Mid-Hudson Valley Community Profiles

Regional Overview

August, 2025

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Prepared for:
Community Foundations of the Hudson Valley, Community Foundation of Orange and Sullivan, Dyson Foundation, United Way of the Dutchess-Orange Region

Prepared by:
Erika Rosenberg
Project Director

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Summary

The Mid–Hudson Valley Community Profiles project represents a commitment by four of the region's leading philanthropic organizations to provide the public with continuously updated comparative information regarding Columbia, Dutchess, Greene, Orange, Putnam, Sullivan and Ulster counties. The project is designed to provide government and nonprofits with an important tool for assessing and understanding the populations they serve.

The Community Foundations of the Hudson Valley, Community Foundation of Orange and Sullivan, Dyson Foundation, United Way of the Dutchess-Orange Region jointly commissioned the Center for Governmental Research (CGR) to collect and analyze the data and maintain the website. With input from local health and human service providers, the four organizations selected 60 indicators within the following fields to be included on the site: Children & Youth, Community, Demographics, Economy, Education, Financial Stability, Health, Housing and Racial Equity.

This web-based project provides an "apples–to–apples" understanding of regional trends and comparative information that has been difficult to obtain in the past because of variations in how each county reports certain types of information. The project enables organizations to track community conditions, develop programs, and affect change that will ultimately contribute to the well–being of citizens in the Mid–Hudson Valley.

This Overview highlights findings from each of the nine topics for the Mid-Hudson Valley region.

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A Portrait of the Region

The Mid-Hudson Valley continues to be a relatively strong region of New York State with below average poverty and above average incomes. But inflationary pressures and the reductions in federal health, nutrition and other support programs are likely to make living there harder for some.

Median household income in the region has increased modestly over the last decade, rising 6% in the last decade to $91,400 in 2019-23. White residents had the highest median incomes ($94,000), while African American residents' median income ($76,000) was $18,000 lower than White residents.

Housing is a keen affordability challenge. The housing affordability ratio showed that homeownership was unaffordable for all at 3.7 (2-3 is considered affordable). And homeownership rates were lower for Hispanic and African American residents (at 56% and 46% respectively) compared to White and Asian residents (75% and 70% respectively). Renters spent 33% of their median household income on rent, above the federal affordability guideline that housing should cost no more than 30% of household income. Rental housing was less affordable for African Americans, who spent 35% of their income on rent, compared to Asian and Hispanic renters (both 30%) and White renters (29%).

Other necessities such as food are also challenging for some. The number of households facing food insecurity has decreased in the last decade but remains a challenge for some. Dutchess and Orange counties had the highest food insecurity rates in the region in 2021, at 24%, followed by Putnam at 22% and Sullivan at 21%. Columbia and Ulster had the lowest rates, both 14%. In 2019-23, 9% of households reported receiving SNAP, less than both the national rate of 12% and state rate of 11%. Rates varied throughout counties with Sullivan reporting a rate of 16%, followed by Orange at 11%.

On the positive side, jobs in the region are increasing, and growing economic sectors include traditionally high-paying ones such as Financial Activities and Professional and Business Services. The population of the region continues to increase and is up 2.6% since 2010, with growing diversity including 11% of residents being foreign-born.

Note: In this report, comparisons to state statistics reflect the state excluding New York City.

Children and Youth

The challenges facing our community's children can diminish their chances for successful adult lives. In this section we review several indicators that describe family supports and risk exposure of our youngest residents.

The regional rate of children living in poverty fell slightly in 2019-23 , similar to state and national trends. In 2019-23, about 15% of children in the region were living in poverty, down 1 point since 2014-18 and lower than the national rate (16%). Putnam County had the lowest rate of child poverty in the region (5%), while Sullivan County had the highest percentage of children living in poverty (22%). Poverty was highest among African American (19%) and Hispanic (16%) children in the Mid-Hudson Valley region in 2019-23. White children (14%) were less likely to be living in poverty, though this represents a slight increase since 2009-13.

There is a higher proportion of single–parent families in the region, though still below rates for the state and nation. The proportion of single–parent families in the region increased 1 percentage points from 2009-13. In 2019–23, slightly less than one–third (29%) of families in the region were headed by single parents, below the rates for the state (31%) and nation (34%). Columbia (40%), Sullivan (38%), and Ulster (37%) counties had the highest proportion of single–parent families, while Putnam had the lowest (21%). Over half (57%) of African American families in the region were headed by single parents, the highest of any racial or ethnic group. This was below the rates for African American families throughout the state (65%) and nation (67%). In the region, 41% of Hispanic families and 32% of white families were headed by single parents.

Rates of child abuse and neglect have fluctuated but not changed substantially since 2010. In 2023, there were 11 abused children for every 1,000 children in the region, down 36% from 2010 and below the statewide rate of 14. Rates were lowest in Orange and Putnam (each 9 per 1,000) counties and highest in Greene and Sullivan counties (each 20 per 1,000 children under 18).

The rate of foster care admissions decreased, though the regional rate was higher than the state's. The rate of children admitted to foster care declined to 1.5 children per 1,000 in 2023 from 2.6 in 2010. The rate is same as the statewide rate of 1.5 children per 1,000. In 2023, admissions were greatest in Sullivan County, with 3.8 children per 1,000 admitted to foster care, followed by Columbia and Greene (2.7 and 2.4, respectively).

The region has seen a dramatic decline in the teen pregnancy rate, which is similar to statewide trends. In 2022, the rate of teen pregnancies in the Mid-Hudson Valley region was 0.9%, just below the statewide rate of 1.0%, representing an overall decline of 50% in the rate of teen pregnancies over the previous decade (since 2012). Teen pregnancy rates

in the region were highest in Sullivan (1.3%), and Orange counties (1%) and lowest in Putnam (0.5%).

Community

Community engagement is the extent to which individuals take responsibility for addressing civic issues and improving the life of their community. In all cases, comparisons to state statistics reflect the state excluding New York City.

The region's voter registration rates have remained steady at above 80%, yet they are persistently a bit lower than the state.
Between 2010 and 2023, the average voter registration rate was 84% for the Mid-Hudson region and 85% for the state. Of the region's voting-age residents, 89% were registered in 2023, compared to 88% of the state overall.

Voter registration rates vary somewhat across the region. Columbia County's registration rate has been greater than the statewide rate in every year since 2010. In 2023, Columbia County (96%) had the highest registration rate of the seven counties.

Voter turnout in the region approaches 64% in presidential election years and is about even with the state rate. The rates are lower in midterm election years.
In the 2022 midterm election, voter turnout in the region was on par with the state. Turnout was highest in Columbia (58%) and lowest in Sullivan County at 40%.

Violent crime rates have decreased across the region. In 2023, the Mid-Hudson Valley region had 15 violent crimes reported per 10,000 residents, below the state rate of 20 violent crimes per 10,000 residents. This was a 33% decrease in the rate of violent crimes since 2010, compared to a 17% decrease statewide. Sullivan (20) had the highest rate in the region, followed by Orange (18). Greene County, which had the highest rate in 2022, made a notable improvement, dropping from 47 to 15 violent crimes per 10,000 residents. All counties, experienced a rate decrease since 2010.

The rate of domestic violence decreased in the Mid-Hudson Valley region. The region had a 6% decrease in the rate of reported domestic violence between 2010 and 2023. In 2023, there were 36 reports of domestic violence per 10,000 residents in the region, down from 38 in 2010 (but up by 4 from 2022) and below the state rate (47). From 2022 and 2023, the domestic violence grew in all counties except for Columbia and Orange, with the largest and most noticeable increase in Greene County, increasing from 15 to 35 violent crimes per 10,000 residents (133% increase).

Arrest rates in the region were below the state rate in 2023 for most groups. There were more arrests per 10,000 residents for Hispanic or Latinos in the region (22) and Whites

(11) than New York State (19 and 10, respectively). Rates per 10,000 residents were highest amongst Black or African Americans (44), followed by Hispanics (22) and Whites (11). Rates for all racial groups were highest in Greene and lowest in Putnam (for Black and White residents) and Dutchess (for Hispanic residents).

Similar disparities were seen in state prison commitments. In 2023, 44% of new state prison commitments in the Mid-Hudson Valley were of African Americans, while 41% were of Whites, 14% of Latinos and 0% of Asians. This was disproportionately high compared to the overall share of the regional population that is African American, which ranges from 4% in Columbia County to 12% in Orange County. Conversely, for Whites, state prison commitments were disproportionately low since Whites comprise the majority of the regional population, ranging from 61% in Orange to 88% in Columbia.

Demographics

Population measures provide insight on the changing size and face of communities, and an area's needs and assets.

The total population of the Mid–Hudson Valley Region is growing. From 2010 to 2023, the region gained 2.6% more residents, higher than the state (1%), yet below the rate for the nation (8.5%). Orange led the region with its 9.3% growth, followed by Sullivan (3.1%), while Dutchess and Ulster stayed relatively the same. Greene, Columbia and Putnam experienced declines of 4.4%, 4.1% and 1.6%, respectively.

The population over the age of 60 has been growing the fastest, while the population under 20 has been shrinking. All counties in the region are experiencing the "graying" phenomenon affecting much of the country. Since 2009-13, the 85 and over age group grew 12% throughout the region. Greene had the largest increase, at 45%. The under 20 group shrank 7% throughout the region. Columbia and Greene had the largest declines in population under age 20 (down 21% and 20% respectively) while Orange increased (4%).

While the counties are gradually becoming more diverse in terms of race and ethnicity, they remain overwhelmingly white. Despite the percentage increases in minority populations and a decline in the white population (down 11%), the region remains predominantly white, representing 71% of total residents. Hispanics were the region's fastest growing racial group, up 37% from 2009-13. The Black population increased 10% during this same time period. Putnam had the greatest increase in Hispanic and African American population, at 56% and 59% respectively. The Asian population was the next fastest growing group in the region, growing by 9%.

Regionally, married couples without children were the most common household type, similar to state and national trends. In 2019-23, 30% of households were made up of married couples without children followed by those living alone at 28%. 20% were married couples with children. Among the counties, Ulster had the largest share of households

composed of people living alone, at 34%, and Orange had the highest share of households made up of married couples with children at 26%.

The foreign-born share of the population in the region has increased since 2009-13 to 11%. Putnam County had the largest share of foreign-born population (14%) followed by Orange, at 13%, while Greene has the smallest share (5%) in 2019-23.

Economy

A vibrant economy is the foundation of a thriving community.

Regional job growth increased in 2023, recovering from pandemic lows.
The Mid-Hudson Valley region experienced a 2.5% increase in total jobs from 2022 to 2023, higher than the jobs in the state and nationally. The growth rates in both of the past two years have been substantially higher than the average yearly change over the past two decades in the region, which was 0.7%.

All of the region's counties experienced increases in total jobs from 2022 to 2023. Sullivan had the highest increase at 5.2%, followed by Putnam at 3.2% and Orange at 3.1%. Dutchess had the smallest increase in total jobs, at 1.2%.

Some of the largest employment sectors in the region added and lost a significant number of jobs between 2010 and 2023.
The largest rate increases from 2010 to 2023 were in Construction (48%) and Educational Services (37%). In contrast, the Government and the Information sectors experienced decreases of 18% and 9%, respectively. Sullivan and Orange had the largest increases in total jobs from 2010 to 2023, 21% and 19%, respectively.

Spending by county government, after adjusting for inflation, grew 21% from 2010 to 2023.
Per-capita spending by county governments in the Mid-Hudson Valley was $2,470 in 2023. From 2010 to 2023, Putnam had the largest percentage increase in per-capita spending, at 54%, followed by Dutchess and Greene at 40%. Orange and Ulster had the lowest rate of spending increase, at 23%.

Tourism revenue increased 63% in the region since 2010.
Tourism revenue has rebounded from the COVID pandemic, since falling 37% in 2020. Recovering from the pandemic, tourism revenue grew by 54% in 2021, another 10% in 2022, and 3% in 2023 to reach a new high. Sullivan had the highest per-person revenue from tourism in 2023, at $12,130, followed by Greene at $6,480 and Ulster at $5,670. Putnam, at $874 per person, had the lowest tourism revenue rate in the region.

Education

Quality educational opportunities are critical to helping our children develop to their maximum potential and to our community's ability to compete in the global economy.

The percentage of <u>preschoolers receiving special education services</u> has been increasing since 2010.
From 2010 to 2023, the share increased 1.4 percentage points, more than the state percentage which has decreased 2 percentage points. In 2023, 7.4% of all 3- to 5-year-olds in the region and 25% in the state were receiving special education services.

<u>Prekindergarten enrollment</u> has risen since 2012 and has surpassed the rate for the state.
About 34% of the region's 4-year-olds were enrolled in publicly funded prekindergarten programs in 2022, above the 29% rate for the state. Participation was highest in Greene and Orange counties (48% and 40%, respectively), followed by Sullivan (37%). Ulster had the lowest enrollment, at 31%.

<u>Per–student spending</u> by school districts is slightly higher in the region than in the state.
In 2023, school districts in the Mid-Hudson Valley region spent $33,300 per student, more than $2,700 higher than the state figure. Per student spending in the region has increased 22% since 2010, even after adjusting for inflation. Spending in Sullivan County school districts was the highest in the region, about $37,900 per student, followed by Putnam County school districts at $36,600 and Ulster at $35,600. Dutchess County was the lowest in the region, at about $31,200 per student.

The region has lower passing rates on fourth–grade <u>English</u> exams than the state.
The 2024 passing rate of 40% in English was 3 points below the state rate. Passing rates on state tests were significantly lower for economically disadvantaged, English language learners, and students with disabilities than for their peers. In the region, 27% of economically disadvantaged 4th graders passed the exam and only 5% passed among English language learners and 10% of students with disabilities. Sullivan County's economically disadvantaged students had the lowest proficiency rate among the counties at 18%. Putnam had the highest at 37%.

The region has lower passing rates on fourth–grade <u>math</u> exams than the state.
In 2024, the region's passing rate of 52% in math was 4 percentage points below the state. Passing rates on state tests were significantly lower for economically disadvantaged, English language learners, and students with disabilities than for their peers. In the region, 38% of economically disadvantaged students, 20% of English language learners, and 17% of students with disabilities passed the math exams. Sullivan County had the lowest proficiency rate among economically disadvantaged students, at 25%, and Putnam County had the highest, at 49%.

Both high school graduation and dropout rates are in line with statewide trends.
By 2024, 87% of the region's 2020 cohort graduated on time, similar to the state (88%). About 6% of the cohort dropped out, similar to the state rate (4%).

Education levels among adults are rising, with more having a college education.
In 2019-23, 28% of adults had attended at least some college, down from 29% in 2009-13 and equivalent with the nation. About 36% of the region's residents had a 4-year degree or higher in 2019-23, compared to 30% in 2009-13. Just 9% of residents in the region did not have a high school diploma in 2019-23. Educational attainment among counties in the region was highest in Putnam County, with 44% of residents possessing a 4-year degree or higher, compared to the lowest of 29% in Greene County.

The share of residents with a bachelor's or higher was highest among Asians in the region (53%), followed by whites (39%), then African Americans (25%) and then Hispanics (23%). Still, those figures reflect increases of 4 percentage points for African Americans and 6 points for Hispanics from 2009-13.

Financial Stability

Indicators of financial stability are a critical benchmark of a community's well–being.

Regionally, median household income has increased modestly over the last decade or so.
The region's 6% increase over this period was below the state and the nation, which increased 8% and 13%, respectively.

The median household income in the Mid-Hudson Valley was $91,400 in 2019-23, higher than both the state and national medians of $87,300 and $78,500, respectively. Median incomes were higher than the region in Putnam ($127,400), Dutchess ($97,300) and Orange counties ($96,500), while Columbia ($83,600), Ulster ($81,800), Greene ($74,000) and Sullivan ($69,800) were lower.

Asian and White residents in the region had the highest median incomes, at $106,500 and $93,900, respectively. African American and Hispanic residents had the lowest median incomes at $76,000 and $87,100, respectively, though both exceeded rates for their respective groups in the state and nation.

Poverty rates in the region are below the nation.
In 2019-23, 11% of the residents of the Mid-Hudson Valley had incomes below the poverty line, on par with the statewide rate and slightly lower than the national rate of 12%. Sullivan and Ulster had the highest poverty rates, at 15% and 14%, respectively. Putnam had the lowest rate at 7%, followed by Dutchess, at 8%.

Poverty rates were highest among Black or African American residents at 17%, and Hispanic residents at 14%, followed by White residents at 10%. About 9% of seniors and 5% of veterans were living in poverty in 2019-23.

While poverty is relatively low at 11% for the region, another 13% of residents had incomes between 100% and 199% of the poverty level, and 13% were between 200% and 299% of poverty.

The number of households facing food insecurity has decreased in the last decade but remains a challenge for some. Dutchess and Orange counties had the highest in the region in 2021, at 24%. Columbia and Ulster counties had the lowest rates, both 14%. Greene County experienced the most significant decrease since 2014, declining 17 points to 16%.

In 2019-23, 9% of households reported receiving SNAP, less than both the national rate of 12% and state rate of 11%. Rates varied throughout counties with Sullivan reporting a rate of 16% and Putnam a rate of 3%. Rates were higher in the region's cities: 30% in Newburgh, and 20% in Poughkeepsie.

More students were economically disadvantaged in 2024 compared to 2013 in the region.
In 2024, 47% of students in the region were economically disadvantaged, representing over 67,400 children. This was slightly above the statewide rate of 46%. Sullivan County, at 62%, had the highest rate in the region, followed by Columbia at 52% and Orange at 50%. The lowest rate was in Putnam, at 32%.

A low percentage of children are receiving subsidized child care.
In 2023, over 2,000 or 1.2% of the region's children under 13 participated in subsidized child care. This was less than the 2.3% rate for the state. Since 2010, the region's rate of subsidized child care participation has decreased by nearly 33%, from 1.8%.

A lower percentage of the region's population received the Earned Income Tax Credit (EITC) than nation.
In 2021, 15% of tax filers in the Mid-Hudson Valley received the Earned Income Tax Credit (EITC), the same as statewide (excluding NYC) and less than 20% nationally. The rates for each county, the state (excluding NYC) and nation have remained relatively unchanged since 2011.

Health

Healthy communities are built on a foundation of healthy children, youth and adults.

The rate of individuals without health insurance fell between 2012 and 2022.
The percentage of residents under the age of 65 without health insurance in the region fell from 11% in 2012 to 5% in 2022. This puts the region on par with the statewide rate yet

below the national rate (10%). Ulster, Columbia and Sullivan counties were on the higher end of rates of uninsured residents (7% and 6%, respectively), while Putnam had the lowest rate, at 4%.

Early prenatal care rates varied among racial and ethnic groups throughout the region, similar to statewide trends.
In 2022, the share of white mothers receiving early prenatal care ranged from 63% in Sullivan County to 88% in Putnam. African American mothers' rates ranged from 93% in Putnam County to 30% in Greene County. Rates among Hispanic mothers ranged from 75% in Putnam County to 58% in Columbia and Orange counties. Dutchess and Putnam counties were the only counties to surpass statewide rates for each racial and ethnic category.

The rate of low birth weight babies has been steady since 2010, similar to statewide trends.
In 2022, 7.5% of babies born in the region had low birth weights, below the state and national rates of 8.1% and 8.6% respectively, but up from 7.1% in 2010. Sullivan and Ulster counties had the highest rate in 2022 (8.7% and 8.5%, respectively), while Columbia County had the lowest rate, at 5.7%, followed by Putnam (6.6%).

Deaths from drug poisoning have increased in the region similar to statewide and national trends.
There were 34 drug poisoning deaths per 100,000 residents in the Mid-Hudson Valley region in 2022, an increase of 361% since 2010. That put the region above the state rate of 26 drug poisoning deaths per 100,000 residents. Sullivan County had the highest rate of drug poisoning deaths in the region at 62. Greene and Putnam counties had the lowest rates (21 and 22 respectively).

The rate of people living with HIV has slightly increased since 2010 in the Mid-Hudson Valley region; however, the rate of newly diagnosed cases has decreased since 2016. In 2023, there were 108 people per 100,000 residents with HIV, slightly above the state rate of 99. The rate has increased by 30% in the region since 2010, similar to the increase in the state (33%). Columbia County had a rate of 155 per 100,000 residents, while Putnam County had the lowest rate in 2023, at 72 people per 100,000 residents with HIV. The rate of newly diagnosed cases in the region has decreased by 21% from 2016 to 2023, going from 7.4 per 100,000 residents to 5.9 per 100,000 residents, below the state rate Putnam had the lowest rate of new cases (2.0) while Columbia had the highest rate (8.3).

The region's rate of mental health clinic visits slightly increased since 2001. There were 5.7 mental health clinic visits per 1,000 residents in the region in 2023, compared to 6.0 in 2001. Dutchess had the lowest rate (3.9) and Greene County (8.5) had the highest rate. Dutchess County had the largest decline (-53%), while Orange County had the largest increase (72%).

Housing

Housing fulfills the basic human need for shelter and is a strong measure of a community's cost of living, relative wealth and general prosperity.

Homeownership rates have remained steady across the region and on par with the state at 71%.
Each county in the Mid-Hudson Valley had similar owner-occupied rates in 2019-23, except Putnam with the highest rate at 83%, and have not varied much since 2009-13. Rates varied greatly based on race/ethnicity with Whites and Asian rates at 76% and 70%, respectively, compared to 56% of Hispanics and 46% for African Americans.

The Mid-Hudson Valley experienced a decrease in the rate of homelessness since 2007.
In 2023, there were 18 homeless people per 10,000 residents in the region, or nearly 1,750 people. Among the counties, Ulster County had the highest rate at 24 homeless people per 10,000 residents, followed by Dutchess County (23). Orange County had the lowest rate at 12 homeless people per 10,000 residents in 2023. The region's rate of homelessness decreased by 8% between 2007 and 2023, lower than the 9% decline in the national rate.

Owning a home in the Mid-Hudson Valley has become more affordable since 2009-13, but homeownership remains unaffordable for many.
The affordability ratio (median home value divided by household income) was 3.7 in the region in 2019-23, down from 4 in 2009-13. Across the region, ratios ranged from a low of 3.4 in both Sullivan and Greene counties to a high of 3.9 in Ulster County – all approximately at or above the 3.0 considered affordable.

Rental housing has become less affordable between 2009-13 and 2019–23, similar to the state trend.
Region-wide, 33% of the median household income went to cover rent in 2019-23, above the federal affordability guideline that housing should cost no more than 30% of household income. Most counties in the region had proportions that exceed the federal guideline for affordability except for Greene at 28% and Sullivan at 29%, with Orange at 36%, Ulster at 35%, Putnam and Columbia at 32%, and Dutchess at 31%. In the region, the percent of household income going to rent increased 6 percentage points from 2009-2013 to 2019-23. Rates remained fairly steady in most of the counties between these periods, except in Greene, Putnam and Sullivan which all saw 6-point decreases from 2009-13 to 2019-23. Rental housing was considered less affordable for African American who spent 35% of their income on rent compared to Asian and Hispanic renters (both 30%) and White renters (29%).

Racial Equity

Addressing racial inequity is essential to improving quality of life for all and requires attention on the national, state, and local level. For our region, we examine a wide range of indicators that highlight racial and ethnic disparities in key indicators, spanning Education, Financial Stability, Health and other areas.

While racial disparities exist on a state and national level, it is important to understand how structural inequity impact residents of the Mid-Hudson Valley. While each indicator is illuminating and significant on its own, examining the indicators as a group tells a broader narrative about the effects of systemic racism. The differences we see in critical outcomes such as education achievement and homeownership can be traced back through our history in the United States of building systems and policies that oppress and harm Black, Latino, indigenous and other peoples.

These policies and systems, which have had compounding negative effects on people throughout generations, include housing policies such as redlining, employment discrimination, unequal access to opportunities to build wealth, education systems that fail to equitably serve all populations, inadequate health care delivery, and unjust policies and practices in policing and criminal justice leading to inequitable rates of incarceration.

We invite you to explore the data in this section in the context of the structural and systemic racism that underlies these disparities.

Please Note: Throughout this section, links provide further information on specific topics. All opinions and thoughts presented in these resources are those of the author(s) and do not constitute the opinions of the project sponsors.