

A Profile of Health among Massachusetts Adults, 2020

Results from the Behavioral Risk Factor Surveillance
System

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



January 2022

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TABLE OF CONTENTS

ACKNOWLEDGEMENTS	4
INTRODUCTION	5
HEALTH EQUITY	6
HIGHLIGHTS	7
DEMOGRAPHIC CHARACTERISTICS OF RESPONDENTS	9
SECTION 1: OVERALL HEALTH MEASURES.....	10
SECTION 1.1: OVERALL HEALTH STATUS	11
SECTION 1.2: QUALITY OF LIFE	12
SECTION 2: HEALTH CARE ACCESS AND UTILIZATION.....	13
SECTION 2.1: HEALTH INSURANCE STATUS	14
SECTION 2.2: HEALTH CARE ACCESS	15
SECTION 2.3: ORAL HEALTH	17
SECTION 3: RISK FACTORS AND PREVENTIVE BEHAVIORS	18
SECTION 3.1: TOBACCO USE	19
SECTION 3.2: SMOKING CESSATION	22
SECTION 3.3: ENVIRONMENTAL TOBACCO SMOKE	23
SECTION 3.4: ALCOHOL USE	24
SECTION 3.5: OVERWEIGHT AND OBESITY STATUS	25
SECTION 3.6: PHYSICAL ACTIVITY	26
SECTION 4: IMMUNIZATION	27
SECTION 4.1: FLU VACCINE AND PNEUMONIA VACCINE	28
SECTION 4.2: HUMAN PAPILLOMA VIRUS (HPV) VACCINATION	31
SECTION 4.3: HEPATITIS B VIRUS (HBV) VACCINATION	32
SECTION 4.4: HERPES ZOSTER (SHINGLES) VACCINATION	33
SECTION 5: CHRONIC HEALTH CONDITIONS.....	34
SECTION 5.1: DIABETES	35
SECTION 5.2: ASTHMA	36
SECTION 5.3: CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)	37
SECTION 5.4: HEART DISEASE AND STROKE	38
SECTION 5.6: CANCER DIAGNOSIS	41
SECTION 6: CANCER SCREENING	42
SECTION 6.1: COLORECTAL CANCER SCREENING	43
SECTION 6.2: BREAST CANCER SCREENING	44
SECTION 6.3: CERVICAL CANCER SCREENING	45
SECTION 7: OTHER TOPICS	46

SECTION 7.1: HIV TESTING	47
SECTION 7.2: SEXUAL VIOLENCE	48
SECTION 7.3: UNINTENTIONAL FALLS	49
SECTION 7.4: DRINKING AND DRIVING	50
SECTION 7.5: SEATBELT USE	51
SECTION 7.6: FAMILY PLANNING	52
SECTION 7.7: OPIOID AND MARIJUANA USE	53
APPENDIX.....	55
 AGE-ADJUSTED PERCENTAGES FOR SELECTED TOPICS.....	56
 MASSACHUSETTS AND NATIONAL ESTIMATES.....	64
TERMS, DEFINITIONS AND STATISTICAL METHODOLOGY	65
LIMITATIONS.....	67

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INTRODUCTION

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

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

In addition to the core CDC questions, the Massachusetts Health Survey Program, in collaboration with other Massachusetts Department of Public Health (DPH) 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 2020, 2,262 landline interviews and 4,919 cell phone interviews were completed among Massachusetts adults. Interviews were administered in English or Spanish.

This report summarizes selected results from the combined landline and cell phone portions of the 2020 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 2020 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 2020 in a separate table.

All percentages in this report are weighted (see definition on page 72) to represent the total Massachusetts population in 2020.

BRFSS is conducted with monthly samples throughout the year (Jan-Dec). As the survey was already in the field when the COVID-19 pandemic began in spring 2020, Massachusetts did not add COVID-related items to the BRFSS questionnaire, but rather collected data specific to COVID through another survey available at: <https://www.mass.gov/info-details/covid-19-community-impact-survey>. A small set of COVID-related questions was included in the 2021 questionnaire, and these results will be available next year.

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, annual household income, and sexual orientation and gender identity). 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 (25%) were more likely than both White (9%) and Black (13%) adults to report that their overall health was fair or poor. (Table 1.1)
- Adults with a disability (27%) were more likely than adults without a disability (8%), and LGBT adults (29%) were more likely than straight/cisgender adults (11%), 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

- Hispanic adults (76%) were less likely than White (90%) or Black adults (86%) and males (84%) were less likely than females (91%) to report having a personal health care provider. Adults with a disability (85%) were more likely to have had a routine medical check-up in the past year compared with adults without disabilities (78%). (Table 2.2)
- Black (60%) and Hispanic (65%) adults were less likely than White (76%) adults to have had a dental visit in the past year. Adults with a disability (63%) were less likely than adults without a disability (77%) to report having a dental visit in the previous year. (Table 2.3)

RISK FACTORS AND PREVENTIVE BEHAVIORS

- Overall, use of e-cigarettes was 4.0%; however, among those 18-24 years of age, 15.7% report using electronic cigarettes. (Table 3.1.3)
- 60.5% of adults reported being overweight or obese ($BMI \geq 25.0$) and 24.4% reported being obese ($BMI \geq 30.0$). Obesity was higher among those with a disability (31%) and among Black (35%) and Hispanic (33%) adults and was lowest among Asian adults (10%). (Table 3.5)
- Black and Hispanic adults were less likely than White adults to report any leisure-time physical activity in the previous month (74% and 61% vs. 84%, respectively). LGBT adults (86%) were more likely to report leisure-time physical activity than were straight/cisgender adults (80%). (Table 3.6)

IMMUNIZATION

- In 2020, 47% of adults 18-49 years old, 58% of adults 50-64, and 76% of adults 65 years and older received a flu vaccine in the past year. (Tables 4.1.1 and 4.1.2)

CHRONIC HEALTH CONDITIONS

- In 2020, 8.8% of adults reported that they had ever been diagnosed with diabetes and an additional 9.9% had been told that they have pre-diabetes. Hispanic adults (14%) were more likely than White adults (8%) to report that they were ever diagnosed with diabetes. (Table 5.1)

- LGBT adults were more likely than straight/cisgender adults to report currently being diagnosed with asthma (25% vs. 15%). (Table 5.2)
- Females (23%) were more likely than males (13%), adults with a disability (39%) were more likely than adults without a disability (12%), and LGBT adults (43%) were more likely than straight/cisgender adults (16%) to report ever being diagnosed with a depressive disorder. (Table 5.6)

OTHER TOPICS – HIV TESTING, OPIATES & MARIJUANA

- 10% of all adults reported that they had been tested for HIV in the past year. Black (17%) and Hispanic adults (17%) were more likely than White adults (8%) to have been tested in the previous year. LGBT adults (26%) were more likely than straight/cisgender adults (8%) to report being tested in the previous year. (Table 7.1)

*see definition of disability on p. 66

DEMOGRAPHIC CHARACTERISTICS OF RESPONDENTS

MASSACHUSETTS BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, 2020

	UNWEIGHTED SAMPLE SIZE	WEIGHTED PERCENT
	N	%†
OVERALL	7,181	100.0
SEX		
MALE	3,280	47.9
FEMALE	3,901	52.1
AGE GROUP		
18–24	524	13.1
25–34	918	17.0
35–44	847	15.7
45–54	1,052	14.9
55–64	1,432	17.4
65–74	1,255	12.6
75 AND OLDER	889	9.4
RACE-ETHNICITY*		
WHITE	5,642	73.1
BLACK	371	7.3
HISPANIC	615	11.9
ASIAN	296	7.7
DISABILITY¶		
DISABILITY	1,561	23.8
NO DISABILITY	5,207	76.2
EDUCATION		
< HIGH SCHOOL	287	9.8
HIGH SCHOOL	1,365	24.8
COLLEGE 1–3 YRS	1,760	25.7
COLLEGE 4+ YRS	3,708	39.6
HOUSEHOLD INCOME		
<\$25,000	833	17.7
\$25,000–34,999	363	6.3
\$35,000–49,999	566	10.6
\$50,000–74,999	784	14.2
\$75,000+	2,760	51.1
SOGI**		
LGBT	399	7.5
STRAIGHT/CISGENDER	5,420	92.5

* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available

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

¶ See p 66 for definition of disability

**Sexual Orientation and Gender Identity

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, 2020					
	FAIR OR POOR HEALTH				
	N	%	95% CI		
OVERALL	7,167	11.3	10.3	-	12.4
SEX					
MALE	3,270	10.8	9.2	-	12.3
FEMALE	3,897	11.9	10.3	-	13.4
AGE GROUP					
18–24	524	5.1	2.5	-	7.6
25–34	914	7.3	5.0	-	9.6
35–44	846	10.6	7.3	-	13.8
45–54	1,052	11.2	8.7	-	13.7
55–64	1,430	13.4	10.7	-	16.1
65–74	1,253	15.1	12.0	-	18.2
75 AND OLDER	885	20.5	16.1	-	24.8
RACE-ETHNICITY*					
WHITE	5,637	9.3	8.2	-	10.3
BLACK	371	13.1	8.6	-	17.6
HISPANIC	613	25.4	20.5	-	30.4
ASIAN	†				
DISABILITY¶					
DISABILITY	1,556	32.4	28.9	-	35.9
NO DISABILITY	5,198	5.0	4.2	-	5.8
EDUCATION					
< HIGH SCHOOL	283	27.9	21.6	-	34.2
HIGH SCHOOL	1,363	15.2	12.6	-	17.8
COLLEGE 1–3 YRS	1,756	11.0	9.2	-	12.8
COLLEGE 4+ YRS	3,705	4.9	4.1	-	5.8
HOUSEHOLD INCOME					
<\$25,000	828	28.3	24.0	-	32.6
\$25,000–34,999	362	14.5	10.1	-	18.8
\$35,000–49,999	564	16.8	11.7	-	21.9
\$50,000–74,999	782	7.6	5.2	-	10.0
\$75,000+	2,757	3.9	3.0	-	4.9
SOGI**					
LGBT	398	12.3	7.9	-	16.8
STRAIGHT/CISGENDER	5,410	11.6	10.3	-	12.9
<p>* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available</p> <p>† Insufficient Data</p> <p>¶ See p 66 for definition of disability</p> <p>**Sexual Orientation and Gender Identity</p>					

SECTION 1.2: QUALITY OF LIFE

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

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

TABLE 1.2 – QUALITY OF LIFE AMONG MASSACHUSETTS ADULTS, 2020										
	15+ DAYS OF POOR PHYSICAL HEALTH					15+ DAYS OF POOR MENTAL HEALTH				
	N	%	95% CI			N	%	95% CI		
OVERALL	7,033	6.8	6.0	-	7.6	7,030	12.3	11.2	-	13.4
SEX										
MALE	3,220	6.3	5.1	-	7.5	3,224	9.9	8.5	-	11.3
FEMALE	3,813	7.2	6.1	-	8.4	3,806	14.5	12.8	-	16.2
AGE GROUP										
18–24	†					517	17.0	12.7	-	21.3
25–34	903	5.0	3.0	-	7.1	900	17.8	14.5	-	21.2
35–44	835	5.3	3.1	-	7.4	825	13.5	10.3	-	16.6
45–54	1,036	5.9	4.0	-	7.8	1,032	11.4	9.0	-	13.7
55–64	1,403	8.7	6.5	-	11.0	1,411	11.0	8.8	-	13.1
65–74	1,219	8.4	6.4	-	10.4	1,221	7.4	5.3	-	9.4
75 AND OLDER	862	15.3	11.6	-	19.0	873	5.0	3.0	-	7.1
RACE-ETHNICITY*										
WHITE	5,547	7.2	6.2	-	8.2	5,537	12.3	11.0	-	13.5
BLACK	359	7.0	3.4	-	10.6	362	13.5	8.4	-	18.7
HISPANIC	592	7.0	4.4	-	9.7	594	16.8	12.2	-	21.3
ASIAN	†					293	5.2	2.5	-	7.9
DISABILITY¶										
DISABILITY	1,484	20.8	17.8	-	23.8	1,496	26.6	23.2	-	29.9
NO DISABILITY	5,149	2.8	2.3	-	3.4	5,136	8.1	7.1	-	9.1
EDUCATION										
< HIGH SCHOOL	275	9.9	5.8	-	14.0	277	13.7	8.9	-	18.4
HIGH SCHOOL	1,323	10.0	7.9	-	12.2	1,326	13.9	11.3	-	16.4
COLLEGE 1–3 YRS	1,726	7.3	5.7	-	8.8	1,730	15.4	13.0	-	17.7
COLLEGE 4+ YRS	3,659	3.8	3.1	-	4.5	3,642	9.2	7.9	-	10.4
HOUSEHOLD INCOME										
<\$25,000	803	14.6	11.5	-	17.8	805	21.5	17.4	-	25.6
\$25,000–34,999	353	6.8	4.1	-	9.5	348	12.4	8.1	-	16.8
\$35,000–49,999	556	9.6	5.4	-	13.8	554	19.0	13.7	-	24.3
\$50,000–74,999	773	6.2	3.8	-	8.5	772	11.2	8.3	-	14.1
\$75,000+	2,734	3.6	2.7	-	4.5	2,733	8.8	7.4	-	10.2
SOGI**										
LGBT	394	5.6	3.2	-	8.0	389	28.8	21.8	-	35.8
	5,311	7.4	6.3	-	8.4	5,319	10.9	9.7	-	12.1
* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available										
† Insufficient Data										
¶ See p 66 for definition of disability										
**Sexual Orientation and Gender Identity										

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 INSURANCE STATUS AMONG MASSACHUSETTS ADULTS, AGES 18-64, 2020					
	NO HEALTH INSURANCE				
	N	%	95% CI		
OVERALL	4,224	4.3	3.3	-	5.2
SEX					
MALE	1,991	6.3	4.6	-	8.0
FEMALE	2,233	2.3	1.5	-	3.1
AGE GROUP					
18–24	441	6.8	3.7	-	10.0
25–34	715	6.7	4.2	-	9.2
35–44	747	4.4	2.2	-	6.6
45–54	967	2.4	1.1	-	3.6
55–64	†				
RACE-ETHNICITY*					
WHITE	3,143	2.7	1.8	-	3.5
BLACK	†				
HISPANIC	487	12.1	8.3	-	15.9
ASIAN	†				
DISABILITY¶					
DISABILITY	730	6.1	3.6	-	8.6
NO DISABILITY	3,216	3.7	2.7	-	4.7
EDUCATION					
< HIGH SCHOOL	169	13.4	7.8	-	19.1
HIGH SCHOOL	819	5.1	3.1	-	7.1
COLLEGE 1–3 YRS	1,061	4.6	2.8	-	6.5
COLLEGE 4+ YRS	2,155	1.3	0.7	-	2.0
HOUSEHOLD INCOME					
<\$25,000	468	9.0	4.9	-	13.1
\$25,000–34,999	†				
\$35,000–49,999	291	6.5	2.9	-	10.0
\$50,000–74,999	†				
\$75,000+	1,884	1.7	0.7	-	2.7
SOGI**					
LGBT	†				
STRAIGHT/CISGENDER	3447	4.3	3.2	-	5.3
<p>* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available</p> <p>† Insufficient Data</p> <p>¶ See p 66 for definition of disability</p> <p>**Sexual Orientation and Gender Identity</p>					

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, 2020										
	HAVE PERSONAL HEALTH CARE PROVIDER					COULD NOT SEE DOCTOR DUE TO COST				
	N	%	95% CI			N	%	95% CI		
OVERALL	7,130	87.3	86.2	-	88.3	7,163	8.3	7.3	-	9.3
SEX										
MALE	3,251	83.7	82.0	-	85.4	3,273	8.7	7.3	-	10.2
FEMALE	3,879	90.5	89.1	-	91.9	3,890	7.8	6.5	-	9.2
AGE GROUP										
18–24	512	74.8	70.2	-	79.3	523	12.3	8.4	-	16.1
25–34	911	74.4	70.8	-	78.0	914	12.7	9.9	-	15.6
35–44	842	85.6	82.7	-	88.5	845	9.6	6.4	-	12.8
45–54	1,047	92.9	91.0	-	94.8	1,049	7.4	5.1	-	9.7
55–64	1,428	93.8	92.1	-	95.4	1,428	6.2	4.4	-	8.0
65–74	1,251	96.3	95.0	-	97.6	1,254	4.7	3.2	-	6.2
75 AND OLDER	882	96.4	94.5	-	98.3	888	2.6	1.1	-	4.0
RACE-ETHNICITY*										
WHITE	5,615	90.4	89.3	-	91.4	5,633	7.4	6.3	-	8.4
BLACK	366	85.6	80.6	-	90.6	369	9.4	4.2	-	14.6
HISPANIC	609	76.3	71.9	-	80.7	613	15.9	11.8	-	20.1
ASIAN	289	80.1	74.7	-	85.5	†			-	
DISABILITY¶										
DISABILITY	1,549	89.7	87.5	-	91.9	1,554	15.2	12.3	-	18.1
NO DISABILITY	5,176	86.8	85.6	-	88.1	5,199	5.8	4.8	-	6.8
EDUCATION										
< HIGH SCHOOL	282	78.6	73.1	-	84.1	286	14.4	9.4	-	19.4
HIGH SCHOOL	1,352	85.3	82.8	-	87.7	1,361	7.5	5.5	-	9.4
COLLEGE 1–3 YRS	1,750	88.0	86.0	-	90.0	1,755	10.7	8.4	-	12.9
COLLEGE 4+ YRS	3,688	90.3	89.0	-	91.5	3,703	5.3	4.3	-	6.3
HOUSEHOLD INCOME										
<\$25,000	823	81.6	77.7	-	85.4	828	12.7	9.6	-	15.8
\$25,000–34,999	361	83.2	78.0	-	88.4	359	10.2	6.1	-	14.3
\$35,000–49,999	565	87.1	83.3	-	90.8	564	13.8	9.0	-	18.6
\$50,000–74,999	781	88.2	84.7	-	91.8	784	7.4	4.4	-	10.3
\$75,000+	2,748	91.4	90.0	-	92.8	2,760	4.6	3.4	-	5.8
SOGI**										
LGBT	397	83.9	79.0	-	88.9	399	11.2	7.0	-	15.4
STRAIGHT/CISGENDER	5,384	88.5	87.2	-	89.7	5,405	7.5	6.4	-	8.6
* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available										
† Insufficient Data										
¶ See p 66 for definition of disability										
**Sexual Orientation and Gender Identity										

TABLE 2.2 (CONTINUED) - HEALTH CARE ACCESS AMONG MASSACHUSETTS ADULTS, 2020

	HAD A ROUTINE CHECKUP IN THE PAST YEAR		
	N	%	95% CI
OVERALL	7,106	79.7	78.4 - 81.0
SEX			
MALE	3,246	76.7	74.7 - 78.7
FEMALE	3,860	82.5	80.8 - 84.2
AGE GROUP			
18–24	517	76.2	71.8 - 80.6
25–34	899	70.2	66.6 - 73.8
35–44	836	70.6	66.4 - 74.8
45–54	1,046	80.4	77.2 - 83.6
55–64	1,425	83.5	81.0 - 86.0
65–74	1,247	90.2	87.9 - 92.4
75 AND OLDER	881	92.4	89.1 - 95.8
RACE-ETHNICITY*			
WHITE	5,599	80.5	79.1 - 81.9
BLACK	366	85.6	80.7 - 90.5
HISPANIC	605	76.5	71.9 - 81.2
ASIAN	290	73.5	67.2 - 79.8
DISABILITY†			
DISABILITY	1,542	84.5	81.6 - 87.4
NO DISABILITY	5,163	77.8	76.2 - 79.3
EDUCATION			
< HIGH SCHOOL	280	80.4	74.4 - 86.3
HIGH SCHOOL	1,347	80.9	78.1 - 83.7
COLLEGE 1–3 YRS	1,743	81.0	78.6 - 83.4
COLLEGE 4+ YRS	3,683	78.0	76.2 - 79.9
HOUSEHOLD INCOME			
<\$25,000	818	78.3	74.3 - 82.3
\$25,000–34,999	361	79.6	74.4 - 84.8
\$35,000–49,999	563	75.7	70.6 - 80.9
\$50,000–74,999	780	80.3	75.9 - 84.6
\$75,000+	2,746	78.1	76.1 - 80.1
SOGI**			
LGBT	396	74.7	68.7 - 80.7
STRAIGHT/CISGENDER	5,370	80.2	78.7 - 81.7

* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available

† Insufficient Data

¶ See p 66 for definition of disability

**Sexual Orientation and Gender Identity

SECTION 2.3: ORAL HEALTH

All respondents were asked how long it had been since they had last visited a dentist or a dental clinic. Presented here is the percentage reporting that they had been to a dentist or a dental clinic within the past year. The wording of the question did not differentiate between a routine cleaning and other types of dental work. All respondents were also asked how many of their teeth were missing due to decay or gum disease only. The number of teeth missing due to injury or orthodontic purposes is not included. Presented here is the percentage of adults with six or more teeth missing due to decay.

TABLE 2.3 – DENTAL HEALTH CARE AMONG MASSACHUSETTS ADULTS, 2020										
	DENTAL VISIT IN PAST YEAR					SIX OR MORE TEETH MISSING				
	N	%	95% CI			N	%	95% CI		
OVERALL	7,099	73.3	71.9	-	74.8	6,985	12.0	11.0	-	13.1
SEX										
MALE	3,240	70.6	68.4	-	72.8	3,191	11.8	10.2	-	13.4
FEMALE	3,859	75.8	73.9	-	77.8	3,794	12.3	10.8	-	13.7
AGE GROUP										
18–24	516	72.4	67.6	-	77.3	†				
25–34	907	68.5	64.7	-	72.3	912	3.7	2.1	-	5.3
35–44	841	69.0	64.9	-	73.1	836	4.8	2.6	-	7.0
45–54	1,043	79.1	76.0	-	82.2	1,032	8.1	5.9	-	10.3
55–64	1,425	75.8	72.3	-	79.3	1,401	16.1	12.9	-	19.4
65–74	1,241	79.6	76.3	-	82.9	1,208	24.6	21.1	-	28.1
75 AND OLDER	872	64.8	59.6	-	70.0	835	40.0	34.9	-	45.1
RACE-ETHNICITY*										
WHITE	5,595	76.1	74.5	-	77.7	5,491	12.1	10.9	-	13.3
BLACK	365	59.7	52.4	-	67.0	359	16.2	11.1	-	21.4
HISPANIC	605	64.6	59.6	-	69.7	602	14.1	10.5	-	17.6
ASIAN	288	72.9	66.9	-	78.9	†				
DISABILITY¶										
DISABILITY	1,529	62.6	59.1	-	66.2	1,490	27.0	23.8	-	30.2
NO DISABILITY	5,165	76.5	74.9	-	78.2	5,,102	7.9	6.8	-	9.0
EDUCATION										
< HIGH SCHOOL	282	49.7	42.6	-	56.9	281	33.1	26.5	-	39.8
HIGH SCHOOL	1,338	68.6	65.4	-	71.7	1,311	16.4	13.9	-	18.9
COLLEGE 1–3 YRS	1,744	73.8	71.0	-	76.6	1,705	12.1	10.3	-	13.8
COLLEGE 4+ YRS	3,680	81.6	79.9	-	83.2	3,633	4.2	3.5	-	4.9
HOUSEHOLD INCOME										
<\$25,000	815	57.1	52.3	-	61.9	801	26.5	22.3	-	30.7
\$25,000–34,999	360	63.1	56.8	-	69.4	350	21.0	15.6	-	26.4
\$35,000–49,999	556	69.9	64.9	-	74.9	551	15.9	11.5	-	20.3
\$50,000–74,999	776	75.8	71.1	-	80.5	774	10.5	6.9	-	14.1
\$75,000+	2,748	81.6	79.6	-	83.5	2,717	4.9	3.9	-	5.9
SOGI**										
LGBT	398	68.5	61.5	-	75.5	391	12.3	6.7	-	18.0
STRAIGHT/CISGENDER	5,363	74.6	72.9	-	76.2	5,273	13.1	11.9	-	14.4
* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available										
† Insufficient Data										
¶ See p 66 for definition of disability										
**Sexual Orientation and Gender Identity										

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

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

TABLE 3.1.1 – TOBACCO USE AMONG MASSACHUSETTS ADULTS, 2020

	CURRENT SMOKER					FORMER SMOKER				
	N	%	95% CI			N	%	95% CI		
OVERALL	6,762	11.1	10.0	-	12.2	6,762	24.4	23.1	-	25.7
SEX										
MALE	3,071	12.8	11.1	-	14.5	3,071	27.0	24.9	-	29.0
FEMALE	3,691	9.5	8.1	-	10.9	3,691	22.0	20.3	-	23.8
AGE GROUP										
18–24	491	6.8	4.1	-	9.6	491	3.9	2.1	-	5.8
25–34	854	14.1	10.8	-	17.3	854	16.1	13.1	-	19.1
35–44	777	13.2	9.9	-	16.5	777	19.4	16.2	-	22.6
45–54	992	13.9	10.9	-	16.9	992	20.5	17.4	-	23.6
55–64	1,361	12.6	10.3	-	15.0	1,361	31.0	27.4	-	34.6
65–74	1,204	8.8	6.5	-	11.0	1,204	39.9	36.0	-	43.7
75 AND OLDER	861	6.0	2.8	-	9.3	861	47.6	42.7	-	52.6
RACE-ETHNICITY*										
WHITE	5,334	11.3	10.1	-	12.5	5,334	28.5	26.9	-	30.1
BLACK	342	13.8	8.9	-	18.7	342	12.1	7.5	-	16.7
HISPANIC	579	11.5	7.5	-	15.4	579	15.1	11.6	-	18.5
ASIAN	283	5.3	2.5	-	8.2	283	12.9	7.7	-	18.2
DISABILITY†										
DISABILITY	1,531	19.4	16.5	-	22.3	1,531	29.5	26.3	-	32.6
NO DISABILITY	5,145	8.5	7.4	-	9.6	5,145	22.9	21.5	-	24.4
EDUCATION										
< HIGH SCHOOL	277	20.2	14.4	-	25.9	277	25.1	18.7	-	31.6
HIGH SCHOOL	1,262	15.1	12.6	-	17.5	1,262	27.1	24.2	-	30.1
COLLEGE 1–3 YRS	1,667	13.5	11.2	-	15.8	1,667	26.1	23.6	-	28.6
COLLEGE 4+ YRS	3,511	4.7	3.7	-	5.6	3,511	21.6	19.9	-	23.3
HOUSEHOLD INCOME										
<\$25,000	809	21.0	16.9	-	25.0	809	22.4	18.5	-	26.3
\$25,000–34,999	358	18.7	13.3	-	24.0	358	28.8	22.9	-	34.8
\$35,000–49,999	548	15.7	11.4	-	19.9	548	25.4	20.8	-	30.0
\$50,000–74,999	766	10.8	7.2	-	14.5	766	30.6	25.7	-	35.4
\$75,000+	2,688	7.6	6.0	-	9.1	2,688	24.9	22.9	-	26.9
SOGI**										
LGBT	396	16.8	11.1	-	22.5	396	22.7	16.3	-	29.1
STRAIGHT/CISGENDER	5,375	10.7	9.4	-	11.9	5,375	26.2	24.7	-	27.7

* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available

† Insufficient Data

¶ See p 66 for definition of disability

**Sexual Orientation and Gender Identity

TABLE 3.1.2 - SMOKELESS TOBACCO USE AMONG MASSACHUSETTS ADULTS, 2020

	USE SMOKELESS TOBACCO		
	N	%	95% CI
OVERALL	6,807	1.5	1.1 - 2.0
SEX			
MALE	3,098	2.2	1.5 - 3.0
FEMALE	†		
AGE GROUP			
18–24	†		
25–34	†		
35–44	†		
45–54	996	1.7	0.8 - 2.5
55–64	1,369	1.0	0.4 - 1.5
65–74	†		
75 AND OLDER	†		
RACE-ETHNICITY*			
WHITE	5,367	1.5	0.9 - 2.1
BLACK	†		
HISPANIC	†		
ASIAN	†		
DISABILITY†¶			
DISABILITY	†		
NO DISABILITY	5,177	1.5	1.1 - 2.0
EDUCATION			
< HIGH SCHOOL	†		
HIGH SCHOOL	†		
COLLEGE 1–3 YRS	1,681	1.4	0.6 - 2.1
COLLEGE 4+ YRS	3,526	1.1	0.7 - 1.6
HOUSEHOLD INCOME			
<\$25,000	†		
\$25,000–34,999	†		
\$35,000–49,999	†		
\$50,000–74,999	†		
\$75,000+	2,703	1.1	0.6 - 1.5
SOGI**			
LGBT	†		
STRAIGHT/CISGENDER	5,412	1.6	1.1 - 2.2

* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available

† Insufficient Data

¶ See p 66 for definition of disability

**Sexual Orientation and Gender Identity

Respondents were asked if they ever tried electronic vapor 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 VAPOR PRODUCT USE AMONG MASSACHUSETTS ADULTS, 2020

	USE E-CIGARETTES		
	N	%	95% CI
OVERALL	2,937	4.0	3.0 - 5.1
SEX			
MALE	1,322	4.9	3.3 - 6.5
FEMALE	1,615	3.2	1.8 - 4.6
AGE GROUP			
18–24	188	15.7	9.0 - 22.3
25–34	326	6.6	3.3 - 9.8
35–44	†		
45–54	†		
55–64	†		
65–74	†		
75 AND OLDER	†		
RACE-ETHNICITY*			
WHITE	2,330	4.4	3.0 - 5.7
BLACK	†		
HISPANIC	†		
ASIAN	†		
DISABILITY¶			
DISABILITY	702	4.9	2.3 - 7.4
NO DISABILITY	2,196	3.8	2.7 - 5.0
EDUCATION			
< HIGH SCHOOL	†		
HIGH SCHOOL	561	5.4	2.6 - 8.2
COLLEGE 1–3 YRS	734	5.2	3.2 - 7.2
COLLEGE 4+ YRS	1,510	2.8	1.7 - 3.8
HOUSEHOLD INCOME			
<\$25,000	†		
\$25,000–34,999	†		
\$35,000–49,999	†		
\$50,000–74,999	†		
\$75,000+	1,149	4.3	2.5 - 6.1
SOGI**			
LGBT	†		
STRAIGHT/CISGENDER	2,645	3.4	2.4 - 4.3

* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available

† Insufficient Data

¶ See p 66 for definition of disability

**Sexual Orientation and Gender Identity

SECTION 3.2: SMOKING CESSATION

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

TABLE 3.2 – SMOKING CESSATION AMONG MASSACHUSETTS ADULTS, 2020			
	QUIT ATTEMPT		
	N	%	95% CI
OVERALL	660	57.5	52.3 - 62.7
SEX			
MALE	341	55.4	48.2 - 62.6
FEMALE	319	60.1	52.8 - 67.4
AGE GROUP			
18–24	†		-
25–34	101	63.5	51.3 - 75.6
35–44	92	51.9	38.5 - 65.3
45–54	112	58.7	47.0 - 70.4
55–64	172	50.4	40.4 - 60.3
65–74	96	60.7	47.3 - 74.2
75 AND OLDER	†		-
RACE-ETHNICITY*			
WHITE	512	54.2	48.4 - 60.1
BLACK	50	68.7	51.8 - 85.6
HISPANIC	54	62.6	45.2 - 80.0
ASIAN	†		-
DISABILITY¶			
DISABILITY	267	59.9	51.7 - 68.1
NO DISABILITY	380	56.2	49.4 - 62.9
EDUCATION			
< HIGH SCHOOL	58	56.0	40.5 - 71.6
HIGH SCHOOL	209	54.6	46.0 - 63.2
COLLEGE 1–3 YRS	226	65.1	56.7 - 73.4
COLLEGE 4+ YRS	161	49.6	39.4 - 59.8
HOUSEHOLD INCOME			
<\$25,000	170	56.8	46.2 - 67.4
\$25,000–34,999	63	51.8	35.9 - 67.7
\$35,000–49,999	74	53.2	38.5 - 67.9
\$50,000–74,999	67	58.5	40.0 - 77.0
\$75,000+	155	59.1	48.6 - 69.5
SOGI**			
LGBT	53	59.3	40.6 - 78.0
STRAIGHT/CISGENDER	503	58.2	52.3 - 64.2
* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available			
† Insufficient Data			
¶ See p 66 for definition of disability			
**Sexual Orientation and Gender Identity			

SECTION 3.3: ENVIRONMENTAL TOBACCO SMOKE

Respondents were asked about rules regarding smoking in their homes; whether smoking was permitted anywhere, smoking was allowed in some places or at some times, or smoking was not allowed anywhere. Presented here is the percentage of adults reporting that no smoking was permitted anywhere in their home.

TABLE 3.3 – ENVIRONMENTAL TOBACCO AMONG MASSACHUSETTS ADULTS, 2020			
	NO SMOKING ALLOWED IN HOME		
	N	%	95% CI
OVERALL	2,886	86.4	84.6 - 88.1
SEX			
MALE	1,300	84.3	81.5 - 87.0
FEMALE	1,586	88.3	86.2 - 90.4
AGE GROUP			
18–24	186	79.1	72.8 - 85.4
25–34	317	81.7	76.6 - 86.8
35–44	328	85.8	80.3 - 91.3
45–54	408	90.5	86.8 - 94.2
55–64	629	87.2	83.9 - 90.4
65–74	546	88.6	85.2 - 92.1
75 AND OLDER	374	91.8	87.3 - 96.3
RACE-ETHNICITY*			
WHITE	2,294	86.7	84.8 - 88.7
BLACK	149	78.3	69.6 - 87.1
HISPANIC	246	89.6	85.2 - 94.0
ASIAN	98	89.4	83.2 - 95.6
DISABILITY†			
DISABILITY	684	77.3	72.7 - 81.9
NO DISABILITY	2,164	89.4	87.7 - 91.0
EDUCATION			
< HIGH SCHOOL	108	81.9	73.5 - 90.3
HIGH SCHOOL	551	83.8	79.7 - 87.8
COLLEGE 1–3 YRS	725	82.9	79.4 - 86.4
COLLEGE 4+ YRS	1,487	91.0	89.2 - 92.9
HOUSEHOLD INCOME			
<\$25,000	332	82.4	77.1 - 87.7
\$25,000–34,999	142	76.6	67.4 - 85.8
\$35,000–49,999	239	77.4	69.0 - 85.7
\$50,000–74,999	330	84.2	78.2 - 90.2
\$75,000+	1,138	90.9	88.9 - 92.9
SOGI**			
LGBT	202	79.5	72.4 - 86.6
STRAIGHT/CISGENDER	2,604	86.9	85.1 - 88.7

* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available

† Insufficient Data

¶ See p 66 for definition of disability

**Sexual Orientation and Gender Identity

SECTION 3.4: ALCOHOL USE

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

TABLE 3.4 – ALCOHOL USE AMONG MASSACHUSETTS ADULTS, 2020

	BINGE DRINKING					HEAVY DRINKING				
	N	%	95% CI			N	%	95% CI		
OVERALL	6,577	15.7	14.5	-	17.0	6,565	7.0	6.2	-	7.7
SEX										
MALE	2,978	20.3	18.4	-	22.2	2,971	6.4	5.3	-	7.5
FEMALE	3,599	11.6	10.1	-	13.1	3,594	7.5	6.4	-	8.5
AGE GROUP										
18–24	473	24.7	20.1	-	29.4	475	5.8	3.7	-	7.9
25–34	824	23.0	19.4	-	26.6	817	6.6	4.7	-	8.5
35–44	762	18.1	14.7	-	21.5	758	6.5	4.5	-	8.5
45–54	970	17.7	14.7	-	20.7	968	7.7	5.7	-	9.7
55–64	1,331	12.2	9.5	-	14.8	1,332	9.9	7.5	-	12.3
65–74	1,186	8.3	6.0	-	10.7	1,184	7.4	5.5	-	9.4
75 AND OLDER	831	3.4	1.6	-	5.3	833	4.0	2.2	-	5.7
RACE-ETHNICITY*										
WHITE	5,208	16.1	14.7	-	17.4	5,212	8.1	7.2	-	9.0
BLACK	338	12.1	7.5	-	16.6	†				
HISPANIC	554	17.8	13.3	-	22.4	545	4.9	2.6	-	7.3
ASIAN	269	13.6	8.5	-	18.7	†				
DISABILITY¶										
DISABILITY	1,486	13.8	11.1	-	16.5	1,481	6.2	4.5	-	7.9
NO DISABILITY	5,010	16.4	15.0	-	17.8	5,005	7.2	6.3	-	8.1
EDUCATION										
< HIGH SCHOOL	263	14.5	9.2	-	19.8	257	5.8	2.6	-	9.1
HIGH SCHOOL	1,219	15.1	12.5	-	17.6	1,210	6.2	4.6	-	7.9
COLLEGE 1–3 YRS	1,621	16.6	14.1	-	19.1	1,625	8.0	6.5	-	9.6
COLLEGE 4+ YRS	3,434	15.8	14.2	-	17.5	3,433	7.0	5.9	-	8.1
HOUSEHOLD INCOME										
<\$25,000	786	13.6	10.1	-	17.2	779	4.4	2.6	-	6.2
\$25,000–34,999	345	9.6	6.0	-	13.2	349	5.3	2.7	-	7.8
\$35,000–49,999	530	19.0	14.4	-	23.7	526	7.1	4.4	-	9.9
\$50,000–74,999	762	17.3	13.5	-	21.2	754	9.6	6.5	-	12.8
\$75,000+	2,653	20.1	18.0	-	22.2	2,651	9.4	7.9	-	10.8
SOGI**										
LGBT	388	18.4	12.7	-	24.2	385	5.4	2.8	-	8.1
STRAIGHT/CISGENDER	5,271	14.7	13.3	-	16.0	5,263	6.7	5.8	-	7.6

* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available

† Insufficient Data

¶ See p 66 for definition of disability

**Sexual Orientation and Gender Identity

SECTION 3.5: OVERWEIGHT AND OBESITY STATUS

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

TABLE 3.5 – OVERWEIGHT AND OBESE AMONG MASSACHUSETTS ADULTS, 2020

	OVERWEIGHT (BMI ≥ 25.0)					OBESE (BMI ≥ 30.0)				
	N	%	95% CI			N	%	95% CI		
OVERALL	6,124	60.5	58.9	-	62.2	6,124	24.4	23.0	-	25.9
SEX										
MALE	2,973	68.1	65.8	-	70.3	2,973	25.4	23.2	-	27.5
FEMALE	3,151	52.7	50.3	-	55.1	3,151	23.4	21.4	-	25.5
AGE GROUP										
18–24	449	37.0	31.4	-	42.6	449	12.7	8.8	-	16.5
25–34	767	55.6	51.3	-	59.9	767	21.4	17.8	-	25.0
35–44	700	65.2	60.9	-	69.6	700	28.9	24.3	-	33.5
45–54	902	65.2	61.2	-	69.3	902	27.0	23.3	-	30.7
55–64	1,269	69.5	66.1	-	72.8	1,269	29.7	26.1	-	33.3
65–74	1,113	67.8	64.0	-	71.6	1,113	27.2	23.6	-	30.8
75 AND OLDER	800	59.0	54.0	-	64.0	800	21.8	17.6	-	26.0
RACE-ETHNICITY*										
WHITE	4,901	60.9	59.1	-	62.8	4,901	23.9	22.2	-	25.5
BLACK	304	72.3	65.8	-	78.7	304	34.8	27.3	-	42.3
HISPANIC	503	67.4	62.2	-	72.7	503	32.6	27.1	-	38.1
ASIAN	235	34.3	27.2	-	41.4	235	10.0	5.4	-	14.5
DISABILITY†										
DISABILITY	1,388	66.1	62.5	-	69.7	1,388	30.9	27.5	-	34.4
NO DISABILITY	4,600	58.6	56.7	-	60.5	4,600	22.5	20.9	-	24.1
EDUCATION										
< HIGH SCHOOL	235	74.1	67.4	-	80.8	235	30.0	22.6	-	37.5
HIGH SCHOOL	1,139	62.5	58.9	-	66.1	1,139	28.6	25.3	-	31.9
COLLEGE 1–3 YRS	1,514	60.3	57.1	-	63.5	1,514	25.6	22.8	-	28.4
COLLEGE 4+ YRS	3,207	56.4	54.2	-	58.7	3,207	20.1	18.3	-	21.9
HOUSEHOLD INCOME										
<\$25,000	739	64.0	59.2	-	68.9	739	27.9	23.4	-	32.3
\$25,000–34,999	329	55.3	48.3	-	62.4	329	24.8	18.9	-	30.6
\$35,000–49,999	517	58.5	52.8	-	64.2	517	26.1	20.8	-	31.4
\$50,000–74,999	715	67.7	62.9	-	72.6	715	29.3	24.3	-	34.3
\$75,000+	2,538	61.7	59.2	-	64.1	2,538	23.5	21.3	-	25.6
SOGI**										
LGBT	360	55.6	48.4	-	62.8	360	26.8	19.6	-	33.9
STRAIGHT/CISGENDER	4,816	62.0	60.1	-	63.9	4,816	25.4	23.7	-	27.1

* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available

† Insufficient Data

¶ See p 66 for definition of disability

**Sexual Orientation and Gender Identity

SECTION 3.6: PHYSICAL ACTIVITY

In 2020, all respondents were asked if during the past month, other than their regular job, they participated in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise. Presented here is the percentage of adults who participated in any leisure time physical activity in the last 30 days.

TABLE 3.6 - ANY LEISURE TIME PHYSICAL ACTIVITY AMONG MASSACHUSETTS ADULTS, 2020			
	PHYSICAL ACTIVITY IN THE PAST MONTH		
	N	%	95% CI
OVERALL	7,171	80.1	78.8 - 81.4
SEX			
MALE	3,277	81.9	80.0 - 83.7
FEMALE	3,894	78.5	76.7 - 80.3
AGE GROUP			
18–24	524	86.0	81.9 - 90.0
25–34	918	85.8	82.9 - 88.7
35–44	845	78.8	74.9 - 82.7
45–54	1,050	80.2	77.1 - 83.3
55–64	1,431	81.8	79.1 - 84.5
65–74	1,255	74.8	71.2 - 78.4
75 AND OLDER	888	65.8	61.1 - 70.5
RACE-ETHNICITY*			
WHITE	5,639	83.5	82.2 - 84.7
BLACK	368	74.2	67.8 - 80.7
HISPANIC	615	60.7	55.5 - 65.9
ASIAN	296	86.2	81.3 - 91.0
DISABILITY†			
DISABILITY	1,556	64.1	60.7 - 67.5
NO DISABILITY	5,206	85.1	83.7 - 86.4
EDUCATION			
< HIGH SCHOOL	286	56.3	49.4 - 63.2
HIGH SCHOOL	1,363	73.9	71.0 - 76.8
COLLEGE 1–3 YRS	1,758	80.1	77.6 - 82.5
COLLEGE 4+ YRS	3,707	89.8	88.6 - 91.0
HOUSEHOLD INCOME			
<\$25,000	832	63.2	58.6 - 67.7
\$25,000–34,999	361	69.4	63.3 - 75.6
\$35,000–49,999	565	74.2	69.1 - 79.3
\$50,000–74,999	784	85.5	82.0 - 88.9
\$75,000+	2,760	90.2	88.7 - 91.7
SOGI**			
LGBT	399	85.9	81.7 - 90.2
STRAIGHT/CISGENDER	5,415	79.5	78.0 - 81.1
* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available † Insufficient Data ¶ See p 66 for definition of disability **Sexual Orientation and Gender Identity			

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, 2020										
	FLU VACCINE IN PAST YEAR, AGES 18-49					FLU VACCINE IN PAST YEAR, AGES 50-64				
	N	%	95% CI			N	%	95% CI		
OVERALL	2,502	46.9	44.4	-	49.4	1,918	58.3	55.4	-	61.3
SEX										
MALE	1,239	41.8	38.3	-	45.2	853	56.9	52.5	-	61.3
FEMALE	1,263	52.0	48.4	-	55.6	1,065	59.6	55.6	-	63.6
AGE GROUP										
18–24	477	46.9	41.3	-	52.5					
25–34	844	44.3	40.2	-	48.5					
35–44	764	48.5	44.0	-	53.0					
45–49	417	50.2	44.0	-	56.4					
50–64						1,918	58.3	55.4	-	61.3
RACE-ETHNICITY*										
WHITE	1,690	49.4	46.4	-	52.4	1,617	60.4	57.2	-	63.5
BLACK	169	33.6	24.7	-	42.4	92	48.0	34.2	-	61.9
HISPANIC	372	42.5	35.8	-	49.2	122	61.5	50.6	-	72.4
ASIAN	203	53.7	45.5	-	61.9	†				
DISABILITY¶										
DISABILITY	392	43.6	36.9	-	50.3	391	58.4	51.6	-	65.2
NO DISABILITY	2,075	47.9	45.2	-	50.6	1,505	58.4	55.1	-	61.7
EDUCATION										
< HIGH SCHOOL	106	36.9	26.3	-	47.5	65	59.2	44.2	-	74.2
HIGH SCHOOL	459	37.3	31.7	-	42.8	351	50.9	44.4	-	57.4
COLLEGE 1–3 YRS	627	43.3	38.5	-	48.2	453	54.3	48.6	-	59.9
COLLEGE 4+ YRS	1,298	57.9	54.6	-	61.2	1,044	64.9	61.1	-	68.7
HOUSEHOLD INCOME										
<\$25,000	287	44.9	37.4	-	52.3	204	53.0	43.4	-	62.5
\$25,000–34,999	127	31.8	22.8	-	40.8	61	38.2	22.8	-	53.6
\$35,000–49,999	205	48.4	39.7	-	57.1	112	51.4	38.6	-	64.1
\$50,000–74,999	287	42.8	35.5	-	50.0	183	61.3	51.1	-	71.6
\$75,000+	1,067	52.1	48.4	-	55.8	999	61.9	58.0	-	65.8
SOGI**										
LGBT	211	52.7	43.8	-	61.5	88	66.7	51.7	-	81.7
STRAIGHT/CISGENDER	1,791	45.7	42.8	-	48.7	1,642	59.2	56.1	-	62.4
* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available										
† Insufficient Data										
¶ See p 66 for definition of disability										
**Sexual Orientation and Gender Identity										

TABLE 4.1.2 – FLU VACCINE AMONG MASSACHUSETTS ADULTS, AGES 65 YEARS AND OLDER, 2020

	FLU VACCINE IN PAST YEAR, AGES 65+		
	N	%	95% CI
OVERALL	2,066	75.6	72.8 - 78.4
SEX			
MALE	864	75.0	70.6 - 79.4
FEMALE	1,202	76.1	72.4 - 79.8
AGE GROUP			
65–74	1,205	74.8	71.2 - 78.3
75 AND OLDER	861	76.7	72.1 - 81.3
RACE-ETHNICITY*			
WHITE	1,844	75.8	72.8 - 78.7
BLACK	72	62.3	45.4 - 79.2
HISPANIC	72	76.4	61.2 - 91.7
ASIAN	†		
DISABILITY¶			
DISABILITY	704	73.9	68.8 - 78.9
NO DISABILITY	1,340	76.6	73.2 - 80.0
EDUCATION			
< HIGH SCHOOL	100	65.1	52.6 - 77.5
HIGH SCHOOL	400	75.2	69.5 - 80.9
COLLEGE 1–3 YRS	538	75.1	70.5 - 79.7
COLLEGE 4+ YRS	1,018	80.2	77.2 - 83.2
HOUSEHOLD INCOME			
<\$25,000	298	69.2	61.1 - 77.4
\$25,000–34,999	163	73.7	63.5 - 83.9
\$35,000–49,999	218	76.0	68.2 - 83.8
\$50,000–74,999	277	77.8	69.2 - 86.5
\$75,000+	565	80.5	76.4 - 84.5
SOGI**			
LGBT	88	78.9	68.2 - 89.6
STRAIGHT/CISGENDER	1,782	76.2	73.1 - 79.2

* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available

† Insufficient data

¶ See p 66 for definition of disability

**Sexual Orientation and Gender Identity

TABLE 4.1.3 – PNEUMONIA VACCINE AMONG MASSACHUSETTS ADULTS, AGES 65 YEARS AND OLDER, 2020

	EVER HAD PNEUMONIA VACCINE				
	N	%	95% CI		
OVERALL	1,949	75.8	73.2	-	78.5
SEX					
MALE	807	71.5	67.3	-	75.8
FEMALE	1,142	79.1	75.8	-	82.5
AGE GROUP					
65–74	1,129	71.6	68.0	-	75.2
75 AND OLDER	820	81.4	77.6	-	85.2
RACE-ETHNICITY*					
WHITE	1745	77.2	74.6	-	79.8
BLACK	68	61.1	43.6	-	78.6
HISPANIC	62	59.3	42.6	-	76.0
ASIAN	†				
DISABILITY¶					
DISABILITY	667	79.2	74.7	-	83.7
NO DISABILITY	1,261	73.7	70.4	-	77.0
EDUCATION					
< HIGH SCHOOL	91	67.5	56.0	-	78.9
HIGH SCHOOL	379	77.7	72.3	-	83.1
COLLEGE 1–3 YRS	517	75.2	70.6	-	79.9
COLLEGE 4+ YRS	953	78.0	74.7	-	81.3
HOUSEHOLD INCOME					
<\$25,000	293	68.5	60.7	-	76.3
\$25,000–34,999	150	72.7	62.2	-	83.2
\$35,000–49,999	206	76.0	67.7	-	84.3
\$50,000–74,999	271	83.6	77.6	-	89.5
\$75,000+	522	77.6	73.3	-	81.9
SOGI**					
LGBT	85	74.2	61.8	-	86.6
STRAIGHT/CISGENDER	1,683	75.5	72.6	-	78.4
<p>* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available</p> <p>† Insufficient data</p> <p>¶ See p 66 for definition of disability</p> <p>**Sexual Orientation and Gender Identity</p>					

SECTION 4.2: HUMAN PAPILLOMA VIRUS (HPV) VACCINATION

Respondents 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, 2020

	EVER HAD HPV VACCINE					COMPLETED SERIES **				
	N	%	95% CI			N	%	95% CI		
OVERALL	185	62.9	54.4	-	71.3	104	77.8	67.3	-	88.3
AGE GROUP										
18–24	64	70.9	58.8	-	83.0	†				
25–34	121	57.8	46.8	-	68.8	66	77.2	64.2	-	90.3
RACE-ETHNICITY*										
WHITE	113	66.0	54.8	-	77.2	69	86.2	76.8	-	95.6
BLACK	†					†				
HISPANIC	†					†				
ASIAN	†					†				
DISABILITY¶										
DISABILITY	†					†				
NO DISABILITY	145	69.3	60.8	-	77.8	87	78.0	66.3	-	89.8
EDUCATION										
< HIGH SCHOOL	†					†				
HIGH SCHOOL	†					†				
COLLEGE 1–3 YRS	52	58.6	42.4	-	74.8	†				
COLLEGE 4+ YRS	89	72.5	62.5	-	82.5	55	83.0	69.5	-	96.5
HOUSEHOLD INCOME										
<\$25,000	†					†				
\$25,000–34,999	†					†				
\$35,000–49,999	†					†				
\$50,000–74,999	†					†				
\$75,000+	60	71.7	59.0	-	84.4	†				
SOGI**										
LGBT	†					†				
STRAIGHT/CISGENDER	140	60.7	50.9	-	70.6	78	76.8	64.2	-	89.4

* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available
 † Insufficient Data
 ¶ See p 66 for definition of disability
 **Sexual Orientation and Gender Identity
 ** Analysis conducted among those who reported ever having had vaccine

SECTION 4.3: HEPATITIS B VIRUS (HBV) VACCINATION

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

TABLE 4.3 – HEPATITIS B VACCINE AMONG MASSACHUSETTS ADULTS, 2020			
	RECEIVED 3 SHOTS HBV VACCINE		
	N	%	95% CI
OVERALL	2,313	43.6	40.9 - 46.3
SEX			
MALE	1,043	39.1	35.3 - 42.9
FEMALE	1,270	47.7	44.0 - 51.4
AGE GROUP			
18–24	149	76.3	68.3 - 84.3
25–34	226	60.4	52.3 - 68.5
35–44	253	48.1	40.5 - 55.8
45–54	320	42.4	35.9 - 48.9
55–64	513	36.7	30.9 - 42.6
65–74	462	25.7	21.0 - 30.5
75 AND OLDER	314	14.9	9.7 - 20.1
RACE-ETHNICITY*			
WHITE	1,838	41.4	38.4 - 44.4
BLACK	123	46.5	35.2 - 57.9
HISPANIC	201	50.0	41.7 - 58.4
ASIAN	71	60.3	46.8 - 73.8
DISABILITY†			
DISABILITY	562	35.9	30.2 - 41.7
NO DISABILITY	1,721	46.5	43.5 - 49.6
EDUCATION			
< HIGH SCHOOL	91	23.7	13.5 - 34.0
HIGH SCHOOL	453	34.6	29.0 - 40.1
COLLEGE 1–3 YRS	594	47.3	42.2 - 52.4
COLLEGE 4+ YRS	1,163	52.5	49.0 - 56.0
HOUSEHOLD INCOME			
<\$25,000	295	38.9	31.4 - 46.5
\$25,000–34,999	129	39.0	28.0 - 50.0
\$35,000–49,999	202	42.0	32.7 - 51.2
\$50,000–74,999	276	36.6	28.8 - 44.4
\$75,000+	862	51.2	47.0 - 55.3
SOGI**			
LGBT	164	53.8	42.4 - 65.1
STRAIGHT/CISGENDER	2,078	42.9	40.2 - 45.7
* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available			
† Insufficient Data			
¶ See p 66 for definition of disability			
**Sexual Orientation and Gender Identity			

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+, 2020			
	EVER HAD SHINGLES VACCINE		
	N	%	95% CI
OVERALL	2,713	44.6	42.0 - 47.2
SEX			
MALE	1,149	44.4	40.4 - 48.4
FEMALE	1,564	44.8	41.3 - 48.3
AGE GROUP			
60-69	1,329	37.5	34.0 - 41.0
70-79	958	57.6	53.1 - 62.1
80 AND OLDER	426	41.0	34.2 - 47.7
RACE-ETHNICITY*			
WHITE	2,429	45.7	42.9 - 48.4
BLACK	89	34.1	19.7 - 48.4
HISPANIC	102	35.3	22.4 - 48.2
ASIAN	†		
DISABILITY¶			
DISABILITY	847	44.1	39.2 - 49.0
NO DISABILITY	1,835	44.9	41.8 - 48.0
EDUCATION			
< HIGH SCHOOL	114	34.3	23.4 - 45.2
HIGH SCHOOL	514	37.2	31.8 - 42.7
COLLEGE 1–3 YRS	716	43.5	39.1 - 48.0
COLLEGE 4+ YRS	1,359	53.7	50.4 - 56.9
HOUSEHOLD INCOME			
<\$25,000	374	37.1	29.7 - 44.5
\$25,000–34,999	189	42.5	33.1 - 51.8
\$35,000–49,999	254	42.5	34.5 - 50.5
\$50,000–74,999	341	47.1	38.9 - 55.4
\$75,000+	898	47.4	43.3 - 51.4
SOGI**			
LGBT	119	38.4	24.0 - 52.7
STRAIGHT/CISGENDER	2,356	44.8	42.0 - 47.5
<p>* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available</p> <p>† Insufficient Data</p> <p>¶ See p 66 for definition of disability</p> <p>**Sexual Orientation and Gender Identity</p>			

SECTION 5: CHRONIC HEALTH CONDITIONS

SECTION 5.1: DIABETES

All respondents were asked if a doctor had ever told them that they had diabetes or pre-diabetes. 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 doctor had ever told them that they had diabetes and the percentage of adults who reported that a doctor had ever told them that they had pre-diabetes.

TABLE 5.1 – DIABETES AMONG MASSACHUSETTS ADULTS, 2020

	DIABETES					PRE-DIABETES				
	N	%	95% CI			N	%	95% CI		
OVERALL	7,162	8.8	7.8	-	9.7	2,969	9.9	8.4	-	11.3
SEX										
MALE	3,270	9.0	7.6	-	10.3	1,328	11.2	8.9	-	13.4
FEMALE	3,892	8.6	7.3	-	9.9	1,641	8.7	6.9	-	10.5
AGE GROUP										
18–24	†					†				
25–34	†					339	5.2	2.5	-	7.9
35–44	845	3.5	2.1	-	4.9	360	8.3	4.2	-	12.4
45–54	1,052	9.0	6.8	-	11.3	470	8.6	5.2	-	12.0
55–64	1,430	13.4	10.5	-	16.4	586	12.6	9.1	-	16.1
65–74	1,253	19.4	15.9	-	22.9	513	18.2	13.5	-	22.9
75 AND OLDER	887	17.2	13.4	-	21.0	377	15.2	10.2	-	20.2
RACE-ETHNICITY*										
WHITE	5,632	8.3	7.3	-	9.4	2,353	9.4	7.8	-	11.0
BLACK	370	10.0	6.5	-	13.6	150	14.5	7.0	-	22.0
HISPANIC	615	13.9	10.0	-	17.8	241	10.6	5.9	-	15.2
ASIAN	†					130	11.0	4.9	-	17.1
DISABILITY¶										
DISABILITY	1,557	17.5	14.8	-	20.2	582	17.0	12.2	-	21.7
NO DISABILITY	5,197	6.2	5.3	-	7.2	2,202	8.2	6.8	-	9.6
EDUCATION										
< HIGH SCHOOL	287	20.0	14.0	-	26.0	117	17.3	8.8	-	25.8
HIGH SCHOOL	1,361	10.3	8.3	-	12.2	563	9.0	6.2	-	11.8
COLLEGE 1–3 YRS	1,756	8.4	6.9	-	9.8	744	11.0	8.0	-	14.0
COLLEGE 4+ YRS	3,702	5.4	4.6	-	6.3	1,524	8.1	6.5	-	9.8
HOUSEHOLD INCOME										
<\$25,000	832	15.9	12.2	-	19.6	331	9.7	5.8	-	13.5
\$25,000–34,999	363	9.4	6.0	-	12.9	160	18.1	10.3	-	25.8
\$35,000–49,999	566	12.0	8.3	-	15.8	†				
\$50,000–74,999	783	10.1	6.2	-	14.0	316	9.3	5.1	-	13.5
\$75,000+	2,757	5.1	4.2	-	6.1	1,167	8.5	6.5	-	10.5
SOGI**										
LGBT	†					†				
STRAIGHT/CISGENDER	5,410	9.6	8.5	-	10.7	2,441	10.4	8.7	-	12.0

* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available

† Insufficient Data

¶ See p 66 for definition of disability

**Sexual Orientation and Gender Identity

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, 2020

	EVER HAD ASTHMA					CURRENTLY HAVE ASTHMA				
	N	%	95% CI			N	%	95% CI		
OVERALL	7,145	15.6	14.4	-	16.7	7,109	10.7	9.7	-	11.7
SEX										
MALE	3,263	12.2	10.7	-	13.7	3,244	7.3	6.1	-	8.5
FEMALE	3,882	18.6	16.9	-	20.4	3,865	13.9	12.3	-	15.4
AGE GROUP										
18–24	519	19.2	14.9	-	23.6	516	11.7	8.0	-	15.4
25–34	914	14.4	11.6	-	17.2	911	8.6	6.5	-	10.7
35–44	846	16.0	13.0	-	19.0	841	10.2	7.7	-	12.7
45–54	1,051	16.0	13.0	-	18.9	1,048	11.9	9.3	-	14.5
55–64	1,427	13.2	10.9	-	15.6	1,422	10.5	8.4	-	12.7
65–74	1,249	16.8	13.8	-	19.9	1,242	13.5	10.6	-	16.4
75 AND OLDER	882	13.3	10.1	-	16.5	875	8.9	6.2	-	11.6
RACE-ETHNICITY*										
WHITE	5,618	15.3	14.0	-	16.5	5,587	10.4	9.4	-	11.4
BLACK	370	19.1	13.2	-	25.0	368	13.5	8.5	-	18.5
HISPANIC	613	19.5	15.1	-	24.0	611	14.4	10.2	-	18.6
ASIAN	294	9.7	5.3	-	14.1	†				
DISABILITY¶										
DISABILITY	1,553	22.7	19.7	-	25.6	1,540	17.4	14.6	-	20.1
NO DISABILITY	5,182	13.3	12.1	-	14.6	5,161	8.7	7.7	-	9.7
EDUCATION										
< HIGH SCHOOL	286	17.8	12.5	-	23.0	283	12.2	7.7	-	16.7
HIGH SCHOOL	1,361	15.1	12.6	-	17.7	1,355	11.0	8.8	-	13.3
COLLEGE 1–3 YRS	1,751	17.0	14.8	-	19.2	1,744	12.5	10.6	-	14.4
COLLEGE 4+ YRS	3,691	14.5	12.9	-	16.0	3,671	9.2	7.9	-	10.4
HOUSEHOLD INCOME										
<\$25,000	831	22.3	18.3	-	26.2	827	18.4	14.7	-	22.1
\$25,000–34,999	362	15.5	10.9	-	20.1	361	9.7	5.9	-	13.5
\$35,000–49,999	566	17.5	13.3	-	21.7	564	12.1	8.6	-	15.6
\$50,000–74,999	781	13.8	10.3	-	17.4	777	8.0	5.4	-	10.5
\$75,000+	2,751	13.9	12.2	-	15.6	2,739	9.3	7.9	-	10.6
SOGI**										
LGBT	399	25.0	18.6	-	31.3	395	16.8	11.1	-	22.4
STRAIGHT/CISGENDER	5,396	15.1	13.8	-	16.4	5,370	10.6	9.5	-	11.7

* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available

† Insufficient Data

¶ See p 66 for definition of disability

**Sexual Orientation and Gender Identity

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, 2020			
	EVER DIAGNOSED WITH COPD		
	N	%	95% CI
OVERALL	7,142	4.5	3.9 - 5.1
SEX			
MALE	3,254	3.6	2.8 - 4.3
FEMALE	3,888	5.4	4.4 - 6.3
AGE GROUP			
18–24	†		
25–34	†		
35–44	844	1.9	0.9 - 3.0
45–54	1,046	3.3	1.8 - 4.7
55–64	1,427	5.2	3.9 - 6.6
65–74	1,250	9.3	7.0 - 11.6
75 AND OLDER	883	14.5	11.1 - 17.9
RACE-ETHNICITY*			
WHITE	5624	5.2	4.4 - 5.9
BLACK	369	4.4	2.1 - 6.7
HISPANIC	†		
ASIAN	†		
DISABILITY¶			
DISABILITY	1,547	12.5	10.2 - 14.7
NO DISABILITY	5,187	2.3	1.9 - 2.7
EDUCATION			
< HIGH SCHOOL	285	6.6	3.6 - 9.5
HIGH SCHOOL	1,354	6.6	5.1 - 8.0
COLLEGE 1–3 YRS	1,753	5.2	3.9 - 6.6
COLLEGE 4+ YRS	3,694	2.4	1.8 - 2.9
HOUSEHOLD INCOME			
<\$25,000	830	11.6	8.5 - 14.7
\$25,000–34,999	361	7.5	4.5 - 10.5
\$35,000–49,999	565	7.4	4.6 - 10.2
\$50,000–74,999	781	3.8	2.3 - 5.2
\$75,000+	2,752	1.7	1.2 - 2.2
SOGI**			
LGBT	398	5.3	2.8 - 7.8
STRAIGHT/CISGENDER	5,389	4.8	4.1 - 5.6
* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available			
† Insufficient Data			
¶ See p 66 for definition of disability			
**Sexual Orientation and Gender Identity			

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, 2020**

	EVER DIAGNOSED WITH MYOCARDIAL INFARCTION					EVER DIAGNOSED WITH ANGINA OR CORONARY HEART DISEASE				
	N	%	95% CI			N	%	95% CI		
OVERALL	5,453	4.8	4.0	-	5.6	5,434	5.0	4.2	-	5.8
SEX										
MALE	2,379	6.2	4.9	-	7.5	2,374	6.7	5.3	-	8.0
FEMALE	3,074	3.6	2.7	-	4.5	3,060	3.5	2.6	-	4.3
AGE GROUP										
35–44	†					†				
45–54	1,047	2.9	1.7	-	4.2	1,048	2.2	1.2	-	3.1
55–64	1,429	4.2	2.7	-	5.6	1,424	3.7	2.3	-	5.0
65–74	1,253	7.5	5.4	-	9.6	1,245	9.2	6.8	-	11.6
75 AND OLDER	879	12.6	8.9	-	16.2	873	14.2	10.5	-	17.9
RACE-ETHNICITY*										
WHITE	4,513	5.1	4.2	-	6.0	4,503	5.5	4.6	-	6.3
BLACK	†					†				
HISPANIC	395	3.4	1.6	-	5.2	†				
ASIAN	†					†				
DISABILITY¶										
DISABILITY	1,280	9.3	7.2	-	11.3	1,270	9.5	7.3	-	11.7
NO DISABILITY	3,898	3.4	2.5	-	4.2	3,890	3.7	2.8	-	4.5
EDUCATION										
< HIGH SCHOOL	222	8.2	3.8	-	12.6	†				
HIGH SCHOOL	1,011	5.9	4.2	-	7.5	1,005	6.5	4.5	-	8.4
COLLEGE 1–3 YRS	1,341	6.2	4.4	-	7.9	1,337	6.2	4.7	-	7.8
COLLEGE 4+ YRS	2,853	2.5	1.9	-	3.2	2,847	3.1	2.4	-	3.8
HOUSEHOLD INCOME										
<\$25,000	650	10.4	6.6	-	14.2	649	10.1	6.6	-	13.6
\$25,000–34,999	276	8.2	4.8	-	11.7	275	4.8	2.2	-	7.4
\$35,000–49,999	415	4.6	2.4	-	6.9	414	5.7	3.2	-	8.2
\$50,000–74,999	604	4.6	2.3	-	6.8	600	6.2	3.8	-	8.6
\$75,000+	2,222	2.7	1.9	-	3.5	2,220	3.0	2.1	-	3.9
SOGI**										
LGBT	†					230	5.9	2.5	-	9.3
STRAIGHT/CISGENDER	4378	5.1	4.2	-	6.0	4354	5.5	4.5	-	6.4

* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available

† Insufficient Data

¶ See p 66 for definition of disability

**Sexual Orientation and Gender Identity

**TABLE 5.4.2 – STROKE AMONG MASSACHUSETTS ADULTS,
AGES 35 YEARS AND OLDER, 2020**

	EVER DIAGNOSED WITH STROKE		
	N	%	95% CI
OVERALL	5,458	3.1	2.4 - 3.8
SEX			
MALE	2,384	3.3	2.3 - 4.2
FEMALE	3,074	2.9	2.0 - 3.9
AGE GROUP			
35–44	†		
45–54	†		
55–64	1,431	3.1	1.6 - 4.7
65–74	1,249	4.7	2.8 - 6.5
75 AND OLDER	883	8.0	4.9 - 11.1
RACE-ETHNICITY*			
WHITE	4,518	3.3	2.4 - 4.1
BLACK	†		
HISPANIC	394	3.7	1.5 - 5.9
ASIAN	†		
DISABILITY†			
DISABILITY	1,282	7.0	4.9 - 9.1
NO DISABILITY	3,900	1.8	1.2 - 2.5
EDUCATION			
< HIGH SCHOOL	222	8.6	3.8 - 13.4
HIGH SCHOOL	1,013	2.9	1.7 - 4.2
COLLEGE 1–3 YRS	1,341	3.1	2.0 - 4.2
COLLEGE 4+ YRS	2,856	1.8	1.3 - 2.3
HOUSEHOLD INCOME			
<\$25,000	650	7.3	3.6 - 11.1
\$25,000–34,999	†		
\$35,000–49,999	417	4.4	2.1 - 6.8
\$50,000–74,999	602	3.1	1.3 - 4.9
\$75,000+	2,222	1.3	0.8 - 1.8
SOGI**			
LGBT	†		
STRAIGHT/CISGENDER	4,378	3.3	2.5 - 4.1
<p>* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available</p> <p>† Insufficient Data</p> <p>¶ See p 66 for definition of disability</p> <p>**Sexual Orientation and Gender Identity</p>			

SECTION 5.5: 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 5.5 – DEPRESSION AMONG MASSACHUSETTS ADULTS, 2020				
	EVER DIAGNOSED WITH DEPRESSION			
	N	%	95% CI	
OVERALL	7,127	17.9	16.7	19.2
SEX				
MALE	3,257	12.8	11.2	14.5
FEMALE	3,870	22.7	20.7	24.6
AGE GROUP				
18–24	519	22.0	17.2	26.7
25–34	906	22.8	19.4	26.3
35–44	843	18.0	14.5	21.5
45–54	1,047	18.3	15.2	21.3
55–64	1,428	18.4	15.2	21.5
65–74	1,250	15.0	12.5	17.5
75 AND OLDER	882	9.0	6.3	11.6
RACE-ETHNICITY*				
WHITE	5,604	18.7	17.2	20.1
BLACK	369	19.1	13.2	24.9
HISPANIC	613	23.1	18.4	27.8
ASIAN	292	6.1	2.7	9.6
DISABILITY†				
DISABILITY	1,546	38.8	35.2	42.4
NO DISABILITY	5,175	11.9	10.7	13.1
EDUCATION				
< HIGH SCHOOL	286	24.8	18.3	31.3
HIGH SCHOOL	1,346	17.8	15.1	20.6
COLLEGE 1–3 YRS	1,750	20.9	18.3	23.4
COLLEGE 4+ YRS	3,689	14.7	13.2	16.1
HOUSEHOLD INCOME				
<\$25,000	825	31.2	26.8	35.6
\$25,000–34,999	362	22.0	16.6	27.5
\$35,000–49,999	563	24.5	19.2	29.8
\$50,000–74,999	780	18.6	14.0	23.2
\$75,000+	2,750	12.7	11.0	14.3
SOGI**				
LGBT	396	43.3	36.0	50.7
STRAIGHT/CISGENDER	5,383	16.3	14.8	17.7
* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available † Insufficient Data ¶ See p 66 for definition of disability **Sexual Orientation and Gender Identity				

SECTION 5.6: CANCER DIAGNOSIS

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

TABLE 5.6 – CANCER DIAGNOSIS AMONG MASSACHUSETTS ADULTS, 2020			
	EVER DIAGNOSED WITH CANCER		
	N	%	95% CI
OVERALL	7,147	11.8	10.9 - 12.7
SEX			
MALE	3,260	10.5	9.3 - 11.6
FEMALE	3,887	13.0	11.7 - 14.3
AGE GROUP			
18–24	†		
25–34	916	3.4	1.6 - 5.2
35–44	847	2.5	1.5 - 3.6
45–54	1,047	6.8	5.2 - 8.5
55–64	1,426	16.0	13.7 - 18.4
65–74	1,250	27.1	23.9 - 30.3
75 AND OLDER	881	38.8	34.1 - 43.5
RACE-ETHNICITY*			
WHITE	5,618	14.7	13.6 - 15.8
BLACK	370	4.0	1.9 - 6.0
HISPANIC	612	4.7	2.5 - 6.9
ASIAN	†		
DISABILITY¶			
DISABILITY	1,547	16.3	13.9 - 18.6
NO DISABILITY	5,191	10.8	9.8 - 11.8
EDUCATION			
< HIGH SCHOOL	286	7.7	4.3 - 11.1
HIGH SCHOOL	1,359	10.9	9.0 - 12.7
COLLEGE 1–3 YRS	1,753	12.8	10.9 - 14.6
COLLEGE 4+ YRS	3,693	13.0	11.7 - 14.2
HOUSEHOLD INCOME			
<\$25,000	829	14.5	11.2 - 17.8
\$25,000–34,999	362	11.1	7.8 - 14.5
\$35,000–49,999	564	9.4	7.0 - 11.7
\$50,000–74,999	782	13.8	10.9 - 16.8
\$75,000+	2,750	12.1	10.7 - 13.4
SOGI**			
LGBT	398	10.7	6.7 - 14.6
STRAIGHT/CISGENDER	5,394	12.6	11.6 - 13.7
* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available			
† Insufficient Data			
¶ See p 66 for definition of disability			
**Sexual Orientation and Gender Identity			

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SECTION 6: CANCER SCREENING

SECTION 6.1: COLORECTAL CANCER SCREENING

Respondents, ages 50 and older, were asked about various methods of screening for colorectal cancer. Presented here is the percentage of adults ages 50-75 who have had a colonoscopy within the past ten years, or had a sigmoidoscopy within the past five years, or had a blood stool test within the past year, or had a stool DNA test within the past three years, or had a virtual colonoscopy within the past five years, or had a sigmoidoscopy within the past ten years and a blood stool test in the past year.

Please note this is a different definition than prior years' reports.

TABLE 6.1 – COLORECTAL CANCER SCREENING AMONG ADULTS

AGES 50-75, 2020

	MET SCREENING RECOMMENDATION FOR COLORECTAL CANCER		
	N	%	95% CI
OVERALL	3,129	81.1	79.1 - 83.0
SEX			
MALE	1,403	81.0	78.1 - 83.8
FEMALE	1,726	81.2	78.5 - 83.9
AGE GROUP			
50-54	545	66.7	61.6 - 71.8
55-64	1,317	81.7	78.6 - 84.8
65-75	1,267	89.6	87.2 - 92.0
RACE-ETHNICITY*			
WHITE	2,710	83.2	81.2 - 85.1
BLACK	136	71.3	59.4 - 83.3
HISPANIC	164	77.1	68.9 - 85.3
ASIAN	54	62.3	46.4 - 78.3
DISABILITY†			
DISABILITY	725	81.4	77.0 - 85.9
NO DISABILITY	2,368	80.9	78.7 - 83.1
EDUCATION			
< HIGH SCHOOL	109	76.6	66.6 - 86.6
HIGH SCHOOL	536	79.1	74.5 - 83.6
COLLEGE 1–3 YRS	785	80.2	76.6 - 83.8
COLLEGE 4+ YRS	1,689	83.9	81.5 - 86.3
HOUSEHOLD INCOME			
<\$25,000	375	77.9	72.0 - 83.8
\$25,000–34,999	135	69.1	58.2 - 80.0
\$35,000–49,999	229	79.0	71.5 - 86.4
\$50,000–74,999	358	85.4	80.1 - 90.6
\$75,000+	1,415	82.8	80.1 - 85.5
SOGI**			
LGBT	148	88.7	82.4 - 95.0
STRAIGHT/CISGENDER	2,735	80.8	78.6 - 82.9

* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available

† Insufficient Data

¶ See p 66 for definition of disability

**Sexual Orientation and Gender Identity

SECTION 6.2: BREAST CANCER SCREENING

All female respondents were asked about breast cancer screening. Those women who reported that they had ever had a mammogram were asked how long it had been since their last mammogram. The percentage of women age 50-74 in Massachusetts who reported that they had a mammogram in the past two years is presented in Table 6.2.

TABLE 6.2 – BREAST CANCER SCREENING AMONG MASSACHUSETTS WOMEN AGES 50 - 74, 2020			
	MAMMOGRAM IN THE PAST TWO YEARS		
	N	%	95% CI
OVERALL	1,703	86.7	84.4 - 88.9
AGE GROUP			
50-59	320	85.4	80.1 - 90.8
60-69	732	87.3	84.3 - 90.3
70-74	651	86.6	82.8 - 90.5
RACE-ETHNICITY*			
WHITE	1,474	86.9	84.7 - 89.2
BLACK	81	85.9	74.6 - 97.1
HISPANIC	98	87.8	80.2 - 95.4
ASIAN	†		
DISABILITY¶			
DISABILITY	397	83.6	78.5 - 88.8
NO DISABILITY	1,289	87.8	85.4 - 90.2
EDUCATION			
< HIGH SCHOOL	59	86.9	78.3 - 95.4
HIGH SCHOOL	267	85.7	80.2 - 91.2
COLLEGE 1–3 YRS	462	85.2	81.4 - 89.0
COLLEGE 4+ YRS	909	88.0	84.8 - 91.2
HOUSEHOLD INCOME			
<\$25,000	223	79.7	72.2 - 87.2
\$25,000–34,999	80	76.3	60.6 - 92.0
\$35,000–49,999	122	86.9	79.5 - 94.3
\$50,000–74,999	202	82.7	74.4 - 90.9
\$75,000+	700	90.7	88.2 - 93.2
SOGI**			
LGBT	78	79.7	66.4 - 93.0
STRAIGHT/CISGENDER	1,493	87.7	85.4 - 89.9
* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available † Insufficient Data ¶ See p 66 for definition of disability **Sexual Orientation and Gender Identity			

SECTION 6.3: CERVICAL CANCER SCREENING

All female respondents were asked if they ever had had a Pap smear, a screening test for cancer of the cervix. Those who reported that they had had a Pap smear were then asked how long it had been since their last Pap smear. The percentage of women ages 21 – 65 without a hysterectomy who reported having had a Pap smear in the past 3 years is presented below.

TABLE 6.3 – CERVICAL CANCER SCREENING AMONG MASSACHUSETTS WOMEN, 2020

	PAP SMEAR TEST WITHIN PAST THREE YEARS		
	N	%	95% CI
OVERALL	1,991	77.8	75.0 - 80.5
AGE GROUP			
21–24	138	45.4	35.2 - 55.5
25–34	356	78.9	72.8 - 85.0
35–44	371	80.6	75.1 - 86.0
45–54	477	83.9	79.0 - 88.7
55–64	597	84.5	80.4 - 88.5
RACE-ETHNICITY*			
WHITE	1,542	80.1	77.2 - 83.1
BLACK	114	78.6	66.7 - 90.5
HISPANIC	218	73.2	64.6 - 81.9
ASIAN	80	64.4	52.0 - 76.8
DISABILITY†			
DISABILITY	358	71.3	64.1 - 78.5
NO DISABILITY	1,613	79.6	76.7 - 82.5
EDUCATION			
< HIGH SCHOOL	†		-
HIGH SCHOOL	265	71.3	63.4 - 79.2
COLLEGE 1–3 YRS	503	74.3	68.9 - 79.6
COLLEGE 4+ YRS	1,169	84.1	81.1 - 87.1
HOUSEHOLD INCOME			
<\$25,000	240	66.5	57.7 - 75.3
\$25,000–34,999	76	80.8	69.5 - 92.1
\$35,000–49,999	146	75.6	64.8 - 86.4
\$50,000–74,999	210	77.9	69.2 - 86.5
\$75,000+	939	84.9	81.7 - 88.0
SOGI**			
LGBT	130	65.0	52.8 - 77.2
STRAIGHT/CISGENDER	1,572	79.7	76.7 - 82.8

* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available

† Insufficient Data

¶ See p 66 for definition of disability

**Sexual Orientation and Gender Identity

SECTION 7: OTHER TOPICS

SECTION 7.1: 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 7.1 – HIV TESTING AMONG MASSACHUSETTS ADULTS, AGES 18-64, 2020										
	EVER TESTED FOR HIV					TESTED FOR HIV IN PAST YEAR				
	N	%	95% CI			N	%	95% CI		
OVERALL	4,107	43.4	41.4	-	45.4	3,538	9.9	8.6	-	11.2
SEX										
MALE	1,941	40.3	37.5	-	43.2	1,685	10.7	8.7	-	12.7
FEMALE	2,166	46.3	43.5	-	49.1	1,853	9.1	7.4	-	10.8
AGE GROUP										
18–24	458	26.8	21.8	-	31.7	428	10.6	7.4	-	13.9
25–34	793	46.0	41.7	-	50.3	680	14.7	11.5	-	17.9
35–44	723	56.5	51.9	-	61.0	594	10.5	7.6	-	13.4
45–54	902	47.3	43.1	-	51.4	768	6.6	4.5	-	8.7
55–64	1,231	38.3	34.4	-	42.2	1,068	6.7	3.6	-	9.8
RACE-ETHNICITY*										
WHITE	3,055	41.7	39.4	-	44.0	2,683	8.1	6.7	-	9.5
BLACK	254	61.9	53.8	-	69.9	196	16.8	10.2	-	23.3
HISPANIC	461	51.6	45.6	-	57.6	364	16.6	11.7	-	21.6
ASIAN	232	28.4	21.7	-	35.0	211	7.8	3.9	-	11.8
DISABILITY¶										
DISABILITY	727	53.6	48.5	-	58.7	582	13.2	9.7	-	16.7
NO DISABILITY	3,331	41.0	38.9	-	43.1	2,917	9.1	7.7	-	10.5
EDUCATION										
< HIGH SCHOOL	159	44.6	35.3	-	53.9	†				
HIGH SCHOOL	758	40.0	35.6	-	44.3	643	10.0	7.4	-	12.6
COLLEGE 1–3 YRS	1,005	47.6	43.7	-	51.5	856	10.1	7.6	-	12.6
COLLEGE 4+ YRS	2,169	42.6	40.0	-	45.2	1,905	9.2	7.5	-	10.8
HOUSEHOLD INCOME										
<\$25,000	464	55.4	49.2	-	61.5	362	15.7	10.9	-	20.4
\$25,000–34,999	169	42.3	33.4	-	51.2	146	10.0	4.3	-	15.6
\$35,000–49,999	296	47.1	39.7	-	54.5	255	11.2	6.9	-	15.6
\$50,000–74,999	428	45.3	38.6	-	52.0	388	13.9	7.9	-	19.9
\$75,000+	1,923	42.6	39.8	-	45.4	1,693	8.1	6.4	-	9.8
SOGI**										
LGBT	291	57.4	49.3	-	65.5	240	25.5	16.7	-	34.3
STRAIGHT/CISGENDER	3,228	41.8	39.6	-	44.1	2,786	8.4	7.1	-	9.6
* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available										
† Insufficient Data										
¶ See p 66 for definition of disability										
**Sexual Orientation and Gender Identity										

SECTION 7.2: 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 7.2 – SEXUAL VIOLENCE AMONG MASSACHUSETTS ADULTS, 2020										
	SEXUAL VIOLENCE, WOMEN					SEXUAL VIOLENCE, MEN				
	N	%	95% CI			N	%	95% CI		
OVERALL	1,356	20.1	17.2	-	23.0	1,134	6.2	4.2	-	8.2
AGE GROUP										
18–24	83	35.0	23.2	-	46.8	†				
25–34	122	30.0	20.4	-	39.6	†				
35–44	148	17.9	11.1	-	24.7	†				
45–54	214	14.8	9.2	-	20.3	†				
55–64	273	20.7	14.6	-	26.9	†				
65–74	258	9.3	5.4	-	13.2	†				
75 AND OLDER	224	10.3	5.2	-	15.5	†				
RACE-ETHNICITY*										
WHITE	1,096	20.6	17.3	-	23.8	886	4.9	3.1	-	6.7
BLACK	79	22.8	10.3	-	35.2	†				
HISPANIC	107	19.2	9.5	-	28.9	†				
ASIAN	†				.	†				
DISABILITY¶										
DISABILITY	315	30.0	22.6	-	37.3	244	11.1	5.4	-	16.8
NO DISABILITY	1,027	16.9	13.9	-	19.8	874	4.7	2.6	-	6.7
EDUCATION										
< HIGH SCHOOL	†					†				
HIGH SCHOOL	203	12.3	7.0	-	17.6	258	8.2	3.9	-	12.4
COLLEGE 1–3 YRS	372	24.4	18.6	-	30.1	†				
COLLEGE 4+ YRS	722	21.1	16.9	-	25.3	558	4.5	2.4	-	6.5
HOUSEHOLD INCOME										
<\$25,000	185	15.6	9.4	-	21.9	†				
\$25,000–34,999	84	16.6	6.9	-	26.2	†				
\$35,000–49,999	113	30.4	19.1	-	41.7	†				
\$50,000–74,999	158	14.8	8.0	-	21.5	†				
\$75,000+	516	19.4	14.7	-	24.1	521	4.9	2.1	-	7.7
SOGI**										
LGBT	84	53.0	39.1	-	66.9	77	20.6	9.2	-	32.0
STRAIGHT/CISGENDER	1,247	17.3	14.5	-	20.0	1,036	5.3	3.3	-	7.4
* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available † Insufficient Data ¶ See p 66 for definition of disability **Sexual Orientation and Gender Identity										

SECTION 7.3: UNINTENTIONAL FALLS

Respondents ages 45 and older were asked if they had fallen in the past 12 months. They were also asked if they were injured by a fall in the past 12 months. A fall was defined as unintentionally coming to rest on the ground or another lower level. An injury from a fall was defined as one that caused the respondent to limit regular activities for at least a day or to go see a doctor. Presented here is the percentage of adults ages 65 and older who reported falling in the past 12 months and the percentage that were injured from a fall in the past 12 months.

TABLE 7.3 - UNINTENTIONAL FALLS, MASSACHUSETTS ADULTS 65 AND OLDER, 2020										
	UNINTENTIONAL FALLS					INJURED BY UNINTENTIONAL FALL				
	N	%	95% CI			N	%	95% CI		
OVERALL	2,042	25.6	23.0	-	28.3	2,039	10.3	8.5	-	12.1
SEX										
MALE	860	24.6	20.8	-	28.5	859	8.4	5.8	-	10.9
FEMALE	1,182	26.4	22.8	-	30.0	1,180	11.8	9.3	-	14.3
AGE GROUP										
65–74	1,193	23.1	20.0	-	26.2	1,192	9.7	7.4	-	12.0
75–84	647	31.6	26.3	-	36.8	646	11.0	7.7	-	14.2
85 AND OLDER	202	22.1	14.1	-	30.1	201	11.5	5.3	-	17.6
RACE-ETHNICITY*										
WHITE	1,819	24.8	22.1	-	27.4	1,816	10.5	8.5	-	12.4
BLACK	72	37.4	21.4	-	53.4	†				
HISPANIC	73	22.6	10.3	-	34.9	†				
ASIAN	†					†				
DISABILITY¶										
DISABILITY	692	39.1	33.8	-	44.3	689	16.1	12.4	-	19.8
NO DISABILITY	1,329	17.0	14.5	-	19.5	1,329	6.7	4.8	-	8.6
EDUCATION										
< HIGH SCHOOL	102	22.5	13.3	-	31.8	†				
HIGH SCHOOL	393	25.5	19.5	-	31.4	393	10.9	6.5	-	15.3
COLLEGE 1–3 YRS	533	25.8	21.3	-	30.3	533	13.2	9.7	-	16.7
COLLEGE 4+ YRS	1,004	27.1	23.6	-	30.5	1,002	9.4	7.0	-	11.8
HOUSEHOLD INCOME										
<\$25,000	295	31.8	24.2	-	39.5	294	13.7	8.0	-	19.4
\$25,000–34,999	162	32.0	22.5	-	41.5	161	15.1	7.1	-	23.1
\$35,000–49,999	214	24.6	17.3	-	31.8	214	13.0	7.1	-	18.9
\$50,000–74,999	272	26.2	19.4	-	32.9	272	9.4	5.3	-	13.5
\$75,000+	559	20.5	16.5	-	24.6	558	6.8	4.1	-	9.6
SOGI**										
LGBT	88	37.9	24.6	-	51.3	†				
STRAIGHT/CISGENDER	1,772	25.5	22.7	-	28.3	1,770	10.1	8.2	-	12.0
* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available † Insufficient Data ¶ See p 66 for definition of disability **Sexual Orientation and Gender Identity										

SECTION 7.4: DRINKING AND DRIVING

All respondents were asked if they had had at least one alcoholic drink 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. Those who reported that they had had at least one alcoholic drink in the past month were asked how many times during the past 30 days they had driven after having too much to drink. Presented here is the percentage of all adults who reported driving at least one time during the past month after drinking too much in their opinion.

TABLE 7.4 – DRINKING AND DRIVING AMONG MASSACHUSETTS ADULTS, 2020				
	DRINKING AND DRIVING IN PAST 30 DAYS			
	N	%	95% CI	
OVERALL	6,718	1.2	0.8	1.5
SEX				
MALE	3,051	1.8	1.2	2.3
FEMALE	†			
AGE GROUP				
18–24	†			
25–34	845	1.7	0.7	2.6
35–44	†			
45–54	†			
55–64	1,352	1.1	0.5	1.7
65–74	†			
75 AND OLDER	†			
RACE-ETHNICITY*				
WHITE	5,307	1.2	0.8	1.5
BLACK	†			
HISPANIC	†			
ASIAN	†			
DISABILITY¶				
DISABILITY	†			
NO DISABILITY	5,110	1.3	0.9	1.7
EDUCATION				
< HIGH SCHOOL	†			
HIGH SCHOOL	1,257	1.3	0.6	2.1
COLLEGE 1–3 YRS	†			
COLLEGE 4+ YRS	3,489	1.1	0.7	1.5
HOUSEHOLD INCOME				
<\$25,000	†			
\$25,000–34,999	†			
\$35,000–49,999	†			
\$50,000–74,999	†			
\$75,000+	2,673	1.4	0.9	2.0
SOGI**				
LGBT	†			
STRAIGHT/CISGENDER	5,402	1.2	0.8	1.5
* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available † Insufficient Data ¶ See p 66 for definition of disability **Sexual Orientation and Gender Identity				

SECTION 7.5: SEATBELT USE

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

TABLE 7.5 – SEATBELT USE AMONG MASSACHUSETTS ADULTS, 2020				
	ALWAYS USE A SEATBELT			
	N	%	95% CI	
OVERALL	6,684	85.7	84.4	- 87.0
SEX				
MALE	3,051	81.2	79.2	- 83.2
FEMALE	3,633	89.9	88.3	- 91.4
AGE GROUP				
18–24	483	81.9	77.3	- 86.5
25–34	844	81.6	78.0	- 85.3
35–44	763	84.6	81.1	- 88.1
45–54	982	88.4	85.7	- 91.0
55–64	1,346	87.8	85.0	- 90.6
65–74	1,195	89.1	86.5	- 91.7
75 AND OLDER	849	87.5	83.6	- 91.4
RACE-ETHNICITY*				
WHITE	5,292	86.3	84.9	- 87.7
BLACK	335	80.1	73.8	- 86.4
HISPANIC	563	85.2	80.8	- 89.5
ASIAN	274	89.0	84.5	- 93.4
DISABILITY†				
DISABILITY	1,505	80.9	77.9	- 83.8
NO DISABILITY	5,094	87.1	85.7	- 88.5
EDUCATION				
< HIGH SCHOOL	264	73.5	66.6	- 80.4
HIGH SCHOOL	1,244	79.2	76.3	- 82.2
COLLEGE 1–3 YRS	1,647	85.7	83.3	- 88.0
COLLEGE 4+ YRS	3,483	92.4	91.2	- 93.5
HOUSEHOLD INCOME				
<\$25,000	780	82.9	79.2	- 86.7
\$25,000–34,999	352	79.2	73.5	- 84.9
\$35,000–49,999	542	83.6	79.3	- 88.0
\$50,000–74,999	761	82.6	77.9	- 87.2
\$75,000+	2,680	88.7	86.9	- 90.5
SOGI**				
LGBT	396	78.9	71.6	- 86.3
STRAIGHT/CISGENDER	5,379	85.7	84.3	- 87.1
* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available † Insufficient Data ¶ See p 66 for definition of disability **Sexual Orientation and Gender Identity				

SECTION 7.6: FAMILY PLANNING

All women ages 18-50 who reported having sex with a cisgender male in the previous year, had not had a hysterectomy, and were not currently pregnant were asked whether they or their partners currently use some form of birth control. Presented below is the percentage of females ages 18-44 who reported that they or their partner use some form of birth control. The more restricted ages are presented here to be consistent with national data.

TABLE 7.6 – FAMILY PLANNING AMONG MASSACHUSETTS WOMEN, AGES 18-44, 2020

	USE BIRTH CONTROL		
	N	%	95% CI
OVERALL	337	60.8	54.1 - 67.5
AGE GROUP			
18–24	71	58.4	45.0 - 71.8
25–34	123	56.2	45.1 - 67.4
35–44	143	68.8	59.2 - 78.4
RACE-ETHNICITY*			
WHITE	228	67.0	58.7 - 75.2
BLACK	†		
HISPANIC	†		
ASIAN	†		
DISABILITY¶			
DISABILITY	65	52.6	36.3 - 69.0
NO DISABILITY	266	63.8	56.6 - 71.0
EDUCATION			
< HIGH SCHOOL	†		
HIGH SCHOOL	63	53.2	38.6 - 67.9
COLLEGE 1–3 YRS	91	55.2	42.5 - 67.9
COLLEGE 4+ YRS	172	69.9	60.7 - 79.1
HOUSEHOLD INCOME			
<\$25,000	56	53.4	35.8 - 70.9
\$25,000–34,999	†		
\$35,000–49,999	†		
\$50,000–74,999	†		
\$75,000+	119	70.7	59.1 - 82.3

* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available

† Insufficient Data

¶ See p 66 for definition of disability

SECTION 7.7: 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 “non-medical” use of prescription pain killers or marijuana, and if so, if this use was in the previous year. “Non-medical” drug use was defined for respondents as using it six or more times to get high or experience pleasurable effects, see what the effects are like, or take with friends. Presented here are the percentages of adults who report that they have ever been prescribed an opiate or marijuana and the percent who report non-medical use of these drugs in the previous year.

TABLE 7.7.1 – OPIOID AMONG MASSACHUSETTS ADULTS, 2020

	EVER PRESCRIBED OPIATE					NON-MEDICAL USE OF OPIATE IN PAST YEAR				
	N	%	95% CI			N	%	95% CI		
OVERALL	2,865	45.4	43.0	-	47.8	2,879	1.1	0.5	-	1.6
SEX										
MALE	1,285	45.0	41.6	-	48.5	†				
FEMALE	1,580	45.7	42.4	-	49.0	†				
AGE GROUP										
18–24	182	20.0	13.6	-	26.5	†				
25–34	315	42.2	35.7	-	48.7	†				
35–44	325	47.8	41.1	-	54.6	†				
45–54	398	48.5	42.4	-	54.6	†				
55–64	627	55.9	50.5	-	61.4	†				
65–74	546	52.5	47.2	-	57.8	†				
75 AND OLDER	374	41.9	35.0	-	48.8	†				
RACE-ETHNICITY*										
WHITE	2,278	52.8	50.0	-	55.5	†				
BLACK	148	29.8	20.3	-	39.4	†				
HISPANIC	247	22.5	17.0	-	28.1	†				
ASIAN	98	19.9	10.8	-	28.9	†				
DISABILITY†										
DISABILITY	678	52.5	47.2	-	57.9	†				
NO DISABILITY	2,147	42.9	40.2	-	45.5	†				
EDUCATION										
< HIGH SCHOOL	112	29.0	18.9	-	39.1	†				
HIGH SCHOOL	540	44.5	39.2	-	49.8	†				
COLLEGE 1–3 YRS	721	43.8	39.4	-	48.3	†				
COLLEGE 4+ YRS	1,472	51.1	47.8	-	54.3	†				
HOUSEHOLD INCOME										
<\$25,000	334	37.9	30.8	-	44.9	†				
\$25,000–34,999	141	39.2	28.7	-	49.7	†			-	
\$35,000–49,999	241	46.3	37.9	-	54.7	†			-	
\$50,000–74,999	330	48.2	40.6	-	55.8	†			-	
\$75,000+	1,129	54.9	51.3	-	58.6	†			-	
SOGI**										
LGBT	202	50.9	40.9	-	60.8	†				
STRAIGHT/CISGENDER	2,589	45.4	42.9	-	47.9	†				

* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available

† Insufficient Data

¶ See p 66 for definition of disability

**Sexual Orientation and Gender Identity

TABLE 7.7.2 – MARIJUANA USE AMONG MASSACHUSETTS ADULTS, 2020

	EVER PRESCRIBED MARIJUANA					NON-MEDICAL USE OF MARIJUANA IN PAST YEAR				
	N	%	95% CI			N	%	95% CI		
OVERALL	2,894	3.2	2.2	-	4.1	2,878	15.9	14.1	-	17.7
SEX										
MALE	1,304	3.3	1.7	-	4.8	1,296	20.7	17.7	-	23.6
FEMALE	1,590	3.1	2.0	-	4.2	1,582	11.4	9.3	-	13.6
AGE GROUP										
18–24	†					183	31.6	23.9	-	39.3
25–34	†					315	25.7	20.2	-	31.2
35–44	†					322	19.7	14.1	-	25.3
45–54	†					402	11.6	7.2	-	15.9
55–64	630	2.4	1.2	-	3.5	626	13.0	9.6	-	16.3
65–74	†					548	6.8	4.2	-	9.3
75 AND OLDER	†					†				
RACE-ETHNICITY*										
WHITE	2,303	3.1	2.1	-	4.0	2,290	17.0	14.8	-	19.1
BLACK	†					150	19.5	11.2	-	27.8
HISPANIC	†					244	11.1	6.9	-	15.4
ASIAN	†					†				
DISABILITY¶										
DISABILITY	685	6.0	3.5	-	8.6	681	19.5	15.2	-	23.8
NO DISABILITY	2,170	2.2	1.3	-	3.1	2,158	14.7	12.7	-	16.6
EDUCATION										
< HIGH SCHOOL	†					109	15.1	6.5	-	23.6
HIGH SCHOOL	†					542	16.5	12.4	-	20.5
COLLEGE 1–3 YRS	721	4.6	2.3	-	6.9	720	21.1	17.3	-	25.0
COLLEGE 4+ YRS	1,491	2.2	1.3	-	3.0	1,487	12.7	10.6	-	14.7
HOUSEHOLD INCOME										
<\$25,000	†					331	14.3	9.3	-	19.4
\$25,000–34,999	†					143	19.4	10.7	-	28.1
\$35,000–49,999	†					243	20.3	13.4	-	27.2
\$50,000–74,999	†					331	22.3	15.5	-	29.1
\$75,000+	1,140	2.2	1.1	-	3.2	1,135	15.9	13.1	-	18.8
SOGI**										
LGBT	†					202	29.5	21.2	-	37.8
STRAIGHT/CISGENDER	2,615	2.9	2.0	-	3.9	2,606	14.8	12.9	-	16.7

* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available

† Insufficient Data

¶ See p 66 for definition of disability

**Sexual Orientation and Gender Identity

APPENDIX

AGE-ADJUSTED PERCENTAGES FOR SELECTED TOPICS

MASSACHUSETTS BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, 2020																
	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	11.0	9.8	- 12.1	12.8	11.6	- 14.0	6.5	5.7	- 7.4	4.5	3.5	- 5.5	86.3	85.1	- 87.5	
SEX																
MALE	10.6	8.9	- 12.3	10.1	8.5	- 11.6	6.0	4.8	- 7.3	6.6	4.8	- 8.3	82.8	81.1	- 84.6	
FEMALE	11.2	9.7	- 12.7	15.5	13.7	- 17.3	7.0	5.8	- 8.2	2.5	1.6	- 3.3	89.6	88.1	- 91.2	
RACE-ETHNICITY*																
WHITE	8.5	7.3	- 9.7	13.5	12.1	- 14.9	6.7	5.6	- 7.7	2.9	1.9	- 3.9	88.8	87.5	- 90.1	
BLACK	13.8	9.2	- 18.4	12.6	8.2	- 17.0	7.8	4.0	- 11.7	†	-		86.0	81.4	- 90.6	
HISPANIC	28.2	23.2	- 33.1	16.5	12.2	- 20.9	7.2	4.6	- 9.7	11.5	8.1	- 15.0	78.5	74.8	- 82.1	
ASIAN	†			†			†	-		†			85.5	81.6	- 89.3	
DISABILITY [¶]																
DISABILITY	33.4	29.2	- 37.6	32.1	27.8	- 36.4	20.3	16.6	- 24.0	6.7	3.9	- 9.5	86.9	84.0	- 89.8	
NO DISABILITY	4.9	4.1	- 5.7	8.3	7.2	- 9.3	2.8	2.2	- 3.3	4.0	2.9	- 5.1	86.3	85.0	- 87.6	
EDUCATION																
< HIGH SCHOOL	26.8	20.2	- 33.3	14.5	9.2	- 19.8	8.9	5.0	- 12.8	12.7	7.4	- 17.9	73.7	67.3	- 80.0	
HIGH SCHOOL	15.4	12.5	- 18.3	15.0	12.1	- 18.0	9.9	7.4	- 12.5	5.4	3.3	- 7.6	83.5	80.7	- 86.3	
COLLEGE 1–3 YRS	11.4	9.3	- 13.4	16.3	13.7	- 18.9	7.7	5.9	- 9.5	5.5	3.2	- 7.8	87.1	84.9	- 89.3	
COLLEGE 4+ YRS	4.6	3.7	- 5.5	9.4	7.9	- 10.9	3.7	3.0	- 4.4	1.6	0.8	- 2.5	89.2	87.8	- 90.7	
HOUSEHOLD INCOME																
<\$25,000	27.8	23.3	- 32.3	22.9	18.2	- 27.6	13.2	10.1	- 16.3	9.4	4.9	- 14.0	79.7	75.8	- 83.5	
\$25,000–34,999	14.8	9.5	- 20.0	14.8	9.4	- 20.2	7.2	3.8	- 10.5	†	-		78.5	71.6	- 85.5	
\$35,000–49,999	18.2	12.2	- 24.2	22.0	16.3	- 27.8	10.3	5.1	- 15.5	6.1	2.7	- 9.5	86.4	82.5	- 90.3	
\$50,000–74,999	7.1	4.7	- 9.4	10.9	8.1	- 13.8	5.4	3.3	- 7.6	†			87.3	83.9	- 90.8	
\$75,000+	3.6	2.8	- 4.5	9.1	7.5	- 10.7	3.6	2.7	- 4.4	†			90.2	88.6	- 91.9	
SOGI**																
LGBT	13.5	9.2	- 17.7	24.7	19.0	- 30.4	8.0	4.5	- 11.4	†			85.6	81.0	- 90.1	
STRAIGHT/CISGENDER	10.9	9.5	- 12.2	11.7	10.3	- 13.1	6.8	5.7	- 7.9	4.7	3.6	- 5.9	86.2	84.7	- 87.6	

* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available

† Insufficient data

¶ See p 66 for definition of disability

**Sexual Orientation and Gender Identity

AGE-ADJUSTED PERCENTAGES FOR SELECTED TOPICS (CONTINUED)

MASSACHUSETTS BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, 2020																				
	CHECKUP IN PAST YEAR				NO DOCTOR DUE TO COST				DENTAL VISIT IN PAST YEAR				SIX OR MORE TEETH MISSING				CURRENT SMOKER			
	%	95% CI			%	95% CI			%	95% CI			%	95% CI			%	95% CI		
OVERALL	78.2	76.7	-	79.6	8.7	7.6	-	9.8	72.6	71.0	-	74.1	10.9	9.9	-	11.8	11.6	10.4	-	12.8
SEX																				
MALE	75.1	72.9	-	77.2	9.1	7.4	-	10.7	69.4	67.1	-	71.7	11.3	9.7	-	12.9	13.3	11.5	-	15.1
FEMALE	81.2	79.3	-	83.0	8.3	6.8	-	9.8	75.7	73.6	-	77.7	10.4	9.3	-	11.6	10.0	8.4	-	11.5
RACE-ETHNICITY*																				
WHITE	78.0	76.3	-	79.6	8.1	6.8	-	9.4	75.5	73.8	-	77.2	10.2	9.0	-	11.3	12.0	10.6	-	13.3
BLACK	86.5	81.9	-	91.1	8.7	4.6	-	12.7	59.8	53.2	-	66.4	19.1	14.4	-	23.8	14.7	9.8	-	19.6
HISPANIC	77.7	73.3	-	82.0	15.5	11.5	-	19.6	64.3	59.2	-	69.4	17.1	13.4	-	20.9	11.5	7.5	-	15.5
ASIAN	73.1	66.3	-	79.9	†				71.5	64.1	-	78.9	†				†			
DISABILITY¶																				
DISABILITY	81.0	76.9	-	85.0	18.3	14.2	-	22.4	62.2	57.9	-	66.5	20.8	17.5	-	24.0	22.3	18.5	-	26.1
NO DISABILITY	76.9	75.2	-	78.5	6.0	5.0	-	7.0	75.7	74.0	-	77.4	7.7	6.7	-	8.7	8.7	7.5	-	9.9
EDUCATION																				
< HIGH SCHOOL	75.6	68.8	-	82.4	16.6	10.4	-	22.7	46.4	39.3	-	53.6	26.7	21.2	-	32.3	22.8	16.2	-	29.5
HIGH SCHOOL	77.7	74.4	-	80.9	8.3	5.9	-	10.8	67.5	64.1	-	71.0	15.0	12.4	-	17.7	17.0	14.2	-	19.7
COLLEGE 1–3 YRS	79.2	76.4	-	81.9	11.0	8.7	-	13.4	73.0	70.0	-	76.0	11.4	9.7	-	13.0	14.7	12.0	-	17.4
COLLEGE 4+ YRS	76.4	74.4	-	78.4	5.6	4.4	-	6.7	80.5	78.7	-	82.4	4.0	3.3	-	4.7	4.8	3.7	-	5.8
HOUSEHOLD INCOME																				
<\$25,000	75.8	71.3	-	80.4	13.2	9.8	-	16.5	57.1	52.0	-	62.3	22.3	19.0	-	25.7	22.1	17.7	-	26.5
\$25,000–34,999	78.1	72.3	-	84.0	12.1	6.8	-	17.4	60.6	53.2	-	67.9	15.8	11.4	-	20.3	21.9	15.6	-	28.3
\$35,000–49,999	73.7	67.7	-	79.6	15.6	10.0	-	21.3	69.1	63.6	-	74.5	14.7	9.4	-	20.1	17.2	12.2	-	22.1
\$50,000–74,999	79.5	74.9	-	84.1	8.1	4.7	-	11.5	75.6	70.8	-	80.4	9.0	5.7	-	12.3	11.9	7.7	-	16.2
\$75,000+	77.5	75.3	-	79.7	4.8	3.5	-	6.1	81.7	79.7	-	83.7	4.9	4.0	-	5.9	7.4	5.8	-	9.0
SOGI**																				
LGBT	78.2	72.9	-	83.4	8.3	5.0	-	11.6	70.2	62.3	-	78.2	17.2	10.2	-	24.3	16.2	11.0	-	21.4
STRAIGHT/CISGENDER	77.9	76.1	-	79.6	8.3	6.9	-	9.6	73.6	71.7	-	75.4	11.1	9.9	-	12.2	11.1	9.7	-	12.4
* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available																				
† Insufficient data																				
¶ See p 66 for definition of disability																				
**Sexual Orientation and Gender Identity																				

AGE-ADJUSTED PERCENTAGES FOR SELECTED TOPICS (CONTINUED)

MASSACHUSETTS BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, 2020																				
	FORMER SMOKER				USE SMOKELESS TOBACCO				USE E-CIGARETTES				QUIT ATTEMPT				NO SMOKING IN HOUSE			
	%	95% CI			%	95% CI			%	95% CI			%	95% CI			%	95% CI		
OVERALL	22.9	21.6	-	24.2	1.6	1.1	-	2.1	4.5	3.4	-	5.7	57.5	56.1	-	58.9	85.8	83.8	-	87.7
SEX																				
MALE	26.0	24.0	-	28.0	2.3	1.6	-	3.1	5.3	3.6	-	7.0	55.7	53.4	-	58.0	83.9	80.8	-	86.9
FEMALE	20.0	18.4	-	21.6	†				3.8	2.2	-	5.4	62.1	60.5	-	63.7	87.7	85.4	-	90.0
RACE-ETHNICITY*																				
WHITE	25.7	24.2	-	27.3	1.7	1.0	-	2.4	5.4	3.8	-	7.1	53.6	52.0	-	55.3	85.6	83.3	-	88.0
BLACK	12.9	8.4	-	17.4	†				†				†				77.5	68.3	-	86.7
HISPANIC	16.0	12.3	-	19.6	†				†				63.6	57.5	-	69.6	90.6	86.8	-	94.3
ASIAN	16.6	10.0	-	23.2	†				†				†				93.0	89.4	-	96.7
DISABILITY¶																				
DISABILITY	24.1	21.0	-	27.2	†				6.9	3.3	-	10.4	58.1	55.1	-	61.2	74.0	67.8	-	80.1
NO DISABILITY	22.7	21.3	-	24.1	1.6	1.1	-	2.1	4.1	2.8	-	5.3	57.0	55.6	-	58.3	89.1	87.3	-	90.8
EDUCATION																				
< HIGH SCHOOL	22.6	16.6	-	28.7	†				†				55.2	52.6	-	57.8	82.3	74.2	-	90.4
HIGH SCHOOL	26.8	23.7	-	30.0	†				5.6	2.8	-	8.3	55.3	52.4	-	58.3	82.0	77.4	-	86.6
COLLEGE 1–3 YRS	25.7	23.1	-	28.2	†				5.4	3.3	-	7.6	66.8	65.7	-	67.9	82.5	78.7	-	86.4
COLLEGE 4+ YRS	19.7	18.1	-	21.2	1.3	0.8	-	1.8	3.2	1.7	-	4.6	49.9	47.7	-	52.2	90.0	87.7	-	92.2
HOUSEHOLD INCOME																				
<\$25,000	19.0	15.6	-	22.4	†				†				56.0	55.7	-	56.3	80.8	74.9	-	86.8
\$25,000–34,999	23.7	17.8	-	29.7	†				†				55.3	54.4	-	56.1	79.9	71.6	-	88.2
\$35,000–49,999	22.3	18.0	-	26.7	†				†				57.0	55.3	-	58.7	71.5	61.4	-	81.7
\$50,000–74,999	27.9	23.3	-	32.4	†				†				63.7	58.3	-	69.1	82.7	76.5	-	88.9
\$75,000+	23.9	22.0	-	25.8	1.1	0.7	-	1.6	5.3	2.9	-	7.6	59.1	56.0	-	62.2	90.5	88.2	-	92.8
SOGI**																				
LGBT	30.0	22.5	-	37.5	†				6.1	3.2	-	9.1	56.2	53.1	-	59.3	82.7	76.2	-	89.2
STRAIGHT/CISGENDER	23.4	22.0	-	24.9	1.9	1.2	-	2.6	3.9	2.8	-	5.1	60.4	58.6	-	62.2	86.2	84.1	-	88.2
* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available																				
† Insufficient data																				
¶ See p 66 for definition of disability																				
**Sexual Orientation and Gender Identity																				

AGE-ADJUSTED PERCENTAGES FOR SELECTED TOPICS (CONTINUED)

MASSACHUSETTS BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, 2020																				
	BINGE DRINKING				HEAVY DRINKING				OVERWEIGHT (BMI≥25.0)				OBESE (BMI≥30.0)				ANY PHYSICAL ACTIVITY IN PAST MONTH			
	%	95% CI			%	95% CI			%	95% CI			%	95% CI			%	95% CI		
OVERALL	16.8	15.5	-	18.1	7.0	6.2	-	7.9	60.3	58.6	-	62.0	24.6	23.0	-	26.2	80.3	79.0	-	81.7
SEX																				
MALE	21.3	19.3	-	23.4	6.6	5.4	-	7.8	67.9	65.6	-	70.2	25.5	23.3	-	27.8	81.9	79.9	-	83.9
FEMALE	12.5	10.8	-	14.2	7.4	6.3	-	8.5	52.4	49.9	-	55.0	23.7	21.5	-	25.9	78.9	77.0	-	80.8
RACE-ETHNICITY*																				
WHITE	18.2	16.6	-	19.8	8.4	7.3	-	9.4	59.8	57.9	-	61.8	23.7	21.9	-	25.5	84.9	83.5	-	86.2
BLACK	12.4	7.8	-	17.0	†				73.3	67.0	-	79.7	35.0	27.7	-	42.2	74.4	68.3	-	80.5
HISPANIC	16.8	12.5	-	21.0	5.0	2.6	-	7.4	68.4	63.1	-	73.6	33.4	27.8	-	39.1	58.8	53.6	-	63.9
ASIAN	11.6	6.4	-	16.7	†				36.1	28.4	-	43.8	10.0	5.4	-	14.5	84.7	78.1	-	91.3
DISABILITY¶																				
DISABILITY	16.9	13.4	-	20.4	6.5	4.4	-	8.5	65.9	61.7	-	70.1	32.0	27.7	-	36.4	66.3	62.3	-	70.3
NO DISABILITY	16.9	15.5	-	18.4	7.2	6.3	-	8.1	58.6	56.7	-	60.5	22.7	21.0	-	24.4	84.7	83.3	-	86.2
EDUCATION																				
< HIGH SCHOOL	16.0	10.0	-	22.1	†				76.0	69.5	-	82.4	30.8	22.3	-	39.3	54.7	47.3	-	62.1
HIGH SCHOOL	17.0	14.0	-	20.0	7.2	5.1	-	9.2	64.4	60.7	-	68.0	30.5	26.8	-	34.2	74.1	71.0	-	77.3
COLLEGE 1–3 YRS	17.3	14.5	-	20.0	7.8	6.2	-	9.4	61.2	57.9	-	64.5	25.9	22.9	-	29.0	80.2	77.7	-	82.7
COLLEGE 4+ YRS	17.9	16.0	-	19.9	6.8	5.8	-	7.9	54.9	52.5	-	57.3	19.8	17.9	-	21.6	90.2	88.9	-	91.4
HOUSEHOLD INCOME																				
<\$25,000	14.7	10.7	-	18.7	4.6	2.7	-	6.5	64.1	58.9	-	69.2	26.7	22.1	-	31.3	63.0	58.2	-	67.8
\$25,000–34,999	10.9	6.8	-	15.0	5.7	2.7	-	8.8	57.1	49.2	-	65.0	26.0	19.3	-	32.7	66.9	59.6	-	74.3
\$35,000–49,999	20.2	15.1	-	25.3	7.2	4.4	-	10.0	59.6	53.8	-	65.3	27.4	21.6	-	33.2	73.6	67.8	-	79.4
\$50,000–74,999	18.3	14.4	-	22.3	9.8	6.6	-	13.1	67.3	62.2	-	72.3	29.7	24.6	-	34.9	85.6	81.9	-	89.2
\$75,000+	21.3	19.0	-	23.6	9.1	7.6	-	10.5	59.6	57.1	-	62.1	22.7	20.5	-	24.9	90.3	88.7	-	91.8
SOGI**																				
LGBT	16.5	11.6	-	21.5	6.3	3.0	-	9.7	60.7	53.8	-	67.7	32.4	24.7	-	40.2	82.4	77.2	-	87.5
STRAIGHT/CISGENDER	16.2	14.6	-	17.7	6.7	5.8	-	7.7	61.0	59.0	-	63.0	25.1	23.3	-	27.0	80.0	78.3	-	81.6
* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available																				
† Insufficient data																				
¶ See p 66 for definition of disability																				
**Sexual Orientation and Gender Identity																				

AGE-ADJUSTED PERCENTAGES FOR SELECTED TOPICS (CONTINUED)

MASSACHUSETTS BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, 2020															
	RECEIVED 3 SHOTS HBV VACCINE			PRE-DIABETES			DIABETES			EVER HAD ASTHMA			CURRENTLY HAVE ASTHMA		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI		%	95% CI	
OVERALL	46.8	43.9	- 49.6	9.5	8.0	- 10.9	7.9	7.0	- 8.7	15.6	14.3	- 16.8	10.6	9.6	- 11.6
SEX															
MALE	41.6	37.7	- 45.6	11.0	8.7	- 13.4	8.3	7.1	- 9.6	12.2	10.7	- 13.7	7.1	6.0	- 8.3
FEMALE	51.8	47.8	- 55.8	8.0	6.1	- 9.8	7.4	6.3	- 8.5	18.7	16.9	- 20.5	13.9	12.3	- 15.6
RACE-ETHNICITY*															
WHITE	47.3	43.8	- 50.8	8.3	6.7	- 9.9	6.8	5.9	- 7.6	16.0	14.6	- 17.4	10.6	9.4	- 11.7
BLACK	43.9	32.1	- 55.7	16.9	9.4	- 24.3	11.3	7.6	- 15.0	19.4	13.6	- 25.2	13.6	8.9	- 18.3
HISPANIC	47.2	39.4	- 55.0	13.4	7.6	- 19.3	15.1	11.1	- 19.0	19.8	15.4	- 24.2	14.3	10.2	- 18.5
ASIAN	48.9	38.7	- 59.1	†			†			10.5	4.8	- 16.2	†		
DISABILITY¶															
DISABILITY	44.8	37.4	- 52.1	17.0	11.4	- 22.6	13.7	11.2	- 16.1	23.0	19.6	- 26.5	17.5	14.4	- 20.6
NO DISABILITY	48.3	45.2	- 51.3	7.9	6.5	- 9.2	5.9	5.1	- 6.8	13.5	12.2	- 14.8	8.7	7.6	- 9.7
EDUCATION															
< HIGH SCHOOL	25.4	15.0	- 35.7	16.7	8.1	- 25.2	16.5	11.4	- 21.5	17.4	11.8	- 23.0	11.7	7.0	- 16.3
HIGH SCHOOL	34.6	29.1	- 40.0	8.6	5.8	- 11.5	9.2	7.4	- 11.0	15.0	12.4	- 17.6	10.9	8.6	- 13.2
COLLEGE 1–3 YRS	48.7	43.3	- 54.0	10.8	7.5	- 14.0	7.9	6.5	- 9.3	16.8	14.4	- 19.2	12.4	10.3	- 14.5
COLLEGE 4+ YRS	57.8	54.1	- 61.5	7.6	6.0	- 9.2	4.9	4.1	- 5.7	14.6	12.8	- 16.3	9.2	7.8	- 10.7
HOUSEHOLD INCOME															
<\$25,000	42.1	34.0	- 50.3	8.6	5.3	- 12.0	13.5	10.2	- 16.8	22.2	17.9	- 26.5	18.3	14.2	- 22.3
\$25,000–34,999	42.9	30.7	- 55.0	12.9	6.0	- 19.8	7.9	4.4	- 11.5	16.3	11.2	- 21.4	9.7	5.6	- 13.7
\$35,000–49,999	42.3	32.0	- 52.6	†			11.3	7.5	- 15.1	17.6	13.0	- 22.2	12.8	8.7	- 16.8
\$50,000–74,999	41.5	33.0	- 50.0	9.5	5.1	- 13.8	8.7	5.2	- 12.1	13.0	9.5	- 16.6	7.6	5.0	- 10.2
\$75,000+	55.7	51.8	- 59.6	8.4	6.4	- 10.3	4.6	3.8	- 5.4	14.8	12.8	- 16.7	9.6	8.1	- 11.2
SOGI**															
LGBT	50.0	41.1	- 58.9	†			11.8	5.0	- 18.7	20.9	15.9	- 25.8	15.0	10.4	- 19.5
STRAIGHT/CISGENDER	46.8	43.8	- 49.9	9.7	8.0	- 11.4	8.0	7.1	- 8.9	15.1	13.7	- 16.6	10.4	9.2	- 11.6
* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available															
† Insufficient data															
¶ See p 66 for definition of disability															
**Sexual Orientation and Gender Identity															

AGE-ADJUSTED PERCENTAGES FOR SELECTED TOPICS (CONTINUED)

MASSACHUSETTS BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, 2020												
	EVER DIAGNOSED WITH COPD			EVER DIAGNOSED WITH CANCER			EVER DIAGNOSED WITH DEPRESSION			SEXUAL VIOLENCE - WOMEN		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
OVERALL	4.0	3.5	- 4.6	10.3	9.5	- 11.0	18.5	17.2	- 19.9	21.0	17.9	- 24.0
SEX												
MALE	3.4	2.7	- 4.1	9.5	8.4	- 10.6	13.2	11.4	- 15.0			
FEMALE	4.6	3.7	- 5.5	11.0	9.9	- 12.1	23.6	21.6	- 25.7			
RACE-ETHNICITY*												
WHITE	4.1	3.4	- 4.8	11.6	10.7	- 12.5	19.9	18.3	- 21.6	22.6	18.8	- 26.3
BLACK	4.9	2.4	- 7.4	4.7	2.3	- 7.0	19.1	13.6	- 24.6	21.7	10.2	- 33.1
HISPANIC	†			5.2	3.0	- 7.4	22.8	18.2	- 27.3	19.2	9.7	- 28.7
ASIAN	†						†			†		
DISABILITY¶												
DISABILITY	10.1	7.8	- 12.5	11.7	9.5	- 14.0	46.1	41.7	- 50.4	32.6	31.2	- 34.0
NO DISABILITY	2.2	1.8	- 2.6	10.3	9.4	- 11.1	12.1	10.8	- 13.3	17.2	16.4	- 18.0
EDUCATION												
< HIGH SCHOOL	5.7	2.7	- 8.6	5.1	2.8	- 7.4	25.0	18.5	- 31.4	17.3	7.5	- 27.1
HIGH SCHOOL	6.1	4.7	- 7.4	9.4	7.9	- 11.0	19.2	16.1	- 22.3	14.8	7.8	- 21.8
COLLEGE 1–3 YRS	4.8	3.3	- 6.2	11.5	9.7	- 13.4	22.0	19.2	- 24.9	24.8	18.5	- 31.0
COLLEGE 4+ YRS	2.1	1.7	- 2.6	11.6	10.5	- 12.7	15.1	13.3	- 16.8	21.4	16.8	- 25.9
HOUSEHOLD INCOME												
<\$25,000	10.6	7.3	- 13.8	11.5	8.5	- 14.5	32.3	27.7	- 36.9	15.6	9.2	- 22.0
\$25,000–34,999	6.2	3.2	- 9.1	6.6	4.6	- 8.6	23.3	17.3	- 29.4	†		
\$35,000–49,999	5.9	3.7	- 8.0	6.8	5.0	- 8.5	26.6	20.7	- 32.5	30.0	19.1	- 40.9
\$50,000–74,999	3.3	2.0	- 4.7	11.7	9.2	- 14.2	19.1	14.1	- 24.1	15.3	8.0	- 22.5
\$75,000+	1.6	1.1	- 2.1	11.8	10.6	- 13.1	13.4	11.5	- 15.2	18.7	13.9	- 23.6
SOGI**												
LGBT	7.0	3.6	- 10.4	13.8	9.8	- 17.7	39.0	31.1	- 47.0	46.9	33.3	- 60.4
STRAIGHT/CISGENDER	4.1	3.4	- 4.8	10.1	9.2	- 11.0	16.9	15.3	- 18.5	18.4	15.2	- 21.5
* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available † Insufficient data ¶ See p 66 for definition of disability **Sexual Orientation and Gender Identity												

AGE-ADJUSTED PERCENTAGES FOR SELECTED TOPICS (CONTINUED)

MASSACHUSETTS BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, 2020												
	EVER TESTED FOR HIV - AGES 18-64			TESTED FOR HIV IN PAST YEAR - AGES 18-64			ALWAYS USE A SEATBELT			DRINKING AND DRIVING		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
OVERALL	45.0	42.9	- 47.0	10.1	8.7	- 11.4	85.4	84.0	- 86.8	1.4	0.9	- 1.8
SEX												
MALE	41.8	38.9	- 44.7	10.9	8.9	- 12.9	81.2	79.1	- 83.3	1.9	1.3	- 2.5
FEMALE	48.0	45.2	- 50.8	9.3	7.5	- 11.0	89.3	87.6	- 91.0	†		
RACE-ETHNICITY*												
WHITE	43.4	41.1	- 45.8	8.3	6.9	- 9.6	85.5	83.9	- 87.1	1.3	0.9	- 1.7
BLACK	62.4	54.3	- 70.5	16.9	10.5	- 23.4	80.0	74.2	- 85.9	†		
HISPANIC	53.5	47.8	- 59.1	16.4	11.8	- 21.0	86.1	81.9	- 90.2	†		
ASIAN	29.8	22.6	- 37.0	8.5	3.9	- 13.0	93.5	90.4	- 96.5	†		
DISABILITY¶												
DISABILITY	57.0	52.3	- 61.8	13.1	9.7	- 16.6	79.5	75.7	- 83.2	†		
NO DISABILITY	42.4	40.2	- 44.6	9.2	7.8	- 10.6	87.0	85.6	- 88.5	1.4	0.9	- 1.9
EDUCATION												
< HIGH SCHOOL	47.8	39.2	- 56.5	†			72.4	65.0	- 79.8	†		
HIGH SCHOOL	43.9	39.4	- 48.4	10.2	7.5	- 12.8	77.9	74.6	- 81.2	†		
COLLEGE 1–3 YRS	50.3	46.1	- 54.5	10.2	7.5	- 12.9	84.8	82.1	- 87.5	†		
COLLEGE 4+ YRS	42.2	39.5	- 44.9	9.4	7.6	- 11.2	92.0	90.5	- 93.5	1.1	0.7	- 1.5
HOUSEHOLD INCOME												
<\$25,000	57.0	50.7	- 63.2	15.7	10.8	- 20.7	83.5	79.8	- 87.1	†		
\$25,000–34,999	44.2	35.2	- 53.2	10.1	4.4	- 15.7	77.5	70.8	- 84.3	†		
\$35,000–49,999	47.3	39.6	- 54.9	10.9	6.7	- 15.1	82.7	77.7	- 87.7	†		
\$50,000–74,999	48.0	41.8	- 54.2	13.1	8.2	- 18.0	81.3	76.3	- 86.4	†		
\$75,000+	42.8	39.8	- 45.8	8.6	6.7	- 10.6	88.2	86.1	- 90.3	1.4	0.9	- 2.0
SOGI**												
LGBT	67.9	61.7	- 74.2	28.0	18.8	- 37.2	81.7	73.8	- 89.5	†		
STRAIGHT/CISGENDER	43.0	40.7	- 45.4	8.9	7.5	- 10.3	84.9	83.3	- 86.5	1.3	0.8	- 1.8
* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available † Insufficient data ¶ See p 66 for definition of disability **Sexual Orientation and Gender Identity												

AGE-ADJUSTED PERCENTAGES FOR SELECTED TOPICS (CONTINUED)

MASSACHUSETTS BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, 2020												
	EVER PRESCRIBED OPIATE			NON-MEDICAL USE OF OPIATE IN PAST YEAR			EVER PRESCRIBED MARIJUANA			NON-MEDICAL USE OF MARIJUANA IN PAST YEAR		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI	
OVERALL	44.7	42.2	- 47.2	1.1	0.5 - 1.7		3.4	2.3 - 4.5		17.5	15.5 - 19.6	
SEX												
MALE	44.3	40.7	- 47.9	†			3.5	1.7 - 5.3		22.2	19.0 - 25.4	
FEMALE	45.1	41.6	- 48.6	†			3.3	2.0 - 4.5		12.9	10.4 - 15.4	
RACE-ETHNICITY*												
WHITE	52.6	49.6	- 55.6	†			3.3	2.2 - 4.3		20.2	17.6 - 22.8	
BLACK	30.6	20.9	- 40.2	†			†			18.3	9.9 - 26.6	
HISPANIC	23.1	17.3	- 28.8	†			†			10.3	6.4 - 14.2	
ASIAN	27.1	15.3	- 39.0	†			†			†		
DISABILITY¶												
DISABILITY	51.8	45.6	- 58.0	†			7.3	3.6 - 10.9		26.7	20.7 - 32.6	
NO DISABILITY	42.5	39.7	- 45.2	†			2.3	1.3 - 3.3		15.4	13.3 - 17.5	
EDUCATION												
< HIGH SCHOOL	29.6	18.6	- 40.7	†			†			17.2	7.7 - 26.7	
HIGH SCHOOL	46.4	40.8	- 52.1	†			†			19.7	14.9 - 24.4	
COLLEGE 1–3 YRS	43.8	39.0	- 48.6	†			5.2	2.4 - 8.0		22.6	18.3 - 26.8	
COLLEGE 4+ YRS	48.3	44.9	- 51.6	†			2.2	1.3 - 3.1		14.5	11.9 - 17.0	
HOUSEHOLD INCOME												
<\$25,000	35.6	28.5	- 42.7	†			†			13.4	8.6 - 18.3	
\$25,000–34,999	35.8	24.6	- 47.0	†			†			19.2	10.2 - 28.3	
\$35,000–49,999	41.3	33.4	- 49.3	†			†			21.9	14.3 - 29.6	
\$50,000–74,999	45.2	37.3	- 53.1	†			†			25.3	18.4 - 32.3	
\$75,000+	52.8	49.0	- 56.7	†			2.2	1.1 - 3.3		18.1	14.8 - 21.4	
SOGI**												
LGBT	55.7	44.6	- 66.8	†			†			28.5	20.6 - 36.3	
STRAIGHT/CISGENDER	43.9	41.3	- 46.5	†			3.2	2.0 - 4.3		16.8	14.6 - 19.0	
* White, Black, and Asian race categories refer to non-Hispanic. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available † Insufficient data ¶ See p 66 for definition of disability **Sexual Orientation and Gender Identity												

MASSACHUSETTS AND NATIONAL ESTIMATES

MASSACHUSETTS BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, 2020			
VARIABLES	MA %	US MEDIAN [†] %	US RANGE [†] %
OVERALL HEALTH MEASURES			
FAIR OR POOR HEALTH	11.3	13.5	10.4 – 26.8
15+ POOR MENTAL HEALTH DAYS	12.3	12.3	9.0 – 16.9
15+ DAYS IN POOR PHYSICAL HEALTH	6.8	8.9	6.0 – 14.9
HEALTH CARE ACCESS AND UTILIZATION			
HAVE PERSONAL HEALTH CARE PROVIDER	87.3	77.6	65.6 – 87.9
COULD NOT SEE DOCTOR DUE TO COST	8.3	9.8	6.0 – 15.2
CHECKUP IN PAST YEAR	79.7	75.7	64.9 – 83.8
DENTAL VISIT IN THE PAST YEAR	73.3	66.3	56.8 – 74.7
6 OR MORE TEETH MISSING	12.0	13.4	8.4 – 26.6
RISK FACTORS AND PREVENTIVE BEHAVIORS			
CURRENT SMOKER	11.1	15.5	8.2 – 22.6
FORMER SMOKER	24.4	25.1	16.8 – 29.8
USE SMOKELESS TOBACCO	1.5	3.7	0.6 – 8.9
QUIT ATTEMPT AMONG CURRENT SMOKERS	57.5	53.6	46.3 – 63.7
BINGE DRINKING	15.7	15.7	11.2 – 22.8
HEAVY DRINKING	7.0	6.7	4.4 – 9.9
OVERWEIGHT (BMI≥25.0)	60.5	67.3	57.3 – 72.8
OBESITY (BMI≥30.0)	24.4	31.9	24.2 – 39.7
PHYSICAL ACTIVITY IN PAST MONTH	80.1	77.3	54.2 – 84.1
FLU VACCINE IN PAST YEAR (18-49)	46.9	37.3	19.6 – 53.2
FLU VACCINE IN PAST YEAR (50-64)	58.3	48.6	22.1 – 59.5
FLU VACCINE IN PAST YEAR (65+)	75.6	67.8	42.8 – 75.6
EVER HAD PNEUMONIA VACCINATION (65+)	75.8	71.8	31.0 – 76.4
CHRONIC HEALTH CONDITIONS			
DIABETES	8.8	10.8	7.5 – 15.7
EVER HAD ASTHMA	15.6	14.2	10.3 – 16.9
CURRENTLY HAVE ASTHMA	10.7	9.6	5.0 – 12.4
COPD	4.5	6.2	3.4 – 13.6
MYOCARDIAL INFARCTION (35+)	4.8	5.9	3.2 – 9.8
CORONARY HEART DISEASE / ANGINA (35+)	5.0	5.6	3.8 – 9.5
STROKE (35+)	3.1	3.9	2.0 – 7.1
EVER DIAGNOSED WITH DEPRESSION	17.9	19.2	9.1 – 26.4
EVER DIAGNOSED WITH CANCER	11.8	11.8	3.6 – 14.7
CANCER SCREENING			
MET RECOMMENDATION FOR COLORECTAL CANCER SCREENING (50-75)	81.1	74.2	53.9 – 81.2
MAMMOGRAPHY IN PAST 2 YRS (50-74)	86.7	78.3	65.8 – 86.7
PAP SMEAR IN PAST THREE YEARS (21-65)	77.8	77.7	68.0 – 82.5
OTHER TOPICS			
EVER TESTED FOR HIV (18-64)	43.4	42.2	27.0 – 70.6
DRINKING & DRIVING	1.2	1.2	0.5 – 2.6
UNINTENTIONAL FALLS (65+)	25.6	28.5	17.0 – 36.8
INJURY FROM UNINTENTIONAL FALL (65+)	10.3	9.9	3.8 – 13.8
SEATBELT USE	85.7	87.8	72.0 – 94.2
[†] The US median percentage and range are based on data for all 50 states, District of Columbia, and Puerto Rico. [‡] No comparable US data available			

TERMS, DEFINITIONS AND STATISTICAL METHODOLOGY

This report presents data from the **combined sample** - both landline and cell phone respondents. The combined sample contained 7,181 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 1,097 landline respondents and 2,209 cell phone respondents,
 - Split 2 contained 1,165 landline respondents and 2,098 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 US population was used as a standard for the calculation. The age-adjusted percentage is a single, calculated number. Age-adjustment is done in order to be able to compare population subgroups with potentially different age structures (e.g., Hispanic vs. White non-Hispanic). The reader should exercise caution when using age-adjusted percentages for the comparison of survey data subgroups. While the estimates have been adjusted by age, other factors like gender, income, or education and their possible correlation may also have an impact on the results of subgroup comparisons (see Appendix). The percentages were not age-adjusted for health indicators obtained for restricted age groups such as cancer screening. Age-adjusted estimates are presented in tables in the Appendix of this report.

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

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

values (if the number of values is even). The median then represents a value for which half of the states have higher estimates and half of the states have lower estimates.

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

Suppression of the presented estimates:

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

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 deaf or do you have serious difficulty hearing?
2. Are you blind or do you have serious difficulty seeing, even when wearing glasses?
3. Because of a physical, mental, or emotional condition, do you have serious difficulty concentrating, remembering or making decisions?
4. Do you have serious difficulty walking or climbing stairs?
5. Do you have difficulty dressing or bathing?
6. Because of a physical, mental or emotional condition, do you have difficulty doing errands alone such as visiting a doctor’s office or shopping?

Note: The definition of disability has changed from prior years’ reports

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. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available.

Sexual Orientation and gender identity (SOGI) variables

All respondents were asked two questions:

1. Which of the following best represents how you think of yourself – Gay or lesbian, Straight, Bisexual, or Something else?
 2. Do you consider yourself to be transgender? Respondents who answered ‘Yes’ were asked Do you consider yourself to be male-to-female, female-to-male, or gender non-conforming?
- Those who responded Gay or lesbian, Bisexual or Something else to the first question OR answered Yes to the second question were categorized as LGBT. Those who responded Straight to the first question AND No to the second question were categorized as Straight/Cisgender.

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.
 - Telephone interviews were conducted in English and Spanish. Persons unable to complete a telephone interview in one of these languages are not represented in this sample.
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