

# 2023 METROWEST COMMUNITY HEALTH ASSESSMENT

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# Acknowledgments

We are pleased to present the 2023 Community Health Assessment (CHA) for the MetroWest area of Massachusetts. This assessment, the fourth conducted for the region, is a result of extensive primary and secondary research, which included input from residents, organizational leaders, and stakeholders from across 25 MetroWest communities.

This CHA represents an extraordinary opportunity to gather local health data and community input to provide a more detailed and complete profile of our region's health assets and needs. The long-term goal of this work is to achieve greater regional collaboration that will serve to leverage the resources, talent and expertise of our diverse stakeholders and communities to make the MetroWest region a healthier place to live and work.

We wish to thank the hundreds of MetroWest residents who completed our online survey or participated in one of the focus groups held throughout the region. We also want to thank the following organizations that served as convenors of focus groups and key informants: Advocates, A Place to Turn, Early Childhood Alliance of Framingham, Framingham Adult ESL Plus, Framingham Public Schools, HESSCO, Jewish Family Service of Metrowest, JRI Health, Latino Health Insurance Program, Natick Office of Sustainability, Town of Northborough, SMOC, Sudbury Council on Aging, Vet Center, Voices of the Community, and Wayside Youth and Family Support Network.

The MetroWest Health Foundation provided financial support and conducted the assessment. Additional funding was provided by CHNA 7 MetroWest. The assessment was overseen by Kate Baker, Research Director. She was assisted by Rachel Lee, a graduate student intern from the Boston University School of Public Health.

Copies of this report can be downloaded from the foundation's website at [www.mwhealth.org](http://www.mwhealth.org)

We also invite your comments and feedback on this CHA, which can be sent to us at [info@mwhealth.org](mailto:info@mwhealth.org)

# Executive Summary

## Introduction

The MetroWest Health Foundation conducted the 2023 MetroWest Community Health Assessment (CHA) to identify and prioritize the health needs of the 25 communities served by the foundation. This work builds on the previous needs assessments, conducted most recently in 2019. It incorporates a revised data analysis method, allowing for a more thorough examination of the social determinants of health and health equity. By conducting this CHA, the foundation hopes to engage community leaders and stakeholders to think collaboratively and regionally about ways to solve complex health issues that disproportionately impact people of color, those who speak a language other than English, older adults, and low-income residents.

## Methods

Data for this assessment included primary data collected from three sources:

1. A community health survey that was offered in English, Portuguese and Spanish and completed by over 1,000 residents;
2. Seven focus groups that collected input from approximately 40 community members;
3. Ten key informant interviews

Public health data was also analyzed to summarize key indicators and describe relevant trends and disparities. Data was integrated across these sources in order to provide context for the prioritized health issues.

## Findings

The top five health priorities identified in this assessment are:

### ➤ **Mental Health**

Mental health was the top health issue identified by residents who responded to the community survey. Only 14.3% of survey respondents were very satisfied with the availability of mental health services. Of the people who needed mental health services (both non-emergency and emergency mental health care), one in three (33.27%) were not able to access it. The top three reasons residents were unable to access mental health services were a lack of mental health providers/therapists, long wait times for an appointment, and no insurance coverage for mental health services.

### ➤ **Substance Use**

Substance use, including nicotine, alcohol, marijuana, and opioids, has decreased among MetroWest youth in recent years. For adults, the picture is more mixed, especially alcohol consumption, which increased in Massachusetts during the pandemic. While the opioid-related death rate among MetroWest residents has declined since 2018, it remains a significant public health challenge. Despite declines, alcohol and substance use was the second highest health priority identified by residents who responded to the community survey and smoking/vaping was identified separately as the 9th highest priority health issue.

➤ **Built and Natural Environment**

Built and natural environment refers to community spaces and infrastructure, as well as community and social connections. Residents who responded to the community survey revealed the importance of community spaces, such as parks, bike paths, accessible sidewalks, and stores. The most common suggestions for improvement focused on additional community spaces to gather and outdoor spaces and afterschool activities for youth. Some specific examples cited were community centers, playgrounds, physical activity spaces, parks, community gardens, and farmer's markets. There was also a great deal of concern expressed about the social isolation that grew during COVID shutdown and that has persisted, especially among older adults and young people.

➤ **Housing Insecurity and Homelessness**

Housing costs are a major financial stressor for many residents. Residents who responded to the community survey expressed that the high cost of housing means they are paying high rents for housing that is not in good condition. The high cost of housing is one of the main factors driving the high cost of living in the region. Less than 58% of survey respondents are able to access good quality, affordable housing all of the time. Housing was mentioned in nearly every key informant interview and focus group as an urgent need. This is true for all populations.

➤ **Food Insecurity**

The findings from the community survey, focus groups and key informant interviews reveal that food insecurity is a pressing and growing concern in the region. There are multiple challenges to accessing healthy food. Residents and social service professionals stressed the rising cost of food in interviews. Access to accurate information from trusted sources was also noted. Access to healthy food also means understanding what to buy and how to prepare it. Older adults, especially those with chronic health conditions, mentioned the need for more nutrition education and wanted a better understanding of how to read nutrition labels.

In addition to these priority health issues, **Access to Care** was identified as a cross-cutting issue. Access to medical and behavioral health care is a challenge for many in the MetroWest region. There are pockets of uninsured residents, either due to the high cost of coverage or their inability to qualify for subsidized insurance coverage. Uninsurance rates in MetroWest range from 1.7%-7.6% of the population by zip code, according to 2021 CDC PLACES data estimates. Of those that responded to the community survey, the majority had private health insurance through an employer, followed by 41.6% that relied on coverage through public programs such as MassHealth and Medicare. Less than 1% indicated that they had no health insurance coverage. Even with 99% of respondents having health insurance coverage, significant numbers of respondents indicated that they needed certain care but were unable to access it. When asked to identify barriers to access, respondents noted many factors including not having reliable transportation, cost, and insurance limitations as impediments to access some or all of the time. Many also reported that the health care system, including health insurance, is difficult to understand and navigate.

**Chronic Disease and Other Illness** was mentioned in both the survey and during focus groups and key informant interviews as significant health concerns in the region. Those that were of particular concern to respondents and that regional data show are prevalent are overweight/obesity, cancer, heart disease, and asthma/allergies.

**Disparities** exist for many health conditions and within social determinants of health. Some of the largest disparities in Massachusetts include pregnancy related mortality rates, rates of hospital admissions for asthma, infant mortality rates and age-adjusted emergency department visits for diabetes. These are only a few of many examples of disparities in health outcomes by race in the state. The systemic issues raised throughout this report along with pervasive structural racism are the root causes of many of these disparities.

### Recommendations

Strategies for addressing the concerns raised in the CHA require a true systems-change approach that seeks to not only address the causes of illness and disease, but also focuses on the social determinants of health as fundamental to ensuring a healthy MetroWest region. This kind of approach requires thoughtful planning, robust community engagement and participation, and interagency collaboration. The region is well positioned to move forward in this way. In response to these and other concerns expressed in this needs assessment, the following recommendations are made to promote the health and well-being of the region:

- 1) Establish a broad **coalition** of community members and agencies to develop specific actionable plans for addressing each of the health priorities identified in this assessment. This process should involve community members in decision-making processes related to health initiatives and policies.
- 2) All efforts to plan for and address health needs in the region must be based on principles of **equity**. Priority should be given to reducing known health disparities and ensuring that all community members have an equal opportunity to achieve good health. A key component of this is to ensure that all residents have access to health insurance and affordable health care services, including primary care, behavioral health services, and preventive care.
- 3) The coronavirus pandemic tested the region's ability to adequately respond to public health emergencies and other disasters. Continued efforts should be made to strengthen local **public health capacity** through shared services and other multi-jurisdictional approaches. These efforts should also seek to bolster public attitudes and perceptions about the importance of public health measures in preventing illness and disease. This includes encouraging community members to receive recommended vaccinations to prevent the spread of vaccine-preventable diseases, including childhood vaccinations.
- 4) As the need for **behavioral health** services continues to be a priority in the region, collaborative efforts are needed across agencies to promote timely access to mental

health services and substance use treatment programs and resources. Additional work should focus on promoting mental health awareness and on reducing substance use through educational campaigns and community prevention efforts.

- 5) Communities should also work to encourage **social connections** and regular **physical activity** among residents of all ages through expansion of walking and biking trails, establishing recreation and community centers, and by offering fitness programs.
- 6) As more and more MetroWest residents, including older adults, face a housing affordability challenge due to rising rents or home prices, regional efforts are needed to support the development of more **affordable housing** units and seek ways to better support those who are housing insecure.
- 7) Climate-related health and environmental issues will continue to rise and will require new strategies for addressing how these issues will affect residents. MetroWest cities and towns should actively monitor and address **environmental factors** that can impact health, such as air and water quality, lead exposure, and sanitation.
- 8) Continued work is needed to raise awareness about hunger and **food insecurity** issues across MetroWest communities. This includes educational programs to inform people about the problem, its implications, and local efforts to develop approaches for addressing food insecurity. Work is also needed to advocate for policies at the local, state, and national levels that address the root causes of food insecurity, such as high housing and transportation costs, low wages, and education and training as these factors can influence food security.

# Introduction

The MetroWest Health Foundation conducted the 2023 MetroWest Community Health Assessment (CHA) to identify and prioritize the health needs of the 25 communities served by the foundation. This work builds on the previous needs assessments, conducted in 2013, 2016, and 2019, and incorporates a revised data analysis method, allowing for a more thorough examination of the social determinants of health and health equity. Social determinants of health are the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks<sup>1</sup>. By conducting this CHA, the foundation hopes to engage community leaders and stakeholders to think collaboratively and regionally about ways to solve complex health issues that disproportionately impact people of color, those who speak a language other than English, older adults, and low-income residents.

Goals of the 2023 CHA include:

- Provide updated health and demographic data
- Understand perceptions of health needs among residents
- Identify gaps in populations served
- Identify health priorities to inform and unify future work across the region, particularly those that are actionable at the community level
- Apply principles of equitable data collection and presentation

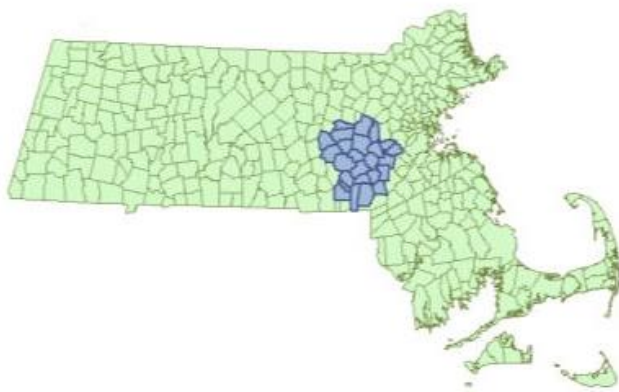
## About MetroWest

The MetroWest region of Massachusetts, as defined by the foundation, encompasses 25 communities (see map below.) covering 426 square miles approximately 20 miles west/southwest of Boston. MetroWest is not an officially defined region, but for the purposes of this report includes towns and cities located in Middlesex, Norfolk, and Worcester counties.

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<sup>1</sup> [Center for Disease Control and Prevention, adopted from the World Health Organization](#)





With a population of just over 510,000, MetroWest has some of the most affluent, highly educated, and healthiest communities in the state. The region is a popular choice for families and professionals seeking the benefits of suburban living with the convenience of proximity to downtown Boston. And, while MetroWest is primarily residential, it also has a robust business sector and is the home to many national firms including Bose, Boston Scientific, Staples, and TJX.

The region, like many suburban areas in the United States, has experienced an increase in its immigrant population over the last 20 years. These immigrant communities come from diverse backgrounds and contribute to the cultural and economic fabric of the region. Asian, Brazilian, Hispanic/Latino, Eastern European, and African immigrants can be found throughout the region adding to the racial and ethnic diversity of the region.

The MetroWest region is also home to a strong health and social service infrastructure, including four acute-care hospitals, two community health centers, and multiple child welfare, behavioral health, community action, and social and recreational services. These organizations have worked collaboratively in recent years to address many community health needs, including those identified in past community health assessments.

Despite being a region with considerable strengths, the MetroWest area does have its challenges. The region has not been immune to the opioid epidemic that has swept the nation, nor do all residents share equally in their ability to access health insurance, primary medical care, and behavioral health services. Several MetroWest communities have uninsured populations, including children, higher than the state average.

Although many of the cities and towns in MetroWest have moderate to considerable wealth, pockets of poverty do exist within some census tracts across the region. The health outcomes in these tracts may differ considerably from others, even within the same municipality.

The number of older adults living in the eastern sector of the region is higher than the state average and is estimated to continue to grow rapidly as the population continues to age. Many of these older adults now find themselves living alone, lacking social connections, and finding it difficult to remain in their own homes.

Affordability is an issue for many in the MetroWest region. The region has a high cost-of-living in an already high cost-of-living state. Home prices have risen considerably in recent years, as have apartment rents. This has forced those seeking to live in the region to move further west and south. This shift has impacted local hiring, as increased commuting costs force some in lower paying direct care jobs to look for work closer to home and therefore outside the MetroWest area.

Many new immigrants, including recent Haitian, Afghan and Syrian refugees have faced unique challenges related to language barriers, cultural adjustment, and access to resources and services. As a result, local organizations, government agencies, and nonprofits often work to support and integrate these communities into the fabric of MetroWest life, ensuring that they have access to education, health care, and social services.

Even with these challenges, the region continues to be seen as a progressive area focused on ensuring that residents' needs can be met through strong community engagement, leadership, collaboration, and innovation.

## Impact of COVID-19

**“COVID has changed everyone’s world from young to old.”**

– Community survey respondent

COVID-19 and resulting social distancing measures brought drastic changes in the ways that people interact with and care for one another. Lasting effects of the pandemic have been discussed widely in society and research continues across industries to understand the ongoing sociopolitical impacts. This CHA would be remiss to not acknowledge the upheaval that occurred since the previous CHA. At the same time, we acknowledge that society and our health and social service systems have adapted and progressed since the pandemic began more than three years ago.

When asked whether they or their community experienced lasting effects of COVID, the responses of MetroWest residents varied. Among the top changes were economic effects, including new workplace policies, business closures, lasting financial effects of job loss or income restriction, changes in the labor market (shortages in some industries), and burnout among health care and public health workers. Rising costs of basic needs were also mentioned. Many expressed concern about loss of learning and social skills and the increased screen time among youth. Others described disabling physical effects, mostly related to long COVID, such as respiratory issues, sustained cognitive changes (“brain fog”), fatigue, and joint pain. Said one

community survey respondent, **“The symptoms are like having a silent disability and have greatly affected my life.”** Residents worry for the well-being of others in their lives and are processing the trauma and grief associated with loss of loved ones. Systemic issues like long wait times for appointments for mental health and physical health were reported. Notably, one respondent said: **“I’m disappointed in the general population about the politicization of health and concerned about long-term impacts of this from societal standpoint.”**

These concerns are not unique to MetroWest, but they are important to understand in the context of providing services and care to residents. The impact of the coronavirus pandemic on social determinants of health, trust in government and health systems, and overall well-being of residents underlie the findings of this CHA.

## Methods

Data sources for the CHA include a community survey, key informant interviews, focus groups, and publicly available secondary data. A summary of the demographics of survey respondents, including representation by city or town, can be found in Appendix B. A listing of the key informants and focus group populations can be found in Appendix E.

Foundation staff engaged partners and individual community members in a variety of ways.

- Survey design: Staff spoke with public health professionals to understand what they look for and how they use findings from the CHA. Staff spoke to several agencies and individuals for a pre-review of the community survey for content and cultural appropriateness.
- Community outreach: Partnering with local agencies and community leaders was a central tenant of promoting the community survey to diverse populations. The survey and promotional materials were available in English, Portuguese, and Spanish.
- Data collection: Partners were encouraged to contribute their own assessments to ensure representation by geography and population/need, and limit over-surveying residents.
- End product design: In keeping with the goal of providing agencies with updated information, while limiting burden, staff garnered feedback on how to present findings to community members in a way that is appealing and concise.

An equity lens was applied throughout the design, data collection, analysis, synthesis, and presentation stages. To help highlight equity issues, and the implications of systemic racism, a data biography summarizing the origin of secondary data sources was developed in the process of synthesizing the CHA and is available upon request.

# Findings

## Comparison to Previous CHAs

The table below displays the top health concerns of residents over time, as identified through community surveys in the CHA process. The 2023 CHA used a different survey instrument and analysis process than previous CHAs, in addition to covering a slightly different geographic area. A copy of the 2023 MetroWest CHA community survey is available in Appendix D. Despite the change in methodology residents have shown consistency when identifying top health concerns over the last ten years.

Rank	2013	2016	2019	Methodology change	2023
1	Overweight/ Obesity	Alcohol / Substance Use	Alcohol / Substance Use		Mental Health
2	Aging Problems	Mental Health Issues	Mental Health Issues		Substance Use
3	Mental Health Issues	Aging Problems	Aging Problems		Built and Natural Environment
4	Cancer	Overweight/ Obesity	Smoking / Vaping		Housing Insecurity and Homelessness
5	Alcohol / Substance Use	Cancer	Overweight/ Obesity	Food Insecurity	

In 2023, Overweight / Obesity and Cancer were identified as top concerns in a ranking question in the community survey, but were not discussed broadly in open-ended survey responses, key informant interviews, or focus groups. Instead, residents discussed concerns related to the Built and Natural Environment and Housing and Homelessness. In an effort to reflect the top concerns of residents, this report will focus on Mental Health, Alcohol and Substance Use, Built and Natural Environment, Housing and Homelessness, and Hunger / Food insecurity as the top five issues. Overweight/Obesity, Cancer, and other topics are discussed as other issues of concern.

## Mental Health

**“The demand for mental health providers in the area is higher than the number of providers taking new patients. Our advocate called 40 providers looking for pediatric mental health counseling before finding someone who would do an intake.”**  
 – Community survey respondent

While Massachusetts has the highest ratio of mental health providers per capita in the United States<sup>2</sup>, there is still a significant shortfall, especially for youth and individuals who speak a language other than English. The coronavirus pandemic put a further strain on the already taxed mental health system, as demand increased and providers left the workforce. According to a 2023 survey of 750 behavioral health workers conducted by the Harris Poll on behalf of the National Council for Mental Wellbeing, demand for behavioral health services is increasing, with 65% of behavioral health organizations seeing an increase in the demand for services, while at the same time burnout is affecting 93% of providers such that nearly half say they are considering other employment options.

According to the 2021 MetroWest Adolescent Health Survey, there have been considerable and concerning increases in reports of serious mental health problems, including anxiety, depressive symptoms, self-injury, and suicidal ideation among youth since 2018. Further, the overall prevalence of these mental health problems was higher in 2021 than in any prior surveys. Nearly half of all youth (48%) said their mental health became worse since the beginning of the pandemic. Adolescents at greatest risk of mental health issues include females and youth who identify as LGBTQ.

Data from the CDC PLACES dataset show that more than one out of ten adults said their mental health was not good for 14 or more days during the past 30 days (13.2% Middlesex County, 13.8% Norfolk County and 16.5% Worcester County). Approximately one in five adults said they had been told by a doctor, nurse or health professional that they had a depressive disorder (19.4% Middlesex County, 19.7% Norfolk County and 22.1% Worcester County).

Mental health was the top health issue identified by residents who responded to the community survey. Only 14.3% of survey respondents were very satisfied with the availability of mental health services. Of the survey respondents, those with children living in the household were one of the top populations to identify mental health as a top issue (24.4%).

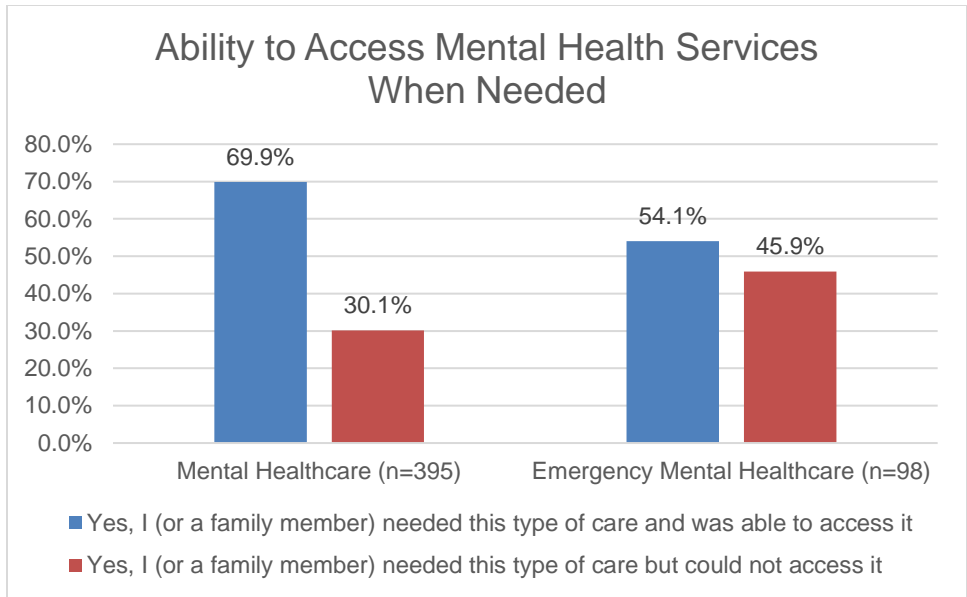
**“We need more access to health and mental health providers who speak languages other than English, especially Spanish & Portuguese. We also need more providers who are accessible to immigrants who may have limited insurance coverage (or, ideally better health insurance coverage for this population!)”**

- Community survey respondent

Of the people who needed mental health services (both non-emergency and emergency mental health care), one in three (33.27%) were not able to access it.

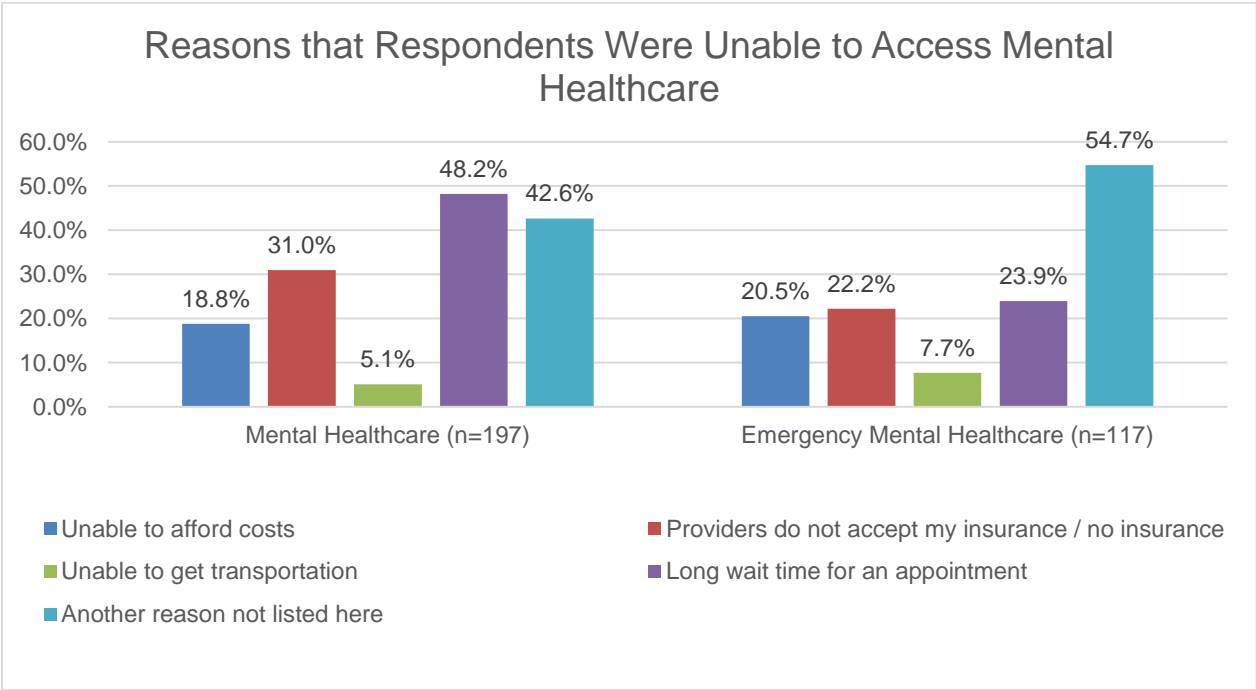
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<sup>2</sup> Reinert, M, Fritze, D. & Nguyen, T. (October 2022). “The State of Mental Health in American 2023” Mental Health America, Alexandria VA



*\*Data from 2023 MetroWest CHA community survey*

The top three reasons residents were unable to access mental health services were a lack of mental health providers/therapists, long wait times for an appointment, and no insurance coverage for mental health services.



*\*Data from 2023 MetroWest CHA community survey*

**“We really have a significant shortage of mental health professional availability...We must do something and compensation is one of those areas. Mental health professionals have a big burden to bear, and I do not believe they are compensated sufficiently. Mental health wages are significantly lower than other medical practitioners.”**

- Community survey respondent

To be able to comprehensively address the issue, we must look at both the increasing rates of mental health challenges as well as the lack of providers, especially those who speak languages other than English. Mental health promotion programs and shorter-term interventions and treatment modalities can be cost-effective ways to promote better mental health and to work within existing provider shortages. To address workforce challenges, investments in the workforce pipeline are needed, especially for those who speak languages other than English, as are higher reimbursement rates for providers working in community mental health settings. In addition, addressing the challenges in the region related to social determinants of health, especially food and housing insecurity, will help alleviate some of the most severe stressors that contribute to poor mental health.

## Substance Use

**“There is still such a huge use of vaping and access to edibles/marijuana to our younger kids.”**

- Community survey respondent

Substance use, including nicotine, alcohol, marijuana, and opioids, has decreased among MetroWest youth in recent years. For adults, the picture is more mixed, especially alcohol consumption, which increased in Massachusetts during the pandemic. Fortunately, naloxone’s increased availability has played an important role in preventing opioid overdose deaths among both adolescents and adults.

According to the 2021 MetroWest Adolescent Health Survey, use of electronic vapor products (EVPs) decreased from 2018 to 2021. Similarly, perceived risk of using EVPs increased considerably during that same time period. However, MetroWest school personnel and public health officials have reported anecdotally that vaping has been on the rise since schools fully reopened following the first two years of the coronavirus pandemic. The CDC has reported an increase in vape sales nationally from 2020 to 2022.

Alcohol and marijuana use and prescription drug misuse among adolescents also declined from 2018 to 2021. For the first time in 2021, fewer than half of high school youth report lifetime drinking. Youth with disabilities and LGBTQ youth are more likely to report marijuana use and prescription drug misuse.

Data from the CDC PLACES dataset show that approximately 18% of adults in MetroWest report binge drinking in the past 30 days (18.2% Middlesex County, 18.8% Norfolk County and

17.1% Worcester County). Massachusetts has higher rates of adult binge drinking than the US average.

Opioid-related overdose deaths of MetroWest residents have continued to decline since 2018, from a high of 100 in 2018 to 66 in 2022. Similarly, EMS overdose incidents declined from 21,618 in 2021 to 18,886 in 2022. From January through March 2023, the greatest number of suspected opioid-related incidents treated by EMS across the state were among males aged 35-44. In Massachusetts, Naloxone was administered in 97 percent of acute opioid overdoses during the first nine months of 2022. More recently, the animal tranquilizer xylazine has been found in the US illicit drug supply and increasingly linked to overdose deaths as it is especially dangerous when combined with opioids like fentanyl<sup>3</sup>.

Despite declines, alcohol and substance use was the second highest health priority identified by residents who responded to the community survey (n=226) and smoking/vaping was identified separately as the 9th highest priority health issue (n=51). Concern was expressed particularly around vaping and other substance use by youth.

Key informants noted a high correlation between substance use and housing insecurity, especially among single adults. In particular, there are few options for individuals who are currently using substances. Individuals with lived experience have reported relapsing shortly after recovery as there was no safe, affordable housing and therefore they returned to environments that were unhealthy.

**“[As a person who uses substances] I am perceived in a certain way,  
and I wish that it wasn’t like that.”**

- Focus group participant

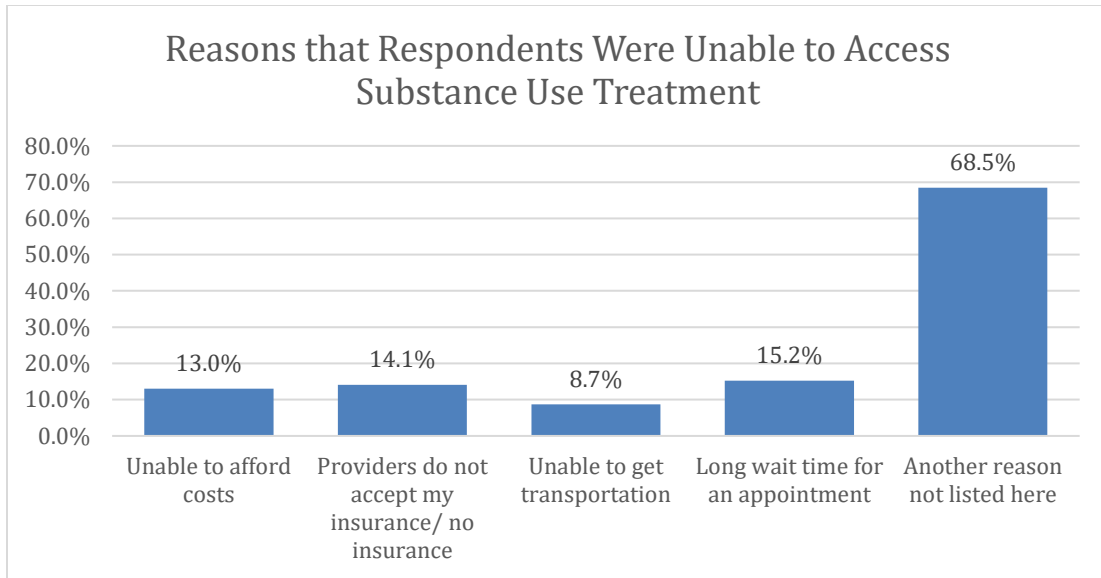
Key informants also noted the important role harm reduction plays in the recovery process since harm reduction is associated with an increased likelihood of entering treatment. They also cite a need for more individuals with lived experience to work in substance use treatment programs. While the use of naloxone has grown in acceptance and availability, key informants noted the need for more trauma training and overdose response training for first responders.

Four percent of community survey respondents reported they needed substance use treatment and half of those were able to access treatment. For those who sought treatment and were not able to access it, the most common reasons were long wait times, insurance issues and high cost.

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<sup>3</sup> US Centers for Disease Control and Prevention (2023). [What You Should Know About Xylazine | Drug Overdose | CDC Injury Center](#)



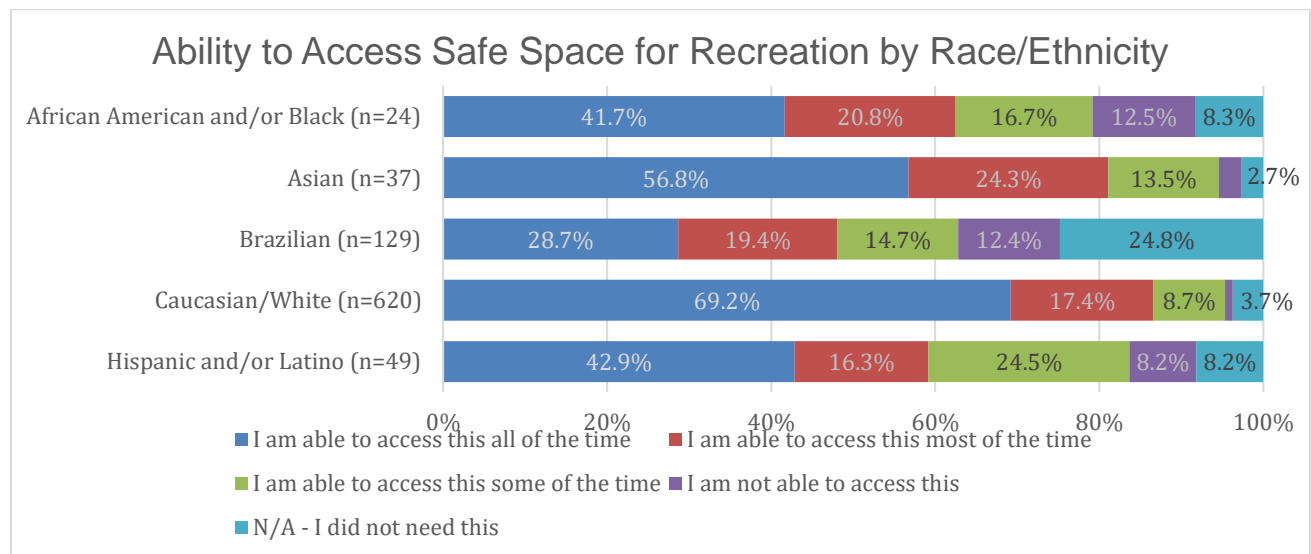


*\*Data from 2023 MetroWest CHA community survey*

With the awarding of opioid settlement funds to municipalities in Massachusetts, there exists a significant opportunity to provide critical and coordinated substance use prevention, intervention, treatment, and recovery services with input from individuals with lived experience.

## Built and Natural Environment

Built and natural environment refers to community spaces and infrastructure, as well as community and social connections. Survey data revealed the importance of community spaces, such as parks, bike paths, accessible sidewalks, and stores. The vast majority of respondents shared that they have safe spaces for recreation. However, this did vary by race/ethnicity.



*\*Data from 2023 MetroWest CHA community survey*

Many survey respondents noted the safety of the community, family-friendly atmosphere, and a shared sense of community.

**“Here the people are friendly, we feel comfortable, and we greet each other daily. The people are beautiful. It is good. I like interacting with each other; there is more of a sense of community.”**

- Focus group participant

The most common suggestions for improvement focused on more community spaces to gather and additional outdoor spaces and activities for youth after school. Some specific examples cited were community centers, playgrounds, physical activity spaces, parks, community gardens, and farmer’s markets. This is related to concerns that social isolation grew during COVID shutdowns and has persisted. Lack of social connection has been shown to increase risk of premature death by 29% or as much as smoking 15 cigarettes a day.<sup>4</sup> Over 76% of all survey respondents felt they have opportunities to socialize with others all or most of the time. This leaves a large number of people who feel they are lacking sufficient social connection. Many of the comments around seeking more connections came from older adults.

**“Lasting effects [of the coronavirus pandemic], especially for senior citizens; not being able to reconnect with family, friends, and social activities.”**

- Community survey respondent

Social isolation has been an ongoing concern for older adults since well before COVID, and the issue has grown among this population. Some worry about COVID infection because of their age and/or chronic illness. They are less likely to attend events in-person, especially since mask mandates have been lifted.

Among adults over age 75, accessing transportation can be a major barrier to socializing and accessing services. Only 63.4% percent of survey respondents in this age group have reliable transportation all or most of the time. A lack of transportation options in the region has been an ongoing issue. Innovative programs using Lyft services or volunteer drivers have had some success in increasing access. However, they are not available in much of the region. The vast majority of Councils on Aging have van services for medical appointments and grocery store trips. This helps when accessing basic needs, but there remains a gap in transportation options for social engagements.

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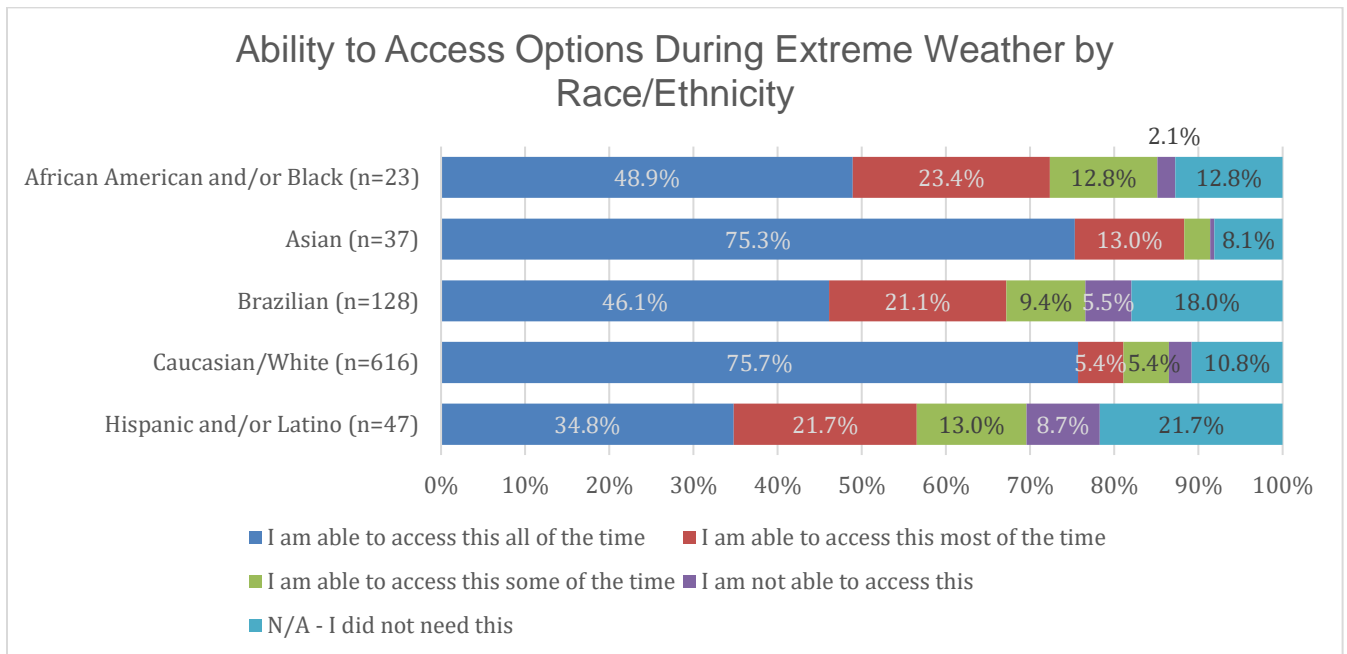
<sup>4</sup> US Surgeon General (2023). [Our Epidemic of Loneliness and Isolation: The U.S. Surgeon General’s Advisory on the Healing Effects of Social Connection and Community](#).

**“Transportation is an issue locally for medical appointments and social engagements, especially for those who do not drive. Lot of anxiety for older adults in scheduling appointments and coordinating transportation. Some will not go to specialist appointments because of this.”**

- Key informant

Many community survey respondents also expressed a deep concern for adolescents with specific concerns about anxiety and social skills. This stems from the ongoing impact of COVID shutdowns. There is national data to support a trend to decreasing time adolescents and young adults spend socializing in-person with friends. Nationally, from 1990 to 2020, the amount of time spent in person with friends among those ages 15-24 declined by 70%.<sup>5</sup> Among MetroWest survey respondents ages 18-29, 60.4% reported opportunities to socialize all or most of the time compared to over 82.0% of those ages 30-49. It may be that the younger generation is spending more time socializing online or that they are spending more time alone. Either way, there is an opportunity to create more intentional community spaces for adolescents and young adults to socialize in-person.

An overarching issue when focusing on community spaces and connection is the impact of extreme weather, which is becoming more common due to climate change. Over 81% of survey respondents feel they mostly or always have options during extreme weather. However, there are notable disparities.



*\*Data from 2023 MetroWest CHA community survey*

<sup>5</sup> Ibid.

Extreme weather is increasing in frequency every year. It is imperative for the community to plan for mitigation of its impact, especially for those most likely to be negatively affected. It is also necessary to address the root causes of climate change. There is a growing movement on the municipal level to address these issues. Many communities in the region have hired sustainability directors to advance policy and programs that reduce pollution, as well as mitigate the impact on residents.

This is an issue that will increasingly impact community and individual health in the region. It was acknowledged by survey respondents and focus group participants who expressed a desire for more programs to teach children about pollution and climate change, so they are knowledgeable and invested at a young age. Climate change is an issue that requires immediate action that will be necessary to sustain for generations to come.

The built and natural environment is central to positive health outcomes. Community and social connections, safe and accessible places for recreation, transportation and overall safety are important aspects of living a healthy life.

## Housing Insecurity and Homelessness

Housing costs are a major financial stressor for many residents. It is estimated that to afford a two-bedroom rental apartment at fair market rent, one would need to earn \$50/hour.<sup>6</sup> This is out of reach for many working families. Survey respondents expressed that they are paying high rents for housing that is not in good condition. Poor housing conditions can negatively impact health, increasing the risk exposure to lead paint, mold and allergens.<sup>7</sup> As a result, respiratory conditions such as asthma are more likely to develop and injuries from unsafe structures and lack of safety features are more likely to occur.<sup>8</sup> High housing costs not only result in worse health outcomes, but they place significant financial burden on residents.

Survey results show that many in the region are struggling to meet their basic needs. This includes families in which two adults are working. There are also notable racial/ethnic disparities in who is most negatively impacted.

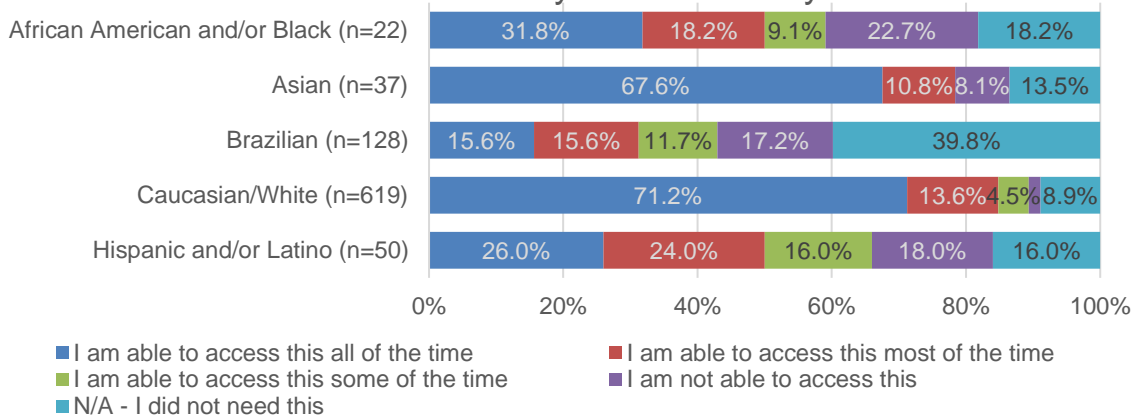
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<sup>6</sup> National Low Income Housing Coalition, “Out of Reach 2022: The High Cost of Housing”

<sup>7</sup> [Robert Wood Johnson Foundation \(2011\). Issue Brief: Housing and Health.](#)

<sup>8</sup> Ibid.

### Ability to Access Income to Cover My or My Family's Basic Needs by Race/Ethnicity



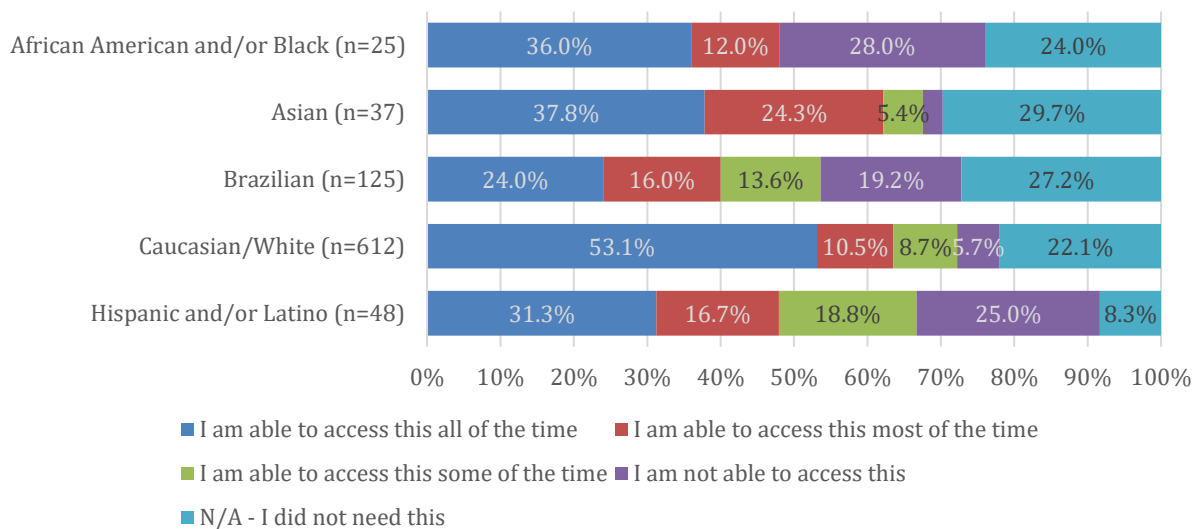
*\*Data from 2023 MetroWest CHA community survey*

**“Housing cost is too high and stressing out the rest of the budget, so we are seeing more families with one or two working adults needing the food pantry.”**

- Key informant

The high cost of housing is one of the main factors driving the high cost of living in the region. Less than 58% of survey respondents are able to access good, quality affordable housing all or most of the time. Consistent with the data on ability to afford basic needs not all in the population are impacted equally.

### Ability to Access Good Quality, Affordable Housing by Race/Ethnicity



*\*Data from 2023 MetroWest CHA community survey*

Housing was mentioned in nearly every key informant interview and focus group as an urgent need. Access to affordable housing was the most pressing concern, but the quality of housing is also of high concern. Many expressed that they are paying high prices for housing that is in poor condition. In addition, discrimination from landlords was an issue raised, particularly among immigrant populations. Urgent repairs are delayed because landlords feel tenants are less likely to file formal complaints because of language barriers or fear due to immigration status.

**“Some of the units are really expensive and not in the best condition. Some apartments are dirty and have trash in them. Sometimes we feel less than because we cannot speak up about basic things like this. We fear having the police called on us [due to our immigration status].”**

- Focus group participant

Housing cost is a factor even for those who are not struggling to meet basic needs. Older adults living on fixed incomes who own their homes are impacted by property tax increases and inflation causing the price of all basic needs to increase. Many are not willing to leave the support system they have in their community. Yet, rental prices are high in the region, so selling their home and renting in the immediate area may not help ease the cost burden. Therefore, more older adults are staying in homes they may not be able to afford to maintain. This leads to fewer houses on the market, which contributes to high home prices.

A lack of affordable housing is also a major factor in homelessness in the region. Key informant interviews, focus groups and survey results revealed particular concern for older adults and families. Massachusetts is a “right to shelter” state for families. This means residents of the state with children under age 21 who meet the Emergency Assistance income criteria are eligible for immediate housing. Currently, the state’s shelter system is overwhelmed due to increased homelessness among families who can no longer afford high housing costs, as well as an increase in migrants seeking asylum settling in Massachusetts. The state is housing some families in hotels, including many in the MetroWest region. Multiple social service and medical providers, local public health departments and local school systems have been collaborating to welcome families to the region and assist them with basic needs, as well as help them on the road to financial stability. These efforts are extraordinary and effective in the short term. Yet, it is clear that systemic changes are needed, as the current model is not sustainable over the long term.

**“Our crisis and emergency services team are seeing more individuals and families who are in crisis due to lack of housing. Many people have not been in the [system] before. Obtaining shelter is becoming harder and there is no regional plan for addressing the issue. Federal support is also lacking, and federal subsidies are inadequate due to the high cost of housing in the area.”**

- Key informant

While housing costs do not show immediate signs of decreasing, the work being done in the region by social service providers was acknowledged by many as working positively towards increasing housing access. This is a systemic challenge that can only be mitigated by coordinated efforts across multiple sectors. It is the issue that is driving other community challenges. For example, workforce challenges are exacerbated when housing costs put living in the region out of reach for many and agencies providing basic needs see increases in numbers because housing costs are making it impossible for many to pay for utilities, food and clothing. Therefore, addressing the issue of housing affordability is essential to community health and wellbeing.

## Food Insecurity

Food insecurity is more than simply hunger. It is the lack of consistent access to the food needed to live a healthy life. For too many their economic circumstances mean choices between purchasing healthy foods and other basic needs, like housing, utilities or transportation. This too often leads to diets high in low-cost ultra-processed foods, and lower in fresh produce, meats, and dairy. The health implications are huge. It can lead to type 2 diabetes, high blood pressure, heart disease, and obesity.<sup>9</sup> When children do not consistently eat nutritious foods, it is more difficult to focus on school and participate in activities.

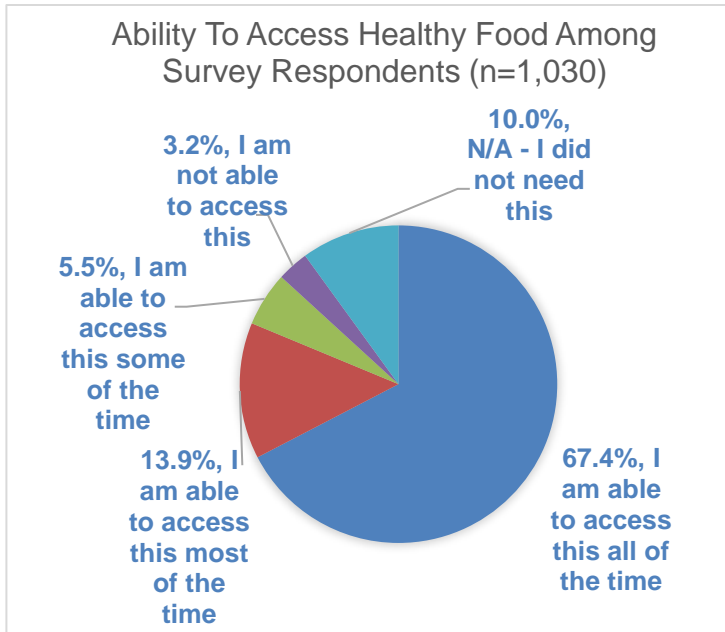
The pandemic increased food insecurity rates. The government responded by increasing programs like supplemental SNAP and WIC benefits, universal free school meals, and the Child Tax Credit. Most of these programs, with the notable exception of universal free school meals, have ended. Combined with rises in the cost of all basic needs, this has led to increases in food insecurity rates. In March 2023, 19.2% of Massachusetts households were food insecure, including 26% of households with children.<sup>10</sup> The impact is not felt equally. Among households with children, 19.4% of white households; 33.7% of Black households and 34.1% of Latino households experienced food insecurity.<sup>11</sup> The findings from the survey, focus groups, and key informant interviews in MetroWest reveal that food insecurity is a pressing and growing concern in the region.

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<sup>9</sup> Feeding America: [Importance of Nutrition on Health in America | Feeding America](#)

<sup>10</sup> Project Bread: [Hunger & Food Insecurity in Massachusetts | Project Bread](#)

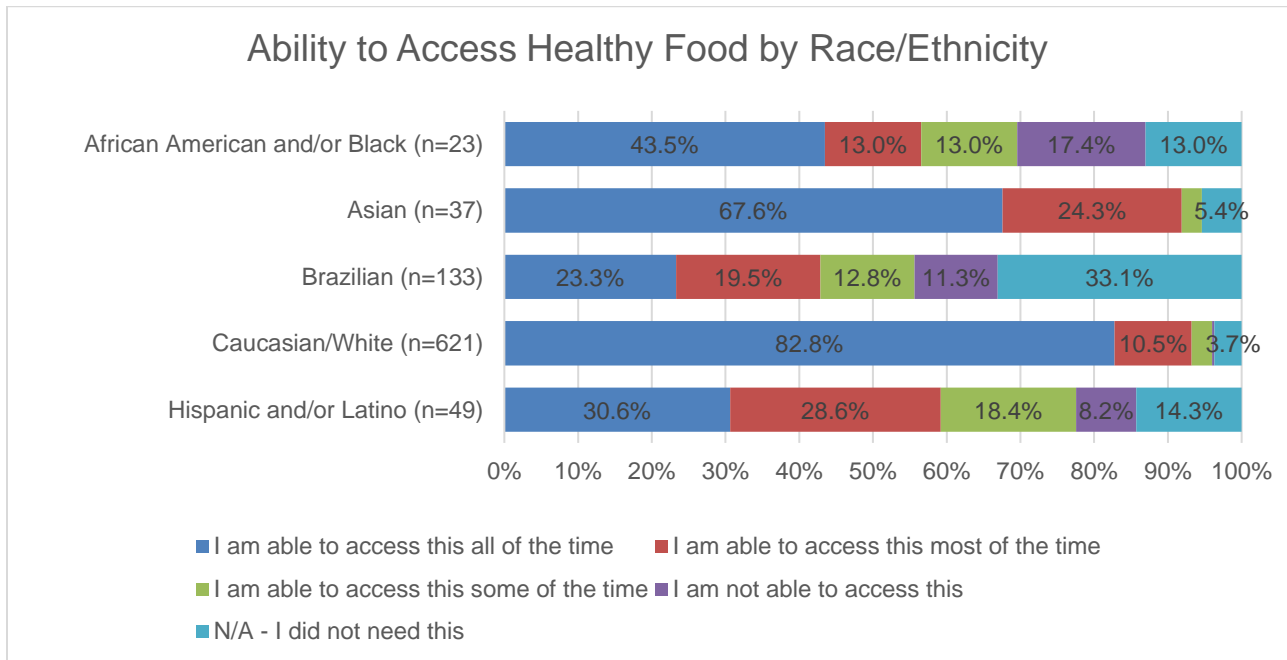
<sup>11</sup> ibid



*\*Data from 2023 MetroWest CHA community survey*

**“Looming cuts to benefit programs will cause significant challenges for families already experiencing high levels of food insecurity and basic needs again after pandemic benefits ended. To improve a community’s health, we need to improve household’s income and cash resources to match the overall cost of living in the region.”**  
 - Community survey respondent

Significant disparities were also evident by race/ethnicity, which is consistent with state-wide data. African American/Black and Hispanic/Latino residents are far less likely to have consistent access to healthy food.



*\*Data from 2023 MetroWest CHA community survey*

There are multiple challenges to accessing healthy food. Residents and social service professionals stressed the rising cost of housing and food in interviews. Lack of access to accurate information about food programs from trusted sources was also noted.



Even many who qualify for SNAP benefits are either reluctant to apply or do not know they are available to them. In the MetroWest region nearly 60% of those who likely qualify for SNAP benefits are not enrolled.<sup>12</sup> There seem to be a wide range of reasons for this gap, including stigma, time to complete the application process, not knowing if they qualify, and fear that it will impact immigration status.

Access to healthy food also means understanding what to buy and how to prepare it. Older adults mentioned the need for more nutrition education and wanted a better understanding of how to read nutrition labels. This is of particular concern to those with chronic health conditions, like diabetes.

Many acknowledged the numerous ways to access healthy foods in the community, including grocery stores and farmer's markets. There is also a network of food pantries and free meal programs, some of which bring food to neighborhoods with high rates of food insecurity. Social service agencies providing food were generally viewed as helpful and responsive to community needs.

**“This community is so supportive of people in need. There are community organizations, like the food pantry, that help us not feel alone when everything is going on.”**

- Key informant

Food insecurity is a growing concern in the region that has led to a robust community response. Multiple social service agencies are working together to increase access to healthy, affordable food. For example, the MetroWest Food Collaborative brings together a diverse group of providers and community members to advocate for greater access to local, healthy foods. These efforts bring immediate relief to many experiencing food insecurity and advocacy efforts work towards more systemic approaches. Yet, the ability to access food consistently is most directly related to how much money, including benefits, one can allocate towards food every week. In this way, food insecurity, and its negative health outcomes, are intertwined with workforce issues, rising costs of all basic needs and access to government benefits.

## Access to Care

**“Access to most types of care except mental health is good for people with adequate insurance. Not true for uninsured or those with high deductible insurance.”**

– Community survey respondent

Massachusetts is known for health care. We are home to some of the nation's leading academic medical centers, hospitals, and medical schools. Massachusetts also leads the nation in the

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<sup>12</sup> Food Bank of Western MA: [Massachusetts SNAP GAP | Tableau Public](#)

percent of residents with health insurance coverage. Yet, access to medical and behavioral health care is a challenge for many in the state and in the MetroWest region. Many residents are uninsured, either due to the high cost of coverage or their inability to qualify for subsidized insurance coverage. Many more find access to care difficult for a myriad of reasons such as language barriers, transportation, the inability to take time off of work, or limited financial resources. For these individuals and families, barriers that prevent access to care can also result in an increased risk of poor health outcomes and health disparities. High out-of-pocket medical care costs and medical debt are common and may lead individuals to forgo or delay needed care, including prescription medications.

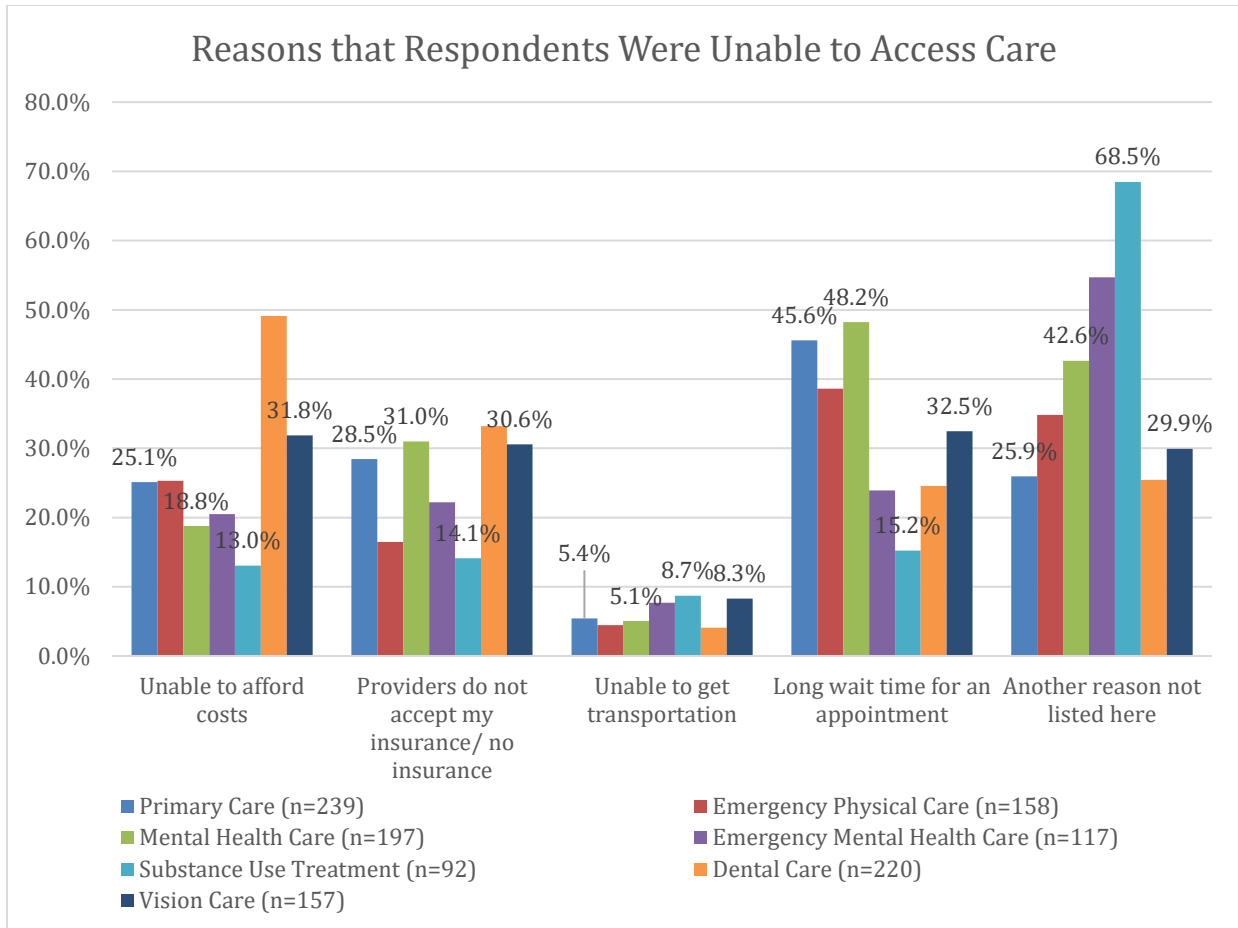
Of those that responded to the community survey (n=1088), the majority (53.1%) had private health insurance through an employer, followed by 41.6% that relied on coverage through public programs such as MassHealth and Medicare. Less than 1% indicated that they had no health insurance coverage. This figure may increase as the state undertakes a redetermination process for eligibility for MassHealth coverage in light of the recent end to the COVID public health emergency. Historically, MetroWest communities with larger new immigrant populations have had uninsurance rates higher than the state average<sup>13</sup>.

Even with 99% of respondents having health insurance coverage, significant numbers of respondents indicated that they needed certain care but were unable to access it. The chart below shows the types of care and the percentage of respondents who said they were unable to access care.

Type of Service Needed	Unable to Access Care
Primary Medical Care (n=989)	8.4%
Emergency Care (physical) (n=485)	9.7%
Mental Health Care (n=395)	30.1%
Emergency Mental Health Care (n=98)	45.9%
Substance Use Services (n=908)	44.4%
Dental Care (n=944)	14.5%
Vision Care (n=826)	11.7%

When asked to identify barriers to access, respondents noted many factors including not having reliable transportation, cost, and insurance limitations as impediments to access some or all of the time. Many also reported that the health care system, including health insurance, is difficult to understand and navigate. This was true across different demographic groups, including new immigrants, those whose primary language is not English, and older adults.

<sup>13</sup> Blue Cross Blue Shield (2023). [Closing the Coverage Gaps: Reducing Health Insurance Disparities in Massachusetts](#)



*\*Data from 2023 MetroWest CHA community survey*

The adequacy of health care resources was also noted as a barrier to care. Many respondents noted difficulty in finding a primary care physician as many MetroWest primary care practices are closed to new adult patients. While COVID has contributed to many physicians, nurses and other health care providers leaving the field, many new physicians are opting for medical specialties other than primary care.

**“We are on the waiting list for more than 3 years at the health center.”**

– Community survey respondent

Offering primary care services and screening programs only in English can also further limit access to those who speak a language other than English. In addition to language, limited provider hours can also be a barrier to access. As many providers do not offer night or weekend hours, those unable to take time off during the workday may go without care due to fear of losing wages or their job.

The adequacy of the provider workforce in behavioral health was also noted by survey respondents. Many indicated that wait time for appointments can be lengthy due to staffing shortages or limited by clinicians unwilling to accept certain insurances. As with primary care,

these barriers are also greater for those seeking appointments with clinicians who speak languages other than English. Similar issues were also noted for specialty care.

**“Even with employer health Insurance and/or Medicare,  
dental services are unaffordable.”**

- Community survey respondent

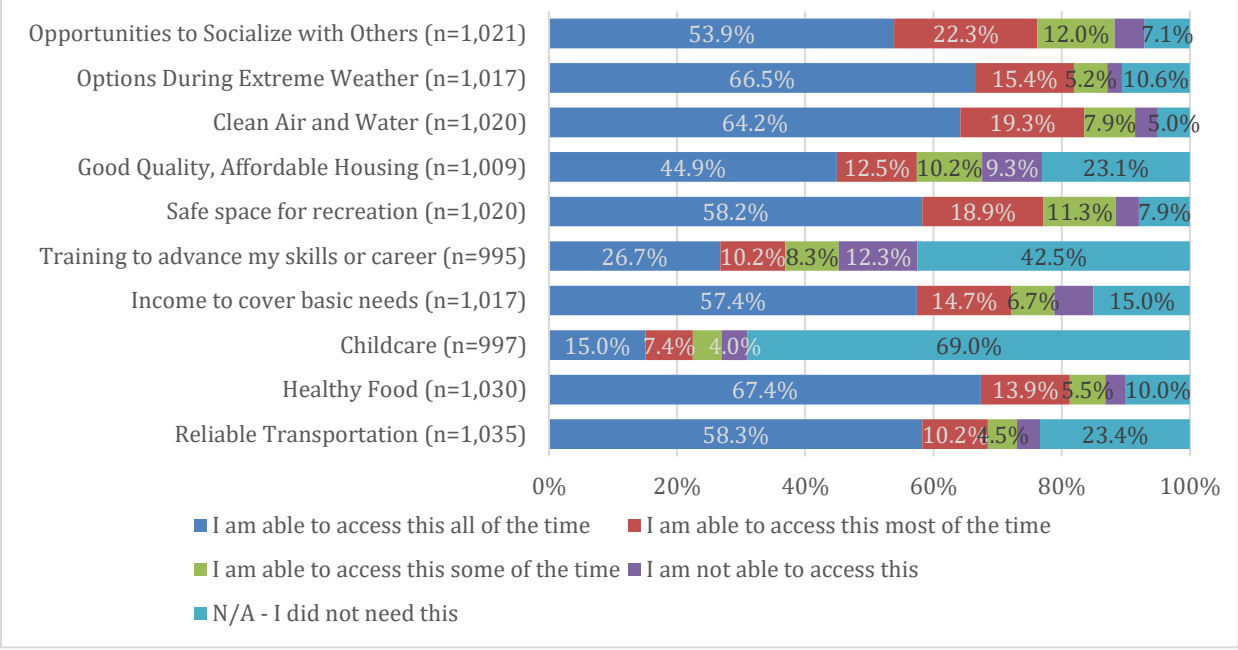
Access to oral health care was also noted by many respondents as a critical health need. Three percent of community survey respondents identified oral health as a top health issue in their community. Specific concerns about oral health appear to focus mainly on cost, as public and private insurance for oral health care is limited resulting in higher out of pocket costs for those seeking care.

While residents noted limited access to medical and specialty care, it is the social determinants of health that also play a significant role in health and wellness. These factors also contribute to wide health disparities and inequities. For example, less access to fresh fruits and vegetables can lead to poor nutrition which raises the risk of health conditions like heart disease, diabetes, and obesity. Thus, having access to basic needs and social supports, such as childcare, food, housing, and jobs are fundamental to the health of the region.

While the MetroWest region has a great many services and supports, many survey respondents also noted limited access to these resources as shown on the following table:

<b>Need</b>	<b>Respondents could not access some or all of the time</b>
Childcare (n=326)	27.5%
Sufficient Income to Cover Need (n=895)	15.1%
Reliable Transportation (n=793)	10.6%
Training to Advance Skills (n=605)	35.8%
Safe Recreation Space (n=969)	16.2%
Good Quality, Affordable Housing (n=809)	25.3%

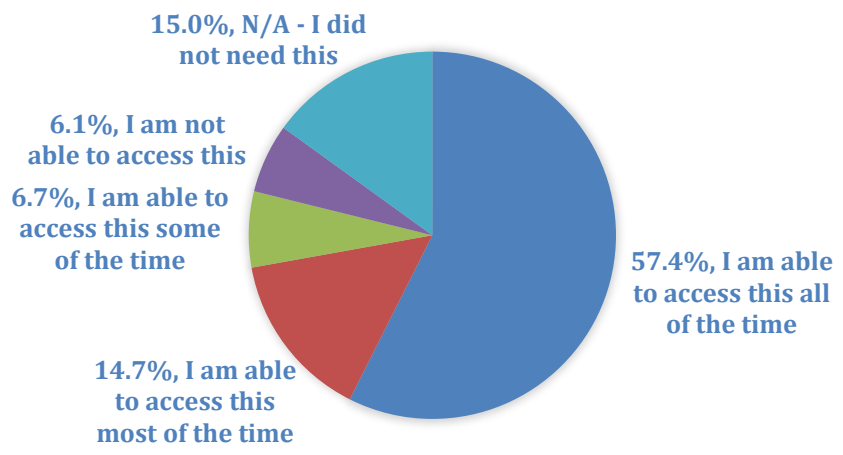
## Ability to Access Resources Relating to the Social Determinants of Health



*\*Data from 2023 MetroWest CHA community survey*

While the majority of survey respondents said they have sufficient income to cover their or their family's basic needs, 6.1% said their income did not cover such needs.

### Ability Among Survey Respondents To Access Income To Cover Their Or Their Family's Needs (n=1,017)



*\*Data from 2023 MetroWest CHA community survey*

Achieving a healthy MetroWest region for all will require community action that focuses on improving access to care – assistance in obtaining and keeping health insurance; help in

navigating the health care system; adding to the region’s health care resources; and addressing language and cultural barriers that impede care. Work must also focus on the social determinants of health – childcare, employment, housing, transportation, etc. It is this dual focus that will lead to better health outcomes and seek to address the health disparities and inequities which exist in the region.

## Chronic Disease and Other Illness

Chronic disease and illness were mentioned in both the community survey and during focus groups and key informant interviews as significant health concerns in the region. The conditions in this section are those that were of particular concern to respondents and that regional data show are prevalent.

### Overweight/Obesity

**“I see many who cannot afford healthy food so cannot manage or prevent obesity/diabetes/high blood pressure.”**

- Key Informant

Overweight is defined as having a body mass index (BMI) between 25 and 30, and obesity is defined as having a body mass index of 30 or greater. This means someone whose height is 5’9” is considered to be overweight if they weigh above 169 pounds and obese if they weigh over 203 pounds.<sup>14</sup> BMI is not a perfect measurement, as there are individual variables, like high muscle mass in athletes, that can influence this measure. However, when looking at population level data, it is the widely accepted standard.

The prevalence of obesity has increased significantly over the past 30 years across the country and in Massachusetts. Obesity rates in Massachusetts jumped from 10.1% in 1990 to 27.4% in 2021.<sup>15</sup> The prevalence of adult obesity in 2021 was 23.4% in Middlesex County, 24.7% in Norfolk County, and 31.2% in Worcester County among adults 18 years or older<sup>16</sup> (See Appendix A for zip code-level rates). The obesity rate for youth ages 10-17 in Massachusetts is 13.8%.<sup>17</sup> These rates are significantly lower than the national rate of 33.9% for adults and 16.2% for youth ages 10-17.<sup>18</sup> Yet, it means that thousands of the region’s residents are at increased risk for greater health complications and premature death.

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<sup>14</sup> Centers for Disease Control and Prevention. Overweight and Obesity. [Consequences of Obesity | Overweight & Obesity | CDC](#).

<sup>15</sup> America’s Health Rankings: Obesity Trends. [Explore Obesity in Massachusetts | AHR \(americashealthrankings.org\)](#)

<sup>16</sup> PLACES. Centers for Disease Control and Prevention. Accessed July 23, 2023, <https://www.cdc.gov/places>.

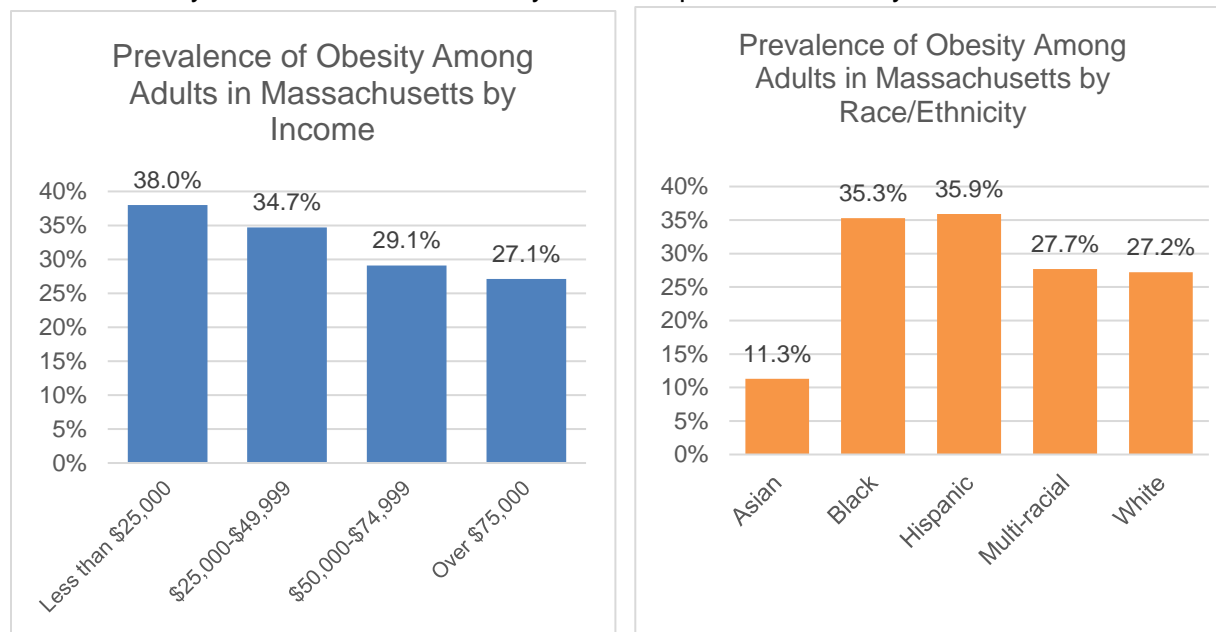
<sup>17</sup> State of Childhood Obesity. [Ages 10-17 - State of Childhood Obesity](#)

<sup>18</sup> The Trust for America’s Health. The state of obesity 2022: Better polices for a healthier America. [PowerPoint Presentation \(tfah.org\)](#).

The long-term health implications of obesity include greater risk for high blood pressure and cholesterol, type 2 diabetes, heart disease, stroke, some types of cancer, breathing problems, such as asthma, and joint problems.<sup>19</sup> Childhood obesity increases risk for obesity in adulthood, mental health issues, such as anxiety and depression, and weight-based stigma and bullying.<sup>20</sup> Therefore, lowering rates of obesity improves overall short- and long-term health.

The causes of obesity are varied, and the impact is not felt equally among population groups. Obesity is directly influenced by eating, physical activity and sleep habits, and in some cases genetics or medications.<sup>21</sup> However, these factors are impacted by a wide variety of environmental conditions and social determinants of health that include accessibility of affordable healthy foods, adequate time, kitchen space and knowledge to prepare healthy meals, access to safe spaces to exercise, safe affordable recreational options for youth and community institutions, such as schools and other municipal departments creating a culture of and conditions for healthy eating and physical activity.

Given the fact that social determinants of health have a tremendous impact on obesity rates, populations that are more negatively impacted by environmental conditions and access to healthy foods and safe places for physical activity are more likely to develop obesity. The data for the state by income and race/ethnicity reveal disparities in obesity rates.<sup>22</sup>



*\*Data from America’s Health Rankings. Obesity Data by Population. [Explore Obesity in Massachusetts | AHR \(americashealthrankings.org\)](https://americashealthrankings.org/explore/obesity-in-massachusetts).*

<sup>19</sup> Centers for Disease Control and Prevention. Overweight and Obesity. [Consequences of Obesity | Overweight & Obesity | CDC](https://www.cdc.gov/obesity/consequences-of-obesity.html).

<sup>20</sup> Ibid.

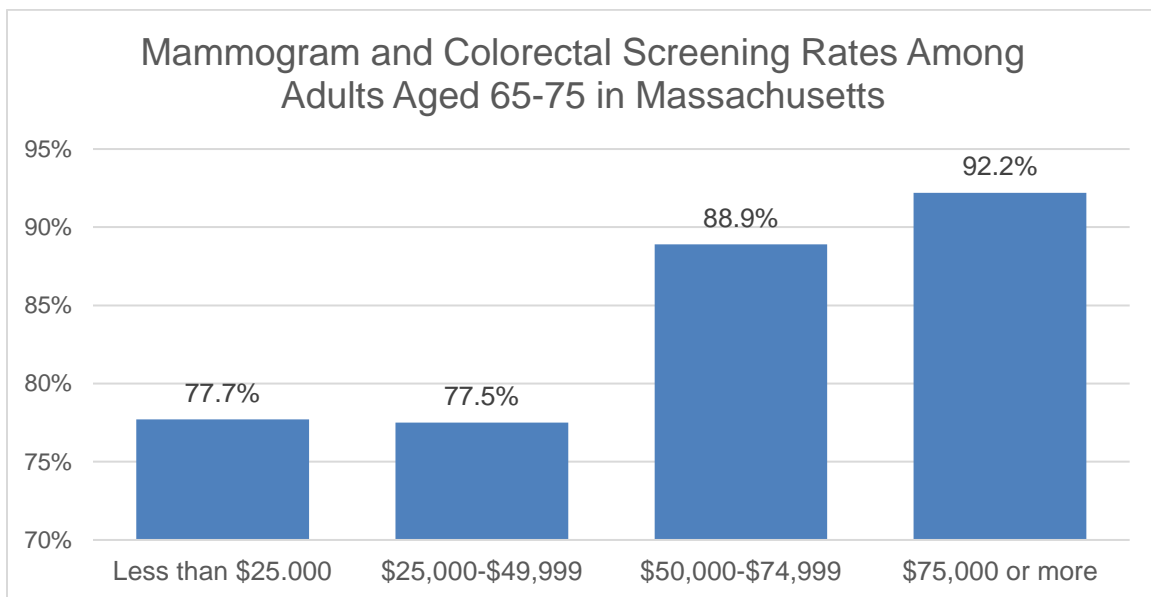
<sup>21</sup> Ibid.

<sup>22</sup> America’s Health Rankings. Obesity Data by Population. [Explore Obesity in Massachusetts | AHR \(americashealthrankings.org\)](https://americashealthrankings.org/explore/obesity-in-massachusetts).

## Cancer

Cancer was a top concern for 6.5% of survey respondents. Those most concerned were individuals over 75 years of age (12.1% identified as a top health concern). The most common concerns mentioned in the survey and focus group data were the need to travel to Boston for cancer care and difficulty accessing prevention services, such as screenings. There were others who found the cancer care provided at local hospitals was “excellent” and reported access to cancer screenings.

One example of a disparity in preventative care is seen among older adults ages 65-75. Those with higher incomes in Massachusetts are more likely to have had a mammogram in the last two years and to be up to date on their colorectal screenings.<sup>23</sup> Both breast and colorectal cancer have significantly higher survival rates if treated early.



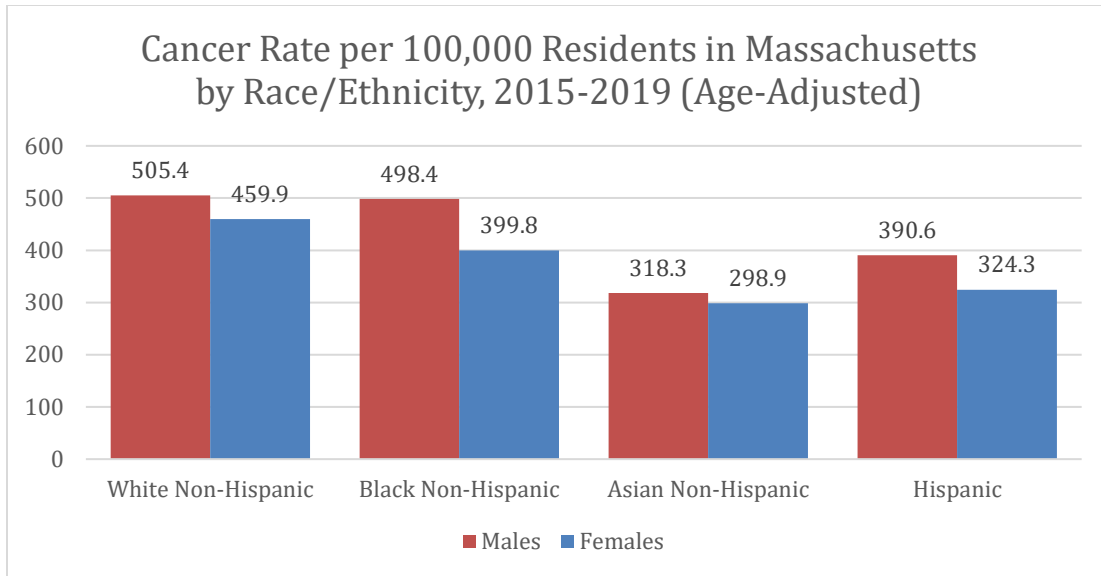
*\*Data from America’s Health Rankings. [Explore Cancer Screenings - Ages 65-75 in Massachusetts | AHR \(americashealthrankings.org\)](https://americashealthrankings.org/explore/cancer-screenings-ages-65-75-in-massachusetts)*

The region also faces overall cancer rates that, with the exception of Middlesex County, are higher than state and national rates. According to CDC data (PHIT) the cancer incidence rates per 100,000 people of Norfolk, Middlesex, and Worcester counties are 469, 434, and 475.6 compared to the Massachusetts and nationwide rates which are 454.8 and 449.4 respectively.

There are disparities in age-adjusted cancer rates by race in Massachusetts. White females and males have the highest rates followed by Black and Hispanic individuals. Asian females and males have the lowest rates.

<sup>23</sup> America’s Health Rankings. [Explore Cancer Screenings - Ages 65-75 in Massachusetts | AHR \(americashealthrankings.org\)](https://americashealthrankings.org/explore/cancer-screenings-ages-65-75-in-massachusetts)





*\*Data from Massachusetts Department of Public Health (Sept. 2023). Cancer incident and mortality in Massachusetts 2015-2019. [Cancer Incidence Statewide Reports | Mass.gov](https://www.mass.gov/info-details/cancer-incidence-statewide-reports)*

Cancer screening and care are significant health issues in the region. Access to screening has the potential to save lives. The relative survival rate for breast cancer when detected early is 99% compared to 30.1% when diagnosed in the distant stage, which means it has spread to other parts of the body.<sup>24</sup> Similarly, the survival rate for prostate cancer diagnosed early is 100% compared to 32.3% when diagnosed in the distant stage.<sup>25</sup> Massachusetts is a national leader in cancer screening. The state has the highest percentage of women ages 65-74 who reported receiving a mammogram in the past two years and percentage of adults ages 65-75 who reported receiving colorectal cancer screening within the recommended time period.<sup>26</sup> Yet, there is more work to do to ensure that everybody in the region has access to timely cancer screening and treatment.

## Heart Disease

Heart disease was a top concern for 5.8% of survey respondents, including 9.6% of those over age 75. Qualitative responses from the survey, focus groups and key informant surveys ranged from those who regularly utilize blood pressure clinics at councils on aging to concerns about transportation to access regular doctor appointments to manage high blood pressure and cholesterol. The impact of long COVID was also a concern as it exacerbated heart conditions for some respondents.

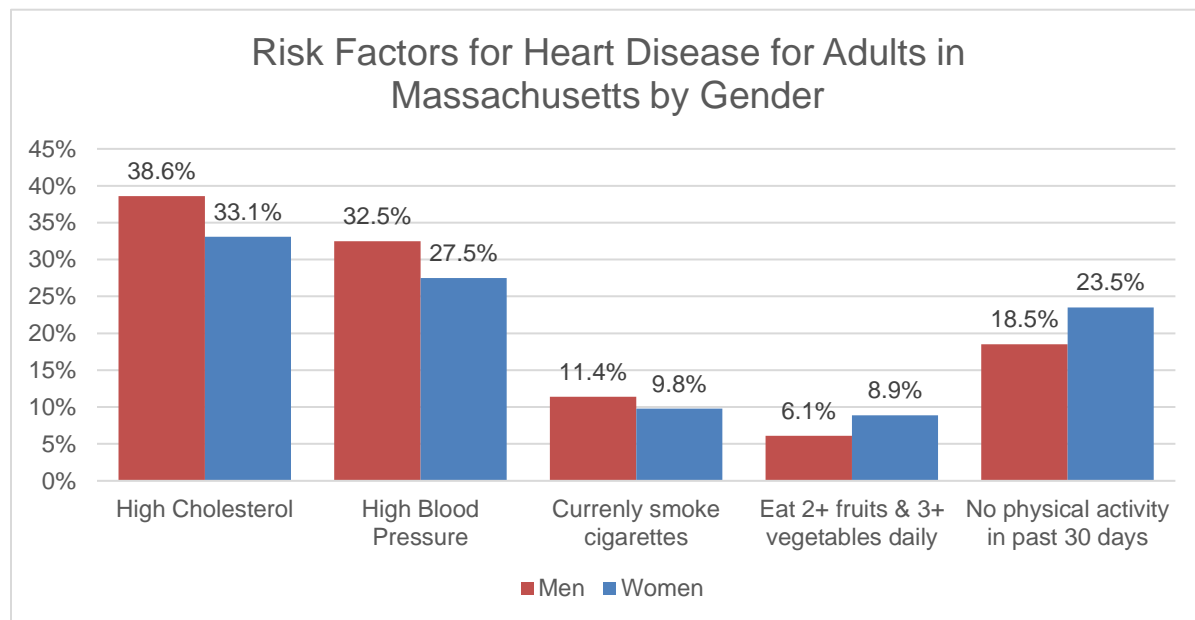
<sup>24</sup> Massachusetts Department of Public Health (Sept. 2023). Cancer incident and mortality on Massachusetts 2015-2019. [Cancer Incidence Statewide Reports | Mass.gov](https://www.mass.gov/info-details/cancer-incidence-statewide-reports)

<sup>25</sup> Ibid.

<sup>26</sup> America's Health Rankings. Data from CDC Behavioral Risk Factor Surveillance System (2020). [Explore Cancer Screenings - Ages 65-75 in the United States | AHR \(americashealthrankings.org\)](https://www.americashealthrankings.org/explore/cancer-screenings-ages-65-75-in-the-united-states)

Heart disease is the second leading cause of death in Massachusetts behind cancer.<sup>27</sup> County data for the MetroWest region reveals that over 4% of the adult population in Middlesex (4.2%), Norfolk (4.2%) and Worcester (4.9%) counties have been diagnosed with coronary heart disease.<sup>28</sup> Coronary heart disease means the arteries cannot deliver oxygen rich blood to the heart. It is the leading cause of death in the United States.<sup>29</sup>

Risk factors include genetics and family history, occupations with high stress or exposure to toxins, high blood pressure, high cholesterol and multiple lifestyle habits such as smoking, physical inactivity, a diet high in processed foods and saturated fats, and not getting enough quality sleep.<sup>30</sup> Many adults in Massachusetts are at greater risk for heart disease based on these factors.



\*Data from America’s Health Rankings. [Explore Physical Inactivity in Massachusetts | AHR \(americashealthrankings.org\)](https://www.americashealthrankings.org/).

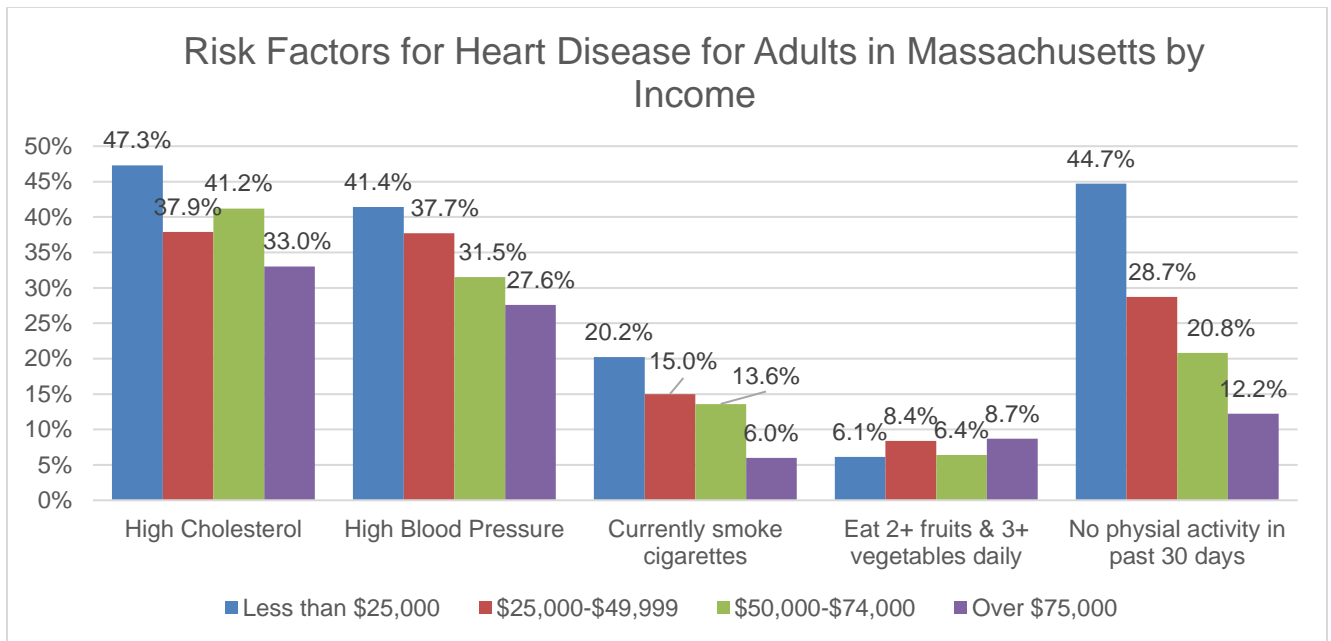
Most of these risk factors point to individual behavior and lifestyle choices. As noted in previous sections, economic, cultural and environmental factors play a role in the accessibility of healthier choices. For example, if an individual does not have access to a safe place or time to exercise, inactivity is not a deliberate choice but rather a consequence of environmental and economic circumstances. Environmental factors are highlighted in disparities by income for many risk factors.

<sup>27</sup> Centers for Disease Control and Prevention (2021 data). National Center for Health Statistics. [Stats of the States - Heart Disease Mortality \(cdc.gov\)](https://www.cdc.gov/heartdisease/mortality/).

<sup>28</sup>PLACES. Centers for Disease Control and Prevention. Accessed July 23, 2023, <https://www.cdc.gov/places>

<sup>29</sup> National Heart, Lung and Blood Institute. [Coronary Heart Disease - What Is Coronary Heart Disease? | NHLBI, NIH](https://www.nhlbi.nih.gov/heart-disease/)

<sup>30</sup> Ibid.



\*Data from America’s Health Rankings. [Explore Physical Inactivity in Massachusetts | AHR \(americashealthrankings.org\)](https://www.americashealthrankings.org).

Decreasing death and disability from heart disease means understanding the multiple structural and individual risk factors that contribute to it. It is a disease that is the symptom of many of the issues identified in the surveys, focus groups and key informant interviews. This includes access to primary care, where blood pressure and cholesterol are most commonly monitored and discussions about healthy lifestyles take place. It is also a symptom of inequities in access to healthy food, safe outdoor space, safe housing, and economic opportunity that makes this access more likely. Finally, there is a continued need for general health education and support to decrease smoking rates and prevent young people from beginning tobacco use.

## Asthma and Allergies

Many people with asthma also have allergies, which are the most common asthma trigger.<sup>31</sup> Asthma/allergies was the top-rated issue among community survey respondents who completed the survey in Portuguese (13.3%). Two key informants specifically mentioned allergies as a concern, particularly as it relates to the natural environment and climate change.

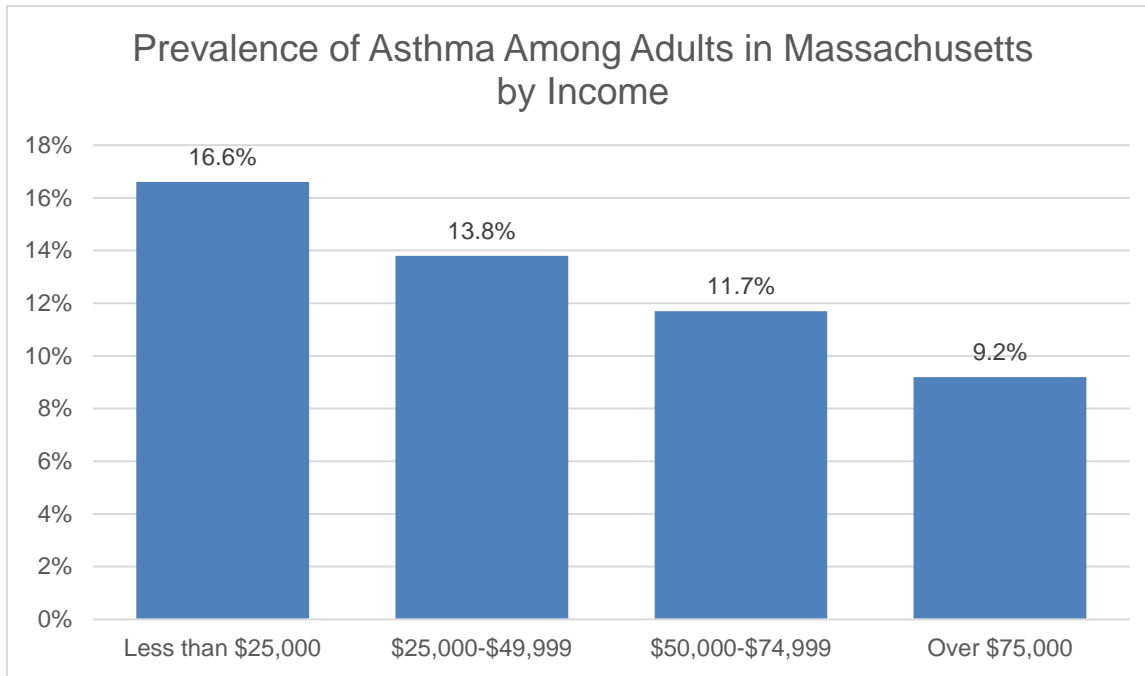
**“Newly arrived immigrants haven’t experienced pollen like ours before; there are different trees here and they have a horrible time, especially in the spring.”**

- Key informant

Asthma was also mentioned in the survey and focus groups as being triggered or exacerbated by COVID infections. Data shows that asthma is an overall health issue in Massachusetts and

<sup>31</sup> Asthma and Allergy Foundation of America. [Allergic Asthma | AAFA.org](https://www.aafa.org)

the MetroWest region. Massachusetts has high asthma rates with 11.9% of adults and 7.8% of children being told by a doctor they have asthma.<sup>32</sup> This compares to 9.8% of adults and 6.9% of children nationally.<sup>33</sup> As with many of the chronic disease described in previous sections, there are disparities by income.



*\*Data from America's Health Rankings. [Explore Physical Inactivity in Massachusetts | AHR \(americashealthrankings.org\)](https://www.americashealthrankings.org).*

The risk factors for asthma include genetics and environmental conditions, such as exposure to tobacco smoke, traffic pollution, and workplace toxins.<sup>34</sup> The triggers for asthma symptoms are similar and include tobacco smoke, mold, pests, dust mites, and smells from strong chemicals, like cleaning products.<sup>35</sup> The vast majority of triggers for asthma are environmental. This means that those living in housing conditions where mold, pests or tobacco smoke are present are at higher risk for experiencing asthma symptoms. Similarly, those who work in industries where they are regularly inhaling chemicals, such as cleaning products or paint, are at greater risk. The same economic and environmental factors discussed in previous sections also impact asthma rates and the severity of asthma across population groups.

Furthermore, the majority of asthma cases in Massachusetts are not controlled, meaning individuals experience symptoms more than twice per week during the day and wake with symptoms at night more than twice a month.<sup>36</sup> In Massachusetts, over 40% of adults with

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<sup>32</sup> Ibid.

<sup>33</sup> Ibid.

<sup>34</sup> Massachusetts Department of Public Health. Risk Factors for Asthma. [Risk factors for asthma | Mass.gov](https://www.mass.gov).

<sup>35</sup> Ibid.

<sup>36</sup> American Lung Association. [Severe Asthma | American Lung Association](https://www.lung.org).

uncontrolled asthma reported cost as a barrier to care.<sup>37</sup> Uncontrolled asthma has serious negative consequences for individuals. In Massachusetts, over 24% of adults with asthma were unable to work for at least one day due to asthma over a 12-month period and over 41% of children with asthma were unable to attend daycare or school for at least one day over a 12-month period.<sup>38</sup>

## Health Disparities

The Centers for Disease Control and Prevention defines health disparities as “preventable differences in the burden of disease, injury, violence, or opportunities to achieve optimal health that are experienced by socially disadvantaged populations.” Disparities exist for many health conditions and within social determinants of health, as referenced throughout this report. Some of the largest disparities in Massachusetts include:

- Pregnancy related mortality rate was three times higher for Black women compared to Asian, Hispanic and White women from 2014-2017.<sup>39</sup>
- Rates of hospital admission in Massachusetts for asthma per 100,000 in 2018 were 46.9 for Asian individuals; 216.5 for Black individuals; 76.3 for Hispanic individuals; and 41.9 for White individuals.<sup>40</sup>
- Infant mortality rates in Massachusetts in 2017 per 1,000 live births were 2.9 for Asian babies; 6.6 for Black babies; 5.1 for Hispanic babies; and 2.6 for White babies.<sup>41</sup>
- Age-adjusted emergency department visits for diabetes per 100,000 in Massachusetts in 2018-2019 were 83.8 for Asian individuals; 612.5 for Black individuals; 623.1 for Hispanic individuals; and 129.9 for White individuals.<sup>42</sup>

These are only a few of many examples of disparities in health outcomes by race in the state. The systemic issues raised throughout this report along with pervasive structural racism are the root causes of many of these disparities.

The National Institute on Minority Health and Disparities refers to structural racism and discrimination (SRD) as “macro-level conditions (e.g., residential segregation and institutional policies) that limit opportunities, resources, power, and well-being of individuals and populations based on race/ethnicity and other statuses.”<sup>43</sup> It is important to note that effects of SRD are observed across the region. The Area Deprivation Index is one method of

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<sup>37</sup> Massachusetts Department of Public Health. Statistics about Asthma. [Statistics about asthma | Mass.gov](#).

<sup>38</sup> Ibid.

<sup>39</sup> Blue Cross Blue Shield Foundation of Massachusetts (2021). Racism and Racial Inequities: A data informed primer on health disparities in Massachusetts. [Health Equity Primer Dec 2021 final 0.pdf \(bluecrossmafoundation.org\)](#).

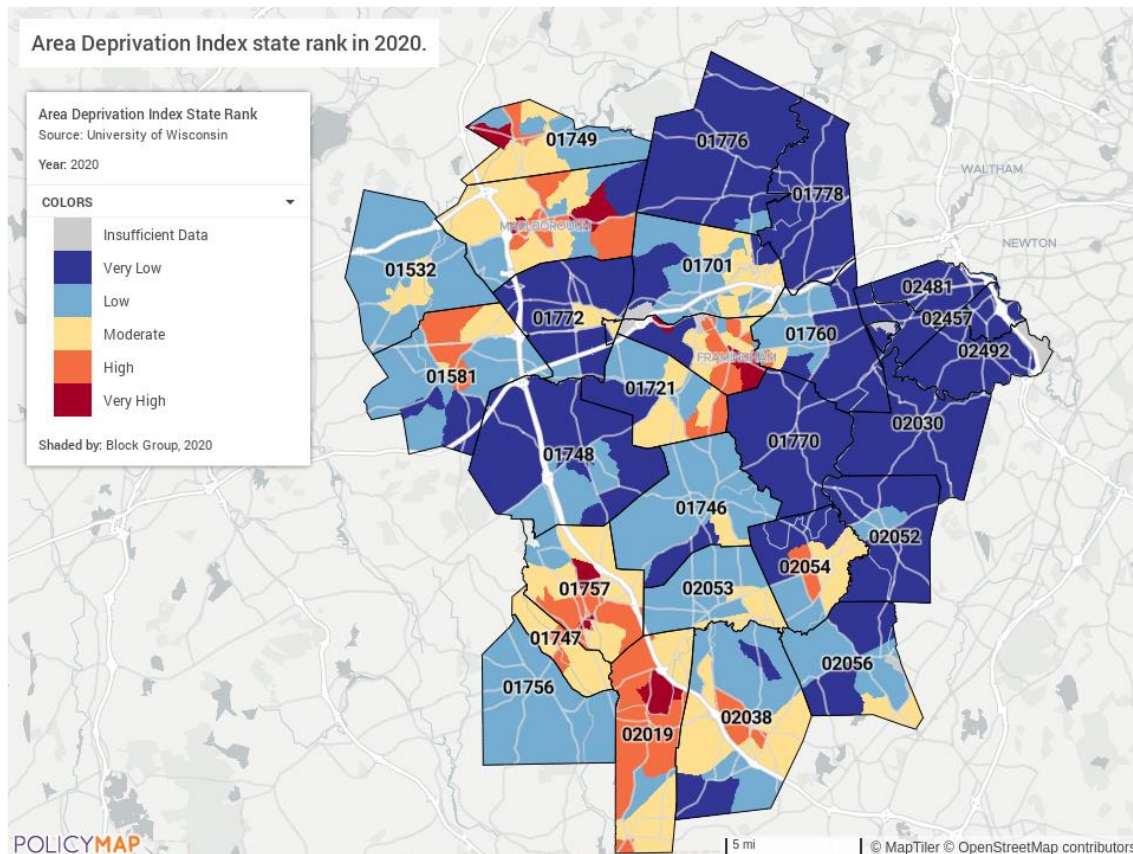
<sup>40</sup> Ibid.

<sup>41</sup> Ibid.

<sup>42</sup> Massachusetts Executive Office of Health and Human Services. [Chronic Diseases | Mass.gov](#).

<sup>43</sup> National Institute on Minority Health and Disparities. [Structural Racism and Discrimination \(nih.gov\)](#).

demonstrating socioeconomic disadvantage across neighborhoods. The image below shows how Census block groups (more granular than zip codes) in MetroWest rank compared to block groups across the state on health determinants like income, education, employment, and housing quality, using a method originally developed by the Health Resources and Services Administration. Researchers have found that higher Area Deprivation Index scores are correlated with worse health outcomes (see Appendix A for zip code-level rates).



*Image accessed via PolicyMap August 2023 using data from University of Wisconsin School of Medicine and Public Health Center for Health Disparities Research (CHDR). [2020 Area Deprivation Index, state rank.](#)*

There were notable disparities in community survey responses based on race/ethnicity, language in which the survey was completed and age. This data is presented to illustrate how different populations may have vastly different experiences in the community. However, the total number of survey respondents from some population groups is relatively small. Therefore, the data only indicates potential trends that can serve as starting points for further research and conversations with residents to better understand the disparities. The tables in Appendix C provide further details on disparities in survey responses.

Even with the limitations of the survey responses, there are large disparities in the responses that cannot be ignored. They are seen in areas that are essential to individual and community

health and well-being. They also mirror disparities seen in the state. Data on unmet health care needs in the state reveal that 22% of Black and 23% of Hispanic individuals could not get an appointment with a doctor's office or clinic as soon as they needed it in the past 12 months compared to 16% of White individuals.<sup>44</sup> A similar trend was seen among MetroWest survey respondents. Of those who needed primary care 17.1% of Brazilian individuals, 17.5% of Hispanic/Latino individuals and 7.1% of African American/Black individuals were not able to access it compared to 4.6% of Caucasian individuals. Disparities are also evident based on survey language. Only 6.3% of those who completed the survey in English could not access care compared to 24.3% of those who completed it in Spanish and 16.5% of those who completed it in Portuguese.

The percentage of those who were unable to access mental health care was higher than for primary care for all population groups, but disparities persist. The largest gaps are between Caucasian individuals (11.9%) and African American/Black (21.7%), and between Caucasian individuals and Hispanic/Latino individuals (20.4%). This is in line with disparities seen nationally. Adults experience mental illness at similar rates across racial/ethnic groups, yet among adults with a diagnosed mental illness in 2021, 25.4% of Asian individuals, 39.4% of Black individuals and 36.1% of Hispanic individuals received treatment compared to 52.4% of White individuals.<sup>45</sup> Given the rise in mental health concerns across all age groups, access to treatment is a growing issue that disproportionately impacts people of color.

The largest disparity among survey respondents is seen in access to dental care. Those least likely to have accessed care were Brazilian individuals (42.3%) and Hispanic/Latino individuals (27.4%) compared to 4.3% of Asian individuals and 5.5% of Caucasian individuals. The disparities were also evident in language in which the survey was completed with 42.1% of those who completed the survey in Portuguese and 29.4% who completed it in Spanish not being able to access dental care compared to 8.1% of those who completed it in English. The state data show similar disparities with 72.5% of Asian adults; 60.9% of Black adults; 64.6% of Hispanic adults and 76.4% of White adults reporting they had a dental visit in the past year.<sup>46</sup>

The available statewide data and answers from survey respondents point to huge inequities in who is able to access timely health care. The survey data on the accessibility of resources also show large disparities by race/ethnicity and language, as well as age. Many of these factors are interconnected, as access to resources that promote healthy lifestyles promote good health.

Reliable transportation is a resource that is essential to well-being. The results from the survey point to disparities in age with younger respondents being more likely to answer that they are not able to access reliable transportation (21.6% of 18-29 year olds compared to 6.2% of 50-74

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<sup>44</sup> Blue Cross Blue Shield Foundation of Massachusetts (2021). Racism and Racial Inequities: A data informed primer on health disparities in Massachusetts. [Health Equity Primer Dec 2021 final 0.pdf \(bluecrossmafoundation.org\)](#).

<sup>45</sup> National Institute of Mental Health (2021). [NIMH » Mental Illness \(nih.gov\)](#).

<sup>46</sup> America's Health Rankings (2020). [Explore Dental Visit in Massachusetts | AHR \(americashealthrankings.org\)](#)

years olds and 5.9% of those over 75). Racial and ethnic disparities are also evident among survey respondents. Only 3.5% of Caucasian respondents reported not being able to access reliable transportation compared to 27.6% of African American/Black respondents, 22.8% of Hispanic/Latino respondents and 15.2% of Brazilian respondents. Transportation impacts access to all other services. It is not the only reason that many struggle to access health care and other basic needs, but it likely plays a role in overall inequities.

Another measure that directly impacts the ability to meet basic needs, including health care, is access to income to cover basic needs. Again, there are large disparities among population groups who complete the survey. Thirty-eight percent of those aged 18-29 did not have sufficient income some or all of the time compared to 4% of those over age 75. There are also large disparities by race/ethnicity. Respondents who identify as Asian (6.5%) and Caucasian (6.5%) were far less likely than those who identified as Brazilian (30.6%), African American/Black (36.0%) or Hispanic/Latino (37.3%) to not have sufficient income to cover basic needs. There are potential negative implications to health and well-being when individuals and families are unable to consistently afford housing, utilities, food, clothing, and other necessities.

The disparities among survey respondents in ability to access essential services and meet basic needs are not dissimilar to those seen on the state level. The MetroWest region is rich in resources, yet not all residents benefit from or are able to access many of these resources. Improving the overall health of the region is only possible by addressing root causes and mitigating the immediate consequences of these inequities.



# Conclusion and Recommendations

This 2023 MetroWest Community Health Assessment represents the fourth such assessment undertaken on behalf of the region since 2013. This current assessment synthesizes a variety of community inputs, including a community resident survey distributed in three languages, focus groups with special sub-populations, interviews with key informants in the health, human service and government sectors, and analysis of a variety of secondary data sources. The assessment provides a detailed overview of the health-related needs and socio-economic conditions that impact community health in the region.

This assessment finds that the MetroWest region is a healthy place to live, work and learn. Health outcomes for the region match or are higher when compared to the state overall. The same can be said about the social determinants of health, although there is variation across the region's 25 communities and even within communities.

As in past assessments, two important health concerns identified in the region are access to timely mental health care and alcohol and substance use services. These issues have been consistently identified as priorities in all past assessments. Adding to these priorities this year are new concerns about the built and natural environment, housing insecurity and homelessness, and hunger and food insecurity. The rise of these issues reflects the demographic, socioeconomic, climate, and environmental changes that are impacting not only this region, but the state and nation as well. The lingering effects of the coronavirus pandemic also contributes to these health priorities.

None of these priorities exist in a vacuum. They are interrelated and interdependent. Therefore, strategies for addressing these concerns require a true systems-change approach that seeks to not only address the symptoms of illness and disease, but also focuses on the social determinants of health as fundamental to ensuring a healthy MetroWest region. This kind of approach requires thoughtful planning, robust community engagement and participation, and interagency collaboration. The region is well positioned to move forward in this way.

In response to these and other concerns expressed in this needs assessment, the following are offered as recommendations aimed at promoting the health and well-being of the region:

- 1) Establish a broad coalition of community members and agencies to develop specific actionable plans for addressing each of the health priorities identified in this assessment. This process should involve community members in decision-making processes related to health initiatives and policies.
- 2) All efforts to plan for and address health needs in the region must be based on principles of equity. Priority should be given to reducing known health disparities and ensuring that all community members have an equal opportunity to achieve good health. A key component of this is to ensure that all residents have access to health insurance and

affordable health care services, including primary care, behavioral health services, and preventive care.

- 3) COVID tested the region's ability to adequately respond to public health emergencies and other disasters. Continued efforts should be made to strengthen local public health capacity through shared services and other multi-jurisdictional approaches. These efforts should also seek to bolster public attitudes and perceptions about the importance of public health measures in preventing illness and disease. This includes encouraging community members to receive recommended vaccinations to prevent the spread of vaccine-preventable diseases, including childhood vaccinations.
- 4) As the need for behavioral health services continues to be a priority in the region, collaborative efforts are needed across agencies to promote timely access to mental health services and substance use treatment programs and resources. Additional work should focus on promoting mental health awareness and on reducing substance use through educational campaigns and community prevention efforts.
- 5) Communities should also work to encourage social connections and regular physical activity among residents of all ages through expansion of walking and biking trails, establishing recreation and community centers, and by offering fitness programs.
- 6) As more and more MetroWest residents, including older adults, face a housing affordability challenge due to rising rents or home prices, regional efforts are needed to support the development of more affordable housing units and seek ways to better support those who are housing insecure.
- 7) Climate-related health and environmental issues will continue to rise and will require new strategies for addressing how these issues will affect residents. MetroWest cities and towns should actively monitor and address environmental factors that can impact health, such as air and water quality, lead exposure, and sanitation.
- 8) Continued work is needed to raise awareness about hunger and food insecurity issues across MetroWest communities. This includes educational programs to inform people about the problem, its implications, and local efforts to develop approaches for addressing food insecurity. Work is also needed to advocate for policies at the local, state, and national levels that address the root causes of food insecurity, such as high housing and transportation costs, low wages, and education and training as these factors can influence food security.

## Appendices

### Appendix A: Zip-Code Level Health Data

# Ashland (01721) - Middlesex County

Demographic	Units	Local value	MetroWest average (range)	County value	Measurement Period
Total population <sup>i</sup>	count	18,646	(538-41,505)	-	2017-2021
Median household income <sup>ii</sup>	dollars	115,959	(71,602-250,000+)	111,790	2017-2021
Population below federal poverty level (FPL) <sup>iii</sup>	percent of population	4.9	(0.0-15.6)	7.4	2017-2021
Population below 200% FPL <sup>vi</sup>	percent of population	11.5	12.4 (0.0-31.6)	16	2017-2021
<b>Health Measures based on priorities in 2023 MetroWest CHA</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Mental health not good for half or more of the past month <sup>v</sup>   Mental Health	crude percent, adults 18+	12.7	12.8 (10.3-17.2)	13.2**	2021
Depression (as told by a medical professional) <sup>v</sup>   Mental Health	crude percent, adults 18+	20.1	20.2 (18.0-23.0)	19.4**	2021
Engaged in binge drinking within the past month <sup>v</sup>   Substance Use	crude percent, adults 18+	18.8	18.2 (16.1-21.3)	18.2**	2021
Current smokers <sup>v</sup>   Substance Use	crude percent, adults 18+	9.5	9.9 (6.5-14.8)	9.4**	2021
Opioid-related overdose deaths among residents in 2022* <sup>vi</sup>   Substance Use	rate per 10k residents	2.1	1.3 (0.0-4.8)	2.3	2022
Environmental Justice population* <sup>vii</sup>   Environment	percent of population	100.0	(0.0-100.0)	-	2020
Fluoride in municipal water* <sup>viii</sup>   Environment	yes or no	No	-	-	2021
Walkability <sup>ix</sup>   Environment	scale from 0 - 100	74.0	(1.0-75.0)	-	As of 9/2023
Bikeability* <sup>ix</sup>   Environment	scale from 0 - 100	51.0	(25.0-63.0)	-	As of 9/2023
Growth in typical home values <sup>x</sup>   Housing Insecurity	percent change, 4/2019-4/2023	27.0	27.5 (22.3-34.2)	25.7	2019, 2023
'Very low' income standard for federal housing programs, 4 person family* <sup>xi</sup>   Housing Insecurity	dollars	74,200	(58,500-74,200)	-	2021
Older adults living alone <sup>xii</sup>   Housing Insecurity	percent of adults 65+	29.0	24.1 (12.2-36.4)	25.7	2017-2021
Growth in SNAP caseload (households) <sup>xiii</sup>   Food Insecurity	percent change, 4/2019-4/2023	57.0	63.0 (9.0-175.0+)	60.0	2019, 2023
SNAP gap (eligible for SNAP, but not enrolled) <sup>xiv</sup>   Food Insecurity	percent of eligible population	59.0	59.8 (51.0-85.0)	-	2020
WIC gap (eligible for WIC, but not enrolled)* <sup>xv</sup>   Food Insecurity	percent of eligible population	51.0	47.0 (39.0-69.0)	-	2021
<b>Access to Care</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Current lack of health insurance <sup>v</sup>	crude percent, adults 18-64	3.0	3.0 (1.7-7.6)	3.8**	2021
Men up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, men 65+	52.6	56.7 (46.1-62.4)	51.2**	2020
Women up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, women 65+	48.1	47.8 (39.6-54.9)	47**	2020
Been to a doctor for routine checkup within the past year <sup>v</sup>	crude percent, adults 18+	72.6	74.5 (69.8-76.9)	71.8**	2021
Been to the dentist or dental clinic in the previous year <sup>v</sup>	crude percent, adults 18+	77.6	78.4 (66.1-83.0)	75.1**	2020

# Ashland (01721) - Middlesex County

Chronic Disease and Other Illness	Units	Local value	MetroWest average (range)	County value	Measurement Period
Diagnosed diabetes <sup>v</sup>	crude percent, adults 18+	6.8	7.2 (6.2-8.5)	7.1**	2021
Obesity (calculated from self-reported weight and height) <sup>v</sup>	crude percent, adults 18+	24.3	25.6 (22.1-31.6)	23.4**	2021
Current asthma <sup>v</sup>	crude percent, adults 18+	10.0	10.3 (9.4-12.0)	9.9**	2021
Pediatric asthma cases attributable to air pollution* <sup>xvi</sup>	count	41	-	-	2017-2018
Cervical cancer screening (such as Pap test or HPV test every 3-5 years) <sup>v</sup>	crude percent, women 21-65	87.9	88.1 (82.7-90.3)	85.7**	2020
Mammogram within the last two years <sup>v</sup>	crude percent, women 50-74	85.3	83.2 (79.6-86.2)	83.4**	2020
Completed primary COVID-19 vaccination series* <sup>xvii</sup>	percent of eligible population	91.0	90.0 (80.0-96.0+)	-	As of 4/2023
Received a COVID-19 booster shot after 9/1/2022* <sup>xvii</sup>	percent of eligible population	37.0	36.6 (25.0-52.0)	-	As of 4/2023

\* indicates municipal level estimate. \*\* indicates age-adjusted estimate. Where possible, MetroWest average is calculated from counts.

<sup>i</sup> Table B01003. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>ii</sup> Table B19013. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iii</sup> Table DP03. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iv</sup> Table C17002. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>v</sup> CDC PLACES July 2023 release. CDC's Division of Population Health, the Robert Wood Johnson Foundation, and the CDC Foundation. Being up to date on clinical preventive services includes flu shot past year, PPV shot ever, colorectal cancer screening, and for females, a mammogram in the past 2 years

<sup>vi</sup> Opioid statistics published by Massachusetts Department of Public Health Office of Health and Human Services in June 2023, rates calculated using 2020 U.S. Census population estimates. Data for deaths are preliminary and subject to updates

<sup>vii</sup> 2020 Environmental Justice Populations, Massachusetts Executive Office of Energy and Environmental Affairs. Updated November 2022. Defined as people disproportionately at risk of environment-related burdens due to structural inequities

<sup>viii</sup> Community Water Fluoridation Status report, Office of Oral Health, Bureau of Community Health and Prevention, Massachusetts Department of Public Health. Uses community list from 2021. A community-level water source is available in this community.

<sup>ix</sup> Accessed September 2023 on Walkscore.com, a product of Redfin. Updated on a rolling basis every six months. Walkscore based on walking routes to destinations such as grocery stores, schools, parks, restaurants, and retail. Bikescore based on on bike infrastructure, topography, destinations and road connectivity.

<sup>x</sup> Accessed September 2023 from Zillow Data using estimates from April 2019 and April 2023. Percent change calculated from Zillow Home Value Index (ZHVI): A smoothed, seasonally adjusted measure of the typical home value, calculated monthly as a weighted average of the middle third of all homes in a given region

<sup>xi</sup> FY 2023 Limits effective May 15, 2023, Office of Policy Development and Research, Department of Housing and Urban Development (HUD) using 2021 American Community Survey income data. HUD 'low income', 'very low income', and 'extremely low income' estimates are used to determine eligibility for assisted housing programs.

<sup>xii</sup> Table B09020. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>xiii</sup> Annual Caseload Summary ZIP Code Report 2019 and Caseload by zip code report - April 2023, Massachusetts Department of Transitional Assistance

<sup>xiv</sup> SNAP Gap 2021 Tableau Dashboard. Food Bank of Western Massachusetts using Massachusetts Department of Transitional Assistance data

<sup>xv</sup> 2022 Massachusetts WIC Program Needs Assessment, Massachusetts Department of Public Health

<sup>xvi</sup> Health effects of air pollution in Massachusetts report by Global Observatory on Planetary Health at Boston College. Uses 2017-2018 pediatric asthma case data from Massachusetts Population Health Information Tool

<sup>xvii</sup> Municipality vaccination report published April 26, 2023, Weekly COVID-19 Vaccination Dashboard, Massachusetts Department of Public Health.

# Bellingham (02019) - Norfolk County

Demographic	Units	Local value	MetroWest average (range)	County value	Measurement Period
Total population <sup>i</sup>	count	16,934	(538-41,505)	-	2017-2021
Median household income <sup>ii</sup>	dollars	109,042	(71,602-250,000+)	112,089	2017-2021
Population below federal poverty level (FPL) <sup>iii</sup>	percent of population	4.4	(0.0-15.6)	6.3	2017-2021
Population below 200% FPL <sup>vi</sup>	percent of population	13.5	12.4 (0.0-31.6)	14.2	2017-2021
<b>Health Measures based on priorities in 2023 MetroWest CHA</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Mental health not good for half or more of the past month <sup>v</sup>   Mental Health	crude percent, adults 18+	14.6	12.8 (10.3-17.2)	13.8**	2021
Depression (as told by a medical professional) <sup>v</sup>   Mental Health	crude percent, adults 18+	21.9	20.2 (18.0-23.0)	19.7**	2021
Engaged in binge drinking within the past month <sup>v</sup>   Substance Use	crude percent, adults 18+	20.3	18.2 (16.1-21.3)	18.8**	2021
Current smokers <sup>v</sup>   Substance Use	crude percent, adults 18+	13.1	9.9 (6.5-14.8)	10.9**	2021
Opioid-related overdose deaths among residents in 2022* <sup>vi</sup>   Substance Use	rate per 10k residents	2.4	1.3 (0.0-4.8)	2.2	2022
Environmental Justice population* <sup>vii</sup>   Environment	percent of population	17.7	(0.0-100.0)	-	2020
Fluoride in municipal water* <sup>viii</sup>   Environment	yes or no	No	-	-	2021
Walkability <sup>ix</sup>   Environment	scale from 0 - 100	30.0	(1.0-75.0)	-	As of 9/2023
Bikeability* <sup>ix</sup>   Environment	scale from 0 - 100	28.0	(25.0-63.0)	-	As of 9/2023
Growth in typical home values <sup>x</sup>   Housing Insecurity	percent change, 4/2019-4/2023	26.7	27.5 (22.3-34.2)	27.2	2019, 2023
'Very low' income standard for federal housing programs, 4 person family* <sup>xi</sup>   Housing Insecurity	dollars	74,200	(58,500-74,200)	-	2021
Older adults living alone <sup>xii</sup>   Housing Insecurity	percent of adults 65+	31.5	24.1 (12.2-36.4)	26.6	2017-2021
Growth in SNAP caseload (households) <sup>xiii</sup>   Food Insecurity	percent change, 4/2019-4/2023	75.0	63.0 (9.0-175.0+)	71.3	2019, 2023
SNAP gap (eligible for SNAP, but not enrolled) <sup>xiv</sup>   Food Insecurity	percent of eligible population	54.0	59.8 (51.0-85.0)	-	2020
WIC gap (eligible for WIC, but not enrolled)* <sup>xv</sup>   Food Insecurity	percent of eligible population	55.0	47.0 (39.0-69.0)	-	2021
<b>Access to Care</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Current lack of health insurance <sup>v</sup>	crude percent, adults 18-64	3.5	3.0 (1.7-7.6)	3.7**	2021
Men up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, men 65+	56.8	56.7 (46.1-62.4)	56.8**	2020
Women up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, women 65+	43.9	47.8 (39.6-54.9)	44.2**	2020
Been to a doctor for routine checkup within the past year <sup>v</sup>	crude percent, adults 18+	72.5	74.5 (69.8-76.9)	72.7**	2021
Been to the dentist or dental clinic in the previous year <sup>v</sup>	crude percent, adults 18+	74.9	78.4 (66.1-83.0)	74.7**	2020

# Bellingham (02019) - Norfolk County

Chronic Disease and Other Illness	Units	Local value	MetroWest average (range)	County value	Measurement Period
Diagnosed diabetes <sup>v</sup>	crude percent, adults 18+	7.1	7.2 (6.2-8.5)	7.2**	2021
Obesity (calculated from self-reported weight and height) <sup>v</sup>	crude percent, adults 18+	26.9	25.6 (22.1-31.6)	24.7**	2021
Current asthma <sup>v</sup>	crude percent, adults 18+	10.6	10.3 (9.4-12.0)	10.1**	2021
Pediatric asthma cases attributable to air pollution* <sup>xvi</sup>	count	15	-	-	2017-2018
Cervical cancer screening (such as Pap test or HPV test every 3-5 years) <sup>v</sup>	crude percent, women 21-65	87.3	88.1 (82.7-90.3)	85.9**	2020
Mammogram within the last two years <sup>v</sup>	crude percent, women 50-74	79.6	83.2 (79.6-86.2)	78.9**	2020
Completed primary COVID-19 vaccination series* <sup>xvii</sup>	percent of eligible population	80.0	90.0 (80.0-96.0+)	-	As of 4/2023
Received a COVID-19 booster shot after 9/1/2022* <sup>xvii</sup>	percent of eligible population	26.0	36.6 (25.0-52.0)	-	As of 4/2023

\* indicates municipal level estimate. \*\* indicates age-adjusted estimate. Where possible, MetroWest average is calculated from counts.

<sup>i</sup> Table B01003. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>ii</sup> Table B19013. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iii</sup> Table DP03. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iv</sup> Table C17002. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>v</sup> CDC PLACES July 2023 release. CDC's Division of Population Health, the Robert Wood Johnson Foundation, and the CDC Foundation. Being up to date on clinical preventive services includes flu shot past year, PPV shot ever, colorectal cancer screening, and for females, a mammogram in the past 2 years

<sup>vi</sup> Opioid statistics published by Massachusetts Department of Public Health Office of Health and Human Services in June 2023, rates calculated using 2020 U.S. Census population estimates. Data for deaths are preliminary and subject to updates

<sup>vii</sup> 2020 Environmental Justice Populations, Massachusetts Executive Office of Energy and Environmental Affairs. Updated November 2022. Defined as people disproportionately at risk of environment-related burdens due to structural inequities

<sup>viii</sup> Community Water Fluoridation Status report, Office of Oral Health, Bureau of Community Health and Prevention, Massachusetts Department of Public Health. Uses community list from 2021. A community-level water source is not available in this community.

<sup>ix</sup> Accessed September 2023 on Walkscore.com, a product of Redfin. Updated on a rolling basis every six months. Walkscore based on walking routes to destinations such as grocery stores, schools, parks, restaurants, and retail. Bikescore based on on bike infrastructure, topography, destinations and road connectivity.

<sup>x</sup> Accessed September 2023 from Zillow Data using estimates from April 2019 and April 2023. Percent change calculated from Zillow Home Value Index (ZHVI): A smoothed, seasonally adjusted measure of the typical home value, calculated monthly as a weighted average of the middle third of all homes in a given region

<sup>xi</sup> FY 2023 Limits effective May 15, 2023, Office of Policy Development and Research, Department of Housing and Urban Development (HUD) using 2021 American Community Survey income data. HUD 'low income', 'very low income', and 'extremely low income' estimates are used to determine eligibility for assisted housing programs.

<sup>xii</sup> Table B09020. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>xiii</sup> Annual Caseload Summary ZIP Code Report 2019 and Caseload by zip code report - April 2023, Massachusetts Department of Transitional Assistance

<sup>xiv</sup> SNAP Gap 2021 Tableau Dashboard. Food Bank of Western Massachusetts using Massachusetts Department of Transitional Assistance data

<sup>xv</sup> 2022 Massachusetts WIC Program Needs Assessment, Massachusetts Department of Public Health

<sup>xvi</sup> Health effects of air pollution in Massachusetts report by Global Observatory on Planetary Health at Boston College. Uses 2017-2018 pediatric asthma case data from Massachusetts Population Health Information Tool

<sup>xvii</sup> Municipality vaccination report published April 26, 2023, Weekly COVID-19 Vaccination Dashboard, Massachusetts Department of Public Health.

# Dover (02030) - Norfolk County

Demographic	Units	Local value	MetroWest average (range)	County value	Measurement Period
Total population <sup>i</sup>	count	5,894	(538-41,505)	-	2017-2021
Median household income <sup>ii</sup>	dollars	0	(71,602-250,000+)	112,089	2017-2021
Population below federal poverty level (FPL) <sup>iii</sup>	percent of population	1.1	(0.0-15.6)	6.3	2017-2021
Population below 200% FPL <sup>vi</sup>	percent of population	2.4	12.4 (0.0-31.6)	14.2	2017-2021
<b>Health Measures based on priorities in 2023 MetroWest CHA</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Mental health not good for half or more of the past month <sup>v</sup>   Mental Health	crude percent, adults 18+	10.7	12.8 (10.3-17.2)	13.8**	2021
Depression (as told by a medical professional) <sup>v</sup>   Mental Health	crude percent, adults 18+	18.6	20.2 (18.0-23.0)	19.7**	2021
Engaged in binge drinking within the past month <sup>v</sup>   Substance Use	crude percent, adults 18+	17.9	18.2 (16.1-21.3)	18.8**	2021
Current smokers <sup>v</sup>   Substance Use	crude percent, adults 18+	7.7	9.9 (6.5-14.8)	10.9**	2021
Opioid-related overdose deaths among residents in 2022* <sup>vi</sup>   Substance Use	rate per 10k residents	0.0	1.3 (0.0-4.8)	2.2	2022
Environmental Justice population* <sup>vii</sup>   Environment	percent of population	0.0	(0.0-100.0)	-	2020
Fluoride in municipal water* <sup>viii</sup>   Environment	yes or no	No	-	-	2021
Walkability <sup>ix</sup>   Environment	scale from 0 - 100	11.0	(1.0-75.0)	-	As of 9/2023
Bikeability* <sup>ix</sup>   Environment	scale from 0 - 100	-	(25.0-63.0)	-	As of 9/2023
Growth in typical home values <sup>x</sup>   Housing Insecurity	percent change, 4/2019-4/2023	25.5	27.5 (22.3-34.2)	27.2	2019, 2023
'Very low' income standard for federal housing programs, 4 person family* <sup>xi</sup>   Housing Insecurity	dollars	74,200	(58,500-74,200)	-	2021
Older adults living alone <sup>xii</sup>   Housing Insecurity	percent of adults 65+	16.0	24.1 (12.2-36.4)	26.6	2017-2021
Growth in SNAP caseload (households) <sup>xiii</sup>   Food Insecurity	percent change, 4/2019-4/2023	0.0	63.0 (9.0-175.0+)	71.3	2019, 2023
SNAP gap (eligible for SNAP, but not enrolled) <sup>xiv</sup>   Food Insecurity	percent of eligible population	85.0	59.8 (51.0-85.0)	-	2020
WIC gap (eligible for WIC, but not enrolled)* <sup>xv</sup>   Food Insecurity	percent of eligible population	0.0	47.0 (39.0-69.0)	-	2021
<b>Access to Care</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Current lack of health insurance <sup>v</sup>	crude percent, adults 18-64	1.9	3.0 (1.7-7.6)	3.7**	2021
Men up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, men 65+	61.0	56.7 (46.1-62.4)	56.8**	2020
Women up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, women 65+	49.5	47.8 (39.6-54.9)	44.2**	2020
Been to a doctor for routine checkup within the past year <sup>v</sup>	crude percent, adults 18+	76.2	74.5 (69.8-76.9)	72.7**	2021
Been to the dentist or dental clinic in the previous year <sup>v</sup>	crude percent, adults 18+	82.5	78.4 (66.1-83.0)	74.7**	2020



## Dover (02030) - Norfolk County

Chronic Disease and Other Illness	Units	Local value	MetroWest average (range)	County value	Measurement Period
Diagnosed diabetes <sup>v</sup>	crude percent, adults 18+	7.1	7.2 (6.2-8.5)	7.2**	2021
Obesity (calculated from self-reported weight and height) <sup>v</sup>	crude percent, adults 18+	23.9	25.6 (22.1-31.6)	24.7**	2021
Current asthma <sup>v</sup>	crude percent, adults 18+	9.6	10.3 (9.4-12.0)	10.1**	2021
Pediatric asthma cases attributable to air pollution* <sup>xvi</sup>	count	16	-	-	2017-2018
Cervical cancer screening (such as Pap test or HPV test every 3-5 years) <sup>v</sup>	crude percent, women 21-65	90.0	88.1 (82.7-90.3)	85.9**	2020
Mammogram within the last two years <sup>v</sup>	crude percent, women 50-74	81.7	83.2 (79.6-86.2)	78.9**	2020
Completed primary COVID-19 vaccination series* <sup>xvii</sup>	percent of eligible population	95.0	90.0 (80.0-96.0+)	-	As of 4/2023
Received a COVID-19 booster shot after 9/1/2022* <sup>xvii</sup>	percent of eligible population	45.0	36.6 (25.0-52.0)	-	As of 4/2023

\* indicates municipal level estimate. \*\* indicates age-adjusted estimate. Where possible, MetroWest average is calculated from counts.

<sup>i</sup> Table B01003. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>ii</sup> Table B19013. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iii</sup> Table DP03. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iv</sup> Table C17002. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>v</sup> CDC PLACES July 2023 release. CDC's Division of Population Health, the Robert Wood Johnson Foundation, and the CDC Foundation. Being up to date on clinical preventive services includes flu shot past year, PPV shot ever, colorectal cancer screening, and for females, a mammogram in the past 2 years

<sup>vi</sup> Opioid statistics published by Massachusetts Department of Public Health Office of Health and Human Services in June 2023, rates calculated using 2020 U.S. Census population estimates. Data for deaths are preliminary and subject to updates

<sup>vii</sup> 2020 Environmental Justice Populations, Massachusetts Executive Office of Energy and Environmental Affairs. Updated November 2022. Defined as people disproportionately at risk of environment-related burdens due to structural inequities

<sup>viii</sup> Community Water Fluoridation Status report, Office of Oral Health, Bureau of Community Health and Prevention, Massachusetts Department of Public Health. Uses community list from 2021. A community-level water source is available in this community.

<sup>ix</sup> Accessed September 2023 on Walkscore.com, a product of Redfin. Updated on a rolling basis every six months. Walkscore based on walking routes to destinations such as grocery stores, schools, parks, restaurants, and retail. Bikescore based on on bike infrastructure, topography, destinations and road connectivity.

<sup>x</sup> Accessed September 2023 from Zillow Data using estimates from April 2019 and April 2023. Percent change calculated from Zillow Home Value Index (ZHVI): A smoothed, seasonally adjusted measure of the typical home value, calculated monthly as a weighted average of the middle third of all homes in a given region

<sup>xi</sup> FY 2023 Limits effective May 15, 2023, Office of Policy Development and Research, Department of Housing and Urban Development (HUD) using 2021 American Community Survey income data. HUD 'low income', 'very low income', and 'extremely low income' estimates are used to determine eligibility for assisted housing programs.

<sup>xii</sup> Table B09020. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>xiii</sup> Annual Caseload Summary ZIP Code Report 2019 and Caseload by zip code report - April 2023, Massachusetts Department of Transitional Assistance

<sup>xiv</sup> SNAP Gap 2021 Tableau Dashboard. Food Bank of Western Massachusetts using Massachusetts Department of Transitional Assistance data

<sup>xv</sup> 2022 Massachusetts WIC Program Needs Assessment, Massachusetts Department of Public Health

<sup>xvi</sup> Health effects of air pollution in Massachusetts report by Global Observatory on Planetary Health at Boston College. Uses 2017-2018 pediatric asthma case data from Massachusetts Population Health Information Tool

<sup>xvii</sup> Municipality vaccination report published April 26, 2023, Weekly COVID-19 Vaccination Dashboard, Massachusetts Department of Public Health.

# Framingham (01701) - Middlesex County

Demographic	Units	Local value	MetroWest average (range)	County value	Measurement Period
Total population <sup>i</sup>	count	33,319	(538-41,505)	-	2017-2021
Median household income <sup>ii</sup>	dollars	120,811	(71,602-250,000+)	111,790	2017-2021
Population below federal poverty level (FPL) <sup>iii</sup>	percent of population	4.7	(0.0-15.6)	7.4	2017-2021
Population below 200% FPL <sup>vi</sup>	percent of population	9.2	12.4 (0.0-31.6)	16	2017-2021
<b>Health Measures based on priorities in 2023 MetroWest CHA</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Mental health not good for half or more of the past month <sup>v</sup>   Mental Health	crude percent, adults 18+	12.2	12.8 (10.3-17.2)	13.2**	2021
Depression (as told by a medical professional) <sup>v</sup>   Mental Health	crude percent, adults 18+	19.6	20.2 (18.0-23.0)	19.4**	2021
Engaged in binge drinking within the past month <sup>v</sup>   Substance Use	crude percent, adults 18+	17.4	18.2 (16.1-21.3)	18.2**	2021
Current smokers <sup>v</sup>   Substance Use	crude percent, adults 18+	9.1	9.9 (6.5-14.8)	9.4**	2021
Opioid-related overdose deaths among residents in 2022* <sup>vi</sup>   Substance Use	rate per 10k residents	2.3	1.3 (0.0-4.8)	2.3	2022
Environmental Justice population* <sup>vii</sup>   Environment	percent of population	87.2	(0.0-100.0)	-	2020
Fluoride in municipal water* <sup>viii</sup>   Environment	yes or no	Yes	-	-	2021
Walkability <sup>ix</sup>   Environment	scale from 0 - 100	32.0	(1.0-75.0)	-	As of 9/2023
Bikeability* <sup>ix</sup>   Environment	scale from 0 - 100	37.0	(25.0-63.0)	-	As of 9/2023
Growth in typical home values <sup>x</sup>   Housing Insecurity	percent change, 4/2019-4/2023	22.3	27.5 (22.3-34.2)	25.7	2019, 2023
'Very low' income standard for federal housing programs, 4 person family* <sup>xi</sup>   Housing Insecurity	dollars	74,200	(58,500-74,200)	-	2021
Older adults living alone <sup>xii</sup>   Housing Insecurity	percent of adults 65+	19.8	24.1 (12.2-36.4)	25.7	2017-2021
Growth in SNAP caseload (households) <sup>xiii</sup>   Food Insecurity	percent change, 4/2019-4/2023	52.0	63.0 (9.0-175.0+)	60.0	2019, 2023
SNAP gap (eligible for SNAP, but not enrolled) <sup>xiv</sup>   Food Insecurity	percent of eligible population	64.0	59.8 (51.0-85.0)	-	2020
WIC gap (eligible for WIC, but not enrolled)* <sup>xv</sup>   Food Insecurity	percent of eligible population	41.0	47.0 (39.0-69.0)	-	2021
<b>Access to Care</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Current lack of health insurance <sup>v</sup>	crude percent, adults 18-64	3.1	3.0 (1.7-7.6)	3.8**	2021
Men up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, men 65+	52.6	56.7 (46.1-62.4)	51.2**	2020
Women up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, women 65+	46.4	47.8 (39.6-54.9)	47**	2020
Been to a doctor for routine checkup within the past year <sup>v</sup>	crude percent, adults 18+	74.4	74.5 (69.8-76.9)	71.8**	2021
Been to the dentist or dental clinic in the previous year <sup>v</sup>	crude percent, adults 18+	77.8	78.4 (66.1-83.0)	75.1**	2020

# Framingham (01701) - Middlesex County

Chronic Disease and Other Illness	Units	Local value	MetroWest average (range)	County value	Measurement Period
Diagnosed diabetes <sup>v</sup>	crude percent, adults 18+	7.6	7.2 (6.2-8.5)	7.1**	2021
Obesity (calculated from self-reported weight and height) <sup>v</sup>	crude percent, adults 18+	24.0	25.6 (22.1-31.6)	23.4**	2021
Current asthma <sup>v</sup>	crude percent, adults 18+	10.0	10.3 (9.4-12.0)	9.9**	2021
Pediatric asthma cases attributable to air pollution* <sup>xvi</sup>	count	156	-	-	2017-2018
Cervical cancer screening (such as Pap test or HPV test every 3-5 years) <sup>v</sup>	crude percent, women 21-65	87.7	88.1 (82.7-90.3)	85.7**	2020
Mammogram within the last two years <sup>v</sup>	crude percent, women 50-74	85.1	83.2 (79.6-86.2)	83.4**	2020
Completed primary COVID-19 vaccination series* <sup>xvii</sup>	percent of eligible population	89.0	90.0 (80.0-96.0+)	-	As of 4/2023
Received a COVID-19 booster shot after 9/1/2022* <sup>xvii</sup>	percent of eligible population	30.0	36.6 (25.0-52.0)	-	As of 4/2023

\* indicates municipal level estimate. \*\* indicates age-adjusted estimate. Where possible, MetroWest average is calculated from counts.

<sup>i</sup> Table B01003. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>ii</sup> Table B19013. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iii</sup> Table DP03. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iv</sup> Table C17002. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>v</sup> CDC PLACES July 2023 release. CDC's Division of Population Health, the Robert Wood Johnson Foundation, and the CDC Foundation. Being up to date on clinical preventive services includes flu shot past year, PPV shot ever, colorectal cancer screening, and for females, a mammogram in the past 2 years

<sup>vi</sup> Opioid statistics published by Massachusetts Department of Public Health Office of Health and Human Services in June 2023, rates calculated using 2020 U.S. Census population estimates. Data for deaths are preliminary and subject to updates

<sup>vii</sup> 2020 Environmental Justice Populations, Massachusetts Executive Office of Energy and Environmental Affairs. Updated November 2022. Defined as people disproportionately at risk of environment-related burdens due to structural inequities

<sup>viii</sup> Community Water Fluoridation Status report, Office of Oral Health, Bureau of Community Health and Prevention, Massachusetts Department of Public Health. Uses community list from 2021. Began in 1970

<sup>ix</sup> Accessed September 2023 on Walkscore.com, a product of Redfin. Updated on a rolling basis every six months. Walkscore based on walking routes to destinations such as grocery stores, schools, parks, restaurants, and retail. Bikescore based on on bike infrastructure, topography, destinations and road connectivity.

<sup>x</sup> Accessed September 2023 from Zillow Data using estimates from April 2019 and April 2023. Percent change calculated from Zillow Home Value Index (ZHVI): A smoothed, seasonally adjusted measure of the typical home value, calculated monthly as a weighted average of the middle third of all homes in a given region

<sup>xi</sup> FY 2023 Limits effective May 15, 2023, Office of Policy Development and Research, Department of Housing and Urban Development (HUD) using 2021 American Community Survey income data. HUD 'low income', 'very low income', and 'extremely low income' estimates are used to determine eligibility for assisted housing programs.

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<sup>xiv</sup> SNAP Gap 2021 Tableau Dashboard. Food Bank of Western Massachusetts using Massachusetts Department of Transitional Assistance data

<sup>xv</sup> 2022 Massachusetts WIC Program Needs Assessment, Massachusetts Department of Public Health

<sup>xvi</sup> Health effects of air pollution in Massachusetts report by Global Observatory on Planetary Health at Boston College. Uses 2017-2018 pediatric asthma case data from Massachusetts Population Health Information Tool

<sup>xvii</sup> Municipality vaccination report published April 26, 2023, Weekly COVID-19 Vaccination Dashboard, Massachusetts Department of Public Health.

# Framingham (01702) - Middlesex County

Demographic	Units	Local value	MetroWest average (range)	County value	Measurement Period
Total population <sup>i</sup>	count	38,842	(538-41,505)	-	2017-2021
Median household income <sup>ii</sup>	dollars	71,602	(71,602-250,000+)	111,790	2017-2021
Population below federal poverty level (FPL) <sup>iii</sup>	percent of population	15.6	(0.0-15.6)	7.4	2017-2021
Population below 200% FPL <sup>vi</sup>	percent of population	31.6	12.4 (0.0-31.6)	16	2017-2021
<b>Health Measures based on priorities in 2023 MetroWest CHA</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Mental health not good for half or more of the past month <sup>v</sup>   Mental Health	crude percent, adults 18+	17.2	12.8 (10.3-17.2)	13.2**	2021
Depression (as told by a medical professional) <sup>v</sup>   Mental Health	crude percent, adults 18+	22.5	20.2 (18.0-23.0)	19.4**	2021
Engaged in binge drinking within the past month <sup>v</sup>   Substance Use	crude percent, adults 18+	18.4	18.2 (16.1-21.3)	18.2**	2021
Current smokers <sup>v</sup>   Substance Use	crude percent, adults 18+	14.2	9.9 (6.5-14.8)	9.4**	2021
Opioid-related overdose deaths among residents in 2022* <sup>vi</sup>   Substance Use	rate per 10k residents	2.3	1.3 (0.0-4.8)	2.3	2022
Environmental Justice population* <sup>vii</sup>   Environment	percent of population	87.2	(0.0-100.0)	-	2020
Fluoride in municipal water* <sup>viii</sup>   Environment	yes or no	Yes	-	-	2021
Walkability <sup>ix</sup>   Environment	scale from 0 - 100	51.0	(1.0-75.0)	-	As of 9/2023
Bikeability* <sup>ix</sup>   Environment	scale from 0 - 100	37.0	(25.0-63.0)	-	As of 9/2023
Growth in typical home values <sup>x</sup>   Housing Insecurity	percent change, 4/2019-4/2023	26.5	27.5 (22.3-34.2)	25.7	2019, 2023
'Very low' income standard for federal housing programs, 4 person family* <sup>xi</sup>   Housing Insecurity	dollars	74,200	(58,500-74,200)	-	2021
Older adults living alone <sup>xii</sup>   Housing Insecurity	percent of adults 65+	36.4	24.1 (12.2-36.4)	25.7	2017-2021
Growth in SNAP caseload (households) <sup>xiii</sup>   Food Insecurity	percent change, 4/2019-4/2023	45.0	63.0 (9.0-175.0+)	60.0	2019, 2023
SNAP gap (eligible for SNAP, but not enrolled) <sup>xiv</sup>   Food Insecurity	percent of eligible population	51.0	59.8 (51.0-85.0)	-	2020
WIC gap (eligible for WIC, but not enrolled)* <sup>xv</sup>   Food Insecurity	percent of eligible population	41.0	47.0 (39.0-69.0)	-	2021
<b>Access to Care</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Current lack of health insurance <sup>v</sup>	crude percent, adults 18-64	7.6	3.0 (1.7-7.6)	3.8**	2021
Men up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, men 65+	46.1	56.7 (46.1-62.4)	51.2**	2020
Women up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, women 65+	39.6	47.8 (39.6-54.9)	47**	2020
Been to a doctor for routine checkup within the past year <sup>v</sup>	crude percent, adults 18+	69.8	74.5 (69.8-76.9)	71.8**	2021
Been to the dentist or dental clinic in the previous year <sup>v</sup>	crude percent, adults 18+	66.1	78.4 (66.1-83.0)	75.1**	2020

# Framingham (01702) - Middlesex County

Chronic Disease and Other Illness	Units	Local value	MetroWest average (range)	County value	Measurement Period
Diagnosed diabetes <sup>v</sup>	crude percent, adults 18+	7.9	7.2 (6.2-8.5)	7.1**	2021
Obesity (calculated from self-reported weight and height) <sup>v</sup>	crude percent, adults 18+	27.1	25.6 (22.1-31.6)	23.4**	2021
Current asthma <sup>v</sup>	crude percent, adults 18+	11.4	10.3 (9.4-12.0)	9.9**	2021
Pediatric asthma cases attributable to air pollution* <sup>xvi</sup>	count	156	-	-	2017-2018
Cervical cancer screening (such as Pap test or HPV test every 3-5 years) <sup>v</sup>	crude percent, women 21-65	82.7	88.1 (82.7-90.3)	85.7**	2020
Mammogram within the last two years <sup>v</sup>	crude percent, women 50-74	83.9	83.2 (79.6-86.2)	83.4**	2020
Completed primary COVID-19 vaccination series* <sup>xvii</sup>	percent of eligible population	89.0	90.0 (80.0-96.0+)	-	As of 4/2023
Received a COVID-19 booster shot after 9/1/2022* <sup>xvii</sup>	percent of eligible population	30.0	36.6 (25.0-52.0)	-	As of 4/2023

\* indicates municipal level estimate. \*\* indicates age-adjusted estimate. Where possible, MetroWest average is calculated from counts.

<sup>i</sup> Table B01003. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>ii</sup> Table B19013. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

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<sup>iv</sup> Table C17002. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>v</sup> CDC PLACES July 2023 release. CDC's Division of Population Health, the Robert Wood Johnson Foundation, and the CDC Foundation. Being up to date on clinical preventive services includes flu shot past year, PPV shot ever, colorectal cancer screening, and for females, a mammogram in the past 2 years

<sup>vi</sup> Opioid statistics published by Massachusetts Department of Public Health Office of Health and Human Services in June 2023, rates calculated using 2020 U.S. Census population estimates. Data for deaths are preliminary and subject to updates

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<sup>xii</sup> Table B09020. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>xiii</sup> Annual Caseload Summary ZIP Code Report 2019 and Caseload by zip code report - April 2023, Massachusetts Department of Transitional Assistance

<sup>xiv</sup> SNAP Gap 2021 Tableau Dashboard. Food Bank of Western Massachusetts using Massachusetts Department of Transitional Assistance data

<sup>xv</sup> 2022 Massachusetts WIC Program Needs Assessment, Massachusetts Department of Public Health

<sup>xvi</sup> Health effects of air pollution in Massachusetts report by Global Observatory on Planetary Health at Boston College. Uses 2017-2018 pediatric asthma case data from Massachusetts Population Health Information Tool

<sup>xvii</sup> Municipality vaccination report published April 26, 2023, Weekly COVID-19 Vaccination Dashboard, Massachusetts Department of Public Health.

# Franklin (02038) - Norfolk County

Demographic	Units	Local value	MetroWest average (range)	County value	Measurement Period
Total population <sup>i</sup>	count	33,057	(538-41,505)	-	2017-2021
Median household income <sup>ii</sup>	dollars	127,608	(71,602-250,000+)	112,089	2017-2021
Population below federal poverty level (FPL) <sup>iii</sup>	percent of population	5.5	(0.0-15.6)	6.3	2017-2021
Population below 200% FPL <sup>vi</sup>	percent of population	10.1	12.4 (0.0-31.6)	14.2	2017-2021
<b>Health Measures based on priorities in 2023 MetroWest CHA</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Mental health not good for half or more of the past month <sup>v</sup>   Mental Health	crude percent, adults 18+	13.8	12.8 (10.3-17.2)	13.8**	2021
Depression (as told by a medical professional) <sup>v</sup>   Mental Health	crude percent, adults 18+	21.2	20.2 (18.0-23.0)	19.7**	2021
Engaged in binge drinking within the past month <sup>v</sup>   Substance Use	crude percent, adults 18+	20.5	18.2 (16.1-21.3)	18.8**	2021
Current smokers <sup>v</sup>   Substance Use	crude percent, adults 18+	11.3	9.9 (6.5-14.8)	10.9**	2021
Opioid-related overdose deaths among residents in 2022* <sup>vi</sup>   Substance Use	rate per 10k residents	0.9	1.3 (0.0-4.8)	2.2	2022
Environmental Justice population* <sup>vii</sup>   Environment	percent of population	0.0	(0.0-100.0)	-	2020
Fluoride in municipal water* <sup>viii</sup>   Environment	yes or no	Yes	-	-	2021
Walkability <sup>ix</sup>   Environment	scale from 0 - 100	22.0	(1.0-75.0)	-	As of 9/2023
Bikeability* <sup>ix</sup>   Environment	scale from 0 - 100	25.0	(25.0-63.0)	-	As of 9/2023
Growth in typical home values <sup>x</sup>   Housing Insecurity	percent change, 4/2019-4/2023	28.2	27.5 (22.3-34.2)	27.2	2019, 2023
'Very low' income standard for federal housing programs, 4 person family* <sup>xi</sup>   Housing Insecurity	dollars	74,200	(58,500-74,200)	-	2021
Older adults living alone <sup>xii</sup>   Housing Insecurity	percent of adults 65+	23.7	24.1 (12.2-36.4)	26.6	2017-2021
Growth in SNAP caseload (households) <sup>xiii</sup>   Food Insecurity	percent change, 4/2019-4/2023	76.0	63.0 (9.0-175.0+)	71.3	2019, 2023
SNAP gap (eligible for SNAP, but not enrolled) <sup>xiv</sup>   Food Insecurity	percent of eligible population	54.0	59.8 (51.0-85.0)	-	2020
WIC gap (eligible for WIC, but not enrolled)* <sup>xv</sup>   Food Insecurity	percent of eligible population	61.0	47.0 (39.0-69.0)	-	2021
<b>Access to Care</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Current lack of health insurance <sup>v</sup>	crude percent, adults 18-64	2.9	3.0 (1.7-7.6)	3.7**	2021
Men up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, men 65+	58.1	56.7 (46.1-62.4)	56.8**	2020
Women up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, women 65+	44.8	47.8 (39.6-54.9)	44.2**	2020
Been to a doctor for routine checkup within the past year <sup>v</sup>	crude percent, adults 18+	72.6	74.5 (69.8-76.9)	72.7**	2021
Been to the dentist or dental clinic in the previous year <sup>v</sup>	crude percent, adults 18+	77.5	78.4 (66.1-83.0)	74.7**	2020

# Franklin (02038) - Norfolk County

Chronic Disease and Other Illness	Units	Local value	MetroWest average (range)	County value	Measurement Period
Diagnosed diabetes <sup>v</sup>	crude percent, adults 18+	6.4	7.2 (6.2-8.5)	7.2**	2021
Obesity (calculated from self-reported weight and height) <sup>v</sup>	crude percent, adults 18+	25.7	25.6 (22.1-31.6)	24.7**	2021
Current asthma <sup>v</sup>	crude percent, adults 18+	10.3	10.3 (9.4-12.0)	10.1**	2021
Pediatric asthma cases attributable to air pollution* <sup>xvi</sup>	count	66	-	-	2017-2018
Cervical cancer screening (such as Pap test or HPV test every 3-5 years) <sup>v</sup>	crude percent, women 21-65	88.4	88.1 (82.7-90.3)	85.9**	2020
Mammogram within the last two years <sup>v</sup>	crude percent, women 50-74	80.6	83.2 (79.6-86.2)	78.9**	2020
Completed primary COVID-19 vaccination series* <sup>xvii</sup>	percent of eligible population	86.0	90.0 (80.0-96.0+)	-	As of 4/2023
Received a COVID-19 booster shot after 9/1/2022* <sup>xvii</sup>	percent of eligible population	34.0	36.6 (25.0-52.0)	-	As of 4/2023

\* indicates municipal level estimate. \*\* indicates age-adjusted estimate. Where possible, MetroWest average is calculated from counts.

<sup>i</sup> Table B01003. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>ii</sup> Table B19013. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iii</sup> Table DP03. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iv</sup> Table C17002. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>v</sup> CDC PLACES July 2023 release. CDC's Division of Population Health, the Robert Wood Johnson Foundation, and the CDC Foundation. Being up to date on clinical preventive services includes flu shot past year, PPV shot ever, colorectal cancer screening, and for females, a mammogram in the past 2 years

<sup>vi</sup> Opioid statistics published by Massachusetts Department of Public Health Office of Health and Human Services in June 2023, rates calculated using 2020 U.S. Census population estimates. Data for deaths are preliminary and subject to updates

<sup>vii</sup> 2020 Environmental Justice Populations, Massachusetts Executive Office of Energy and Environmental Affairs. Updated November 2022. Defined as people disproportionately at risk of environment-related burdens due to structural inequities

<sup>viii</sup> Community Water Fluoridation Status report, Office of Oral Health, Bureau of Community Health and Prevention, Massachusetts Department of Public Health. Uses community list from 2021. Fluoridation began in 1970.

<sup>ix</sup> Accessed September 2023 on Walkscore.com, a product of Redfin. Updated on a rolling basis every six months. Walkscore based on walking routes to destinations such as grocery stores, schools, parks, restaurants, and retail. Bikescore based on on bike infrastructure, topography, destinations and road connectivity.

<sup>x</sup> Accessed September 2023 from Zillow Data using estimates from April 2019 and April 2023. Percent change calculated from Zillow Home Value Index (ZHVI): A smoothed, seasonally adjusted measure of the typical home value, calculated monthly as a weighted average of the middle third of all homes in a given region

<sup>xi</sup> FY 2023 Limits effective May 15, 2023, Office of Policy Development and Research, Department of Housing and Urban Development (HUD) using 2021 American Community Survey income data. HUD 'low income', 'very low income', and 'extremely low income' estimates are used to determine eligibility for assisted housing programs.

<sup>xii</sup> Table B09020. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>xiii</sup> Annual Caseload Summary ZIP Code Report 2019 and Caseload by zip code report - April 2023, Massachusetts Department of Transitional Assistance

<sup>xiv</sup> SNAP Gap 2021 Tableau Dashboard. Food Bank of Western Massachusetts using Massachusetts Department of Transitional Assistance data

<sup>xv</sup> 2022 Massachusetts WIC Program Needs Assessment, Massachusetts Department of Public Health

<sup>xvi</sup> Health effects of air pollution in Massachusetts report by Global Observatory on Planetary Health at Boston College. Uses 2017-2018 pediatric asthma case data from Massachusetts Population Health Information Tool

<sup>xvii</sup> Municipality vaccination report published April 26, 2023, Weekly COVID-19 Vaccination Dashboard, Massachusetts Department of Public Health.

# Holliston (01746) - Middlesex County

Demographic	Units	Local value	MetroWest average (range)	County value	Measurement Period
Total population <sup>i</sup>	count	14,386	(538-41,505)	-	2017-2021
Median household income <sup>ii</sup>	dollars	142,339	(71,602-250,000+)	111,790	2017-2021
Population below federal poverty level (FPL) <sup>iii</sup>	percent of population	2.7	(0.0-15.6)	7.4	2017-2021
Population below 200% FPL <sup>vi</sup>	percent of population	7.0	12.4 (0.0-31.6)	16	2017-2021
<b>Health Measures based on priorities in 2023 MetroWest CHA</b>					
Health Measures based on priorities in 2023 MetroWest CHA	Units	Local value	MetroWest average (range)	County value	Measurement Period
Mental health not good for half or more of the past month <sup>v</sup>   Mental Health	crude percent, adults 18+	11.8	12.8 (10.3-17.2)	13.2**	2021
Depression (as told by a medical professional) <sup>v</sup>   Mental Health	crude percent, adults 18+	20.0	20.2 (18.0-23.0)	19.4**	2021
Engaged in binge drinking within the past month <sup>v</sup>   Substance Use	crude percent, adults 18+	19.1	18.2 (16.1-21.3)	18.2**	2021
Current smokers <sup>v</sup>   Substance Use	crude percent, adults 18+	8.3	9.9 (6.5-14.8)	9.4**	2021
Opioid-related overdose deaths among residents in 2022* <sup>vi</sup>   Substance Use	rate per 10k residents	0.0	1.3 (0.0-4.8)	2.3	2022
Environmental Justice population* <sup>vii</sup>   Environment	percent of population	7.8	(0.0-100.0)	-	2020
Fluoride in municipal water* <sup>viii</sup>   Environment	yes or no	Yes	-	-	2021
Walkability <sup>ix</sup>   Environment	scale from 0 - 100	21.0	(1.0-75.0)	-	As of 9/2023
Bikeability* <sup>ix</sup>   Environment	scale from 0 - 100	63.0	(25.0-63.0)	-	As of 9/2023
Growth in typical home values <sup>x</sup>   Housing Insecurity	percent change, 4/2019-4/2023	28.3	27.5 (22.3-34.2)	25.7	2019, 2023
'Very low' income standard for federal housing programs, 4 person family* <sup>xi</sup>   Housing Insecurity	dollars	74,200	(58,500-74,200)	-	2021
Older adults living alone <sup>xii</sup>   Housing Insecurity	percent of adults 65+	23.3	24.1 (12.2-36.4)	25.7	2017-2021
Growth in SNAP caseload (households) <sup>xiii</sup>   Food Insecurity	percent change, 4/2019-4/2023	59.0	63.0 (9.0-175.0+)	60.0	2019, 2023
SNAP gap (eligible for SNAP, but not enrolled) <sup>xiv</sup>   Food Insecurity	percent of eligible population	65.0	59.8 (51.0-85.0)	-	2020
WIC gap (eligible for WIC, but not enrolled)* <sup>xv</sup>   Food Insecurity	percent of eligible population	57.0	47.0 (39.0-69.0)	-	2021
<b>Access to Care</b>					
Access to Care	Units	Local value	MetroWest average (range)	County value	Measurement Period
Current lack of health insurance <sup>v</sup>	crude percent, adults 18-64	2.3	3.0 (1.7-7.6)	3.8**	2021
Men up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, men 65+	54.4	56.7 (46.1-62.4)	51.2**	2020
Women up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, women 65+	50.4	47.8 (39.6-54.9)	47**	2020
Been to a doctor for routine checkup within the past year <sup>v</sup>	crude percent, adults 18+	74.0	74.5 (69.8-76.9)	71.8**	2021
Been to the dentist or dental clinic in the previous year <sup>v</sup>	crude percent, adults 18+	80.9	78.4 (66.1-83.0)	75.1**	2020



# Holliston (01746) - Middlesex County

Chronic Disease and Other Illness	Units	Local value	MetroWest average (range)	County value	Measurement Period
Diagnosed diabetes <sup>v</sup>	crude percent, adults 18+	6.7	7.2 (6.2-8.5)	7.1**	2021
Obesity (calculated from self-reported weight and height) <sup>v</sup>	crude percent, adults 18+	24.0	25.6 (22.1-31.6)	23.4**	2021
Current asthma <sup>v</sup>	crude percent, adults 18+	9.9	10.3 (9.4-12.0)	9.9**	2021
Pediatric asthma cases attributable to air pollution* <sup>xvi</sup>	count	33	-	-	2017-2018
Cervical cancer screening (such as Pap test or HPV test every 3-5 years) <sup>v</sup>	crude percent, women 21-65	89.5	88.1 (82.7-90.3)	85.7**	2020
Mammogram within the last two years <sup>v</sup>	crude percent, women 50-74	85.6	83.2 (79.6-86.2)	83.4**	2020
Completed primary COVID-19 vaccination series* <sup>xvii</sup>	percent of eligible population	92.0	90.0 (80.0-96.0+)	-	As of 4/2023
Received a COVID-19 booster shot after 9/1/2022* <sup>xvii</sup>	percent of eligible population	41.0	36.6 (25.0-52.0)	-	As of 4/2023

\* indicates municipal level estimate. \*\* indicates age-adjusted estimate. Where possible, MetroWest average is calculated from counts.

<sup>i</sup> Table B01003. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>ii</sup> Table B19013. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iii</sup> Table DP03. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iv</sup> Table C17002. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>v</sup> CDC PLACES July 2023 release. CDC's Division of Population Health, the Robert Wood Johnson Foundation, and the CDC Foundation. Being up to date on clinical preventive services includes flu shot past year, PPV shot ever, colorectal cancer screening, and for females, a mammogram in the past 2 years

<sup>vi</sup> Opioid statistics published by Massachusetts Department of Public Health Office of Health and Human Services in June 2023, rates calculated using 2020 U.S. Census population estimates. Data for deaths are preliminary and subject to updates

<sup>vii</sup> 2020 Environmental Justice Populations, Massachusetts Executive Office of Energy and Environmental Affairs. Updated November 2022. Defined as people disproportionately at risk of environment-related burdens due to structural inequities

<sup>viii</sup> Community Water Fluoridation Status report, Office of Oral Health, Bureau of Community Health and Prevention, Massachusetts Department of Public Health. Uses community list from 2021. Began in 1970

<sup>ix</sup> Accessed September 2023 on Walkscore.com, a product of Redfin. Updated on a rolling basis every six months. Walkscore based on walking routes to destinations such as grocery stores, schools, parks, restaurants, and retail. Bikescore based on bike infrastructure, topography, destinations and road connectivity.

<sup>x</sup> Accessed September 2023 from Zillow Data using estimates from April 2019 and April 2023. Percent change calculated from Zillow Home Value Index (ZHVI): A smoothed, seasonally adjusted measure of the typical home value, calculated monthly as a weighted average of the middle third of all homes in a given region

<sup>xi</sup> FY 2023 Limits effective May 15, 2023, Office of Policy Development and Research, Department of Housing and Urban Development (HUD) using 2021 American Community Survey income data. HUD 'low income', 'very low income', and 'extremely low income' estimates are used to determine eligibility for assisted housing programs.

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<sup>xiv</sup> SNAP Gap 2021 Tableau Dashboard. Food Bank of Western Massachusetts using Massachusetts Department of Transitional Assistance data

<sup>xv</sup> 2022 Massachusetts WIC Program Needs Assessment, Massachusetts Department of Public Health

<sup>xvi</sup> Health effects of air pollution in Massachusetts report by Global Observatory on Planetary Health at Boston College. Uses 2017-2018 pediatric asthma case data from Massachusetts Population Health Information Tool

<sup>xvii</sup> Municipality vaccination report published April 26, 2023, Weekly COVID-19 Vaccination Dashboard, Massachusetts Department of Public Health.

# Hopedale (01747) - Worcester County

Demographic	Units	Local value	MetroWest average (range)	County value	Measurement Period
Total population <sup>i</sup>	count	6,012	(538-41,505)	-	2017-2021
Median household income <sup>ii</sup>	dollars	113,300	(71,602-250,000+)	81,660	2017-2021
Population below federal poverty level (FPL) <sup>iii</sup>	percent of population	6.0	(0.0-15.6)	9.8	2017-2021
Population below 200% FPL <sup>vi</sup>	percent of population	10.7	12.4 (0.0-31.6)	22.0	2017-2021
<b>Health Measures based on priorities in 2023 MetroWest CHA</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Mental health not good for half or more of the past month <sup>v</sup>   Mental Health	crude percent, adults 18+	14.9	12.8 (10.3-17.2)	16.5**	2021
Depression (as told by a medical professional) <sup>v</sup>   Mental Health	crude percent, adults 18+	22.0	20.2 (18.0-23.0)	22.1**	2021
Engaged in binge drinking within the past month <sup>v</sup>   Substance Use	crude percent, adults 18+	17.1	18.2 (16.1-21.3)	17.1**	2021
Current smokers <sup>v</sup>   Substance Use	crude percent, adults 18+	12.2	9.9 (6.5-14.8)	13.4**	2021
Opioid-related overdose deaths among residents in 2022* <sup>vi</sup>   Substance Use	rate per 10k residents	0.0	1.3 (0.0-4.8)	3.8	2022
Environmental Justice population* <sup>vii</sup>   Environment	percent of population	0.0	(0.0-100.0)	-	2020
Fluoride in municipal water* <sup>viii</sup>   Environment	yes or no	No	-	-	2021
Walkability <sup>ix</sup>   Environment	scale from 0 - 100	17.0	(1.0-75.0)	-	As of 9/2023
Bikeability* <sup>ix</sup>   Environment	scale from 0 - 100	31.0	(25.0-63.0)	-	As of 9/2023
Growth in typical home values <sup>x</sup>   Housing Insecurity	percent change, 4/2019-4/2023	28.5	27.5 (22.3-34.2)	41.4	2019, 2023
'Very low' income standard for federal housing programs, 4 person family* <sup>xi</sup>   Housing Insecurity	dollars	69,350	(58,500-74,200)	-	2021
Older adults living alone <sup>xii</sup>   Housing Insecurity	percent of adults 65+	30.3	24.1 (12.2-36.4)	25.4	2017-2021
Growth in SNAP caseload (households) <sup>xiii</sup>   Food Insecurity	percent change, 4/2019-4/2023	59.0	63.0 (9.0-175.0+)	57.1	2019, 2023
SNAP gap (eligible for SNAP, but not enrolled) <sup>xiv</sup>   Food Insecurity	percent of eligible population	61.0	59.8 (51.0-85.0)	-	2020
WIC gap (eligible for WIC, but not enrolled)* <sup>xv</sup>   Food Insecurity	percent of eligible population	49.0	47.0 (39.0-69.0)	-	2021
<b>Access to Care</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Current lack of health insurance <sup>v</sup>	crude percent, adults 18-64	3.3	3.0 (1.7-7.6)	5.3**	2021
Men up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, men 65+	58.1	56.7 (46.1-62.4)	55.8**	2020
Women up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, women 65+	48.8	47.8 (39.6-54.9)	48.7**	2020
Been to a doctor for routine checkup within the past year <sup>v</sup>	crude percent, adults 18+	76.4	74.5 (69.8-76.9)	74.6**	2021
Been to the dentist or dental clinic in the previous year <sup>v</sup>	crude percent, adults 18+	77.2	78.4 (66.1-83.0)	72.2**	2020

# Hopedale (01747) - Worcester County

Chronic Disease and Other Illness	Units	Local value	MetroWest average (range)	County value	Measurement Period
Diagnosed diabetes <sup>v</sup>	crude percent, adults 18+	7.9	7.2 (6.2-8.5)	8.4**	2021
Obesity (calculated from self-reported weight and height) <sup>v</sup>	crude percent, adults 18+	30.2	25.6 (22.1-31.6)	31.2**	2021
Current asthma <sup>v</sup>	crude percent, adults 18+	11.4	10.3 (9.4-12.0)	11.7**	2021
Pediatric asthma cases attributable to air pollution* <sup>xvi</sup>	count	16	-	-	2017-2018
Cervical cancer screening (such as Pap test or HPV test every 3-5 years) <sup>v</sup>	crude percent, women 21-65	87.8	88.1 (82.7-90.3)	85.9**	2020
Mammogram within the last two years <sup>v</sup>	crude percent, women 50-74	82.9	83.2 (79.6-86.2)	80.3**	2020
Completed primary COVID-19 vaccination series* <sup>xvii</sup>	percent of eligible population	84.0	90.0 (80.0-96.0+)	-	As of 4/2023
Received a COVID-19 booster shot after 9/1/2022* <sup>xvii</sup>	percent of eligible population	30.0	36.6 (25.0-52.0)	-	As of 4/2023

\* indicates municipal level estimate. \*\* indicates age-adjusted estimate. Where possible, MetroWest average is calculated from counts.

<sup>i</sup> Table B01003. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

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<sup>iii</sup> Table DP03. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iv</sup> Table C17002. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>v</sup> CDC PLACES July 2023 release. CDC's Division of Population Health, the Robert Wood Johnson Foundation, and the CDC Foundation. Being up to date on clinical preventive services includes flu shot past year, PPV shot ever, colorectal cancer screening, and for females, a mammogram in the past 2 years

<sup>vi</sup> Opioid statistics published by Massachusetts Department of Public Health Office of Health and Human Services in June 2023, rates calculated using 2020 U.S. Census population estimates. Data for deaths are preliminary and subject to updates

<sup>vii</sup> 2020 Environmental Justice Populations, Massachusetts Executive Office of Energy and Environmental Affairs. Updated November 2022. Defined as people disproportionately at risk of environment-related burdens due to structural inequities

<sup>viii</sup> Community Water Fluoridation Status report, Office of Oral Health, Bureau of Community Health and Prevention, Massachusetts Department of Public Health. Uses community list from 2021. A community-level water source is not available in this community.

<sup>ix</sup> Accessed September 2023 on Walkscore.com, a product of Redfin. Updated on a rolling basis every six months. Walkscore based on walking routes to destinations such as grocery stores, schools, parks, restaurants, and retail. Bikescore based on on bike infrastructure, topography, destinations and road connectivity.

<sup>x</sup> Accessed September 2023 from Zillow Data using estimates from April 2019 and April 2023. Percent change calculated from Zillow Home Value Index (ZHVI): A smoothed, seasonally adjusted measure of the typical home value, calculated monthly as a weighted average of the middle third of all homes in a given region

<sup>xi</sup> FY 2023 Limits effective May 15, 2023, Office of Policy Development and Research, Department of Housing and Urban Development (HUD) using 2021 American Community Survey income data. HUD 'low income', 'very low income', and 'extremely low income' estimates are used to determine eligibility for assisted housing programs.

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<sup>xiv</sup> SNAP Gap 2021 Tableau Dashboard. Food Bank of Western Massachusetts using Massachusetts Department of Transitional Assistance data

<sup>xv</sup> 2022 Massachusetts WIC Program Needs Assessment, Massachusetts Department of Public Health

<sup>xvi</sup> Health effects of air pollution in Massachusetts report by Global Observatory on Planetary Health at Boston College. Uses 2017-2018 pediatric asthma case data from Massachusetts Population Health Information Tool

<sup>xvii</sup> Municipality vaccination report published April 26, 2023, Weekly COVID-19 Vaccination Dashboard, Massachusetts Department of Public Health.

# Hopkinton (01748) - Middlesex County

Demographic	Units	Local value	MetroWest average (range)	County value	Measurement Period
Total population <sup>i</sup>	count	18,501	(538-41,505)	-	2017-2021
Median household income <sup>ii</sup>	dollars	179,192	(71,602-250,000+)	111,790	2017-2021
Population below federal poverty level (FPL) <sup>iii</sup>	percent of population	3.9	(0.0-15.6)	7.4	2017-2021
Population below 200% FPL <sup>vi</sup>	percent of population	7.0	12.4 (0.0-31.6)	16	2017-2021
<b>Health Measures based on priorities in 2023 MetroWest CHA</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Mental health not good for half or more of the past month <sup>v</sup>   Mental Health	crude percent, adults 18+	12.0	12.8 (10.3-17.2)	13.2**	2021
Depression (as told by a medical professional) <sup>v</sup>   Mental Health	crude percent, adults 18+	20.1	20.2 (18.0-23.0)	19.4**	2021
Engaged in binge drinking within the past month <sup>v</sup>   Substance Use	crude percent, adults 18+	19.6	18.2 (16.1-21.3)	18.2**	2021
Current smokers <sup>v</sup>   Substance Use	crude percent, adults 18+	8.4	9.9 (6.5-14.8)	9.4**	2021
Opioid-related overdose deaths among residents in 2022* <sup>vi</sup>   Substance Use	rate per 10k residents	0.5	1.3 (0.0-4.8)	2.3	2022
Environmental Justice population* <sup>vii</sup>   Environment	percent of population	14.5	(0.0-100.0)	-	2020
Fluoride in municipal water* <sup>viii</sup>   Environment	yes or no	No	-	-	2021
Walkability <sup>ix</sup>   Environment	scale from 0 - 100	1.0	(1.0-75.0)	-	As of 9/2023
Bikeability* <sup>ix</sup>   Environment	scale from 0 - 100	37.0	(25.0-63.0)	-	As of 9/2023
Growth in typical home values <sup>x</sup>   Housing Insecurity	percent change, 4/2019-4/2023	32.8	27.5 (22.3-34.2)	25.7	2019, 2023
'Very low' income standard for federal housing programs, 4 person family* <sup>xi</sup>   Housing Insecurity	dollars	74,200	(58,500-74,200)	-	2021
Older adults living alone <sup>xii</sup>   Housing Insecurity	percent of adults 65+	22.9	24.1 (12.2-36.4)	25.7	2017-2021
Growth in SNAP caseload (households) <sup>xiii</sup>   Food Insecurity	percent change, 4/2019-4/2023	72.0	63.0 (9.0-175.0+)	60.0	2019, 2023
SNAP gap (eligible for SNAP, but not enrolled) <sup>xiv</sup>   Food Insecurity	percent of eligible population	64.0	59.8 (51.0-85.0)	-	2020
WIC gap (eligible for WIC, but not enrolled)* <sup>xv</sup>   Food Insecurity	percent of eligible population	65.0	47.0 (39.0-69.0)	-	2021
<b>Access to Care</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Current lack of health insurance <sup>v</sup>	crude percent, adults 18-64	2.3	3.0 (1.7-7.6)	3.8**	2021
Men up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, men 65+	53.9	56.7 (46.1-62.4)	51.2**	2020
Women up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, women 65+	50.0	47.8 (39.6-54.9)	47**	2020
Been to a doctor for routine checkup within the past year <sup>v</sup>	crude percent, adults 18+	72.9	74.5 (69.8-76.9)	71.8**	2021
Been to the dentist or dental clinic in the previous year <sup>v</sup>	crude percent, adults 18+	80.7	78.4 (66.1-83.0)	75.1**	2020

# Hopkinton (01748) - Middlesex County

Chronic Disease and Other Illness	Units	Local value	MetroWest average (range)	County value	Measurement Period
Diagnosed diabetes <sup>v</sup>	crude percent, adults 18+	6.2	7.2 (6.2-8.5)	7.1**	2021
Obesity (calculated from self-reported weight and height) <sup>v</sup>	crude percent, adults 18+	24.1	25.6 (22.1-31.6)	23.4**	2021
Current asthma <sup>v</sup>	crude percent, adults 18+	10.0	10.3 (9.4-12.0)	9.9**	2021
Pediatric asthma cases attributable to air pollution* <sup>xvi</sup>	count	65	-	-	2017-2018
Cervical cancer screening (such as Pap test or HPV test every 3-5 years) <sup>v</sup>	crude percent, women 21-65	89.5	88.1 (82.7-90.3)	85.7**	2020
Mammogram within the last two years <sup>v</sup>	crude percent, women 50-74	85.8	83.2 (79.6-86.2)	83.4**	2020
Completed primary COVID-19 vaccination series* <sup>xvii</sup>	percent of eligible population	94.0	90.0 (80.0-96.0+)	-	As of 4/2023
Received a COVID-19 booster shot after 9/1/2022* <sup>xvii</sup>	percent of eligible population	40.0	36.6 (25.0-52.0)	-	As of 4/2023

\* indicates municipal level estimate. \*\* indicates age-adjusted estimate. Where possible, MetroWest average is calculated from counts.

<sup>i</sup> Table B01003. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>ii</sup> Table B19013. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iii</sup> Table DP03. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iv</sup> Table C17002. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>v</sup> CDC PLACES July 2023 release. CDC's Division of Population Health, the Robert Wood Johnson Foundation, and the CDC Foundation. Being up to date on clinical preventive services includes flu shot past year, PPV shot ever, colorectal cancer screening, and for females, a mammogram in the past 2 years

<sup>vi</sup> Opioid statistics published by Massachusetts Department of Public Health Office of Health and Human Services in June 2023, rates calculated using 2020 U.S. Census population estimates. Data for deaths are preliminary and subject to updates

<sup>vii</sup> 2020 Environmental Justice Populations, Massachusetts Executive Office of Energy and Environmental Affairs. Updated November 2022. Defined as people disproportionately at risk of environment-related burdens due to structural inequities

<sup>viii</sup> Community Water Fluoridation Status report, Office of Oral Health, Bureau of Community Health and Prevention, Massachusetts Department of Public Health. Uses community list from 2021. A community-level water source is available in this community.

<sup>ix</sup> Accessed September 2023 on Walkscore.com, a product of Redfin. Updated on a rolling basis every six months. Walkscore based on walking routes to destinations such as grocery stores, schools, parks, restaurants, and retail. Bikescore based on on bike infrastructure, topography, destinations and road connectivity.

<sup>x</sup> Accessed September 2023 from Zillow Data using estimates from April 2019 and April 2023. Percent change calculated from Zillow Home Value Index (ZHVI): A smoothed, seasonally adjusted measure of the typical home value, calculated monthly as a weighted average of the middle third of all homes in a given region

<sup>xi</sup> FY 2023 Limits effective May 15, 2023, Office of Policy Development and Research, Department of Housing and Urban Development (HUD) using 2021 American Community Survey income data. HUD 'low income', 'very low income', and 'extremely low income' estimates are used to determine eligibility for assisted housing programs.

<sup>xii</sup> Table B09020. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>xiii</sup> Annual Caseload Summary ZIP Code Report 2019 and Caseload by zip code report - April 2023, Massachusetts Department of Transitional Assistance

<sup>xiv</sup> SNAP Gap 2021 Tableau Dashboard. Food Bank of Western Massachusetts using Massachusetts Department of Transitional Assistance data

<sup>xv</sup> 2022 Massachusetts WIC Program Needs Assessment, Massachusetts Department of Public Health

<sup>xvi</sup> Health effects of air pollution in Massachusetts report by Global Observatory on Planetary Health at Boston College. Uses 2017-2018 pediatric asthma case data from Massachusetts Population Health Information Tool

<sup>xvii</sup> Municipality vaccination report published April 26, 2023, Weekly COVID-19 Vaccination Dashboard, Massachusetts Department of Public Health.

# Hudson (01749) - Middlesex County

Demographic	Units	Local value	MetroWest average (range)	County value	Measurement Period
Total population <sup>i</sup>	count	20,032	(538-41,505)	-	2017-2021
Median household income <sup>ii</sup>	dollars	94,191	(71,602-250,000+)	111,790	2017-2021
Population below federal poverty level (FPL) <sup>iii</sup>	percent of population	5.7	(0.0-15.6)	7.4	2017-2021
Population below 200% FPL <sup>vi</sup>	percent of population	14.8	12.4 (0.0-31.6)	16	2017-2021
<b>Health Measures based on priorities in 2023 MetroWest CHA</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Mental health not good for half or more of the past month <sup>v</sup>   Mental Health	crude percent, adults 18+	13.9	12.8 (10.3-17.2)	13.2**	2021
Depression (as told by a medical professional) <sup>v</sup>   Mental Health	crude percent, adults 18+	21.5	20.2 (18.0-23.0)	19.4**	2021
Engaged in binge drinking within the past month <sup>v</sup>   Substance Use	crude percent, adults 18+	19.0	18.2 (16.1-21.3)	18.2**	2021
Current smokers <sup>v</sup>   Substance Use	crude percent, adults 18+	11.4	9.9 (6.5-14.8)	9.4**	2021
Opioid-related overdose deaths among residents in 2022* <sup>vi</sup>   Substance Use	rate per 10k residents	0.0	1.3 (0.0-4.8)	2.3	2022
Environmental Justice population* <sup>vii</sup>   Environment	percent of population	24.0	(0.0-100.0)	-	2020
Fluoride in municipal water* <sup>viii</sup>   Environment	yes or no	Yes	-	-	2021
Walkability <sup>ix</sup>   Environment	scale from 0 - 100	75.0	(1.0-75.0)	-	As of 9/2023
Bikeability* <sup>ix</sup>   Environment	scale from 0 - 100	-	(25.0-63.0)	-	As of 9/2023
Growth in typical home values <sup>x</sup>   Housing Insecurity	percent change, 4/2019-4/2023	28.4	27.5 (22.3-34.2)	25.7	2019, 2023
'Very low' income standard for federal housing programs, 4 person family* <sup>xi</sup>   Housing Insecurity	dollars	74,200	(58,500-74,200)	-	2021
Older adults living alone <sup>xii</sup>   Housing Insecurity	percent of adults 65+	28.7	24.1 (12.2-36.4)	25.7	2017-2021
Growth in SNAP caseload (households) <sup>xiii</sup>   Food Insecurity	percent change, 4/2019-4/2023	51.0	63.0 (9.0-175.0+)	60.0	2019, 2023
SNAP gap (eligible for SNAP, but not enrolled) <sup>xiv</sup>   Food Insecurity	percent of eligible population	58.0	59.8 (51.0-85.0)	-	2020
WIC gap (eligible for WIC, but not enrolled)* <sup>xv</sup>   Food Insecurity	percent of eligible population	52.0	47.0 (39.0-69.0)	-	2021
<b>Access to Care</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Current lack of health insurance <sup>v</sup>	crude percent, adults 18-64	3.8	3.0 (1.7-7.6)	3.8**	2021
Men up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, men 65+	51.2	56.7 (46.1-62.4)	51.2**	2020
Women up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, women 65+	46.8	47.8 (39.6-54.9)	47**	2020
Been to a doctor for routine checkup within the past year <sup>v</sup>	crude percent, adults 18+	72.6	74.5 (69.8-76.9)	71.8**	2021
Been to the dentist or dental clinic in the previous year <sup>v</sup>	crude percent, adults 18+	75.2	78.4 (66.1-83.0)	75.1**	2020

# Hudson (01749) - Middlesex County

Chronic Disease and Other Illness	Units	Local value	MetroWest average (range)	County value	Measurement Period
Diagnosed diabetes <sup>v</sup>	crude percent, adults 18+	7.4	7.2 (6.2-8.5)	7.1**	2021
Obesity (calculated from self-reported weight and height) <sup>v</sup>	crude percent, adults 18+	25.4	25.6 (22.1-31.6)	23.4**	2021
Current asthma <sup>v</sup>	crude percent, adults 18+	10.5	10.3 (9.4-12.0)	9.9**	2021
Pediatric asthma cases attributable to air pollution* <sup>xvi</sup>	count	67	-	-	2017-2018
Cervical cancer screening (such as Pap test or HPV test every 3-5 years) <sup>v</sup>	crude percent, women 21-65	87.4	88.1 (82.7-90.3)	85.7**	2020
Mammogram within the last two years <sup>v</sup>	crude percent, women 50-74	84.0	83.2 (79.6-86.2)	83.4**	2020
Completed primary COVID-19 vaccination series* <sup>xvii</sup>	percent of eligible population	87.0	90.0 (80.0-96.0+)	-	As of 4/2023
Received a COVID-19 booster shot after 9/1/2022* <sup>xvii</sup>	percent of eligible population	30.0	36.6 (25.0-52.0)	-	As of 4/2023

\* indicates municipal level estimate. \*\* indicates age-adjusted estimate. Where possible, MetroWest average is calculated from counts.

<sup>i</sup> Table B01003. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>ii</sup> Table B19013. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iii</sup> Table DP03. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iv</sup> Table C17002. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>v</sup> CDC PLACES July 2023 release. CDC's Division of Population Health, the Robert Wood Johnson Foundation, and the CDC Foundation. Being up to date on clinical preventive services includes flu shot past year, PPV shot ever, colorectal cancer screening, and for females, a mammogram in the past 2 years

<sup>vi</sup> Opioid statistics published by Massachusetts Department of Public Health Office of Health and Human Services in June 2023, rates calculated using 2020 U.S. Census population estimates. Data for deaths are preliminary and subject to updates

<sup>vii</sup> 2020 Environmental Justice Populations, Massachusetts Executive Office of Energy and Environmental Affairs. Updated November 2022. Defined as people disproportionately at risk of environment-related burdens due to structural inequities

<sup>viii</sup> Community Water Fluoridation Status report, Office of Oral Health, Bureau of Community Health and Prevention, Massachusetts Department of Public Health. Uses community list from 2021. Began in 1985

<sup>ix</sup> Accessed September 2023 on Walkscore.com, a product of Redfin. Updated on a rolling basis every six months. Walkscore based on walking routes to destinations such as grocery stores, schools, parks, restaurants, and retail. Bikescore based on on bike infrastructure, topography, destinations and road connectivity.

<sup>x</sup> Accessed September 2023 from Zillow Data using estimates from April 2019 and April 2023. Percent change calculated from Zillow Home Value Index (ZHVI): A smoothed, seasonally adjusted measure of the typical home value, calculated monthly as a weighted average of the middle third of all homes in a given region

<sup>xi</sup> FY 2023 Limits effective May 15, 2023, Office of Policy Development and Research, Department of Housing and Urban Development (HUD) using 2021 American Community Survey income data. HUD 'low income', 'very low income', and 'extremely low income' estimates are used to determine eligibility for assisted housing programs.

<sup>xii</sup> Table B09020. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>xiii</sup> Annual Caseload Summary ZIP Code Report 2019 and Caseload by zip code report - April 2023, Massachusetts Department of Transitional Assistance

<sup>xiv</sup> SNAP Gap 2021 Tableau Dashboard. Food Bank of Western Massachusetts using Massachusetts Department of Transitional Assistance data

<sup>xv</sup> 2022 Massachusetts WIC Program Needs Assessment, Massachusetts Department of Public Health

<sup>xvi</sup> Health effects of air pollution in Massachusetts report by Global Observatory on Planetary Health at Boston College. Uses 2017-2018 pediatric asthma case data from Massachusetts Population Health Information Tool

<sup>xvii</sup> Municipality vaccination report published April 26, 2023, Weekly COVID-19 Vaccination Dashboard, Massachusetts Department of Public Health.

# Marlborough (01752) - Middlesex County

Demographic	Units	Local value	MetroWest average (range)	County value	Measurement Period
Total population <sup>i</sup>	count	41,505	(538-41,505)	-	2017-2021
Median household income <sup>ii</sup>	dollars	86,230	(71,602-250,000+)	111,790	2017-2021
Population below federal poverty level (FPL) <sup>iii</sup>	percent of population	8.3	(0.0-15.6)	7.4	2017-2021
Population below 200% FPL <sup>vi</sup>	percent of population	22.1	12.4 (0.0-31.6)	16	2017-2021
<b>Health Measures based on priorities in 2023 MetroWest CHA</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Mental health not good for half or more of the past month <sup>v</sup>   Mental Health	crude percent, adults 18+	14.9	12.8 (10.3-17.2)	13.2**	2021
Depression (as told by a medical professional) <sup>v</sup>   Mental Health	crude percent, adults 18+	21.6	20.2 (18.0-23.0)	19.4**	2021
Engaged in binge drinking within the past month <sup>v</sup>   Substance Use	crude percent, adults 18+	18.9	18.2 (16.1-21.3)	18.2**	2021
Current smokers <sup>v</sup>   Substance Use	crude percent, adults 18+	12.4	9.9 (6.5-14.8)	9.4**	2021
Opioid-related overdose deaths among residents in 2022* <sup>vi</sup>   Substance Use	rate per 10k residents	2.4	1.3 (0.0-4.8)	2.3	2022
Environmental Justice population* <sup>vii</sup>   Environment	percent of population	79.1	(0.0-100.0)	-	2020
Fluoride in municipal water* <sup>viii</sup>   Environment	yes or no	Yes	-	-	2021
Walkability <sup>ix</sup>   Environment	scale from 0 - 100	41.0	(1.0-75.0)	-	As of 9/2023
Bikeability* <sup>ix</sup>   Environment	scale from 0 - 100	29.0	(25.0-63.0)	-	As of 9/2023
Growth in typical home values <sup>x</sup>   Housing Insecurity	percent change, 4/2019-4/2023	28.4	27.5 (22.3-34.2)	25.7	2019, 2023
'Very low' income standard for federal housing programs, 4 person family* <sup>xi</sup>   Housing Insecurity	dollars	74,200	(58,500-74,200)	-	2021
Older adults living alone <sup>xii</sup>   Housing Insecurity	percent of adults 65+	29.2	24.1 (12.2-36.4)	25.7	2017-2021
Growth in SNAP caseload (households) <sup>xiii</sup>   Food Insecurity	percent change, 4/2019-4/2023	79.0	63.0 (9.0-175.0+)	60.0	2019, 2023
SNAP gap (eligible for SNAP, but not enrolled) <sup>xiv</sup>   Food Insecurity	percent of eligible population	56.0	59.8 (51.0-85.0)	-	2020
WIC gap (eligible for WIC, but not enrolled)* <sup>xv</sup>   Food Insecurity	percent of eligible population	39.0	47.0 (39.0-69.0)	-	2021
<b>Access to Care</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Current lack of health insurance <sup>v</sup>	crude percent, adults 18-64	4.9	3.0 (1.7-7.6)	3.8**	2021
Men up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, men 65+	48.9	56.7 (46.1-62.4)	51.2**	2020
Women up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, women 65+	43.4	47.8 (39.6-54.9)	47**	2020
Been to a doctor for routine checkup within the past year <sup>v</sup>	crude percent, adults 18+	71.4	74.5 (69.8-76.9)	71.8**	2021
Been to the dentist or dental clinic in the previous year <sup>v</sup>	crude percent, adults 18+	71.7	78.4 (66.1-83.0)	75.1**	2020



# Marlborough (01752) - Middlesex County

Chronic Disease and Other Illness	Units	Local value	MetroWest average (range)	County value	Measurement Period
Diagnosed diabetes <sup>v</sup>	crude percent, adults 18+	7.6	7.2 (6.2-8.5)	7.1**	2021
Obesity (calculated from self-reported weight and height) <sup>v</sup>	crude percent, adults 18+	26.3	25.6 (22.1-31.6)	23.4**	2021
Current asthma <sup>v</sup>	crude percent, adults 18+	10.7	10.3 (9.4-12.0)	9.9**	2021
Pediatric asthma cases attributable to air pollution* <sup>xvi</sup>	count	117	-	-	2017-2018
Cervical cancer screening (such as Pap test or HPV test every 3-5 years) <sup>v</sup>	crude percent, women 21-65	85.6	88.1 (82.7-90.3)	85.7**	2020
Mammogram within the last two years <sup>v</sup>	crude percent, women 50-74	84.0	83.2 (79.6-86.2)	83.4**	2020
Completed primary COVID-19 vaccination series* <sup>xvii</sup>	percent of eligible population	86.0	90.0 (80.0-96.0+)	-	As of 4/2023
Received a COVID-19 booster shot after 9/1/2022* <sup>xvii</sup>	percent of eligible population	25.0	36.6 (25.0-52.0)	-	As of 4/2023

\* indicates municipal level estimate. \*\* indicates age-adjusted estimate. Where possible, MetroWest average is calculated from counts.

<sup>i</sup> Table B01003. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>ii</sup> Table B19013. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iii</sup> Table DP03. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iv</sup> Table C17002. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>v</sup> CDC PLACES July 2023 release. CDC's Division of Population Health, the Robert Wood Johnson Foundation, and the CDC Foundation. Being up to date on clinical preventive services includes flu shot past year, PPV shot ever, colorectal cancer screening, and for females, a mammogram in the past 2 years

<sup>vi</sup> Opioid statistics published by Massachusetts Department of Public Health Office of Health and Human Services in June 2023, rates calculated using 2020 U.S. Census population estimates. Data for deaths are preliminary and subject to updates

<sup>vii</sup> 2020 Environmental Justice Populations, Massachusetts Executive Office of Energy and Environmental Affairs. Updated November 2022. Defined as people disproportionately at risk of environment-related burdens due to structural inequities

<sup>viii</sup> Community Water Fluoridation Status report, Office of Oral Health, Bureau of Community Health and Prevention, Massachusetts Department of Public Health. Uses community list from 2021. Began in 1982

<sup>ix</sup> Accessed September 2023 on Walkscore.com, a product of Redfin. Updated on a rolling basis every six months. Walkscore based on walking routes to destinations such as grocery stores, schools, parks, restaurants, and retail. Bikescore based on on bike infrastructure, topography, destinations and road connectivity.

<sup>x</sup> Accessed September 2023 from Zillow Data using estimates from April 2019 and April 2023. Percent change calculated from Zillow Home Value Index (ZHVI): A smoothed, seasonally adjusted measure of the typical home value, calculated monthly as a weighted average of the middle third of all homes in a given region

<sup>xi</sup> FY 2023 Limits effective May 15, 2023, Office of Policy Development and Research, Department of Housing and Urban Development (HUD) using 2021 American Community Survey income data. HUD 'low income', 'very low income', and 'extremely low income' estimates are used to determine eligibility for assisted housing programs.

<sup>xii</sup> Table B09020. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>xiii</sup> Annual Caseload Summary ZIP Code Report 2019 and Caseload by zip code report - April 2023, Massachusetts Department of Transitional Assistance

<sup>xiv</sup> SNAP Gap 2021 Tableau Dashboard. Food Bank of Western Massachusetts using Massachusetts Department of Transitional Assistance data

<sup>xv</sup> 2022 Massachusetts WIC Program Needs Assessment, Massachusetts Department of Public Health

<sup>xvi</sup> Health effects of air pollution in Massachusetts report by Global Observatory on Planetary Health at Boston College. Uses 2017-2018 pediatric asthma case data from Massachusetts Population Health Information Tool

<sup>xvii</sup> Municipality vaccination report published April 26, 2023, Weekly COVID-19 Vaccination Dashboard, Massachusetts Department of Public Health.

# Medfield (02052) - Norfolk County

Demographic	Units	Local value	MetroWest average (range)	County value	Measurement Period
Total population <sup>i</sup>	count	12,775	(538-41,505)	-	2017-2021
Median household income <sup>ii</sup>	dollars	196,820	(71,602-250,000+)	112,089	2017-2021
Population below federal poverty level (FPL) <sup>iii</sup>	percent of population	2.7	(0.0-15.6)	6.3	2017-2021
Population below 200% FPL <sup>vi</sup>	percent of population	7.5	12.4 (0.0-31.6)	14.2	2017-2021
<b>Health Measures based on priorities in 2023 MetroWest CHA</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Mental health not good for half or more of the past month <sup>v</sup>   Mental Health	crude percent, adults 18+	12.1	12.8 (10.3-17.2)	13.8**	2021
Depression (as told by a medical professional) <sup>v</sup>   Mental Health	crude percent, adults 18+	20.0	20.2 (18.0-23.0)	19.7**	2021
Engaged in binge drinking within the past month <sup>v</sup>   Substance Use	crude percent, adults 18+	18.7	18.2 (16.1-21.3)	18.8**	2021
Current smokers <sup>v</sup>   Substance Use	crude percent, adults 18+	9.2	9.9 (6.5-14.8)	10.9**	2021
Opioid-related overdose deaths among residents in 2022* <sup>vi</sup>   Substance Use	rate per 10k residents	0.0	1.3 (0.0-4.8)	2.2	2022
Environmental Justice population* <sup>vii</sup>   Environment	percent of population	0.0	(0.0-100.0)	-	2020
Fluoride in municipal water* <sup>viii</sup>   Environment	yes or no	No	-	-	2021
Walkability <sup>ix</sup>   Environment	scale from 0 - 100	5.0	(1.0-75.0)	-	As of 9/2023
Bikeability* <sup>ix</sup>   Environment	scale from 0 - 100	50.0	(25.0-63.0)	-	As of 9/2023
Growth in typical home values <sup>x</sup>   Housing Insecurity	percent change, 4/2019-4/2023	23.6	27.5 (22.3-34.2)	27.2	2019, 2023
'Very low' income standard for federal housing programs, 4 person family* <sup>xi</sup>   Housing Insecurity	dollars	74,200	(58,500-74,200)	-	2021
Older adults living alone <sup>xii</sup>   Housing Insecurity	percent of adults 65+	20.7	24.1 (12.2-36.4)	26.6	2017-2021
Growth in SNAP caseload (households) <sup>xiii</sup>   Food Insecurity	percent change, 4/2019-4/2023	96.0	63.0 (9.0-175.0+)	71.3	2019, 2023
SNAP gap (eligible for SNAP, but not enrolled) <sup>xiv</sup>   Food Insecurity	percent of eligible population	67.0	59.8 (51.0-85.0)	-	2020
WIC gap (eligible for WIC, but not enrolled)* <sup>xv</sup>   Food Insecurity	percent of eligible population	46.0	47.0 (39.0-69.0)	-	2021
<b>Access to Care</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Current lack of health insurance <sup>v</sup>	crude percent, adults 18-64	2.2	3.0 (1.7-7.6)	3.7**	2021
Men up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, men 65+	59.2	56.7 (46.1-62.4)	56.8**	2020
Women up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, women 65+	46.7	47.8 (39.6-54.9)	44.2**	2020
Been to a doctor for routine checkup within the past year <sup>v</sup>	crude percent, adults 18+	75.1	74.5 (69.8-76.9)	72.7**	2021
Been to the dentist or dental clinic in the previous year <sup>v</sup>	crude percent, adults 18+	80.4	78.4 (66.1-83.0)	74.7**	2020

# Medfield (02052) - Norfolk County

Chronic Disease and Other Illness	Units	Local value	MetroWest average (range)	County value	Measurement Period
Diagnosed diabetes <sup>v</sup>	crude percent, adults 18+	7.1	7.2 (6.2-8.5)	7.2**	2021
Obesity (calculated from self-reported weight and height) <sup>v</sup>	crude percent, adults 18+	25.4	25.6 (22.1-31.6)	24.7**	2021
Current asthma <sup>v</sup>	crude percent, adults 18+	10.1	10.3 (9.4-12.0)	10.1**	2021
Pediatric asthma cases attributable to air pollution* <sup>xvi</sup>	count	53	-	-	2017-2018
Cervical cancer screening (such as Pap test or HPV test every 3-5 years) <sup>v</sup>	crude percent, women 21-65	89.6	88.1 (82.7-90.3)	85.9**	2020
Mammogram within the last two years <sup>v</sup>	crude percent, women 50-74	81.8	83.2 (79.6-86.2)	78.9**	2020
Completed primary COVID-19 vaccination series* <sup>xvii</sup>	percent of eligible population	94.0	90.0 (80.0-96.0+)	-	As of 4/2023
Received a COVID-19 booster shot after 9/1/2022* <sup>xvii</sup>	percent of eligible population	42.0	36.6 (25.0-52.0)	-	As of 4/2023

\* indicates municipal level estimate. \*\* indicates age-adjusted estimate. Where possible, MetroWest average is calculated from counts.

<sup>i</sup> Table B01003. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>ii</sup> Table B19013. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iii</sup> Table DP03. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iv</sup> Table C17002. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>v</sup> CDC PLACES July 2023 release. CDC's Division of Population Health, the Robert Wood Johnson Foundation, and the CDC Foundation. Being up to date on clinical preventive services includes flu shot past year, PPV shot ever, colorectal cancer screening, and for females, a mammogram in the past 2 years

<sup>vi</sup> Opioid statistics published by Massachusetts Department of Public Health Office of Health and Human Services in June 2023, rates calculated using 2020 U.S. Census population estimates. Data for deaths are preliminary and subject to updates

<sup>vii</sup> 2020 Environmental Justice Populations, Massachusetts Executive Office of Energy and Environmental Affairs. Updated November 2022. Defined as people disproportionately at risk of environment-related burdens due to structural inequities

<sup>viii</sup> Community Water Fluoridation Status report, Office of Oral Health, Bureau of Community Health and Prevention, Massachusetts Department of Public Health. Uses community list from 2021. A community-level water source is available in this community.

<sup>ix</sup> Accessed September 2023 on Walkscore.com, a product of Redfin. Updated on a rolling basis every six months. Walkscore based on walking routes to destinations such as grocery stores, schools, parks, restaurants, and retail. Bikescore based on on bike infrastructure, topography, destinations and road connectivity.

<sup>x</sup> Accessed September 2023 from Zillow Data using estimates from April 2019 and April 2023. Percent change calculated from Zillow Home Value Index (ZHVI): A smoothed, seasonally adjusted measure of the typical home value, calculated monthly as a weighted average of the middle third of all homes in a given region

<sup>xi</sup> FY 2023 Limits effective May 15, 2023, Office of Policy Development and Research, Department of Housing and Urban Development (HUD) using 2021 American Community Survey income data. HUD 'low income', 'very low income', and 'extremely low income' estimates are used to determine eligibility for assisted housing programs.

<sup>xii</sup> Table B09020. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>xiii</sup> Annual Caseload Summary ZIP Code Report 2019 and Caseload by zip code report - April 2023, Massachusetts Department of Transitional Assistance

<sup>xiv</sup> SNAP Gap 2021 Tableau Dashboard. Food Bank of Western Massachusetts using Massachusetts Department of Transitional Assistance data

<sup>xv</sup> 2022 Massachusetts WIC Program Needs Assessment, Massachusetts Department of Public Health

<sup>xvi</sup> Health effects of air pollution in Massachusetts report by Global Observatory on Planetary Health at Boston College. Uses 2017-2018 pediatric asthma case data from Massachusetts Population Health Information Tool

<sup>xvii</sup> Municipality vaccination report published April 26, 2023, Weekly COVID-19 Vaccination Dashboard, Massachusetts Department of Public Health.

# Medway (02053) - Norfolk County

Demographic	Units	Local value	MetroWest average (range)	County value	Measurement Period
Total population <sup>i</sup>	count	13,610	(538-41,505)	-	2017-2021
Median household income <sup>ii</sup>	dollars	147,276	(71,602-250,000+)	112,089	2017-2021
Population below federal poverty level (FPL) <sup>iii</sup>	percent of population	5.8	(0.0-15.6)	6.3	2017-2021
Population below 200% FPL <sup>vi</sup>	percent of population	10.7	12.4 (0.0-31.6)	14.2	2017-2021
<b>Health Measures based on priorities in 2023 MetroWest CHA</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Mental health not good for half or more of the past month <sup>v</sup>   Mental Health	crude percent, adults 18+	13.3	12.8 (10.3-17.2)	13.8**	2021
Depression (as told by a medical professional) <sup>v</sup>   Mental Health	crude percent, adults 18+	21.0	20.2 (18.0-23.0)	19.7**	2021
Engaged in binge drinking within the past month <sup>v</sup>   Substance Use	crude percent, adults 18+	19.7	18.2 (16.1-21.3)	18.8**	2021
Current smokers <sup>v</sup>   Substance Use	crude percent, adults 18+	11.0	9.9 (6.5-14.8)	10.9**	2021
Opioid-related overdose deaths among residents in 2022* <sup>vi</sup>   Substance Use	rate per 10k residents	0.8	1.3 (0.0-4.8)	2.2	2022
Environmental Justice population* <sup>vii</sup>   Environment	percent of population	0.0	(0.0-100.0)	-	2020
Fluoride in municipal water* <sup>viii</sup>   Environment	yes or no	Yes	-	-	2021
Walkability <sup>ix</sup>   Environment	scale from 0 - 100	19.0	(1.0-75.0)	-	As of 9/2023
Bikeability* <sup>ix</sup>   Environment	scale from 0 - 100	25.0	(25.0-63.0)	-	As of 9/2023
Growth in typical home values <sup>x</sup>   Housing Insecurity	percent change, 4/2019-4/2023	26.1	27.5 (22.3-34.2)	27.2	2019, 2023
'Very low' income standard for federal housing programs, 4 person family* <sup>xi</sup>   Housing Insecurity	dollars	74,200	(58,500-74,200)	-	2021
Older adults living alone <sup>xii</sup>   Housing Insecurity	percent of adults 65+	22.7	24.1 (12.2-36.4)	26.6	2017-2021
Growth in SNAP caseload (households) <sup>xiii</sup>   Food Insecurity	percent change, 4/2019-4/2023	102.0	63.0 (9.0-175.0+)	71.3	2019, 2023
SNAP gap (eligible for SNAP, but not enrolled) <sup>xiv</sup>   Food Insecurity	percent of eligible population	60.0	59.8 (51.0-85.0)	-	2020
WIC gap (eligible for WIC, but not enrolled)* <sup>xv</sup>   Food Insecurity	percent of eligible population	69.0	47.0 (39.0-69.0)	-	2021
<b>Access to Care</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Current lack of health insurance <sup>v</sup>	crude percent, adults 18-64	2.8	3.0 (1.7-7.6)	3.7**	2021
Men up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, men 65+	58.0	56.7 (46.1-62.4)	56.8**	2020
Women up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, women 65+	44.1	47.8 (39.6-54.9)	44.2**	2020
Been to a doctor for routine checkup within the past year <sup>v</sup>	crude percent, adults 18+	73.6	74.5 (69.8-76.9)	72.7**	2021
Been to the dentist or dental clinic in the previous year <sup>v</sup>	crude percent, adults 18+	78.0	78.4 (66.1-83.0)	74.7**	2020

# Medway (02053) - Norfolk County

Chronic Disease and Other Illness	Units	Local value	MetroWest average (range)	County value	Measurement Period
Diagnosed diabetes <sup>v</sup>	crude percent, adults 18+	6.8	7.2 (6.2-8.5)	7.2**	2021
Obesity (calculated from self-reported weight and height) <sup>v</sup>	crude percent, adults 18+	26.1	25.6 (22.1-31.6)	24.7**	2021
Current asthma <sup>v</sup>	crude percent, adults 18+	10.3	10.3 (9.4-12.0)	10.1**	2021
Pediatric asthma cases attributable to air pollution* <sup>xvi</sup>	count	40	-	-	2017-2018
Cervical cancer screening (such as Pap test or HPV test every 3-5 years) <sup>v</sup>	crude percent, women 21-65	88.6	88.1 (82.7-90.3)	85.9**	2020
Mammogram within the last two years <sup>v</sup>	crude percent, women 50-74	81.1	83.2 (79.6-86.2)	78.9**	2020
Completed primary COVID-19 vaccination series* <sup>xvii</sup>	percent of eligible population	89.0	90.0 (80.0-96.0+)	-	As of 4/2023
Received a COVID-19 booster shot after 9/1/2022* <sup>xvii</sup>	percent of eligible population	36.0	36.6 (25.0-52.0)	-	As of 4/2023

\* indicates municipal level estimate. \*\* indicates age-adjusted estimate. Where possible, MetroWest average is calculated from counts.

<sup>i</sup> Table B01003. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>ii</sup> Table B19013. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iii</sup> Table DP03. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iv</sup> Table C17002. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>v</sup> CDC PLACES July 2023 release. CDC's Division of Population Health, the Robert Wood Johnson Foundation, and the CDC Foundation. Being up to date on clinical preventive services includes flu shot past year, PPV shot ever, colorectal cancer screening, and for females, a mammogram in the past 2 years

<sup>vi</sup> Opioid statistics published by Massachusetts Department of Public Health Office of Health and Human Services in June 2023, rates calculated using 2020 U.S. Census population estimates. Data for deaths are preliminary and subject to updates

<sup>vii</sup> 2020 Environmental Justice Populations, Massachusetts Executive Office of Energy and Environmental Affairs. Updated November 2022. Defined as people disproportionately at risk of environment-related burdens due to structural inequities

<sup>viii</sup> Community Water Fluoridation Status report, Office of Oral Health, Bureau of Community Health and Prevention, Massachusetts Department of Public Health. Uses community list from 2021. Fluoridation began in 1953.

<sup>ix</sup> Accessed September 2023 on Walkscore.com, a product of Redfin. Updated on a rolling basis every six months. Walkscore based on walking routes to destinations such as grocery stores, schools, parks, restaurants, and retail. Bikescore based on on bike infrastructure, topography, destinations and road connectivity.

<sup>x</sup> Accessed September 2023 from Zillow Data using estimates from April 2019 and April 2023. Percent change calculated from Zillow Home Value Index (ZHVI): A smoothed, seasonally adjusted measure of the typical home value, calculated monthly as a weighted average of the middle third of all homes in a given region

<sup>xi</sup> FY 2023 Limits effective May 15, 2023, Office of Policy Development and Research, Department of Housing and Urban Development (HUD) using 2021 American Community Survey income data. HUD 'low income', 'very low income', and 'extremely low income' estimates are used to determine eligibility for assisted housing programs.

<sup>xii</sup> Table B09020. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>xiii</sup> Annual Caseload Summary ZIP Code Report 2019 and Caseload by zip code report - April 2023, Massachusetts Department of Transitional Assistance

<sup>xiv</sup> SNAP Gap 2021 Tableau Dashboard. Food Bank of Western Massachusetts using Massachusetts Department of Transitional Assistance data

<sup>xv</sup> 2022 Massachusetts WIC Program Needs Assessment, Massachusetts Department of Public Health

<sup>xvi</sup> Health effects of air pollution in Massachusetts report by Global Observatory on Planetary Health at Boston College. Uses 2017-2018 pediatric asthma case data from Massachusetts Population Health Information Tool

<sup>xvii</sup> Municipality vaccination report published April 26, 2023, Weekly COVID-19 Vaccination Dashboard, Massachusetts Department of Public Health.

# Mendon (01756) - Worcester County

Demographic	Units	Local value	MetroWest average (range)	County value	Measurement Period
Total population <sup>i</sup>	count	6,212	(538-41,505)	-	2017-2021
Median household income <sup>ii</sup>	dollars	133,850	(71,602-250,000+)	81,660	2017-2021
Population below federal poverty level (FPL) <sup>iii</sup>	percent of population	3.9	(0.0-15.6)	9.8	2017-2021
Population below 200% FPL <sup>vi</sup>	percent of population	7.5	12.4 (0.0-31.6)	22.0	2017-2021
<b>Health Measures based on priorities in 2023 MetroWest CHA</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Mental health not good for half or more of the past month <sup>v</sup>   Mental Health	crude percent, adults 18+	14.4	12.8 (10.3-17.2)	16.5**	2021
Depression (as told by a medical professional) <sup>v</sup>   Mental Health	crude percent, adults 18+	21.7	20.2 (18.0-23.0)	22.1**	2021
Engaged in binge drinking within the past month <sup>v</sup>   Substance Use	crude percent, adults 18+	18.0	18.2 (16.1-21.3)	17.1**	2021
Current smokers <sup>v</sup>   Substance Use	crude percent, adults 18+	11.4	9.9 (6.5-14.8)	13.4**	2021
Opioid-related overdose deaths among residents in 2022* <sup>vi</sup>   Substance Use	rate per 10k residents	4.8	1.3 (0.0-4.8)	3.8	2022
Environmental Justice population* <sup>vii</sup>   Environment	percent of population	0.0	(0.0-100.0)	-	2020
Fluoride in municipal water* <sup>viii</sup>   Environment	yes or no	No	-	-	2021
Walkability <sup>ix</sup>   Environment	scale from 0 - 100	5.0	(1.0-75.0)	-	As of 9/2023
Bikeability* <sup>ix</sup>   Environment	scale from 0 - 100	29.0	(25.0-63.0)	-	As of 9/2023
Growth in typical home values* <sup>x</sup>   Housing Insecurity	percent change, 4/2019-4/2023	32.9	27.5 (22.3-34.2)	41.4	2019, 2023
'Very low' income standard for federal housing programs, 4 person family* <sup>xi</sup>   Housing Insecurity	dollars	69,350	(58,500-74,200)	-	2021
Older adults living alone <sup>xii</sup>   Housing Insecurity	percent of adults 65+	14.5	24.1 (12.2-36.4)	25.4	2017-2021
Growth in SNAP caseload (households) <sup>xiii</sup>   Food Insecurity	percent change, 4/2019-4/2023	93.0	63.0 (9.0-175.0+)	57.1	2019, 2023
SNAP gap (eligible for SNAP, but not enrolled) <sup>xiv</sup>   Food Insecurity	percent of eligible population	64.0	59.8 (51.0-85.0)	-	2020
WIC gap (eligible for WIC, but not enrolled)* <sup>xv</sup>   Food Insecurity	percent of eligible population	57.0	47.0 (39.0-69.0)	-	2021
<b>Access to Care</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Current lack of health insurance <sup>v</sup>	crude percent, adults 18-64	2.8	3.0 (1.7-7.6)	5.3**	2021
Men up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, men 65+	59.0	56.7 (46.1-62.4)	55.8**	2020
Women up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, women 65+	53.0	47.8 (39.6-54.9)	48.7**	2020
Been to a doctor for routine checkup within the past year <sup>v</sup>	crude percent, adults 18+	76.2	74.5 (69.8-76.9)	74.6**	2021
Been to the dentist or dental clinic in the previous year <sup>v</sup>	crude percent, adults 18+	79.4	78.4 (66.1-83.0)	72.2**	2020

# Mendon (01756) - Worcester County

Chronic Disease and Other Illness	Units	Local value	MetroWest average (range)	County value	Measurement Period
Diagnosed diabetes <sup>v</sup>	crude percent, adults 18+	7.3	7.2 (6.2-8.5)	8.4**	2021
Obesity (calculated from self-reported weight and height) <sup>v</sup>	crude percent, adults 18+	30.3	25.6 (22.1-31.6)	31.2**	2021
Current asthma <sup>v</sup>	crude percent, adults 18+	11.2	10.3 (9.4-12.0)	11.7**	2021
Pediatric asthma cases attributable to air pollution* <sup>xvi</sup>	count	14	-	-	2017-2018
Cervical cancer screening (such as Pap test or HPV test every 3-5 years) <sup>v</sup>	crude percent, women 21-65	88.5	88.1 (82.7-90.3)	85.9**	2020
Mammogram within the last two years <sup>v</sup>	crude percent, women 50-74	83.2	83.2 (79.6-86.2)	80.3**	2020
Completed primary COVID-19 vaccination series* <sup>xvii</sup>	percent of eligible population	82.0	90.0 (80.0-96.0+)	-	As of 4/2023
Received a COVID-19 booster shot after 9/1/2022* <sup>xvii</sup>	percent of eligible population	29.0	36.6 (25.0-52.0)	-	As of 4/2023

\* indicates municipal level estimate. \*\* indicates age-adjusted estimate. Where possible, MetroWest average is calculated from counts.

<sup>i</sup> Table B01003. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>ii</sup> Table B19013. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iii</sup> Table DP03. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iv</sup> Table C17002. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>v</sup> CDC PLACES July 2023 release. CDC's Division of Population Health, the Robert Wood Johnson Foundation, and the CDC Foundation. Being up to date on clinical preventive services includes flu shot past year, PPV shot ever, colorectal cancer screening, and for females, a mammogram in the past 2 years

<sup>vi</sup> Opioid statistics published by Massachusetts Department of Public Health Office of Health and Human Services in June 2023, rates calculated using 2020 U.S. Census population estimates. Data for deaths are preliminary and subject to updates

<sup>vii</sup> 2020 Environmental Justice Populations, Massachusetts Executive Office of Energy and Environmental Affairs. Updated November 2022. Defined as people disproportionately at risk of environment-related burdens due to structural inequities

<sup>viii</sup> Community Water Fluoridation Status report, Office of Oral Health, Bureau of Community Health and Prevention, Massachusetts Department of Public Health. Uses community list from 2021. A community-level water source is not available in this community.

<sup>ix</sup> Accessed September 2023 on Walkscore.com, a product of Redfin. Updated on a rolling basis every six months. Walkscore based on walking routes to destinations such as grocery stores, schools, parks, restaurants, and retail. Bikescore based on on bike infrastructure, topography, destinations and road connectivity.

<sup>x</sup> Accessed September 2023 from Zillow Data using estimates from April 2019 and April 2023. Percent change calculated from Zillow Home Value Index (ZHVI): A smoothed, seasonally adjusted measure of the typical home value, calculated monthly as a weighted average of the middle third of all homes in a given region

<sup>xi</sup> FY 2023 Limits effective May 15, 2023, Office of Policy Development and Research, Department of Housing and Urban Development (HUD) using 2021 American Community Survey income data. HUD 'low income', 'very low income', and 'extremely low income' estimates are used to determine eligibility for assisted housing programs.

<sup>xii</sup> Table B09020. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>xiii</sup> Annual Caseload Summary ZIP Code Report 2019 and Caseload by zip code report - April 2023, Massachusetts Department of Transitional Assistance

<sup>xiv</sup> SNAP Gap 2021 Tableau Dashboard. Food Bank of Western Massachusetts using Massachusetts Department of Transitional Assistance data

<sup>xv</sup> 2022 Massachusetts WIC Program Needs Assessment, Massachusetts Department of Public Health

<sup>xvi</sup> Health effects of air pollution in Massachusetts report by Global Observatory on Planetary Health at Boston College. Uses 2017-2018 pediatric asthma case data from Massachusetts Population Health Information Tool

<sup>xvii</sup> Municipality vaccination report published April 26, 2023, Weekly COVID-19 Vaccination Dashboard, Massachusetts Department of Public Health.

# Milford (01757) - Worcester County

Demographic	Units	Local value	MetroWest average (range)	County value	Measurement Period
Total population <sup>i</sup>	count	30,294	(538-41,505)	-	2017-2021
Median household income <sup>ii</sup>	dollars	89,273	(71,602-250,000+)	81,660	2017-2021
Population below federal poverty level (FPL) <sup>iii</sup>	percent of population	9.7	(0.0-15.6)	9.8	2017-2021
Population below 200% FPL <sup>vi</sup>	percent of population	18.4	12.4 (0.0-31.6)	22.0	2017-2021
<b>Health Measures based on priorities in 2023 MetroWest CHA</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Mental health not good for half or more of the past month <sup>v</sup>   Mental Health	crude percent, adults 18+	16.9	12.8 (10.3-17.2)	16.5**	2021
Depression (as told by a medical professional) <sup>v</sup>   Mental Health	crude percent, adults 18+	23.0	20.2 (18.0-23.0)	22.1**	2021
Engaged in binge drinking within the past month <sup>v</sup>   Substance Use	crude percent, adults 18+	17.1	18.2 (16.1-21.3)	17.1**	2021
Current smokers <sup>v</sup>   Substance Use	crude percent, adults 18+	14.8	9.9 (6.5-14.8)	13.4**	2021
Opioid-related overdose deaths among residents in 2022* <sup>vi</sup>   Substance Use	rate per 10k residents	3.0	1.3 (0.0-4.8)	3.8	2022
Environmental Justice population* <sup>vii</sup>   Environment	percent of population	76.1	(0.0-100.0)	-	2020
Fluoride in municipal water* <sup>viii</sup>   Environment	yes or no	No	-	-	2021
Walkability <sup>ix</sup>   Environment	scale from 0 - 100	46.0	(1.0-75.0)	-	As of 9/2023
Bikeability* <sup>ix</sup>   Environment	scale from 0 - 100	41.0	(25.0-63.0)	-	As of 9/2023
Growth in typical home values <sup>x</sup>   Housing Insecurity	percent change, 4/2019-4/2023	33.9	27.5 (22.3-34.2)	41.4	2019, 2023
'Very low' income standard for federal housing programs, 4 person family* <sup>xi</sup>   Housing Insecurity	dollars	69,350	(58,500-74,200)	-	2021
Older adults living alone <sup>xii</sup>   Housing Insecurity	percent of adults 65+	23.9	24.1 (12.2-36.4)	25.4	2017-2021
Growth in SNAP caseload (households) <sup>xiii</sup>   Food Insecurity	percent change, 4/2019-4/2023	56.0	63.0 (9.0-175.0+)	57.1	2019, 2023
SNAP gap (eligible for SNAP, but not enrolled) <sup>xiv</sup>   Food Insecurity	percent of eligible population	71.0	59.8 (51.0-85.0)	-	2020
WIC gap (eligible for WIC, but not enrolled)* <sup>xv</sup>   Food Insecurity	percent of eligible population	50.0	47.0 (39.0-69.0)	-	2021
<b>Access to Care</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Current lack of health insurance <sup>v</sup>	crude percent, adults 18-64	5.4	3.0 (1.7-7.6)	5.3**	2021
Men up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, men 65+	55.2	56.7 (46.1-62.4)	55.8**	2020
Women up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, women 65+	46.8	47.8 (39.6-54.9)	48.7**	2020
Been to a doctor for routine checkup within the past year <sup>v</sup>	crude percent, adults 18+	74.8	74.5 (69.8-76.9)	74.6**	2021
Been to the dentist or dental clinic in the previous year <sup>v</sup>	crude percent, adults 18+	71.8	78.4 (66.1-83.0)	72.2**	2020



# Milford (01757) - Worcester County

Chronic Disease and Other Illness	Units	Local value	MetroWest average (range)	County value	Measurement Period
Diagnosed diabetes <sup>v</sup>	crude percent, adults 18+	8.5	7.2 (6.2-8.5)	8.4**	2021
Obesity (calculated from self-reported weight and height) <sup>v</sup>	crude percent, adults 18+	31.6	25.6 (22.1-31.6)	31.2**	2021
Current asthma <sup>v</sup>	crude percent, adults 18+	12.0	10.3 (9.4-12.0)	11.7**	2021
Pediatric asthma cases attributable to air pollution* <sup>xvi</sup>	count	41	-	-	2017-2018
Cervical cancer screening (such as Pap test or HPV test every 3-5 years) <sup>v</sup>	crude percent, women 21-65	85.3	88.1 (82.7-90.3)	85.9**	2020
Mammogram within the last two years <sup>v</sup>	crude percent, women 50-74	82.3	83.2 (79.6-86.2)	80.3**	2020
Completed primary COVID-19 vaccination series* <sup>xvii</sup>	percent of eligible population	85.0	90.0 (80.0-96.0+)	-	As of 4/2023
Received a COVID-19 booster shot after 9/1/2022* <sup>xvii</sup>	percent of eligible population	25.0	36.6 (25.0-52.0)	-	As of 4/2023

\* indicates municipal level estimate. \*\* indicates age-adjusted estimate. Where possible, MetroWest average is calculated from counts.

<sup>i</sup> Table B01003. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>ii</sup> Table B19013. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iii</sup> Table DP03. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iv</sup> Table C17002. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>v</sup> CDC PLACES July 2023 release. CDC's Division of Population Health, the Robert Wood Johnson Foundation, and the CDC Foundation. Being up to date on clinical preventive services includes flu shot past year, PPV shot ever, colorectal cancer screening, and for females, a mammogram in the past 2 years

<sup>vi</sup> Opioid statistics published by Massachusetts Department of Public Health Office of Health and Human Services in June 2023, rates calculated using 2020 U.S. Census population estimates. Data for deaths are preliminary and subject to updates

<sup>vii</sup> 2020 Environmental Justice Populations, Massachusetts Executive Office of Energy and Environmental Affairs. Updated November 2022. Defined as people disproportionately at risk of environment-related burdens due to structural inequities

<sup>viii</sup> Community Water Fluoridation Status report, Office of Oral Health, Bureau of Community Health and Prevention, Massachusetts Department of Public Health. Uses community list from 2021. A community-level water source is available in this community.

<sup>ix</sup> Accessed September 2023 on Walkscore.com, a product of Redfin. Updated on a rolling basis every six months. Walkscore based on walking routes to destinations such as grocery stores, schools, parks, restaurants, and retail. Bikescore based on on bike infrastructure, topography, destinations and road connectivity.

<sup>x</sup> Accessed September 2023 from Zillow Data using estimates from April 2019 and April 2023. Percent change calculated from Zillow Home Value Index (ZHVI): A smoothed, seasonally adjusted measure of the typical home value, calculated monthly as a weighted average of the middle third of all homes in a given region

<sup>xi</sup> FY 2023 Limits effective May 15, 2023, Office of Policy Development and Research, Department of Housing and Urban Development (HUD) using 2021 American Community Survey income data. HUD 'low income', 'very low income', and 'extremely low income' estimates are used to determine eligibility for assisted housing programs.

<sup>xii</sup> Table B09020. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>xiii</sup> Annual Caseload Summary ZIP Code Report 2019 and Caseload by zip code report - April 2023, Massachusetts Department of Transitional Assistance

<sup>xiv</sup> SNAP Gap 2021 Tableau Dashboard. Food Bank of Western Massachusetts using Massachusetts Department of Transitional Assistance data

<sup>xv</sup> 2022 Massachusetts WIC Program Needs Assessment, Massachusetts Department of Public Health

<sup>xvi</sup> Health effects of air pollution in Massachusetts report by Global Observatory on Planetary Health at Boston College. Uses 2017-2018 pediatric asthma case data from Massachusetts Population Health Information Tool

<sup>xvii</sup> Municipality vaccination report published April 26, 2023, Weekly COVID-19 Vaccination Dashboard, Massachusetts Department of Public Health.

# Millis (02054) - Norfolk County

Demographic	Units	Local value	MetroWest average (range)	County value	Measurement Period
Total population <sup>i</sup>	count	8,481	(538-41,505)	-	2017-2021
Median household income <sup>ii</sup>	dollars	131,138	(71,602-250,000+)	112,089	2017-2021
Population below federal poverty level (FPL) <sup>iii</sup>	percent of population	3.0	(0.0-15.6)	6.3	2017-2021
Population below 200% FPL <sup>vi</sup>	percent of population	11.8	12.4 (0.0-31.6)	14.2	2017-2021
<b>Health Measures based on priorities in 2023 MetroWest CHA</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Mental health not good for half or more of the past month <sup>v</sup>   Mental Health	crude percent, adults 18+	13.3	12.8 (10.3-17.2)	13.8**	2021
Depression (as told by a medical professional) <sup>v</sup>   Mental Health	crude percent, adults 18+	20.9	20.2 (18.0-23.0)	19.7**	2021
Engaged in binge drinking within the past month <sup>v</sup>   Substance Use	crude percent, adults 18+	19.7	18.2 (16.1-21.3)	18.8**	2021
Current smokers <sup>v</sup>   Substance Use	crude percent, adults 18+	11.5	9.9 (6.5-14.8)	10.9**	2021
Opioid-related overdose deaths among residents in 2022* <sup>vi</sup>   Substance Use	rate per 10k residents	2.4	1.3 (0.0-4.8)	2.2	2022
Environmental Justice population* <sup>vii</sup>   Environment	percent of population	16.7	(0.0-100.0)	-	2020
Fluoride in municipal water* <sup>viii</sup>   Environment	yes or no	Yes	-	-	2021
Walkability <sup>ix</sup>   Environment	scale from 0 - 100	28.0	(1.0-75.0)	-	As of 9/2023
Bikeability* <sup>ix</sup>   Environment	scale from 0 - 100	40.0	(25.0-63.0)	-	As of 9/2023
Growth in typical home values <sup>x</sup>   Housing Insecurity	percent change, 4/2019-4/2023	25.7	27.5 (22.3-34.2)	27.2	2019, 2023
'Very low' income standard for federal housing programs, 4 person family* <sup>xi</sup>   Housing Insecurity	dollars	74,200	(58,500-74,200)	-	2021
Older adults living alone <sup>xii</sup>   Housing Insecurity	percent of adults 65+	12.2	24.1 (12.2-36.4)	26.6	2017-2021
Growth in SNAP caseload (households) <sup>xiii</sup>   Food Insecurity	percent change, 4/2019-4/2023	62.0	63.0 (9.0-175.0+)	71.3	2019, 2023
SNAP gap (eligible for SNAP, but not enrolled) <sup>xiv</sup>   Food Insecurity	percent of eligible population	57.0	59.8 (51.0-85.0)	-	2020
WIC gap (eligible for WIC, but not enrolled)* <sup>xv</sup>   Food Insecurity	percent of eligible population	67.0	47.0 (39.0-69.0)	-	2021
<b>Access to Care</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Current lack of health insurance <sup>v</sup>	crude percent, adults 18-64	2.9	3.0 (1.7-7.6)	3.7**	2021
Men up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, men 65+	57.9	56.7 (46.1-62.4)	56.8**	2020
Women up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, women 65+	46.2	47.8 (39.6-54.9)	44.2**	2020
Been to a doctor for routine checkup within the past year <sup>v</sup>	crude percent, adults 18+	73.6	74.5 (69.8-76.9)	72.7**	2021
Been to the dentist or dental clinic in the previous year <sup>v</sup>	crude percent, adults 18+	77.6	78.4 (66.1-83.0)	74.7**	2020

# Millis (02054) - Norfolk County

Chronic Disease and Other Illness	Units	Local value	MetroWest average (range)	County value	Measurement Period
Diagnosed diabetes <sup>v</sup>	crude percent, adults 18+	7.0	7.2 (6.2-8.5)	7.2**	2021
Obesity (calculated from self-reported weight and height) <sup>v</sup>	crude percent, adults 18+	25.9	25.6 (22.1-31.6)	24.7**	2021
Current asthma <sup>v</sup>	crude percent, adults 18+	10.2	10.3 (9.4-12.0)	10.1**	2021
Pediatric asthma cases attributable to air pollution* <sup>xvi</sup>	count	27	-	-	2017-2018
Cervical cancer screening (such as Pap test or HPV test every 3-5 years) <sup>v</sup>	crude percent, women 21-65	88.5	88.1 (82.7-90.3)	85.9**	2020
Mammogram within the last two years <sup>v</sup>	crude percent, women 50-74	80.4	83.2 (79.6-86.2)	78.9**	2020
Completed primary COVID-19 vaccination series* <sup>xvii</sup>	percent of eligible population	91.0	90.0 (80.0-96.0+)	-	As of 4/2023
Received a COVID-19 booster shot after 9/1/2022* <sup>xvii</sup>	percent of eligible population	38.0	36.6 (25.0-52.0)	-	As of 4/2023

\* indicates municipal level estimate. \*\* indicates age-adjusted estimate. Where possible, MetroWest average is calculated from counts.

<sup>i</sup> Table B01003. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>ii</sup> Table B19013. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iii</sup> Table DP03. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iv</sup> Table C17002. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>v</sup> CDC PLACES July 2023 release. CDC's Division of Population Health, the Robert Wood Johnson Foundation, and the CDC Foundation. Being up to date on clinical preventive services includes flu shot past year, PPV shot ever, colorectal cancer screening, and for females, a mammogram in the past 2 years

<sup>vi</sup> Opioid statistics published by Massachusetts Department of Public Health Office of Health and Human Services in June 2023, rates calculated using 2020 U.S. Census population estimates. Data for deaths are preliminary and subject to updates

<sup>vii</sup> 2020 Environmental Justice Populations, Massachusetts Executive Office of Energy and Environmental Affairs. Updated November 2022. Defined as people disproportionately at risk of environment-related burdens due to structural inequities

<sup>viii</sup> Community Water Fluoridation Status report, Office of Oral Health, Bureau of Community Health and Prevention, Massachusetts Department of Public Health. Uses community list from 2021. Fluoridation began in 1988.

<sup>ix</sup> Accessed September 2023 on Walkscore.com, a product of Redfin. Updated on a rolling basis every six months. Walkscore based on walking routes to destinations such as grocery stores, schools, parks, restaurants, and retail. Bikescore based on bike infrastructure, topography, destinations and road connectivity.

<sup>x</sup> Accessed September 2023 from Zillow Data using estimates from April 2019 and April 2023. Percent change calculated from Zillow Home Value Index (ZHVI): A smoothed, seasonally adjusted measure of the typical home value, calculated monthly as a weighted average of the middle third of all homes in a given region

<sup>xi</sup> FY 2023 Limits effective May 15, 2023, Office of Policy Development and Research, Department of Housing and Urban Development (HUD) using 2021 American Community Survey income data. HUD 'low income', 'very low income', and 'extremely low income' estimates are used to determine eligibility for assisted housing programs.

<sup>xii</sup> Table B09020. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>xiii</sup> Annual Caseload Summary ZIP Code Report 2019 and Caseload by zip code report - April 2023, Massachusetts Department of Transitional Assistance

<sup>xiv</sup> SNAP Gap 2021 Tableau Dashboard. Food Bank of Western Massachusetts using Massachusetts Department of Transitional Assistance data

<sup>xv</sup> 2022 Massachusetts WIC Program Needs Assessment, Massachusetts Department of Public Health

<sup>xvi</sup> Health effects of air pollution in Massachusetts report by Global Observatory on Planetary Health at Boston College. Uses 2017-2018 pediatric asthma case data from Massachusetts Population Health Information Tool

<sup>xvii</sup> Municipality vaccination report published April 26, 2023, Weekly COVID-19 Vaccination Dashboard, Massachusetts Department of Public Health.

# Natick (01760) - Middlesex County

Demographic	Units	Local value	MetroWest average (range)	County value	Measurement Period
Total population <sup>i</sup>	count	36,354	(538-41,505)	-	2017-2021
Median household income <sup>ii</sup>	dollars	123,109	(71,602-250,000+)	111,790	2017-2021
Population below federal poverty level (FPL) <sup>iii</sup>	percent of population	4.3	(0.0-15.6)	7.4	2017-2021
Population below 200% FPL <sup>vi</sup>	percent of population	10.8	12.4 (0.0-31.6)	16	2017-2021
<b>Health Measures based on priorities in 2023 MetroWest CHA</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Mental health not good for half or more of the past month <sup>v</sup>   Mental Health	crude percent, adults 18+	11.8	12.8 (10.3-17.2)	13.2**	2021
Depression (as told by a medical professional) <sup>v</sup>   Mental Health	crude percent, adults 18+	19.6	20.2 (18.0-23.0)	19.4**	2021
Engaged in binge drinking within the past month <sup>v</sup>   Substance Use	crude percent, adults 18+	18.4	18.2 (16.1-21.3)	18.2**	2021
Current smokers <sup>v</sup>   Substance Use	crude percent, adults 18+	8.1	9.9 (6.5-14.8)	9.4**	2021
Opioid-related overdose deaths among residents in 2022* <sup>vi</sup>   Substance Use	rate per 10k residents	1.6	1.3 (0.0-4.8)	2.3	2022
Environmental Justice population* <sup>vii</sup>   Environment	percent of population	36.6	(0.0-100.0)	-	2020
Fluoride in municipal water* <sup>viii</sup>   Environment	yes or no	Yes	-	-	2021
Walkability <sup>ix</sup>   Environment	scale from 0 - 100	65.0	(1.0-75.0)	-	As of 9/2023
Bikeability* <sup>ix</sup>   Environment	scale from 0 - 100	38.0	(25.0-63.0)	-	As of 9/2023
Growth in typical home values <sup>x</sup>   Housing Insecurity	percent change, 4/2019-4/2023	25.8	27.5 (22.3-34.2)	25.7	2019, 2023
'Very low' income standard for federal housing programs, 4 person family* <sup>xi</sup>   Housing Insecurity	dollars	74,200	(58,500-74,200)	-	2021
Older adults living alone <sup>xii</sup>   Housing Insecurity	percent of adults 65+	27.5	24.1 (12.2-36.4)	25.7	2017-2021
Growth in SNAP caseload (households) <sup>xiii</sup>   Food Insecurity	percent change, 4/2019-4/2023	61.0	63.0 (9.0-175.0+)	60.0	2019, 2023
SNAP gap (eligible for SNAP, but not enrolled) <sup>xiv</sup>   Food Insecurity	percent of eligible population	57.0	59.8 (51.0-85.0)	-	2020
WIC gap (eligible for WIC, but not enrolled)* <sup>xv</sup>   Food Insecurity	percent of eligible population	53.0	47.0 (39.0-69.0)	-	2021
<b>Access to Care</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Current lack of health insurance <sup>v</sup>	crude percent, adults 18-64	2.5	3.0 (1.7-7.6)	3.8**	2021
Men up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, men 65+	54.0	56.7 (46.1-62.4)	51.2**	2020
Women up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, women 65+	48.7	47.8 (39.6-54.9)	47**	2020
Been to a doctor for routine checkup within the past year <sup>v</sup>	crude percent, adults 18+	73.6	74.5 (69.8-76.9)	71.8**	2021
Been to the dentist or dental clinic in the previous year <sup>v</sup>	crude percent, adults 18+	79.7	78.4 (66.1-83.0)	75.1**	2020

# Natick (01760) - Middlesex County

Chronic Disease and Other Illness	Units	Local value	MetroWest average (range)	County value	Measurement Period
Diagnosed diabetes <sup>v</sup>	crude percent, adults 18+	6.7	7.2 (6.2-8.5)	7.1**	2021
Obesity (calculated from self-reported weight and height) <sup>v</sup>	crude percent, adults 18+	23.2	25.6 (22.1-31.6)	23.4**	2021
Current asthma <sup>v</sup>	crude percent, adults 18+	9.8	10.3 (9.4-12.0)	9.9**	2021
Pediatric asthma cases attributable to air pollution* <sup>xvi</sup>	count	79	-	-	2017-2018
Cervical cancer screening (such as Pap test or HPV test every 3-5 years) <sup>v</sup>	crude percent, women 21-65	88.6	88.1 (82.7-90.3)	85.7**	2020
Mammogram within the last two years <sup>v</sup>	crude percent, women 50-74	85.3	83.2 (79.6-86.2)	83.4**	2020
Completed primary COVID-19 vaccination series* <sup>xvii</sup>	percent of eligible population	93.0	90.0 (80.0-96.0+)	-	As of 4/2023
Received a COVID-19 booster shot after 9/1/2022* <sup>xvii</sup>	percent of eligible population	43.0	36.6 (25.0-52.0)	-	As of 4/2023

\* indicates municipal level estimate. \*\* indicates age-adjusted estimate. Where possible, MetroWest average is calculated from counts.

<sup>i</sup> Table B01003. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>ii</sup> Table B19013. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iii</sup> Table DP03. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iv</sup> Table C17002. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>v</sup> CDC PLACES July 2023 release. CDC's Division of Population Health, the Robert Wood Johnson Foundation, and the CDC Foundation. Being up to date on clinical preventive services includes flu shot past year, PPV shot ever, colorectal cancer screening, and for females, a mammogram in the past 2 years

<sup>vi</sup> Opioid statistics published by Massachusetts Department of Public Health Office of Health and Human Services in June 2023, rates calculated using 2020 U.S. Census population estimates. Data for deaths are preliminary and subject to updates

<sup>vii</sup> 2020 Environmental Justice Populations, Massachusetts Executive Office of Energy and Environmental Affairs. Updated November 2022. Defined as people disproportionately at risk of environment-related burdens due to structural inequities

<sup>viii</sup> Community Water Fluoridation Status report, Office of Oral Health, Bureau of Community Health and Prevention, Massachusetts Department of Public Health. Uses community list from 2021. Began in 1997

<sup>ix</sup> Accessed September 2023 on Walkscore.com, a product of Redfin. Updated on a rolling basis every six months. Walkscore based on walking routes to destinations such as grocery stores, schools, parks, restaurants, and retail. Bikescore based on on bike infrastructure, topography, destinations and road connectivity.

<sup>x</sup> Accessed September 2023 from Zillow Data using estimates from April 2019 and April 2023. Percent change calculated from Zillow Home Value Index (ZHVI): A smoothed, seasonally adjusted measure of the typical home value, calculated monthly as a weighted average of the middle third of all homes in a given region

<sup>xi</sup> FY 2023 Limits effective May 15, 2023, Office of Policy Development and Research, Department of Housing and Urban Development (HUD) using 2021 American Community Survey income data. HUD 'low income', 'very low income', and 'extremely low income' estimates are used to determine eligibility for assisted housing programs.

<sup>xii</sup> Table B09020. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>xiii</sup> Annual Caseload Summary ZIP Code Report 2019 and Caseload by zip code report - April 2023, Massachusetts Department of Transitional Assistance

<sup>xiv</sup> SNAP Gap 2021 Tableau Dashboard. Food Bank of Western Massachusetts using Massachusetts Department of Transitional Assistance data

<sup>xv</sup> 2022 Massachusetts WIC Program Needs Assessment, Massachusetts Department of Public Health

<sup>xvi</sup> Health effects of air pollution in Massachusetts report by Global Observatory on Planetary Health at Boston College. Uses 2017-2018 pediatric asthma case data from Massachusetts Population Health Information Tool

<sup>xvii</sup> Municipality vaccination report published April 26, 2023, Weekly COVID-19 Vaccination Dashboard, Massachusetts Department of Public Health.

# Needham (02492) - Norfolk County

Demographic	Units	Local value	MetroWest average (range)	County value	Measurement Period
Total population <sup>i</sup>	count	20,927	(538-41,505)	-	2017-2021
Median household income <sup>ii</sup>	dollars	190,651	(71,602-250,000+)	112,089	2017-2021
Population below federal poverty level (FPL) <sup>iii</sup>	percent of population	2.2	(0.0-15.6)	6.3	2017-2021
Population below 200% FPL <sup>vi</sup>	percent of population	6.2	12.4 (0.0-31.6)	14.2	2017-2021
<b>Health Measures based on priorities in 2023 MetroWest CHA</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Mental health not good for half or more of the past month <sup>v</sup>   Mental Health	crude percent, adults 18+	11.0	12.8 (10.3-17.2)	13.8**	2021
Depression (as told by a medical professional) <sup>v</sup>   Mental Health	crude percent, adults 18+	18.6	20.2 (18.0-23.0)	19.7**	2021
Engaged in binge drinking within the past month <sup>v</sup>   Substance Use	crude percent, adults 18+	17.7	18.2 (16.1-21.3)	18.8**	2021
Current smokers <sup>v</sup>   Substance Use	crude percent, adults 18+	7.9	9.9 (6.5-14.8)	10.9**	2021
Opioid-related overdose deaths among residents in 2022* <sup>vi</sup>   Substance Use	rate per 10k residents	0.3	1.3 (0.0-4.8)	2.2	2022
Environmental Justice population* <sup>vii</sup>   Environment	percent of population	0.0	(0.0-100.0)	-	2020
Fluoride in municipal water* <sup>viii</sup>   Environment	yes or no	Yes	-	-	2021
Walkability <sup>ix</sup>   Environment	scale from 0 - 100	34.0	(1.0-75.0)	-	As of 9/2023
Bikeability* <sup>ix</sup>   Environment	scale from 0 - 100	35.0	(25.0-63.0)	-	As of 9/2023
Growth in typical home values <sup>x</sup>   Housing Insecurity	percent change, 4/2019-4/2023	28.0	27.5 (22.3-34.2)	27.2	2019, 2023
'Very low' income standard for federal housing programs, 4 person family* <sup>xi</sup>   Housing Insecurity	dollars	74,200	(58,500-74,200)	-	2021
Older adults living alone <sup>xii</sup>   Housing Insecurity	percent of adults 65+	19.2	24.1 (12.2-36.4)	26.6	2017-2021
Growth in SNAP caseload (households) <sup>xiii</sup>   Food Insecurity	percent change, 4/2019-4/2023	63.0	63.0 (9.0-175.0+)	71.3	2019, 2023
SNAP gap (eligible for SNAP, but not enrolled) <sup>xiv</sup>   Food Insecurity	percent of eligible population	57.0	59.8 (51.0-85.0)	-	2020
WIC gap (eligible for WIC, but not enrolled)* <sup>xv</sup>   Food Insecurity	percent of eligible population	62.0	47.0 (39.0-69.0)	-	2021
<b>Access to Care</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Current lack of health insurance <sup>v</sup>	crude percent, adults 18-64	2.2	3.0 (1.7-7.6)	3.7**	2021
Men up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, men 65+	60.6	56.7 (46.1-62.4)	56.8**	2020
Women up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, women 65+	45.7	47.8 (39.6-54.9)	44.2**	2020
Been to a doctor for routine checkup within the past year <sup>v</sup>	crude percent, adults 18+	76.0	74.5 (69.8-76.9)	72.7**	2021
Been to the dentist or dental clinic in the previous year <sup>v</sup>	crude percent, adults 18+	81.5	78.4 (66.1-83.0)	74.7**	2020

# Needham (02492) - Norfolk County

Chronic Disease and Other Illness	Units	Local value	MetroWest average (range)	County value	Measurement Period
Diagnosed diabetes <sup>v</sup>	crude percent, adults 18+	7.1	7.2 (6.2-8.5)	7.2**	2021
Obesity (calculated from self-reported weight and height) <sup>v</sup>	crude percent, adults 18+	23.3	25.6 (22.1-31.6)	24.7**	2021
Current asthma <sup>v</sup>	crude percent, adults 18+	9.6	10.3 (9.4-12.0)	10.1**	2021
Pediatric asthma cases attributable to air pollution* <sup>xvi</sup>	count	68	-	-	2017-2018
Cervical cancer screening (such as Pap test or HPV test every 3-5 years) <sup>v</sup>	crude percent, women 21-65	89.5	88.1 (82.7-90.3)	85.9**	2020
Mammogram within the last two years <sup>v</sup>	crude percent, women 50-74	81.6	83.2 (79.6-86.2)	78.9**	2020
Completed primary COVID-19 vaccination series* <sup>xvii</sup>	percent of eligible population	0.0	90.0 (80.0-96.0+)	-	As of 4/2023
Received a COVID-19 booster shot after 9/1/2022* <sup>xvii</sup>	percent of eligible population	52.0	36.6 (25.0-52.0)	-	As of 4/2023

\* indicates municipal level estimate. \*\* indicates age-adjusted estimate. Where possible, MetroWest average is calculated from counts.

<sup>i</sup> Table B01003. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>ii</sup> Table B19013. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iii</sup> Table DP03. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iv</sup> Table C17002. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>v</sup> CDC PLACES July 2023 release. CDC's Division of Population Health, the Robert Wood Johnson Foundation, and the CDC Foundation. Being up to date on clinical preventive services includes flu shot past year, PPV shot ever, colorectal cancer screening, and for females, a mammogram in the past 2 years

<sup>vi</sup> Opioid statistics published by Massachusetts Department of Public Health Office of Health and Human Services in June 2023, rates calculated using 2020 U.S. Census population estimates. Data for deaths are preliminary and subject to updates

<sup>vii</sup> 2020 Environmental Justice Populations, Massachusetts Executive Office of Energy and Environmental Affairs. Updated November 2022. Defined as people disproportionately at risk of environment-related burdens due to structural inequities

<sup>viii</sup> Community Water Fluoridation Status report, Office of Oral Health, Bureau of Community Health and Prevention, Massachusetts Department of Public Health. Uses community list from 2021. Fluoridation began in 1971.

<sup>ix</sup> Accessed September 2023 on Walkscore.com, a product of Redfin. Updated on a rolling basis every six months. Walkscore based on walking routes to destinations such as grocery stores, schools, parks, restaurants, and retail. Bikescore based on on bike infrastructure, topography, destinations and road connectivity.

<sup>x</sup> Accessed September 2023 from Zillow Data using estimates from April 2019 and April 2023. Percent change calculated from Zillow Home Value Index (ZHVI): A smoothed, seasonally adjusted measure of the typical home value, calculated monthly as a weighted average of the middle third of all homes in a given region

<sup>xi</sup> FY 2023 Limits effective May 15, 2023, Office of Policy Development and Research, Department of Housing and Urban Development (HUD) using 2021 American Community Survey income data. HUD 'low income', 'very low income', and 'extremely low income' estimates are used to determine eligibility for assisted housing programs.

<sup>xii</sup> Table B09020. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>xiii</sup> Annual Caseload Summary ZIP Code Report 2019 and Caseload by zip code report - April 2023, Massachusetts Department of Transitional Assistance

<sup>xiv</sup> SNAP Gap 2021 Tableau Dashboard. Food Bank of Western Massachusetts using Massachusetts Department of Transitional Assistance data

<sup>xv</sup> 2022 Massachusetts WIC Program Needs Assessment, Massachusetts Department of Public Health

<sup>xvi</sup> Health effects of air pollution in Massachusetts report by Global Observatory on Planetary Health at Boston College. Uses 2017-2018 pediatric asthma case data from Massachusetts Population Health Information Tool

<sup>xvii</sup> Municipality vaccination report published April 26, 2023, Weekly COVID-19 Vaccination Dashboard, Massachusetts Department of Public Health.

# Needham (02494) - Norfolk County

Demographic	Units	Local value	MetroWest average (range)	County value	Measurement Period
Total population <sup>i</sup>	count	10,881	(538-41,505)	-	2017-2021
Median household income <sup>ii</sup>	dollars	153,285	(71,602-250,000+)	112,089	2017-2021
Population below federal poverty level (FPL) <sup>iii</sup>	percent of population	2.7	(0.0-15.6)	6.3	2017-2021
Population below 200% FPL <sup>vi</sup>	percent of population	7.3	12.4 (0.0-31.6)	14.2	2017-2021
<b>Health Measures based on priorities in 2023 MetroWest CHA</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Mental health not good for half or more of the past month <sup>v</sup>   Mental Health	crude percent, adults 18+	11.5	12.8 (10.3-17.2)	13.8**	2021
Depression (as told by a medical professional) <sup>v</sup>   Mental Health	crude percent, adults 18+	18.8	20.2 (18.0-23.0)	19.7**	2021
Engaged in binge drinking within the past month <sup>v</sup>   Substance Use	crude percent, adults 18+	17.8	18.2 (16.1-21.3)	18.8**	2021
Current smokers <sup>v</sup>   Substance Use	crude percent, adults 18+	8.8	9.9 (6.5-14.8)	10.9**	2021
Opioid-related overdose deaths among residents in 2022* <sup>vi</sup>   Substance Use	rate per 10k residents	0.3	1.3 (0.0-4.8)	2.2	2022
Environmental Justice population* <sup>vii</sup>   Environment	percent of population	0.0	(0.0-100.0)	-	2020
Fluoride in municipal water* <sup>viii</sup>   Environment	yes or no	Yes	-	-	2021
Walkability <sup>ix</sup>   Environment	scale from 0 - 100	52.0	(1.0-75.0)	-	As of 9/2023
Bikeability* <sup>ix</sup>   Environment	scale from 0 - 100	35.0	(25.0-63.0)	-	As of 9/2023
Growth in typical home values <sup>x</sup>   Housing Insecurity	percent change, 4/2019-4/2023	22.6	27.5 (22.3-34.2)	27.2	2019, 2023
'Very low' income standard for federal housing programs, 4 person family* <sup>xi</sup>   Housing Insecurity	dollars	74,200	(58,500-74,200)	-	2021
Older adults living alone <sup>xii</sup>   Housing Insecurity	percent of adults 65+	28.7	24.1 (12.2-36.4)	26.6	2017-2021
Growth in SNAP caseload (households) <sup>xiii</sup>   Food Insecurity	percent change, 4/2019-4/2023	86.0	63.0 (9.0-175.0+)	71.3	2019, 2023
SNAP gap (eligible for SNAP, but not enrolled) <sup>xiv</sup>   Food Insecurity	percent of eligible population	0.0	59.8 (51.0-85.0)	-	2020
WIC gap (eligible for WIC, but not enrolled)* <sup>xv</sup>   Food Insecurity	percent of eligible population	62.0	47.0 (39.0-69.0)	-	2021
<b>Access to Care</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Current lack of health insurance <sup>v</sup>	crude percent, adults 18-64	2.4	3.0 (1.7-7.6)	3.7**	2021
Men up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, men 65+	59.6	56.7 (46.1-62.4)	56.8**	2020
Women up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, women 65+	44.1	47.8 (39.6-54.9)	44.2**	2020
Been to a doctor for routine checkup within the past year <sup>v</sup>	crude percent, adults 18+	75.3	74.5 (69.8-76.9)	72.7**	2021
Been to the dentist or dental clinic in the previous year <sup>v</sup>	crude percent, adults 18+	79.8	78.4 (66.1-83.0)	74.7**	2020



# Needham (02494) - Norfolk County

Chronic Disease and Other Illness	Units	Local value	MetroWest average (range)	County value	Measurement Period
Diagnosed diabetes <sup>v</sup>	crude percent, adults 18+	7.2	7.2 (6.2-8.5)	7.2**	2021
Obesity (calculated from self-reported weight and height) <sup>v</sup>	crude percent, adults 18+	23.7	25.6 (22.1-31.6)	24.7**	2021
Current asthma <sup>v</sup>	crude percent, adults 18+	9.6	10.3 (9.4-12.0)	10.1**	2021
Pediatric asthma cases attributable to air pollution* <sup>xvi</sup>	count	68	-	-	2017-2018
Cervical cancer screening (such as Pap test or HPV test every 3-5 years) <sup>v</sup>	crude percent, women 21-65	89.0	88.1 (82.7-90.3)	85.9**	2020
Mammogram within the last two years <sup>v</sup>	crude percent, women 50-74	81.0	83.2 (79.6-86.2)	78.9**	2020
Completed primary COVID-19 vaccination series* <sup>xvii</sup>	percent of eligible population	0.0	90.0 (80.0-96.0+)	-	As of 4/2023
Received a COVID-19 booster shot after 9/1/2022* <sup>xvii</sup>	percent of eligible population	52.0	36.6 (25.0-52.0)	-	As of 4/2023

\* indicates municipal level estimate. \*\* indicates age-adjusted estimate. Where possible, MetroWest average is calculated from counts.

<sup>i</sup> Table B01003. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>ii</sup> Table B19013. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iii</sup> Table DP03. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iv</sup> Table C17002. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>v</sup> CDC PLACES July 2023 release. CDC's Division of Population Health, the Robert Wood Johnson Foundation, and the CDC Foundation. Being up to date on clinical preventive services includes flu shot past year, PPV shot ever, colorectal cancer screening, and for females, a mammogram in the past 2 years

<sup>vi</sup> Opioid statistics published by Massachusetts Department of Public Health Office of Health and Human Services in June 2023, rates calculated using 2020 U.S. Census population estimates. Data for deaths are preliminary and subject to updates

<sup>vii</sup> 2020 Environmental Justice Populations, Massachusetts Executive Office of Energy and Environmental Affairs. Updated November 2022. Defined as people disproportionately at risk of environment-related burdens due to structural inequities

<sup>viii</sup> Community Water Fluoridation Status report, Office of Oral Health, Bureau of Community Health and Prevention, Massachusetts Department of Public Health. Uses community list from 2021. Fluoridation began in 1971.

<sup>ix</sup> Accessed September 2023 on Walkscore.com, a product of Redfin. Updated on a rolling basis every six months. Walkscore based on walking routes to destinations such as grocery stores, schools, parks, restaurants, and retail. Bikescore based on on bike infrastructure, topography, destinations and road connectivity.

<sup>x</sup> Accessed September 2023 from Zillow Data using estimates from April 2019 and April 2023. Percent change calculated from Zillow Home Value Index (ZHVI): A smoothed, seasonally adjusted measure of the typical home value, calculated monthly as a weighted average of the middle third of all homes in a given region

<sup>xi</sup> FY 2023 Limits effective May 15, 2023, Office of Policy Development and Research, Department of Housing and Urban Development (HUD) using 2021 American Community Survey income data. HUD 'low income', 'very low income', and 'extremely low income' estimates are used to determine eligibility for assisted housing programs.

<sup>xii</sup> Table B09020. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>xiii</sup> Annual Caseload Summary ZIP Code Report 2019 and Caseload by zip code report - April 2023, Massachusetts Department of Transitional Assistance

<sup>xiv</sup> SNAP Gap 2021 Tableau Dashboard. Food Bank of Western Massachusetts using Massachusetts Department of Transitional Assistance data

<sup>xv</sup> 2022 Massachusetts WIC Program Needs Assessment, Massachusetts Department of Public Health

<sup>xvi</sup> Health effects of air pollution in Massachusetts report by Global Observatory on Planetary Health at Boston College. Uses 2017-2018 pediatric asthma case data from Massachusetts Population Health Information Tool

<sup>xvii</sup> Municipality vaccination report published April 26, 2023, Weekly COVID-19 Vaccination Dashboard, Massachusetts Department of Public Health.

# Norfolk (02056) - Norfolk County

Demographic	Units	Local value	MetroWest average (range)	County value	Measurement Period
Total population <sup>i</sup>	count	11,531	(538-41,505)	-	2017-2021
Median household income <sup>ii</sup>	dollars	168,281	(71,602-250,000+)	112,089	2017-2021
Population below federal poverty level (FPL) <sup>iii</sup>	percent of population	1.5	(0.0-15.6)	6.3	2017-2021
Population below 200% FPL <sup>vi</sup>	percent of population	3.4	12.4 (0.0-31.6)	14.2	2017-2021
<b>Health Measures based on priorities in 2023 MetroWest CHA</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Mental health not good for half or more of the past month <sup>v</sup>   Mental Health	crude percent, adults 18+	12.9	12.8 (10.3-17.2)	13.8**	2021
Depression (as told by a medical professional) <sup>v</sup>   Mental Health	crude percent, adults 18+	19.3	20.2 (18.0-23.0)	19.7**	2021
Engaged in binge drinking within the past month <sup>v</sup>   Substance Use	crude percent, adults 18+	21.3	18.2 (16.1-21.3)	18.8**	2021
Current smokers <sup>v</sup>   Substance Use	crude percent, adults 18+	12.3	9.9 (6.5-14.8)	10.9**	2021
Opioid-related overdose deaths among residents in 2022* <sup>vi</sup>   Substance Use	rate per 10k residents	0.9	1.3 (0.0-4.8)	2.2	2022
Environmental Justice population* <sup>vii</sup>   Environment	percent of population	12.7	(0.0-100.0)	-	2020
Fluoride in municipal water* <sup>viii</sup>   Environment	yes or no	No	-	-	2021
Walkability <sup>ix</sup>   Environment	scale from 0 - 100	49.0	(1.0-75.0)	-	As of 9/2023
Bikeability* <sup>ix</sup>   Environment	scale from 0 - 100	33.0	(25.0-63.0)	-	As of 9/2023
Growth in typical home values <sup>x</sup>   Housing Insecurity	percent change, 4/2019-4/2023	25.4	27.5 (22.3-34.2)	27.2	2019, 2023
'Very low' income standard for federal housing programs, 4 person family* <sup>xi</sup>   Housing Insecurity	dollars	74,200	(58,500-74,200)	-	2021
Older adults living alone <sup>xii</sup>   Housing Insecurity	percent of adults 65+	13.4	24.1 (12.2-36.4)	26.6	2017-2021
Growth in SNAP caseload (households) <sup>xiii</sup>   Food Insecurity	percent change, 4/2019-4/2023	74.0	63.0 (9.0-175.0+)	71.3	2019, 2023
SNAP gap (eligible for SNAP, but not enrolled) <sup>xiv</sup>   Food Insecurity	percent of eligible population	71.0	59.8 (51.0-85.0)	-	2020
WIC gap (eligible for WIC, but not enrolled)* <sup>xv</sup>   Food Insecurity	percent of eligible population	67.0	47.0 (39.0-69.0)	-	2021
<b>Access to Care</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Current lack of health insurance <sup>v</sup>	crude percent, adults 18-64	4.2	3.0 (1.7-7.6)	3.7**	2021
Men up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, men 65+	56.3	56.7 (46.1-62.4)	56.8**	2020
Women up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, women 65+	45.4	47.8 (39.6-54.9)	44.2**	2020
Been to a doctor for routine checkup within the past year <sup>v</sup>	crude percent, adults 18+	72.1	74.5 (69.8-76.9)	72.7**	2021
Been to the dentist or dental clinic in the previous year <sup>v</sup>	crude percent, adults 18+	75.3	78.4 (66.1-83.0)	74.7**	2020

# Norfolk (02056) - Norfolk County

Chronic Disease and Other Illness	Units	Local value	MetroWest average (range)	County value	Measurement Period
Diagnosed diabetes <sup>v</sup>	crude percent, adults 18+	7.2	7.2 (6.2-8.5)	7.2**	2021
Obesity (calculated from self-reported weight and height) <sup>v</sup>	crude percent, adults 18+	27.5	25.6 (22.1-31.6)	24.7**	2021
Current asthma <sup>v</sup>	crude percent, adults 18+	9.7	10.3 (9.4-12.0)	10.1**	2021
Pediatric asthma cases attributable to air pollution* <sup>xvi</sup>	count	16	-	-	2017-2018
Cervical cancer screening (such as Pap test or HPV test every 3-5 years) <sup>v</sup>	crude percent, women 21-65	88.6	88.1 (82.7-90.3)	85.9**	2020
Mammogram within the last two years <sup>v</sup>	crude percent, women 50-74	80.6	83.2 (79.6-86.2)	78.9**	2020
Completed primary COVID-19 vaccination series* <sup>xvii</sup>	percent of eligible population	87.0	90.0 (80.0-96.0+)	-	As of 4/2023
Received a COVID-19 booster shot after 9/1/2022* <sup>xvii</sup>	percent of eligible population	35.0	36.6 (25.0-52.0)	-	As of 4/2023

\* indicates municipal level estimate. \*\* indicates age-adjusted estimate. Where possible, MetroWest average is calculated from counts.

<sup>i</sup> Table B01003. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>ii</sup> Table B19013. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iii</sup> Table DP03. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iv</sup> Table C17002. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>v</sup> CDC PLACES July 2023 release. CDC's Division of Population Health, the Robert Wood Johnson Foundation, and the CDC Foundation. Being up to date on clinical preventive services includes flu shot past year, PPV shot ever, colorectal cancer screening, and for females, a mammogram in the past 2 years

<sup>vi</sup> Opioid statistics published by Massachusetts Department of Public Health Office of Health and Human Services in June 2023, rates calculated using 2020 U.S. Census population estimates. Data for deaths are preliminary and subject to updates

<sup>vii</sup> 2020 Environmental Justice Populations, Massachusetts Executive Office of Energy and Environmental Affairs. Updated November 2022. Defined as people disproportionately at risk of environment-related burdens due to structural inequities

<sup>viii</sup> Community Water Fluoridation Status report, Office of Oral Health, Bureau of Community Health and Prevention, Massachusetts Department of Public Health. Uses community list from 2021. A community-level water source is available in this community.

<sup>ix</sup> Accessed September 2023 on Walkscore.com, a product of Redfin. Updated on a rolling basis every six months. Walkscore based on walking routes to destinations such as grocery stores, schools, parks, restaurants, and retail. Bikescore based on on bike infrastructure, topography, destinations and road connectivity.

<sup>x</sup> Accessed September 2023 from Zillow Data using estimates from April 2019 and April 2023. Percent change calculated from Zillow Home Value Index (ZHVI): A smoothed, seasonally adjusted measure of the typical home value, calculated monthly as a weighted average of the middle third of all homes in a given region

<sup>xi</sup> FY 2023 Limits effective May 15, 2023, Office of Policy Development and Research, Department of Housing and Urban Development (HUD) using 2021 American Community Survey income data. HUD 'low income', 'very low income', and 'extremely low income' estimates are used to determine eligibility for assisted housing programs.

<sup>xii</sup> Table B09020. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>xiii</sup> Annual Caseload Summary ZIP Code Report 2019 and Caseload by zip code report - April 2023, Massachusetts Department of Transitional Assistance

<sup>xiv</sup> SNAP Gap 2021 Tableau Dashboard. Food Bank of Western Massachusetts using Massachusetts Department of Transitional Assistance data

<sup>xv</sup> 2022 Massachusetts WIC Program Needs Assessment, Massachusetts Department of Public Health

<sup>xvi</sup> Health effects of air pollution in Massachusetts report by Global Observatory on Planetary Health at Boston College. Uses 2017-2018 pediatric asthma case data from Massachusetts Population Health Information Tool

<sup>xvii</sup> Municipality vaccination report published April 26, 2023, Weekly COVID-19 Vaccination Dashboard, Massachusetts Department of Public Health.

# Northborough (01532) - Worcester County

Demographic	Units	Local value	MetroWest average (range)	County value	Measurement Period
Total population <sup>i</sup>	count	15,605	(538-41,505)	-	2017-2021
Median household income <sup>ii</sup>	dollars	148,010	(71,602-250,000+)	81,660	2017-2021
Population below federal poverty level (FPL) <sup>iii</sup>	percent of population	4.3	(0.0-15.6)	9.8	2017-2021
Population below 200% FPL <sup>vi</sup>	percent of population	10.5	12.4 (0.0-31.6)	22.0	2017-2021
<b>Health Measures based on priorities in 2023 MetroWest CHA</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Mental health not good for half or more of the past month <sup>v</sup>   Mental Health	crude percent, adults 18+	13.0	12.8 (10.3-17.2)	16.5**	2021
Depression (as told by a medical professional) <sup>v</sup>   Mental Health	crude percent, adults 18+	20.0	20.2 (18.0-23.0)	22.1**	2021
Engaged in binge drinking within the past month <sup>v</sup>   Substance Use	crude percent, adults 18+	16.7	18.2 (16.1-21.3)	17.1**	2021
Current smokers <sup>v</sup>   Substance Use	crude percent, adults 18+	9.4	9.9 (6.5-14.8)	13.4**	2021
Opioid-related overdose deaths among residents in 2022* <sup>vi</sup>   Substance Use	rate per 10k residents	0.6	1.3 (0.0-4.8)	3.8	2022
Environmental Justice population* <sup>vii</sup>   Environment	percent of population	0.0	(0.0-100.0)	-	2020
Fluoride in municipal water* <sup>viii</sup>   Environment	yes or no	Yes	-	-	2021
Walkability <sup>ix</sup>   Environment	scale from 0 - 100	3.0	(1.0-75.0)	-	As of 9/2023
Bikeability* <sup>ix</sup>   Environment	scale from 0 - 100	41.0	(25.0-63.0)	-	As of 9/2023
Growth in typical home values <sup>x</sup>   Housing Insecurity	percent change, 4/2019-4/2023	26.5	27.5 (22.3-34.2)	41.4	2019, 2023
'Very low' income standard for federal housing programs, 4 person family* <sup>xi</sup>   Housing Insecurity	dollars	58,500	(58,500-74,200)	-	2021
Older adults living alone <sup>xii</sup>   Housing Insecurity	percent of adults 65+	19.0	24.1 (12.2-36.4)	25.4	2017-2021
Growth in SNAP caseload (households) <sup>xiii</sup>   Food Insecurity	percent change, 4/2019-4/2023	68.0	63.0 (9.0-175.0+)	57.1	2019, 2023
SNAP gap (eligible for SNAP, but not enrolled) <sup>xiv</sup>   Food Insecurity	percent of eligible population	64.0	59.8 (51.0-85.0)	-	2020
WIC gap (eligible for WIC, but not enrolled)* <sup>xv</sup>   Food Insecurity	percent of eligible population	45.0	47.0 (39.0-69.0)	-	2021
<b>Access to Care</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Current lack of health insurance <sup>v</sup>	crude percent, adults 18-64	2.6	3.0 (1.7-7.6)	5.3**	2021
Men up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, men 65+	61.1	56.7 (46.1-62.4)	55.8**	2020
Women up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, women 65+	52.7	47.8 (39.6-54.9)	48.7**	2020
Been to a doctor for routine checkup within the past year <sup>v</sup>	crude percent, adults 18+	76.9	74.5 (69.8-76.9)	74.6**	2021
Been to the dentist or dental clinic in the previous year <sup>v</sup>	crude percent, adults 18+	80.4	78.4 (66.1-83.0)	72.2**	2020

# Northborough (01532) - Worcester County

Chronic Disease and Other Illness	Units	Local value	MetroWest average (range)	County value	Measurement Period
Diagnosed diabetes <sup>v</sup>	crude percent, adults 18+	7.5	7.2 (6.2-8.5)	8.4**	2021
Obesity (calculated from self-reported weight and height) <sup>v</sup>	crude percent, adults 18+	27.8	25.6 (22.1-31.6)	31.2**	2021
Current asthma <sup>v</sup>	crude percent, adults 18+	10.7	10.3 (9.4-12.0)	11.7**	2021
Pediatric asthma cases attributable to air pollution* <sup>xvi</sup>	count	30	-	-	2017-2018
Cervical cancer screening (such as Pap test or HPV test every 3-5 years) <sup>v</sup>	crude percent, women 21-65	88.2	88.1 (82.7-90.3)	85.9**	2020
Mammogram within the last two years <sup>v</sup>	crude percent, women 50-74	83.7	83.2 (79.6-86.2)	80.3**	2020
Completed primary COVID-19 vaccination series* <sup>xvii</sup>	percent of eligible population	91.0	90.0 (80.0-96.0+)	-	As of 4/2023
Received a COVID-19 booster shot after 9/1/2022* <sup>xvii</sup>	percent of eligible population	37.0	36.6 (25.0-52.0)	-	As of 4/2023

\* indicates municipal level estimate. \*\* indicates age-adjusted estimate. Where possible, MetroWest average is calculated from counts.

<sup>i</sup> Table B01003. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>ii</sup> Table B19013. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iii</sup> Table DP03. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iv</sup> Table C17002. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>v</sup> CDC PLACES July 2023 release. CDC's Division of Population Health, the Robert Wood Johnson Foundation, and the CDC Foundation. Being up to date on clinical preventive services includes flu shot past year, PPV shot ever, colorectal cancer screening, and for females, a mammogram in the past 2 years

<sup>vi</sup> Opioid statistics published by Massachusetts Department of Public Health Office of Health and Human Services in June 2023, rates calculated using 2020 U.S. Census population estimates. Data for deaths are preliminary and subject to updates

<sup>vii</sup> 2020 Environmental Justice Populations, Massachusetts Executive Office of Energy and Environmental Affairs. Updated November 2022. Defined as people disproportionately at risk of environment-related burdens due to structural inequities

<sup>viii</sup> Community Water Fluoridation Status report, Office of Oral Health, Bureau of Community Health and Prevention, Massachusetts Department of Public Health. Uses community list from 2021. Fluoridation began in 2001.

<sup>ix</sup> Accessed September 2023 on Walkscore.com, a product of Redfin. Updated on a rolling basis every six months. Walkscore based on walking routes to destinations such as grocery stores, schools, parks, restaurants, and retail. Bikescore based on bike infrastructure, topography, destinations and road connectivity.

<sup>x</sup> Accessed September 2023 from Zillow Data using estimates from April 2019 and April 2023. Percent change calculated from Zillow Home Value Index (ZHVI): A smoothed, seasonally adjusted measure of the typical home value, calculated monthly as a weighted average of the middle third of all homes in a given region

<sup>xi</sup> FY 2023 Limits effective May 15, 2023, Office of Policy Development and Research, Department of Housing and Urban Development (HUD) using 2021 American Community Survey income data. HUD 'low income', 'very low income', and 'extremely low income' estimates are used to determine eligibility for assisted housing programs.

<sup>xii</sup> Table B09020. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>xiii</sup> Annual Caseload Summary ZIP Code Report 2019 and Caseload by zip code report - April 2023, Massachusetts Department of Transitional Assistance

<sup>xiv</sup> SNAP Gap 2021 Tableau Dashboard. Food Bank of Western Massachusetts using Massachusetts Department of Transitional Assistance data

<sup>xv</sup> 2022 Massachusetts WIC Program Needs Assessment, Massachusetts Department of Public Health

<sup>xvi</sup> Health effects of air pollution in Massachusetts report by Global Observatory on Planetary Health at Boston College. Uses 2017-2018 pediatric asthma case data from Massachusetts Population Health Information Tool

<sup>xvii</sup> Municipality vaccination report published April 26, 2023, Weekly COVID-19 Vaccination Dashboard, Massachusetts Department of Public Health.

# Sherborn (01770) - Middlesex County

Demographic	Units	Local value	MetroWest average (range)	County value	Measurement Period
Total population <sup>i</sup>	count	4,406	(538-41,505)	-	2017-2021
Median household income <sup>ii</sup>	dollars	218,906	(71,602-250,000+)	111,790	2017-2021
Population below federal poverty level (FPL) <sup>iii</sup>	percent of population	2.8	(0.0-15.6)	7.4	2017-2021
Population below 200% FPL <sup>vi</sup>	percent of population	3.6	12.4 (0.0-31.6)	16	2017-2021
<b>Health Measures based on priorities in 2023 MetroWest CHA</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Mental health not good for half or more of the past month <sup>v</sup>   Mental Health	crude percent, adults 18+	10.5	12.8 (10.3-17.2)	13.2**	2021
Depression (as told by a medical professional) <sup>v</sup>   Mental Health	crude percent, adults 18+	18.9	20.2 (18.0-23.0)	19.4**	2021
Engaged in binge drinking within the past month <sup>v</sup>   Substance Use	crude percent, adults 18+	17.4	18.2 (16.1-21.3)	18.2**	2021
Current smokers <sup>v</sup>   Substance Use	crude percent, adults 18+	6.5	9.9 (6.5-14.8)	9.4**	2021
Opioid-related overdose deaths among residents in 2022* <sup>vi</sup>   Substance Use	rate per 10k residents	0.0	1.3 (0.0-4.8)	2.3	2022
Environmental Justice population* <sup>vii</sup>   Environment	percent of population	0.0	(0.0-100.0)	-	2020
Fluoride in municipal water* <sup>viii</sup>   Environment	yes or no	No	-	-	2021
Walkability <sup>ix</sup>   Environment	scale from 0 - 100	48.0	(1.0-75.0)	-	As of 9/2023
Bikeability* <sup>ix</sup>   Environment	scale from 0 - 100	29.0	(25.0-63.0)	-	As of 9/2023
Growth in typical home values <sup>x</sup>   Housing Insecurity	percent change, 4/2019-4/2023	26.3	27.5 (22.3-34.2)	25.7	2019, 2023
'Very low' income standard for federal housing programs, 4 person family* <sup>xi</sup>   Housing Insecurity	dollars	74,200	(58,500-74,200)	-	2021
Older adults living alone <sup>xii</sup>   Housing Insecurity	percent of adults 65+	14.0	24.1 (12.2-36.4)	25.7	2017-2021
Growth in SNAP caseload (households) <sup>xiii</sup>   Food Insecurity	percent change, 4/2019-4/2023	9.0	63.0 (9.0-175.0+)	60.0	2019, 2023
SNAP gap (eligible for SNAP, but not enrolled) <sup>xiv</sup>   Food Insecurity	percent of eligible population	79.0	59.8 (51.0-85.0)	-	2020
WIC gap (eligible for WIC, but not enrolled)* <sup>xv</sup>   Food Insecurity	percent of eligible population	0.0	47.0 (39.0-69.0)	-	2021
<b>Access to Care</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Current lack of health insurance <sup>v</sup>	crude percent, adults 18-64	1.7	3.0 (1.7-7.6)	3.8**	2021
Men up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, men 65+	56.3	56.7 (46.1-62.4)	51.2**	2020
Women up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, women 65+	52.1	47.8 (39.6-54.9)	47**	2020
Been to a doctor for routine checkup within the past year <sup>v</sup>	crude percent, adults 18+	76.0	74.5 (69.8-76.9)	71.8**	2021
Been to the dentist or dental clinic in the previous year <sup>v</sup>	crude percent, adults 18+	83.0	78.4 (66.1-83.0)	75.1**	2020

# Sherborn (01770) - Middlesex County

Chronic Disease and Other Illness	Units	Local value	MetroWest average (range)	County value	Measurement Period
Diagnosed diabetes <sup>v</sup>	crude percent, adults 18+	7.1	7.2 (6.2-8.5)	7.1**	2021
Obesity (calculated from self-reported weight and height) <sup>v</sup>	crude percent, adults 18+	23.4	25.6 (22.1-31.6)	23.4**	2021
Current asthma <sup>v</sup>	crude percent, adults 18+	9.7	10.3 (9.4-12.0)	9.9**	2021
Pediatric asthma cases attributable to air pollution* <sup>xvi</sup>	count	16	-	-	2017-2018
Cervical cancer screening (such as Pap test or HPV test every 3-5 years) <sup>v</sup>	crude percent, women 21-65	90.3	88.1 (82.7-90.3)	85.7**	2020
Mammogram within the last two years <sup>v</sup>	crude percent, women 50-74	86.2	83.2 (79.6-86.2)	83.4**	2020
Completed primary COVID-19 vaccination series* <sup>xvii</sup>	percent of eligible population	94.0	90.0 (80.0-96.0+)	-	As of 4/2023
Received a COVID-19 booster shot after 9/1/2022* <sup>xvii</sup>	percent of eligible population	48.0	36.6 (25.0-52.0)	-	As of 4/2023

\* indicates municipal level estimate. \*\* indicates age-adjusted estimate. Where possible, MetroWest average is calculated from counts.

<sup>i</sup> Table B01003. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>ii</sup> Table B19013. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iii</sup> Table DP03. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iv</sup> Table C17002. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>v</sup> CDC PLACES July 2023 release. CDC's Division of Population Health, the Robert Wood Johnson Foundation, and the CDC Foundation. Being up to date on clinical preventive services includes flu shot past year, PPV shot ever, colorectal cancer screening, and for females, a mammogram in the past 2 years

<sup>vi</sup> Opioid statistics published by Massachusetts Department of Public Health Office of Health and Human Services in June 2023, rates calculated using 2020 U.S. Census population estimates. Data for deaths are preliminary and subject to updates

<sup>vii</sup> 2020 Environmental Justice Populations, Massachusetts Executive Office of Energy and Environmental Affairs. Updated November 2022. Defined as people disproportionately at risk of environment-related burdens due to structural inequities

<sup>viii</sup> Community Water Fluoridation Status report, Office of Oral Health, Bureau of Community Health and Prevention, Massachusetts Department of Public Health. Uses community list from 2021. A community-level water source is not available in this community.

<sup>ix</sup> Accessed September 2023 on Walkscore.com, a product of Redfin. Updated on a rolling basis every six months. Walkscore based on walking routes to destinations such as grocery stores, schools, parks, restaurants, and retail. Bikescore based on bike infrastructure, topography, destinations and road connectivity.

<sup>x</sup> Accessed September 2023 from Zillow Data using estimates from April 2019 and April 2023. Percent change calculated from Zillow Home Value Index (ZHVI): A smoothed, seasonally adjusted measure of the typical home value, calculated monthly as a weighted average of the middle third of all homes in a given region

<sup>xi</sup> FY 2023 Limits effective May 15, 2023, Office of Policy Development and Research, Department of Housing and Urban Development (HUD) using 2021 American Community Survey income data. HUD 'low income', 'very low income', and 'extremely low income' estimates are used to determine eligibility for assisted housing programs.

<sup>xii</sup> Table B09020. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>xiii</sup> Annual Caseload Summary ZIP Code Report 2019 and Caseload by zip code report - April 2023, Massachusetts Department of Transitional Assistance

<sup>xiv</sup> SNAP Gap 2021 Tableau Dashboard. Food Bank of Western Massachusetts using Massachusetts Department of Transitional Assistance data

<sup>xv</sup> 2022 Massachusetts WIC Program Needs Assessment, Massachusetts Department of Public Health

<sup>xvi</sup> Health effects of air pollution in Massachusetts report by Global Observatory on Planetary Health at Boston College. Uses 2017-2018 pediatric asthma case data from Massachusetts Population Health Information Tool

<sup>xvii</sup> Municipality vaccination report published April 26, 2023, Weekly COVID-19 Vaccination Dashboard, Massachusetts Department of Public Health.

# Southborough (01745) - Worcester County

Demographic	Units	Local value	MetroWest average (range)	County value	Measurement Period
Total population <sup>i</sup>	count	538	(538-41,505)	-	2017-2021
Median household income <sup>ii</sup>	dollars	148,207	(71,602-250,000+)	81,660	2017-2021
Population below federal poverty level (FPL) <sup>iii</sup>	percent of population	0.0	(0.0-15.6)	9.8	2017-2021
Population below 200% FPL <sup>vi</sup>	percent of population	0.0	12.4 (0.0-31.6)	22.0	2017-2021
<b>Health Measures based on priorities in 2023 MetroWest CHA</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Mental health not good for half or more of the past month <sup>v</sup>   Mental Health	crude percent, adults 18+	12.6	12.8 (10.3-17.2)	16.5**	2021
Depression (as told by a medical professional) <sup>v</sup>   Mental Health	crude percent, adults 18+	19.6	20.2 (18.0-23.0)	22.1**	2021
Engaged in binge drinking within the past month <sup>v</sup>   Substance Use	crude percent, adults 18+	17.3	18.2 (16.1-21.3)	17.1**	2021
Current smokers <sup>v</sup>   Substance Use	crude percent, adults 18+	8.7	9.9 (6.5-14.8)	13.4**	2021
Opioid-related overdose deaths among residents in 2022* <sup>vi</sup>   Substance Use	rate per 10k residents	1.9	1.3 (0.0-4.8)	3.8	2022
Environmental Justice population* <sup>vii</sup>   Environment	percent of population	0.0	(0.0-100.0)	-	2020
Fluoride in municipal water* <sup>viii</sup>   Environment	yes or no	Yes	-	-	2021
Walkability <sup>ix</sup>   Environment	scale from 0 - 100	37.0	(1.0-75.0)	-	As of 9/2023
Bikeability* <sup>ix</sup>   Environment	scale from 0 - 100	33.0	(25.0-63.0)	-	As of 9/2023
Growth in typical home values <sup>x</sup>   Housing Insecurity	percent change, 4/2019-4/2023	23.4	27.5 (22.3-34.2)	41.4	2019, 2023
'Very low' income standard for federal housing programs, 4 person family* <sup>xi</sup>   Housing Insecurity	dollars	69,350	(58,500-74,200)	-	2021
Older adults living alone <sup>xii</sup>   Housing Insecurity	percent of adults 65+	14.5	24.1 (12.2-36.4)	25.4	2017-2021
Growth in SNAP caseload (households) <sup>xiii</sup>   Food Insecurity	percent change, 4/2019-4/2023	0.0	63.0 (9.0-175.0+)	57.1	2019, 2023
SNAP gap (eligible for SNAP, but not enrolled) <sup>xiv</sup>   Food Insecurity	percent of eligible population	0.0	59.8 (51.0-85.0)	-	2020
WIC gap (eligible for WIC, but not enrolled)* <sup>xv</sup>   Food Insecurity	percent of eligible population	55.0	47.0 (39.0-69.0)	-	2021
<b>Access to Care</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Current lack of health insurance <sup>v</sup>	crude percent, adults 18-64	2.6	3.0 (1.7-7.6)	5.3**	2021
Men up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, men 65+	62.4	56.7 (46.1-62.4)	55.8**	2020
Women up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, women 65+	52.5	47.8 (39.6-54.9)	48.7**	2020
Been to a doctor for routine checkup within the past year <sup>v</sup>	crude percent, adults 18+	76.7	74.5 (69.8-76.9)	74.6**	2021
Been to the dentist or dental clinic in the previous year <sup>v</sup>	crude percent, adults 18+	81.1	78.4 (66.1-83.0)	72.2**	2020



# Southborough (01745) - Worcester County

Chronic Disease and Other Illness	Units	Local value	MetroWest average (range)	County value	Measurement Period
Diagnosed diabetes <sup>v</sup>	crude percent, adults 18+	7.1	7.2 (6.2-8.5)	8.4**	2021
Obesity (calculated from self-reported weight and height) <sup>v</sup>	crude percent, adults 18+	27.1	25.6 (22.1-31.6)	31.2**	2021
Current asthma <sup>v</sup>	crude percent, adults 18+	10.4	10.3 (9.4-12.0)	11.7**	2021
Pediatric asthma cases attributable to air pollution* <sup>xvi</sup>	count	25	-	-	2017-2018
Cervical cancer screening (such as Pap test or HPV test every 3-5 years) <sup>v</sup>	crude percent, women 21-65	88.7	88.1 (82.7-90.3)	85.9**	2020
Mammogram within the last two years <sup>v</sup>	crude percent, women 50-74	84.6	83.2 (79.6-86.2)	80.3**	2020
Completed primary COVID-19 vaccination series* <sup>xvii</sup>	percent of eligible population	0.0	90.0 (80.0-96.0+)	-	As of 4/2023
Received a COVID-19 booster shot after 9/1/2022* <sup>xvii</sup>	percent of eligible population	41.0	36.6 (25.0-52.0)	-	As of 4/2023

\* indicates municipal level estimate. \*\* indicates age-adjusted estimate. Where possible, MetroWest average is calculated from counts.

<sup>i</sup> Table B01003. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>ii</sup> Table B19013. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iii</sup> Table DP03. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iv</sup> Table C17002. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>v</sup> CDC PLACES July 2023 release. CDC's Division of Population Health, the Robert Wood Johnson Foundation, and the CDC Foundation. Being up to date on clinical preventive services includes flu shot past year, PPV shot ever, colorectal cancer screening, and for females, a mammogram in the past 2 years

<sup>vi</sup> Opioid statistics published by Massachusetts Department of Public Health Office of Health and Human Services in June 2023, rates calculated using 2020 U.S. Census population estimates. Data for deaths are preliminary and subject to updates

<sup>vii</sup> 2020 Environmental Justice Populations, Massachusetts Executive Office of Energy and Environmental Affairs. Updated November 2022. Defined as people disproportionately at risk of environment-related burdens due to structural inequities

<sup>viii</sup> Community Water Fluoridation Status report, Office of Oral Health, Bureau of Community Health and Prevention, Massachusetts Department of Public Health. Uses community list from 2021. Fluoridation began in 1996.

<sup>ix</sup> Accessed September 2023 on Walkscore.com, a product of Redfin. Updated on a rolling basis every six months. Walkscore based on walking routes to destinations such as grocery stores, schools, parks, restaurants, and retail. Bikescore based on on bike infrastructure, topography, destinations and road connectivity.

<sup>x</sup> Accessed September 2023 from Zillow Data using estimates from April 2019 and April 2023. Percent change calculated from Zillow Home Value Index (ZHVI): A smoothed, seasonally adjusted measure of the typical home value, calculated monthly as a weighted average of the middle third of all homes in a given region

<sup>xi</sup> FY 2023 Limits effective May 15, 2023, Office of Policy Development and Research, Department of Housing and Urban Development (HUD) using 2021 American Community Survey income data. HUD 'low income', 'very low income', and 'extremely low income' estimates are used to determine eligibility for assisted housing programs.

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<sup>xiv</sup> SNAP Gap 2021 Tableau Dashboard. Food Bank of Western Massachusetts using Massachusetts Department of Transitional Assistance data

<sup>xv</sup> 2022 Massachusetts WIC Program Needs Assessment, Massachusetts Department of Public Health

<sup>xvi</sup> Health effects of air pollution in Massachusetts report by Global Observatory on Planetary Health at Boston College. Uses 2017-2018 pediatric asthma case data from Massachusetts Population Health Information Tool

<sup>xvii</sup> Municipality vaccination report published April 26, 2023, Weekly COVID-19 Vaccination Dashboard, Massachusetts Department of Public Health.

# Southborough (01772) - Worcester County

Demographic	Units	Local value	MetroWest average (range)	County value	Measurement Period
Total population <sup>i</sup>	count	9,842	(538-41,505)	-	2017-2021
Median household income <sup>ii</sup>	dollars	173,056	(71,602-250,000+)	81,660	2017-2021
Population below federal poverty level (FPL) <sup>iii</sup>	percent of population	4.1	(0.0-15.6)	9.8	2017-2021
Population below 200% FPL <sup>vi</sup>	percent of population	9.0	12.4 (0.0-31.6)	22.0	2017-2021
<b>Health Measures based on priorities in 2023 MetroWest CHA</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Mental health not good for half or more of the past month <sup>v</sup>   Mental Health	crude percent, adults 18+	12.9	12.8 (10.3-17.2)	16.5**	2021
Depression (as told by a medical professional) <sup>v</sup>   Mental Health	crude percent, adults 18+	20.0	20.2 (18.0-23.0)	22.1**	2021
Engaged in binge drinking within the past month <sup>v</sup>   Substance Use	crude percent, adults 18+	16.8	18.2 (16.1-21.3)	17.1**	2021
Current smokers <sup>v</sup>   Substance Use	crude percent, adults 18+	9.7	9.9 (6.5-14.8)	13.4**	2021
Opioid-related overdose deaths among residents in 2022* <sup>vi</sup>   Substance Use	rate per 10k residents	1.9	1.3 (0.0-4.8)	3.8	2022
Environmental Justice population* <sup>vii</sup>   Environment	percent of population	0.0	(0.0-100.0)	-	2020
Fluoride in municipal water* <sup>viii</sup>   Environment	yes or no	Yes	-	-	2021
Walkability <sup>ix</sup>   Environment	scale from 0 - 100	11.0	(1.0-75.0)	-	As of 9/2023
Bikeability* <sup>ix</sup>   Environment	scale from 0 - 100	33.0	(25.0-63.0)	-	As of 9/2023
Growth in typical home values <sup>x</sup>   Housing Insecurity	percent change, 4/2019-4/2023	30.8	27.5 (22.3-34.2)	41.4	2019, 2023
'Very low' income standard for federal housing programs, 4 person family* <sup>xi</sup>   Housing Insecurity	dollars	69,350	(58,500-74,200)	-	2021
Older adults living alone <sup>xii</sup>   Housing Insecurity	percent of adults 65+	23.7	24.1 (12.2-36.4)	25.4	2017-2021
Growth in SNAP caseload (households) <sup>xiii</sup>   Food Insecurity	percent change, 4/2019-4/2023	115.0	63.0 (9.0-175.0+)	57.1	2019, 2023
SNAP gap (eligible for SNAP, but not enrolled) <sup>xiv</sup>   Food Insecurity	percent of eligible population	67.0	59.8 (51.0-85.0)	-	2020
WIC gap (eligible for WIC, but not enrolled)* <sup>xv</sup>   Food Insecurity	percent of eligible population	55.0	47.0 (39.0-69.0)	-	2021
<b>Access to Care</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Current lack of health insurance <sup>v</sup>	crude percent, adults 18-64	2.7	3.0 (1.7-7.6)	5.3**	2021
Men up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, men 65+	61.1	56.7 (46.1-62.4)	55.8**	2020
Women up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, women 65+	54.9	47.8 (39.6-54.9)	48.7**	2020
Been to a doctor for routine checkup within the past year <sup>v</sup>	crude percent, adults 18+	76.8	74.5 (69.8-76.9)	74.6**	2021
Been to the dentist or dental clinic in the previous year <sup>v</sup>	crude percent, adults 18+	80.4	78.4 (66.1-83.0)	72.2**	2020

# Southborough (01772) - Worcester County

Chronic Disease and Other Illness	Units	Local value	MetroWest average (range)	County value	Measurement Period
Diagnosed diabetes <sup>v</sup>	crude percent, adults 18+	7.5	7.2 (6.2-8.5)	8.4**	2021
Obesity (calculated from self-reported weight and height) <sup>v</sup>	crude percent, adults 18+	28.4	25.6 (22.1-31.6)	31.2**	2021
Current asthma <sup>v</sup>	crude percent, adults 18+	10.8	10.3 (9.4-12.0)	11.7**	2021
Pediatric asthma cases attributable to air pollution* <sup>xvi</sup>	count	25	-	-	2017-2018
Cervical cancer screening (such as Pap test or HPV test every 3-5 years) <sup>v</sup>	crude percent, women 21-65	88.6	88.1 (82.7-90.3)	85.9**	2020
Mammogram within the last two years <sup>v</sup>	crude percent, women 50-74	83.6	83.2 (79.6-86.2)	80.3**	2020
Completed primary COVID-19 vaccination series* <sup>xvii</sup>	percent of eligible population	0.0	90.0 (80.0-96.0+)	-	As of 4/2023
Received a COVID-19 booster shot after 9/1/2022* <sup>xvii</sup>	percent of eligible population	41.0	36.6 (25.0-52.0)	-	As of 4/2023

\* indicates municipal level estimate. \*\* indicates age-adjusted estimate. Where possible, MetroWest average is calculated from counts.

<sup>i</sup> Table B01003. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>ii</sup> Table B19013. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iii</sup> Table DP03. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iv</sup> Table C17002. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>v</sup> CDC PLACES July 2023 release. CDC's Division of Population Health, the Robert Wood Johnson Foundation, and the CDC Foundation. Being up to date on clinical preventive services includes flu shot past year, PPV shot ever, colorectal cancer screening, and for females, a mammogram in the past 2 years

<sup>vi</sup> Opioid statistics published by Massachusetts Department of Public Health Office of Health and Human Services in June 2023, rates calculated using 2020 U.S. Census population estimates. Data for deaths are preliminary and subject to updates

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<sup>xiv</sup> SNAP Gap 2021 Tableau Dashboard. Food Bank of Western Massachusetts using Massachusetts Department of Transitional Assistance data

<sup>xv</sup> 2022 Massachusetts WIC Program Needs Assessment, Massachusetts Department of Public Health

<sup>xvi</sup> Health effects of air pollution in Massachusetts report by Global Observatory on Planetary Health at Boston College. Uses 2017-2018 pediatric asthma case data from Massachusetts Population Health Information Tool

<sup>xvii</sup> Municipality vaccination report published April 26, 2023, Weekly COVID-19 Vaccination Dashboard, Massachusetts Department of Public Health.

# Sudbury (01776) - Middlesex County

Demographic	Units	Local value	MetroWest average (range)	County value	Measurement Period
Total population <sup>i</sup>	count	18,912	(538-41,505)	-	2017-2021
Median household income <sup>ii</sup>	dollars	217,847	(71,602-250,000+)	111,790	2017-2021
Population below federal poverty level (FPL) <sup>iii</sup>	percent of population	1.8	(0.0-15.6)	7.4	2017-2021
Population below 200% FPL <sup>vi</sup>	percent of population	3.7	12.4 (0.0-31.6)	16	2017-2021
<b>Health Measures based on priorities in 2023 MetroWest CHA</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Mental health not good for half or more of the past month <sup>v</sup>   Mental Health	crude percent, adults 18+	10.8	12.8 (10.3-17.2)	13.2**	2021
Depression (as told by a medical professional) <sup>v</sup>   Mental Health	crude percent, adults 18+	18.8	20.2 (18.0-23.0)	19.4**	2021
Engaged in binge drinking within the past month <sup>v</sup>   Substance Use	crude percent, adults 18+	18.0	18.2 (16.1-21.3)	18.2**	2021
Current smokers <sup>v</sup>   Substance Use	crude percent, adults 18+	7.2	9.9 (6.5-14.8)	9.4**	2021
Opioid-related overdose deaths among residents in 2022* <sup>vi</sup>   Substance Use	rate per 10k residents	0.5	1.3 (0.0-4.8)	2.3	2022
Environmental Justice population* <sup>vii</sup>   Environment	percent of population	0.0	(0.0-100.0)	-	2020
Fluoride in municipal water* <sup>viii</sup>   Environment	yes or no	Yes	-	-	2021
Walkability <sup>ix</sup>   Environment	scale from 0 - 100	31.0	(1.0-75.0)	-	As of 9/2023
Bikeability* <sup>ix</sup>   Environment	scale from 0 - 100	37.0	(25.0-63.0)	-	As of 9/2023
Growth in typical home values <sup>x</sup>   Housing Insecurity	percent change, 4/2019-4/2023	26.1	27.5 (22.3-34.2)	25.7	2019, 2023
'Very low' income standard for federal housing programs, 4 person family* <sup>xi</sup>   Housing Insecurity	dollars	74,200	(58,500-74,200)	-	2021
Older adults living alone <sup>xii</sup>   Housing Insecurity	percent of adults 65+	17.7	24.1 (12.2-36.4)	25.7	2017-2021
Growth in SNAP caseload (households) <sup>xiii</sup>   Food Insecurity	percent change, 4/2019-4/2023	92.0	63.0 (9.0-175.0+)	60.0	2019, 2023
SNAP gap (eligible for SNAP, but not enrolled) <sup>xiv</sup>   Food Insecurity	percent of eligible population	63.0	59.8 (51.0-85.0)	-	2020
WIC gap (eligible for WIC, but not enrolled)* <sup>xv</sup>   Food Insecurity	percent of eligible population	49.0	47.0 (39.0-69.0)	-	2021
<b>Access to Care</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Current lack of health insurance <sup>v</sup>	crude percent, adults 18-64	2.0	3.0 (1.7-7.6)	3.8**	2021
Men up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, men 65+	55.2	56.7 (46.1-62.4)	51.2**	2020
Women up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, women 65+	50.6	47.8 (39.6-54.9)	47**	2020
Been to a doctor for routine checkup within the past year <sup>v</sup>	crude percent, adults 18+	74.9	74.5 (69.8-76.9)	71.8**	2021
Been to the dentist or dental clinic in the previous year <sup>v</sup>	crude percent, adults 18+	82.2	78.4 (66.1-83.0)	75.1**	2020

# Sudbury (01776) - Middlesex County

Chronic Disease and Other Illness	Units	Local value	MetroWest average (range)	County value	Measurement Period
Diagnosed diabetes <sup>v</sup>	crude percent, adults 18+	6.8	7.2 (6.2-8.5)	7.1**	2021
Obesity (calculated from self-reported weight and height) <sup>v</sup>	crude percent, adults 18+	23.1	25.6 (22.1-31.6)	23.4**	2021
Current asthma <sup>v</sup>	crude percent, adults 18+	9.6	10.3 (9.4-12.0)	9.9**	2021
Pediatric asthma cases attributable to air pollution* <sup>xvi</sup>	count	46	-	-	2017-2018
Cervical cancer screening (such as Pap test or HPV test every 3-5 years) <sup>v</sup>	crude percent, women 21-65	90.0	88.1 (82.7-90.3)	85.7**	2020
Mammogram within the last two years <sup>v</sup>	crude percent, women 50-74	86.1	83.2 (79.6-86.2)	83.4**	2020
Completed primary COVID-19 vaccination series* <sup>xvii</sup>	percent of eligible population	95.0	90.0 (80.0-96.0+)	-	As of 4/2023
Received a COVID-19 booster shot after 9/1/2022* <sup>xvii</sup>	percent of eligible population	49.0	36.6 (25.0-52.0)	-	As of 4/2023

\* indicates municipal level estimate. \*\* indicates age-adjusted estimate. Where possible, MetroWest average is calculated from counts.

<sup>i</sup> Table B01003. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>ii</sup> Table B19013. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iii</sup> Table DP03. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iv</sup> Table C17002. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>v</sup> CDC PLACES July 2023 release. CDC's Division of Population Health, the Robert Wood Johnson Foundation, and the CDC Foundation. Being up to date on clinical preventive services includes flu shot past year, PPV shot ever, colorectal cancer screening, and for females, a mammogram in the past 2 years

<sup>vi</sup> Opioid statistics published by Massachusetts Department of Public Health Office of Health and Human Services in June 2023, rates calculated using 2020 U.S. Census population estimates. Data for deaths are preliminary and subject to updates

<sup>vii</sup> 2020 Environmental Justice Populations, Massachusetts Executive Office of Energy and Environmental Affairs. Updated November 2022. Defined as people disproportionately at risk of environment-related burdens due to structural inequities

<sup>viii</sup> Community Water Fluoridation Status report, Office of Oral Health, Bureau of Community Health and Prevention, Massachusetts Department of Public Health. Uses community list from 2021. Began in 1960

<sup>ix</sup> Accessed September 2023 on Walkscore.com, a product of Redfin. Updated on a rolling basis every six months. Walkscore based on walking routes to destinations such as grocery stores, schools, parks, restaurants, and retail. Bikescore based on bike infrastructure, topography, destinations and road connectivity.

<sup>x</sup> Accessed September 2023 from Zillow Data using estimates from April 2019 and April 2023. Percent change calculated from Zillow Home Value Index (ZHVI): A smoothed, seasonally adjusted measure of the typical home value, calculated monthly as a weighted average of the middle third of all homes in a given region

<sup>xi</sup> FY 2023 Limits effective May 15, 2023, Office of Policy Development and Research, Department of Housing and Urban Development (HUD) using 2021 American Community Survey income data. HUD 'low income', 'very low income', and 'extremely low income' estimates are used to determine eligibility for assisted housing programs.

<sup>xii</sup> Table B09020. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>xiii</sup> Annual Caseload Summary ZIP Code Report 2019 and Caseload by zip code report - April 2023, Massachusetts Department of Transitional Assistance

<sup>xiv</sup> SNAP Gap 2021 Tableau Dashboard. Food Bank of Western Massachusetts using Massachusetts Department of Transitional Assistance data

<sup>xv</sup> 2022 Massachusetts WIC Program Needs Assessment, Massachusetts Department of Public Health

<sup>xvi</sup> Health effects of air pollution in Massachusetts report by Global Observatory on Planetary Health at Boston College. Uses 2017-2018 pediatric asthma case data from Massachusetts Population Health Information Tool

<sup>xvii</sup> Municipality vaccination report published April 26, 2023, Weekly COVID-19 Vaccination Dashboard, Massachusetts Department of Public Health.

# Wayland (01778) - Middlesex County

Demographic	Units	Local value	MetroWest average (range)	County value	Measurement Period
Total population <sup>i</sup>	count	14,060	(538-41,505)	-	2017-2021
Median household income <sup>ii</sup>	dollars	203,125	(71,602-250,000+)	111,790	2017-2021
Population below federal poverty level (FPL) <sup>iii</sup>	percent of population	3.7	(0.0-15.6)	7.4	2017-2021
Population below 200% FPL <sup>vi</sup>	percent of population	5.6	12.4 (0.0-31.6)	16	2017-2021
<b>Health Measures based on priorities in 2023 MetroWest CHA</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Mental health not good for half or more of the past month <sup>v</sup>   Mental Health	crude percent, adults 18+	10.3	12.8 (10.3-17.2)	13.2**	2021
Depression (as told by a medical professional) <sup>v</sup>   Mental Health	crude percent, adults 18+	18.0	20.2 (18.0-23.0)	19.4**	2021
Engaged in binge drinking within the past month <sup>v</sup>   Substance Use	crude percent, adults 18+	16.7	18.2 (16.1-21.3)	18.2**	2021
Current smokers <sup>v</sup>   Substance Use	crude percent, adults 18+	6.6	9.9 (6.5-14.8)	9.4**	2021
Opioid-related overdose deaths among residents in 2022* <sup>vi</sup>   Substance Use	rate per 10k residents	0.0	1.3 (0.0-4.8)	2.3	2022
Environmental Justice population* <sup>vii</sup>   Environment	percent of population	0.0	(0.0-100.0)	-	2020
Fluoride in municipal water* <sup>viii</sup>   Environment	yes or no	Yes	-	-	2021
Walkability <sup>ix</sup>   Environment	scale from 0 - 100	20.0	(1.0-75.0)	-	As of 9/2023
Bikeability* <sup>ix</sup>   Environment	scale from 0 - 100	46.0	(25.0-63.0)	-	As of 9/2023
Growth in typical home values <sup>x</sup>   Housing Insecurity	percent change, 4/2019-4/2023	34.2	27.5 (22.3-34.2)	25.7	2019, 2023
'Very low' income standard for federal housing programs, 4 person family* <sup>xi</sup>   Housing Insecurity	dollars	74,200	(58,500-74,200)	-	2021
Older adults living alone <sup>xii</sup>   Housing Insecurity	percent of adults 65+	18.7	24.1 (12.2-36.4)	25.7	2017-2021
Growth in SNAP caseload (households) <sup>xiii</sup>   Food Insecurity	percent change, 4/2019-4/2023	58.0	63.0 (9.0-175.0+)	60.0	2019, 2023
SNAP gap (eligible for SNAP, but not enrolled) <sup>xiv</sup>   Food Insecurity	percent of eligible population	67.0	59.8 (51.0-85.0)	-	2020
WIC gap (eligible for WIC, but not enrolled)* <sup>xv</sup>   Food Insecurity	percent of eligible population	39.0	47.0 (39.0-69.0)	-	2021
<b>Access to Care</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Current lack of health insurance <sup>v</sup>	crude percent, adults 18-64	2.0	3.0 (1.7-7.6)	3.8**	2021
Men up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, men 65+	55.5	56.7 (46.1-62.4)	51.2**	2020
Women up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, women 65+	49.9	47.8 (39.6-54.9)	47**	2020
Been to a doctor for routine checkup within the past year <sup>v</sup>	crude percent, adults 18+	75.9	74.5 (69.8-76.9)	71.8**	2021
Been to the dentist or dental clinic in the previous year <sup>v</sup>	crude percent, adults 18+	82.2	78.4 (66.1-83.0)	75.1**	2020

# Wayland (01778) - Middlesex County

Chronic Disease and Other Illness	Units	Local value	MetroWest average (range)	County value	Measurement Period
Diagnosed diabetes <sup>v</sup>	crude percent, adults 18+	7.2	7.2 (6.2-8.5)	7.1**	2021
Obesity (calculated from self-reported weight and height) <sup>v</sup>	crude percent, adults 18+	22.1	25.6 (22.1-31.6)	23.4**	2021
Current asthma <sup>v</sup>	crude percent, adults 18+	9.4	10.3 (9.4-12.0)	9.9**	2021
Pediatric asthma cases attributable to air pollution* <sup>xvi</sup>	count	32	-	-	2017-2018
Cervical cancer screening (such as Pap test or HPV test every 3-5 years) <sup>v</sup>	crude percent, women 21-65	89.2	88.1 (82.7-90.3)	85.7**	2020
Mammogram within the last two years <sup>v</sup>	crude percent, women 50-74	86.0	83.2 (79.6-86.2)	83.4**	2020
Completed primary COVID-19 vaccination series* <sup>xvii</sup>	percent of eligible population	0.0	90.0 (80.0-96.0+)	-	As of 4/2023
Received a COVID-19 booster shot after 9/1/2022* <sup>xvii</sup>	percent of eligible population	52.0	36.6 (25.0-52.0)	-	As of 4/2023

\* indicates municipal level estimate. \*\* indicates age-adjusted estimate. Where possible, MetroWest average is calculated from counts.

<sup>i</sup> Table B01003. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>ii</sup> Table B19013. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iii</sup> Table DP03. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iv</sup> Table C17002. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>v</sup> CDC PLACES July 2023 release. CDC's Division of Population Health, the Robert Wood Johnson Foundation, and the CDC Foundation. Being up to date on clinical preventive services includes flu shot past year, PPV shot ever, colorectal cancer screening, and for females, a mammogram in the past 2 years

<sup>vi</sup> Opioid statistics published by Massachusetts Department of Public Health Office of Health and Human Services in June 2023, rates calculated using 2020 U.S. Census population estimates. Data for deaths are preliminary and subject to updates

<sup>vii</sup> 2020 Environmental Justice Populations, Massachusetts Executive Office of Energy and Environmental Affairs. Updated November 2022. Defined as people disproportionately at risk of environment-related burdens due to structural inequities

<sup>viii</sup> Community Water Fluoridation Status report, Office of Oral Health, Bureau of Community Health and Prevention, Massachusetts Department of Public Health. Uses community list from 2021. Began in 2000

<sup>ix</sup> Accessed September 2023 on Walkscore.com, a product of Redfin. Updated on a rolling basis every six months. Walkscore based on walking routes to destinations such as grocery stores, schools, parks, restaurants, and retail. Bikescore based on bike infrastructure, topography, destinations and road connectivity.

<sup>x</sup> Accessed September 2023 from Zillow Data using estimates from April 2019 and April 2023. Percent change calculated from Zillow Home Value Index (ZHVI): A smoothed, seasonally adjusted measure of the typical home value, calculated monthly as a weighted average of the middle third of all homes in a given region

<sup>xi</sup> FY 2023 Limits effective May 15, 2023, Office of Policy Development and Research, Department of Housing and Urban Development (HUD) using 2021 American Community Survey income data. HUD 'low income', 'very low income', and 'extremely low income' estimates are used to determine eligibility for assisted housing programs.

<sup>xii</sup> Table B09020. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>xiii</sup> Annual Caseload Summary ZIP Code Report 2019 and Caseload by zip code report - April 2023, Massachusetts Department of Transitional Assistance

<sup>xiv</sup> SNAP Gap 2021 Tableau Dashboard. Food Bank of Western Massachusetts using Massachusetts Department of Transitional Assistance data

<sup>xv</sup> 2022 Massachusetts WIC Program Needs Assessment, Massachusetts Department of Public Health

<sup>xvi</sup> Health effects of air pollution in Massachusetts report by Global Observatory on Planetary Health at Boston College. Uses 2017-2018 pediatric asthma case data from Massachusetts Population Health Information Tool

<sup>xvii</sup> Municipality vaccination report published April 26, 2023, Weekly COVID-19 Vaccination Dashboard, Massachusetts Department of Public Health.

# Wellesley (02481) - Norfolk County

Demographic	Units	Local value	MetroWest average (range)	County value	Measurement Period
Total population <sup>i</sup>	count	16,997	(538-41,505)	-	2017-2021
Median household income <sup>ii</sup>	dollars	249,375	(71,602-250,000+)	112,089	2017-2021
Population below federal poverty level (FPL) <sup>iii</sup>	percent of population	5.0	(0.0-15.6)	6.3	2017-2021
Population below 200% FPL <sup>vi</sup>	percent of population	7.3	12.4 (0.0-31.6)	14.2	2017-2021
<b>Health Measures based on priorities in 2023 MetroWest CHA</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Mental health not good for half or more of the past month <sup>v</sup>   Mental Health	crude percent, adults 18+	13.1	12.8 (10.3-17.2)	13.8**	2021
Depression (as told by a medical professional) <sup>v</sup>   Mental Health	crude percent, adults 18+	20.2	20.2 (18.0-23.0)	19.7**	2021
Engaged in binge drinking within the past month <sup>v</sup>   Substance Use	crude percent, adults 18+	17.5	18.2 (16.1-21.3)	18.8**	2021
Current smokers <sup>v</sup>   Substance Use	crude percent, adults 18+	7.5	9.9 (6.5-14.8)	10.9**	2021
Opioid-related overdose deaths among residents in 2022* <sup>vi</sup>   Substance Use	rate per 10k residents	0.0	1.3 (0.0-4.8)	2.2	2022
Environmental Justice population* <sup>vii</sup>   Environment	percent of population	12.3	(0.0-100.0)	-	2020
Fluoride in municipal water* <sup>viii</sup>   Environment	yes or no	Yes	-	-	2021
Walkability <sup>ix</sup>   Environment	scale from 0 - 100	33.0	(1.0-75.0)	-	As of 9/2023
Bikeability* <sup>ix</sup>   Environment	scale from 0 - 100	33.0	(25.0-63.0)	-	As of 9/2023
Growth in typical home values <sup>x</sup>   Housing Insecurity	percent change, 4/2019-4/2023	27.9	27.5 (22.3-34.2)	27.2	2019, 2023
'Very low' income standard for federal housing programs, 4 person family* <sup>xi</sup>   Housing Insecurity	dollars	74,200	(58,500-74,200)	-	2021
Older adults living alone <sup>xii</sup>   Housing Insecurity	percent of adults 65+	20.0	24.1 (12.2-36.4)	26.6	2017-2021
Growth in SNAP caseload (households) <sup>xiii</sup>   Food Insecurity	percent change, 4/2019-4/2023	74.0	63.0 (9.0-175.0+)	71.3	2019, 2023
SNAP gap (eligible for SNAP, but not enrolled) <sup>xiv</sup>   Food Insecurity	percent of eligible population	0.0	59.8 (51.0-85.0)	-	2020
WIC gap (eligible for WIC, but not enrolled)* <sup>xv</sup>   Food Insecurity	percent of eligible population	56.0	47.0 (39.0-69.0)	-	2021
<b>Access to Care</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Current lack of health insurance <sup>v</sup>	crude percent, adults 18-64	2.3	3.0 (1.7-7.6)	3.7**	2021
Men up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, men 65+	59.8	56.7 (46.1-62.4)	56.8**	2020
Women up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, women 65+	45.7	47.8 (39.6-54.9)	44.2**	2020
Been to a doctor for routine checkup within the past year <sup>v</sup>	crude percent, adults 18+	74.9	74.5 (69.8-76.9)	72.7**	2021
Been to the dentist or dental clinic in the previous year <sup>v</sup>	crude percent, adults 18+	80.9	78.4 (66.1-83.0)	74.7**	2020



# Wellesley (02481) - Norfolk County

Chronic Disease and Other Illness	Units	Local value	MetroWest average (range)	County value	Measurement Period
Diagnosed diabetes <sup>v</sup>	crude percent, adults 18+	6.3	7.2 (6.2-8.5)	7.2**	2021
Obesity (calculated from self-reported weight and height) <sup>v</sup>	crude percent, adults 18+	22.3	25.6 (22.1-31.6)	24.7**	2021
Current asthma <sup>v</sup>	crude percent, adults 18+	10.4	10.3 (9.4-12.0)	10.1**	2021
Pediatric asthma cases attributable to air pollution* <sup>xvi</sup>	count	71	-	-	2017-2018
Cervical cancer screening (such as Pap test or HPV test every 3-5 years) <sup>v</sup>	crude percent, women 21-65	85.5	88.1 (82.7-90.3)	85.9**	2020
Mammogram within the last two years <sup>v</sup>	crude percent, women 50-74	81.9	83.2 (79.6-86.2)	78.9**	2020
Completed primary COVID-19 vaccination series* <sup>xvii</sup>	percent of eligible population	92.0	90.0 (80.0-96.0+)	-	As of 4/2023
Received a COVID-19 booster shot after 9/1/2022* <sup>xvii</sup>	percent of eligible population	46.0	36.6 (25.0-52.0)	-	As of 4/2023

\* indicates municipal level estimate. \*\* indicates age-adjusted estimate. Where possible, MetroWest average is calculated from counts.

<sup>i</sup> Table B01003. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>ii</sup> Table B19013. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iii</sup> Table DP03. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iv</sup> Table C17002. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>v</sup> CDC PLACES July 2023 release. CDC's Division of Population Health, the Robert Wood Johnson Foundation, and the CDC Foundation. Being up to date on clinical preventive services includes flu shot past year, PPV shot ever, colorectal cancer screening, and for females, a mammogram in the past 2 years

<sup>vi</sup> Opioid statistics published by Massachusetts Department of Public Health Office of Health and Human Services in June 2023, rates calculated using 2020 U.S. Census population estimates. Data for deaths are preliminary and subject to updates

<sup>vii</sup> 2020 Environmental Justice Populations, Massachusetts Executive Office of Energy and Environmental Affairs. Updated November 2022. Defined as people disproportionately at risk of environment-related burdens due to structural inequities

<sup>viii</sup> Community Water Fluoridation Status report, Office of Oral Health, Bureau of Community Health and Prevention, Massachusetts Department of Public Health. Uses community list from 2021. Fluoridation began in 1987.

<sup>ix</sup> Accessed September 2023 on Walkscore.com, a product of Redfin. Updated on a rolling basis every six months. Walkscore based on walking routes to destinations such as grocery stores, schools, parks, restaurants, and retail. Bikescore based on on bike infrastructure, topography, destinations and road connectivity.

<sup>x</sup> Accessed September 2023 from Zillow Data using estimates from April 2019 and April 2023. Percent change calculated from Zillow Home Value Index (ZHVI): A smoothed, seasonally adjusted measure of the typical home value, calculated monthly as a weighted average of the middle third of all homes in a given region

<sup>xi</sup> FY 2023 Limits effective May 15, 2023, Office of Policy Development and Research, Department of Housing and Urban Development (HUD) using 2021 American Community Survey income data. HUD 'low income', 'very low income', and 'extremely low income' estimates are used to determine eligibility for assisted housing programs.

<sup>xii</sup> Table B09020. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>xiii</sup> Annual Caseload Summary ZIP Code Report 2019 and Caseload by zip code report - April 2023, Massachusetts Department of Transitional Assistance

<sup>xiv</sup> SNAP Gap 2021 Tableau Dashboard. Food Bank of Western Massachusetts using Massachusetts Department of Transitional Assistance data

<sup>xv</sup> 2022 Massachusetts WIC Program Needs Assessment, Massachusetts Department of Public Health

<sup>xvi</sup> Health effects of air pollution in Massachusetts report by Global Observatory on Planetary Health at Boston College. Uses 2017-2018 pediatric asthma case data from Massachusetts Population Health Information Tool

<sup>xvii</sup> Municipality vaccination report published April 26, 2023, Weekly COVID-19 Vaccination Dashboard, Massachusetts Department of Public Health.

# Wellesley (02482) - Norfolk County

Demographic	Units	Local value	MetroWest average (range)	County value	Measurement Period
Total population <sup>i</sup>	count	10,520	(538-41,505)	-	2017-2021
Median household income <sup>ii</sup>	dollars	202,396	(71,602-250,000+)	112,089	2017-2021
Population below federal poverty level (FPL) <sup>iii</sup>	percent of population	4.6	(0.0-15.6)	6.3	2017-2021
Population below 200% FPL <sup>vi</sup>	percent of population	7.5	12.4 (0.0-31.6)	14.2	2017-2021
<b>Health Measures based on priorities in 2023 MetroWest CHA</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Mental health not good for half or more of the past month <sup>v</sup>   Mental Health	crude percent, adults 18+	11.6	12.8 (10.3-17.2)	13.8**	2021
Depression (as told by a medical professional) <sup>v</sup>   Mental Health	crude percent, adults 18+	18.8	20.2 (18.0-23.0)	19.7**	2021
Engaged in binge drinking within the past month <sup>v</sup>   Substance Use	crude percent, adults 18+	16.8	18.2 (16.1-21.3)	18.8**	2021
Current smokers <sup>v</sup>   Substance Use	crude percent, adults 18+	8.8	9.9 (6.5-14.8)	10.9**	2021
Opioid-related overdose deaths among residents in 2022* <sup>vi</sup>   Substance Use	rate per 10k residents	0.0	1.3 (0.0-4.8)	2.2	2022
Environmental Justice population* <sup>vii</sup>   Environment	percent of population	12.3	(0.0-100.0)	-	2020
Fluoride in municipal water* <sup>viii</sup>   Environment	yes or no	Yes	-	-	2021
Walkability <sup>ix</sup>   Environment	scale from 0 - 100	43.0	(1.0-75.0)	-	As of 9/2023
Bikeability* <sup>ix</sup>   Environment	scale from 0 - 100	33.0	(25.0-63.0)	-	As of 9/2023
Growth in typical home values <sup>x</sup>   Housing Insecurity	percent change, 4/2019-4/2023	26.7	27.5 (22.3-34.2)	27.2	2019, 2023
'Very low' income standard for federal housing programs, 4 person family* <sup>xi</sup>   Housing Insecurity	dollars	74,200	(58,500-74,200)	-	2021
Older adults living alone <sup>xii</sup>   Housing Insecurity	percent of adults 65+	32.1	24.1 (12.2-36.4)	26.6	2017-2021
Growth in SNAP caseload (households) <sup>xiii</sup>   Food Insecurity	percent change, 4/2019-4/2023	43.0	63.0 (9.0-175.0+)	71.3	2019, 2023
SNAP gap (eligible for SNAP, but not enrolled) <sup>xiv</sup>   Food Insecurity	percent of eligible population	59.0	59.8 (51.0-85.0)	-	2020
WIC gap (eligible for WIC, but not enrolled)* <sup>xv</sup>   Food Insecurity	percent of eligible population	56.0	47.0 (39.0-69.0)	-	2021
<b>Access to Care</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Current lack of health insurance <sup>v</sup>	crude percent, adults 18-64	2.5	3.0 (1.7-7.6)	3.7**	2021
Men up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, men 65+	59.5	56.7 (46.1-62.4)	56.8**	2020
Women up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, women 65+	45.5	47.8 (39.6-54.9)	44.2**	2020
Been to a doctor for routine checkup within the past year <sup>v</sup>	crude percent, adults 18+	76.3	74.5 (69.8-76.9)	72.7**	2021
Been to the dentist or dental clinic in the previous year <sup>v</sup>	crude percent, adults 18+	79.8	78.4 (66.1-83.0)	74.7**	2020

# Wellesley (02482) - Norfolk County

Chronic Disease and Other Illness	Units	Local value	MetroWest average (range)	County value	Measurement Period
Diagnosed diabetes <sup>v</sup>	crude percent, adults 18+	7.8	7.2 (6.2-8.5)	7.2**	2021
Obesity (calculated from self-reported weight and height) <sup>v</sup>	crude percent, adults 18+	23.8	25.6 (22.1-31.6)	24.7**	2021
Current asthma <sup>v</sup>	crude percent, adults 18+	9.7	10.3 (9.4-12.0)	10.1**	2021
Pediatric asthma cases attributable to air pollution* <sup>xvi</sup>	count	71	-	-	2017-2018
Cervical cancer screening (such as Pap test or HPV test every 3-5 years) <sup>v</sup>	crude percent, women 21-65	88.2	88.1 (82.7-90.3)	85.9**	2020
Mammogram within the last two years <sup>v</sup>	crude percent, women 50-74	80.5	83.2 (79.6-86.2)	78.9**	2020
Completed primary COVID-19 vaccination series* <sup>xvii</sup>	percent of eligible population	92.0	90.0 (80.0-96.0+)	-	As of 4/2023
Received a COVID-19 booster shot after 9/1/2022* <sup>xvii</sup>	percent of eligible population	46.0	36.6 (25.0-52.0)	-	As of 4/2023

\* indicates municipal level estimate. \*\* indicates age-adjusted estimate. Where possible, MetroWest average is calculated from counts.

<sup>i</sup> Table B01003. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>ii</sup> Table B19013. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iii</sup> Table DP03. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>iv</sup> Table C17002. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>v</sup> CDC PLACES July 2023 release. CDC's Division of Population Health, the Robert Wood Johnson Foundation, and the CDC Foundation. Being up to date on clinical preventive services includes flu shot past year, PPV shot ever, colorectal cancer screening, and for females, a mammogram in the past 2 years

<sup>vi</sup> Opioid statistics published by Massachusetts Department of Public Health Office of Health and Human Services in June 2023, rates calculated using 2020 U.S. Census population estimates. Data for deaths are preliminary and subject to updates

<sup>vii</sup> 2020 Environmental Justice Populations, Massachusetts Executive Office of Energy and Environmental Affairs. Updated November 2022. Defined as people disproportionately at risk of environment-related burdens due to structural inequities

<sup>viii</sup> Community Water Fluoridation Status report, Office of Oral Health, Bureau of Community Health and Prevention, Massachusetts Department of Public Health. Uses community list from 2021. Fluoridation began in 1987.

<sup>ix</sup> Accessed September 2023 on Walkscore.com, a product of Redfin. Updated on a rolling basis every six months. Walkscore based on walking routes to destinations such as grocery stores, schools, parks, restaurants, and retail. Bikescore based on on bike infrastructure, topography, destinations and road connectivity.

<sup>x</sup> Accessed September 2023 from Zillow Data using estimates from April 2019 and April 2023. Percent change calculated from Zillow Home Value Index (ZHVI): A smoothed, seasonally adjusted measure of the typical home value, calculated monthly as a weighted average of the middle third of all homes in a given region

<sup>xi</sup> FY 2023 Limits effective May 15, 2023, Office of Policy Development and Research, Department of Housing and Urban Development (HUD) using 2021 American Community Survey income data. HUD 'low income', 'very low income', and 'extremely low income' estimates are used to determine eligibility for assisted housing programs.

<sup>xii</sup> Table B09020. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>xiii</sup> Annual Caseload Summary ZIP Code Report 2019 and Caseload by zip code report - April 2023, Massachusetts Department of Transitional Assistance

<sup>xiv</sup> SNAP Gap 2021 Tableau Dashboard. Food Bank of Western Massachusetts using Massachusetts Department of Transitional Assistance data

<sup>xv</sup> 2022 Massachusetts WIC Program Needs Assessment, Massachusetts Department of Public Health

<sup>xvi</sup> Health effects of air pollution in Massachusetts report by Global Observatory on Planetary Health at Boston College. Uses 2017-2018 pediatric asthma case data from Massachusetts Population Health Information Tool

<sup>xvii</sup> Municipality vaccination report published April 26, 2023, Weekly COVID-19 Vaccination Dashboard, Massachusetts Department of Public Health.

# Westborough (01581) - Worcester County

Demographic	Units	Local value	MetroWest average (range)	County value	Measurement Period
Total population <sup>i</sup>	count	21,213	(538-41,505)	-	2017-2021
Median household income <sup>ii</sup>	dollars	118,185	(71,602-250,000+)	81,660	2017-2021
Population below federal poverty level (FPL) <sup>iii</sup>	percent of population	4.8	(0.0-15.6)	9.8	2017-2021
Population below 200% FPL <sup>vi</sup>	percent of population	13.9	12.4 (0.0-31.6)	22.0	2017-2021
<b>Health Measures based on priorities in 2023 MetroWest CHA</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Mental health not good for half or more of the past month <sup>v</sup>   Mental Health	crude percent, adults 18+	12.9	12.8 (10.3-17.2)	16.5**	2021
Depression (as told by a medical professional) <sup>v</sup>   Mental Health	crude percent, adults 18+	19.0	20.2 (18.0-23.0)	22.1**	2021
Engaged in binge drinking within the past month <sup>v</sup>   Substance Use	crude percent, adults 18+	16.1	18.2 (16.1-21.3)	17.1**	2021
Current smokers <sup>v</sup>   Substance Use	crude percent, adults 18+	9.1	9.9 (6.5-14.8)	13.4**	2021
Opioid-related overdose deaths among residents in 2022* <sup>vi</sup>   Substance Use	rate per 10k residents	0.0	1.3 (0.0-4.8)	3.8	2022
Environmental Justice population* <sup>vii</sup>   Environment	percent of population	68.1	(0.0-100.0)	-	2020
Fluoride in municipal water* <sup>viii</sup>   Environment	yes or no	Yes	-	-	2021
Walkability <sup>ix</sup>   Environment	scale from 0 - 100	46.0	(1.0-75.0)	-	As of 9/2023
Bikeability* <sup>ix</sup>   Environment	scale from 0 - 100	60.0	(25.0-63.0)	-	As of 9/2023
Growth in typical home values <sup>x</sup>   Housing Insecurity	percent change, 4/2019-4/2023	28.3	27.5 (22.3-34.2)	41.4	2019, 2023
'Very low' income standard for federal housing programs, 4 person family* <sup>xi</sup>   Housing Insecurity	dollars	58,500	(58,500-74,200)	-	2021
Older adults living alone <sup>xii</sup>   Housing Insecurity	percent of adults 65+	18.9	24.1 (12.2-36.4)	25.4	2017-2021
Growth in SNAP caseload (households) <sup>xiii</sup>   Food Insecurity	percent change, 4/2019-4/2023	87.0	63.0 (9.0-175.0+)	57.1	2019, 2023
SNAP gap (eligible for SNAP, but not enrolled) <sup>xiv</sup>   Food Insecurity	percent of eligible population	61.0	59.8 (51.0-85.0)	-	2020
WIC gap (eligible for WIC, but not enrolled)* <sup>xv</sup>   Food Insecurity	percent of eligible population	45.0	47.0 (39.0-69.0)	-	2021
<b>Access to Care</b>					
	Units	Local value	MetroWest average (range)	County value	Measurement Period
Current lack of health insurance <sup>v</sup>	crude percent, adults 18-64	3.0	3.0 (1.7-7.6)	5.3**	2021
Men up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, men 65+	60.3	56.7 (46.1-62.4)	55.8**	2020
Women up to date on a core set of clinical preventive services <sup>v</sup>	crude percent, women 65+	50.7	47.8 (39.6-54.9)	48.7**	2020
Been to a doctor for routine checkup within the past year <sup>v</sup>	crude percent, adults 18+	76.1	74.5 (69.8-76.9)	74.6**	2021
Been to the dentist or dental clinic in the previous year <sup>v</sup>	crude percent, adults 18+	79.1	78.4 (66.1-83.0)	72.2**	2020

# Westborough (01581) - Worcester County

Chronic Disease and Other Illness	Units	Local value	MetroWest average (range)	County value	Measurement Period
Diagnosed diabetes <sup>v</sup>	crude percent, adults 18+	7.2	7.2 (6.2-8.5)	8.4**	2021
Obesity (calculated from self-reported weight and height) <sup>v</sup>	crude percent, adults 18+	26.4	25.6 (22.1-31.6)	31.2**	2021
Current asthma <sup>v</sup>	crude percent, adults 18+	10.4	10.3 (9.4-12.0)	11.7**	2021
Pediatric asthma cases attributable to air pollution* <sup>xvi</sup>	count	48	-	-	2017-2018
Cervical cancer screening (such as Pap test or HPV test every 3-5 years) <sup>v</sup>	crude percent, women 21-65	86.5	88.1 (82.7-90.3)	85.9**	2020
Mammogram within the last two years <sup>v</sup>	crude percent, women 50-74	83.6	83.2 (79.6-86.2)	80.3**	2020
Completed primary COVID-19 vaccination series* <sup>xvii</sup>	percent of eligible population	92.0	90.0 (80.0-96.0+)	-	As of 4/2023
Received a COVID-19 booster shot after 9/1/2022* <sup>xvii</sup>	percent of eligible population	37.0	36.6 (25.0-52.0)	-	As of 4/2023

\* indicates municipal level estimate. \*\* indicates age-adjusted estimate. Where possible, MetroWest average is calculated from counts.

<sup>i</sup> Table B01003. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

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<sup>v</sup> CDC PLACES July 2023 release. CDC's Division of Population Health, the Robert Wood Johnson Foundation, and the CDC Foundation. Being up to date on clinical preventive services includes flu shot past year, PPV shot ever, colorectal cancer screening, and for females, a mammogram in the past 2 years

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<sup>xii</sup> Table B09020. U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates

<sup>xiii</sup> Annual Caseload Summary ZIP Code Report 2019 and Caseload by zip code report - April 2023, Massachusetts Department of Transitional Assistance

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## Appendix B: Demographics of Survey Respondents

## Appendix B – Demographics of Community Survey Respondents

Note that respondents did not necessarily answer all questions.

Community of residence	# responses	% of total respondents
Ashland	38	3.5%
Bellingham	35	3.2%
Dover	1	0.1%
Framingham	200	18.4%
Franklin	15	1.4%
Holliston	18	1.7%
Hopedale	4	0.4%
Hopkinton	168	15.4%
Hudson	24	2.2%
Marlborough	64	5.9%
Medfield	5	0.5%
Medway	10	0.9%
Mendon	10	0.9%
Milford	65	6.0%
Millis	2	0.2%
Natick	115	10.6%
Needham	28	2.6%
Norfolk	3	0.3%
Northborough	155	14.2%
Sherborn	3	0.3%
Southborough	18	1.7%
Sudbury	31	2.8%
Wayland	20	1.8%
Wellesley	32	2.9%
Westborough	19	1.7%
Did not answer	5	0.5%
Grand Total	1088	

For respondents that failed to provide their community of residence, the foundation erred on the side of inclusion.

Age	# responses	% of total respondents
Under 18 years old	1	0.1%
18-29 years old	53	4.9%
30-49 years old	357	32.8%
50-64 years old	281	25.8%
65-74 years old	165	15.2%
75 or more years old	105	9.7%
Did not answer	126	11.6%
Grand Total	1088	

30-64 year olds comprise over half of the survey respondents. 30-49 year olds have the most responses and was the widest age range by definition.

Gender identity	# responses	% of total respondents
Woman	710	65.3%
Man	216	19.9%
Non-Binary (including gender-queer, gender fluid, gender non-conforming)	6	0.6%
Transgender	2	0.2%
Did not answer	154	14.2%
Grand Total	1088	

One individual selected both Transgender and Non-Binary and is reflected in the Non-Binary total. One individual selected both Woman and Man, and one person selected both Woman and Prefer not to answer; both are reflected in the Did not answer total.

Language of survey	# responses	% of total respondents
English	855	78.6%
Portuguese	178	16.4%
Spanish	55	5.1%
Grand Total	1088	

The survey was offered in three languages. Respondents were asked what languages they spoke at home. Over 90 individuals reported speaking multiple languages. Those languages are, in order of prevalence: Italian; Russian; American Sign Language; French; Albanian; Arabic; Haitian Creole; Hebrew; Urdu. The following languages were reported by one respondent each: Chinese; Dutch; Farsi; German; Korean; Malayalam; Swahili; Tamil; Telugu; Twi; Wolof.

Highest level of education completed	# responses	% of total respondents
Less than 9th grade	25	2.3%
9th to 12th grade, no diploma	26	2.4%
High school graduate (includes GED or equivalency)	101	9.3%
Some college, no degree	69	6.3%
Associate Degree (2-year college diploma) or technical degree/certificate	63	5.8%
Bachelor's degree	249	22.9%
Graduate or professional degree	424	39.0%
Did not answer	131	12.0%
Grand Total	1088	

Respondents were highly educated, which aligns with demographics for the region overall.

Caregiving status	Provide care to someone in the household # (%)	Provide care to someone outside of the household # (%)	N/A # (%)
Child(ren) aged ≤18	405 (37.2%)	14 (1.3%)	469 (43.1%)
Adult(s) with illness or disability aged 19-64yrs	88 (8.1%)	18 (1.7%)	65 (6.0%)
Older adult(s) aged 65+	117 (10.8%)	67 (6.2%)	609 (56.0%)

Roughly half of respondents (52.6%, 572 people) report being a caregiver for someone (child, adult, or older adult). About 20% of caregivers (one in ten of all respondents) are caregivers for multiple generations; among those, 95%+ of caregivers live with at least some of the care recipients; two in five have care recipients that live outside the home. 41 caregivers have care recipients both in and out of the home, or about one third of multi-gen caregivers.

Ethnic/Racial/Cultural background	# responses	% of total respondents
African American and/or Black	25	2.3%
American Indian/Native American	1	0.1%
Asian	39	3.6%
Brazilian	145	13.3%
Caucasian/White	625	57.4%
Hispanic and/or Latino	58	5.3%
Middle Eastern	2	0.2%
More than one race*	41	3.8%
Did not answer	146	13.4%
Other	6	0.6%
Grand Total	1088	

\*Note that if someone indicated more than one race, they were included with that race for the purpose of analysis. Respondents were asked to choose all that apply and were made aware of how categories would be collapsed for reporting purposes. Of the 25 African American and/or Black respondents, one indicated that they identify solely as African American, and two indicated that they identify solely as Black. Of the 58 Hispanic and/or Latino individuals, five indicated that they identify solely as Hispanic, and four indicated that they identify solely as Latino(a). Of the Asian respondents, eight preferred more specificity, and describe themselves as Asian American, Chinese, Indian, Pakistani, and Southeast Asian. Other identities offered include American, European, European American, Greek, Italian American, Jewish, and Semitic.



Appendix C: Responses to Survey by Age, Race/Ethnicity, and Language of Survey

## Appendix C: Responses to Survey by Age, Race/Ethnicity, and Language of Survey

Responses to the community survey showed variations by age, race or ethnicity, and language(s) spoken by the respondent. These variations can be seen in the following tables.

Variations here represent only responses of those who took the community survey and may not reflect the experience of these populations overall. The foundation shares these variations in the interest of highlighting potential disparities in the region.

*indicates a suppressed value. Values are suppressed if 5 or fewer people selected this option.*

*- indicates that no one selected this option.*

<b>Total responses to the community survey</b> <i>Age categories are mutually exclusive (a respondent can only appear in one category). Race/ethnicity and language categories are not mutually exclusive</i>														
	All respondents	18 to 29 years old	30 to 49 years old	50-64 years old	65 to 74 years old	75 or more years old	Asian	Brazilian	Caucasian	African American / Black	Hispanic / Latino	English	Spanish	Portuguese
Total "n"	1088	53	357	281	165	105	48	153	656	29	67	892	79	196

<b>Access and Availability</b> <i>Percent answering, "Yes, I (or a family member) needed this type of care but could not access it"</i>														
	All respondents	18 to 29 years old	30 to 49 years old	50-64 years old	65 to 74 years old	75 or more years old	Asian	Brazilian	Caucasian	African American / Black	Hispanic / Latino	English	Spanish	Portuguese
Primary Care	7.9% n = 1053	14.6% n = 48	10.6% n = 348	6.5% n=276	3.7% n = 162	s n = 98	s n = 47	17.1% n = 140	4.6% n = 647	s n = 28	17.5% n = 63	6.3% n = 877	24.3% n = 70	16.5% n = 182
Emergency Physical Care	5.0% n = 949	s n = 46	6.2% n = 325	4.5% n=246	s n = 145	s n = 82	s n = 41	6.8% n = 132	3.2% n = 592	s n = 23	15.4% n = 52	4.0% n = 794	14.3% n = 56	6.7% n = 165
Mental Health Care	12.6% n = 946	26.1% n = 46	14.2% n = 324	15.9% n=252	5.7% n = 140	s n = 77	s n = 41	14.6% n = 130	11.9% n = 588	s n = 23	20.4% n = 54	13.0% n = 793	19.6% n = 56	12.2% n = 164
Emergency Mental Health Care	4.9% n = 914	s n = 45	5.4% n = 314	5.9% n=239	s n = 134	s n = 79	s n = 39	8.7% n = 127	3.5% n = 568	s n = 22	s n = 52	4.7% n = 767	s n = 53	7.5% n = 160
Substance Use Treatment	1.8% n = 908	s n = 46	1.9% n = 311	s n=237	s n = 133	- n = 77	s n = 40	s n = 126	1.1% n = 561	s n = 23	s n = 51	1.7% n = 764	s n = 52	s n = 159
Dental Care	13.3% n = 1033	22.4% n = 49	15.4% n = 345	12.9% n=272	7.6% n = 158	s n = 97	s n = 46	42.3% n = 137	5.5% n = 642	s n = 27	27.4% n = 62	8.1% n = 869	29.4% n = 68	42.1% n = 171
Vision Care	9.6% n = 1014	28.0% n = 50	11.9% n = 335	9.4% n=265	s n = 155	s n = 94	- n = 46	32.1% n = 134	3.8% n = 627	s n = 26	26.3% n = 57	5.9% n = 854	28.1% n = 64	30.5% n = 167

<b>Perceptions of safety and health</b>														
	All respondents	18 to 29 years old	30 to 49 years old	50-64 years old	65 to 74 years old	75 or more years old	Asian	Brazilian	Caucasian	African American / Black	Hispanic / Latino	English	Spanish	Portuguese
Percent answering "No" or "Not sure" when asked if they feel safe in their community	9.6% n = 994	15.4% n = 52	10.5% n = 351	10.0% n=279	3.7% n = 164	4.9% n = 102	s n = 47	20.3% n = 148	6.1% n = 652	s n = 29	11.9% n = 67	8.6% n = 830	13.2% n = 68	19.5% n = 174
Percent that describe the health of the community as "Fair" or "Poor"	8.4% n = 979	13.2% n = 53	10.0% n = 350	8.7% n=275	s n = 161	7.1% n = 99	s n = 47	9.5% n = 148	6.4% n = 643	24.1% n = 29	21.5% n = 65	8.1% n = 820	19.7% n = 66	9.9% n = 172
Percent that describe their personal health as "Fair" or "Poor"	9.7% n = 1000	15.1% n = 53	8.2% n = 353	11.1% n=280	7.3% n = 164	10.7% n = 105	- n = 47	10.5% n = 153	8.4% n = 655	31.0% n = 29	21.2% n = 66	9.5% n = 835	17.9% n = 67	9.5% n = 179

<b>Accessibility of Resources</b> <i>Percent answering, "I am able to access this some of the time," or not at all</i>														
	All respondents	18 to 29 years old	30 to 49 years old	50-64 years old	65 to 74 years old	75 or more years old	Asian	Brazilian	Caucasian	African American / Black	Hispanic / Latino	English	Spanish	Portuguese
Reliable Transportation	8.1% n = 1035	21.6% n = 51	9.1% n = 342	6.2% n = 273	6.2% n = 161	5.9% n = 101	15.2% n = 46	15.2% n = 138	3.5% n = 651	27.6% n = 29	22.8% n = 57	6.1% n = 875	23.0% n = 61	12.9% n = 171
Healthy Food	8.7% n = 1030	36.0% n = 50	9.9% n = 343	8.0% n = 275	s n = 160	s n = 101	s n = 46	25.7% n = 140	3.4% n = 651	33.3% n = 27	29.3% n = 58	5.3% n = 873	24.6% n = 61	23.4% n = 171
Childcare (including before and after school care)	8.5% n = 997	12.8% n = 47	15.4% n = 337	5.6% n = 270	s n = 156	s n = 93	s n = 46	15.0% n = 133	5.5% n = 638	s n = 26	31.5% n = 54	6.8% n = 853	25.0% n = 56	13.8% n = 160
Income to cover my or my family's basic needs	12.8% n = 1017	38.0% n = 50	14.7% n = 339	13.2% n = 273	5.1% n = 158	s n = 99	s n = 46	30.6% n = 134	6.5% n = 639	36.0% n = 25	37.3% n = 59	8.8% n = 866	38.7% n = 62	29.6% n = 162
Training to advance my skills or career	20.6% n = 995	44.7% n = 47	26.0% n = 334	23.9% n = 272	7.8% n = 154	s n = 92	15.2% n = 46	51.5% n = 132	11.6% n = 637	38.5% n = 26	53.8% n = 52	15.6% n = 853	52.7% n = 55	49.1% n = 159
Safe space for recreation (walking, biking, jogging, team sports, etc.)	14.9% n = 1020	36.7% n = 49	18.4% n = 342	13.1% n = 274	8.1% n = 160	8.0% n = 100	15.2% n = 46	28.7% n = 136	9.7% n = 650	28.6% n = 28	31.0% n = 58	12.8% n = 869	33.3% n = 60	24.7% n = 166
Good quality, affordable housing	19.4% n = 1009	53.2% n = 47	22.8% n = 338	17.3% n = 272	11.5% n = 156	10.2% n = 98	s n = 46	31.3% n = 131	14.8% n = 642	31.0% n = 29	42.1% n = 57	17.1% n = 864	44.8% n = 58	29.8% n = 161
Clean air and water	11.5% n = 1020	14.6% n = 48	12.3% n = 342	12.5% n = 273	8.3% n = 157	11.1% n = 99	23.9% n = 46	10.5% n = 133	9.3% n = 647	28.6% n = 28	12.1% n = 58	10.8% n = 867	11.5% n = 61	11.5% n = 165
Options during extreme weather; such as for staying cool during periods of extreme heat or staying warm in periods of extreme cold	7.5% n = 1017	21.3% n = 47	6.7% n = 341	8.5% n = 271	s n = 159	s n = 99	s n = 46	14.8% n = 135	3.7% n = 646	s n = 27	14.3% n = 56	5.6% n = 864	16.7% n = 60	14.3% n = 168
Opportunities to socialize with others	16.7% n = 1021	25.0% n = 48	18.5% n = 340	17.1% n = 275	11.9% n = 159	13.0% n = 100	13.0% n = 46	27.8% n = 133	12.0% n = 648	37.0% n = 27	28.8% n = 59	14.1% n = 867	30.6% n = 62	27.7% n = 166

Appendix D: Copy of Data Collection Instrument

Introduction

**Health and wellness matters to everyone. That’s why we want your help. We are asking residents who live in the communities listed below to give feedback and suggestions about health services and issues in the region.**

**This survey is part of a Community Health Needs Assessment, which is an effort to identify strengths and challenges in the region related to health and accessing health care. The MetroWest Health Foundation is leading this year's Community Health Needs Assessment and is partnering with other organizations to reach as many residents as possible.**

- **The survey will take less than 10 minutes to complete**
- **Data will be reported in aggregate so your responses remain anonymous.**
- **The survey will remain open until June 1, 2023.**
- **You may choose to skip a question if you are not comfortable answering it.**
- **There are no right or wrong answers; it’s your opinions that matter!**

**Your feedback is very valuable to us. The information gathered from this survey will be used to inform future health programming and services for a range of organizations in the MetroWest region.**

**Thank you for your participation.**

1. In which city/town do you live?

Access and availability of care

2. In the last 12 months, did you or a family member need any of the following types of health care? Please select the response that best describes your experience.

	Yes, I (or a family member) needed this type of care and was able to access it	Yes, I (or a family member) needed this type of care but could <b>not</b> access it	No, I (nor a family member) did not need this type of care
Primary care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Emergency physical care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mental health care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Emergency mental health care (including crisis care)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Substance use treatment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dental care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vision care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3. For care that you or a family member needed but were not able to access, please select the reason(s) why you were unable to access care. Please choose all that apply.

	Unable to afford costs	Providers do not accept my insurance / no insurance	Unable to get transportation	Long wait time for an appointment	Another reason not listed here
Primary care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Emergency physical care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mental health care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Emergency mental health care (including crisis care)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Substance use treatment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dental care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vision care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4. If you answered "Another reason not listed here" for any of the above types of care, please describe why you were unable to access care.

5. How satisfied are you with the **availability** of the following services in your community?

	Very satisfied	Somewhat satisfied	Not at all satisfied	Not sure
Primary care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Emergency physical care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mental health care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Emergency mental health care (including crisis care)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Substance use treatment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dental care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vision care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

6. In the last 12 months, how accessible were the following resources to you? Please select the response that best describes your experience.

	I am able to access this <b>all</b> of the time	I am able to access this <b>most</b> of the time	I am able to access this <b>some</b> of the time	I am <b>not able</b> to access this	N/A - I did not need this
Reliable transportation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Healthy food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Childcare (including before and after school care)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Income to cover my or my family's basic needs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Training to advance my skills or career	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Safe space for recreation (walking, biking, jogging, team sports, etc)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Good quality, affordable housing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Clean air and water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Options during extreme weather, such as for staying cool during periods of extreme heat or staying warm in periods of extreme cold	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Opportunities to socialize with others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Perceptions of health

7. What are the **top 3 health issues** facing this community? Please select **three**.

- Alcohol and substance use (marijuana, opioids, heroin, etc.)
- Asthma/Allergies
- Cancer
- COVID-19 (coronavirus)
- Diabetes
- Domestic violence
- Heart disease (stroke, hypertension, etc.)
- Homelessness/Poor housing
- Hunger/Food insecurity
- Impaired cognitive function (dementia, Alzheimer's, traumatic brain injury. Etc)
- Infectious/Contagious disease (tuberculosis, pneumonia, flu, etc.)
- Mental health issues (anxiety, depression, etc.)
- Oral health
- Overweight/Obesity
- Physical impairments / disabilities
- Sexually transmitted infections (HIV/AIDS, chlamydia, etc.)
- Smoking/Vaping
- Suicide
- Teen pregnancy
- Other (please specify)

8. What do you feel is **working well** in your community related to accessing health care?

9. Do you feel safe in your community?

- Yes
- No
- Not sure

10. In general, how would you describe the health of this community?

- Excellent
- Very good
- Good
- Fair
- Poor

11. In general, how would you describe your own personal health?

- Excellent
- Very good
- Good
- Fair
- Poor

12. Are there lasting effects of COVID-19 on you or your community? Please share.

Demographic Information

**We are asking the following information to understand whether people's experiences with health and the health care system vary based on their personal characteristics. Data will be reported in aggregate so your responses remain anonymous. You may choose not to answer a question.**

13. Which category best describes your age?

- Under 18 years old
- 18-29 years old
- 30-49 years old
- 50-64 years old
- 65-74 years old
- 75 years old or older

14. Where do you get the majority of your health information?

- Doctor, nurse or other health provider
- Friends or family
- Internet
- Pharmacy
- Religious or spiritual advisor
- Other (please specify)

15. What kind of health insurance do you have? Please check all that apply.

- Private insurance (through employer/spouse/parents/Connector or buy my own)
- Medicare
- MassHealth/Medicaid
- Veteran's Administration or TriCare
- Health Safety Net/MassHealth Limited
- I do not have insurance
- Other (please specify)

16. Please indicate whether any of the following people are under your care (check all that apply):

	Yes, and they live in my household	Yes, and they <b>do not</b> live in my household	N/A
Child(ren) aged 18 or younger	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Adult(s) with illness or disability aged 19-64	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Older adult(s) aged 65+	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

17. How would you describe your gender identity? (Please check all that apply)

- Woman
- Man
- Transgender
- Non-Binary (including gender-queer, gender fluid, gender non-conforming)
- Prefer not to answer
- Gender not listed. My gender identity is:

18. How would you describe your ethnic/racial/cultural background? (Please check all that apply.)

*We recognize that this list will not capture all ways that someone may identify. The categories below are based on common identities in our region, and are formatted to show how some groups may be combined in order to maintain anonymity for individual respondents. If you would like to be more specific, please write in a response in the "Other" line below.*

- African American and/or Black
- African American (may be collapsed into "African American and/or Black")
- Black (may be collapsed into "African American and/or Black")
- American Indian/Native American
- Pacific Islander
- Brazilian
- Caucasian/White
- Other
- Hispanic and/or Latino(a)
- Hispanic (may be collapsed into "Hispanic and/or Latino(a)")
- Latino(a) (may be collapsed into "Hispanic and/or Latino(a)")
- Middle Eastern
- Asian
- Asian ethnicity (may be collapsed into "Asian"; please include specifics in "Other" below)

19. What language(s) do you use at home?

20. What is the highest level of education that you have completed?

- Less than 9th grade
- 9th to 12th grade, no diploma
- High school graduate (includes GED or equivalency)
- Some college, no degree
- Associate's degree or technical degree/certificate
- Bachelor's degree
- Graduate or professional degree

21. Is there anything else you would like to tell us that relates to health or wellness in the MetroWest region?

## Appendix E: Focus Groups and Key Informants

### Focus Groups

Families with young children, hosted by the Early Childhood Alliance

Individuals experiencing homelessness, hosted by SMOC

Individuals living with substance use disorder, hosted by JRI Health

Latino adults, hosted by the Latino Health Insurance Program

Older adults, hosted by the Sudbury Council on Aging

Recent immigrants, hosted by Jewish Family Service of Metrowest

South Framingham residents, hosted by Voices of the Community

### Key Informants

Courtney Balacco, Framingham Public Schools

Joanne Barry, A Place to Turn

Kristin Black, Isabella Caruso, June David-Fors and Mary Ellen Duggan, Town of Northborough

Mike Devlin, Richard Ndi and Rohey Wadda, SMOC

Diane Gould, Advocates

Dave Heilman, Vet Center

Sheryl Leary, HESSCO

Eric Masi, Sara McCabe, Beth Chin, Allison Parks, and Antwan Steed, Wayside Youth and Family Support Network

Kevin O'Connor, Framingham Adult ESL Plus

Jillian Wilson-Martin, Natick Office of Sustainability

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