
City of Cambridge

Community Development Department

A Close Look at Cambridge Demographics

Prepared for the Cambridge Human Rights Commission

March 2026



**CITY OF
CAMBRIDGE**

CDD
Community
Development



Presentation Overview

Age & Sex

Race, Ethnicity & Ancestry

Disability

Households & Families

Immigration

Income & Poverty

Data Sources

U.S. Census Bureau Decennial Census

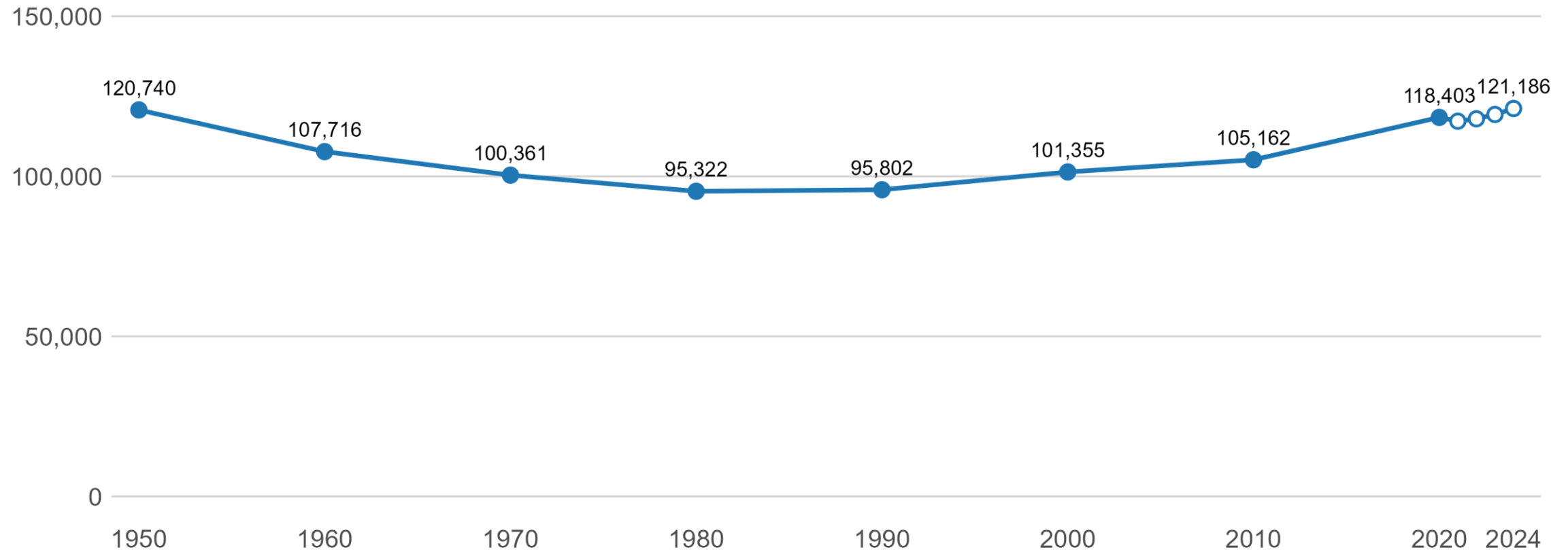
U.S. Census Bureau American Community Survey (ACS)

U.S. Census Bureau Population and Housing Unit Estimates

Analyses by City of Cambridge staff

Cambridge Population Over Time

1950–2024

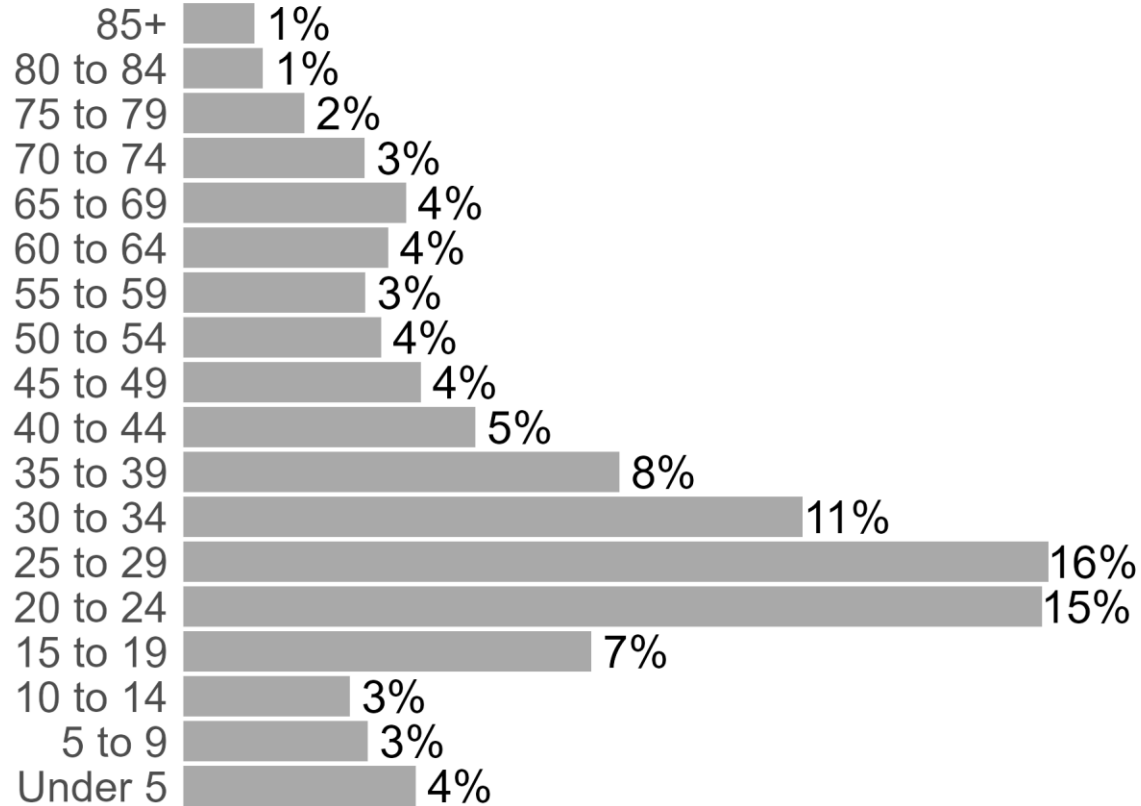


Source: 1950-2020 population data are from the U.S. Census Bureau Decennial Census. 2021-2024 population estimates are from the U.S. Census Bureau Population & Housing Unit Estimates.

Age & Sex

Population by Age

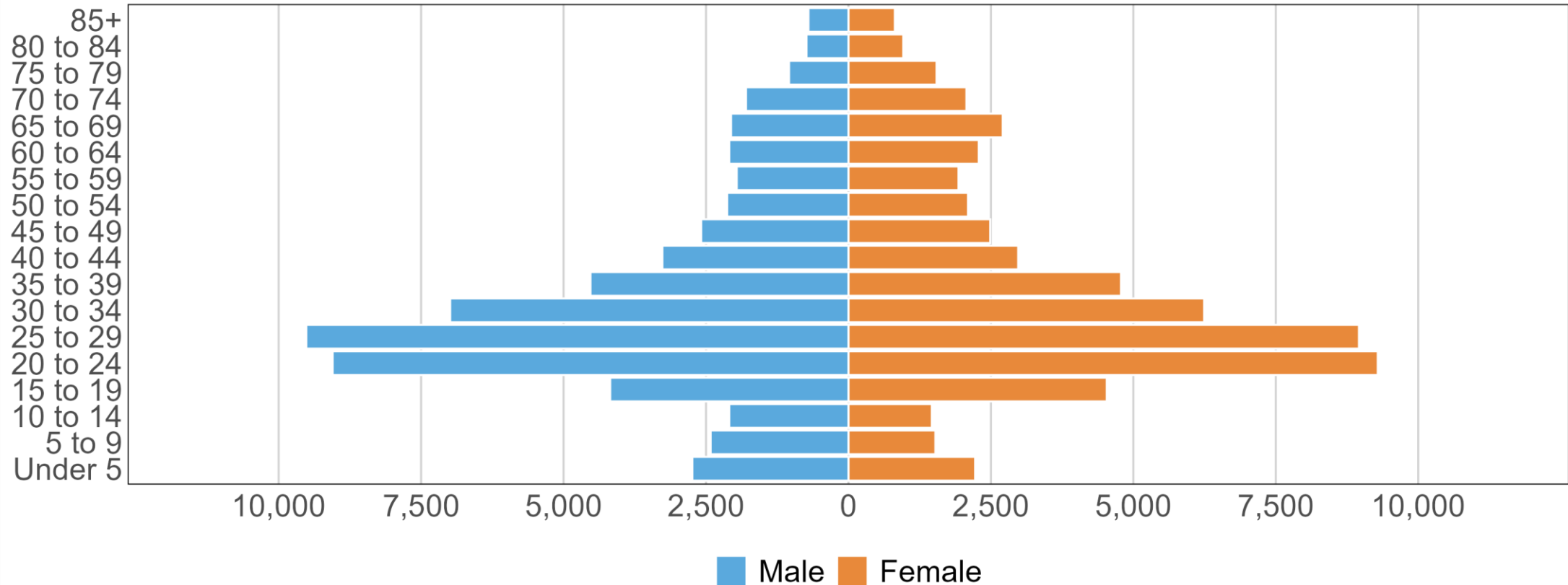
Total Population (n = 118,796)



Source: U.S. Census Bureau, American Community Survey (ACS) 2020-2024. Data is from ACS table B01001.

Population by Age & Sex

Total Population (Male n = 59,896, Female n = 58,900)



Source: U.S. Census Bureau, American Community Survey (ACS) 2020-2024. Data is from ACS table B01001.



Race, Ethnicity & Ancestry

Race & Ethnicity Standards

U.S. Office of Management and Budget (OMB) Statistical Policy Directive No. 15

Current (1997 standards):

- Two-question format. Ethnicity and race are considered separate concepts.
- Two minimum ethnicity categories – Hispanic or Latino, Not Hispanic or Latino
- Five minimum race categories - American Indian or Alaska Native, Asian, Black or African American, Native Hawaiian or Other Pacific Islander, White. The U.S. Census Bureau also uses the category “Some Other Race” in the Decennial Census and the ACS. Respondents may select multiple races.
- Individuals of Hispanic or Latino origin can be of any race.

Updated standards issued in March 2024 (to be implemented in the 2027 ACS data collection cycle):

- Single, combined race and ethnicity question with the following minimum categories - American Indian or Alaska Native, Asian, Black or African American, Hispanic or Latino, Middle Eastern or North African, Native Hawaiian or Pacific Islander, White

Race & Ethnicity Questions

From the 2024 American Community Survey (ACS) questionnaire:

From the March 2024 Federal Register Notice:
Updates to OMB's Statistical Policy Directive No. 15

5 **Is Person 1 of Hispanic, Latino, or Spanish origin?**

→ **NOTE: Please answer BOTH Question 5 about Hispanic origin and Question 6 about race. For this survey, Hispanic origins are not races.**

No, not of Hispanic, Latino, or Spanish origin

Yes, Mexican, Mexican Am., Chicano

Yes, Puerto Rican

Yes, Cuban

Yes, another Hispanic, Latino, or Spanish origin – *Print, for example, Salvadoran, Dominican, Colombian, Guatemalan, Spaniard, Ecuadorian, etc.* ↴

6 **What is Person 1's race?**
Mark (X) one or more boxes AND print origins.

White – *Print, for example, German, Irish, English, Italian, Lebanese, Egyptian, etc.* ↴

Black or African Am. – *Print, for example, African American, Jamaican, Haitian, Nigerian, Ethiopian, Somali, etc.* ↴

American Indian or Alaska Native – *Print name of enrolled or principal tribe(s), for example, Navajo Nation, Blackfeet Tribe, Mayan, Aztec, Native Village of Barrow Inupiat Traditional Government, Nome Eskimo Community, etc.* ↴

Chinese Vietnamese Native Hawaiian

Filipino Korean Samoan

Asian Indian Japanese Chamorro

Other Asian – *Print, for example, Pakistani, Cambodian, Hmong, etc.* ↴

Other Pacific Islander – *Print, for example, Tongan, Fijian, Marshallese, etc.* ↴

Some other race – *Print race or origin.* ↴

What is your race and/or ethnicity?
Select all that apply and enter additional details in the spaces below.

American Indian or Alaska Native – *Enter, for example, Navajo Nation, Blackfeet Tribe of the Blackfeet Indian Reservation of Montana, Native Village of Barrow Inupiat Traditional Government, Nome Eskimo Community, Aztec, Maya, etc.*

Asian – *Provide details below.*

Chinese Asian Indian Filipino

Vietnamese Korean Japanese

Enter, for example, Pakistani, Hmong, Afghan, etc.

Black or African American – *Provide details below.*

African American Jamaican Haitian

Nigerian Ethiopian Somali

Enter, for example, Trinidadian and Tobagonian, Ghanaian, Congolese, etc.

Hispanic or Latino – *Provide details below.*

Mexican Puerto Rican Salvadoran

Cuban Dominican Guatemalan

Enter, for example, Colombian, Honduran, Spaniard, etc.

Middle Eastern or North African – *Provide details below.*

Lebanese Iranian Egyptian

Syrian Iraqi Israeli

Enter, for example, Moroccan, Yemeni, Kurdish, etc.

Native Hawaiian or Pacific Islander – *Provide details below.*

Native Hawaiian Samoan Chamorro

Tongan Fijian Marshallese

Enter, for example, Chuukese, Palauan, Tahitian, etc.

White – *Provide details below.*

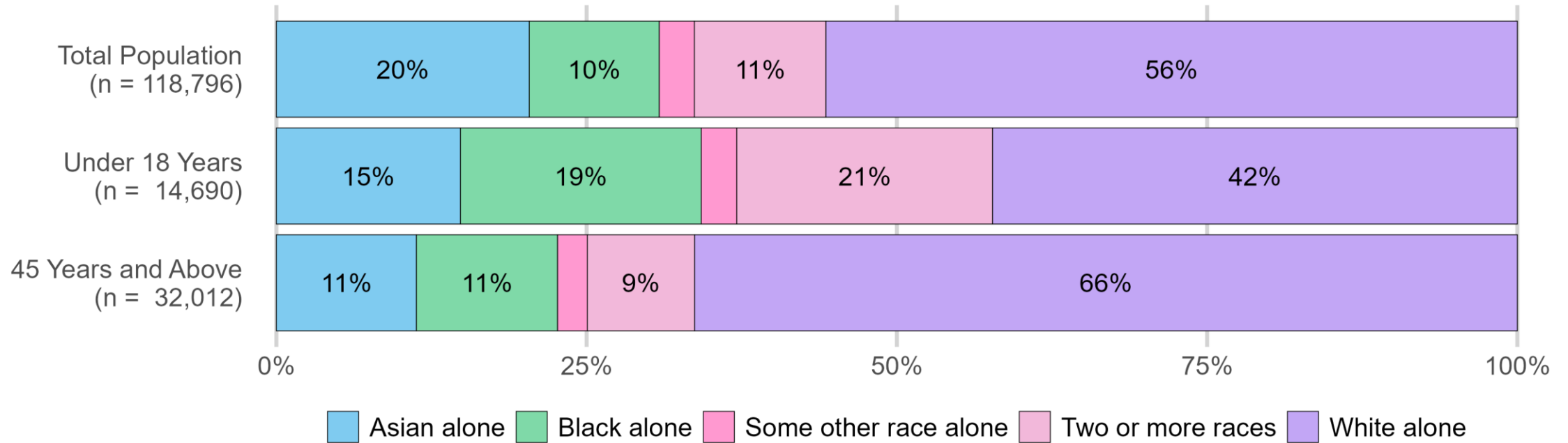
English German Irish

Italian Polish Scottish

Enter, for example, French, Swedish, Norwegian, etc.

Population by Race

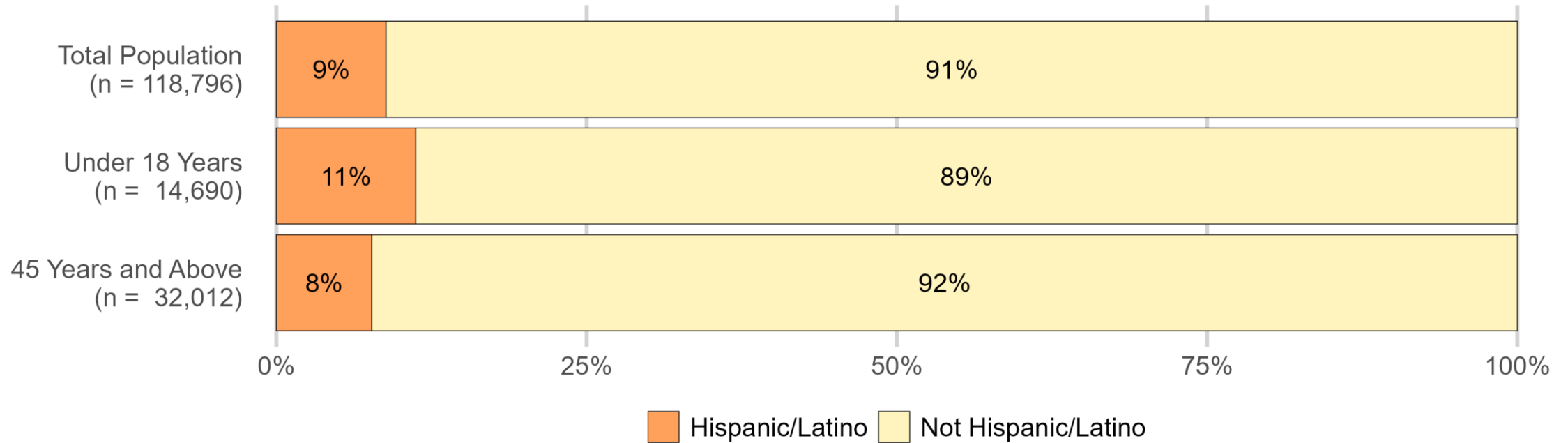
Total Population, Under 18 Years and 45 Years and Above



Source: U.S. Census Bureau, American Community Survey (ACS) 2020-2024. 'Total Population' data is from ACS table B02001. 'Under 18 Years' and '45 Years and Above' data is from ACS table B01001 and its racial/ethnic iterations. The 'some other race alone' category includes 'American Indian or Alaska Native alone', 'Native Hawaiian and other Pacific Islander alone' and 'Some Other Race alone'.

Population by Ethnicity

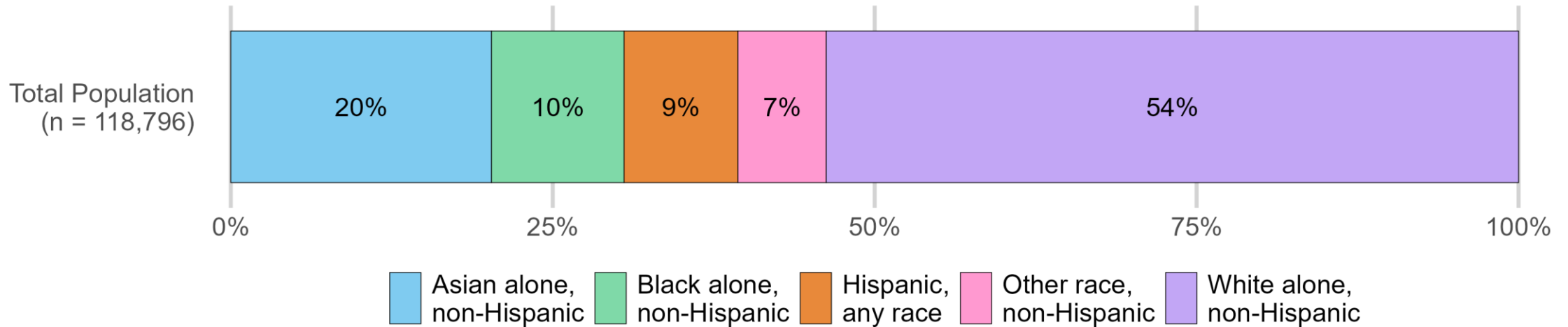
Total Population, Under 18 Years and 45 Years and Above



Source: U.S. Census Bureau, American Community Survey (ACS) 2020-2024. 'Total Population' data is from ACS table B03002, 'Under 18 Years' and '45 Years and Above' data is from ACS table B01001 and its racial/ethnic iterations.

Population by Race & Ethnicity Combined

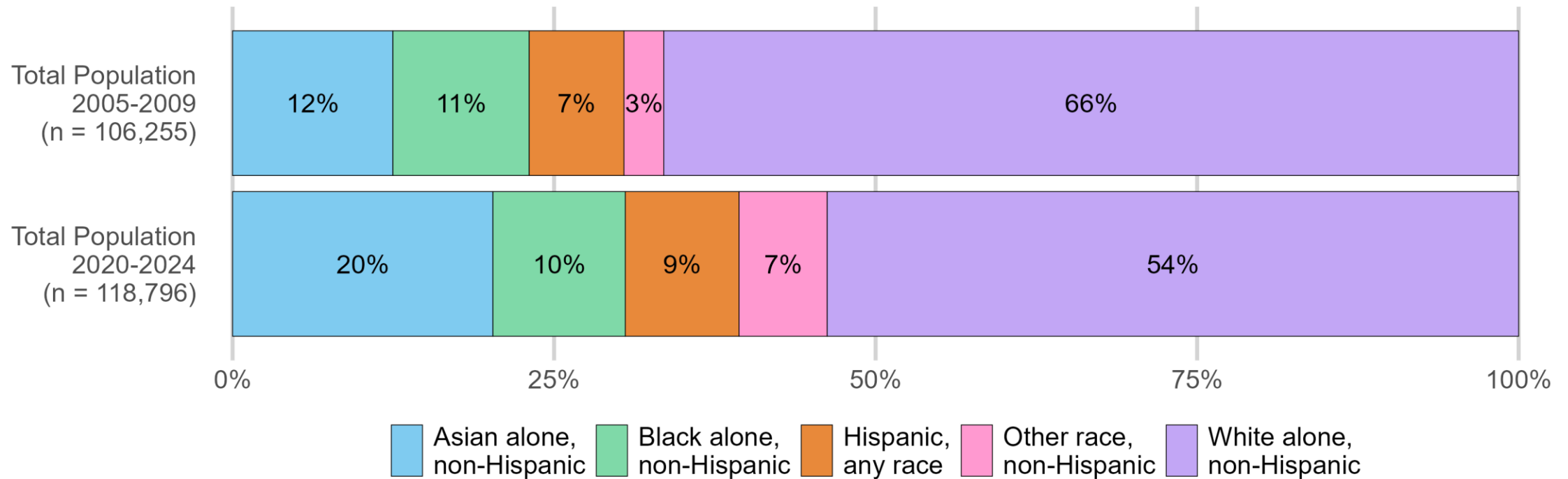
Total Population



Source: U.S. Census Bureau, American Community Survey (ACS) 2020-2024. Data is from ACS table from ACS table B03002. The 'Other race' category includes 'American Indian or Alaska Native alone', 'Native Hawaiian and other Pacific Islander alone', 'Some Other Race alone' and 'Two or More Races'.

Historical Comparison: Race & Ethnicity

Total Population

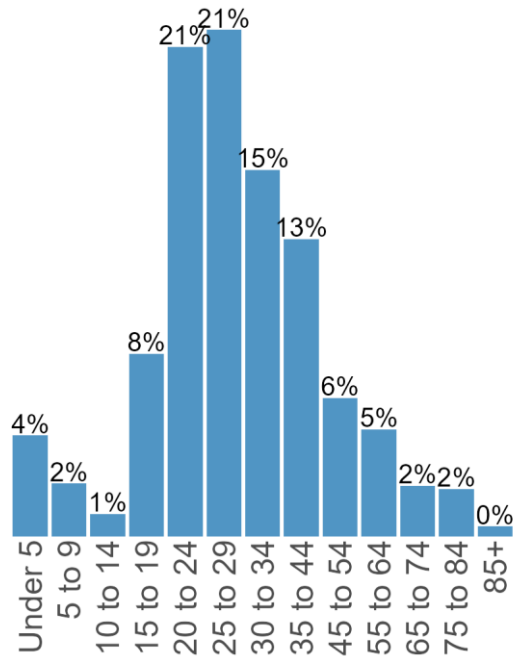


Source: U.S. Census Bureau, American Community Survey (ACS) 2020-2024 and 2005-2009. Data is from ACS table from ACS table B03002. The 'Other race' category includes 'American Indian or Alaska Native alone', 'Native Hawaiian and other Pacific Islander alone', 'Some Other Race alone' and 'Two or More Races'.

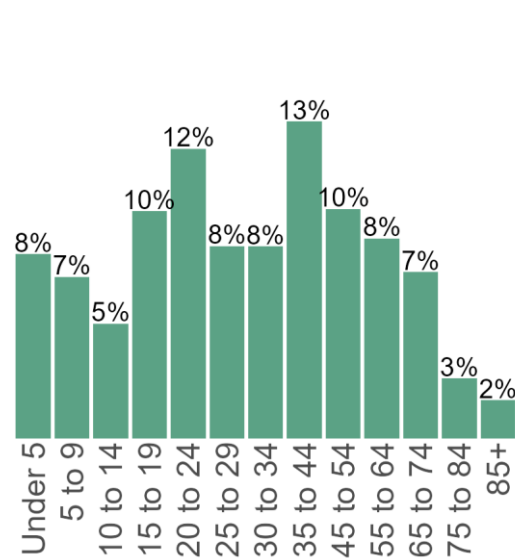
Age Structure

Race / Ethnic Groups

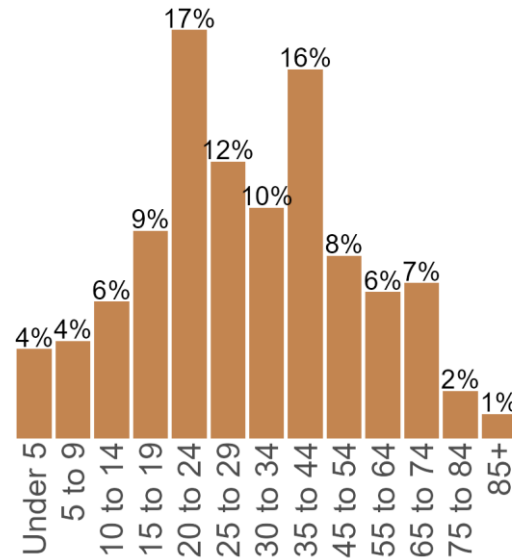
Asian Alone
n = 24,211



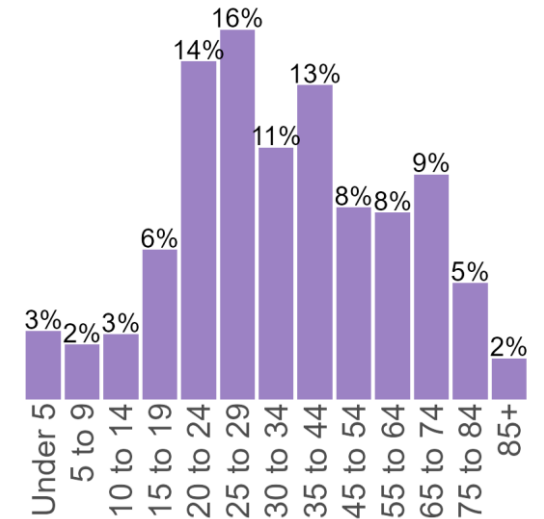
Black Alone
n = 12,447



Hispanic, Any Race
n = 10,505



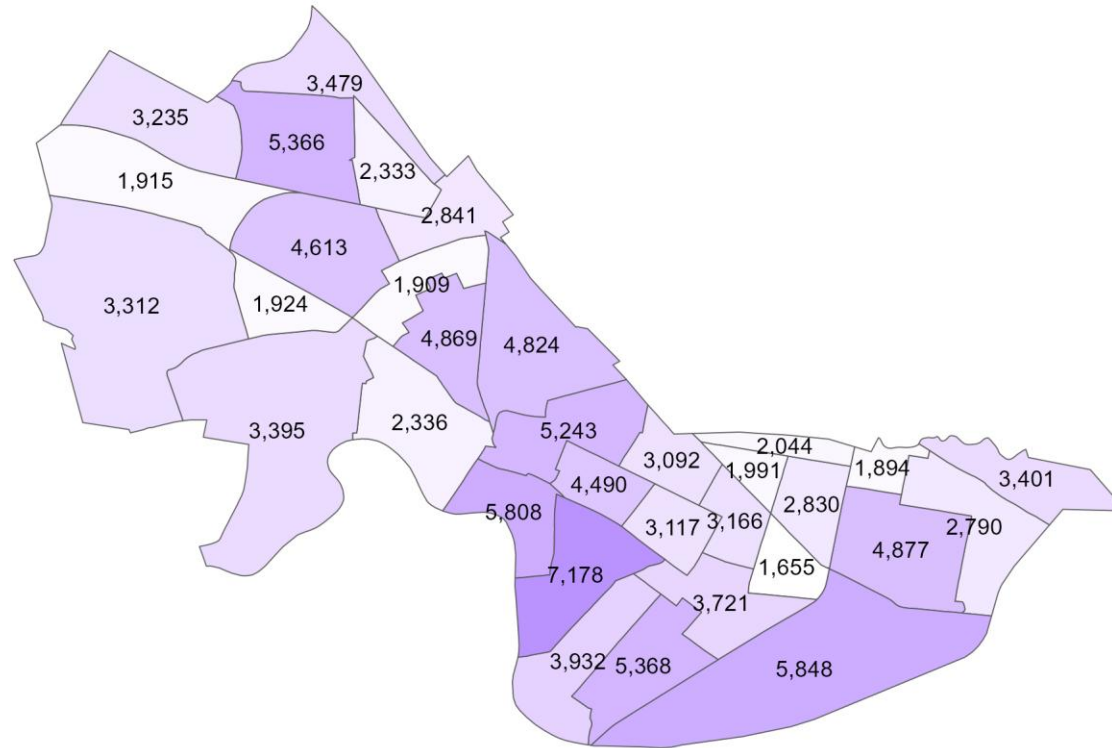
White Alone
n = 66,193



Source: U.S. Census Bureau, American Community Survey (ACS) 2020-2024. Data is from ACS table B01001 and its racial/ethnic iterations.

Population by Census Tract

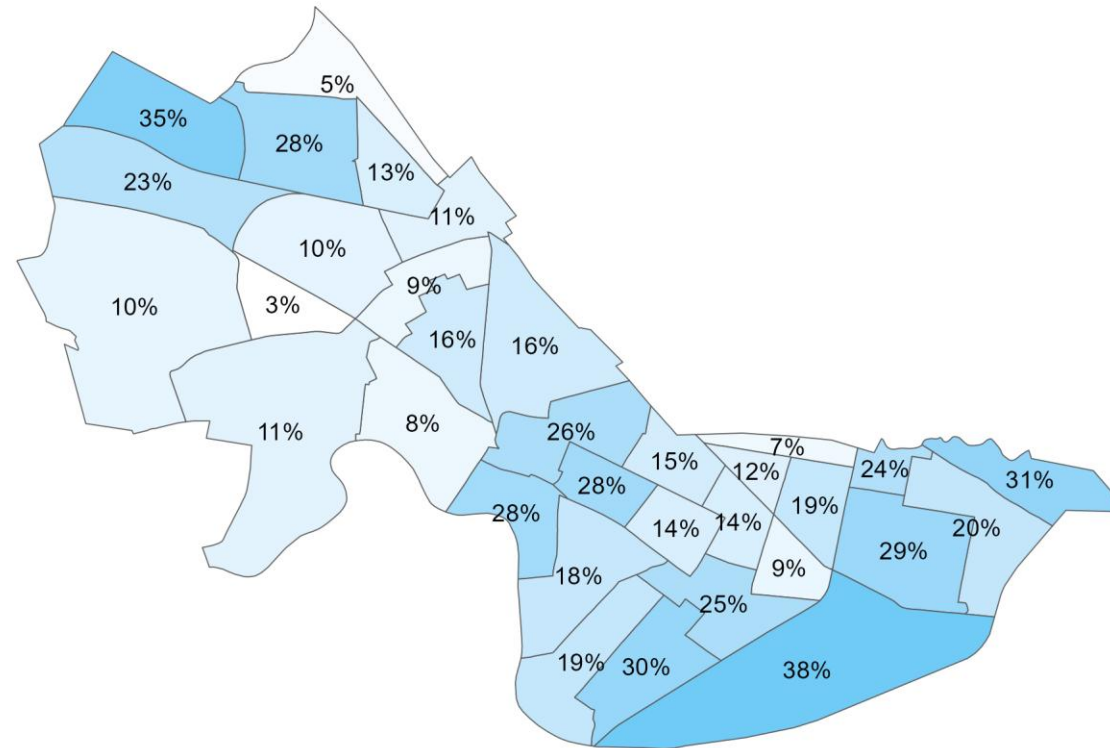
Total n = 118,796



Source: U.S. Census Bureau, American Community Survey (ACS) 2020-2024. Data is from ACS table B01001.

Asian Alone, non-Hispanic

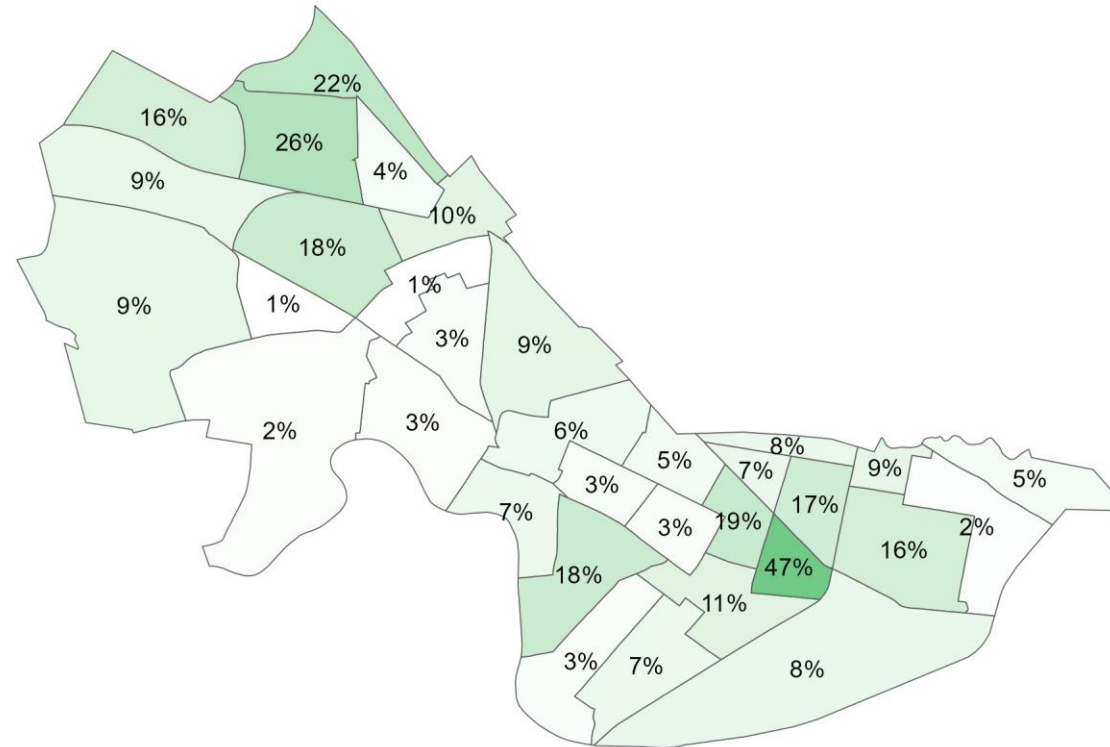
As a percentage of the Census tract population



Source: U.S. Census Bureau, American Community Survey (ACS) 2020-2024. Data is from ACS table B03002. Total Asian Alone, non-Hispanic population = 24,049.

Black Alone, non-Hispanic

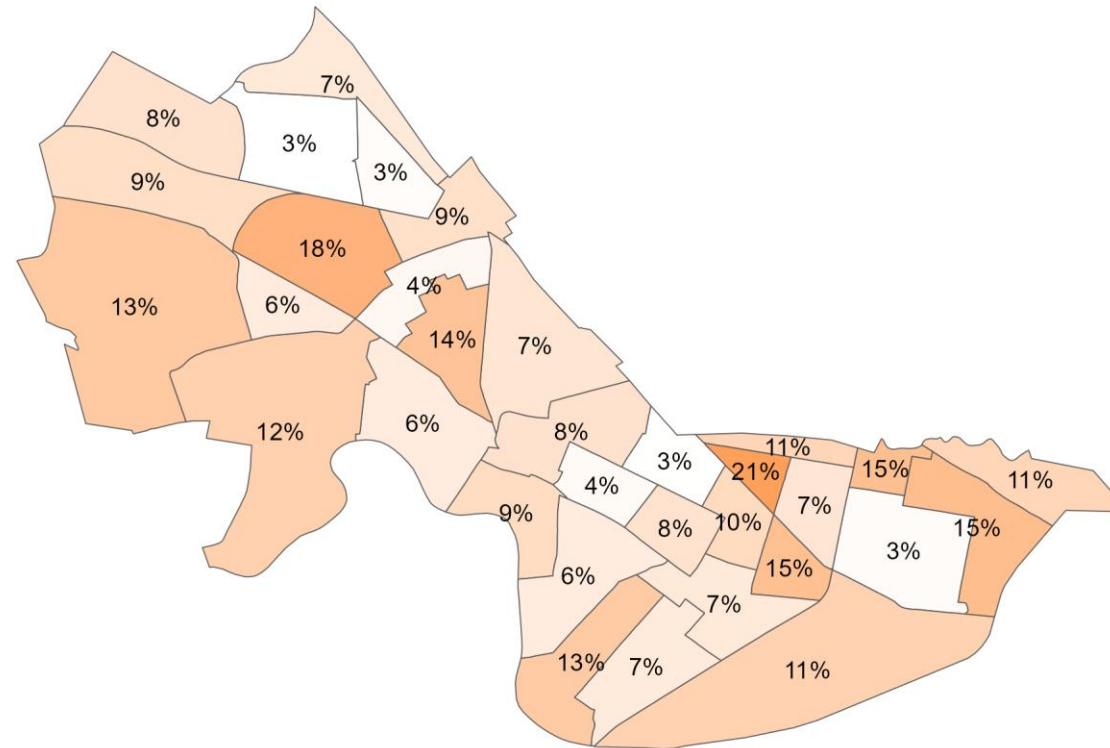
As a percentage of the Census tract population



Source: U.S. Census Bureau, American Community Survey (ACS) 2020-2024. Data is from ACS table B03002. Total Black Alone, non-Hispanic population = 12,226.

Hispanic, Any Race

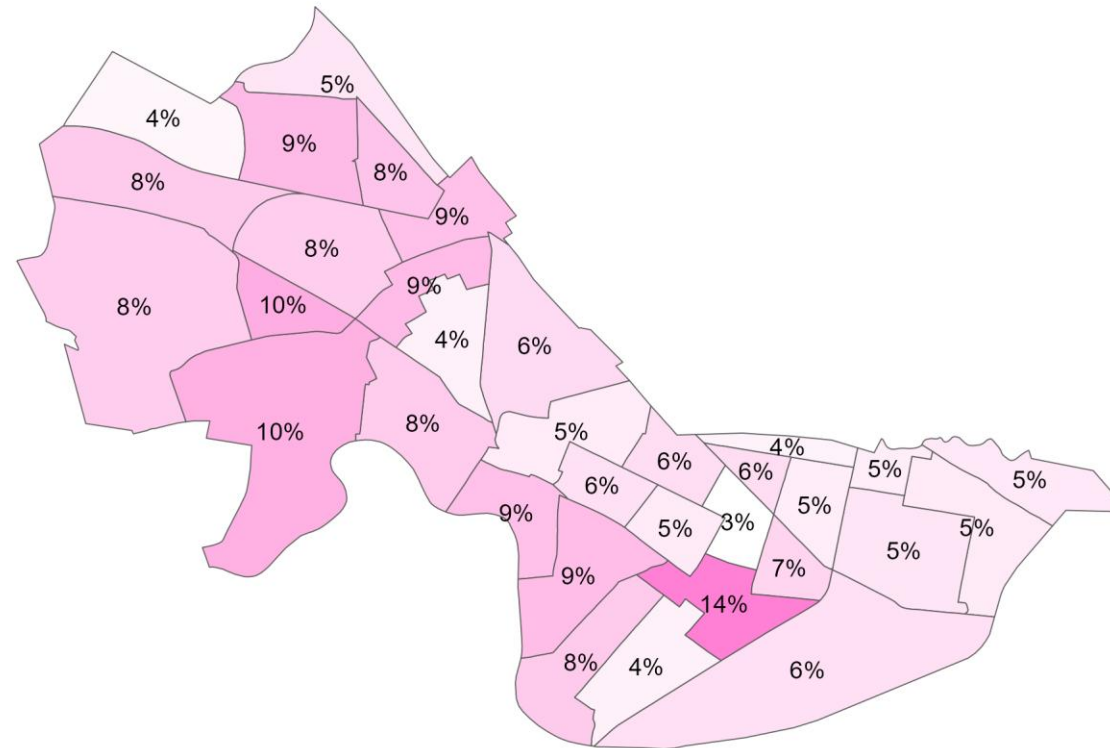
As a percentage of the Census tract population



Source: U.S. Census Bureau, American Community Survey (ACS) 2020-2024. Data is from ACS table B03002. Total Hispanic, Any Race population = 10,505.

Other Race, non-Hispanic

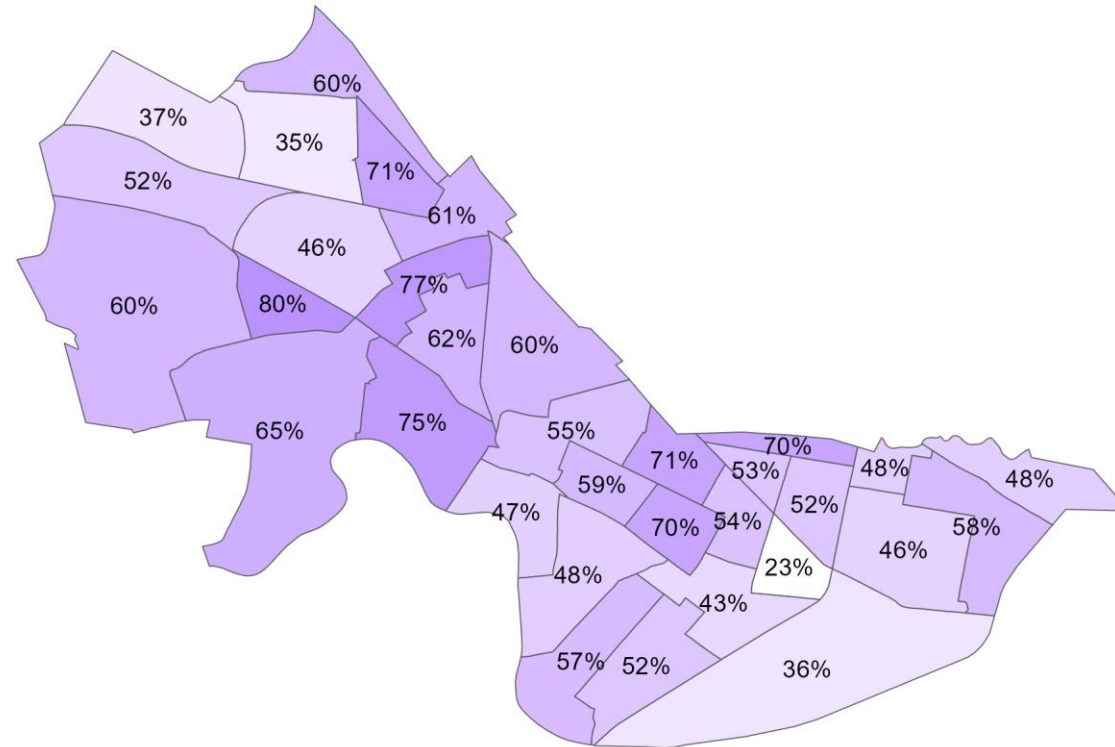
As a percentage of the Census tract population



Source: U.S. Census Bureau, American Community Survey (ACS) 2020-2024. Data is from ACS table B03002. The 'Other Race' category includes 'American Indian or Alaska Native alone', 'Native Hawaiian and other Pacific Islander alone', 'Some Other Race alone' and 'Two or More Races'. Total Other Race, non-Hispanic population = 8,146.

White Alone, non-Hispanic

As a percentage of the Census tract population



Source: U.S. Census Bureau, American Community Survey (ACS) 2020-2024. Data is from ACS table B03002. Total White Alone, non-Hispanic population = 63,870.

Neighborhood Diversity

Racial and ethnic composition of neighborhood populations



Source: U.S. Census Bureau, American Community Survey (ACS) 2020-2024. Block group data is from ACS table B03002 and consolidated into neighborhoods by CDD staff. In most cases, block group boundaries align closely with neighborhood boundaries; however, there are notable discrepancies - especially in neighborhoods 10 (West Cambridge), 12 (Cambridge Highlands), and 13 (Strawberry Hill). For these neighborhoods, interpret the aggregated data with caution.

Disability

Definitions

Have a disability - Reports serious difficulty in at least one of the following six areas: hearing, vision, ambulation (walking/climbing stairs), cognition, self-care, independent living.

Hearing difficulty - Being deaf or having serious difficulty hearing.

Vision difficulty - Being blind or having serious difficulty seeing, even when wearing glasses.

Ambulatory difficulty - Having serious difficulty walking or climbing stairs.

Cognitive difficulty - Having difficulty remembering, concentrating, or making decisions because of a physical, mental, or emotional problem.

Self-care difficulty - Having difficulty bathing or dressing.

Independent Living Difficulty - Having difficulty doing errands alone such as visiting a doctor's office or shopping because of a physical, mental, or emotional problem.

Civilian noninstitutionalized population - People who are not active-duty military and who are not living in institutional facilities like skilled-nursing homes or correctional facilities.

Disability Questions

From the 2024 American Community Survey (ACS) questionnaire:

18 a. Is this person deaf or does he/she have serious difficulty hearing?

- Yes
- No

b. Is this person blind or does he/she have serious difficulty seeing even when wearing glasses?

- Yes
- No

H Answer questions 19a – c if this person is 5 years old or over. Otherwise, SKIP to the questions for Person 2 on page 19.

19 a. Because of a physical, mental, or emotional condition, does this person have serious difficulty concentrating, remembering, or making decisions?

- Yes
- No

b. Does this person have serious difficulty walking or climbing stairs?

- Yes
- No

c. Does this person have difficulty dressing or bathing?

- Yes
- No

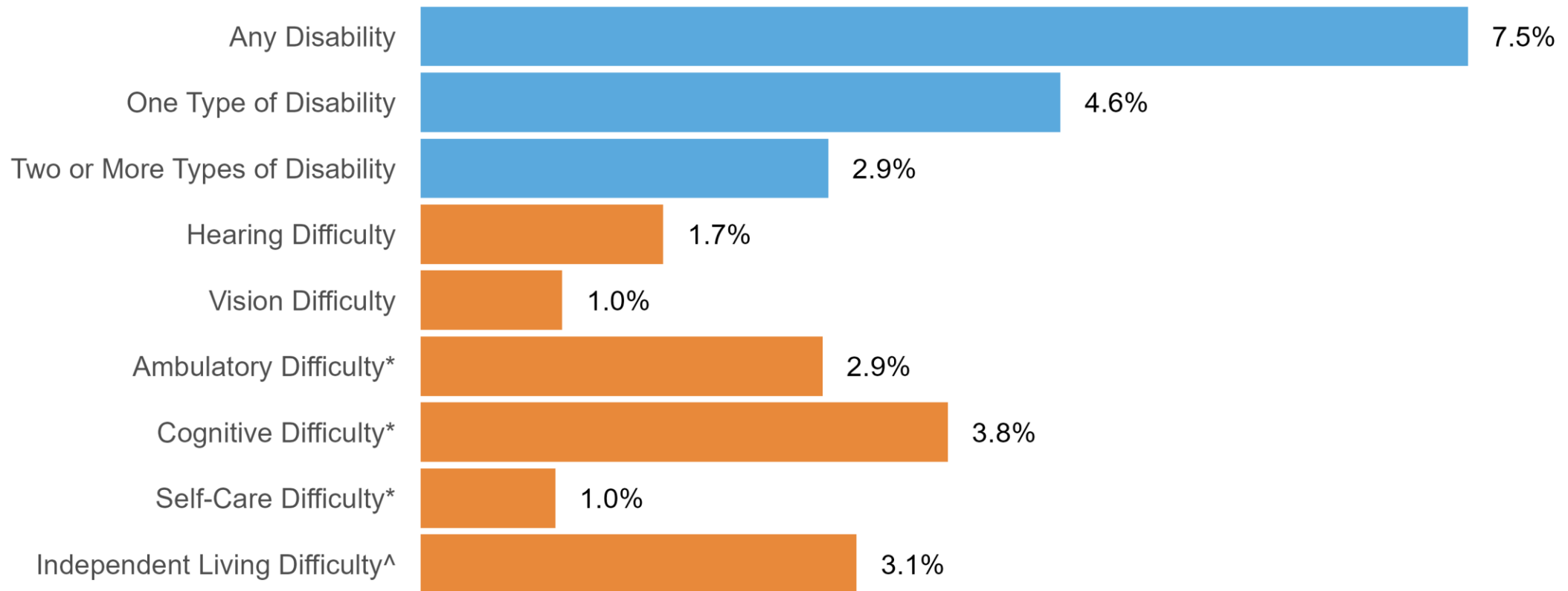
I Answer question 20 if this person is 15 years old or over. Otherwise, SKIP to the questions for Person 2 on page 19.

20 Because of a physical, mental, or emotional condition, does this person have difficulty doing errands alone such as visiting a doctor's office or shopping?

- Yes
- No

Disability Status

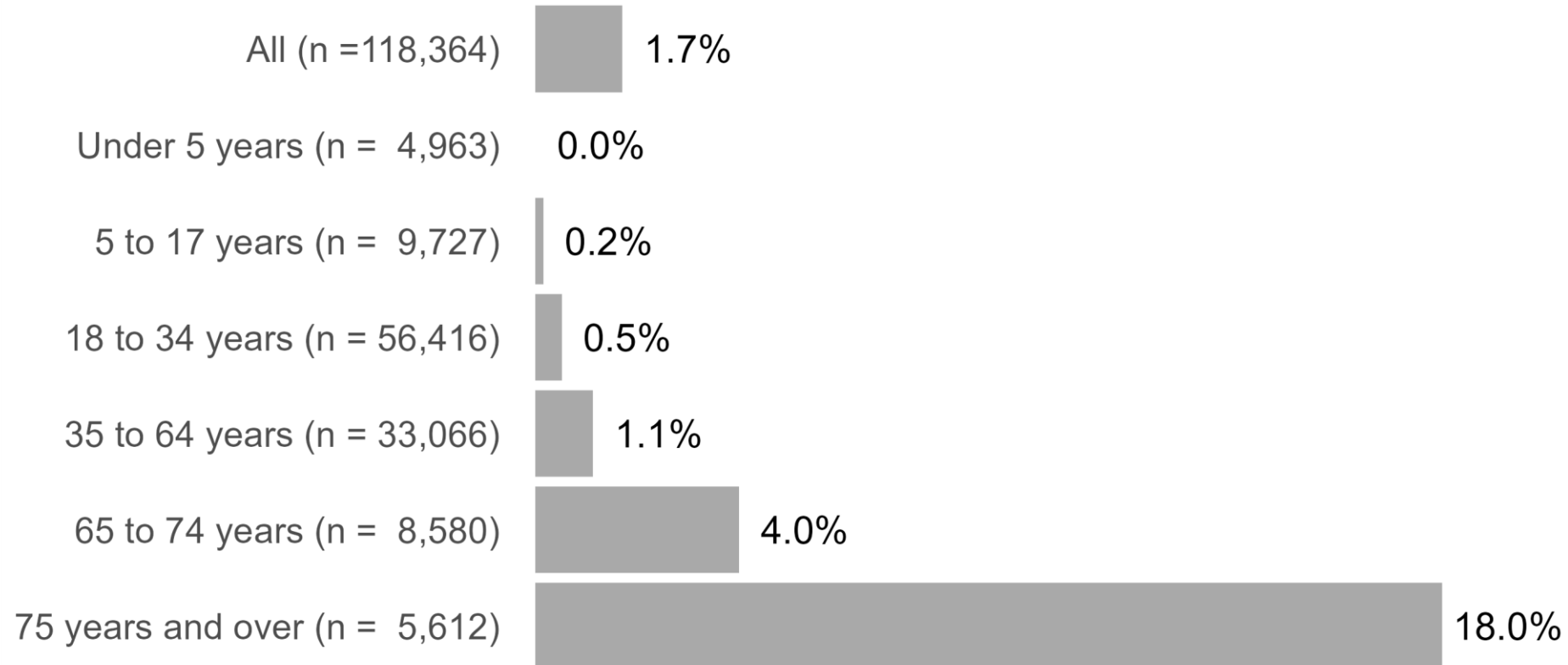
As a percentage of the civilian noninstitutionalized population



Source: U.S. Census Bureau, American Community Survey (ACS) 2020-2024. Total n = 118,364, 5+ = 113,401, 18+ = 103,674. * - only applies to population 5 and over. ^ - only applies to population 18 and over. Data is from ACS tables B18101, B18102, B18103, B18104, B18105, B18106, B18107, B18108.

Hearing Difficulty by Age

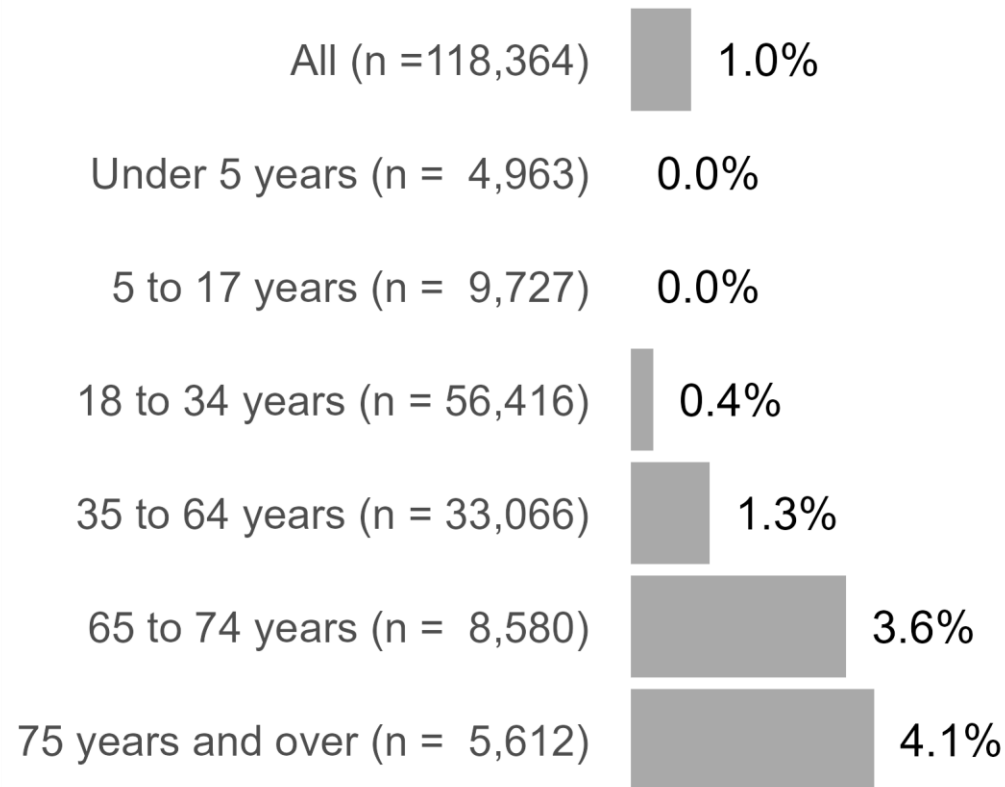
Civilian Noninstitutionalized Population



Source: U.S. Census Bureau, American Community Survey (ACS) 2020-2024. Data is from ACS table B18102. Hearing difficulty is defined as being deaf or having serious difficulty hearing.

Vision Difficulty by Age

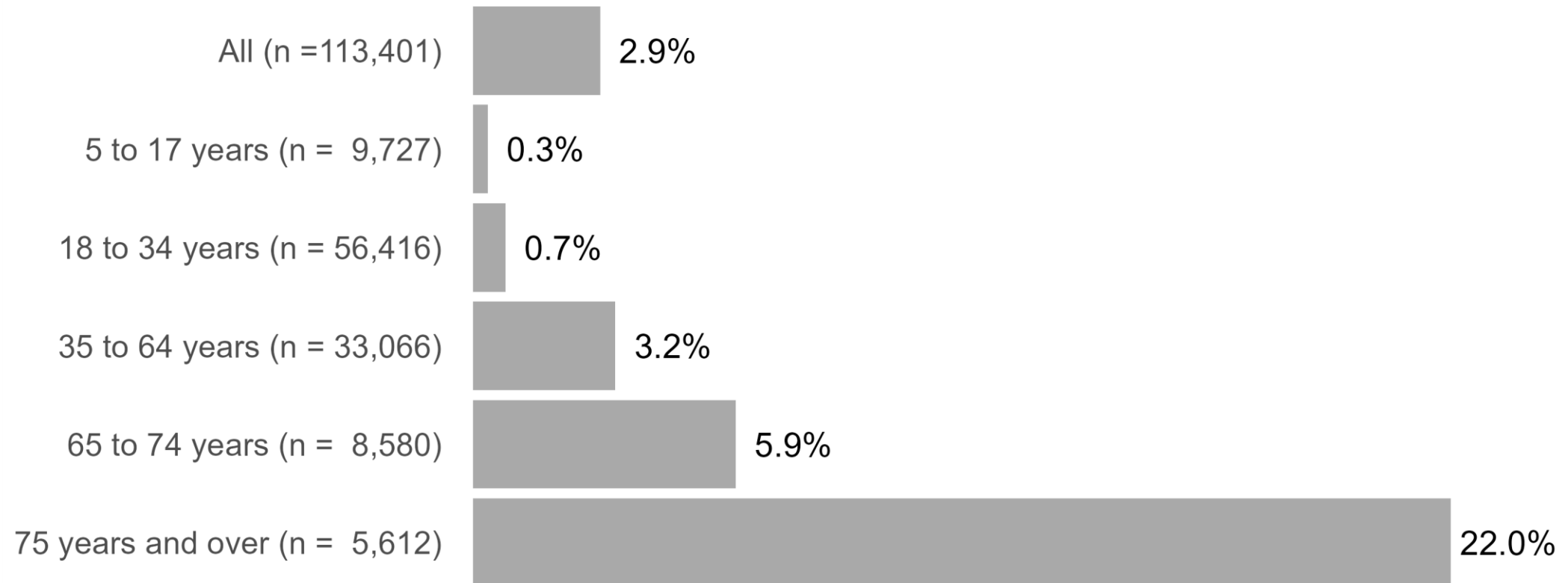
Civilian Noninstitutionalized Population



Source: U.S. Census Bureau, American Community Survey (ACS) 2020-2024. Data is from ACS table B18103. Vision difficulty is defined as being blind or having serious difficulty seeing, even when wearing glasses.

Ambulatory Difficulty by Age

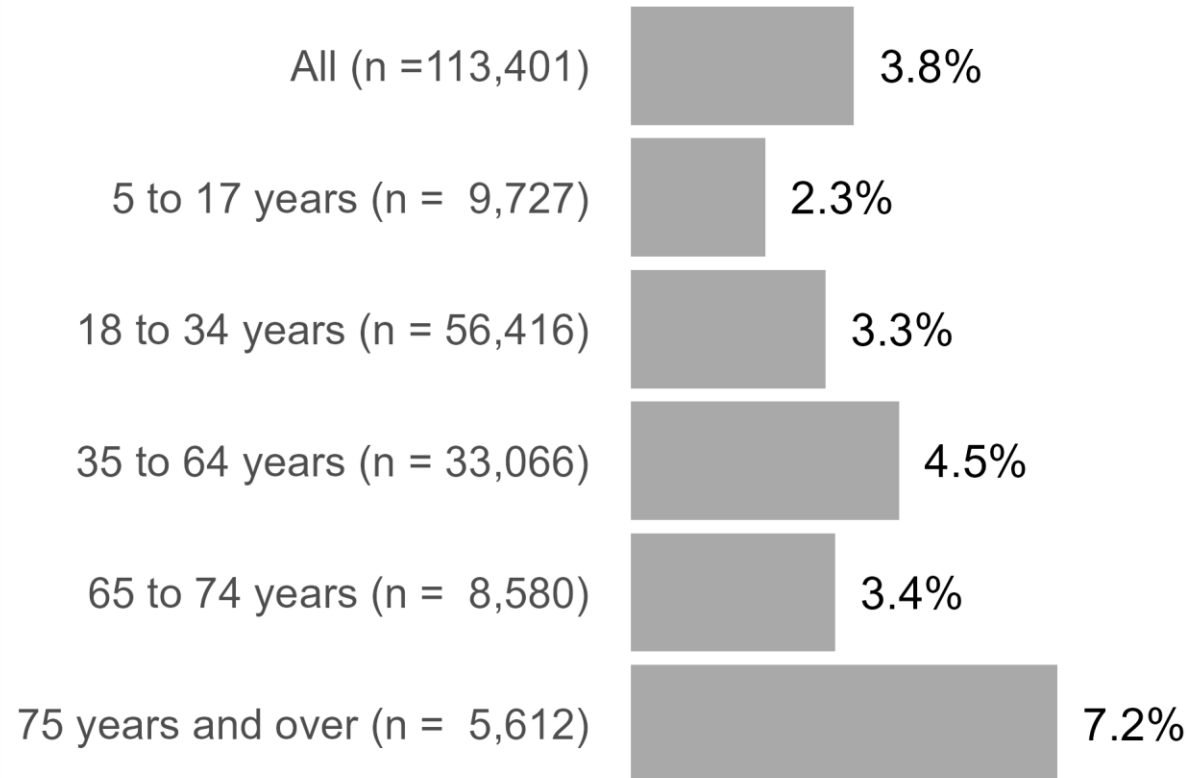
Civilian Noninstitutionalized Population 5 Years and Above



Source: U.S. Census Bureau, American Community Survey (ACS) 2020-2024. Data is from ACS table B18105. Ambulatory difficulty is defined as having serious difficulty walking or climbing stairs.

Cognitive Difficulty by Age

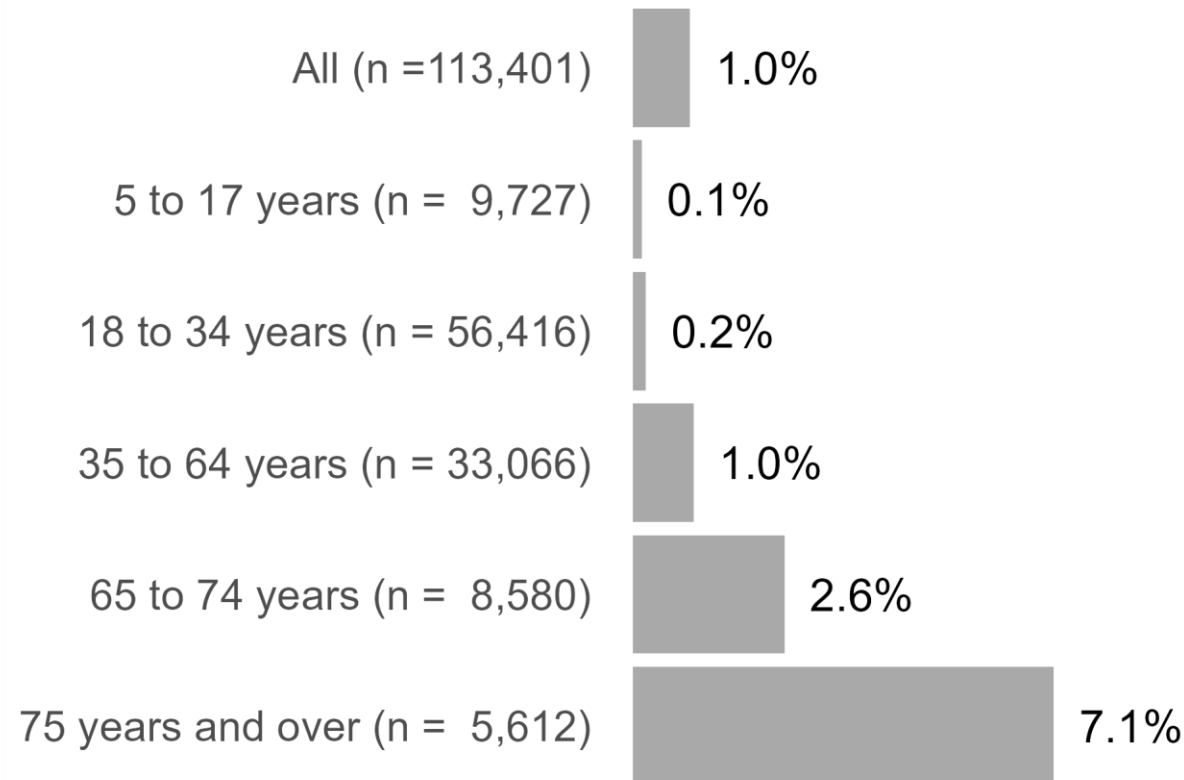
Civilian Noninstitutionalized Population 5 Years and Above



Source: U.S. Census Bureau, American Community Survey (ACS) 2020-2024. Data is from ACS table B18104. Cognitive difficulty is defined as having difficulty remembering, concentrating, or making decisions because of a physical, mental, or emotional problem.

Self-Care Difficulty by Age

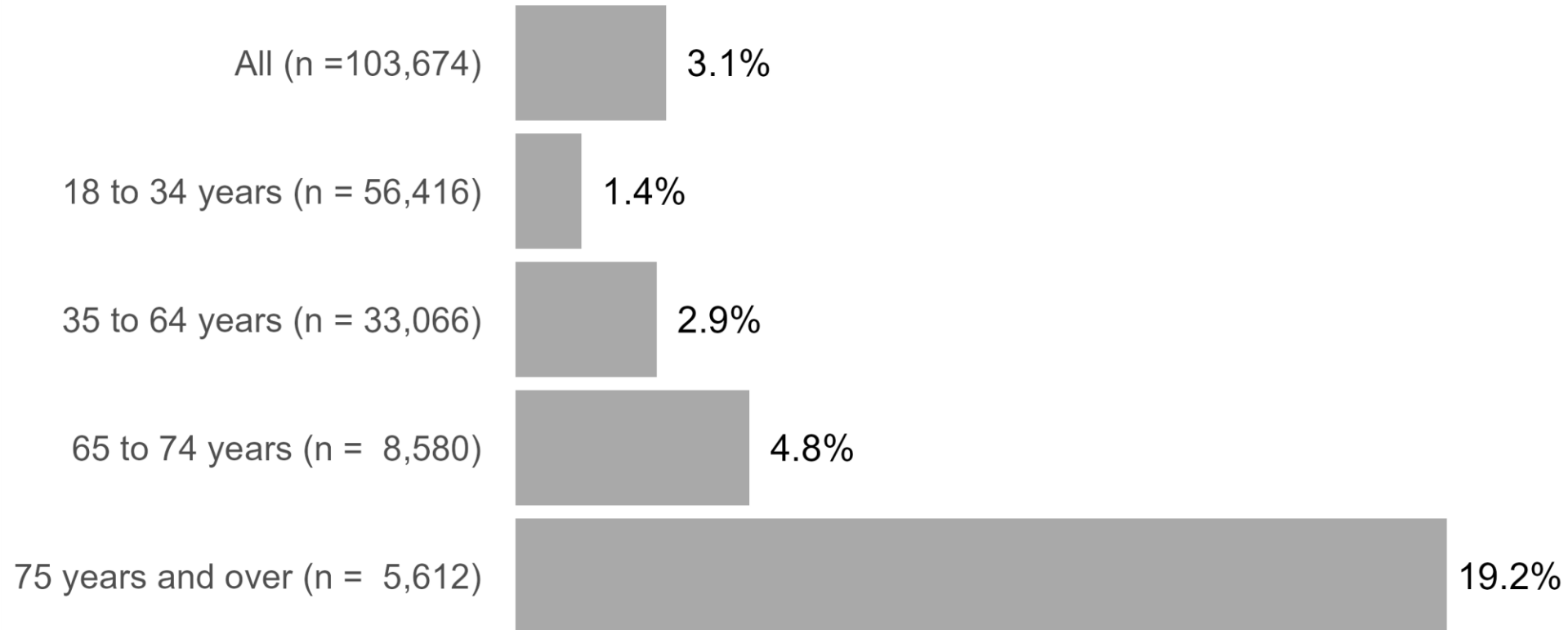
Civilian Noninstitutionalized Population 5 Years and Above



Source: U.S. Census Bureau, American Community Survey (ACS) 2020-2024. Data is from ACS table B18106. Self-care difficulty is defined as having difficulty bathing or dressing.

Independent Living Difficulty by Age

Civilian Noninstitutionalized Population 18 Years and Above



Source: U.S. Census Bureau, American Community Survey (ACS) 2020-2024. Data is from ACS table B18107. Independent living difficulty is defined as having difficulty doing errands alone such as visiting a doctor's office or shopping because of a physical, mental or emotional problem.



Households & Families

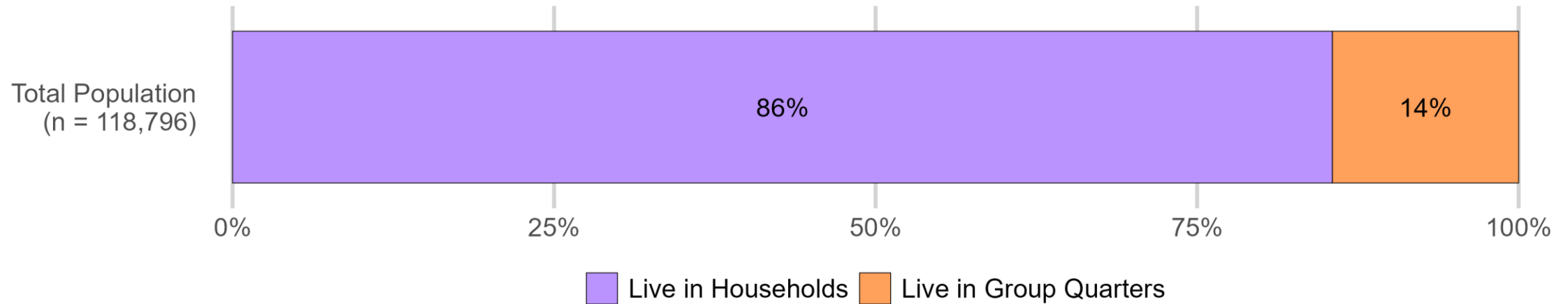
Definitions

Household - All the people who occupy a housing unit as their usual place of residence.

Group Quarters - Places where people stay in a group living arrangement, such as college residence halls, residential treatment centers, skilled nursing facilities, group homes, military barracks, correctional facilities, workers' dormitories, and facilities for people experiencing homelessness.

Population by Living Arrangement

Total Population



Source: U.S. Census Bureau, American Community Survey (ACS) 2020-2024. Data is from ACS tables B01003 and B26001.

Definitions

Family Household - Consists of a householder and at least one more person who is related to the householder by birth, marriage or adoption. A family household may also include people who are not related to the householder (e.g., lodgers, foster children, wards, employees).

Nonfamily Household - Consists of a householder living alone or where the householder shares the home with unrelated people (e.g., housemate or roommate, roomer or boarder, an unmarried partner, foster children).

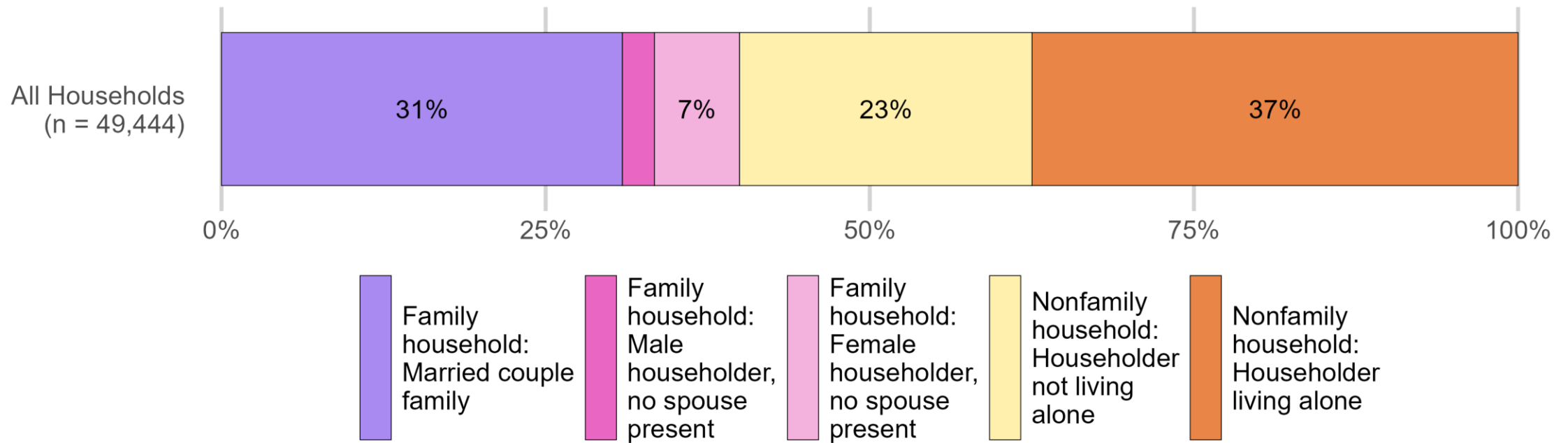
Definitions

Married-couple household - Household in which the householder and his or her spouse are listed as members of the same household. Includes opposite-sex and same-sex married couples. Includes people in formal marriages, as well as people in common-law marriages.

Cohabiting-couple household - Household in which the householder reports having an unmarried partner - a person with whom they share living quarters and have an intimate relationship. Unmarried partners can be of the same sex or of the opposite sex as the householder.

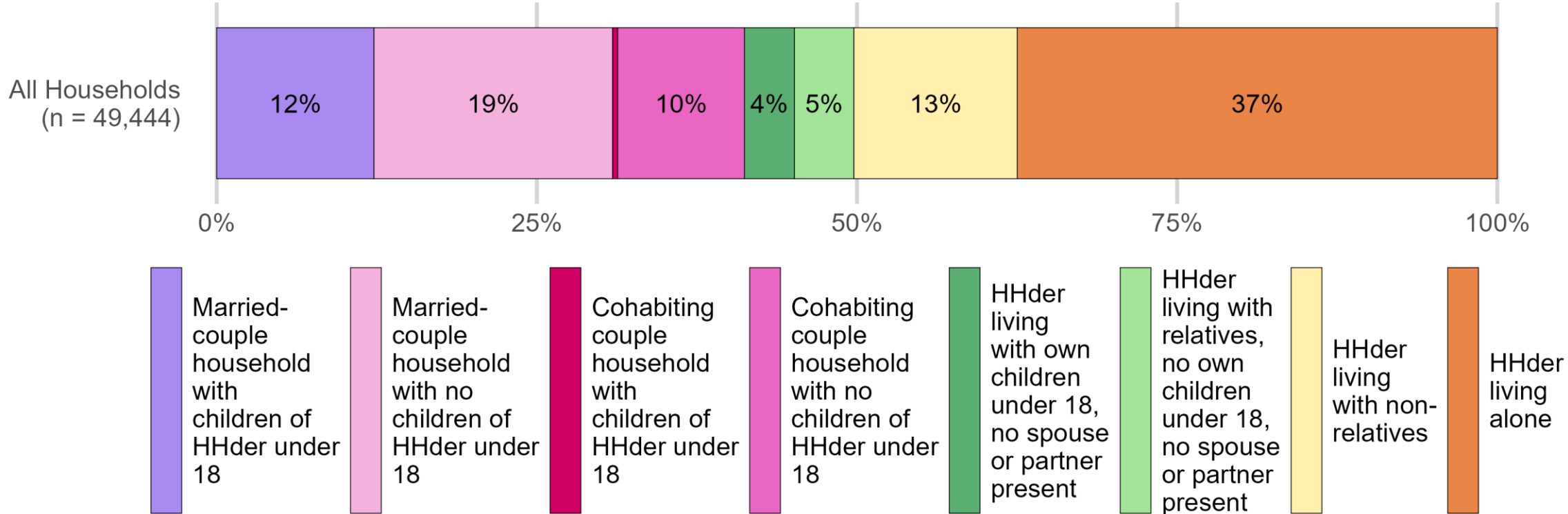
Own child - A child under 18 years old who is a son or daughter by birth, marriage (a stepchild) or adoption.

Households by Household Type (1)



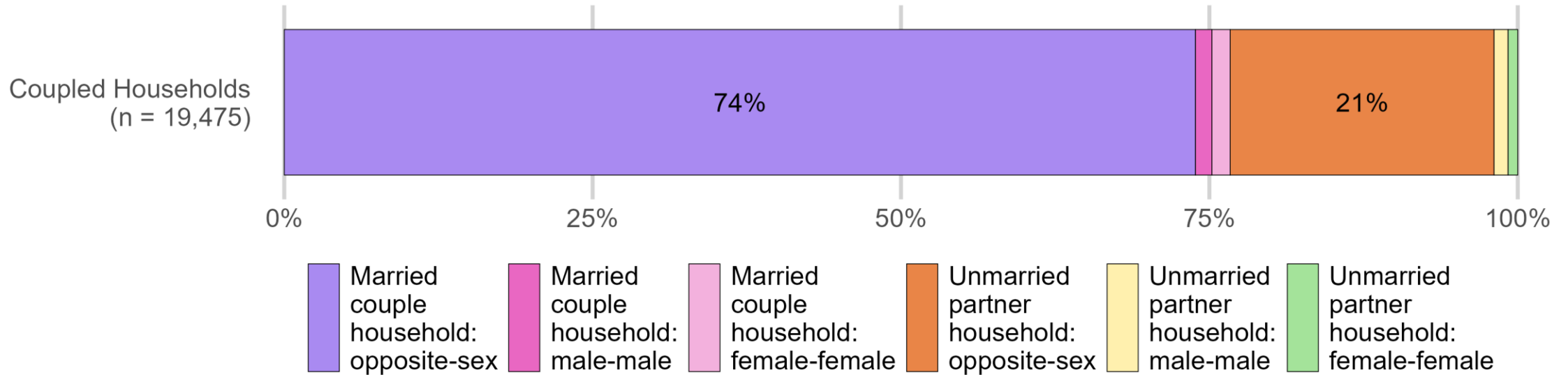
Source: U.S. Census Bureau, American Community Survey (ACS) 2020-2024. Data is from ACS table B11001.

Households by Household Type (2)



Source: U.S. Census Bureau, American Community Survey (ACS) 2020-2024. Data is from ACS table B11012. 'HHder' is an abbreviation for householder.

Coupled Households By Type



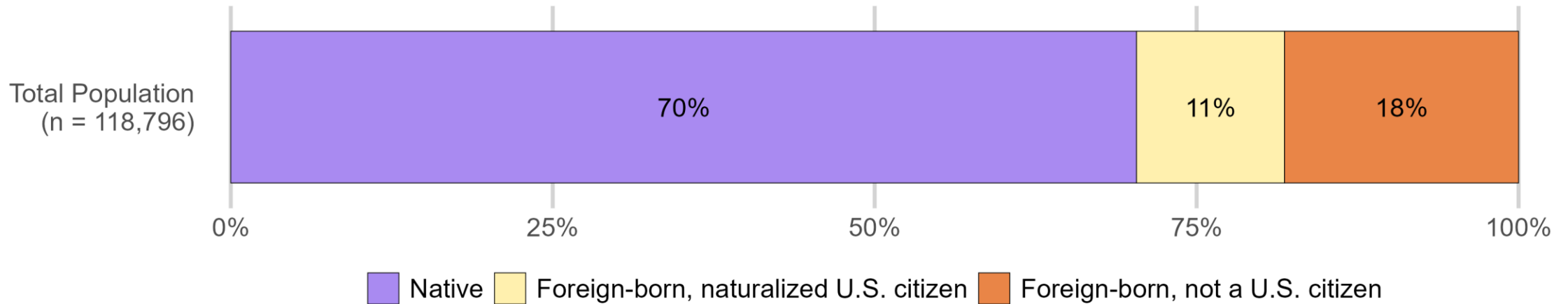
Source: U.S. Census Bureau, 2020 Decennial Census. Data is from the Demographic and Housing Characteristics File (DHC) table PCT15.



Immigration

Nativity

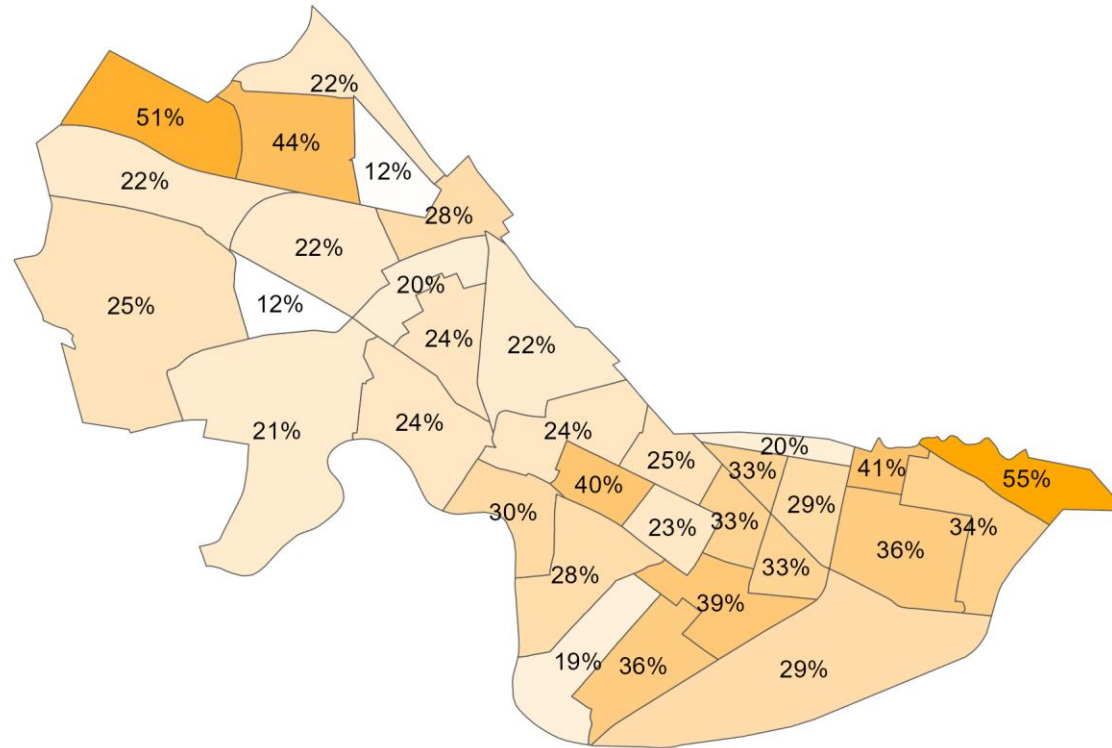
Total Population



Source: U.S. Census Bureau, American Community Survey (ACS) 2020-2024. Data is from ACS table B05002. The Native category includes individuals born abroad to U.S. citizen parents.

Foreign-Born Population By Census Tract

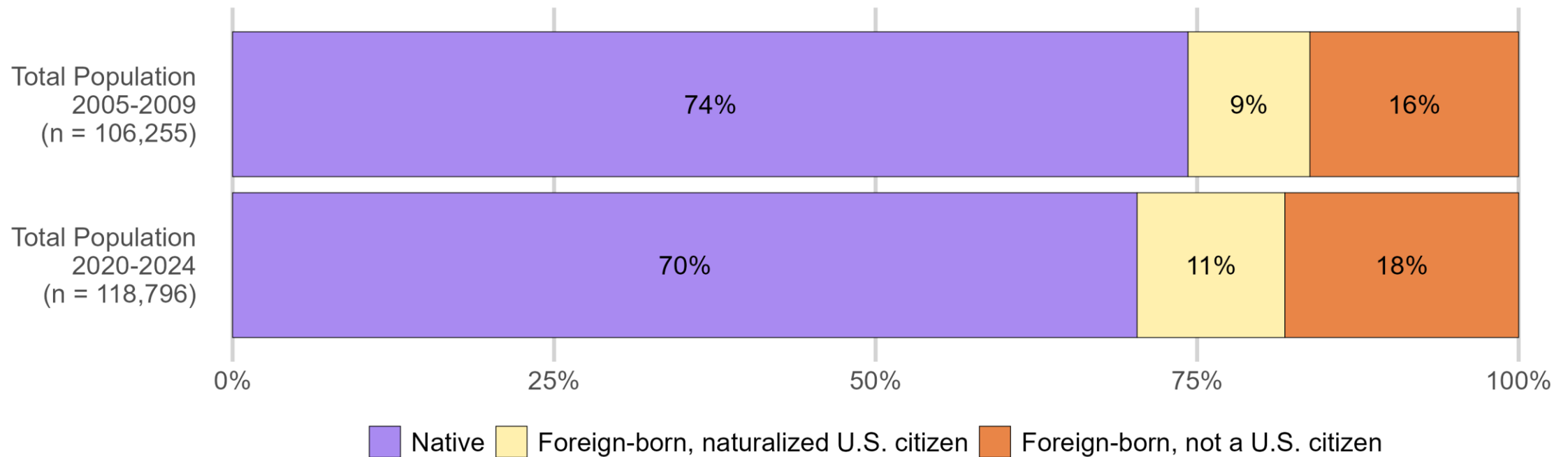
As a percentage of the population living in the Census Tract



Source: U.S. Census Bureau, American Community Survey (ACS) 2020-2024. Data is from ACS table B05002.

Historical Comparison: Nativity

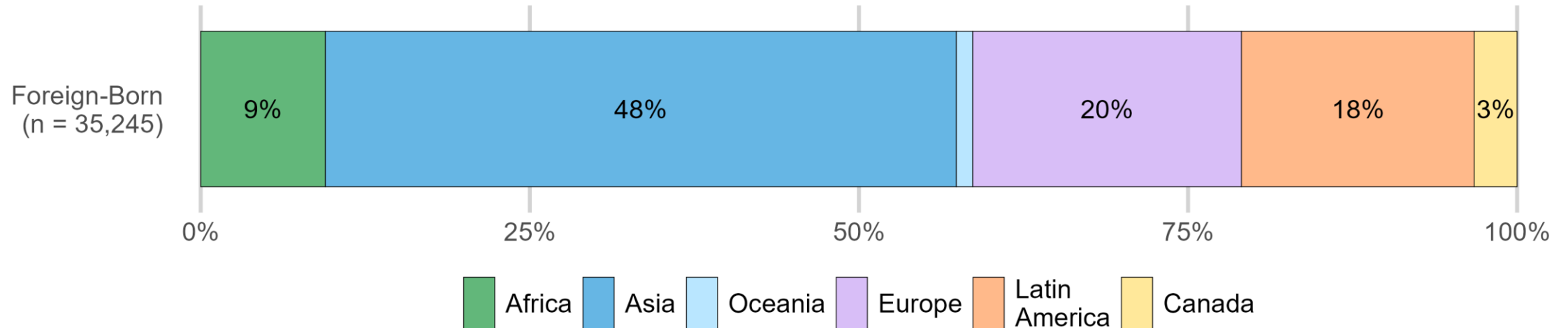
Total Population



Source: U.S. Census Bureau, American Community Survey (ACS) 2020-2024 and 2005-2009. Data is from ACS table B05002. The Native category includes individuals born abroad to U.S. citizen parents.

Place of Birth

Foreign-born population excluding population born at sea



Source: U.S. Census Bureau, American Community Survey (ACS) 2020-2024. Data is from ACS table B05006. Latin America includes Mexico, Central America, South America and the Caribbean.



Income & Poverty

Definitions

Income - Pretax money income received on a regular basis. Includes earnings, investment income, cash public assistance, retirement/disability income. Excludes non-cash benefits like SNAP and subsidized housing, capital gains, and lump-sum payments.

Household Income - The sum of the income of all people 15 years and older living in a household.

Family Income - The sum of the income of all family members 15 years and older living in a family household. Only family members' incomes are included, even if the family household includes people not related to the householder.

Nonfamily Household Income - The sum of the income of all people 15 years and older living in a non-family household.

Median Income in the Past 12 Months

In 2024 Inflation-Adjusted Dollars

Median Household Income



Median Family Income



Median Nonfamily Household Income



Source: U.S. Census Bureau, American Community Survey (ACS) 2020-2024. Data is from ACS tables B19013, B19113 and B19202.

Household Income in the Past 12 Months

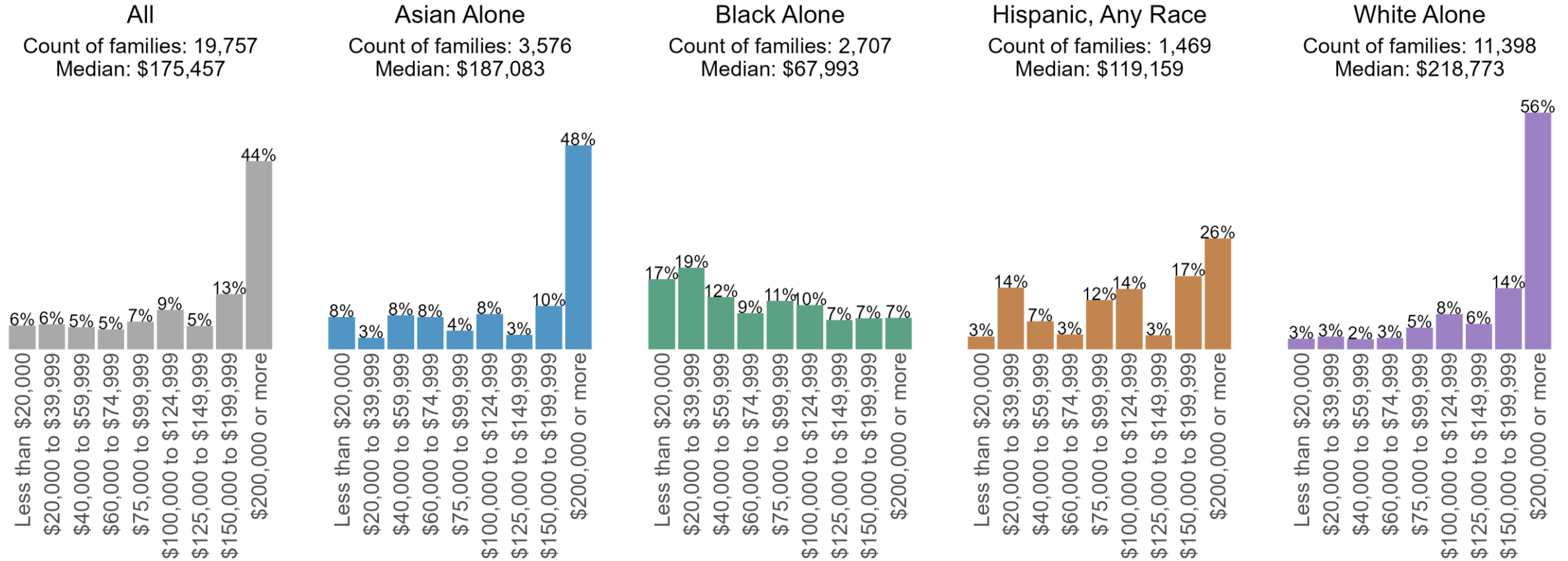
Summary Statistics in 2024 Inflation-Adjusted Dollars

Income Category	Upper Limit	Mean	Share of Aggregate Income
Lowest Quintile	\$48,108	\$20,873	2.28%
Second Quintile	\$101,570	\$74,447	8.12%
Third Quintile	\$166,839	\$131,997	14.39%
Fourth Quintile	\$250,000+	\$209,281	22.82%
Fifth Quintile	---	\$480,444	52.39%
Top 5 Percent	---	\$836,089	22.79%

Source: U.S. Census Bureau, American Community Survey (ACS) 2020-2024. Data is from ACS tables B19080, B19081 and B19082.

Family Income in the Past 12 Months

By Race/Ethnicity of Householder, in 2024 Inflation-Adjusted Dollars



Source: U.S. Census Bureau, American Community Survey (ACS) 2020-2024. Data is from ACS tables B19101 and B19113, and their racial/ethnic iterations.

Official Poverty Measure

The Official Poverty Measure uses a set of money income thresholds that vary by family size and composition to determine who is in poverty.

If the total pre-tax money income for a family or unrelated individual falls below the relevant poverty threshold, then the family (and every individual in it) or unrelated individual is in poverty.

Poverty status is not determined for people living in institutional group quarters, college dormitories, military barracks and unrelated individuals under age 15.

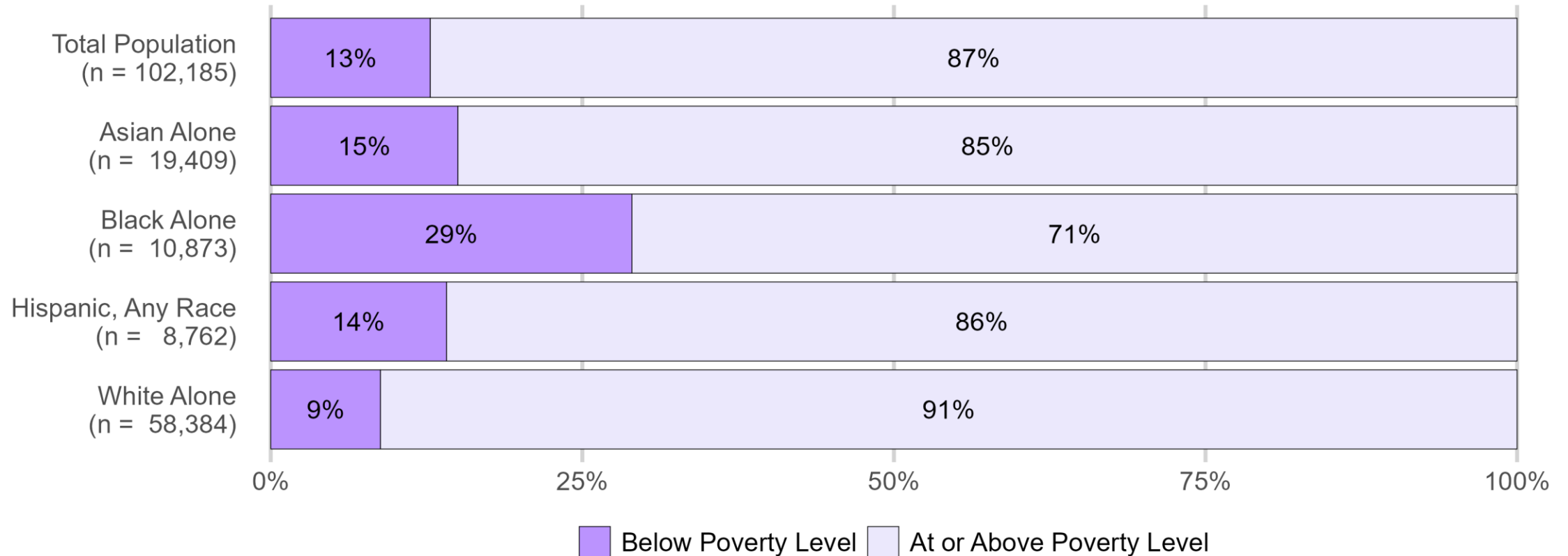
2024 poverty thresholds (in 2024 dollars):

- One person under 65 years: \$16,320
- Four-person family including two related children under 18 years: \$31,812

The Official Poverty Measure does not consider geographic differences in the cost of living, ignores necessary, non-discretionary expenses like taxes, and excludes non-cash government benefits like SNAP and housing subsidies.

Poverty Status of Individuals by Race/Ethnicity

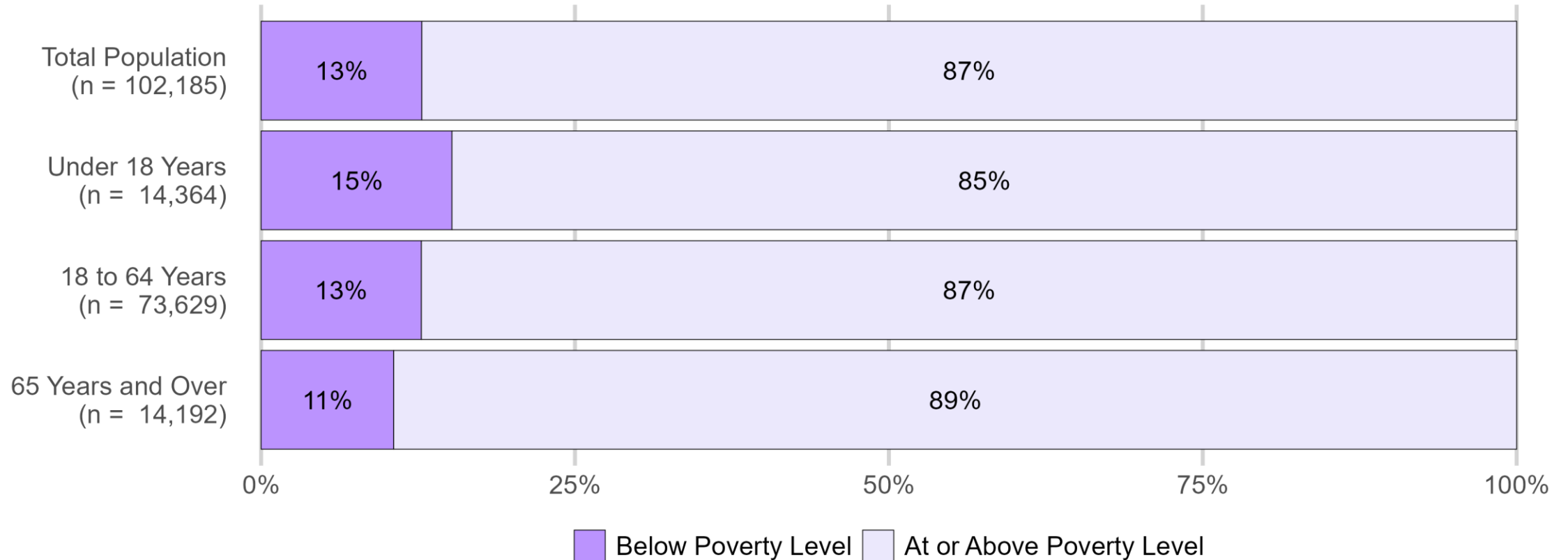
Population for whom poverty status is determined only



Source: U.S. Census Bureau, American Community Survey (ACS) 2020-2024. Data is from ACS table B17001 and its racial/ethnic iterations.

Poverty Status of Individuals by Age

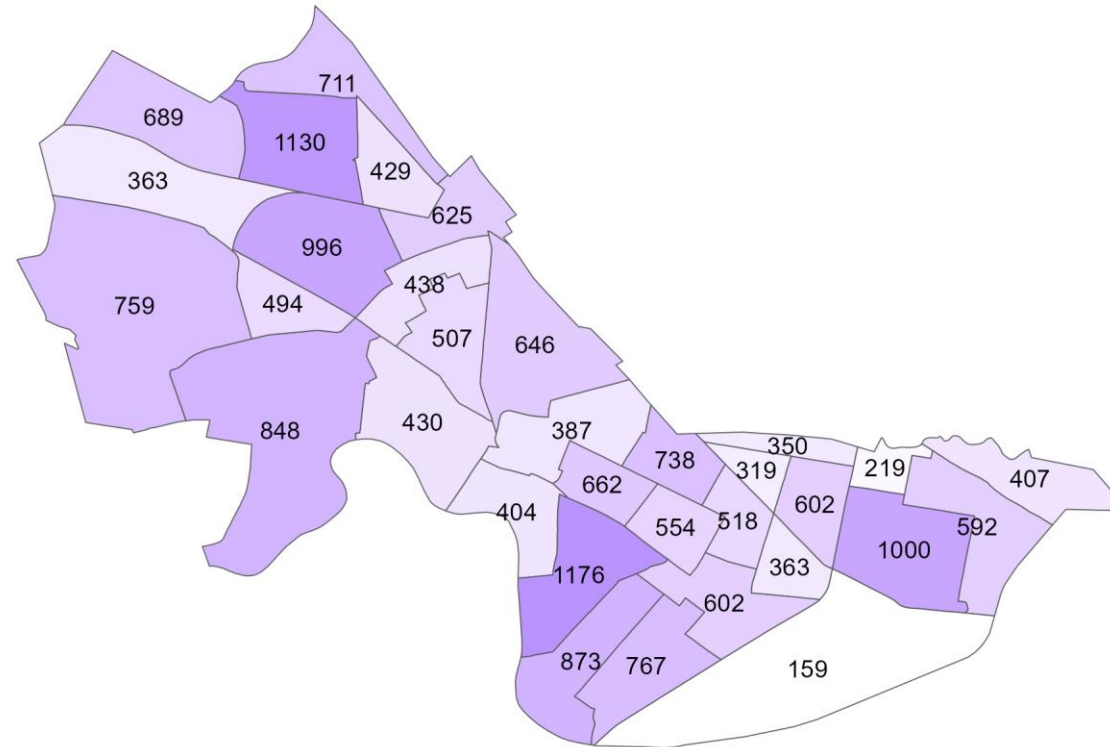
Population for whom poverty status is determined only



Source: U.S. Census Bureau, American Community Survey (ACS) 2020-2024. Data is from ACS table B17001.

Count of Families By Census Tract

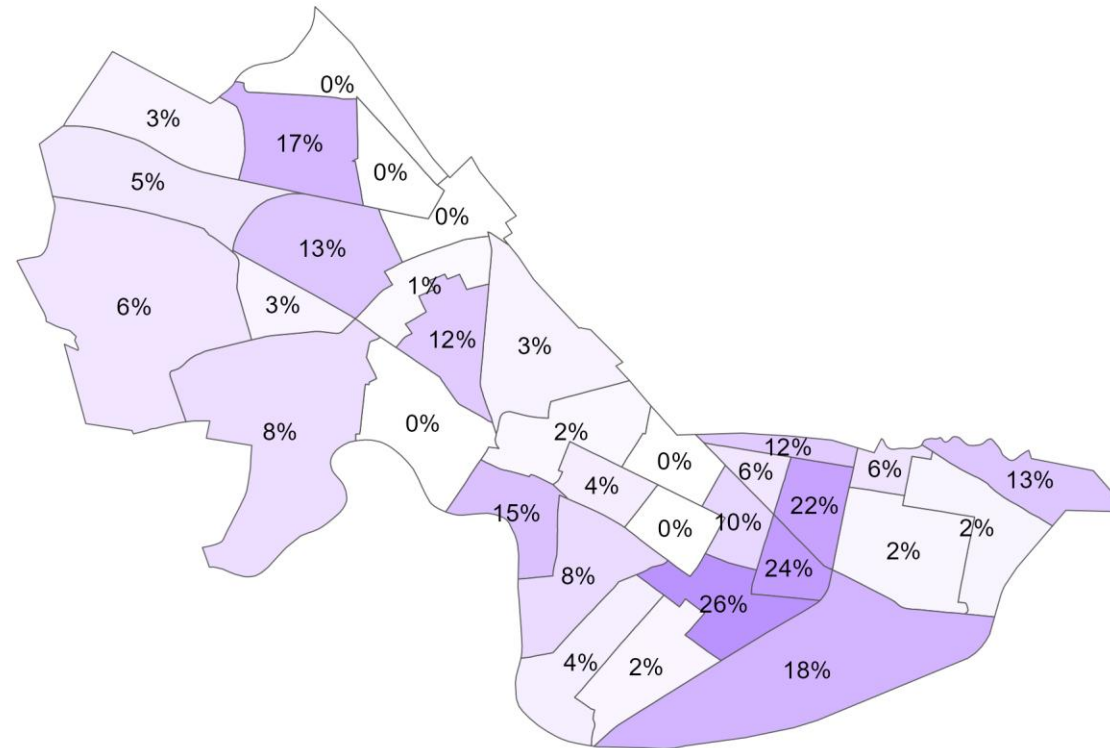
Citywide count of families: 19,757



Source: U.S. Census Bureau, American Community Survey (ACS) 2020-2024. Data is from ACS table S1702.

Families Below Poverty Level By Census Tract

As a percentage of all families living in the Census tract



Source: U.S. Census Bureau, American Community Survey (ACS) 2020-2024. Data is from ACS table S1702.



Contact Information

Scott Walker (swalker@cambridgema.gov)

Roshni Wadhvani (rwadhvani@cambridgema.gov)