Contributors

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Where you live affects your health
Where you live affects your health

Factors that influence community health and wellness

20% Healthcare

20% Genetics

60% Social, Environmental, Behavioral Factors

Planning decisions influence the 60%

Source: US County Health Rankings
MetroWest Health Foundation

Ashland  Milford
Bellingham  Millis
Dover  Natick
Framingham  Needham
Franklin  Norfolk
Holliston  Northborough
Hopedale  Sherborn
Hopkinton  Southborough
Hudson  Sudbury
Marlborough  Wayland
Medfield  Wellesley
Medway  Westborough
Mendon

Metro Boston (164 municipalities)
The MetroWest Health Foundation region is...

• diversifying at a faster rate than the state, driven mostly by an increase in Latinx and Asian or Pacific Islander populations

• faring better economically than the state average, but racial disparities persist in income levels, homeownership rates, housing cost burden, and more

• older than the state average: more than half of MWHF municipalities have greater proportions of older adults than the state, on average

• projected to become older in the coming decades, and likely to continue diversifying with the rest of the Metro Boston region
The data in context

• **Legacies of racial discrimination** in housing, education access, economic mobility, and more have resulted in entrenched racial disparities across most, if not all, of the metrics analyzed in this presentation

• **Present-day racial discrimination** in housing, economic opportunities, lending, etc. continue to drive socioeconomic inequities that, ultimately, can manifest in health disparities

• **Please keep this context in mind** as we look at the data
Demographics
Overall, the MWHF region is diversifying…

- Increases in Latinx and Asian or Pacific Islander populations have increased the region’s diversity.
...yet it still lags behind the state average

• The region is on average more White than the state

Source: American Community Survey 2012-16 5-Year Average
The region has a rich history of immigration and diversification

- Irish and French Canadian immigrants arriving in the mid-19th century
- Portuguese, English, Italian, Greek, and Polish immigrants by early 20th century
- South Asian immigrants in the mid-to-late 20th century
- Brazilian immigrants in the early 1980s

Source: Global Boston, Boston College Department of History
The result: a diversity of backgrounds and stories

- Irish and Italian ancestry make up nearly 40% of the MWHF region.
The result: a diversity of backgrounds and stories

- Irish and Italian ancestry make up nearly 40% of the MWHF region
- Brazilian and Portuguese ancestry makes up roughly 6% combined (unchanged from 2011)

Source: American Community Survey 2012-16 5-Year Average
Brazilian populations have been highly clustered, but a shift seems to be taking place

- Four municipalities — Framingham, Hudson, Marlborough, and Milford — make up 82% of the MWHF region’s Brazilian ancestry population in 2016
  - Down from 86% in 2011 — drop mostly due to Brazilian populations moving from Framingham and Milford
Racial dot map (2010)

- White and Asian populations are distributed throughout the region.
- Latinx, Black, and multiracial or other races are more clustered within a few cities and towns.

Source: U.S. Decennial Census, 2010
1 dot = 1 person

*Here, Latinx/Hispanic is exclusive of other categories
Some municipalities are diversifying faster than others

- Few municipalities are losing people of color – most are diversifying
- A quarter have increased their populations of color by 50% since 2011

Source: American Community Survey 2007-2011 and 2012-2016 5-Year Averages

Percent Change in People of Color, 2011 to 2016:
- Loss of People of Color
- Increase of 0-15%
- Increase of 15-30%
- Increase of 30-50%
- Greater than 50% Increase
Language spoken at home

• The region has a diverse set of languages spoken at home

• One out of five households (20.3% +/- 0.7%) speak a language other than English at home in MWHF region

Source: American Community Survey 2012-16 5-Year Average
The region is generally older than the state average

- Nearly half of the MWHF municipalities (12 of 25) have a median age 3-6 years older than the state median (39.4 +/- 0.1 years)

Source: American Community Survey 2012-16 5-Year Average
The proportion of households with older adults is growing…

- Over a quarter of all households in MWHF region have seniors
- This mirrors a statewide increase in the proportion of households with seniors

Source: American Community Survey 2007-11 and 2012-16 5-Year Averages
...and the proportion of households with children is static, but higher than the state average

- Little change from 2011 to 2016 (~1 percentage point drop in MWHF region and statewide)
- Over a third of homes in region have children

Source: American Community Survey 2012-16 5-Year Average
Children in poverty

- In the MWHF region, a smaller proportion of families with children are below the poverty line compared to the state average.
- High variability in rate of children in poverty across region.

Source: American Community Survey 2012-16 5-Year Average
A greater share of MWHF residents have completed college or beyond

- College completion is higher in the region than the state average for nearly all racial/ethnic categories
- Yet disparities still exist across racial/ethnic groups

Source: American Community Survey 2012-16 5-Year Average
Higher household incomes, but racial disparities persist

- MWHF region households make more than state average, particularly White and Asian populations
- Data is less clear for Black, mixed race, and other races
- Statewide income disparities persist within region

Source: American Community Survey 2012-16 5-Year Average
Income disparities are reflected in racial disparities in housing cost burden

- Latinx have greatest overall cost burden
- Only Black population has more severely cost burdened households than cost burdened
  - This is not a statewide trend

Cost burdened: 30-50% of income spent on housing
Severely cost burdened: 50% or more of income spent on housing

Source: Comprehensive Housing Affordability Strategy (CHAS) 2011-15 5-Year Average
Unemployment across the region is lower than state average

• 2-3x less unemployment than state average within each racial/ethnic groups

• Yet across racial ethnic groups, racial disparities seen across the state are also seen within the MWHF region

Source: American Community Survey 2012-16 5-Year Average
Housing

Housing development in Needham, MA

Photo credit: David L. Ryan/Boston Globe
Homeownership is more prevalent in region than in state for nearly everyone...

• …except Black and mixed race households
• Black and mixed race households do not have a greater chance of being homeowners in the MWHF than the state on average

Percent of Households that are Owner-Occupied (%), by Race, 2016

- MetroWest Health Foundation
- Massachusetts

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<tr>
<th>Race</th>
<th>MetroWest Health Foundation</th>
<th>Massachusetts</th>
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<td>Latinx</td>
<td>25%</td>
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<tr>
<td>Black</td>
<td>33%</td>
<td>35%</td>
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<tr>
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<td>Other Race</td>
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<td>29%</td>
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<tr>
<td>Non-Hispanic White</td>
<td>69%</td>
<td>78%</td>
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Source: American Community Survey 2012-16 5-Year Average
Homeownership rate is variable across the region

- Black and Latinx populations tend to be clustered in municipalities with the lowest homeownership rates in the region

Source: American Community Survey 2012-16 5-Year Average
Population Projections

• Rapid population growth during the last two decades is expected to slow

• Total population is expected to grow by 4% from 2010 to 2040
Population Projections, by age

Total Population,
MetroWest Health Foundation, 1990

1990
Population Projections, by age

Total Population,
MetroWest Health Foundation, 2000

Population by Age Group, 2000
Population Projections, by age

Total Population,
MetroWest Health Foundation, 2010

![Bar chart showing population projections by age group for 2010.](chart.png)
Population Projections, by age

2020 (Projected)

Population Projections, by age

Total Population, MetroWest Health Foundation, 2020
Population Projections, by age

Total Population,
MetroWest Health Foundation, 2030

2030 (Projected)
Population Projections, by age

2040 (Projected)

Total Population,
MetroWest Health Foundation, 2040
Population Projections, by age

2010 vs. 2040

Total Population,
MetroWest Health Foundation

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<th>2010 Population</th>
<th>2040 Population</th>
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• Nearly one in four residents in the region will be 65 and older by 2040
The region is projected to double the number of residents age 75 and older by 2040.
Population Projections, by age

- With the MWHF region’s expected population growth, Millennials and Gen Z residents are each expected to outnumber Baby Boomers by 2030.
Race projections are for the 164-municipality Metro Boston region.

Household income and employment projections compare MWHF to the Metro Boston region.
Changing racial/ethnic demographics of Metro Boston (164 cities and towns) by age

- Population of color expected to grow 77% between 2012 and 2040 in Metro Boston, with growth across all age groups.

- Population of color over 75 expected to be nearly 6x larger in 2040 in Metro Boston, with largest growth among Latinx populations.

Note: Latinx group is exclusive of other racial and ethnic groups, e.g. a person who identifies as Latinx and Black is considered in the Latinx group, but not the Black group.
• A larger share of MWHF households are projected to earn $35,000 or less in 2040
Household Income Projections

- A larger share of MWHF households are projected to earn $35,000 or less in 2040.
- In 2040, MWHF will still have a significantly larger share of households earning more than $125,000 than Metro Boston, and smaller share earning $35,000 or less.
Employment Projections

• Between 2012 and 2040, employment is expected to grow 7.8% in the MWHF region and 9.4% in Metro Boston.

• The industrial sector is expected to decline in both regions, while service and retail sectors are expected to grow.

• Growth of the retail sector in Metro Boston is expected to outpace that in MWHF.

Projected Change in Employment by Sector
2012 to 2040, MWHF and Metro Boston
Summary

• The MetroWest Health Foundation region is becoming more diverse, but the spatial distribution of this diversity depends on the race.

• Much of the region is older than the state average, and projections suggest that nearly a quarter of the region will be 65 and older by 2040.

• The region fares better economically than the state average, but significant growth in the region’s low-income population is projected.

• If these economic and housing disparities persist along racial lines, health disparities are likely to persist as well.