MetroWest Health Foundation Trends and Projections

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November 16, 2018

Natick, MA
Photo credit: Natick Department of Public Works

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METROPOLITAN AREA PLANNING COUNCIL

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Where you live affects your health

Where you live affects your health

Factors that influence community health and wellness

20%

Healthcare

20%

Genetics

60%
Social, Environmental, Behavioral Factors

Planning decisions influence the 60%

MetroWest Health Foundation

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

Metro Boston
(164 municipalities)

MWHF
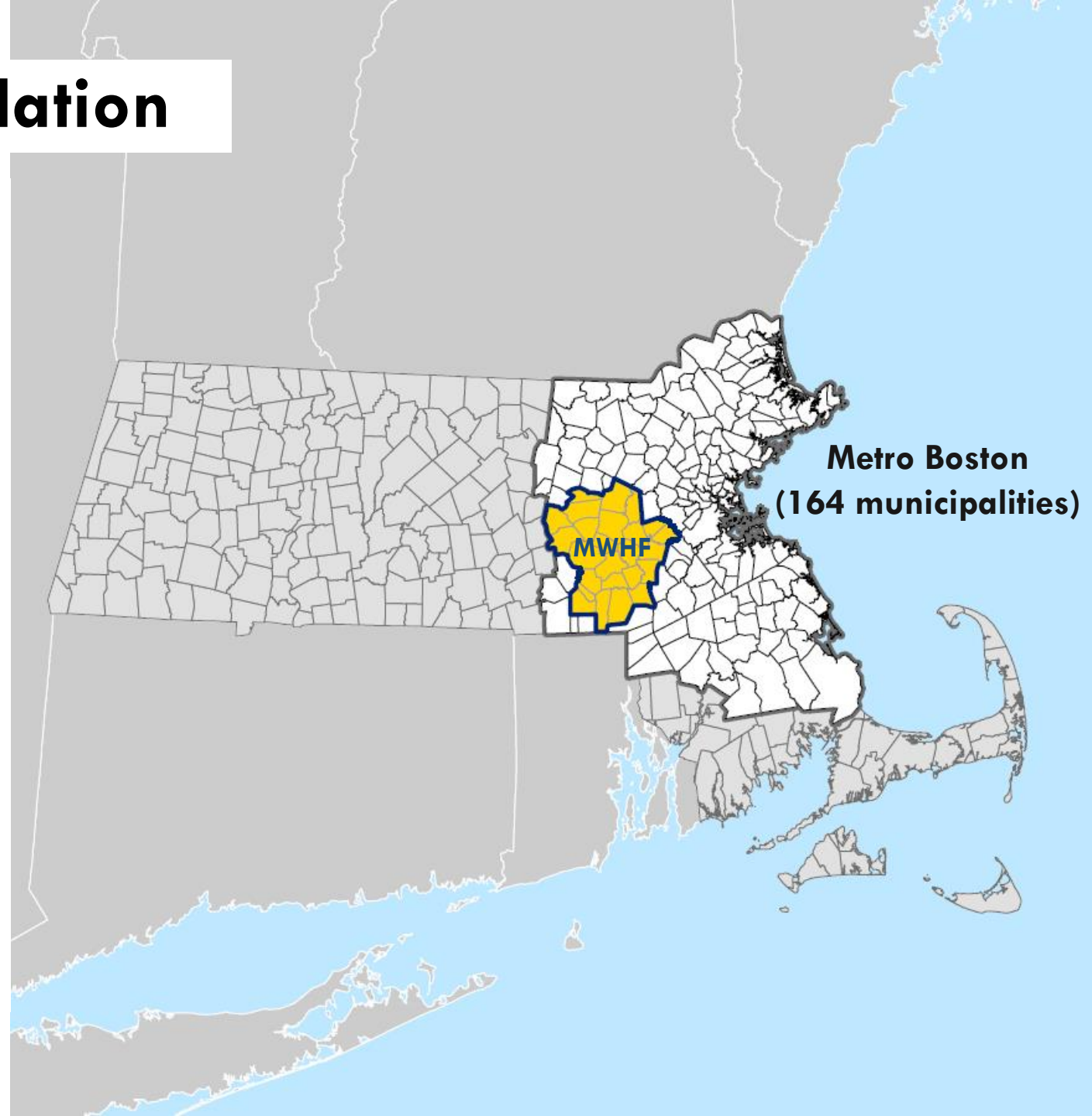
The MetroWest Health Foundation region is…

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

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

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

- projected to become older in the coming decades, and likely to continue diversifying with the rest of the Metro Boston region

The data in context

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

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

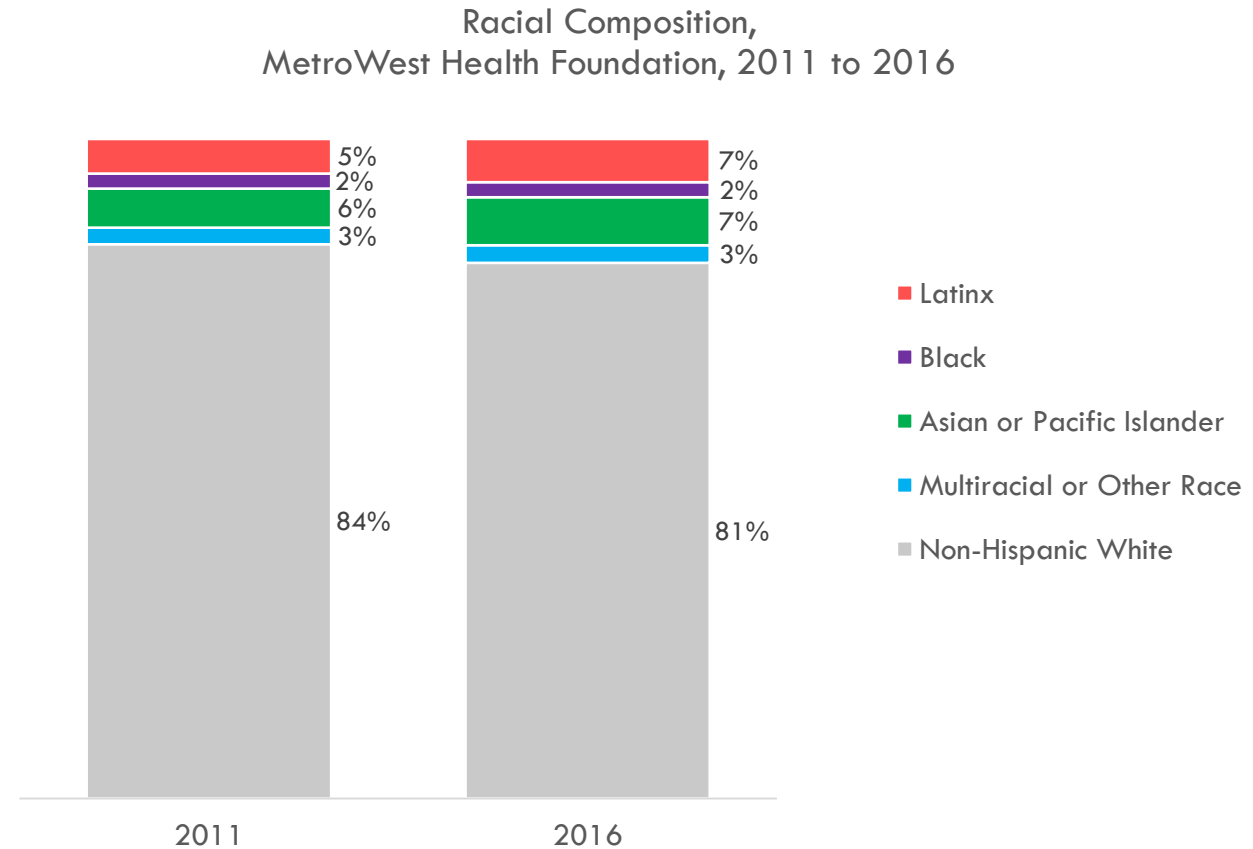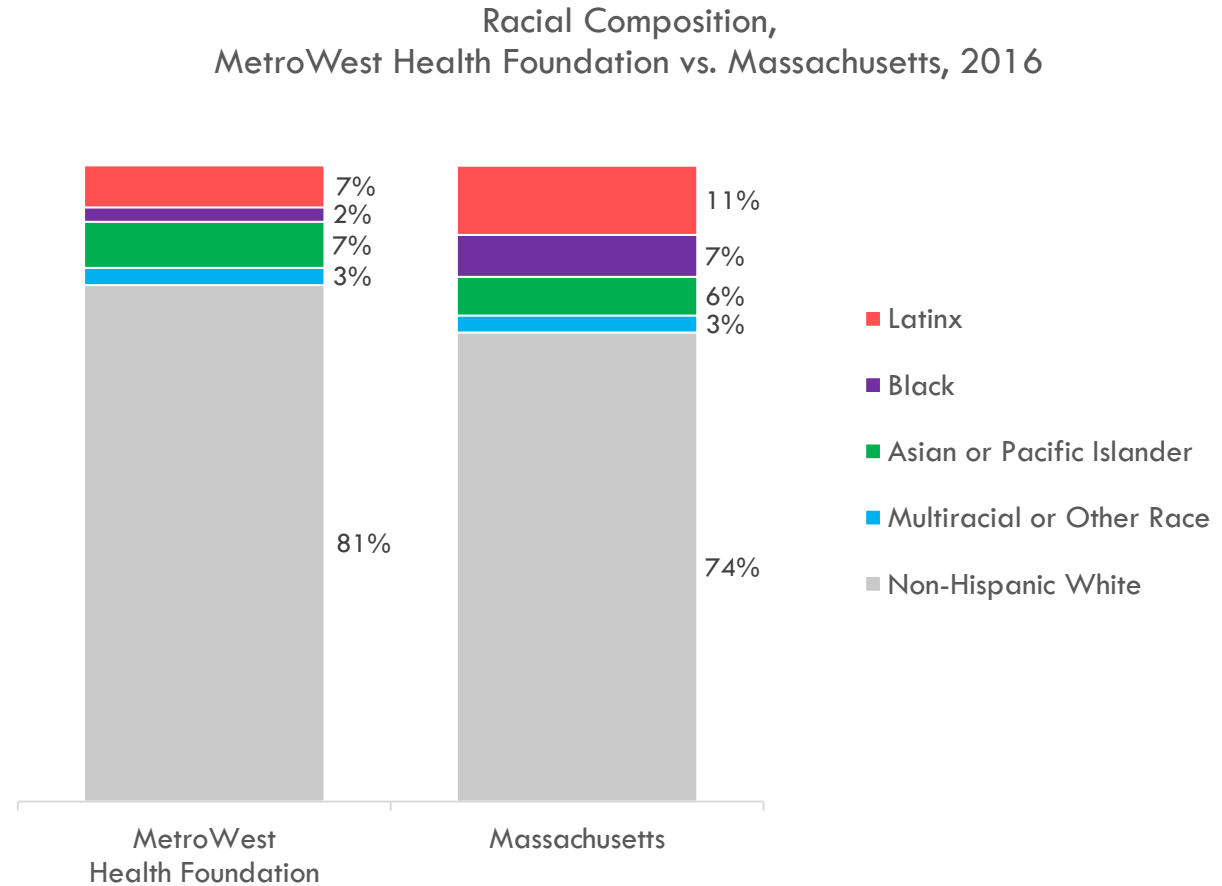- **Please keep this context in mind** as we look at the data

Demographics

Overall, the MWHF region is diversifying…

- Increases in Latinx and Asian or Pacific Islander populations have increased the region's diversity

Racial Composition,
MetroWest Health Foundation, 2011 to 2016

2011: 5%, 2%, 6%, 3%, 84%
2016: 7%, 2%, 7%, 3%, 81%

- Latinx
- Black
- Asian or Pacific Islander
- Multiracial or Other Race
- Non-Hispanic White

…yet it still lags behind the state average

• The region is on average more White than the state

Racial Composition,
MetroWest Health Foundation vs. Massachusetts, 2016

■ Latinx
■ Black
■ Asian or Pacific Islander
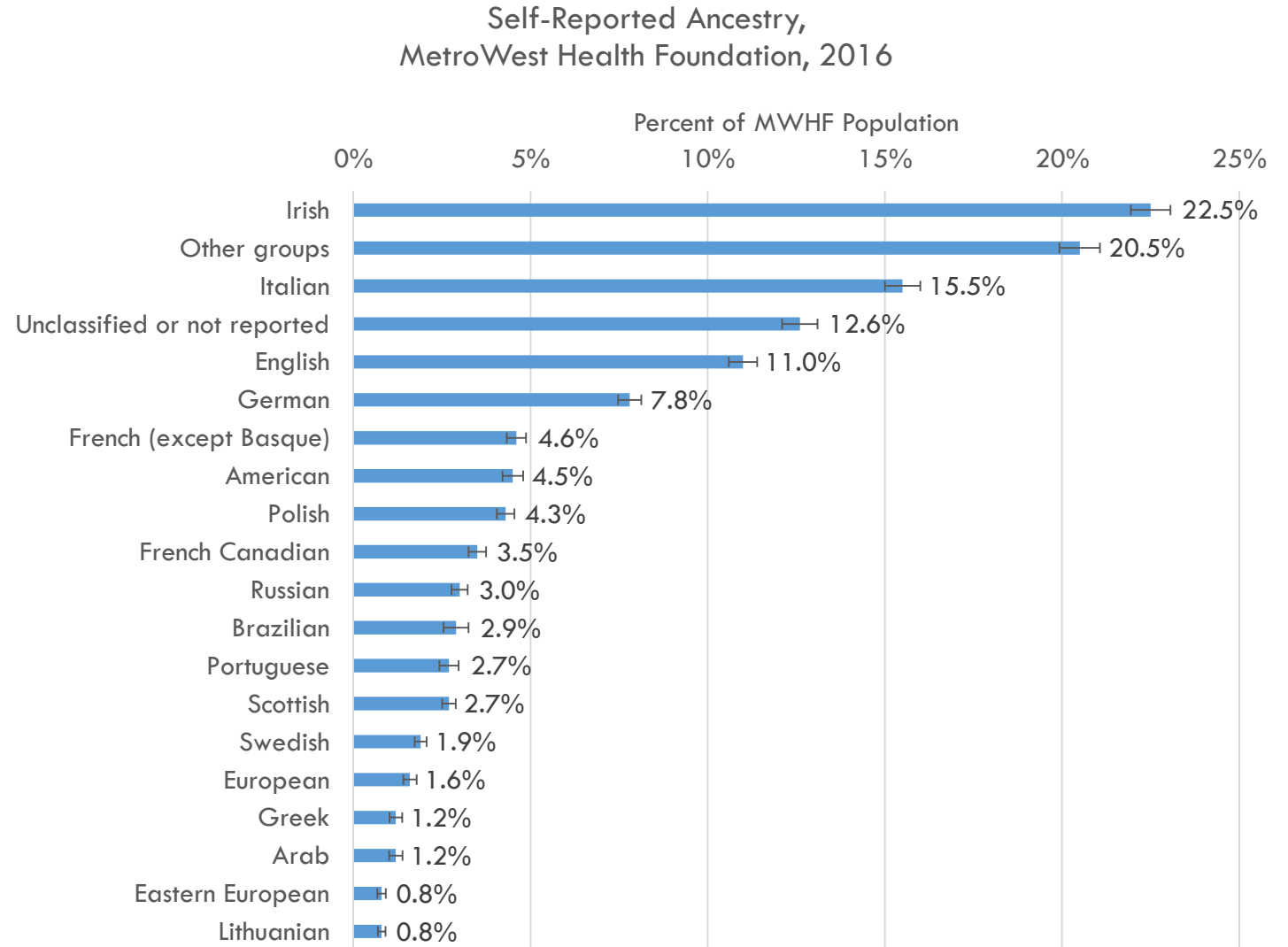■ Multiracial or Other Race
■ Non-Hispanic White

The region has a rich history of immigration and diversification

- Irish and French Canadian immigrants arriving in the mid-19th century

- Portuguese, English, Italian, Greek, and Polish immigrants by early 20th century

- South Asian immigrants in the mid-to-late 20th century

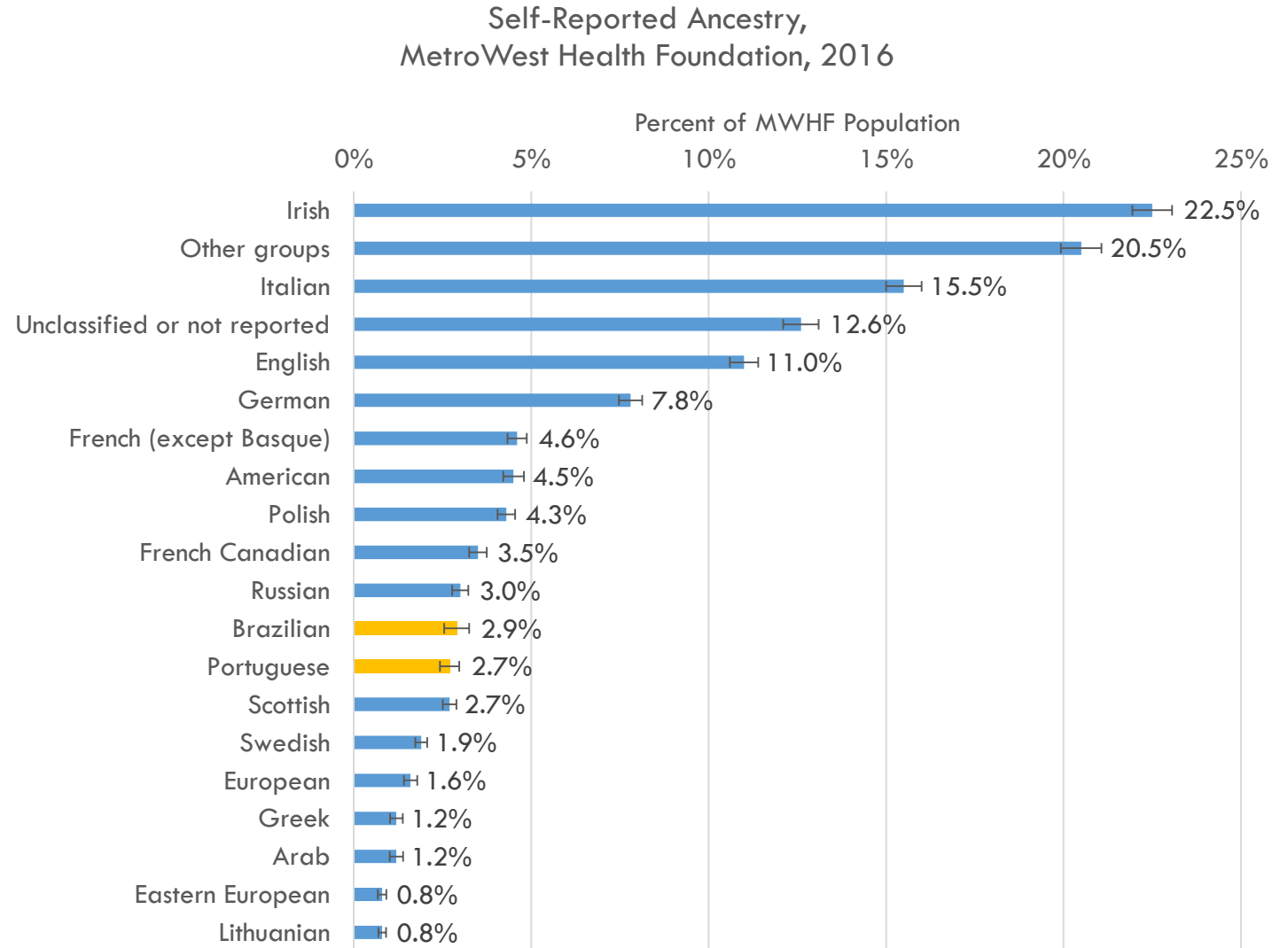- Brazilian immigrants in the early 1980s

The result: a diversity of backgrounds and stories

- Irish and Italian ancestry make up nearly 40% of the MWHF region

Self-Reported Ancestry,
MetroWest Health Foundation, 2016

Percent of MWHF Population

| Ancestry	Percent
Irish	22.5%
Other groups	20.5%
Italian	15.5%
Unclassified or not reported	12.6%
English	11.0%
German	7.8%
French (except Basque)	4.6%
American	4.5%
Polish	4.3%
French Canadian	3.5%
Russian	3.0%
Brazilian	2.9%
Portuguese	2.7%
Scottish	2.7%
Swedish	1.9%
European	1.6%
Greek	1.2%
Arab	1.2%
Eastern European	0.8%
Lithuanian	0.8%

The result: a diversity of backgrounds and stories

- Irish and Italian ancestry make up nearly 40% of the MWHF region

- Brazilian and Portuguese ancestry makes up roughly 6% combined (unchanged from 2011)

Self-Reported Ancestry,
MetroWest Health Foundation, 2016

Percent of MWHF Population

Ancestry	Percent
Irish	22.5%
Other groups	20.5%
Italian	15.5%
Unclassified or not reported	12.6%
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Greek	1.2%
Arab	1.2%
Eastern European	0.8%
Lithuanian	0.8%

Brazilian populations have been highly clustered, but a shift seems to be taking place

- Four municipalities – Framingham, Hudson, Marlborough, and Milford – make up **82%** of the MWHF region's Brazilian ancestry population in 2016
  - Down from 86% in 2011 – drop mostly due to Brazilian populations moving from Framingham and Milford

Distribution of Brazilian Ancestry Population, MetroWest Health Foundation, 2011 to 2016

Framingham, Hudson, Marlborough, and Milford   Rest of MWHF Region
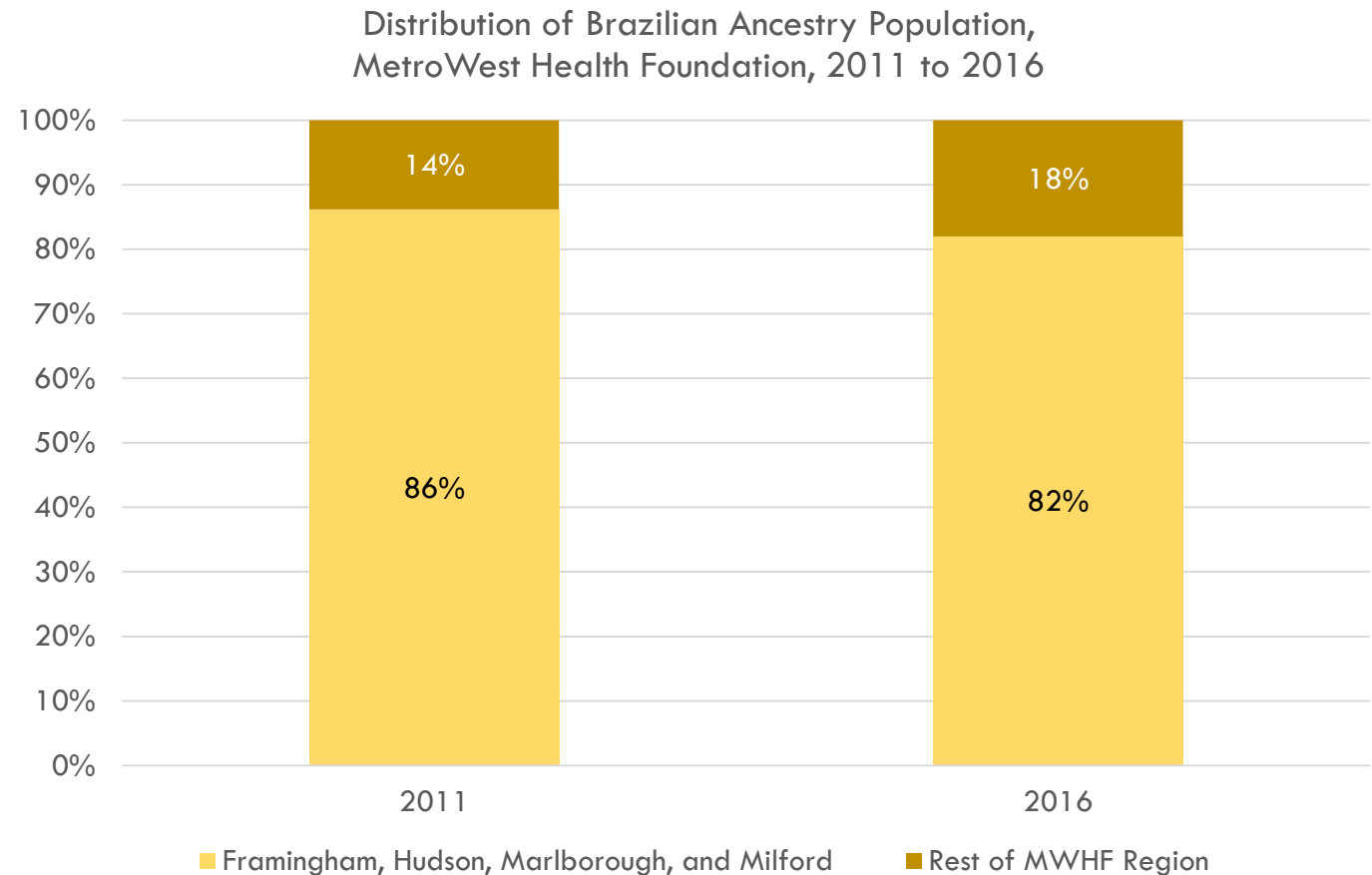
Racial dot map (2010)

- White and Asian populations are distributed throughout the region

- Latinx, Black, and multiracial or other races are more clustered within a few cities and towns

Latinx/Hispanic*

Black

Asian

Multiracial

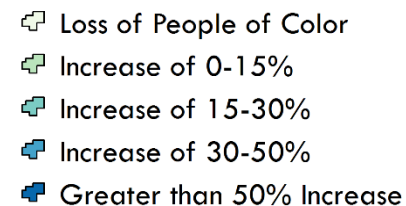Other Race

White

Source: U.S. Decennial Census, 2010
1 dot = 1 person
*Here, Latinx/Hispanic is exclusive of other categories

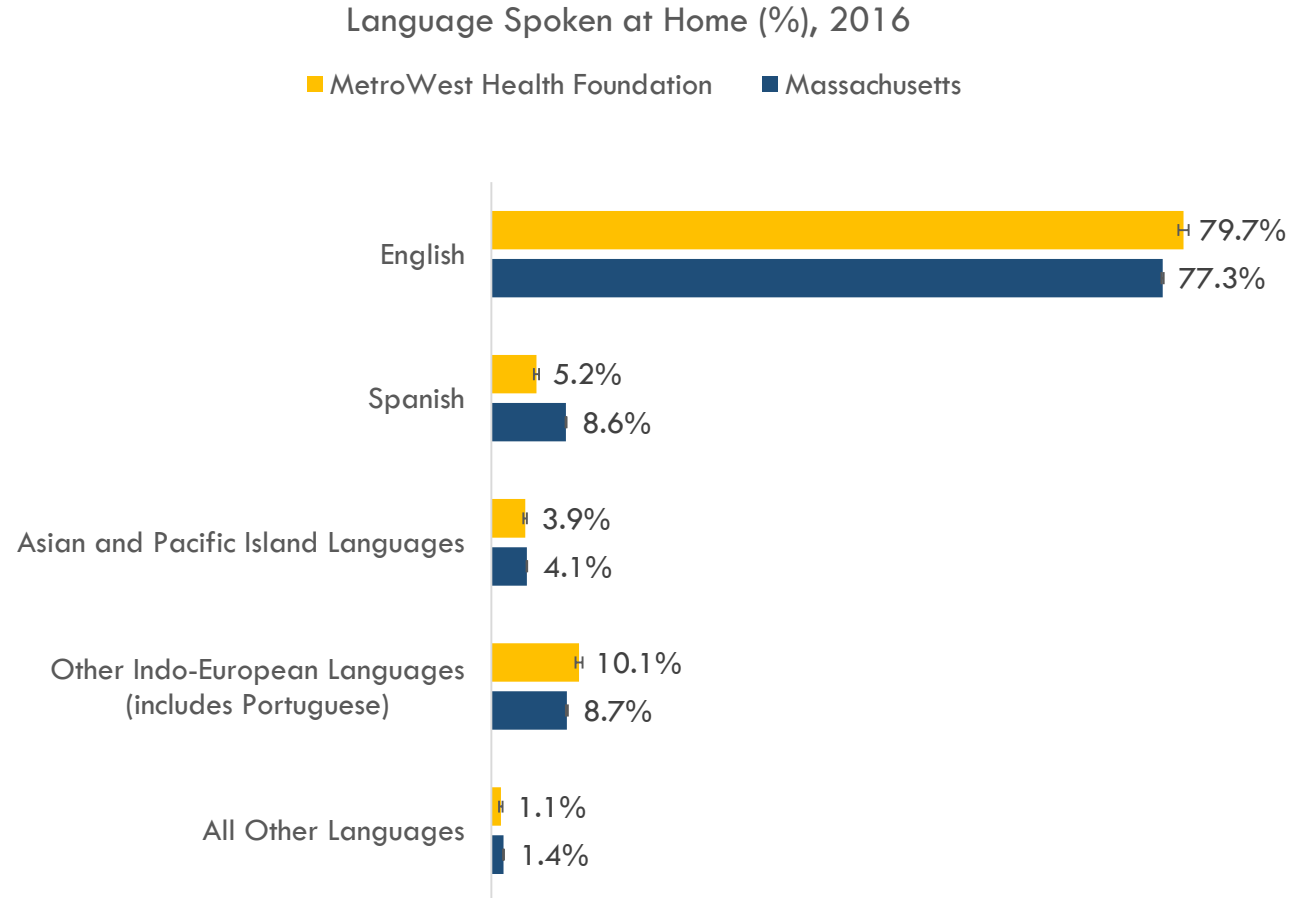# Some municipalities are diversifying faster than others

- Few municipalities are losing people of color – most are diversifying

- A quarter have increased their populations of color by 50% since 2011

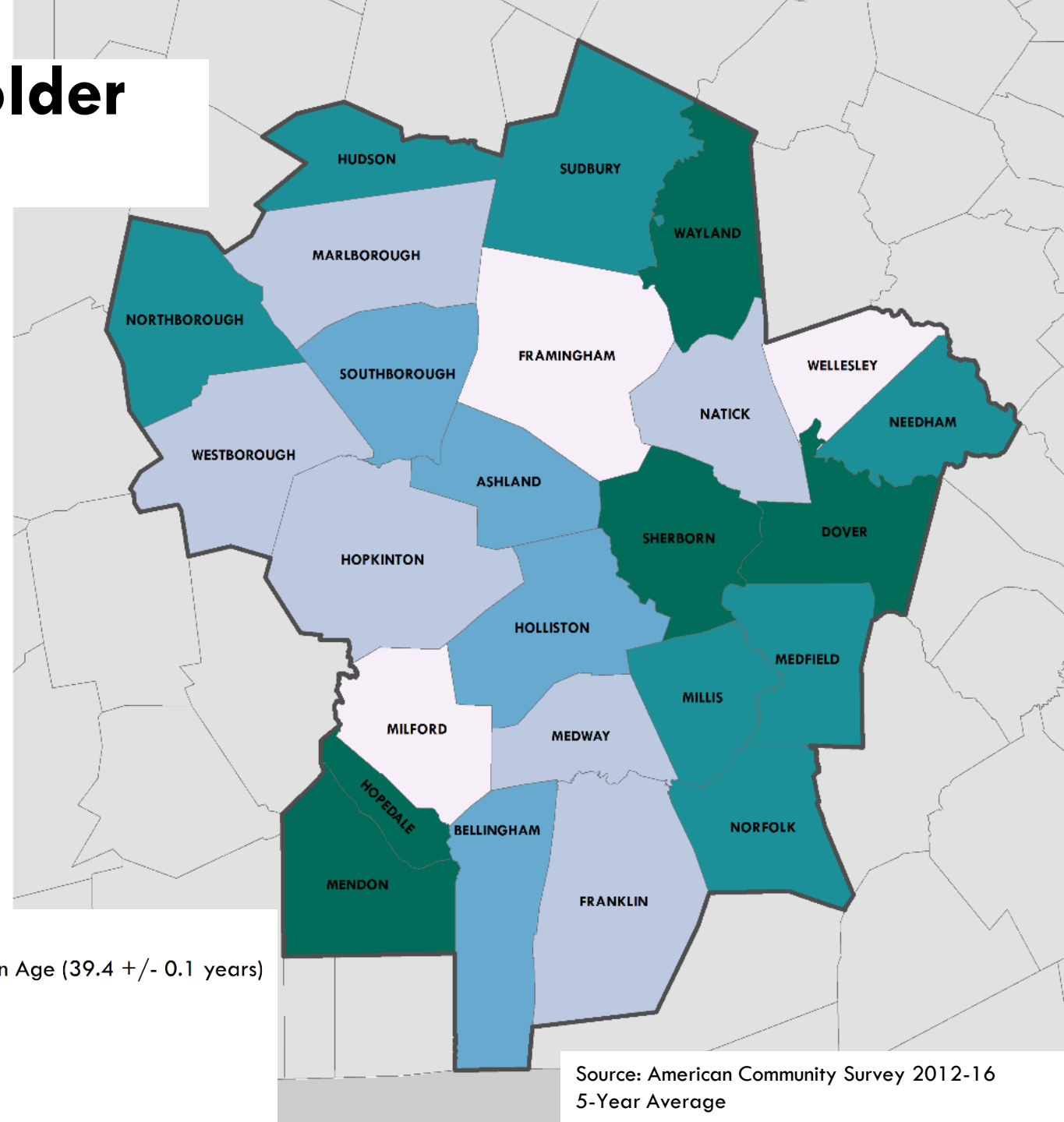**Percent Change in People of Color, 2011 to 2016**

- Loss of People of Color
- Increase of 0-15%
- Increase of 15-30%
- Increase of 30-50%
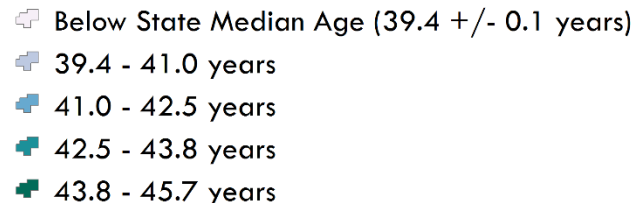- Greater than 50% Increase
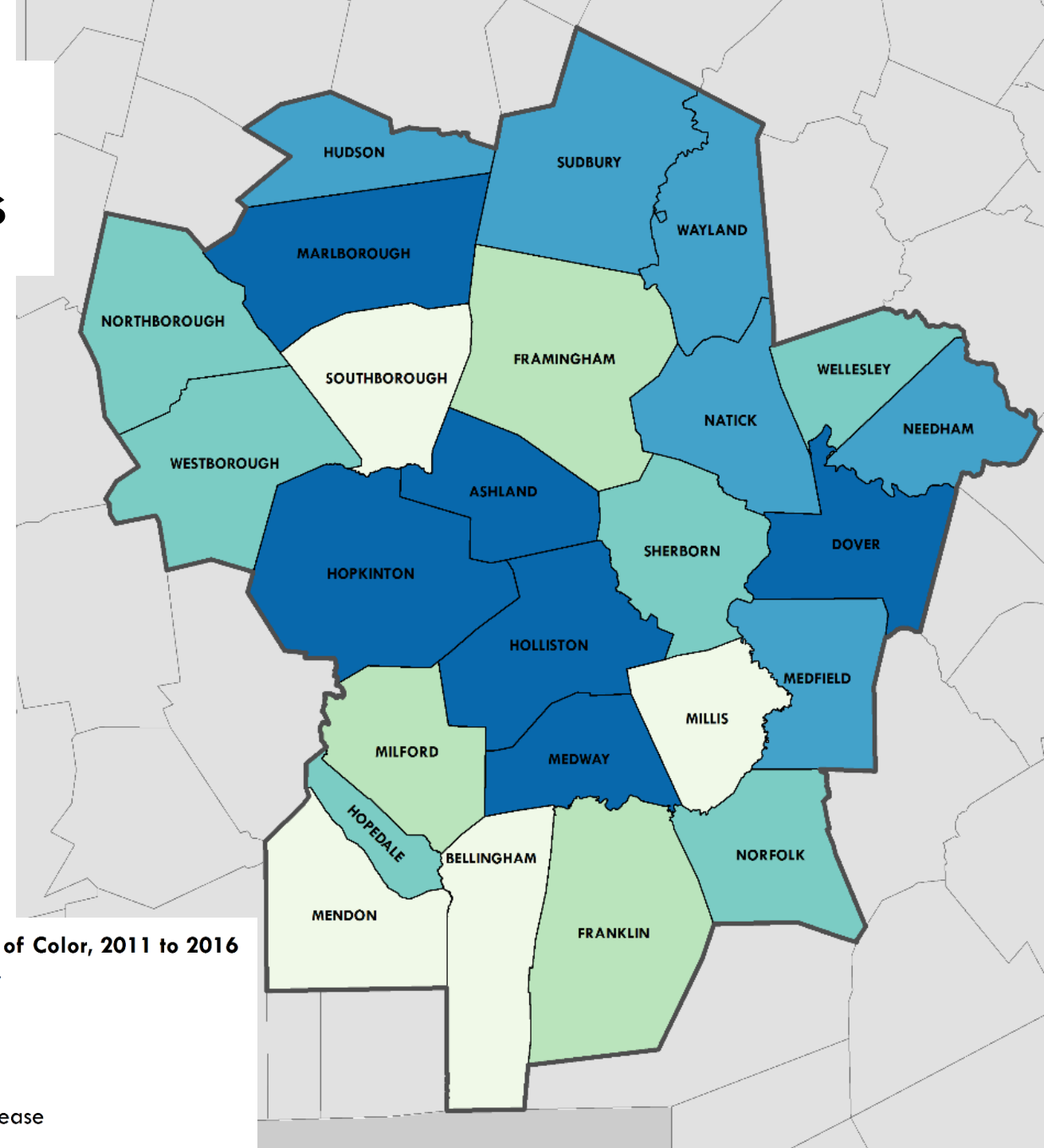
Language spoken at home

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

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

Language Spoken at Home (%), 2016

■ MetroWest Health Foundation   ■ Massachusetts

English
MetroWest Health Foundation: 79.7%
Massachusetts: 77.3%

Spanish
MetroWest Health Foundation: 5.2%
Massachusetts: 8.6%

Asian and Pacific Island Languages
MetroWest Health Foundation: 3.9%
Massachusetts: 4.1%

Other Indo-European Languages (includes Portuguese)
MetroWest Health Foundation: 10.1%
Massachusetts: 8.7%

All Other Languages
MetroWest Health Foundation: 1.1%
Massachusetts: 1.4%

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

The region is generally older than the state average

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

Median Age

- Below State Median Age (39.4 +/- 0.1 years)
- 39.4 - 41.0 years
- 41.0 - 42.5 years
- 42.5 - 43.8 years
- 43.8 - 45.7 years

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

The proportion of households with older adults is growing…

- Over a quarter of all households in MWHF region have seniors

- This mirrors a statewide increase in the proportion of households with seniors

Percent Households with Seniors
(65 Years and Over), 2011 and 2016

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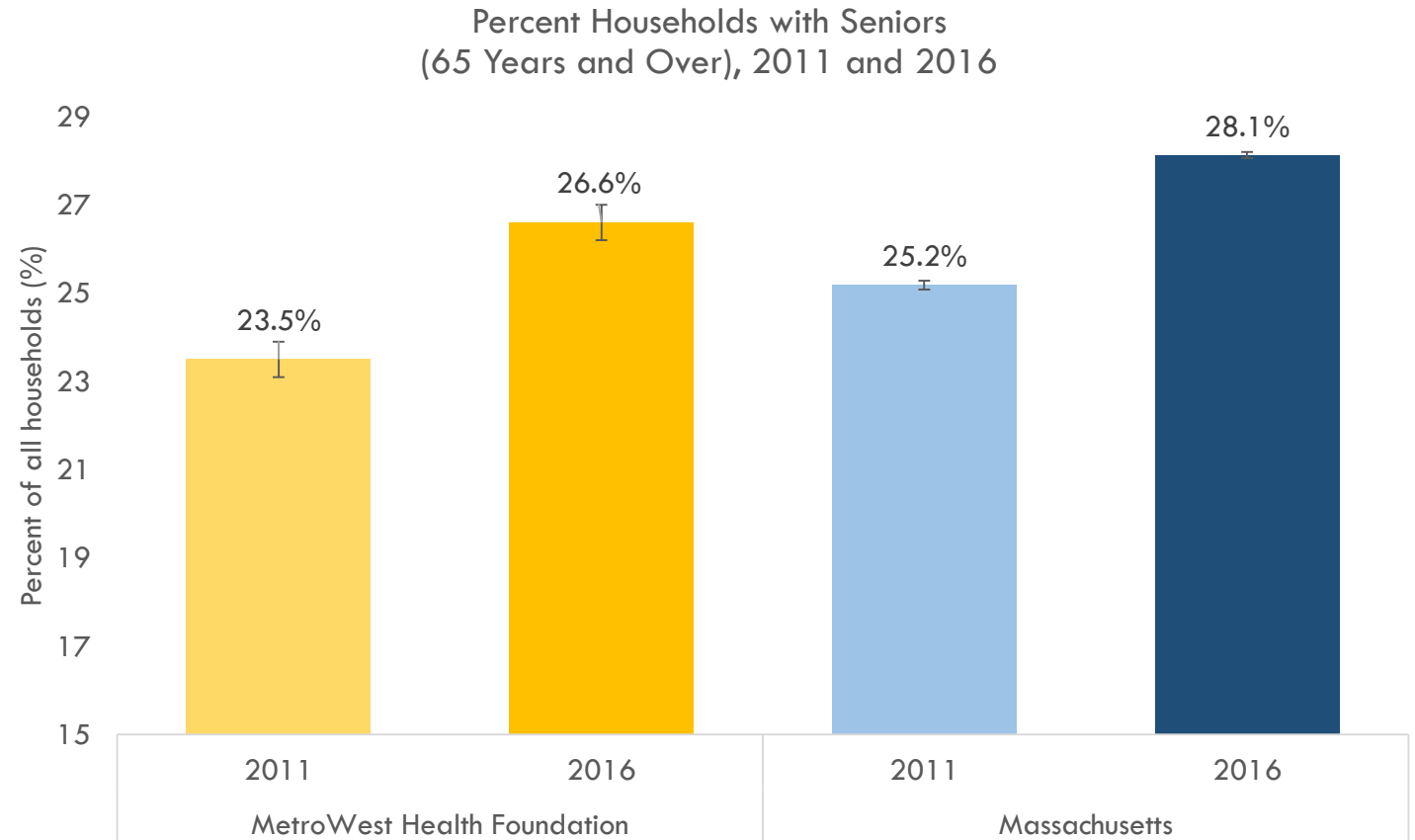
…and the proportion of households with children is static, but higher than the state average

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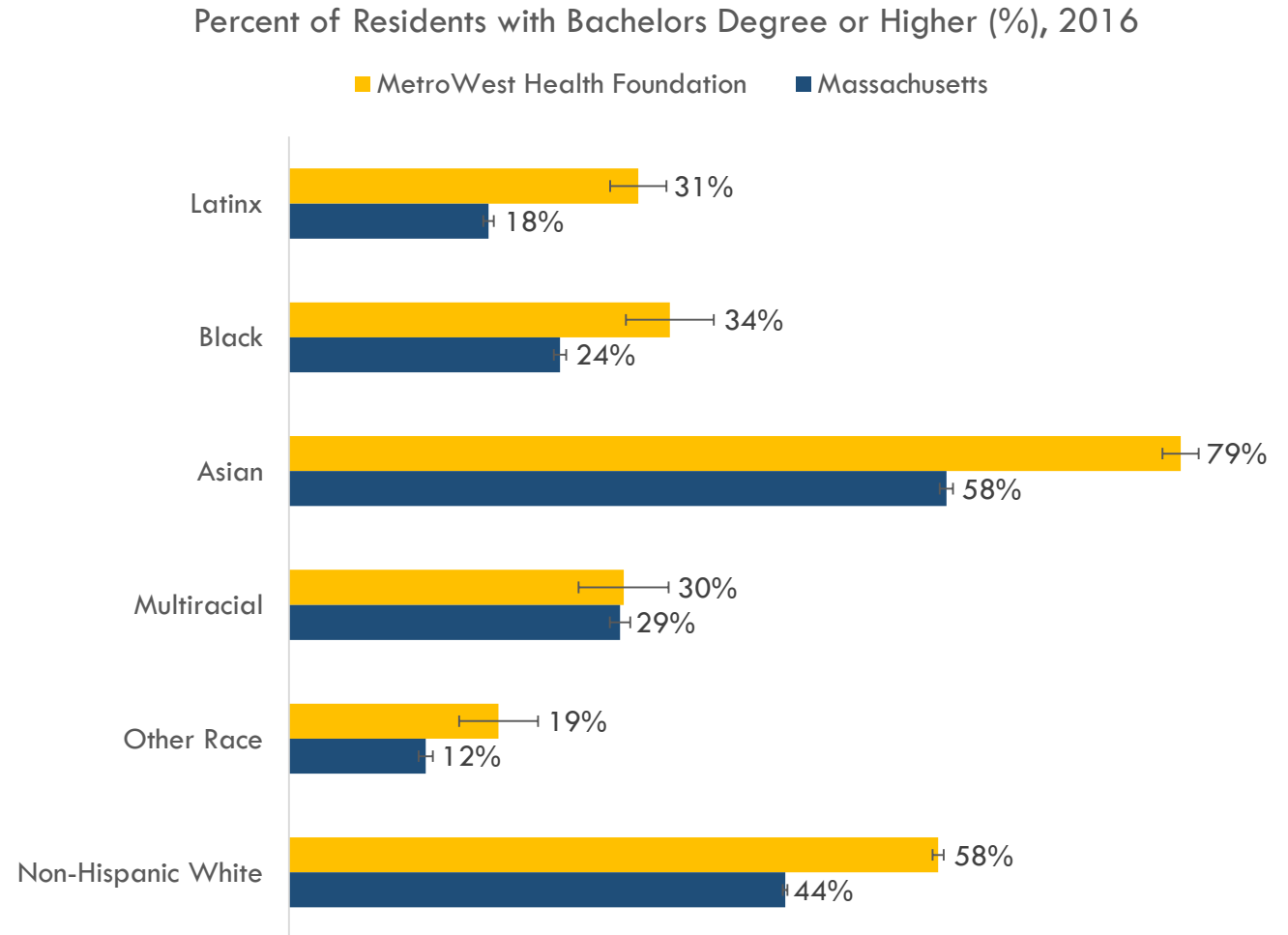
- Over a third of homes in region have children

Percent Households with Children
(Under 18 Years), 2016

36.7%

30.1%

MetroWest Health Foundation

Massachusetts

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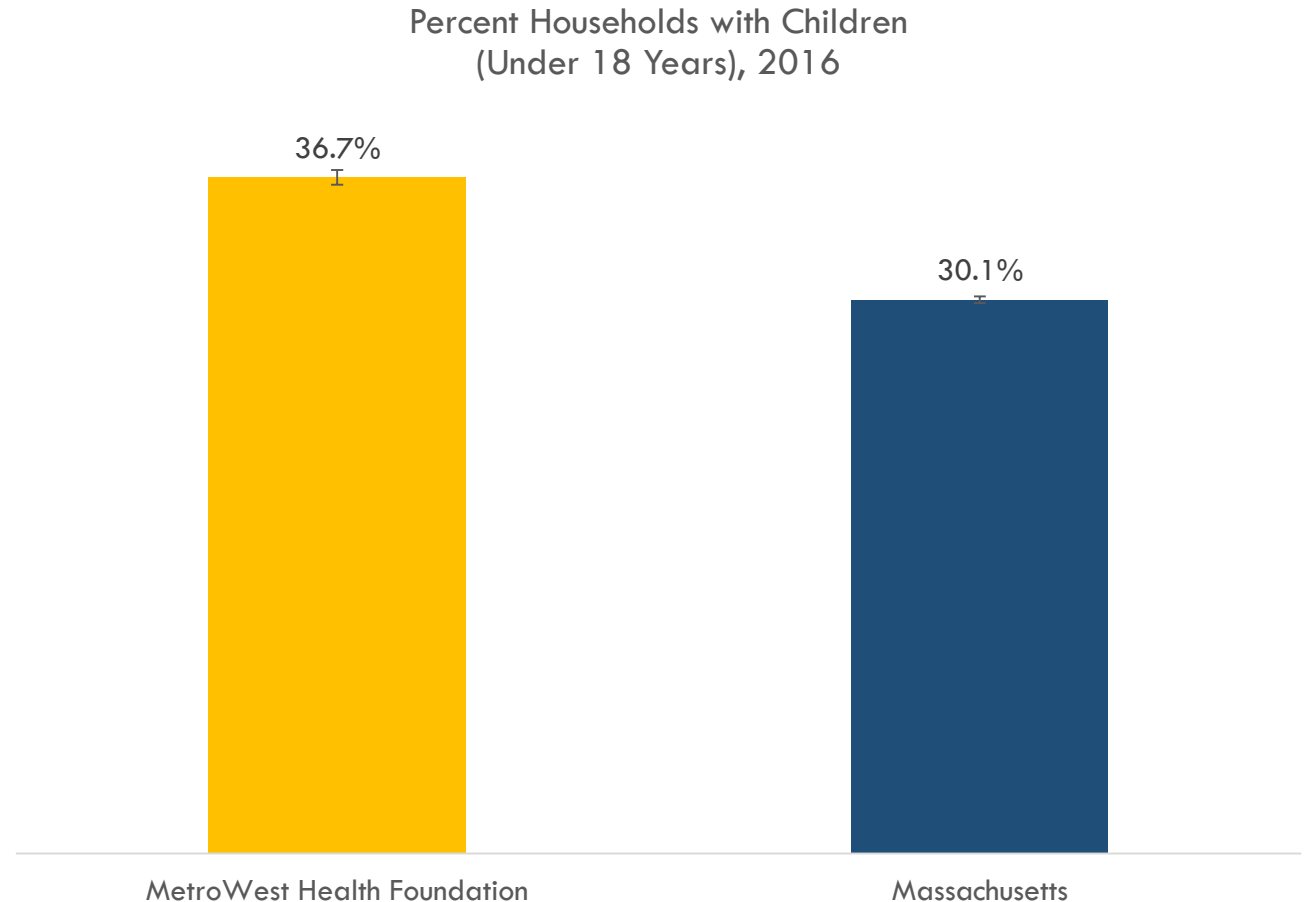
Children in poverty

- In the MWHF region, a smaller proportion of families with children are below the poverty line compared to the state average

- High variability in rate of children in poverty across region

Children in Families below Poverty, 2016

Percent

Location	Percent
Framingham	15.2%
Massachusetts	14.6%
Milford	9.8%
Hudson	7.9%
Marlborough	7.8%
Sherborn	6.6%
Medway	5.7%
MetroWest Health Foundation	5.4%
Bellingham	5.0%
Norfolk	4.4%
Westborough	4.3%
Wayland	4.1%
Franklin	3.9%
Natick	3.8%
Millis	3.5%
Southborough	3.2%
Wellesley	3.0%
Needham	2.9%
Ashland	2.8%
Medfield	2.5%
Hopkinton	2.3%
Sudbury	1.8%
Northborough	1.7%
Holliston	1.2%
Dover	0%
Hopedale	0%
Mendon	0%

A greater share of MWHF residents have completed college or beyond

- College completion is higher in the region than the state average for nearly all racial/ethnic categories

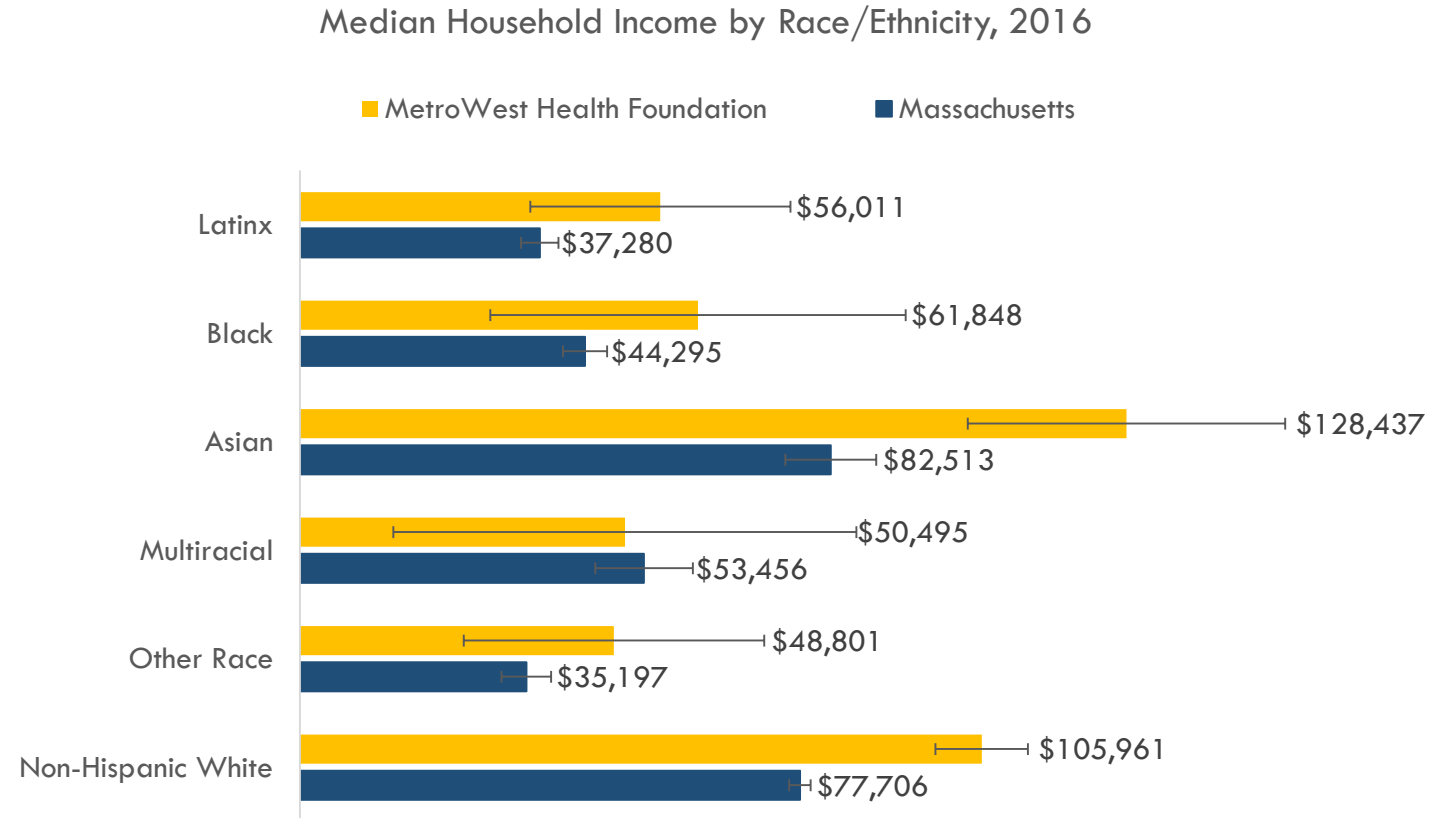- Yet disparities still exist across racial/ethnic groups

Percent of Residents with Bachelors Degree or Higher (%), 2016

■ MetroWest Health Foundation ■ Massachusetts

Category	MetroWest Health Foundation	Massachusetts
Latinx	31%	18%
Black	34%	24%
Asian	79%	58%
Multiracial	30%	29%
Other Race	19%	12%
Non-Hispanic White	58%	44%

Economic Markers

Downtown Milford, MA
Photo credit: James Wellman

Higher household incomes, but racial disparities persist

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

Median Household Income by Race/Ethnicity, 2016

■ MetroWest Health Foundation   ■ Massachusetts

Latinx
- MetroWest Health Foundation: $56,011
- Massachusetts: $37,280

Black
- MetroWest Health Foundation: $61,848
- Massachusetts: $44,295

Asian
- MetroWest Health Foundation: $128,437
- Massachusetts: $82,513

Multiracial
- MetroWest Health Foundation: $50,495
- Massachusetts: $53,456

Other Race
- MetroWest Health Foundation: $48,801
- Massachusetts: $35,197

Non-Hispanic White
- MetroWest Health Foundation: $105,961
- Massachusetts: $77,706

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

Income disparities are reflected in racial disparities in housing cost burden

- Latinx have greatest overall cost burden

- Only Black population has more severely cost burdened households than cost burdened

  - This is not a statewide trend

Households with Housing Cost Burden by Race, MetroWest Health Foundation, 2015

■ Cost Burdened ■ Severely Cost Burdened

Percent with any cost burden

Race	Cost Burdened	Severely Cost Burdened
Latinx	29%	20%
Black	17%	22%
Asian or Pacific Islander	12%	9%
Other Race	30%	13%
Non-Hispanic White	16%	12%
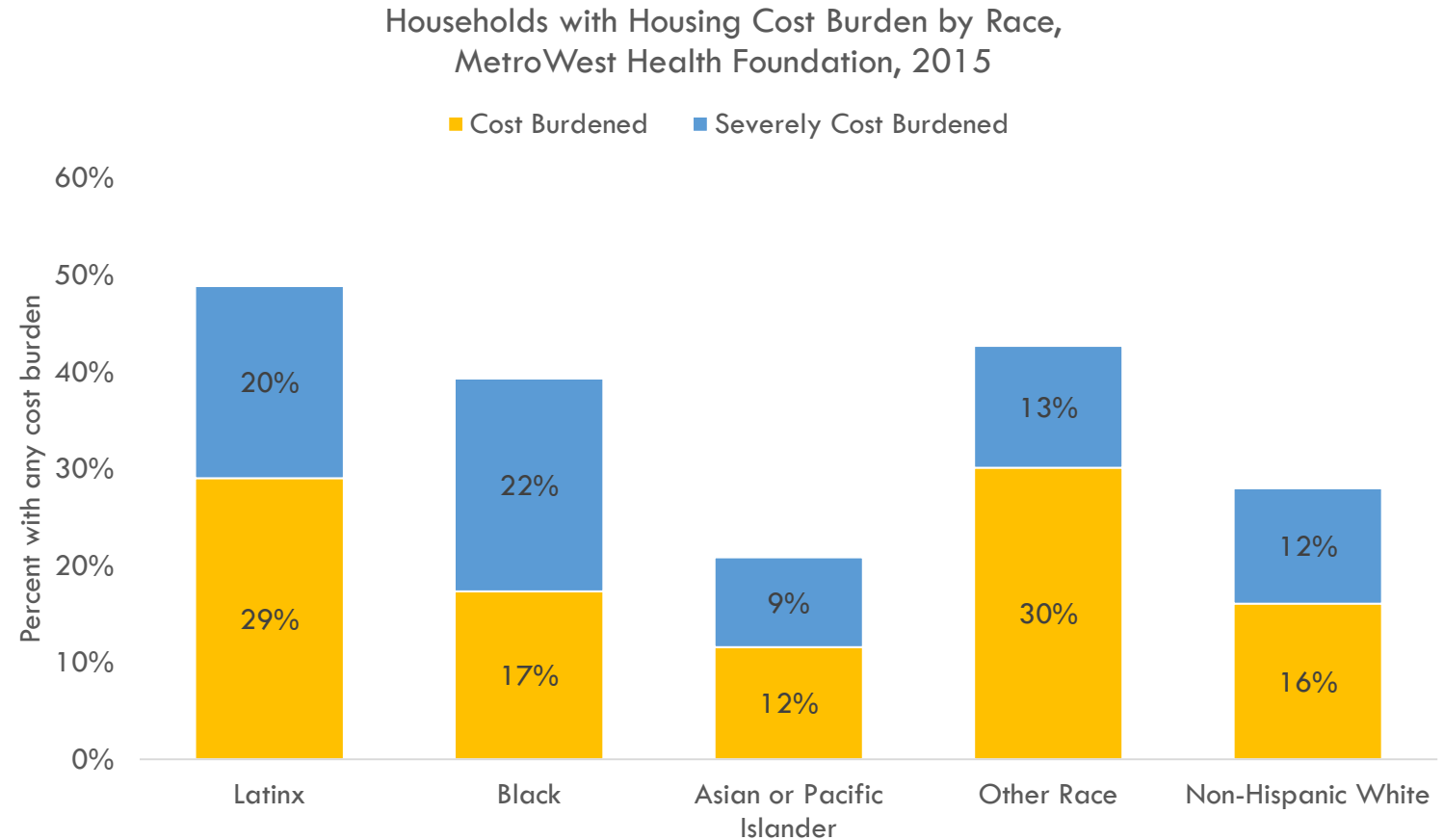
Cost burdened: 30-50% of income spent on housing

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

Source: Comprehensive Housing Affordability Strategy (CHAS) 2011-15 5-Year Average

Unemployment across the region is lower than state average

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

- Yet *across* racial ethnic groups, racial disparities seen across the state are also seen within the MWHF region
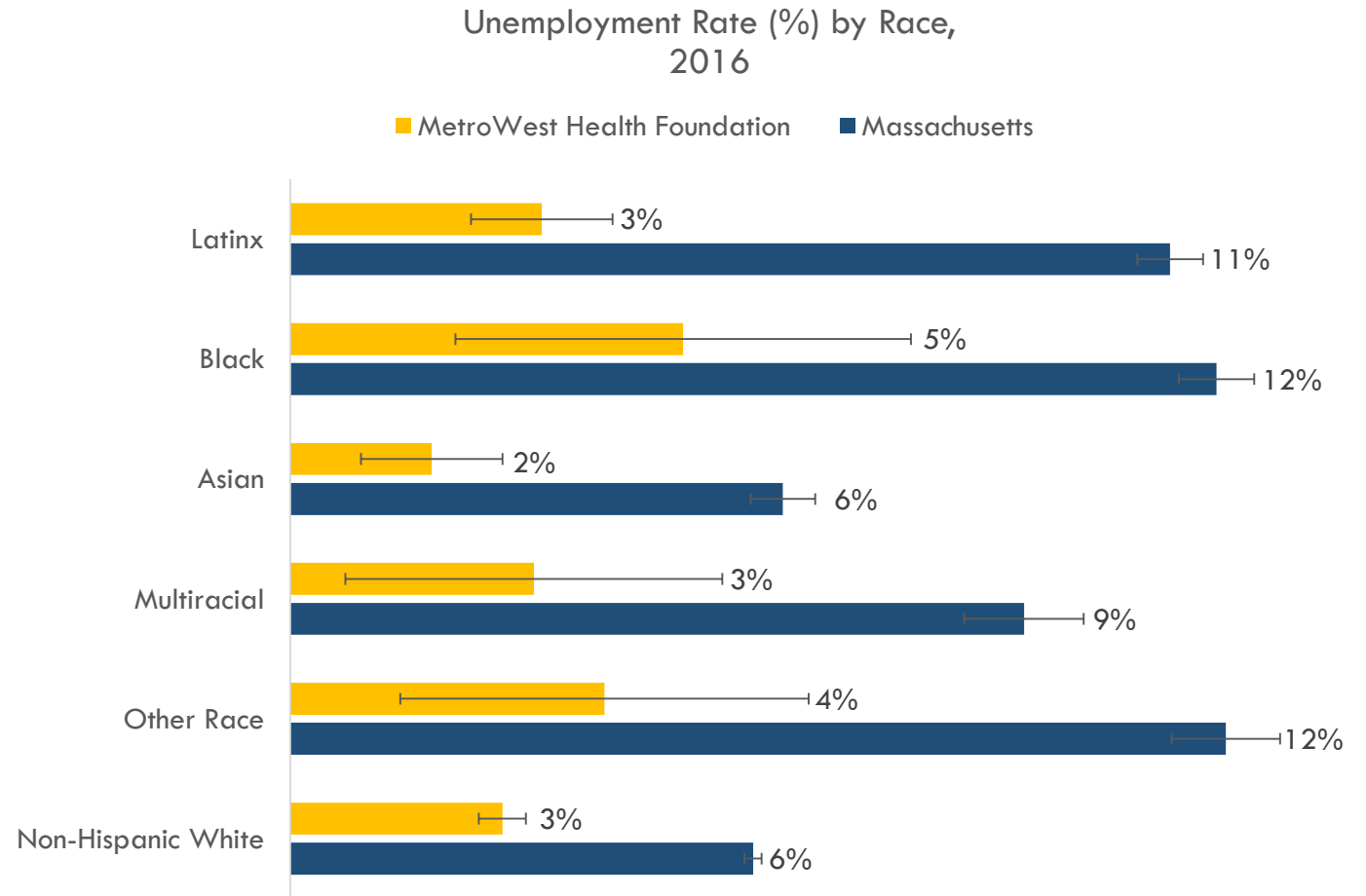
Unemployment Rate (%) by Race, 2016

■ MetroWest Health Foundation ■ Massachusetts

Race	MWHF	Massachusetts
Latinx	3%	11%
Black	5%	12%
Asian	2%	6%
Multiracial	3%	9%
Other Race	4%	12%
Non-Hispanic White	3%	6%

Housing

Housing development in Needham, MA
Photo credit: David L. Ryan/Boston Globe

Homeownership is more prevalent in region than in state for nearly everyone…

- …except Black and mixed race households

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

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

🟨 MetroWest Health Foundation   🟦 Massachusetts

Latinx
- 35%
- 25%

Black
- 35%
- 33%

Asian
- 68%
- 52%

Multiracial
- 36%
- 35%

Other Race
- 29%
- 23%

Non-Hispanic White
- 78%
- 69%

Source: American Community Survey 2012-16 5-Year Average
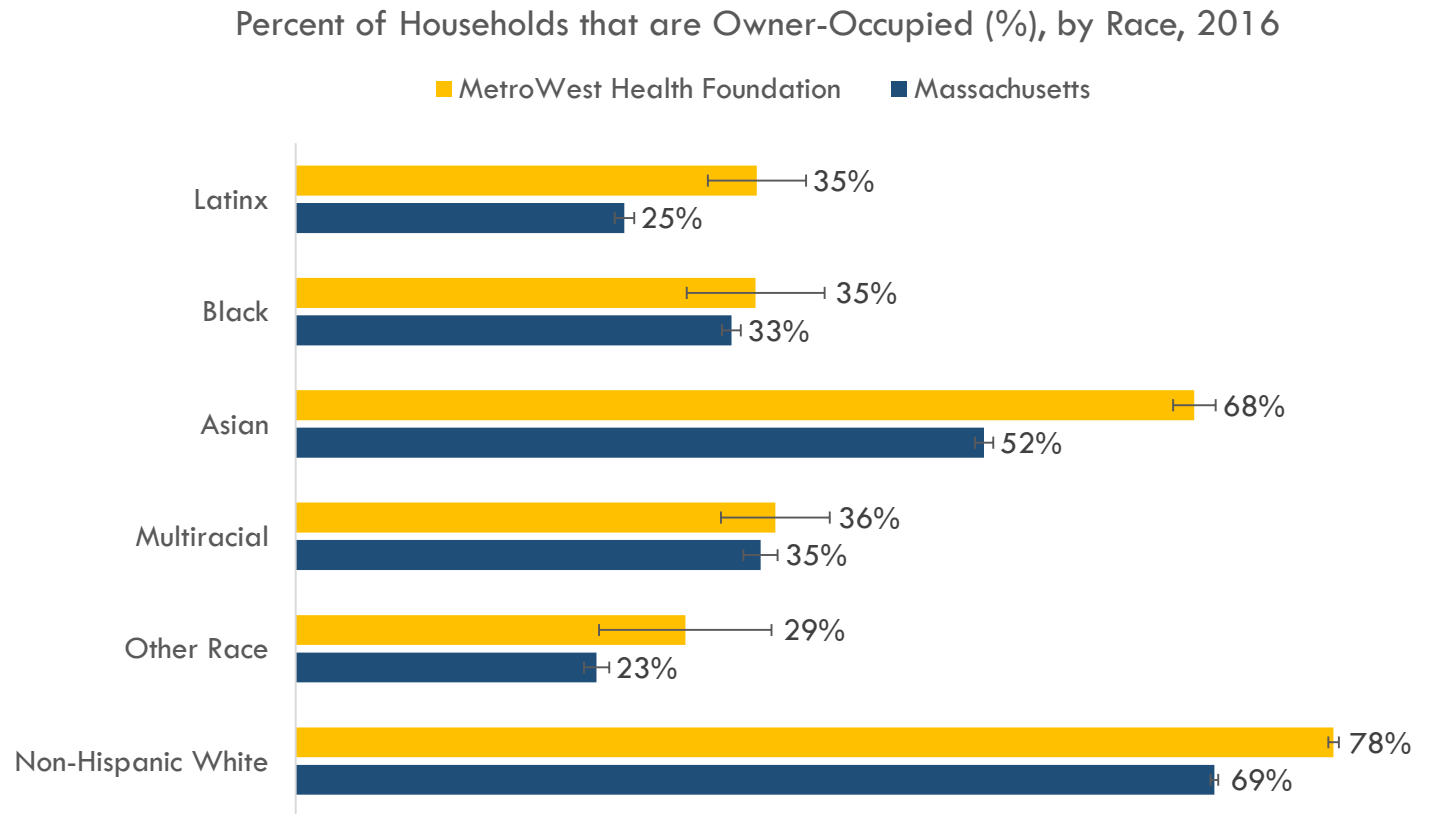
Homeownership rate is variable across the region

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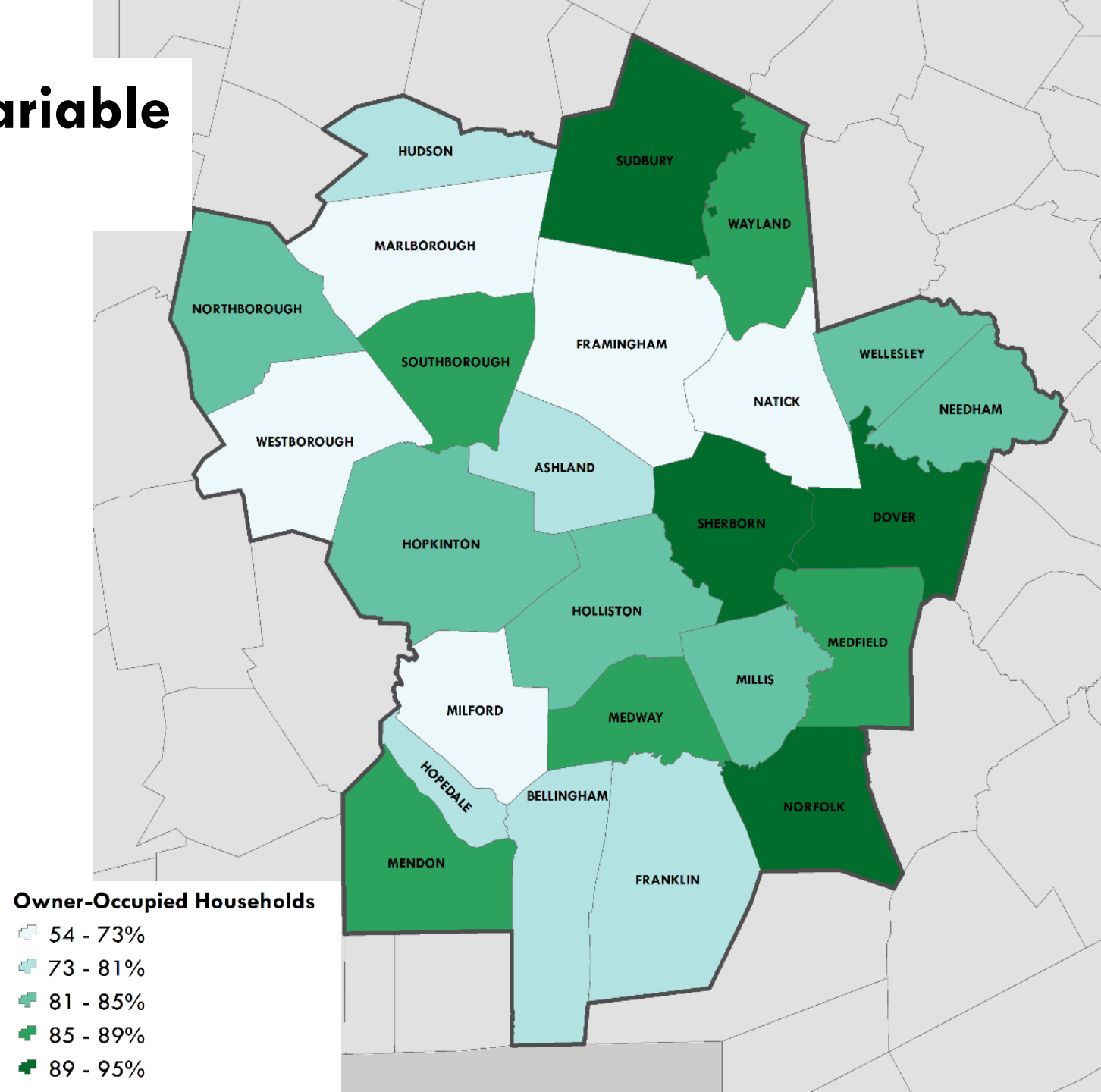
Owner-Occupied Households

- 54 - 73%
- 73 - 81%
- 81 - 85%
- 85 - 89%
- 89 - 95%

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

Projections

Population Projections

- Rapid population growth during the last two decades is expected to slow
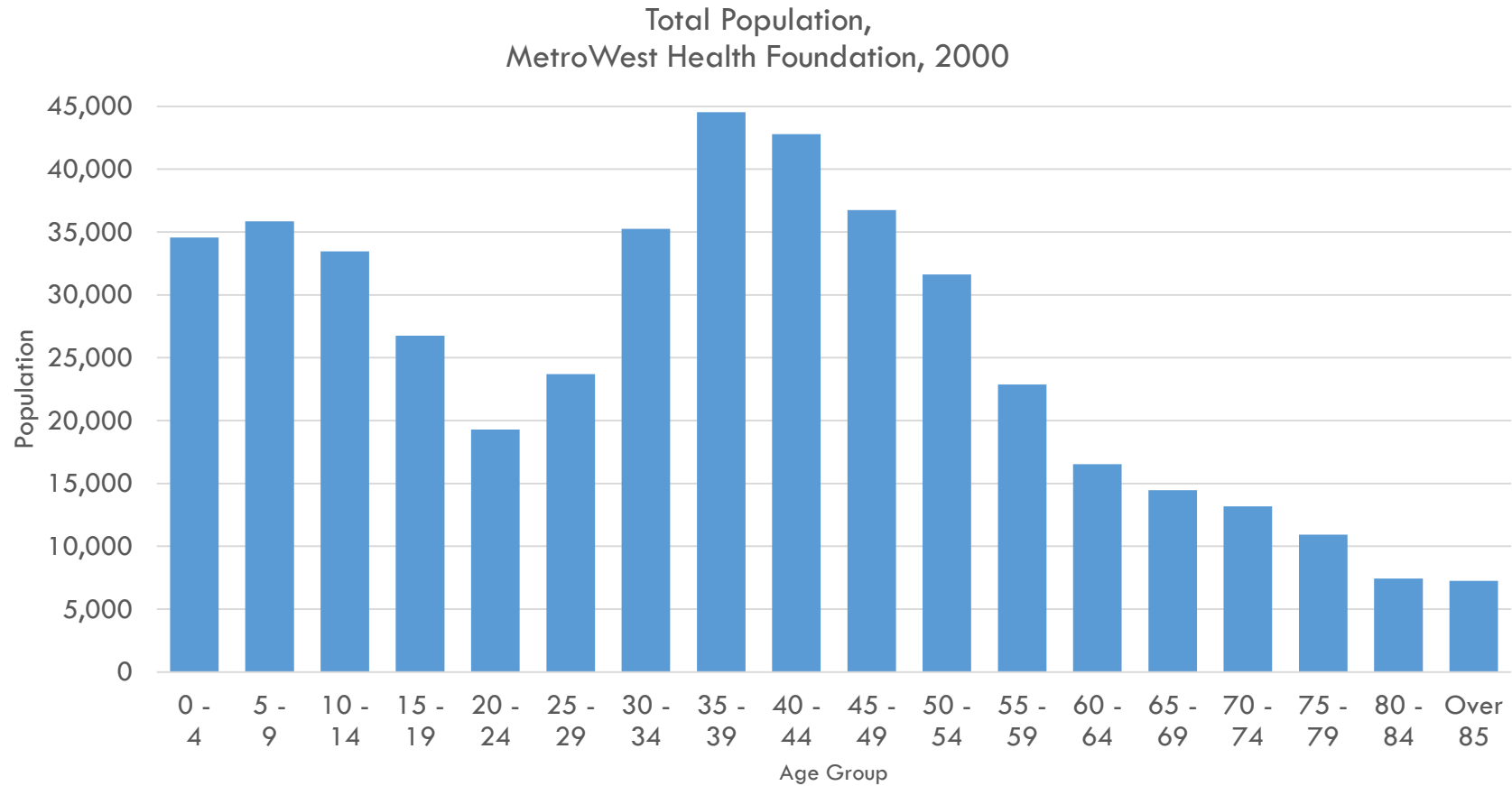
- Total population is expected to grow by 4% from 2010 to 2040

Total Population,
MetroWest Health Foundation, 1990-2040

Population Projections, by age

1990
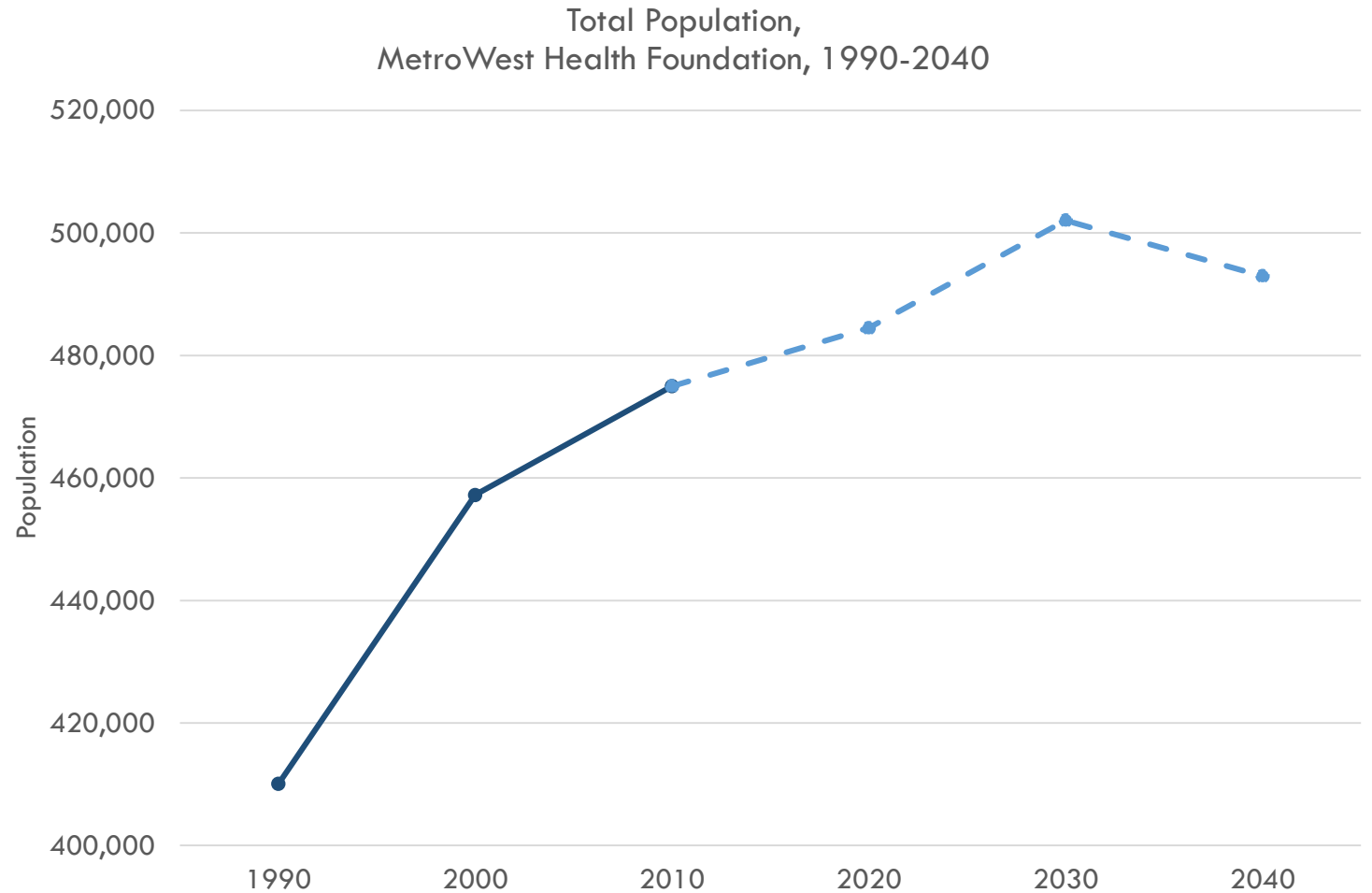
Total Population,
MetroWest Health Foundation, 1990

Population Projections, by age

2000

Total Population,
MetroWest Health Foundation, 2000
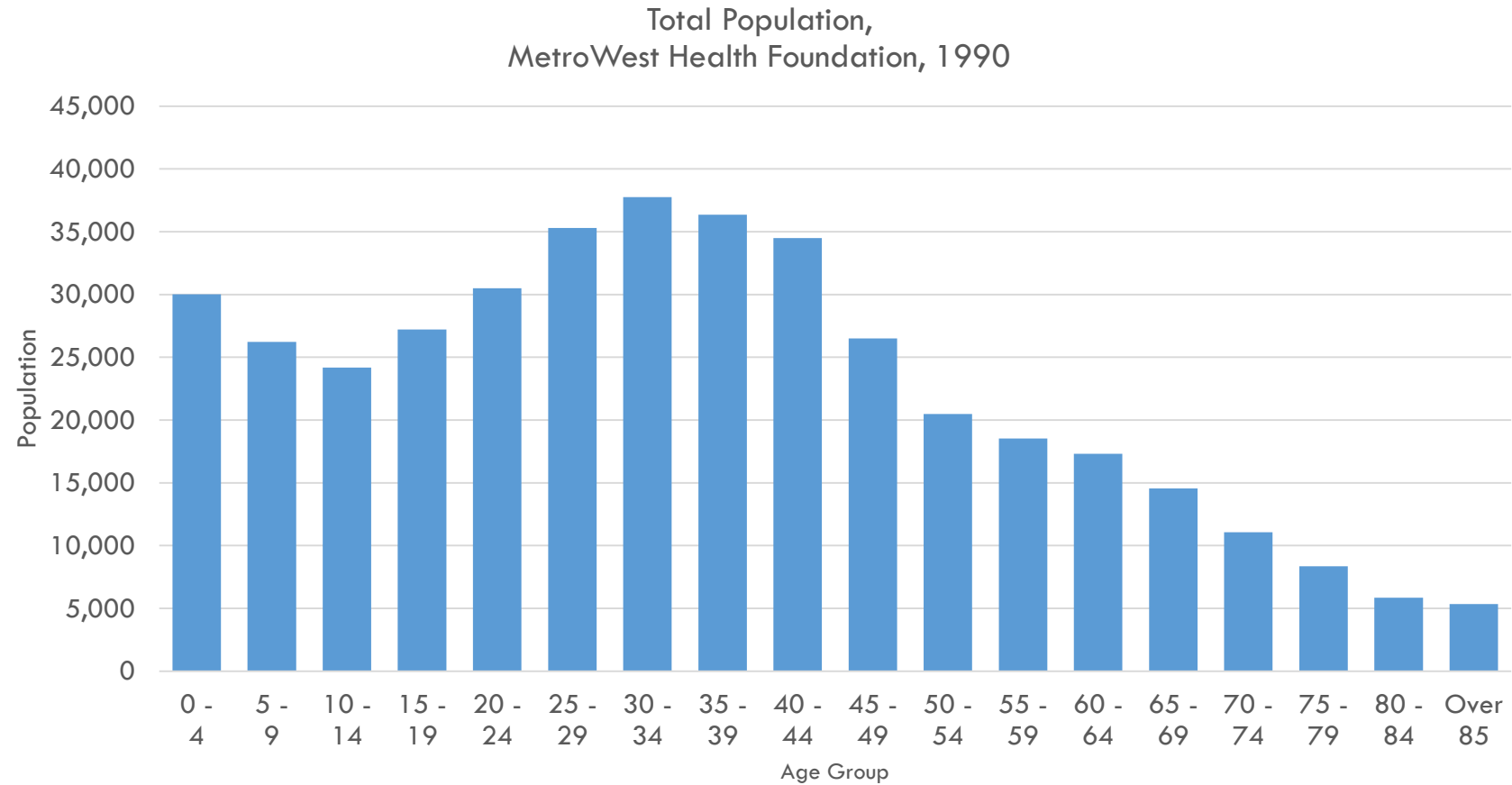
Population Projections, by age

2010

Total Population,
MetroWest Health Foundation, 2010
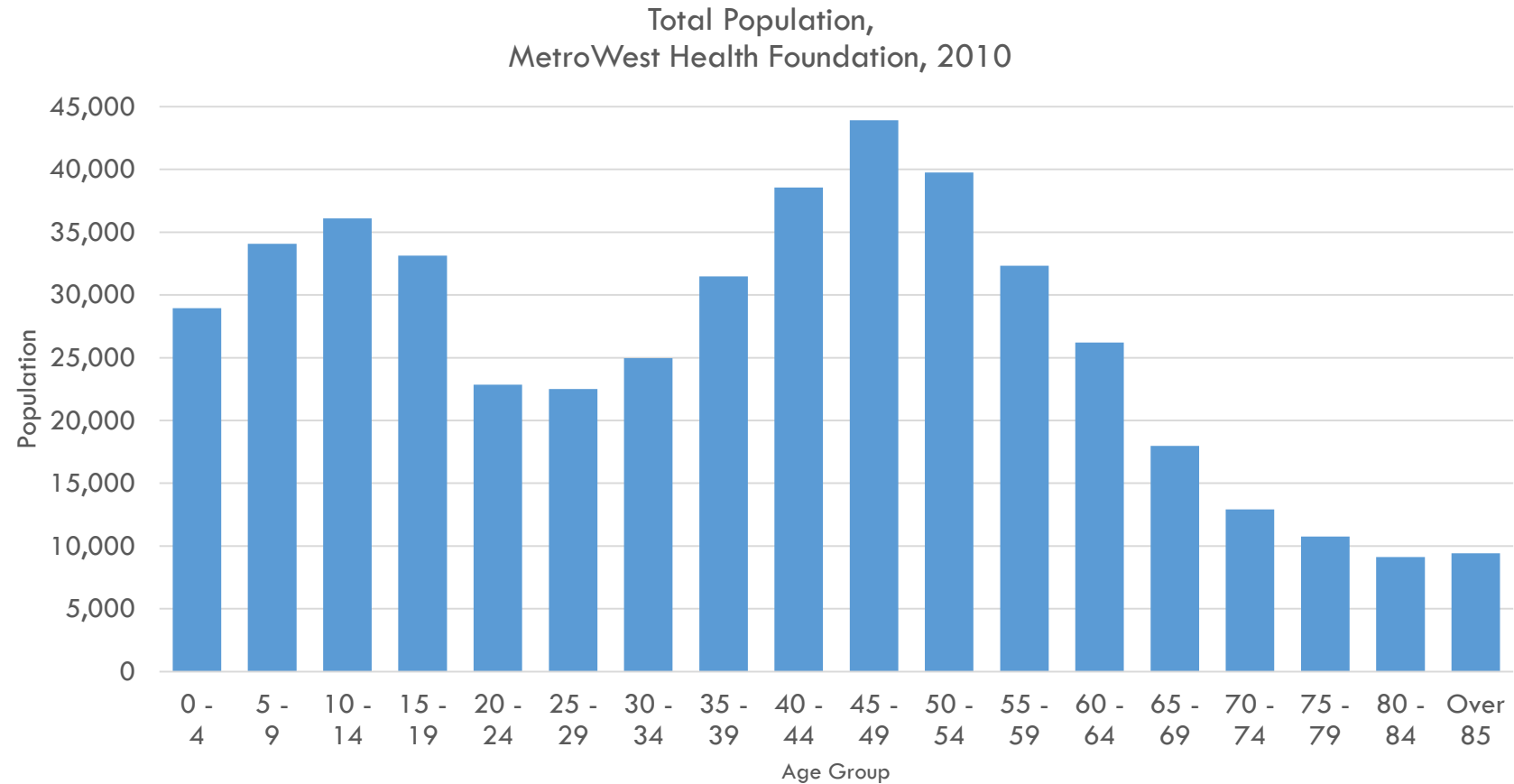
Population Projections, by age

2020

(Projected)

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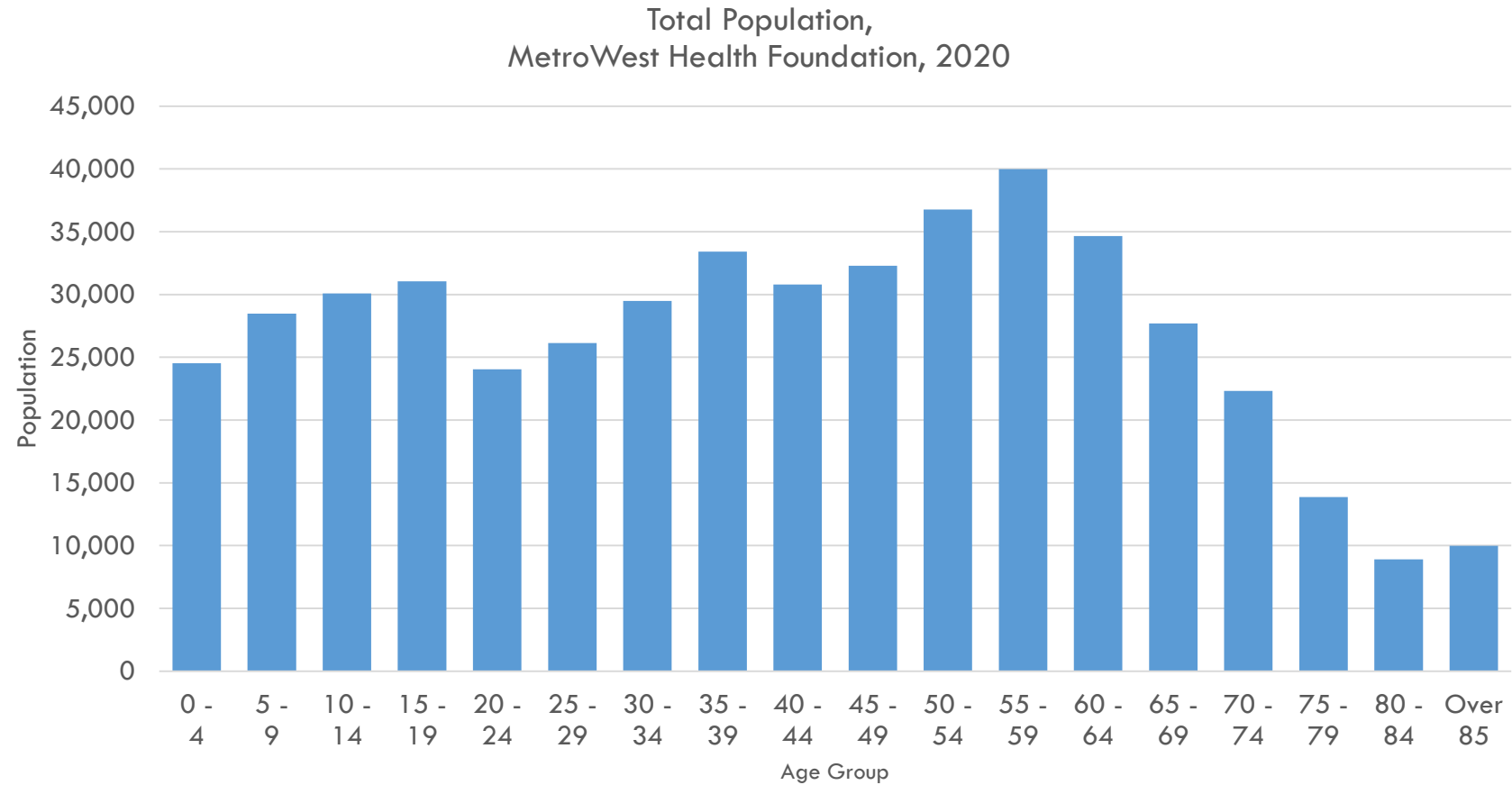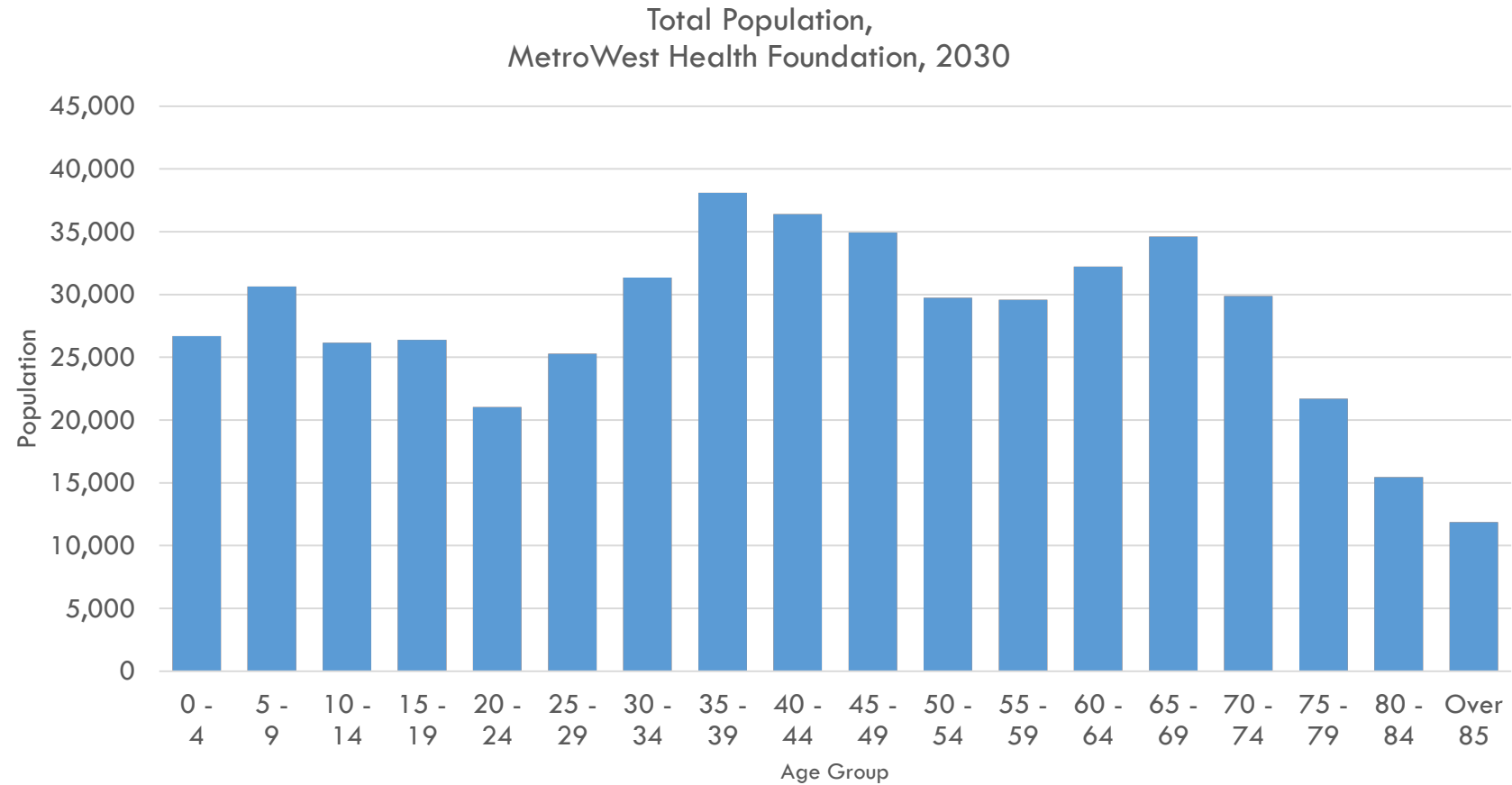
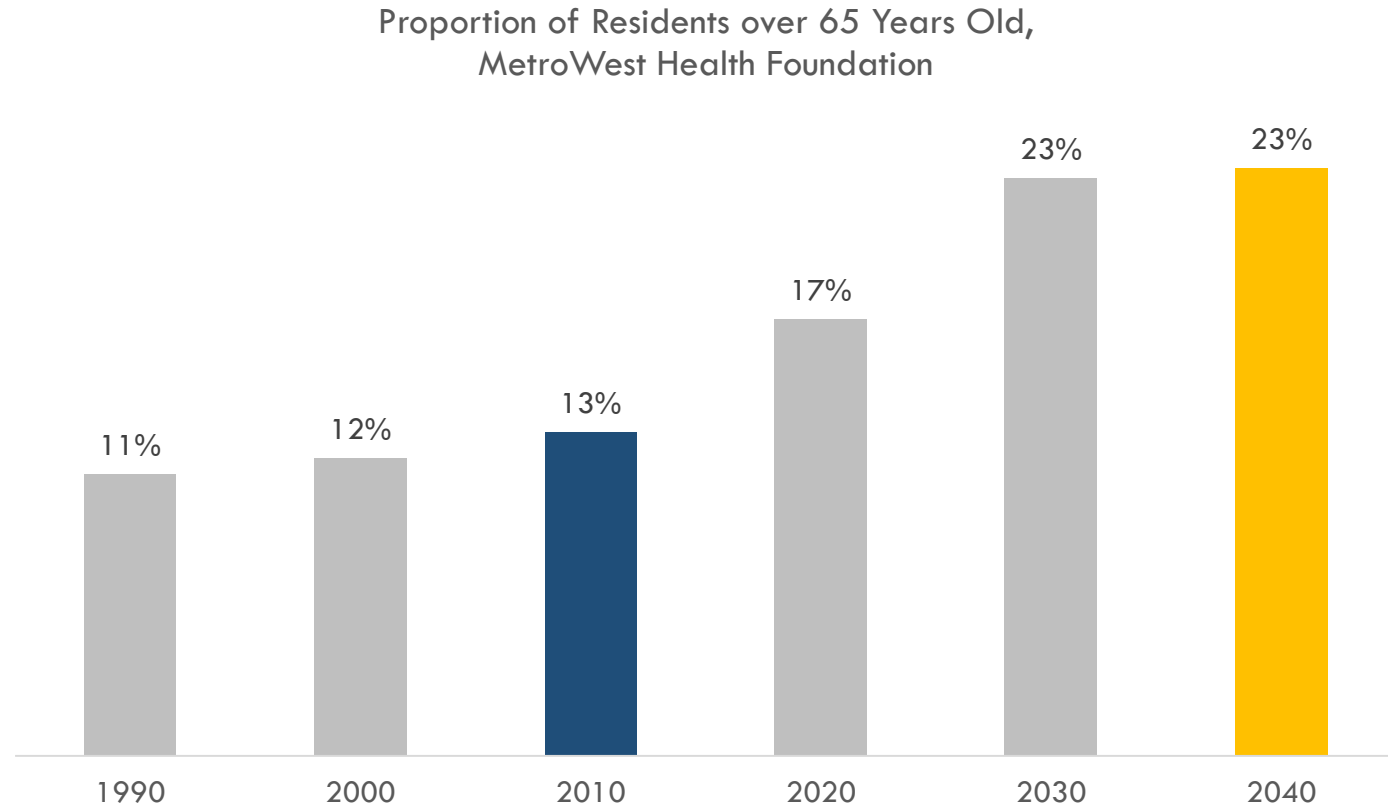# Population Projections, by age

2040

(Projected)

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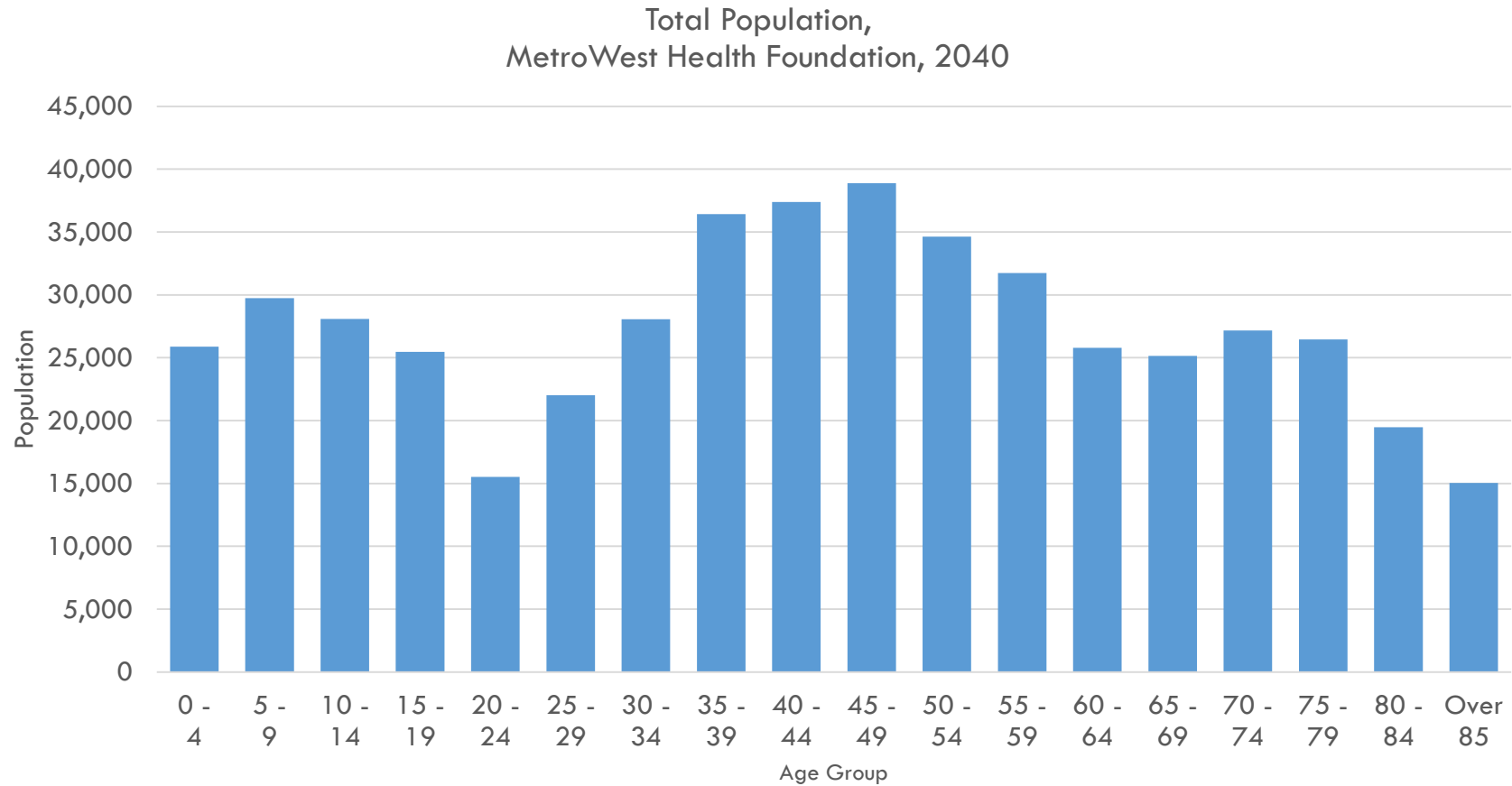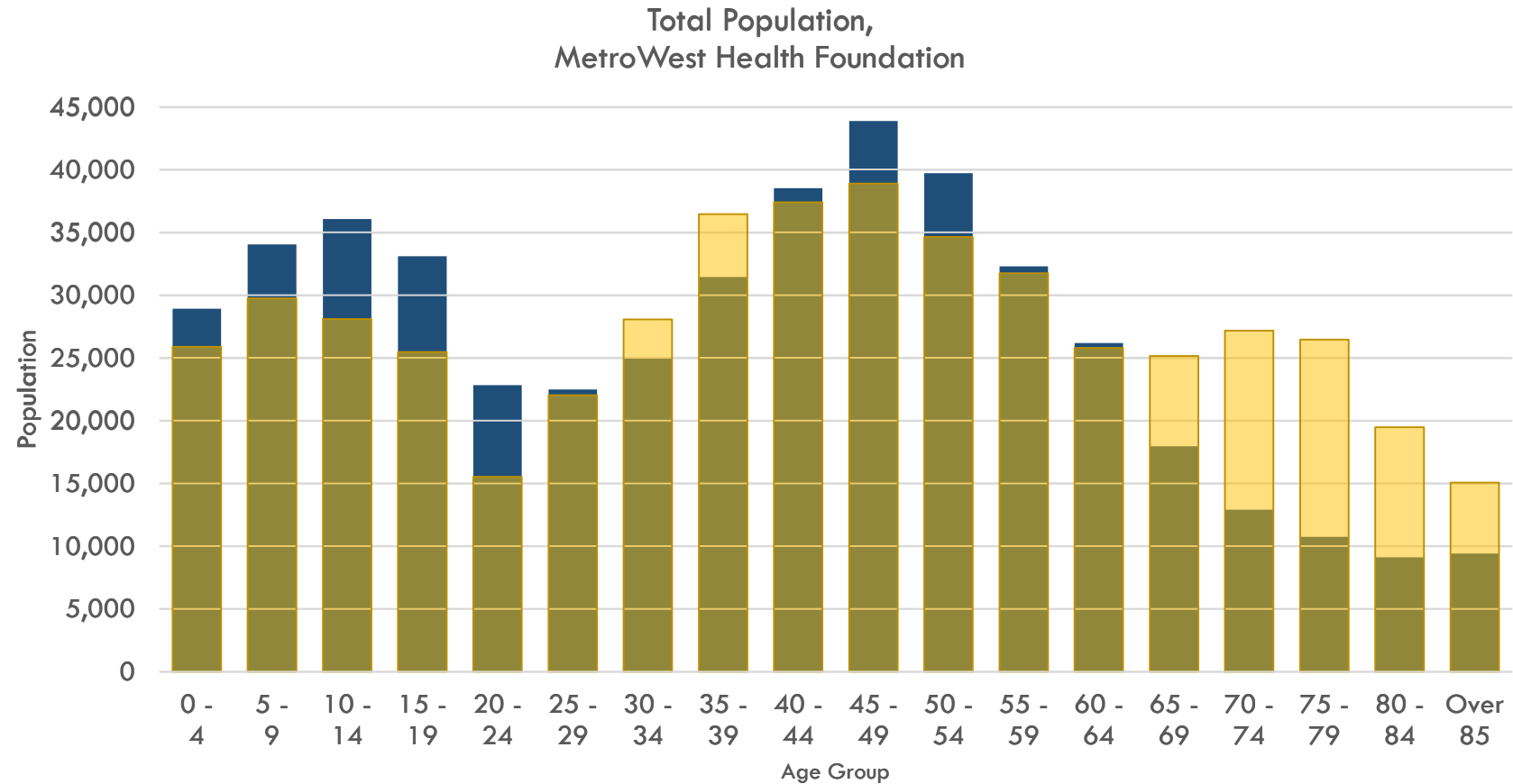
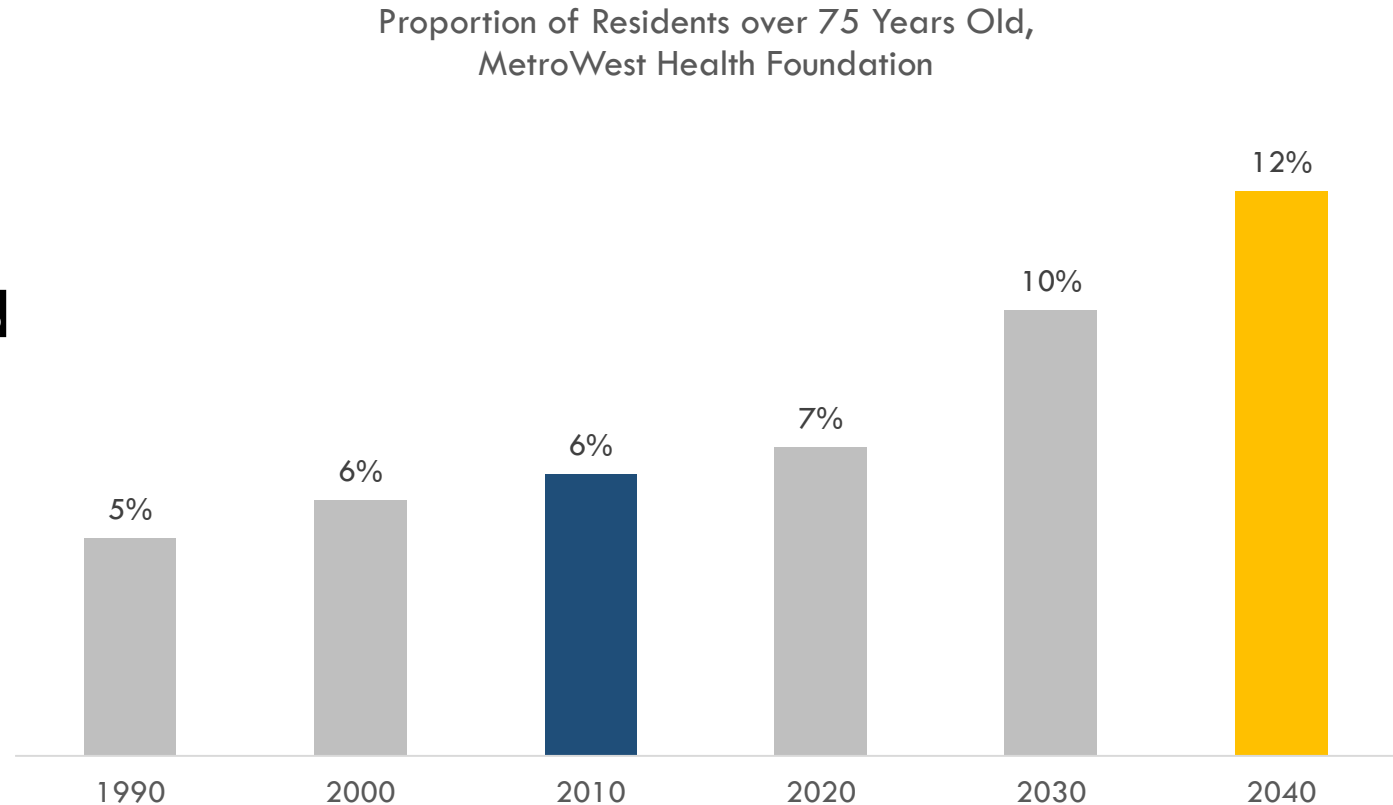# Population Projections, by age

- Nearly one in four residents in the region will be 65 and older by 2040

Proportion of Residents over 65 Years Old, MetroWest Health Foundation

Year	Percentage
1990	11%
2000	12%
2010	13%
2020	17%
2030	23%
2040	23%

Population Projections, by age

Proportion of Residents over 75 Years Old,
MetroWest Health Foundation

- The region is projected to double the number of residents age 75 and older by 2040

| 1990	2000	2010	2020	2030	2040
5%	6%	6%	7%	10%	12%

Population Projections, by age

- With the MWHF region's expected population growth, Millennials and Gen Z residents are each expected to outnumber Baby Boomers by 2030

Total Population by Year Born,
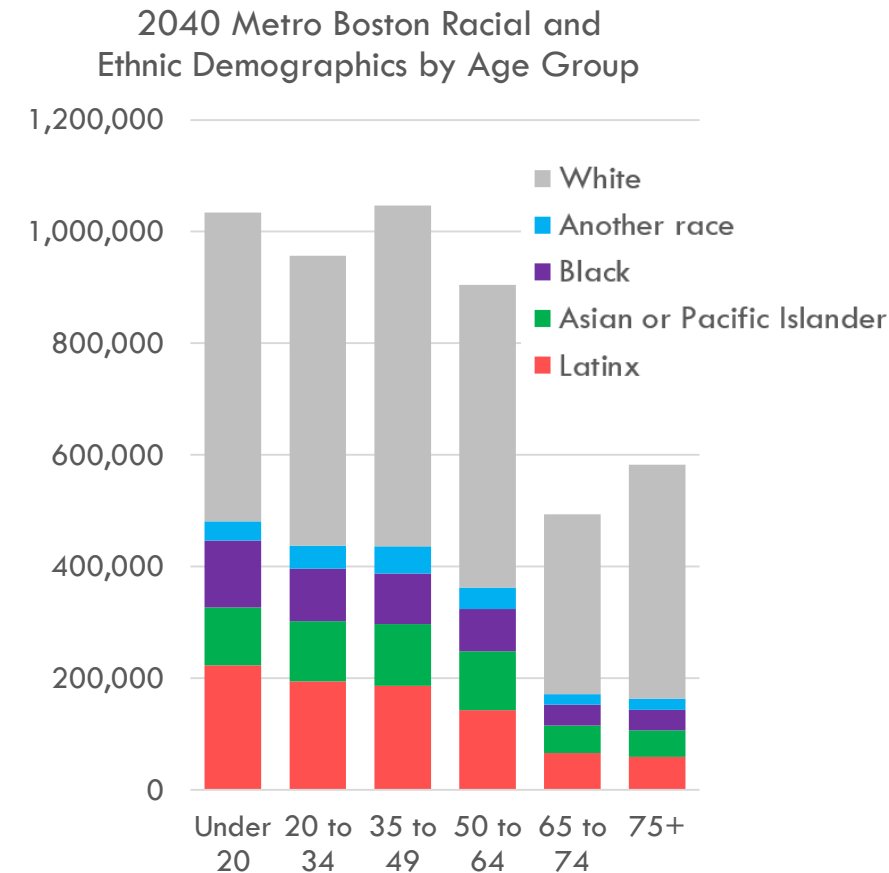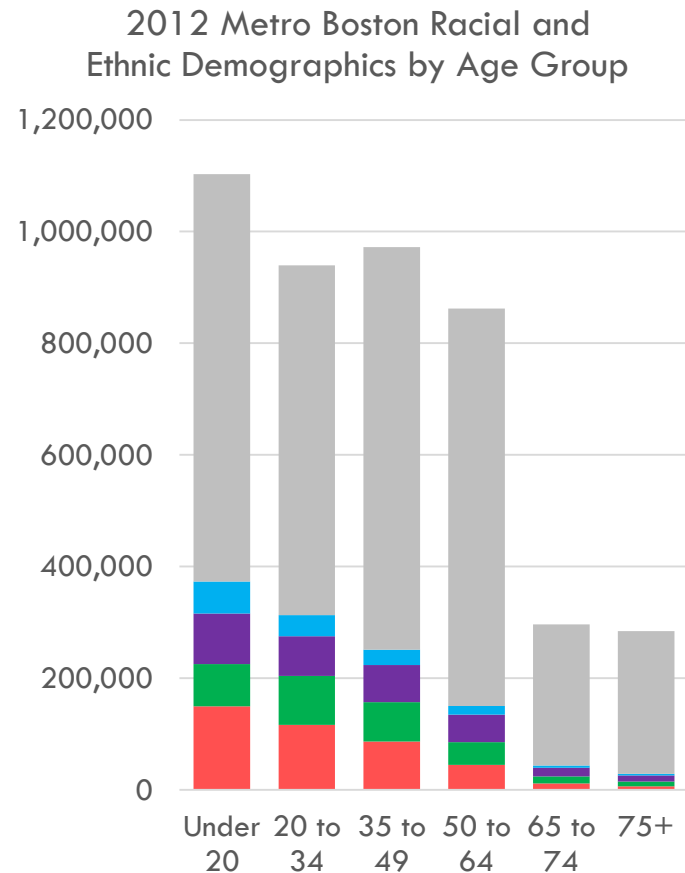MetroWest Health Foundation, 2010-2040
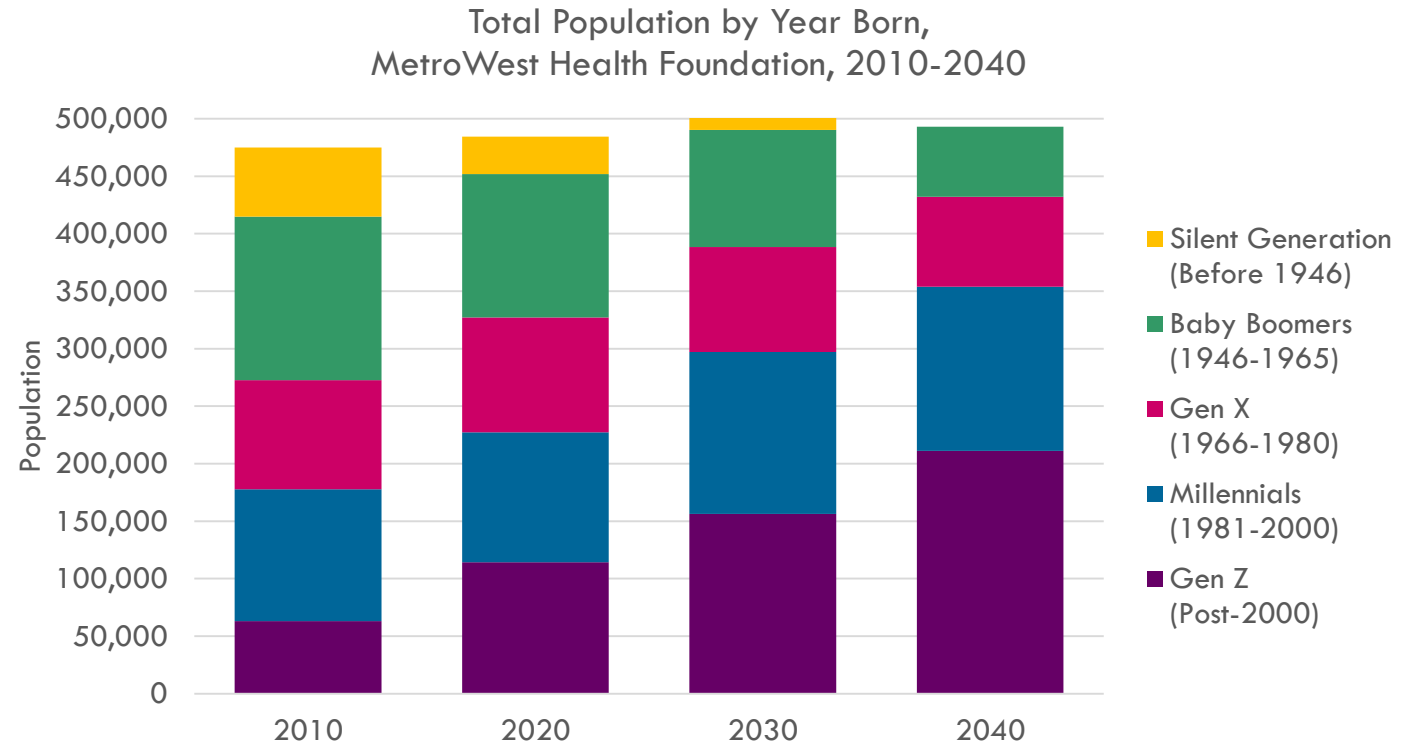
MetroWest Health Foundation

- Race projections are for the 164-municipality Metro Boston region

- Household income and employment projections compare MWHF to the Metro Boston region

Metro Boston (164 municipalities)

MWHF
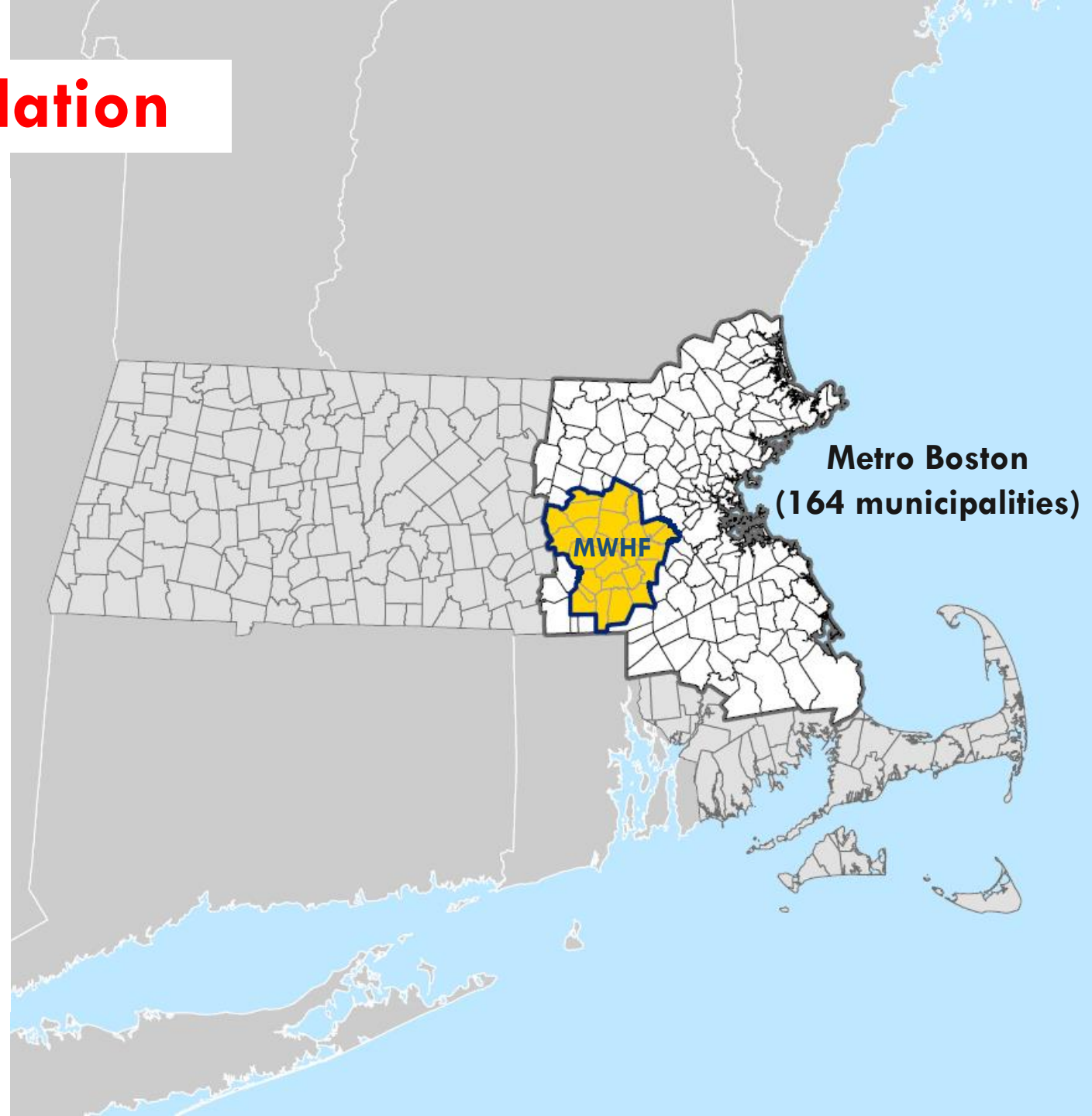
Changing racial/ethnic demographics of Metro Boston (164 cities and towns) by age

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

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

2012 Metro Boston Racial and Ethnic Demographics by Age Group

2040 Metro Boston Racial and Ethnic Demographics by Age Group

Legend:
- White
- Another race
- Black
- Asian or Pacific Islander
- Latinx

Note: Latinx group is exclusive of other racial and ethnic groups, e.g. a person who identifies as Latinx and Black is considered in the Latinx group, but not the Black group.
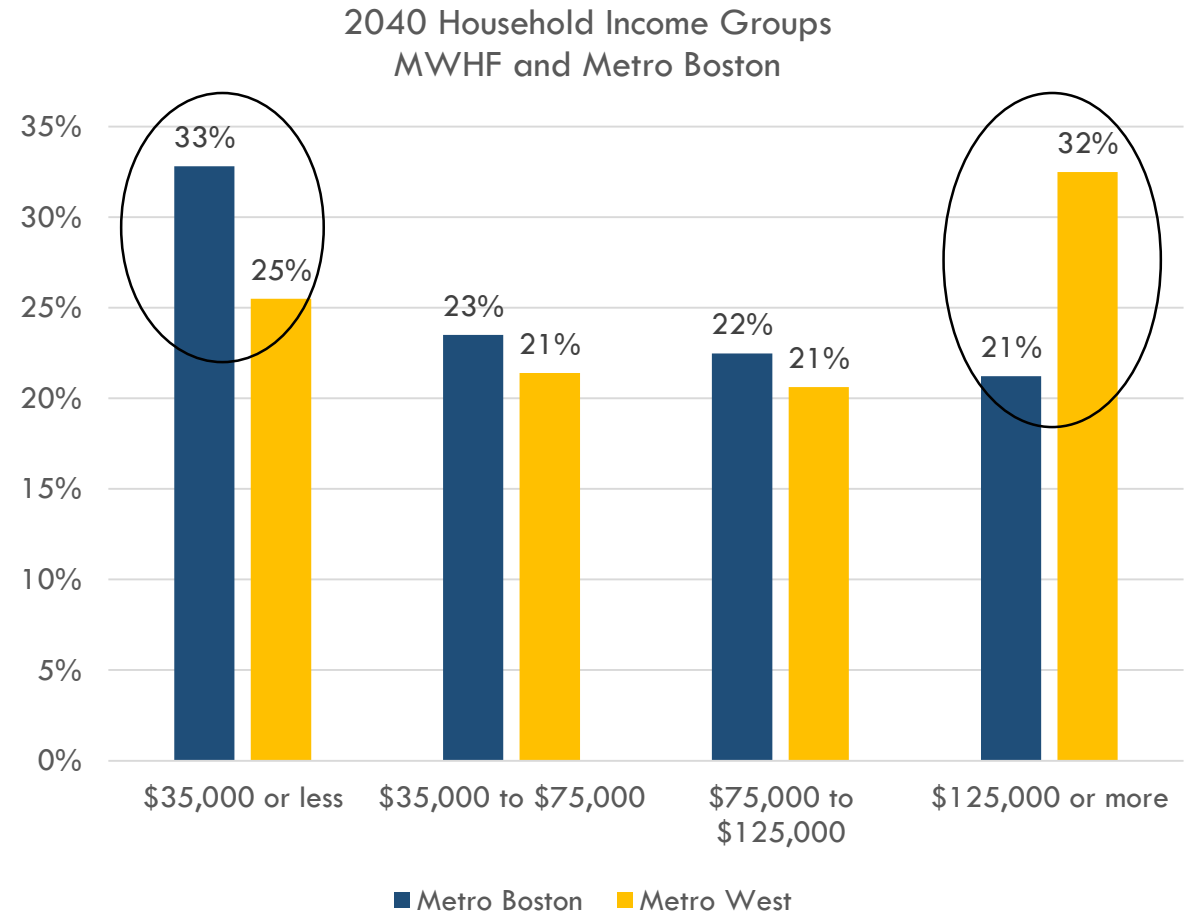
Household Income Projections

- A larger share of MWHF households are projected to earn $35,000 or less in 2040

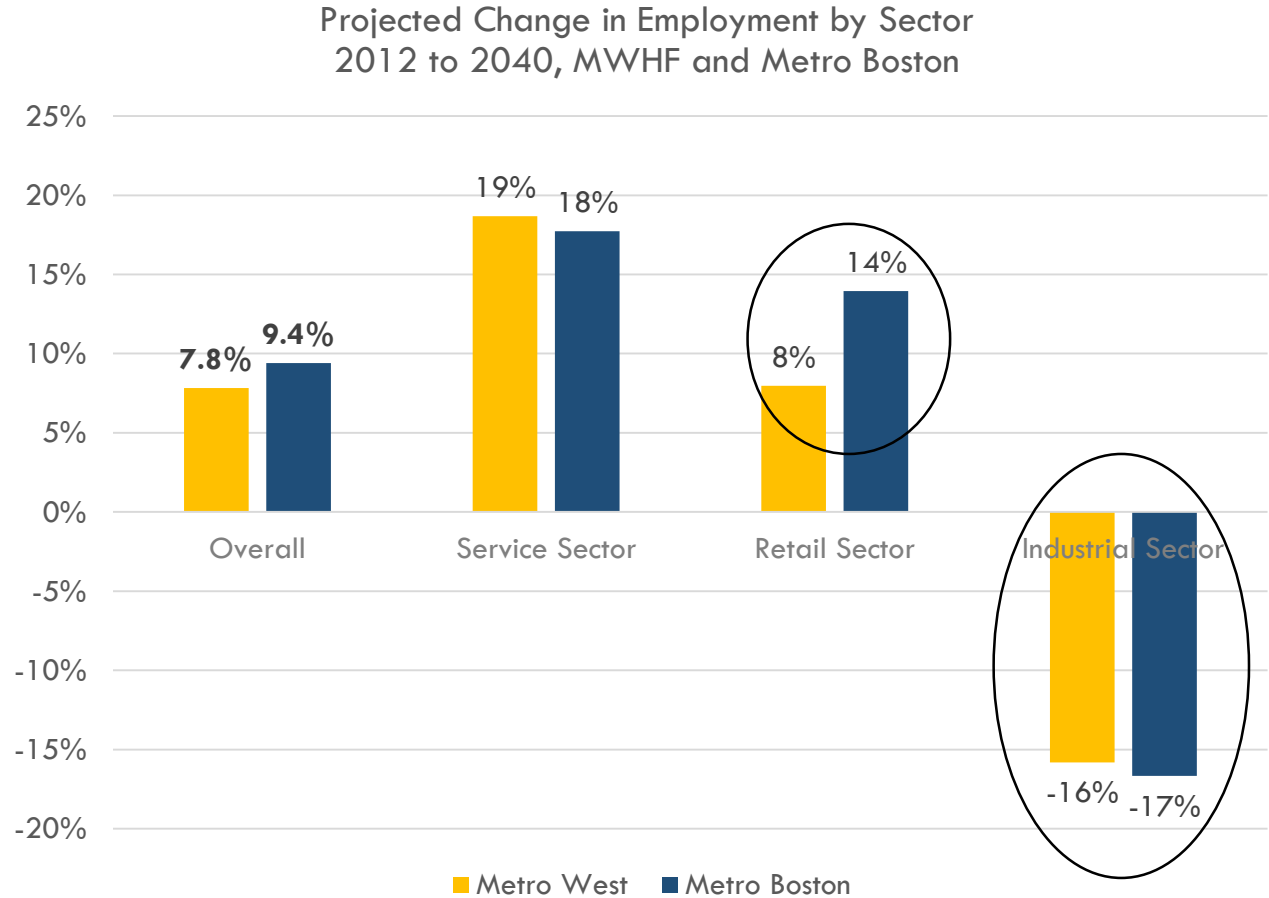MWHF Region Household Income Groups
2012 and 2040 Projections
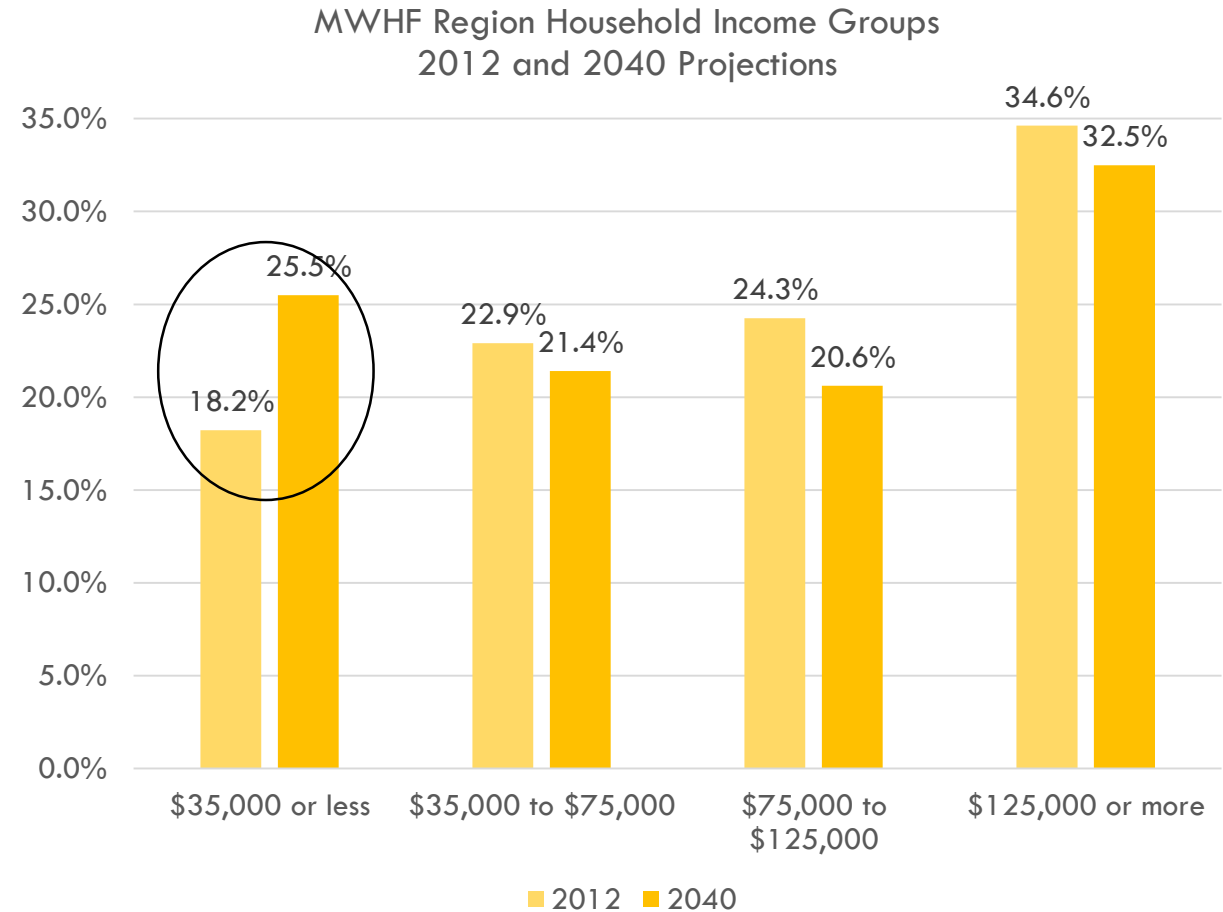
Household Income Projections

- A larger share of MWHF households are projected to earn $35,000 or less in 2040

- In 2040, MWHF will still have a significantly larger share of households earning more than $125,000 than Metro Boston, and smaller share earning $35,000 or less.

2040 Household Income Groups MWHF and Metro Boston

Income Group	Metro Boston	Metro West
$35,000 or less	33%	25%
$35,000 to $75,000	23%	21%
$75,000 to $125,000	22%	21%
$125,000 or more	21%	32%

Employment Projections

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

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

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

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

	Metro West	Metro Boston
Overall	7.8%	9.4%
Service Sector	19%	18%
Retail Sector	8%	14%
Industrial Sector	-16%	-17%

Summary

Natick, MA
Photo credit: Natick Department of Public Works

Summary

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

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

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

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

Questions?

Natick, MA
Photo credit: Natick Department of Public Works