A Profile of Health among Massachusetts Adults, 2019

**Results from the Behavioral Risk Factor Surveillance System**

Health Survey Program

Office of Data Management and Outcomes Assessment

Massachusetts Department of Public Health



December 2020

**Massachusetts Department of Public Health**

**Health Survey Program**

**Office of Data Management and Outcomes Assessment**

A Profile of Health among

Massachusetts Adults, 2019

Results from the Behavioral Risk Factor Surveillance System

*Charles D. Baker, Governor*

*Marylou Sudders, Secretary of Health and Human Services*

*Monica Bharel, MD, MPH, Commissioner, Department of Public Health*

*Abigail R. Averbach, MSc, Assistant Commissioner, Department of Public Health*

*Candace C. Nelson, Acting Director, Office of Data Management and Outcomes Assessment*

*December 2020*

Table of Contents

[Acknowledgements 3](#_Toc57008438)

[Introduction 4](#_Toc57008439)

[Health Equity 5](#_Toc57008440)

[Highlights 6](#_Toc57008441)

[Demographic Characteristics of Respondents 9](#_Toc57008442)

[Section 1: Overall Health Measures 10](#_Toc57008443)

[Section 1.1: Overall Health Status 11](#_Toc57008444)

[Section 1.2: Quality of Life 12](#_Toc57008445)

[Section 2: Health Care Access and Utilization 13](#_Toc57008446)

[Section 2.1: Health Insurance Status 14](#_Toc57008447)

[Section 2.2: Health Care Access 15](#_Toc57008448)

[Section 3: Risk Factors and Preventive Behaviors 17](#_Toc57008449)

[Section 3.1: Tobacco Use 18](#_Toc57008450)

[Section 3.2: Smoking Cessation 21](#_Toc57008451)

[Section 3.3: Alcohol Use 22](#_Toc57008452)

[Section 3.4: Overweight and Obesity Status 23](#_Toc57008453)

[Section 3.5: Physical Activity 24](#_Toc57008454)

[Section 3.6: Fruit and Vegetable Consumption 25](#_Toc57008455)

[2011 25](#_Toc57008456)

[Section 3.7 Cholesterol Awareness 26](#_Toc57008457)

[Section 3.8: Hypertension Awareness 27](#_Toc57008458)

[Section 4: Immunization 28](#_Toc57008459)

[Section 4.1: Flu Vaccine and Pneumonia Vaccine 29](#_Toc57008460)

[Section 4.2: Human Papilloma Virus (HPV) Vaccination 32](#_Toc57008461)

[Section 4.3: Hepatitis B Virus (HBV) Vaccination 33](#_Toc57008462)

[Section 4.4: Herpes Zoster (Shingles) Vaccination 34](#_Toc57008463)

[Section 5: Chronic Health Conditions 35](#_Toc57008464)

[Section 5.1: Diabetes 36](#_Toc57008465)

[Section 5.2: Asthma 37](#_Toc57008466)

[Section 5.3: Chronic Obstructive Pulmonary Disease (COPD) 38](#_Toc57008467)

[Section 5.4: Heart Disease and Stroke 39](#_Toc57008468)

[Section 5.5: Arthritis 41](#_Toc57008469)

[Section 5.6: Cancer Diagnosis 42](#_Toc57008470)

[Section 5.7: Depression 43](#_Toc57008471)

[Section 6: Other Topics 44](#_Toc57008472)

[Section 6.1: Sexual Orientation and Gender Identity 45](#_Toc57008473)

[Section 6.2: HIV Testing 46](#_Toc57008474)

[Section 6.3: Sexual Violence 47](#_Toc57008475)

[Section 6.4: Texting and Driving 48](#_Toc57008476)

[Section 6.5: Opioid and Marijuana Use 49](#_Toc57008477)

[Appendix 51](#_Toc57008478)

[Age-Adjusted Percentages For Selected Topics 52](#_Toc57008479)

[Massachusetts and National Estimates 60](#_Toc57008480)

[Terms, Definitions and Statistical Methodology 61](#_Toc57008481)

[Limitations 63](#_Toc57008482)

# Acknowledgements

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

For further information about this report, about the Behavioral Risk Factor Surveillance System, or the Health Survey Program, please contact: Maria McKenna, Health Survey Program, Office of Data Management and Outcomes Assessment, Massachusetts Department of Public Health, 250 Washington Street, 6th floor, Boston, MA 02108-4619. Telephone: (617) 624-5643. Email: maria.mckenna@mass.gov. Website: https://www.mass.gov/behavioral-risk-factor-surveillance

# 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 2019, 2,677 landline interviews and 5,054 cell phone interviews were completed among Massachusetts adults. 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 2019 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 2019 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 2019 in a separate table.

All percentages in this report are weighted (see definition on page 61) to represent the total Massachusetts population in 2019.

# Health Equity

Data collected through the BRFSS enable DPH to provide estimates of a variety of health risk factors, preventive behaviors, chronic conditions, and emerging public health issues for the overall Massachusetts population and grouped by demographic and socioeconomic characteristics (gender, age, race-ethnicity, disability status, education and annual household income). These analyses highlight inequities in health within and across population sub-groups. In interpreting these results, it is critical to recognize that the social, economic, behavioral and physical factors experienced by populations where they live and work have a profound impact on their health. Disparities in outcomes by race, for example, are more often due to social factors and the legacy of racial discrimination than biologic causes. The social determinants of health (SDOH) are rooted in systems, and therefore public health action to reduce and prevent health inequities must be directed at systems change. The Department of Public Health focuses on the six SDOH to eliminate inequities and achieve the vision of health and wellbeing for all residents of the Commonwealth. More information about Social Determinants of Health can be found on the Population Health Information Tool (PHIT) website [<https://www.mass.gov/orgs/population-health-information-tool-phit>].​

# Highlights

**Overall Health Measures**

* Hispanic adults were more likely than White, Black, or Asian (non-Hispanic) adults to report that their overall health was fair or poor. (Table 1.1)
* Females were more likely than males to report that their mental health was not good for at least 15 days in the previous month. (Table 1.2)

**Health Care Access and Utilization**

* Overall, 4.4% of adults ages 18-64 reported not having any health insurance. Males were more likely than females and Black and Hispanic adults were more likely than White adults to not have health insurance. (Table 2.1)
* Males were less likely than females and Black, Hispanic and Asian adults were less likely than White adults to have a personal health care provider. (Table 2.2)
* Black and Hispanic adults and those with a disability were more likely than other adults to report having at least one time in the previous year when they could not see a doctor due to cost. (Table 2.2)

**Risk Factors and Preventive Behaviors**

* The prevalence of cigarette smoking has been declining by an average of 4.2% per year since 2011. In 2019, 12.0% of adults reported current cigarette smoking. Adults with a disability\* were twice as likely as those without a disability to be current cigarette smokers. (Table 3.1.1)
* Overall, use of electronic vaping products is 6.9%; however, among those 18-24 years of age, 24.5% report using electronic vaping products. Males were twice as likely as females to report using electronic vaping products. (Table 3.1.3) Massachusetts BRFSS began asking about use of electronic cigarettes or other electronic vaping product in 2016; overall use has increased 150% and use among 18-24 year olds has doubled since then.
* In 2019, 19.1% of adults reported binge drinking in the previous 30 days. Prevalence is highest among 18-34 year olds and decreases with age. White adults are more likely to report binge drinking than are Black, Hispanic, or Asian adults. (Table 3.3)
* 33.2% of adults reported texting or e-mailing while driving in the previous 30 days. Males were more likely than females to report this behavior. Prevalence increased with increasing education level and increasing household income. (Table 6.4)
* 59.7% of adults reported being overweight or obese (BMI ≥ 25.0) and 25.2% reported being obese (BMI ≥ 30.0). Obesity was higher among those with a disability\* and was lowest among Asian adults. (Table 3.4)
* Only 52.8% of adults met the recommendation for aerobic activity. Black, Hispanic and Asian adults were less likely than White adults to report sufficient activity to meet the recommendation. (Table 3.5)
* Only 17.2% of adults reported consuming fruits and vegetables five or more times per day. Females reported higher intake of fruits and vegetables than males. Hispanic adults were less likely than White adults to report consuming fruits and vegetables five or more times per day. (Table 3.6)
* 90.6% of adults reported that they had their cholesterol checked within the past five years and 31.1% of those have ever been told that their cholesterol level was high. Hispanic and Asian adults were less likely than White adults to report having their cholesterol checked. Those with a disability were more likely to report that they had been told that their cholesterol level was high. (Table 3.7)
* 28.1% of adults report that they have ever been told they have high blood pressure; of these, 76.7% are currently taking medication. Those with a disability\* were nearly twice as likely as those without a disability to report having high blood pressure. Prevalence of high blood pressure was inversely associated with both educational attainment and household income. (Table 3.8)

**Immunization**

* Among those ages 60 and older, Hispanic adults were less likely than White adults to report that they had received a shingles vaccine. (Table 4.4)
* Among those ages 18-49 years old, 42.1% reported that they received the flu vaccine within the past year, among those 50-64 years old, 53.0% received the flu vaccine, and among those 65 and older, 67.6% had received the flu vaccine within the past year (Tables 4.1.1 and 4.1.2).
* Among those 65 and older, 75.0% had ever received the pneumonia vaccine (Table 4.1.3).
* 43.1% of respondents reported that they had ever received the Hepatitis B vaccine (Table 4.3).

**Chronic Health Conditions**

* In 2019, 8.4% of adults reported that they had ever been diagnosed with diabetes and an additional 7.1% had been told that they have pre-diabetes. (Table 5.1)
* Asthma remains more prevalent in Massachusetts than in much of the rest of the nation. In 2019, 10.3% of adults reported that they currently have asthma (national range = 5.2 – 11.8%). Females were more likely than males to report currently having asthma. (Table 5.2)
* Nearly 1 in 4 adults report that they have ever been diagnosed with arthritis and 9.8% of all adults have experienced limitations in their usual daily activities due to arthritis. White adults were more likely than Hispanic adults to have been diagnosed with arthritis. (Table 5.5)
* 18.5% of adults reported that they had ever been diagnosed with a depressive disorder. Females were more likely than males to have been diagnosed with depression. (Table 5.7)
* In 2019, 12.6% of Massachusetts adults reported that they had ever been diagnosed with cancer. Among those 75 years of age and older, the prevalence of cancer survivors comprises 37.1% of all residents. White adults were more likely than Black or Hispanic adults to have ever been diagnosed with cancer. (Table 5.6)

**Other Topics – HIV Testing, Experiences with Sexual Violence, Non-medical Marijuana Use, & Prescription Opioids**

* 46.0% of adults ages 18-64 reported that they had ever been tested for HIV. Adults 18-24 years of age were less likely to report ever having been tested for HIV than those 25-64 years of age. Black adults and Hispanic adults were more likely than White adults or Asian adults to report ever having had an HIV test. (Table 6.2)
* 20.6% of female adults and 7.9% of male adults reported that they had experienced sexual violence in their lifetime. Adults with a disability (males and females combined) were more likely to report experiencing sexual violence as were adults without a disability. (Table 6.3)
* 13.9% of adults reported non-medical use of marijuana on six or more occasions. Males were more likely than females to report use. Younger adults (ages 18-34) were much more likely than older adults to report non-medical use of marijuana. (Table 6.5.2)
* 40.0% of adults reported that they had ever been prescribed an opiate and 1.1% reported non-medical use on six or more occasions. White adults were more likely to have ever been prescribed an opiate than were Black, Hispanic, or Asian adults. (Table 6.5.1)

\*see definition of disability on p.62

|  |  |  |
| --- | --- | --- |
| Demographic Characteristics of Respondents Massachusetts Behavioral Risk Factor Surveillance System, 2019 | | |
|  | Unweighted Sample Size | Weighted Percent |
|  | N | %† |
| Overall | 7,731 | 100.0 |
| Gender |  |  |
| male | 3,578 | 47.9 |
| female | 4,153 | 52.1 |
| Age Group |  |  |
| 18–24 | 561 | 13.2 |
| 25–34 | 894 | 17.0 |
| 35–44 | 907 | 15.3 |
| 45–54 | 1,017 | 15.5 |
| 55–64 | 1,528 | 17.4 |
| 65–74 | 1,434 | 12.5 |
| 75 and older | 1,091 | 9.1 |
| Race-ethnicity\* |  |  |
| white | 5,972 | 73.8 |
| black | 446 | 7.2 |
| hispanic | 699 | 11.5 |
| asian | 290 | 7.5 |
| Disability¶ |  |  |
| disability | 2,028 | 25.0 |
| no disability | 5,390 | 75.0 |
| Education |  |  |
| < high school | 412 | 10.2 |
| high school | 1,568 | 24.9 |
| college 1–3 yrs | 1,824 | 26.0 |
| college 4+ yrs | 3,864 | 38.9 |
| Household Income |  |  |
| <$25,000 | 1,134 | 19.2 |
| $25,000–34,999 | 408 | 6.4 |
| $35,000–49,999 | 717 | 12.0 |
| $50,000–74,999 | 848 | 13.4 |
| $75,000+ | 2,712 | 49.0 |
| \* White, Black, and Asian race categories refer to non-Hispanic  † See BRFSS methodology in “Terms, Definitions and Methodology Used in this Report”  ¶ See p 62 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, 2019 | | | | | |
|  | Fair or Poor Health  N % 95% CI | | | | |
| Overall | 7,710 | 14.1 | 13.1 | -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  - | 15.1 |
| Gender |  |  |  |  |  |
| male | 3,566 | 14.0 | 12.5 | - | 15.4 |
| female | 4,144 | 14.3 | 13.0 | - | 15.7 |
| Age Group |  |  |  |  |  |
| 18–24 | 560 | 7.3 | 4.5 | - | 10.0 |
| 25–34 | 894 | 8.9 | 6.7 | - | 11.2 |
| 35–44 | 904 | 10.7 | 8.3 | - | 13.1 |
| 45–54 | 1,070 | 15.3 | 12.6 | - | 18.1 |
| 55–64 | 1,523 | 17.6 | 15.1 | - | 20.1 |
| 65–74 | 1,433 | 19.8 | 17.0 | - | 22.7 |
| 75 and older | 1,085 | 24.7 | 21.2 | - | 28.1 |
| Race-ethnicity\* |  |  |  |  |  |
| white | 5,955 | 12.1 | 11.1 | - | 13.1 |
| black | 445 | 18.5 | 13.7 | - | 23.2 |
| hispanic | 698 | 28.4 | 24.1 | - | 32.6 |
| asian | 289 | 6.8 | 2.9 | - | 10.7 |
| Disability¶ |  |  |  |  |  |
| disability | 2,018 | 38.5 | 35.7 | - | 41.2 |
| no disability | 5,381 | 6.2 | 5.3 | - | 7.0 |
| Education |  |  |  |  |  |
| < high school | 411 | 37.8 | 32.1 | - | 43.4 |
| high school | 1,559 | 18.6 | 16.4 | - | 20.8 |
| college 1–3 yrs | 1,818 | 12.0 | 10.3 | - | 13.8 |
| college 4+ yrs | 3,861 | 6.3 | 5.5 | - | 7.2 |
| Household Income |  |  |  |  |  |
| <$25,000 | 1,132 | 32.2 | 28.6 | - | 35.8 |
| $25,000–34,999 | 406 | 22.1 | 16.4 | - | 27.9 |
| $35,000–49,999 | 714 | 14.2 | 11.0 | - | 17.4 |
| $50,000–74,999 | 845 | 9.3 | 7.0 | - | 11.7 |
| $75,000+ | 2,711 | 6.0 | 4.9 | - | 7.1 |
| \* White, Black, and Asian race categories refer to non-Hispanic  ¶ See p 62 for definition of disability | | | | | |

## Section 1.2: Quality of Life

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

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

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Table 1.2 – Quality of Life Among Massachusetts Adults, 2019 | | | | | | | | | | |
|  | 15+ DAYS OF POOR PHYSICAL HEALTH  N % 95% CI | | | | | 15+ DAYS OF POOR MENTAL HEALTH  N % 95% CI | | | | |
|  |
|  |
| Overall | 7,539 | 9.7 | 8.9 | - | 10.6 | 7,551 | 11.7 | 10.7 | - | 12.7 |
| Gender |  |  |  |  |  |  |  |  |  |  |
| male | 3,492 | 9.5 | 8.2 | - | 10.8 | 3,496 | 10.2 | 8.8 | - | 11.5 |
| female | 4,047 | 9.9 | 8.8 | - | 11.1 | 4,055 | 13.2 | 11.7 | - | 14.6 |
| Age Group |  |  |  |  |  |  |  |  |  |  |
| 18–24 | 548 | 5.0 | 2.9 | - | 7.1 | 552 | 19.1 | 15.0 | - | 23.2 |
| 25–34 | 884 | 6.0 | 3.8 | - | 8.2 | 881 | 15.9 | 12.8 | - | 19.1 |
| 35–44 | 896 | 6.7 | 4.8 | - | 8.5 | 893 | 11.9 | 9.3 | - | 14.5 |
| 45–54 | 1,050 | 9.1 | 6.9 | - | 11.3 | 1,058 | 10.1 | 8.1 | - | 12.2 |
| 55–64 | 1,499 | 14.4 | 12.2 | - | 16.7 | 1,493 | 8.9 | 7.3 | - | 10.6 |
| 65–74 | 1,390 | 14.0 | 11.7 | - | 16.4 | 1,395 | 8.6 | 6.8 | - | 10.5 |
| 75 and older | 1,039 | 14.1 | 11.4 | - | 16.8 | 1,050 | 5.8 | 4.0 | - | 7.7 |
| Race-ethnicity\* |  |  |  |  |  |  |  |  |  |  |
| white | 5,841 | 9.7 | 8.7 | - | 10.6 | 5,845 | 12.5 | 11.3 | - | 13.7 |
| black | 429 | 9.8 | 5.8 | - | 13.8 | 431 | 12.3 | 8.1 | - | 16.6 |
| hispanic | 679 | 13.2 | 10.0 | - | 16.3 | 683 | 10.2 | 7.5 | - | 12.8 |
| asian | † |  |  |  |  | 282 | 6.1 | 2.8 | - | 9.5 |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |
| disability | 1,927 | 27.4 | 24.9 | - | 30.0 | 1,945 | 25.5 | 22.8 | - | 28.2 |
| no disability | 5,314 | 3.9 | 3.2 | - | 4.6 | 5,309 | 7.3 | 6.3 | - | 8.2 |
| Education |  |  |  |  |  |  |  |  |  |  |
| < high school | 395 | 23.0 | 17.9 | - | 28.1 | 404 | 17.3 | 12.8 | - | 21.9 |
| high school | 1,502 | 11.8 | 10.0 | - | 13.6 | 1,517 | 14.0 | 11.7 | - | 16.3 |
| college 1–3 yrs | 1,780 | 9.7 | 8.2 | - | 11.2 | 1,773 | 13.5 | 11.4 | - | 15.6 |
| college 4+ yrs | 3,807 | 5.1 | 4.3 | - | 5.9 | 3,799 | 7.8 | 6.7 | - | 8.8 |
| Household Income |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 1,085 | 21.2 | 18.1 | - | 24.2 | 1,095 | 21.0 | 17.6 | - | 24.3 |
| $25,000–34,999 | 396 | 9.3 | 5.6 | - | 12.9 | 396 | 14.8 | 9.8 | - | 19.9 |
| $35,000–49,999 | 692 | 8.3 | 6.0 | - | 10.7 | 699 | 13.9 | 10.4 | - | 17.5 |
| $50,000–74,999 | 842 | 8.6 | 6.2 | - | 11.0 | 837 | 11.6 | 8.8 | - | 14.5 |
| $75,000+ | 2,683 | 5.3 | 4.2 | - | 6.5 | 2,682 | 7.9 | 6.5 | - | 9.3 |
| \* White, Black, and Asian race categories refer to non-Hispanic  ¶ See p 62 for definition of disability  † Insufficient data | | | | | | | | | | |

# Section 2: Health Care Access and Utilization

## Section 2.1: Health Insurance Status

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Table 2.1 – Health Care Access Among Massachusetts Adults, 2019 | | | | | |
|  | No Health Insurance - ages 18-64  N % 95% CI | | | | |
| Overall | 4,547 | 4.4 | 3.6 | -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  - | 5.2 |
| Gender |  |  |  |  |  |
| male | 2,169 | 6.8 | 5.3 | - | 8.3 |
| female | 2,378 | 2.1 | 1.4 | - | 2.8 |
| Age Group |  |  |  |  |  |
| 18–24 | 485 | 3.9 | 2.1 |  | 5.8 |
| 25–34 | 731 | 7.6 | 5.0 | - | 10.2 |
| 35–44 | 837 | 4.9 | 3.3 | - | 6.5 |
| 45–54 | 1,024 | 3.8 | 1.8 | - | 5.7 |
| 55–64 | 1,470 | 2.1 | 1.3 | - | 2.9 |
| Race-ethnicity\* |  |  |  |  |  |
| white | 3,307 | 3.1 | 2.2 | - | 4.0 |
| black | 309 | 9.0 | 4.4 | - | 13.7 |
| hispanic | 541 | 8.9 | 6.2 | - | 11.5 |
| asian | † |  |  |  |  |
| Disability¶ |  |  |  |  |  |
| disability | 930 | 5.7 | 3.8 | - | 7.6 |
| no disability | 3,426 | 3.9 | 3.0 | - | 4.7 |
| Education |  |  |  |  |  |
| < high school | 245 | 14.3 | 8.3 | - | 20.3 |
| high school | 932 | 6.5 | 4.9 | - | 8.1 |
| college 1–3 yrs | 1,106 | 2.7 | 1.8 | - | 3.7 |
| college 4+ yrs | 2,239 | 1.5 | 0.9 | - | 2.1 |
| Household Income |  |  |  |  |  |
| <$25,000 | 620 | 8.3 | 5.7 | - | 10.9 |
| $25,000–34,999 | 181 | 14.6 | 7.6 |  | 21.6 |
| $35,000–49,999 | 378 | 4.3 | 2.0 |  | 6.6 |
| $50,000–74,999 | 452 | 4.2 | 2.1 |  | 6.4 |
| $75,000+ | 1,919 | 1.9 | 0.9 |  | 2.9 |
| \* White, Black, and Asian race categories refer to non-Hispanic  ¶ See p 62 for definition of disability  † Insufficient data | | | | | |

## Section 2.2: Health Care Access

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

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Table 2.2 – Health Care Access Among Massachusetts Adults,2019 | | | | | | | | | | |
|  | Have Personal Health Care Provider  N % 95% CI | | | | | Could Not See Doctor Due to Cost  N % 95% CI | | | | |
|  |
|  |
| Overall | 7,679 | 87.3 | 86.3 | - | 88.4 | 7,699 | 8.7 | 7.8 | - | 9.5 |
| Gender |  |  |  |  |  |  |  |  |  |  |
| male | 3,548 | 83.8 | 82.2 | - | 85.5 | 3,557 | 8.0 | 6.9 | - | 9.2 |
| female | 4,131 | 90.5 | 89.2 | - | 91.8 | 4,142 | 9.2 | 8.0 | - | 10.4 |
| Age Group |  |  |  |  |  |  |  |  |  |  |
| 18–24 | 548 | 75.6 | 71.4 | - | 79.7 | 557 | 13.9 | 10.5 | - | 17.2 |
| 25–34 | 886 | 75.8 | 72.3 | - | 79.3 | 890 | 12.3 | 9.7 | - | 14.9 |
| 35–44 | 904 | 86.4 | 83.9 | - | 88.8 | 903 | 7.7 | 5.8 | - | 9.5 |
| 45–54 | 1,064 | 91.4 | 88.9 | - | 93.8 | 1,066 | 8.5 | 6.5 | - | 10.5 |
| 55–64 | 1,525 | 93.7 | 92.3 | - | 95.0 | 1,523 | 7.2 | 5.7 | - | 8.8 |
| 65–74 | 1,431 | 95.9 | 94.5 | - | 97.4 | 1,433 | 4.2 | 2.9 | - | 5.4 |
| 75 and older | 1,082 | 95.7 | 93.9 | - | 97.4 | 1,087 | 5.7 | 3.6 |  | 7.8 |
| Race-ethnicity\* |  |  |  |  |  |  |  |  |  |  |
| white | 5,943 | 90.1 | 89.0 | - | 91.2 | 5,956 | 7.1 | 6.2 | - | 7.9 |
| black | 439 | 84.5 | 80.0 | - | 89.1 | 443 | 15.7 | 11.1 | - | 20.3 |
| hispanic | 694 | 77.9 | 74.1 | - | 81.6 | 690 | 15.6 | 12.4 | - | 18.9 |
| asian | 283 | 79.0 | 73.6 | - | 84.4 | 288 | 7.1 | 3.7 |  | 10.5 |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |
| disability | 2,017 | 88.4 | 86.4 | - | 90.5 | 2,016 | 15.9 | 13.7 | - | 18.1 |
| no disability | 5,355 | 87.2 | 86.0 | - | 88.4 | 5,375 | 6.3 | 5.5 | - | 7.2 |
| Education |  |  |  |  |  |  |  |  |  |  |
| < high school | 406 | 76.8 | 71.5 |  | 82.1 | 405 | 15.4 | 11.2 | - | 19.6 |
| high school | 1,555 | 86.0 | 83.9 | - | 88.1 | 1,562 | 9.9 | 8.2 | - | 11.6 |
| college 1–3 yrs | 1,814 | 87.8 | 85.8 | - | 89.8 | 1,815 | 9.3 | 7.6 | - | 11.0 |
| college 4+ yrs | 3,846 | 90.7 | 89.5 | - | 91.8 | 3,857 | 5.6 | 4.7 | - | 6.5 |
| Household Income |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 1,124 | 85.2 | 82.6 | - | 87.9 | 1,129 | 15.5 | 12.7 | - | 18.3 |
| $25,000–34,999 | 403 | 75.7 | 69.3 | - | 82.0 | 406 | 15.3 | 10.4 | - | 20.2 |
| $35,000–49,999 | 713 | 87.4 | 84.3 | - | 90.4 | 716 | 10.2 | 7.4 | - | 13.1 |
| $50,000–74,999 | 846 | 88.7 | 86.0 | - | 91.3 | 847 | 7.4 | 5.4 | - | 9.5 |
| $75,000+ | 2,707 | 91.9 | 90.5 | - | 93.3 | 2,705 | 4.7 | 3.7 | - | 5.7 |
| \* White, Black, and Asian race categories refer to non-Hispanic  ¶ See p 62 for definition of disability  † Insufficient data | | | | | | | | | | |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Table 2.2 (Continued) - Health Care Access Among Massachusetts Adults, 2019 | | | | | |
|  | Had a Routine Checkup in the Past Year  N % 95% CI | | | | |
| Overall | 7,642 | 81.8 | 80.7 | - | 83.0 |
| Gender |  |  |  |  |  |
| male | 3,531 | 78.8 | 77.0 | - | 80.6 |
| female | 4,111 | 84.6 | 83.1 | - | 86.2 |
| Age Group |  |  |  |  |  |
| 18–24 | 551 | 78.1 | 74.0 | - | 82.1 |
| 25–34 | 878 | 69.3 | 65.6 | - | 73.0 |
| 35–44 | 896 | 75.3 | 72.0 | - | 78.7 |
| 45–54 | 1,064 | 81.1 | 77.8 | - | 84.4 |
| 55–64 | 1,518 | 87.3 | 85.4 | - | 89.2 |
| 65–74 | 1,426 | 92.8 | 91.3 | - | 94.4 |
| 75 and older | 1,078 | 95.9 | 94.6 | - | 97.3 |
| Race-ethnicity\* |  |  |  |  |  |
| white | 5,920 | 82.7 | 81.4 | - | 84.0 |
| black | 437 | 82.4 | 77.3 | - | 87.5 |
| hispanic | 686 | 77.1 | 73.2 | - | 81.0 |
| asian | 286 | 78.3 | 72.4 | - | 84.3 |
| Disability¶ |  |  |  |  |  |
| disability | 2,006 | 85.7 | 83.5 |  | 87.9 |
| no disability | 5,331 | 80.5 | 79.1 |  | 81.9 |
| Education |  |  |  |  |  |
| < high school | 403 | 78.9 | 73.6 | - | 84.2 |
| high school | 1,543 | 82.4 | 80.1 | - | 84.8 |
| college 1–3 yrs | 1,807 | 82.3 | 80.1 | - | 84.6 |
| college 4+ yrs | 3,832 | 81.9 | 80.3 | - | 83.4 |
| Household Income |  |  |  |  |  |
| <$25,000 | 1,119 | 80.0 | 76.4 | - | 83.5 |
| $25,000–34,999 | 403 | 79.8 | 74.5 | - | 85.1 |
| $35,000–49,999 | 714 | 84.8 | 81.5 | - | 88.1 |
| $50,000–74,999 | 847 | 80.0 | 76.7 | - | 83.3 |
| $75,000+ | 2,689 | 81.0 | 79.1 | - | 83.0 |
| \* White, Black, and Asian race categories refer to non-Hispanic  ¶ See p 62 for definition of disability | | | | | |

# Section 3: Risk Factors and Preventive Behaviors

## Section 3.1: Tobacco Use

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

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Table 3.1.1 – Tobacco Use Among Massachusetts Adults**,** 2019 | | | | | | | | | | |
|  | Current Smoker  N % 95% CI | | | | | Former Smoker  N % 95% CI | | | | |
|  |
|  |
| Overall | 7,394 | 12.0 | 11.1 | - | 13.0 | 7,394 | 25.3 | 24.1 | - | 26.5 |
| Gender |  |  |  |  |  |  |  |  |  |  |
| male | 3,409 | 14.5 | 12.9 | - | 16.1 | 3,409 | 26.3 | 24.5 | - | 28.1 |
| female | 3,985 | 9.8 | 8.6 | - | 11.0 | 3,985 | 24.4 | 22.8 | - | 26.0 |
| Age Group |  |  |  |  |  |  |  |  |  |  |
| 18–24 | 539 | 7.9 | 5.1 | - | 10.7 | 539 | 4.8 | 3.1 | - | 6.6 |
| 25–34 | 848 | 14.9 | 11.8 | - | 18.1 | 848 | 16.3 | 13.2 | - | 19.4 |
| 35–44 | 864 | 14.3 | 11.5 | - | 17.1 | 864 | 21.0 | 17.8 | - | 24.2 |
| 45–54 | 1,020 | 14.2 | 11.5 | - | 16.9 | 1,020 | 24.1 | 20.9 | - | 27.3 |
| 55–64 | 1,461 | 14.5 | 12.4 | - | 16.7 | 1,461 | 31.6 | 28.7 | - | 34.5 |
| 65–74 | 1,399 | 10.5 | 8.4 | - | 12.6 | 1,399 | 39.3 | 36.1 | - | 42.5 |
| 75 and older | 1,052 | 4.9 | 3.3 | - | 6.5 | 1,052 | 49.5 | 45.6 | - | 53.4 |
| Race-ethnicity\* |  |  |  |  |  |  |  |  |  |  |
| white | 5,758 | 12.3 | 11.2 | - | 13.5 | 5,758 | 29.9 | 28.4 | - | 31.3 |
| black | 422 | 14.4 | 9.8 | - | 19.0 | 422 | 13.5 | 9.3 | - | 17.8 |
| hispanic | 649 | 12.3 | 9.3 | - | 15.3 | 649 | 14.2 | 10.9 | - | 17.4 |
| asian | 272 | 6.1 | 2.6 |  | 9.6 | 272 | 9.1 | 4.9 |  | 13.2 |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |
| disability | 1,988 | 19.1 | 16.9 | - | 21.3 | 1,988 | 34.0 | 31.3 | - | 36.7 |
| no disability | 5,317 | 9.7 | 8.6 | - | 10.8 | 5,317 | 22.4 | 21.0 | - | 23.7 |
| Education |  |  |  |  |  |  |  |  |  |  |
| < high school | 388 | 20.0 | 15.0 | - | 24.9 | 388 | 24.0 | 19.0 | - | 28.9 |
| high school | 1,481 | 17.7 | 15.3 | - | 20.0 | 1,481 | 30.3 | 27.5 | - | 33.2 |
| college 1–3 yrs | 1,748 | 14.4 | 12.4 | - | 16.5 | 1,748 | 26.3 | 23.9 | - | 28.7 |
| college 4+ yrs | 3,726 | 5.1 | 4.3 | - | 6.0 | 3,726 | 22.0 | 20.5 | - | 23.6 |
| Household Income |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 1,101 | 22.0 | 18.8 | - | 25.2 | 1,101 | 22.3 | 19.3 | - | 25.3 |
| $25,000–34,999 | 400 | 15.2 | 10.8 | - | 19.5 | 400 | 29.3 | 23.5 | - | 35.1 |
| $35,000–49,999 | 702 | 15.7 | 12.2 | - | 19.3 | 702 | 28.5 | 24.3 | - | 32.7 |
| $50,000–74,999 | 831 | 13.7 | 10.6 | - | 16.9 | 831 | 29.9 | 26.2 | - | 33.6 |
| $75,000+ | 2,668 | 8.5 | 7.0 | - | 10.1 | 2,668 | 25.6 | 23.6 | - | 27.6 |
| \* White, Black, and Asian race categories refer to non-Hispanic  ¶ See p 62 for definition of disability  † Insufficient data | | | | | | | | | | |

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, 2019 | | | | | |
|  | Use Smokeless tobacco  N % 95% CI | | | | |
| Overall | 7,460 | 2.1 | 1.6 | - | 2.5 |
| Gender |  |  |  |  |  |
| male | 3,434 | 3.3 | 2.5 | - | 4.1 |
| female | 4,026 | 1.0 | 0.5 |  | 1.4 |
| Age Group |  |  |  |  |  |
| 18–24 | 544 | 4.1 | 2.2 |  | 6.0 |
| 25–34 | 855 | 2.6 | 1.3 |  | 3.9 |
| 35–44 | 871 | 2.9 | 1.4 |  | 4.4 |
| 45–54 | 1,027 | 1.9 | 0.9 |  | 3.0 |
| 55–64 | 1,474 | 1.0 | 0.5 |  | 1.5 |
| 65–74 | † |  |  |  |  |
| 75 and older | † |  |  |  |  |
| Race-ethnicity\* |  |  |  |  |  |
| white | 5,802 | 2.0 | 1.5 | - | 2.6 |
| black | † |  |  |  |  |
| hispanic | † |  |  |  |  |
| asian | † |  |  |  |  |
| Disability¶ |  |  |  |  |  |
| disability | 2,015 | 1.6 | 1.0 | - | 2.2 |
| no disability | 5,356 | 2.2 | 1.6 | - | 2.7 |
| Education |  |  |  |  |  |
| < high school | † |  |  |  |  |
| high school | 1,501 | 2.8 | 1.8 | - | 3.9 |
| college 1–3 yrs | 1,764 | 2.5 | 1.5 | - | 3.5 |
| college 4+ yrs | 3,755 | 1.5 | 1.0 |  | 2.0 |
| Household Income |  |  |  |  |  |
| <$25,000 | † |  |  |  |  |
| $25,000–34,999 | † |  |  |  |  |
| $35,000–49,999 | † |  |  |  |  |
| $50,000–74,999 | † |  |  |  |  |
| $75,000+ | 2,683 | 2.4 | 1.6 | - | 3.1 |
| \* White, Black, and Asian race categories refer to non-Hispanic  ¶ See p 62 for definition of disability  † Insufficient data | | | | | |

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Table 3.1.3 – Electronic Vaping Product Use Among Massachusetts Adults, 2019 | | | | | |
|  | Use E-Cigarettes  N % 95% CI | | | | |
| Overall | 3,380 | 6.9 | 5.8 | - | 8.1 |
| Gender |  |  |  |  |  |
| male | 1,519 | 9.5 | 7.5 | - | 11.4 |
| female | 1,861 | 4.7 | 3.4 | - | 5.9 |
| Age Group |  |  |  |  |  |
| 18–24 | 212 | 24.5 | 18.0 | - | 30.9 |
| 25–34 | 340 | 10.2 | 6.9 | - | 13.6 |
| 35–44 | 399 | 5.4 | 3.0 | - | 7.8 |
| 45–54 | 490 | 4.5 | 2.3 | - | 6.7 |
| 55–64 | 682 | 3.0 | 1.9 | - | 4.2 |
| 65–74 | † |  |  |  |  |
| 75 and older | † |  |  |  |  |
| Race-ethnicity\* |  |  |  |  |  |
| white | 2,657 | 7.0 | 5.7 | - | 8.4 |
| black | † |  |  |  |  |
| hispanic | 267 | 7.1 | 3.5 |  | 10.6 |
| asian | 119 | 9.7 | 4.0 |  | 15.4 |
| Disability¶ |  |  |  |  |  |
| disability | 932 | 9.1 | 6.6 | - | 11.6 |
| no disability | 2,413 | 6.2 | 4.9 | - | 7.4 |
| Education |  |  |  |  |  |
| < high school | † |  |  |  |  |
| high school | 674 | 8.3 | 5.9 | - | 10.8 |
| college 1–3 yrs | 831 | 9.4 | 6.8 | - | 12.0 |
| college 4+ yrs | 1,699 | 4.6 | 3.2 | - | 6.0 |
| Household Income |  |  |  |  |  |
| <$25,000 | 480 | 9.9 | 6.6 | - | 13.3 |
| $25,000–34,999 | † |  |  |  |  |
| $35,000–49,999 | 330 | 9.5 | 5.2 | - | 13.9 |
| $50,000–74,999 | 377 | 6.1 | 3.1 | - | 9.1 |
| $75,000+ | 1,244 | 5.8 | 4.0 | - | 7.5 |
| \* White, Black, and Asian race categories refer to non-Hispanic  ¶ See p 62 for definition of disability  † Insufficient data | | | | | |

## 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**,** 2019 | | | | | |
|  | Quit Attempt  N % 95% CI | | | | |
| Overall | 821 | 55.3 | 51.0 | - | 59.7 |
| Gender |  |  |  |  |  |
| male | 444 | 55.6 | 49.6 | - | 61.6 |
| female | 377 | 55.0 | 48.7 | - | 61.4 |
| Age Group |  |  |  |  |  |
| 18–24 | † |  |  |  |  |
| 25–34 | 111 | 56.8 | 45.1 | - | 68.6 |
| 35–44 | 120 | 52.8 | 42.1 | - | 63.5 |
| 45–54 | 135 | 59.2 | 49.2 | - | 69.2 |
| 55–64 | 215 | 50.9 | 42.9 | - | 59.0 |
| 65–74 | 140 | 46.1 | 35.7 | - | 56.6 |
| 75 and older | † |  |  |  |  |
| Race-ethnicity\* |  |  |  |  |  |
| white | 633 | 54.1 | 49.1 | - | 59.1 |
| black | 53 | 65.4 | 49.6 |  | 81.2 |
| hispanic | 82 | 57.3 | 44.2 | - | 70.4 |
| asian | † |  |  |  |  |
| Disability¶ |  |  |  |  |  |
| disability | 366 | 57.1 | 50.7 | - | 63.4 |
| no disability | 449 | 53.8 | 47.8 | - | 59.8 |
| Education |  |  |  |  |  |
| < high school | 78 | 65.3 | 52.9 | - | 77.8 |
| high school | 267 | 52.1 | 44.7 | - | 59.4 |
| college 1–3 yrs | 261 | 52.7 | 45.1 | - | 60.2 |
| college 4+ yrs | 213 | 57.9 | 49.5 | - | 66.4 |
| Household Income |  |  |  |  |  |
| <$25,000 | 248 | 61.1 | 53.1 | - | 69.2 |
| $25,000–34,999 | 56 | 58.4 | 43.3 | - | 73.6 |
| $35,000–49,999 | 98 | 54.2 | 42.1 | - | 66.3 |
| $50,000–74,999 | 92 | 54.2 | 41.8 | - | 66.6 |
| $75,000+ | 185 | 51.2 | 41.7 | - | 60.8 |
| \* White, Black, and Asian race categories refer to non-Hispanic  ¶ See p 62 for definition of disability  † Insufficient data | | | | | |

## Section 3.3: 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 3.3 – Alcohol Use Among Massachusetts Adults**,** 2019 | | | | | | | | | | |
|  | Binge Drinking  N % 95% CI | | | | | Heavy Drinking  N % 95% CI | | | | |
|  |
|  |
| Overall | 7,232 | 19.1 | 17.9 | - | 20.3 | 7,184 | 7.8 | 6.9 | - | 8.6 |
| Gender |  |  |  |  |  |  |  |  |  |  |
| male | 3,313 | 23.2 | 21.3 | - | 25.1 | 3,287 | 8.0 | 6.7 | - | 9.4 |
| female | 3,919 | 15.4 | 13.9 | - | 17.0 | 3,897 | 7.5 | 6.5 | - | 8.6 |
| Age Group |  |  |  |  |  |  |  |  |  |  |
| 18–24 | 528 | 30.1 | 25.7 | - | 34.6 | 524 | 7.2 | 4.8 | - | 9.7 |
| 25–34 | 829 | 31.5 | 27.7 | - | 35.3 | 822 | 11.3 | 8.2 | - | 14.3 |
| 35–44 | 842 | 21.8 | 18.5 | - | 25.1 | 842 | 6.8 | 5.0 | - | 8.5 |
| 45–54 | 1,001 | 20.4 | 17.4 | - | 23.5 | 990 | 8.6 | 6.3 | - | 10.8 |
| 55–64 | 1,441 | 13.0 | 10.7 | - | 15.2 | 1,440 | 9.0 | 6.9 | - | 11.0 |
| 65–74 | 1,370 | 8.4 | 6.6 | - | 10.1 | 1,362 | 5.3 | 4.0 | - | 6.6 |
| 75 and older | 1,027 | 3.6 | 2.1 |  | 5.1 | 1,010 | 4.2 | 2.8 | - | 5.6 |
| Race-ethnicity\* |  |  |  |  |  |  |  |  |  |  |
| white | 5,657 | 21.0 | 19.5 | - | 22.4 | 5,631 | 8.9 | 7.9 | - | 10.0 |
| black | 412 | 15.2 | 10.6 | - | 19.8 | 403 | 5.1 | 2.4 |  | 7.9 |
| hispanic | 616 | 15.9 | 12.4 | - | 19.4 | 609 | 6.1 | 3.8 | - | 8.5 |
| asian | 264 | 11.1 | 6.7 | - | 15.4 | † |  |  |  |  |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |
| disability | 1,963 | 14.1 | 12.0 | - | 16.1 | 1,947 | 7.6 | 6.0 | - | 9.3 |
| no disability | 5,183 | 20.9 | 19.4 | - | 22.3 | 5,155 | 7.8 | 6.9 | - | 8.8 |
| Education |  |  |  |  |  |  |  |  |  |  |
| < high school | 364 | 15.5 | 10.5 | - | 20.4 | 357 | 8.4 | 4.3 |  | 12.4 |
| high school | 1,433 | 18.5 | 15.9 | - | 21.1 | 1,424 | 8.4 | 6.5 | - | 10.3 |
| college 1–3 yrs | 1,718 | 20.7 | 18.2 | - | 23.2 | 1,707 | 6.6 | 5.1 | - | 8.2 |
| college 4+ yrs | 3,675 | 19.5 | 17.8 | - | 21.1 | 3,656 | 8.0 | 6.9 | - | 9.1 |
| Household Income |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 1,067 | 15.6 | 12.6 | - | 18.6 | 1,061 | 6.1 | 4.3 | - | 7.8 |
| $25,000–34,999 | 392 | 9.8 | 6.4 | - | 13.2 | 387 | 4.8 | 2.2 | - | 7.4 |
| $35,000–49,999 | 690 | 14.8 | 11.3 | - | 18.4 | 685 | 9.7 | 6.7 | - | 12.8 |
| $50,000–74,999 | 821 | 24.1 | 20.3 | - | 27.9 | 817 | 8.9 | 6.5 | - | 11.3 |
| $75,000+ | 2,639 | 24.7 | 22.6 | - | 26.9 | 2,631 | 10.0 | 8.4 | - | 11.6 |
| \* White, Black, and Asian race categories refer to non-Hispanic  ¶ See p 62 for definition of disability  † Insufficient data | | | | | | | | | | |

## Section 3.4: 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 3.4 – Overweight and Obese Among Massachusetts Adults**,** 2019 | | | | | | | | | | |
|  | Overweight (BMI  25.0)  N % 95% CI | | | | | Obese (BMI  30.0)  N % 95% CI | | | | |
|  |
|  |
| Overall | 6,787 | 59.7 | 58.2 | - | 61.2 | 6,787 | 25.2 | 23.8 | - | 26.5 |
| Gender |  |  |  |  |  |  |  |  |  |  |
| male | 3,283 | 66.2 | 64.1 | - | 68.3 | 3,283 | 26.0 | 24.1 | - | 28.0 |
| female | 3,504 | 53.2 | 51.0 | - | 55.3 | 3,504 | 24.3 | 22.4 | - | 26.1 |
| Age Group |  |  |  |  |  |  |  |  |  |  |
| 18–24 | 500 | 38.4 | 33.3 | - | 43.4 | 500 | 15.2 | 11.2 | - | 19.2 |
| 25–34 | 767 | 48.9 | 44.6 | - | 53.2 | 767 | 20.5 | 16.9 | - | 24.0 |
| 35–44 | 783 | 68.2 | 64.4 | - | 72.1 | 783 | 32.1 | 28.2 | - | 36.0 |
| 45–54 | 933 | 65.7 | 62.1 | - | 69.3 | 933 | 26.4 | 23.1 | - | 29.7 |
| 55–64 | 1,372 | 67.3 | 64.3 | - | 70.4 | 1,372 | 28.8 | 25.8 | - | 31.7 |
| 65–74 | 1,295 | 68.3 | 65.1 | - | 71.5 | 1,295 | 30.4 | 27.2 | - | 33.6 |
| 75 and older | 1,004 | 59.1 | 55.2 | - | 62.9 | 1,004 | 21.5 | 18.2 | - | 24.8 |
| Race-ethnicity\* |  |  |  |  |  |  |  |  |  |  |
| white | 5,418 | 59.5 | 57.8 | - | 61.2 | 5,418 | 25.3 | 23.9 | - | 26.8 |
| black | 398 | 65.9 | 59.9 | - | 71.8 | 398 | 32.2 | 26.2 | - | 38.2 |
| hispanic | 493 | 67.1 | 62.0 | - | 72.2 | 493 | 28.0 | 23.0 | - | 33.0 |
| asian | 234 | 42.2 | 34.6 | - | 49.7 | 234 | 11.6 | 5.9 | - | 17.4 |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |
| disability | 1,813 | 66.0 | 63.1 | - | 68.9 | 1,813 | 34.4 | 31.5 | - | 37.3 |
| no disability | 4,852 | 57.7 | 56.0 | - | 59.5 | 4,852 | 22.2 | 20.7 | - | 23.7 |
| Education |  |  |  |  |  |  |  |  |  |  |
| < high school | 295 | 62.8 | 56.0 | - | 69.6 | 295 | 32.7 | 26.2 | - | 39.2 |
| high school | 1,357 | 62.7 | 59.5 | - | 65.9 | 1,357 | 27.0 | 24.2 | - | 29.8 |
| college 1–3 yrs | 1,638 | 61.5 | 58.5 | - | 64.6 | 1,638 | 29.4 | 26.6 | - | 32.2 |
| college 4+ yrs | 3,472 | 55.8 | 53.7 | - | 57.8 | 3,472 | 19.6 | 18.0 | - | 21.2 |
| Household Income |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 967 | 63.7 | 59.7 | - | 67.8 | 967 | 30.5 | 26.7 | - | 34.2 |
| $25,000–34,999 | 372 | 57.9 | 51.2 | - | 64.6 | 372 | 28.9 | 22.5 | - | 35.3 |
| $35,000–49,999 | 677 | 63.9 | 59.1 | - | 68.6 | 677 | 28.1 | 23.4 | - | 32.8 |
| $50,000–74,999 | 804 | 56.8 | 52.5 | - | 61.1 | 804 | 24.0 | 20.5 | - | 27.5 |
| $75,000+ | 2,556 | 59.9 | 57.5 | - | 62.3 | 2,556 | 24.0 | 22.0 | - | 26.1 |
| \* White, Black, and Asian race categories refer to non-Hispanic  ¶ See p 62 for definition of disability | | | | | | | | | | |

## Section 3.5: Physical Activity

In 2019, all respondents who reported ANY leisure-time physical activity were asked what two types of physical activity gave them the most exercise in the past month. They were also asked how frequently and for how long they took part in these activities. All respondents were also asked how frequently they took part in activities or exercises to strengthen muscles.

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

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Table 3.5 – Physical Activity Among Massachusetts Adults**,** 2019 | | | | | | | | | | |
|  | Met Aerobic Activity guideline  N % 95% CI | | | | | Met Muscle Strengthening Guideline  N % 95% CI | | | | |
|  |
|  |
| Overall | 6,839 | 52.8 | 51.2 | - | 54.3 | 7,192 | 33.2 | 31.8 | - | 34.6 |
| Gender |  |  |  |  |  |  |  |  |  |  |
| male | 3,153 | 54.3 | 52.0 | - | 56.5 | 3,297 | 35.5 | 33.4 | - | 37.6 |
| female | 3,686 | 51.4 | 49.3 | - | 53.5 | 3,895 | 31.2 | 29.3 | - | 33.1 |
| Age Group |  |  |  |  |  |  |  |  |  |  |
| 18–24 | 511 | 52.8 | 47.7 | - | 57.9 | 523 | 45.1 | 40.1 | - | 50.1 |
| 25–34 | 794 | 50.6 | 46.4 | - | 54.8 | 815 | 38.9 | 34.8 | - | 43.0 |
| 35–44 | 817 | 52.6 | 48.5 | - | 56.7 | 835 | 34.2 | 30.4 | - | 38.1 |
| 45–54 | 964 | 55.6 | 51.8 | - | 59.3 | 989 | 30.5 | 27.0 | - | 34.1 |
| 55–64 | 1,379 | 53.4 | 50.2 | - | 56.6 | 1,432 | 29.3 | 26.6 | - | 32.1 |
| 65–74 | 1,327 | 57.0 | 53.6 | - | 60.4 | 1,378 | 28.8 | 25.9 | - | 31.7 |
| 75 and older | 986 | 50.4 | 46.3 | - | 54.4 | 1,026 | 24.1 | 20.8 | - | 27.3 |
| Race-ethnicity\* |  |  |  |  |  |  |  |  |  |  |
| white | 5,349 | 56.5 | 54.8 | - | 58.2 | 5,610 | 34.2 | 32.6 | - | 35.8 |
| black | 396 | 47.0 | 40.7 | - | 53.3 | 413 | 36.7 | 30.7 | - | 42.6 |
| hispanic | 599 | 36.0 | 31.2 | - | 40.8 | 624 | 18.9 | 15.3 | - | 22.4 |
| asian | 251 | 46.9 | 39.8 | - | 54.0 | 266 | 38.4 | 31.3 | - | 45.6 |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |
| disability | 1,851 | 39.4 | 36.4 | - | 42.3 | 1,951 | 26.3 | 23.7 | - | 28.9 |
| no disability | 4,916 | 57.2 | 55.5 | - | 59.0 | 5,157 | 35.5 | 33.9 | - | 37.2 |
| Education |  |  |  |  |  |  |  |  |  |  |
| < high school | 363 | 32.3 | 26.4 | - | 38.2 | 371 | 21.9 | 16.5 | - | 27.3 |
| high school | 1,358 | 47.3 | 44.0 | - | 50.6 | 1,432 | 28.7 | 25.7 | - | 31.7 |
| college 1–3 yrs | 1,633 | 53.8 | 50.8 | - | 56.8 | 1,710 | 31.3 | 28.4 | - | 34.1 |
| college 4+ yrs | 3,456 | 60.8 | 58.7 | - | 62.8 | 3,637 | 40.2 | 38.3 | - | 42.2 |
| Household Income |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 1,026 | 42.9 | 38.8 | - | 46.9 | 1,075 | 24.9 | 21.2 | - | 28.6 |
| $25,000–34,999 | 366 | 38.7 | 32.3 | - | 45.1 | 387 | 26.1 | 20.1 | - | 32.0 |
| $35,000–49,999 | 668 | 50.6 | 45.6 | - | 55.5 | 679 | 28.3 | 23.8 | - | 32.8 |
| $50,000–74,999 | 785 | 54.5 | 50.2 | - | 58.9 | 812 | 36.0 | 31.9 | - | 40.0 |
| $75,000+ | 2,508 | 62.9 | 60.5 | - | 65.2 | 2,611 | 39.5 | 37.2 | - | 41.8 |
| \* White, Black, and Asian race categories refer to non-Hispanic  ¶ See p 62 for definition of disability | | | | | | | | | | |

## Section 3.6: 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 3.6 – Fruit and Vegetable Consumption Among Massachusetts Adults, 2019 2011 | | | | | |
|  | consumed fruits and vegetables five or more times per day  N % 95% CI | | | | |
| Overall | 6,662 | 17.2 | 16.1 | - | 18.4 |
| Gender |  |  |  |  |  |
| male | 3,049 | 15.9 | 14.3 | - | 17.6 |
| female | 3,613 | 18.4 | 16.7 | - | 20.0 |
| Age Group |  |  |  |  |  |
| 18–24 | 484 | 16.9 | 12.9 | - | 21.0 |
| 25–34 | 762 | 15.2 | 12.2 | - | 18.2 |
| 35–44 | 786 | 20.2 | 16.9 | - | 23.4 |
| 45–54 | 923 | 18.7 | 15.4 | - | 22.0 |
| 55–64 | 1,354 | 15.2 | 12.9 | - | 17.4 |
| 65–74 | 1,277 | 17.0 | 14.4 | - | 19.6 |
| 75 and older | 910 | 17.5 | 14.3 | - | 20.7 |
| Race-ethnicity\* |  |  |  |  |  |
| white | 5,261 | 17.9 | 16.6 | - | 19.2 |
| black | 360 | 16.3 | 11.8 | - | 20.7 |
| hispanic | 553 | 13.0 | 9.7 | - | 16.3 |
| asian | 247 | 16.7 | 10.8 | - | 22.6 |
| Disability¶ |  |  |  |  |  |
| disability | 1,743 | 15.7 | 13.5 | - | 17.9 |
| no disability | 4,852 | 17.6 | 16.3 | - | 19.0 |
| Education |  |  |  |  |  |
| < high school | 324 | 14.3 | 9.7 | - | 18.9 |
| high school | 1,270 | 14.6 | 12.1 | - | 17.1 |
| college 1–3 yrs | 1,591 | 17.7 | 15.2 | - | 20.1 |
| college 4+ yrs | 3,448 | 19.0 | 17.4 | - | 20.6 |
| Household Income |  |  |  |  |  |
| <$25,000 | 945 | 16.8 | 13.4 | - | 20.2 |
| $25,000–34,999 | 353 | 13.6 | 9.2 | - | 18.0 |
| $35,000–49,999 | 642 | 17.1 | 13.4 | - | 20.7 |
| $50,000–74,999 | 773 | 16.5 | 13.3 | - | 19.7 |
| $75,000+ | 2,518 | 19.0 | 17.0 | - | 20.9 |
| \* White, Black, and Asian race categories refer to non-Hispanic  ¶ See p 62 for definition of disability | | | | | |

## Section 3.7 Cholesterol Awareness

All respondents were asked how long it had been since they last had their cholesterol level 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 3.7 – Cholesterol Awareness Among Massachusetts Adults,2019 | | | | | | | | | | |
|  | Cholesterol Checked in Past 5 Years  N % 95% CI | | | | | High Cholesterol\*\*  N % 95% CI | | | | |
|  |
|  |
| Overall | 7,146 | 90.6 | 89.6 | - | 91.6 | 6,536 | 31.1 | 29.7 | - | 32.5 |
| Gender |  |  |  |  |  |  |  |  |  |  |
| male | 3,286 | 89.2 | 87.6 | - | 90.7 | 2,961 | 34.3 | 32.2 | - | 36.5 |
| female | 3,860 | 92.0 | 90.8 | - | 93.2 | 3,575 | 28.3 | 26.5 | - | 30.1 |
| Age Group |  |  |  |  |  |  |  |  |  |  |
| 18–24 | 435 | 76.4 | 71.9 | - | 81.0 | 325 | 8.4 | 4.9 | - | 11.9 |
| 25–34 | 763 | 84.5 | 81.1 | - | 87.9 | 638 | 10.7 | 8.0 | - | 13.4 |
| 35–44 | 829 | 90.6 | 88.1 | - | 93.0 | 747 | 20.5 | 16.8 | - | 24.2 |
| 45–54 | 1,020 | 91.9 | 89.3 | - | 94.4 | 943 | 29.6 | 26.0 | - | 33.2 |
| 55–64 | 1,481 | 95.5 | 94.2 | - | 96.8 | 1,406 | 44.2 | 41.0 | - | 47.4 |
| 65–74 | 1,383 | 97.0 | 95.9 | - | 98.1 | 1,323 | 52.9 | 49.5 | - | 56.3 |
| 75 and older | 1,024 | 97.4 | 96.3 | - | 98.5 | 971 | 44.3 | 40.3 | - | 48.3 |
| Race-ethnicity\* |  |  |  |  |  |  |  |  |  |  |
| white | 5,581 | 91.9 | 90.8 | - | 92.9 | 5,178 | 32.3 | 30.8 | - | 33.8 |
| black | 403 | 88.1 | 83.5 | - | 92.7 | 360 | 30.5 | 24.7 | - | 36.4 |
| hispanic | 623 | 87.1 | 84.0 | - | 90.3 | 535 | 31.4 | 26.2 | - | 36.6 |
| asian | 253 | 85.8 | 80.4 | - | 91.1 | 208 | 19.5 | 12.9 | - | 26.1 |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |
| disability | 1,848 | 90.5 | 88.4 | - | 92.6 | 1,696 | 41.4 | 38.4 | - | 44.4 |
| no disability | 5,022 | 90.7 | 89.6 | - | 91.8 | 4,597 | 27.9 | 26.3 | - | 29.5 |
| Education |  |  |  |  |  |  |  |  |  |  |
| < high school | 354 | 85.1 | 80.0 | - | 90.3 | 303 | 45.3 | 38.4 | - | 52.1 |
| high school | 1,418 | 88.5 | 86.4 | - | 90.6 | 1,264 | 30.1 | 27.1 | - | 33.0 |
| college 1–3 yrs | 1,672 | 90.1 | 88.0 | - | 92.1 | 1,521 | 31.6 | 28.8 | - | 34.3 |
| college 4+ yrs | 3,652 | 93.7 | 92.7 | - | 94.7 | 3,406 | 28.6 | 26.9 | - | 30.4 |
| Household Income |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 1,031 | 86.7 | 83.8 | - | 89.7 | 912 | 35.0 | 30.9 | - | 39.1 |
| $25,000–34,999 | 371 | 87.5 | 82.6 | - | 92.4 | 329 | 30.5 | 24.4 | - | 36.6 |
| $35,000–49,999 | 660 | 91.9 | 88.6 | - | 95.3 | 614 | 34.6 | 29.8 | - | 39.5 |
| $50,000–74,999 | 796 | 91.7 | 89.4 | - | 94.1 | 732 | 31.5 | 27.5 | - | 35.6 |
| $75,000+ | 2,579 | 92.6 | 91.1 | - | 94.0 | 2,416 | 29.2 | 27.0 | - | 31.3 |
| \* White, Black, and Asian race categories refer to non-Hispanic  ¶ See p 62 for definition of disability  \*\* Analysis conducted among those who reported having their cholesterol checked. | | | | | | | | | | |

## Section 3.8: Hypertension Awareness

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

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Table 3.8 – Hypertension Awareness Among Massachusetts Adults, 2019 | | | | | | | | | | |
|  | High Blood Pressure  N % 95% CI | | | | | Take Medicine for High Blood Pressure\*\*  N % 95% CI | | | | |
|  |
|  |
| Overall | 7,684 | 28.1 | 26.9 | - | 29.3 | 2,593 | 76.7 | 74.5 | - | 78.9 |
| Gender |  |  |  |  |  |  |  |  |  |  |
| male | 3,552 | 30.9 | 29.0 | - | 32.7 | 1,297 | 73.2 | 70.0 | - | 76.4 |
| female | 4,132 | 25.5 | 23.9 | - | 27.1 | 1,296 | 80.5 | 77.5 | - | 83.6 |
| Age Group |  |  |  |  |  |  |  |  |  |  |
| 18–24 | 559 | 6.0 | 3.8 |  | 8.3 | † |  |  |  |  |
| 25–34 | 890 | 9.7 | 7.6 | - | 11.8 | 99 | 18.4 | 10.1 | - | 26.6 |
| 35–44 | 904 | 17.4 | 14.3 | - | 20.4 | 158 | 53.0 | 43.3 | - | 62.6 |
| 45–54 | 1,068 | 24.9 | 21.8 | - | 28.1 | 273 | 69.2 | 62.5 | - | 75.9 |
| 55–64 | 1,522 | 39.3 | 36.2 | - | 42.3 | 576 | 85.1 | 81.8 | - | 88.5 |
| 65–74 | 1,429 | 54.4 | 51.2 | - | 57.7 | 760 | 91.8 | 89.6 | - | 94.1 |
| 75 and older | 1,081 | 59.4 | 55.6 | - | 63.1 | 636 | 92.7 | 90.0 | - | 95.5 |
| Race-ethnicity\* |  |  |  |  |  |  |  |  |  |  |
| white | 5,938 | 29.9 | 28.5 | - | 31.2 | 2,095 | 77.3 | 74.8 | - | 79.7 |
| black | 444 | 30.2 | 24.8 | - | 35.6 | 171 | 81.6 | 74.3 | - | 88.9 |
| hispanic | 695 | 24.8 | 20.6 | - | 29.0 | 178 | 75.3 | 66.2 | - | 84.3 |
| asian | 289 | 11.9 | 7.5 | - | 16.4 | † |  |  |  |  |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |
| disability | 2,015 | 44.8 | 41.9 | - | 47.6 | 1,016 | 80.1 | 76.5 | - | 83.7 |
| no disability | 5,368 | 22.9 | 21.6 | - | 24.2 | 1,498 | 73.9 | 71.0 | - | 76.9 |
| Education |  |  |  |  |  |  |  |  |  |  |
| < high school | 408 | 36.1 | 30.4 | - | 41.7 | 164 | 77.9 | 69.7 | - | 86.2 |
| high school | 1,560 | 32.1 | 29.4 | - | 34.8 | 614 | 78.0 | 73.7 | - | 82.2 |
| college 1–3 yrs | 1,814 | 27.9 | 25.5 | - | 30.2 | 653 | 76.6 | 72.4 | - | 80.9 |
| college 4+ yrs | 3,846 | 23.6 | 22.0 | - | 25.1 | 1,146 | 75.0 | 71.6 | - | 78.3 |
| Household Income |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 1,129 | 36.9 | 33.2 | - | 40.6 | 494 | 75.1 | 69.4 | - | 80.7 |
| $25,000–34,999 | 407 | 34.5 | 28.8 | - | 40.2 | 172 | 77.7 | 68.9 | - | 86.6 |
| $35,000–49,999 | 717 | 28.0 | 23.9 | - | 32.0 | 254 | 76.5 | 69.5 | - | 83.4 |
| $50,000–74,999 | 841 | 31.9 | 28.1 | - | 35.6 | 309 | 82.7 | 77.8 | - | 87.7 |
| $75,000+ | 2,707 | 22.4 | 20.5 | - | 24.2 | 707 | 71.0 | 66.5 | - | 75.4 |
| \* White, Black, and Asian race categories refer to non-Hispanic  ¶ See p 62 for definition of disability  \*\* Analysis conducted among those who reported having high blood pressure  † Insufficient data | | | | | | | | | | |

# Section 4: Immunization

## Section 4.1: Flu Vaccine and Pneumonia Vaccine

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

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Table 4.1.1 – Flu Vaccine Among Massachusetts Adults, Ages 18-64, 2019 | | | | | | | | | | |
| N % 95% CI | Flu vaccine in past year, Ages 18-49  N % 95% CI | | | | | Flu vaccine in past year, Ages 50-64  N % 95% CI | | | | |
|  |
|  |
| Overall | 2,586 | 42.1 | 39.8 | - | 44.4 | 2,010 | 53.0 | 50.4 | - | 55.7 |
| Gender |  |  |  |  |  |  |  |  |  |  |
| male | 1,281 | 35.8 | 32.6 | - | 39.0 | 922 | 49.9 | 46.0 | - | 53.9 |
| female | 1,305 | 48.2 | 44.9 | - | 51.5 | 1,088 | 55.8 | 52.2 | - | 59.4 |
| Age Group |  |  |  |  |  |  |  |  |  |  |
| 18–24 | 514 | 41.3 | 36.3 | - | 46.4 |  |  |  |  |  |
| 25–34 | 813 | 38.8 | 34.8 | - | 42.8 |  |  |  |  |  |
| 35–44 | 838 | 44.0 | 40.0 | - | 48.0 |  |  |  |  |  |
| 45–49 | 421 | 47.6 | 41.7 | - | 53.5 |  |  |  |  |  |
| 50–64 |  |  |  |  |  | 2,010 | 53.0 | 50.4 | - | 55.7 |
| Race-ethnicity\* |  |  |  |  |  |  |  |  |  |  |
| white | 1,709 | 44.2 | 41.4 | - | 47.1 | 1,671 | 53.0 | 50.2 | - | 55.9 |
| black | 204 | 35.6 | 27.6 | - | 43.5 | 102 | 52.5 | 39.8 | - | 65.1 |
| hispanic | 381 | 40.0 | 33.8 | - | 46.2 | 127 | 55.2 | 44.4 | - | 66.0 |
| asian | 207 | 40.0 | 32.1 | - | 48.0 | † |  |  |  |  |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |
| disability | 453 | 36.7 | 31.2 | - | 42.1 | 499 | 49.1 | 43.6 | - | 54.6 |
| no disability | 2,106 | 43.5 | 40.9 | - | 46.0 | 1,488 | 54.4 | 51.3 | - | 57.4 |
| Education |  |  |  |  |  |  |  |  |  |  |
| < high school | 140 | 39.3 | 29.9 | - | 48.6 | 92 | 49.0 | 37.3 | - | 60.8 |
| high school | 492 | 36.9 | 31.9 | - | 42.0 | 398 | 42.9 | 37.1 | - | 48.8 |
| college 1–3 yrs | 628 | 35.3 | 30.8 | - | 39.8 | 478 | 49.4 | 44.1 | - | 54.7 |
| college 4+ yrs | 1,319 | 50.6 | 47.5 | - | 53.7 | 1,032 | 62.4 | 58.9 | - | 65.9 |
| Household Income |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 354 | 35.9 | 29.7 | - | 42.2 | 276 | 45.3 | 38.1 | - | 52.6 |
| $25,000–34,999 | 113 | 41.3 | 29.9 | - | 52.8 | 75 | 41.6 | 27.5 | - | 55.7 |
| $35,000–49,999 | 231 | 33.1 | 25.9 | - | 40.2 | 152 | 41.8 | 31.9 | - | 51.8 |
| $50,000–74,999 | 286 | 38.6 | 32.1 | - | 45.1 | 192 | 56.9 | 48.5 | - | 65.3 |
| $75,000+ | 1,076 | 48.4 | 44.9 | - | 52.0 | 952 | 57.3 | 53.5 | - | 61.1 |
| \* White, Black, and Asian race categories refer to non-Hispanic  ¶ See p 62 for definition of disability  † Insufficient data | | | | | | | | | | |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Table 4.1.2 – Flu Vaccine Among Massachusetts Adults, Ages 65 Years and Older, 2019 | | | | | |
|  | Flu vaccine in past year, Ages 65+  N % 95% CI | | | | |
| Overall | 2,432 | 67.6 | 65.2 | - | 70.0 |
| Gender |  |  |  |  |  |
| male | 1,041 | 67.1 | 63.3 | - | 70.8 |
| female | 1,391 | 68.0 | 64.8 | - | 71.2 |
| Age Group |  |  |  |  |  |
| 65–74 | 1,396 | 64.4 | 61.2 | - | 67.6 |
| 75 and older | 1,036 | 72.1 | 68.4 | - | 75.8 |
| Race-ethnicity\* |  |  |  |  |  |
| white | 2,143 | 68.4 | 65.9 | - | 70.9 |
| black | 91 | 66.4 | 53.2 | - | 79.6 |
| hispanic | 96 | 71.9 | 60.8 | - | 83.1 |
| asian | † |  |  |  |  |
| Disability¶ |  |  |  |  |  |
| disability | 966 | 69.3 | 65.4 | - | 73.1 |
| no disability | 1,436 | 66.3 | 63.2 | - | 69.5 |
| Education |  |  |  |  |  |
| < high school | 129 | 67.7 | 57.8 | - | 77.7 |
| high school | 516 | 60.7 | 55.5 | - | 65.9 |
| college 1–3 yrs | 571 | 66.2 | 61.5 | - | 70.9 |
| college 4+ yrs | 1,210 | 73.5 | 70.6 | - | 76.5 |
| Household Income |  |  |  |  |  |
| <$25,000 | 428 | 65.1 | 59.1 | - | 71.1 |
| $25,000–34,999 | 199 | 58.9 | 50.4 | - | 67.5 |
| $35,000–49,999 | 287 | 64.5 | 57.1 | - | 71.9 |
| $50,000–74,999 | 319 | 70.1 | 63.7 | - | 76.4 |
| $75,000+ | 560 | 75.2 | 70.8 | - | 79.6 |
| \* White, Black, and Asian race categories refer to non-Hispanic  ¶ See p 62 for definition of disability  † Insufficient data | | | | | |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Table 4.1.3 – Pneumonia Vaccine Among Massachusetts Adults, Ages 65 Years and Older, 2019 | | | | | |
|  | Ever had Pneumonia Vaccine  N % 95% CI | | | | |
|
| Overall | 2,300 | 75.0 | 72.8 | - | 77.2 |
| Gender |  |  |  |  |  |
| male | 975 | 70.0 | 66.4 | - | 73.6 |
| female | 1,325 | 78.9 | 76.2 | - | 81.6 |
| Age Group |  |  |  |  |  |
| 65–74 | 1,325 | 72.2 | 69.3 | - | 75.2 |
| 75 and older | 975 | 78.9 | 75.6 | - | 82.2 |
| Race-ethnicity\* |  |  |  |  |  |
| white | 2,042 | 76.3 | 74.1 | - | 78.5 |
| black | 82 | 67.4 | 53.0 | - | 81.8 |
| hispanic | 83 | 64.9 | 52.4 | - | 77.4 |
| asian | † |  |  |  |  |
| Disability¶ |  |  |  |  |  |
| disability | 910 | 77.3 | 73.9 | - | 80.7 |
| no disability | 1,366 | 73.1 | 70.2 | - | 76.0 |
| Education |  |  |  |  |  |
| < high school | 118 | 66.6 | 57.0 | - | 76.2 |
| high school | 480 | 74.9 | 70.3 | - | 79.5 |
| college 1–3 yrs | 544 | 79.4 | 75.4 | - | 83.3 |
| college 4+ yrs | 1,153 | 74.5 | 71.5 | - | 77.5 |
| Household Income |  |  |  |  |  |
| <$25,000 | 405 | 68.4 | 62.5 | - | 74.3 |
| $25,000–34,999 | 179 | 76.2 | 68.4 | - | 83.9 |
| $35,000–49,999 | 280 | 78.5 | 72.8 | - | 84.2 |
| $50,000–74,999 | 311 | 79.1 | 73.7 | - | 84.6 |
| $75,000+ | 530 | 76.0 | 71.7 | - | 80.3 |
| \* White, Black, and Asian race categories refer to non-Hispanic  † Insufficient data  ¶ See p 62 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, 2019 | | | | | | | | | | |
|  | Ever had HPV Vaccine  N % 95% CI | | | | | Completed Series \*\*  N % 95% CI | | | | |
|  |
|  |
| Overall | 222 | 61.5 | 54.2 | - | 68.9 | 120 | 84.7 | 77.4 | - | 92.1 |
| Age Group |  |  |  |  |  |  |  |  |  |  |
| 18–24 | 69 | 75.5 | 63.2 | - | 87.8 | † |  |  |  |  |
| 25–34 | 153 | 53.9 | 45.1 | - | 62.7 | 76 | 85.1 | 75.8 |  | 94.3 |
| Race-ethnicity\* |  |  |  |  |  |  |  |  |  |  |
| white | 134 | 70.6 | 62.1 | - | 79.1 | 84 | 87.9 | 80.0 | - | 95.9 |
| black | † |  |  |  |  | † |  |  |  |  |
| hispanic | † |  |  |  |  | † |  |  |  |  |
| asian | † |  |  |  |  | † |  |  |  |  |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |
| disability | † |  |  |  |  | † |  |  |  |  |
| no disability | 181 | 60.9 | 52.7 | - | 69.2 | 97 | 85.1 | 76.9 | - | 93.3 |
| Education |  |  |  |  |  |  |  |  |  |  |
| < high school | † |  |  |  |  | † |  |  |  |  |
| high school | † |  |  |  |  | † |  |  |  |  |
| college 1–3 yrs | 66 | 66.9 | 54.8 |  | 78.9 | † |  |  |  |  |
| college 4+ yrs | 103 | 66.2 | 55.7 | - | 76.6 | 66 | 91.9 | 85.6 |  | 98.3 |
| Household Income |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | † |  |  |  |  | † |  |  |  |  |
| $25,000–34,999 | † |  |  |  |  | † |  |  |  |  |
| $35,000–49,999 | † |  |  |  |  | † |  |  |  |  |
| $50,000–74,999 | † |  |  |  |  | † |  |  |  |  |
| $75,000+ | 68 | 67.3 | 54.7 | - | 79.9 | † |  |  |  |  |
| \* White, Black, and Asian race categories refer to non-Hispanic  ¶ See p 62 for definition of disability  \*\* Analysis conducted among those who reported ever having had vaccine  † Insufficient data | | | | | | | | | | |

## Section 4.3: Hepatitis B Virus (HBV) Vaccination

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Table 4.3 – Hepatitis B Vaccine Among Massachusetts Adults, 2019 | | | | | |
|  | Received 3 shots HBV Vaccine  N % 95% CI | | | | |
| Overall | 2,713 | 43.1 | 40.7 | - | 45.5 |
| Gender |  |  |  |  |  |
| male | 1,219 | 36.7 | 33.3 | - | 40.1 |
| female | 1,494 | 48.9 | 45.7 | - | 52.2 |
| Age Group |  |  |  |  |  |
| 18–24 | 162 | 65.1 | 56.5 | - | 73.6 |
| 25–34 | 242 | 58.3 | 51.2 | - | 65.4 |
| 35–44 | 321 | 54.5 | 48.3 | - | 60.7 |
| 45–54 | 388 | 39.8 | 34.1 | - | 45.5 |
| 55–64 | 576 | 36.4 | 31.5 | - | 41.2 |
| 65–74 | 553 | 30.9 | 25.7 | - | 36.2 |
| 75 and older | 401 | 14.2 | 10.1 | - | 18.4 |
| Race-ethnicity\* |  |  |  |  |  |
| white | 2,131 | 42.2 | 39.5 | - | 44.9 |
| black | 175 | 45.4 | 36.1 | - | 54.8 |
| hispanic | 218 | 44.5 | 36.6 | - | 52.3 |
| asian | 81 | 54.2 | 41.6 | - | 66.8 |
| Disability¶ |  |  |  |  |  |
| disability | 747 | 38.8 | 34.1 |  | 43.5 |
| no disability | 1,942 | 44.6 | 41.8 |  | 47.4 |
| Education |  |  |  |  |  |
| < high school | 128 | 30.6 | 21.0 | - | 40.1 |
| high school | 547 | 34.6 | 29.5 | - | 39.6 |
| college 1–3 yrs | 673 | 47.9 | 43.1 | - | 52.6 |
| college 4+ yrs | 1,348 | 48.4 | 45.2 | - | 51.6 |
| Household Income |  |  |  |  |  |
| <$25,000 | 400 | 37.6 | 31.1 | - | 44.0 |
| $25,000–34,999 | 145 | 28.6 | 19.1 | - | 38.0 |
| $35,000–49,999 | 277 | 41.7 | 34.4 | - | 48.9 |
| $50,000–74,999 | 305 | 41.2 | 34.4 | - | 48.1 |
| $75,000+ | 980 | 48.8 | 44.9 | - | 52.6 |
| \* White, Black, and Asian race categories refer to non-Hispanic  ¶ See p 62 for definition of disability | | | | | |

## Section 4.4: Herpes Zoster (Shingles) Vaccination

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Table 4.4 – Shingles Vaccine Among Massachusetts Adults, Age 60+, 2019 | | | | | |
|  | Ever Had Shingles Vaccine  N % 95% CI | | | | |
| Overall | 1,485 | 42.3 | 39.1 | - | 45.6 |
| Gender |  |  |  |  |  |
| male | 639 | 39.0 | 33.9 | - | 44.0 |
| female | 846 | 45.1 | 40.8 | - | 49.3 |
| Age Group |  |  |  |  |  |
| 60-69 | 706 | 35.0 | 30.6 | - | 39.4 |
| 70-79 | 508 | 54.1 | 48.5 | - | 59.6 |
| 80 and older | 271 | 43.8 | 35.9 | - | 51.7 |
| Race-ethnicity\* |  |  |  |  |  |
| white | 1,317 | 43.8 | 40.5 | - | 47.2 |
| black | 56 | 34.3 | 17.8 | - | 50.8 |
| hispanic | 55 | 23.0 | 10.7 | - | 35.3 |
| asian | † |  |  |  |  |
| Disability¶ |  |  |  |  |  |
| disability | 528 | 40.5 | 34.9 |  | 46.2 |
| no disability | 943 | 43.3 | 39.3 |  | 47.3 |
| Education |  |  |  |  |  |
| < high school | 69 | 28.6 | 16.0 | - | 41.2 |
| high school | 293 | 40.6 | 33.3 | - | 48.0 |
| college 1–3 yrs | 366 | 38.4 | 32.4 | - | 44.5 |
| college 4+ yrs | 755 | 49.4 | 45.0 | - | 53.7 |
| Household Income |  |  |  |  |  |
| <$25,000 | 237 | 29.3 | 21.9 | - | 36.7 |
| $25,000–34,999 | 113 | 32.7 | 22.7 | - | 42.8 |
| $35,000–49,999 | 175 | 40.2 | 30.7 | - | 49.7 |
| $50,000–74,999 | 181 | 51.5 | 42.6 | - | 60.5 |
| $75,000+ | 426 | 46.3 | 40.6 | - | 52.0 |
| \* White, Black, and Asian race categories refer to non-Hispanic  ¶ See p 62 for definition of disability  † Insufficient data | | | | | |

# Section 5: Chronic Health Conditions

## Section 5.1: Diabetes

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

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Table 5.1 – Diabetes Among Massachusetts Adults**,** 2019 | | | | | | | | | | |
|  | Pre-Diabetes  N % 95% CI | | | | | Diabetes  N % 95% CI | | | | |
|  |
|  |
| Overall | 3,233 | 7.1 | 6.2 | - | 8.1 | 7,710 | 8.4 | 7.6 | - | 9.2 |
| Gender |  |  |  |  |  |  |  |  |  |  |
| male | 1,426 | 6.7 | 5.3 | - | 8.1 | 3,565 | 9.3 | 8.1 | - | 10.5 |
| female | 1,807 | 7.5 | 6.1 | - | 8.9 | 4,145 | 7.6 | 6.6 | - | 8.6 |
| Age Group |  |  |  |  |  |  |  |  |  |  |
| 18–24 | † |  |  |  |  | † |  |  |  |  |
| 25–34 | † |  |  |  |  | 891 | 1.3 | 0.6 |  | 2.0 |
| 35–44 | 421 | 5.6 | 3.0 |  | 8.1 | 905 | 3.6 | 2.3 | - | 4.9 |
| 45–54 | 485 | 7.9 | 5.3 | - | 10.4 | 1,068 | 7.5 | 5.5 | - | 9.5 |
| 55–64 | 644 | 10.0 | 7.4 | - | 12.7 | 1,527 | 12.6 | 10.3 | - | 14.8 |
| 65–74 | 576 | 16.0 | 11.9 | - | 20.1 | 1,437 | 18.1 | 15.4 | - | 20.7 |
| 75 and older | 430 | 12.2 | 8.6 | - | 15.7 | 1,087 | 19.1 | 16.0 | - | 22.3 |
| Race-ethnicity\* |  |  |  |  |  |  |  |  |  |  |
| white | 2,524 | 6.6 | 5.6 | - | 7.7 | 5,961 | 7.9 | 7.1 | - | 8.7 |
| black | 192 | 11.5 | 5.8 | - | 17.2 | 445 | 12.8 | 8.6 | - | 16.9 |
| hispanic | 273 | 10.0 | 6.4 | - | 13.6 | 697 | 10.6 | 7.7 | - | 13.5 |
| asian | † |  |  |  |  | † |  |  |  |  |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |
| disability | 768 | 12.1 | 9.6 | - | 14.6 | 2,026 | 17.1 | 15.1 | - | 19.2 |
| no disability | 2,362 | 5.9 | 4.8 | - | 7.0 | 5,382 | 5.4 | 4.7 | - | 6.2 |
| Education |  |  |  |  |  |  |  |  |  |  |
| < high school | 141 | 8.7 | 4.3 | - | 13.0 | 410 | 16.4 | 11.9 |  | 20.8 |
| high school | 627 | 8.7 | 6.3 | - | 11.0 | 1,562 | 10.3 | 8.7 | - | 12.0 |
| college 1–3 yrs | 780 | 6.6 | 4.9 | - | 8.4 | 1,822 | 8.0 | 6.6 | - | 9.4 |
| college 4+ yrs | 1,664 | 6.3 | 5.0 | - | 7.6 | 3,858 | 5.3 | 4.6 | - | 6.1 |
| Household Income |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 412 | 11.2 | 7.9 | - | 14.6 | 1,133 | 14.0 | 11.5 | - | 16.4 |
| $25,000–34,999 | 173 | 8.0 | 3.3 | - | 12.7 | 405 | 9.4 | 6.3 | - | 12.5 |
| $35,000–49,999 | 305 | 11.8 | 6.9 | - | 16.6 | 715 | 10.9 | 7.5 |  | 14.2 |
| $50,000–74,999 | 356 | 7.2 | 4.4 | - | 10.1 | 847 | 8.6 | 6.4 | - | 10.8 |
| $75,000+ | 1,202 | 5.5 | 4.1 | - | 6.8 | 2,712 | 5.5 | 4.5 | - | 6.5 |
| \* White, Black, and Asian race categories refer to non-Hispanic  ¶ See p 62 for definition of disability  † Insufficient data | | | | | | | | | | |

## 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, 2019 | | | | | | | | | | |
|  | Ever Had Asthma  N % 95% CI | | | | | Currently Have Asthma  N % 95% CI | | | | |
|  |
|  |
| Overall | 7,686 | 15.5 | 14.4 | - | 16.5 | 7,658 | 10.3 | 9.4 | - | 11.2 |
| Gender |  |  |  |  |  |  |  |  |  |  |
| male | 3,559 | 12.6 | 11.2 | - | 14.0 | 3,540 | 7.2 | 6.2 | - | 8.3 |
| female | 4,127 | 18.2 | 16.6 | - | 19.7 | 4,118 | 13.1 | 11.8 | - | 14.5 |
| Age Group |  |  |  |  |  |  |  |  |  |  |
| 18–24 | 557 | 21.1 | 17.1 | - | 25.1 | 553 | 13.5 | 10.1 | - | 17.0 |
| 25–34 | 889 | 17.4 | 14.4 | - | 20.5 | 886 | 9.3 | 7.0 | - | 11.5 |
| 35–44 | 904 | 14.3 | 11.8 | - | 16.8 | 902 | 10.3 | 8.1 | - | 12.5 |
| 45–54 | 1,069 | 14.9 | 12.2 | - | 17.5 | 1,067 | 11.3 | 8.9 | - | 13.7 |
| 55–64 | 1,524 | 14.1 | 11.9 | - | 16.2 | 1,520 | 9.3 | 7.6 | - | 11.1 |
| 65–74 | 1,430 | 14.1 | 11.7 | - | 16.4 | 1,425 | 10.0 | 8.0 | - | 12.0 |
| 75 and older | 1,080 | 11.9 | 9.5 | - | 14.3 | 1,075 | 8.8 | 6.7 | - | 11.0 |
| Race-ethnicity\* |  |  |  |  |  |  |  |  |  |  |
| white | 5,938 | 15.6 | 14.4 | - | 16.9 | 5,915 | 10.5 | 9.4 | - | 11.5 |
| black | 444 | 16.4 | 11.9 | - | 20.9 | 443 | 12.7 | 8.6 | - | 16.9 |
| hispanic | 696 | 18.0 | 14.4 | - | 21.6 | 693 | 11.2 | 8.3 | - | 14.1 |
| asian | 288 | 9.5 | 6.0 | - | 12.9 | 288 | 5.0 | 2.5 |  | 7.5 |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |
| disability | 2,014 | 24.9 | 22.4 | - | 27.5 | 2,003 | 18.4 | 16.1 | - | 20.7 |
| no disability | 5,373 | 12.6 | 11.4 | - | 13.7 | 5,357 | 7.9 | 6.9 | - | 8.8 |
| Education |  |  |  |  |  |  |  |  |  |  |
| < high school | 408 | 18.9 | 14.3 | - | 23.4 | 408 | 13.8 | 9.9 | - | 17.8 |
| high school | 1,555 | 15.5 | 13.2 | - | 17.7 | 1,545 | 9.6 | 7.8 | - | 11.3 |
| college 1–3 yrs | 1,815 | 17.9 | 15.7 | - | 20.1 | 1,808 | 12.0 | 10.1 | - | 13.9 |
| college 4+ yrs | 3,850 | 13.1 | 11.8 | - | 14.4 | 3,839 | 8.7 | 7.6 | - | 9.9 |
| Household Income |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 1,129 | 20.0 | 16.8 | - | 23.2 | 1,123 | 14.6 | 11.7 | - | 17.5 |
| $25,000–34,999 | 405 | 11.3 | 7.9 | - | 14.6 | 403 | 8.3 | 5.3 | - | 11.3 |
| $35,000–49,999 | 713 | 16.1 | 12.7 | - | 19.4 | 711 | 10.5 | 7.7 | - | 13.4 |
| $50,000–74,999 | 846 | 16.2 | 13.0 | - | 19.4 | 844 | 10.7 | 8.1 | - | 13.3 |
| $75,000+ | 2,708 | 13.1 | 11.5 | - | 14.8 | 2,699 | 8.1 | 6.8 | - | 9.4 |
| \* White, Black, and Asian race categories refer to non-Hispanic  ¶ See p 62 for definition of disability  † Insufficient data | | | | | | | | | | |

## 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, 2019 | | | | | |
|  | Ever diagnosed with COPD  N % 95% CI | | | | |
| Overall | 7,676 | 4.9 | 4.4 | - | 5.5 |
| Gender |  |  |  |  |  |
| male | 3,546 | 4.5 | 3.8 | - | 5.3 |
| female | 4,130 | 5.3 | 4.5 | - | 6.1 |
| Age Group |  |  |  |  |  |
| 18–24 | † |  |  |  |  |
| 25–34 | † |  |  |  |  |
| 35–44 | † |  |  |  |  |
| 45–54 | 1,067 | 4.2 | 2.8 | - | 5.5 |
| 55–64 | 1,520 | 5.4 | 4.2 | - | 6.7 |
| 65–74 | 1,431 | 12.1 | 9.8 | - | 14.4 |
| 75 and older | 1,076 | 12.8 | 10.3 | - | 15.3 |
| Race-ethnicity\* |  |  |  |  |  |
| white | 5,931 | 5.7 | 5.0 | - | 6.3 |
| black | † |  |  |  |  |
| hispanic | 693 | 3.6 | 1.9 |  | 5.2 |
| asian | † |  |  |  |  |
| Disability¶ |  |  |  |  |  |
| disability | 2,002 | 12.4 | 10.7 | - | 14.2 |
| no disability | 5,374 | 2.6 | 2.2 | - | 3.1 |
| Education |  |  |  |  |  |
| < high school | 407 | 9.3 | 6.5 | - | 12.0 |
| high school | 1,551 | 6.7 | 5.4 | - | 8.0 |
| college 1–3 yrs | 1,812 | 5.7 | 4.6 | - | 6.8 |
| college 4+ yrs | 3,848 | 2.3 | 1.8 | - | 2.8 |
| Household Income |  |  |  |  |  |
| <$25,000 | 1,123 | 9.5 | 7.5 | - | 11.6 |
| $25,000–34,999 | 407 | 8.4 | 5.3 | - | 11.4 |
| $35,000–49,999 | 713 | 4.9 | 3.3 | - | 6.5 |
| $50,000–74,999 | 845 | 4.0 | 2.6 | - | 5.4 |
| $75,000+ | 2,705 | 2.7 | 2.0 | - | 3.3 |
| \* White, Black, and Asian race categories refer to non-Hispanic  ¶ See p 62 for definition of disability  † Insufficient data | | | | | |

## 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, 2019 | | | | | | | | | | |
|  | Ever Diagnosed with Myocardial Infarction  N % 95% CI | | | | | Ever Diagnosed with Angina or Coronary Heart Disease  N % 95% CI | | | | |
|  |
|  |
| Overall | 5,997 | 5.7 | 5.0 | - | 6.5 | 5,969 | 5.1 | 4.4 | - | 5.8 |
| Gender |  |  |  |  |  |  |  |  |  |  |
| male | 2,688 | 7.7 | 6.4 | - | 9.0 | 2,671 | 6.8 | 5.6 | - | 8.0 |
| female | 3,309 | 4.0 | 3.2 | - | 4.8 | 3,298 | 3.7 | 2.9 | - | 4.5 |
| Age Group |  |  |  |  |  |  |  |  |  |  |
| 35–44 | † |  |  |  |  | † |  |  |  |  |
| 45–54 | 1,067 | 2.5 | 1.4 |  | 3.6 | 1,063 | 2.4 | 1.3 |  | 3.5 |
| 55–64 | 1,522 | 5.3 | 3.8 | - | 6.8 | 1,516 | 4.1 | 2.8 | - | 5.3 |
| 65–74 | 1,430 | 9.4 | 7.2 | - | 11.6 | 1,415 | 8.0 | 6.0 | - | 9.9 |
| 75 and older | 1,075 | 13.8 | 10.8 | - | 16.9 | 1,071 | 14.9 | 12.0 | - | 17.8 |
| Race-ethnicity\* |  |  |  |  |  |  |  |  |  |  |
| white | 4,896 | 5.8 | 5.0 | - | 6.6 | 4,878 | 5.5 | 4.7 | - | 6.3 |
| black | † |  |  |  |  | † |  |  |  |  |
| hispanic | 446 | 7.6 | 4.0 | - | 11.2 | 439 | 6.0 | 2.9 |  | 9.1 |
| asian | † |  |  |  |  | † |  |  |  |  |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |
| disability | 1,718 | 12.3 | 10.2 | - | 14.4 | 1,702 | 11.8 | 9.8 | - | 13.9 |
| no disability | 4,059 | 3.3 | 2.6 | - | 4.0 | 4,048 | 2.8 | 2.2 | - | 3.4 |
| Education |  |  |  |  |  |  |  |  |  |  |
| < high school | 317 | 14.3 | 9.8 | - | 18.9 | 312 | 11.3 | 7.3 | - | 15.3 |
| high school | 1,223 | 8.1 | 6.2 | - | 9.9 | 1,206 | 6.5 | 4.9 | - | 8.1 |
| college 1–3 yrs | 1,378 | 4.9 | 3.8 | - | 6.1 | 1,375 | 5.3 | 4.0 | - | 6.6 |
| college 4+ yrs | 3,052 | 2.7 | 2.1 | - | 3.3 | 3,049 | 2.7 | 2.1 | - | 3.2 |
| Household Income |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 889 | 11.5 | 8.4 | - | 14.5 | 888 | 9.6 | 7.0 | - | 12.3 |
| $25,000–34,999 | 329 | 6.9 | 3.7 |  | 10.2 | 326 | 5.9 | 2.8 |  | 9.0 |
| $35,000–49,999 | 560 | 7.1 | 4.1 | - | 10.1 | 556 | 6.3 | 3.6 | - | 9.0 |
| $50,000–74,999 | 652 | 7.2 | 4.5 | - | 9.9 | 651 | 7.4 | 4.9 | - | 9.9 |
| $75,000+ | 2,197 | 1.9 | 1.3 | - | 2.5 | 2,191 | 2.1 | 1.5 | - | 2.7 |
| \* White, Black, and Asian race categories refer to non-Hispanic  ¶ See p 62 for definition of disability  † Insufficient data | | | | | | | | | | |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Table 5.4.2 – Stroke Among Massachusetts Adults,  Ages 35 Years and Older, 2019 | | | | | |
|  | Ever Diagnosed with Stroke  N % 95% CI | | | | |
| Overall | 6,016 | 3.2 | 2.6 | - | 3.7 |
| Gender |  |  |  |  |  |
| male | 2,700 | 3.3 | 2.5 | - | 4.1 |
| female | 3,316 | 3.0 | 2.3 | - | 3.7 |
| Age Group |  |  |  |  |  |
| 35–44 | † |  |  |  |  |
| 45–54 | 1,069 | 2.2 | 1.1 |  | 3.3 |
| 55–64 | 1,524 | 4.3 | 3.0 | - | 5.5 |
| 65–74 | 1,433 | 3.2 | 2.2 | - | 4.3 |
| 75 and older | 1,085 | 6.5 | 4.7 | - | 8.4 |
| Race-ethnicity\* |  |  |  |  |  |
| white | 4,904 | 3.1 | 2.6 | - | 3.6 |
| black | 311 | 3.9 | 1.7 |  | 6.1 |
| hispanic | 447 | 4.7 | 2.0 |  | 7.4 |
| asian | † |  |  |  |  |
| Disability¶ |  |  |  |  |  |
| disability | 1,731 | 7.9 | 6.4 | - | 9.5 |
| no disability | 4,065 | 1.4 | 0.9 | - | 1.8 |
| Education |  |  |  |  |  |
| < high school | 316 | 8.4 | 5.1 | - | 11.8 |
| high school | 1,228 | 3.1 | 2.1 | - | 4.1 |
| college 1–3 yrs | 1,382 | 3.3 | 2.4 | - | 4.3 |
| college 4+ yrs | 3,063 | 1.7 | 1.2 | - | 2.1 |
| Household Income |  |  |  |  |  |
| <$25,000 | 897 | 7.7 | 5.5 | - | 9.9 |
| $25,000–34,999 | 330 | 5.5 | 2.7 |  | 8.3 |
| $35,000–49,999 | 562 | 3.1 | 1.6 | - | 4.6 |
| $50,000–74,999 | 651 | 3.2 | 1.6 |  | 4.8 |
| $75,000+ | 2,203 | 1.1 | 0.7 |  | 1.5 |
| \* White, Black, and Asian race categories refer to non-Hispanic  ¶ See p 62 for definition of disability  † Insufficient data | | | | | |

## 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, 2019 | | | | | | | | | | |
|  | Ever Diagnosed with Arthritis  N % 95% CI | | | | | Limitations Due to Arthritis  N % 95% CI | | | | |
|  |
|  |
| Overall | 7,657 | 24.5 | 23.4 | - | 25.7 | 7,621 | 9.8 | 9.0 | - | 10.5 |
| Gender |  |  |  |  |  |  |  |  |  |  |
| male | 3,533 | 20.6 | 19.0 | - | 22.3 | 3,519 | 8.1 | 7.0 | - | 9.2 |
| female | 4,124 | 28.1 | 26.4 | - | 29.8 | 4,102 | 11.3 | 10.2 | - | 12.4 |
| Age Group |  |  |  |  |  |  |  |  |  |  |
| 18–24 | 557 | 2.2 | 1.0 |  | 3.5 | † |  |  |  |  |
| 25–34 | 886 | 6.7 | 4.4 | - | 9.0 | 885 | 3.2 | 1.5 | - | 4.8 |
| 35–44 | 903 | 14.5 | 11.7 | - | 17.3 | 901 | 6.1 | 4.3 | - | 7.9 |
| 45–54 | 1,063 | 22.7 | 19.6 | - | 25.9 | 1,061 | 8.4 | 6.4 | - | 10.5 |
| 55–64 | 1,509 | 35.7 | 32.8 | - | 38.7 | 1,504 | 15.9 | 13.6 | - | 18.3 |
| 65–74 | 1,428 | 47.5 | 44.2 | - | 50.8 | 1,418 | 19.1 | 16.5 | - | 21.6 |
| 75 and older | 1,083 | 56.6 | 52.9 | - | 60.4 | 1,069 | 19.4 | 16.5 | - | 22.3 |
| Race-ethnicity\* |  |  |  |  |  |  |  |  |  |  |
| white | 5,928 | 27.1 | 25.8 | - | 28.5 | 5,898 | 10.5 | 9.6 | - | 11.4 |
| black | 438 | 23.3 | 18.2 | - | 28.4 | 436 | 8.8 | 5.7 | - | 11.9 |
| hispanic | 691 | 19.5 | 15.7 | - | 23.3 | 690 | 9.8 | 7.1 | - | 12.6 |
| asian | 285 | 7.7 | 3.8 |  | 11.7 | † |  |  |  |  |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |
| disability | 2,003 | 47.0 | 44.1 | - | 49.9 | 1,980 | 26.7 | 24.3 | - | 29.1 |
| no disability | 5,354 | 17.0 | 15.9 | - | 18.2 | 5,341 | 4.2 | 3.5 | - | 4.8 |
| Education |  |  |  |  |  |  |  |  |  |  |
| < high school | 406 | 29.1 | 23.9 | - | 34.3 | 405 | 13.7 | 10.1 | - | 17.4 |
| high school | 1,552 | 28.5 | 25.8 | - | 31.2 | 1,545 | 12.0 | 10.1 | - | 13.8 |
| college 1–3 yrs | 1,802 | 25.9 | 23.5 | - | 28.2 | 1,789 | 10.1 | 8.5 | - | 11.7 |
| college 4+ yrs | 3,839 | 20.0 | 18.7 | - | 21.4 | 3,824 | 7.2 | 6.3 | - | 8.0 |
| Household Income |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 1,121 | 33.4 | 29.8 | - | 36.9 | 1,109 | 17.0 | 14.3 | - | 19.6 |
| $25,000–34,999 | 405 | 26.6 | 21.6 | - | 31.5 | 405 | 9.6 | 6.4 | - | 12.7 |
| $35,000–49,999 | 713 | 29.7 | 25.6 | - | 33.8 | 709 | 12.1 | 9.1 | - | 15.0 |
| $50,000–74,999 | 842 | 25.3 | 21.9 | - | 28.7 | 838 | 10.6 | 8.1 | - | 13.1 |
| $75,000+ | 2,701 | 20.5 | 18.6 | - | 22.3 | 2,695 | 7.0 | 5.8 | - | 8.2 |
| \* White, Black, and Asian race categories refer to non-Hispanic  ¶ See p 62 for definition of disability  † Insufficient data | | | | | | | | | | |

## 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, 2019 | | | | | |
|  | Ever diagnosed with Cancer  N % 95% CI | | | | |
| Overall | 7,680 | 12.6 | 11.8 | - | 13.4 |
| Gender |  |  |  |  |  |
| male | 3,550 | 11.1 | 10.0 | - | 12.3 |
| female | 4,130 | 14.0 | 12.8 | - | 15.2 |
| Age Group |  |  |  |  |  |
| 18–24 | † |  |  | - |  |
| 25–34 | 892 | 2.2 | 1.0 | - | 3.4 |
| 35–44 | 904 | 3.6 | 2.1 | - | 5.1 |
| 45–54 | 1,064 | 8.9 | 6.8 | - | 10.9 |
| 55–64 | 1,519 | 18.5 | 16.2 | - | 20.9 |
| 65–74 | 1,428 | 29.2 | 26.1 | - | 32.2 |
| 75 and older | 1,083 | 37.1 | 33.5 | - | 40.7 |
| Race-ethnicity\* |  |  |  |  |  |
| white | 5,932 | 15.6 | 14.6 | - | 16.7 |
| black | 446 | 4.5 | 2.3 | - | 6.7 |
| hispanic | 693 | 5.6 | 3.1 | - | 8.0 |
| asian | † |  |  | - |  |
| Disability¶ |  |  |  |  |  |
| disability | 2,007 | 20.8 | 18.6 |  | 22.9 |
| no disability | 5,371 | 10.3 | 9.4 |  | 11.2 |
| Education |  |  |  |  |  |
| < high school | 404 | 12.8 | 9.1 | - | 16.6 |
| high school | 1,557 | 11.6 | 9.9 | - | 13.4 |
| college 1–3 yrs | 1,813 | 12.7 | 11.1 | - | 14.4 |
| college 4+ yrs | 3,848 | 13.2 | 12.1 | - | 14.3 |
| Household Income |  |  |  |  |  |
| <$25,000 | 1,122 | 12.2 | 9.9 | - | 14.5 |
| $25,000–34,999 | 406 | 16.4 | 11.9 | - | 20.8 |
| $35,000–49,999 | 714 | 15.1 | 11.8 | - | 18.4 |
| $50,000–74,999 | 843 | 14.9 | 12.3 | - | 17.6 |
| $75,000+ | 2,703 | 10.9 | 9.7 | - | 12.1 |
| \* White, Black, and Asian race categories refer to non-Hispanic  ¶ See p 62 for definition of disability  † Insufficient data | | | | | |

## 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, 2019 | | | | | |
|  | Ever diagnosed with Depression  N % 95% CI | | | | |
| Overall | 7,647 | 18.5 | 17.4 | - | 19.7 |
| Gender |  |  |  |  |  |
| male | 3,528 | 13.6 | 12.1 | - | 15.1 |
| female | 4,119 | 23.0 | 21.3 | - | 24.8 |
| Age Group |  |  |  |  |  |
| 18–24 | 555 | 23.9 | 19.5 | - | 28.4 |
| 25–34 | 884 | 23.1 | 19.7 | - | 26.6 |
| 35–44 | 895 | 18.8 | 15.8 | - | 21.8 |
| 45–54 | 1,063 | 17.4 | 14.8 | - | 20.0 |
| 55–64 | 1,517 | 18.1 | 15.9 | - | 20.3 |
| 65–74 | 1,423 | 16.7 | 14.3 | - | 19.0 |
| 75 and older | 1,079 | 10.0 | 7.8 | - | 12.3 |
| Race-ethnicity\* |  |  |  |  |  |
| white | 5,912 | 19.8 | 18.4 | - | 21.1 |
| black | 443 | 14.9 | 10.3 | - | 19.5 |
| hispanic | 690 | 20.5 | 16.8 | - | 24.3 |
| asian | 286 | 8.3 | 4.4 | - | 12.1 |
| Disability¶ |  |  |  |  |  |
| disability | 1,998 | 35.0 | 32.1 |  | 37.8 |
| no disability | 5,354 | 13.3 | 12.1 |  | 14.5 |
| Education |  |  |  |  |  |
| < high school | 406 | 24.2 | 19.2 | - | 29.2 |
| high school | 1,550 | 17.9 | 15.6 | - | 20.3 |
| college 1–3 yrs | 1,808 | 20.3 | 17.8 | - | 22.8 |
| college 4+ yrs | 3,827 | 16.4 | 15.0 | - | 17.9 |
| Household Income |  |  |  |  |  |
| <$25,000 | 1,121 | 28.8 | 25.3 | - | 32.4 |
| $25,000–34,999 | 404 | 19.0 | 13.6 | - | 24.4 |
| $35,000–49,999 | 713 | 19.0 | 15.0 | - | 23.0 |
| $50,000–74,999 | 844 | 17.2 | 13.9 | - | 20.4 |
| $75,000+ | 2,693 | 15.9 | 14.1 | - | 17.7 |
| \* White, Black, and Asian race categories refer to non-Hispanic  ¶ See p 62 for definition of disability | | | | | |

# 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 2019, 0.3% 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, 2019 | | | | | |
|  | Self-Identified as Homosexual, Bisexual or Other  N % 95% CI | | | | |
| Overall | 6,627 | 6.8 | 6.0 | - | 7.7 |
| Gender |  |  |  |  |  |
| male | 3,011 | 5.8 | 4.6 | - | 6.9 |
| female | 3,616 | 7.8 | 6.6 | - | 9.0 |
| Age Group |  |  |  |  |  |
| 18–24 | 440 | 16.1 | 12.0 | - | 20.1 |
| 25–34 | 658 | 13.1 | 9.8 | - | 16.3 |
| 35–44 | 755 | 5.8 | 4.1 | - | 7.6 |
| 45–54 | 926 | 5.4 | 3.7 | - | 7.1 |
| 55–64 | 1,363 | 3.9 | 2.7 | - | 5.1 |
| 65–74 | 1,334 | 3.0 | 1.9 | - | 4.0 |
| 75 and older | † |  |  |  |  |
| Race-ethnicity\* |  |  |  |  |  |
| white | 5,226 | 7.0 | 6.1 | - | 8.0 |
| black | 381 | 7.7 | 3.6 |  | 11.7 |
| hispanic | 565 | 5.8 | 3.3 | - | 8.2 |
| asian | † |  |  |  |  |
| Disability¶ |  |  |  |  |  |
| disability | 1,825 | 9.0 | 6.9 | - | 11.1 |
| no disability | 4,722 | 6.1 | 5.2 | - | 7.0 |
| Education |  |  |  |  |  |
| < high school | † |  |  | - |  |
| high school | 1,347 | 7.0 | 5.3 | - | 8.7 |
| college 1–3 yrs | 1,608 | 7.6 | 5.7 | - | 9.5 |
| college 4+ yrs | 3,311 | 6.8 | 5.7 | - | 7.9 |
| Household Income |  |  |  |  |  |
| <$25,000 | 993 | 7.8 | 5.5 | - | 10.2 |
| $25,000–34,999 | 357 | 9.7 | 4.9 |  | 14.5 |
| $35,000–49,999 | 650 | 9.7 | 6.1 | - | 13.3 |
| $50,000–74,999 | 747 | 7.5 | 5.1 |  | 10.0 |
| $75,000+ | 2,390 | 6.0 | 4.8 | - | 7.2 |
| \* White, Black, and Asian race categories refer to non-Hispanic  ¶ See p 62 for definition of disability  † Insufficient data | | | | | |

## 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, 2019 | | | | | | | | | | |
|  | Ever Tested for HIV  N % 95% CI | | | | | Tested for HIV in Past Year  N % 95% CI | | | | |
|  |
|  |
| Overall | 4,375 | 46.0 | 44.1 | - | 47.8 | 3,759 | 11.3 | 10.0 | - | 12.6 |
| Gender |  |  |  |  |  |  |  |  |  |  |
| male | 2,110 | 42.8 | 40.2 | - | 45.4 | 1,823 | 10.4 | 8.7 | - | 12.0 |
| female | 2,265 | 49.0 | 46.5 | - | 51.6 | 1,936 | 12.2 | 10.2 | - | 14.1 |
| Age Group |  |  |  |  |  |  |  |  |  |  |
| 18–24 | 493 | 28.9 | 24.2 | - | 33.6 | 460 | 15.5 | 11.4 | - | 19.5 |
| 25–34 | 780 | 55.6 | 51.3 | - | 59.9 | 681 | 18.5 | 15.1 | - | 21.9 |
| 35–44 | 804 | 56.3 | 52.1 | - | 60.5 | 675 | 12.0 | 9.2 | - | 14.8 |
| 45–54 | 943 | 50.5 | 46.6 | - | 54.4 | 799 | 6.7 | 4.8 | - | 8.6 |
| 55–64 | 1,355 | 36.4 | 33.3 | - | 39.6 | 1,144 | 4.1 | 2.7 | - | 5.6 |
| Race-ethnicity\* |  |  |  |  |  |  |  |  |  |  |
| white | 3,206 | 43.4 | 41.3 | - | 45.5 | 2,790 | 9.4 | 8.0 | - | 10.8 |
| black | 297 | 58.2 | 51.1 | - | 65.3 | 251 | 21.2 | 14.9 | - | 27.5 |
| hispanic | 497 | 61.9 | 56.5 | - | 67.4 | 387 | 20.6 | 15.6 | - | 25.5 |
| asian | 231 | 31.9 | 25.0 | - | 38.9 | 207 | 8.1 | 3.7 |  | 12.5 |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |
| disability | 908 | 56.7 | 52.6 | - | 60.9 | 722 | 18.3 | 14.5 | - | 22.0 |
| no disability | 3,421 | 43.3 | 41.3 | - | 45.3 | 3,000 | 9.8 | 8.5 | - | 11.1 |
| Education |  |  |  |  |  |  |  |  |  |  |
| < high school | 230 | 57.7 | 49.9 | - | 65.5 | 170 | 17.7 | 11.0 | - | 24.4 |
| high school | 857 | 41.6 | 37.7 | - | 45.5 | 725 | 9.3 | 6.8 | - | 11.9 |
| college 1–3 yrs | 1,055 | 41.5 | 37.9 | - | 45.1 | 919 | 11.8 | 9.2 | - | 14.4 |
| college 4+ yrs | 2,218 | 48.7 | 46.3 | - | 51.2 | 1,933 | 10.7 | 9.1 | - | 12.3 |
| Household Income |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 608 | 60.2 | 55.0 | - | 65.4 | 473 | 21.7 | 16.7 | - | 26.7 |
| $25,000–34,999 | 180 | 52.3 | 42.7 | - | 61.8 | 151 | 18.9 | 9.7 |  | 28.2 |
| $35,000–49,999 | 371 | 46.1 | 39.8 | - | 52.4 | 333 | 10.2 | 6.6 | - | 13.9 |
| $50,000–74,999 | 460 | 44.7 | 39.3 | - | 50.0 | 410 | 11.6 | 7.8 | - | 15.3 |
| $75,000+ | 1,922 | 45.5 | 42.8 | - | 48.2 | 1,684 | 8.3 | 6.8 | - | 9.9 |
| \* White, Black, and Asian race categories refer to non-Hispanic  ¶ See p 62 for definition of disability  † Insufficient data | | | | | | | | | | |

## 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, 2019 | | | | | | | | | | |
|  | Sexual Violence,  Women  N % 95% CI | | | | | Sexual Violence,  Men  N % 95% CI | | | | |
|  |
|  |
| Overall | 1,532 | 20.6 | 18.0 | - | 23.1 | 1,308 | 7.9 | 6.2 | - | 9.7 |
| Age Group |  |  |  |  |  |  |  |  |  |  |
| 18–24 | 85 | 24.1 | 14.4 |  | 33.8 | 128 | 8.8 | 3.7 | - | 13.9 |
| 25–34 | 145 | 26.4 | 18.6 | - | 34.2 | † |  |  |  |  |
| 35–44 | 137 | 28.7 | 19.4 | - | 37.9 | 167 | 10.4 | 5.1 | - | 15.7 |
| 45–54 | 214 | 16.2 | 10.7 | - | 21.7 | 161 | 6.3 | 2.6 | - | 10.1 |
| 55–64 | 324 | 23.1 | 18.1 | - | 28.2 | 262 | 7.3 | 4.1 | - | 10.4 |
| 65–74 | 334 | 14.6 | 10.7 | - | 18.6 | 254 | 7.1 | 3.5 | - | 10.8 |
| 75 and older | 252 | 6.8 | 3.7 |  | 10.0 | † |  |  |  |  |
| Race-ethnicity\* |  |  |  |  |  |  |  |  |  |  |
| white | 1,252 | 21.0 | 18.2 | - | 23.8 | 1,016 | 8.0 | 6.0 | - | 10.1 |
| black | 82 | 16.6 | 7.4 |  | 25.8 | † |  |  |  |  |
| hispanic | 114 | 23.9 | 12.8 |  | 34.9 | † |  |  |  |  |
| asian | † |  |  |  |  | † |  |  |  |  |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |
| disability | 437 | 25.5 | 20.0 | - | 31.0 | 343 | 13.2 | 8.4 | - | 18.0 |
| no disability | 1,077 | 18.8 | 15.9 | - | 21.7 | 949 | 6.3 | 4.5 | - | 8.0 |
| Education |  |  |  |  |  |  |  |  |  |  |
| < high school | † |  |  |  |  | † |  |  |  |  |
| high school | 288 | 14.7 | 9.2 | - | 20.1 | 283 | 7.1 | 3.5 | - | 10.7 |
| college 1–3 yrs | 351 | 18.7 | 13.9 | - | 23.5 | 328 | 10.6 | 6.7 | - | 14.5 |
| college 4+ yrs | 809 | 24.4 | 20.8 | - | 28.0 | 618 | 6.9 | 4.5 | - | 9.3 |
| Household Income |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 260 | 25.4 | 17.8 | - | 33.1 | 177 | 10.0 | 4.3 | - | 15.7 |
| $25,000–34,999 | † |  |  |  |  | † |  |  |  |  |
| $35,000–49,999 | 130 | 20.1 | 11.3 |  | 28.9 | † |  |  |  |  |
| $50,000–74,999 | 182 | 20.8 | 13.8 | - | 27.8 | 156 | 6.7 | 2.9 | - | 10.6 |
| $75,000+ | 512 | 21.4 | 17.2 | - | 25.7 | 516 | 9.9 | 6.6 | - | 13.2 |
| \* White, Black, and Asian race categories refer to non-Hispanic  ¶ See p 62 for definition of disability  † Insufficient data | | | | | | | | | | |

## Section 6.4: Texting and Driving

Respondents were asked how frequently they texted or emailed while driving a car or other vehicle in the previous 30 days. Presented here is the percent of adults who reported texting or emailing while driving at least occasionally.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Table 6.4 – Texting and Driving Among Massachusetts Adults, 2019 | | | | | |
|  | Text or Email while Driving  N % 95% CI | | | | |
| Overall | 3,066 | 33.2 | 31.1 | - | 35.3 |
| Gender |  |  |  |  |  |
| male | 1,433 | 36.9 | 33.8 | - | 40.1 |
| female | 1,633 | 29.7 | 26.8 | - | 32.6 |
| Age Group |  |  |  |  |  |
| 18–24 | 214 | 52.2 | 44.6 | - | 59.7 |
| 25–34 | 315 | 51.6 | 45.3 | - | 58.0 |
| 35–44 | 341 | 44.7 | 38.7 | - | 50.8 |
| 45–54 | 433 | 34.2 | 29.1 | - | 39.3 |
| 55–64 | 642 | 21.6 | 18.0 | - | 25.3 |
| 65–74 | 612 | 12.4 | 9.4 | - | 15.4 |
| 75 and older | 415 | 4.7 | 2.7 | - | 6.8 |
| Race-ethnicity\* |  |  |  |  |  |
| white | 2,454 | 34.4 | 32.0 | - | 36.8 |
| black | 155 | 31.0 | 22.1 | - | 39.9 |
| hispanic | 249 | 25.8 | 19.7 | - | 31.9 |
| asian | 95 | 39.6 | 28.5 | - | 50.7 |
| Disability¶ |  |  |  |  |  |
| disability | 753 | 25.1 | 21.1 | - | 29.2 |
| no disability | 2,269 | 35.6 | 33.1 | - | 38.1 |
| Education |  |  |  |  |  |
| < high school | 135 | 19.3 | 10.9 | - | 27.7 |
| high school | 601 | 25.5 | 20.9 | - | 30.1 |
| college 1–3 yrs | 736 | 34.0 | 29.8 | - | 38.3 |
| college 4+ yrs | 1,582 | 39.6 | 36.6 | - | 42.6 |
| Household Income |  |  |  |  |  |
| <$25,000 | 420 | 22.4 | 16.9 | - | 27.9 |
| $25,000–34,999 | 161 | 15.6 | 8.9 | - | 22.3 |
| $35,000–49,999 | 299 | 32.0 | 25.3 | - | 38.7 |
| $50,000–74,999 | 364 | 37.2 | 30.8 | - | 43.6 |
| $75,000+ | 1,137 | 43.7 | 40.1 | - | 47.2 |
| \* White, Black, and Asian race categories refer to non-Hispanic  ¶ See p 62 for definition of disability | | | | | |

## 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. “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 six or more times.

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Table 6.5.1 – Opioid Among Massachusetts Adults, 2019 | | | | | | | | | | |
|  | Ever Prescribed Opiate  N % 95% CI | | | | | Non-medical Use of Opiate  N % 95% CI | | | | |
|  |
|  |
| Overall | 3,306 | 40.0 | 37.9 | - | 42.1 | 3,325 | 1.1 | 0.6 | - | 1.5 |
| Gender |  |  |  |  |  |  |  |  |  |  |
| male | 1,478 | 40.7 | 37.5 | - | 43.9 | 1,489 | 1.6 | 0.7 | - | 2.5 |
| female | 1,828 | 39.3 | 36.5 | - | 42.1 | † |  |  | - |  |
| Age Group |  |  |  |  |  |  |  |  |  |  |
| 18–24 | 206 | 21.7 | 15.8 | - | 27.5 | † |  |  |  |  |
| 25–34 | 331 | 41.0 | 34.9 | - | 47.2 | † |  |  |  |  |
| 35–44 | 392 | 41.0 | 35.5 | - | 46.4 | † |  |  |  |  |
| 45–54 | 479 | 42.9 | 37.7 | - | 48.1 | † |  |  |  |  |
| 55–64 | 673 | 48.6 | 44.0 | - | 53.2 | † |  |  |  |  |
| 65–74 | 656 | 48.5 | 43.4 | - | 53.6 | † |  |  |  |  |
| 75 and older | 488 | 30.1 | 25.1 | - | 35.0 | † |  |  |  |  |
| Race-ethnicity\* |  |  |  |  |  |  |  |  |  |  |
| white | 2,606 | 44.5 | 42.1 | - | 46.9 | † |  |  | - |  |
| black | 201 | 35.4 | 26.9 | - | 43.9 | † |  |  |  |  |
| hispanic | 261 | 24.5 | 18.4 | - | 30.6 | † |  |  |  |  |
| asian | 116 | 17.3 | 8.9 | - | 25.7 | † |  |  |  |  |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |
| disability | 905 | 49.3 | 45.0 | - | 53.7 | † |  |  | - |  |
| no disability | 2,368 | 37.2 | 34.9 | - | 39.6 | † |  |  | - |  |
| Education |  |  |  |  |  |  |  |  |  |  |
| < high school | 152 | 28.6 | 19.9 | - | 37.3 | † |  |  |  |  |
| high school | 656 | 32.3 | 28.0 | - | 36.7 | † |  |  | - |  |
| college 1–3 yrs | 817 | 43.8 | 39.5 | - | 48.1 | † |  |  | - |  |
| college 4+ yrs | 1,664 | 45.3 | 42.4 | - | 48.1 | † |  |  | - |  |
| Household Income |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 470 | 31.5 | 26.4 | - | 36.6 | † |  |  |  |  |
| $25,000–34,999 | 181 | 35.4 | 25.2 | - | 45.6 | † |  |  |  |  |
| $35,000–49,999 | 323 | 44.0 | 37.0 | - | 51.0 | † |  |  |  |  |
| $50,000–74,999 | 364 | 42.8 | 36.6 | - | 48.9 | † |  |  |  |  |
| $75,000+ | 1,225 | 46.0 | 42.5 | - | 49.4 | † |  |  | - |  |
| \* White, Black, and Asian race categories refer to non-Hispanic  ¶ See p 62 for definition of disability  † Insufficient data | | | | | | | | | | |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Table 6.5.2 – Marijuana Use Among Massachusetts Adults, 2019 | | | | | | | | | | |
|  | Ever Prescribed Marijuana  N % 95% CI | | | | | Non-medical Use of Marijuana  N % 95% CI | | | | |
|  |
|  |
| Overall | 3,346 | 2.1 | 1.5 | - | 2.7 | 3,320 | 13.9 | 12.4 | - | 15.5 |
| Gender |  |  |  |  |  |  |  |  |  |  |
| male | 1,500 | 2.5 | 1.5 | - | 3.6 | 1,483 | 18.4 | 15.8 | - | 21.0 |
| female | 1,846 | 1.7 | 1.1 | - | 2.3 | 1,837 | 9.9 | 8.2 | - | 11.7 |
| Age Group |  |  |  |  |  |  |  |  |  |  |
| 18–24 | † |  |  |  |  | 205 | 28.4 | 21.6 | - | 35.2 |
| 25–34 | 337 | 3.8 | 1.6 | - | 6.0 | 328 | 27.5 | 22.0 | - | 33.1 |
| 35–44 | † |  |  |  |  | 394 | 11.7 | 8.3 | - | 15.1 |
| 45–54 | † |  |  |  |  | 481 | 11.1 | 7.8 | - | 14.4 |
| 55–64 | 678 | 1.8 | 0.8 | - | 2.9 | 674 | 10.6 | 7.6 | - | 13.6 |
| 65–74 | † |  |  |  |  | 657 | 4.1 | 2.6 | - | 5.7 |
| 75 and older | † |  |  |  |  | † |  |  |  |  |
| Race-ethnicity\* |  |  |  |  |  |  |  |  |  |  |
| white | 2,642 | 2.2 | 1.5 | - | 2.9 | 2,623 | 15.1 | 13.2 | - | 17.0 |
| black | † |  |  |  |  | 199 | 9.8 | 4.7 | - | 15.0 |
| hispanic | † |  |  |  |  | 260 | 9.6 | 5.2 | - | 14.1 |
| asian | † |  |  |  |  | 116 | 12.1 | 5.1 | - | 19.1 |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |
| disability | 920 | 3.6 | 2.1 | - | 5.2 | 914 | 15.4 | 12.0 | - | 18.8 |
| no disability | 2,393 | 1.5 | 0.9 | - | 2.0 | 2,373 | 13.5 | 11.7 | - | 15.3 |
| Education |  |  |  |  |  |  |  |  |  |  |
| < high school | † |  |  |  |  | 152 | 12.5 | 5.8 | - | 19.1 |
| high school | † |  |  |  |  | 662 | 13.5 | 10.4 | - | 16.6 |
| college 1–3 yrs |  |  |  |  |  | 814 | 17.6 | 14.1 | - | 21.1 |
| college 4+ yrs | 1,685 | 2.6 | 1.7 | - | 3.5 | 1,672 | 11.9 | 10.0 | - | 13.9 |
| Household Income |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | † |  |  |  |  | 475 | 13.4 | 9.5 | - | 17.3 |
| $25,000–34,999 | † |  |  |  |  | 181 | 13.7 | 7.0 | - | 20.5 |
| $35,000–49,999 | † |  |  |  |  | 326 | 20.6 | 14.2 | - | 26.9 |
| $50,000–74,999 | † |  |  |  |  | 370 | 15.6 | 11.0 | - | 20.2 |
| $75,000+ | 1,230 | 1.6 | 0.8 | - | 2.4 | 1,231 | 13.9 | 11.4 | - | 16.3 |
| \* White, Black, and Asian race categories refer to non-Hispanic  ¶ See p 62 for definition of disability  † Insufficient data | | | | | | | | | | |

# Appendix

## Age-Adjusted Percentages For Selected Topics

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Massachusetts Behavioral Risk Factor Surveillance System, 2019 | | | | | | | | | | | | | | | | | | | | |
|  | Fair or Poor Health | | | | Poor Mental Health | | | | Poor Physical Health | | | | No Health Insurance (Ages 18-64) | | | | Personal Doctor | | | |
|  | % | 95% CI | | | % | 95% CI | | | % | 95% CI | | | % | 95% CI | | | % | 95% CI | | |
| Overall | 13.0 | 11.8 | - | 14.1 | 12.5 | 11.3 | - | 13.7 | 8.9 | 7.9 | - | 9.8 | 4.5 | 3.5 | - | 5.4 | 87.9 | 86.7 | - | 89.0 |
| Gender |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| male | 13.7 | 12.2 | - | 15.2 | 10.5 | 9.0 | - | 11.9 | 9.1 | 7.8 | - | 10.3 | 7.2 | 5.6 | - | 8.8 | 83.1 | 81.5 | - | 84.8 |
| female | 13.4 | 12.1 | - | 14.8 | 13.6 | 12.0 | - | 15.1 | 9.3 | 8.1 | - | 10.4 | 2.3 | 1.5 | - | 3.1 | 89.8 | 88.4 | - | 91.2 |
| Race-ethnicity\* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| white | 10.9 | 9.9 | - | 11.9 | 13.6 | 12.2 | - | 15.0 | 9.1 | 8.0 | - | 10.1 | 3.2 | 2.2 | - | 4.2 | 88.7 | 87.5 | - | 90.0 |
| black | 19.3 | 14.4 | - | 24.2 | 12.5 | 11.4 | - | 13.5 | 8.5 | 5.4 | - | 11.6 | 9.0 | 8.7 | - | 9.4 | 84.7 | 80.3 | - | 89.0 |
| hispanic | 31.4 | 27.1 | - | 35.7 | 9.9 | 7.3 | - | 12.5 | 14.4 | 11.1 | - | 17.8 | 8.8 | 6.2 | - | 11.4 | 80.1 | 76.9 | - | 83.3 |
| asian | 6.1 | 3.9 |  | 8.3 | 3.4 | 3.2 |  | 3.5 | † |  |  |  | † |  | - |  | 82.9 | 81.2 |  | 84.6 |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| disability | 35.8 | 32.6 | - | 39.1 | 30.3 | 26.8 | - | 33.8 | 25.4 | 22.5 | - | 28.3 | 6.5 | 4.3 |  | 8.7 | 85.1 | 82.3 | - | 88.0 |
| no disability | 6.2 | 5.4 | - | 7.1 | 7.4 | 6.4 | - | 8.4 | 3.9 | 3.2 | - | 4.7 | 4.1 | 3.2 |  | 5.0 | 87.2 | 86.0 | - | 88.3 |
| Education |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| < high school | 36.7 | 31.0 | - | 42.3 | 17.8 | 12.8 | - | 22.8 | 21.1 | 16.2 | - | 25.9 | 15.3 | 15.1 | - | 15.6 | 74.8 | 69.5 | - | 80.1 |
| high school | 17.6 | 15.4 | - | 19.8 | 14.2 | 11.8 | - | 16.6 | 11.1 | 9.2 | - | 12.9 | 7.2 | 5.3 | - | 9.1 | 85.0 | 82.7 | - | 87.4 |
| college 1–3 yrs | 12.3 | 10.4 | - | 14.2 | 13.7 | 11.5 | - | 15.8 | 9.9 | 8.2 | - | 11.5 | 3.0 | 1.9 | - | 4.0 | 88.2 | 86.3 | - | 90.1 |
| college 4+ yrs | 6.0 | 5.1 | - | 6.9 | 8.5 | 7.1 | - | 9.8 | 5.0 | 4.1 | - | 5.9 | 1.8 | 1.1 | - | 2.5 | 89.3 | 87.9 |  | 90.6 |
| Household Income |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 31.4 | 27.6 | - | 35.2 | 22.1 | 18.4 | - | 25.8 | 20.8 | 17.6 | - | 23.9 | 8.6 | 5.9 | - | 11.3 | 84.9 | 82.1 | - | 87.7 |
| $25,000–34,999 | 23.4 | 16.1 | - | 30.7 | 16.4 | 14.9 | - | 17.8 | 10.8 | 5.5 | - | 16.2 | 14.3 | 14.1 | - | 14.6 | 71.6 | 64.9 | - | 78.4 |
| $35,000–49,999 | 13.9 | 10.5 | - | 17.3 | 14.6 | 10.9 | - | 18.4 | 8.2 | 5.7 | - | 10.7 | 4.8 | 4.5 | - | 5.0 | 85.5 | 82.0 | - | 89.1 |
| $50,000–74,999 | 8.6 | 6.3 | - | 11.0 | 12.2 | 9.0 | - | 15.4 | 8.3 | 5.7 | - | 10.9 | † |  | - |  | 88.0 | 85.2 | - | 90.8 |
| $75,000+ | 6.1 | 5.0 | - | 7.3 | 8.3 | 6.8 | - | 9.9 | 5.4 | 4.2 | - | 6.6 | 2.1 | 0.9 | - | 3.2 | 91.5 | 90.0 |  | 93.1 |
| \* White, Black, and Asian race categories refer to non-Hispanic  † Insufficient data  ¶ See p 62 for definition of disability | | | | | | | | | | | | | | | | | | | | |

**Age-Adjusted Percentages for Selected Topics (continued)**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Massachusetts Behavioral Risk Factor Surveillance System, 2019 | | | | | | | | | | | | | | | | | | | | |
|  | No Doctor due to Cost | | | | Checkup in Past Year | | | | Current Smoker | | | | Former Smoker | | | | Use Smokeless Tobacco | | | |
|  | % | 95% CI | | | % | 95% CI | | | % | 95% CI | | | % | 95% CI | | | % | 95% CI | | |
| Overall | 8.7 | 7.7 | - | 9.7 | 80.0 | 78.6 | - | 81.5 | 13.3 | 12.1 | - | 14.6 | 24.8 | 23.4 | - | 26.1 | 2.3 | 1.7 | - | 2.9 |
| Gender |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| male | 8.2 | 7.0 | - | 9.4 | 77.5 | 75.6 | - | 79.4 | 15.0 | 13.3 | - | 16.7 | 25.6 | 23.8 | - | 27.4 | 3.4 | 2.5 | - | 4.3 |
| female | 9.6 | 8.3 | - | 10.9 | 83.4 | 81.7 | - | 85.1 | 10.3 | 9.0 | - | 11.6 | 22.6 | 21.0 | - | 24.2 | 1.1 | 0.6 | - | 1.6 |
| Race-ethnicity\* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| white | 7.4 | 6.5 | - | 8.4 | 80.4 | 78.9 | - | 81.9 | 13.3 | 11.9 | - | 14.6 | 27.4 | 25.9 | - | 28.9 | 2.4 | 1.7 | - | 3.1 |
| black | 15.7 | 11.2 | - | 20.2 | 83.4 | 78.6 | - | 88.2 | 14.6 | 14.2 | - | 14.9 | 14.5 | 13.7 | - | 15.2 | † |  |  |  |
| hispanic | 15.9 | 12.5 | - | 19.2 | 78.9 | 75.2 | - | 82.5 | 13.1 | 9.9 | - | 16.2 | 15.4 | 11.9 | - | 18.8 | † |  |  |  |
| asian | 5.3 | 5.1 | - | 5.5 | 80.6 | 74.3 |  | 86.9 | 5.3 | 4.5 | - | 6.2 | 11.0 | 10.8 |  | 11.2 | † |  |  |  |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| disability | 19.3 | 16.4 | - | 22.2 | 81.3 | 78.3 | - | 84.3 | 21.5 | 18.6 | - | 24.4 | 29.0 | 25.9 | - | 32.0 | 1.7 | 0.9 | - | 2.4 |
| no disability | 6.3 | 5.4 | - | 7.1 | 80.0 | 78.6 | - | 81.5 | 10.1 | 9.0 | - | 11.3 | 22.5 | 21.1 | - | 23.8 | 2.3 | 1.7 | - | 2.9 |
| Education |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| < high school | 16.3 | 11.7 | - | 20.9 | 75.9 | 70.2 | - | 81.6 | 21.2 | 15.7 | - | 26.7 | 20.9 | 16.4 | - | 25.4 | † |  |  |  |
| high school | 10.3 | 8.4 | - | 12.2 | 80.5 | 77.8 | - | 83.3 | 19.8 | 17.0 | - | 22.6 | 29.6 | 26.6 | - | 32.6 | 3.0 | 1.8 | - | 4.2 |
| college 1–3 yrs | 9.0 | 7.4 | - | 10.7 | 81.2 | 78.7 | - | 83.7 | 15.7 | 13.4 | - | 18.0 | 26.6 | 24.0 | - | 29.2 | 2.5 | 1.5 | - | 3.6 |
| college 4+ yrs | 6.5 | 5.3 | - | 7.6 | 81.0 | 79.3 | - | 82.8 | 5.1 | 4.1 | - | 6.0 | 20.6 | 19.1 | - | 22.2 | 1.6 | 1.0 | - | 2.2 |
| Household Income |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 15.8 | 12.8 | - | 18.8 | 79.2 | 75.5 | - | 82.9 | 24.9 | 21.1 | - | 28.7 | 20.0 | 17.0 | - | 23.0 | † |  |  |  |
| $25,000–34,999 | 16.7 | 11.2 | - | 22.3 | 76.0 | 69.5 | - | 82.5 | 17.9 | 12.2 | - | 23.7 | 24.3 | 18.7 | - | 29.9 | † |  |  |  |
| $35,000–49,999 | 11.0 | 7.8 | - | 14.2 | 82.3 | 78.5 | - | 86.1 | 17.2 | 13.2 | - | 21.1 | 25.1 | 21.1 | - | 29.1 | † |  |  |  |
| $50,000–74,999 | 7.8 | 5.6 | - | 10.0 | 78.6 | 74.9 | - | 82.3 | 15.0 | 11.4 | - | 18.7 | 27.8 | 24.0 | - | 31.5 | † |  |  |  |
| $75,000+ | 4.9 | 3.8 | - | 6.0 | 81.3 | 79.3 | - | 83.2 | 8.5 | 6.9 | - | 10.1 | 24.9 | 23.0 | - | 26.9 | 2.5 | 1.7 | - | 3.4 |
| \* White, Black, and Asian race categories refer to non-Hispanic  † Insufficient data  ¶ See p 62 for definition of disability | | | | | | | | | | | | | | | | | | | | |

**Age-Adjusted Percentages for Selected Topics (continued)**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Massachusetts Behavioral Risk Factor Surveillance System, 2019 | | | | | | | | | | | | | | | | | | | | |
|  | E-Cigarette Use | | | | Quit Attempt | | | | Binge Drinking | | | | Heavy Drinking | | | | Overweight (BMI≥25.0) | | | |
|  | % | 95% CI | | | % | 95% CI | | | % | 95% CI | | | % | 95% CI | | | % | 95% CI | | |
| Overall | 7.7 | 6.2 | - | 9.2 | 56.8 | 51.8 | - | 61.8 | 22.1 | 20.6 | - | 23.6 | 8.9 | 7.8 | - | 9.9 | 60.0 | 58.3 | - | 61.7 |
| Gender |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| male | 9.9 | 8.0 | - | 11.8 | 55.5 | 54.0 | - | 57.0 | 24.3 | 22.3 | - | 26.2 | 8.3 | 6.9 | - | 9.6 | 66.2 | 64.1 | - | 68.3 |
| female | 5.0 | 3.6 | - | 6.5 | 57.0 | 50.0 | - | 63.9 | 16.7 | 15.0 | - | 18.3 | 7.5 | 6.4 | - | 8.7 | 53.1 | 50.9 | - | 55.3 |
| Race-ethnicity\* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| white | 8.4 | 6.8 | - | 10.0 | 56.0 | 50.8 | - | 61.1 | 23.8 | 22.2 | - | 25.5 | 9.3 | 8.1 | - | 10.5 | 59.0 | 57.2 | - | 60.8 |
| black | † |  |  |  | † |  |  |  | 14.6 | 14.3 | - | 14.8 | 5.1 | 5.0 | - | 5.2 | 66.4 | 65.2 |  | 67.5 |
| hispanic | † |  |  |  | 58.8 | 58.2 | - | 59.4 | 15.4 | 12.0 | - | 18.9 | 6.0 | 3.6 | - | 8.3 | 68.3 | 63.1 | - | 73.6 |
| asian | † |  |  |  | † |  |  |  | 8.0 | 7.5 | - | 8.5 | 1.7 | 0.8 | - | 2.6 | 45.8 | 42.7 |  | 48.9 |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| disability | 12.0 | 8.6 | - | 15.4 | 60.3 | 53.3 | - | 67.2 | 17.3 | 14.4 | - | 20.1 | 8.9 | 6.7 | - | 11.1 | 65.0 | 61.4 | - | 68.6 |
| no disability | 6.3 | 5.0 | - | 7.6 | 53.4 | 47.5 | - | 59.4 | 21.3 | 19.8 | - | 22.8 | 7.9 | 6.9 | - | 8.8 | 58.1 | 56.4 | - | 59.9 |
| Education |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| < high school | 7.2 | 5.6 | - | 8.8 | † |  |  |  | 17.1 | 11.6 | - | 22.6 | 9.1 | 4.8 | - | 13.4 | 64.4 | 57.6 | - | 71.2 |
| high school | 8.9 | 8.6 | - | 9.3 | 53.3 | 51.0 | - | 55.5 | 20.2 | 17.2 | - | 23.1 | 9.5 | 7.4 | - | 11.7 | 63.7 | 60.2 | - | 67.1 |
| college 1–3 yrs | 8.7 | 6.3 | - | 11.1 | 53.1 | 50.8 | - | 55.4 | 21.1 | 18.5 | - | 23.7 | 6.9 | 5.2 | - | 8.6 | 64.1 | 61.2 | - | 67.0 |
| college 4+ yrs | 6.3 | 4.3 | - | 8.3 | 59.3 | 56.6 | - | 62.0 | 22.0 | 20.1 | - | 23.8 | 8.5 | 7.1 | - | 9.9 | 54.4 | 52.2 | - | 56.7 |
| Household Income |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 10.8 | 7.0 | - | 14.6 | 62.0 | 59.6 | - | 64.4 | 16.1 | 12.8 | - | 19.4 | 5.9 | 4.1 | - | 7.7 | 65.2 | 61.1 | - | 69.3 |
| $25,000–34,999 | 2.1 | 2.0 | - | 2.1 | † |  |  |  | 12.1 | 7.1 | - | 17.1 | † |  |  |  | 62.5 | 55.6 | - | 69.3 |
| $35,000–49,999 | 11.0 | 9.6 | - | 12.4 | 53.2 | 50.2 | - | 56.3 | 16.3 | 12.3 | - | 20.3 | 10.6 | 7.2 | - | 14.0 | 64.0 | 59.1 | - | 68.9 |
| $50,000–74,999 | 6.7 | 6.6 | - | 6.9 |  |  |  |  | 25.8 | 21.7 | - | 30.0 | 9.1 | 6.5 | - | 11.6 | 56.6 | 52.1 | - | 61.1 |
| $75,000+ | 6.9 | 4.7 | - | 9.1 | 51.5 | 50.4 | - | 52.5 | 25.2 | 23.0 | - | 27.5 | 9.8 | 8.2 | - | 11.4 | 58.4 | 55.9 | - | 60.8 |
| \* White, Black, and Asian race categories refer to non-Hispanic  † Insufficient data  ¶ See p 62 for definition of disability | | | | | | | | | | | | | | | | | | | | |

**Age-Adjusted Percentages for Selected Topics (continued)**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Massachusetts Behavioral Risk Factor Surveillance System, 2019 | | | | | | | | | | | | | | | | | | | | |
|  | Obese (BMI≥30.0) | | | | Met Guidelines for Aerobic Activity | | | | Met Guidelines for Muscle Strengthening | | | | Consumed Fruits and Vegetables Five or more times per day | | | | Cholesterol Checked in past 5 Years | | | |
|  | % | 95% CI | | | % | 95% CI | | | % | 95% CI | | | % | 95% CI | | | % | 95% CI | | |
| Overall | 25.9 | 24.4 | - | 27.5 | 55.2 | 53.4 | - | 57.0 | 34.9 | 33.2 | - | 36.6 | 17.8 | 16.3 | - | 19.2 | 90.0 | 88.8 | - | 91.3 |
| Gender |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| male | 26.6 | 24.6 | - | 28.6 | 54.2 | 51.9 | - | 56.6 | 36.1 | 33.9 | - | 38.3 | 16.0 | 14.3 | - | 17.8 | 88.5 | 86.8 | - | 90.1 |
| female | 24.4 | 22.4 | - | 26.4 | 52.1 | 49.9 | - | 54.3 | 31.8 | 29.7 | - | 33.9 | 18.5 | 16.7 | - | 20.2 | 91.0 | 89.5 | - | 92.4 |
| Race-ethnicity\* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| white | 25.4 | 23.8 | - | 27.0 | 57.0 | 55.1 | - | 58.9 | 35.6 | 33.8 | - | 37.4 | 18.1 | 16.6 | - | 19.6 | 90.4 | 89.1 | - | 91.7 |
| black | 33.0 | 32.4 | - | 33.6 | 46.9 | 45.3 | - | 48.4 | 36.5 | 35.4 | - | 37.5 | 16.6 | 15.6 | - | 17.5 | 88.8 | 87.3 | - | 90.3 |
| hispanic | 28.4 | 23.3 | - | 33.5 | 36.1 | 31.2 | - | 41.0 | 18.0 | 14.7 | - | 21.2 | 12.3 | 9.2 | - | 15.5 | 88.7 | 88.0 | - | 89.3 |
| asian | 12.2 | 9.0 | - | 15.5 | 51.1 | 50.0 |  | 52.2 | 32.8 | 31.1 | - | 34.5 | 18.3 | 18.1 | - | 18.5 | 88.2 | 86.1 | - | 90.3 |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| disability | 35.2 | 31.5 | - | 38.9 | 41.5 | 37.7 | - | 45.2 | 27.8 | 24.4 | - | 31.1 | 15.7 | 12.9 | - | 18.5 | 86.7 | 83.5 | - | 89.8 |
| no disability | 22.6 | 21.1 | - | 24.2 | 57.6 | 55.8 | - | 59.3 | 35.7 | 34.0 | - | 37.4 | 17.7 | 16.3 | - | 19.1 | 90.4 | 89.2 | - | 91.5 |
| Education |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| < high school | 33.5 | 26.4 | - | 40.5 | 32.5 | 26.3 | - | 38.6 | 22.7 | 17.1 | - | 28.2 | 14.6 | 9.6 | - | 19.7 | 83.3 | 77.3 | - | 89.4 |
| high school | 28.1 | 25.0 | - | 31.2 | 48.1 | 44.5 | - | 51.7 | 29.7 | 26.4 | - | 33.0 | 14.8 | 12.0 | - | 17.6 | 87.7 | 85.4 | - | 90.1 |
| college 1–3 yrs | 32.1 | 29.0 | - | 35.2 | 53.6 | 50.5 | - | 56.8 | 31.5 | 28.4 | - | 34.6 | 17.5 | 14.9 | - | 20.1 | 89.7 | 87.5 | - | 92.0 |
| college 4+ yrs | 19.0 | 17.3 | - | 20.7 | 60.3 | 58.0 | - | 62.5 | 41.0 | 38.8 | - | 43.2 | 18.8 | 17.2 | - | 20.5 | 92.4 | 91.1 | - | 93.7 |
| Household Income |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 32.2 | 27.9 | - | 36.5 | 43.9 | 39.4 | - | 48.3 | 25.3 | 21.2 | - | 29.3 | 17.1 | 13.4 | - | 20.8 | 86.5 | 83.3 | - | 89.7 |
| $25,000–34,999 | 33.3 | 25.8 | - | 40.8 | 37.5 | 29.8 | - | 45.1 | 28.5 | 21.5 | - | 35.5 | 11.9 | 7.4 | - | 16.4 | 85.7 | 79.8 | - | 91.5 |
| $35,000–49,999 | 27.8 | 22.9 | - | 32.8 | 49.9 | 44.9 | - | 55.0 | 28.2 | 23.3 | - | 33.0 | 17.4 | 16.3 | - | 18.5 | 90.3 | 86.7 | - | 94.0 |
| $50,000–74,999 | 23.7 | 20.0 | - | 27.5 | 53.6 | 48.8 | - | 58.4 | 37.4 | 32.8 | - | 41.9 | 16.6 | 13.0 | - | 20.3 | 90.3 | 87.4 | - | 93.1 |
| $75,000+ | 23.6 | 21.5 | - | 25.8 | 62.6 | 60.1 | - | 65.1 | 40.3 | 37.8 | - | 42.7 | 18.8 | 16.7 | - | 20.9 | 91.8 | 90.1 | - | 93.4 |
| \* White, Black, and Asian race categories refer to non-Hispanic  † Insufficient data  ¶ See p 62 for definition of disability | | | | | | | | | | | | | | | | | | | | |

**Age-Adjusted Percentages for Selected Topics (continued)**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Massachusetts Behavioral Risk Factor Surveillance System, 2019 | | | | | | | | | | | | | | | | | | | | |
|  | High Cholesterol\*\* | | | | High Blood Pressure | | | | Take Medicine for High Blood Pressure\*\* | | | | Received 3 Shots HBV Vaccine | | | | Pre-diabetes | | | |
|  | % | 95% CI | | | % | 95% CI | | | % | 95% CI | | | % | 95% CI | | | % | 95% CI | | |
| Overall | 27.4 | 25.9 | - | 28.9 | 25.8 | 24.5 | - | 27.1 | 54.2 | 51.1 | - | 57.3 | 46.9 | 44.0 | - | 49.7 | 7.5 | 6.4 | - | 8.7 |
| Gender |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| male | 30.8 | 28.6 | - | 32.9 | 29.6 | 27.8 | - | 31.4 | 54.2 | 50.7 | - | 57.6 | 39.1 | 35.4 | - | 42.8 | 6.9 | 5.5 | - | 8.4 |
| female | 23.8 | 22.1 | - | 25.4 | 22.0 | 20.6 | - | 23.5 | 54.7 | 49.7 | - | 59.6 | 53.3 | 50.0 | - | 56.6 | 7.2 | 5.8 | - | 8.6 |
| Race-ethnicity\* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| white | 26.7 | 25.2 | - | 28.2 | 25.9 | 24.5 | - | 27.2 | 53.9 | 50.6 | - | 57.2 | 48.0 | 45.0 | - | 51.0 | 5.9 | 4.9 | - | 6.8 |
| black | 30.5 | 29.3 | - | 31.7 | 31.0 | 26.6 | - | 35.4 | † |  | - |  | 44.3 | 44.3 | - | 44.3 | 11.8 | 11.5 | - | 12.1 |
| hispanic | 33.2 | 31.6 | - | 34.8 | 28.5 | 24.4 | - | 32.6 | 54.6 | 54.4 | - | 54.7 | 45.2 | 43.9 | - | 46.5 | 14.5 | 14.3 | - | 14.8 |
| asian | 21.2 | 18.8 | - | 23.7 | 16.4 | 10.6 | - | 22.2 | † |  |  |  | † |  |  |  | † |  |  |  |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| disability | 33.2 | 29.8 | - | 36.7 | 35.9 | 32.8 | - | 39.0 | 54.5 | 49.1 | - | 59.9 | 47.2 | 41.6 | - | 52.7 | 11.8 | 8.7 | - | 14.8 |
| no disability | 25.8 | 24.2 | - | 27.3 | 22.7 | 21.5 | - | 24.0 | 54.4 | 50.9 | - | 57.8 | 46.4 | 43.6 | - | 49.3 | 6.1 | 5.0 | - | 7.2 |
| Education |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| < high school | 39.5 | 32.8 | - | 46.2 | 31.6 | 26.5 | - | 36.7 | 53.7 | 42.5 | - | 64.9 | 33.6 | 32.0 | - | 35.3 | † |  |  |  |
| high school | 25.2 | 22.4 | - | 27.9 | 29.0 | 26.5 | - | 31.5 | 55.6 | 54.6 | - | 56.6 | 36.4 | 31.1 | - | 41.7 | 8.9 | 6.4 | - | 11.4 |
| college 1–3 yrs | 28.6 | 25.9 | - | 31.3 | 27.4 | 25.0 | - | 29.7 | 54.4 | 52.3 | - | 56.5 | 49.2 | 44.3 | - | 54.0 | 6.8 | 5.0 | - | 8.6 |
| college 4+ yrs | 25.5 | 23.7 | - | 27.3 | 21.4 | 19.9 | - | 22.8 | 53.7 | 49.6 | - | 57.9 | 53.7 | 50.2 | - | 57.1 | 5.7 | 4.5 | - | 6.9 |
| Household Income |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 31.3 | 27.0 | - | 35.7 | 33.4 | 29.6 | - | 37.3 | 50.9 | 43.7 | - | 58.0 | 39.6 | 33.1 | - | 46.1 | 12.1 | 8.3 | - | 15.9 |
| $25,000–34,999 | 25.8 | 19.1 | - | 32.5 | 29.5 | 23.6 | - | 35.4 | 55.9 | 54.6 | - | 57.2 | 31.8 | 30.8 | - | 32.9 | 9.8 | 9.7 | - | 10.0 |
| $35,000–49,999 | 28.9 | 24.1 | - | 33.8 | 24.2 | 20.5 | - | 27.9 | 50.5 | 50.0 | - | 51.0 | 44.3 | 41.7 | - | 46.9 | 9.9 | 9.5 | - | 10.3 |
| $50,000–74,999 | 25.6 | 22.0 | - | 29.3 | 28.1 | 24.7 | - | 31.5 | 63.4 | 62.4 | - | 64.4 | 45.6 | 44.5 | - | 46.6 | 7.0 | 6.1 | - | 8.0 |
| $75,000+ | 27.4 | 25.4 | - | 29.4 | 22.5 | 20.7 | - | 24.3 | 54.5 | 50.0 | - | 59.0 | 51.1 | 46.9 | - | 55.2 | 5.6 | 4.3 | - | 6.9 |
| \* White, Black, and Asian race categories refer to non-Hispanic  † Insufficient data  ¶ See p 62 for definition of disability | | | | | | | | | | | | | | | | | | | | |

**Age-Adjusted Percentages for Selected Topics (continued)**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Massachusetts Behavioral Risk Factor Surveillance System, 2019 | | | | | | | | | | | | | | | | | | | | |
|  | 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 | 7.6 | 6.8 | - | 8.4 | 15.4 | 14.1 | - | 16.7 | 10.1 | 9.1 | - | 11.2 | 4.4 | 3.8 | - | 4.9 | 23.0 | 21.8 | - | 24.3 |
| Gender |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| male | 8.6 | 7.5 | - | 9.7 | 12.4 | 11.0 | - | 13.9 | 7.1 | 6.0 | - | 8.3 | 4.2 | 3.5 | - | 4.8 | 19.5 | 17.9 | - | 21.1 |
| female | 6.4 | 5.6 | - | 7.3 | 18.6 | 16.9 | - | 20.3 | 13.5 | 12.0 | - | 14.9 | 4.7 | 3.9 | - | 5.5 | 24.8 | 23.3 | - | 26.3 |
| Race-ethnicity\* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| white | 6.3 | 5.6 | - | 7.0 | 16.3 | 15.0 | - | 17.7 | 10.7 | 9.6 | - | 11.9 | 4.7 | 4.1 | - | 5.3 | 23.0 | 21.7 | - | 24.3 |
| black | 12.4 | 8.8 | - | 16.0 | 15.6 | 11.3 |  | 19.9 | 12.5 | 8.5 | - | 16.5 | † |  | - |  | 24.2 | 20.0 |  | 28.3 |
| hispanic | 12.4 | 9.2 | - | 15.6 | 18.5 | 14.8 | - | 22.3 | 11.6 | 8.6 | - | 14.7 | 4.0 | 2.2 | - | 5.9 | 23.0 | 19.0 |  | 27.0 |
| asian | † |  | - |  | 10.5 | 7.5 | - | 13.6 | 7.3 | 4.3 | - | 10.3 | † |  |  |  | 12.6 | 6.6 |  | 18.5 |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| disability | 13.3 | 11.3 | - | 15.3 | 27.4 | 24.1 | - | 30.7 | 20.2 | 17.3 | - | 23.2 | 9.7 | 8.0 | - | 11.4 | 37.8 | 34.8 | - | 40.8 |
| no disability | 5.3 | 4.5 | - | 6.0 | 12.5 | 11.3 | - | 13.6 | 7.9 | 6.9 | - | 8.8 | 2.6 | 2.2 | - | 3.1 | 16.9 | 15.8 | - | 18.1 |
| Education |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| < high school | 13.1 | 9.7 | - | 16.6 | 19.4 | 14.6 | - | 24.2 | 14.4 | 10.1 | - | 18.6 | 8.2 | 5.7 | - | 10.8 | 24.6 | 20.1 | - | 29.1 |
| high school | 9.2 | 7.7 | - | 10.8 | 15.3 | 12.8 | - | 17.7 | 9.4 | 7.5 | - | 11.3 | 5.8 | 4.6 | - | 7.0 | 26.4 | 23.6 | - | 29.2 |
| college 1–3 yrs | 7.9 | 6.5 | - | 9.2 | 17.5 | 15.2 | - | 19.7 | 11.6 | 9.8 | - | 13.5 | 5.4 | 4.3 | - | 6.5 | 25.3 | 23.0 | - | 27.7 |
| college 4+ yrs | 4.8 | 4.0 | - | 5.5 | 13.7 | 12.2 | - | 15.2 | 9.1 | 7.8 | - | 10.4 | 2.2 | 1.7 | - | 2.7 | 17.9 | 16.7 | - | 19.1 |
| Household Income |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 12.0 | 9.8 | - | 14.3 | 21.2 | 17.7 | - | 24.7 | 15.8 | 12.6 | - | 19.1 | 8.6 | 6.4 | - | 10.7 | 30.4 | 26.8 | - | 34.1 |
| $25,000–34,999 | 7.4 | 4.5 | - | 10.2 | 11.6 | 7.7 | - | 15.5 | 8.8 | 5.3 | - | 12.3 | 6.0 | 3.3 | - | 8.6 | 20.0 | 18.8 | - | 21.3 |
| $35,000–49,999 | 9.9 | 6.5 | - | 13.3 | 16.8 | 13.2 | - | 20.4 | 10.9 | 7.9 | - | 13.9 | 4.1 | 2.7 | - | 5.4 | 25.8 | 21.9 | - | 29.7 |
| $50,000–74,999 | 7.3 | 5.1 | - | 9.5 | 16.1 | 12.5 | - | 19.6 | 10.7 | 7.7 | - | 13.7 | 3.3 | 2.2 | - | 4.5 | 22.0 | 18.8 | - | 25.2 |
| $75,000+ | 5.6 | 4.5 | - | 6.6 | 13.2 | 11.6 | - | 14.9 | 8.3 | 6.9 | - | 9.6 | 2.8 | 2.1 | - | 3.5 | 20.3 | 18.6 | - | 22.1 |
| \* White, Black, and Asian race categories refer to non-Hispanic  † Insufficient data  ¶ See p 62 for definition of disability | | | | | | | | | | | | | | | | | | | | |

**Age-Adjusted Percentages for Selected Topics (continued)**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Massachusetts Behavioral Risk Factor Surveillance System, 2019 | | | | | | | | | | | | | | | | | | | | |
|  | 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 | 9.4 | 8.5 | - | 10.3 | 11.1 | 10.3 | - | 12.0 | 19.6 | 18.1 | - | 21.0 | 8.0 | 6.9 | - | 9.1 | 49.7 | 47.6 | - | 51.8 |
| Gender |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| male | 7.8 | 6.7 | - | 8.9 | 10.1 | 9.1 | - | 11.1 | 13.8 | 12.2 | - | 15.3 | 6.2 | 4.9 | - | 7.4 | 44.1 | 43.6 | - | 44.6 |
| female | 10.1 | 9.0 | - | 11.1 | 12.0 | 10.9 | - | 13.2 | 24.2 | 22.3 | - | 26.0 | 8.8 | 7.4 | - | 10.2 | 51.5 | 48.9 | - | 54.1 |
| Race-ethnicity\* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| white | 9.0 | 8.1 | - | 9.9 | 12.4 | 11.5 | - | 13.3 | 20.9 | 19.4 | - | 22.4 | 8.4 | 7.2 | - | 9.6 | 45.9 | 43.7 | - | 48.2 |
| black | 9.4 | 6.2 | - | 12.6 | 5.0 | 2.6 | - | 7.4 | 14.9 | 10.5 |  | 19.2 | 7.4 | 7.3 | - | 7.5 | 58.7 | 57.7 | - | 59.6 |
| hispanic | 11.6 | 8.5 | - | 14.7 | 6.5 | 3.6 | - | 9.3 | 21.0 | 17.1 | - | 24.8 | 5.6 | 3.2 | - | 8.1 | 62.2 | 60.9 | - | 63.4 |
| asian | † |  |  |  | † |  |  |  | 7.2 | 3.6 |  | 10.9 | † |  |  |  | † |  |  |  |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| disability | 21.8 | 19.5 | - | 24.2 | 14.5 | 12.7 | - | 16.4 | 40.7 | 37.0 | - | 44.4 | 12.3 | 9.4 | - | 15.2 | 60.7 | 56.1 | - | 65.2 |
| no disability | 4.2 | 3.5 | - | 4.8 | 10.3 | 9.4 | - | 11.1 | 13.5 | 12.2 | - | 14.7 | 6.3 | 5.4 | - | 7.3 | 44.8 | 42.7 | - | 46.9 |
| Education |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| < high school | 13.0 | 9.7 | - | 16.4 | 11.2 | 7.8 | - | 14.5 | 24.7 | 19.4 | - | 30.0 | † |  |  |  | 58.5 | 57.6 | - | 59.3 |
| high school | 11.0 | 9.1 | - | 12.9 | 9.4 | 8.0 | - | 10.8 | 18.5 | 15.9 | - | 21.1 | 7.8 | 5.7 | - | 9.8 | 45.8 | 41.6 | - | 50.0 |
| college 1–3 yrs | 10.1 | 8.4 | - | 11.9 | 12.0 | 10.3 | - | 13.7 | 20.9 | 18.3 | - | 23.4 | 7.6 | 5.7 | - | 9.6 | 45.3 | 43.9 | - | 46.7 |
| college 4+ yrs | 6.3 | 5.5 | - | 7.1 | 11.6 | 10.6 | - | 12.6 | 17.1 | 15.4 | - | 18.8 | 7.3 | 6.0 | - | 8.5 | 49.3 | 46.6 | - | 52.0 |
| Household Income |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 16.1 | 13.4 | - | 18.7 | 10.3 | 8.2 | - | 12.4 | 29.8 | 26.0 | - | 33.6 | 8.4 | 5.9 | - | 10.9 | 63.7 | 58.3 | - | 69.1 |
| $25,000–34,999 | 7.1 | 6.2 | - | 8.0 | 13.4 | 8.0 | - | 18.9 | 20.9 | 14.6 | - | 27.3 | 10.7 | 10.3 | - | 11.1 | 52.8 | 51.6 | - | 54.0 |
| $35,000–49,999 | 10.8 | 7.9 | - | 13.6 | 12.4 | 9.4 | - | 15.4 | 20.5 | 16.2 | - | 24.8 | 10.7 | 6.9 | - | 14.5 | 48.8 | 46.8 | - | 50.7 |
| $50,000–74,999 | 9.4 | 7.0 | - | 11.7 | 11.2 | 9.2 | - | 13.2 | 16.7 | 13.2 | - | 20.3 | 8.7 | 5.8 | - | 11.7 | † |  |  |  |
| $75,000+ | 6.9 | 5.7 | - | 8.1 | 11.0 | 9.9 | - | 12.2 | 16.1 | 14.1 | - | 18.0 | 6.6 | 5.2 | - | 8.0 | 45.4 | 42.5 | - | 48.2 |
| \* White, Black, and Asian race categories refer to non-Hispanic  † Insufficient data  ¶ See p 62 for definition of disability | | | | | | | | | | | | | | | | | | | | |

**Age-Adjusted Percentages for Selected Topics (continued)**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Massachusetts Behavioral Risk Factor Surveillance System, 2019 | | | | | | | | | | | | |
|  | Tested for HIV in past year - ages 18-64 | | | | Sexual Violence - Women | | | | Texting and Driving | | | |
|  | % | 95% CI | | | % | 95% CI | | | % | 95% CI | | |
| Overall | 12.3 | 10.8 | - | 13.8 | 23.7 | 20.2 | - | 27.2 | 38.4 | 35.9 | - | 41.0 |
| Gender |  |  |  |  |  |  |  |  |  |  |  |  |
| male | 10.8 | 10.6 | - | 11.0 |  |  | - |  | 38.9 | 35.7 | - | 42.1 |
| female | 12.6 | 10.6 | - | 14.5 |  |  | - |  | 32.6 | 29.5 | - | 35.8 |
| Race-ethnicity\* |  |  |  |  |  |  |  |  |  |  |  |  |
| white | 9.9 | 8.4 | - | 11.3 | 22.4 | 18.9 | - | 25.8 | 39.4 | 36.7 | - | 42.1 |
| black | 21.2 | 21.0 |  | 21.5 | 18.0 | 16.1 | - | 19.9 | 29.0 | 28.8 | - | 29.2 |
| hispanic | 19.4 | 19.1 | - | 19.7 | 22.7 | 22.4 | - | 23.0 | 22.5 | 22.4 | - | 22.5 |
| asian | †. |  | - |  | †. |  |  |  | 36.9 | 35.5 | - | 38.3 |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |  |  |
| disability | 21.2 | 16.8 | - | 25.7 | 32.6 | 24.8 | - | 40.3 | 32.0 | 27.0 | - | 37.0 |
| no disability | 9.8 | 8.5 | - | 11.1 | 19.4 | 16.3 | - | 22.5 | 36.8 | 34.3 | - | 39.3 |
| Education |  |  |  |  |  |  |  |  |  |  |  |  |
| < high school | 17.9 | 17.8 | - | 18.0 | †. |  |  |  | 19.0 | 18.2 | - | 19.8 |
| high school | 10.1 | 9.7 | - | 10.5 | 16.6 | 16.1 | - | 17.1 | 27.8 | 23.0 | - | 32.7 |
| college 1–3 yrs | 11.7 | 11.3 | - | 12.1 | 20.8 | 15.0 | - | 26.6 | 35.9 | 31.5 | - | 40.3 |
| college 4+ yrs | 11.4 | 9.6 | - | 13.1 | 25.2 | 21.0 | - | 29.4 | 43.6 | 40.3 | - | 47.0 |
| Household Income |  |  |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 21.9 | 21.0 | - | 22.8 | 29.9 | 21.1 | - | 38.7 | 22.6 | 21.9 | - | 23.2 |
| $25,000–34,999 | 17.1 | 17.1 |  | 17.2 | 24.2 | 19.3 | - | 29.1 | 18.0 | 17.3 | - | 18.6 |
| $35,000–49,999 | 10.1 | 9.0 | - | 11.1 | 25.2 | 24.7 | - | 25.6 | 36.9 | 36.1 | - | 37.8 |
| $50,000–74,999 | †. |  |  |  | 20.6 | 18.9 | - | 22.4 | 41.4 | 39.5 | - | 43.4 |
| $75,000+ | 9.2 | 7.3 | - | 11.1 | 21.7 | 16.7 | - | 26.6 | 45.2 | 41.6 | - | 48.8 |
| \* White, Black, and Asian race categories refer to non-Hispanic  † Insufficient data  ¶ See p 62 for definition of disability | | | | | | | | | | | | |

## Massachusetts and National Estimates

|  |  |  |  |
| --- | --- | --- | --- |
| Massachusetts Behavioral Risk Factor Surveillance System, 2019 | | | |
| Variables | MA  % | US Median¶  % | US Range¶  % |
| Overall Health Measures |  |  |  |
| Fair or poor health | 14.1 | 18.2 | 13.6 – 34.4 |
| 15+ poor mental health days | 11.7 | 13.1 | 10.1 – 19.8 |
| 15+ days in poor physical health | 9.7 | 11.7 | 8.5 – 17.9 |
| Health Care Access and Utilization |  |  |  |
| No Health Insurance (18-64) | 4.4 | † |  |
| Have personal health care provider | 87.3 | 77.0 | 66.3 – 88.4 |
| Could not see doctor due to cost | 8.7 | 12.6 | 8.2 – 20.6 |
| Checkup in Past Year | 81.8 | 77.6 | 68.5 – 83.8 |
| Risk factors and preventive behaviors |  |  |  |
| Current smoker | 12.0 | 16.0 | 7.9 – 23.8 |
| Former smoker | 25.3 | 25.2 | 16.6 – 30.4 |
| Quit attempt among current smokers | 55.3 | 57.1 | 49.8 – 70.5 |
| Use smokeless tobacco | 2.1 | 4.3 | 0.4 – 9.2 |
| Binge drinking | 19.1 | 16.8 | 11.2 – 24.9 |
| Heavy drinking | 7.8 | 6.5 | 4.2 – 9.4 |
| Overweight | 59.7 | 67.7 | 55.9 – 72.7 |
| Obesity | 25.2 | 32.4 | 23.8 – 40.8 |
| Met guidelines for aerobic activity | 52.8 | 49.9 | 30.2 – 62.3 |
| Met guidelines for muscle-strengthening activity | 33.2 | 35.6 | 11.6 – 40.6 |
| 5+ servings of fruit/vegetables per day | 17.2 | 15.8 | 4.5 – 25.6 |
| Cholesterol Checked in Past 5 Years | 90.6 | 86.6 | 79.2 – 93.4 |
| High Cholesterol | 31.1 | 33.9 | 28.5 – 40.7 |
| High Blood Pressure | 28.1 | 32.2 | 25.8 – 43.8 |
| Take Medicine for High Blood Pressure | 76.7 | 76.7 | 58.1 – 84.0 |
| Immunization |  |  |  |
| Flu vaccine in past year (18-49) | 42.1 | 33.3 | 22.3 – 43.0 |
| Flu vaccine in past year (50-64) | 53.0 | 45.2 | 20.4 – 53.0 |
| Flu vaccine in past year (65+) | 67.6 | 62.9 | 37.0 – 70.5 |
| Ever had pneumonia vaccination (65+) | 71.4 | 71.4 | 33.4 – 76.3 |
| Chronic Health Conditions |  |  |  |
| Diabetes | 8.4 | 10.8 | 7.0 – 16.7 |
| Ever had asthma | 15.5 | 14.9 | 10.4 – 18.1 |
| Currently have asthma | 10.3 | 9.7 | 5.2 – 11.8 |
| Have Arthritis | 24.5 | 25.8 | 16.2 – 41.3 |
| Limitations Due to Arthritis | 9.8 | 10.6 | 6.6 – 19.9 |
| Myocardial Infarction (35+) | 5.7 | 5.9 | 3.7 – 11.2 |
| Angina or Coronary Heart Disease (35+) | 5.1 | 5.3 | 3.1 – 10.0 |
| Stroke (35+) | 3.2 | 4.3 | 3.0 – 7.1 |
| Chronic Obstructive Pulmonary Disease | 4.9 | 6.4 | 3.2 – 12.3 |
| Ever diagnosed with cancer | 12.6 | 12.5 | 4.0 – 16.6 |
| Ever diagnosed with depression | 18.5 | 19.7 | 10.6 – 28.8 |
| Other Topics |  |  |  |
| Ever tested for HIV (18-64) | 46.0 | 46.6 | 31.4 – 77.5 |
| Tested for HIV in Past Year (18-64) | 11.3 | 12.8 | 7.7 – 43.5 |
| ¶ 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 | | | |

## 

# Terms, Definitions and Statistical Methodology

This report presents data from the **combined sample** - both landline and cell phone respondents. The combined sample contained 7,731 respondents.

* The survey design included two 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 1,331 landline respondents and 2,315 cell phone respondents,
* Split 2 contained 1,346 landline respondents and 2,300 cell phone respondents,

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 USpopulation 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**:

1. Estimates and their 95% confidence intervals are not presented in the tables if the underlying sample size is less than 50 respondents.
2. 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.[[1]](#endnote-1)

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.
* All data collected is cross-sectional and should not be used to employ causality.
* BRFSS interviews are conducted in English, Spanish and Portuguese. Adults who are unable to complete a telephone survey in one of these languages are excluded.

1. [↑](#endnote-ref-1)