Central Mass is closely tied to its neighboring labor markets and has a large share of residents who work in neighboring regions. While 71.5 percent of the region’s employed residents also work in the region, the remaining 28.5 percent commute to other regions and states for work. The Metro South/West region is the most common destination for commuters, accounting for 16.9 percent of all workers who live in Central Mass. A smaller number of workers commute into Boston/Metro North for work. In terms of inbound commuters, Metro South/West has the largest share (8.0 percent of all workers in Central Mass), followed by Pioneer Valley (3.0 percent) and Connecticut (1.8 percent). Central Mass is a net exporter of workers, with over 39,900 more residents commuting out of the region every day than commuting into the region.

**Source:** US Census Bureau 2008-2010 American Community Survey PUMS data files.