new hampshire
WOMEN'S FOUNDATION

THE STATUS OF GIRLS IN NEW HAMPSHIRE 2021

WELCOME

The New Hampshire Women's Foundation is pleased to present the inaugural edition of *The Status of Girls in New Hampshire.* Going forward, *The Status of Girls and The Status of Women* reports will be released consecutively every-other year to provide consistent data and insight on the status of women and girls in the state.

This report includes 32 data "indicators" of New Hampshire girls' education, economic security, health, substance use, and safety. These indicators highlight a strong, smart, resilient, and diversifying population of girls with endless potential. The data also highlights disparate outcomes by gender, race, ethnicity, and geography. These disparities present opportunities for investment and involvement to support girls.

The data is collected from a variety of sources including the U.S. Census Bureau American Community Survey, the New Hampshire Youth Risk Behavior Survey, individual requests from the New Hampshire Departments of Education and Health and Human Services and other state and national sources. Our reporting is limited to the data collected by our sources and, while the New Hampshire Women's Foundation recognizes and values gender expansive identities and inclusive and self-determining race and ethnic identity, we are often not able to report more inclusive data due to data collection practices at the state and national level. The New Hampshire Women's Foundation will continue to support policies and expansions in data collection that provide a more inclusive understanding of the experience of women and girls in our state.

This report also includes spotlights on organizations and programs doing work across the state to support, engage, and empower New Hampshire girls. We encourage you to learn more about these wonderful organizations and join us in investing in girls in the state. We are grateful to the many partners that make this work possible.

Finally, we know girls have been hugely impacted by the pandemic; learning from home, parents out of work, isolated from their friends, teachers, and mentors, canceled sports and after-school programs. The data in this report is from the most recent available date prior to publication, most of which is before the emergence of the COVID-19 pandemic. Consequently, this report largely does not capture the effects of COVID-19 on girls in New Hampshire. However, this data will provide a base line for comparison in subsequent publications. We welcome you to visit https://nhwomensfoundation.org/research-item/womencovid19/ for a Special Issue on *The Impacts of COVID-19 on New Hampshire Women*.

Thank you for your interest in the status of girls in New Hampshire. We are proud to provide you with data-driven research about Granite State girls.

With you in spirit and in action,

Tanna

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Cover photo courtesy of Helene-Marie Collins, HM Collins Photography, Welcome photo courtesy of Seacoast Family Promise, Table of Contents photo courtesy of Soul Models.

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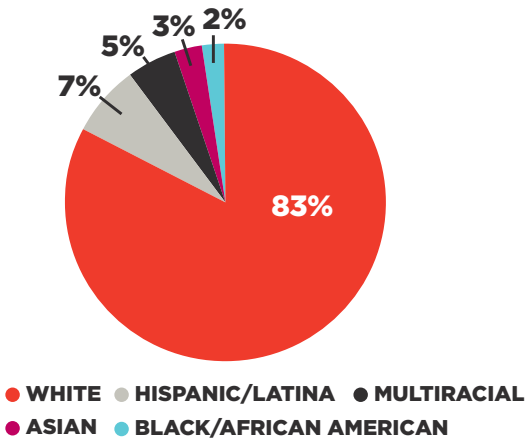
THESE ARE THE GIRLS OF NEW HAMPSHIRE

There are **125,000** girls in New Hampshire representing 9% of the total population, though girls' share of the population has decreased in recent years.[1] While the majority of girls are white, there has been a **61% increase in girls of color** since 2006.[2]

*Please see "Additional Note" section at end of report titled "Race and Ethnicity" for further details.
*Please see "Additional Note" section at end of report titled "Age" for further details.

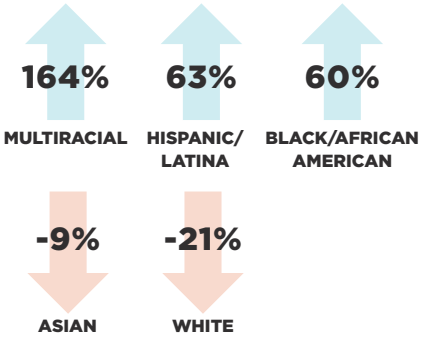
RACE AND ETHNICITY OF GIRLS

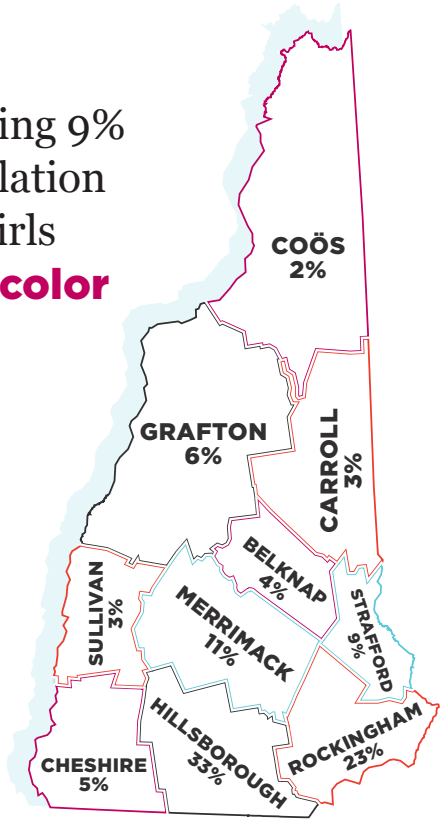
U.S. Census Bureau American Community Survey 2019 1-Year Estimates, Table B01001 B, D, I, G, and H Sex By Age.



RACE AND ETHNICITY OF GIRLS, PERCENT CHANGE FROM 2006-2019

U.S. Census Bureau American Community Survey 2006 & 2019 1-Year Estimates, Table B01001 B, D, I, G, and H Sex By Age.





POPULATION DISTRIBUTION OF GIRLS BY COUNTY

U.S. Census Bureau American Community Survey 2015-2019 5-Year Estimates, Table S0101 Age and Sex.

FAMILY STRUCTURE

HEAD OF HOUSEHOLD FOR CHILDREN

U.S. Census Bureau American Community Survey 2019 1-Year Estimates, Table S1101, Households and Families.

71%
MARRIED COUPLE

19%
FEMALE HEADED

9%
MALE HEADED

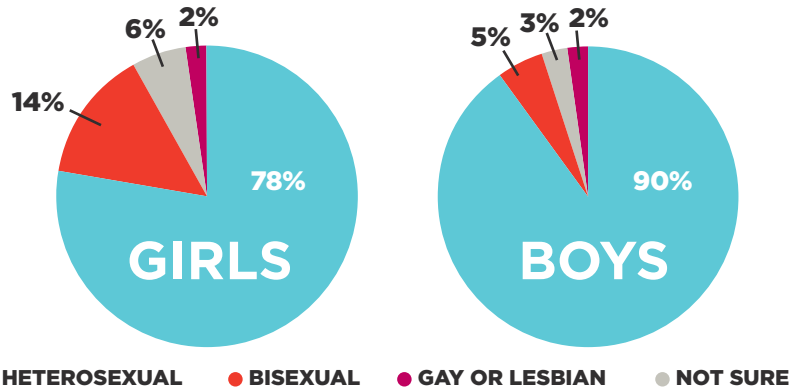
IN FOSTER CARE OR OUT OF HOME PLACEMENT MARCH, 2020

New Hampshire Department of Health and Human Services, Division for Children, Youth and Families, March 30, 2020.

530 GIRLS | **590** BOYS

SEXUAL ORIENTATION HIGH SCHOOL STUDENTS

New Hampshire Department of Education, Youth Risk Behavior Survey 2019, Question 66.



EDUCATION

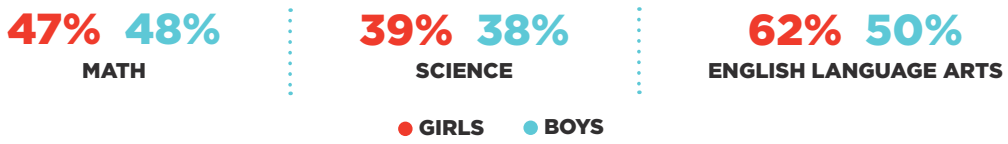
Education and academic performance are key determinants for a child's future success and life-course trajectory. Students who excel academically in primary and secondary school are more likely to pursue post-secondary education and achieve greater economic security, have greater social-emotional well-being, and better overall health outcomes later in life.[3,4,5,6] **A crucial component of closing the gender pay gap is addressing the gender gap in STEM fields** (Science, Technology, Engineering, and Math) that persists as women and girls are systematically tracked away from some of the highest paying and fastest growing occupations throughout their education.[7,8]

ACADEMIC PERFORMANCE

New Hampshire girls have higher levels of academic testing performance than national averages.[9,10] New Hampshire girls outperform New Hampshire boys in academic proficiency for English language arts and **score similarly to boys in math and science**.[11]

SUBJECT PROFICIENCY

New Hampshire Department of Education, Assessment Proficiency by Subject, 2018-19 academic school year.
*Please see "Additional Note" section at end of report titled "Subject Proficiency" for further details.



PARENTAL/FAMILY INTEREST SHOWN IN GIRLS' SCHOOLING

Over 15% of New Hampshire girls state that their parents or family rarely or never discuss or ask them about their school life. This is consequential, as research suggests that parental and family involvement and interest in a child's school life and academic performance has a significant positive effect on a student's overall school performance.[12] Community and school programs that engage and encourage families and parental involvement are successful in reversing the potential negative effects of lack of involvement in a child's school life.[13]

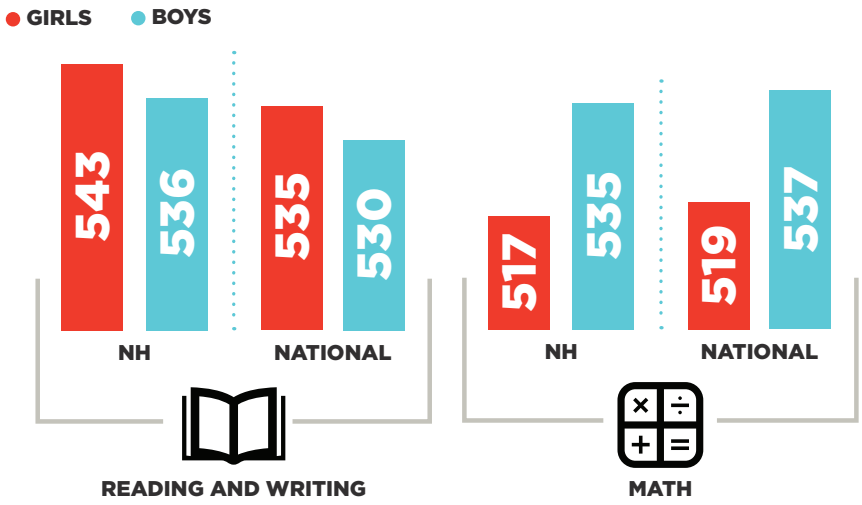
New Hampshire Department of Education, Youth Risk Behavior Survey 2019, Question 107.

POST-GRADUATION ASPIRATIONS

The graduation rate for New Hampshire is 91% for girls and 87% for boys.[14] **Seventy-Seven percent of New Hampshire Senior girls** state that they plan to attend either a 4-year or less than 4-year college compared to 60% of boys.[15] However, **women are more likely to be saddled with student debt than men,** which is particularly significant, as New Hampshire has one of the highest average in-state tuition costs and private student loan debt in the nation.[16,17] Debt is a burden and barrier to women as they enter the labor market following their post-secondary education.[18]

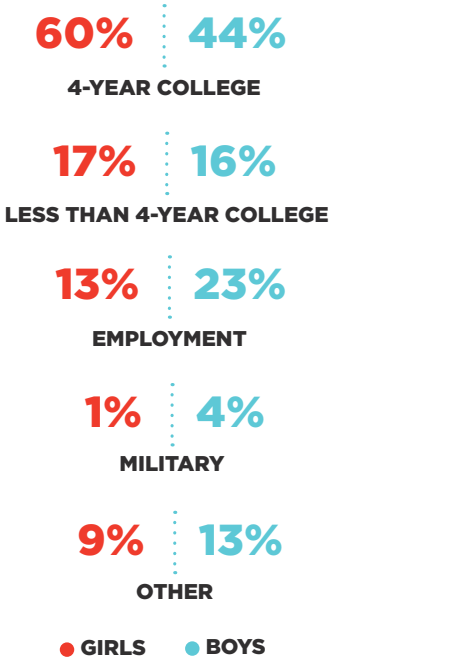
AVERAGE SAT SCORES

College Board SAT Suite of Assessments Annual Report 2021.



POST-GRADUATION ASPIRATIONS

New Hampshire Department of Education 2019-2020 State Total Completers, Postsecondary Intentions of High School Completers.

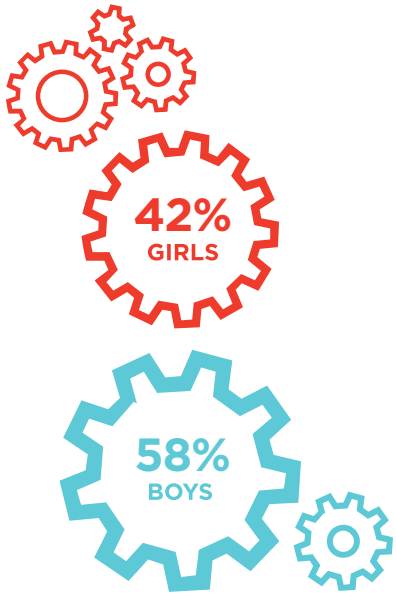


CAREER AND TECHNICAL PROGRAM ENROLLMENT

Girls' enrollment in high school Career and Technical Education (CTE) programs provides a valuable opportunity to prepare them with the necessary skills and knowledge to enter the workforce or pursue further education at a technical college following graduation. However, as girls enter high school and college, they are **less likely to pursue STEM related career paths,** including STEM CTE opportunities.[19] Consequently, CTE courses in high school see gendered enrollment. Some examples of CTE gendered enrollment include STEM courses comprised of 72% boys and 28% girls, and Information Technology course enrollment with 63% boys and 37% girls. Girls are more highly concentrated in other CTE courses like Health Sciences (90% girls) and Education (93% girls).[20]

CAREER AND TECHNICAL PROGRAM ENROLLMENT BY GENDER

U.S. Department of Education, National Perkins Reporting System, New Hampshire, 2020.



PROGRAM SPOTLIGHT

GIRLS AT WORK

Girls at Work recognizes the importance and value of providing girls the opportunity to explore vocational trade work. Through skill-based training, Girls at Work teaches New Hampshire girls basic carpentry and construction skills that can be applied throughout their lives. These programs serve to empower girls and foster confidence, strength, and resilience. Girls at Work prepares girls with the necessary skills and experience to overcome any obstacles at school, home, and on the job.

"The power tools helped me find the power in me." — Bella, age 9

"Building gave me the courage to do a solo at my school. I never knew I could be that brave!" — Jazmyn, age 12

The New Hampshire Women's Foundation supported Girls at Work with a Community Grant.

Photo courtesy of Girls at Work

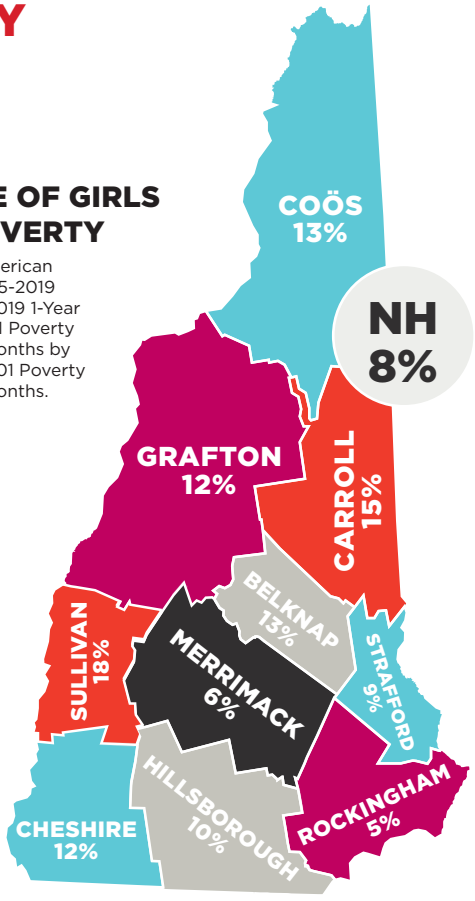
ECONOMIC SECURITY

Economic security refers to a child's access to basic needs such as shelter, healthcare, and food.[21] **The New Hampshire poverty rate for girls is 8%** — one of the lowest in the nation.[22] However, New Hampshire girls living in the least populated counties are more likely to live in poverty.[23] **The poverty rate for girls in Sullivan County is nearly four times as high as Rockingham County.** Childhood poverty has negative effects on children's social, emotional, and physical development, as well as long term health and economic outcomes as an adult.[24]

POVERTY

PERCENTAGE OF GIRLS LIVING IN POVERTY

U.S. Census Bureau American Community Survey 2015-2019 5-Year Estimates and 2019 1-Year Estimates, Table B17001 Poverty Status In The Past 12 Months by Age and Sex, Table S1701 Poverty Status In The Past 12 Months.



HOUSEHOLDS WITH CHILDREN RECEIVING GOVERNMENT ASSISTANCE

U.S. Census Bureau American Community Survey 2019 1-Year Estimates, Table B09010, Receipt of Supplemental Security Income (SSI), Cash Public Assistance Income, Or Food Stamps/NSAP In The Past 12 Months By Households. *Please see "Additional Note" section at end of report titled "Households Receiving Government Assistance" for further details.

15%
RECEIVE ASSISTANCE (37,700 CHILDREN)

GIRLS RECEIVING FREE AND REDUCED-PRICE LUNCH

New Hampshire Department of Education. 2019.

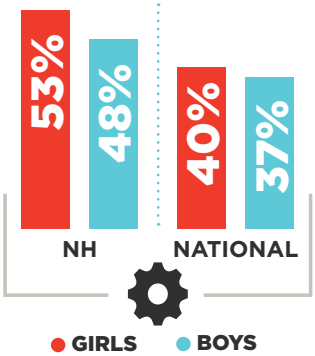
14%
RECEIVE FREE AND REDUCED-PRICE LUNCH (24,120 GIRLS)

LABOR FORCE PARTICIPATION

Girls' labor force participation rate in New Hampshire is 53%, greater than both the national average of 40% for girls and 48% for New Hampshire boys.[25] Teen girls are also more likely than boys to spend time doing housework, running errands, and participating in unpaid care work, none of which are taken into account in the labor force participation data.[26]

U.S. Census Bureau American Community Survey 2015-2019 5-Year Estimates, Table B23001 Sex and Age by Employment Status for the Population 16 Years and Over. *Please see "Additional Note" section at end of report titled "Labor Force Participation" for further details.

LABOR FORCE PARTICIPATION, 16–19 YEARS OLD



PROGRAM SPOTLIGHT

CIRCLE PROGRAM

Circle Program serves economically and socially disadvantaged rural New Hampshire youth through a year-round mentoring program and summer camp program to build confidence and self-worth. The campers who attend Circle Program have significant potential, but lack the opportunities and resources to develop that potential. Circle Program provides a safe and caring environment for participants to explore their strengths and cultivate long-lasting supportive connections with peers and mentors.

"This program has taught me how to be more confident in myself and be more assertive in what I do." — Adrianna "Ana" age 17

"Circle has made it easier for me to make friends and talk to people and pursue the things that I want to do and it has also showed me that I can do whatever I want to do if I put my mind to it. I am training to be a firefighter/ EMT and I want to go to the Air Force and that is all because Circle has helped me find my potential and what I can do." — Shawtel age 17

The New Hampshire Women's Foundation supported Circle Program with a Community Grant.

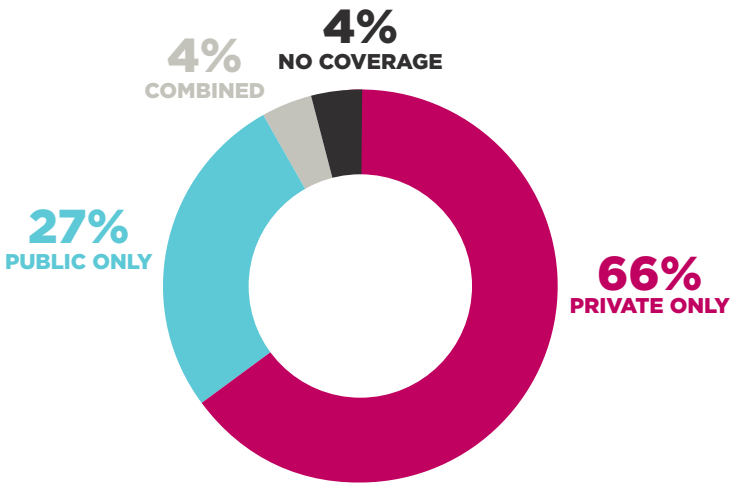
Photo courtesy of Circle Program

HEALTH

Ensuring a healthy start in childhood and adolescence, including physical, mental, and sexual health is paramount to ensuring girls' social, political, and economic success. **New Hampshire girls and boys experience disparate health outcomes**, and disparities are exacerbated by race, ethnicity, and geography.[27,28,29]

HEALTH INSURANCE COVERAGE FOR CHILDREN

U.S. Census Bureau American Community Survey 2019 1-Year Estimates, Table B27010, Types of Health Insurance Coverage by Age, New Hampshire.
*Please see "Additional Note" section at end of report titled "Health Insurance Coverage" for further details.



PHYSICAL HEALTH

New Hampshire girls have similar rates of sports participation, slightly less physical activity, and nearly half the obesity rate as boys (9% and 16%, respectively), but **girls are considerably more likely to make efforts to lose weight**.[30,31] Attitudes of poor self body-image in adolescence is correlated with increased low self-esteem and can lead to the early development of eating disorders.[32]

THREE OR MORE DAYS OF PHYSICAL ACTIVITY PER WEEK

New Hampshire Department of Education, Youth Risk Behavior Survey 2019, Question 78.

66% GIRLS | **76%** BOYS

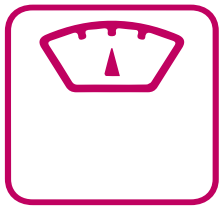
PARTICIPATION IN ONE OR MORE TEAM SPORTS

New Hampshire Department of Education, Youth Risk Behavior Survey 2017, Question 83.

40% GIRLS | **43%** BOYS

WEIGHT CHANGE GOALS

New Hampshire Department of Education, Youth Risk Behavior Survey 2019, Question 68.



58% GIRLS
MAKE EFFORTS TO LOSE WEIGHT

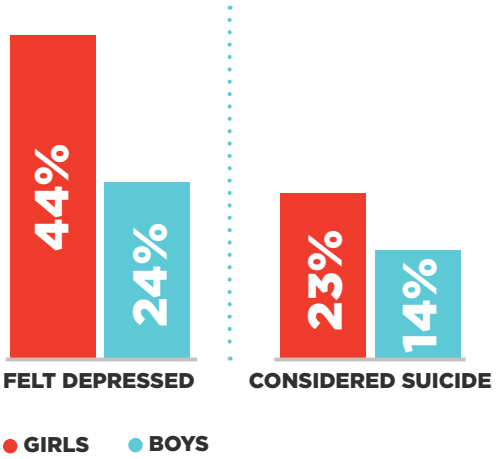
31% BOYS
MAKE EFFORTS TO LOSE WEIGHT

MENTAL HEALTH

New Hampshire girls are more likely to suffer from poor mental health than boys.[33] Girls living in the **Winnipesaukee and Greater Sullivan regions** have the greatest depression and suicide consideration rates.[34] **Certain groups of girls of color** are more likely to feel depressed and to consider suicide.[35] Teens with poor mental health are at increased risk of a myriad of adverse effects, such as drug and substance use, poor academic performance, and low self-esteem.[36]

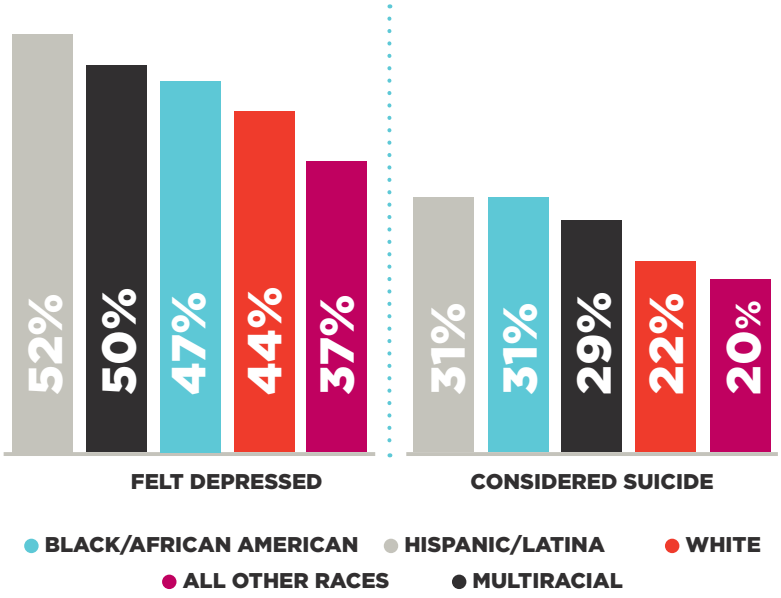
DEPRESSION AND SUICIDE CONSIDERATION BY GENDER

New Hampshire Department of Health Youth Risk Behavior Survey 2019, Question 25 & 26.



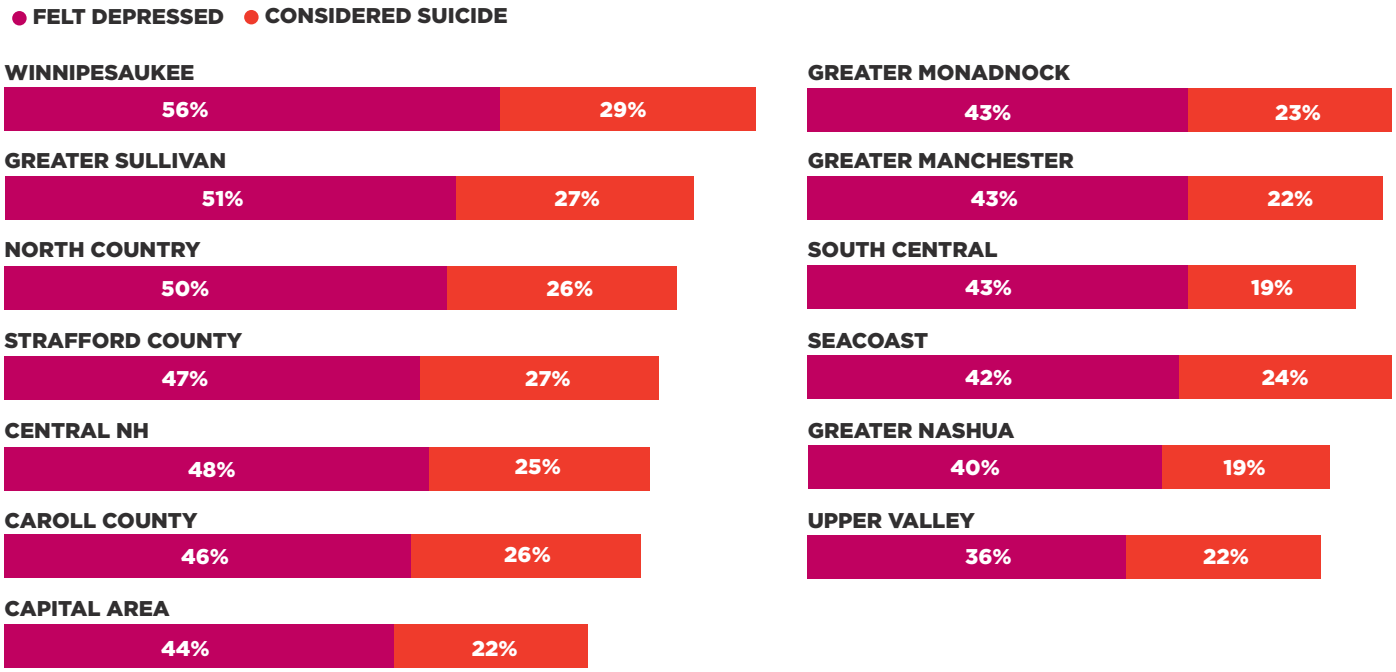
GIRLS DEPRESSION AND SUICIDE CONSIDERATION BY RACE AND ETHNICITY

New Hampshire Department of Education, Youth Risk Behavior Survey, 2019, Question 25 & 26.



GIRLS DEPRESSION AND SUICIDE CONSIDERATION BY REGION

New Hampshire Department of Health and Human Services, Youth Risk Behavior Survey 2019, Question 25 & 26.

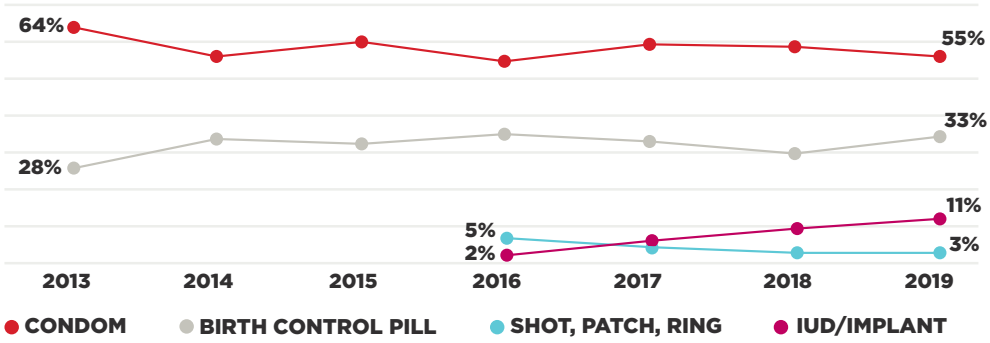


SEXUAL HEALTH

Holistic health for teens includes access to safe and adequate sexual health services, including contraception. When sexually active teens have access to adequate sexual health care they are more likely to be healthy, safe, and have better educational completion rates.[37,38] Overall, New Hampshire teen contraceptive use is higher than national rates and has increased in recent years, however, **Hispanic/Latina, American Indian or Alaskan Native girls, and girls from certain counties experience higher rates of teen pregnancy than their peers.**[39] While there has been an increase in birth control pill and IUD use among New Hampshire teens in recent years, there has been a decrease in condom use, which protect against the spread of sexually transmitted infections. **Since 2014, there has been a 43% rise in chlamydia among girls, an STI that disproportionately affects women and girls.**[40] Studies have linked a recent decrease in condom use with increases in the chlamydia rate among teens and young adults.[41]

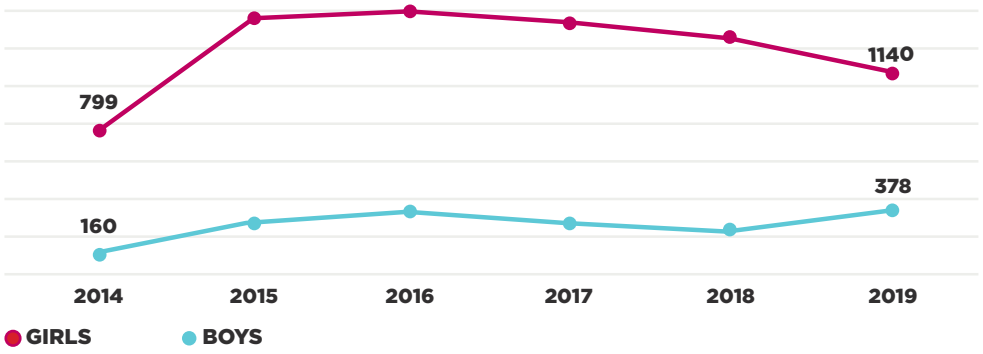
CONTRACEPTIVE USE AMONG SEXUALLY ACTIVE HIGH SCHOOL TEENS

New Hampshire Department of Education, Youth Risk Behavior Survey 2019, Question 64.



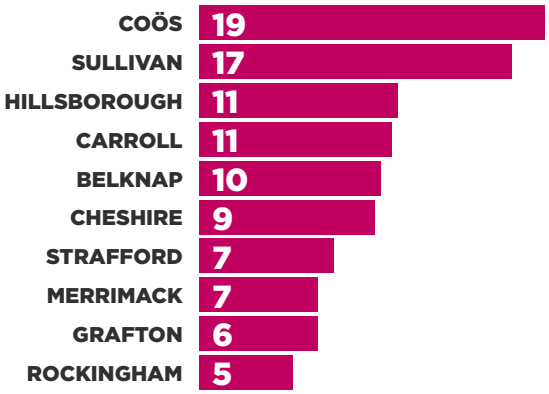
TEEN CHLAMYDIA RATE PER 100,000

New Hampshire Division of Public Health Services, Bureau of Infectious Disease Control, 2020.



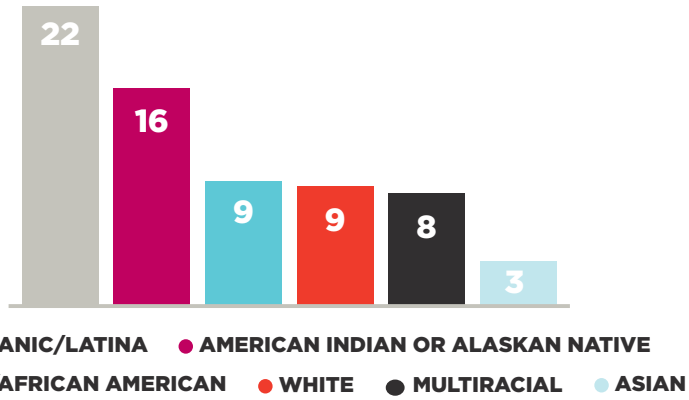
TEEN BIRTH BY COUNTY, 15-19 YEAR OLDS, RATE PER 1,000

National Center for Health Statistics, Division of Vital Statistics, 2016-2018.



TEEN BIRTH BY RACE AND ETHNICITY, RATE PER 1,000

National Center for Health Statistics, Division of Vital Statistics, 2014-2018.
See "Additional Note" section at end of report titled "Teen Birth" for further details



PROGRAM SPOTLIGHT

GIRLS ON THE RUN

Girls on the Run New Hampshire works to inspire all girls to build confidence while fostering care and compassion for themselves and others. Trained coaches use physical activity and dynamic discussion to develop social, emotional, and physical skills that encourage healthy habits for life. Girls on the Run understands the many social pressures girls face that inhibit their health and well-being, and as such, their programs are designed to fuel their self-worth and recognize their strengths.

"Girls on the run is a great program for getting exercise and getting motivation to keep healthy and you might make some great friends and courage along the way." — GOTR Alum

"If it was not for Girls on the Run, I would have never realized the importance of being nice, stopping rumors and letting our Star Power shine through." — GOTR Alum

"I am strong and I am good at being me. I am happy the way I am and I can do hard things." — GOTR Alum

The New Hampshire Women's Foundation supported Girls on the Run with a Community Grant.

Photo courtesy of Girls on the Run

SUBSTANCE USE

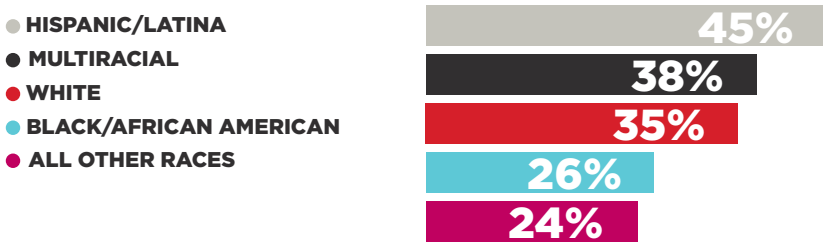
Teen substance use is correlated with a multitude of early onset health complications and an increased likelihood of continued substance use into adulthood.[42] New Hampshire girls have slightly higher rates of alcohol use and vaping than boys.[43] **Thirty-five percent of New Hampshire girls reported recently using an e-cigarette/vaping device.**[44] **Hispanic/Latina girls are at higher risk to use substances.**[45] The use of e-cigarette and vaping products in youth are correlated with serious health risks, such as nicotine addiction and lung damage.[46]

HIGH SCHOOL YOUTH SUBSTANCE USE IN PAST MONTH BY GENDER

New Hampshire Department of Education, Youth Risk Behavior Survey 2019, Questions 32, 35, 41, 47, and 97.

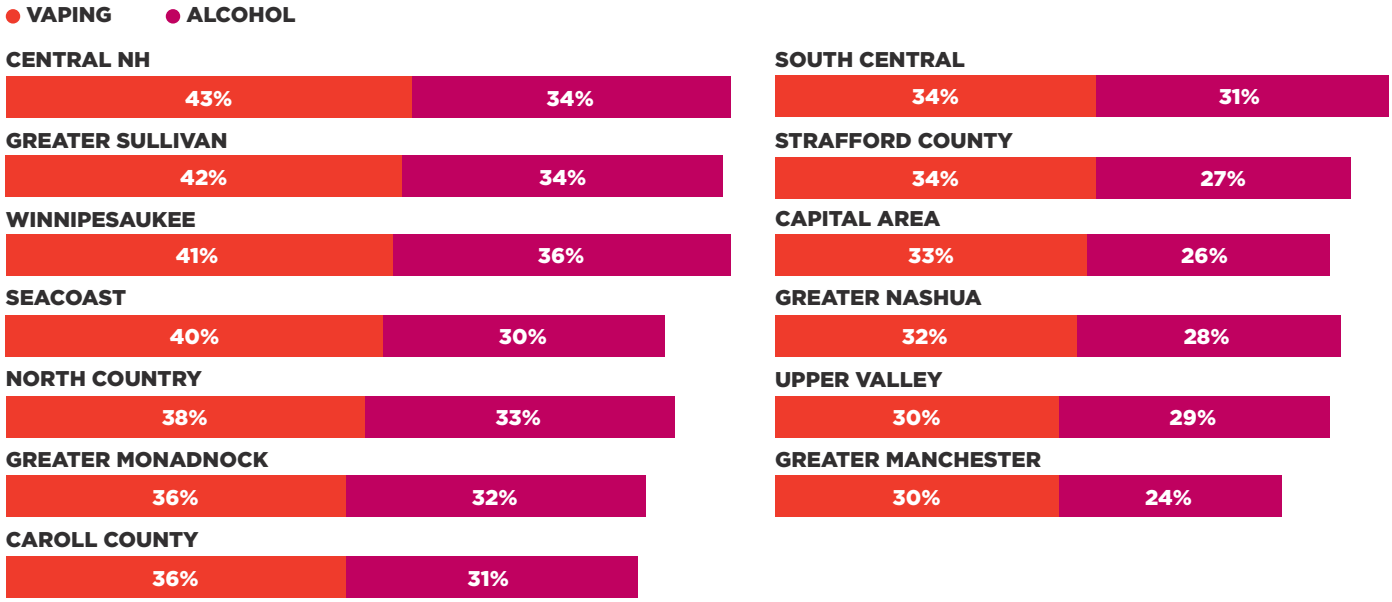
HIGH SCHOOL GIRLS VAPING USE IN PAST MONTH BY RACE AND ETHNICITY

New Hampshire Department of Education, Youth Risk Behavior Survey 2019, Question 35.



HIGH SCHOOL GIRLS ALCOHOL AND VAPING USE IN PAST MONTH BY REGION

New Hampshire Department of Health and Human Services, Youth Risk Behavior Survey 2019, Questions 35, 47, and 41.



PROGRAM SPOTLIGHT

GIRLS INC.

Girls Inc. of New Hampshire serves girls ages 5-18 through research-based programs that cultivate social, emotional, and intellectual growth. In these programs, girls discover and develop their inherent strengths with the support of mentors and trained professionals. A key component of Girls Inc. is teaching girls how to navigate any challenges they may face. Girls Inc. recognizes the importance of education and empowerment as a preventative measure to risky behavior such as drug and substance use. Girls Inc. places significant priority on ensuring all girls are well-equipped in drug and substance use preventive strategies for themselves and their peers.

"[Girl's Inc.] has activities based on teaching us not to get peer pressured into doing things we don't feel comfortable doing and things we know we shouldn't do. If I wasn't a part of those activities, then I would have been like 'oh yeah, I'll do this, because my friend said I should do it' but after going through those activities we've done, it really shows you to not let other people tell you to do things that you know you shouldn't." — Jaihliani, age 17

The New Hampshire Women's Foundation supported Girls Inc. with a Community Grant.

Photo courtesy of Girls, Inc.

SAFETY

New Hampshire girls experience bullying, sexual violence, and intimate partner violence at disproportionately higher rates than their male counterparts.[47] Seventeen percent of girls report experiencing sexual violence at one point in the last year and 65% of school sexual bullying/harassment reports are filed by girls.[48,49]

BULLYING AND HARASSMENT

Bullying poses serious negative effects on children's emotional, behavioral, mental, and physical well-being.[50] Girls are nearly twice as likely to experience electronic bullying than boys.[51] Electronic bullying can occur at any time or anywhere, and is more difficult to regulate.[52]

HIGH SCHOOL YOUTH EXPERIENCING BULLYING IN THE LAST YEAR BY GENDER

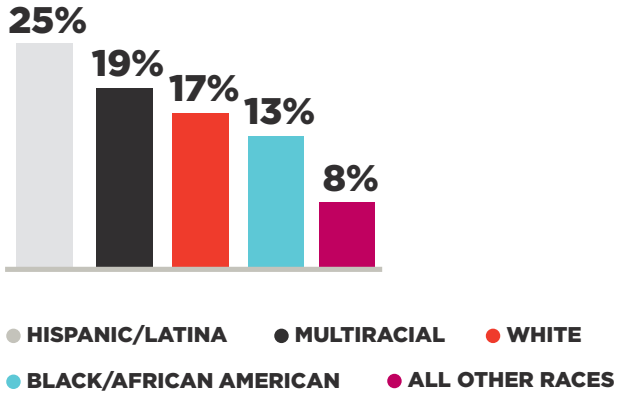
New Hampshire Department of Education, Youth Risk Behavior Survey 2019, Question 23 & 24.

SEXUAL AND DATING VIOLENCE

Compared to boys, **girls are four times more likely to experience any sexual violence or intimate partner sexual violence.**[53] Teen survivors of sexual violence are at greater risk of increased substance use, higher rates of anxiety and depression, lower self-esteem, and difficulties with emotional and sexual intimacy throughout their lives.[54, 55]

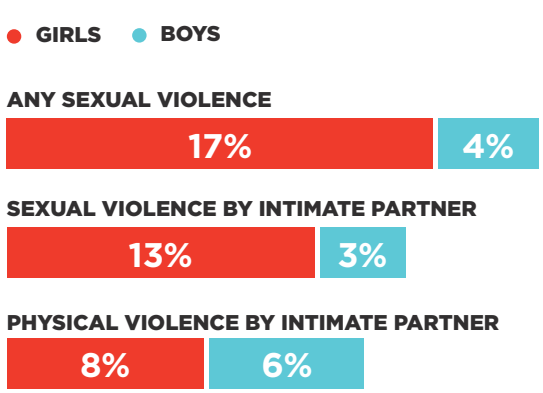
SEXUAL VIOLENCE AGAINST GIRLS BY RACE AND ETHNICITY

New Hampshire Department of Education, Youth Risk Behavior Survey 2019, Question 20.



SEXUAL AND INTIMATE PARTNER VIOLENCE BY GENDER

New Hampshire Department of Education, Youth Risk Behavior Survey 2019, Questions 20, 21, and 22.Questions 20, 21, and 22.
*Please see "Additional Note" section at end of report titled "Sexual and Dating Violence" for further details.



PROGRAM SPOTLIGHT

ARTS IN REACH

Arts In Reach (AIR) is a unique program that blends interdisciplinary arts programming and mentoring by professional artists and staff to serve and empower New Hampshire girls and youth. AIR's mission fosters inclusivity and creativity by building community and healthy relationships among teens and supportive adults. Promoting and cultivating healthy relationships is an essential part of AIR's enduring impact on participants. These connections and relationship building skills have been shown to help manage bullying and encourage self-advocacy.

"AIR changed my life. It came to me at a time in my life when home was chaos and school was bullying. AIR made me a strong woman; it made me a woman who isn't afraid to pursue my dreams, to ask for what I want! It made me a compassionate human." — AIR Alum

"AIR gave me the confidence to stand up for myself and my beliefs. To not only advocate for myself, but for people whose voice might not be heard otherwise." — AIR Alum

"It's the most supportive and safest program I've ever been a part of." — AIR Alum

The New Hampshire Women's Foundation supported Arts in Reach (AIR) with a Community Grant.

Photo courtesy of Arts in Reach (AIR)

ABOUT US

MISSION

The New Hampshire Women's Foundation invests in **opportunity** and **equality** for **women** and **girls** in New Hampshire through research, education, advocacy, grantmaking, and philanthropy. Our vision is **economic, social, and political gender equality.**

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ADDITIONAL NOTES

Page# 1 - Race & Ethnicity: The language used to describe race/ethnicity data indicators are pulled from the respective data source and may vary throughout the report. For the race/ethnicity data from the U.S. Census Bureau American Community Survey, the term White, Black/African American, and Asian refer to non-Hispanic White, non-Hispanic Black, and Non-Hispanic Asian. Latina or Hispanic identification is possible for the multiracial category. For the race/ethnicity data from the Youth Risk Behavior Survey, the term Black/African American, White, multiracial, and all other races refers to Non-Hispanic/Latina girls and the term “all other races” includes American Indian or Alaskan Native, Asian, and Native Hawaiian or Other Pacific Islander. We use ‘all other races’ when the data is too small to be reliably representative. We delineate racial identities whenever possible. The pie chart on page 1 of race and ethnicity does not include Native American because the estimate is less than .1%.

Page# 1 - Age: Data on New Hampshire girls range in age depending on a specific data indicator. Please reference source citations for further details on how a specific data source defines a population.

Page# 2 - Subject Proficiency: Proficiency scores are based on an average for students in grades 3-8 and 11 attending New Hampshire public schools.

Page# 5 - Households Receiving Government Assistance: Government assistance refers to households that received supplemental security income (SSI), cash public assistance income, or foot stamps/snap in the past 12 months.

Page# 5 - Labor Force Participation: Labor force participation refers to a 16-19 year old individual who is either working or actively looking for work. It does not include volunteer work, unpaid internships, unpaid training programs, training programs not sponsored by an employer, National Guard or Reserve duty, ownership in a business or farm solely for investment purposes, jury duty, or house/property work.

Page# 7 - Health Insurance Coverage: The health insurance category of “Public Only” includes Medicare, Medicaid, Tricare, and VA. and the category of "Combined" includes an individual who has coverage from two or more insurance policies of public, private, or public and private options.

Page #9 - Teen Birth: The teen birth rate for Native Americans should be considered cautiously due to the small size of this population.

Page# 13 - Sexual and Dating Violence: The term intimate partner refers to someone who the respondent dated or went out with in the past 12 months.

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