



# 2022 Community Health Needs Assessment

## Health Begins in Our Communities.

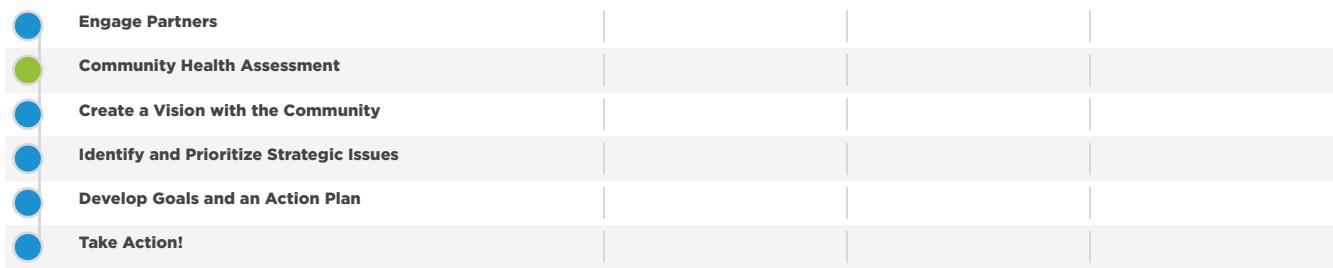
Holyoke Medical Center has the proud distinction of serving residents of Holyoke, Chicopee, South Hadley, and the surrounding area to create the greatest possible opportunity for health equity for all of our residents. Throughout the Pioneer Valley, we serve over 50,000 people every year, all with unique opportunities and challenges to health. This Community Health Needs Assessment provides key data and information about challenges and opportunities heard through community engagement from residents and community leaders. Understanding what residents perceive as the primary health needs of the community, helps direct how the local health system sets priorities, allocates resources, and builds capacity with local partners working on similar issues.



## 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 and direct the work of hospital administration, medical professionals, health department staff, government officials, community based organizations and the community about our local health status and needs.

### **Health Planning Process**



## Social Determinants of Health Screening Tool, THRIVE

Holyoke Medical Center embraces that Social Determinants of Health factors may prevent people from maintaining their optimal health. These areas include healthcare access and quality, education access and quality, social and community context, economic stability and neighborhood and built environment.

 <b>Holyoke Medical Group THRIVE Screening</b>		Date range: 10/1/2021 - 9/15/2022	
<b>Housing Situation</b>	<b>Denominator</b>	<b>Trouble paying for utilities</b>	<b>Denominator</b>
Housed, but uncertain	103	No	13,443
Homeless	59	Yes	407
Steady Place to Live	13,626		
<b>Past 12 mos, food ran out / no money for more</b>		<b>Past 12 mos, worried food would run out</b>	
Never true	13,415	Never true	13,417
Often true	118	Often true	98
Sometimes true	383	Sometimes true	399
<b>Trouble paying for medications</b>		<b>Trouble with transportation to medical appts</b>	
No	13,541	No	13,556
Yes	307	Yes	265
<b>Trouble caring for dependant</b>		<b>Trouble with activities of daily living</b>	
No	13,630	No	13,378
Yes	153	Yes	587
<b>Currently looking for job</b>		<b>Want more education</b>	
No	13,461	No	13,340
Yes	385	Yes	556
<b>In or been in abusive environment</b>			
Yes			12
No			10,062

## 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. Below you can see how long people live by census tract.

## Life Expectancy at Birth

**77.8**

Years

Holyoke, MA

**78.4**

Years

Chicopee, MA

**79.6**

Years

South Hadley School District, MA

**80.6**

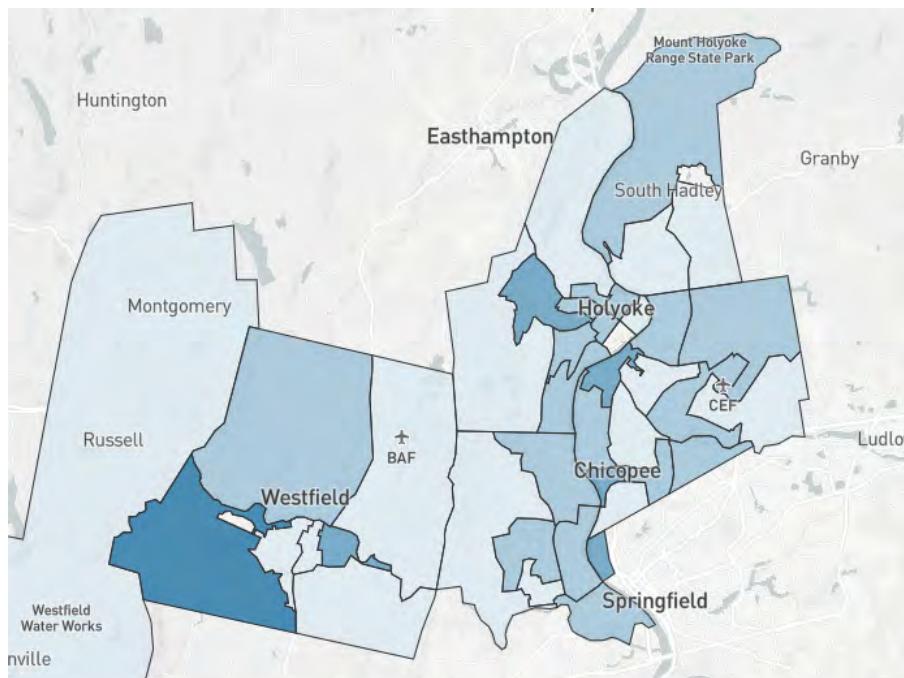
Years

Massachusetts

Sources: CDC NCHS USALEEP 2010-2015

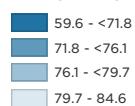
## Life Expectancy

### Life Expectancy by Census Tract



© Mapbox © OpenStreetMap

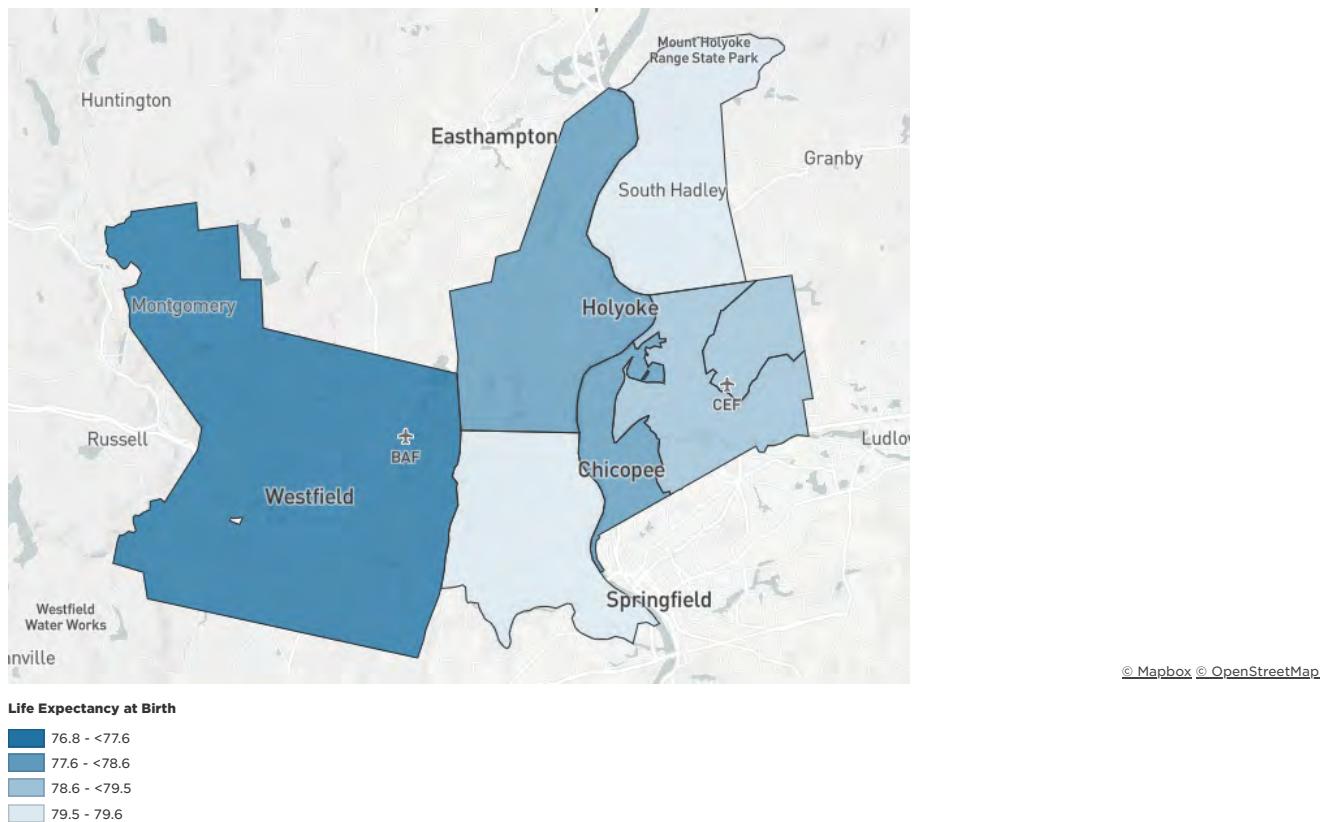
### Life Expectancy at Birth



Sources: CDC NCHS USALEEP 2010-2015

# Life Expectancy

## Life Expectancy by ZIP



Sources: CDC NCHS USALEEP 2010-2015

## 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 14 counties

Hampden County, MA

3

out of 14 counties

Hampshire County, MA

Source: RWJF County Health Rankings, 2022

### 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 14 counties

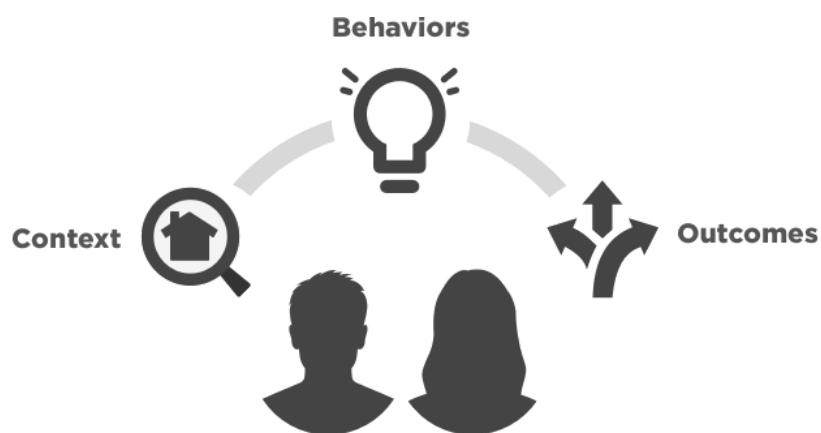
Hampden County, MA

## 5

out of 14 counties

Hampshire County, MA

Source: RWJF County Health Rankings, 2022



### 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.*

 **31%**  
of population

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

Sources: USDA ERS 2019

# 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.

## Physical Inactivity Among Adults

**32%**

People

Hampden County, MA

**27%**

People

Massachusetts

Sources: CDC BRFSS PLACES 2019

# 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.

## Obesity Among Adults

**29.5%**

People

Hampden County, MA

**26%**

People

Massachusetts

Sources: CDC BRFSS PLACES 2019

## 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 factors 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](#)

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## **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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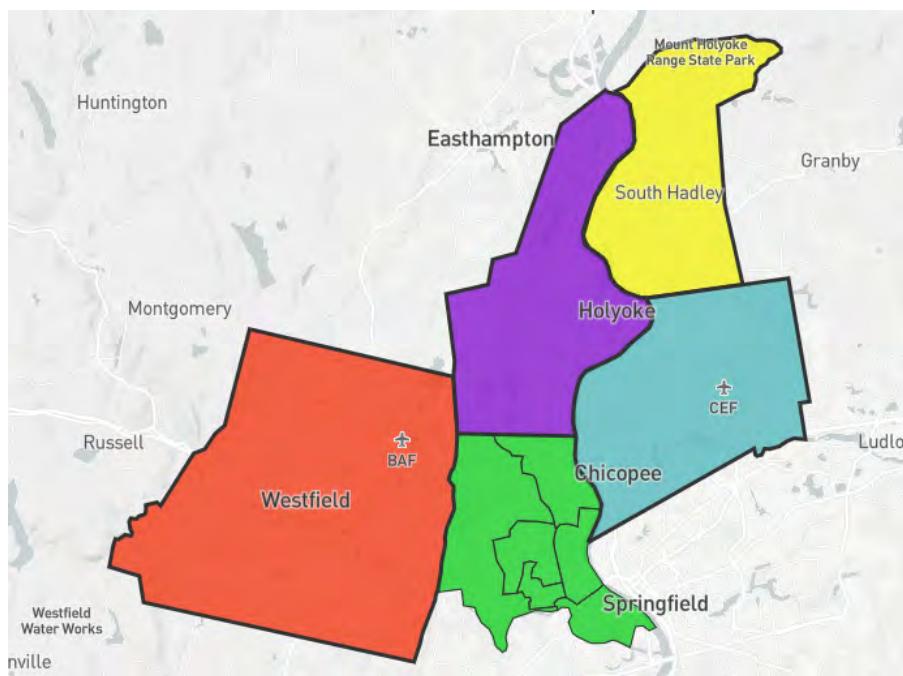
# 2022 Community Health Needs Assessment

**2022-2025**

## Holyoke Medical Center

### **What we heard from you.....**

Holyoke Medical Center has conducted formal and informal surveys each year to look at the health needs of the people we serve. In the first half of 2021, Holyoke Medical Center conducted a year long study that entailed key stakeholder interviews, community resident interviews, workshops, a lengthy survey given in English and Spanish, and data collection, which has been brought together to create the 2022 Holyoke Medical Center Community Health Needs Assessment (CHNA). The CHNA also determines how Holyoke Medical Center will provide support, resources 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
- Census Tracts inside 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 Community Health Needs Assessment.

## **Key Objectives:**

The objective of Holyoke Medical Center's 2022 Community Health Needs Assessment was to:

1. Look at the 2019 findings and identify which key health issues and concerns remain the same for the residents in Holyoke Medical Center's primary service area.
2. Identify the vulnerable populations that are experiencing health disparities
3. Look at other contributing factors that create barriers to living healthier lives.

## **Community Meetings**

### **Meetings with Community Members and Residents:**

- Holyoke Housing Authority Residents
- Holyoke City Officials
- Holyoke High and Dean Vocational High School Students
- Holyoke Medical Center (Valley Health Systems staff members, including representatives from Holyoke Medical Center, River Valley Counseling Center, Holyoke Visiting Nurses Association)
- Salvation Army Representatives
- Lorraine's Soup Kitchen Residents and Board Members from Chicopee
- Chicopee Board of Health Commissioner and Resident
- Holyoke Resident and City Councilor in Ward 4
- House of Color LGBTQ+ Support Group staff and members of the group
- Holyoke residents at Key Foods Grocery Store on three occasions
- Public School Therapists

### **Community and Stakeholder Interviews:**

Over 30 key stakeholder interviews took place throughout Holyoke Medical Center's primary service area. Meetings were held with:

- Holly Angelo, Chicopee Senior Center
- Rosemarie Ansel, Executive Director, River Valley Counseling Center
- Ed Caisse, Hampden County Sheriff's Department
- Eileen Cavanaugh, Holyoke Boys and Girls Club
- Gloria Cabellero, Chair of Public Health and Safety with City of Holyoke, Past Mayoral Candidate
- Julie Copoulos, Lorraine's Soup Kitchen Board Member and Chicopee Chamber ED
- Pat Duffy, State Representative
- Dr. Esparaza, Holyoke Health Center Chief Medical Officer
- Cynthia Espinosa, City of Holyoke
- Jeanne Galloway, BoH West Springfield
- Josh Garcia, Holyoke Mayor
- Sean Gonsalves, Holyoke Board of Health
- Sharon Hart, South Hadley BoH
- Stephen Huntley, Valley Opportunity Council
- John Kovalchik, Holyoke Medical Center ACO Operations
- Donna Marratta, Lorraine's Soup Kitchen

- Frank Martinez Lopez, En Lace ED
- Roseann Martoccia, WestMass Eldercare
- Frank McNeil, Action Ambulance
- Alexa Mignano, River Valley Counseling Center works with HPS
- Dr. Liz O'Dair, Holyoke Health Center, Family Medicine
- Bridgette O'leary Sullivan, South Hadley Housing Authority
- Lisa Powers, Chicopee Board of Health
- Chief Pratt, Chief of Police, Holyoke Police Department
- Israel Rivera, City Councilor
- Cherelyn Roberts, Nurse Navigation
- Navae Rodriguez, Holyoke Council on Aging
- Nayroby Rosa Soriano, OneHolyoke CDC
- Justine Saab, Holyoke Housing Authority
- Anthony Soto, Holyoke Public Schools Superintendent
- Tameka Torres, HMC ED Nurse Navigation Team
- John Velis, State Senator
- Aaron Vega, Director of Planning and Economic Development City of Holyoke
- Community Benefits Advisory Committee, Salvation Army, OneHolyoke CDC, Sheriff's Department, HMC Behavioral Health, Holyoke Boys and Girls Club, Patient and Family Engagement Committee Member, Holyoke Health Center, Nurse Navigators, River Valley Counseling Center

Holyoke Medical Center was part of a larger group of Western Massachusetts Hospitals that met since the last CHNA and all asked the same questions in the various communities they serve. This collaboration and consistency allows data to be shared and analyzed between the other Western Massachusetts hospitals so that solutions can be worked on regionally through the Community Health Improvement Plan (CHIP).

## 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. Concentrate on the greatest level of community concerns and most consistent with the organization's strengths

### Questions asked:

The interviews and data gathering started in September of 2021. Stakeholder and community meetings were set up throughout the various communities HMC serves. People were asked the following questions: *What were the biggest health challenges they or their family and friends face? What resources did they have to deal with those challenges? Who were the most vulnerable people in their community?*

They were shown the 2019 Community health needs that were identified and asked: were these needs still relevant, would they add or delete anything on the list? All those interviewed, felt that the 2019 health needs identified were still relevant.

## Community Health Needs Identified for 2019 which are still relevant for 2022

### 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

#### **Target Populations**

- Low income residents who lack access to healthcare
- Residents that lack transportation
- People who struggle with drug addiction/overdose challenges
- Older adults especially with language barriers
- Residents with chronic mental illness
- Children in our target area
- Homeless
- Veterans
- Spanish speaking families
- People who are overweight or obese
- Youth at Risk

#### **Survey:**

A lengthy survey in English and Spanish was disseminated throughout Holyoke Medical Center's primary service area and in-person opportunities were given to those that might have access difficulties with transportation or language barriers. HMC partnered with OneHolyoke CDC to interview area residents at their table inside Key Foods Grocery store and help people fill out the survey. A \$10 gift certificate for the grocery store was provided for completion of the survey. The

majority of residents were Spanish speakers and needed assistance with the computer and asked for it to be administered in Spanish.

HMC also partnered with the Holyoke Public Schools to incentivize families to fill out the survey both in English and Spanish.

The survey was quite comprehensive and had questions about health, social determinants of health, and what resources were lacking that would help people live healthier productive lives.

While Holyoke Medical Center's primary work is with health related issues, Holyoke Medical Center feels that social determinants of health factors like financial insecurity, job and food security, housing and homelessness play a major role in people's health and have put programming in place to help our patients address those barriers.

Overall, there were 467 people that filled out the survey from the various efforts.

## **Survey results:**

The electronic survey in English and Spanish was distributed in the community over a four month time period and distributed through social media channels, community organizations, community networks and at community spaces and events.

The survey results and the community interviews both echoed each other as far as what people felt were the top health issues to address. Here are some of the results.

Respondents were asked the multiple-choice question, "Choose the top five health-related concerns that you believe are the most common in the community where you live."

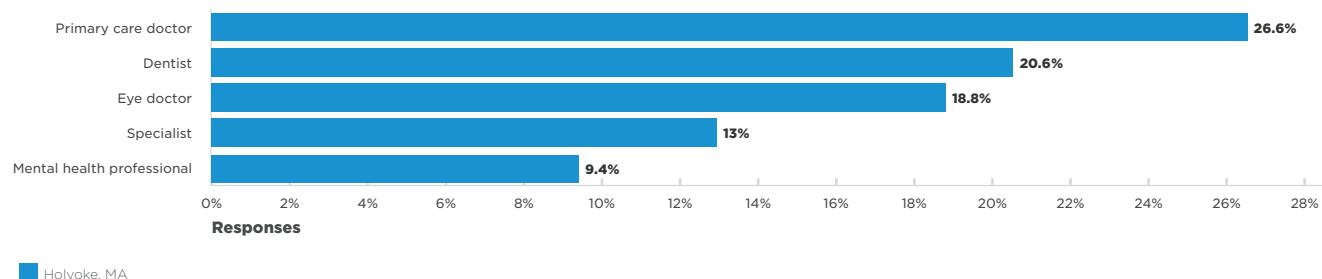
Mental health (and depression) was the most commonly reported concern. Four hundred and forty-seven people responded and of those responses 53.9% (241 people) felt *Mental Health was the #1 issue*. Although Mental health is not a new topic, it has increasingly risen as a prominent need over the years. Compounding the issues are lack of providers and long waiting lists which has become a problem nationally.

Low income and financial challenges were identified by 220 people that responded, or 49.2% of the respondents, felt it was the next most important issue. High cost of living, rental costs and general living expenses are challenging for people that are on a fixed income. There were also concerns for people that do not have access to healthcare. HMC offers help to anyone needing assistance in obtaining insurance or supplemental insurance for something that may not be covered by their regular insurance.

Affordable housing was the third most important issue identified by 195 people or 43.6% of the respondents. Housing costs can be expensive and there is not enough subsidized housing inventory even though Holyoke has a high percentage rate of affordable housing.

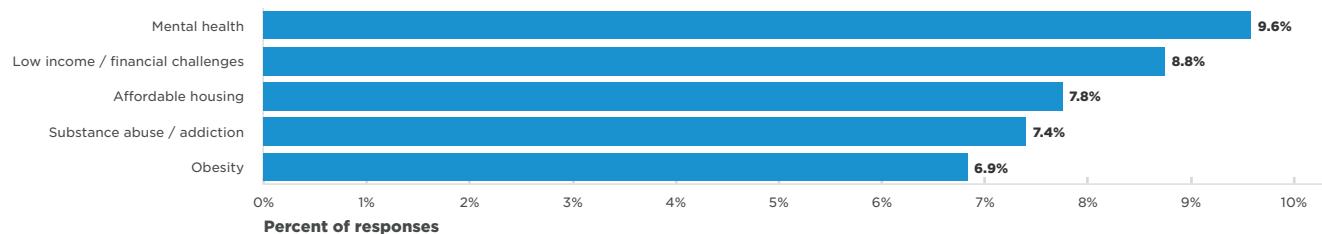
Substance use and addiction was the next health topic ranked in importance and the second health topic to address. One hundred and eighty-six people or 41.6% of the respondents felt substance use and addiction was most important. Substance use, including alcohol and drug use and abuse was exacerbated during the pandemic. During interviews with key stakeholders and community members, there were several topics under addiction that people felt should be addressed such as; Drug use and abuse heightened during the pandemic, overdose, Fentanyl misuse, increased alcohol use and stigma. Youth's excessive gaming during the pandemic was also brought into the forefront creating some challenges at home.

### **What kinds of health professionals do you visit regularly (for annual check-ups and screenings and whenever you need treatment for an illness)? Please select all that apply.**



Sources: CHNA Survey, Holyoke Medical Center, 2022

**Choose the top five health-related concerns that you believe are the most common in the community where you live.**



Holyoke, MA

Sources: CHNA Survey, Holyoke Medical Center, 2022

**Greatest strengths**

When interviewing community residents, we asked them to tell us what assets in the community help them stay healthy. Many said that our community-based organizations were the biggest asset for residents in need. Many times, those organizations can respond to emergency situations in the community quicker than most, and are trusted by community members.

People also stated that the parks and natural resources were key strengths in most communities and were helpful with exercise, mental health and just getting out in the fresh air.

Residents felt that this was important for their well-being especially after the pandemic.

**Priority Populations:**

In an effort to look at healthcare inequities during the interviews conducted, residents and stakeholders were asked to look at the priority populations listed from the 2019 Community Health Needs Assessment to see if they were still relevant. Every person interviewed stated that the 2019 list was complete but felt that the pandemic has made an even bigger divide for children and elders in the community.

The list from 2019 included: low income residents who lack access to healthcare, residents that lack transportation, people who struggle with drug-addiction/overdose challenges, older adults especially with language barriers, LGBTQIA+ residents, residents with chronic mental illness, children in our target area, homeless, veterans, Spanish speaking families, people who are overweight or obese, and youth at risk.

Everyone interviewed was asked who they would prioritize on this list and it was felt that older adults and children struggled the most through the pandemic and are continuing to have challenges. There have been increased incidents of trauma that we'll be dealing with for years to come.

The survey was also very clear that people are struggling with financial challenges, food insecurity and housing instability that have also increased since the pandemic. Transportation challenges do exist for some, particularly in the low-income and elderly populations.

**2022 Community Health Needs Assessment Findings:**

# Community Health Needs 2022

Holyoke Medical Center (HMC) conducted their 2022 Community Health Needs Assessment (CHNA) over the last year. HMC worked with other area hospitals to coordinate questions asked in order to better understand the health needs from a regional perspective. In-person meetings were held with over 130 area residents and community stakeholders, four Boards of Health, as well as local and state representatives. Nearly 500 community members completed an extensive online survey, which was available in both English and Spanish. The results are below and will be used to create the hospital's 2023-2025 Implementation Strategy.

## Mental Health All Ages:

- ✓ Long waiting lists and lack of providers
- ✓ Social isolation
- ✓ Anxiety
- ✓ Depression
- ✓ Suicide
- ✓ Social emotional support
- ✓ Gambling and gaming
- ✓ Gastroenterology issues caused by anxiety
- ✓ Levels of trauma during COVID-19
- ✓ Stigma
- ✓ How to access the right provider

## Housing/Homelessness:

- ✓ Hoarding as a mental health issue
- ✓ Homelessness
- ✓ Code issues from a Chronic Illness perspective

## Mental Health and Children:

- ✓ Anger
- ✓ Anxiety
- ✓ Depression
- ✓ Excessive gaming
- ✓ Tantrums showing anger more frequently
- ✓ Trauma
- ✓ Social isolation
- ✓ Education for parents around mental health, education for schools around mental health
- ✓ Emotional resources beyond the school day

## Chronic Illness:

- ✓ Diabetes
- ✓ Heart
- ✓ Asthma
- ✓ Weight issues especially in children since the pandemic

## Substance Use Disorder:

- ✓ Drug use and other substances heightened during the pandemic
- ✓ Overdose
- ✓ Fentanyl misuse
- ✓ Increased alcohol use
- ✓ Stigma

## Food Security:

- ✓ Most communities have residents in need of food
- ✓ HIP/SNAP benefits underutilized
- ✓ Food shortages during COVID-19
- ✓ Poor diet
- ✓ Access to nutritious food

## Vulnerable populations to concentrate on in the next 3 years:

- ✓ Youth
- ✓ Seniors

The complete CHNA findings will be available in October 2022 at [HolyokeHealth.com/chna](http://HolyokeHealth.com/chna).

For questions or comments, please contact HMC Community Benefits Director,  
Lisa Schechterle, at [Schechterle\\_Wray\\_Lisa@holyokehealth.com](mailto:Schechterle_Wray_Lisa@holyokehealth.com).



# Holyoke Medical Center

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## Las necesidades de salud comunitaria 2022

Holyoke Medical Center (HMC) realizó su Evaluación de 2022 sobre las necesidades de salud comunitaria (CHNA) durante el último año. HMC trabajó con otros hospitales del área para coordinar las preguntas formuladas a fin de comprender mejor las necesidades de salud desde una perspectiva regional. Realizamos reuniones en persona con más de 130 residentes del área y partes interesadas de la comunidad, cuatro Juntas de Salud, así como representantes locales y estatales. Casi 500 miembros de la comunidad completaron una extensa encuesta en línea, que estaba disponible en inglés y español. Los resultados se encuentran a continuación y se utilizarán para crear la estrategia de implementación 2023-2025 del hospital.

### Salud mental todas las edades:

- ✓ Enormes listas de espera y falta de proveedores
- ✓ Aislamiento social
- ✓ Ansiedad
- ✓ Depresión
- ✓ Suicidio
- ✓ Apoyo socioemocional
- ✓ Apuestas y juegos
- ✓ Problemas gastrointestinales causado por la ansiedad
- ✓ Niveles de trauma durante Covid-19
- ✓ Estigma
- ✓ Cómo acceder al proveedor adecuado

### Vivienda/Sin hogar:

- ✓ El acaparramiento como problema de salud mental
- ✓ Personas sin hogar
- ✓ Problemática de código desde la perspectiva de una enfermedad crónica

### Salud mental y niños:

- ✓ Enojo
- ✓ Ansiedad
- ✓ Depresión
- ✓ Juegos excesivos
- ✓ Tienen rabietas mostrando enojo con más frecuencia
- ✓ Trauma
- ✓ Aislamiento social
- ✓ Educación para padres sobre salud mental, educación para escuelas sobre salud mental
- ✓ Recursos emocionales más allá del día escolar

### Enfermedad crónica:

- ✓ Diabetes
- ✓ Corazón
- ✓ Asma
- ✓ Problemas de peso, especialmente en los niños desde la pandemia

### Substance Use Disorder:

- ✓ Aumento del consumo de drogas y otras sustancias durante la pandemia
- ✓ Sobredosis
- ✓ Abuso de fentanilo
- ✓ Mayor consumo de alcohol
- ✓ Estigma

### Seguridad alimentaria:

- ✓ La mayoría de los residentes de las comunidades necesitan alimentos
- ✓ Beneficios de HIP/SNAP infrutilizados
- ✓ Escasez de alimentos durante covid-19
- ✓ Dieta pobre
- ✓ Acceso a alimentos nutritivos

### Poblaciones vulnerables en las que concentrarse en los próximos 3 años:

- ✓ Juventud
- ✓ Personas mayores

Los hallazgos completos de CHNA estarán disponibles en octubre de 2022 en [HolyokeHealth.com/chna](http://HolyokeHealth.com/chna).

Si tiene preguntas o comentarios, comuníquese con la Directora de Beneficios Comunitarios de HMC, Lisa Schechterle, por: [Schechterle\\_Wray\\_Lisa@holyokehealth.com](mailto:Schechterle_Wray_Lisa@holyokehealth.com).



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### 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.



Holyoke  
Medical Center

# 2022 Community Health Needs Assessment

## 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](#)

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# 2022 Community Health Needs Assessment

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**  
**\$42,537**

USD

Holyoke, MA

**\$84,385**

USD

Massachusetts

 **People Living in Poverty**  
**28%**

of population

Holyoke, MA

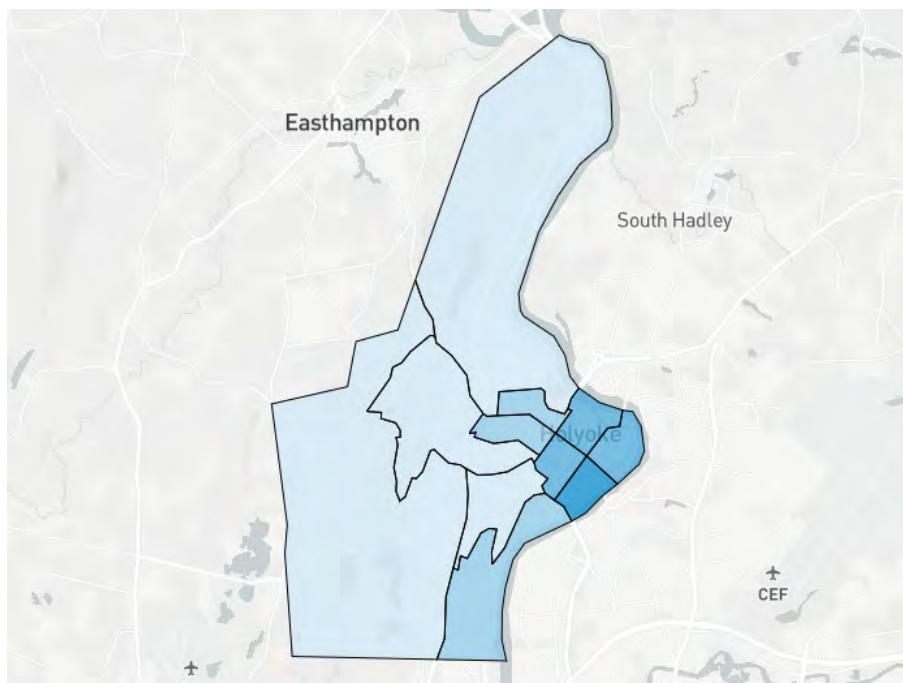
**10%**

of population

Massachusetts

Sources: US Census Bureau ACS 5-year 2016-2020

## Percent of Population Living Below Poverty



### People Below Poverty Level

2%	- <27%
27%	- <45%
45%	- <66%
66%	

Sources: US Census ACS 5-year

# Poverty by Race/ Ethnicity



**28%**  
of population

## People Living in Poverty

Holyoke, MA

Sources: US Census Bureau ACS 5-year 2016-2020

### People Living in Poverty by Race/ Ethnicity

#### Holyoke, MA

American Indian	<b>32%</b> of American Indian Population
Asian	<b>2%</b> of Asian Population
Black	<b>42%</b> of Black Population
Hawaiian/Pacific Islander	<b>No data</b> of Hawaiian/Pacific Islander Population
Hispanic or Latino	<b>41%</b> of Hispanic or Latino Population
Some Other Race	<b>40%</b> of Some Other Race Population
Two or More Races	<b>36%</b> of Two or More Races Population
White (Not Hispanic or Latino)	<b>9%</b> of White (Not Hispanic or Latino) Population

Sources: US Census Bureau ACS 5-year 2016-2020

# Income by Race/ Ethnicity

**\$42,537**  
USD

## Median Household Income

Holyoke, MA

Sources: US Census Bureau ACS 5-year 2016-2020

### Median Household Income by Race/ Ethnicity

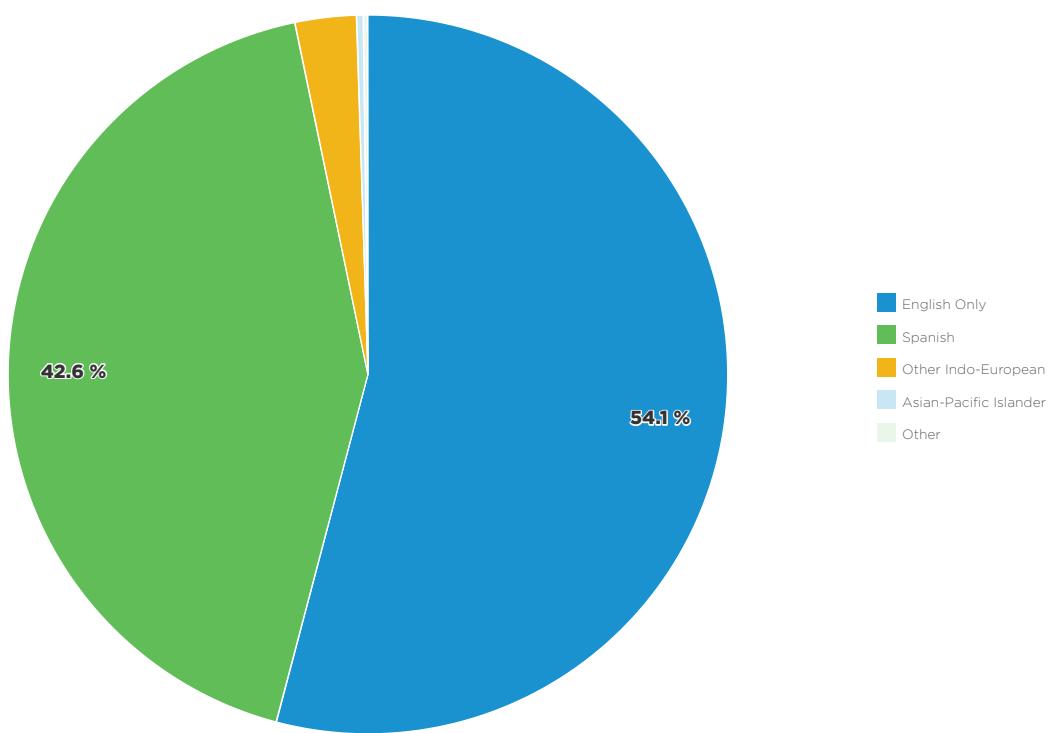
#### Holyoke, MA

	USD
American Indian	<b>\$23,276</b>
Asian	<b>\$56,982</b>
Black	<b>\$30,556</b>
Hispanic or Latino	<b>\$28,157</b>
Hawaiian/Pacific Islander	<b>No data</b>
Other Race	<b>\$30,972</b>
Two or More Races	<b>\$38,679</b>
White (Not Hispanic or Latino)	<b>\$63,125</b>

Sources: US Census Bureau ACS 5-year 2016-2020

# Poverty by Language Spoken

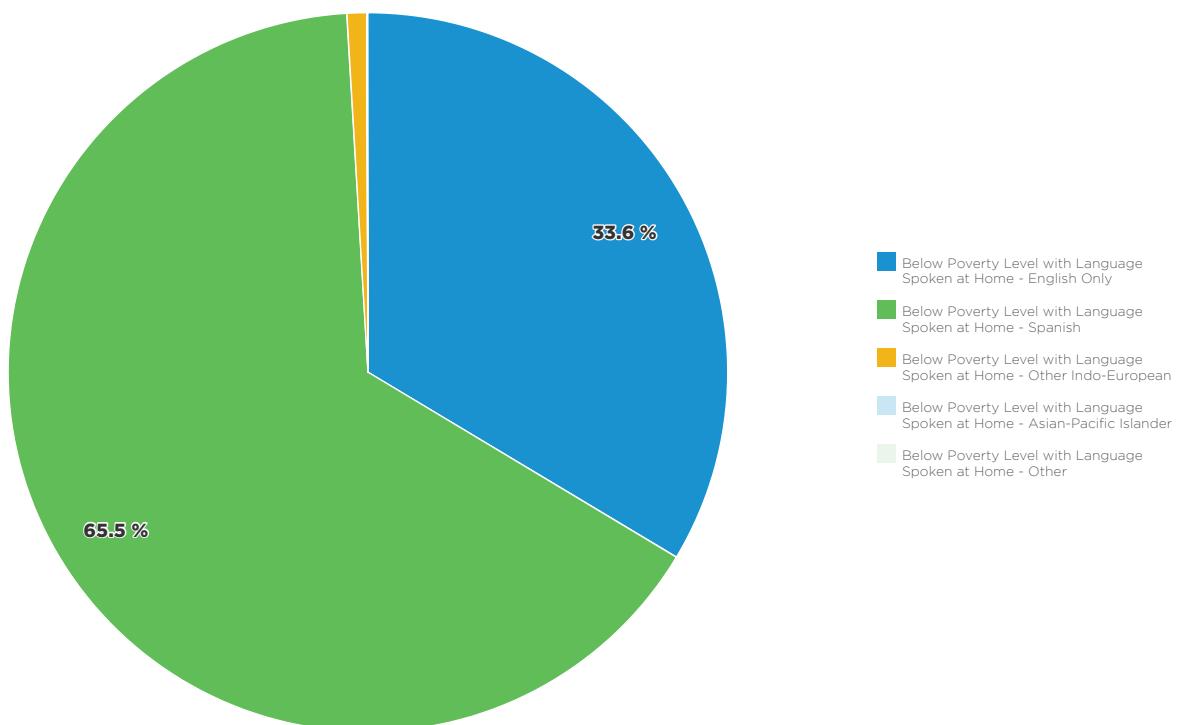
Language Spoken at Home by Total Population



Holyoke, MA

Sources: US Census Bureau ACS 5-year 2016-2020

Language Spoken at Home by People Living in Poverty

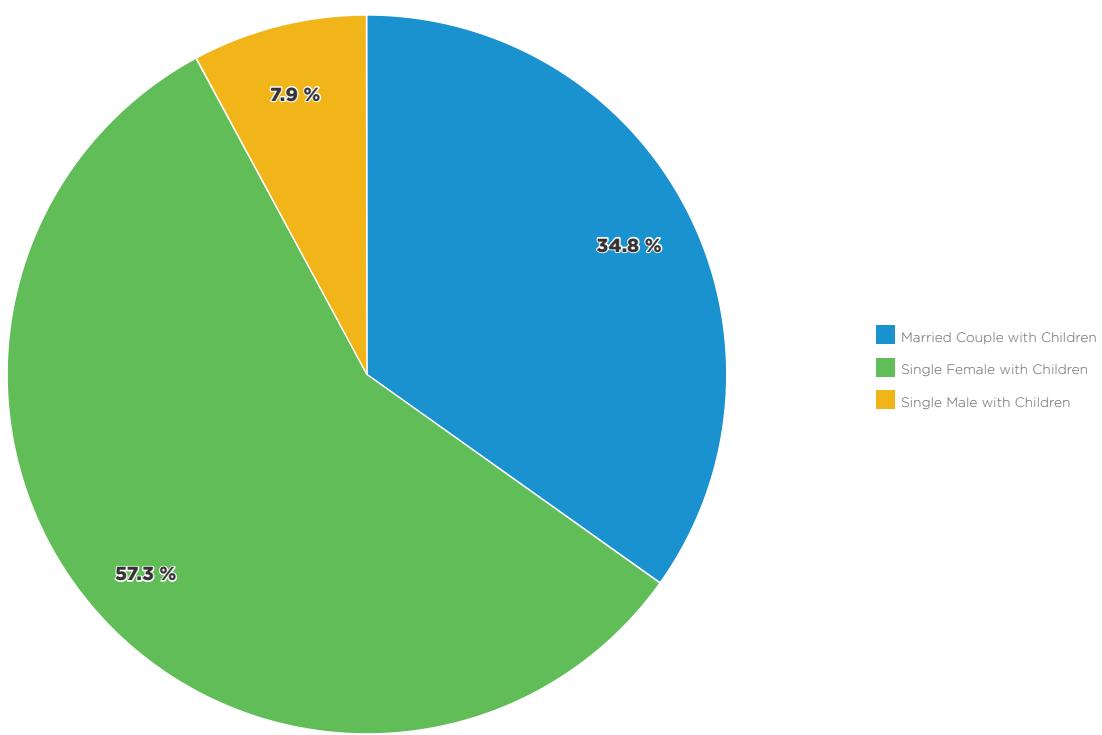


Holyoke, MA

Sources: US Census Bureau ACS 5-year 2016-2020

# Poverty by Family Type

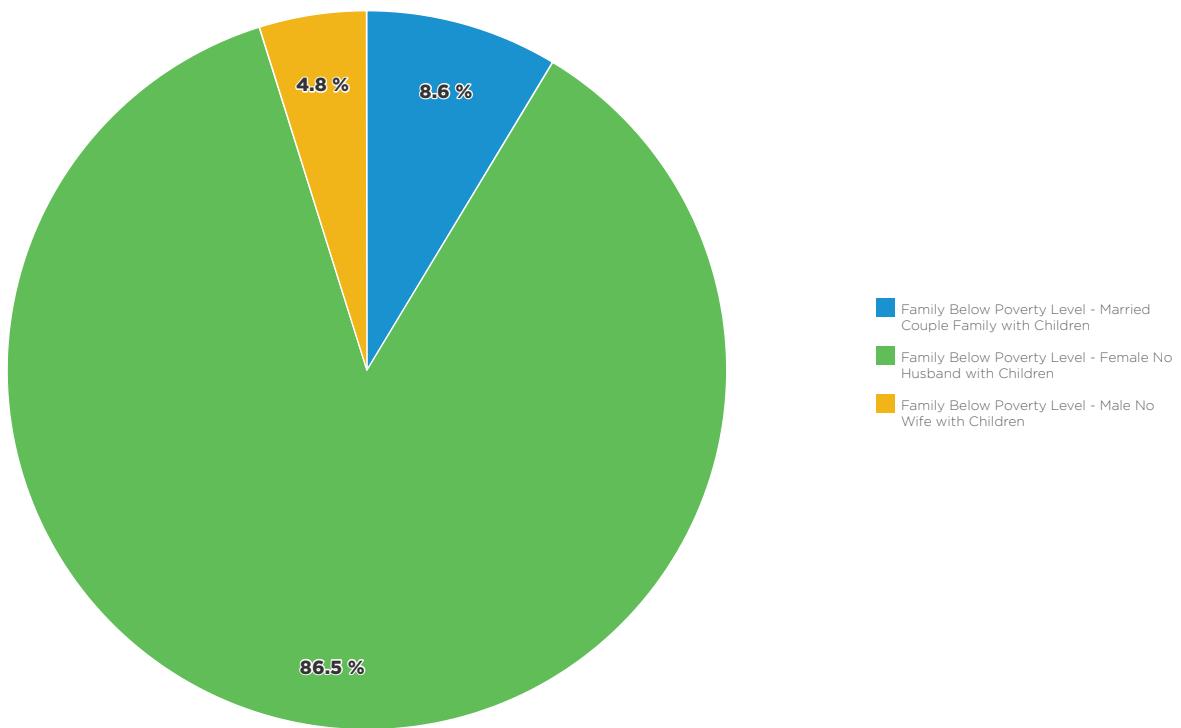
## All Families with Children



Holyoke, MA

Sources: US Census Bureau ACS 5-year 2016-2020

## Families with Children Living in Poverty

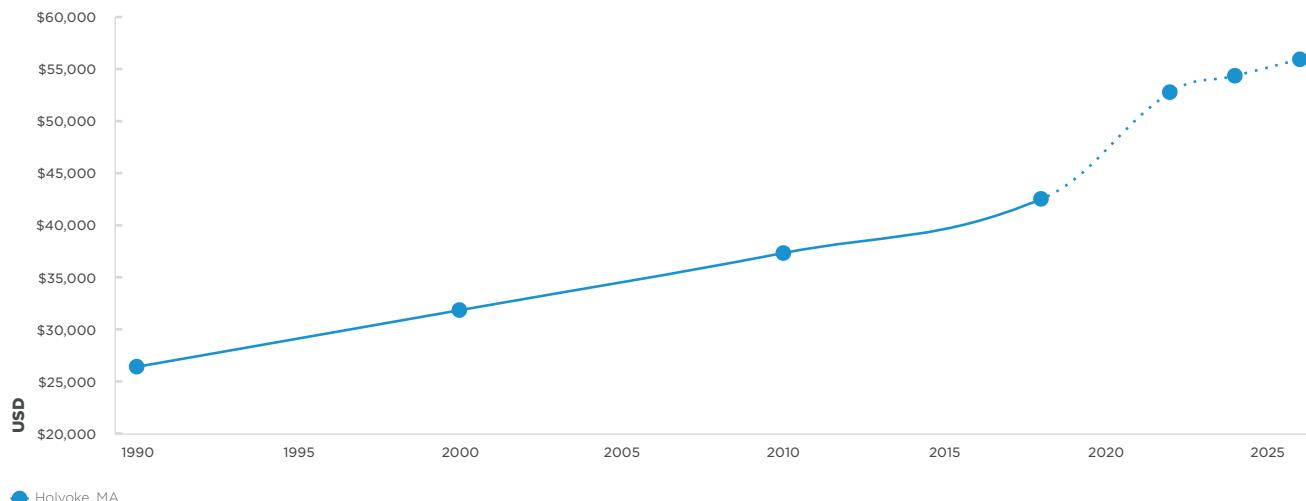


Holyoke, MA

Sources: US Census Bureau ACS 5-year 2016-2020

# Household Income Over Time

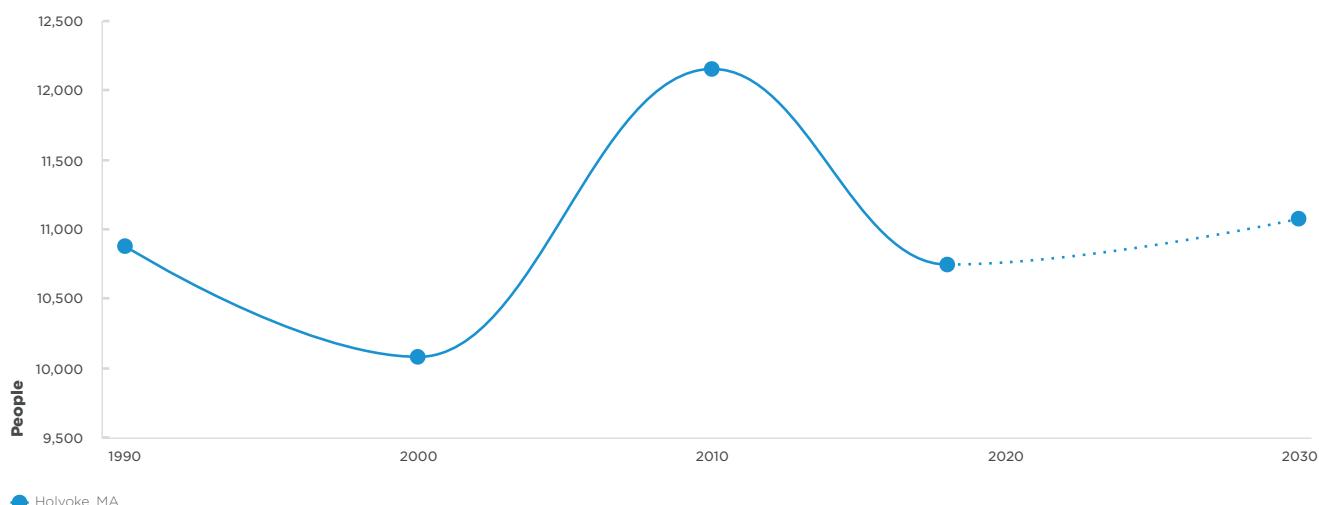
## Median Household Income



*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

 **1,209**  
Employed people  
**Employees Living in Poverty**  
Holyoke, MA

Sources: US Census Bureau ACS 5-year 2016-2020

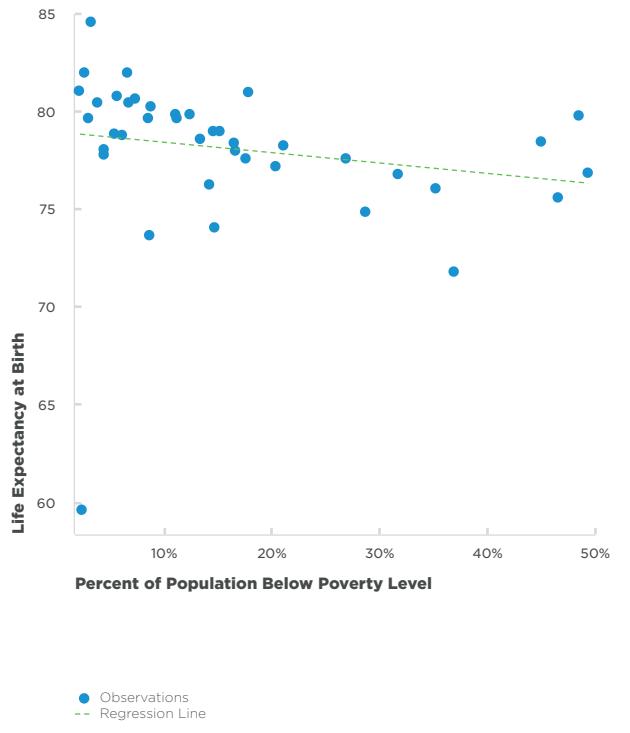
 **3,314**  
People age 3+ enrolled in school  
**Students Living in Poverty**  
Holyoke, MA

# 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



There is not enough evidence to conclude that there is a significant relationship between these variables at the  $95\%$  confidence interval  
Sources: CDC NCHS USALEEP 2010-2015; US Census Bureau ACS 5-year 2016-2020

As Percent of Population Below Poverty Level increases, Life Expectancy at Birth tends to decrease.

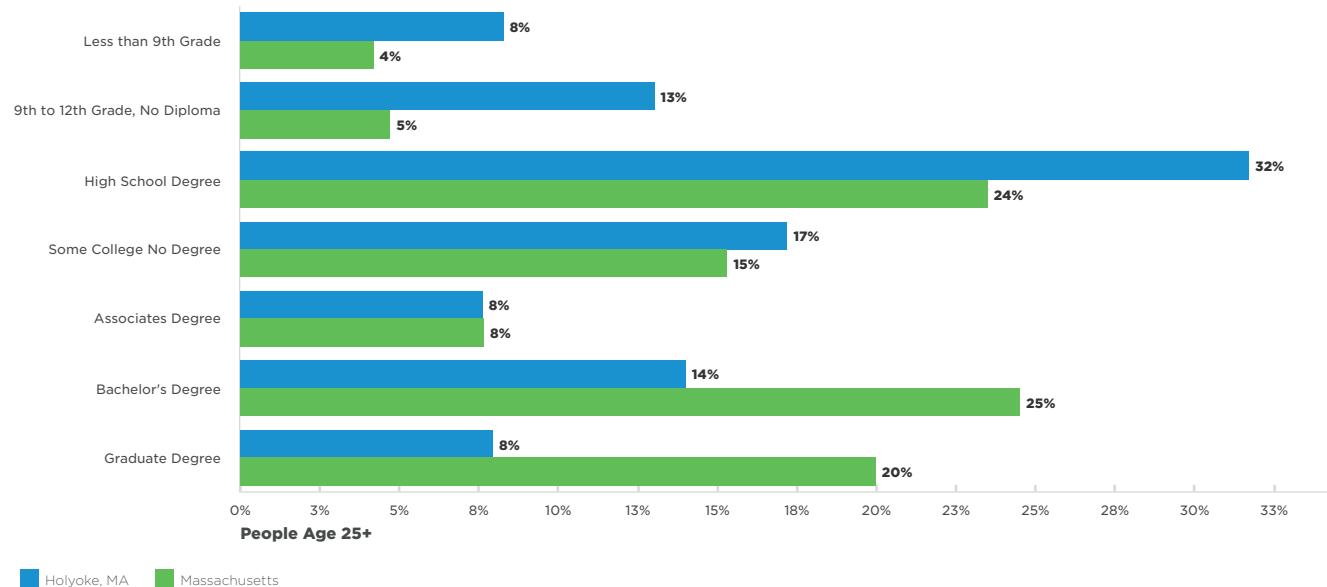
There is a weak relationship between these two variables.

## 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

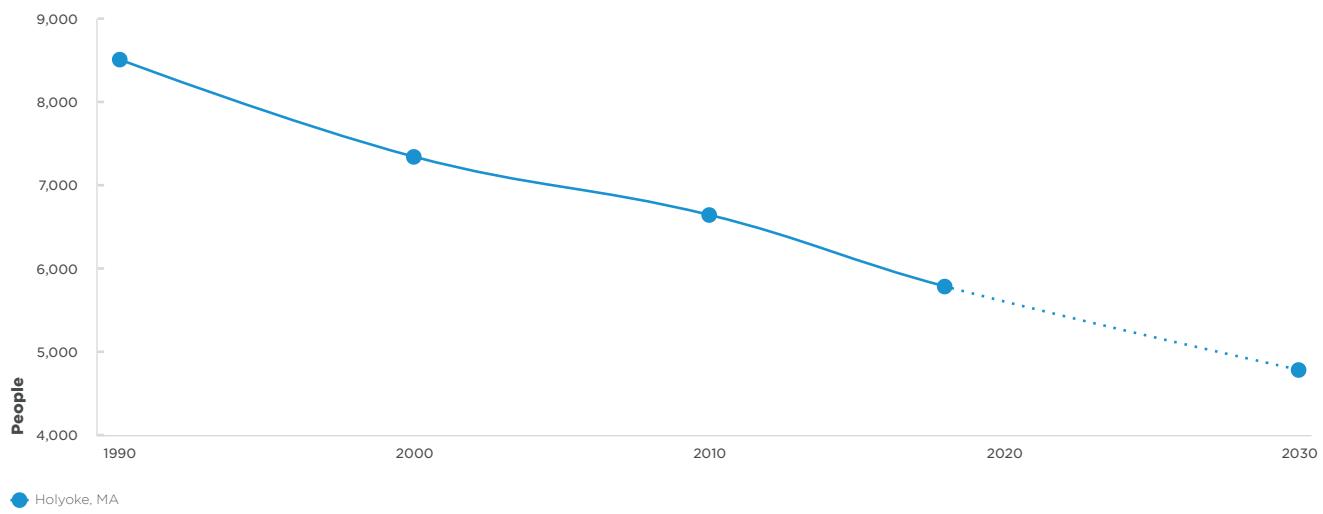
## Highest level of education completed



Sources: US Census Bureau ACS 5-year 2016-2020

## Adults without High School Diploma Over Time

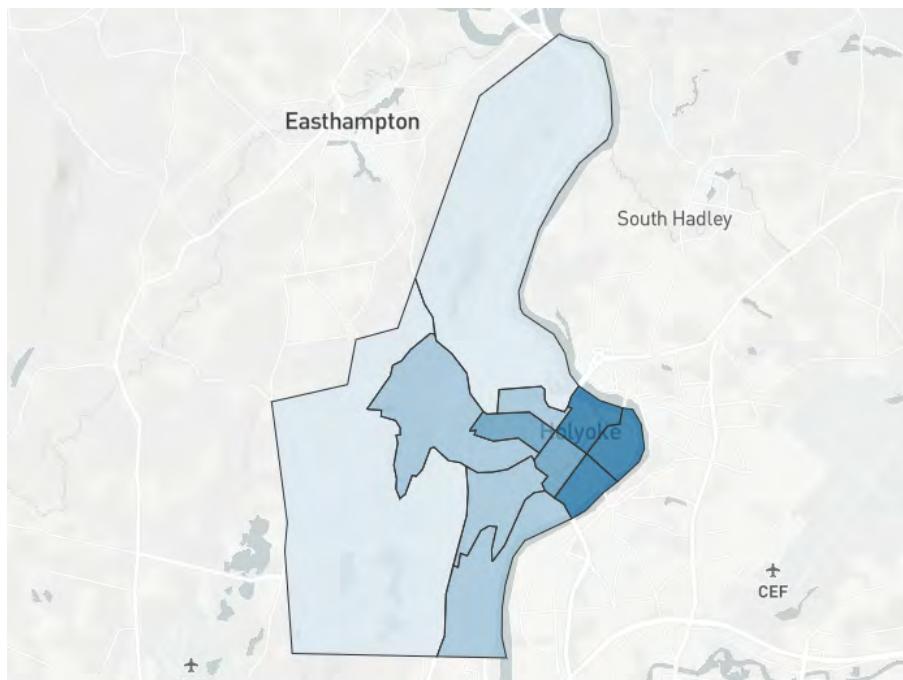
### Population Age 25+ Without High School Diploma or Equivalent



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

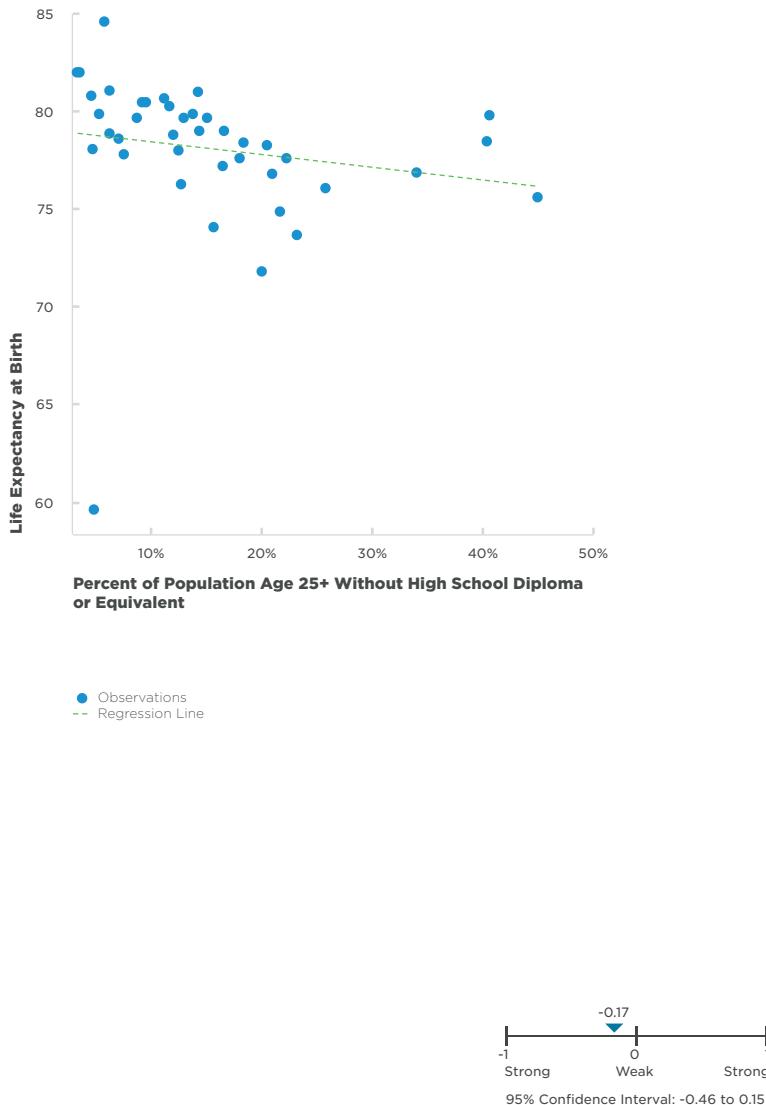
- 6% - <16%
- 16% - <26%
- 26% - <40%
- 40% - 45%

Source: US Census ACS 5-year

# Life Expectancy vs. Adults without High School Diploma

Each dot represents a neighborhood in our community:

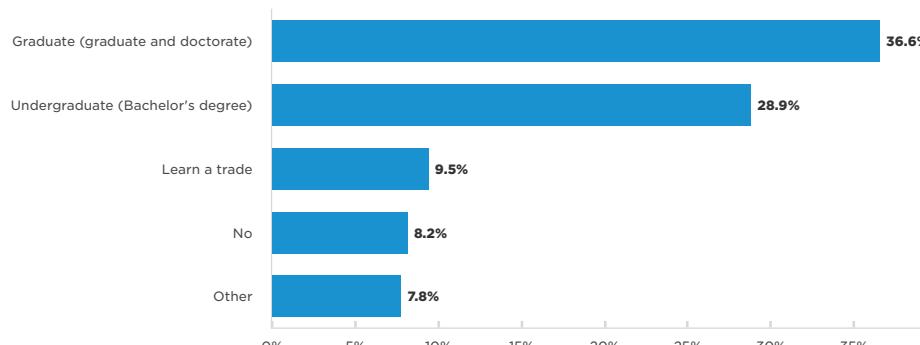
Areas with a high proportion of adults without high school diplomas are more likely to have shorter life expectancy.



There is not enough evidence to conclude that there is a significant relationship between these variables at the 95% confidence interval  
Sources: CDC NCHS USALEEP 2010-2015; US Census Bureau ACS 5-year 2016-2020

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.

**Do you have a strong interest in pursuing your education and if so what level?**



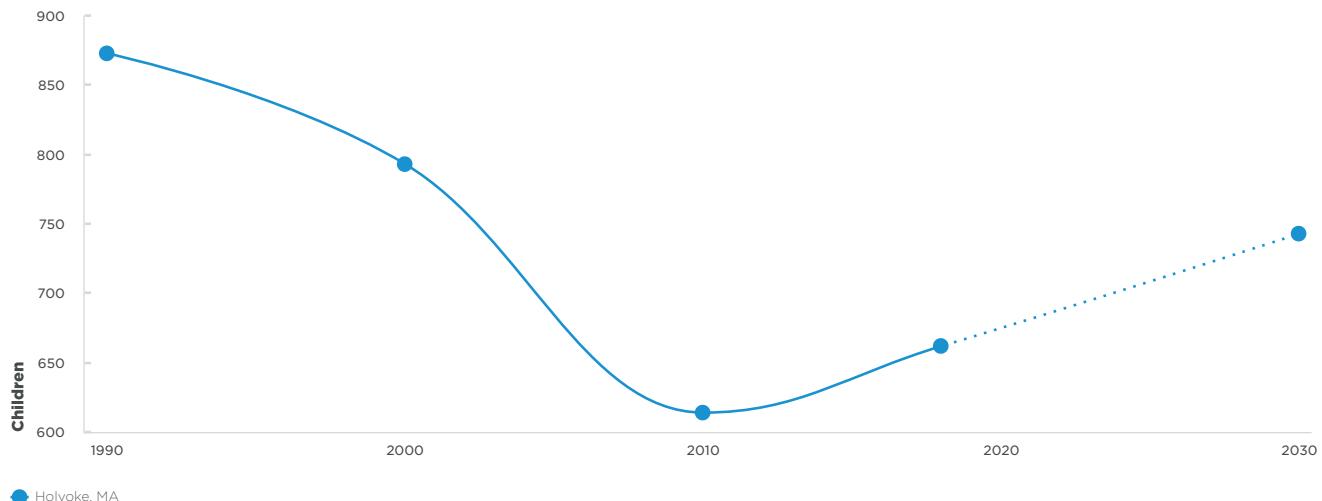
Sources: CHNA Survey, Holyoke Medical Center, 2022

## 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	662
Below Poverty Level and Enrolled in Nursery or Preschool	339
Population Age 3 to 4	1,080

Sources: US Census Bureau ACS 5-year 2016-2020

## 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

**7.1%**

Holyoke, MA

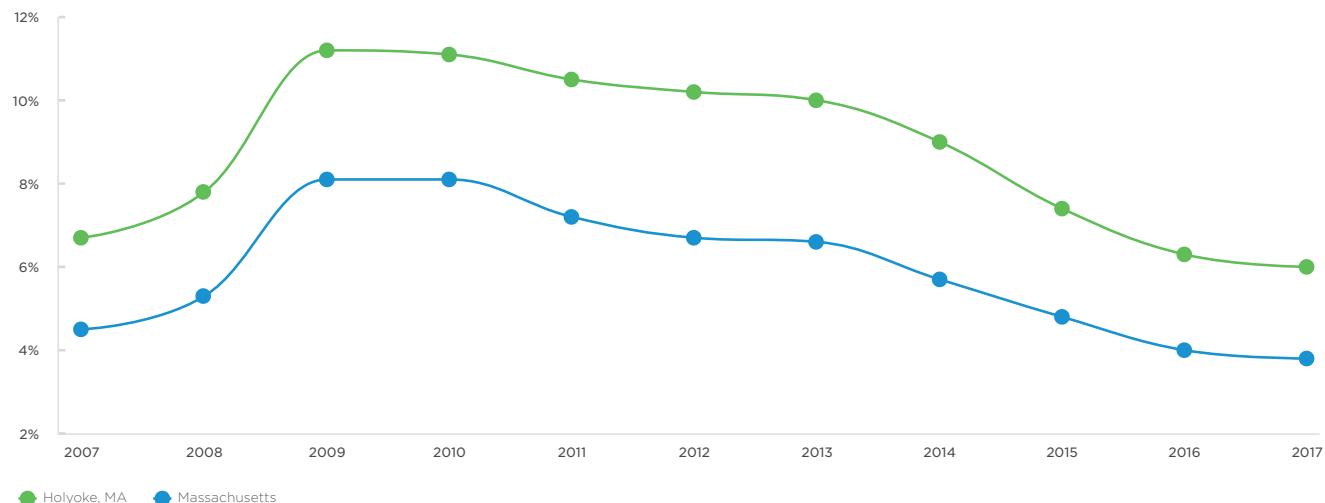
**5.1%**

Massachusetts

Sources: US Census Bureau ACS 5-year 2016-2020

# Unemployment Over Time

Annual Average Unemployment Rate



Sources: BLS LAUS

## 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

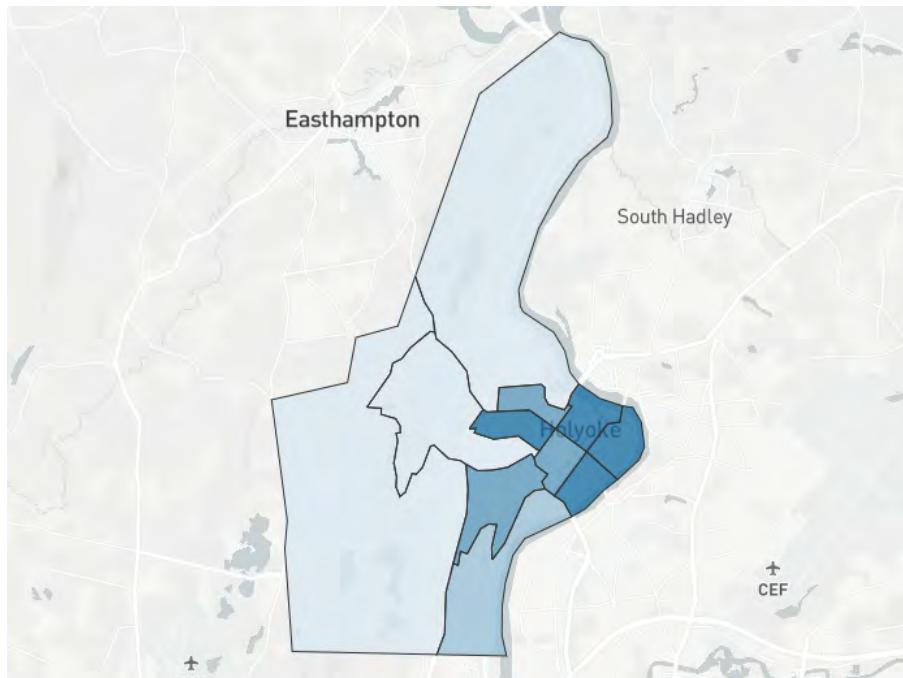
 **51%**  
of Rented Homes  
**Home Rent is 30%+ of Income**  
Holyoke, MA

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

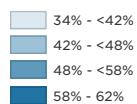
Sources: US Census Bureau ACS 5-year 2016-2020

# Excessive Rental Housing Costs

## Home Rental Costs: 30%+ of Income



### Renter Households with Excessive Costs



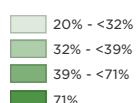
Source: US Census ACS 5-year

# Excessive Homeownership Costs

## Home Ownership Costs: 30%+ of Income

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

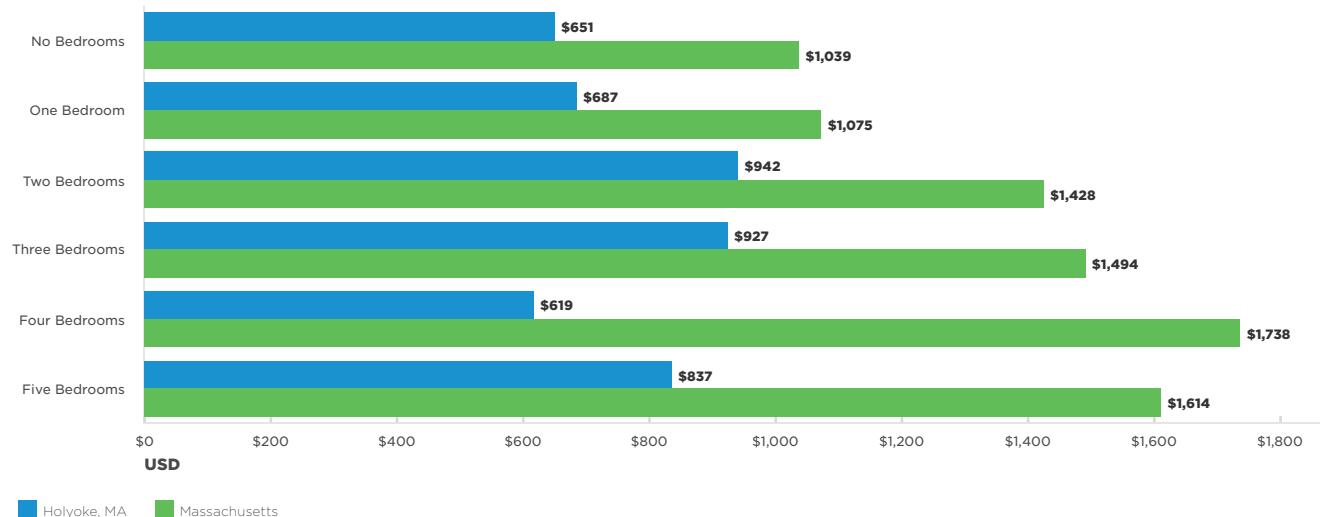
### Owner Households with Excessive Housing Costs



Source: US Census ACS 5-year

# Median Rent

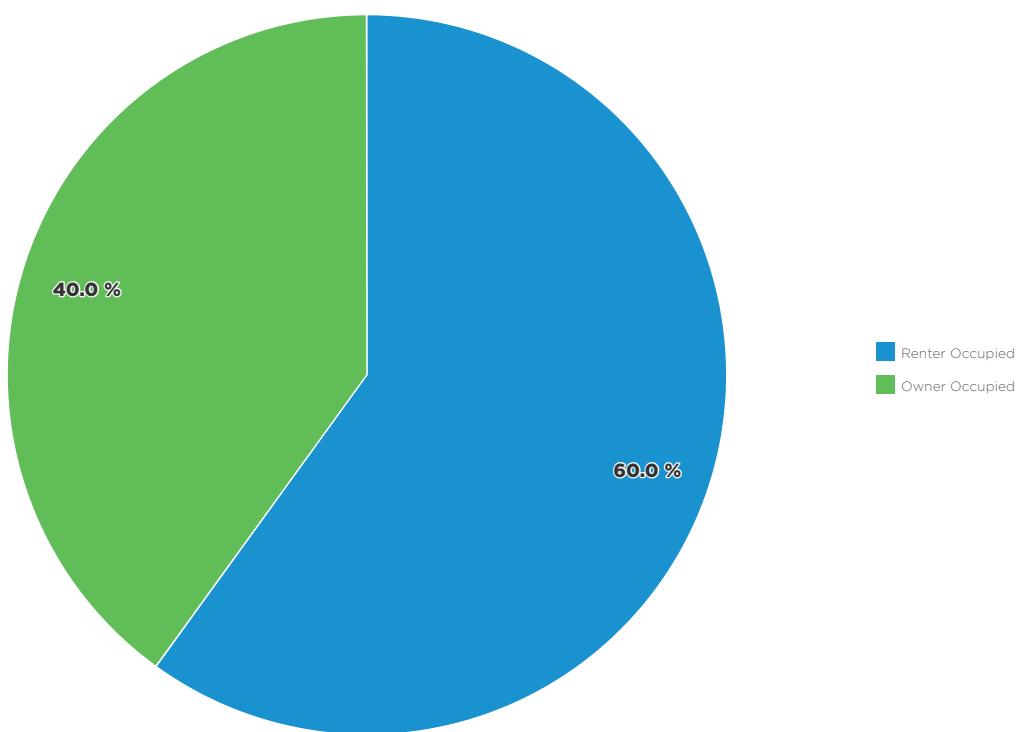
## Median Rent by Number of Bedrooms



Sources: US Census Bureau ACS 5-year 2016-2020

# Homeownership Rate

## Owner vs Renter Occupied



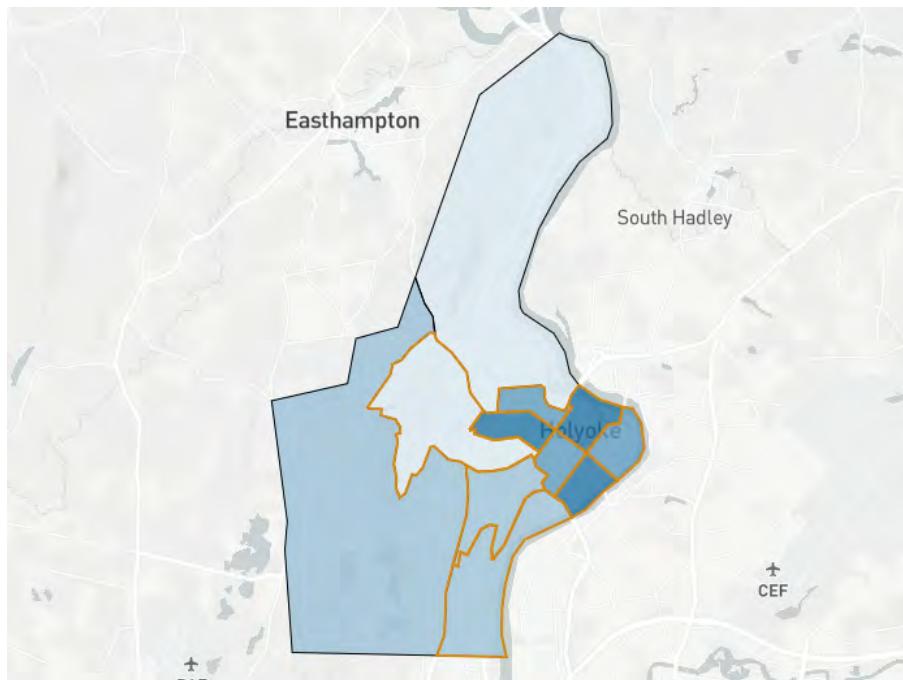
Holyoke, MA

Sources: US Census Bureau ACS 5-year 2016-2020

# Housing Cost & Race

Click on the map for more information.

## Excessive Rental Housing Costs and People of Color

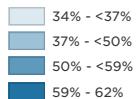


© Mapbox © OpenStreetMap

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

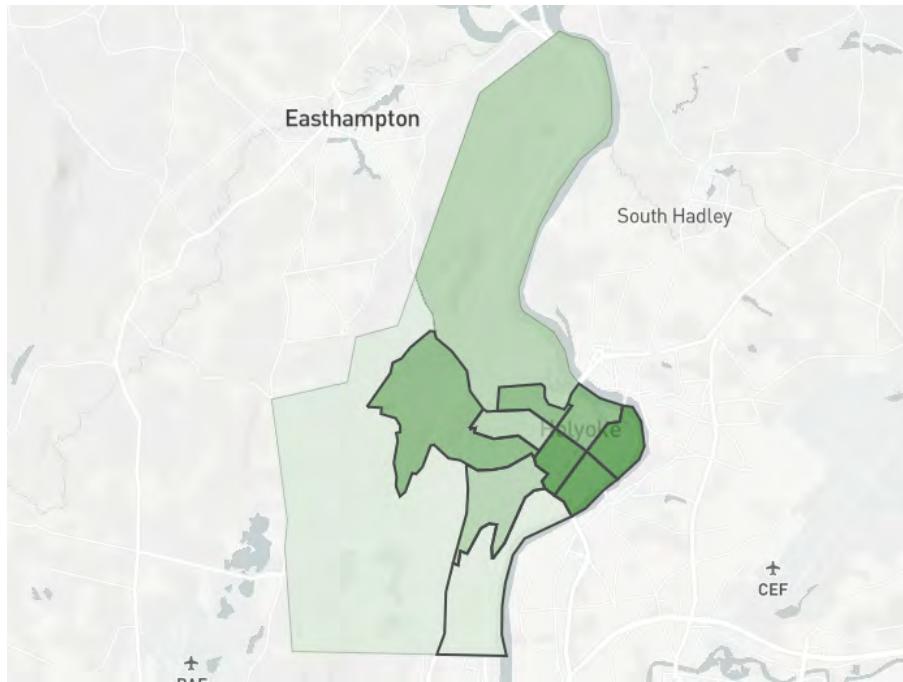


### Home Rent is 30%+ of Income



Source: US Census ACS 5-year

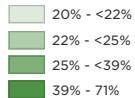
## Excessive Home Ownership Costs and People of Color



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



### Home Ownership Costs are 30%+ of Income



© Mapbox © OpenStreetMap

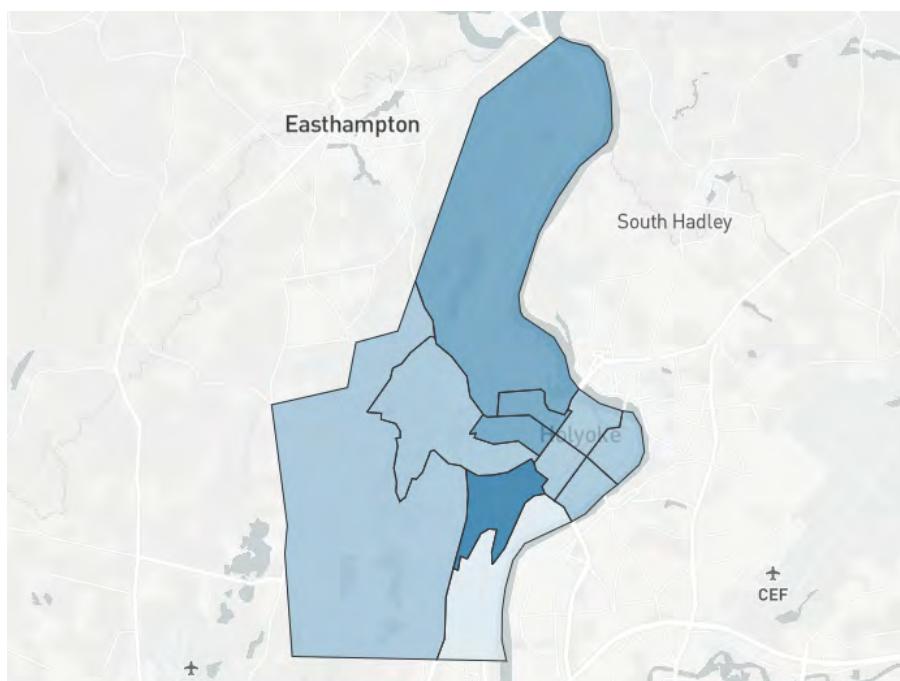
Source: US Census ACS 5-year

## 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



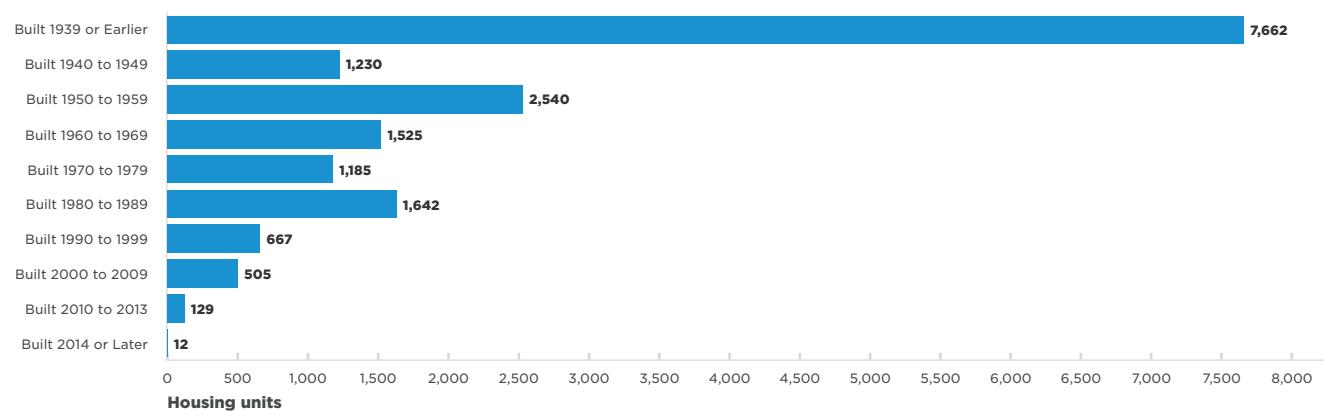
### Homes Built 1979 and Earlier - Potential for Lead Paint



US Census ACS 5-year

# Home Age

## Building Age of Housing Units



Holyoke, MA

Sources: US Census ACS 5-year

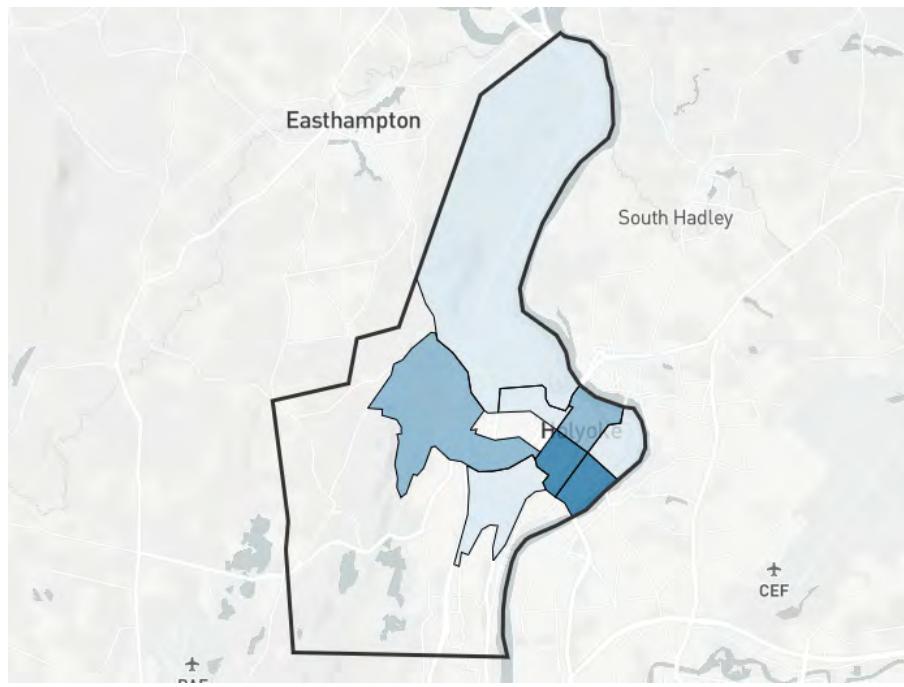
# Kitchen Facilities

 **536**  
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



© Mapbox © OpenStreetMap

 **Holyoke, MA**

#### Housing Units Without Complete Kitchen Facilities

- 0% - <4%
- 4% - <7%
- 7% - 11%

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

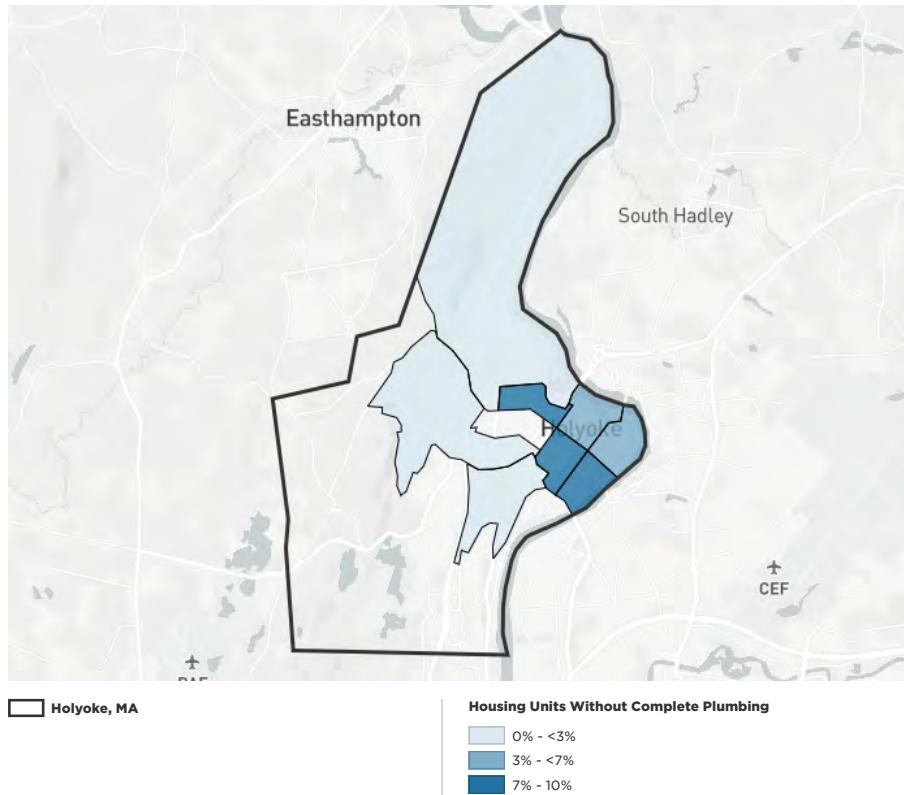
# Plumbing



## Without Complete Plumbing 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

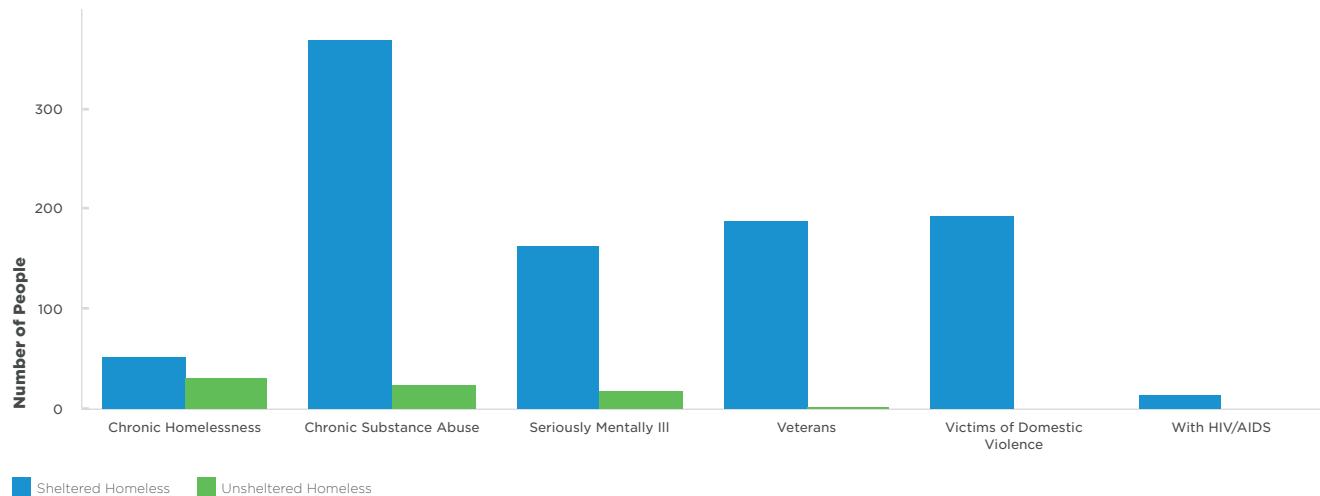
## Homeless Population

Holyoke/Franklin, Hampshire, Hampden Counties CoC

Source: HUD Continuum of Care Homeless Assistance Program Point-in-Time Count 2011

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, 2011

## 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

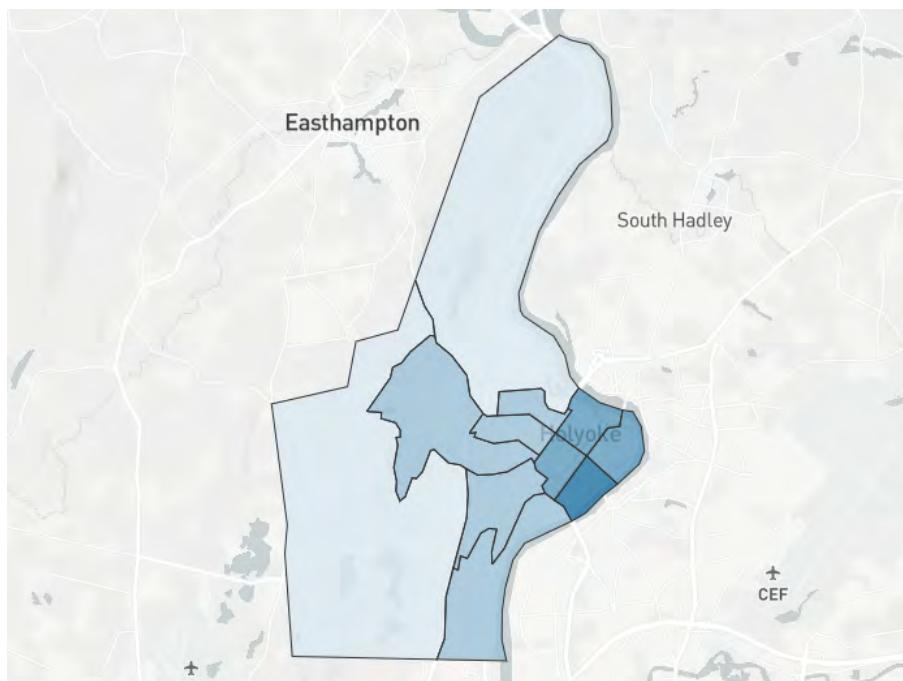
**12%**

of homes

Massachusetts

Sources: US Census ACS 5-year

## Zero Vehicle Households



[© Mapbox](#) [© OpenStreetMap](#)

### Homes without an available vehicle

	1% - <16%
	16% - <37%
	37% - <58%
	58%

Source: US Census ACS 5-year

# Walkability

 **13**  
on a 1-20 scale

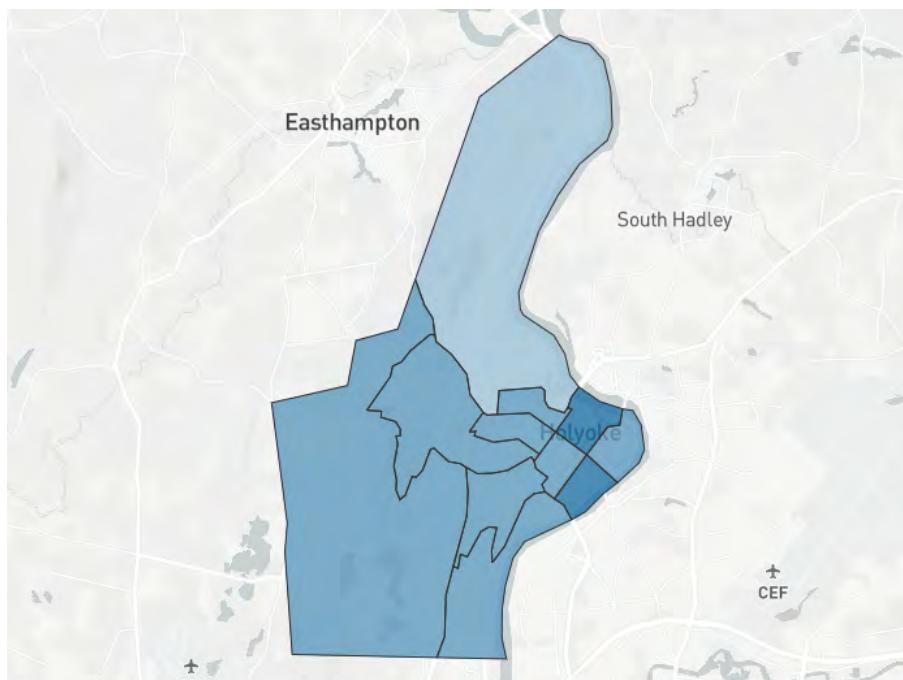
## Walkability Index

Holyoke, MA

Sources: EPA

Higher scores indicate higher walkability

### Walkability



[© Mapbox](#) [© OpenStreetMap](#)

#### Walkability Index on a 1-20 Scale

	0 - <5
	5 - <10
	10 - <15
	15 - 20

EPA

Higher scores indicate higher walkability.

# Transit



on a 1-20 scale

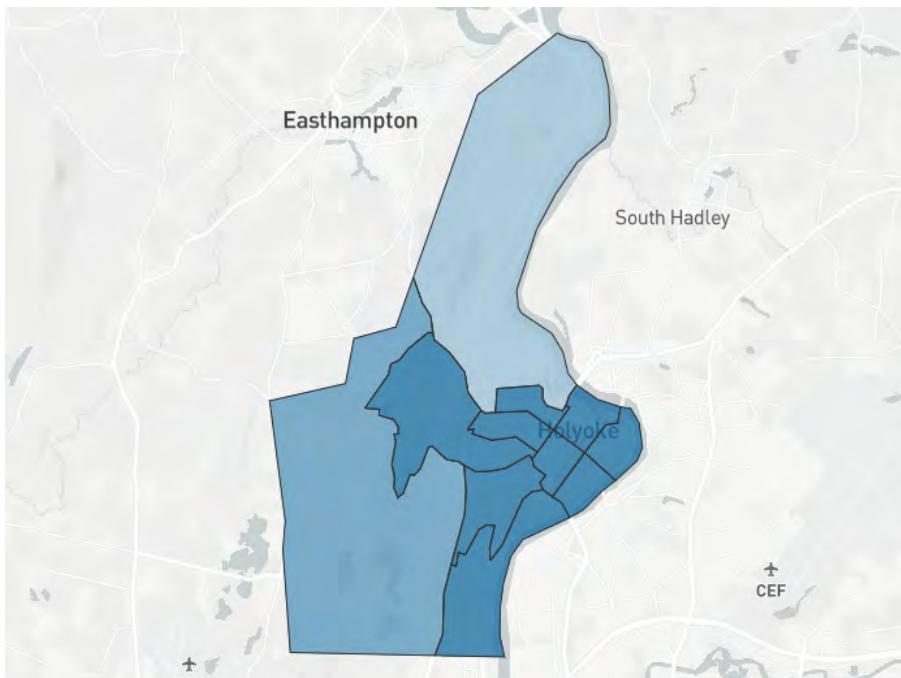
## Walkability Proximity to Transit Ranking

Holyoke, MA

Sources: EPA 2019

Higher scores indicate higher walkability to transit

### Access to Transit



© Mapbox © OpenStreetMap

#### Walkability Proximity to Transit Ranking on a 1-20 Scale

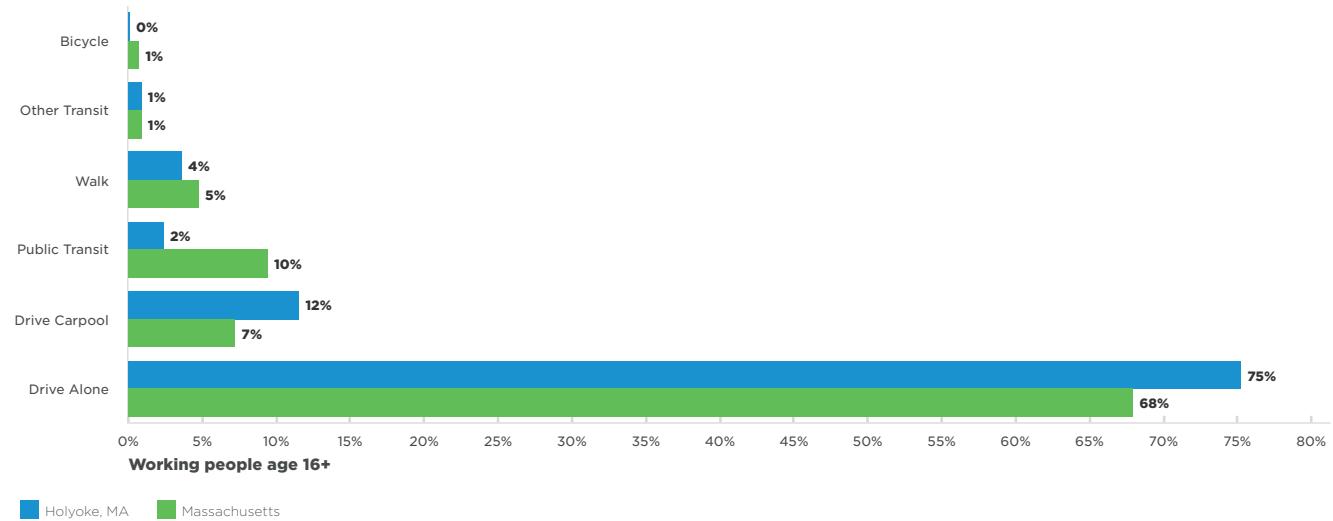
0 - <5
5 - <10
10 - <15
15 - 20

EPA 2019

Higher scores indicate higher walkability to transit

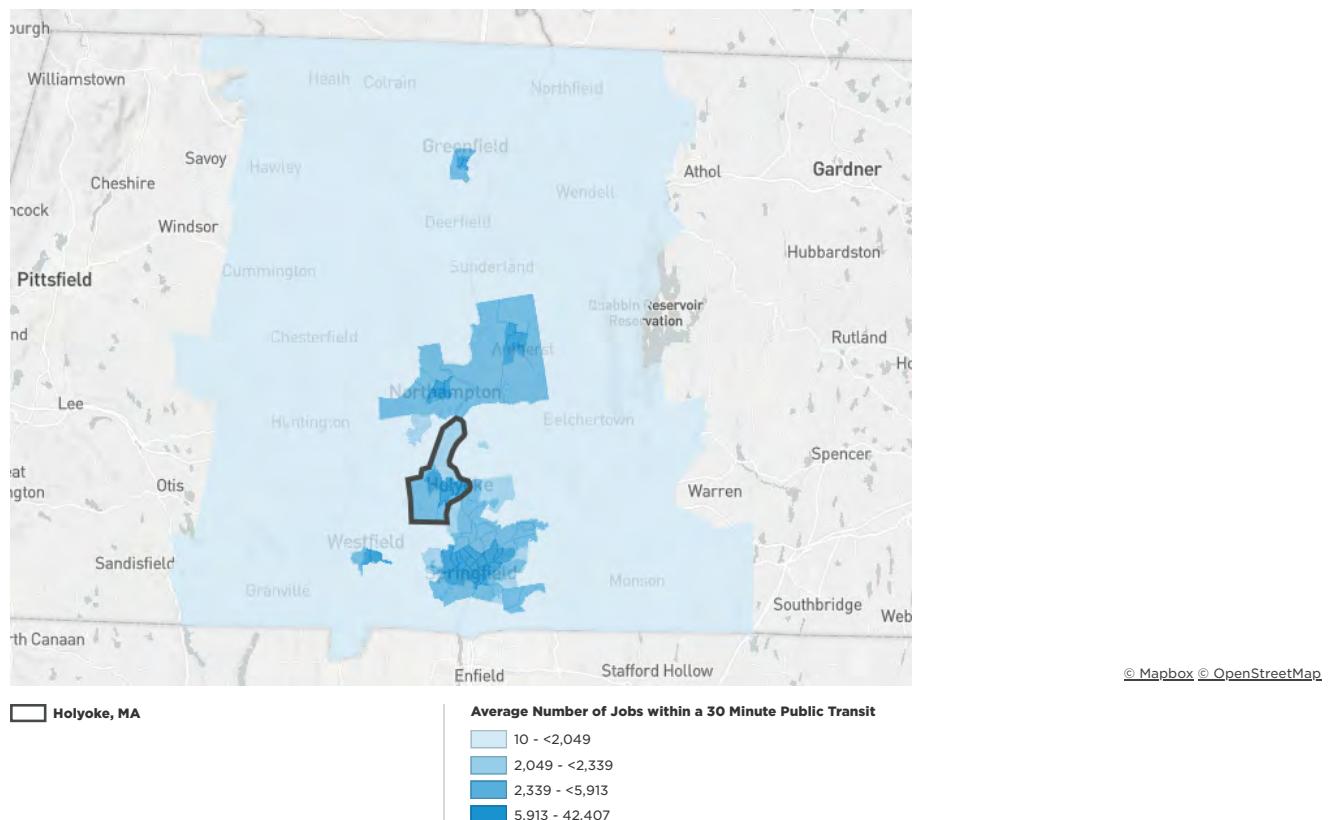
# Mode of Travel Feasibility

## How Working Adults Typically Travel to Work



Sources: US Census ACS 5-year

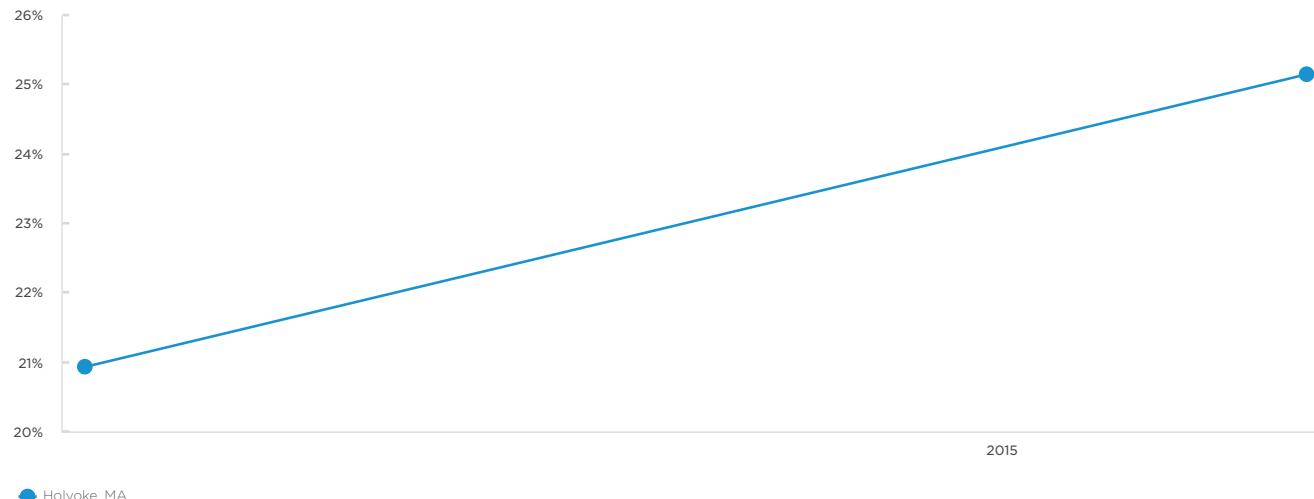
## Areas with feasible transit connections to destinations



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

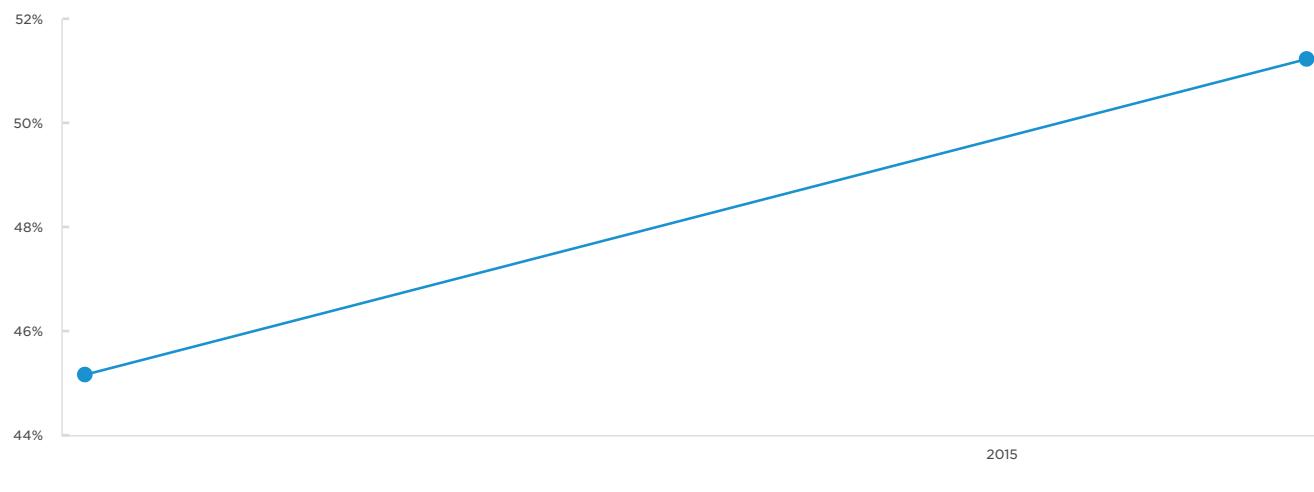
Percent of Income Spent on Transportation - Median Income Families



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

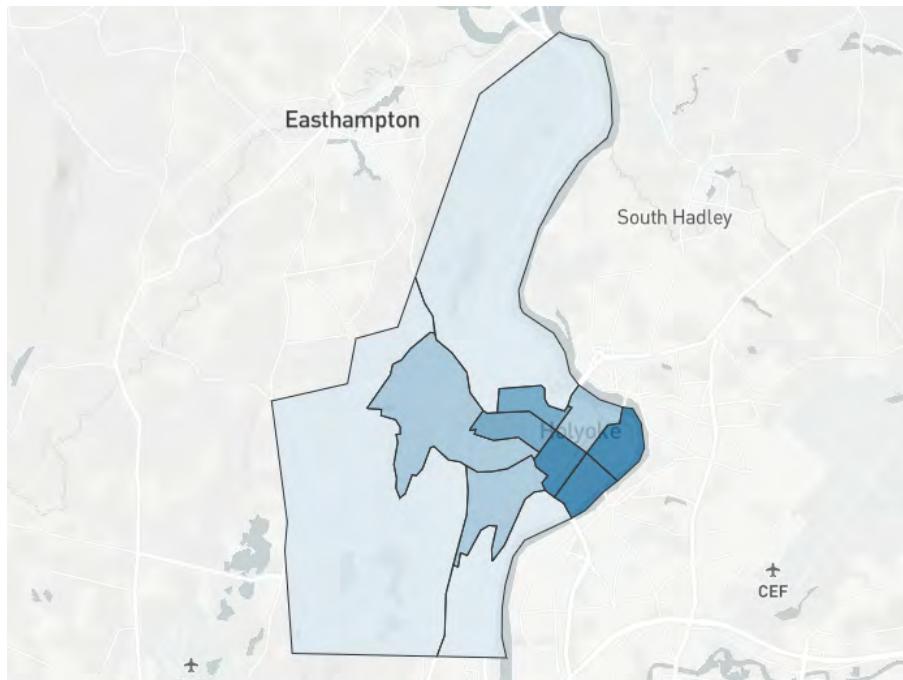
 **2,300**  
Families  
**Single Female with Children**  
Holyoke, MA

 **3%**  
of families  
**Single Male with Children**  
Holyoke, MA

 **316**  
Families  
**Single Male with Children**  
Holyoke, MA

Sources: US Census ACS 5-year

## Single Female Families



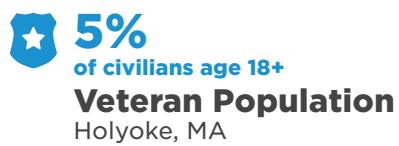
[© Mapbox](#) [© OpenStreetMap](#)

### Single Female with Children

	4% - <17%
	17% - <32%
	32% - <47%
	47% - 60%

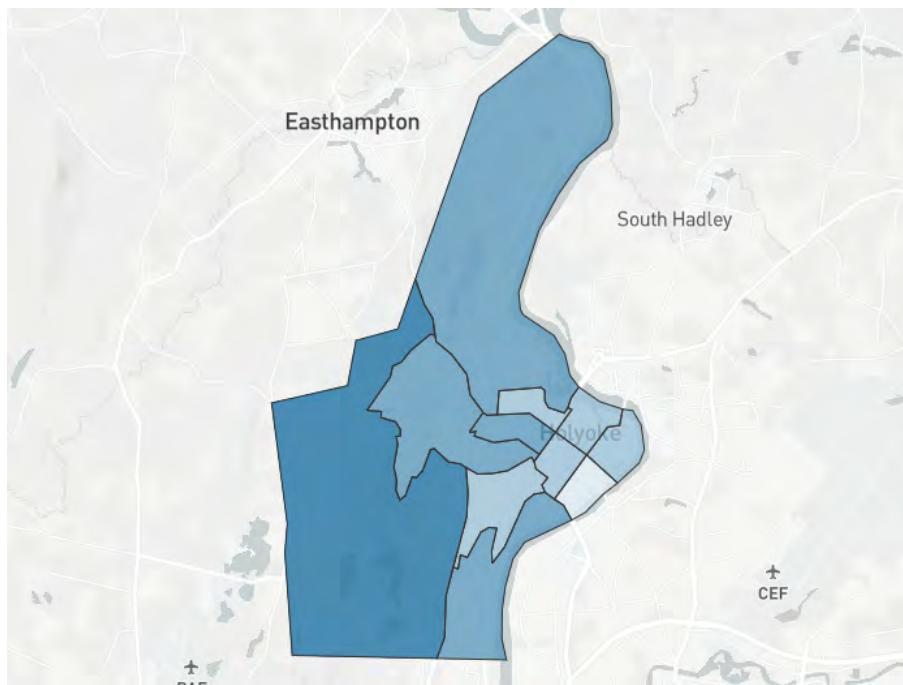
Source: US Census ACS 5-year

# Veterans



Sources: US Census ACS 5-year

## Veteran Population



### Veteran Population

	0% - <2%
	2% - <5%
	5% - <11%
	11%

Source: US Census ACS 5-year

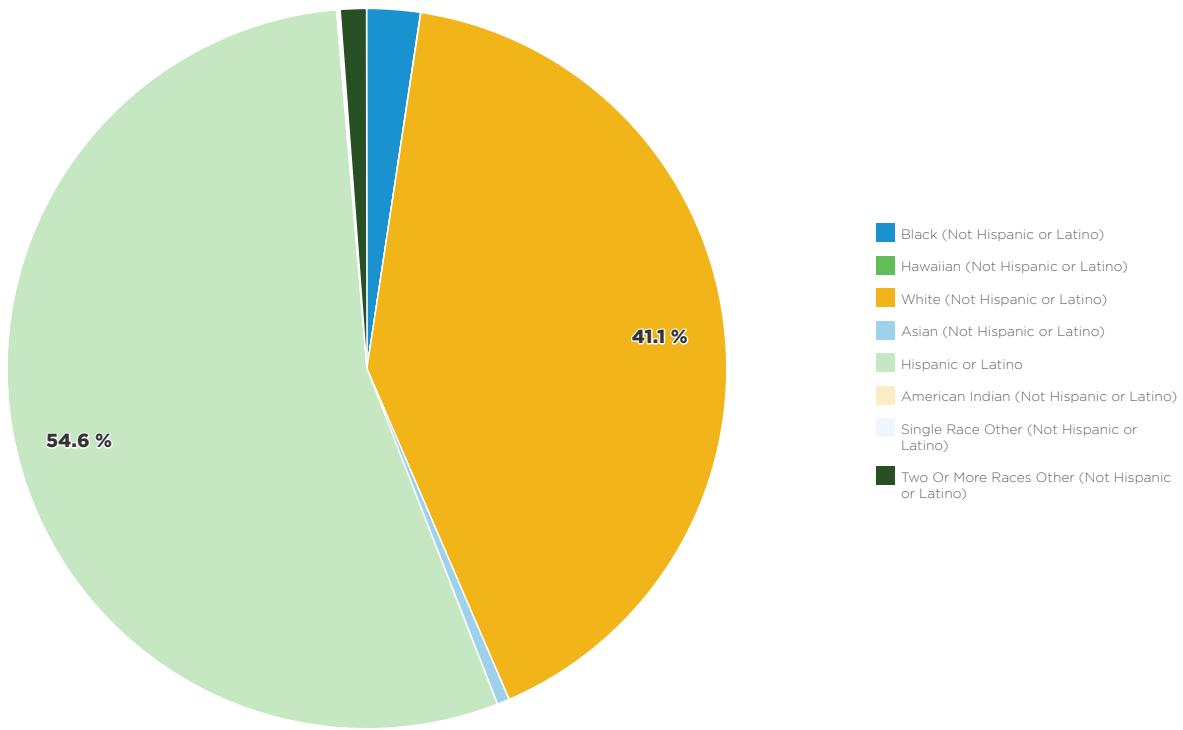
# People of Color

 **59%**  
of Total Population  
**People of Color**  
Holyoke, MA

 **23,637**  
People  
**People of Color**  
Holyoke, MA

Sources: US Census ACS 5-year

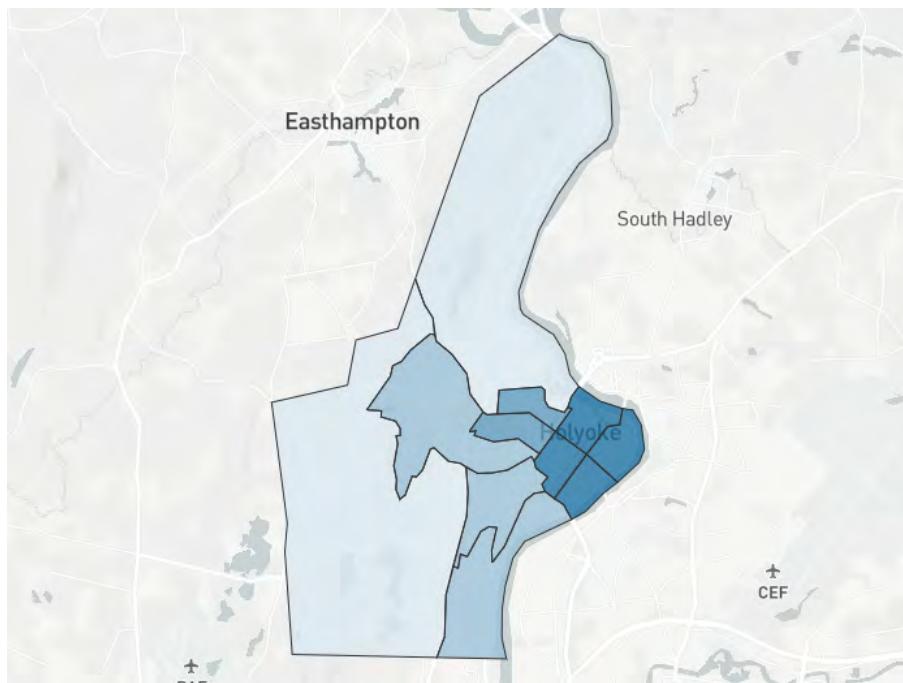
## Race/Ethnicity Totals



Holyoke, MA

Sources: US Census ACS 5-year

## People of Color



© Mapbox © OpenStreetMap

### People of Color

21% - <50%
50% - <65%
65% - <85%
85% - 97%

Source: US Census ACS 5-year

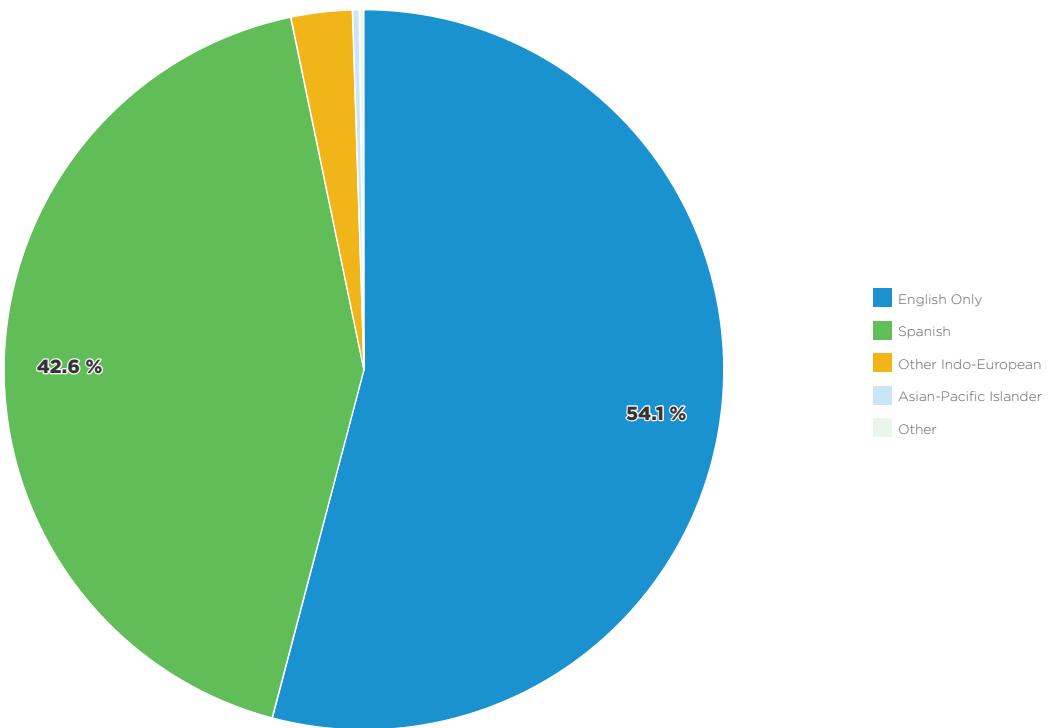
# Ability to Speak English

 **19%**  
of People Age 5+  
**Speak English Less Than 'Very Well'**  
Holyoke, MA

 **6,967**  
People Age 5+  
**Speak English Less Than 'Very Well'**  
Holyoke, MA

Sources: US Census ACS 5-year

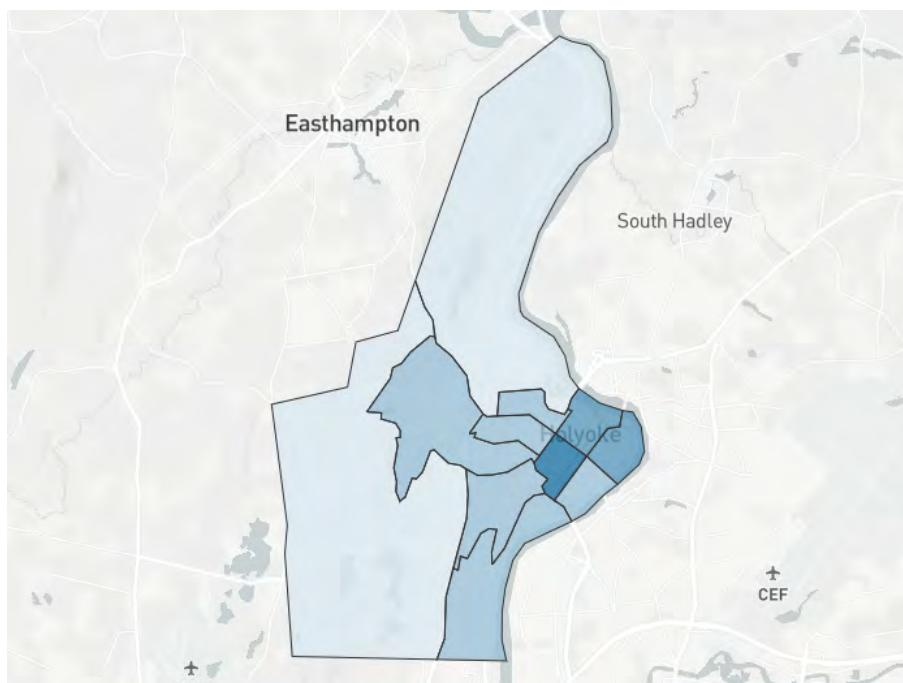
## Language Spoken at Home



Holyoke, MA

Sources: US Census ACS 5-year

## Limited English Proficiency



People who speak English less than 'very well'

209 - <444
444 - <820
820 - <1,469
1,469

US Census ACS 5-year



## 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](#)

[◀ PREVIOUS PAGE](#)

[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.

Empowered by [mySidewalk](#)  
[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

**\$56,509**  
USD

Chicopee, MA

**\$89,026**  
USD

Massachusetts



### People Living in Poverty

**15%**

of population

Chicopee, MA

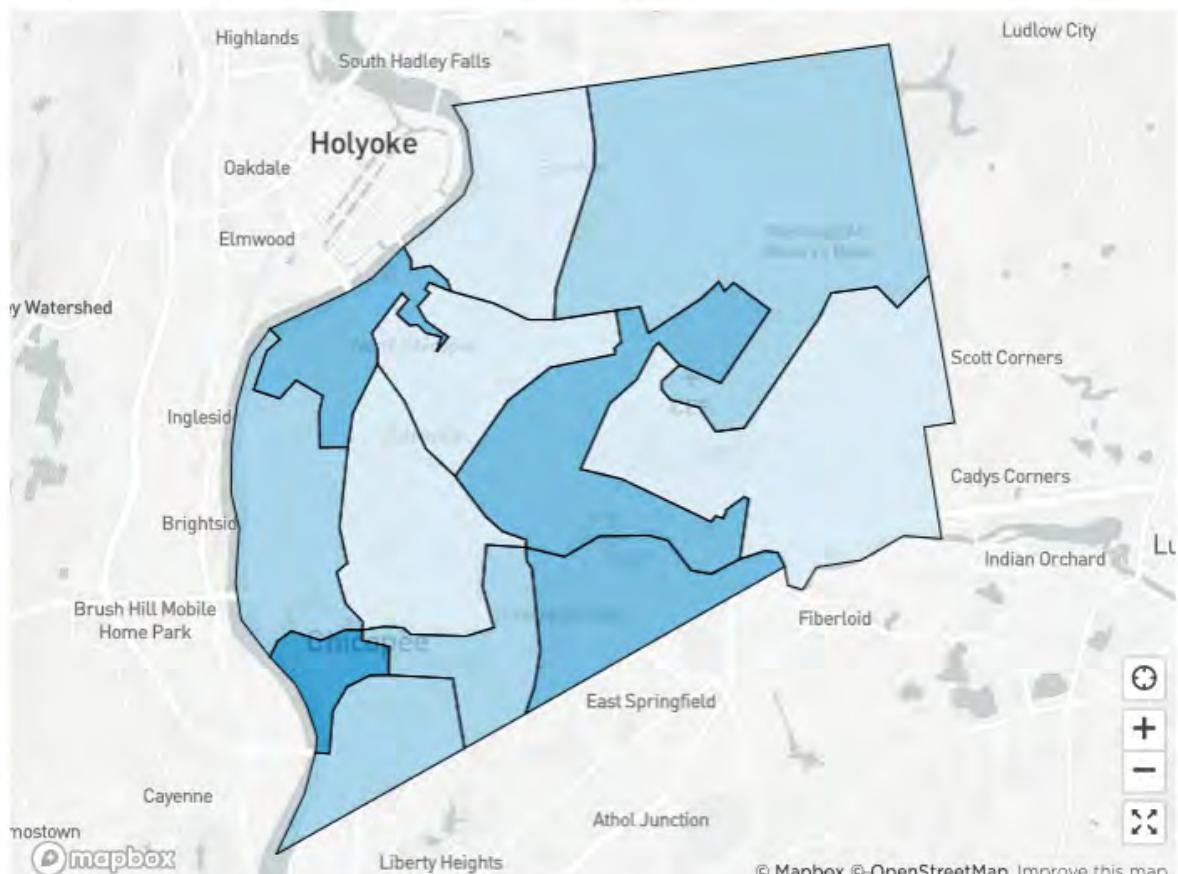
**10%**

of population

Massachusetts

Sources: US Census ACS 5-year

## Percent of Population Living Below Poverty



### People Below Poverty Level

- 5% - <13%
- 13% - <21%
- 21% - <34%
- 34%

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	9%	of Asian Population
Black	20%	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	31%	of Some Other Race Population
Two or More Races	34%	of Two or More Races Population
White (Not Hispanic or Latino)	9%	of White (Not Hispanic or Latino) Population

Sources: US Census ACS 5-year

◀ Income by Race/ Ethnicity ▶

 **\$56,509**  
USD

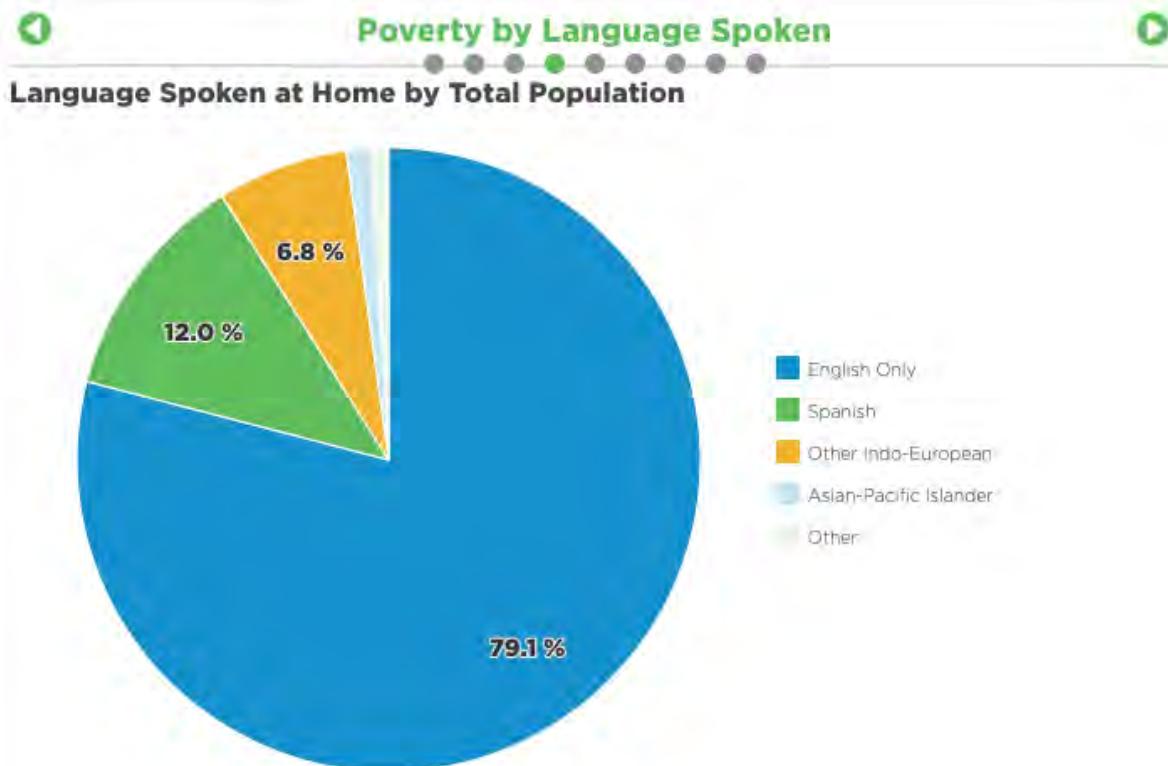
## Median Household Income Chicopee, MA

Sources: US Census ACS 5-year

### Median Household Income by Race/ Ethnicity

Chicopee, MA	USD
American Indian	No data
Asian	\$42,400
Black	\$50,183
Hispanic or Latino	\$35,171
Hawaiian/Pacific Islander	No data
Other Race	\$51,438
Two or More Races	\$30,707
White (Not Hispanic or Latino)	\$64,174

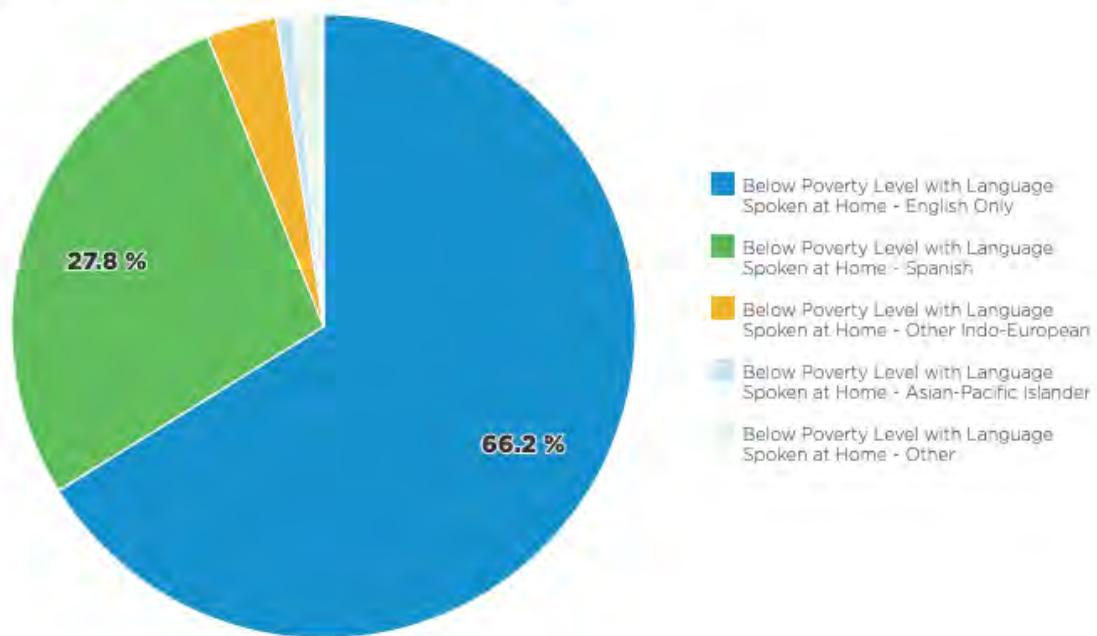
Sources: US Census ACS 5-year



Chicopee, MA

Sources: US Census ACS 5-year

#### Language Spoken at Home by People Living in Poverty

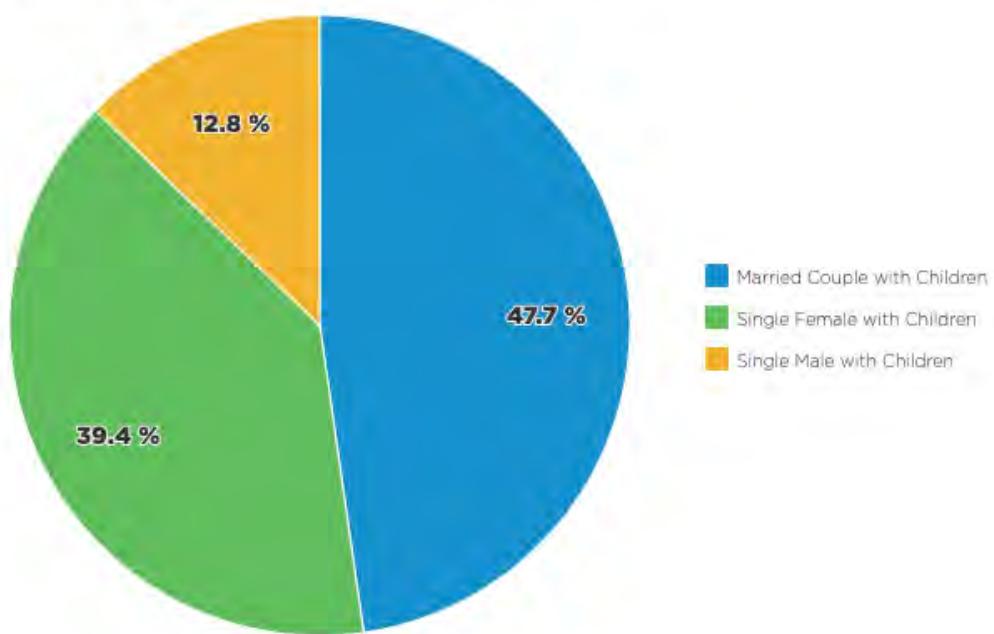


Chicopee, MA

Sources: US Census ACS 5-year

## Poverty by Family Type

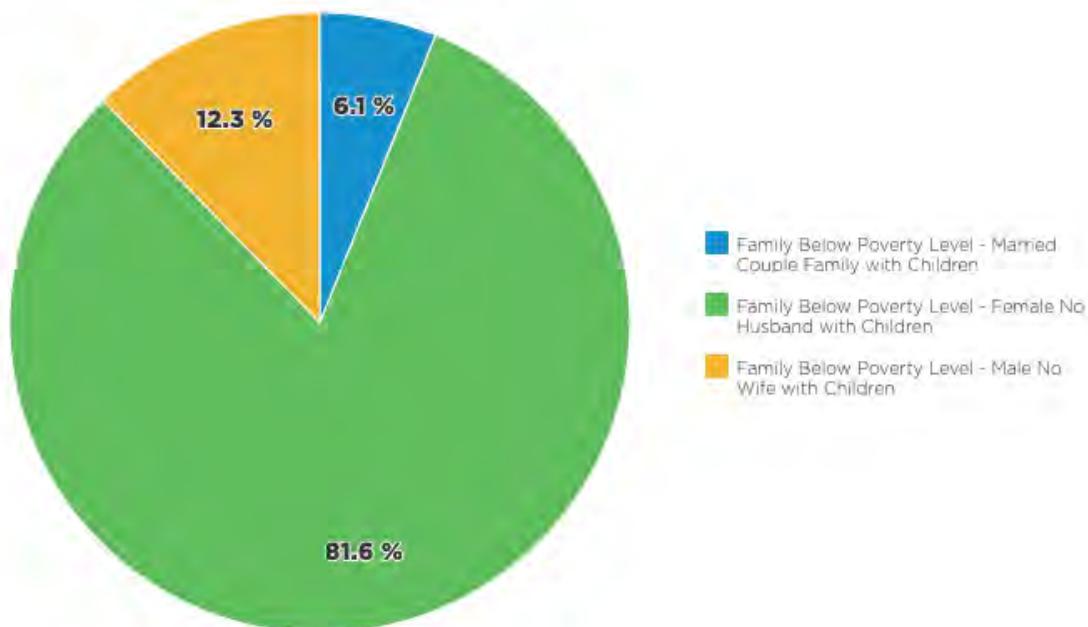
### All Families with Children



Chicopee, MA

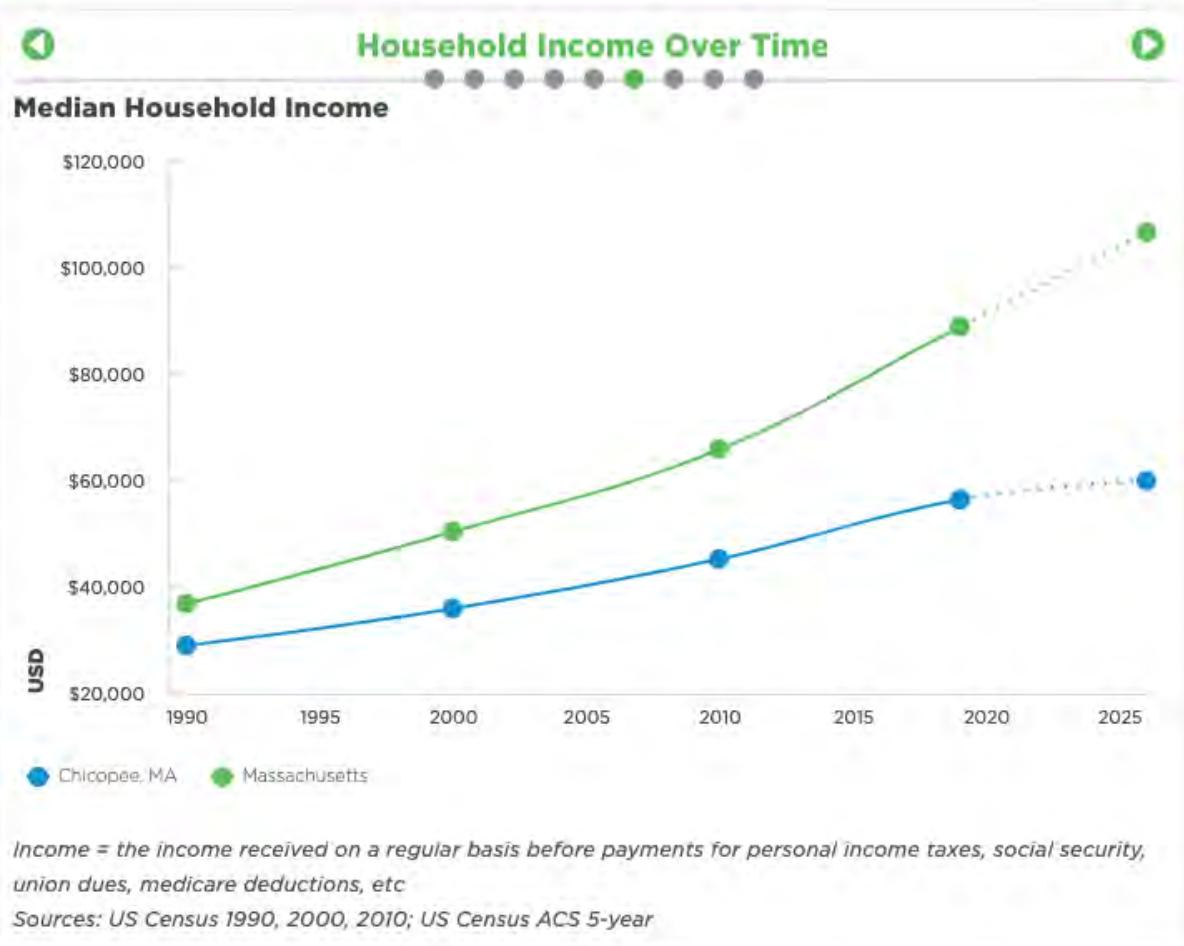
Sources: US Census ACS 5-year

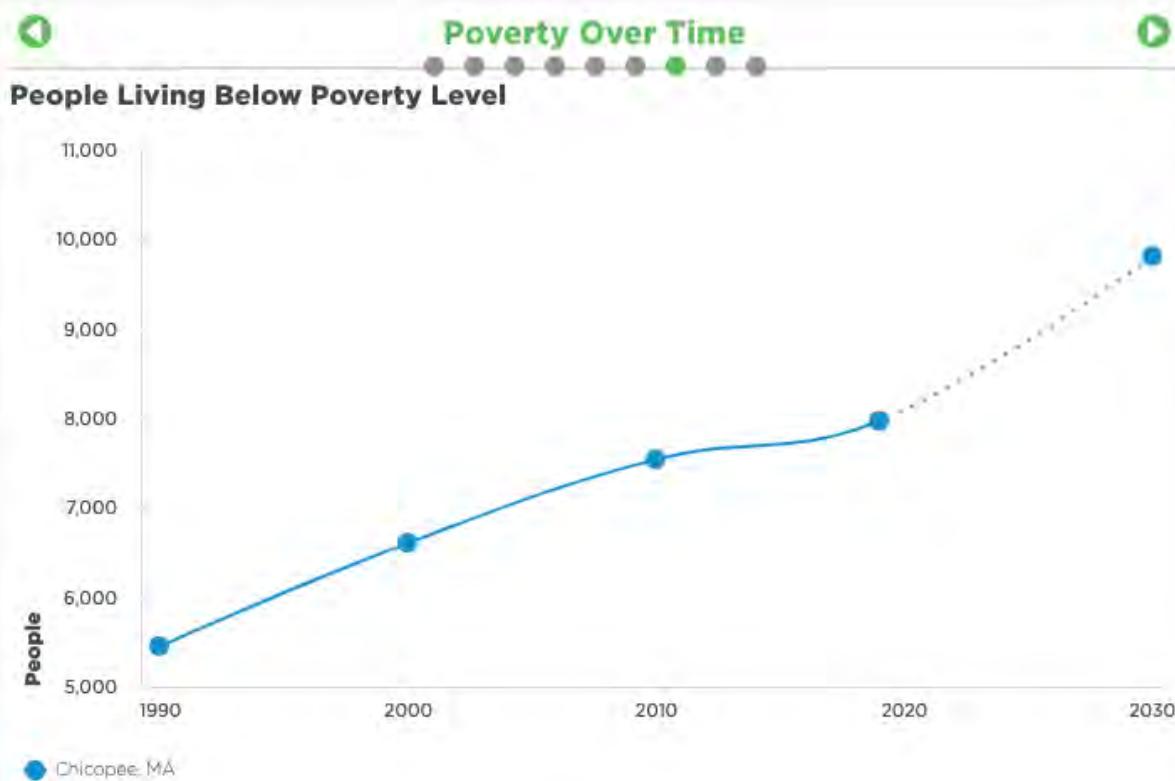
### Families with Children Living in Poverty



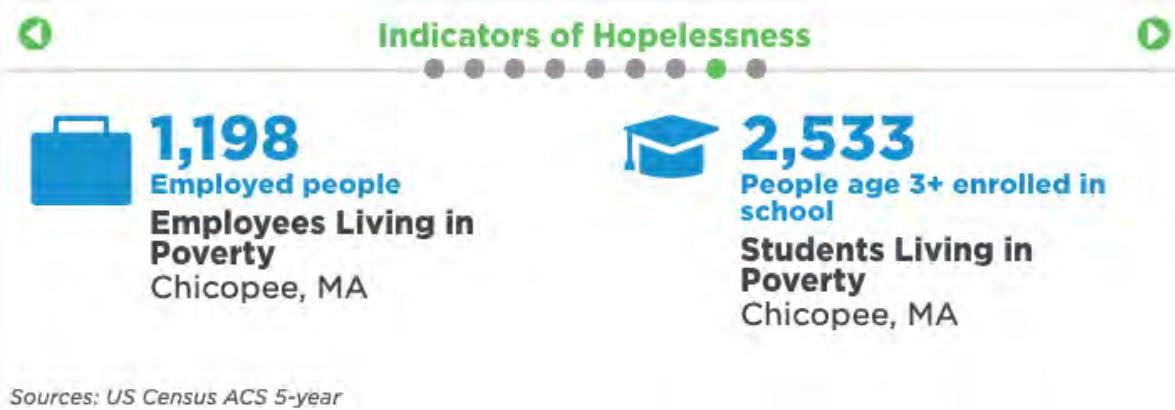
Chicopee, MA

Sources: US Census ACS 5-year





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

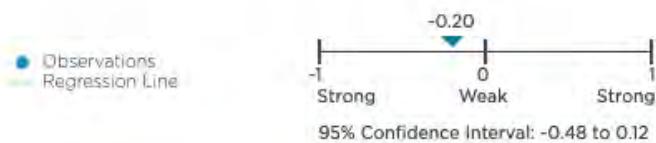
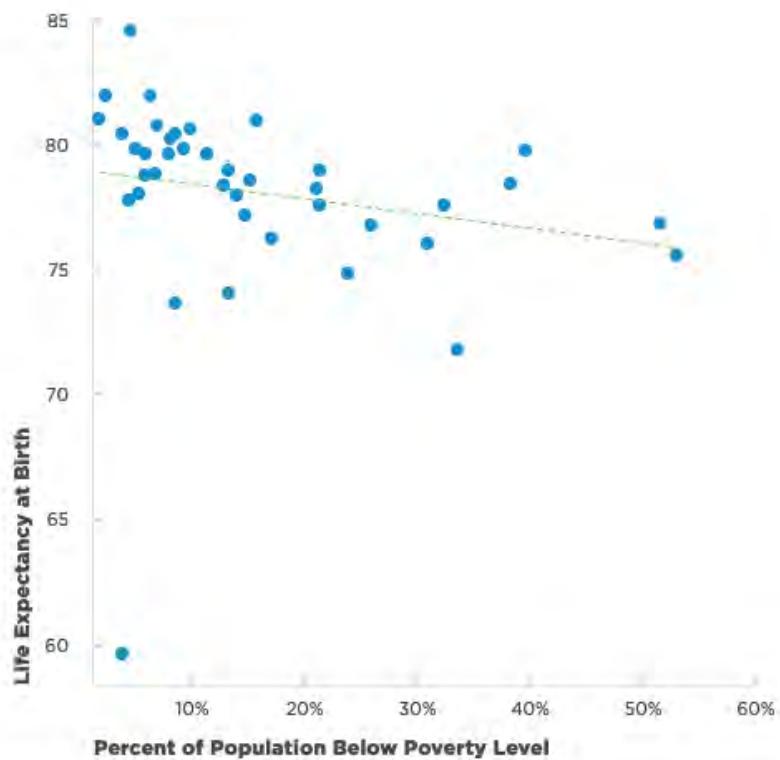


## Life Expectancy vs. Poverty

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



There is not enough evidence to conclude that there is a significant relationship between these variables at the 95% confidence interval

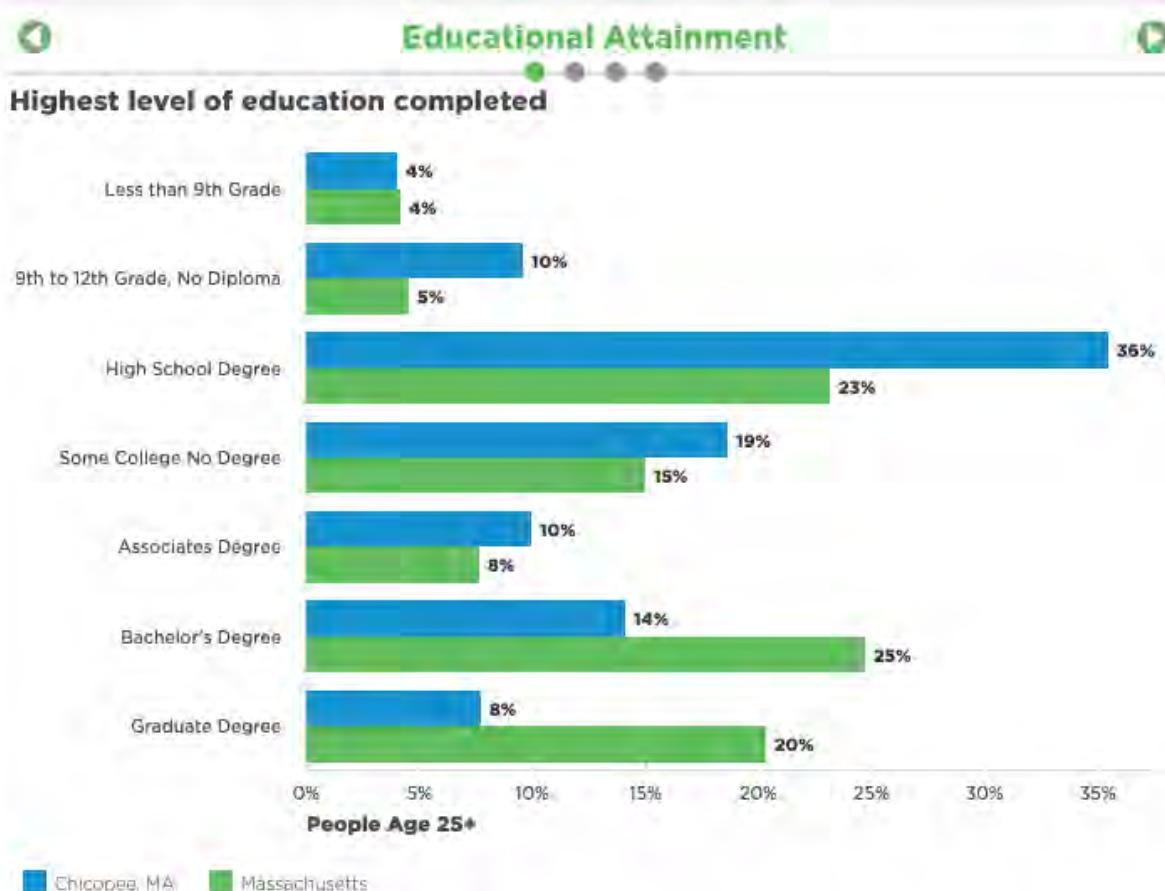
Sources: CDC NCHS USALEEP 2010-2015; US Census Bureau ACS 5-year 2017-2021

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

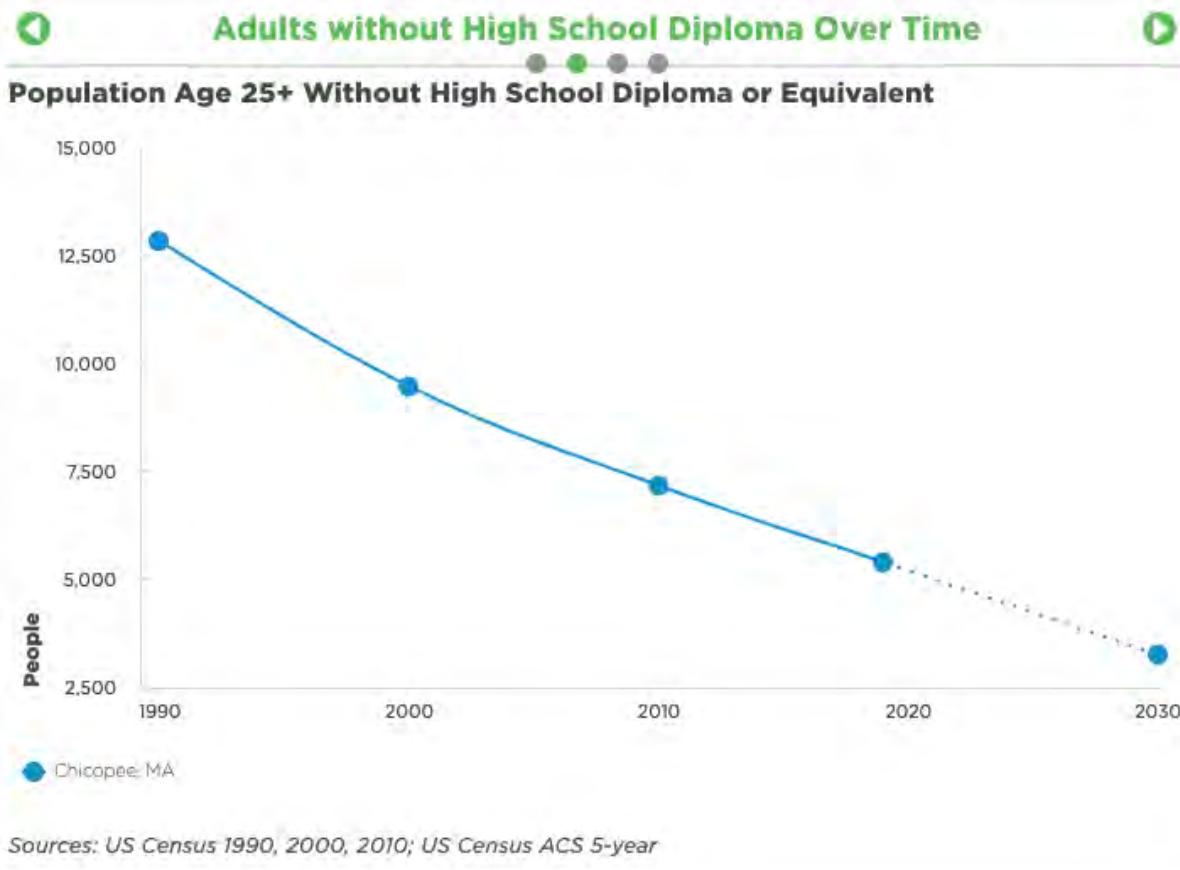
## How is **education** affecting health?

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.



Sources: US Census ACS 5-year

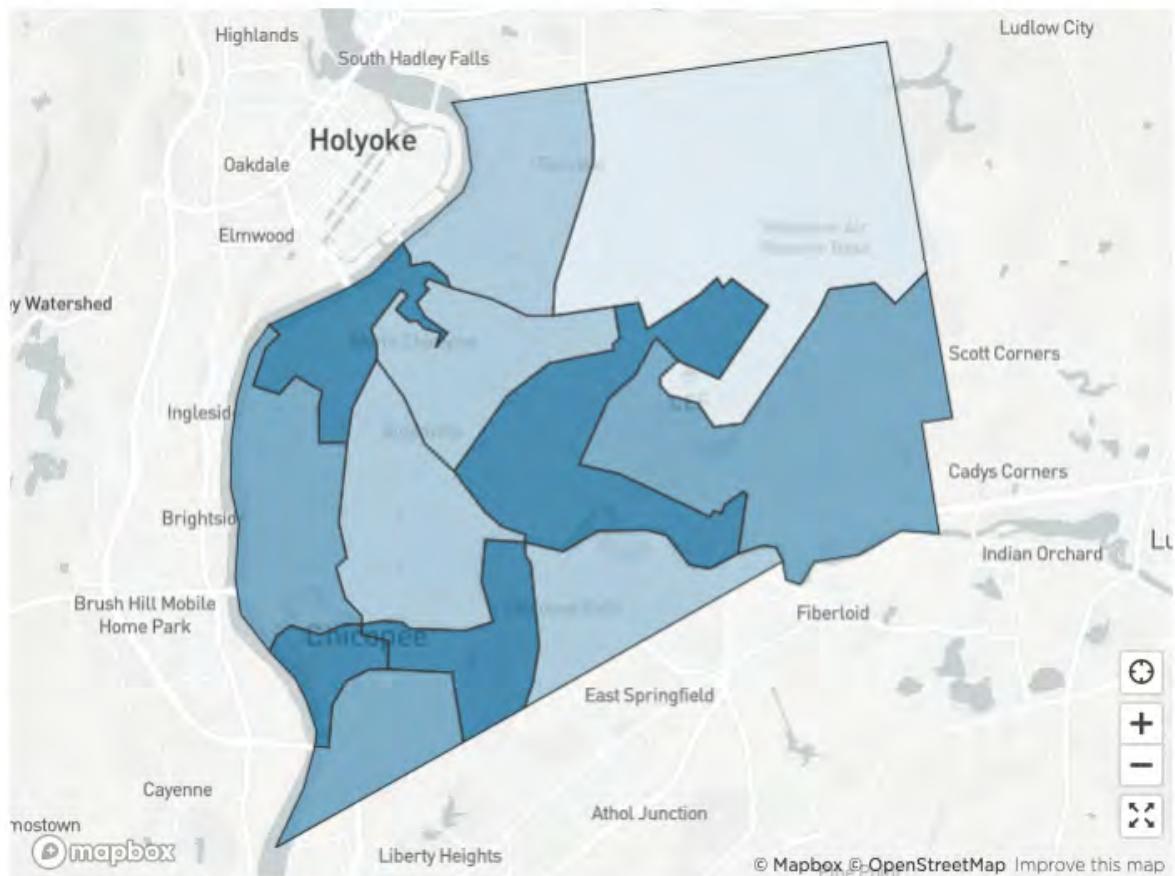




## Adults without High School Diploma Map



### Percent of Adult Population without a High School Diploma or Equivalent



#### Adults Without High School Diploma or Equivalent

- 8% - <10%
- 10% - <13%
- 13% - <18%
- 18% - 21%

Source: US Census ACS 5-year

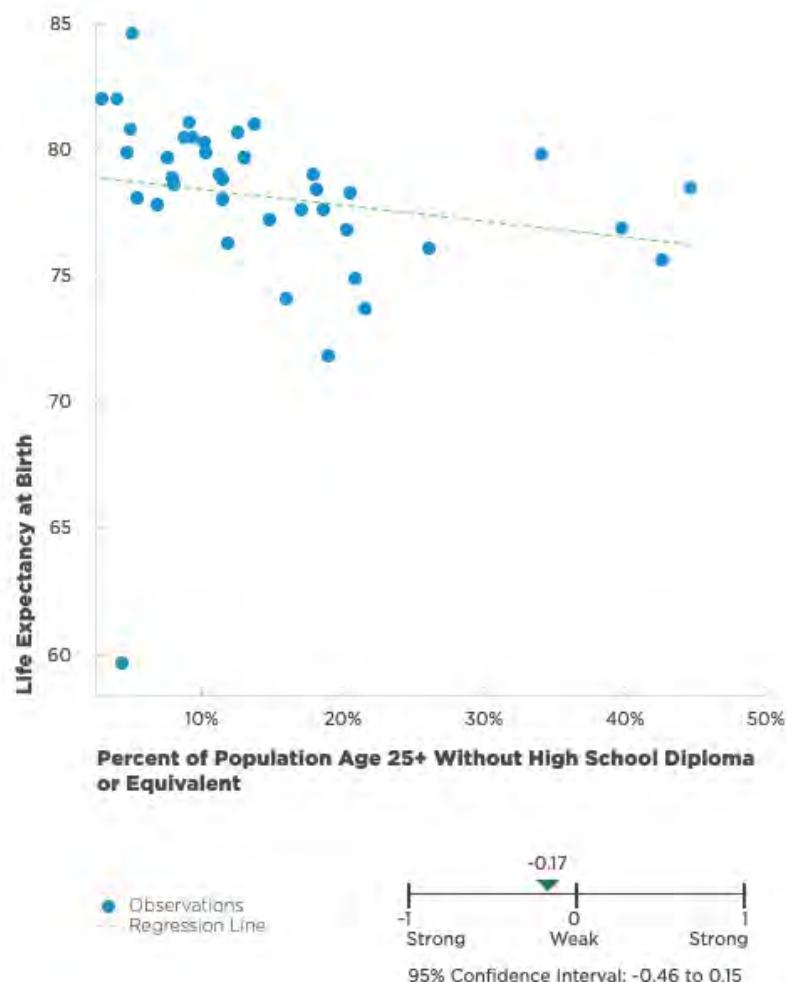


## Life Expectancy vs. Adults without High School Diploma



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.



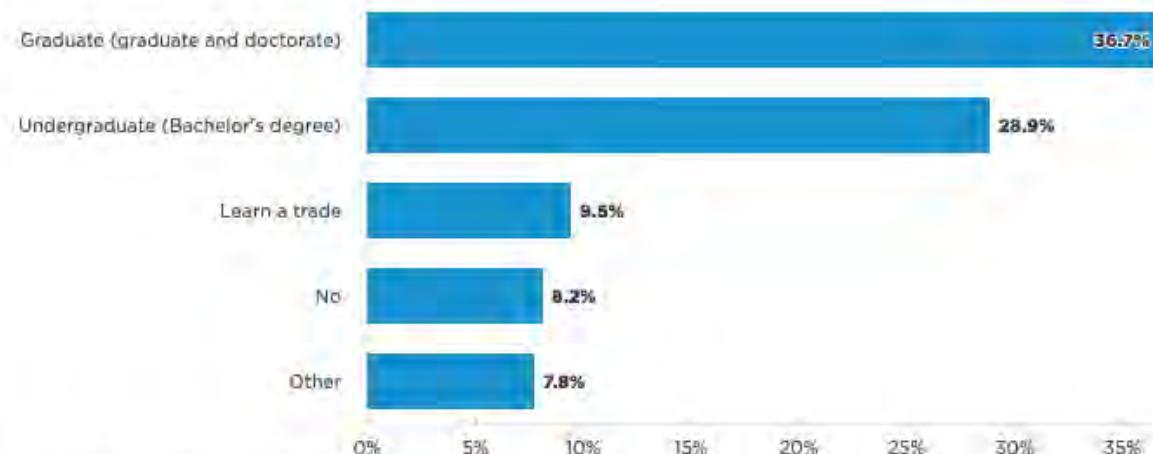
There is not enough evidence to conclude that there is a significant relationship between these variables at the 95% confidence interval

Sources: CDC NCHS USALEEP 2010-2015; US Census Bureau ACS 5-year 2017-2021

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.

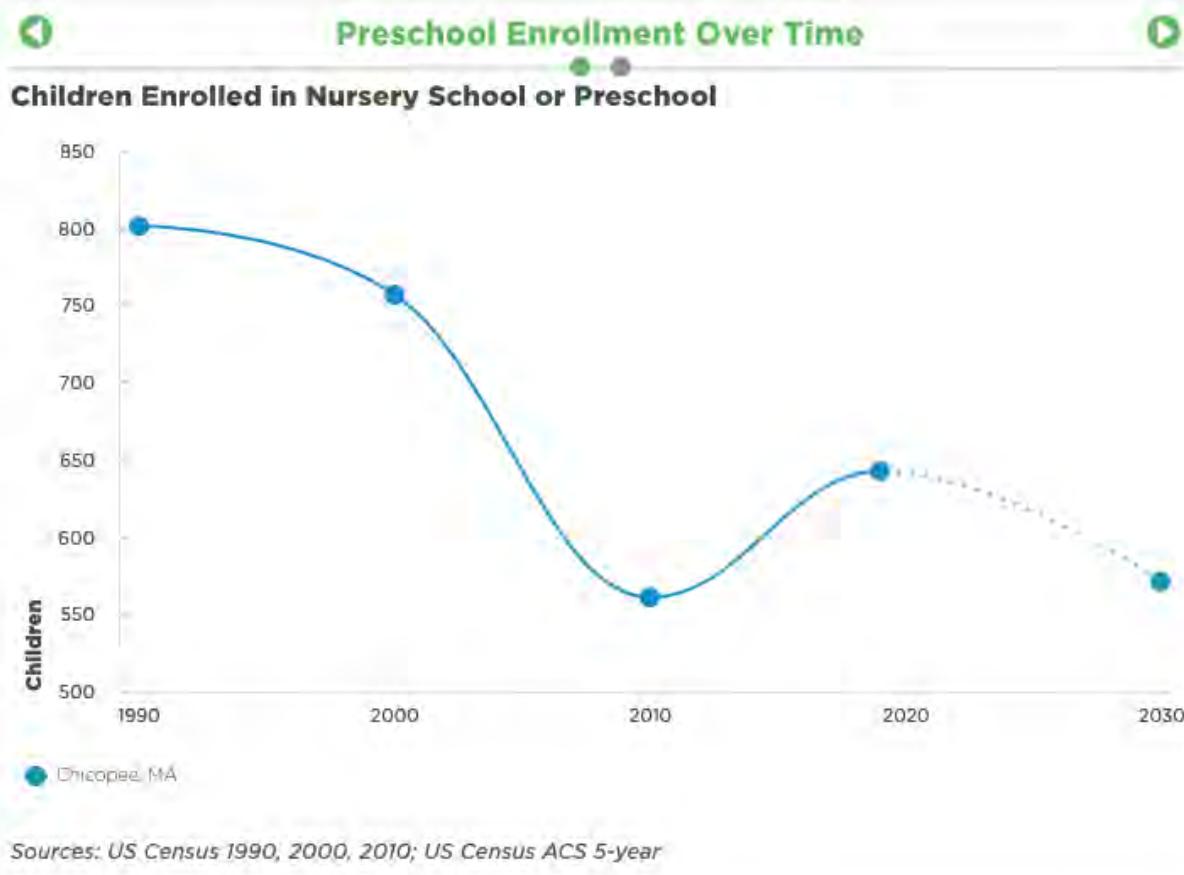
**Do you have a strong interest in pursuing your education and if so what level?**



Sources: CHNA Survey, Holyoke Medical Center, 2022

## 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.



## 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

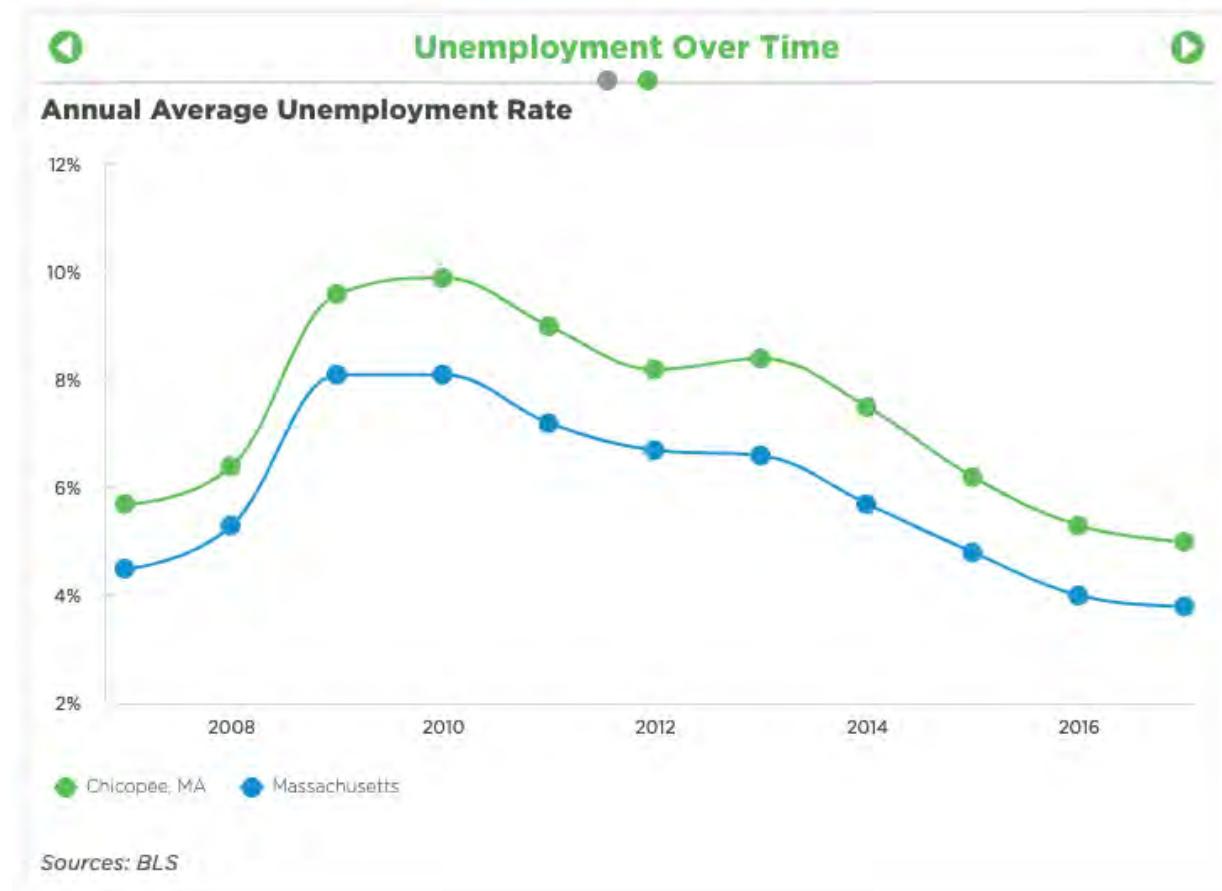
**6.5%**

Chicopee, MA

**5.4%**

Massachusetts

*Sources: US Census ACS 5-year*



## 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.



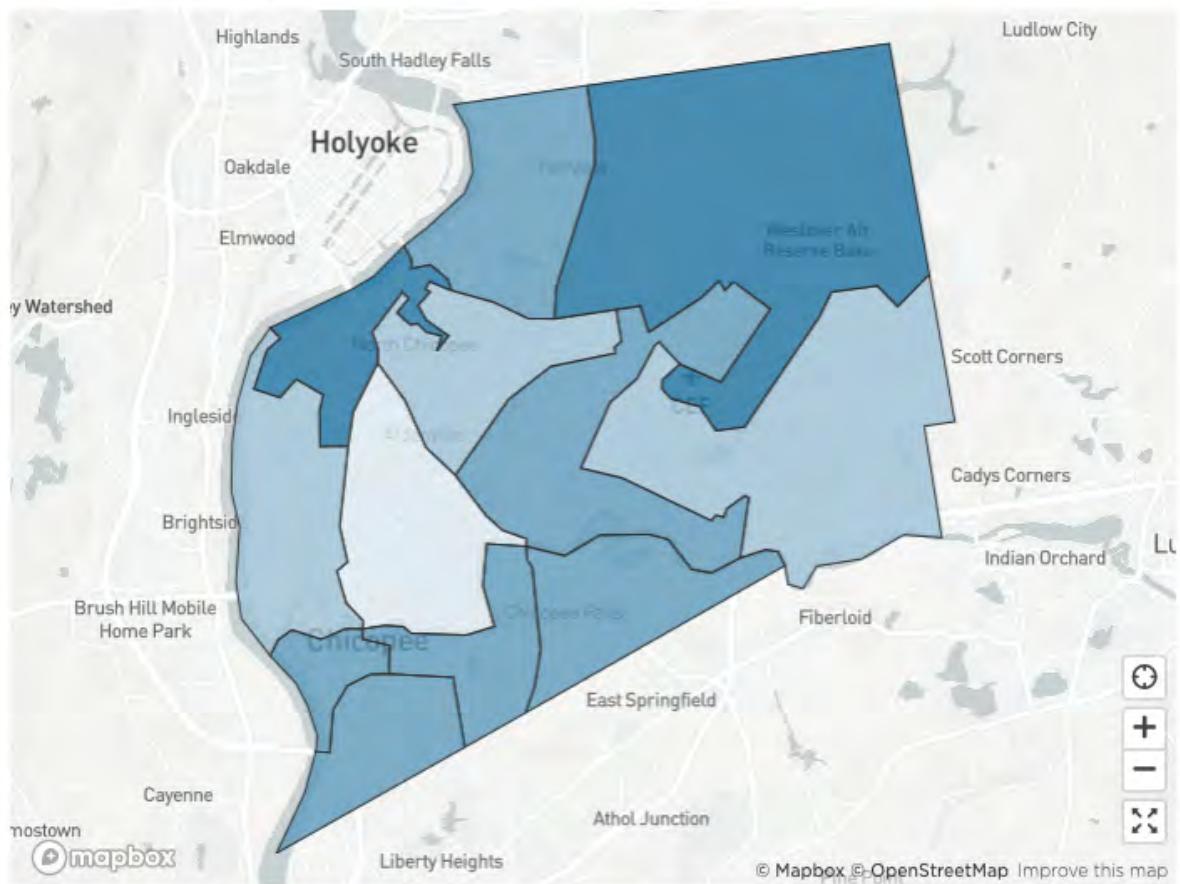
*Sources: US Census ACS 5-year*



## Excessive Rental Housing Costs



### Home Rental Costs: 30%+ of Income



#### Renter Households with Excessive Costs

- 6% - <25%
- 25% - <43%
- 43% - <62%
- 62% - 63%

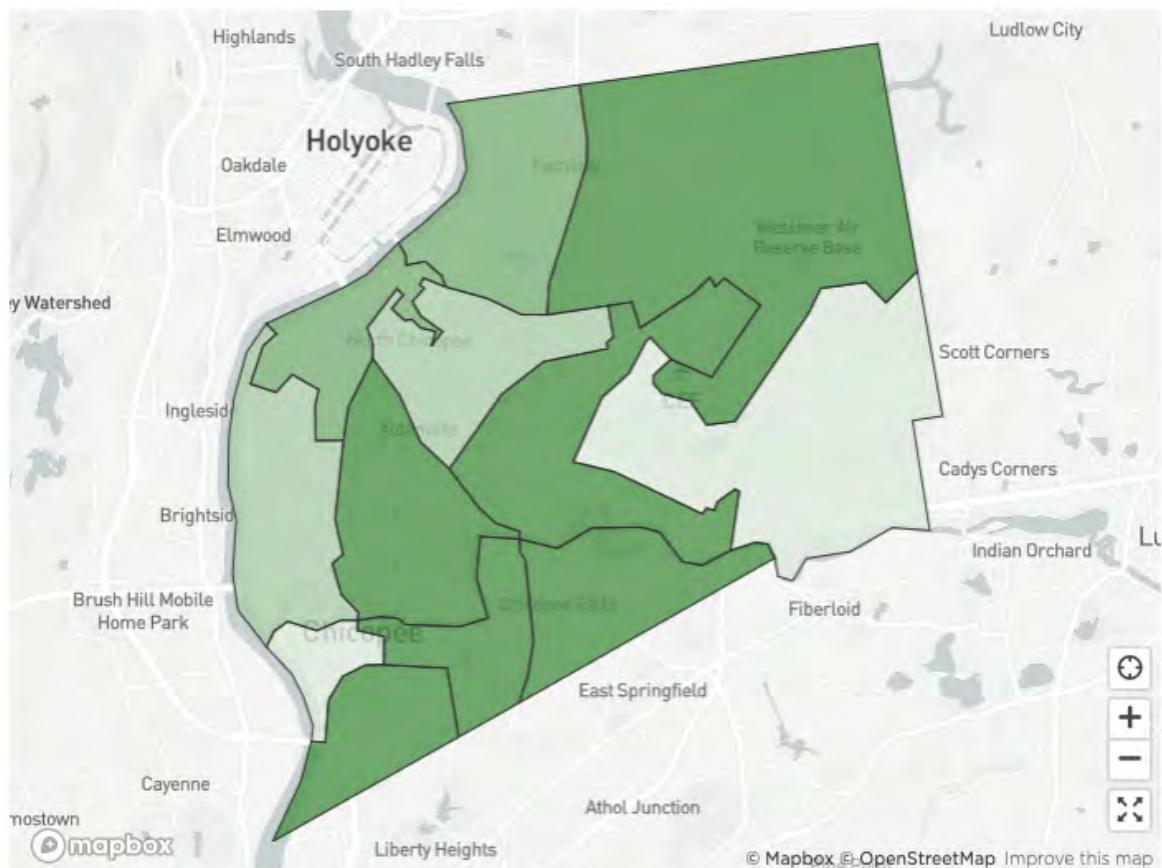
Source: US Census ACS 5-year



## Excessive Homeownership Costs



### Home Ownership Costs: 30%+ of Income



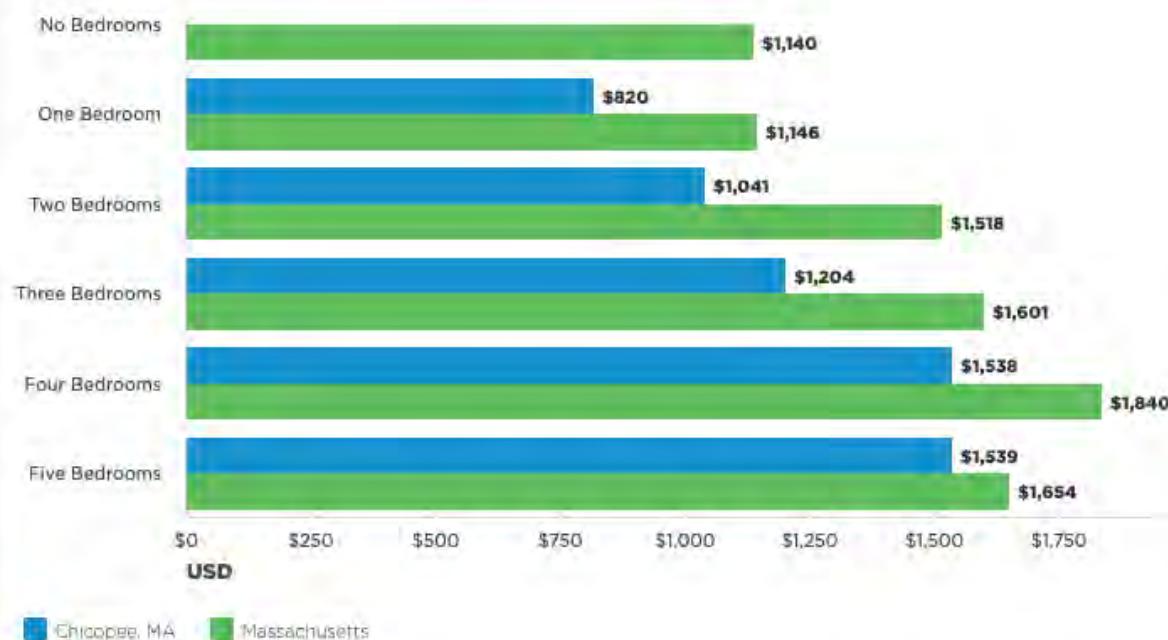
#### Owner Households with Excessive Housing Costs

- 11% - <23%
- 23% - <28%
- 28% - <30%
- 30% - 34%

Source: US Census ACS 5-year

## Median Rent

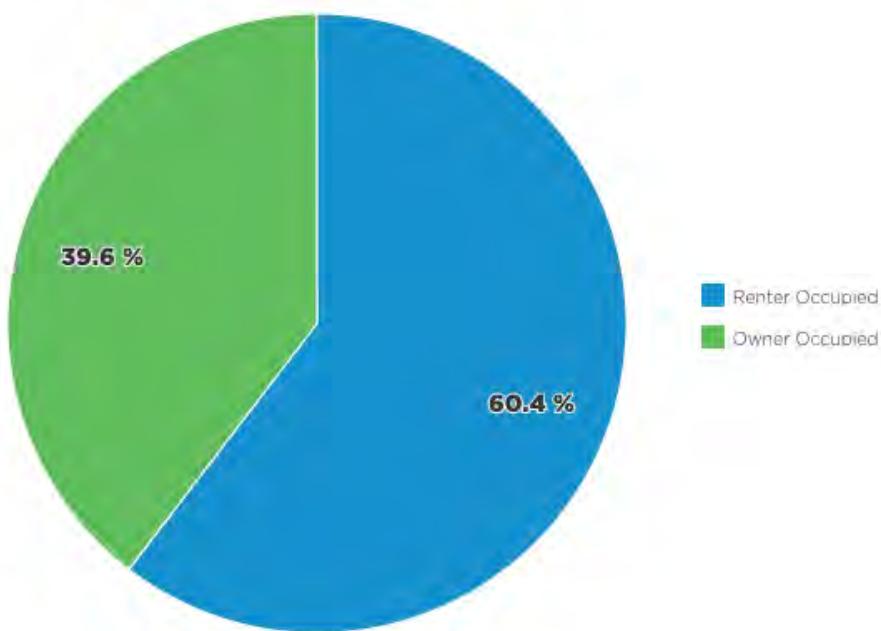
### Median Rent by Number of Bedrooms



Sources: US Census ACS 5-year

## Homeownership Rate

Owner vs Renter Occupied



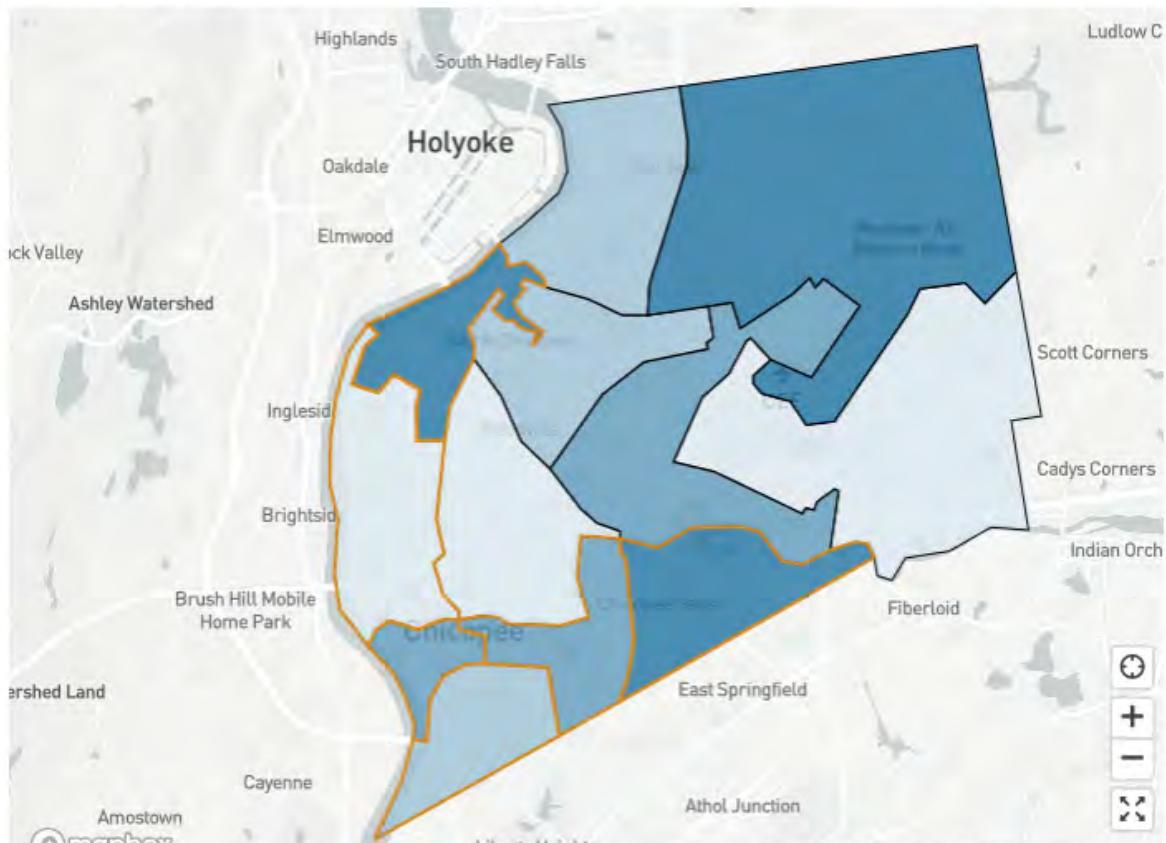
Holyoke, MA

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

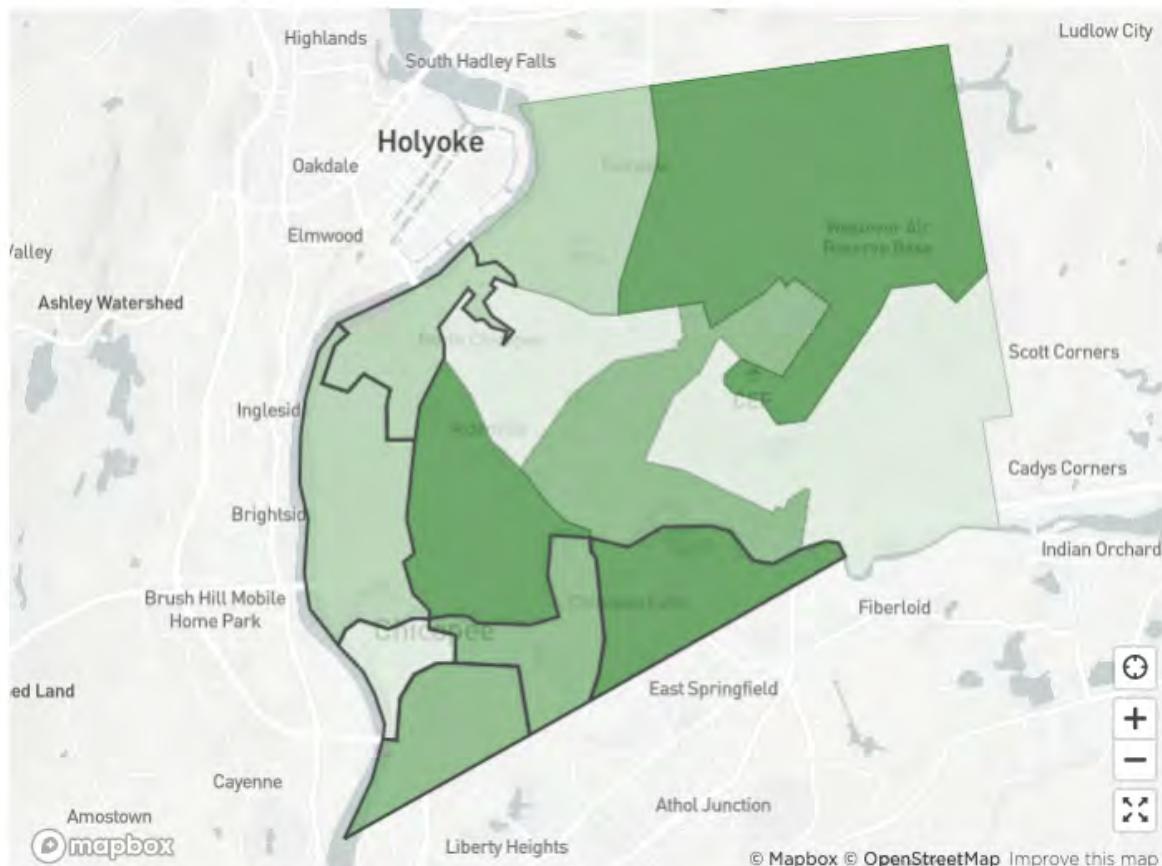
- 33% - <42%
- 42% - <46%
- 46% - 61%

Home Rent is 30%+ of Income

- 6% - <36%
- 36% - <45%
- 45% - <49%
- 49% - 63%

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

- 33% - <42%
- 42% - <46%
- 46% - 61%

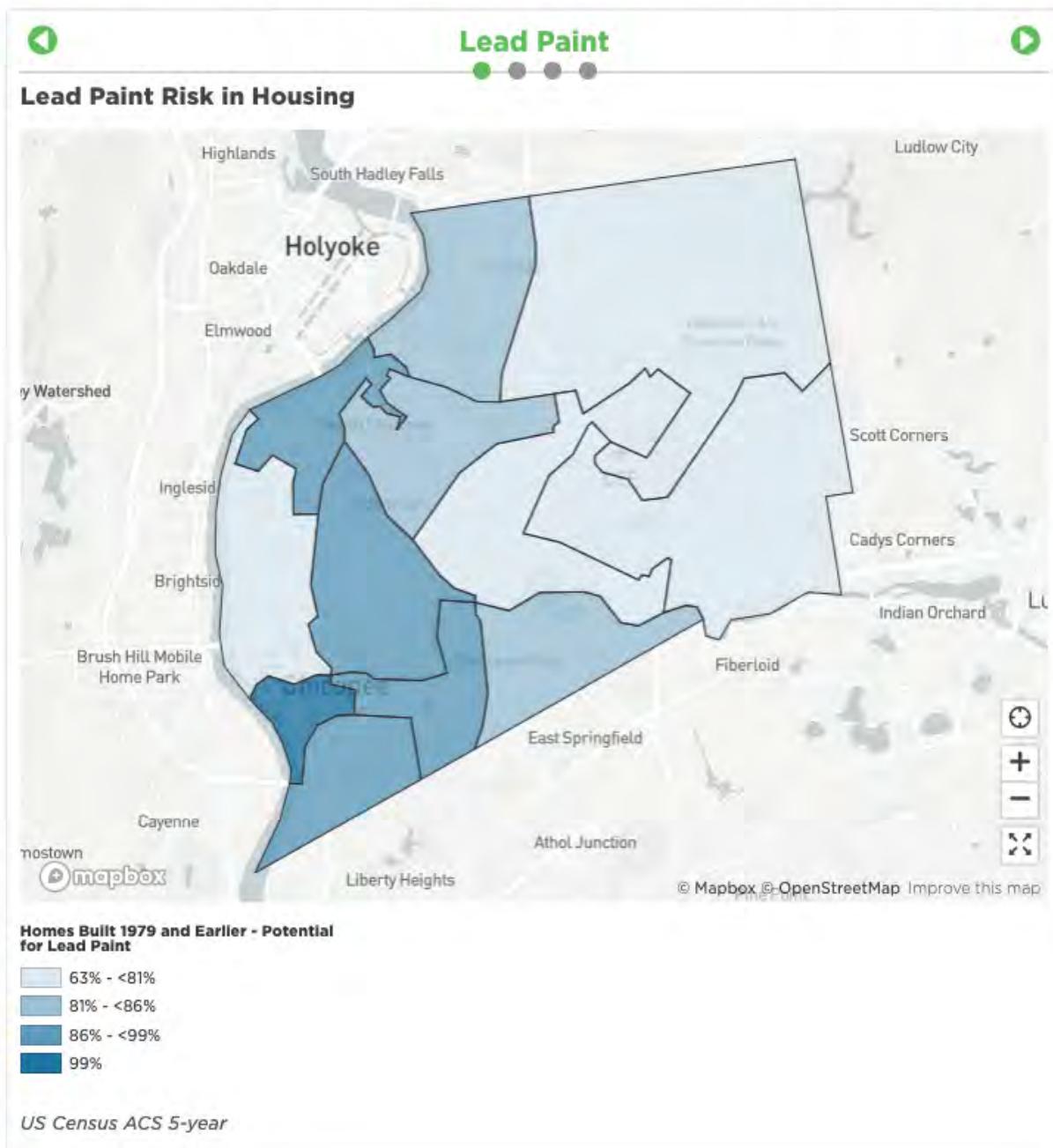
Home Ownership Costs are 30%+ of Income

- 11% - <24%
- 24% - <29%
- 29% - <31%
- 31% - 34%

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.

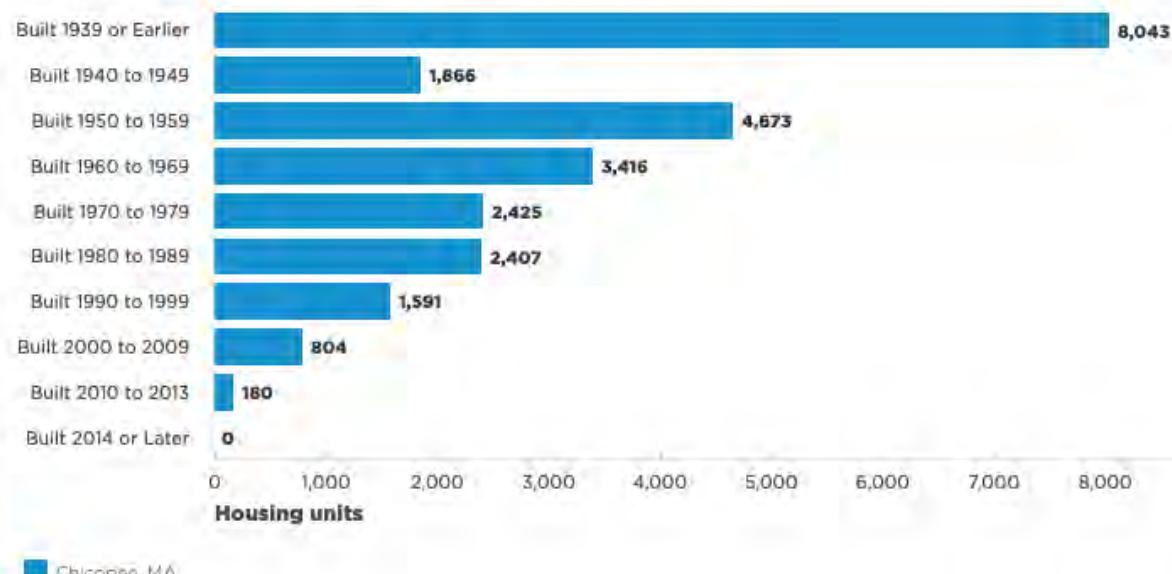




## Home Age



### Building Age of Housing Units



Chicopee, MA

Sources: US Census ACS 5-year



## Kitchen Facilities



**261**  
Homes

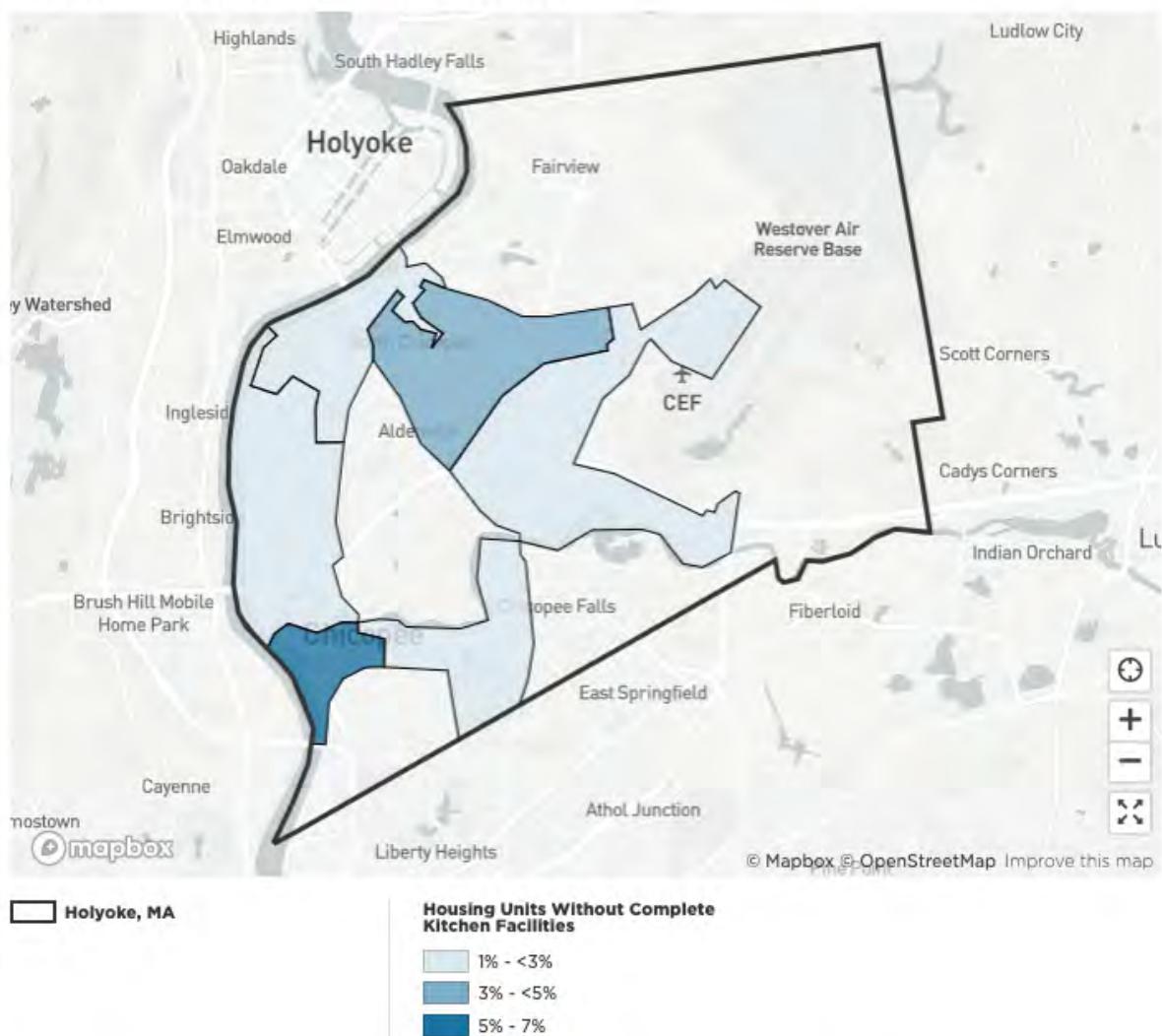
### Without Complete Kitchen Facilities

Chicopee, 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



*Complete kitchen facilities include a sink with a faucet, a stove or range, and a refrigerator.*

US Census ACS 5-year



## Plumbing

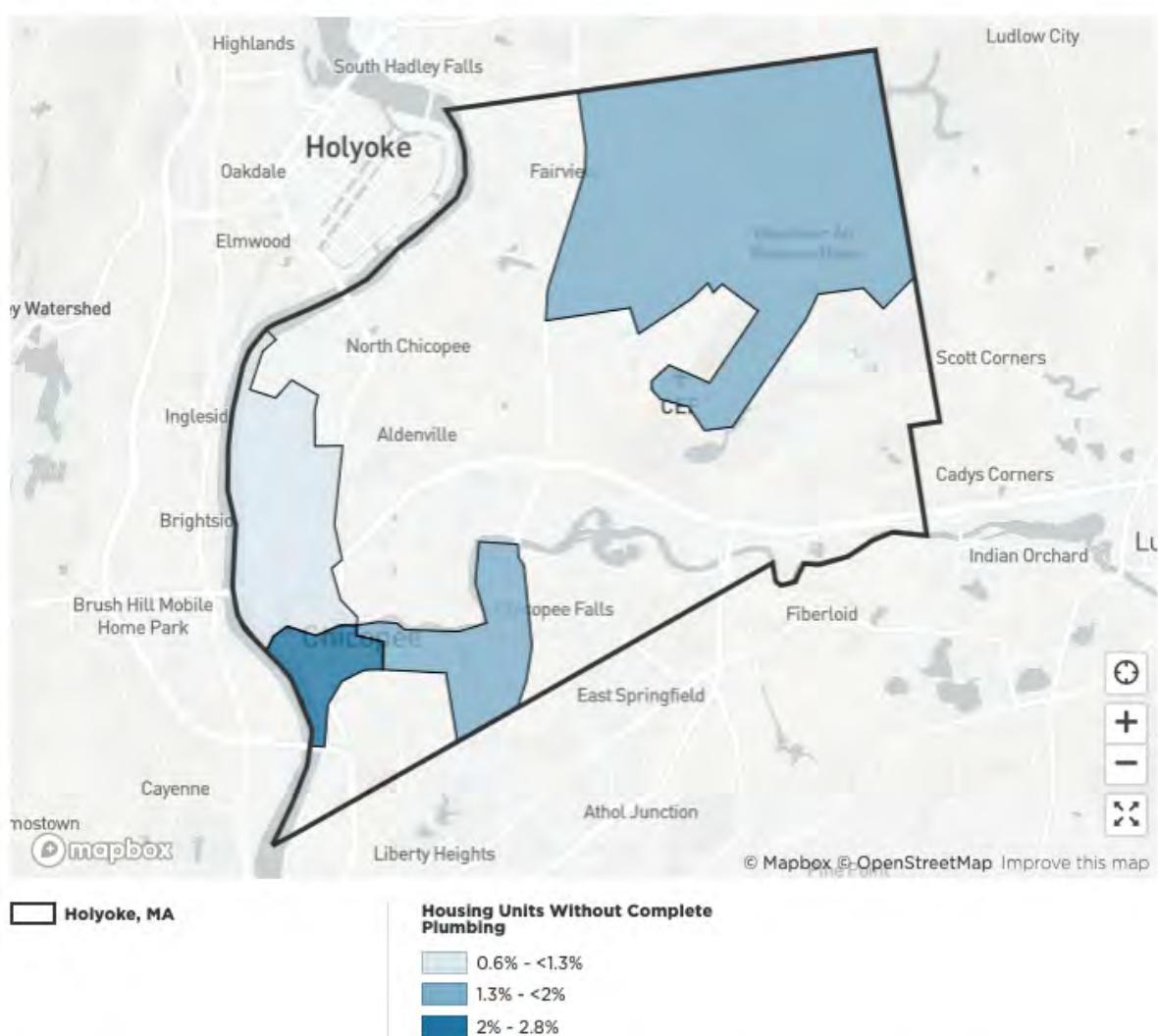


**121**  
Homes

### 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

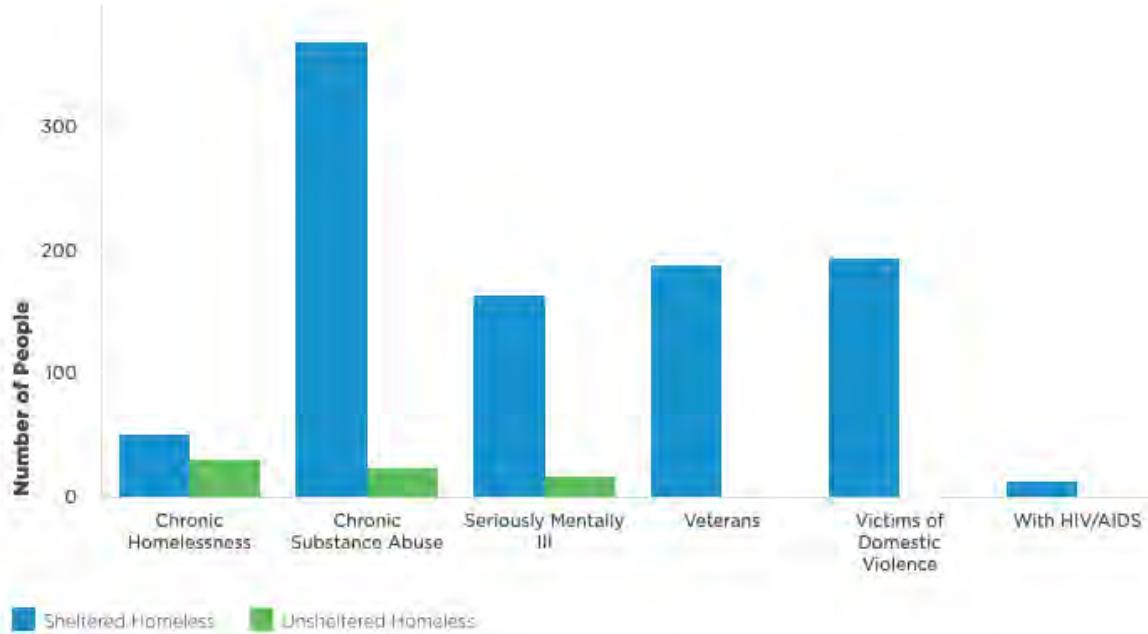
### Homeless Population

Holyoke/Franklin, Hampshire, Hampden Counties CoC

Source: HUD Continuum of Care Homeless Assistance Program Point-in-Time Count 2011

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, 2011

## 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

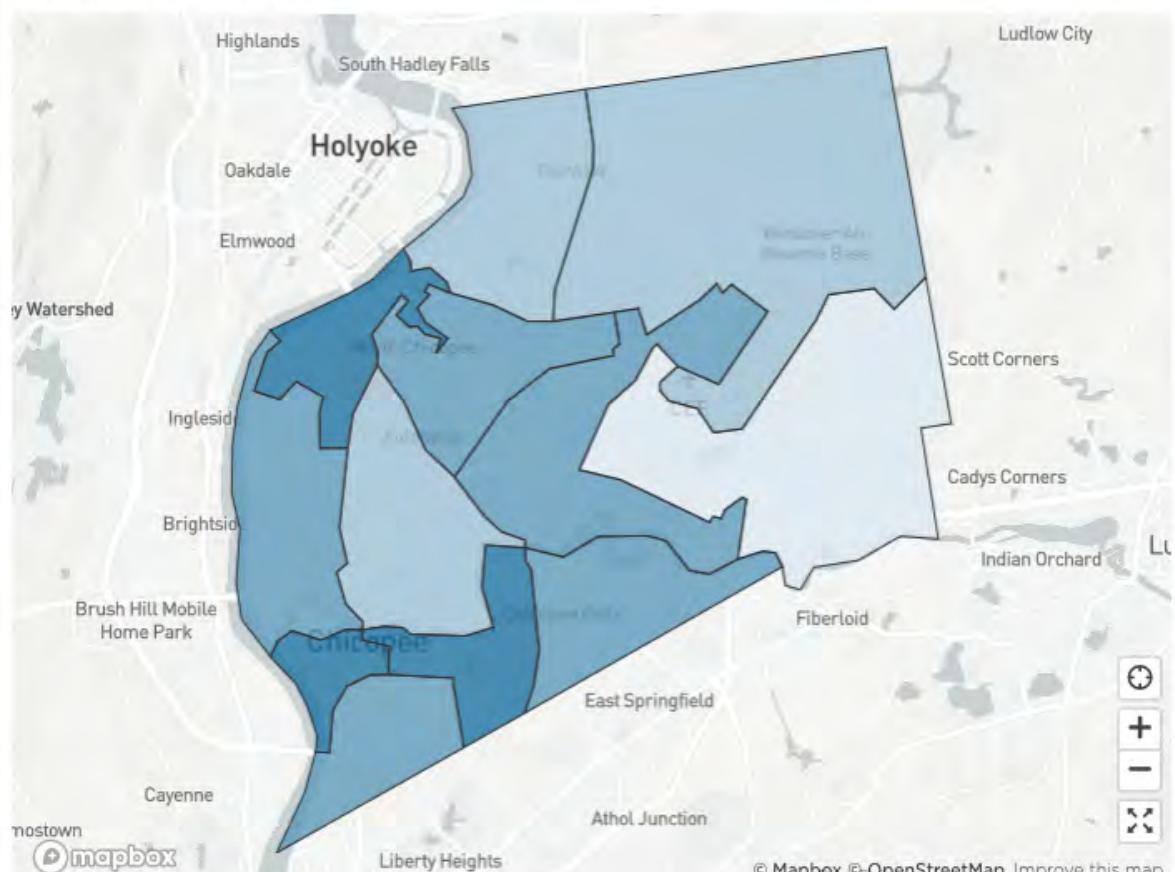


**11%**  
of homes

### Homes Without a Vehicle Chicopee, MA

Sources: US Census ACS 5-year

#### Zero Vehicle Households



#### Homes without an available vehicle

- 2% - <7%
- 7% - <9%
- 9% - <18%
- 18% - 22%

Source: US Census ACS 5-year



## Walkability



**13**

on a 1-20 scale

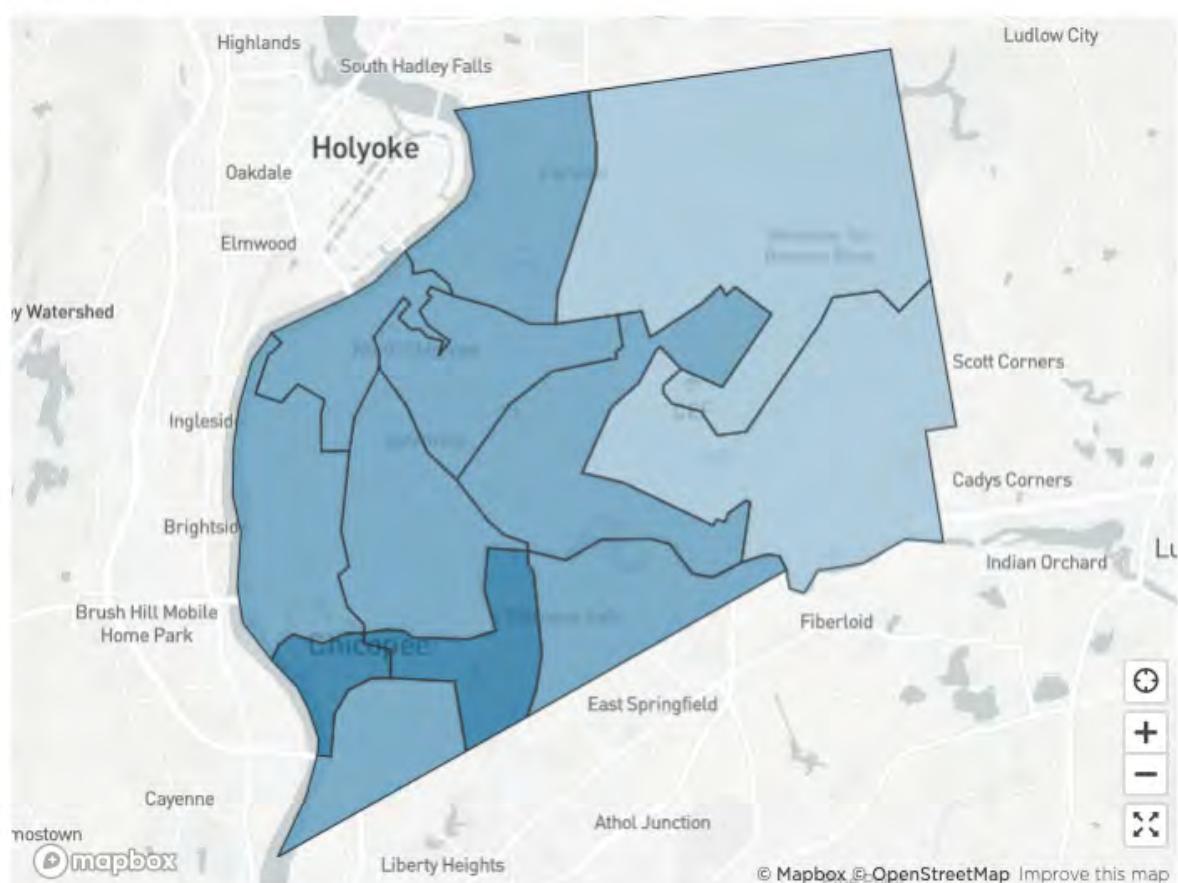
## Walkability Index

Chicopee, MA

Sources: EPA 2019

Higher scores indicate higher walkability

### Walkability



#### Walkability Index on a 1-20 Scale

0 - <5
5 - <10
10 - <15
15 - 18.7

EPA 2019

Higher scores indicate higher walkability.



Transit



14

on a 1-20 scale

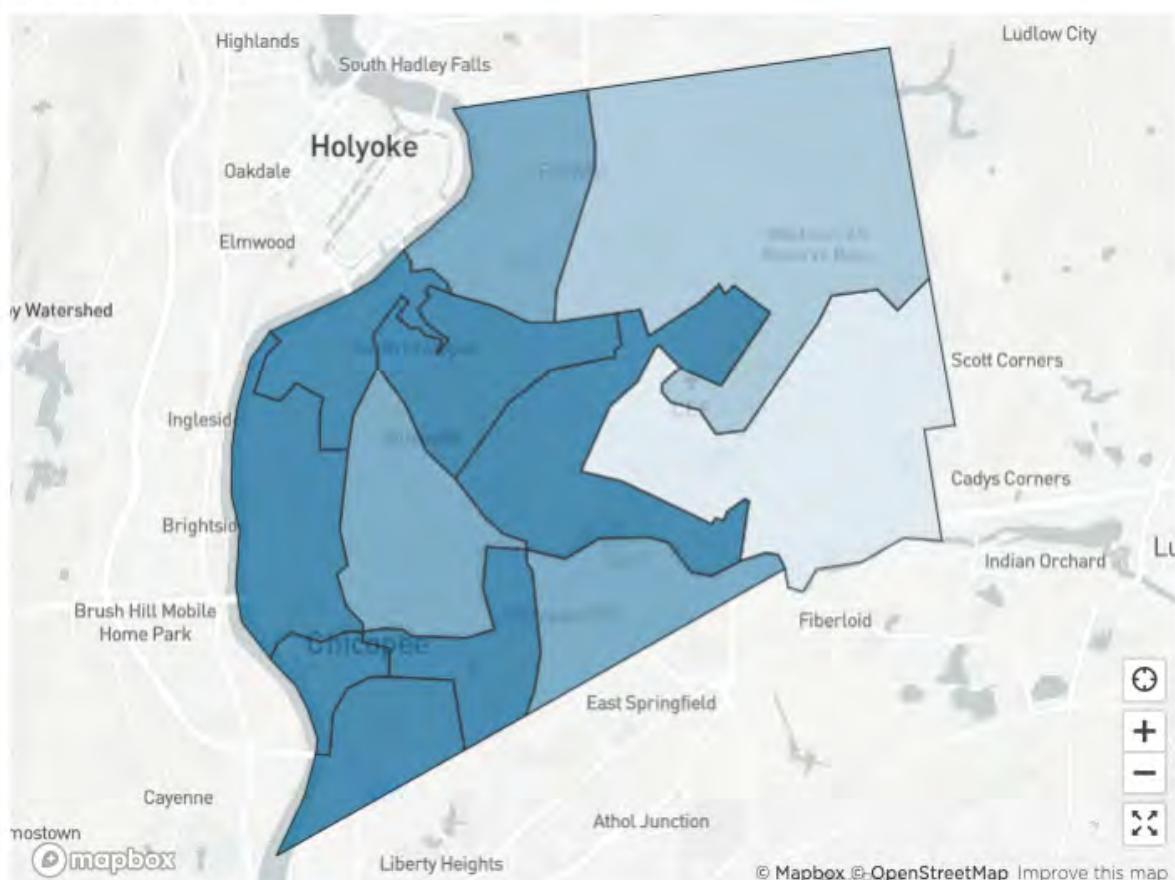
## Walkability Proximity to Transit Ranking

Chicopee, MA

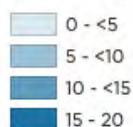
Sources: EPA 2019

Higher scores indicate higher walkability to transit

### Access to Transit



### Walkability Proximity to Transit Ranking on a 1-20 Scale

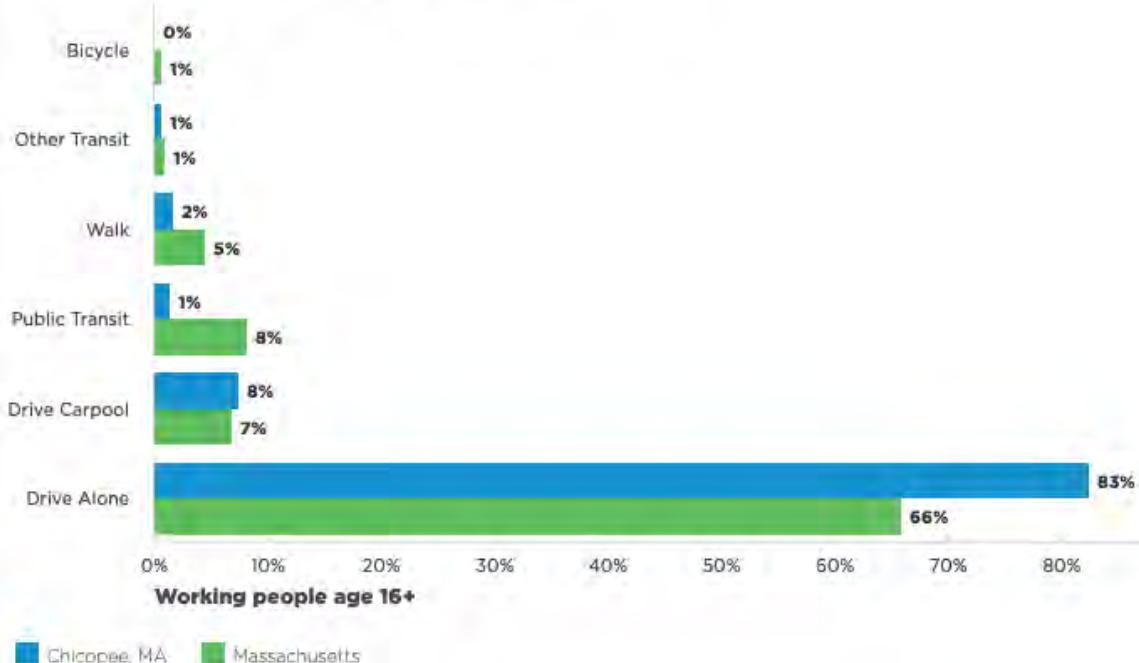


EPA 2019

Higher scores indicate higher walkability to transit

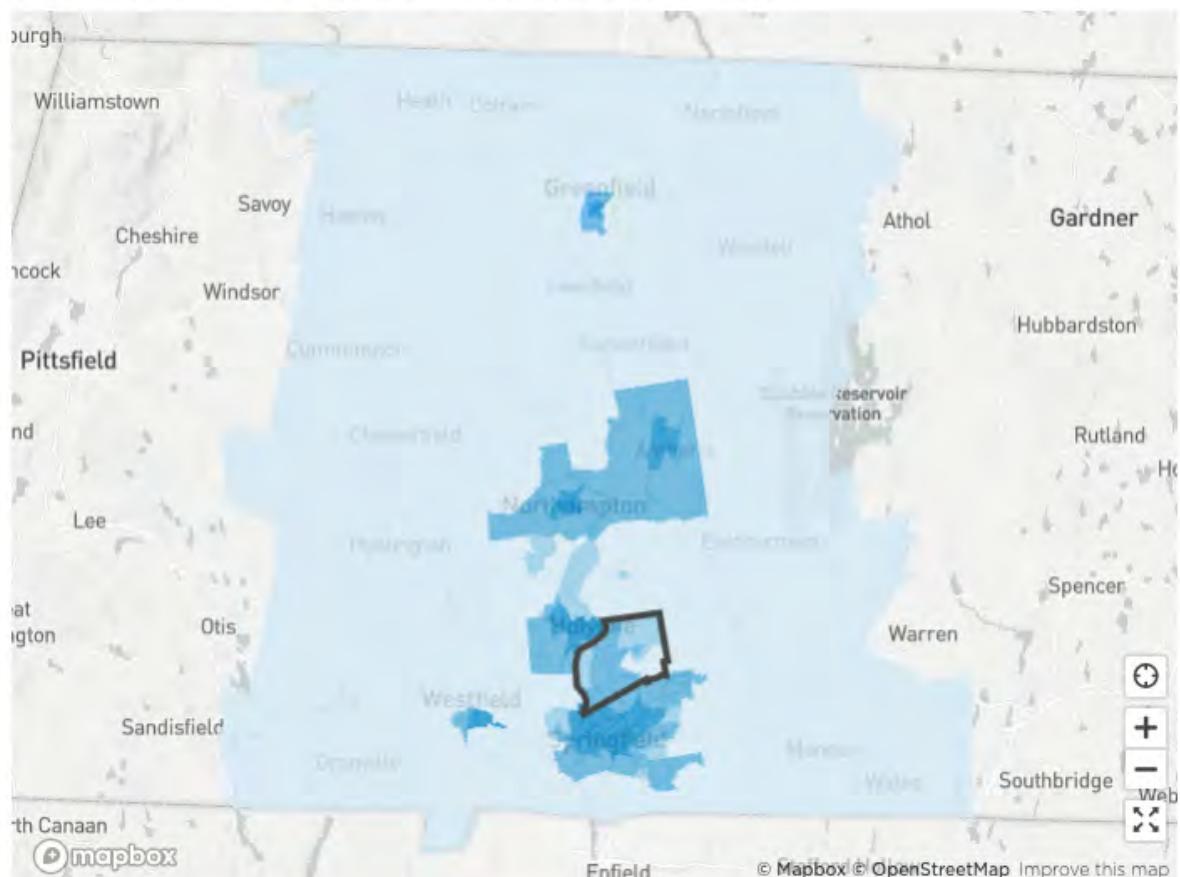
## Mode of Travel Feasibility

### How Working Adults Typically Travel to Work



Sources: US Census ACS 5-year

## Areas with feasible transit connections to destinations

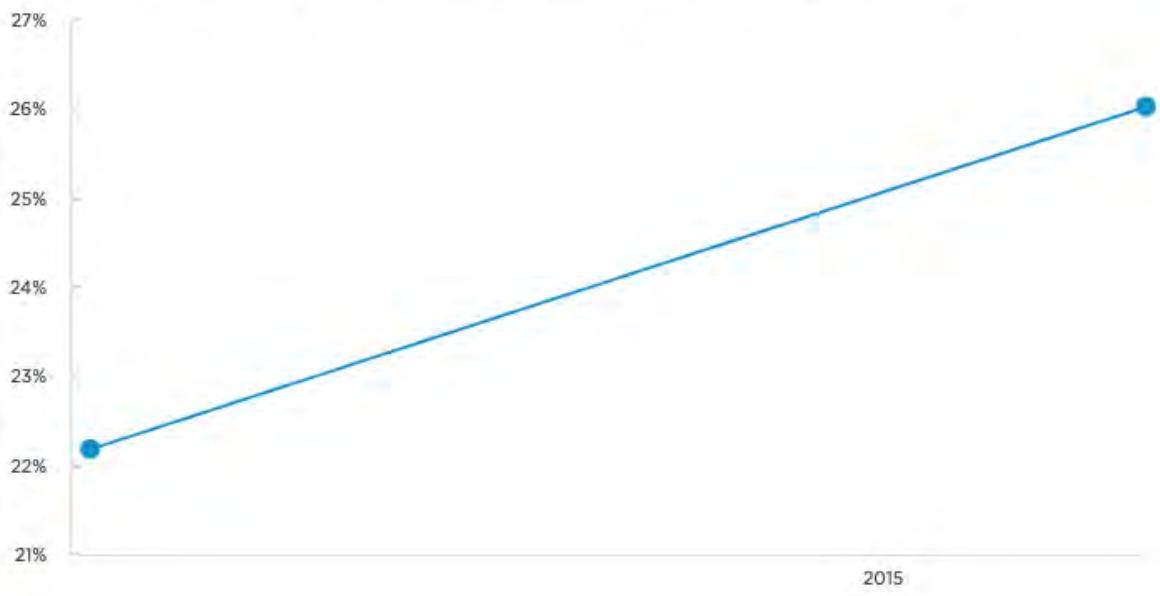


Number of jobs that are reachable within a 30-minute commute by foot and transit leaving between 7 and 9 a.m.

Source: University of Minnesota Center for Transportation

## Median Income Families Transportation Costs

### Percent of Income Spent on Transportation - Median Income Families



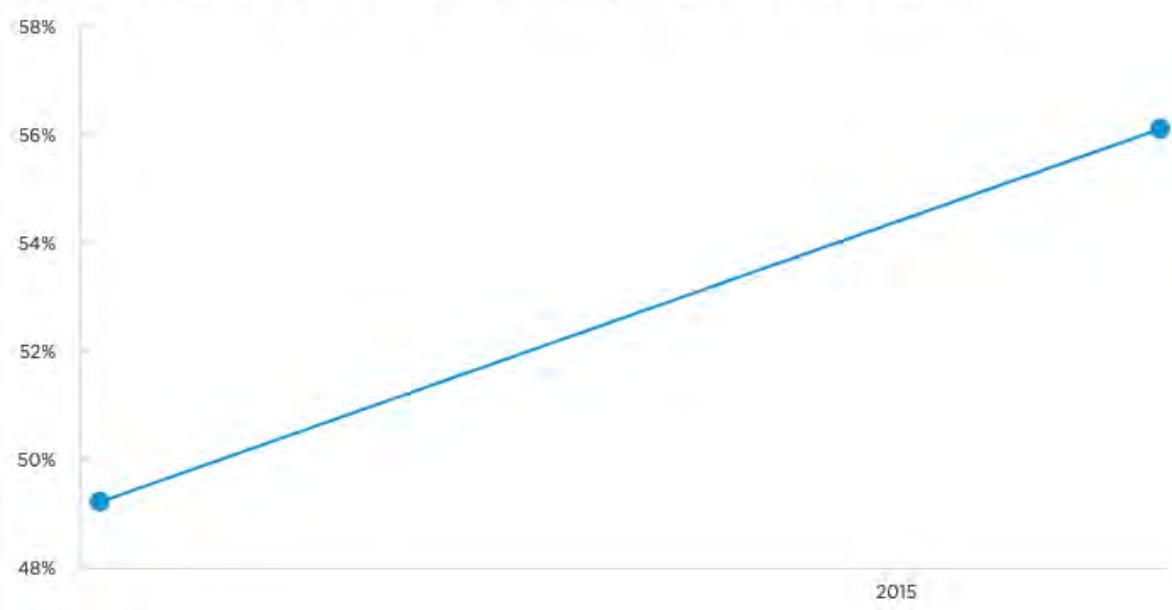
Sources: US HUD & DOT, LAI V2.0; US HUD & DOT, LAI V3.0



## 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



**16%**  
of families

**Single Female with  
Children**  
Chicopee, MA



**2,207**  
Families

**Single Female with  
Children**  
Chicopee, MA



**5%**  
of families

**Single Male with Children**  
Chicopee, MA

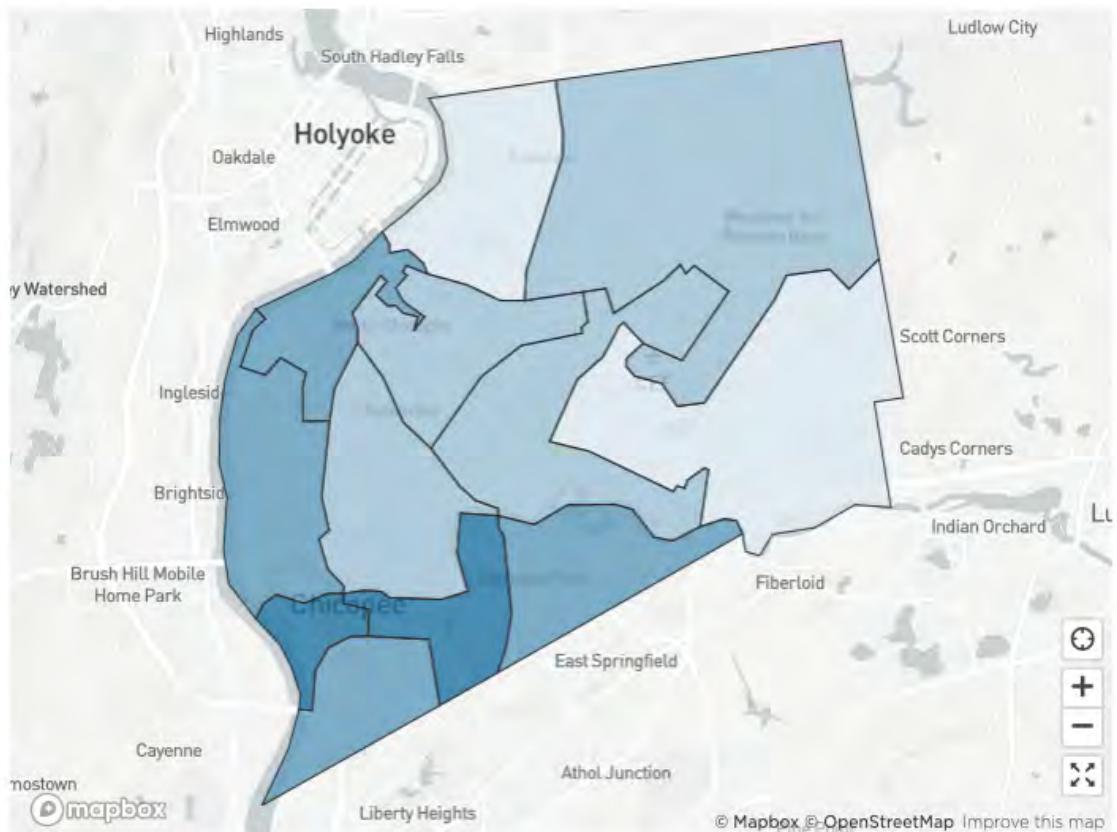


**718**  
Families

**Single Male with Children**  
Chicopee, MA

Sources: US Census ACS 5-year

## Single Female Families



### Single Female with Children

1%	- <12%
12%	- <18%
18%	- <25%
25%	- 32%

Source: US Census ACS 5-year



## Veterans



**8%**  
of civilians age 18+

**Veteran Population**  
Chicopee, MA

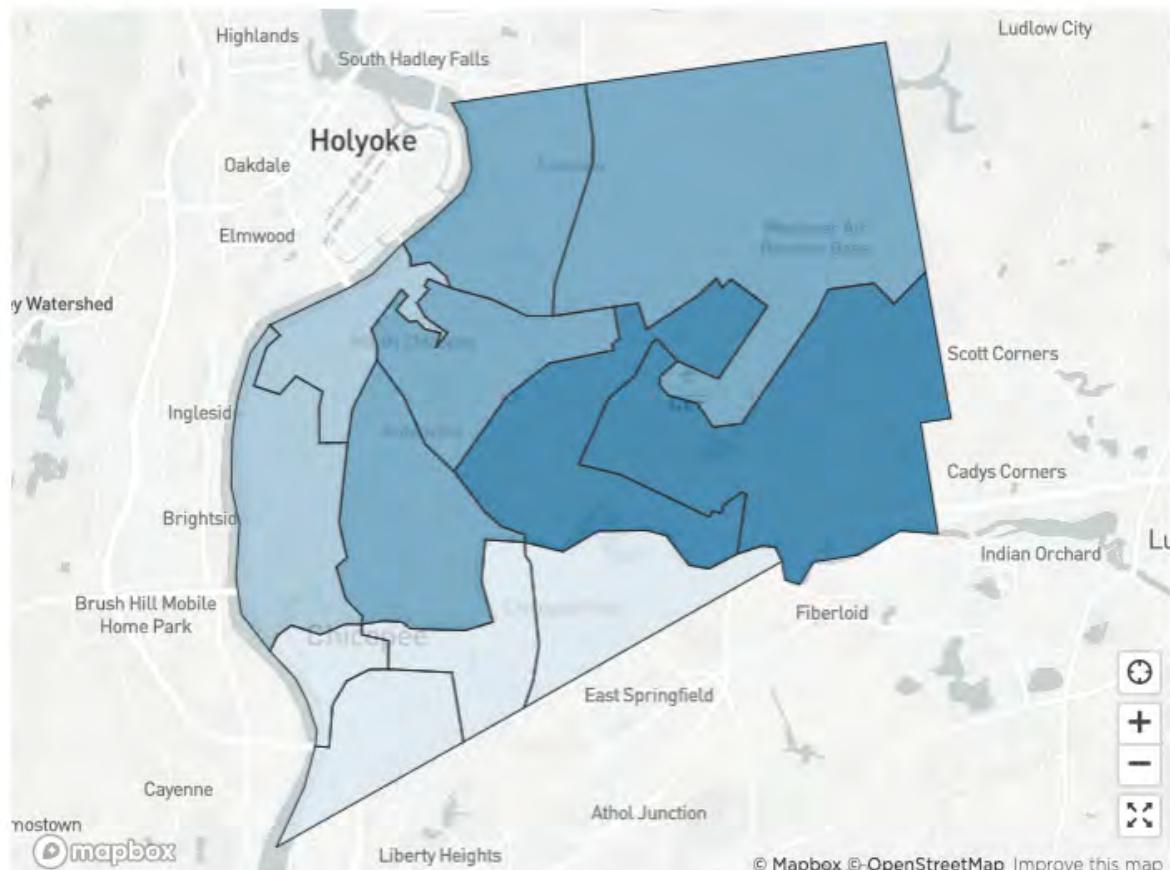


**3,764**  
People

**Veteran Population**  
Chicopee, MA

Sources: US Census ACS 5-year

### Veteran Population



### Veteran Population



Source: US Census ACS 5-year

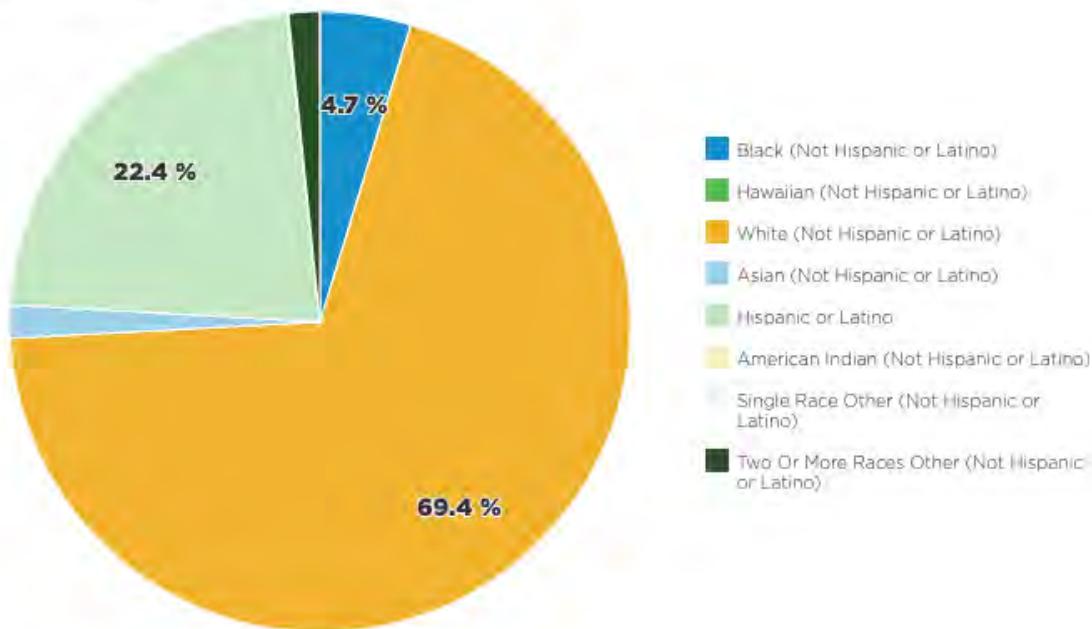
## People of Color

 **31%**  
of Total Population  
**People of Color**  
Chicopee, MA

 **17,009**  
People  
**People of Color**  
Chicopee, MA

Sources: US Census ACS 5-year

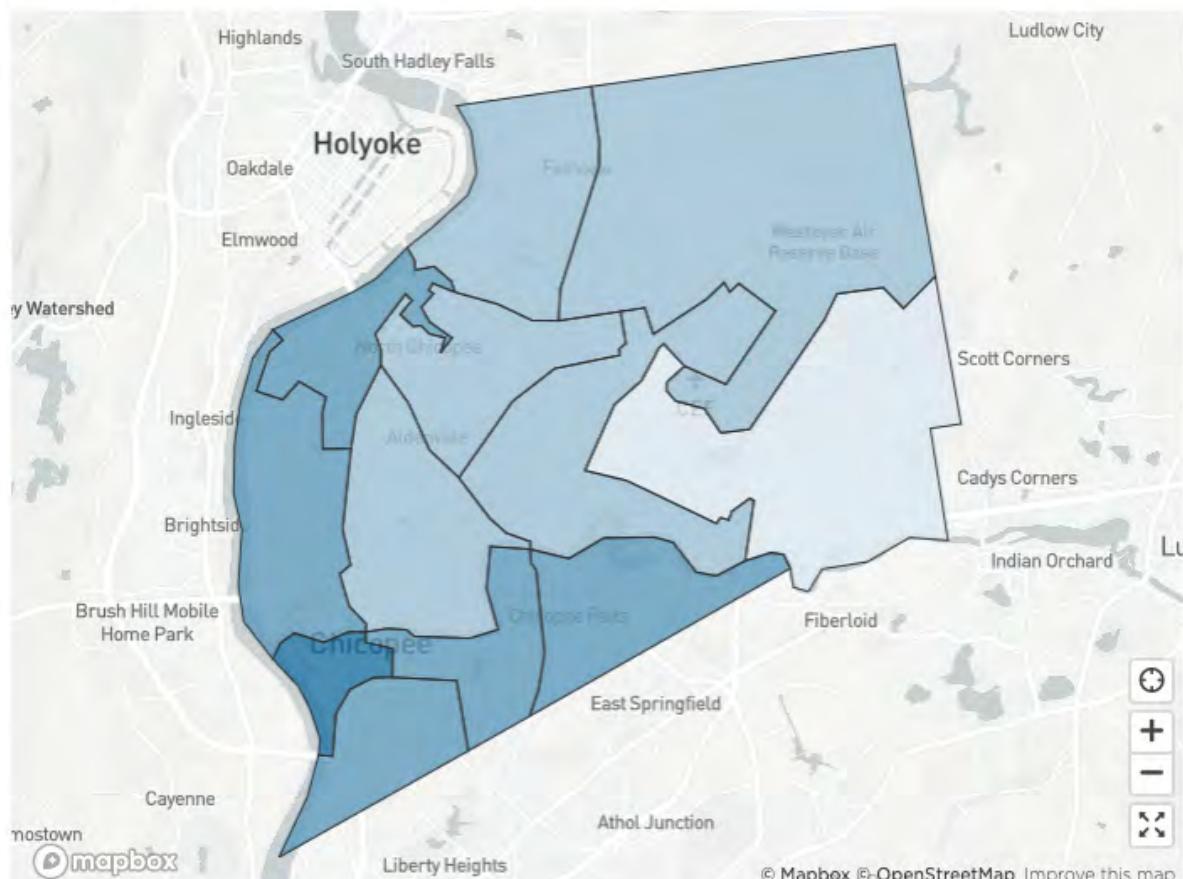
## Race/Ethnicity Totals



Chicopee, MA

Sources: US Census ACS 5-year

## People of Color



### People of Color

- 3% - <15%
- 15% - <33%
- 33% - <61%
- 61%

Source: US Census ACS 5-year

## Ability to Speak English



**7%**  
of People Age 5+

**Speak English Less Than  
'Very Well'**  
Chicopee, MA

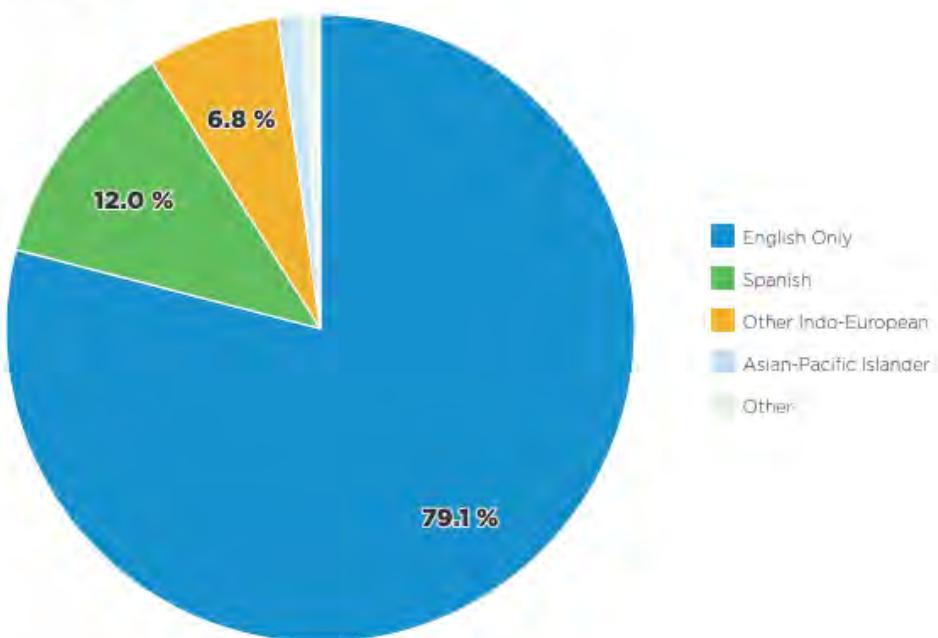


**3,493**  
People Age 5+

**Speak English Less Than  
'Very Well'**  
Chicopee, MA

Sources: US Census ACS 5-year

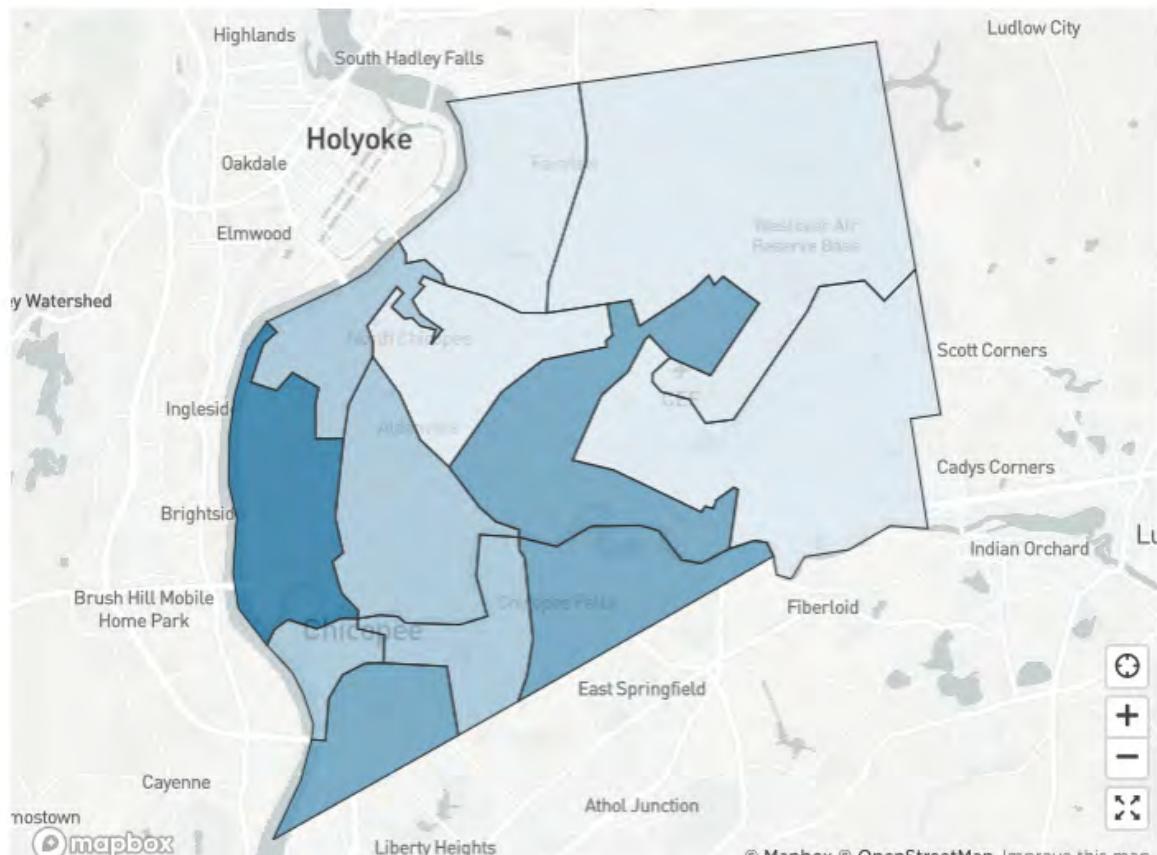
## Language Spoken at Home



Chicopee, MA

Sources: US Census ACS 5-year

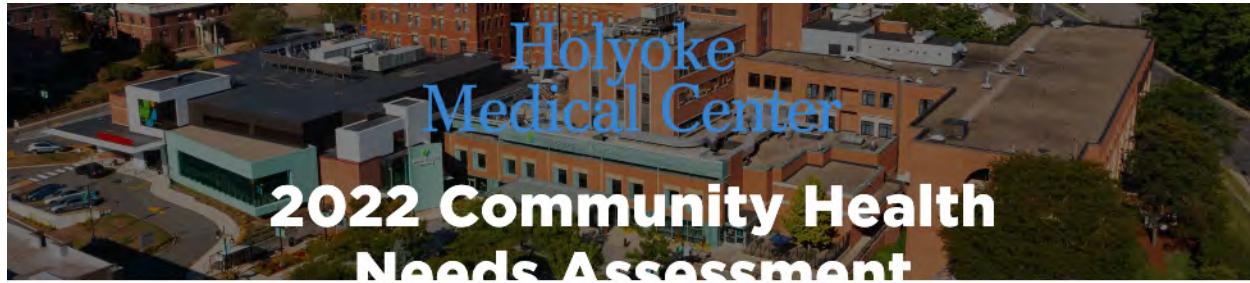
## Limited English Proficiency



**People who speak English less than 'very well'**

- 97 - <198
- 198 - <366
- 366 - <792
- 792

US Census ACS 5-year



## 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.

 Median Household Income  
**\$82,987**  
USD

South Hadley, MA

**\$89,026**  
USD

Massachusetts

 People Living in Poverty  
**7%**  
of population

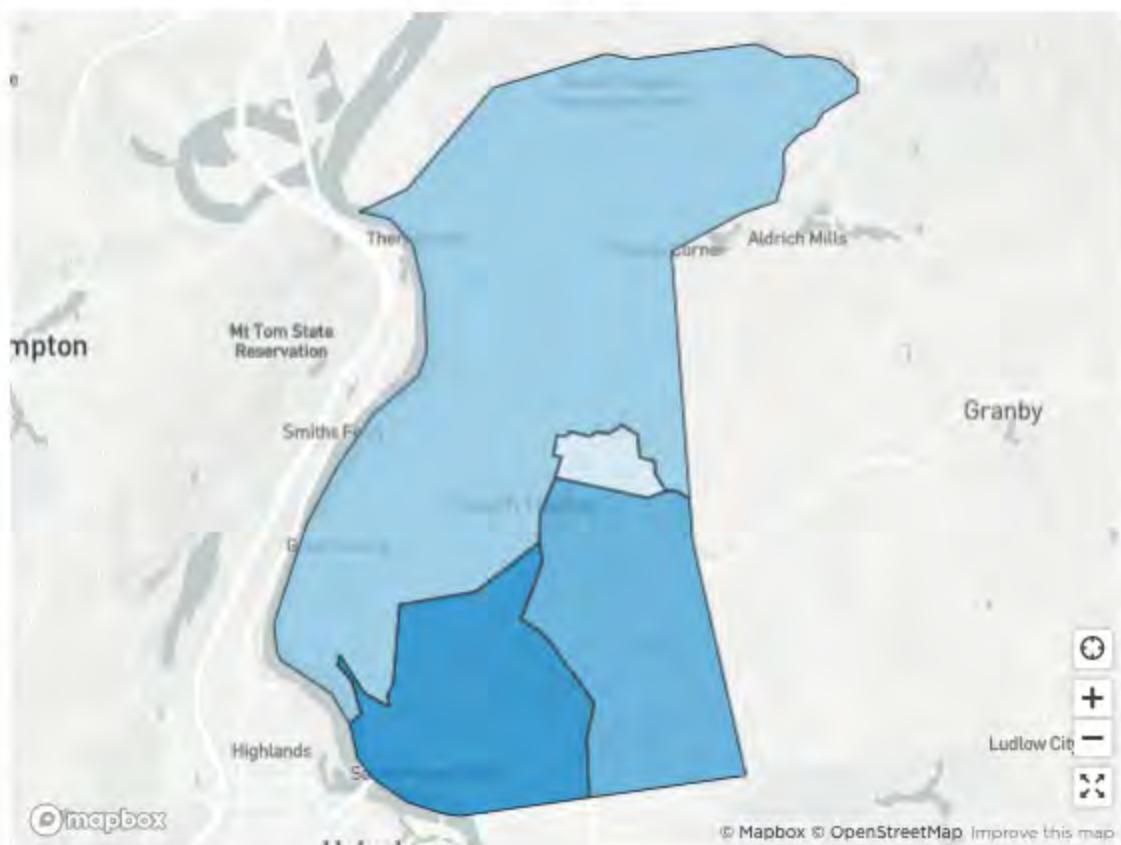
South Hadley, MA

**10%**  
of population

Massachusetts

Sources: US Census ACS 5-year

### Percent of Population Living Below Poverty



#### People Below Poverty Level

	0% - <5%
	5% - <7%
	7% - <9%
	9%

Sources: US Census ACS 5-year

## Poverty by Race/ Ethnicity



**7%**  
of population

### People Living in Poverty

South Hadley, MA

Sources: US Census ACS 5-year

#### People Living in Poverty by Race/ Ethnicity

South Hadley School District, MA

American Indian	<b>No data</b> of American Indian Population
Asian	<b>40%</b> of Asian Population
Black	<b>1%</b> of Black Population
Hawaiian/Pacific Islander	<b>No data</b> of Hawaiian/Pacific Islander Population
Hispanic or Latino	<b>24%</b> of Hispanic or Latino Population
Some Other Race	<b>12%</b> of Some Other Race Population
Two or More Races	<b>24%</b> of Two or More Races Population
White (Not Hispanic or Latino)	<b>6%</b> of White (Not Hispanic or Latino) Population

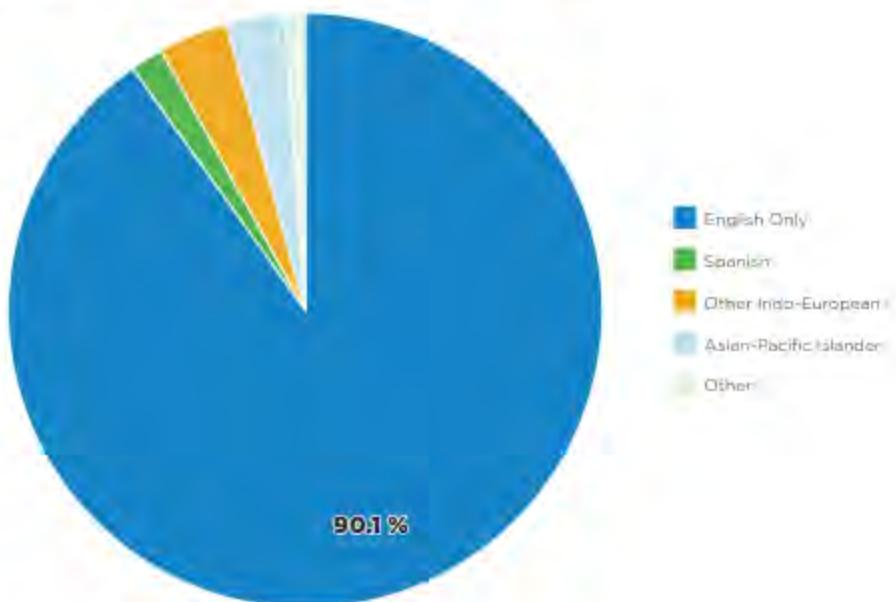
Sources: US Census ACS 5-year

 **Income by Race/ Ethnicity**  **\$82,987**  
USD**Median Household Income**  
South Hadley, MA*Sources: US Census ACS 5-year***Median Household Income by Race/ Ethnicity**

South Hadley School District, MA	USD
American Indian	No data
Asian	No data
Black	\$69,620
Hispanic or Latino	\$40,667
Hawaiian/Pacific Islander	No data
Other Race	\$48,472
Two or More Races	\$116,500
White (Not Hispanic or Latino)	\$84,700

*Sources: US Census ACS 5-year*

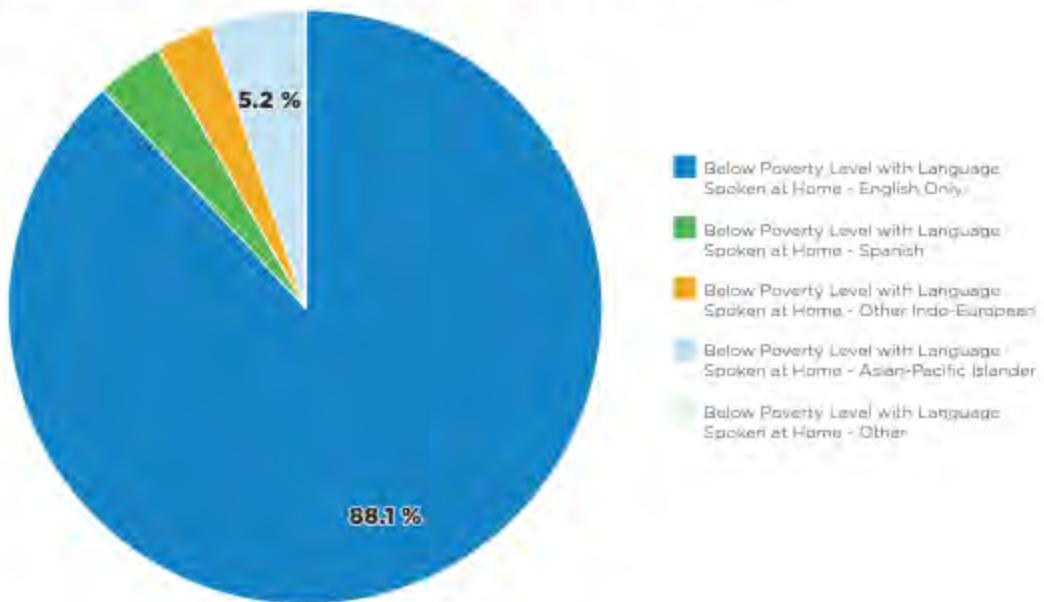
### Language Spoken at Home by Total Population



South Hadley, MA

Sources: US Census ACS 5-year

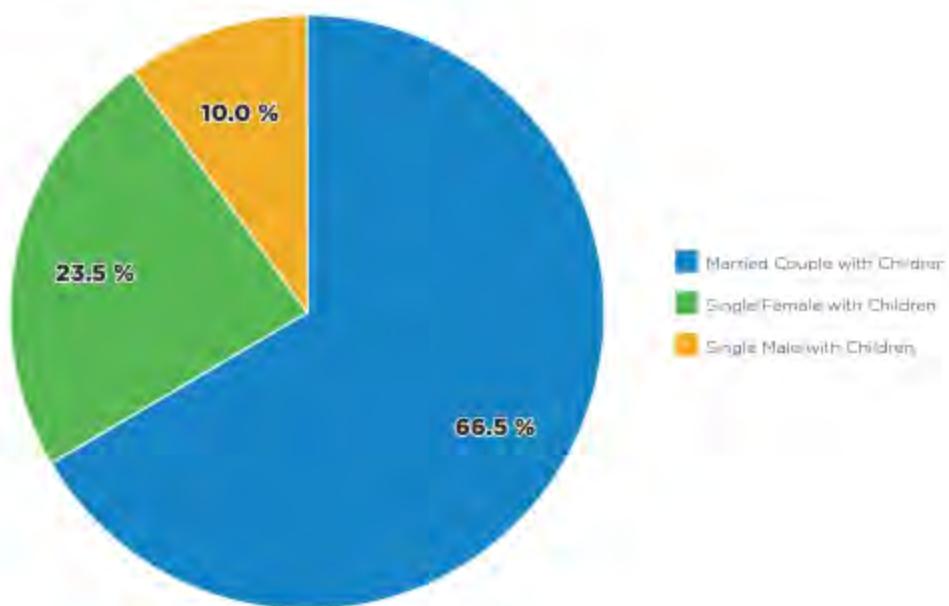
### Language Spoken at Home by People Living in Poverty



South Hadley School District, MA

Sources: US Census ACS 5-year

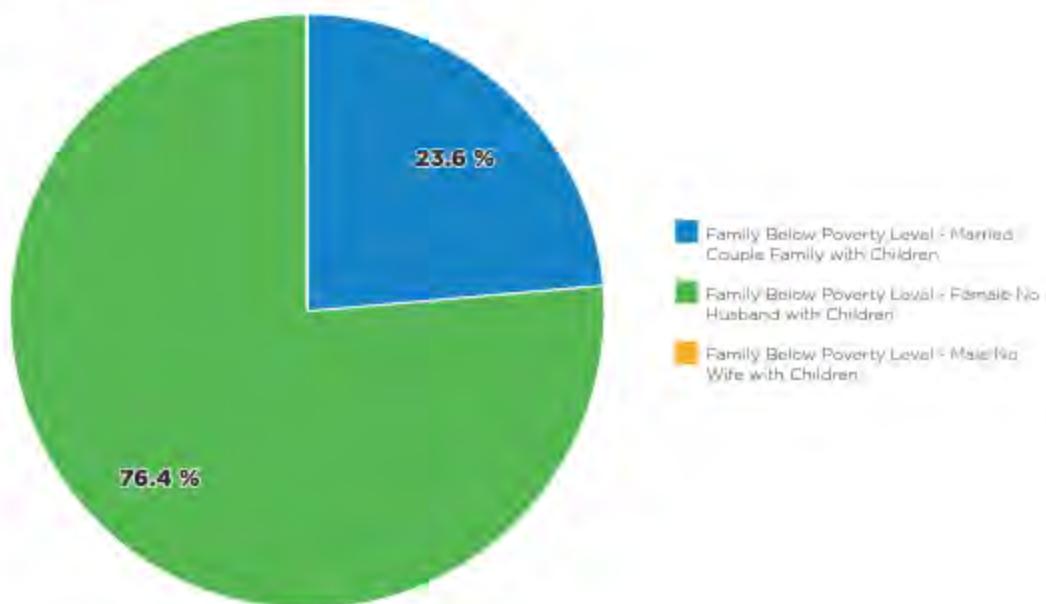
### All Families with Children



South Hadley, MA

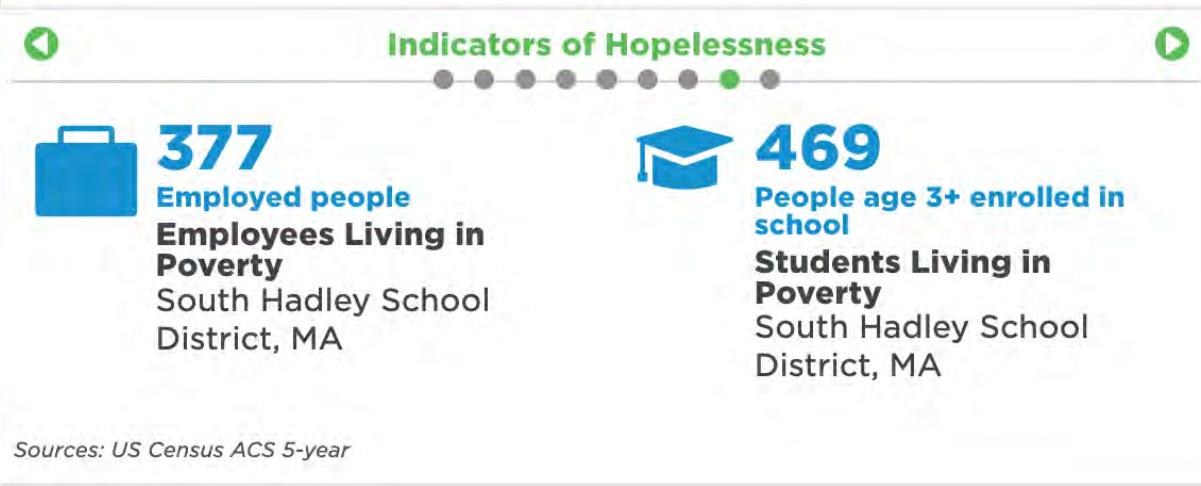
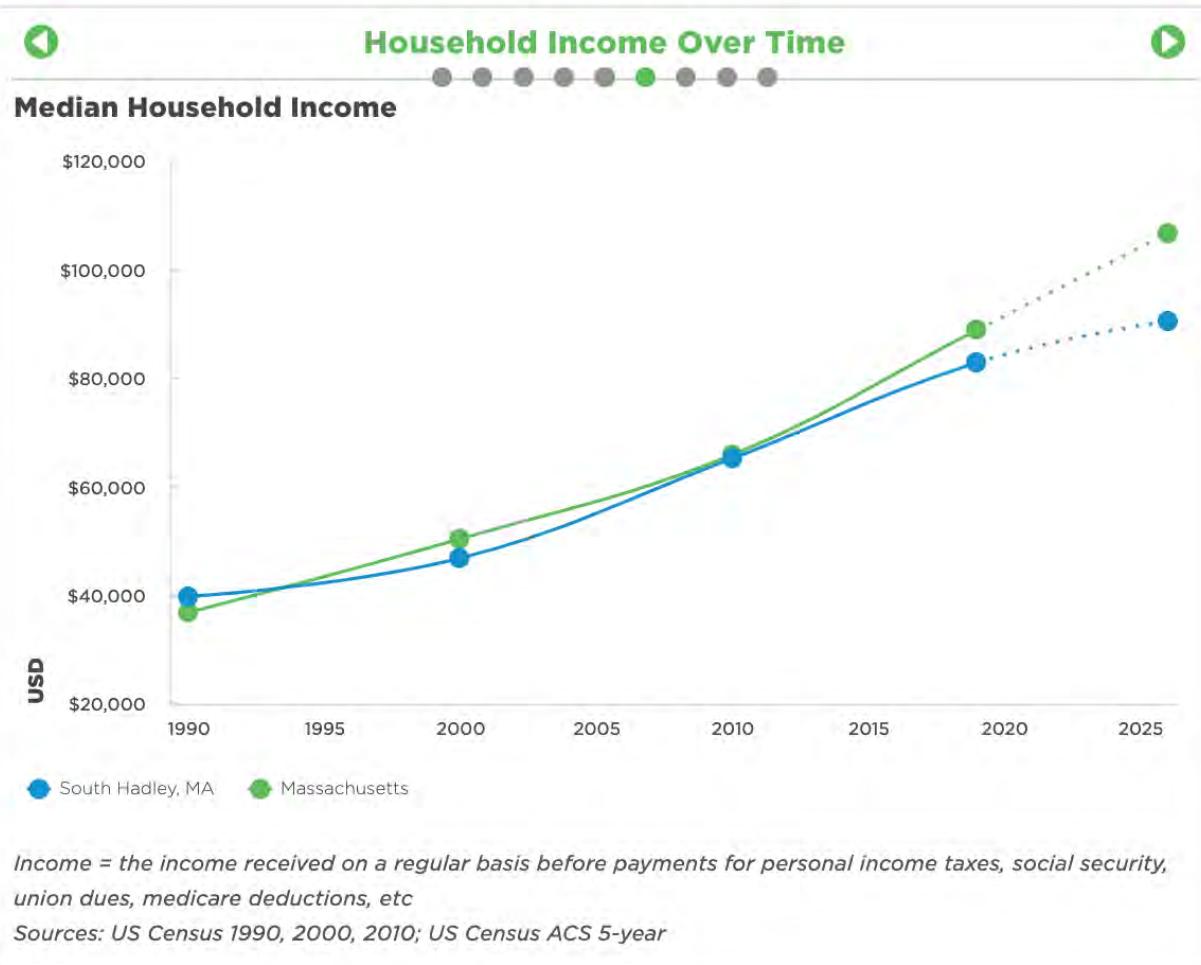
Sources: US Census ACS 5-year

### Families with Children Living in Poverty



South Hadley School District, MA

Sources: US Census ACS 5-year

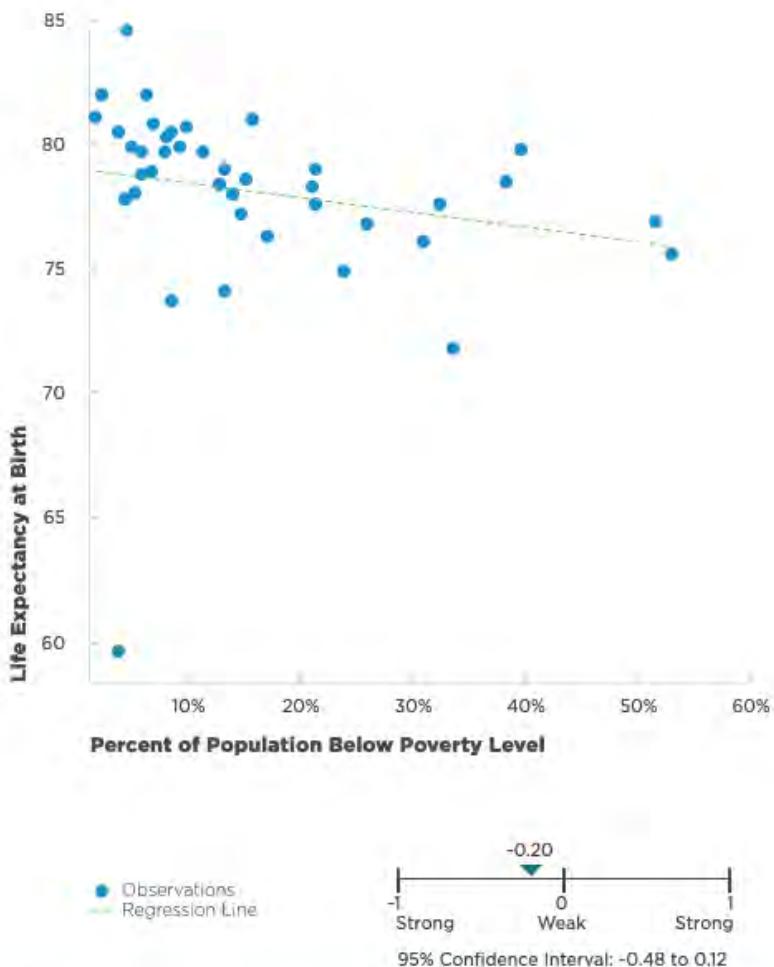


## Life Expectancy vs. Poverty

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



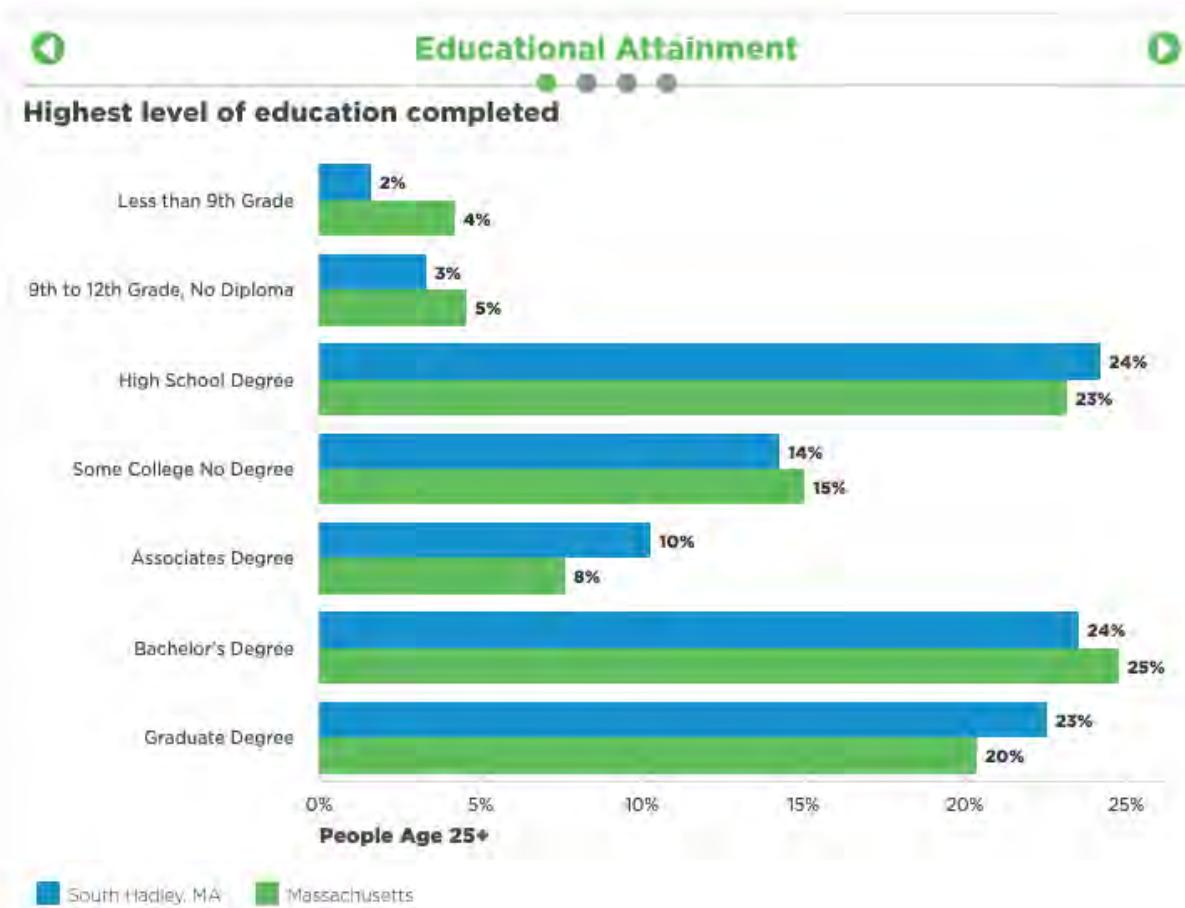
There is not enough evidence to conclude that there is a significant relationship between these variables at the 95% confidence interval

Sources: CDC NCHS USALEEP 2010-2015; US Census Bureau ACS 5-year 2017-2021

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.



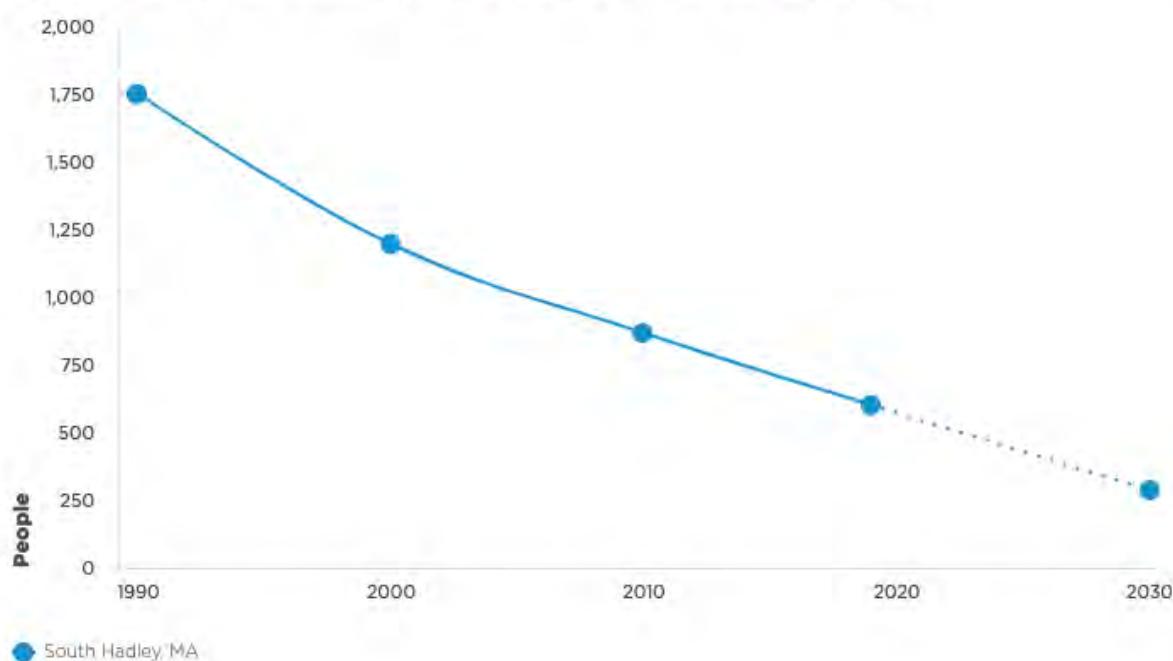
Sources: US Census ACS 5-year



## Adults without High School Diploma Over Time



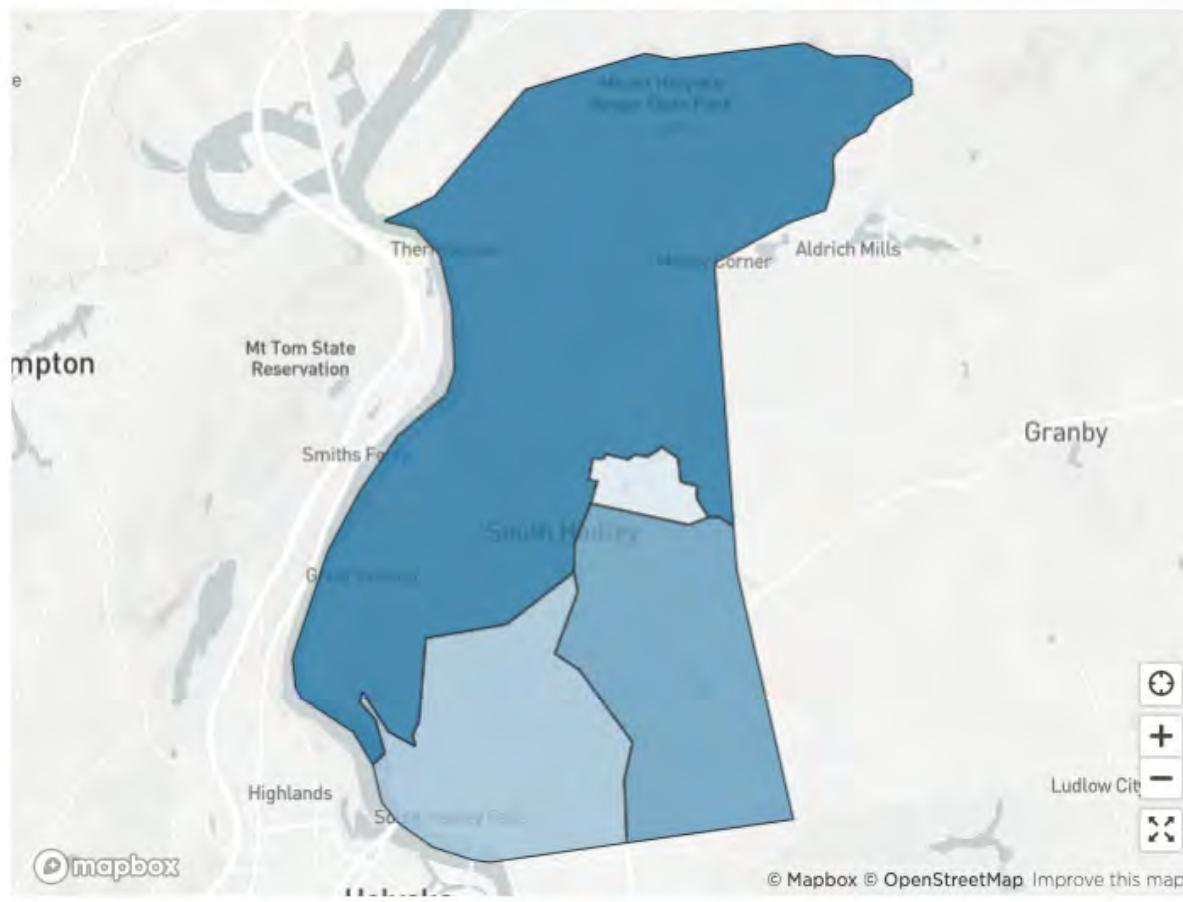
### Population Age 25+ Without High School Diploma or Equivalent



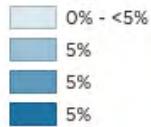
Sources: US Census 1990, 2000, 2010; US Census ACS 5-year

## 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

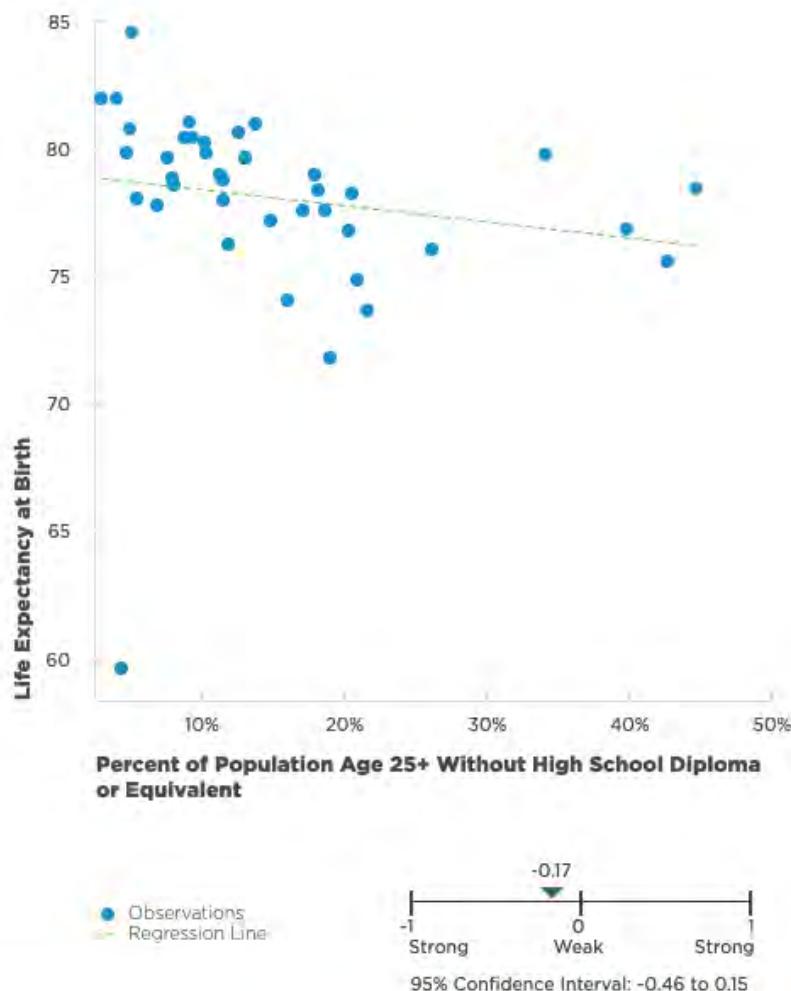


## Life Expectancy vs. Adults without High School Diploma



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.



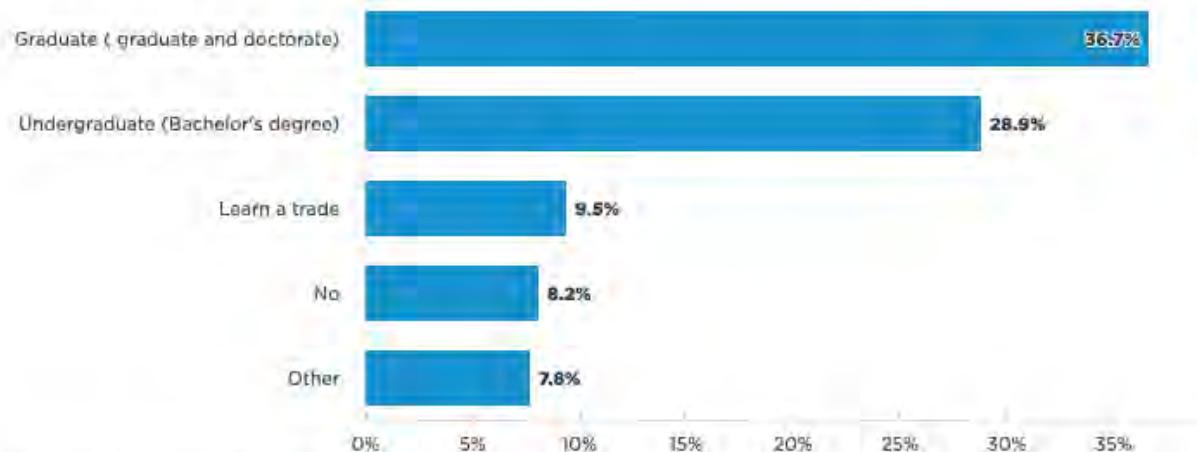
There is not enough evidence to conclude that there is a significant relationship between these variables at the 95% confidence interval

Sources: CDC NCHS USALEEP 2010-2015; US Census Bureau ACS 5-year 2017-2021

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.

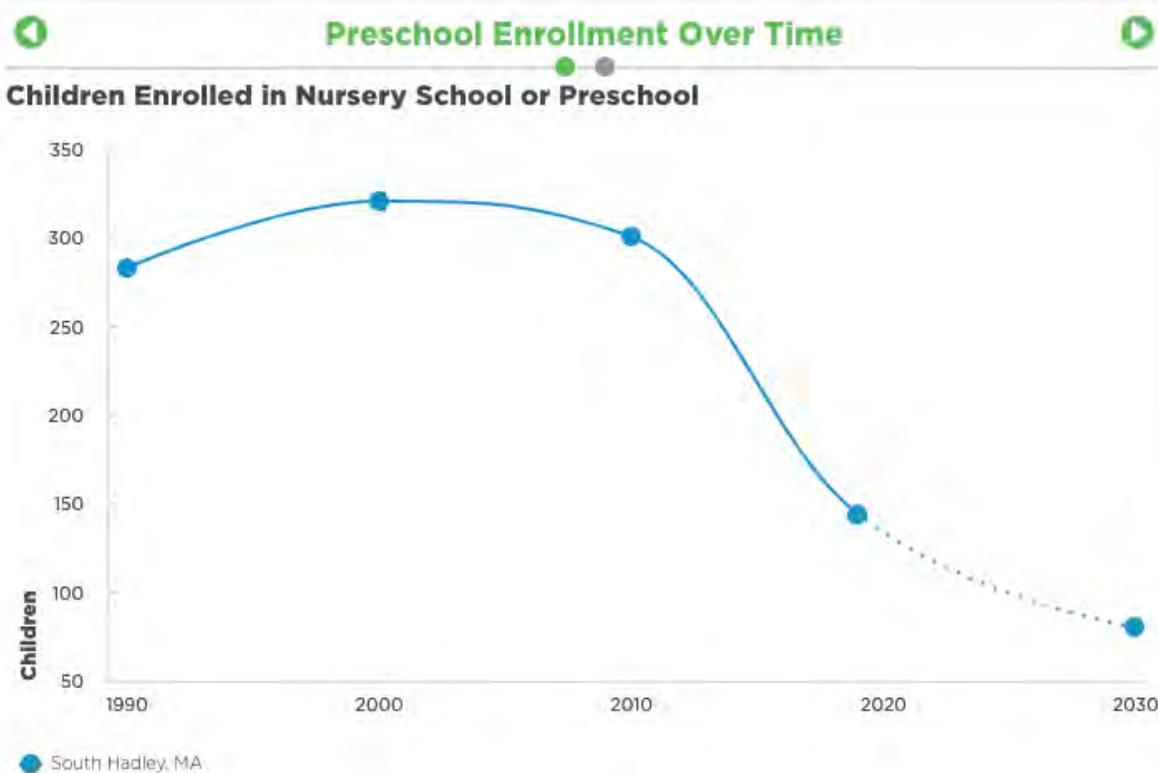
**Do you have a strong interest in pursuing your education and if so to what level**



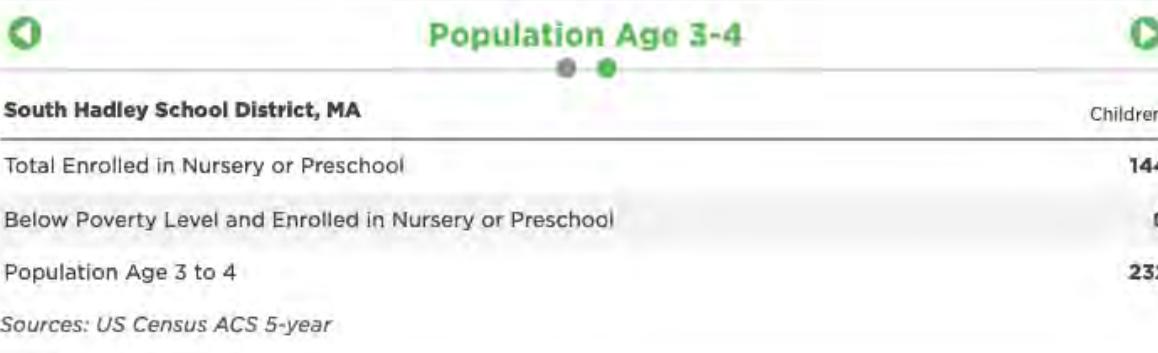
Sources: CHNA Survey, Holyoke Medical Center, 2022

**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.



Sources: US Census 1990, 2000, 2010; 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

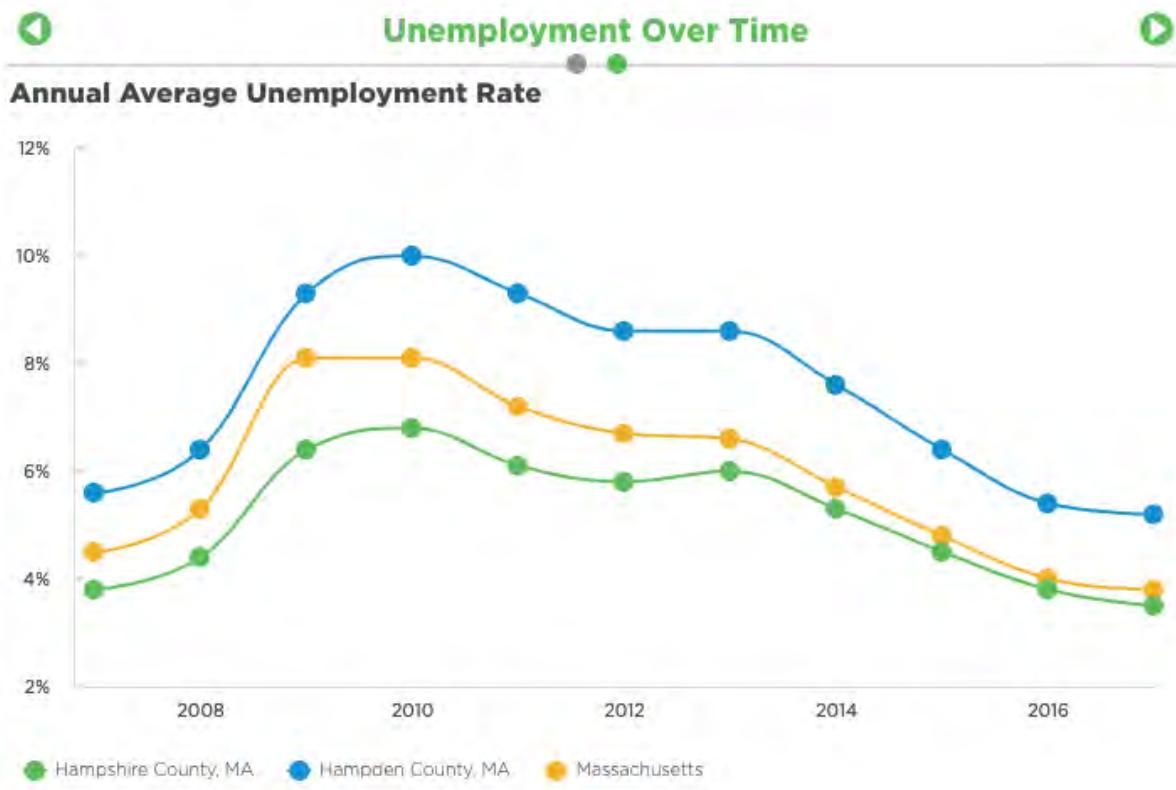


#### Unemployment 4.2%

South Hadley, MA

5.4%  
Massachusetts

*Sources: US Census ACS 5-year*



## 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.

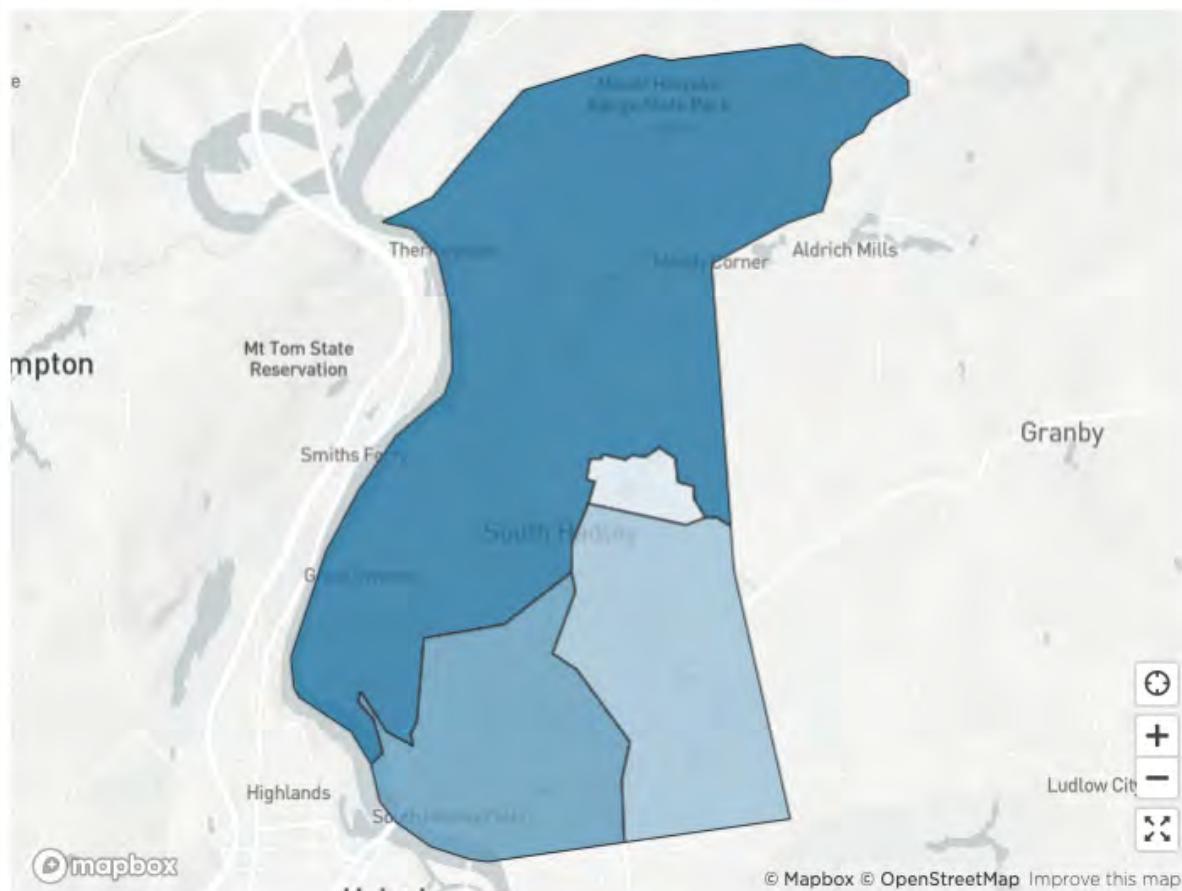




## Excessive Rental Housing Costs



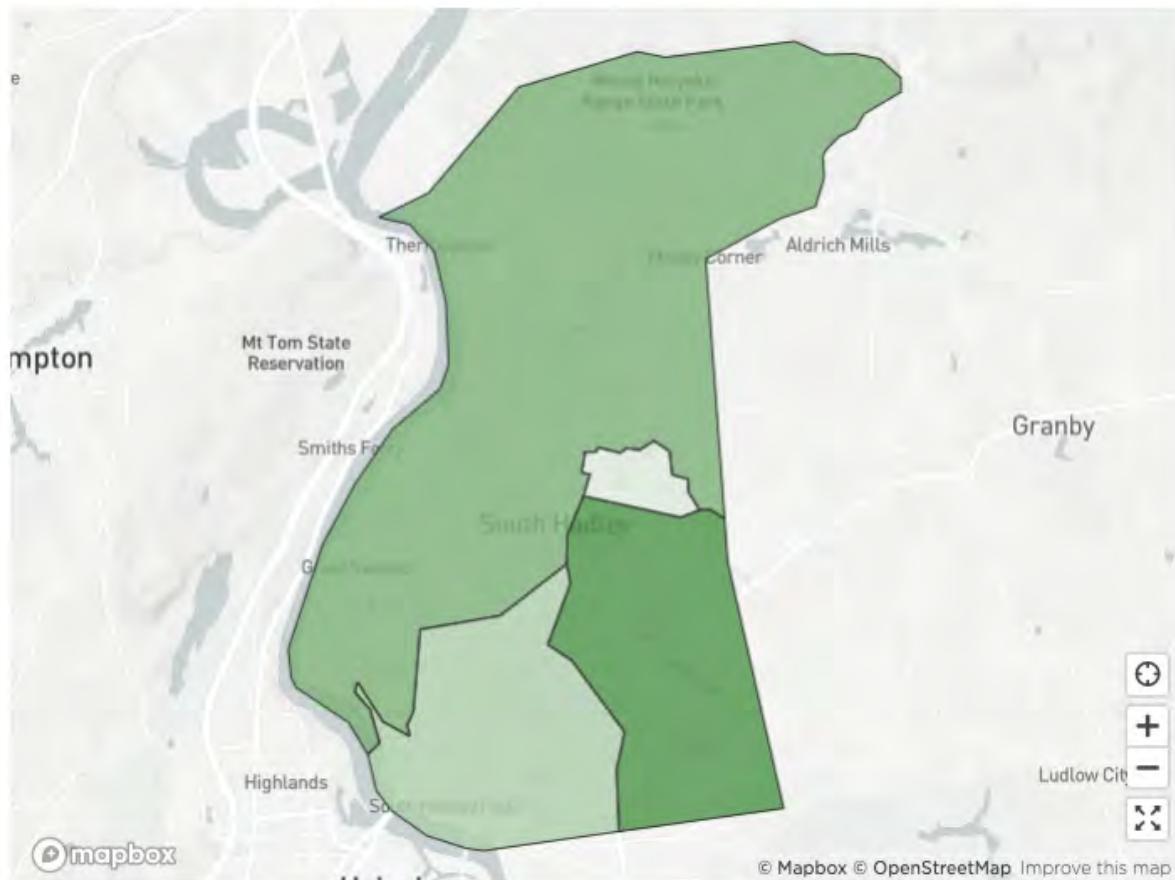
### Home Rental Costs: 30%+ of Income



© Mapbox © OpenStreetMap Improve this map

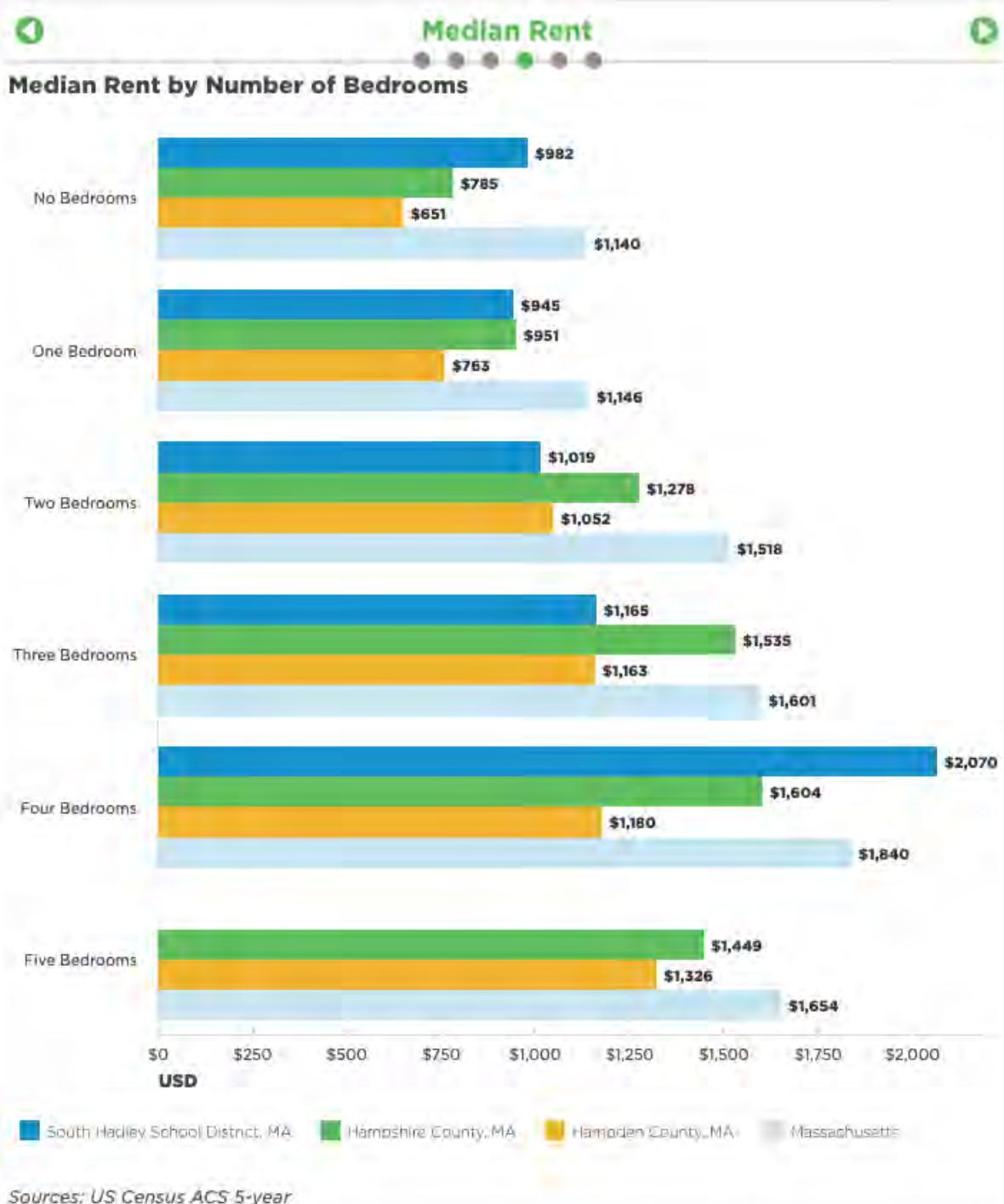
## Excessive Homeownership Costs

## Home Ownership Costs: 30%+ of Income



### **Owner Households with Excessive Housing Costs**

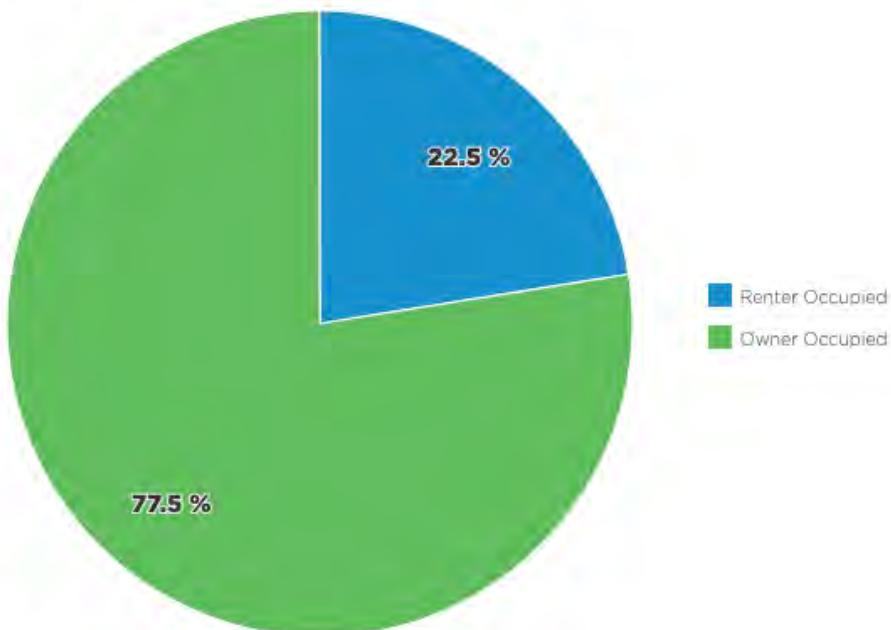
Source: US Census ACS 5-year



Sources: US Census ACS 5-year

## Homeownership Rate

Owner vs Renter Occupied



South Hadley, MA

Sources: US Census ACS 5-year

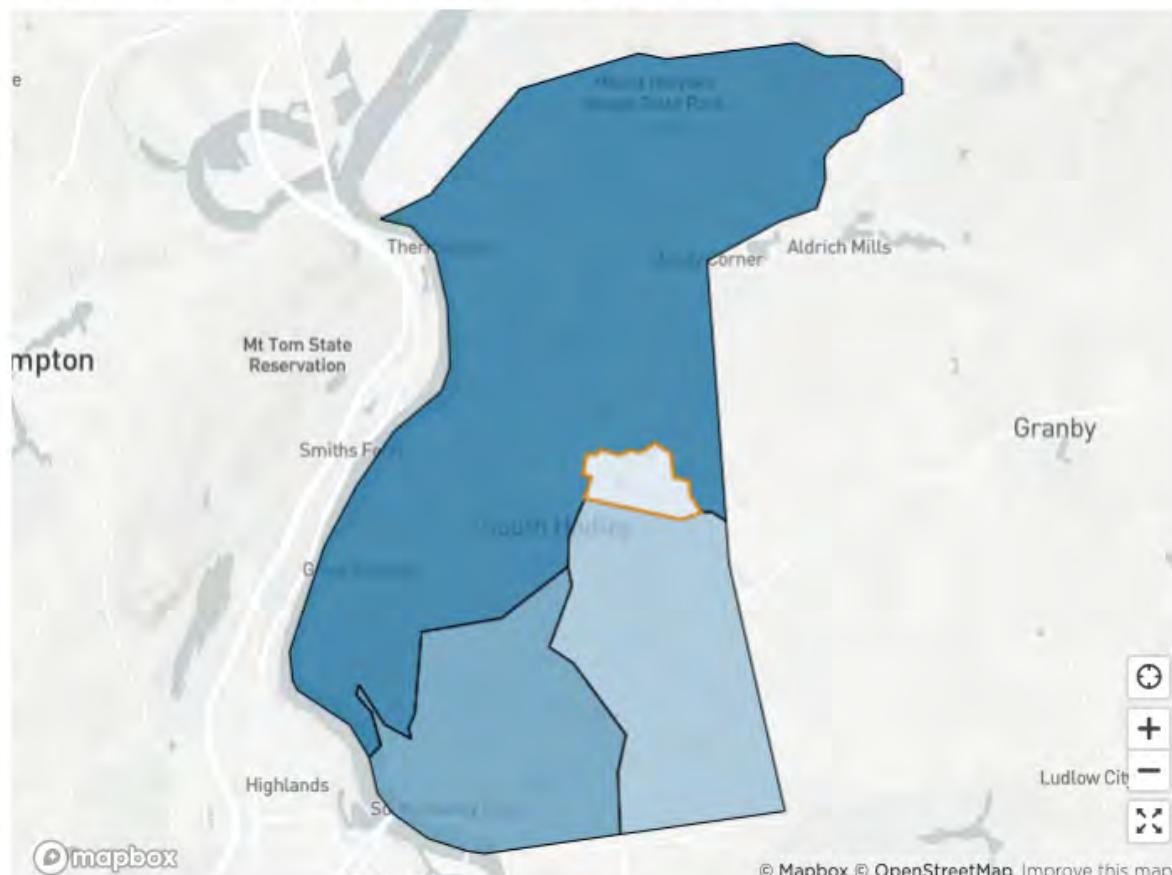


## Housing Cost & Race



Click on the map for more information.

### Excessive Rental Housing Costs and People of Color



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

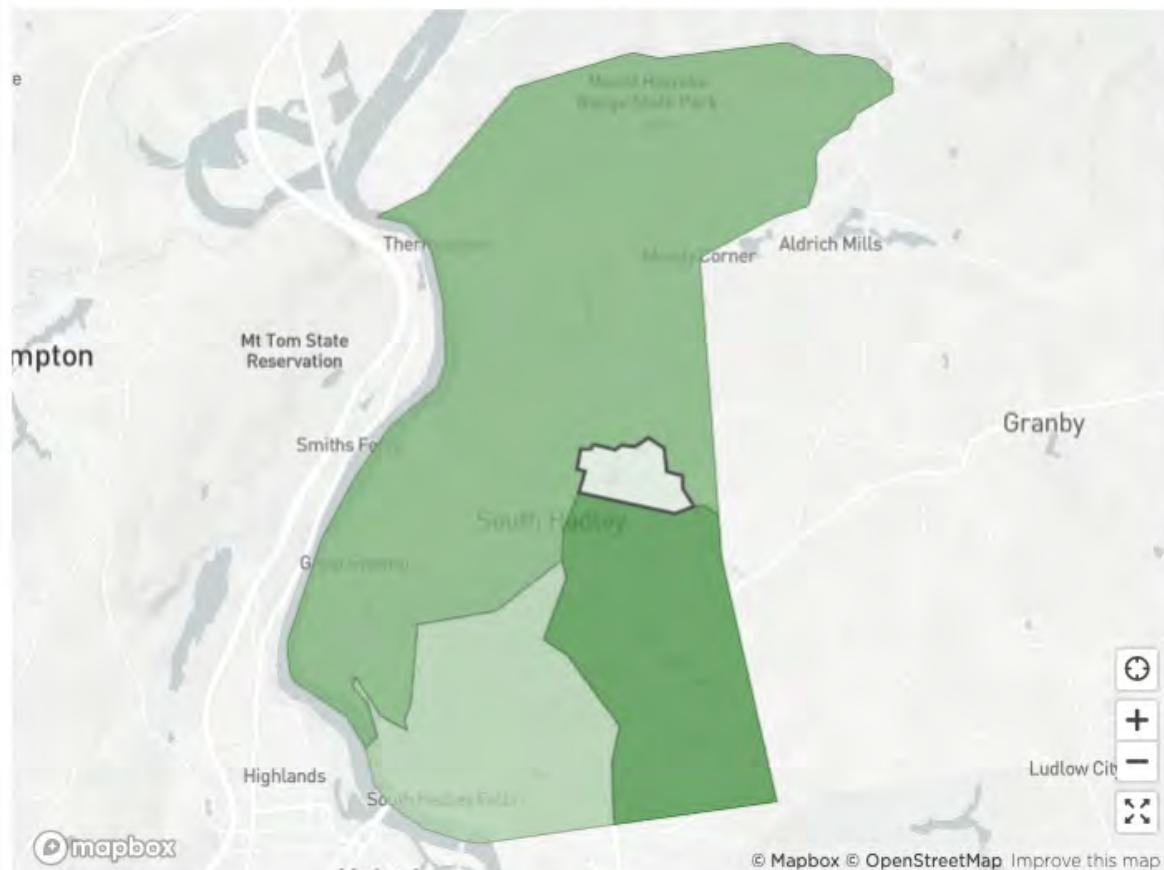


Home Rent is 30%+ of Income

0% - <7%
7% - <22%
22% - <44%
44% - 58%

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



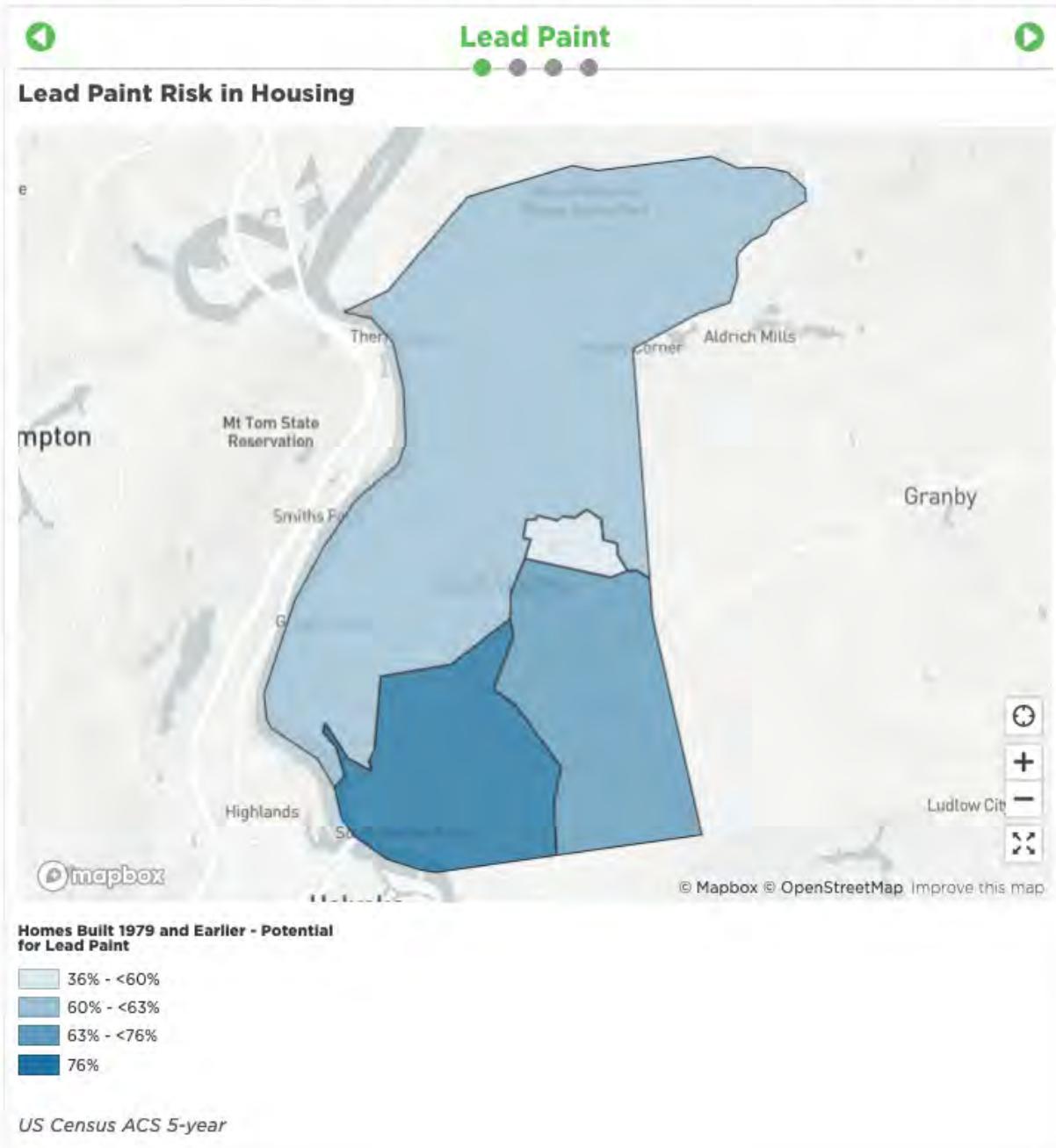
Home Ownership Costs are 30%+ of Income

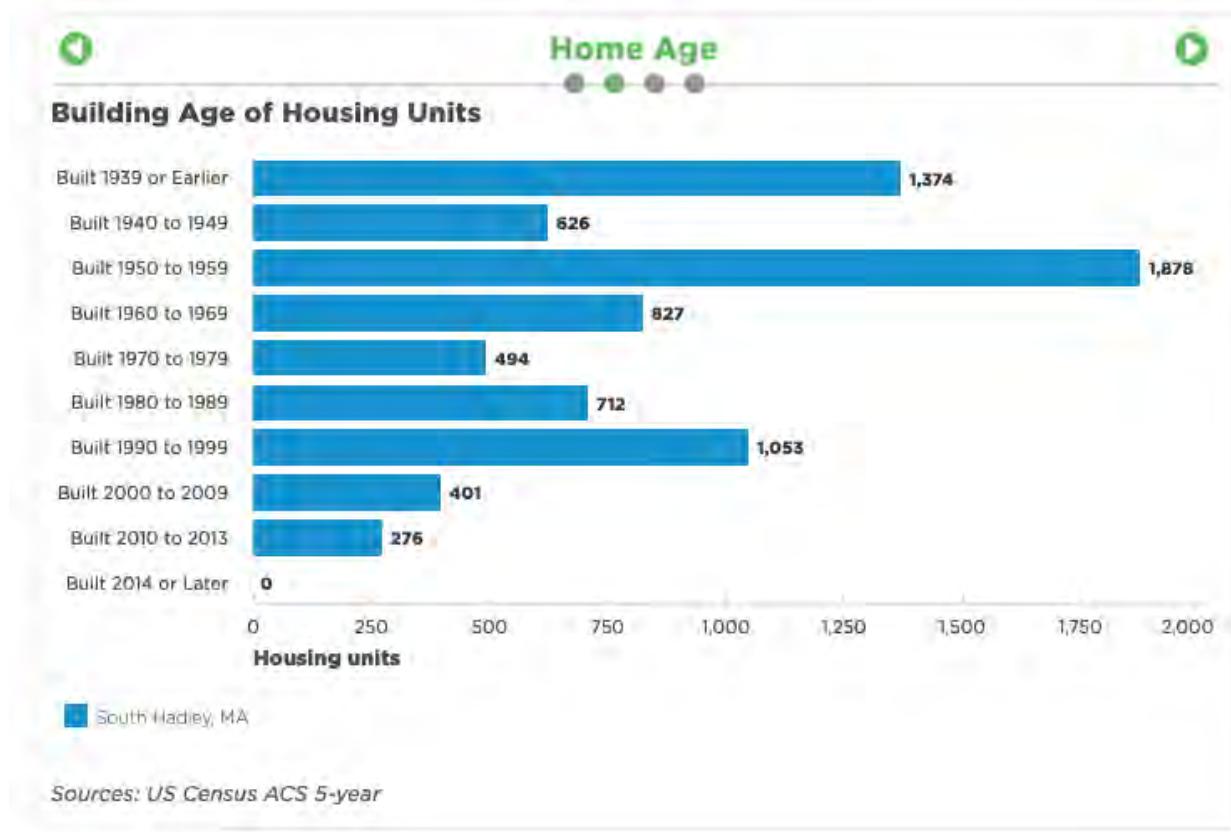
- 0% - <9%
- 9% - <18%
- 18% - <22%
- 22% - 25%

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.







## Kitchen Facilities



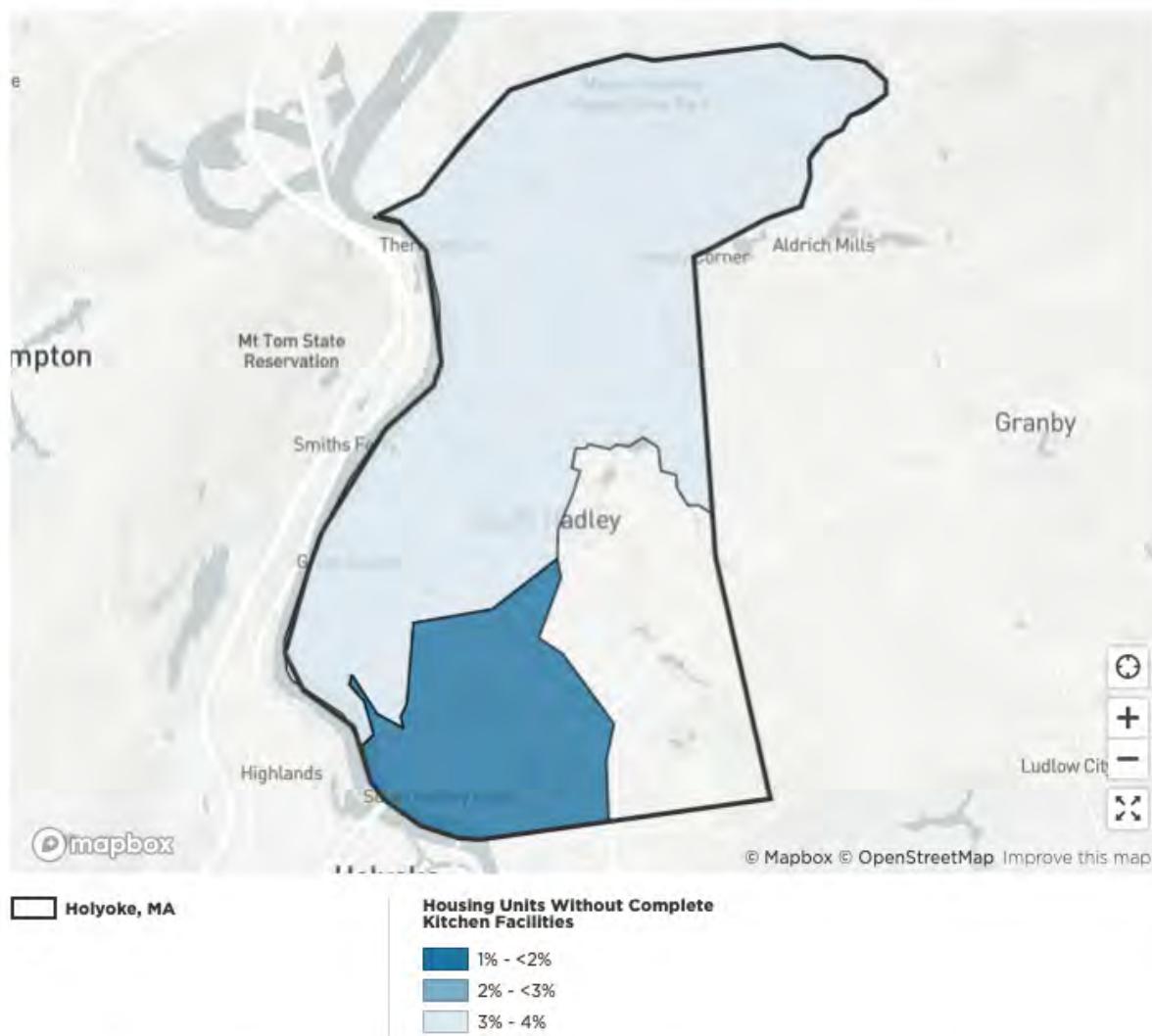
**122**  
Homes

### 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



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



## 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.



**2,718**

People Without Homes

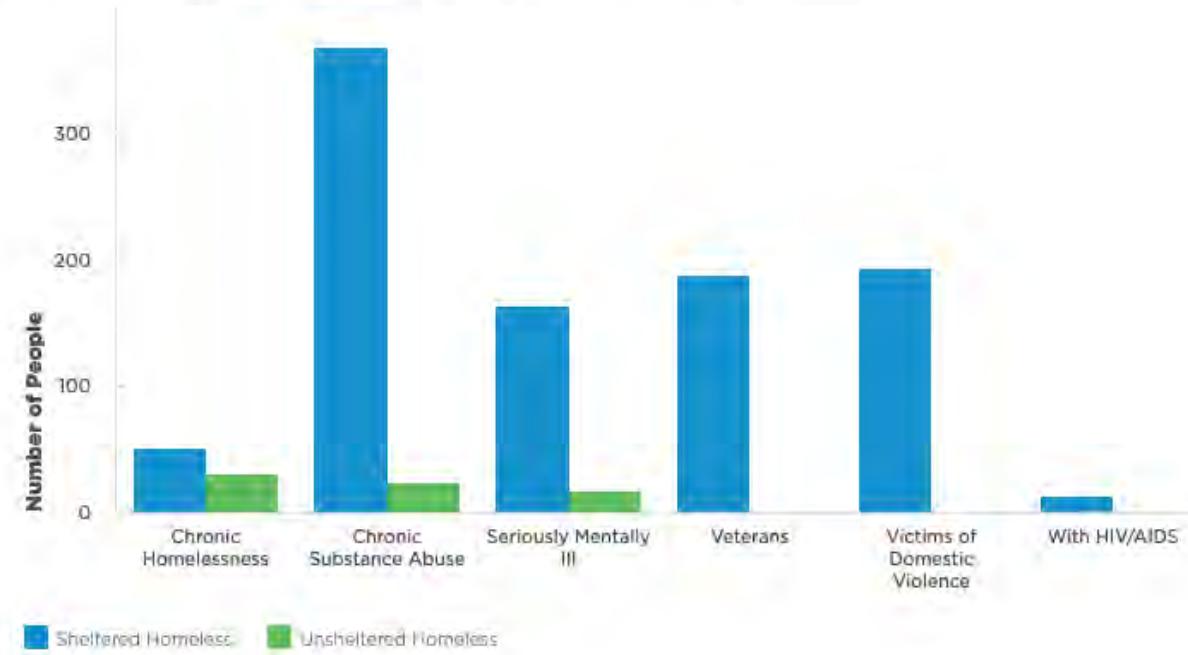
### **Homeless Population**

Holyoke/Franklin, Hampden, Hampshire Counties CoC

*Source: HUD Continuum of Care Homeless Assistance Program Point-in-Time Count 2011*

*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, 2011*

## 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.



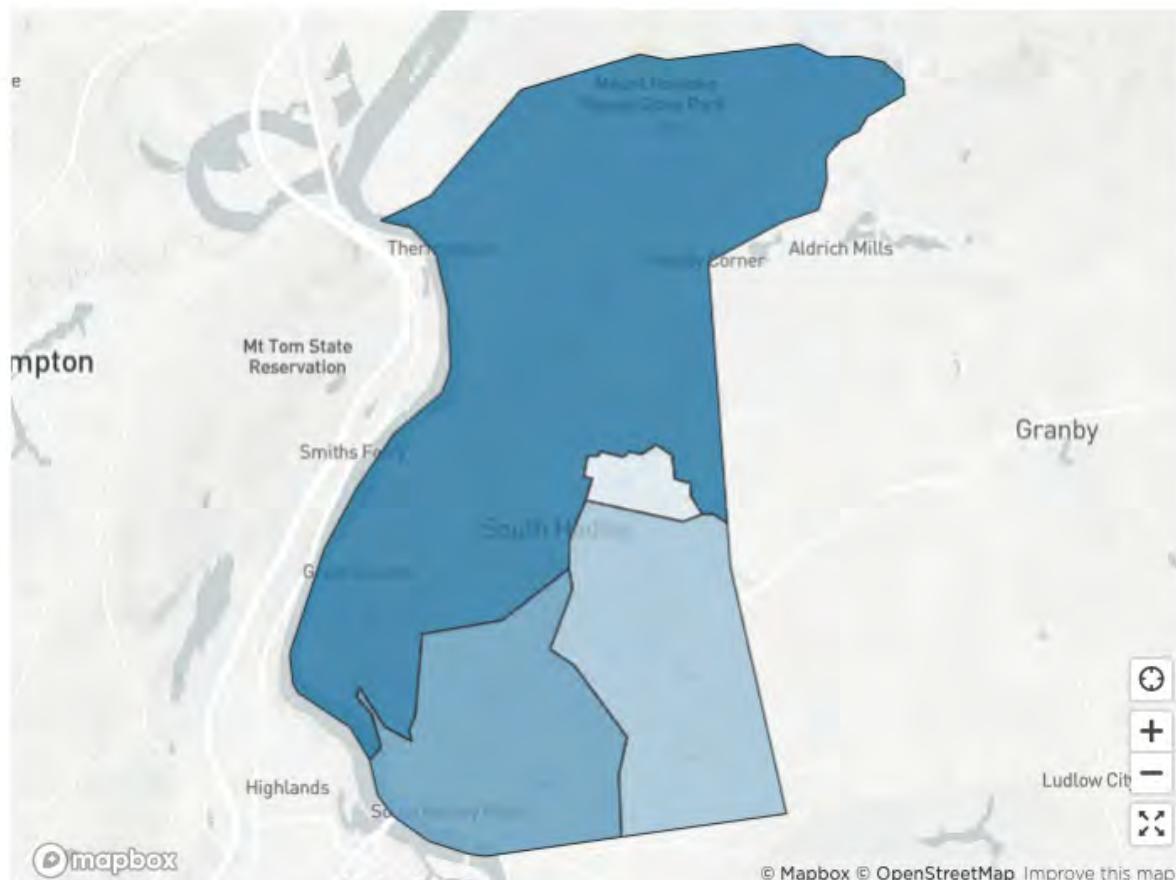
**4%**  
of homes

## Homes Without a Vehicle

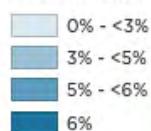
South Hadley, MA

Sources: US Census ACS 5-year

### Zero Vehicle Households



### Homes without an available vehicle



Source: US Census ACS 5-year



**9**

on a 1-20 scale

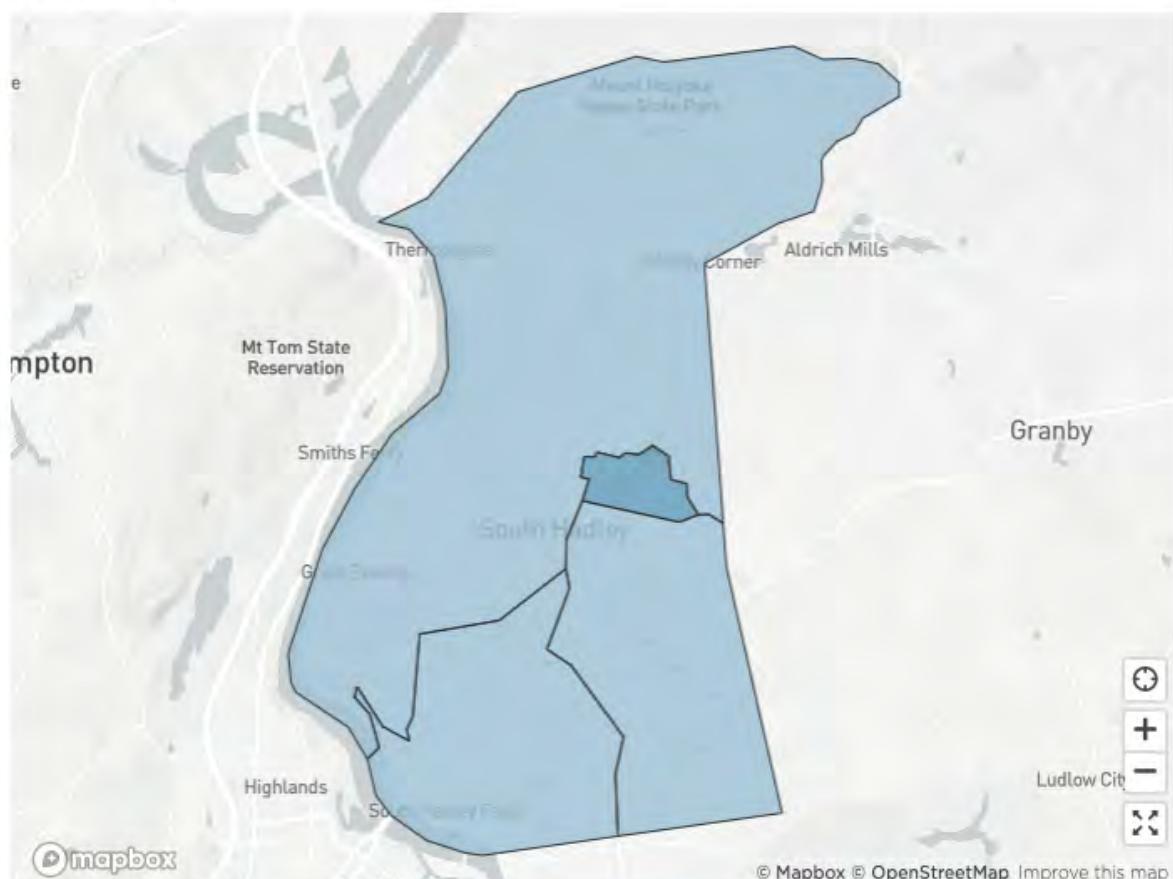
## Walkability Index

South Hadley, MA

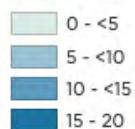
Sources: EPA 2019

Higher scores indicate higher walkability

### Walkability



### Walkability Index on a 1-20 Scale



EPA 2019

Higher scores indicate higher walkability.

**6**

on a 1-20 scale

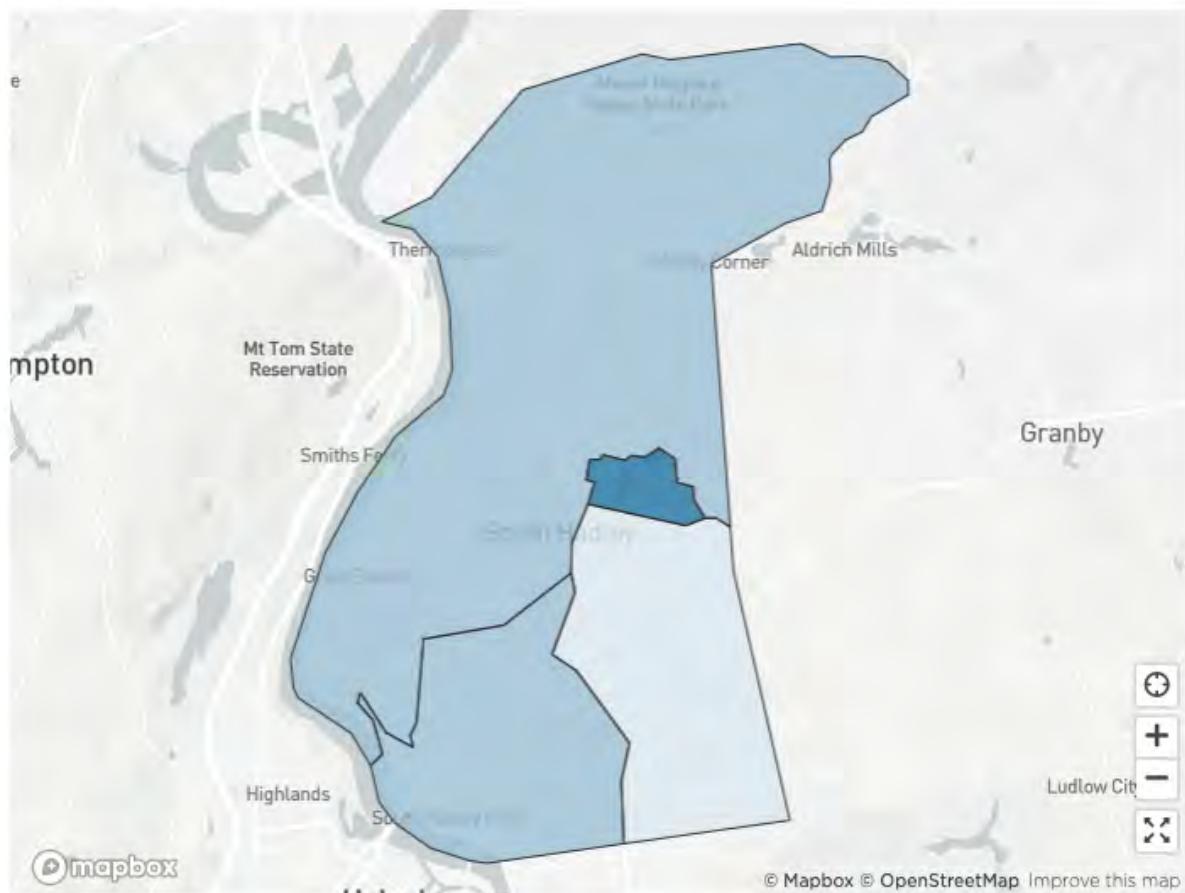
## Walkability Proximity to Transit Ranking

South Hadley, MA

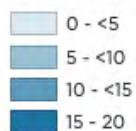
Sources: EPA 2019

Higher scores indicate higher walkability to transit

### Access to Transit



### Walkability Proximity to Transit Ranking on a 1-20 Scale

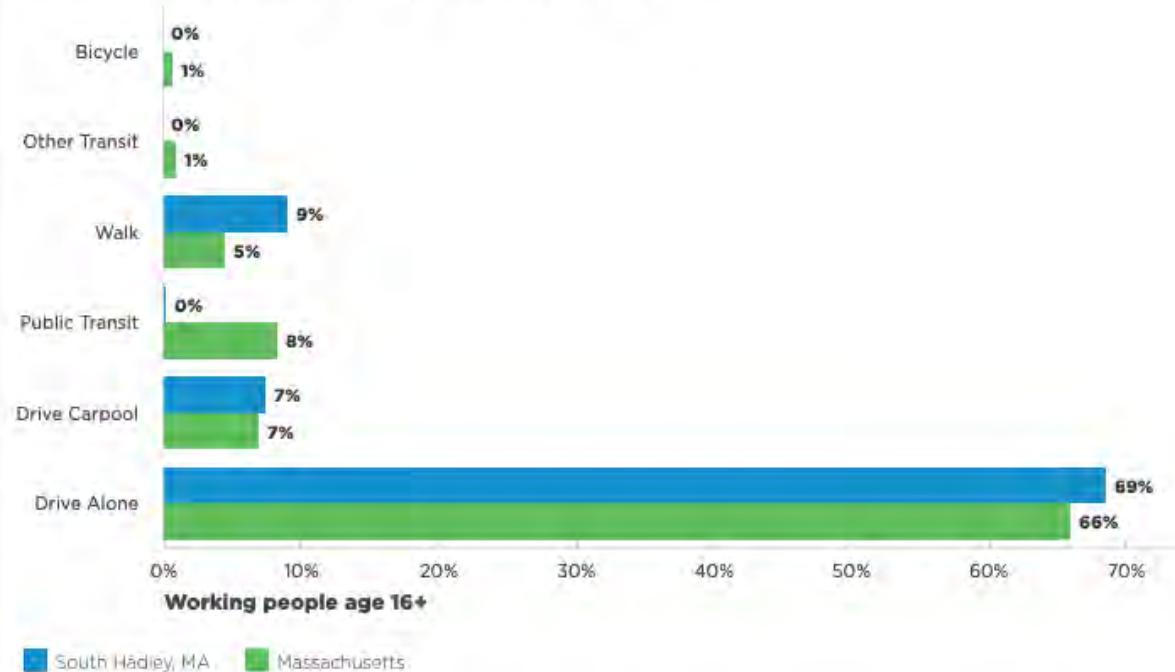


EPA

Higher scores indicate higher walkability to transit

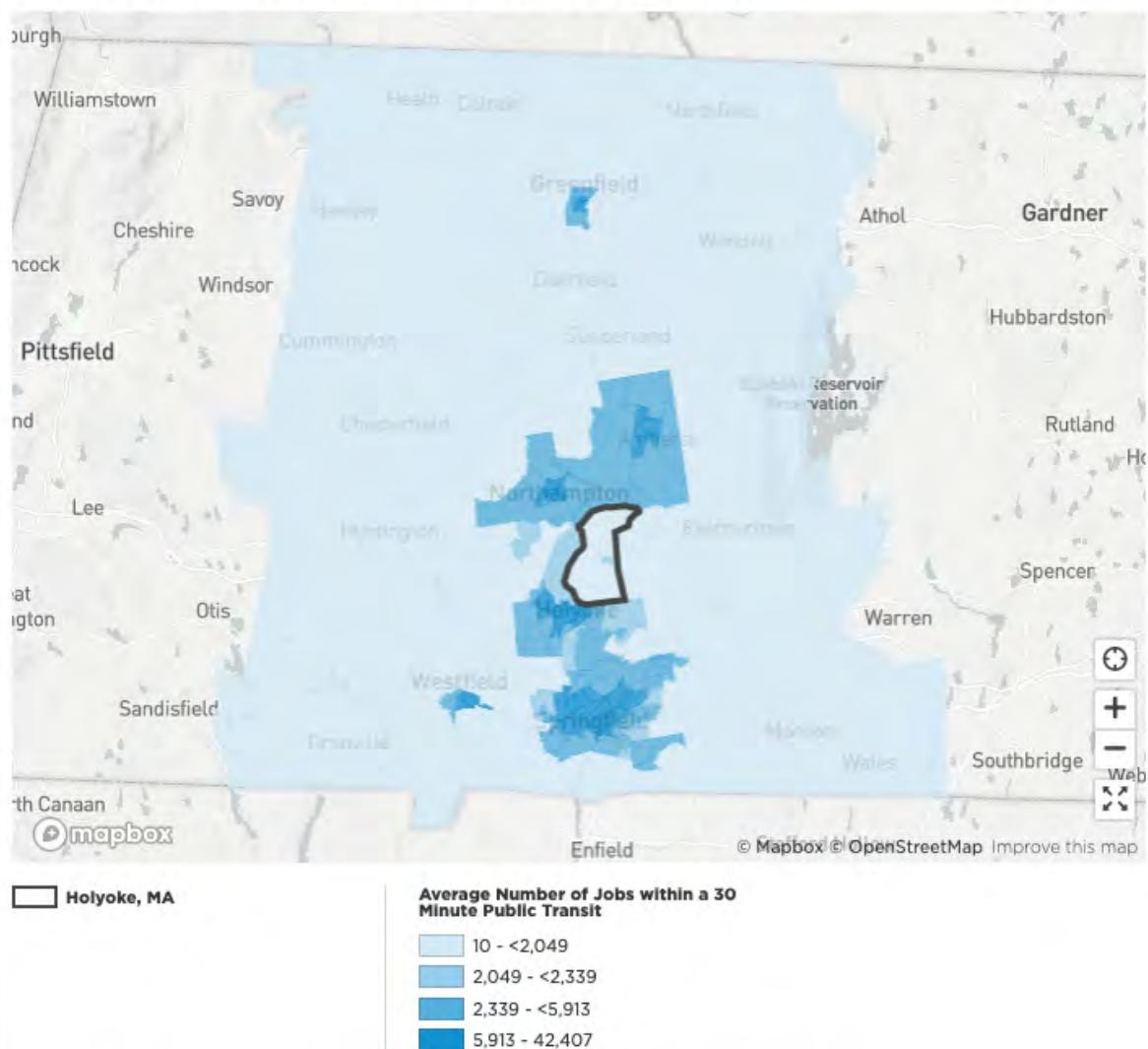
## Mode of Travel Feasibility

### How Working Adults Typically Travel to Work



Sources: US Census ACS 5-year

## Areas with feasible transit connections to destinations



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

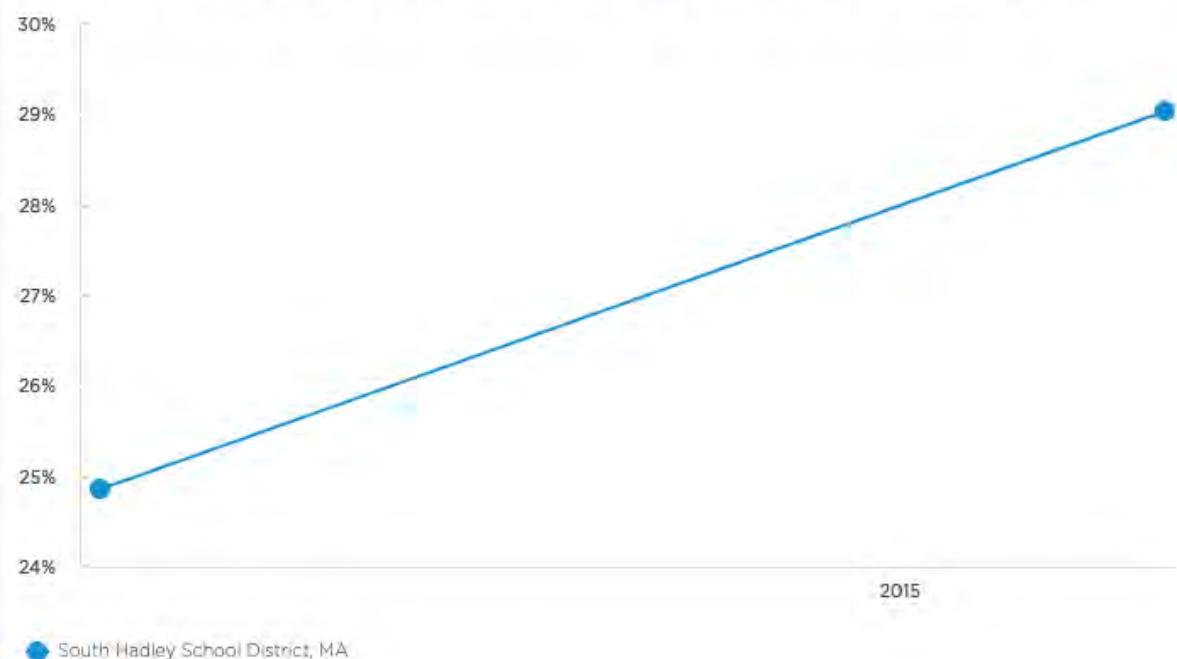
*Source: University of Minnesota Center for Transportation*



## 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

## 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



**7%**  
of families

**Single Female with  
Children**

South Hadley, MA



**313**  
Families

**Single Female with  
Children**

South Hadley, MA



**3%**  
of families

**Single Male with Children**

South Hadley, MA



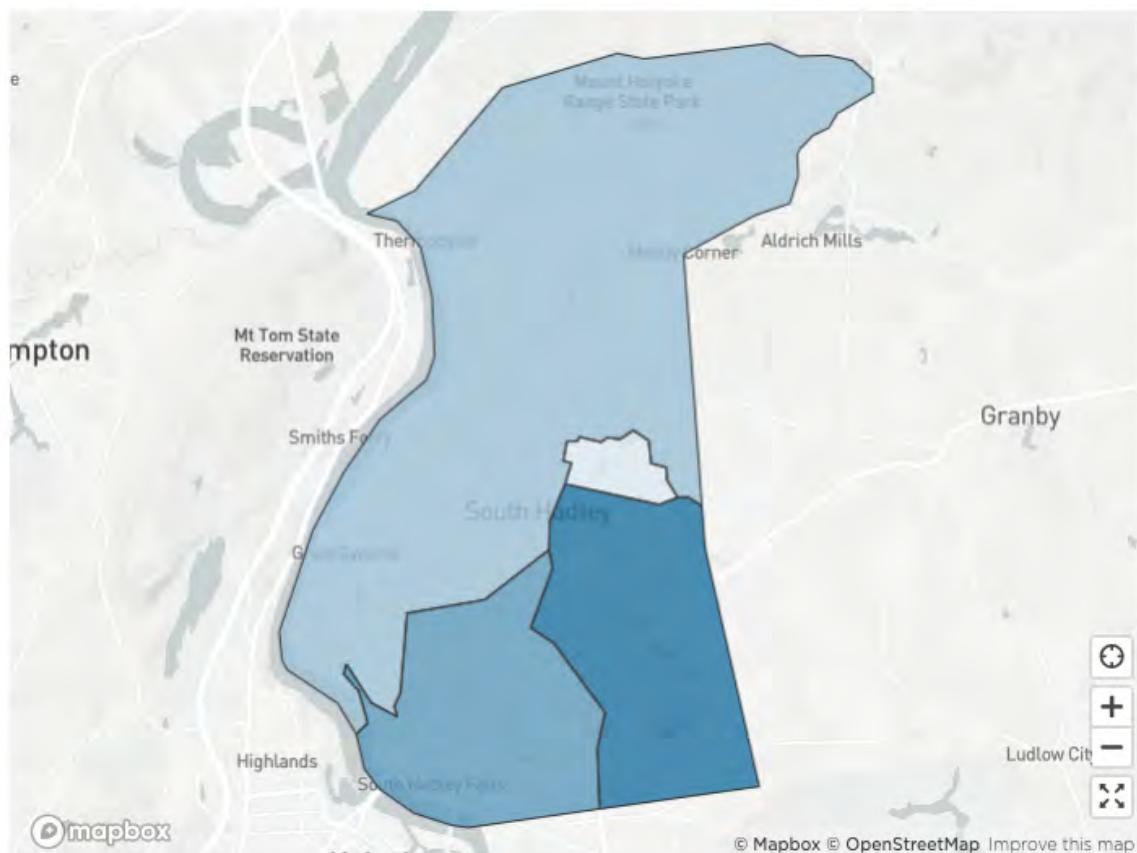
**133**  
Families

**Single Male with Children**

South Hadley, MA

Sources: US Census ACS 5-year

## Single Female Families



## Single Female with Children



Source: US Census ACS 5-year



## Veterans



**8%**  
of civilians age 18+

### Veteran Population

South Hadley, MA



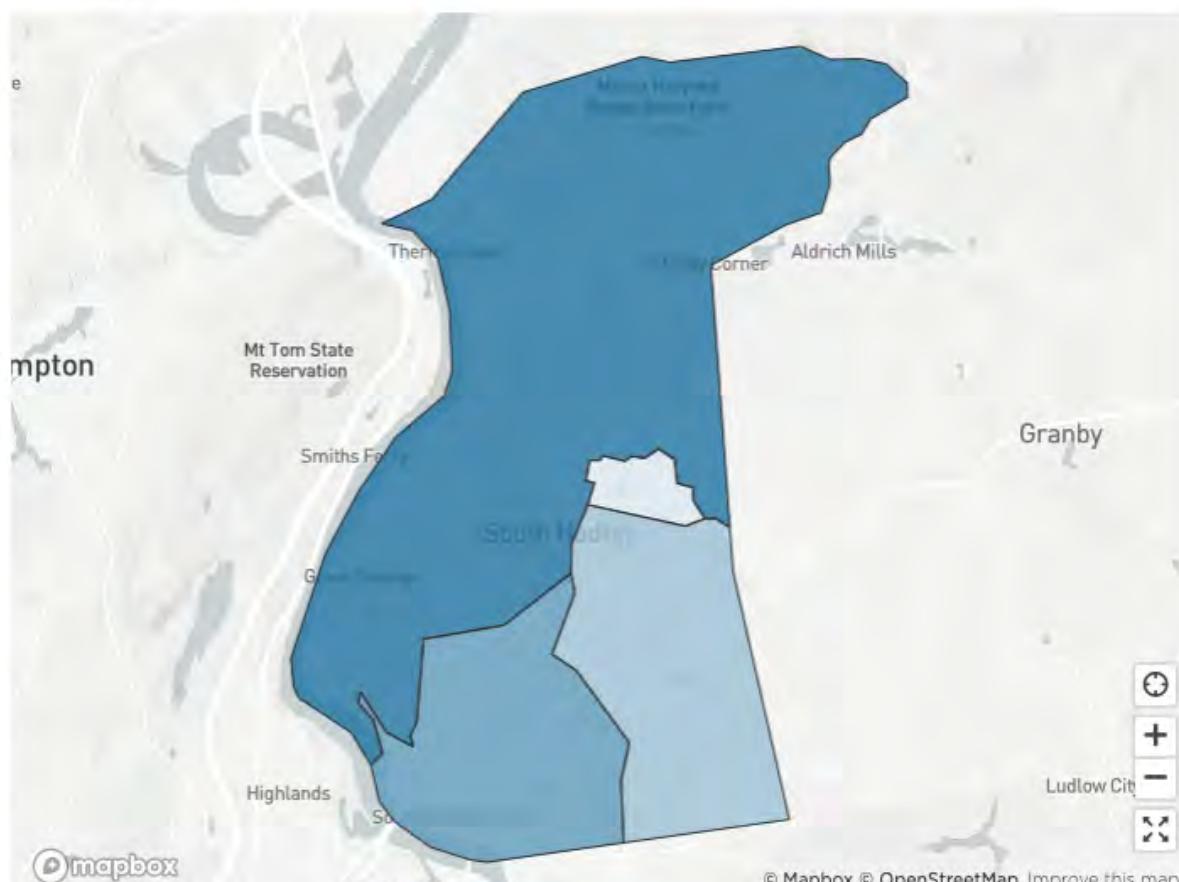
**1,315**  
People

### Veteran Population

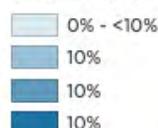
South Hadley, MA

Sources: US Census ACS 5-year

### Veteran Population



### Veteran Population



Source: US Census ACS 5-year



## People of Color



**15%**  
of Total Population

**People of Color**  
South Hadley, MA

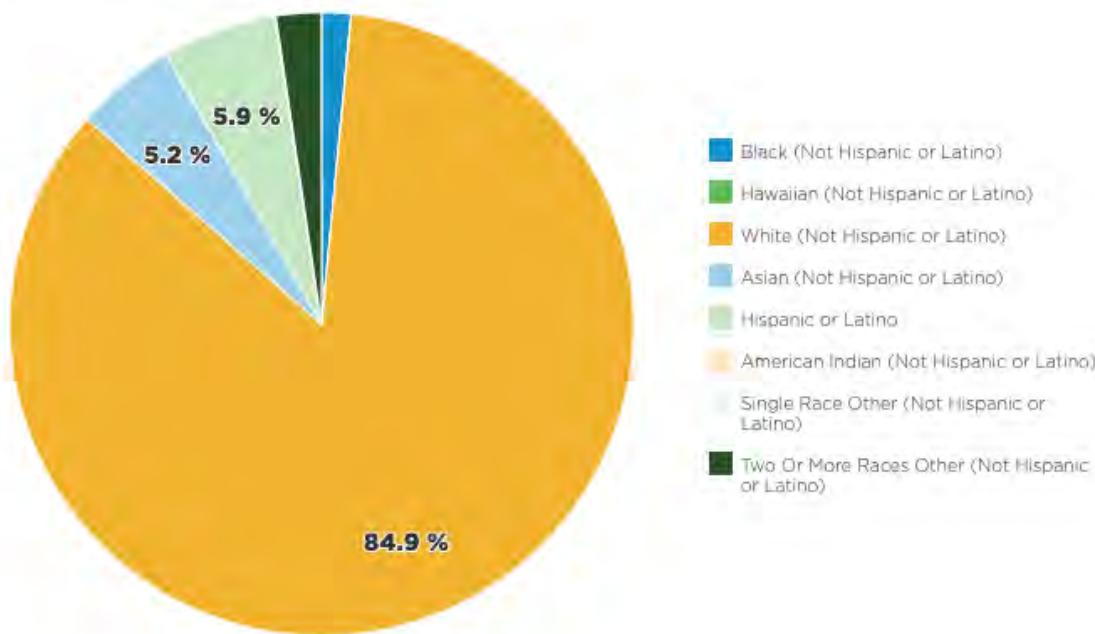


**2,721**  
People

**People of Color**  
South Hadley, MA

Sources: US Census ACS 5-year

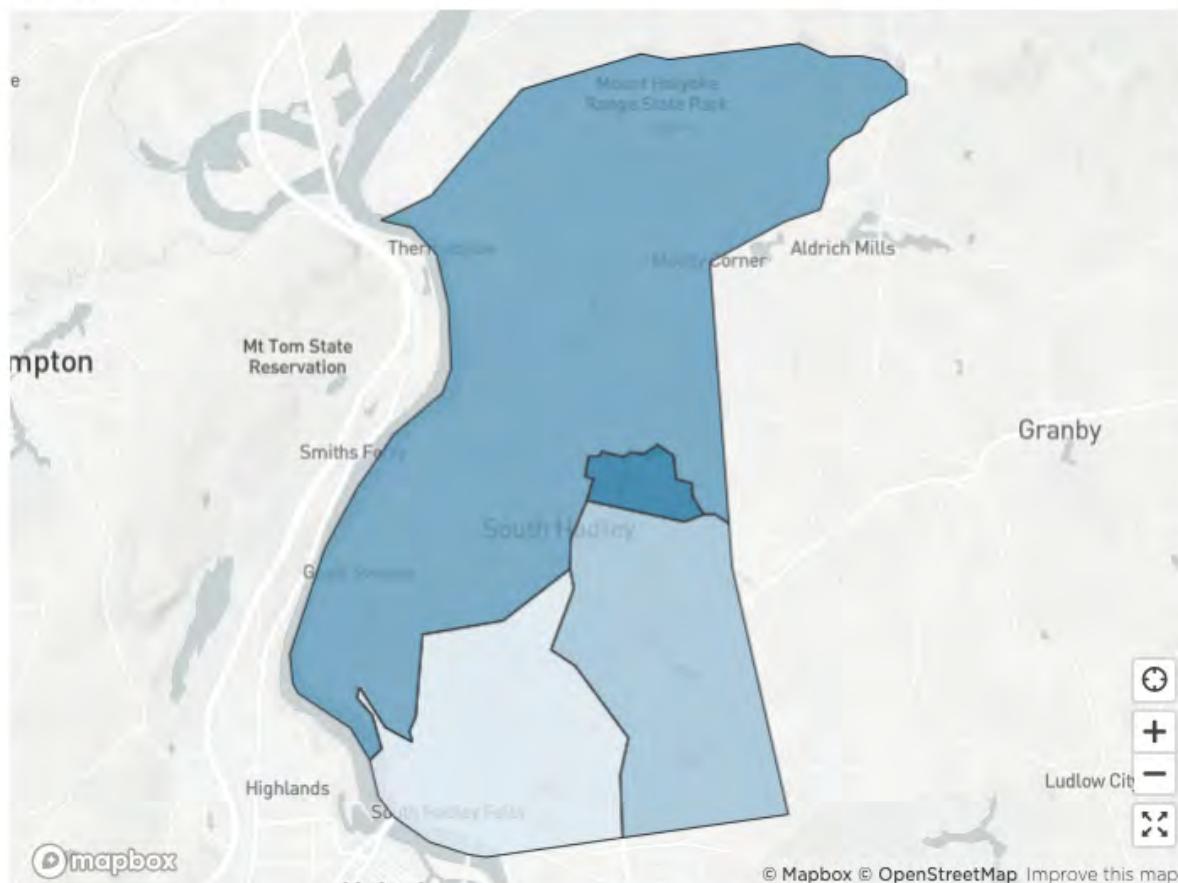
### Race/Ethnicity Totals



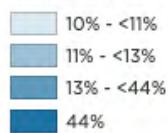
South Hadley, MA

Sources: US Census ACS 5-year

## People of Color



### People of Color



Source: US Census ACS 5-year

## Ability to Speak English



**3%**  
of People Age 5+

**Speak English Less Than  
'Very Well'**  
South Hadley School  
District, MA

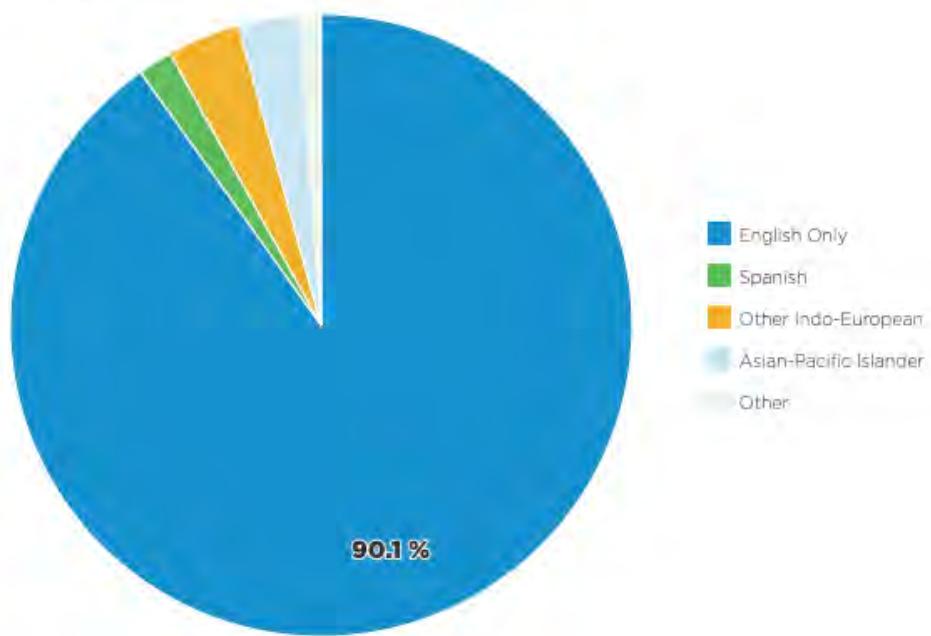


**449**  
People Age 5+

**Speak English Less Than  
'Very Well'**  
South Hadley School  
District, MA

Sources: US Census ACS 5-year

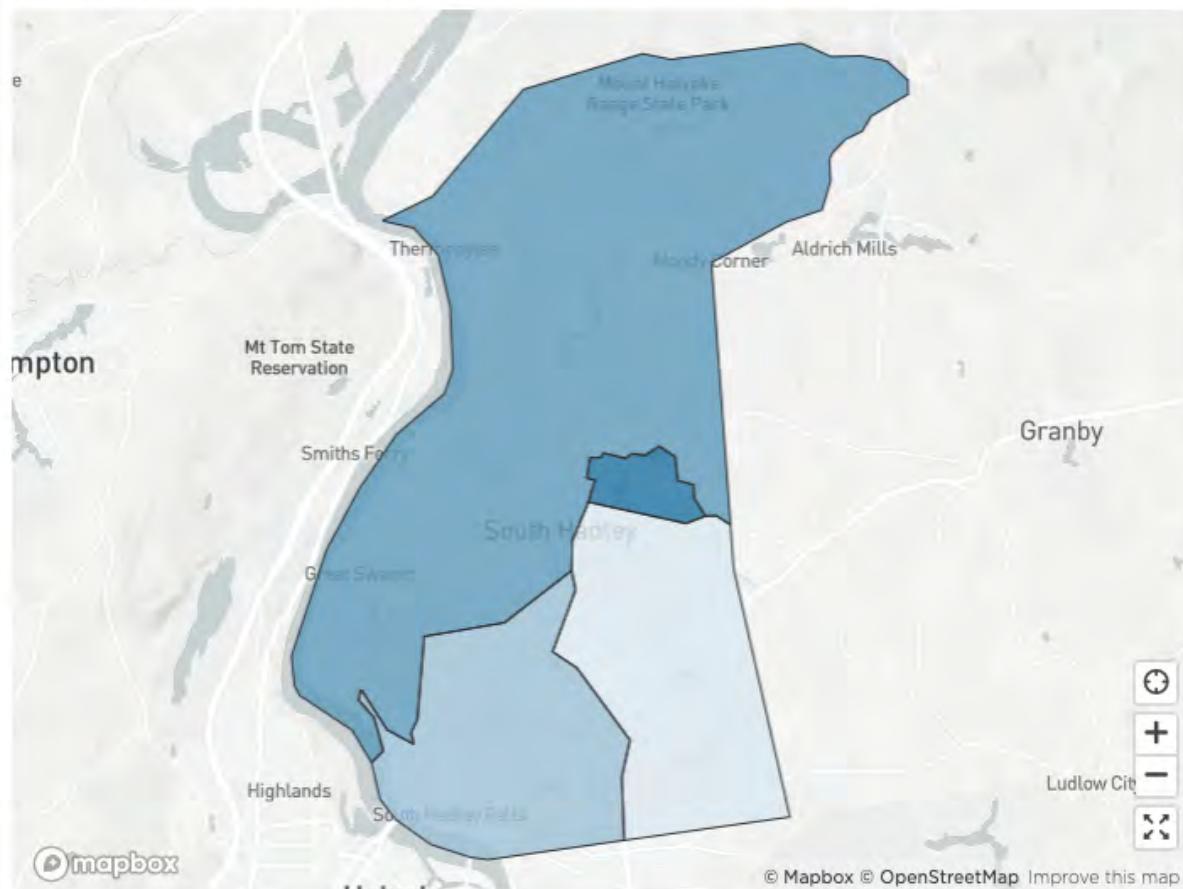
## Language Spoken at Home



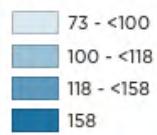
South Hadley, MA

Sources: US Census ACS 5-year

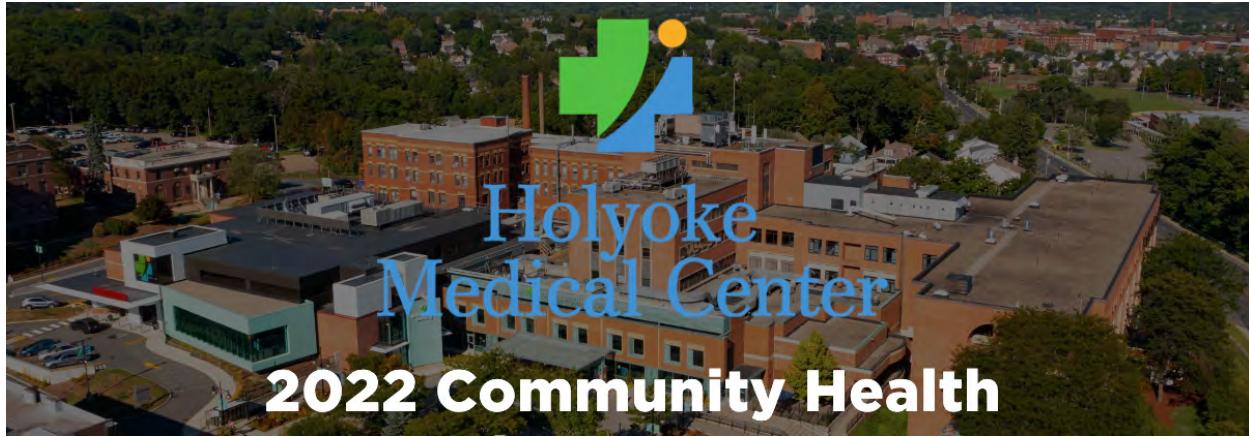
## Limited English Proficiency



People who speak English less than 'very well'



US Census ACS 5-year



## 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

Median Household Income

**\$66,200**  
USD

Holyoke Medical Center  
Primary Service Area

**\$89,026**

USD

Massachusetts



People Living in Poverty

**14%**

of population

Holyoke Medical Center  
Primary Service Area

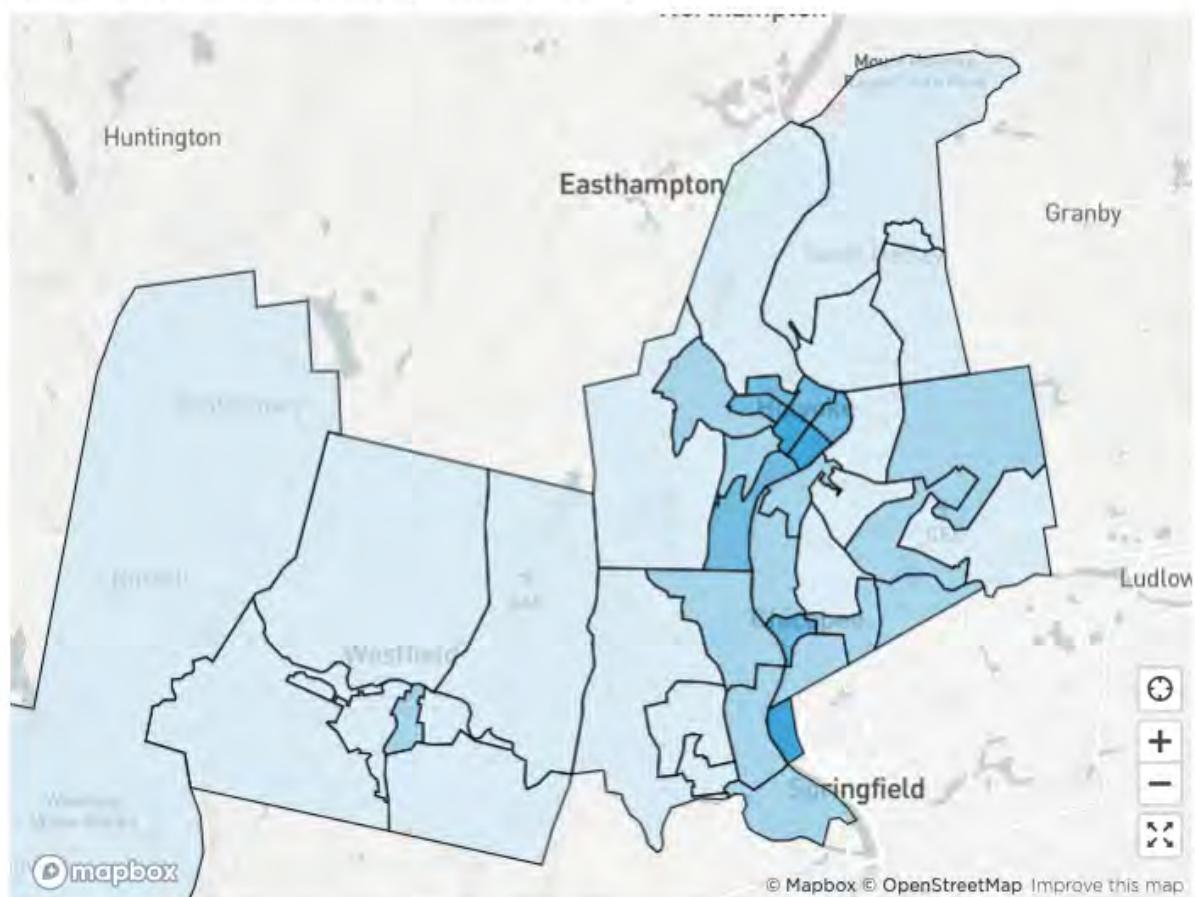
**10%**

of population

Massachusetts

Sources: US Census ACS 5-year

### Percent of Population Living Below Poverty



Sources: US Census ACS 5-year

## Poverty by Race/ Ethnicity



**16%**  
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	<b>19%</b> of American Indian Population
Asian	<b>10%</b> of Asian Population
Black	<b>25%</b> of Black Population
Hawaiian/Pacific Islander	<b>6%</b> of Hawaiian/Pacific Islander Population
Hispanic or Latino	<b>33%</b> of Hispanic or Latino Population
Some Other Race	<b>31%</b> of Some Other Race Population
Two or More Races	<b>29%</b> of Two or More Races Population
White (Not Hispanic or Latino)	<b>8%</b> of White (Not Hispanic or Latino) Population

Sources: US Census ACS 5-year



**11%**  
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	<b>40%</b> of American Indian Population
Asian	<b>21%</b> of Asian Population
Black	<b>23%</b> of Black Population
Hawaiian/Pacific Islander	<b>7%</b> of Hawaiian/Pacific Islander Population
Hispanic or Latino	<b>19%</b> of Hispanic or Latino Population
Some Other Race	<b>19%</b> of Some Other Race Population
Two or More Races	<b>16%</b> of Two or More Races Population
White (Not Hispanic or Latino)	<b>9%</b> of White (Not Hispanic or Latino) Population

Sources: US Census ACS 5-year

 **\$61,310**  
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	\$36,458
Asian	\$67,386
Black	\$46,548
Hispanic or Latino	\$32,633
Hawaiian/Pacific Islander	No data
Other Race	\$38,197
Two or More Races	\$37,932
White (Not Hispanic or Latino)	\$73,619

Sources: US Census ACS 5-year

 **\$76,959**  
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	\$64,107
Asian	\$65,101
Black	No data
Hispanic or Latino	\$59,393
Hawaiian/Pacific Islander	No data
Other Race	\$43,766
Two or More Races	\$67,218
White (Not Hispanic or Latino)	\$79,495

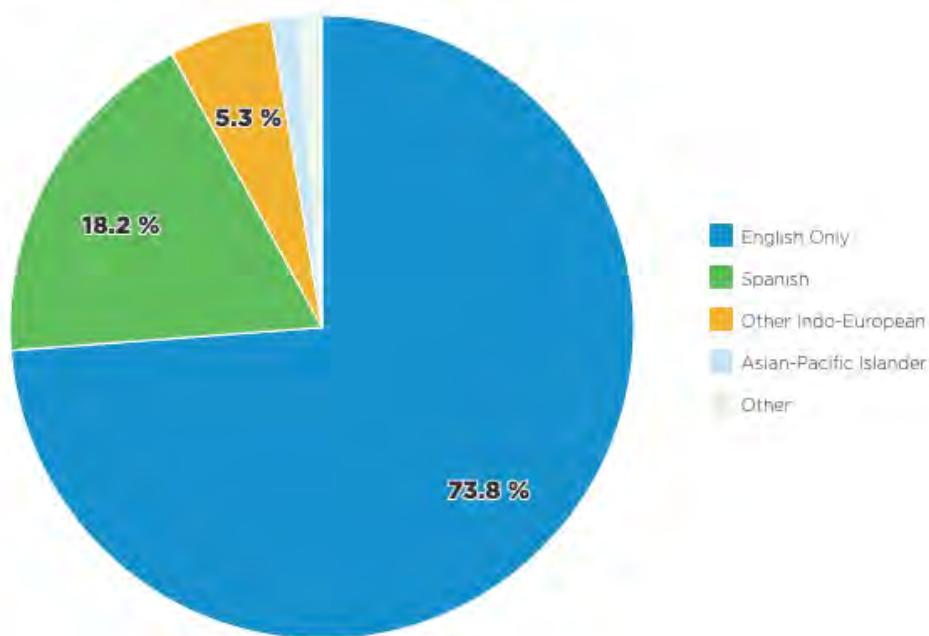
Sources: US Census ACS 5-year



## Poverty by Language Spoken



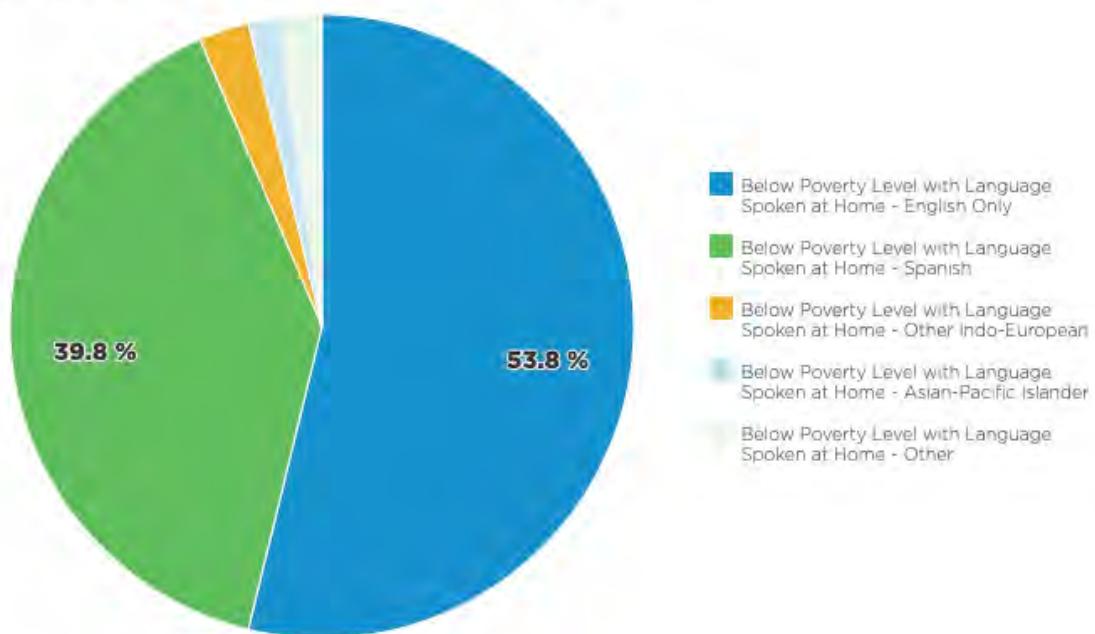
### Language Spoken at Home by Total Population



Hampden County, MA

Sources: US Census ACS 5-year

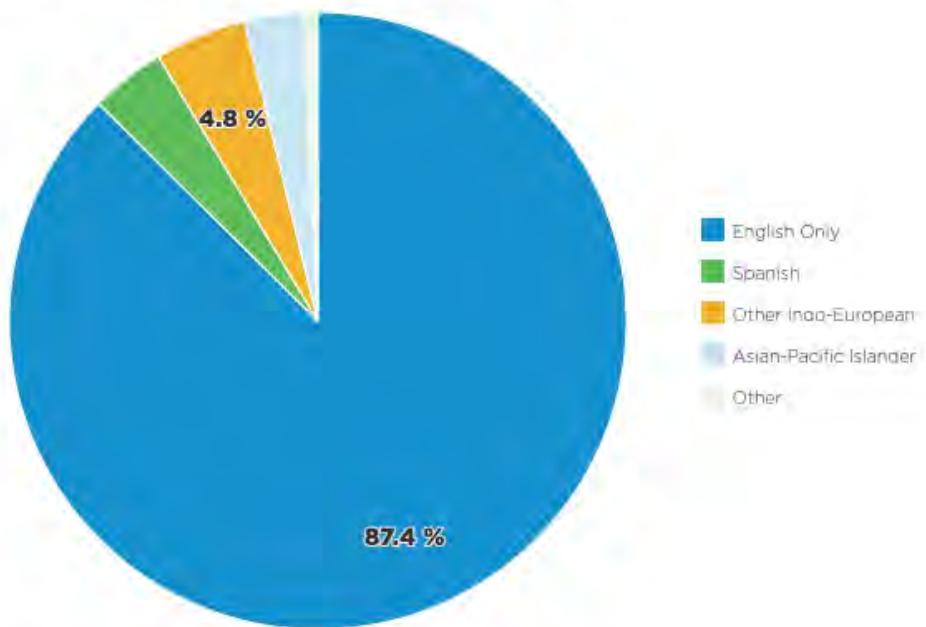
### Language Spoken at Home by People Living in Poverty



Hampden County, MA

Sources: US Census ACS 5-year

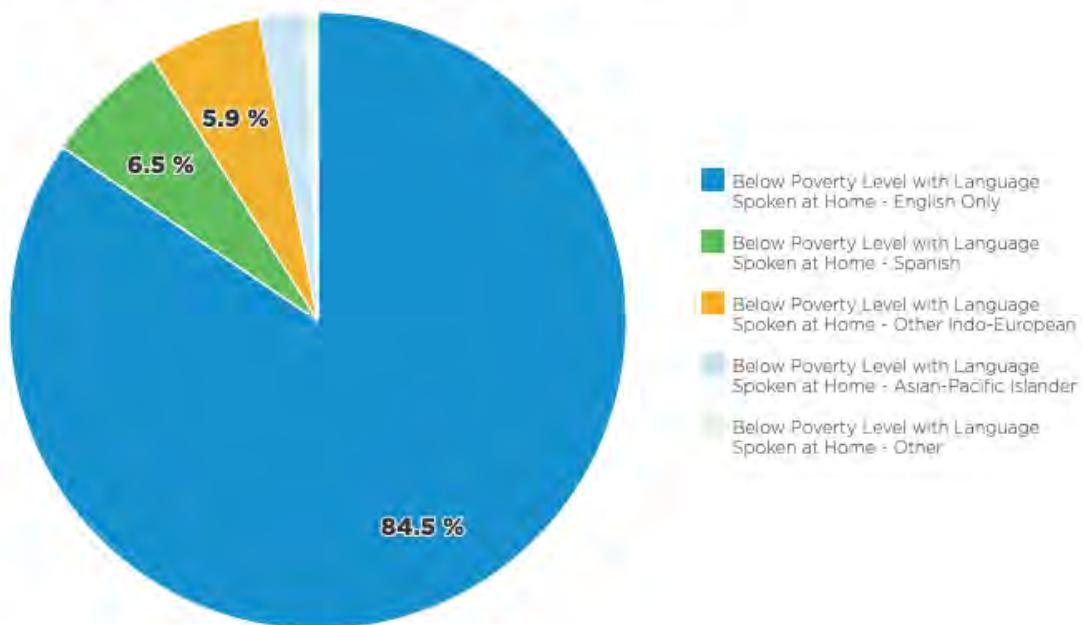
### Language Spoken at Home by Total Population



Hampshire County, MA

Sources: US Census ACS 5-year

### Language Spoken at Home by People Living in Poverty



Hampshire County, MA

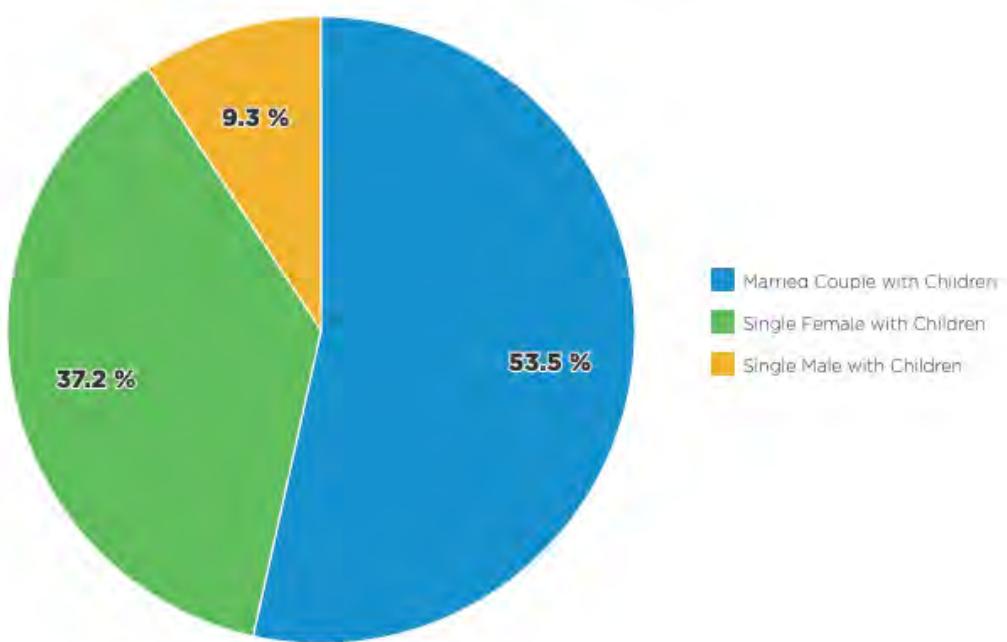
Sources: US Census ACS 5-year



## Poverty by Family Type



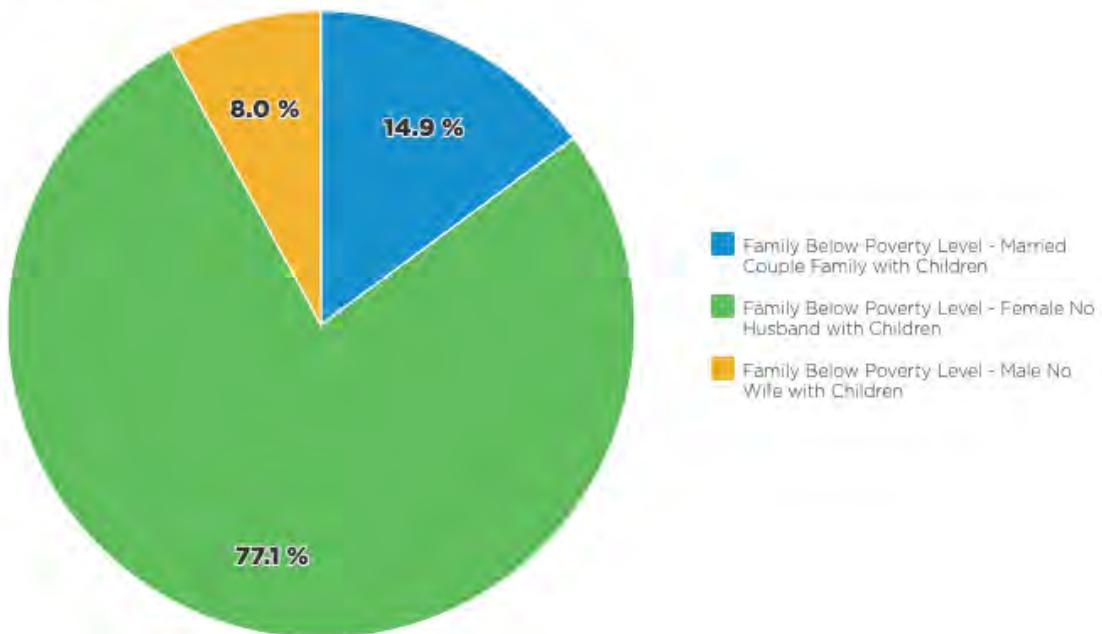
### All Families with Children



Hampden County, MA

Sources: US Census ACS 5-year

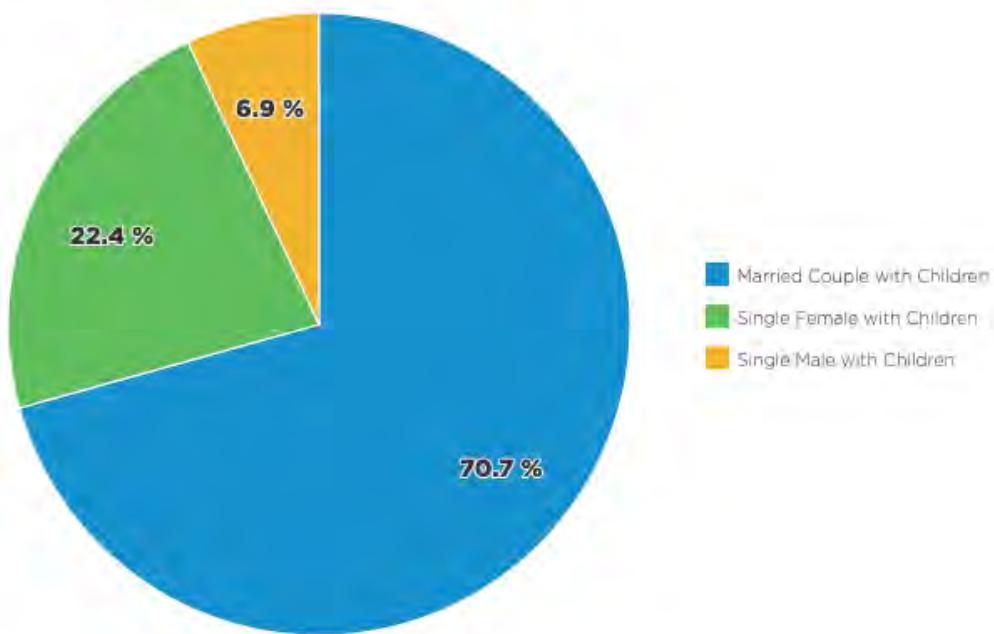
### Families with Children Living in Poverty



Hampden County, MA

Sources: US Census ACS 5-year

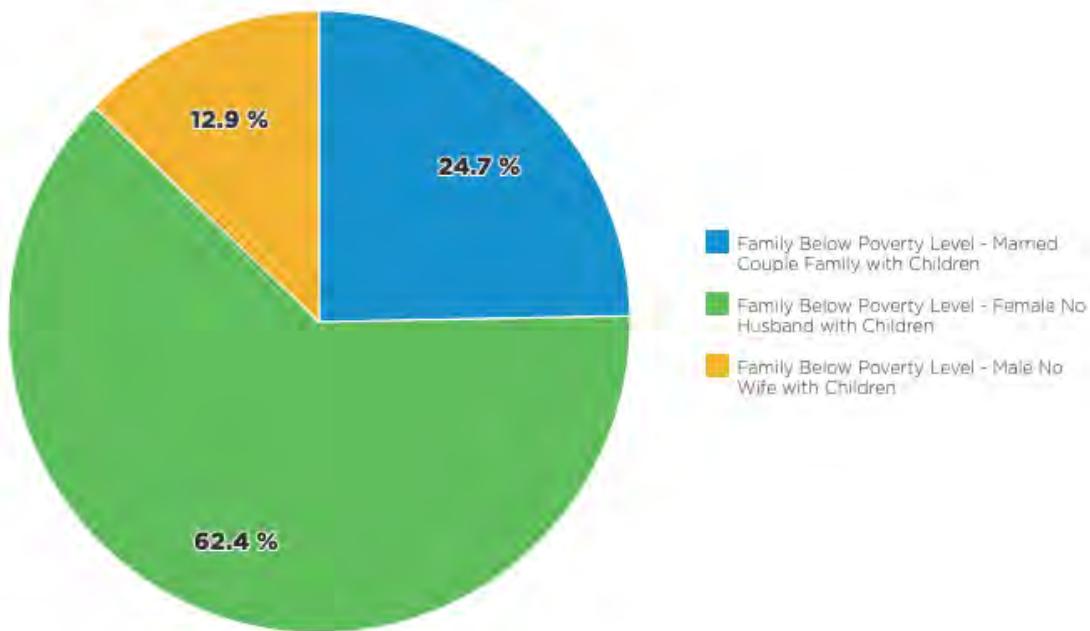
### All Families with Children



Hampshire County, MA

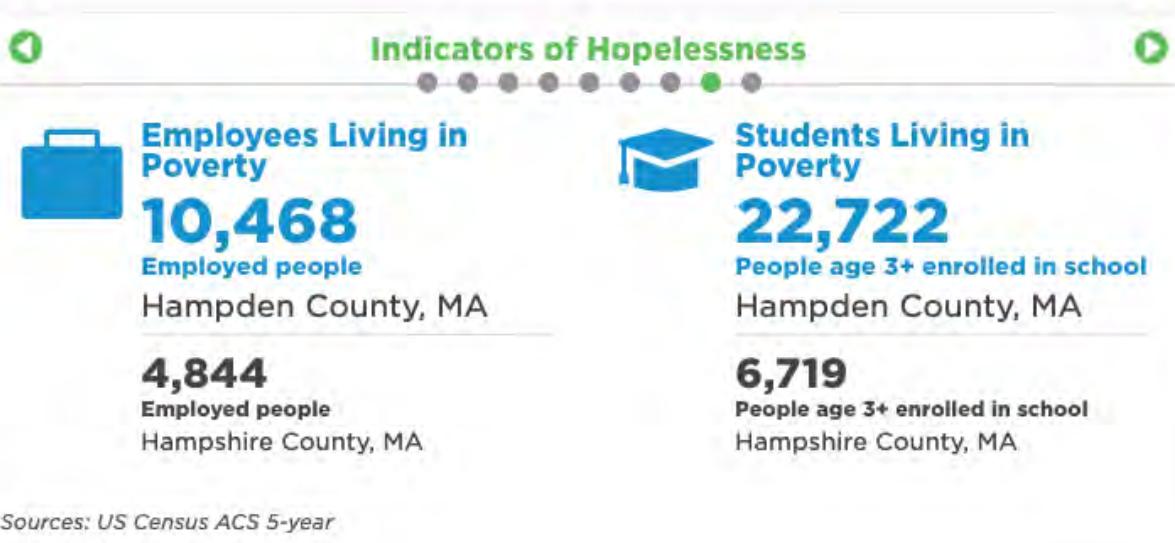
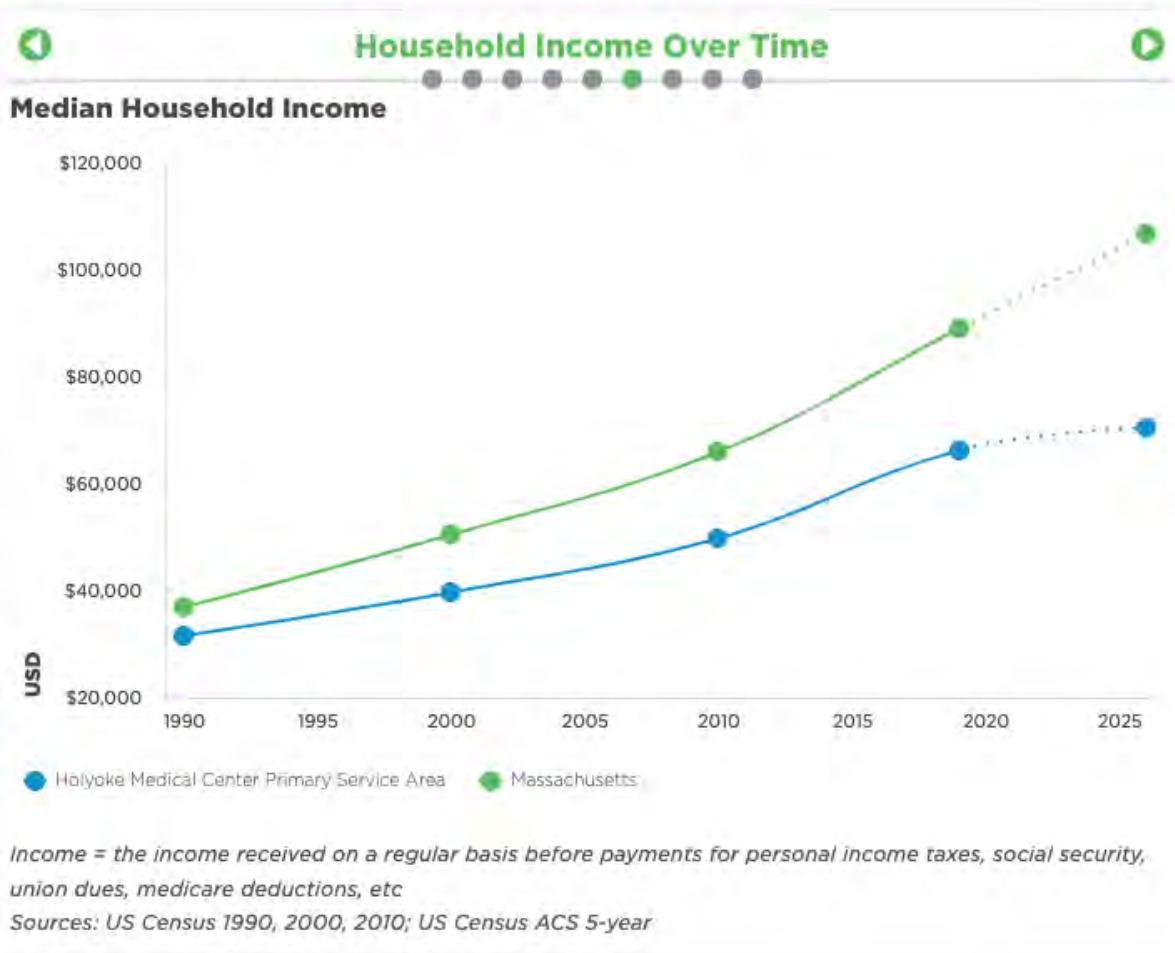
Sources: US Census ACS 5-year

### Families with Children Living in Poverty



Hampshire County, MA

Sources: US Census ACS 5-year

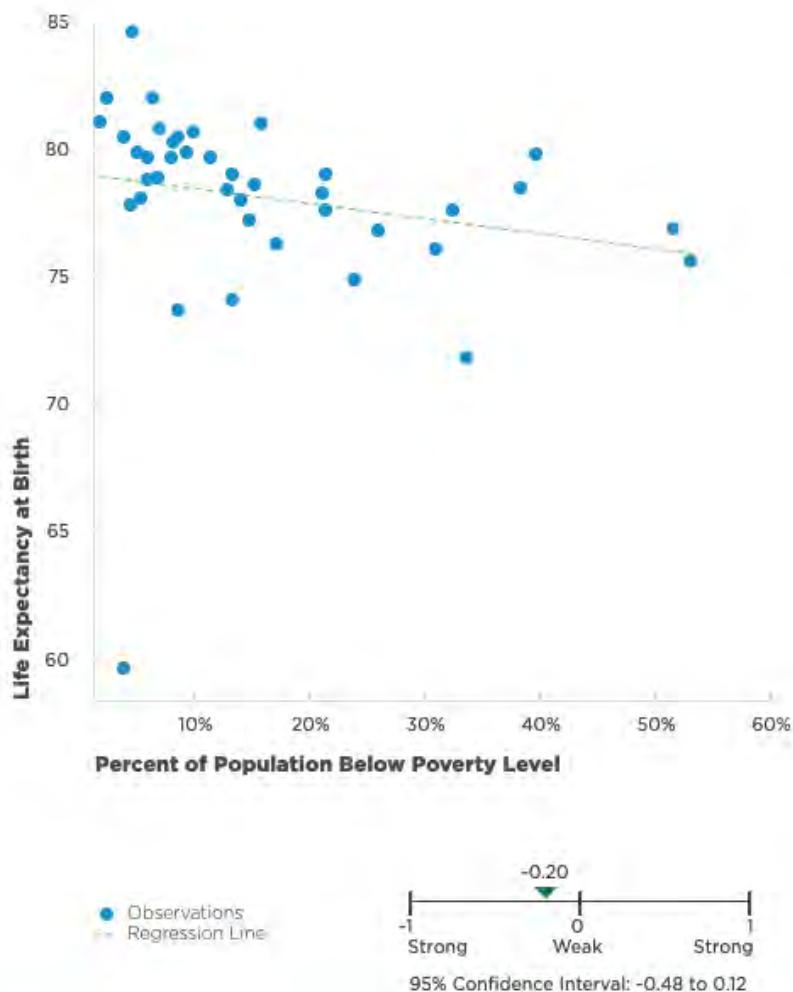


## Life Expectancy vs. Poverty

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



There is not enough evidence to conclude that there is a significant relationship between these variables at the 95% confidence interval

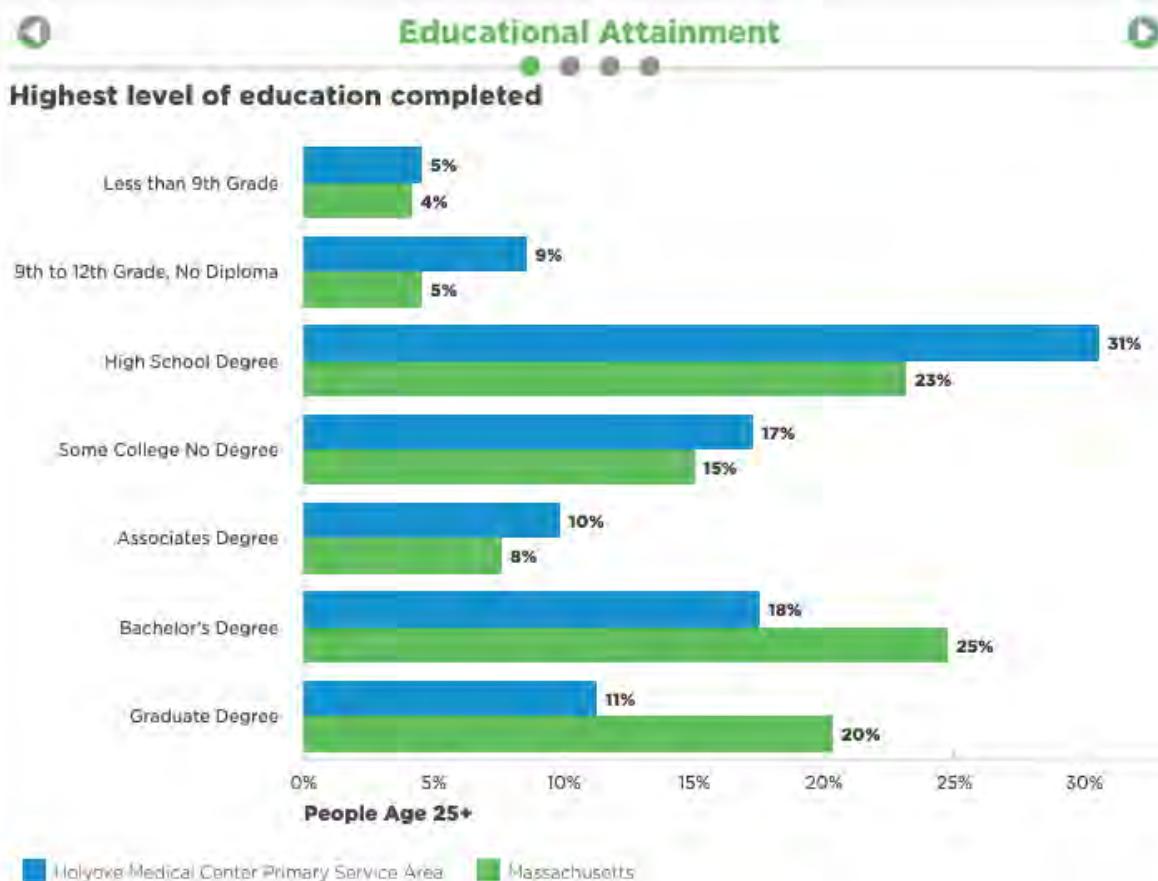
Sources: CDC NCHS USALEEP 2010-2015; US Census Bureau ACS 5-year 2017-2021

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

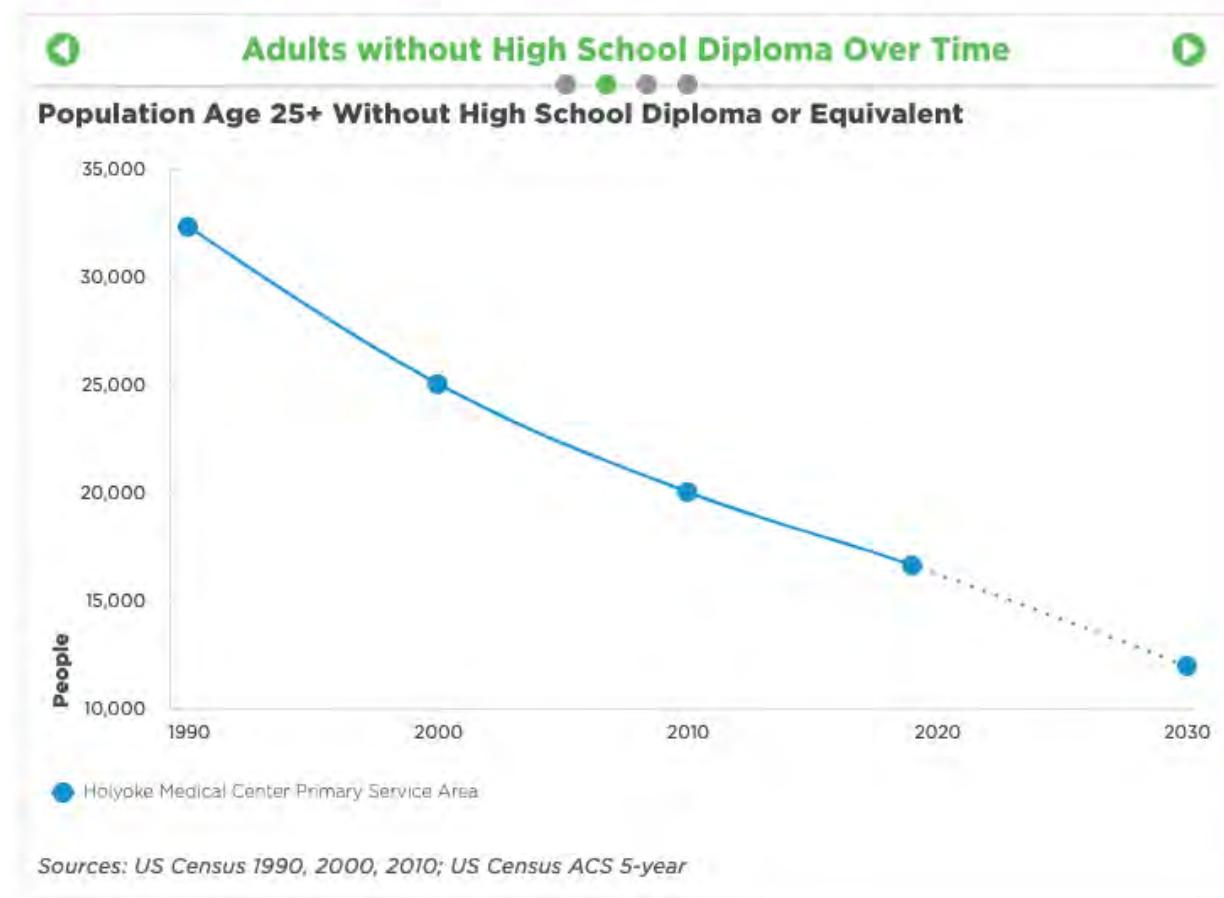
## How is education affecting health?

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.



Sources: US Census ACS 5-year

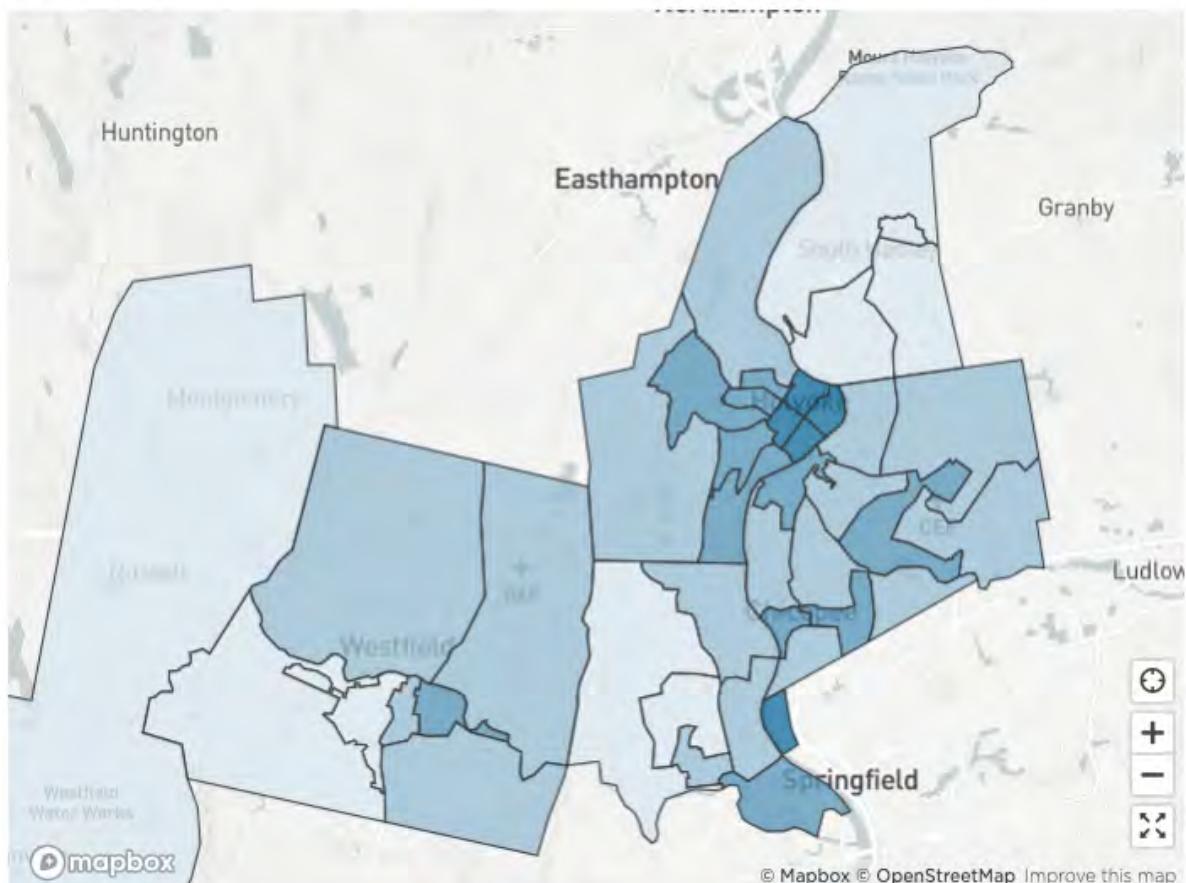




## Adults without High School Diploma Map



Percent of Adult Population without a High School Diploma or Equivalent



### Adults Without High School Diploma or Equivalent

0% - <8%
8% - <16%
16% - <34%
34% - 52%

Source: US Census ACS 5-year

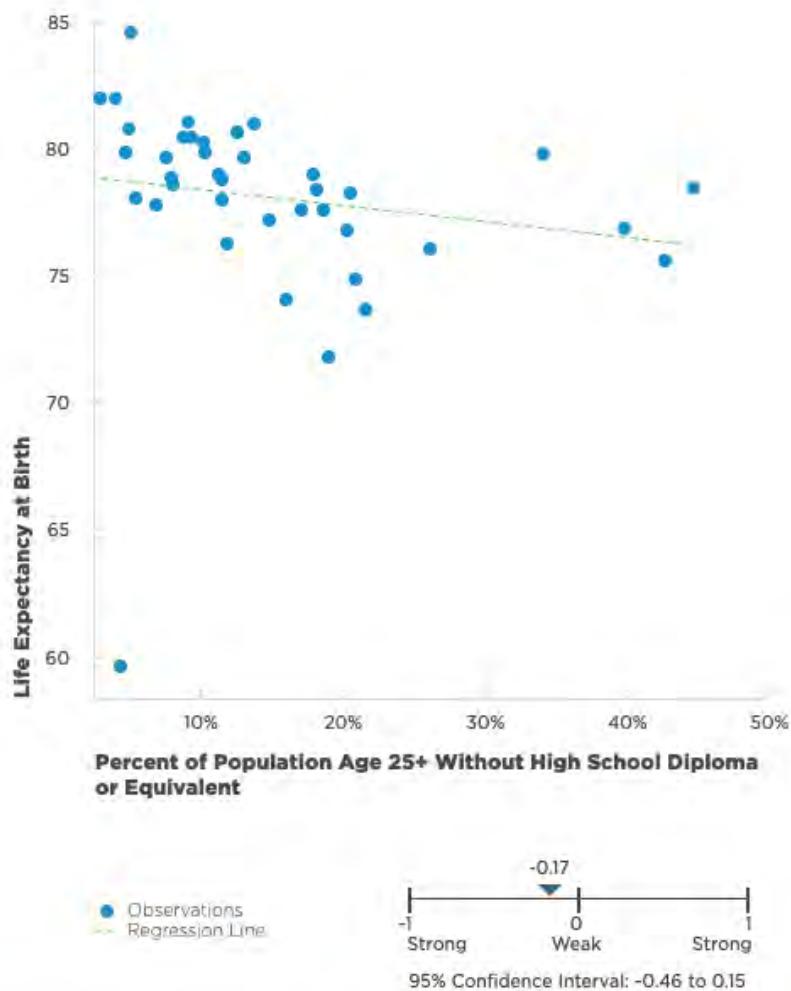


## Life Expectancy vs. Adults without High School Diploma



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.



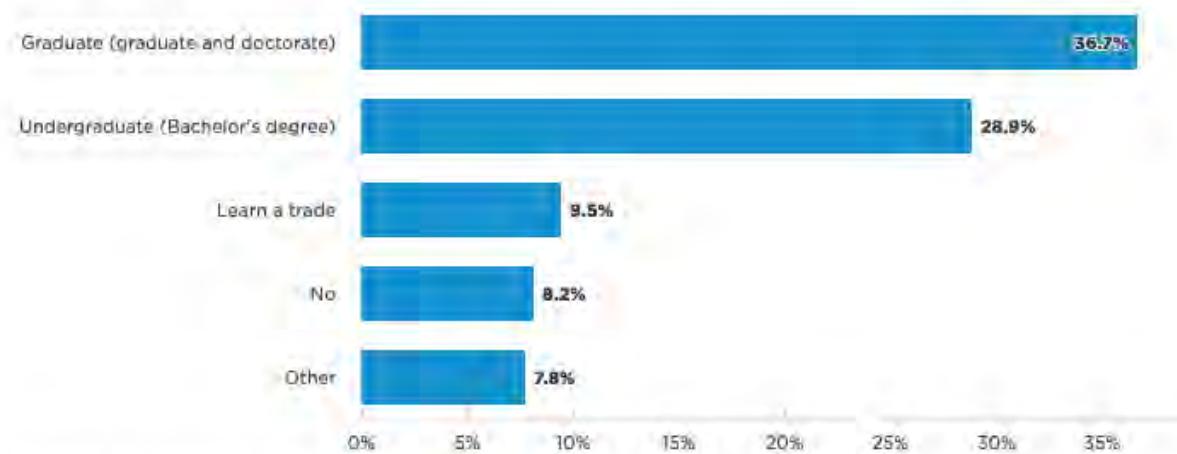
There is not enough evidence to conclude that there is a significant relationship between these variables at the 95% confidence interval

Sources: CDC NCHS USALEEP 2010-2015; US Census Bureau ACS 5-year 2017-2021

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.

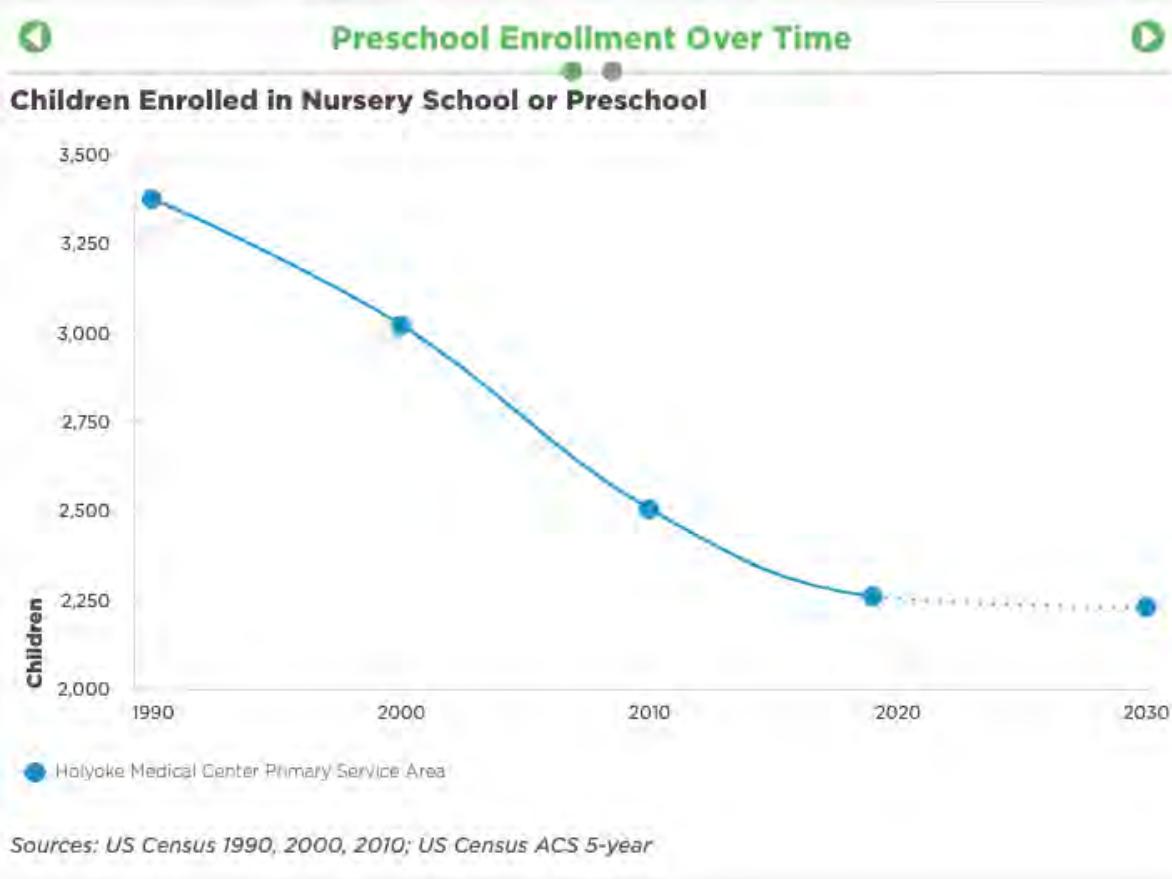
**Do you have a strong interest in pursuing your education and if so what level?**



Sources: CHNA Survey, Holyoke Medical Center, 2022

## 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.



 **Population Age 3-4** **Hampden County, MA**

Children

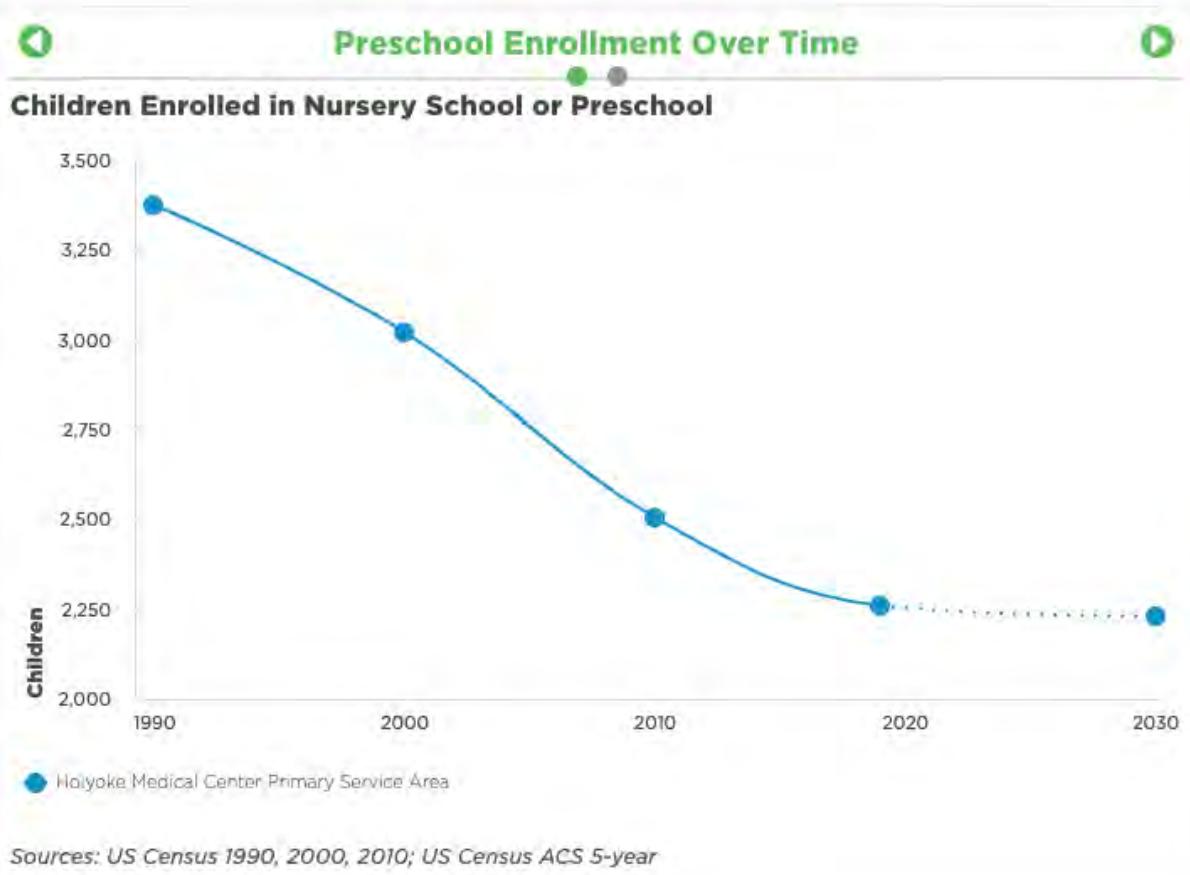
Total Enrolled in Nursery or Preschool	6,452
Below Poverty Level and Enrolled in Nursery or Preschool	1,305
Population Age 3 to 4	10,047

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

Children

Total Enrolled in Nursery or Preschool	1,769
Below Poverty Level and Enrolled in Nursery or Preschool	200
Population Age 3 to 4	2,289

*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



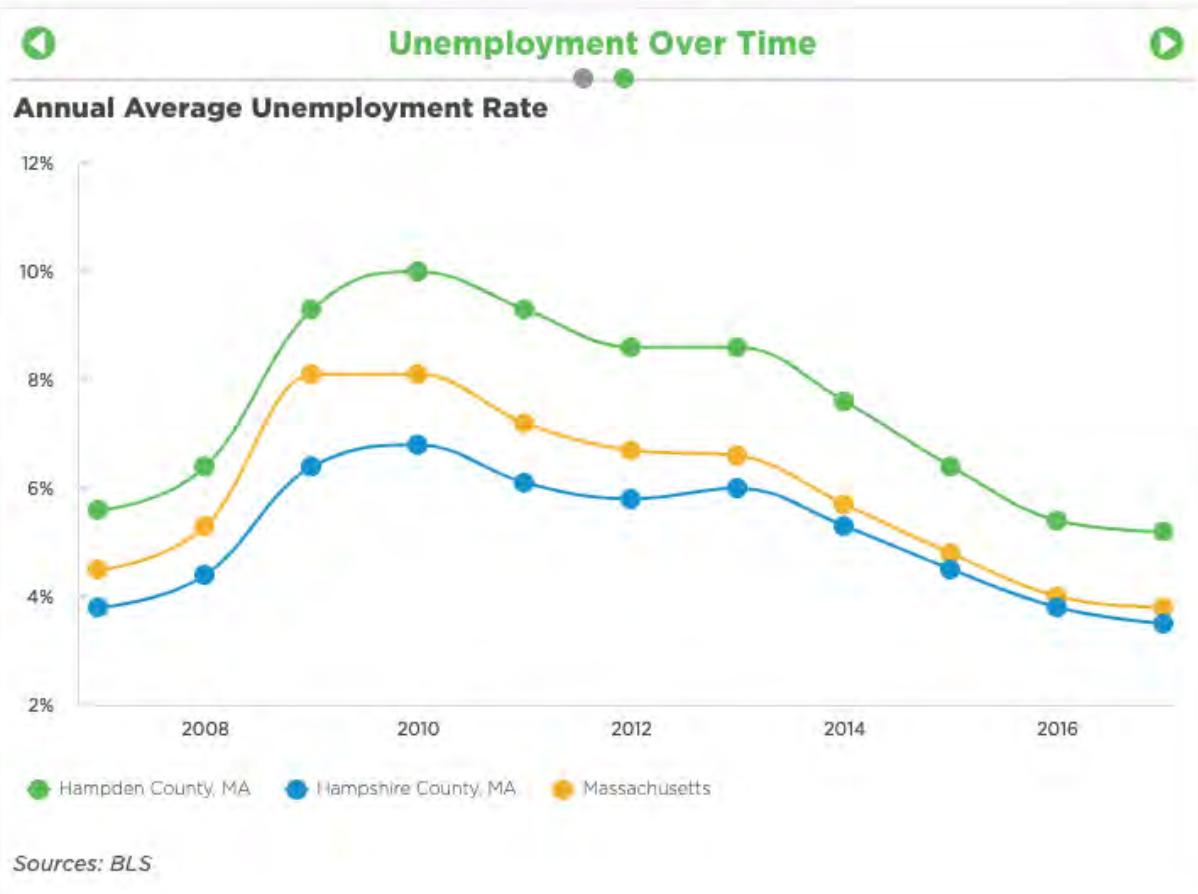
#### Unemployment **6.4%**

Holyoke Medical Center Primary Service Area

**5.4%**

Massachusetts

*Sources: US Census ACS 5-year*



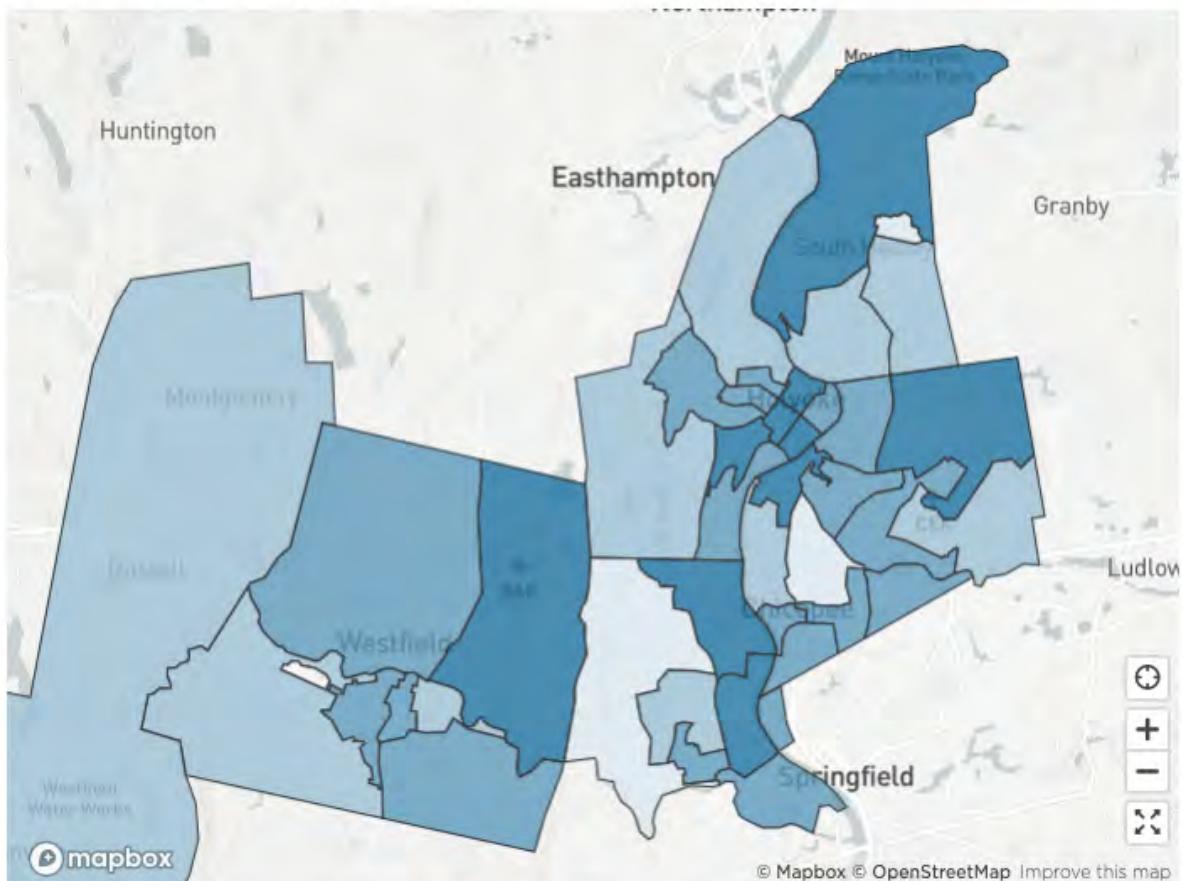
## How are **housing costs** affecting health?

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 Rental Housing Costs

Home Rental Costs: 30%+ of Income



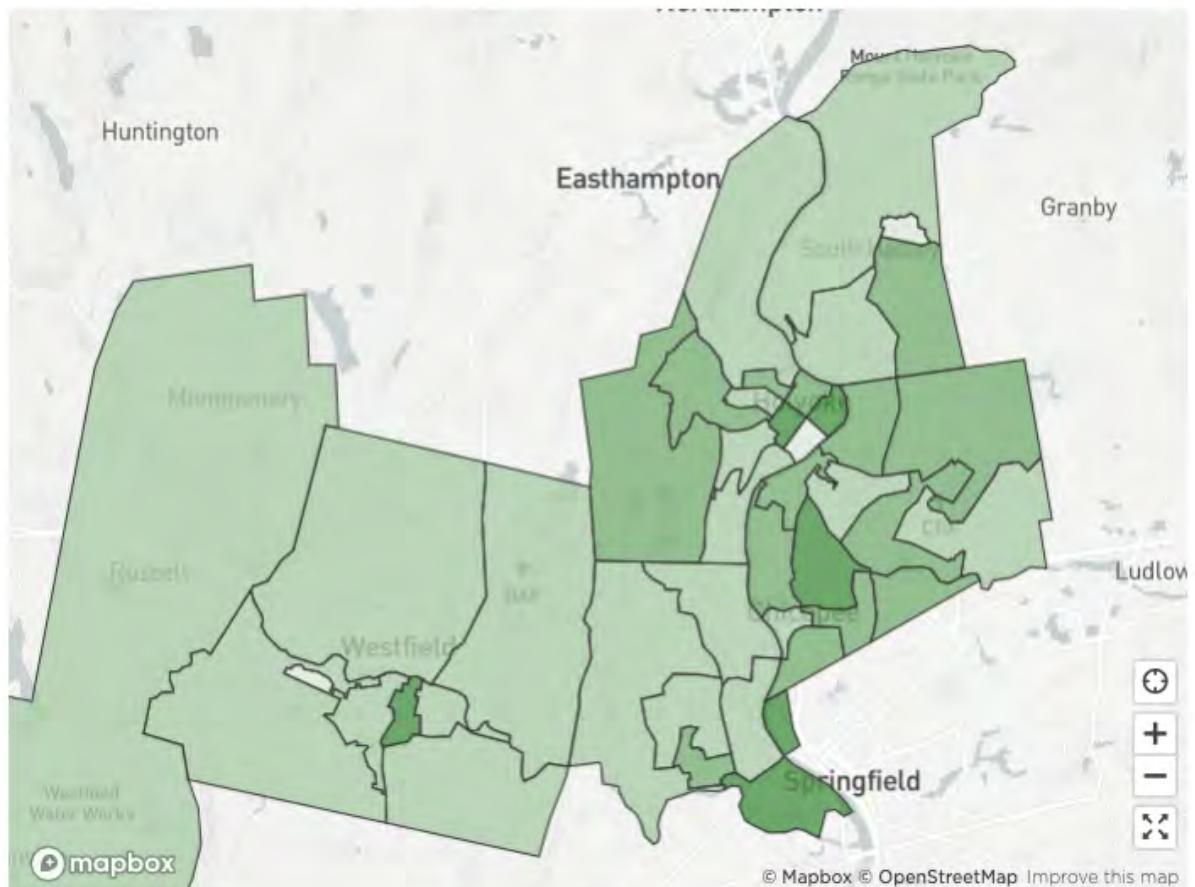
### Renter Households with Excessive Costs

0% - <15%
15% - <37%
37% - <53%
53% - 63%

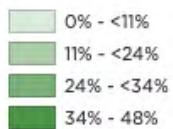
Source: US Census ACS 5-year

## Excessive Homeownership Costs

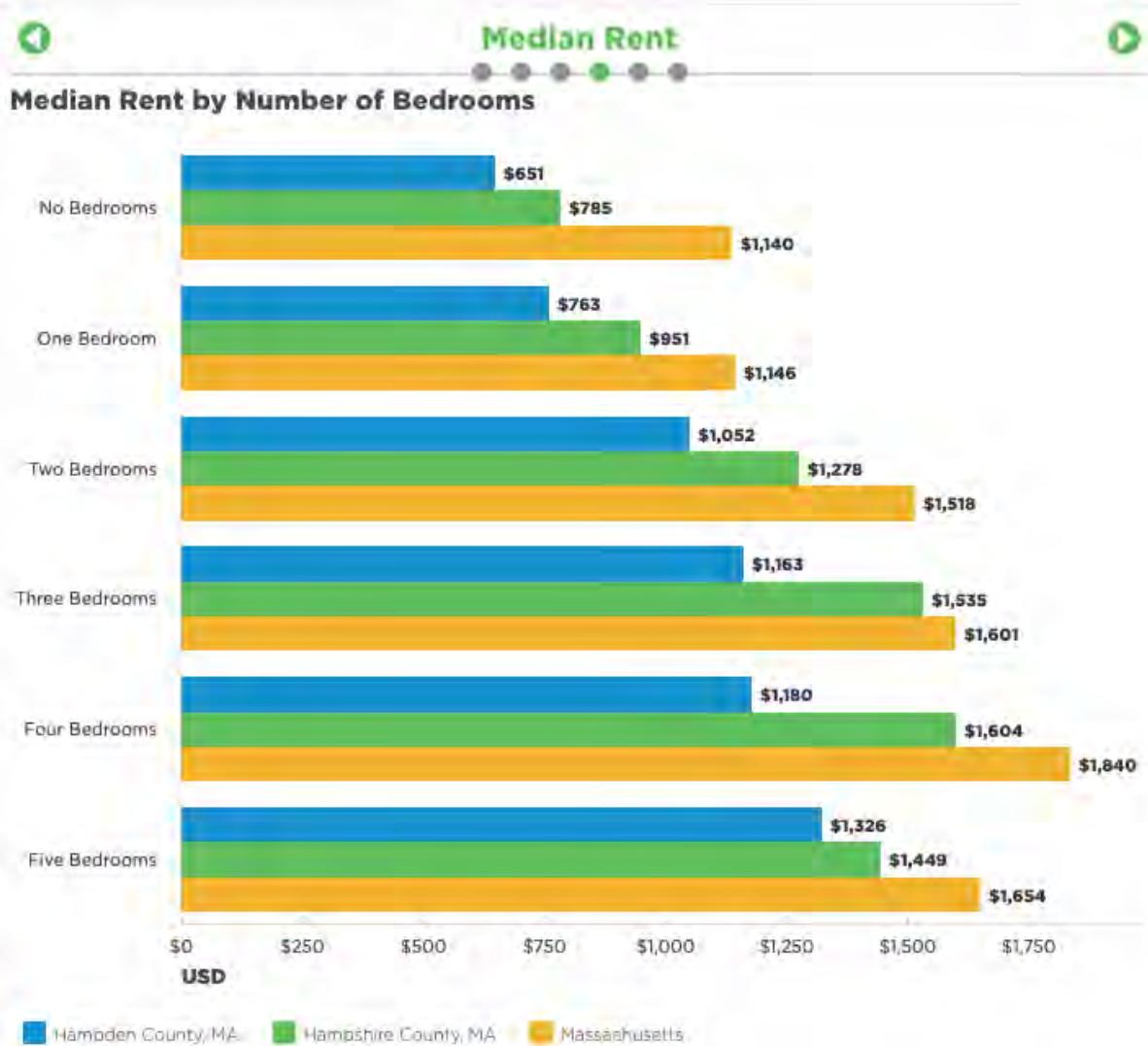
Home Ownership Costs: 30%+ of Income



### Owner Households with Excessive Housing Costs



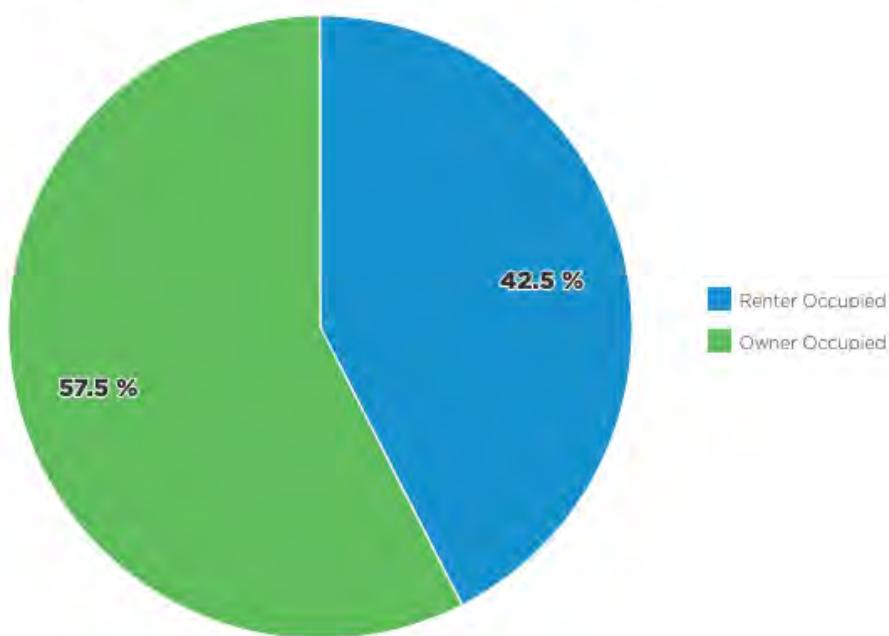
Source: US Census ACS 5-year



Sources: US Census ACS 5-year

## Homeownership Rate

### Owner vs Renter Occupied



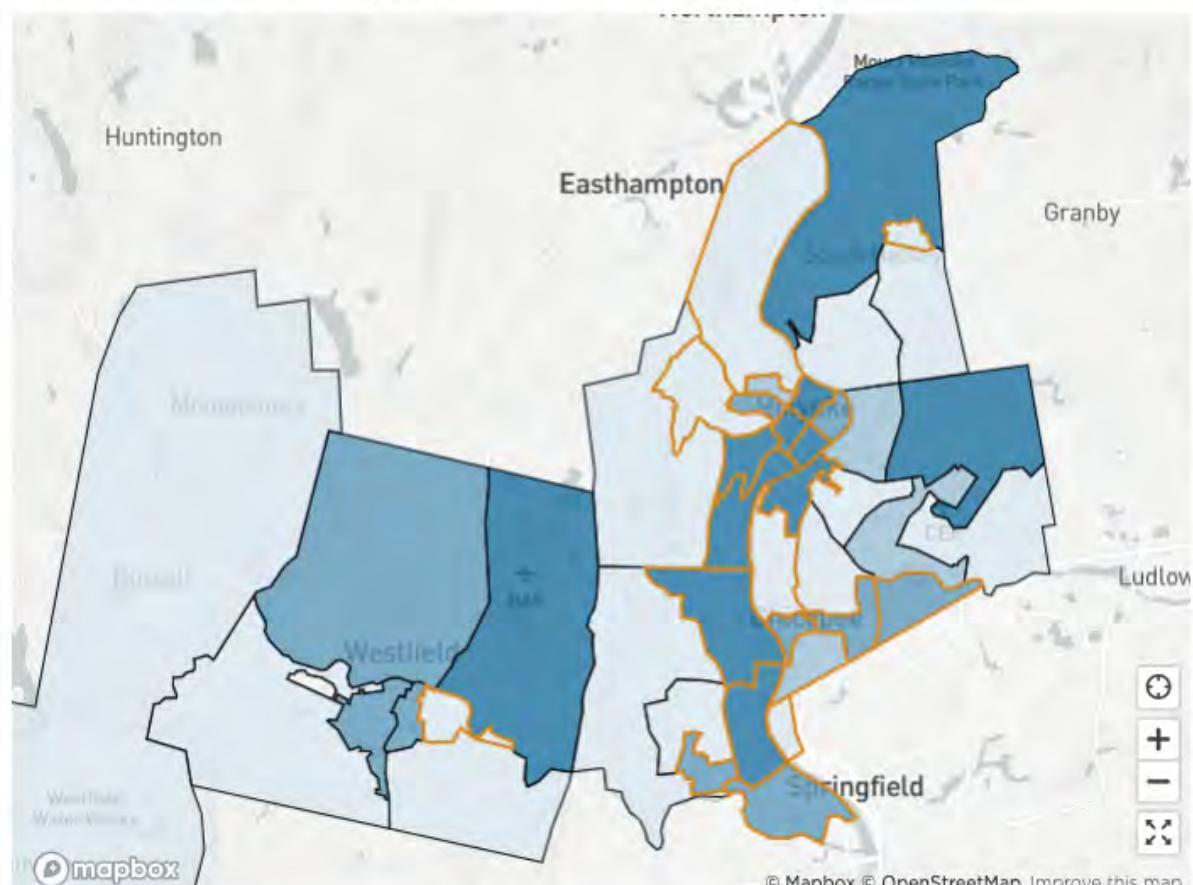
Holyoke Medical Center Primary Service Area

Sources: US Census ACS 5-year

## Housing Cost & Race

Click on the map for more information.

### Excessive Rental Housing Costs and People of Color



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

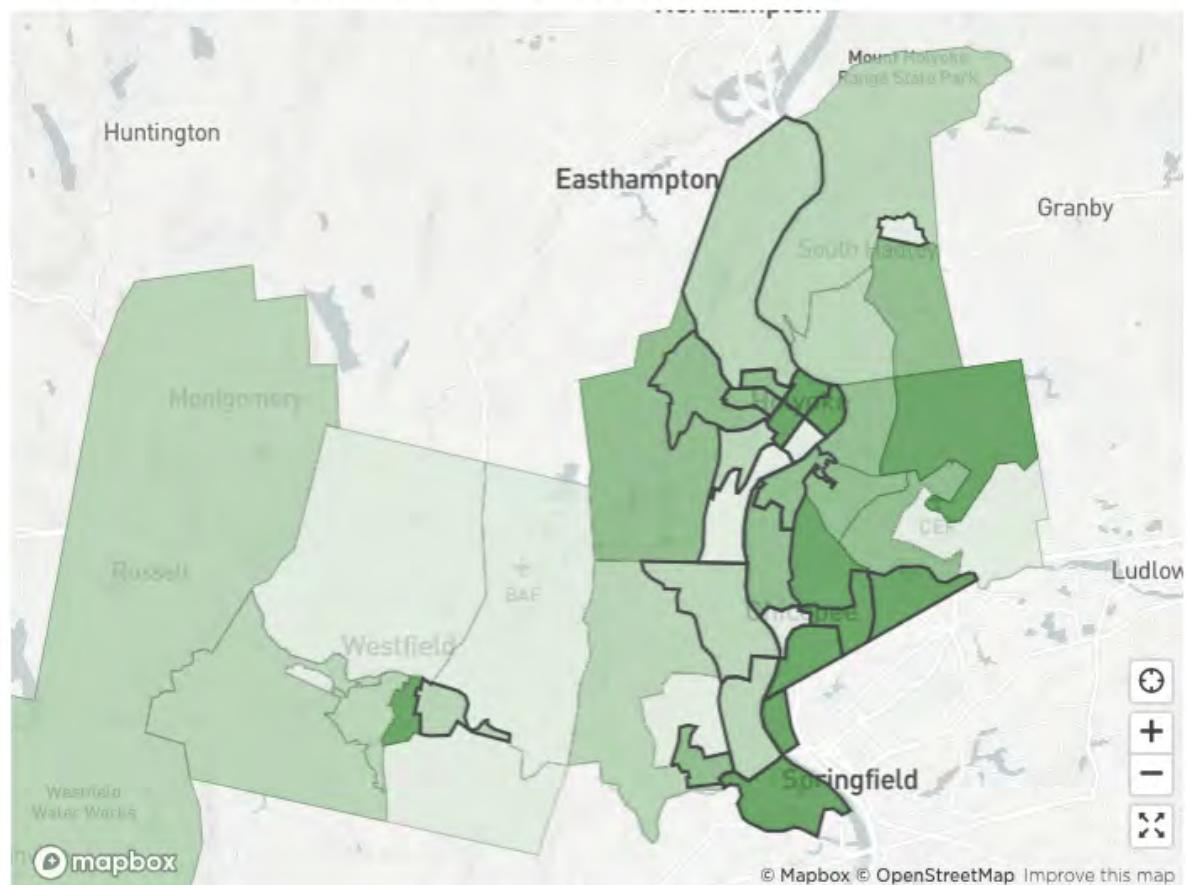


Home Rent is 30%+ of Income

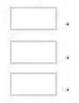


Source: US Census ACS 5-year

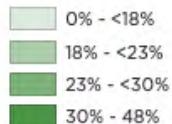
## Excessive Home Ownership Costs and People of Color



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



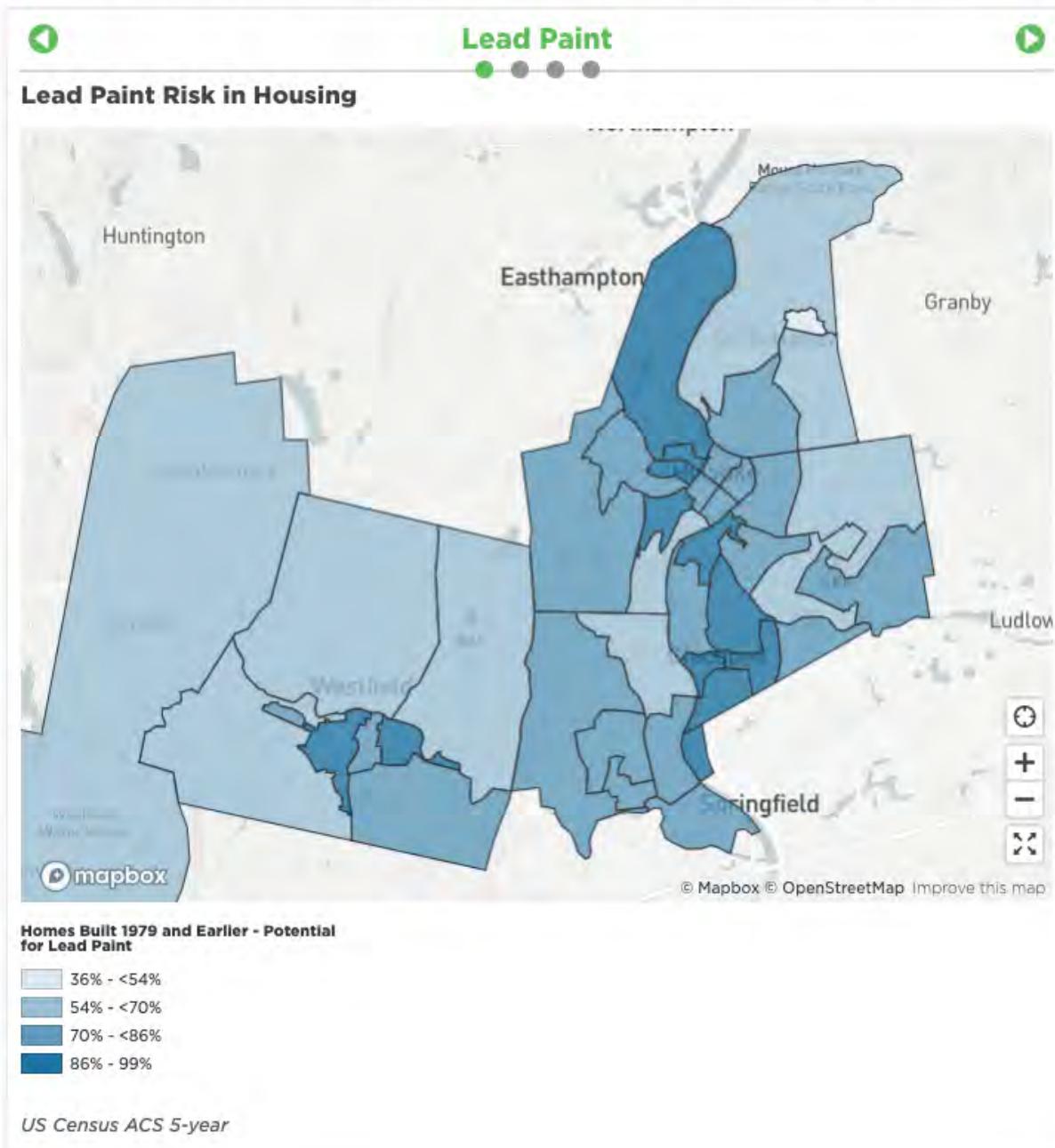
Home Ownership Costs are 30%+ of Income



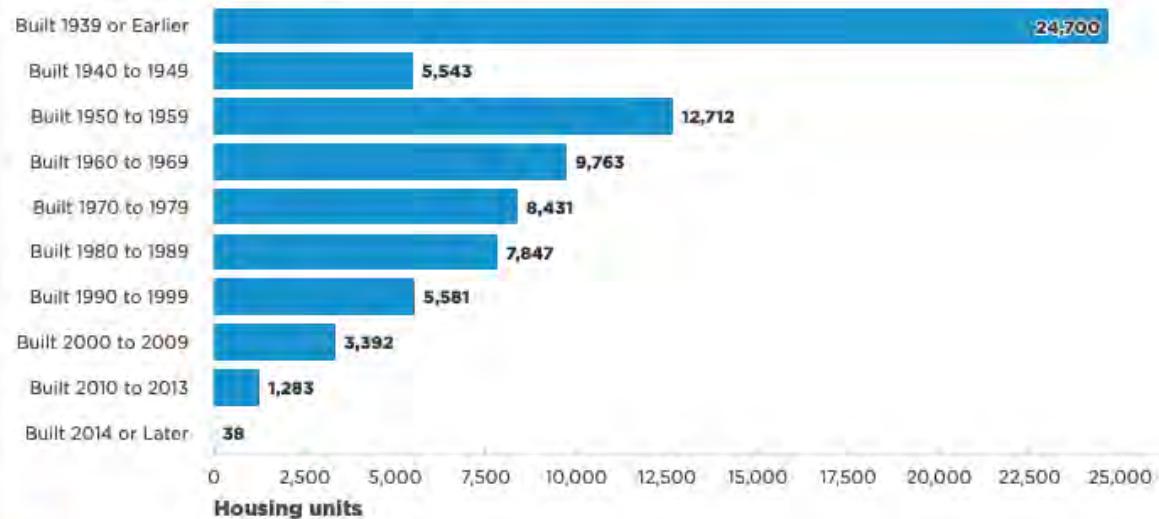
Source: US Census ACS 5-year

## 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.



## Building Age of Housing Units



■ Holyoke Medical Center Primary Service Area

Sources: US Census ACS 5-year

## Kitchen Facilities



**1,257**  
Homes

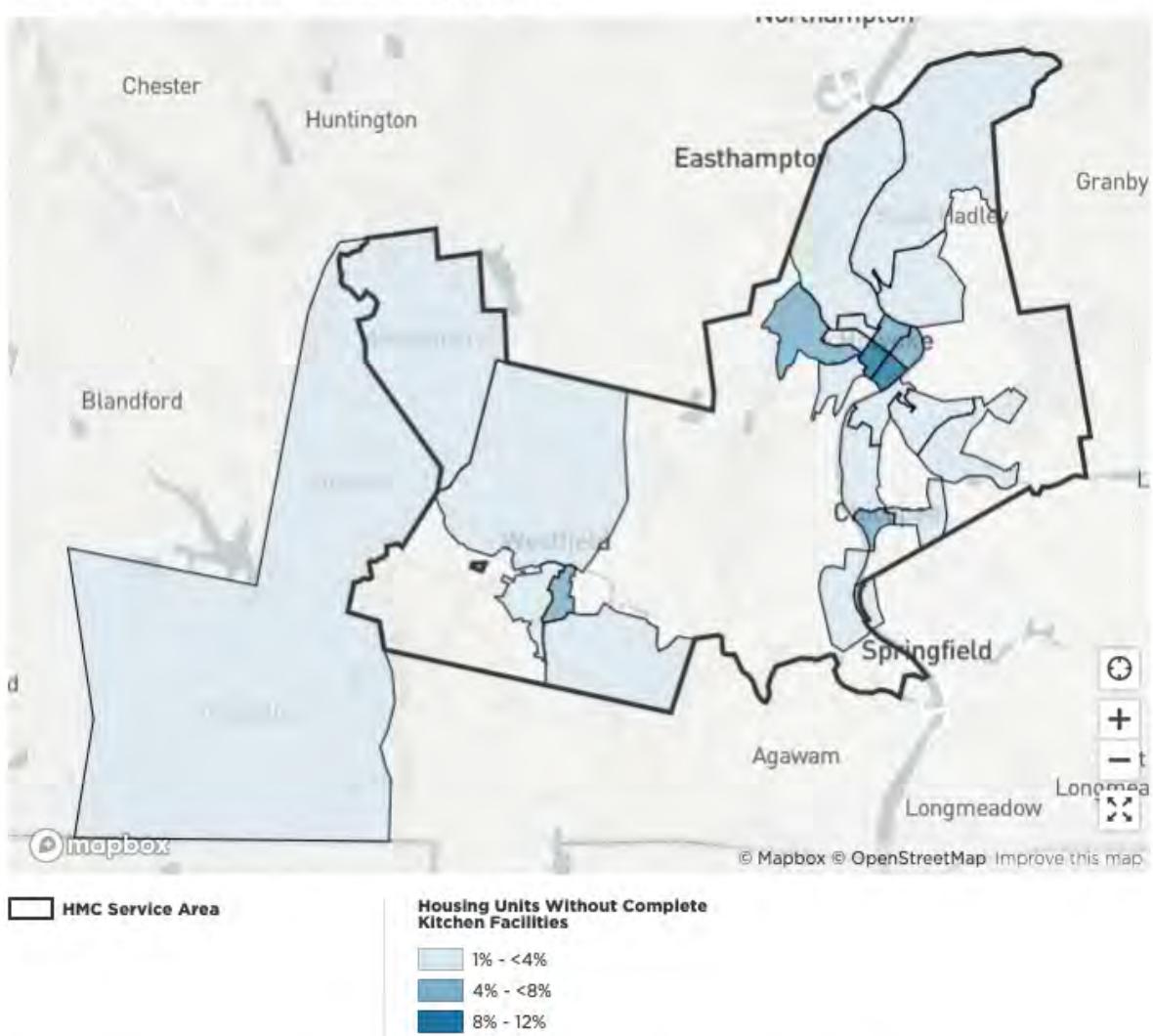
### Without Complete Kitchen Facilities

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



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



**966**  
Homes

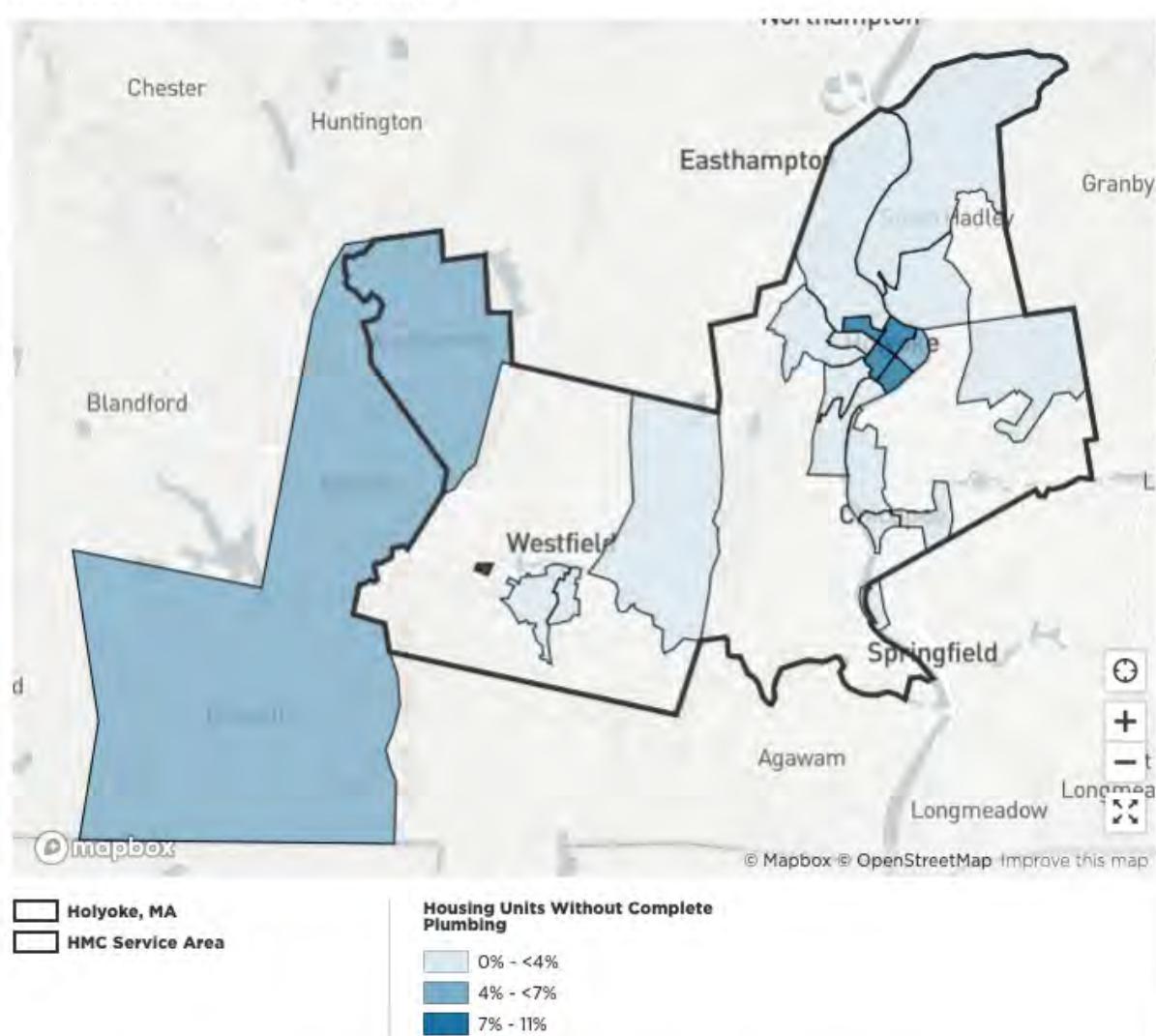
## Without Complete Plumbing

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



*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

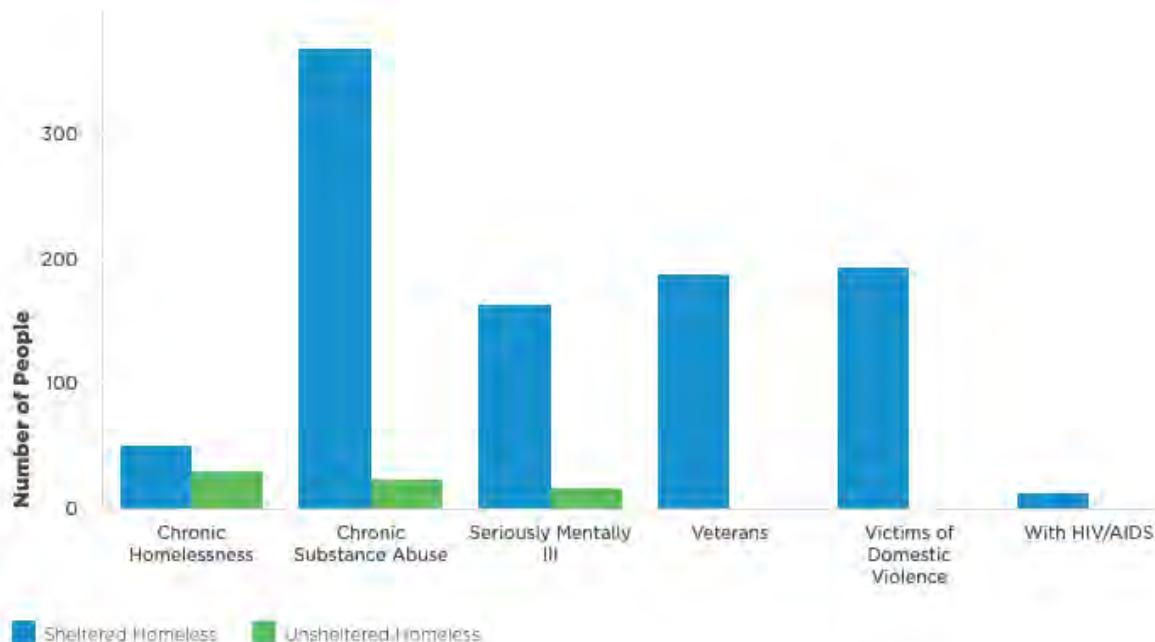
### **Homeless Population**

Holyoke/Franklin, Hampshire, Hampden Counties CoC

*Source: HUD Continuum of Care Homeless Assistance Program Point-in-Time Count 2011*

*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, 2011*

## 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



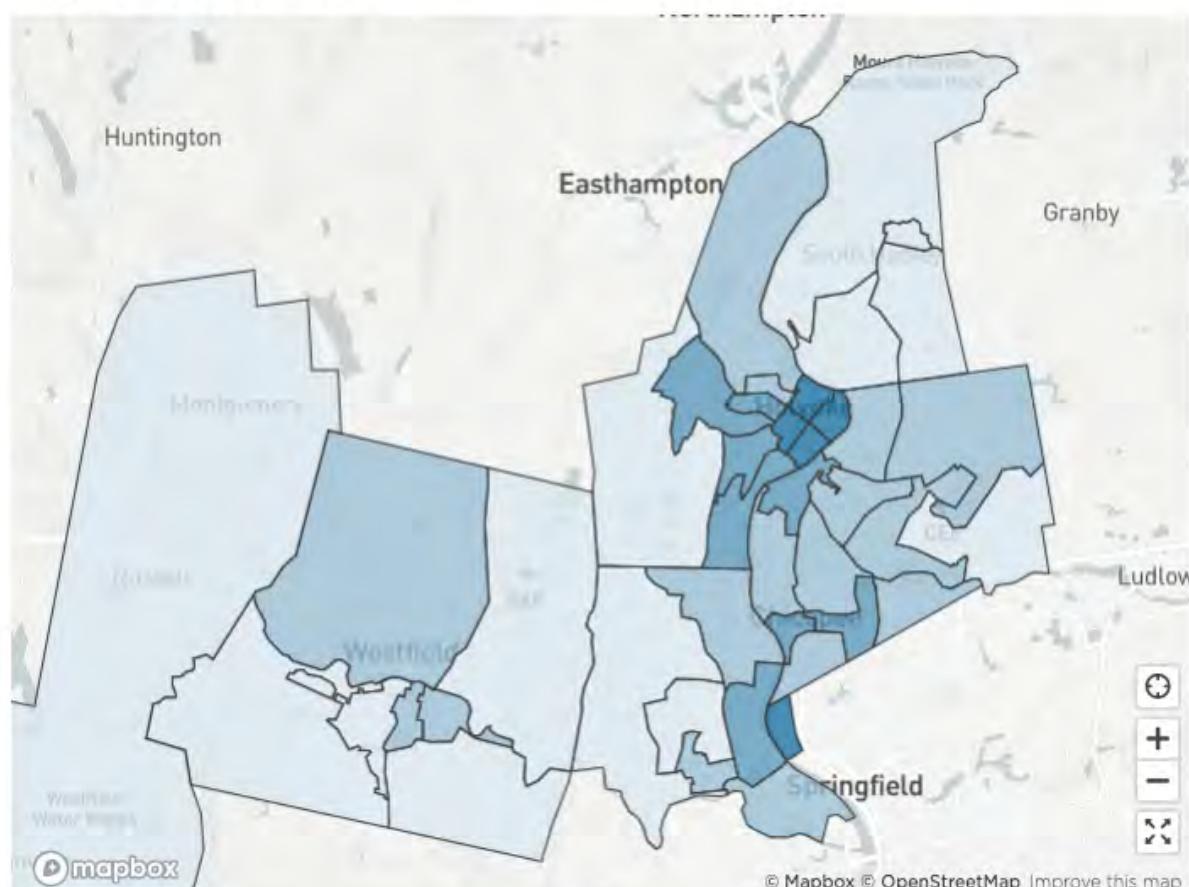
**11%**  
of homes

### Homes Without a Vehicle

Holyoke Medical Center Primary Service Area

Sources: US Census ACS 5-year

#### Zero Vehicle Households



#### Homes without an available vehicle



Source: US Census ACS 5-year



## Walkability



**12**

on a 1-20 scale

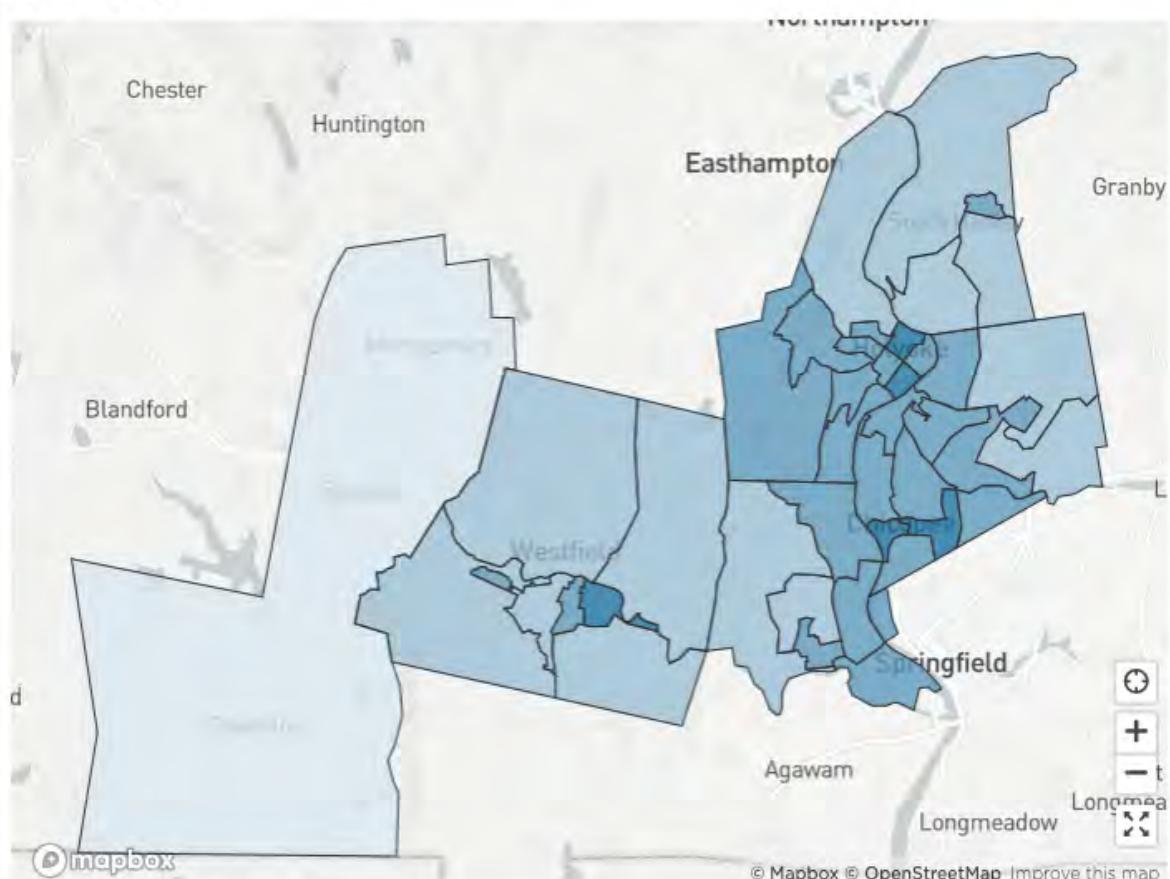
## Walkability Index

Holyoke Medical Center Primary Service Area

Sources: EPA 2019

Higher scores indicate higher walkability

### Walkability



#### Walkability Index on a 1-20 Scale

0 - <5
5 - <10
10 - <15
15 - 20

EPA 2019

Higher scores indicate higher walkability.



Transit



12

on a 1-20 scale

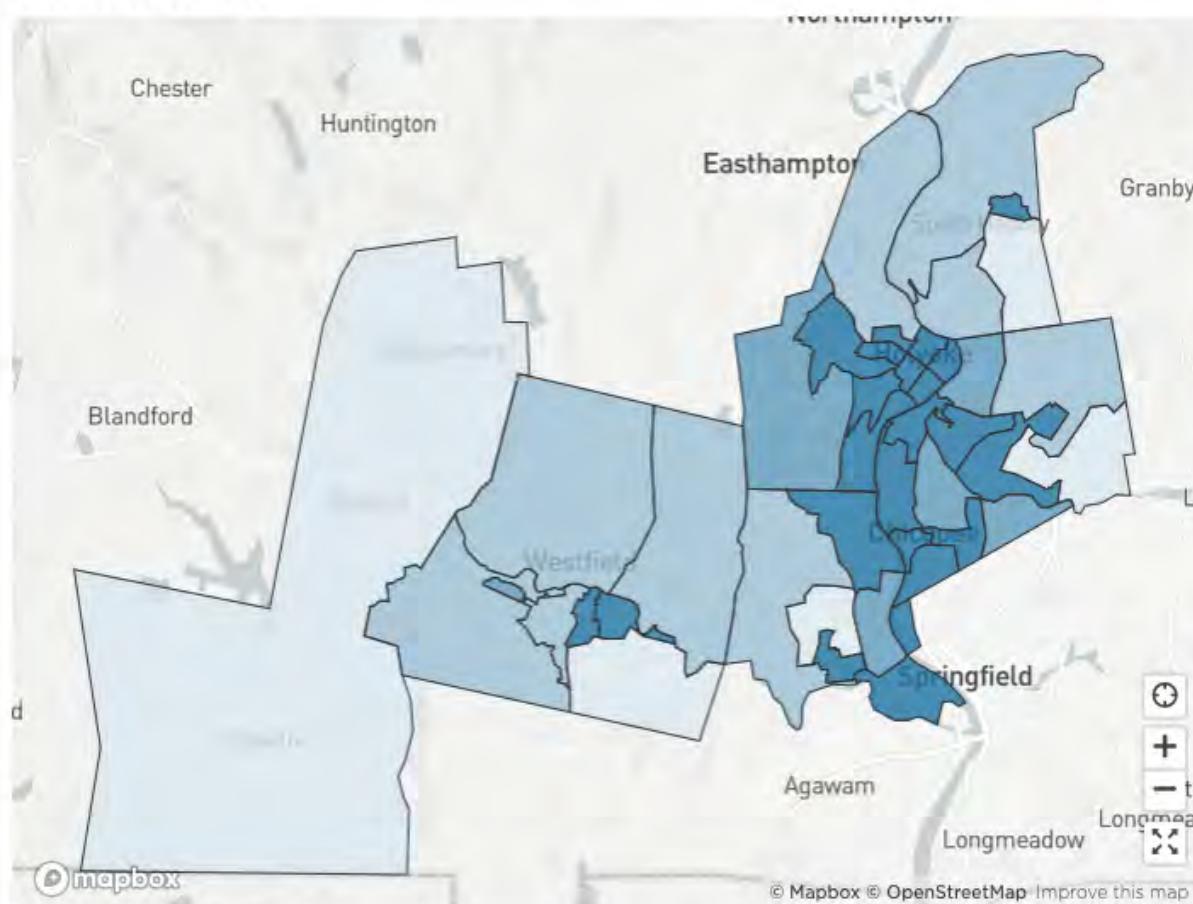
## Walkability Proximity to Transit Ranking

Holyoke Medical Center Primary Service Area

Sources: EPA 2019

Higher scores indicate higher walkability to transit

### Access to Transit



Walkability Proximity to Transit Ranking  
on a 1-20 Scale

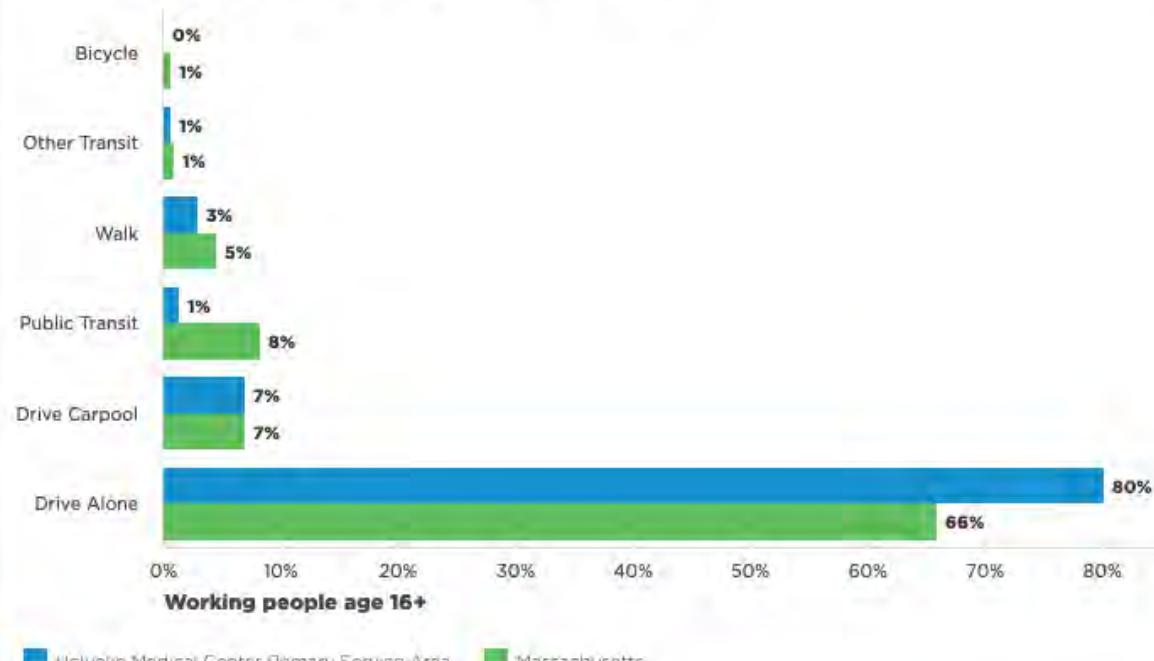
Light Blue	0 - <5
Medium Blue	5 - <10
Dark Blue	10 - <15
Very Dark Blue	15 - 20

EPA 2019

Higher scores indicate higher walkability to transit

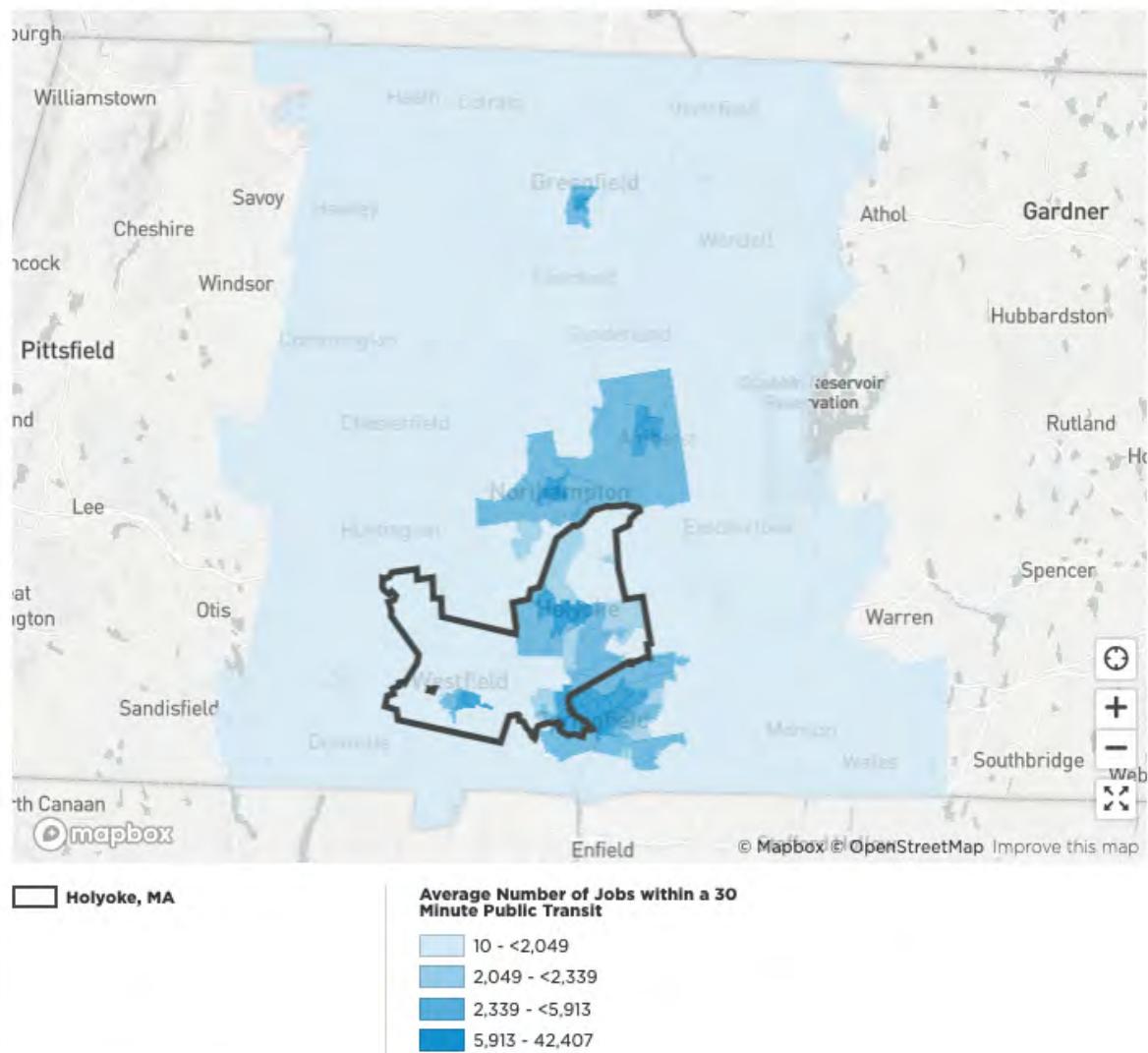
## Mode of Travel Feasibility

### How Working Adults Typically Travel to Work



Sources: US Census ACS 5-year

## Areas with feasible transit connections to destinations

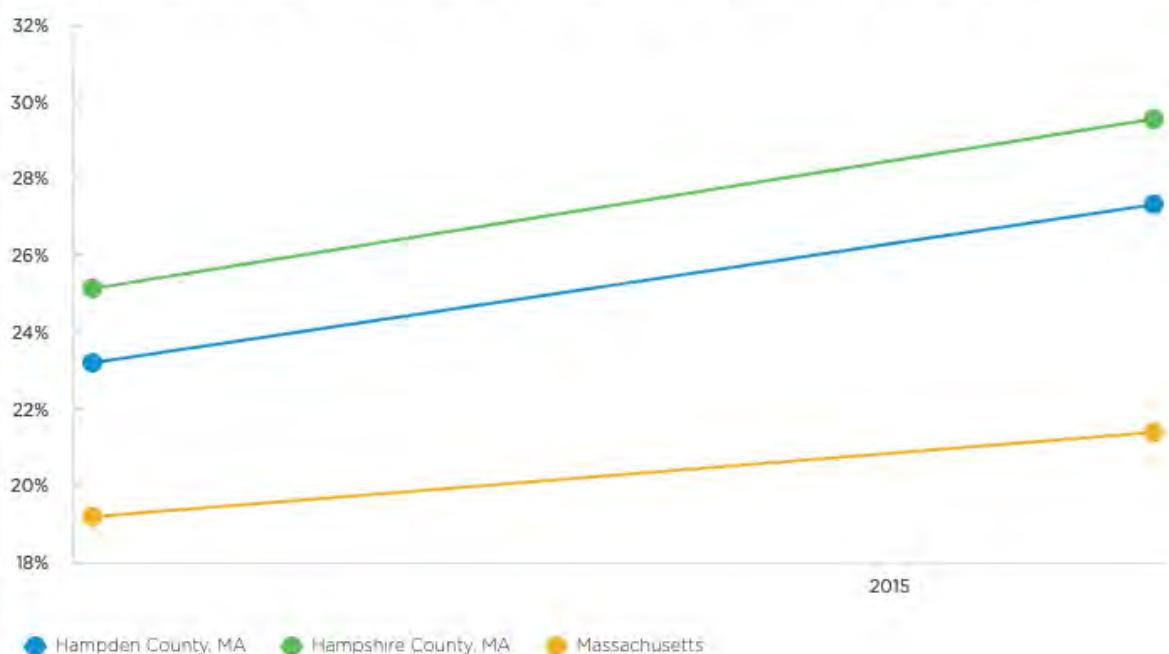




## Median Income Families Transportation Costs



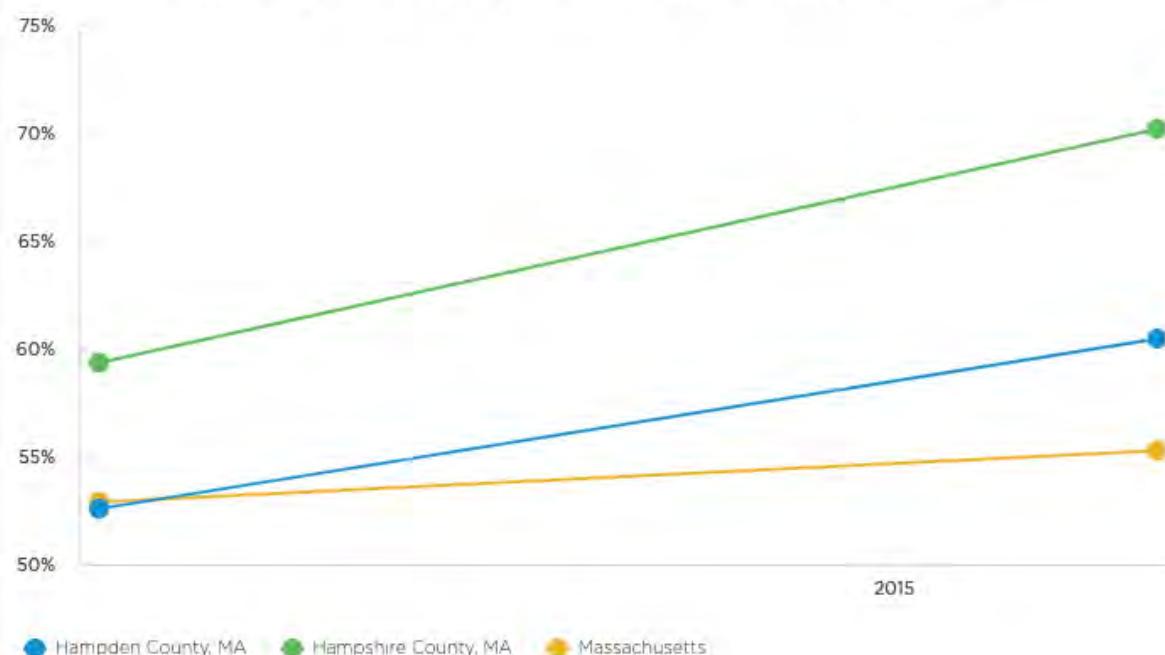
### Percent of Income Spent on Transportation - Median Income Families



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

## Low Income Families Transportation Costs

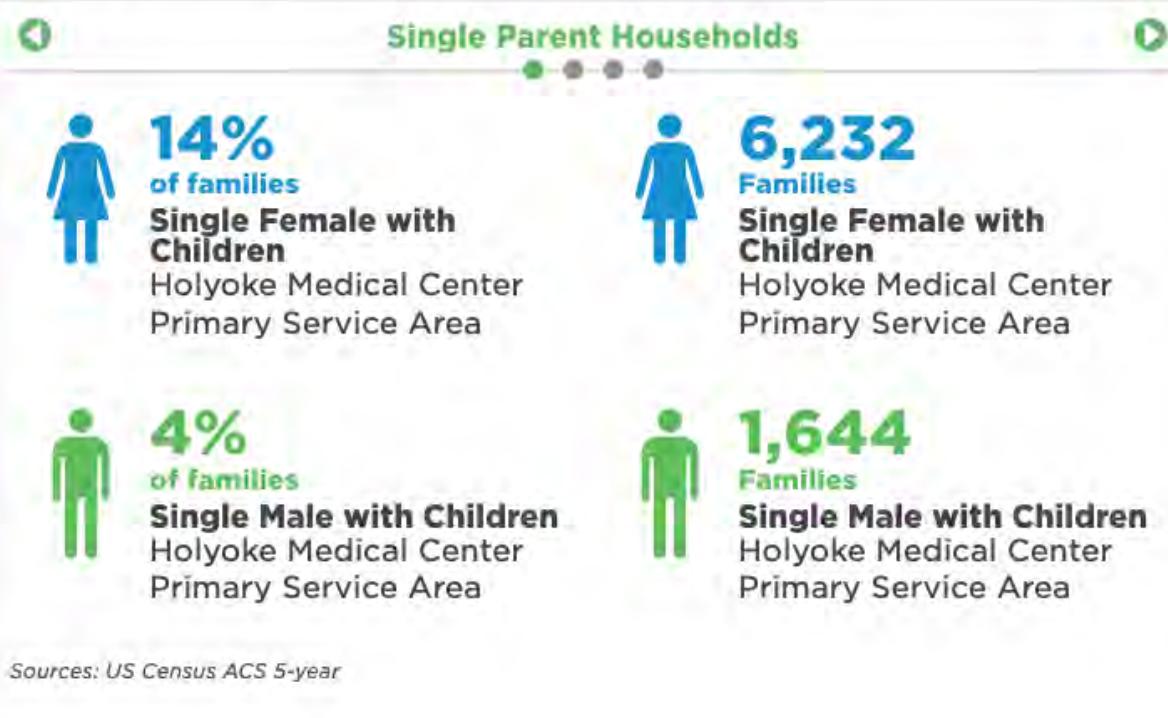
### Percent of Income Spent on Transportation - Low Income Individuals



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

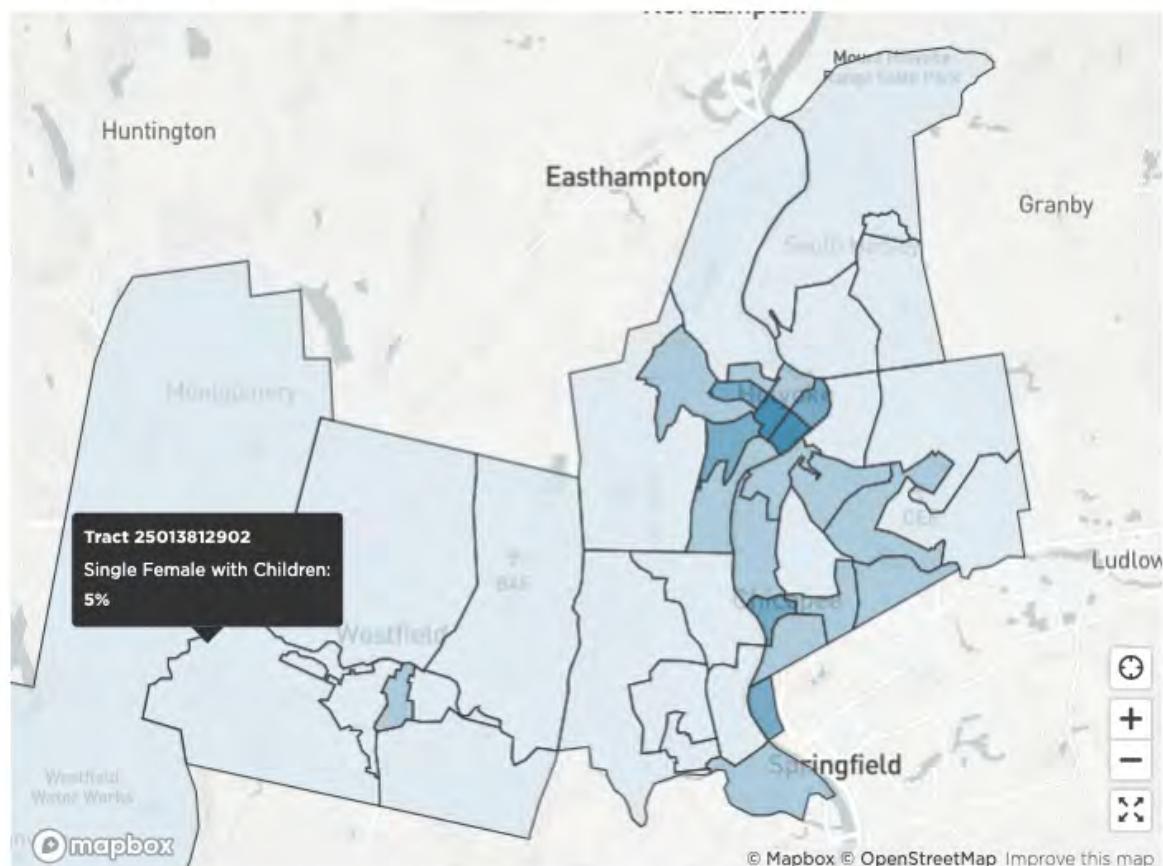
## How are **potentially vulnerable populations** affected?

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.



Sources: US Census ACS 5-year

## Single Female Families



### Single Female with Children



Source: US Census ACS 5-year



## Veterans



**7%**  
of civilians age 18+

**Veteran Population**  
Holyoke Medical Center  
Primary Service Area

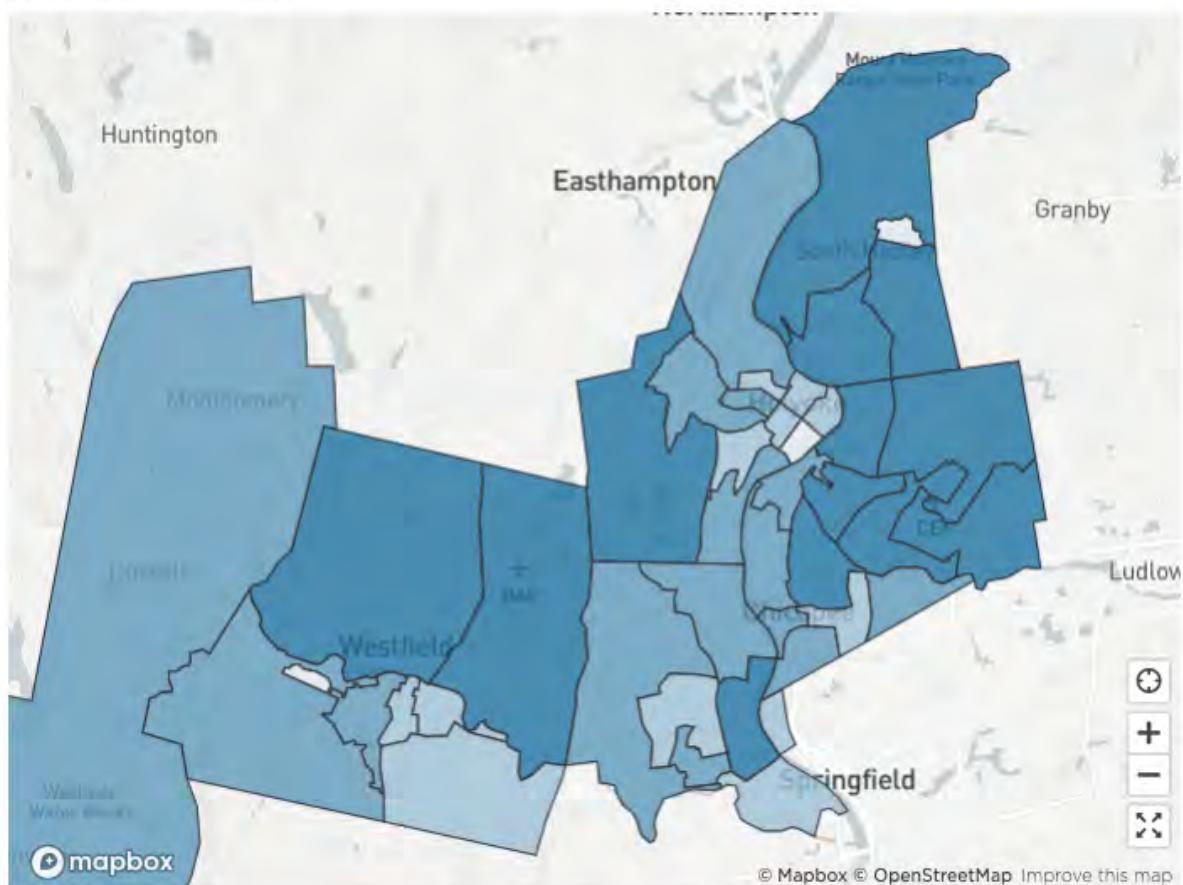


**10,585**  
People

**Veteran Population**  
Holyoke Medical Center  
Primary Service Area

Sources: US Census ACS 5-year

### Veteran Population



### Veteran Population

0% - <2%
2% - <6%
6% - <9%
9% - 13%

Source: US Census ACS 5-year



## People of Color



**31%**  
of Total Population

**People of Color**  
Holyoke Medical Center  
Primary Service Area

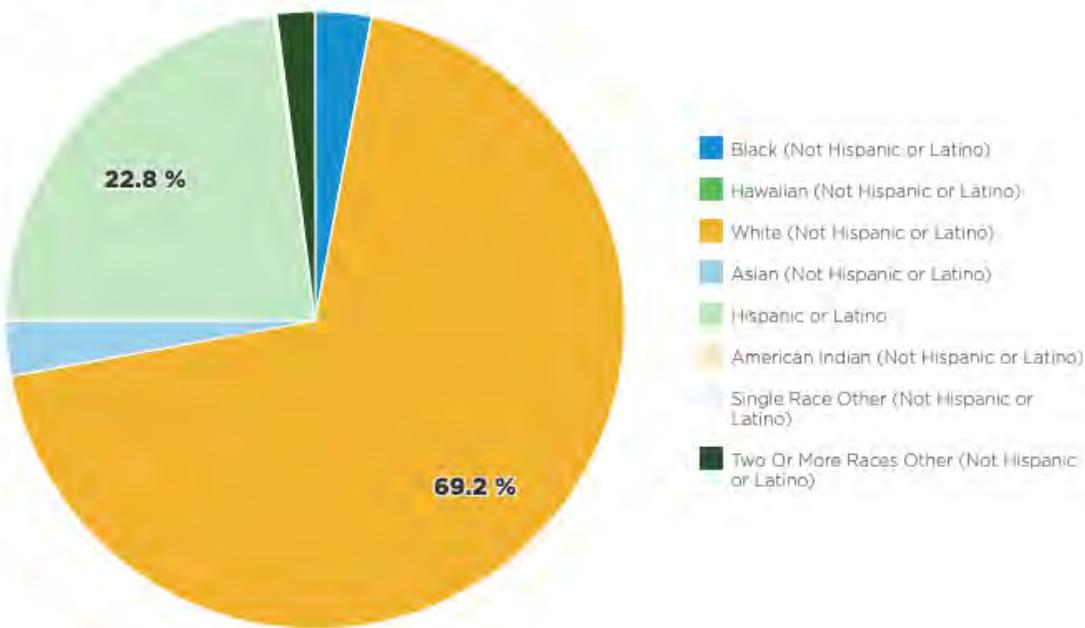


**56,299**  
People

**People of Color**  
Holyoke Medical Center  
Primary Service Area

Sources: US Census ACS 5-year

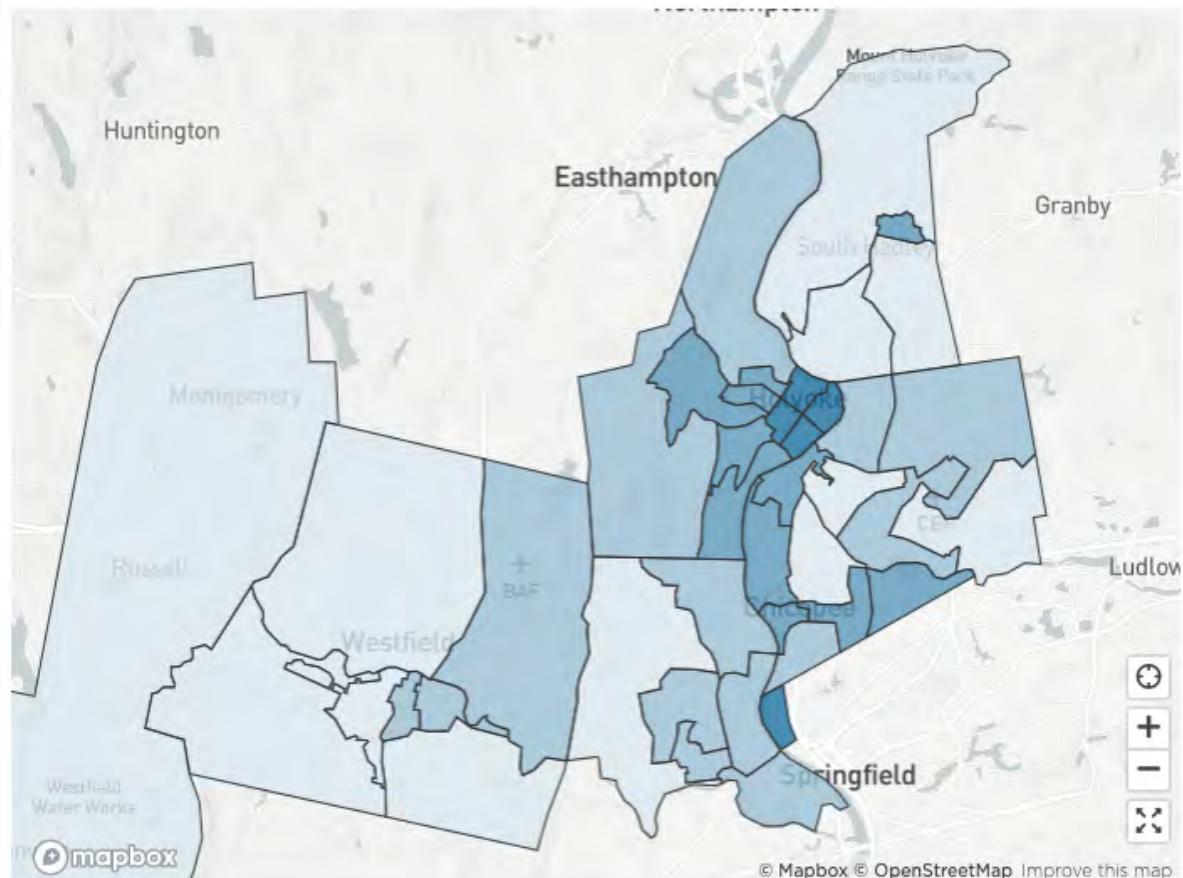
### Race/Ethnicity Totals



Holyoke Medical Center Primary Service Area

Sources: US Census ACS 5-year

## People of Color



Source: US Census ACS 5-year

## Ability to Speak English



**Speak English Less Than  
'Very Well'**

**10%**

**of People Age 5+**

**Hampden County, MA**



**Speak English Less Than  
'Very Well'**

**45,564**

**People Age 5+**

**Hampden County, MA**

**3%**

**of People Age 5+**

**Hampshire County, MA**

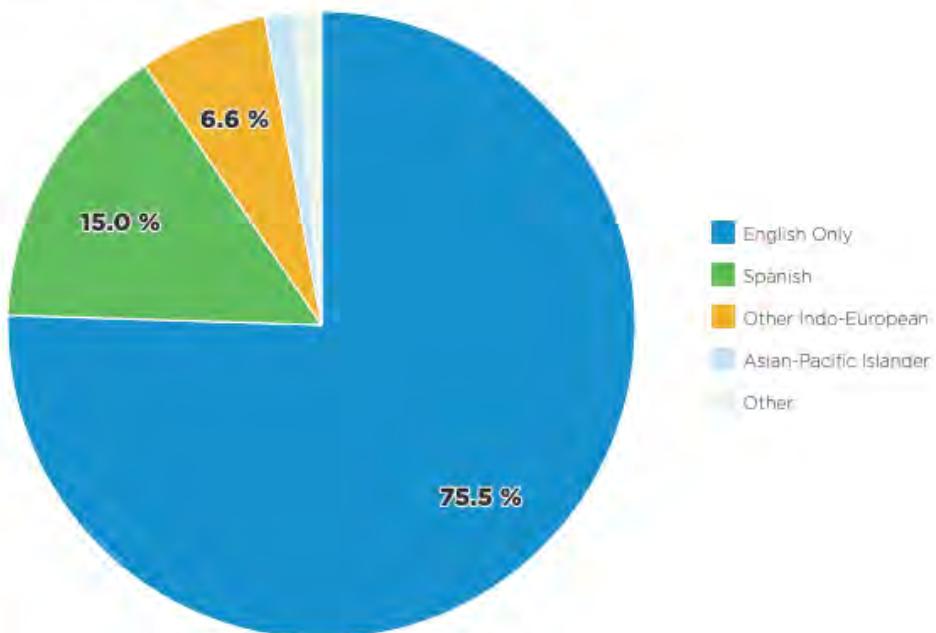
**5,393**

**People Age 5+**

**Hampshire County, MA**

Sources: US Census ACS 5-year

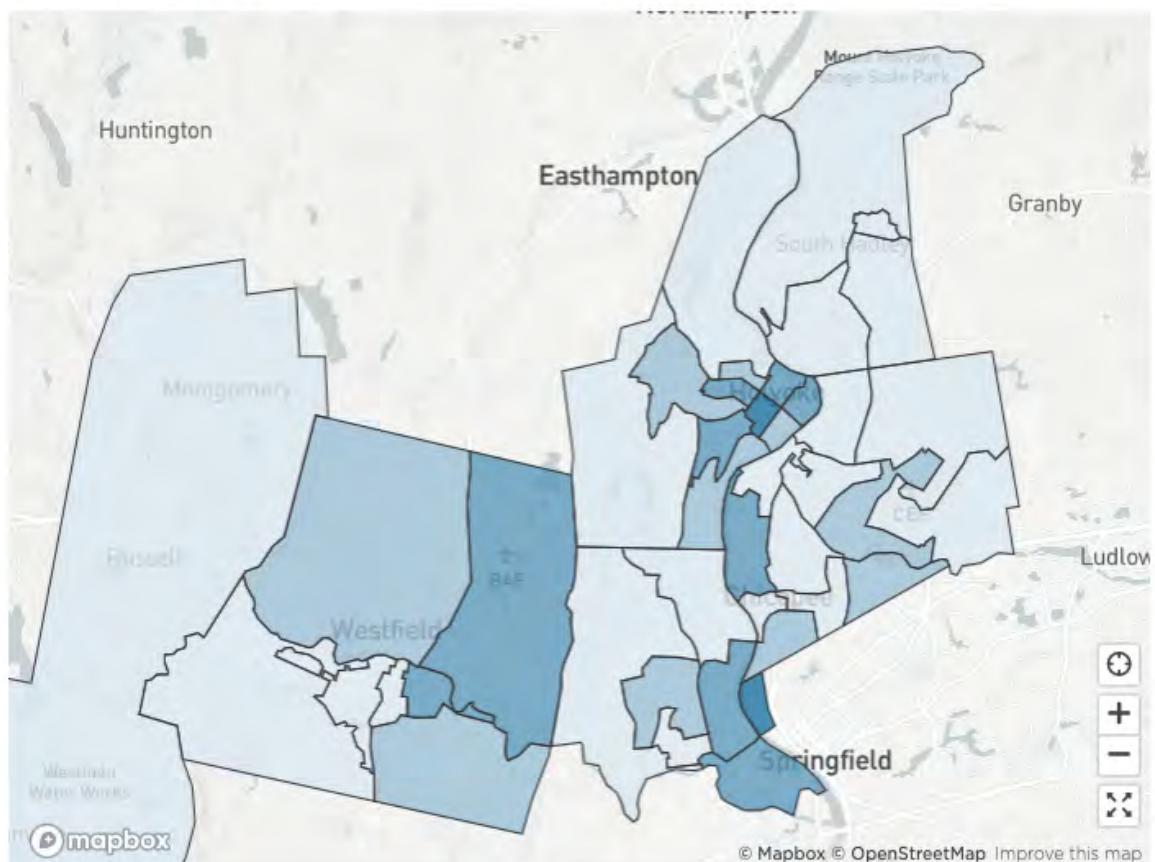
## Language Spoken at Home



Holyoke Medical Center Primary Service Area

Sources: US Census ACS 5-year

## Limited English Proficiency



US Census ACS 5-year



# 2022 Community Health Needs Assessment

## 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 OBG-YN 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**

**18**

**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

**8**

**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.

### Births with Prenatal Care Started in First Trimester

**78.6%**

of Live Births

Hampden County, MA

**84.8%**

of Live Births

Hampshire County, MA

**83.8%**

of Live Births

Massachusetts

Sources: *CDC WONDER Natality 2020*

## 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

**6**

Deaths per 1,000 Live Births

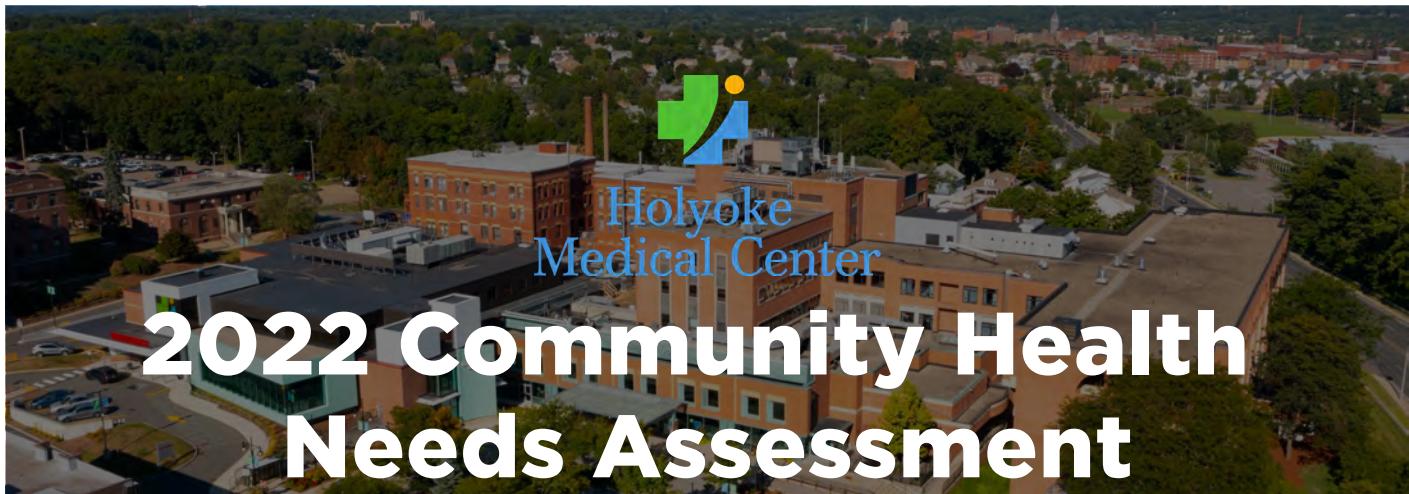
Hampshire County, MA

**4**

Deaths per 1,000 Live Births

Massachusetts

Source: *National Center for Health Statistics - Mortality Files*



# 2022 Community Health Needs Assessment

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	79,802
Holyoke, MA	16,094
Chicopee, MA	24,025
South Hadley, MA	9,659

Sources: US Census Bureau ACS 5-year 2016-2020

Women with Birth in Past Year	Women
Holyoke, MA	457
Chicopee, MA	550
Hampden County, MA	5,780
Hampshire County, MA	929

Sources: US Census Bureau ACS 5-year 2016-2020

## 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.

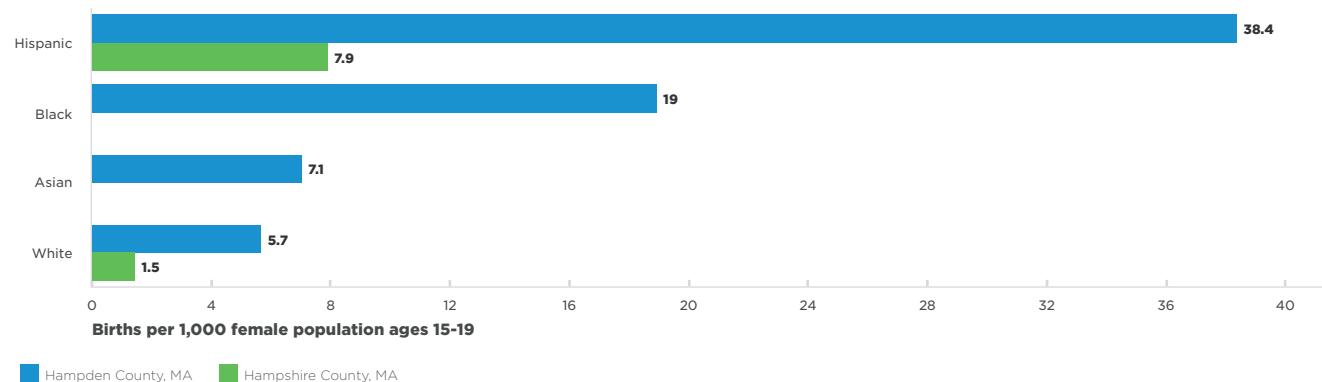
## Teen Birth Rate



Source: National Center for Health Statistics - Natality files, 2014-2020

## Teen Births by Race

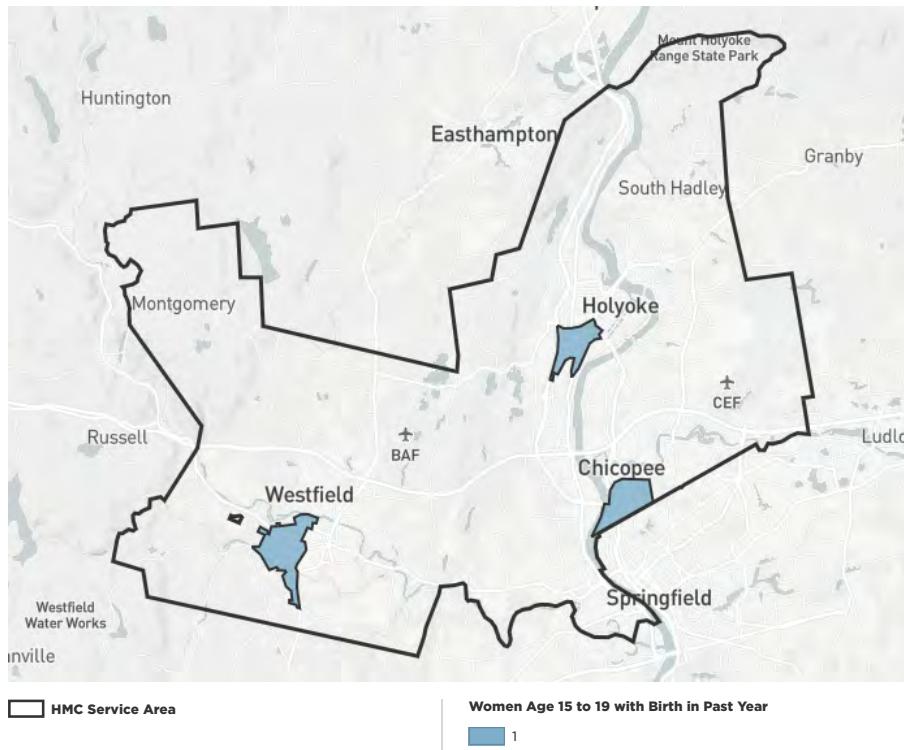
### Teen Birth Rate by Race/ Ethnicity



Source: National Center for Health Statistics - Natality files, 2014-2020

# Teen Births

## Births to Teen Mothers



Sources: US Census Bureau ACS 5-year 2016-2020

 **Average Age Of Teen Mothers**  
**18.1**  
years old

Hampden County, MA

**18.6**  
years old  
Hampshire County, MA

Source: CDC WONDER Natality, 2018

Untitled Image

◀ PREVIOUS PAGE

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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[Terms of Use](#)



# 2022 Community Health Needs Assessment

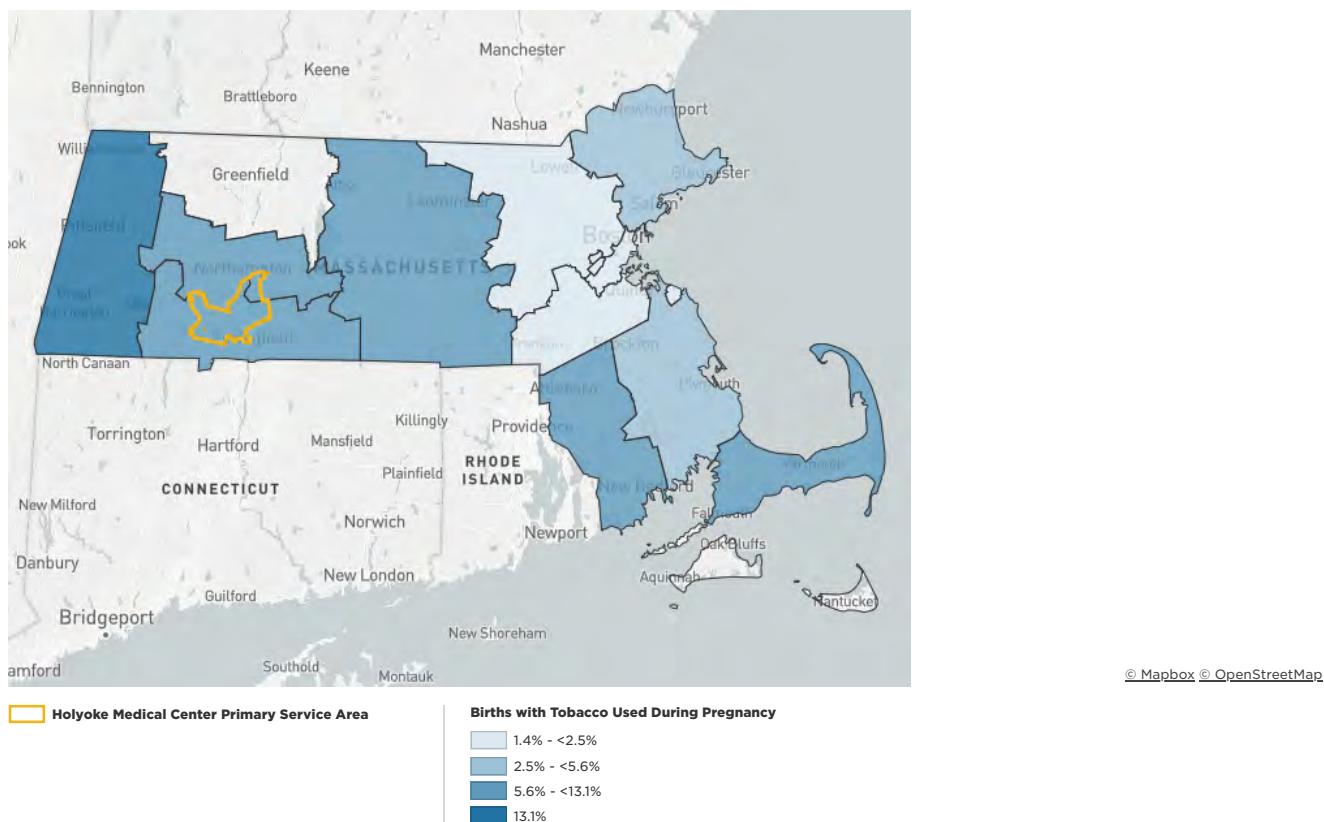
What do **behavioral factors** reveal about mothers' and infants' opportunity for health?



## 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



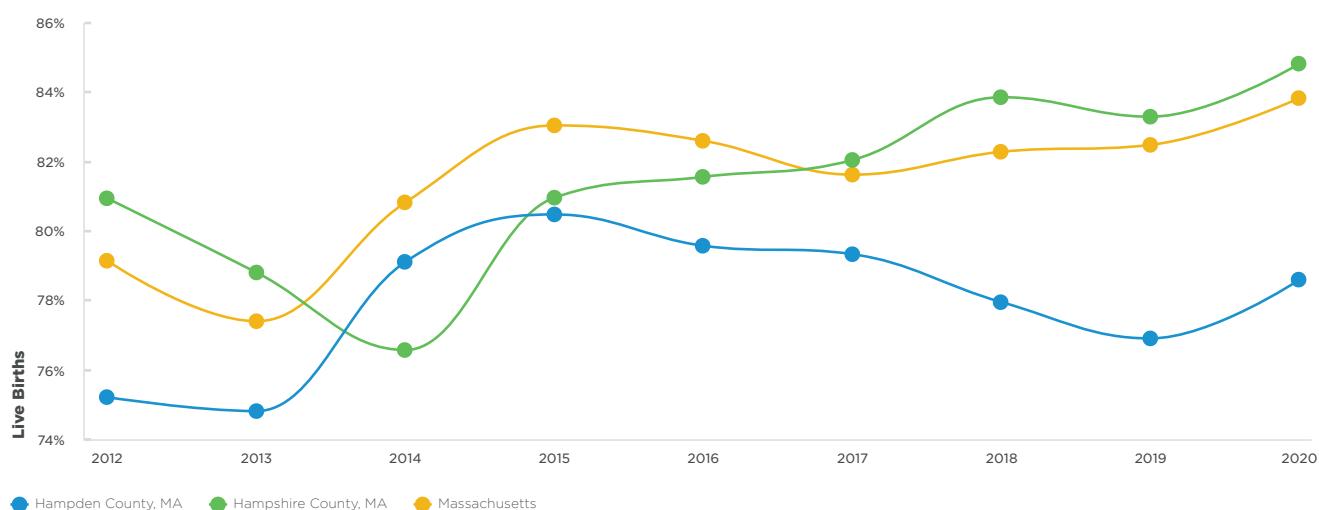
Sources: CDC WONDER Natality 2020

## 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

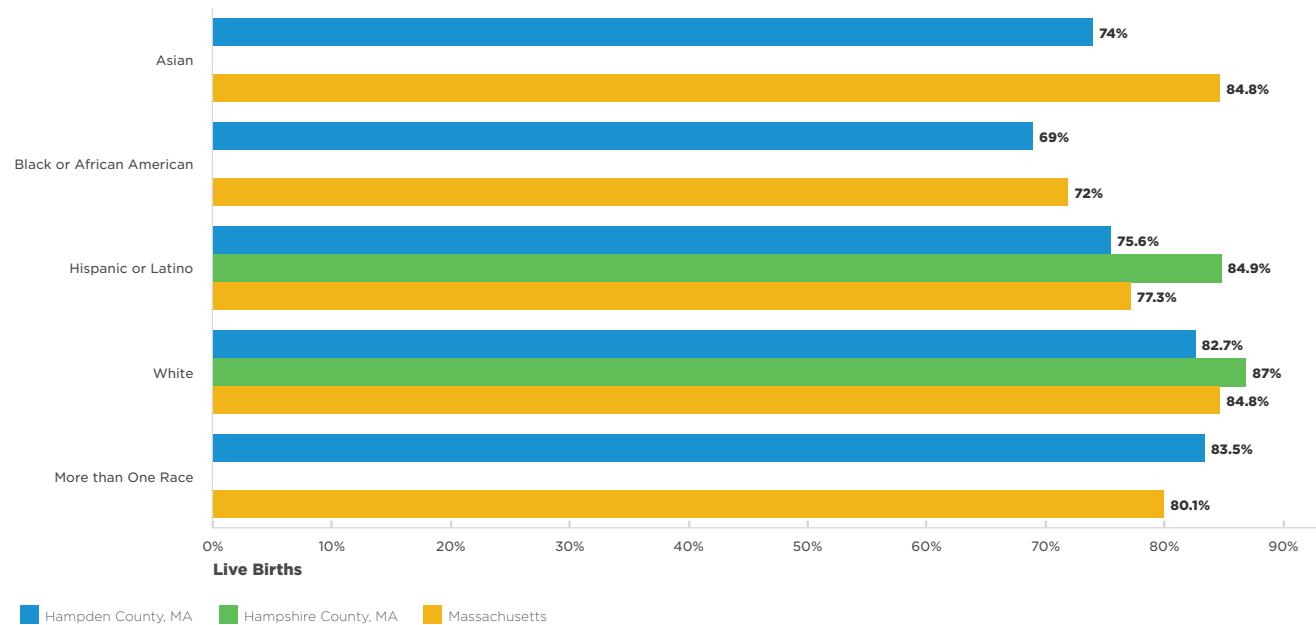
### Births with Prenatal Care Started in First Trimester



Sources: CDC WONDER Natality

# Prenatal Care by Race

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



Sources: CDC WONDER Natality 2018-2020

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# 2022 Community Health Needs Assessment

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

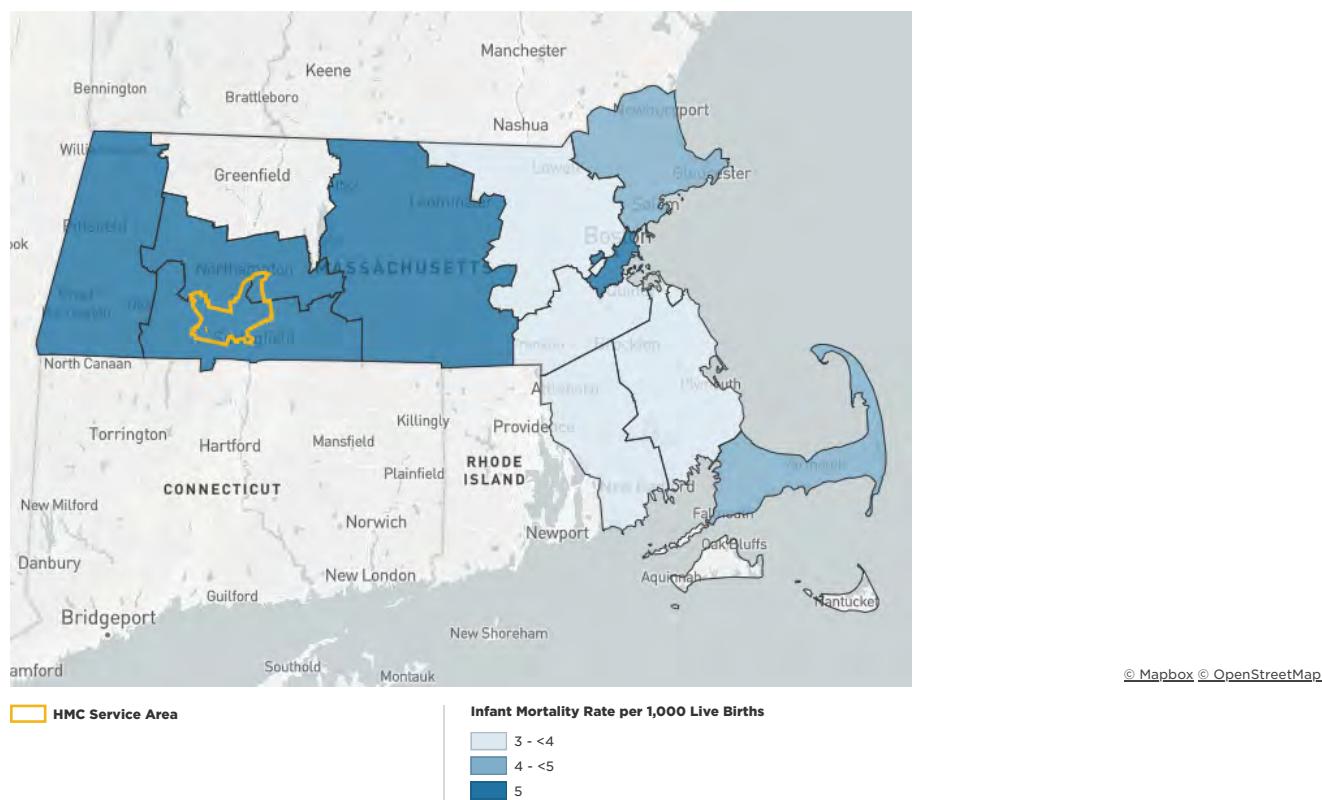


What is the **infant mortality** rate in our community?

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.

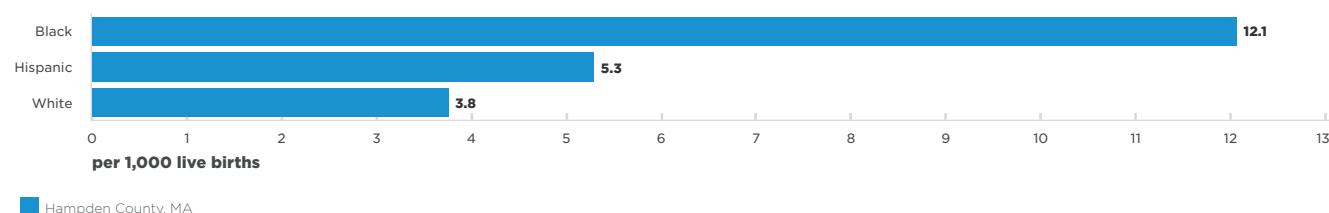
# Infant Mortality Rate

## Infant Mortality Rate



## Infant Mortality by Race

### Infant Mortality Rate by Race



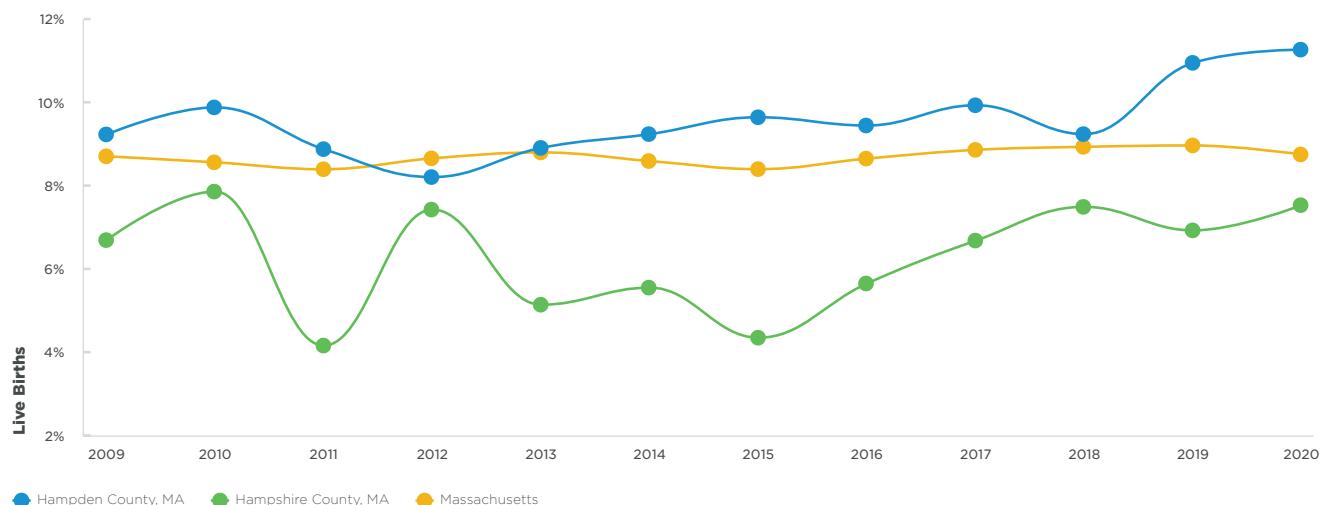
Source: National Center for Health Statistics - Mortality Files, 2014-2020

## 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

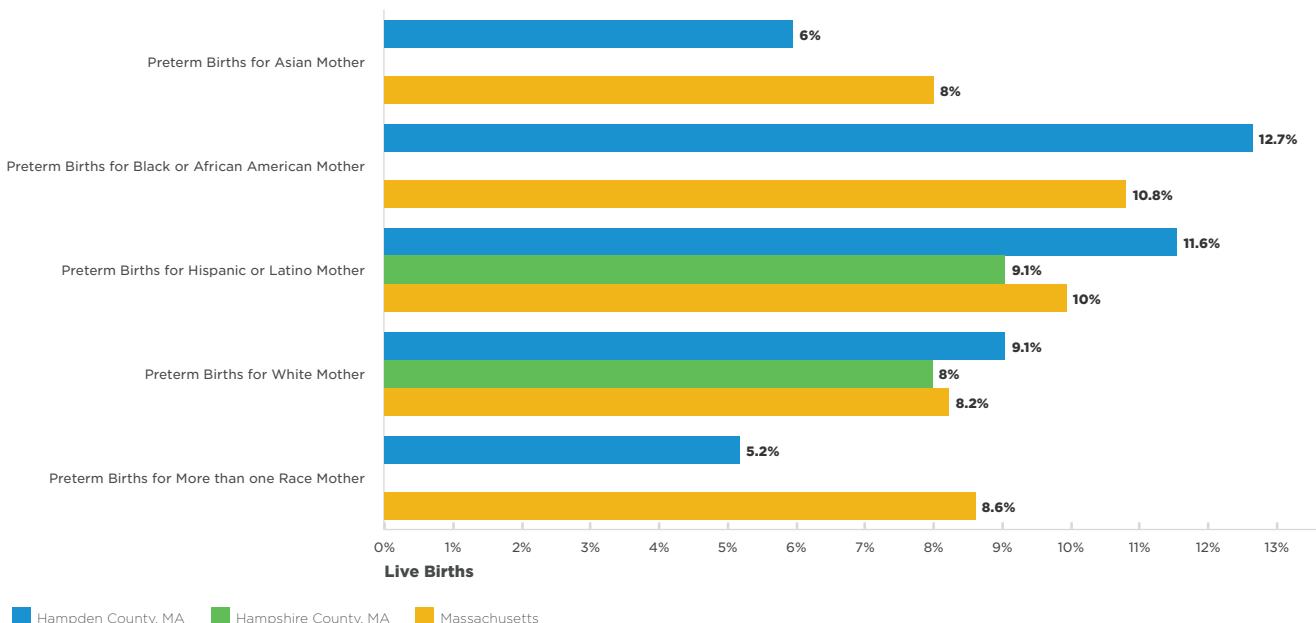
## Preterm Births



Sources: CDC WONDER Natality

## Preterm Births by Race

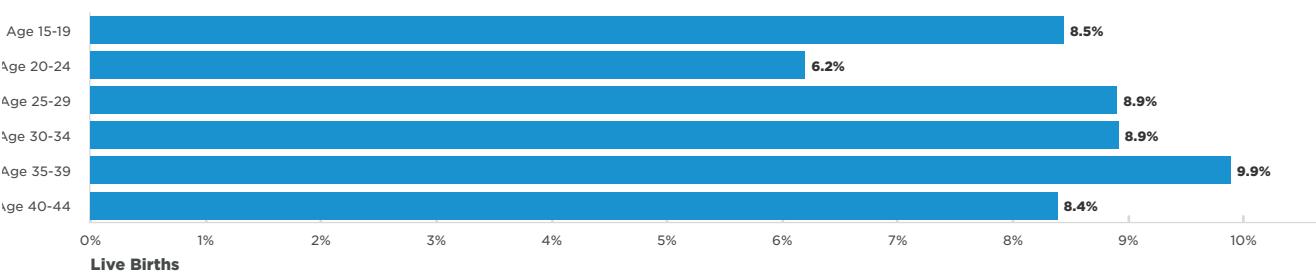
### Preterm Births by Race / Ethnicity



Sources: CDC WONDER Natality 2018-2020

## Preterm Births by Mothers Age

### Preterm Births by Mother's Age



Source: CDC WONDER Natality, 2018



# 2022 Community Health Needs Assessment

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

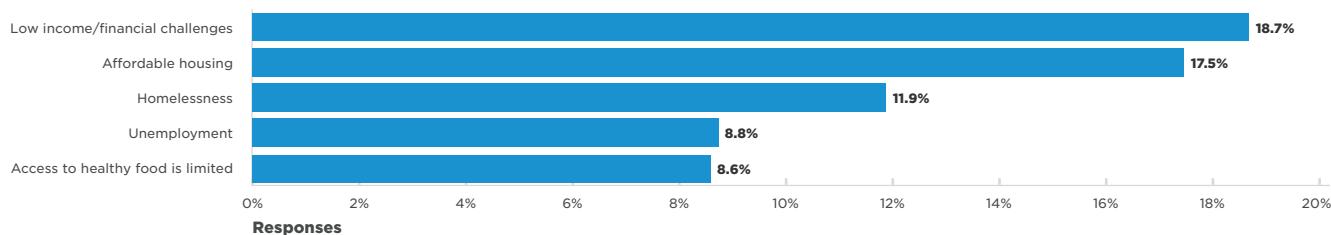
When we wait to treat diseases at a later stage, it is much more expensive. By building communities that **make the healthiest choice the easiest choice**, everyone wins. Prevention isn't about being in a doctor's office all the time, it's about the opportunity to eat good food, be outside, and connect 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.

### Choose the top five environmental-related concerns that you believe are the most common in the community where you live.



Holyoke, MA

Sources: CHNA Survey, Holyoke Medical Center, 2022



## People Without Health Insurance Coverage

**1,281**

People

Holyoke, MA

**185,687**

People

Massachusetts

**1,738**

People

Chicopee, MA

**322**

People

South Hadley, MA

**5,575**

People

Holyoke Medical Center Primary Service Area

Sources: US Census Bureau ACS 5-year 2016-2020

### 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.



## Physical Inactivity Among Adults

**29%**

of People

Hampden County, MA

**20%**

of People

Hampshire County, MA

Sources: CDC BRFSS PLACES 2018



## Physical Inactivity Among Adults

**32%**

of People

Hampden County, MA

**25%**

of People

Hampshire County, MA

Sources: CDC BRFSS PLACES 2019

### 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 Among Adults****34.9%****of People**

Holyoke, MA

**26.5%****of People**

Massachusetts

Sources: CDC BRFSS PLACES 2018

 **Obesity Among Adults****32%****of People**

Holyoke, MA

**26%****of People**

Massachusetts

Sources: CDC BRFSS PLACES 2019

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## Resources

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

[!\[\]\(e794737301326503698a6dee5f6d5516\_img.jpg\) PREVIOUS PAGE](#)[!\[\]\(5c57cade82000c51422ad2f124eaeea0\_img.jpg\) NEXT PAGE !\[\]\(95345fc4e062d378c88adb1e5681de27\_img.jpg\)](#)

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# 2022 Community Health Needs Assessment

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



## Substance Use Disorder Concern for Community Residents

Substance Use Disorder is a complex condition that affects a person's brain and behavior that sometimes leads to harmful consequences. Repeated substance use can cause changes in how the brain functions. In addition to substances, people can also develop addiction to behaviors such as gambling.

Substance use disorder was the second most important health topic that the community felt should be focused on. Issues that were identified under substance use disorder were drug use heightened during the pandemic, overdose, fentanyl misuse, increased alcohol use and stigma.

## 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 People

Hampden County, MA

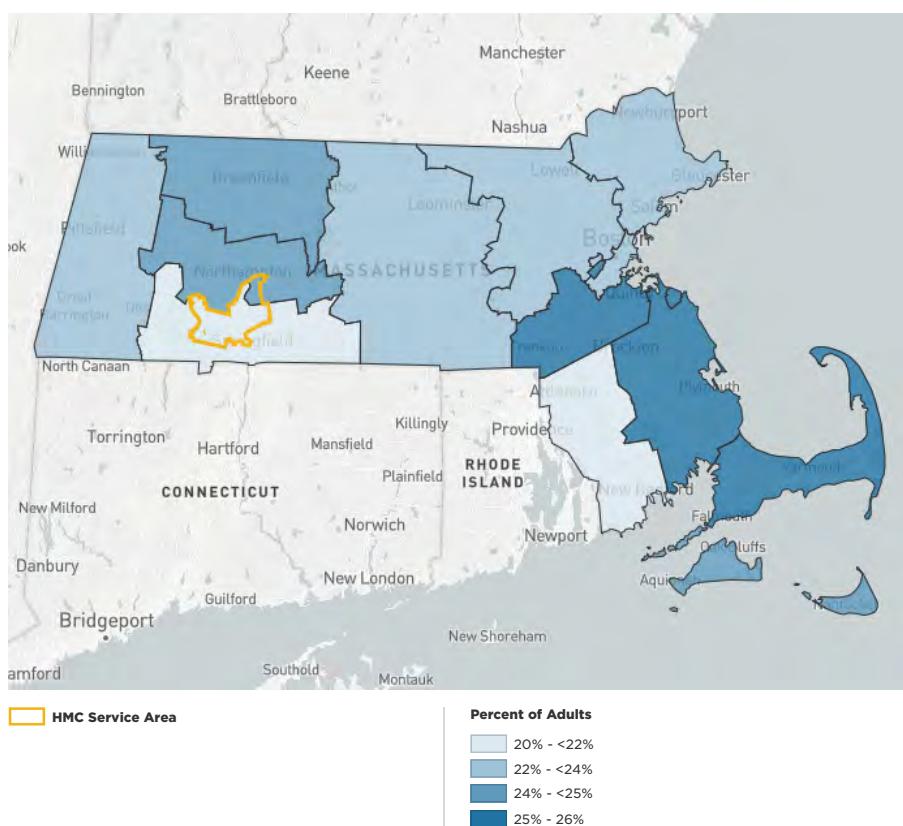
**24%**

of People

Hampshire County, MA

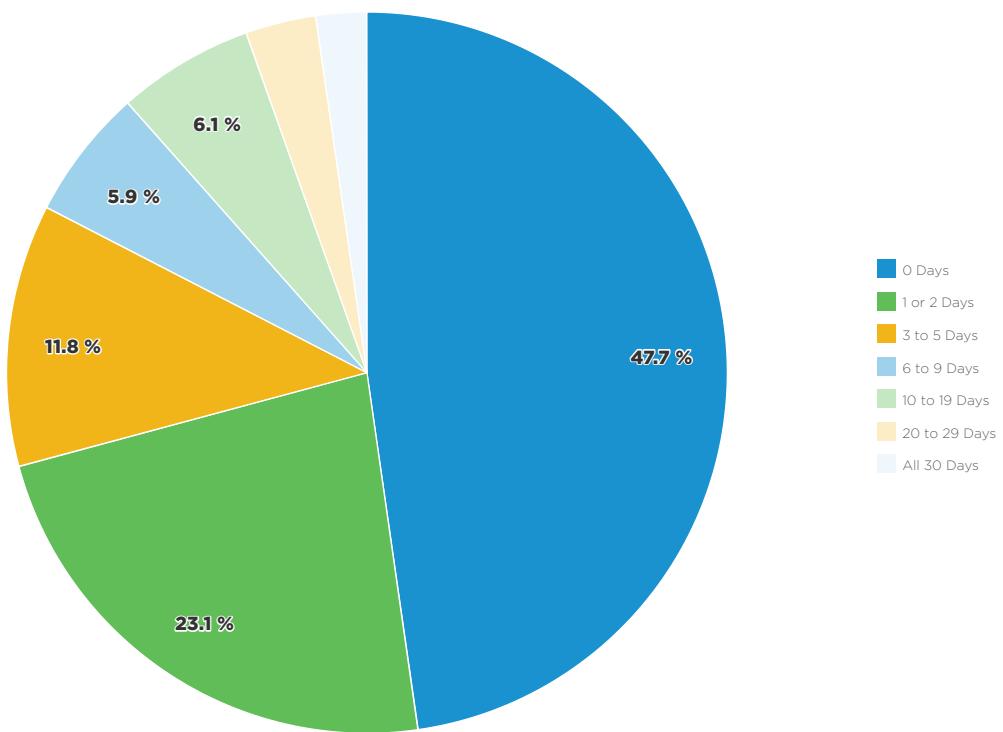
Source: Behavioral Risk Factor Surveillance System, 2019

### Excessive Drinking



Source: Behavioral Risk Factor Surveillance System, 2019

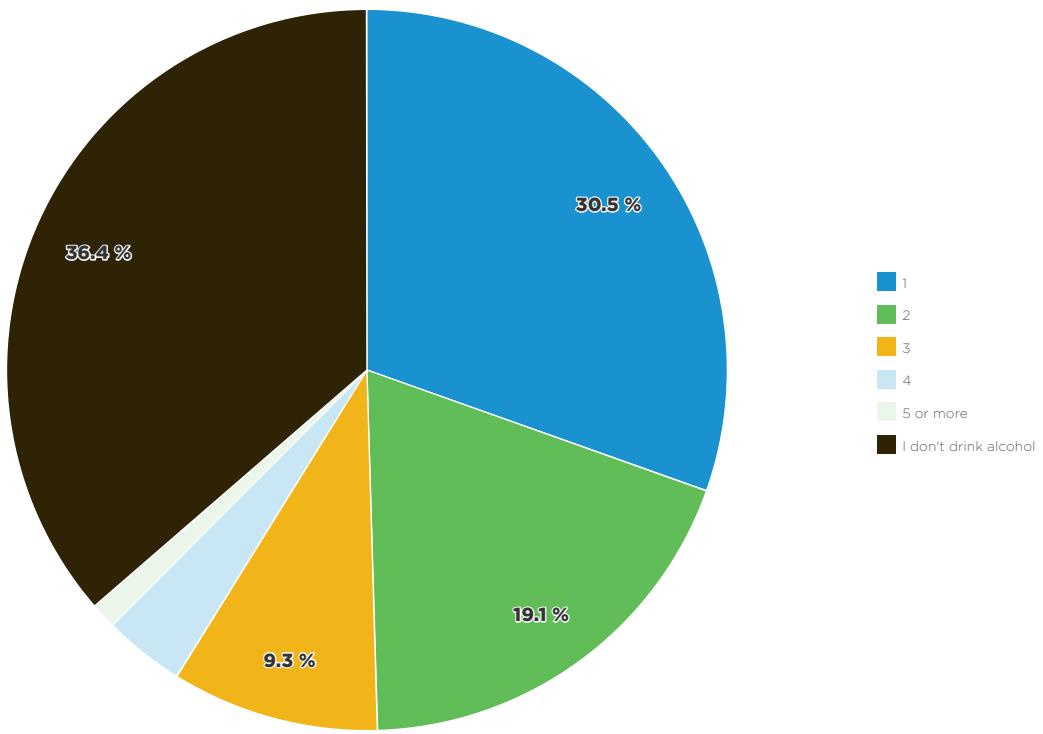
### How many days did you drink alcohol in the past 30 days?



Holyoke, MA

Sources: CHNA Survey, Holyoke Medical Center, 2022

### How many drinks do you usually have on an occasion? (A drink is a can or bottle of beer, a glass of wine or a wine cooler, a shot of liquor, or a mixed drink with liquor in it.)



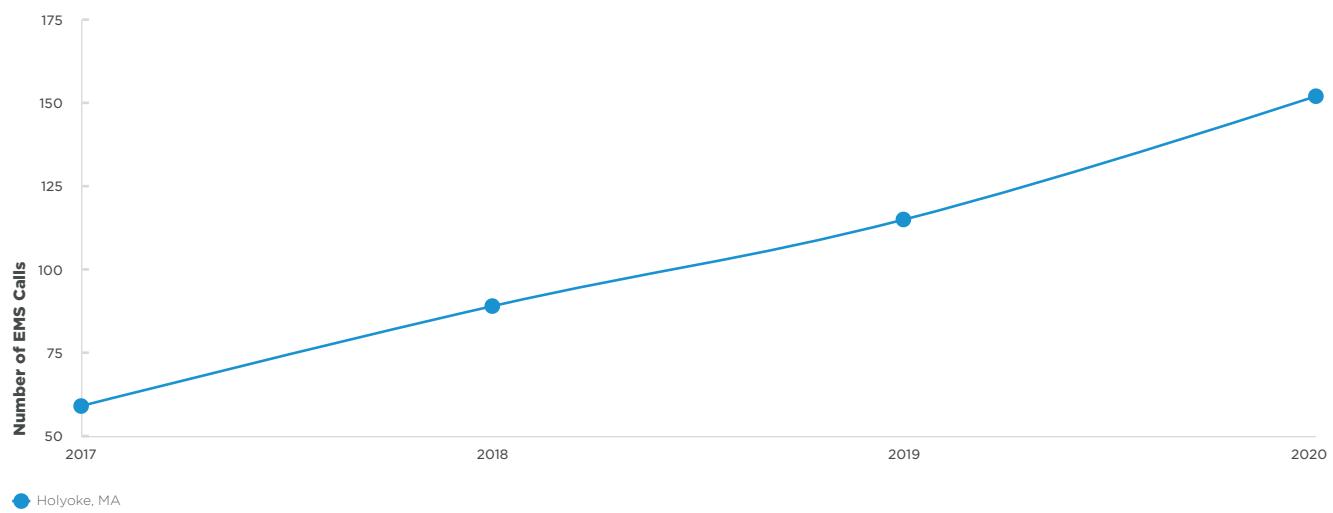
Holyoke, MA

Sources: CHNA Survey, Holyoke Medical Center, 2022

### How are **opioids** affecting our community?

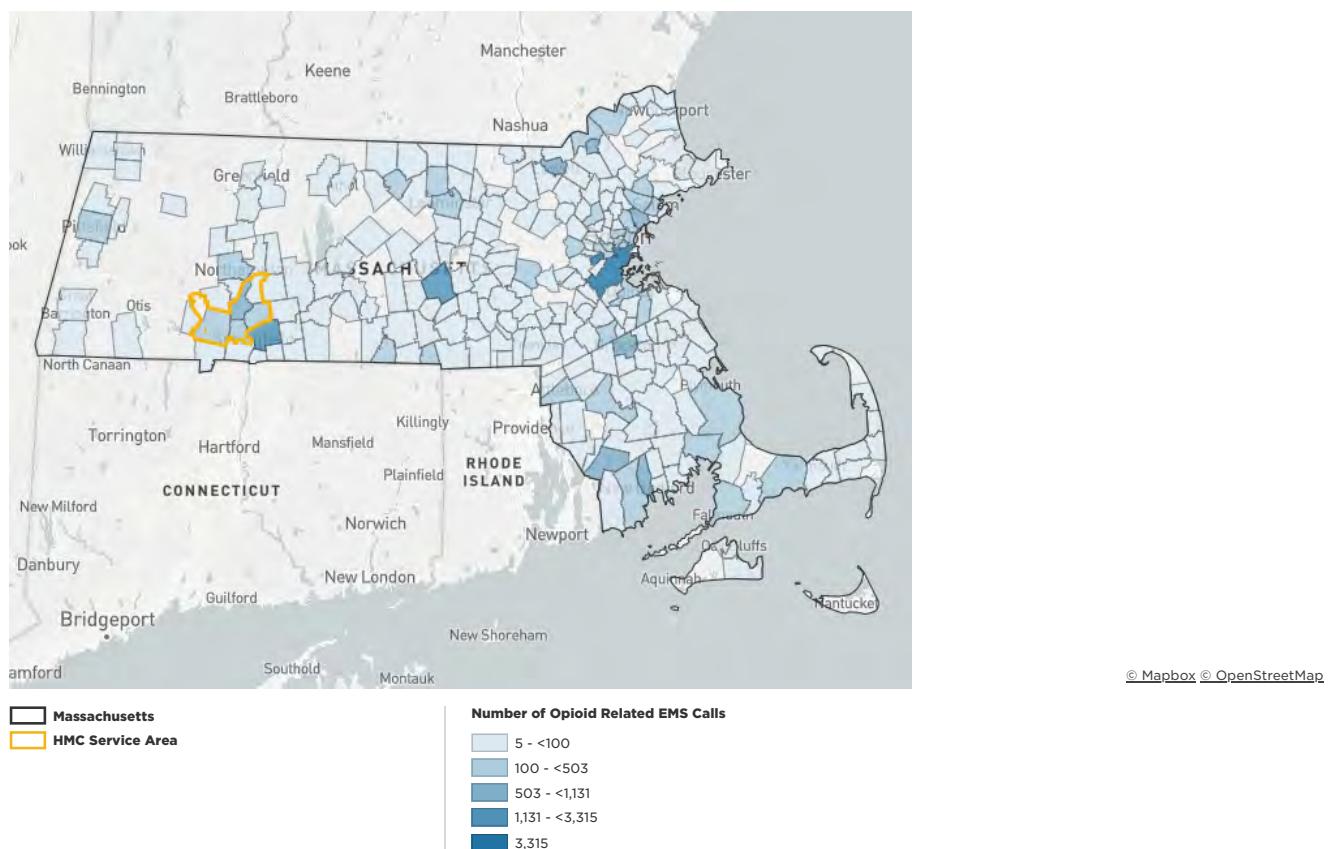
In recent years, nonlinear upward trends in drug overdose death rates have been observed in the U.S., driven largely by increases in deaths due to heroin and synthetic opioids such as fentanyl, fentanyl analogs, and tramadol. Our community has not been untouched by these issues.

## Opioid-Related EMS Calls



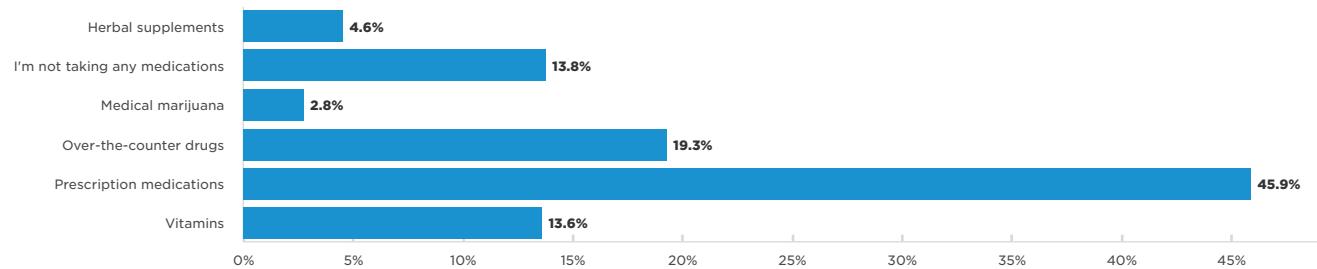
Source: Massachusetts Dept. of Public Health

## Opioid Related EMS Calls by City



Source: Massachusetts Dept. of Public Health, 2019

**Are you taking any of the types of drugs listed below to manage your health?**



 Holyoke, MA

Sources: CHNA Survey, Holyoke Medical Center, 2022

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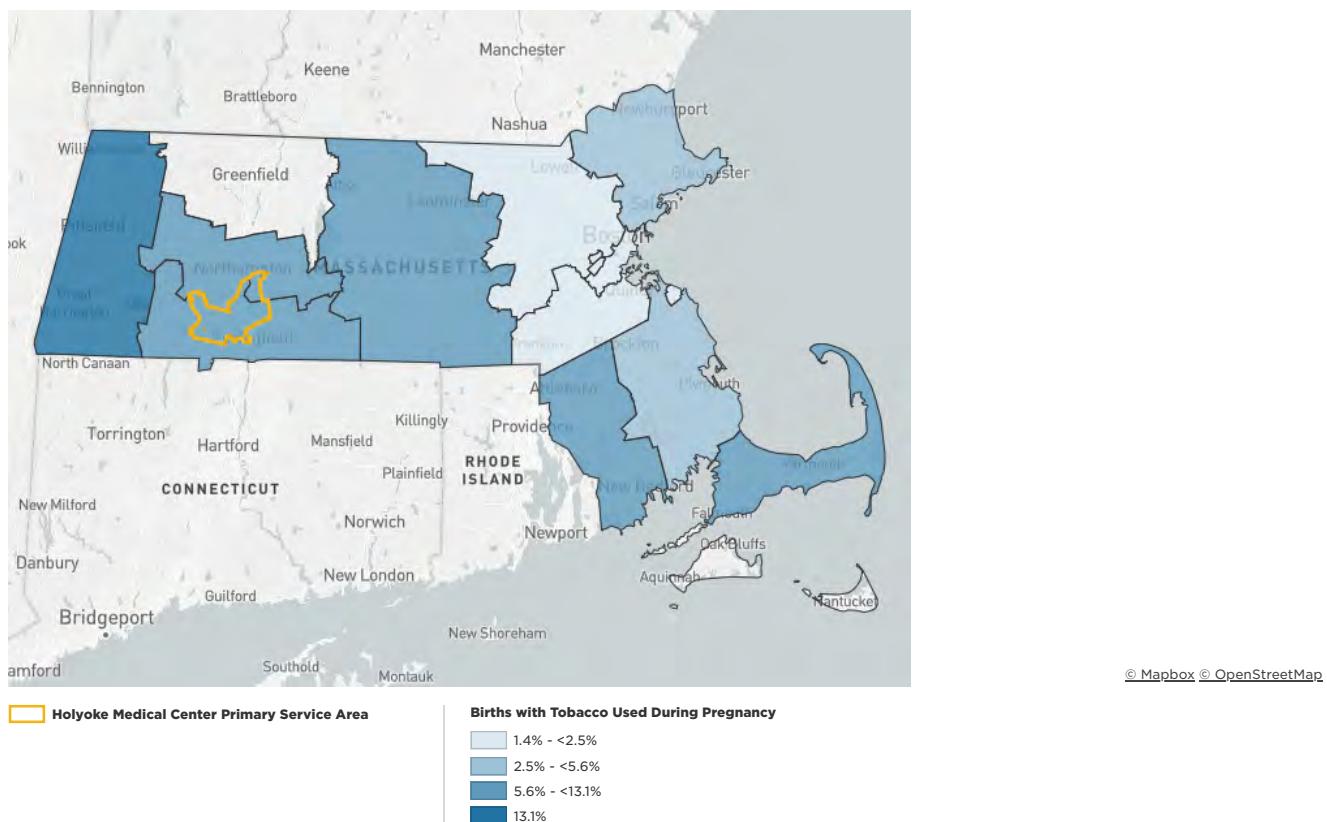
What do **behavioral factors** reveal about mothers' and infants' opportunity for health?



## 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



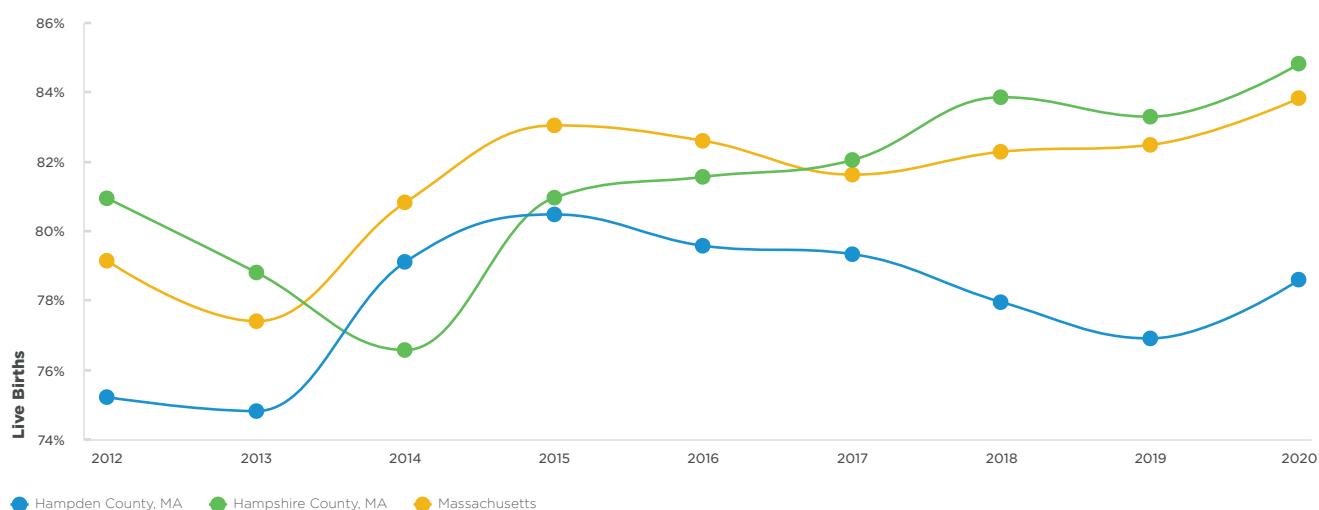
Sources: CDC WONDER Natality 2020

## 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

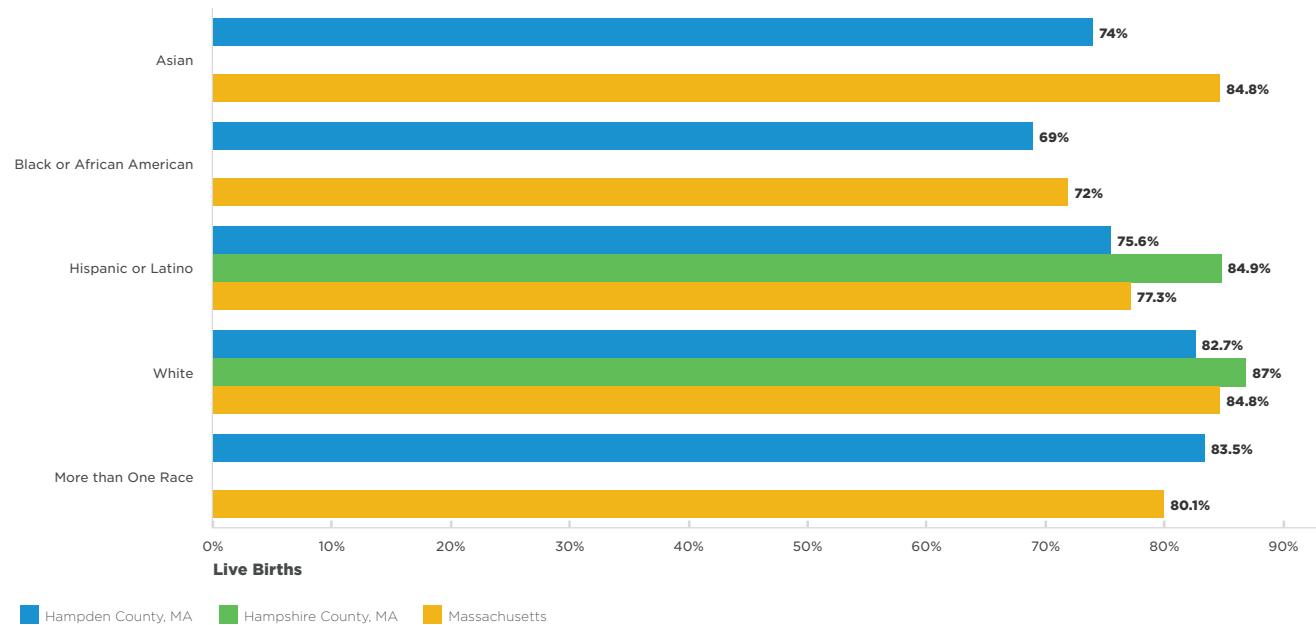
### Births with Prenatal Care Started in First Trimester



Sources: CDC WONDER Natality

# Prenatal Care by Race

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



Sources: CDC WONDER Natality 2018-2020

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# 2022 Community Health Needs Assessment

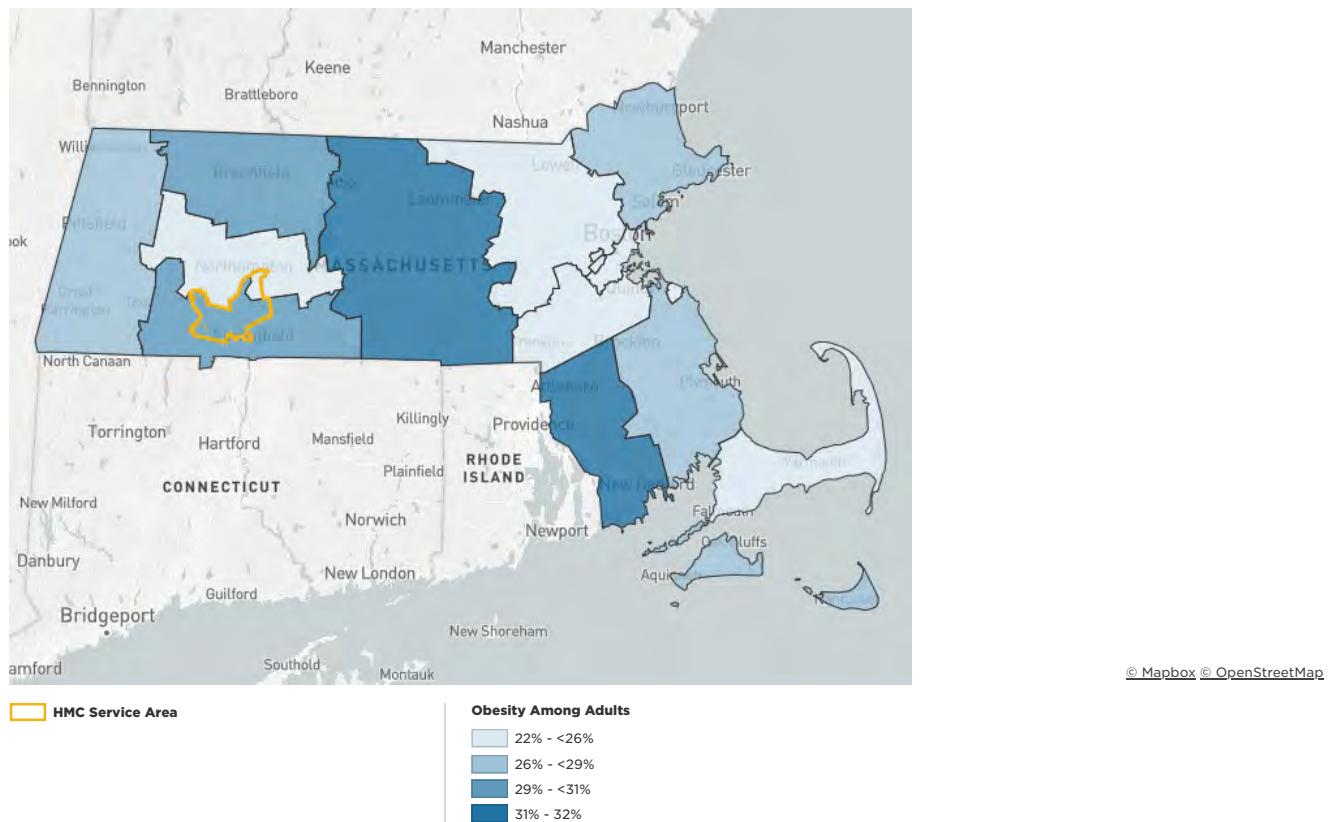
What do **health outcomes** reveal about residents' opportunity to stay healthy?



## 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

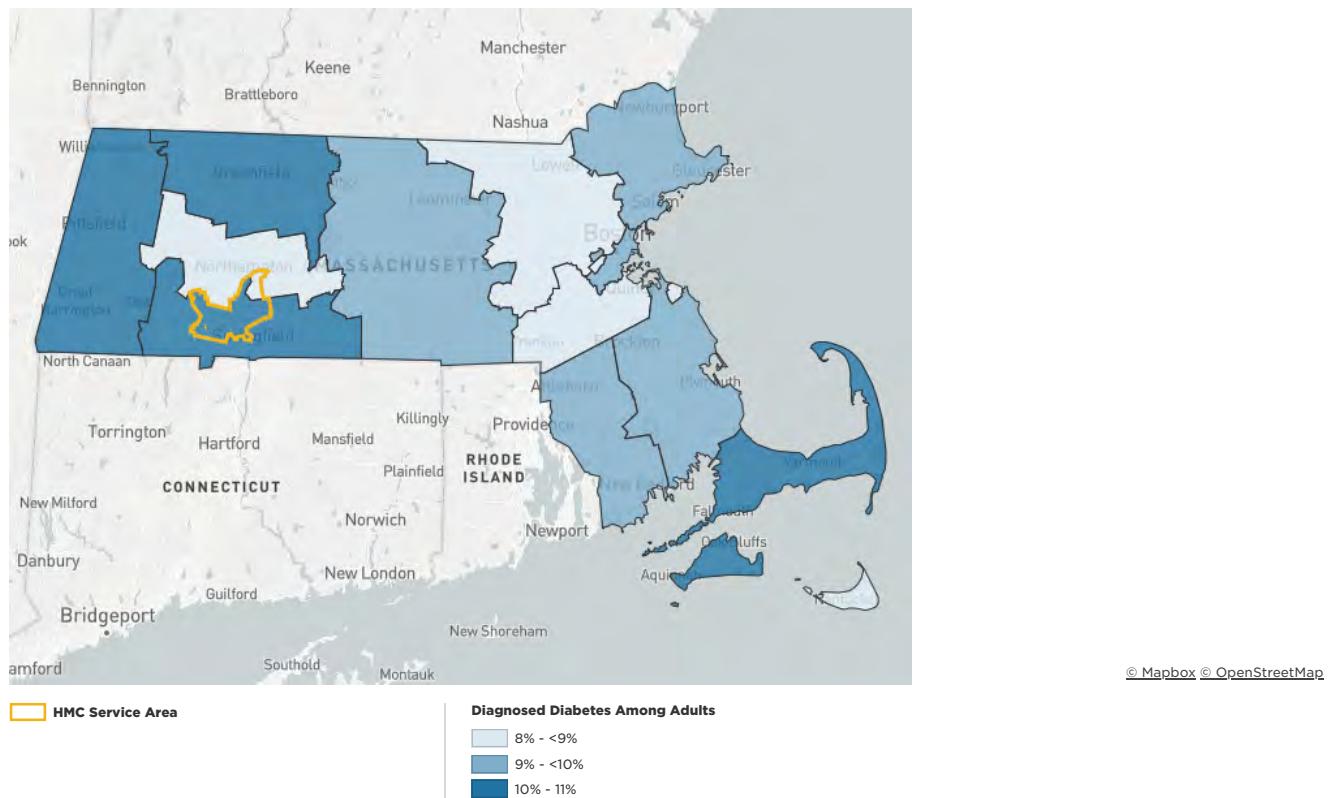


Source: United States Diabetes Surveillance System, 2018

## 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.

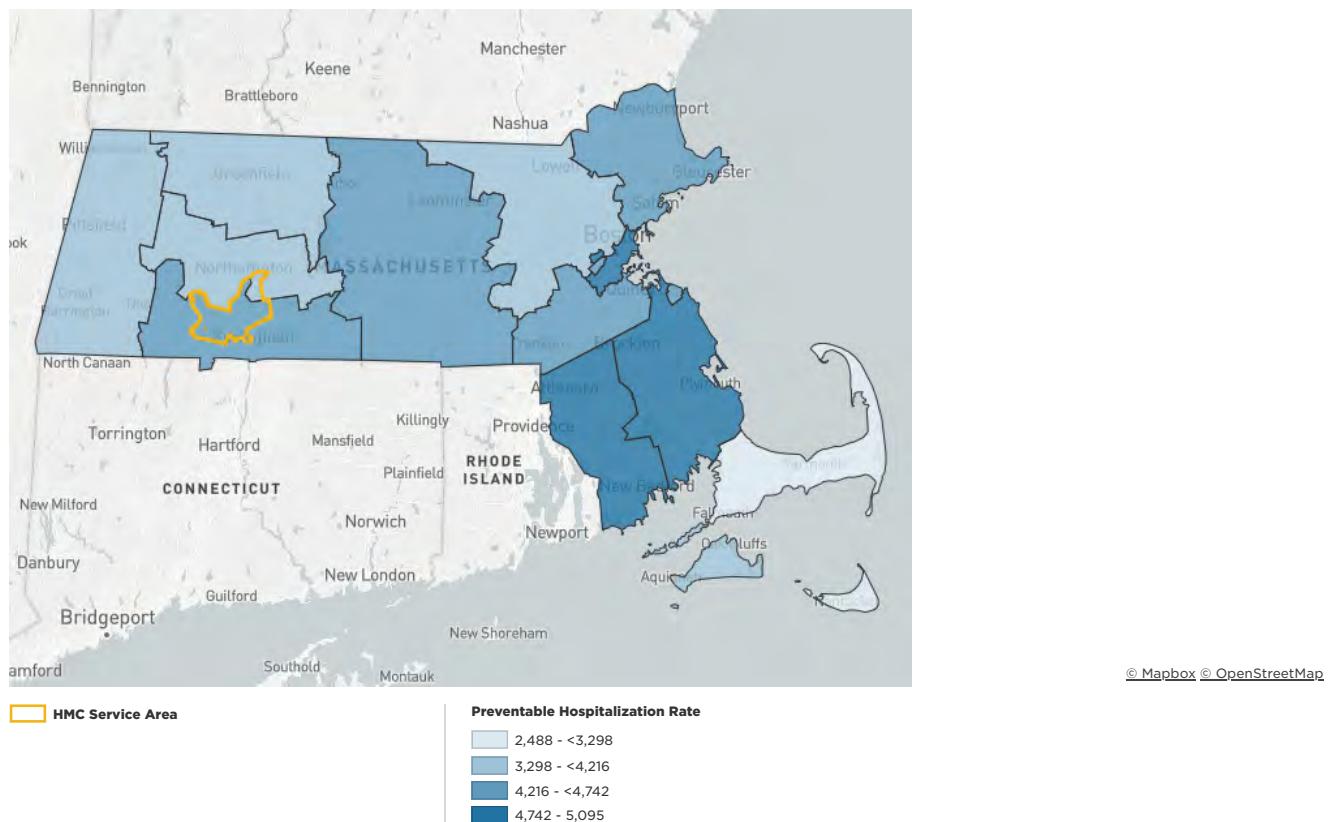
## Diabetes



## 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 preventive healthcare, our residents can catch potential health problems at their earliest stages, improve lifestyle habits, and ultimately prevent these hospitalization stays.

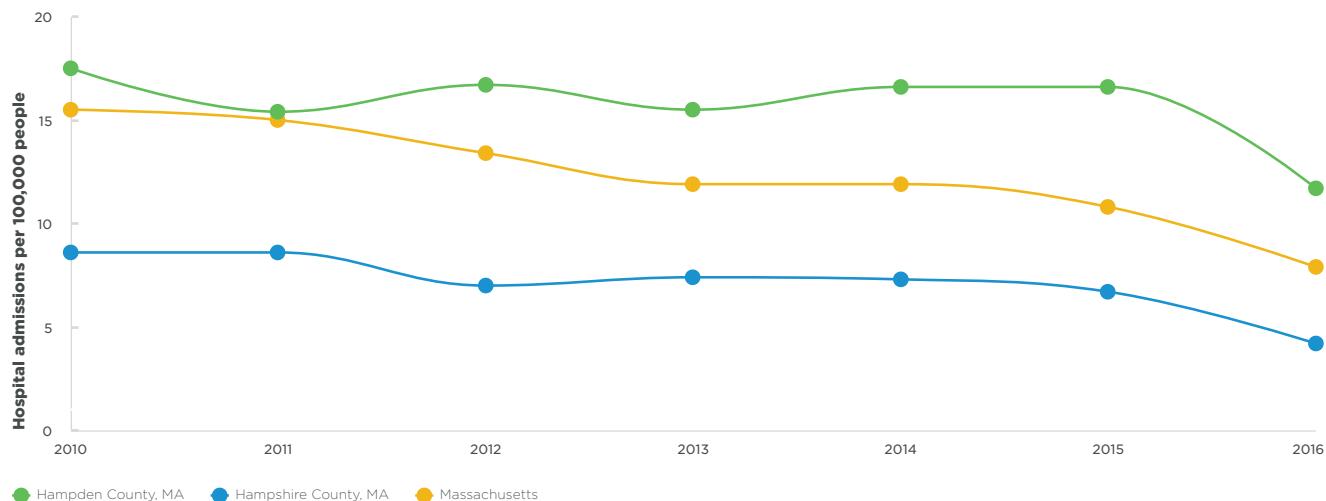
### Preventable Hospitalization Rate



## 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

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### Holyoke Medical Center

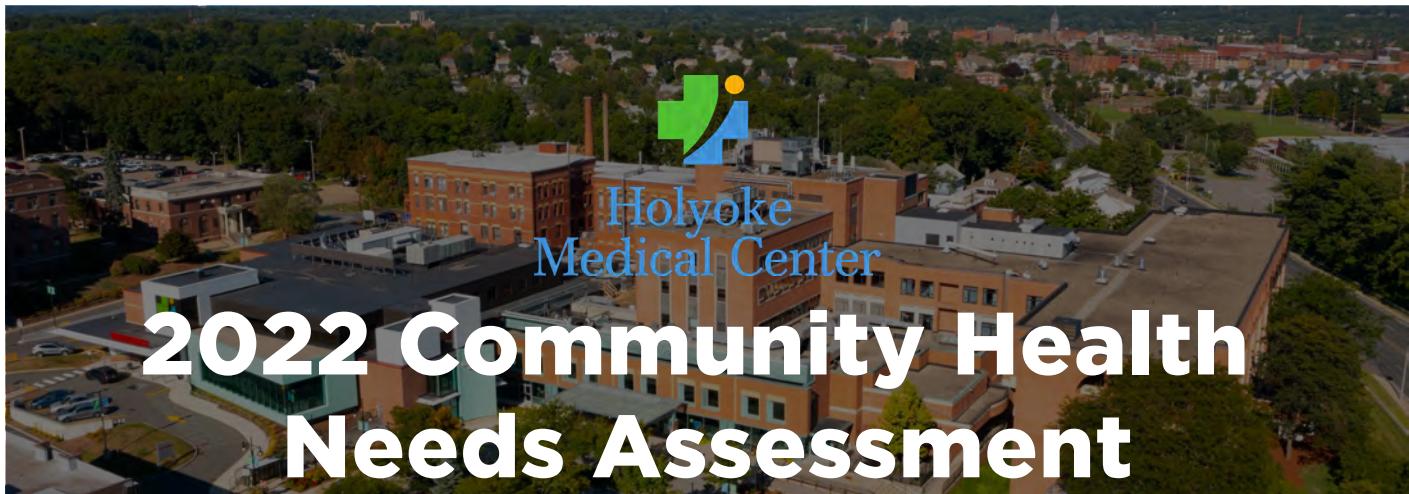
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# 2022 Community Health Needs Assessment

## 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.

## Heart **Mentally Unhealthy Days**

**5**

Average number of days per month

Hampden County, MA

**5**

Average number of days per month

Hampshire County, MA

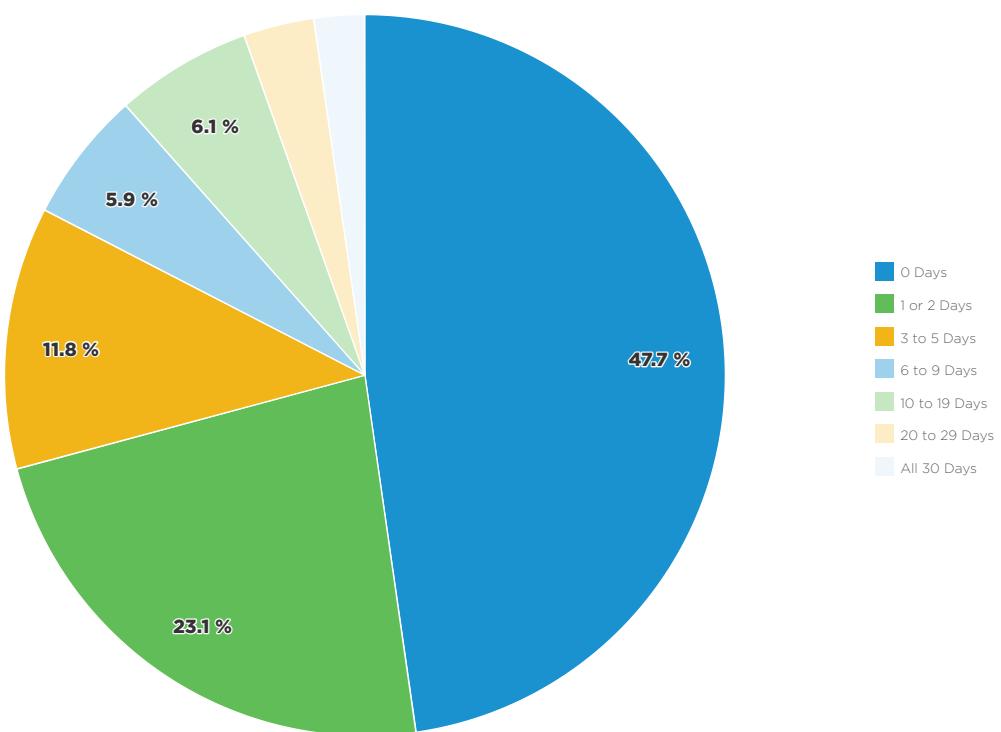
Source: Behavioral Risk Factor Surveillance System, 2019

## 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.

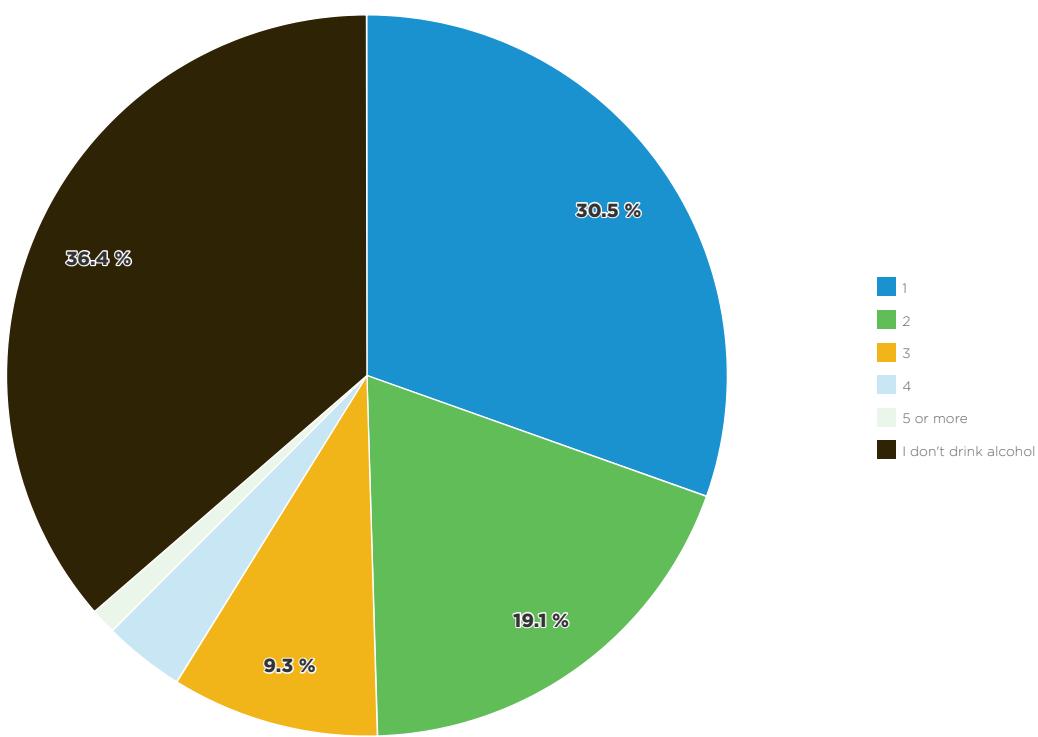
### How many days did you drink alcohol in the past 30 days?



Holyoke, MA

Sources: CHNA Survey, Holyoke Medical Center, 2022

How many drinks do you usually have on an occasion? (A drink is a can or bottle of beer, a glass of wine or a wine cooler, a shot of liquor, or a mixed drink with liquor in it.)



Holyoke, MA

Sources: CHNA Survey, Holyoke Medical Center, 2022

### Excessive Drinking 20% of People

Hampden County, MA

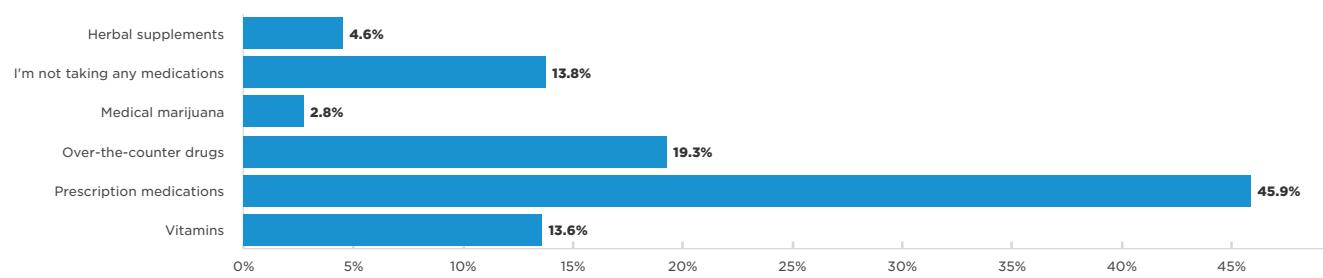
24%  
of People  
Hampshire County, MA

Source: Behavioral Risk Factor Surveillance System, 2019

## 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.

### Are you taking any of the types of drugs listed below to manage your health?



Holyoke, MA

Sources: CHNA Survey, Holyoke Medical Center, 2022

## 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, 2019

### Holyoke Medical Center's Comprehensive Care Center

Substance Use Disorder Treatment and Infectious Disease Management

Substance Use Disorder is a chronic disease affecting many people within our community and across the country. The Comprehensive Care Center at Holyoke Medical Center can help those looking to stop opioid and/or alcohol use.

#### Make an appointment

To learn more about the Comprehensive Care Center, please call our office at (413) 535-4889 and speak with one of our team members.

<https://www.holyokehealth.com/services-specialties/comprehensive-care-center/>

### 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](#)

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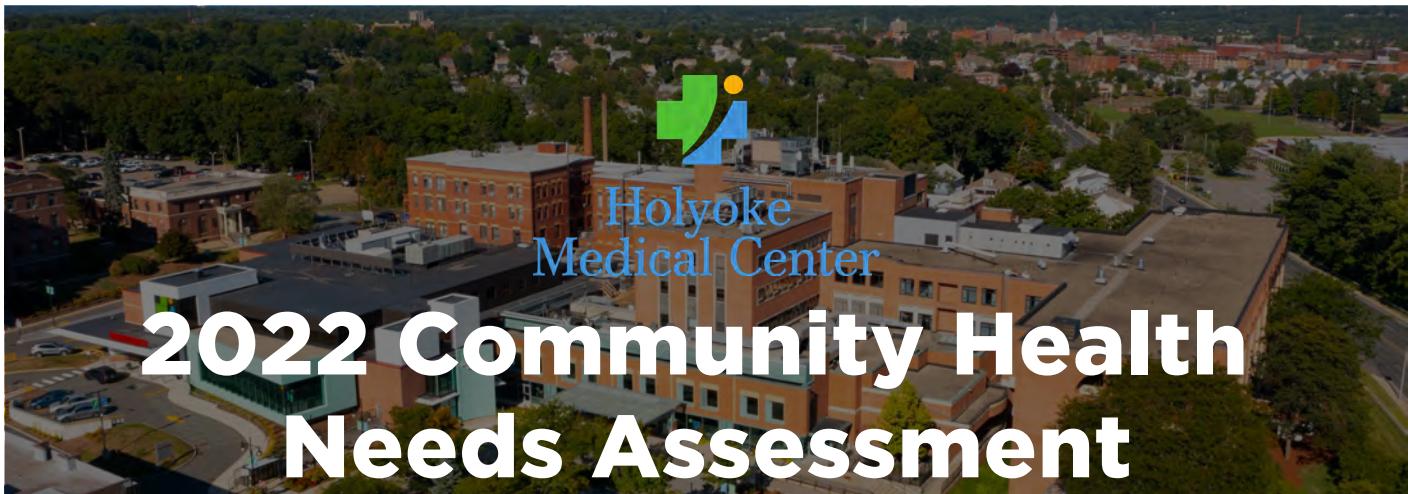
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# 2022 Community Health Needs Assessment

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



## Mental Health Top Health Concern for Community Residents

Mental health is a critical part of overall wellness. Many adults with mental illness do not receive treatment and the percentage of adults with mental illness who report unmet need for treatment has increased every year.

Youth are dealing with major depression and many are not getting the necessary treatment they need. Rates of substance use are increasing for youth and adults even prior to the pandemic.

When interviewing residents and stakeholders for the Community Health Needs Assessment, Mental Health ranked as the top health concern. There were a number of concerns that were raised in the interviews that fall under mental health. For adults, concerns centered around long waiting lists and lack of providers, social isolation, anxiety, depression, suicide, social emotional support, gambling and gaming, gastroenterology issues caused by anxiety, levels of trauma during Covid-19, stigma and how to access the right provider. For children, the concerns centered around anxiety, anger, depression, excessive gaming, tantrums shown more frequently, trauma, social isolation, education for parents and schools around mental health, and emotional resources beyond the school day.

### 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.

## Heart **Mental Health Provider Ratio**

**98**

People per 1 Mental Health Provider

Hampden County, MA

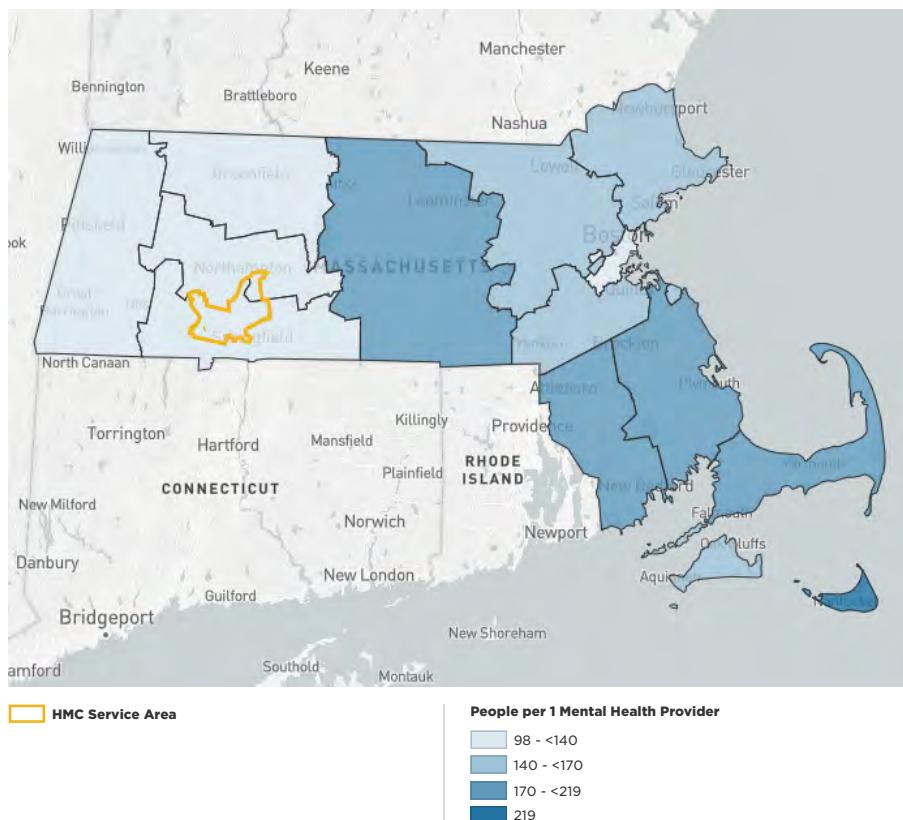
**100**

People per 1 Mental Health Provider

Hampshire County, MA

Source: CMS, National Provider Identification, 2021

### Mental Health Provider to Population Ratio



© Mapbox © OpenStreetMap

Source: CMS, National Provider Identification, 2021

### 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”.

## Heart **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

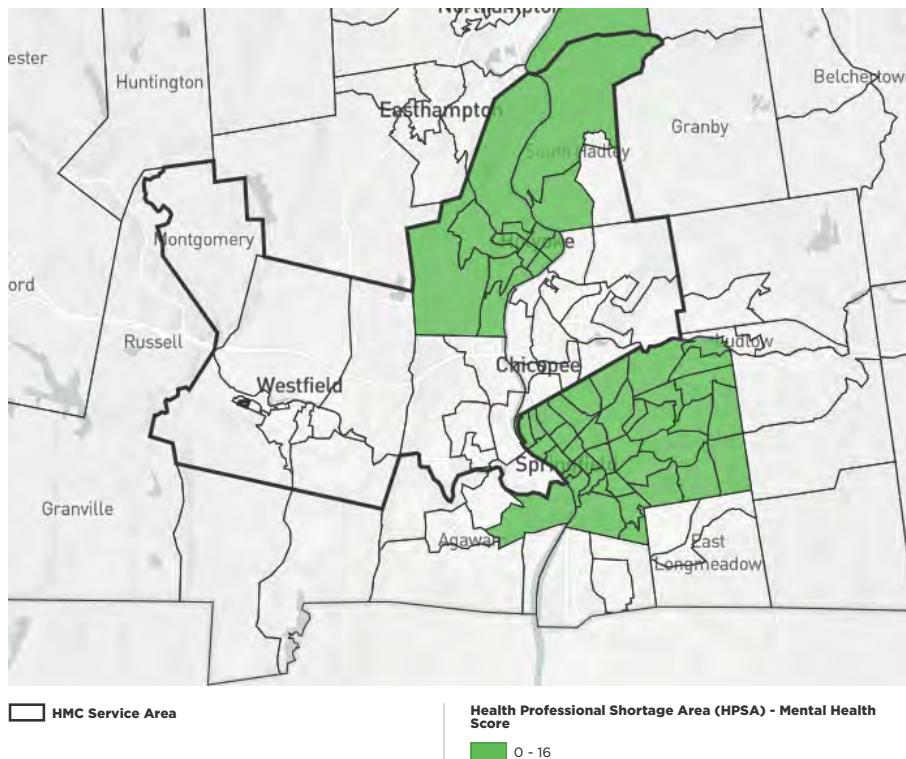
**37**

Census Tracts

Springfield, MA

Sources: HRSA HPSA 2020

### **Mental Health Provider Shortage Areas**



Sources: HRSA HPSA 2020

### **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](#)<sup>12</sup>, which can make it more difficult to find stable housing.

#### **Worked Full Time Past Year with Income Below Poverty Level**

**2,370**

People

Hampden County, MA

**640**

People

Hampshire County, MA

Sources: US Census Bureau ACS 5-year 2016-2020

### **National Alliance on Mental Health Fact Sheet**



It is more important than ever to build a stronger mental health system that provides the care, support and services needed to help people build better lives.



## Bay Staters struggle to get the help they need.



## An inadequate mental health system affects individuals, families and communities.



NAMI Massachusetts is part of NAMI, National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

This fact sheet was compiled based on data available in February 2021. For full citations, visit: [nami.org/mhpolicystats](http://nami.org/mhpolicystats).

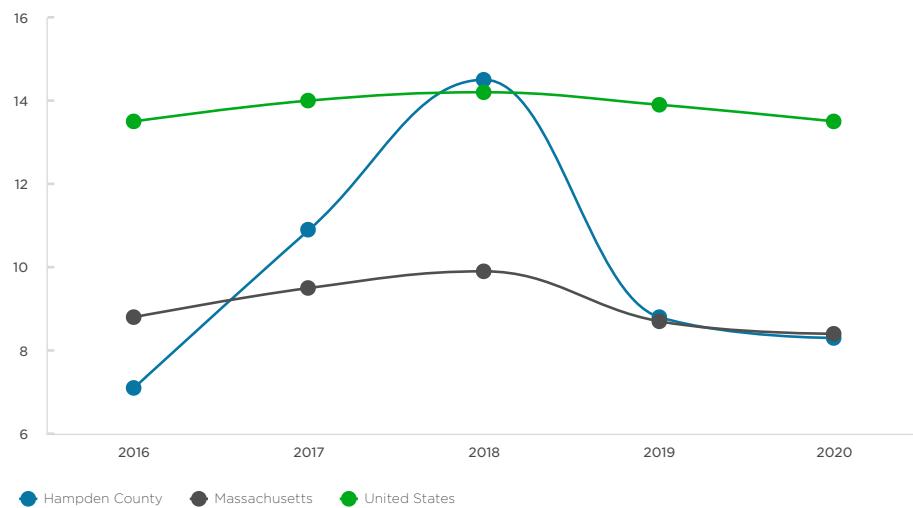
## **Suicide is a Leading Cause of Death in the United States**

- According to the [Centers for Disease Control and Prevention \(CDC\) WISQARS Leading Causes of Death Reports](#), in 2020:
  - Suicide was the twelfth leading cause of death overall in the United States, claiming the lives of over 45,900 people.
  - Suicide was the second leading cause of death among individuals between the ages of 10-14 and 25-34, the third leading cause of death among individuals between the ages of 15-24, and the fourth leading cause of death among individuals between the ages of 35 and 44.
  - There were nearly two times as many suicides (45,979) in the United States as there were homicides (24,576). This means there is about one death every 11 minutes. The number of people who think about or attempt suicide is even higher, in 2020, an estimated 12.2 million American adults seriously thought about suicide, 3.2 million planned a suicide attempt, and 1.2 million attempted suicide.



Source: Centers for Disease Control and Prevention, National Center for Injury Prevention and Control 2020

### **Hampden County Suicide Rate Per 100,000**



Source: CDC WONDER Cause of Death <https://wonder.cdc.gov/>

## **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

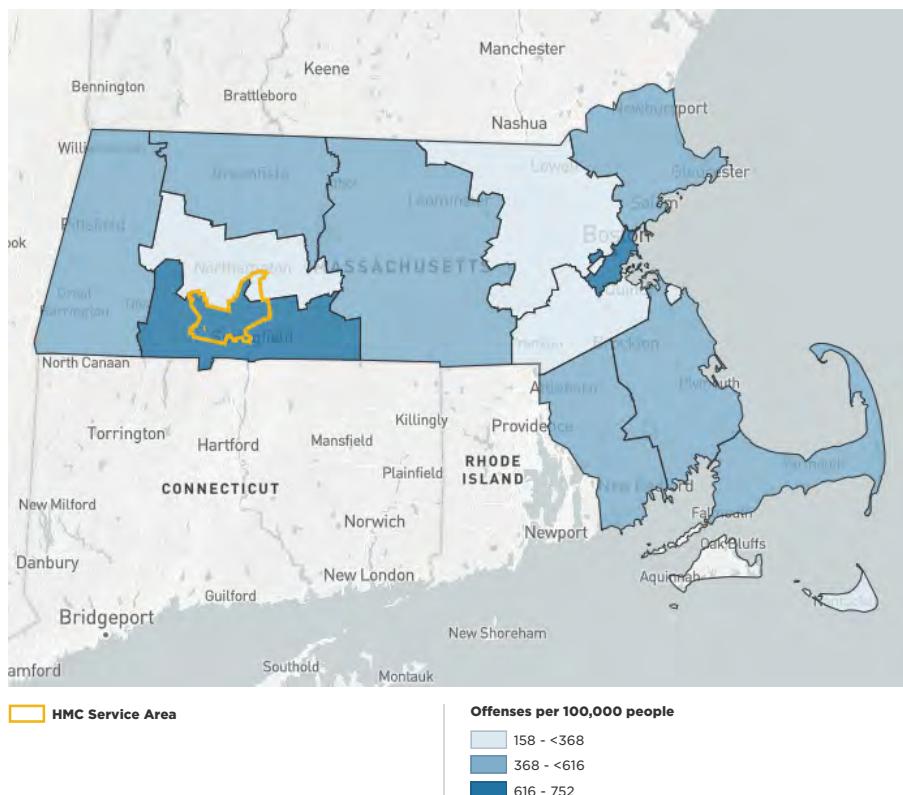
**271**

Offenses per 100,000 people

Hampshire

Source: Uniform Crime Reporting - FBI, 2014-2016

### Violent Crime Rate



Source: Uniform Crime Reporting - FBI, 2014-2016

### Resources:

**River Valley Counseling Center (RVCC)** is a multi-service community-based mental health agency serving the Pioneer Valley. As a licensed mental health clinic, we offer a range of traditional and non-traditional outpatient services to adults and children at several locations in Holyoke, Chicopee, Easthampton, Springfield, and Westfield, MA.

<https://www.rvccinc.org/>

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### Holyoke Medical Center

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# 2022 Community Health Needs Assessment

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



## Substance Use Disorder Concern for Community Residents

Substance Use Disorder is a complex condition that affects a person's brain and behavior that sometimes leads to harmful consequences. Repeated substance use can cause changes in how the brain functions. In addition to substances, people can also develop addiction to behaviors such as gambling.

Substance use disorder was the second most important health topic that the community felt should be focused on. Issues that were identified under substance use disorder were drug use heightened during the pandemic, overdose, fentanyl misuse, increased alcohol use and stigma.

## 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 People

Hampden County, MA

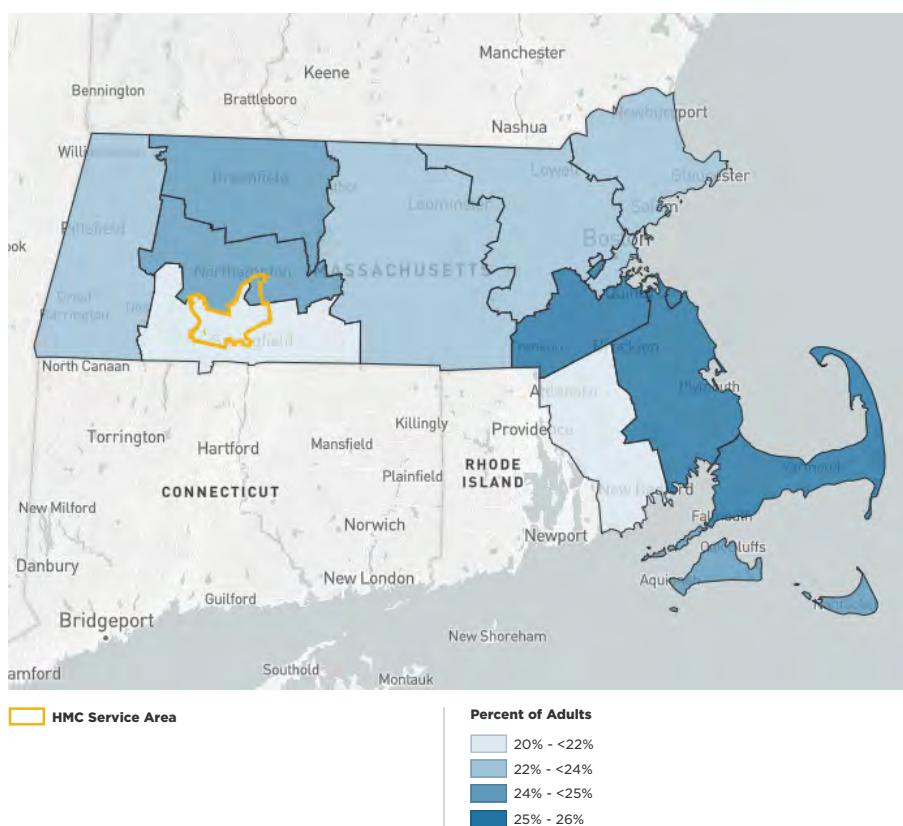
**24%**

of People

Hampshire County, MA

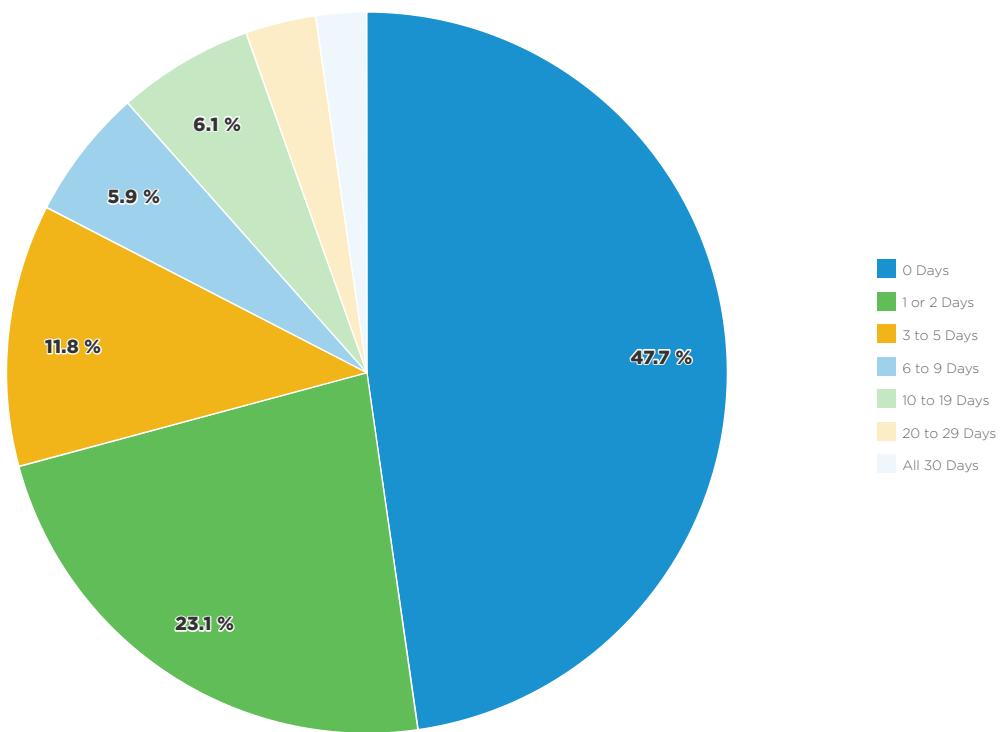
Source: Behavioral Risk Factor Surveillance System, 2019

### Excessive Drinking



Source: Behavioral Risk Factor Surveillance System, 2019

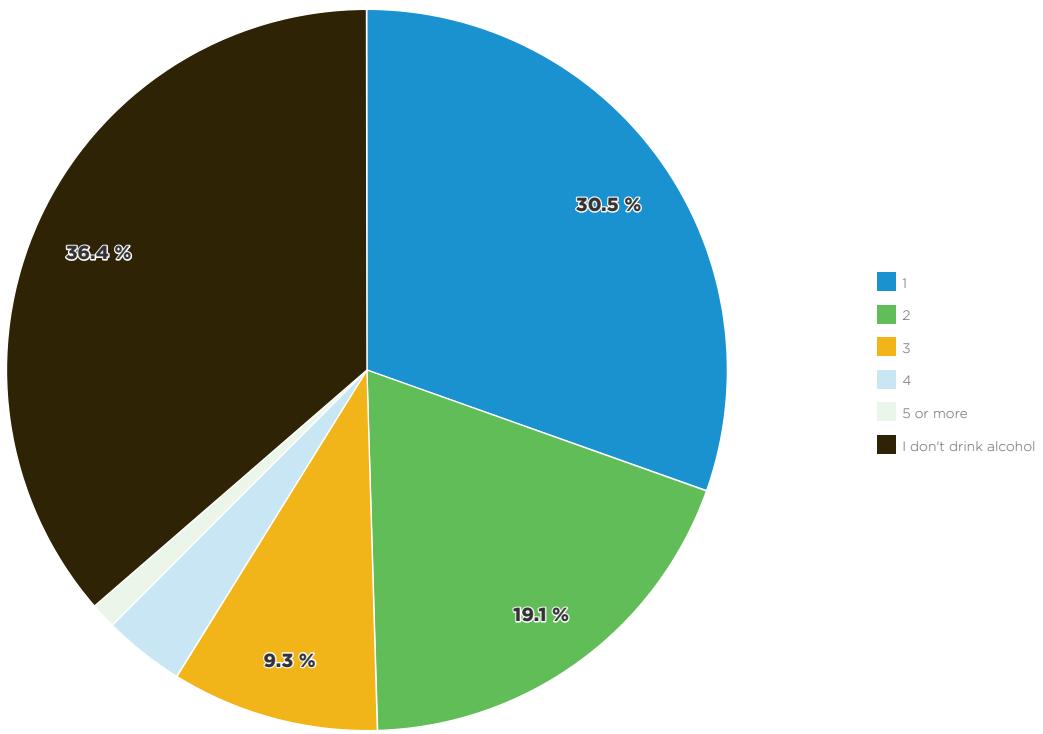
### How many days did you drink alcohol in the past 30 days?



Holyoke, MA

Sources: CHNA Survey, Holyoke Medical Center, 2022

### How many drinks do you usually have on an occasion? (A drink is a can or bottle of beer, a glass of wine or a wine cooler, a shot of liquor, or a mixed drink with liquor in it.)



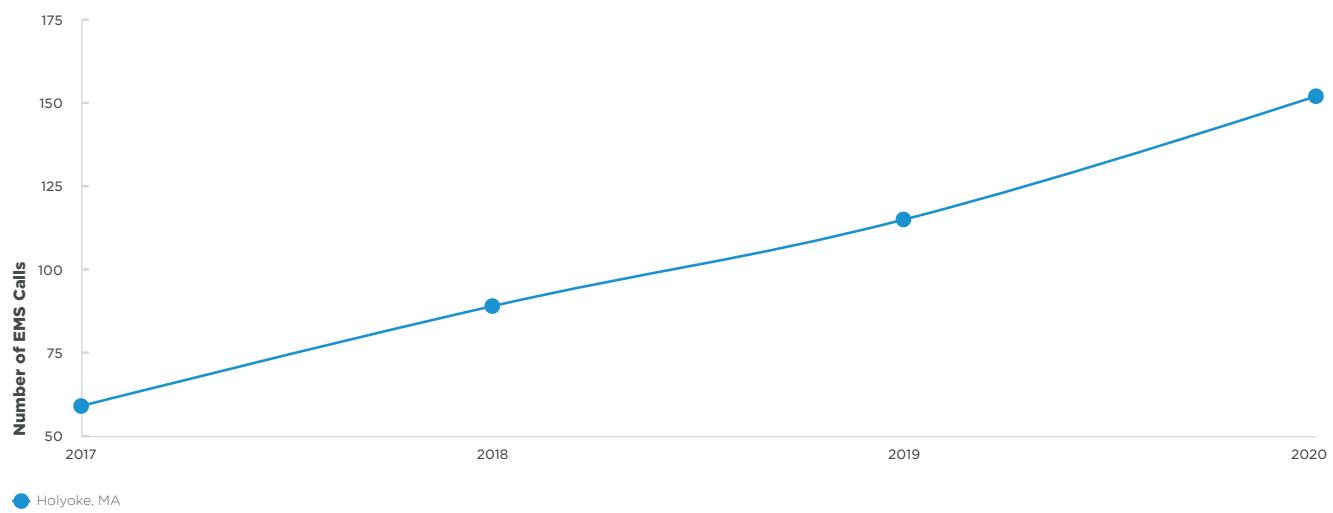
Holyoke, MA

Sources: CHNA Survey, Holyoke Medical Center, 2022

### How are **opioids** affecting our community?

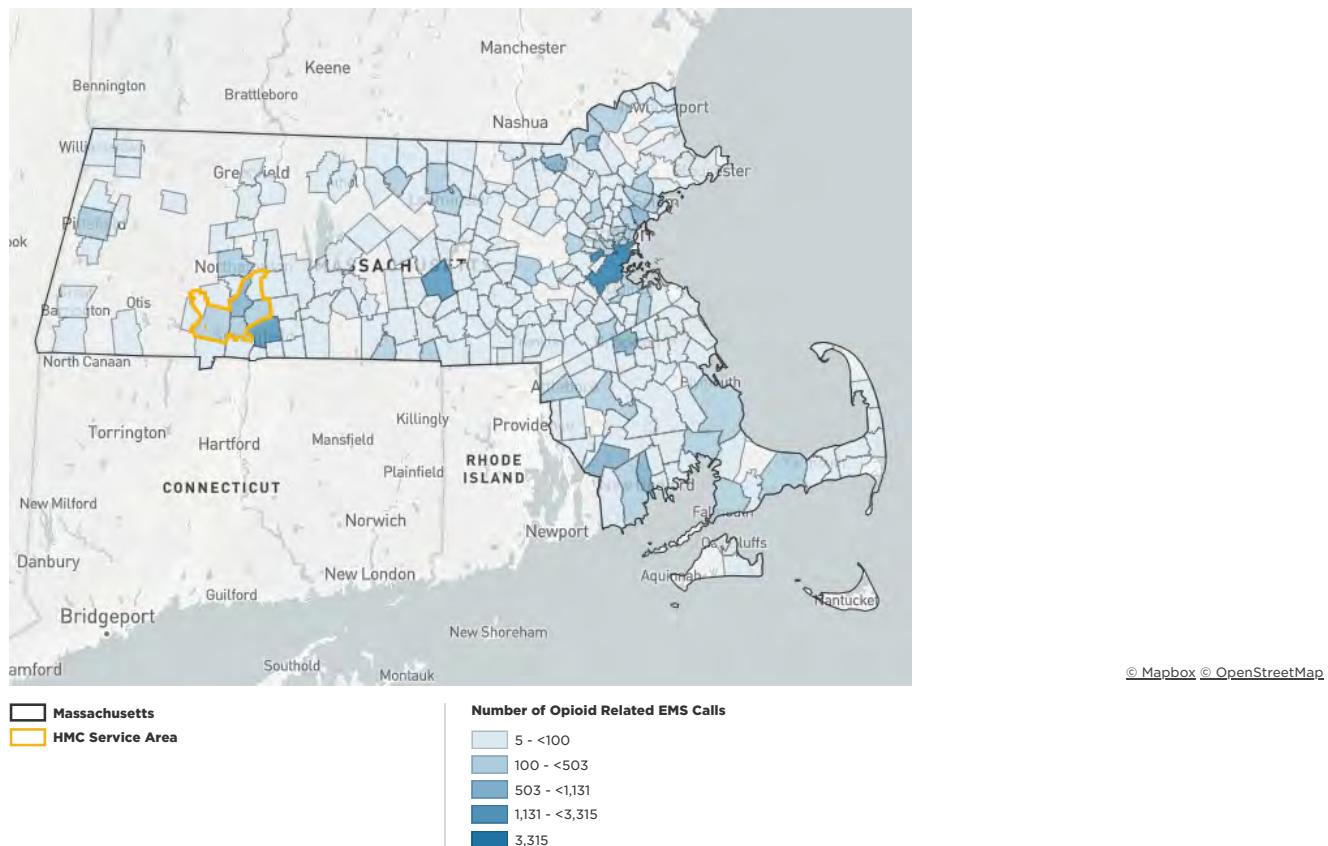
In recent years, nonlinear upward trends in drug overdose death rates have been observed in the U.S., driven largely by increases in deaths due to heroin and synthetic opioids such as fentanyl, fentanyl analogs, and tramadol. Our community has not been untouched by these issues.

## Opioid-Related EMS Calls



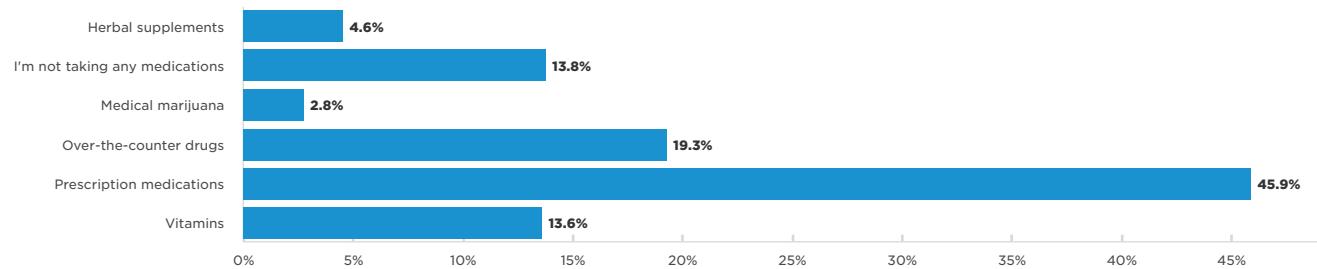
Source: Massachusetts Dept. of Public Health

## Opioid Related EMS Calls by City



Source: Massachusetts Dept. of Public Health, 2019

**Are you taking any of the types of drugs listed below to manage your health?**



 Holyoke, MA

Sources: CHNA Survey, Holyoke Medical Center, 2022

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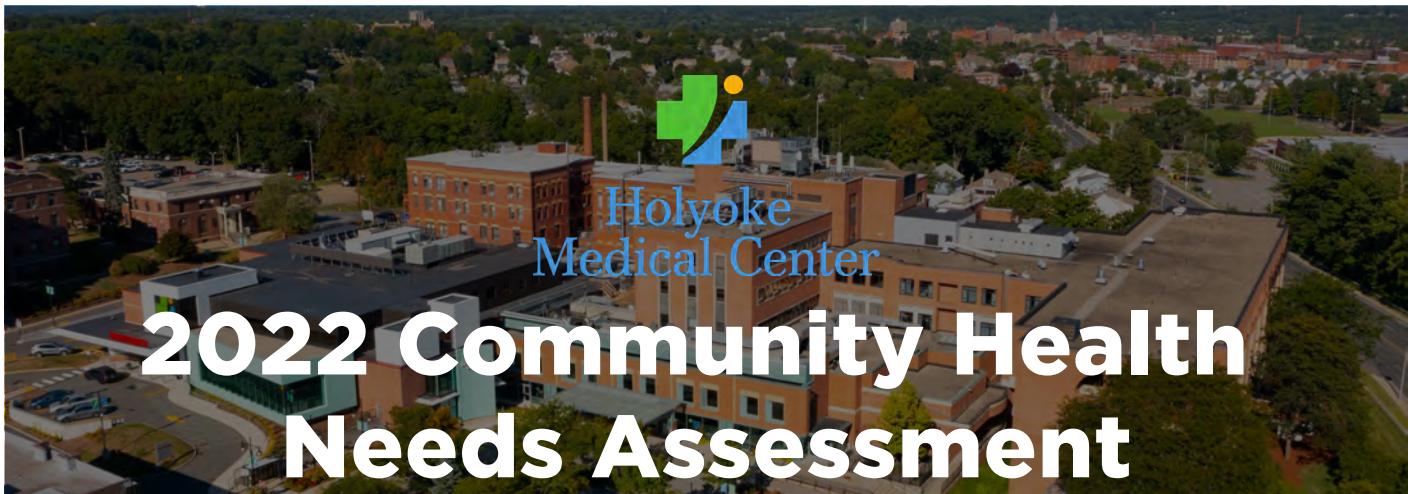
### **Holyoke Medical Center**

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# 2022 Community Health Needs Assessment

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



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

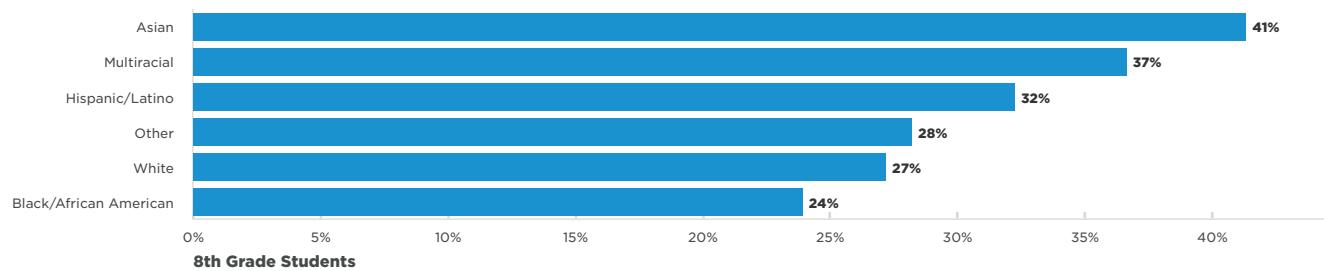
Depression, anxiety, and eating disorders are common mental health challenges that youth face. Poor mental health in young people can be triggered by many factors, including poor physical health, a lack of social support, societal pressures, or a traumatic event. Mental health requires the same attention 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, 2017

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



Springfield, MA

Source: Public Health Institute of Western Massachusetts, 2017

## 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**

**5**

Average number of days per month

Hampden County, MA

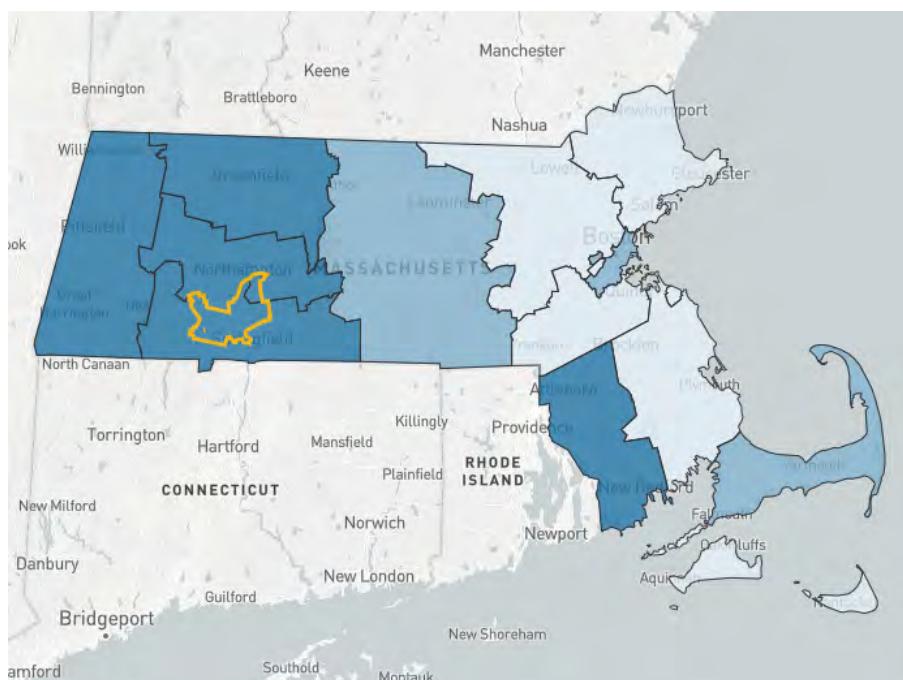
**5**

Average number of days per month

Hampshire County, MA

Source: Behavioral Risk Factor Surveillance System, 2019

## Mentally Unhealthy Days



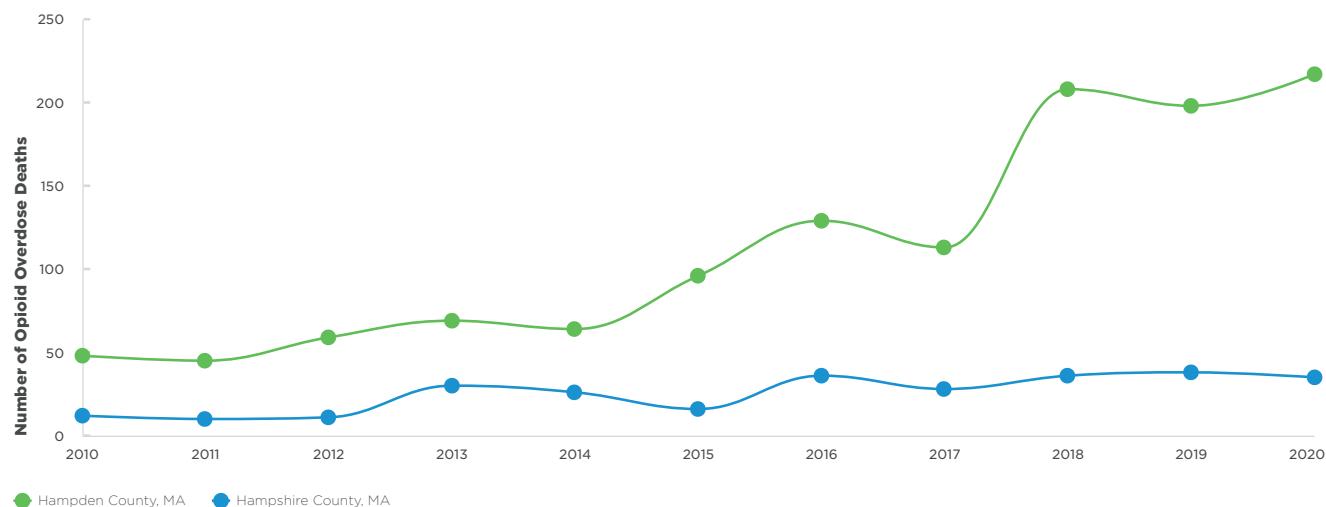
Source: Behavioral Risk Factor Surveillance System, 2018

## 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

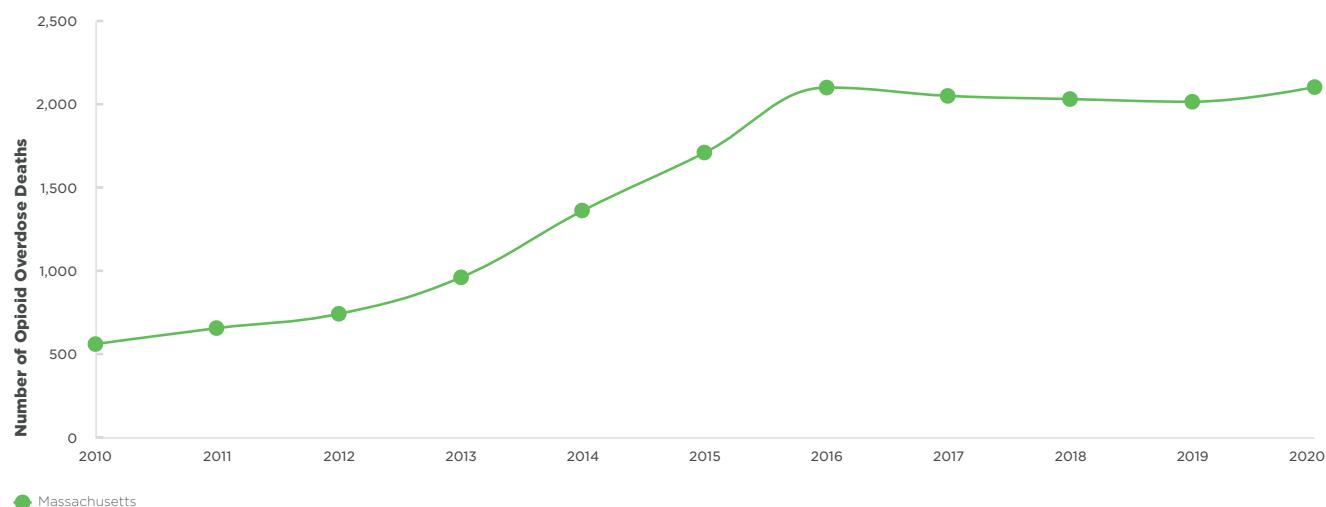
### Opioid Overdose Deaths



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

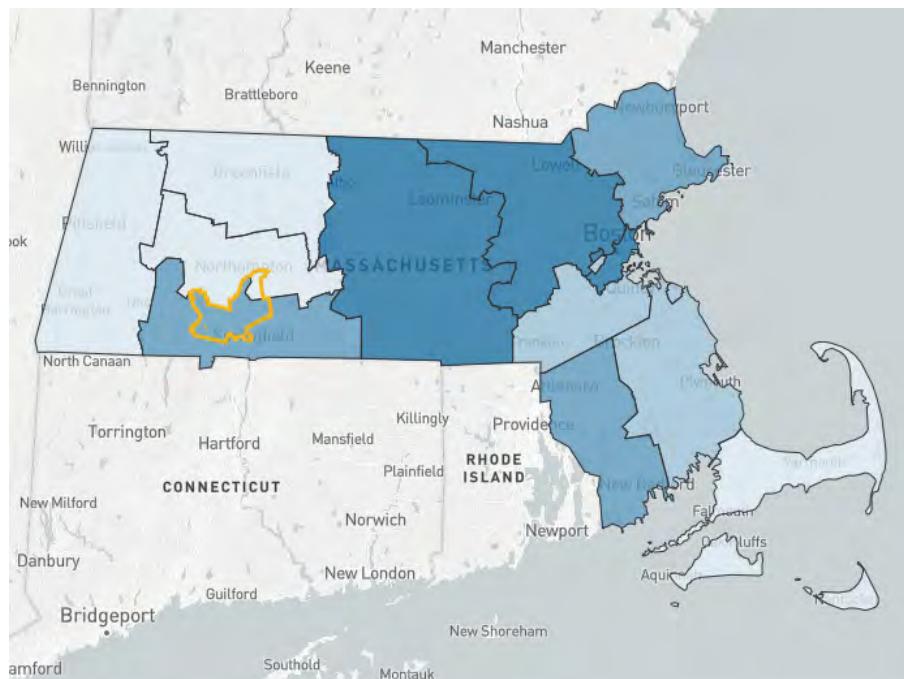
## Massachusetts

### 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 of Opioid Overdose Deaths**

- 1 - <157
- 157 - <217
- 217 - <280
- 280 - 299

Source: Massachusetts Registry of Vital Records and Statistics, MDPH & Massachusetts Office of the Chief Medical Examiner, 2020

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# 2022 Community Health Needs Assessment

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

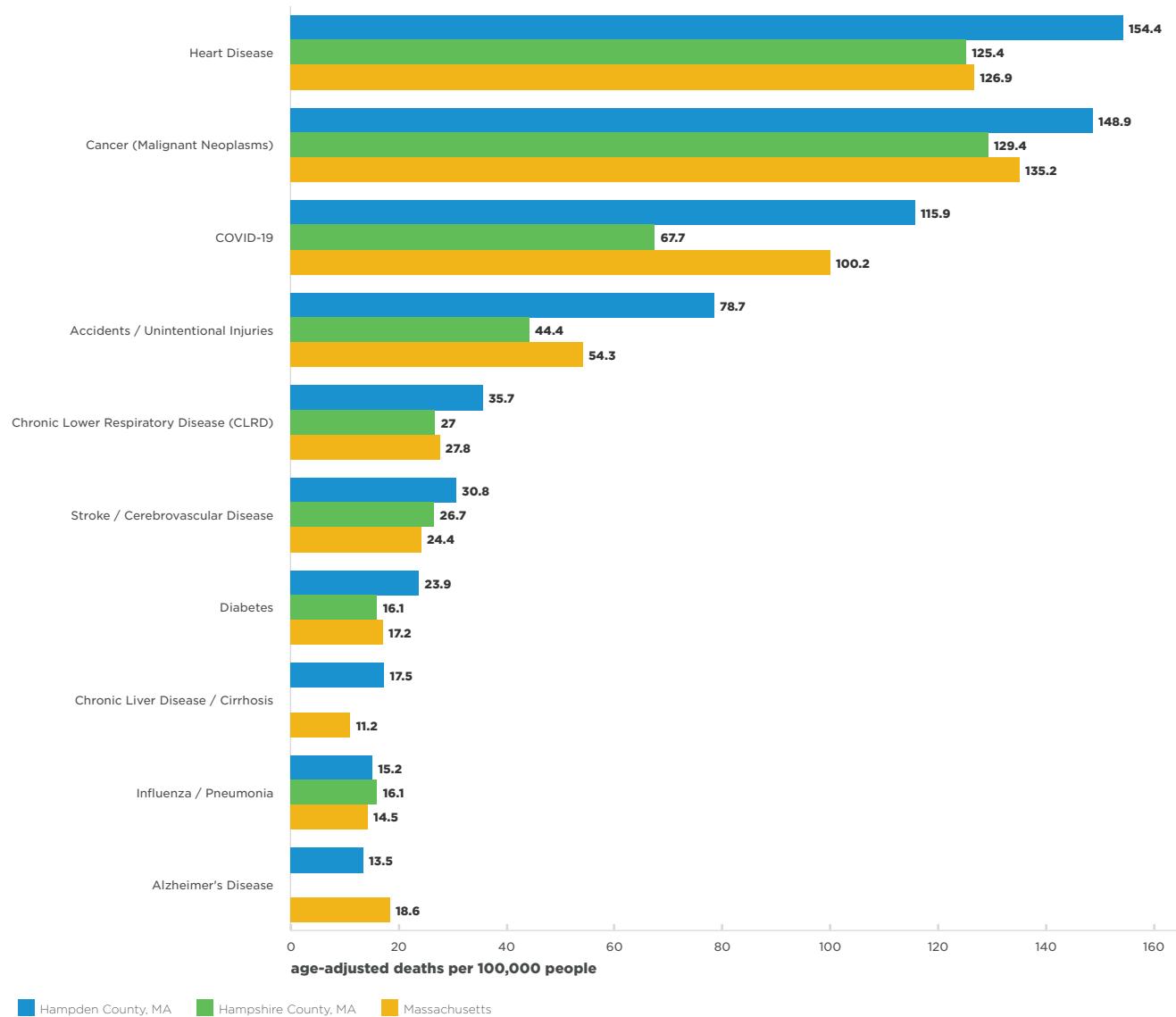


What are the **leading causes of death** in our community?

Understanding 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.

This is helpful for us to look at so that we can provide education, resources and care around these leading causes of death.

## Causes of Death



Sources: CDC WONDER Cause of Death 2020

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