

Healthy Waltham



A Report to the Community:

A Picture of Health and Quality of Life in Waltham 2004-2005

**Healthy
Waltham
Mission:**

To mobilize
the people
of Waltham
to better
understand
our



community's
strengths and
challenges
and to build
a healthier,
more just
and
prosperous
community.



Presented by Healthy Waltham, a civic group interested in improving the health and quality of life for people who live, work, and learn in Waltham.

Healthy Waltham is funded in part by Mount Auburn Hospital.

Available at: www.walthampartnershipforyouth.org

A Letter to Readers

To Our Readers:

This report is designed to paint a picture of our community, Waltham. It is much like a mosaic in that it provides the reader with an image of the overall "health" of our community by pulling together the pieces. Like a good painting, the image it depicts speaks to everyone in an individual way. The report combines both facts (existing data) and opinions of people who live and work in Waltham. It highlights some of our community's strengths, suggests related resources, and it provides a starting point against which we can measure future progress toward an even healthier Waltham. We hope it sparks interest, encourages dialogue, and engenders positive action across the community.

About Healthy Waltham

Healthy Waltham is a newly formed civic group interested in improving the quality of life for people who live and work in Waltham. This initiative is sponsored by Mount Auburn Hospital and the Regional Center for Healthy Communities in partnership with over 25 local organizations.

What is a Healthy Community?

In 2004, this question was asked all over Waltham in interviews, focus groups, meetings, and surveys. Meetings were held with the Waltham Interagency Council, the Waltham Family School, an Even Start Family Literacy Program, residents at Prospect Terrace, the Waltham Council of Neighborhood Advocates (WCONA), youth at the Boys & Girls Club after-school program and with 130 participants at a community forum.

Healthy Waltham leadership explored the information collected, areas of resounding interest, where potential impact might realistically be made and opportunities for unique collaboration.

What's Next?

Healthy Waltham will host regular community meetings to continue dialogue around community health improvement projects. In 2005 and future years, Healthy Waltham will focus on four areas for improvement and invite you to participate in efforts that address the following:

- To improve issues surrounding **cultural diversity and inclusion** and increase diverse participation in civic life and community decision making.
- To improve individual **health status and well being** through healthy lifestyle and behavior choices.
- To expand opportunities for and access to **early childhood, youth, and adult education**.
- To increase awareness and accessibility of existing **affordable housing** programs and foster community-responsive **land use planning**.

There will, of course, be many needs which cannot be addressed simultaneously. We hope however, that this galvanizes the community to work collaboratively to address community needs in an innovative way.

Healthy Waltham meets monthly. For more information, please contact:

Nadene Stein , Co-Chair
Principal, Waltham Public Schools

Marina Paige Bartley, Co-Chair
Executive Director, Waltham Partnership for Youth

Waltham Walks

Healthy Waltham would like to help bring the diverse assets of Waltham together in an event that promotes healthy living and celebrates community life in Waltham.

This idea was suggested at a second community meeting held on October 5, 2004, during which project directions were discussed by community members.

The event is scheduled to take place in May 2005.

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Health is more than the absence of disease and the provision of traditional health care services.

Health is a fundamental asset of individuals and communities and includes physical, social, economic, and environmental factors.

(World Health Organization)

*This report is available as an Adobe Acrobat .pdf file entitled "**HW Report to Community 0405**" and can be accessed online (via the webpage below) or by contacting the Healthy Waltham chairs.*

www.walthampartnershipforyouth.org

Introduction

Healthy Waltham's Approach

Waltham, like neighboring communities in Massachusetts and throughout the country, faces complex social issues that challenge the health of current and future generations. Healthy Waltham has adopted a fresh, collaborative, and sustainable approach to health improvement based on the Healthy Communities movement that is spreading across the nation.

Healthy Communities is an international effort adopted locally. The Healthy Communities process is well researched and has been implemented in over 1500 communities in the United States. Central to its approach is the use of "indicators" or data. But, understanding indicators of community health is just a beginning. Taking collective action to improve the health of our community is an important next step and a responsibility shared by all. Of equal value is the voice of the community, what people are interested in and talking about, with an emphasis of building on the many assets that already exist within the community.

What is a Healthy Community?

A Healthy Community is where people come together to make their community better for themselves, their families, their friends, their neighbors and others in their community.

A Healthy Community creates ongoing dialogue, generates leadership everywhere, shapes its future, embraces diversity, knows itself, connects people and resources, and fosters a sense of community.

(Massachusetts Partnership for Healthy Communities)

What is the purpose of this report?

This report presents the opinions collected at the May 2004 community forum, along with publicly available information from a range of sources. The Healthy Waltham team collected information for this report based on areas of community interest and the indicator data from worldwide sources. The data contained in this report "paints a picture" of the health and well-being in Waltham. The data is not fully comprehensive, but highlights key and standardized information that is available. This resource should augment existing reports and other community efforts. It is intended to blend the numbers that represent indicators of health and well being with the stories from the people of Waltham.

Introduction

What is so special about this report?

This report was compiled by a Healthy Waltham Research Committee who met every other week for over nine months. Most of the committee members were volunteers who donated their time from either professional and/or personal responsibilities to pull together the information in this report. All but one of the committee members are practitioners - not professional researchers or academics - who engaged in the sometimes arduous process of collecting, analyzing and presenting complex and sometimes hard to find data and turning it into useful and meaningful information. In short, this report represents the collaborative efforts of people who care about Waltham and believe that understanding more about this community will lead to a "healthier, more just and prosperous Waltham."

Who should read this report?

We hope that this report will be useful to anyone who wants to learn more about Waltham. Further, we hope that a broad range of audiences will read this with their eyes open to opportunities for building on the strengths and facing the challenges of improving the civic well-being within our community. We hope these audiences will include (1) Funders of social service, educational and other programs; (2) Program managers to improve the operations and management of their programs and/or initiatives; (3) The Waltham Community (in general); (4) those seeking funds and needing information to document need and; (5) broader external audiences, such as state policy-makers and the Healthy Community field.

How to read this report

The data is broken down into categories that the Research Committee felt would make the information accessible and informative. Each topical category contains the following highlights:

Did You Know is a section that illustrates points of interest about Waltham.

Forum Opinions: Community Assets is a section that provides examples of community assets that were identified by Community Forum participants. This area shows both the broad categories of strengths as well as quotes from forum attendees to further illustrate the positives of Waltham.

Forum Opinions: Improvement Areas is a section that provides examples of areas for improvement that were identified by Community Forum participants. The research committee grouped responses to the question, "What would you improve to make Waltham a healthier community?" into broad categories listed in this section with actual quotes from forum attendees to illustrate the needs of Waltham.

Community Forum

On May 12, 2004, Healthy Waltham held its first Community Forum at the McDevitt Middle School. The community forum represented a way for diverse community members to share opinions and stories about Waltham. All sectors of the community were invited to participate. Forum attendees engaged in a discussion on what makes a community “healthy” in order to help us understand the many assets Waltham already has in place. Attendees also participated in dialogue around what can help improve quality of life issues for Waltham.

What Happened?

Nadene Stein of the Waltham Public Schools facilitated the evening. Mayor Jeannette A. McCarthy and Jeanette Clough, President and C.E.O of Mount Auburn Hospital welcomed attendees. Food, entertainment, childcare and other services were donated by local businesses and organizations. The attendees participated in small group discussions facilitated by members of the Healthy Waltham Leadership group. Translation and childcare services were available.

Each table brainstormed “Assets” and “Areas for Improvement” within the Waltham community. Each group was asked to prioritize these areas for improvement by placing sticky dots onto large flip charts.

In addition to these small group discussions, each person was given “leaves” to be placed on a “Tree.” Each leaf responded to the statement prompt “My vision for a healthy Waltham is...” On their own, participants wrote an idea or suggestion to be included in the vision for a Healthy Waltham. A picture of the “Vision Tree” appears on the cover of this book.

The vision statements from the community forum were organized into similar groups. Members from the Healthy Waltham Leadership team then consolidated the leaf statements into 13 broad categories and responses to the question “My vision for a healthy Waltham is...” to represent the results of the forum visioning process.

These responses are represented on the following page as well as within the “leaf” at the beginning of each data category chapter.

Community Forum Visioning

Healthy Waltham Vision



Our vision for a Healthy Waltham is a community. . .

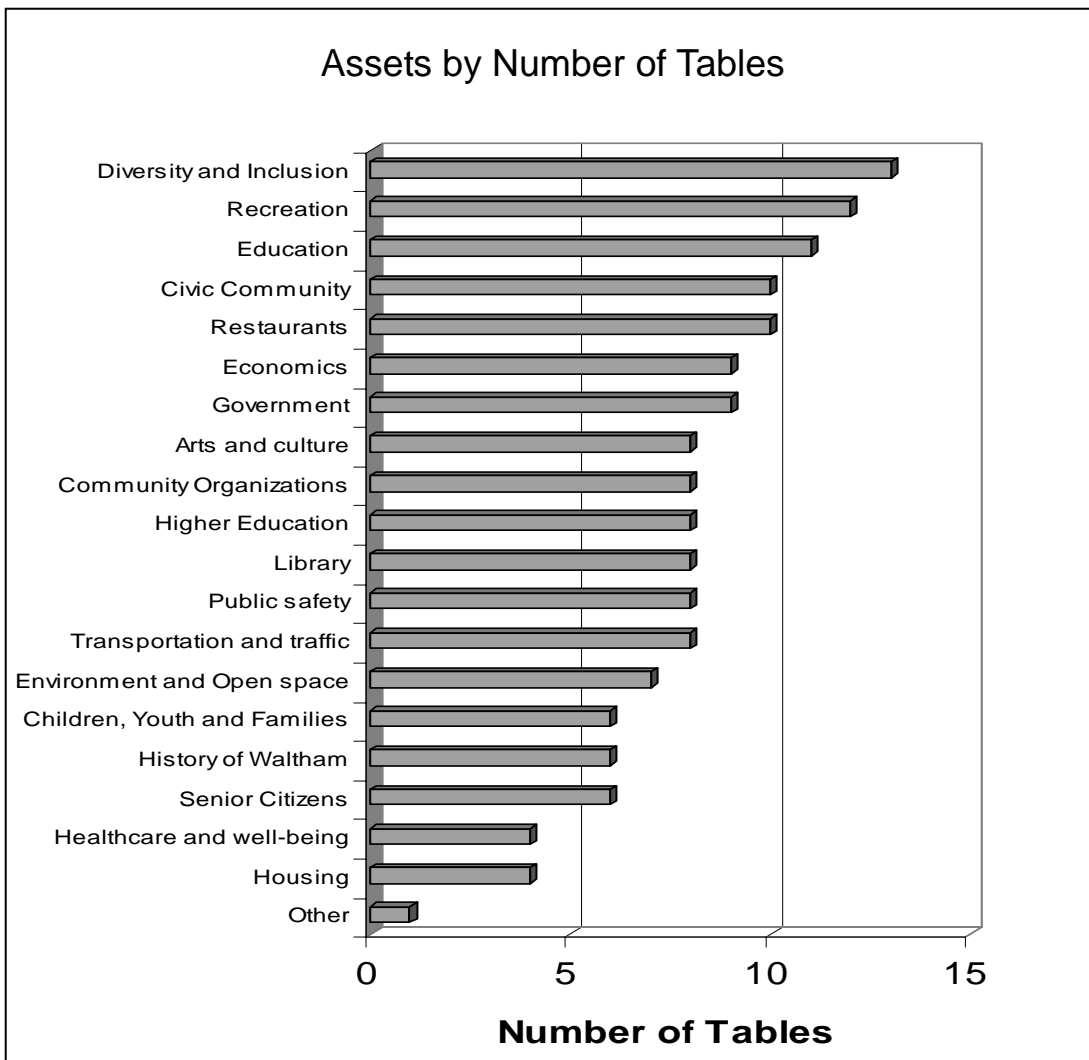
- ... where members care about each other and are willing to work together to ensure that all community members are treated fairly and with respect.*
- ... where our diversity is considered our strength and where we continually reach out to include all members of our community.*
- ... where our elected and appointed leaders reflect our diversity as well as respond to the needs of the entire community and where there is community participation in all of our neighborhoods.*
- ... where all members have access to varied cultural experiences.*
- ... that ends the over development of open spaces, hence easing traffic congestion, overcrowdedness and, in general, cleaning up the city.*
- ... that provides more employment opportunities for the residents of Waltham through enhanced training, partnerships with businesses and specialized language and skill programs for immigrants.*
- ... where members have the opportunity to practice all faith denominations.*
- ... that addresses healthcare in all components — accessibility, convenience and cost.*
- ... with a focus on expanding green space in our city, improving our water and air quality, and focusing attention on the cleanliness and condition of our streets.*
- ... that expands our stock of affordable housing for all residents.*
- ... that promotes social interaction and creates a safer community.*
- ... with a transportation plan that promotes healthy walking and bicycling, mass transit, and minimizes traffic and parking problems.*
- ... that creates more youth activities and programs and resources for children of all ages (child care through teen programs), and broadens educational opportunities.*

Vision statements pertaining to each data category are repeated within the leaf at the beginning of each data chapter.

Community Forum Findings

What are the assets of Waltham as a community?

The following chart represents the number of tables of community forum attendees who identified the following assets grouped by category. For a list of specific assets identified refer to Appendix B.

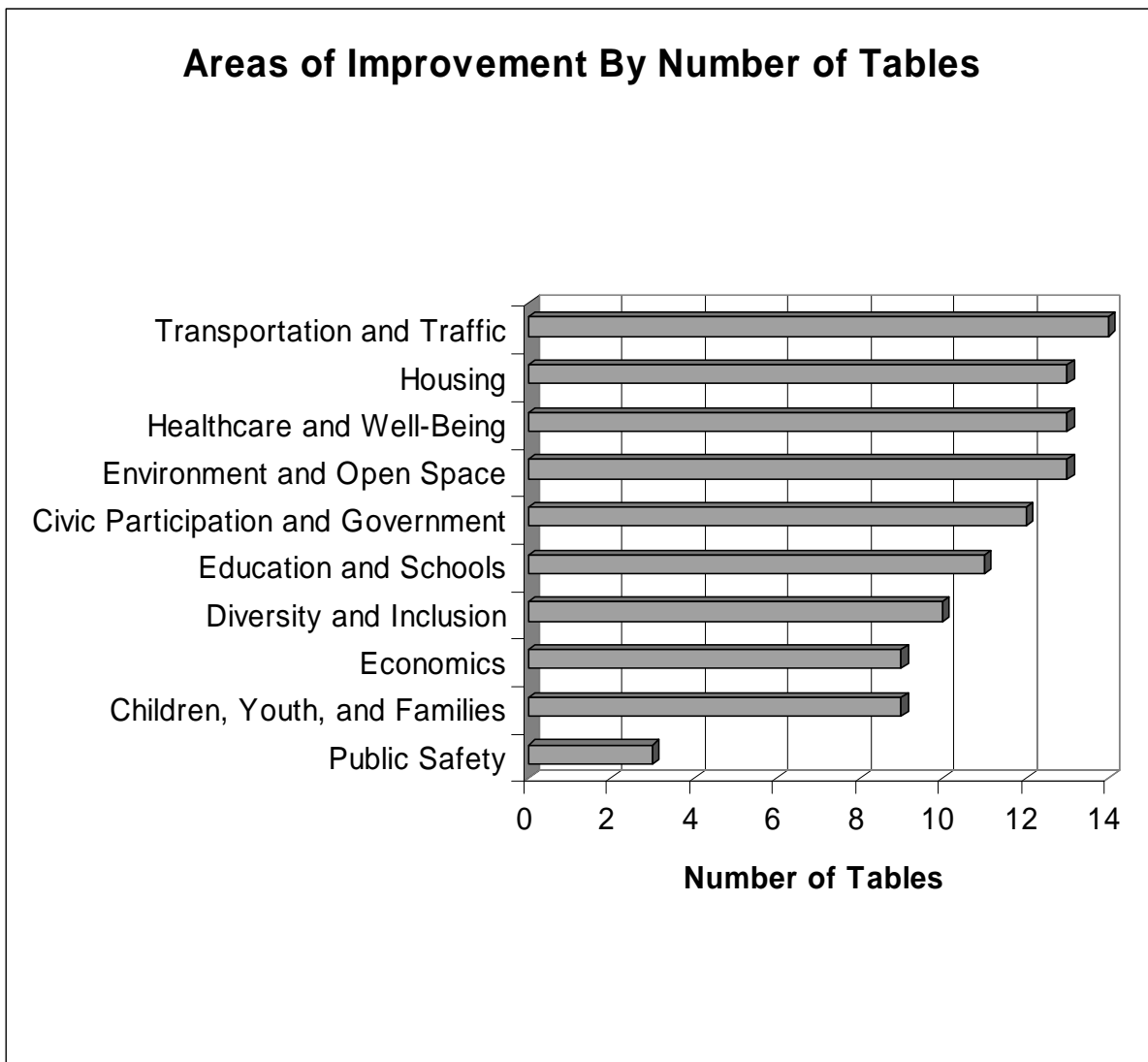


Many tables identified **diversity and inclusion** (13), **recreation** (12) and **education** (11) as assets of Waltham.

Community Forum Findings

What are the areas for improvement in Waltham?

The following chart represents the number of tables of community forum attendees who identified the following areas of improvement grouped by category. For a list of specific areas of improvement identified refer to Appendix C.

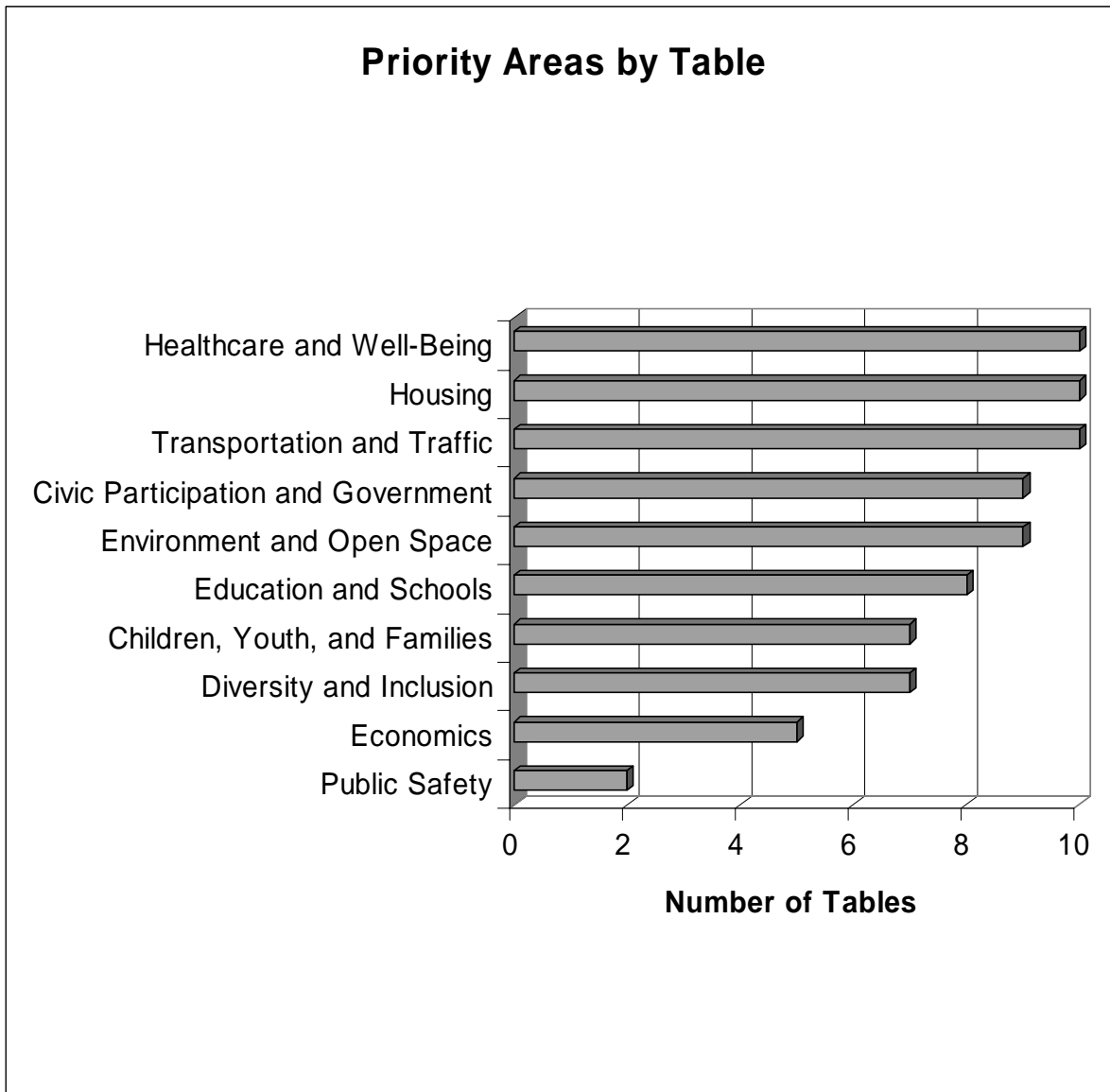


Participants at each of the 14 tables identified **Transportation and Traffic** as an area that needs improvement in Waltham. Concerns about **Housing, Healthcare and Well-being** and **Environment and Open Space** were each identified as areas of improvement at 13 tables. Civic-participation/Government issues were identified by 12 tables.

Community Forum Findings

How would you prioritize these areas for improvement?

The following chart represents the number of tables of community forum attendees who identified the following priority areas grouped by category. For a list of all priority areas identified refer to Appendix C.



Healthcare and Well-being, Housing and Transportation and Traffic were designated as priority areas of improvement at 10 of the 14 tables. **Civic Participation and Government** and **Environment and Open Space** were both prioritized at nine tables. In contrast, only three tables indicated that **public safety** was a priority, but this represents 100% of the tables that mentioned public safety.

Community Forum Findings

Conclusion

Based on an analysis of all data, five areas were consistently and repeatedly the most frequently identified by the most tables and prioritized the most often. These areas were:

- Housing
- Environment and Open Space
- Healthcare and Well-Being
- Transportation and Traffic
- Civic Participation and Government

It is also notable that Civic Participation and Government (which were split to present a greater level of detail for assets) received the most frequent mention as an asset of Waltham.

Healthy Waltham has used the opinions from the forum, along with the data in the following section to help shape common directions and to recommend action areas for community health improvement

(see “*A Letter to Readers: What’s Next?*” on page 2 and The Healthy Waltham Annual Report 2004—2005).

History of Waltham

Summarized and edited from The Waltham Museum, www.walthammuseum.com/250-history-01.html

On January 15, 1738, the Town of Waltham was incorporated from the Westerly Precinct of Watertown. The town had a population of approximately 550 people and quickly grew as Main Street was part of the main highway between Boston and New York. Due to the town's close proximity to Boston, prominent families began to build their summer residences in the area, including the Lyman Estate (1793) and the Gore Estate (1805). Both of these homes were built in the Federalist style and still stand today.

In 1788, John Boies built a dam and the Boies Paper Mill on the Charles River, beginning the industrialization of Waltham. Francis Cabot Lowell's Boston Manufacturing Company opened in 1814, where the power loom was invented and sparked the industrial revolution in the United States. Here the "Waltham System" of providing housing and supervision to mill girls began. Lowell later moved his factory north to the city for which he is named.

In the early 1800s, this industrialization also attracted many new immigrants who came to work from Armenia, Canada, Germany, Ireland and Italy. Between 1810 and 1820, the town experienced a 65% population increase. Prosperous industry allowed Waltham to thrive, providing civil services such as the first fire department in 1817 and schools for employees' children. Waltham acquired its nickname "The Watch City" with the opening of the Waltham Watch Factory in 1854 by Aaron Dennison. At this factory, methods of mass production were perfected.

Rapid industrial growth occurred at the end of the 19th century and the city began to change. The city population and property expanded rapidly with bridges over the Charles River and access to Boston on the Fitchburg line of the Boston and Maine Railroad. Electric car service within the city began in the 1890s.

History of Waltham

Cultural life grew with the population, beginning with the Rumford Institute presenting lectures, concerts, plays and debates. The Waltham Public Library was a donation from the Rumford Institute and gained its own building in 1914; it has since been a center of city life. Also, with increased prosperity there was more time for recreation and two of the first parks in Waltham were formed, Bicycle Park (the predecessor to Nipper Maher Park) and Norumbega Park.

Waltham benefited from the founding of the Waltham Training School for Nurses by Dr. Alfred Worcester Nurses in 1885, the first of such schools in America. Also, the Waltham Hospital emerged from the Waltham Cottage Hospital in 1888.

Waltham is home to two higher education institutions; Brandeis University opened in 1948 and Bentley College followed closely in 1968. Both institutions are well respected nationally and internationally.

In 1952, Waltham rezoned a portion of land along Route 128, bringing commercial, high tech industry to the city. Raytheon, founded in 1933 and among the first companies to settle in Waltham, continues to be a leader in the high tech industry. Other high tech companies that settled in Waltham include Polaroid, Honeywell and Hewlett Packard.

Waltham has seven elementary schools, two middle schools, and Waltham Senior High. The community of over 59,000 is a prospering racial and economic mix with many civic and social opportunities for all ages.

Current Waltham Demographics

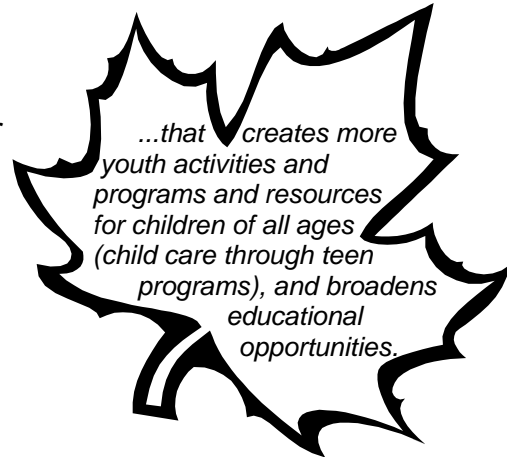
Total Area:
13.6 square miles

Population:
59,226

US Census 2000

Children, Youth & Families

Children, Youth & Families considers people in family roles across the lifespan. This section includes information about sub-groups within our Waltham Community: Children, Youth and Families.



Children and Youth of Waltham

Children and youth refer to all those people under age 18 who reside in Waltham, attend our schools, after-school programs, or participate as citizens and resources within our community. Children and youth make up 15.5% of the Waltham population and are an important part of a Healthy Waltham.

Some Numbers about Youth	Waltham		Massachusetts	
	Number	Percent	Number	Percent
Total Populations under 18 years of age	9,173	15.50%	1,498,387	24%
Total Population under 5 years of age	2,795	4.70%	397,268	6.30%
Population under age 18 below 200% of poverty	1,786	19.80%	388,918	26.40%
Population under age 18 below poverty (POOR)	484	5.50%	177,383	12%
Population under age 18 below 50% of poverty	301	3.30%	84,893	5.80%
Children in single-parent households	1,653	18%	342,697	22.8%
Children ages 5 to 17 who have difficulty speaking English	356.5	6%	60,631	5.50%
Children ages 5 to 15 with one or more disabilities	276	5.10%	228	6.20%
Population ages 16 to 19 who are high school dropouts	155	3.60%	21,976	6.60%
Population ages 16 to 19 who are not in school and not working	96	2.30%	19,943	6.10%

Source: Kids Count Online Database, Population Reference Bureau, analysis of data from the U.S. Census Bureau, for The Annie E. Casey Foundation

Families of Waltham

- Waltham has a smaller percentage of families (53.7%) than the state of Massachusetts (64.5%).
- Waltham has a higher percentage of non-family households (46.3%) than the state (35.5%). This is mostly due to the larger number of single householders who live alone.

Children, Youth & Families

Families of Waltham

Although the U.S. Census defines families as those people with biological or marital ties, we understand that people define families in very different ways. This section provides information about Waltham families as collective institutions.

	Waltham	MA
Total households, Number & Percent	23,207 100%	2,443,580 100%
Family Households (families)		
Family households (families); Number	12,455	1,576,696
Percent	53.7%	64.5%
Family with own children under 18 years; Number	4713	748,865
Percent	20.3%	30.6%
Married-couple family; Number	9590	1,197,917
Percent	41.3%	49%
Married-couple family; With own children under 18 years; Number	3702	548,360
Percent	16%	22.4%
Single Female; Number	2059	289,944
Percent	8.9%	11.9%
Single Female with own children under 18 years; Number	799	163,550
Percent	3.4%	6.7%
Average family size	3.01	3.11
Nonfamily Households		
Total Nonfamily households; Number	10,752	866,884
Percent	46.3%	35.5%
Householder living alone; Number	7,943	684,345
Percent	34.2%	28%
Householder 65 years and over living alone; Number	2,314	256,137
Percent	10%	10.5%
Households with individuals under 18 years; Number	5,112	804,940
Percent	22%	32.9%
Households with individuals 65 years and over; Number	5,470	604,481
Percent	23.6%	24.7%
Average household size	2.29	2.51

Source: U.S. Census 2000

Did You Know?

- Only one in five (20%) of Waltham households are families with children under 18, and only 16% are married couples with children under 18. These figures are lower than the state figures of 30.6% and 22.4% respectively.
- Senior Citizens (over age 65) also represent a growing part of our population.

Children, Youth & Families

Forum Opinions: Community Assets

Some of the assets of Waltham identified by Community Forum participants are:

Youth activities

“Organized sports”
 “PAL program—DARE—guiding youth”
 “Sports for kids, youth activities”

Senior services

“Nursing homes”
 “Elderly housing”

Child Abuse

In 1997, Waltham ranked last (46th) in reported rates of child abuse in the state of Massachusetts with 333 cases or a rate of 36 non-repeated cases per 1,000 children.

	Reported Number of Children	Reporting Rate (per 1,000)
Waltham	333	36
Massachusetts	69,943	50

Source: A STATE CALL TO ACTION: Working to End Child Abuse and Neglect in Massachusetts. Massachusetts Citizens for Children, April 2001

What Do Youth Say About Themselves?

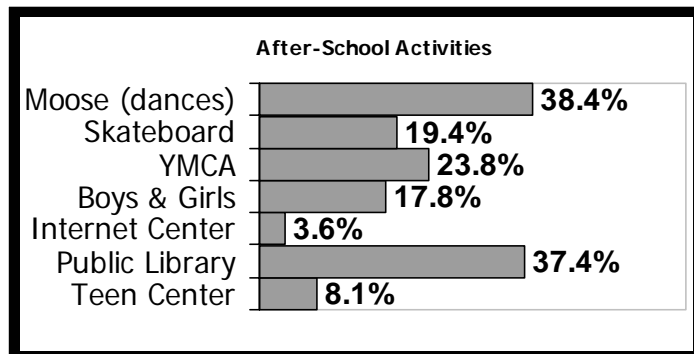
In Spring 2002, a team of Brandeis University students conducted a survey of 7th and 8th grade youth in collaboration with the Waltham Partnership for Youth.

Students were asked to identify after-school activities that they participate in regularly. Just over a third of youth indicated that they participate regularly in Moose dances and at the Public library. Just under one-quarter attended YMCA programs.

Daily Activities

	Watching TV	Doing Homework
None	0%	6.6%
Up to 1	25.9%	43.4%
1-2	38.6%	43.1%
2-5	24.1%	6%
5+	11.4%	0.9%

After-School



Source: “Programming Needs of Waltham Middle School Youth: Informing Future Strategic Goals for the Waltham Partnership for Youth, Inc.” by Elizabeth Perry, Aaron Praul, Sandra Silva, and Emily Stone, Heller School for Social Policy and Management, TCP 2002

Children, Youth & Families

Forum Opinions: Improvement Areas

Some of the areas for improvement in Waltham identified by Community Forum participants are:

Youth out-of-school time

“More non-traditional and affordable (artistic) after school programs”
 “More free after school programs and summer programs”
 “Need to reduce high school drop out rate”

Services to reflect the population base

“Centralize early childhood center”
 “Not enough teenage entertainment”

Relationships

“There needs to be a stronger relationship between youth and adults”

Childcare

“More affordable preschool programs”

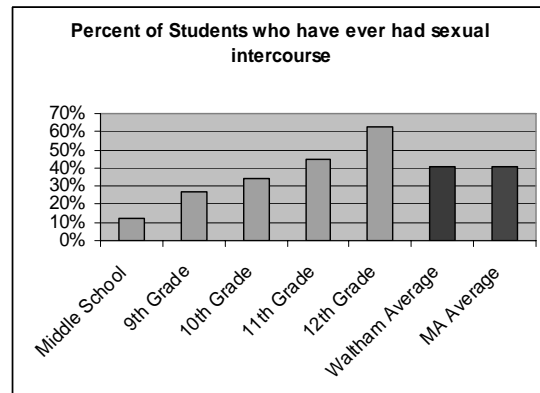
Are Waltham Youth Engaging in Risky Behavior?

Under half (44%) of all high school students in Waltham report using alcohol in the past 30 days. More than half of those who did consume alcohol, however, engaged in binge drinking during this period. About 12% of high school students reported driving after drinking alcohol and a third report riding with a driver who had been drinking (just over the state average).

Substance Abuse	<u>Waltham High School (2004)</u>	<u>MA High School (2003)</u>
<u>Substance Use in Past 30 Days</u>		
Percent of youth who indicated consuming alcohol in the past 30 days	44%	46%
Percent of youth who indicated smoked cigarettes in the past 30 days	12%	21%
Percent of youth who indicated tried marijuana in the past 30 days	19%	28%
<u>Alcohol Related Risk Behaviors</u>		
Binge drinking in the past 30 days	26%	27%
Rode with a driver who was using alcohol	32%	28%
Drove after drinking alcohol	12%	12%

Sexual Intercourse

- Students are more likely to have ever engaged in sexual intercourse as they get older.
- More than half (63%) of high school seniors report having had sexual intercourse. Of these, 66% report having used a condom.
- At the other end of the age range, just under one in eight (12.2%) of middle school students report having had sexual intercourse.



Source: Massachusetts Youth Risk Behavior (YRBS), September 15, 2004. Waltham Public Schools.

Children, Youth & Families

High School Students self-reports of violence and safety related behaviors

Violence and Safety	<u>Waltham</u> In Any Location	<u>Waltham</u> On School Property	<u>MA</u> In Any Location	<u>MA</u> On School Property
In a physical fight in the past 12 months in any location	25%	9%	31%	10%
Males in a physical fight in the past 12 months in any location	35%	15%	---	---
Females In a physical fight in the past 12 months in any location	15%	4%	---	---
Carried a Weapon in the Past 30 Days	12%	5%	14%	5%
Males Carried a Weapon in the Past 30 Days	18%	7%	---	---
Females Carried a Weapon in the Past 30 Days	5%	3%	---	---

- A quarter of Waltham high school age students report being in a physical fight in any location over the past 12 months, 9% on school property. These figures are higher for male students.
- 12% of students and 18% of male students report having carried a weapon to school in the past 30 days prior to the survey.

	Males 2004	Females 2004	Waltham Total 2004	MA 2003
Ever Hurt Physically and/or Sexually By A Date	3.3%	10.5%	7.0%	11%
Ever had sexual contact against will	3.2%	9.2%	6.2%	10%

- More than one in every ten (10.5%) high school females report having been hurt physically and/or sexually by a date.

Depression and Suicide	<u>Waltham</u> High School	<u>Massachusetts</u>
Depressed for 2 or More Weeks in past 12 months	19%	28%
Seriously Considering Suicide in past 12 months	11%	16%
Actually Attempted Suicide in past 12 months	6%	8%

- Just under one-fifth of Waltham students report being depressed for two or more weeks in the past 12 months, and 11% have considered suicide in the past 12 months.
- In addition, 6% of Waltham high school aged youth report to have actually attempted suicide in the past 12 months.

Source: Massachusetts Youth Risk Behavior Survey (YRBS), September 15, 2004. Waltham Public Schools.

Civic Participation & Government

Government is the system of authority for a community. The City of Waltham is governed by a Mayor's Office and City Council, as well as by laws of the Commonwealth Massachusetts and the federal government. Civic participation is a core principle of Healthy Communities. Many civic organizations work to improve our community.



Current Government for Waltham, Massachusetts

<p><u>City of Waltham Mayor's Office</u></p> <p><i>Mayor:</i> Honorable Jeannette McCarthy</p> <p><i>Executive Secretary:</i> Nancy Scorzella</p> <p><i>Constituency Services Administrator:</i> Julie Monaghan</p>	<p><u>Massachusetts Governor's Office</u></p> <p><i>Governor:</i> Mitt Romney</p> <p><i>Lieutenant Governor:</i> Kerry Healey</p> <p><i>Secretary of the Commonwealth:</i> William Francis Galvin</p> <p><i>Attorney General:</i> Thomas F. Reilly</p>
<p><u>Waltham City Council</u></p> <p><i>Councilors-at-large:</i> Paul J. Brasco, Sally Collura, David H. Marcou Jr., Kathleen B. McMenimen, Patrick J. O'Brien and Robert Stanton</p> <p><i>Ward Councilors:</i> Ward One: Robert S. Kelly Ward Two: Edmund P. Tarallo Ward Three: George A. Darcy III Ward Four: Thomas J. Curtin Ward Five: Gary J. Marchese Ward Six: Kenneth B. Doucette Ward Seven: Joseph M. Giordano Jr. Ward Eight: Stephen F. Rourke Ward Nine: Robert G. Logan</p>	<p><u>State Representatives</u></p> <p><i>Senator Third Middlesex District:</i> Susan C. Fargo</p> <p><i>Representative Ninth Middlesex District:</i> Thomas Stanley</p> <p><i>Representative Tenth Middlesex District:</i> Peter J. Koutoujian</p>
<p><u>For more information, please contact:</u> City Hall, 610 Main Street Waltham, MA 02452 781-314-3100 http://city.waltham.ma.us</p>	<p><u>Federal Representatives</u></p> <p><i>U.S. Senators:</i> Edward M. Kennedy John F. Kerry</p> <p><i>U.S. Congressman:</i> Edward J. Markey</p> <p><u>For more information, please contact:</u> State House Boston, MA 02133 http://mass.gov</p>

Source: www.waltham-community.org/Political, city.waltham.ma.us/index, www.mass.gov and www.city.waltham.ma.us/SCHOOL/WebPAge/schc

Civic Participation & Government

Voting in Waltham

Voter Turnout Rate is defined as the proportion of eligible voters who cast any ballots in an election. Eligible voters include all adults age 18 and above who are not ineligible because they are non-citizens, in prison, on parole or not eligible to vote for other reasons such as mental competence or recent movers who are prohibited from voting in some states.

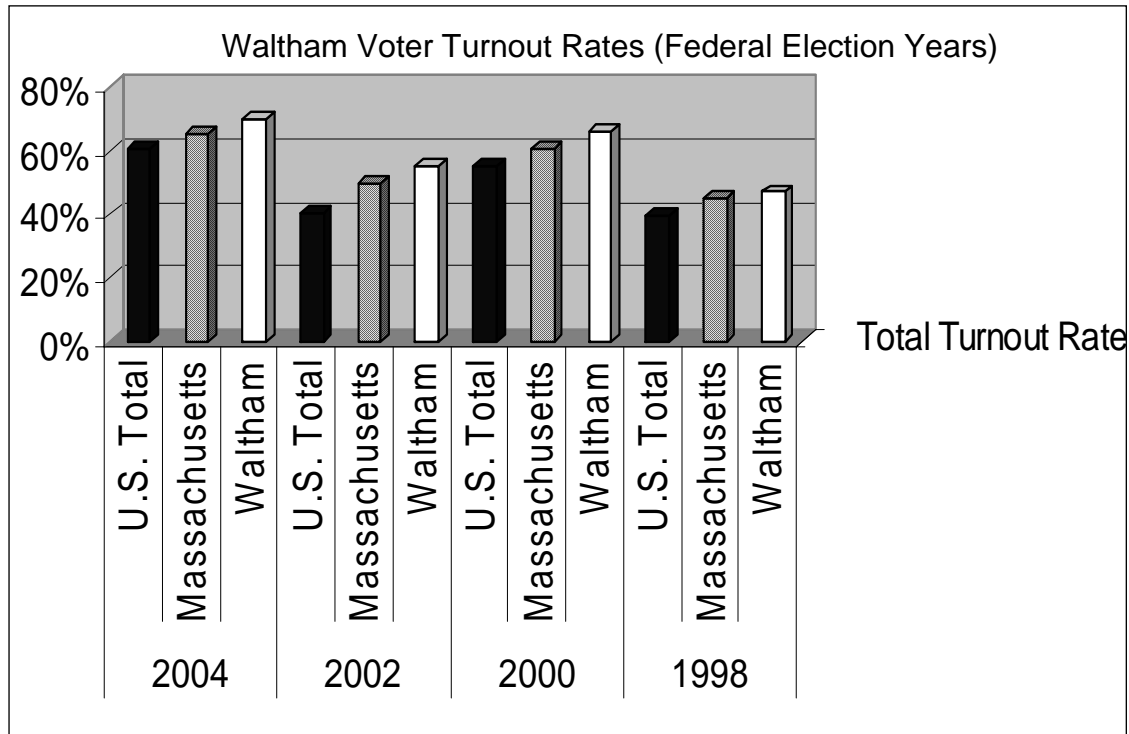


Chart Data: Waltham Voter Turnout Rates (Federal Election Years)

Year	Level	Voter Turnout Rate
2004	U.S. Total	61%
	Massachusetts	65%
	Waltham	70%
2002	U.S. Total	40%
	Massachusetts	50%
	Waltham	55%
2000	U.S. Total	55%
	Massachusetts	61%
	Waltham	66%
1998	U.S. Total	39%
	Massachusetts	45%
	Waltham	47%

Source for National and State: George Washington University United States Election Project.
Source for Local: City of Waltham Clerk.

As the above table and chart show, the Voter Turnout Rate in Waltham is consistently higher than average for Massachusetts Voter Turnout. Massachusetts tends to have a higher voter turnout than the United States as a whole.

Civic Participation & Government

Trends in Waltham

1991-2004 Trends in Waltham Voter Turnout Rates				
<u>Year</u>	<u>Type of Election</u>	<u>Total Eligible Voters</u>	<u>Numbers of Votes Cast</u>	<u>Voter Turnout Rate</u>
2004	Presidential	33156	23,055	70%
2003	Municipal	30927	13,202	43%
2002	State/Congress	32,409	17,806	55%
2001	Municipal	33,730	9,045	27%
2000	Presidential	33,769	22,359	66%
1999	Municipal	31,835	12,592	40%
1998	State/Congress	32,440	15,283	47%
1997	Municipal	31,273	8,448	27%
1996	Presidential	31,171	21,696	70%
1995	Municipal	28,477	8,127	29%
1994	State/Congress	27,833	18,635	67%
1993	Municipal	28,048	9737	35%
1992	Presidential	29,724	24,230	82%
1991	Municipal	27,210	16,332	60%

Source: City of Waltham Clerk

Forum Opinions: Community Assets

Some of the assets of Waltham identified by Community Forum participants are:

Community

"Unique sense of community, belonging"
"Community oriented"
"Supportive, family sense and work"

Government

"City officials"
"Caring government"
"Cooperation with city departments"

Town "feel"

"Small town feel with big city"

City Services

"Post Office is friendly"
"Reliable trash and snow and leaf removal"
"Feels like a town with city services"
"Services we don't have to pay for—buses, street repair, leaf/year waste clean up, snow plowing"

Neighborhoods

"Neighborhood pride"
"Strong neighborhoods"

Civic Participation

"High level of civic engagement"
"City bonding together"
"Election process—councilors and Mayor participate in civic process"
"Kiwanis, Rotary and other volunteer groups"
"Two colleges—civic minded youth"

Mayor

"Current Mayor"
"Sense of hope, feeling of change, new Mayor"

People/Citizens

"Caring nature of people"
"People know one another"
"Talents of citizens"

Recreation

"Concerts on the Common"
"Reagle Players"
"Waltham Orchestra"
"Great restaurants"
"Cultural resources, arts, museums"
"Movie theater"
"Wonderful library, user-friendly"

Civic Participation & Government

Forum Opinions: Improvement Areas

Some of the areas for improvement in Waltham identified by Community Forum participants are:

Increased citizen involvement

“Organized volunteering”

“More involvement by residents on community boards”

“To encourage community participation from all neighborhoods”

Better communication from government

“Communications, city-wide website”

“City Council agendas in advance”

More diversity and inclusion in government

“More involvement “

“Minority communities to participate more in civic activities”

Long range planning from government

“Long range plan”

“A Civic Center”

“A community information center”

Did You Know?

- Civic Community was among the top four most frequently cited categories of assets.
- Voting trends show that consistently voter turnout in Waltham is higher than national voter turnout (66% to 51%) for Presidential Elections from 1992-2000.
- The city of Waltham sponsors many civic events in which residents can participate.
- There are many civic organizations in Waltham.
- Local Election Office: Waltham City Clerk Department, City Hall, 610 Main Street, Waltham, MA 02452; 781-314-3120; city.waltham.ma.us/clerk/index

Diversity & Inclusion

Diversity & inclusion: an emphasis on accepting culture, race and age differences by recognizing that no one person is intrinsically superior to another.



Waltham Racial and Ethnic Trends (1980-2000)

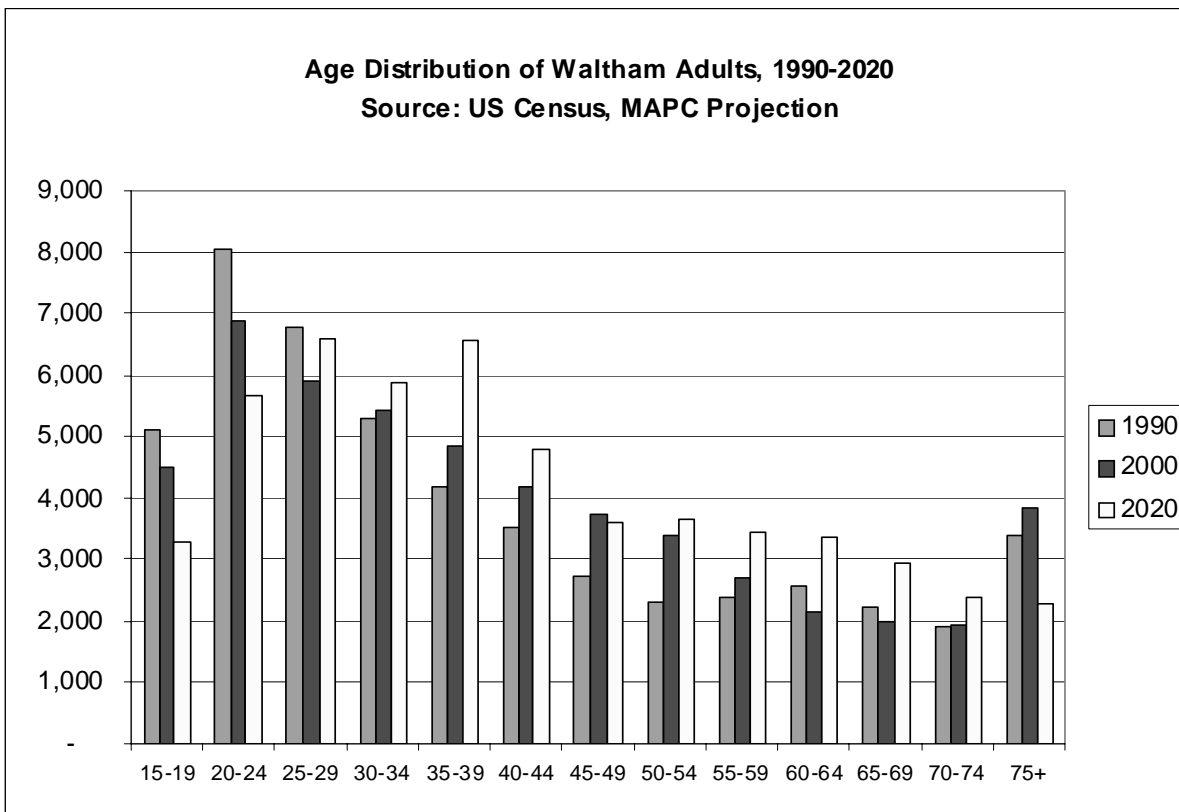
	<u>1980</u>		<u>1990</u>		<u>2000</u>	
	#	% of Total	#	% of Total	#	% of Total
White	56,200	97%	52,885	91%	49,145	83%
Black	609	1%	1,778	3%	2,614	4%
American Indian	48	0%	74	0%	133	0%
Asian	623	1%	2,055	4%	4,318	7%
Other	720	1%	1,086	2%	1,896	3%
Hispanic (any race)	1,417	2%	3,239	6%	5,031	9%
Total:	58,200	100%	57,878	100%	59,226	100%

The data from the US Census clearly tells us that after a gradual decline in the Waltham population between 1970 to 1990, during the past 10 years there was an increase of 1,348 individuals representing a 2% population increase—due to even greater percentage increases in Black, Asian and Hispanic populations.

- Waltham is an increasingly diverse community, with significant growth over the past ten years in African American, Latino, Asian, and American Indian residents. The percentage of non-white residents in Waltham has doubled from 1990 to 2000.
- Hispanic or Latino/a people now comprise 9% of the city's population.
- Asians or Asian-American people now comprise 7% of the city's population.
- African American or Black people now comprise 4% of the city's population.

Diversity & Inclusion

Age Distribution of Waltham Adults



*MAPC = Metropolitan Area Planning Council, www.mapc.org

Elderly of Waltham

The elderly population in Waltham is increasing, which leads to different needs within the community. Information from the U.S. Census shows that Waltham's elderly population increased from 9% in 1970 to 15% in 2000. According to the most recent Census, the proportion of the senior population of Waltham is similar to the state proportions at about 13%.

	Waltham 2000	Massachusetts 2000
Total population	59,226 100%	6,349,097 100%
65 years and over	7,775 13.1%	860,162 13.5%

Source: U.S. Census Bureau, Census 2000 Summary File 1, Matrices P13 and PCT12

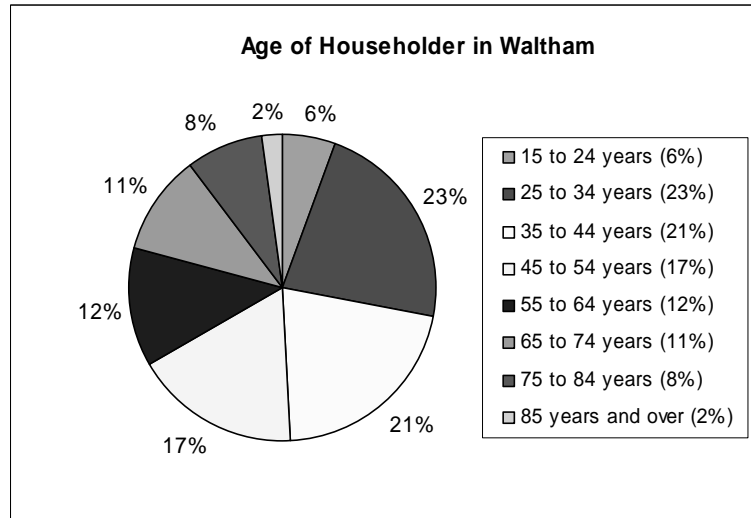
Diversity & Inclusion

Householder Information in Waltham

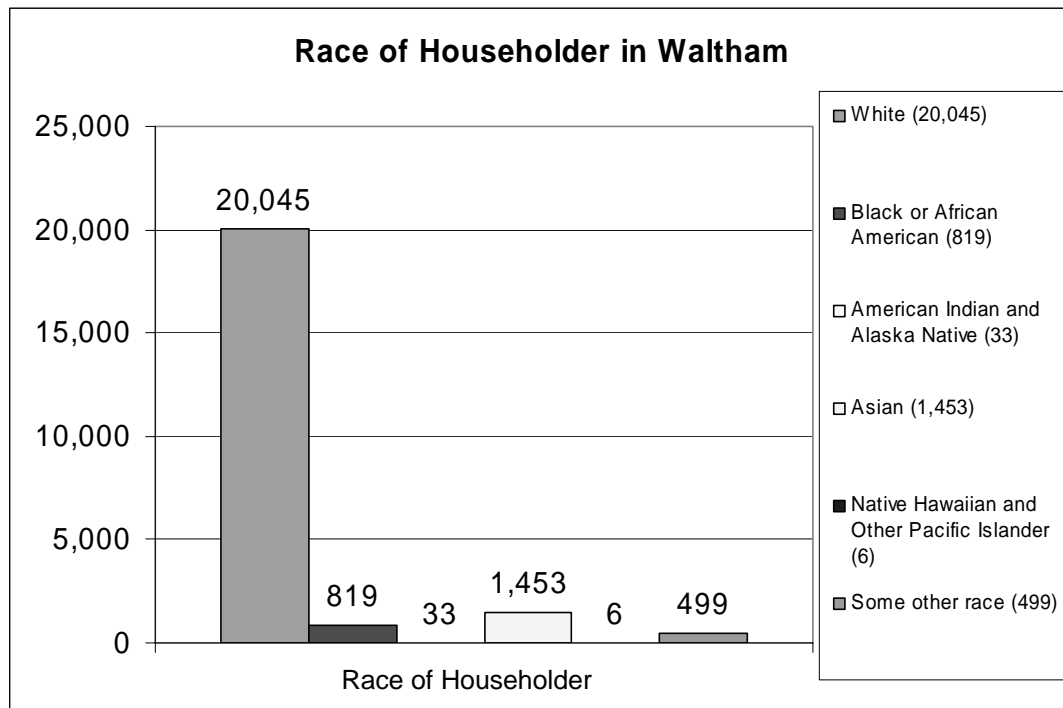
Age of Householder

- The majority of householders are between the ages of 25 and 54 years old.

Source: U.S. Census 2000



Race of Householder



- Most householders in Waltham are White, the next largest group of householders are Asian.

Source: U.S. Census 2000

Diversity & Inclusion

Forum Opinions: Community Assets

Some of the assets of Waltham identified by Community Forum participants are:

Welcoming

"People are tolerant, accepting"

Diverse populations and cultures

"Different ethnicities"

Resources

"Churches"

"Ethnic grocery stores"

Population Mix

"Multi-generational"

"Economic diversity"

Did You Know?

- Information from the US Census shows that Waltham's elderly population increased dramatically from 9% in 1970 to 15% in 2000.
- Although the average income of families in Waltham has risen steadily over the past 30 years, from \$12,200 to \$64,585, the poverty rate in Waltham indicates an increase as well from 1% in 1970 to 7% in 2000.
- Waltham is increasingly racially/ethnically diverse.
- Decline in White population 56,200 (97%) in 1980 to 49,145 (83%) in 2000.
- Latino/a population has grown from 2% to 8% since 1980.
- African American/Black 2,614 people in 2000, up from 609 in 1980.
- Asian population in Waltham has doubled over the past 10 years to 4,318 people (7%) in 2000 and 623 people (1%) in 1980.
- It's likely that these are undercounts. Adult census data does not accurately reflect the demographics of school-aged children. (see education)

Forum Opinions: Improvement Areas

Some of the areas for improvement in Waltham identified by Community Forum participants are:

Integration

"Welcoming to new immigrants"

"Recognize diversity among us, different cultures and needs"

"Cultural awareness in issues of age, race and class"

Outreach

"Outreach"

"More bi-cultural and bi-lingual staff in all public service agencies"

Adult Education

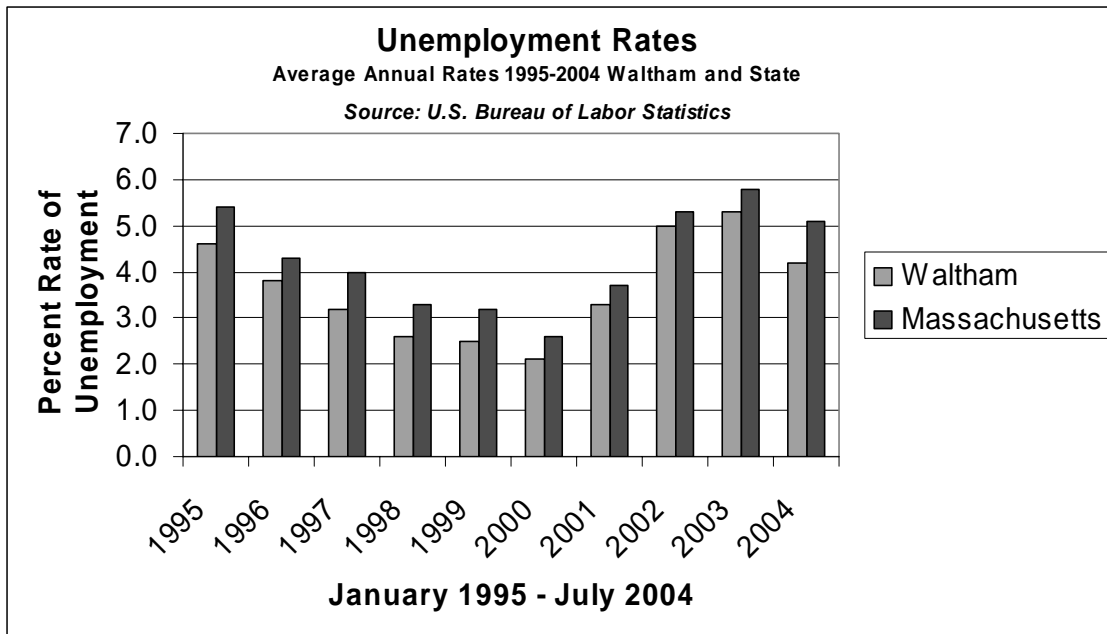
"More English language classes for adults"

Economics

Economics is the production, distribution and consumption of goods and services and their management. A healthy economy implies a strong job market and is vital to the overall health of a community.



Unemployment Rates in Waltham and Massachusetts

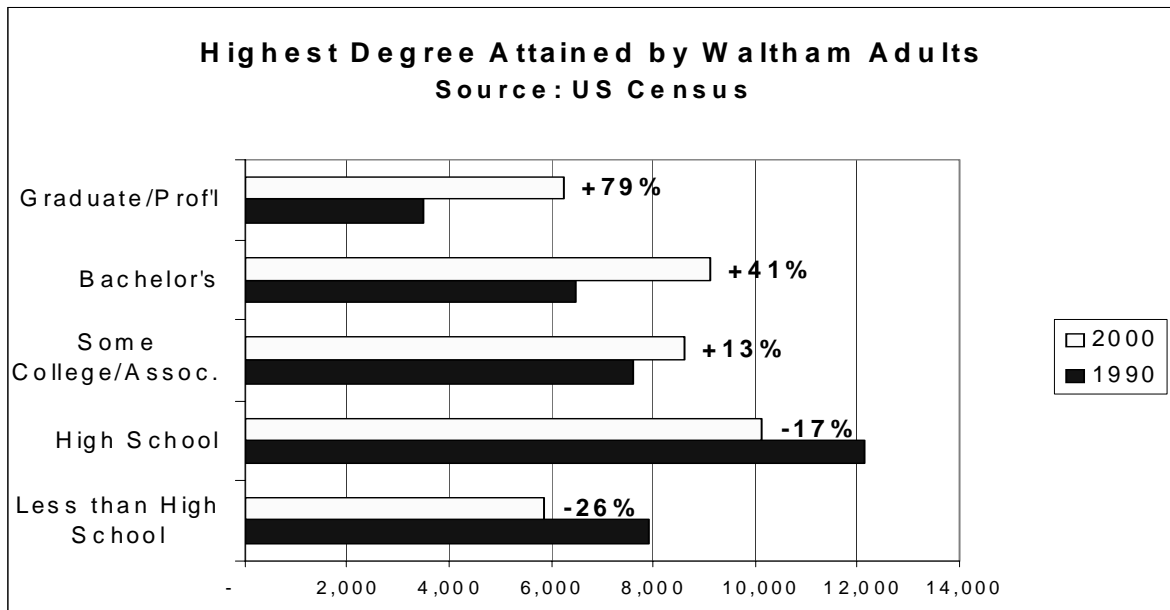


- Over the past ten years, the unemployment rate in Waltham has tended to be about 1% lower than the state average.
- During that time the average labor force in Waltham was 34,302, but fluctuated between 32,661 and 35,648.
- On average 33,072 people were employed and 1,230 unemployed (and looking for work in the past six months).

Source: U.S. Census 2000

Economics

Educational Attainment of Waltham Residents, 1990-2000



Employment Statistics for Waltham

	Workforce	Jobs	Job:Worker Ratio
1985	32,489	60,483	1.86
1990	33,427	63,087	1.89
1995	31,711	61,496	1.94
2000	34,339	64,851	1.89
2001	34,376	60,793	1.77
Growth 1990-2001			
Number	446 more workers	2,294 fewer jobs	0.1 decrease in ratio
Percent	1.3% increase in workers	3.6% decrease in jobs	6.3% decrease in ratio

Source: MA Division of Employment and Training; presented in Waltham Community Development Plan Economic Profile.

- Since 1990, there have been between 58,838 and 64,851 jobs available in Waltham (about 60,000 average)
- In the past 10 years, from 1990 –2001, there was a 1.3% growth in the workforce and a 3.6% decline in the number of jobs.

Economics

Employment and Wages in Waltham by Industry, 2002

Industry	Number of Employees	Average Annualized Wage
Professional & Technological Services	8,222	\$85,332
Administration & Waste Services	7,750	\$31,564
Educational Services	5,199	\$45,812
Wholesale Trade	5,052	\$99,892
Information	4,835	\$84,396
Manufacturing	4,442	\$67,028
Accommodation & Food Services	3,193	\$21,996
Health Care	3,136	\$38,168
Retail Trade	3,120	\$30,056
Finance & Insurance	2,916	\$104,156
Management of Companies	1,859	\$71,656
Transportation & Warehousing	1,389	\$40,144
Construction	1,207	\$49,140
Other Private Services	1,169	\$36,608
Real Estate & Leasing	687	\$49,868
Arts, Entertainment & Recreation	408	\$18,824
Waltham Job Average		\$60,632
Metro Boston Job Average		\$49,972
<i>HUD Moderate Income (Metro Area, Family of 4)</i>		\$62,650
<i>HUD Low Income (Metro Area, Family of 4)</i>		\$40,400

Source: MA Division of Employment & Training (Does not include 2% of jobs suppressed for confidentiality) presented in Waltham Community Development Plan Economic Profile

Economics

Forum Opinions: Community Assets

Some of the assets of Waltham identified by Community Forum participants are:

Business

“Active business base”
“Chamber of Commerce”
“Industry & Technology”

Taxes

“Fair taxes, a lot of businesses share the tax burden”
“Strong tax base”

Employment

“A lot of job opportunity”
“Lots of employment”

Philanthropy

“Contributions businesses make to the community”

Forum Opinions: Improvement Areas

Some of the areas for improvement in Waltham identified by Community Forum participants are:

Employment opportunities

“More jobs”
“Job training”

Income

“More community members have a living wage and benefits”
“Inequality of income between groups”

Stores

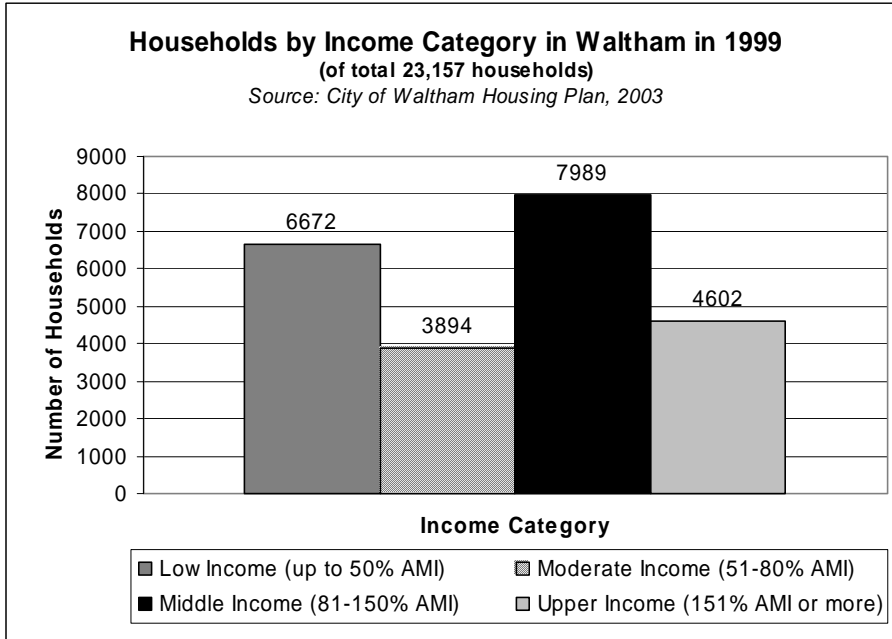
“Bookstore”
“Need a Wal-Mart”
“Retail stores on Moody Street”

Did You Know?

- The number of jobs in Waltham has remained fairly steady (around 60,000) over the past ten years.
- The ratio of jobs to workers is about 1.5.
- Between 1990 and 2000 there was a 75% increase in the number of Waltham adults who have achieved a graduate degree and a 41% increase in Waltham adults who have received a Bachelor's degree.

Economics

Household Income in Waltham



For a Family of four:

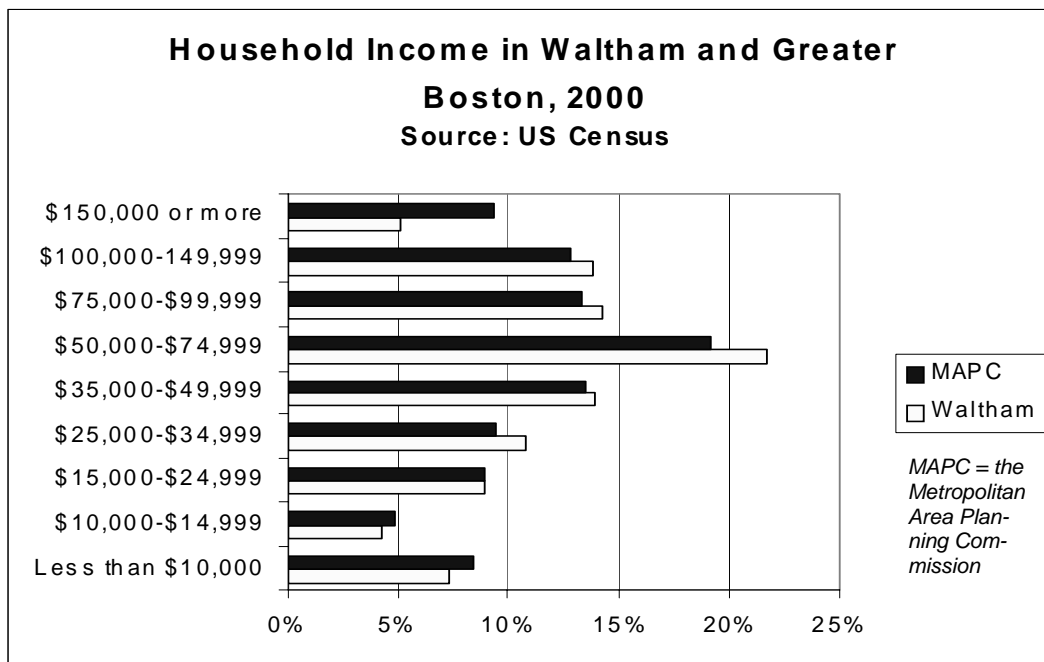
- Low Income (50% AMI): up to \$41,350
- Moderate Income (80% AMI): up to \$66,150
- Middle Income (up to 150% AMI): up to \$101,600
- Upper Income (more than 150% AMI): more than \$101,600

Source: WATCH

AMI = Area Median Income

Almost half of Waltham's households (10,566 households) have incomes that qualify as low-to-moderate income.

Household Income in Waltham and the Metropolitan Area



Education & Schools

Education is the gradual process of acquiring knowledge. A healthy community values education as a life-long process, and works to create learning opportunities for everyone.



Waltham Public Schools Student Demographics

Comparison of recent student demographic data 1996 through 2003								
Category	1996	1997	1998	1999	2000	2001	2002	2003
Native American	1	2	0	3	5	4	3	5
Black	444	491	498	509	489	686	466	454
Asian	337	368	369	393	358	354	344	336
Hispanic	852	911	914	909	929	925	945	939
White	3612	3566	3500	3373	3287	3006	3081	2989
Limited English Proficiency	212	248	234	271	264	265	317	210
Non-English 1st Language	1542	1665	1616	1627	1623	1601	1555	1540
Special Education	987	911	958	1057	1048	1005	1073	1021
Title I	305	312	405	379	425	430	492	401
Free/R Meal	1295	1487	1413	1410	1292	1234	1093	1407
TOTALS	5246	5338	5281	5187	5068	4975	4839	4723

Comments:

1. The data on this page reflects declining total enrollments.
2. Under the definitions of the current racial imbalance statute, Waltham has one imbalanced school (Plympton at 52% minority) and one racially isolated school (Fitzgerald at 85% White).
3. Waltham submitted a voluntary compliance plan to address racial imbalance and isolation which was approved by the Commissioner of Education in April 1996. An Amended Equity Plan was approved by the Board of Education in December 1999. Eight school construction projects are under-way/planned to address the racial balance and equity issues. State reimbursement of 90% has been approved under desegregation standards.

Education & Schools

Massachusetts Comprehensive Assessment System (MCAS) Test Results

MCAS Test Results from Spring 2003
(Percent of Students at Each Performance Level)

Subject	Grade	Advanced		Proficient		Needs Improvement		Warning/Failing	
		District*	State	District*	State	District*	State	District*	State
Reading	3	NA	NA	57	63	33	30	10	7
English Language Arts	4	9	10	48	45	35	34	8	10
Mathematics	4	7	12	23	28	50	43	19	16
Science and Technology	5	14	18	34	33	41	34	10	15
Mathematics	6	11	16	24	26	39	32	26	26
English Language Arts	7	8	8	63	57	24	28	5	7
Mathematics	8	5	12	21	25	42	30	32	33
Science and Technology	8	2	4	19	28	43	38	37	30
Mathematics	10	24	24	32	27	31	28	13	21

* District = Waltham Public Schools

Did You Know?

- The Student/Teacher Ratio in the Waltham School District is 10.5 to 1, compared to the State ratio of 13.6 to 1.
- The Drop out Rate in the Waltham School District is 0.6%, compared to the State rate of 3.3%.
- The percent of Teachers Licensed in the Waltham School District is 100.00%, compared to the State percentage of 93.9%.
- The community has invested in the construction and renovation of 8 schools.
- Enrollment trends indicate that school-aged population is approximately twice as diverse as the general population of Waltham.
- There are fewer families with school-aged children.
- Trends show decreasing overall population in public schools from 5,246 total enrollment in 1996 to 4,723 in 2003.

Education & Schools

Waltham School Committee

Honorable Jeannette McCarthy, Mayor, Chairman

Robert Cincotta, Vice Chairman

Susan R. Burstein, Margaret M. Donnelly, Michael O'Halloran, Stephen Rando and Harold Walker, Committee Members

Dr. Susan I. Parrella, Clerk of the School Committee, Superintendent of Schools

Patricia Chadbourne, Secretary to the School Committee

Schools in Waltham

Public Schools 2004-2005

School	Principal	Address	Phone
Douglas MacArthur Elementary	Deborah Ireland	494 Lincoln Street	781-314-5725
Henry Whittemore Elementary	Mary Murphy	30 Parmenter Road	781-314-5785
James Fitzgerald Elementary	Alice Shull	140 Beal Road	781-314-5685
Jonathan Bright Elementary	Deborah Ahlman	260 Grove Street	781-314-5645
Northeast Elementary	Nadene Stein	70 Putney Lane	781-314-5745
Thomas R. Plympton Elementary	John Barry	20 Farnsworth Street	781-314-5765
William F. Stanley Elementary	Susanne Mclvor	250 South Street	781-314-5620
John F. Kennedy Middle	Paul McGovern	655 Lexington Street	781-314-5565
John W. McDevitt Middle	Norman MacDonald	75 Church Street	781-314-5595
Waltham Senior High	John Graceffa	617 Lexington Street	781-314-5445

For more information, please contact:

Office of the Superintendent of Schools, 617 Lexington Street, Waltham, MA 02452,
781-314-5400, city.waltham.ma.us/SCHOOL/WebPage

Private Schools

School	Principal	Address	Phone
Bartlett School	Molly Diceca	1841 Trapelo Road	781-890-1865
Chapel Hill Chauncy Hall	Siri Akal Si Khalsa	785 Beaver Street	781-894-2644
Our Lady Comforter of the Afflicted	Mary Esposito	920 Trapelo Road	781-899-0353
Gann Academy	Daniel Lehmann	333 Forest Street	781-642-6800
Protestant Guild Learning Center	Audrey Macmillan	411 Waverly Oaks Road	781-893-6000
St. Jude's	Katherine Martin	175 Main Street	781-899-3644

Colleges & Universities

Bentley College, 175 Forest Street, 781-891-2000, www.bentley.edu

Brandeis University, 415 South Street, 781-736-2000, www.brandeis.edu

Education & Schools

Forum Opinions: Community Assets

Some of the assets of Waltham identified by Community Forum participants are:

Higher Education

“Two colleges”

“Bentley and Brandeis provide scholarships to Waltham students”

“College community”

Public Schools

“Newly built schools”

“Great, fabulous schools”

“Nurse in every school”

“School is like second family, good, nice and new, communication with teachers and administration”

Forum Opinions: Improvement Areas

Some of the areas for improvement in Waltham identified by Community Forum participants are:

Life Long Learning

“Continuing education especially for at-risk youth and adults in ESOL and GED”

“Need to reduce high school drop out rate”

Addressing Student Diversity

“We need to address issues of the increasing diversity of our students including better interpreter services, English as Other Languages and greater diversity on PTO and school advisory boards”

“Better interpreter services in all our schools and public service agencies”

“Better communication between school administration and parents”

School Improvement

“Better program management within the public schools”

Environment & Open Space

There are so many parts of our natural environment that we enjoy every day: fresh air, clean water, safe food, green space, parks and the recreation opportunities they provide. Our environment has an impact on our health and we can have a positive impact on our environment by encouraging environmentally sound policies and practices.



Components of our Environment:

- **Air:** acid rain, indoor air quality, pollution, ozone, radon
- **Conservation:** energy, environmental stewardship, natural resources, pollution prevention
- **Ecosystems:** ecology, endangered species, global warming, habitats, watershed biodiversity
- **Human Health:** drinking water, fish advisories, outdoor/indoor air quality, lead, ozone depletion, pesticides, radon, smog, mercury, soil and ground water contamination, mold
- **Waste & Recycling:** household, hazardous and solid waste, landfills, hazardous waste site cleanups, trash and garbage management

AIR: There are 70 facilities in Waltham that produce and release air pollutants.

LAND: There are sites identified as brownfields* in Waltham.

RADIATION: There are no reported facilities that are monitored by the US EPA for radiation and radioactivity.

WASTE: There are 255 facilities that report hazardous waste activities. There are 5 Federal Superfund** clean-up sites as well as other MA 216 sites.

WATER: Since 1993, there have been only 4 reported health based violations in public water systems where the amount of contaminant (lead and copper) exceeded the safety standard (MCL) or the water was not treated properly. In each case, subsequent compliance was reported. Standards refer to those established by the EPA under the Safe Drinking Water Act established to protect public health.

There are 10 facilities in Waltham that have a federal permit to discharge waste water into rivers or other waters of the United States. (Source: Conservation Commission)

Environmental Statistics for Waltham

*The term "Brownfield site" means property, the expansion, redevelopment, or reuse of which may be complicated by the presence or potential presence of hazardous substance, pollutant, or contaminant.

**The term "Superfund" refers to the Federal governments program to clean up the nations uncontrolled hazardous wastes sites. Source: EPA Environfacts Warehouse www.epa.gov

Environment & Open Space

Waste Management

- **Waltham Recycling Hotline: 781-314-3395**
- In 1950, each individual generated about 2 pounds of waste per day, now we each generate about 4 pounds of waste a day.
- Did you know that with the help of local businesses, televisions, computers, cell phone, ink jet cartridges, and appliances can all be disposed of as part of Waltham's city-wide recycling program?
- The City of Waltham provides weekly pickup of recyclable materials such as paper and glass, and trash on the same day.
- The City of Waltham provides yard waste collection for residents every other week. The 2005 season goes from April through December.
- Hazardous waste products can be disposed of at the Minute Man Hazardous Products Facility in Lexington, MA from 9 A.M. to 2 P.M. one Saturday per month.

Source: City of Waltham Recycling Department www.city.waltham.ma.us

River Facts

The Charles River is 80 miles long and flows through eastern Massachusetts. It flows through 23 towns and cities, and 35 towns and cities comprise its watershed. The Charles River watershed drains an area of 308 square miles. The Charles River is swimmable along much of its length. The Charles River has 20 dams along its length that were created to generate power and support a long history of industrial growth.

Source: Charles River Water Shed Association www.cwra.org

Did You Know?

- The City of Waltham Parks & Recreation Department manages 344 acres of land, including playgrounds, parks, basketball and tennis courts, accessible walkways, and athletic fields and picnic areas. Recent improvements have been made to many parks.
- Waltham Woods and Forest Street Park represent 27 acres of undeveloped woodland/conservation areas owned by the City of Waltham.
- In 2005, Veterans Memorial Fields will open with 6 new athletic fields, 4 multi-purpose synthetic grass
- The City of Waltham Parks & Recreation Department hosts a large variety of youth and adult recreation programs from a "pumpkin stroll", to fishing, to indoor rock climbing, gymnastics, martial arts and yoga.
- The Department of Conservation and Recreation manages the Charles River Reservation—17 miles of linear park with many recreational opportunities. The dam at Moody Street in Waltham creates the "Lakes District", an extensive water area and flooded meadow. At Waltham Center Landry Park, with its fish ladder, provides open space adjacent to the Charles River Museum of Industry. Upstream a portion of the Riverwalk opens the river to Prospect Street for bicyclists and pedestrians. The Lakes District offers canoeing and ice fishing. Small boats can be launched at the new Woerd Avenue boat ramp.

Source: Waltham Parks and Recreation Department and www.mass.gov/mdc/charlesr

Environment & Open Space

Water Use

- The City of Waltham uses over 6,000,000 gallons of water per day.
Source: City of Waltham Department of Public Works
- In order to ensure that tap water is safe to drink, Massachusetts DEP and EPA prescribe regulations that limit the amount of certain contaminants in water provided by public water systems. Food and Drug Administration (FDA) and the Massachusetts Department of Public Health regulations establish limits for contaminants in bottled water to provide the same protection for public health.
- **EPA's Safe Drinking Water Hotline (1-800-426-4791)**

Some Health Effects Linked to the Environment

Asthma

- Indoor air pollutants act as triggers for people with asthma and allergies.
- Environmental Tobacco Smoke: As mandated by state law, Waltham work sites are smoke free to limit exposure to and protect against lung cancer from second-hand smoke.
- In Waltham, in fiscal years 1998 and 1999 there were a reported 71 preventable hospital discharges from asthma, of these 25% were from a population ages 65 and over.
Source: Uniform Hospital Discharge Data Set, MA Preventable Hospitalization Report, Feb. 2002, MA Div Health Care and Finance
- Childhood Asthma: Nationally, asthma is the third ranking cause of hospitalization for children among those younger than 15 years of age. Nationally, asthma accounts for over 14 million days of school lost annually.

Source: www.cdc.gov/asthma/children.htm

Lead Poisoning — A Leading Childhood Health Indicator

According to the Childhood Lead Poisoning Prevention Program 2002 and the Massachusetts Department of Public Health, Health Status Indicator Report 2000 (*MassCHIP*), there have been no reported cases of lead poisoning in Waltham children ages 0-5.

Aerosols, Ozone, and Skin Cancer

- Aerosols damage the ozone layer of the atmosphere. Ozone depletion affects the amount of ultraviolet rays that penetrate the atmosphere. Ultraviolet rays can damage your skin and put you and your family at risk of skin cancer.
- To find out the daily Ultra Violet index to minimize the risk of sun exposure and help prevent skin cancer, check out: www.eap.gov/vironfacts/uv_search or contact your local chapter of the American Cancer Society.

Environment & Open Space

Forum Opinions: Community Assets

Some of the assets of Waltham identified by Community Forum participants are:

The Charles River

“the Charles River and the Riverwalk”

“boating and fishing on the river”

Recreation

“sources of recreation and health recreation”

“Waltham parks”

“recreation programs for youth”

The City’s Recycling Program

“recycling, the recycling committee”

Land Use/Open Space

“Waltham’s open, undeveloped green space”

“Waltham parks”

“The unique collaboration between the Waltham Land Trust and WATCH”

“The Paine Estate, Hardy Pond and the Community Gardens”

Forum Opinions: Improvement Areas

Some of the areas for improvement in Waltham identified by Community Forum participants are:

More opportunities for community recreation

“we need a public swimming pool”

“a community center “

“a walk-able downtown”

“policies that support access to public areas”

Land Use/Open Space

“plan for Fernald”

“controlled development”

“preserve open space”

Healthcare & Well-being

As defined by the World Health Organization, health is more than the absence of disease — it is a fundamental asset of individuals and includes physical, social, economic and environmental factors. Healthcare and well-being addresses the traditional idea of medical services and methods of disease prevention, with a focus on well-being. Waltham has a wealth of resources in the area of health, from physicians and specialists to health clubs and recreational facilities that are both accessible and affordable.



Health Risk & Preventive Behaviors

2002 Massachusetts Behavioral Risk Factor Surveillance System (BRFSS)

The Behavioral Risk Factor Surveillance System (BRFSS) is a continuous, random-digit-dial telephone survey of adults age 18 and older, and is conducted in all states as a joint collaboration between the Centers for Disease Control and Prevention (CDC) and the State Departments of Health. The survey has been used in Massachusetts since 1986.

All data collected by the BRFSS are based on self-report from the respondents. Weighted percents are age-adjusted and considered estimates for the adult population in Massachusetts and, for this table, are rounded to the nearest whole percent. Waltham is part of the Metrowest Region.

Health Risk Behaviors	Metrowest	State
Overweight or Obese	49%	55%
Regular Physical Activity	56	53
Alcohol, Tobacco and Other Drug Use		
Binge Drinking within past 30 days	19	19
Heavy Drinking within past 30 days	7	8
Current Smokers	14	19
Ever used an illicit drug (Lifetime Use)	48	49
Used an illicit drug within the past 30 days (Current Use)	6	6
Sunburn within past 12 months	37	37
Unwanted sexual contact reported by women ages 18-59	22	22
Unwanted sexual contact reported by men ages 18-59	8	7
Unintentional Injury: Falls within the past 3 months reported by adults ages 45 and older	14	14
Reported Disability	19	22
Preventive Behaviors		
At least one attempt to quit smoking in past 12 months (of those who smoke)	52	55
Live in a household where smoking is not allowed	76	71
Eat 5+ Fruits and Vegetables per Day	33	30
Cholesterol Checked within last 5 years	82	81
Women ages 40 and older who report a mammogram within the past 2 years	86	85
Had a colonoscopy in the past 5 years	59	54
Children receiving dental sealants	67	59

***The Metrowest Region is defined by the Commonwealth's Executive Office of Health & Human Services, and includes:** Acton, Arlington, Ashland, Bedford, Belmont, Boxborough, Braintree, Burlington, Canton, Carlisle, Cohasset, Concord, Dedham, Dover, Foxborough, Framingham, Hingham, Holliston, Hopkinton, Hudson, Hull, Lexington, Lincoln, Littleton, Marlborough, Maynard, Medfield, Millis, Milton, Natick, Needham, Newton, Norfolk, Northborough, Norwell, Norwood, Plainville, Quincy, Randolph, Scituate, Sharon, Sherborn, Somerville, Southborough, Stow, Sudbury, Walpole, Waltham, Watertown, Wayland, Wellesley, Westborough, Weston, Westwood, Weymouth, Wilmington, Winchester, Woburn, and Wrentham.

Healthcare & Well-being

Definitions: Health Risk & Preventive Behaviors

Body Mass Index (BMI) is defined as $BMI = \text{body weight in kilograms} / \text{height in meters squared}$.

Overweight is a BMI between of 25.0 to 29.9 and **Obese** is BMI >30.0.

Regular physical activity is considered 30 minutes of moderate physical activity 5 days per week or 20 minutes of vigorous activity 3 days per week.

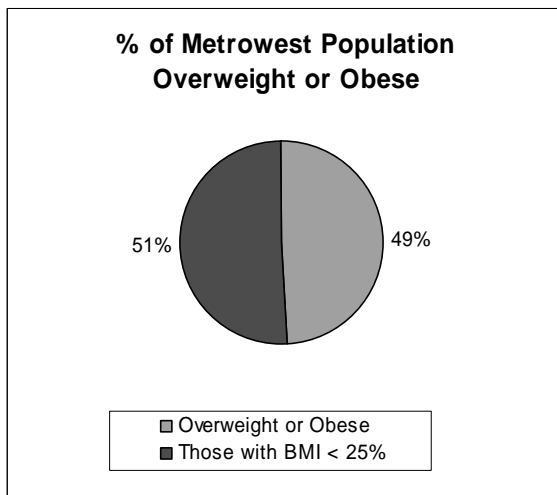
A drink of alcohol is defined as one can or bottle of beer, one glass of wine, one can or bottle of wine cooler, one cocktail, or one shot of liquor.

Binge drinking is defined as consumption of 5 or more drinks on any one occasion in the past month.

Heavy drinking is defined as consumption of more than 60 drinks in the past month for men and more than 30 drinks for women.

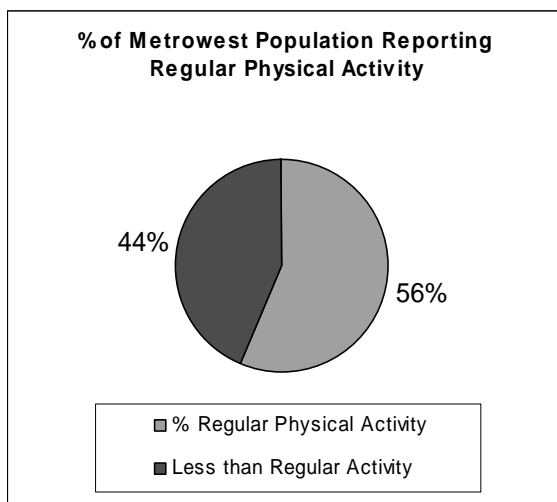
Disability is defined as having a limitation, for at least one year, that 1) limited activities or caused cognitive difficulties 2) used special equipment or required help to get around or 3) reported a disability of any kind.

Health Risk & Prevention Behaviors



Overweight or Obese

- Data from the Metrowest region, of which Waltham is a part, shows that 49%, or almost half the adult population, is overweight or obese.
- Massachusetts data indicate that the percent of adults who are overweight or obese has increased from 40% in 1986 to 55% in 2003. This data mirrors national trends and supports the nation's increasing concern with obesity and its associated health risks.



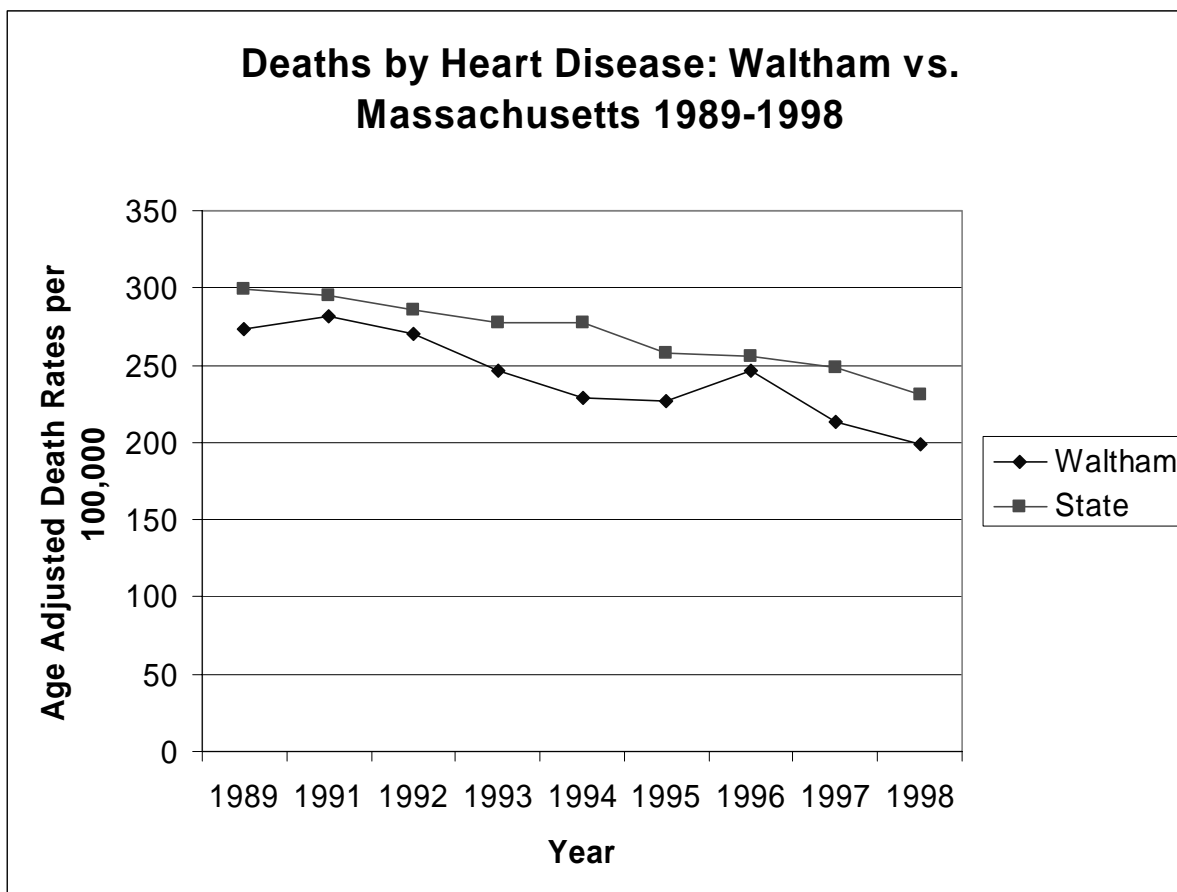
Physical Activity

- The Metrowest region is slightly better with fifty-six percent (56%) of the adult population participating in regular physical activity.
- Statewide, fifty three (53%) or just over half the Massachusetts adult population participates in regular physical activity.

Healthcare & Well-being

Chronic Disease

- **Circulatory System Disease:** Circulatory system diseases include coronary heart disease, cerebrovascular disease (stroke), and acute myocardial infarction (heart attack).
- In Waltham, the 3-year age-adjusted mortality rate for all circulatory system disease is 263 per 100,000 people which is consistent with the state mortality rate of 264 per 100,000 people. When broken down by type of disease, the mortality rate for coronary heart disease is lower than the state rate at 123.6 vs. 145.2, respectively. However, the same data set shows that mortality rates for stroke are higher at 66.8/100,000 than the state rate of 50/100,000 people. This is based on 2000 to 2002 hospital discharge data.
- When examining hospitalization rates for circulatory system disease, we see that overall hospitalizations are lower for Waltham residents than across the state (662.5 compared to 628.0) expressed as 3-year age-adjusted rates. However, although the mortality rate for heart disease is lower than the state, Waltham's hospitalization rate for coronary heart disease is actually higher than the state rate (662 vs. 628), indicating that people actively seek and are treated for heart disease.



All rates above are expressed as 3-year age-adjusted rates from 2000-2002 hospital discharge data. Further data is available by age, gender and racial/ethnic categories.

Source: MDPH Mass CHIP Cardiovascular Health Report for Waltham, 7/04.

Healthcare & Well-being

Chronic Disease (continued)

Diabetes

- Overall, 6% of Massachusetts adults report having been told by a doctor that they had diabetes. This compares to 4.7% of adults in the Metrowest Region, of which Waltham is a part, that report having been told by a doctor that they have diabetes.

Source: MDPH Behavioral Risk Factor Surveillance System (BRFSS), 2003.

Cancer

- Based on 2002 Vital Records, the total age-adjusted cancer death rate (all causes) for Waltham is 188 per 100,000 people compared to the state rate of 204 per 100,000 people. Subsets of data by cancer type indicate that colo-rectal and prostate cancer death rates are above state and national averages. See Healthy People 2010 section.

Source: MDPH, MassCHIP Health Status Indicator Report for Waltham, 7/04.

Addiction

- Alcohol and other drug related hospital discharges are slightly higher in Waltham than across the state measured by crude rates of 364.7 compared to 361.7, respectively. Rates are expressed per 100,000 people. 2003 Department of Public Health Substance Abuse program utilization shows 496 admissions to DPH funded treatment programs.

Source: MassCHIP Health Status Indicator Report, 7/04. See the Health Risk Behavior Section for self-reported smoking and drinking rates in the Metrowest Region of which Waltham is a part.

Infectious Disease

- Over the past decade, state trends show an increase from 27% in 1993 to 47% in 2003 of adults ages 18-64 who report ever having been tested for HIV (excluding testing as part of voluntary blood donation.) In the Metrowest Region, the number is similar at 46% being tested.

Source: MDPH BRFSS, 2003

- Based on the 2000 AIDS Surveillance Program, there are 96.2 per 100,000 people alive with AIDS in Waltham. Area counts for other infectious diseases, such as tuberculosis, pertussis, and some sexually transmitted diseases are too small to be significant.

Source: MassCHIP, Health Status Indicator Report, 7/04.

Healthcare & Well-being

Healthy People 2010

In January 2000, the Department of Health and Human Services launched Healthy People 2010, a comprehensive, nationwide health promotion and disease prevention agenda. Healthy People 2010 contains 467 objectives designed to serve as a road map for improving the health of all people in the United States during the first decade of the 21st century. These serve as health related goals for states and individual communities to achieve by 2010.

A Comparison of Waltham and State Rates to National Chronic Disease Objectives

	Waltham (Age-adjusted Rates/100,000)	State (Age-adjusted Rates/100,000)	National Objectives/ Goals for 2010 (Age-adjusted Rates/100,000)
Overall cancer death rate	188	204	159.9
Deaths from colo-rectal cancer	33	22	13.9
Deaths from prostate cancer	31.9	29.5	28.8
Deaths from liver disease	10.5	9.1	3
Deaths from stroke	64.6	49.7	48
Deaths from Chronic Obstructive Pulmonary Disease in adults age 45 and older	91.2	118.9	60
Asthma related hospitalizations among children and adults aged 5 to 64 years	88.4	103.4	77
Asthma- related hospitalizations for adults 65	270.1	179.5	110

Source: Massachusetts Department of Public Health (MDPH) MassCHIP: Healthy People 2010 - Chronic Disease Objectives Report for Waltham, 7/04.

- The data above indicates objectives in which Waltham is underperforming compared to National Objectives, meaning Waltham has higher death rates and or hospitalization rates for these chronic diseases compared to nationwide expectations for 2010.
- In some instances, (e.g. overall cancer death rate) Waltham performs better than the State but does not meet National Objectives. **Bolded numbers** indicate where Waltham has higher rates than both the State of Massachusetts and the National Objectives.
- Waltham meets national objectives for deaths from lung, cervical, and breast cancer, meaning actual death rates are lower than the national objectives in these areas. Waltham also meets national objectives for deaths for coronary heart disease.

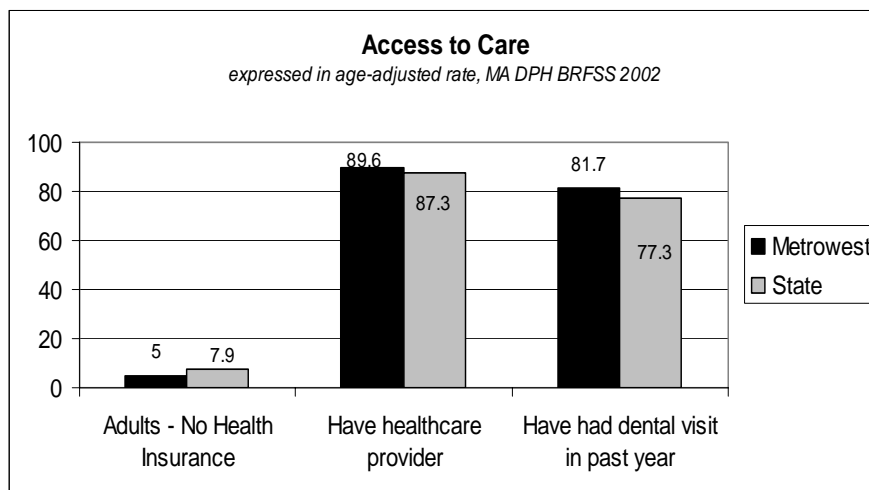
“Community health is influenced by the collective behaviors, attitudes, and beliefs of everyone who lives in the community. It is a shared responsibility.”
(Healthy People 2010)

Healthcare & Well-being

Access to Care

- Those with an income of <\$25,000 are least likely to be insured.
- The percentage of adults reporting no health insurance coverage decreases with increasing education.

Source: MA Department of Public Health, Geographic and Economic Patterns in Health Risks and Behaviors: Highlight from the 2002 MA Behavioral Risk Factor Surveillance System



Access to Care at Joseph M. Smith Community Health Center (JMSCHC)

All Towns Served by JMSCHC
(Incl. Waltham)

Waltham

	Insured	Uninsured	%Uninsured	Insured	Uninsured	%Uninsured
PPD Positive	37	315	89%	8	114	93%
Cardiovascular	160	362	69%	27	104	79%
Asthma	15	19	56%	0	3	100%
Diabetes	63	175	74%	8	69	90%
Cholesterol	169	326	66%	31	105	77%
Obesity	18	26	59%	1	6	86%
Family Planning<19yrs	29	12	29%	10	3	23%
All Patients	1,975	6,288	76%	301	1,520	83%

Source: Joseph M. Smith Community Health Center

Perinatal Trends

	Teen Births (Ages 15-19)		Adequate Prenatal Care*		Low Birthweight	
	Waltham	Mass	Waltham	Mass	Waltham	Mass
2002	10.7	22.6	83.9	84.7	7	7.5
2001	10.2	24.3	88.9	85.2	10	7.2
2000	7.1	25.8	89.4	83.3	5.6	7.1

*Adequacy of Prenatal Care is defined by the Adequacy of Prenatal Care Utilization (APNCU) Index.

- Teen birth rates, although below state rates, have increased between 2000 and 2002 from 7.1 to 10.2 per 1,000 women in Waltham.
- Between 2000 and 2002 there were fewer women receiving adequate prenatal care in Waltham. This reflects the opposite trend of state rates, which shows an increase in the number of women receiving adequate prenatal care.
- The percent of low birthweight (less than 2500 grams) babies in Waltham is 7% which is about equal with the state figure at 7.5%.
- Based on 2002 Vital Records, the Infant Mortality Rate in Waltham is 6 per 1,000 live births.

Source: MassCHIP: Health Status Indicators Report, 7/23/04.

Healthcare & Well-being

Elder Health

Morbidity Trends, Waltham, 3 Year Count

Morbidity — the incidence of a disease

	Age 60 Plus	Ages 61-74	Ages 75 Plus
All Cancer Incidence	587	336	251
Breast (female)	77	37	40
Lung	102	65	37
Prostate	100	62	38
Colorectal	83	41	42
All Hospital Discharges	11,147	5,130	6,016
All Circulatory System Diseases	3,135	1,462	1,673
Stroke	486	194	292
Myocardial Infarction	325	165	160
Coronary Heart Disease	1,097	616	481
All Injuries	836	341	495
Hip Fractures	187	35	152
All Respiratory	1,636	708	928
Pneumonia/Flu	662	229	433
Emphysema	n/a	n/a	n/a

Elder Population Counts:

Ages 60 plus: 9,933

Ages 60-64: 2,158

Ages 65-74: 3,925

Ages 75-84: 2,827

Ages 85 +: 1,023

Mortality Trends, Waltham, 2 Year Count

Mortality — death due to a specific disease

	Age 60 Plus	Ages 61-74	Ages 75 Plus
All Causes	849	231	618
All Cancer	208	79	129
Lung	44	24	20
Breast	15	8	7
Prostate	17	4	13
Colorectal	18	6	12
Heart Disease	216	62	154
Ischemic	162	49	113
Myocardial Infarction	76	25	51
Coronary	166	51	115
All Injuries	12	1	11
Falls	5	0	5
All Respiratory	120	29	91
Emphysema	3	0	3
Pneumonia/Flu	34	5	29

Source: MassCHIP Elder Health Report for Waltham 7/22/2004

Healthcare & Well-being

Hospitalization Utilization by Waltham Residents (All Hospitals)

October 1, 2002 through Sept. 30, 2003

	Visits/Discharges*
Outpatient Emergency Department Visits	16,742
Outpatient Observation Stay Visits	1,007
Inpatient Discharges/Deaths	6357

* Including repeat visits.

Source: Massachusetts Department of Public Health Center for Health Quality Assurance

- The top ten reasons for inpatient hospital stays include: infant births, vaginal deliveries, heart failure, cesarean delivery, simple pneumonia, chronic obstructive pulmonary disease, psychoses, chest pain, and kidney and urinary tract infections, and electrolyte disorders.

Source Department of Public Health/UHDDS

Did You Know?

- According to the Massachusetts Board of Registration in Medicine, there are 125 physicians registered in Waltham. To view the list go to: **profiles.massmedboard.org**
- The Mayor's office has developed a Committee on Health Care to serve as a liaison with the City of Waltham and local health care providers, hospitals and physicians to assess the health care needs of citizens of Waltham with the goal of enhancing opportunities for all Waltham residents.

The following healthcare providers participate in Healthy Waltham:

- Mount Auburn Hospital
- Newton Wellesley Hospital
- Caritas St. Elizabeth's Medical Center
- Joseph M. Smith Community Health Center

Healthcare & Well-being

Forum Opinions: Community Assets

Some of the assets of Waltham identified by Community Forum participants are:

Physical Activity

*“Lots of fitness options”
“Large portion of children in sports/exercise”
“Sources of recreation and health recreation”
“River Walk”*

Healthcare

*“Comprehensive healthcare available”
“Urgent care center”*

Healthcare, cont.

*“Free clinics”
“‘Minor’ (not comprehensive or acute) medical services in place”*

Community Supports

*“School systems active participation/encouraging healthy lifestyle among youth”
“Help with/focus on the health of our community”*

Forum Opinions: Improvement Areas

Some of the areas for improvement in Waltham identified by Community Forum participants are:

Health Care Access

*“Accessible healthcare for women”
“Insurance”
“Access to healthcare, all populations”*

Health Care Services

*“Stable, acute, healthcare provider”
“Homeopathic services available, vitamins, allergy testing, supplements, more”
“Build a women's center to address domestic violence and other health issues”*

Hospital Services

*“Need a local hospital”
“Need a full-service hospital”*

Physical Activity

*“Lack of soccer fields”
“Healthy exercise all season long”
“Need a public swimming pool”*

Housing

There are many types of housing as well as many different household types. According to the World Health Organization, shelter is one of the prerequisites for health.



Supply & Demand

Income Category	Demand (Number of Households)	Supply (Number of Affordable Houses)	Gap
Low & very low	6,672	168	-6,504
Moderate	3,894	660	-3,234
Median	3,041	719	-2,322
Middle (150% AMI)	4,948	7,411	2,463

AMI = Area Median Income

- More than 25% of Waltham homeowners spend 30% or more of their household income on homeownership.
- There is a deficit in the number of homes affordable to people in the low-, moderate- and median income ranges.
- Home values have risen much faster than incomes over at least the last two decades, resulting in a growing affordability gap.
- The median value of homes is \$250,800 for Waltham, \$185,700 for Massachusetts and \$119,600 for the United States.

Source: City of Waltham Housing Plan, 2003

Housing Structure Characteristics

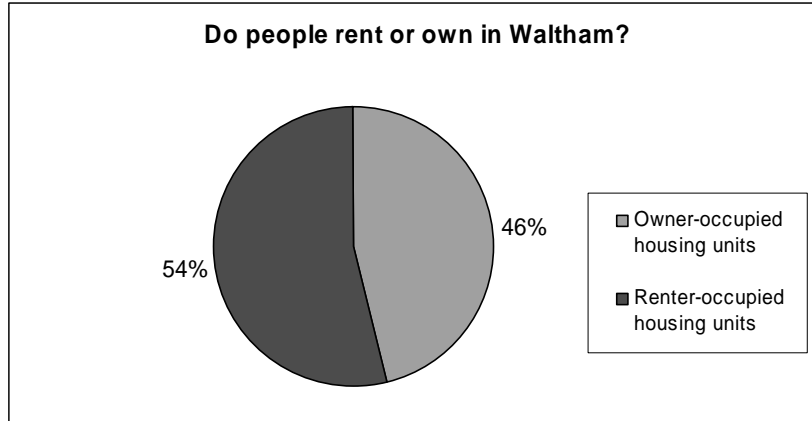
- 139 occupied households in Waltham lack complete plumbing facilities
- 139 occupied households in Waltham lack complete kitchen facilities
- 209 occupied households in Waltham have no telephone service
- Of the total 23,880 housing units in Waltham, 10,053 or 42.1% are 1-unit structures
- There are 3,080 (12.9%) 2-unit housing structures in Waltham
- 4,370 or 18.3 percent of housing structures in Waltham have 10 or more units

Source: U.S. Census 2000

Housing

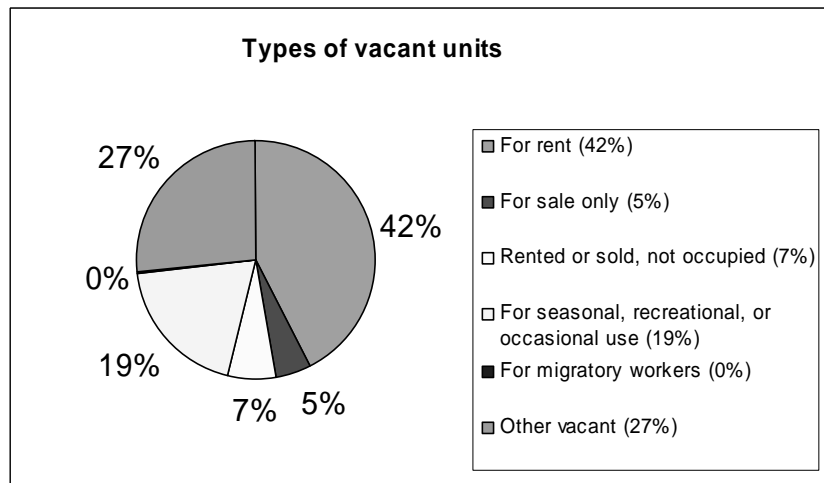
Status of Housing in Waltham

Renters and Owners



- The total number of owner-occupied units in Waltham is 8,695.
- The total number of renter-occupied units in Waltham is 12,537.
- The median gross rent is \$869 for Waltham, \$684 for Massachusetts and \$602 for the United States.
- The majority of housing structures in Waltham were built before 1960 (62.2%, 14,853 structures).

Vacant Units

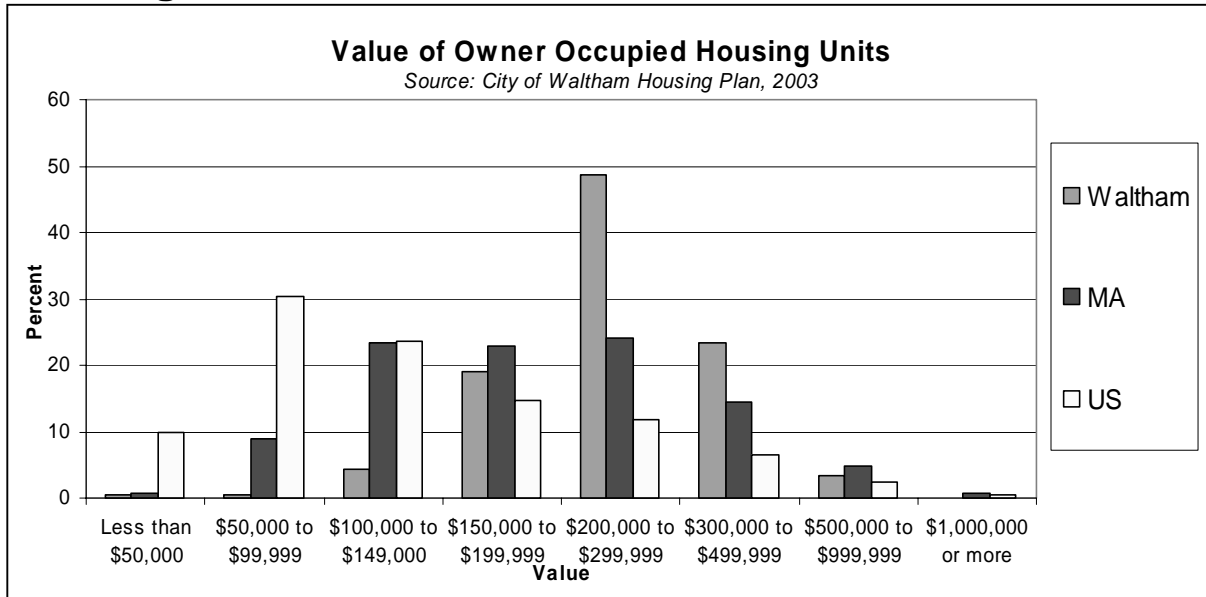


- Over 5,000 households are on the Housing Authority waiting list.
- Between 1990 and 2000, Waltham's total housing units increased by 9.9%. The number of occupied units increased by 12%, while vacancies declined by 32.4%.

Source: U.S. Census Bureau, Census 2000 & City of Waltham Housing Plan, February 2003

Housing

Housing Values in Waltham



- Affordable housing is defined as housing that costs no more than 30% of income to families that earn less than 80% of the federally calculated area median income (AMI).
Source: WATCH
- In 2001, the median sales price of a single family home was \$319,000, which is \$112,000 more than the combined incomes of two typical City employees.
- Between 1998 and 2001, rents in Waltham increased by 38%.

Source: City of Waltham Housing Plan, 2003

Forum Opinions: Improvement Areas

Some of the areas for improvement in Waltham identified by Community Forum participants are:

Affordable Housing

"Affordable housing for rent and purchase"

"More affordable rent"

"A place where a family can live in a nice, safe home and still have money left to buy all the other things it needs plus a couple of luxuries now and then!"

Landlord Concerns

"Absentee landlords"

Housing Development Complaints

"Tie housing development to transit options"

"Overdevelopment—tearing down old home to put in condo"

Senior Housing

"Affordable housing for elders to reflect the population base"

Housing

Forum Opinions: Community Assets

Some of the assets of Waltham identified by Community Forum participants are:

Housing

“Elderly housing”

“Housing more affordable than surrounding communities”

Homelessness

- Middlesex Human Service Agency provides shelter services for many individuals and families in the greater Waltham area.

- The figures at right include, but are not specific to, Waltham.

- For more information on programs and services call Middlesex Human Service Agency at 781-694-6110

Source: Middlesex Human Service Agency

Numbers for Fiscal Year 2004

Service Name	# Served
Bristol Lodge Women's Shelter	189 women
Bristol Lodge Men's Shelter	896 men
Sandra's Lodge Family Shelter	165 families
Hestia House Family Shelter	58 families
Olivia's Place Family Shelter	59 families
Mary's House Family Shelter	29 families
Bristol Lodge Soup Kitchen	23,000 meals

Individuals and families are unduplicated numbers-not bed nights.

Did You Know?

- Families represent 53.7% of occupied households.
- 34.2% of occupied households represent householders living alone.
- The average household size in Waltham is 2.29 and the average family size is 3.01.
- U.S. Census figures for Occupancy Status indicate that in Waltham, only 2.8% of total housing units are vacant.
- 43% of housing units are occupied by people between 22 and 44 years of age.

Source: U.S. Census 2000

Public Safety

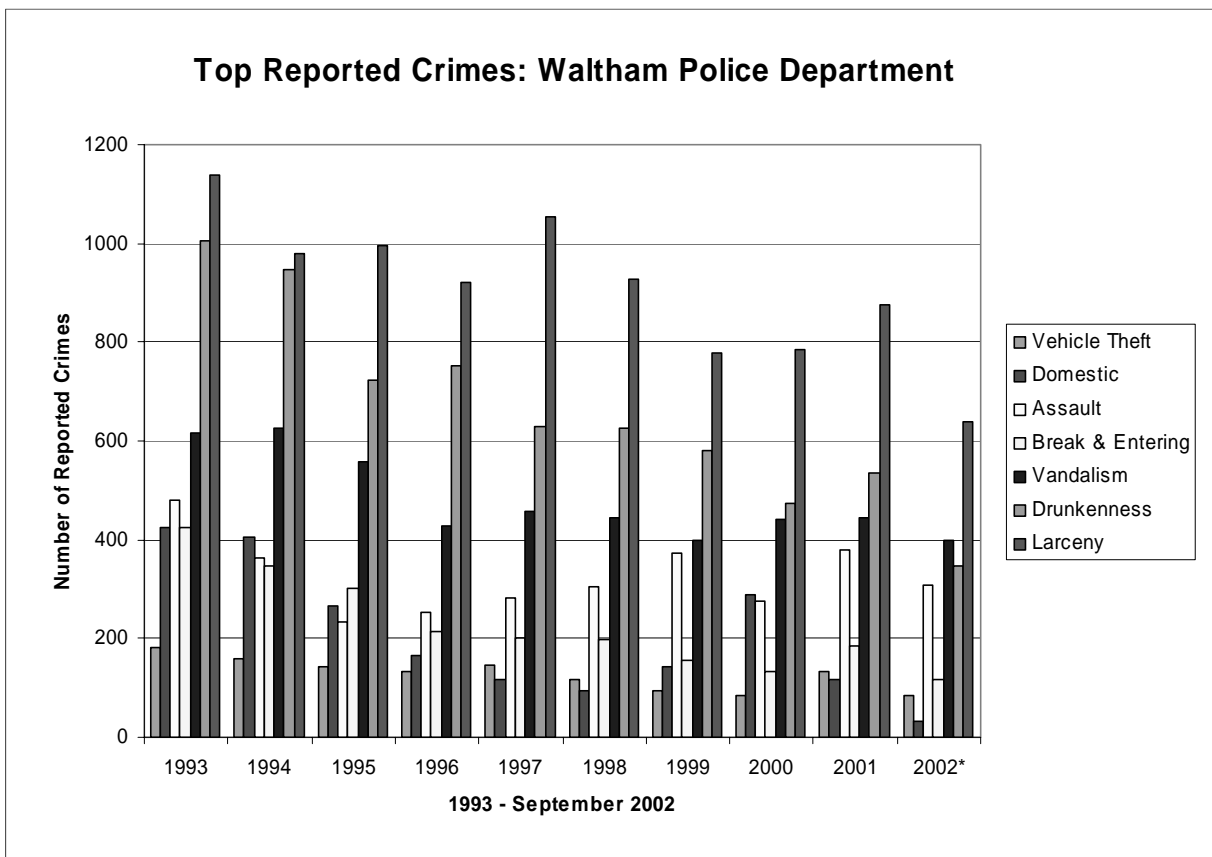
Public safety today includes crime and fire prevention programs as well as public education regarding health and safety. Living in a safe neighborhood and a safe community promotes a healthy community. A sense of safety is a sense of well-being.



Public Safety in Waltham includes:

- Police
- Fire
- Animal Control
- 911 Center
- Emergency Management
- Local Emergency Planning

Reported Crime



Source: Waltham Police Department and City Clerks Office. The Crime Statistics are those reported to the Federal Bureau of Investigation under the National Incident-Based Reporting System (NIBRS).

Public Safety

Waltham Police Work with the Community

Police Community Programs include:

City United

The City United Liaison Officer is responsible for identifying and solving problems that deal with landlords and tenants, property managers, code violations, college fraternity houses and other conditions.

G.R.E.A.T.

Gang Resistance Education And Training (G.R.E.A.T.) Program provides a school-based, officer instructed program that includes classroom instruction and various learning activities. The G.R.E.A.T. Program helps youth avoid gang membership, prevent violence and criminal activity, and develop a positive relationship with law enforcement. The G.R.E.A.T. Program produces attitude and behavioral change through a unique combination of skills training, cooperative learning, discussion and role playing. Students are provided with many opportunities to model and practice relevant life skills. Once students have learned these skills, they will be more likely to use them in real-life situations.

PAL

The Police Athletic League (PAL) features baseball, basketball, rollerblading, soccer and street hockey sports programs for youths in age groups ranging from grade 3 through grade 12.

Project Outreach

Project Outreach is an extensive collection of programs that give troubled youth of Waltham opportunities to participate in fun, organized, safe activities. Some of the programs include: Life Skills Training and Waltham Community Girls' and Boys' Groups. Middlesex Human Service Agency is a partner in providing these programs.

TRIAD

The TRIAD Program is a joint effort between the Waltham Police, Waltham Council of Aging, and the American Association of Retired Persons established to reduce criminal victimization and improve law enforcement services to Waltham's senior citizens.

Citizens' Police Academy

The Citizens' Police Academy is a law enforcement educational program developed to provide local citizens and business owners with a behind-the-scenes look at police work.

Source: Waltham Police Department Website

Public Safety

Police and Fire Station Locations

Waltham Police Station: 155 Lexington Street

Waltham Community Policing Station: 11 Carter Street

Waltham Fire Station Locations:

- Headquarters—Central Station: Chief of Department, Fire Prevention Division, Engine 2, Ladder 1, 175 Lexington Street
- Moody Street Station: Deputy Chief - Shift Commander, Engine 1, Ladder 2, 533 Moody Street
- Engine 3, 63 Willow Street
- Engine 4, 35 Prospect Street
- Engine 7, 96 Lake Street
- Engine 8, 699 Trapelo Road

Source: Waltham Police Department Website and Waltham Fire Department Website

Did You Know?

Waltham Auxiliary Police

- The Waltham Auxiliary Police Department is a volunteer organization of men and women between the ages of 18 and 70 that are committed to the safety and well being of the Citizens of Waltham. Its primary goal is to make the city of Waltham a safer community in which to live.
- Auxiliary Police Officers provide traffic support and security for road and bicycle races, parades, municipal and private events and functions.
- The Waltham Auxiliary Police Department has been recognized as one of the leading Auxiliary Departments in the state.

Source: Waltham Police Department Website

Public Safety

Forum Opinions: Community Assets

Some of the assets of Waltham identified by Community Forum participants are:

Public Safety

“Community policing”

“Community involved police, present in schools, and on bikes in community”

“Excellent emergency preparation, fire and police”

“Responsive police and fire department”

“Low crime rate”

“Support of police”

Forum Opinions: Improvement Areas

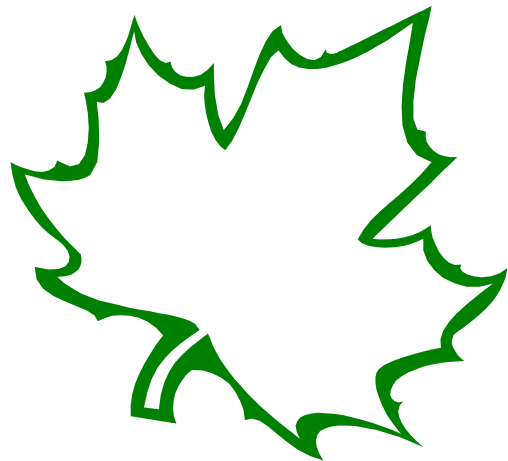
Some of the areas for improvement in Waltham identified by Community Forum participants are:

Public Safety

“Only a few walking patrolmen downtown”

“Controlled intersections”

“Reduce traffic”

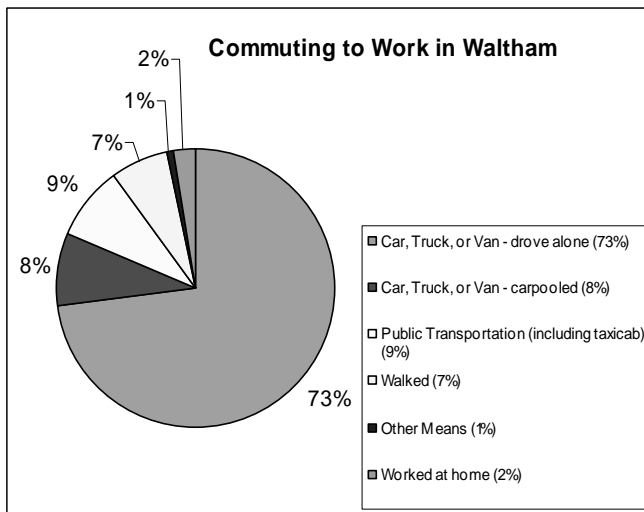


Transportation & Traffic

Modes of transportation vary, including walking, bicycles, automobiles, subways and trains. In Waltham, there are many modes of transportation and resources for citizens. A healthy community supports modes of transportation that encourage physical activity and active lifestyles.



How do the People of Waltham Get to Work?



- Waltham has 32,671 workers 16 years old or older. Of these workers, 81.4% or 26,594 workers drive to work either alone or in a carpool.

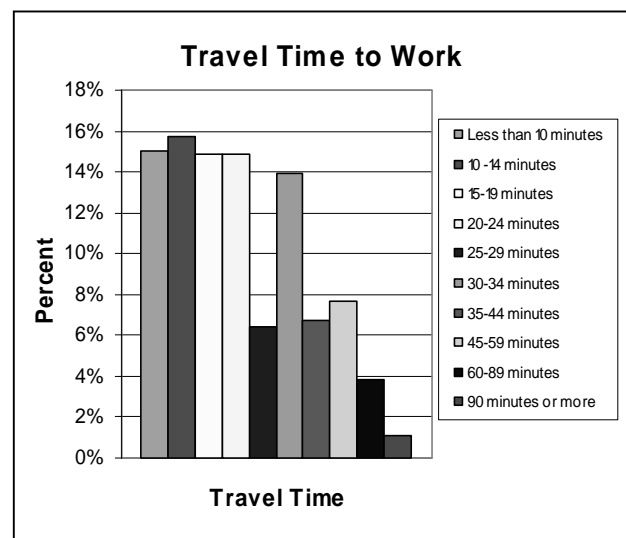
- 8.5% of Waltham workers travel to work by public transportation, while only 4.7% of United States workers use public means of transportation to get to work.

- 2,189 Waltham workers walk to work, this is 6.7% of the total workers in Waltham and compares to 4.3% of Massachusetts workers and 2.9% of United States workers that walk to work.

How Long Does it Take the People of Waltham to Get to Work?

- The mean travel time to get to work for Waltham residents is 23.3 minutes.
- A majority of Waltham workers travel to work for 25 minutes or less.
- Only 359 Waltham workers (1.1%) travel to work for 90 minutes or more.
- 784 Waltham workers (2.4%) work from home.

Source: U.S. Census 2000



Transportation & Traffic

Modes of Transportation in and Around Waltham

Highways & Major Routes — <http://www.masshighway.com>

Route 128/Interstate 95; Massachusetts Turnpike (Mass Pike); Route 20 (Main Street in Waltham); Route 60; Route 30 (Commonwealth Avenue); and Route 2

Public Transport — <http://www.mbta.com/>

Massachusetts Bay Transportation Authority (MBTA)
MBTA Commuter Rail with stops at Waltham Common and Brandeis
Five MBTA Bus Routes for Waltham

The Mass Central Rail-Trail — <http://www.masscentralrailtrail.org/>

104 mile rail line through Waltham

Airports — run by MASSPORT

Logan International Airport in Boston
Hanscom regional airport in Bedford

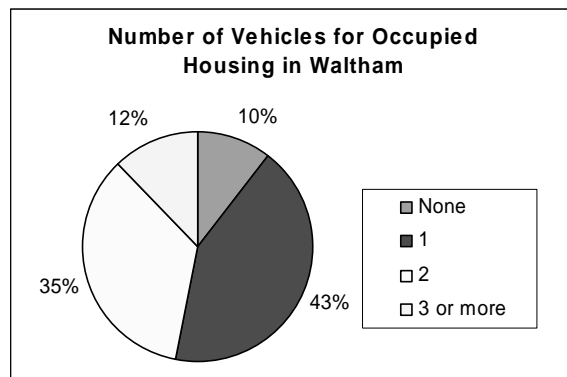
128 Business Council Shuttle Buses — <http://www.128bc.org>

Commuter routes and information

Number of Vehicles Available for Occupied Housing

- Of the 23,207 occupied housing units in Waltham, the majority of households have 1 or 2 cars.
- 10.5% of Waltham households have zero cars, compared to 12.7% of Massachusetts households and 10.3% of United States households.
- 12.3% of Waltham households have 3 or more cars, compared to 12.6% of Massachusetts households and 17.1% of United States households.

Source: U.S. Census 2000



Did You Know?

- Transportation was among the top areas for improvement at the community forum.
- Transportation and development were cited at each table at the forum as priority issues.
- The City of Waltham Planning Department has more information available on transportation in its proposed Master Plan.

Transportation & Traffic

Traffic Information

School Traffic Supervisors

School traffic supervisors are under the Community Services Division of the Waltham Police Department. Over 40 men and women are posted throughout the city to guide elementary and middle school children across busy streets safely to and from school.

Traffic Accidents (2003)

- In Waltham, the highest number of traffic accidents occurred during the 5 - 6pm hour with an average of 158 for the 2003 year.
- The majority of traffic accidents occurred on Thursdays and Fridays during 2003, with averages of 279 for Thursdays and 286 for Fridays.

Accidents by intersection

In 2003, the highest incidents of accidents occurred at the following intersections (including intersections with 15+ accidents on average for year): Main Street & Moody Street, Bacon Street & Main Street, Main Street & Weston Street, Beaver Street & Lexington Street, Lexington Street & Totten Pond Road, Lexington Street & Trapelo Road, Totten Pond Road & Winter Street, and Second Avenue & Winter Street.

Source: Waltham Police Department Website

Forum Opinions: Improvement Areas

Some of the areas for improvement in Waltham identified by Community Forum participants are:

Reduce Traffic

"Reduce/control traffic, traffic calming"

"Traffic—all day"

"Fewer cars, more people walking and talking along Main and Moody"

Public Transportation

"Transportation in northeast section of city"

"Reinstate city-wide bus system"

More Parking

"More parking at government buildings"

"Improve traffic and parking"

Maintenance—Repair Potholes, Lights, Intersections

"Lights at crosswalks are not long enough to change access"

"Improved intersections"

Transportation & Traffic

Forum Opinions: Community Assets

Some of the assets of Waltham identified by Community Forum participants are:

Transportation and Traffic

"Accessible by public transportation"

"Cronin's landing"

"Fernald center"

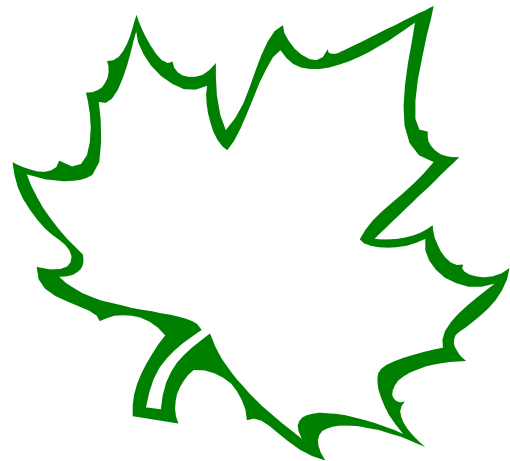
"Good Public Transportation"

"Good transportation services"

"Good Commute"

"Rail trail"

"Train/bus/transportation"



Appendix A: Resources

This area points the reader in a direction that will help further knowledge of the data categories as they relate to Waltham. There may be other community resources that were not represented within each category.

Children, Youth & Families

The Waltham Partnership for Youth, Inc. is the only multi-sector collaboration of Waltham's business, municipal, education and youth service leadership devoted to addressing youth issues. The Partnership is recognized as the central source of information and knowledge about youth issues in Waltham, with a key ability to bring varied constituencies together to address youth issues and to share common interests and resources. For more information, contact Marina Bartley, Executive Director at 781-314-3367.

Youth Activities Listing Activities, Opportunities & Resources for School Age Children (K-12): For information on After School, Arts, Homework & Tutoring; Outreach, Recreation, Scouts, Sports; Summer Programs, Technology, and more, see the Waltham Youth Activities Listing published by the Waltham Partnership for Youth, Inc. and the Parent Information Center of the Waltham Public Schools. Available by calling the PIC at (781) 314-5672, and at www.city.waltham.ma.us/SCHOOL/WebPage/docs.ya.pdf

Childcare Information:

- Early Intervention—Thom Charles River Early Intervention www.thomchild.org/cr
- Childcare Providers— Massachusetts Office of Childcare Services (OCCS) www.qualitychildcare.org
- Massachusetts Department of Education Early Learning Services (ELS) www.doe.mass.edu/els/about
- MA Child Care: www.machildcare.com
- Childcare & Preschool Providers in Waltham—contact the Parent Information Center (PIC) for a listing: 781-314-5672

Council on Aging is a group based on Massachusetts law that works to coordinate and carry out programs for the aging population. They work to coordinate local services and create services where there is a need. This includes a Meals on Wheels program to deliver food to homebound seniors, several scheduled game times, and exercise class. The council is located at 488 Main Street.

Nursing Homes:

For a listing of Nursing Homes, services and resources for the elderly, contact the Council on Aging at 781-899-7228.

The City of Waltham, Council on Aging, 488 Main Street, Waltham, MA 02452

www.city.waltham.ma.us/aging/index

For additional resources see the Waltham City website:

www.waltham-community.org/SocServ

Appendix A: Resources

Civic Participation & Government

The City of Waltham, Massachusetts **Community Home Page** offers information regarding civic organizations, community events, volunteer opportunities, neighborhood organizations and more. www.waltham-community.org

The **Waltham Arts Council** offers programs that cover a complete range of the arts and include Concerts, Children and Adult Educational Art and Craft Programs, Festivals, Art Shows, Art Classes, Holiday Concerts. For more information, contact: Waltham Arts Council, 119 School Street, Waltham, MA 02451, Phone: 781-893-ARTS (2787)

The **Waltham Council of Neighborhood Associations** (WCONA) is a coalition of advocacy groups throughout the city that responds to issues of concern to neighborhoods as needs arise. www.waltham-community.org/neighborhoods

Online Government Resources:

- City of Waltham Official Webpage: www.city.waltham.ma.us/index
- State of Massachusetts Webpage: www.mass.gov
- Secretary of the State Webpage: www.sec.state.ma.us
- Federal Government Webpage: www.us.gov
- Voting & Election Information Webpage: www.sec.state.ma.us/ele/

Diversity & Inclusion

Waltham has become known for its outstanding array of **restaurants** featuring; Canadian, Chinese, French, Guatemalan, Indian, Italian, Japanese, Thai, Korean, and Mexican as well as America food.

www.waltham-community.org/restaurants

Waltham has a strong **faith community** with many places of worship. These include many denominations of Christianity and **faith community** with many places of worship. These include many denominations of Christianity and a Jewish synagogue. Many churches offer services in multiple languages. In the surrounding area there are mosques and places of worship for various additional denominations.

Waltham has an Interfaith Council. For more information contact: www.waltham-community.org

The **Salvation Army** has a center in Waltham, the Corps Community Center, at 33 Myrtle St. Many churches run after-school and day care programs as well as Sunday school and bible study.

Appendix A: Resources

Economics

The **Waltham West Suburban Chamber of Commerce** is an independent organization that represents the business community in the Waltham area and West Suburban region. For more information, contact: The Waltham West Suburban Chamber of Commerce, 84 South Street, Waltham, MA 02453, 781-894-4700, www.walthamchamber.com/index

The **Small Business Association** (SBA) has a Massachusetts District Office. For more information contact: U.S. SBA, Massachusetts District Office, 10 Causeway Street, Room-265, Boston, MA 02222-1093, 617-565-5590, www.sba.gov/ma/index

Education & Schools

The **Parent Information Center (PIC)** is an information center for questions about the schools, and a central location for educational and community resources available to Waltham residents and the Waltham community. The goal of the PIC is to provide parents with information about educational opportunities available in the Waltham Public Schools and in the community at large. For more information, contact: Waltham Public Schools, Parent Information Center (PIC), 14 Ash Street, Waltham, MA 02453, 781-314-5672, www.city.waltham.ma.us/SCHOOL/WebPage/pic

Adult Education Resources: There are many adult education resources. For more information, check with the Waltham Public Library.

Waltham Family School, 14 Ash Street, 781-314-5696

This is a comprehensive family literacy program for families who need to learn English; parents attend with children. Classes are 4 mornings a week. The goals of WFS are: prepare the children for success in school and help the parents to improve their English language skills and to become full partners in the education of their children. There are specific eligibility requirements. Call for more information.

Environment & Open Space

Waltham Groups Assisting the Environment:

- Charles River Watershed Association—www.crwa.org
- Waltham Land Trust—www.walthamlandtrust.org
- Hardy Pond—www.hardypond.org
- Prospect Hill Advocacy Group—www.phpag.org
- Lincoln Woods Information Project—www.lincolnwoods.info

Appendix A: Resources

Environment & Open Space, continued

More Local Resources:

- Source: City Website www.city.waltham.ma.us
- City of Waltham DPW: 781-314-3800
- City of Waltham Parks & Recreation: (781) 314-3475
- City of Waltham Recycling Department: 781-314-3391

State Resources:

- Executive Office of Environmental Affairs Massachusetts Watershed Initiative
- Massachusetts Water Resource Authority (MWRA) www.mwra.com
- Massachusetts Department of Environmental Protection (MDEP)
www.mass.gov/dep
- Massachusetts Department of Conservation and Recreation (DCR)
www.mass.gov/mdc

Federal Resources:

Environmental Protection Agency (EPA): www.epa.gov

Healthcare & Well-Being

The following resources may help you access health care services or get health insurance in Massachusetts:

MassHealth: the largest program in Massachusetts that provides free health insurance. For eligibility and enrollment information call 1-888-665-9993 or visit the website at www.mass.gov/dma

Community Health Centers: provide a wide range of high-quality services and can help you enroll in a program that can pay for all or part of your medical care. Community health centers serve everyone, regardless of ability to pay. To find a community health center near you please visit: www.massleague.org

Massachusetts Division of Insurance: provides information to help you understand more about the wide variety of insurance products available in Massachusetts. The Division of Insurance also responds to general health questions and can assist in resolving issues with insurers, agents, brokers and other licenses. To reach the Division of Insurance call (617)521-7777

Fitness Clubs: Waltham has over 10 fitness clubs. To learn more about them go to: fitness.gov/resources_health

Appendix A: Resources

Housing

The **City of Waltham Housing Department** offers Rehabilitation Loans, Lead Paint Abatement and Down payment Assistance programs. For more information, contact: Housing Department, 119 School Street, Waltham, MA 02451, 781-314-3380, www.city.waltham.ma.us/Housing/index

The **Waltham Alliance to Create Housing (WATCH)** seeks to build, empower, and stabilize neighborhoods and communities in Waltham. WATCH offers housing programs including First Time Buyers programs and Tenant Advocacy. For more information, contact: WATCH CDC, 144 Moody Street, Building 24, Waltham MA 02453, 781-891-6689, www.watchcdc.org/index

Waltham Housing Authority is a public housing agency. For more information, contact: Housing Authority, 110 Pond Street,(781) 894-3357, home.tiac.net/~walhous/

The **Middlesex Human Services Agency (MHSA)** runs many homeless shelters accommodating men, women and families in Waltham. For more information, contact: MHSA, Inc., 50 Prospect Street, Suite #3, Waltham, MA 02453, 781-894-6110, www.mhsainc.org/index

The **Homeless Assistance Coalition (HAC)** provides a listing of local food, clothing and shelter resources in Waltham, including the following:

- The Salvation Army, 33 Myrtle Street, 781-894-0413
 - The Immanuel Methodist Church-Clothing Exchange, 545 Moody Street, 9:00 to 1:00 on Wednesdays
 - The American Red Cross Metro West Area Collins Family Food Pantry, 11 Francis Street, 781-642-7000
 - The Community Day Center-Day Shelter, 34 Alder Street, 875-891-7515
 - For more information about the HAC, contact: Community Policing Program, 781-314-3151
-

Appendix A: Resources

Public Safety

Commonwealth of **Massachusetts Sex Offender Registry Board**,
www.mass.gov/sorb

Domestic Violence:

- Battered Women's Hotline 661-7203
- Battered Women's Support Committee 1-800-899-4000
- National Hotline 1-800-799-SAFE (7233) 1-800-787-3224 TTY

Elder Abuse Hotline:

- Persons 60 years or older 1-800-922-2275
- Resident Nursing home/Long term care Facility 1-800-462-5540

Child Abuse Resources:

- Child At Risk Hotline (under 18 years of age) 1-800-792-5200
- Child Witness to Violence Project Boston Medical Center 534-5000
- Department of Social Services 1-800-769-4615
- DSS Domestic Violence Unit 727-3171 x551
- Parental Stress Hotline 1-800-632-8188

Transportation & Traffic

City Streets maintained by **Street & Forestry Department** of Waltham's Department of Public Works—781-314-3400

MBTA Commuter Rail stops in Waltham: Fitchburg/South Acton Line stops at Waltham stop (by Common) and Brandeis Stop

Smart Traveler Boston – Traffic Reports for Rt 128/I 95, updated throughout the day— www.smarttraveler.com

NHTSA – **Child Safety Information**—resource on proper child safety seat use chart for infants, toddler, young children—
www.nmhtsa.dot.gov/people/injury/childps

Transportation Agencies:

- Massachusetts Bay Transportation Authority MBTA
- Massachusetts Highway Dept
- Massachusetts Turnpike Authority
- Massport International (Logan airport, regional airports & port of Boston)

Appendix A: Resources

Transportation & Traffic, continued

Parking Information for Waltham

Parking Bans

Waltham has an “All Night Parking Ban” which is strictly enforced from November 1st to April 1st to assure the Public Works Department is able to clean streets during a snow storm.

Parking Meters

Meter Costs in Waltham

- 15 minute meters: \$.25 for 15 minutes
- 30 minute meters: \$.25 for 30 minutes
- Both 1 & 2 hour meters: \$.25 per hour
- 12 hour meters: \$.25 per hour, \$.75 for 3 hours, \$1.00 for 12 hours

Parking meters and metered zones in Waltham are enforced Monday through Saturday from 8:00am until 6:00pm. Parking is free on certain holidays throughout the year.

Parking Stickers

- Waltham offers a monthly and yearly parking sticker valid at All-day (12 hours) meters in public parking lots (with green meter posts). Monthly stickers are \$15.00, yearly stickers are \$150.00 and can be purchased at the City Treasurer’s Office in City Hall.
- There are 10 public parking lots in Waltham.
- Vehicles are not allowed to park more than 24 hours in any public parking lot.

Source: Transportation & Parking Department Website and Waltham Police Department Website

Appendix B: Assets

Assets Identified at the May 2004 Community Forum

The raw data from the chart on page 8 is reflected here.

<u>Category</u>	<u>Community Assets Identified by Forum Attendees</u>
Arts and Culture	Celtics (they practice in Waltham); Concerts on Common; Concerts on common; Cultural resources (arts, museums); Movie house; Movie Theater; Movie theater; Movies; Museums; Museums; Museums- Industrial n Waltham, Museum of Waltham; Reagle Players; Regal players; Social and cultural Activities- collaboration, concerts, arts festival; Summer Concert Series; Theater at Brandeis and Bentley Waltham orchestra
Children, Youth and Families	After school programs; B & G Club, YMCA, Reach; Boys and Girls Club; PAL guiding youth/DARE/ YOU; Partnerships for youth; Sports for kids, youth activities; Waltham Partnership for Youth; YMCA; Young people on Moody St.; Youth organization- YMCA, Boys and Girls club
Civic Community	Big city with small town feel- neighborhood feel; Caring nature of people; Civic input to Fernald redevelopment; Community; Community is nice; Community spirit-silent benefactors spirit; Contributions businesses make to the community, e.g. school programs; Feels like a town with city services; High level of civic engagement- with neighborhood associations; Human resource provider involvement within community; -in the past few years, making people feel welcome; Involvement of citizens; Lots of resources; Neighborhood pride; People; People know one another; Sense of hope- possibly because of the new major- feeling of future change; Strong neighborhoods; Supportive family sense and work; Talents of citizens; Town feel; Unique sense of community, belonging; Veteran's groups
Community Organizations	Bristol Lodge; Chamber of commerce; Food banks; Food pantries; Free social services; Many non-profit organizations to help community- WATCH for language, different aspects of city life; Many resources- community network; Neighborhood associations; Organizations; Organizations working to better help the community; Programs in Waltham; Reagle Players/WPO/Hovey; Salvation army programs; Same for Kiwanis, Rotary, and other volunteer orgs.; Sandra's Lodge, et al.; WATCH- affordable housing, classes- English, home buyer, tenant training.
Diversity and Inclusion	Church groups; Churches; Churches; Churches, diversity; Cultural diversity; Different ethnicities; Diverse community; Diverse population Diversity; Diversity; Diversity- ethnicity, incomes, lifestyle; Diversity- small community, feel "everyone knows each other"; Economic diversity; Economic diversity of people- wide income spectrum and people- interact from varying levels; Ethnic grocery stores; Ethnicity; Multi-ethnicity; Multi-generation; Night school-Power Program; People People are tolerant, accepting; Power program- services; Public library services are geared to meet the needs of the diverse community; Strong faith community

Appendix B: Assets

<u>Category</u>	<u>Community Assets Identified by Forum Attendees</u>
Economics	A lot of businesses; Active business base; Banks and businesses; Business; Fiscal strength/tax base/ mgt.; Good location for commuting Grocery stores; Industry; Job opportunities; Job opportunities; Lots of business that share the tax burden; Lots of employment; Many hotels Technology
Education	Clean/safe schools; Communication with teachers/administration very supportive; Fernald Center; Fernald; Good school system; Good schools; New and renovated schools; New schools; New schools Newly built schools; School; School; School- like 2 nd family, good; School systems active participation/encouraging; Schools are good Some schools provide good education;
Environment and Open Space	Bikes accessible to schools; Chesterbrook; Community gardens; Green spaces; Many concerned about environment; Natural environment; Open space; Open space- playgrounds, river walk, sprinkler Parks, environmental; Prospect park; Recycling; Recycling Recycling center; Recycling committee; Replacing boat dock; River walk; Undeveloped green places; Unique collaboration of WATCH, land trust-green space, social justice; Waltham Field Station; Waltham land trust
Government	Caring government; City bonding together; City facility for rent; City officials; City services we don't have to pay for—buses, street repair, leaf/yard waste clean up, snow plowing; Current mayor; Election process-councilors and mayor participate in civic process; Fair taxes; Focal political leaders interested in the general well being of the community; Low tax rate and excellent services; Mayor; Mayor; New mayor/councilors
Healthcare and Well-Being	Comprehensive health care; Free clinic; Have minor medical services Hospital/medical facility; Meals on wheels; Nurse in every school Pharmacies; Urgent care center
Higher Education	Bentley and Brandeis provide scholarships to Waltham Students College community; Education excellent and two colleges Higher education; Higher education institutions; Sandwiched by 2 great colleges- student projects; Strong schools-three colleges; Two colleges; Two colleges
History of Waltham	Historic sties- Gore, Lyman, Paine; Historical houses (Gore Estate, Paine Estate), Historical sites, Historical sites - Gore place Estates; History; Paine Estate
Housing	Group homes; Homeless services, shelters; Housing more affordable than surrounding communities; Shelters; Shelters; Shelters, various.
Library	Good library services; Great library; Great library; Libraries; Library; Library; Library; Wonderful library, user friendly

Appendix B: Assets

<u>Category</u>	<u>Community Assets Identified by Forum Attendees</u>
Other	Cable station; Newspaper; Post office, friendly
Public Safety	Community policing; Excellent emergency prep- fire, police; Fire department; Good fire protection; Low crime rate; Police department; Police-positive presence, community involvement with police; Professional police- trustworthy; Public safety; Reliable trash and snow and leaf removal; Responsive police and fire department; Reverse 911; Safe
Recreation	Boys and Girls club; Charles river; Charles River; Charles River and walkways; Charles River- keeping it clean and recreation; river walk, trails, bike path; Charles River- walk, sail, fish; Common; Farmers market; Farmers market; Free summer lunch program for children on playgrounds; Golf course/open space/met state; Hardy Pond; Help with health of community; Large portion of children in sports/exercise; Lots of fitness options; Organized sports; Parks; Prospect Hill Park; Prospect Hill Park; Rail trail; Remodeling of play grounds; River walk; Sidewalks; Sources of recreation and health rec.; Sports in school and outside for youth; Walk-able downtown; YMCA, Boys and Girls club, sporting clubs
Restaurants	Cronin's landing; Diverse population and restaurants, shops that come from it; Good restaurants on Moody St.; Great restaurants; Great restaurants; Lots of good restaurants; Moody St. restaurants; Restaurants; Restaurants; Restaurants Restaurants- diversity; Restaurants- good food
Senior Citizens	Council of Aging; Elderly housing; Excellent senior center with activities and cheap good meals; Nursing homes; Senior activities, COA; Senior center; Senior center; Senior citizen facilities
Transportation and Traffic	Closeness to Boston; Good location (b/w city and countryside); Good public transportation; Good transportation system; Location; Location, everything is close; Public transportation; Public transportation into Boston; Train/bus/transportation Train/busses (express); Transportation

Appendix C: Forum Observations

Observations and Deeper Analysis of Data Areas of Improvement and Priorities Identified at the May 2004 Community Forum

The raw data from the chart on page 9 is reflected here. The raw data from the community forum reflects all areas for improvement and priorities that were brainstormed by attendees, grouped by sub-categories, priority dots and table. Observations and deeper analysis of this data is also included.

Children, Youth, and Families	Sub-Group	Priorities	Table
Stronger relationship between youth and adults		One	Table A
Recreation and children			Table F
Services for children and elders- reflect the population base	Seniors		Table F
Not enough teenage entertainment	Teens	Two	Table J
Lacks social resources and facilities specific for teens	Teens	One	Table M
Daycare center	Young Children	One	Table N
Need a centralized early childhood center	Young Children	One	Table E
More childcare- more community centers, youth programs, childcare	Young Children	One	Table L
More childcare/affordable	Young Children		Table G
Centralized clearing house for families with young children	Young Children	One	Table I

SOME OBSERVATIONS ABOUT CHILDREN, YOUTH AND FAMILIES CATEGORY

- Nine (out of 14) tables developed a total of ten identified "Areas of Improvement" that we grouped under the **Children, Youth & Family** category.
- Only one table developed more than one Areas of Improvement that we grouped under the **Children, Youth & Family** category.
- Half of the Areas of Improvement about children youth and families (five out of ten) refer to issues for young children. Two ideas for improvement referred to youth activities. The remaining three issues involved general services for children and elders, recreation and stronger youth-adult relationships.

Appendix C: Forum Observations

Civic Participation and Government	Sub-group	Priorities	Table
We need a civic center	Arts and entertainment	Two	Table E
Community center	Arts and entertainment	Three	Table F
Need concert plan	Arts and entertainment		Table F
Community center	Arts and entertainment	One	Table G
Publicize museums	Arts and entertainment		Table J
Our own arts, theater space	Arts and entertainment		Table L
More citizen participation	Citizen participation	Two	Table B
Increased involvement of people	Citizen participation	Two	Table G
More involvement by residents on community boards	Citizen participation	Two	Table I
Need evening meetings so parents and workers can come	Citizen participation		Table L
Need more forums like this, cooperation of city officials, civic groups, citizens	Citizen participation		Table L
More opportunities for input, citizen participation	Citizen participation	One	Table N
We need a community information center	Community Information	Five	Table D
Parent information meetings and education about substance abuse, date violence, AIDS	Community Information		Table D
Central source of information about community resources	Community Information		Table E
More comprehensive city website	Community Information		Table E
Communication-city website	Community Information	One	Table I
Better information on what non-profits exist	Community Information		Table L
Better publishing of resources	Community Information	Four	Table M
Organized volunteering	Meeting human needs		Table G
Community support for homeless day center	Meeting human needs		Table H
Social services	Meeting human needs		Table I
Better coordination/sharing of information between human service organizations	Meeting human needs		Table J
Each of the faith communities to be less parochial- more agents of change and more partnership	Partners across Faiths		Table B
Religious group- increased involvement	Partners across Faiths		Table G
Politician that will listen to the people who put them in office	Responsive and accessible government	One	Table B
More accessible city officers	Responsive and accessible government	One	Table E
Council agendas in advance and notes from meetings	Responsive and accessible government	One	Table L
Disclosure in local politics, who gets which campaign donations	Responsive and accessible government	One	Table L
Fewer appointments and more hired positions	Responsive and accessible government		Table L
More attentive Department of Public Works	Responsive and accessible government officials		Table L
Greater sharing of power with people who are not born and raised in Waltham (Breezers)			Table B
Refusal of services to condo owners who pay city taxes		One	Table E
Clean up/mitigate historical preservation			Table G
Keep future generations in Waltham			Table G
Those who live, work in Waltham, but no involvement			Table G
Lack of promotion for the positives in Waltham			Table H
Closing of churches			Table K
Better collaboration with state			Table L
Investigate and eliminate excessive city spending, to prevent another tax cut			Table L
Need more resources			Table N

Appendix C: Forum Observations

SOME OBSERVATIONS ABOUT CIVIC PARTICIPATION AND GOVERNMENT AREAS OF IMPROVEMENT (see table on page 72)

- Twelve tables identified 41 *Areas for Improvement* suggestions around civic participation and government.
- People at nine of the tables identified some of these *Areas for Improvement* as “priorities.” One table identified three *Areas for Improvement* as a “priority” issues and four tables identified two ideas as “priority” issues.
- At one table, the need for a “Community Information Center” was prioritized five times by the people at that table.
- Given the large number of Civic Participation and Government, an initial sub-categorization of this group found the following themes:
 - ◊ Seven *Areas for Improvement* involved improved community information, including improving the City website (mentioned twice) and the development of a Community Information Center (prioritized five times)
 - ◊ Six *Areas for Improvement* involved “Citizen participation” including holding more evening forums such as the Healthy Waltham Forum.
 - ◊ Six *Areas for Improvement* involved “Arts and entertainment” including two suggestions for a community center.
 - ◊ Six *Areas for Improvement* involved “Responsive and accessible government.”
 - ◊ Two *Areas for Improvement* related to building partnerships across faith groups.
 - ◊ Four *Areas for Improvement* involved meeting human service needs.
 - ◊ Ten *Areas for Improvement* in this section remained un-grouped.

Diversity and Inclusion	Sub-Categories	Priorities	Table
Minority communities to participate in more civic affairs	Increase Participation of underrepresented groups	One	Table B
Conscious effort to reach out to different groups in Waltham	Increase Participation of underrepresented groups	One	Table E
Need more integration for adults	Increase Participation of underrepresented groups	One	Table F
Outreach to immigrants	Increase Participation of underrepresented groups		Table H
Outreach	Increase Participation of underrepresented groups	Four	Table I
Better outreach for community partnerships	Increase Participation of underrepresented groups		Table L
More diverse representation	Increase Participation of underrepresented groups		Table N
Lack of ethnic police/fire/teachers/government officials	Increase Participation of underrepresented groups	Two	Table H
More bicultural and bilingual staff in all public service agencies (schools, CBO's, shelters, etc.)	Increase Participation of underrepresented groups	Two	Table D
Better interpreter services in all school and public service agencies	Overcome barriers for groups	Two	Table D
Better communication in multiple languages about local groups/resources and their efforts, meetings, etc.	Overcome barriers for groups	Three	Table E
Language barriers	Overcome barriers for groups	One	Table F
Racism	Overcome barriers for groups	One	Table H
Language barriers	Overcome barriers for groups		Table N
Hard to break into Waltham community	Welcoming newcomers		Table C
More welcoming to new immigrants	Welcoming newcomers	One	Table D
Welcoming folks to the community	Welcoming newcomers		Table M
More people living together from different cultures	Welcoming newcomers		Table N
Pride in being different from suburban neighboring towns	Improve awareness or respect	Four	Table C
Recognize diversity among us- different cultures and needs	Improve awareness or respect	Six	Table C
Cultural awareness in issues of age, race, and class	Improve awareness or respect	Six	Table D
Respect among ethnic groups	Improve awareness or respect		Table N
Diverse communities			Table F

SOME OBSERVATIONS ABOUT DIVERSITY AND INCLUSION AREAS OF IMPROVEMENT

- Twenty-three *Areas of Improvement* that were identified were grouped into “Diversity and Inclusion”.
- Ten out of 14 tables identified these *Areas of Improvement*. Two tables identified four *Areas of Improvement* suggestions and Two tables identified three *Areas of Improvement* suggestions.
- Given the larger number (more than 20) *Areas of Improvement* in this section, the following sub-categories were developed:
 - ◊ Nine *Areas of Improvement* involved calls to Increase Participation of Underrepresented Groups – four of which involved better Outreach efforts. One of these calls for improved outreach was prioritized four times, and five other *Areas of Improvement* in this subgroup were prioritized.
 - ◊ Six *Areas of Improvement* involved Overcome barriers for groups including language barriers (5 times) and one “Racism.”
 - ◊ Four *Areas of Improvement* involved Welcoming newcomers.
 - ◊ Four *Areas of Improvement* involved an improved awareness or respect.
 - ◊ One response was not placed in a sub-group.

Appendix C: Forum Observations

Economics	Sub-Category	Priorities	Table
More community members have living wage and benefits	Poverty and Inequality	Two	Table B
More local aid	Poverty and Inequality		Table B
Low income access to retail	Poverty and Inequality		Table G
Too many living in poverty	Poverty and Inequality		Table G
Impact of growing economic split on the community	Poverty and Inequality	Three	Table I
Financial information for minorities	Poverty and Inequality		Table I
Inequality between incomes of groups (SES)	Poverty and Inequality	Two	Table N
Cost of living	Poverty and Inequality		Table N
Bookstore	Retail: Bookstore	Two	Table A
Bookstore	Retail: Bookstore		Table B
Retail stores (near Moody)	Retail	Two	Table A
Need a WalMart	Retail	One	Table B
More stores- department stores so you can shop locally	Retail		Table B
Difficult to buy in Waltham	Retail		Table C
Shopping- retail, clothing	Retail		Table C
Lack of department stores	Retail		Table H
Poor retail, no stores with appliances/suits	Retail		Table H
Lack of retail stores	Retail		Table K
Deserted shopping malls	Retail		Table N
Expensive stores	Retail		Table N
Retail	Retail		Table N
Work force training	Workforce issues		Table G
Jobs	Workforce issues		Table G
Job training	Workforce issues	Two	Table I
Jobs	Workforce issues	Two	Table N
Need more interagency cooperation (fed/state/local)			Table B
Need a fair property assessment		One	Table E
Strengthening relations with business		Two	Table I
Insurance		One	Table N

SOME OBSERVATIONS ABOUT ECONOMICS AREAS OF IMPROVEMENT

- Nine out of 14 tables identified total of 27 Areas of Improvement were grouped under the “Economics” category. People at five of these tables selected eleven Areas of Improvement that we grouped as “Economics” as “priorities.”
- Among these 27 Areas of Improvement, eleven referred to the need for retail stores, two of which specifically called for “bookstores.” Of these calls for expanded retails, participants at two tables identified priorities. Nine Areas of Improvement referred to inequalities between rich and poor, and people at three tables indicated this was a priority. Four “Areas of Improvement” referred to workforce issues, and people at two tables identified these ideas as priorities.

Appendix C: Forum Observations

Education and Schools	Sub-Category	Priorities	Table
Need to reduce high school drop out rate		One	Table B
Like to see Anglo children learning foreign languages from the start		Two	Table B
Better program management within the public schools		One	Table D
More affordable pre-school programs		One	Table D
A better unified and organized school system			Table E
Young, good teachers leave the public schools		One	Table J
Extend physical education in schools		Two	Table K
More involvement/support by Brandeis and Bentley			Table L
% of special need students		One	Table N
More resources for education programs			Table N
More computers accessible at the public library and schools	Access to technology		Table D
Public Internet center, open 24/7	Access to technology	One	Table N
More affordable and creative after school programs (non-traditional, artistic)	After-school	One	Table D
Affordable day care and after-school care	After-school		Table J
More free after-school program and summer programs	After-school	One	Table H
More affordable after-school programs	After-school		Table N
More and better lifelong learning	ESOL/Adult Education	Three	Table G
More linguistic services	ESOL/Adult Education		Table G
More English language classes for adults	ESOL/Adult Education	Two	Table H
Continuing education, especially for at risk youth and adults- ESOL and GED	ESOL/Adult Education		Table I
More ESOL services	ESOL/Adult Education		Table N
Loss of Fernald	Fernald	One	Table A
Closing of Fernald	Fernald		Table K
More ELL in our school- four dots	K12 ELL	Four	Table D
Do not classify ELL students in special education	K12 ELL		Table D
Disagree with taking MCAS	MCAS		Table H
Low MCAS scores	MCAS		Table H
MCAS score help	MCAS		Table N
Maintenance of school facilities	School Buildings		Table A
Vacant schools used to benefit community	School Buildings		Table A
Better communication between school administration and parents	School-parent communication	Two	Table D
Diversity PTOs and school advisory boards in schools	School-parent communication		Table D

SOME OBSERVATIONS ABOUT EDUCATION AND SCHOOLS AREAS OF IMPROVEMENT

- 11 out of 14 tables identified total of 32 Areas of Improvement were grouped under the “Education and Schools” category. People at 8 of these tables selected 15 Areas of Improvement that we grouped as “Education and Schools” as “priorities.”
- Subcategories Areas of Improvement include
 - ◇ six suggestions for English as a Second Language and Adult Education by people at five tables, which include issues that were prioritized at two tables
 - ◇ four suggestions for after-school programs by people at four tables – two of which were prioritized
 - ◇ three suggestions for MCAS support by people at two tables – none of which were prioritized
 - ◇ two suggestions each for (a) better school/parent communication, (b) increased access to technology; (c) closing Fernald, (d) the use of school buildings and (e) suggestions for K-12 English Language learning from one table, one of which received four priority dots at a table.

Appendix C: Forum Observations

Environment and Open Space	Sub-Category	Priorities	Table
Perpetually funded open space, acquisition program	Open Space		Table A
Need more open space	Open Space		Table C
Environmentally concern of open space over building	Open Space		Table F
Open space/ preservation	Open Space		Table G
Continue to improve open space	Open Space	One	Table J
City takes over/maintain green space controlled by MDC- ex, pool at River and Newton, River path, reservation land	Open Space		Table L
No open space	Open Space	Six	Table M
More open space	Open Space		Table N
Open spaces, preserve, safety, bike path	Open Space/ Recreation	One	Table I
Clean air	Pollution		Table A
Strong wetlands ordinance	Preservation	Two	Table A
No CPA (community preservation act)	Preservation		Table A
Preservation of Lincoln woods, near Sachem blasting	Preservation		Table L
Beautification of our parks	Recreation		Table D
City park	Recreation	One	Table F
Train track- walking, bike trail, river walk	Recreation	One	Table F
Bocci ball court	Recreation		Table F
Outdoor activities	Recreation		Table F
Passive recreation opportunities	Recreation		Table G
More supervisors at public parks	Recreation		Table H
Increase physical activities, i.e.,- walking programs for seniors, for kids outside of school, community based	Recreation		Table K
Lack of soccer fields	Recreation	One	Table N
Clean playgrounds	Recreation		Table N
Pool for younger kids	Swimming		Table A
Pool fixed	Swimming		Table C
More pools and repairing pools/reopening pools	Swimming		Table H
No public swimming pools, kiddie pools	Swimming	One	Table J
Make Hardy Pond swimmable	Swimming		Table J
No swimming pools	Swimming	Three	Table K
Open/fix swimming pool	Swimming	One	Table N
Prospect Hill pool recreation	Swimming/Recreation	Two	Table F
More street trees (especially on Main St.)		One	Table A
Leaf dump- relocation			Table A
Place for winter sledding and cross country skiing- possible Gaebler			Table A
Put the overhead wires/cables underground, show the skyline			Table B
Flood control			Table G
Improve environment			Table G
Clean empty lots			Table H
Create drop center for recycling			Table K
Smoking ban			Table K
Public easements through private property, to access trails		One	Table L
"Village" at Fernald, working group plan, housing, transit, open space, prevent more traffic on Trapelo		Two	Table L
More national historic registries- Field Station			Table L
Cleanliness in the neighborhoods, ownership of their own areas		Four	Table M

SOME OBSERVATIONS ABOUT ENVIRONMENT AND OPEN SPACE AREAS OF IMPROVEMENT

- 13/14 tables raised 44 areas of improvement for Environment and Open Space, including 28 priority issues at 8 tables
- Subcategories about Environment and Open Space include:
 - ◇ 9 open space issues at 9 tables, with 8 priorities at 3 tables
 - ◇ 1 pollution issue
 - ◇ 3 preservation issues at 2 tables, with 2 priorities at 1 tables
 - ◇ 12 recreation issues at 7 tables, with 3 priorities at 2 tables
 - ◇ 8 swimming issues at 7 tables, with 6 priorities at 4 tables

Appendix C: Forum Observations

Healthcare and Well-Being	Sub-Category	Priorities	Table
Health education- overall community	Education	One	Table G
Nutrition in schools, create healthy snacks in schools	Education	One	Table K
Dental program in kindergarten	Education		Table K
Loss of hospital	Hospital		Table A
Loss of hospital- like to have the Waltham hospital back	Hospital	One	Table B
We need a hospital	Hospital	Two	Table D
Health center- no hospital	Hospital		Table E
Hospital	Hospital	Two	Table F
Lack of health care/hospital	Hospital	Three	Table H
Need a local hospital	Hospital		Table J
Need full service hospital	Hospital	Three	Table K
Loss of hospital, no 24-7 emergency care	Hospital		Table L
Own hospital	Hospital	One	Table M
Hospital	Hospital	Three	Table N
Drug treatment	Prescriptions		Table G
No more pharmacies- better location, access	Prescriptions		Table G
Cheaper pharmacies	Prescriptions		Table L
Radiation lab	Specialty Services		Table F
Specialty services- gerontology ex; blood transfusion unit	Specialty Services		Table F
Build a women's center to address domestic violence and other health issues	Women	Two	Table D
More health resources (VNA) for mothers and infants	Women		Table H
Accessible healthcare/clinics especially for women, pre-natal	Women	One	Table L
Stable acute HC provider		One	Table C
Mental health services			Table D
Lack of resources for mentally challenged			Table E
Blood bank		Two	Table F
Access to health care- all populations		Two	Table G
No more bars, no more gambling			Table G
Board of Health need more nurses/services			Table H
Homeopathic/supplements more available/vitamins/allergy testing		Two	Table K
Volunteer MDs and DDSs, pro bono			Table K
Health indications worsening (infant mortality, teen pregnancy, low birth rate)			Table L

SOME OBSERVATIONS ABOUT HEALTHCARE AND WELL-BEING AREAS OF IMPROVEMENT

- 13/14 tables identified 32 areas of improvement for health care and wellbeing, 27 priority issues were identified at 10 tables
- Subcategories include:
 - ◇ 11 issues about hospital/loss of the hospital at 11 tables, which received 15 priority ratings at 7 tables
 - ◇ 3 issues about education at 2 tables, with 2 priorities at 2 tables
 - ◇ 3 issues at 2 tables about drugs/prescriptions
 - ◇ 3 issues about women's services at 3 tables, with 3 priorities at 2 tables
 - ◇ 2 issues about specialty services at 1 table

Appendix C: Forum Observations

Housing	Sub-Category	Priorities	Table
Affordable housing	Cost	One	Table A
More affordable housing	Cost	Two	Table B
The city should fight to keep affordable housing	Cost		Table B
High rents- high rate of turnover	Cost	Two	Table C
Affordable housing and rent	Cost		Table D
Affordable housing	Cost	Two	Table E
More affordable rent	Cost	Two	Table E
Affordable housing	Cost	Two	Table F
Lack of affordable housing	Cost	Two	Table H
Affordable housing	Cost		Table I
Affordable housing, for rent and purchase, senior housing	Cost	One	Table L
Affordable homes	Cost	Four	Table N
Affordable housing/rent	Cost	Two	Table N
Fair landlords/accommodating and non abusive landlords	Landlords		Table E
Absentee landlords	Landlords		Table H
Absentee landlords	Landlords		Table N
Gaebler land reuse- housing, cemetery, leaf dump			Table A
Equitable assessments – housing (residential is over assessed)			Table A
Better communication between affordable housing groups- more centralized			Table E
Homelessness			Table E
Range of housing- affordable to all groups		One	Table G
Workforce housing		Two	Table G
Public housing		Four	Table H
Head of housing complaints		One	Table H
Housing development complaints		One	Table H
Housing, universal access, built for anyone			Table L
Large business volume has driven up housing costs, less affordable housing			Table M
Increase benefit level for home ownership by WATCH committee		One	Table N

SOME OBSERVATIONS ABOUT HOUSING AREAS OF IMPROVEMENT

- 28 areas of improvement were identified at 12/14 tables, 30 priority ratings were given at 9 tables
- Two subcategories were identified
 - ◊ 13 issues of cost were identified at 10 tables with 20 priority ratings at 8 tables
 - ◊ 3 landlord issues were identified at 3 tables with no priorities

Crime and Public Safety	Sub Category	Priorities	Table
A few walking patrolmen downtown		One	Table B
Community safety			Table K
Improve safety			Table N

SOME OBSERVATIONS ABOUT PUBLIC SAFETY AREAS OF IMPROVEMENT

- Only three tables mentioned *Areas of Improvement* that we grouped into the “Public Safety” category and no table mentioned the idea more than one time.
- More walking patrol officers in the downtown area was prioritized by one attendee at the forum.
- Two of these were general, rather than specific suggestions for improved community safety.

(see table on page 79)

SOME OBSERVATIONS ABOUT TRANSPORTATION AND TRAFFIC AREAS OF IMPROVEMENT

- 14/14 tables identified 61 areas of improvement, with 51 priority ratings at 11 tables
- Subcategories included:
 - Traffic was identified at 10 tables with 13 priority ratings at 5 tables
 - Overdevelopment at 7 tables, 6/7 tables that identified overdevelopment also prioritized the issues with 9 ratings
 - Street repair was identified 9 times at 6 tables, with 3 priority ratings at 2 tables
 - 8 tables identified public transportation and the issue was given 8 priority ratings at 4 tables
 - Parking was identified 5 times at 4 tables, with 7 priority ratings at 3 tables
 - ◊ Alternative transportation was identified 4 times at 3 tables, with 2 priority ratings at 1 table

Appendix C: Forum Observations

Transportation and Traffic	Sub-Category	Priorities	Table
Encourage walking and alternative forms of transportation	Alternative Transportation		Table F
Lack of sidewalks	Alternative Transportation		Table K
Main, Moody more walkable development	Alternative Transportation	One	Table L
North/south and east/west bike paths, safety of bike paths on every road possible	Alternative Transportation	One	Table L
No over development on small lots	Over Development	One	Table A
Stop overdevelopment of city	Over Development	Two	Table C
Controlled development	Over Development	One	Table G
Too much building, high density building	Over Development	One	Table H
Over development/tearing old homes to put up condos with no green space	Over Development	Two	Table K
Over development	Over Development	Two	Table L
Too much construction	Over Development		Table M
More parking at government buildings- government center, Clark, senior center, city hall, library	Parking	One	Table A
Dense population/buildings, no parking spaces	Parking		Table C
Parking	Parking		Table H
Traffic/parking	Parking/Traffic	Five	Table C
Improve traffic and parking	Parking/Traffic	One	Table I
More public transportation to the housing development	Public Transportation	One	Table B
Better transportation service for head start program and school in general	Public Transportation		Table D
Reinstate the citywide bus system or some kind community transportation	Public Transportation	Four	Table E
Public transportation	Public Transportation		Table G
Inner city transportation	Public Transportation		Table I
Need city bus- "clean bus"	Public Transportation	One	Table L
More public transportation needs to be available within neighborhoods, currently not good times	Public Transportation	Two	Table M
More frequent bus service	Public Transportation		Table N
Street repair	Street Repair		Table C
Street signs	Street Repair		Table C
Improved intersections	Street Repair	One	Table G
Clean streets	Street Repair	One	Table H
Street potholes need to be filled	Street Repair	One	Table H
Repaint street markings	Street Repair		Table H
More street cleaning	Street Repair		Table K
Speed bumps, especially on Charles Street	Street Repair		Table L
Street completion	Street Repair		Table N
Reduce traffic/control traffic	Traffic	Three	Table A
Fewer cars/traffic	Traffic		Table B
Traffic	Traffic		Table H
Traffic on Lexington St.	Traffic		Table H
Traffic	Traffic	One	Table J
Stop building apartment complexes, too much traffic, zoning	Traffic	Three	Table J
Traffic congestion	Traffic		Table K
Downtown traffic problem, reduce number of cars, encourage people not to drive	Traffic		Table L
Traffic congestion	Traffic		Table M
Traffic congestion during school drop off/ pick up hours	Traffic		Table M
Traffic creates increased air pollution	Traffic		Table M
Less traffic on Main St.	Traffic		Table N
By-right development only		One	Table A
No special permits or variances		One	Table A
Building on north side of city		Two	Table A
Cemetery expansion			Table A
Zoning master plan		Three	Table E
Concrete plan for Fernald School- buildings/land		One	Table G
Long-range plan		Two	Table G
Light at crosswalks are not long enough to cross		Three	Table H
Do not obey traffic signs, especially at Lexington and School			Table H
Not enough crosswalks on Trapelo Road			Table H
Snow removal from sidewalks and streets- both public and private			Table H
Transportation limited in some areas			Table H
Uncertainty about development			Table K
Tie housing development to transit options, no new cars		One	Table L
Not enough trees on main streets, Main and Moody, need Lexington			Table L
Property being sold, what will happen to land		One	Table M

Thank You!



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Review Process

This document was submitted for review to the following community stakeholders:

- Brandeis University Heller School for Social Policy and Management Center for Youth and Communities
- City of Waltham, City Clerk Department
- City of Waltham, Conservation Commission
- City of Waltham, Department of Public Works
- City of Waltham, Health Department
- City of Waltham, Housing Department
- City of Waltham, Parks and Recreation Department
- City of Waltham, Planning Department
- City of Waltham, Traffic Commission
- City of Waltham, Transportation and Parking Department
- Joseph M. Smith Community Health Center
- Mount Auburn Hospital
- Waltham Land Trust, Inc.
- Waltham Partnership for Youth, Inc.
- Waltham Police Department
- Waltham Public Schools, Office of the Superintendent
- Waltham Alliance to Create Housing (WATCH)

Data Support from:

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City of Waltham, Mayor's Office
City of Waltham, Parks and Recreation Department
Greater Waltham Chamber of Commerce
Joseph M. Smith Community Health Center
State of Massachusetts
United States Census
The Waltham Museum
Waltham Alliance to Create Housing (WATCH)
Waltham Police Department
Waltham Public Schools



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