



Mid-Hudson Valley Community Profiles Regional Overview

August, 2026



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Regional Overview

August, 2026

Prepared for:

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

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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, rising 6% in the last decade to \$93,600 in 2020-24. Asian and White residents in the region had the highest median incomes, at \$106,600 and \$96,400 respectively. African American and Hispanic residents had lower median incomes at \$76,500 and \$87,100 respectively.

Housing is a keen affordability challenge. The housing affordability ratio showed that homeownership was unaffordable for all at 3.9 (2-3 is considered affordable). And homeownership rates were lower for Hispanic and African American residents (at 55% and 47% respectively) compared to White and Asian residents (76% and 72% respectively). Renters spent 34% of their median household income on rent, above the federal affordability guideline that housing should cost no more than 30% of household income. Rent consumed 31% of the income of both African American and White households and 32% of Hispanic and Asian households in 2020-24.

Other necessities such as food are also challenging for some. Sullivan and Ulster counties had the highest food insecurity rates in the region in 2024, at 33%, followed by Dutchess, Orange and Putnam, all at 28. Columbia and Greene had the lowest rates, at 26% and 27%, respectively. In 2020-24, 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 17% followed by Orange at 11%.

On the positive side, jobs in the region are increasing, as are economic sectors such as construction, educational services, and professional & business services. The population of the region continues to increase. From 2010 to 2024, the region gained 3.4% more residents, with growing diversity including 12% 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 2020-24, similar to state and national trends. In 2020-24, about 14% of children in the region were living in poverty, down 1 point since 2010-14 and lower than the national rate (14%). Putnam County had the lowest rate of child poverty in the region (6%), while Sullivan County had the highest percentage of children living in poverty (24%). [Poverty was highest among](#) African American (17%) and Hispanic (15%) children in the Mid-Hudson Valley region in 2020-24. White children (14%) were less likely to be living in poverty, though this represents a slight increase since 2010-14.

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 2 percentage points from 2010-14. In 2020-24, slightly less than one-third (30%) of families in the region were headed by single parents, below the rates for the state (32%) and nation (34%). Sullivan (41%), Ulster (38%), and Columbia (37%) counties had the highest proportions of single-parent families, while Putnam had the lowest (21%). Over half (60%) of African American families in the [region were headed by single parents](#), the highest of any racial or ethnic group; 44% of Hispanic families and 31% 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 1.4 children per 1,000 in 2024 from 2.6 in 2010. The rate is same as the statewide rate of 1.5 children per 1,000. In 2024, admissions were highest in Sullivan County, with 3.8 children per 1,000 admitted to foster care, followed by Green and Columbia (2.6 and 2.0, respectively).

The region has seen a dramatic decline in the [teen pregnancy rate](#), which is similar to statewide trends. In 2023, the rate of teen pregnancies in the Mid-Hudson Valley region was 1.0%, the same as the statewide rate, and a decline from 1.5% in 2014. Teen pregnancy rates in the region were highest in Sullivan (1.7%) and lowest in Putnam (0.4%).

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% consistent with the state.

Between 2010 and 2024, the average voter registration rate was 85% for the Mid-Hudson region and the state. Of the region's voting-age residents, 93% were registered in 2024, compared to 91% 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 2024, Orange County (90%) had the lowest registration rate of the seven counties.

[Voter turnout](#) in the region approaches 59% in presidential election years and is about even with the state rate. The rates are lower in midterm election years.

In the 2024 presidential election, 63% of the region's eligible voters voted, the same as in 2020. Turnout was highest in Columbia and Putnam counties (both at 71%) and lowest in Sullivan County at 56%.

[Violent crime rates](#) have decreased across the region. In 2024, the Mid-Hudson Valley region had 14 violent crimes reported per 10,000 residents, below the state rate of 19 violent crimes per 10,000 residents. This was a 36% decrease in the rate of violent crimes since 2010. Sullivan and Dutchess counties (both at 17) had the highest rates in the region, followed by Orange (18). Greene County, which had the highest rate in 2022, made a notable improvement, dropping from 47 to 13 violent crimes per 10,000 residents. All counties experienced a rate decrease since 2010.

The [rate of domestic violence](#) increased slightly in the Mid-Hudson Valley region. The region had a 4% increase in the rate of reported domestic violence between 2010 and 2024. In 2024, there were 40 reports of domestic violence per 10,000 residents in the region, up from 38 in 2010 and below the state rate (49). From 2023 and 2024, the domestic violence grew or stayed the same in all comparison counties.

[Arrest rates in the region](#) were higher for African Americans and Hispanics than for Whites and Asians. Rates were highest among African Americans (43 per 10,000 residents), followed by Hispanics (22) and Whites (11). Arrest rates for all racial groups were highest in Greene County. Rates were lowest for Black and White residents in Putnam (27 and 7 respectively) and lowest for Hispanics in Dutchess (18).

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 2024, the region gained 3.4% more residents, higher than the state (1.7%), yet below the rate for the nation (10%). Orange led the region with its 10% growth, followed by Sullivan (4%), while Dutchess and Ulster stayed relatively the same. Greene, Columbia and Putnam experienced declines of 5%, 4% and 1%, 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 2010-14, the population ages 60 to 84 increased 31%, and 85 and over age group grew 12% throughout the region. Greene had the largest increase, at 43%. The under 20 group shrank 5% throughout the region. Columbia and Greene had the largest declines in population under age 20 (down 21% and 17% respectively) while Orange increased (5%).

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 12%), the region remains predominantly white, representing nearly 70% of total residents. Hispanics were the region’s fastest growing racial group, up 40% from 2010-14. The Black population increased 11% during this same time period. Putnam had the greatest increase in the Hispanic and African American populations, at 60% and 47% respectively.

Regionally, married couples without children were the [most common household type](#), similar to state and national trends. In 2020-24, 29% of households were made up of married couples without children tied with those living alone. 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 from 10% in 2010-14 to 12% in 2020-24. Putnam and Orange counties had the largest shares of foreign-born population (both at 14%), while Greene has the smallest share (5%).

Economy

A vibrant economy is the foundation of a thriving community.

Regional [job growth](#) increased in 2024, continuing to recover from pandemic lows. The Mid-Hudson Valley region experienced a 1.8% increase in total jobs from 2023 to 2024, the same as the state and slightly higher than the nation (1.2%). Regional growth rates have been higher following the pandemic in 2020 compared to the decade prior.

All of the region's counties except Greene experienced increases in total jobs from 2023 to 2024. Dutchess had the highest increase at 3.4%, followed by Ulster at 1.8% and Orange at 1.6%. Greene County had the only decrease in total jobs, at -0.6%.

Some of the largest [employment sectors](#) in the region added and lost a significant number of jobs between 2010 and 2024.

The largest rate increases from 2010 to 2024 were in Construction (47%) and Educational Services (41%). In contrast, the Government and the Information sectors experienced decreases of 18% and 12%, respectively.

[Spending by county government](#), after adjusting for inflation, grew 38% from 2010 to 2024.

Per-capita spending by county governments in the Mid-Hudson Valley was \$2,610 in 2024. From 2010 to 2024, Greene had the largest percentage increase in per-capita spending, at 60%, followed by Putnam at 54% and Dutchess at 43%. Orange had the lowest rate of spending increase, at 29%.

[Tourism revenue](#) increased 68% 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 [preschoolers receiving special education services](#) has been increasing since 2010.

From 2010 to 2024, the share increased 1.9 percentage points, less than the state percentage which has increased 3.6 percentage points. In 2024, 8.3% of all 3- to 5-year-olds in the region and 16% in the state were receiving special education services.

Prekindergarten enrollment has decreased since 2014 and is less than the state rate. About 42% of the region's 4-year-olds were enrolled in publicly funded prekindergarten programs in 2024, below the 48% rate for the state. Participation was highest in Greene and Ulster counties (both at 49%), followed by Dutchess (47%). Putnam had the lowest enrollment, at 10%.

Per-student spending by school districts is slightly higher in the region than in the state. In 2024, school districts in the Mid-Hudson Valley region spent \$35,500 per student, more than \$3,200 higher than the state figure. Per student spending in the region has increased 26% since 2010, even after adjusting for inflation. Spending in Sullivan County school districts was the highest in the region, about \$42,300 per student, followed by Ulster County school districts at \$38,000 and Putnam at \$37,300. Dutchess County was the lowest in the region, at about \$33,500 per student.

The region has lower passing rates on fourth-grade **English** exams than the state. The 2025 passing rate of 49% in English was 3 points below the state rate. Passing rates on state tests were significantly lower for economically disadvantaged students, English language learners, and students with disabilities than for their peers. In the region, 36% of economically disadvantaged 4th graders passed the exam and only 8% passed among English language learners and 16% of students with disabilities. Sullivan County's economically disadvantaged students had the lowest proficiency rate among the counties at 30%. Greene had the highest at 44%.

The region has lower passing rates on fourth-grade **math** exams than the state. In 2025, the region's passing rate of 51% in math was 5 percentage points below the state. Passing rates on state tests were lower among economically disadvantaged students, English language learners, and students with disabilities. In the region, 37% of economically disadvantaged students, 17% of English language learners, and 16% of students with disabilities passed the math exams. Sullivan County had the lowest proficiency rate among economically disadvantaged students, at 29%, and Greene County had the highest, at 44%.

Both **high school graduation** and **dropout rates** are in line with statewide trends. By 2025, 87% of the region's 2025 cohort graduated on time, similar to the state (88%). About 7% of the cohort dropped out, slightly higher the state rate (5%).

Education levels among adults are rising, with more having a college education. In 2020-24, about 37% of the region's residents had a 4-year degree or higher in 2020-24, compared to 30% in 2010-14. Just 9% of residents in the region did not have a high school diploma in 2020-24. Educational attainment among counties in the region was highest in Putnam County, with 45% of residents possessing a 4-year degree or higher, compared to the lowest of 30% in Greene and Sullivan Counties.

The [share of residents with a bachelor's or higher](#) was highest among Asians in the region (57%), followed by Whites (40%), then African Americans (26%) and then Hispanics (24%). Still, those figures reflect increases of 5 percentage points for African Americans and 6 points for Hispanics from 2010-14.

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 7% and 14%, respectively.

The median household income in the Mid-Hudson Valley was \$93,600 in 2020-24, higher than both the state and national medians of \$89,000 and \$80,700, respectively. Median incomes were higher than the region in Putnam (\$126,300), Dutchess (\$99,500) and Orange counties (\$97,200), while Columbia (\$81,500), Ulster (\$86,300), Greene (\$77,900) and Sullivan (\$72,400) were lower.

Asian and White residents in the region had [the highest median incomes](#), at \$106,600 and \$96,400, respectively. African American and Hispanic residents had the lowest median incomes at \$76,500 and \$87,100, respectively, though both exceeded rates for their respective groups in the state and nation.

[Poverty rates](#) in the region are comparable to the nation.

In 2020-24, 12% of the residents of the Mid-Hudson Valley had incomes below the poverty line, slightly above the statewide rate and the same as the national rate of 12%. Sullivan and Ulster had the highest poverty rates, at 16% and 15%, 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 13%, followed by White residents at 10%. About 9% [of seniors](#) and 6% of [veterans were living in poverty](#) in 2020-24.

[Food insecurity](#) appears to be rising in the region. Greene County was the only county to experience a decrease since 2014, declining 6 points to 27%. Orange County only increased by 1 percentage point, but all other counties increased by between 5 to 8 percentage points, a 20-30% increase in rates. State rates increased by about 2 percentage points, or about 11%, during the decade.

In 2020-24, 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 17%. Rates were higher in the region's cities: 27% in Newburgh and 20% in Poughkeepsie.

More students were [economically disadvantaged](#) in 2025 compared to 2015 in the region.

In 2025, 46% of students in the region were economically disadvantaged, representing about 65,100 children. This was the same as the statewide rate. Sullivan County, at 64%, had the highest rate in the region, followed by Greene at 50% and Columbia at 49%. The lowest rate was in Putnam, at 32%. Since 2015, the share of students in the region who are economically disadvantaged increased 5 percentage points. State rates increased by 4 percentage points over this period.

A low percentage of children are receiving [subsidized child care](#).

In 2024, over 2,800, or 1.5% of the region's children under 13, participated in subsidized child care. This was less than the 2.9% rate statewide. Since 2010, the region's rate of subsidized child care participation has decreased by nearly 15%, from 1.8%.

A lower percentage of the region's population received the [Earned Income Tax Credit](#) (EITC) than nation.

In 2022, 11% of tax filers in the Mid-Hudson Valley received the Earned Income Tax Credit (EITC), slightly lower than the statewide rate and the 15% national rate. Within the region, the rate was highest in Sullivan County, at 16%, and lowest in Putnam, at 7%.

Health

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

The rate of [individuals without health insurance](#) fell between 2013 and 2023.

The percentage of residents under the age of 65 without health insurance in the region fell from 11% in 2013 to 6% in 2023. This puts the region slightly higher than the statewide rate of 5%, and below the 9% national rate. Ulster county had the highest rate of uninsured residents (7%) in 2023. Orange and Sullivan were next on the higher end of rates of uninsured residents (6%) in 2023. Putnam had the lowest rate, at 4.4%.

[Early prenatal care](#) rates varied among racial and ethnic groups throughout the region, similar to statewide trends.

In 2023, the share of White mothers receiving prenatal care ranged from a low of 62% in Sullivan to a high of 90% in Putnam. African American mothers had somewhat lower rates, ranging from a low of 55% in Ulster to a high of 68% in Columbia. Rates for Hispanic mothers ranged from a low of 51% in Sullivan to 77% in Putnam.

The rate of [low birth weight babies](#) has been steady since 2010, similar to statewide trends.

In 2023, 7.4% of babies born in the region had low birth weights, below both the state and national rates of 8.3% and 8.6%, respectively. Columbia and Dutchess had the highest rates in 2023 (10.3% and 8.3%, respectively) while Putnam had the lowest (5.8%). Columbia went from having the lowest rate in 2022 to the highest rate in 2023.

Deaths from [drug poisoning have increased](#) in the region similar to statewide and national trends.

There were 28 drug poisoning deaths per 100,000 residents in the Mid-Hudson Valley region in 2023, an increase of 283% since 2010. This was lower than the national rate (32) and slightly above the state (excluding NYC) rate of 26. Sullivan had the highest rate of drug poisoning deaths in the region at 47 per 100,000 residents, while Putnam and Greene counties had the lowest (16 and 19, 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 2024, there were 109 people per 100,000 residents with HIV per 100,000 residents in the Mid-Hudson Valley region, slightly higher than the state rate of 101. The rate increased by 31% in the region since 2010. Columbia had the highest rate per 100,000 residents (146), followed by Greene (134). Putnam and Sullivan counties had the lowest rates (72 and 106 respectively). The rate of [newly diagnosed cases](#) in the region has decreased by 26% from 2016 to 2024, going from 7.4 per 100,000 residents to 5.5 per 100,000 residents, below the state rate of 6.4.

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.

Each county in the Mid-Hudson Valley had similar owner-occupied rates in 2020-24, except Putnam which had the highest rate at 84%. Rates have not varied much since 2010-14. On the other hand, rates varied greatly based on race/ethnicity with Whites and Asian homeownership rates at 76% and 72% respectively, compared to a 56% homeownership rate among Hispanics, and 46% for African Americans.

The Mid-Hudson Valley experienced an increase in the rate of [homelessness](#) since 2019. In 2024, there were 23 homeless people per 10,000 residents in the region, or nearly 2,260 people. Among counties, Ulster County had the highest rate at 34 homeless people per 10,000 residents, followed by Dutchess County (24). The area for Greene and Columbia counties had the lowest rate at 15 homeless people per 10,000 residents. The region's rate of homelessness increased by about 24% between 2019 and 2024.

[Owning a home](#) in the Mid-Hudson Valley remains moderately affordable, though costs remain high relative to income.

The affordability ratio (median home value divided by household income) was 3.9 in the region in 2020-24, similar to the level observed in 2010-14. Across the region, ratios ranged from a low of 3.4 in Sullivan County to a high of 4.3 in Columbia County – all above the ratio of 3.0 generally considered affordable.

[Rental housing has become less affordable](#) between 2010-14 and 2020-24, similar to the state trend.

Region-wide, 34% of the median household income went toward rent in 2020-24, 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 (26%) and Sullivan (30%). Orange had the highest percentage at 37% followed by Columbia and Ulster at 36%. In the region, the share of household income going to rent increased 7 percentage points from 2010-14 to 2020-24. In 2020-24, rent consumed 31% of the income of both African American and White households, and 32% of Hispanic and Asian households in 2020-24. The figure for African Americans was lower than the state or nation (both 34%), while the Hispanic figure was the same as both the nation and the state.

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.