

A Profile of Health Among Massachusetts Adults, 2013

Results from the Behavioral Risk Factor Surveillance
System

HEALTH SURVEY PROGRAM
OFFICE OF DATA MANAGEMENT AND OUTCOMES ASSESSMENT
MASSACHUSETTS DEPARTMENT OF PUBLIC HEALTH



October 2014

MASSACHUSETTS DEPARTMENT OF PUBLIC HEALTH

Health Survey Program

Office of Data Management and Outcomes Assessment

A Profile of Health Among Massachusetts Adults, 2013

Results from the Behavioral Risk Factor Surveillance System

Deval L. Patrick, Governor

John Polanowicz, Secretary of Health and Human Services

Cheryl Bartlett, RN, Commissioner, Department of Public Health

Thomas Land, Director, Office of Data Management and Outcome Assessment

October 2014

TABLE OF CONTENTS

ACKNOWLEDGEMENTS	3
INTRODUCTION	4
DEMOGRAPHIC CHARACTERISTICS OF RESPONDENTS	5
SECTION 1: OVERALL HEALTH MEASURES	6
Section 1.1: Overall Health Status	7
Section 1.2: Quality of Life	8
Section 1.3: Disability.....	9
SECTION 2: HEALTH CARE ACCESS AND UTILIZATION	10
Section 2.1: Health Insurance Status	11
Section 2.2: Health Care Access.....	12
SECTION 3: RISK FACTORS AND PREVENTIVE BEHAVIORS.....	14
Section 3.1: Tobacco Use	15
Section 3.2: Smoking Cessation	17
Section 3.3: Environmental Tobacco Smoke.....	18
Section 3.4: Alcohol Use	19
Section 3.5: Overweight and Obesity Status	20
Section 3.6: Physical Activity	21
Section 3.7: Fruit and Vegetable Consumption	22
Section 3.8 Cholesterol Awareness.....	23
Section 3.9: Hypertension Awareness.....	24
SECTION 4: IMMUNIZATION.....	25
Section 4.1: Flu Vaccine and Pneumonia Vaccine	26
Section 4.2: Human Papilloma Virus (HPV) Vaccination	29
Section 4.3: Hepatitis B Virus (HBV) Vaccination	30
Section 4.4: Herpes Zoster (Shingles) Vaccination	31
SECTION 5: CHRONIC HEALTH CONDITIONS	32
Section 5.1: Diabetes.....	33
Section 5.2: Asthma.....	34
Section 5.3: Chronic Obstructive Pulmonary Disease (COPD).....	35
Section 5.4: Heart Disease and Stroke	36
Section 5.5: Arthritis.....	38
Section 5.6: Cancer Diagnosis	39
Section 5.7: Depression	40
SECTION 6: OTHER TOPICS.....	41
Section 6.1: Sexual Orientation and Gender Identity.....	42
Section 6.2: HIV Testing	43
Section 6.3: Sexual Violence	44
Section 6.4: Seatbelt Use.....	45
APPENDIX	46
Age-Adjusted Percentages For Selected Topics	47
Massachusetts Estimates and HP 2020^	55
Massachusetts and National Estimates.....	56
Item-Specific Non-Response	57
TERMS, DEFINITIONS AND STATISTICAL METHODOLOGY	58
LIMITATIONS	60

ACKNOWLEDGEMENTS

We wish to express our gratitude to the residents of Massachusetts who participated in this survey, and to Abt SRBI, Inc. and the dedicated interviewers who helped make this survey possible. We also wish to acknowledge the contributions of the staff of the many programs within the Massachusetts Department of Public Health who provided topical overviews and reviewed draft sections of this report relevant to their areas of expertise.

For further information about this report, about the Behavioral Risk Factor Surveillance System, or the Health Survey Program, please contact: Bruce Cohen, Office of Data Management and Outcomes Assessment, Massachusetts Department of Public Health, 250 Washington Street, 6th floor, Boston, MA 02108-4619. Telephone: (617) 624-5635. Email: Bruce.Cohen@state.ma.us. Website: <http://www.mass.gov/dph/hsp>

INTRODUCTION

The Behavioral Risk Factor Surveillance System (BRFSS) is a continuous multimode survey of adults ages 18 and older and is conducted in all states as a collaboration between the federal Centers for Disease Control and Prevention (CDC) and state departments of health. The landline telephone portion of the survey has been conducted in Massachusetts since 1986; a cell phone component was added in 2011. The BRFSS collects data on a variety of health risk factors, preventive behaviors, chronic conditions, and emerging public health issues. The information obtained in this survey assists in identifying the need for health interventions, monitoring the effectiveness of existing interventions and prevention programs, developing health policy and legislation, and measuring progress toward attaining state and national health objectives.

Each year, the BRFSS includes a core set of questions developed by the CDC. These questions addressed health status, health care access and utilization, overweight and obesity status, asthma, diabetes, immunizations, tobacco use, alcohol consumption, HIV/AIDS testing and other selected public health topics.

In addition to the core CDC questions, the Massachusetts Health Survey Program, in collaboration with other Massachusetts Department of Public Health programs, added a number of topics to the surveillance instrument including environmental tobacco exposure, cancer survivorship, sexual violence, and other selected topics.

In 2013, 12,160 landline interviews and 2,912 cell phone interviews were completed among Massachusetts adults. To increase the number of respondents who belong to racial and/or ethnic minority groups, the cities of Boston, Brockton, Lowell, Lynn, New Bedford, Quincy, Springfield, and Worcester were over-sampled. Interviews were administered in the respondents' preferred language, with a choice of English, Spanish, or Portuguese.

This report summarizes selected results from the combined landline and cell phone portions of the 2013 Massachusetts BRFSS. In each section of the report, a description of survey questions used to obtain estimates for key variables is provided. Tables detailing the overall estimates and estimates by demographic and socioeconomic characteristics (gender, age, race-ethnicity, disability status, education and annual household income) are provided in the main body of the report in the form of crude percentages.

In the Appendix of the report, tables are presented detailing age-adjusted percentages for 2013 indicators and their 95% confidence intervals. United States (US) median data for all participating states and territories for variables with comparable national data are presented for 2013 in a separate table. The *Healthy People 2020* objectives are presented separately to help monitor Massachusetts' progress toward meeting these goals.

All percentages in this report are weighted (see definition on page 58) to represent the total Massachusetts population in 2013.

DEMOGRAPHIC CHARACTERISTICS OF RESPONDENTS

MASSACHUSETTS BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, 2013

	UNWEIGHTED SAMPLE SIZE	WEIGHTED PERCENT
	N	%†
OVERALL	15,072	100.0
GENDER		
MALE	6,001	47.8
FEMALE	9,071	52.2
AGE GROUP		
18–24	789	13.5
25–34	1,515	16.5
35–44	1,897	15.6
45–54	2,951	18.8
55–64	3,177	16.5
65–74	2,529	10.4
75 AND OLDER	2,060	8.7
RACE-ETHNICITY*		
WHITE	11,905	79.1
BLACK	936	6.2
HISPANIC	1,354	9.3
ASIAN	392	5.5
DISABILITY¶		
DISABILITY	4,724	27.0
NO DISABILITY	9,618	73.0
EDUCATION		
< HIGH SCHOOL	1,336	11.4
HIGH SCHOOL	3,557	26.4
COLLEGE 1–3 YRS	3,520	27.0
COLLEGE 4+ YRS	6,525	35.2
HOUSEHOLD INCOME		
<\$25,000	3,600	24.3
\$25,000–34,999	1,253	8.5
\$35,000–49,999	1,520	11.6
\$50,000–74,999	1,830	14.0
\$75,000+	4,496	41.6

* White, Black, and Asian race categories refer to non-Hispanic

† See BRFSS methodology in “Terms, Definitions and Methodology Used in this Report”

¶ See p 59 for definition of disability

SECTION 1: OVERALL HEALTH MEASURES

SECTION 1.1: OVERALL HEALTH STATUS

Respondents were asked to describe their overall health as excellent, very good, good, fair, or poor. Presented here are the percentages of adults who reported that their overall health was fair or poor.

TABLE 1.1 – OVERALL HEALTH STATUS AMONG MASSACHUSETTS ADULTS, 2013				
	FAIR OR POOR HEALTH			
	N	%	95% CI	
OVERALL	15,043	13.8	12.9	- 14.6
GENDER				
MALE	5,984	12.8	11.5	- 14.0
FEMALE	9,059	14.7	13.5	- 15.9
AGE GROUP				
18–24	788	7.2	5.0	- 9.3
25–34	1,513	9.8	7.6	- 12.1
35–44	1,895	10.3	8.2	- 12.3
45–54	2,945	13.4	11.6	- 15.3
55–64	3,173	16.8	14.8	- 18.7
65–74	2,523	21.1	18.4	- 23.8
75 AND OLDER	2,052	23.2	20.2	- 26.1
RACE-ETHNICITY*				
WHITE	11,887	11.9	11.0	- 12.8
BLACK	9,34	17.5	13.1	- 21.9
HISPANIC	1,347	30.2	26.4	- 33.9
ASIAN	†			
DISABILITY¶				
DISABILITY	4,711	37.3	34.9	- 39.7
NO DISABILITY	9,605	5.1	4.4	- 5.8
EDUCATION				
< HIGH SCHOOL	1,330	35.7	31.4	- 40.1
HIGH SCHOOL	3,551	17.2	15.4	- 19.1
COLLEGE 1–3 YRS	3,514	12.0	10.6	- 13.5
COLLEGE 4+ YRS	6,516	5.3	4.6	- 6.0
HOUSEHOLD INCOME				
<\$25,000	3,591	29.6	27.1	- 32.1
\$25,000–34,999	1,250	21.2	17.5	- 24.9
\$35,000–49,999	1,519	12.9	9.9	- 15.9
\$50,000–74,999	1,829	7.5	5.8	- 9.3
\$75,000+	4,493	4.1	3.3	- 5.0
* White, Black, and Asian race categories refer to non-Hispanic † Insufficient data ¶ See p 59 for definition of disability				

SECTION 1.2: QUALITY OF LIFE

All respondents were asked to report: (1) the number of days during the past month that their physical health, which includes physical illness and injury, had not been good; and (2) the number of days during the past month they would describe their mental health, which includes stress, depression, and problems with emotions, as not good.

Presented here are the percentages of adults who reported that (1) they had experienced at least 15 days of poor physical health in the previous month; or (2) their mental health was not good for at least 15 days during the past month.

TABLE 1.2 – QUALITY OF LIFE AMONG MASSACHUSETTS ADULTS, 2013										
	15+ DAYS OF POOR PHYSICAL HEALTH					15+ DAYS OF POOR MENTAL HEALTH				
	N	%	95% CI			N	%	95% CI		
OVERALL	14,767	9.7	8.9	-	10.4	14,793	11.2	10.3	-	12.0
GENDER										
MALE	5,887	8.8	7.7	-	9.9	5,888	9.8	8.6	-	11.0
FEMALE	8,880	10.4	9.5	-	11.4	8,905	12.4	11.2	-	13.7
AGE GROUP										
18–24	781	3.0	1.4	-	4.5	776	14.4	11.2	-	17.5
25–34	1,495	5.5	3.9	-	7.2	1,499	13.0	10.3	-	15.7
35–44	1,879	8.3	6.4	-	10.2	1,876	11.2	9.0	-	13.4
45–54	2,904	11.0	9.2	-	12.8	2,915	13.3	11.3	-	15.2
55–64	3,141	13.0	11.2	-	14.7	3,133	9.4	7.8	-	11.0
65–74	2,467	13.9	11.5	-	16.2	2,469	7.2	5.7	-	8.7
75 AND OLDER	1,957	15.1	12.5	-	17.7	1,983	6.1	4.1	-	8.0
RACE-ETHNICITY*										
WHITE	11,675	9.5	8.7	-	10.3	11,707	11.0	10.0	-	11.9
BLACK	912	10.4	6.9	-	13.8	919	14.2	9.7	-	18.7
HISPANIC	1,322	13.9	11.2	-	16.5	1,314	15.2	12.2	-	18.2
ASIAN	†			-		†			-	
DISABILITY¶										
DISABILITY	4,570	28.3	26.0	-	30.5	4,584	27.0	24.6	-	29.4
NO DISABILITY	9,503	3.0	2.5	-	3.6	9,508	5.5	4.7	-	6.2
EDUCATION										
< HIGH SCHOOL	1,282	18.9	15.4	-	22.3	1,289	20.0	16.0	-	24.0
HIGH SCHOOL	3,469	11.5	10.0	-	13.1	3,469	13.2	11.4	-	15.0
COLLEGE 1–3 YRS	3,462	10.3	8.8	-	11.8	3,462	12.8	11.0	-	14.6
COLLEGE 4+ YRS	6,427	4.8	4.2	-	5.5	6,451	5.7	4.8	-	6.5
HOUSEHOLD INCOME										
<\$25,000	3,507	19.2	17.0	-	21.4	3,515	21.5	19.0	-	24.0
\$25,000–34,999	1,227	11.7	9.0	-	14.3	1,230	12.4	9.6	-	15.2
\$35,000–49,999	1,488	7.8	5.7	-	9.9	1,500	11.3	8.4	-	14.2
\$50,000–74,999	1,813	8.0	5.9	-	10.1	1,807	8.3	6.2	-	10.3
\$75,000+	4,460	4.7	3.8	-	5.6	4,466	5.5	4.4	-	6.5
* White, Black, and Asian race categories refer to non-Hispanic										
† Insufficient data										
¶ See p 59 for definition of disability										

SECTION 1.3: DISABILITY

In 2013, respondents were asked about disabilities and activity limitations. Respondents were classified as having a disability if they answered “yes” to one or more of the following questions:

1. Are you limited in any way in any activities because of physical, mental, or emotional problems?
2. Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?
3. Are you blind or do you have serious difficulty seeing, even when wearing glasses?
4. Because of a physical, mental, or emotional condition, do you have serious difficulty concentrating, remembering or making decisions?
5. Do you have serious difficulty walking or climbing stairs?
6. Do you have difficulty dressing or bathing?
7. Because of a physical, mental or emotional condition, do you have difficulty doing errands alone such as visiting a doctor’s office or shopping?

TABLE 1.3 – DISABILITY AMONG MASSACHUSETTS ADULTS, 2013			
	N	HAVE DISABILITY %	95% CI
OVERALL	14,342	27.0	25.8 - 28.1
GENDER			
MALE	5,720	25.8	24.1 - 27.6
FEMALE	8,622	28.0	26.5 - 29.5
AGE GROUP			
18–24	755	21.4	17.5 - 25.4
25–34	1,440	17.9	15.0 - 20.8
35–44	1,795	21.7	18.7 - 24.6
45–54	2,804	27.3	24.7 - 29.9
55–64	3,062	30.8	28.2 - 33.3
65–74	2,407	33.4	30.4 - 36.4
75 AND OLDER	1,947	46.4	42.9 - 49.9
RACE-ETHNICITY*			
WHITE	11,407	26.6	25.3 - 27.9
BLACK	874	34.3	28.5 - 40.1
HISPANIC	1,262	33.2	29.3 - 37.0
ASIAN	363	11.2	5.9 - 16.6
EDUCATION			
< HIGH SCHOOL	1,267	46.1	41.2 - 50.9
HIGH SCHOOL	3,348	31.7	29.2 - 34.2
COLLEGE 1–3 YRS	3,403	28.0	25.7 - 30.2
COLLEGE 4+ YRS	6,276	16.4	15.2 - 17.6
HOUSEHOLD INCOME			
<\$25,000	3,451	50.1	47.2 - 53.0
\$25,000–34,999	1,202	33.0	28.6 - 37.3
\$35,000–49,999	1,469	25.6	21.8 - 29.4
\$50,000–74,999	1,775	20.2	17.3 - 23.0
\$75,000+	4,384	13.3	11.9 - 14.7
* White, Black, and Asian race categories refer to non-Hispanic			

SECTION 2: HEALTH CARE ACCESS AND UTILIZATION

SECTION 2.1: HEALTH INSURANCE STATUS

All respondents were asked if they had any type of health care coverage at the time of the interview. Those who indicated that they had no coverage were asked a follow-up question to be certain that they had considered all types of health care coverage. This included health care coverage from their employer or someone else's employer, a plan that they had bought on their own, Medicare, MassHealth, Commonwealth Care, and coverage through the military, or the Indian Health Service. CDC estimates of uninsured adults, based solely upon the CDC core health insurance question, may differ from estimates derived from the Massachusetts BRFSS estimates, which were based on the CDC core health insurance question and the Massachusetts follow-up question. Table 2.1 presents the Massachusetts BRFSS data.

TABLE 2.1 – OVERALL HEALTH STATUS AMONG MASSACHUSETTS ADULTS, AGES 18-64, 2013				
	NO HEALTH INSURANCE			
	N	%	95% CI	
OVERALL	10,075	4.9	4.2	- 5.6
GENDER				
MALE	4,214	6.6	5.4	- 7.8
FEMALE	5,861	3.2	2.5	- 4.0
AGE GROUP				
18–24	725	5.3	3.3	- 7.4
25–34	1,406	8.8	6.5	- 11.1
35–44	1,862	5.0	3.6	- 6.5
45–54	2,927	3.2	2.2	- 4.2
55–64	3,155	2.5	1.5	- 3.5
RACE-ETHNICITY*				
WHITE	7,580	3.5	2.8	- 4.2
BLACK	717	7.4	4.2	- 10.5
HISPANIC	1,114	13.6	10.2	- 17.1
ASIAN	†			
DISABILITY [¶]				
DISABILITY	2,724	5.1	3.6	- 6.5
NO DISABILITY	6,885	4.8	3.9	- 5.6
EDUCATION				
< HIGH SCHOOL	814	12.5	8.7	- 16.3
HIGH SCHOOL	2,098	5.7	4.3	- 7.1
COLLEGE 1–3 YRS	2,452	4.7	3.4	- 6.1
COLLEGE 4+ YRS	4,629	1.8	1.2	- 2.3
HOUSEHOLD INCOME				
<\$25,000	2,169	11.2	8.9	- 13.5
\$25,000–34,999	699	6.9	3.9	- 9.9
\$35,000–49,999	914	7.6	4.6	- 10.5
\$50,000–74,999	1,284	4.0	1.9	- 6.0
\$75,000+	†			
* White, Black, and Asian race categories refer to non-Hispanic † Insufficient data ¶ See p 59 for definition of disability				

SECTION 2.2: HEALTH CARE ACCESS

All respondents were asked if they had a person that they thought of as their personal doctor or health care provider. All respondents were also asked whether they were unable to see a doctor at any time in the past year due to cost and about how long since they last visited a doctor for a routine checkup. Presented here are the percentages of adults who reported that they did not have a personal health care provider, the percentages of adults who reported that cost had prevented them from seeing a doctor at some point in the past year, and the percentage of adults who had visited a medical provider for a checkup in the past year.

TABLE 2.2 – HEALTH CARE ACCESS AMONG MASSACHUSETTS ADULTS, 2013

	HAVE PERSONAL HEALTH CARE PROVIDER					COULD NOT SEE DOCTOR DUE TO COST				
	N	%	95% CI			N	%	95% CI		
OVERALL	15,025	87.7	86.8	-	88.7	15,049	8.5	7.8	-	9.3
GENDER										
MALE	5,979	84.2	82.7	-	85.7	5,991	9.4	8.2	-	10.6
FEMALE	9,046	91.0	89.8	-	92.1	9,058	7.7	6.8	-	8.6
AGE GROUP										
18–24	783	75.1	71.3	-	79.0	787	8.8	6.4	-	11.3
25–34	1,511	75.8	72.6	-	78.9	1,513	11.2	9.0	-	13.4
35–44	1,889	87.7	85.4	-	90.0	1,895	10.6	8.4	-	12.8
45–54	2,948	92.5	91.0	-	93.9	2,949	10.4	8.7	-	12.1
55–64	3,172	94.7	93.5	-	96.0	3,172	7.2	5.8	-	8.5
65–74	2,522	95.6	94.2	-	97.0	2,528	4.9	3.4	-	6.4
75 AND OLDER	2,049	96.4	95.2	-	97.5	2,054	2.9	1.8	-	3.9
RACE-ETHNICITY*										
WHITE	11,875	90.7	89.8	-	91.6	11,894	6.9	6.2	-	7.7
BLACK	935	85.0	80.6	-	89.4	934	9.9	6.8	-	13.0
HISPANIC	1,346	74.9	71.1	-	78.8	1,353	21.2	17.7	-	24.8
ASIAN	390	74.1	67.7	-	80.4	388	7.1	3.3	-	10.9
DISABILITY [¶]										
DISABILITY	4,707	90.6	89.0	-	92.2	4,718	15.6	13.7	-	17.5
NO DISABILITY	9,597	86.9	85.7	-	88.0	9,604	6.0	5.2	-	6.7
EDUCATION										
< HIGH SCHOOL	1,331	80.8	77.0	-	84.7	1,331	18.8	15.2	-	22.4
HIGH SCHOOL	3,542	85.6	83.5	-	87.7	3,550	9.2	7.8	-	10.6
COLLEGE 1–3 YRS	3,503	88.5	86.8	-	90.2	3,516	9.4	7.9	-	10.9
COLLEGE 4+ YRS	6,516	91.0	90.0	-	92.1	6,519	4.1	3.5	-	4.7
HOUSEHOLD INCOME										
<\$25,000	3,584	81.5	79.1	-	83.9	3,594	18.3	16.1	-	20.6
\$25,000–34,999	1,250	82.5	78.4	-	86.5	1,250	11.9	8.9	-	14.9
\$35,000–49,999	1,517	87.1	84.2	-	90.0	1,519	9.4	6.8	-	12.0
\$50,000–74,999	1,826	89.0	86.4	-	91.5	1,830	6.9	5.0	-	8.9
\$75,000+	4,493	93.0	91.9	-	94.2	4,495	2.8	2.0	-	3.5

* White, Black, and Asian race categories refer to non-Hispanic

[¶] See p 59 for definition of disability

TABLE 2.2 (CONTINUED) - HEALTH CARE ACCESS AMONG MASSACHUSETTS ADULTS, 2013

	HAD A ROUTINE CHECKUP IN THE PAST YEAR		
	N	%	95% CI
OVERALL	14,964	77.7	76.6 - 78.8
GENDER			
MALE	5,963	73.8	72.1 - 75.5
FEMALE	9,001	81.3	80.0 - 82.7
AGE GROUP			
18–24	783	73.4	69.4 - 77.3
25–34	1,505	62.9	59.4 - 66.4
35–44	1,885	70.9	68.0 - 73.9
45–54	2,929	79.5	77.4 - 81.6
55–64	3,163	83.4	81.5 - 85.3
65–74	2,509	90.2	88.4 - 91.9
75 AND OLDER	2,041	94.3	92.9 - 95.8
RACE-ETHNICITY*			
WHITE	11,839	78.0	76.8 - 79.3
BLACK	925	81.4	76.8 - 85.9
HISPANIC	1,336	75.3	71.7 - 79.0
ASIAN	386	71.7	65.5 - 77.8
DISABILITY [¶]			
DISABILITY	4,677	82.5	80.4 - 84.5
NO DISABILITY	9,573	75.6	74.3 - 77.0
EDUCATION			
< HIGH SCHOOL	1,312	80.0	76.0 - 84.0
HIGH SCHOOL	3,527	79.7	77.5 - 82.0
COLLEGE 1–3 YRS	3,501	78.6	76.5 - 80.8
COLLEGE 4+ YRS	6,494	74.8	73.2 - 76.3
HOUSEHOLD INCOME			
<\$25,000	3,567	76.7	74.2 - 79.2
\$25,000–34,999	1,246	80.0	76.4 - 83.6
\$35,000–49,999	1,508	77.6	73.9 - 81.4
\$50,000–74,999	1,821	77.5	74.4 - 80.6
\$75,000+	4,488	76.9	75.1 - 78.7

* White, Black, and Asian race categories refer to non-Hispanic

¶ See p 59 for definition of disability

SECTION 3: RISK FACTORS AND PREVENTIVE BEHAVIORS

SECTION 3.1: TOBACCO USE

A current smoker was defined as someone who has smoked at least 100 cigarettes in his/her lifetime and who currently smokes either some days or everyday. A former smoker was defined as someone who has smoked at least 100 cigarettes in his/her lifetime but no longer smokes. Presented here are the percentage of adults who reported being current smokers and the percentage of adults who reported being former smokers.

Respondents were asked if they currently use chewing tobacco, snuff, or snus (Swedish for snuff) every day, some days, or not at all. Presented is the percentage of adults who reported using chewing tobacco, snuff or snus either every day or some days.

TABLE 3.1.1 – TOBACCO USE AMONG MASSACHUSETTS ADULTS, 2013

	CURRENT SMOKER					FORMER SMOKER				
	N	%	95% CI			N	%	95% CI		
OVERALL	14,275	16.6	15.6	-	17.7	14,275	27.2	26.1	-	28.3
GENDER										
MALE	5,692	18.7	17.1	-	20.4	5,692	28.8	27.1	-	30.6
FEMALE	8,583	14.7	13.4	-	16.0	8,583	25.7	24.3	-	27.1
AGE GROUP										
18–24	755	19.7	16.1	-	23.3	755	7.6	5.1	-	10.1
25–34	1,433	20.8	17.6	-	23.9	1,433	15.4	12.9	-	18.0
35–44	1,790	17.3	14.6	-	20.0	1,790	21.9	19.1	-	24.7
45–54	2,793	18.8	16.6	-	21.1	2,793	25.6	23.1	-	28.0
55–64	3,046	15.5	13.4	-	17.6	3,046	38.8	36.0	-	41.5
65–74	2,395	12.7	10.2	-	15.2	2,395	48.2	45.0	-	51.5
75 AND OLDER	1,928	5.7	3.9	-	7.4	1,928	45.6	42.0	-	49.1
RACE-ETHNICITY*										
WHITE	11,360	16.9	15.7	-	18.0	11,360	31.0	29.7	-	32.3
BLACK	867	21.6	16.3	-	26.9	867	11.3	8.0	-	14.5
HISPANIC	1,251	15.5	12.3	-	18.7	1,251	17.3	14.2	-	20.4
ASIAN	362	8.3	4.0	-	12.5	362	6.9	3.7	-	10.2
DISABILITY¶										
DISABILITY	4,644	26.0	23.6	-	28.4	4,644	30.0	27.8	-	32.2
NO DISABILITY	9,548	13.2	12.1	-	14.2	9,548	26.2	24.9	-	27.5
EDUCATION										
< HIGH SCHOOL	1,249	25.6	21.4	-	29.8	1,249	24.9	20.9	-	29.0
HIGH SCHOOL	3,329	23.2	20.8	-	25.6	3,329	29.4	27.0	-	31.8
COLLEGE 1–3 YRS	3,389	20.2	18.1	-	22.3	3,389	29.1	26.8	-	31.3
COLLEGE 4+ YRS	6,259	6.1	5.3	-	6.9	6,259	25.0	23.6	-	26.5
HOUSEHOLD INCOME										
<\$25,000	3,430	26.5	23.9	-	29.1	3,430	24.7	22.2	-	27.2
\$25,000–34,999	1,189	21.2	17.2	-	25.2	1,189	29.5	25.5	-	33.6
\$35,000–49,999	1,460	18.0	14.4	-	21.5	1,460	31.0	27.3	-	34.7
\$50,000–74,999	1,777	17.0	14.0	-	20.0	1,777	29.8	26.6	-	33.0
\$75,000+	4,371	9.1	7.8	-	10.4	4,371	27.7	25.9	-	29.6

* White, Black, and Asian race categories refer to non-Hispanic

¶ See p 59 for definition of disability

TABLE 3.1.2 - SMOKELESS TOBACCO USE AMONG MASSACHUSETTS ADULTS, 2013

	USE SMOKELESS TOBACCO		
	N	%	95% CI
OVERALL	14,321	1.5	1.1 - 1.8
GENDER			
MALE	5,719	2.7	2.0 - 3.4
FEMALE	8,602	0.3	0.2 - 0.5
AGE GROUP			
18–24	757	3.3	1.4 - 5.3
25–34	1,434	1.9	1.0 - 2.9
35–44	1,794	1.8	1.0 - 2.6
45–54	2,799	1.2	0.6 - 1.7
55–64	†		-
65–74	†		-
75 AND OLDER	†		-
RACE-ETHNICITY*			
WHITE	11,396	1.6	1.2 - 2.0
BLACK	†		-
HISPANIC	†		-
ASIAN	†		-
DISABILITY [¶]			
DISABILITY	4,660	1.0	0.6 - 1.4
NO DISABILITY	9,576	1.7	1.2 - 2.1
EDUCATION			
< HIGH SCHOOL	†		-
HIGH SCHOOL	3,340	1.7	1.0 - 2.4
COLLEGE 1–3 YRS	3,395	1.6	0.8 - 2.3
COLLEGE 4+ YRS	6,280	1.0	0.7 - 1.4
HOUSEHOLD INCOME			
<\$25,000	3,441	1.2	0.7 - 1.6
\$25,000–34,999	†		-
\$35,000–49,999	†		-
\$50,000–74,999	†		-
\$75,000+	4,378	1.7	1.0 - 2.5

* White, Black, and Asian race categories refer to non-Hispanic

† Insufficient data

¶ See p 59 for definition of disability

SECTION 3.2: SMOKING CESSATION

Respondents who were current smokers were asked if they had stopped smoking for one day or longer in the past 12 months because they were trying to quit smoking. They were also asked if they had any intention of trying to quit smoking within the next 30 days. Presented here is the percentage of adult current smokers who reported that they had attempted to quit smoking for one day or longer in the past 12 months and the percentage of adult current smokers who reported that they had plans to quit smoking within the next 30 days.

TABLE 3.2 – SMOKING CESSATION AMONG MASSACHUSETTS ADULTS, 2013										
	QUIT ATTEMPT					PLANNING TO QUIT				
	N	%	95% CI			N	%	95% CI		
OVERALL	2,172	59.7	56.3	-	63.1	1,356	39.0	34.2	-	43.7
GENDER										
MALE	946	59.2	54.3	-	64.1	515	38.0	30.4	-	45.6
FEMALE	1,226	60.3	55.7	-	64.8	841	39.8	33.8	-	45.7
AGE GROUP										
18–24	150	60.3	50.2	-	70.3	†			-	
25–34	277	57.5	49.1	-	65.9	123	29.6	15.3	-	44.0
35–44	296	66.9	59.1	-	74.8	176	39.7	27.4	-	52.0
45–54	544	62.8	56.2	-	69.3	359	43.7	35.0	-	52.4
55–64	504	51.1	43.6	-	58.5	365	39.4	30.7	-	48.1
65–74	289	58.5	47.9	-	69.1	210	41.9	29.3	-	54.4
75 AND OLDER	101	55.2	38.8	-	71.5	†			-	
RACE-ETHNICITY*										
WHITE	1,727	58.5	54.7	-	62.2	1,119	38.0	32.9	-	43.1
BLACK	148	62.7	48.6	-	76.7	89	52.8	35.3	-	70.2
HISPANIC	187	68.6	58.6	-	78.6	87	50.4	29.6	-	71.3
ASIAN	†			-		†			-	
DISABILITY¶										
DISABILITY	985	64.8	59.5	-	70.1	625	44.9	37.6	-	52.2
NO DISABILITY	1,169	56.5	52.1	-	60.8	718	35.8	29.5	-	42.0
EDUCATION										
< HIGH SCHOOL	324	67.1	58.8	-	75.3	190	42.0	26.8	-	57.3
HIGH SCHOOL	707	54.9	48.9	-	61.0	412	38.4	30.0	-	46.8
COLLEGE 1–3 YRS	688	61.4	55.7	-	67.0	463	38.5	30.8	-	46.1
COLLEGE 4+ YRS	446	58.0	51.4	-	64.5	287	36.8	28.1	-	45.6
HOUSEHOLD INCOME										
<\$25,000	838	63.6	58.1	-	69.2	519	39.6	31.9	-	47.4
\$25,000–34,999	227	59.4	49.1	-	69.7	143	47.0	32.8	-	61.2
\$35,000–49,999	214	47.6	36.6	-	58.6	128	20.7	9.8	-	31.6
\$50,000–74,999	242	61.2	51.8	-	70.6	166	46.4	33.0	-	59.8
\$75,000+	370	59.5	52.2	-	66.9	242	36.0	26.3	-	45.6
* White, Black, and Asian race categories refer to non-Hispanic † Insufficient data ¶ See p 59 for definition of disability										

SECTION 3.3: ENVIRONMENTAL TOBACCO SMOKE

Respondents were asked about rules regarding smoking in their households. Presented here is the percentage of adults reporting that no smoking was permitted anywhere in their household. Respondents were also asked about exposure to environmental tobacco smoke (ETS) at their home, work, or other places. Among the employed, ETS exposure was defined as any report of exposure to ETS at work, at home, or in other places in the past 7 days. Among those not employed, ETS exposure was defined as any exposure to ETS at home or in other places in the past 7 days.

Questions about ETS were asked only on the MA BRFSS landline survey in 2013 and not the cell phone survey; therefore the results in Table 3.3 represent the landline sample only.

TABLE 3.3 – ENVIRONMENTAL TOBACCO AMONG MASSACHUSETTS ADULTS, 2013										
	NO SMOKING ALLOWED IN HOUSEHOLD					EXPPOSED TO ETS				
	N	%	95% CI			N	%	95% CI		
OVERALL	10,177	83.6	82.1	-	85.0	10,047	36.2	34.2	-	38.2
GENDER										
MALE	3,709	81.5	79.1	-	83.9	3,647	40.3	37.2	-	43.3
FEMALE	6,468	85.5	83.7	-	87.3	6,400	32.5	29.9	-	35.1
AGE GROUP										
18–24	225	81.7	75.4	-	88.0	221	60.5	51.8	-	69.2
25–34	600	81.5	76.5	-	86.6	593	51.2	45.0	-	57.3
35–44	1,175	87.9	84.7	-	91.2	1,154	34.7	30.3	-	39.0
45–54	2,033	85.5	83.2	-	87.8	2,001	31.9	28.5	-	35.3
55–64	2,433	81.2	78.7	-	83.7	2,415	25.2	22.5	-	27.8
65–74	1,992	81.2	77.7	-	84.7	1,972	26.0	22.7	-	29.3
75 AND OLDER	1,633	84.9	82.4	-	87.5	1,607	17.9	14.9	-	20.9
RACE-ETHNICITY*										
WHITE	8,413	83.5	81.9	-	85.1	8,338	35.0	32.8	-	37.2
BLACK	605	78.4	71.7	-	85.1	583	37.8	30.1	-	45.4
HISPANIC	688	87.1	82.3	-	92.0	671	42.2	34.7	-	49.6
ASIAN	185	87.1	79.4	-	94.8	179	39.2	28.2	-	50.1
DISABILITY¶										
DISABILITY	3,463	74.4	71.1	-	77.7	3,391	38.9	35.2	-	42.6
NO DISABILITY	6,660	87.0	85.4	-	88.6	6,607	35.1	32.7	-	37.5
EDUCATION										
< HIGH SCHOOL	813	76.7	71.0	-	82.3	786	44.0	36.9	-	51.0
HIGH SCHOOL	2,333	77.1	73.6	-	80.6	2,292	41.6	37.5	-	45.7
COLLEGE 1–3 YRS	2,423	80.9	77.8	-	84.0	2,386	40.1	35.8	-	44.4
COLLEGE 4+ YRS	4,580	92.2	91.0	-	93.4	4,558	27.5	25.0	-	30.0
HOUSEHOLD INCOME										
<\$25,000	2,350	75.9	72.2	-	79.5	2,309	40.9	36.5	-	45.3
\$25,000–34,999	827	76.4	71.0	-	81.8	806	40.9	33.5	-	48.2
\$35,000–49,999	1,052	79.2	74.4	-	83.9	1,045	41.2	35.0	-	47.3
\$50,000–74,999	1,264	80.8	76.5	-	85.1	1,250	40.8	35.1	-	46.4
\$75,000+	3,245	92.3	90.7	-	93.9	3,231	30.0	26.9	-	33.1
* White, Black, and Asian race categories refer to non-Hispanic										
¶ See p 59 for definition of disability										

SECTION 3.4: ALCOHOL USE

All respondents were asked about their consumption of alcohol in the past month. A drink of alcohol was defined as a twelve ounce can or bottle of beer, one five ounce glass of wine, or one drink with one shot of liquor. Binge drinking was defined as consumption of five or more drinks for men or four or more drinks for women, on any one occasion in the past month. Heavy drinking was defined as consumption of more than 60 drinks in the past month for men and consumption of more than 30 drinks in the past month for women. Presented here are the percentage of adults who reported binge drinking and the percentage of adults who reported heavy drinking.

TABLE 3.4 – ALCOHOL USE AMONG MASSACHUSETTS ADULTS, 2013

	BINGE DRINKING					HEAVY DRINKING				
	N	%	95% CI			N	%	95% CI		
OVERALL	14,041	19.4	18.3	-	20.5	14,059	7.5	6.7	-	8.2
GENDER										
MALE	5,590	25.5	23.7	-	27.3	5,594	8.3	7.0	-	9.5
FEMALE	8,451	13.8	12.6	-	15.1	8,465	6.8	5.9	-	7.6
AGE GROUP										
18–24	745	36.4	31.9	-	40.9	739	11.8	8.6	-	15.0
25–34	1,404	30.6	27.2	-	34.0	1,409	8.4	6.2	-	10.6
35–44	1,764	24.0	20.9	-	27.1	1,772	7.1	5.1	-	9.1
45–54	2,745	15.8	13.8	-	17.8	2,747	6.5	5.2	-	7.7
55–64	2,996	12.7	10.8	-	14.6	2,998	6.9	5.5	-	8.2
65–74	2,358	5.5	4.1	-	6.9	2,361	6.3	4.7	-	7.8
75 AND OLDER	1,907	1.8	1.1	-	2.6	1,911	4.6	3.3	-	6.0
RACE-ETHNICITY*										
WHITE	11,203	20.4	19.2	-	21.7	11,220	8.4	7.5	-	9.3
BLACK	834	14.8	10.3	-	19.3	835	5.1	2.5	-	7.8
HISPANIC	1,228	18.9	15.2	-	22.6	1,226	3.5	2.0	-	4.9
ASIAN	355	13.1	8.1	-	18.1	†			-	
DISABILITY¶										
DISABILITY	4,576	17.5	15.3	-	19.7	4,578	7.3	5.7	-	8.9
NO DISABILITY	9,390	20.1	18.8	-	21.4	9,403	7.5	6.7	-	8.4
EDUCATION										
< HIGH SCHOOL	1,224	16.6	12.7	-	20.6	1,221	6.5	3.8	-	9.2
HIGH SCHOOL	3,264	18.7	16.4	-	21.0	3,264	7.3	5.7	-	8.9
COLLEGE 1–3 YRS	3,323	21.4	19.0	-	23.8	3,333	8.0	6.5	-	9.6
COLLEGE 4+ YRS	6,187	19.4	18.0	-	20.8	6,198	7.5	6.6	-	8.4
HOUSEHOLD INCOME										
<\$25,000	3,372	16.6	14.3	-	18.9	3,372	5.2	3.8	-	6.6
\$25,000–34,999	1,167	17.6	13.7	-	21.5	1,175	7.9	4.9	-	10.9
\$35,000–49,999	1,436	22.9	18.8	-	26.9	1,441	10.0	7.0	-	13.0
\$50,000–74,999	1,752	20.2	17.1	-	23.3	1,755	8.1	6.0	-	10.2
\$75,000+	4,332	21.8	19.9	-	23.7	4,334	8.2	7.0	-	9.5

* White, Black, and Asian race categories refer to non-Hispanic

† Insufficient data

¶ See p 59 for definition of disability

SECTION 3.5: OVERWEIGHT AND OBESITY STATUS

All respondents were asked to report their height and weight. Respondents' overweight status and obesity status were categorized based on their Body Mass Index (BMI), which equals weight in kilograms divided by height in meters squared. All adults with a BMI between 25.0 and 29.9 were classified as being overweight and adults with a BMI greater than or equal to 30.0 were classified as being obese. Presented here are the percentages of adults who were defined as overweight and obese. Please note that the overweight category includes all adults with a BMI of greater than 25.0, including those who are obese.

TABLE 3.5 – OVERWEIGHT AND OBESE AMONG MASSACHUSETTS ADULTS, 2013

	OVERWEIGHT OR OBESE (BMI ≥ 25.0)					OBESE (BMI ≥ 30.0)				
	N	%	95% CI			N	%	95% CI		
OVERALL	13,884	58.0	56.7	-	59.3	13,884	23.6	22.5	-	24.8
GENDER										
MALE	5,798	67.4	65.5	-	69.3	5,798	25.9	24.2	-	27.6
FEMALE	8,086	48.7	46.9	-	50.4	8,086	21.4	20.0	-	22.8
AGE GROUP										
18–24	716	36.4	31.8	-	41.1	716	10.4	7.7	-	13.1
25–34	1,368	53.7	50.0	-	57.4	1,368	22.1	18.8	-	25.4
35–44	1,754	60.2	56.9	-	63.6	1,754	23.4	20.5	-	26.4
45–54	2,727	62.8	60.0	-	65.5	2,727	29.4	26.7	-	32.1
55–64	2,976	67.1	64.5	-	69.7	2,976	29.4	26.8	-	32.0
65–74	2,346	66.0	63.0	-	69.1	2,346	28.9	25.9	-	31.9
75 AND OLDER	1,914	57.9	54.4	-	61.4	1,914	17.7	14.9	-	20.4
RACE-ETHNICITY*										
WHITE	11,104	58.2	56.7	-	59.6	11,104	23.0	21.8	-	24.3
BLACK	831	68.9	63.1	-	74.7	831	33.9	28.2	-	39.6
HISPANIC	1,190	65.8	61.6	-	70.0	1,190	31.6	27.7	-	35.6
ASIAN	352	32.7	26.1	-	39.3	352	10.1	5.7	-	14.6
DISABILITY¶										
DISABILITY	4407	66.7	64.2	-	69.2	4,407	35.4	32.9	-	37.9
NO DISABILITY	9003	55.2	53.6	-	56.7	9,003	19.6	18.4	-	20.9
EDUCATION										
< HIGH SCHOOL	1,181	65.7	60.9	-	70.5	1,181	30.2	25.8	-	34.7
HIGH SCHOOL	3,265	63.5	60.7	-	66.2	3,265	28.4	25.9	-	30.8
COLLEGE 1–3 YRS	3,269	58.3	55.6	-	61.0	3,269	25.3	23.0	-	27.6
COLLEGE 4+ YRS	6,133	51.4	49.6	-	53.2	6,133	16.8	15.5	-	18.1
HOUSEHOLD INCOME										
<\$25,000	3,339	61.1	58.2	-	64.0	3,339	29.4	26.7	-	32.1
\$25,000–34,999	1,166	60.0	55.4	-	64.7	1,166	24.1	20.0	-	28.2
\$35,000–49,999	1,444	62.1	57.9	-	66.3	1,444	27.3	23.6	-	31.0
\$50,000–74,999	1,754	61.8	58.3	-	65.3	1,754	27.2	23.8	-	30.5
\$75,000+	4,287	55.0	52.8	-	57.2	4,287	19.3	17.6	-	21.1

* White, Black, and Asian race categories refer to non-Hispanic

¶ See p 59 for definition of disability

SECTION 3.6: PHYSICAL ACTIVITY

In 2013, all respondents who reported ANY leisure-time physical activity were asked what two types of physical activity gave them the most exercise in the past month. They were also asked how frequently and for how long they took part in these activities. All respondents were also asked how frequently they took part in activities or exercises to strengthen muscles.

Presented below, in accordance to the *Healthy People 2020* objectives, are the percentage of respondents who meet the 150-minute aerobic recommendation and the percentage of respondents who meet the muscle-strengthening two or more days per week recommendation. Please note that these indicators are NOT mutually exclusive e.g. people doing aerobic activity may or may not also do muscle-strengthening activities.

TABLE 3.6 – PHYSICAL ACTIVITY AMONG MASSACHUSETTS ADULTS, 2013										
	MET AEROBIC ACTIVITY GUIDELINE					MET MUSCLE STRENGTHENING GUIDELINE				
	N	%	95% CI			N	%	95% CI		
OVERALL	13,145	54.5	53.1	-	55.9	13,340	32.6	31.3	-	33.9
GENDER										
MALE	5,225	55.3	53.3	-	57.4	5,298	36.6	34.6	-	38.7
FEMALE	7,920	53.8	52.0	-	55.6	8,042	28.9	27.3	-	30.6
AGE GROUP										
18–24	680	57.0	52.0	-	61.9	680	51.3	46.3	-	56.3
25–34	1,286	51.3	47.4	-	55.1	1,297	36.2	32.6	-	39.8
35–44	1,664	52.0	48.5	-	55.5	1,667	31.3	28.1	-	34.5
45–54	2,627	56.7	53.8	-	59.6	2,641	29.9	27.3	-	32.6
55–64	2,862	56.2	53.4	-	59.1	2,876	28.7	26.2	-	31.2
65–74	2,240	55.6	52.3	-	58.9	2,259	24.9	22.3	-	27.6
75 AND OLDER	1,760	52.8	49.1	-	56.5	1,804	22.6	19.7	-	25.6
RACE-ETHNICITY*										
WHITE	10,543	56.8	55.3	-	58.3	10,672	33.4	31.9	-	34.8
BLACK	786	50.8	44.5	-	57.2	800	30.5	24.6	-	36.3
HISPANIC	1,125	42.6	38.1	-	47.0	1,140	26.1	22.1	-	30.1
ASIAN	328	42.1	34.8	-	49.3	340	31.5	24.8	-	38.1
DISABILITY¶										
DISABILITY	4,298	44.9	42.3	-	47.5	4,358	26.3	24.0	-	28.7
NO DISABILITY	8,775	58.1	56.5	-	59.7	8,906	34.9	33.3	-	36.4
EDUCATION										
< HIGH SCHOOL	1,115	42.4	37.2	-	47.7	1,138	27.2	21.9	-	32.4
HIGH SCHOOL	3,006	48.0	45.1	-	50.9	3,035	26.7	24.0	-	29.3
COLLEGE 1–3 YRS	3,130	56.0	53.3	-	58.8	3,176	34.4	31.8	-	37.1
COLLEGE 4+ YRS	5,858	61.8	60.0	-	63.6	5,945	37.0	35.3	-	38.7
HOUSEHOLD INCOME										
<\$25,000	3,103	45.3	42.3	-	48.4	3,150	27.7	25.0	-	30.4
\$25,000–34,999	1,093	52.2	47.4	-	57.0	1,113	26.4	22.0	-	30.8
\$35,000–49,999	1,370	54.8	50.4	-	59.2	1,382	30.6	26.3	-	34.9
\$50,000–74,999	1,655	55.7	51.9	-	59.4	1,670	30.9	27.5	-	34.4
\$75,000+	4,141	60.3	58.1	-	62.5	4,158	38.3	36.2	-	40.5
* White, Black, and Asian race categories refer to non-Hispanic										
¶ See p 59 for definition of disability										

SECTION 3.7: FRUIT AND VEGETABLE CONSUMPTION

All respondents were asked how many servings of fruits and vegetables they consumed each day. Presented here is the percent of adults who reported consuming an average of five or more servings of fruit and vegetables per day.

TABLE 3.7 – FRUIT AND VEGETABLE CONSUMPTION AMONG MASSACHUSETTS ADULTS, 2013

	5 OR MORE SERVINGS OF FRUITS OR VEGETABLES PER DAY		
	N	%	95% CI
OVERALL	13,031	19.0	18.0 - 20.1
GENDER			
MALE	5,178	14.6	13.2 - 16.0
FEMALE	7,853	23.1	21.6 - 24.5
AGE GROUP			
18–24	684	15.7	12.1 - 19.3
25–34	1,293	19.8	16.9 - 22.7
35–44	1,665	18.6	16.0 - 21.2
45–54	2,608	19.3	17.1 - 21.4
55–64	2,838	21.1	18.9 - 23.2
65–74	2,190	19.2	16.7 - 21.7
75 AND OLDER	1,644	18.1	15.3 - 20.8
RACE-ETHNICITY*			
WHITE	10,461	19.4	18.3 - 20.5
BLACK	773	17.2	12.5 - 21.8
HISPANIC	1,087	15.8	12.5 - 19.0
ASIAN	337	19.9	14.2 - 25.5
DISABILITY [¶]			
DISABILITY	4,188	16.5	14.8 - 18.3
NO DISABILITY	8,775	19.9	18.7 - 21.2
EDUCATION			
< HIGH SCHOOL	1,057	11.9	8.6 - 15.2
HIGH SCHOOL	2,932	13.9	12.0 - 15.8
COLLEGE 1–3 YRS	3,123	18.5	16.4 - 20.6
COLLEGE 4+ YRS	5,877	25.1	23.6 - 26.7
HOUSEHOLD INCOME			
<\$25,000	3,061	15.3	13.3 - 17.4
\$25,000–34,999	1,081	14.7	11.7 - 17.8
\$35,000–49,999	1,344	16.5	13.4 - 19.7
\$50,000–74,999	1,652	18.4	15.8 - 21.1
\$75,000+	4,157	22.6	20.9 - 24.4

* White, Black, and Asian race categories refer to non-Hispanic

¶ See p 59 for definition of disability

SECTION 3.8 CHOLESTEROL AWARENESS

All respondents were asked about whether they had ever had their cholesterol tested, and, if so, how long it had been since they last had it tested. Respondents who indicated that they had ever had their cholesterol tested were asked if they had ever been told by a doctor, nurse, or other medical professional that they had high cholesterol. Below are the percentages of adults who indicated that they had had their cholesterol tested in the past five years and the percentage of adults who had ever been tested and told that they have high cholesterol.

TABLE 3.8 – CHOLESTEROL AWARENESS AMONG MASSACHUSETTS ADULTS, 2013

	CHOLESTEROL CHECKED IN PAST 5 YEARS					HIGH CHOLESTEROL**				
	N	%	95% CI			N	%	95% CI		
OVERALL	14,592	84.0	82.9	-	85.0	13,376	36.5	35.2	-	37.7
GENDER										
MALE	5,822	81.8	80.2	-	83.5	5,203	41.1	39.0	-	43.1
FEMALE	8,770	85.9	84.5	-	87.3	8,173	32.4	30.9	-	34.0
AGE GROUP										
18–24	689	53.0	48.0	-	57.9	410	12.0	7.8	-	16.3
25–34	1,420	69.8	66.4	-	73.2	1,101	17.3	14.0	-	20.7
35–44	1,839	85.4	83.1	-	87.6	1,638	25.4	22.4	-	28.5
45–54	2,898	91.8	90.3	-	93.3	2,731	37.3	34.5	-	40.1
55–64	3,125	94.6	93.4	-	95.8	3,023	49.7	46.9	-	52.5
65–74	2,497	95.9	94.6	-	97.2	2,429	56.7	53.6	-	59.9
75 AND OLDER	1,985	96.9	95.9	-	97.9	1,915	50.0	46.4	-	53.6
RACE-ETHNICITY*										
WHITE	11,537	86.5	85.3	-	87.6	10,833	37.3	35.9	-	38.6
BLACK	908	83.1	78.7	-	87.5	796	33.2	27.2	-	39.3
HISPANIC	1,299	68.6	64.6	-	72.6	1,038	34.4	30.0	-	38.8
ASIAN	379	75.8	70.0	-	81.5	298	28.9	21.6	-	36.2
DISABILITY [¶]										
DISABILITY	4,562	85.8	83.7	-	87.8	4,261	48.8	46.2	-	51.4
NO DISABILITY	9,340	83.3	82.0	-	84.6	8,509	32.0	30.6	-	33.5
EDUCATION										
< HIGH SCHOOL	1,277	72.6	68.0	-	77.2	1,067	46.4	41.1	-	51.8
HIGH SCHOOL	3,415	82.5	80.2	-	84.7	3,071	39.6	36.9	-	42.3
COLLEGE 1–3 YRS	3,408	82.1	79.8	-	84.3	3,114	36.3	33.7	-	39.0
COLLEGE 4+ YRS	6,365	90.2	89.1	-	91.3	6,018	32.1	30.5	-	33.8
HOUSEHOLD INCOME										
<\$25,000	3,462	75.8	73.2	-	78.4	3,041	43.2	40.1	-	46.2
\$25,000–34,999	1,219	83.1	79.5	-	86.8	1,112	39.2	34.7	-	43.7
\$35,000–49,999	1,480	84.2	80.7	-	87.7	1,365	36.3	32.2	-	40.4
\$50,000–74,999	1,782	87.1	84.2	-	89.9	1,662	37.7	34.1	-	41.4
\$75,000+	4,419	89.9	88.4	-	91.4	4,201	32.8	30.7	-	34.8

* White, Black, and Asian race categories refer to non-Hispanic

[¶] See p 59 for definition of disability

** Analysis conducted among those who reported having their cholesterol checked.

SECTION 3.9: HYPERTENSION AWARENESS

All respondents were asked if a doctor, nurse, or other health professional had ever told them that they had high blood pressure. Respondents who answered yes were then asked if they were taking medication for their high blood pressure. Presented below are the percentages of adults who had been told that they had high blood pressure and, if so, if they are currently taking medication to treat it.

TABLE 3.9 – HYPERTENSION AWARENESS AMONG MASSACHUSETTS ADULTS, 2013										
	HIGH BLOOD PRESSURE					TAKE MEDICINE FOR HIGH BLOOD PRESSURE**				
	N	%	95% CI			N	%	95% CI		
OVERALL	15,013	29.4	28.3	-	30.5	5,581	75.8	73.9	-	77.8
GENDER										
MALE	5,977	31.7	29.9	-	33.4	2,273	71.5	68.4	-	74.6
FEMALE	9,036	27.3	25.9	-	28.7	3,308	80.4	78.0	-	82.9
AGE GROUP										
18–24	785	8.2	5.7	-	10.6	†			-	
25–34	1,511	11.8	9.5	-	14.1	171	24.3	15.9	-	32.6
35–44	1,893	16.5	14.0	-	18.9	308	46.8	38.6	-	55.1
45–54	2,943	27.7	25.2	-	30.2	838	73.5	68.5	-	78.5
55–64	3,164	42.5	39.8	-	45.1	1,385	84.1	80.9	-	87.2
65–74	2,523	57.3	54.2	-	60.3	1,475	92.5	90.5	-	94.4
75 AND OLDER	2,047	64.4	61.1	-	67.8	1294	94.5	92.7	-	96.3
RACE-ETHNICITY*										
WHITE	11,863	30.3	29.0	-	31.5	4,450	78.6	76.5	-	80.8
BLACK	932	36.4	31.0	-	41.7	419	70.3	61.5	-	79.1
HISPANIC	1,348	26.5	23.1	-	29.8	492	59.4	52.4	-	66.5
ASIAN	391	11.7	7.3	-	16.2	57	51.3	30.8	-	71.8
DISABILITY¶										
DISABILITY	4,702	44.4	42.0	-	46.9	2,443	79.1	75.9	-	82.3
NO DISABILITY	9,590	24.3	23.0	-	25.5	2,880	73.3	70.7	-	76.0
EDUCATION										
< HIGH SCHOOL	1,326	32.8	28.8	-	36.8	645	80.6	75.2	-	86.0
HIGH SCHOOL	3,543	36.2	33.8	-	38.7	1,616	78.7	75.1	-	82.4
COLLEGE 1–3 YRS	3,508	28.3	26.2	-	30.5	1,346	70.5	66.0	-	74.9
COLLEGE 4+ YRS	6,507	23.9	22.5	-	25.3	1,929	75.7	72.7	-	78.8
HOUSEHOLD INCOME										
<\$25,000	3,584	35.6	33.0	-	38.1	1,640	74.6	70.6	-	78.6
\$25,000–34,999	1,248	38.8	34.5	-	43.2	572	75.1	68.2	-	81.9
\$35,000–49,999	1,517	30.9	27.3	-	34.5	585	84.0	78.4	-	89.7
\$50,000–74,999	1,828	31.7	28.5	-	34.9	658	76.0	70.8	-	81.2
\$75,000+	4,490	22.4	20.7	-	24.2	1,164	72.0	67.9	-	76.0
* White, Black, and Asian race categories refer to non-Hispanic † Insufficient data ¶ See p 59 for definition of disability ** Analysis conducted among those who reported having high blood pressure										

SECTION 4: IMMUNIZATION

SECTION 4.1: FLU VACCINE AND PNEUMONIA VACCINE

All respondents were asked if they had received an influenza vaccine (flu shot) or nasal flu spray (flu mist) within the past 12 months. In addition, all respondents were asked if they had ever received a pneumonia vaccine. Presented here are the percentages of adults ages 18-49 years, 50-64 years and ages 65 and older who received a flu vaccine or spray in the past year, and the percentage of adults, ages 65 and older, who reported that they had ever had a pneumonia vaccination.

TABLE 4.1.1 – FLU VACCINE AMONG MASSACHUSETTS ADULTS, AGES 18-64, 2013										
	FLU VACCINE IN PAST YEAR, AGES 18-49					FLU VACCINE IN PAST YEAR, AGES 50-64				
	N	%	95% CI			N	%	95% CI		
OVERALL	4,822	41.9	39.8	-	43.9	4,284	52.6	50.3	-	54.9
GENDER										
MALE	2,087	37.2	34.3	-	40.1	1,714	48.8	45.2	-	52.5
FEMALE	2,735	46.4	43.6	-	49.2	2,570	56.1	53.1	-	59.1
AGE GROUP										
18–24	679	40.3	35.3	-	45.3					
25–34	1,294	37.9	34.3	-	41.5					
35–44	1,656	45.1	41.6	-	48.5					
45–49	1,193	45.9	41.8	-	50.0					
50–64						4,284	52.6	50.3	-	54.9
RACE-ETHNICITY*										
WHITE	3,400	40.3	37.9	-	42.8	3,566	53.5	51.0	-	56.0
BLACK	362	40.0	31.7	-	48.3	247	37.5	25.8	-	49.2
HISPANIC	631	49.0	43.5	-	54.4	315	57.0	47.9	-	66.2
ASIAN	275	48.8	40.9	-	56.7	†			-	
DISABILITY¶										
DISABILITY	1,055	42.5	37.9	-	47.1	1,496	54.6	50.2	-	58.9
NO DISABILITY	3,744	41.7	39.4	-	44.0	2,767	51.9	49.1	-	54.7
EDUCATION										
< HIGH SCHOOL	366	41.8	34.3	-	49.4	340	51.2	41.4	-	61.1
HIGH SCHOOL	915	33.8	29.4	-	38.1	893	48.3	43.0	-	53.5
COLLEGE 1–3 YRS	1,180	39.4	35.4	-	43.4	1,057	52.1	47.4	-	56.8
COLLEGE 4+ YRS	2,351	49.0	46.2	-	51.7	1,980	55.9	52.8	-	59.0
HOUSEHOLD INCOME										
<\$25,000	1,021	37.9	33.5	-	42.2	909	49.3	43.2	-	55.3
\$25,000–34,999	322	36.1	28.7	-	43.5	298	51.2	42.3	-	60.1
\$35,000–49,999	451	34.5	27.8	-	41.2	398	47.8	40.2	-	55.4
\$50,000–74,999	606	37.9	32.2	-	43.6	600	53.0	46.7	-	59.4
\$75,000+	1,907	47.4	44.2	-	50.6	1,604	55.0	51.6	-	58.5
* White, Black, and Asian race categories refer to non-Hispanic										
† Insufficient data										
¶ See p 59 for definition of disability										

TABLE 4.1.2 – FLU VACCINE AMONG MASSACHUSETTS ADULTS, AGES 65 YEARS AND OLDER, 2013

	FLU VACCINE IN PAST YEAR, AGES 65+		
	N	%	95% CI
OVERALL	4,031	66.1	63.8 - 68.4
GENDER			
MALE	1,423	67.6	63.8 - 71.4
FEMALE	2,608	65.0	62.1 - 67.9
AGE GROUP			
65–74	2,241	62.7	59.5 - 65.9
75 AND OLDER	1,790	70.4	67.1 - 73.7
RACE-ETHNICITY*			
WHITE	3,561	66.0	63.5 - 68.4
BLACK	175	60.0	47.2 - 72.8
HISPANIC	183	74.9	64.1 - 85.7
ASIAN	†		
DISABILITY¶			
DISABILITY	1,745	68.2	64.5 - 71.9
NO DISABILITY	2,258	65.0	62.0 - 67.9
EDUCATION			
< HIGH SCHOOL	420	67.0	59.1 - 74.9
HIGH SCHOOL	1,181	59.9	55.4 - 64.3
COLLEGE 1–3 YRS	906	66.8	62.2 - 71.3
COLLEGE 4+ YRS	1,517	72.0	68.7 - 75.3
HOUSEHOLD INCOME			
<\$25,000	1,182	63.9	59.1 - 68.6
\$25,000–34,999	476	58.8	51.4 - 66.2
\$35,000–49,999	517	67.1	60.8 - 73.5
\$50,000–74,999	452	69.7	63.5 - 75.9
\$75,000+	597	73.3	68.4 - 78.1

* White, Black, and Asian race categories refer to non-Hispanic

† Insufficient data

¶ See p 59 for definition of disability

TABLE 4.1.3 – PNEUMONIA VACCINE AMONG MASSACHUSETTS ADULTS, AGES 65 YEARS AND OLDER, 2013

	EVER HAD PNEUMONIA VACCINE				
	N	%	95% CI		
OVERALL	3,756	69.9	67.6	-	72.2
GENDER					
MALE	1,297	67.6	63.7	-	71.5
FEMALE	2,459	71.6	68.7	-	74.4
AGE GROUP					
65–74	2,081	63.5	60.2	-	66.8
75 AND OLDER	1,675	77.9	74.8	-	80.9
RACE-ETHNICITY*					
WHITE	3,337	71.5	69.1	-	73.8
BLACK	166	62.1	49.5	-	74.6
HISPANIC	151	53.9	40.4	-	67.5
ASIAN	†				
DISABILITY¶					
DISABILITY	1,623	75.0	71.5	-	78.5
NO DISABILITY	2,106	66.5	63.5	-	69.6
EDUCATION					
< HIGH SCHOOL	380	59.4	50.7	-	68.1
HIGH SCHOOL	1,120	72.0	68.1	-	76.0
COLLEGE 1–3 YRS	850	72.5	68.1	-	76.9
COLLEGE 4+ YRS	1,401	69.8	66.2	-	73.4
HOUSEHOLD INCOME					
<\$25,000	1,118	71.4	66.8	-	75.9
\$25,000–34,999	446	68.7	61.8	-	75.6
\$35,000–49,999	483	71.0	64.6	-	77.4
\$50,000–74,999	423	70.6	64.2	-	77.0
\$75,000+	551	67.8	62.4	-	73.1

* White, Black, and Asian race categories refer to non-Hispanic

† Insufficient data

¶ See p 59 for definition of disability

SECTION 4.2: HUMAN PAPILLOMA VIRUS (HPV) VACCINATION

All respondents between the ages of 18-34 were asked if they had ever received the HPV vaccine; if they responded yes, they were then asked how many HPV shots they had received. Presented are the percentage of females aged 18-34 who had ever received the HPV vaccine and the percentage of those who had completed the series of three shots. Percentages for males are not presented due to insufficient data.

TABLE 4.2 – HPV VACCINE AMONG MASSACHUSETTS FEMALES, AGES 18-34 YEARS, 2013

	EVER HAD HPV VACCINE					COMPLETED SERIES **				
	N	%	95% CI			N	%	95% CI		
OVERALL	890	44.6	39.9	-	49.4	320	72.8	65.6	-	79.9
AGE GROUP										
18–24	276	64.8	57.4	-	72.2	159	77.4	68.8	-	85.9
25–34	614	29.8	24.4	-	35.3	161	65.0	52.9	-	77.1
RACE-ETHNICITY*										
WHITE	596	47.1	41.4	-	52.9	234	77.0	68.6	-	85.4
BLACK	79	52.0	34.9	-	69.1	†			-	
HISPANIC	146	43.1	32.4	-	53.8	†			-	
ASIAN	†			-		†			-	
DISABILITY¶										
DISABILITY	180	50.1	39.4	-	60.8	62	51.3	33.3	-	69.3
NO DISABILITY	707	42.8	37.5	-	48.0	255	79.1	72.3	-	85.9
EDUCATION										
< HIGH SCHOOL	59	49.1	30.4	-	67.8	†			-	
HIGH SCHOOL	152	40.7	29.9	-	51.5	†			-	
COLLEGE 1–3 YRS	263	56.7	48.6	-	64.7	109	79.2	70.1	-	88.2
COLLEGE 4+ YRS	414	33.5	27.8	-	39.2	147	79.4	71.1	-	87.6
HOUSEHOLD INCOME										
<\$25,000	252	40.5	31.6	-	49.5	76	48.1	31.8	-	64.4
\$25,000–34,999	75	56.4	41.0	-	71.8	†			-	
\$35,000–49,999	84	60.0	43.6	-	76.4	†			-	
\$50,000–74,999	116	49.0	36.0	-	62.0	†			-	
\$75,000+	240	37.2	29.1	-	45.3	83	84.0	72.2	-	95.7

* White, Black, and Asian race categories refer to non-Hispanic

¶ See p 59 for definition of disability

** Analysis conducted among those who reported ever having had vaccine

† Insufficient data

SECTION 4.3: HEPATITIS B VIRUS (HBV) VACCINATION

All respondents were asked if they had ever received the Hepatitis B vaccine. They were told to respond yes only if they had received the entire series of 3 shots. Presented below is the percentage of adults who reported that they had ever received the Hepatitis B vaccine.

Questions about HBV vaccination were asked only on the MA BRFSS landline survey in 2013 and not the cell phone survey; therefore the results in Table 4.3 represent the landline sample only.

TABLE 4.3 – HEPATITIS B VACCINE AMONG MASSACHUSETTS ADULTS, 2013			
	RECEIVED 3 SHOTS HBV VACCINE		
	N	%	95% CI
OVERALL	8,851	38.5	36.4 - 40.6
GENDER			
MALE	3,207	33.0	29.8 - 36.2
FEMALE	5,644	43.6	40.8 - 46.3
AGE GROUP			
18–24	179	46.4	36.4 - 56.4
25–34	496	63.2	56.7 - 69.6
35–44	997	48.5	43.7 - 53.2
45–54	1,760	36.4	32.8 - 39.9
55–64	2,151	27.7	24.8 - 30.6
65–74	1,760	22.3	19.1 - 25.4
75 AND OLDER	1,427	9.0	6.9 - 11.2
RACE-ETHNICITY*			
WHITE	7,347	37.6	35.3 - 39.9
BLACK	532	39.0	31.2 - 46.8
HISPANIC	568	37.0	29.3 - 44.7
ASIAN	156	58.8	46.9 - 70.7
DISABILITY [¶]			
DISABILITY	3,016	31.3	27.4 - 35.2
NO DISABILITY	5,784	41.2	38.7 - 43.6
EDUCATION			
< HIGH SCHOOL	696	28.2	21.1 - 35.3
HIGH SCHOOL	2,077	27.2	22.9 - 31.4
COLLEGE 1–3 YRS	2,116	39.6	35.0 - 44.1
COLLEGE 4+ YRS	3,934	48.6	45.8 - 51.5
HOUSEHOLD INCOME			
<\$25,000	2,086	33.5	28.9 - 38.1
\$25,000–34,999	731	33.9	26.0 - 41.8
\$35,000–49,999	959	33.0	26.8 - 39.3
\$50,000–74,999	1,097	35.6	29.6 - 41.7
\$75,000+	2,776	46.2	42.8 - 49.5
* White, Black, and Asian race categories refer to non-Hispanic ¶ See p 59 for definition of disability			

SECTION 4.4: HERPES ZOSTER (SHINGLES) VACCINATION

All respondents ages 50 and older were asked if they had ever received the shingles vaccine. Presented here is the percentage of adults ages 60 or older who had ever received the shingles vaccine.

Questions about shingles vaccine were asked only on the MA BRFSS landline survey in 2013 and not the cell phone survey; therefore the results in Table 4.4 represent the landline sample only.

TABLE 4.4 – SHINGLES VACCINE AMONG MASSACHUSETTS ADULTS, AGES 60+, 2013			
	EVER HAD SHINGLES VACCINE		
	N	%	95% CI
OVERALL	4,904	29.9	28.0 - 31.9
GENDER			
MALE	1,714	28.8	25.5 - 32.0
FEMALE	3,190	30.8	28.4 - 33.3
AGE GROUP			
60-69	2,435	28.4	25.7 - 31.0
70-79	1,478	34.2	30.3 - 38.1
80 AND OLDER	991	28.0	23.9 - 32.0
RACE-ETHNICITY*			
WHITE	4,321	31.5	29.5 - 33.6
BLACK	217	17.9	8.9 - 26.8
HISPANIC	233	15.8	7.9 - 23.7
ASIAN			-
DISABILITY [†]			
DISABILITY	2,059	26.2	23.2 - 29.2
NO DISABILITY	2,817	32.0	29.4 - 34.5
EDUCATION			
< HIGH SCHOOL	455	16.7	10.7 - 22.8
HIGH SCHOOL	1,297	25.5	21.8 - 29.1
COLLEGE 1–3 YRS	1,141	28.0	24.1 - 31.9
COLLEGE 4+ YRS	2,000	40.9	37.9 - 43.9
HOUSEHOLD INCOME			
<\$25,000	1,350	22.0	18.3 - 25.7
\$25,000–34,999	522	25.8	20.0 - 31.6
\$35,000–49,999	593	30.8	25.0 - 36.6
\$50,000–74,999	597	34.3	28.6 - 40.0
\$75,000+	971	36.9	32.7 - 41.2
<p>* White, Black, and Asian race categories refer to non-Hispanic</p> <p>† Insufficient data</p> <p>¶ See p 59 for definition of disability</p>			

SECTION 5: CHRONIC HEALTH CONDITIONS

SECTION 5.1: DIABETES

All respondents were asked if a doctor had ever told them that they had diabetes or pre-diabetes (defined as a blood glucose level that is higher than normal but not yet diabetic). Women who reported that they had diabetes only during pregnancy (gestational diabetes) were categorized as not having diabetes. Presented here are the percentage of adults who reported that a doctor had ever told them that they had diabetes and the percentage of adults who reported that a doctor had ever told them that they had pre-diabetes.

TABLE 5.1 – DIABETES AMONG MASSACHUSETTS ADULTS, 2013

	PRE-DIABETES					DIABETES				
	N	%	95% CI			N	%	95% CI		
OVERALL	11,283	7.2	6.5	-	7.9	15,049	8.5	7.9	-	9.2
GENDER										
MALE	4,450	7.8	6.7	-	8.9	5,991	9.0	7.9	-	10.0
FEMALE	6,833	6.7	5.8	-	7.5	9,058	8.1	7.3	-	9.0
AGE GROUP										
18–24	†			-		†			-	
25–34	1,145	2.9	1.7	-	4.1	1,512	1.9	0.8	-	3.0
35–44	1,522	7.2	5.2	-	9.2	1,895	3.5	2.4	-	4.6
45–54	2,348	7.2	5.6	-	8.8	2,949	7.8	6.3	-	9.4
55–64	2,389	9.6	7.9	-	11.4	3,171	14.6	12.5	-	16.7
65–74	1,746	13.7	11.0	-	16.4	2,524	18.3	15.8	-	20.8
75 AND OLDER	1,435	11.3	8.9	-	13.7	2,057	18.9	16.1	-	21.8
RACE-ETHNICITY*										
WHITE	9,154	7.2	6.4	-	8.0	11,891	8.1	7.3	-	8.8
BLACK	640	7.6	4.7	-	10.5	934	12.5	9.1	-	15.8
HISPANIC	884	9.0	6.2	-	11.9	1,350	9.8	7.6	-	12.0
ASIAN	†			-		†			-	
DISABILITY¶										
DISABILITY	3,320	12.0	10.2	-	13.7	4,714	17.2	15.4	-	19.0
NO DISABILITY	7,894	5.6	4.9	-	6.3	9,608	5.4	4.8	-	6.1
EDUCATION										
< HIGH SCHOOL	812	7.2	4.7	-	9.8	1,332	15.6	12.6	-	18.5
HIGH SCHOOL	2,481	8.8	7.2	-	10.5	3,554	11.1	9.5	-	12.6
COLLEGE 1–3 YRS	2,673	8.0	6.6	-	9.5	3,510	7.8	6.6	-	9.1
COLLEGE 4+ YRS	5,282	5.5	4.7	-	6.3	6,519	4.9	4.2	-	5.6
HOUSEHOLD INCOME										
<\$25,000	2,447	9.8	8.0	-	11.6	3,589	13.8	12.1	-	15.6
\$25,000–34,999	892	10.7	7.5	-	13.8	1,252	12.8	9.9	-	15.8
\$35,000–49,999	1,172	8.1	5.8	-	10.5	1,519	8.8	6.7	-	10.9
\$50,000–74,999	1,466	8.9	6.5	-	11.3	1,829	6.8	5.1	-	8.5
\$75,000+	3,790	4.9	4.0	-	5.8	4,494	4.6	3.7	-	5.6

* White, Black, and Asian race categories refer to non-Hispanic

† Insufficient data

¶ See p 59 for definition of disability

SECTION 5.2: ASTHMA

All respondents were asked if a doctor, nurse, or other health care professional had ever told them that they had asthma. Those who reported ever having asthma were then asked if they currently have asthma. Reported here are the percentages of adults who have ever had asthma and those who currently have asthma.

TABLE 5.2 – ASTHMA AMONG MASSACHUSETTS ADULTS, 2013

	EVER HAD ASTHMA					CURRENTLY HAVE ASTHMA				
	N	%	95% CI			N	%	95% CI		
OVERALL	15,034	16.8	15.8	-	17.8	14,969	11.4	10.5	-	12.2
GENDER										
MALE	5,980	14.6	13.1	-	16.1	5,955	8.8	7.7	-	9.9
FEMALE	9,054	18.7	17.4	-	20.1	9,014	13.7	12.4	-	14.9
AGE GROUP										
18–24	785	27.6	23.3	-	31.9	779	15.2	11.5	-	18.8
25–34	1,513	17.0	14.4	-	19.6	1,504	10.4	8.3	-	12.6
35–44	1,893	16.3	13.9	-	18.7	1,886	12.1	10.0	-	14.3
45–54	2,945	14.8	12.8	-	16.8	2,938	11.2	9.5	-	12.9
55–64	3,173	14.9	12.9	-	16.9	3,160	10.5	8.7	-	12.3
65–74	2,526	13.5	11.6	-	15.5	2,515	9.8	8.1	-	11.5
75 AND OLDER	2,047	11.8	9.6	-	13.9	2,036	9.0	7.0	-	10.9
RACE-ETHNICITY*										
WHITE	11,873	17.0	15.8	-	18.1	11,819	11.7	10.7	-	12.7
BLACK	935	15.4	11.5	-	19.3	931	11.2	7.7	-	14.7
HISPANIC	1,352	19.6	16.4	-	22.7	1,347	12.8	10.2	-	15.4
ASIAN	391	13.0	8.1	-	17.9	390	7.0	3.3	-	10.6
DISABILITY [¶]										
DISABILITY	4,700	25.8	23.6	-	28.0	4,669	19.1	17.1	-	21.0
NO DISABILITY	9,608	13.7	12.5	-	14.8	9,578	8.7	7.8	-	9.7
EDUCATION										
< HIGH SCHOOL	1,329	22.6	18.4	-	26.7	1,320	17.2	13.3	-	21.0
HIGH SCHOOL	3,547	16.5	14.4	-	18.6	3,534	10.9	9.2	-	12.5
COLLEGE 1–3 YRS	3,510	17.8	15.7	-	19.9	3,486	11.8	10.1	-	13.6
COLLEGE 4+ YRS	6,514	14.4	13.2	-	15.6	6,496	9.6	8.6	-	10.6
HOUSEHOLD INCOME										
<\$25,000	3,586	21.3	19.0	-	23.7	3,562	16.0	13.9	-	18.1
\$25,000–34,999	1,251	17.6	14.2	-	21.0	1,245	11.9	9.0	-	14.8
\$35,000–49,999	1,518	16.0	12.5	-	19.5	1,515	11.3	8.4	-	14.2
\$50,000–74,999	1,830	15.4	12.5	-	18.3	1,824	9.3	7.2	-	11.5
\$75,000+	4,492	14.2	12.6	-	15.7	4,481	9.3	8.0	-	10.6

* White, Black, and Asian race categories refer to non-Hispanic
[¶] See p 59 for definition of disability

SECTION 5.3: CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

All respondents were asked if a doctor, nurse, or other health care professional had ever told them that they had Chronic Obstructive Pulmonary Disease or COPD, emphysema or chronic bronchitis. Presented here is the percentage of adults who reported that they had ever been diagnosed with COPD, emphysema or chronic bronchitis.

TABLE 5.3 – CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD) AMONG MASSACHUSETTS ADULTS, 2013			
	EVER DIAGNOSED WITH COPD		
	N	%	95% CI
OVERALL	14,746	5.8	5.2 - 6.4
GENDER			
MALE	5,843	5.4	4.5 - 6.2
FEMALE	8,903	6.2	5.4 - 6.9
AGE GROUP			
18–24	†		-
25–34	1,403	1.7	0.8 - 2.6
35–44	1,854	3.3	2.1 - 4.5
45–54	2,927	5.2	4.0 - 6.4
55–64	3,132	8.8	7.0 - 10.6
65–74	2,508	11.3	9.3 - 13.3
75 AND OLDER	2,041	12.6	10.2 - 15.0
RACE-ETHNICITY*			
WHITE	11,653	6.6	5.9 - 7.3
BLACK	†		-
HISPANIC	1,331	3.5	2.2 - 4.9
ASIAN	†		-
DISABILITY [¶]			
DISABILITY	4,636	13.6	12.0 - 15.3
NO DISABILITY	9,393	3.0	2.5 - 3.5
EDUCATION			
< HIGH SCHOOL	1,315	9.8	7.3 - 12.3
HIGH SCHOOL	3,501	7.7	6.3 - 9.1
COLLEGE 1–3 YRS	3,452	5.8	4.8 - 6.8
COLLEGE 4+ YRS	6,348	2.8	2.3 - 3.3
HOUSEHOLD INCOME			
<\$25,000	3,526	11.6	9.8 - 13.4
\$25,000–34,999	1,220	7.5	5.4 - 9.5
\$35,000–49,999	1,478	5.8	4.1 - 7.6
\$50,000–74,999	1,782	6.0	4.3 - 7.7
\$75,000+	4,410	2.6	1.9 - 3.3
<p>* White, Black, and Asian race categories refer to non-Hispanic</p> <p>† Insufficient data</p> <p>¶ See p 59 for definition of disability</p>			

SECTION 5.4: HEART DISEASE AND STROKE

All respondents were asked whether a doctor, nurse, or other health professional had ever told them that they had had a myocardial infarction (“MI,” also called a “heart attack”), angina or coronary heart disease, or a stroke. Presented here are the percentages of adults 35 and older who reported being told that they had experienced a heart attack, had angina or coronary heart disease, or had a stroke.

TABLE 5.4.1 – HEART DISEASE AMONG MASSACHUSETTS ADULTS, AGES 35 YEARS AND OLDER, 2013										
	EVER DIAGNOSED WITH MYOCARDIAL INFARCTION					EVER DIAGNOSED WITH ANGINA OR CORONARY HEART DISEASE				
	N	%	95% CI			N	%	95% CI		
OVERALL	12,538	5.2	4.7	-	5.8	12,530	4.7	4.2	-	5.2
GENDER										
MALE	4,839	6.7	5.7	-	7.7	4,829	5.9	5.1	-	6.8
FEMALE	7,699	4.0	3.3	-	4.7	7,701	3.6	3.0	-	4.2
AGE GROUP										
35–44				-					-	
45–54	2,936	2.7	1.8	-	3.6	2,943	2.0	1.3	-	2.8
55–64	3,164	4.5	3.4	-	5.6	3,163	4.1	3.1	-	5.2
65–74	2,509	9.8	7.9	-	11.7	2,505	8.6	6.9	-	10.2
75 AND OLDER	2,035	13.2	10.8	-	15.6	2,025	13.5	11.2	-	15.8
RACE-ETHNICITY*										
WHITE	10,240	5.6	5.0	-	6.3	10,229	5.0	4.4	-	5.6
BLACK	738	3.9	1.8	-	5.9	735	2.5	1.3	-	3.8
HISPANIC	986	3.6	2.2	-	4.9	989	4.2	2.7	-	5.7
ASIAN	†			-		†			-	
DISABILITY¶										
DISABILITY	4,228	10.9	9.3	-	12.4	4,225	9.9	8.5	-	11.4
NO DISABILITY	7,719	2.9	2.4	-	3.5	7,714	2.5	2.0	-	3.0
EDUCATION										
< HIGH SCHOOL	1,127	10.4	7.4	-	13.3	1,121	7.3	4.9	-	9.7
HIGH SCHOOL	3,012	7.0	5.7	-	8.4	3,017	5.9	4.7	-	7.1
COLLEGE 1–3 YRS	2,875	5.3	4.2	-	6.4	2,863	4.7	3.7	-	5.8
COLLEGE 4+ YRS	5,426	2.5	1.9	-	3.0	5,432	3.1	2.5	-	3.6
HOUSEHOLD INCOME										
<\$25,000	2,965	9.9	8.1	-	11.7	2,960	8.4	6.8	-	10.0
\$25,000–34,999	1,052	9.1	6.1	-	12.1	1,054	7.8	5.2	-	10.3
\$35,000–49,999	1,274	5.1	3.3	-	6.9	1,273	5.1	3.4	-	6.7
\$50,000–74,999	1,514	4.6	2.9	-	6.3	1,515	4.0	2.6	-	5.4
\$75,000+	3,819	2.0	1.4	-	2.6	3,819	2.2	1.6	-	2.8
* White, Black, and Asian race categories refer to non-Hispanic † Insufficient data ¶ See p 59 for definition of disability										

**TABLE 5.4.2 – STROKE AMONG MASSACHUSETTS ADULTS,
AGES 35 YEARS AND OLDER, 2013**

	EVER DIAGNOSED WITH STROKE		
	N	%	95% CI
OVERALL	12,569	3.3	2.8 - 3.8
GENDER			
MALE	4,857	3.8	3.0 - 4.6
FEMALE	7,712	2.9	2.3 - 3.5
AGE GROUP			
35–44	†		-
45–54	2,943	1.4	0.9 - 1.9
55–64	3,172	3.2	2.3 - 4.2
65–74	2,511	4.6	3.2 - 5.9
75 AND OLDER	2,049	9.4	7.1 - 11.6
RACE-ETHNICITY*			
WHITE	10,256	3.2	2.7 - 3.7
BLACK	†		-
HISPANIC	995	2.0	0.9 - 3.2
ASIAN	†		-
DISABILITY¶			
DISABILITY	4,245	6.8	5.6 - 8.0
NO DISABILITY	7,729	1.8	1.3 - 2.3
EDUCATION			
< HIGH SCHOOL	1,138	6.3	4.0 - 8.6
HIGH SCHOOL	3,029	4.4	3.2 - 5.5
COLLEGE 1–3 YRS	2,873	3.1	2.1 - 4.0
COLLEGE 4+ YRS	5,431	1.8	1.3 - 2.2
HOUSEHOLD INCOME			
<\$25,000	2,975	6.0	4.6 - 7.4
\$25,000–34,999	1,055	5.6	3.1 - 8.2
\$35,000–49,999	1,277	2.9	1.5 - 4.3
\$50,000–74,999	1,517	3.3	1.5 - 5.0
\$75,000+	3,821	0.9	0.6 - 1.3

* White, Black, and Asian race categories refer to non-Hispanic

† Insufficient data

¶ See p 59 for definition of disability

SECTION 5.5: ARTHRITIS

All respondents were asked if a doctor, nurse or other health professional had ever told them they had arthritis. Respondents who indicated that they had been diagnosed with arthritis or who indicated that they had “symptoms of pain, aching, or stiffness in or around a joint” that had begun more than three months ago were then asked if they were limited in any way in any of their usual physical activities due to the arthritis or joint symptoms. Presented below is the percentage of respondents who indicated that they had been diagnosed with arthritis and, if they had been or if they had the symptoms described above for more than three months, the percentage of respondents who experienced limitations in their usual daily activities due to the arthritis or symptoms.

TABLE 5.5 – ARTHRITIS AMONG MASSACHUSETTS ADULTS, 2013

	DOCTOR DIAGNOSED ARTHRITIS					LIMITATIONS DUE TO ARTHRITIS				
	N	%	95% CI			N	%	95% CI		
OVERALL	14,965	24.3	23.3	-	25.3	14,440	10.4	9.7	-	11.2
GENDER										
MALE	5,955	20.2	18.7	-	21.7	5,794	8.1	7.1	-	9.2
FEMALE	9,010	28.0	26.6	-	29.4	8,646	12.6	11.6	-	13.5
AGE GROUP										
18–24	785	4.1	2.5	-	5.8	†			-	
25–34	1,508	4.9	3.5	-	6.4	1,498	2.7	1.6	-	3.9
35–44	1,887	12.7	10.5	-	14.9	1,867	5.9	4.4	-	7.5
45–54	2,930	24.2	21.8	-	26.6	2,863	11.6	9.7	-	13.4
55–64	3,153	40.1	37.4	-	42.7	3,015	17.0	15.0	-	19.0
65–74	2,516	47.8	44.7	-	51.0	2,383	19.4	16.8	-	22.0
75 AND OLDER	2,037	55.0	51.6	-	58.5	1,896	23.3	20.4	-	26.2
RACE-ETHNICITY*										
WHITE	11,821	26.4	25.2	-	27.6	11,426	11.0	10.2	-	11.8
BLACK	928	20.5	16.6	-	24.5	887	8.3	5.7	-	10.9
HISPANIC	1,348	18.1	15.4	-	20.9	1,288	11.3	9.1	-	13.6
ASIAN	390	7.6	3.8	-	11.4	†			-	
DISABILITY¶										
DISABILITY	4,679	47.8	45.3	-	50.3	4,465	32.1	29.8	-	34.3
NO DISABILITY	9,571	15.9	14.9	-	17.0	9,439	3.2	2.7	-	3.7
EDUCATION										
< HIGH SCHOOL	1,318	31.6	27.5	-	35.8	1,222	17.2	14.0	-	20.5
HIGH SCHOOL	3,527	27.9	25.7	-	30.1	3,351	11.1	9.6	-	12.6
COLLEGE 1–3 YRS	3,496	24.7	22.7	-	26.7	3,395	11.3	9.9	-	12.7
COLLEGE 4+ YRS	6,494	18.9	17.7	-	20.1	6,368	7.3	6.5	-	8.1
HOUSEHOLD INCOME										
<\$25,000	3,572	31.5	29.0	-	34.0	3,417	18.3	16.2	-	20.4
\$25,000–34,999	1,244	27.2	23.4	-	30.9	1,202	12.1	9.5	-	14.6
\$35,000–49,999	1,509	28.6	25.1	-	32.1	1,469	12.3	9.7	-	14.9
\$50,000–74,999	1,820	24.0	21.1	-	27.0	1,777	8.3	6.5	-	10.1
\$75,000+	4,477	18.3	16.8	-	19.8	4,411	6.2	5.3	-	7.1

* White, Black, and Asian race categories refer to non-Hispanic

† Insufficient data

¶ See p 59 for definition of disability

SECTION 5.6: CANCER DIAGNOSIS

All respondents were asked if a doctor, nurse or other health professional had ever told them they had skin cancer and if they had ever been told they had any other type of cancer. Presented here is the percentage of adults who were ever told they had one or more types of cancer.

TABLE 5.6 – CANCER DIAGNOSIS AMONG MASSACHUSETTS ADULTS, 2013			
	EVER DIAGNOSED WITH CANCER		
	N	%	95% CI
OVERALL	15,001	11.1	10.4 - 11.8
GENDER			
MALE	5,975	10.0	9.0 - 11.0
FEMALE	9,026	12.1	11.2 - 13.1
AGE GROUP			
18–24	†		-
25–34	1,512	2.1	1.2 - 3.1
35–44	1,893	3.6	2.3 - 4.8
45–54	2,943	7.4	6.0 - 8.7
55–64	3,154	16.1	14.2 - 18.1
65–74	2,517	27.4	24.7 - 30.1
75 AND OLDER	2,042	35.3	32.0 - 38.5
RACE-ETHNICITY*			
WHITE	11,849	13.2	12.4 - 14.1
BLACK	930	5.1	3.2 - 7.1
HISPANIC	1,348	3.7	2.3 - 5.1
ASIAN	†		-
DISABILITY¶			
DISABILITY	4,700	17.2	15.6 - 18.9
NO DISABILITY	9,580	9.2	8.5 - 10.0
EDUCATION			
< HIGH SCHOOL	1,329	9.0	6.6 - 11.4
HIGH SCHOOL	3,541	11.6	10.0 - 13.1
COLLEGE 1–3 YRS	3,508	10.4	9.1 - 11.7
COLLEGE 4+ YRS	6,492	12.1	11.1 - 13.1
HOUSEHOLD INCOME			
<\$25,000	3,587	12.1	10.4 - 13.7
\$25,000–34,999	1,250	13.6	10.9 - 16.4
\$35,000–49,999	1,517	12.0	9.8 - 14.1
\$50,000–74,999	1,826	10.5	8.6 - 12.5
\$75,000+	4,475	9.9	8.8 - 11.0
* White, Black, and Asian race categories refer to non-Hispanic † Insufficient data ¶ See p 59 for definition of disability			

SECTION 5.7: DEPRESSION

All respondents were asked if a doctor, nurse or other health professional had ever told them they had a depressive disorder, including depression, major depression, dysthymia, or minor depression. Presented here is the percentage of adults who were ever told that they had a depressive disorder.

TABLE 5.7 – DEPRESSION AMONG MASSACHUSETTS ADULTS, 2013			
	EVER DIAGNOSED WITH DEPRESSION		
	N	%	95% CI
OVERALL	14,998	19.7	18.7 - 20.7
GENDER			
MALE	5,970	16.2	14.7 - 17.7
FEMALE	9,028	22.9	21.5 - 24.3
AGE GROUP			
18–24	786	18.9	15.4 - 22.4
25–34	1,509	19.6	16.7 - 22.5
35–44	1,891	20.4	17.8 - 23.0
45–54	2,939	21.6	19.4 - 23.9
55–64	3,160	22.7	20.4 - 25.0
65–74	2,519	18.1	15.8 - 20.5
75 AND OLDER	2,043	12.6	10.2 - 15.0
RACE-ETHNICITY*			
WHITE	11,856	20.2	19.0 - 21.3
BLACK	928	19.4	14.6 - 24.2
HISPANIC	1,345	25.1	21.6 - 28.5
ASIAN	389	6.2	3.2 - 9.2
DISABILITY [¶]			
DISABILITY	4,689	43.2	40.7 - 45.7
NO DISABILITY	9,589	11.3	10.4 - 12.2
EDUCATION			
< HIGH SCHOOL	1,327	29.9	25.6 - 34.2
HIGH SCHOOL	3,536	19.7	17.6 - 21.8
COLLEGE 1–3 YRS	3,501	22.3	20.2 - 24.4
COLLEGE 4+ YRS	6,503	14.6	13.4 - 15.7
HOUSEHOLD INCOME			
<\$25,000	3,570	34.0	31.3 - 36.8
\$25,000–34,999	1,249	21.3	17.8 - 24.9
\$35,000–49,999	1,512	19.2	15.8 - 22.5
\$50,000–74,999	1,824	16.6	14.0 - 19.3
\$75,000+	4,490	12.3	11.0 - 13.6
<p>* White, Black, and Asian race categories refer to non-Hispanic</p> <p>¶ See p 59 for definition of disability</p>			

SECTION 6: OTHER TOPICS

SECTION 6.1: SEXUAL ORIENTATION AND GENDER IDENTITY

All respondents were asked if they considered themselves to be heterosexual or straight, homosexual (gay, lesbian), bisexual or other. The percentage of those who self-identified as homosexual, bisexual or other is presented here.

All respondents were also asked whether they consider themselves to be transgender. Overall, in 2013, 0.4% of Massachusetts adults self-identified as transgender. A table of this data is not presented due to the low prevalence.

TABLE 6.1 - SEXUAL ORIENTATION AMONG MASSACHUSETTS ADULTS, 2013			
	SELF-IDENTIFIED AS HOMOSEXUAL, BISEXUAL OR OTHER		
	N	%	95% CI
OVERALL	12,338	4.8	4.1 - 5.4
GENDER			
MALE	4,918	5.2	4.2 - 6.2
FEMALE	7,420	4.4	3.6 - 5.2
AGE GROUP			
18–24	605	8.7	6.0 - 11.5
25–34	1,148	5.5	3.6 - 7.4
35–44	1,549	4.7	3.1 - 6.3
45–54	2,495	4.4	3.3 - 5.6
55–64	2,709	4.4	3.0 - 5.7
65–74	2,108	3.0	1.9 - 4.1
75 AND OLDER	1,632	1.6	0.9 - 2.4
RACE-ETHNICITY*			
WHITE	10,044	4.5	3.9 - 5.2
BLACK	†		-
HISPANIC	957	4.9	2.9 - 6.8
ASIAN	†		-
DISABILITY¶			
DISABILITY	4,026	6.6	5.2 - 8.1
NO DISABILITY	8,248	4.1	3.4 - 4.8
EDUCATION			
< HIGH SCHOOL	980	5.1	2.8 - 7.5
HIGH SCHOOL	2,806	4.9	3.4 - 6.5
COLLEGE 1–3 YRS	2,981	5.4	4.2 - 6.7
COLLEGE 4+ YRS	5,545	4.0	3.3 - 4.7
HOUSEHOLD INCOME			
<\$25,000	2,866	6.4	4.7 - 8.1
\$25,000–34,999	1,017	5.6	3.1 - 8.1
\$35,000–49,999	1,294	5.7	3.6 - 7.8
\$50,000–74,999	1,570	5.1	3.2 - 6.9
\$75,000+	3,966	3.8	3.0 - 4.6
* White, Black, and Asian race categories refer to non-Hispanic † Insufficient data ¶ See p 59 for definition of disability			

SECTION 6.2: HIV TESTING

All respondents were asked if they had ever been tested for HIV. Respondents were told not to include times that HIV testing had been done as part of a blood donation. Respondents who reported that they had ever been tested for HIV were asked the date of their most recent HIV test. Presented here is the percentage of adults ages 18-64 who report ever having been tested for HIV and the percentage who had been tested in the past year.

TABLE 6.2 – HIV TESTING AMONG MASSACHUSETTS ADULTS, AGES 18-64, 2013

	EVER TESTED FOR HIV					TESTED FOR HIV IN PAST YEAR				
	N	%	95% CI			N	%	95% CI		
OVERALL	8,814	44.2	42.6	-	45.8	7,987	12.0	10.8	-	13.1
GENDER										
MALE	3,666	40.4	38.1	-	42.7	3,358	11.3	9.7	-	12.9
FEMALE	5,148	47.8	45.6	-	49.9	4,629	12.6	11.0	-	14.2
AGE GROUP										
18-24	663	30.9	26.4	-	35.3	623	15.5	11.9	-	19.1
25-34	1,258	58.1	54.3	-	62.0	1,172	22.1	18.7	-	25.4
35-44	1,614	62.5	59.1	-	66.0	1,451	13.1	10.7	-	15.5
45-54	2,531	42.0	39.2	-	44.9	2,261	5.2	4.0	-	6.5
55-64	2,748	27.4	24.9	-	29.9	2,480	5.8	4.1	-	7.5
RACE-ETHNICITY*										
WHITE	6,752	41.4	39.6	-	43.2	6,208	10.2	9.0	-	11.4
BLACK	592	57.2	50.0	-	64.4	518	24.7	17.6	-	31.8
HISPANIC	917	59.4	54.6	-	64.1	759	19.5	15.3	-	23.6
ASIAN	298	37.1	29.5	-	44.6	278	9.7	5.3	-	14.1
DISABILITY [¶]										
DISABILITY	2,468	50.2	46.9	-	53.5	2,160	15.3	12.8	-	17.9
NO DISABILITY	6,308	42.3	40.5	-	44.1	5,795	11.0	9.7	-	12.2
EDUCATION										
< HIGH SCHOOL	680	46.1	39.9	-	52.3	582	15.3	10.7	-	19.9
HIGH SCHOOL	1,738	37.7	34.3	-	41.2	1,562	10.2	7.9	-	12.4
COLLEGE 1-3 YRS	2,181	46.4	43.3	-	49.6	1,964	15.2	12.6	-	17.8
COLLEGE 4+ YRS	4,193	45.9	43.8	-	48.0	3,859	9.6	8.3	-	10.9
HOUSEHOLD INCOME										
<\$25,000	1,873	55.4	51.7	-	59.1	1,632	20.4	17.1	-	23.6
\$25,000-34,999	607	47.2	41.2	-	53.3	544	12.3	7.8	-	16.7
\$35,000-49,999	826	44.3	38.7	-	49.9	757	14.1	9.6	-	18.6
\$50,000-74,999	1,170	40.8	36.4	-	45.2	1,089	9.6	7.0	-	12.2
\$75,000+	3,418	42.1	39.7	-	44.5	3,173	8.6	7.1	-	10.0

* White, Black, and Asian race categories refer to non-Hispanic

[¶] See p 59 for definition of disability

SECTION 6.3: SEXUAL VIOLENCE

Respondents were asked if they had experienced sexual violence at any time in their lifetime. Sexual violence was defined as having the sexual parts of the body touched without consent or attempted or completed sex without consent. Presented here are the percentages of men and women who reported that they had experienced sexual violence at some time in their lifetime.

Questions about sexual violence were asked only on the MA BRFSS landline survey in 2013 and not the cell phone survey; therefore the results in Table 6.3 represent the landline sample only.

TABLE 6.3 – SEXUAL VIOLENCE AMONG MASSACHUSETTS ADULTS, 2013										
	SEXUAL VIOLENCE, WOMEN					SEXUAL VIOLENCE, MEN				
	N	%	95% CI			N	%	95% CI		
OVERALL	1,953	16.2	12.7	-	19.8	1,155	4.8	3.0	-	6.6
AGE GROUP										
18–24	†			-		†			-	
25–34	110	21.1	9.7	-	32.5	†			-	
35–44	239	17.0	9.0	-	24.9	†			-	
45–54	380	15.3	10.5	-	20.1	†			-	
55–64	464	21.2	15.2	-	27.1	†			-	
65–74	395	10.1	5.6	-	14.7	†			-	
75 AND OLDER	†			-		†			-	
RACE-ETHNICITY*										
WHITE	1,616	16.8	12.7	-	20.9	964	4.5	2.5	-	6.5
BLACK	†			-		†			-	
HISPANIC	†			-		†			-	
ASIAN	†			-		†			-	
DISABILITY¶										
DISABILITY	712	30.0	21.8	-	38.3	352	10.4	5.3	-	15.6
NO DISABILITY	1,233	9.1	6.4	-	11.8	802	3.1	1.3	-	5.0
EDUCATION										
< HIGH SCHOOL	†			-		†			-	
HIGH SCHOOL	445	12.4	6.3	-	18.5	†			-	
COLLEGE 1–3 YRS	506	22.5	13.9	-	31.1	†			-	
COLLEGE 4+ YRS	870	15.6	11.4	-	19.8	585	4.6	2.2	-	7.1
HOUSEHOLD INCOME										
<\$25,000	488	15.9	9.5	-	22.3	†			-	
\$25,000–34,999	169	11.3	5.7	-	16.9	†			-	
\$35,000–49,999	196	21.1	9.4	-	32.7	†			-	
\$50,000–74,999	239	15.6	7.0	-	24.1	†			-	
\$75,000+	573	17.9	10.6	-	25.2	†			-	
* White, Black, and Asian race categories refer to non-Hispanic										
† Insufficient data										
¶ See p 59 for definition of disability										

SECTION 6.4: SEATBELT USE

Respondents were asked how often they wear a seatbelt when riding or driving in a car. Presented here is the percentage of adults who reported that they always wear their seatbelts.

TABLE 6.4 – SEATBELT USE AMONG MASSACHUSETTS ADULTS, 2013				
	ALWAYS USE A SEATBELT			
	N	%	95% CI	
OVERALL	13,242	80.9	79.8	- 82.1
GENDER				
MALE	5,275	75.1	73.3	- 77.0
FEMALE	7,967	86.2	85.0	- 87.5
AGE GROUP				
18–24	678	73.8	69.5	- 78.1
25–34	1,294	75.6	72.2	- 79.0
35–44	1,659	83.8	81.1	- 86.5
45–54	2,626	81.9	79.6	- 84.2
55–64	2,855	82.4	80.2	- 84.6
65–74	2,232	85.2	82.9	- 87.5
75 AND OLDER	1,778	86.1	83.4	- 88.8
RACE-ETHNICITY*				
WHITE	1,625	80.9	79.6	- 82.1
BLACK	787	76.4	70.8	- 81.9
HISPANIC	1,110	82.0	78.7	- 85.4
ASIAN	335	87.1	82.4	- 91.8
DISABILITY [¶]				
DISABILITY	4,299	77.0	74.8	- 79.3
NO DISABILITY	8,866	82.4	81.1	- 83.6
EDUCATION				
< HIGH SCHOOL	1,104	75.9	71.5	- 80.2
HIGH SCHOOL	3,021	73.6	71.0	- 76.1
COLLEGE 1–3 YRS	3,163	79.0	76.7	- 81.3
COLLEGE 4+ YRS	5,913	89.1	87.9	- 90.2
HOUSEHOLD INCOME				
<\$25,000	3,096	74.4	71.8	- 77.1
\$25,000–34,999	1,105	78.2	74.1	- 82.4
\$35,000–49,999	1,382	80.9	77.5	- 84.4
\$50,000–74,999	1,666	81.5	78.4	- 84.6
\$75,000+	4,144	86.3	84.7	- 87.9
<p>* White, Black, and Asian race categories refer to non-Hispanic</p> <p>¶ See p 59 for definition of disability</p>				

APPENDIX

AGE-ADJUSTED PERCENTAGES FOR SELECTED TOPICS

MASSACHUSETTS BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, 2013																				
	FAIR OR POOR HEALTH				POOR MENTAL HEALTH				POOR PHYSICAL HEALTH				DISABILITY				NO HEALTH INSURANCE (AGES 18-64)			
	%	95% CI			%	95% CI			%	95% CI			%	95% CI			%	95% CI		
OVERALL	13.3	12.4	-	14.2	11.3	10.3	-	12.2	9.3	8.6	-	10.1	26.1	24.9	-	27.3	5.1	4.4	-	5.9
GENDER																				
MALE	12.3	11.1	-	13.5	9.5	8.3	-	10.7	8.4	7.3	-	9.5	25.2	23.4	-	26.9	6.9	5.6	-	8.2
FEMALE	14.1	12.8	-	15.3	12.9	11.6	-	14.2	10.0	9.0	-	10.9	26.9	25.3	-	28.5	3.4	2.6	-	4.2
RACE-ETHNICITY*																				
WHITE	10.8	9.9	-	11.7	11.3	10.2	-	12.3	8.7	7.9	-	9.5	25.1	23.7	-	26.5	3.9	3.1	-	4.7
BLACK	18.2	13.8	-	22.6	14.7	10.1	-	19.3	10.0	6.6	-	13.3	34.3	28.6	-	40.0	7.6	4.2	-	10.9
HISPANIC	35.7	32.1	-	39.3	15.5	12.5	-	18.5	15.9	12.9	-	18.8	37.2	33.3	-	41.2	12.9	9.8	-	16.1
ASIAN	†	-			†	-			†	.	-	.	15.6	7.2	-	24.0	†			
DISABILITY¶																				
DISABILITY	35.0	32.2	-	37.7	30.0	27.1	-	33.0	26.1	23.7	-	28.5	n/a				5.8	4.0	-	7.7
NO DISABILITY	5.2	4.5	-	5.9	5.4	4.7	-	6.2	3.0	2.5	-	3.6	n/a				4.9	4.1	-	5.8
EDUCATION																				
< HIGH SCHOOL	35.9	31.5	-	40.3	21.3	17.0	-	25.7	19.2	15.7	-	22.6	46.3	41.5	-	51.1	13.4	9.4	-	17.4
HIGH SCHOOL	16.2	14.3	-	18.0	13.7	11.7	-	15.7	10.8	9.2	-	12.3	30.1	27.4	-	32.7	6.3	4.7	-	7.8
COLLEGE 1–3 YRS	12.3	10.7	-	13.9	12.9	11.0	-	14.8	10.6	8.9	-	12.4	28.5	26.1	-	30.9	5.0	3.6	-	6.5
COLLEGE 4+ YRS	5.3	4.5	-	6.0	6.0	5.0	-	6.9	4.6	3.9	-	5.3	16.0	14.8	-	17.3	2.0	1.3	-	2.6
HOUSEHOLD INCOME																				
<\$25,000	29.6	27.0	-	32.2	22.7	20.0	-	25.4	19.6	17.3	-	21.8	51.0	48.1	-	54.0	11.3	9.0	-	13.6
\$25,000–34,999	20.9	17.0	-	24.8	13.7	10.4	-	17.0	11.2	8.5	-	13.9	31.8	27.1	-	36.5	7.5	4.4	-	10.6
\$35,000–49,999	12.0	8.9	-	15.1	12.0	8.8	-	15.3	7.4	5.0	-	9.8	24.7	20.5	-	28.9	7.8	4.7	-	10.9
\$50,000–74,999	7.2	5.5	-	9.0	8.7	6.5	-	11.0	7.9	5.7	-	10.1	19.7	16.7	-	22.6	3.7	1.7	-	5.7
\$75,000+	4.1	3.2	-	4.9	5.2	4.1	-	6.3	4.4	3.4	-	5.3	13.4	12.0	-	14.9	†			
* White, Black, and Asian race categories refer to non-Hispanic † Insufficient data ¶ See p 59 for definition of disability																				

AGE-ADJUSTED PERCENTAGES FOR SELECTED TOPICS (CONTINUED)

MASSACHUSETTS BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, 2013																				
	PERSONAL DOCTOR				NO DOCTOR DUE TO COST				CHECKUP IN PAST YEAR				CURRENT SMOKER				FORMER SMOKER			
	%	95% CI			%	95% CI			%	95% CI			%	95% CI			%	95% CI		
OVERALL	87.2	86.2	-	88.2	8.9	8.1	-	9.7	76.2	75.0	-	77.3	16.9	15.8	-	18.0	26.2	25.1	-	27.2
GENDER																				
MALE	83.5	81.9	-	85.0	9.8	8.5	-	11.0	72.9	71.2	-	74.6	18.7	17.0	-	20.4	28.4	26.7	-	30.1
FEMALE	90.4	89.3	-	91.6	8.0	7.0	-	8.9	80.0	78.5	-	81.5	15.2	13.8	-	16.6	24.2	22.8	-	25.5
RACE-ETHNICITY*																				
WHITE	89.6	88.5	-	90.6	7.3	6.5	-	8.1	75.6	74.3	-	77.0	17.9	16.5	-	19.2	28.8	27.4	-	30.1
BLACK	85.4	81.2	-	89.5	9.7	6.7	-	12.7	80.6	75.9	-	85.3	20.5	15.7	-	25.3	12.0	8.6	-	15.3
HISPANIC	79.1	76.1	-	82.2	21.9	18.1	-	25.6	79.1	76.1	-	82.1	13.9	11.2	-	16.6	19.3	16.1	-	22.5
ASIAN	81.7	77.3	-	86.1	5.5	2.8	-	8.3	78.0	73.2	-	82.9	13.3	7.0	-	19.6	8.6	4.4	-	12.8
DISABILITY¶																				
DISABILITY	88.4	86.3	-	90.5	17.7	15.2	-	20.1	79.3	76.7	-	81.9	29.7	26.7	-	32.6	25.2	23.1	-	27.4
NO DISABILITY	86.9	85.8	-	88.0	6.1	5.4	-	6.9	75.2	73.9	-	76.5	13.0	11.9	-	14.1	26.4	25.1	-	27.6
EDUCATION																				
< HIGH SCHOOL	79.7	75.9	-	83.6	20.2	16.2	-	24.1	79.0	75.1	-	83.0	27.4	23.1	-	31.8	23.8	20.1	-	27.4
HIGH SCHOOL	83.3	80.8	-	85.8	10.3	8.6	-	12.0	76.6	74.0	-	79.2	24.9	22.2	-	27.7	27.3	24.8	-	29.8
COLLEGE 1–3 YRS	89.2	87.6	-	90.8	9.8	8.1	-	11.4	78.0	75.8	-	80.2	20.9	18.7	-	23.2	30.0	27.7	-	32.4
COLLEGE 4+ YRS	89.8	88.5	-	91.1	4.1	3.4	-	4.8	73.6	71.9	-	75.3	6.2	5.3	-	7.1	23.5	22.2	-	24.9
HOUSEHOLD INCOME																				
<\$25,000	81.4	79.1	-	83.8	19.2	16.8	-	21.5	76.3	73.8	-	78.8	28.4	25.6	-	31.2	23.5	21.0	-	26.0
\$25,000–34,999	80.3	75.5	-	85.0	14.1	10.2	-	17.9	77.3	73.3	-	81.4	23.5	18.8	-	28.1	25.3	21.5	-	29.0
\$35,000–49,999	85.5	82.2	-	88.9	11.4	8.3	-	14.4	75.9	72.1	-	79.6	19.6	15.7	-	23.5	26.9	23.5	-	30.4
\$50,000–74,999	88.1	85.3	-	90.9	7.4	5.2	-	9.6	75.9	72.5	-	79.2	17.0	13.8	-	20.2	28.5	25.3	-	31.6
\$75,000+	92.6	91.3	-	93.9	2.7	1.9	-	3.5	77.2	75.3	-	79.1	8.7	7.4	-	10.1	27.8	25.9	-	29.7
* White, Black, and Asian race categories refer to non-Hispanic ¶ See p 59 for definition of disability																				

AGE-ADJUSTED PERCENTAGES FOR SELECTED TOPICS (CONTINUED)

MASSACHUSETTS BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, 2013																				
	USE SMOKELESS TOBACCO			QUIT ATTEMPT				PLANNING TO QUIT				NO SMOKING IN HOUSE				ENVIRONMENTAL SMOKE				
	%	95% CI			%	95% CI			%	95% CI			%	95% CI			%	95% CI		
OVERALL	1.6	1.2	-	1.9	60.4	57.0	-	63.8	38.9	33.3	-	44.6	83.7	82.2	-	85.3	37.0	35.0	-	39.0
GENDER																				
MALE	2.8	2.1	-	3.5	59.3	54.3	-	64.2	38.5	29.8	-	47.1	81.9	79.5	-	84.3	40.1	37.1	-	43.1
FEMALE	0.4	0.2	-	0.6	60.8	56.2	-	65.3	39.1	31.0	-	47.2	85.8	83.8	-	87.7	34.5	31.7	-	37.2
RACE-ETHNICITY*																				
WHITE	1.8	1.3	-	2.3	59.0	55.3	-	62.8	37.0	31.0	-	43.1	83.7	81.9	-	85.6	37.0	34.6	-	39.3
BLACK	†		-		58.5	44.7	-	72.2	57.1	42.7	-	71.6	79.8	74.1	-	85.4	37.4	30.3	-	44.5
HISPANIC	†		-		63.4	62.0	-	64.8	51.6	45.5	-	57.7	87.5	82.8	-	92.2	40.7	33.7	-	47.8
ASIAN	†		-		64.6	64.6	-	64.6	31.2	31.2	-	31.2	83.9	74.1	-	93.7	35.3	25.1	-	45.5
DISABILITY¶																				
DISABILITY	1.0	0.6	-	1.5	65.2	59.8	-	70.6	44.1	34.7	-	53.6	72.8	68.7	-	77.0	43.2	38.7	-	47.8
NO DISABILITY	1.7	1.2	-	2.1	56.0	51.6	-	60.3	35.9	29.0	-	42.9	87.2	85.6	-	88.8	35.1	32.8	-	37.3
EDUCATION																				
< HIGH SCHOOL	†		-		66.9	59.7	-	74.1	44.7	30.8	-	58.6	72.6	65.9	-	79.3	48.1	41.0	-	55.2
HIGH SCHOOL	2.0	1.2	-	2.9	54.8	48.5	-	61.1	40.2	30.1	-	50.3	76.8	73.0	-	80.7	43.9	39.5	-	48.3
COLLEGE 1–3 YRS	1.3	0.7	-	1.9	61.1	55.3	-	66.9	35.2	27.7	-	42.6	81.4	78.4	-	84.4	38.8	35.0	-	42.7
COLLEGE 4+ YRS	1.1	0.7	-	1.5	57.9	57.0	-	58.8	29.4	27.7	-	31.0	91.6	89.5	-	93.7	29.2	25.5	-	33.0
HOUSEHOLD INCOME																				
<\$25,000	1.2	0.7	-	1.8	64.6	59.4	-	69.8	38.5	29.5	-	47.5	74.7	70.6	-	78.8	42.4	37.7	-	47.1
\$25,000–34,999	†		-		58.3	48.3	-	68.3	53.0	43.9	-	62.1	72.9	66.2	-	79.5	44.6	37.0	-	52.1
\$35,000–49,999	†		-		49.0	48.0	-	49.9	21.9	16.0	-	27.9	78.4	72.1	-	84.6	45.5	38.5	-	52.6
\$50,000–74,999	†		-		60.1	58.7	-	61.4	50.9	48.2	-	53.5	81.5	76.5	-	86.5	44.4	38.3	-	50.4
\$75,000+	1.9	1.0	-	2.8	58.0	56.9	-	59.0	31.1	29.2	-	33.0	92.0	90.3	-	93.8	30.8	27.8	-	33.7
* White, Black, and Asian race categories refer to non-Hispanic † Insufficient data ¶ See p 59 for definition of disability																				

AGE-ADJUSTED PERCENTAGES FOR SELECTED TOPICS (CONTINUED)

MASSACHUSETTS BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, 2013																				
	BINGE DRINKING				HEAVY DRINKING				OVERWEIGHT (BMI≥25.0)				OBESE (BMI≥30.0)				MET GUIDELINES FOR AEROBIC ACTIVITY			
	%	95% CI			%	95% CI			%	95% CI			%	95% CI			%	95% CI		
OVERALL	20.5	19.3	-	21.7	7.6	6.8	-	8.3	58.1	56.7	-	59.4	23.7	22.5	-	24.8	54.3	52.8	-	55.7
GENDER																				
MALE	26.3	24.4	-	28.2	8.4	7.1	-	9.6	67.3	65.4	-	69.2	25.6	23.8	-	27.3	55.3	53.1	-	57.4
FEMALE	15.0	13.6	-	16.4	6.7	5.8	-	7.7	47.9	46.0	-	49.7	21.1	19.6	-	22.6	53.5	51.6	-	55.4
RACE-ETHNICITY*																				
WHITE	23.0	21.6	-	24.4	8.7	7.7	-	9.8	57.4	55.9	-	59.0	22.5	21.1	-	23.8	56.6	55.0	-	58.3
BLACK	14.5	10.0	-	19.0	5.0	2.4	-	7.6	70.3	64.8	-	75.8	34.9	29.1	-	40.7	51.0	44.6	-	57.4
HISPANIC	16.6	13.4	-	19.7	3.2	1.8	-	4.7	68.5	64.6	-	72.3	33.7	29.7	-	37.8	41.5	37.1	-	45.9
ASIAN	9.9	6.1	-	13.8	†				34.5	26.3	-	42.7	13.3	6.3	-	20.2	42.9	33.9	-	51.9
DISABILITY¶																				
DISABILITY	21.9	19.1	-	24.7	8.5	6.4	-	10.7	65.3	62.3	-	68.3	34.6	31.6	-	37.5	46.0	42.9	-	49.2
NO DISABILITY	20.2	18.9	-	21.5	7.4	6.6	-	8.3	55.5	53.9	-	57.0	19.7	18.5	-	21.0	57.7	56.1	-	59.4
EDUCATION																				
< HIGH SCHOOL	16.5	12.6	-	20.4	6.1	3.3	-	8.9	66.9	62.2	-	71.6	31.1	26.5	-	35.8	41.5	36.2	-	46.7
HIGH SCHOOL	21.3	18.6	-	24.1	8.1	6.2	-	9.9	64.2	61.3	-	67.2	28.7	26.0	-	31.4	47.9	44.7	-	51.2
COLLEGE 1–3 YRS	20.8	18.5	-	23.2	7.8	6.2	-	9.5	60.7	58.0	-	63.3	26.6	24.1	-	29.1	55.1	52.3	-	58.0
COLLEGE 4+ YRS	21.7	20.0	-	23.4	7.5	6.5	-	8.6	50.0	48.0	-	51.9	16.0	14.6	-	17.3	60.7	58.7	-	62.7
HOUSEHOLD INCOME																				
<\$25,000	16.5	14.2	-	18.8	5.0	3.7	-	6.3	62.1	59.1	-	65.0	30.1	27.3	-	32.9	45.1	41.9	-	48.2
\$25,000–34,999	19.2	14.6	-	23.7	8.6	4.8	-	12.4	60.1	54.7	-	65.5	24.1	19.4	-	28.8	51.5	45.9	-	57.1
\$35,000–49,999	26.2	21.8	-	30.6	10.3	7.2	-	13.5	61.8	57.2	-	66.3	27.1	23.3	-	31.0	54.6	49.9	-	59.2
\$50,000–74,999	22.5	19.0	-	26.0	8.6	6.3	-	11.0	61.1	57.4	-	64.8	26.7	23.3	-	30.1	55.8	51.7	-	59.9
\$75,000+	22.8	20.7	-	24.9	8.4	7.0	-	9.8	53.0	50.7	-	55.3	17.8	16.1	-	19.6	60.0	57.6	-	62.5
* White, Black, and Asian race categories refer to non-Hispanic † Insufficient data ¶ See p 59 for definition of disability																				

AGE-ADJUSTED PERCENTAGES FOR SELECTED TOPICS (CONTINUED)

MASSACHUSETTS BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, 2013																
	MET GUIDELINES FOR MUSCLE STRENGTHENING			CHOLESTEROL CHECKED IN PAST 5 YEARS				HIGH CHOLESTEROL			HIGH BLOOD PRESSURE			TAKE MEDICINE FOR HIGH BLOOD PRESSURE		
	%	95% CI		%	95% CI			%	95% CI		%	95% CI		%	95% CI	
OVERALL	32.9	31.6	- 34.3	82.6	81.5	- 83.7	32.4	31.1	- 33.7	27.8	26.8	- 28.8	55.2	52.5	- 57.8	
GENDER																
MALE	36.6	34.6	- 38.7	80.9	79.3	- 82.5	37.5	35.4	- 39.6	30.8	29.1	- 32.4	53.7	50.3	- 57.1	
FEMALE	29.5	27.8	- 31.2	84.2	82.7	- 85.6	27.6	26.2	- 29.1	24.3	23.2	- 25.5	57.1	53.0	- 61.1	
RACE-ETHNICITY*																
WHITE	34.5	32.9	- 36.1	84.1	82.8	- 85.4	31.7	30.3	- 33.2	26.6	25.5	- 27.8	55.1	52.1	- 58.1	
BLACK	29.6	23.8	- 35.4	82.7	78.3	- 87.1	31.8	25.9	- 37.8	35.9	31.2	- 40.7	55.5	53.3	- 57.6	
HISPANIC	24.6	21.0	- 28.2	71.1	67.5	- 74.7	36.9	32.5	- 41.2	33.0	29.7	- 36.3	52.7	46.9	- 58.6	
ASIAN	27.6	21.3	- 34.0	82.2	78.2	- 86.2	36.9	28.9	- 44.9	20.4	12.5	- 28.4	43.9	41.0	- 46.8	
DISABILITY¶																
DISABILITY	27.8	24.9	- 30.7	81.1	78.4	- 83.7	41.2	38.1	- 44.3	37.2	34.7	- 39.7	59.6	54.6	- 64.6	
NO DISABILITY	34.5	33.0	- 36.0	83.0	81.8	- 84.2	29.6	28.1	- 31.0	24.2	23.1	- 25.4	53.4	50.3	- 56.4	
EDUCATION																
< HIGH SCHOOL	25.3	20.6	- 29.9	72.0	67.7	- 76.4	41.2	35.8	- 46.5	31.2	27.6	- 34.8	63.0	55.0	- 71.0	
HIGH SCHOOL	27.6	24.8	- 30.4	79.4	76.9	- 81.9	33.5	30.7	- 36.4	32.3	29.8	- 34.8	56.7	51.3	- 62.2	
COLLEGE 1–3 YRS	34.0	31.3	- 36.7	83.0	81.0	- 85.0	33.8	31.1	- 36.5	28.2	26.1	- 30.2	55.1	50.4	- 59.8	
COLLEGE 4+ YRS	37.9	35.9	- 39.8	88.0	86.6	- 89.4	29.0	27.5	- 30.6	22.5	21.2	- 23.8	51.8	48.2	- 55.5	
HOUSEHOLD INCOME																
<\$25,000	27.8	25.0	- 30.6	75.0	72.4	- 77.6	39.0	35.9	- 42.2	34.2	31.7	- 36.6	55.3	50.0	- 60.6	
\$25,000–34,999	27.1	21.9	- 32.3	80.4	76.2	- 84.5	33.1	28.5	- 37.7	32.7	28.9	- 36.5	52.0	43.4	- 60.5	
\$35,000–49,999	31.8	27.2	- 36.3	81.1	77.3	- 85.0	30.3	26.5	- 34.2	25.9	23.0	- 28.9	61.6	52.0	- 71.2	
\$50,000–74,999	32.1	28.4	- 35.7	84.9	81.8	- 88.0	33.8	30.2	- 37.3	29.3	26.2	- 32.4	53.4	46.5	- 60.2	
\$75,000+	39.6	37.2	- 41.9	87.6	85.9	- 89.3	30.6	28.5	- 32.8	22.7	20.9	- 24.4	54.0	49.5	- 58.4	
* White, Black, and Asian race categories refer to non-Hispanic ¶ See p 59 for definition of disability																

AGE-ADJUSTED PERCENTAGES FOR SELECTED TOPICS (CONTINUED)

MASSACHUSETTS BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, 2013																				
	RECEIVED 3 SHOTS HBV VACCINE				PRE-DIABETES				DIABETES				EVER HAD ASTHMA				CURRENTLY HAVE ASTHMA			
	%	95% CI			%	95% CI			%	95% CI			%	95% CI			%	95% CI		
OVERALL	40.5	38.3	-	42.6	7.0	6.3	-	7.7	7.8	7.2	-	8.4	17.0	16.0	-	18.1	11.5	10.6	-	12.4
GENDER																				
MALE	34.4	31.1	-	37.6	7.8	6.7	-	9.0	8.3	7.3	-	9.2	14.5	13.1	-	16.0	8.7	7.6	-	9.9
FEMALE	46.4	43.4	-	49.4	6.5	5.6	-	7.4	7.2	6.5	-	8.0	18.9	17.5	-	20.4	13.9	12.5	-	15.2
RACE-ETHNICITY*																				
WHITE	41.0	38.4	-	43.5	6.7	5.9	-	7.5	6.7	6.1	-	7.3	17.5	16.3	-	18.7	11.9	10.8	-	13.0
BLACK	40.4	33.9	-	47.0	8.5	5.3	-	11.7	12.7	9.4	-	15.9	15.5	11.6	-	19.4	11.3	7.8	-	14.8
HISPANIC	35.0	27.9	-	42.2	11.0	6.9	-	15.2	13.4	10.7	-	16.1	20.5	17.3	-	23.7	13.9	11.1	-	16.6
ASIAN	52.9	41.0	-	64.8	†				14.6	6.7	-	22.5	11.6	5.9	-	17.2	5.9	2.6	-	9.2
DISABILITY¶																				
DISABILITY	35.2	30.5	-	39.9	11.2	9.3	-	13.1	13.4	11.9	-	14.8	27.2	24.5	-	29.9	20.2	17.8	-	22.7
NO DISABILITY	42.0	39.6	-	44.5	5.6	4.9	-	6.4	5.4	4.8	-	6.0	13.6	12.5	-	14.7	8.7	7.8	-	9.7
EDUCATION																				
< HIGH SCHOOL	32.0	24.0	-	40.1	7.4	4.7	-	10.0	14.8	11.9	-	17.6	22.2	18.3	-	26.1	17.3	13.6	-	21.0
HIGH SCHOOL	30.5	25.9	-	35.1	8.7	6.9	-	10.6	8.9	7.6	-	10.2	16.6	14.4	-	18.9	10.6	8.8	-	12.3
COLLEGE 1–3 YRS	40.8	36.5	-	45.1	8.4	6.8	-	9.9	7.9	6.7	-	9.1	17.4	15.3	-	19.4	11.9	10.1	-	13.7
COLLEGE 4+ YRS	49.7	45.9	-	53.5	5.2	4.4	-	5.9	4.7	4.0	-	5.4	15.0	13.6	-	16.5	9.7	8.5	-	11.0
HOUSEHOLD INCOME																				
<\$25,000	35.9	31.2	-	40.6	10.2	8.2	-	12.3	12.8	11.2	-	14.4	21.4	19.0	-	23.9	16.5	14.2	-	18.7
\$25,000–34,999	40.3	32.0	-	48.7	9.8	6.9	-	12.7	11.1	8.3	-	13.8	18.4	14.5	-	22.3	12.5	9.2	-	15.8
\$35,000–49,999	38.3	30.6	-	46.1	7.9	5.6	-	10.2	7.7	5.9	-	9.5	16.6	13.3	-	19.9	11.9	8.8	-	14.9
\$50,000–74,999	40.4	34.5	-	46.2	8.6	6.1	-	11.2	5.9	4.5	-	7.3	16.9	13.6	-	20.1	9.9	7.4	-	12.4
\$75,000+	46.6	43.2	-	50.1	4.7	3.8	-	5.5	4.6	3.7	-	5.5	14.5	12.8	-	16.3	9.2	7.8	-	10.6
* White, Black, and Asian race categories refer to non-Hispanic																				
† Insufficient data																				
¶ See p 59 for definition of disability																				

AGE-ADJUSTED PERCENTAGES FOR SELECTED TOPICS (CONTINUED)

MASSACHUSETTS BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, 2013															
	EVER DIAGNOSED WITH COPD			DOCTOR DIAGNOSED ARTHRITIS			LIMITATIONS DUE TO ARTHRITIS			EVER DIAGNOSED WITH CANCER			EVER DIAGNOSED WITH DEPRESSION		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI		%	95% CI	
OVERALL	5.4	4.8	- 5.9	22.6	21.7	- 23.5	10.0	9.4	- 10.7	10.4	9.7	- 11.0	19.9	18.8	- 21.0
GENDER															
MALE	4.9	4.1	- 5.7	19.0	17.7	- 20.3	7.6	6.6	- 8.5	9.4	8.6	- 10.3	15.8	14.3	- 17.3
FEMALE	5.6	4.9	- 6.4	25.3	24.1	- 26.5	11.7	10.8	- 12.7	10.8	9.9	- 11.7	23.5	22.0	- 24.9
RACE-ETHNICITY*															
WHITE	5.7	5.1	- 6.4	22.8	21.8	- 23.9	9.6	8.9	- 10.4	11.1	10.4	- 11.8	20.4	19.1	- 21.7
BLACK	†			20.8	17.1	- 24.6	8.6	5.9	- 11.3	5.4	3.5	- 7.4	19.5	14.6	- 24.3
HISPANIC	4.1	2.6	- 5.5	23.6	20.3	- 26.8	15.5	12.6	- 18.4	5.5	3.2	- 7.8	26.3	22.7	- 29.8
ASIAN	†			15.5	8.6	- 22.4	†			†			5.4	2.8	- 7.9
DISABILITY¶															
DISABILITY	11.1	9.5	- 12.6	40.2	37.8	- 42.7	27.4	25.1	- 29.7	13.3	11.7	- 14.8	46.3	43.2	- 49.3
NO DISABILITY	3.0	2.5	- 3.5	15.9	14.9	- 16.8	3.2	2.7	- 3.7	9.3	8.6	- 10.0	11.4	10.5	- 12.4
EDUCATION															
< HIGH SCHOOL	9.7	7.1	- 12.4	30.8	27.1	- 34.6	17.8	14.5	- 21.1	8.1	5.8	- 10.4	30.6	26.2	- 34.9
HIGH SCHOOL	6.5	5.3	- 7.8	23.3	21.4	- 25.2	9.5	8.2	- 10.9	9.1	7.8	- 10.4	20.9	18.5	- 23.3
COLLEGE 1–3 YRS	5.7	4.7	- 6.7	24.8	22.9	- 26.6	11.3	9.9	- 12.7	10.4	9.2	- 11.7	23.0	20.8	- 25.2
COLLEGE 4+ YRS	2.6	2.2	- 3.1	17.9	16.7	- 19.1	6.9	6.1	- 7.6	11.7	10.8	- 12.6	14.5	13.2	- 15.7
HOUSEHOLD INCOME															
<\$25,000	11.0	9.2	- 12.9	30.1	27.7	- 32.5	18.0	15.8	- 20.1	10.3	8.8	- 11.8	36.2	33.4	- 39.1
\$25,000–34,999	5.4	3.9	- 6.9	22.7	19.5	- 25.9	10.6	8.2	- 13.0	10.1	7.8	- 12.3	22.6	18.6	- 26.6
\$35,000–49,999	5.0	3.4	- 6.6	23.9	21.2	- 26.6	10.4	8.3	- 12.5	9.5	7.6	- 11.4	19.9	16.1	- 23.6
\$50,000–74,999	5.4	3.9	- 7.0	21.9	19.0	- 24.7	7.5	5.8	- 9.2	9.2	7.7	- 10.8	16.6	13.8	- 19.4
\$75,000+	2.5	1.7	- 3.2	17.7	16.3	- 19.2	6.0	5.1	- 6.9	11.0	9.9	- 12.2	11.9	10.5	- 13.2
* White, Black, and Asian race categories refer to non-Hispanic † Insufficient data ¶ See p 59 for definition of disability															

AGE-ADJUSTED PERCENTAGES FOR SELECTED TOPICS (CONTINUED)

MASSACHUSETTS BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, 2013															
	SELF-IDENTIFIED AS HOMOSEXUAL, BISEXUAL, OR OTHER			EVER TESTED FOR HIV - AGES 18-64			TESTED FOR HIV IN PAST YEAR - AGES 18-64			SEXUAL VIOLENCE - WOMEN			ALWAYS USE A SEATBELT		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI		%	95% CI	
OVERALL	4.9	4.2	- 5.6	47.2	45.6	- 48.8	12.7	11.5	- 13.9	16.8	12.6	- 20.9	80.8	79.7	- 82.0
GENDER															
MALE	5.2	4.2	- 6.2	43.0	40.6	- 45.3	11.8	10.1	- 13.4	n/a			75.4	73.5	- 77.3
FEMALE	4.7	3.8	- 5.6	51.3	49.1	- 53.4	13.7	12.0	- 15.4	16.8	12.6	- 20.9	85.8	84.5	- 87.2
RACE-ETHNICITY*															
WHITE	4.8	4.0	- 5.5	45.3	43.5	- 47.2	11.3	9.9	- 12.6	17.5	12.7	- 22.3	80.4	79.0	- 81.8
BLACK	6.3	2.6	- 9.9	57.7	50.5	- 64.9	24.6	18.0	- 31.3	†			76.7	71.3	- 82.0
HISPANIC	4.9	2.8	- 6.9	60.3	56.0	- 64.7	19.1	15.2	- 23.0	11.5	8.9	- 14.1	83.5	80.5	- 86.5
ASIAN	†			34.6	27.4	- 41.8	7.8	4.2	- 11.3	0.3	0.3	- 0.4	89.5	85.5	- 93.5
DISABILITY¶															
DISABILITY	7.6	5.7	- 9.4	54.2	50.6	- 57.8	17.6	14.6	- 20.5	33.8	25.1	- 42.6	74.6	71.8	- 77.4
NO DISABILITY	4.1	3.4	- 4.8	44.9	43.1	- 46.7	11.4	10.1	- 12.6	8.9	6.1	- 11.7	82.6	81.3	- 83.9
EDUCATION															
< HIGH SCHOOL	4.8	2.6	- 7.0	50.4	44.7	- 56.1	16.9	12.2	- 21.6	†			76.0	71.5	- 80.5
HIGH SCHOOL	5.4	3.5	- 7.3	42.7	39.0	- 46.4	11.4	8.9	- 13.8	15.4	7.4	- 23.4	71.6	68.7	- 74.6
COLLEGE 1–3 YRS	5.3	4.0	- 6.5	51.5	48.2	- 54.7	15.5	12.9	- 18.1	22.7	14.7	- 30.8	79.2	77.0	- 81.5
COLLEGE 4+ YRS	4.4	3.5	- 5.3	47.4	45.0	- 49.7	10.5	8.9	- 12.1	13.4	9.8	- 17.1	88.5	87.2	- 89.8
HOUSEHOLD INCOME															
<\$25,000	6.4	4.7	- 8.2	58.2	54.5	- 61.8	20.9	17.6	- 24.3	16.0	9.3	- 22.7	73.3	70.5	- 76.1
\$25,000–34,999	6.4	3.3	- 9.5	51.0	44.9	- 57.0	13.1	8.5	- 17.7	8.4	6.5	- 10.2	77.4	72.3	- 82.6
\$35,000–49,999	6.5	4.0	- 9.0	46.4	41.0	- 51.8	14.4	10.1	- 18.7	23.1	18.4	- 27.8	80.4	76.7	- 84.2
\$50,000–74,999	5.6	3.3	- 8.0	44.5	39.8	- 49.2	10.0	7.2	- 12.7	†			81.0	77.6	- 84.4
\$75,000+	3.9	2.9	- 4.8	44.1	41.6	- 46.5	10.0	8.2	- 11.8	17.9	10.7	- 25.1	86.3	84.5	- 88.1
* White, Black, and Asian race categories refer to non-Hispanic † Insufficient data ¶ See p 59 for definition of disability															

MASSACHUSETTS ESTIMATES AND HEALTHY PEOPLE 2020

MASSACHUSETTS BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, 2013		
VARIABLES [¶]	MA %	HP 2020 [^] %
HEALTH CARE ACCESS AND UTILIZATION		
HAVE PERSONAL HEALTH CARE PROVIDER (18-64)	85.7	89.4
HAVE PERSONAL HEALTH CARE PROVIDER (65+)	95.9	100.0
RISK FACTORS AND PREVENTIVE BEHAVIORS		
CURRENT SMOKER	16.6	12.0
QUIT ATTEMPT AMONG CURRENT SMOKERS	59.7	80.0
USE SMOKELESS TOBACCO	1.5	0.3
BINGE DRINKING	19.4	24.3
OBESITY (20+)	24.4	30.6
NO LEISURE TIME PHYSICAL ACTIVITY	23.5	32.6
AEROBIC ACTIVITY 150+ MINUTES/WEEK	54.5	47.9
MUSCLE-STRENGTHENING ACTIVITIES 2+ DAYS/WEEK	32.6	24.1
CHOLESTEROL CHECKED IN PAST 5 YEARS	84.0	82.1
HIGH CHOLESTEROL (20+)	37.1	13.5
HIGH BLOOD PRESSURE	29.4	26.9
IMMUNIZATION		
FLU VACCINE IN PAST YEAR (18-64)	45.5	80.0
FLU VACCINE IN PAST YEAR (65+)	66.1	90.0
EVER HAD PNEUMONIA VACCINATION (65+)	69.9	90.0
CHRONIC HEALTH CONDITIONS		
LIMITATIONS DUE TO ARTHRITIS (AMONG THOSE DIAGNOSED)	46.7	35.5
OTHER TOPICS		
TESTED FOR HIV IN PAST YEAR (18-44)	12.0	16.9
[¶] Variable definitions were created to match those in HP 2020 and may not match definitions used elsewhere in this report - e.g. may use different age grouping [^] HP 2020 = Healthy People 2020 Objectives.		

MASSACHUSETTS AND NATIONAL ESTIMATES.

MASSACHUSETTS BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, 2013			
VARIABLES	MA %	US MEDIAN[¶] %	US RANGE[¶] %
OVERALL HEALTH MEASURES			
FAIR OR POOR HEALTH	13.8	16.9	12.1 – 35.4
15+ POOR MENTAL HEALTH DAYS	11.2	10.7	6.8 – 14.5
15+ DAYS IN POOR PHYSICAL HEALTH	9.7	10.8	6.2 – 16.4
DISABILITY	27.0	29.4	23.4 – 42.9
HEALTH CARE ACCESS AND UTILIZATION			
NO HEALTH INSURANCE (18-64)	4.9	†	
HAVE PERSONAL HEALTH CARE PROVIDER	87.7	77.1	65.0 – 87.7
COULD NOT SEE DOCTOR DUE TO COST	8.5	15.3	7.2 – 23.1
CHECKUP IN PAST YEAR	77.7	68.2	57.1 – 78.6
RISK FACTORS AND PREVENTIVE BEHAVIORS			
CURRENT SMOKER	16.6	19.0	10.3 – 27.3
FORMER SMOKER	27.2	25.2	16.5 – 31.1
QUIT ATTEMPT AMONG CURRENT SMOKERS	59.7	59.5	50.1 – 73.3
USE SMOKELESS TOBACCO	1.5	4.3	0.6 – 9.4
BINGE DRINKING	19.4	16.8	9.6 – 23.8
HEAVY DRINKING	7.5	6.2	3.3 – 8.6
OVERWEIGHT	58.0	64.8	53.8 – 69.9
OBESITY	23.6	28.9	21.3 – 35.1
MET GUIDELINES FOR AEROBIC ACTIVITY	54.5	50.5	33.6 – 64.1
MET GUIDELINES FOR MUSCLE-STRENGTHENING ACTIVITY	32.6	29.8	11.4 – 36.0
5+ SERVINGS OF FRUIT/VEGETABLES PER DAY	19.0	16.6	9.4 – 25.7
CHOLESTEROL CHECKED IN PAST 5 YEARS	84.0	76.4	64.6 – 84.0
HIGH CHOLESTEROL	36.5	38.4	33.4 – 44.4
HIGH BLOOD PRESSURE	29.4	31.4	24.2 – 42.3
TAKE MEDICINE FOR HIGH BLOOD PRESSURE	75.8	78.0	61.3 – 83.9
IMMUNIZATION			
FLU VACCINE IN PAST YEAR (18-49)	41.9	30.2	14.4 – 41.9
FLU VACCINE IN PAST YEAR (50-64)	52.6	43.6	18.6 – 53.1
FLU VACCINE IN PAST YEAR (65+)	66.1	62.6	31.1 – 73.9
EVER HAD PNEUMONIA VACCINATION (65+)	69.9	69.4	26.4 – 75.6
CHRONIC HEALTH CONDITIONS			
DIABETES	8.5	9.8	6.5 – 14.9
EVER HAD ASTHMA	16.8	14.1	10.8 – 18.2
CURRENTLY HAVE ASTHMA	11.4	9.0	5.3 – 12.0
HAVE ARTHRITIS	24.3	25.1	16.1 – 36.2
LIMITATIONS DUE TO ARTHRITIS	10.4	11.6	7.2 – 19.6
MYOCARDIAL INFARCTION (35+)	5.2	6.1	4.2 – 10.3
ANGINA OR CORONARY HEART DISEASE (35+)	4.7	5.8	3.6 – 10.5
STROKE (35+)	3.3	3.8	2.5 – 6.3
CHRONIC OBSTRUCTIVE PULMONARY DISEASE	5.8	6.3	3.8 – 10.9
EVER DIAGNOSED WITH CANCER	11.1	11.5	3.8 – 14.7
EVER DIAGNOSED WITH DEPRESSION	19.7	18.7	8.7 – 26.6
OTHER TOPICS			
EVER TESTED FOR HIV (18-64)	44.2	41.2	28.4 – 77.5
TESTED FOR HIV IN PAST YEAR (18-64)	12.0	10.3	5.2 – 41.5
ALWAYS WEAR A SEATBELT	80.9	87.0	65.2 – 94.0
[¶] The US median percentage and range are based on data for all 50 states, District of Columbia, and Puerto Rico. [†] No comparable US data available			

ITEM-SPECIFIC NON-RESPONSE

MASSACHUSETTS BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, 2013	
	PERCENTAGE OF NON-RESPONSE*
	%
OVERALL HEALTH MEASURES	
FAIR OR POOR HEALTH	0.2
15+ DAYS IN POOR PHYSICAL HEALTH IN PAST MONTH	2.0
15+ POOR MENTAL HEALTH DAYS IN PAST MONTH	1.9
DISABILITY	4.8
HEALTH CARE ACCESS AND UTILIZATION	
HAVE PERSONAL HEALTH CARE PROVIDER	0.3
COULD NOT SEE DOCTOR DUE TO COST	0.2
CHECKUP IN PAST YEAR	0.7
RISK FACTORS AND PREVENTIVE BEHAVIORS	
CURRENT SMOKER	5.3
FORMER SMOKER	5.3
USE SMOKELESS TOBACCO	5.0
QUIT ATTEMPT AMONG CURRENT SMOKERS	0.5
LIVE IN HOUSEHOLD WHERE SMOKING IS NOT ALLOWED	16.3
EXPOSED TO ENVIRONMENTAL SMOKE	17.4
BINGE DRINKING	6.8
HEAVY DRINKING	6.7
OVERWEIGHT	7.9
OBESITY	7.9
MET RECOMMENDATION FOR AEROBIC ACTIVITY	12.8
MET RECOMMENDATION FOR MUSCLE STRENGTHENING ACTIVITY	11.5
5 OR MORE SERVINGS OF FRUITS OR VEGETABLES	13.5
CHOLESTEROL CHECKED IN PAST 5 YEARS	3.2
HIGH BLOOD PRESSURE	0.4
IMMUNIZATION	
FLU VACCINE IN THE PAST YEAR (18-49)	13.0
FLU VACCINE IN THE PAST YEAR (50-64)	10.5
FLU VACCINE IN THE PAST YEAR (65+)	12.2
EVER HAD PNEUMONIA VACCINE (65+)	18.2
HPV VACCINE (FEMALES 18-34)	27.6
HAD HEPATITIS B VACCINE	27.2
SHINGLES VACCINE (60+)	16.3
CHRONIC HEALTH CONDITIONS	
DIABETES	0.2
EVER HAD ASTHMA	0.3
CURRENTLY HAVE ASTHMA	0.7
DOCTOR DIAGNOSED ARTHRITIS	0.7
LIMITATIONS DUE TO ARTHRITIS	4.2
HEART ATTACK (35+)	0.6
ANGINA OR CORONARY HEART DISEASE (35+)	0.7
STROKE (35+)	0.4
EVER DIAGNOSED WITH CANCER	0.5
CHRONIC OBSTRUCTIVE PULMONARY DISEASE	2.2
EVER DIAGNOSED WITH DEPRESSION	0.5
OTHER TOPICS	
SEXUAL ORIENTATION	18.1
EVER TESTED FOR HIV (18-64)	14.7
SEXUAL VIOLENCE	24.7
ALWAYS WEAR A SEATBELT	12.1
* The item-specific unweighted non-response % was calculated using the number of respondents who had finished the demographic section of the 2013 BRFSS as the denominator and those who reported don't know or refused as the numerator.	

TERMS, DEFINITIONS AND STATISTICAL METHODOLOGY

This report presents data from the **combined sample** - both landline and cell phone respondents except where specifically noted. The combined sample contained 15,072 respondents.

- **The landline component** contained 12,160 respondents (80.7% of the combined sample). Massachusetts landline sample design included three versions (or “splits”), to allow for an increase in the number of optional modules and Massachusetts-added questions asked without an increase in the length of the survey:
 - Split 1 contained 3,988 respondents,
 - Split 2 contained 4,127 respondents,
 - Split 3 contained 4,045 respondents.
 - In order to obtain more information about minorities, cities of Boston, Brockton, Lowell, Lynn, New Bedford, Quincy, Springfield, and Worcester were over-sampled.
- **The cell phone component** contained 2,912 respondents (19.3% of the combined sample). The cell phone sample was designed without splits. Hampden, Middlesex, Suffolk and Worcester counties were over-sampled. This survey was shorter than the landline survey, consisting of the CDC core questions and only a few Massachusetts-added questions.

The BRFSS data were **weighted** to represent the adult population of Massachusetts. Weighting makes the sample representative in two ways:

- It adjusts for differences in the probability of selection due to the telephone number, the number of telephones in a household, and the number of adults in a household.
- Adjustments are also made to reduce bias from non-response, non-coverage of households without landline telephones or cell phones, and differential participation by sex, age, race/ethnicity, marital status, education, and owner/renter status.

All the weighting factors were multiplied together to get the final weight for each respondent so that the weighted BRFSS data represent the adult population of Massachusetts. Weights were produced for the combined (landline and cell phone) sample, for the entire landline sample, and for each of the three versions of the landline questionnaire.

The underlying **sample size (N)** in each cell of the presented tables is the number of individuals who responded to the specific BRFSS question. These are unweighted numbers. These numbers exclude individuals who reported “not sure, don’t know,” those who refused to answer the question, or had no response coded (missing or skipped). The underlying size of the sample used to produce particular estimates varies depending on whether the data come from the combined land line and cell phone sample or from one of the sample splits through which some of the optional modules and Massachusetts-added questions were administered.

The **crude percentage** is the weighted proportion of respondents in a particular category. When percentages are reported in the text of this report, they are referring to crude percentages. The crude percentage of respondents used in this report reflects the burden of a certain health status indicator in a specific group of the population, e.g. age group, gender, etc.

The **age-adjusted percentage** is a weighted average of the age-specific proportions. The projected 2000 US population was used as a standard for the calculation. The age-adjusted percentage is a single, calculated number. Age-adjustment is done in order to be able to compare population subgroups with potentially different age structures (e.g., Hispanic vs. White non-Hispanic). The reader should exercise caution when using age-adjusted percentages for the comparison of survey data subgroups. While the estimates have been adjusted by age, other factors like gender, income, or education and their possible correlation may also have an impact on the results of subgroup comparisons (see Appendix). The percentages were not age-adjusted for health indicators obtained

for restricted age groups such as cancer screening. Age-adjusted estimates are presented in tables in the Appendix of this report.

The data presented here are univariate, descriptive percentages that are either crude or age-adjusted. No multivariate analysis was performed on this data. In addition, all data presented here are cross-sectional and thus this report contains no inferences about causality.

The US median was calculated for the estimates from all participating states, the District of Columbia, and territories for each respective indicator when available. The values were ordered from lowest to highest and the middle value is then chosen (if the number of values is odd) or calculated as the average of the two middle values (if the number of values is even). The median then represents a value for which half of the states have higher estimates and half of the states have lower estimates.

The 95% confidence interval (95% CI) is a range of values determined by the degree of variability of the data within which the true value is likely to lie. The confidence interval indicates the precision of a calculation; the wider the interval the less precision in the estimate. The 95% confidence intervals used in this report for crude and age-adjusted percentages are the indicators of reliability (or stability) of the estimate. Smaller population subgroups or smaller numbers of respondents yield less precise estimates.

Suppression of the presented estimates:

- a) Estimates and their 95% confidence intervals are not presented in the tables if the underlying sample size is less than 50 respondents.
- b) Following recommendations of the National Center for Health Statistics, data are not presented in the tables if a ratio of standard error to the estimate itself exceeds 30% (relative standard error of greater than 30%). Standard error of the estimate is a measure of its variability. Bigger standard errors yield wider confidence intervals and less reliable estimates.

For this report, respondents were classified as having a **disability** if they answered “yes” to one or more of the following questions:

1. Are you limited in any way in any activities because of physical, mental, or emotional problems?
2. Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?
3. Are you blind or do you have serious difficulty seeing, even when wearing glasses?
4. Because of a physical, mental, or emotional condition, do you have serious difficulty concentrating, remembering or making decisions?
5. Do you have serious difficulty walking or climbing stairs?
6. Do you have difficulty dressing or bathing?
7. Because of a physical, mental or emotional condition, do you have difficulty doing errands alone such as visiting a doctor’s office or shopping?

Race-ethnicity categories in this report include White, Black, Hispanic, and Asian. When referring to White, Black, or Asian, these categories include only non-Hispanic respondents. All respondents reporting Hispanic ethnicity are included in the Hispanic category regardless of race.

Healthy People 2020 Objectives: *Healthy People 2020: National Health Promotion and Disease Prevention Objectives* is a national agenda that aims to significantly improve the health of Americans in the decade preceding the year 2020. Healthy People 2020 defined four overarching national goals to: attain high-quality, longer lives free of preventable disease, disability, injury, and premature death; achieve health equity, eliminate disparities, and improve the health of all groups; create social and physical environments that promote good health for all; and promote quality of life, healthy development, and healthy behaviors across all life stages. For each health status indicator in this report that has a corresponding Healthy People 2020 Objective, the year 2020 target is shown in the summary table in the Appendix.

LIMITATIONS

There are some limitations that should be considered when interpreting results from the BRFSS, based on the nature of the survey data:

- The health characteristics estimated from the BRFSS pertain to the adult population, aged 18 years and older, who live in households with either a landline telephone or a cell phone.
- Telephone coverage varies across population subgroups: minorities and those in lower socioeconomic groups typically have lower telephone coverage. No direct method of compensating for non-telephone coverage is employed by the BRFSS; however, weighted data are used, which may partially correct for any bias caused by non-telephone coverage. Weighting is designed to make the total number of cases equal to some desired number which, for MA BRFSS data, is the number of people in the state who are aged 18 years and older. In the BRFSS, such weighting serves as a blanket adjustment for non-coverage and non-response and forces the total number of cases to equal population estimates.
- All data collected by the BRFSS are based on self-report from the respondents. By its nature, self-reported data may be subject to error for several reasons. An individual may have difficulty remembering events that occurred a long time ago or the frequency of certain behaviors. Some respondents may over report socially desirable behaviors, while underreporting behaviors they perceive to be less acceptable. Finally, because the BRFSS surveys a randomly selected sample of Massachusetts adults, these results may differ from another random sample to some extent simply due to chance.
- Persons with the most severe limitations and with certain disabilities are not represented in this sample since individuals living in institutions are not included in the BRFSS. BRFSS methodology also precludes anyone from assisting respondents in completing the interview if the selected adult had difficulty in participating for any reason, such as an intellectual or developmental disability.