

A Profile of Health among Massachusetts Adults, 2015

Results from the Behavioral Risk Factor Surveillance
System

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



September 2016

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September 2016

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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, mental illness and stigma, sexual violence, and other selected topics.

In 2015, 4,276 landline interviews and 5,018 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 oversampled. 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 2015 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 2015 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 2015 in a separate table.

All percentages in this report are weighted (see definition on page 60) to represent the total Massachusetts population in 2015.

DEMOGRAPHIC CHARACTERISTICS OF RESPONDENTS

MASSACHUSETTS BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, 2015

	UNWEIGHTED SAMPLE SIZE	WEIGHTED PERCENT
	N	%†
OVERALL	9,294	100.0
GENDER		
MALE	4,145	47.9
FEMALE	5,149	52.1
AGE GROUP		
18–24	661	13.2
25–34	1,150	17.0
35–44	1,120	15.5
45–54	1,653	17.3
55–64	1,877	16.9
65–74	1,549	11.3
75 AND OLDER	1,074	8.8
RACE-ETHNICITY*		
WHITE	7,372	77.1
BLACK	555	6.6
HISPANIC	748	9.9
ASIAN	292	6.4
DISABILITY¶		
DISABILITY	2,862	29.4
NO DISABILITY	5,894	70.6
EDUCATION		
< HIGH SCHOOL	652	11.0
HIGH SCHOOL	2,122	26.2
COLLEGE 1–3 YRS	2,174	26.8
COLLEGE 4+ YRS	4,272	36.0
HOUSEHOLD INCOME		
<\$25,000	1,765	22.2
\$25,000–34,999	647	8.5
\$35,000–49,999	871	12.0
\$50,000–74,999	1,004	13.1
\$75,000+	2,930	44.2

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

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

¶ See p 61 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, 2015					
	FAIR OR POOR HEALTH				
	N	%	95% CI		
OVERALL	9,260	14.6	13.6	-	15.6
GENDER					
MALE	4,129	14.1	12.5	-	15.6
FEMALE	5,131	15.1	13.7	-	16.5
AGE GROUP					
18–24	660	10.3	6.9	-	13.8
25–34	1,144	10.9	8.4	-	13.5
35–44	1,118	11.2	8.8	-	13.7
45–54	1,650	15.1	12.8	-	17.4
55–64	1,868	16.9	14.5	-	19.3
65–74	1,544	17.5	14.7	-	20.2
75 AND OLDER	1,067	26.5	22.4	-	30.5
RACE-ETHNICITY*					
WHITE	7,348	12.9	11.8	-	14.1
BLACK	552	18.5	13.9	-	23.1
HISPANIC	745	26.4	22.4	-	30.3
ASIAN	290	11.3	6.3	-	16.3
DISABILITY [¶]					
DISABILITY	2,843	37.8	35.1	-	40.5
NO DISABILITY	5,881	5.2	4.4	-	6.0
EDUCATION					
< HIGH SCHOOL	641	38.0	32.8	-	43.2
HIGH SCHOOL	2,115	17.9	15.9	-	19.9
COLLEGE 1–3 YRS	2,165	14.2	12.0	-	16.3
COLLEGE 4+ YRS	4,267	5.6	4.8	-	6.5
HOUSEHOLD INCOME					
<\$25,000	1,752	31.8	28.7	-	34.8
\$25,000–34,999	646	20.8	16.4	-	25.2
\$35,000–49,999	869	12.1	9.0	-	15.1
\$50,000–74,999	1,002	10.4	7.5	-	13.3
\$75,000+	2,928	4.6	3.3	-	5.8
<p>* White, Black, and Asian race categories refer to non-Hispanic</p> <p>¶ See p 61 for definition of disability</p>					

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, 2015										
	15+ DAYS OF POOR PHYSICAL HEALTH					15+ DAYS OF POOR MENTAL HEALTH				
	N	%	95% CI			N	%	95% CI		
OVERALL	9,003	10.0	9.1	-	10.9	9,084	11.0	10.0	-	11.9
GENDER										
MALE	4,028	8.9	7.6	-	10.1	4,048	9.5	8.0	-	11.1
FEMALE	4,975	11.1	9.8	-	12.3	5,036	12.2	10.9	-	13.6
AGE GROUP										
18–24	650	4.6	2.4	-	6.8	654	14.4	9.9	-	18.9
25–34	1,131	5.3	3.5	-	7.2	1,134	11.6	9.0	-	14.2
35–44	1,101	9.2	6.7	-	11.6	1,104	10.5	8.1	-	12.8
45–54	1,617	12.3	10.1	-	14.5	1,613	13.0	10.9	-	15.1
55–64	1,814	13.0	10.8	-	15.2	1,840	11.1	9.2	-	13.1
65–74	1,489	12.0	9.6	-	14.4	1,510	6.3	4.7	-	8.0
75 AND OLDER	997	17.3	13.8	-	20.9	1,025	7.7	5.3	-	10.0
RACE-ETHNICITY*										
WHITE	7,169	9.9	8.9	-	10.9	7,232	11.3	10.1	-	12.5
BLACK	530	13.8	9.2	-	18.5	539	15.0	10.7	-	19.4
HISPANIC	712	10.7	8.2	-	13.3	715	10.4	7.7	-	13.1
ASIAN	†			-		†			-	
DISABILITY¶										
DISABILITY	2,704	29.2	26.7	-	31.8	2,756	26.4	23.9	-	28.9
NO DISABILITY	5,784	2.4	1.9	-	3.0	5,817	5.1	4.1	-	6.1
EDUCATION										
< HIGH SCHOOL	610	24.1	19.5	-	28.7	618	18.6	13.5	-	23.6
HIGH SCHOOL	2,021	11.5	9.7	-	13.2	2,052	13.7	11.6	-	15.8
COLLEGE 1–3 YRS	2,107	10.5	8.8	-	12.3	2,125	12.1	10.0	-	14.1
COLLEGE 4+ YRS	4,202	4.6	3.8	-	5.4	4,220	6.1	5.2	-	6.9
HOUSEHOLD INCOME										
<\$25,000	1,677	21.9	19.2	-	24.6	1,702	21.4	18.7	-	24.1
\$25,000–34,999	615	15.0	10.7	-	19.3	623	11.4	7.5	-	15.3
\$35,000–49,999	852	7.0	5.0	-	9.1	860	13.8	8.7	-	18.9
\$50,000–74,999	992	8.7	5.9	-	11.5	990	7.2	5.0	-	9.4
\$75,000+	2,901	4.2	3.2	-	5.3	2,913	5.8	4.5	-	7.2
* White, Black, and Asian race categories refer to non-Hispanic										
† Insufficient data										
¶ See p 61 for definition of disability										

SECTION 1.3: DISABILITY

In 2015, 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, 2015

	N	HAVE DISABILITY¶	
		%	95% CI
OVERALL	8,756	29.4	28.0 - 30.7
GENDER			
MALE	3,869	28.1	26.1 - 30.1
FEMALE	4,887	30.5	28.7 - 32.4
AGE GROUP			
18–24	611	22.9	18.3 - 27.4
25–34	1,066	22.1	18.7 - 25.5
35–44	1,041	20.7	17.6 - 23.8
45–54	1,577	30.7	27.7 - 33.7
55–64	1,772	33.0	30.0 - 36.0
65–74	1,489	34.4	30.9 - 38.0
75 AND OLDER	1,026	53.0	48.4 - 57.6
RACE-ETHNICITY*			
WHITE	7,012	30.1	28.5 - 31.6
BLACK	515	28.2	22.8 - 33.7
HISPANIC	700	34.6	30.0 - 39.1
ASIAN	269	10.4	5.7 - 15.1
EDUCATION			
< HIGH SCHOOL	613	53.2	47.5 - 58.9
HIGH SCHOOL	1,981	32.6	29.8 - 35.4
COLLEGE 1–3 YRS	2,056	31.8	29.1 - 34.6
COLLEGE 4+ YRS	4,045	18.1	16.7 - 19.5
HOUSEHOLD INCOME			
<\$25,000	1,700	49.6	46.2 - 53.0
\$25,000–34,999	625	39.0	33.4 - 44.6
\$35,000–49,999	839	28.5	24.0 - 33.0
\$50,000–74,999	976	24.9	21.1 - 28.7
\$75,000+	2,850	17.0	15.1 - 18.9
* White, Black, and Asian race categories refer to non-Hispanic			
¶ See p 61 for definition of disability			

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 for adults with no health insurance.

TABLE 2.1 –HEALTH INSURANCE STATUS AMONG MASSACHUSETTS ADULTS, AGES 18-64, 2015				
	NO HEALTH INSURANCE			
	N	%	95% CI	
OVERALL	6,096	3.4	2.8	- 4.1
GENDER				
MALE	2,822	4.8	3.7	- 5.9
FEMALE	3,274	2.1	1.5	- 2.8
AGE GROUP				
18–24	587	4.3	2.4	- 6.2
25–34	1,000	5.1	3.3	- 6.9
35–44	1,062	3.8	2.1	- 5.4
45–54	1,612	2.9	1.8	- 4.0
55–64	1,835	1.6	0.9	- 2.3
RACE-ETHNICITY*				
WHITE	4,641	2.3	1.7	- 3.0
BLACK	410	7.3	3.6	- 11.0
HISPANIC	607	9.2	6.4	- 12.1
ASIAN	†			
DISABILITY¶				
DISABILITY	1,669	4.2	2.8	- 5.7
NO DISABILITY	4,057	3.2	2.4	- 3.9
EDUCATION				
< HIGH SCHOOL	395	9.5	5.8	- 13.2
HIGH SCHOOL	1,326	4.8	3.3	- 6.3
COLLEGE 1–3 YRS	1,454	3.1	2.0	- 4.2
COLLEGE 4+ YRS	2,893	1.0	0.6	- 1.4
HOUSEHOLD INCOME				
<\$25,000	1,114	6.7	4.8	- 8.6
\$25,000–34,999	331	7.7	3.5	- 11.9
\$35,000–49,999	513	4.9	2.7	- 7.2
\$50,000–74,999	†			
\$75,000+	†			
* White, Black, and Asian race categories refer to non-Hispanic † Insufficient data ¶ See p 61 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 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, 2015										
	HAVE PERSONAL HEALTH CARE PROVIDER					COULD NOT SEE DOCTOR DUE TO COST				
	N	%	95% CI			N	%	95% CI		
OVERALL	9,230	88.9	88.0	-	89.8	9,253	8.6	7.8	-	9.4
GENDER										
MALE	4,106	85.1	83.6	-	86.6	4,126	8.5	7.3	-	9.6
FEMALE	5,124	92.4	91.4	-	93.4	5,127	8.6	7.6	-	9.7
AGE GROUP										
18–24	653	78.5	74.7	-	82.2	657	9.1	6.6	-	11.6
25–34	1,139	76.8	73.8	-	79.9	1,143	13.3	10.8	-	15.8
35–44	1,115	86.3	83.8	-	88.8	1,118	9.5	7.4	-	11.7
45–54	1,642	93.7	92.3	-	95.2	1,644	9.1	7.2	-	11.0
55–64	1,871	95.4	94.2	-	96.6	1,871	7.4	5.7	-	9.0
65–74	1,543	98.5	97.6	-	99.3	1,545	4.1	2.7	-	5.6
75 AND OLDER	1,063	97.7	96.3	-	99.0	1,067	3.5	1.8	-	5.2
RACE-ETHNICITY*										
WHITE	7,334	91.2	90.3	-	92.1	7,351	6.4	5.6	-	7.2
BLACK	546	86.4	82.4	-	90.3	551	14.0	9.7	-	18.4
HISPANIC	740	77.8	73.9	-	81.7	743	23.6	19.7	-	27.5
ASIAN	288	82.0	76.8	-	87.1	288	6.2	2.9	-	9.5
DISABILITY¶										
DISABILITY	2,843	90.9	89.2	-	92.6	2,846	13.8	12.0	-	15.7
NO DISABILITY	5,859	88.4	87.3	-	89.5	5,876	6.0	5.2	-	6.9
EDUCATION										
< HIGH SCHOOL	642	82.6	78.8	-	86.4	649	18.1	14.2	-	22.0
HIGH SCHOOL	2,104	88.5	86.6	-	90.3	2,105	9.7	8.0	-	11.3
COLLEGE 1–3 YRS	2,162	89.8	88.0	-	91.6	2,164	9.0	7.4	-	10.6
COLLEGE 4+ YRS	4,253	90.6	89.5	-	91.7	4,262	4.5	3.7	-	5.3
HOUSEHOLD INCOME										
<\$25,000	1,748	83.8	81.2	-	86.3	1,752	16.9	14.4	-	19.3
\$25,000–34,999	641	85.2	81.4	-	89.0	643	11.7	8.0	-	15.4
\$35,000–49,999	867	89.4	86.4	-	92.3	869	9.2	6.2	-	12.1
\$50,000–74,999	1,002	91.3	88.7	-	93.9	1,004	7.5	5.2	-	9.8
\$75,000+	2,920	92.6	91.4	-	93.9	2,927	3.7	2.7	-	4.6
* White, Black, and Asian race categories refer to non-Hispanic										
¶ See p 61 for definition of disability										

TABLE 2.2 (CONTINUED) - HEALTH CARE ACCESS AMONG MASSACHUSETTS ADULTS, 2015

	HAD A ROUTINE CHECKUP IN THE PAST YEAR		
	N	%	95% CI
OVERALL	9,150	78.0	76.8 - 79.2
GENDER			
MALE	4,079	73.6	71.8 - 75.5
FEMALE	5,071	82.0	80.5 - 83.5
AGE GROUP			
18–24	645	75.7	71.4 - 79.9
25–34	1,133	64.5	61.0 - 68.0
35–44	1,106	70.2	66.9 - 73.6
45–54	1,633	78.7	76.2 - 81.1
55–64	1,855	82.9	80.6 - 85.2
65–74	1,532	91.1	89.1 - 93.1
75 AND OLDER	1,049	92.8	90.6 - 95.0
RACE-ETHNICITY*			
WHITE	7,276	78.2	76.8 - 79.5
BLACK	548	84.9	81.2 - 88.6
HISPANIC	726	73.4	69.2 - 77.5
ASIAN	285	73.4	67.5 - 79.3
DISABILITY [¶]			
DISABILITY	2,801	81.0	78.6 - 83.4
NO DISABILITY	5,828	77.1	75.7 - 78.5
EDUCATION			
< HIGH SCHOOL	634	75.2	70.5 - 79.9
HIGH SCHOOL	2,078	79.8	77.5 - 82.2
COLLEGE 1–3 YRS	2,148	81.0	78.6 - 83.3
COLLEGE 4+ YRS	4,222	75.4	73.7 - 77.1
HOUSEHOLD INCOME			
<\$25,000	1,732	78.8	76.0 - 81.6
\$25,000–34,999	636	80.3	75.8 - 84.8
\$35,000–49,999	860	80.1	76.5 - 83.7
\$50,000–74,999	996	78.5	74.9 - 82.0
\$75,000+	2,916	76.5	74.4 - 78.5

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

¶ See p 61 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 every day. 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.

TABLE 3.1.1 – TOBACCO USE AMONG MASSACHUSETTS ADULTS, 2015										
	CURRENT SMOKER					FORMER SMOKER				
	N	%	95% CI			N	%	95% CI		
OVERALL	8,741	14.0	13.0	-	15.0	8,741	26.9	25.6	-	28.1
GENDER										
MALE	3,874	16.4	14.7	-	18.0	3,874	28.0	26.1	-	30.0
FEMALE	4,867	11.9	10.6	-	13.1	4,867	25.8	24.2	-	27.5
AGE GROUP										
18–24	614	12.3	8.8	-	15.9	614	6.5	3.0	-	10.1
25–34	1,069	16.9	14.0	-	19.7	1,069	16.6	13.7	-	19.5
35–44	1,043	16.5	13.6	-	19.3	1,043	21.2	18.0	-	24.4
45–54	1,563	17.6	15.1	-	20.1	1,563	26.6	23.6	-	29.5
55–64	1,772	13.3	11.2	-	15.4	1,772	33.3	30.3	-	36.3
65–74	1,481	10.0	7.8	-	12.1	1,481	48.7	45.0	-	52.4
75 AND OLDER	1,026	7.0	4.5	-	9.6	1,026	48.2	43.6	-	52.8
RACE-ETHNICITY*										
WHITE	7,001	14.6	13.4	-	15.8	7,001	30.9	29.3	-	32.4
BLACK	515	15.8	11.4	-	20.2	515	16.5	12.0	-	21.0
HISPANIC	694	11.6	8.9	-	14.4	694	16.5	13.1	-	20.0
ASIAN	270	5.1	2.2	-	8.0	270	6.4	3.1	-	9.8
DISABILITY¶										
DISABILITY	2,813	21.7	19.4	-	24.0	2,813	31.8	29.3	-	34.3
NO DISABILITY	5,833	10.7	9.6	-	11.8	5,833	24.8	23.3	-	26.3
EDUCATION										
< HIGH SCHOOL	614	23.8	19.3	-	28.3	614	27.7	22.7	-	32.6
HIGH SCHOOL	1,980	19.6	17.3	-	21.9	1,980	28.5	25.9	-	31.2
COLLEGE 1–3 YRS	2,052	15.9	13.8	-	18.1	2,052	29.0	26.3	-	31.7
COLLEGE 4+ YRS	4,031	5.7	4.8	-	6.5	4,031	23.9	22.3	-	25.5
HOUSEHOLD										
<\$25,000	1,694	23.6	20.8	-	26.3	1,694	25.9	23.0	-	28.8
\$25,000–34,999	631	15.9	12.0	-	19.8	631	30.3	25.0	-	35.5
\$35,000–49,999	840	18.6	14.9	-	22.2	840	28.0	23.5	-	32.5
\$50,000–74,999	975	14.7	11.7	-	17.7	975	28.2	24.3	-	32.1
\$75,000+	2,845	9.1	7.5	-	10.8	2,845	27.0	24.9	-	29.1
* White, Black, and Asian race categories refer to non-Hispanic ¶ See p 61 for definition of disability										

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 3.1.2 - SMOKELESS TOBACCO USE AMONG MASSACHUSETTS ADULTS, 2015			
	USE SMOKELESS TOBACCO		
	N	%	95% CI
OVERALL	8,780	2.6	1.9 - 3.4
GENDER			
MALE	3,888	4.7	3.2 - 6.2
FEMALE	4,892	0.8	0.5 - 1.1
AGE GROUP			
18–24	†		
25–34	1,074	3.4	2.1 - 4.7
35–44	1,047	2.4	1.3 - 3.6
45–54	1,562	2.4	1.4 - 3.4
55–64	1,781	1.4	0.7 - 2.2
65–74	†		
75 AND OLDER	†		
RACE-ETHNICITY*			
WHITE	7,030	2.7	1.8 - 3.6
BLACK	†		
HISPANIC	699	2.2	1.0 - 3.5
ASIAN	†		
DISABILITY [¶]			
DISABILITY	2,833	3.2	2.2 - 4.2
NO DISABILITY	5,850	2.4	1.4 - 3.3
EDUCATION			
< HIGH SCHOOL	†		
HIGH SCHOOL	1,985	2.6	1.7 - 3.5
COLLEGE 1–3 YRS	†		
COLLEGE 4+ YRS	4,054	1.7	1.1 - 2.2
HOUSEHOLD INCOME			
<\$25,000	1,700	3.0	1.8 - 4.2
\$25,000–34,999	†		
\$35,000–49,999	†		
\$50,000–74,999	978	2.1	1.0 - 3.3
\$75,000+	2,848	2.1	1.4 - 2.9
<p>* White, Black, and Asian race categories refer to non-Hispanic</p> <p>† Insufficient data</p> <p>¶ See p 61 for definition of disability</p>			

Respondents were asked if they ever tried electronic cigarettes, and if so, if they currently use electronic cigarettes every day, some days, or not at all. Presented is the percentage of adults who reported using electronic cigarettes either every day or some days.

TABLE 3.1.3 – ELECTRONIC CIGARETTE USE AMONG MASSACHUSETTS ADULTS, 2015			
	CURRENT USE OF E-CIGARETTES		
	N	%	95% CI
OVERALL	7,493	2.7	2.2 - 3.2
GENDER			
MALE	3,270	3.5	2.6 - 4.4
FEMALE	4,223	2.0	1.4 - 2.5
AGE GROUP			
18–24	†		
25–34	800	3.1	1.9 - 4.4
35–44	871	3.7	2.1 - 5.3
45–54	1,378	2.8	1.7 - 3.9
55–64	1,577	2.9	1.7 - 4.1
65–74	†		
75 AND OLDER	†		
RACE-ETHNICITY*			
WHITE	6,068	3.0	2.4 - 3.7
BLACK	†		
HISPANIC	†		
ASIAN	†		
DISABILITY [¶]			
DISABILITY	2,468	3.4	2.5 - 4.3
NO DISABILITY	4,943	2.4	1.7 - 3.0
EDUCATION			
< HIGH SCHOOL	†		
HIGH SCHOOL	1,640	2.7	1.8 - 3.7
COLLEGE 1–3 YRS	1,798	3.2	2.2 - 4.2
COLLEGE 4+ YRS	3,477	1.8	1.2 - 2.4
HOUSEHOLD INCOME			
<\$25,000	1,441	4.1	2.8 - 5.4
\$25,000–34,999	†		
\$35,000–49,999	†		
\$50,000–74,999	847	3.2	1.7 - 4.6
\$75,000+	2,465	3.0	1.9 - 4.1
<p>* White, Black, and Asian race categories refer to non-Hispanic</p> <p>† Insufficient data</p> <p>¶ See p 61 for definition of disability</p>			

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. 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

TABLE 3.2 – SMOKING CESSATION AMONG MASSACHUSETTS ADULTS, 2015			
	QUIT ATTEMPT		
	N	%	95% CI
OVERALL	1,210	60.7	56.9 - 64.5
GENDER			
MALE	614	62.0	56.9 - 67.2
FEMALE	596	59.1	53.5 - 64.7
AGE GROUP			
18–24	72	78.2	67.0 - 89.3
25–34	170	67.0	58.4 - 75.6
35–44	172	62.9	53.4 - 72.5
45–54	286	52.9	45.2 - 60.5
55–64	266	61.5	53.5 - 69.5
65–74	161	54.9	43.7 - 66.2
75 AND OLDER	65	36.7	17.8 - 55.6
RACE-ETHNICITY*			
WHITE	968	59.0	54.7 - 63.4
BLACK	77	70.0	56.6 - 83.3
HISPANIC	96	70.0	58.4 - 81.7
ASIAN	†		
DISABILITY¶			
DISABILITY	598	65.2	59.8 - 70.6
NO DISABILITY	596	56.5	51.2 - 61.8
EDUCATION			
< HIGH SCHOOL	156	72.6	64.1 - 81.2
HIGH SCHOOL	424	53.1	46.6 - 59.7
COLLEGE 1–3 YRS	362	64.1	57.4 - 70.7
COLLEGE 4+ YRS	263	57.6	49.8 - 65.3
HOUSEHOLD INCOME			
<\$25,000	430	63.7	57.4 - 69.9
\$25,000–34,999	110	50.7	37.6 - 63.9
\$35,000–49,999	138	60.8	50.7 - 71.0
\$50,000–74,999	126	66.6	56.3 - 76.9
\$75,000+	214	62.3	53.6 - 71.0
* White, Black, and Asian race categories refer to non-Hispanic † Insufficient data ¶ See p 61 for definition of disability			

SECTION 3.3: ENVIRONMENTAL TOBACCO SMOKE

Respondents were 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.

TABLE 3.3 – ENVIRONMENTAL TOBACCO AMONG MASSACHUSETTS ADULTS, 2015			
	EXPOSED TO ETS		
	N	%	95% CI
OVERALL	7,343	33.2	31.6 - 34.8
GENDER			
MALE	3,197	37.2	34.7 - 39.7
FEMALE	4,146	29.7	27.7 - 31.7
AGE GROUP			
18–24	457	60.5	54.6 - 66.4
25–34	783	48.3	43.9 - 52.7
35–44	847	34.2	30.2 - 38.3
45–54	1,358	29.2	26.0 - 32.4
55–64	1,564	23.4	20.5 - 26.2
65–74	1,314	19.5	16.5 - 22.5
75 AND OLDER	882	16.3	11.9 - 20.6
RACE-ETHNICITY*			
WHITE	5,967	32.1	30.3 - 33.9
BLACK	420	39.0	32.5 - 45.5
HISPANIC	569	33.1	28.3 - 38.0
ASIAN	196	42.4	34.0 - 50.9
DISABILITY [¶]			
DISABILITY	2,401	39.7	36.7 - 42.7
NO DISABILITY	4,863	30.5	28.6 - 32.4
EDUCATION			
< HIGH SCHOOL	503	38.9	32.4 - 45.4
HIGH SCHOOL	1,598	38.3	35.0 - 41.7
COLLEGE 1–3 YRS	1,761	38.1	34.8 - 41.5
COLLEGE 4+ YRS	3,436	24.4	22.5 - 26.2
HOUSEHOLD INCOME			
<\$25,000	1,416	40.3	36.6 - 44.0
\$25,000–34,999	524	35.0	29.0 - 40.9
\$35,000–49,999	709	43.5	37.3 - 49.7
\$50,000–74,999	835	31.5	27.1 - 35.9
\$75,000+	2,441	27.4	24.8 - 29.9
* White, Black, and Asian race categories refer to non-Hispanic			
¶ See p 61 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, 2015

	BINGE DRINKING					HEAVY DRINKING				
	N	%	95% CI			N	%	95% CI		
OVERALL	8,474	17.7	16.5	-	18.8	8,468	7.2	6.2	-	8.1
GENDER										
MALE	3,737	23.3	21.2	-	25.3	3,743	7.2	5.7	-	8.8
FEMALE	4,737	12.7	11.4	-	14.0	4,725	7.1	6.1	-	8.2
AGE GROUP										
18–24	593	30.7	25.5	-	35.9	582	12.4	7.6	-	17.2
25–34	1,028	31.4	27.9	-	34.9	1,034	9.2	6.8	-	11.6
35–44	1,008	19.7	16.7	-	22.6	1,006	7.2	5.1	-	9.2
45–54	1,516	16.1	13.8	-	18.4	1,516	5.3	3.9	-	6.7
55–64	1,732	11.1	9.1	-	13.2	1,731	6.2	4.7	-	7.8
65–74	1,440	6.1	4.3	-	7.9	1,449	6.5	4.7	-	8.4
75 AND OLDER	†					989	2.6	1.2	-	4.0
RACE-ETHNICITY*										
WHITE	6,808	19.3	17.9	-	20.8	6,807	8.2	7.0	-	9.3
BLACK	496	13.9	9.5	-	18.3	†				
HISPANIC	671	11.7	8.8	-	14.5	666	3.8	2.0	-	5.6
ASIAN	258	12.7	7.8	-	17.6	†				
DISABILITY¶										
DISABILITY	2,739	14.2	12.1	-	16.3	2,727	7.5	5.7	-	9.4
NO DISABILITY	5,641	19.0	17.5	-	20.4	5,649	7.0	6.0	-	8.1
EDUCATION										
< HIGH SCHOOL	584	13.8	8.7	-	19.0	†				
HIGH SCHOOL	1,891	15.1	12.8	-	17.3	1,893	6.6	5.0	-	8.2
COLLEGE 1–3 YRS	1,995	19.4	16.9	-	22.0	1,987	8.3	6.3	-	10.2
COLLEGE 4+ YRS	3,946	19.4	17.8	-	21.0	3,946	6.6	5.7	-	7.6
HOUSEHOLD INCOME										
<\$25,000	1,639	14.5	12.2	-	16.9	1,635	5.6	4.0	-	7.1
\$25,000–34,999	611	13.8	9.7	-	18.0	607	5.0	2.4	-	7.7
\$35,000–49,999	823	19.3	13.9	-	24.8	†				
\$50,000–74,999	949	19.2	15.8	-	22.6	952	8.6	5.9	-	11.2
\$75,000+	2,789	22.8	20.7	-	25.0	2,791	8.3	6.8	-	9.8

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

† Insufficient data

¶ See p 61 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, 2015

	OVERWEIGHT AND OBESE (BMI ≥ 25.0)					OBESE (BMI ≥ 30.0)				
	N	%	95% CI			N	%	95% CI		
OVERALL	8,206	59.7	58.2	-	61.2	8,206	24.3	23.0	-	25.5
GENDER										
MALE	3,818	69.0	66.9	-	71.0	3,818	25.5	23.7	-	27.3
FEMALE	4,388	50.6	48.5	-	52.6	4,388	23.0	21.3	-	24.8
AGE GROUP										
18–24	575	33.2	28.0	-	38.4	575	10.6	7.7	-	13.5
25–34	992	55.6	51.8	-	59.5	992	21.8	18.4	-	25.1
35–44	964	60.8	56.9	-	64.7	964	23.9	20.7	-	27.2
45–54	1,477	67.7	64.6	-	70.7	1,477	30.2	27.1	-	33.3
55–64	1,675	71.0	68.1	-	73.9	1,675	30.1	27.1	-	33.2
65–74	1,422	65.3	61.8	-	68.8	1,422	26.9	23.5	-	30.4
75 AND OLDER	1,003	58.9	54.3	-	63.5	1,003	22.9	18.7	-	27.1
RACE-ETHNICITY*										
WHITE	6,616	59.4	57.7	-	61.0	6,616	23.5	22.1	-	24.9
BLACK	477	72.1	66.5	-	77.6	477	37.5	31.3	-	43.6
HISPANIC	644	69.3	64.7	-	74.0	644	33.4	28.7	-	38.0
ASIAN	239	37.1	29.8	-	44.4	239	7.3	3.5	-	11.1
DISABILITY¶										
DISABILITY	2,638	66.9	64.1	-	69.7	2,638	34.4	31.7	-	37.1
NO DISABILITY	5,338	56.5	54.7	-	58.3	5,338	20.0	18.6	-	21.5
EDUCATION										
< HIGH SCHOOL	563	68.3	62.7	-	73.9	563	34.8	29.4	-	40.3
HIGH SCHOOL	1,878	63.0	59.9	-	66.0	1,878	27.5	24.8	-	30.2
COLLEGE 1–3 YRS	1,924	60.8	57.7	-	63.8	1,924	26.5	23.9	-	29.2
COLLEGE 4+ YRS	3,807	54.1	52.1	-	56.1	3,807	17.3	15.8	-	18.7
HOUSEHOLD INCOME										
<\$25,000	1,631	62.8	59.4	-	66.2	1,631	30.6	27.5	-	33.8
\$25,000–34,999	605	63.7	58.3	-	69.1	605	28.7	23.6	-	33.9
\$35,000–49,999	813	64.4	59.5	-	69.3	813	27.4	22.8	-	32.1
\$50,000–74,999	925	61.4	57.2	-	65.7	925	26.8	22.8	-	30.8
\$75,000+	2,742	58.1	55.7	-	60.6	2,742	19.3	17.4	-	21.2

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

¶ See p 61 for definition of disability

SECTION 3.6: PHYSICAL ACTIVITY

In 2015, 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, 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, 2015										
	MET AEROBIC ACTIVITY GUIDELINE					MET MUSCLE STRENGTHENING GUIDELINE				
	N	%	95% CI			N	%	95% CI		
OVERALL	7,694	51.8	50.2	-	53.4	7,925	31.5	30.1	-	33.0
GENDER										
MALE	3,395	54.3	51.9	-	56.6	3,499	34.0	31.7	-	36.3
FEMALE	4,299	49.6	47.5	-	51.7	4,426	29.3	27.5	-	31.2
AGE GROUP										
18–24	520	53.8	47.8	-	59.7	528	49.3	43.5	-	55.2
25–34	927	52.2	48.2	-	56.2	946	34.4	30.6	-	38.1
35–44	924	50.9	46.9	-	54.9	940	30.0	26.3	-	33.6
45–54	1,419	51.2	47.8	-	54.6	1,425	29.7	26.7	-	32.7
55–64	1,611	52.1	48.7	-	55.5	1,630	26.5	23.6	-	29.5
65–74	1,350	53.1	49.2	-	56.9	1,375	27.4	24.2	-	30.6
75 AND OLDER	904	51.0	46.1	-	55.9	926	23.1	19.1	-	27.2
RACE-ETHNICITY*										
WHITE	6,228	54.6	52.8	-	56.3	6,388	32.3	30.7	-	34.0
BLACK	443	42.1	35.7	-	48.5	452	31.2	25.4	-	37.0
HISPANIC	610	39.5	34.5	-	44.6	631	23.4	19.0	-	27.7
ASIAN	223	44.0	36.2	-	51.8	237	36.0	28.5	-	43.5
DISABILITY [¶]										
DISABILITY	2,492	42.3	39.4	-	45.2	2,560	25.7	23.1	-	28.2
NO DISABILITY	5,120	55.8	54.0	-	57.7	5,277	34.1	32.3	-	35.8
EDUCATION										
< HIGH SCHOOL	533	34.2	28.4	-	40.1	557	20.0	14.1	-	25.8
HIGH SCHOOL	1,657	47.6	44.3	-	50.9	1,710	25.5	22.6	-	28.4
COLLEGE 1–3 YRS	1,829	50.8	47.6	-	54.0	1,874	33.8	30.7	-	36.9
COLLEGE 4+ YRS	3,635	60.7	58.7	-	62.7	3,730	37.2	35.3	-	39.2
HOUSEHOLD INCOME										
<\$25,000	1,488	42.4	38.8	-	46.0	1,517	23.9	20.8	-	27.0
\$25,000–34,999	553	39.2	33.5	-	45.0	567	25.7	20.5	-	30.8
\$35,000–49,999	751	48.5	42.8	-	54.2	765	31.0	25.2	-	36.8
\$50,000–74,999	870	53.1	48.6	-	57.6	883	32.5	28.3	-	36.7
\$75,000+	2,606	61.2	58.8	-	63.7	2,643	38.6	36.2	-	41.0
* White, Black, and Asian race categories refer to non-Hispanic [¶] See p 61 for definition of disability										

SECTION 3.7: FRUIT AND VEGETABLE CONSUMPTION

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

TABLE 3.7 – FRUIT AND VEGETABLE CONSUMPTION AMONG MASSACHUSETTS ADULTS, 2015			
	CONSUMED FRUITS AND VEGETABLES FIVE OR MORE TIMES PER DAY		
	N	%	95% CI
OVERALL	7,572	19.6	18.4 - 20.8
GENDER			
MALE	3,347	15.6	13.9 - 17.3
FEMALE	4,225	23.2	21.4 - 24.9
AGE GROUP			
18–24	510	15.1	11.2 - 19.1
25–34	917	19.4	16.3 - 22.5
35–44	894	21.9	18.4 - 25.3
45–54	1,384	19.7	17.1 - 22.4
55–64	1,576	20.2	17.5 - 22.9
65–74	1,321	18.5	15.4 - 21.5
75 AND OLDER	839	22.4	18.1 - 26.8
RACE-ETHNICITY*			
WHITE	6,166	18.9	17.5 - 20.2
BLACK	430	22.7	17.0 - 28.4
HISPANIC	568	22.3	17.9 - 26.8
ASIAN	219	17.6	11.7 - 23.5
DISABILITY [¶]			
DISABILITY	2,400	16.7	14.5 - 19.0
NO DISABILITY	5,100	20.7	19.2 - 22.2
EDUCATION			
< HIGH SCHOOL	479	14.2	9.8 - 18.7
HIGH SCHOOL	1,619	17.2	14.6 - 19.7
COLLEGE 1–3 YRS	1,783	18.8	16.3 - 21.3
COLLEGE 4+ YRS	3,646	23.1	21.4 - 24.8
HOUSEHOLD INCOME			
<\$25,000	1,430	19.3	16.4 - 22.2
\$25,000–34,999	537	19.2	14.4 - 24.0
\$35,000–49,999	741	16.7	13.0 - 20.4
\$50,000–74,999	882	19.7	15.9 - 23.4
\$75,000+	2,611	21.4	19.4 - 23.4
* White, Black, and Asian race categories refer to non-Hispanic ¶ See p 61 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, 2015										
	CHOLESTEROL CHECKED IN PAST 5 YEARS					HIGH CHOLESTEROL**				
	N	%	95% CI			N	%	95% CI		
OVERALL	8,851	83.7	82.5	-	84.8	8,078	34.5	33.1	-	35.9
GENDER										
MALE	3,959	81.7	79.8	-	83.5	3,539	38.1	36.0	-	40.3
FEMALE	4,892	85.5	84.1	-	87.0	4,539	31.3	29.4	-	33.1
AGE GROUP										
18–24	581	52.0	46.5	-	57.6	319	10.7	5.6	-	15.8
25–34	1,061	70.3	66.8	-	73.8	826	14.4	11.5	-	17.2
35–44	1,078	83.4	80.6	-	86.2	964	21.6	18.4	-	24.9
45–54	1,607	91.0	89.1	-	92.8	1,528	33.7	30.6	-	36.8
55–64	1,820	95.1	93.8	-	96.5	1,788	48.2	45.0	-	51.3
65–74	1,506	96.6	95.4	-	97.8	1,477	53.8	50.2	-	57.5
75 AND OLDER	1,005	97.2	95.9	-	98.5	993	53.8	49.1	-	58.5
RACE-ETHNICITY*										
WHITE	7,034	86.3	85.0	-	87.6	6,567	35.9	34.4	-	37.5
BLACK	524	82.3	78.0	-	86.6	458	32.3	26.0	-	38.5
HISPANIC	713	70.6	66.3	-	74.9	565	32.6	27.8	-	37.5
ASIAN	276	71.7	65.6	-	77.8	204	24.1	17.2	-	31.0
DISABILITY¶										
DISABILITY	2,706	86.5	84.4	-	88.6	2,545	45.3	42.5	-	48.2
NO DISABILITY	5,644	83.0	81.6	-	84.5	5,105	30.6	28.9	-	32.2
EDUCATION										
< HIGH SCHOOL	619	73.0	67.9	-	78.1	512	43.2	37.0	-	49.3
HIGH SCHOOL	1,982	80.7	78.3	-	83.2	1,771	38.1	35.0	-	41.1
COLLEGE 1–3 YRS	2,075	85.0	82.6	-	87.3	1,901	34.2	31.3	-	37.0
COLLEGE 4+ YRS	4,110	88.1	86.8	-	89.3	3,834	30.2	28.3	-	32.0
HOUSEHOLD INCOME										
<\$25,000	1,682	79.8	77.1	-	82.6	1,481	41.8	38.2	-	45.4
\$25,000–34,999	615	84.2	80.1	-	88.3	562	40.0	34.1	-	45.9
\$35,000–49,999	839	83.5	79.8	-	87.2	749	35.4	30.3	-	40.6
\$50,000–74,999	976	86.3	83.0	-	89.7	907	35.1	31.0	-	39.3
\$75,000+	2,837	88.4	86.7	-	90.1	2,680	31.7	29.4	-	34.0
* White, Black, and Asian race categories refer to non-Hispanic										
¶ See p 61 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 their blood pressure was high. Respondents who answered yes were then asked if they were taking medication for their high blood pressure. Presented below are the percentages of respondents 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, 2015										
	HIGH BLOOD PRESSURE					TAKE MEDICINE FOR HIGH BLOOD PRESSURE**				
	N	%	95% CI			N	%	95% CI		
OVERALL	9,263	29.6	28.4	-	30.9	3,228	78.9	76.8	-	81.1
GENDER										
MALE	4,127	32.7	30.8	-	34.6	1,517	74.6	71.4	-	77.8
FEMALE	5,136	26.8	25.2	-	28.4	1,711	83.8	81.1	-	86.4
AGE GROUP										
18–24	659	5.3	3.2	-	7.4				-	
25–34	1,145	11.9	9.3	-	14.5	120	25.5	15.8	-	35.3
35–44	1,116	16.9	14.2	-	19.6	187	57.0	48.5	-	65.5
45–54	1,651	29.5	26.5	-	32.4	489	75.5	70.4	-	80.7
55–64	1,874	40.5	37.4	-	43.5	786	84.5	80.9	-	88.0
65–74	1,545	57.2	53.8	-	60.7	851	92.0	89.4	-	94.6
75 AND OLDER	1,067	65.9	61.6	-	70.2	693	96.1	94.1	-	98.2
RACE-ETHNICITY*										
WHITE	7,350	30.7	29.3	-	32.1	2,614	80.0	77.7	-	82.3
BLACK	554	39.4	33.7	-	45.1	241	82.0	75.7	-	88.4
HISPANIC	745	24.9	21.1	-	28.7	221	72.9	65.3	-	80.4
ASIAN	289	15.1	10.1	-	20.1				-	
DISABILITY¶										
DISABILITY	2,849	45.0	42.3	-	47.7	1,409	78.4	74.8	-	82.0
NO DISABILITY	5,877	24.0	22.6	-	25.4	1,671	79.3	76.6	-	82.0
EDUCATION										
< HIGH SCHOOL	649	37.3	32.2	-	42.4	294	79.5	72.7	-	86.4
HIGH SCHOOL	2,112	34.7	32.0	-	37.3	899	80.4	76.5	-	84.2
COLLEGE 1–3 YRS	2,166	30.3	27.7	-	32.9	797	78.6	74.2	-	82.9
COLLEGE 4+ YRS	4,264	23.1	21.6	-	24.6	1,212	77.9	74.7	-	81.1
HOUSEHOLD INCOME										
<\$25,000	1,762	36.3	33.2	-	39.4	784	78.3	74.0	-	82.7
\$25,000–34,999	646	42.3	36.8	-	47.8	288	80.4	72.4	-	88.4
\$35,000–49,999	870	33.3	28.8	-	37.9	335	83.2	77.7	-	88.7
\$50,000–74,999	1,003	32.8	28.9	-	36.7	359	77.9	71.9	-	84.0
\$75,000+	2,927	22.7	20.7	-	24.6	761	75.9	71.4	-	80.3
<p>* White, Black, and Asian race categories refer to non-Hispanic</p> <p>¶ See p 61 for definition of disability</p> <p>** Analysis conducted among those who reported having high blood pressure</p>										

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 percentage of adults ages 18-49 years, 50-64 years and ages 65 and older that 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, 2015										
	FLU VACCINE IN PAST YEAR, AGES 18-49					FLU VACCINE IN PAST YEAR, AGES 50-64				
	N	%	95% CI			N	%	95% CI		
OVERALL	3,018	36.1	33.9	-	38.3	2,450	46.5	43.8	-	49.1
GENDER										
MALE	1,408	29.0	26.0	-	32.0	1,122	42.0	38.3	-	45.8
FEMALE	1,610	42.7	39.7	-	45.8	1,328	50.7	46.9	-	54.4
AGE GROUP										
18-24	526	31.5	26.4	-	36.5					
25-34	943	34.2	30.5	-	37.9					
35-44	933	41.1	37.2	-	45.0					
45-49	616	37.9	32.9	-	42.9					
50-64						2,450	46.5	43.8	-	49.1
RACE-ETHNICITY*										
WHITE	2,142	36.2	33.6	-	38.9	2,091	47.3	44.4	-	50.2
BLACK	216	29.9	22.0	-	37.8	127	42.0	29.3	-	54.6
HISPANIC	400	36.1	30.2	-	41.9	141	42.4	31.8	-	53.0
ASIAN	184	37.1	28.8	-	45.4	†				
DISABILITY¶										
DISABILITY	669	32.6	28.1	-	37.2	883	47.1	42.5	-	51.8
NO DISABILITY	2,316	37.2	34.7	-	39.7	1,548	46.4	43.1	-	49.6
EDUCATION										
< HIGH SCHOOL	194	30.2	22.3	-	38.0	156	43.1	33.0	-	53.2
HIGH SCHOOL	569	29.8	25.2	-	34.4	540	42.5	36.7	-	48.3
COLLEGE 1-3 YRS	700	30.5	26.2	-	34.9	590	42.0	36.6	-	47.3
COLLEGE 4+ YRS	1,542	45.9	42.9	-	48.9	1,157	53.2	49.6	-	56.8
HOUSEHOLD INCOME										
<\$25,000	526	36.4	31.4	-	41.5	463	35.3	29.3	-	41.4
\$25,000-34,999	175	24.2	16.3	-	32.1	135	43.6	31.2	-	55.9
\$35,000-49,999	264	31.9	23.8	-	40.0	217	39.2	29.7	-	48.6
\$50,000-74,999	317	35.2	28.6	-	41.8	309	52.2	44.7	-	59.8
\$75,000+	1,206	40.8	37.3	-	44.3	951	51.1	47.1	-	55.2
* White, Black, and Asian race categories refer to non-Hispanic † Insufficient data ¶ See p 61 for definition of disability										

TABLE 4.1.2 – FLU VACCINE AMONG MASSACHUSETTS ADULTS, AGES 65 YEARS AND OLDER, 2015

	FLU VACCINE IN PAST YEAR, AGES 65+		
	N	%	95% CI
OVERALL	2,321	61.0	58.1 - 64.0
GENDER			
MALE	905	62.5	58.0 - 67.0
FEMALE	1,416	59.9	56.0 - 63.8
AGE GROUP			
65–74	1,385	58.7	55.0 - 62.5
75 AND OLDER	936	64.0	59.3 - 68.7
RACE-ETHNICITY*			
WHITE	2,072	62.0	58.9 - 65.1
BLACK	98	48.7	33.8 - 63.6
HISPANIC	87	62.9	46.3 - 79.4
ASIAN	†		
DISABILITY¶			
DISABILITY	994	61.8	57.0 - 66.5
NO DISABILITY	1,300	60.6	56.9 - 64.3
EDUCATION			
< HIGH SCHOOL	200	55.1	44.4 - 65.8
HIGH SCHOOL	586	58.9	53.0 - 64.7
COLLEGE 1–3 YRS	563	58.8	53.3 - 64.4
COLLEGE 4+ YRS	958	67.7	63.9 - 71.6
HOUSEHOLD INCOME			
<\$25,000	525	57.5	50.9 - 64.0
\$25,000–34,999	252	57.0	47.1 - 66.8
\$35,000–49,999	283	58.5	49.7 - 67.3
\$50,000–74,999	254	62.5	54.1 - 71.0
\$75,000+	460	67.6	62.2 - 73.1
<p>* White, Black, and Asian race categories refer to non-Hispanic † Insufficient data ¶ See p 61 for definition of disability</p>			

TABLE 4.1.3 – PNEUMONIA VACCINE AMONG MASSACHUSETTS ADULTS, AGES 65 YEARS AND OLDER, 2015

	EVER HAD PNEUMONIA VACCINE				
	N	%	95% CI		
OVERALL	2,206	73.2	70.4	-	76.0
GENDER					
MALE	848	68.8	64.2	-	73.5
FEMALE	1,358	76.4	73.0	-	79.8
AGE GROUP					
65–74	1,313	66.1	62.3	-	69.9
75 AND OLDER	893	82.4	78.5	-	86.2
RACE-ETHNICITY*					
WHITE	1,977	75.0	72.1	-	77.9
BLACK	91	57.8	42.5	-	73.1
HISPANIC	75	63.6	46.9	-	80.3
ASIAN	†				
DISABILITY¶					
DISABILITY	944	77.5	73.2	-	81.9
NO DISABILITY	1,237	70.3	66.7	-	73.9
EDUCATION					
< HIGH SCHOOL	187	66.8	56.3	-	77.4
HIGH SCHOOL	563	73.5	68.1	-	78.9
COLLEGE 1–3 YRS	545	73.5	68.4	-	78.6
COLLEGE 4+ YRS	897	75.3	71.5	-	79.2
HOUSEHOLD INCOME					
<\$25,000	503	75.1	69.5	-	80.7
\$25,000–34,999	241	69.6	59.5	-	79.7
\$35,000–49,999	268	78.9	71.6	-	86.2
\$50,000–74,999	237	71.6	63.2	-	80.0
\$75,000+	436	75.3	70.2	-	80.4

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

† Insufficient data

¶ See p 61 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, 2015

	EVER HAD HPV VACCINE					COMPLETED SERIES **				
	N	%	95% CI			N	%	95% CI		
OVERALL	620	56.1	51.2	-	60.9	320	77.9	72.4	-	83.5
AGE GROUP										
18-24	209	76.6	70.1	-	83.2	143	80.3	72.8	-	87.7
25-34	411	40.6	34.8	-	46.5	177	74.8	66.7	-	82.8
RACE-ETHNICITY*										
WHITE	423	63.6	57.7	-	69.4	251	83.9	78.6	-	89.2
BLACK	51	53.8	36.6	-	71.0	†				
HISPANIC	87	31.4	20.0	-	42.7	†				
ASIAN	†					†				
DISABILITY¶										
DISABILITY	116	67.8	57.6	-	78.1	68	78.5	66.4	-	90.6
NO DISABILITY	496	53.1	47.6	-	58.5	249	77.8	71.6	-	84.0
EDUCATION										
< HIGH SCHOOL	†					†				
HIGH SCHOOL	112	51.6	40.3	-	62.9	†				
COLLEGE 1-3 YRS	157	65.7	57.0	-	74.5	91	73.4	63.1	-	83.8
COLLEGE 4+ YRS	310	57.1	50.6	-	63.6	171	85.4	79.3	-	91.5
HOUSEHOLD INCOME										
<\$25,000	145	49.0	39.1	-	58.9	68	66.3	52.9	-	79.7
\$25,000-34,999	†					†				
\$35,000-49,999	54	42.0	26.0	-	58.0	†				
\$50,000-74,999	71	72.4	60.0	-	84.9	†				
\$75,000+	174	63.2	54.0	-	72.3	103	85.3	77.7	-	92.9

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

† Insufficient data

¶ See p 61 for definition of disability

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

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.

TABLE 4.3 – HEPATITIS B VACCINE AMONG MASSACHUSETTS ADULTS, 2015			
	RECEIVED 3 SHOTS HBV VACCINE		
	N	%	95% CI
OVERALL	4,288	38.4	35.6 - 41.3
GENDER			
MALE	1,878	33.4	29.2 - 37.5
FEMALE	2,410	42.9	39.1 - 46.6
AGE GROUP			
18–24	241	66.6	58.5 - 74.7
25–34	408	58.4	50.2 - 66.6
35–44	467	50.7	42.6 - 58.8
45–54	777	37.5	30.5 - 44.5
55–64	975	24.5	19.4 - 29.6
65–74	811	19.6	15.1 - 24.1
75 AND OLDER	528	5.6	2.9 - 8.3
RACE-ETHNICITY*			
WHITE	3,496	35.7	32.6 - 38.8
BLACK	241	39.0	29.1 - 49.0
HISPANIC	321	44.1	34.4 - 53.9
ASIAN	108	73.3	63.2 - 83.5
DISABILITY [¶]			
DISABILITY	1,417	33.9	29.0 - 38.7
NO DISABILITY	2,824	40.5	37.1 - 44.0
EDUCATION			
< HIGH SCHOOL	294	26.4	18.3 - 34.4
HIGH SCHOOL	968	27.8	22.5 - 33.1
COLLEGE 1–3 YRS	1,045	43.1	37.3 - 48.8
COLLEGE 4+ YRS	1,951	46.4	42.1 - 50.6
HOUSEHOLD INCOME			
<\$25,000	844	34.0	28.0 - 39.9
\$25,000–34,999	332	23.0	15.7 - 30.2
\$35,000–49,999	421	29.8	22.3 - 37.3
\$50,000–74,999	483	36.1	28.2 - 44.0
\$75,000+	1,371	50.1	44.9 - 55.3
<p>* White, Black, and Asian race categories refer to non-Hispanic</p> <p>¶ See p 61 for definition of disability</p>			

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.

TABLE 4.4 – SHINGLES VACCINE AMONG MASSACHUSETTS ADULTS, AGE 60+, 2015			
	EVER HAD SHINGLES VACCINE		
	N	%	95% CI
OVERALL	2,106	43.7	39.9 - 47.6
GENDER			
MALE	846	46.6	40.4 - 52.9
FEMALE	1,260	41.6	36.8 - 46.4
AGE GROUP			
60-69	1,107	39.1	33.6 - 44.6
70-79	670	50.8	44.2 - 57.5
80 AND OLDER	329	45.1	36.0 - 54.1
RACE-ETHNICITY*			
WHITE	1,859	46.9	42.8 - 51.0
BLACK	97	21.8	9.4 - 34.3
HISPANIC	†		
ASIAN	†		
DISABILITY [¶]			
DISABILITY	897	39.8	34.0 - 45.7
NO DISABILITY	1,185	46.7	41.6 - 51.9
EDUCATION			
< HIGH SCHOOL	158	28.0	16.0 - 40.0
HIGH SCHOOL	503	40.4	32.5 - 48.4
COLLEGE 1–3 YRS	530	37.5	30.4 - 44.6
COLLEGE 4+ YRS	903	58.1	52.3 - 63.9
HOUSEHOLD INCOME			
<\$25,000	448	36.9	28.7 - 45.1
\$25,000–34,999	229	43.6	30.8 - 56.5
\$35,000–49,999	253	40.3	29.2 - 51.3
\$50,000–74,999	250	43.5	33.0 - 54.0
\$75,000+	471	58.0	49.7 - 66.3
* White, Black, and Asian race categories refer to non-Hispanic † Insufficient data ¶ See p 61 for definition of disability			

SECTION 5: CHRONIC HEALTH CONDITIONS

SECTION 5.1: DIABETES

All respondents were asked if a doctor had ever told them that they had diabetes. Women who reported that they had diabetes only during pregnancy (gestational diabetes) were categorized as not having diabetes. Presented here is the percentage of adults who reported that a health care provider had ever told them that they had diabetes.

TABLE 5.1 – DIABETES AMONG MASSACHUSETTS ADULTS, 2015					
	DIABETES				
	N	%	95% CI		
OVERALL	9,274	8.9	8.1	-	9.7
GENDER					
MALE	4,133	9.5	8.4	-	10.7
FEMALE	5,141	8.4	7.3	-	9.4
AGE GROUP					
18–24	†			-	
25–34	1,145	1.7	0.7	-	2.8
35–44	1,118	4.0	2.4	-	5.5
45–54	1,649	7.9	6.1	-	9.6
55–64	1,875	14.7	12.5	-	16.9
65–74	1,546	18.5	15.5	-	21.4
75 AND OLDER	1,073	22.8	18.7	-	26.9
RACE-ETHNICITY*					
WHITE	7,362	8.7	7.9	-	9.6
BLACK	555	12.3	8.7	-	15.8
HISPANIC	743	11.7	9.0	-	14.4
ASIAN	†			-	
DISABILITY¶					
DISABILITY	2,855	17.5	15.5	-	19.5
NO DISABILITY	5,885	5.6	4.8	-	6.3
EDUCATION					
< HIGH SCHOOL	650	14.5	10.9	-	18.1
HIGH SCHOOL	2,115	11.8	10.0	-	13.6
COLLEGE 1–3 YRS	2,171	9.2	7.7	-	10.7
COLLEGE 4+ YRS	4,266	5.0	4.2	-	5.8
HOUSEHOLD INCOME					
<\$25,000	1,762	15.6	13.3	-	17.8
\$25,000–34,999	647	14.4	10.2	-	18.6
\$35,000–49,999	870	9.1	6.4	-	11.7
\$50,000–74,999	1,002	8.0	5.7	-	10.3
\$75,000+	2,928	5.0	3.9	-	6.0
* White, Black, and Asian race categories refer to non-Hispanic † Insufficient data ¶ See p 61 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, 2015										
	EVER HAD ASTHMA					CURRENTLY HAVE ASTHMA				
	N	%	95% CI			N	%	95% CI		
OVERALL	9,250	15.5	14.5	-	16.5	9205	10.2	9.3	-	11.0
GENDER										
MALE	4,130	13.1	11.7	-	14.5	4106	7.3	6.3	-	8.4
FEMALE	5,120	17.7	16.2	-	19.2	5099	12.8	11.5	-	14.1
AGE GROUP										
18–24	658	20.9	16.9	-	24.9	654	13.4	9.9	-	16.8
25–34	1,145	17.3	14.7	-	19.9	1138	9.9	7.9	-	11.9
35–44	1,117	14.8	12.2	-	17.3	1116	10.6	8.3	-	12.9
45–54	1,644	15.9	13.5	-	18.2	1636	11.3	9.2	-	13.3
55–64	1,868	14.4	12.2	-	16.5	1859	9.9	8.0	-	11.7
65–74	1,540	13.2	10.9	-	15.5	1531	8.9	6.9	-	10.9
75 AND OLDER	1,070	10.4	7.8	-	12.9	1064	6.1	4.3	-	7.9
RACE-ETHNICITY*										
WHITE	7,344	16.0	14.8	-	17.2	7309	10.4	9.4	-	11.4
BLACK	553	18.4	14.0	-	22.8	552	13.8	9.8	-	17.8
HISPANIC	739	15.1	12.0	-	18.2	734	9.5	7.0	-	12.1
ASIAN	291	6.9	3.3	-	10.4	†				
DISABILITY¶										
DISABILITY	2,848	22.5	20.2	-	24.8	2824	15.7	13.7	-	17.7
NO DISABILITY	5,870	13.2	12.1	-	14.4	5853	8.5	7.5	-	9.4
EDUCATION										
< HIGH SCHOOL	649	19.8	15.6	-	24.0	645	13.6	10.0	-	17.2
HIGH SCHOOL	2,108	16.2	14.1	-	18.3	2098	11.5	9.6	-	13.3
COLLEGE 1–3 YRS	2,162	15.7	13.7	-	17.7	2150	10.0	8.3	-	11.7
COLLEGE 4+ YRS	4,260	13.7	12.5	-	15.0	4241	8.5	7.5	-	9.6
HOUSEHOLD INCOME										
<\$25,000	1,754	18.2	15.8	-	20.5	1745	12.9	10.8	-	14.9
\$25,000–34,999	645	14.8	10.9	-	18.7	642	8.6	5.6	-	11.7
\$35,000–49,999	870	14.9	11.5	-	18.3	864	10.6	7.8	-	13.3
\$50,000–74,999	1,001	14.2	11.3	-	17.0	997	9.2	6.9	-	11.5
\$75,000+	2,923	14.9	13.3	-	16.6	2914	9.5	8.0	-	10.9
<div>* White, Black, and Asian race categories refer to non-Hispanic</div> <div>† Insufficient data</div> <div>¶ See p 61 for definition of disability</div>										

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, 2015			
	EVER DIAGNOSED WITH COPD		
	N	%	95% CI
OVERALL	9,234	5.7	5.1 - 6.3
GENDER			
MALE	4,115	5.1	4.2 - 6.0
FEMALE	5,119	6.2	5.3 - 7.1
AGE GROUP			
18–24	†		
25–34	1,139	3.1	1.8 - 4.5
35–44	1,118	3.0	1.8 - 4.3
45–54	1,641	6.4	4.8 - 8.0
55–64	1,864	6.9	5.3 - 8.5
65–74	1,541	8.8	6.9 - 10.8
75 AND OLDER	1,066	14.2	10.9 - 17.5
RACE-ETHNICITY*			
WHITE	7,327	6.3	5.5 - 7.0
BLACK	551	4.6	2.0 - 7.2
HISPANIC	743	4.0	2.2 - 5.7
ASIAN	†		
DISABILITY [¶]			
DISABILITY	2,828	14.5	12.6 - 16.3
NO DISABILITY	5,875	2.2	1.7 - 2.7
EDUCATION			
< HIGH SCHOOL	643	11.5	8.3 - 14.7
HIGH SCHOOL	2,108	7.7	6.3 - 9.2
COLLEGE 1–3 YRS	2,155	6.0	4.9 - 7.2
, COLLEGE 4+ YRS	4,257	2.2	1.6 - 2.7
HOUSEHOLD INCOME			
<\$25,000	1,752	11.5	9.5 - 13.6
\$25,000–34,999	643	6.8	4.5 - 9.1
\$35,000–49,999	869	7.1	4.8 - 9.5
\$50,000–74,999	1,001	4.0	2.4 - 5.7
\$75,000+	2,923	2.6	1.8 - 3.3
<p>* White, Black, and Asian race categories refer to non-Hispanic</p> <p>† Insufficient data</p> <p>¶ See p 61 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, 2015

	EVER DIAGNOSED WITH MYOCARDIAL INFARCTION					EVER DIAGNOSED WITH ANGINA OR CORONARY HEART DISEASE				
	N	%	95% CI			N	%	95% CI		
OVERALL	7,233	5.7	5.0	-	6.5	7,207	5.3	4.6	-	6.1
GENDER										
MALE	3,140	7.9	6.6	-	9.3	3,133	7.0	5.8	-	8.3
FEMALE	4,093	3.8	3.0	-	4.6	4,074	3.9	3.0	-	4.7
AGE GROUP										
35–44	†					†				
45–54	1,648	3.1	2.0	-	4.2	1,644	2.3	1.3	-	3.3
55–64	1,866	5.3	3.8	-	6.7	1,865	5.2	3.8	-	6.5
65–74	1,542	9.1	6.7	-	11.5	1,536	10.1	7.6	-	12.5
75 AND OLDER	1,064	16.6	13.1	-	20.2	1,046	13.6	10.5	-	16.7
RACE-ETHNICITY*										
WHITE	6,004	6.0	5.1	-	6.8	5,980	5.6	4.8	-	6.4
BLACK	399	5.2	2.2	-	8.3	†				
HISPANIC	463	7.0	3.8	-	10.1	464	4.5	2.2	-	6.8
ASIAN	†					†				
DISABILITY¶										
DISABILITY	2,465	11.6	9.7	-	13.5	2,444	9.9	8.2	-	11.6
NO DISABILITY	4,402	3.1	2.4	-	3.8	4,402	3.3	2.6	-	4.0
EDUCATION										
< HIGH SCHOOL	507	14.1	9.8	-	18.5	502	9.8	6.0	-	13.6
HIGH SCHOOL	1,707	6.9	5.2	-	8.5	1,696	6.6	5.1	-	8.1
COLLEGE 1–3 YRS	1,663	5.4	4.0	-	6.8	1,659	5.3	3.9	-	6.8
COLLEGE 4+ YRS	3,316	2.9	2.2	-	3.6	3,309	3.3	2.6	-	4.1
HOUSEHOLD INCOME										
<\$25,000	1,394	9.1	7.1	-	11.2	1,387	8.4	6.4	-	10.4
\$25,000–34,999	518	10.0	5.8	-	14.2	514	7.9	4.7	-	11.1
\$35,000–49,999	684	10.0	6.6	-	13.4	685	7.1	4.4	-	9.7
\$50,000–74,999	798	6.2	3.5	-	8.9	797	5.6	3.0	-	8.3
\$75,000+	2,365	2.3	1.6	-	3.1	2,360	2.9	2.0	-	3.7

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

† Insufficient data

¶ See p 61 for definition of disability

**TABLE 5.4.2 – STROKE AMONG MASSACHUSETTS ADULTS,
AGES 35 YEARS AND OLDER, 2015**

	EVER DIAGNOSED WITH STROKE		
	N	%	95% CI
OVERALL	7,251	3.3	2.8 - 3.8
GENDER			
MALE	3,155	3.7	2.9 - 4.6
FEMALE	4,096	2.9	2.3 - 3.6
AGE GROUP			
35–44	†		
45–54	1,646	1.8	1.1 - 2.6
55–64	1,874	3.5	2.4 - 4.5
65–74	1,544	4.8	3.3 - 6.2
75 AND OLDER	1,067	8.0	5.6 - 10.5
RACE-ETHNICITY*			
WHITE	6,013	3.4	2.8 - 4.0
BLACK	†		
HISPANIC	466	3.9	1.9 - 5.8
ASIAN	†		
DISABILITY [¶]			
DISABILITY	2,475	7.6	6.2 - 9.1
NO DISABILITY	4,412	1.2	0.8 - 1.6
EDUCATION			
< HIGH SCHOOL	512	9.1	5.8 - 12.4
HIGH SCHOOL	1,712	2.4	1.7 - 3.2
COLLEGE 1–3 YRS	1,670	4.4	3.1 - 5.6
COLLEGE 4+ YRS	3,316	1.7	1.2 - 2.1
HOUSEHOLD INCOME			
<\$25,000	1,402	6.8	5.0 - 8.5
\$25,000–34,999	522	4.6	2.3 - 6.8
\$35,000–49,999	688	3.7	1.7 - 5.7
\$50,000–74,999	†		
\$75,000+	2,361	1.4	0.7 - 2.0

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

† Insufficient data

¶ See p 61 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 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, 2015

	DOCTOR DIAGNOSED ARTHRITIS					LIMITATIONS DUE TO ARTHRITIS				
	N	%	95% CI			N	%	95% CI		
OVERALL	9,214	24.1	23.0	-	25.3	8,870	10.6	9.8	-	11.5
GENDER										
MALE	4,110	19.4	17.9	-	21.0	3,979	8.1	7.1	-	9.1
FEMALE	5,104	28.5	26.8	-	30.1	4,891	13.0	11.7	-	14.3
AGE GROUP										
18–24	†					†				
25–34	1,144	6.9	5.0	-	8.8	1,129	2.5	1.3	-	3.6
35–44	1,116	14.3	11.7	-	16.8	1,091	5.6	3.9	-	7.3
45–54	1,636	25.3	22.5	-	28.0	1,583	12.7	10.5	-	14.8
55–64	1,857	38.7	35.7	-	41.8	1,766	17.4	15.0	-	19.9
65–74	1,536	45.2	41.6	-	48.8	1,465	19.5	16.6	-	22.3
75 AND OLDER	1,060	52.8	48.2	-	57.4	985	24.5	20.4	-	28.7
RACE-ETHNICITY*										
WHITE	7,321	27.4	26.0	-	28.8	7,047	11.9	10.9	-	12.9
BLACK	548	19.4	14.9	-	24.0	533	8.3	5.1	-	11.5
HISPANIC	734	15.3	12.4	-	18.3	717	9.0	6.8	-	11.3
ASIAN	†					†				
DISABILITY¶										
DISABILITY	2,826	47.8	45.1	-	50.5	2,676	32.4	29.9	-	34.9
NO DISABILITY	5,857	15.3	14.2	-	16.4	5,749	2.8	2.3	-	3.3
EDUCATION										
< HIGH SCHOOL	640	31.5	26.6	-	36.3	602	18.5	14.4	-	22.7
HIGH SCHOOL	2,102	27.4	25.0	-	29.8	1,985	11.3	9.6	-	12.9
COLLEGE 1–3 YRS	2,159	25.9	23.6	-	28.3	2,081	12.5	10.8	-	14.3
COLLEGE 4+ YRS	4,241	18.4	17.0	-	19.8	4,134	6.5	5.7	-	7.4
HOUSEHOLD INCOME										
<\$25,000	1,743	31.9	29.0	-	34.9	1,659	18.6	16.1	-	21.0
\$25,000–34,999	642	27.1	22.6	-	31.7	620	13.4	9.8	-	17.0
\$35,000–49,999	864	28.0	23.6	-	32.4	840	12.3	9.0	-	15.6
\$50,000–74,999	999	26.1	22.5	-	29.7	977	12.6	9.7	-	15.5
\$75,000+	2,918	17.9	16.2	-	19.6	2,863	6.1	5.0	-	7.2

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

† Insufficient data

¶ See p 61 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 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, 2015			
	EVER DIAGNOSED WITH CANCER		
	N	%	95% CI
OVERALL	9,248	11.6	10.8 - 12.4
GENDER			
MALE	4,125	10.1	9.0 - 11.2
FEMALE	5,123	13.1	11.9 - 14.2
AGE GROUP			
18–24	†		
25–34	1,147	2.7	1.5 - 3.9
35–44	1,118	4.9	3.3 - 6.6
45–54	1,646	9.3	7.5 - 11.2
55–64	1,867	16.1	13.9 - 18.3
65–74	1,535	27.4	24.4 - 30.5
75 AND OLDER	1,069	33.2	29.0 - 37.3
RACE-ETHNICITY*			
WHITE	7,334	13.8	12.8 - 14.8
BLACK	554	5.4	2.8 - 8.0
HISPANIC	745	4.6	2.8 - 6.5
ASIAN	†		
DISABILITY [¶]			
DISABILITY	2,844	16.8	14.9 - 18.6
NO DISABILITY	5,871	9.8	8.9 - 10.7
EDUCATION			
< HIGH SCHOOL	648	9.4	6.7 - 12.1
HIGH SCHOOL	2,109	11.5	9.8 - 13.3
COLLEGE 1–3 YRS	2,163	12.0	10.4 - 13.7
COLLEGE 4+ YRS	4,257	12.2	11.0 - 13.3
HOUSEHOLD INCOME			
<\$25,000	1,758	11.2	9.3 - 13.2
\$25,000–34,999	645	12.6	9.5 - 15.8
\$35,000–49,999	867	11.7	9.0 - 14.4
\$50,000–74,999	994	14.3	11.4 - 17.3
\$75,000+	2,927	10.8	9.5 - 12.1
* White, Black, and Asian race categories refer to non-Hispanic † Insufficient data ¶ See p 61 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, 2015			
	EVER DIAGNOSED WITH DEPRESSION		
	N	%	95% CI
OVERALL	9,233	20.9	19.7 - 22.1
GENDER			
MALE	4,115	16.3	14.7 - 17.8
FEMALE	5,118	25.1	23.4 - 26.8
AGE GROUP			
18–24	651	20.1	16.0 - 24.3
25–34	1,140	22.1	18.9 - 25.3
35–44	1,113	20.4	17.5 - 23.3
45–54	1,641	22.8	20.3 - 25.4
55–64	1,869	24.0	21.4 - 26.7
65–74	1,545	18.3	15.6 - 21.0
75 AND OLDER	1,068	15.9	12.5 - 19.4
RACE-ETHNICITY*			
WHITE	7,328	22.3	20.9 - 23.6
BLACK	552	15.8	11.4 - 20.2
HISPANIC	740	24.2	20.3 - 28.1
ASIAN	290	5.3	2.6 - 8.0
DISABILITY [¶]			
DISABILITY	2,843	44.6	41.9 - 47.4
NO DISABILITY	5,864	12.1	11.0 - 13.1
EDUCATION			
< HIGH SCHOOL	646	32.0	27.0 - 36.9
HIGH SCHOOL	2,102	21.6	19.2 - 24.0
COLLEGE 1–3 YRS	2,160	22.0	19.6 - 24.5
COLLEGE 4+ YRS	4,253	16.3	15.0 - 17.7
HOUSEHOLD INCOME			
<\$25,000	1,755	33.7	30.6 - 36.8
\$25,000–34,999	643	23.1	18.2 - 28.0
\$35,000–49,999	866	23.0	18.8 - 27.2
\$50,000–74,999	1,001	19.8	16.4 - 23.2
\$75,000+	2,921	15.6	13.8 - 17.3
<p>* White, Black, and Asian race categories refer to non-Hispanic</p> <p>¶ See p 61 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.

All respondents were also asked whether they consider themselves to be transgender. Overall, in 2015, 0.34% 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, 2015			
	SELF-IDENTIFIED AS HOMOSEXUAL, BISEXUAL OR OTHER		
	N	%	95% CI
OVERALL	7,395	4.7	4.1 - 5.3
GENDER			
MALE	3,243	4.6	3.7 - 5.5
FEMALE	4,152	4.8	3.9 - 5.6
AGE GROUP			
18–24	463	9.5	6.4 - 12.6
25–34	801	6.6	4.9 - 8.3
35–44	862	5.4	3.7 - 7.2
45–54	1,363	4.0	2.7 - 5.3
55–64	1,560	2.5	1.7 - 3.4
65–74	1,322	2.6	1.6 - 3.6
75 AND OLDER	†		
RACE-ETHNICITY*			
WHITE	6,006	4.8	4.1 - 5.5
BLACK	429	5.3	2.9 - 7.8
HISPANIC	574	3.2	1.7 - 4.8
ASIAN	†		
DISABILITY [¶]			
DISABILITY	2,428	5.9	4.5 - 7.3
NO DISABILITY	4,893	4.2	3.5 - 4.8
EDUCATION			
< HIGH SCHOOL	508	3.9	1.6 - 6.2
HIGH SCHOOL	1,628	4.6	3.2 - 5.9
COLLEGE 1–3 YRS	1,778	3.7	2.6 - 4.8
COLLEGE 4+ YRS	3,441	5.8	4.8 - 6.7
HOUSEHOLD INCOME			
<\$25,000	1,415	4.8	3.4 - 6.2
\$25,000–34,999	528	4.2	2.3 - 6.2
\$35,000–49,999	723	4.2	2.3 - 6.0
\$50,000–74,999	846	5.9	3.6 - 8.1
\$75,000+	2,462	5.1	4.0 - 6.2
* White, Black, and Asian race categories refer to non-Hispanic † Insufficient data ¶ See p 61 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, 2015										
	EVER TESTED FOR HIV					TESTED FOR HIV IN PAST YEAR				
	N	%	95% CI			N	%	95% CI		
OVERALL	5,274	45.0	43.2	-	46.8	4,682	10.1	9.0	-	11.2
GENDER										
MALE	2,447	43.2	40.5	-	45.9	2,178	10.4	8.7	-	12.1
FEMALE	2,827	46.7	44.3	-	49.1	2,504	9.8	8.3	-	11.4
AGE GROUP										
18–24	507	30.4	24.9	-	35.9	486	15.0	11.1	-	18.9
25–34	921	57.2	53.2	-	61.1	810	16.5	13.5	-	19.4
35–44	898	59.1	55.1	-	63.2	766	11.6	8.9	-	14.2
45–54	1,378	48.6	45.1	-	52.0	1,206	5.9	4.2	-	7.5
55–64	1,570	28.0	25.0	-	30.9	1,414	3.1	2.1	-	4.1
RACE-ETHNICITY*										
WHITE	4,086	41.9	39.8	-	44.0	3,689	7.9	6.8	-	9.0
BLACK	329	70.6	64.0	-	77.2	273	22.1	15.5	-	28.7
HISPANIC	530	58.8	53.5	-	64.0	420	18.1	13.3	-	22.8
ASIAN	204	30.3	22.8	-	37.8	192	9.7	4.8	-	14.7
DISABILITY¶										
DISABILITY	1,493	49.5	45.9	-	53.2	1,272	11.5	9.0	-	13.9
NO DISABILITY	3,730	43.5	41.3	-	45.6	3,368	9.7	8.4	-	11.0
EDUCATION										
< HIGH SCHOOL	340	49.0	41.8	-	56.2	277	12.3	7.9	-	16.7
HIGH SCHOOL	1,068	41.0	37.1	-	44.9	949	10.2	7.7	-	12.6
COLLEGE 1–3 YRS	1,252	44.2	40.4	-	48.0	1,089	9.9	7.5	-	12.4
COLLEGE 4+ YRS	2,596	47.1	44.8	-	49.5	2,353	9.6	8.2	-	11.1
HOUSEHOLD INCOME										
<\$25,000	959	58.3	54.1	-	62.5	810	18.3	14.6	-	22.0
\$25,000–34,999	301	47.0	39.2	-	54.7	†			-	
\$35,000–49,999	459	43.1	36.2	-	50.0	406	9.2	5.8	-	12.5
\$50,000–74,999	608	39.2	34.2	-	44.1	548	8.1	5.5	-	10.7
\$75,000+	2,080	43.6	40.8	-	46.3	1,899	8.5	6.8	-	10.1
* White, Black, and Asian race categories refer to non-Hispanic										
† Insufficient data										
¶ See p 61 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.

TABLE 6.3 – SEXUAL VIOLENCE AMONG MASSACHUSETTS ADULTS, 2015										
	SEXUAL VIOLENCE, WOMEN					SEXUAL VIOLENCE, MEN				
	N	%	95% CI			N	%	95% CI		
OVERALL	1,194	15.7	12.2	-	19.3	936	5.3	2.6	-	7.9
AGE GROUP										
18–24	67	32.5	17.4	-	47.5	†				
25–34	†					†				
35–44	†					†				
45–54	229	17.3	9.5	-	25.1	†				
55–64	238	12.3	6.2	-	18.3	†				
65–74	205	14.5	6.9	-	22.2	†				
75 AND OLDER	†					†				
RACE-ETHNICITY*										
WHITE	982	15.8	11.7	-	19.8	765	6.0	2.7	-	9.2
BLACK	†					†				
HISPANIC	†					†				
ASIAN	†					†				
DISABILITY¶										
DISABILITY	408	20.0	12.8	-	27.3	293	7.4	3.5	-	11.2
NO DISABILITY	775	13.8	9.8	-	17.8	†				
EDUCATION										
< HIGH SCHOOL	†					†				
HIGH SCHOOL	265	19.1	9.2	-	29.0	†				
COLLEGE 1–3 YRS	320	11.4	6.8	-	15.9	†				
COLLEGE 4+ YRS	539	19.3	13.7	-	24.9	†				
HOUSEHOLD INCOME										
<\$25,000	248	20.4	12.9	-	28.0	†				
\$25,000–34,999	†					†				
\$35,000–49,999	†					†				
\$50,000–74,999	†					†				
\$75,000+	362	18.9	11.4	-	26.5	†				
* White, Black, and Asian race categories refer to non-Hispanic † Insufficient data ¶ See p 61 for definition of disability										

SECTION 6.4: SEATBELT USE

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

TABLE 6.4 – SEATBELT USE AMONG MASSACHUSETTS ADULTS, 2015				
	ALWAYS USE A SEATBELT			
	N	%	95% CI	
OVERALL	7,946	83.2	81.9	- 84.4
GENDER				
MALE	3,505	77.7	75.6	- 79.7
FEMALE	4,441	88.0	86.7	- 89.4
AGE GROUP				
18–24	531	72.2	66.7	- 77.7
25–34	941	78.9	75.6	- 82.2
35–44	941	85.7	82.8	- 88.6
45–54	1,431	86.0	83.6	- 88.4
55–64	1,633	85.6	83.2	- 88.0
65–74	1,380	87.4	84.8	- 90.1
75 AND OLDER	935	84.7	81.2	- 88.3
RACE-ETHNICITY*				
WHITE	6,421	83.2	81.8	- 84.7
BLACK	456	77.2	71.9	- 82.6
HISPANIC	617	83.9	80.4	- 87.5
ASIAN	235	87.9	83.1	- 92.8
DISABILITY [¶]				
DISABILITY	2,562	80.9	78.6	- 83.3
NO DISABILITY	5,297	84.2	82.7	- 85.6
EDUCATION				
< HIGH SCHOOL	544	78.0	73.2	- 82.8
HIGH SCHOOL	1,717	78.0	75.2	- 80.7
COLLEGE 1–3 YRS	1,882	80.7	77.9	- 83.5
COLLEGE 4+ YRS	3,750	89.9	88.6	- 91.1
HOUSEHOLD INCOME				
<\$25,000	1,509	80.9	78.0	- 83.7
\$25,000–34,999	568	77.5	72.6	- 82.4
\$35,000–49,999	771	79.3	75.2	- 83.5
\$50,000–74,999	891	83.0	79.7	- 86.4
\$75,000+	2,657	87.5	85.7	- 89.3
<p>* White, Black, and Asian race categories refer to non-Hispanic</p> <p>¶ See p 61 for definition of disability</p>				

SECTION 6.5: OPIOID AND MARIJUANA USE

Respondents were asked if they were ever prescribed pain killers (e.g. Vicodin, Darvon, Percocet, Codeine, or OxyContin) or medical marijuana by a doctor or other health professional. They were also asked if they had any “non-medical” use of prescription pain killers or marijuana in the previous year. “Non-medical” drug use was defined for respondents as using it to get high or experience pleasurable effects, see what the effects are like, or take with friends. Presented here are the percentages of adults who report that they have ever been prescribed an opiate or marijuana and the percent who report non-medical use of these drugs in the previous year.

TABLE 6.5.1 – OPIOID AMONG MASSACHUSETTS ADULTS, 2015

	EVER PRESCRIBED OPIATE					NON-MEDICAL USE OF OPIATE IN PAST YEAR				
	N	%	95% CI			N	%	95% CI		
OVERALL	4,872	40.2	37.6	-	42.8	4,920	3.7	2.5	-	5.0
GENDER										
MALE	2,126	39.9	35.9	-	43.9	2,147	5.1	2.8	-	7.4
FEMALE	2,746	40.5	37.2	-	43.8	2,773	2.5	1.4	-	3.6
AGE GROUP										
18–24	325	20.1	13.8	-	26.3	†				
25–34	543	41.1	33.6	-	48.7	†				
35–44	573	43.2	36.1	-	50.3	†				
45–54	890	47.1	40.7	-	53.4	†				
55–64	1,031	46.0	40.2	-	51.8	†				
65–74	852	46.0	40.1	-	51.9	†				
75 AND OLDER	576	30.0	23.8	-	36.3	†				
RACE-ETHNICITY*										
WHITE	3,967	45.2	42.2	-	48.2	4,004	3.9	2.4	-	5.4
BLACK	267	25.0	17.8	-	32.2	†				
HISPANIC	367	24.0	16.8	-	31.3	†				
ASIAN				-						
DISABILITY¶										
DISABILITY	1,597	54.7	50.0	-	59.4	1,621	7.1	4.1	-	10.1
NO DISABILITY	3,222	34.1	31.1	-	37.1	3,245	2.3	1.1	-	3.4
EDUCATION										
< HIGH SCHOOL	343	30.5	22.6	-	38.3	†				
HIGH SCHOOL	1,062	34.0	28.6	-	39.4	†				
COLLEGE 1–3 YRS	1,156	46.0	40.7	-	51.4	†				
COLLEGE 4+ YRS	2,278	43.1	39.3	-	46.9	2,303	1.2	0.7	-	1.8
HOUSEHOLD INCOME										
<\$25,000	937	37.0	31.5	-	42.5	947	6.1	3.4	-	8.8
\$25,000–34,999	347	41.5	31.4	-	51.7	†				
\$35,000–49,999	472	34.3	26.0	-	42.7	†				
\$50,000–74,999	546	43.4	35.5	-	51.3	†				
\$75,000+	1,614	48.5	43.9	-	53.1	†				

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

† Insufficient data

¶ See p 61 for definition of disability

TABLE 6.5.2 – MARIJUANA USE AMONG MASSACHUSETTS ADULTS, 2015

	EVER PRESCRIBED MARIJUANA					NON-MEDICAL USE OF MARIJUANA IN PAST YEAR				
	N	%	95% CI			N	%	95% CI		
OVERALL	4,918	0.6	0.3	-	1.0	4,923	13.2	11.3	-	15.2
GENDER										
MALE	†					2,146	18.4	15.1	-	21.8
FEMALE	†					2,777	8.6	6.6	-	10.6
AGE GROUP										
18–24	†					326	33.8	25.7	-	42.0
25–34	†					544	25.2	18.6	-	31.9
35–44	†					577	13.2	8.2	-	18.1
45–54	†					899	7.6	4.5	-	10.7
55–64	†					1,036	7.2	4.5	-	10.0
65–74	†					869	3.6	1.8	-	5.4
75 AND OLDER	†					†				
RACE-ETHNICITY*										
WHITE	4,004	0.6	0.3	-	0.9	4,008	14.3	12.0	-	16.6
BLACK	†					269	12.7	6.6	-	18.8
HISPANIC	†					373	7.7	3.9	-	11.5
ASIAN	†					†				
DISABILITY¶										
DISABILITY	†					1,625	15.3	11.4	-	19.2
NO DISABILITY	†					3,244	12.3	10.0	-	14.5
EDUCATION										
< HIGH SCHOOL	†					346	17.0	8.7	-	25.3
HIGH SCHOOL	†					1,075	15.1	11.0	-	19.2
COLLEGE 1–3 YRS	†					1,164	13.5	9.8	-	17.3
COLLEGE 4+ YRS	†					2,306	10.8	8.3	-	13.3
HOUSEHOLD INCOME										
<\$25,000	946	1.3	0.6	-	2.0	946	13.6	9.9	-	17.4
\$25,000–34,999	†					347	10.3	5.7	-	15.0
\$35,000–49,999	†					475	23.4	14.2	-	32.6
\$50,000–74,999	†					553	11.4	5.9	-	16.9
\$75,000+	†					1,627	13.1	9.9	-	16.4

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

† Insufficient data

¶ See p 61 for definition of disability

APPENDIX

AGE-ADJUSTED PERCENTAGES FOR SELECTED TOPICS

MASSACHUSETTS BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, 2015																				
	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	14.3	13.2	-	15.4	11.4	10.3	-	12.5	9.8	8.9	-	10.8	28.3	26.9	-	29.6	3.7	2.9	-	4.4
GENDER																				
MALE	14.0	12.5	-	15.6	9.4	8.0	-	10.9	9.0	7.7	-	10.3	27.4	25.5	-	29.4	5.1	3.9	-	6.3
FEMALE	14.3	12.9	-	15.7	12.5	11.1	-	14.0	10.5	9.3	-	11.7	29.0	27.1	-	30.9	2.2	1.5	-	3.0
RACE-ETHNICITY*																				
WHITE	12.0	10.9	-	13.2	11.9	10.5	-	13.2	9.3	8.3	-	10.3	28.3	26.7	-	30.0	2.5	1.7	-	3.3
BLACK	19.0	14.3	-	23.7	15.2	10.7	-	19.7	14.4	9.6	-	19.1	28.1	22.6	-	33.6	7.3	3.7	-	10.9
HISPANIC	29.3	24.9	-	33.7	10.7	7.9	-	13.4	13.1	10.0	-	16.2	37.5	32.9	-	42.0	9.0	6.1	-	11.8
ASIAN	11.0	11.0	-	11.0	2.3	2.2	-	2.3	5.3	5.3	-	5.4	10.7	10.6	-	10.8	1.1	1.1	-	1.1
DISABILITY¶																				
DISABILITY	36.8	33.6	-	40.0	29.4	26.3	-	32.5	28.5	25.6	-	31.5	n/a				5.0	3.0	-	7.0
NO DISABILITY	5.3	4.5	-	6.1	5.1	4.1	-	6.0	2.5	1.9	-	3.1	n/a				3.2	2.5	-	4.0
EDUCATION																				
< HIGH SCHOOL	40.3	35.0	-	45.6	19.9	14.7	-	25.1	25.7	20.7	-	30.7	52.8	47.2	-	58.5	10.3	10.2	-	10.4
HIGH SCHOOL	16.9	14.9	-	18.9	13.9	11.6	-	16.2	11.0	9.2	-	12.8	30.0	27.2	-	32.7	5.2	3.6	-	6.9
COLLEGE 1–3 YRS	14.2	12.0	-	16.4	13.0	10.8	-	15.2	10.9	9.0	-	12.8	32.5	29.5	-	35.4	3.6	2.2	-	4.9
COLLEGE 4+ YRS	5.6	4.7	-	6.6	6.3	5.3	-	7.3	4.5	3.7	-	5.3	17.9	16.4	-	19.4	1.1	0.6	-	1.6
HOUSEHOLD INCOME																				
<\$25,000	31.3	28.1	-	34.4	22.5	19.6	-	25.5	21.9	19.1	-	24.7	48.6	45.2	-	52.0	6.9	4.8	-	9.0
\$25,000–34,999	19.7	15.3	-	24.1	13.0	8.6	-	17.4	14.0	13.7	-	14.3	35.5	29.6	-	41.5	8.5	8.4	-	8.6
\$35,000–49,999	11.2	8.2	-	14.2	13.8	9.3	-	18.2	6.8	4.5	-	9.1	25.4	21.3	-	29.4	5.2	5.1	-	5.3
\$50,000–74,999	9.9	6.7	-	13.2	7.1	4.8	-	9.4	8.4	5.2	-	11.5	24.7	20.5	-	28.8	†			
\$75,000+	5.0	3.5	-	6.5	6.2	4.6	-	7.7	4.4	3.2	-	5.6	17.2	15.1	-	19.3	†			
* White, Black, and Asian race categories refer to non-Hispanic † Insufficient data ¶ See p 61 for definition of disability																				

AGE-ADJUSTED PERCENTAGES FOR SELECTED TOPICS (CONTINUED)

MASSACHUSETTS BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, 2015																				
	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	88.2	87.2	-	89.2	8.6	7.7	-	9.5	76.8	75.5	-	78.1	14.3	13.2	-	15.4	25.7	24.4	-	27.0
GENDER																				
MALE	84.4	82.8	-	85.9	8.5	7.4	-	9.7	72.5	70.5	-	74.4	16.7	15.0	-	18.4	27.6	25.7	-	29.6
FEMALE	91.6	90.5	-	92.8	9.1	7.9	-	10.3	80.9	79.3	-	82.5	12.2	10.8	-	13.6	24.1	22.4	-	25.7
RACE-ETHNICITY*																				
WHITE	89.6	88.5	-	90.7	6.7	5.9	-	7.6	75.7	74.2	-	77.2	15.5	14.1	-	16.8	28.7	27.1	-	30.3
BLACK	86.1	82.2	-	90.0	13.8	9.4	-	18.1	84.7	81.0	-	88.4	16.2	11.6	-	20.7	16.8	12.5	-	21.1
HISPANIC	81.4	78.2	-	84.6	22.2	18.5	-	25.8	76.7	72.9	-	80.4	10.5	8.0	-	12.9	19.2	15.1	-	23.3
ASIAN	87.8	87.6	-	88.0	4.9	4.8	-	4.9	76.1	75.7	-	76.5	4.2	4.2	-	4.2	11.6	11.5	-	11.8
DISABILITY†																				
DISABILITY	87.9	85.5	-	90.3	15.4	13.0	-	17.7	77.0	74.1	-	80.0	23.7	20.9	-	26.5	27.4	24.7	-	30.0
NO DISABILITY	88.3	87.2	-	89.4	6.1	5.3	-	7.0	76.6	75.1	-	78.1	10.9	9.8	-	12.1	25.0	23.5	-	26.5
EDUCATION																				
< HIGH SCHOOL	80.5	75.9	-	85.1	19.0	14.8	-	23.2	73.3	68.0	-	78.5	24.5	19.9	-	29.1	27.0	21.8	-	32.2
HIGH SCHOOL	86.6	84.4	-	88.8	10.6	8.7	-	12.5	77.4	74.6	-	80.1	21.1	18.4	-	23.8	27.2	24.4	-	30.0
COLLEGE 1–3 YRS	89.3	87.4	-	91.2	9.4	7.7	-	11.2	79.2	76.7	-	81.8	18.0	15.6	-	20.5	28.1	25.5	-	30.8
COLLEGE 4+ YRS	89.3	88.0	-	90.6	4.6	3.7	-	5.4	74.8	73.0	-	76.6	5.9	4.9	-	6.9	23.0	21.4	-	24.5
HOUSEHOLD INCOME																				
<\$25,000	82.2	79.4	-	85.0	18.5	15.7	-	21.4	77.2	74.2	-	80.2	24.9	21.9	-	27.9	24.1	21.3	-	27.0
\$25,000–34,999	82.2	77.6	-	86.8	14.2	9.6	-	18.8	78.2	73.6	-	82.8	16.8	12.5	-	21.1	25.5	20.8	-	30.1
\$35,000–49,999	88.3	85.1	-	91.5	10.1	6.6	-	13.5	78.2	74.0	-	82.5	21.1	16.9	-	25.3	23.9	20.2	-	27.7
\$50,000–74,999	89.7	86.2	-	93.1	7.7	5.3	-	10.1	77.0	72.9	-	81.0	15.6	12.2	-	19.0	25.5	21.4	-	29.5
\$75,000+	92.1	90.8	-	93.5	3.5	2.5	-	4.5	76.8	74.6	-	78.9	9.1	7.4	-	10.9	27.5	25.5	-	29.5
* White, Black, and Asian race categories refer to non-Hispanic † Insufficient data ¶ See p 61 for definition of disability																				

AGE-ADJUSTED PERCENTAGES FOR SELECTED TOPICS (CONTINUED)

MASSACHUSETTS BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, 2015																				
	USE SMOKELESS TOBACCO			E-CIGARETTE USE				QUIT ATTEMPT				ENVIRONMENTAL SMOKE				BINGE DRINKING				
	%	95% CI			%	95% CI			%	95% CI			%	95% CI			%	95% CI		
OVERALL	2.7	1.9	-	3.4	2.9	2.3	-	3.5	61.1	57.2	-	65.0	35.1	33.5	-	36.8	18.7	17.5	-	19.9
GENDER																				
MALE	4.6	3.2	-	6.0	3.7	2.7	-	4.7	61.6	56.5	-	66.8	38.3	35.9	-	40.7	23.9	21.9	-	25.9
FEMALE	0.8	0.5	-	1.2	2.1	1.4	-	2.7	61.2	55.3	-	67.1	32.2	30.1	-	34.4	13.9	12.5	-	15.4
RACE-ETHNICITY*																				
WHITE	3.0	2.0	-	4.0	3.5	2.7	-	4.3	59.3	54.9	-	63.6	35.5	33.6	-	37.5	22.1	20.5	-	23.6
BLACK	†				†				70.6	66.7	-	74.5	38.8	32.4	-	45.2	14.1	9.8	-	18.4
HISPANIC	1.5	0.6	-	2.4	†				70.9	70.9	-	70.9	30.8	26.2	-	35.4	10.2	7.6	-	12.9
ASIAN	2.5	2.4	-	2.6	1.7	1.7	-	1.8	23.5	23.5	-	23.5	35.0	34.9	-	35.1	8.6	8.5	-	8.6
DISABILITY¶																				
DISABILITY	3.4	2.2	-	4.6	4.1	2.9	-	5.2	66.6	61.2	-	71.9	45.0	41.5	-	48.5	17.8	15.1	-	20.6
NO DISABILITY	2.3	1.5	-	3.2	2.5	1.8	-	3.1	55.9	50.6	-	61.2	31.3	29.5	-	33.1	19.1	17.7	-	20.5
EDUCATION																				
< HIGH SCHOOL	†				4.8	2.1	-	7.6	77.2	76.0	-	78.4	38.8	32.5	-	45.1	15.3	10.4	-	20.3
HIGH SCHOOL	2.9	1.9	-	4.0	2.5	1.6	-	3.4	53.1	46.2	-	60.0	41.9	38.2	-	45.5	16.7	14.1	-	19.2
COLLEGE 1–3 YRS	2.2	1.0	-	3.4	4.2	2.7	-	5.7	62.8	62.3	-	63.4	39.7	36.4	-	43.1	19.8	17.3	-	22.4
COLLEGE 4+ YRS	1.7	1.1	-	2.3	1.9	1.2	-	2.6	58.4	57.8	-	59.0	27.2	25.1	-	29.3	21.8	20.1	-	23.5
HOUSEHOLD INCOME																				
<\$25,000	2.8	1.6	-	4.1	4.2	2.8	-	5.5	64.0	57.6	-	70.4	43.3	39.4	-	47.2	15.4	12.8	-	18.1
\$25,000–34,999	3.0	1.3	-	4.7	†				51.0	50.4	-	51.5	39.9	33.6	-	46.2	15.9	11.4	-	20.3
\$35,000–49,999	†				†				59.0	59.0	-	59.0	47.8	42.3	-	53.4	20.6	16.2	-	25.0
\$50,000–74,999	2.3	1.1	-	3.6	3.3	1.6	-	4.9	51.8	40.8	-	62.7	34.7	29.7	-	39.6	20.7	17.1	-	24.4
\$75,000+	2.1	1.4	-	2.9	3.1	1.8	-	4.3	61.5	60.8	-	62.3	29.1	26.5	-	31.7	23.5	21.3	-	25.7
* White, Black, and Asian race categories refer to non-Hispanic																				
† Insufficient data																				
¶ See p 61 for definition of disability																				

AGE-ADJUSTED PERCENTAGES FOR SELECTED TOPICS (CONTINUED)

MASSACHUSETTS BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, 2015																				
	HEAVY DRINKING				OVERWEIGHT (BMI≥25.0)				OBESE (BMI≥30.0)				MET GUIDELINES FOR AEROBIC ACTIVITY				MET GUIDELINES FOR MUSCLE STRENGTHENING			
	%	95% CI			%	95% CI			%	95% CI			%	95% CI			%	95% CI		
OVERALL	7.4	6.5	-	8.4	59.0	57.5	-	60.6	24.0	22.7	-	25.3	52.0	50.4	-	53.7	32.1	30.6	-	33.6
GENDER																				
MALE	7.3	5.8	-	8.8	68.8	66.7	-	70.9	25.3	23.5	-	27.1	54.4	51.9	-	56.8	34.1	31.8	-	36.3
FEMALE	7.4	6.3	-	8.6	49.4	47.3	-	51.5	22.5	20.7	-	24.3	49.9	47.7	-	52.1	30.0	28.0	-	32.0
RACE-ETHNICITY*																				
WHITE	8.8	7.5	-	10.1	58.4	56.6	-	60.2	22.9	21.4	-	24.3	54.9	53.0	-	56.9	33.7	31.8	-	35.5
BLACK	†				71.6	66.5	-	76.6	36.6	30.5	-	42.7	42.5	36.4	-	48.6	31.9	26.0	-	37.7
HISPANIC	3.1	1.6	-	4.6	69.5	64.7	-	74.4	32.9	28.1	-	37.7	39.0	33.7	-	44.2	22.4	17.8	-	27.0
ASIAN	2.5	2.5	-	2.5	47.2	46.2	-	48.2	7.0	6.8	-	7.1	44.8	43.9	-	45.6	31.2	30.8	-	31.6
DISABILITY¶																				
DISABILITY	8.8	6.5	-	11.1	65.3	62.1	-	68.5	33.6	30.6	-	36.6	43.8	40.3	-	47.2	27.9	24.6	-	31.1
NO DISABILITY	7.1	6.1	-	8.2	56.5	54.7	-	58.3	20.0	18.6	-	21.4	56.0	54.1	-	57.9	33.9	32.1	-	35.6
EDUCATION																				
< HIGH SCHOOL	8.0	3.7	-	12.3	67.2	60.8	-	73.6	33.1	27.8	-	38.4	33.9	27.8	-	40.0	20.3	14.8	-	25.9
HIGH SCHOOL	7.3	5.3	-	9.3	63.9	60.8	-	67.1	27.8	24.9	-	30.8	47.4	43.8	-	51.0	25.7	22.6	-	28.8
COLLEGE 1–3 YRS	8.2	6.4	-	10.1	62.8	59.8	-	65.8	28.4	25.6	-	31.3	50.9	47.5	-	54.2	32.4	29.3	-	35.4
COLLEGE 4+ YRS	7.5	6.3	-	8.7	52.6	50.5	-	54.7	16.5	15.0	-	18.0	60.4	58.2	-	62.6	39.2	37.1	-	41.3
HOUSEHOLD INCOME																				
<\$25,000	5.6	3.9	-	7.3	63.0	59.4	-	66.5	31.3	27.9	-	34.7	42.0	38.3	-	45.8	23.6	20.4	-	26.7
\$25,000–34,999	5.5	2.5	-	8.5	61.0	60.4	-	61.5	27.3	26.5	-	28.1	39.1	32.9	-	45.4	27.1	21.3	-	32.9
\$35,000–49,999	9.1	4.9	-	13.4	64.5	58.9	-	70.2	26.6	22.0	-	31.3	48.2	42.3	-	54.1	31.6	26.8	-	36.4
\$50,000–74,999	9.0	6.3	-	11.7	58.0	53.6	-	62.3	24.8	21.0	-	28.6	53.9	49.0	-	58.9	35.2	30.3	-	40.1
\$75,000+	8.8	7.1	-	10.6	56.3	53.7	-	58.8	17.9	16.0	-	19.7	61.7	59.2	-	64.3	40.0	37.4	-	42.6
* White, Black, and Asian race categories refer to non-Hispanic † Insufficient data ¶ See p 61 for definition of disability																				

AGE-ADJUSTED PERCENTAGES FOR SELECTED TOPICS (CONTINUED)

MASSACHUSETTS BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, 2015																				
	CHOLESTEROL CHECKED IN PAST 5 YEARS				HIGH CHOLESTEROL				HIGH BLOOD PRESSURE				TAKE MEDICINE FOR HIGH BLOOD PRESSURE				RECEIVED 3 SHOTS HBV VACCINE			
	%	95% CI			%	95% CI			%	95% CI			%	95% CI			%	95% CI		
OVERALL	82.4	81.2	-	83.7	30.5	29.0	-	31.9	27.7	26.5	-	28.9	59.7	56.2	-	63.1	44.4	42.7	-	46.1
GENDER																				
MALE	80.4	78.5	-	82.2	34.3	32.2	-	36.5	31.5	29.7	-	33.3	58.7	54.6	-	62.7	38.2	35.8	-	40.7
FEMALE	83.9	82.4	-	85.4	26.5	24.8	-	28.2	23.5	22.1	-	24.9	62.8	56.7	-	68.9	49.8	47.5	-	52.0
RACE-ETHNICITY*																				
WHITE	83.4	81.9	-	84.9	29.9	28.3	-	31.6	26.4	25.2	-	27.7	59.3	55.0	-	63.6	44.4	42.4	-	46.4
BLACK	81.7	77.5	-	85.8	29.4	24.2	-	34.6	39.0	34.0	-	44.0	64.2	54.9	-	73.4	45.7	42.0	-	49.3
HISPANIC	73.7	69.8	-	77.5	34.9	29.9	-	39.9	30.5	26.4	-	34.7	60.6	54.0	-	67.3	45.2	39.6	-	50.8
ASIAN	78.9	78.7	-	79.2	32.3	31.6	-	32.9	24.9	24.6	-	25.3	61.8	61.8	-	61.8	50.0	50.0	-	50.0
DISABILITY†																				
DISABILITY	81.8	79.0	-	84.7	37.2	33.8	-	40.6	37.8	35.0	-	40.7	58.1	52.4	-	63.7	46.3	42.7	-	49.8
NO DISABILITY	82.6	81.3	-	84.0	27.8	26.3	-	29.4	23.7	22.4	-	24.9	60.6	56.3	-	64.9	43.8	41.8	-	45.7
EDUCATION																				
< HIGH SCHOOL	71.0	65.4	-	76.5	37.7	32.0	-	43.4	35.0	30.3	-	39.6	59.6	58.2	-	60.9	36.9	30.3	-	43.5
HIGH SCHOOL	77.8	75.1	-	80.5	31.4	28.4	-	34.4	30.6	28.3	-	33.0	62.0	55.2	-	68.8	34.2	30.6	-	37.9
COLLEGE 1–3 YRS	85.5	83.4	-	87.6	31.1	28.2	-	34.0	29.2	26.7	-	31.8	59.1	53.3	-	64.8	44.4	40.9	-	48.0
COLLEGE 4+ YRS	85.7	84.2	-	87.2	27.4	25.6	-	29.1	22.2	20.8	-	23.6	59.7	53.8	-	65.6	49.8	47.3	-	52.3
HOUSEHOLD INCOME																				
<\$25,000	78.1	75.2	-	81.0	36.9	33.4	-	40.4	34.0	31.0	-	36.9	58.3	52.4	-	64.2	42.1	38.2	-	46.0
\$25,000–34,999	80.4	75.4	-	85.4	33.5	27.8	-	39.2	33.3	28.5	-	38.0	61.0	60.4	-	61.6	38.7	37.0	-	40.4
\$35,000–49,999	81.1	76.7	-	85.6	29.0	28.4	-	29.5	28.8	25.0	-	32.6	52.2	51.7	-	52.8	43.1	37.2	-	48.9
\$50,000–74,999	82.1	78.0	-	86.3	28.9	25.2	-	32.7	28.6	25.2	-	32.0	53.3	53.0	-	53.5	50.1	45.0	-	55.2
\$75,000+	86.6	84.6	-	88.5	30.5	27.8	-	33.3	23.2	21.3	-	25.2	59.9	53.8	-	65.9	49.0	46.1	-	51.9
* White, Black, and Asian race categories refer to non-Hispanic																				
† Insufficient data																				
¶ See p 61 for definition of disability																				

AGE-ADJUSTED PERCENTAGES FOR SELECTED TOPICS (CONTINUED)

MASSACHUSETTS BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, 2015																				
	DIABETES				EVER HAD ASTHMA				CURRENTLY HAVE ASTHMA				EVER DIAGNOSED WITH COPD				EVER DIAGNOSED WITH ARTHRITIS			
	%	95% CI			%	95% CI			%	95% CI			%	95% CI			%	95% CI		
OVERALL	8.2	7.4	-	8.9	16.1	15.0	-	17.3	10.7	9.8	-	11.7	5.4	4.8	-	6.1	22.9	21.8	-	23.9
GENDER																				
MALE	9.1	8.0	-	10.1	13.2	11.8	-	14.6	7.5	6.4	-	8.6	4.9	4.0	-	5.8	18.6	17.2	-	20.0
FEMALE	7.3	6.3	-	8.3	18.0	16.4	-	19.5	13.0	11.6	-	14.4	5.7	4.9	-	6.6	25.9	24.3	-	27.4
RACE-ETHNICITY*																				
WHITE	7.3	6.5	-	8.0	16.7	15.4	-	18.0	10.8	9.7	-	11.9	5.5	4.8	-	6.2	23.8	22.6	-	25.1
BLACK	11.5	8.2	-	14.8	18.9	14.4	-	23.4	14.2	10.1	-	18.2	4.6	2.1	-	7.2	19.8	15.5	-	24.0
HISPANIC	16.3	12.8	-	19.8	15.7	12.4	-	19.0	9.7	7.0	-	12.5	4.5	2.6	-	6.5	19.7	16.1	-	23.3
ASIAN	7.5	7.4	-	7.6	9.0	9.0	-	9.1	6.0	6.0	-	6.0	1.5	1.4	-	1.5	7.1	7.0	-	7.2
DISABILITY†																				
DISABILITY	14.0	12.2	-	15.9	23.9	21.2	-	26.7	16.8	14.4	-	19.3	12.7	10.8	-	14.6	41.4	38.7	-	44.1
NO DISABILITY	5.5	4.7	-	6.3	13.2	12.1	-	14.4	8.5	7.5	-	9.5	2.2	1.7	-	2.7	15.1	14.0	-	16.1
EDUCATION																				
< HIGH SCHOOL	13.1	10.0	-	16.3	18.8	14.7	-	22.9	13.1	9.6	-	16.6	11.3	8.0	-	14.6	28.8	24.6	-	33.0
HIGH SCHOOL	10.3	8.5	-	12.0	16.3	14.1	-	18.6	11.6	9.6	-	13.6	6.9	5.6	-	8.3	24.2	22.0	-	26.4
COLLEGE 1–3 YRS	8.8	7.3	-	10.3	16.1	13.9	-	18.4	10.5	8.6	-	12.4	6.0	4.8	-	7.2	26.0	23.6	-	28.5
COLLEGE 4+ YRS	4.7	4.0	-	5.5	13.8	12.4	-	15.2	8.5	7.3	-	9.6	2.2	1.6	-	2.8	17.7	16.5	-	19.0
HOUSEHOLD INCOME																				
<\$25,000	14.1	12.1	-	16.2	18.4	15.8	-	20.9	13.1	10.8	-	15.4	11.1	9.0	-	13.1	29.9	27.0	-	32.8
\$25,000–34,999	10.8	7.8	-	13.7	15.3	15.0	-	15.7	9.0	8.7	-	9.2	4.6	2.8	-	6.3	21.9	17.9	-	26.0
\$35,000–49,999	7.0	4.8	-	9.1	15.4	11.6	-	19.3	11.3	8.0	-	14.7	6.3	4.1	-	8.5	24.0	20.3	-	27.8
\$50,000–74,999	6.5	4.7	-	8.3	13.9	11.0	-	16.8	9.2	6.8	-	11.6	3.3	1.9	-	4.6	22.7	19.6	-	25.9
\$75,000+	5.1	4.0	-	6.1	15.0	13.2	-	16.8	9.4	7.9	-	10.9	2.5	1.7	-	3.4	17.8	16.2	-	19.4
* White, Black, and Asian race categories refer to non-Hispanic																				
† Insufficient data																				
¶ See p 61 for definition of disability																				

AGE-ADJUSTED PERCENTAGES FOR SELECTED TOPICS (CONTINUED)

MASSACHUSETTS BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, 2015																				
	LIMITATIONS DUE TO ARTHRITIS				EVER DIAGNOSED WITH CANCER				EVER DIAGNOSED WITH DEPRESSION				SELF-IDENTIFIED AS HOMOSEXUAL, BISEXUAL, OR OTHER				EVER TESTED FOR HIV - AGES 18-64			
	%	95% CI			%	95% CI			%	95% CI			%	95% CI			%	95% CI		
OVERALL	10.4	9.6	-	11.2	10.7	9.9	-	11.4	21.8	20.5	-	23.0	5.0	4.3	-	5.7	47.6	45.7	-	49.4
GENDER																				
MALE	8.0	7.0	-	9.0	9.6	8.6	-	10.6	16.3	14.7	-	17.9	4.8	3.8	-	5.8	45.0	42.2	-	47.7
FEMALE	11.6	10.5	-	12.8	11.5	10.4	-	12.6	25.5	23.7	-	27.2	5.3	4.3	-	6.3	49.9	47.4	-	52.3
RACE-ETHNICITY*																				
WHITE	10.3	9.4	-	11.2	11.5	10.6	-	12.3	22.8	21.3	-	24.3	5.6	4.7	-	6.5	45.6	43.4	-	47.7
BLACK	8.7	5.4	-	12.0	5.5	2.8	-	8.2	16.3	11.7	-	20.9	5.5	2.9	-	8.1	72.1	66.2	-	77.9
HISPANIC	11.4	8.6	-	14.2	5.3	3.2	-	7.5	25.2	21.1	-	29.4	2.9	1.4	-	4.3	58.2	52.9	-	63.6
ASIAN	0.3	0.3	-	0.3	7.3	7.3	-	7.4	4.3	4.3	-	4.4	2.9	2.8	-	3.0	29.8	29.3	-	30.4
DISABILITY¶																				
DISABILITY	28.0	25.5	-	30.5	13.0	11.3	-	14.7	48.3	45.2	-	51.5	7.5	5.5	-	9.4	53.9	50.2	-	57.7
NO DISABILITY	2.7	2.2	-	3.2	9.8	8.9	-	10.7	12.1	11.0	-	13.2	4.3	3.6	-	5.0	45.4	43.3	-	47.5
EDUCATION																				
< HIGH SCHOOL	17.5	13.8	-	21.1	8.5	5.9	-	11.1	33.0	28.0	-	38.1	†				51.9	51.2	-	52.7
HIGH SCHOOL	9.9	8.4	-	11.3	10.2	8.5	-	11.9	21.8	19.2	-	24.4	5.1	3.5	-	6.7	45.2	41.1	-	49.3
COLLEGE 1–3 YRS	13.0	11.0	-	14.9	11.0	9.5	-	12.6	23.5	20.9	-	26.2	3.8	2.6	-	5.0	49.2	45.3	-	53.0
COLLEGE 4+ YRS	6.4	5.6	-	7.2	11.8	10.8	-	12.8	16.5	15.1	-	18.0	6.3	5.1	-	7.4	48.0	45.5	-	50.5
HOUSEHOLD INCOME																				
<\$25,000	17.7	15.3	-	20.1	9.6	7.9	-	11.3	34.6	31.3	-	37.9	5.0	3.4	-	6.5	60.9	56.7	-	65.1
\$25,000–34,999	11.2	7.9	-	14.4	8.7	6.4	-	10.9	25.1	19.7	-	30.5	4.4	2.3	-	6.5	48.5	47.7	-	49.2
\$35,000–49,999	10.7	7.8	-	13.7	8.5	6.7	-	10.4	23.3	18.7	-	27.8	4.8	2.6	-	7.0	46.5	46.2	-	46.9
\$50,000–74,999	10.8	8.3	-	13.2	12.3	9.7	-	14.9	20.3	16.6	-	24.0	7.1	4.1	-	10.2	40.8	35.5	-	46.1
\$75,000+	6.0	4.9	-	7.0	11.2	9.9	-	12.5	15.4	13.5	-	17.4	5.5	4.3	-	6.7	44.9	42.0	-	47.8
* White, Black, and Asian race categories refer to non-Hispanic † Insufficient data ¶ See p 61 for definition of disability																				

AGE-ADJUSTED PERCENTAGES FOR SELECTED TOPICS (CONTINUED)

MASSACHUSETTS BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, 2015												
	TESTED FOR HIV IN PAST YEAR - AGES 18-64				SEXUAL VIOLENCE - WOMEN				ALWAYS USE A SEATBELT			
	%	95% CI			%	95% CI			%	95% CI		
OVERALL	10.8	9.6	-	12.0	17.8	15.2	-	20.4	82.9	81.6	-	84.2
GENDER												
MALE	10.9	9.2	-	12.6					77.4	75.3	-	79.5
FEMALE	10.6	9.0	-	12.2	17.6	15.0	-	20.2	87.8	86.3	-	89.3
RACE-ETHNICITY*												
WHITE	8.8	7.6	-	10.0	19.1	15.9	-	22.3	82.5	80.9	-	84.0
BLACK	23.0	16.0	-	29.9	6.6	6.6	-	6.6	76.9	71.6	-	82.2
HISPANIC	16.4	12.1	-	20.6	19.3	16.8	-	21.8	84.6	81.0	-	88.2
ASIAN	8.1	7.9	-	8.3	14.2	14.2	-	14.2	91.8	91.8	-	91.8
DISABILITY†												
DISABILITY	13.7	10.6	-	16.8	28.0	21.9	-	34.1	79.9	77.1	-	82.7
NO DISABILITY	9.9	8.6	-	11.2	14.1	11.3	-	16.9	84.1	82.6	-	85.6
EDUCATION												
< HIGH SCHOOL	12.9	8.4	-	17.3	9.4	9.1	-	9.6	78.6	73.9	-	83.4
HIGH SCHOOL	11.0	8.3	-	13.6	20.9	18.4	-	23.5	76.8	73.7	-	79.9
COLLEGE 1–3 YRS	10.6	8.0	-	13.2	17.5	15.6	-	19.3	80.4	77.7	-	83.1
COLLEGE 4+ YRS	10.8	9.2	-	12.5	19.5	15.1	-	24.0	89.3	87.9	-	90.7
HOUSEHOLD INCOME												
<\$25,000	18.9	15.0	-	22.8	22.8	20.9	-	24.8	80.2	77.2	-	83.3
\$25,000–34,999	9.0	8.9	-	9.2	16.7	16.7	-	16.7	76.8	71.5	-	82.1
\$35,000–49,999	10.7	6.7	-	14.6	19.5	18.5	-	20.4	78.1	73.4	-	82.9
\$50,000–74,999	9.3	6.3	-	12.4	10.6	10.4	-	10.8	82.7	79.0	-	86.4
\$75,000+	9.7	7.7	-	11.7	18.6	13.8	-	23.5	86.9	84.9	-	88.9
* White, Black, and Asian race categories refer to non-Hispanic † Insufficient data ¶ See p 61 for definition of disability												

MASSACHUSETTS AND NATIONAL ESTIMATES

MASSACHUSETTS BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, 2015			
VARIABLES	MA %	US MEDIAN [¶] %	US RANGE [¶] %
OVERALL HEALTH MEASURES			
FAIR OR POOR HEALTH	14.6	16.4	12.0-36.4
15+ POOR MENTAL HEALTH DAYS	11.0	10.7	6.6-14.7
15+ DAYS IN POOR PHYSICAL HEALTH	10.0	10.3	7.7-17.2
DISABILITY	29.4	30.0	24.2-41.7
HEALTH CARE ACCESS AND UTILIZATION			
NO HEALTH INSURANCE (18-64)	3.4	†	
HAVE PERSONAL HEALTH CARE PROVIDER	88.9	79.0	64.7-88.9
COULD NOT SEE DOCTOR DUE TO COST	8.6	12.2	7.2-19.9
CHECKUP IN PAST YEAR	78.0	70.2	57.1-81.0
RISK FACTORS AND PREVENTIVE BEHAVIORS			
CURRENT SMOKER	14.0	17.5	9.1-27.4
FORMER SMOKER	26.9	25.0	16.1-31.6
QUIT ATTEMPT AMONG CURRENT SMOKERS	60.7	59.4	53.3-69.6
USE SMOKELESS TOBACCO	2.6	4.0	1.1-9.3
BINGE DRINKING	17.7	16.3	10.3-27.2
HEAVY DRINKING	7.2	5.9	3.5-9.1
OVERWEIGHT	59.7	65.8	54.4-71.1
OBESITY	24.3	29.8	20.2-36.2
MET GUIDELINES FOR AEROBIC ACTIVITY	51.8	51.0	34.1-60.6
MET GUIDELINES FOR MUSCLE-STRENGTHENING ACTIVITY	31.5	30.2	10.9-35.4
CONSUMED FRUITS/VEGETABLES 5+ TIMES PER DAY	19.6	15.7	6.6-23.8
CHOLESTEROL CHECKED IN PAST 5 YEARS	83.7	77.7	68.3-84.0
HIGH CHOLESTEROL	34.5	36.3	31.1-42.0
HIGH BLOOD PRESSURE	29.6	30.9	23.6-42.7
TAKE MEDICINE FOR HIGH BLOOD PRESSURE	78.9	78.1	65.4-83.4
IMMUNIZATION			
FLU VACCINE IN PAST YEAR (18-49)	36.1	33.4	21.7-46.6
FLU VACCINE IN PAST YEAR (50-64)	46.5	44.0	21.5-54.6
FLU VACCINE IN PAST YEAR (65+)	61.0	61.3	42.6-70.6
EVER HAD PNEUMONIA VACCINATION (65+)	73.2	72.5	29.0-78.7
CHRONIC HEALTH CONDITIONS			
DIABETES	8.9	10.0	6.8-16.5
EVER HAD ASTHMA	15.5	14.3	11.1-17.9
CURRENTLY HAVE ASTHMA	10.2	9.2	6.5-11.9
HAVE ARTHRITIS	24.1	24.7	15.8-38.0
LIMITATIONS DUE TO ARTHRITIS	10.6	11.4	6.5-21.1
MYOCARDIAL INFARCTION (35+)	5.7	5.8	4.0-9.3
ANGINA OR CORONARY HEART DISEASE (35+)	5.3	5.4	3.6-9.7
STROKE (35+)	3.2	4.1	2.3-6.2
CHRONIC OBSTRUCTIVE PULMONARY DISEASE	5.7	6.1	3.5-13.3
EVER DIAGNOSED WITH CANCER	11.6	11.8	4.1-14.6
EVER DIAGNOSED WITH DEPRESSION	20.9	18.9	9.4-26.7
OTHER TOPICS			
EVER TESTED FOR HIV (18-64)	45.0	42.1	26.8-76.3
TESTED FOR HIV IN PAST YEAR (18-64)	10.1	11.1	6.5-42.0
ALWAYS WEAR A SEATBELT	83.2	86.5	69.0-94.2
[¶] 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, 2015	
	PERCENTAGE OF NON-RESPONSE*
	%
OVERALL HEALTH MEASURES	
FAIR OR POOR HEALTH	0.4
15+ DAYS IN POOR PHYSICAL HEALTH IN PAST MONTH	3.1
15+ POOR MENTAL HEALTH DAYS IN PAST MONTH	2.3
DISABILITY	5.8
HEALTH CARE ACCESS AND UTILIZATION	
HAVE PERSONAL HEALTH CARE PROVIDER	0.7
COULD NOT SEE DOCTOR DUE TO COST	0.4
CHECKUP IN PAST YEAR	1.6
RISK FACTORS AND PREVENTIVE BEHAVIORS	
CURRENT SMOKER	6.0
USE SMOKELESS TOBACCO	5.5
CURRENT USE OF E-CIGARETTES	19.4
EXPOSED TO ENVIRONMENTAL SMOKE	21.0
BINGE DRINKING	8.8
HEAVY DRINKING	8.9
OVERWEIGHT	11.7
OBESITY	11.7
MET RECOMMENDATION FOR AEROBIC ACTIVITY	17.2
MET RECOMMENDATION FOR MUSCLE STRENGTHENING ACTIVITY	14.7
5 OR MORE SERVINGS OF FRUITS OR VEGETABLES	18.5
CHOLESTEROL CHECKED IN PAST 5 YEARS	4.8
HIGH BLOOD PRESSURE	0.3
IMMUNIZATION	
FLU VACCINE IN THE PAST YEAR (18-49)	17.4
FLU VACCINE IN THE PAST YEAR (50-64)	12.7
FLU VACCINE IN THE PAST YEAR (65+)	11.5
EVER HAD PNEUMONIA VACCINE (65+)	15.9
HPV VACCINE (FEMALES 18-34)	33.2
HAD HEPATITIS B VACCINE	29.9
SHINGLES VACCINE (60+)	14.4
CHRONIC HEALTH CONDITIONS	
DIABETES	0.2
EVER HAD ASTHMA	0.5
CURRENTLY HAVE ASTHMA	1.0
DOCTOR DIAGNOSED ARTHRITIS	0.9
LIMITATIONS DUE TO ARTHRITIS	4.6
HEART ATTACK (35+)	0.6
ANGINA OR CORONARY HEART DISEASE (35+)	0.9
STROKE (35+)	0.3
EVER DIAGNOSED WITH CANCER	0.5
CHRONIC OBSTRUCTIVE PULMONARY DISEASE	0.7
EVER DIAGNOSED WITH DEPRESSION	0.7
OTHER TOPICS	
SEXUAL ORIENTATION	20.4
EVER TESTED FOR HIV (18-64)	18.4
ALWAYS WEAR A SEATBELT	14.5
SEXUAL VIOLENCE	24.8
EVER PRESCRIBED OPIATE	18.6
NON-MEDICAL USE OF OPIATE IN PAST YEAR	17.8
EVER PRESCRIBED MARIJUANA	17.8
NON-MEDICAL USE OF MARIJUANA IN PAST YEAR	17.7
* The item-specific unweighted non-response % was calculated using the number of respondents who had finished the demographic section of the 2015 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. The combined sample contained 9,294 respondents.

- The survey 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 1,486 landline respondents and 1,663 cell phone respondents,
 - Split 2 contained 1,354 landline respondents and 1,479 cell phone respondents,
 - Split 3 contained 1,436 landline respondents and 1,534 cell phone 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 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.

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.