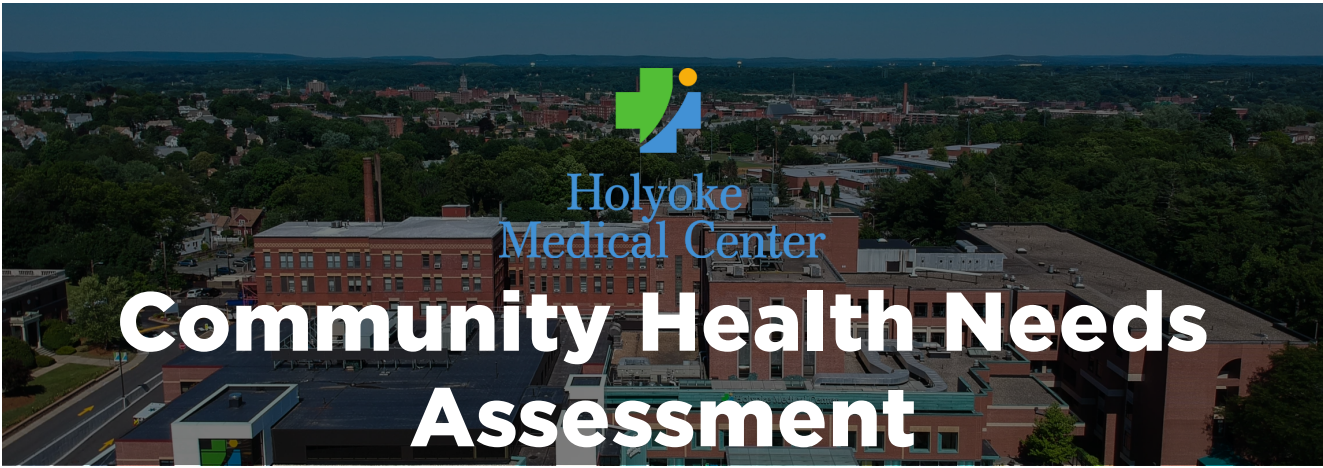




Holyoke Medical Center

2019 Community Health
Needs Assessment



Health Begins in Our Communities.

Holyoke Medical Center has the proud distinction of serving residents of Holyoke, Chicopee, South Hadley, and the surrounding area to create the greatest possible opportunity for health for all of our residents. Throughout the Pioneer Valley we serve over 50,000 people every year, all with unique opportunities and challenges to health. This Community Health Needs Assessment provides key data and information about those challenges and opportunities.



What is a Community Health Needs Assessment (CHNA)?

Assessing the health status of the community is a core public health function provided by Holyoke Medical Center. The data and information in this CHNA helps to better educate medical professionals, health department staff, government officials, and the community about our local health status and needs.

● Health Planning Process

- Engage Partners
- Community Health Assessment
- Create a Vision with the Community
- Identify and Prioritize Strategic Issues
- Develop Goals and an Action Plan
- Take Action!

How long do we live?

Life Expectancy is one key measurement of how healthy our community is, which tells us how long a typical resident is expected to live when they are born. Communities that have more healthy opportunities will generally have a longer life expectancy.

Life Expectancy at Birth

77.8

Years

Holyoke, MA

78.4

Years

Chicopee, MA

81.1

Years

South Hadley School District, MA

80.6

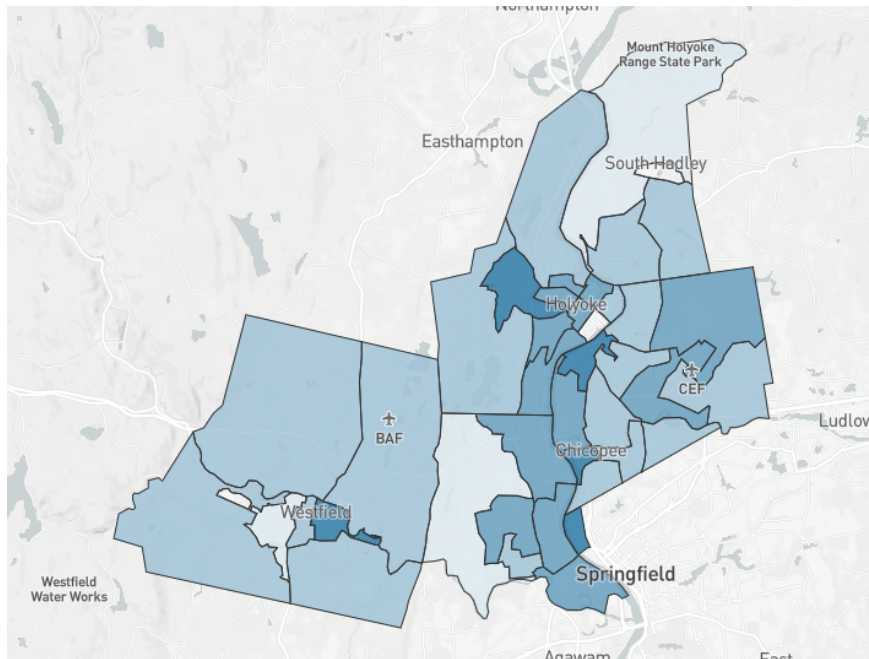
Years

Massachusetts

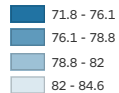
Source: CDC NCHS USALEEP

Life Expectancy

Life Expectancy by Census Tract



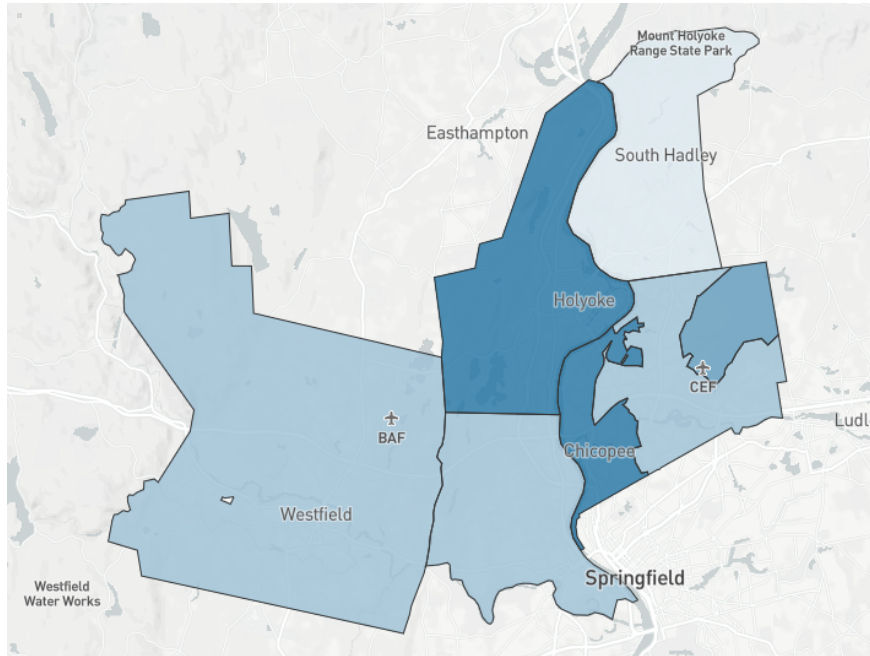
Life Expectancy at Birth



Source: CDC NCHS USALEEP

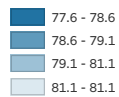
Life Expectancy

Life Expectancy by ZIP



© Mapbox © OpenStreetMap

Life Expectancy at Birth



Source: CDC NCHS USALEEP

How healthy are we compared to other counties in our state?

Each year, the [Robert Wood Johnson Foundation](#) compiles data on a variety of health factors and outcomes to help communities compare their level of health to other peer counties in their state. These **County Health Rankings** use factors ranging from healthy behaviors such as regular exercise to outcomes such as rates of chronic disease. County Health Rankings help provide a standard for understanding how healthy we are overall.

Health Factors

There are many things that influence how well and how long we live. Everything from our education to our environments impact our health. Health Factors represent those things we can modify to improve the length and quality of life for residents. They are predictors of how healthy our communities can be in the future.

RWJF County Health Rankings

+ Health Factors Rank
14

out of 15 counties

Hampden County, MA

3

out of 15 counties

Hampshire County, MA

Source: RWJF County Health Rankings

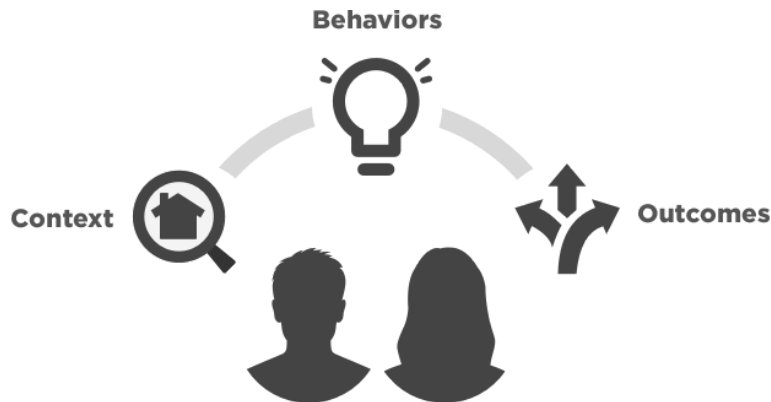
Health Outcomes

Health Outcomes represent how healthy a county is right now. They reflect the physical and mental well-being of residents within a community through measures representing not only the length of life but quality of life as well.

+ Health Outcomes Rank
14
 out of 15 counties
 Hampden County, MA

5
 out of 15 counties
 Hampshire County, MA

Source: RWJF County Health Rankings



How can our community support the health of our residents?

The role of public health is no longer limited to preventing only acute illnesses linked to issues around sanitation and environmental health. Throughout this resource, you'll learn more about key factors in our environment that influence our everyday health behaviors. Together as a community, we can leverage these factors to move the needle on health outcomes.

Environmental and Social Context

People who live far distances from a grocery store have transportation challenges to accessing healthy food and are less likely to eat enough fresh fruits and vegetables. Instead, they are more likely to rely on processed, shelf-stable food. Read more in the [Lifelong Health—Environmental Context](#) page.

 **32%**
 of population
Live 1+ Mile from a Grocery Store Selling Fresh Produce
 Hampden County, MA

Sources: USDA

Behaviors

Behaviors, such as exercise, are shaped by the environment that a person is experiencing, such as a walkable community. Physical activity helps residents control their weight among numerous other health benefits. Learn more on the [Lifelong Health—Behaviors](#) page.



26%
Adults

Physically Inactive
Hampden County, MA

Source: United States Diabetes Surveillance System

Outcomes

Health outcomes, such as obesity, are influenced by the environment and behaviors. Obesity is associated with common causes of death, including diabetes, heart disease, stroke, and some types of cancer. Learn more on the [Lifelong Health –Health Outcomes](#) page.



31%
Adults

Obese
Hampden County, MA

Source: United States Diabetes Surveillance System

Learn more about health in our community

Select a health factor below to learn more about how our environment, our social context, and our behaviors impact our health. You'll also find local resources to improve health for you and your family!



Causes of Mortality

Understanding common causes of death is key to addressing the biggest health challenges our residents face. Read on to learn more about health outcomes in our community.

[Read More](#)



Social Factors

Our opportunity for health begins where we live, work, and play. Learn more about how social and economic factor impact our opportunity for health.

[Read More](#)



Healthy Beginnings

Lifelong health begins at birth. Learn more about key factors for healthy mothers and babies in our community.

[Read More](#)



Lifelong Health

Healthy habits prevent chronic diseases. Learn more about the factors that influence lifestyle choices.

[Read More](#)



Living Better

Increasing lifespan is about more than just physical health, it includes mental wellbeing and safe behaviors. Learn more about how these affect our community.

[Read More](#)

NEXT PAGE ▶

Holyoke Medical Center

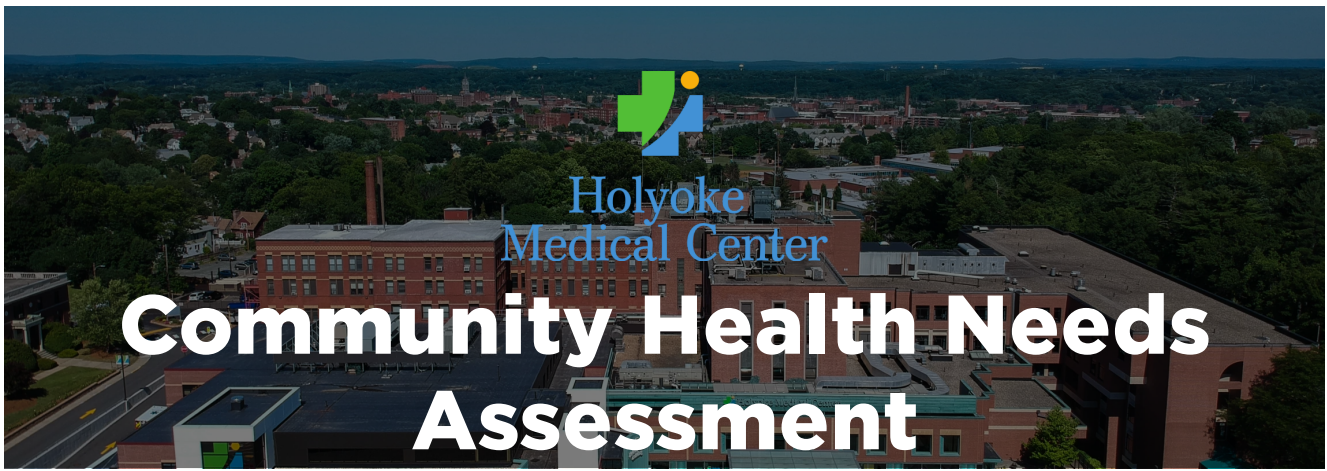
For more information about the work we're doing in our community or to contact us, please visit [our website](#) .

Want to know more about the data? Search for your dataset [here](#) .

The HMC Primary Service Area consists of Holyoke, Chicopee, South Hadley, Westfield, and West Springfield.



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How to Use This Dashboard

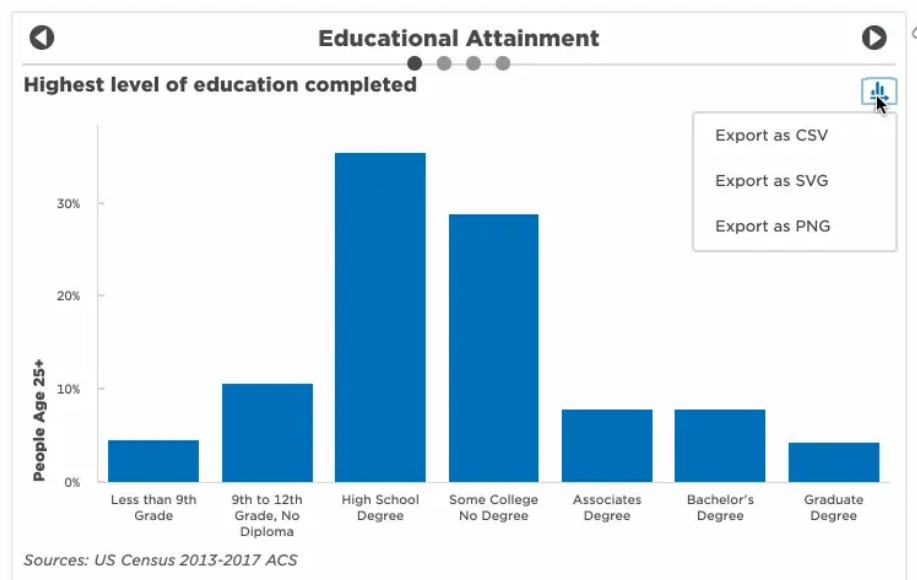
This dashboard is designed to be interactive and accessible.

Collections

A series of dots underneath a the title of a data visualization indicates there are more visualizations in the carousel. **Click through the dots, or use the arrows on the left and right to explore a collection.** A collection can have any kind of visualization, including maps, charts, tables, and more.

Export

Data can be exported as a CSV (spreadsheet), SVG or PNG (photos), or even GeoJSON (for GIS applications). To see what file types are available for export, **click on the bar graph icon** in the top right of a visualization.




Hyperlinks

To link directly to a specific section on a page, hover over a heading or visualization. Two chain links should appear. Clicking on those links will move that heading or visualization to the top of the page, and you can then copy the link in the search bar to use as a **direct link to that section of a page**. You can also right click and select 'copy link address'.

You can bookmark the link, and email or share it on social media.

choices are often limited or expanded based on where we live, where we work, and what resources we have access to. Understanding how social and economic factors impact our residents' opportunity for health is critical for making decisions that **expand opportunity for every resident.**



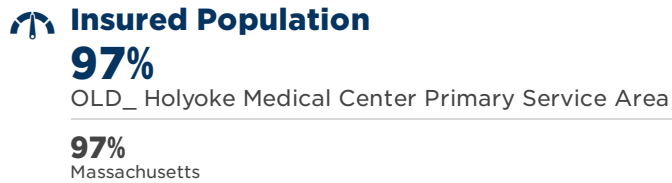
How are income and poverty affecting health?
Poverty is both a cause and a consequence of poor health. Poverty increases the chances of poor health. Poor health, in turn, traps communities in poverty. The cost of doctors' fees, prescriptions, and transportation to reach a health provider can be devastating for families living in poverty. Conversely, families with higher incomes

Meter Icons

On the main page for each topic, **meter icons indicate how our community, or portions of our community, is performing compared to other geographic areas.**

- An icon with the pointer on the left indicates areas we could improve.
- An icon with the pointer on the right indicates areas where we already perform better than some other geographic area.
- A pointer in the middle indicates we are on par with our comparison geography.

For example:



Sources: US Census ACS 5-year

◀ PREVIOUS PAGE

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Holyoke Medical Center

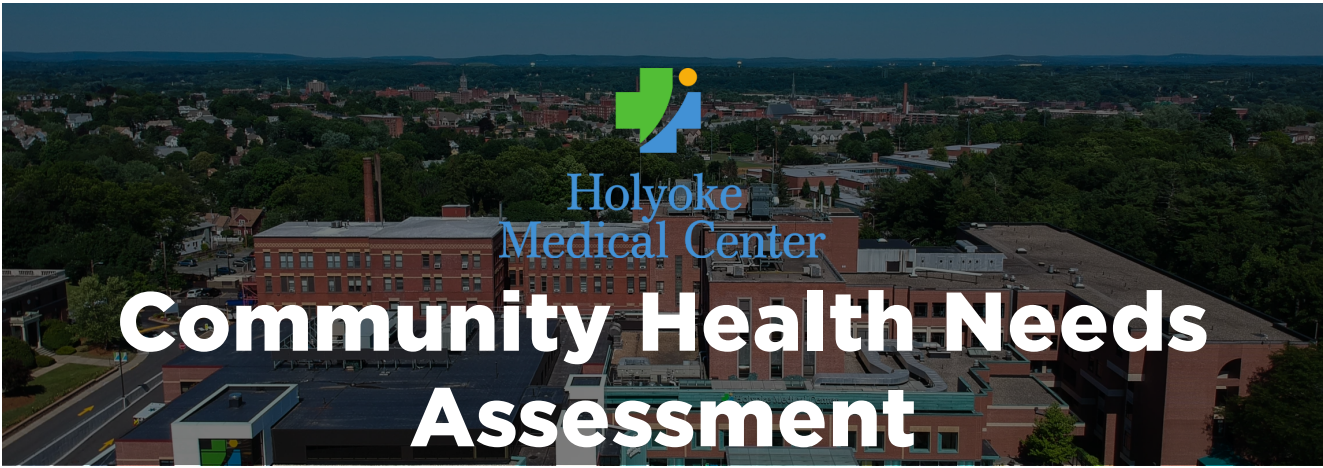
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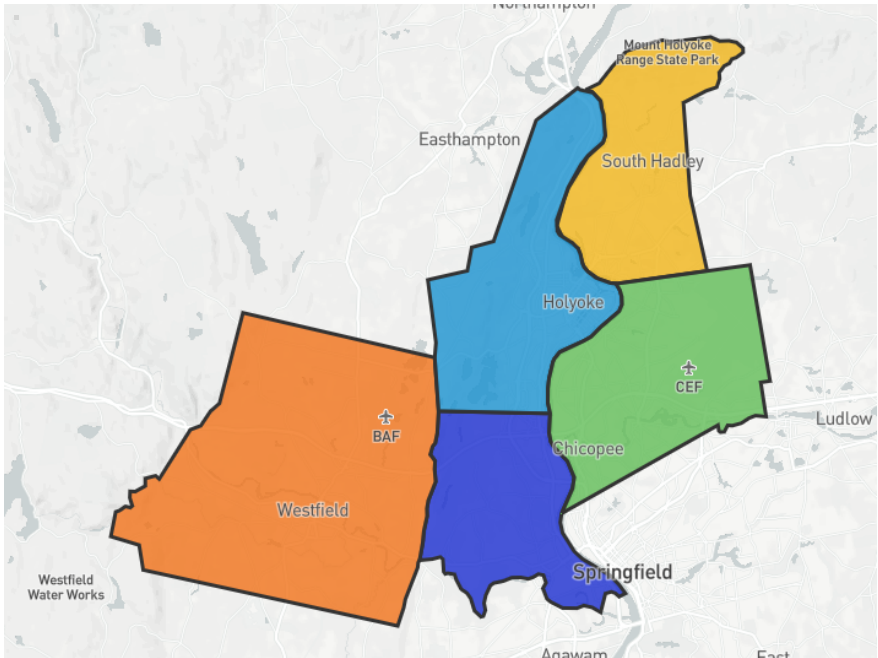


2020-2023

Holyoke Medical Center

What we heard from you.....

Holyoke Medical Center has conducted formal and informal surveys over time to look at the health needs of the communities we serve. In the first half of 2019, Holyoke Medical Center conducted a more in-depth study that entailed workshops, a 49 question survey, meetings with key stakeholders, and data collection, which has been brought together to create the 2019 Holyoke Medical Center Community Health Needs Assessment (CHNA). The CHNA also determines how Holyoke Medical Center will provide support and education to the communities we serve. *A CHNA is a federal requirement for private, nonprofit hospitals and must be done every 3 years with input from the broader community including public health experts and collection of important health data.*



- Chicopee, MA
- Holyoke, MA
- South Hadley, MA
- Westfield, MA
- West Springfield Town, MA

Holyoke Medical Center’s primary service areas are; Holyoke, Chicopee, South Hadley, West Springfield and Westfield. The total population for the primary service area is over 180,000.

Many people and community groups were willing to share their health concerns and the concerns of their families, friends, and the clients they represent to inform the Holyoke Medical Center CHNA.

Key Objectives:

The objective of the Holyoke Medical Center's Community Health Needs Assessment was to:

1. Identify key health issues and concerns facing residents of Holyoke Medical Center's primary service area.
2. Identify communities that are experiencing health disparities
3. Look at other contributing factors that create barriers to living healthier lives.

Community Meetings

Workshops with Community Groups:

There were eight community workshops held at the following locations:

- Morgan School (with a wide spectrum of Community Based Organizations)
- Holyoke Housing Authority (with residents of Falcetti Towers)
- Chicopee Boys and Girls Club (with staff)
- Holyoke City Officials and Action Ambulance Personnel
- Dean Vocational High School (with 2 Classes of Healthcare Students)
- South Hadley Senior Center with (Council on Aging Community Members)
- Holyoke Medical Center (with Valley Health Systems staff members, including representatives from Holyoke Medical Center, River Valley Counseling Center, Holyoke Visiting Nurses Association and Hospice Life Care.)

The workshops included over 85 participants.

Community and Stakeholder Interviews:

Over 20 key stakeholder interviews took place throughout Holyoke Medical Center's primary service area. Meetings were held with:

- Navae Fenwick Rodriguez, Director, Holyoke Council on Aging
- Leslie Hennessey, Director, South Hadley Council on Aging
- Sara Long, Deputy Director, West Springfield Council on Aging
- Joan Lenihan, Director, Southampton Council on Aging
- Jay Breines, CEO, Holyoke Health Center
- Brian Fitzgerald, Director (retired); Sean Gonsalves, Director; Deborah Schaier, Public Health Nurse, Holyoke Board of Health
- Alex Morse, Mayor, City of Holyoke
- Richard Kos, Mayor, City of Chicopee
- Nicole Lachapelle, Mayor, City of Easthampton
- Michael Sullivan, Town Administrator, South Hadley
- Justine Saab, Director of Resident Empowerment and Community Programming, Holyoke Housing Authority
- Kathy Viens, Executive Director, Greater Holyoke YMCA
- Suzanne Parker, Executive Director, Girls Inc
- Eileen Cavanaugh, President; Ann Mann, Director of Operations, Holyoke Boys and Girls Club
- Dr. Stephen Zrike, Superintendent Receiver, Holyoke Public Schools

- Betty Medina Lichtenstein, Executive Director; Brenda Bernazar, Program Director, EnLace de Familias
- Maria Pagan, Director, Holyoke Public Library
- Jesus Pereira, Director, Holyoke Veteran's Affairs Office
- Aaron Vega, Massachusetts State Representative
- Captain Miguel Garces, Salvation Army of Holyoke
- Jason Reed, Executive Director; Lynn Morrissette, Marketing and Development Director, Chicopee Boys and Girls Club
- Flor Diaz, Community Coordinator WIC Program, Valley Opportunity Council
- Rosemarie Ansel, Executive Director, River Valley Counseling Center

Holyoke Medical Center also partnered with Baystate Health Systems to include consistent suggestions and conduct some key community meetings together. This collaboration will allow data to be shared and analyzed between the two organizations, as well as with other Western Massachusetts hospitals that have also conducted Community Health Needs Assessments.

Survey:

A 49 question survey in English and Spanish was disseminated throughout Holyoke Medical Center's primary service area. Close to 400 people responded to the survey.

CHNA Conclusions:

Holyoke Medical Center gathered all comments put forward from the community and narrowed the list down to the top common priority areas. The Center also developed a set of principles to help determine our highest priorities and guide our decision-making process regarding community benefits. Holyoke Medical Center goals are to:

1. Increase access to care centered around the Social Determinants of Health
2. Serve vulnerable and underserved populations especially with chronic conditions
3. Greatest level of community concern and most consistent with the organization's strengths

Significant Health Needs Identified in Order of Priority Include:

Social and Economic Issues that Impact Health:

- Transportation
- Cultural awareness
- Employment training for youth
- Housing Security and Homelessness

Access to Healthcare in the Following Areas:

- Primary care
- Mental health services
- Affordable medications
- Assistance with finances and insurance
- Educational resources
- Healthy Food
- Affordable housing

Communication Assistance Needed to Improve Health Outcomes:

- Understanding of Doctor's instructions

- Simplified terminology by providers for patients understanding
- Instructions provided in native language (written and spoken)
- Promotion of educational resources and support groups
- Social interactions for Seniors
- Medication management

Health

- Pain Management
- Substance use of drugs and alcohol
- Mental health
- Upper respiratory disease
- Asthma
- Obesity
- Dementia and Alzheimer's
- Diabetes

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Holyoke Medical Center

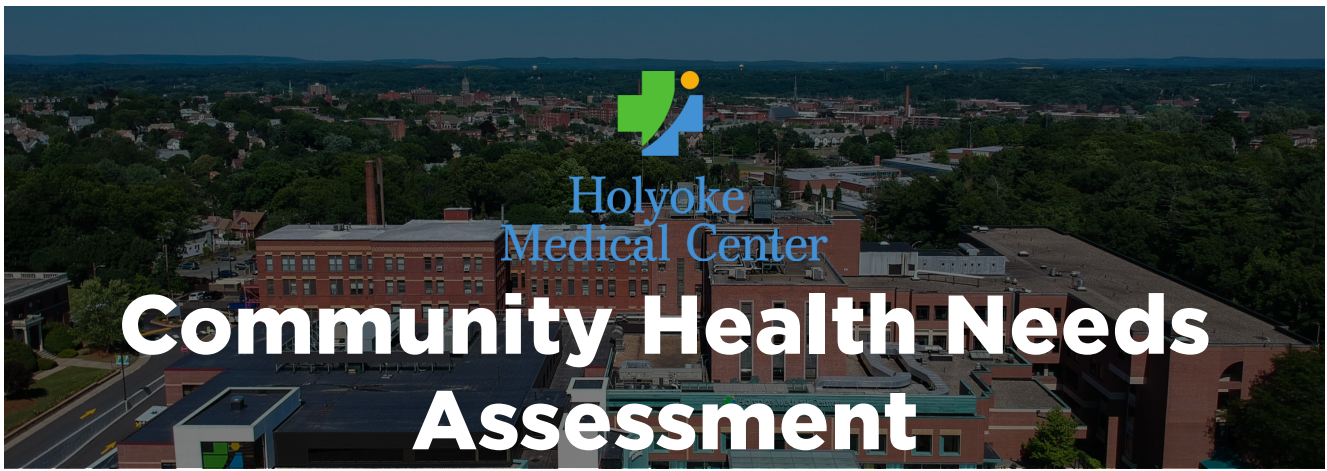
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How do **social factors** affect residents' opportunity for health?

Every resident should have the opportunity to make healthy choices. However, our choices are often limited or expanded based on where we live, where we work, and what resources we have access to. Understanding how social and economic factors impact our residents' opportunity for health is critical for making decisions that expand opportunity for every resident.



Holyoke
[Learn about your community.](#)



Chicopee
[Learn about your community.](#)



South Hadley
[Learn about your community.](#)



HMC Primary Service Area
[Learn about your community.](#)

Holyoke Medical Center

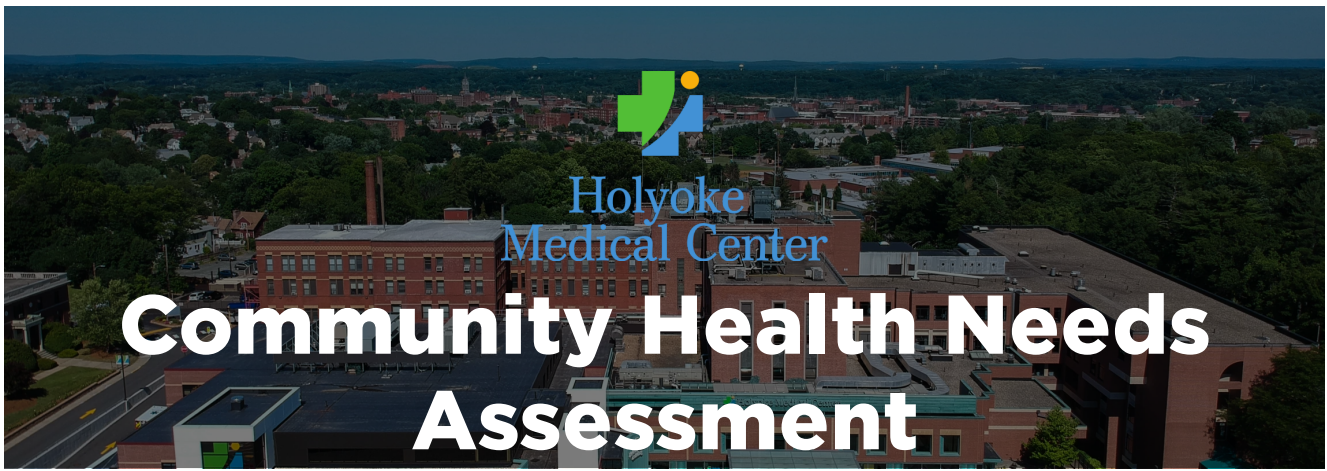
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How do social factors affect **Holyoke** residents' opportunity for health?




How are **income and poverty** affecting health?

Poverty is both a cause and a consequence of poor health. Poverty increases the chances of poor health. Poor health, in turn, traps communities in poverty. The cost of doctors' fees, prescriptions, and transportation to reach a health provider can be devastating for families living in poverty. Conversely, families with higher incomes can more easily purchase healthy foods and pay for health services and transportation.

Income and Poverty

 **Median Household Income**
\$40,656
 USD
 Holyoke, MA

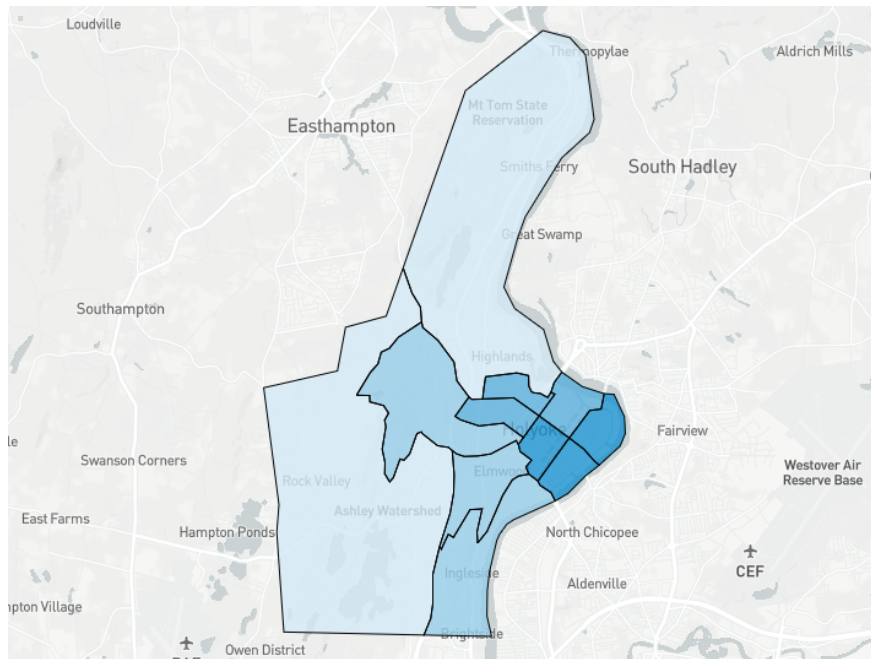
\$77,378
 USD
 Massachusetts

 **People Living in Poverty**
30%
 of population
 Holyoke, MA

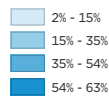
11%
 of population
 Massachusetts

Sources: US Census ACS 5-year

Percent of Population Living Below Poverty



People Below Poverty Level



Sources: US Census ACS 5-year

Poverty by Race/ Ethnicity



Sources: US Census ACS 5-year

People Living in Poverty by Race/ Ethnicity

Holyoke, MA

American Indian	20% of American Indian Population
Asian	13% of Asian Population
Black	33% of Black Population
Hawaiian/Pacific Islander	0% of Hawaiian/Pacific Islander Population
Hispanic or Latino	45% of Hispanic or Latino Population
Some Other Race	35% of Some Other Race Population
Two or More Races	46% of Two or More Races Population
White (Not Hispanic or Latino)	10% of White (Not Hispanic or Latino) Population

Sources: US Census ACS 5-year

Income by Race/ Ethnicity

 **\$40,656**
USD

Median Household Income Holyoke, MA

Sources: US Census ACS 5-year

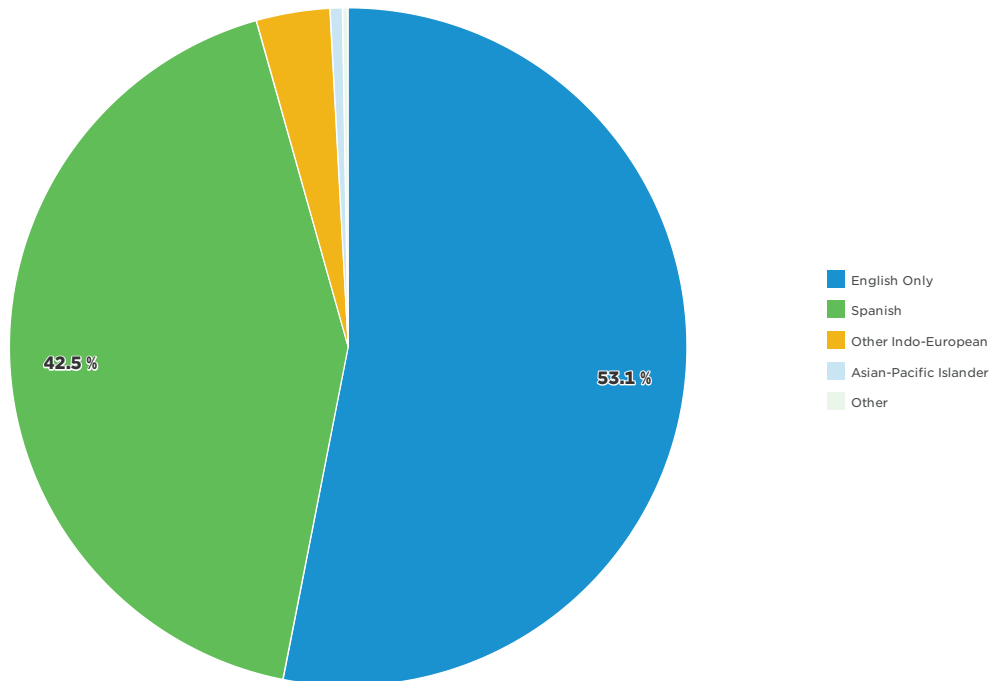
Median Household Income by Race/ Ethnicity

Holyoke, MA	USD
American Indian	\$24,167
Asian	\$58,929
Black	\$47,804
Hispanic or Latino	\$22,184
Hawaiian/Pacific Islander	No data
Other Race	\$19,940
Two or More Races	\$24,113
White (Not Hispanic or Latino)	\$59,680

Sources: US Census ACS 5-year

Poverty by Language Spoken

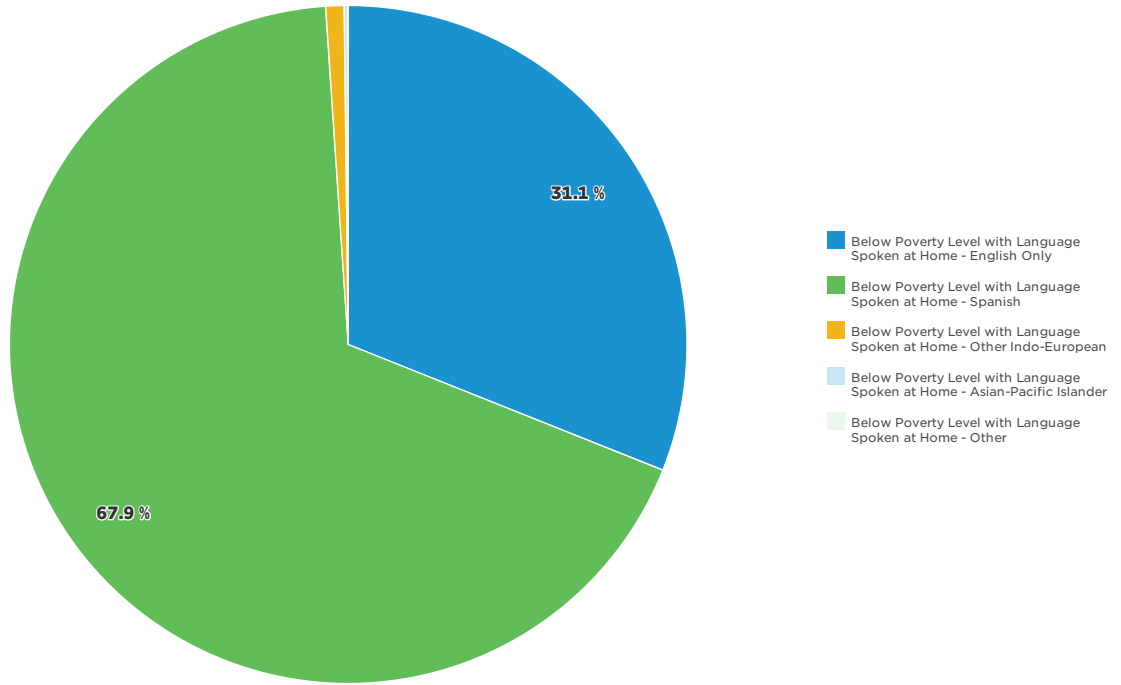
Language Spoken at Home by Total Population



Holyoke, MA

Sources: US Census ACS 5-year

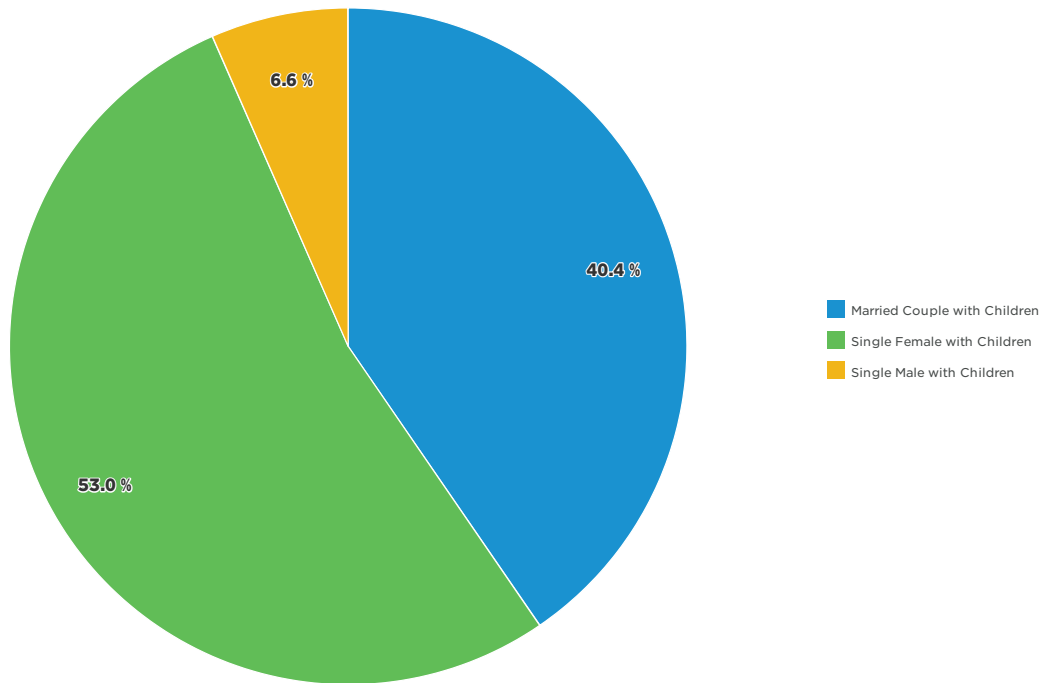
Language Spoken at Home by People Living in Poverty



Holyoke, MA
Sources: US Census ACS 5-year

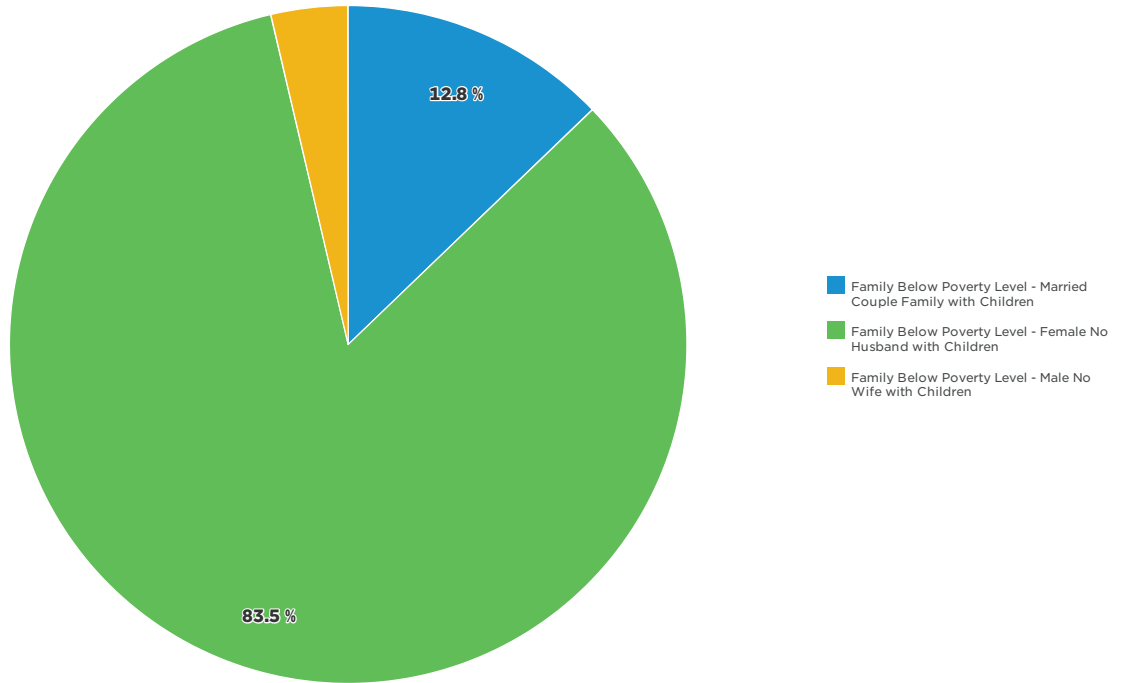
Poverty by Family Type

All Families with Children



Holyoke, MA
Sources: US Census ACS 5-year

Families with Children Living in Poverty

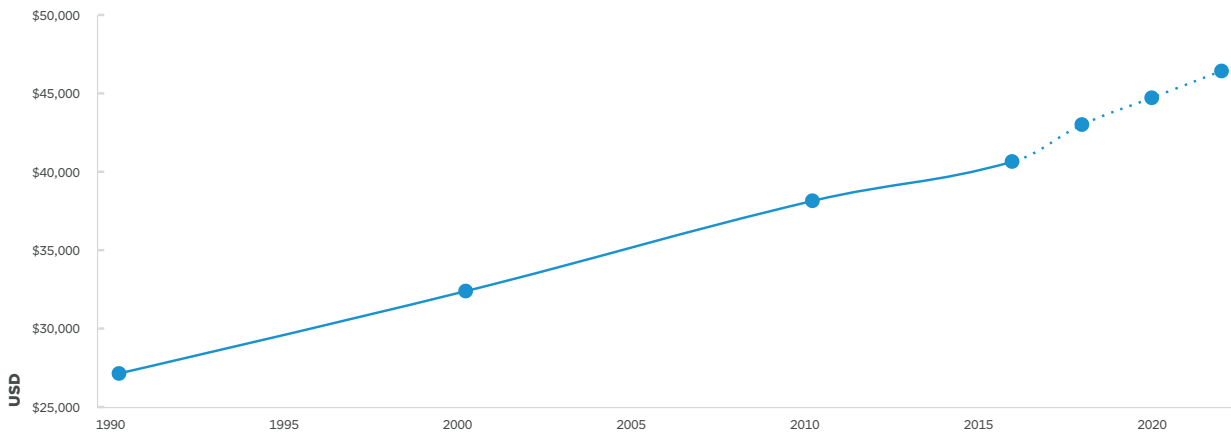


Holyoke, MA

Sources: US Census ACS 5-year

Household Income Over Time

Median Household Income



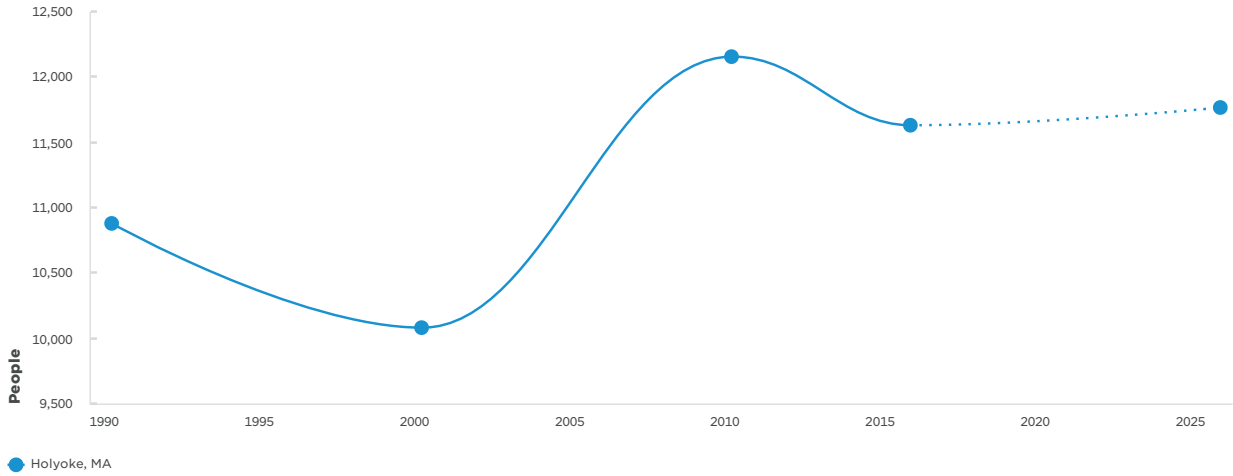
● Holyoke, MA

Income = the income received on a regular basis before payments for personal income taxes, social security, union dues, medicare deductions, etc

Sources: US Census 1990, 2000, 2010; US Census ACS 5-year

Poverty Over Time

People Living Below Poverty Level



Sources: US Census 1990, 2000, 2010; US Census ACS 5-year

Indicators of Hopelessness

 **1,588**
Employed people
Employees Living in Poverty
Holyoke, MA

 **3,733**
People age 3+ enrolled in school
Students Living in Poverty
Holyoke, MA

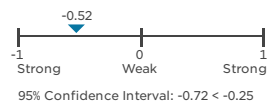
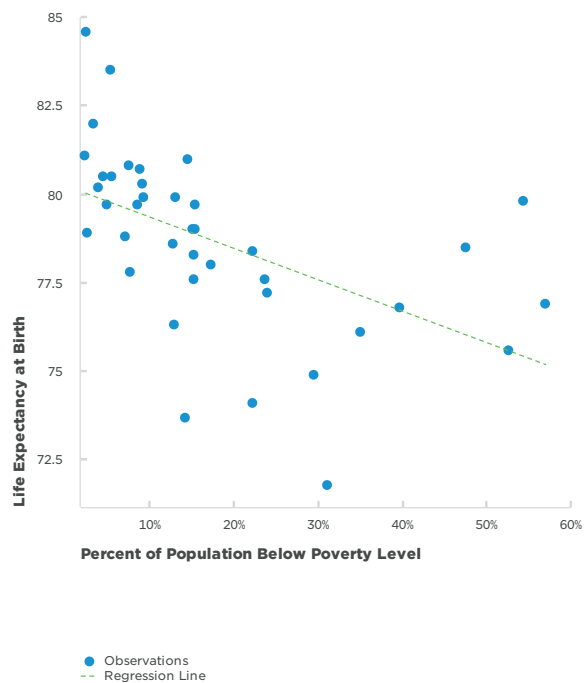
Sources: US Census ACS 5-year

Life Expectancy vs. Poverty

Each dot represents a neighborhood in our community:

Areas with a **high proportion of people living below poverty level** are more likely to have **shorter life expectancy**.

Census Tracts inside Holyoke Medical Center Service Area



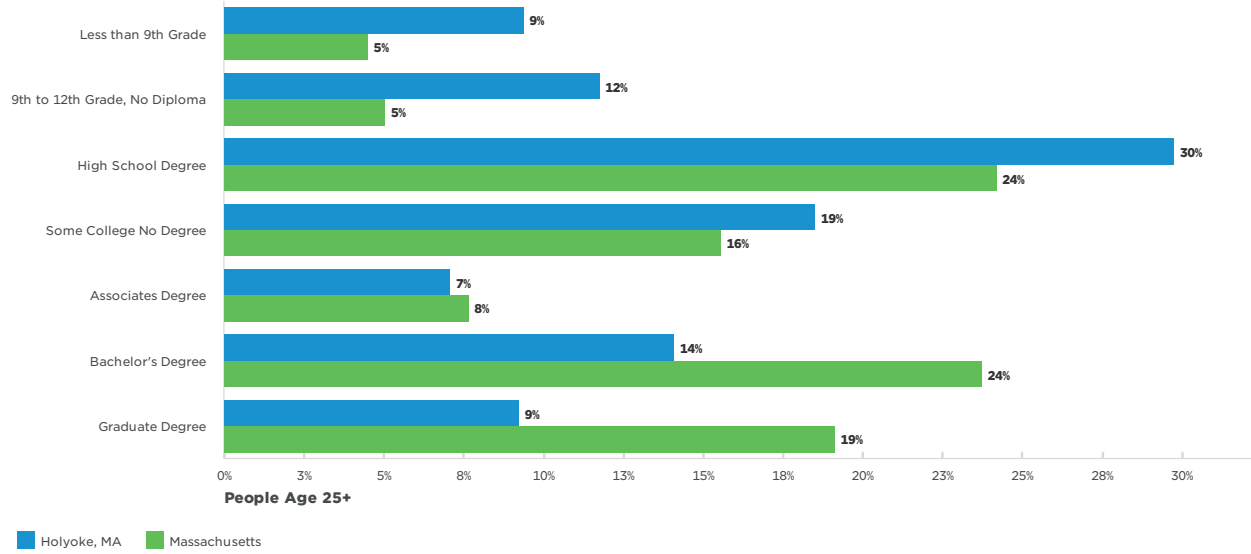
As Percent of Population Below Poverty Level increases, Life Expectancy at Birth tends to decrease. There is a weak relationship between these two variables.

How is **education** affecting health?

Residents with more education are more likely to have jobs that provide health-promoting benefits such as health insurance, paid leave, and retirement. Conversely, people with less education are more likely to work in occupations with few benefits. Low-income residents who are struggling to access basic necessities, such as food and shelter, are unable to prioritize their education and long-term goals and are often stuck in a generational cycle of poverty.

Educational Attainment

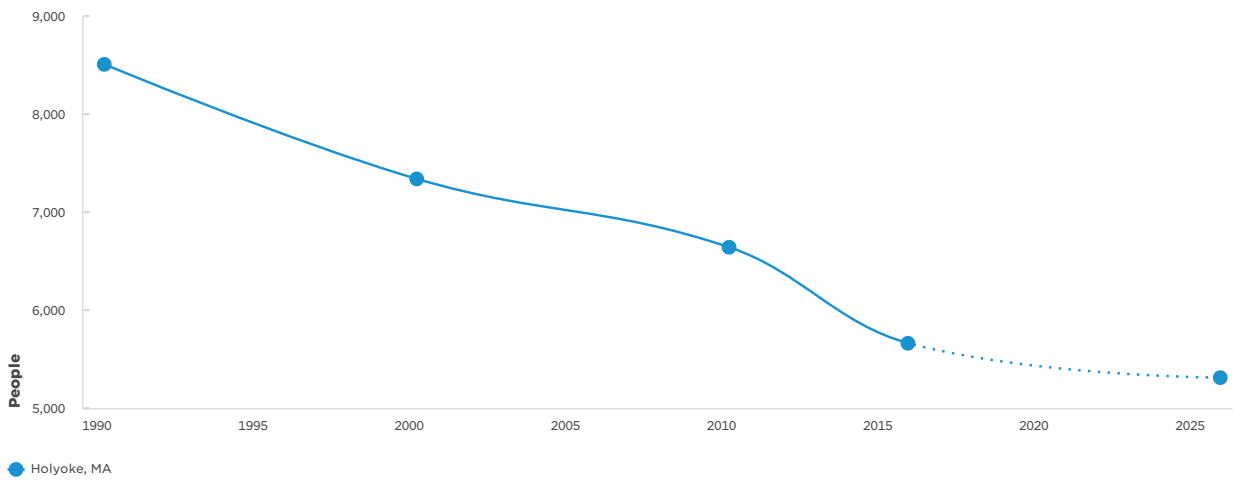
Highest level of education completed



Sources: US Census ACS 5-year

Adults without High School Diploma Over Time

Population Age 25+ Without High School Diploma or Equivalent



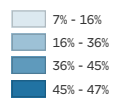
Sources: US Census 1990, 2000, 2010; US Census ACS 5-year

Adults without High School Diploma Map

Percent of Adult Population without a High School Diploma or Equivalent

Uh oh, your web browser killed the map! You might try refreshing the page.

Adults Without High School Diploma or Equivalent

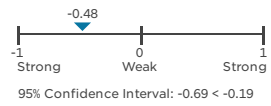
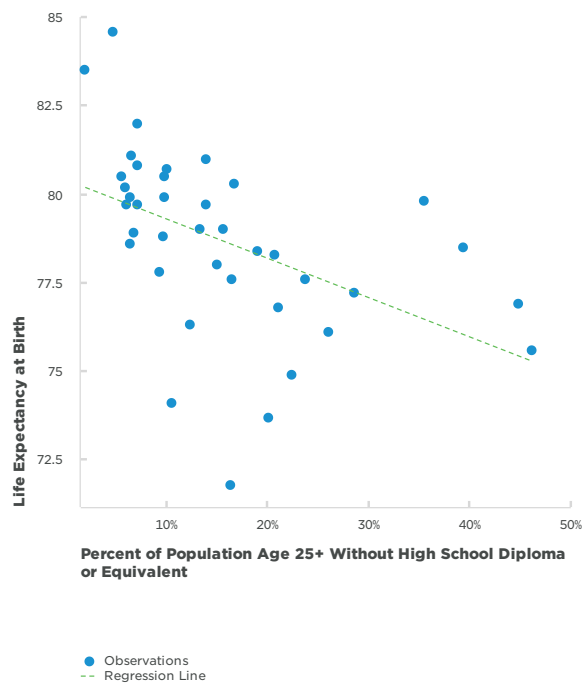


Source: US Census ACS 5-year

Life Expectancy vs. Adults without High School Diploma

Each dot represents a neighborhood in our community:

Areas with a **high proportion of adults without high school diplomas** are more likely to have **shorter life expectancy**.



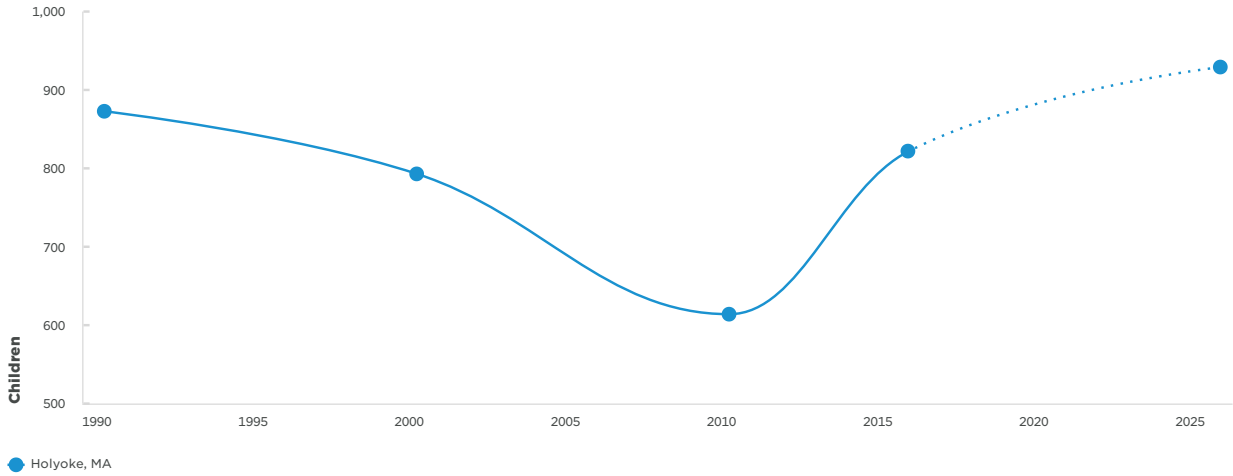
As Percent of Population Age 25+ Without High School Diploma or Equivalent increases, Life Expectancy at Birth tends to decrease. There is a moderate relationship between these two variables.

How is **early education** affecting health?

Participation in preschool programs has large and enduring effects on school achievement and child well-being. Early childhood education can counteract the disadvantage some children experience, improve their social and cognitive development, and provide them with an equal opportunity to achieve school readiness, and lifelong employment, income, and health.

Preschool Enrollment Over Time

Children Enrolled in Nursery School or Preschool



Sources: US Census 1990, 2000, 2010; US Census ACS 5-year

Population Age 3-4

Holyoke, MA		Children
Total Enrolled in Nursery or Preschool		822
Below Poverty Level and Enrolled in Nursery or Preschool		386
Population Age 3 to 4		1,359

Sources: US Census ACS 5-year

How is **unemployment** affecting health?

Job insecurity and lack of benefits associated with employment make residents more vulnerable to poor health. Unemployment may contribute to housing instability, unmet medical needs, and inability to purchase healthy foods. Additionally, health-harming stress can accompany the social and economic hardship caused by unemployment.

Unemployment

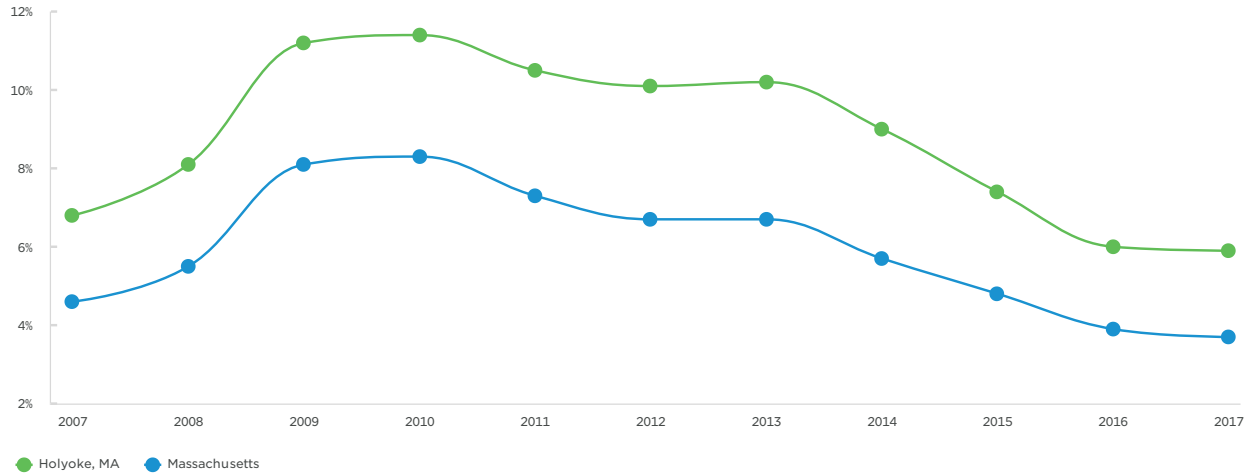
 **Unemployment**
8.4%
Holyoke, MA

5.4%
Massachusetts

Sources: US Census ACS 5-year

Unemployment Over Time

Annual Average Unemployment Rate



Sources: BLS

How are **housing costs** affecting health?

Housing should represent a place of safety, stability, and shelter and not a place of stress, strain, or insecurity. When residents struggle to afford a place to live, that financial strain makes it harder to make other healthy choices, like eating a healthy diet or seeing a doctor when you're sick. Moreover, disruptive events, like suddenly losing your home, can become the trigger for a snowball of negative impacts on health, such as losing a job or health insurance, dropping out of school, or triggering mental health challenges.

Excessive Housing Costs

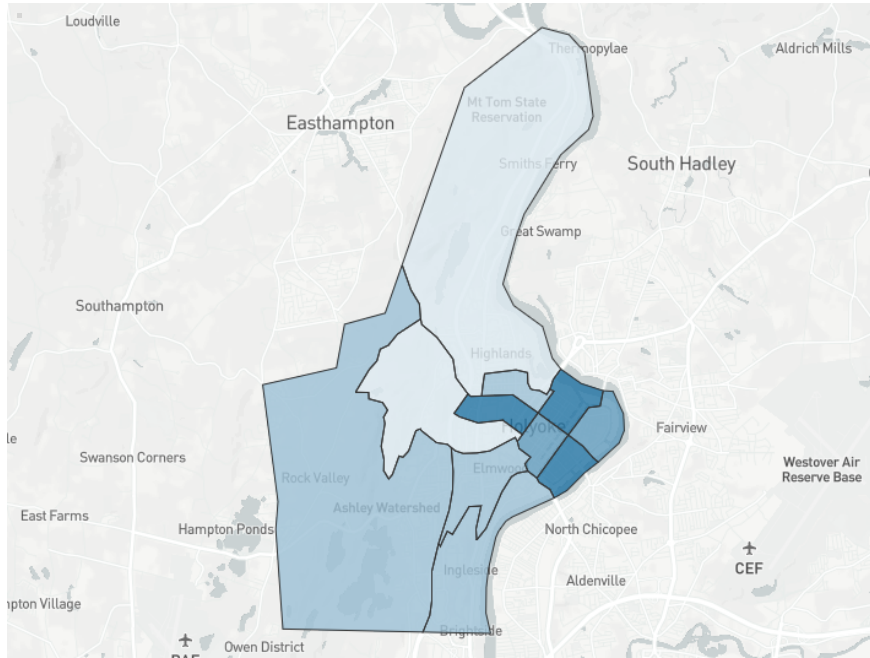
50%
of Rented Homes
Home Rent is 30%+ of Income
Holyoke, MA

24%
of Owned Homes
Homeowner Costs are 30%+ of Income
Holyoke, MA

Sources: US Census ACS 5-year

Excessive Rental Housing Costs

Home Rental Costs: 30%+ of Income



Map navigation controls: +, -, Full Screen, Home, © Mapbox © OpenStreetMap

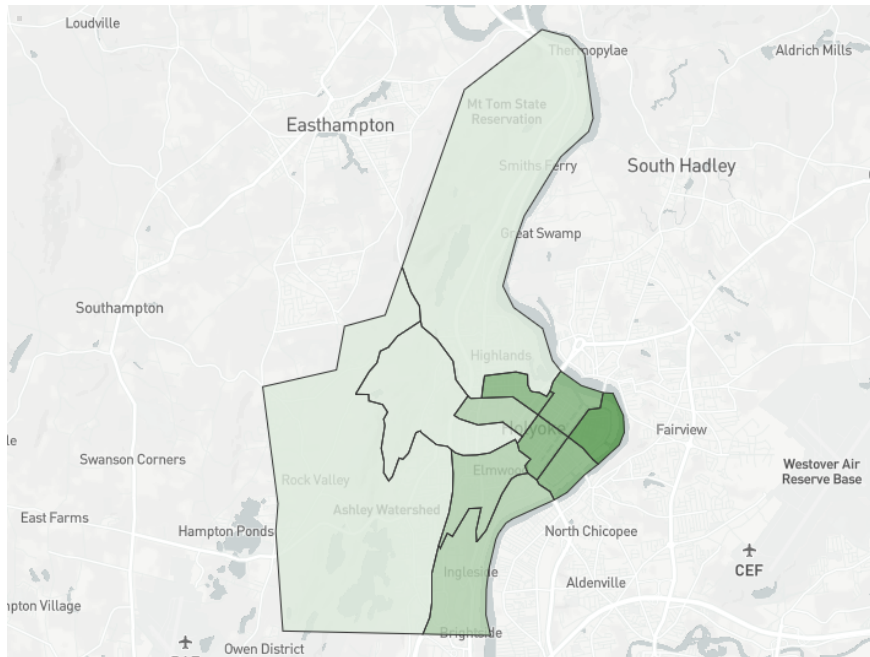
Renter Households with Excessive Costs

- 28% - 41%
- 41% - 55%
- 55% - 61%
- 61% - 66%

Source: US Census ACS 5-year

Excessive Homeownership Costs

Home Ownership Costs: 30%+ of Income



Map navigation controls: +, -, Full Screen, Home, © Mapbox © OpenStreetMap

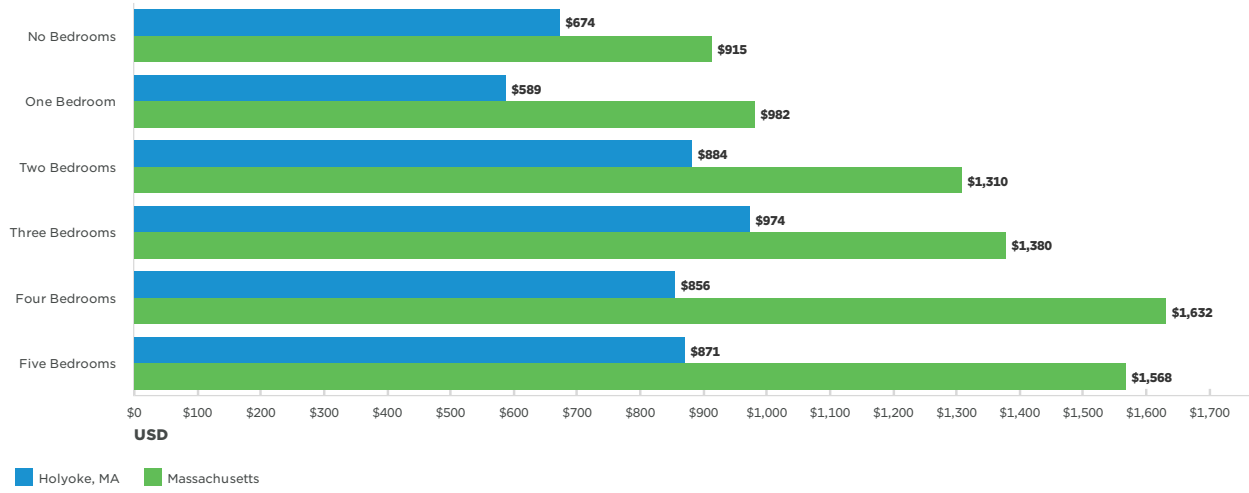
Owner Households with Excessive Housing Costs

- 15% - 25%
- 25% - 38%
- 38% - 53%
- 53% - 53%

Source: US Census ACS 5-year

Median Rent

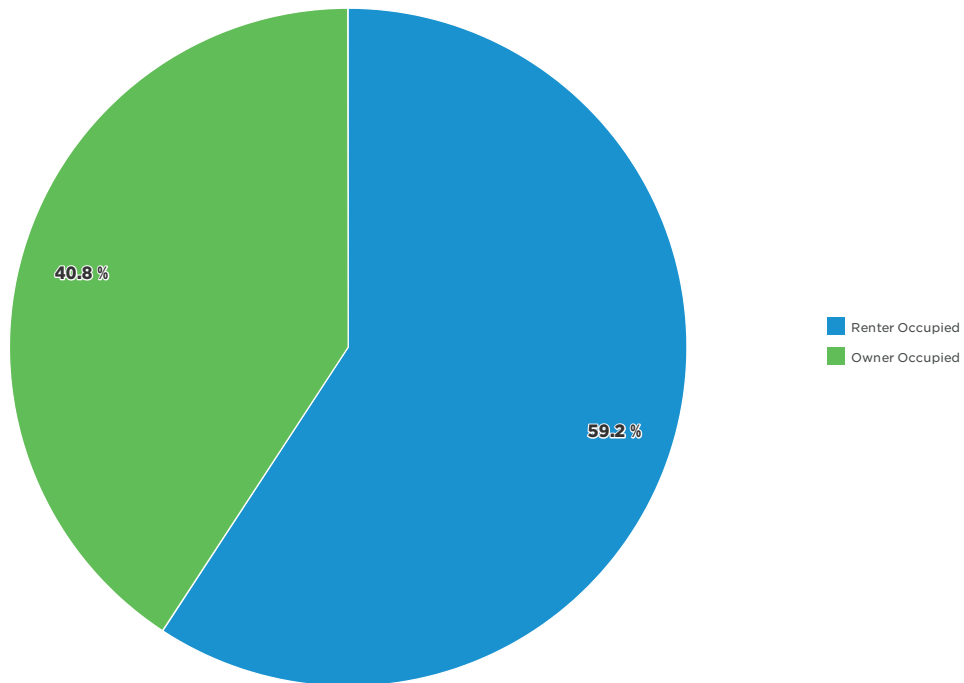
Median Rent by Number of Bedrooms



Sources: US Census ACS 5-year

Homeownership Rate

Owner vs Renter Occupied



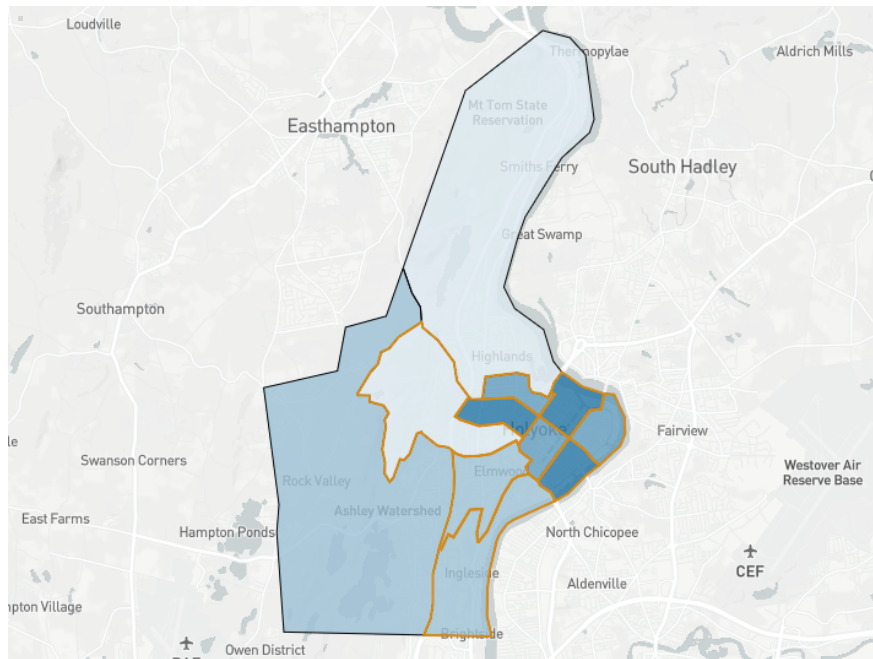
Holyoke, MA

Sources: US Census ACS 5-year

Housing Cost & Race

Click on the map for more information.

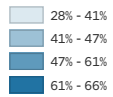
Excessive Rental Housing Costs and People of Color



Areas where at least 25% of population is people of color



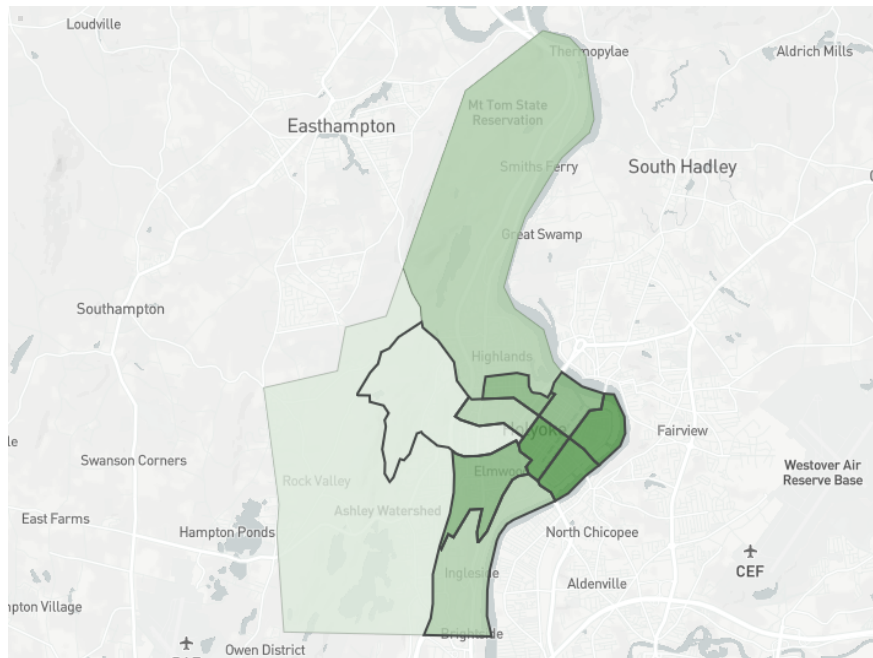
Home Rent is 30%+ of Income



© Mapbox © OpenStreetMap

Source: US Census ACS 5-year

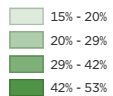
Excessive Home Ownership Costs and People of Color



Areas where at least 25% of population is people of color



Home Ownership Costs are 30%+ of Income



© Mapbox © OpenStreetMap

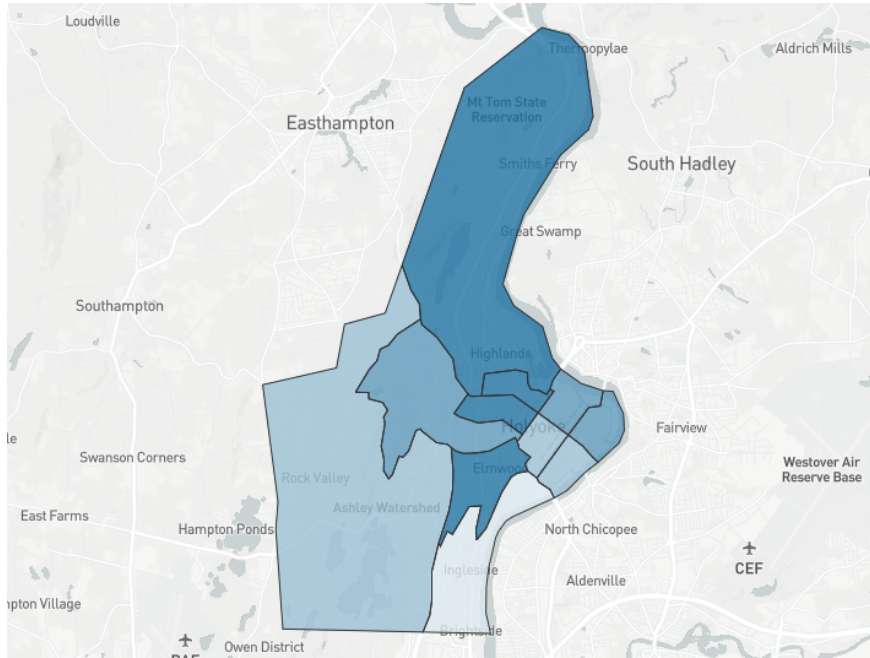
Source: US Census ACS 5-year

How is **housing safety** affecting health?

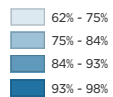
The conditions of our homes have the potential to significantly help- or harm- our health. Poor indoor air quality, lead paint, and other hazards place residents at risk for multiple health problems. Unfortunately, housing that is affordable for low- and modest-income families is more likely to have hazardous conditions. Household safety has an even bigger impact on vulnerable populations who spend even greater amounts of time at home, such as very young children and the elderly.

Lead Paint

Lead Paint Risk in Housing



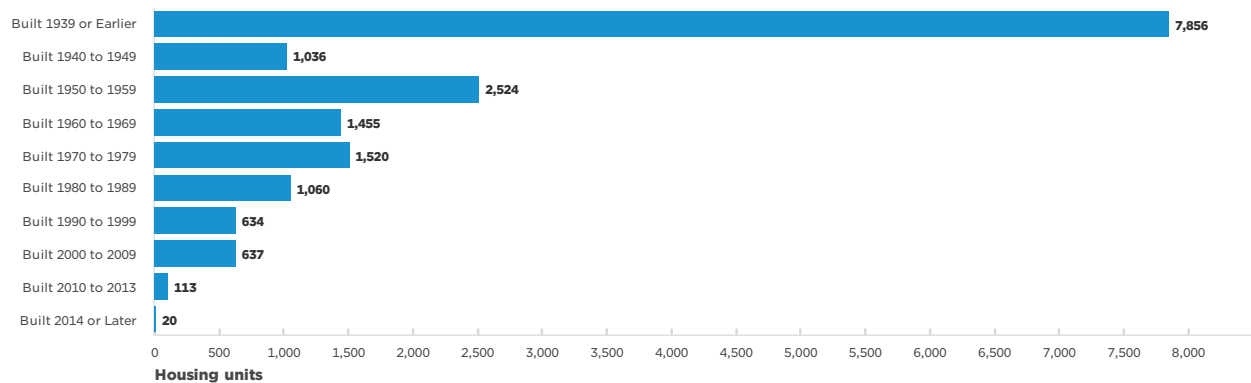
Homes Built 1979 and Earlier - Potential for Lead Paint



US Census ACS 5-year

Home Age

Building Age of Housing Units



Holyoke, MA

Sources: US Census ACS 5-year

Kitchen Facilities

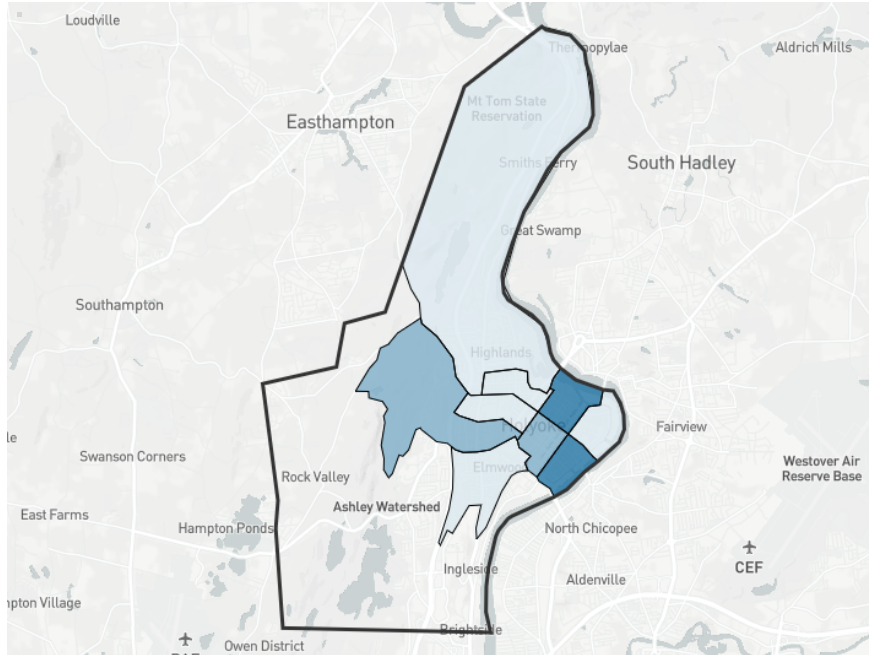
468
Homes

Without Complete Kitchen Facilities

Holyoke, MA

Complete kitchen facilities include a sink with a faucet, a stove or range, and a refrigerator.
Sources: US Census ACS 5-year

Insufficient Kitchen Facilities in Homes



Holyoke, MA

Housing Units Without Complete Kitchen Facilities



Complete kitchen facilities include a sink with a faucet, a stove or range, and a refrigerator.
US Census ACS 5-year

Plumbing

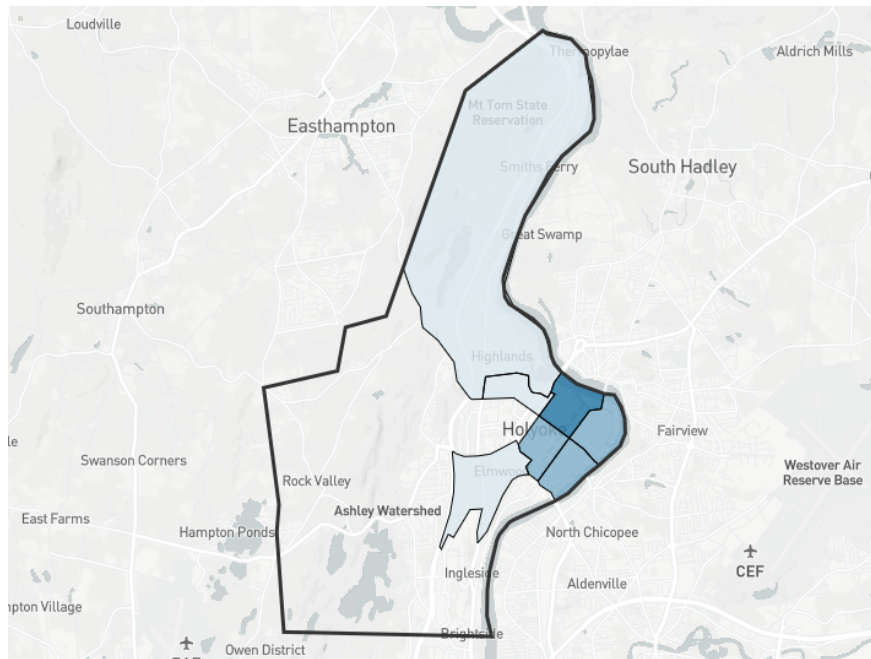
371
Homes

Without Complete Plumbing

Holyoke, MA

Complete plumbing includes hot and cold running water, a flush toilet, and a bathtub or shower.
Sources: US Census ACS 5-year

Insufficient Plumbing in Homes



© Mapbox © OpenStreetMap

Complete plumbing includes hot and cold running water, a flush toilet, and a bathtub or shower.
 US Census ACS 5-year

How is homelessness affecting health?

Some health problems contribute to homelessness, such as major mental illness, disabling conditions that cause a person to become unemployed, or any major illness that results in massive health care expenses. Homelessness then increases the risk of developing health problems and can also turn a relatively minor health problem into a serious illness. Homelessness also complicates the treatment of many illnesses.

2,718

People Without Homes

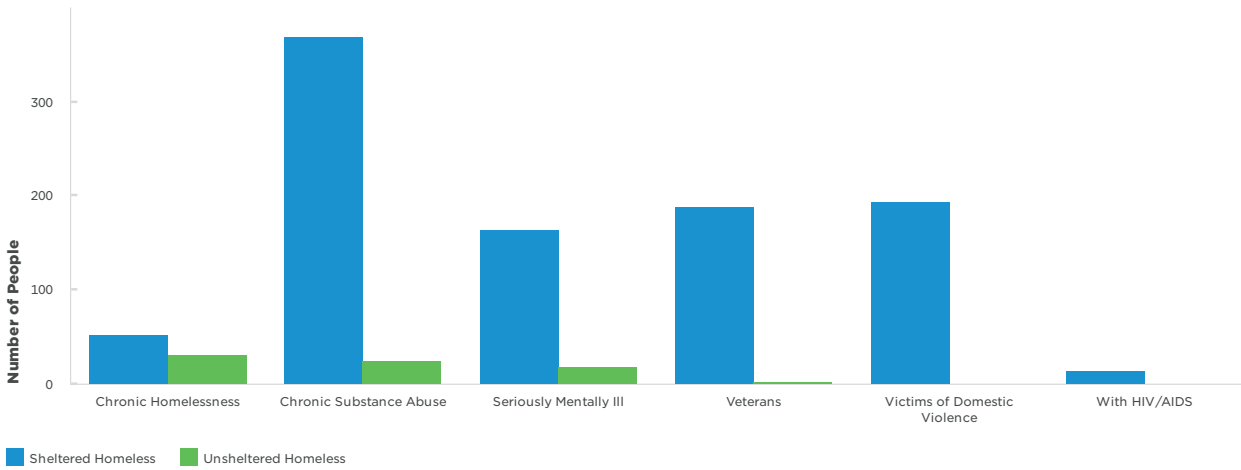
Homeless Population

Holyoke/Franklin, Hampden, Hampshire Counties CoC

Source: HUD Continuum of Care Homeless Assistance Program Point-in-Time Count 2018

Note: An estimated 85% of homeless people in Franklin, Hampshire, and Hampden Counties are located in Hampden County.

Homeless Populations of Western Massachusetts



Source: HUD

What **transportation** options are available to families seeking health care?

The lack of access to affordable transportation options limit some families’ abilities to seek health care. Limited vehicle availability and fewer affordable transportation afflict our cost-sensitive residents. Low-income households are limited to a shorter radius of travel compared to higher-income households, which limits their health care, employment, and education options. They have the lowest rates of single-occupancy vehicle use and highest usage of less costly travel modes, such as carpool, transit, bike, and walk. In areas where public transportation is inaccessible or infrequent, residents without access to vehicles aren’t able to see a doctor when they need it most.

Zero Vehicle Households

Homes Without a Vehicle

22%
of homes

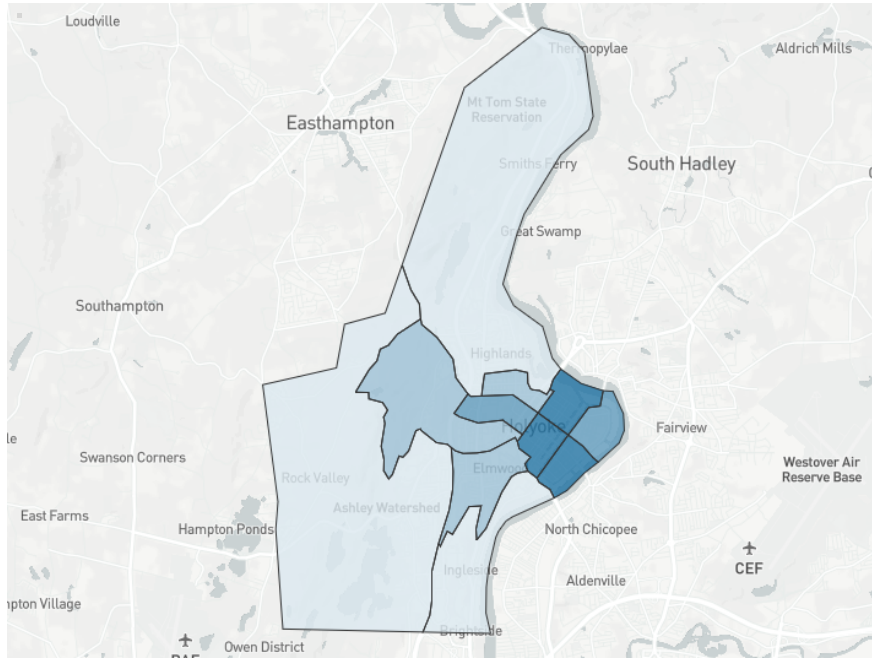
Holyoke, MA

12%

of homes
Massachusetts

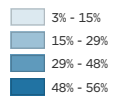
Sources: US Census ACS 5-year

Zero Vehicle Households




© Mapbox © OpenStreetMap

Homes without an available vehicle



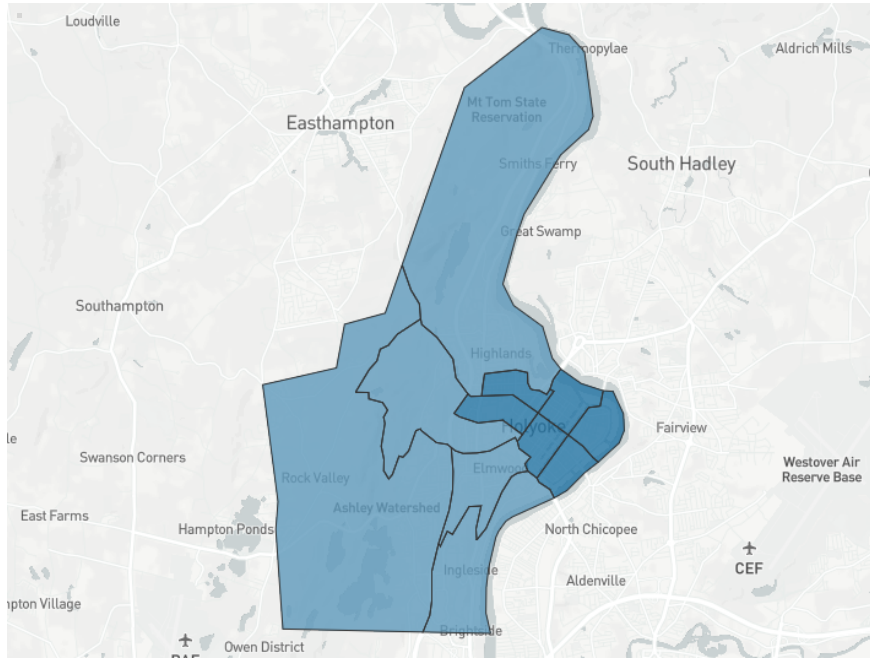
Source: US Census ACS 5-year

Walkability

 **15**
on a 1-20 scale
Walkability Index
Holyoke, MA

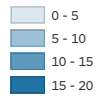
Sources: EPA
Higher scores indicate higher walkability

Walkability



Map navigation controls: +, -, Full Screen, Home, © Mapbox © OpenStreetMap

Walkability Index on a 1-20 Scale



EPA

Higher scores indicate higher walkability.

Transit

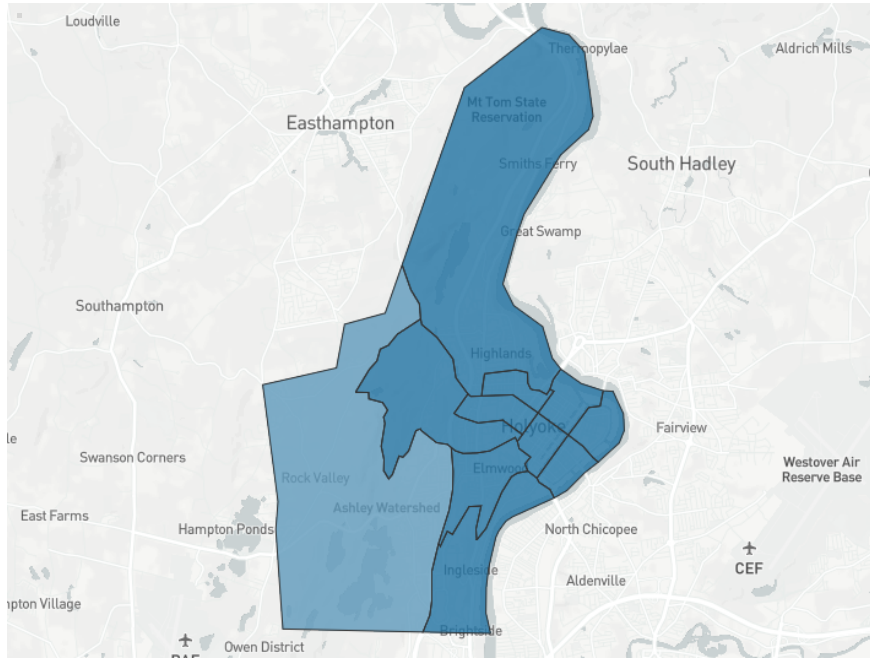
 **17**
on a 1-20 scale

Walkability Proximity to Transit Ranking Holyoke, MA

Sources: EPA

Higher scores indicate higher walkability to transit

Access to Transit



© Mapbox © OpenStreetMap

Walkability Proximity to Transit Ranking on a 1-20 Scale

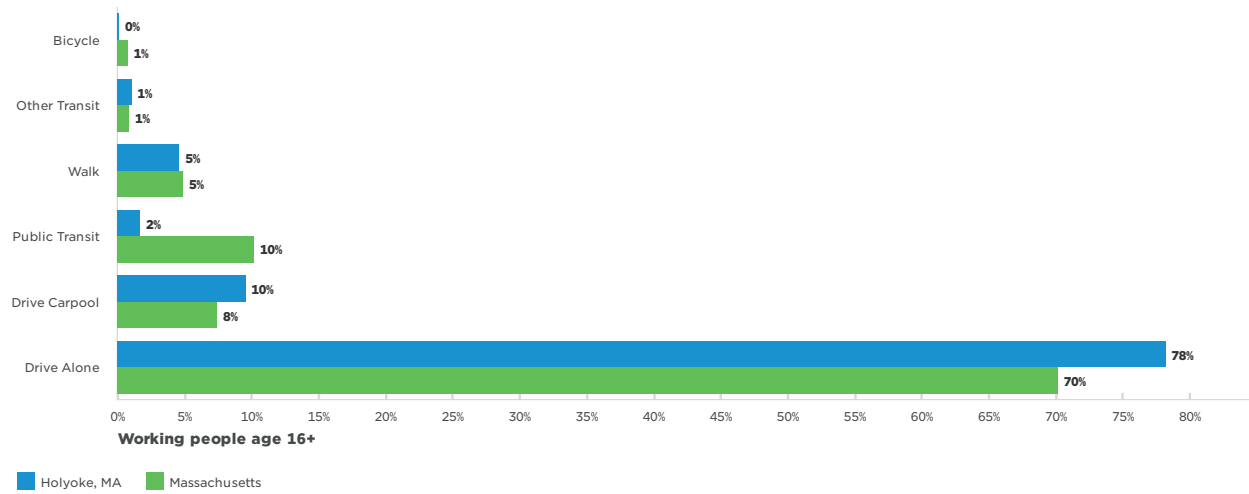


EPA

Higher scores indicate higher walkability to transit

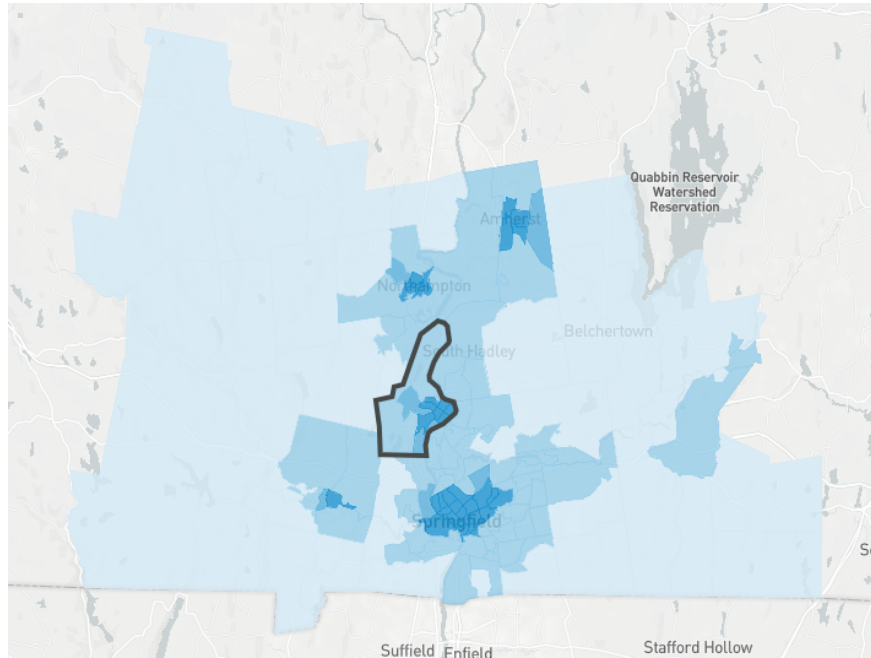
Mode of Travel Feasibility

How Working Adults Typically Travel to Work



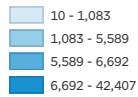
Sources: US Census ACS 5-year

Areas with feasible transit connections to destinations



Holyoke, MA

Average Number of Jobs within a 30 Minute Public Transit



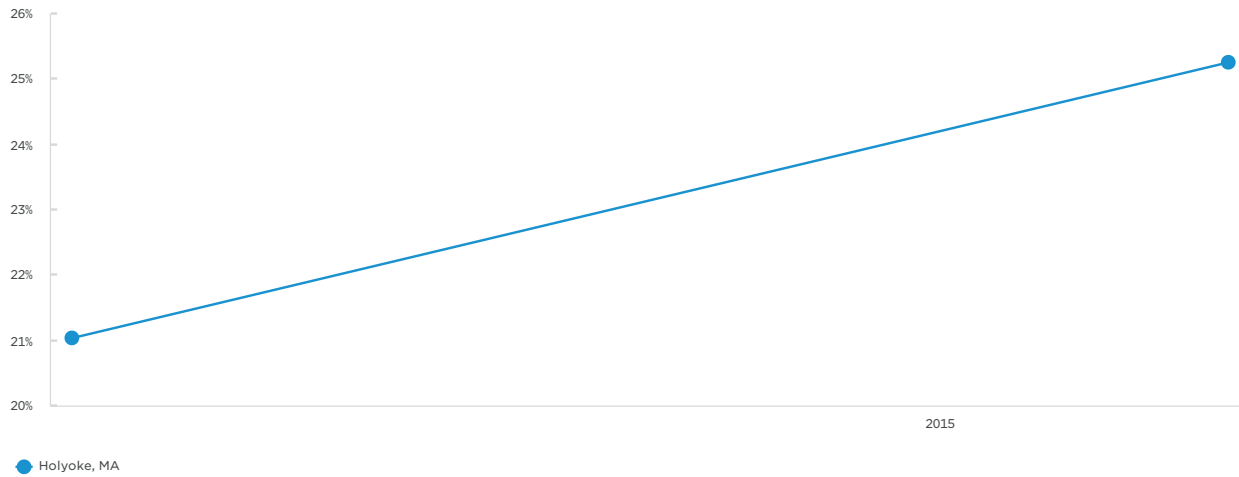
© Mapbox © OpenStreetMap

Number of jobs that are reachable within a 30-minute commute by foot and transit leaving between 7 and 9 a.m.

Source: University of Minnesota Center for Transportation

Median Income Families Transportation Costs

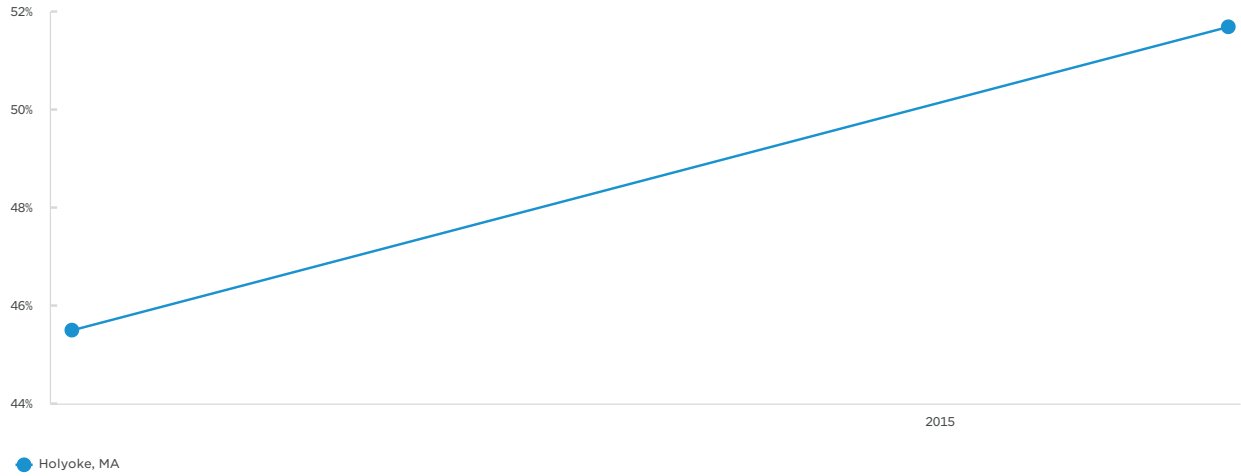
Percent of Income Spent on Transportation - Median Income Families



Sources: US HUD & DOT, LAI V2.0; US HUD & DOT, LAI V3.0

Low Income Families Transportation Costs

Percent of Income Spent on Transportation - Low Income Individuals



Sources: US HUD & DOT, LAI V2.0; US HUD & DOT, LAI V3.0

How are **potentially vulnerable populations** affected?

The characteristics included here should be used to understand potentially vulnerable populations, but are not meant to label any certain characteristic as inherently disadvantageous. Depending on community circumstances, these groups may face unique challenges to accessing healthcare, being active, or having a strong social support network.

Single Parent Households



25%

of families

Single Female with Children
Holyoke, MA



2,360

Families

Single Female with Children
Holyoke, MA



3%

of families

Single Male with Children
Holyoke, MA



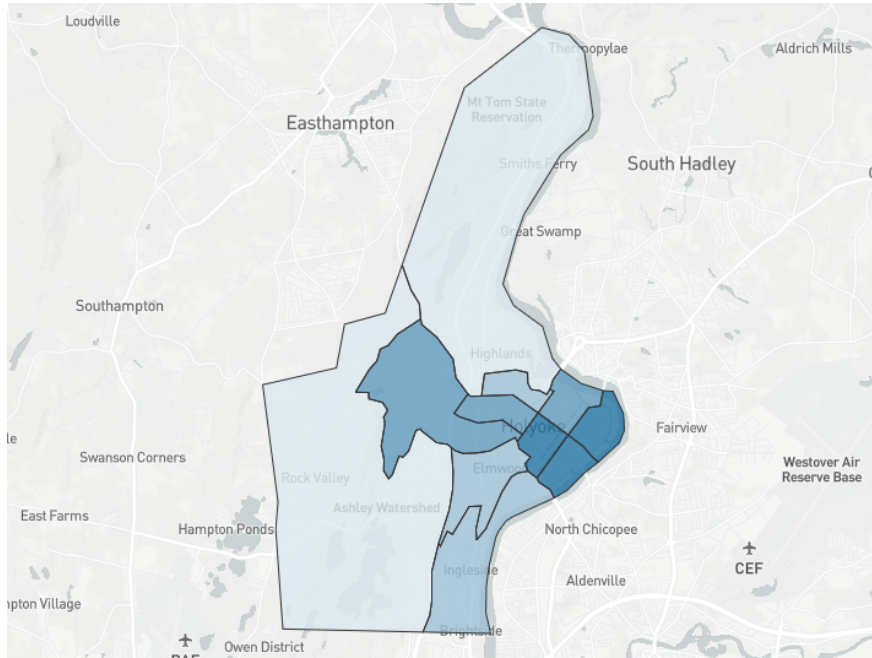
292

Families

Single Male with Children
Holyoke, MA

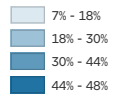
Sources: US Census ACS 5-year

Single Female Families



© Mapbox © OpenStreetMap

Single Female with Children



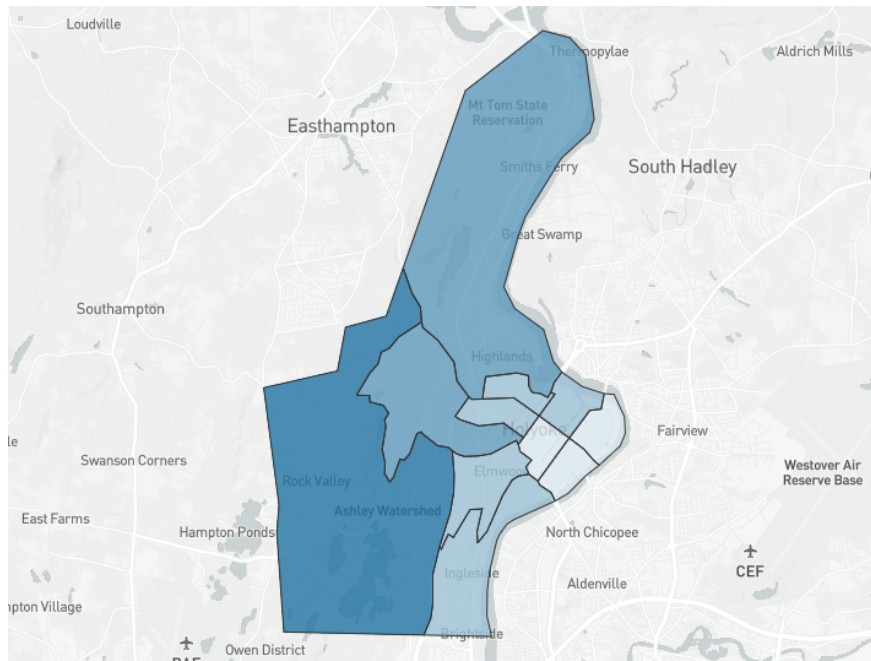
Source: US Census ACS 5-year

Veterans

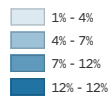


Sources: US Census ACS 5-year

Veteran Population



Veteran Population



Source: US Census ACS 5-year

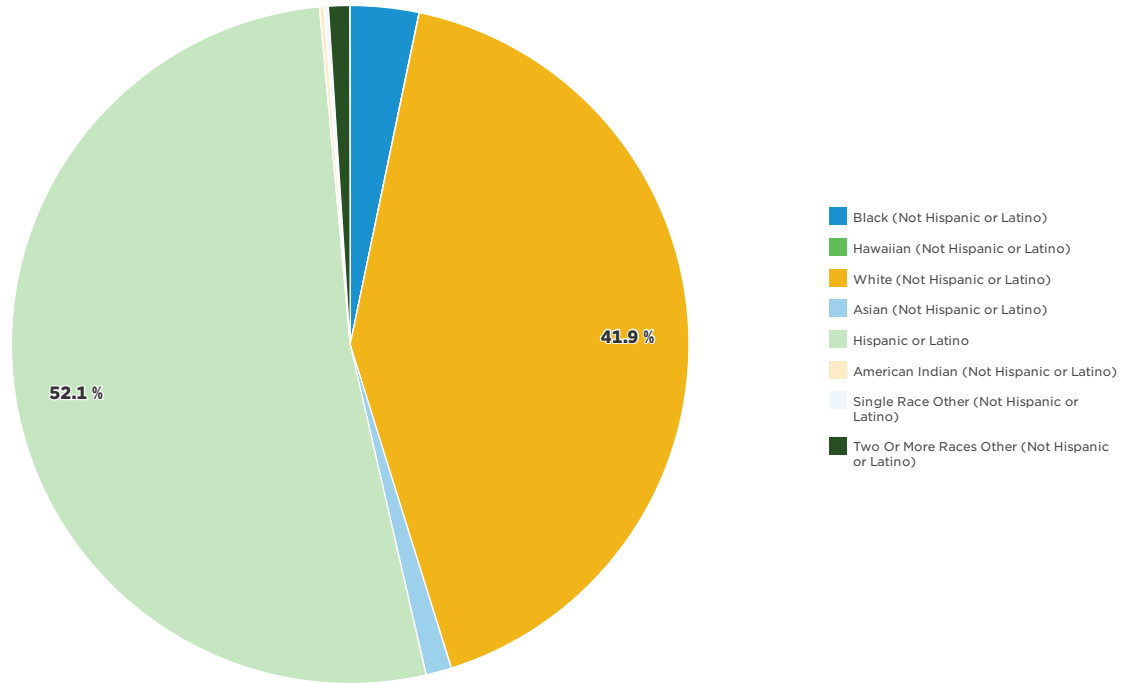
People of Color

58%
of Total Population
People of Color
Holyoke, MA

23,456
People
People of Color
Holyoke, MA

Sources: US Census ACS 5-year

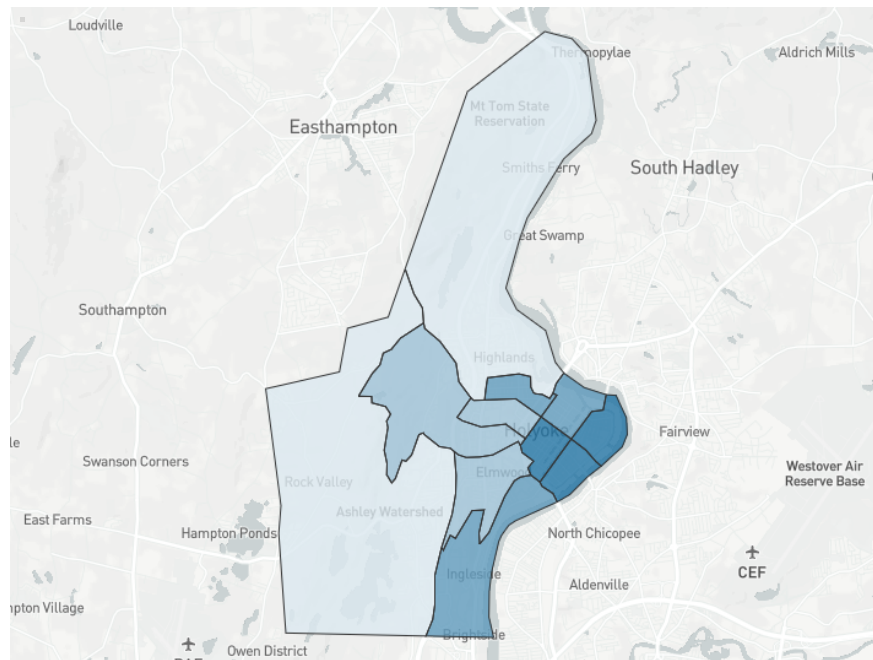
Race/Ethnicity Totals



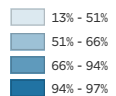
Holyoke, MA

Sources: US Census ACS 5-year

People of Color



People of Color



Source: US Census ACS 5-year

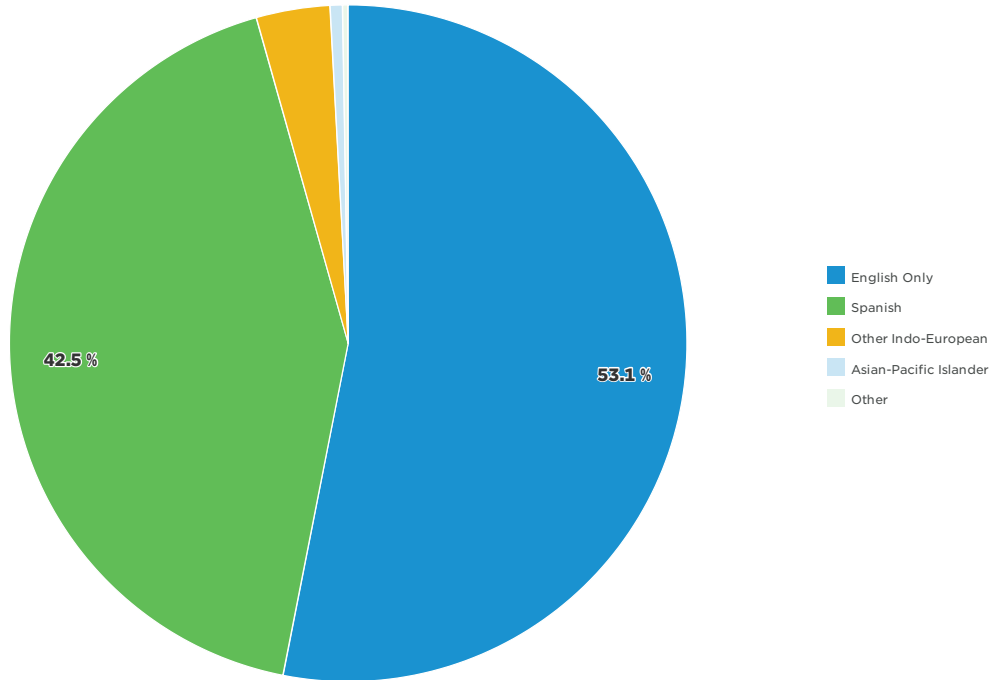
Ability to Speak English

16%
 of People Age 5+
 Speak English Less Than 'Very Well'
 Holyoke, MA

6,117
 People Age 5+
 Speak English Less Than 'Very Well'
 Holyoke, MA

Sources: US Census ACS 5-year

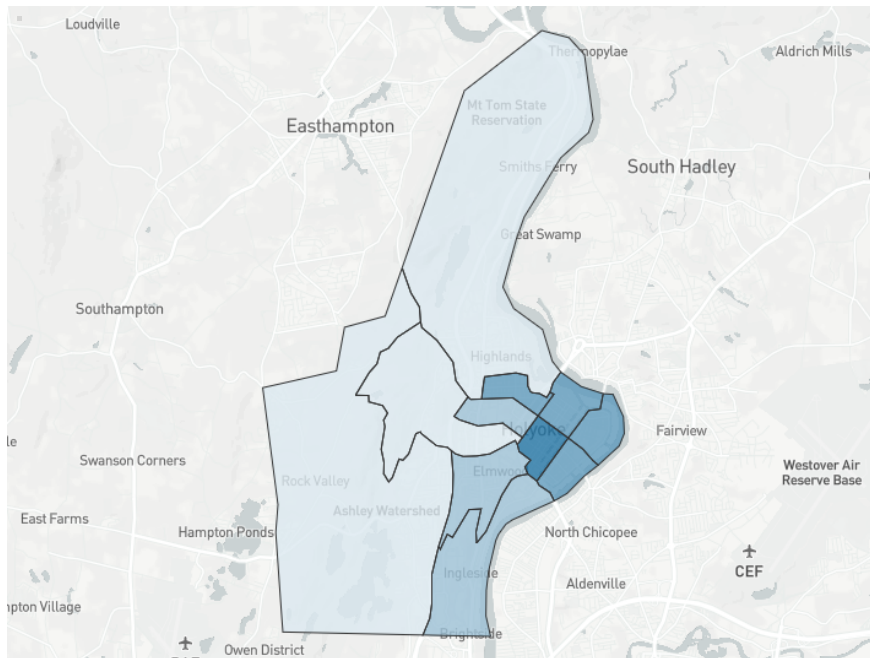
Language Spoken at Home



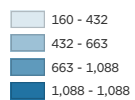
Holyoke, MA

Sources: US Census ACS 5-year

Limited English Proficiency



People who speak English less than 'very well'



US Census ACS 5-year

Holyoke Medical Center

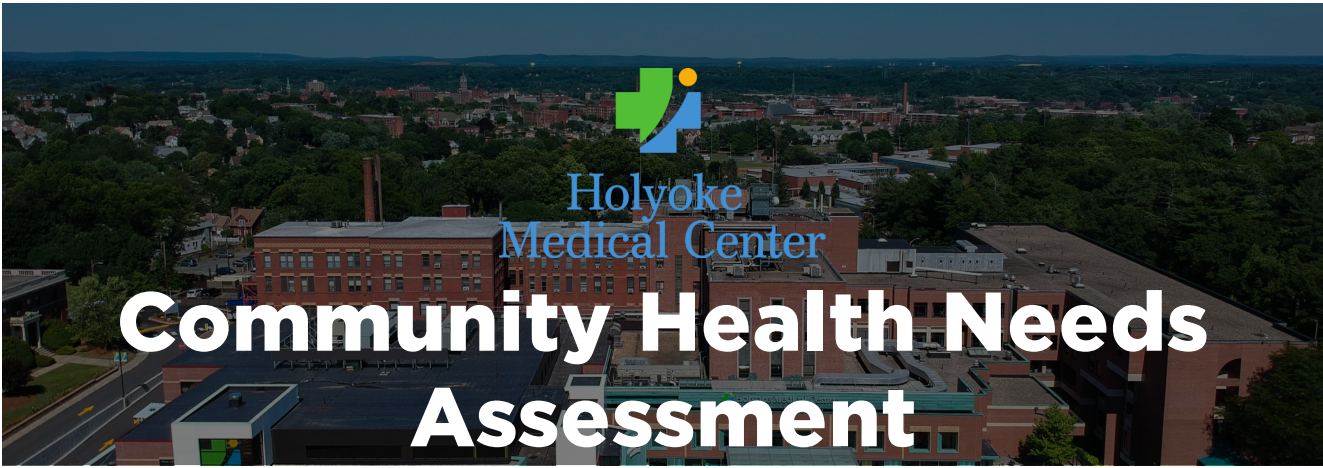
For more information about the work we're doing in our community or to contact us, please visit [our website](#) .

Want to know more about the data? Search for your dataset [here](#) .

The HMC Primary Service Area consists of Holyoke, Chicopee, South Hadley, Westfield, and West Springfield.



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[Terms of Use](#)



How do social factors affect **Chicopee** residents' opportunity for health?


Every resident should have the opportunity to make healthy choices. However, our choices are often limited or expanded based on where we live, where we work, and what resources we have access to. Understanding how social and economic factors impact our residents' opportunity for health is critical for making decisions that expand opportunity for every resident.




How are **income and poverty** affecting health?

Poverty is both a cause and a consequence of poor health. Poverty increases the chances of poor health. Poor health, in turn, traps communities in poverty. The cost of doctors' fees, prescriptions, and transportation to reach a health provider can be devastating for families living in poverty. Conversely, families with higher incomes can more easily purchase healthy foods and pay for health services and transportation.

Income and Poverty

 **Median Household Income**
\$49,434
USD
Chicopee, MA

\$77,378
USD
Massachusetts

 **People Living in Poverty**
15%
of population
Chicopee, MA

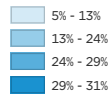
11%
of population
Massachusetts

Sources: US Census ACS 5-year

Percent of Population Living Below Poverty

Uh oh, your web browser killed the map! You might try refreshing the page.

People Below Poverty Level



Sources: US Census ACS 5-year

Poverty by Race/ Ethnicity



15%

of population

People Living in Poverty

Chicopee, MA

Sources: US Census ACS 5-year

People Living in Poverty by Race/ Ethnicity

Chicopee, MA

American Indian	0% of American Indian Population
Asian	11% of Asian Population
Black	30% of Black Population
Hawaiian/Pacific Islander	No data of Hawaiian/Pacific Islander Population
Hispanic or Latino	31% of Hispanic or Latino Population
Some Other Race	36% of Some Other Race Population
Two or More Races	29% of Two or More Races Population
White (Not Hispanic or Latino)	10% of White (Not Hispanic or Latino) Population

Sources: US Census ACS 5-year

Income by Race/ Ethnicity

 **\$49,434**
USD

Median Household Income Chicopee, MA

Sources: US Census ACS 5-year

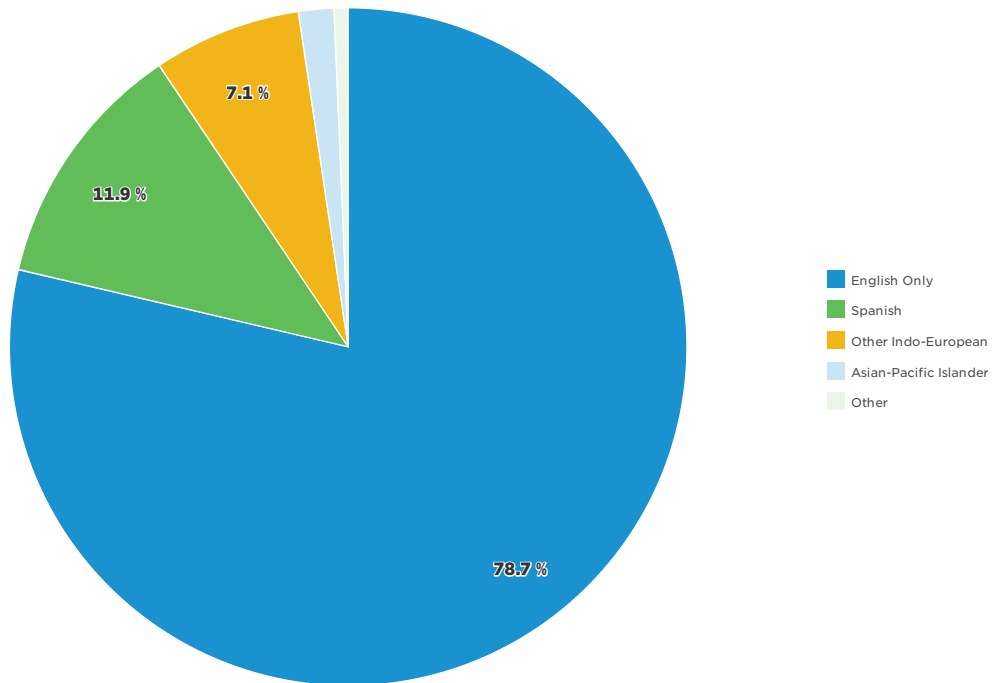
Median Household Income by Race/ Ethnicity

Chicopee, MA	USD
American Indian	No data
Asian	\$45,613
Black	\$37,297
Hispanic or Latino	\$31,952
Hawaiian/Pacific Islander	No data
Other Race	\$31,648
Two or More Races	\$35,492
White (Not Hispanic or Latino)	\$57,764

Sources: US Census ACS 5-year

Poverty by Language Spoken

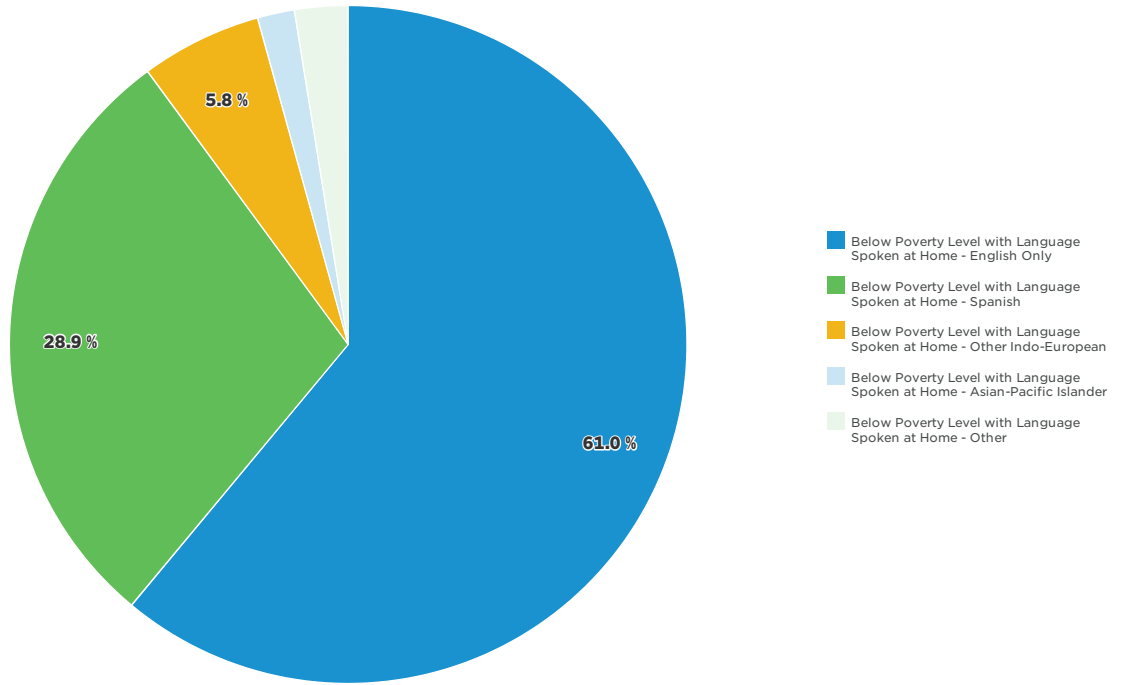
Language Spoken at Home by Total Population



Chicopee, MA

Sources: US Census ACS 5-year

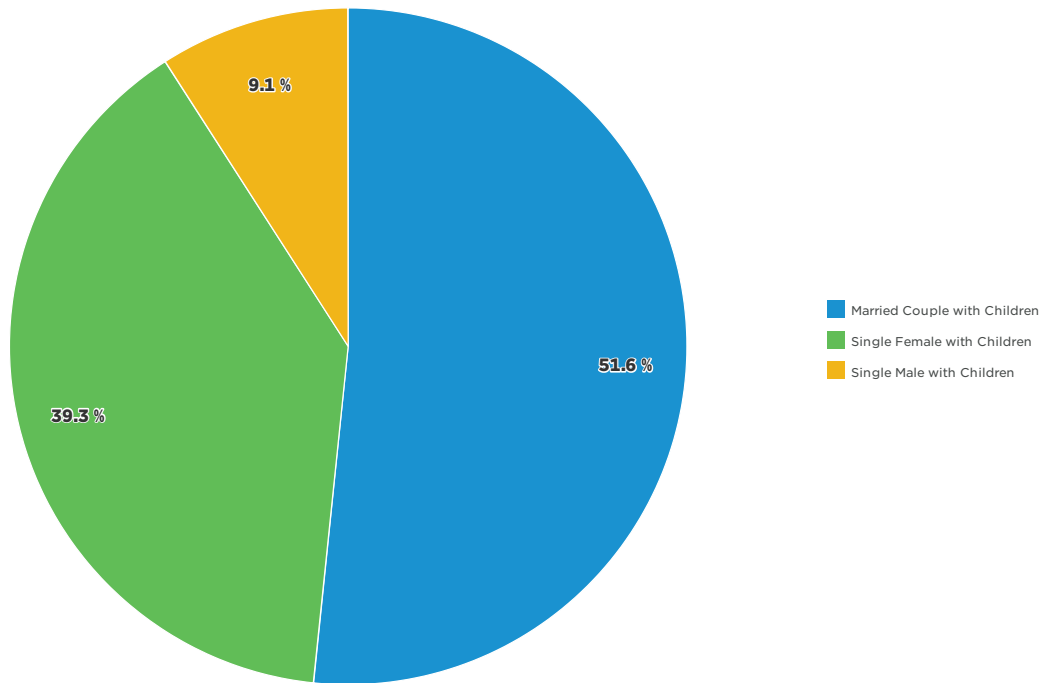
Language Spoken at Home by People Living in Poverty



Chicopee, MA
Sources: US Census ACS 5-year

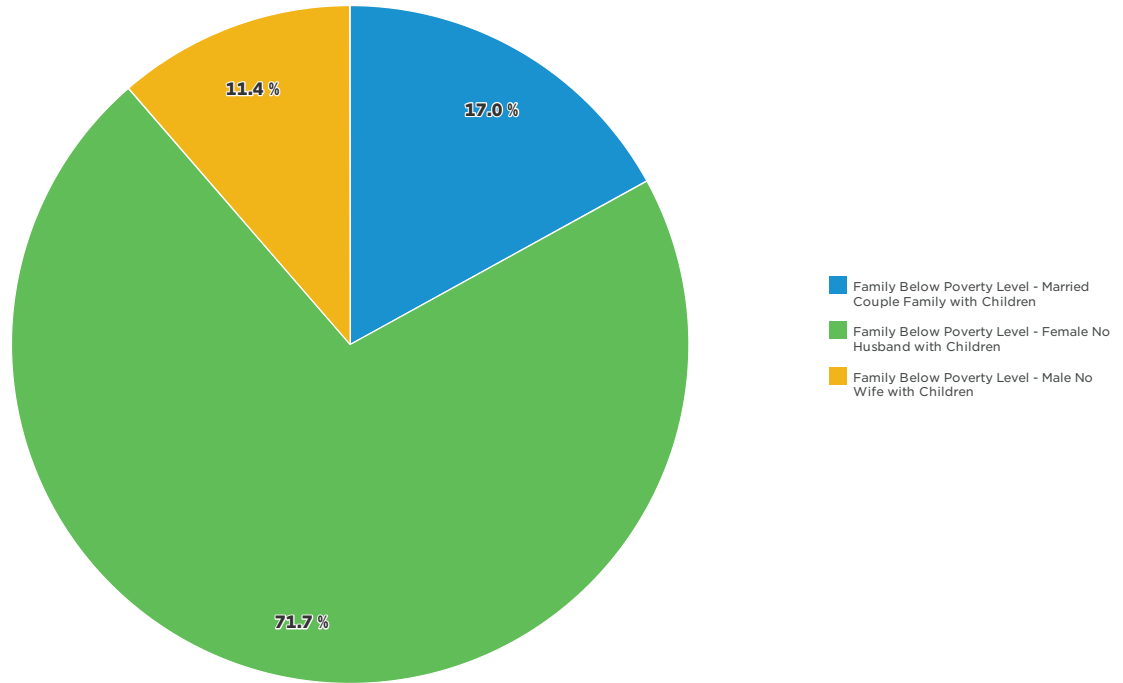
Poverty by Family Type

All Families with Children



Chicopee, MA
Sources: US Census ACS 5-year

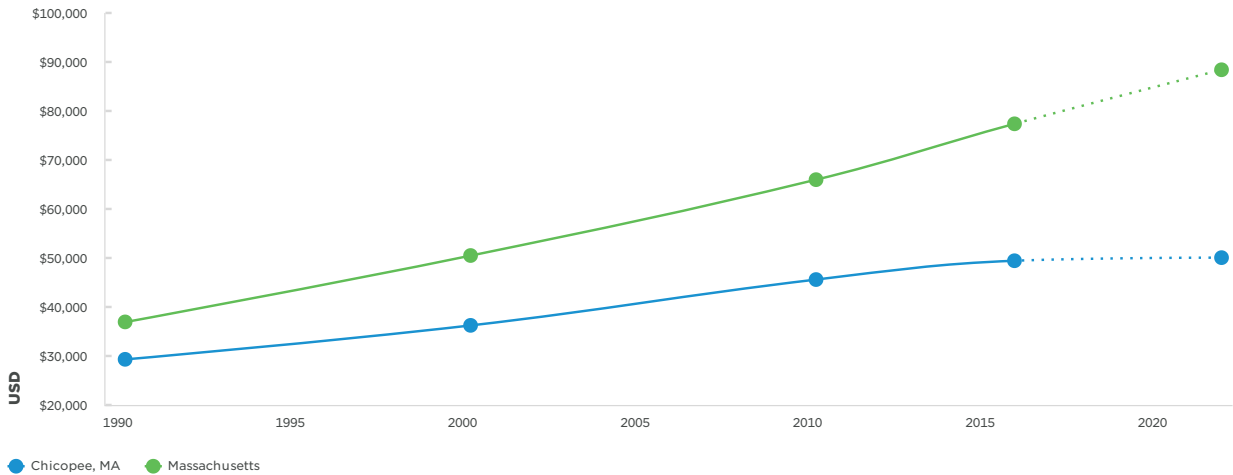
Families with Children Living in Poverty



Chicopee, MA
Sources: US Census ACS 5-year

Household Income Over Time

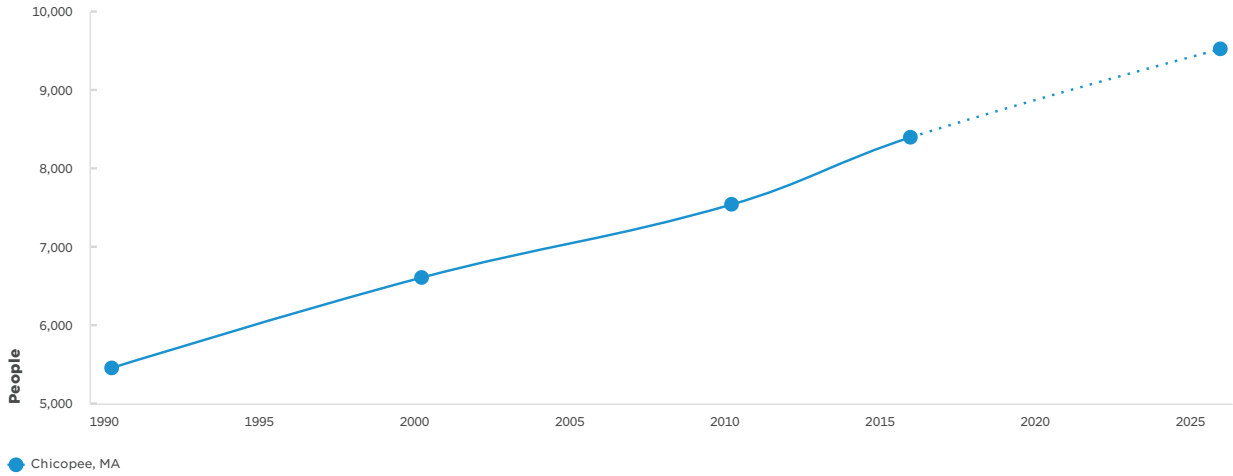
Median Household Income



Income = the income received on a regular basis before payments for personal income taxes, social security, union dues, medicare deductions, etc
Sources: US Census 1990, 2000, 2010; US Census ACS 5-year

Poverty Over Time

People Living Below Poverty Level



Sources: US Census 1990, 2000, 2010; US Census ACS 5-year

Indicators of Hopelessness

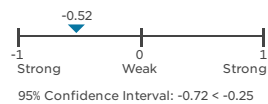
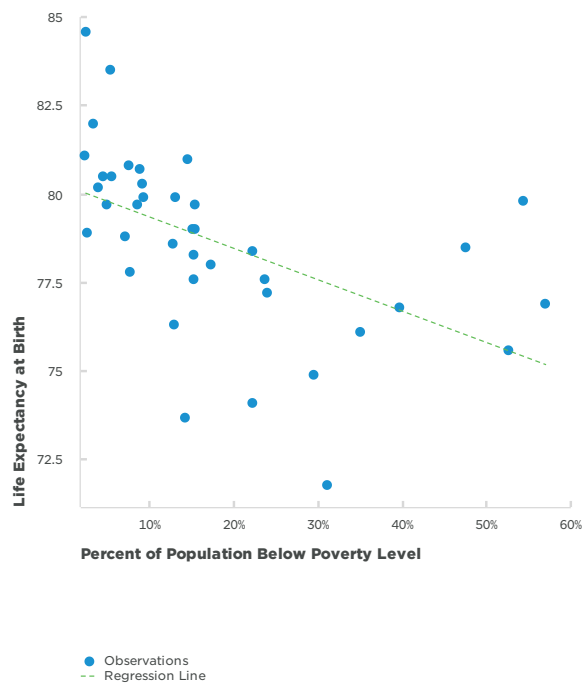
Sources: US Census ACS 5-year

Life Expectancy vs. Poverty

Each dot represents a neighborhood in our community:

Areas with a high proportion of people living below poverty level are more likely to have shorter life expectancy.

Census Tracts inside Holyoke Medical Center Service Area



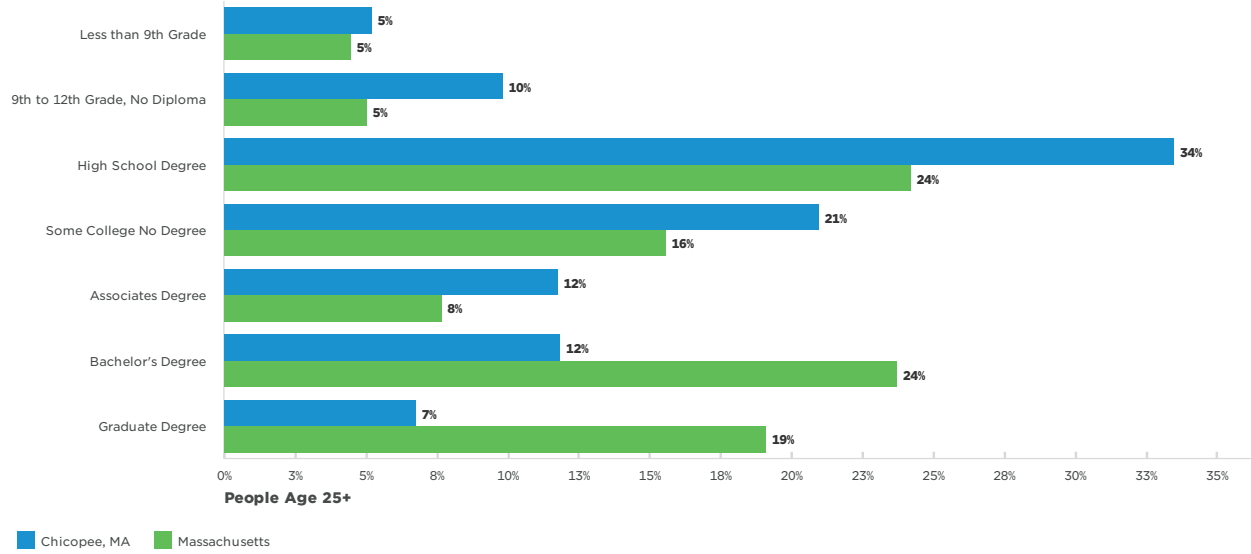
As Percent of Population Below Poverty Level increases, Life Expectancy at Birth tends to decrease. There is a weak relationship between these two variables.

How is **education** affecting health?

Residents with more education are more likely to have jobs that provide health-promoting benefits such as health insurance, paid leave, and retirement. Conversely, people with less education are more likely to work in occupations with few benefits. Low-income residents who are struggling to access basic necessities, such as food and shelter, are unable to prioritize their education and long-term goals and are often stuck in a generational cycle of poverty.

Educational Attainment

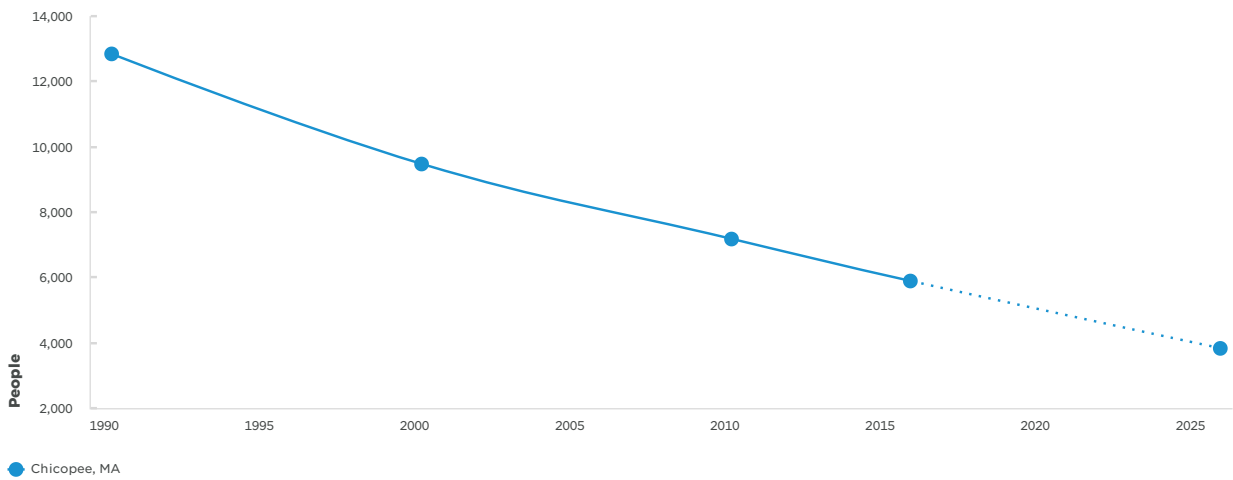
Highest level of education completed



Sources: US Census ACS 5-year

Adults without High School Diploma Over Time

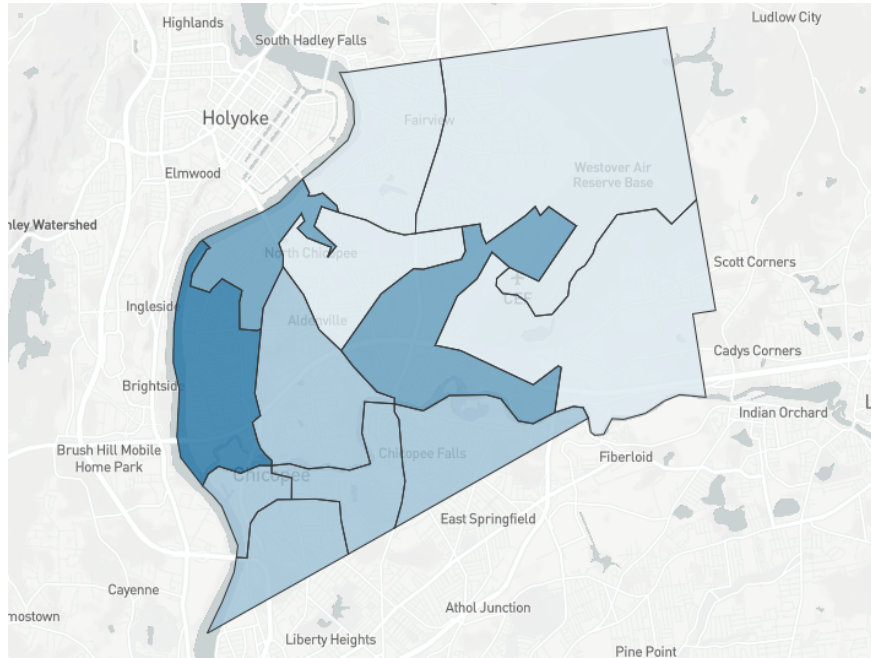
Population Age 25+ Without High School Diploma or Equivalent



Sources: US Census 1990, 2000, 2010; US Census ACS 5-year

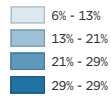
Adults without High School Diploma Map

Percent of Adult Population without a High School Diploma or Equivalent



© Mapbox © OpenStreetMap

Adults Without High School Diploma or Equivalent

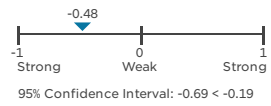
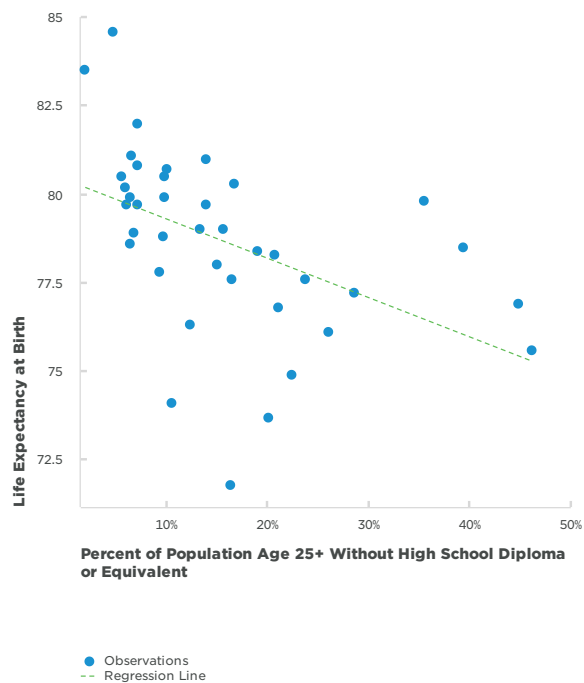


Source: US Census ACS 5-year

Life Expectancy vs. Adults without High School Diploma

Each dot represents a neighborhood in our community:

Areas with a **high proportion of adults without high school diplomas** are more likely to have **shorter life expectancy**.



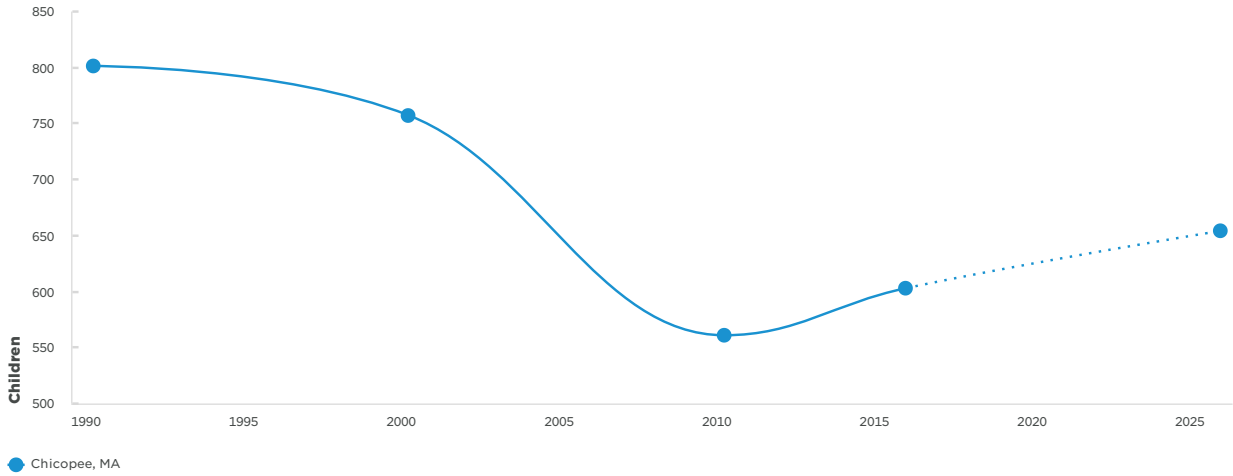
As Percent of Population Age 25+ Without High School Diploma or Equivalent increases, Life Expectancy at Birth tends to decrease. There is a moderate relationship between these two variables.

How is **early education** affecting health?

Participation in preschool programs has large and enduring effects on school achievement and child well-being. Early childhood education can counteract the disadvantage some children experience, improve their social and cognitive development, and provide them with an equal opportunity to achieve school readiness, and lifelong employment, income, and health.

Preschool Enrollment Over Time

Children Enrolled in Nursery School or Preschool



Sources: US Census 1990, 2000, 2010; US Census ACS 5-year

Population Age 3-4

Chicopee, MA		Children
Total Enrolled in Nursery or Preschool		603
Below Poverty Level and Enrolled in Nursery or Preschool		131
Population Age 3 to 4		1,033

Sources: US Census ACS 5-year

How is **unemployment** affecting health?

Job insecurity and lack of benefits associated with employment make residents more vulnerable to poor health. Unemployment may contribute to housing instability, unmet medical needs, and inability to purchase healthy foods. Additionally, health-harming stress can accompany the social and economic hardship caused by unemployment.

Unemployment

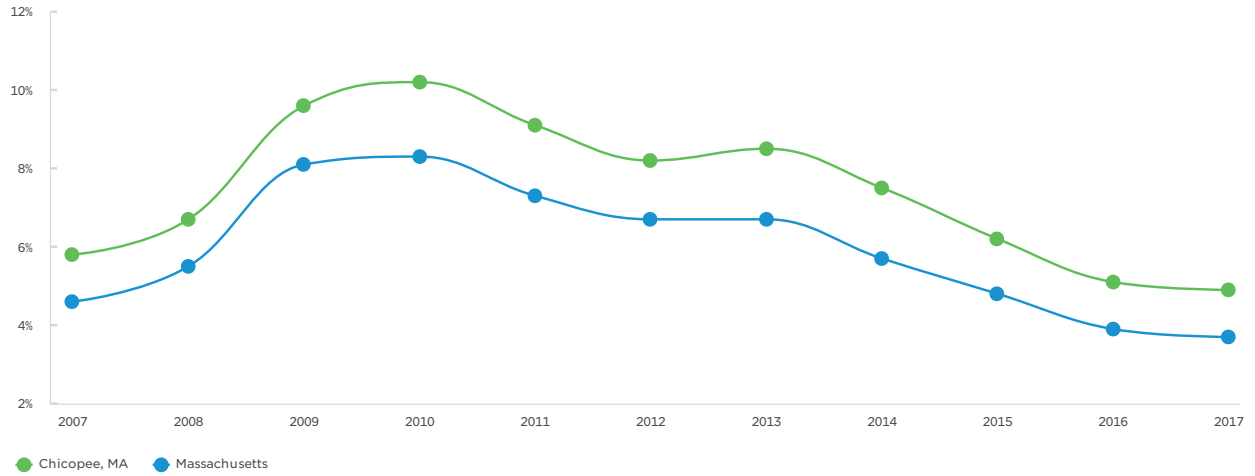
 **Unemployment**
6.7%
Chicopee, MA

5.4%
Massachusetts

Sources: US Census ACS 5-year

Unemployment Over Time

Annual Average Unemployment Rate



Sources: BLS

How are **housing costs** affecting health?

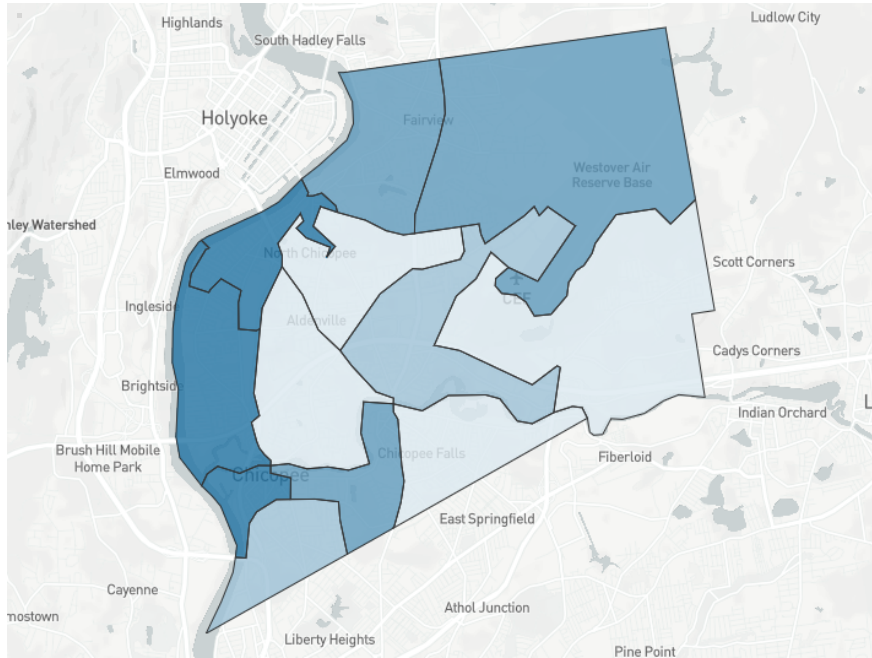
Housing should represent a place of safety, stability, and shelter and not a place of stress, strain, or insecurity. When residents struggle to afford a place to live, that financial strain makes it harder to make other healthy choices, like eating a healthy diet or seeing a doctor when you're sick. Moreover, disruptive events, like suddenly losing your home, can become the trigger for a snowball of negative impacts on health, such as losing a job or health insurance, dropping out of school, or triggering mental health challenges.

Excessive Housing Costs

Sources: US Census ACS 5-year

Excessive Rental Housing Costs

Home Rental Costs: 30%+ of Income



Map navigation icons: +, -, Full Screen, Home, and a copyright notice: © Mapbox © OpenStreetMap

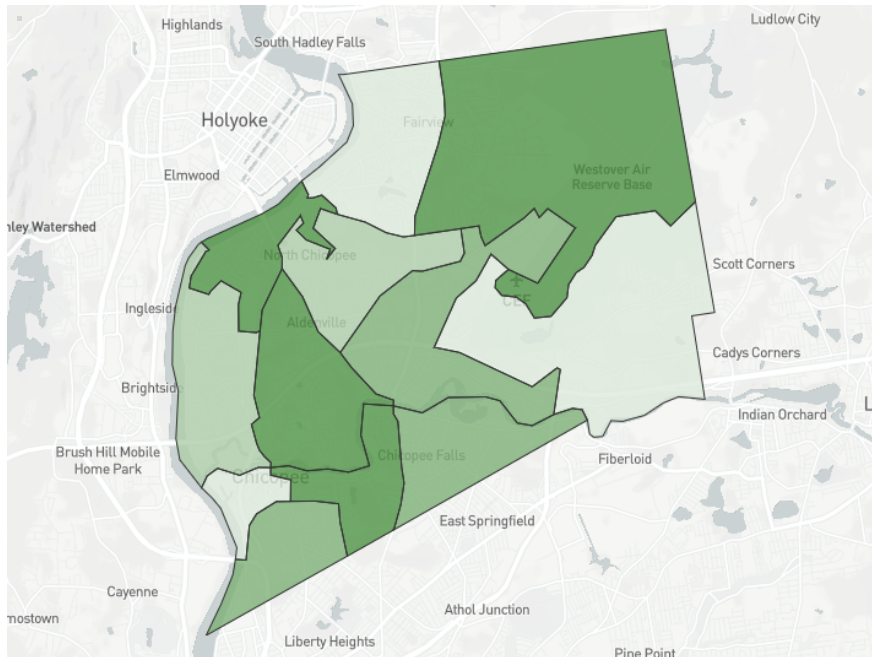
Renter Households with Excessive Costs

- 31% - 46%
- 46% - 51%
- 51% - 56%
- 56% - 58%

Source: US Census ACS 5-year

Excessive Homeownership Costs

Home Ownership Costs: 30%+ of Income



Map navigation icons: +, -, Full Screen, Home, and a copyright notice: © Mapbox © OpenStreetMap

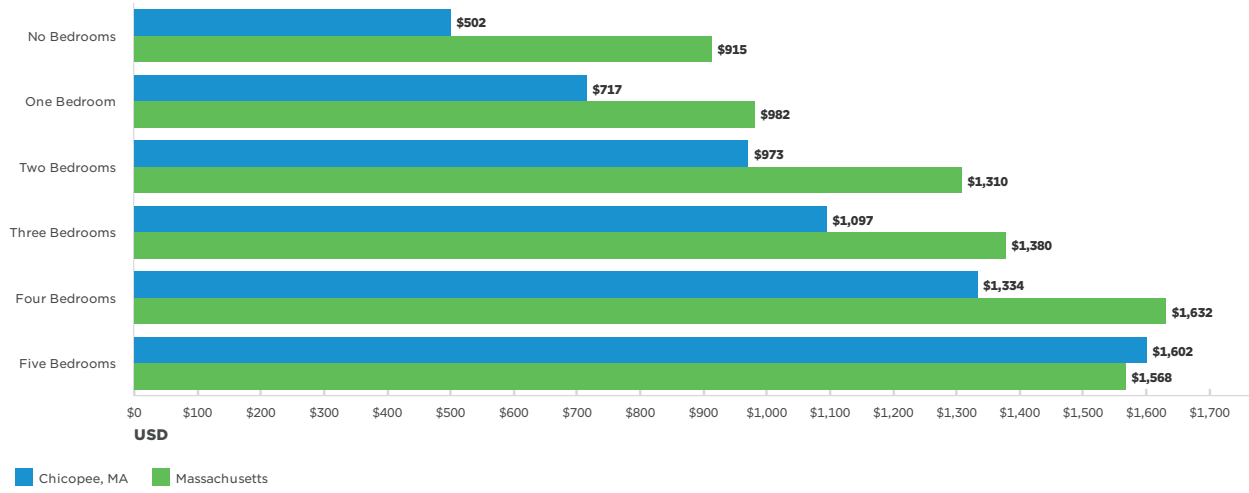
Owner Households with Excessive Housing Costs

- 13% - 18%
- 18% - 24%
- 24% - 30%
- 30% - 35%

Source: US Census ACS 5-year

Median Rent

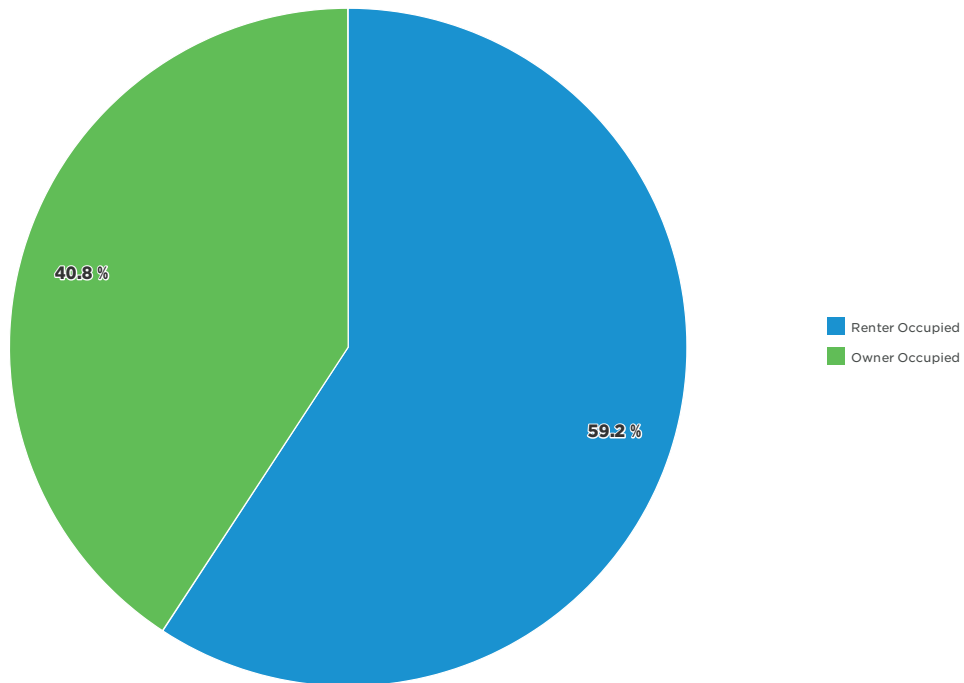
Median Rent by Number of Bedrooms



Sources: US Census ACS 5-year

Homeownership Rate

Owner vs Renter Occupied



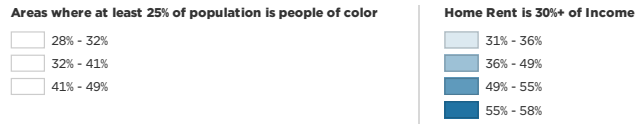
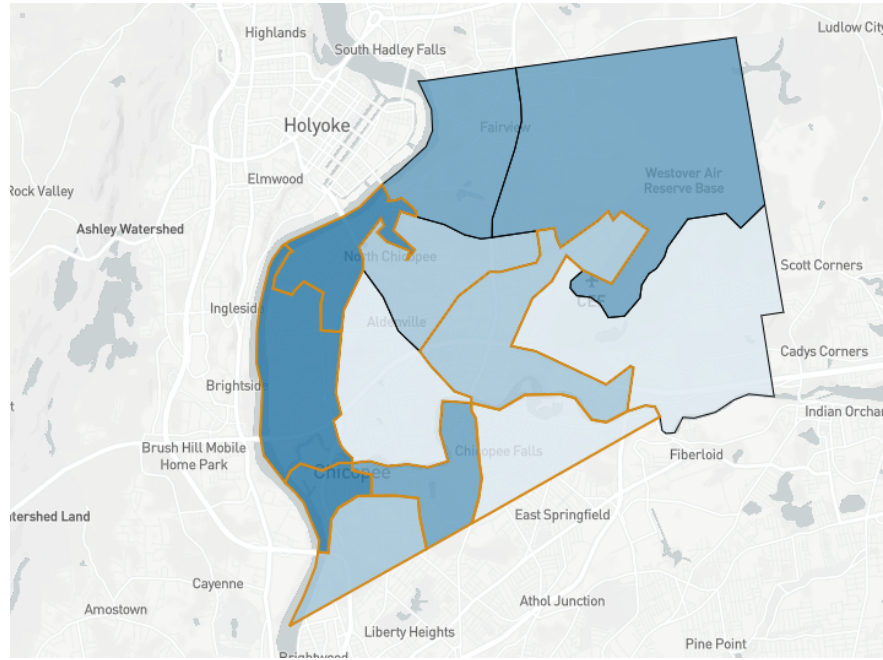
Holyoke, MA

Sources: US Census ACS 5-year

Housing Cost & Race

Click on the map for more information.

Excessive Rental Housing Costs and People of Color

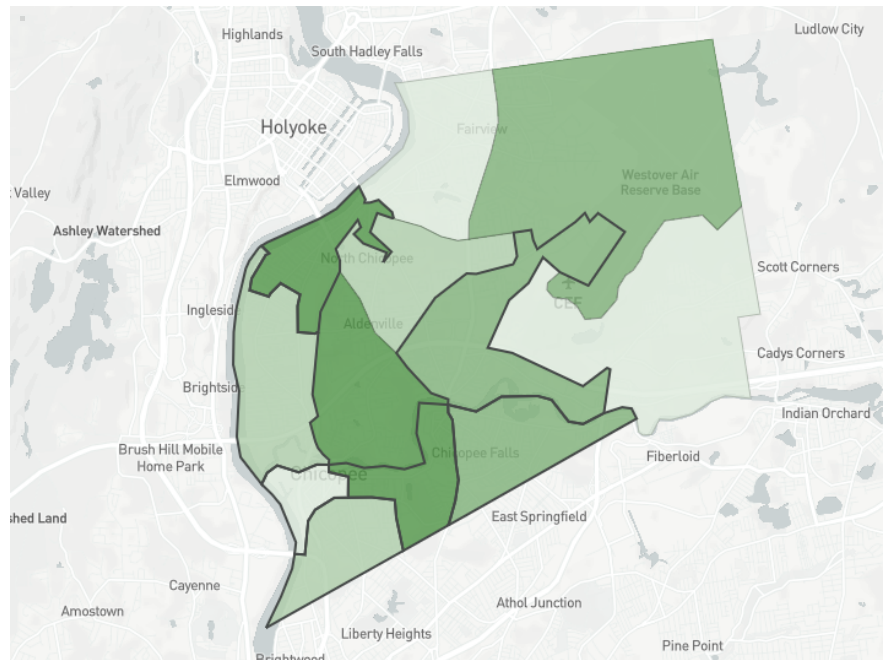


Source: US Census ACS 5-year



© Mapbox © OpenStreetMap

Excessive Home Ownership Costs and People of Color



Source: US Census ACS 5-year



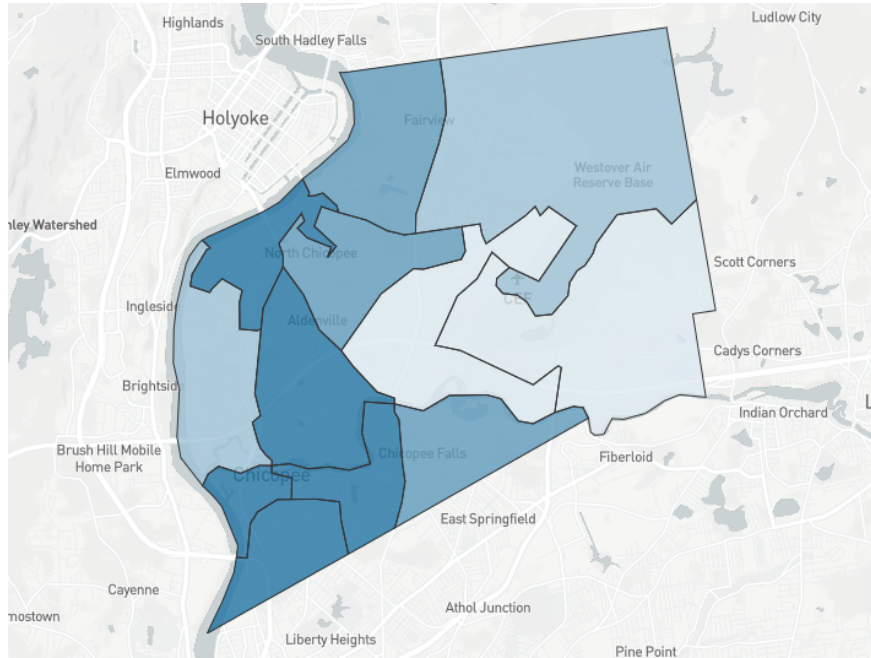
© Mapbox © OpenStreetMap

How is **housing safety** affecting health?

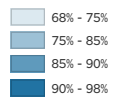
The conditions of our homes have the potential to significantly help- or harm- our health. Poor indoor air quality, lead paint, and other hazards place residents at risk for multiple health problems. Unfortunately, housing that is affordable for low- and modest-income families is more likely to have hazardous conditions. Household safety has an even bigger impact on vulnerable populations who spend even greater amounts of time at home, such as very young children and the elderly.

Lead Paint

Lead Paint Risk in Housing



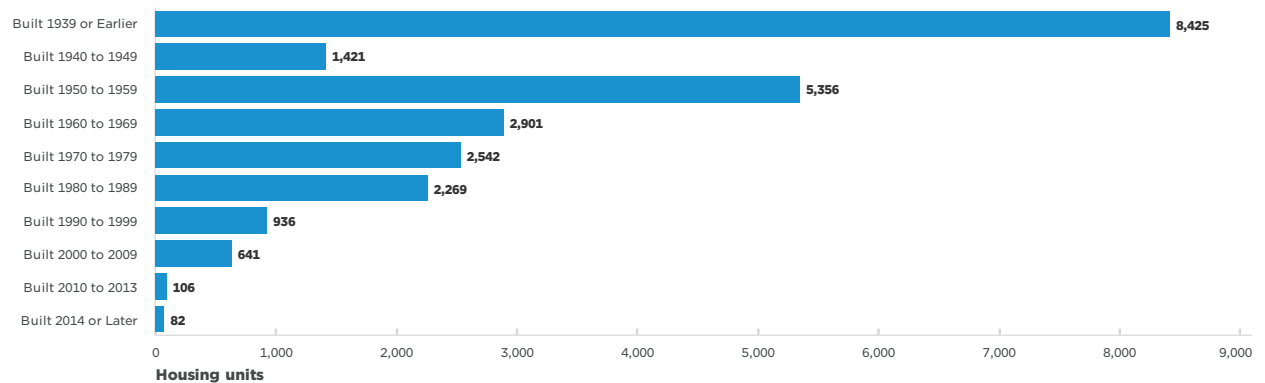
Homes Built 1979 and Earlier - Potential for Lead Paint



US Census ACS 5-year

Home Age

Building Age of Housing Units



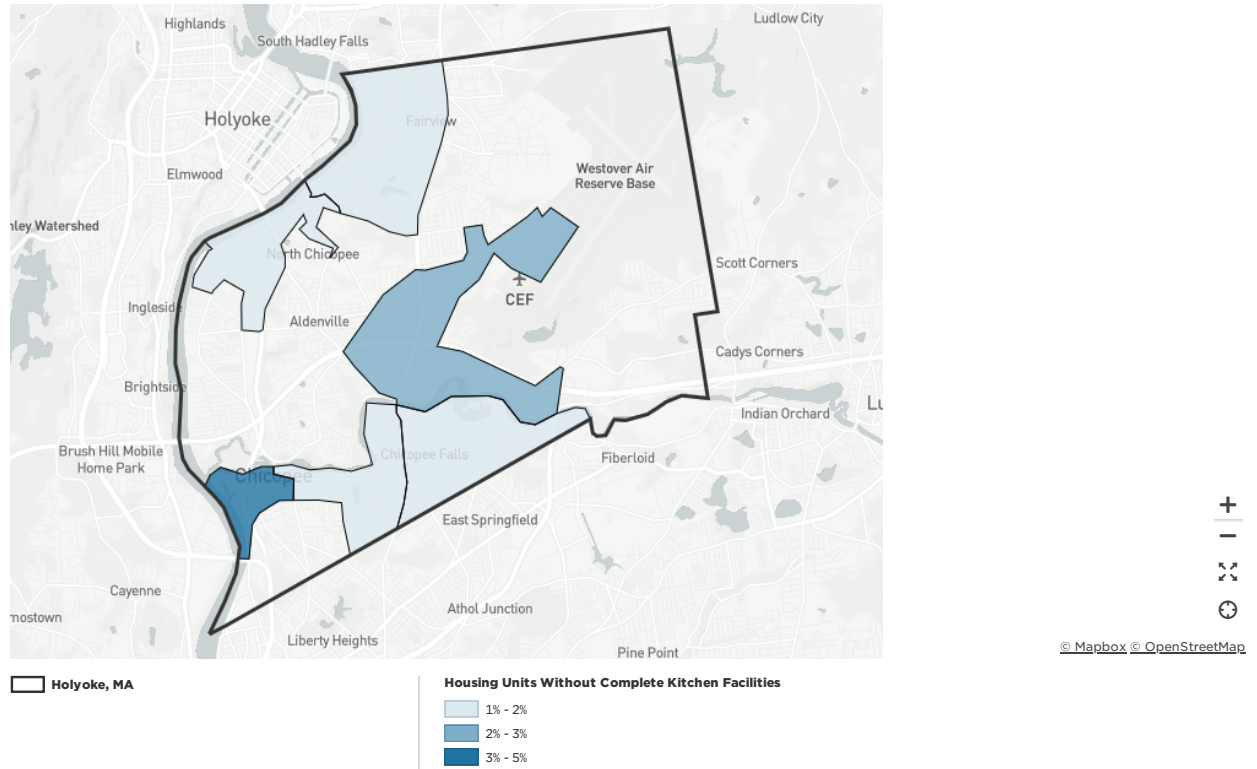
Chicopee, MA

Sources: US Census ACS 5-year

Kitchen Facilities

Complete kitchen facilities include a sink with a faucet, a stove or range, and a refrigerator.
Sources: US Census ACS 5-year

Insufficient Kitchen Facilities in Homes



Complete kitchen facilities include a sink with a faucet, a stove or range, and a refrigerator.
US Census ACS 5-year

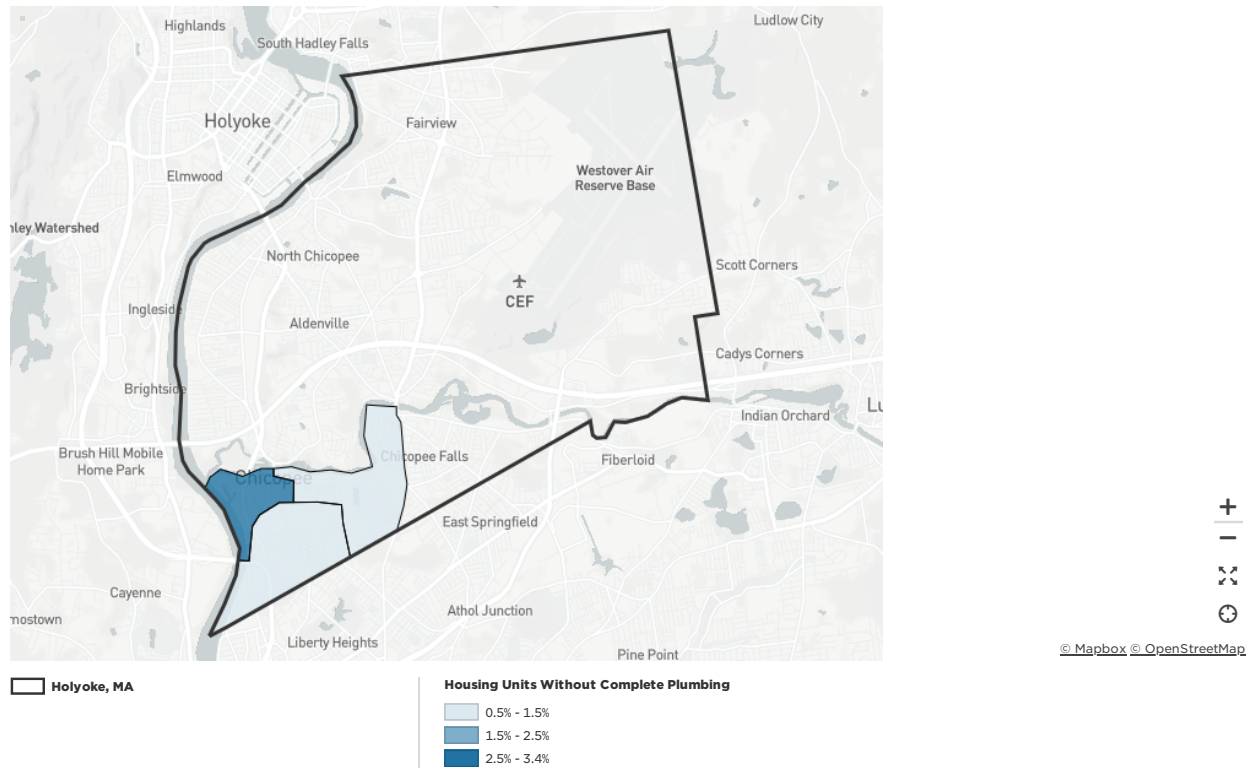
Plumbing

 **53**
Homes

Without Complete Plumbing Chicopee, MA

Complete plumbing includes hot and cold running water, a flush toilet, and a bathtub or shower.
Sources: US Census ACS 5-year

Insufficient Plumbing in Homes



Complete plumbing includes hot and cold running water, a flush toilet, and a bathtub or shower.
 US Census ACS 5-year

How is homelessness affecting health?

Some health problems contribute to homelessness, such as major mental illness, disabling conditions that cause a person to become unemployed, or any major illness that results in massive health care expenses. Homelessness then increases the risk of developing health problems and can also turn a relatively minor health problem into a serious illness. Homelessness also complicates the treatment of many illnesses.

2,718

People Without Homes

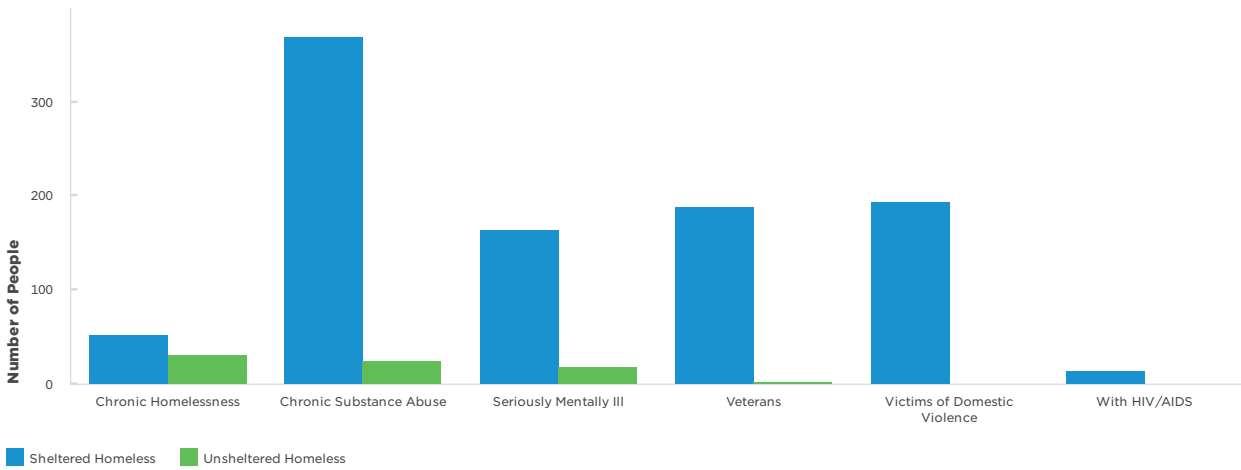
Homeless Population

Holyoke/Franklin, Hampden, Hampshire Counties CoC

Source: HUD Continuum of Care Homeless Assistance Program Point-in-Time Count 2018

Note: An estimated 85% of homeless people in Franklin, Hampshire, and Hampden Counties are located in Hampden County.

Homeless Populations of Western Massachusetts



Source: HUD

What **transportation** options are available to families seeking health care?

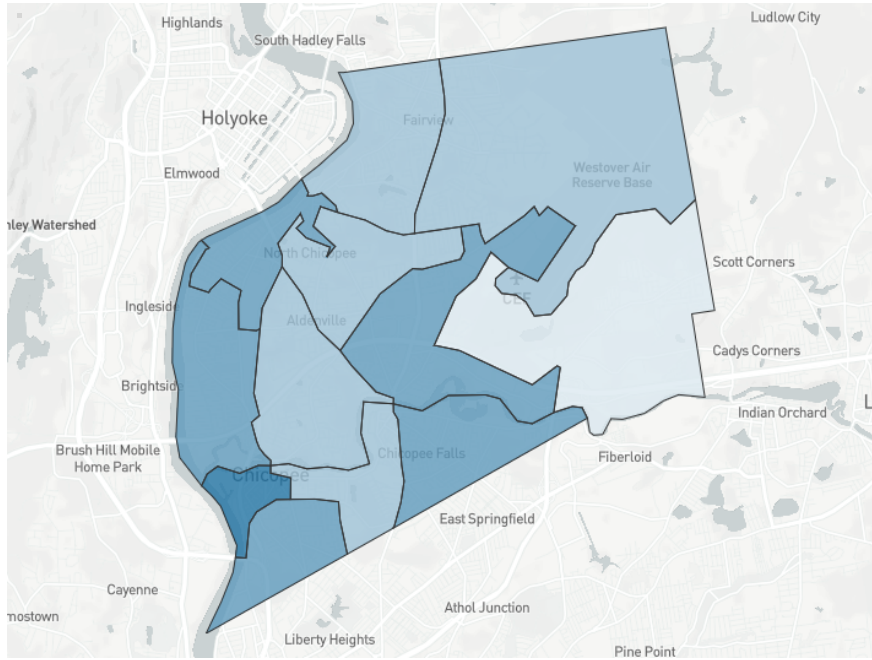
The lack of access to affordable transportation options limit some families' abilities to seek health care. Limited vehicle availability and fewer affordable transportation afflict our cost-sensitive residents. Low-income households are limited to a shorter radius of travel compared to higher-income households, which limits their health care, employment, and education options. They have the lowest rates of single-occupancy vehicle use and highest usage of less costly travel modes, such as carpool, transit, bike, and walk. In areas where public transportation is inaccessible or infrequent, residents without access to vehicles aren't able to see a doctor when they need it most.

Zero Vehicle Households

 **11%**
of homes
Homes Without a Vehicle
Chicopee, MA

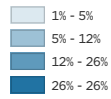
Sources: US Census ACS 5-year

Zero Vehicle Households



© Mapbox © OpenStreetMap

Homes without an available vehicle



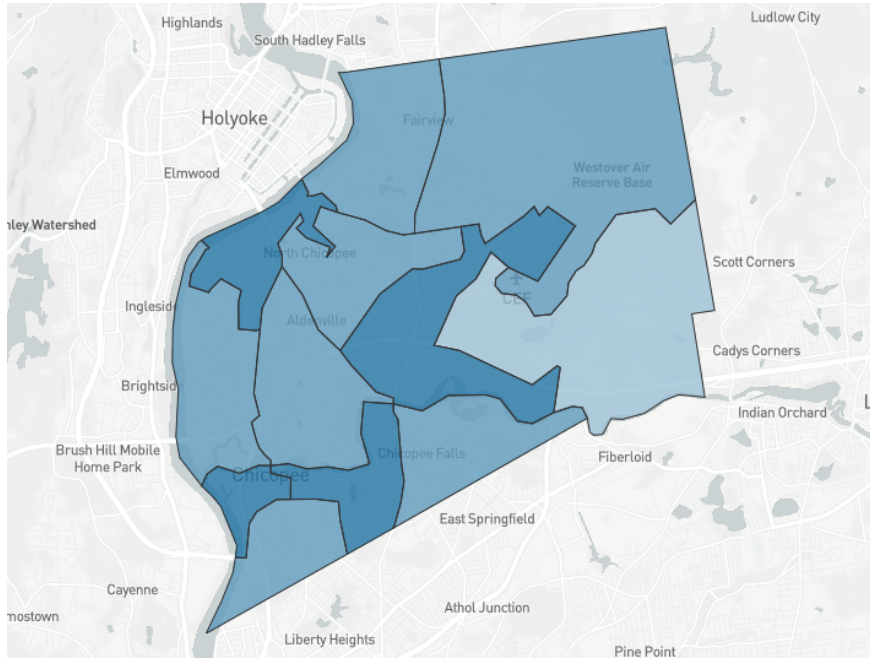
Source: US Census ACS 5-year

Walkability

Sources: EPA

Higher scores indicate higher walkability

Walkability



© Mapbox © OpenStreetMap

Walkability Index on a 1-20 Scale



EPA

Higher scores indicate higher walkability.

Transit



15

on a 1-20 scale

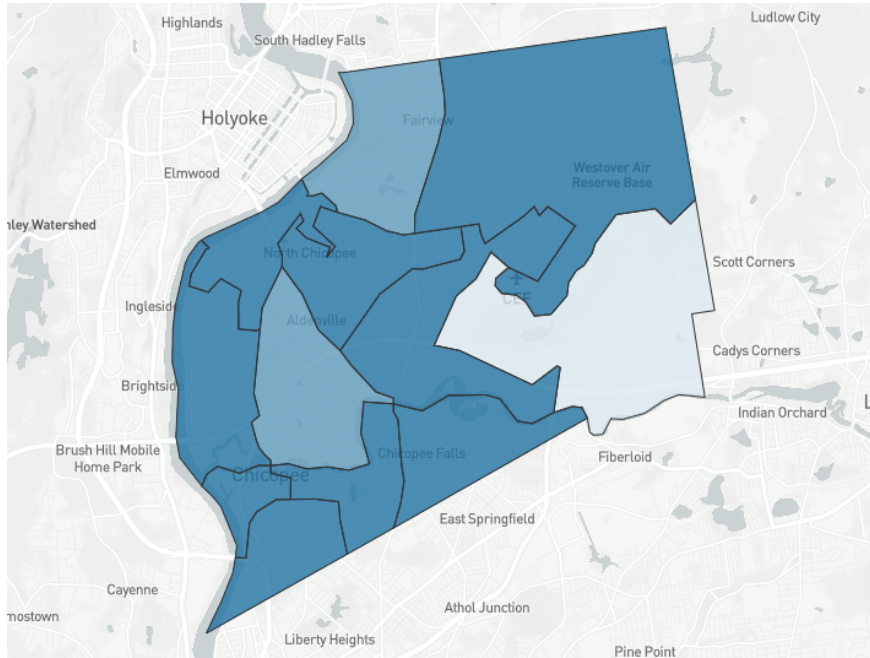
Walkability Proximity to Transit Ranking

Chicopee, MA

Sources: EPA

Higher scores indicate higher walkability to transit

Access to Transit



© Mapbox © OpenStreetMap

Walkability Proximity to Transit Ranking on a 1-20 Scale

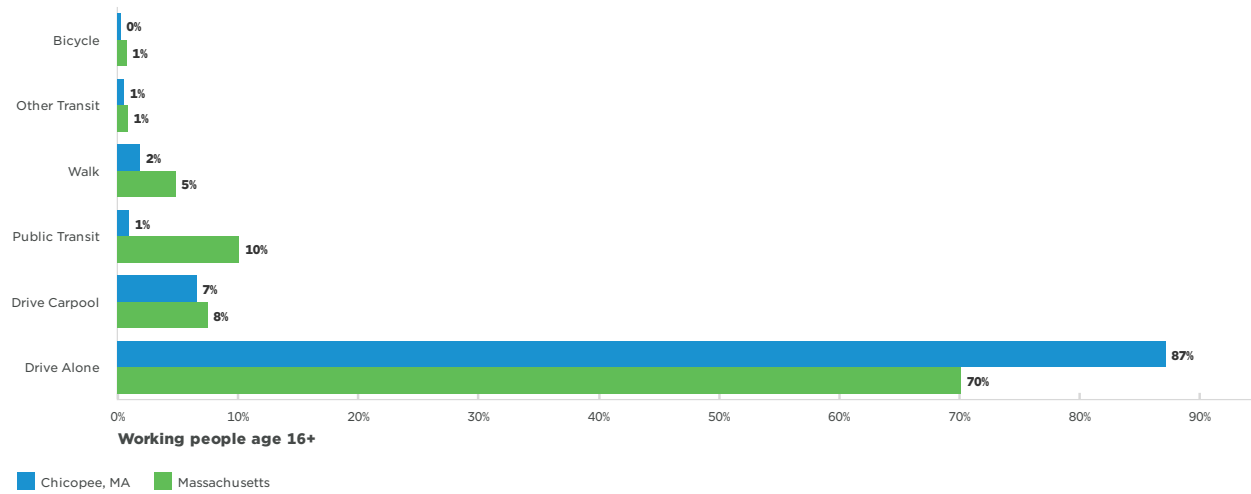


EPA

Higher scores indicate higher walkability to transit

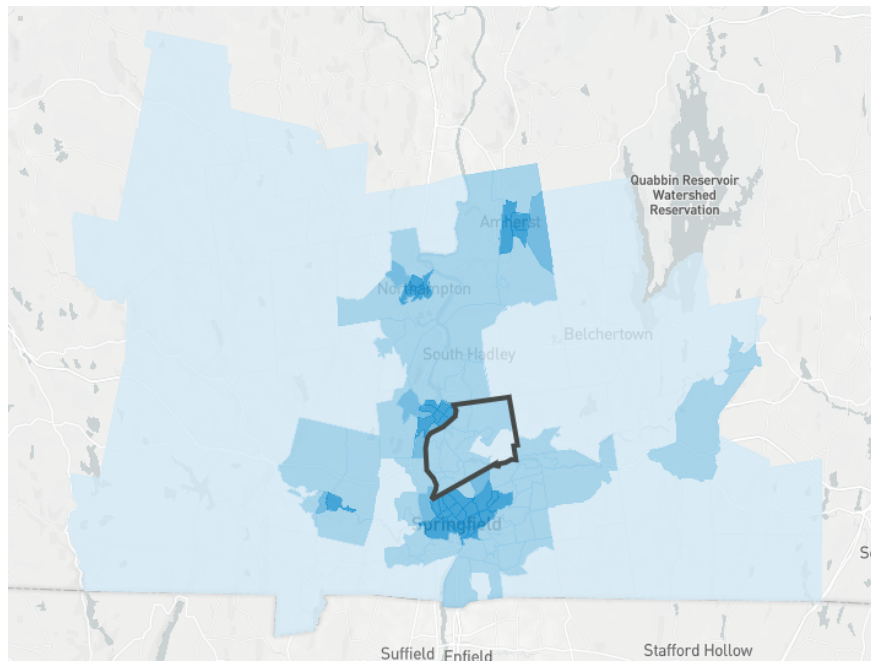
Mode of Travel Feasibility

How Working Adults Typically Travel to Work



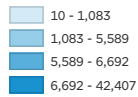
Sources: US Census ACS 5-year

Areas with feasible transit connections to destinations



Chicopee, MA

Average Number of Jobs within a 30 Minute Public Transit



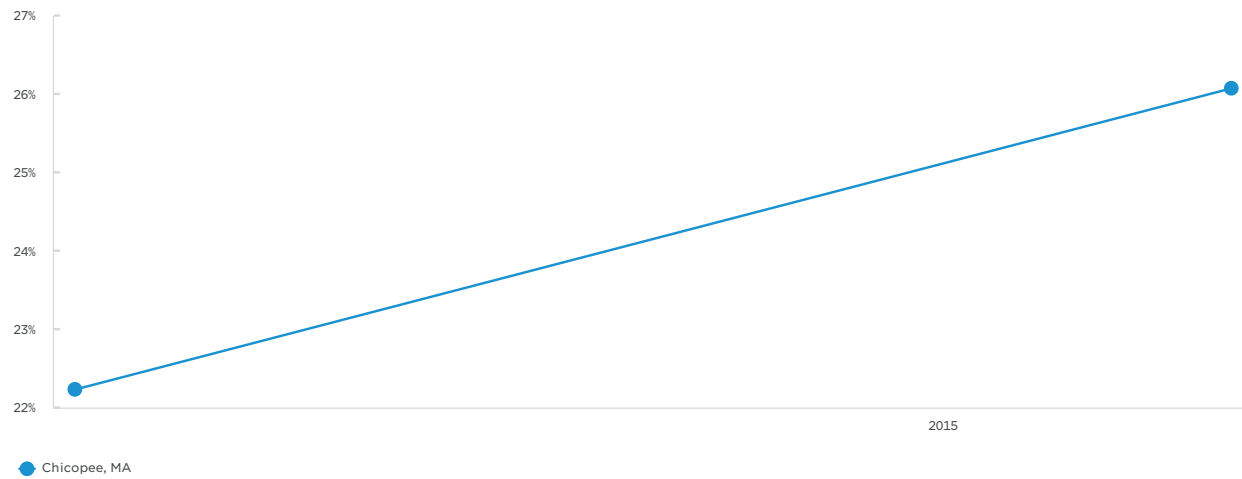
© Mapbox © OpenStreetMap

Number of jobs that are reachable within a 30-minute commute by foot and transit leaving between 7 and 9 a.m.

Source: University of Minnesota Center for Transportation

Median Income Families Transportation Costs

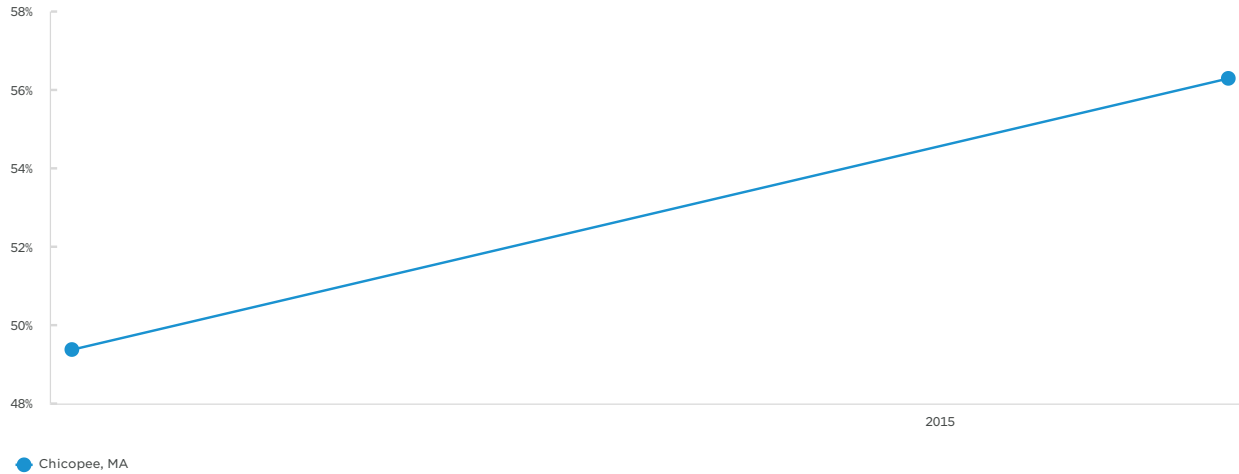
Percent of Income Spent on Transportation - Median Income Families



Sources: US HUD & DOT, LAI V2.0; US HUD & DOT, LAI V3.0

Low Income Families Transportation Costs

Percent of Income Spent on Transportation - Low Income Individuals



Sources: US HUD & DOT, LAI V2.0; US HUD & DOT, LAI V3.0

How are **potentially vulnerable populations** affected?

The characteristics included here should be used to understand potentially vulnerable populations, but are not meant to label any certain characteristic as inherently disadvantageous. Depending on community circumstances, these groups may face unique challenges to accessing healthcare, being active, or having a strong social support network.

Single Parent Households



15%
of families

Single Female with Children
Chicopee, MA



2,144
Families

Single Female with Children
Chicopee, MA



4%
of families

Single Male with Children
Chicopee, MA

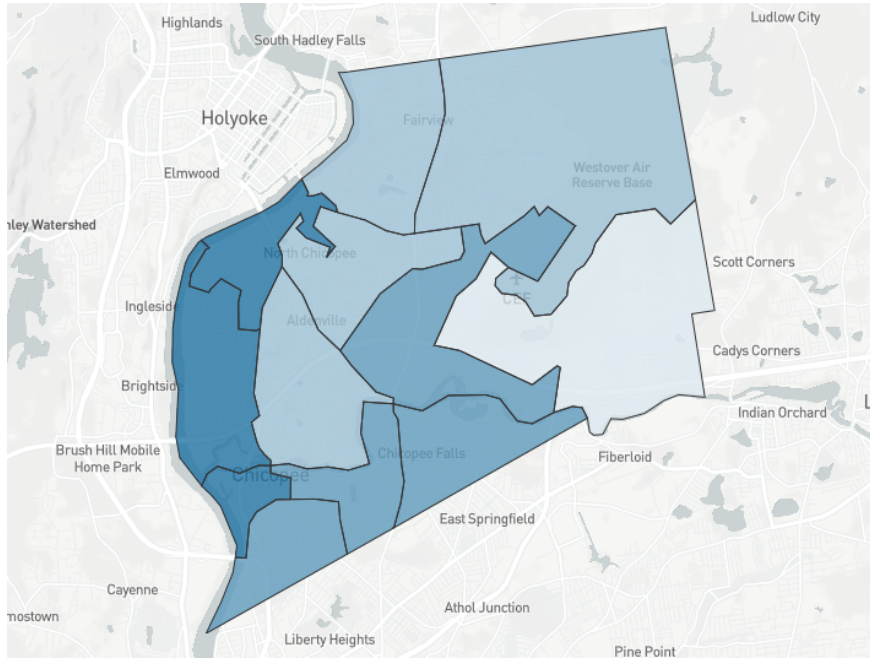


496
Families

Single Male with Children
Chicopee, MA

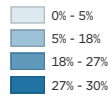
Sources: US Census ACS 5-year

Single Female Families




© Mapbox © OpenStreetMap

Single Female with Children



Source: US Census ACS 5-year

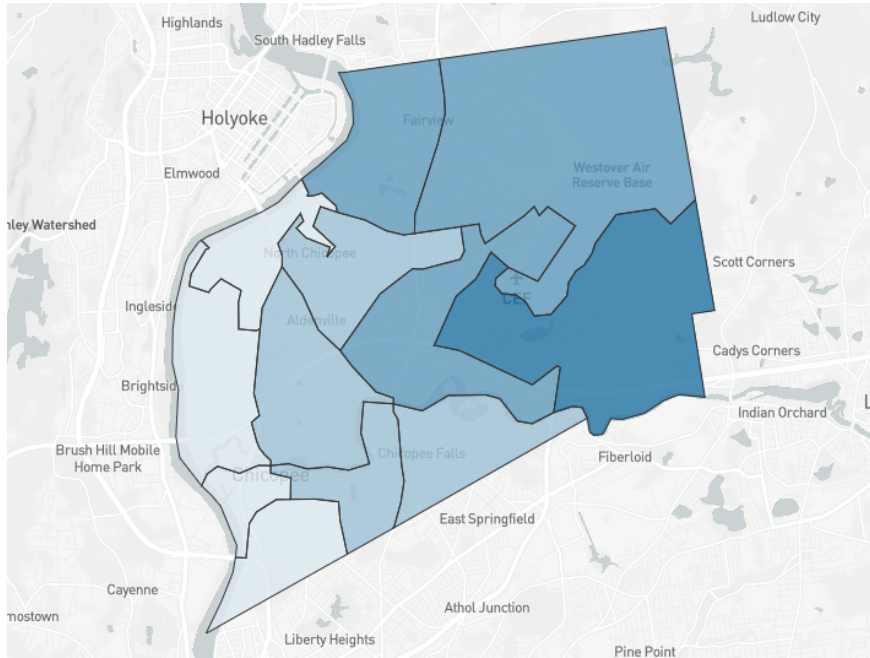
Veterans

 **10%**
of civilians age 18+
Veteran Population
Chicopee, MA

 **4,264**
People
Veteran Population
Chicopee, MA

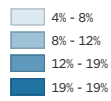
Sources: US Census ACS 5-year

Veteran Population



© Mapbox © OpenStreetMap

Veteran Population



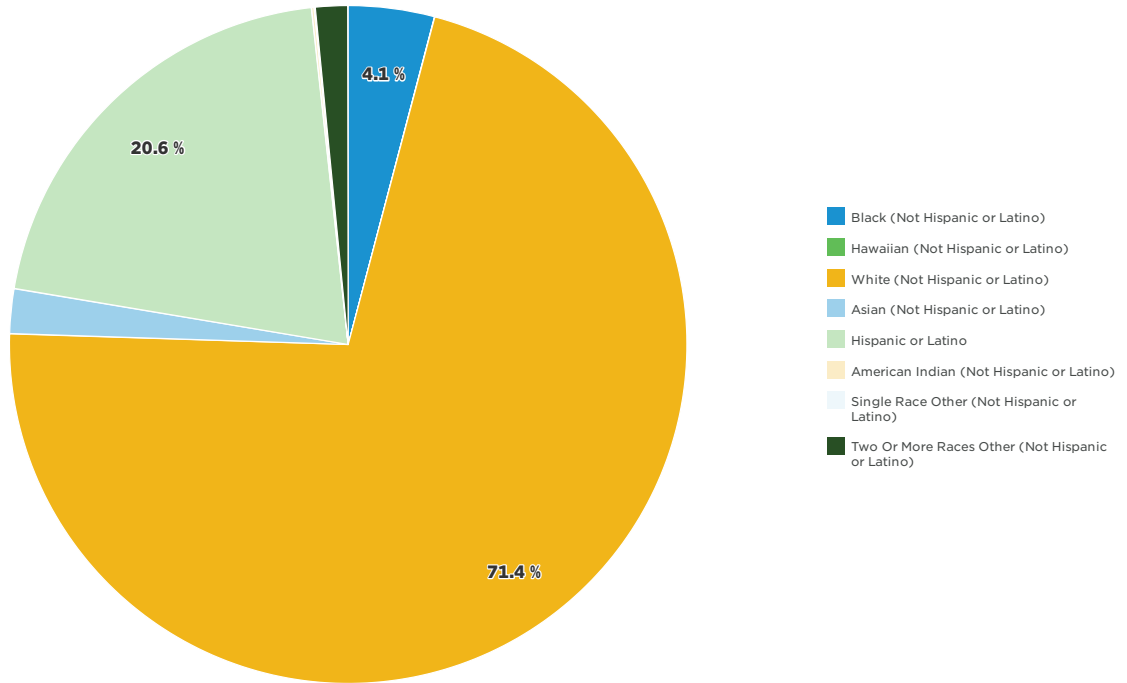
Source: US Census ACS 5-year

People of Color



Sources: US Census ACS 5-year

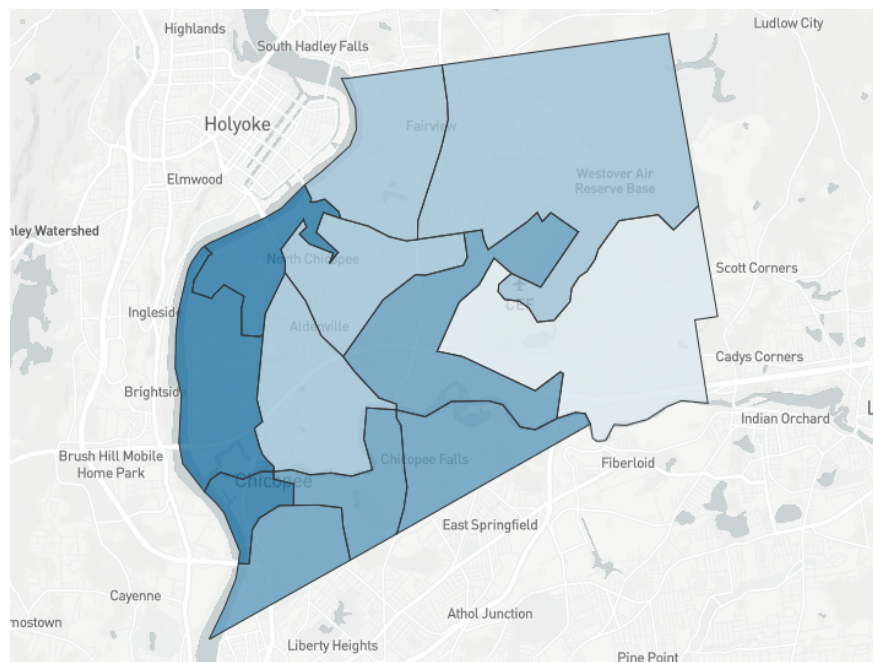
Race/Ethnicity Totals



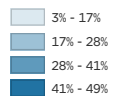
Chicopee, MA

Sources: US Census ACS 5-year

People of Color



People of Color



Source: US Census ACS 5-year

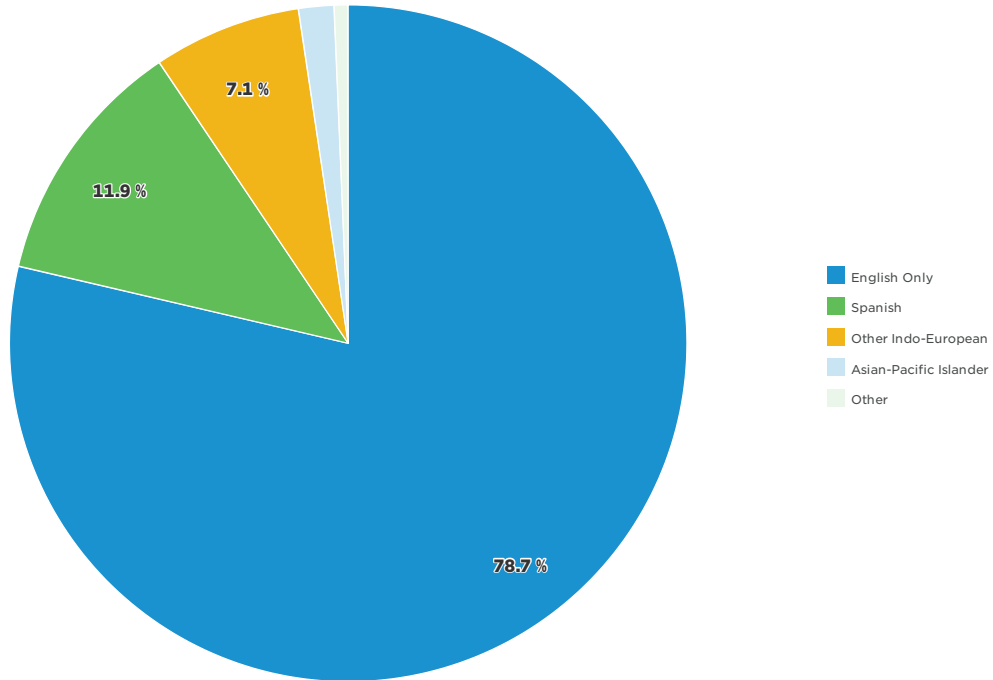
Ability to Speak English

7%
of People Age 5+
Speak English Less Than 'Very Well'
Chicopee, MA

3,522
People Age 5+
Speak English Less Than 'Very Well'
Chicopee, MA

Sources: US Census ACS 5-year

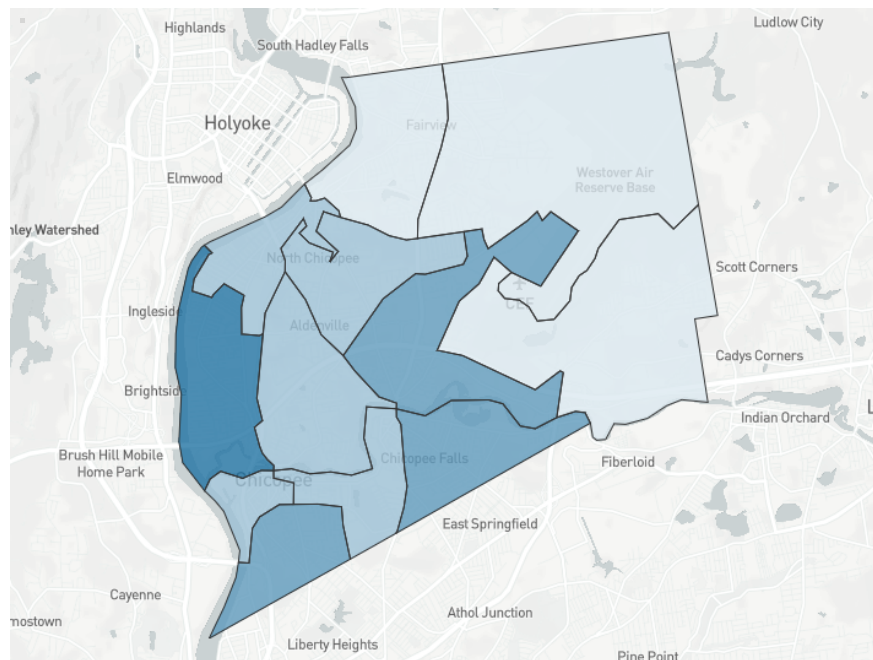
Language Spoken at Home



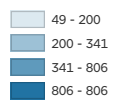
Chicopee, MA

Sources: US Census ACS 5-year

Limited English Proficiency



People who speak English less than 'very well'



US Census ACS 5-year

Holyoke Medical Center

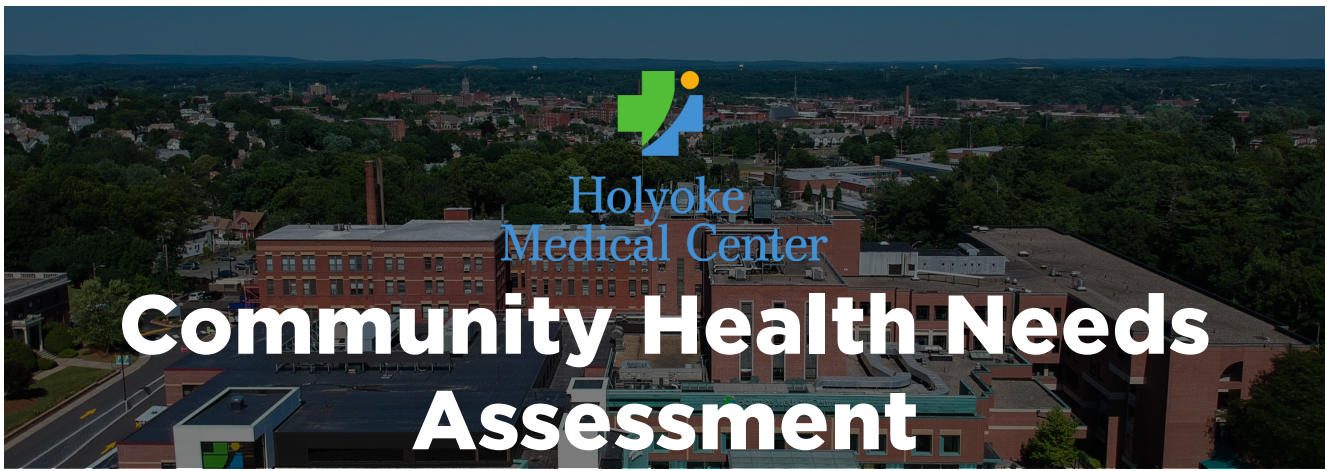
For more information about the work we're doing in our community or to contact us, please visit [our website](#) .

Want to know more about the data? Search for your dataset [here](#) .

The HMC Primary Service Area consists of Holyoke, Chicopee, South Hadley, Westfield, and West Springfield.



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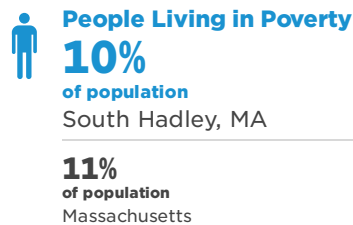
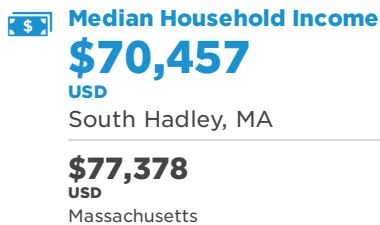
How do social factors affect **South Hadley** residents' opportunity for health?



How are **income and poverty** affecting health?

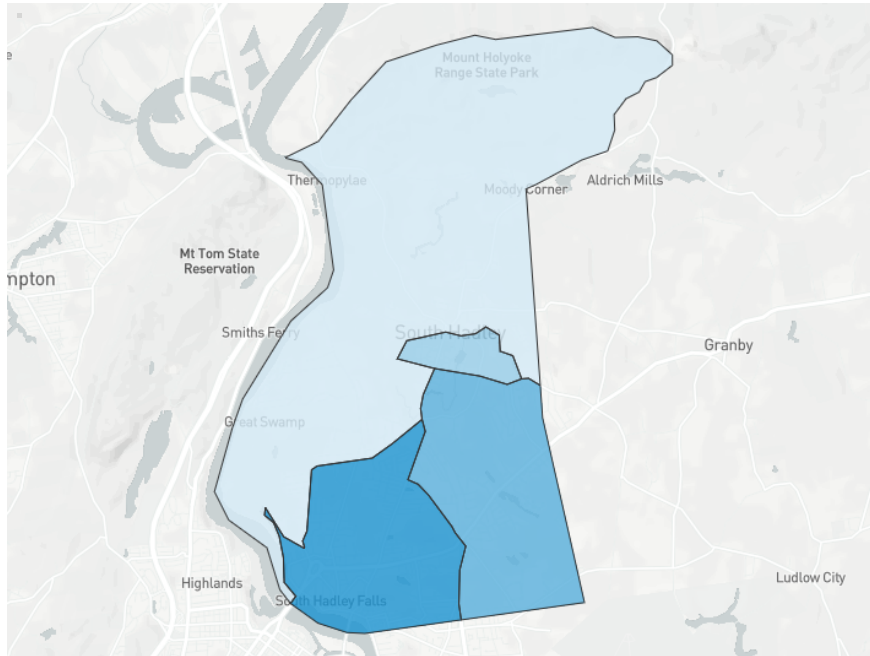
Poverty is both a cause and a consequence of poor health. Poverty increases the chances of poor health. Poor health, in turn, traps communities in poverty. The cost of doctors' fees, prescriptions, and transportation to reach a health provider can be devastating for families living in poverty. Conversely, families with higher incomes can more easily purchase healthy foods and pay for health services and transportation.

Income and Poverty



Sources: US Census ACS 5-year

Percent of Population Living Below Poverty



© Mapbox © OpenStreetMap

Sources: US Census ACS 5-year

Poverty by Race/ Ethnicity



10%

of population

People Living in Poverty

South Hadley, MA

Sources: US Census ACS 5-year

People Living in Poverty by Race/ Ethnicity

Sources: US Census ACS 5-year

Income by Race/ Ethnicity



\$70,457

USD

Median Household Income

South Hadley, MA

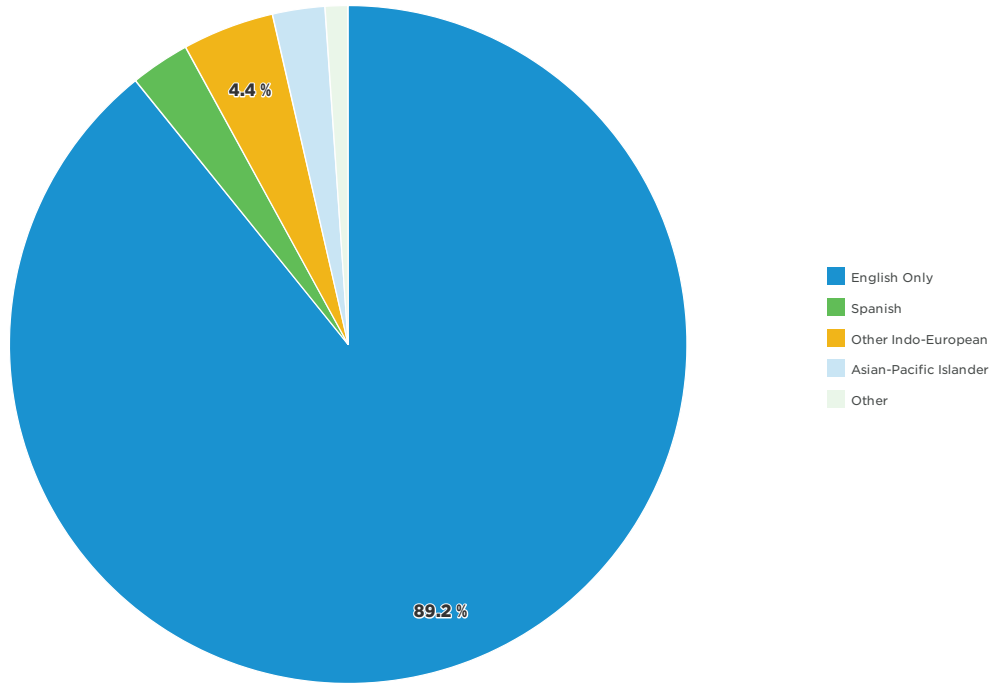
Sources: US Census ACS 5-year

Median Household Income by Race/ Ethnicity

Sources: US Census ACS 5-year

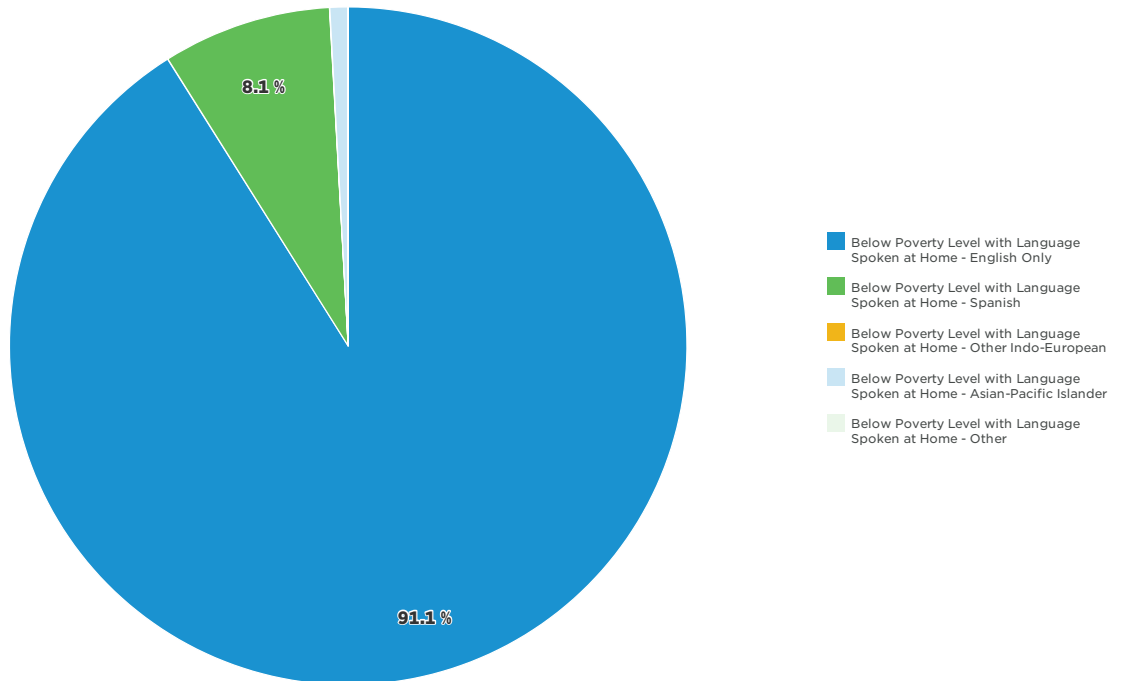
Poverty by Language Spoken

Language Spoken at Home by Total Population



South Hadley, MA
Sources: US Census ACS 5-year

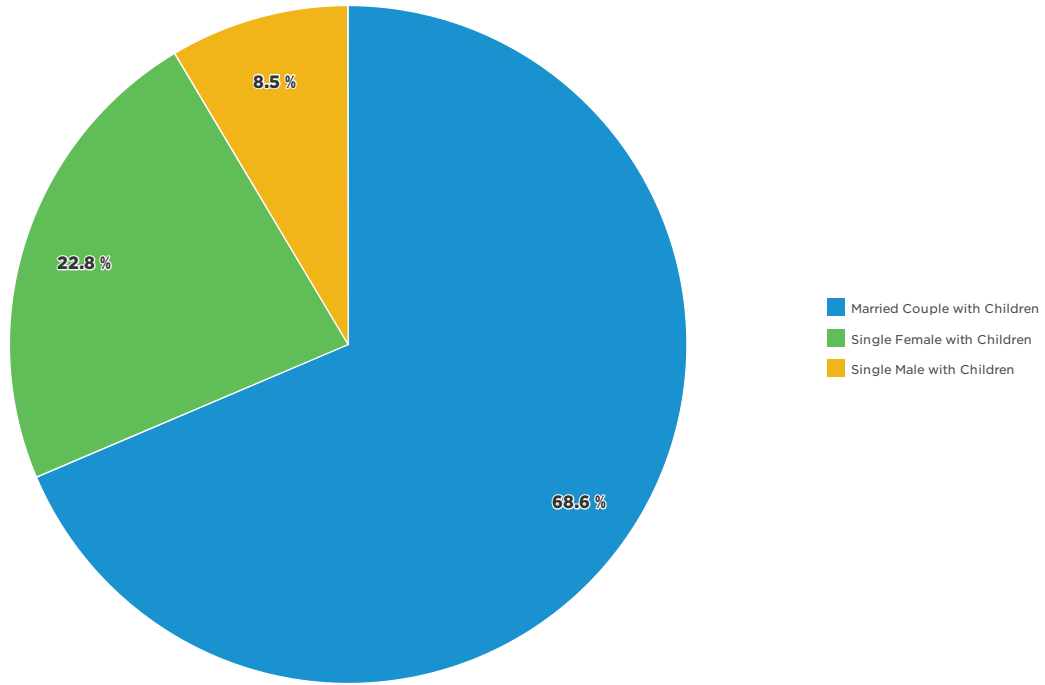
Language Spoken at Home by People Living in Poverty



South Hadley School District, MA
Sources: US Census ACS 5-year

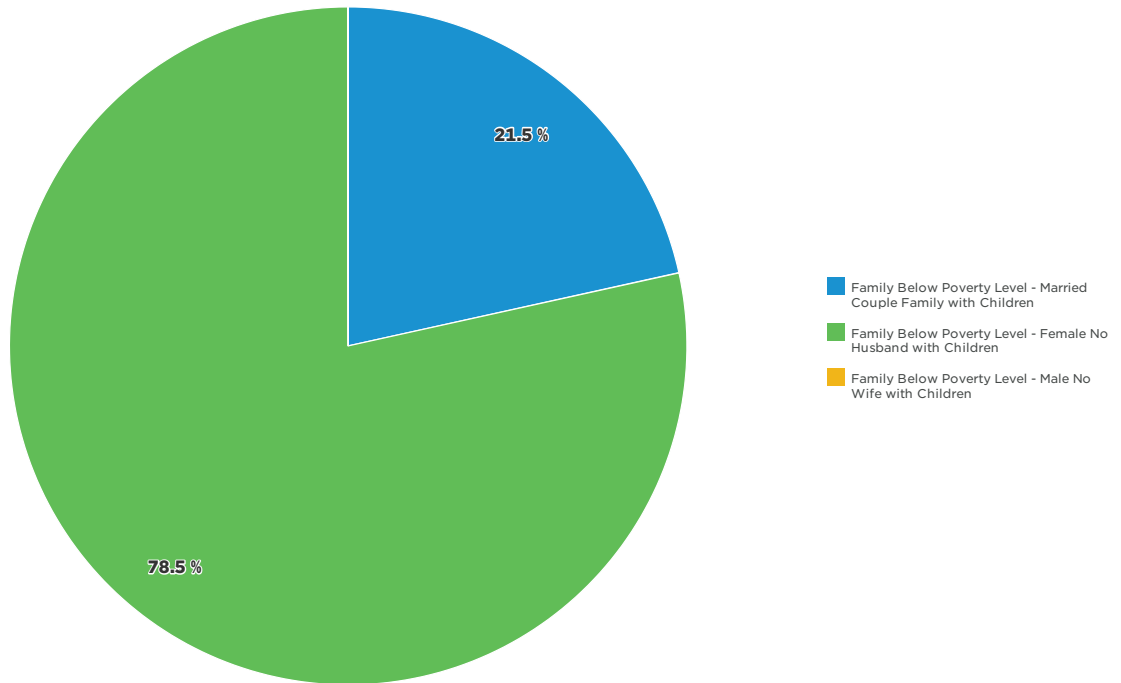
Poverty by Family Type

All Families with Children



South Hadley, MA
Sources: US Census ACS 5-year

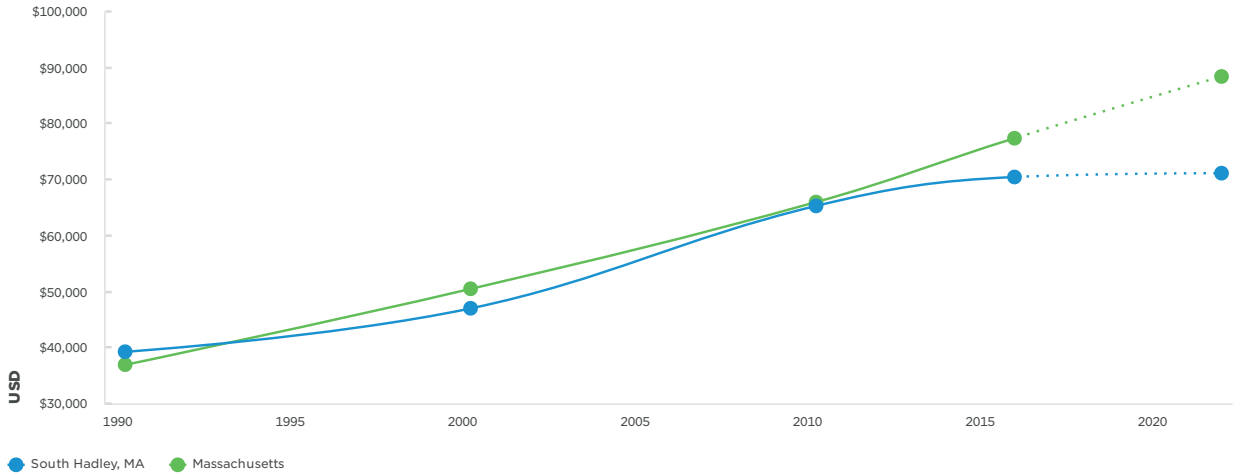
Families with Children Living in Poverty



South Hadley School District, MA
Sources: US Census ACS 5-year

Household Income Over Time

Median Household Income



Income = the income received on a regular basis before payments for personal income taxes, social security, union dues, medicare deductions, etc
Sources: US Census 1990, 2000, 2010; US Census ACS 5-year

Poverty Over Time

People Living Below Poverty Level

Loading Chart

Sources: US Census 1990, 2000, 2010; US Census ACS 5-year

Indicators of Hopelessness

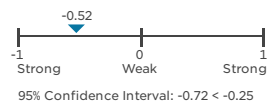
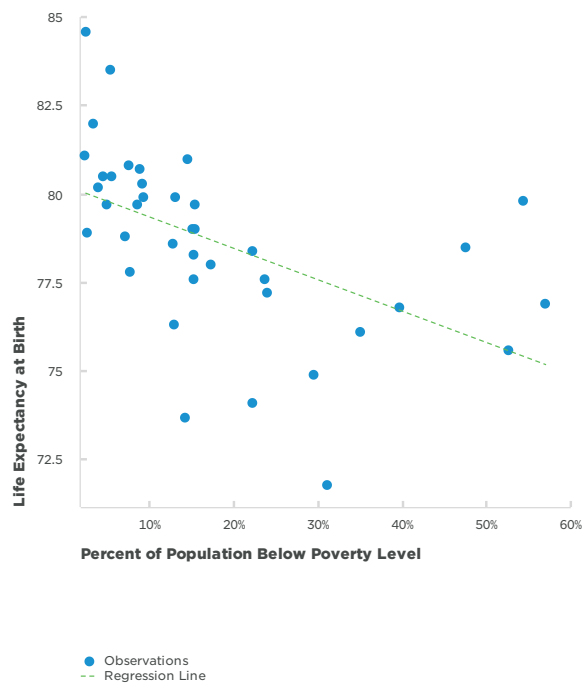
Sources: US Census ACS 5-year

Life Expectancy vs. Poverty

Each dot represents a neighborhood in our community:

Areas with a **high proportion of people living below poverty level** are more likely to have **shorter life expectancy**.

Census Tracts inside Holyoke Medical Center Service Area



As Percent of Population Below Poverty Level increases, Life Expectancy at Birth tends to decrease. There is a weak relationship between these two variables.

How is **education** affecting health?

Residents with more education are more likely to have jobs that provide health-promoting benefits such as health insurance, paid leave, and retirement. Conversely, people with less education are more likely to work in occupations with few benefits. Low-income residents who are struggling to access basic necessities, such as food and shelter, are unable to prioritize their education and long-term goals and are often stuck in a generational cycle of poverty.

Educational Attainment

Loading Chart

Sources: US Census ACS 5-year

Adults without High School Diploma Over Time

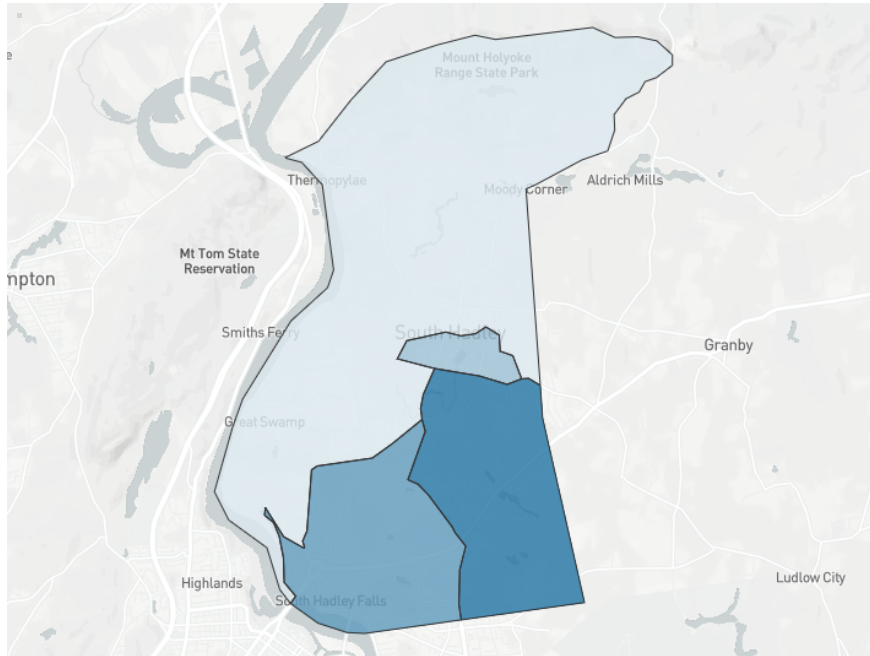
Population Age 25+ Without High School Diploma or Equivalent

Loading Chart

Sources: US Census 1990, 2000, 2010; US Census ACS 5-year

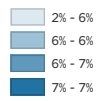
Adults without High School Diploma Map

Percent of Adult Population without a High School Diploma or Equivalent



© Mapbox © OpenStreetMap

Adults Without High School Diploma or Equivalent

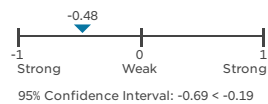
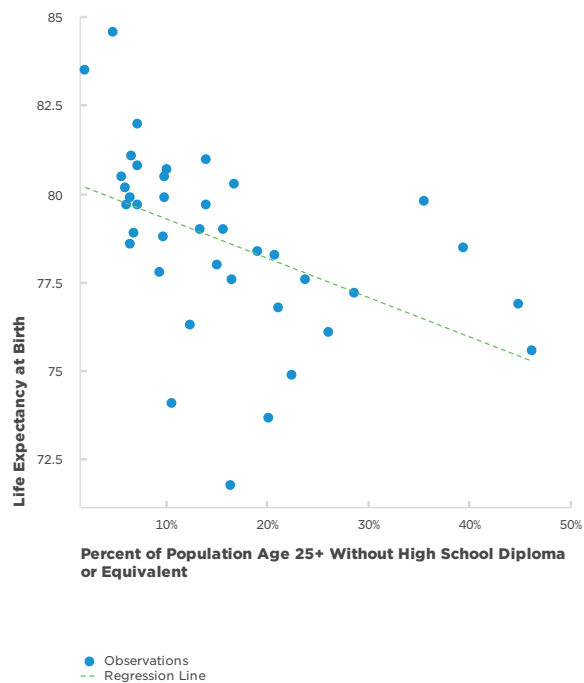


Source: US Census ACS 5-year

Life Expectancy vs. Adults without High School Diploma

Each dot represents a neighborhood in our community:

Areas with a **high proportion of adults without high school diplomas** are more likely to have **shorter life expectancy**.



As Percent of Population Age 25+ Without High School Diploma or Equivalent increases, Life Expectancy at Birth tends to decrease. There is a moderate relationship between these two variables.

How is **early education** affecting health?

Participation in preschool programs has large and enduring effects on school achievement and child well-being. Early childhood education can counteract the disadvantage some children experience, improve their social and cognitive development, and provide them with an equal opportunity to achieve school readiness, and lifelong employment, income, and health.

Preschool Enrollment Over Time

Loading Chart

Sources: US Census 1990, 2000, 2010; US Census ACS 5-year

Population Age 3-4

Sources: US Census ACS 5-year

How is **unemployment** affecting health?

Job insecurity and lack of benefits associated with employment make residents more vulnerable to poor health. Unemployment may contribute to housing instability, unmet medical needs, and inability to purchase healthy foods. Additionally, health-harming stress can accompany the social and economic hardship caused by unemployment.

Unemployment



Unemployment

5.9%

South Hadley, MA

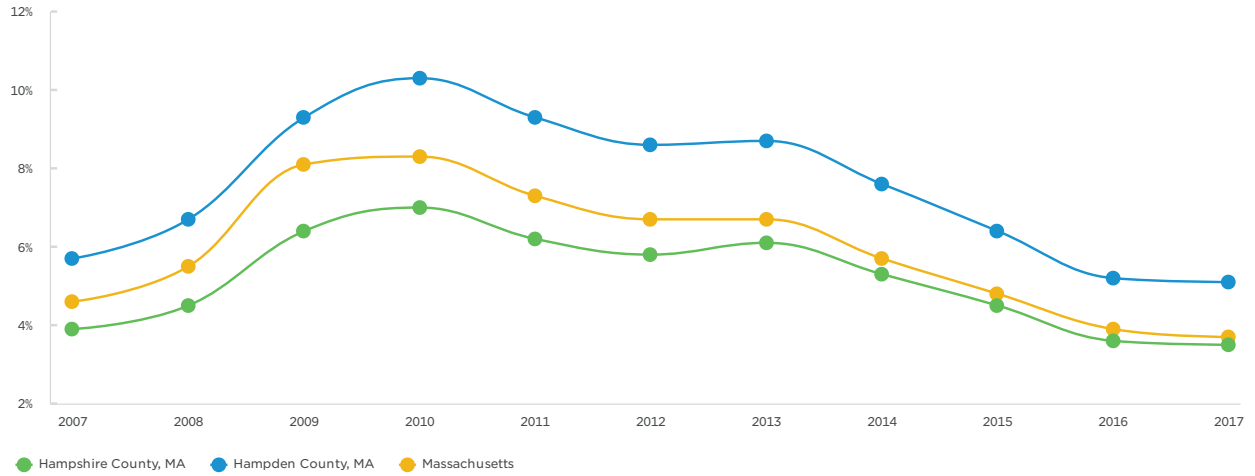
5.4%

Massachusetts

Sources: US Census ACS 5-year

Unemployment Over Time

Annual Average Unemployment Rate



Sources: BLS

How are housing costs affecting health?

Housing should represent a place of safety, stability, and shelter and not a place of stress, strain, or insecurity. When residents struggle to afford a place to live, that financial strain makes it harder to make other healthy choices, like eating a healthy diet or seeing a doctor when you're sick. Moreover, disruptive events, like suddenly losing your home, can become the trigger for a snowball of negative impacts on health, such as losing a job or health insurance, dropping out of school, or triggering mental health challenges.

Excessive Housing Costs

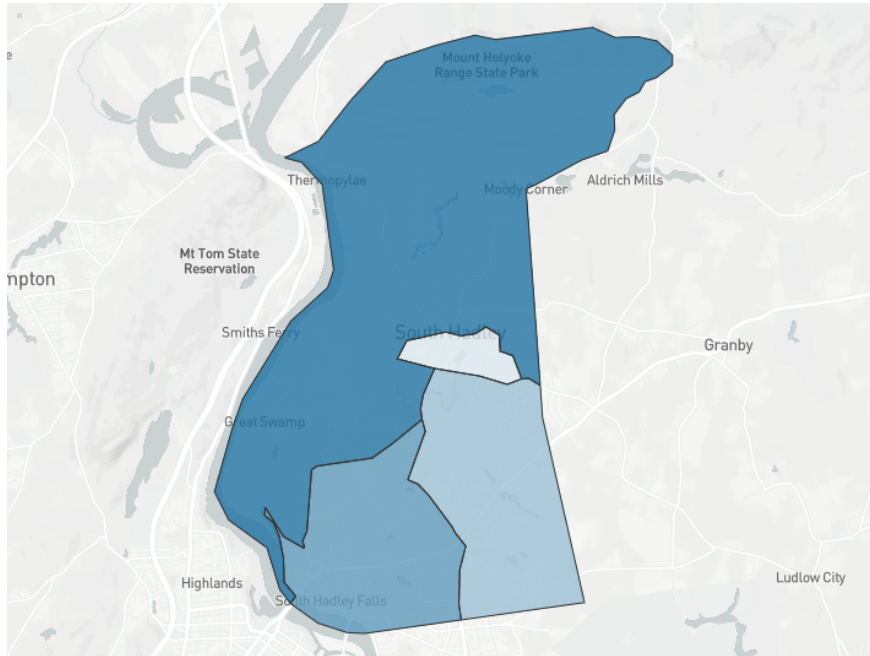
50%
of Rented Homes
Home Rent is 30%+ of Income
South Hadley, MA

25%
of Owned Homes
Homeowner Costs are 30%+ of Income
South Hadley, MA

Sources: US Census ACS 5-year

Excessive Rental Housing Costs

Home Rental Costs: 30%+ of Income



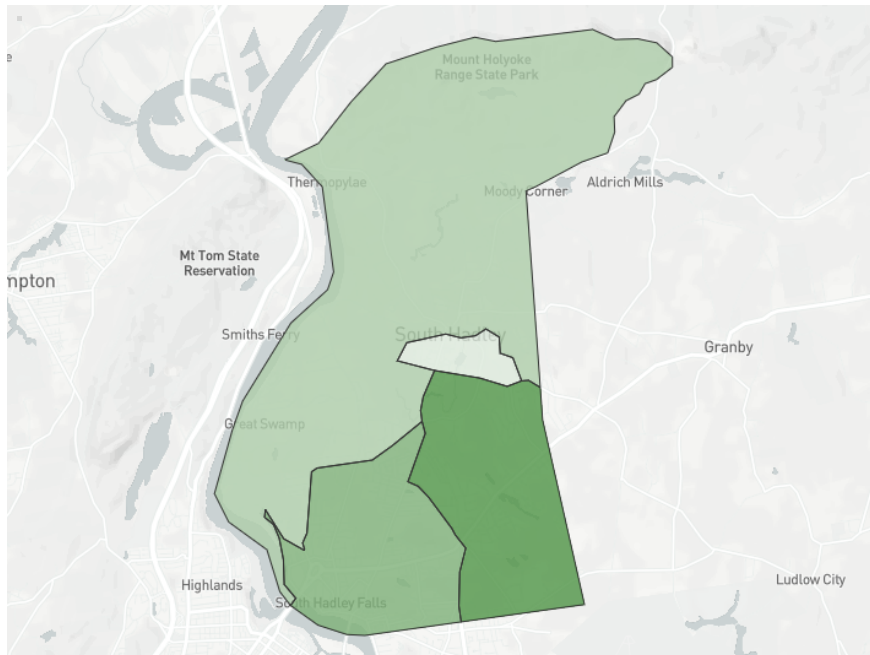
Renter Households with Excessive Costs

- 13% - 38%
- 38% - 51%
- 51% - 57%
- 57% - 57%

Source: US Census ACS 5-year

Excessive Homeownership Costs

Home Ownership Costs: 30%+ of Income



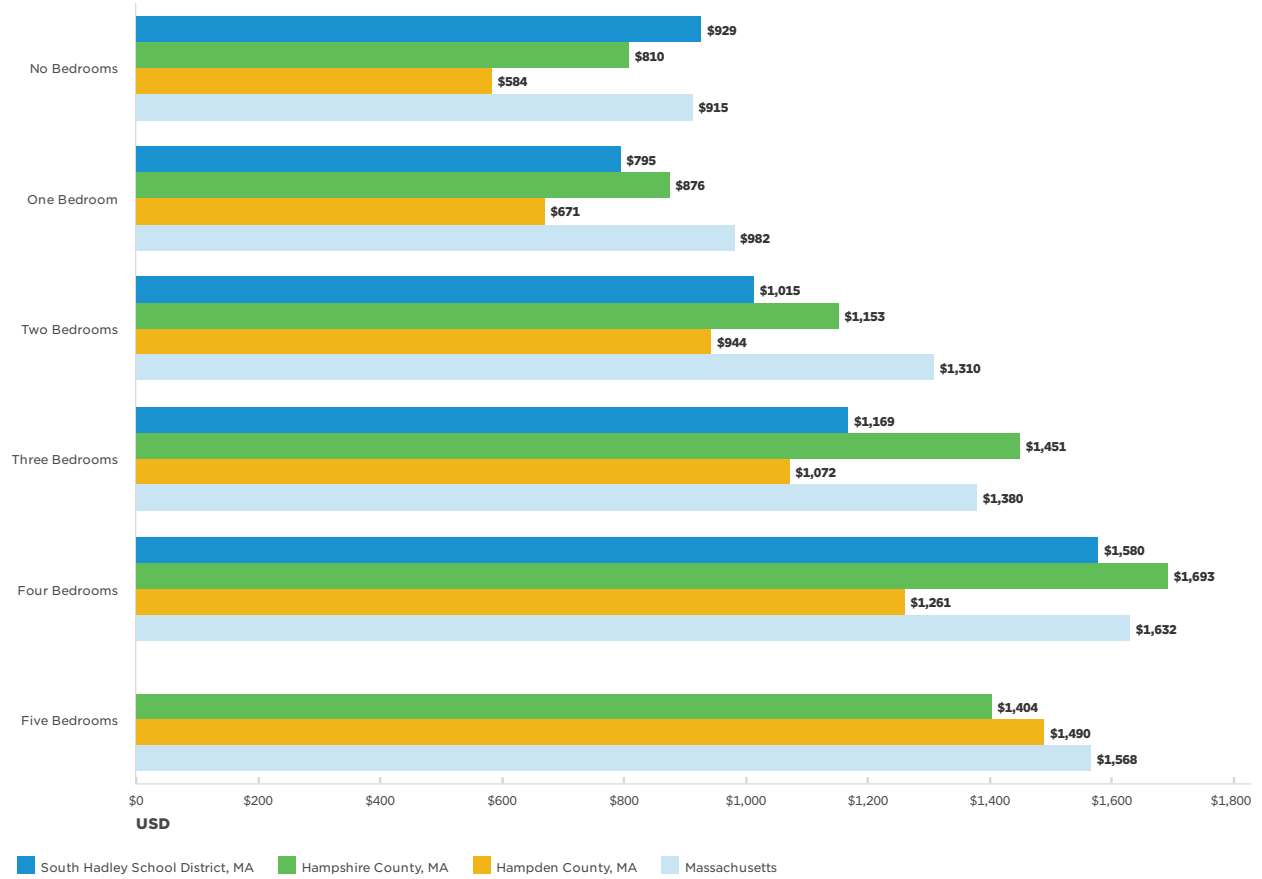
Owner Households with Excessive Housing Costs

- 19% - 20%
- 20% - 24%
- 24% - 30%
- 30% - 30%

Source: US Census ACS 5-year

Median Rent

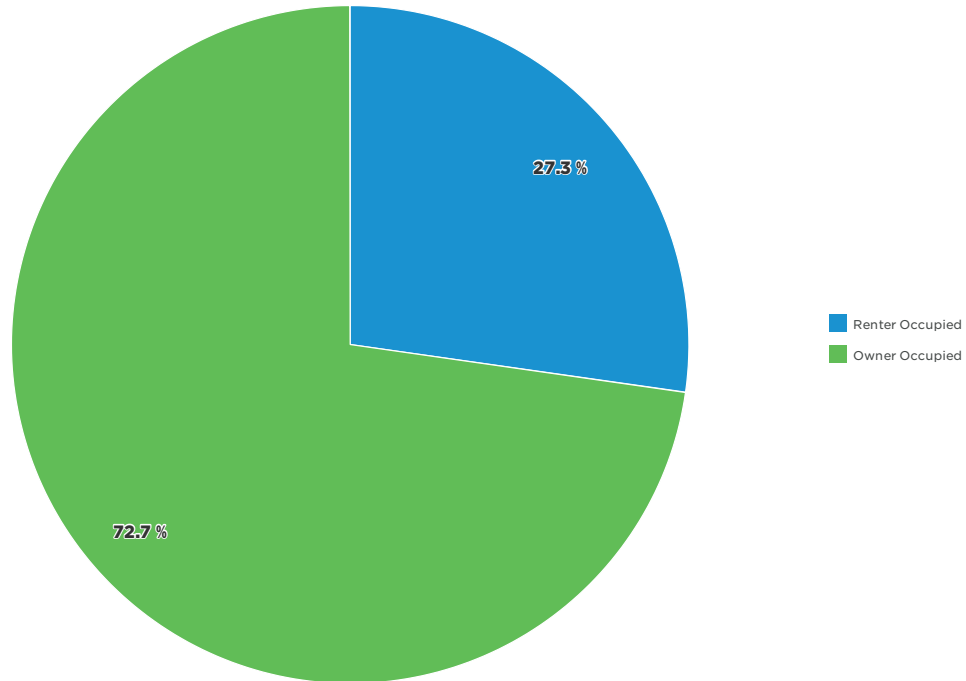
Median Rent by Number of Bedrooms



Sources: US Census ACS 5-year

Homeownership Rate

Owner vs Renter Occupied



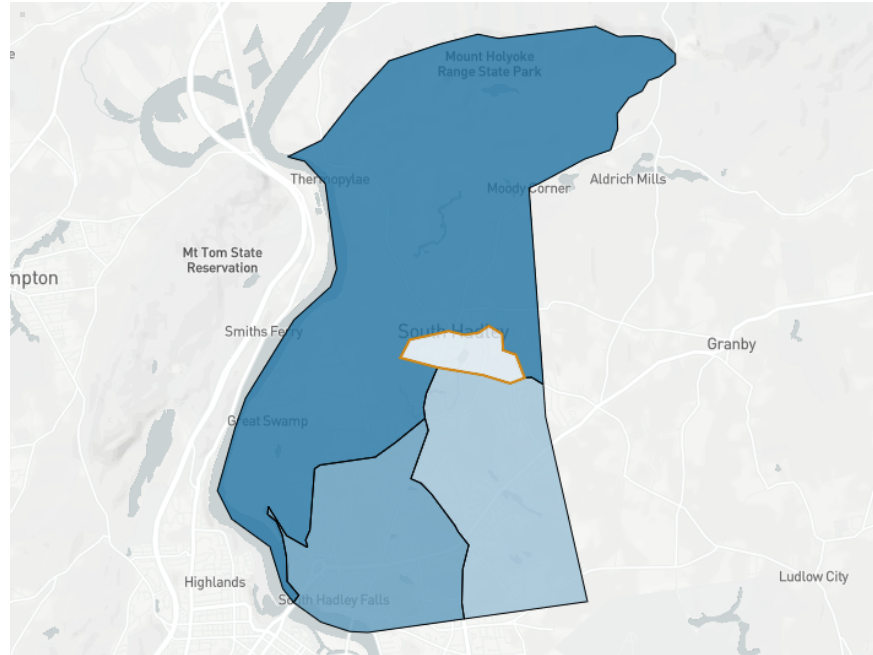
South Hadley, MA

Sources: US Census ACS 5-year

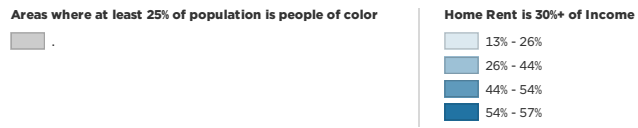
Housing Cost & Race

Click on the map for more information.

Excessive Rental Housing Costs and People of Color

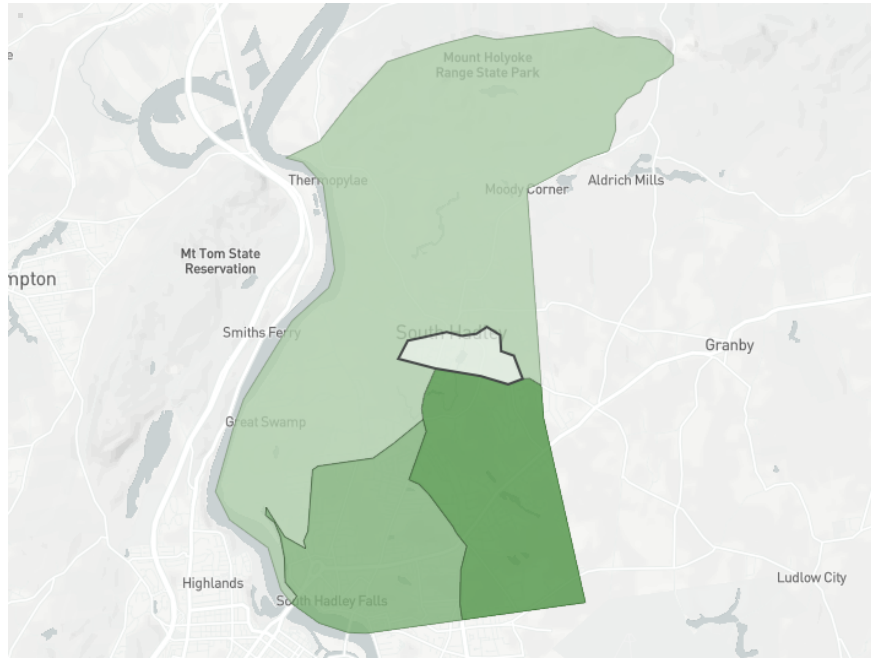


Map navigation controls: +, -, Full Screen, Home, and Mapbox/OSM logos.



Source: US Census ACS 5-year

Excessive Home Ownership Costs and People of Color



© Mapbox © OpenStreetMap



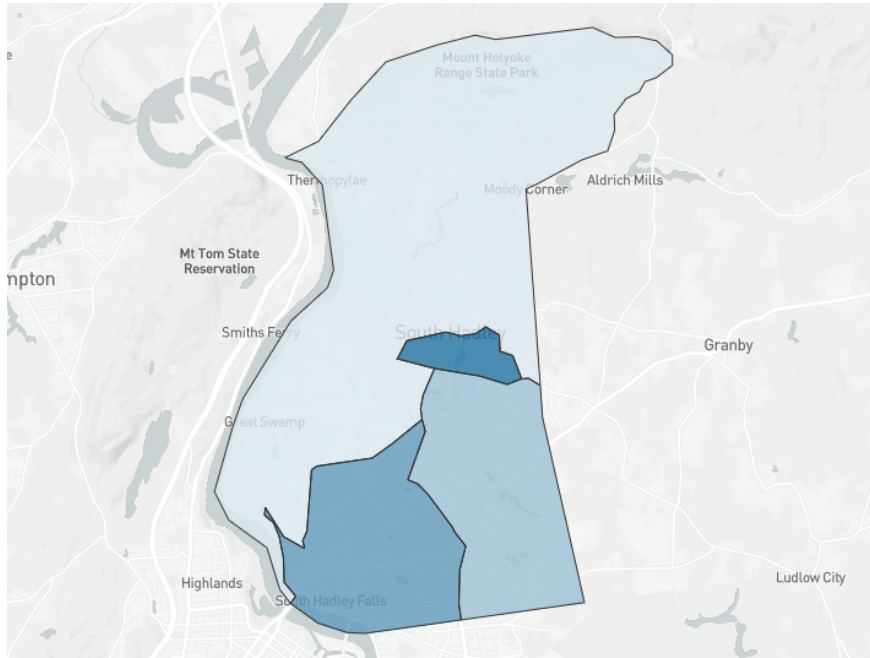
Source: US Census ACS 5-year

How is **housing safety** affecting health?

The conditions of our homes have the potential to significantly help- or harm- our health. Poor indoor air quality, lead paint, and other hazards place residents at risk for multiple health problems. Unfortunately, housing that is affordable for low- and modest-income families is more likely to have hazardous conditions. Household safety has an even bigger impact on vulnerable populations who spend even greater amounts of time at home, such as very young children and the elderly.

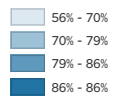
Lead Paint

Lead Paint Risk in Housing



Map navigation controls: +, -, Home, Full Screen, Refresh. © Mapbox © OpenStreetMap

Homes Built 1979 and Earlier - Potential for Lead Paint



US Census ACS 5-year

Home Age

Building Age of Housing Units

Loading Chart

Sources: US Census ACS 5-year

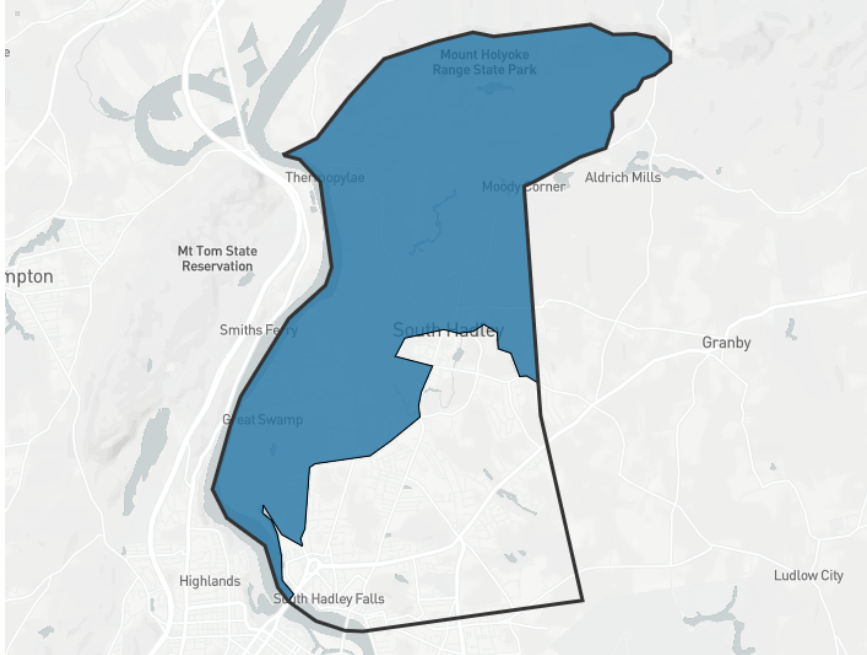
Kitchen Facilities



Without Complete Kitchen Facilities South Hadley, MA

Complete kitchen facilities include a sink with a faucet, a stove or range, and a refrigerator.
Sources: US Census ACS 5-year

Insufficient Kitchen Facilities in Homes



Holyoke, MA

Housing Units Without Complete Kitchen Facilities
5% - 5%

© Mapbox © OpenStreetMap

Complete kitchen facilities include a sink with a faucet, a stove or range, and a refrigerator.
US Census ACS 5-year

Plumbing



Without Complete Plumbing South Hadley, MA

Complete plumbing includes hot and cold running water, a flush toilet, and a bathtub or shower.
Sources: US Census ACS 5-year

How is homelessness affecting health?

Some health problems contribute to homelessness, such as major mental illness, disabling conditions that cause a person to become unemployed, or any major illness that results in massive health care expenses. Homelessness then increases the risk of developing health problems and can also turn a relatively minor health problem into a serious illness. Homelessness also complicates the treatment of many illnesses.

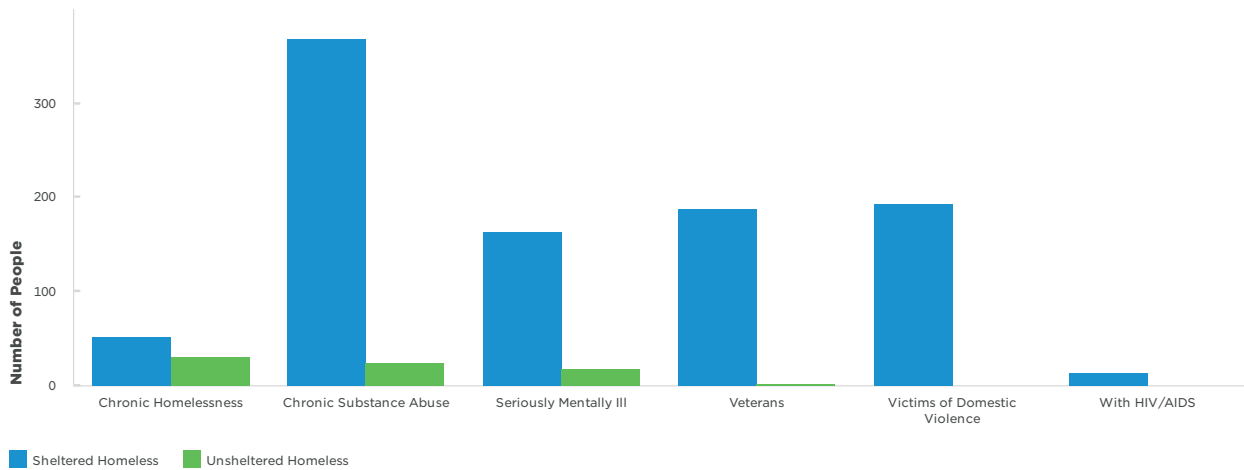


Homeless Population Holyoke/Franklin, Hampden, Hampshire Counties CoC

Source: HUD Continuum of Care Homeless Assistance Program Point-in-Time Count 2018

Note: An estimated 85% of homeless people in Franklin, Hampshire, and Hampden Counties are located in Hampden County.

Homeless Populations of Western Massachusetts



Source: HUD

What **transportation** options are available to families seeking health care?

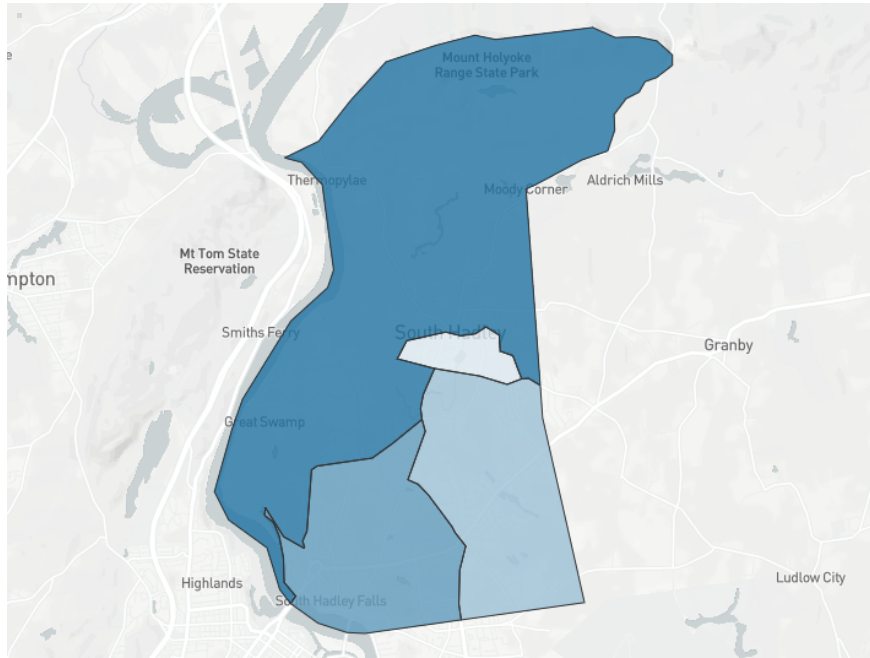
The lack of access to affordable transportation options limit some families' abilities to seek health care. Limited vehicle availability and fewer affordable transportation afflict our cost-sensitive residents. Low-income households are limited to a shorter radius of travel compared to higher-income households, which limits their health care, employment, and education options. They have the lowest rates of single-occupancy vehicle use and highest usage of less costly travel modes, such as carpool, transit, bike, and walk. In areas where public transportation is inaccessible or infrequent, residents without access to vehicles aren't able to see a doctor when they need it most.

Zero Vehicle Households

 **8%**
of homes
Homes Without a Vehicle
South Hadley, MA

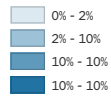
Sources: US Census ACS 5-year

Zero Vehicle Households



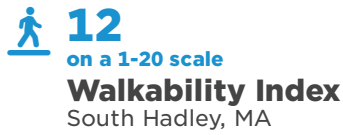
© Mapbox © OpenStreetMap

Homes without an available vehicle



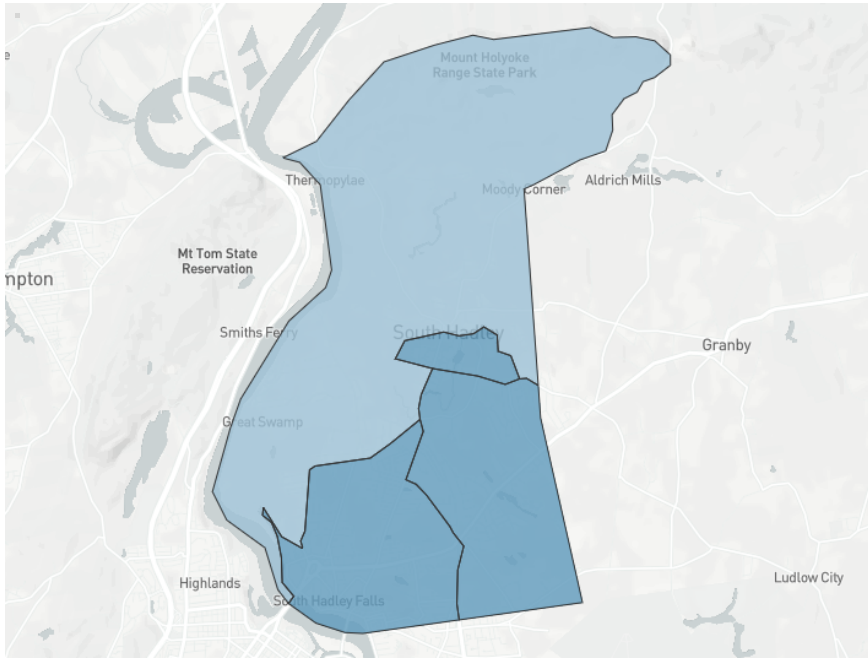
Source: US Census ACS 5-year

Walkability

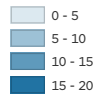


Sources: EPA
Higher scores indicate higher walkability

Walkability



Walkability Index on a 1-20 Scale



EPA

Higher scores indicate higher walkability.

Transit



14

on a 1-20 scale

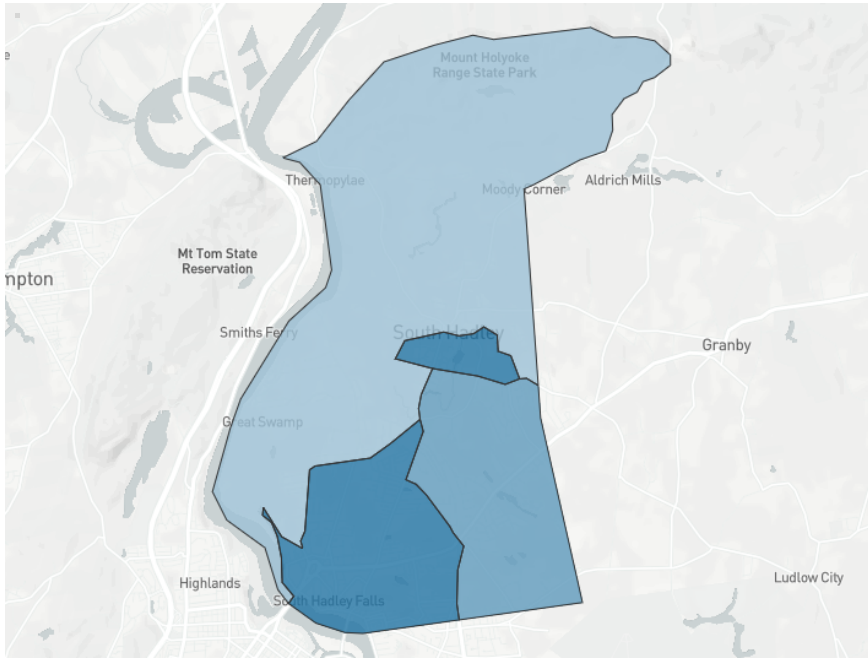
Walkability Proximity to Transit Ranking

South Hadley, MA

Sources: EPA

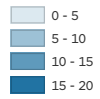
Higher scores indicate higher walkability to transit

Access to Transit



© Mapbox © OpenStreetMap

Walkability Proximity to Transit Ranking on a 1-20 Scale



EPA

Higher scores indicate higher walkability to transit

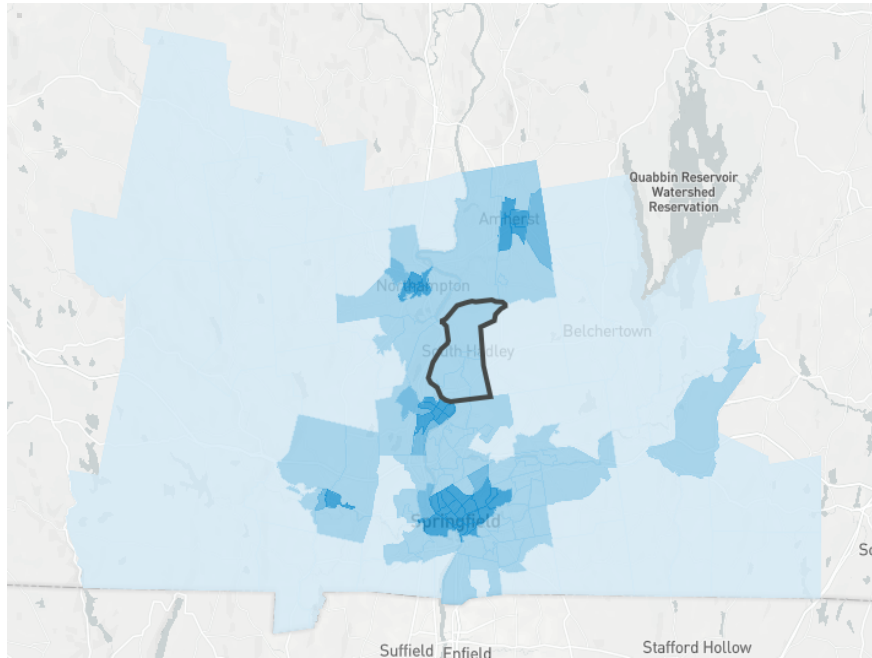
Mode of Travel Feasibility

How Working Adults Typically Travel to Work

Loading Chart

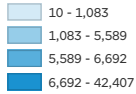
Sources: US Census ACS 5-year

Areas with feasible transit connections to destinations



Holyoke, MA

Average Number of Jobs within a 30 Minute Public Transit



© Mapbox © OpenStreetMap

*Number of jobs that are reachable within a 30-minute commute by foot and transit leaving between 7 and 9 a.m.
Source: University of Minnesota Center for Transportation*

Median Income Families Transportation Costs

Percent of Income Spent on Transportation - Median Income Families

Loading Chart

Sources: US HUD & DOT, LAI V2.0; US HUD & DOT, LAI V3.0

Low Income Families Transportation Costs

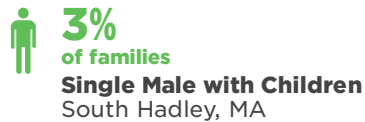
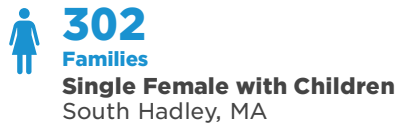
Loading Chart

Sources: US HUD & DOT, LAI V2.0; US HUD & DOT, LAI V3.0

How are **potentially vulnerable populations** affected?

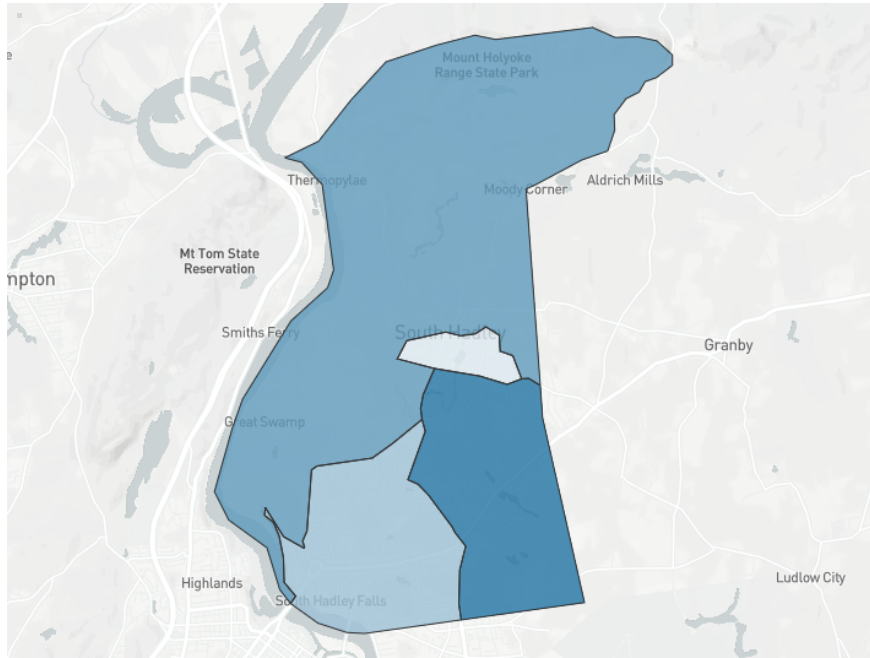
The characteristics included here should be used to understand potentially vulnerable populations, but are not meant to label any certain characteristic as inherently disadvantageous. Depending on community circumstances, these groups may face unique challenges to accessing healthcare, being active, or having a strong social support network.

Single Parent Households



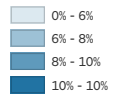
Sources: US Census ACS 5-year

Single Female Families



© Mapbox © OpenStreetMap


Single Female with Children



Source: US Census ACS 5-year

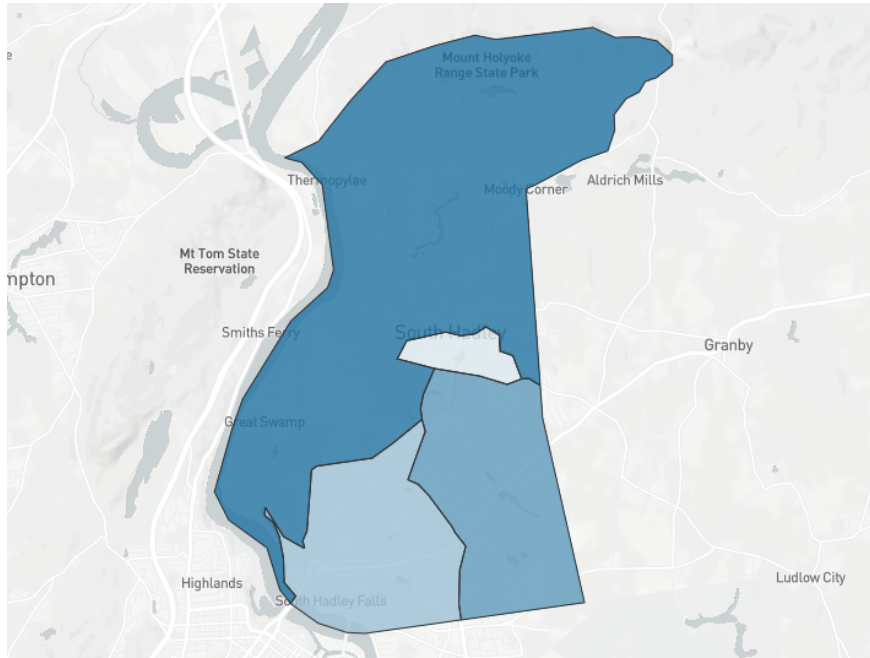
Veterans

 **8%**
of civilians age 18+
Veteran Population
South Hadley, MA

 **1,191**
People
Veteran Population
South Hadley, MA

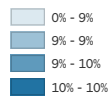
Sources: US Census ACS 5-year

Veteran Population



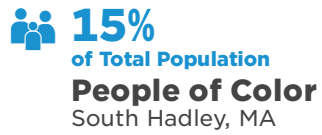
© Mapbox © OpenStreetMap

Veteran Population



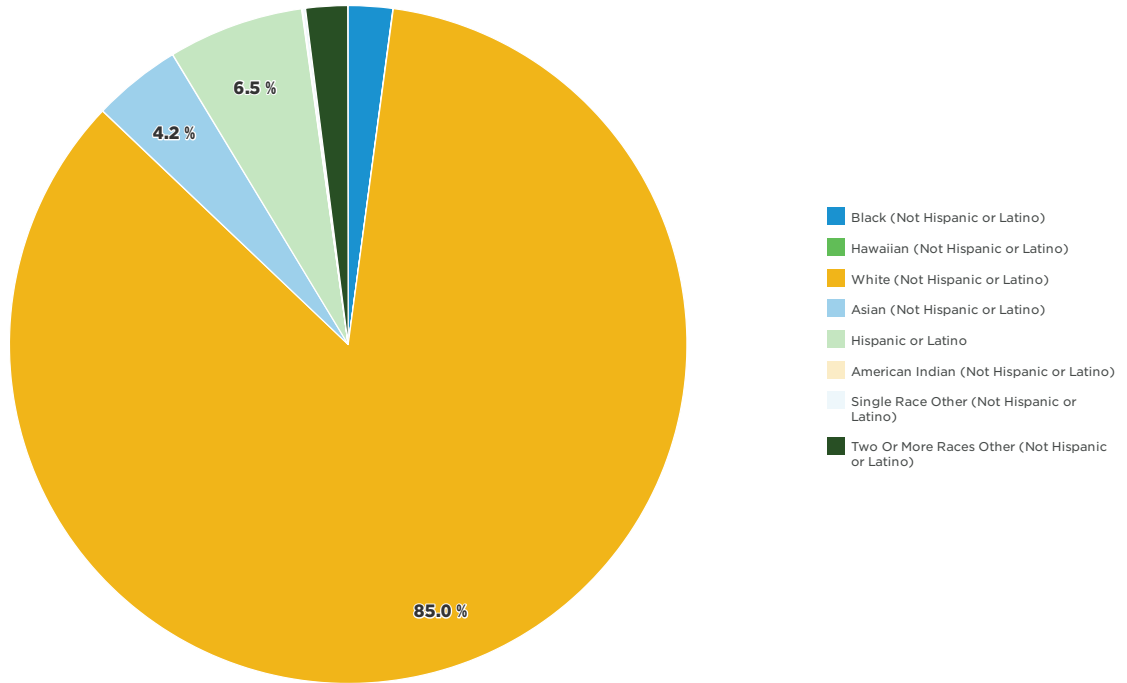
Source: US Census ACS 5-year

People of Color



Sources: US Census ACS 5-year

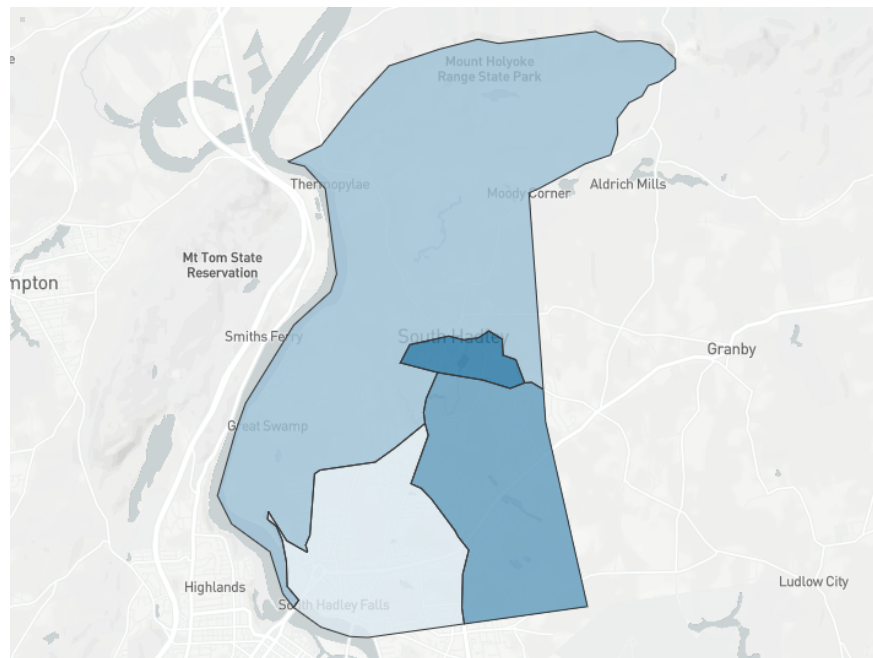
Race/Ethnicity Totals



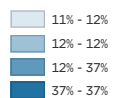
South Hadley, MA

Sources: US Census ACS 5-year

People of Color



People of Color

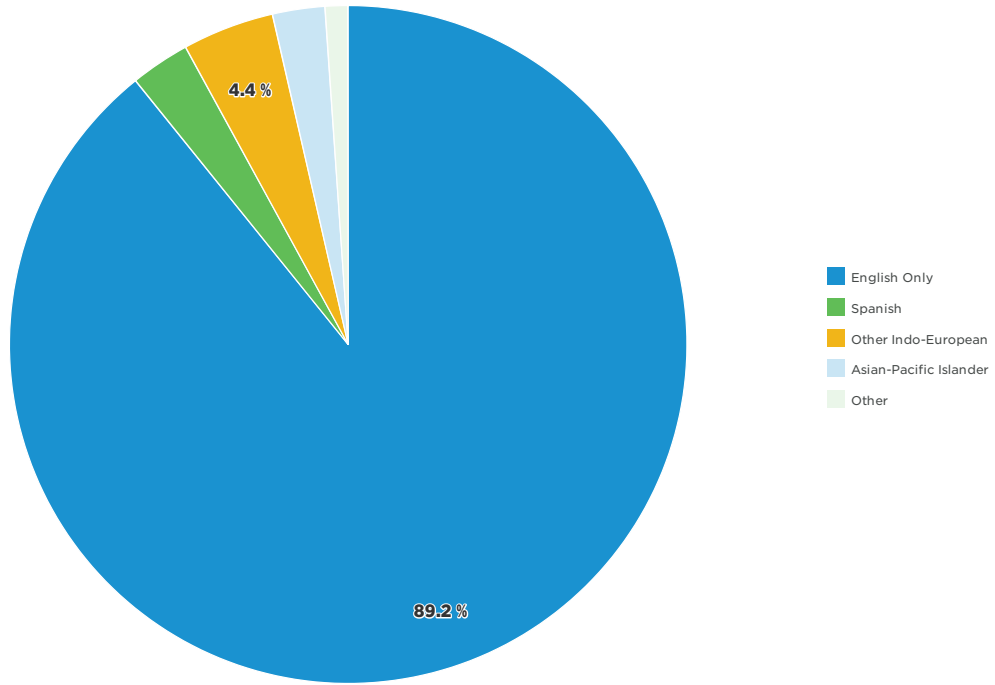


Source: US Census ACS 5-year

Ability to Speak English

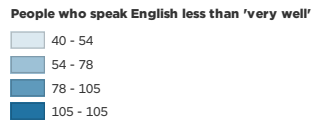
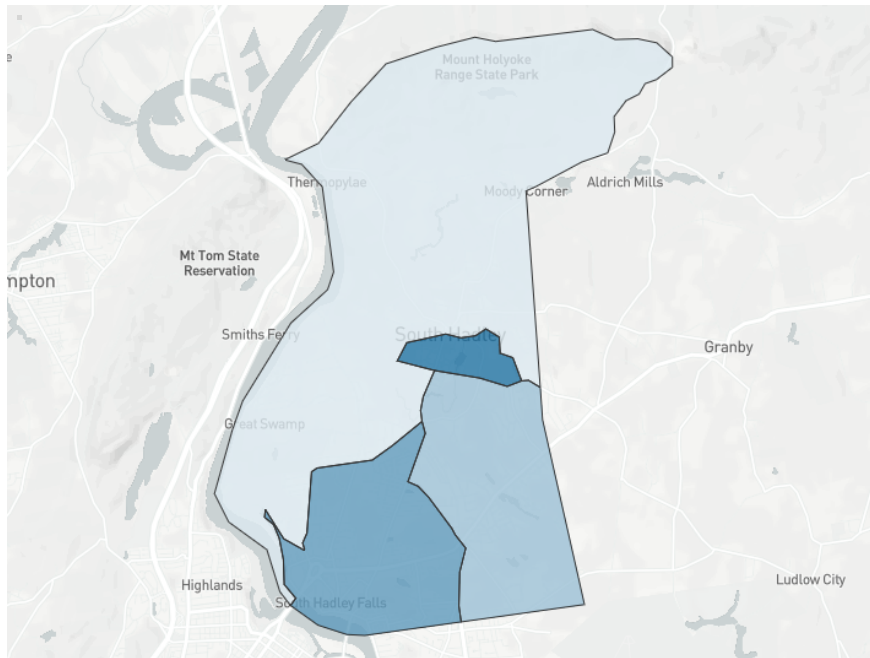
Sources: US Census ACS 5-year

Language Spoken at Home



South Hadley, MA
Sources: US Census ACS 5-year

Limited English Proficiency



US Census ACS 5-year



© Mapbox © OpenStreetMap

Holyoke Medical Center

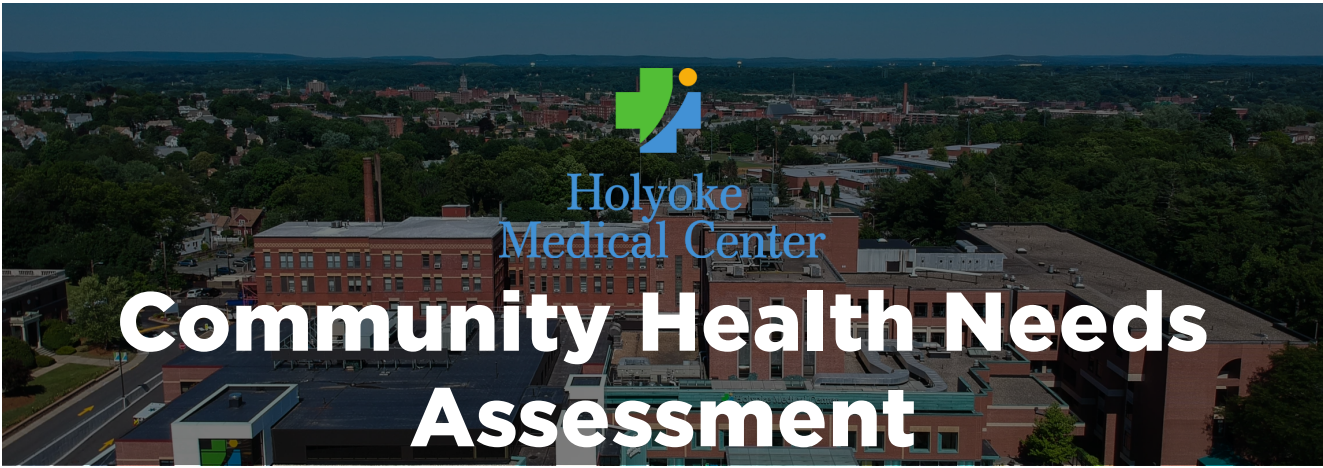
For more information about the work we're doing in our community or to contact us, please visit [our website](#) .

Want to know more about the data? Search for your dataset [here](#) .

The HMC Primary Service Area consists of Holyoke, Chicopee, South Hadley, Westfield, and West Springfield.



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How do social factors affect residents' opportunity for health in **Holyoke Medical Center Primary Service Area**?

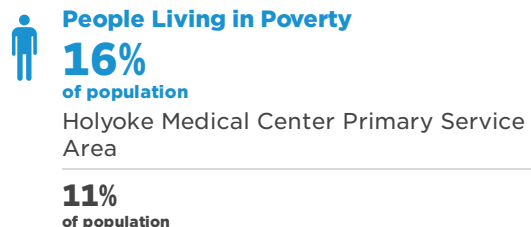
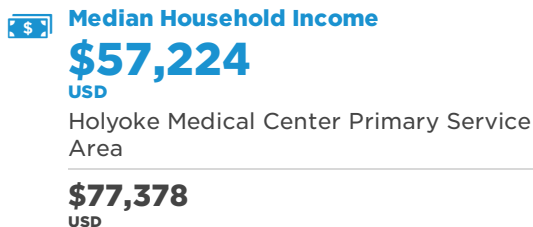
Every resident should have the opportunity to make healthy choices. However, our choices are often limited or expanded based on where we live, where we work, and what resources we have access to. Understanding how social and economic factors impact our residents' opportunity for health is critical for making decisions that expand opportunity for every resident.



How are **income and poverty** affecting health?

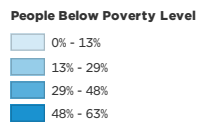
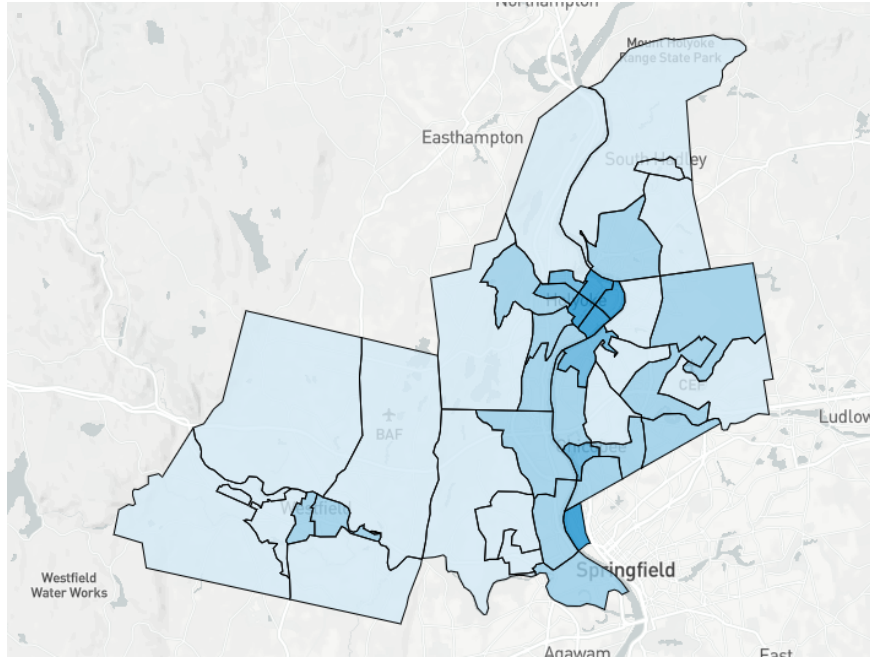
Poverty is both a cause and a consequence of poor health. Poverty increases the chances of poor health. Poor health, in turn, traps communities in poverty. The cost of doctors' fees, prescriptions, and transportation to reach a health provider can be devastating for families living in poverty. Conversely, families with higher incomes can more easily purchase healthy foods and pay for health services and transportation.

Income and Poverty



Sources: US Census ACS 5-year

Percent of Population Living Below Poverty



© Mapbox © OpenStreetMap

Sources: US Census ACS 5-year

Poverty by Race/ Ethnicity

17%
of population
People Living in Poverty
Hampden County, MA

Sources: US Census ACS 5-year

People Living in Poverty by Race/ Ethnicity

Hampden County, MA

American Indian	31% of American Indian Population
Asian	19% of Asian Population
Black	21% of Black Population
Hawaiian/Pacific Islander	0% of Hawaiian/Pacific Islander Population
Hispanic or Latino	39% of Hispanic or Latino Population
Some Other Race	43% of Some Other Race Population
Two or More Races	27% of Two or More Races Population
White (Not Hispanic or Latino)	8% of White (Not Hispanic or Latino) Population

Sources: US Census ACS 5-year



13%
of population

People Living in Poverty Hampshire County, MA

Sources: US Census ACS 5-year

People Living in Poverty by Race/ Ethnicity

Hampshire County, MA

American Indian	62% of American Indian Population
Asian	24% of Asian Population
Black	34% of Black Population
Hawaiian/Pacific Islander	35% of Hawaiian/Pacific Islander Population
Hispanic or Latino	20% of Hispanic or Latino Population
Some Other Race	14% of Some Other Race Population
Two or More Races	18% of Two or More Races Population
White (Not Hispanic or Latino)	12% of White (Not Hispanic or Latino) Population

Sources: US Census ACS 5-year

Income by Race/ Ethnicity



\$53,403
USD

Median Household Income Hampden County, MA

Sources: US Census ACS 5-year

Median Household Income by Race/ Ethnicity

Hampden County, MA

USD

American Indian	\$26,019
Asian	\$60,562
Black	\$41,220
Hispanic or Latino	\$25,917
Hawaiian/Pacific Islander	\$60,515
Other Race	\$21,956
Two or More Races	\$36,667
White (Not Hispanic or Latino)	\$65,815

Sources: US Census ACS 5-year



\$67,044
USD

Median Household Income Hampshire County, MA

Sources: US Census ACS 5-year

Median Household Income by Race/ Ethnicity

Hampshire County, MA

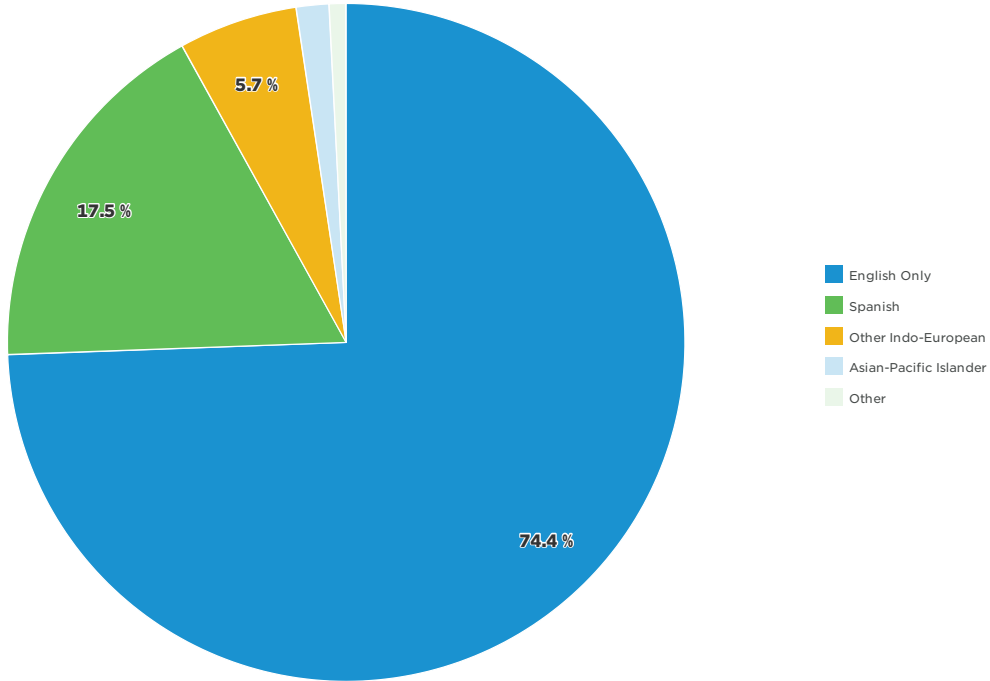
USD

American Indian	No data
Asian	\$59,825
Black	\$41,152
Hispanic or Latino	\$55,794
Hawaiian/Pacific Islander	No data
Other Race	\$44,726
Two or More Races	\$41,354
White (Not Hispanic or Latino)	\$69,457

Sources: US Census ACS 5-year

Poverty by Language Spoken

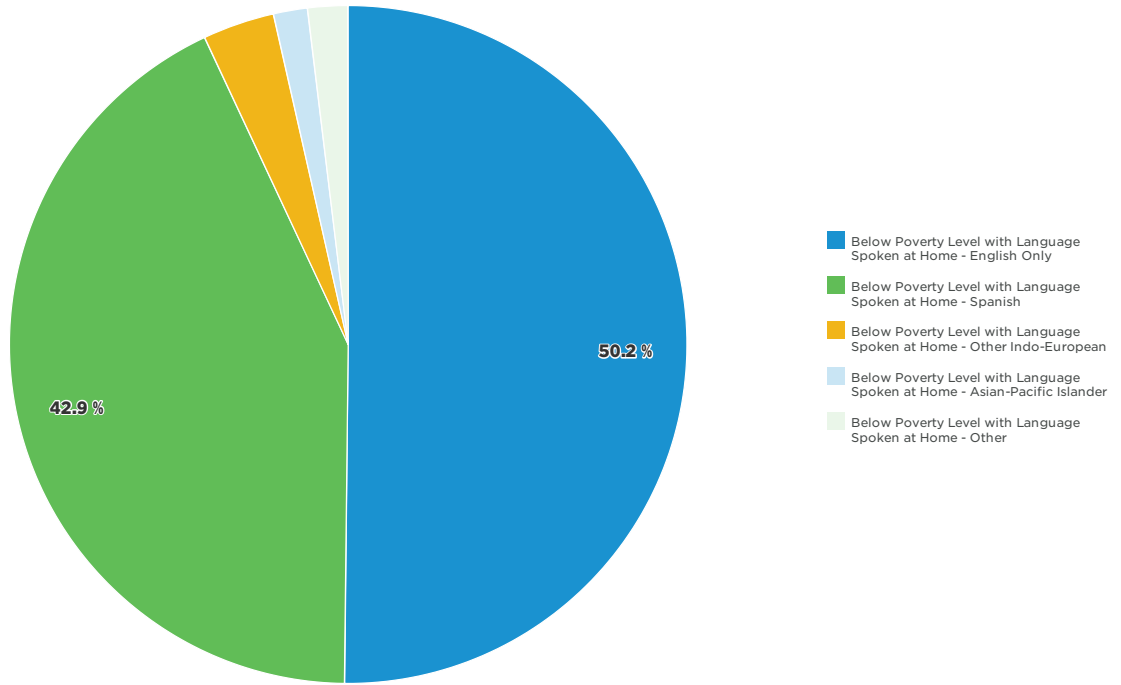
Language Spoken at Home by Total Population



Hampden County, MA

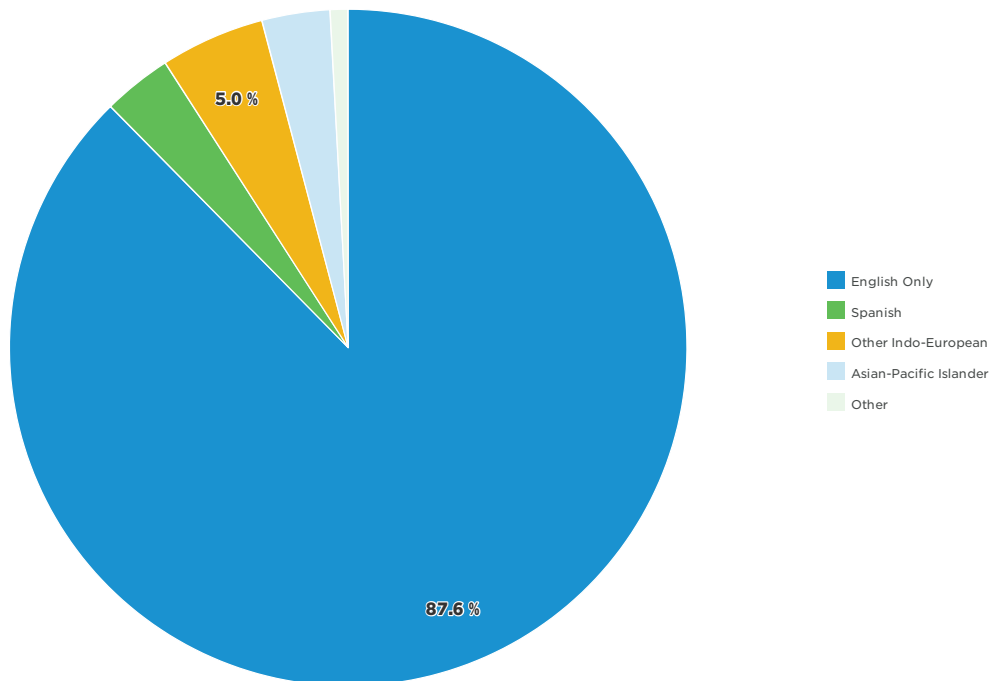
Sources: US Census ACS 5-year

Language Spoken at Home by People Living in Poverty



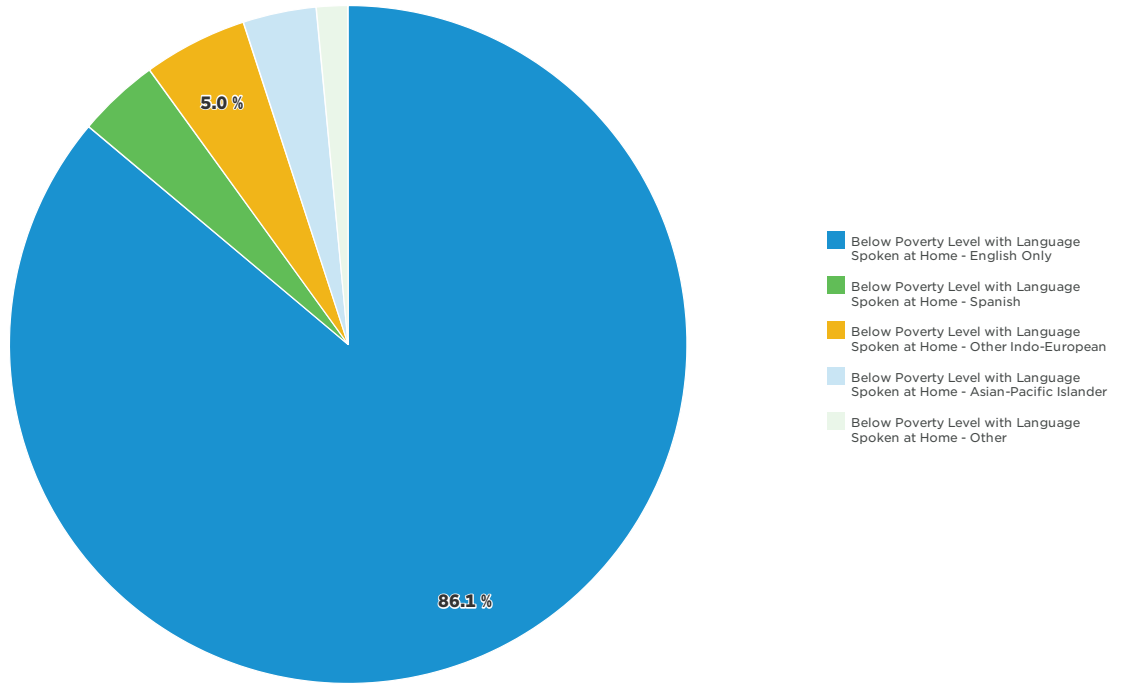
Hampden County, MA
Sources: US Census ACS 5-year

Language Spoken at Home by Total Population



Hampshire County, MA
Sources: US Census ACS 5-year

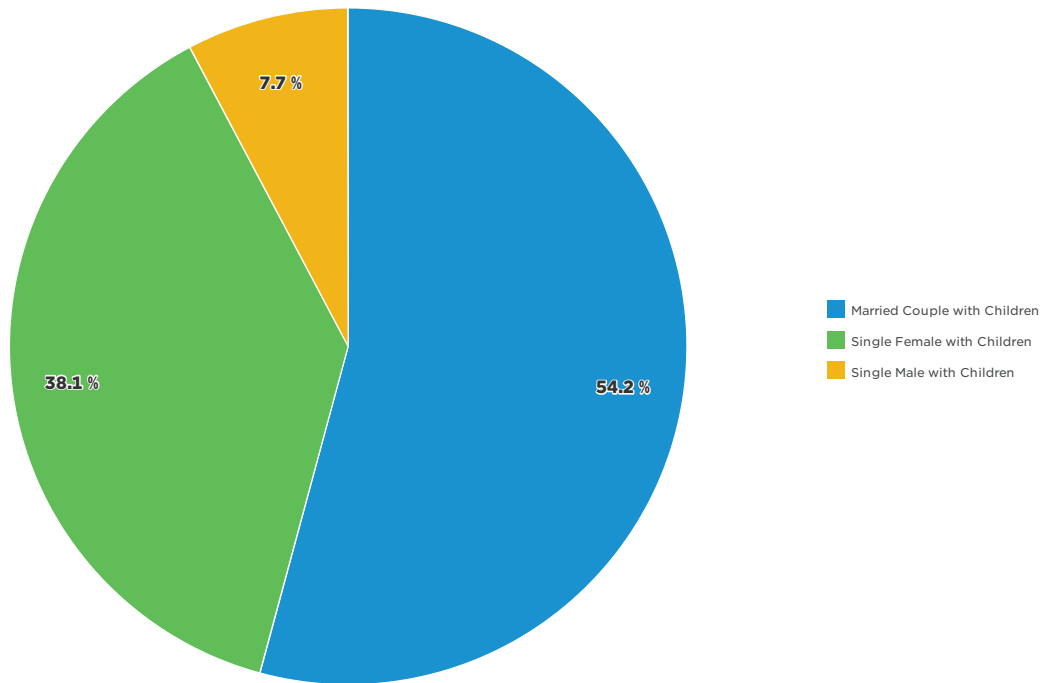
Language Spoken at Home by People Living in Poverty



Hampshire County, MA
Sources: US Census ACS 5-year

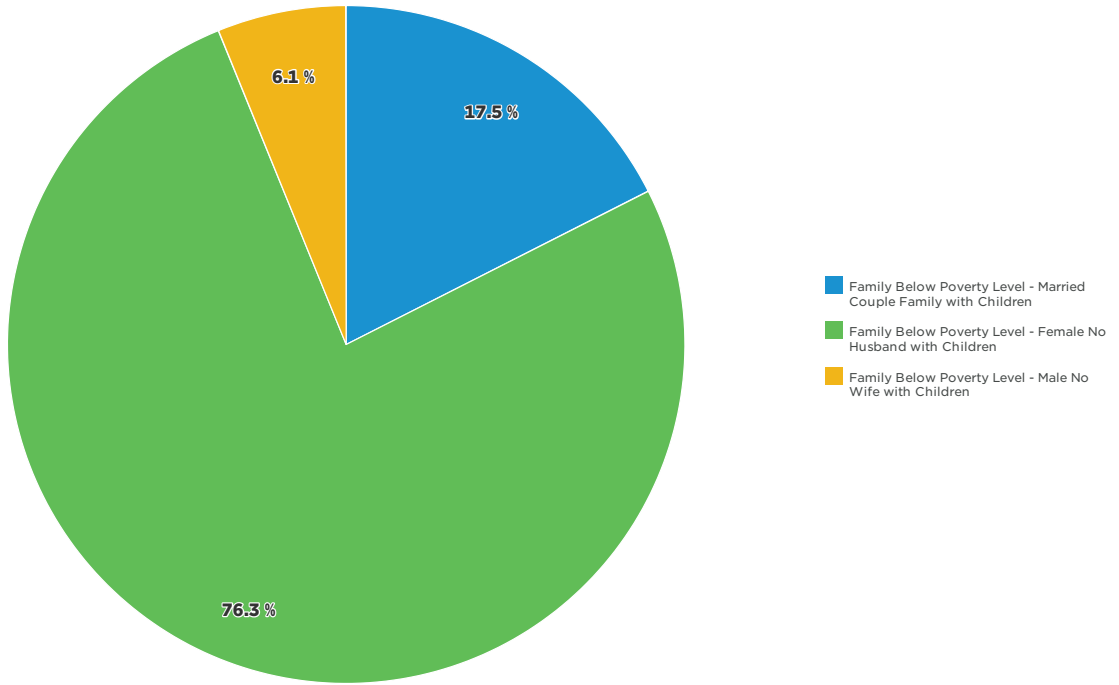
Poverty by Family Type

All Families with Children



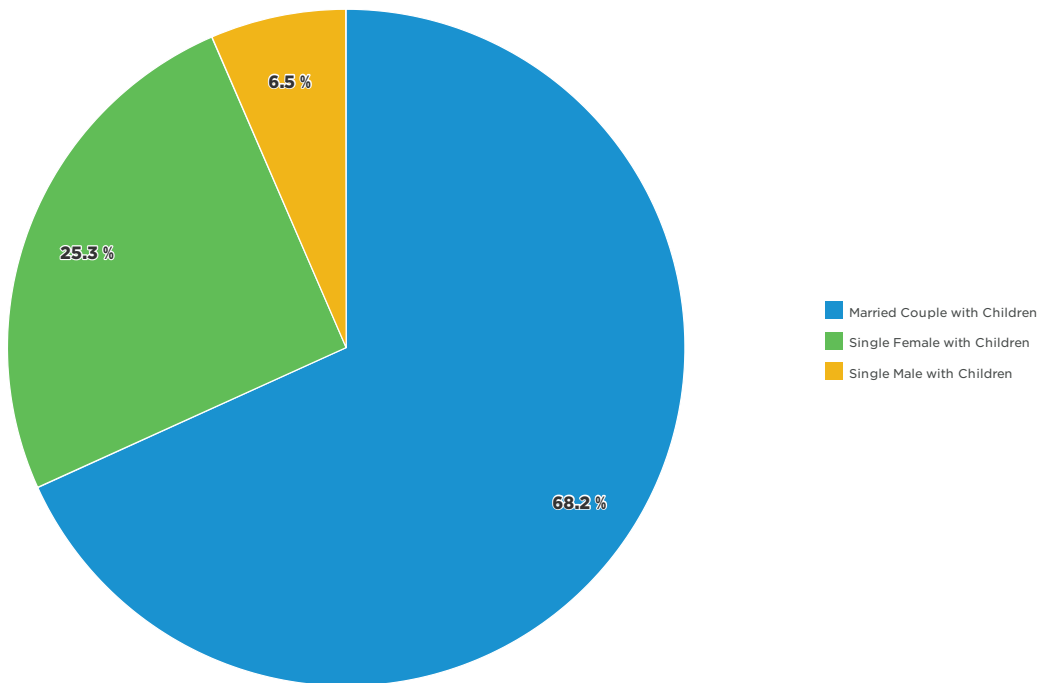
Hampden County, MA
Sources: US Census ACS 5-year

Families with Children Living in Poverty



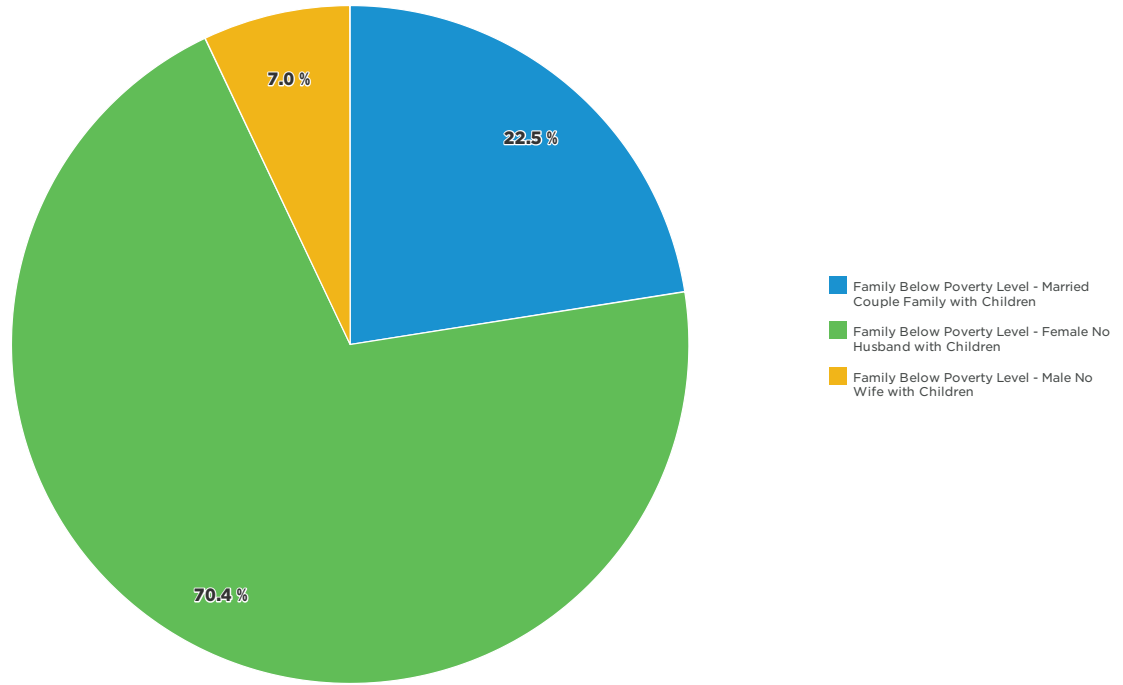
Hampden County, MA
Sources: US Census ACS 5-year

All Families with Children



Hampshire County, MA
Sources: US Census ACS 5-year

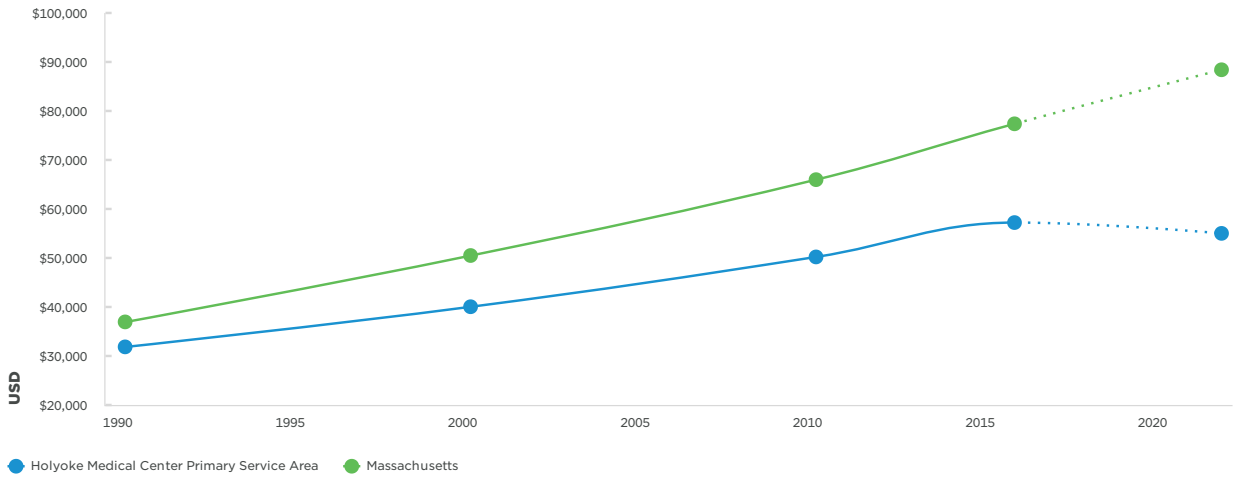
Families with Children Living in Poverty



Hampshire County, MA
 Sources: US Census ACS 5-year

Household Income Over Time

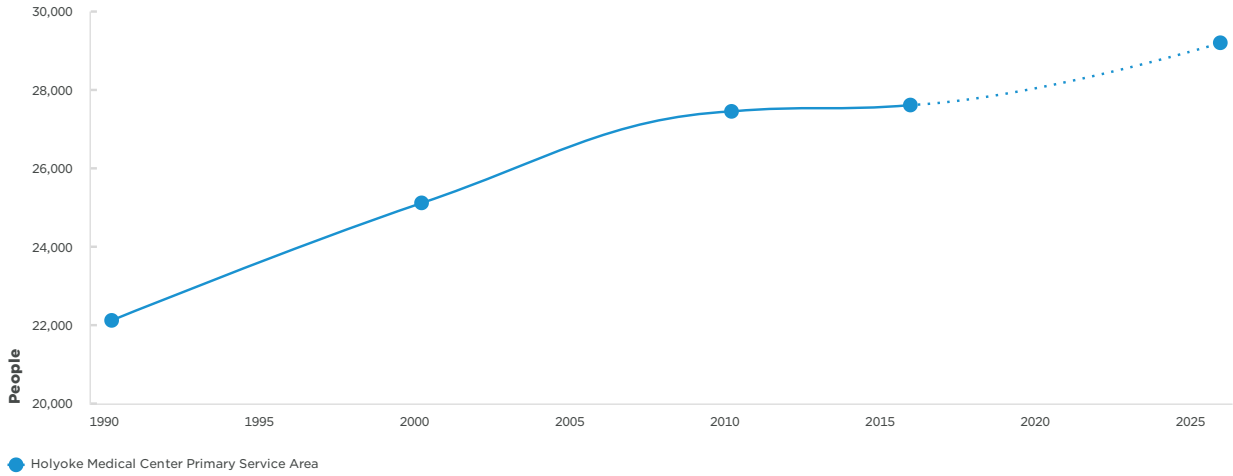
Median Household Income



Income = the income received on a regular basis before payments for personal income taxes, social security, union dues, medicare deductions, etc
 Sources: US Census 1990, 2000, 2010; US Census ACS 5-year

Poverty Over Time

People Living Below Poverty Level



Sources: US Census 1990, 2000, 2010; US Census ACS 5-year

Indicators of Hopelessness



Employees Living in Poverty

12,611

Employed people

Hampden County, MA

5,315

Employed people

Hampshire County, MA



Students Living in Poverty

26,166

People age 3+ enrolled in school

Hampden County, MA

8,725

People age 3+ enrolled in school

Hampshire County, MA

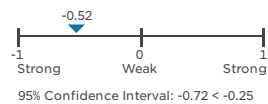
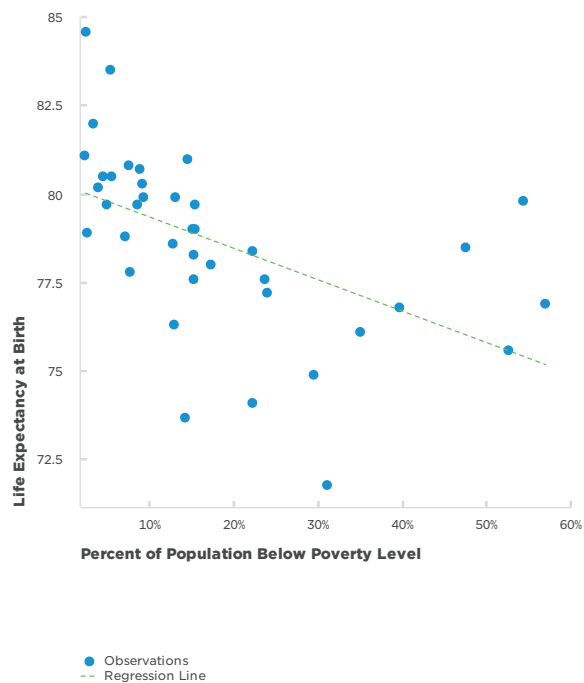
Sources: US Census ACS 5-year

Life Expectancy vs. Poverty

Each dot represents a neighborhood in our community:

Areas with a **high proportion of people living below poverty level** are more likely to have **shorter life expectancy**.

Census Tracts inside Holyoke Medical Center Service Area



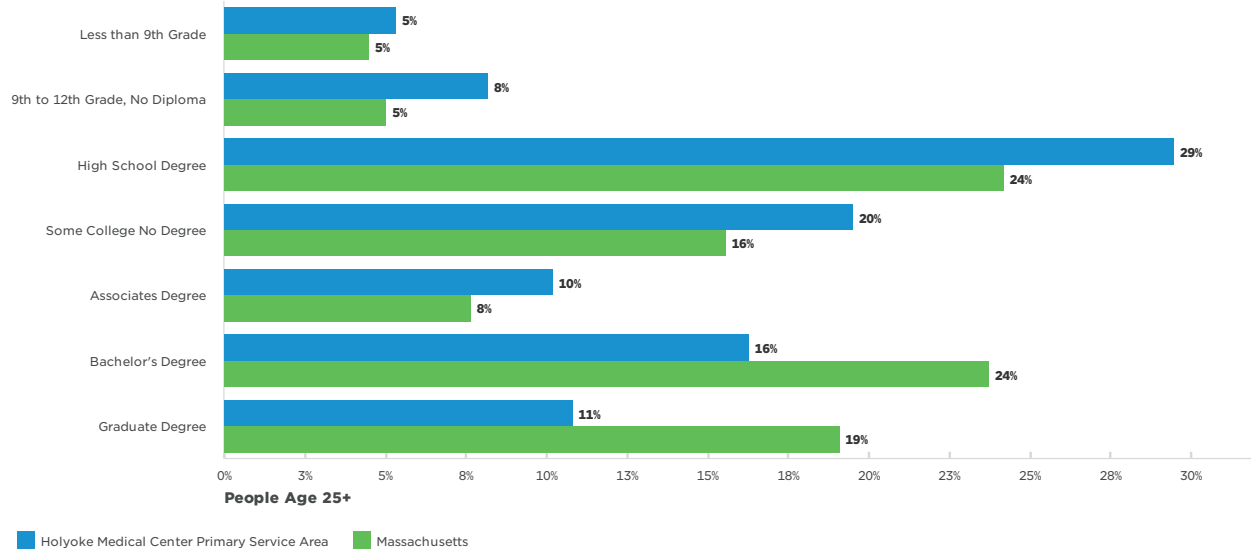
As Percent of Population Below Poverty Level increases, Life Expectancy at Birth tends to decrease. There is a weak relationship between these two variables.

How is **education** affecting health?

Residents with more education are more likely to have jobs that provide health-promoting benefits such as health insurance, paid leave, and retirement. Conversely, people with less education are more likely to work in occupations with few benefits. Low-income residents who are struggling to access basic necessities, such as food and shelter, are unable to prioritize their education and long-term goals and are often stuck in a generational cycle of poverty.

Educational Attainment

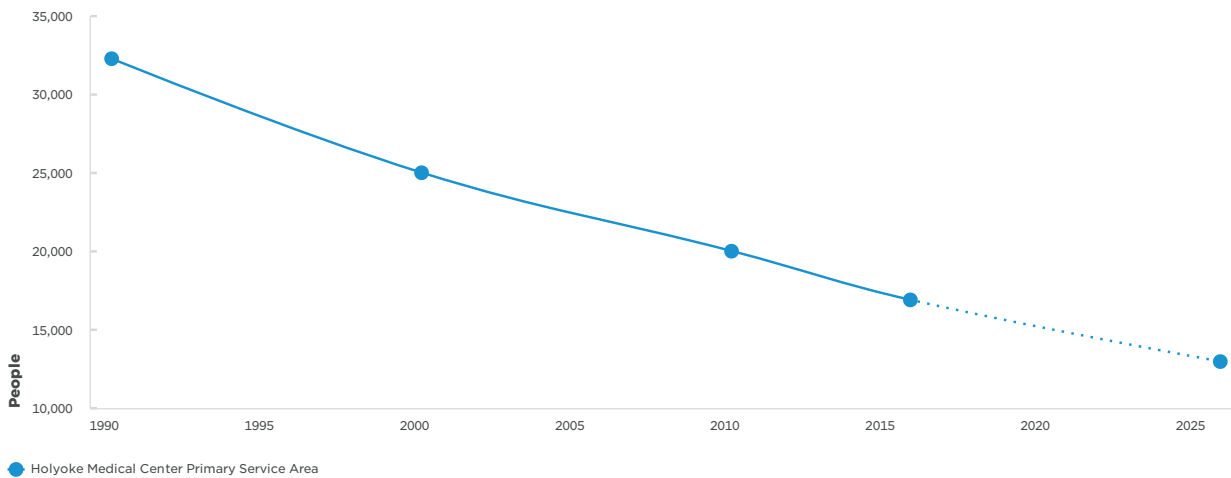
Highest level of education completed



Sources: US Census ACS 5-year

Adults without High School Diploma Over Time

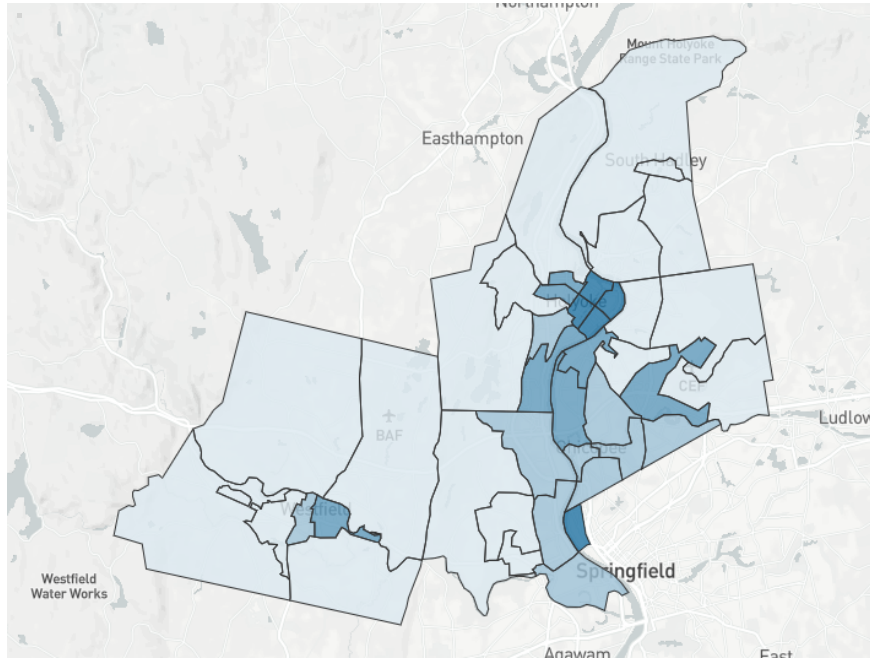
Population Age 25+ Without High School Diploma or Equivalent



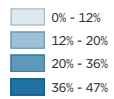
Sources: US Census 1990, 2000, 2010; US Census ACS 5-year

Adults without High School Diploma Map

Percent of Adult Population without a High School Diploma or Equivalent



Adults Without High School Diploma or Equivalent

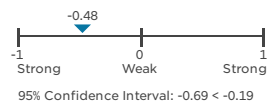
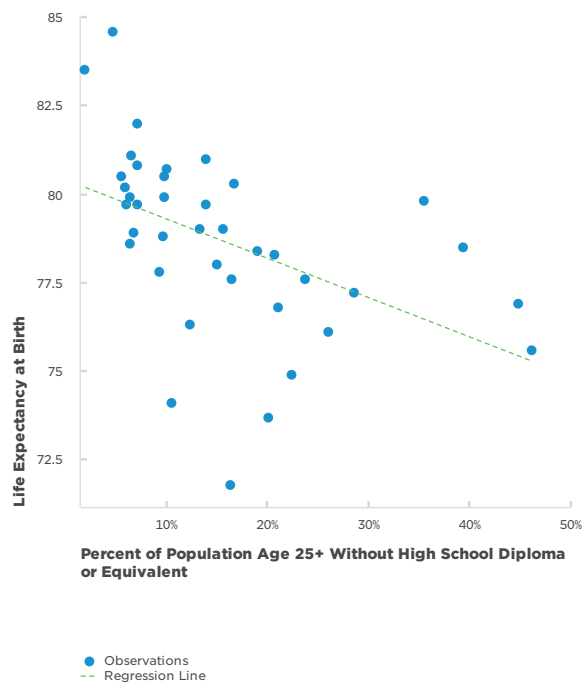


Source: US Census ACS 5-year

Life Expectancy vs. Adults without High School Diploma

Each dot represents a neighborhood in our community:

Areas with a **high proportion of adults without high school diplomas** are more likely to have **shorter life expectancy**.



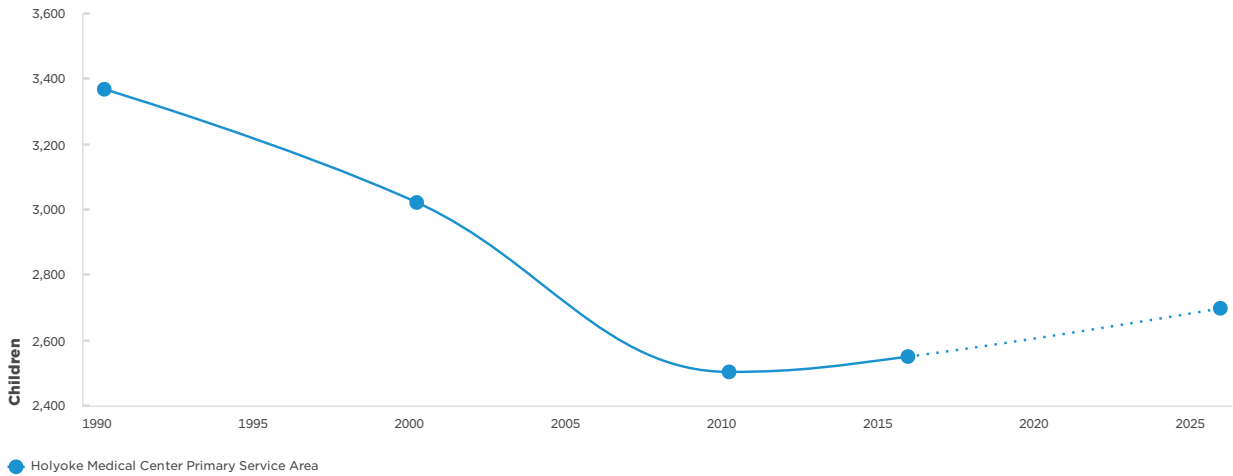
As Percent of Population Age 25+ Without High School Diploma or Equivalent increases, Life Expectancy at Birth tends to decrease. There is a moderate relationship between these two variables.

How is **early education** affecting health?

Participation in preschool programs has large and enduring effects on school achievement and child well-being. Early childhood education can counteract the disadvantage some children experience, improve their social and cognitive development, and provide them with an equal opportunity to achieve school readiness, and lifelong employment, income, and health.

Preschool Enrollment Over Time

Children Enrolled in Nursery School or Preschool



Sources: US Census 1990, 2000, 2010; US Census ACS 5-year

Population Age 3-4

Hampden County, MA	Children
Total Enrolled in Nursery or Preschool	7,418
Below Poverty Level and Enrolled in Nursery or Preschool	1,895
Population Age 3 to 4	10,836

Sources: US Census ACS 5-year

Hampshire County, MA	Children
Total Enrolled in Nursery or Preschool	1,960
Below Poverty Level and Enrolled in Nursery or Preschool	222
Population Age 3 to 4	2,636

Sources: US Census ACS 5-year

How is **unemployment** affecting health?

Job insecurity and lack of benefits associated with employment make residents more vulnerable to poor health. Unemployment may contribute to housing instability, unmet medical needs, and inability to purchase healthy foods. Additionally, health-harming stress can accompany the social and economic hardship caused by unemployment.

Unemployment



Unemployment

6.8%

Holyoke Medical Center Primary Service Area

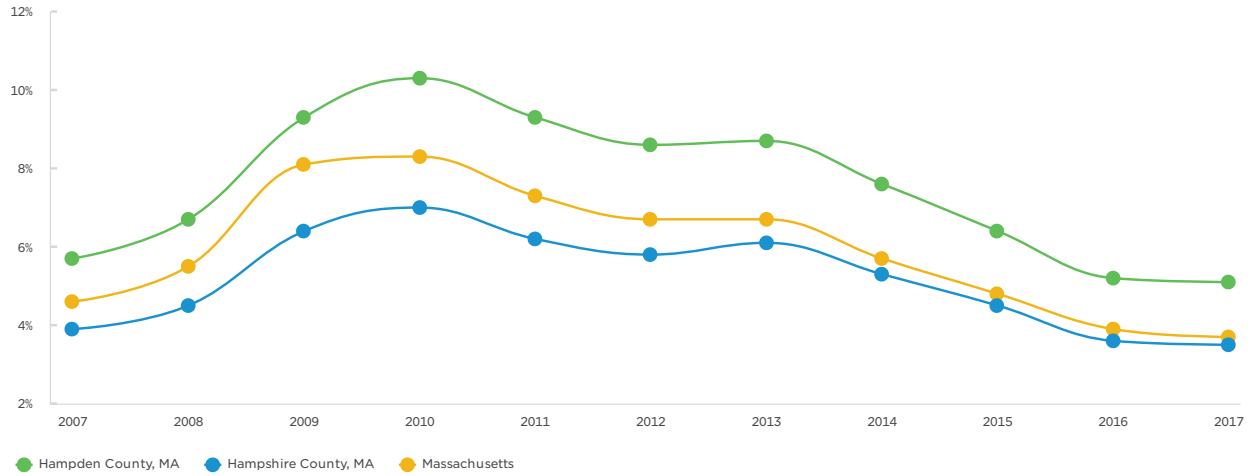
5.4%

Massachusetts

Sources: US Census ACS 5-year

Unemployment Over Time

Annual Average Unemployment Rate




Sources: BLS

How are **housing costs** affecting health?

Housing should represent a place of safety, stability, and shelter and not a place of stress, strain, or insecurity. When residents struggle to afford a place to live, that financial strain makes it harder to make other healthy choices, like eating a healthy diet or seeing a doctor when you're sick. Moreover, disruptive events, like suddenly losing your home, can become the trigger for a snowball of negative impacts on health, such as losing a job or health insurance, dropping out of school, or triggering mental health challenges.

Excessive Housing Costs

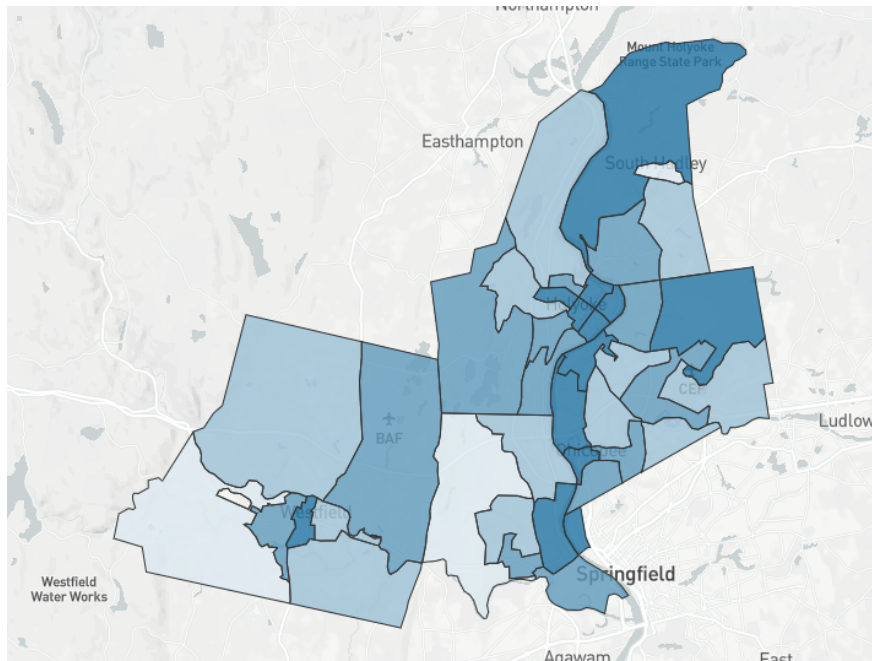
 **48%**
of Rented Homes
Home Rent is 30%+ of Income
Holyoke Medical Center Primary Service Area

 **25%**
of Owned Homes
Homeowner Costs are 30%+ of Income
Holyoke Medical Center Primary Service Area

Sources: US Census ACS 5-year

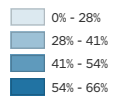
Excessive Rental Housing Costs

Home Rental Costs: 30%+ of Income



Map navigation controls: +, -, Full Screen, Home, © Mapbox © OpenStreetMap

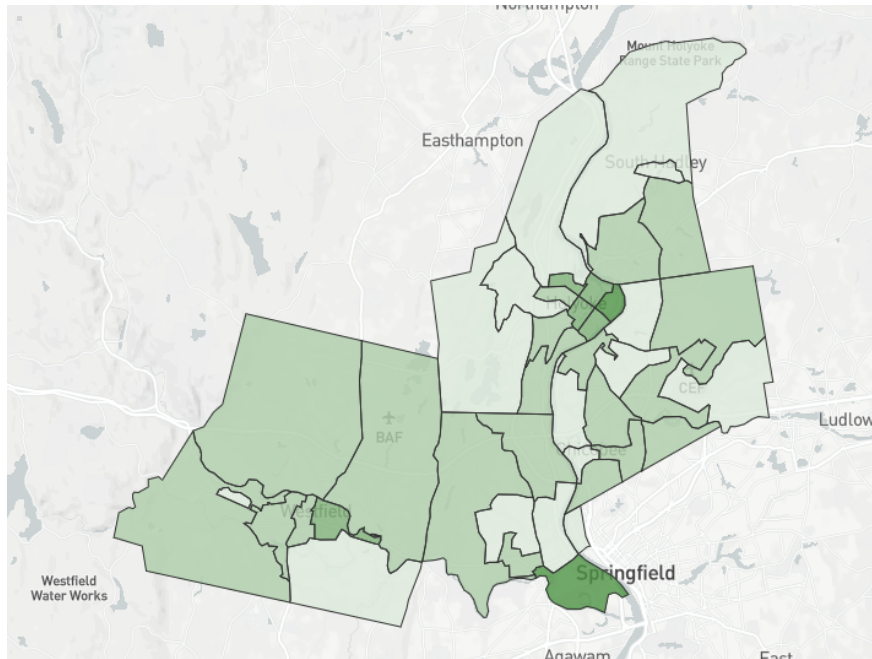
Renter Households with Excessive Costs



Source: US Census ACS 5-year

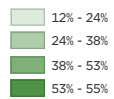
Excessive Homeownership Costs

Home Ownership Costs: 30%+ of Income



Map navigation controls: +, -, Full Screen, Home, © Mapbox © OpenStreetMap

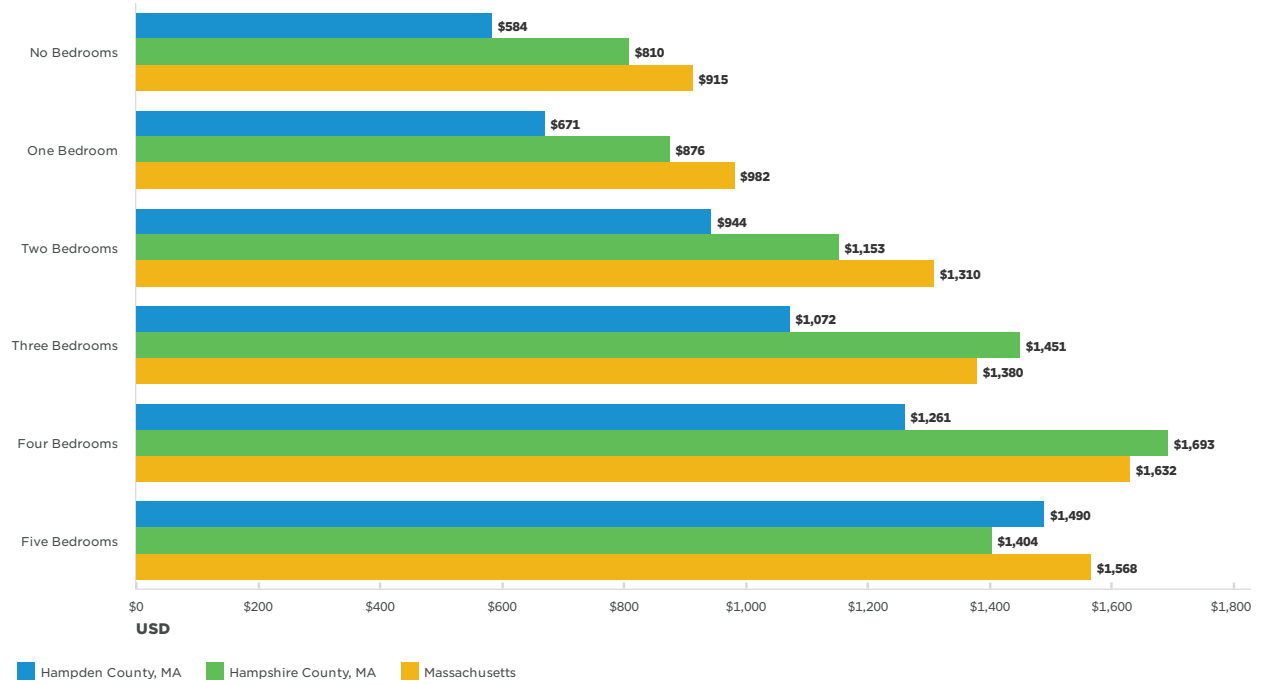
Owner Households with Excessive Housing Costs



Source: US Census ACS 5-year

Median Rent

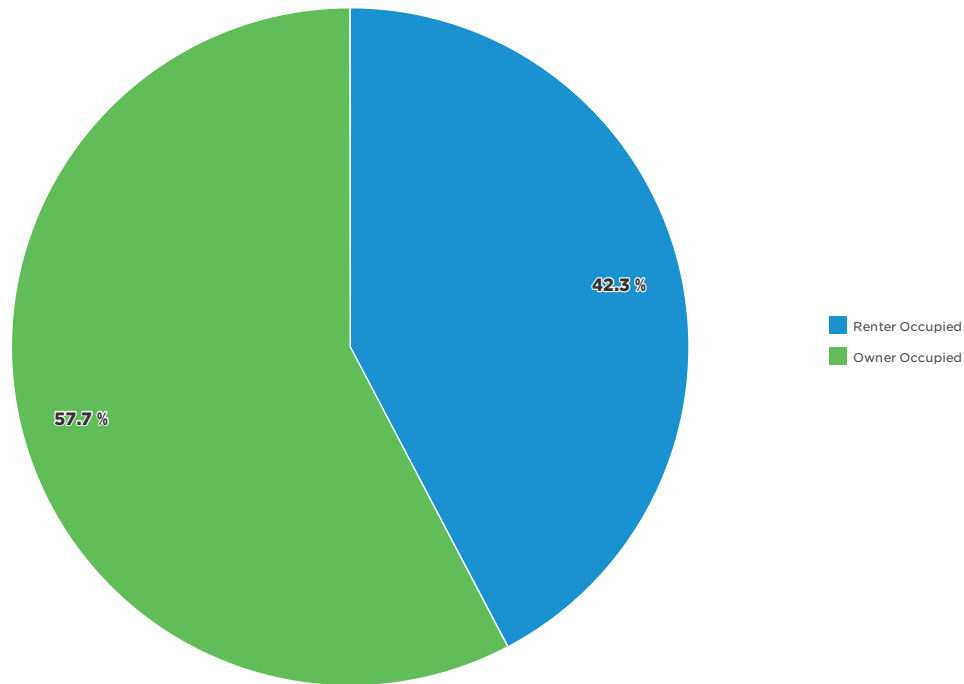
Median Rent by Number of Bedrooms



Sources: US Census ACS 5-year

Homeownership Rate

Owner vs Renter Occupied



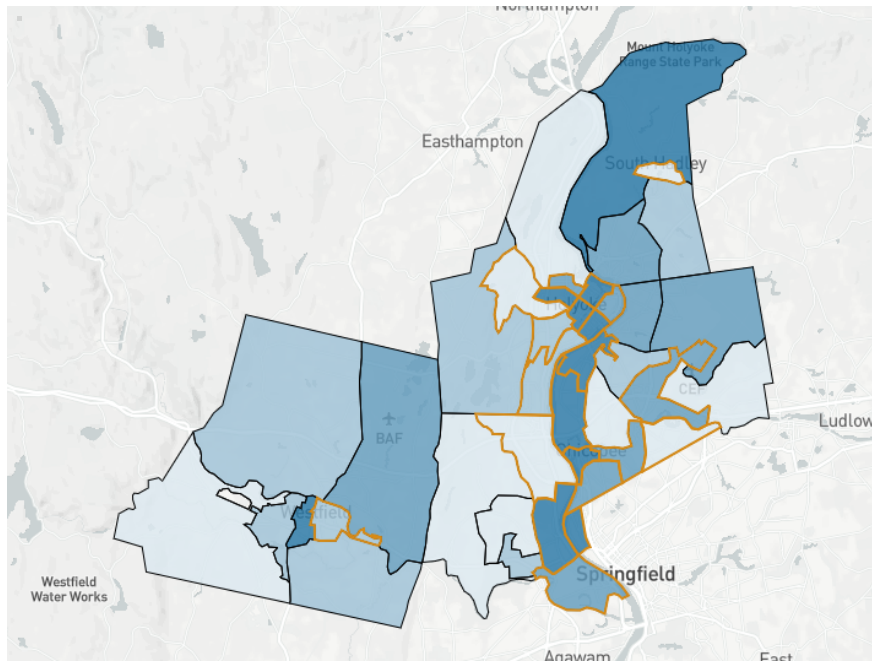
Holyoke Medical Center Primary Service Area

Sources: US Census ACS 5-year

Housing Cost & Race

Click on the map for more information.

Excessive Rental Housing Costs and People of Color

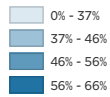


© Mapbox © OpenStreetMap

Areas where at least 25% of population is people of color

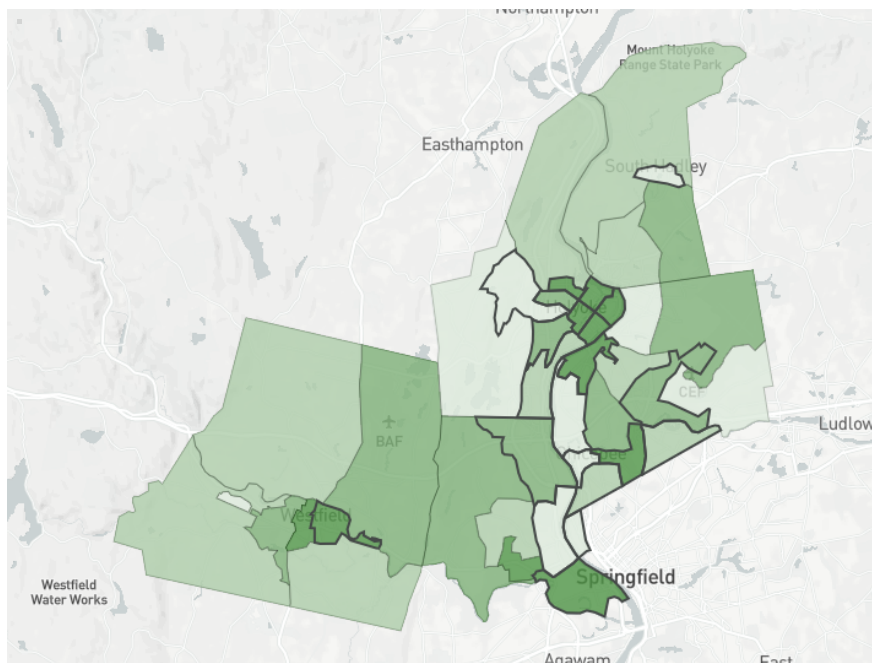


Home Rent is 30%+ of Income



Source: US Census ACS 5-year

Excessive Home Ownership Costs and People of Color

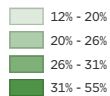


© Mapbox © OpenStreetMap

Areas where at least 25% of population is people of color



Home Ownership Costs are 30%+ of Income



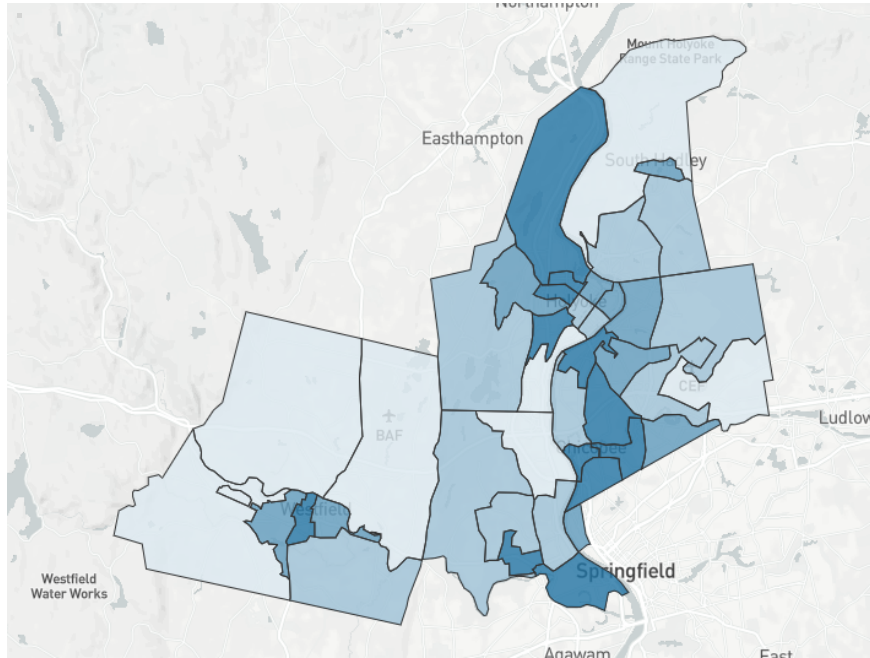
Source: US Census ACS 5-year

How is **housing safety** affecting health?

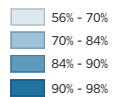
The conditions of our homes have the potential to significantly help- or harm- our health. Poor indoor air quality, lead paint, and other hazards place residents at risk for multiple health problems. Unfortunately, housing that is affordable for low- and modest-income families is more likely to have hazardous conditions. Household safety has an even bigger impact on vulnerable populations who spend even greater amounts of time at home, such as very young children and the elderly.

Lead Paint

Lead Paint Risk in Housing



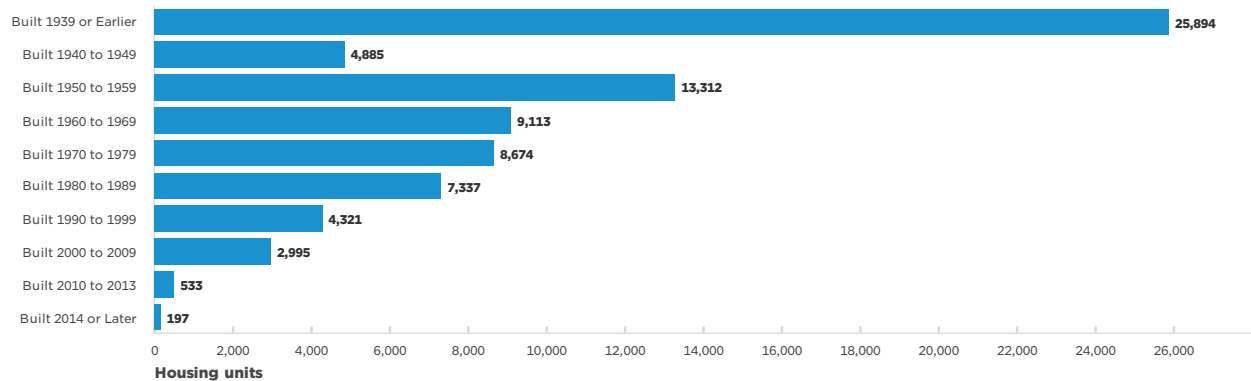
Homes Built 1979 and Earlier - Potential for Lead Paint



US Census ACS 5-year

Home Age

Building Age of Housing Units



Holyoke Medical Center Primary Service Area

Sources: US Census ACS 5-year

Kitchen Facilities

 **1,049**
Homes

Without Complete Kitchen Facilities

Holyoke Medical Center Primary Service Area

Complete kitchen facilities include a sink with a faucet, a stove or range, and a refrigerator.
Sources: US Census ACS 5-year

Insufficient Kitchen Facilities in Homes

Uh oh, your web browser killed the map! You might try refreshing the page.

 HMC Service Area

Housing Units Without Complete Kitchen Facilities



Complete kitchen facilities include a sink with a faucet, a stove or range, and a refrigerator.
US Census ACS 5-year

Plumbing

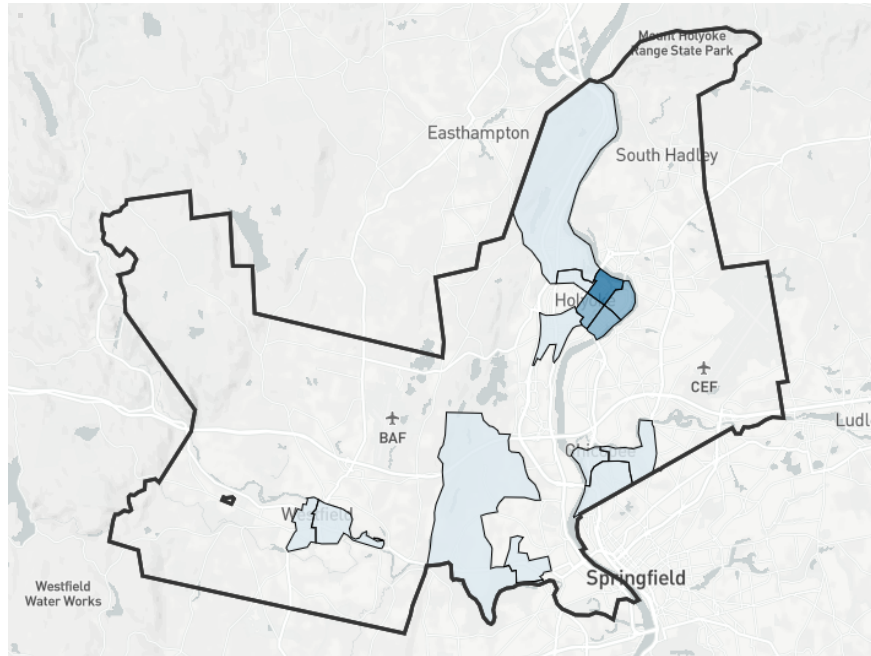
 **509**
Homes

Without Complete Plumbing

Holyoke Medical Center Primary Service Area

Complete plumbing includes hot and cold running water, a flush toilet, and a bathtub or shower.
Sources: US Census ACS 5-year

Insufficient Plumbing in Homes



© Mapbox © OpenStreetMap

Complete plumbing includes hot and cold running water, a flush toilet, and a bathtub or shower.
 US Census ACS 5-year

How is homelessness affecting health?

Some health problems contribute to homelessness, such as major mental illness, disabling conditions that cause a person to become unemployed, or any major illness that results in massive health care expenses. Homelessness then increases the risk of developing health problems and can also turn a relatively minor health problem into a serious illness. Homelessness also complicates the treatment of many illnesses.

2,718

People Without Homes

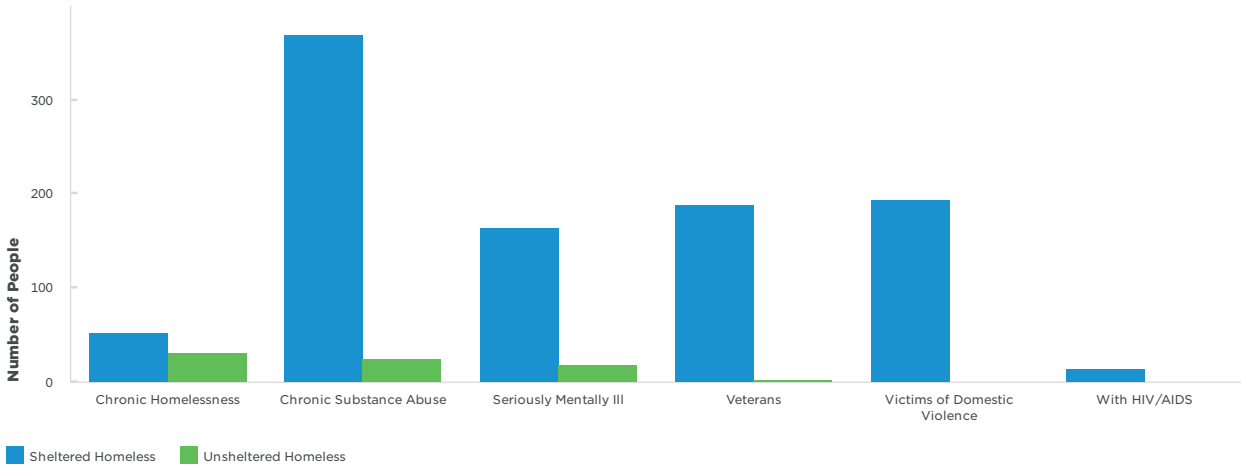
Homeless Population

Holyoke/Franklin, Hampden, Hampshire Counties CoC

Source: HUD Continuum of Care Homeless Assistance Program Point-in-Time Count 2018

Note: An estimated 85% of homeless people in Franklin, Hampshire, and Hampden Counties are located in Hampden County.

Homeless Populations of Western Massachusetts



Source: HUD

What **transportation** options are available to families seeking health care?

The lack of access to affordable transportation options limit some families’ abilities to seek health care. Limited vehicle availability and fewer affordable transportation afflict our cost-sensitive residents. Low-income households are limited to a shorter radius of travel compared to higher-income households, which limits their health care, employment, and education options. They have the lowest rates of single-occupancy vehicle use and highest usage of less costly travel modes, such as carpool, transit, bike, and walk. In areas where public transportation is inaccessible or infrequent, residents without access to vehicles aren’t able to see a doctor when they need it most.

Zero Vehicle Households

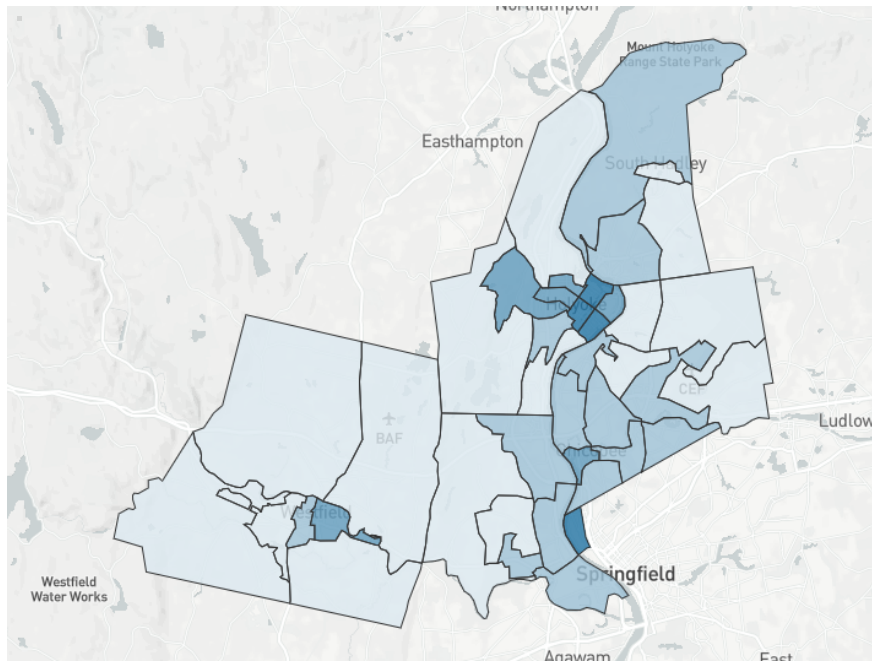
 **12%**
of homes

Homes Without a Vehicle

Holyoke Medical Center Primary Service Area

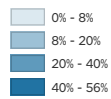
Sources: US Census ACS 5-year

Zero Vehicle Households



© Mapbox © OpenStreetMap

Homes without an available vehicle



Source: US Census ACS 5-year

Walkability



13

on a 1-20 scale

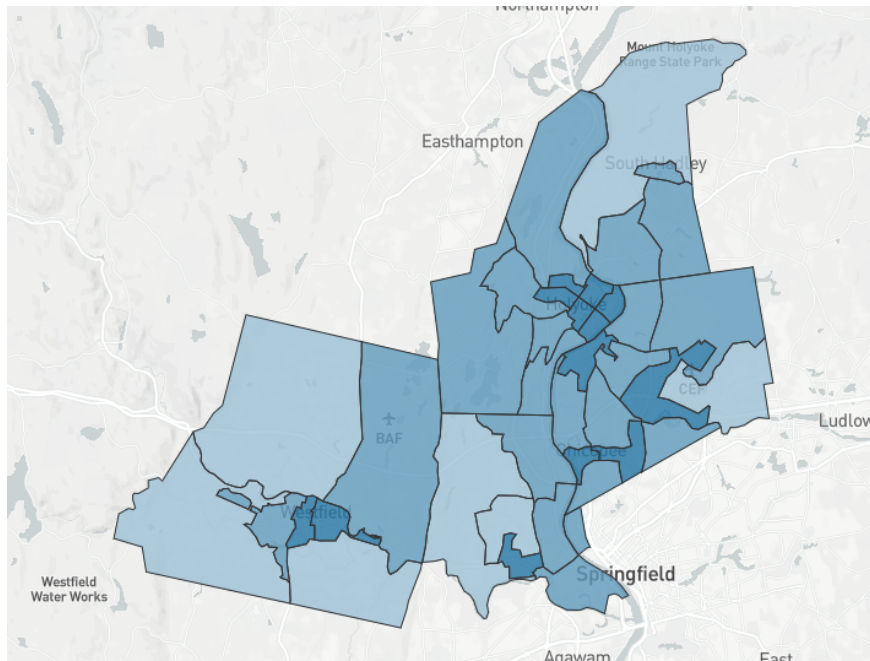
Walkability Index

Holyoke Medical Center Primary Service Area

Sources: EPA

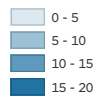
Higher scores indicate higher walkability

Walkability



© Mapbox © OpenStreetMap

Walkability Index on a 1-20 Scale



EPA

Higher scores indicate higher walkability.

Transit



14

on a 1-20 scale

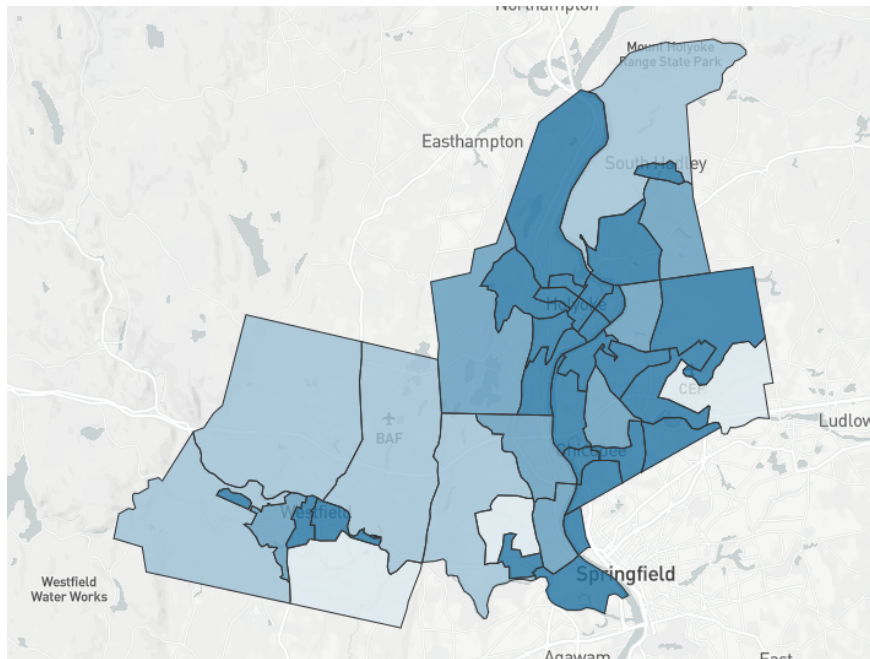
Walkability Proximity to Transit Ranking

Holyoke Medical Center Primary Service Area

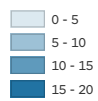
Sources: EPA

Higher scores indicate higher walkability to transit

Access to Transit



Walkability Proximity to Transit Ranking on a 1-20 Scale



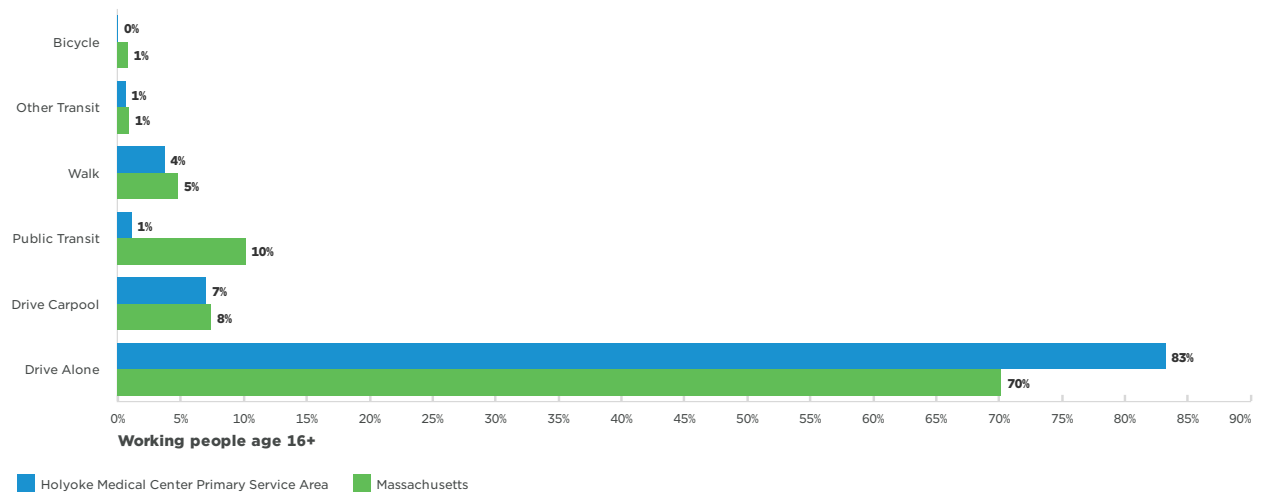
© Mapbox © OpenStreetMap

EPA

Higher scores indicate higher walkability to transit

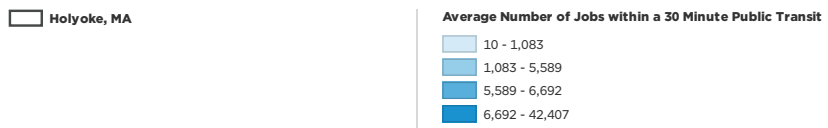
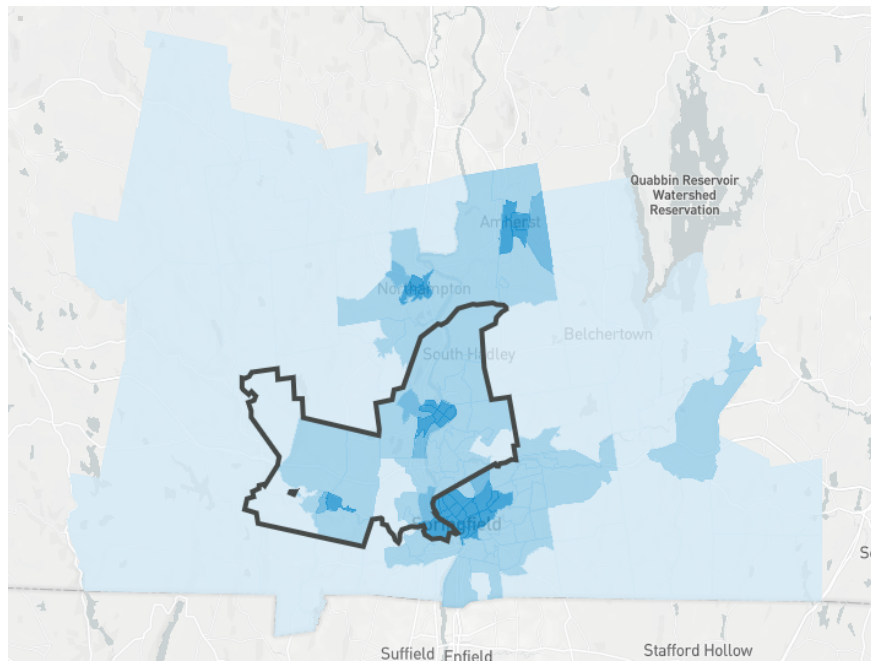
Mode of Travel Feasibility

How Working Adults Typically Travel to Work



Sources: US Census ACS 5-year

Areas with feasible transit connections to destinations

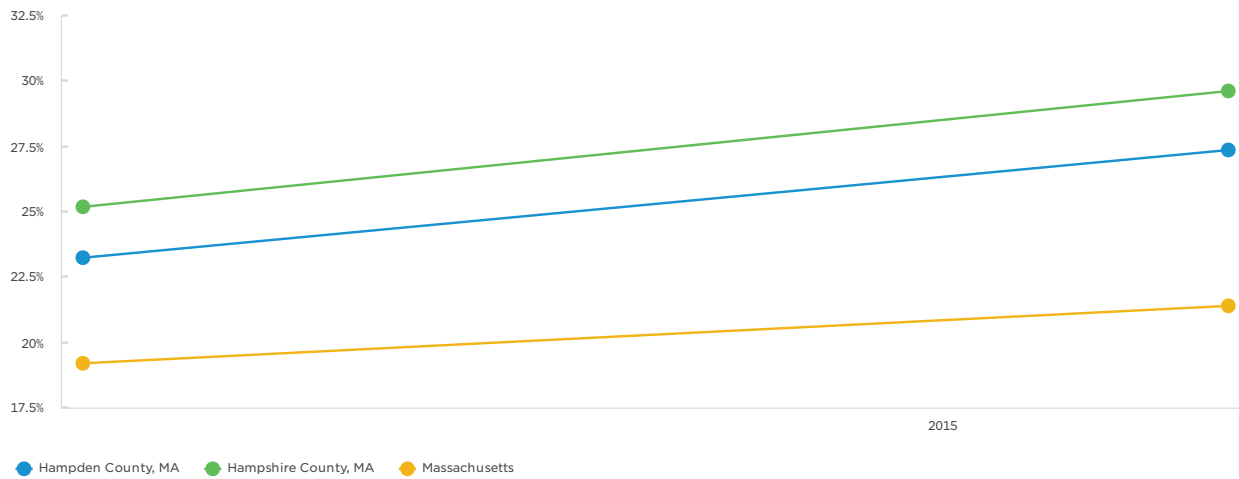


© Mapbox © OpenStreetMap

Number of jobs that are reachable within a 30-minute commute by foot and transit leaving between 7 and 9 a.m.
 Source: University of Minnesota Center for Transportation

Median Income Families Transportation Costs

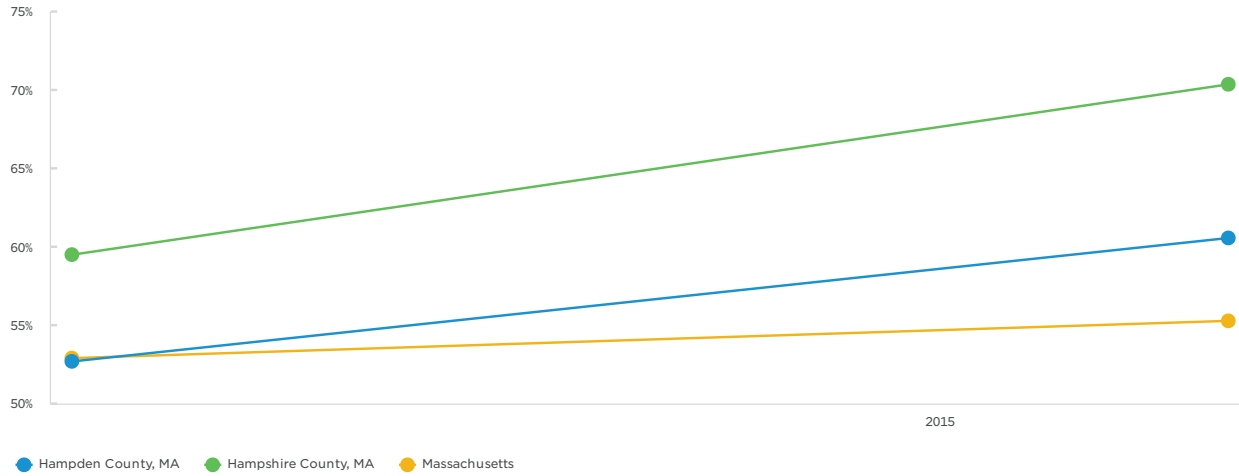
Percent of Income Spent on Transportation - Median Income Families



Sources: US HUD & DOT, LAI V2.0; US HUD & DOT, LAI V3.0

Low Income Families Transportation Costs

Percent of Income Spent on Transportation - Low Income Individuals





Sources: US HUD & DOT, LAI V2.0; US HUD & DOT, LAI V3.0


How are **potentially vulnerable populations** affected?


The characteristics included here should be used to understand potentially vulnerable populations, but are not meant to label any certain characteristic as inherently disadvantageous. Depending on community circumstances, these groups may face unique challenges to accessing healthcare, being active, or having a strong social support network.

Single Parent Households

 **14%**
of families
Single Female with Children
Holyoke Medical Center Primary Service Area

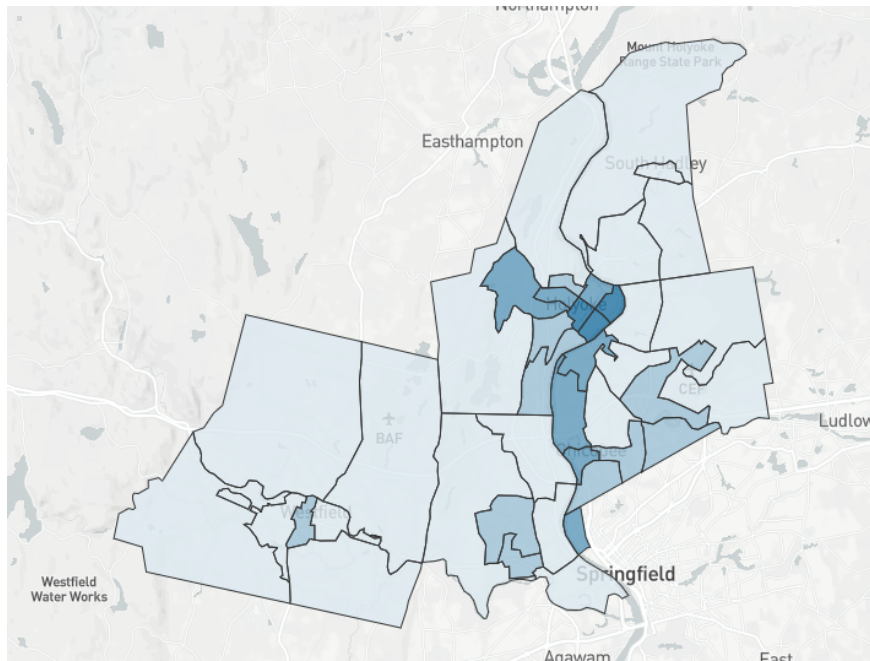
 **6,237**
Families
Single Female with Children
Holyoke Medical Center Primary Service Area

 **3%**
of families
Single Male with Children
Holyoke Medical Center Primary Service Area

 **1,484**
Families
Single Male with Children
Holyoke Medical Center Primary Service Area

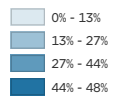
Sources: US Census ACS 5-year

Single Female Families



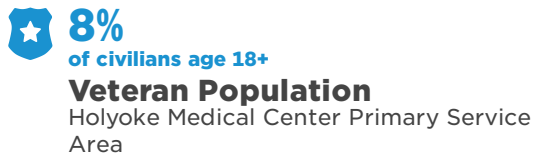
© Mapbox © OpenStreetMap

Single Female with Children



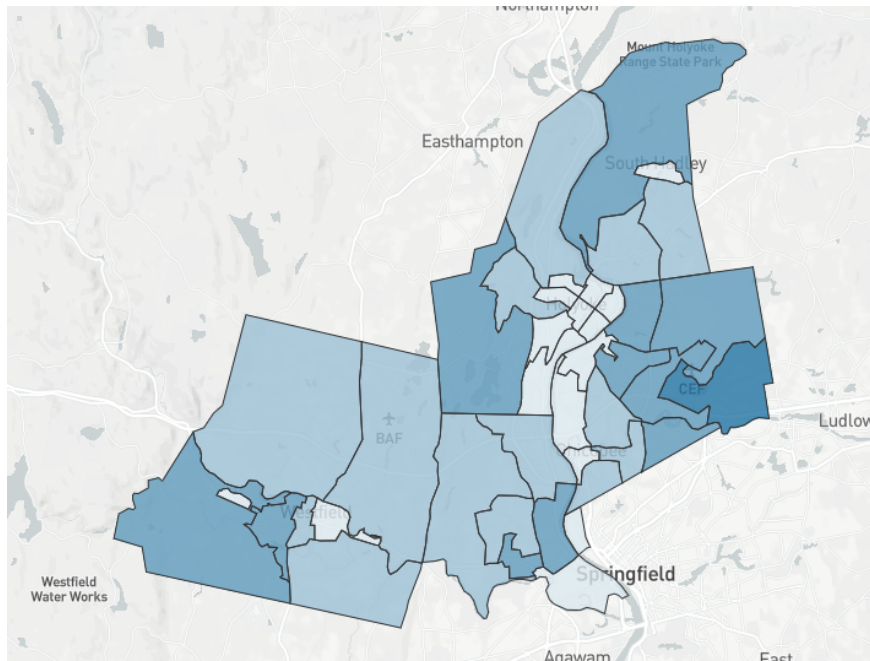
Source: US Census ACS 5-year

Veterans



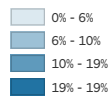
Sources: US Census ACS 5-year

Veteran Population



© Mapbox © OpenStreetMap

Veteran Population



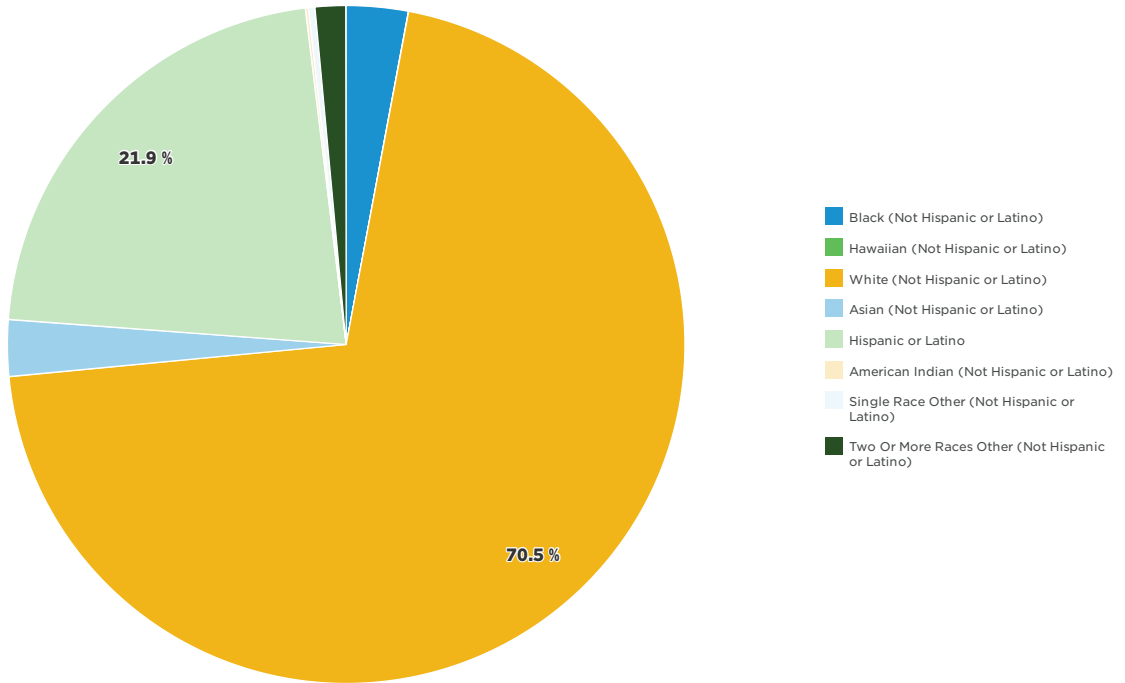
Source: US Census ACS 5-year

People of Color



Sources: US Census ACS 5-year

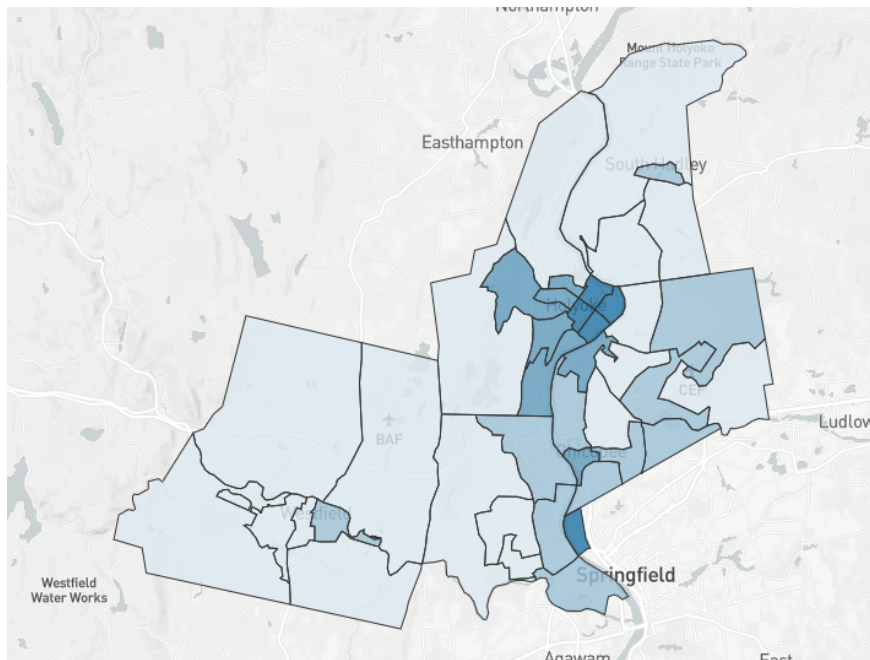
Race/Ethnicity Totals



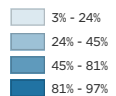
Holyoke Medical Center Primary Service Area

Sources: US Census ACS 5-year

People of Color



People of Color



Source: US Census ACS 5-year

Ability to Speak English

Speak English Less Than 'Very Well'
9%
 of People Age 5+

Speak English Less Than 'Very Well'
40,081
 People Age 5+

Hampden County, MA

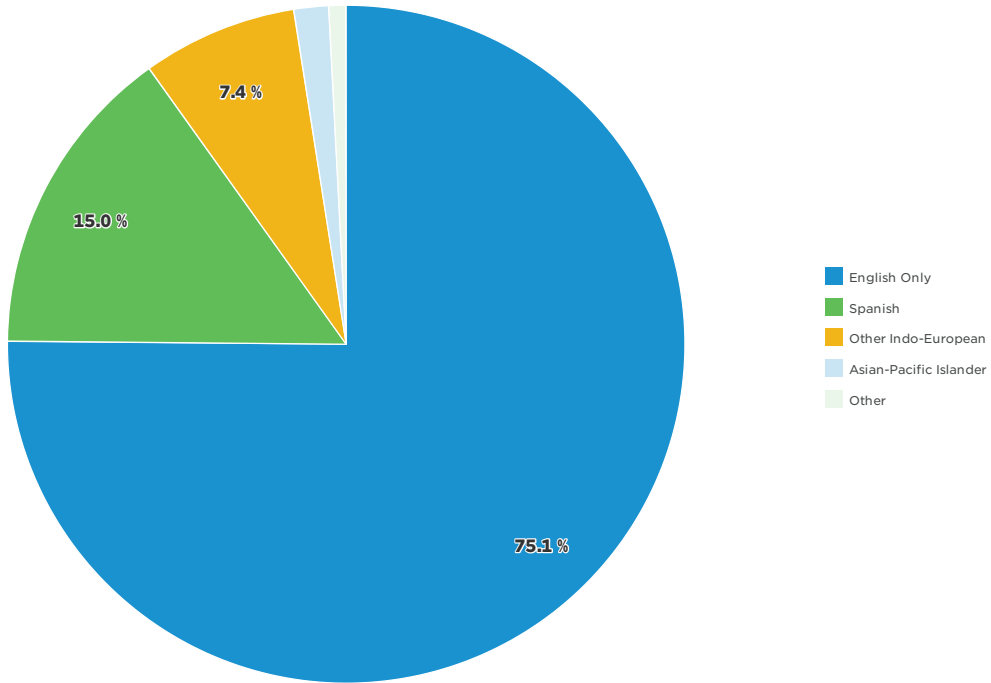
3%
of People Age 5+
Hampshire County, MA

Sources: US Census ACS 5-year

Hampden County, MA

4,911
People Age 5+
Hampshire County, MA

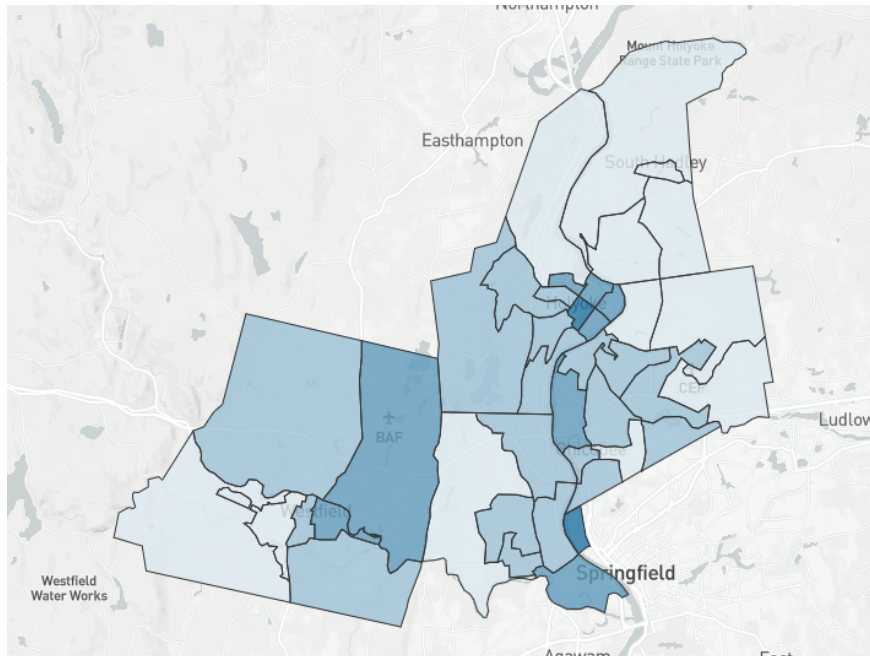
Language Spoken at Home



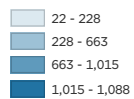
Holyoke Medical Center Primary Service Area

Sources: US Census ACS 5-year

Limited English Proficiency



People who speak English less than 'very well'



US Census ACS 5-year

© Mapbox © OpenStreetMap

Holyoke Medical Center

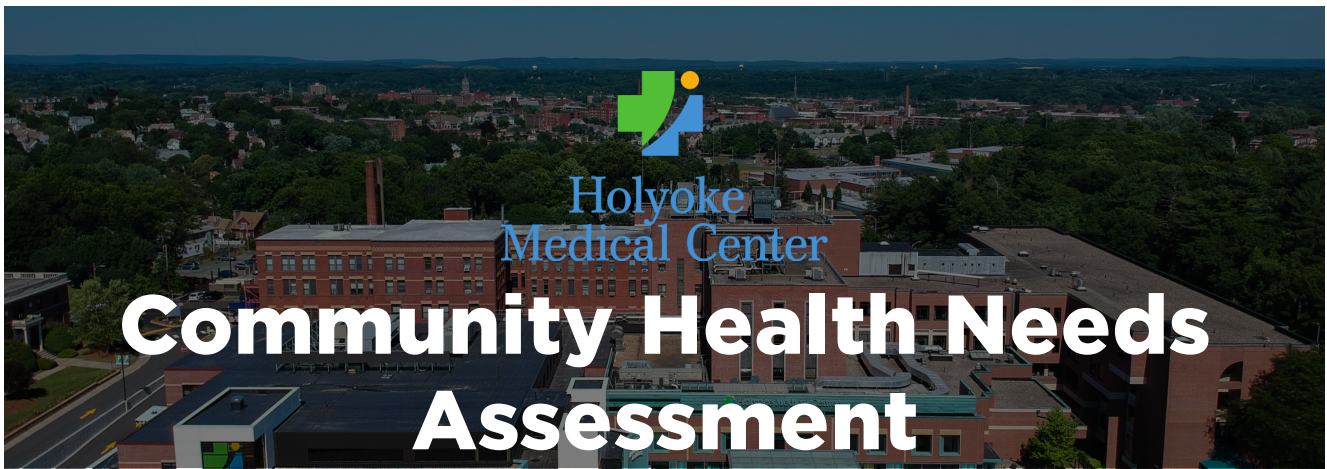
For more information about the work we're doing in our community or to contact us, please visit [our website](#) .

Want to know more about the data? Search for your dataset [here](#) .

The HMC Primary Service Area consists of Holyoke, Chicopee, South Hadley, Westfield, and West Springfield.



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Are **infants and mothers** able to experience healthy beginnings?

Improving health for mothers and infants targets a **critical window of opportunity** when health can **lay the foundation for life-long well-being** and success. Moreover, access to prenatal health care and support is vital combatting maternal deaths and complications from pregnancy.



How do **social & environmental factors** affect mothers' and infants' opportunity for health?

Access to OBGYN and prenatal care improves the health of both woman and infants with preventative treatments and screenings. Economic opportunity, schools, communities, family, peers, media, and technology contribute to the complex context in which adolescent behavior and risk-taking occurs. Learn more on the [Environmental & Social Context](#) page.



Teen Birth Rate

22

births per 1,000 female population ages 15-19

Hampden County, MA

2

births per 1,000 female population ages 15-19

Hampshire County, MA

10

births per 1,000 female population ages 15-19

Massachusetts

What do **behavioral factors** reveal about mothers' and infants' opportunity for health?

Health behaviors occur within the context of the social and environmental factors that a person is experiencing. Parenting classes and other resources offer the opportunity to create healthy family dynamics. Supportive partner involvement and socioeconomic opportunity may influence whether women smoke during pregnancy. Learn more on the [Behavioral Factors](#) page.



Prenatal Care Started in First Trimester

78%

Live Births

Hampden County, MA

83.9%

Live Births

Hampshire County, MA

82.3%

Live Births

Massachusetts

Sources: CDC WONDER Natality

What do **health outcomes** reveal about mothers' and infants' opportunity for health?

Health outcomes are influenced by the health care environment, social context, and behaviors. In addition to giving us key information about maternal and infant health, the infant and child mortality rates are important markers of the overall health of a community. Learn more on the [Health Outcomes](#) page.



Infant Mortality Rate

5

Deaths per 1,000 Live Births

Hampden County, MA

5

Deaths per 1,000 Live Births

Hampshire County, MA

4

Deaths per 1,000 Live Births

Massachusetts

Source: National Center for Health Statistics - Mortality Files

Resources

Learn more about how our community is addressing this health priority.



Holyoke Birthing Center

Where you choose to deliver your baby matters. Expecting parents count on us for outstanding care in a family-friendly environment and an approach that respects and encourages the choices that are important to you.

[Read More](#)

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NEXT PAGE ▶

Holyoke Medical Center

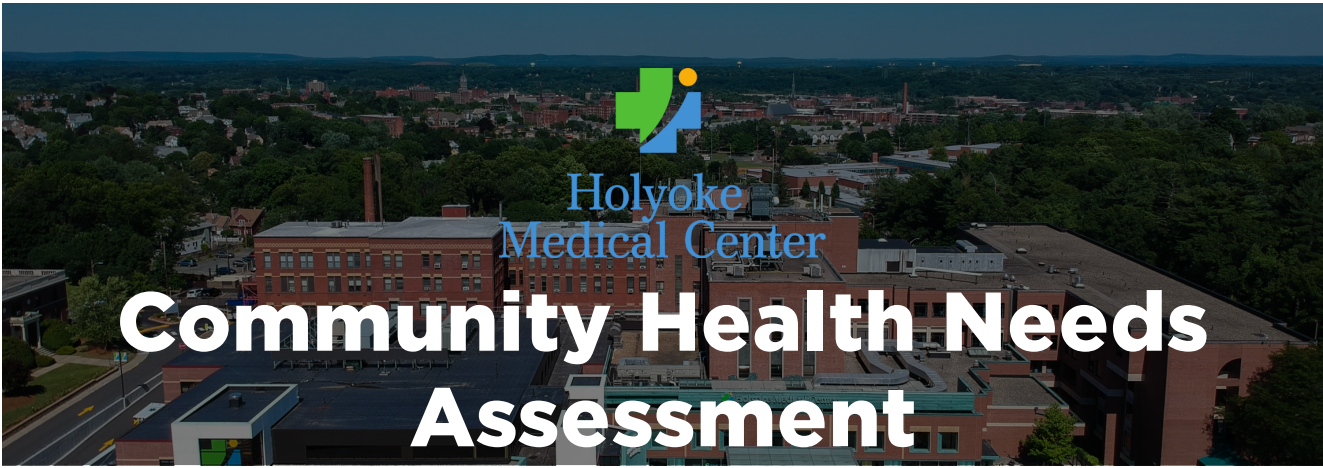
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How are **social & environmental factors** affecting mothers' and infants' opportunity for health?



Are women able to access to OB-GYN care?

Obstetricians and gynecologists (OB-GYNs) provide healthcare for women throughout their lives, including care related to birth control, childbirth, and menopause. An OB-GYN can also screen for cancer, treat infections, and handle pelvic organ and urinary tract problems.

Female Population Age 16+	People
Holyoke Medical Center Primary Service Area	80,759
Holyoke, MA	17,062
Chicopee, MA	24,116
South Hadley, MA	9,707

Sources: US Census ACS 5-year

Women with Birth in Past Year	Women
Holyoke, MA	464
Chicopee, MA	482
Hampden County, MA	5,537
Hampshire County, MA	1,191

Sources: US Census ACS 5-year

How are cultural and social contexts affecting **teen pregnancy** rates?

Economic opportunity, schools, communities, family, peers, media, and technology contribute to the complex context in which adolescent behavior and risk-taking occurs. Adolescent pregnancies occur in high, middle, and low income communities, but are more likely to occur in marginalized communities experiencing poverty, lack of education, and employment opportunities. Sex education, access to contraception, and sexual violence prevention can affect teen pregnancy rates.

Teen Birth Rate



Teen Birth Rate

22

births per 1,000 female population ages 15-19

Hampden County, MA

2

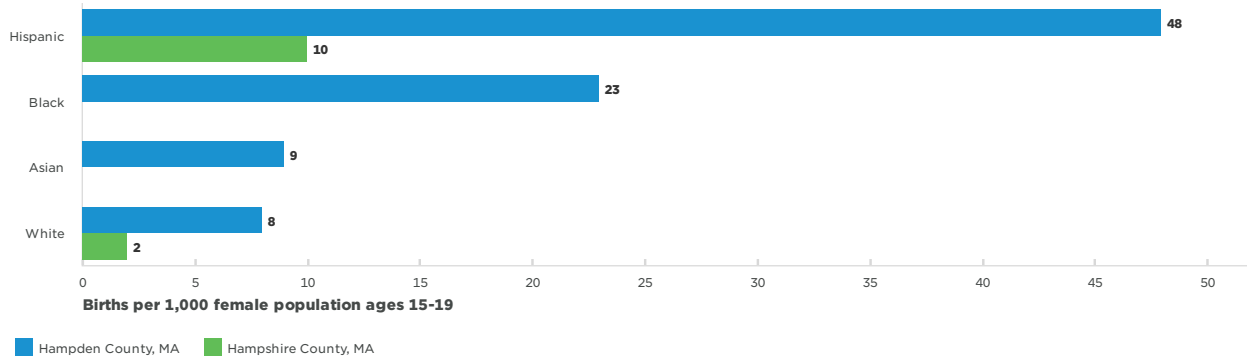
births per 1,000 female population ages 15-19

Hampshire County, MA

Source: National Center for Health Statistics - Natality files

Teen Births by Race

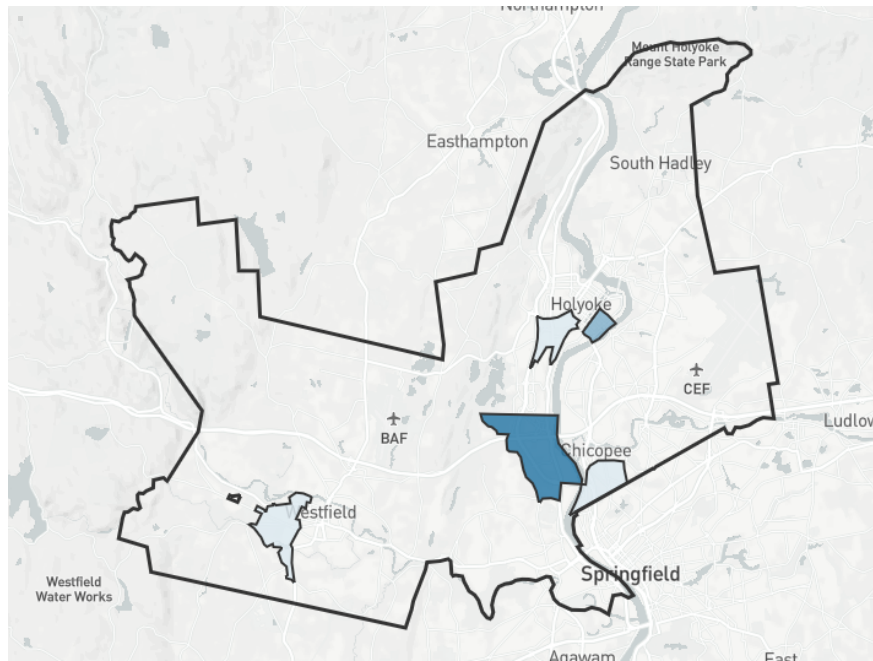
Teen Birth Rate by Race/ Ethnicity



Source: National Center for Health Statistics - Natality files

Teen Births

Births to Teen Mothers



▭ HMC Service Area

Women Age 15 to 19 with Birth in Past Year



© Mapbox © OpenStreetMap

US Census ACS 5-year



Average Age Of Teen Mothers

18.1
years old

Hampden County, MA

18.6
years old

Hampshire County, MA

Source: CDC WONDER Natality

◀ PREVIOUS PAGE

NEXT PAGE ▶

Holyoke Medical Center

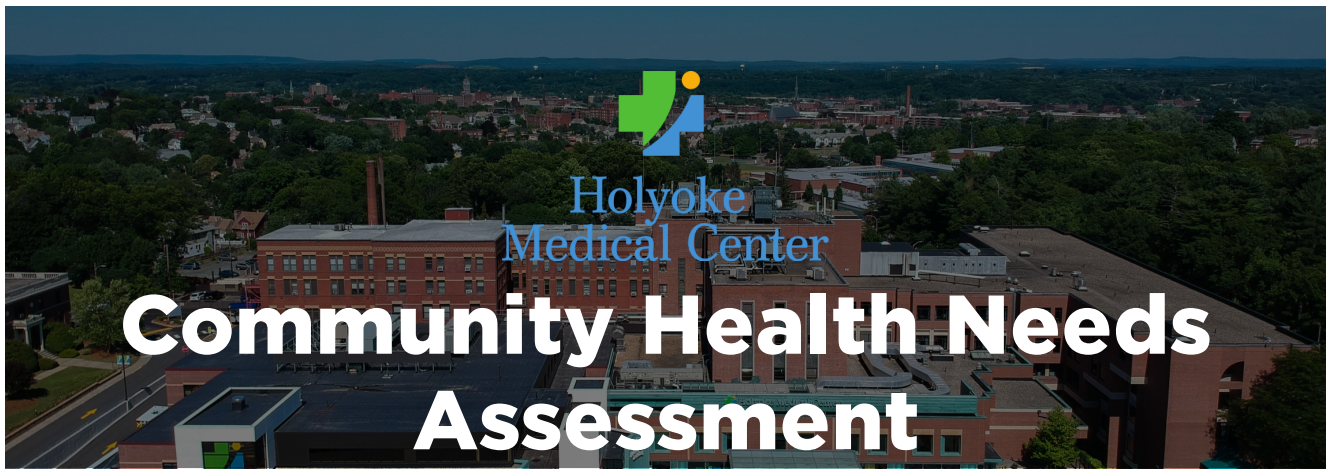
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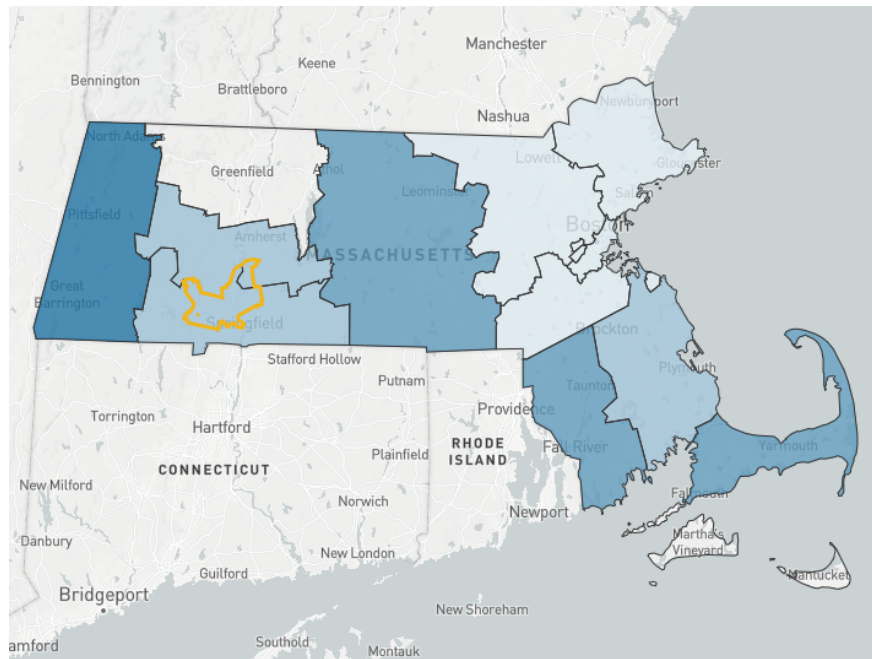
What do **behavioral factors** reveal about mothers' and infants' opportunity for health?



What proportion of mothers are **smoking during pregnancy**?

Smoking during pregnancy increases the risk of health problems for developing babies, including preterm birth, low birth weight, birth defects, and sudden infant death syndrome (SIDS). Reasons for smoking may include addiction and mood control (i.e. to relax, calm down). Supportive partner involvement and socioeconomic opportunity may influence whether women smoke during pregnancy.

Mothers Who Smoke While Pregnant



© Mapbox © OpenStreetMap

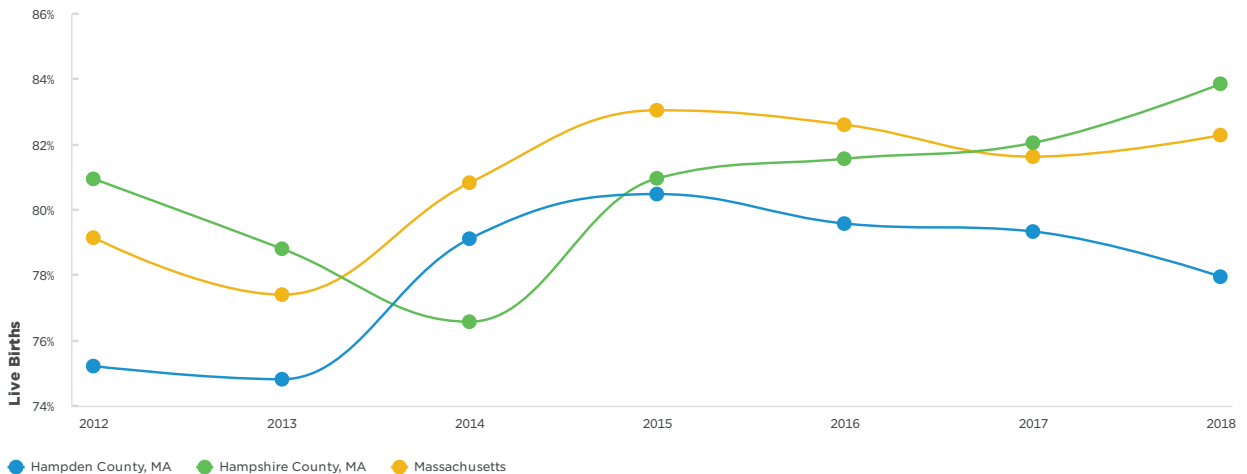
Sources: CDC WONDER Natality

Are mothers able to access adequate prenatal care?

Having a healthy pregnancy is one of the best ways to promote a healthy birth. Getting early and regular prenatal care improves the chances of a healthy pregnancy. Prenatal care reduces the risk of pregnancy complications, reduces the fetus's and infant's risk for complications, and helps ensure the medications women take are safe for pregnancy.

Prenatal Care

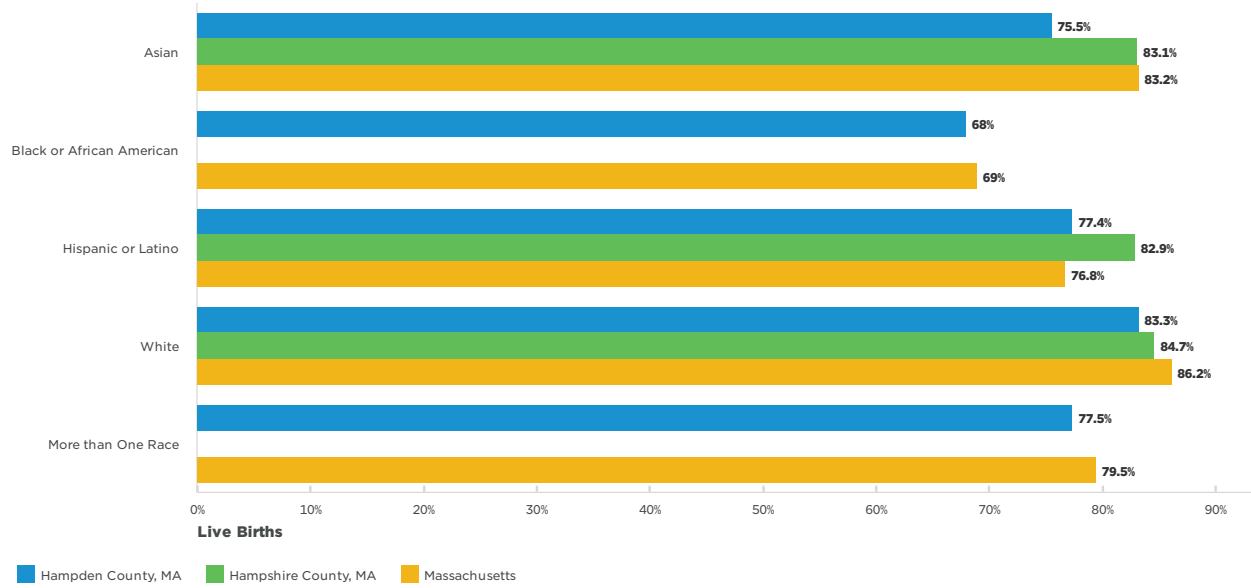
Births with Prenatal Care Started in First Trimester



Sources: CDC WONDER Natality

Prenatal Care by Race

Births with Prenatal Care Started in First Trimester by Race / Ethnicity



Sources: CDC WONDER Natality

◀ PREVIOUS PAGE

▶ NEXT PAGE

Holyoke Medical Center

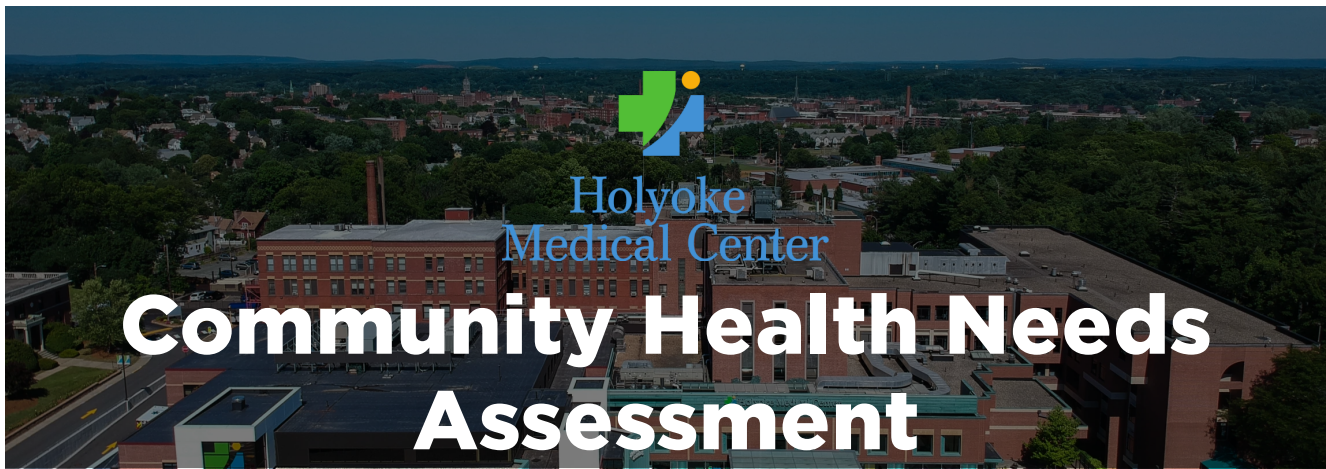
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What do **health outcomes** reveal about mothers' and infants' opportunity for health?

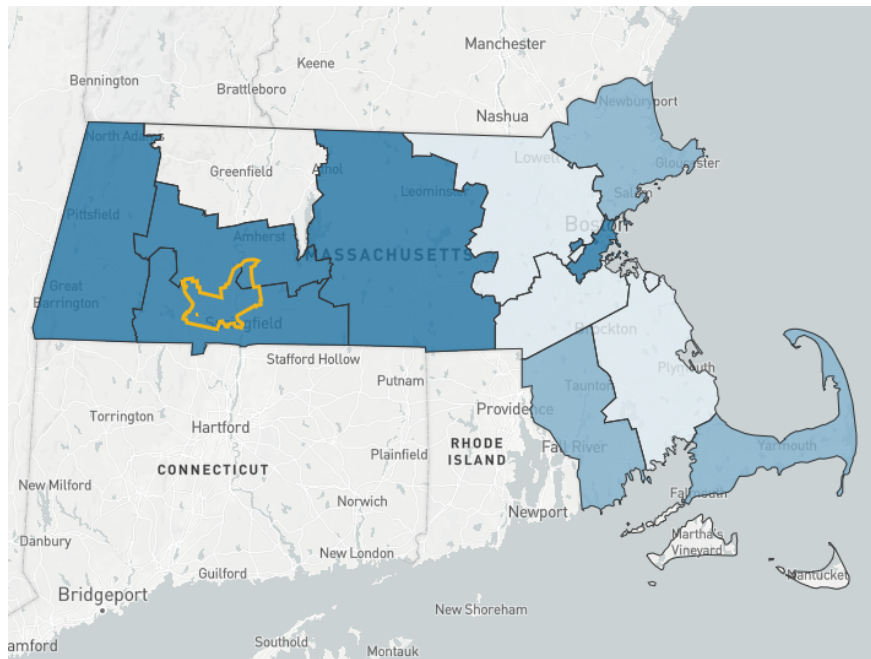


What is the **infant mortality** rate in our community?

Infant mortality is the death of a child before his or her first birthday. The infant mortality rate is the number of infant deaths for every 1,000 live births. Infant mortality may be caused by birth defects, preterm birth or low birth weight, maternal pregnancy complications, sudden infant death syndrome (SIDS), or injury such as suffocation. In addition to giving us key information about maternal and infant health, the infant mortality rate is an important marker of the overall health of a community.

Infant Mortality Rate

Infant Mortality Rate



HMC Service Area

Infant Mortality Rate

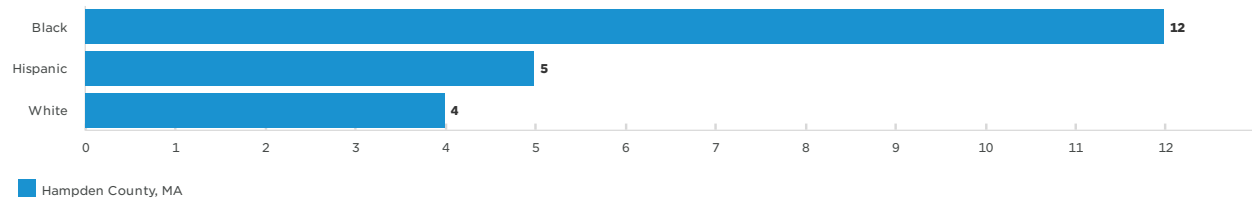


© Mapbox © OpenStreetMap

Source: National Center for Health Statistics - Natality files

Infant Mortality by Race

Infant Mortality Rate by Race



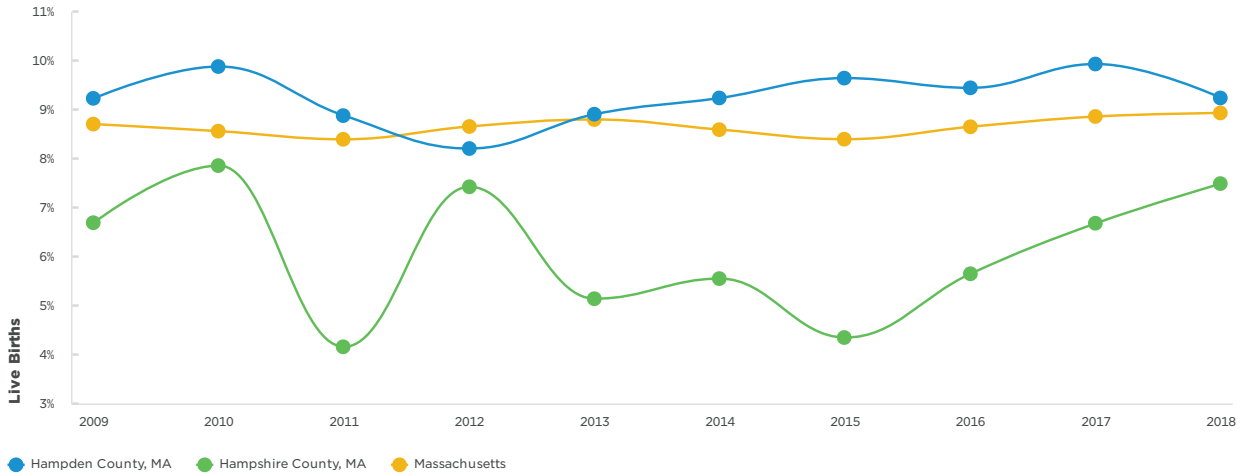
Source: National Center for Health Statistics - Mortality Files

What is the **preterm birthrate** in our community?

Complications associated with a preterm birth include immature lungs, difficulty regulating body temperature, poor feeding, and slow weight gain. Preterm babies may need longer or more intense nursery care, medications, and sometimes surgery. Mothers experiencing health problems are at higher risk for preterm birth.

Preterm Births Over Time

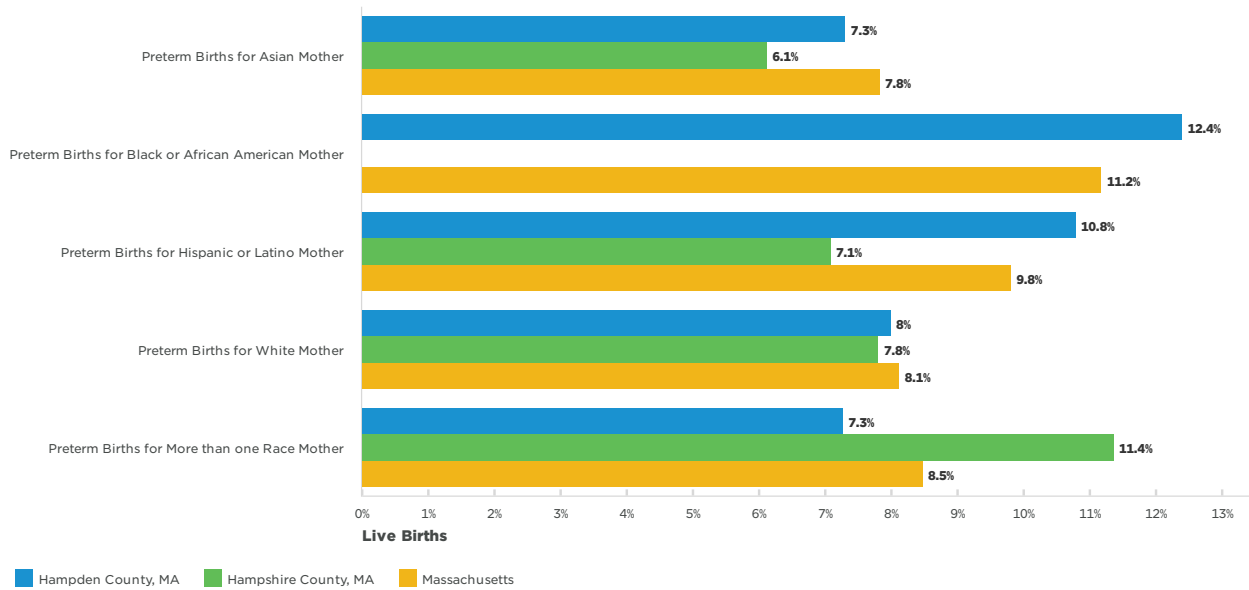
Preterm Births



Sources: CDC WONDER Natality

Preterm Births by Race

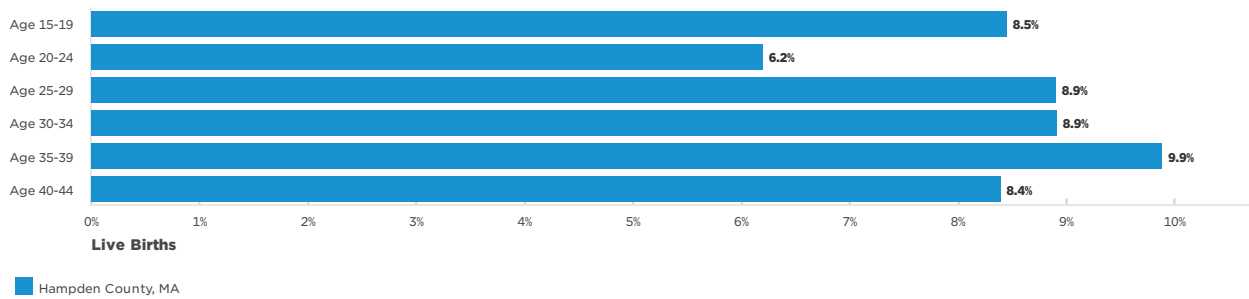
Preterm Births by Race / Ethnicity



Sources: CDC WONDER Natality

Preterm Births by Mothers Age

Preterm Births by Mother's Age



Source: CDC WONDER Natality

Holyoke Medical Center

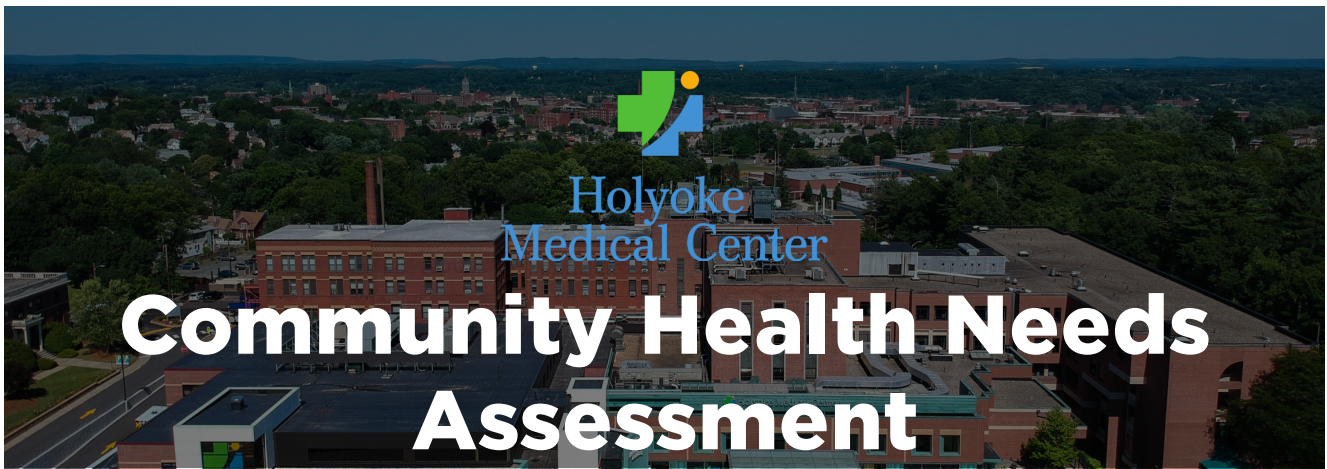
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Are our residents able to **stay healthy**?

When we wait to treat diseases at a later stage, it is much more expensive. By building communities that **make the healthiest choice the easiest choice**, everyone wins. Prevention isn't about being in a doctor's office all the time, it's about the opportunity to eat good food, be outside, and connect with neighbors and friends. Most importantly, preventing disease isn't entirely about educating people to make the right choices. It's about **creating places where it's possible**.



How are **social & environmental factors** affecting residents' opportunity to stay healthy?

A primary care provider will screen for major health-related conditions, including obesity, high blood pressure, and diabetes. Health insurance is an important deciding factor when seeking medical treatment. In addition, access to healthy food and recreational facilities encourage lifestyle that prevents disease. Learn more on the [Environmental & Social Context](#) page.

People Without Health Insurance Coverage

1,094

People

Holyoke, MA

189,470

People

Massachusetts

1,654

People

Chicopee, MA

351

People

South Hadley, MA

5,128

People

Holyoke Medical Center Primary Service Area

Sources: US Census ACS 5-year

What do **behavioral factors** reveal about residents' opportunity to stay healthy?

Health behaviors occur within the context of the social and environmental factors that a person is experiencing. Social factors, such as income, poverty, education, and economic opportunity are unfortunately entangled with behaviors, such as smoking and engaging in physical activity. Learn more on the [Behavioral Factors](#) page.



Physically Inactive

26%

of Adults

Hampden County, MA

17%

of Adults

Hampshire County, MA

Source: United States Diabetes Surveillance System

What do **health outcomes** reveal about residents' opportunity to stay healthy?

Health outcomes are influenced by the health care environment, social context, and behaviors. Behaviors include dietary patterns, physical activity, inactivity, and medication use. These behaviors are influenced by the food and physical activity environment, education and skills, and food marketing and promotion. Learn more on the [Health Outcomes](#) page.



Obesity

31%

of Adults

Hampden County, MA

20%

of Adults

Hampshire County, MA

Source: United States Diabetes Surveillance System

Resources

Learn more about how our community is addressing this health priority.



Transportation Services

If you live in Holyoke and need help getting to and from the medical center campus, we offer a free van service. An additional door-to-door transportation service to Holyoke Medical Center is available complimentary on a first-come-first-serve basis from areas not serviced by the van service.

[Read More](#)

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Holyoke Medical Center

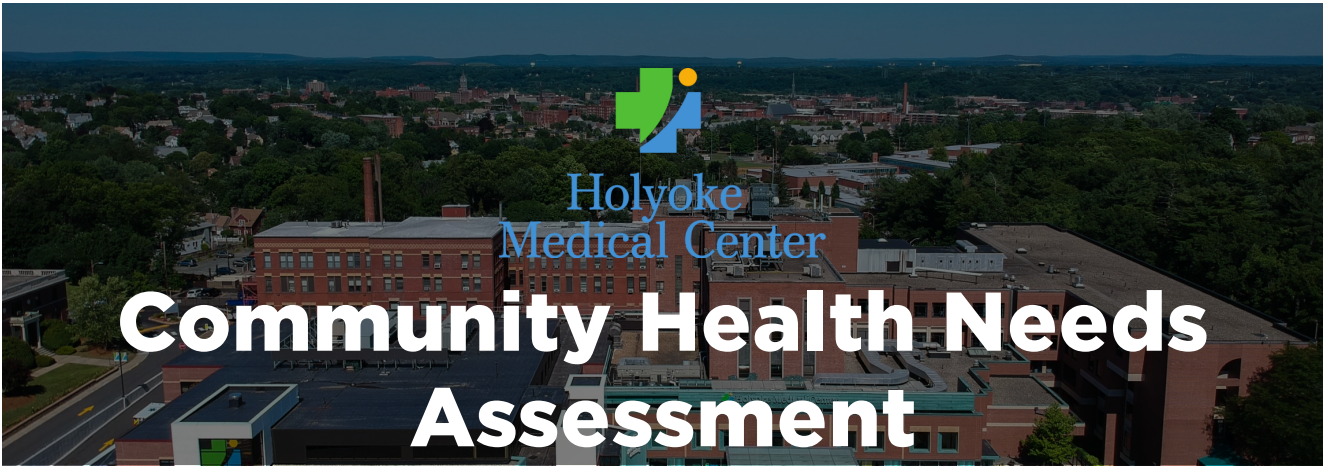
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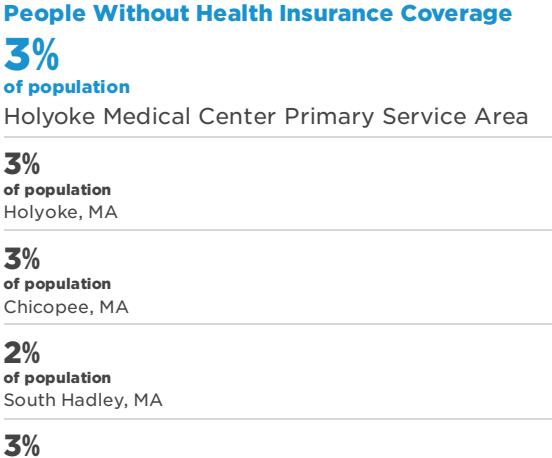
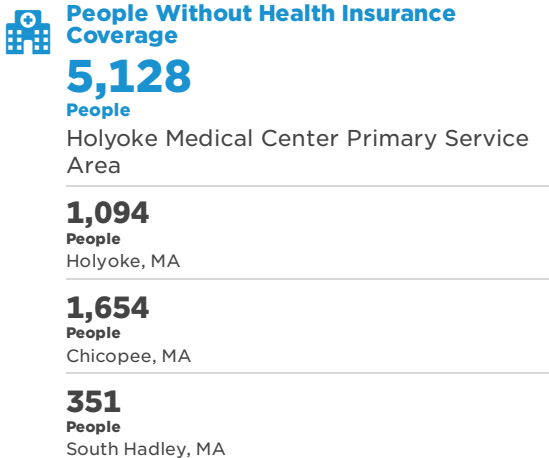
How are **social & environmental factors** affecting residents' opportunity to stay healthy?



Are residents covered by **health insurance**?

People with comprehensive health insurance coverage are more likely to seek preventative care, which prevents illnesses, diseases, and other health problems. Most health plans must cover a set of preventive services, such as screenings and immunizations, at no cost to the insured individual. While many employers offer health insurance to their employees, a substantial number of employers do not offer financially-achievable plans or do not offer any insurance at all. For uninsured workers, and their families, the costs of obtaining insurance coverage on their own can quickly become prohibitive.

Uninsured Population

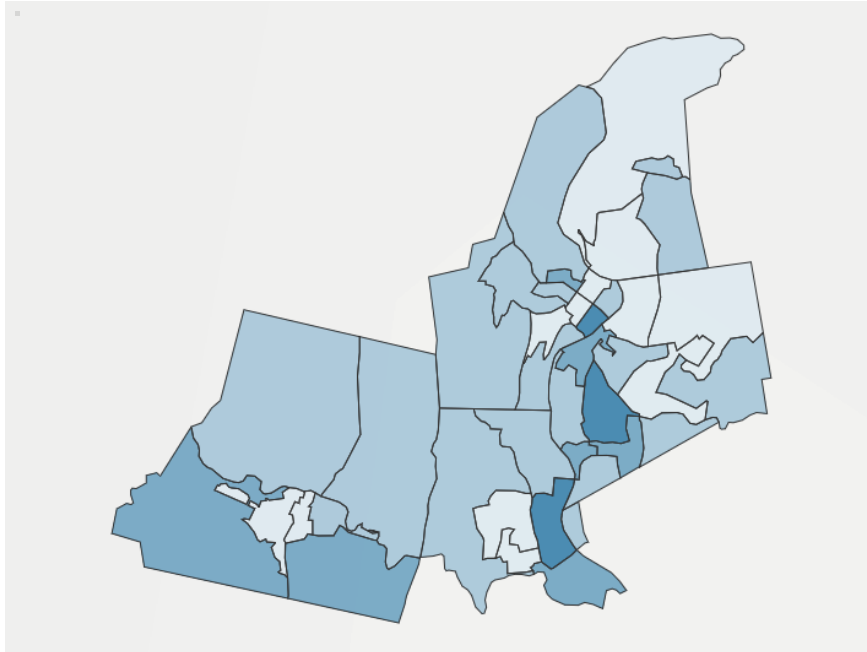


189,470
People
Massachusetts

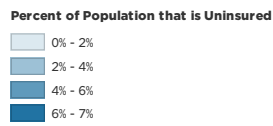
of population
Massachusetts

Sources: US Census ACS 5-year

People Without Health Insurance Coverage



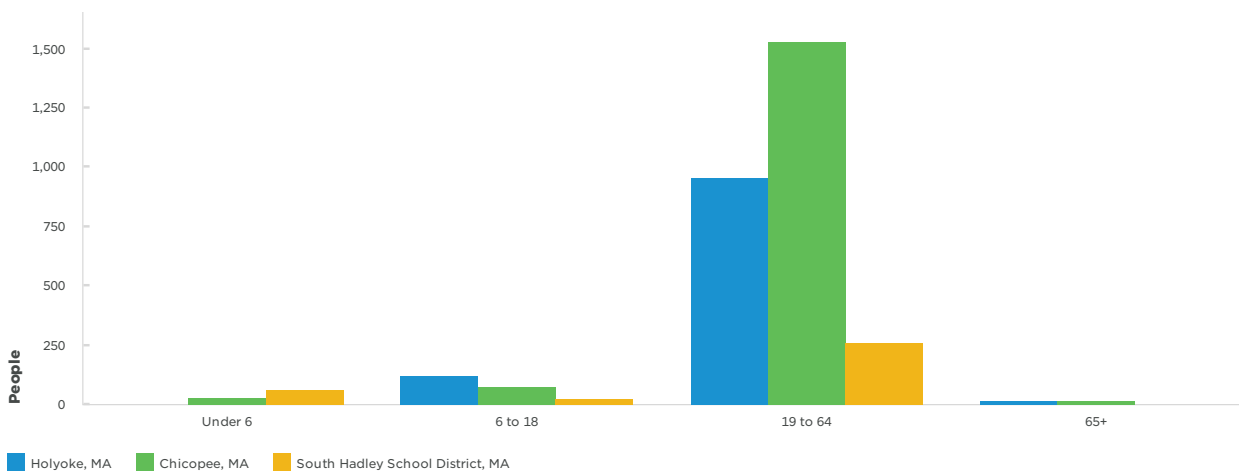
© Mapbox © OpenStreetMap



Source: US Census ACS 5-year

Age

Age of People Without Health Insurance Coverage

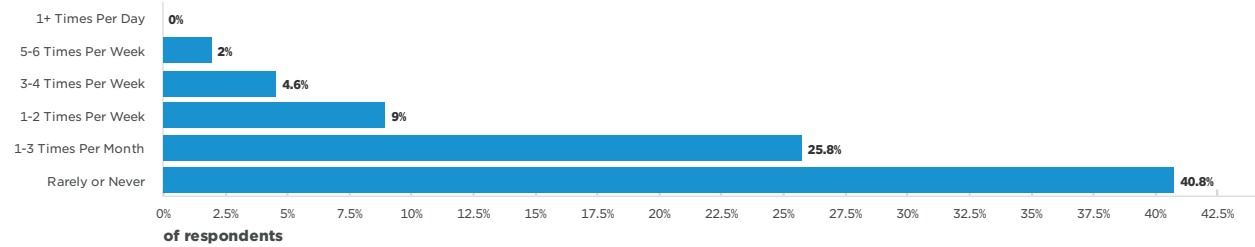


Sources: US Census ACS 5-year

How does the prevalence of **fast food restaurants** influence residents' diets?

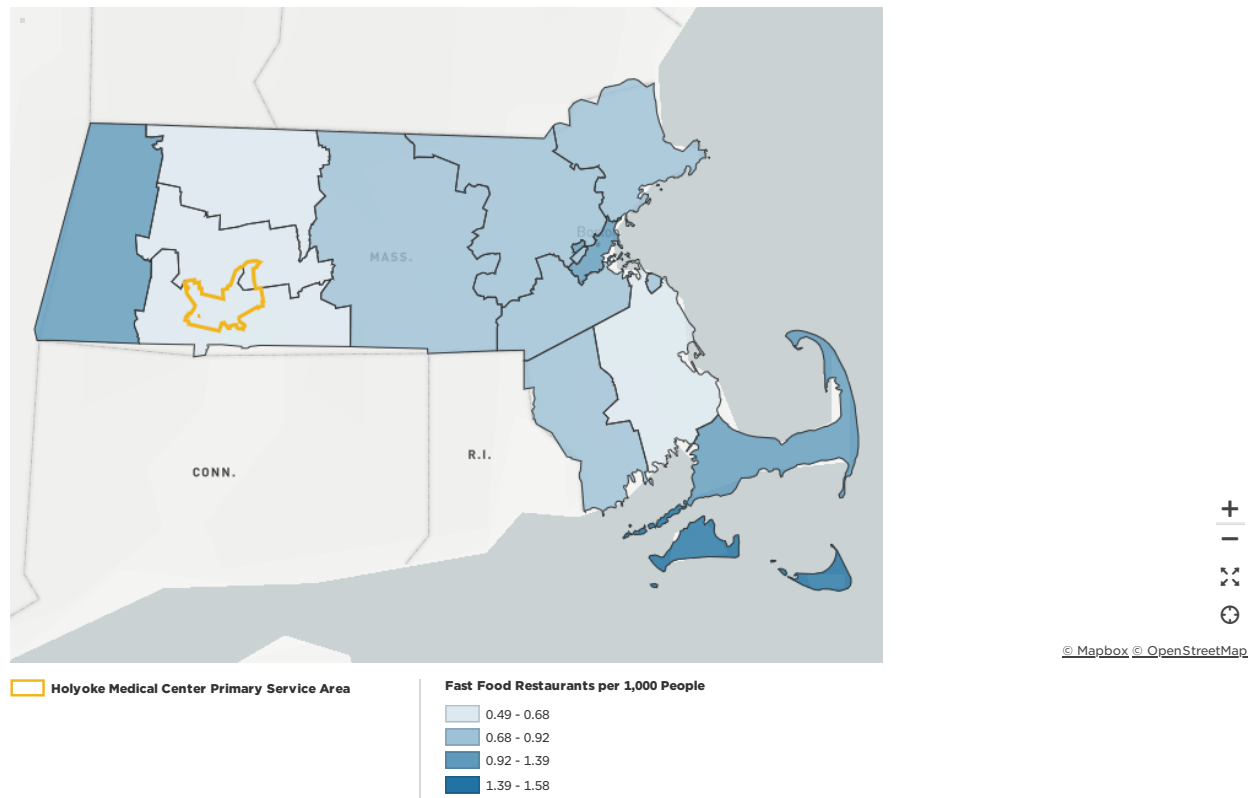
Swinging through the drive- thru offers the convenience of a cheap and easy meal, but what are the health impacts of meals that are often high in calories without other significant nutritional value? The prevalence of fast food restaurants reveals social norms around eating and quantifies the ease (or difficulty) of healthy decision-making.

How often residents choose fast food because it was cheaper than other options



Source: 2019 CHNA Survey, Holyoke Medical Center

Prevalence of Fast Food Restaurants



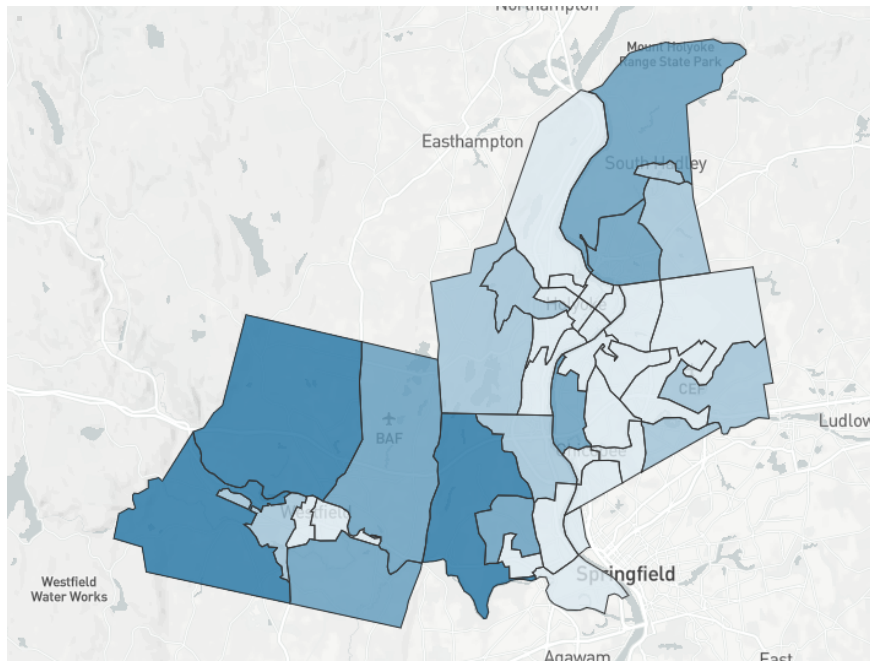
Sources: USDA ERS Food Envir. Atlas

Are residents able to access **healthy food**?

For healthy diets, distance makes a difference. Residents who live in a Low Access Census Tract, as identified by the United States Department of Agriculture (USDA), may be more likely to rely on more processed, shelf stable food and less likely to eat enough fresh fruits and vegetables.

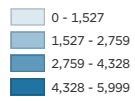
Low Access to Healthy Food

People who live far distances from a grocery store selling fresh produce



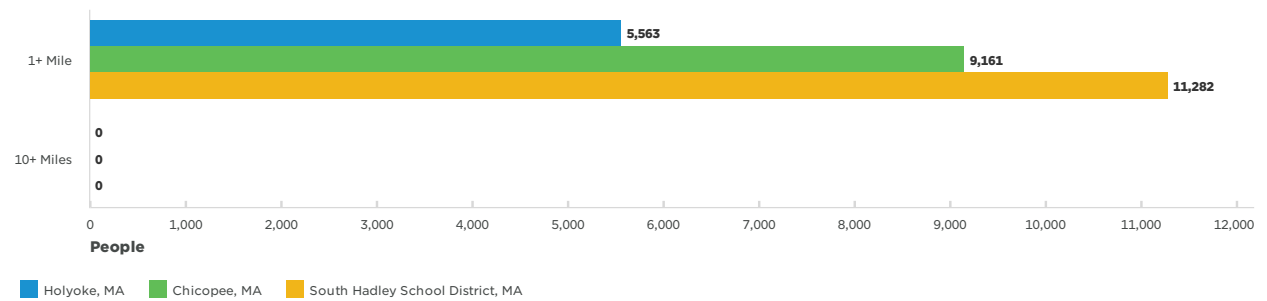
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People 1+ Mile from Access to Healthy Food



USDA

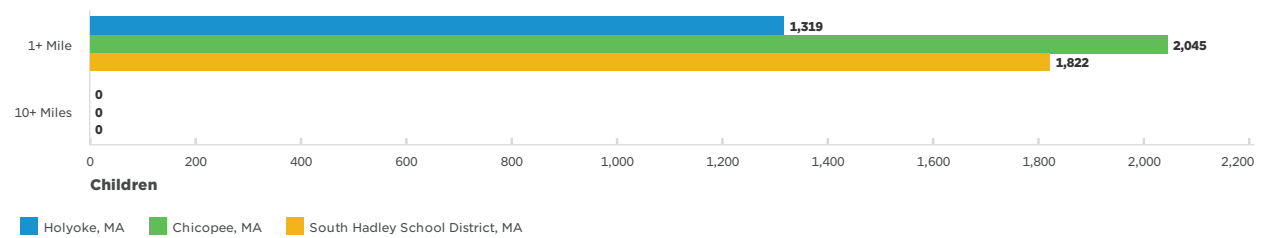
People who live far distances from a grocery store selling fresh produce



Sources: USDA

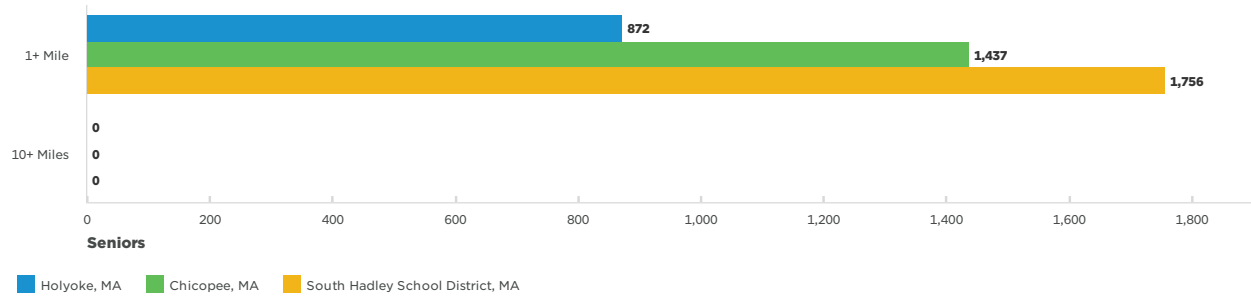
Age

Children who live far distances from a grocery store selling fresh produce



Sources: USDA

Seniors who live far distances from a grocery store selling fresh produce



Sources: USDA

SNAP

SNAP Households that are Far Distances from a Store

 **SNAP Households with Low Access to a Grocery Store**
4,359
 Households

Hampden County, MA

1,607
 Households
 Hampshire County, MA

1+ mile from a grocery store in urban Census Tracts (2,500+ people) or 10+ miles from a grocery store in rural Census Tracts (less than 2,500 people)

Sources: USDA ERS Food Envir. Atlas

Race/ Ethnicity

Low Access to a Grocery Store by Race/ Ethnicity

Hampden County, MA

White	25% of White Population
Hispanic or Latino	7% of Hispanic or Latino Population
Black	11% of Black Population
Multiracial	11% of Multiracial Population
Hawaiian / Pacific Islander	15% of Hawaiian / Pacific Islander Population
American Indian / Alaska Native	14% of American Indian / Alaska Native Population
Asian	19% of Asian Population

1+ mile from a grocery store in urban Census Tracts (2,500+ people) or 10+ miles from a grocery store in rural Census Tracts (less than 2,500 people)

Sources: USDA ERS Food Envir. Atlas

Low Access to Grocery Store by Race/ Ethnicity

Hampshire County, MA

White	37%
	of White Population
Hispanic or Latino	39%
	of Hispanic or Latino Population
Asian	45%
	of Asian Population
Multiracial	51%
	of Multiracial Population
Black	42%
	of Black Population
American Indian / Alaska Native	44%
	of American Indian / Alaska Native Population
Hawaiian / Pacific Islander	36%
	of Hawaiian / Pacific Islander Population

1+ mile from a grocery store in urban Census Tracts (2,500+ people) or 10+ miles from a grocery store in rural Census Tracts (less than 2,500 people)
Sources: USDA ERS Food Envir. Atlas

Transportation

Zero Car Households that are Far Distances from a Store



Households without a Car and with Low Access to Grocery Store

3,279

Households

Hampden County, MA

2,283

Households

Hampshire County, MA

1+ mile from a grocery store in urban Census Tracts (2,500+ people) or 10+ miles from a grocery store in rural Census Tracts (less than 2,500 people)
Sources: USDA ERS Food Envir. Atlas

Income

Low Income Population Living Far Distances from a Store



Low Income People with Low Access to Grocery Store

22,863

People

Hampden County, MA

15,777

People

Hampshire County, MA

1+ mile from a grocery store in urban Census Tracts (2,500+ people) or 10+ miles from a grocery store in rural Census Tracts (less than 2,500 people)
Sources: USDA ERS Food Envir. Atlas

Who is struggling with food insecurity?

For vulnerable families, nutrition assistance can be the most effective stepping stone for stabilizing their economic situation and their health. SNAP (Supplemental Nutrition Assistance Program) helps families put more food on the table by increasing their food budget, and offers education on how to prepare healthy low-cost meals and make healthy choices.

Nutrition Assistance



Receive SNAP

20%

of total households

Holyoke Medical Center Primary Service Area



Receive SNAP

14,501

Households

Holyoke Medical Center Primary Service Area

33%
of total households
Holyoke, MA

22%
of total households
Chicopee, MA

8%
of total households
South Hadley, MA

12%
of total households
Massachusetts

4,988
Households
Holyoke, MA

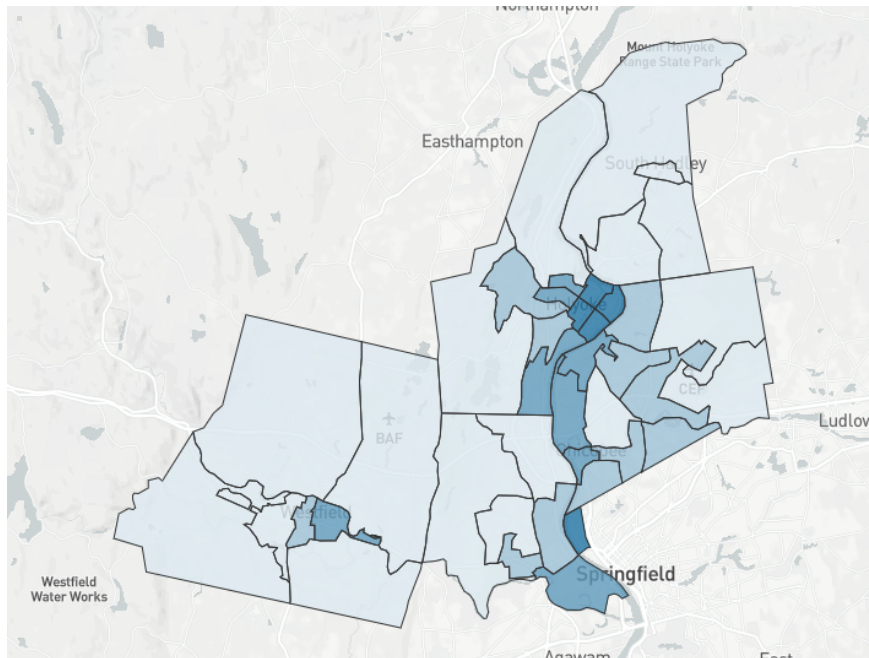
4,952
Households
Chicopee, MA

505
Households
South Hadley, MA

313,019
Households
Massachusetts

Sources: US Census ACS 5-year

Supplemental Nutrition Assistance Program



© Mapbox © OpenStreetMap

US Census ACS 5-year

SNAP Participation



Households Below Poverty Not Receiving SNAP

924

Households
Holyoke, MA

1,142

Households
Chicopee, MA

478

Households
South Hadley School District, MA

Sources: US Census ACS 5-year



SNAP Participation

95%

of SNAP Eligible Population are SNAP Participants

Massachusetts

86%

of SNAP Eligible Population are SNAP Participants

United States of America

Sources: USDA ERS Food Envir. Atlas

SNAP Stores



SNAP Authorized Stores

478

Stores

Hampden County, MA

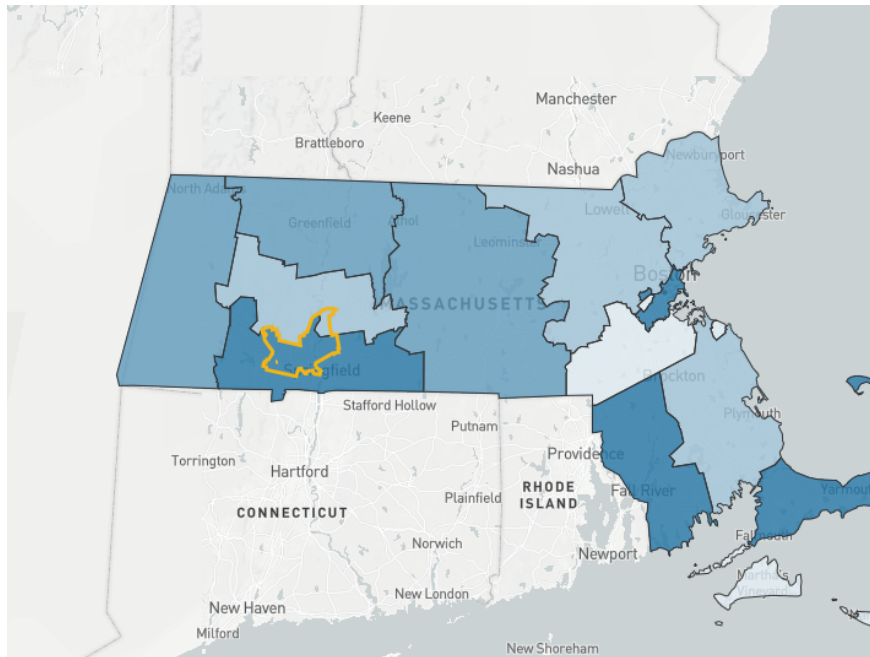
98

Stores

Hampshire County, MA

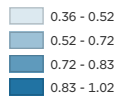
Sources: USDA ERS Food Envir. Atlas

Availability of SNAP Stores



HMC Service Area

SNAP Authorized Stores per 1,000 People

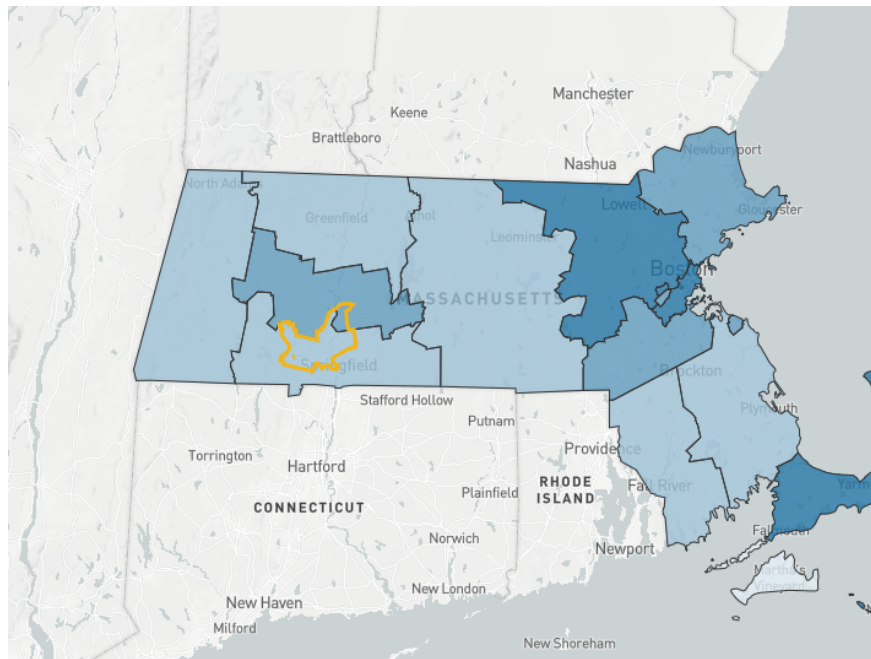


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USDA ERS Food Envir. Atlas

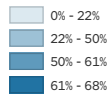
SNAP & Farmers Markets

Farmers Markets Accepting SNAP



HMC Service Area

Percent of Farmers Markets that Accept Snap



© Mapbox © OpenStreetMap

USDA ERS Food Envir. Atlas

Are residents breathing **clean air**?

Health is a function of place, access, and opportunity. Unfortunately, some residents do not have the opportunity to breathe clean, quality air. Components of outdoor air pollution are classified as cancer-causing agents (carcinogens), including diesel engine exhaust, solvents, metals, and dust. Even if overall cancer risk is low, it is life-changing for large population centers where many people are exposed. As with many other environmental exposures with a relatively small individual risk, large numbers of people exposed to air pollution may result in a significant number of cancers, such as lung cancer.



Air Quality: Individual Lifetime Cancer Risk

26.9

Individual risk per million people

Holyoke Medical Center Primary Service Area

27.5

Individual risk per million people

Holyoke, MA

28.3

Individual risk per million people

Chicopee, MA

27.1

Individual risk per million people

South Hadley, MA

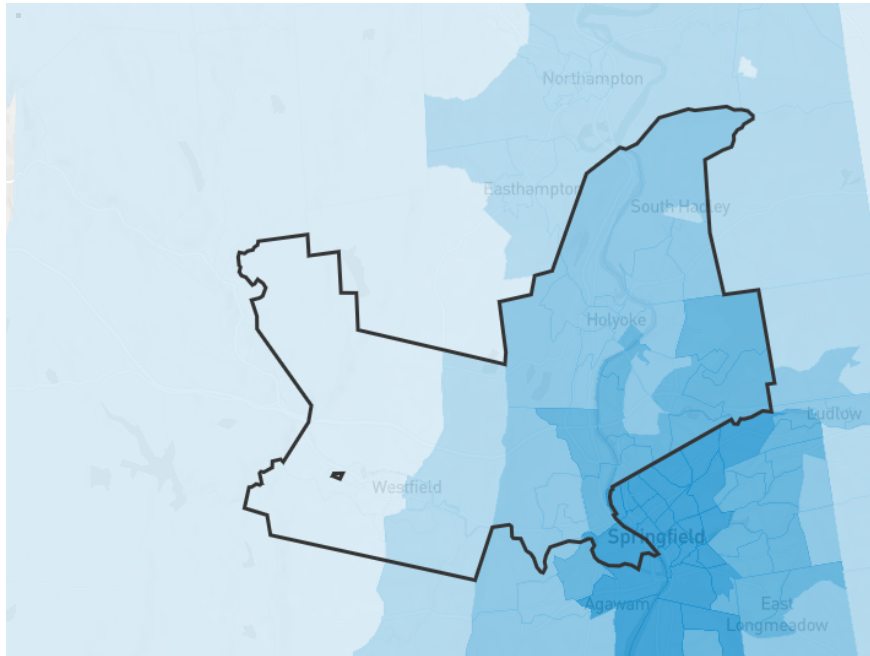
25.7

Individual risk per million people

Massachusetts

Sources: EPA NATA






Lifetime Air Quality Cancer Risk



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 HMC Service Area

Air Quality: Individual Lifetime Cancer Risk- Regional Percentiles

-  <20 Percentile
-  >20-40 Percentile
-  >40-60 Percentile
-  >60-80 Percentile
-  >80 Percentile

Source: EPA NATA

Note: Risk per 1,000,000 people

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Holyoke Medical Center

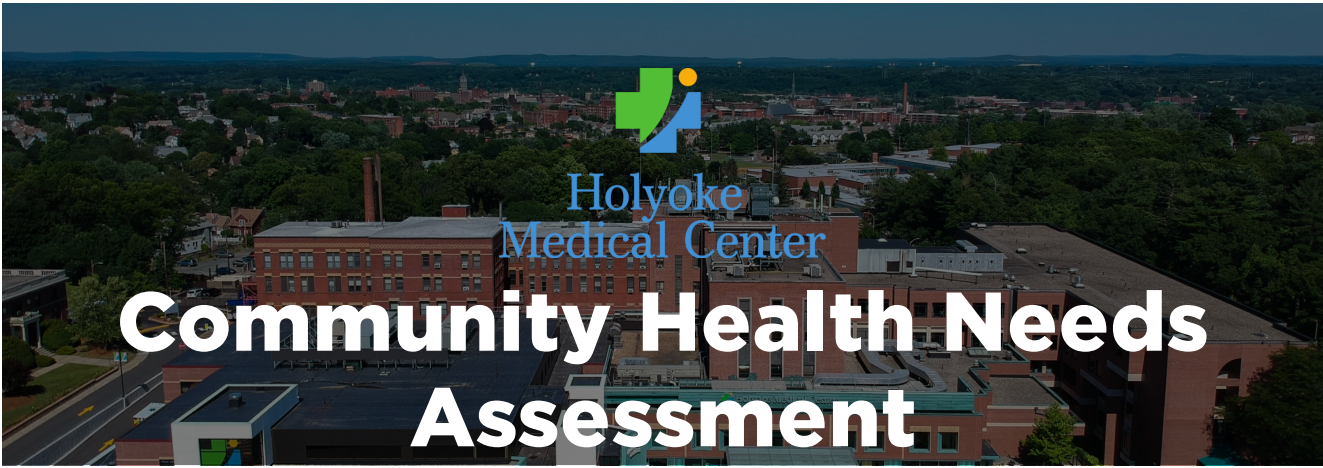
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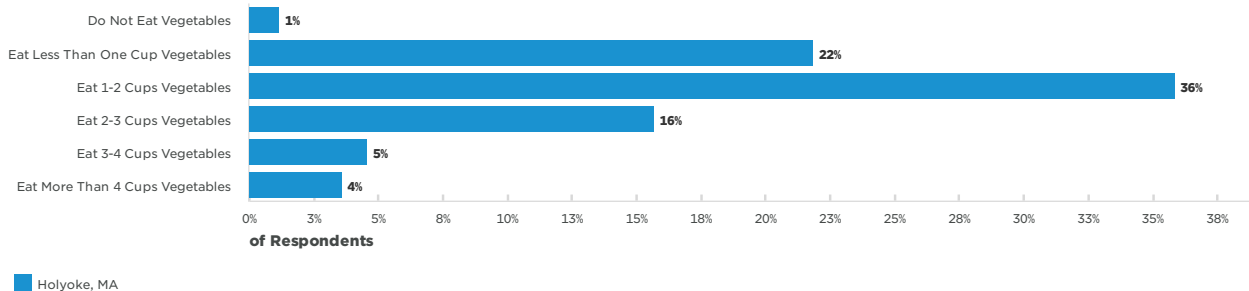
What do **behavioral factors** reveal about residents' opportunity to stay healthy?



Are residents eating enough **fruits & vegetables**?

Consuming a diet with enough vegetables and fruits as part of an overall healthy diet reduces the risk of many chronic diseases, including cardiovascular disease, type 2 diabetes, some cancers, and obesity. People may not eat enough fruits and vegetables because of the financial cost, transportation challenges to accessing healthy food, concerns about preparation time, or lack of education about how to incorporate fruits and vegetables into their diet.

Daily Vegetable Consumption by Holyoke Medical Center Service Area Residents

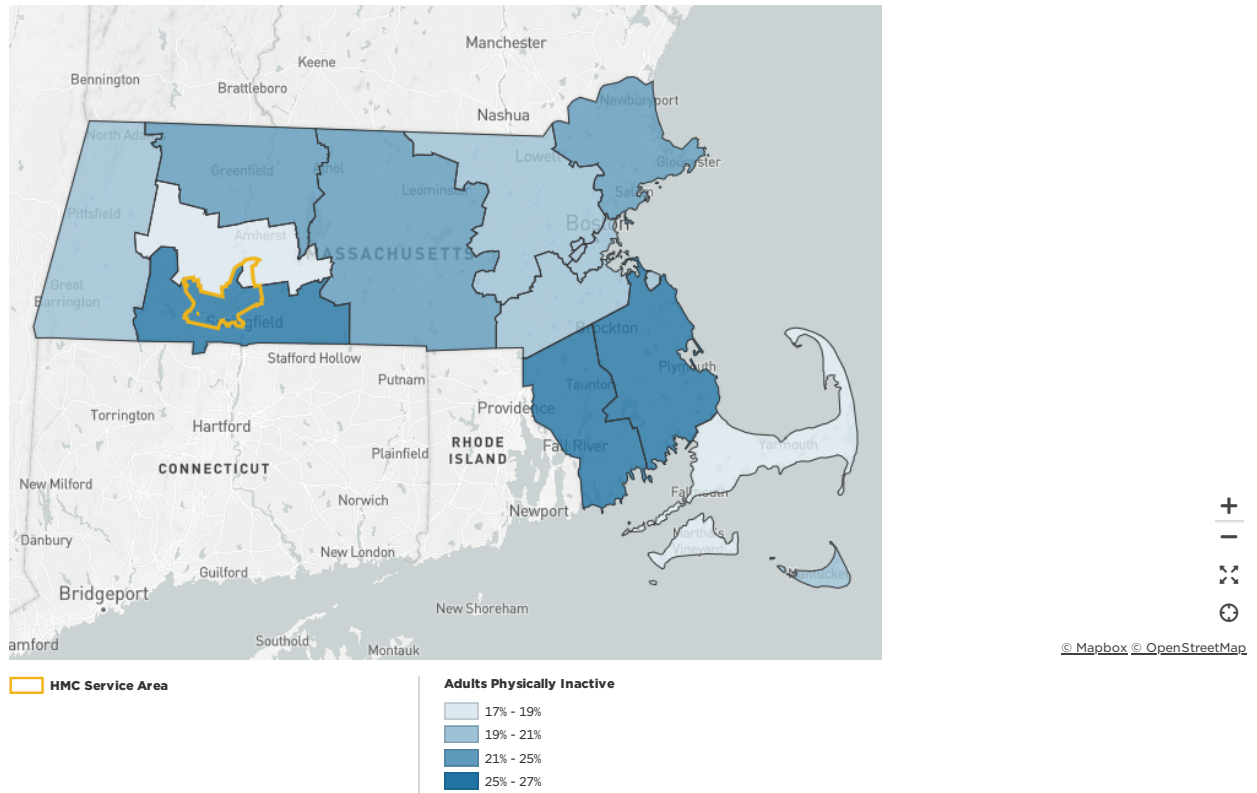


Source: 2019 CNHA Survey, Holyoke Medical Center

Are adults in our community getting enough **physical activity**?

Regular physical activity can produce long-term health benefits. It can help prevent chronic diseases such as heart disease, cancer, type 2 diabetes, and stroke. Physical activity also helps residents control their weight, strengthen muscles, improve sleep, relieve stress, and much more. In some communities in modern America, many people don't need to be physically active to navigate their daily life unless they choose to devote their free time to exercising.

Physical Inactivity



Source: United States Diabetes Surveillance System

How prevalent is **tobacco use** in our community?

Smoking harms nearly every organ of the body, causes many diseases, and reduces the health of smokers in general. People who smoke or chew tobacco are more likely than nonsmokers to develop heart disease, stroke, and lung or oral cancers. E-cigarettes, which often contain high levels of nicotine derived from tobacco, may also contain harmful substances such as heavy metals. Media, peer acceptance, and underestimated risk may compel people to begin smoking. Addiction to nicotine causes people to continue smoking and makes it difficult to stop.



Smoke Cigarettes

15%
of Adults

Hampden County, MA

13%
of Adults

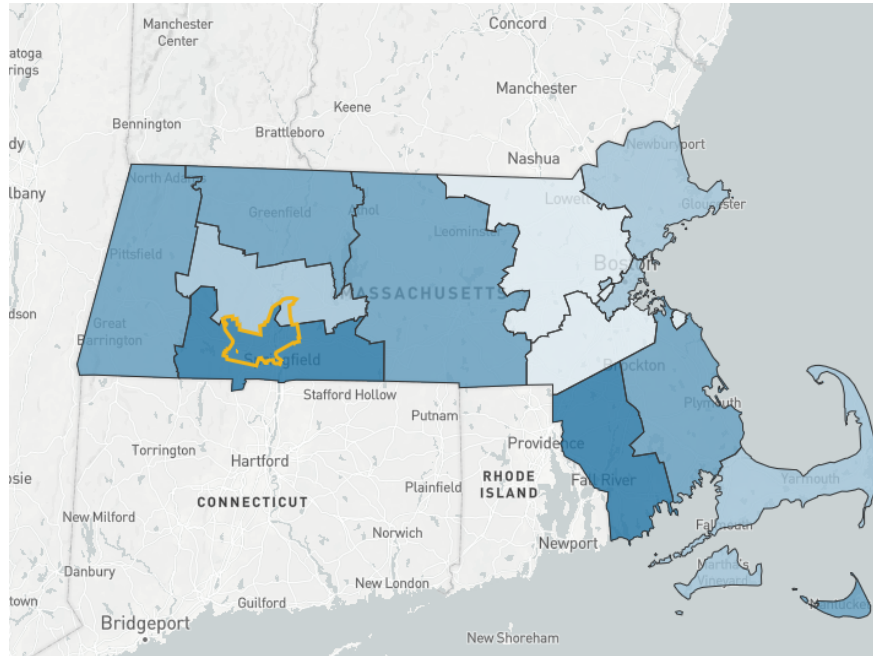
Hampshire County, MA

14%
of Adults

Massachusetts

Source: Behavioral Risk Factor Surveillance System

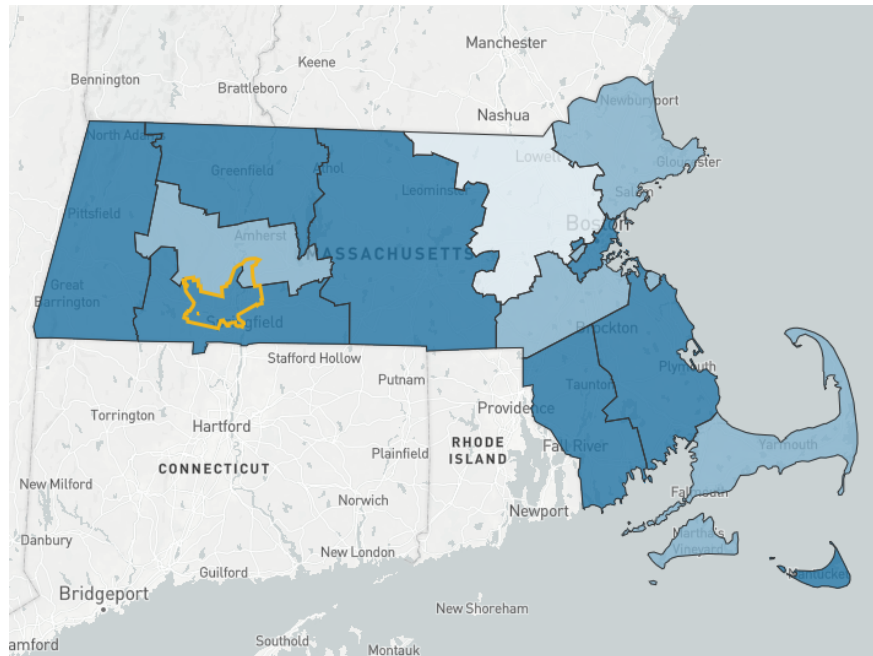
People Who Smoke



© Mapbox © OpenStreetMap

Source: County Health Rankings

Adult Smokers



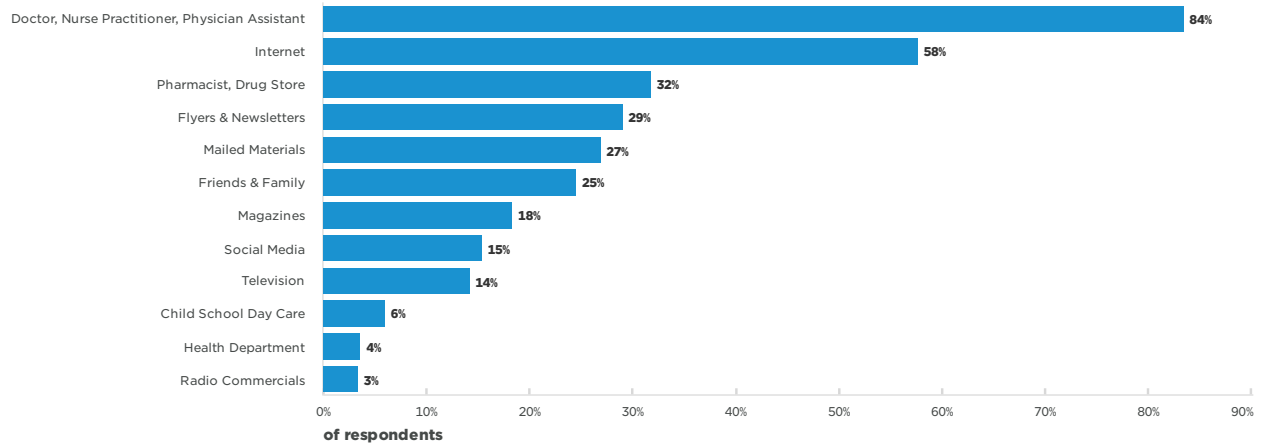
© Mapbox © OpenStreetMap

Source: Behavioral Risk Factor Surveillance System

Where do residents get **health-related information** in our community?

Access to health-related information is critical in empowering our residents to make healthy decisions for themselves and their families. Knowledge of the importance of vaccines, healthy food options, and community health-related events is key in supporting a healthy community. However, access to information is not always equal, and residents learn about different opportunities and initiatives in varied ways, from newspapers and television to word of mouth.

How People Receive Health Information



Holyoke, MA

Source: 2019 CNHA Survey, Holyoke Medical Center

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Holyoke Medical Center

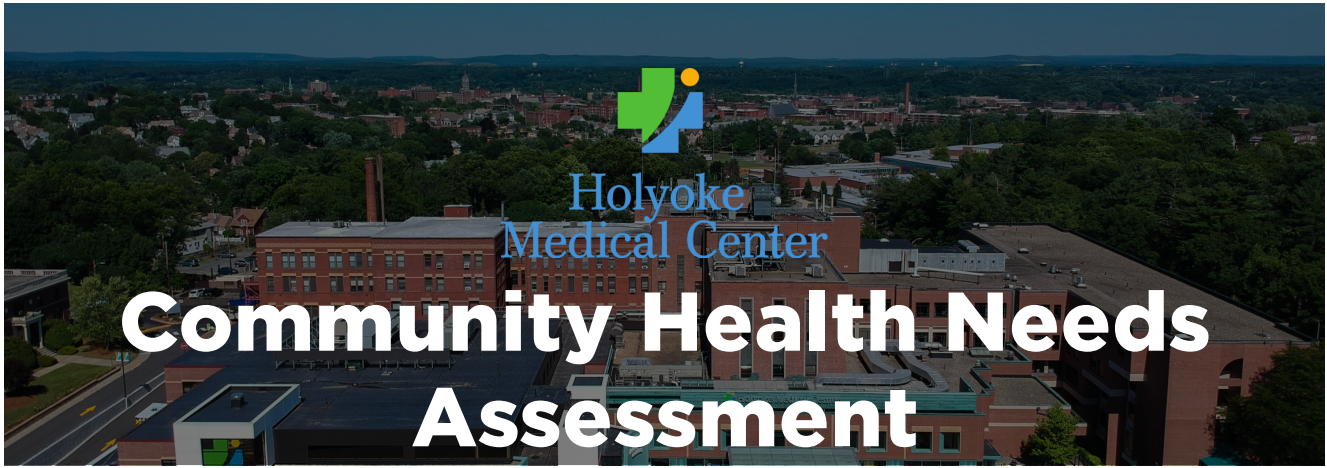
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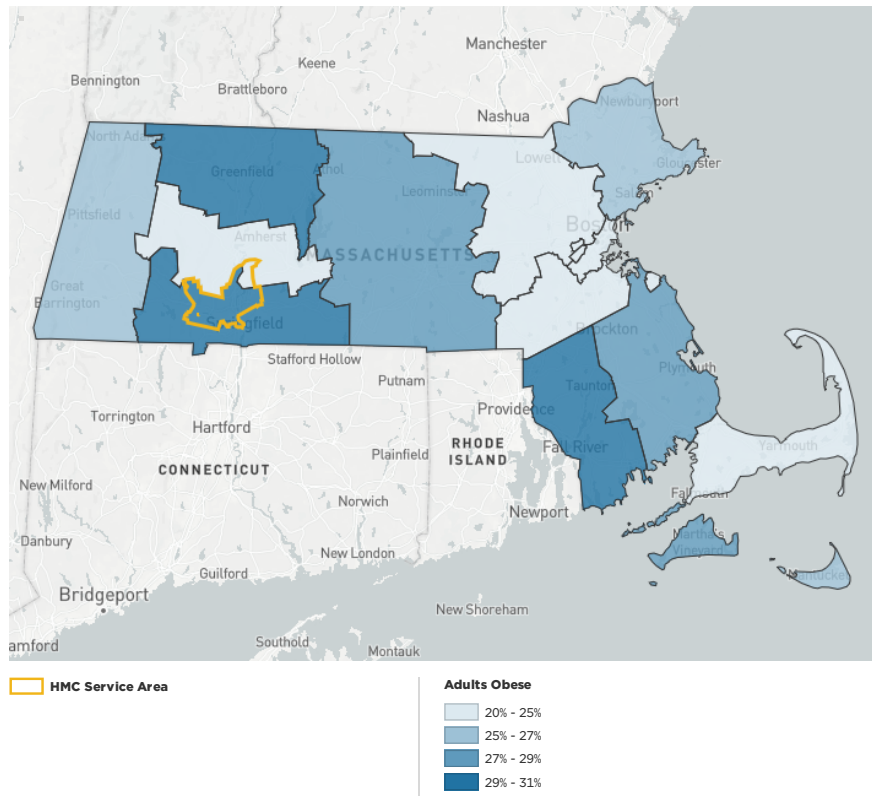
What do **health outcomes** reveal about residents' opportunity to stay healthy?



How prevalent is **obesity** in our community?

Obesity is associated with common causes of death, including diabetes, heart disease, stroke, and some types of cancer. It is also linked to poorer mental health and reduced quality of life. Obesity results from a combination of complex causes and contributing factors. Behaviors include dietary patterns, physical activity, inactivity, and medication use. These behaviors are influenced by the food and physical activity environment, education and skills, and food marketing and promotion.

Obesity

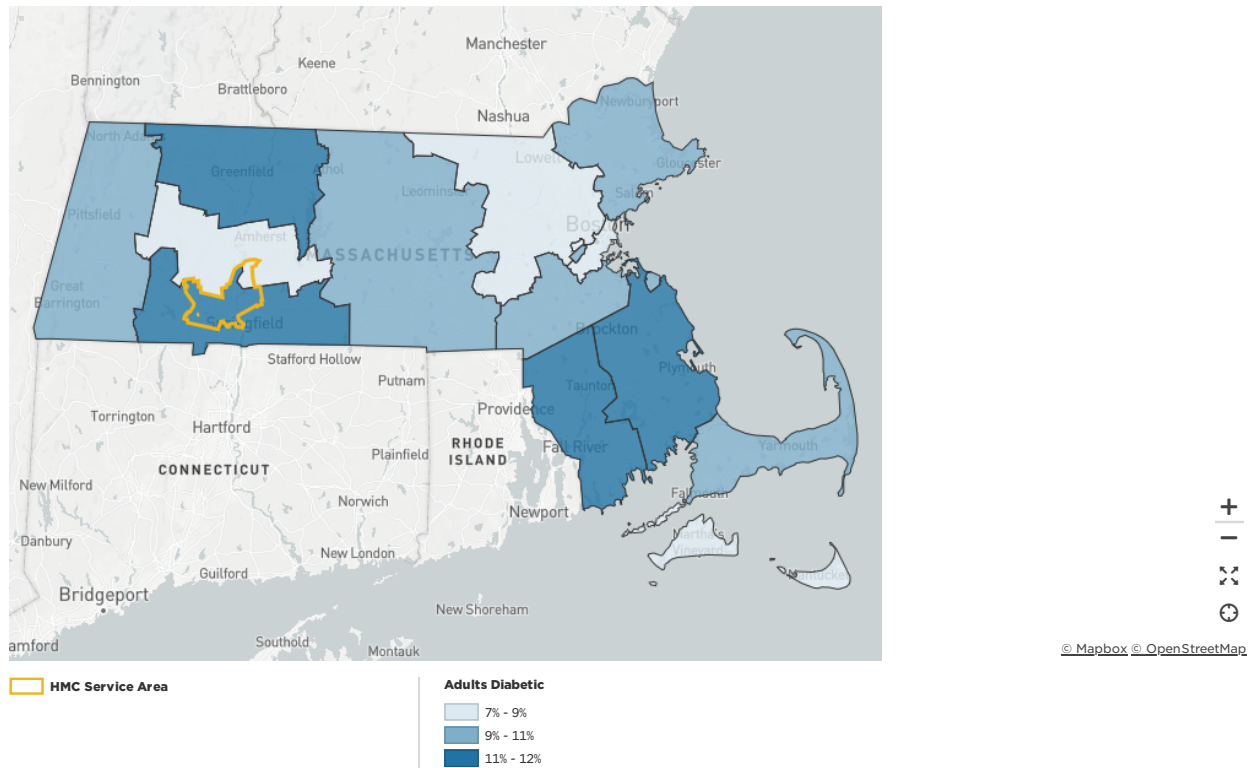


Source: United States Diabetes Surveillance System

How is **diabetes** affecting our residents?

Diabetes is a disease where our bodies have trouble regulating blood sugar through the use of insulin, a naturally-produced hormone that helps cells make use of the energy in our food. Some environmental factors and genetics may increase a resident's likelihood of developing diabetes. It can often go undiagnosed and may lead to serious complications such as amputations or blindness.

Diabetes

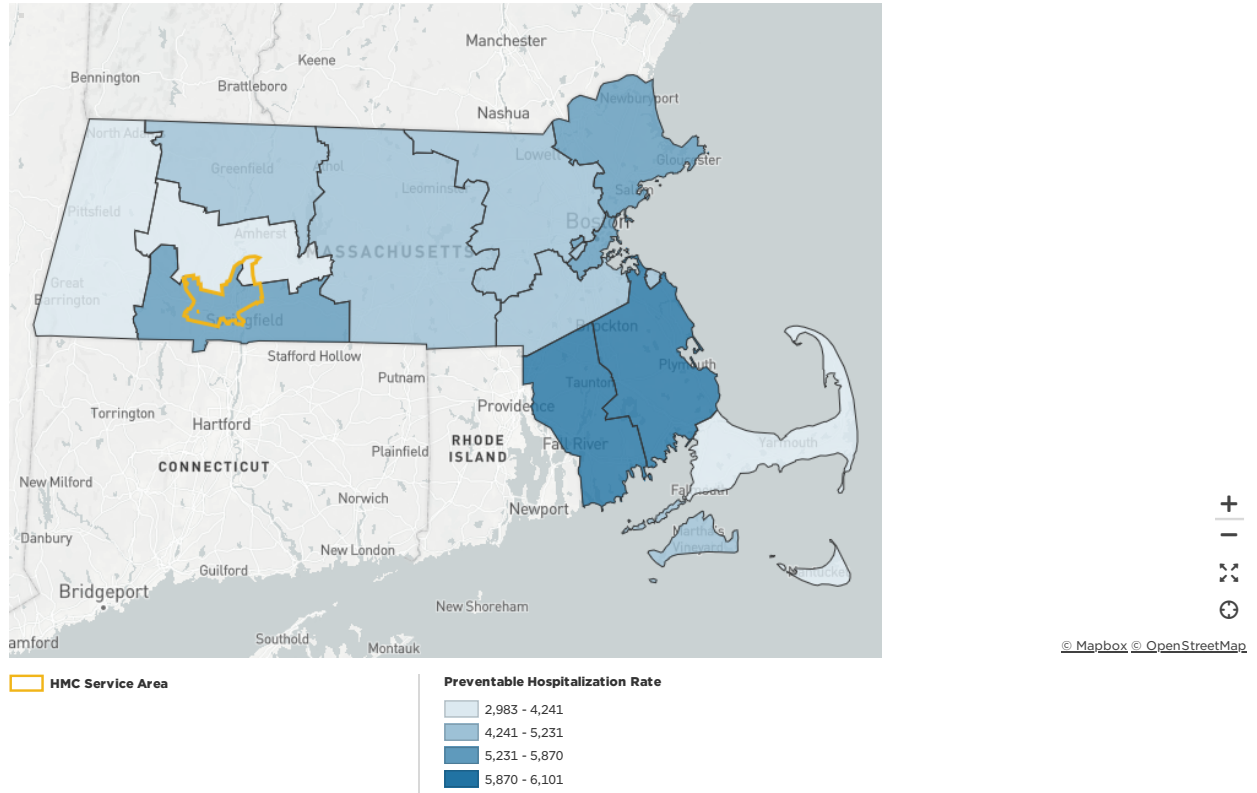


Source: United States Diabetes Surveillance System

Which **hospitalization stays** could have been prevented?

When residents cannot access routine preventative healthcare check-ups, our community is forced to rely on expensive, late-state emergency care. With access to quality preventative healthcare, our residents can catch potential health problems at their earliest stages, improve lifestyle habits, and ultimately prevent these hospitalization stays.

Preventable Hospitalization Rate

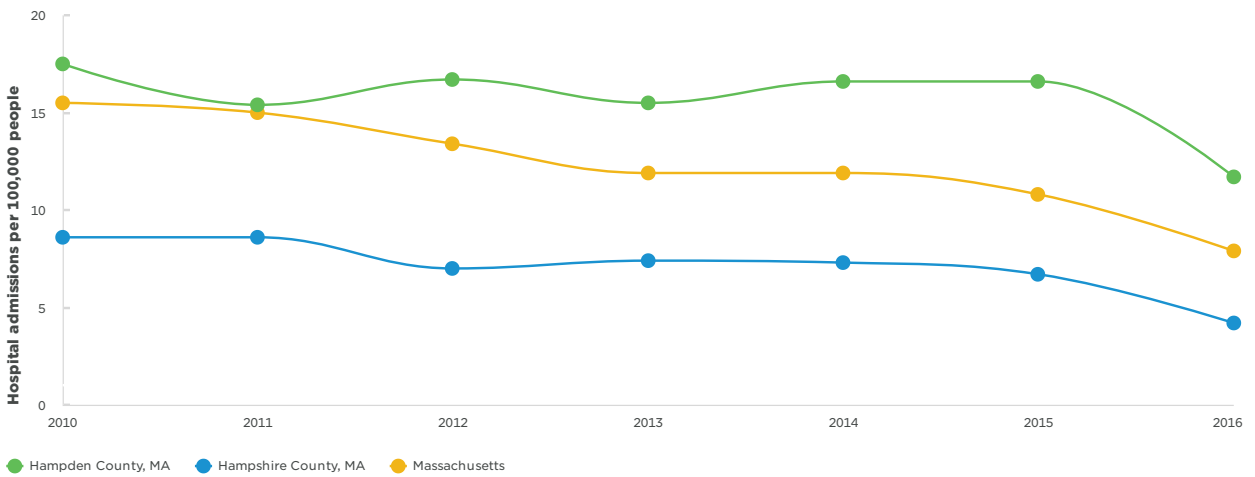


Source: Mapping Medicare Disparities Tool
 Note: Rate is per 100,000 Medicare enrollees

How prevalent are **respiratory diseases** in our community?

Asthma, COPD (Chronic Obstructive Pulmonary Disease), and pneumonia are all respiratory diseases that can make breathing difficult and trigger coughing, wheezing, and/or shortness of breath. For some people, chronic respiratory diseases like asthma are a minor nuisance. For others, respiratory diseases are a major problem that interferes with daily activities and may be life threatening.

Asthma Hospital Admissions



Source: MDPH - Bureau of Environmental Health

Holyoke Medical Center

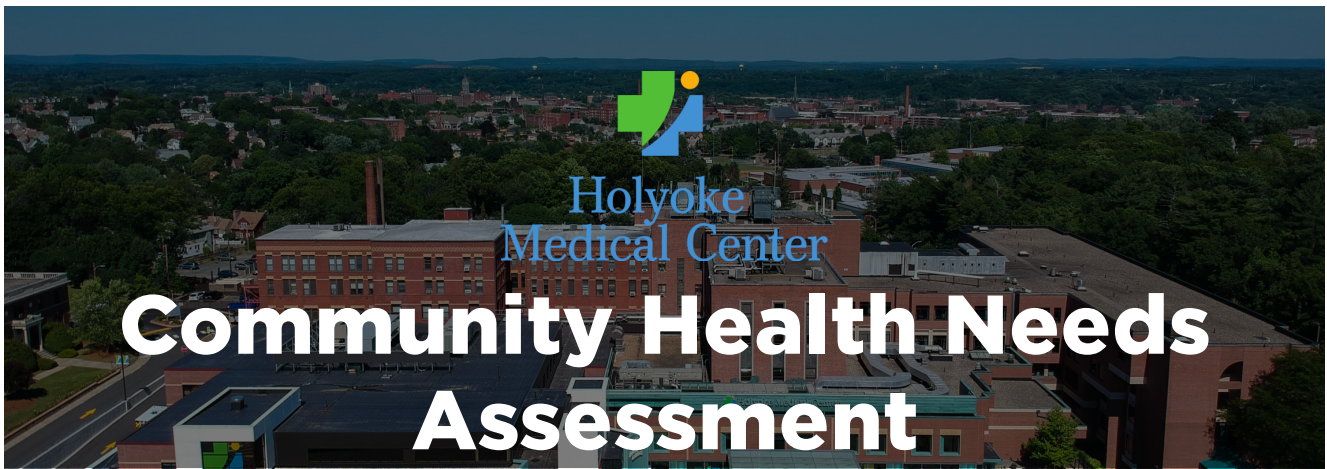
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What is the state of **behavioral health & substance misuse** in our community?

Behavioral health affects physical and overall health and includes mental health, substance abuse, and suicide risk. Behavioral health issues are symptoms of real, physical conditions occurring in the brain and can be addressed through mental health programs, suicide prevention, and substance abuse interventions. **Behavioral health plays a vital role in our well being.**



How are **social & environmental factors** affecting residents' opportunity to live longer?

With access to mental health providers, residents can address their emotional, psychological, and social well-being. Improving mental health has positive effects for both the individual and the community. Learn more on the [Environmental & Social Context](#) page.

♥ **Mentally Unhealthy Days**

4.7

Average number of days per month

Hampden County, MA

4

Average number of days per month

Hampshire County, MA

Source: Behavioral Risk Factor Surveillance System

What do **behavioral factors** reveal about residents' opportunity to live longer?

Health behaviors occur within the context of the social and environmental factors that a person is experiencing.

Substance abuse has been on the rise in recent years. Larger cultural factors, such as media representations of substance use, may play a role. Learn more on the [Behavioral Factors](#) page.



Excessive Drinking

20%

of Adults

Hampden County, MA

24%

of Adults

Hampshire County, MA

Source: Behavioral Risk Factor Surveillance System

What do **health outcomes** reveal about residents' opportunity to live longer?

Health outcomes are influenced by the health care environment, social context, and behaviors. Deaths from overdose can be the result of multiple factors. However, increased education and safety can help reduce rates in the community.

Learn more on the [Health Outcomes](#) page.



Number Opioid Overdose Deaths - 2019

198

Hampden County, MA

38

Hampshire County, MA

Sources: Massachusetts Registry of Vital Records and Statistics, MDPH & Massachusetts Office of the Chief Medical Examiner

Resources

Learn more about how our community is addressing this health priority.



Support Groups

The Holyoke Medical Center hosts several support groups for individuals who struggle with addiction, supporting a loved one, or loss. Click through the link below to learn more.

[Read More](#)

Holyoke Medical Center

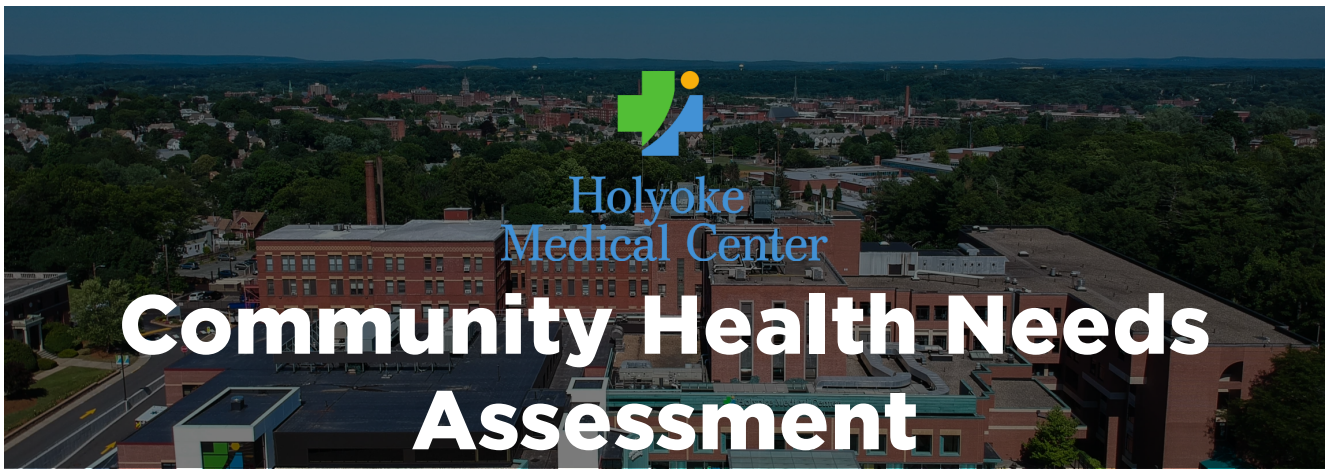
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How are **social & environmental factors** affecting residents' quality of life?



Are our residents able to access **mental health services**?

Mental health providers help residents with their emotional, psychological, and social well-being. Providers can help residents handle stress, build relationships, and make important choices. Treating a mental illness properly can improve quality of life, performance at work or school, physical health, and overall happiness.

 **Mental Health Provider Ratio**

108

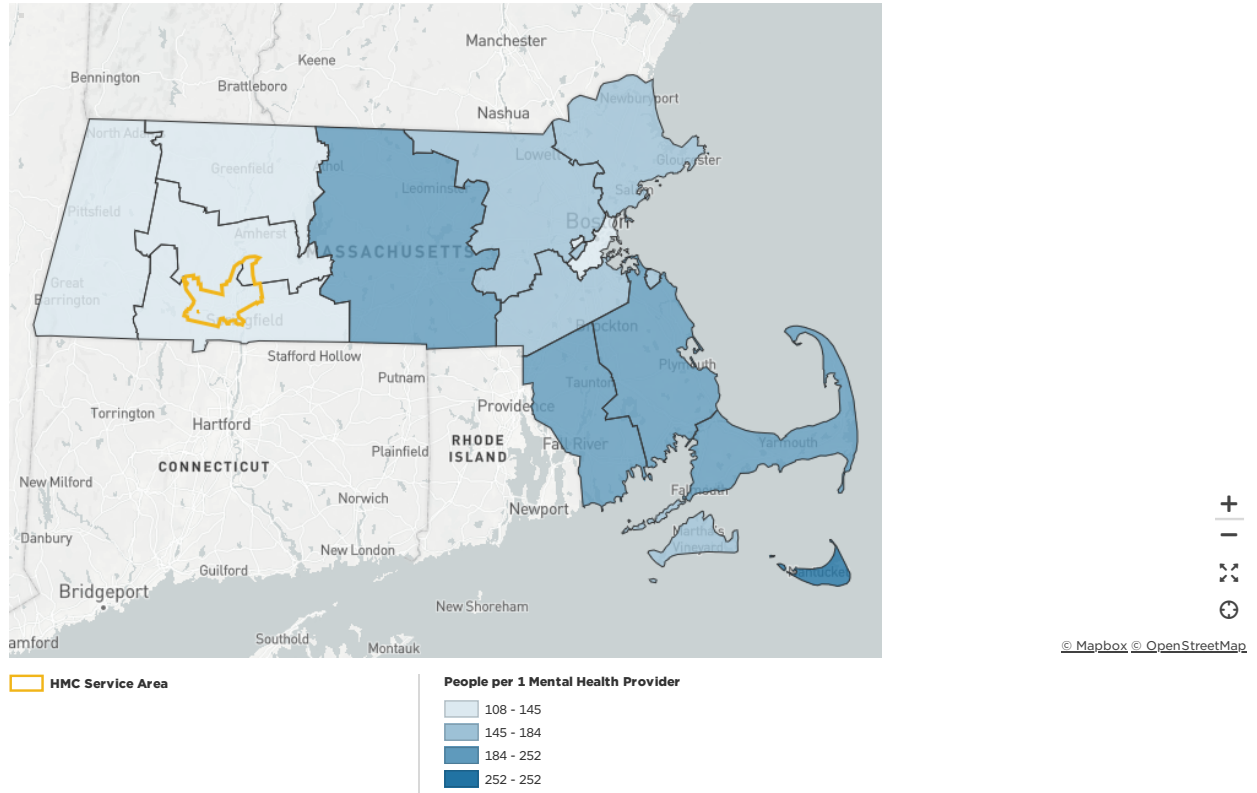
People per 1 Mental Health Provider
Hampden County, MA

109

People per 1 Mental Health Provider
Hampshire County, MA

Source: CMS, National Provider Identification

Mental Health Provider to Population Ratio



Source: CMS, National Provider Identification

Who is affected by mental health provider shortages?

Mental health providers help residents with their emotional, psychological, and social well-being. Providers can help residents handle stress, relate to others, and make choices. Throughout the United States, there are geographic areas, populations, and facilities with too few mental health providers and services. The Human Resources and Services Administration (HRSA) works with state partners to determine which of these should be “shortage designations”.

Health Provider Service Area Mental Health Score

10

out of 25

Low Income - Holyoke

14

out of 25

Low Income - Springfield

*Scale of 0-25 with higher scores indicating greater need for mental health providers
Source: HSPA

Health Professional Shortage Area (HPSA) - Mental Health

11

Census Tracts

Holyoke, MA

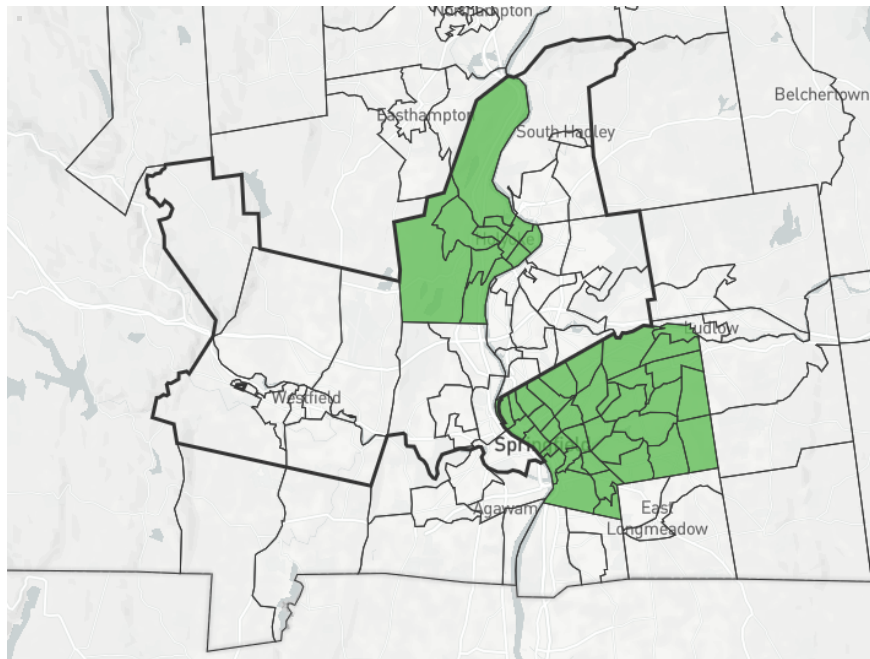
37

Census Tracts

Springfield, MA

Sources: HRSA HPSA

Mental Health Provider Shortage Areas



© Mapbox © OpenStreetMap

Source: HRSA HPSA

How are **income & poverty** affecting mental health?

Poverty is both a cause and a consequence of poor mental health. The cost of doctors' fees, prescriptions, and transportation to reach a mental health provider can be devastating for families living in poverty. These issues and financial stressors then can take a toll on mental health. Untreated mental illness can lead to struggles at work and substance abuse. Approximately [one fourth to one third of homeless people have a mental illness](#)¹², which can make it more difficult to find stable housing.

Worked Full Time Past Year with Income Below Poverty Level

2,240

People

Hampden County, MA

716

People

Hampshire County, MA

Sources: US Census ACS 5-year

How prevalent is violent crime in our community?

Violent crime not only directly leads to injury, it could be harmful to mental health as well. Living near areas of high crime may increase rates of depression more than personal stress. Violent crime also increases the risk of behavioral problems, anxiety, aggression, and post-traumatic stress disorder among children. It can even put adults who grew up in high crime areas at greater risk for domestic abuse, substance use, unsafe driving, and risky sexual behavior.



Violent Crime Rate

616

Offenses per 100,000 people

Hampden County, MA

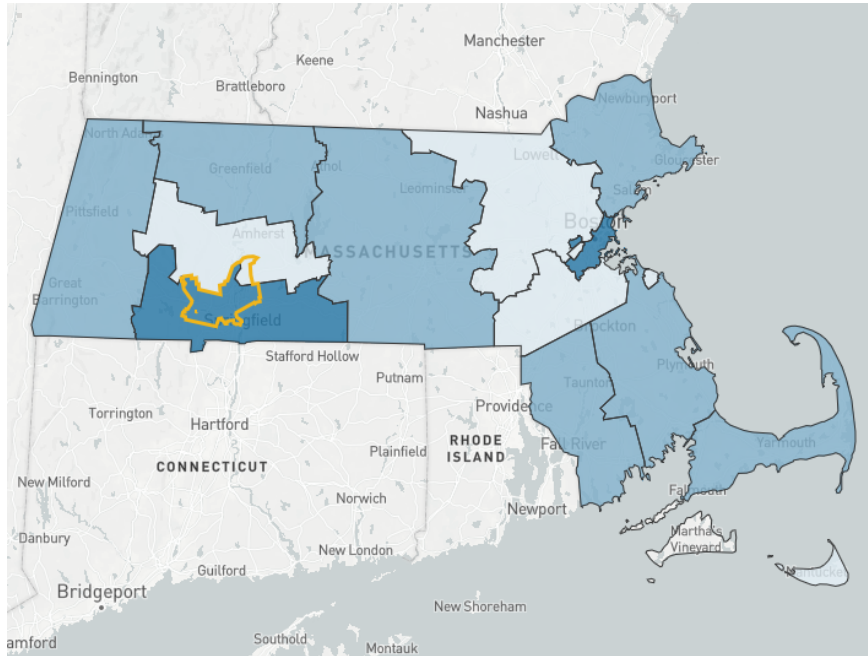
271

Offenses per 100,000 people

Hampshire County, MA

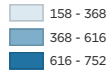
Source: Uniform Crime Reporting - FBI

Violent Crime Rate



HMC Service Area

Offenses per 100,000 people



© Mapbox © OpenStreetMap

Source: Uniform Crime Reporting - FBI

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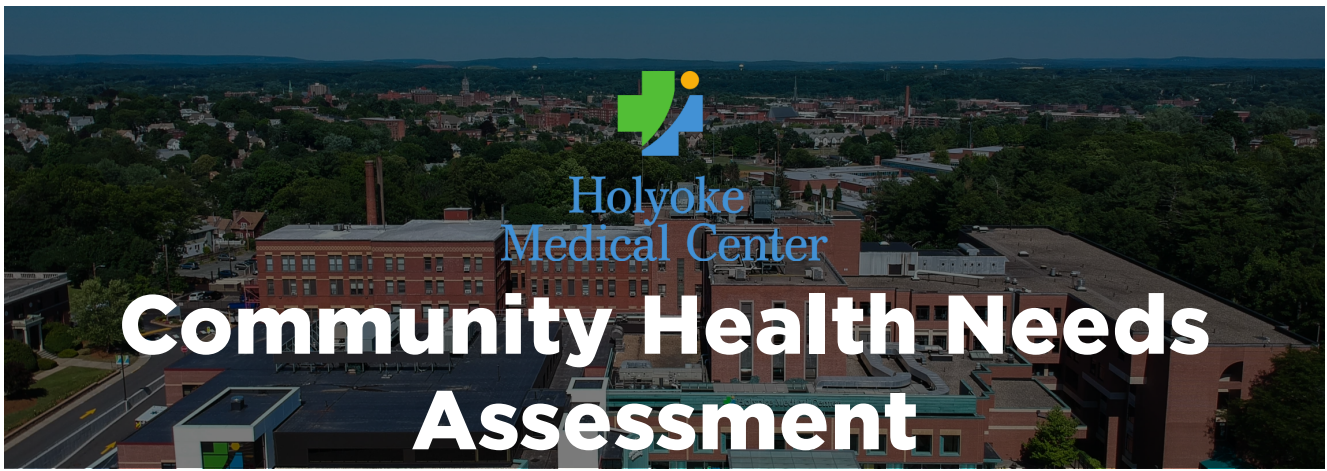
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What do **behavioral factors** reveal about residents' opportunity for behavioral health & substance abuse prevention?



How prevalent is **binge drinking** among adults in our community?

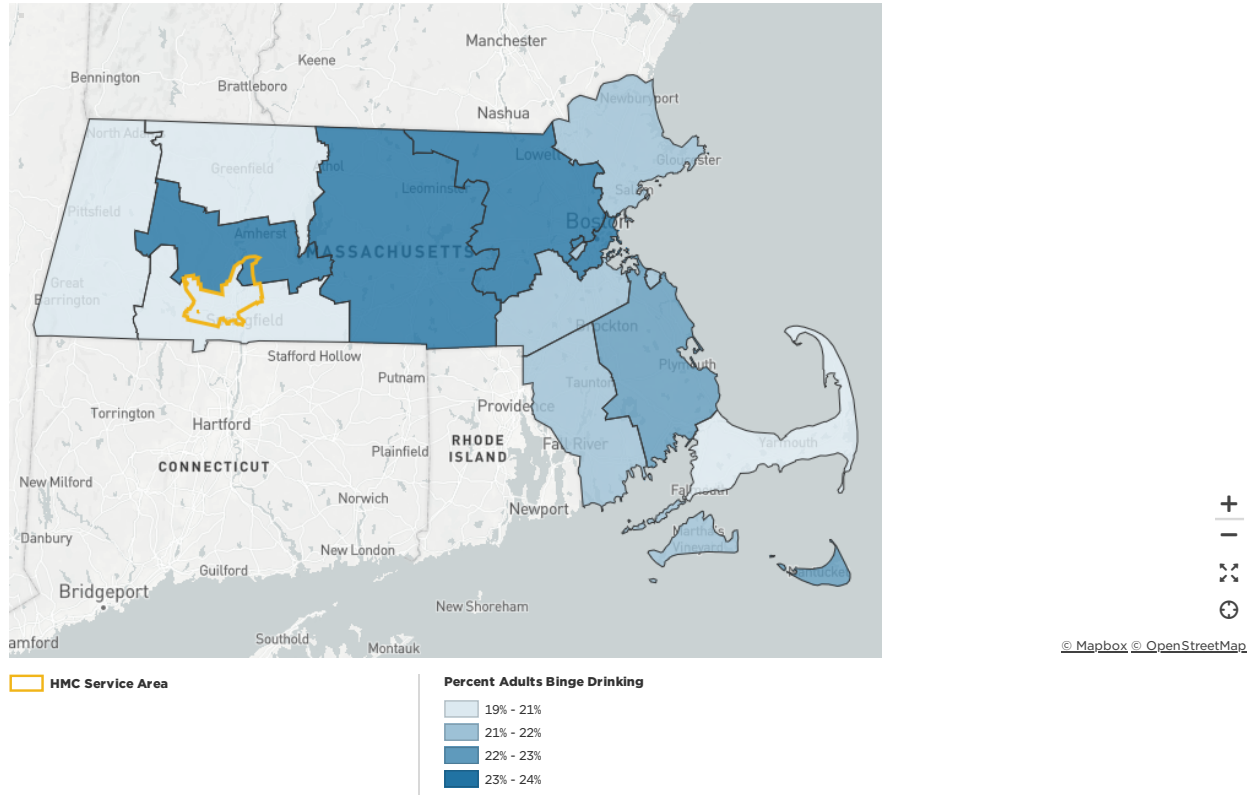
Binge drinking is defined as raising your blood alcohol concentration level to .08 g/DL at least once per month. For men, this usually means about 5 drinks in one sitting, or for women 4 drinks in one sitting. People may binge drink due to peer pressure, to relax, and may be prone to binge drinking due to genetic factors. For those who drink often, consequences can be dire. Risks include injury, alcohol poisoning, heart disease and some cancers.

 **Excessive Drinking**
20%
of Adults
Hampden County, MA

24%
of Adults
Hampshire County, MA

Source: Behavioral Risk Factor Surveillance System

Excessive Drinking

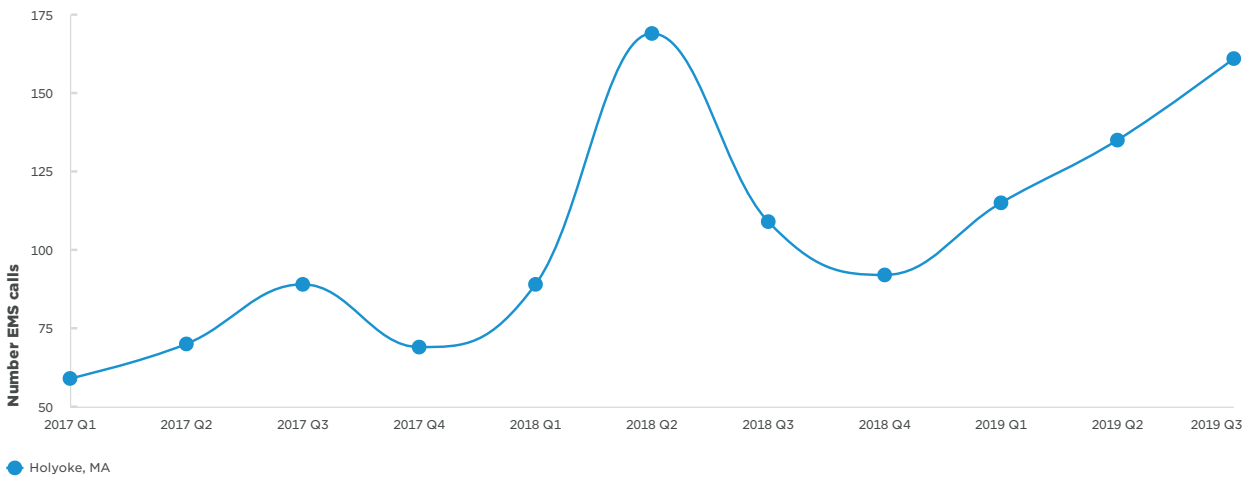


Source: Behavioral Risk Factor Surveillance System

How are **opioids** affecting our community?

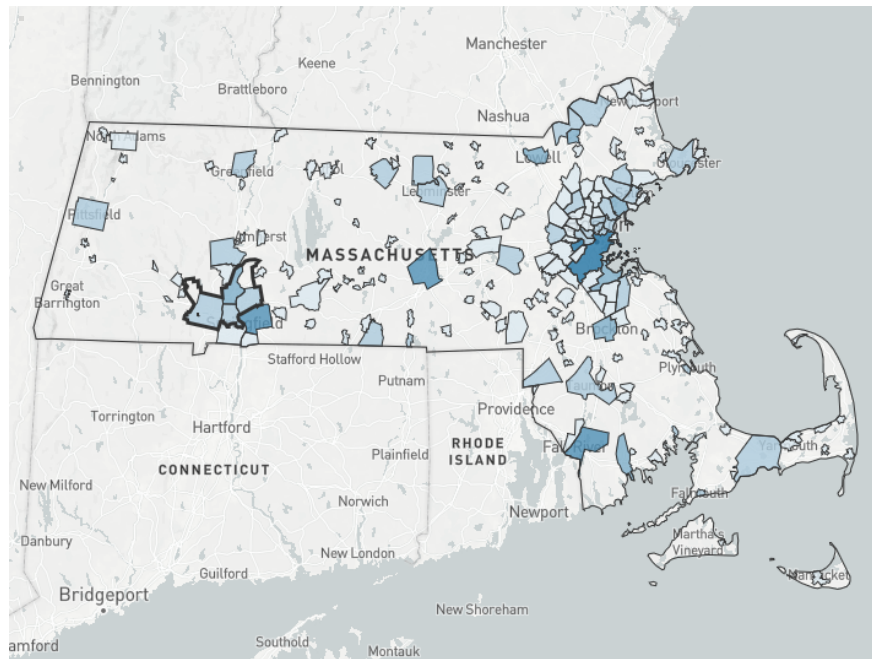
In recent years, nonlinear upward trends in drug overdose death rates have been observed in the U.S., driven largely by increases in deaths due to heroin and synthetic opioids such as fentanyl, fentanyl analogs, and tramadol. Our community has not been untouched by these issues.

Opioid-Related EMS Calls



Source: Massachusetts Dept. of Public Health

Opioid Related EMS Calls by City



© Mapbox © OpenStreetMap

Source: Massachusetts Dept. of Public Health

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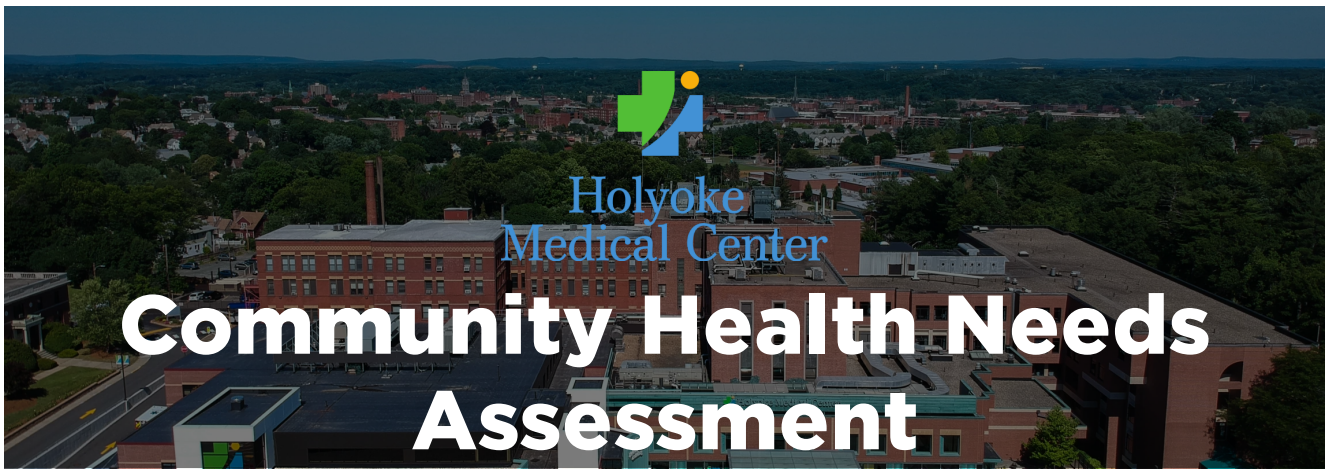
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What do **health outcomes** reveal about residents' opportunity for behavioral health & substance misuse prevention?



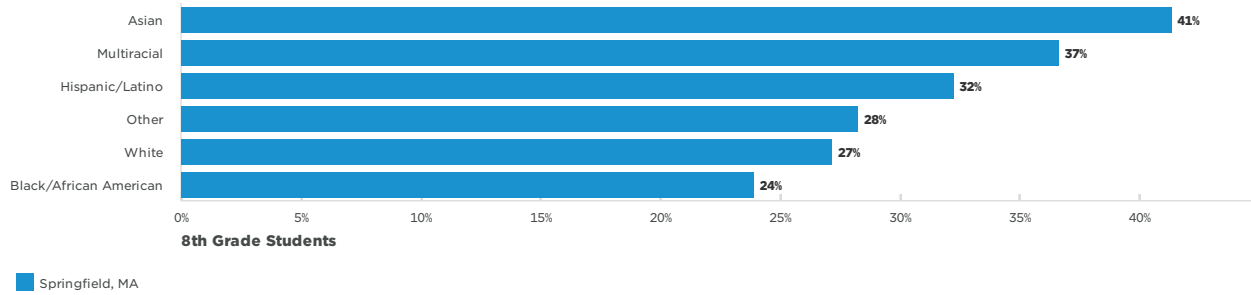
How does **mental health affect our youth?**

Depression, anxiety, and eating disorders are common mental health challenges that youth face. Poor mental health in young people can be triggered by many factors, including poor physical health, a lack of social support, societal pressures, or a traumatic event. Mental health requires the same attention that physical health does in order to keep our entire community prosperous and healthy.

 **31%**
8th Grade Students
Felt Sad Hopeless For Two Weeks in Past Month
Springfield, MA

Source: Public Health Institute of Western Massachusetts

Students Who Felt Sad or Hopeless for Two Weeks in Past Month



Source: Public Health Institute of Western Massachusetts

How prevalent is poor mental health among adults in our community?

Some adults in our community have chronic and/or severe mental health issues. Poor mental health influences a resident's ability to achieve and maintain physical health. Poor physical health may also negatively impact mental health and ability to participate in treatment. Mental health problems have many causes, some of which include poverty, grief, stress, disability, substance use, and loneliness.



Mentally Unhealthy Days

4.7

Average number of days per month

Hampden County, MA

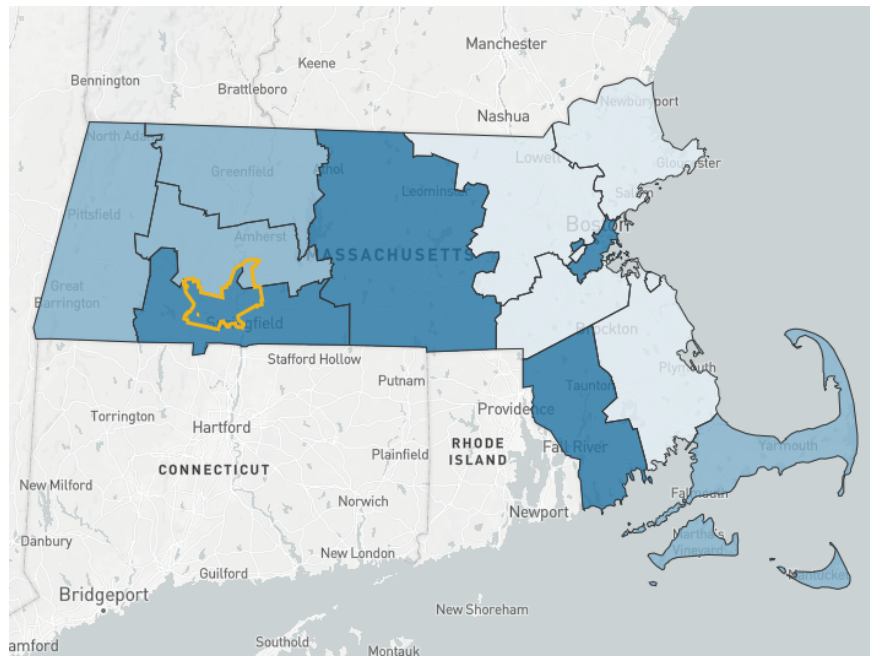
4

Average number of days per month

Hampshire County, MA

Source: Behavioral Risk Factor Surveillance System

Mentally Unhealthy Days



HMC Service Area

Average number of days per month

- 3.5 - 3.8
- 3.8 - 4.2
- 4.2 - 4.7

© Mapbox © OpenStreetMap

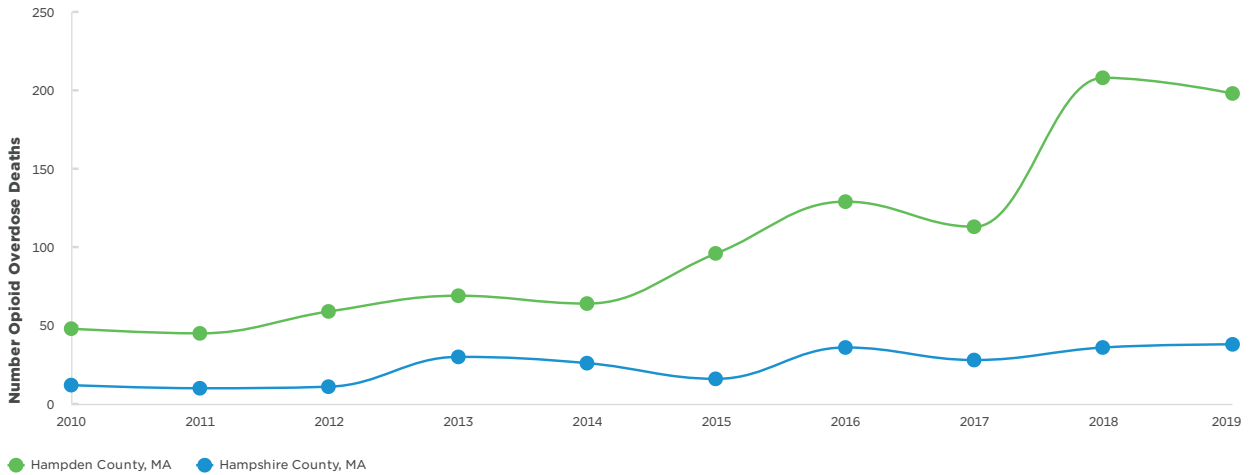
Source: Behavioral Risk Factor Surveillance System

How are **opioids** affecting our community?

In recent years, nonlinear upward trends in drug overdose death rates have been observed in the U.S., driven largely by increases in deaths due to heroin and synthetic opioids such as fentanyl, fentanyl analogs, and tramadol. Our community has not been untouched by these issues.

Hampden & Hampshire Counties

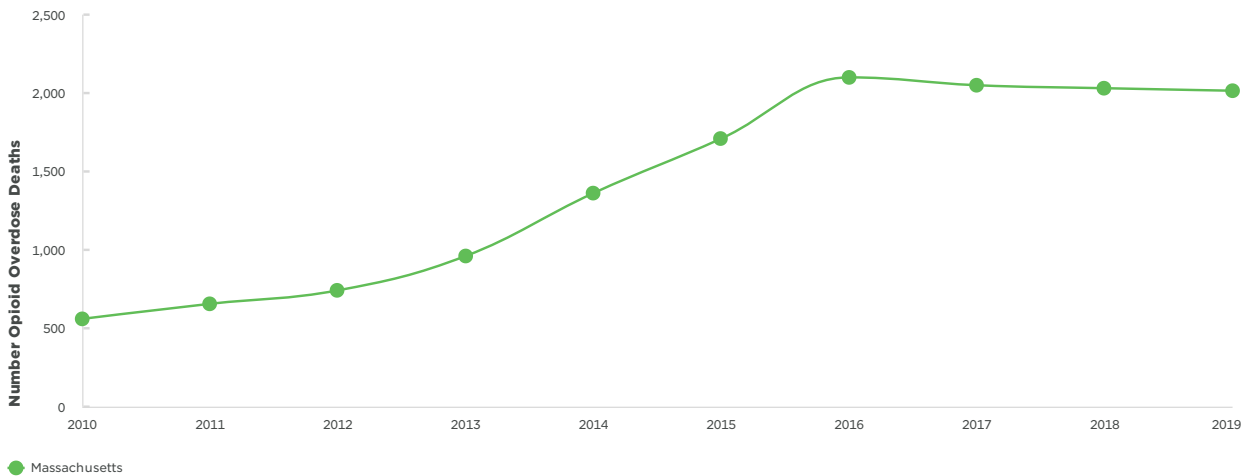
Opioid Overdose Deaths



Source: Massachusetts Registry of Vital Records and Statistics, MDPH & Massachusetts Office of the Chief Medical Examiner

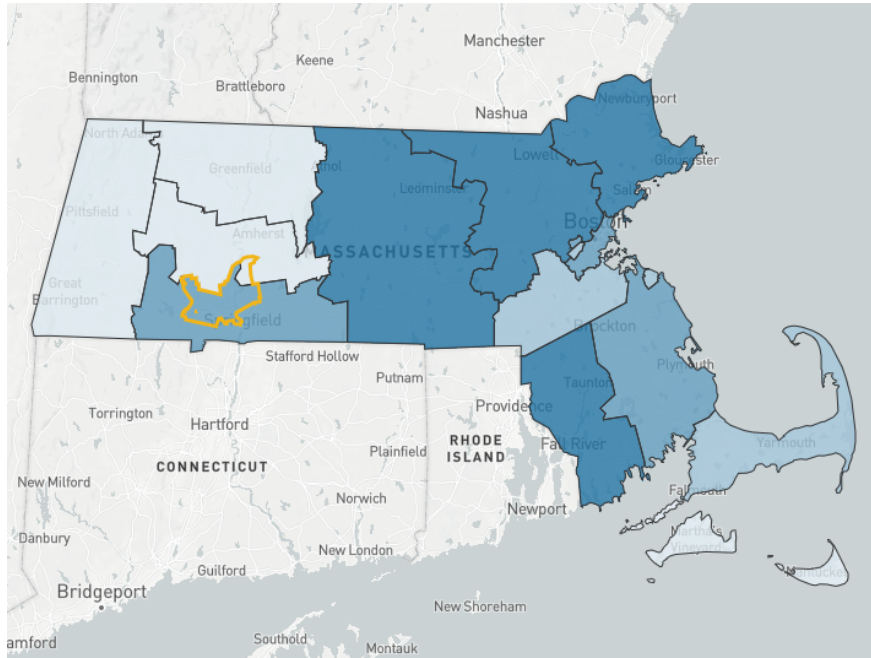
Massachusetts

Opioid Overdose Deaths



Source: Massachusetts Registry of Vital Records and Statistics, MDPH & Massachusetts Office of the Chief Medical Examiner

Opioid Deaths



HMC Service Area

Number Opioid Overdose Deaths

- 2 - 73
- 73 - 175
- 175 - 260
- 260 - 306

© Mapbox © OpenStreetMap

Source: Massachusetts Registry of Vital Records and Statistics, MDPH & Massachusetts Office of the Chief Medical Examiner

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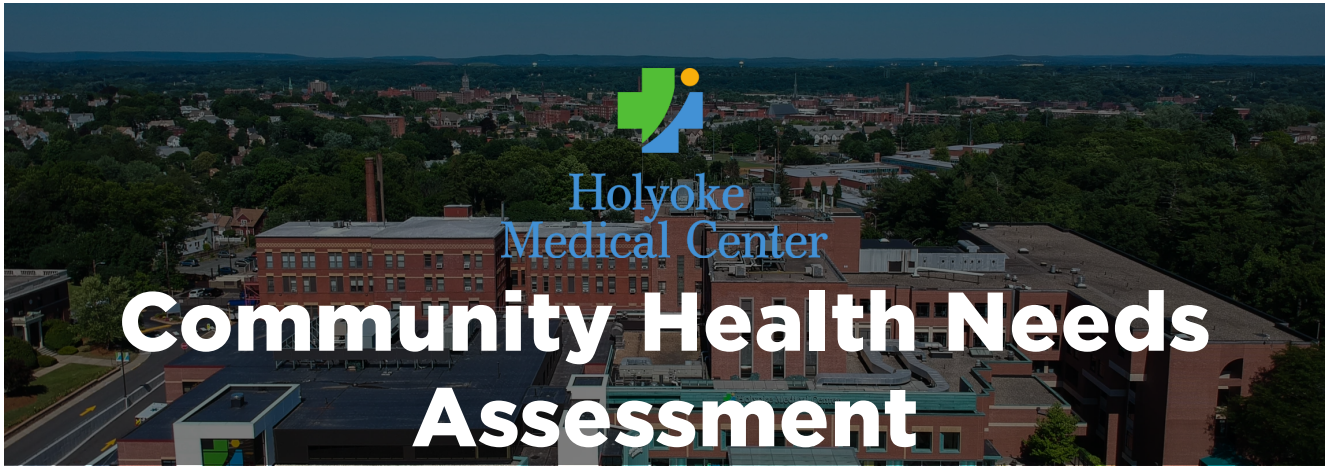
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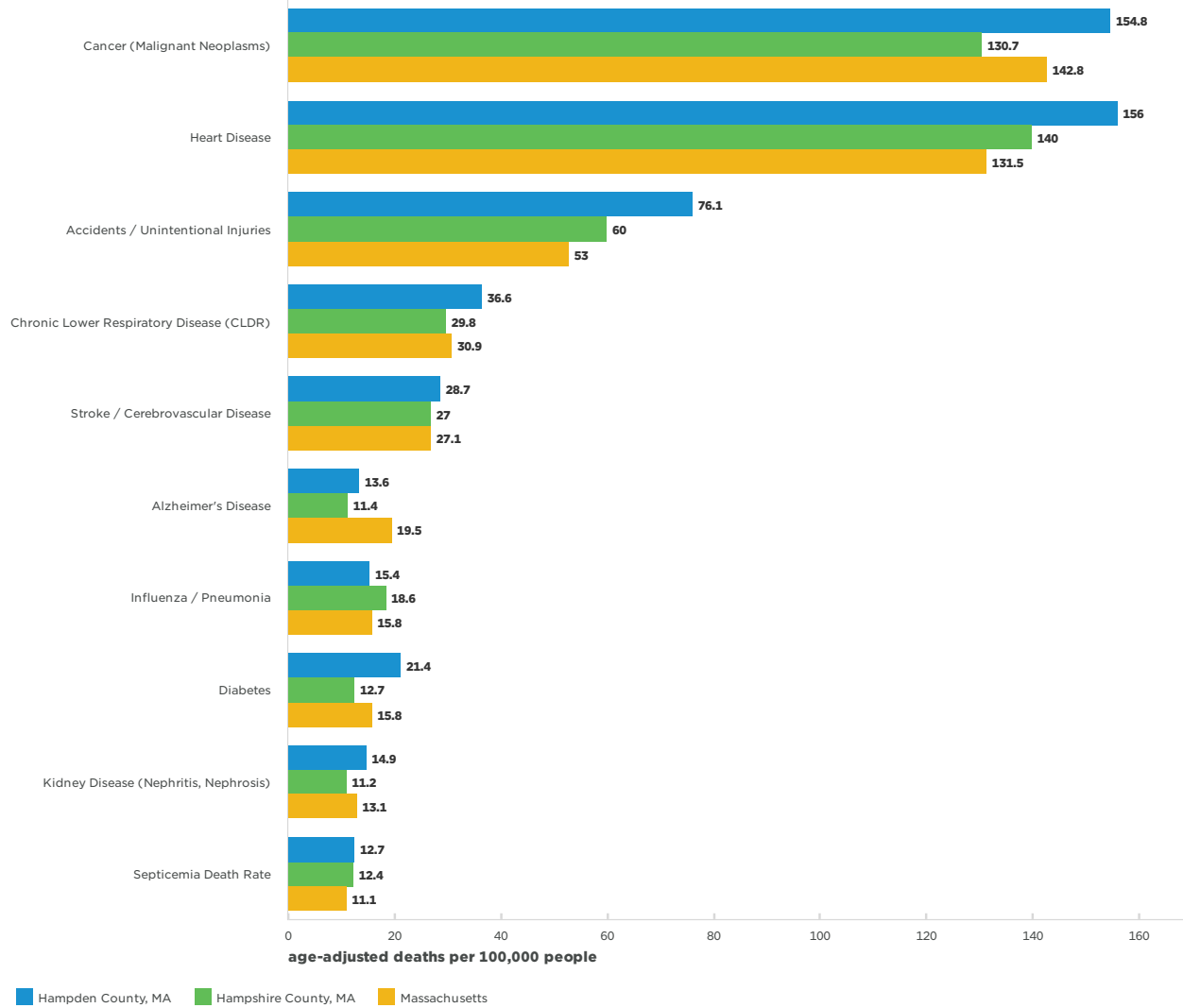
What are the **top causes of death** in our community?



What are the **leading causes of death** in our community?

Understanding the the leading causes of death in our state and community is key to identifying and addressing barriers to health. Increasingly, the top causes of death are chronic diseases, including heart disease and cancer. This indicates a greater need to support healthy lifestyles, safe environments, and access to preventative health care.

Causes of Death



Sources: CDC WONDER Cause of Death

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