NYS ASSOCIATION FOR RURAL HEALTH

Rural New York State Diversity and Opportunity: A Chartbook

July, 2025

Introduction

Introduction

This chartbook provides an in-depth look at the demographic composition of rural communities across New York State, utilizing data from the NYSARH Diversity Dashboard. By analyzing the figures and trends presented in the dashboard, this resource offers valuable insights into who lives in these rural areas and the unique challenges they face. Understanding these demographics is crucial for identifying community needs, informing policy decisions, and developing targeted strategies to enhance resources and services for rural residents.

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How To Use this Chartbook

This chartbook was created to support communication, planning, and advocacy around the diversity and opportunity that exists across rural New York State. Whether you are preparing a presentation, building a grant proposal, or informing policy decisions, these data visuals are designed to be flexible and easy to use.

Suggested Uses

- Include individual charts or slides in presentations to illustrate key trends.
- Cite figures in reports, funding proposals, or program development materials.
- Use the full chartbook as a briefing tool for internal teams, elected officials, or community partners.

How to Use

- You can copy slides directly into another PowerPoint presentation. We recommend using “Keep Source Formatting” when pasting to preserve layout and design.
- To use a chart in Word, copy the chart image rather than the entire slide to ensure clean formatting.
- If formatting does not hold when pasting, save the slide or chart as an image file (right-click → “Save as Picture”) and insert it into your document.

Suggested Citation: New York State Association for Rural Health. (2025). *Rural New York State Diversity and Opportunity: A Chartbook* [Chartbook]. [https://nysarh.org/NYS-chartbook-2025/]

Executive Summary

Executive Summary

This chartbook—*Rural New York State Diversity and Opportunity: A Chartbook* presents a comprehensive look at the social, economic, and demographic characteristics of rural residents across ten regions of New York State. Developed by the New York State Association for Rural Health (NYSARH), the chartbook draws on data from the American Community Survey (ACS) via NYSARH's Diversity Dashboard and is designed to support public use, advocacy, and decision-making.

The intent of this resource is twofold: to equip stakeholders with accessible, visual data to inform local planning and communication efforts, and to guide NYSARH's own statewide advocacy and program development. Whether used in presentations, grant proposals, policy briefings, or educational materials, the chartbook provides a shared foundation for understanding who lives in rural New York, and where investments and interventions are most needed.

Each chart explores a different dimension of rural life, from income, poverty, education, and housing to disability, language, and access to healthcare. Key takeaways include high reliance on public health insurance, persistent poverty among children and working adults, and wide disparities in opportunity by race, ethnicity, gender, and geography.

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Executive Summary

We also acknowledge that this dataset, while informative, is not complete. Most notably, the ACS data used throughout this chartbook is limited in some areas. For example, sex and gender data are reported only in binary terms, which may not reflect the full diversity of rural populations. Additionally, Indigenous populations, immigrant communities, and individuals with disabilities may be undercounted or misrepresented in these datasets.

Users of this chartbook are encouraged to supplement this information with local data and lived experience whenever possible. As rural health needs evolve, so too should the tools we use to understand and respond to them.

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Methods

Using the NYSARH Diversity Dashboard, we selected counties applicable for each NYS region, as defined by https://esd.ny.gov/regions and detailed as follows:

Each of New York's 10 Distinct Regions by County

- **Western NY**- Allegany, Cattaraugus, Chautauqua, Erie, and Niagara Counties
- **Finger Lakes**- Genesee, Livingston, Monroe, Orleans, Ontario, Seneca, Wayne, Wyoming, and Yates Counties
- **Southern Tier**- Broome, Chemung, Chenango, Delaware, Schuyler, Steuben, Tompkins, and Tioga Counties
- **Central NY-** Cayuga, Cortland, Madison, Onondaga, and Oswego Counties
- **Mohawk Valley**- Herkimer, Fulton, Montgomery, Oneida, Otsego, and Schoharie Counties
- **Capital Region**- Albany, Columbia, Greene, Rensselaer, Saratoga, Schenectady, Warren, and Washington Counties
- **Mid-Hudson**- Dutchess, Orange, Putnam, Rockland, Sullivan, Ulster, and Westchester Counties
- **Long Island-** Nassau and Suffolk Counties
- **North Country**- Clinton, Essex, Franklin, Hamilton, Jefferson, Lewis, and St. Lawrence Counties
- **New York City (Non-rural)**

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Methods

Each of New York's 10 distinct regions as defined by NYS's Empire State Development Regions.

https://esd.ny.gov/regions

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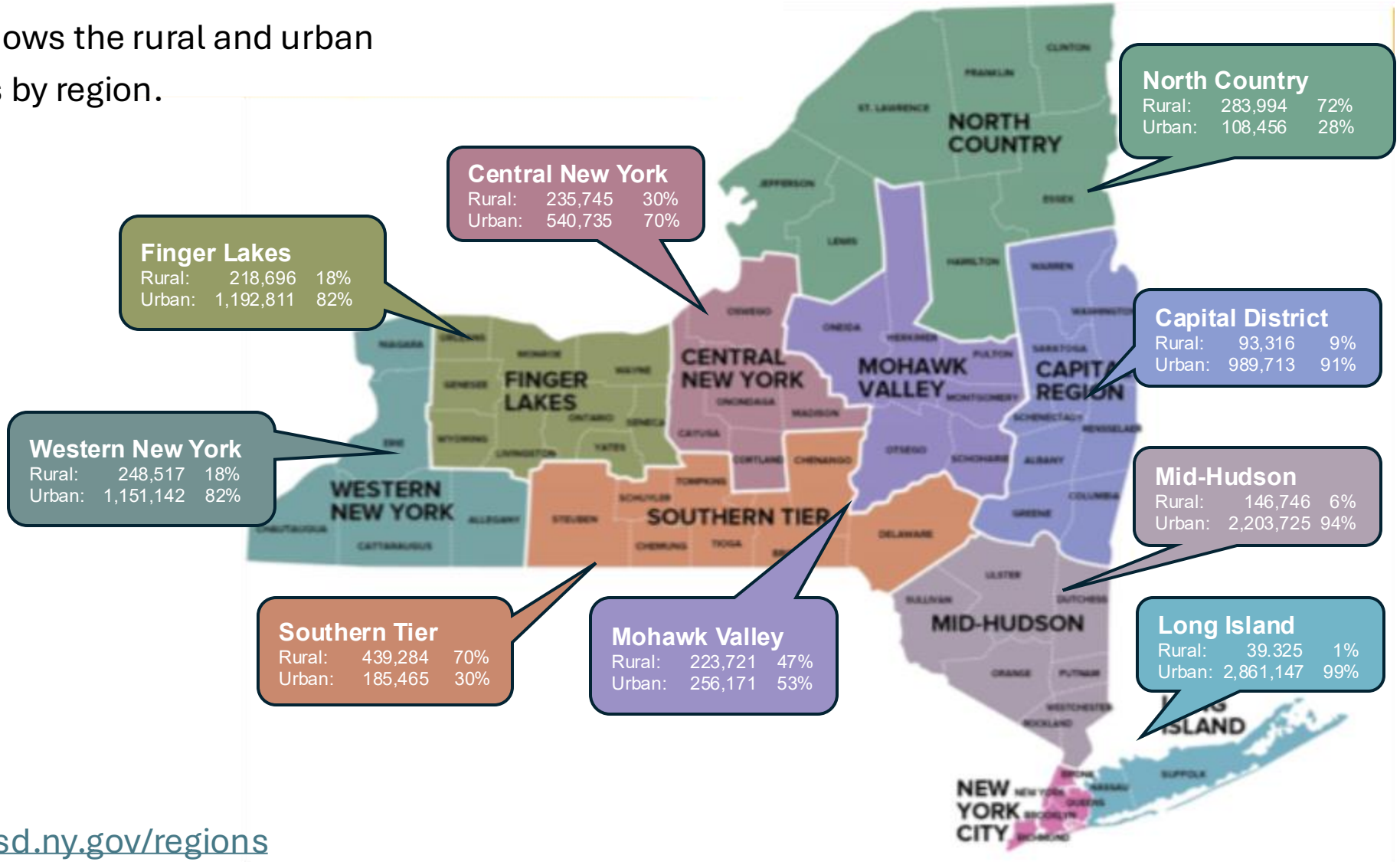
Methods

This map shows the rural and urban populations by region.



https://esd.ny.gov/regions

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Data and Definitions

Data Sources

The data and maps included in this chartbook were exported from NYSARH's Diversity Dashboard. The data used here are from the most recent available year – 2022.

NYSARH Diversity Dashboard

The NYSARH Diversity Dashboard provides a way to navigate U.S. Census Bureau's American Community Survey (ACS) data from New York State. Users of the dashboard may access data from 2011 to 2022, and annual updates are added when available.

Documentation and frequently asked questions about the Dashboard can be found here: https://nysarh.org/diversity-dashboard-user-guide-and-faq/

American Community Survey

The ACS collects data annually and reports it in various ways. Documentation and definitions for ACS data may be found here: https://www.census.gov/content/dam/Census/programs-surveys/acs/about/ACS_Information_Guide.pdf

The data in this chartbook are drawn from the ACS 5-year estimates which report on the smallest units of analysis and are most useful for looking at rural areas.

Definitions

Rurality

Census tracts are identified as rural using Rural-Urban Community Area (RUCA) codes. RUCA codes are impacted by several factors: population density, level of urbanization, and daily commuting patterns. Codes range from 1 to 10, with higher numbers indicating increasing rurality. Information about RUCA codes may be found here: https://www.ers.usda.gov/data-products/rural-urban-commuting-area-codes.aspx

RUCA codes are assigned at the census tract level; however, the RUCA scale has not yet been updated for 2020 census tracts. To designate areas as rural, the Diversity Dashboard uses 2013 RUCA codes (based on the 2010 decennial census), cross-walked to the zip code level. **We used a threshold of 4 or greater to consider an area to be rural**.

Regions of New York State

In this chartbook, we report data for each of the Empire State Development regions. Regions consist of sets of contiguous counties in New York State, as defined and described here: https://esd.ny.gov/regions.

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Population Context

Population Context

Populations of Regions of Rural NYS

This chart illustrates the distribution of urban and rural populations across key regions in New York State, highlighting the distinct demographic differences between these areas. While urban centers tend to have higher population densities and greater access to services, rural regions encompass vast geographic areas with lower population concentrations. Understanding these differences is essential for addressing disparities in healthcare, infrastructure, and economic development, ensuring that policies and resources are tailored to the unique needs of each community.

In this chartbook, we are going to examine the demographics of only the *rural* regions of NYS.

Populations of NYS	Rural	Urban
Western NY	252,161	1,162,805
Finger Lakes	238,890	981,047
Southern Tier	190,243	441,539
Central NY	240,035	544,254
Mohawk Valley	228,210	260,912
Capital Region	95,190	1,008,819
Mid-Hudson	157,731	2,236,394
Long Island	39,861	2,879,844
North Country	270,090	5,918
New York City	0	8,616,408

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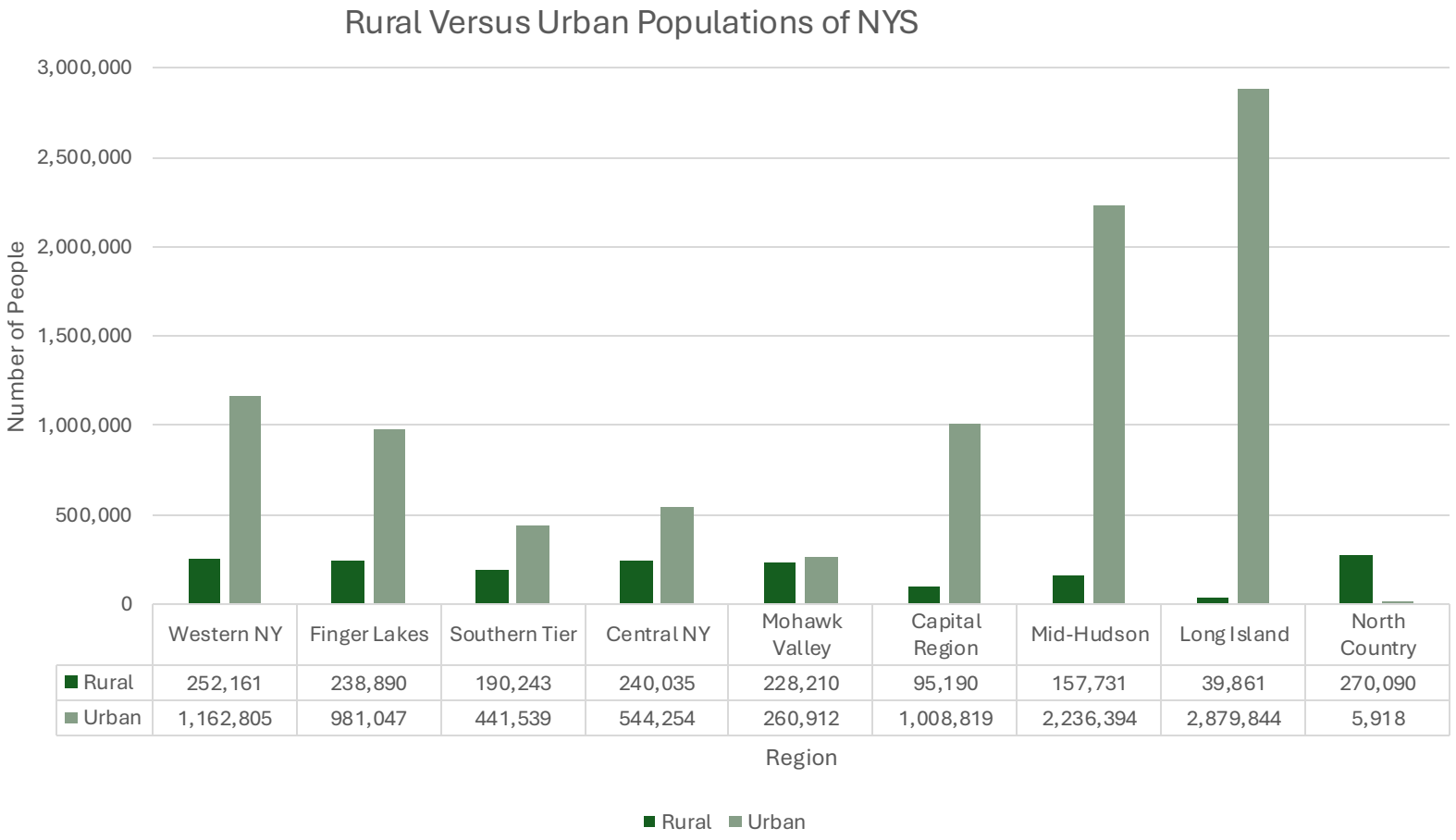
Population Context

Rural Versus Urban Populations of NYS

The chart highlights the stark differences in rural and urban population composition across New York State's regions. Regions closer to New York City—such as Long Island, Mid-Hudson, and the Capital Region—are heavily urbanized, with rural residents making up only a small fraction of their populations. In contrast, areas like the Mohawk Valley and especially the North Country have significantly higher proportions of rural residents. The North Country stands out as the most rural region in the state, with nearly its entire population classified as rural. This geographic divide plays an important role in shaping access to services, infrastructure, and health outcomes.



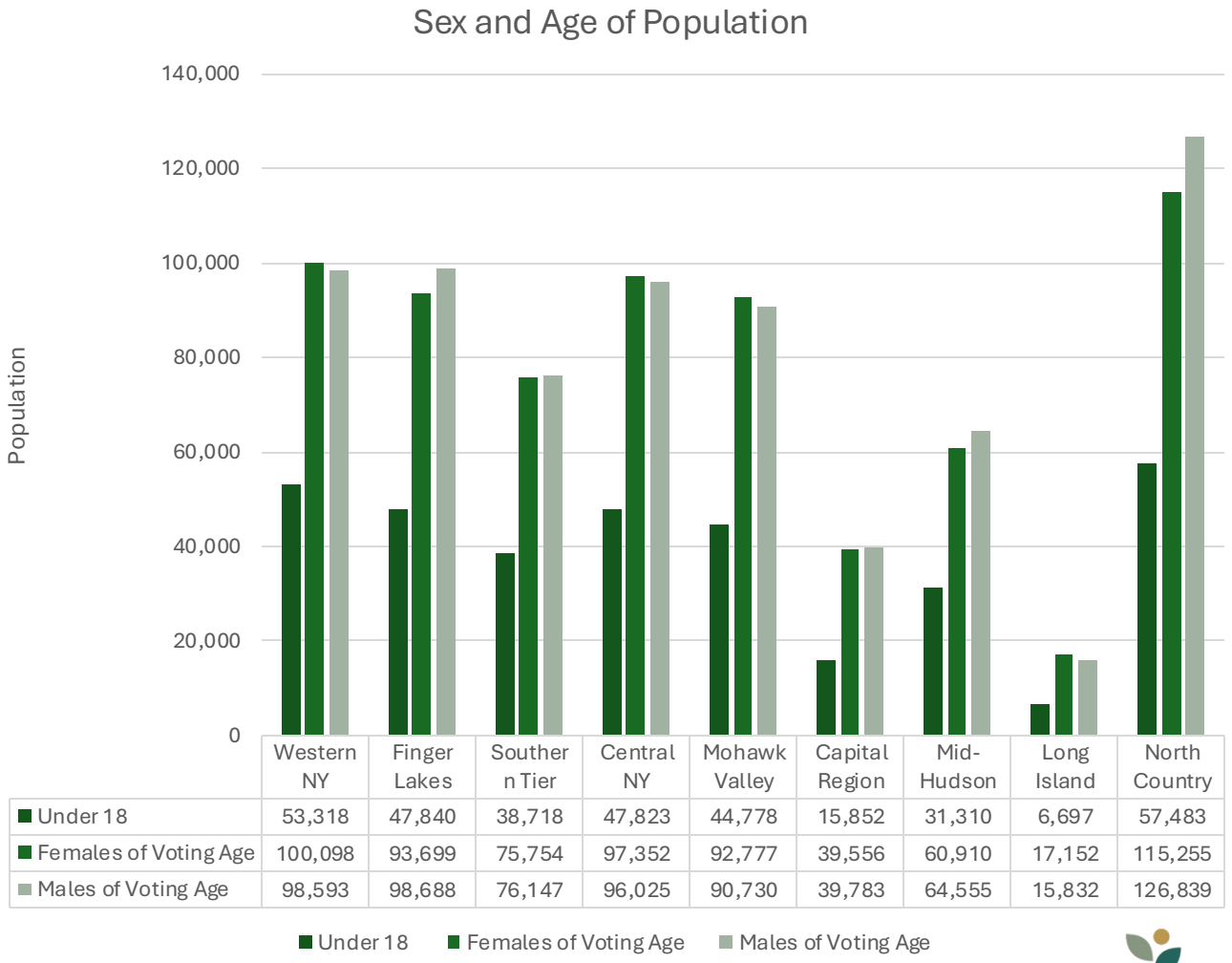
	Western NY	Finger Lakes	Southern Tier	Central NY	Mohawk Valley	Capital Region	Mid-Hudson	Long Island	North Country
Rural	252,161	238,890	190,243	240,035	228,210	95,190	157,731	39,861	270,090
Urban	1,162,805	981,047	441,539	544,254	260,912	1,008,819	2,236,394	2,879,844	5,918

Social Characteristics

Sex / Age / Voting Age

Demographic Snapshot: Age, Gender, and Voting-Age Population Across Nine NY Regions

This chart provides a comprehensive demographic analysis of nine New York State regions, detailing the distribution of residents by age and sex, with a specific focus on the voting-age population. By examining these metrics, we can identify regional variations that have significant implications for policy development, resource allocation, and electoral strategies. For instance, regions with a higher proportion of elderly residents may require enhanced healthcare services, while areas with a substantial youth population might benefit from increased educational and employment opportunities. Understanding the composition of the voting-age population is crucial for fostering civic engagement and ensuring that electoral processes are representative of each region's unique demographic profile.



	Western NY	Finger Lakes	Southern Tier	Central NY	Mohawk Valley	Capital Region	Mid-Hudson	Long Island	North Country
Under 18	53,318	47,840	38,718	47,823	44,778	15,852	31,310	6,697	57,483
Females of Voting Age	100,098	93,699	75,754	97,352	92,777	39,556	60,910	17,152	115,255
Males of Voting Age	98,593	98,688	76,147	96,025	90,730	39,783	64,555	15,832	126,839

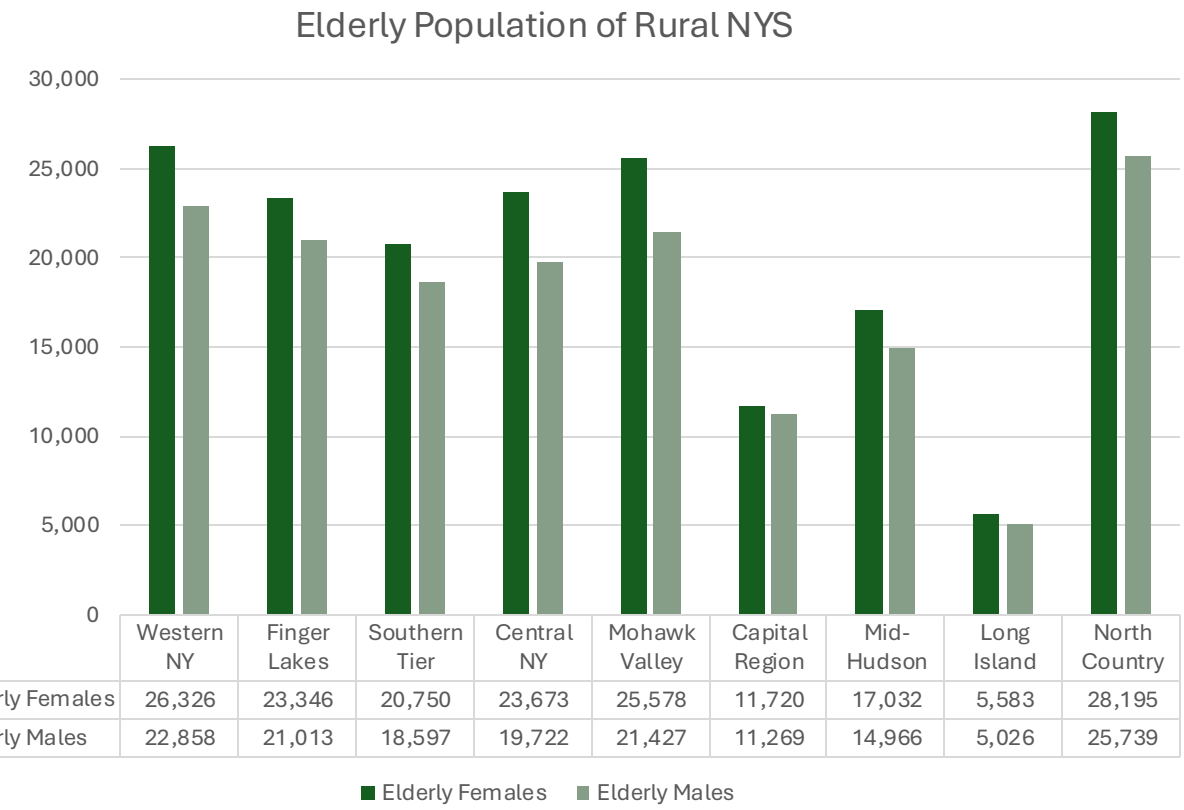
Source: NYSARH Diversity Dashboard. https://nysarh.org/explore-the-diversity-in-your-region/

Sex / Age / Voting Age

Aging in Rural and Urban New York: Understanding the Older Adult Population

This chart highlights the distribution of older adults (over 65) across nine regions of New York State, illustrating regional variations in aging demographics. As rural areas tend to have a higher proportion of older residents compared to urban centers, this trend has significant implications for healthcare services, housing, transportation, and workforce dynamics.

Additional information on age is presented in the "economic characteristics" section, see slide 28.



	Western NY	Finger Lakes	Southern Tier	Central NY	Mohawk Valley	Capital Region	Mid-Hudson	Long Island	North Country
Elderly Females	26,326	23,346	20,750	23,673	25,578	11,720	17,032	5,583	28,195
Elderly Males	22,858	21,013	18,597	19,722	21,427	11,269	14,966	5,026	25,739

Source: NYSARH Diversity Dashboard. https://nysarh.org/explore-the-diversity-in-your-region/

Race / Ethnicity

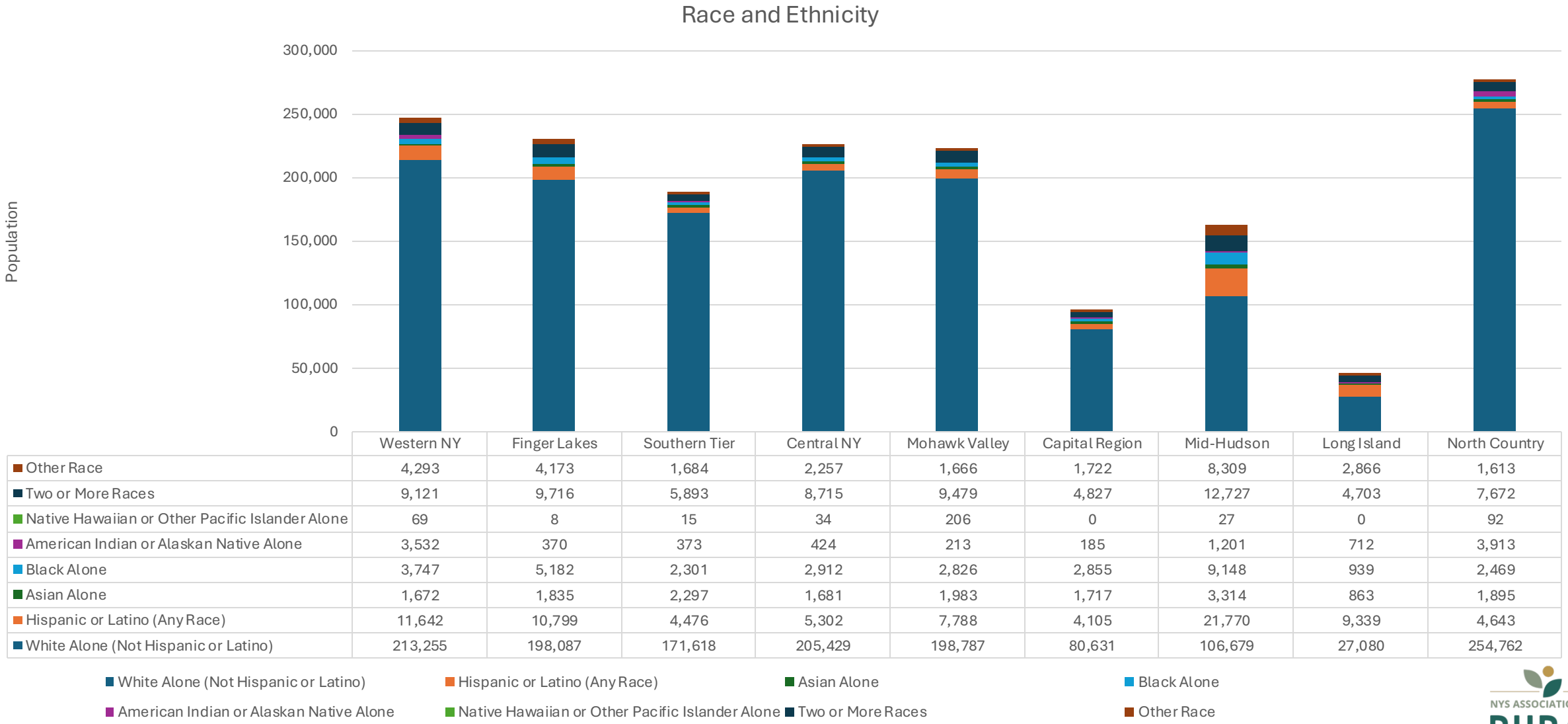
Diversity Across Rural New York: A Regional Look at Race and Ethnicity

New York State is home to a rich and diverse population, with racial and ethnic compositions varying significantly across regions. The chart on the next slide illustrates these differences, highlighting the distribution of key racial and ethnic groups, including American Indian and Alaska Native, Native Hawaiian and Other Pacific Islander, Asian, Black or African American, White, Hispanic or Latino, and individuals identifying as two or more races. Understanding these regional demographics is essential for fostering equity in policy-making, resource allocation, and community development. Explore the data to see how diversity shapes each region of the state.

Additional information on age is presented in the “economic characteristics” section, see slide 28.

Source: NYSARH Diversity Dashboard. https://nysarh.org/explore-the-diversity-in-your-region/

Race / Ethnicity



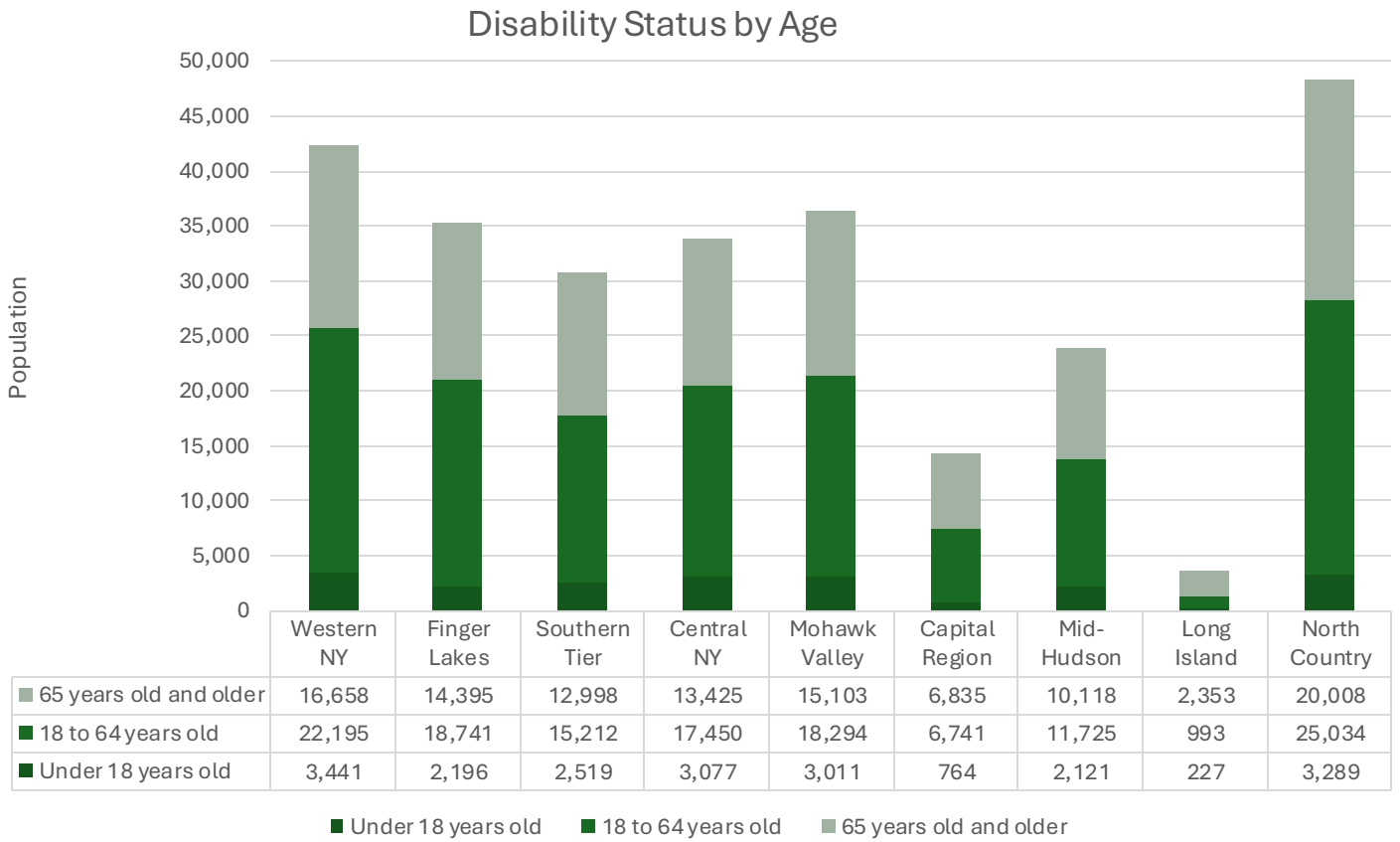
	Western NY	Finger Lakes	Southern Tier	Central NY	Mohawk Valley	Capital Region	Mid-Hudson	Long Island	North Country
Other Race	4,293	4,173	1,684	2,257	1,666	1,722	8,309	2,866	1,613
Two or More Races	9,121	9,716	5,893	8,715	9,479	4,827	12,727	4,703	7,672
Native Hawaiian or Other Pacific Islander Alone	69	8	15	34	206	0	27	0	92
American Indian or Alaskan Native Alone	3,532	370	373	424	213	185	1,201	712	3,913
Black Alone	3,747	5,182	2,301	2,912	2,826	2,855	9,148	939	2,469
Asian Alone	1,672	1,835	2,297	1,681	1,983	1,717	3,314	863	1,895
Hispanic or Latino (Any Race)	11,642	10,799	4,476	5,302	7,788	4,105	21,770	9,339	4,643
White Alone (Not Hispanic or Latino)	213,255	198,087	171,618	205,429	198,787	80,631	106,679	27,080	254,762

Source: NYSARH Diversity Dashboard. https://nysarh.org/explore-the-diversity-in-your-region/

Disability

Disability Across Ages and Regions: A Data-Driven Perspective

Disability rates vary across different age groups and regions in New York State, reflecting a range of factors such as aging populations, healthcare access, and regional economic conditions. This chart illustrates the prevalence of disabilities (of the following types: cognitive, hearing difficulty, vision, ambulatory and independent living) by age category across the state's regions, providing insight into where support services and resources may be most needed. Understanding this data helps policymakers, healthcare providers, and community organizations develop targeted programs that enhance accessibility, independence, and quality of life for individuals with disabilities.



	Western NY	Finger Lakes	Southern Tier	Central NY	Mohawk Valley	Capital Region	Mid-Hudson	Long Island	North Country
65 years old and older	16,658	14,395	12,998	13,425	15,103	6,835	10,118	2,353	20,008
18 to 64 years old	22,195	18,741	15,212	17,450	18,294	6,741	11,725	993	25,034
Under 18 years old	3,441	2,196	2,519	3,077	3,011	764	2,121	227	3,289

Source: NYSARH Diversity Dashboard. https://nysarh.org/explore-the-diversity-in-your-region/

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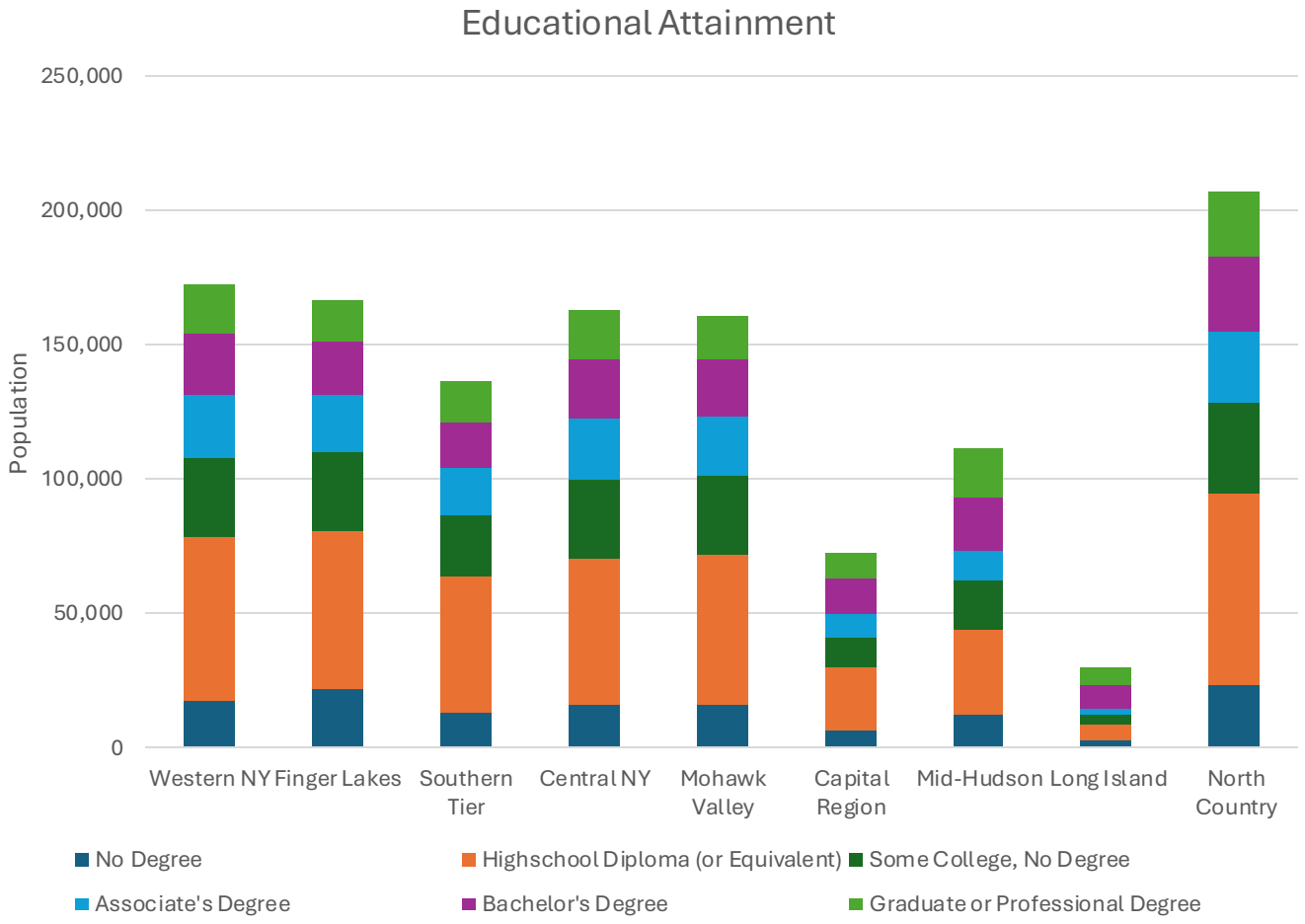
Educational Attainment

Educational Attainment in Rural New York State: A Statewide Overview

Education plays a crucial role in shaping economic opportunities and workforce development across New York State. The bar chart to the right illustrates the distribution of educational attainment levels, highlighting the number of residents who have no degree, a high school diploma, some college but no degree, an associate's degree, a bachelor's degree, or a graduate or professional degree. Understanding this data can help inform policies that support workforce training, higher education accessibility, and economic mobility for residents across the state.

Additional information on education is presented in the "economic characteristics" section, see slide 28.



Source: NYSARH Diversity Dashboard. https://nysarh.org/explore-the-diversity-in-your-region/

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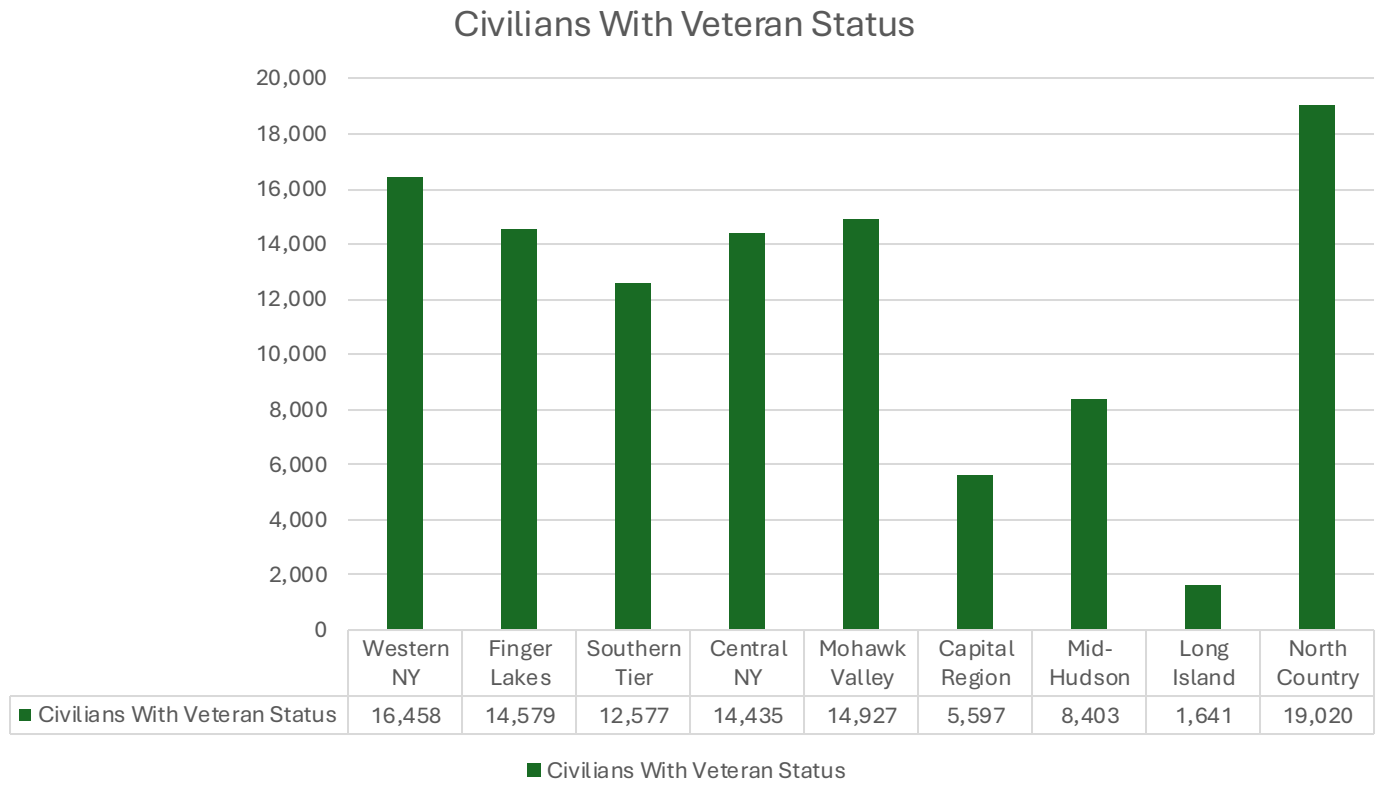
Civilian Veteran Populations

Veteran Population Across New York State: A Regional Breakdown

Veterans are an integral part of communities across New York State, bringing unique experiences and skills to the workforce and civic life. The bar chart on this slide illustrates the distribution of civilians with veteran status across the state, providing insight into where veteran populations are most concentrated. Recognizing these patterns helps guide efforts to enhance veteran-focused programs, improve access to essential services, and foster stronger community support networks.



Source: NYSARH Diversity Dashboard. https://nysarh.org/explore-the-diversity-in-your-region/

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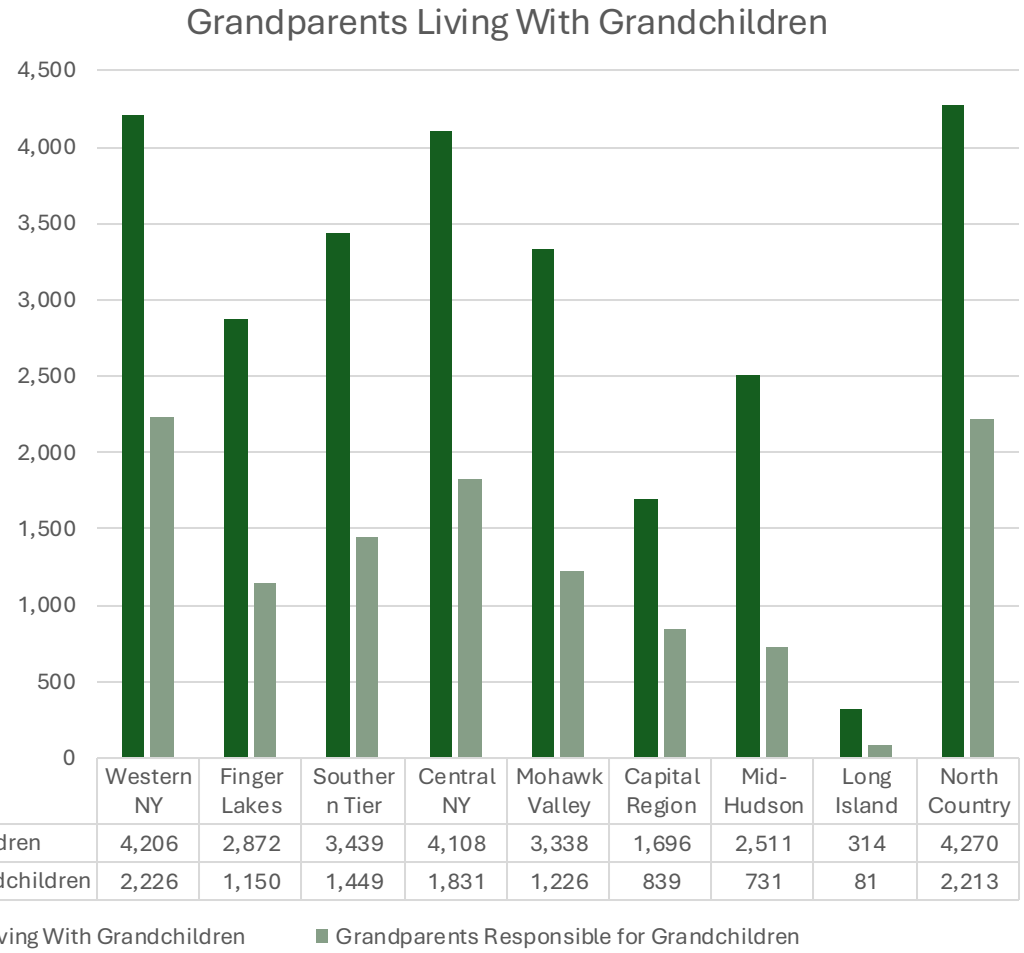
Grandparents living with their Children

Grandparents as Caregivers: A Look at Multigenerational Households in Rural New York

Across New York State, many grandparents play a vital role in raising their grandchildren, providing stability and support in multigenerational households. This chart illustrates the number of households where grandparents live with their grandchildren and the number where grandparents serve as primary caregivers. Understanding these family dynamics is essential for developing policies and community programs that provide the necessary resources, from financial assistance to social services, to support both grandparents and the children in their care.



	Western NY	Finger Lakes	Southern Tier	Central NY	Mohawk Valley	Capital Region	Mid-Hudson	Long Island	North Country
Grandparents Living With Grandchildren	4,206	2,872	3,439	4,108	3,338	1,696	2,511	314	4,270
Grandparents Responsible for Grandchildren	2,226	1,150	1,449	1,831	1,226	839	731	81	2,213

Source: NYSARH Diversity Dashboard. https://nysarh.org/explore-the-diversity-in-your-region/

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Economic Characteristics

Poverty Rate

Poverty continues to impact tens of thousands of New Yorkers living in rural and upstate communities. While population size varies widely across regions, the number of people living below the federal poverty line remains significant in each.

According to recent data:

- **Western NY** has the highest number of people in poverty, with **41,449** individuals affected.
- The **North Country** follows closely behind at **40,255**, despite having a smaller population base.
- **Finger Lakes**, **Central NY**, and the **Mohawk Valley** each report more than **28,000** residents in poverty.
- The **Southern Tier** also faces substantial need, with **25,418** people living in poverty.
- In more densely populated downstate regions like the **Mid-Hudson** and **Long Island**, the number of people in poverty is lower but still noteworthy, with **20,886** and **3,999** individuals respectively.
- The **Capital Region** has the lowest number among upstate regions, though more than **10,000** residents remain below the poverty line.

This data highlights the geographic spread of economic hardship and underscores the importance of targeted policies and support systems that address the unique needs of rural and semi-rural populations across New York State.

Source: NYSARH Diversity Dashboard. https://nysarh.org/explore-the-diversity-in-your-region/

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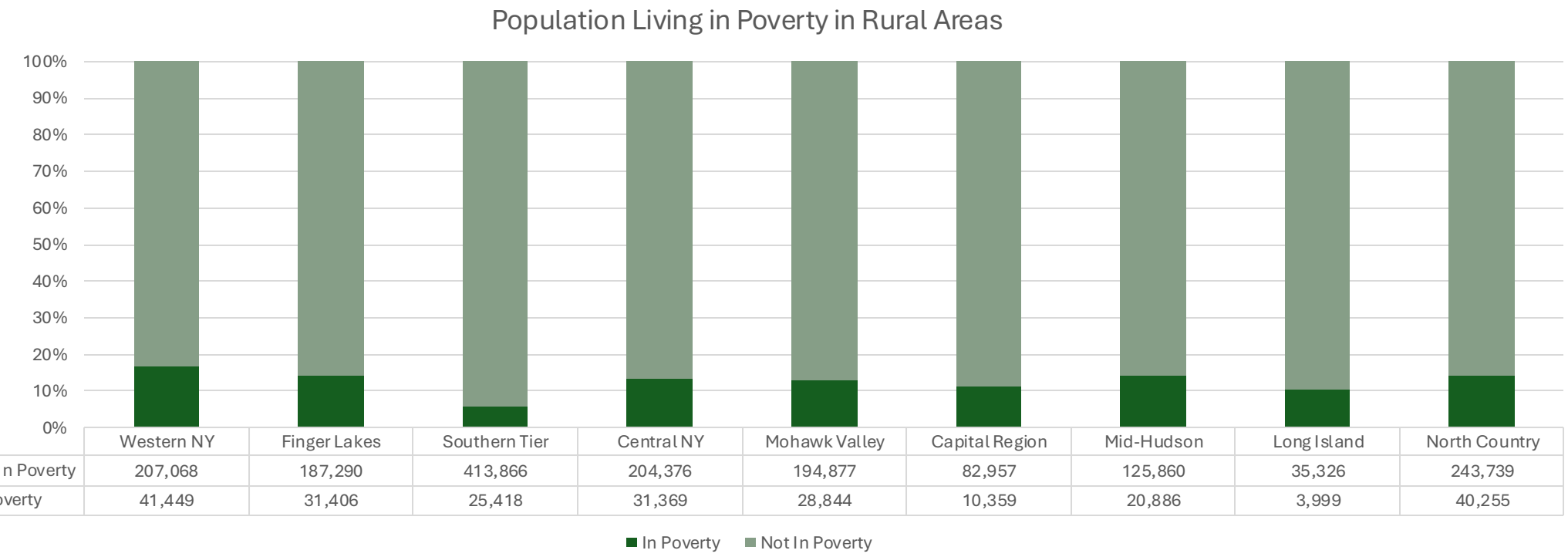
Poverty Rate

The chart below shows the total number of rural individuals living in poverty in each of New York's 10 regions, illustrating the wide-reaching impact of economic hardship throughout rural areas of the state.



	Western NY	Finger Lakes	Southern Tier	Central NY	Mohawk Valley	Capital Region	Mid-Hudson	Long Island	North Country
Not In Poverty	207,068	187,290	413,866	204,376	194,877	82,957	125,860	35,326	243,739
In Poverty	41,449	31,406	25,418	31,369	28,844	10,359	20,886	3,999	40,255

Source: NYSARH Diversity Dashboard. https://nysarh.org/explore-the-diversity-in-your-region/

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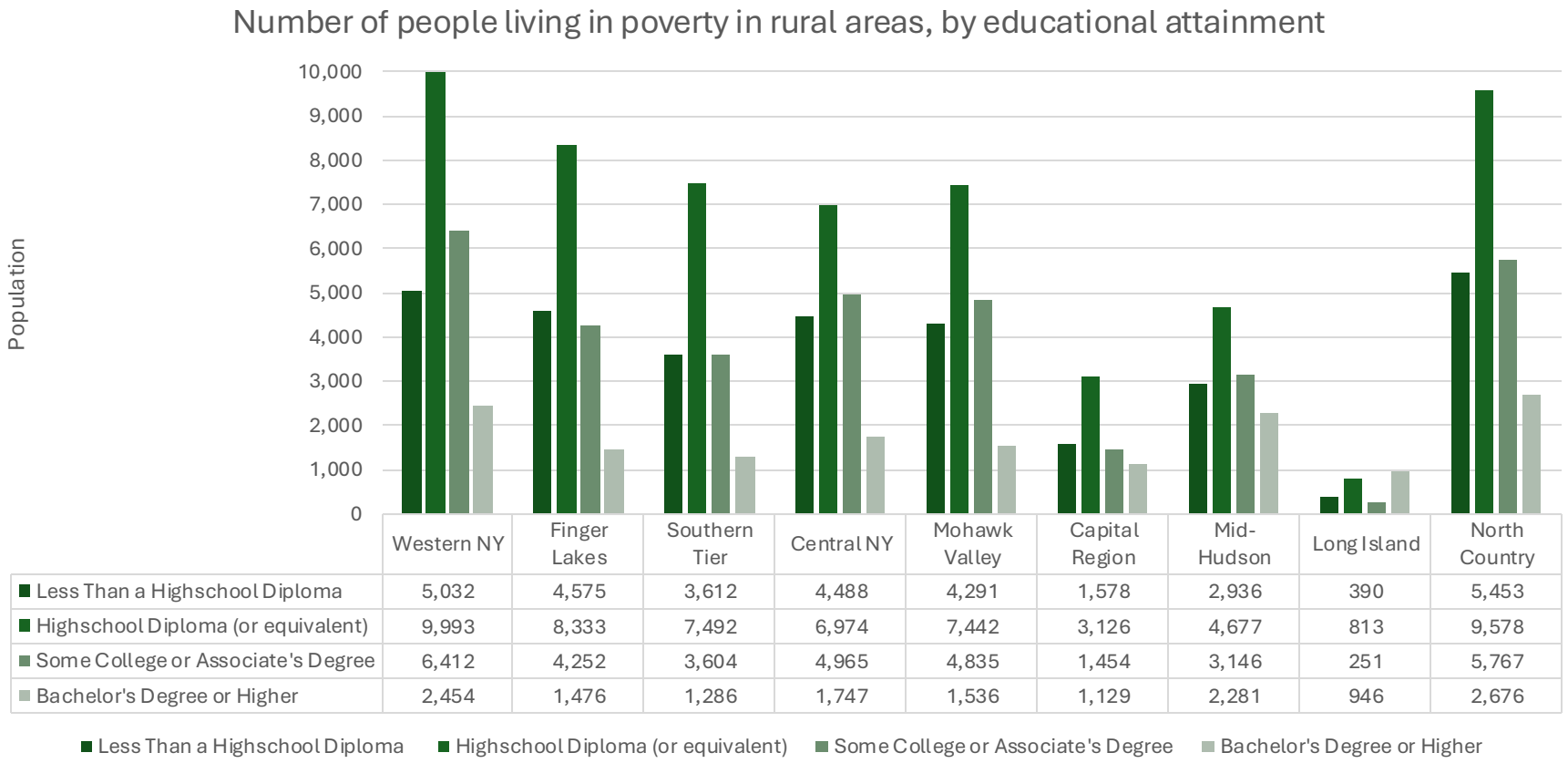
By Educational Attainment

Educational Attainment and Poverty: A Clear Connection

Across all regions of New York State, individuals with lower levels of education are significantly more likely to live in poverty. The chart to the right shows that poverty is most concentrated among those with a high school diploma or less, with consistently fewer individuals in poverty as education levels rise. This trend underscores the importance of education as a key factor in reducing poverty and improving economic outcomes in rural communities.



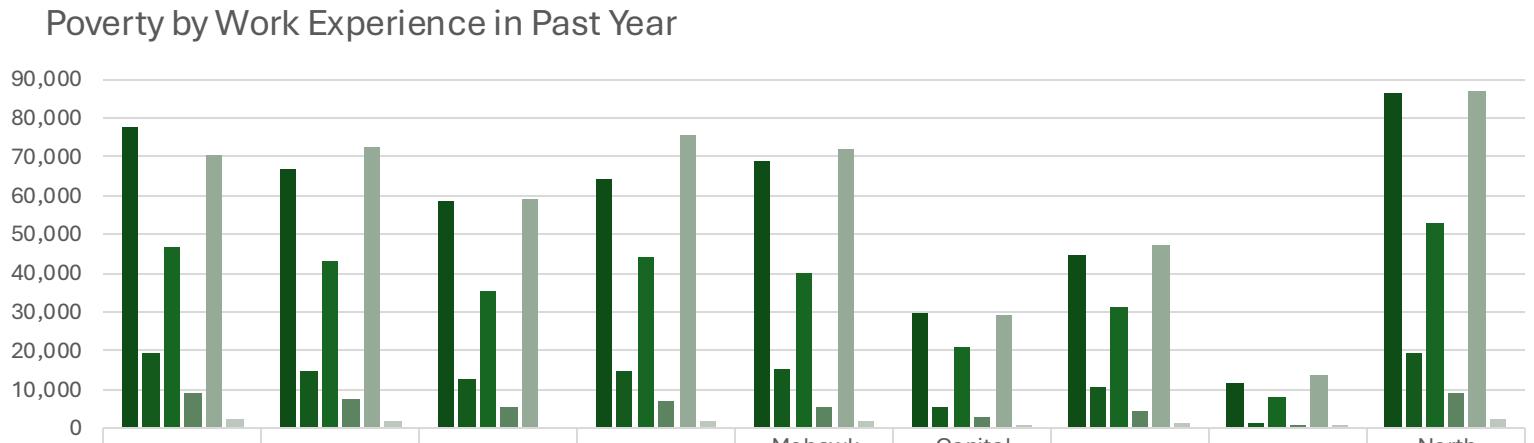
	Western NY	Finger Lakes	Southern Tier	Central NY	Mohawk Valley	Capital Region	Mid-Hudson	Long Island	North Country
Less Than a Highschool Diploma	5,032	4,575	3,612	4,488	4,291	1,578	2,936	390	5,453
Highschool Diploma (or equivalent)	9,993	8,333	7,492	6,974	7,442	3,126	4,677	813	9,578
Some College or Associate's Degree	6,412	4,252	3,604	4,965	4,835	1,454	3,146	251	5,767
Bachelor's Degree or Higher	2,454	1,476	1,286	1,747	1,536	1,129	2,281	946	2,676

Source: NYSARH Diversity Dashboard. https://nysarh.org/explore-the-diversity-in-your-region/

By Work Experience

Employment Alone Isn't Enough: Poverty Persists Across Work Status in Every NY Region

This chart shows that people who didn't work in the past year are most likely to be living in poverty—but they're not the only ones. In every region, there are thousands of people who worked part-time or even full-time and still fell below the poverty line. These findings point to the limits of employment alone in lifting individuals and families out of poverty and call attention to the need for policies that address wages, benefits, and access to consistent work.



	Western NY	Finger Lakes	Southern Tier	Central NY	Mohawk Valley	Capital Region	Mid-Hudson	Long Island	North Country
People That Did Not Work in Past Year	77,914	66,726	58,358	64,186	68,878	29,869	44,422	11,714	86,580
People That Did Not Work in Past Year in Poverty	19,125	14,858	12,629	14,596	15,061	5,271	10,524	1,505	19,349
People That Worked Part Time in the Past Year	46,963	42,901	35,389	44,356	40,114	20,746	31,193	7,865	52,751
People That Worked Part Time in the Past Year in Poverty	8,894	7,270	5,474	7,046	5,506	2,607	4,394	979	9,135
People That Worked Full Time in the Past Year	70,423	72,711	59,349	75,427	71,891	29,415	47,157	13,591	87,096
People That Worked Full Time in the Past Year in Poverty	2,083	1,875	0	1,566	1,790	454	1,223	216	2,163

Source: NYSARH Diversity Dashboard. https://nysarh.org/explore-the-diversity-in-your-region/

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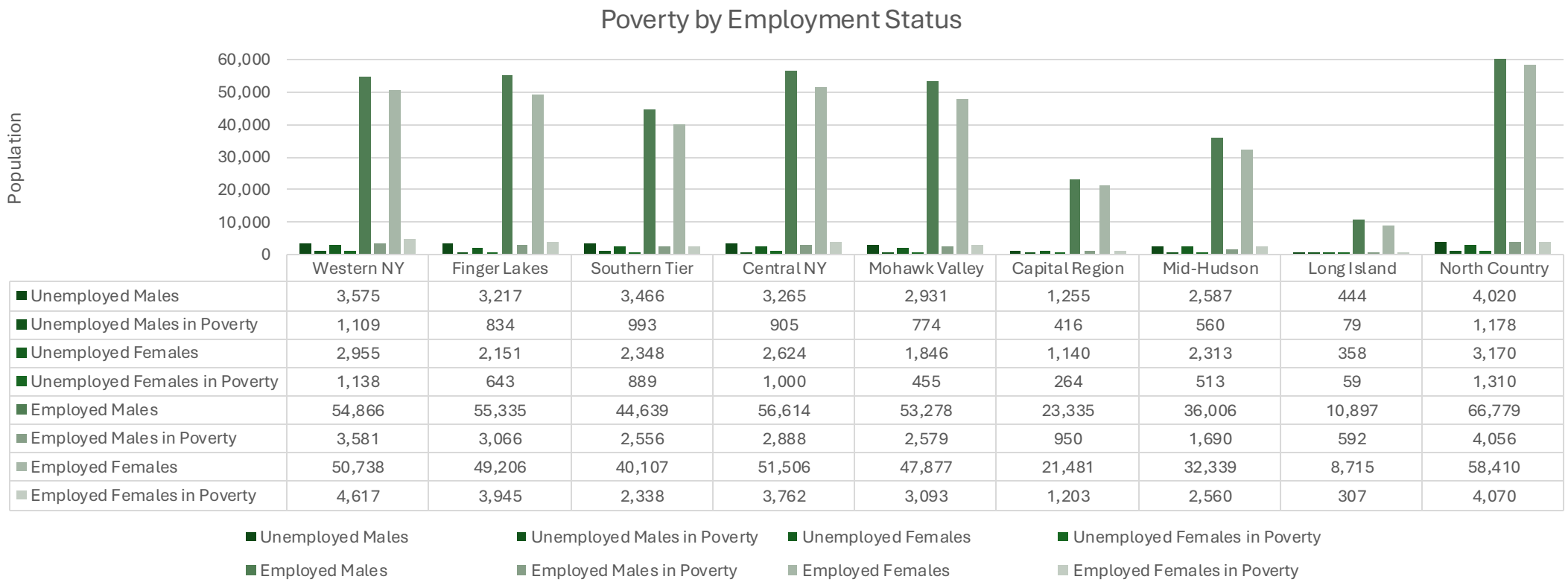
By Employment Status

While unemployment is clearly linked to poverty, this chart also shows that being employed does not guarantee financial security. In every region of New York, thousands of individuals—particularly women—are working and still living in poverty. The data on this slide breaks this down further and highlights the importance of addressing wages, job quality, and support systems for the working poor.



	Western NY	Finger Lakes	Southern Tier	Central NY	Mohawk Valley	Capital Region	Mid-Hudson	Long Island	North Country
Unemployed Males	3,575	3,217	3,466	3,265	2,931	1,255	2,587	444	4,020
Unemployed Males in Poverty	1,109	834	993	905	774	416	560	79	1,178
Unemployed Females	2,955	2,151	2,348	2,624	1,846	1,140	2,313	358	3,170
Unemployed Females in Poverty	1,138	643	889	1,000	455	264	513	59	1,310
Employed Males	54,866	55,335	44,639	56,614	53,278	23,335	36,006	10,897	66,779
Employed Males in Poverty	3,581	3,066	2,556	2,888	2,579	950	1,690	592	4,056
Employed Females	50,738	49,206	40,107	51,506	47,877	21,481	32,339	8,715	58,410
Employed Females in Poverty	4,617	3,945	2,338	3,762	3,093	1,203	2,560	307	4,070

Source: NYSARH Diversity Dashboard. https://nysarh.org/explore-the-diversity-in-your-region/

By Race/Ethnicity

Racial and Ethnic Disparities in Poverty Persist Across Rural New York

The chart on the next slide shows how poverty affects people of different racial and ethnic backgrounds across New York's rural and upstate regions. In every region, the largest number of individuals living in poverty are White (non-Hispanic), reflecting the overall population distribution. However, when considering proportional impact, people of color—particularly Black, Hispanic or Latino, and multiracial individuals—face significantly higher rates of poverty relative to their population size.

For example, in regions like the Mid-Hudson and Western NY, the number of Black and Hispanic individuals living in poverty is disproportionately high. The North Country stands out with one of the highest total counts of people in poverty across multiple racial and ethnic groups, including a notable number of American Indian or Alaskan Native individuals.

Even in regions with fewer rural residents, like the Southern Tier and Long Island, racial disparities in poverty are present. The consistent presence of poverty across racial and ethnic lines, paired with the elevated burden on communities of color, underscores the need for equity-focused strategies that address the root causes of these disparities—such as access to education, employment, housing, and healthcare.

These figures highlight the importance of designing rural health and economic programs that consider not only geographic differences, but also the historical and systemic inequities faced by marginalized communities across the state.

Source: NYSARH Diversity Dashboard. https://nysarh.org/explore-the-diversity-in-your-region/

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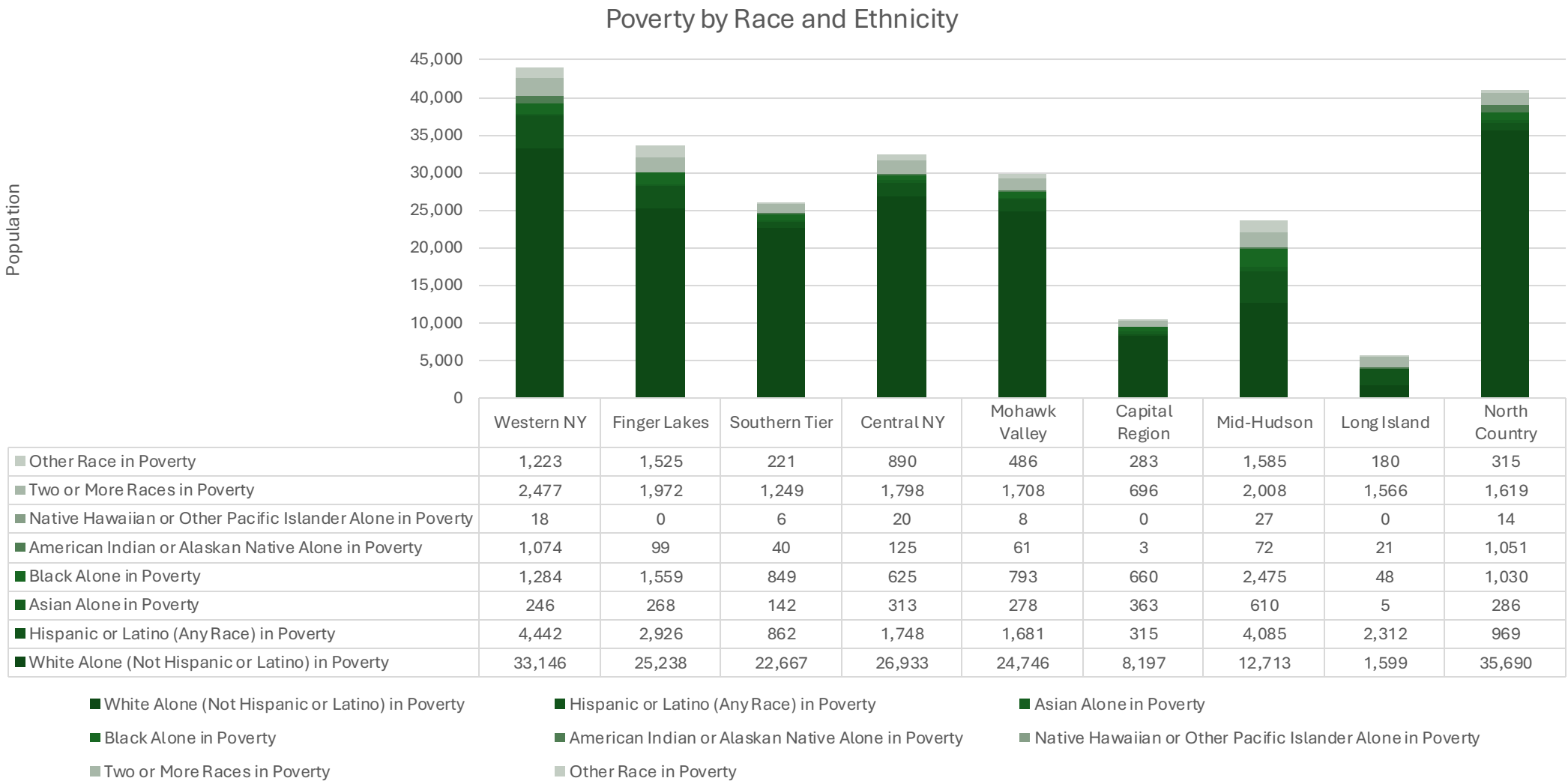
By Race/Ethnicity



	Western NY	Finger Lakes	Southern Tier	Central NY	Mohawk Valley	Capital Region	Mid-Hudson	Long Island	North Country
Other Race in Poverty	1,223	1,525	221	890	486	283	1,585	180	315
Two or More Races in Poverty	2,477	1,972	1,249	1,798	1,708	696	2,008	1,566	1,619
Native Hawaiian or Other Pacific Islander Alone in Poverty	18	0	6	20	8	0	27	0	14
American Indian or Alaskan Native Alone in Poverty	1,074	99	40	125	61	3	72	21	1,051
Black Alone in Poverty	1,284	1,559	849	625	793	660	2,475	48	1,030
Asian Alone in Poverty	246	268	142	313	278	363	610	5	286
Hispanic or Latino (Any Race) in Poverty	4,442	2,926	862	1,748	1,681	315	4,085	2,312	969
White Alone (Not Hispanic or Latino) in Poverty	33,146	25,238	22,667	26,933	24,746	8,197	12,713	1,599	35,690

Source: NYSARH Diversity Dashboard. https://nysarh.org/explore-the-diversity-in-your-region/

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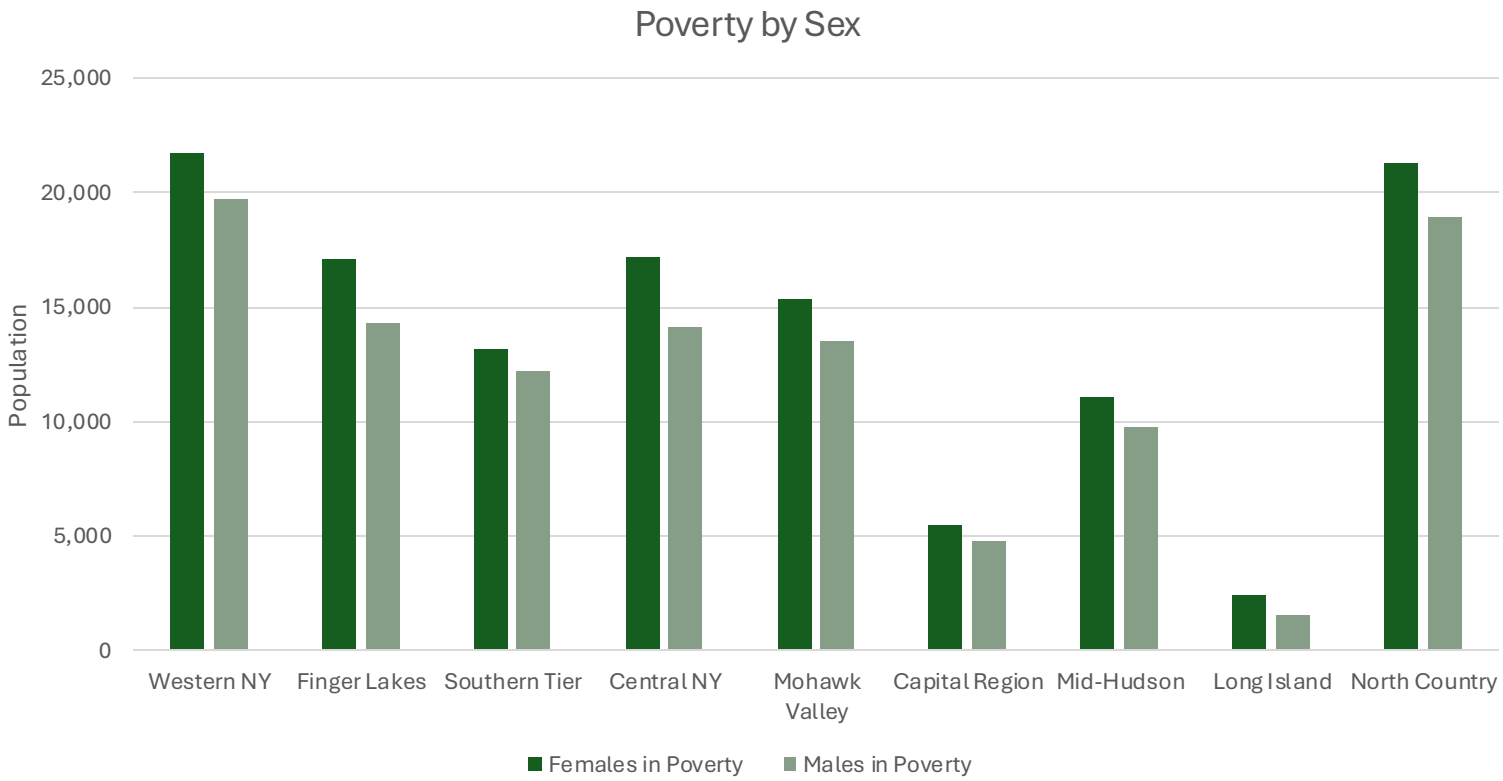
By Sex

Poverty by Sex Shows Consistent Gender Gap

In every region of New York State, more women than men are living in poverty. While the gap varies by region, the trend is consistent—from Western New York to the North Country. This disparity reflects broader systemic issues, including wage inequality, caregiving responsibilities, and limited access to affordable childcare. The chart below illustrates this gender-based difference in poverty rates, reinforcing the need for policies and programs that support women's economic stability and opportunity in rural communities.



Source: NYSARH Diversity Dashboard. https://nysarh.org/explore-the-diversity-in-your-region/

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By Age

Poverty Impacts All Age Groups—but Children and Young Adults Bear the Brunt

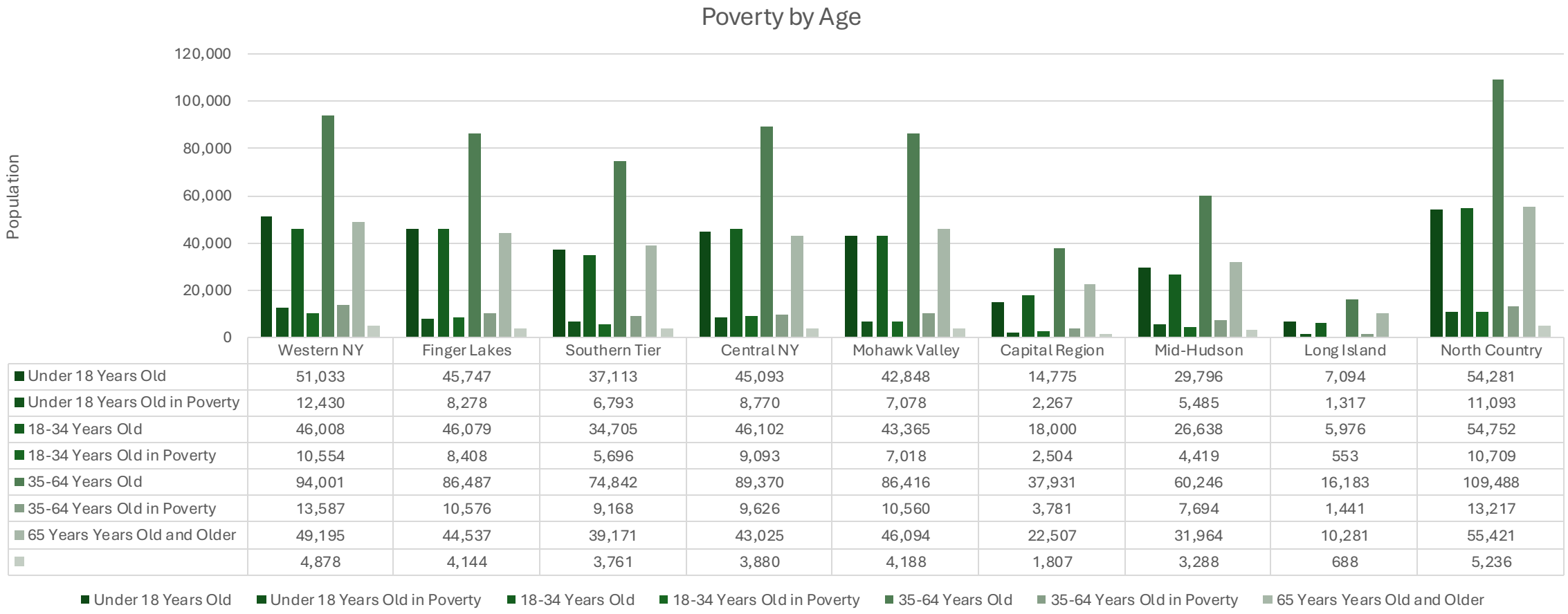
The chart on the following slide breaks down poverty by age group and reveals a striking pattern across all regions of New York: young people, especially children under 18, are disproportionately affected by poverty. In many regions—including Western NY, the North Country, and Central NY—the number of children living in poverty rivals or exceeds other age groups, despite children making up a smaller share of the total population.

Young adults ages 18–34 also experience consistently high rates of poverty, reflecting challenges such as student debt, unstable employment, and the rising cost of living. While the 35–64 age group makes up the largest share of the total population, their poverty rates are somewhat lower—suggesting more economic stability later in working life.

Poverty among older adults (65+) is lower by comparison but still significant, particularly in rural regions like the North Country and Western NY. As this population grows, so too will the need for services that address income insecurity in retirement. Together, this age-based data reinforces the need for life-stage-specific interventions—like early childhood supports, workforce development for young adults, and income assistance for seniors—to address poverty across generations in New York's rural and upstate communities.

Source: NYSARH Diversity Dashboard. https://nysarh.org/explore-the-diversity-in-your-region/

By Age



	Western NY	Finger Lakes	Southern Tier	Central NY	Mohawk Valley	Capital Region	Mid-Hudson	Long Island	North Country
Under 18 Years Old	51,033	45,747	37,113	45,093	42,848	14,775	29,796	7,094	54,281
Under 18 Years Old in Poverty	12,430	8,278	6,793	8,770	7,078	2,267	5,485	1,317	11,093
18-34 Years Old	46,008	46,079	34,705	46,102	43,365	18,000	26,638	5,976	54,752
18-34 Years Old in Poverty	10,554	8,408	5,696	9,093	7,018	2,504	4,419	553	10,709
35-64 Years Old	94,001	86,487	74,842	89,370	86,416	37,931	60,246	16,183	109,488
35-64 Years Old in Poverty	13,587	10,576	9,168	9,626	10,560	3,781	7,694	1,441	13,217
65 Years Years Old and Older	49,195	44,537	39,171	43,025	46,094	22,507	31,964	10,281	55,421
	4,878	4,144	3,761	3,880	4,188	1,807	3,288	688	5,236

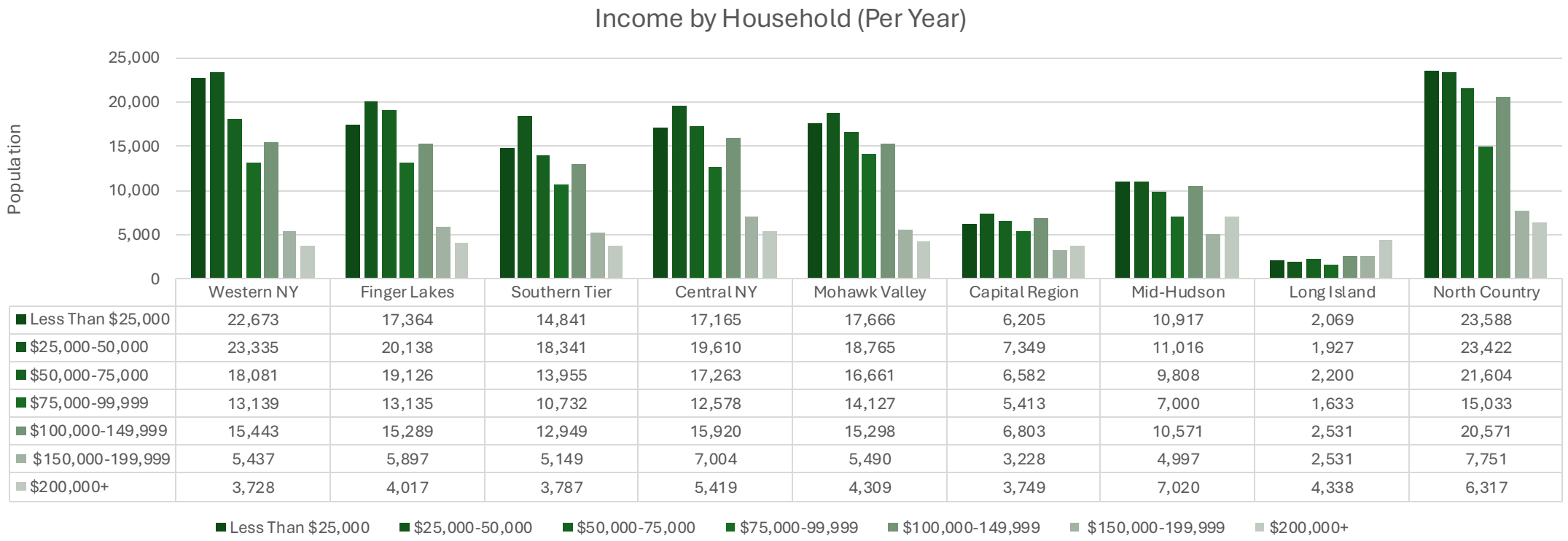
Source: NYSARH Diversity Dashboard. https://nysarh.org/explore-the-diversity-in-your-region/

Income and Poverty

Income Level

Household Income Skews Low in Many Regions

In most upstate and rural regions of New York, a significant share of households earn less than $50,000 per year. The North Country and Western NY, in particular, show high concentrations of low- and moderate-income households, while higher-income brackets are far less common. This income distribution reflects broader economic challenges and reinforces the need for services and supports that help families meet basic needs.



	Western NY	Finger Lakes	Southern Tier	Central NY	Mohawk Valley	Capital Region	Mid-Hudson	Long Island	North Country
Less Than $25,000	22,673	17,364	14,841	17,165	17,666	6,205	10,917	2,069	23,588
$25,000-50,000	23,335	20,138	18,341	19,610	18,765	7,349	11,016	1,927	23,422
$50,000-75,000	18,081	19,126	13,955	17,263	16,661	6,582	9,808	2,200	21,604
$75,000-99,999	13,139	13,135	10,732	12,578	14,127	5,413	7,000	1,633	15,033
$100,000-149,999	15,443	15,289	12,949	15,920	15,298	6,803	10,571	2,531	20,571
$150,000-199,999	5,437	5,897	5,149	7,004	5,490	3,228	4,997	2,531	7,751
$200,000+	3,728	4,017	3,787	5,419	4,309	3,749	7,020	4,338	6,317

Source: NYSARH Diversity Dashboard. https://nysarh.org/explore-the-diversity-in-your-region/

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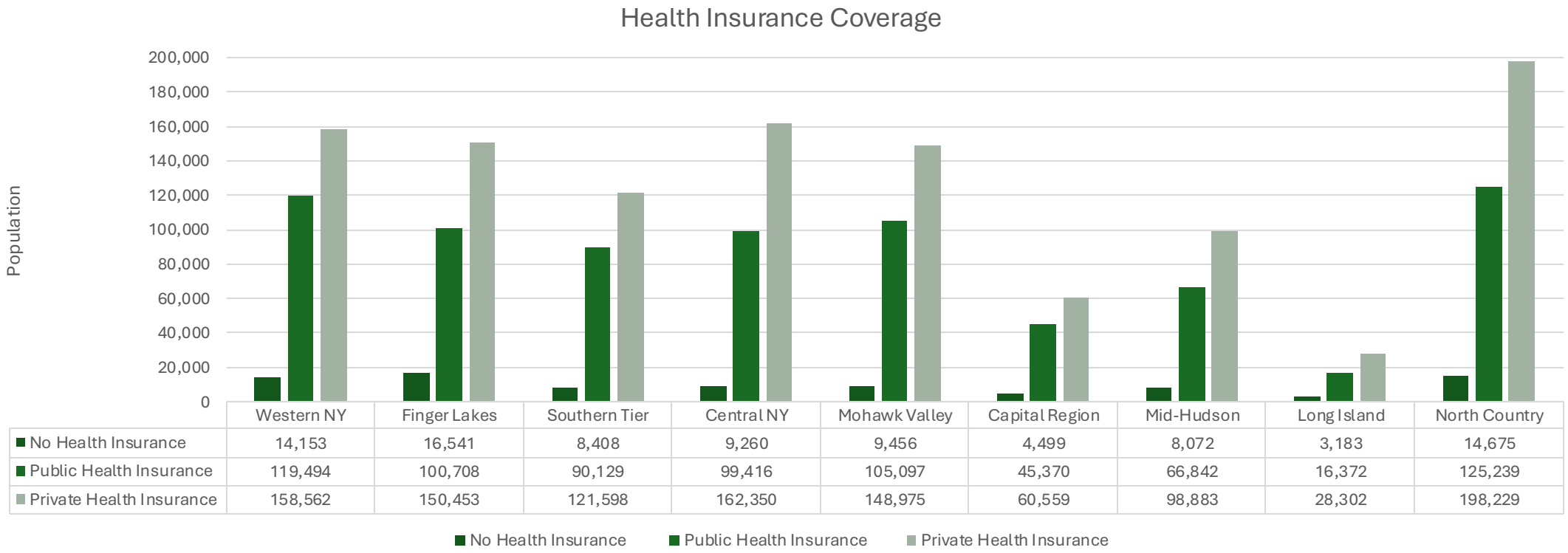
Health Insurance Coverage

Most Residents Are Insured—But Gaps Remain

Across all regions, the majority of residents have either public or private health insurance. However, thousands remain uninsured, particularly in rural regions like the North Country and Finger Lakes. The chart below highlights the ongoing need to close coverage gaps and ensure access to affordable care for all New Yorkers.



	Western NY	Finger Lakes	Southern Tier	Central NY	Mohawk Valley	Capital Region	Mid-Hudson	Long Island	North Country
No Health Insurance	14,153	16,541	8,408	9,260	9,456	4,499	8,072	3,183	14,675
Public Health Insurance	119,494	100,708	90,129	99,416	105,097	45,370	66,842	16,372	125,239
Private Health Insurance	158,562	150,453	121,598	162,350	148,975	60,559	98,883	28,302	198,229

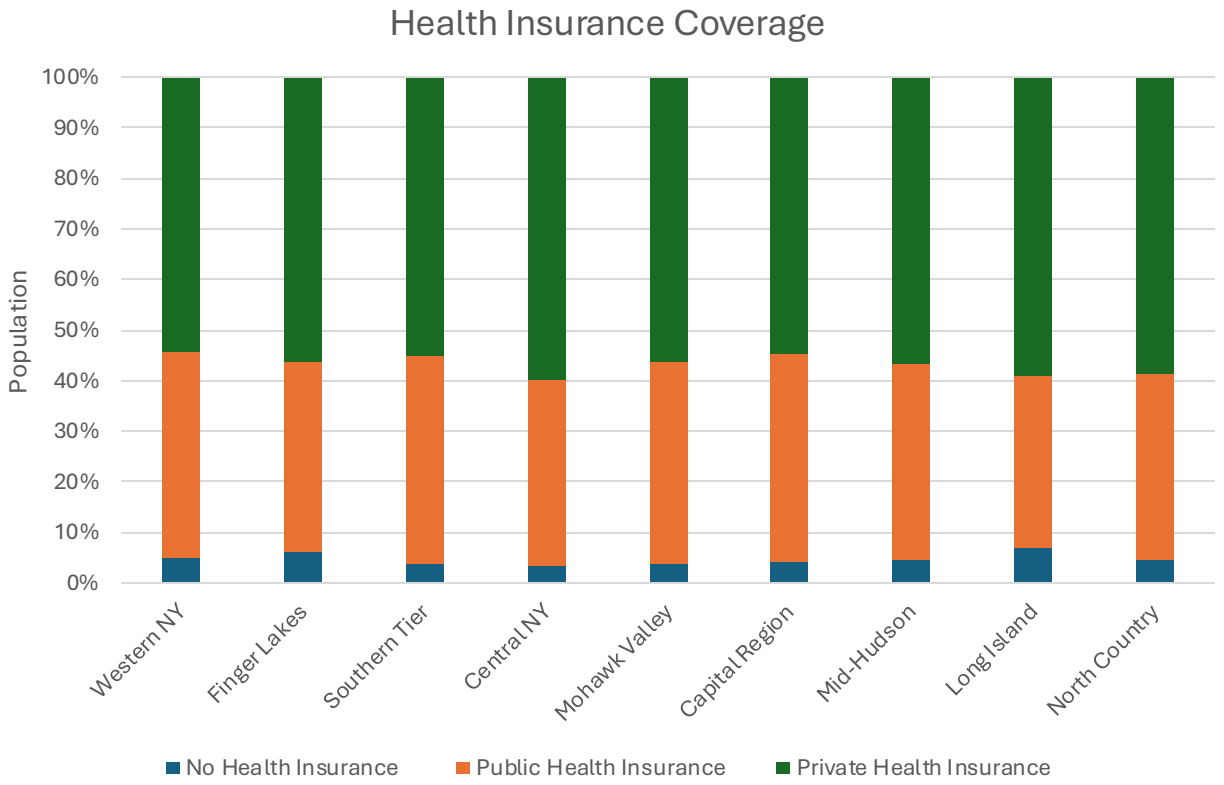
Source: NYSARH Diversity Dashboard. https://nysarh.org/explore-the-diversity-in-your-region/

NYS ASSOCIATION FOR RURAL HEALTH

Publicly Insured Residents

High Reliance on Public Health Coverage Signals Vulnerability to Federal Cuts

In every rural region of New York, more than 40% of residents rely on public health insurance programs like Medicaid and Medicare. These programs are lifelines for individuals with low incomes, older adults, and people with disabilities. As proposed federal funding reductions loom, these communities face heightened risk. The potential impact goes beyond individual health—reduced funding threatens the stability of local healthcare systems that depend on public reimbursements to stay open and serve their populations.



Source: NYSARH Diversity Dashboard. https://nysarh.org/explore-the-diversity-in-your-region/

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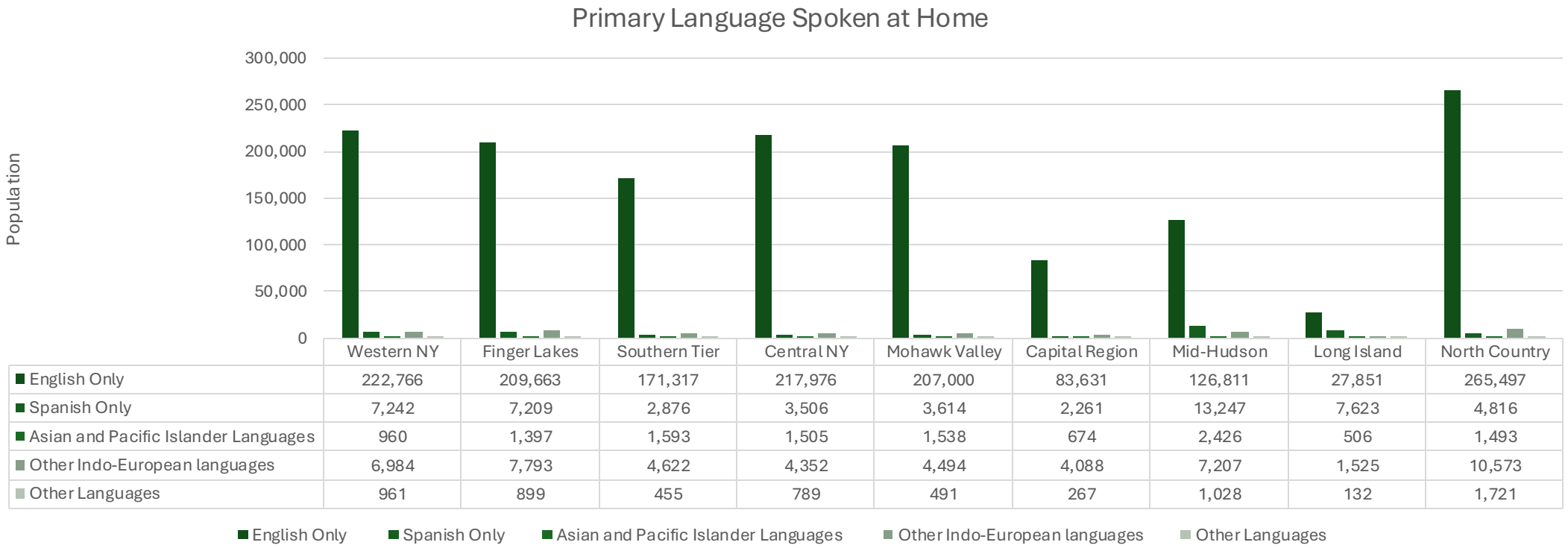
Immigration Related

Language Spoken at Home

English Is Dominant, But Language Diversity Exists

Most residents across New York's rural regions speak only English at home, but there are notable pockets of linguistic diversity—especially in the Mid-Hudson, Long Island, and parts of Western NY. Spanish is the most common non-English language, followed by Indo-European and Asian/Pacific Islander languages. These figures point to the importance of language access in public health, education, and social services.



	Western NY	Finger Lakes	Southern Tier	Central NY	Mohawk Valley	Capital Region	Mid-Hudson	Long Island	North Country
English Only	222,766	209,663	171,317	217,976	207,000	83,631	126,811	27,851	265,497
Spanish Only	7,242	7,209	2,876	3,506	3,614	2,261	13,247	7,623	4,816
Asian and Pacific Islander Languages	960	1,397	1,593	1,505	1,538	674	2,426	506	1,493
Other Indo-European languages	6,984	7,793	4,622	4,352	4,494	4,088	7,207	1,525	10,573
Other Languages	961	899	455	789	491	267	1,028	132	1,721

Source: NYSARH Diversity Dashboard. https://nysarh.org/explore-the-diversity-in-your-region/

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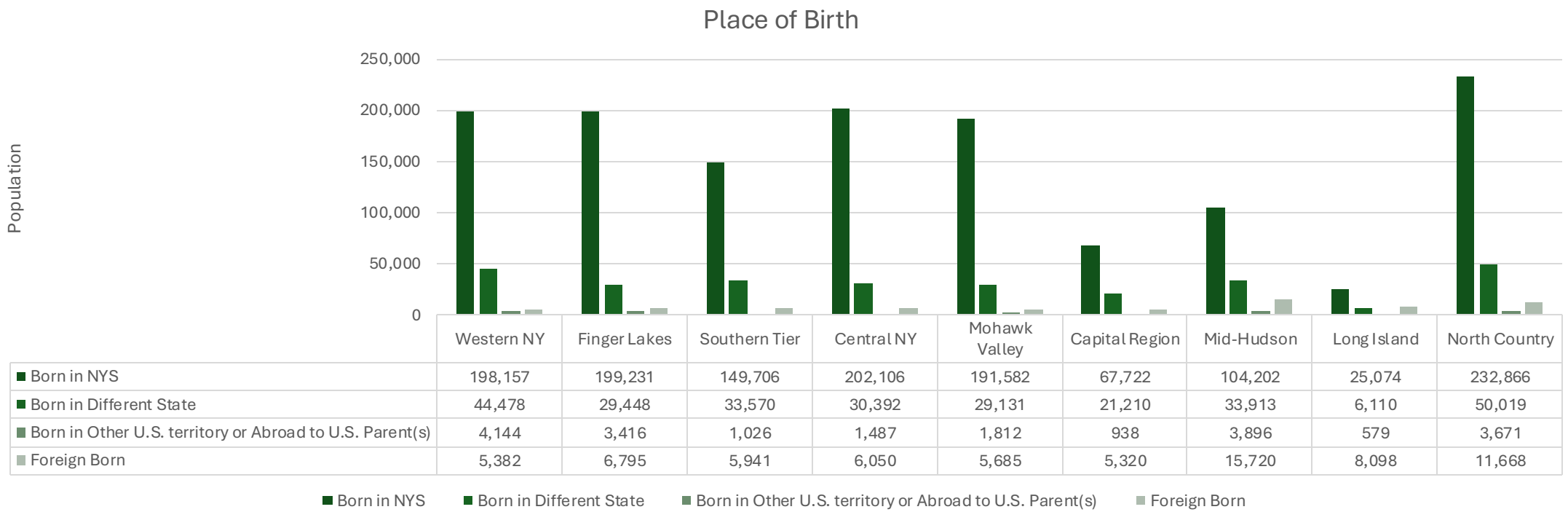
Place of Birth

Most Residents Were Born in New York State

In every region shown, the majority of residents were born in New York State. While a smaller share were born in other states, U.S. territories, or abroad, this chart highlights that rural and upstate communities are home to both long-time residents and newcomers—each bringing unique perspectives and needs.



	Western NY	Finger Lakes	Southern Tier	Central NY	Mohawk Valley	Capital Region	Mid-Hudson	Long Island	North Country
Born in NYS	198,157	199,231	149,706	202,106	191,582	67,722	104,202	25,074	232,866
Born in Different State	44,478	29,448	33,570	30,392	29,131	21,210	33,913	6,110	50,019
Born in Other U.S. territory or Abroad to U.S. Parent(s)	4,144	3,416	1,026	1,487	1,812	938	3,896	579	3,671
Foreign Born	5,382	6,795	5,941	6,050	5,685	5,320	15,720	8,098	11,668

Source: NYSARH Diversity Dashboard. https://nysarh.org/explore-the-diversity-in-your-region/

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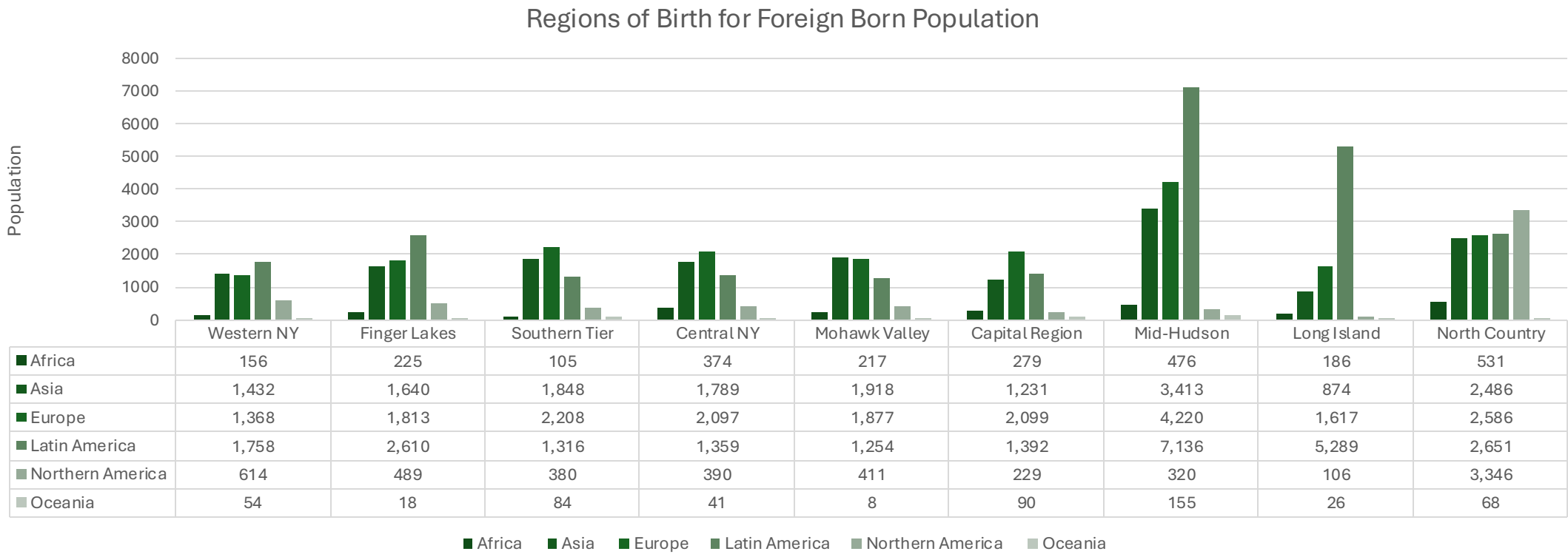
Residents Born Outside the U.S.

New York State Rural Residents Come from All Over the World

New York's rural regions are home to foreign-born residents from every continent. While numbers are smaller than in urban areas, immigrants from Asia, Europe, Latin America, and increasingly Africa and Oceania contribute to the cultural and economic fabric of these communities.



	Western NY	Finger Lakes	Southern Tier	Central NY	Mohawk Valley	Capital Region	Mid-Hudson	Long Island	North Country
Africa	156	225	105	374	217	279	476	186	531
Asia	1,432	1,640	1,848	1,789	1,918	1,231	3,413	874	2,486
Europe	1,368	1,813	2,208	2,097	1,877	2,099	4,220	1,617	2,586
Latin America	1,758	2,610	1,316	1,359	1,254	1,392	7,136	5,289	2,651
Northern America	614	489	380	390	411	229	320	106	3,346
Oceania	54	18	84	41	8	90	155	26	68

Source: NYSARH Diversity Dashboard. https://nysarh.org/explore-the-diversity-in-your-region/

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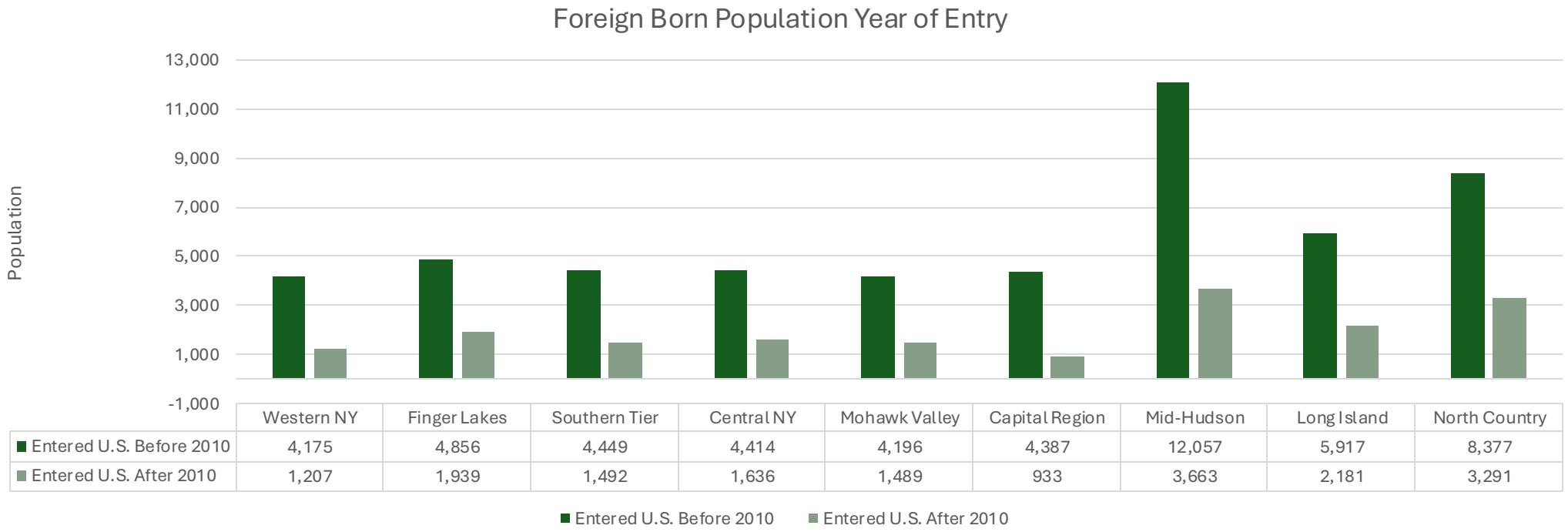
Residents Born Outside the U.S. (Year of Entry into US)

Most Foreign-Born Residents Have Lived in the U.S. for Over a Decade

Across all regions, the majority of foreign-born residents entered the U.S. before 2010. However, newer arrivals—those who arrived after 2010—make up a meaningful portion of the population, especially in the Mid-Hudson, North Country, and Long Island. These patterns highlight the need for both long-term integration support and resources for more recent immigrants.



	Western NY	Finger Lakes	Southern Tier	Central NY	Mohawk Valley	Capital Region	Mid-Hudson	Long Island	North Country
Entered U.S. Before 2010	4,175	4,856	4,449	4,414	4,196	4,387	12,057	5,917	8,377
Entered U.S. After 2010	1,207	1,939	1,492	1,636	1,489	933	3,663	2,181	3,291

Source: NYSARH Diversity Dashboard. https://nysarh.org/explore-the-diversity-in-your-region/

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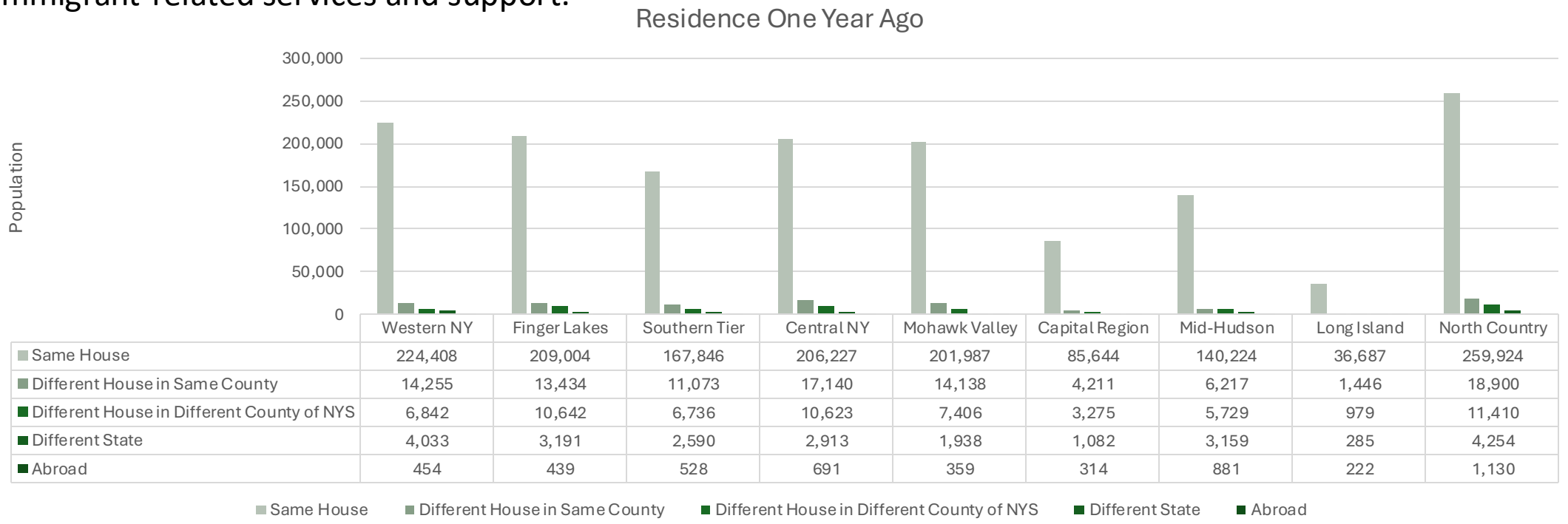
Residence one year ago

Most New Yorkers Stay Put, Few Move Across Counties or Borders

Most people across all regions lived in the same house as a year ago. The North Country had the highest population staying put, while fewest moves occurred to or from abroad. Central NY saw the most county-to-county moves within the state. The number of individuals who reported living abroad 12 months ago points to a continued need for immigrant-related services and support.



	Western NY	Finger Lakes	Southern Tier	Central NY	Mohawk Valley	Capital Region	Mid-Hudson	Long Island	North Country
Same House	224,408	209,004	167,846	206,227	201,987	85,644	140,224	36,687	259,924
Different House in Same County	14,255	13,434	11,073	17,140	14,138	4,211	6,217	1,446	18,900
Different House in Different County of NYS	6,842	10,642	6,736	10,623	7,406	3,275	5,729	979	11,410
Different State	4,033	3,191	2,590	2,913	1,938	1,082	3,159	285	4,254
Abroad	454	439	528	691	359	314	881	222	1,130

Source: NYSARH Diversity Dashboard. https://nysarh.org/explore-the-diversity-in-your-region/

Disability

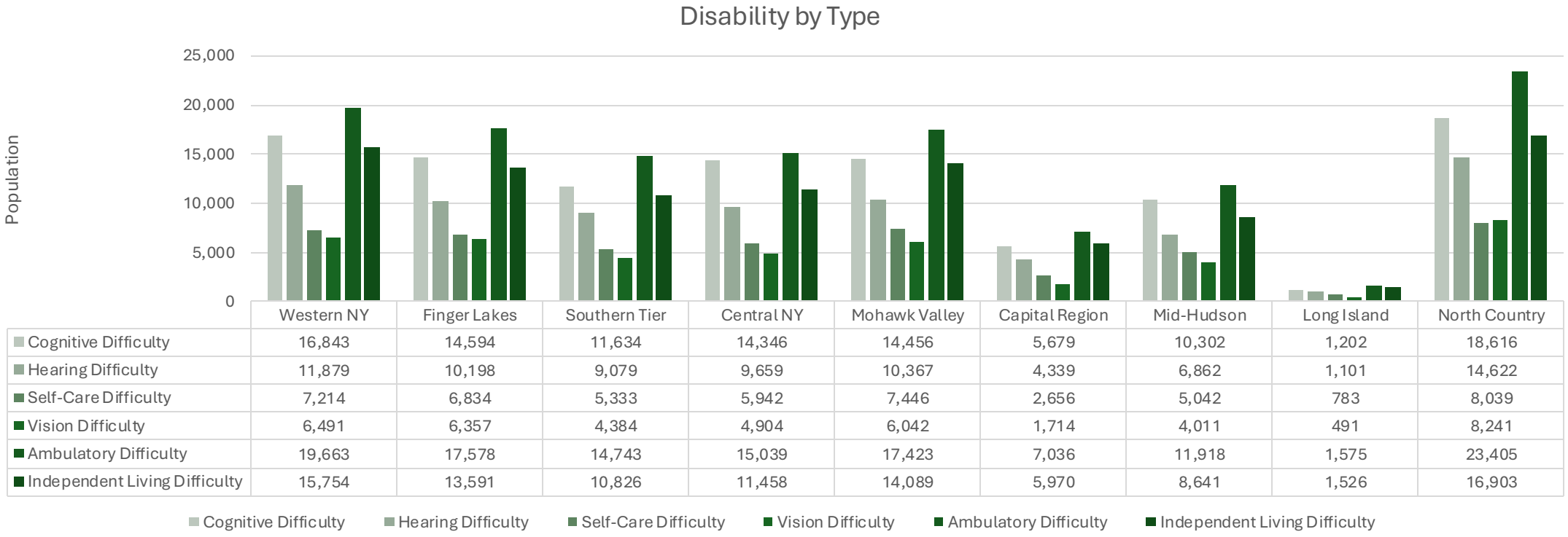
Types of Disability

In this section, the term “disability” refers to individuals who experience one or more types of difficulty that affect daily functioning. This includes challenges related to cognitive processing, hearing, vision, mobility (ambulatory difficulty), and the ability to live independently. These categories help capture a broad spectrum of functional limitations that may influence access to services, employment, and community participation.

Types of Disability

Disability Affects Many—Especially in Rural Regions

Cognitive, ambulatory, and independent living difficulties are the most commonly reported disabilities across New York's rural regions. The North Country reports the highest counts in nearly every category, underscoring the need for accessible services, transportation, and healthcare for individuals living with disabilities.



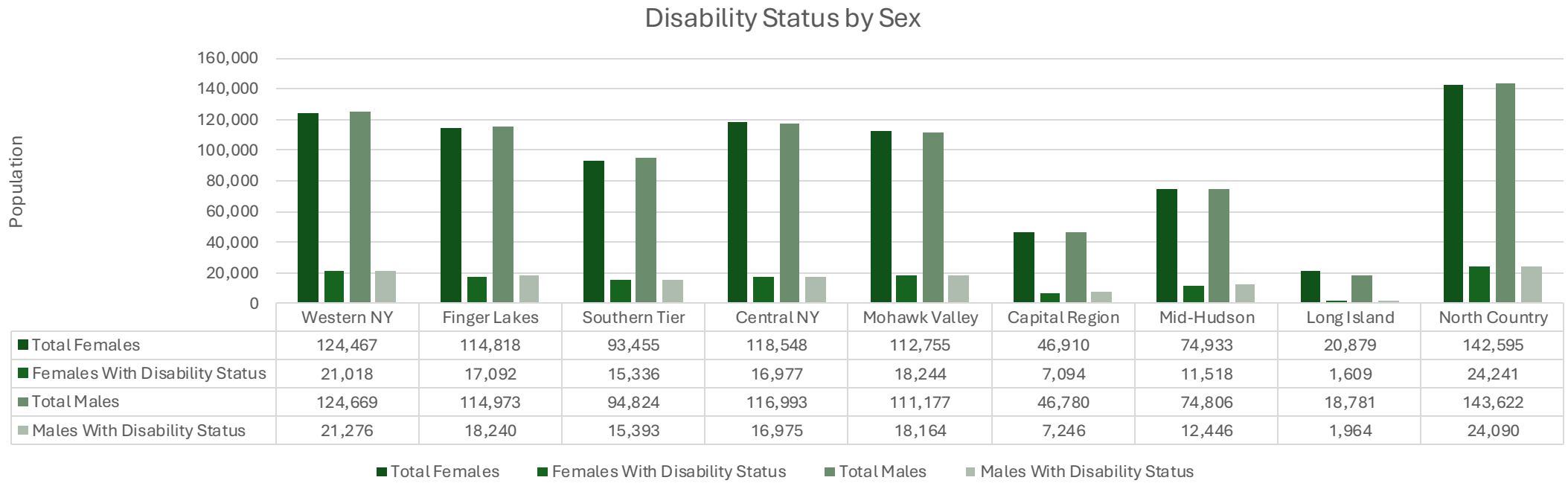
	Western NY	Finger Lakes	Southern Tier	Central NY	Mohawk Valley	Capital Region	Mid-Hudson	Long Island	North Country
Cognitive Difficulty	16,843	14,594	11,634	14,346	14,456	5,679	10,302	1,202	18,616
Hearing Difficulty	11,879	10,198	9,079	9,659	10,367	4,339	6,862	1,101	14,622
Self-Care Difficulty	7,214	6,834	5,333	5,942	7,446	2,656	5,042	783	8,039
Vision Difficulty	6,491	6,357	4,384	4,904	6,042	1,714	4,011	491	8,241
Ambulatory Difficulty	19,663	17,578	14,743	15,039	17,423	7,036	11,918	1,575	23,405
Independent Living Difficulty	15,754	13,591	10,826	11,458	14,089	5,970	8,641	1,526	16,903

Source: NYSARH Diversity Dashboard. https://nysarh.org/explore-the-diversity-in-your-region/

Disability (By Sex)

Disability Rates Are Similar for Men and Women

Across all regions, males and females report disability status at nearly equal rates. While the total population sizes vary, the number of individuals living with disabilities is consistently high among both men and women—particularly in the North Country, Western NY, and Central NY—pointing to a broad need for inclusive services and supports.



	Western NY	Finger Lakes	Southern Tier	Central NY	Mohawk Valley	Capital Region	Mid-Hudson	Long Island	North Country
Total Females	124,467	114,818	93,455	118,548	112,755	46,910	74,933	20,879	142,595
Females With Disability Status	21,018	17,092	15,336	16,977	18,244	7,094	11,518	1,609	24,241
Total Males	124,669	114,973	94,824	116,993	111,177	46,780	74,806	18,781	143,622
Males With Disability Status	21,276	18,240	15,393	16,975	18,164	7,246	12,446	1,964	24,090

Source: NYSARH Diversity Dashboard. https://nysarh.org/explore-the-diversity-in-your-region/

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Disability (By Race / Ethnicity)

Disability by Race and Ethnicity Reveals Uneven Burden

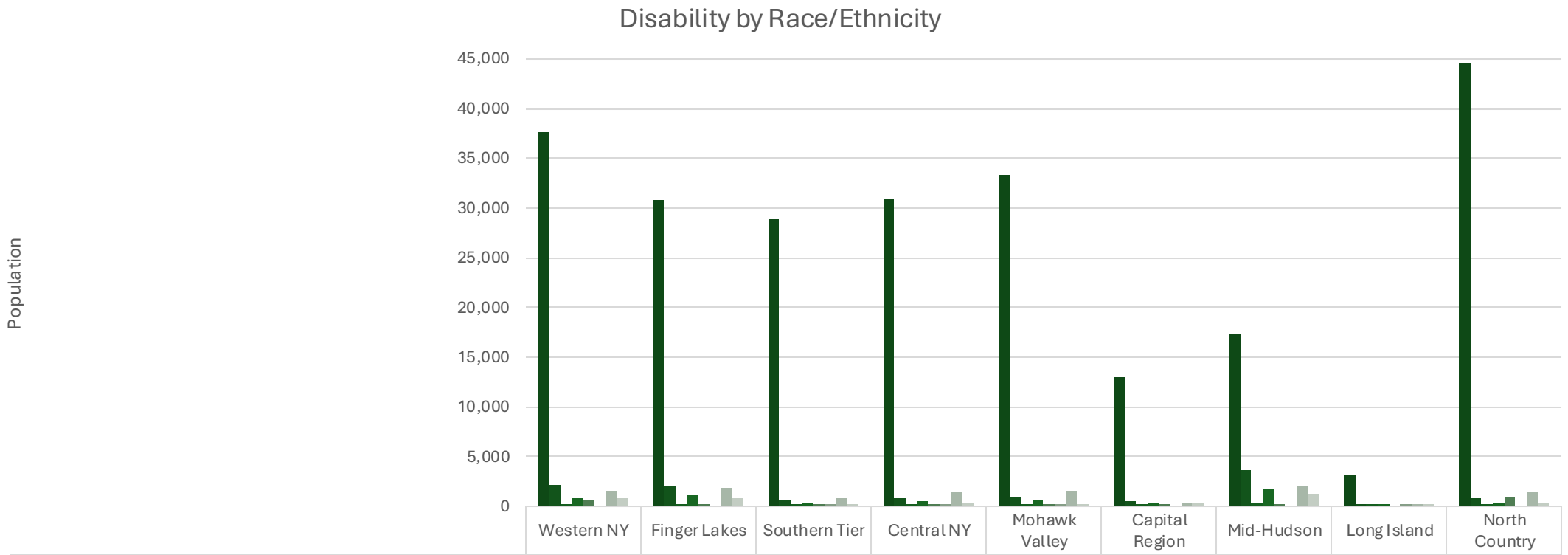
The chart on the subsequent slide shows how disability status is distributed across racial and ethnic groups in New York's rural and upstate regions. The vast majority of individuals with disabilities identify as White and non-Hispanic, which is consistent with the overall population demographics in these areas. However, people of color also experience disability in every region—often at disproportionately high rates relative to their population size.

Notably, Hispanic or Latino residents with disabilities are present in significant numbers in the Mid-Hudson, Western NY, and Finger Lakes regions. The same holds true for Black residents, especially in Mid-Hudson and Finger Lakes. Although smaller in total numbers, American Indian and Alaskan Native individuals show higher disability counts in the North Country and Western NY. Asian residents with disabilities are most concentrated in Mid-Hudson and Central NY, while people identifying as two or more races or another race with disabilities appear across all regions, often in larger-than-expected numbers.

The presence of disability within every racial and ethnic group—and the clear disparities in how these communities are impacted—point to the need for culturally competent, inclusive health and social service systems. Effective outreach and support must acknowledge and respond to the unique barriers that historically marginalized groups face when accessing care, services, and employment while living with a disability.

Source: NYSARH Diversity Dashboard. https://nysarh.org/explore-the-diversity-in-your-region/

Disability (By Race / Ethnicity)



	Western NY	Finger Lakes	Southern Tier	Central NY	Mohawk Valley	Capital Region	Mid-Hudson	Long Island	North Country
White Alone (Not Hispanic or Latino) With a Disability	37,622	30,749	28,857	30,885	33,361	12,944	17,311	3,120	44,605
Hispanic or Latino of Origin (Any Race) With a Disability	2,085	1,930	694	873	970	470	3,669	188	842
Asian Alone With a Disability	95	156	121	173	214	92	357	40	253
Black Alone With a Disability	829	1,171	404	464	610	322	1,668	145	393
American Indian or Alaskan Native Alone With a Disability	614	200	142	221	35	16	249	0	984
Native Hawaiian or Other Pacific Islander Alone With a Disability	0	0	2	11	19	0	0	8	0
Two or More Races With a Disability	1,518	1,787	741	1,473	1,536	346	2,003	66	1,360
Other Race With a Disability	867	751	238	354	174	355	1,278	122	367

Source: NYSARH Diversity Dashboard. https://nysarh.org/explore-the-diversity-in-your-region/

NYS ASSOCIATION FOR RURAL HEALTH

Educational Attainment

By Race / Ethnicity (HS Grad or Higher)

Educational Attainment Varies Widely by Race and Ethnicity

These next two charts show educational attainment by race and ethnicity across New York's rural and upstate regions—first for high school graduates or higher, and then for those with a bachelor's degree or higher.

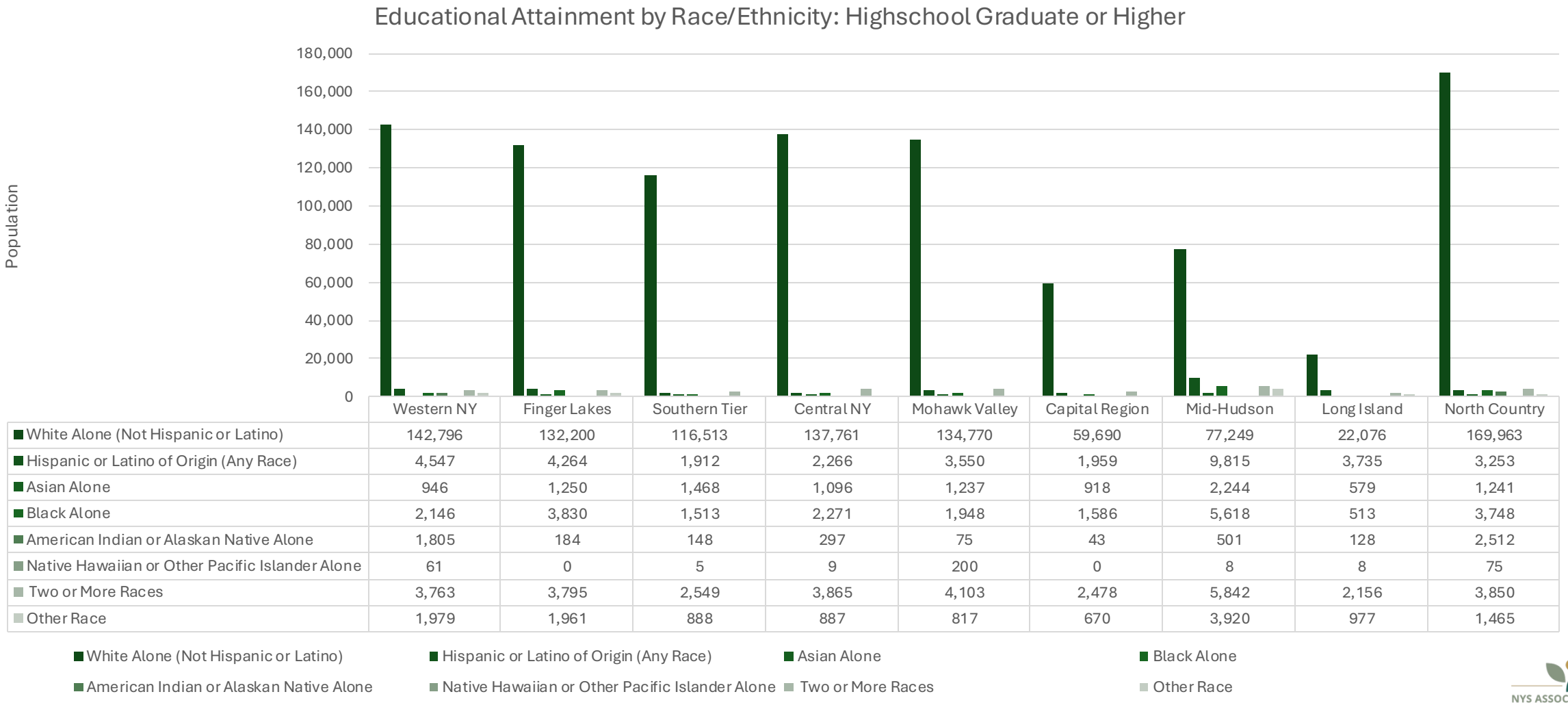
In all regions, White (non-Hispanic) residents make up the largest share of people with at least a high school education. However, educational attainment among other racial and ethnic groups is consistently lower, especially for Hispanic/Latino, Black, and American Indian or Alaskan Native populations.

The second chart, focused on bachelor's degrees or higher, shows an even wider gap. While many regions have several thousand White residents with college degrees, the numbers drop dramatically for people of color. In some regions, only a few hundred Hispanic or Black residents hold bachelor's degrees, and in some groups—such as Native Hawaiian or Pacific Islanders—the numbers are often in the single digits or not reported at all.

These disparities reflect broader systemic inequities in access to education and highlight the need for targeted investment in programs that support academic achievement and degree completion among underrepresented groups in rural New York.

Source: NYSARH Diversity Dashboard. https://nysarh.org/explore-the-diversity-in-your-region/

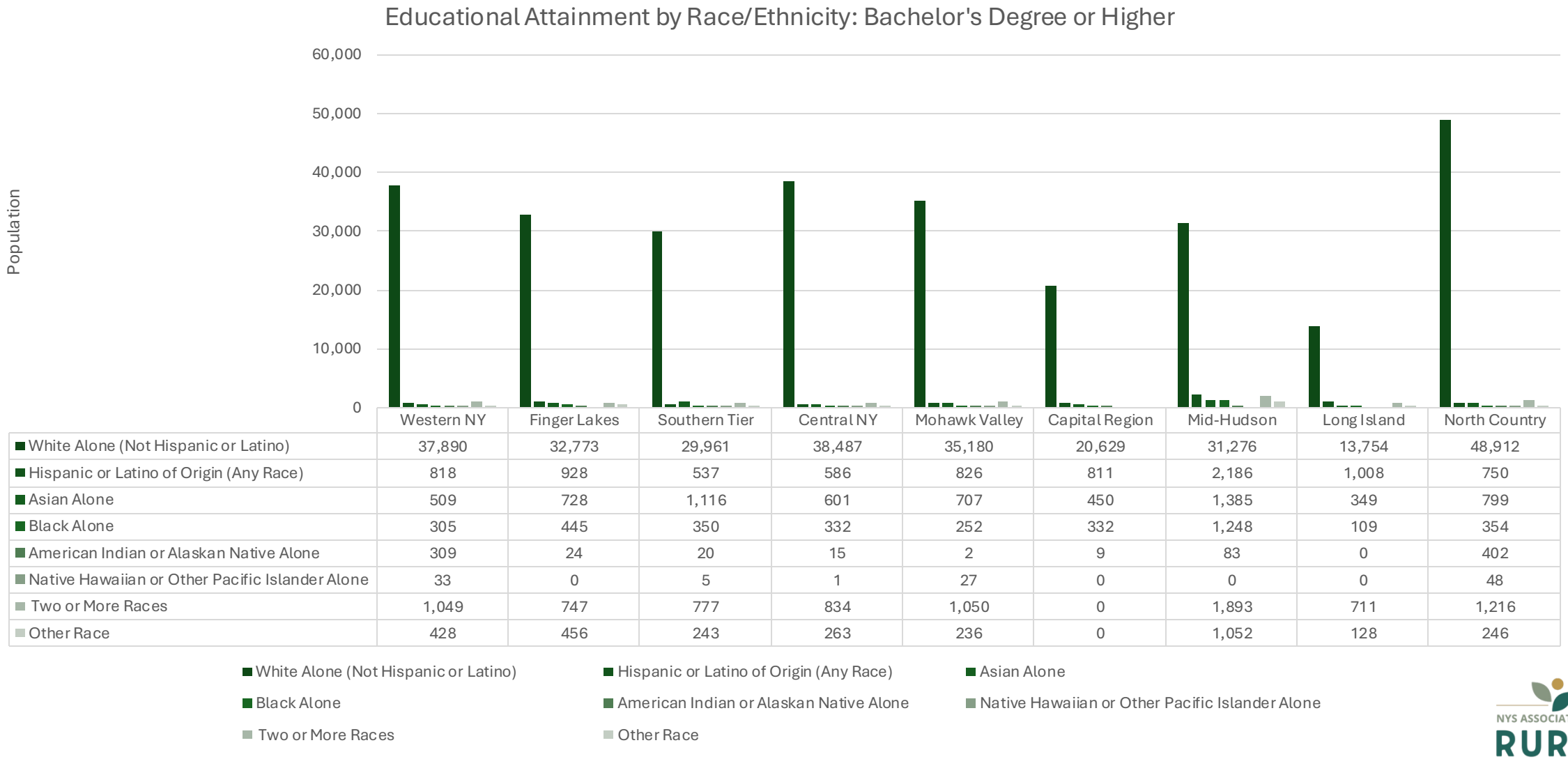
By Race / Ethnicity (HS Grad or Higher)



	Western NY	Finger Lakes	Southern Tier	Central NY	Mohawk Valley	Capital Region	Mid-Hudson	Long Island	North Country
White Alone (Not Hispanic or Latino)	142,796	132,200	116,513	137,761	134,770	59,690	77,249	22,076	169,963
Hispanic or Latino of Origin (Any Race)	4,547	4,264	1,912	2,266	3,550	1,959	9,815	3,735	3,253
Asian Alone	946	1,250	1,468	1,096	1,237	918	2,244	579	1,241
Black Alone	2,146	3,830	1,513	2,271	1,948	1,586	5,618	513	3,748
American Indian or Alaskan Native Alone	1,805	184	148	297	75	43	501	128	2,512
Native Hawaiian or Other Pacific Islander Alone	61	0	5	9	200	0	8	8	75
Two or More Races	3,763	3,795	2,549	3,865	4,103	2,478	5,842	2,156	3,850
Other Race	1,979	1,961	888	887	817	670	3,920	977	1,465

Source: NYSARH Diversity Dashboard. https://nysarh.org/explore-the-diversity-in-your-region/

By Race / Ethnicity (Bachelor's Degree or Higher)



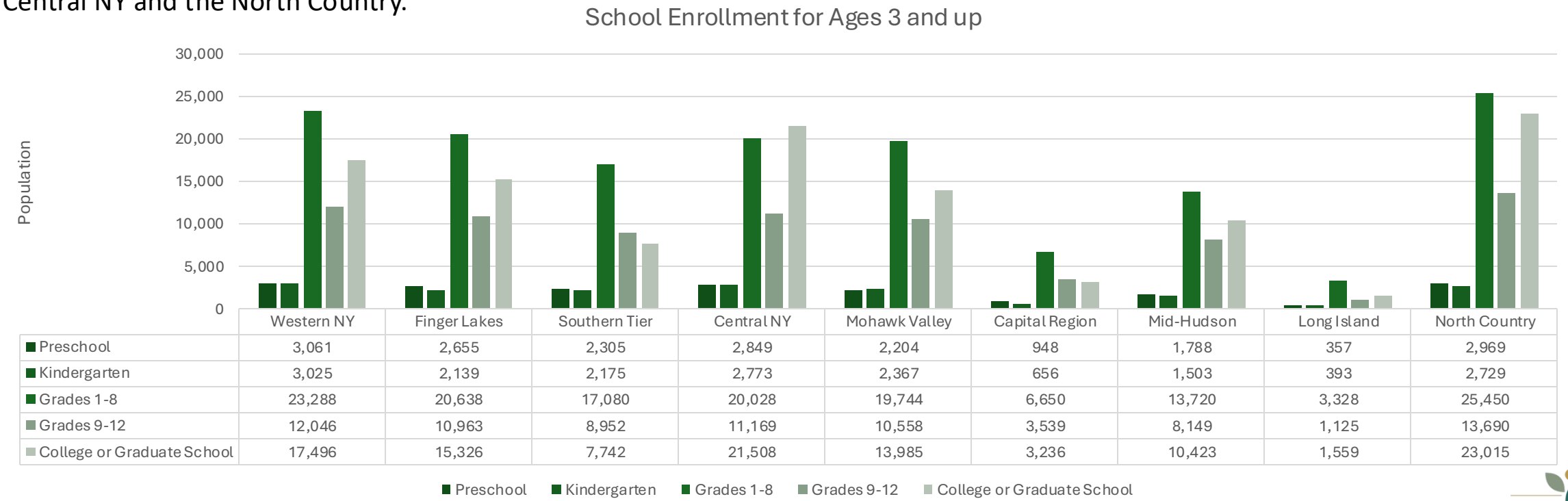
	Western NY	Finger Lakes	Southern Tier	Central NY	Mohawk Valley	Capital Region	Mid-Hudson	Long Island	North Country
White Alone (Not Hispanic or Latino)	37,890	32,773	29,961	38,487	35,180	20,629	31,276	13,754	48,912
Hispanic or Latino of Origin (Any Race)	818	928	537	586	826	811	2,186	1,008	750
Asian Alone	509	728	1,116	601	707	450	1,385	349	799
Black Alone	305	445	350	332	252	332	1,248	109	354
American Indian or Alaskan Native Alone	309	24	20	15	2	9	83	0	402
Native Hawaiian or Other Pacific Islander Alone	33	0	5	1	27	0	0	0	48
Two or More Races	1,049	747	777	834	1,050	0	1,893	711	1,216
Other Race	428	456	243	263	236	0	1,052	128	246

Source: NYSARH Diversity Dashboard. https://nysarh.org/explore-the-diversity-in-your-region/

School Enrollment

School Enrollment Reflects Full Educational Pipeline

This chart shows school enrollment for ages 3 and up across each region, capturing students from preschool through graduate school. Grades 1–8 have the highest enrollment numbers in nearly every region, followed by grades 9–12 and college or graduate school. The data highlights both early childhood education access and strong participation at higher education levels in areas like Central NY and the North Country.



	Western NY	Finger Lakes	Southern Tier	Central NY	Mohawk Valley	Capital Region	Mid-Hudson	Long Island	North Country
Preschool	3,061	2,655	2,305	2,849	2,204	948	1,788	357	2,969
Kindergarten	3,025	2,139	2,175	2,773	2,367	656	1,503	393	2,729
Grades 1-8	23,288	20,638	17,080	20,028	19,744	6,650	13,720	3,328	25,450
Grades 9-12	12,046	10,963	8,952	11,169	10,558	3,539	8,149	1,125	13,690
College or Graduate School	17,496	15,326	7,742	21,508	13,985	3,236	10,423	1,559	23,015

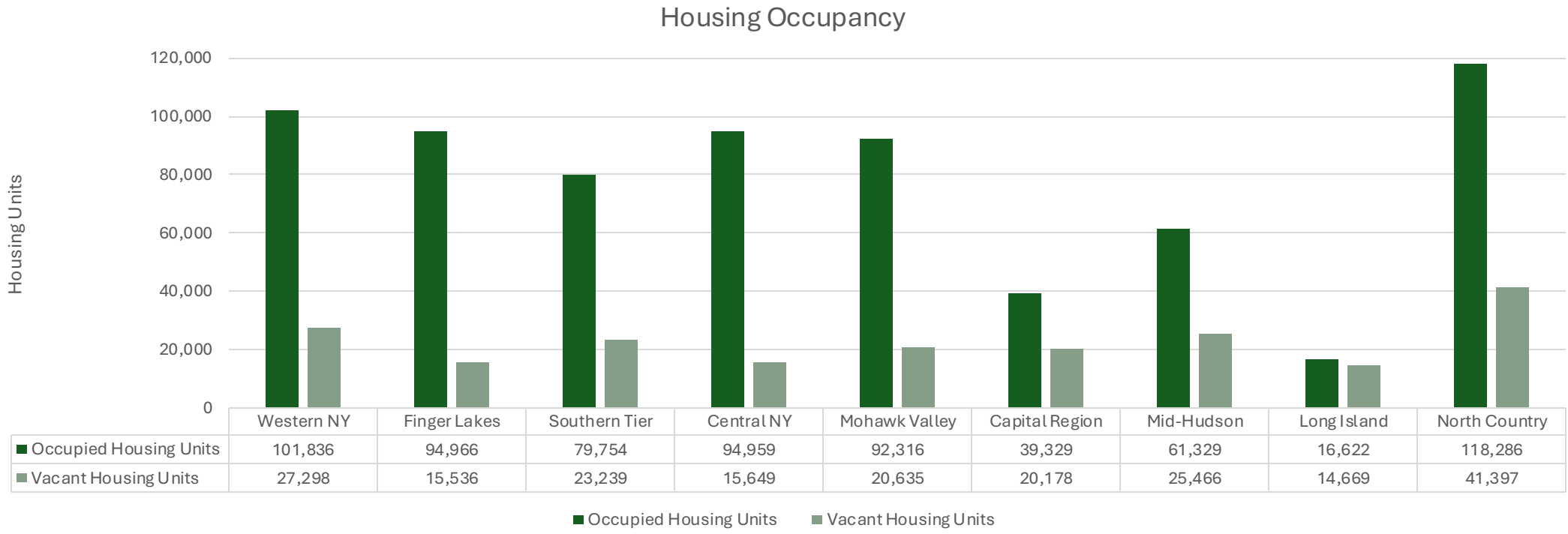
Source: NYSARH Diversity Dashboard. https://nysarh.org/explore-the-diversity-in-your-region/

Housing

Housing Occupancy

Vacancy Rates Remain High in Several Regions

While most housing units are occupied, many regions—especially the North Country, Western NY, and the Mid-Hudson—show significant numbers of vacant homes. These high vacancy rates may signal challenges related to seasonal housing, economic decline, or lack of affordable options.



	Western NY	Finger Lakes	Southern Tier	Central NY	Mohawk Valley	Capital Region	Mid-Hudson	Long Island	North Country
Occupied Housing Units	101,836	94,966	79,754	94,959	92,316	39,329	61,329	16,622	118,286
Vacant Housing Units	27,298	15,536	23,239	15,649	20,635	20,178	25,466	14,669	41,397

Source: NYSARH Diversity Dashboard. https://nysarh.org/explore-the-diversity-in-your-region/

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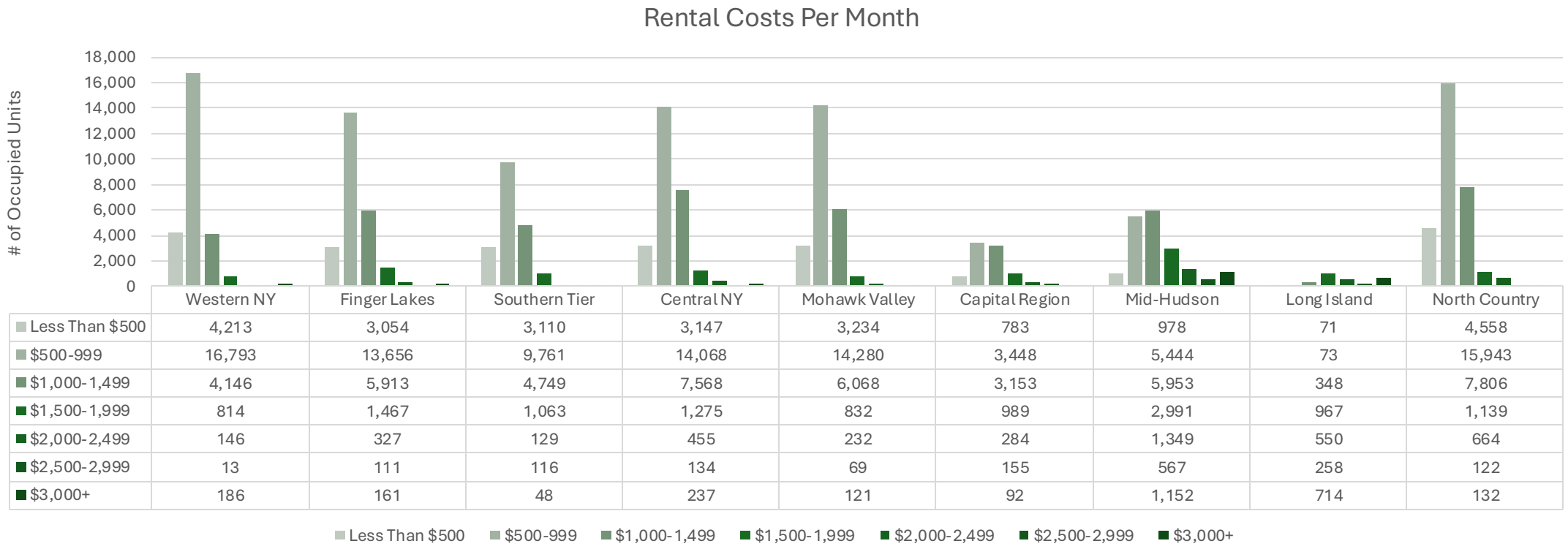
Rental Costs

Most Renters Pay Under $1,000 Per Month

Rental costs across rural regions are concentrated in the $500–$999 range, with very few households paying over $2,000 per month. The North Country, Western NY, and Mohawk Valley show particularly high numbers of lower-cost rentals, though affordability may still be a challenge relative to local incomes.



	Western NY	Finger Lakes	Southern Tier	Central NY	Mohawk Valley	Capital Region	Mid-Hudson	Long Island	North Country
Less Than $500	4,213	3,054	3,110	3,147	3,234	783	978	71	4,558
$500-999	16,793	13,656	9,761	14,068	14,280	3,448	5,444	73	15,943
$1,000-1,499	4,146	5,913	4,749	7,568	6,068	3,153	5,953	348	7,806
$1,500-1,999	814	1,467	1,063	1,275	832	989	2,991	967	1,139
$2,000-2,499	146	327	129	455	232	284	1,349	550	664
$2,500-2,999	13	111	116	134	69	155	567	258	122
$3,000+	186	161	48	237	121	92	1,152	714	132

Source: NYSARH Diversity Dashboard. https://nysarh.org/explore-the-diversity-in-your-region/

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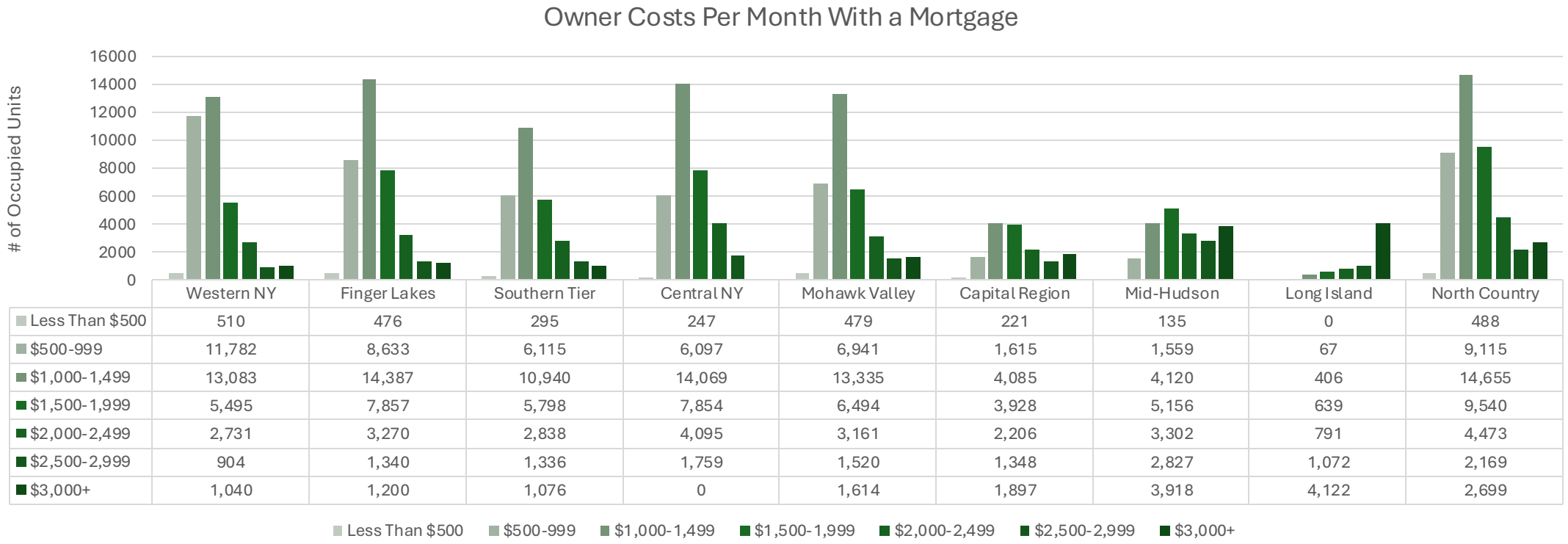
Owner Costs (w Mortgage)

Most Homeowners Pay $1,000–$1,499 Monthly

Across regions, monthly mortgage costs for most homeowners fall between $1,000 and $1,499. The North Country, Finger Lakes, and Central NY show the highest number of homeowners in this range, with smaller but notable shares paying $2,000 or more.



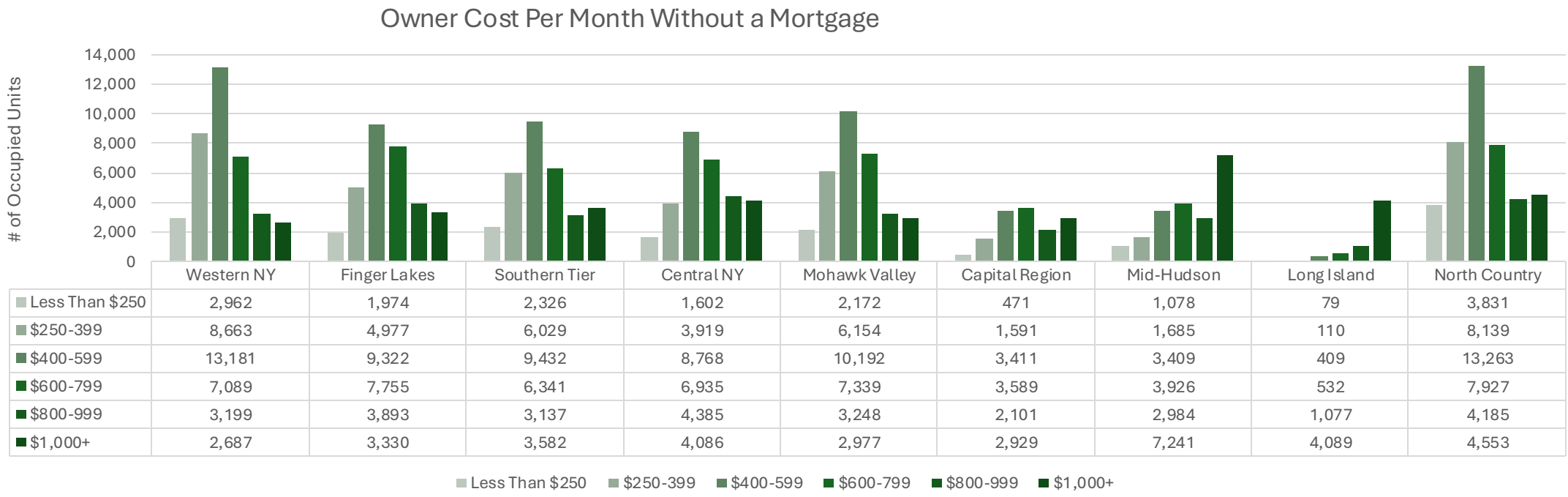
	Western NY	Finger Lakes	Southern Tier	Central NY	Mohawk Valley	Capital Region	Mid-Hudson	Long Island	North Country
Less Than $500	510	476	295	247	479	221	135	0	488
$500-999	11,782	8,633	6,115	6,097	6,941	1,615	1,559	67	9,115
$1,000-1,499	13,083	14,387	10,940	14,069	13,335	4,085	4,120	406	14,655
$1,500-1,999	5,495	7,857	5,798	7,854	6,494	3,928	5,156	639	9,540
$2,000-2,499	2,731	3,270	2,838	4,095	3,161	2,206	3,302	791	4,473
$2,500-2,999	904	1,340	1,336	1,759	1,520	1,348	2,827	1,072	2,169
$3,000+	1,040	1,200	1,076	0	1,614	1,897	3,918	4,122	2,699

Source: NYSARH Diversity Dashboard. https://nysarh.org/explore-the-diversity-in-your-region/

Owner Costs (w/o Mortgage)

Owner Costs: With vs. Without a Mortgage

Owners with a mortgage most often pay $1,000–$1,499 monthly, while those without a mortgage typically pay $250–$599. The North Country stands out in both groups for its high number of owners, but costs are significantly lower without a mortgage.



	Western NY	Finger Lakes	Southern Tier	Central NY	Mohawk Valley	Capital Region	Mid-Hudson	Long Island	North Country
Less Than $250	2,962	1,974	2,326	1,602	2,172	471	1,078	79	3,831
$250-399	8,663	4,977	6,029	3,919	6,154	1,591	1,685	110	8,139
$400-599	13,181	9,322	9,432	8,768	10,192	3,411	3,409	409	13,263
$600-799	7,089	7,755	6,341	6,935	7,339	3,589	3,926	532	7,927
$800-999	3,199	3,893	3,137	4,385	3,248	2,101	2,984	1,077	4,185
$1,000+	2,687	3,330	3,582	4,086	2,977	2,929	7,241	4,089	4,553

Source: NYSARH Diversity Dashboard. https://nysarh.org/explore-the-diversity-in-your-region/

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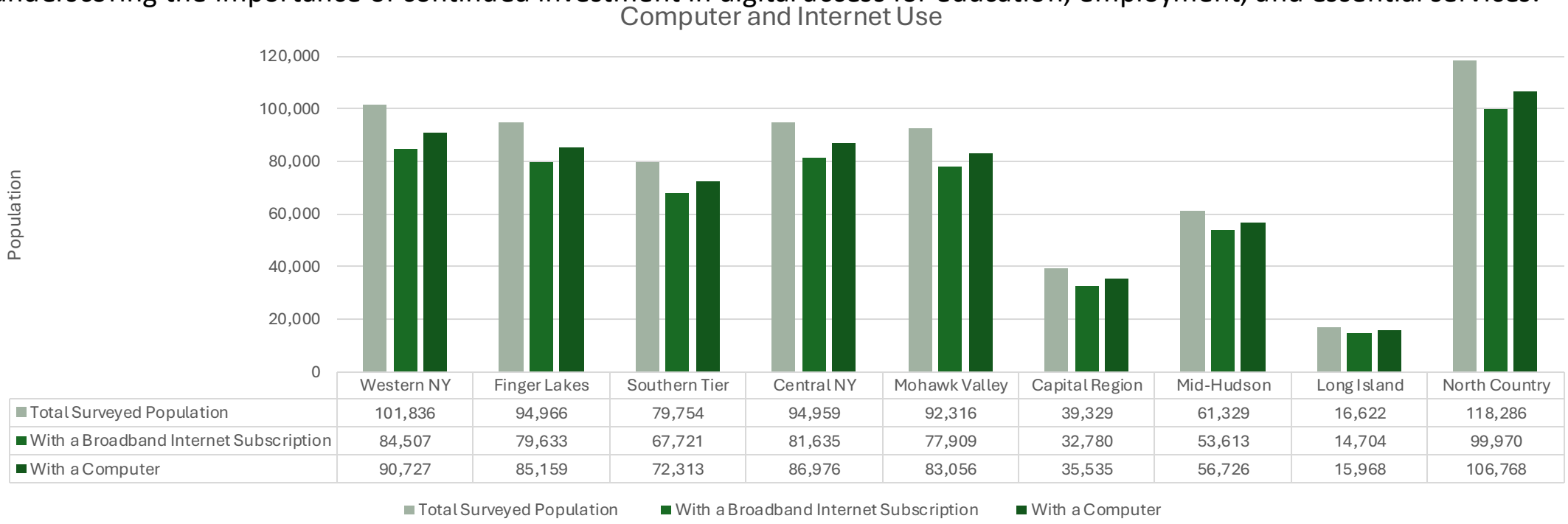
Computers and Internet Use

Broadband Availability

Most Households Are Online — But Gaps Remain in Access and Equipment

Most rural households across New York State report having access to both a computer and a broadband internet subscription. While total numbers vary by region, these differences often reflect the size of the surveyed population rather than lower rates of access. For example, Long Island shows smaller absolute numbers due to fewer rural respondents, but relatively high rates of connectivity among those surveyed. Meanwhile, regions like the North Country and Central NY report both high numbers and strong infrastructure, underscoring the importance of continued investment in digital access for education, employment, and essential services.



	Western NY	Finger Lakes	Southern Tier	Central NY	Mohawk Valley	Capital Region	Mid-Hudson	Long Island	North Country
Total Surveyed Population	101,836	94,966	79,754	94,959	92,316	39,329	61,329	16,622	118,286
With a Broadband Internet Subscription	84,507	79,633	67,721	81,635	77,909	32,780	53,613	14,704	99,970
With a Computer	90,727	85,159	72,313	86,976	83,056	35,535	56,726	15,968	106,768

Source: NYSARH Diversity Dashboard. https://nysarh.org/explore-the-diversity-in-your-region/

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