A Report on The Status of Women and Girls in Cambridge

Cambridge, Massachusetts
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Executive Summary

This report offers community leaders, city departments, agencies, and others a practical, convenient means of measuring the status of women and girls in Cambridge.

The unique partnership formed between three city organizations, the Cambridge Commission on the Status of Women, the Cambridge Public Health Department, and the Institute for Community Health, was a first of its kind undertaking. This report provides not only a current picture of women and girls in our city but also a benchmark by which to measure and track future trends with updates of the data to be published every five years.

Data collection began in 2004 from a variety of sources, including the US Census, the Police Department, and the Teen Health Survey, and has been organized into sections on demographics, economics, housing, education, health, safety, and older women.

Those in the community with an interest in the well-being of women and girls are invited to use this report to help identify and address issues relating to women's status. Some of the most interesting highlights in this report include:

- Female residents outnumber males in the following neighborhoods: North Cambridge, Strawberry Hill, Cambridge Highlands, West Cambridge, Agassiz, and Mid-Cambridge.
- According to self-sufficiency standards, the total annual salary needed in Cambridge for one adult-headed household and one preschooler is more than $49,000.
- The poverty rates for women and girls are higher at both ends of the lifespan: girls under the age of 18 and women over the age of 65.
- Almost 70% of female-headed households receive no form of public assistance.
- Single women head the majority of households (41 %) in Cambridge.
- Women over the age of 25 have proportionately greater rates of Bachelors (27% compared to 19%) and Master's degrees (36% compared to 12%) than other women in Massachusetts.
- Cancer incidence rates among Cambridge women decreased 20% from 2000 to 2003, while statewide rates remained stable.
- Nearly half (47%) of Cambridge women diagnosed with HIV develop AIDS within three months of their diagnosis.

- The rates of new cases of chlamydia among teen girls in Cambridge (age 15-19) decreased by 39% from 2001 to 2005.
- More than 20% of girls in middle grades and high school witnessed violence in their neighborhoods during the past twelve months.
- Almost a quarter (22%) of middle school girls report they have been the target of rude sexual comments.
- Spouses and current romantic partners perpetrated 60% of the domestic aggravated assaults against females from 2003 to 2005.
- Seventy-three percent (73%) of households with a person age 65 and older living below poverty are headed by women.

Moving forward, our goal is for readers to examine the data in this report through their own lens, their own experience. How community stakeholders interpret the data will shape the future policies and programs for each sector of the city. The authors will invite stakeholders from each of these sectors to participate in community round table discussions to address what those future initiatives and policies should look like.

Introduction

Women have often been left out of important data collection and research. Recently, however, there has been increased awareness of the debilitative consequences of excluding women and, therefore not understanding important differences between men and women. As Martha Farnsworth Riche, the former Director of the US Census Bureau rightly emphasizes, **"Information that is excluded in making societal choices is as important as information that is included. When information is excluded, either deliberately or through indifference, policy choices are skewed at the expense of freedom and justice for all."** [i]. Collecting and presenting gender-specific data increases our understanding of disparities between women and men and therefore our ability to create programs and policies to reduce these disparities.

A Report on the Status of Women and Girls in Cambridge is a collaboration of the Cambridge Commission on the Status of Women, the Cambridge Public Health Department, and the Institute for Community Health. In the fall of 2004, these organizations came together to develop a tool for people interested in the well-being and advancement of women and girls in Cambridge.

The authors intend to update the data every five years in order to identify trends in neighborhood demographics, in economic and health status, in relationship to safety, violence, and criminal justice, as well as to examine what we have learned about women and girls over time.

REPORT GOALS

The six primary goals of this report are to:

1. **Provide Baseline Information and a Means to Mark Progress**
   This first report creates a baseline from which to begin assessing the status of women and girls in Cambridge, and to monitor future progress.

2. **Inform Policy, Programming, and Funding Priorities**
   The intent is to provide policy makers, service providers, community leaders, and other stakeholders with necessary and reliable information on women and girls to inform public policy, funding priorities, and programming. The report should stimulate discussion of obvious immediate and future needs of our city's women and girls, and lead to prompt action.

[i] The National Council for Research on Women, *Missing: Information about Women's Lives.* Washington DC, 2004.

3. Assess Gaps and Stimulate Further Research

We want to inspire further research about women and girls in Cambridge, particularly related to areas where information might be lacking and to open new gateways to different paths of inquiry that may not have been considered. In particular, we encourage all city departments to invest in identifying more information by gender once the 2010 U.S. Census is completed. The limited gender-specific information in Cambridge has made it hard for service providers and policymakers to make informed decisions about meeting the needs of women and girls in Cambridge.

4. Gather Data in One Easily Accessible Location

The Women's Commission routinely receives requests from public and community-based agencies for data on Cambridge women for use in grant proposals, strategic planning, and program assessments. This report attempts to gather as much of the available data as possible in one place to give users an easily accessible resource.

5. Assess Women's Level of and Barriers to Equality and Progress toward Achieving Opportunities

This report to provides useful measures of the various levels of inequality and barriers to equality and analyzes women's progress in achieving increased opportunities. In some areas, comparisons of women to men and girls to boys are made to evaluate inequality.

6. Empower Women and Girls

Information is power. Women of all ages need an assessment of who they are, in all their diversity and complexity, to more thoughtfully plot where they want to be. Here we have a beginning.

ABOUT THE ORGANIZATIONS

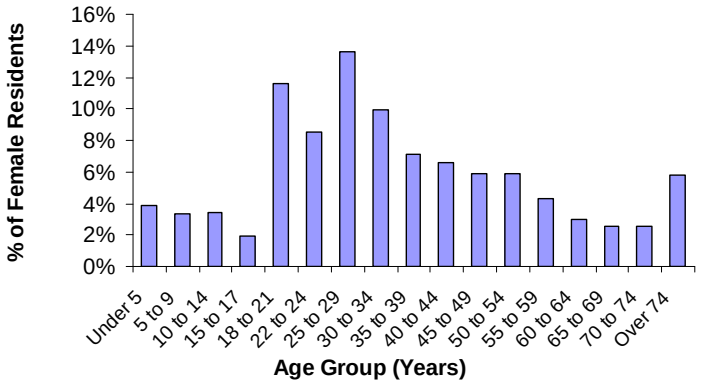
The Cambridge Commission on the Status of Women (www.cambridgema.gov/women) was established as a city department to ensure the equal status of all women and girls in educational, economic, political, health, legal, and social spheres. To serve and advance the women and girls of Cambridge, the Commission designs and implements programs; develops and recommends policies; initiates and monitors legislation; responds to incidents of discrimination; and initiates public exhibits and media events. In addition, the Commission provides technical assistance, referral, testimony, and coordination to individual women, city departments, state government, and organizations.

The Cambridge Public Health Department (www.cambridgepublichealth.org) strives to improve the quality of life of residents and workers by reducing sickness and injury; encouraging healthy behaviors; and fostering safe and healthy environments in homes, schools, and workplaces. The department's main areas of focus are communicable disease prevention and control, school health, environmental health, emergency preparedness, health promotion campaigns, domestic violence prevention, and data collection and analysis. The department also has the legal authority to make and enforce public health regulations within the city of Cambridge.

The Institute for Community Health (www.icommunityhealth.org) The Institute for Community Health is a unique collaboration of three Massachusetts health care systems to improve the health of Cambridge, Somerville, and surrounding cities and towns. Founding members are the Cambridge Health Alliance, Mount Auburn Hospital of CareGroup, and the Massachusetts General Hospital of Partners HealthCare. The ICH stimulates the creation of innovative programs and health policies through a community-based approach that will promote long-term healthy lifestyles. ICH is dedicated to improving health status through facilitation and collaborative sponsorship of community-based research, assessment, dissemination, and educational activities. ICH conducts projects in the areas of physical and mental health, substance abuse, foster care, and emergency preparedness.

I. Demographics

Figure 1: Females by Age Group, Cambridge 2000

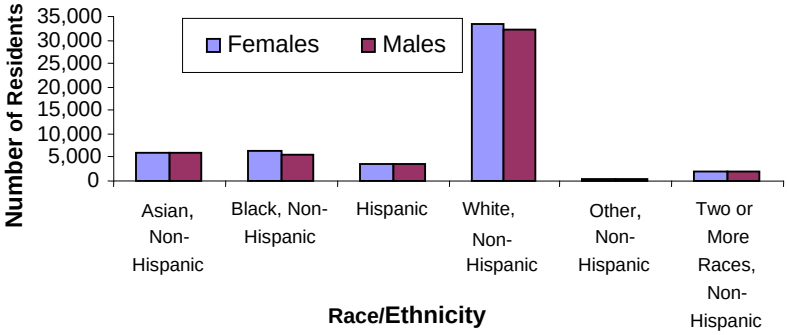


Fifty one percent (51%) of Cambridge residents are female. The largest distribution are among women ages 25-29 years (N=7,040).

Girls under age18 account for 13% (N=6,519) of the female population, while women 75 and older make up 6% (N=3,013).

Fig 1 Note: Data reflects 51,681 Cambridge residents
Fig 1 Source: United States Census Bureau, Census 2000

Figure 2: Race/Ethnicity by Gender, Cambridge 2000

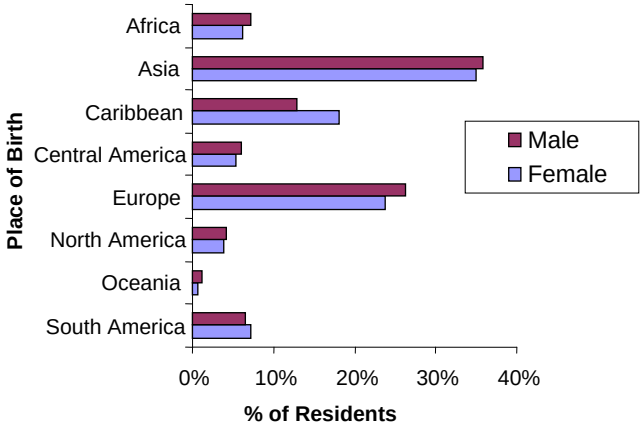


White, non-Hispanics residents make up 65% of the female population. 3,758 (7%) of females in Cambridge are Latina or Hispanic.

Black, non-Hispanic and Asian residents each make up 12% of the female population in Cambridge.

Fig 2 Note: Data reflects 101,355 Cambridge residents
Fig 2 Source: United States Census Bureau, Census 2000

Figure 3: Place of Birth among Foreign Born Cambridge Residents, 2000



One quarter of Cambridge women and girls are foreign born, the majority of whom are from Asia, Europe, and the Caribbean.

A greater proportion of females, compared to males, were born in the Caribbean and South America.

Fig 3 Note: Data reflects the 26,218 foreign-born residents living in Cambridge in 2000
Fig 3 Source: United States Census Bureau, Census 2000

Demographics

Female residents outnumber male residents in the following neighborhoods: North Cambridge, Strawberry Hill, Cambridge Highlands, West Cambridge, Agassiz, and Mid-Cambridge.

Figure 4: Gender Distribution by Cambridge Neighborhood, 2000

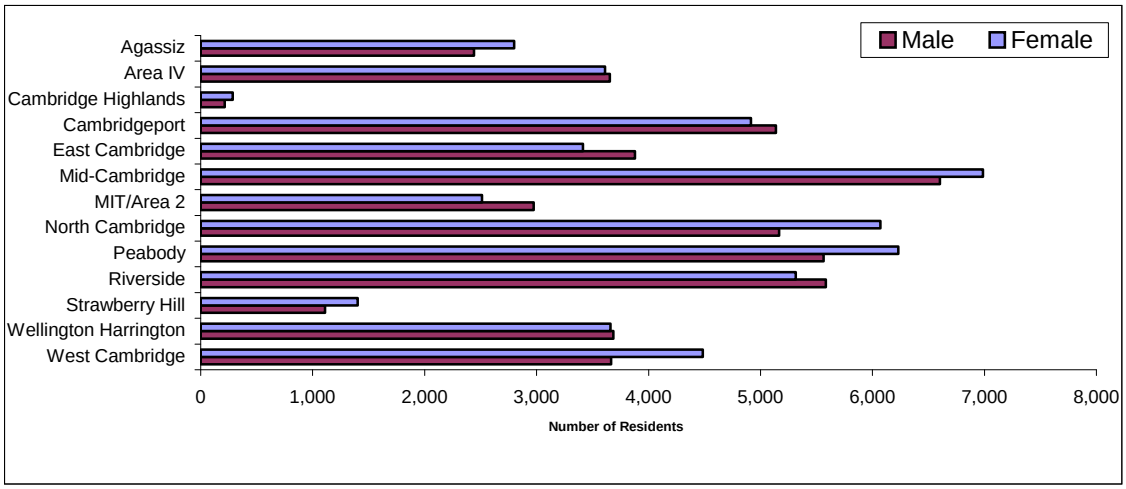


Fig 4 Note: Data reflects 101,615 Cambridge residents
Fig 4 Source: United States Census Bureau, Census 2000

Table 1: Females by Cambridge Neighborhood, 2000

North Cambridge has the largest number of girls under age 16 (N=996).

NEIGHBORHOOD	Total Female	Girls under 16 years	% Girls under 16
Agassiz	2,800	163	5.8%
Area IV	3,611	681	18.9%
Cambridge Highlands	284	27	9.5%
Cambridgeport	4,915	669	13.6%
East Cambridge	3,414	306	9.0%
Mid-Cambridge	6,987	486	7.0%
MIT/Area 2	2,513	88	3.5%
North Cambridge	6,071	996	16.4%
Peabody	6,230	702	11.3%
Riverside	5,313	398	7.5%
Strawberry Hill	1,401	225	16.1%
Wellington Harrington	3,659	609	16.6%
West Cambridge	4,483	497	11.1%
Total	**51,681**	**5,847**	**11.3%**

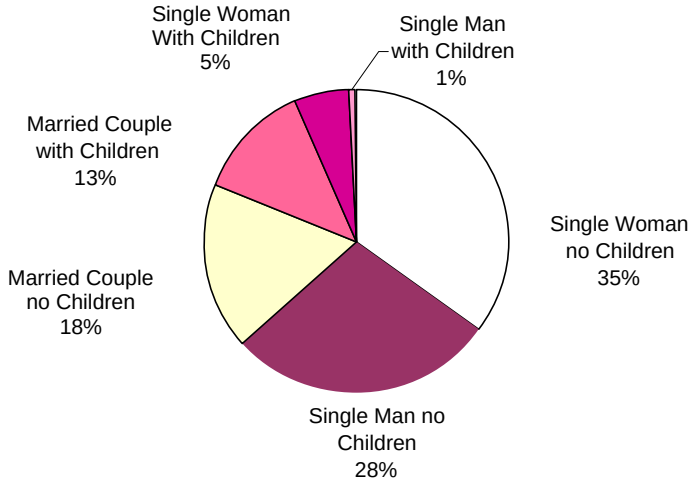
Citywide, girls under age 16 make up 11 % of the female population.

Four neighborhoods have a higher proportion of girls: Area IV (19%), Wellington Harrington (17%), North Cambridge (16%), and Strawberry Hill (16%), compared to the citywide proportion (11%).

Table 1 Note: Data reflects 51,681 Cambridge female residents.
Table 1 Source: United States Census Bureau, Census 2000.

Demographics

Figure 5: Cambridge Households by Marital Status, 2000



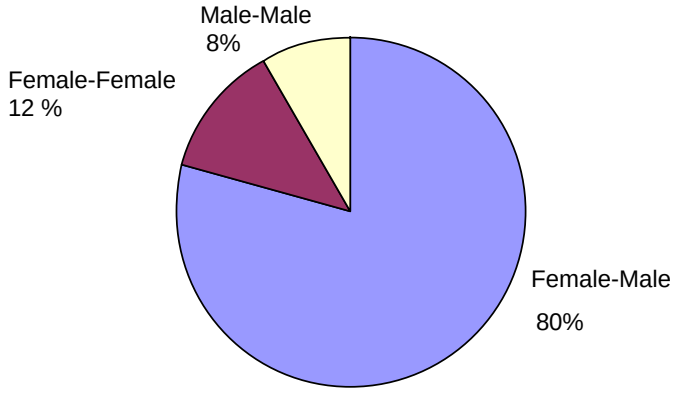
Forty percent (40%) of households are led by single women.

Single women without children make up the largest household type (14,953 households). Single men without children and married couples without children make up the next largest groups with 11,994 and 7,594 households, respectively.

The household ratio between single women with children and single men with children is almost 6 to 1. There are 2,288 single women with children as compared to only 413 single men with children.

Fig 5 Note: Data reflects 42,635 Cambridge households
Fig 5 Source: United States Census Bureau, Census 2000

Figure 6: Cambridge Unmarried Partner Households, 2000



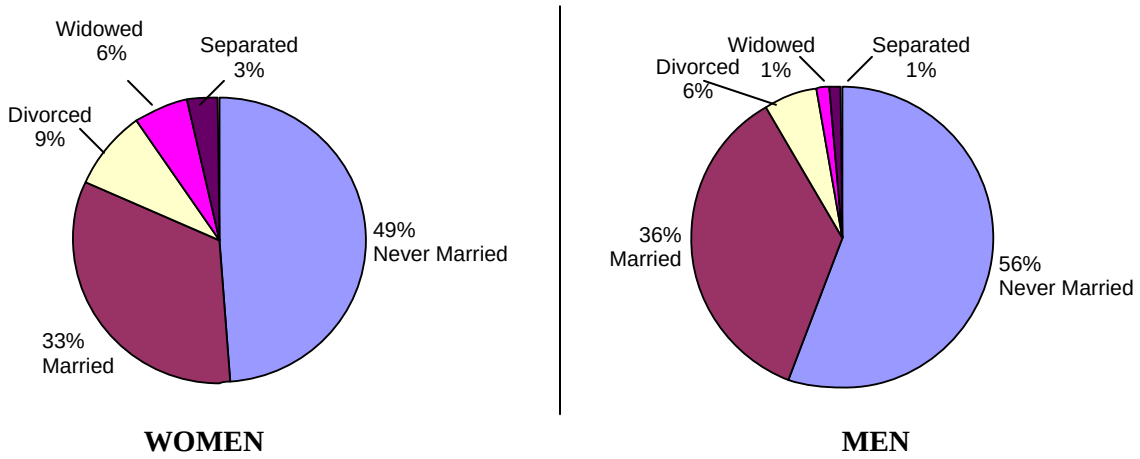
Of the 42,635 Cambridge households, 2,918 (6.8%) are composed of unmarried partners.

There are 50% more same-sex female unmarried partner households (N=361) in Cambridge than same-sex men households (N=244).

Fig 6 Note: Data reflects 2,918 Cambridge households
Fig 6 Source: United States Census Bureau, Census 2000

Demographics

Figure 7: Marital Status by Gender (age 15 and older), Cambridge 2000



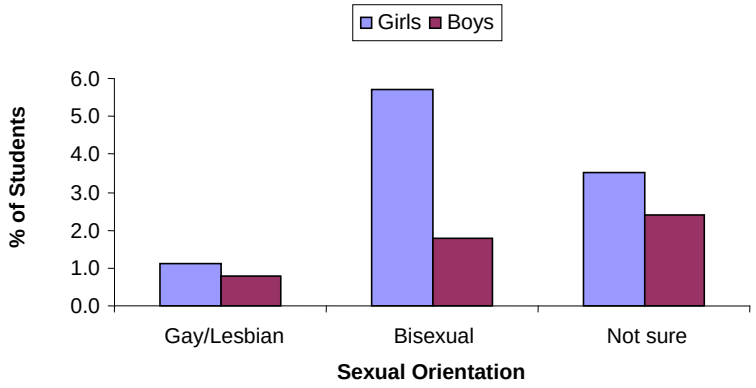
Thirty-three percent (33%) of women age 15 and older are married compared to 36% of men age 15 and older. A greater proportion of men, compared to women, have never been married. However, a greater proportion of women are separated, divorced, or widowed (18%, or 8,451 women) compared to 8% of men (3,471 men).

In May, 2004, Massachusetts legalized gay and lesbian marriages. Since then, 132 lesbian couples have obtained marriage certificates from the Cambridge City Clerk.

Note: The lesbian marriage data includes only Cambridge women who obtained licenses in Cambridge. There may be additional lesbian couples who obtained licenses outside of Cambridge.

Fig 7 Note: Data reflects 46,948 female and 43,441 male residents of Cambridge age 15 and older
Fig 7 Source: United States Census Bureau, Census 2000

Figure 8: Sexual Orientation among Cambridge High School Students Not Identifying as Heterosexuals, 2006



Ninety percent (90%) of Cambridge high school girls and 95% of high school boys describe themselves as heterosexual in 2006.
There are more girls than boys who identify as bisexual (5.7 % vs. 1.8%) or as not being sure about their sexual orientation (3.5% vs. 2.4%).

Fig 8 Note: Data reflects 96 students
Fig 8 Source: 2006 Cambridge Teen Health Survey, Institute for Community Health

II. Economics: Employment

Table 2: Type of Industry among Employed Cambridge Women (age 16 and over), 2000

Industry	Percent Women
Educational, health, and social services	45%
Professional, scientific, management, administrative, and waste management services	17%
Information	7%
Arts, entertainment, recreation, accommodation and food services	6%
Finance, insurance, real estate, rental and leasing	6%
Retail trade	6%
Other services	4%
Manufacturing	3%
Public administration	3%
Construction	1%
Transportation and warehousing, utilities	1%
Wholesale trade	1%
Agriculture, forestry, fishing and hunting, mining	0%

Overall, 60% of Cambridge women are employed. However, between the ages of 25 to 59 years, more than 70% of women are employed.

The majority of employed women in Cambridge work in the educational, health, and social services sector.

Four percent (4%) of women are unemployed. The largest groups of unemployed women are between 16 and 24 years old.

Thirty-six percent (36%) of women are not in the labor force—these are women not looking for (full- or part-time) work at the present time and include full-time students.

There are 21 women serving in the Armed Forces, accounting for less than 1% of total female residents.

Figure 9 & 10 Note: This data reflects 46,074 women age 16 and older
Table 2 Source: United States Census Bureau, Census 2000
Fig 9 & 10 Source: Bureau of Labor Statistics 2000

Figure 9: Employment Status among Cambridge Women (age 16 and older), 2000

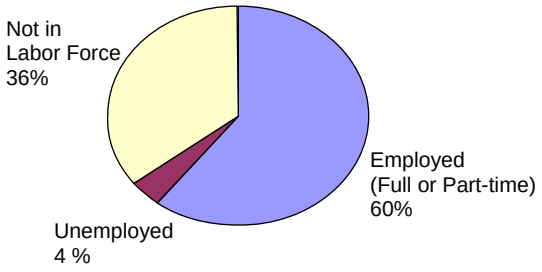
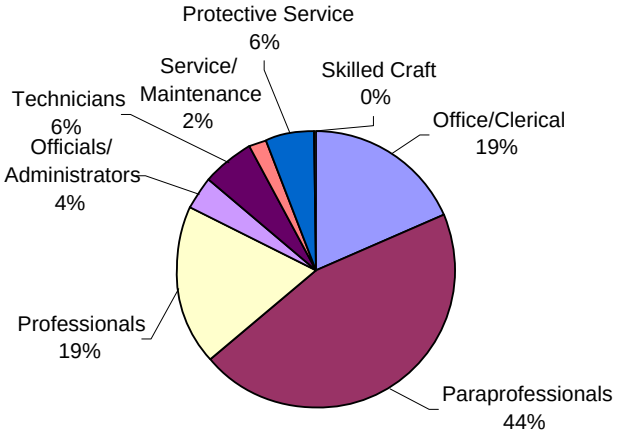


Figure 10: Employment Status among Cambridge Women by Age Group, 2000

Economics: Employment

Figure 11: City of Cambridge Work Force by Job Type and Gender, 2005

Figure 12: Job Type Distribution among Female City of Cambridge Employees, 2005



Overall, women make up 42% of the city's workforce.

Almost 40% of officials and administrators are women, including three of the four Assistant City Managers.

Eighty-four percent (84%) of administrative support staff and 68% of paraprofessional staff are female; 64% of all city-employed women work in these two sectors.

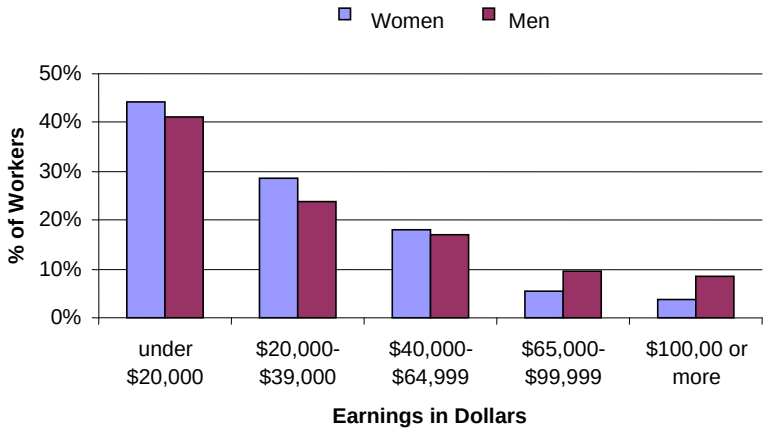
Eleven percent (11%) of employees in the protective service sector (including police and firefighters) are women, down from a high of 19% in 1996.

Twelve percent (12%) of businesses in Cambridge are female-owned (351 out of 3,000).[1]

Figure 11 & 12 Note: This data reflects 910 women and 1,264 men employed by the City of Cambridge
Fig 11 & 12 Source: 2005 Equal Employment Opportunity Report, City of Cambridge Affirmative Action Office 2005
[1]Source: United States Census Bureau, Census of Minority & Women Owned Businesses, 1997

Economics: Income

Figure 13: Earnings by Gender, 16 years and older, Cambridge 1999

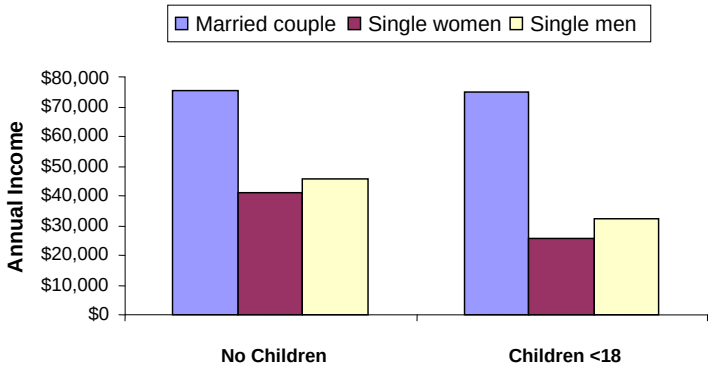


Median income for women is $23,404 while the median income for men is $25,808. This represents a 10 % difference in gender earnings.

Fig 13 Note: Data reflects 69,607 people age 16 years and older.

Fig 13 Source: United States Census Bureau, Census 2000

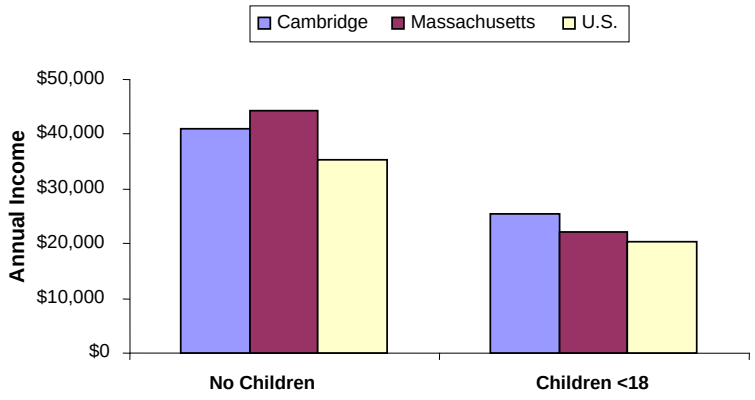
Figure 14: Median Family Income among Cambridge Residents, 2000



The median family incomes for married couples with and without children are comparable at $75,189 and $74,634 respectively.

Single women without children make less in Cambridge compared to women in the state and country. Single women with children in Cambridge make more than Massachusetts women with children.

Figure 15: Median Income among Single Women, Cambridge 2000



Although single women with young children have a median income greater than their state and national counterparts, their median income is 38% lower than their Cambridge counterparts who have no young children ($25,510 vs. $40,913).

Fig 14 and Fig 15 Source: United States Census Bureau, Census 2000

Economics: Income

Table 3: Self-Sufficiency Standards by Family Type, Cambridge and Metro-Boston Area

Family Type	Hourly wage needed, per adult	Total annual salary needed
1 Adult	$11.39	$24,059
1 Adult + 1 Preschooler	$23.32	$49,262
1 Adult,+ 1 Preschooler + 1 School-age child	$27.31	$57,670
1 Adult + 1 School-age + 1 Teenager	$19.78	$41,774
1 Adult + 1 School-age child	$19.00	$40,136
1 Adult + 2 School-age child	$22.69	$47,928
2 Adults	$8.02	$33,884
2 Adults + 1 Preschooler + 1 School-age child	$14.99	$63,303
2 Adults + 1 School-age child	$11.04	$46,624
2 Adults + 2 School-age child	$12.81	$54,102

Table 4: Monthly Self-Sufficiency Standard Breakdown for Adult with Preschool and School-age children, Cambridge and Metro-Boston Area

Adult + 1 Preschooler + 1 School age child	**Expenses/ Credits**
Housing	$1,343
Child Care	$1,374
Food	$403
Transportation	$233
Health Care	$219
Miscellaneous	$357
Taxes	$1,056
Earned Income Tax Credit (-)	0
Child Care Tax Credit (-)	-$80
Child Tax Credit	-$100
Total Needed Per Month	**$4,805**

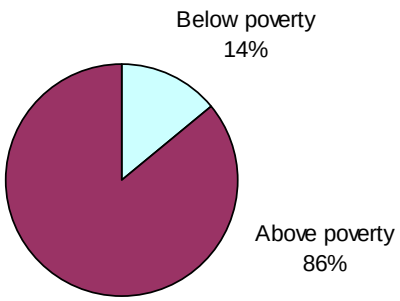
Note: The Self-Sufficiency Standard calculates how much money working adults need to meet their basic needs without subsidies of any kind. Unlike the federal poverty standard, the Self-Sufficiency Standard accounts for the costs of living and working by family size and composition and by geographic location.

This estimate is for Cambridge and the surrounding geographic area including parts of Middlesex, Norfolk, Plymouth and Worcester counties.

Table 3 and Table 4 Source: Self-Sufficiency Standards for Massachusetts, Diane Pearce and Wider Opportunities for Women 2003

Economics: Poverty

Figure 16: Poverty Status of Female Residents, Cambridge 2000

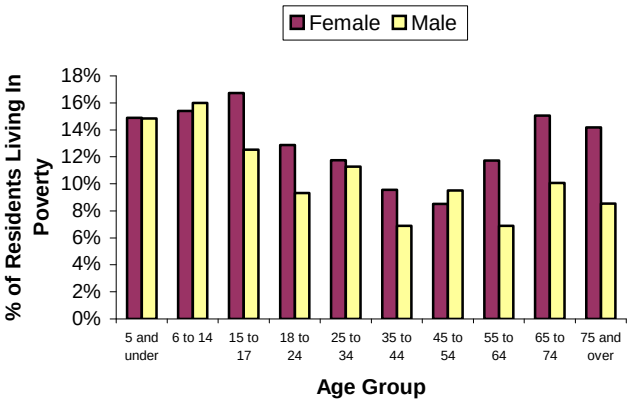


Fourteen percent (14%) of the Cambridge female population is living below poverty level. The overall poverty rate citywide is 13%.

About 15% of Cambridge children (1,006 girls and 1,047 boys) under 18 live at or below poverty level.

Poverty rates are higher for girls and women at both ends of the lifespan (girls under 18 and women over 65).

Figure 17: Poverty Rate by Gender and Age Group 2000

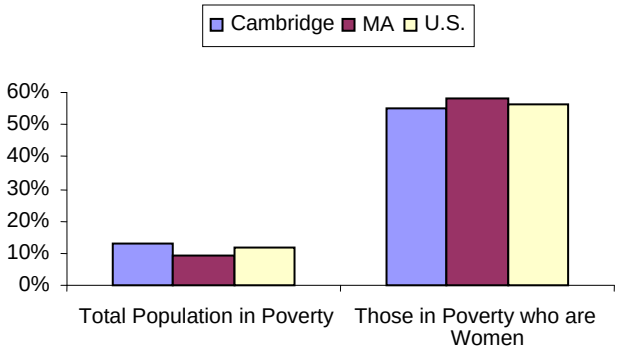


Gender disparities are most apparent among younger women (age 15 to 24) and older women (55 and older) where a much larger proportion of women compared to men are living in poverty.

In 2005, the poverty threshold for two adults and two children was $19,806. For a family of one adult and two children, the threshold was $15,735.

Fig 16 Note: Data reflects 45,258 female residents.
Fig 17 Note: Data reflects 11,295 residents.
Fig 16 and Fig 17 Source: United States Census Bureau, Census 2000

Figure 18: Poverty Statistics, Cambridge, Massachusetts and U.S. 2000

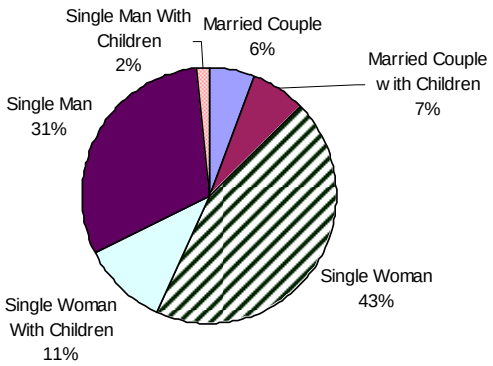


More people live in poverty in Cambridge (13%) than in Massachusetts (9%) or in the U.S. overall (12%). In Cambridge, 55 % of people living in poverty are women and girls.

Fig 18 Source: United States Census Bureau, Census 2000

Economics: Poverty

Figure 19: Cambridge Households below Poverty by Type, 2000

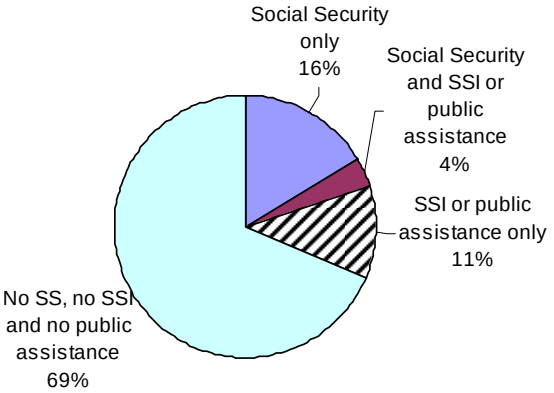


Single women without children make up 43% of households living at or below poverty level.

Single women with children make up 11% of the households living at or below poverty level.

Fig 19 Note: This data represents 5,356 households.
Fig 19 Source: United States Census Bureau, Census 2000

Figure 20: Female-led Households by Supplemental Income, Cambridge 2000

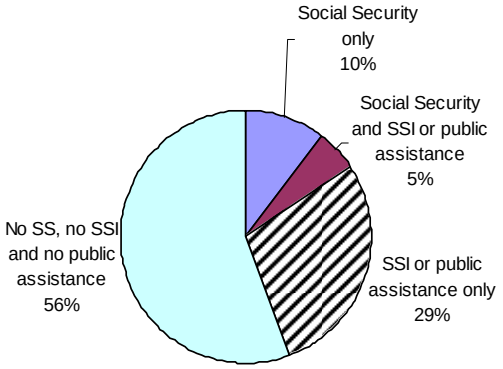


Sixty-nine percent (69%) of female-headed households receive no form of public assistance.

Note: Supplemental Security Income (SSI) is a federally funded needs-based disability program for adults and children that provides monthly cash benefits and, in most states, automatic Medicaid eligibility.

Fig 20 Note: This data represents 3,966 female-led households.
Fig 20 Source: United States Census Bureau, Census 2000

Figure 21: Female-led Households Living below Poverty by Supplemental Income, Cambridge 2000

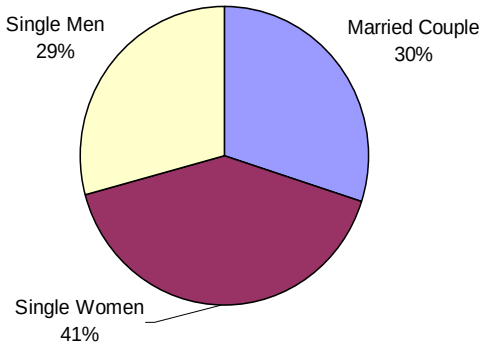


More than half (56%) of female-headed households living at or below poverty level receive no public assistance.

Fig 21 Note: This data represents 728 female-led households living below poverty level.
Fig 21 Source: United States Census Bureau, Census 2000

III. Housing

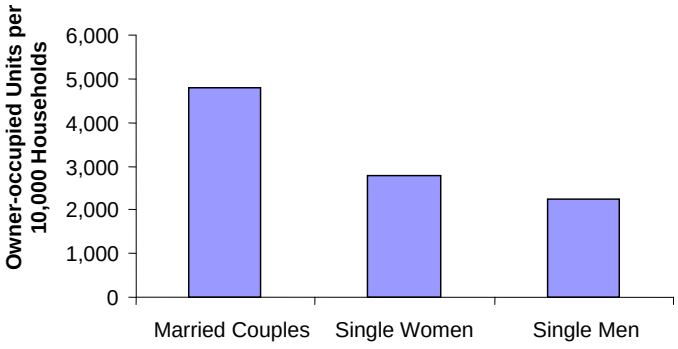
Figure 22: Households by Type, Cambridge 2000



The majority (41%) of households in Cambridge are headed by single women, followed by married couples (30%) and single men (29%).

Fig 22 Note: This data represents 42,612 households.
Fig 22 Source: United States Census Bureau, Census 2000

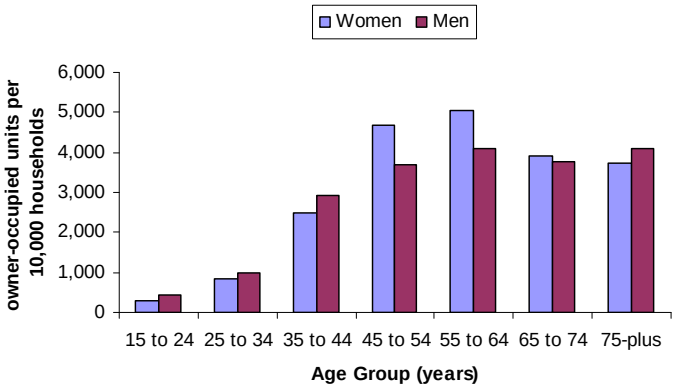
Figure 23: Homeownership by Household Type, Cambridge 2000



Thirty-two percent (32%) of Cambridge households are owner-occupied compared to 62% statewide.
Married couples have the highest rates of homeownership compared to single men and single women.

Fig 23 Source: United States Census Bureau, Census 2000

Figure 24: Homeownership among Single Residents by Age Category, Cambridge 2000



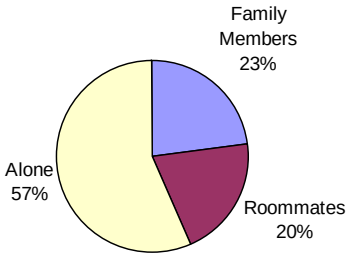
Overall, the proportion of single women who own their homes (28%) is higher than that of single men (22%).

Home ownership among single men under age 45 have higher rates of home-ownership compared to single women under 45. Older single women (age 45 to 74), however, are more likely to own their home than single men in the same age category.

Fig 24 Source: United States Census Bureau, Census 2000

Housing

Figure 25: Single Women by Living Status, Cambridge 2000



The majority of single women in Cambridge live alone.
Note: Roommates are defined as unrelated individuals living together (including unmarried partners). Family members are related individuals living together. This could include children over 18 years old.

Fig 25 Note: This data represents 17,384 single women.
Fig 25 and Table 5
Source: United States Census Bureau, Census 2000

Table 5: Household Type by Cambridge Neighborhood, 2000

Neighborhood	Married Couple		Single Female		Single Male		Total Households
	children	no children	children	no children	children	no children	
Agassiz	27%	52%	9%	8%	2%	3%	100%
Area IV	26%	21%	30%	15%	3%	5%	100%
Cambridge Highlands	26%	48%	10%	12%	0%	4%	100%
Cambridgeport	28%	37%	17%	12%	2%	4%	100%
East Cambridge	21%	50%	9%	12%	1%	6%	100%
Mid-Cambridge	24%	54%	9%	8%	1%	4%	100%
MIT/Area 2	31%	64%	1%	1%	1%	2%	100%
North Cambridge	32%	34%	15%	12%	2%	4%	100%
Peabody	29%	49%	10%	8%	2%	3%	100%
Riverside	26%	42%	14%	10%	2%	5%	100%
Strawberry Hill	30%	39%	17%	9%	1%	4%	100%
Wellington/Harrington	26%	36%	18%	12%	2%	6%	100%
West Cambridge	29%	53%	6%	7%	1%	3%	100%
Cambridge Total	27%	43%	13%	10%	2%	4%	100%

Figure 26: Homeless Women and Children, Cambridge 2006

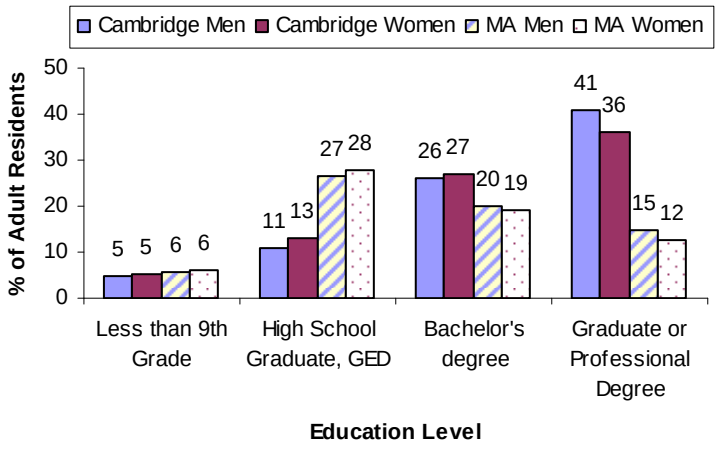
According to the Cambridge Homeless Census, 168 women and 69 children were identified as homeless from January to April, 2006.

Note: It is difficult to know how many women or men are homeless or housed in shelters.

Fig 26 Note: Data reflects 237 homeless women and children in a 4 month period in 2006.
Fig 26 Source: City of Cambridge Homeless Census, Jan-April 2006

IV. Education

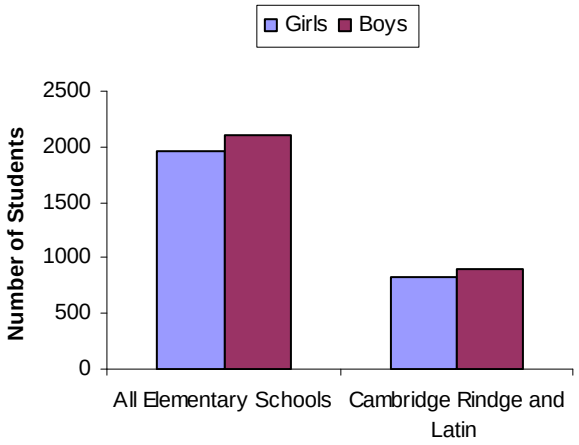
Figure 27: Educational Attainment (Age 25 and over), Massachusetts 2000



The proportion of women age 25 and older in Cambridge who have a bachelor's degree (27%) and have a Master's degree (36%) far outnumber comparable figures for Massachusetts women (19% and 12% respectively). More men than women in Cambridge have completed a graduate or professional degree.

Fig 27 Note: Data reflects 4,336,141 people age 25 years or older.
Fig 27 Source: United States Census Bureau, Census 2000

Figure 28: Cambridge Public School Enrollment, 2005-2006



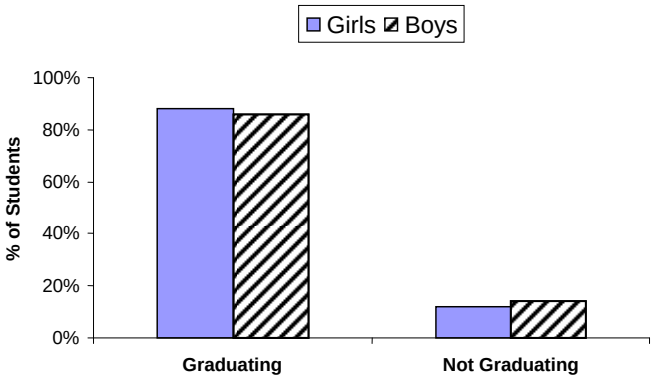
During 2005-2006 school years 5,803 students were enrolled in Cambridge Public Schools.

The gender enrollment difference was greater at the elementary grade level (151 more boys) than at the high school level (76 more boys)

Fig 28 Note: Data reflects 5,803 Cambridge Public School students.
Fig 28 Source: Massachusetts Department of Education, Cambridge District Report 2005-2006

Education

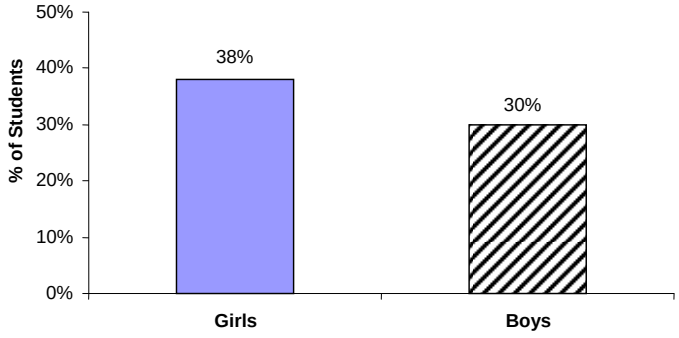
Figure 29: Cambridge Rindge and Latin High School Graduation Rates, 2005



In 2005, 27 girls and 29 boys enrolled at Cambridge Rindge and Latin School (CRLS) dropped out of the 12th grade. The overall dropout rate at CRLS is close to 2%.

Fig 29 Note: Data reflects 433 students.
Fig 29 Source: 2005 Cambridge Public Schools

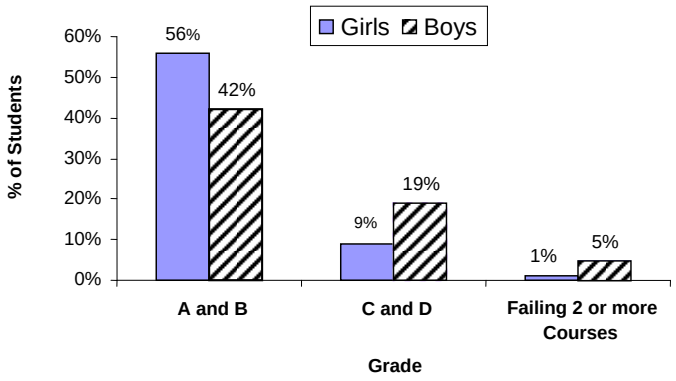
Figure 30: Juniors and Seniors Taking Advanced Placement Courses, Cambridge Rindge and Latin High School 2005



In 2005, 38% of junior and senior girls took AP courses compared to 30% of upperclassmen boys.

Fig 30 Note: Data reflects 307 junior and senior students.
Fig 30 Source: 2005 Cambridge Public Schools

Figure 31: Academic Performance among 7th and 8th Grade Cambridge Public School Students, 2005

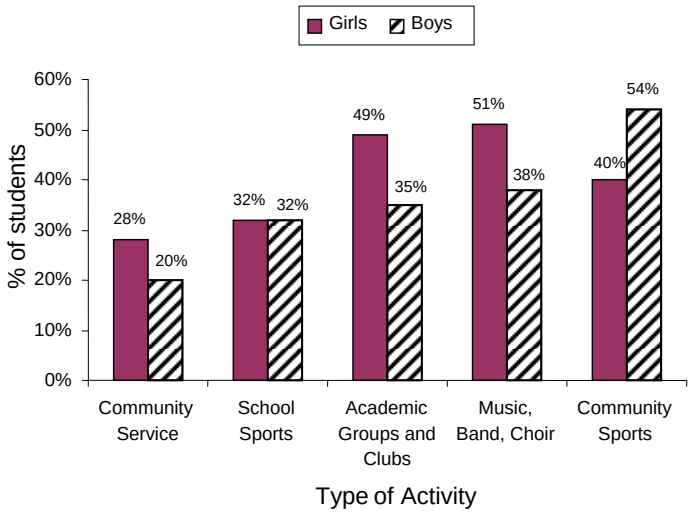


In 2005, 56% of 7th and 8th grade girls earned A or B grades compared to 42% of boys.

Fig 31 Note: Data reflects 798 Cambridge public school 7th and 8th graders
Fig 31 Source: 2005 Cambridge Public Schools

Education

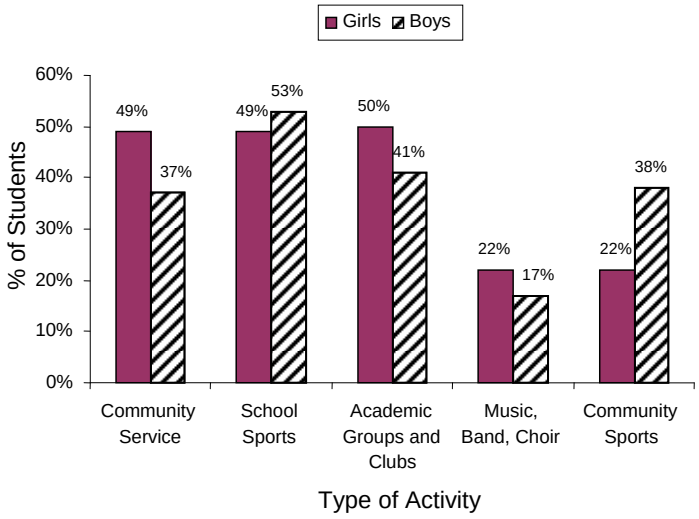
Figure 32: Activity Participation among Cambridge Middle School Students, 2005



Among middle school students (6-8th graders), a greater proportion of girls participate in academic groups and music-related activities while a greater proportion of boys participate in community organized sports.

Fig 32 Note: Data reflects 1,180 Cambridge public middle school students (6th-8th graders).
Fig 32 Source: 2005 Cambridge Middle Grades Health Survey

Figure 33: Activity Participation among Cambridge High School Students, 2005

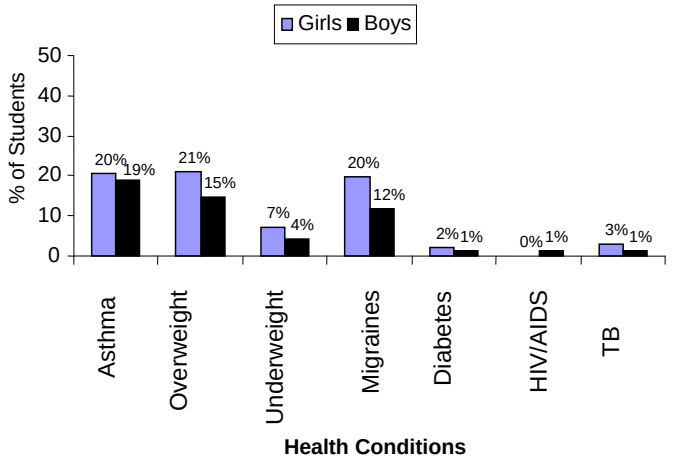


High school girls are more likely to participate in community service or art-related after-school activities, while high school boys participate more often in sports.

Fig 33 Note: Data reflects 1,295 Cambridge public high school students.
Fig 33 Source: 2006 Cambridge Teen Health Survey

V. Physical and Mental Health

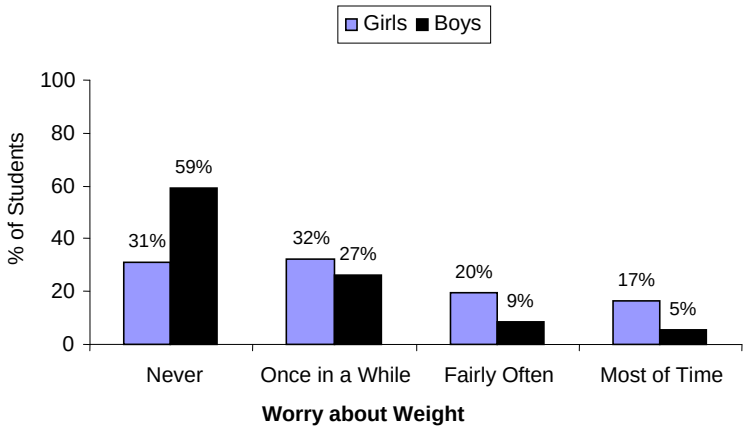
Figure 34: Students Who Have been Told by a Doctor, Nurse, or Parent that They Have Specific Health Conditions, Cambridge 2006



Among high school students, a greater proportion of girls report having asthma, diabetes, migraines, and to be both overweight or underweight compared to boys.

Fig 34 Note: Data reflects 1,295 Cambridge public high school students (total survey sample).
Fig 34 Source: 2006 Cambridge Teen Health Survey

Figure 35: Students Reporting Being Worried About Their Weight (Over or Under), Cambridge 2006

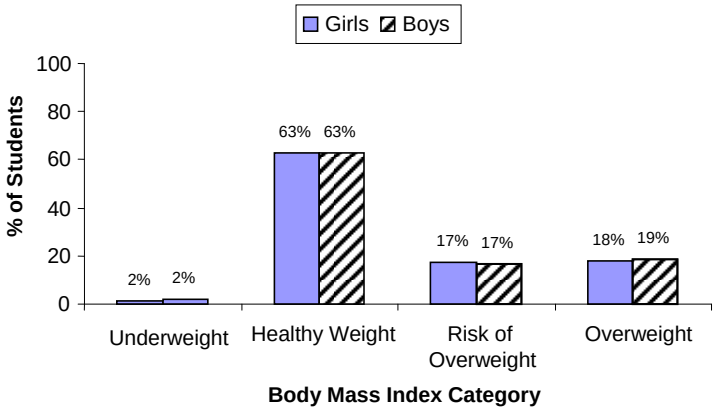


More than a third (37%) of Cambridge high school girls report being worried about their weight "fairly often" or "most of the time" compared to 14% of boys.

Fig 35 Note: Data reflects 1,295 Cambridge public high school students (total survey sample).
Fig 35 Source: 2006 Cambridge Teen Health Survey

Physical Health

Figure 36: Body Mass Index Categories Among Cambridge Students 5-14 years, Cambridge MA 2005

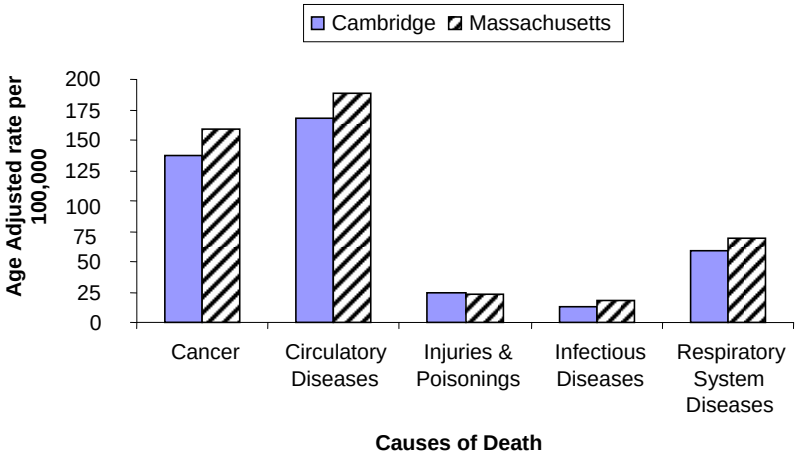


Thirty-five percent (35%) of girls between the ages of 5 to 14 in the Cambridge Public Schools are either overweight or at-risk of becoming overweight.

Fig 36 Source: Cambridge Public Schools 2005

Note: Overweight is defined as at or above the 95th percentile; at risk of overweight is between 85th-95th percentile; healthy weight between 5th and 85th percentile; underweight < 5th percentile for BMI.

Figure 37: Leading Causes of Mortality among Women 2005

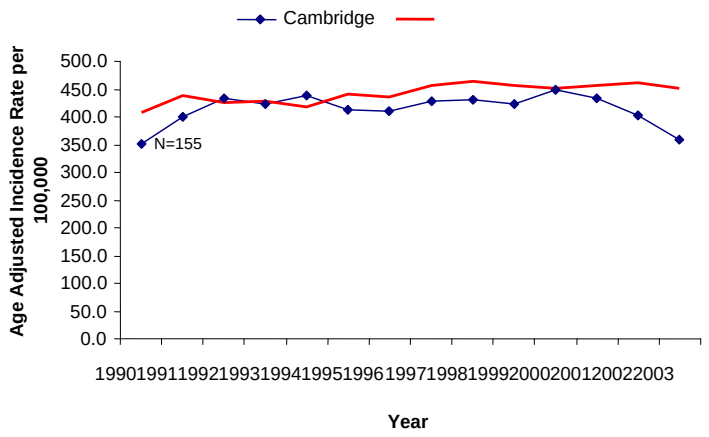


In general, Cambridge women have lower rates for leading causes of mortality than women statewide.

Fig 37 Note: Data reflects 21,232 women statewide, 212 of which were Cambridge residents.
Fig 37 Source: 2005 Registry of Vital Records and Statistics, MDPH

Physical Health

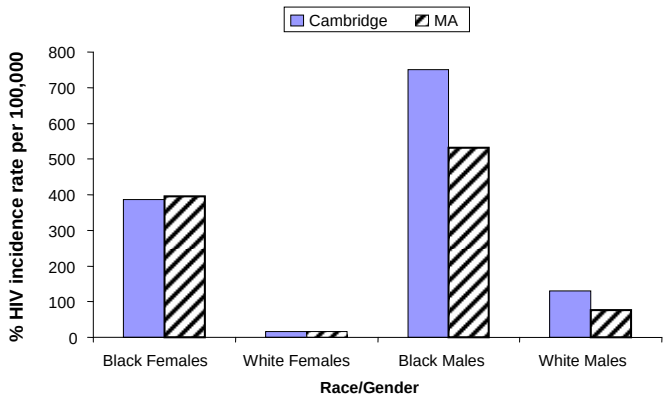
Figure 38: Trends in Cancer Incidence Rates among Women, 1990-2003



There was a 20% decrease in the rates of new cancer diagnosis among Cambridge women from 2000 to 2003. Cancer incidence rates among women statewide remained stable during this same time period.

Fig 38 Note: Data reflects 221,600 women statewide, 2,623 of which were Cambridge residents.
Fig 38 Source: Massachusetts Cancer Registry,

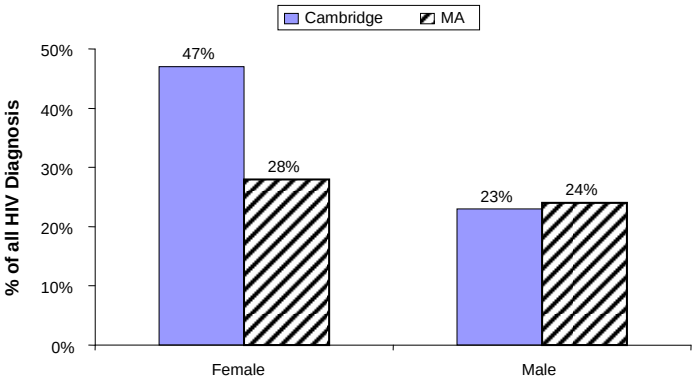
Figure 39: HIV/AIDS Incidence Rate by Race and Gender, 1999-2004



From 1999-2004, HIV/AIDS was diagnosed among 134 Cambridge residents (102 men and 34 women). Black women in Cambridge had HIV incidence rates 22 times higher than their white counterparts.

Fig 39 Note: Data reflects 134 Cambridge residents.
Fig 39 Source: HIV/AIDS Surveillance Program, MDPH

Figure 40: Concurrent Diagnosis of HIV and AIDS by Gender, 1999-2004

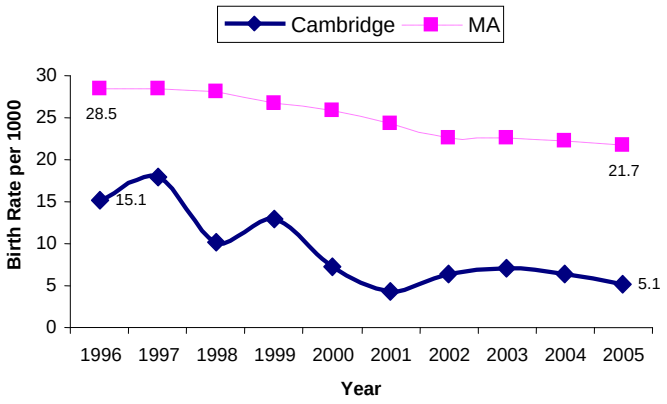


Almost half (47%) of Cambridge women residents diagnosed with HIV develop AIDS within three months of their HIV diagnosis, compared to 28% of women statewide. This may point to a need for increased HIV testing among women at risk in Cambridge.

Fig 40 Source: HIV/AIDS Surveillance Program, MDPH

Sexual Health

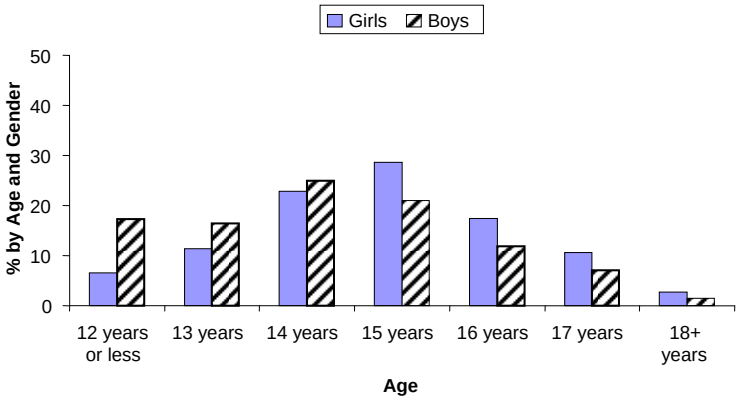
Figure 41: Trends in Teen Birth Rate (among 15-19 year olds), 1996-2005



The birth rate among Cambridge teens has been consistently lower than that of Massachusetts teens for more than a decade. The birth rate among Cambridge girls has decreased 66% between 1996 (46 births) and 2005 (20 births).

Fig 41 Note: Data reflects 402 live births to Cambridge girls ages 15-19 from 1996 to 2005
Fig 41 Source: 1994-2005 Registry of Vital Records, MDPH

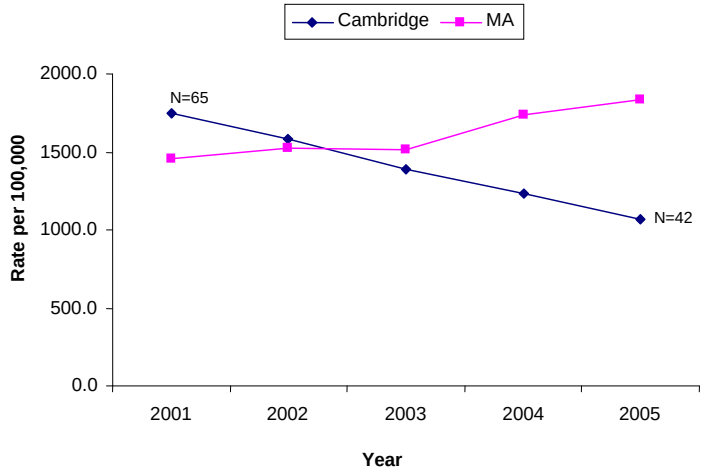
Figure 42: Age at First Sexual Intercourse by Gender, Cambridge 2006



Among high school students who have had sexual intercourse, age at first encounter is younger among boys than among girls. The greatest proportion of girls (29%) reported first sexual intercourse at age 15. A smaller percentage of high school girls who have had sexual intercourse had used a condom at last encounter compared to boys (68% vs. 75%).

Fig 42 Note: Date reflects 622 teens.
Fig 42 Source: 2006 Cambridge Teen Health Survey

Figure 43: Chlamydia Incidence Rates among Girls (15-19 years) in Cambridge, 2001-2006

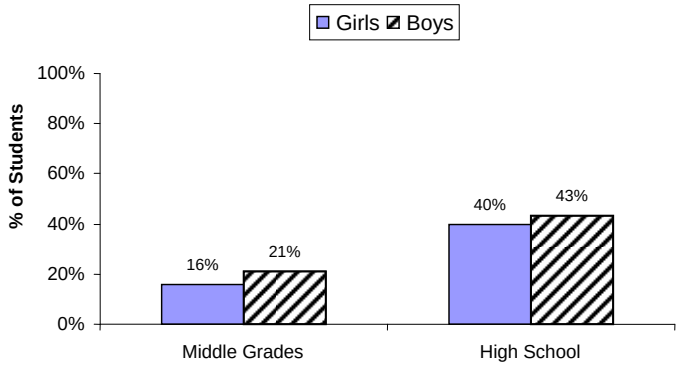


The rates of new cases of chlamydia among teen girls in Cambridge (age 15-19) decreased by 39% from 2001 to 2005. Among their statewide counterparts, chlamydia incidence rates increased 26% during the same time period.

Fig 43 Note: data reflects 267 incidences among Cambridge girls (age 15-19) teens.
Fig 43 Source: Sexually Transmitted Disease Program, MDPH

Substance Abuse

Figure 44: Current Alcohol Consumption among Students (Grades 6-12), Cambridge 2005-2006

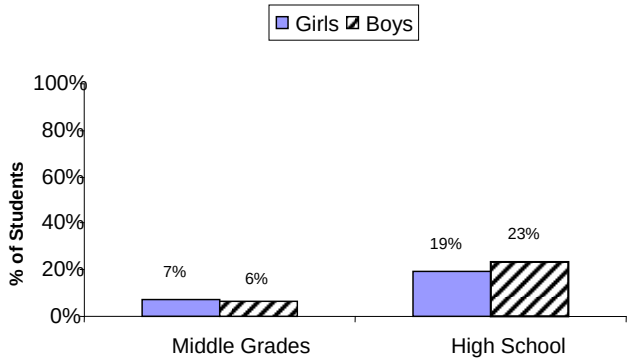


Among Cambridge middle grade students, 16% of girls and 21% of boys reported drinking alcohol in the last 30 days.

Among Cambridge high school students, 40% of high school girls and 43% of boys reported drinking alcohol in the past 30 days.

Fig 44 Sources: 2005 Cambridge Middle Grades Health Survey, 2006 Cambridge Teen Health Survey

Figure 45: Binge Drinking among Students (Grades 6-12), Cambridge, 2005-2006

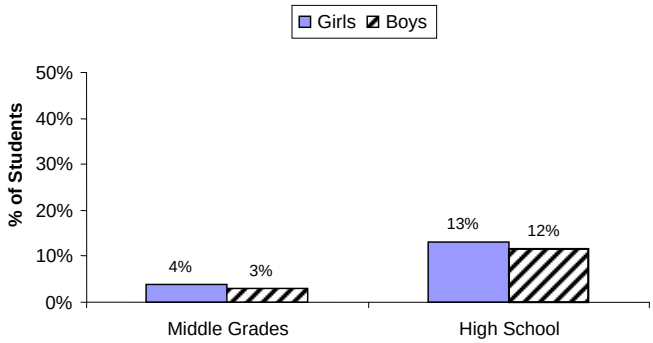


Among middle grade students, 7% of girls and 6% of boys reported having five or more drinks in a row at least once in the past 30 days.

Among Cambridge high school students, 19% of girls (up from 16% in 2004) and 22% of boys reported having five or more drinks in a row at least once in the past 30 days.

Fig 45 Sources: 2005 Cambridge Middle Grades Health Survey, 2006 Cambridge Teen Health Survey

Figure 46: Current Cigarette Smoking among Students (Grades 6-12), Cambridge 2005-2006



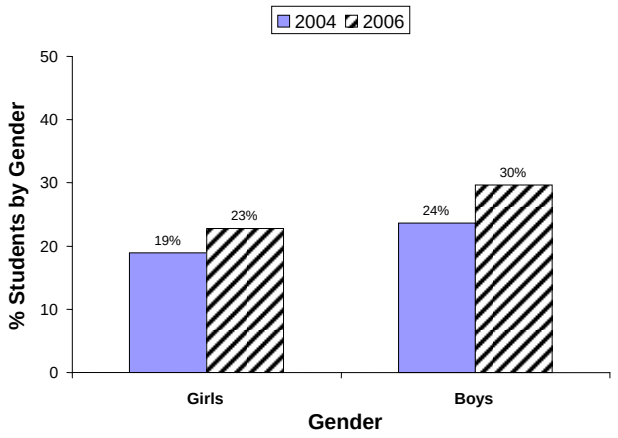
Smoking is more prevalent among girls than boys in Cambridge. Among middle grade girls, 4% smoked at least once in the past 30 days compared to 3% of boys.

Among Cambridge high school students, 13% of high school girls smoked at least once in the past 30 days compared to 12% of boys.

Fig 46 Sources: 2005 Cambridge Middle Grades Health Survey, 2006 Cambridge Teen Health Survey

Substance Abuse

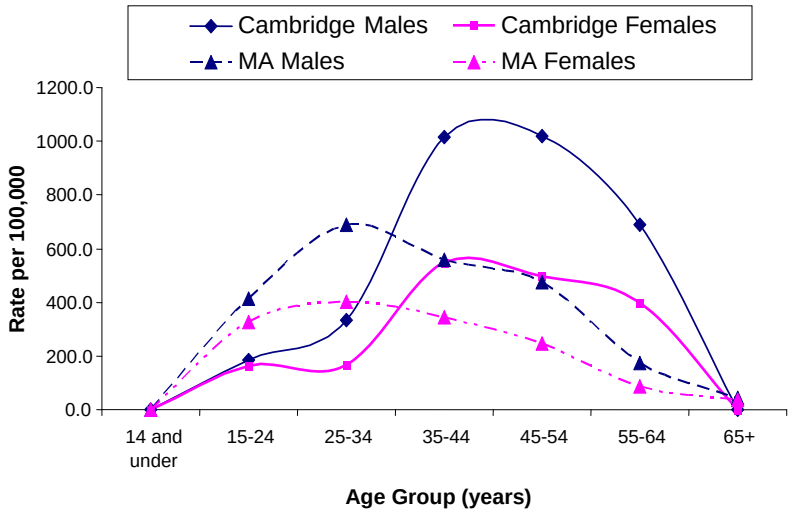
Figure 47: Current Marijuana Use among High School Students by Gender, Cambridge 2004-2006



Marijuana use (within the past 30 days) increased for both high school girls and boys between 2004 and 2006. Marijuana is the second most prevalent substance used (in the past month, 23%) among Cambridge girls following alcohol (40%). Cigarette smoking is prevalent among 13% of Cambridge high school girls.

Fig 47 Source: 2005 Cambridge Middle Grades Health Survey, 2006 Cambridge Teen Health Survey

Figure 48: Opioid-related Hospitalizations by Age Group and Gender, Cambridge & MA 2005

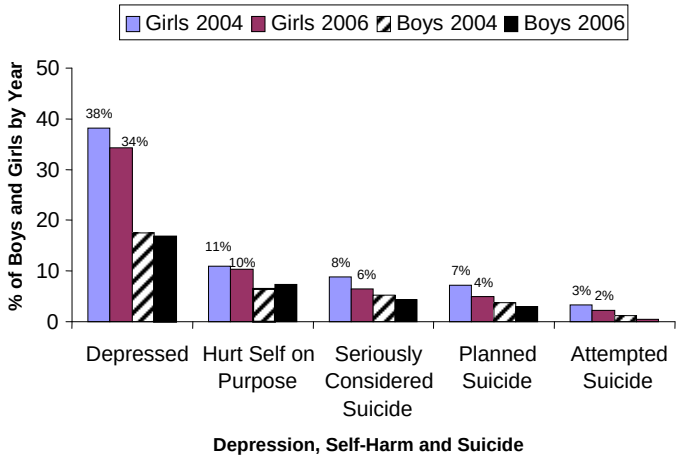


In 2005, there were 126 opioid-related hospitalizations among female residents of Cambridge. The rate of opioid-related hospitalizations among Cambridge women is higher than those of Massachusetts women. (245.6/100,000 vs. 199.3/100,000). Cambridge women age 35-64 have rates that are two to five times higher than women statewide.

Fig 48 Data: Data reflects 341 hospitalizations.
Fig 48 Source: 2005 Massachusetts Hospital Discharge Database, MDPH

Mental Health

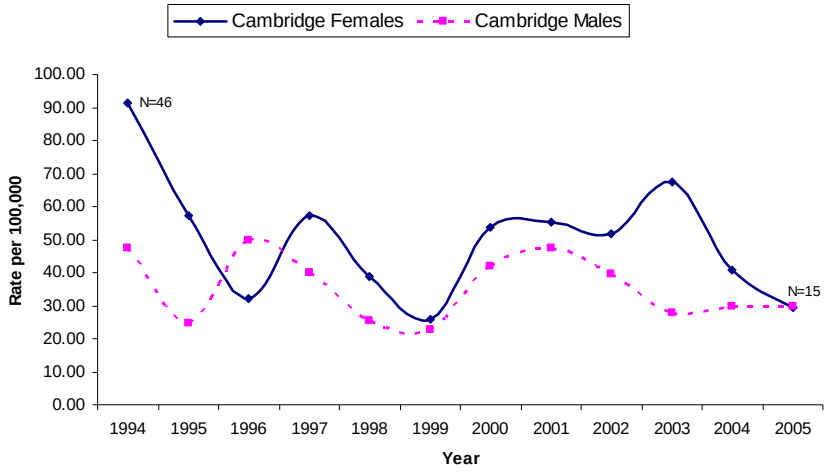
Figure 49: Depression, Self-Harm and Suicide among High School Students, Cambridge 2004-2006



Girls report higher levels of depression, self-harm, suicidal ideation and attempted suicide compared to boys.

Fig 49 Source: 2004 & 2006 Cambridge Teen Health Survey

Figure 50: Self-Inflicted Injury Hospitalizations by Gender, Cambridge and MA 1995-2003

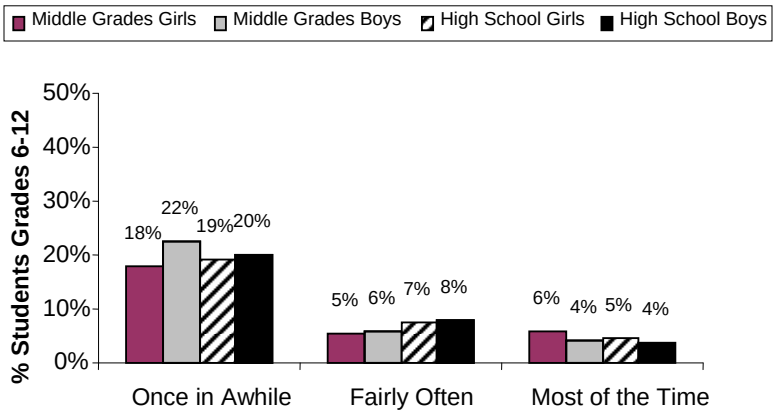


Self-inflicted injury hospitalization rates among Cambridge females have historically been higher than among Cambridge males. This trend is reflected statewide. From 1994 to 2005, there was a 48% decrease in self-inflicted injury hospitalizations among Cambridge female residents.

Fig 50 Source: Massachusetts Hospital Discharge Database, MDPH

VI. Safety, Violence and Criminal Justice

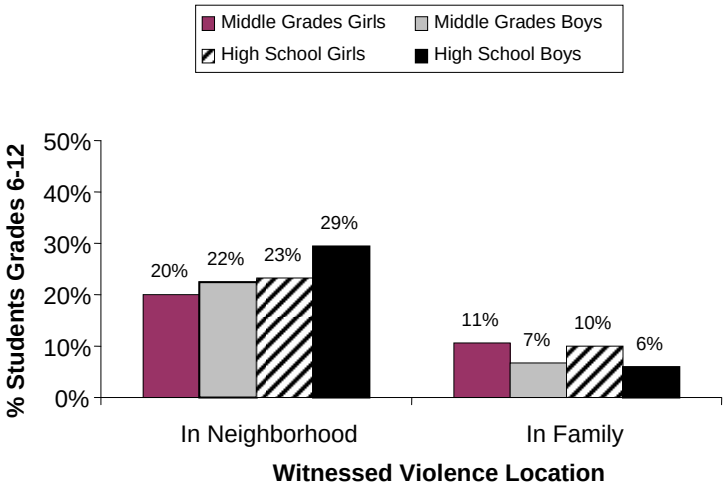
Figure 51: Worried about Violence in Neighborhood During Past 12 Months (Grades 6-12), Cambridge 2005-2006



Thirty percent (30%) of girls and 32% of boys in the Cambridge public schools have worried about violence in their neighborhood at least once in the past 12 months. Six (6%) of middle grade girls report being worried about neighborhood violence most of the time in the past year.

Fig 51 Source: 2006 Cambridge Teen Health Survey, 2005 Cambridge Middle Grades Survey

Figure 52: Witnessed Violence During Past 12 Months (Students Grades 6-12), Cambridge 2005-2006

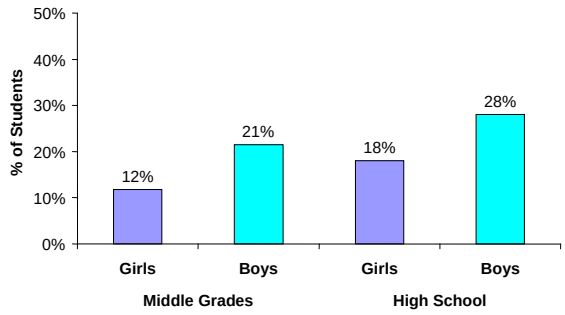


In Cambridge, 112 middle grade girls and 149 high school girls witnessed violence in their neighborhood during the past 12 months. Sixty middle grades girls and 63 high school young women witnessed violence in their family during the past 12 months.

Fig 52 Source: 2006 Cambridge Teen Health Survey, 2005 Cambridge Middle Grades Survey

Safety, Violence and Criminal Justice

Figure 53: Students Involved in a Physical Fight during Past 12 Months, Cambridge 2005-2006



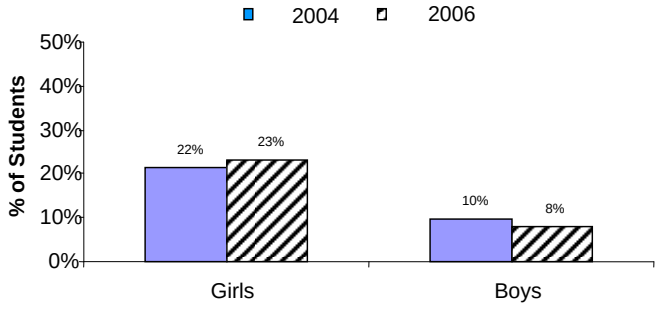
Fewer girls compared to boys report having been in a physical fight during the past 12 months.

Involvement in physical fight increases as children get older.

The proportion of high school girls who reported being in a physical fight in the past year increased from 15% in 2004 to 18% in 2006.

Fig.53 Data: Reflects 466 students
Fig 53 Source: 2006 Cambridge Teen Health Survey, 2005 Cambridge Middle Grades Survey

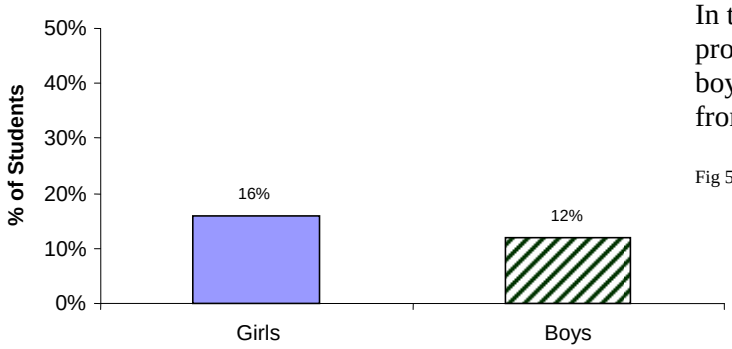
Figure 54: High School Students Verbally or Emotionally Abused by Someone in Family during Past 12 Months, Cambridge 2006



Almost three times as many girls as boys reported being verbally or emotionally abused by someone in their family in the past year.

Fig 54 Data: Data reflects 418 students
Fig 54 Source: 2006 Cambridge Teen Health Survey

Figure 55: Middle School Students Who Reported Stealing or Shoplifting During Past 12 Months, Cambridge 2005

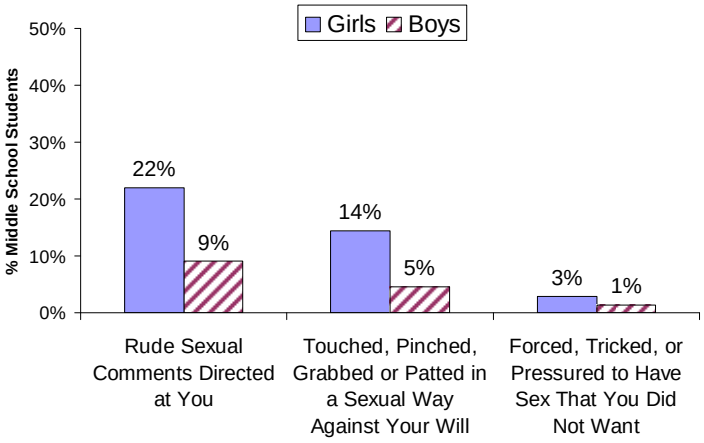


In the past year, a greater proportion of girls compared to boys reported stealing or shoplifting from a store.

Fig 55 Source: 2005 Cambridge Middle Grades Survey

Safety, Violence and Criminal Justice

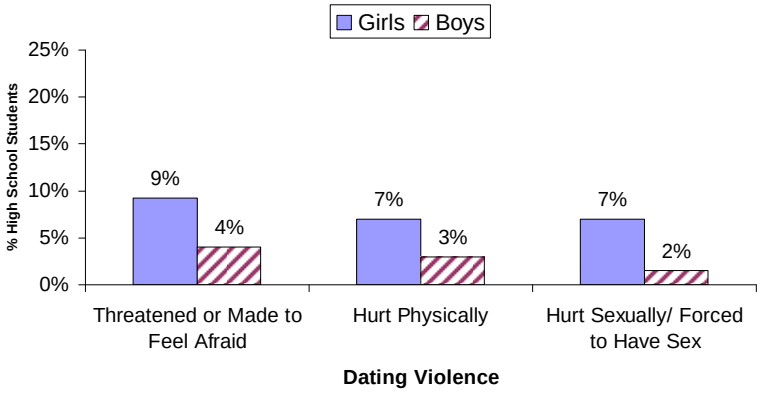
Figure 56: Middle School Students who Reported being Sexually Harassed in the Past Year, Cambridge 2005



Three percent (3%) of middle school girls reported they were forced, tricked, or pressured to have sex that they did not want in the last year. Almost a quarter (22%) of girls reported having had rude sexual comments directed at them.

Fig 56 Source: 2005 Cambridge Middle Grades Survey

Figure 57: High School Students Who Reported Ever Experiencing Dating Violence, Cambridge 2005



Nine percent (9%) of high school girls reported being threatened or made to be afraid by a date and 7% reported being hurt physically and sexually by a date in their lifetime.

Fig 57 Source: 2006 Cambridge Teen Health Survey

Safety, Violence and Criminal Justice

Figure 58: Female Arrestees by Type of Arrest, Cambridge 2000-2005

There were 679 women arrested in Cambridge from 2000 to 2005. Shoplifting accounted for more than a third of these arrests.

Fifty percent (50%) of the women arrested for robbery in Cambridge between 2003 and 2005 were teenagers.

Women comprised 23% of the total arrests for violent crime between 2003 and 2005. In 2004, women accounted for 19 % of the arrests for violent crimes in the United States.

Women comprised 20% of the total arrests for property crime between 2003 and 2005. In 2004, women accounted for 22% of the arrests for property crime in the United States.

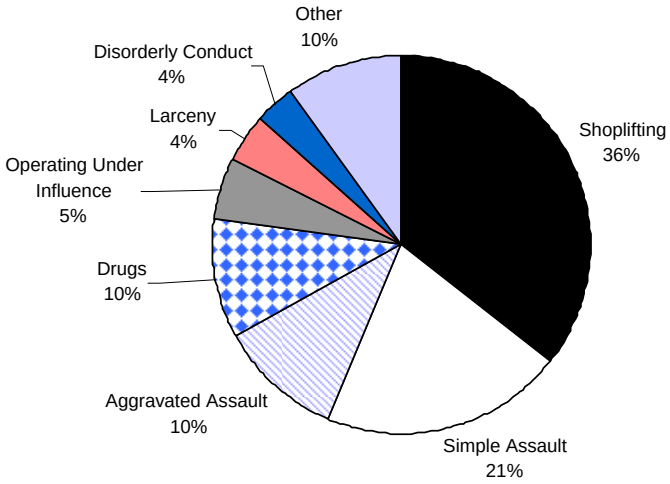


Fig 58 Data: Data reflects 679 women arrestees from 2000 through 2005.
Fig 58 Source: Cambridge Police Department, Crime Analysis Unit 2006

Definitions

Simple Assault: Altercation not involving use of weapon that does not cause serious injury. Examples include a shove, punch in the stomach or slap in the face.

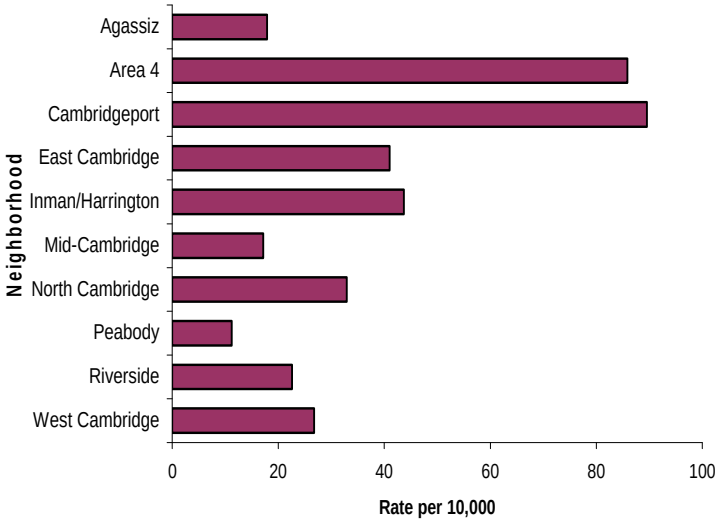
Aggravated assault: Unlawful attack by one person upon another for the purpose of inflicting severe or aggravated bodily injury. Usually accompanied by use of a weapon or by means likely to produce death or great bodily harm.

Larceny: Unlawful taking, carrying, leading, or riding away of property from the possession of another without the use of force, violence, fraud or trespass. Examples include thefts from motor vehicles, pick-pocketing, and bicycle thefts

Disorderly Conduct: When a person disrupts the peace enough to pose a danger such as bar disputes, homeless altercations, and public shouting of profanity and threats.

Other: This category includes drinking in public, prostitution and house break-ins.

Figure 59: Female Victims of Street Robbery by Neighborhood, Cambridge 2003-2005



There were 55 female victims of street robbery in 2005, comprising 33% of all street robbery victims. Between 2003 and 2005, 18% of the street robberies in Cambridge occurred in Cambridgeport, followed by Area 4 (15%) and North Cambridge (12%).

Fig 59 Source: Cambridge Police Department, Crime Analysis Unit 2006

Figure 60: Female Victims of Street Robbery by Age Group, Cambridge 2003-2005

Women of all ages have been victims of street robbery. Young women between the ages of 22 to 25 are particularly at risk.

Fig 60 Source: Cambridge Police Department, Crime Analysis Unit 2006

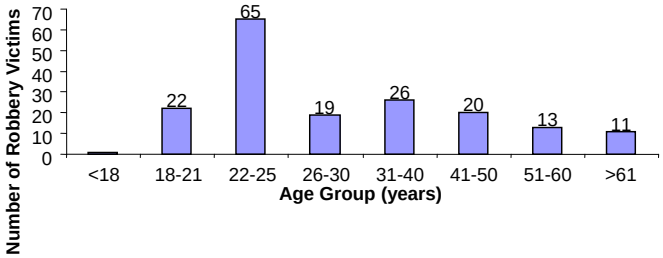
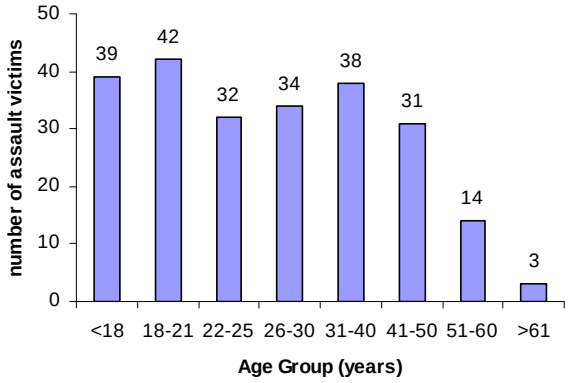


Figure 61: Female Victims of Assault by Age Group, Cambridge 2003-2005



Women age 18-30 years accounted for 64% of the assaults against females between 2003 and 2005.

Fig 61 Source: Cambridge Police Department, Crime Analysis Unit 2006

Safety, Violence and Criminal Justice

Figure 62: Domestic Dispute Calls to Cambridge Police Department for Services, Cambridge 2003-2005

There were 597 domestic dispute calls for service to the Cambridge Police Department in 2005. Domestic dispute calls for service declined 20% from 2003 to 2005, while restraining orders (209A) violations fell 10% for the same time period.

Fig 62 Source: Cambridge Police Department, Crime Analysis Unit 2006

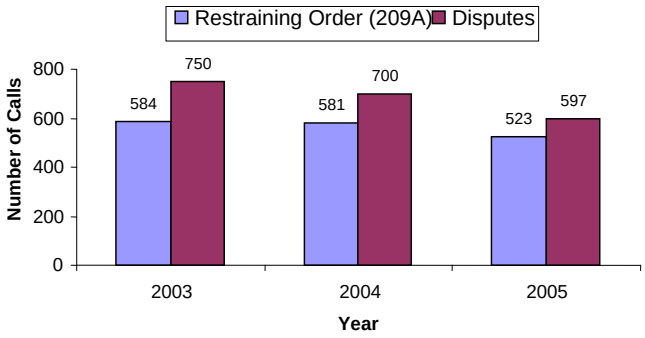


Figure 63: Restraining Orders Filed at Cambridge District Court, Cambridge 2001-2005

There was a 21% increase in the number of restraining orders filed at Cambridge District Court from 2001 to 2005.

Fig 63 Source: Cambridge District Court 2006

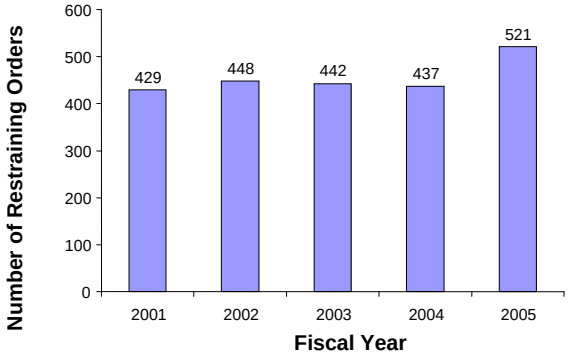


Figure 64: Female Victims of Aggravated Assault by Perpetrator Relationship, Cambridge 2003-2005

Spouses and current romantic partners perpetrated 60% of the domestic aggravated assaults against females from 2003 to 2005.

Fig 64 Data: Data reflects 104 female victims.
Fig 64 Source: Cambridge Police Department, Crime Analysis Unit 2006

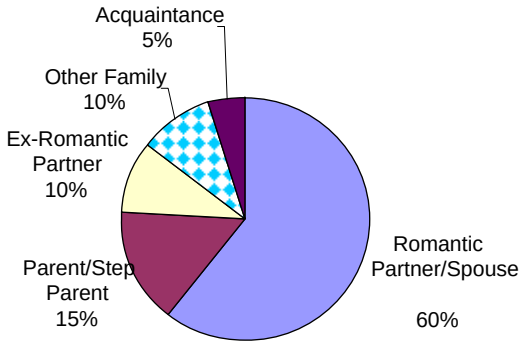


Figure 65: Sex Crimes (Rape/Indecent Assault) by Type, Cambridge 2003-2005

Thirty-seven percent (37%) of rapes and indecent assaults were perpetrated by an assailant in a blitz type scenario in which the suspect—usually a stranger-- comes out of nowhere to attack victim.

Acquaintance rapes (including date rape) and domestic rapes (involving spouses, partners, and family) make up 49% of the sex crimes.

Contact rapes, in which the suspect contacts the victim and gains his/her confidence before assaulting him/her, make up 14% of the sex crimes.

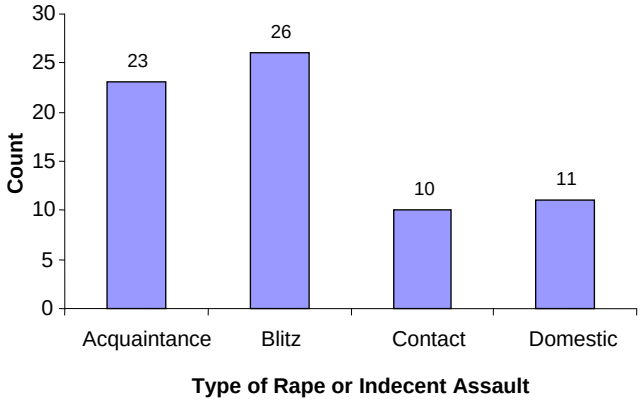
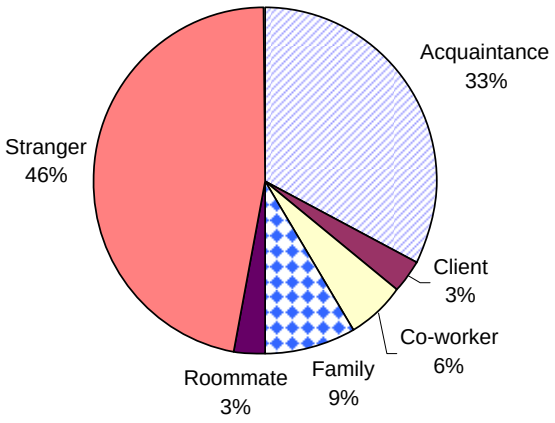


Fig 65 Data: Data reflects 70 victims.
Fig 65 Source: Cambridge Police Department, Crime Analysis Unit 2006

Figure 66: Sex Crimes by Perpetrator Relationship, Cambridge 2003-2005



In 54% of cases of rape and indecent assault in Cambridge between 2003 and 2005, the perpetrator was known by the victim.

Minor cuts were the main type of injury sustained by females involved in domestic assaults in 2005. Choking was the predominant action of the perpetrator of these domestic assaults.

Thirty percent (30%) of victims of sexual crimes (2003-2005) were between 21 and 30 years of age.

Fig 66 Data: Data reflects 70 victims.
Fig 66 Source: Cambridge Police Department, Crime Analysis Unit 2006

VII. Elder Women

Figure 67: Gender Distribution among Elders, 65 years and older, Cambridge 2000

Sixty one percent (61%) of residents 65 years and older are women.

Fig 67 Data: Data reflects 9,282 Cambridge residents age 65 yrs and older.
Fig 67 Source: United States Census Bureau, Census 2000

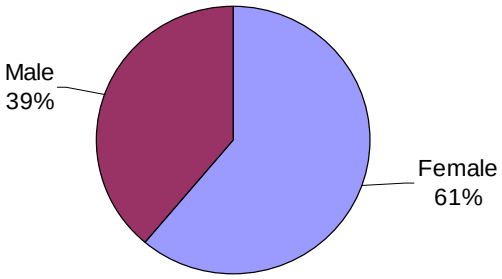
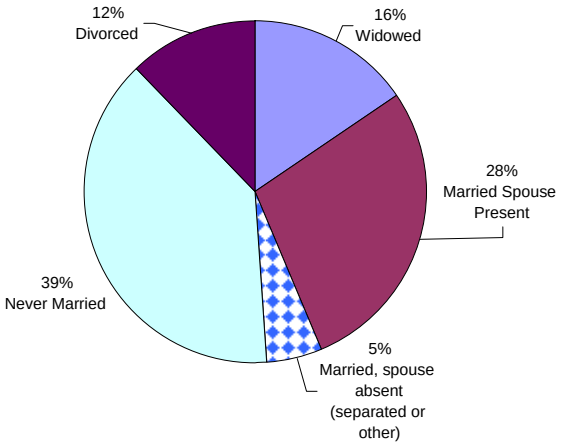


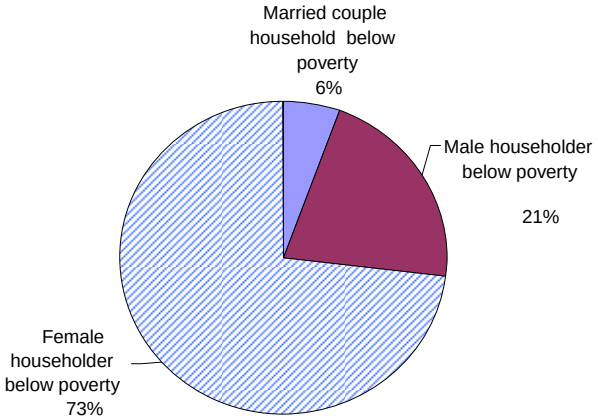
Figure 68: Marital Status of Women age 65 and older, Cambridge 2000



The greatest proportion of women 65 and older is widowed, followed by women living with their spouse.

Fig 68 Data: Data reflects 5,664 Cambridge women age 65 years and older
Fig 68 Source: United States Census Bureau Census 2000

Figure 69: Households below Poverty Level among Elders, age 65 and older, Cambridge 2000

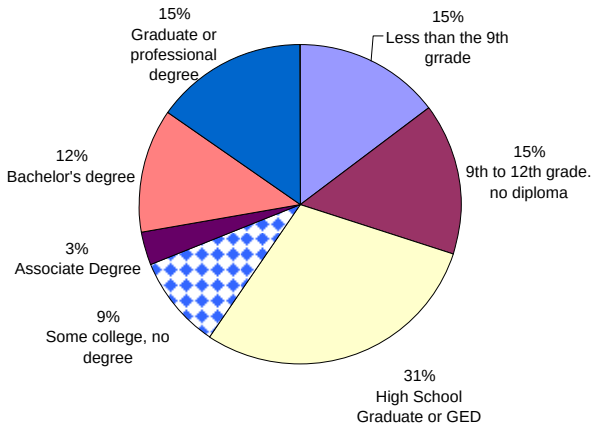


Most households with a person age 65 and older living below poverty are headed by women.

Fig 69 Data: Data reflects 1,166 residents 65 yrs and older who are living in poverty
Fig 69 Source: United States Census Bureau, Census 2000

Elder Women

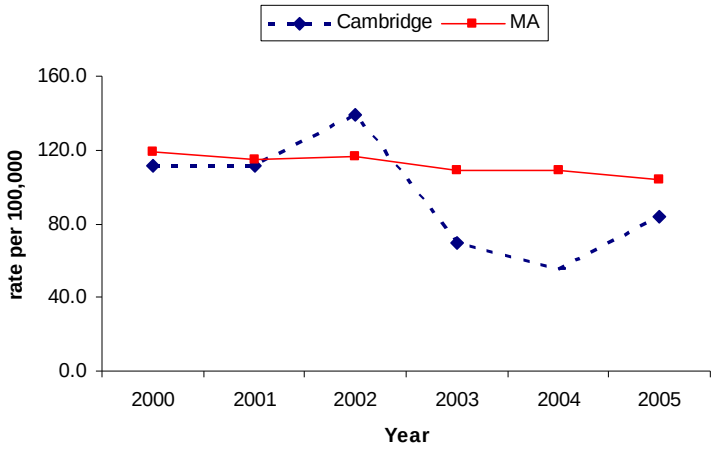
Figure 70: Educational attainment among Women, 65 years and older, Cambridge 2000



Fifteen percent (15%) of elderly women in Cambridge have an advanced degree, while the same proportion of women has only a grade school education.

Fig 70 Data: Data reflects 5,664 Cambridge women age 65 years and older
Fig 70 Source: United States Census Bureau, Census 2000

Figure 71: Breast Cancer Mortality Trends among Women, age 60 years and older, Cambridge 2000-2005

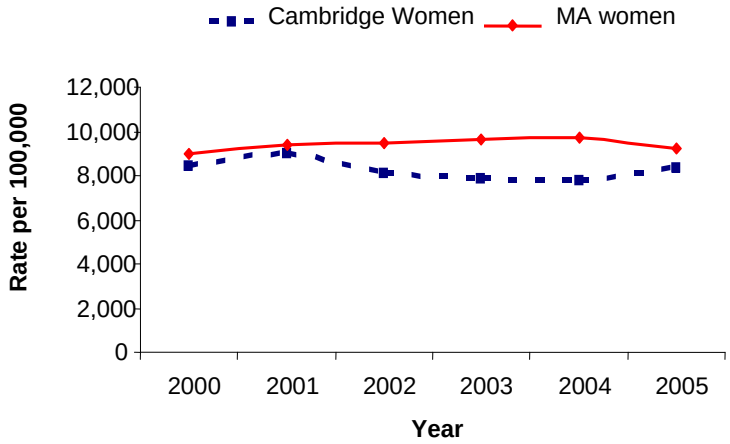


The average annual breast cancer mortality rate among women age 60 years and older in Cambridge was lower than among women statewide (95.0/100,000 vs. 111.9/100,000) from 2000 to 2005.

Note: Cambridge 2004 deaths are too small to calculate stable rates.

Fig 71 Data: Data reflects 4,322 women age 60 years and older, 46 of which are Cambridge residents.
Fig 71 Source: Registry of Vital Records, Massachusetts Department of Public Health

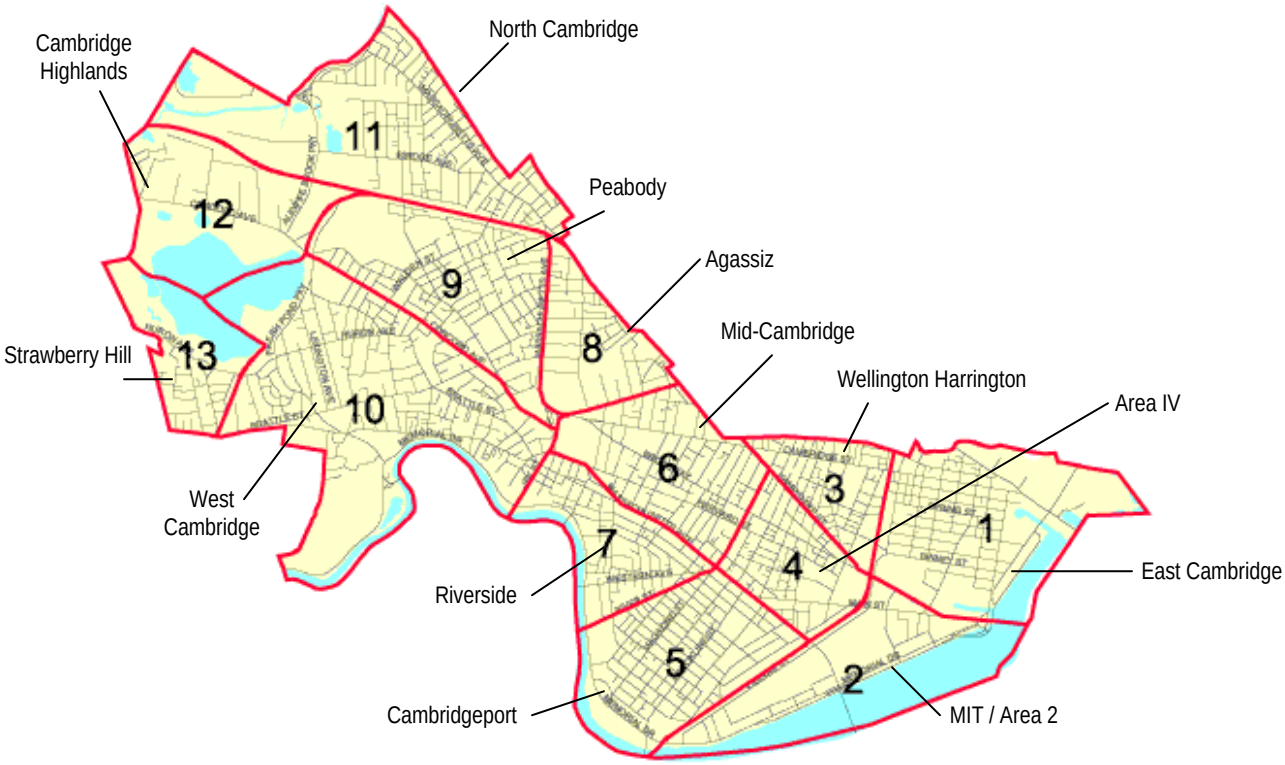
Figure 72: Coronary Heart Disease Hospitalizations among Women, 60 years and older, Cambridge 2000-2005



Hospitalizations related to coronary heart disease are lower among Cambridge women 60 years old and older compared to their statewide counterparts.

Fig 72 Source: MA Hospital Discharge Database, Massachusetts Department of Public Health.

Appendix A: Map of Cambridge Neighborhoods



Cambridge, Massachusetts is a city of just over 100,000 residents situated on the banks of the Charles River northwest of Boston. The villages that became Cambridge were founded in the 1630s. Cambridge became a city in 1846 during a period of high immigration that brought thousands of Irish refugees fleeing starvation. At the turn of the 20th century, immigrants from Italy, Poland, and Portugal, as well as French Canadians and Russian Jews, joined them. Thousands of Central Americans escaping devastating wars settled in the city in the 1980s.

Today, Cambridge is home to a culturally diverse population: more than 50 languages can be heard on its streets, including Spanish, Kreyol, Portuguese, Chinese, Amharic, and Korean. Children from 82 different countries of origin attend the public schools. College students from around the country and the world study at Harvard University, the Massachusetts Institute of Technology, Cambridge College, and Lesley University. The heavy industries of the 19th and early 20th centuries have been replaced by biotechnology and information technology research and development.

Women's impact on the city throughout its history has been dramatic, from poet Phillis Wheatley to transcendentalist Margaret Fuller to chef Julia Child, accompanied by less-heralded female scientists, artists, architects, educators, activists, and community-builders.