



Head Start in Rural Minnesota

By Leila Schochet and Rasheed Malik April 12, 2018

Head Start helps fill a critical void in early childhood education and service delivery in Minnesota’s rural communities. This fact sheet examines the scope of services that the Head Start program provides to Minnesota children and families, and highlights the key role that Head Start plays in the state’s supply of quality child care.

Child poverty in Minnesota’s rural counties

Rural children in Minnesota are facing significant and persistent poverty. Almost 20 percent of rural Minnesota children under the age of 5 live in poverty, compared with 15 percent of children living in metropolitan areas. In Minnesota, there are two rural persistent child poverty counties, where the child poverty rate has been greater than 20 percent since 1980.¹

Family supports in rural counties

At the same time, access to many of the services that help combat child poverty—such as quality child care and health care—is very limited, particularly for low-income rural families in Minnesota. Twenty-eight percent of rural families live in a child care desert, where the supply of licensed child care does not meet demand.² Ninety-six percent of rural counties in Minnesota are designated as a Health Service Professional Shortage Area, where there is a shortage of primary care, dental, or mental health providers.

Head Start in Minnesota

- Across rural Minnesota, Head Start operates 288 classrooms in 186 centers.
- Head Start funds enrollment for 12,594 children, 37 percent of whom attend rural programs.
- Head Start employs 3,579 staff, 44 percent of whom work in rural programs.

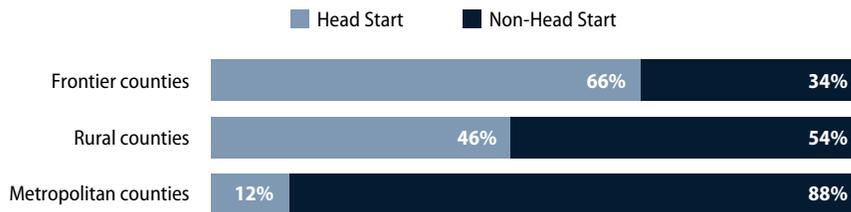
Head Start as a proportion of Minnesota’s child care centers

Head Start plays an outsized role in filling Minnesota’s rural child care shortage. In Minnesota, Head Start makes up nearly half of the center-based child care programs in rural counties and 66 percent of the center-based programs in frontier counties.³ In contrast, Head Start represents just 12 percent of center-based programs in metropolitan areas.

FIGURE 1

Head Start fills a child care gap in Minnesota's rural and frontier counties

Share of child care centers that are Head Start grantees, by type of county



Note: Metropolitan counties have a rural-urban continuum code of 1 through 4; rural counties are coded as 5, 6, or 7; frontier counties are coded as an 8 or 9.

Source: Authors' analysis of Methodology in Rasheed Malik and Leila Schochet, "A Compass for Families: Head Start in Rural America" (Washington: Center for American Progress, 2018), available at <https://www.americanprogress.org/?p=448741>.

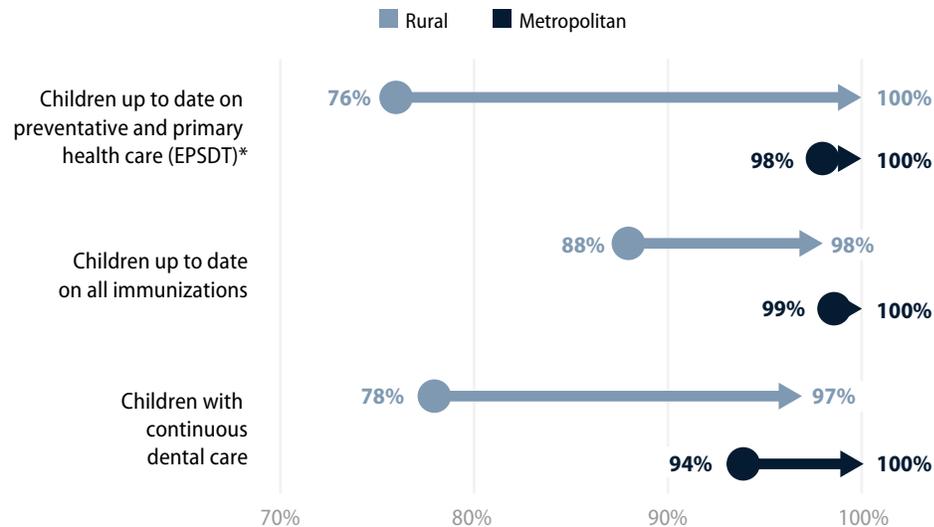
Head Start health and education service delivery

Head Start delivers health and education services to rural children who may not otherwise have access and makes significant progress in connecting children to these services over the school year.

FIGURE 2

Minnesota's rural children entering Head Start are often behind on health screenings

Head Start service receipt rates, beginning and end of year



*Note: "EPSDT" stands for Early and Periodic Screening, Diagnostic, and Treatment—the Medicaid program's comprehensive benefit for children.

Source: Authors' analysis of Methodology in Rasheed Malik and Leila Schochet, "A Compass for Families: Head Start in Rural America" (Washington: Center for American Progress, 2018), available at <https://www.americanprogress.org/?p=448741>.

Head Start provides critical family services to Minnesota families

Among families enrolled in Head Start, 82 percent of rural families and 79 percent of metropolitan families in Minnesota received some type of family service through Head Start. This includes services such as parenting education, health education, job training, and substance abuse prevention.

Endnotes

- 1 See Methodology in Rasheed Malik and Leila Schochet, "A Compass for Families: Head Start in Rural America" (Washington: Center for American Progress, 2018), available at <https://www.americanprogress.org/?p=448741>.
- 2 Rasheed Malik and Katie Hamm, "Mapping America's Child Care Deserts" (Washington: Center for American Progress, 2017), available at <https://www.americanprogress.org/issues/early-childhood/reports/2017/08/30/437988/mapping-americas-child-care-deserts/>.
- 3 Authors' note: Frontier counties are a subset of rural counties and can be understood as the most remote rural counties.