



A DEMOGRAPHIC ANALYSIS OF YOUNG PARENTS (AGES 18-24) AND THEIR FAMILIES IN NEW MEXICO

By Emily Wildau, MPP
May 2023



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Note on the Partner and Report

This report was supported by Ascend at the Aspen Institute. Ascend at the Aspen Institute is a catalyst and convener for diverse leaders working across systems and sectors to build intergenerational family prosperity and well-being by intentionally focusing on children and the adults in their lives together. Ascend believes in the power of co-creation. Ascend is a community of leaders — well-connected, well-prepared, and well-positioned — to build the political will that transforms hearts, minds, policies, and practices. New Mexico Voices for Children (NMVC) conducted the project work between the fall of 2022 and the spring of 2023. Demographic data were analyzed by Emily Wildau, MPP, Research and Policy Analyst and KIDS COUNT Coordinator at NMVC, and the analysis includes visualizations of the findings.

About the Data

This analysis is based on IPUMS USA (originally the Integrated Public Use Microdata Series) cross-tabulations using the U.S. Census Bureau's 5-Year American Community Survey (ACS) data for 2016-2020 and the unique weights and family relationships created by IPUMS USA.

Analysis of young parent characteristics was conducted using IPUMS USA's online data analysis tool, which allows for the selection of variables

to create a frequency distribution table. That tool provided the numerical counts that created the basis of the data and visualizations included in this report. In some cases, disaggregated data are not included for an indicator due to very high margins of error (equal to or greater than 20%). However, for the majority of disaggregated data, the report opts to share data for all indicators with margins of error lower than 20% instead of suppressing information for smaller communities of color. No data included have a margin of error higher than 16%, and most with higher margins of error fall between 8% and 12%.

To conduct analysis on children of young parents, limited estimates were made based on available data for young parents. Additional insights were extrapolated from young parent data where possible.

For this report, race and ethnicity data were analyzed so that each race is calculated to include only the non-Hispanic respondents of that race. Hispanic respondents of all races are included in the Hispanic ethnicity categories of this analysis.

IPUMS USA data is not comparable to data from the U.S. Census Bureau due to unique weights and family relationships created by IPUMS USA that are applied to all datasets.

Footnote: Steven Ruggles, Sarah Flood, Matthew Sobek, Danika Brockman, Grace Cooper, Stephanie Richards, and Megan Schouweiler. IPUMS USA: Version 13.0 2016-2020 5-Year American Community Survey. Minneapolis, NM: IPUMS, 2023. <https://doi.org/10.18128/D010.V13.0>



Executive Summary

The goal of this analysis is to provide some insight into the characteristics of young parents (ages 18 to 24) in New Mexico, including information about their employment status, educational attainment, health insurance coverage, and poverty status. Young parents face unique challenges as they take on parental responsibilities, including lower paying jobs, myriad economic barriers, and fewer opportunities to pursue the education and training that can provide a path to higher paying jobs. They face the tradeoff of either working and putting school on hold or of attending school while still affording child care and basic necessities for their young families. In spite of the many challenges of being a young parent – or perhaps because of them – this population is motivated, organized, resourceful, and resilient. ***While these characteristics are less likely to be reflected in the data, it is critical that, while documenting their challenges, we note the strengths of New Mexico’s young parents that are beyond the scope of this analysis.***

Three groups were considered in this analysis: young parents, older parents, and young adults without children. ‘Young parents’ are defined as adults ages 18 to 24 who live in a household with their own child(ren) younger than 18. ‘Older parents’ are adults who are 25-years of age or older who live in a household with their own child(ren) younger than 18. The third group, ‘young adults, no children,’ are adults ages 18 to 24 without children.

Respondents are identified as either ‘male’ or ‘female’ in the data, which is a limitation that does not take into account those who may identify as non-binary. However, for the purposes of this report, we have

referred to all male-identifying respondents as ‘young fathers’ and female-identifying respondents as ‘young mothers.’

The races included in this analysis are white, Black, Native American, Asian/Pacific Islander, some other race, and 2 or more races. The two ethnic categories are Hispanic and non-Hispanic. Hispanic (or Latino) refers to a person of Cuban, Mexican, Puerto Rican, South or Central American, or other Spanish culture or origin, regardless of race. People who identify their ethnicity as Hispanic may be of any race. As the options of ‘some other race’ and ‘two or more races’ are self-selected, it is not possible to determine exactly what races are being referred to by those categories.

Among the indicators analyzed are employment, household income, poverty level, ability to speak English, and U.S. citizenship. In terms of employment, individuals are either currently employed, are unemployed (meaning they are out of work but are actively searching for a job) or are out of the labor force (meaning they are not employed and are not seeking employment). Household income is a summed number that includes income from every member of the household so it cannot be assumed that the income level reflects only what is earned by the young parent. The federal poverty level (FPL) is a formula based on family size and income that is updated annually to take inflation into account. The English language category looks at those who do not speak English, those who speak only English, and, among those who speak English in addition to another language, those who speak English very well, well, and not well. As for citizenship, all persons born in the U.S. are citizens. Not all U.S. citizens were born in the U.S. and may have been naturalized. People who are not citizens

may be resident aliens, refugees, may be here on a visa, or may lack documentation.

Young parents make up a small share of all parents in New Mexico with minor children. They also make up a fairly small share of all young adults. They tend to skew toward the older end of the age range (ages 21 to 24) and most have just one child. Young parents are also more racially and ethnically diverse than both older parents and young adults without children. Females are overrepresented among young parents, far more so than among older parents and young adults without children. Since they must reside in a household with their own child in order to be counted as a young parent, this indicates that many young fathers do not live in the same household with their children.

Perhaps not surprisingly, young parents have a higher rate of unemployment than older parents, they tend not to earn high incomes, and they live below the FPL at higher rates than older parents and young adults without children.

Young parents are more likely to be in school than are older parents, but are significantly less likely to be in school when compared to young adults without children. Young parents may be more likely to be in school than older parents because they see this as a worthwhile pathway to make a better life for their child or children. Part of the reason may also simply be due to age: many older parents have already completed their educational journey in comparison to young parents. Young mothers make up the majority of young parents enrolled in school, while school attendance among young adults without children is evenly split between males and females.

Young mothers appear to face the greatest barriers to success. They are far more likely to be out of the labor force, more likely to earn less than \$25,000 annually, to live at or below the FPL, to report having a disability, to not be a U.S. citizen, and to either not speak English at all or to not speak it well. While they are overrepresented among those young parents who lack a high school diploma, they are also overrepresented among those who have at least one year of college but no degree. Young mothers have health insurance at higher rates than do young fathers and are far more likely to be enrolled in a public insurance program such as Medicaid.

Young parents who are Native American also appear to face greater barriers to success than young parents of other races or ethnicities. They are more likely to not be in the labor force, to earn less than \$25,000, live below the FPL, and lack health insurance. They are also less likely to be attending school and tend to have lower levels of education but have the highest level of speaking English well among those who speak English in addition to another language. These challenges stem from a legacy of colonialism and structural and systemic racism but the fact that so many New Mexicans who are Native American speak a language in addition to English indicates a cultural resiliency that is noteworthy.

The majority of children of young parents are only children. A large percentage are younger than 5 years old and, based on the race and ethnicity of young parents, these children are more likely to be children of color. Children of young parents are also more likely to be in families with low incomes, living in poverty, in families receiving SNAP benefits, and enrolled in public health insurance, most likely Medicaid.



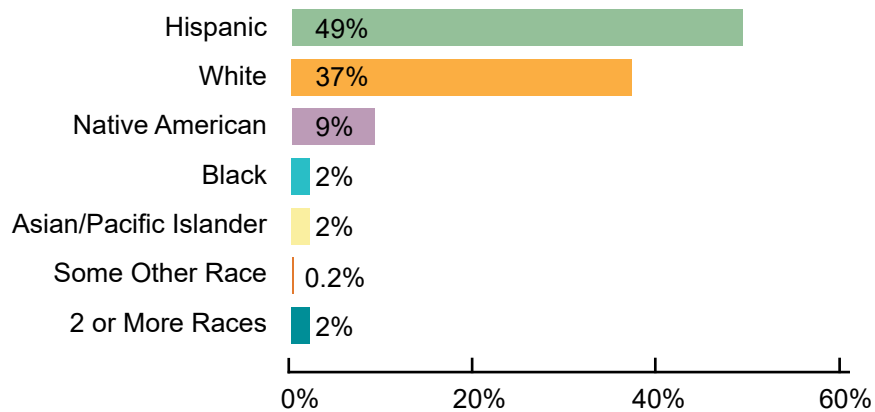


New Mexico's Population by the Numbers

New Mexico has a total population of 2,097,021 and people of color – making up 63% of the population – represent the majority population in regard to race and ethnicity, with Hispanic being the single largest demographic group (see Figure I). Through this analysis, all race categories represent those races alone, and the Hispanic ethnicity category includes people of all races who identify as Hispanic.

FIGURE I

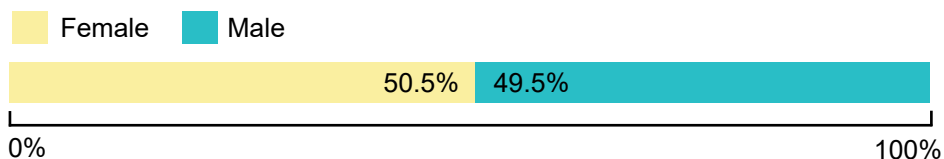
New Mexico's Population by Race and Ethnicity



Females make up a slight majority of the state's population by sex (see Figure II).

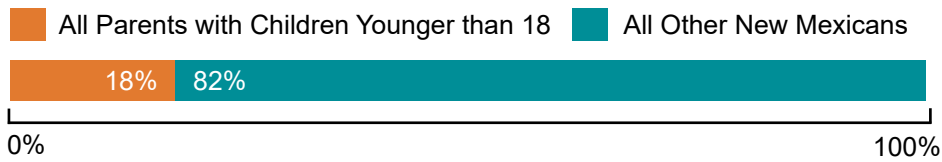
FIGURE II

New Mexico's Population by Sex



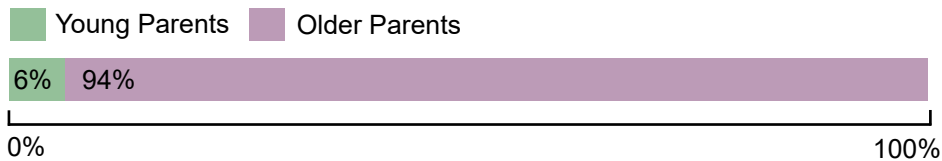
In New Mexico, 381,755 people, or 18% of the total population, are parents of children younger than 18 (see Figure III).

FIGURE III
Parents with Minor Children as a Share of the Total Population



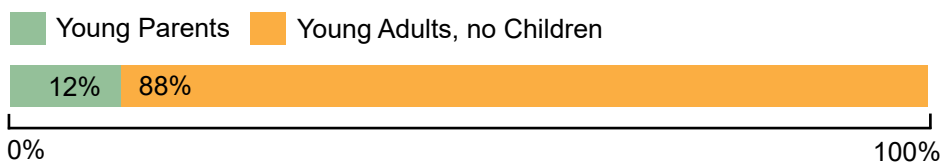
Of the 18% of New Mexicans who have minor children, the vast majority (94%) are older parents (over the age of 25; see Figure IV). In total, New Mexico has 23,306 young parents (ages 18 to 24). While they make up 6% of all parents with minor children, they represent just 1% of the total state population.

FIGURE IV
Young Parents as a Share of all Parents with Minor Children



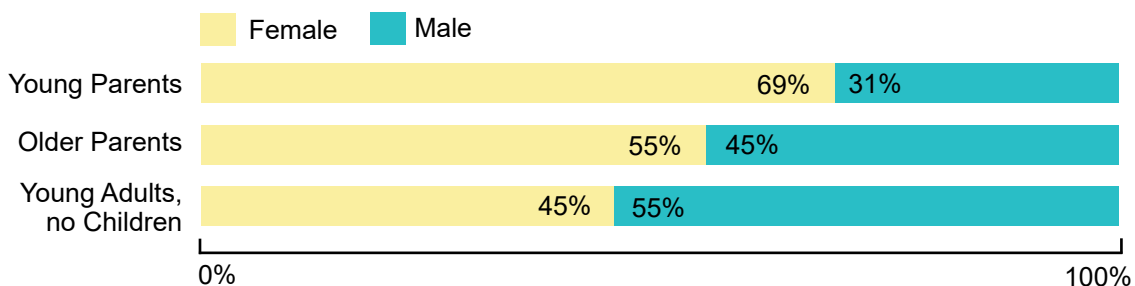
It is also valuable to consider young parents in comparison to their 18- to 24-year-old peers who do not have children. New Mexico has slightly fewer than 200,000 young adults, including those with and without their own children (see Figure V). Of all young adults, the vast majority (88%) do not have children.

FIGURE V
Young Parents as a Share of all Young Adults



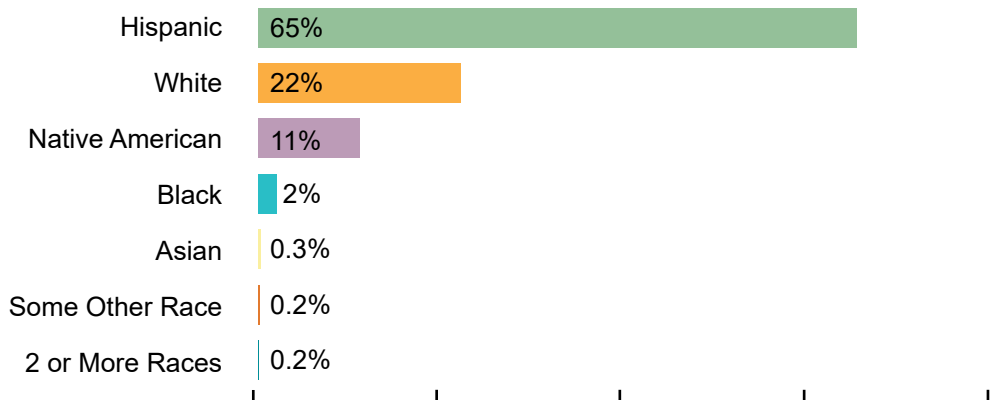
Most young parents (69%) are women, while male-to-female ratios are more evenly split among the two comparison groups (see Figure VI).

FIGURE VI
All Parents with Minor Children and All Young Adults by Sex

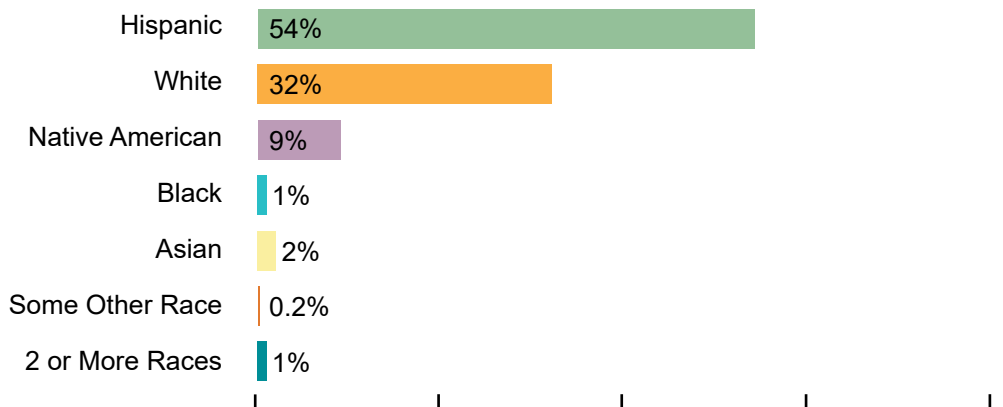


Young parents are more likely to be people of color when compared to older parents and young adults without children (see Figure VII) although all three groups are more diverse than the state as a whole. A greater share of young parents are Hispanic and Native American, compared to older parents and young adults without children.

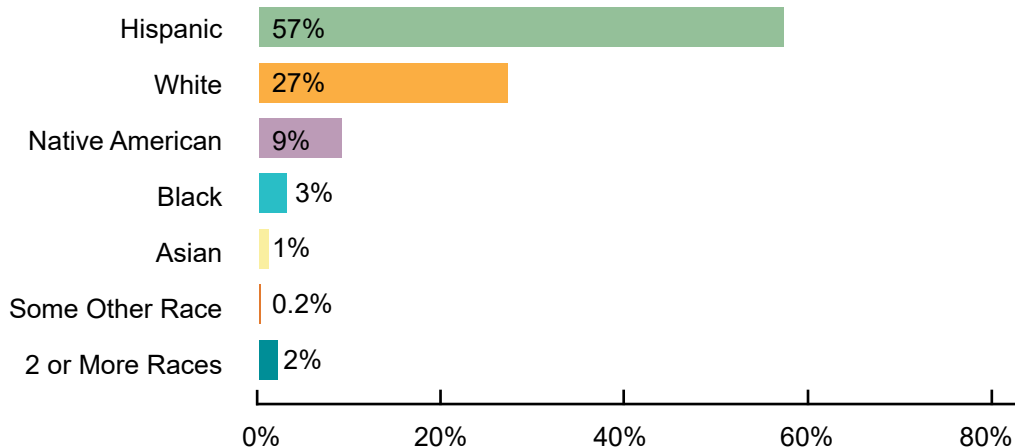
FIGURE VII
Young Parents by Race and Ethnicity



Older Parents by Race and Ethnicity



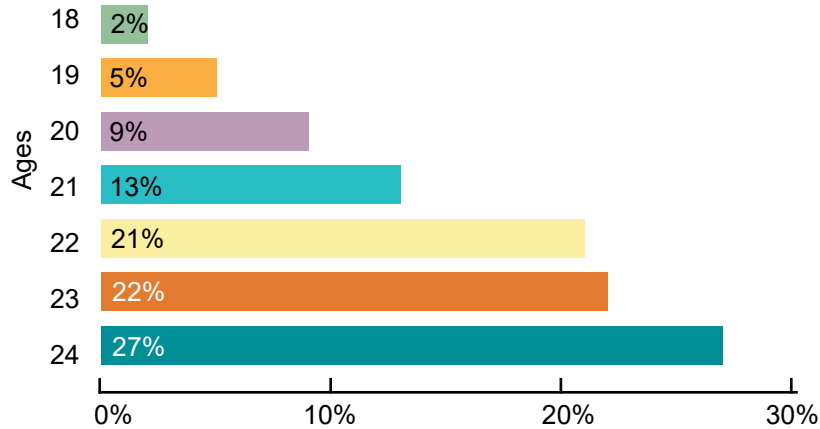
Young Adults without Children by Race and Ethnicity





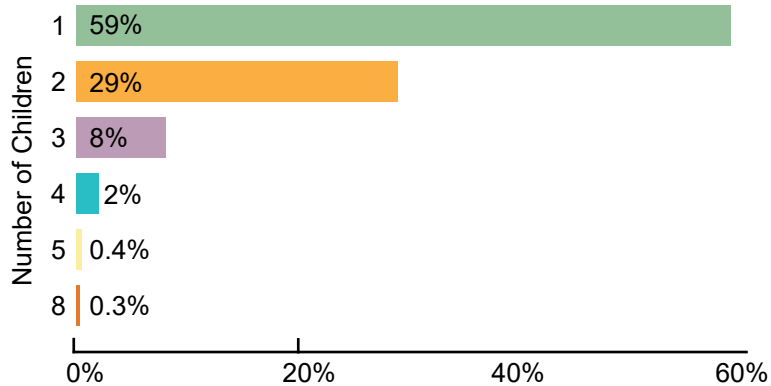
While young parents range from 18 to 24 years of age, they tend to skew toward the older years, with 24-year-olds representing the largest share of all young parents in New Mexico (see Figure VIII).

FIGURE VIII
Young Parents by Age



The vast majority (88%) of young parents have just one or two children (see Figure IX).

FIGURE IX
Young Parents by Number of Children





Employment, Income, and Poverty

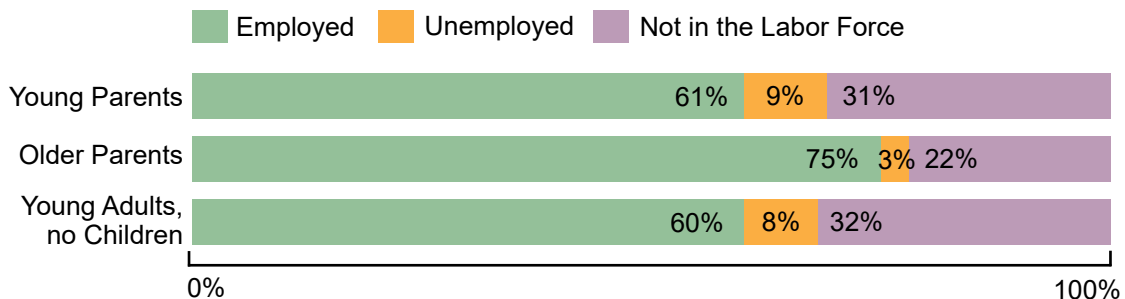
Employment

About this Indicator: Data reported indicate whether respondents were part of the labor force (either employed or unemployed but seeking work) – or if they were not part of the labor force (neither working nor seeking work). Employment status can provide several insights into how young parents are doing. This data can help determine whether young parents are facing higher rates of unemployment, are more likely to be working, or have lower labor force participation rates than other populations.

About Young Parents in New Mexico: Young parents have the highest unemployment rate among the three groups (see the orange boxes in Figure X). However, both young parents and young adults without children have very similar rates for each employment status, indicating issues of unemployment and lack of labor force participation may have more to do with age than whether or not respondents are parents.

FIGURE X

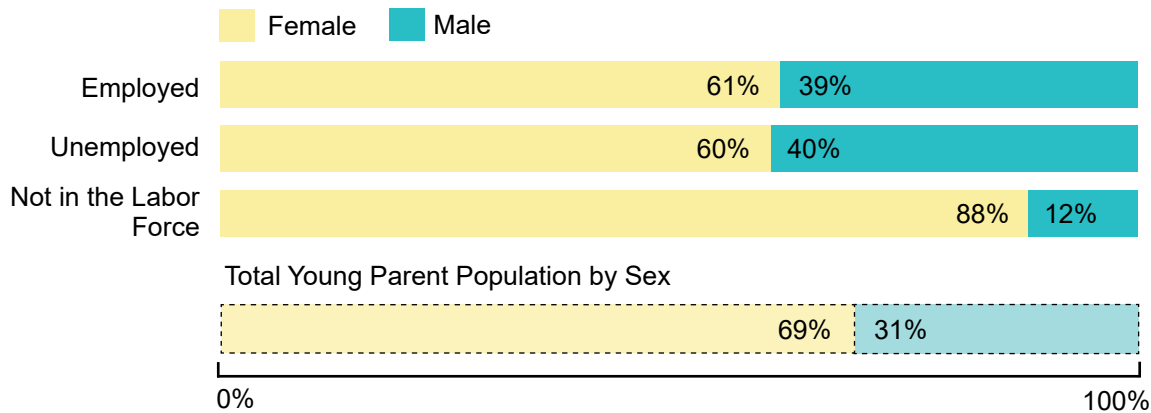
All Parents with Minor Children and All Young Adults by Employment Status



How to read this bar chart: “Of all young parents, 61% are employed, 9% are unemployed, and the remaining 31% are not in the labor force.”

When looking at young parents' employment status by sex, young mothers make up the majority of each of the three employment categories. Most notably, however, females are highly overrepresented among young parents who are not in the labor force, indicating that becoming a parent at a young age may prevent young women from participating in the labor force (see Figure XI).

FIGURE XI
Young Parents by Employment Status and Sex



How to read this bar chart: "Of all young parents who are employed, 61% are female and 39% are male."



Among young parents' racial and ethnic groups, at least half of the young parents in each group are employed (see Figure XII). Young parents who are white and those who are Native American have the highest unemployment rates (both at 14%). Young Native American parents and young Hispanic parents have the highest rates of respondents not in the labor force. This higher likelihood to be out of the labor force may be correlated to systemic racism, which has made it more difficult for families of color to build a financial foundation that allows them to help the young parents in their families either with financial assistance or family-provided child care. Such assistance might allow for higher rates of labor force participation and employment for those young parents in New Mexico who are Native American or Hispanic.

FIGURE XII
Young Parents by Employment Status and Race and Ethnicity

	Employed	Unemployed	Not in Labor Force
Hispanic	62%	6%	31%
White	59%	14%	28%
Native American	51%	14%	35%
Black	84%	0%	16%
Asian/Pacific Islander	100%	0%	0%
2 or More Races	0%	0%	100%

How to read this table: "Of all young parents who are Hispanic, 62% are employed, 6% are unemployed, and the remaining 31% are not in the labor force."





Income

About this Indicator: Data were sorted to calculate the percentage of respondents who had annual household incomes within seven income ranges (less than \$25,000, between \$25,000-\$40,000, between \$40,000-\$55,000, between \$55,000-\$75,000, between \$75,000-\$100,000, between \$100,000-\$400,000, and between \$400,000-\$1 million). Household income is a summed figure that includes the income of the householder and all other individuals 15 years old and older in the household. Closely related to poverty levels, this indicator provides a more tangible understanding of available financial resources in a household.

About Young Parents in New Mexico: Young parents are far more likely than the comparison groups to earn low incomes. One-third (33%) of young parents have a household income of less than \$25,000 compared to less than one-fifth of older parents (16%) and young adults without children (18%; see Figure XIII). More than half of young parents (55%) make less than \$40,000 annually, while that rate is much lower for older parents (28%) and young adults without children (31%). That young parents are bringing in much lower household incomes than both older parents and young adults without children may be related to more single-income households among young parents when compared with older parents. Since some young parents live with other family members, it is also feasible that many of the young parents in households with higher incomes may not be the head of household whose annual income is reported in the survey.

FIGURE XIII

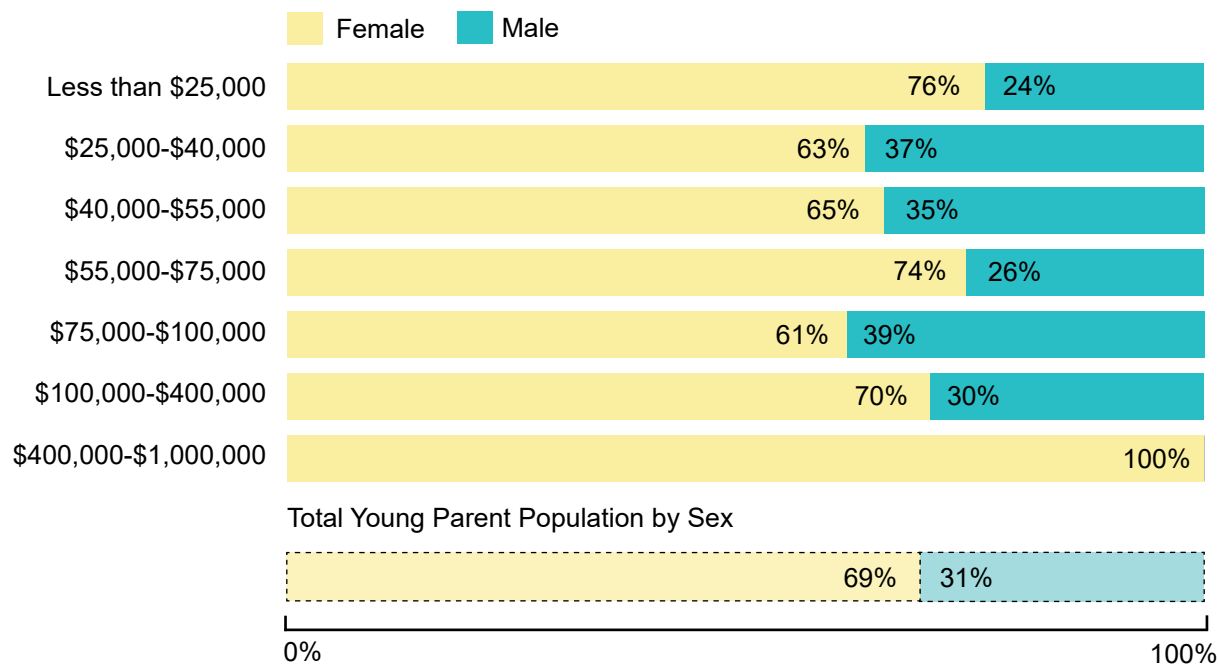
All Parents with Minor Children and All Young Adults by Household Income Group

	Less than \$25,000	\$25,000-\$40,000	\$40,000-\$55,000	\$55,000-\$75,000	\$75,000-\$100,000	\$100,000-\$400,000	\$400,000-\$1,000,000
Young Parents	33%	22%	16%	11%	10%	8%	0.3%
Older Parents	16%	12%	13%	14%	15%	29%	1%
Young Adults, no Children	18%	13%	12%	13%	13%	23%	1%

How to read this table: "Of all young parents 33% have household incomes of less than \$25,000, 22% have household incomes of between \$25,000 and \$40,000, 16% have household incomes between \$40,000 and \$55,000, etc."

A little more than three-quarters of young parents with a household income below \$25,000 are women, which is the second-highest percentage of women by income level (see Figure XIV). Although they make up a very large share of young parents at the lowest income level, young mothers also make up all young parents with incomes higher than \$400,000. Young fathers, while making up the minority share at each income level, are in households with incomes between \$75,000 and \$100,000 at the highest rate.

FIGURE XIV
Young Parents by Household Income Group and Sex



How to read this bar chart: “Of all young parents who have household incomes of less than \$25,000, 76% are female and 24% are male. Of all young parents who have household incomes between \$25,000 and \$40,000, 63% are female and 37% are male.”





Young parents earn less than \$25,000 across all racial and ethnic groups except for young parents of two races (see Figure XV). This indicates that low incomes for this population may have less to do with race or ethnicity than with parental status. Notably, 45% of young Native American parents have incomes at or below \$25,000, the highest rate among all racial and ethnic groups. This is certainly related to historic disinvestment in Native American communities, lack of education that appropriately reflects Native American culture, language, and history, land theft, and many other issues of systemic racism that have stripped significant opportunities from Tribes, Nations, Pueblos, and their members to develop and grow wealth.

FIGURE XV

Young Parents by Household Income Group and Race and Ethnicity

	Less than \$25,000	\$25,000-\$40,000	\$40,000-\$55,000	\$55,000-\$75,000	\$75,000-\$100,000	\$100,000-\$400,000	\$400,000-\$1,000,000
Hispanic	32%	23%	17%	11%	11%	6%	0%
White	33%	25%	10%	12%	9%	11%	0%
Native American	45%	7%	17%	12%	6%	11%	3%
Black	27%	7%	25%	23%	18%	0%	0%
2 or More Races	0%	0%	41%	59%	0%	0%	0%

How to read this table: “Of all young parents who are Hispanic, 32% have a household income less than \$25,000, 23% have a household income between \$25,000 and \$40,000, 17% have a household income between \$40,000 and \$55,000, etc.”

While reliable data are not available on the intersection of race, ethnicity, and gender when it comes to income earned by young parents in New Mexico, we know from existing research that women of color continue to experience the most severe gender wage gap in the country when compared with their male counterparts. The long-standing gender wage gap, combined with existing racial bias in the workplace and the undervaluing of work predominantly supplied by women, means that women of color are perpetually underpaid. It's therefore highly likely that young mothers of color would be earning even lower incomes than when looking at just young mothers, or young parents of color.



Poverty

About this Indicator: Poverty is most commonly measured using the federal poverty level (FPL), which is adjusted annually. The FPL measure is based on income and the number of household members and is considered the minimum amount of income required by a family to cover basic needs. For a family of three, for example, the FPL for 2023 is a household income of \$24,860. The FPL is used to determine eligibility for benefit programs like Medicaid, SNAP, and free and reduced-price school meals. Because families are often considered to be “low-income” if they fall at or below twice the federal poverty level, or 200% FPL, many benefits are available to families earning up to 200% of the FPL. Deep poverty is defined as living at 50% of the FPL.

About Young Parents in New Mexico: Similar to the patterns seen in data on income levels, young parents are much more likely to live below the FPL, as well as below twice the FPL, than older parents and young adults without children (see Figure XVI). Nearly three-quarters (73%) of young parents live at or below 200% FPL compared to less than half of older parents (41%) and young adults without children (49%).

FIGURE XVI

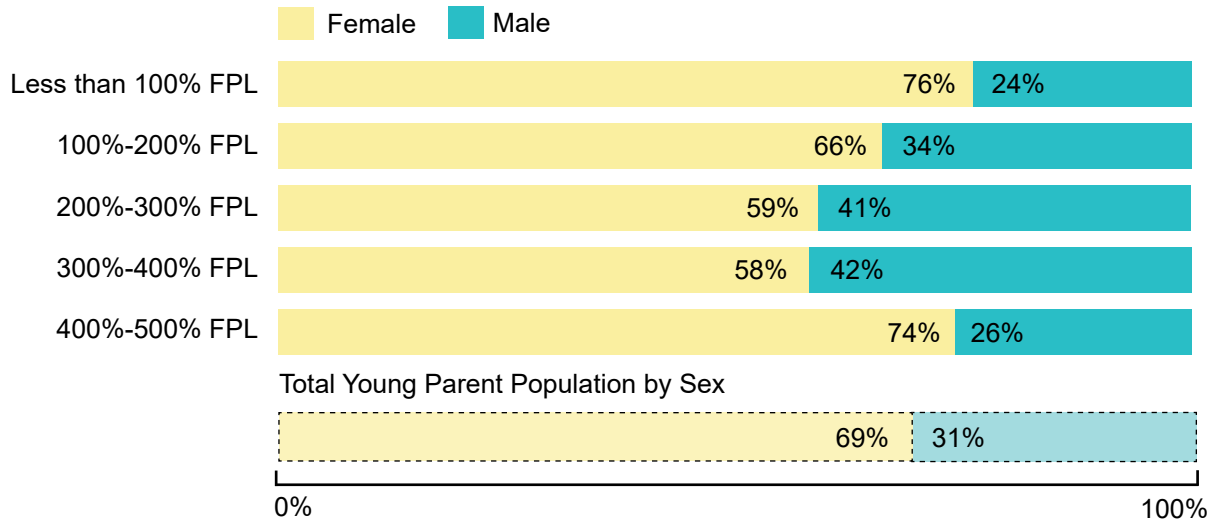
All Parents with Minor Children and All Young Adults by Poverty Level

	Less than 100% FPL	100%-200% FPL	200%-300% FPL	300%-400% FPL	400%-500% FPL
Young Parents	42%	31%	15%	5%	7%
Older Parents	19%	22%	19%	15%	25%
Young Adults, no Children	28%	21%	17%	12%	22%

How to read this table: “Of all young parents, 42% live at less than the federal poverty level, 31% live between 100% and 200% of the FPL, 15% live between 200% and 300% of FPL, 5% live between 300% and 400% of FPL, and the final 7% live between 400% and 500% FPL.”

When reviewing the breakdown of each FPL range analyzed by sex, data indicate that more young mothers live at or below 200% FPL compared to young fathers (see Figure XVII). As the FPL range increases, the split between young mothers and fathers becomes closer to an even distribution. This again is likely correlated with the high rate of young mothers who are not in the labor force. However, young mothers are overrepresented among those living between 400% and 500% of the FPL, which could indicate that more young mothers are living with other family members and are not the heads of their households.

FIGURE XVII
Young Parents by Poverty Level and Sex



How to read this bar chart: “Of all young parents who live at less than the federal poverty level, 76% are female and 24% are male.”

More than half (52%) of young parents who are Native American live below the FPL with the vast majority (80%) living at or below 200% FPL, the highest rate among all racial and ethnic groups (see Figure XVIII). However, the majority of young parents of all races and ethnicities live at or below 200% FPL, further emphasizing the poor economic conditions of this population. No young Black parents live above 300% FPL, the only racial or ethnic group with no members exceeding this poverty level. This is also almost certainly correlated with historic, systemic racism in policy decisions that have prevented Black families from earning fair wages and building wealth to pass down to their children.

FIGURE XVIII
Young Parents by Poverty Status and Race and Ethnicity

	Less than 100% FPL	100%-200% FPL	200%-300% FPL	300%-400% FPL	400%-500% FPL
Hispanic	42%	32%	18%	4%	5%
White	40%	31%	12%	6%	11%
Native American	52%	28%	6%	7%	7%
Black	27%	33%	39%	0%	0%
2 Races	0%	100%	0%	0%	0%

How to read this table: “Of all young parents who are Hispanic, 42% live at less than the federal poverty level, 32% live between 100% and 200% of the FPL, 18% live between 200% and 300% of FPL, etc.”



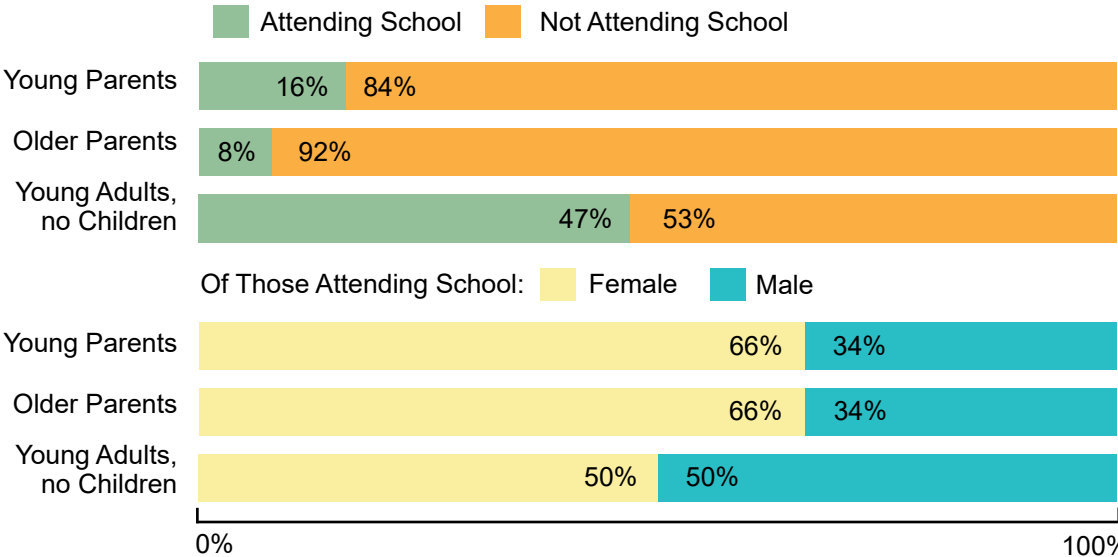
School Attendance and Educational Attainment

School Attendance

About this Indicator: School attendance tracks whether or not a respondent is enrolled in any level of school. This includes nursery or preschool, kindergarten, elementary school, home school, and schooling which leads to a high school diploma or a college degree. For the purpose of young parents and comparison groups, the data reflect schooling that leads to a high school diploma or a college degree. Young parents and other young adults often enroll in school to improve their opportunities in the workforce.

About Young Parents in New Mexico: Young parents are in school at double the rate of older parents but are significantly less likely to be in school than their childless peers (see Figure XIX). Women make up the majority (66%) of all young parents and older parents in school, making women in both groups more likely to be enrolled in school than young women without children. For young adults without children, men and women are equally represented.

FIGURE XIX
All Parents with Minor Children and All Young Adults by School Attendance and Sex



How to read these bar charts: "Of all young parents, just 16% are attending school. Of all young parents attending school, 66% are female and 34% are male."

Young parents who are Hispanic make up the majority (66%) of those in school, compared to older parents (47%) and young adults without children (57%) who identify as Hispanic (see Figure XX). While the blue columns in Figure XX show the three groups attending school by race and ethnicity, the gray columns show the totals for each of the three groups by race and ethnicity. This is to assist in making comparisons between the shares of these groups attending school and the shares in the overall group population. The data show that the percentage of young parents who are Hispanic and in school (66%) is proportional to the percentage of young parents who are Hispanic overall (65%). However, young parents who are white and in school are slightly overrepresented among all young parents who are white, while young parents who are Native American and in school are underrepresented among all young parents who are Native.

FIGURE XX

All Parents with Minor Children and All Young Adults by Rates of School Attendance and Race and Ethnicity

	Young Parents		Older Parents		Young Adults, no Children	
	Attending School	Total Population	Attending School	Total Population	Attending School	Total Population
Hispanic	66%	65%	47%	54%	57%	57%
White	24%	22%	38%	32%	29%	27%
Native American	6%	11%	9%	9%	7%	9%
Black	3%	2%	3%	1%	3%	3%
Asian/Pacific Islander	0%	0.3%	1%	2%	2%	1%
Some Other Race	0%	0.2%	0.1%	0.2%	0.2%	0.2%
2 or More Races	0.6%	0.2%	2%	1%	2%	2%

How to read this table: “Of all young parents who are attending school, 66% are Hispanic, 24% are white, 6% are Native American, 3% are Black, etc. Of all young parents, 65% are Hispanic, 22% are white, 11% are Native American, etc.”





Educational Attainment

About this Indicator: Educational attainment measures the highest level of education completed by the respondent. For the purpose of this analysis, the data reflect those who attended high school (grades 9 through 12) but did not receive a diploma, those who graduated high school or received an equivalency, those with less than one year of college, those with one or more years of college but no degree, and those with associate’s, bachelor’s, and master’s degrees. Higher educational attainment is associated with greater lifetime earnings and improved economic outcomes for parents and their children. Additionally, higher educational attainment has societal benefits like improved community health, lower rates of crime, and stronger economic development.

About Young Parents in New Mexico: Young parents are the group most likely to have some high school education but no diploma or to have a high school diploma or GED as their highest level of education, with a full 60% of young parents falling into these two categories (see Figure XXI). One-third (33%) of older parents and less than half (46%) of young adults without children have the same level of educational attainment. This could partially be a result of young parents who had their first child during or immediately after high school.

FIGURE XXI

All Parents with Minor Children and All Young Adults by Level of Educational Attainment

	Attended 9th-12th Grade, no Diploma	High School Diploma or GED	Some College, Less Than 1 Year	1 or More Years of College, no Degree	Associate’s Degree	Bachelor’s Degree	Master’s Degree
Young Parents	20%	40%	10%	21%	7%	1%	0.4%
Older Parents	9%	24%	6%	18%	10%	17%	8%
Young Adults, no Children	13%	33%	10%	30%	6%	6%	0.5%

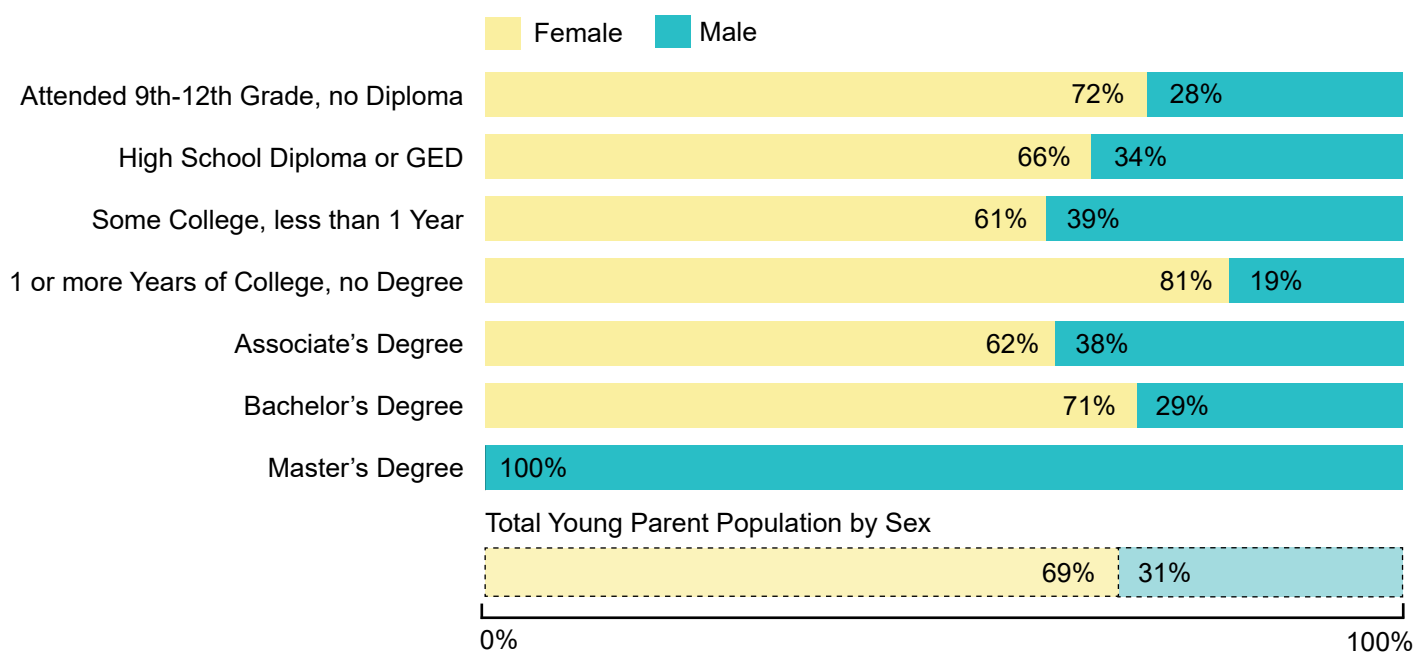
How to read this table: “Of all young parents, 20% do not have a high school diploma, 40% have a high school diploma or equivalency, 10% have some college but less than 1 year, 21% have 1 or more years of college, etc.’

Young parents and young adults without children report the same rate (10%) of having less than one year of college for their highest level of educational attainment. This rate is slightly higher than the rate for older parents, and this could be related simply to time: older parents have often had time to complete their college education if that is their goal. This is also reflected in the rate of each group indicating one or more years of college, but no degree, with older parents having the lowest rate for this category (18%) and young adults without children having the highest (30%).

Again related to time to complete degree programs, 17% of older parents indicate a bachelor’s degree as their highest level of education while 8% have master’s degrees. Of both young parents and young adults without children, less than 1% indicate receipt of a master’s degree. Young adults without children outpace young parents in earning bachelor’s degrees. The expense of higher education along with costs for basic needs for a family and challenges related to child care access and affordability are probable drivers for this gap in four-year degree attainment. All of this points to the likelihood that the responsibilities of parenthood impact persistence in higher education for this group.

Young mothers tend to make up the greater proportion of young parents at every stage of educational attainment with one notable exception (see Figure XXII). Of the small number of young parents who have earned a master’s degree, all are men. This may indicate deeply held gender roles in young parent families, with young fathers expected to work or attain higher levels of education while young mothers disproportionately provide child care and remain out of the labor force and out of the higher education system.

FIGURE XXII
Young Parents by Level of Educational Attainment and Sex



How to read this bar chart “Of all young parents who do not have a high school diploma, 72% are female and 28% are male.”

In terms of race and ethnicity, the majority of young parents who are Hispanic, white or Native American have received a high school diploma or equivalent (see Figure XXIII). Young Black parents attend college at higher rates than other races and ethnicities, but no young Black parents have earned degrees higher than an associate's. This indicates that although a vast majority of young Black parents have enrolled in higher education, many are unable to complete programs of study. Typically, students do not complete higher education programs due to financial constraints, family responsibilities, or a lack of support at the institution they attend, all factors that impact persistence rates. This may contribute to higher rates of student loan debt held by young Black parents without the higher earnings associated with college degrees to help pay off this debt.

FIGURE XXIII

Young Parents by Level of Educational Attainment and Race and Ethnicity

	Attended 9th-12th Grade, no Diploma	High School Diploma or GED	Some College, Less Than 1 Year	1 or More Years of College, no Degree	Associate's Degree	Bachelor's Degree	Master's Degree
Hispanic	23%	37%	9%	21%	8%	1%	1%
White	12%	45%	14%	19%	6%	3%	0.3%
Native American	25%	48%	7%	17%	3%	0%	0%
Black	6%	18%	22%	48%	7%	0%	0%
2 or More Races	0%	100%	0%	0%	0%	0%	0%

How to read this table: 'Of all young parents who do not have a high school diploma, 23% are Hispanic, 12% are white, 25% are Native American, etc.'



Health Insurance, SNAP Reciprocity, and Disability Status

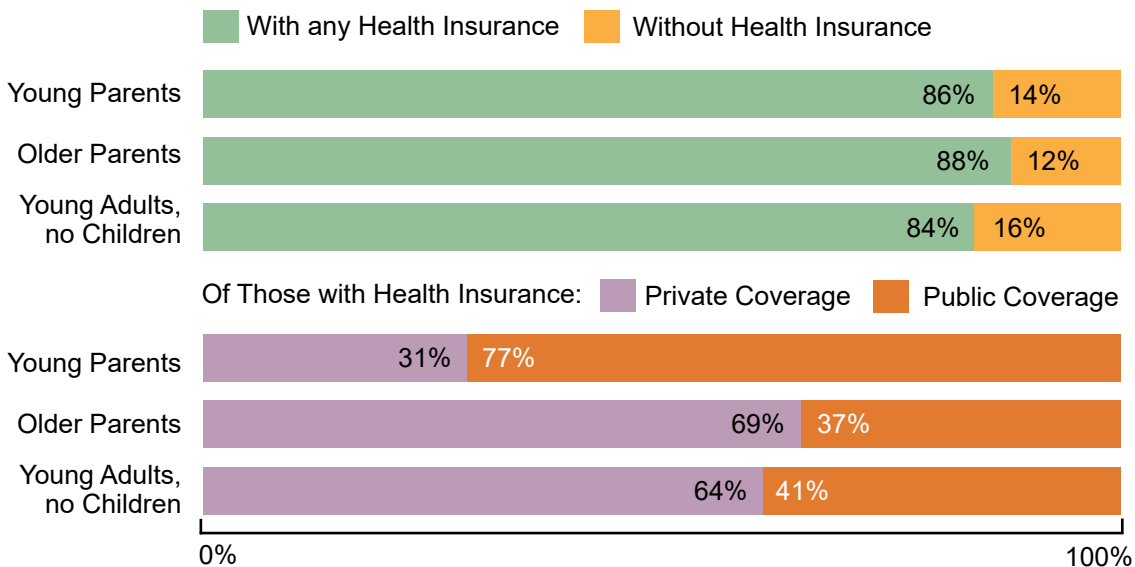
Health Insurance

About this Indicator: With the passage of the Affordable Care Act and the Medicaid expansion, more New Mexicans than ever have access to affordable health insurance. Having health insurance allows people to access preventive care, ultimately avoiding many emergency health problems, having better health outcomes, and saving money. This indicator measures the percentage of young parents with any health insurance and, for those with insurance, compares rates of private health insurance coverage with rates of public health insurance coverage. Private health insurance is typically provided by employers, and the majority of public health insurance is provided by Medicaid.

About Young Parents in New Mexico: The vast majority of young parents (86%), as well as older parents (88%) and young adults without children (84%), have health insurance coverage (see Figure XXIV). When comparing the type of health insurance coverage each group has, young parents are much more likely to have a public health insurance option (77%). Older parents and young adults without children are more likely to have private health insurance (at rates of 69% and 64% respectively). Of young parents with public health insurance, nearly all are enrolled in Medicaid, and the majority of older parents and young adults without children who have health insurance receive it through their employers.

FIGURE XXIV

All Parents with Minor Children and All Young Adults by Health Insurance Coverage and Type

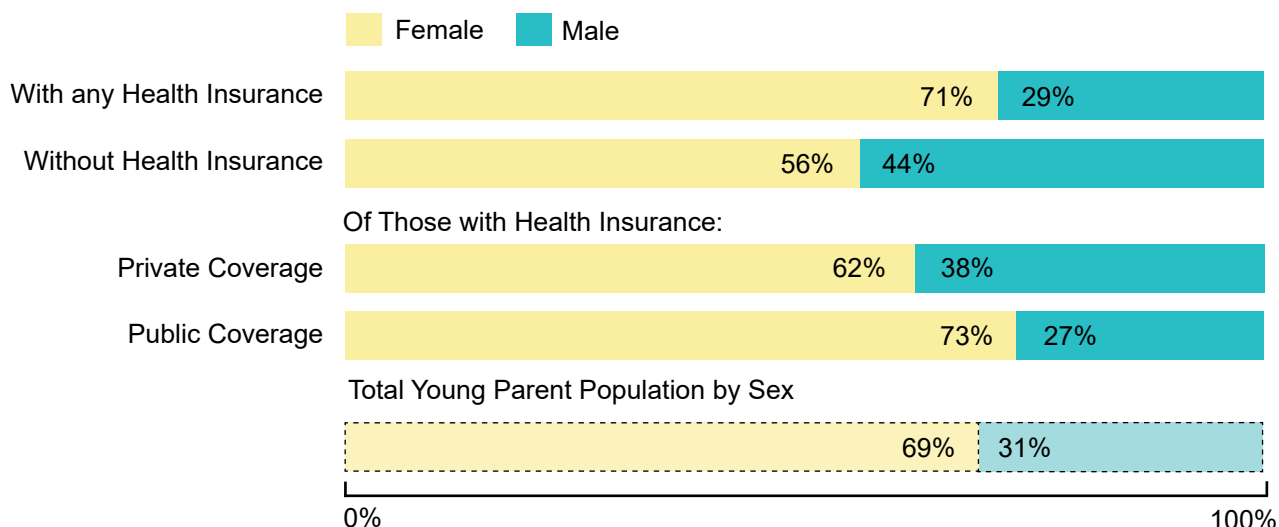


How to read these bar charts: “Of all young parents, 86% have health insurance and 14% do not. Of all young parents who have health insurance, 31% have private insurance and 77% have public insurance.”

Young fathers are overrepresented among young parents who lack health insurance whereas young mothers are overrepresented among those young parents who receive coverage from a public option such as Medicaid (see Figure XXV).

FIGURE XXV

Young Parents by Health Insurance Coverage, Type, and Sex



How to read this bar chart: “Of all young parents who have health insurance, 71% are female and 29% are male. Of all young parents with private health insurance, 62% are female and 38% are male.”

While the majority of young parents of all races and ethnicities have health insurance, the rate of insurance is highest (100%) among those who are Black and Asian or Pacific Islander, with those who are white having a slightly lower coverage rate (see Figure XXVI). Young Native American parents and young Hispanic parents both have slightly lower rates of insurance (at 82% and 84%, respectively). The rates of having public health insurance are highest among young parents who are Hispanic (76%) and Native American (73%). These rates of public health insurance are higher than for other racial and ethnic groups, likely reflecting that young parents who are Hispanic and Native American may have less access to jobs that offer health insurance as a benefit.

FIGURE XXVI

Young Parents by Health Insurance Coverage, Type, and Race and Ethnicity

	With any Health Insurance	Without Health Insurance	Of Those with Insurance:	
			Private	Public
Hispanic	84%	16%	24%	76%
White	93%	7%	37%	63%
Native American	82%	18%	27%	73%
Black	100%	0%	55%	45%
Asian/Pacific Islander	100%	0%	100%	0%

How to read this table: “Of all young parents who are Hispanic, 84% have health insurance and 16% do not. Of those Hispanic young parents who are insured, 24% have private coverage and 76% have public coverage.”



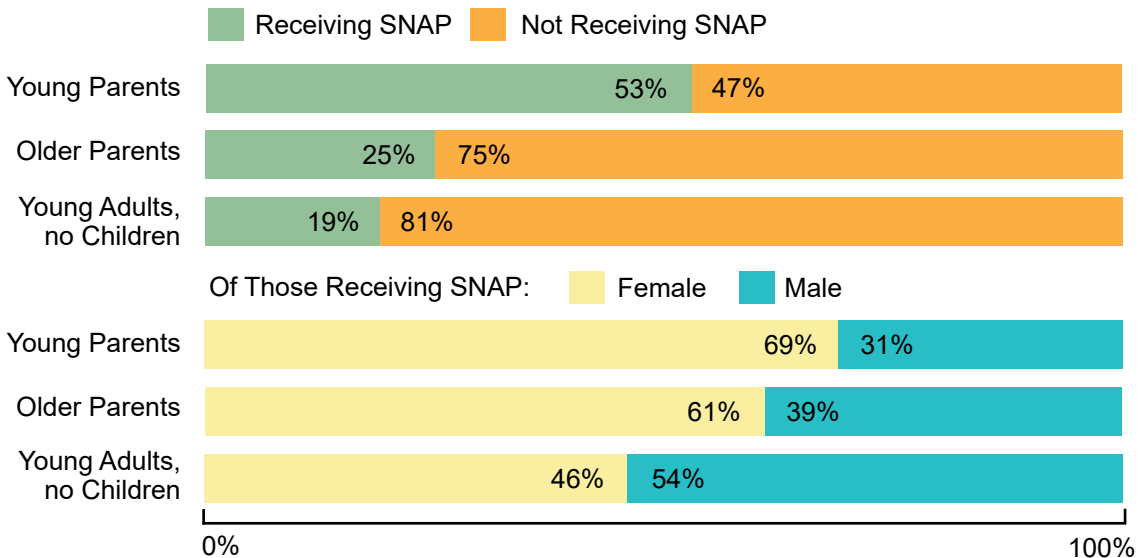
Supplemental Nutrition Assistance Program (SNAP)

About this Indicator: The Supplemental Nutrition Assistance Program (SNAP) provides eligible households with benefits that alleviate food insecurity, which can lead to a number of health problems, including obesity and diabetes. As a supplemental program, it does not provide all the food families need over the course of the month, and many families receiving SNAP also utilize other forms of food assistance like food pantries or enrolling children in free or reduced-price school meal programs. In order to stretch SNAP benefits, families often rely on low-cost foods that are less nutritionally beneficial to growing kids.

About Young Parents in New Mexico: Young parents have the highest SNAP reciprocity rate (53%) among the three groups (see Figure XXVII). While this points to the high rates of eligibility and need for SNAP among young parents, it also indicates that young parents may be more successful in accessing programs for which they qualify as they seek out solutions to ensure the well-being of their children. Young adults without children, particularly those enrolled in school, may also be ineligible for SNAP benefits whether or not they are food insecure. Of those receiving SNAP benefits, most are women among both young and older parents. For young adults without children receiving SNAP, men make up a slight majority of recipients.

FIGURE XXVII

All Parents with Minor Children and All Young Adults by SNAP Reciprocity and Sex



How to read these bar charts: "Of all young parents, 53% receive SNAP benefits and 47% do not. Of all young parents who do receive SNAP benefits, 69% are female and 31% are male."

Among the three comparison groups, the majority of those receiving SNAP benefits are Hispanic, who are overrepresented in comparison to their share in the overall population of the groups (as shown by the blue and gray columns of data in Figure XXVIII). The converse is true of SNAP recipients who are white, as they are underrepresented compared to their shares of the overall population of the three groups. Native Americans receiving SNAP benefits are overrepresented in all three groups. While it might be expected that New Mexicans of color make up the largest share of SNAP recipients given that they make up a majority of the state population overall, it is important to note that they are significantly overrepresented in this category compared to whites, who are significantly underrepresented.

FIGURE XXVIII

All Parents with Minor Children and All Young Adults by SNAP Reciprocity and Race and Ethnicity

	Young Parents		Older Parents		Young Adults, no Children	
	Receiving SNAP	Total Population	Receiving SNAP	Total Population	Receiving SNAP	Total Population
Hispanic	67%	65%	63%	54%	60%	57%
White	20%	22%	18%	32%	16%	27%
Native American	12%	11%	14%	9%	18%	9%
Black	1%	2%	2%	1%	2%	3%
Asian/Pacific Islander	0%	0.3%	1%	2%	0.2%	1%
Some Other Race	1%	0.2%	0.1%	0.2%	0.3%	0.2%
2 or More Races	0.2%	0.1%	0.1%	0.1%	1%	0.2%

How to read this table: “Of all young parents who are receiving SNAP benefits, 67% are Hispanic, 20% are white, 12% are Native American, etc. Of all young parents, 65% are Hispanic, 22% are white, 11% are Native American, etc.”



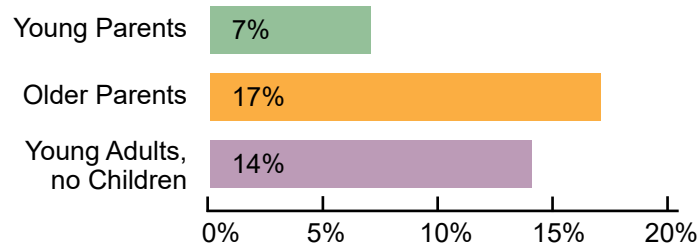


Disability Status

About this Indicator: Disability status is reported in the data by disability type and aggregated here to indicate a report of any disability among young parents, older parents, and young adults without children. Disabilities may impact benefits that individuals are eligible to receive, the level of education they choose to complete, and the type of jobs they may be able to hold. Many people with disabilities experience a lack of support services, challenges in accessing benefits, and discrimination, all of which typically begin early in life in school systems that do not sufficiently support them, then continue into adulthood where systems and the built environment continue to be designed for those without disabilities.

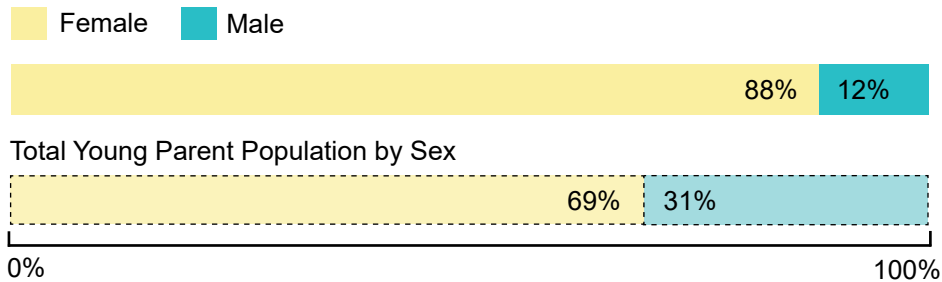
About Young Parents in New Mexico: Young parents are less likely to report any disability than older parents and young adults without children (see Figure XXIX).

FIGURE XXIX
Shares of All Parents with Minor Children and All Young Adults Reporting a Disability



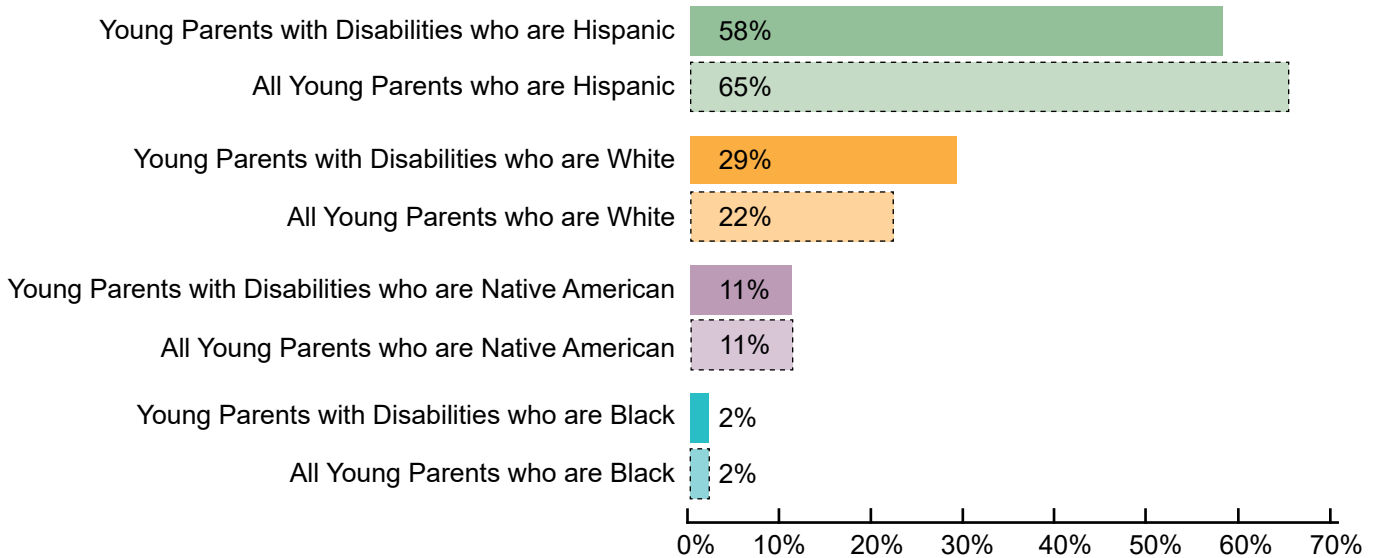
For almost every disability type reported by young parents, the vast majority – nearly 90% – are reported by women (see Figure XXX). There are two exceptions. Of young parents reporting a disability related to vision, 66% are women and 34% are men, making this the most evenly distributed disability between the sexes for young parents relative to their breakout by sex. In the case of young parents reporting that they are disabled veterans, all are men. Still, young mothers are greatly overrepresented among young parents reporting a disability.

FIGURE XXX
Young Parents Reporting a Disability by Sex



Among racial and ethnic groups, young parents with a disability who are Hispanic are underrepresented compared to their total share of the population, while young parents who are white with a disability are overrepresented (see Figure XXXI).

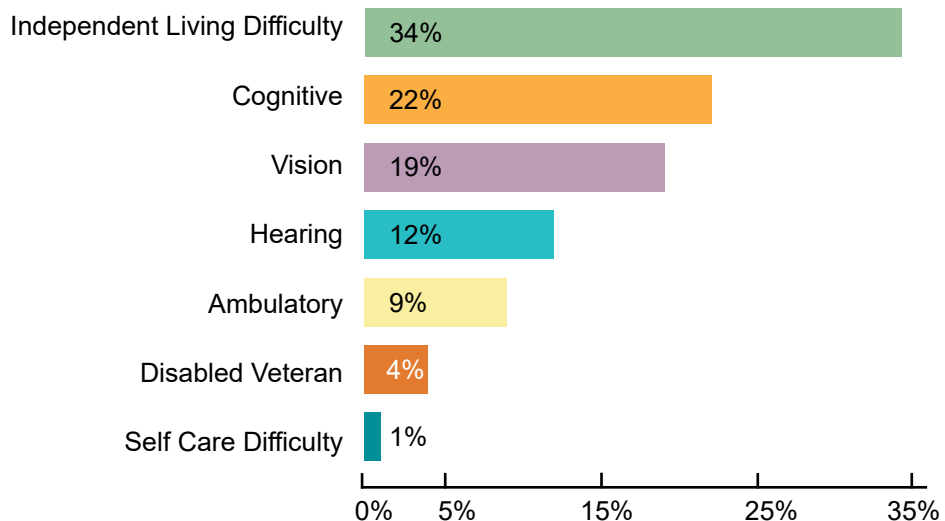
FIGURE XXXI
Young Parents Reporting a Disability by Race and Ethnicity



How to read this bar chart: “While Hispanic young parents with disabilities make up 58% of all young parents with disabilities, Hispanic young parents make up 65% of all young parents so they are slightly under-represented among those with disabilities.”

The disability most commonly reported by young parents is difficulty living independently, with cognitive disabilities the next most commonly reported (see Figure XXXII). Older parents and young adults without children report independent living difficulties at lower rates than young parents.

FIGURE XXXII
Young Parents Reporting a Disability by Type





Citizenship and English Proficiency

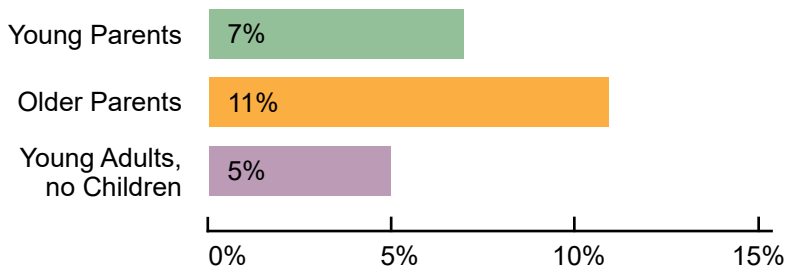
Citizenship

About this Indicator: Citizenship data is challenging to collect because of the long history of anti-immigrant rhetoric that continues in the U.S. today. Although data are available, many survey respondents who are not citizens may choose to skip the question out of fear for their safety and the well-being of their families. For those who are not citizens, there are concerns of deportation, lack of access to some public programs, inability to access some financial aid for higher education, fewer job opportunities and options, and often a higher chance of exploitation in the workforce. All of these issues impact not only the economic status of individuals who are not citizens, but they are also damaging to economic growth in communities.

About Young Parents in New Mexico: Only 7% of young parents report that they are not citizens. This is slightly higher than young adults without children (5%), but lower than older parents, 11% of whom report that they are not citizens (see Figure XXXIII).

FIGURE XXXIII

All Parents with Minor Children and All Young Adults Who are Not U.S. Citizens



Among young parents who are not citizens, 78% are young mothers (see Figure XXXIV), and perhaps unsurprisingly considering New Mexico's location at the U.S.-Mexico border, 97% of young parents who are not citizens are Hispanic (see Figure XXXV).

FIGURE XXXIV

Young Parents Who Are Not U.S. Citizens by Sex

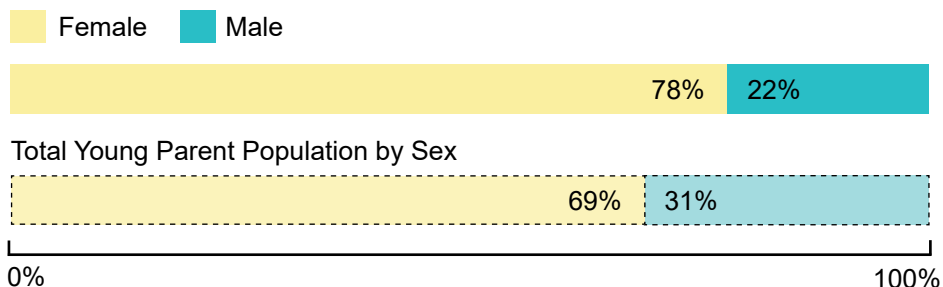


FIGURE XXXV

Young Parents Who Are Not U.S. Citizens by Race and Ethnicity



Language

About this Indicator: Data included in this report focus on respondents' ability to speak English. Although many other languages are spoken nationally, English continues to be the most readily used language in businesses, schools, and documents and services related to public benefits. There may be significant language barriers in daily life in some cases for those who don't speak English or don't speak it well.

About Young Parents in New Mexico: Most young parents, older parents, and young adults without children speak English. Just 1% of young parents don't speak English, and young parents are the least likely among the groups to report that they speak English, but not well (see Figure XXXVI).

FIGURE XXXVI

All Parents with Minor Children and All Young Adults by Ability to Speak English

			Of Those That Speak English in Addition to Another Language		
	Doesn't Speak English	Speaks Only English	Speaks English Very Well	Speaks English Well	Speaks English, but Not Well
Young Parents	1%	62%	33%	4%	0.6%
Older Parents	2%	61%	26%	6%	4%
Young Adults, no Children	0.5%	69%	26%	3%	1%

How to read this table: "Of all young parents, 1% do not speak English, 62% speak English only, of those that speak English in addition to another language, 33% speak English very well, etc."

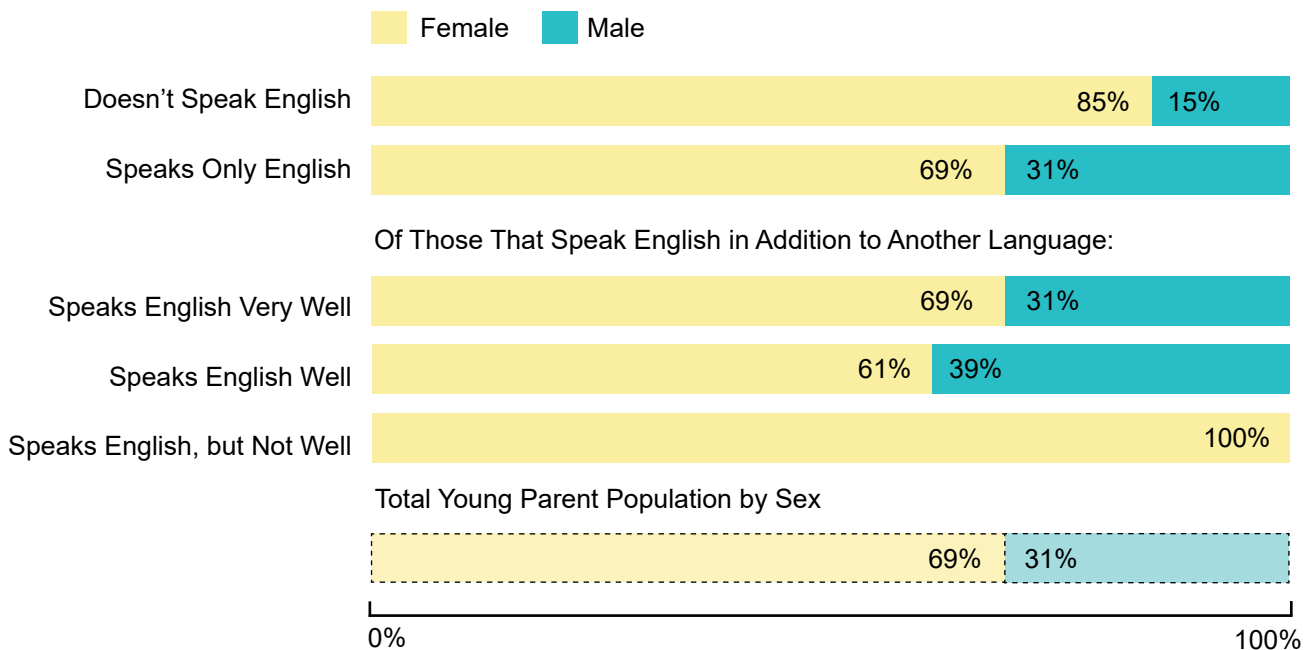




Women make up 85% of young parents who don't speak English and 100% of young parents who speak English in addition to another language, but not well (see Figure XXXVII).

FIGURE XXXVII

Young Parents by Ability to Speak English and Sex



How to read this bar chart: "Of all young parents who do not speak English, 85% are female and 15% are male."



For all racial and ethnic groups, most young parents speak only English or speak English very well (see Figure XXXVIII). Just 2% of young Hispanic parents report that they don't speak English, and 1% report speaking English, but not well. No young parents of other races selected either of these options to describe their English-speaking capabilities.

FIGURE XXXVIII

Young Parents by Ability to Speak English and Race and Ethnicity

			Of Those That Speak English in Addition to Another Language		
	Doesn't Speak English	Speaks Only English	Speaks English Very Well	Speaks English Well	Speaks English, but Not Well
Hispanic	2%	50%	41%	6%	1%
White	0%	95%	5%	0%	0%
Native American	0%	56%	43%	1%	0%
Black	0%	95%	5%	0%	0%
Asian/Pacific Islander	0%	100%	0%	0%	0%
2 or More Races	0%	100%	0%	0%	0%

How to read this table: "Of all young parents who are Hispanic, 2% do not speak English, 50% speak English only, of those that speak English in addition to another language, 1% speak English very well, etc."

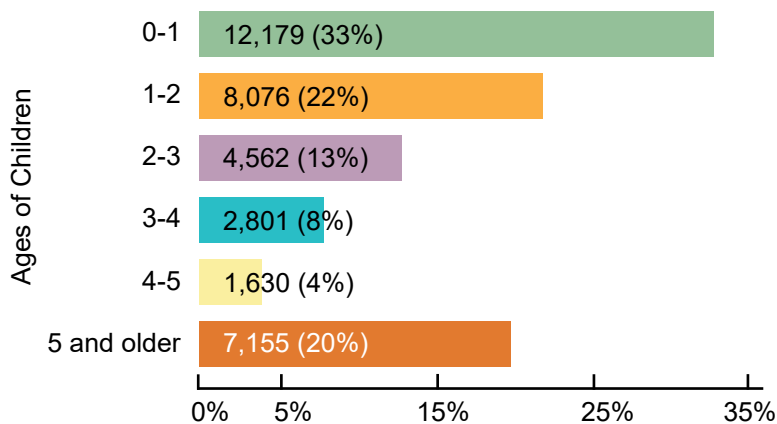


Children of Young Parents

Providing stable estimates regarding children of young parents is complex and highly challenging, particularly in a state like New Mexico with a small population of young parents. Based on the data available for young parents in the state, this analysis provides an estimate of the total number of children who have young parents and their ages.

Based on data regarding the number of children young parents report having, there are an estimated 36,400 children living with young parents in New Mexico. Approximately 80% of young parents have at least one child younger than 5 years old, and we know the majority of young parents have just one child, meaning many children of young parents are only children (see Figure XXXIX).

FIGURE XXXIX
Number (and Percentage) of Children of Young Parents
by Age Group



How to read this bar chart: "Of all children of young parents, 12,179 of them are younger than 1 year old. That age groups makes up 33% of all children of young parents."

While statistical estimations of other indicators are unavailable at this time for children of young parents, there are several things that can be reasonably assumed about this population of children based on the analysis of young parents.

Since young parents are more likely to be people of color, it is likely that a larger percentage of children of young parents are children of color. With more young parents earning lower incomes and living below 200% of the FPL, it is likely that the rates of children in families with low incomes and higher poverty are higher than for the children of older parents. These children are also more likely to be food insecure as measured by the higher participation of young parents in SNAP. Finally, it can be expected that more children of young parents are enrolled in public health insurance, most likely Medicaid, than children of older parents because older parents are more likely than young parents to have private health insurance coverage.

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