

A Profile of Health Among Massachusetts Adults, 2009 Results from the Behavioral Risk Factor Surveillance System

Highlights

- ❖ **This report has similar format and content as in the previous years. It contains results from the landline survey only.**
 - ❖ **MA BRFSS conducted a multimode survey including cell phone users. When the combined sample is available from CDC, a supplement containing core indicators tables will be provided. Introduction to the supplement will contain detailed explanations about the new sample, new weighting methodology and the impact on the health indicators estimates.**
 - ❖ **Two new topics were added to the report this year: data on sexual orientation and data on prescription drug use for selected medical conditions such as insomnia and depression.**
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- The percent of MA adults reporting not having health insurance increased by an average of 7.6% per year between 2000 and 2005, and then decreased by an average of 45.3% per year through 2008, reaching 3.3% in 2008. There was no change in the percentage of people without health insurance between 2008 and 2009. Additional years of observation are needed to determine whether the downward trend has flattened.
 - Hispanic adults (11%) were more likely than White adults (2%) or Black adults (5%) to report not having health insurance.
 - Hispanic adults in Massachusetts continue to report higher rates of fair or poor health as compared to other racial/ethnic population groups. Hispanic adults (32%) and Black adults (16%) were more likely to report fair or poor health than were White adults (10%).
 - The percent of MA adults who reported current smoking decreased by an average of 1.9% per year between 2000 and 2006 and then decreased by an average of 5.4% per year through 2009, reaching 15%. MA estimates are consistently lower than national estimates. These estimates refer to landline users only; the addition of cell phone users will increase this percentage. This issue will be discussed when the supplement to this report is released.
 - The percent of MA adults who reported being overweight (based on calculated BMI>25) increased by an average of 1.2% per year between 2000 and 2009. MA estimates are consistently lower than national estimates, although both state and national data show an upward trend.
 - MA adults who reported that they consume five or more servings of fruits or vegetables per day remained relatively stable and was slightly higher than national estimates over the years. However, fewer than one-third of Massachusetts adults consume 5 or more servings of fruits and vegetables per day.

- Only about one-half of Massachusetts adults report 30 minutes or more of moderate physical activity at least 5 days per week, and only one-third of Massachusetts adults report 20 minutes or more of vigorous physical activity at least 3 days per week.
- The percentage of adults who have had their cholesterol checked in the past 5 years remained the same over the years (about 80%-84%) and is slightly higher than national estimates.
- The percent of MA adults ages 50-64 who reported receiving a seasonal flu vaccination in the past year increased by an average of 3.5% per year between 2001 and 2009. These estimates were similar to national estimates.
- There was no significant trend in the percent of MA adults ages 65 and older who reported receiving a seasonal flu vaccination between 2000 and 2009. This was similar to national data.
- The percent of MA adults ages 65 and older who reported ever receiving pneumonia vaccine increased by an average of 1.4% per year between 2000 and 2009. MA estimates were about the same as national estimates.
- The percent of MA adults who reported being diagnosed with diabetes increased by an average of 4.1% per year between 2000 and 2009. MA estimates are consistently lower than national estimates although diabetes prevalence has been increasing both statewide and nationally.
- The percent of MA adults who reported that they were ever diagnosed with asthma increased by an average of 2.6% per year between 2000 and 2009. Those who reported currently having asthma increased by an average of 1.7% per year between 2000 and 2009, reaching 10.8% in 2009. MA estimates for asthma prevalence (both ever and current) are consistently higher than national estimates.
- Colorectal cancer screening and breast cancer screening were not included in the core section this year and are not presented in this report.
- In 2009, 15% of adult women and 4% of adult men reported experiencing sexual violence in their lifetime.
- In 2009, 48% of Massachusetts adults reported ever having been prescribed medication for chronic pain, anxiety, insomnia or hyperactivity.
- In 2009, 3.1% of Massachusetts adults (about 3% for both males and females) self-identified their sexual orientation as homosexual, bisexual or other.