race on child well-being.

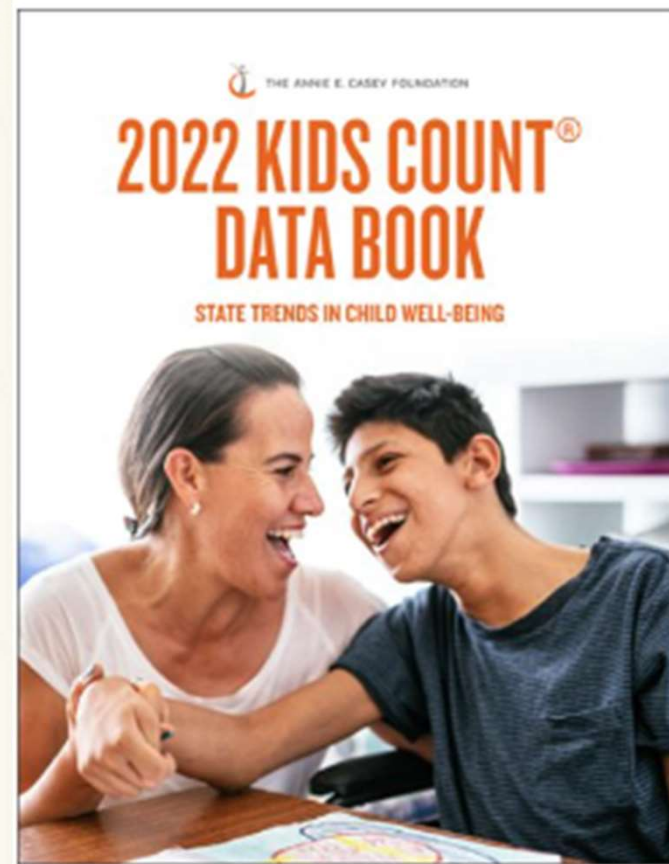
The screenshot shows the KIDS COUNT Data Center website. At the top, there is a navigation bar with links for DATA BY LOCATION, DATA BY TOPIC, PUBLICATIONS, and UPDATES. Below this is a search bar with the placeholder text "Enter any location, topic and/or keywords here" and a "SEARCH DATA CENTER" button. A "CHOOSE A STATE" section features a map of the United States with state abbreviations and a "VIEW U.S. DATA" button. Below the map is a "CHOOSE A DATA TOPIC" section with icons for Demographics, Economic Well-Being, Education, Family & Community, Health, and Safety & Risky Behaviors. The main content area is divided into "THE LATEST FROM KIDS COUNT" and "QUICK LINKS". The latest news item is "Youth Confinement Rate Drops" with a photo of a person in a yellow shirt. The quick links include "Create Custom Profiles", "KIDS COUNT State Rankings", and "Media Inquiries and Resources". There is also a "CASEY TWEETS" section with a tweet from KIDS COUNT.

KIDS COUNT

KIDS COUNT Data Book

Annual ranking of states on 16 key measures of child well-being.

Also highlights important trends, such as the growing issue of income inequality or the improving health and educational achievement of U.S. students.



What is in the 2022 KIDS COUNT Data Book?



Overall Child Well-Being

KIDS COUNT Data Book

Top Rankings	Bottom Rankings
<ol style="list-style-type: none">1. Massachusetts2. New Hampshire3. Minnesota4. Vermont5. Utah	<ol style="list-style-type: none">46. Texas47. Alabama48. Louisiana49. New Mexico50. Mississippi

** Virginia ranks 13th, Maryland is 19th, and DC is unranked*

2022 KIDS COUNT Data Book

OVERALL RANK
19

2022 KIDS COUNT® DATA PROFILE

MARYLAND



THE ANNIE E. CASEY
FOUNDATION

ECONOMIC WELL-BEING						RANK
						16
			UNITED STATES	MARYLAND		
Children in poverty US 12,599,000 MD 153,000	21% 2008-12	17% 2016-20	↓ BETTER	12% 2008-12	12% 2016-20	= SAME
Children whose parents lack secure employment US 19,745,000 MD 315,000	31% 2008-12	27% 2016-20	↓ BETTER	25% 2008-12	23% 2016-20	↓ BETTER
Children living in households with a high housing cost burden US 22,137,000 MD 414,000	39% 2008-12	30% 2016-20	↓ BETTER	41% 2008-12	31% 2016-20	↓ BETTER
Teens not in school and not working US 1,153,000 MD 18,000	8% 2008-12	7% 2016-20	↓ BETTER	8% 2008-12	6% 2016-20	↓ BETTER

2022 KIDS COUNT Data Book

EDUCATION	UNITED STATES			MARYLAND		RANK
						18
Young children (ages 3 and 4) not in school US 4,295,000 MD 77,000	52%	53%	↑ WORSE	49%	51%	↑ WORSE
2008-12 2016-20				2008-12 2016-20		
Fourth-graders not proficient in reading US N.A. MD N.A.	68%	66%	↓ BETTER	63%	65%	↑ WORSE
2009 2019				2009 2019		
Eighth-graders not proficient in math US N.A. MD N.A.	67%	67%	= SAME	60%	67%	↑ WORSE
2009 2019				2009 2019		
High school students not graduating on time US N.A. MD N.A.	21%	14%	↓ BETTER	17%	13%	↓ BETTER
2010-11 2018-19				2010-11 2018-19		

N.A.: Not available

2022 KIDS COUNT Data Book

RANK

18

HEALTH

	UNITED STATES			MARYLAND		
Low birth-weight babies US 297,604 MD 5,792	8.1%	8.2%	↑ WORSE	8.8%	8.5%	↓ BETTER
	2010	2020		2010	2020	
Children without health insurance US 4,017,000 MD 49,000	8%	5%	↓ BETTER	5%	3%	↓ BETTER
	2008-12	2016-20		2008-12	2016-20	
Child and teen deaths per 100,000 US 21,430 MD 350	26	28	↑ WORSE	24	25	↑ WORSE
	2010	2020		2010	2020	
Children and teens (ages 10 to 17) who are overweight or obese US N.A. MD N.A.	31%	32%	↑ WORSE	35%	29%	↓ BETTER
	2016-17	2019-20		2016-17	2019-20	

2022 KIDS COUNT Data Book

FAMILY AND COMMUNITY

RANK

21

	UNITED STATES			MARYLAND		
Children in single-parent families US 23,629,000 MD 440,000	34%	34%	=	35%	34%	↓ BETTER
	2008-12	2016-20	SAME	2008-12	2016-20	
Children in families where the household head lacks a high school diploma US 8,949,000 MD 127,000	15%	12%	↓	10%	9%	↓ BETTER
	2008-12	2016-20	BETTER	2008-12	2016-20	
Children living in high-poverty areas US 6,350,000 MD 42,000	13%	9%	↓	4%	3%	↓ BETTER
	2008-12	2016-20	BETTER	2008-12	2016-20	
Teen births per 1,000 US 158,043 MD 2,431	34	15	↓	27	13	↓ BETTER
	2010	2020	BETTER	2010	2020	

N.A.: Not available

Maryland Center on Economic Policy | www.mdeconomy.org | 410.412.9105

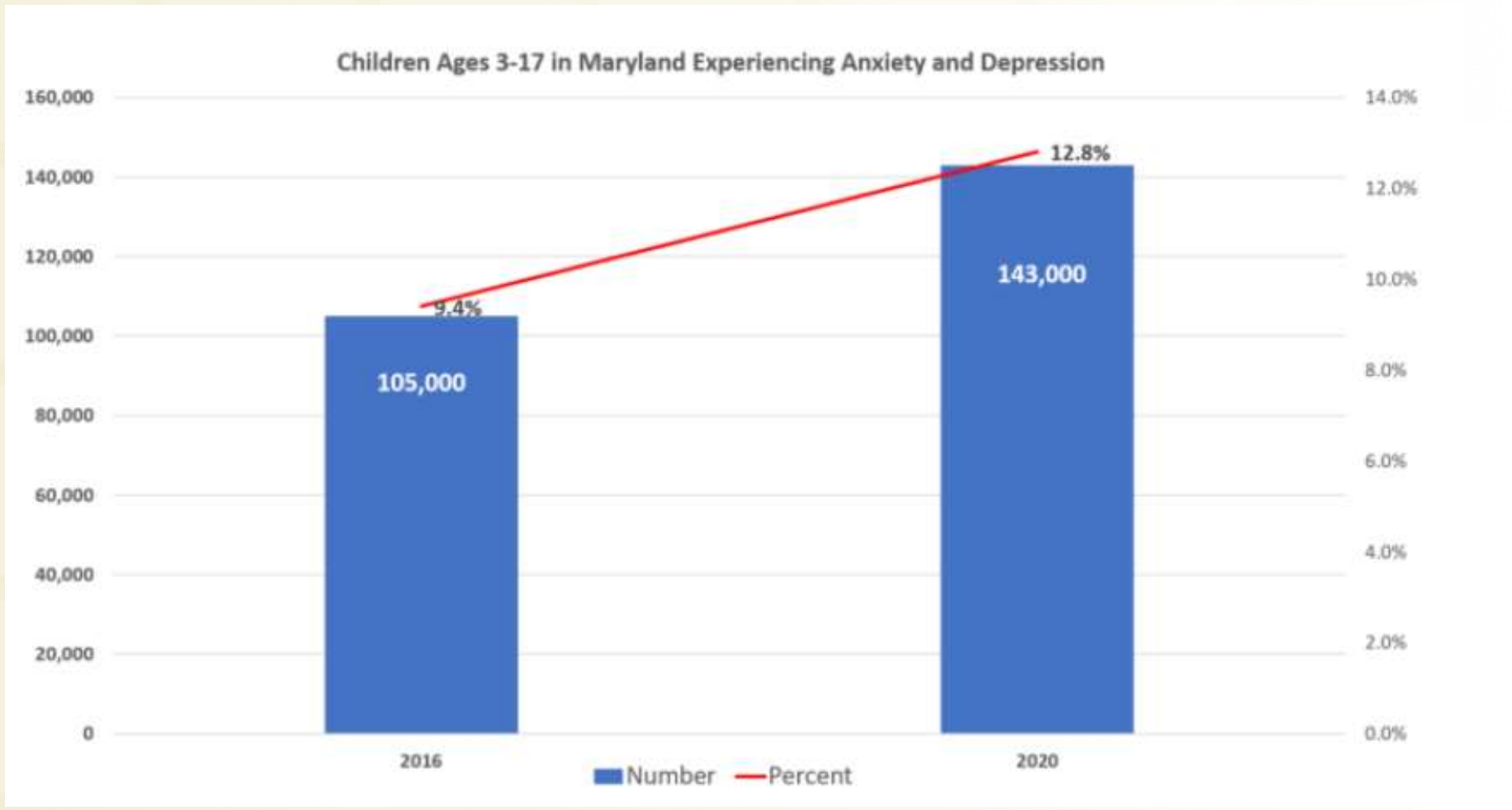
Find additional data on this state's children and families at datacenter.kidscount.org/MD.

**KIDS COUNT looked
at youth mental
health for the first
time in 2022**



Kids Are More Anxious, Depressed

Youth Mental Health



KIDS COUNT Data Book

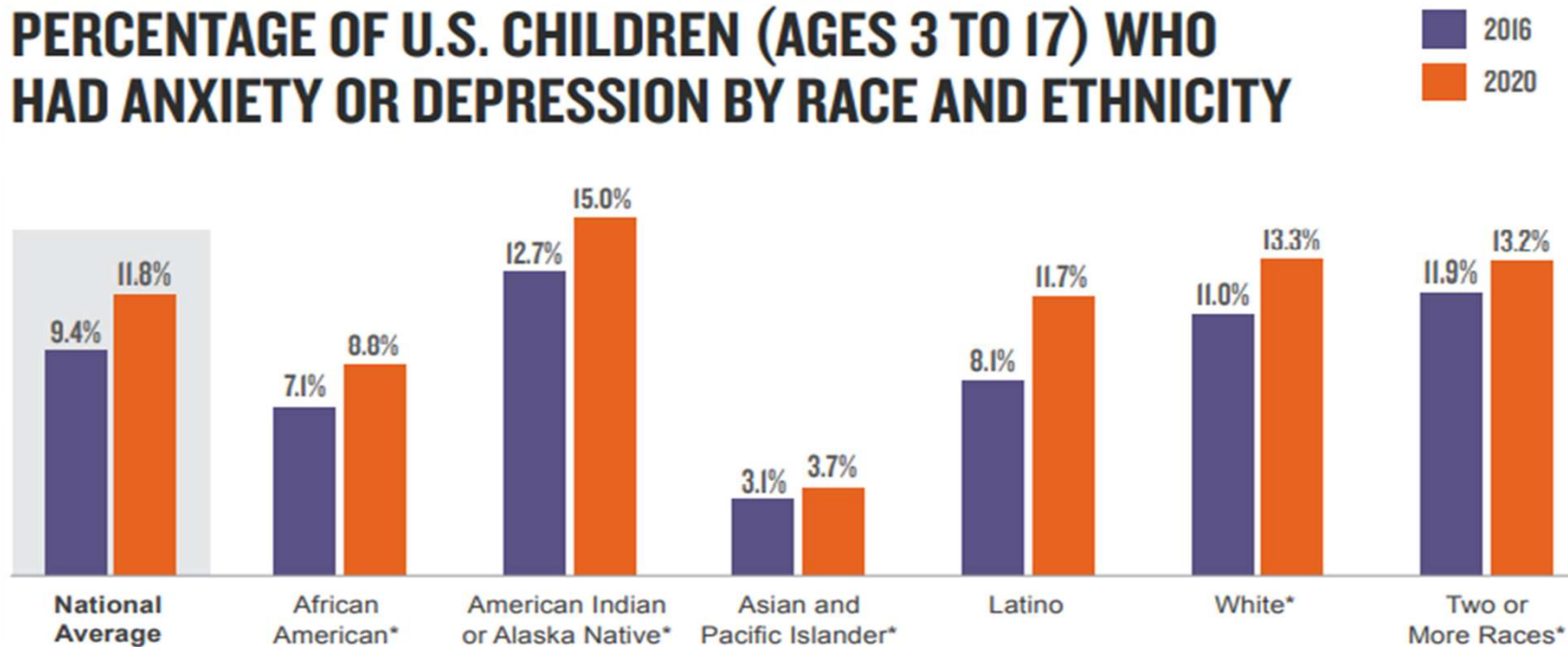
Maryland Youth Mental Health

- 1 in 8 young people in Maryland experiencing anxiety or depression
- 36% jump in rate of youth anxiety and depression between 2016 and 2020
 - Slightly higher than national average in 2020
- DC saw an 58% increase to 11.7% from 7.4%
- VA saw very slight increase to 10.8%
- Unclear why MD is higher than DC or VA
- Data is from the first year of the pandemic, youth anxiety and depression may be worse now

KIDS COUNT Data Book

Youth Mental Health

PERCENTAGE OF U.S. CHILDREN (AGES 3 TO 17) WHO HAD ANXIETY OR DEPRESSION BY RACE AND ETHNICITY



Source: Child Trends' analysis of the U.S. Department of Health and Human Services' 2016 and 2020 NSCH.

NOTE: The percentages presented here are estimates based on weighted NSCH data. The weights are important because they adjust for lower response rates in some states and over- or undercounting of certain child demographics. In this way, the percentages are weighted to be representative of the U.S. population of noninstitutionalized children and should be read as estimates.

*Data are for non-Hispanic children.

KIDS COUNT Data Book

Youth Mental Health

- **3.7 million kids** (5%) have been treated or judged unfairly based on their race or ethnicity and **649,000** (1%) based on their sexual orientation or gender identity.

- **9%** of high schoolers attempted suicide in 2019 – an alarmingly high number.
 - **25%** of American Indian or Alaska Native high schoolers
 - **12%** of Black high schoolers
 - **13%** of high schoolers who identified as two or more races

- **6%** of heterosexual high schoolers of all races and ethnicities attempted suicide; **23%** for gay, lesbian or bisexual students.

Source: Center for Disease Control and Prevention, *High School Youth Risk Behavior Surveillance System*

KIDS COUNT Data Book

Youth Mental Health

- 2022 survey of LGBTQ young people (ages 13 to 24) revealed many wanted mental health care but did not access it for the following reasons:
 - 48% fear of discussing concerns
 - 45% concerns with obtaining permission to access care
 - 43% fear of not being taken seriously
 - 41% lack of affordability
 - 26% fear of identity being misunderstood
 - 21% lack of transportation to treatment center

**What can
policymakers do to
improve child well-
being along these
metrics?**

Overall Recommendations

- Prioritize meeting kid's basic needs
- Ensure all kids have good quality health coverage to afford mental health services.
- Bolster basic mental health care that takes into account young people's experiences and identities.
 - Trauma informed
 - Culturally relevant
- Increase availability of behavioral health services in schools particularly for schools in high-poverty areas with community school programs.
- Focus on improving economic security for families

Current MD Legislative Session is an Opportunity

- Make 2021 expansion of state Earned Income Tax Credit permanent
- Strengthen MD's painfully weak Child Tax Credit
- Implement Time to Care Act (paid family and medical leave)
- Fully fund Blueprint for Maryland's Future education funding package
- Pass legislation to support families that can't afford childcare on their own, and support providers' ability to expand capacity

Helpful Websites

- KIDS COUNT Data Center
<https://datacenter.kidscount.org/>
- Maryland KIDS COUNT Data Center
<https://datacenter.kidscount.org/data#MD/2/0/char/o>
- KIDS COUNT Data Book
<https://www.aecf.org/resources/2022-kids-count-data-book>
- Maryland Center on Economic Policy
<http://www.mdeconomy.org/>

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