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# MIDDLETOWN 2021 EQUITY PROFILE

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**DataHaven**

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Compiled by DataHaven in August 2021.

This report is designed to inform local-level efforts to improve community well-being and racial equity. This represents version 1.0 of the DataHaven town equity profile, which DataHaven has published for all 169 towns and several regions of Connecticut. Please contact DataHaven with suggestions for version 2.0 of this report.

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## EXECUTIVE SUMMARY

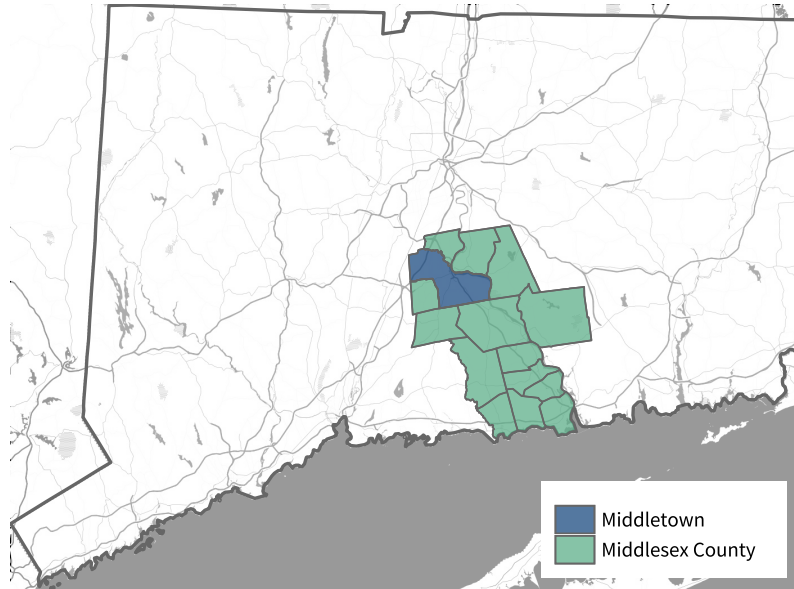
Throughout most of the measures in this report, there are important differences by race/ethnicity and neighborhood that reflect differences in access to resources and other health-related social needs. Wherever possible, data will be presented with racial/ethnic breakdowns. Data for white, Black, Asian, and other populations represent non-Hispanic members of each racial group.

- Middletown is a town of **47,717 residents**, **36 percent** of whom are people of color. The town's population has increased by **0.14 percent** since 2010.
- Of the town's **19,294 households**, **53 percent** are homeowner households.
- **Thirty-seven percent** of Middletown's households are cost-burdened, meaning they spend at least 30 percent of their total income on housing costs.
- **Ninety-two percent** of public high school seniors in the Middletown School District graduated within four years in 2019.
- Among the town's adults ages 25 and up, **38 percent** have earned a bachelor's degree or higher.
- Middletown is home to **28,112 jobs**, with the largest share in the Health Care and Social Assistance sector.
- Middletown's average life expectancy is **78.7 years**.
- **Fifty-five percent** of adults in Middletown say they are in excellent or very good health.
- In 2020, **28 people** in Middletown died of drug overdoses.
- **Eighty-seven percent** of adults in Middletown are satisfied with their area, and **56 percent** say their local government is responsive to residents' needs.
- In the 2020 presidential election, **78 percent** of registered voters in Middletown voted.
- **Fifty-nine percent** of adults in Middletown report having stores, banks, and other locations in walking distance of their home, and **69 percent** say there are safe sidewalks and crosswalks in their neighborhood.

# OVERVIEW

For the purposes of this report, Middletown will be compared to Connecticut as a whole, as well as to the towns in Middlesex County.

**FIGURE 1: STUDY AREA**



**Middlesex County** is made up of the following towns (with 2020 populations):

- Chester (3,749)
- Clinton (13,185)
- Cromwell (14,225)
- Deep River (4,415)
- Durham (7,152)
- East Haddam (8,875)
- East Hampton (12,717)
- Essex (6,733)
- Haddam (8,452)
- Killingworth (6,174)
- Middlefield (4,217)
- Middletown (47,717)
- Old Saybrook (10,481)
- Portland (9,384)
- Westbrook (6,769)

**TABLE 1: ABOUT THE AREA**

Indicator	Connecticut	Middlesex County	Middletown
Total population	3,605,944	164,245	47,717
Total households	1,370,746	66,971	19,294
Homeownership rate	66%	74%	53%
Housing cost burden rate	36%	32%	37%
Adults with less than a high school diploma	9%	6%	7%
Median household income	\$78,444	\$85,898	\$65,572
Poverty rate	10%	7%	12%
Life expectancy (years)	80.3	81.0	78.7
Adults w/o health insurance	10%	7%	9%

# DEMOGRAPHICS

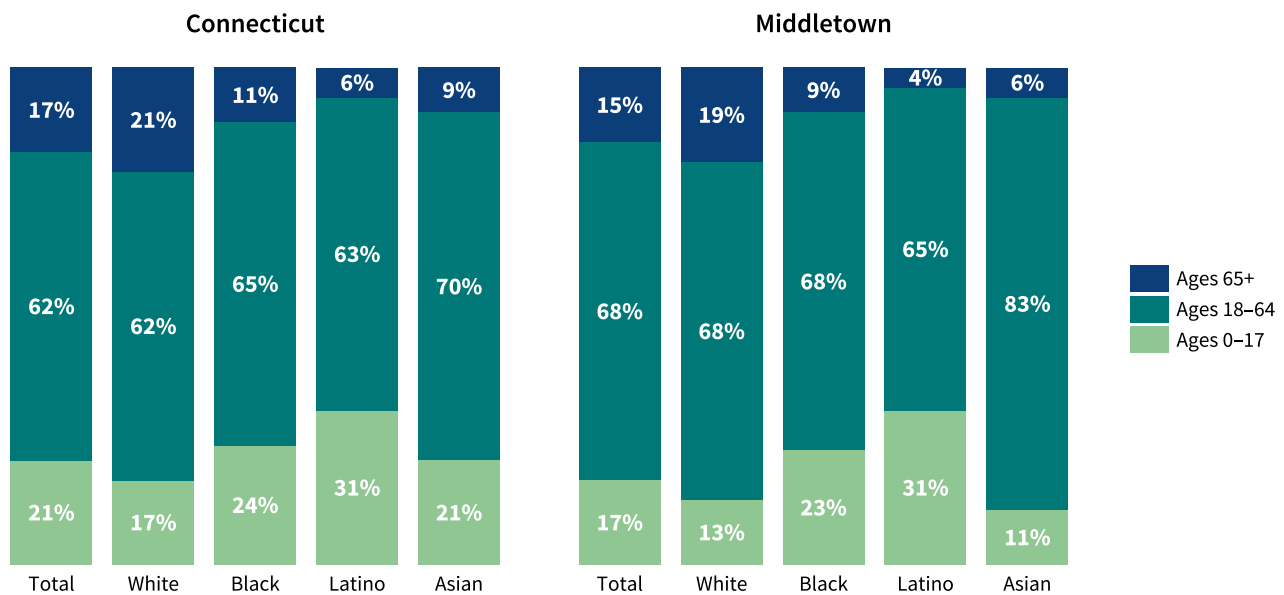
As of 2020, the population of Middletown is 47,717, including 7,645 children and 40,072 adults. Thirty-six percent of Middletown’s residents are people of color, compared to 37 percent of the residents statewide.

**TABLE 2: POPULATION BY RACE/ETHNICITY, 2020**

Area	White		Black		Latino		Asian		Native American		Other race/ethnicity	
	Count	Share	Count	Share	Count	Share	Count	Share	Count	Share	Count	Share
Connecticut	2,279,232	63%	360,937	10%	623,293	17%	170,459	5%	6,404	<1%	165,619	5%
Middlesex County	131,954	80%	8,001	5%	11,928	7%	4,923	3%	214	<1%	7,225	4%
Middletown	30,342	64%	6,306	13%	5,637	12%	2,611	5%	85	<1%	2,736	6%

As Connecticut’s predominantly white Baby Boomers age, younger generations are driving the state’s increased racial and ethnic diversity. Black and Latino populations in particular skew much younger than white populations.

**FIGURE 2: POPULATION BY RACE/ETHNICITY AND AGE GROUP, 2019**

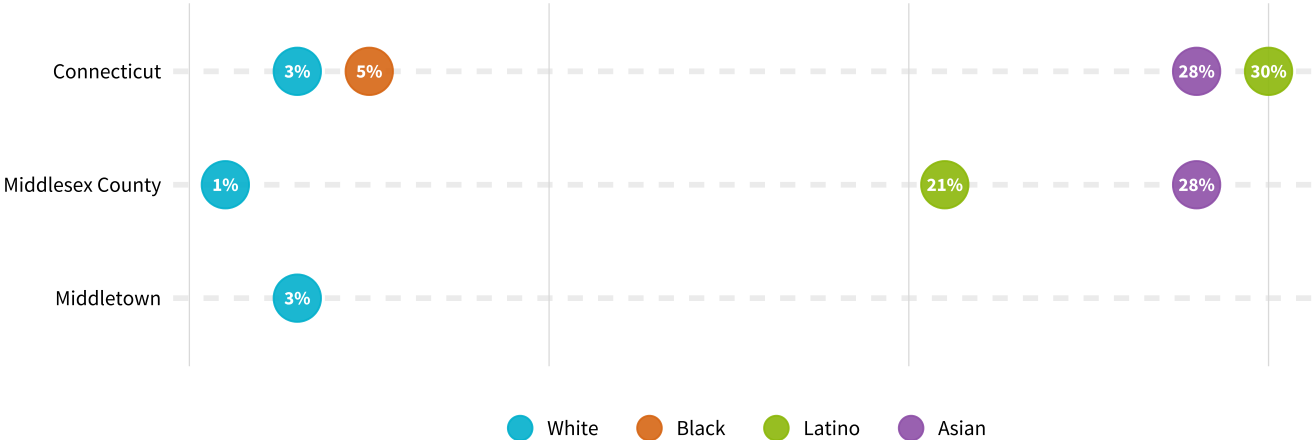


Note: Only groups with at least 50 residents shown.

About 5,511 residents of Middletown, or 12 percent of the population, are foreign-born. The largest number of immigrants living in Middlesex County were born in Italy, followed by Poland and China.

Linguistic isolation is characterized as speaking English less than “very well.” People who struggle with English proficiency may have difficulty in school, seeking health care, accessing social services, or finding work in a largely English-speaking community. As of 2019, 2,905 Middletown residents, or 7 percent of the population age 5 and older, were linguistically isolated. Latinos and Asian Americans are more likely to be linguistically isolated than other racial/ethnic groups.

**FIGURE 3: LINGUISTIC ISOLATION BY RACE/ETHNICITY, 2019**



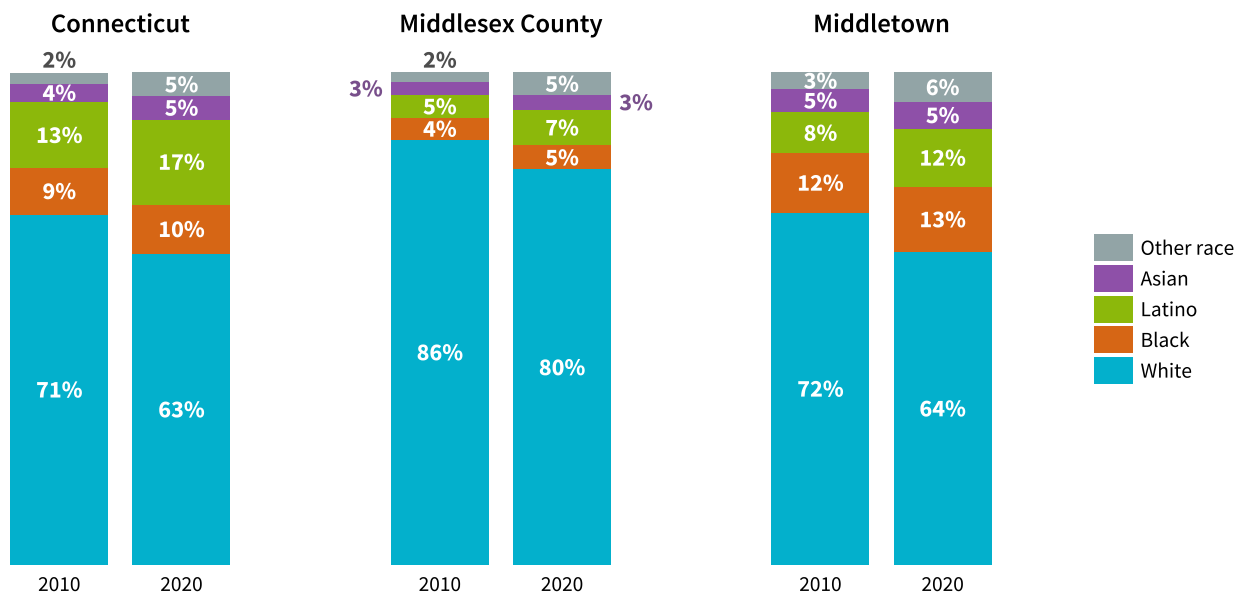
## POPULATION CHANGE: 2020 CENSUS

The first set of data from the 2020 Census was released in August 2021, containing basic population counts by age and race/ethnicity. Between 2010 and 2020, Connecticut’s population was nearly stagnant. During the same period, Middletown grew by 69 people, a less than 1 percent increase. The number of white residents in Middletown shrank by 11 percent, while the non-white population grew by 28 percent.

**TABLE 3: POPULATION AND POPULATION CHANGE BY AGE GROUP, 2010–2020**

Area	Age	Population, 2010	Population, 2020	Change	Percent change
Connecticut	All ages	3,574,097	3,605,944	+31,847.0	+0.9%
	Children	817,015	736,717	-80,298.0	-9.8%
	Adults	2,757,082	2,869,227	+112,145.0	+4.1%
Middlesex County	All ages	165,676	164,245	-1,431.0	-0.9%
	Children	35,098	28,262	-6,836.0	-19.5%
	Adults	130,578	135,983	+5,405.0	+4.1%
Middletown	All ages	47,648	47,717	+69.0	+0.1%
	Children	9,082	7,645	-1,437.0	-15.8%
	Adults	38,566	40,072	+1,506.0	+3.9%

**FIGURE 4: SHARE OF POPULATION BY RACE/ETHNICITY, 2010–2020**



# HOUSING

Middletown has 19,294 households, of which 53 percent are homeowner households. Of Middletown's 21,241 housing units, 48 percent are single-family and 52 percent are multifamily, compared to Middlesex County, where 74 percent are single-family and 25 percent are multifamily.

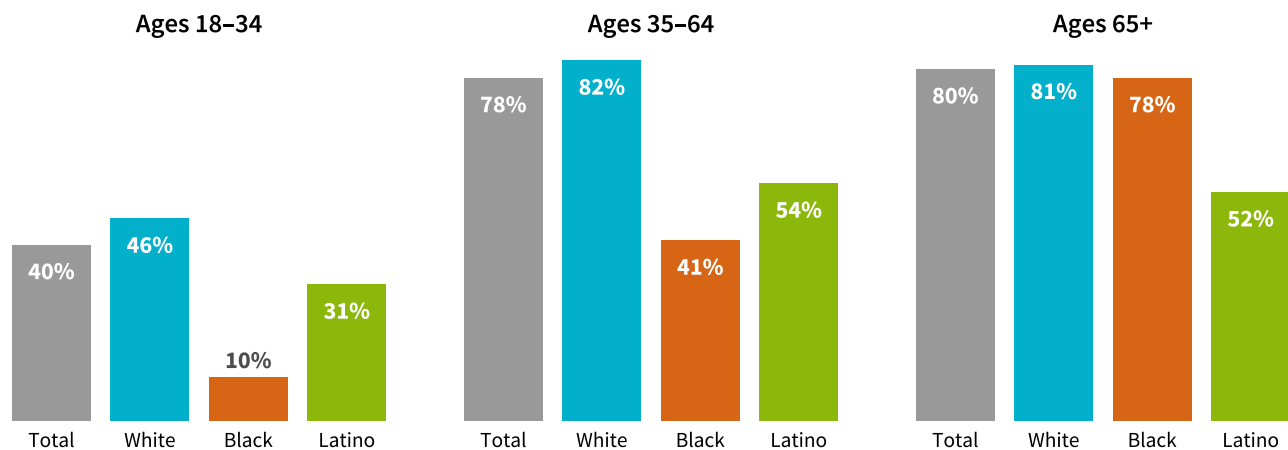
Homeownership rates vary by race/ethnicity. Purchasing a home is more attainable for advantaged groups because the process of purchasing a home has a long history of racially discriminatory practices that continue to restrict access to homeownership today. This challenge, coupled with municipal zoning dominated by single-family housing, results in de facto racial and economic segregation seen throughout Connecticut.

**TABLE 4: HOMEOWNERSHIP RATE BY RACE/ETHNICITY OF HEAD OF HOUSEHOLD, 2019**

Area	Total	White	Black	Latino	Asian	Native American
Connecticut	66%	76%	39%	34%	58%	40%
Middlesex County	74%	78%	40%	46%	61%	58%
Middletown	53%	60%	33%	28%	36%	N/A

Younger adults are less likely than older adults to own their homes across several race/ethnicity groups. However, in most towns, younger white adults own their homes at rates comparable to or higher than older Black and Latino adults.

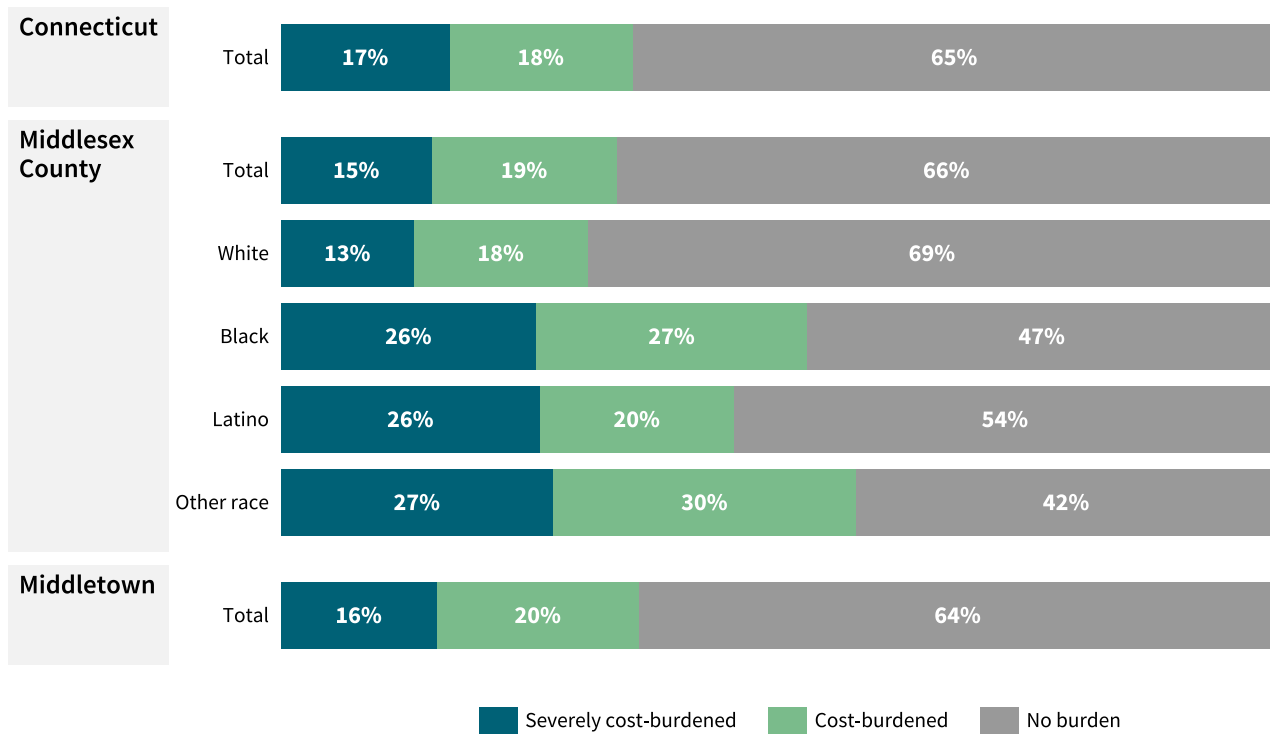
**FIGURE 5: HOMEOWNERSHIP RATES BY AGE AND RACE/ETHNICITY OF HEAD OF HOUSEHOLD, MIDDLESEX COUNTY, 2019**





A household is cost-burdened when they spend 30 percent or more of their income on housing costs, and severely cost-burdened when they spend half or more of their income on housing costs. Housing costs continue to rise, due in part to municipal zoning measures that limit new construction to very few towns statewide. Meanwhile, wages have largely stagnated, especially among lower-income workers who are more likely to rent. As a result, cost-burden generally affects renters more than homeowners, and has greater impact on Black and Latino householders. Among renter households in Middletown, 48 percent are cost-burdened, compared to 25 percent of owner households.

**FIGURE 6: HOUSING COST-BURDEN RATES BY RACE/ETHNICITY, MIDDLESEX COUNTY, 2019**



Household overcrowding is defined as having more than one occupant per room. Overcrowding may increase the spread of illnesses among the household and can be associated with higher levels of stress. Increasing the availability of appropriately-sized affordable units helps to alleviate overcrowding.

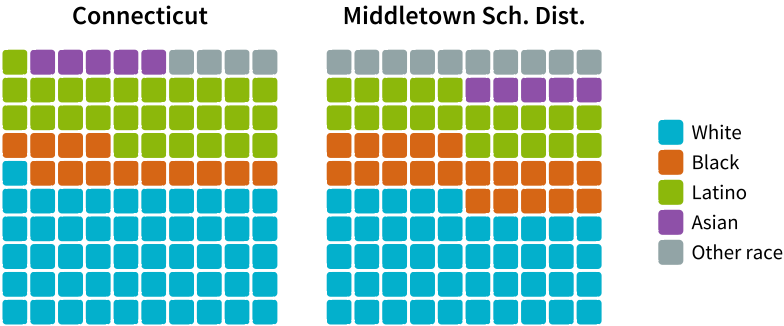
**TABLE 5: OVERCROWDED HOUSEHOLDS BY RACE/ETHNICITY OF HEAD OF HOUSEHOLD, 2019**

Area	Total		White		Black		Latino		Asian		Native American	
	Count	Share	Count	Share	Count	Share	Count	Share	Count	Share	Count	Share
Connecticut	25,541	2%	7,252	<1%	4,437	3%	10,771	6%	2,954	6%	158	4%
Middlesex County	586	<1%	388	<1%	<50	N/A	109	3%	<50	N/A	<50	N/A
Middletown	208	1%	91	<1%	<50	N/A	86	5%	<50	N/A	<50	N/A

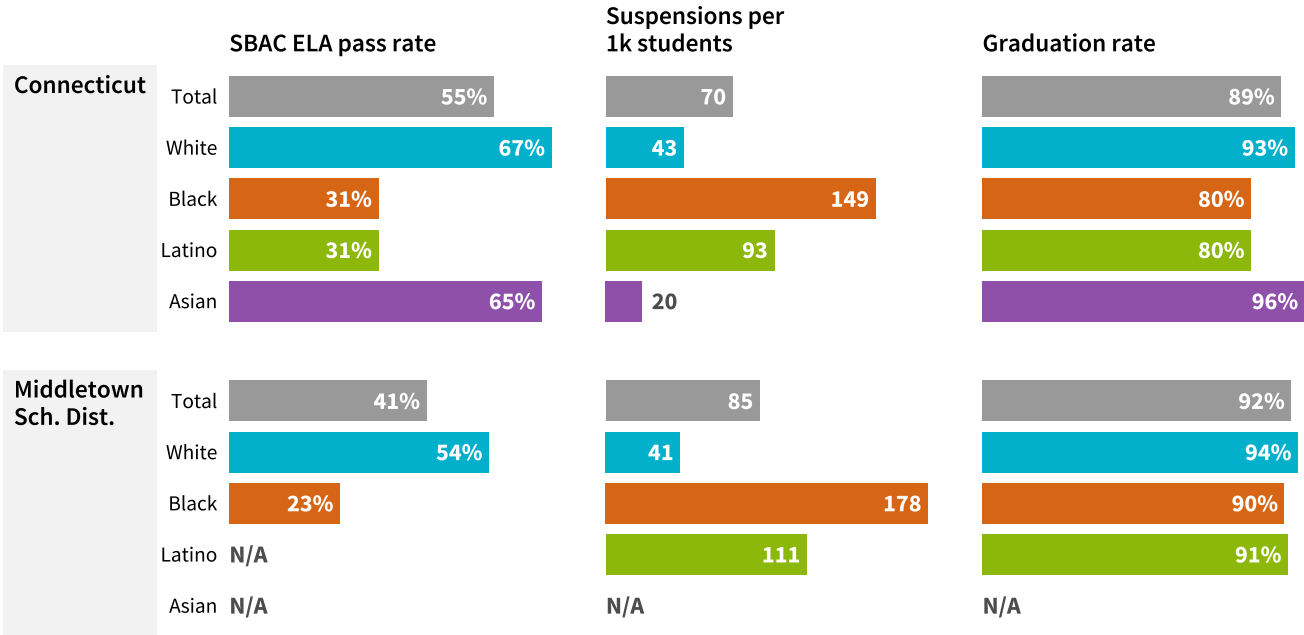
# EDUCATION

Public school students in Middletown are served by the Middletown School District for pre-kindergarten through grade 12. During the 2019–2020 school year, there were 4,620 students enrolled in the Middletown School District. Tracking student success measures is important since disparate academic and disciplinary outcomes are observed as early as preschool and can ultimately affect a person’s long-term educational attainment and economic potential.

**FIGURE 7: PUBLIC K–12 STUDENT ENROLLMENT BY RACE/ETHNICITY PER 100 STUDENTS, 2019–2020**

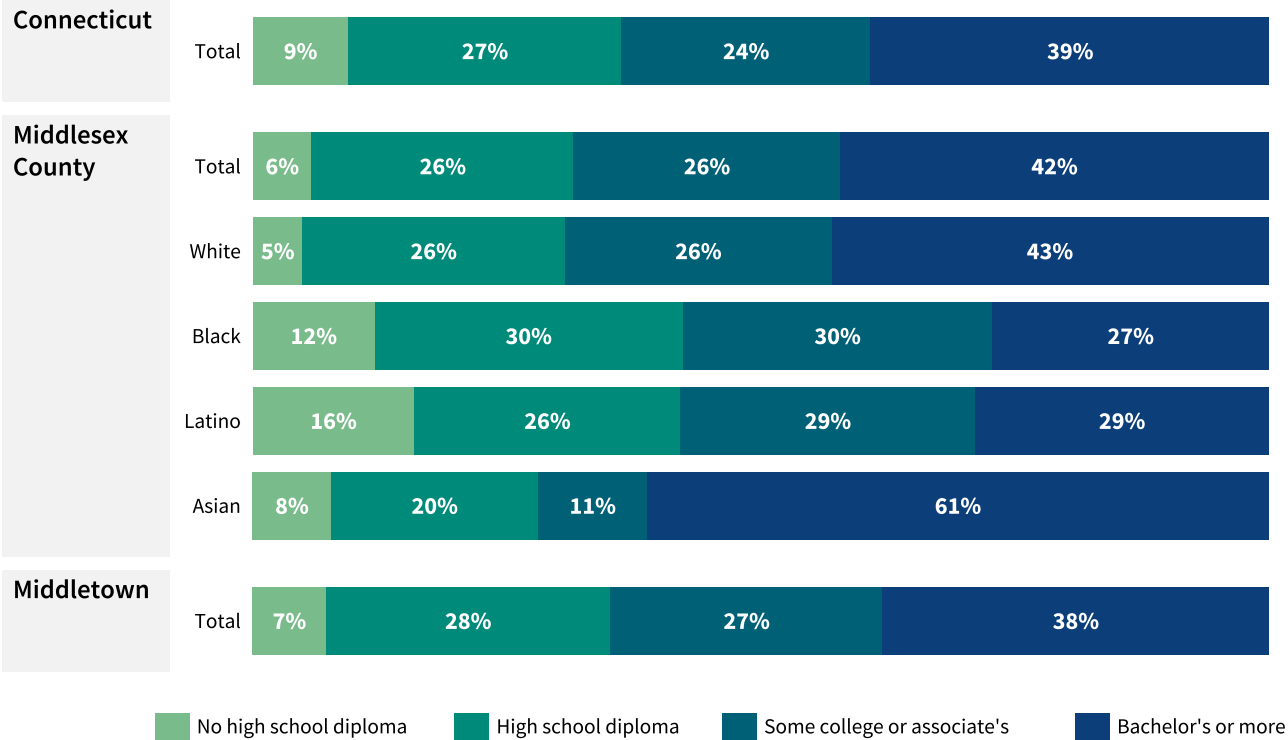


**FIGURE 8: SELECTED ACADEMIC AND DISCIPLINARY OUTCOMES BY STUDENT RACE/ETHNICITY, 2018–2019**



Adults with high school diplomas or college degrees have more employment options and considerably higher potential earnings, on average, than those who do not finish high school. In Middletown, 7 percent of adults ages 25 and over, or 2,298 people, lack a high school diploma; statewide, this value is 9 percent.

**FIGURE 9: EDUCATIONAL ATTAINMENT BY RACE/ETHNICITY, SHARE OF ADULTS AGES 25 AND UP, 2019**



## ECONOMY

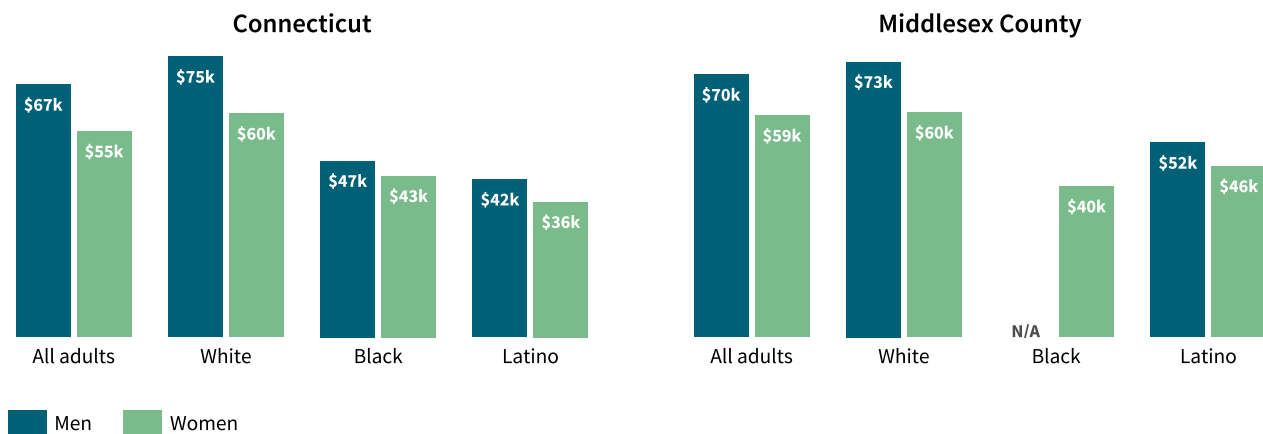
There are 28,112 total jobs in Middletown, with the largest share in the Health Care and Social Assistance sector. While these numbers are from 2019 and do not include economic outcomes related to the COVID-19 pandemic, they describe general labor market strengths and average wages for the area.

**TABLE 6: JOBS AND WAGES IN MIDDLETOWN'S 5 LARGEST SECTORS, 2019**

Sector	Connecticut		Middletown	
	Total jobs	Avg annual pay	Total jobs	Avg annual pay
All Sectors	1,670,354	\$69,806	28,112	\$68,170
Health Care and Social Assistance	271,014	\$54,858	6,838	\$59,792
Manufacturing	161,893	\$85,031	4,577	\$104,313
Retail Trade	175,532	\$35,833	1,672	\$37,469
Accommodation and Food Services	129,012	\$23,183	1,517	\$24,925
Professional, Scientific, and Technical Services	95,868	\$111,055	1,353	\$85,550

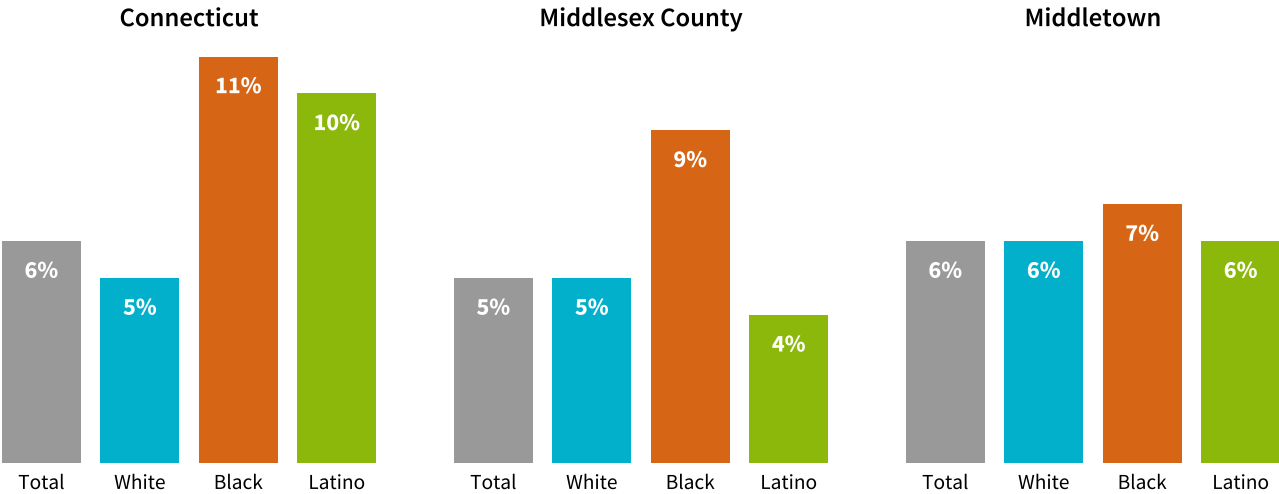
Individual earnings vary by race/ethnicity, sex, and other characteristics. These can be measured comparing the differences in average earnings between groups. White workers and men often out-earn workers of color and women. These trends hold even when controlling for educational attainment.

**FIGURE 10: MEDIAN INCOME BY RACE/ETHNICITY AND SEX FOR FULL-TIME WORKERS AGES 25 AND OVER WITH POSITIVE INCOME, 2019**



Rates of unemployment also vary by race and ethnicity. Generally, workers of color are more likely to be unemployed due to factors ranging from hiring practices to proximity to available jobs. Overall unemployment in Middletown averaged 6 percent in 2019.

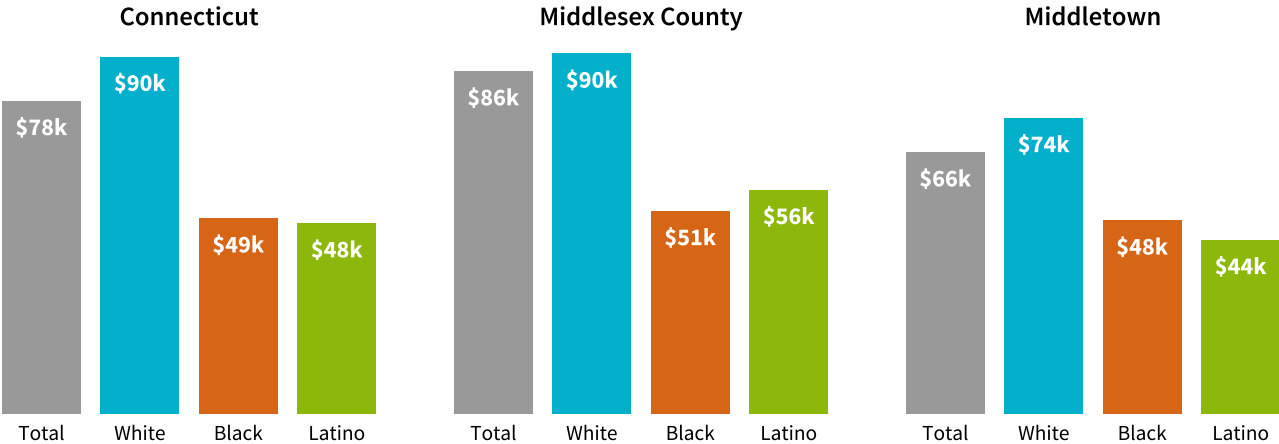
**FIGURE 11: UNEMPLOYMENT RATE BY RACE/ETHNICITY, 2019**



# INCOME & WEALTH

The median household income in Middletown is \$65,572, compared to \$78,444 statewide. Middletown’s median household income is the lowest of the towns in Middlesex County. Racial disparities in outcomes related to education, housing, and wages result in disparate household-level incomes and overall wealth. Racial disparities in outcomes related to education, employment, and wages result in disparate household-level incomes and overall wealth. Households led by Black or Latino adults generally average lower incomes than white households.

**FIGURE 12: MEDIAN HOUSEHOLD INCOME BY RACE/ETHNICITY OF HEAD OF HOUSEHOLD, 2019**



The Supplemental Nutritional Assistance Program (SNAP, or food stamps) is a program available to very low-income households earning less than 130 percent of the federal poverty guideline (\$25,750 for a family of four in 2019). Throughout the state, poverty and SNAP utilization rates are higher among Black and Latino households than white households.

**TABLE 7: SELECTED HOUSEHOLD ECONOMIC INDICATORS BY RACE/ETHNICITY OF HEAD OF HOUSEHOLD, 2019**

	Total		White		Black		Latino		Asian		Native American	
	Count	Share	Count	Share	Count	Share	Count	Share	Count	Share	Count	Share
<b>Population living below poverty level</b>												
<b>Connecticut</b>	344,146	10%	137,123	6%	65,664	18%	123,431	22%	12,398	8%	1,629	17%
<b>Middlesex County</b>	10,944	7%	6,971	5%	1,401	16%	1,945	20%	451	10%	113	36%
<b>Middletown</b>	5,099	12%	2,153	8%	1,292	20%	1,443	29%	232	11%	88	67%
<b>Households receiving food stamps/SNAP</b>												
<b>Connecticut</b>	162,967	12%	67,339	7%	34,650	26%	56,091	32%	3,145	6%	958	26%
<b>Middlesex County</b>	5,719	8%	4,042	7%	893	26%	675	21%	196	11%	<50	N/A
<b>Middletown</b>	2,955	15%	1,578	11%	814	31%	612	38%	70	8%	<50	N/A

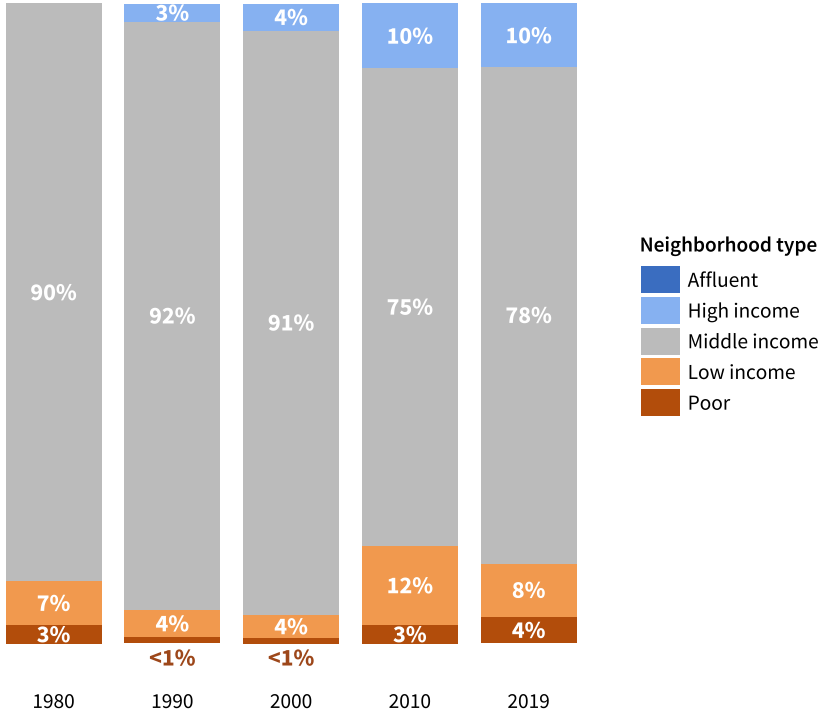
Access to a personal vehicle may also be considered a measure of wealth since reliable transportation plays a significant role in job access and quality of life. Vehicle access reduces the time a family may spend running errands or traveling to appointments, school, or work.

**TABLE 8: HOUSEHOLDS WITH NO VEHICLE AT HOME BY RACE/ETHNICITY OF HEAD OF HOUSEHOLD, 2019**

Area	Total		White		Black		Latino		Other race	
	Count	Share	Count	Share	Count	Share	Count	Share	Count	Share
<b>Connecticut</b>	121,434	9%	55,942	6%	27,048	21%	30,496	17%	7,948	10%
<b>Middlesex County</b>	3,932	6%	2,850	5%	581	17%	223	7%	278	11%
<b>Middletown</b>	2,013	11%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

Over the past 40 years, neighborhood income inequality has grown statewide as the share of the population living in wealthy or poor neighborhoods has increased and the population in middle income areas declined in a process known as “economic sorting,” which often leads to further disparities in access to economic opportunity, healthy environments, and municipal resources.

**FIGURE 13: DISTRIBUTION OF POPULATION BY NEIGHBORHOOD INCOME LEVEL, MIDDLESEX COUNTY, 1980-2019**



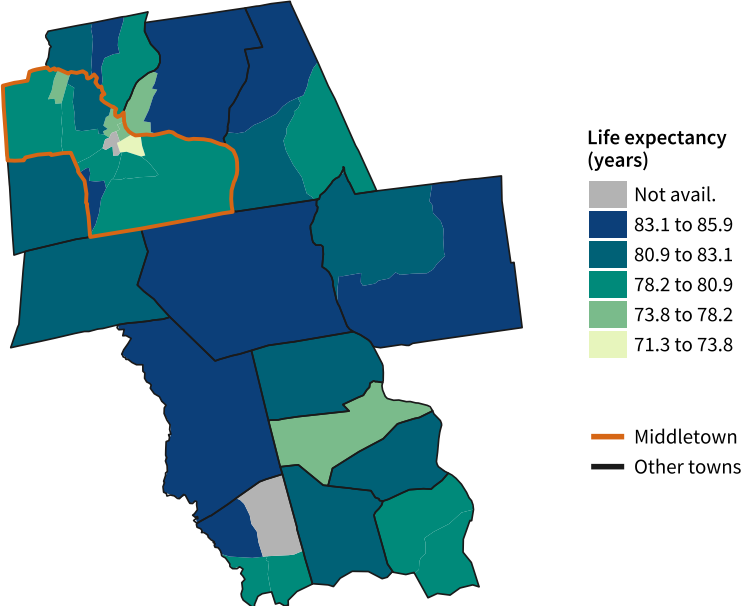


# HEALTH

The socioeconomic disparities described above tend to correlate with health outcomes. Factors such as stable housing, employment, literacy and linguistic fluency, environmental hazards, and transportation all impact access to care, physical and mental health outcomes, and overall quality of life. Income and employment status often drive differences in access to healthcare, the likelihood of getting preventive screenings as recommended, the affordability of life-saving medicines, and the ability to purchase other goods and services, including high-quality housing and nutritious food.

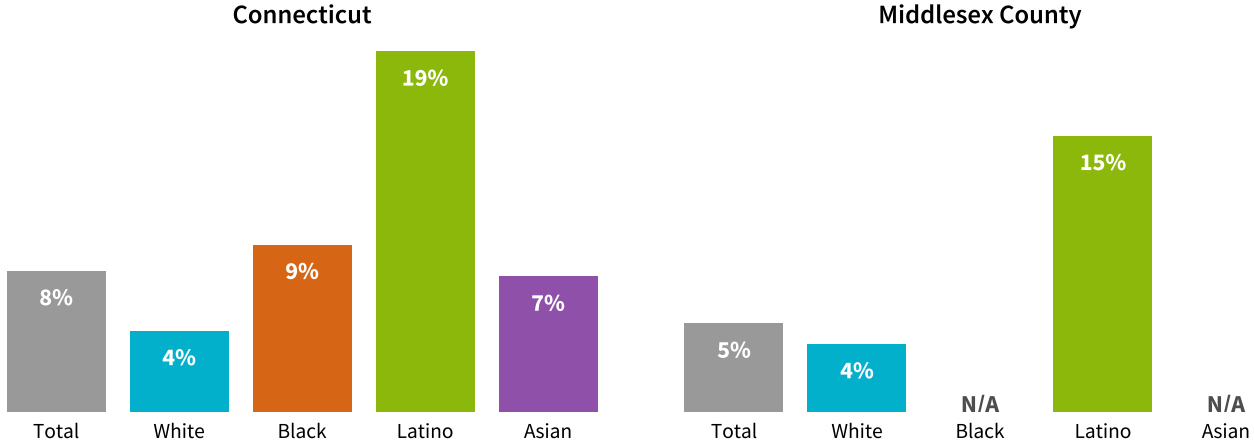
Life expectancy is a good proxy for overall health and well-being since it is the culmination of so many other social and health factors. The average life expectancy in Middletown is 78.7 years, compared to 81 years across Middlesex County, and 80.3 years statewide.

**FIGURE 14: LIFE EXPECTANCY, MIDDLESEX COUNTY BY CENSUS TRACT, 2015**



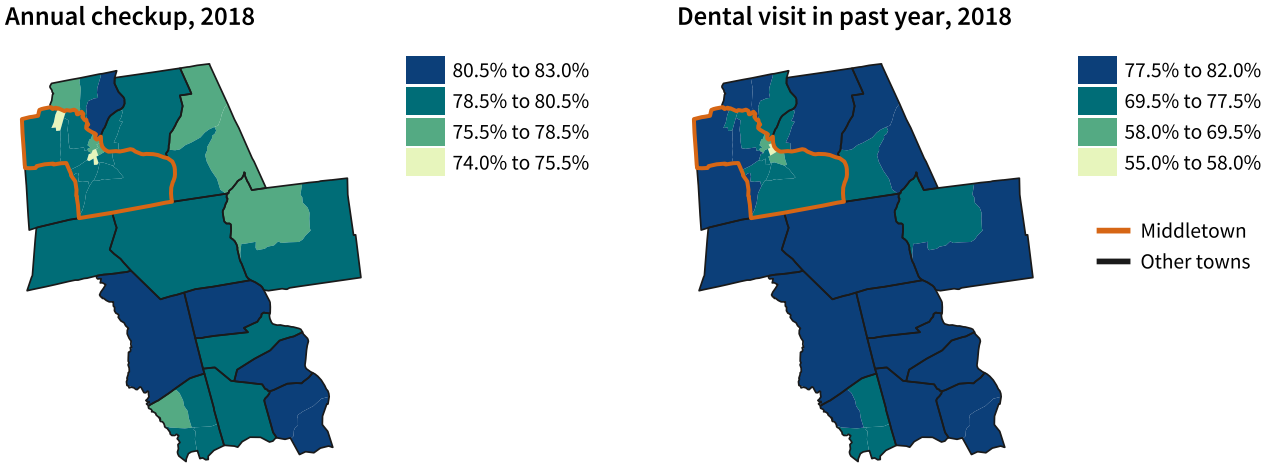
Health-related challenges begin with access to care. Due to differences in workplace benefits, income, and eligibility factors, Black and especially Latino people are less likely to have health insurance than white people.

**FIGURE 15: UNINSURED RATE AMONG ADULTS AGES 19–64 BY RACE/ETHNICITY, 2019**



Preventive care can help counteract economic disadvantages, as a person’s health can be improved by addressing risk factors like hypertension and chronic stress early. Lack of affordable, accessible, and consistent medical care can lead to residents relying on expensive emergency room visits later on. Overall, 78 percent of the adults in Middletown had an annual checkup as of 2018, and 74 percent had a dental visit in the past year.

**FIGURE 16: PREVENTIVE CARE MEASURES, SHARE OF ADULTS BY CENSUS TRACT, MIDDLESEX COUNTY**



Throughout the state, people of color face greater rates and earlier onset of many chronic diseases and risk factors, particularly those that are linked to socioeconomic status and access to resources. For example, diabetes is much more common among older adults than younger ones, yet middle-aged Black adults in Connecticut have higher diabetes rates than white seniors.

**FIGURE 17: SELECTED HEALTH RISK FACTORS, SHARE OF ADULTS, 2015–2018**

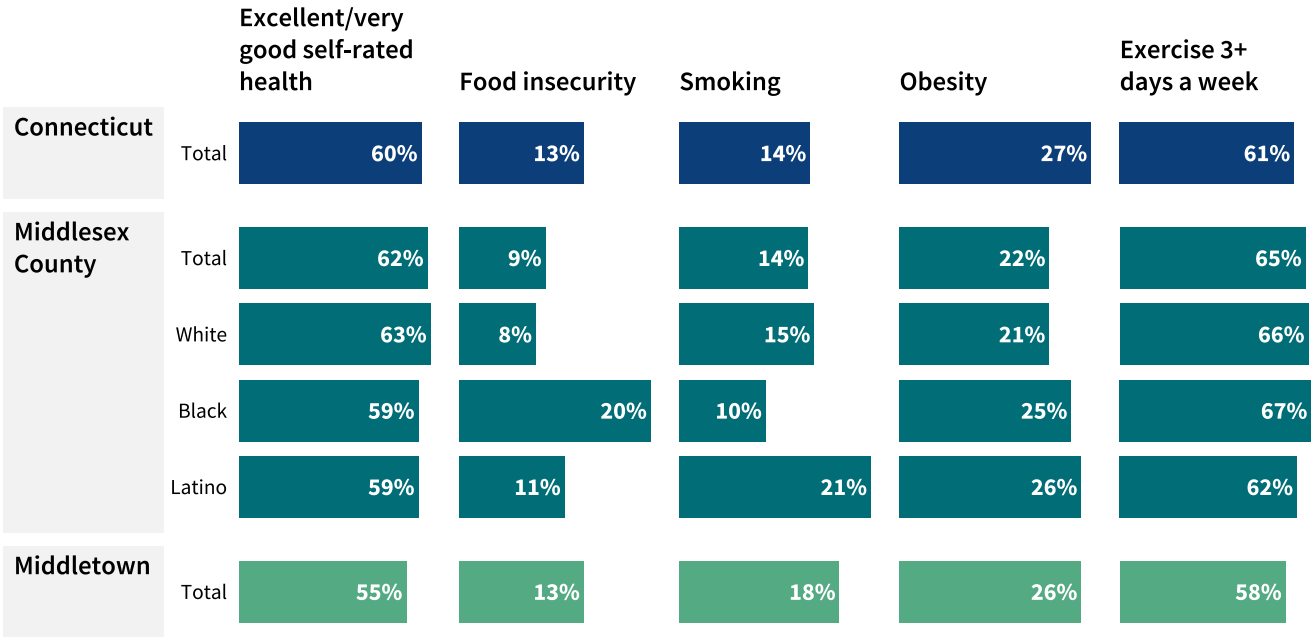
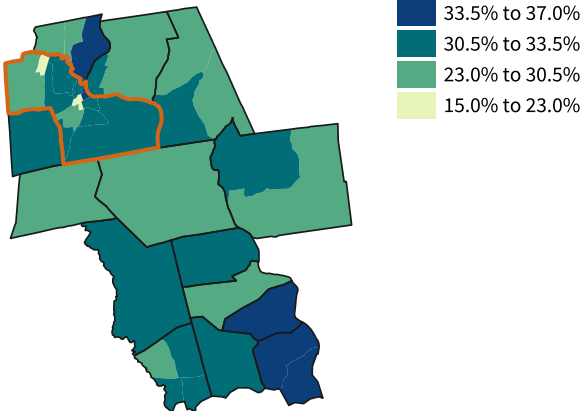
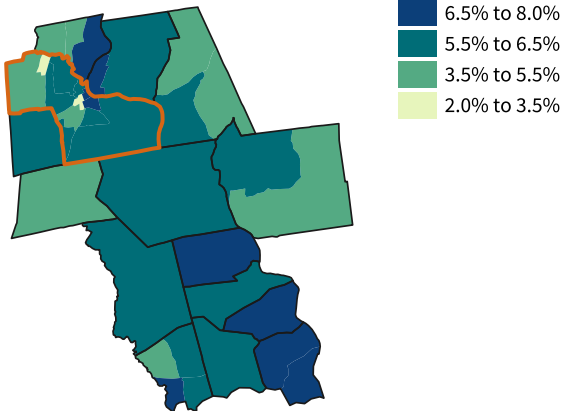


FIGURE 18: CHRONIC DISEASE PREVALENCE, SHARE OF ADULTS BY CENSUS TRACT, MIDDLESEX COUNTY

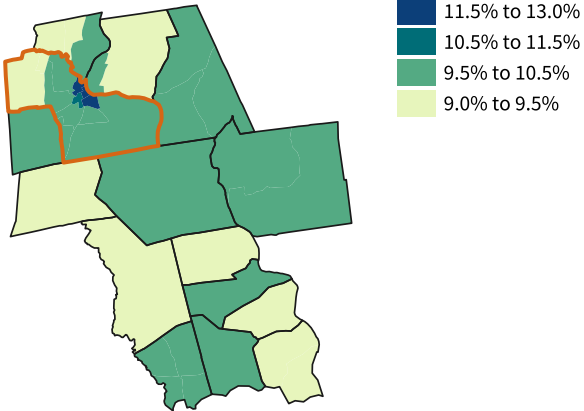
High blood pressure, 2017



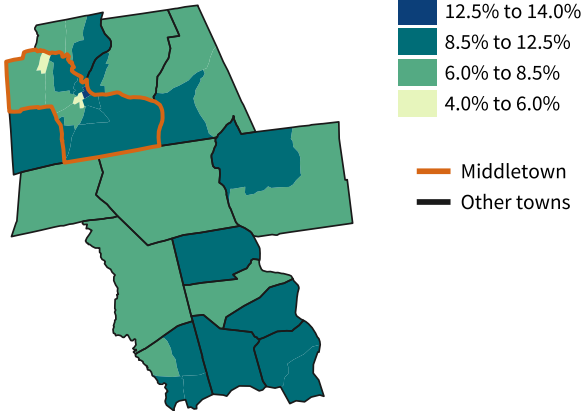
Coronary heart disease, 2018



Current asthma, 2018



Diabetes, 2018



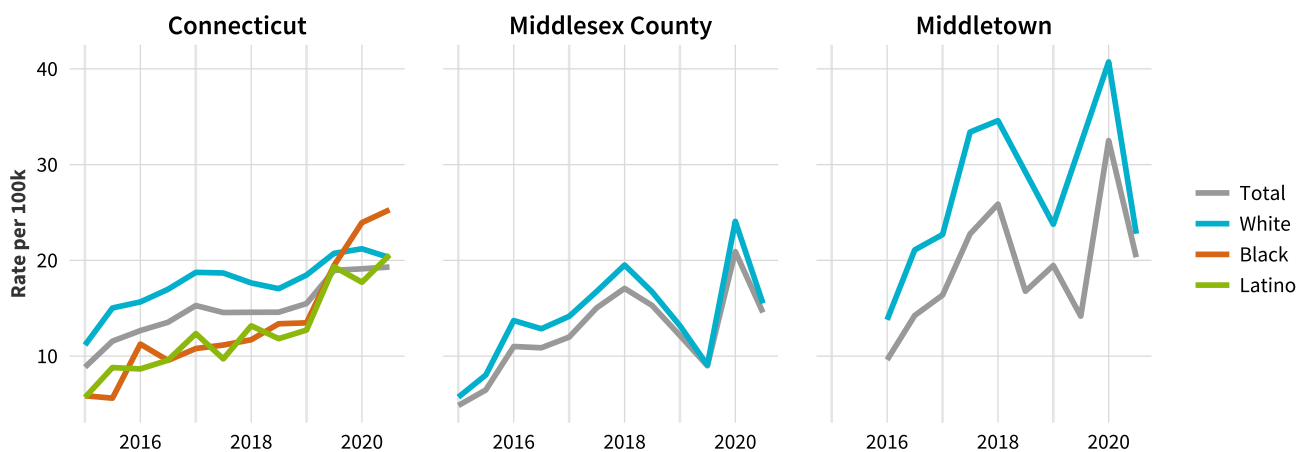
Mental health issues like depression and anxiety can be linked to social determinants like income, employment, and environment, and can pose risks of physical health problems as well, including by complicating a person’s ability to keep up other aspects of their health care. People of color are slightly more likely to report feeling mostly or completely anxious and being bothered by feeling depressed or hopeless. Overall, 11 percent of Middletown adults report experiencing anxiety regularly and 8 percent report being bothered by depression.

**TABLE 9: SELECTED MENTAL HEALTH INDICATORS, SHARE OF ADULTS, 2015–2018**

	Total	White	Black	Latino	Asian	Native American
<b>Experiencing anxiety</b>						
Connecticut	12%	11%	15%	19%	14%	15%
Middlesex County	10%	11%	5%	12%	N/A	N/A
Middletown	11%	11%	7%	N/A	N/A	N/A
<b>Bothered by depression</b>						
Connecticut	9%	8%	10%	14%	8%	12%
Middlesex County	10%	8%	12%	21%	N/A	N/A
Middletown	8%	6%	10%	N/A	N/A	N/A

Like other states, Connecticut has seen a rise in drug overdose deaths in the last several years. In 2020, Connecticut saw an average of 113 overdose deaths per month, up from 60 in 2015. White residents long comprised the bulk of these deaths, but as overall overdose death rates have increased, an increasing share of those deaths have been people of color.

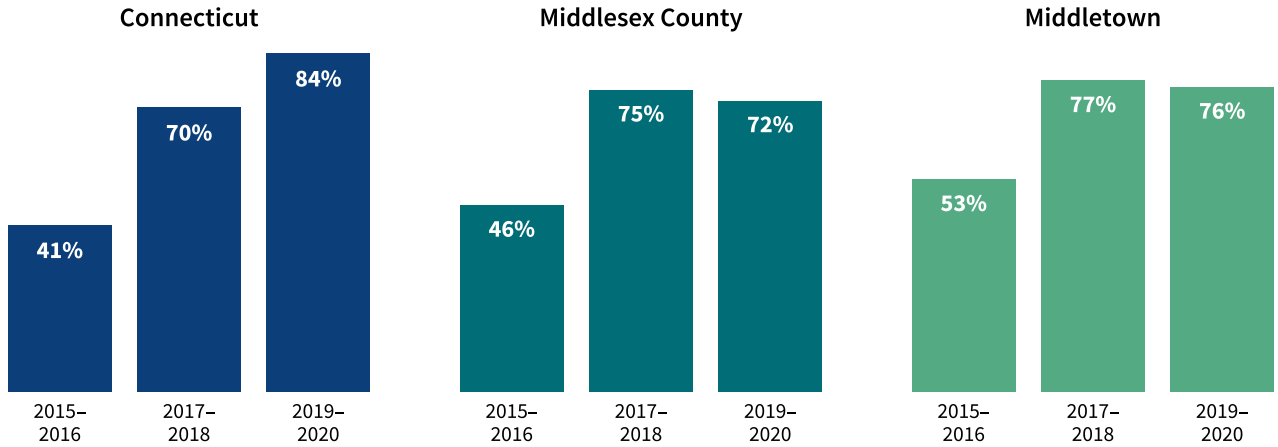
**FIGURE 19: AGE-ADJUSTED SEMI-ANNUAL RATES OF DRUG OVERDOSE DEATHS PER 100,000 RESIDENTS BY RACE/ETHNICITY, 2015–2020**



Note: Values suppressed for small populations or few overdose incidents.

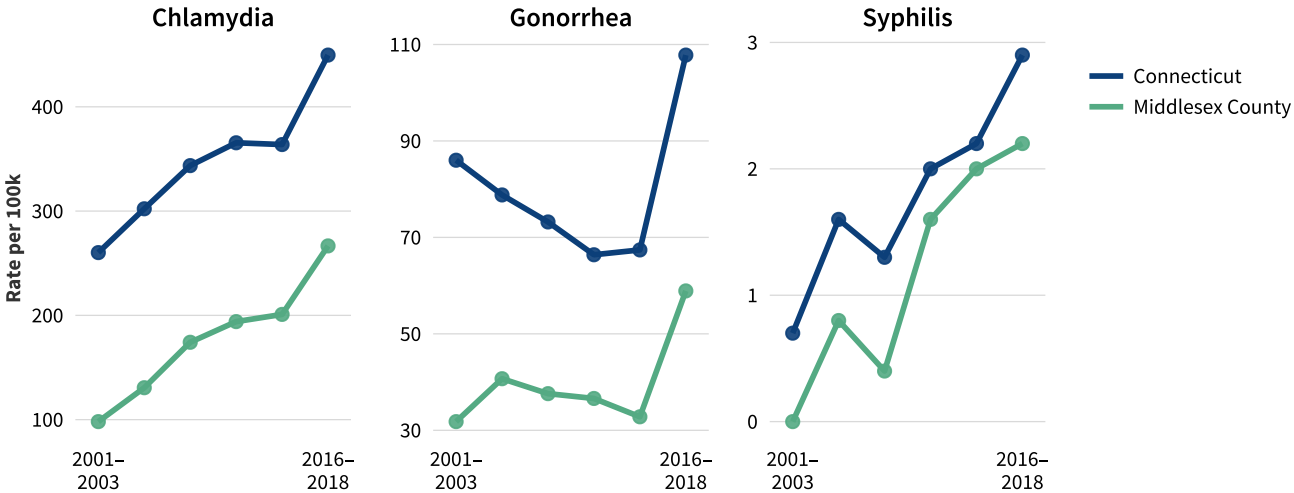
The introduction and spread of fentanyl in drugs—both with and without users’ knowledge—is thought to have contributed to this steep rise in overdoses. In 2015 and 2016, 53 percent of the drug overdose deaths in Middletown involved fentanyl; in 2019 and 2020, this share was 76 percent.

**FIGURE 20: SHARE OF DRUG OVERDOSE DEATHS INVOLVING FENTANYL, 2015–2020**



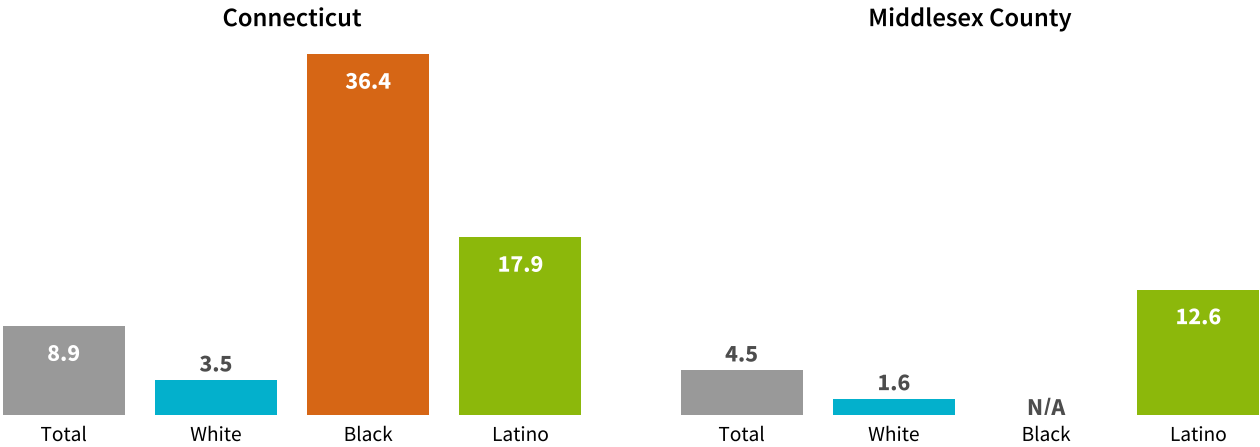
Sexually transmitted infections (STIs) can have long-term implications for health, including reproductive health problems and certain cancers, and can increase the risk of acquiring and transmitting diseases such as HIV and hepatitis C. Following nationwide trends, Connecticut has seen increases in the rates of STIs like chlamydia and gonorrhea over the past two decades. Between 2016 and 2018, Middlesex County had annual average case rates of 267 new cases of chlamydia per 100,000 residents, 59 cases of gonorrhea per 100,000, and 2.2 cases of syphilis per 100,000.

**FIGURE 21: ANNUALIZED AVERAGE RATES OF NEW CASES OF SELECTED SEXUALLY TRANSMITTED INFECTIONS PER 100,000 RESIDENTS, 2001–2003 THROUGH 2016–2018**



Like many other diseases, Connecticut’s Black and Latino residents face a higher burden of HIV rates. Statewide between 2016 and 2018, Black residents ages 13 and up were more than 10 times more likely to be diagnosed with HIV than white residents.

**FIGURE 22: ANNUALIZED AVERAGE RATE OF NEW HIV DIAGNOSES PER 100,000 RESIDENTS AGES 13 AND OVER, 2016-2018**

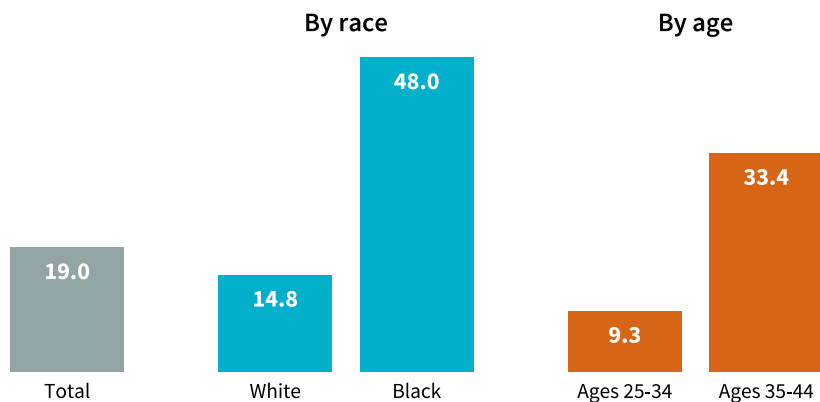


Birth outcomes often reflect health inequities for parents giving birth, and those outcomes can affect a child throughout their life. Often, parents of color have more complications related to birth and pregnancy than white parents. Complications during pregnancy or childbirth also contribute to elevated mortality among parents giving birth.

**TABLE 10: SELECTED BIRTH OUTCOMES BY RACE/ETHNICITY OF PARENT GIVING BIRTH, 2016–2018**

Area	Total	White	Black	Latina			Asian
				Latina (overall)	Puerto Rican	Other Latina	
<b>Late or no prenatal care</b>							
Connecticut	3.4%	2.5%	5.7%	4.0%	2.9%	5.1%	3.5%
Middlesex County	2.0%	1.8%	3.3%	2.1%	N/A	3.2%	3.2%
Middletown	2.7%	2.7%	3.5%	N/A	N/A	N/A	N/A
<b>Low birthweight</b>							
Connecticut	7.8%	6.4%	12.1%	8.3%	10.2%	6.6%	8.7%
Middlesex County	6.6%	5.9%	11.2%	6.9%	10.6%	3.2%	10.0%
Middletown	7.6%	5.5%	N/A	N/A	N/A	N/A	N/A
<b>Infant mortality (per 1k live births)</b>							
Connecticut	4.6	3.1	9.5	5.0	N/A	N/A	N/A
Middlesex County	2.6	1.7	N/A	N/A	N/A	N/A	N/A
Middletown	5.3	N/A	N/A	N/A	N/A	N/A	N/A

**FIGURE 23: MATERNAL MORTALITY RATE PER 100K BIRTHS, CONNECTICUT, 2013–2017**





Children under 7 years old are monitored annually for potential lead poisoning, based on having blood-lead levels in excess of the state's accepted threshold. Between 2013 and 2017, 2.1 percent of children tested in Middletown were found to have elevated lead levels. Children living in homes built before 1960 are at a higher risk of potential lead poisoning due to the more widespread use of lead-based paints in older homes. Black and Latino households are slightly more likely to live in structures built before 1960.

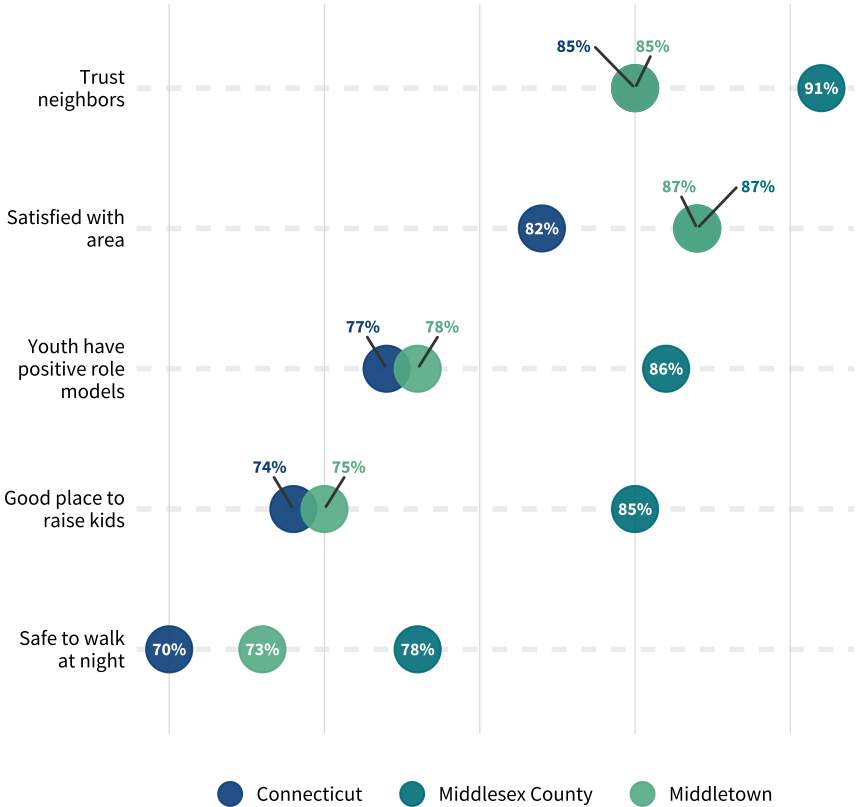
**TABLE 11: HOUSEHOLDS LIVING IN STRUCTURES BUILT BEFORE 1960 BY RACE/ETHNICITY OF HEAD OF HOUSEHOLD, 2019**

Area	Total		White		Black		Latino		Other race	
	Count	Share	Count	Share	Count	Share	Count	Share	Count	Share
Connecticut	580,941	42%	399,512	40%	63,552	49%	93,011	53%	24,866	32%
Middlesex County	22,833	34%	19,424	34%	1,333	38%	1,292	42%	784	30%
Middletown	6,510	34%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

# CIVIC LIFE & COMMUNITY COHESION

Beyond individual health, several measures from the DataHaven Community Wellbeing Survey show how local adults feel about the health of their neighborhoods. High quality of life and community cohesion can positively impact resident well-being through the availability of resources, sense of safety, and participation in civic life. For example, adults who see the availability of role models in their community may enroll their children in extracurricular activities that benefit them educationally and socially; residents who know and trust their neighbors may find greater social support. Overall, 87 percent of Middletown adults reported being satisfied with the area where they live.

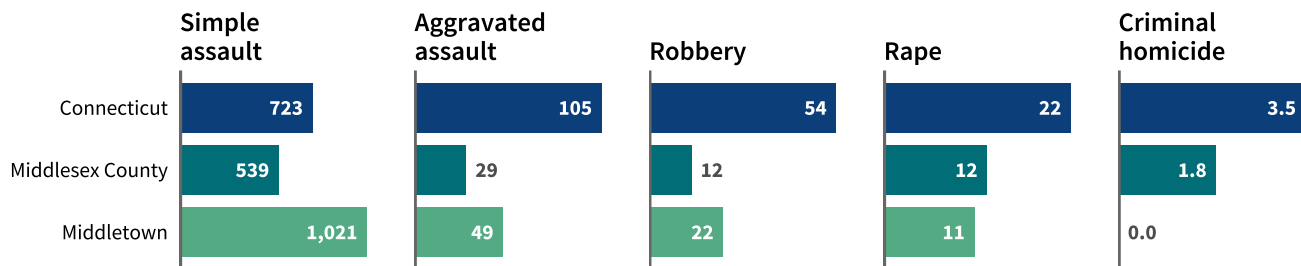
**FIGURE 24: RESIDENTS' RATINGS OF COMMUNITY COHESION MEASURES, SHARE OF ADULTS, 2015-2018**



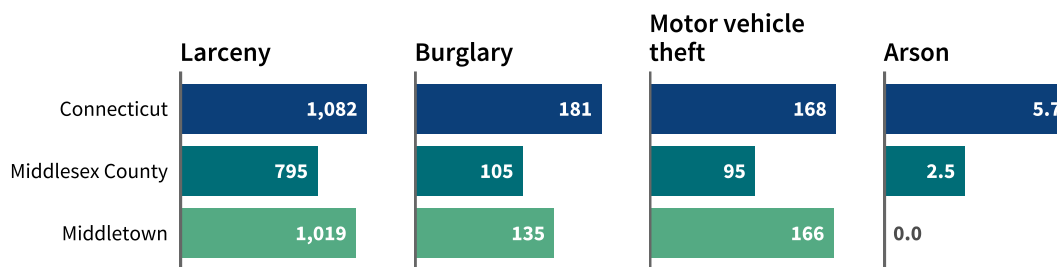
Crime rates per 100,000 residents are based on reports to law enforcement of violent force against persons, as well as offenses involving property. Not all crimes involve residents of the areas where the crimes occur, which is important to consider when evaluating crime rates in areas or towns with more commercial activity. Crime patterns can also vary dramatically by neighborhood. Crime can impact the social and economic well-being of communities, including through negative health effects.

**FIGURE 25: PART I CRIME RATES PER 100,000 RESIDENTS BY TOWN / JURISDICTION, 2019**

**Crimes against persons**



**Crimes against property**



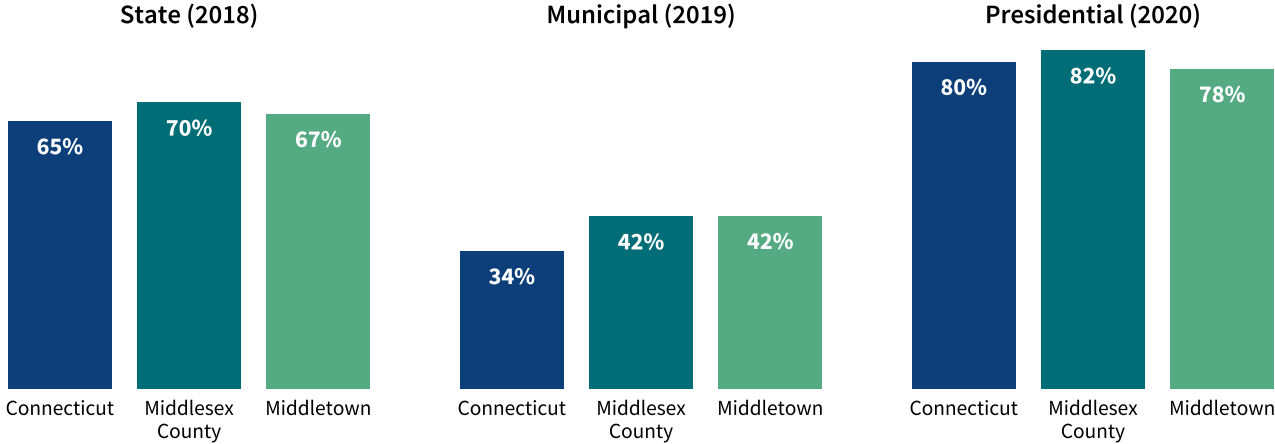
A lack of trust in and engagement with local government and experiences of unfair treatment by authorities can impair community well-being and cohesion. Fifty-six percent of Middletown adults feel their local government is responsive to residents’ needs, compared to 51 percent statewide.

**TABLE 12: RESIDENTS’ RATINGS OF LOCAL GOVERNMENT, SHARE OF ADULTS, 2015–2018**

Area	Unfairly stopped by police	Local govt is responsive	Have some influence over local govt
Connecticut	11%	51%	67%
Middlesex County	11%	55%	68%
Middletown	12%	56%	67%

During the 2020 presidential election, 78 percent of Middletown registered voters cast ballots, compared to 80 percent statewide, and to 85 percent in the 2016 presidential election.

**FIGURE 26: REGISTERED VOTER TURNOUT, 2018-2020**

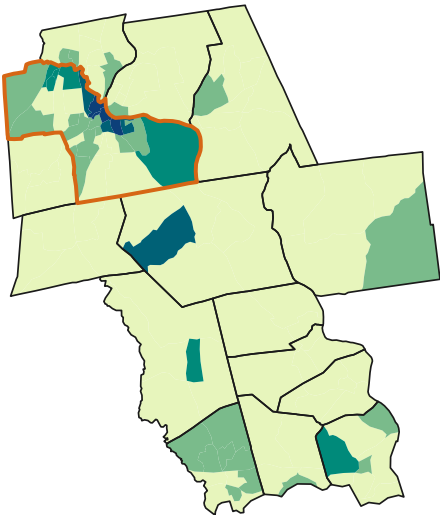


# ENVIRONMENT & SUSTAINABILITY

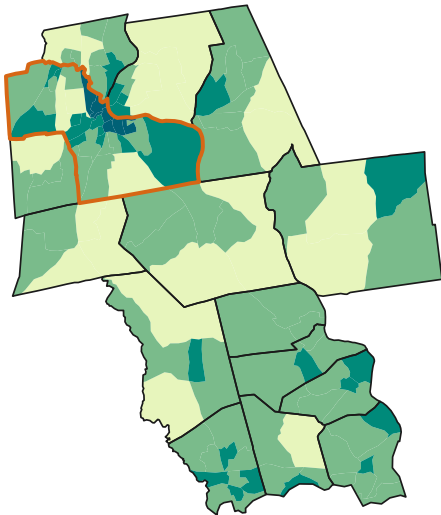
Many environmental factors—from access to outdoor resources to tree canopy to exposure to pollutants—can have direct impacts on residents’ health and quality of life. Environmental justice is the idea that these factors of built and natural environments follow familiar patterns of socioeconomic disparities and segregation. The federal Environmental Protection Agency (EPA) ranks small areas throughout the US on their risks of exposure to a variety of pollutants and hazards, scaled to account for the historically disparate impact of these hazards on people of color and lower-income people.

**FIGURE 27: EPA ENVIRONMENTAL JUSTICE INDEX BY BLOCK GROUP, MIDDLESEX COUNTY**

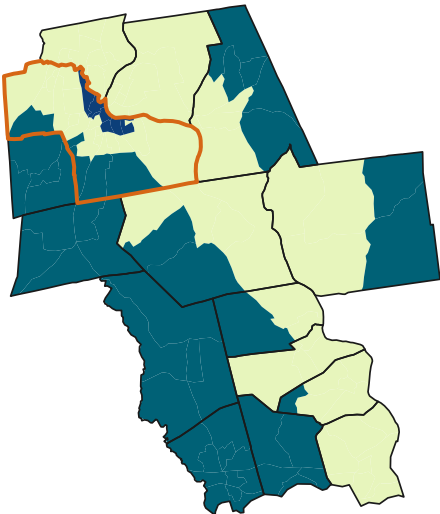
**Lead paint exposure risk**



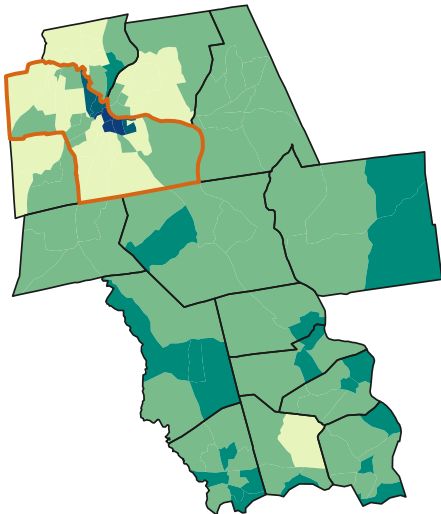
**Air cancer risk**



**Proximity to water discharge**



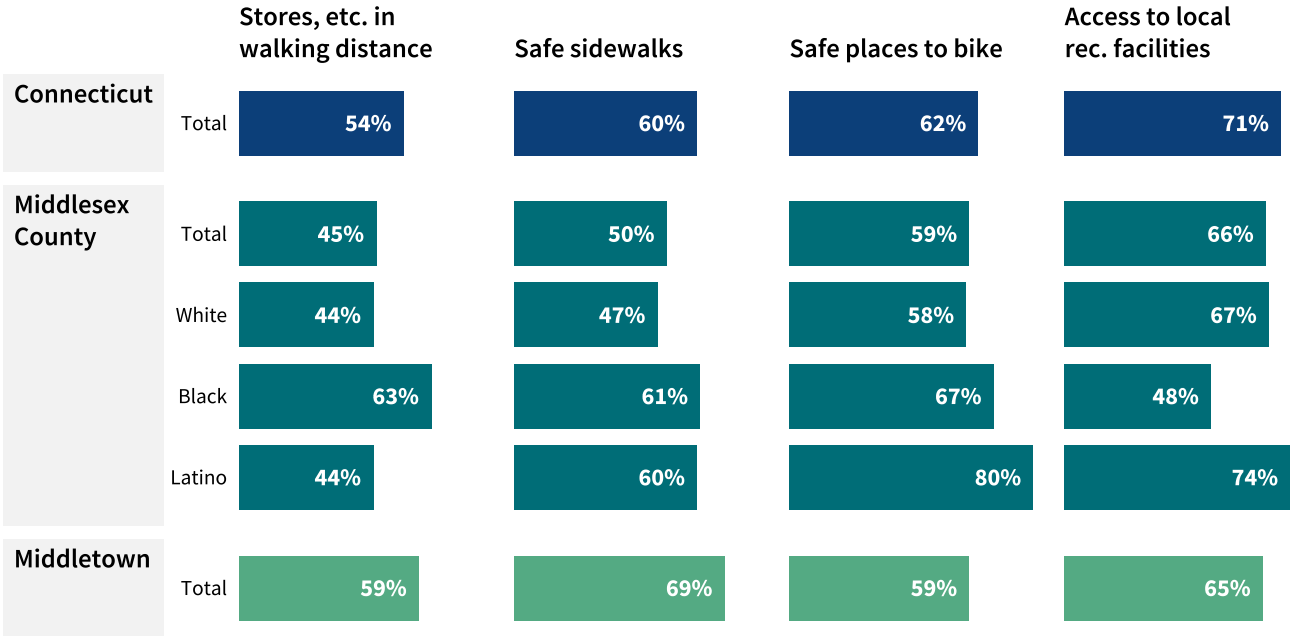
**Proximity to treatment facilities**



- High risk
- Avg. risk
- Low risk
- Middletown
- Other towns

High-quality built environment resources, such as recreational facilities and safe sidewalks, help keep residents active and bring communities together. Walkable neighborhoods may also encourage decreased reliance on cars. Throughout Connecticut, Black and Latino residents are largely concentrated in denser urban areas which tend to offer greater walkability. Of adults in Middletown, 59 percent report having stores, banks, and other locations they need in walking distance, higher than the share of adults statewide.

**FIGURE 28: RESIDENTS’ RATINGS OF LOCAL WALKABILITY MEASURES BY RACE/ETHNICITY, SHARE OF ADULTS, 2015–2018**



## NOTES

**Figure 1. Study area.** Map tiles by Stamen Design, under CC BY 3.0. Data by OpenStreetMap, under ODbL.

**Table 1. About the area.** DataHaven analysis (2021) of US Census Bureau American Community Survey 2019 5-year estimates. Available at <https://data.census.gov>; US Census Bureau 2020 Decennial Census P.L. 94-171 Redistricting Data. Available at <https://www.census.gov/programs-surveys/decennial-census/about/rdo.html>; PLACES Project. Centers for Disease Control and Prevention. Available at <https://www.cdc.gov/places>; and National Center for Health Statistics. U.S. Small-Area Life Expectancy Estimates Project (USALEEP): Life Expectancy Estimates Files, 2010–2015. National Center for Health Statistics. 2018. Available at <https://www.cdc.gov/nchs/nvss/usaleep/usaleep.html>

**Table 2. Population by race/ethnicity, 2020.** US Census Bureau 2020 Decennial Census P.L. 94-171 Redistricting Data.

**Figure 2. Population by race/ethnicity and age group, 2019.** DataHaven analysis (2021) of US Census Bureau American Community Survey 2019 5-year estimates.

**Figure 3. Linguistic isolation by race/ethnicity, 2019.** DataHaven analysis (2021) of US Census Bureau American Community Survey 2019 5-year estimates.

**Table 3. Population and population change by age group, 2010–2020.** US Census Bureau 2010 & 2020 Decennial Census P.L. 94-171 Redistricting Data.

**Figure 4. Share of population by race/ethnicity, 2010–2020.** US Census Bureau 2010 & 2020 Decennial Census P.L. 94-171 Redistricting Data.

**Table 4. Homeownership rate by race/ethnicity of head of household, 2019.** DataHaven analysis (2021) of US Census Bureau American Community Survey 2019 5-year estimates.

**Figure 5. Homeownership rates by age and race/ethnicity of head of household, Middlesex County, 2019.** DataHaven analysis (2021) of US Census Bureau American Community Survey 2019 5-year public use microdata sample (PUMS) data, accessed via IPUMS. Steven Ruggles, Sarah Flood, Sophia Foster, Ronald Goeken, Jose Pacas, Megan Schouweiler and Matthew Sobek. IPUMS USA: Version 11.0 [dataset]. Minneapolis, MN: IPUMS, 2021. <https://doi.org/10.18128/D010.V11.0>

**Figure 6. Housing cost-burden rates by race/ethnicity, Middlesex County, 2019.** DataHaven analysis (2021) of Ruggles, et al. (2019).

**Table 5. Overcrowded households by race/ethnicity of head of household, 2019.** DataHaven analysis (2021) of US Census Bureau American Community Survey 2019 5-year estimates.

**Figure 7. Public K-12 student enrollment by race/ethnicity per 100 students, 2019–2020.** DataHaven analysis (2021) of 2019–2020 school year enrollment data from the Connecticut State Department of Education, accessed via EdSight at <http://edsight.ct.gov> At the school district level, not all groups may be shown due to CTSDE data suppression rules for small enrollment counts, even though they may represent more than 1% of the school district population.

**Figure 8. Selected academic and disciplinary outcomes by student race/ethnicity, 2018–2019.** DataHaven analysis (2021) of 2018–2019 school year testing (8th grade English/language arts), discipline, and four-year graduation data from the Connecticut State Department of Education, accessed via EdSight. Because students can be suspended more than once in a school year, the suspension rate is given as the number of reported suspensions per 1,000 enrolled students rather than a percentage.

**Figure 9. Educational attainment by race/ethnicity, share of adults ages 25 and up, 2019.** DataHaven analysis (2021) of US Census Bureau American Community Survey 2019 5-year estimates.

**Table 6. Jobs and wages in Middletown’s 5 largest sectors, 2019.** DataHaven analysis (2021) of annual employment data from the Connecticut Department of Labor. Note that in some cases, especially for smaller towns, data have been suppressed. Available at [https://www1.ctdol.state.ct.us/lmi/202/202\\_annualaverage.asp](https://www1.ctdol.state.ct.us/lmi/202/202_annualaverage.asp)

**Figure 10. Median income by race/ethnicity and sex for full-time workers ages 25 and over with positive income, 2019.** DataHaven analysis (2021) of Ruggles, et al. (2019).

**Figure 11. Unemployment rate by race/ethnicity, 2019.** DataHaven analysis (2021) of US Census Bureau American Community Survey 2019 5-year estimates.

**Figure 12. Median household income by race/ethnicity of head of household, 2019.** DataHaven analysis (2021) of US Census Bureau American Community Survey 2019 5-year estimates.

**Table 7. Selected household economic indicators by race/ethnicity of head of household, 2019.** DataHaven analysis (2021) of US Census Bureau American Community Survey 2019 5-year estimates.

**Table 8. Households with no vehicle at home by race/ethnicity of head of household, 2019.** DataHaven analysis (2021) of US Census Bureau American Community Survey 2019 5-year estimates.

**Figure 13. Distribution of population by neighborhood income level, Middlesex County, 1980–2019.** DataHaven analysis (2021) of household income and population by Census tract. Values for 1980–2000 are from the US Census Bureau Decennial Census, provided by the Neighborhood Change Database (NCDB) created by GeoLytics and the Urban Institute with support from the Rockefeller Foundation (2012). 2019 values are calculated from US Census Bureau American Community Survey 2019 5-year estimates.

**Figure 14. Life expectancy, Middlesex County by Census tract, 2015.** Data from National Center for Health Statistics. U.S. Small-Area Life Expectancy Estimates Project (USALEEP): Life Expectancy Estimates Files, 2010–2015. National Center for Health Statistics. 2018. Available at <https://www.cdc.gov/nchs/nvss/usaleep/usaleep.html>

**Figure 15. Uninsured rate among adults ages 19–64 by race/ethnicity, 2019.** DataHaven analysis (2021) of US Census Bureau American Community Survey 2019 5-year estimates.

**Figure 16. Preventive care measures, share of adults by Census tract, Middlesex County.** Data from PLACES Project. Centers for Disease Control and Prevention.

**Figure 17. Selected health risk factors, share of adults, 2015–2018.** DataHaven analysis (2021) of 2015 & 2018 DataHaven Community Wellbeing Survey. Available at <https://ctdatahaven.org/reports/datahaven-community-wellbeing-survey>

**Figure 18. Chronic disease prevalence, share of adults by Census tract, Middlesex County.** Data from PLACES Project. Centers for Disease Control and Prevention.

**Table 9. Selected mental health indicators, share of adults, 2015–2018.** DataHaven analysis (2021) of 2015 & 2018 DataHaven Community Wellbeing Survey.

**Figure 19. Age-adjusted semi-annual rates of drug overdose deaths per 100,000 residents by race/ethnicity, 2015–2020.** DataHaven analysis (2021) of Accidental Drug Related Deaths 2012–2018. Connecticut Office of the Chief Medical Examiner. Available at <https://data.ct.gov/resource/rybz-nyjw>. Rates are weighted with the U.S. Centers for Disease Control and Prevention (CDC) 2000 U.S. Standard Population 18 age group weights available at <https://seer.cancer.gov/stdpopulations>

**Figure 20. Share of drug overdose deaths involving fentanyl, 2015–2020.** DataHaven analysis (2021) of Accidental Drug Related Deaths 2012–2018. Connecticut Office of the Chief Medical Examiner.

**Figure 21. Annualized average rates of new cases of selected sexually transmitted infections per 100,000 residents, 2001–2003 through 2016–2018.** DataHaven analysis (2021) of data from Centers for Disease Control and Prevention. NCHHSTP AtlasPlus. Updated 2019. <https://www.cdc.gov/nchhstp/atlas/index.htm>

**Figure 22. Annualized average rate of new HIV diagnoses per 100,000 residents ages 13 and over, 2016–2018.** DataHaven analysis (2021) of data from Centers for Disease Control and Prevention. NCHHSTP AtlasPlus.

**Table 10. Selected birth outcomes by race/ethnicity of parent giving birth, 2016–2018.** DataHaven analysis (2021) of data from the Connecticut Department of Public Health Vital Statistics. Retrieved from <https://portal.ct.gov/DPH/Health>



-Information-Systems--Reporting/Hisrhome/Vital-Statistics-Registration-Reports

**Figure 23. Maternal mortality rate per 100k births, Connecticut, 2013–2017.** America’s Health Rankings analysis of CDC WONDER Online Database, Mortality files, United Health Foundation. Retrieved from <https://www.americashealthrankings.org>

**Table 11. Households living in structures built before 1960 by race/ethnicity of head of household, 2019.** DataHaven analysis (2021) of US Census Bureau American Community Survey 2019 5-year estimates.

**Figure 24. Residents’ ratings of community cohesion measures, share of adults, 2015–2018.** DataHaven analysis (2021) of 2015 & 2018 DataHaven Community Wellbeing Survey.

**Figure 25. Part I crime rates per 100,000 residents by town / jurisdiction, 2019.** DataHaven analysis (2021) of 2019 Crimes Analysis Offenses. Connecticut Department of Emergency Services and Public Protection. Available at <https://portal.ct.gov/DESPP/Division-of-State-Police/Crimes-Analysis-Unit/Crimes-Analysis-Unit>

**Table 12. Residents’ ratings of local government, share of adults, 2015–2018.** DataHaven analysis (2021) of 2015 & 2018 DataHaven Community Wellbeing Survey.

**Figure 26. Registered voter turnout, 2018–2020.** DataHaven analysis (2021) of data from the Connecticut Office of the Secretary of the State Elections Management System. Available at <https://ctemspublic.pcctg.net>

**Figure 27. EPA Environmental Justice Index by block group, Middlesex County.** United States Environmental Protection Agency. 2019 version. EJSCREEN. Retrieved from <https://www.epa.gov/ejscreen>

**Figure 28. Residents’ ratings of local walkability measures by race/ethnicity, share of adults, 2015–2018.** DataHaven analysis (2021) of 2015 & 2018 DataHaven Community Wellbeing Survey.

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Visit DataHaven ([ctdatahaven.org](http://ctdatahaven.org)) for more information. This report was authored by Camille Seaberry, Kelly Davila, and Mark Abraham of DataHaven.

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## ABOUT DATAHAVEN

DataHaven is a non-profit organization with a 25-year history of public service to Connecticut. Our mission is to empower people to create thriving communities by collecting and ensuring access to data on well-being, equity, and quality of life. DataHaven is a formal partner of the National Neighborhood Indicators Partnership of the Urban Institute in Washington, D.C.

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