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# Impact Essex County

## An Overview of Key Trends

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Essex County Community Foundation

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# Introduction

Impact Essex County is an initiative of the [Essex County Community Foundation](#) (ECCF) that uses Community Indicators as measurements of social, environmental and economic factors that affect a community's quality of life. The [Impact Essex County](#) website is aimed at creating a holistic picture of Essex County to deepen knowledge and understanding of our community and its local areas.

The data and analysis of 100 indicators on this website will serve as a common source of information on critical topics that affect progress in Essex County. The metrics tracked will inform not only ECCF but also all community stakeholders to facilitate collaboration within Essex County and monitor the impact of collective efforts.

Impact Essex County was developed with assistance from the [Center for Governmental Research](#) (CGR), based in Rochester, New York. CGR is a nonprofit research and consulting firm that has been delivering expert support to the public, nonprofit and private sectors for over a century. CGR has developed community indicator projects across New York, Tennessee, Florida and Delaware.

This project includes data for local areas within Essex County and for three comparison counties wherever available. The comparison counties are Middlesex County, MA, Westchester County, NY and Lake County IL. These counties are similar to the Essex County in key areas, including being part of a larger metropolitan region, having both wealthy areas and pockets of poverty, and sharing some demographic characteristics, such as a highly educated population.

These points of comparison provide context and a reference point for looking at and interpreting Essex County's data. As much as the areas are alike, they also have different factors and characteristics impacting them. Our intention is not to rank the areas or put them in competition with one another, but to provide a frame of reference for making meaning out of Essex County's data.

## Overview

On the surface, Essex County appears to be a well-off community with high incomes, low poverty, robust job growth, well-educated adults and strong high school graduation rates. Its proximity to the ocean, significant open space (22% of all land in the county is protected), and rich historic and artistic institutions and communities are all important assets. The Cities of Lynn and Lawrence have historically been magnets for immigrants and today boast some of the county's most diverse neighborhoods.

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Dig just a bit deeper, though, and challenges emerge. Lynn and Lawrence have significant poverty rates and many of the commonly associated issues, including lower educational performance and higher rates of lead exposure among young children. The county has also been hit particularly hard by the opioid crisis facing communities across the nation: Drug treatment admissions, with the primary drug identified as heroin, have surged 60% since 2005.

Though the poverty rate for the county overall is low (11%), Essex County is an expensive place to live, and it can be particularly tough for single parents with children. A living wage model suggests a single parent of 2 needs almost \$64,000 to afford basic necessities - far above the actual median incomes for single-parent households. And about 30% of all county residents have incomes between 100% and 299% of the poverty level - incomes that may not be high enough for a comfortable living. Homes are expensive, with a median value of \$350,000, and homeownership rates for some populations, particularly African Americans and Hispanics, are below national rates.

And Essex has other problems that community leaders and stakeholders discussed but that we were not able to measure with data. These include rising anxiety among children and youth; labor shortages in particular occupations in certain industries (early childhood care is an example); and disengagement in civic life among many residents.

The leaders and stakeholders we consulted to complete this project expressed a desire to re-engage county residents in a conversation about the overall quality of life in Essex County and how the county's localities and residents can work more closely together to address issues and build on strengths. We hope this study provides a foundation for that process.

Below are our key data findings in each of the 7 focus areas covered by this project: Demographics, Children and Youth, Community Life, Economy and Workforce, Education and Financial Self-Sufficiency.

## Demographics

Essex County is home to 776,000 residents, with [small but fast-growing minority groups](#), a high proportion of [foreign-born residents](#) in some local areas, and an overall [aging population](#). Demographic trends are important to understand because they impact the economy, health care needs and outcomes, what services government and nonprofits provide, and many other local and national concerns.

Essex County is composed of 34 cities and towns, including the cities of Lynn, Lawrence, Amesbury, Beverly, Gloucester, Haverhill, Methuen, Newburyport, Peabody and Salem. Lynn, Lawrence, Haverhill, Methuen, Peabody and Salem are considered

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Gateway Cities. Gateway Cities are targeted for increased state investment and have below average incomes and adult education levels and populations between 35,000 and 250,000. Though Lynn, with 92,000 people, and Lawrence, with 80,000, are the largest localities in Essex County, they are not the fastest growing. Lynn's population has grown 4% since 2000 and Lawrence's 11%, outpaced by growth in smaller towns such as Middletown, Salisbury and Georgetown.

Lynn and Lawrence are two centers of diversity and immigration, with [foreign-born residents](#) making up 32% of Lynn's population and 38% of Lawrence's. Lawrence is also home to nearly 60,000 of the county's 150,000 Hispanic residents. In 2010-14, 77% of Lawrence residents [speak a language other than English at home](#). Immigration has historically been a key driver of population growth throughout the U.S. and is projected to be increasingly important in the next several decades.

The county's [population overall has grown](#) 7% since 2000, the same rate as the state but below the national rate of growth (14%). [Growth was fastest among Hispanic residents](#) (87%), African Americans (77%) and Asians (68%), though the county as a whole remained majority white (86%).

Overall, 15% of the county's population was [foreign-born](#) and 25% spoke a foreign language at home – comparable with state and national rates and a bit below rates in some otherwise similar counties.

Women made up 52% of Essex County's total population in 2015, and among both sexes, older age brackets have grown more than younger ones since 2000, in line with America's overall ["graying" trend](#). The fastest growing age bracket was the 60s, increasing by 73% for women and 77% for men. Essex County's population under 20 has declined slightly, though those in their 20s increased 21% for women and 31% for men. With women as a group living longer than men, the female share of total population rose from 49% of the under 20 population to 65% of those 80 or older.

The age distribution of a population has major implications for what types of services are needed (schools, health care, etc.), and how they are delivered and paid for. It also matters where people live – in Essex County, about 30% of [people 65 or older in the county live alone](#), which can make it difficult to access services or care. In addition, 12% of Essex County's population has some type of [disability](#) (both rates are similar to state and national rates).

Most [households](#) in Essex County are made up of singles living alone (28%) or married couples without children (27%), followed by married couples with children (21%), similar to state and national proportions. Although singles living with children made up just 11% of all households in Essex County, they accounted for 35% of all families with children under 18. That's an increase from 27% in 2000, and rates were

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especially [high among some groups](#) (Hispanics – 61%, African Americans – 55%, whites – 28%, Asians – 17%). [Female-headed single families](#) made up 80% of the total. Children raised by single parents tend to be poorer and can be at risk for lower educational and life outcomes.

## Children and Youth

More children in Essex County are living in poverty, but fewer are [exposed to damaging lead](#) and [teen births](#) have fallen dramatically. The available data paint a mixed picture of how children and youth in the county are faring.

Children are set on a trajectory through life in their earliest years, and even before they are born. A healthy pregnancy has a better chance of resulting in a healthy, full-term baby. In Essex County, most pregnant women begin prenatal care in their first trimester, which is the first step toward good birth outcomes. However, the [rates vary among racial and ethnic groups](#), with 86% of Asian mothers, 83% of white mothers, 77% of Hispanic mothers and 76% of African American mothers beginning care early. In addition to the disparities, these rates have not been rising in Essex.

Premature babies are at higher risk for a host of problems and delays. In Essex County in 2014, 10% of [births were preterm](#), equal to state and close to national rates. [Infant mortality](#), the death of babies before age 1, also varies by race and ethnicity. Annual rates for whites are in the range of 3 for every 1,000 births, compared to 8 for Hispanics and 10 for African Americans.

Lead is an especially powerful environmental toxin for babies and young children that can cause permanent damage to cognitive, physical and behavioral abilities. The [rate of elevated lead levels in children](#) has been falling, down 40% from 2010 to 2015, to 2.4 per 1,000 children.

Perhaps the greatest risk factor to children's success is poverty. In 2010-14, 16% of Essex County [children were living at or below the poverty level](#), up from 12% in 2000 but below the national rate of 22%. The cities of Lawrence and Lynn had higher rates, 39% and 31%, and poverty was greater among African American (30%) and Hispanic (37%) children.

[Reported child abuse or neglect](#) has been increasing in recent years in Essex County, with substantiated cases up 19% since 2010.

As children grow up, some exhibit risky behavior. [Teen births](#) in Essex County have fallen 60% since 2000 to 14 per 1,000 in 2014. This is somewhat higher than the state rate but far below the national rate of 24. [Youth arrests](#), in contrast, have been steady since 2007. In 2015, Essex County recorded 7,300 youth arrests, a rate of 4.4 per

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10,000 youth, similar to the state rate and above a similar county, Middlesex, MA (3.0). About 10% of [young people between 16 and 24 are not in school or working](#) – similar to the state and below the national rate of 14%.

## Community Life

Transportation, safety, amenities like the arts and the environment all contribute to the quality of life in Essex County. Available data show a lack of transportation options to be a major challenge, while crime has been declining.

The vast majority of residents of Essex County drive to work, with 80% [driving alone to work](#) and another 8% carpooling. A small, but increasing share of residents use public transportation or bike or walk to work. Over 31,000 households in Essex County, comprising 11% of the county's total, [do not own a car](#). This is a lower rate than the state as a whole (at 13%), but still concerning given challenges with public transportation in the county. More than 1 in 5 households in Lawrence (25%) and Lynn (22%) were without cars.

In 2014, 83% of households in Essex County [have access to the Internet](#), on par with the state and greater than the national rate of 80%. However, Internet access was considerably lower within certain communities in the region. In Lawrence, only 64% of resident had internet access in 2014, a decrease of 4% from the prior year.

The crime rate in Essex County has declined slightly since 2007. In 2015, the rate of reported [crimes against people](#) was 8.6 per 1,000 residents, lower than the statewide rate of 9.6, and down from 9.1 in 2014. More notably, the rate of [crimes against property](#) was 23 per 1,000 residents in 2015, down from 30 in 2007 and 24 in 2014. The rates of crimes against people and crimes against property in Essex County are a bit lower than the statewide rates, and slightly above the figures in Middlesex County.

At 0.09 arrests per 1,000 residents, the [drug-related arrest](#) rate in Essex County in 2015 was higher than the statewide rate of 0.06 during the same year and more than double the rate found in Middlesex County.

The rate of reported [victims of domestic violence](#) in Essex County in 2015 was 3.2 per 1,000 residents, even with the rate in 2007 and down slightly from the prior year. While lower than the statewide figure, the rate of domestic violence in Essex County has been higher than the rate in Middlesex County for 8 of the last 9 years.

In 2015, an average of 23 residents per 10,000 were [incarcerated](#) in Essex County, greater than the statewide rate of 16, and over 3 times greater than Middlesex County.

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The [recidivism rate](#) in Essex County declined from 2009 to 2012. Among inmates released in 2012, 32% returned to prison within 3 years, down from 42% of inmates released in 2009. The decline in Essex County matches a statewide figure over the same time period.

[Voter participation](#) was 43% in the 2014 midterm elections and 63% in the 2012 presidential elections. The turnout rate in 2014 was the lowest in any midterm or presidential election since 2000. Voter participation in the county over the past two elections is similar to Middlesex County and a bit higher than the statewide figure.

[Charitable giving](#) has declined in Essex County since 2002. In 2013, Essex County residents contributed 1.3% of their income to charitable organizations, a decrease of 11% since 2002, and lower than the state and national charitable donation rates of 1.6% and 2.0%, respectively.

Nonprofit arts organizations in Essex County generated \$191 of [revenue per resident](#) in 2012. This was an increase from \$137 in 2009, but a decrease from its peak of \$213 in 2010. Overall participation in arts and cultural activities increased in 2012-14 from 2009-11.

Over \$863 million was [spent on travel and tourism](#) in Essex County in 2014, good for \$1,120 per county resident. This was a 4% increase from the prior year and a 16% increase for the county since 2006. Essex County's increase since 2006 was slightly higher than the state's.

[Water usage](#) increased by 73 gallons per resident per day in Essex County from 2000 to 2010, and a daily average of 183 gallons, was 21 gallons per day higher than the statewide figure.

In 2015, 84% of days with air quality measurements in Essex County were categorized as [good air days](#), similar to the rate in 2014 and a 13 percentage point increase from 2000. Still, Essex County lags behind Middlesex County (98%) in terms of air quality.

## Economy and Workforce

Essex County's economy has rebounded to a degree from the depths of the national recession of 2008-09 and several key sectors are gaining jobs, but salaries have only kept pace with inflation.

[Total jobs](#) increased 11% from 2000 to 2014 to 435,000. That rate of growth is similar to the nation, a bit higher than the state and above Essex County's comparable counties, except for Westchester, NY, which gained 14% in total jobs.

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[Growing sectors](#) in Essex County include Financial Activities, which increased 49% in total jobs from 2001 to 2014, Healthcare and Social Assistance (43%) and Leisure and Hospitality (23%) sectors. The biggest decline among major sectors was in Manufacturing, where jobs fell 27%. Trends in Essex County were very similar to statewide and national trends, as well as to comparable counties.

The largest sectors in Essex County were very similar to the state and nation: 16% of total jobs were in Health Care and Social Assistance, 15% in Trade, Transportation and Utilities 14% in Professional and Business Services and 10% in each of the following: Government, Manufacturing, and Leisure and Hospitality. One interesting departure – nationwide, Manufacturing jobs made up less than 3% of the total.

The [highest paid sector](#) in Essex County was Manufacturing, with an average annual salary of \$84,000 in 2014. This was followed by Financial Activities (\$76,000) and Professional and Business Services (\$74,000). The lowest paid sector was Leisure and Hospitality (\$20,000). This was a bit different from the state and nation, where the Financial Activities (\$124,000 and \$85,000, respectively) and Information sectors (\$99,000 and \$88,000, respectively) that were the two highest earning sectors.

Overall, [yearly salaries](#) in Essex County averaged \$54,000 in 2014 and were unchanged from 2000 after adjusting for inflation – meaning salaries just kept pace with inflation. This is in contrast to the state, where the average salary has increased by 5% and the nation, with a 6% increase over the same time period. (All financial data is presented in real terms.)

From 2000 to 2014, salaries grew fastest in Essex County in the Financial Activities (+27%), Government (+16%) and Manufacturing (+14%) sectors, while the Information sector had the largest decrease (-27%). Although Essex County, the state and nation had similar changes in many sectors, the state and nation both had increases of 12% in average salaries in Information.

In Essex County, as in the state and nation, [women's earnings](#) tended to lag men's earnings in the same occupations. For all occupations, Essex County women earned 77% of men's earnings.

Like the state and nation, Essex County's economy is dominated by [small employers](#). In 2014, over half (54%) of businesses in Essex County employed 1-4 people, 20% employed 5-9 people, 13% employed 10-19 people and the remaining 14% employed 20 people or more. Only 3% of employers, less than 500 businesses, had 100 or more employees. This has not changed since 2000.

[Self-employment](#) in Essex County brings in more revenue per resident than for the nation as a whole. Essex County had just over \$6,000 in self-employment revenue per

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resident in 2014, on par with the state and \$700 higher per resident than the nation. However, Essex County's level was down 7% since 2000.

[Unemployment](#) in the county fell to 5.2% in 2015, a continuation of the steady decline in unemployment rates since the peak of 8.7% in 2009 and on par with the state, nation and comparable counties. However, Essex County's unemployment is still nearly twice the low of 2.7% in 2000.

In 2010-14, [unemployment was higher among Hispanic and African American](#) residents at 14% than among Asian and white residents (both 8%) – similar to the disparities seen at the state and national levels.

In 2006-10, around 80,000 workers (26%) entered Essex County for work each year, and 130,000 residents (36%) left for work each year.

## Education

In Essex County as in much of the nation, the available data about education paints a picture of stark disparities – concentrated groups and communities with low test scores, graduation rates, and low education levels among adults, against state and regional statistics of high-achieving students, schools and adults.

Educational success hinges upon myriad factors, but important ones include prekindergarten participation, school attendance and the adequacy of school funding. Prekindergarten helps prepare children both socially and academically for school, and can be especially important for low-income children who tend to be exposed to a less rich vocabulary and have access to fewer resources than their peers. In Essex County in 2015, 44% of 4-year-olds were [enrolled in public or private prekindergarten programs](#), up from 36% in 2002.

School attendance is increasingly measured by the share of students who miss 10% or more of the school year and are deemed "[chronically absent](#)." In 2015, 13% of students were chronically absent in Essex County, the same as the state rate and little changed since 2009. But some local districts had rates near or above 20%, including Haverhill, Salem, Lawrence and Lynn.

[School spending](#) in Essex County across public school districts was \$13,900 per student in 2014, less than the statewide level of \$14,500 and the level in Middlesex, MA of \$15,300. Spending in Essex County has increased 12% since 2005, after adjusting for inflation. The highest spending districts in Essex County were some of the vocational schools, with per-student spending levels at or above \$20,000.

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[Enrollment in higher levels of schooling](#) favors females, with women making up 57% of all college students and 64% of students in graduate and professional schools in Essex County. These disparities are similar to the state and national levels.

Measures of academic achievement show the majority of students in Essex County are considered proficient in key subjects, but many are not. Disparities in academic achievement remain significant, though some groups have made considerable progress over the last decade.

Third grade is an important milestone, particularly in the development of students' literacy skills. Through third grade, many students are learning to read; from third grade on, they need to be able to read to learn. In Essex County in 2016, 55% of [3rd graders were considered proficient on the state's English Language Arts exams](#), a bit down from 62% in 2010.

Proficiency was lower among economically disadvantaged students (37%), Hispanic students (35%) and African American students (44%) compared with those who are not disadvantaged and white and Asian students (all 65%). However, gains were stronger in some groups, with proficiency up 11 points among Hispanic students and 9 points among African American students since 2006.

Similarly, 8th grade is an important benchmark for the development of math skills, as students are studying or will soon move into study of algebra and other high school-level math courses. In 2016, 54% of Essex County [8th graders were considered proficient on the state's math exams](#). In both Essex County and the rest of the state, the proficiency rate has risen steadily and dramatically since 2006, from 39% in Essex County and 40% in the state.

Here too, some groups had lower passing rates: 36% among economically disadvantaged students and 38% among Hispanic students. African American students have increased their passing rates 33 percentage points to 46% in 2016.

Massachusetts requires student to pass [10th grade level state tests in math](#) and English in order to graduate. Most students in Essex County are passing these tests. In 2016, 89% of [10th graders passed the state's language arts](#) exam and 74% passed the math exam – higher proportions than 10 years ago. Disparities were less pronounced on the English exam, with 81% of economically disadvantaged students and 79% of both Hispanic and African American students passing in 2016. In addition, passing rates rose 50 percentage points for African American students and 47 points for Hispanic students from 2006 rates.

[High school graduation rates](#) in Essex County have been rising, with 87% of the 2011 cohort graduating in 2015, up 10 percentage points from 2006 and equal to the state graduation rate. Ten districts in the county had graduation rates of 95% or higher. The

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lowest graduation rates were in the high-poverty districts of Lawrence (72%) and Lynn (75%). Lawrence, however, had the largest gain since 2006, with a 31-point increase.

Students from low-income backgrounds graduated at a somewhat lower rate, 79% in 2015, though that was up significantly from 61% in 2006. While 94% of Asian students and 92% of white students in the 2011 cohort graduated in 2015, rates were somewhat lower among African American and Hispanic students (82% and 76%). These disparities were comparable to rates at the state level among the same groups.

[Essex County is a highly educated county](#) in terms of the adult population, with 37% of adults in 2010-14 having at least a bachelor's degree, up from 31% in 2000. That is above the national rate (29%) but below Massachusetts' rate of 40% and below the rates in comparison counties: 51% in Middlesex, MA, 46% in Westchester, NY, and 43% in Lake, IL.

Some parts of Essex County and some groups within Essex County were significantly less well educated. In the cities of Lawrence and Lynn, just 12% and 19%, respectively, of adults had at least a bachelor's. And throughout the county, only 12% of Hispanic residents had a bachelor's or higher degree.

## Financial Self-Sufficiency

Despite generally low poverty rates, Essex is an expensive county that requires a level of income that data suggests many residents and families lack.

In 2010-14, 11% of Essex County residents had [incomes at or below the poverty level](#), the same as the state rate and less than the national level of 16%. [Median incomes](#) in Essex County were generally 15-30% higher than national levels as well, depending upon the group.

But Essex County has pockets of poverty and [stark disparities among racial and ethnic groups](#). In the cities of Lawrence and Lynn, poverty rates are 29% and 21%. Countywide, 21% of African Americans and 29% of Hispanics were living in poverty, compared to 13% of Asians and 8% of whites.

[Median household incomes](#) are far higher for Asians and whites (in the \$75,000-\$85,000 range) than for African Americans and Hispanics (\$35-44,000). Single-parent households are particularly disadvantaged, with a median income for female-headed households with children of just \$28,000.

Actual incomes are far below what is needed to make ends meet in Essex County for some residents and families. According to a [living wage](#) model developed by the Massachusetts Institute of Technology, a family of three with a single earner (a

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working parent and two children) needs an annual income of more than \$64,000 in Essex County to pay for basic necessities – far above the actual median income for either female- or male-headed households (which is \$44,000).

In addition, the living wage model and income statistics suggest that a broader group of families may find it difficult to get by. A family of four with two earners (two working parents and two children) needs nearly \$70,000 annually, or nearly three times the poverty level, which is \$24,000 for such a family. In Essex County, 61% of residents have incomes that are triple the poverty level, and 30% have incomes between 100% and 299% of poverty. While these statistics are not an exact match (mixing family and individual metrics), they do suggest that the cost of living in Essex County may push a broader group near the edge of self-sufficiency.

In terms of participation in programs to help needy individuals and families, Essex County has seen the biggest increase in the share of [people receiving federal food assistance](#) (SNAP). In 2013, 15% of Essex County residents received SNAP benefits, a dramatic increase from 4% in 2000 and the largest increase among comparison counties, the state and nation. About 3% of Essex County households in 2010-14 [received TANF](#) (Temporary Assistance for Needy Families), largely unchanged from 2000 and on par with the state and nation.

About 15% of residents filed for the [Earned Income Tax Credit](#), which provides tax credits or refunds to working poor. That was a bit higher than the state and lower than the nation, likely reflecting that incomes in Essex County are above national incomes.

In 2014, 43% of Essex County students were eligible for [subsidized school lunches](#), up from 25% in 2000. Here too, Essex County was above the state rate (38%) and below the national rate (52%).

A lack of financial self-sufficiency shows up in Essex County's statistics on [homeownership](#) and [housing affordability](#).

[Home values](#) in Essex County have risen by 23% since 2000, and at \$350,000, the median home value in the county in 2010-14 was higher than both the state and the nation. This is good for homeowners, but the rising costs of homeownership can make it difficult for residents to purchase their first home. [Housing affordability for homeowners](#), as determined by the ratio of median home value to median household income, shows that homeownership is becoming increasingly unaffordable in the county, with the value of homes rising faster than household incomes.

The same is true for [renters](#) in Essex County, who spent 36% of their household income on rent in 2010-14, similar to the state level, and a bit higher than renters nationwide (33%).

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[Homelessness](#) is a growing issue in Essex County, with 26 homeless persons per 10,000 residents in 2015. Since 2007, homelessness in the county has more than doubled from 12 to 26 per 10,000 residents. The rate also increased in Massachusetts over this time span from 24 to 31. Nationwide, homelessness has decreased from 21 to 17 per 10,000 residents over the same period of time.

The homeownership rate in Essex County has remained steady over the past 15 years. In 2010-14, 63% of all homes were owner-occupied, the same rate as 2000. Despite this consistency, [homeownership rates](#) vary greatly among local areas. Only 28% of homes in Lawrence were owner-occupied in 2010-14, along with 46% in Lynn and 49% in Salem. By contrast, the homeownership rates in Boxford, Topsfield, and West Newbury were over 90%. Essex County has greater [racial and ethnic disparities in homeownership](#) than the nation. In 2010-14, 69% of white residents and 63% of Asian residents owned their home, compared to 29% of African Americans and 23% of Hispanics. Nationwide, homeownership was higher among African American and Hispanic residents at 43% and 46% respectively.

## Health

While [health insurance](#) is widespread in Essex County, as it is throughout Massachusetts, the county shares many of the same health concerns as the nation: [obesity](#), [diabetes](#), [smoking](#), [cancer](#) and [drug addiction](#). The opioid crisis has hit Essex County particularly hard, as evidenced by high [rates of admissions for treatment](#) and [deaths from overdose](#).

Just 4% of Essex County residents under 65 [lacked health insurance](#), on par with the state but far below the national rate of 14%. Spending on medical care was \$453 per member, per month in 2014, about flat with 2013 and above statewide medical spending of \$440. (No national or long-term trend data were available.)

While Essex County was not immune from any of the nation's leading health-related problems, the area where it stood out was substance abuse. Although a national survey found reported rates of [illegal drug use](#) were not much different in the county (10% of adults and 12% of youth said they used an illegal drug in the last 30 days, comparable to state and national rates), the rate of [drug overdose deaths](#) in Essex County, 2 per 10,000 residents, was substantially higher than state and national rates. On average in the years 2012-14, 400 people died each year in the county from overdoses.

State data on [treatment admissions](#) shows the growing problem of heroin. While total admissions rose 15% from 2005 to 2014 to nearly 10,500, admissions primarily due to heroin increased 60% while several other categories declined. By 2014, heroin and other opioids were responsible for 60% of admissions, up from 46% in 2005. Essex

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County's rate of admissions, 136 per 10,000 residents, was below the state rate of 154 but far higher than the Middlesex County rate of 90.

In other areas of behavioral health and general health, Essex County more closely mirrors other areas:

- About 15% of adults [smoke](#).
- About 4% report suffering from [mental illness](#).
- The [suicide rate](#) of 0.8 deaths per 10,000 residents reflects an increase from 53 in 2000 to 68 in 2014, but the rise was not steady.
- About 62% of [adults](#) and 32% of [children](#) were overweight or obese.
- The overall [mortality rate](#) has been declining, falling 18% since 2000.
- Essex County had relatively high rates in a few other areas:
- The rate of newly identified [diabetes](#) cases was 83 per 10,000 in 2013, far higher than the state, nation and comparison counties
- The rate of new [cancers](#) was slightly higher than the state, nation and comparison counties.