

## Learn more about Malden and our work in the community



Malden is a Gateway Community; which is a region that has historically been home to immigrants and working class residents. Malden continues to grow in ethnic, racial and linguistic diversity with many people emigrating from Asia, Africa, South & Central America and the Caribbean. Over half of the Malden population speaks a language other than English at home. Other common languages spoken include, Brazilian Portuguese, Spanish, Haitian Creole, Vietnamese & Arabic. For more information regarding the Malden Population and the Social Influences of Health in Malden please see below

The Community Medicine curriculum at Tufts University Family Medicine Residency will provide resident physicians with an understanding of the social, economic, and cultural contexts of health and an appreciation of the public health perspective on community well-being. The second year Community Medicine program includes a mix of didactic curriculum sessions as well as scheduled time for meetings with a community agency partner.

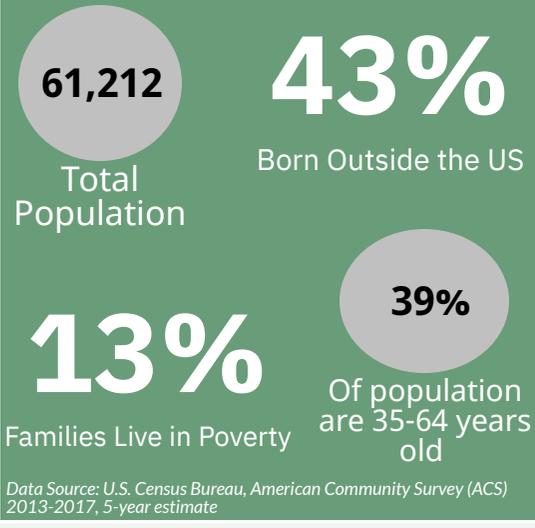
Didactic sessions focus on local public health statistics, social determinants of health and disease and the elements of a community health needs assessment. We'll also visit local community agencies, participate in lectures by leaders of Malden community based organizations, and receive a lecture led by Malden High School students centered on how to best deliver patient centered care to the youth population.



# 2019 Community Health Needs Assessment (CHNA) Highlights Malden



## Demographics at a Glance



## What is a CHNA?



If we know the **root causes** of poor health, we can **work to change them**. This will lead to better health for people and their community. A CHNA involves reviewing data to uncover these root causes.

## Data Approach & Collection Process

### THRIVE\* Framework

THRIVE looks at data by the root causes that can impact health.



As part of the Everett/Malden CHNA, we asked members in **Malden** about the quality of life in their community. We wanted to hear their thoughts on:

- Community strengths
- Health concerns
- What helps them to be healthy

**303 community surveys collected**

**Review of publicly reported data**

**3 small group discussions**

**2 open community meetings**

**Development of community advisory board**



**Open space & recreation**

## Strengths of Community

**Diversity of residents & businesses**

**Produce markets & community gardens**

**Access to free and low cost meals for students & seniors**

**Social services, civic/community engagement**

## Top Concerns Impacting Health



### Behavioral Health Outcomes

- Mental health
- Substance use disorders



### Chronic Diseases

- Cancer
- Obesity
- Diabetes
- Respiratory disease



### Access to Care and Services

- Affordability
- Fear and distrust of government agencies



### Infectious Diseases

- HIV
- Hepatitis C



### Neighborhood Conditions

- Healthy food access
- Housing stability, affordability, safety & homelessness
- Economic stability and mobility

## Next Steps

- Publish full assessment report
- Prioritize areas of focus
- Develop community health implementation plan (CHIP)

## If you have questions or want to get involved with Everett/Malden Collaborative for Community Health Improvement

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Proudly wellforce

\*For more information on THRIVE: <https://www.preventioninstitute.org/tools/thrive-tool-health-resilience-vulnerable-environments>

# MALDEN COMMUNITY DATA PROFILE 2019-2020

**Table 1. Community Demographics<sup>1</sup>**

	Malden		Massachusetts	
	#	%/Rate	#	%/Rate
Total population	61,094	---	6,830,193	---
Population density (per sq. mile)	12,111.1	---	875.5	-----
Female	31,751	52.0%	3,516,214	51.5%
Male	29,343	48.0%	3,313,979	48.5%

## Age

Under 5	3,126	5.1%	362,681	5.3%
5 - 19 years	9,222	15.1%	1,226,228	18.0%
20 - 34 years	17,806	29.2%	1,456,131	21.3%
35 - 64 years	23,456	38.4%	2,706,929	39.6%
65 years and over	7,484	12.3%	1,078,224	15.8%

## Race and Ethnicity

American Indian and Alaska Native	15	0.0%	8,890	0.1%
Asian	14,277	23.4%	440,336	6.5%
Black or African American	9,821	16.1%	463,796	6.8%
Hispanic or Latino	5,684	9.3%	789,127	11.6%
Native Hawaiian and Other Pacific Islander	17	0.0%	1,698	0.0%
White	28,757	47.1%	4,930,412	72.2%
Some other race	704	1.2%	53,268	0.8%
Two or more races	1,819	3.0%	142,666	2.1%

## Foreign-Born Residents and Continent of Origin

<i>Foreign-born residents</i>	<i>26,668</i>	<i>43.7%</i>	<i>1,129,732</i>	<i>16.5%</i>
Africa	3,027	11.4%	105,168	9.3%
Asia	12,574	47.2%	343,718	30.4%
Europe	2,256	8.5%	234,648	20.8%
Latin America	8,538	32.0%	411,277	36.4%
North America	241	0.9%	30,761	2.7%
Oceania	32	0.1%	4,160	0.4%

## Languages Spoken at Home (By residents over 5 years old)

*Population 5 years and older=57,968 in Malden; 6,467,512 in MA*

English only	27,697	47.8%	4,941,922	76.4%
Language other than English	30,271	52.2%	1,525,590	23.6%
Asian and Pacific Islander languages	11,158	19.3%	275,078	4.3%
Spanish	4,588	7.9%	581,553	9.0%
Other Indo-European languages*	10,865	18.7%	576,664	8.9%
Other languages	3,660	6.3%	92,295	1.4%

\*This category includes any language other than English or Spanish that was originated in Europe or India.

Sources

1. All data in Table 1 comes from the U.S. Census Bureau, American Community Survey (ACS), 2014-2018, 5-year estimates

**Table 2. Social Determinants of Health**

	Malden		Massachusetts	
	#	%/Rate	#	%/Rate
<b>Access to Health Services</b>				
Population with no health insurance coverage <sup>1</sup>	2,945	4.8%	189,470	2.8%
<b>Built Environment</b>				
Number of bus routes in community <sup>2</sup>	12	---	---	---
Number of subway routes in community <sup>2</sup>	1	---	---	---
Number of commuter rail stops in community <sup>2</sup>	1	---	---	---
Lead parts per billion detected in drinking water <sup>3*</sup>	12.2	---	---	---
* Massachusetts State limit: 15 ppb				
<b>Education</b>				
Highest educational attainment for residents ages 25 years and older <sup>1</sup>				
<i>(Population 25 years and older = 43,719 in Malden; 4,748,795 in MA)</i>				
Less than 9th grade	3,563	8.1%	214,205	4.5%
9th to 12th grade, no diploma	2,344	5.4%	240,155	5.1%
High school graduate (includes equivalency)	12,508	28.6%	1,150,846	24.2%
Some college, no degree	6,560	15.0%	740,784	15.6%
Associate's degree	2,855	6.5%	365,103	7.7%
Bachelor's degree	9,409	21.5%	1,128,877	23.8%
Graduate or professional degree	6,480	14.8%	908,825	19.1%
<b>Public school district data*</b>				
Total 2019-20 enrollment in district <sup>4</sup>	6,481	---	948,828	---
High school graduation rate <sup>5</sup>	---	79.5%	---	88.0%
High school dropout rate <sup>5</sup>	---	3.2%	---	1.8%
Churn rate <sup>5 **</sup>	---	19.0%	---	8.5%
**Public school demographic data (student race/ethnicity and selected student characteristics) is from the 2019-20 school year. The other remaining indicators were not available for the 2019-20 school year at the time of production, and 2018-19 data is shown here.				
Churn rate is used to assess student mobility. It represents the percentage of all students transferring into or out of a school within a school year. It is calculated as the number of students enrolled in public schools that are not reported as enrolled in the same school throughout the year.				
<b>Public school district student race/ethnicity<sup>4</sup></b>				
Asian	1,484	22.9%	67,367	7.1%
Black or African American	1,218	18.8%	87,292	9.2%
Hispanic	1,692	26.1%	204,947	21.6%
Native American	6	0.1%	1,898	0.2%
Native Hawaiian/Pacific Islander	0	0.0%	949	0.1%
Multi-race non-Hispanic	266	4.1%	37,004	3.9%
White	1,808	27.9%	549,371	57.9%
<b>Public school district selected student characteristics <sup>4***</sup></b>				
English language learner	1,180	18.2%	102,861	10.8%
First language not English	3,642	56.2%	217,782	23.0%
Students with economic disadvantages	2,981	46.0%	310,873	32.8%
Students with disabilities	1,128	17.4%	176,741	18.4%
Students with high needs	4,355	67.2%	466,930	48.7%

\*\*\*Individual students can be included in more than one of the above populations; therefore, the percentages add up to more than 100%.

	Malden		Massachusetts	
	#	%/Rate	#	%/Rate
<b>Employment</b>				
Unemployment rate (February 2020) <sup>6</sup>	---	2.5%	---	2.8%
<b>Commuting characteristics</b>				
<b>Commuting methods to work of workers 16 years and older<sup>1</sup></b>				
<i>(Working population 16 years and older= 31,632 in Malden; 3,500,223 in MA)</i>				
Bicycle	95	0.3%	28,002	0.8%
Carpooled	2,531	8.0%	262,517	7.5%
Drove alone	16,733	52.9%	2,457,157	70.2%
Public transportation (excluding taxicab)	9,838	31.1%	357,023	10.2%
Taxicab, motorcycle, or other means	443	1.4%	45,503	1.3%
Walked	1,044	3.3%	171,511	4.9%
Worked at home	949	3.0%	175,011	5.0%
<b>Commuting time<sup>1</sup></b>				
<i>(Working population 16 years and older who did not work at home= 30,697 in Malden, 3,324,189 in MA)</i>				
Mean travel time to work (in minutes)	35.1	---	29.7	---
Less than 10 minutes	1,320	4.3%	352,364	10.6%
10 to 14 minutes	2,210	7.2%	392,254	11.8%
15 to 19 minutes	2,609	8.5%	435,469	13.1%
20 to 24 minutes	3,223	10.5%	422,172	12.7%
25 to 29 minutes	1,351	4.4%	192,803	5.8%
30 to 34 minutes	6,078	19.8%	468,711	14.1%
35 to 44 minutes	3,315	10.8%	275,908	8.3%
45 to 59 minutes	5,372	17.5%	355,688	10.7%
60 or more minutes	5,188	16.9%	425,496	12.8%
<b>Food Access</b>				
Food insecurity rate 2018 <sup>7</sup>	9,170	15.1%	463,250	9.1%
Households with children under 18 utilizing SNAP <sup>1</sup>	1,227	17.7%	126,821	16.6%
SNAP gap 2020 (households eligible for SNAP who are not accessing benefits) <sup>8</sup>	11,615	61.0%	680,789	47.0%
<b>Housing</b>				
Total housing units <sup>1</sup>	24,273	---	2,882,739	---
Occupied housing units <sup>1</sup>	22,996	94.7%	2,601,914	90.3%
Owner occupied	9,392	40.8%	1,621,053	62.3%
Renter occupied	13,604	59.2%	980,861	37.7%
Housing units classified as Subsidized Housing Inventory (SHI) 2017 <sup>9</sup>	2,542	10.1%	262,223	9.7%
Renters who are paying 30 to 49 percent of income in rent (cost burdened) <sup>1</sup>	3,578	26.3%	233,880	23.8%
Renters who are paying 50 percent or more of income in rent (severely cost burdened) <sup>1</sup>	3,230	23.7%	228,020	23.3%
Homeowners who are paying 30 to 49 percent of income for ownership costs (cost burdened) <sup>1</sup>	1,843	19.6%	264,376	16.3%
Homeowners who are paying 50 percent or more of income for ownership costs (severely cost burdened) <sup>1</sup>	1,394	14.8%	178,683	11.0%
Median single-family home sale price (in 2017 inflation adjusted USD) <sup>10</sup>	\$492,000.00	---	\$400,000.00	---

	Malden		Massachusetts	
	#	%/Rate	#	%/Rate
<b>Income &amp; Poverty<sup>1</sup></b>				
Median household income (in 2018 inflation adjusted USD)	\$64,178	---	\$77,378	---
Per capita income (in 2018 inflation adjusted USD)	\$31,086	---	\$41,794	---
Population under 18 years old living below poverty level	2,329	20.1%	188,810	13.9%
Population 65 years old and over living below poverty level	1,338	18.1%	93,961	9.0%
Families living in the community	14,345	---	1,651,808	---
Families living below poverty level	1,908	13.3%	123,886	7.5%
Families with female householder, no husband present	2,986	20.8%	317,946	19.2%
Families with female householder, no husband present living below poverty level	715	23.9%	63,082	19.8%
<b>Social Environment</b>				
<i>Crime<sup>11</sup> (per 100,000 residents)</i>				
Violent crime rate	180	292.8	23,337	338.1
Property crime rate	588	956.6	87,196	1,263.3
<b>Social support</b>				
Elder isolation rate (seniors over 65 living alone) <sup>12</sup>	2,590	35.4%	307,037	30.2%
High school students reporting they have a trusted adult to talk with at school <sup>13,14</sup>	---	54.0%	---	75.0%
<b>Voter enrollment<sup>15</sup></b>				
Residents who are registered to vote	32,525	65.8%	4,574,967	82.7%
<b>Youth Violence and Trauma<sup>13,14</sup></b>				
High school students reporting being bullied on school property in last 12 months	---	9.0%	---	14.6%
High school students reporting being cyber bullied in last 12 months	---	7.0%	---	13.6%
High school students reporting ever having sexual contact against will	---	2.0%	---	10.4%
<b>Sources</b>				
<ol style="list-style-type: none"> <li>1. U.S. Census Bureau, American Community Survey (ACS). 2014-2018. Data presented as minutes for commuting time, and 5-year estimates and percentage of estimates for all other data.</li> <li>2. Massachusetts Bay Transportation Authority. 2020. Number of buses, subway stops, and commuter rail stops presented in total number.</li> <li>3. Massachusetts Water Resources Authority, Malden Water report. 2018. Lead parts in water presented as parts per billion.</li> <li>4. Massachusetts Department of Elementary and Secondary Education. 2019-20. Public school district data presented as percentage of total numbers.</li> <li>5. Massachusetts Department of Elementary and Secondary Education. 2018-19. Public school district data presented as percentage of total numbers.</li> <li>6. United States Bureau of Labor Statistics (BLS). 2020. Unemployment rate presented as not seasonally adjusted percentage.</li> <li>7. The Greater Boston Food Bank, Map the Meal Gap 2018: A Report on County and Congressional District Food Insecurity and County Food Cost in the United States in 2016.2018, Food insecurity rate presented as total number and percentage rate.</li> <li>8. The Food Bank of Western Massachusetts, Massachusetts SNAP GAP. 2020. Data presented as total numbers and percentage of total numbers.</li> <li>9. Massachusetts Housing and Community Development department. 2017. Housing units classified as Subsidized Housing Inventory presented as total number and percentage.</li> <li>10. Massachusetts Association of Realtors (marealtor.com) and MLS Property Information Network, 2018. Data presented as USD.</li> <li>11. United States Federal Bureau of Investigation, Uniform Crime Reporting (UCR) Program. 2018. Data presented as total number and rate per 100,000 residents.</li> <li>12. Massachusetts Healthy Aging Collaborative, Massachusetts healthy aging community profile. 2018. Data presented as total numbers, and percentage of total numbers.</li> <li>13. Malden Public Schools, Malden Student Health Survey/Youth Risk Behavior Survey (YRBS). 2018. Data presented as percentage of total numbers.</li> </ol>				

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14. Massachusetts Department of Public Health, Youth Risk Behavior Survey (YRBS). 2017. Data presented as percentage of total numbers.
  15. Secretary of the Commonwealth of Massachusetts, Massachusetts Voter Enrollment Breakdown. 2018 state election enrollment statistics. Presented as total numbers and percentage of total numbers, based on US Census Bureau 2018 1-year estimate for population 18 years and over.
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**Table 3. Health Outcomes**

Emergency department, hospitalization and mortality data reflect Malden residents who received care anywhere, not just those people who received care in Malden.

	Malden		Massachusetts	
	#	%/Rate	#	%/Rate
<b>Behavioral Health</b>				
<b>All ages mental health/mental illness (age-adjusted rate per 100,000)</b>				
Suicide mortality <sup>1</sup>	20	6.4	3,110	8.7
Mental disorder-related emergency department visits <sup>2</sup>	1,326	1,976.9	168,735	2,465.6
Mental disorder-related hospitalizations <sup>2</sup>	600	912.2	65,671	934.4
Mental disorder-related mortality <sup>1</sup>	200	64.5	26,566	60.0
<b>Youth mental health<sup>3,4</sup> in past 12 months</b>				
High school students who experienced depression	---	28.0%	---	27.4%
High school students who seriously considered suicide	---	10.0%	---	12.4%
High school students who attempted suicide	---	5.0%	---	5.4%
<b>All ages substance use visits (age-adjusted rates per 100,000)</b>				
Total drug overdose emergency department visits <sup>2</sup> *	157	231.9	16,699	250.9
Total drug overdose hospitalizations <sup>2</sup>	88	132.5	8,920	127.2
Total substance-related mortality <sup>1</sup> *	112	34.3	10,710	30.7
Alcohol-related mortality	23	7.1	2,952	7.6
Opioid-related mortality	72	21.9	6,429	19.3
*Total drug overdose emergency department visits includes visits for heroin, non-heroin opioids and all other types of drug overdoses; total substance-related mortality includes mortality due to alcohol, opioids, and all other types of substances				
<b>Youth substance use<sup>3,4</sup></b>				
High school students who have ever used alcohol	---	40.0%	---	56.2%
High school students who have used alcohol in the last 30 days	---	13.0%	---	31.4%
High school students who have ever used cigarettes	---	8.0%	---	19.6%
High school students who have used cigarettes in the last 30 days	---	2.0%	---	6.4%
High school students who have ever used e-cigarettes	---	27.0%	---	41.1%
High school students who have used e-cigarettes in the last 30 days	---	14.0%	---	20.1%
High school students who have ever used marijuana	---	22.0%	---	37.9%
High school students who have used marijuana in the last 30 days	---	10.0%	---	24.1%
<b>Chronic Disease</b>				
<b>Cancer<sup>1</sup> (age-adjusted rate per 100,000)</b>				
All cancer mortality*	532	177.0	63,929	156.0
Breast cancer mortality	33	18.9	4,100	18.0
Colorectal cancer mortality	47	15.7	5,143	12.5
Lung cancer mortality	163	55.2	16,503	40.5
Ovarian cancer mortality	13	7.4	1,635	7.1
Prostate cancer mortality	25	23.7	3,046	18.5
*All cancer mortality includes the five types of cancer listed above as well as deaths from all other types of cancer				
<b>Cardiovascular disease (age-adjusted rate per 100,000)</b>				
Major cardiovascular disease hospitalizations <sup>2</sup>	990	1,563.2	126,640	1,563.1
Major cardiovascular disease mortality <sup>1</sup>	501	165.4	77,337	179.7
Cerebrovascular disease (stroke) hospitalizations <sup>2</sup>	151	239.9	20,789	255.1
Cerebrovascular disease (stroke) mortality <sup>1</sup>	74	24.7	12,117	28.2

	Malden		Massachusetts	
	#	%/Rate	#	%/Rate
<b>Diabetes (age-adjusted rate per 100,000)</b>				
Diabetes related hospitalizations <sup>2</sup>	126	187.8	11,896	158.9
Diabetes mortality <sup>1</sup>	68	22.9	6,131	14.8
<b>Obesity<sup>5</sup></b>				
Youth who are overweight or obese (children in grade 1)	---	28.4%	---	28.3%
Youth who are overweight or obese (children in grade 4)	---	39.9%	---	33.6%
Youth who are overweight or obese (children in grade 7)	---	45.2%	---	34.0%
Youth who are overweight or obese (children in grade 10)	---	34.2%	---	33.2%
<b>Respiratory disease</b>				
Children living with asthma (prevalence rate per 100 students) <sup>6</sup>	587	10.9	82,279	12.1
Asthma emergency department visits (age-adjusted rate per 100,000) <sup>7</sup>	348	57.1	42,887	66.5
Chronic obstructive pulmonary disease (COPD) related hospitalizations (age-adjusted rate per 100,000) <sup>7</sup>	105	24.3	14,319	26.3

### **Infectious Disease<sup>8\*</sup> (rate per 100,000)**

Chlamydia incidence	362	543.2	30,297	438.0
Gonorrhea incidence	69	103.5	7,629	110.3
Hepatitis C incidence	42	63.0	6,770	97.9
HIV/AIDS incidence	10	15.0	611	8.8
Syphilis incidence	15	22.5	1,164	16.8
Tuberculosis incidence	13	19.5	204	2.9

\*Incidence is the number of new cases of a disease

### **Injuries (age-adjusted rate per 100,000)**

All injury and poisoning emergency department visits <sup>2</sup>	5,525	8692.9	621,919	9,290.6
All injury and poisoning mortality <sup>1</sup>	164	51.5	19,189	53.0

### **Maternal & Child Health**

Teen birth rate (per 1,000 females ages 15-19 per city/town) <sup>9</sup>	11	7.1	2,104	9.4
Percent of live births receiving adequate prenatal care <sup>2</sup>	3,301	81.8%	249,304	69.5%
Percent of live births with low birthweight <sup>2</sup>	340	7.8%	26,915	7.5%

### **Sexual & Reproductive Health<sup>3,4</sup>**

High school students who have ever had sexual intercourse	---	27.0%	---	35.3%
High school students who used condom at last intercourse	---	63.0%	---	57.8%

#### **Sources**

1. Massachusetts Department of Public Health, Registry of Vital Records and Statistics, Mortality and birth data. 2012-2016. Data presented as total number of cases and age-adjusted rate per 100,000.
2. Massachusetts Department of Public Health, MA Division of Health Care Finance and Policy Uniform Hospital Discharge Dataset System (UHDDS), Emergency department visits and hospitalization. 2014. Data presented as total number of cases and age-adjusted rate per 100,000.
3. Malden Public Schools, Student Health Survey/Youth Risk Behavior Survey (YRBS). 2019. Data presented as percentage of total numbers.
4. Massachusetts Department of Public Health, Youth Risk Behavior Survey (YRBS). 2017. Data presented as percentage of total numbers.
5. Massachusetts Department of Public Health, Body Mass Index Screening in Massachusetts Public School Districts, 2015. Data presented as total numbers and percentages of total numbers.
6. Massachusetts Department of Public Health Bureau of Environmental Health. 2016-2017. Data presented as number of cases of asthma per 100 K-8<sup>th</sup> grade students.

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7. Massachusetts Department of Public Health, MA Division of Health Care Finance and Policy Uniform Hospital Discharge Dataset System (UHDDS), Emergency department visits and hospitalization. 2015. Data presented as total number of cases and age-adjusted rate per 100,000.
  8. Massachusetts Department of Public Health Bureau of Infectious Disease and Laboratory Sciences (BIDLS). New cases of Chlamydia, Gonorrhea, Hepatitis C, Syphilis and Tuberculosis presented as total number of cases and rate per 100,000 2018; New cases HIV presented as total number and rate per 100,000 2017.
  9. Massachusetts Department of Public Health, Registry of Vital Records and Statistics. Massachusetts Births 2015. Data presented as total numbers and rate per 1,000 females ages 15-19 per city/town, and total numbers and percentage of total numbers.
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