

Corporation for
**NATIONAL &
COMMUNITY
SERVICE** 

VOLUNTEERING IN AMERICA

2007 City Trends and Rankings



Cities
2007

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The mission of the Corporation for National and Community Service is to improve lives, strengthen communities, and foster civic engagement through service and volunteering. Each year, the Corporation provides opportunities for approximately 2 million Americans of all ages and backgrounds to serve their communities and country through Senior Corps, AmeriCorps, and Learn and Serve America.

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July 2007

CEO MESSAGE

For the past two years, the Corporation for National and Community Service has reported on state-by-state volunteer trends, allowing all 50 states to better understand who is serving in their communities and how, when, and why they serve. Following the release of our second annual state volunteering report in April 2007, the Corporation continues to deliver increasingly detailed reports on the trends and habits in volunteering across the country.

Volunteering in America: 2007 City Trends and Rankings takes us to the next level, highlighting the diversity of volunteering habits and trends in America's largest cities. This report can help local leaders from the government, nonprofit, and private sectors develop volunteer growth strategies unique to their cities—together building a stronger America.

While the city-by-city information is fascinating, this report reinforces one of the findings highlighted in previous reports. Although volunteering in America remains at historically high levels, the number of adults who volunteer has dipped recently—primarily because more than one-third of volunteers in 2005 dropped from the ranks in 2006. Our failure to retain more volunteers from one year to the next is cause for concern and should serve as a wake-up call to all those individuals, groups, and organizations that care deeply about addressing the nation's most pressing needs through volunteering.

Indeed, we at the Corporation believe volunteering is not just a nice thing to do, but a necessary part of solving social ills that have the greatest impact on our most vulnerable populations: the 37 million people who live in poverty, the 3.5 million people who are homeless, the 15 million children and youth in desperate need of a mentor or caring adult in their life, the tens of millions of students nationwide who struggle each day to improve academically, and the countless communities preparing for, responding to, and rebuilding after disasters.

The volunteer rate of a community also is an important indicator of its well-being and quality of life. That is why our agency is working with nonprofits across the country to increase the number of American adult volunteers to 75 million by the year 2010. If we succeed in reaching these numbers and deepening each community's commitment to engaging citizens in solving our most pressing challenges, there's no telling what America can achieve in the years ahead.

In Service,



David Eisner, Chief Executive Officer
Corporation for National and Community Service

INTRODUCTION

VOLUNTEERING IN AMERICA: 2007 CITY TRENDS AND RANKINGS

Communities with high levels of citizen engagement will come closer to solving some of the key challenges facing our society today. Volunteers who serve as tutors and mentors can help increase test scores and graduation rates among youth from disadvantaged circumstances; children whose parents are incarcerated can be less likely to go to prison themselves if they meet with a mentor once a week; and volunteers who serve populations re-entering society after incarceration can help ease the transition to society. Across the spectrum, mobilizing people to serve others is key to promoting more effective communities.

Volunteering in America: 2007 City Trends and Rankings supports our efforts to increase volunteering in communities by providing a first-time analysis of volunteer trends among major metropolitan (metro) areas.

This report ranks and presents detailed profiles of volunteering for 50 of the largest metro areas in the United States (referred to as the 50 major metro areas).¹ The information on volunteering at the local level can help local governments, community leaders, service organizations, and volunteers nationwide develop a volunteer growth strategy, set goals to increase the level of individual engagement in volunteer activities, and build the infrastructure of nonprofits and communities to support more volunteer opportunities.

Volunteering is an essential component of the attitude, spirit, and willingness of Americans

to help others and a key indicator of what is called a community's "social capital." In fact, research has shown a relationship between communities with high levels of social capital—our social connectedness or social networks and the related norms of trust and reciprocity—and a community's quality of life as measured by such indicators as higher levels of parental engagement in schools, stronger local economies, less crime, and lower incidence of illnesses.² Communities with high levels of neighbors working with and helping each other are more healthy and vibrant places to live and work.

Over the past two decades, a growing number of national studies have also established a relationship between volunteering and individual well-being. On average, volunteers appear to live longer and have greater functional ability and lower rates of depression later in life than those who do not volunteer.³ The studies show that these results hold even when researchers control for other factors such as age, gender, socioeconomic

Key Findings

- While volunteer rates vary considerably, many top-ranked metro areas are in the central part of the country.
- Suburbs and rural areas have similar volunteer rates (29%), while central cities lag behind (24%).
- Metro areas with high levels of community attachment, as demonstrated by higher homeownership rates, tend to have higher volunteer rates.
- Longer commuting times to work may limit opportunities for volunteering.
- The prevalence of nonprofits and their ability to retain volunteers may affect a community's volunteer rate.

The findings in this report are based on data from the 2004, 2005, and 2006 annual volunteer supplements to the Current Population Survey (CPS). Since 2002, the Corporation has partnered with the U.S. Bureau of Labor Statistics, the U.S. Census Bureau (Census), and the USA Freedom Corps to add the annual volunteer surveys to the CPS, a monthly survey of about 60,000 households (100,000 individuals). The Census administers the CPS volunteer supplement in September of each year to collect data on volunteering for or through an organization, the frequency and intensity of volunteering, the types of organizations where individuals volunteer, and the volunteer activities performed.²³

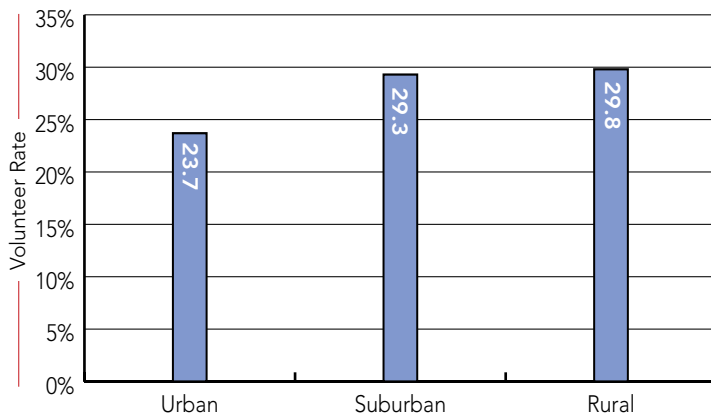
status, education, and ethnicity.⁴ Volunteering and good health tend to form a positive, self-reinforcing cycle for individuals and also appear to provide benefits for communities.⁵ For example, a study of Chicago neighborhoods found that residents of neighborhoods with high levels of social capital reported better physical health than residents of low social capital neighborhoods, controlling for other factors.⁶ However, it is important to note that individuals could experience more emotional and mental distress if overwhelmed by their volunteer work (such as substantial care-giving) or if they are among a handful of people trying to do all the volunteering for an area.⁷ Nonetheless, existing research largely suggests that regular volunteering benefits not only the volunteer but the community.

Since volunteering is valuable for communities and individuals, why isn't it even more prevalent? And why is there such variation in volunteer rates across the country? In some cases, certain aspects of a city may make it easier or harder to get volunteers involved. One obstacle is that local civic leaders have not had effective data to see how they are doing over time and how they compare to their peer cities. This report aims to eliminate this obstacle by giving major metro areas volunteer information that they can use as a yardstick to plan and track their future progress.

Analysis: Why Do Metro Areas Have Different Volunteer Rates?

Since 1989, volunteering in metro areas has lagged behind volunteering in non-metropolitan areas by 2 to 3 percentage points. In 2006, more than 26 percent of metro residents volunteered, compared to approximately

Figure 1: Urban Areas Have Lower Volunteer Rates than Suburban and Rural Communities (2004-2006)



28 percent of people in non-metropolitan areas. There is considerable diversity in the volunteering rates of metropolitan areas. For the 50 major metro areas, volunteer rates ranged from 14.4 percent to as high as 40.5 percent.

Within metro areas, volunteer rates tend to vary between the urban areas and the suburban and rural areas. In general, there is a large gap in volunteering between the large metro urban areas and their surrounding suburban and rural

areas. While nearly 30 percent of the population of both suburban and rural areas volunteered between 2004 and 2006, only around 24 percent of residents of urban areas did the same (see Figure 1).

Although calculating and ranking volunteer rates and volunteer activities is fairly straightforward, explaining the differences among communities is more challenging. We found four themes that seemed to influence variations in volunteering among metro areas: (1) residents' attachment to the community, (2) commuting times, (3) socioeconomic characteristics such as education levels, and (4) the capacity of a community's non-profit organizations. For the remainder of this chapter, we illustrate the relationship between volunteer rates in metro areas and these various themes using a special graph called a scatter-plot. Scatter-plot graphs show the relationship between two variables—e.g., volunteering and home ownership rates. A scatter-plot graph provides a visual sense of how much of the differences in metro area volunteering can be explained by the presence of a particular characteristic, such as homeownership or commuting times. Each graph has a solid line that represents the general trend for volunteer rates compared to other factors. The graphs also contain dots that show how accurately this general trend describes the data for each of the 50 major metro areas. The stronger the relationship, the closer the dots are to the trend line.

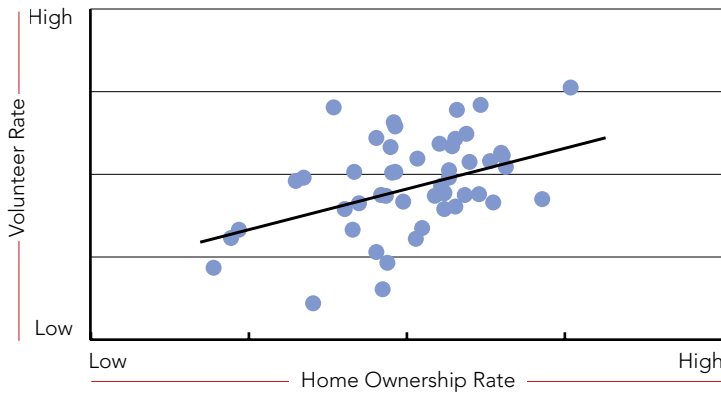
Greater Attachment to the Community Encourages Volunteering

The research literature on social capital indicates that it is more challenging to build citizen engagement in communities where residents do not have a long-term commitment to the community, where densely populated communities create a sense of anonymity making it difficult to know one's neighbors, and where there is a large influx of newly arrived residents. Indicators such as homeownership, population density, and the number of multiunit dwellings, help determine whether residents have a long-term commitment and attachment to their communities. Given that volunteering is one key indicator of social capital, we would expect that indicators of community attachment and long-term commitment might also be related to volunteering.⁸ Understanding the role these play in encouraging or depressing volunteering may help policymakers and community leaders promote greater volunteering.

We measured the effect of homeownership on volunteering because owning a home tends to signify a personal and financial interest and commitment to the long-term success of the community. We would expect that communities with high levels of homeownership would have higher levels of community attachment and therefore more social capital.⁹ This higher social capital should translate into higher volunteering rates.

We found that there was a strong positive relationship between homeownership rates and metro volunteer rates—showing that where community attachment is high as measured by homeownership, volunteering is high (see Figure 2). For example, in Minneapolis-St. Paul, Minnesota, 70 percent of families own their own homes. It also had one of the nation's highest volunteer rates at over 40 percent. At the same time, Honolulu, Hawaii, with a homeownership rate of 49 percent, had a volunteer rate of 23 percent. For the 50 major metro areas profiled in this report, the median homeownership rate was about 60 percent. If the average homeownership rate

Figure 2: Metro Areas with More Home Ownership Have Higher Volunteer Rates



increased to 65 percent, we would expect to see an increase of 2.8 percentage points in the volunteer rate.¹⁰

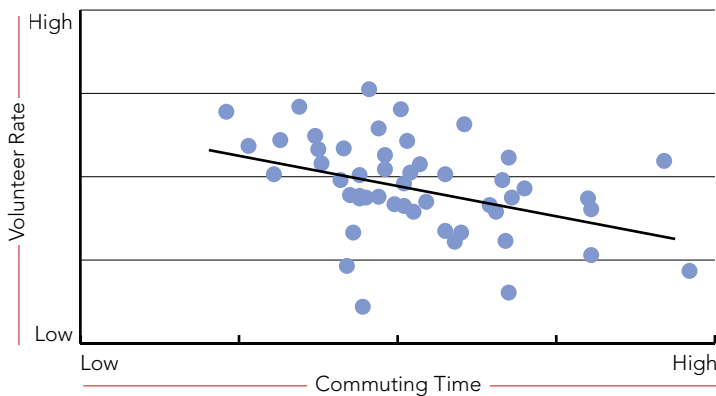
On the other hand, communities with a large percentage of multiunit housing, such as apartment buildings, are more likely to attract a more transient population and are expected to have lower volunteer rates. For example, 57 percent of New York’s housing units are in multiunit buildings and its volunteer rate was just under 19 percent. Roughly 30 percent of Minneapolis-St. Paul’s housing is multiunit,

and the volunteer rate is over 40 percent. The average percentage of multiunit housing for the 50 major metro areas was about 34 percent. In a metro area where the percentage of multiunit housing is high, we would expect volunteering to be lower than in a metro area with less multiunit housing. In fact, it appears that if the percentage of multiunit housing were to increase from 34 percent to 40 percent, volunteer rates might be lower by about 2 percentage points.

High population density can also reduce attachment to the community by increasing the level of anonymity among residents and making community bonding more difficult.¹¹ The median population density for the 50 major metro areas in 2005 was approximately 550 residents per square mile. If this number increased by 100 residents per square mile (from 550 to 650 residents per square mile), we would expect average volunteer rates to be lower by 0.3 percentage points.

Long Commutes Can Curtail Opportunities to Volunteer

Figure 3: Metro Areas with Long Commuting Times Have Lower Volunteer Rates



Contrary to expectations, busy individuals are the most likely to volunteer. Time devoted to activities that create opportunities for developing relationships and social networks—such as work and raising a family—are actually related to a higher propensity to volunteer. On the other hand, activities that tend to promote solitude are more likely to reduce social capital and lead to lower volunteer rates. For example, driving back and forth to work alone provides few opportunities to engage others and to build positive social networks.¹² Long solitary

to 87 percent, we would expect the volunteer rate to be higher by 4.1 percentage points. If the share of residents with at least a four-year college degree increased from 28 percent to 33 percent, we would expect volunteer rates to be higher by 2 percentage points (see Figure 4).

Poverty is another socioeconomic characteristic that tends to be strongly associated with lower volunteering. However, it is difficult to determine whether high poverty rates reduce the overall propensity to volunteer, whether high volunteering in a community leads to a reduction in poverty, or if both effects occur. In some metro areas, high concentrations of people living in poverty might discourage volunteering by creating the type of economic stress that places great demands on individuals and families. People living in poverty also tend to be more isolated from society. Many low-income individuals may feel less connected to the institutions that provide volunteer opportunities and have less discretionary time to spend on activities like volunteering.¹⁶

Low-income individuals often live in communities where there may be fewer opportunities to become involved. For example, recent research finds that youth from low-income households are less likely to encounter service experiences in school or be involved in youth organizations that engage teenagers in volunteering.¹⁷ Nonetheless, recent economic research underscores why it is important to engage all citizens in their community.¹⁸

As expected, we found that communities with higher poverty rates tend to have lower volunteer rates. Metro areas with high poverty rates such as Los Angeles, California, with approximately 16 percent of the metro area living in poverty, had a below-average volunteer rate of just over 22 percent. In comparison, Kansas City, Missouri, with its low metro poverty rate of approximately 8 percent, had a volunteer rate of almost 35 percent. The average poverty rate was 10.3 percent for the 50 major metro areas.¹⁹ If a metro area's poverty rate decreased by 2 percentage points, from 10.3 to 8.3 percent, we would expect the volunteer rate to be 2.9 percentage points higher. Again, we cannot claim that changes in poverty cause changes in volunteering. However, there does appear to be a strong relationship between economic disadvantage and the community's social capital and level of volunteering.

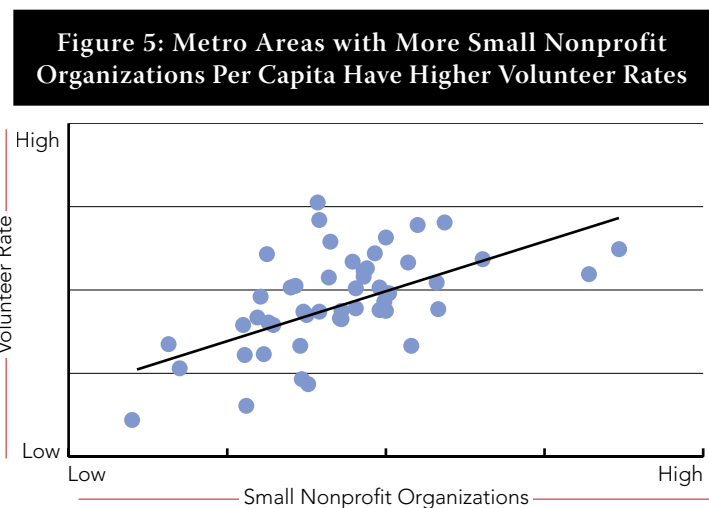
The Capacity of a Community's Associations and Organizations Expands or Limits Volunteering Opportunities

The supply of volunteers in a metro area is the result of factors that encourage or discourage individuals to volunteer or not. Up to this point, this report has only examined community characteristics that directly or indirectly influence an individual's decision to volunteer. However, in order to volunteer successfully there must be an infrastructure that can recruit, place, and manage prospective volunteers. Communities with fewer nonprofits per capita (such as Las Vegas, Nevada; Riverside, California; or Orlando, Florida) are likely to have lower volunteer rates. If this is so, one question may be whether the types of nonprofits in a community affect the average volunteer rate.

For this report, we analyzed the relationship between volunteer rates and the per capita number of large and small nonprofit organizations. On average, in the 50 major metro areas, there were 200 large and 271 small

nonprofits per 100,000 residents. For this report, we defined large nonprofits as organizations with annual revenues equal to or above \$25,000. In contrast, small nonprofits were defined as nonprofit organizations with annual revenues below \$25,000. Examples of small nonprofits would be neighborhood civic associations or local community sports clubs.

While communities with more nonprofit organizations per capita tend to have higher volunteer rates, our research suggests that having more small nonprofit organizations in the community may have a greater impact on volunteering. For example, if the number of large nonprofit organizations in a metro area increased from 200



to 260 per 100,000 residents, we would expect that volunteer rates would be higher by 2.8 percentage points. The same increase in the number of small nonprofit organizations per 100,000 residents would generate an increase of 3.4 percentage points (see Figure 5). One possible explanation for why large and small nonprofit organizations have different effects on volunteering is that large nonprofits are more likely to use professional paid staff, while smaller nonprofits are more dependent on volunteers.

Milwaukee, Wisconsin illustrates the effect of having above-average numbers of large and small nonprofit organizations on the volunteer rate. In the Milwaukee metro area there are 320 large and 293 small nonprofit organizations for every 100,000 residents, and the volunteer rate is over 34 percent—one of the highest in the nation. In comparison, the Phoenix, Arizona metro area has considerably fewer nonprofit organizations (115 large and 163 small nonprofits per 100,000 residents), and its volunteer rate is less than 24 percent.

The ability of communities to keep volunteers engaged year after year (volunteer retention) is strongly related to the volunteer rate. The right types of volunteer opportunities and management of volunteers can encourage an individual to continue volunteering. On the other hand, as with paid employment, a poor fit between a volunteer and a nonprofit increases the probability that a volunteer will not be retained. Turnover is not just the concern of individual volunteers. High turnover also has a negative impact on a community’s overall volunteer rate. For nonprofits that depend on volunteers, turnover results in the need to incur substantial additional costs associated with recruiting, orienting, and managing new volunteers. Turnover also reduces the experienced resources available to address community needs. On average nationally, one out of three volunteers dropped out of volunteering after one year of service.²⁰ Communities able to reduce their volunteer turnover tended to maintain higher overall volunteer rates and were more effective in addressing community issues.

Among the 50 major metro areas profiled in this report, there is a strong positive relationship between volunteer retention and the volunteer rate. On average, 65 percent of volunteers in one year continue to volunteer in the next year. Increasing volunteer retention rates from 65 percent to 71 percent would increase the volunteer rate by 3.2 percentage points. This increase could have a substantial effect on building the overall level of social capital and social efficacy in a community. The effects of an increase in volunteer retention on the average metro volunteer rate are illustrated by examining the Tulsa, Oklahoma, and Virginia Beach, Virginia, metro areas. Tulsa's volunteer retention rate was 73 percent, while Virginia Beach had a 60 percent volunteer retention rate. The average volunteer rates for Tulsa and Virginia Beach were 34 percent and 19 percent, respectively.

Conclusion

This report identifies several factors that might help explain the differences in volunteer rates between metro areas. Some of these factors can be thought of as challenges to growing volunteering. That is, just like being overweight or not exercising increases an individual's risk of developing serious health problems such as heart disease, certain factors may work against a community's volunteering potential.

Long average commutes to work, high poverty rates, lower education levels, low volunteer retention rates, lower numbers of local nonprofit associations and groups, a high percentage of multiunit housing, and high population density all tend to increase a community's chance of having low volunteer rates. On the other hand, there are other factors that protect or promote growth in volunteering. These factors tend to build social capital and to directly or indirectly encourage volunteering. Volunteering seems to be higher in communities with shorter commutes to work, high average education levels, high levels of homeownership, high rates of volunteer retention, and many nonprofit organizations in the community.

Analyzing the factors that affect volunteering can help metro areas create plans and strategies to grow civic engagement. Volunteer retention, for example, has a potentially substantial payoff with relatively modest costs. Communities can work with their policymakers, residents, and nonprofits to identify how to improve the volunteer experience. What are some ways of increasing volunteer retention? First, keep volunteers engaged in volunteer organizations. Volunteers actually thrive on being asked to do more for an organization they care about. Second, reach out to volunteers who are already involved with another organization. It appears that committed volunteers work with multiple organizations. Third, research shows that different volunteers have preferences for different volunteer activities. We need to see volunteers as important community and organizational assets and try to make the best use of their time and commitment by trying to ensure the best fit between the volunteer and the volunteer organization and volunteer activity.²¹

Meanwhile, many of the most challenging factors to change are associated with building social relationships across boundaries of economic, geographic, and racial-ethnic difference. For example, it may be worthwhile to create what Robert Putnam calls "bridging social capital"—the social capital that develops and nurtures the types of connections that bring together people with different backgrounds, values, and perspectives.²²

We hope this report will increase individuals' desire to raise their community's level of volunteering and thereby collectively raise a locale's stock of social capital. This goal can be achieved in a number of ways, including:

- Having leaders in a community talk about why volunteering is so important.
- Flexible work schedules that reduce the effect of commuting times on volunteering.
- Working with schools and other groups to spur greater community engagement among youth and adults through activities such as service-learning.
- Encouraging nonprofits to reinvent and expand the roles volunteers can play in an organization.

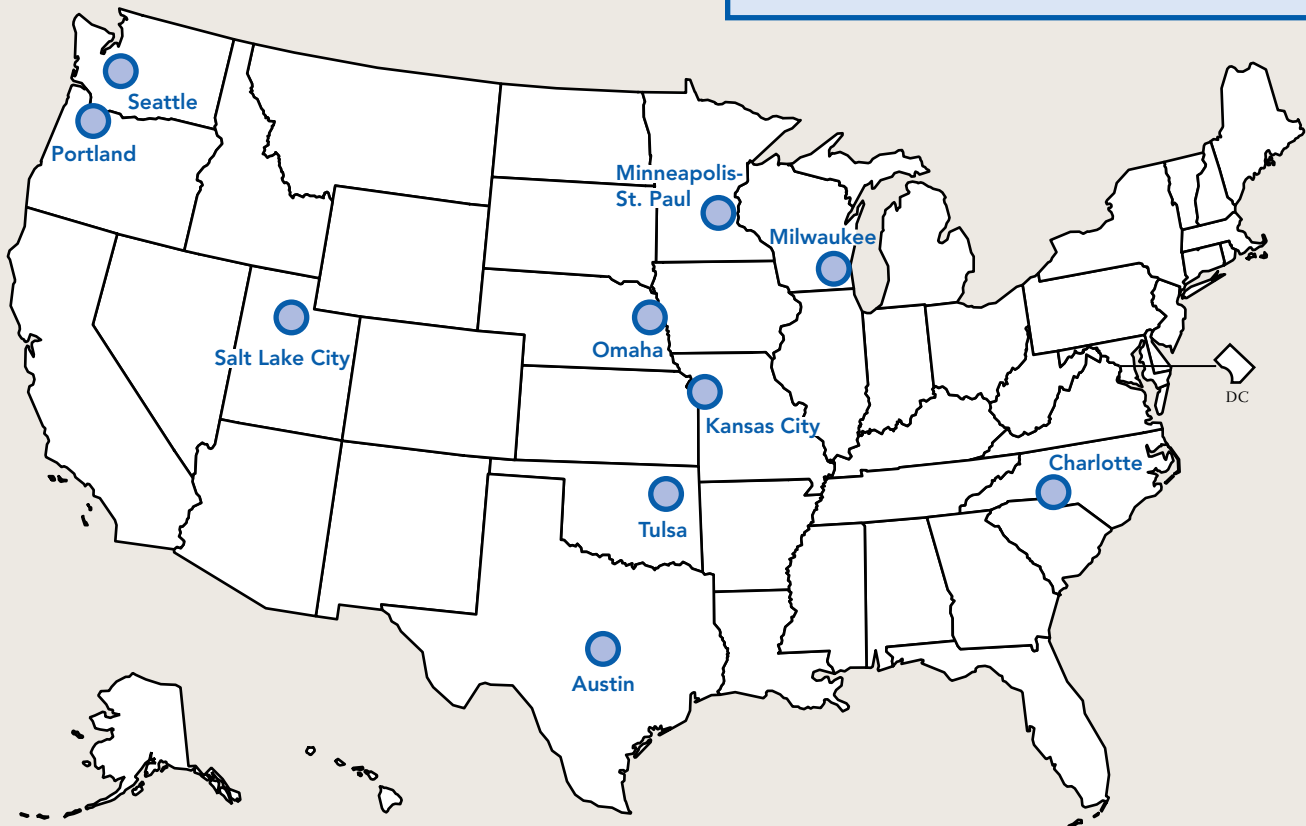
One might also appeal to potential volunteers by noting that service to others may help them be happier and healthier in addition to addressing key community interests. How they spend their leisure time and whether they connect with their neighbors could help determine the level of crime on their street, how well their schools work, and how responsive their government is. While opportunities and efforts to build greater citizen engagement need to fit local needs and culture, communities that work to enhance and expand the range of volunteering among residents will make their community an even better place to live.

VOLUNTEER RATES BY METROPOLITAN AREA

This map shows metropolitan areas with the top volunteer rates from across the nation. The volunteer rates and rankings are based on a three-year average of data from 2004, 2005, and 2006. Between 2004 and 2006, the average volunteer rate for the nation was 28.1%, while volunteering rates in metropolitan areas ranged from 14.4% to 40.5%.

Top Metro Areas

- | | |
|-----------------------------|--------------------|
| 1. Minneapolis-St. Paul, MN | 6. Portland, OR |
| 2. Salt Lake City, UT | 7. Kansas City, MO |
| 3. Austin, TX | 8. Milwaukee, WI |
| 4. Omaha, NE | 9. Charlotte, NC |
| 5. Seattle, WA | 10. Tulsa, OK |



VOLUNTEER RATES BY METROPOLITAN AREA

The volunteer rates and rankings in the table below are based on a three-year average of data from 2004, 2005 and 2006. Metropolitan areas varied greatly in their average volunteer rates ranging from 14.4%.to 40.5%.

RANK	METRO AREA	RATE	RANK	METRO AREA	RATE	RANK	METRO AREA	RATE
1	Minneapolis-St. Paul, MN	40.5%	17	Denver, CO	31.5%	34	Detroit, MI	27.0%
			18	St. Louis, MO	30.9%	35	San Antonio, TX	26.7%
2	Salt Lake City, UT	38.4%	19	Nashville, TN	30.5%	36	Philadelphia, PA	26.6%
3	Austin, TX	38.1%	20	Dallas, TX	30.3%	37	Sacramento, CA	26.5%
4	Omaha, NE	37.8%	20	Oklahoma City, OK	30.3%	38	Atlanta, GA	26.1%
5	Seattle, WA	36.3%	22	New Haven, CT	30.2%	39	Houston, TX	25.8%
6	Portland, OR	35.8%	23	Hartford, CT	29.6%	39	Tampa, FL	25.8%
7	Kansas City, MO	34.9%	23	San Francisco, CA	29.6%	41	Phoenix, AZ	23.5%
8	Milwaukee, WI	34.4%	25	San Diego, CA	29.2%	42	Honolulu, HI	23.3%
9	Charlotte, NC	34.3%	26	Baltimore, MD	28.6%	42	Providence, RI	23.3%
10	Tulsa, OK	33.7%	27	Albuquerque, NM	27.8%	44	Los Angeles, CA	22.3%
11	Cincinnati, OH	33.4%	28	Indianapolis, IN	27.7%	45	Orlando, FL	22.2%
12	Columbus, OH	33.3%	29	Richmond, VA	27.6%	46	Riverside, CA	20.6%
13	Pittsburgh, PA	32.6%	30	Boston, MA	27.5%	47	Virginia Beach, VA	19.3%
14	Bridgeport, CT	32.3%	30	Cleveland, OH	27.5%	48	New York, NY	18.7%
15	Washington, DC	31.9%	32	Chicago, IL	27.4%	49	Miami, FL	16.1%
16	Louisville, KY	31.6%	32	San Jose, CA	27.4%	50	Las Vegas, NV	14.4%

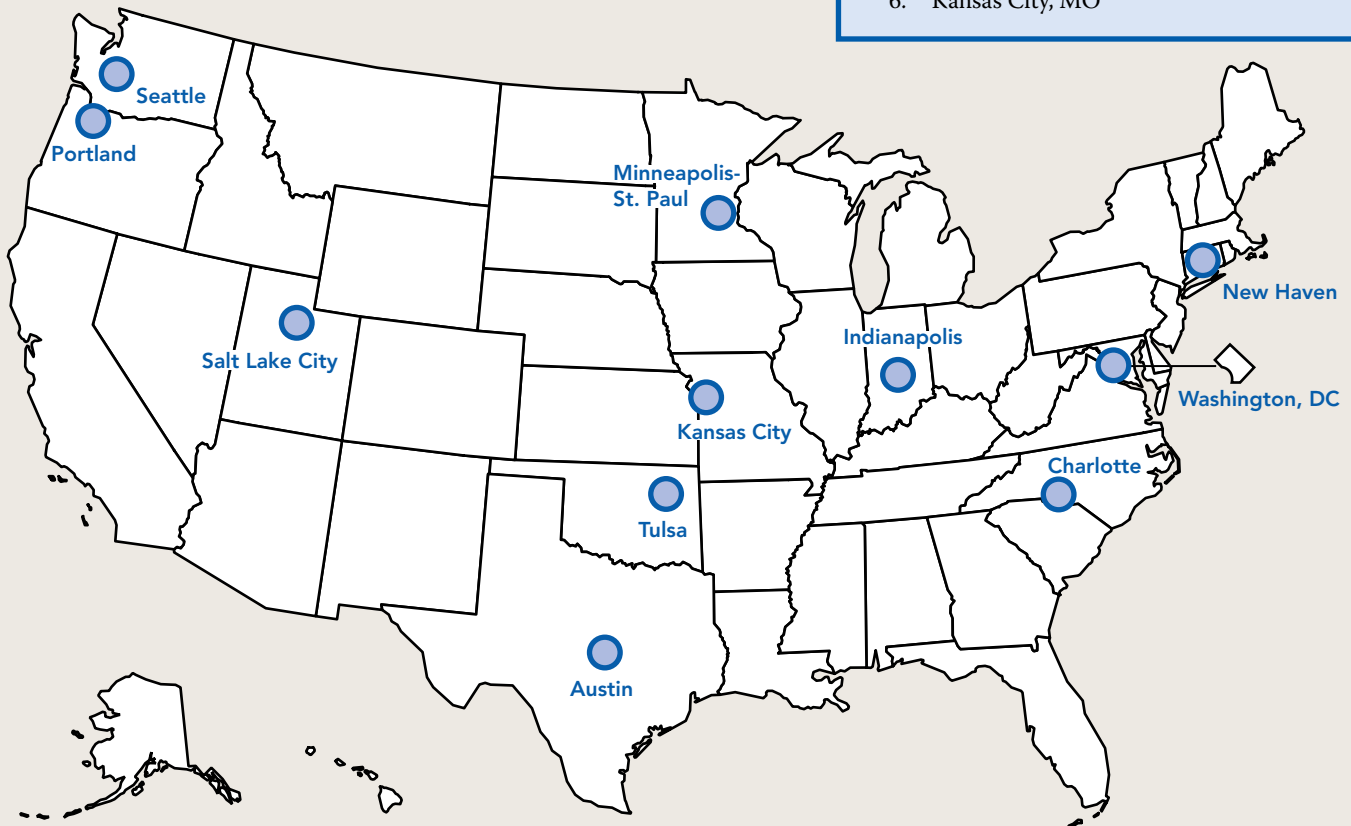
The metro areas listed above are geographic regions classified as Metropolitan Statistical Areas which are used by the U.S. Census Bureau in collecting and publishing federal statistics.

VOLUNTEER HOURS BY METROPOLITAN AREA

This map shows metropolitan areas with the highest number of average volunteer hours served annually per resident. The volunteer hours and rankings reflect a three-year average of volunteering hours per resident from 2004, 2005, and 2006. Over this three-year period, the nation had an average of 36.5 volunteer hours per resident, and the metropolitan areas' average volunteer hours per resident ranged from 20.5 hours to 60 hours.

Top Metro Areas

- | | |
|-----------------------|------------------------------|
| 1. Tulsa, OK | 7. Austin, TX |
| 2. Charlotte, NC | 8. Washington, DC |
| 3. Salt Lake City, UT | 9. Indianapolis, IN |
| 4. Seattle, WA | 10. Minneapolis-St. Paul, MN |
| 5. Portland, OR | 10. New Haven, CT |
| 6. Kansas City, MO | |



VOLUNTEER HOURS BY METROPOLITAN AREA

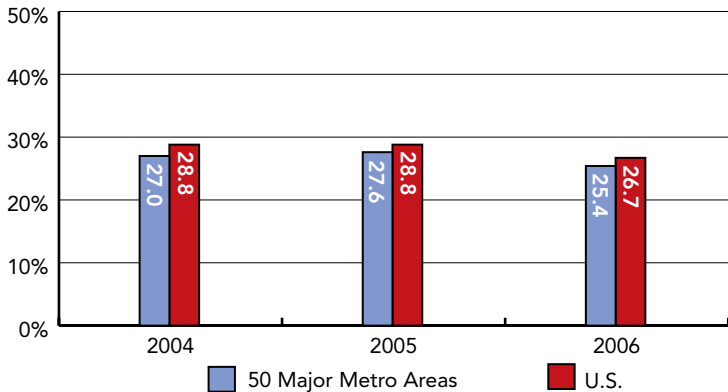
This table displays a comparison of volunteer hours per metropolitan area resident. To compare across metro areas, volunteer hours and rankings in the table below are calculated as the total volunteer hours served divided by the population of the metro area based on data from 2004, 2005, and 2006. Median hours per volunteer are presented in the metropolitan area profiles. Hours reported varied greatly across metropolitan areas ranging from 20.5 hours to 60 hours.

RANK	METRO AREA	HOURS	RANK	METRO AREA	HOURS	RANK	METRO AREA	HOURS
1	Tulsa, OK	60.0	17	Louisville, KY	40.2	34	Dallas, TX	33.7
2	Charlotte, NC	57.1	18	Denver, CO	39.8	35	San Jose, CA	33.6
3	Salt Lake City, UT	53.8	19	San Diego, CA	39.5	36	San Francisco, CA	33.2
4	Seattle, WA	53.5	20	Houston, TX	38.4	37	Tampa, FL	32.9
5	Portland, OR	51.0	21	Pittsburgh, PA	37.9	38	Philadelphia, PA	32.5
6	Kansas City, MO	49.4	22	Columbus, OH	37.8	39	Los Angeles, CA	30.5
7	Austin, TX	49.2	23	St. Louis, MO	37.6	40	Cincinnati, OH	30.1
8	Washington, DC	47.0	24	Atlanta, GA	37.5	41	Virginia Beach, VA	29.7
9	Indianapolis, IN	45.9	25	Oklahoma City, OK	37.0	42	Chicago, IL	28.3
10	Minneapolis-St. Paul, MN	45.7	26	Richmond, VA	36.9	43	Boston, MA	28.1
			27	Milwaukee, WI	36.8	44	Detroit, MI	27.8
10	New Haven, CT	45.7	28	Nashville, TN	36.4	45	Orlando, FL	27.3
12	Omaha, NE	43.6	29	Phoenix, AZ	35.4	46	Cleveland, OH	25.9
13	Sacramento, CA	43.3	30	Honolulu, HI	35.3	47	Miami, FL	25.3
14	San Antonio, TX	42.8	31	Hartford, CT	34.7	48	Providence, RI	24.3
15	Bridgeport, CT	42.2	32	Albuquerque, NM	34.3	49	New York, NY	23.3
16	Baltimore, MD	41.3	33	Riverside, CA	34.0	50	Las Vegas, NV	20.5

The metro areas listed above are geographic regions classified as Metropolitan Statistical Areas which are used by the U.S. Census Bureau in collecting and publishing federal statistics.

UNITED STATES

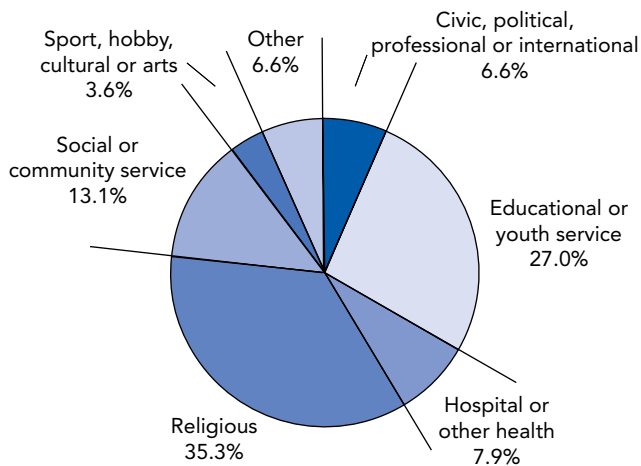
Volunteer Rate



Trends and Highlights

- The nation had an average volunteer rate of 28.1% per year between 2004 and 2006.
- In 2006, 61.2 million volunteers dedicated 8.1 billion hours of service.
- For more detailed information on volunteering, go to www.nationalservice.gov.

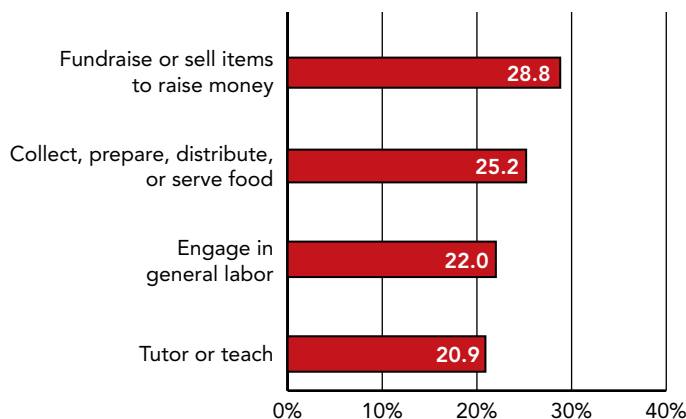
Where People in the Nation Volunteer



National Volunteer Trends

CATEGORY	NATIONAL AVERAGE	
	Hours per volunteer	% who volunteer
Area of Residence		
Nation	50	28.1%
Urban	51	23.7%
Suburban	50	29.3%
Gender		
Male	52	24.3%
Female	50	31.6%
Age		
16 - 24 years	39	23.4%
25 - 34 years	37	24.7%
35 - 44 years	48	33.3%
45 - 54 years	52	32.2%
55 - 64 years	60	29.3%
65 - 74 years	96	27.5%
75+ years	100	20.9%

Top Four Volunteer Activities in the Nation



The above profile represents Metropolitan Statistical Area (MSA) information on volunteer trends and activities, based on a three-year average from 2004, 2005, and 2006. MSAs are geographic regions used by the U.S. Census Bureau in collecting and publishing Federal statistics.

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The Health Benefits of Volunteering: A Review of Recent Research (2007). Documents some of the major research findings on the relationship between health and volunteering. It has been shown that better health leads to continued volunteering, but these studies also show that volunteering leads to improved physical and mental health. Thus they are part of a self-reinforcing cycle.

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