North Carolina County Data Profile:

Wake County



Presented by:

Community & Clinical CONNECTIONS for Prevention & Health Branch NORTH CAROLINA Branch DIVISION OF PUBLIC HEALTH

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UNCHealthySolutions

enhancing public health capacity and strategy

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This county data profile was created to ensure local partners in Wake County have information that can be helpful for program planning or when participating in planning activities conducted by other organizations.

The information in this data profile is grouped into several topics:

- A) Demographics..... p. 3
- B) Health Status.....p. 5
- C) Determinants of Health..... p. 6
- D) Health Behaviors.....p. 9
- E) Local Capacity for Change...... p. 10

Each topic begins with a description and suggestions for how to use the information. Indicators listed within each topic are specifically relevant to the PAN Project. Proposals can include additional data or information, especially if the data demonstrate local need or capacity for response.

Each indicator includes a definition and a source for the information. The county data are presented and compared to averages for the state of North Carolina. For most indicators, bar charts are included to provide a quick visual comparison between the county and state.

To identify indicators where the county data are notably different from the state average (i.e., more than one standard deviation from the state mean, median, or mode), we provide a letter in the margin to the left of the county bar chart (B = county is better than the state average; W = county is worse than the state average).

B Better than average

Worse than average

Wake County

A. Demographics

Governments, private organizations, community groups, and researchers use demographics to describe a population's characteristics. Key items include the land area; the number and sizes of municipalities; the population size; distributions by age, race, and sex; income and education levels; and key businesses and industries. **HOW TO USE THIS INFORMATION:** when identifying priority populations for assessment, service-delivery, or funding, and when identifying inequities that need attention.

	Wake County	1,150,722	Number of residents.
	County average in NC	52,071 a	
		- , -	Source: NC Office of State Budget and Management (OSBM) (2021)
2. Area	(square miles)		
	Wake County	835	Square miles of land.
	County average in NC	460 a	
	, 0		Source: NC Office of State Budget and Management (OSBM) (2020)
3. Numb	er of municipalities		
	Wake County	15	Number of municipalities.
	County average in NC	6 a	
			Source: NC Office of State Budget and Management (OSBM) (2021)
4. Numb	er of large cities		
	Wake County	3	Number of municipalities listed in the CDC 500 Cities Project, whic
		(Cary,	provided health-related data about the 500 largest cities in the Un
		Durham, Raleigh)	States.
		Kaleigii)	Source: CDC (2019)
5. Avera	ge annual wage		
	Wake County	\$65,045	Average annual full-time salary.
	County average in NC	\$40,271 a	
			Source: NC Office of State Budget and Management (OSBM) (2020)
6. Level	of economic well-bein	g (1 is most	: distressed, 3 is least)
	Wake County	3	Economic tier designation by NC Department of Commerce.
	County average in NC	2 a	
			Source: NC Department of Commerce (2023)
7. Perce	ntage of families with	children un	der age 5 living in poverty
	Wake County	9%	Growing up in poverty is an adverse childhood experience that car
	wake County	578	le of this up in porerty is an auterse enhanced experience that ear



b. Mode (most frequent value)

8. Race/ethnicity

Wake County County average in NC ^a Race and ethnicity of county residents.

57%	White	60%
18%	Black/African American	20%
11%	Hispanic/Latino	11%
9%	Asian	3%
<1%	American Indian/ Alaska Native	<1%
<1%	Native Hawaiian/ Pacific Islander	<1%
<1%	Other Races	<1%
4%	Multiple Races	4%

Source: US Census Bureau (2020)

9. Sex

Wake Count	t y County av	County average in NC		Sex of county residents.			
51%	Female	51%					
49%	Male	49%	_	Source: US Census Bureau, American Community Survey (2020)			

10. Level of education

Wake County	County aver	age in NC ^a	Level of	feducation attained by adults (18 years and older).	
7%	Less than high school	120/			
/ 70	graduate	12%			
16%	High school	26%			
10%	graduate/equivalent	2070			
27% S	ome college or associate's	33%			
2170	degree	3370			
50% B	achelor's degree or higher	29%	Source:	US Census Bureau, American Community Survey (2020)	

11. Primary language

Wake County	County ave	rage in NC	а
83%	English	88%	
8%	Spanish	8%	_
4%	Other Indo-European languages	2%	_
4%	Asian and Pacific Island languages	2%	_
2%	Other languages	<1%	-

Primary language spoken at home.

Source: US Census Bureau, American Community Survey (2020)

Wake County	6%	Percentage of residents (5 years and older) who speak English "le	
County average in NC	4% a	than very well."	
		Source: US Census Bureau, American Community Survey (2020)	

UNCHealthySolutions enhancing public health capacity and strategy a. Median b. Mode (most frequent value)

c. Mean

B. Health Status

The health status of a population might include information about causes of death (mortality) or chronic disease or injury (morbidity), and the impact each can have on the general quality of life experienced in a community. Some indicators of health status are "indexes," which combine multiple items together. **HOW TO USE THIS INFORMATION:** when describing the health needs of a community to decision-makers or funders so they understand why intervention is needed.

	1. County ranking in NC by health	outcomes (1 is best, 100 is worst)						
В	Wake County County average in NC	 # 1 County ranking in NC (from 1 to 100) by health outcomes, including: mortality (length of life) and morbidity (quality of life and birth outcomes). Source: County Health Rankings (2023) 						
	2. Percentage of adults who are o	obese						
B	Wake County County average in NC	28% Percentage of adults (age 20 and older) who report a body mass inde (BMI) greater than or equal to 30 kg/m2. Source: County Health Rankings (2023)						
	3. Percentage of 2-4 year olds whe	o are overweight						
	Wake County County average in NC	 15% Percentage of children (2 to 4 years of age) who report a body mass index (BMI) between 25.0 – 29.9 kg/m2. Source: NC Pediatric Nutrition and Epidemiology Surveillance System (NC-PedNESS) (2018) 						
	4. Percentage of 2-4 year olds whe	r olds who are obese						
	Wake County County average in NC	15% 16% cPercentage of children (2 to 4 years of age) who report a body mass index (BMI) greater than or equal to 30 kg/m2.Source:NC Pediatric Nutrition and Epidemiology Surveillance System (NC- PedNESS) (2018)						
	5. Number of pedestrian crashes	per 100,000 residents						
В	Wake County County average in NC	 21.1 Average annual number of motor vehicle crashes involving a pedestribution between 2018 and 2022, reported as a rate per 100,000 residents. (State median includes urban counties only.) Source: NC DOT (2022) 						
	6. Number of bicycle crashes per 3	100,000 residents						
	Wake County County average in NC	 8.0 9.3 a Average annual number of motor vehicle crashes involving a bicyclist between 2018 and 2022, reported as a rate per 100,000 residents. (State median includes urban counties only.) Source: NC DOT (2022) 						

C. Determinants of Health

The health of a population is an outcome or result of many things, including the natural and human-created environments in which people live, work, learn, play, and pray, from the micro environment inside a building to the macro environment of an entire city. These environments, and the way people and organizations conduct their activities in these environments, are governed by policies such as laws and regulations. Some of these environments and policies are a part of larger systems (e.g., education, transportation, health care, and the local economy), which structure the world around us and influence our choices. For that reason, environments, policies, and systems are called "determinants" of health. HOW TO USE THIS INFORMATION: when identifying to stakeholders and funders the underlying structural causes of health outcomes or health inequities which will need improvement in order to support healthy living.

	1. County ranking in NC by health	n factors (1 is best, 100 is worst)
В	Wake County County average in NC	 # 2 # 51 a County ranking in NC (from 1 to 100) by health factors, including: social and economic factors, health behaviors, clinical care, and physical environment. Each factor is based on several measures.
		Source: County Health Rankings (2023)
	2. County ranking in NC by physica	cal environment (1 is best, 100 is worst)
W	Wake County County average in NC	# 86County ranking in NC (from 1 to 100) by physical environment factors,# 51 aincluding: air and water quality, housing, and transit.Source:County Health Rankings (2023)
	3. Percentage of residents who liv	ve close to a park or recreational facility
В	Wake County County average in NC	 90% Percentage of residents who live close to a park (within a half mile) or a 65% a recreational facility (within three miles in rural areas, or within one mile in urban areas).
		Source: County Health Rankings (2023)
	4. Amount of support for healthy	eating in the local food environment (0 is worst, 10 is best)
В	Wake County County average in NC	 8.3 Food Environment Index score (0 to 10) that equally weights two indicators: Percentage of people with limited access to healthy foods, and percentage of people with food insecurity.
		Source: County Health Rankings (2023)
	5. Percentage of residents who la	ack access to reliable food sources
В	Wake County County average in NC	10%Percentage of residents who lack constant access to a reliable food supply, including, but not solely focused on, fruits and vegetables. Source: County Health Rankings (2023)
	6. Percentage of low income resid	dents who have limited access to a grocery store
	Wake County County average in NC	 5% Percentage of residents who are low income (200% or less of the federal poverty threshold for the family size) and do not live close to a grocery store (over ten miles away in rural areas, or over one mile away in nonrural areas).
	a. Median	Source: County Health Rankings (2023)

a. Median b. Mode (most frequent value)

7. Number of **facilities that serve food** per 1000 residents

	Wake County County average in NC	0.2 2.5 ª	(n=248) (n=175)	Number of facilities where food is served per 1000 residents (and total number of facilities).
	Restaurants (including Drink Stand)	0.2	(n=188)	(Note: for more information about names of food service establishments, contact the county health department,
	Food Stands	0.04	(n=42)	environmental health services/inspections section.)
	Mobile Food Units	0.006	(n=7)	
	Institutional Food Service	0.001	(n=1)	
Types of	Limited Food Service	0		
facilities in	Educational Food Service	0.005	(n=6)	
	Pushcarts	0.003	(n=3)	
county	Commissary for Pushcarts & Mobile Food Units	0		
	Elderly Nutrition Sites (catered)	0.001	(n=1)	
	Elderly Nutrition Sites (food prepared on premises)	0		Source: NC DPH, Environmental Health Section (2023)

8. Number of **subsidized childcare facilities** per 1000 families with small children living in poverty

	pore.c,				
		Wake County	12.8		Number of subsidized childcare facilities per 1000 families
. 1		County average in NC	7.5 a	(n=23)	below the poverty line with children under age 5 (and total number of subsidized facilities).
					Childcare facilities allow parents to pursue education,
					employment, and other opportunities, but many parents
					cannot afford childcare unless it is subsidized by public, non- profit, or private sectors.
				Source:	US Census; NC DHHS Division of Child Development and Early
					Education (2023)

9. Number of resources that support breastfeeding per 1000 residents

	••			
	Wake County	0.0	(n=28)	Number of resources that provide support for breastfeeding
	County average in NC	0.1 a	(n=3)	per 1000 residents (and total number of resources).
	WIC	0.001	(n=1)	
	Hospitals	0.003	(n=4)	
	Peer Support Groups	0.007	(n=8)	
	Other groups/practices	0.003	(n=3)	
	BF Research/Grant Programs	0.002	(n=2)	
Turner of	Lactation services			
Types of	Clinic based	0.003	(n=4)	
resources	Private practice	0.002	(n=2)	
in county	Clinicians performing	0.002	(n=2)	
	frenotomy	0.002	(11-2)	
	Online BF support groups	0.001	(n=1)	
	Non-WIC HD	0		
	Community Birth Centers	0.001	(n=1)	Source:
	IBCLC Training/Mentoring	0		North Carolina Breastfeeding Coalition (2018)

a. Median

b. Mode (most frequent value)

10. Workers with no vehicle in household							
	Wake County		Percentage of workers (age 16 and older) with no vehicle available.				
	County average in NC	2.2% ^c					
			Source: US Census Bureau, American Community Survey (2020)				
11. House	11. Households with severe housing problems						
	Wake County		Percentage of households with overcrowding, high housing costs, lack				
	County average in NC	14.4% ^c	of kitchen facilities, or lack of plumbing facilities.				

Source: County Health Rankings (2023)

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D. Health Behaviors

A population's behaviors provide information about how people respond to their physical environment and other structural determinants in their community settings. Without health-supporting structures, it is difficult for a community to adopt healthy behaviors. HOW TO USE THIS INFORMATION: when describing the lifestyle of a community and providing the rationale for structural improvements.

		-	physically				
	÷.,	Wake County County average in NC	16% 24% ^c	Percentage of adults (age 20 and older) who report no leisure-time physical activity (such as running, calisthenics, golf, gardening, or walking for exercise).			
				Source: County Health Rankings (2023)			
	2. Percent	change in pedestrian	and bicyc	le activity in monitored locations			
		Monitoring locations Pedestrian change Bike use change	25 -44.4% +11.2%	Percentage increase or decrease in the number of people observed walking and bicycling in certain locations in North Carolina (2018- 2022). Walking and bicycling are healthy behaviors, and research he helped fund ongoing monitoring of such activities. Source: Institute for Transportation Research (ITRE) (2022)			
	3. Percenta	ge of women in the lo	ocal WIC p	program who initiate breastfeeding			
		Wake County	86%	WIC is the Special Supplemental Nutrition Program for Women,			
	_	County average in NC	75% ^c	Infants, and Children funded by the USDA. Breastfeeding is linked to healthy immune system development and can contribute to healthy weight as the child grows up.			
				Source: NC DHHS (2022)			
	4. Percentage of women in the local WIC program who breastfeed their infants up to						
	six week	s of age					
())	six week	s of age Wake County County average in NC	68% 52% ^c	WIC is the Special Supplemental Nutrition Program for Women, Infants, and Children funded by the USDA. Breastfeeding is not uniformly practiced, and the age at termination varies.			
	six week	Wake County		Infants, and Children funded by the USDA. Breastfeeding is not			
	=	Wake County County average in NC	52% ^c	Infants, and Children funded by the USDA. Breastfeeding is not uniformly practiced, and the age at termination varies.			
	5. Percenta	Wake County County average in NC ge of women in the lo	52% ^c	Infants, and Children funded by the USDA. Breastfeeding is not uniformly practiced, and the age at termination varies. Source: NC DHHS (2022)			
	5. Percenta	Wake County County average in NC	52% ^c	Infants, and Children funded by the USDA. Breastfeeding is not uniformly practiced, and the age at termination varies. Source: NC DHHS (2022)			

Source: NC DHHS (2022)

E. Local Capacity for Change

A community's capacity for change is founded on the people with knowledge about a community's needs and the strengths to address them. The information they have gathered through assessments, the ideas they have explored or piloted, and their relationship networks are all capacity-enhancing items. **HOW TO USE THIS INFORMATION:** when informing decision-makers, funders, and other stakeholders about the local knowledge, skills, and talents that could contribute to intervention and health improvement efforts.

1. Which **Healthy Communities Strategies** were selected for implementation by the local (or regional) health department?

Active Transportation	no	The Healthy Communities Program provides funds to local health				
Breastfeeding Friendly Designations/Awards	no	departments that work with community partners to address chronic				
Healthy Food Access in Community Venues	yes	disease and injury risk factors through policy changes and environmental supports. Health departments choose which strategies				
Suicide Prevention	no	to implement from the Healthy Communities Program.				
Syringe Exchange Programs	no					
Tobacco-Free Policies	yes	Source: NC DHHS (2021)				
2. Location of Department of So	cial Servi	ces (DSS) office				
	Raleigh	The Division of Social Services provides guidance and technical assistance to agencies that directly address issues of poverty, family violence, and exploitation. Source: NC DHHS (2023)				
3. Number of YMCA locations						
Wake County	11	The YMCA is a long-standing institution in the United States that has facilities and programming in many local communities. Source: NC Alliance of YMCAs (2023)				
4. Number of YMCA camps						
Wake County	1	The YMCA is a long-standing institution in the United States that has outdoor and activity camps in many local communities. Source: NC Alliance of YMCAs (2023)				
5. Number of community and te	chnical co	olleges				
Wake County	3	Community colleges, technical colleges, and other institutions				
County average in NC	1 a	authorized to award Associate degrees or 2-year certificates. Source: National Center for Education Statistics (2023)				
6. Number of historically Black colleges and universities (HBCUs)						
Wake County County average in NC	2 0 a	Historically Black colleges and universities (HBCUs) are institutions that				

B

B

County average in NC 6 (n=4) a underserved populations, including individuals and families experiencing homelessnes, migratory and seasonal agricultur workers, and residents of public housing. Source: NC DHH5; US DHH5 Health Resources & Services Administr (HR5A) (2023) 8. Number of food pantries Make County 34 County average in NC 3 a Number of Food Councils Juccal food councils are community-based coalitions, often org county, that facilitate collaboration to improve health, food a clocal food councils are community-based coalitions, often org county, that facilitate collaboration to improve health, food a clocal food councils Network (2023) 10. Number of grocery stores participating in Produce Rx Source: NC Food Councils Network (2023) 10. Number of grocery stores participating in Produce Rx Jund vegetables to patients diagnosed with pre-diabetes, diabe hypertension. Patients are given monthly funds to purchase for and vegetables to patients diagnosed with pre-diabetes, diabe hypertension. Patients are given monthly funds to purchase for and vegetables to patients diagnosed with pre-diabetes, diabe hypertension. Patients are given monthly funds to purchase for and vegetables to patients diagnosed with pre-diabetes, diabe hypertension. Patients are given monthly funds to purchase for and vegetables to patients diagnosed with pre-diabetes, diabe hypertension. Patients are given monthly funds to purchase for and vegetables at patients diagnosed with pre-diabetes, diabe hypertension. Patients are given monthly funds to purchase for and vegetables at patients diagnosed with pre-diabetes, diabe hypertension. Patients are given monthy funds to purchase		Health centers receive federal grant funding to improve the	· · ·	Vake County	Wal		
(HRSA) (2023) 8. Number of food pantries Wake County 34 County average in NC 3 ⁻¹ Number of Food Councils Source: Food-banks.org (2023) 9. Number of Food Councils 1 Local food councils are community-based coalitions, often org county, that facilitate collaboration to improve health, food ar local food councils Network (2023) 10. Number of grocery stores participating in Produce Rx Wake County 14 County average in NC 0 ⁻¹ O and vegetables to patients diagnosed with pre-diabetes, diabe hypertension. Patients are given monthly funds to purchase frand vegetables to patients diagnosed with pre-diabetes, diabe hypertension. Patients are given monthly funds to purchase frand vegetables to patients diagnosed with pre-diabetes, diabe hypertension. Patients are given monthly funds to purchase frand vegetables to patients diagnosed with pre-diabetes, diabe hypertension. Patients are given monthly funds to purchase frand vegetables to patients are given monthly funds to purchase frand vegetables at participating grocery stores. Source: DC Greens (2023) 11. Number and locations of Women, Infants and Children (WIC) program offices 7 Number of WIC program offices: 7 Locations: Cary, Durham, Fuquay-Varina, Raleigh, Wake Forest, Zebulon Rate for effect (CCRA) agency? Yes Local Children's Developmenta		experiencing homelessness, migratory and seasonal agricult	6 (n=4) a	ounty average in NC	Cou		
Wake County 34 Number of food banks, soup kitchens, and food pantries in the Source: Food-banks.org (2023) 9. Number of Food Councils Source: Food-banks.org (2023) 9. Number of Food Councils Local food councils are community-based coalitions, often org county, that facilitate collaboration to improve health, food ad local food economies. Source: Number of grocery stores participating in Produce Rx Wake County 14 County average in NC 14 County average in NC 0 a 11. Number and locations of Women, Infants and Children (WIC) program offices Number of WIC program offices: 7 Locations: Cary, Durham, Fuquay-Varina, Raleigh, Wake Forest, Zebulon Raleigh, Wake Forest, Zebulon WiC is the Special Supprential Nutrition Program for Women Infants, and Children funded by the USDA. WIC provides nutriti foods, breastfeeding promotion and support, nutrition educat health care referrals for women and children. Source: WicProgram.org (2023) 12. Does the county have a Children's Developmental Services Agency (CDSA) expressional serve children with spect through the NC Division of Public Health's Infant Toddler Program of Source: NC OHIS (2023) 13. Does the county have a Child Care Resource and Referral (CCRR) Agency? Yes The Child Care Resource and Referral (CCRR) Rouncil provides and options for families; improve the quality of those options;	Administration						
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 10. Number of grocery stores participating in Produce Rx Wake County County average in NC a The Produce Rx program allows healthcare providers to prescrand vegetables to patients diagnosed with pre-diabetes, diaber and vegetables to patients are given monthly funds to purchase frand vegetables at participating grocery stores. Source: DC Greens (2023) 11. Number and locations of Women, Infants and Children (WIC) program offices Number of WIC program offices: Cary, Durham, Fuquay-Varina, Raleigh, Wake Forest, Zebulon the care referrals for women and support, nutrition educations or Wichreger Wich are specified in gromotion and support, nutrition educations or Wichreger Sciences (2023) 12. Does the county have a Children's Developmental Services Agency (CDSA)? Yes Local Children vis Developmental Services Agencies (CDSAs) help families, caregivers, and professionals serve children with spect through the NC Division of Public Health's Infant Toddler Prograsor Source: NC DHHS (2023) 13. Does the county have a Child Care Resource and Referral (CCRR) Agency? Yes The Child Care Resource & Referral (CCRR) Agency? Yes The Child Care Resource & Referral (CCRR) Agency? Yes The Child Care Resource & Referral (CCRR) Agency? 	-	county, that facilitate collaboration to improve health, food	1	Vake County	Wal		
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County average in NC 0 a and vegetables to patients diagnosed with pre-diabetes, diabet hypertension. Patients are given monthly funds to purchase fra and vegetables at participating grocery stores. Source: DC Greens (2023) 11. Number and locations of Women, Infants and Children (WIC) program offices 7 Number of WIC program offices: 7 Locations: Cary, Durham, Fuquay-Varina, Raleigh, Wake Forest, Zebulon WIC is the Special Supplemental Nutrition Program for Women Infants, and Children funded by the USDA. WIC provides nutrition educations are given monthly have a Children's Developmental Services Agency (CDSA)? 12. Does the county have a Children's Developmental Services Agency (CDSA)? Yes Ves Local Children's Developmental Services Agencies (CDSAs) help families, caregivers, and professionals serve children with spect through the NC Division of Public Health's Infant Toddler Prograsource: NC DHHS (2023) 13. Does the county have a Child Care Resource and Referral (CCRR) Agency? Yes Yes The Child Care Resource & Referral (CCRR) Council provides a services that facilitate access to early care, education, and chill options for families; improve the quality of those options; and options for families; improve the quality of those options; and options for families; improve the quality of those options; and options for families; improve the quality of those options; and professional services to early care, education, and chill options for families; improve the quality of those options; and professional service that facilitate access to early care, education, and chill options for families; improve the quality		in Produce Rx	ticipating i	grocery stores par). Number of gr	10.	
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services that facilitate access to early care, education, and chil options for families; improve the quality of those options; and		ource and Referral (CCRR) Agency?	13. Does the county have a Child Care Resou				
objective information for planning and policy development.	, and child care ions; and provic	services that facilitate access to early care, education, and c	Yes				

14. Does th	Does the county have a Shape NC Center ?					
		comi pract amo	Shape NC: Healthy Starts for Young Children initiative assists munities and child care centers in developing environments, tices, and policies that promote healthy eating and active learning ng pre-kindergarten children. ce: Smart Start (2021)			
15. Number	r of children enrolled in	early child o	c are (per 100 children <13)			
	Wake County	13 Aver	age number of children enrolled in child care for every 100			
	County average in NC	13 a child	ren under age 13 in the county.			
	, 0	Sourc	ce: NC DHHS (2022)			
16. Number	r of NC Child Care Healt	n Consultan	ts (CCHCs)			
	Wake County	8 Child	l Care Health Consultants (CCHCs) are health professionals who			
	County average in NC	for y	with child care staff to promote healthy and safe environments oung children.			
		Sourc	ce: NC Child Care Health and Safety Resource Center (2023)			
17. Number	17. Number of Head Start Centers					
	Wake County	-	d Start programs support children's growth and development			
	County average in NC	5	ugh services including early learning, health, and family well-being			
	Head Start	-	Start and Early Head Start programs provide services to children			
Turner	Early Head Start	-	ery U.S. state and territory, in farmworker camps, and in tribal			
Types of	HS & EHS	5	munities.			
centers in	0	0				
county	American Indian & Alaska Native	0 Sourc	 US DHHS, Head Start Early Childhood Learning & Knowledge Center (2023) 			
		I				

18. Area served by the local Smart Start partnership

County

Each Smart Start partnership is an independent, nonprofit organization. Local partnerships use independent data to assess childwell being and offer programs and services, depending on local needs. Partnerships can be county or multi-county. See the link below to find the local Smart Start partnership.

Source: Smart Start (2023)