

# A Profile of Health among Massachusetts Adults, 2021

Results from the Behavioral Risk Factor Surveillance  
System

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



January 2023

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# MASSACHUSETTS DEPARTMENT OF PUBLIC HEALTH

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## Health Survey Program

Office of Data Management and Outcomes Assessment

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Results from the Behavioral Risk Factor Surveillance System

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*January 2023*

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For further information about this report, the Behavioral Risk Factor Surveillance System, and the Health Survey Program, please contact Maria McKenna. Email: [maria.mckenna@mass.gov](mailto:maria.mckenna@mass.gov).  
Website: <https://www.mass.gov/behavioral-risk-factor-surveillance>

# INTRODUCTION

The Behavioral Risk Factor Surveillance System (BRFSS) is a continuous multimode survey of adults ages 18 and older. It is conducted in all states as a collaboration between the federal Centers for Disease Control and Prevention (CDC) and state health departments. 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 various 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 several topics to the surveillance instrument, including environmental tobacco exposure, mental illness and stigma, sexual violence, and other selected topics. Please note that COVID-related data is not included in this report as the questions were not asked for the entire year; this data will be included in a separate release. Those looking for COVID-related data can access the COVID Community Impact Survey (CCIS) at <https://www.mass.gov/info-details/covid-19-community-impact-survey-data-dashboard>. Please note that data from CCIS is not comparable to data from BRFSS as CCIS utilizes a non-probability based sampling methodology and while the survey was open to all, rather than sampling the general population, groups at higher risk were actively recruited.

In 2021, 1,348 landline interviews and 6,335 cell phone interviews were completed among Massachusetts adults. Interviews were administered in English (5,897) or Spanish (438).

This report summarizes selected results from the combined landline and cell phone portions of the 2021 Massachusetts BRFSS. Each section of the report provides a description of survey questions used to obtain estimates for key variables. Tables detailing the overall estimates and estimates by demographic and socioeconomic characteristics (gender, age, race-ethnicity, disability status, education, annual household income, and sexual orientation/gender identity) are provided in the main body of the report in the form of crude percentages.

In the report's Appendix, tables are presented detailing age-adjusted percentages for 2021 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 2021 in a separate table.

All percentages in this report are weighted (see definition on page 60) to represent the total Massachusetts population in 2021.

# 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 profoundly impact their health. Disparities in outcomes by race, for example, are more often due to social factors and the legacy of racial discrimination than biological 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 DPH focuses on the six SDOHs to eliminate inequities and achieve the vision of health and well-being for all residents of the Commonwealth. More information about SDOHs 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/Latino adults were more likely than White, Black, or Asian adults to report that their overall health was fair or poor. (Table 1.1)
- Adults with a disability were more likely than adults without a disability, and Lesbian, Gay, Bisexual or Transgender (LGBT) adults were more likely than straight/cisgender adults, to report that their mental health was not good for at least 15 days in the previous month. (Table 1.2)

## **HEALTH CARE ACCESS AND UTILIZATION**

- Overall, 3.4% of adults aged 18-64 reported not having health insurance at the time of the interview. Hispanic/Latino adults (9.4%) were more likely than White or Black adults to report not having insurance. (Table 2.1)
- Males were less likely than females, and Hispanic/Latino and Asian adults were less likely than White adults to have a personal health care provider. (Table 2.2.1)
- Hispanic/Latino adults, adults with a disability, and LGBT adults were more likely than other adults to report having at least one time in the previous year when they could not see a doctor due to cost. (Table 2.2.1)
- Males were less likely than females, Hispanic/Latino and Asian adults were less likely than White adults, and LGBT adults were less likely than straight/cisgender to report having a routine checkup in the previous year. (Table 2.2.2)

## **RISK FACTORS AND PREVENTIVE BEHAVIORS**

- Adults with a disability were twice as likely as other adults, and LGBT adults were more likely than straight/cisgender adults to report current cigarette smoking. (Table 3.1.1)
- Overall, the current use of electronic vapor products was 5.6%; however, among those 18-24 years of age, the prevalence was 18%. Adults with a disability and LGBT adults were more likely than other adults to report current use of electronic vapor products. (Table 3.1.3)
- In 2021, 16.2% of adults reported binge drinking in the previous 30 days. Prevalence was highest among adults aged 18–34 and decreased with age. White adults were more likely to report binge drinking than Hispanic/Latino, or Asian adults. LGBT adults were more likely than straight/cisgender adults to report binge drinking. (Table 3.3)
- 61.2% of adults reported being overweight or obese (BMI  $\geq$  25.0) and 27.4% were obese (BMI  $\geq$  30.0). Obesity was higher among those with a disability and was lowest among Asian adults. (Table 3.4)
- Overall, 78.9% of adults reported any leisure-time physical activity. Prevalence increased with increasing education and household income levels. (Table 3.5)
- Only 14.7% of adults reported consuming fruits and vegetables five or more times per day. Hispanic/Latino adults were less likely than White or Asian adults to report consuming fruits and vegetables five or more times per day. (Table 3.6)
- 89.5% of adults reported that they had their cholesterol checked within the past five years and 36.0% of those have ever been told that their cholesterol level was high. Hispanic/Latino adults were less likely than White adults to report having their cholesterol checked. Those with a disability were more likely to report that they had been told that their cholesterol level was high. (Table 3.7)



- 29.9% of adults reported being told that their blood pressure was high, and 77.2% of those take medicine to control their blood pressure. The prevalence of high blood pressure was inversely proportional to education and household income levels. (Table 3.8)

## **IMMUNIZATION**

- Among adults 18-49 years of age, males were less likely than females, and Black and Hispanic/Latino were less likely than White adults to report receiving an influenza vaccine in the previous year. (Table 4.1.1)
- Among older adults (ages 65 and older), Hispanic/Latino adults were less likely than White adults to report receiving a pneumococcal vaccine. LGBT older adults were more likely than straight/cisgender adults to have had a pneumococcal vaccine. (Table 4.1.3)

## **CHRONIC HEALTH CONDITIONS**

- In 2021, 8.9% of adults reported ever being diagnosed with diabetes, and an additional 9.3% had been told they have pre-diabetes. (Table 5.1)
- Asthma is the only indicator measured by BRFSS where Massachusetts ranks worse than most of the nation. In 2021, 11.7% of adults reported that they currently have asthma (national median = 9.8, range = 4.7 – 12.6). Females were more likely than males, and LGBT adults were more likely than straight/cisgender adults to have ever been diagnosed with asthma or to still have asthma. (Table 5.2)
- Nearly 1 in 4 adults report ever being diagnosed with arthritis, and 9.7% of all adults have experienced limitations in their usual daily activities due to arthritis. White adults were more likely than Black, Hispanic/Latino, or Asian adults to have ever been diagnosed with arthritis. (Table 5.5)
- Overall, 13.0% of adults reported ever having been diagnosed with cancer. Among those 75 years of age and older, the prevalence of cancer survivors comprises 38.0% of all residents. White adults were more likely than Black or Hispanic/Latino adults to have ever been diagnosed with cancer. (Table 5.6)
- Overall, 18.6% of adults reported that they had ever been diagnosed with a depressive disorder. Prevalence decreased with age and household income. Black and Asian adults were less likely than White and Hispanic/Latino adults to report ever being diagnosed with depression. LGBT adults were 2.5 times more likely than straight/cisgender adults to report being diagnosed with depression. (Table 5.7)

## **OTHER TOPICS – HIV, SEXUAL AND DOMESTIC VIOLENCE, TEXTING AND DRIVING, MARIJUANA, & OPIOIDS**

- Black and LGBT adults ages 18-64 were more likely than White, Asian, or straight/cisgender adults ages 18-64 to have ever been tested for HIV and to have been tested in the previous year. (Table 6.1)
- Male and female adults with a disability and LGBT adults were more likely to report being the victim of both sexual and intimate partner violence. (Tables 6.2 and 6.3)
- 23.7% of adults reported texting or emailing while driving in the prior 30 days. Prevalence increased with increasing educational attainment and household income. (Table 6.4)
- Overall, 14.2% of adults reported non-medical use of marijuana. Asian and Hispanic/Latino adults were less likely than White or Black adults to report non-medical use of marijuana. LGBT adults were more likely than straight/cisgender adults to report non-medical use of marijuana. (Table 6.5.2)

# DEMOGRAPHIC CHARACTERISTICS OF RESPONDENTS

## MASSACHUSETTS BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, 2021

	UNWEIGHTED SAMPLE SIZE	WEIGHTED PERCENT
	N	%†
OVERALL	7,683	100.0
<b>SEX</b>		
MALE	3,559	48.0
FEMALE	4,124	52.0
<b>AGE GROUP</b>		
18–24	709	12.9
25–34	1,048	16.7
35–44	1,145	15.6
45–54	1,176	14.5
55–64	1,447	17.5
65–74	1,222	13.4
75 AND OLDER	718	9.5
<b>RACE-ETHNICITY*</b>		
WHITE	5,553	72.7
BLACK	475	7.5
HISPANIC OR LATINO	954	11.9
ASIAN	414	7.8
<b>DISABILITY¶</b>		
DISABILITY	1,851	24.7
NO DISABILITY	5,508	75.3
<b>EDUCATION</b>		
< HIGH SCHOOL	412	9.4
HIGH SCHOOL	1,424	24.4
COLLEGE 1–3 YRS	1,819	25.6
COLLEGE 4+ YRS	3,979	40.6
<b>HOUSEHOLD INCOME</b>		
<\$25,000	790	14.2
\$25,000–49,999	1,086	20.6
\$50,000–74,999	796	14.0
\$75,000–99,999	740	14.0
\$100,000+	2,034	37.2
<b>SOGI**</b>		
LGBT	552	8.5
STRAIGHT/CISGENDER	5,988	91.5

\* White, Black, and Asian race categories refer to non-Hispanic/non-Latino. 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 61 for the definition of disability

\*\*Sexual Orientation and Gender Identity

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## SECTION 1: OVERALL HEALTH MEASURES

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## 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.

<b>TABLE 1.1 – OVERALL HEALTH STATUS AMONG MASSACHUSETTS ADULTS, 2021</b>			
	FAIR OR POOR HEALTH		
	N	%	95% CI
OVERALL	7,663	12.2	11.1 - 13.2
<b>SEX</b>			
MALE	3,550	11.4	10.0 - 12.8
FEMALE	4,113	12.8	11.4 - 14.3
<b>AGE GROUP</b>			
18–24	709	5.8	3.5 - 8.0
25–34	1,045	7.5	5.2 - 9.7
35–44	1,143	8.7	6.5 - 10.9
45–54	1,174	11.1	8.7 - 13.4
55–64	1,441	15.5	12.9 - 18.1
65–74	1,219	17.8	14.4 - 21.2
75 AND OLDER	715	23.5	19.1 - 27.9
<b>RACE-ETHNICITY*</b>			
WHITE	5,540	11.3	10.2 - 12.5
BLACK	473	14.1	9.8 - 18.4
HISPANIC OR LATINO	951	21.5	17.9 - 25.1
ASIAN	414	4.0	1.9 - 6.1
<b>DISABILITY†</b>			
DISABILITY	1,839	32.1	29.1 - 35.1
NO DISABILITY	5,502	5.8	5.0 - 6.6
<b>EDUCATION</b>			
< HIGH SCHOOL	412	32.3	26.3 - 38.2
HIGH SCHOOL	1,419	14.6	12.4 - 16.8
COLLEGE 1–3 YRS	1,815	12.8	10.8 - 14.8
COLLEGE 4+ YRS	3,970	5.6	4.7 - 6.4
<b>HOUSEHOLD INCOME</b>			
<\$25,000	788	31.4	26.9 - 35.9
\$25,000–49,999	1,082	15.6	12.6 - 18.6
\$50,000–74,999	794	12.8	9.7 - 15.9
\$75,000–99,999	739	5.5	2.5 - 8.4
\$100,000+	2,032	4.4	3.3 - 5.5
<b>SOGI**</b>			
LGBT	550	14.6	10.8 - 18.3
STRAIGHT/CISGENDER	5,977	12.3	11.1 - 13.5

\* White, Black, and Asian race categories refer to non-Hispanic/non-Latino. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available  
† Insufficient Data  
¶ See p 61 for the definition of disability  
\*\*Sexual Orientation and Gender Identity

## 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, 2021						
	15+ DAYS OF POOR PHYSICAL HEALTH			15+ DAYS OF POOR MENTAL HEALTH		
	N	%	95% CI	N	%	95% CI
OVERALL	7,534	8.0	7.2 - 8.9	7,528	12.4	11.4 - 13.3
SEX						
MALE	3,487	7.1	5.8 - 8.3	3,487	9.5	8.3 - 10.7
FEMALE	4,047	8.9	7.7 - 10.1	4,041	15.0	13.5 - 16.5
AGE GROUP						
18–24	698	3.5	1.9 - 5.1	697	18.8	15.3 - 22.2
25–34	1,031	5.9	3.9 - 7.9	1,024	14.8	12.1 - 17.6
35–44	1,135	5.1	3.3 - 6.9	1,124	13.7	11.2 - 16.2
45–54	1,160	7.3	5.2 - 9.4	1,158	12.6	10.2 - 15.0
55–64	1,416	11.0	8.8 - 13.3	1,424	11.4	9.1 - 13.7
65–74	1,198	11.2	8.8 - 13.7	1,204	8.5	6.4 - 10.5
75 AND OLDER	687	15.2	11.1 - 19.3	696	5.8	3.4 - 8.3
RACE-ETHNICITY*						
WHITE	5,451	8.3	7.3 - 9.3	5,449	12.8	11.6 - 14.0
BLACK	463	9.0	5.2 - 12.7	463	13.0	8.9 - 17.1
HISPANIC OR LATINO	932	11.5	8.3 - 14.7	936	13.7	10.7 - 16.7
ASIAN	†			410	7.1	4.1 - 10.0
DISABILITY¶						
DISABILITY	1,792	24.2	21.4 - 27.0	1,789	26.5	23.7 - 29.2
NO DISABILITY	5,430	3.0	2.4 - 3.7	5,428	8.1	7.2 - 9.1
EDUCATION						
< HIGH SCHOOL	395	13.1	8.9 - 17.3	403	13.8	9.3 - 18.4
HIGH SCHOOL	1,387	8.6	6.6 - 10.5	1,395	14.4	12.0 - 16.7
COLLEGE 1–3 YRS	1,782	11.2	9.3 - 13.1	1,773	14.7	12.8 - 16.7
COLLEGE 4+ YRS	3,927	4.6	3.9 - 5.4	3,912	9.5	8.3 - 10.6
HOUSEHOLD INCOME						
<\$25,000	772	19.6	15.6 - 23.6	771	20.5	16.8 - 24.3
\$25,000–49,999	1,060	9.3	6.9 - 11.6	1,057	14.5	11.7 - 17.3
\$50,000–74,999	786	9.0	6.6 - 11.4	786	14.1	10.9 - 17.3
\$75,000–99,999	737	5.5	2.6 - 8.5	731	10.0	7.0 - 13.0
\$100,000+	2,009	3.3	2.4 - 4.2	2,018	9.5	7.9 - 11.1
SOGI**						
LGBT	543	9.3	6.3 - 12.2	544	23.7	18.9 - 28.6
STRAIGHT/CISGENDER	5,876	8.0	7.0 - 9.0	5,872	11.0	10.0 - 12.1

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

† Insufficient Data

¶ See p 61 for the definition of disability

\*\*Sexual Orientation and Gender Identity

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## SECTION 2: HEALTH CARE ACCESS AND UTILIZATION

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## SECTION 2.1: HEALTH INSURANCE STATUS

All respondents were asked what type of health care coverage they had at the time of the interview. 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. Table 2.1 presents the percentage of adults aged 18-64 who reported not having any health care coverage at the time of the interview.

<b>TABLE 2.1 – HEALTH CARE ACCESS AMONG MASSACHUSETTS ADULTS, 2021</b>			
	NO HEALTH INSURANCE - AGES 18-64		
	N	%	95% CI
OVERALL	5,345	3.4	2.7 - 4.0
SEX			
MALE	2,526	4.5	3.4 - 5.6
FEMALE	2,819	2.3	1.6 - 3.0
AGE GROUP			
18–24	625	5.1	2.9 - 7.2
25–34	1,013	4.9	3.3 - 6.4
35–44	1,130	3.7	2.2 - 5.2
45–54	1,157	1.5	0.8 - 2.2
55–64	1,420	2.2	0.9 - 3.4
RACE-ETHNICITY*			
WHITE	3,612	2.1	1.4 - 2.8
BLACK	377	4.5	1.9 - 7.0
HISPANIC OR LATINO	826	9.4	6.7 - 12.1
ASIAN	†		.
DISABILITY¶			
DISABILITY	1,062	4.8	2.9 - 6.7
NO DISABILITY	4,060	3.0	2.3 - 3.7
EDUCATION			
< HIGH SCHOOL	296	9.6	5.9 - 13.3
HIGH SCHOOL	942	5.9	3.9 - 7.9
COLLEGE 1–3 YRS	1,246	2.0	1.3 - 2.7
COLLEGE 4+ YRS	2,836	1.4	0.8 - 2.0
HOUSEHOLD INCOME			
<\$25,000	555	9.0	5.5 - 12.5
\$25,000–49,999	713	5.0	2.9 - 7.1
\$50,000–74,999	†		
\$75,000–99,999	†		
\$100,000+	†		
SOGI**			
LGBT	471	5.5	2.6 - 8.3
STRAIGHT/CISGENDER	4,034	3.1	2.4 - 3.8

\* White, Black, and Asian race categories refer to non-Hispanic/non-Latino. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available  
† Insufficient Data  
¶ See p 61 for the definition of disability  
\*\*Sexual Orientation and Gender Identity

## 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 percentage 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.

	HAVE PERSONAL HEALTH CARE PROVIDER			COULD NOT SEE DOCTOR DUE TO COST		
	N	%	95% CI	N	%	95% CI
OVERALL	7,605	90.2	89.3 - 91.1	7,659	7.2	6.3 - 8.0
SEX						
MALE	3,516	87.1	85.6 - 88.6	3,545	7.5	6.2 - 8.8
FEMALE	4,089	93.1	92.0 - 94.2	4,114	6.9	5.8 - 8.0
AGE GROUP						
18–24	689	78.6	74.8 - 82.4	705	9.4	6.6 - 12.2
25–34	1,029	80.9	77.8 - 84.0	1,047	13.9	11.0 - 16.8
35–44	1,139	88.1	85.5 - 90.7	1,139	8.9	6.3 - 11.5
45–54	1,167	93.8	92.2 - 95.5	1,173	4.5	3.2 - 5.8
55–64	1,436	96.0	94.7 - 97.3	1,445	6.2	4.4 - 8.1
65–74	1,218	97.3	95.8 - 98.8	1,220	3.1	1.5 - 4.7
75 AND OLDER	713	98.4	97.2 - 99.6	†		
RACE-ETHNICITY*						
WHITE	5,503	93.3	92.4 - 94.2	5,546	5.5	4.6 - 6.4
BLACK	471	91.3	88.4 - 94.1	470	9.3	5.7 - 12.9
HISPANIC OR LATINO	944	76.1	72.2 - 80.0	946	19.0	15.2 - 22.9
ASIAN	403	83.9	79.6 - 88.2	413	3.6	1.9 - 5.3
DISABILITY¶						
DISABILITY	1,832	90.6	88.7 - 92.5	1,843	13.1	10.7 - 15.6
NO DISABILITY	5,455	90.1	89.0 - 91.1	5,496	5.3	4.5 - 6.1
EDUCATION						
< HIGH SCHOOL	409	74.9	69.4 - 80.4	407	18.8	13.7 - 24.0
HIGH SCHOOL	1,401	88.6	86.5 - 90.6	1,416	9.2	7.3 - 11.2
COLLEGE 1–3 YRS	1,801	91.4	89.7 - 93.0	1,815	7.0	5.4 - 8.7
COLLEGE 4+ YRS	3,950	94.1	93.3 - 95.0	3,973	3.5	2.8 - 4.2
HOUSEHOLD INCOME						
<\$25,000	781	84.7	81.3 - 88.0	782	15.4	11.5 - 19.3
\$25,000–49,999	1,074	87.9	85.4 - 90.4	1,085	10.7	8.3 - 13.1
\$50,000–74,999	791	92.3	89.9 - 94.7	794	7.7	5.0 - 10.3
\$75,000–99,999	735	90.9	87.5 - 94.3	740	5.2	2.9 - 7.5
\$100,000+	2,022	93.8	92.4 - 95.3	2,032	2.6	1.8 - 3.5
SOGI**						
LGBT	544	86.2	82.0 - 90.4	550	13.5	9.7 - 17.3
STRAIGHT/CISGENDER	5,944	91.1	90.1 - 92.0	5,971	6.5	5.6 - 7.5

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

† Insufficient Data

¶ See p 61 for the definition of disability

\*\*Sexual Orientation and Gender Identity



**TABLE 2.2.2 - HEALTH CARE ACCESS AMONG MASSACHUSETTS ADULTS, 2021**

	HAD A ROUTINE CHECKUP IN THE PAST YEAR		
	N	%	95% CI
OVERALL	7,567	76.0	74.7 - 77.2
SEX			
MALE	3,503	72.7	70.8 - 74.5
FEMALE	4,064	79.0	77.3 - 80.7
AGE GROUP			
18–24	693	69.4	65.2 - 73.7
25–34	1,027	63.9	60.1 - 67.7
35–44	1,127	70.6	67.4 - 73.9
45–54	1,165	74.4	71.2 - 77.5
55–64	1,426	81.8	79.0 - 84.6
65–74	1,215	87.3	84.7 - 89.8
75 AND OLDER	705	88.8	85.6 - 92.0
RACE-ETHNICITY*			
WHITE	5,482	77.7	76.2 - 79.1
BLACK	463	77.0	72.3 - 81.8
HISPANIC OR LATINO	938	68.0	63.8 - 72.3
ASIAN	407	70.1	64.6 - 75.6
DISABILITY†			
DISABILITY	1,817	78.5	75.8 - 81.2
NO DISABILITY	5,434	74.9	73.4 - 76.4
EDUCATION			
< HIGH SCHOOL	402	70.7	65.0 - 76.4
HIGH SCHOOL	1,390	76.3	73.5 - 79.2
COLLEGE 1–3 YRS	1,788	77.5	75.0 - 79.9
COLLEGE 4+ YRS	3,939	76.0	74.4 - 77.7
HOUSEHOLD INCOME			
<\$25,000	778	71.2	66.5 - 75.9
\$25,000–49,999	1,068	74.3	70.7 - 77.9
\$50,000–74,999	790	78.5	75.1 - 82.0
\$75,000–99,999	734	75.7	71.5 - 79.9
\$100,000+	2,024	75.5	73.2 - 77.8
SOGI**			
LGBT	543	70.4	65.5 - 75.4
STRAIGHT/CISGENDER	5,906	77.0	75.6 - 78.4

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

† Insufficient Data

¶ See p 61 for the definition of disability

\*\*Sexual Orientation and Gender Identity

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## SECTION 3: RISK FACTORS AND PREVENTIVE BEHAVIORS

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## 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 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. Table 3.1.1 shows the percentage of adults who reported being current smokers and the percentage of adults who reported being former smokers.

TABLE 3.1.1 – TOBACCO USE AMONG MASSACHUSETTS ADULTS, 2021						
	CURRENT SMOKER			FORMER SMOKER		
	N	%	95% CI	N	%	95% CI
OVERALL	7,350	10.6	9.6 - 11.6	7,350	24.2	23.0 - 25.5
SEX						
MALE	3,399	11.4	10.0 - 12.9	3,399	25.4	23.4 - 27.3
FEMALE	3,951	9.8	8.5 - 11.1	3,951	23.2	21.5 - 24.9
AGE GROUP						
18–24	676	7.4	4.7 - 10.1	676	4.7	2.8 - 6.6
25–34	1,000	12.6	9.7 - 15.5	1,000	14.5	11.6 - 17.3
35–44	1,093	12.5	9.7 - 15.3	1,093	21.2	18.1 - 24.3
45–54	1,136	13.3	10.7 - 15.8	1,136	22.9	19.8 - 25.9
55–64	1,382	11.1	8.7 - 13.6	1,382	29.4	26.1 - 32.7
65–74	1,177	9.2	7.0 - 11.4	1,177	38.0	34.2 - 41.8
75 AND OLDER	698	5.3	2.7 - 7.9	698	45.9	40.8 - 51.0
RACE-ETHNICITY*						
WHITE	5,335	11.1	9.9 - 12.3	5,335	27.9	26.4 - 29.5
BLACK	444	12.0	7.8 - 16.3	444	15.9	11.2 - 20.6
HISPANIC OR LATINO	915	9.5	6.7 - 12.3	915	14.4	11.5 - 17.3
ASIAN	394	4.6	2.1 - 7.0	394	11.2	7.5 - 14.9
DISABILITY†						
DISABILITY	1,822	18.8	16.2 - 21.5	1,822	30.3	27.4 - 33.2
NO DISABILITY	5,436	8.0	7.0 - 9.0	5,436	22.0	20.6 - 23.4
EDUCATION						
< HIGH SCHOOL	399	19.0	13.8 - 24.3	399	22.4	16.8 - 28.1
HIGH SCHOOL	1,374	15.9	13.4 - 18.4	1,374	26.6	23.6 - 29.5
COLLEGE 1–3 YRS	1,738	12.7	10.8 - 14.6	1,738	27.1	24.6 - 29.7
COLLEGE 4+ YRS	3,799	4.0	3.4 - 4.7	3,799	21.6	20.0 - 23.2
HOUSEHOLD INCOME						
<\$25,000	777	18.6	14.8 - 22.4	777	20.0	16.4 - 23.6
\$25,000–49,999	1,064	14.4	11.7 - 17.2	1,064	28.2	24.4 - 32.0
\$50,000–74,999	780	12.8	9.6 - 16.0	780	27.8	23.9 - 31.8
\$75,000–99,999	726	9.8	6.8 - 12.9	726	26.4	22.4 - 30.5
\$100,000+	1,999	4.3	3.2 - 5.4	1,999	24.6	22.2 - 26.9
SOGI**						
LGBT	549	16.2	12.0 - 20.4	549	19.2	15.3 - 23.1
STRAIGHT/CISGENDER	5,913	10.2	9.1 - 11.3	5,913	25.0	23.6 - 26.5

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

† Insufficient Data

¶ See p 61 for the definition of disability

\*\*Sexual Orientation and Gender Identity

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

<b>TABLE 3.1.2 - SMOKELESS TOBACCO USE AMONG MASSACHUSETTS ADULTS, 2021</b>			
	USE SMOKELESS TOBACCO		
	N	%	95% CI
OVERALL	7,411	1.7	1.2 - 2.1
SEX			
MALE	3,427	2.3	1.5 - 3.0
FEMALE	3,984	1.1	0.7 - 1.6
AGE GROUP			
18–24	†		
25–34	1,008	4.0	2.2 - 5.8
35–44	1,103	1.2	0.5 - 1.9
45–54	†		
55–64	†		
65–74	†		
75 AND OLDER	†		
RACE-ETHNICITY*			
WHITE	5,378	1.6	1.1 - 2.1
BLACK	†		
HISPANIC OR LATINO	916	1.6	0.7 - 2.5
ASIAN	†		
DISABILITY <sup>¶</sup>			
DISABILITY	1,837	1.7	0.9 - 2.5
NO DISABILITY	5,480	1.6	1.2 - 2.1
EDUCATION			
< HIGH SCHOOL	†		
HIGH SCHOOL	1,382	1.6	0.8 - 2.4
COLLEGE 1–3 YRS	1,758	1.5	0.7 - 2.3
COLLEGE 4+ YRS	3,831	1.3	0.9 - 1.8
HOUSEHOLD INCOME			
<\$25,000	†		
\$25,000–49,999	†		
\$50,000–74,999	†		
\$75,000–99,999	†		
\$100,000+	2,009	1.6	0.7 - 2.4
SOGI**			
LGBT	†		
STRAIGHT/CISGENDER	5,977	1.4	1.0 - 1.8

\* White, Black, and Asian race categories refer to non-Hispanic/non-Latino. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available  
† Insufficient Data  
¶ See p 61 for the definition of disability  
\*\*Sexual Orientation and Gender Identity

Respondents were asked if they currently use electronic vapor products every day, some days, or not at all. Presented below is the percentage of adults who reported using electronic vapor products either every day or some days.

<b>TABLE 3.1.3 – ELECTRONIC VAPOR PRODUCT USE AMONG MASSACHUSETTS ADULTS, 2021</b>			
	USE ELECTRONIC VAPOR PRODUCTS		
	N	%	95% CI
OVERALL	6,136	5.6	4.8 - 6.3
SEX			
MALE	2,843	6.3	5.2 - 7.5
FEMALE	3,293	4.9	3.9 - 5.9
AGE GROUP			
18–24	603	18.0	14.2 - 21.8
25–34	851	10.7	8.0 - 13.3
35–44	919	3.4	2.2 - 4.5
45–54	928	3.0	1.8 - 4.1
55–64	1,165	2.0	1.1 - 2.9
65–74	†		
75 AND OLDER	†		
RACE-ETHNICITY*			
WHITE	4,581	5.6	4.7 - 6.5
BLACK			
HISPANIC OR LATINO	596	4.9	2.8 - 6.9
ASIAN	359	6.9	3.8 - 10.0
DISABILITY <sup>¶</sup>			
DISABILITY	1,488	8.5	6.6 - 10.3
NO DISABILITY	4,568	4.7	3.9 - 5.5
EDUCATION			
< HIGH SCHOOL	†		
HIGH SCHOOL	1,152	7.5	5.7 - 9.3
COLLEGE 1–3 YRS	1,505	7.3	5.7 - 9.0
COLLEGE 4+ YRS	3,211	3.2	2.5 - 4.0
HOUSEHOLD INCOME			
<\$25,000	544	6.4	3.9 - 8.8
\$25,000–49,999	907	8.9	6.4 - 11.4
\$50,000–74,999	678	5.7	3.3 - 8.1
\$75,000–99,999	635	4.8	2.7 - 6.9
\$100,000+	1,705	4.2	3.0 - 5.4
SOGI**			
LGBT	472	12.8	8.8 - 16.9
STRAIGHT/CISGENDER	4,880	4.4	3.7 - 5.1
<p>* White, Black, and Asian race categories refer to non-Hispanic/non-Latino. 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 61 for the definition of disability</p> <p>**Sexual Orientation and Gender Identity</p>			

## SECTION 3.2: SMOKING CESSATION

Respondents who were current smokers were asked if they had stopped smoking for one day or longer in the past 12 months because they were trying to quit smoking. Table 3.2 reflects the percentage of current smokers who reported that they had attempted to quit smoking for one day or longer in the past 12 months.

<b>TABLE 3.2 – SMOKING CESSATION AMONG MASSACHUSETTS ADULTS, 2021</b>			
	QUIT ATTEMPT (AMONG CURRENT SMOKERS)		
	N	%	95% CI
OVERALL	684	50.8	45.6 - 55.9
<b>SEX</b>			
MALE	343	56.7	49.5 - 63.9
FEMALE	341	44.5	37.4 - 51.6
<b>AGE GROUP</b>			
18–24	†		
25–34	93	56.4	43.2 - 69.5
35–44	114	51.2	38.8 - 63.6
45–54	141	46.7	36.4 - 57.0
55–64	149	48.2	36.2 - 60.2
65–74	104	56.7	43.8 - 69.7
75 AND OLDER	†		
<b>RACE-ETHNICITY*</b>			
WHITE	516	49.2	43.3 - 55.1
BLACK	†		
HISPANIC OR LATINO	76	55.7	39.2 - 72.2
ASIAN	†		
<b>DISABILITY¶</b>			
DISABILITY	293	54.6	46.3 - 62.9
NO DISABILITY	386	47.6	41.0 - 54.3
<b>EDUCATION</b>			
< HIGH SCHOOL	69	58.0	42.4 - 73.5
HIGH SCHOOL	230	50.2	41.4 - 59.1
COLLEGE 1–3 YRS	219	47.5	39.4 - 55.7
COLLEGE 4+ YRS	164	53.1	44.2 - 62.1
<b>HOUSEHOLD INCOME</b>			
<\$25,000	129	58.6	47.3 - 69.9
\$25,000–49,999	147	47.2	36.9 - 57.6
\$50,000–74,999	80	58.4	44.4 - 72.4
\$75,000–99,999	61	42.3	26.4 - 58.2
\$100,000+	84	47.2	34.0 - 60.3
<b>SOGI**</b>			
LGBT	77	41.0	27.2 - 54.8
STRAIGHT/CISGENDER	567	52.0	46.4 - 57.5

\* White, Black, and Asian race categories refer to non-Hispanic/non-Latino. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available  
† Insufficient Data  
¶ See p 61 for definition of disability  
\*\*Sexual Orientation and Gender Identity

### SECTION 3.3: ALCOHOL USE

All respondents were asked about their consumption of alcohol in the past month. A drink of alcohol was defined as a twelve-ounce can or bottle of beer, five-ounce glass of wine, or one drink with one shot of liquor. Binge drinking is 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. Table 3.3 reflects the percentage of adults who reported binge drinking and the percentage of adults who reported heavy drinking.

TABLE 3.3 – ALCOHOL USE AMONG MASSACHUSETTS ADULTS, 2021						
	BINGE DRINKING			HEAVY DRINKING		
	N	%	95% CI	N	%	95% CI
OVERALL	7,211	16.2	15.1 - 17.4	7,217	6.3	5.5 - 7.1
SEX						
MALE	3,327	19.7	17.8 - 21.5	3,328	5.9	4.7 - 7.2
FEMALE	3,884	13.1	11.8 - 14.5	3,889	6.7	5.7 - 7.7
AGE GROUP						
18–24	664	24.1	20.1 - 28.1	660	7.0	4.3 - 9.8
25–34	982	26.6	22.9 - 30.3	980	8.6	5.8 - 11.3
35–44	1,066	19.5	16.7 - 22.4	1,073	5.5	3.9 - 7.0
45–54	1,121	16.7	13.9 - 19.5	1,119	7.0	5.1 - 8.9
55–64	1,356	12.3	10.0 - 14.6	1,360	5.7	4.3 - 7.1
65–74	1,162	8.1	5.7 - 10.5	1,162	5.8	3.7 - 7.8
75 AND OLDER	†			†		
RACE-ETHNICITY*						
WHITE	5,240	17.7	16.4 - 19.1	5,251	7.5	6.5 - 8.5
BLACK	430	13.9	9.5 - 18.4	†		
HISPANIC OR LATINO	891	13.1	9.9 - 16.4	891	3.5	2.0 - 4.9
ASIAN	393	7.9	4.7 - 11.1	†		
DISABILITY¶						
DISABILITY	1,784	12.2	10.0 - 14.3	1,781	6.6	4.9 - 8.3
NO DISABILITY	5,339	17.6	16.3 - 19.0	5,347	6.3	5.4 - 7.3
EDUCATION						
< HIGH SCHOOL	386	12.9	7.8 - 18.0	†		
HIGH SCHOOL	1,331	16.0	13.4 - 18.6	1,336	7.2	5.2 - 9.2
COLLEGE 1–3 YRS	1,711	18.5	16.1 - 20.8	1,705	6.9	5.3 - 8.6
COLLEGE 4+ YRS	3,745	15.8	14.5 - 17.2	3,752	5.7	4.8 - 6.5
HOUSEHOLD INCOME						
<\$25,000	761	12.6	9.2 - 16.0	763	5.7	2.9 - 8.5
\$25,000–49,999	1,044	15.4	12.5 - 18.4	1,036	4.3	2.4 - 6.2
\$50,000–74,999	775	16.5	13.2 - 19.8	776	8.2	5.8 - 10.5
\$75,000–99,999	716	19.4	15.7 - 23.1	720	8.3	5.5 - 11.0
\$100,000+	1,969	20.2	17.9 - 22.4	1,975	7.6	6.1 - 9.1
SOGI**						
LGBT	540	21.0	16.5 - 25.5	541	8.4	5.2 - 11.5
STRAIGHT/CISGENDER	5,849	15.1	13.9 - 16.3	5,847	5.9	5.0 - 6.7

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

† Insufficient Data

¶ See p 61 for the definition of disability

\*\*Sexual Orientation and Gender Identity

### SECTION 3.4: OVERWEIGHT AND OBESITY STATUS

All respondents were asked to report their height and weight. Respondents' overweight status and obesity status were categorized based on their Body Mass Index (BMI), which equals weight in kilograms divided by height in meters squared. All adults with a BMI between 25.0 and 29.9 were classified as being overweight and adults with a BMI greater than or equal to 30.0 were classified as being obese. Table 3.4 reflects 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 identified as obese.

TABLE 3.4 – OVERWEIGHT AND OBESE AMONG MASSACHUSETTS ADULTS, 2021						
	OVERWEIGHT (BMI ≥ 25.0)			OBESE (BMI ≥ 30.0)		
	N	%	95% CI	N	%	95% CI
OVERALL	6,686	61.2	59.7 - 62.8	6,686	27.4	25.9 - 28.8
SEX						
MALE	3,294	66.4	64.3 - 68.5	3,294	27.7	25.7 - 29.7
FEMALE	3,392	55.9	53.6 - 58.2	3,392	27.1	24.9 - 29.2
AGE GROUP						
18–24	612	34.5	29.7 - 39.2	612	12.8	9.1 - 16.5
25–34	894	57.0	52.8 - 61.2	894	26.0	22.2 - 29.8
35–44	980	63.9	60.0 - 67.8	980	31.6	27.7 - 35.5
45–54	1,046	66.8	63.2 - 70.5	1,046	30.6	27.1 - 34.2
55–64	1,282	72.5	69.3 - 75.8	1,282	34.7	31.2 - 38.2
65–74	1,087	69.5	65.8 - 73.3	1,087	30.1	26.2 - 33.9
75 AND OLDER	668	60.0	54.9 - 65.2	668	20.8	16.1 - 25.5
RACE-ETHNICITY*						
WHITE	4,927	61.3	59.5 - 63.1	4,927	26.9	25.2 - 28.6
BLACK	413	72.4	67.1 - 77.6	413	33.8	27.9 - 39.7
HISPANIC OR LATINO	780	68.2	63.4 - 72.9	780	35.9	31.1 - 40.8
ASIAN	349	40.1	33.6 - 46.6	349	11.5	7.3 - 15.8
DISABILITY†						
DISABILITY	1,685	66.9	63.7 - 70.1	1,685	36.4	33.1 - 39.7
NO DISABILITY	4,883	59.5	57.6 - 61.3	4,883	24.3	22.7 - 25.9
EDUCATION						
< HIGH SCHOOL	322	65.7	58.4 - 73.0	322	35.1	28.1 - 42.0
HIGH SCHOOL	1,259	64.2	60.7 - 67.8	1,259	32.1	28.7 - 35.5
COLLEGE 1–3 YRS	1,596	64.0	61.0 - 66.9	1,596	30.1	27.3 - 32.9
COLLEGE 4+ YRS	3,482	56.9	54.8 - 58.9	3,482	21.2	19.5 - 22.9
HOUSEHOLD INCOME						
<\$25,000	698	67.4	62.5 - 72.3	698	34.3	29.2 - 39.4
\$25,000–49,999	997	63.0	58.8 - 67.2	997	33.3	29.2 - 37.5
\$50,000–74,999	731	66.0	61.7 - 70.3	731	27.0	22.7 - 31.2
\$75,000–99,999	680	67.7	63.2 - 72.1	680	27.4	22.9 - 31.8
\$100,000+	1,902	60.5	57.7 - 63.2	1,902	25.5	23.0 - 27.9
SOGI**						
LGBT	508	57.4	51.8 - 63.0	508	27.7	22.9 - 32.5
STRAIGHT/CISGENDER	5,374	62.0	60.2 - 63.7	5,374	27.6	26.0 - 29.3

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

† Insufficient Data

¶ See p 61 for the definition of disability

\*\*Sexual Orientation and Gender Identity



### SECTION 3.5: PHYSICAL ACTIVITY

In 2021, 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. Table 3.5 shows the percentage of adults who participated in any leisure time physical activity in the last 30 days.

<b>TABLE 3.5 – PHYSICAL ACTIVITY AMONG MASSACHUSETTS ADULTS, 2021</b>			
	ANY LEISURE-TIME PHYSICAL ACTIVITY		
	N	%	95% CI
OVERALL	7,669	78.9	77.6 - 80.1
SEX			
MALE	3,553	81.5	79.8 - 83.2
FEMALE	4,116	76.5	74.7 - 78.2
AGE GROUP			
18–24	708	85.8	82.6 - 89.1
25–34	1,047	78.5	75.2 - 81.9
35–44	1,143	81.2	78.3 - 84.1
45–54	1,175	80.4	77.6 - 83.3
55–64	1,445	78.8	75.9 - 81.7
65–74	1,217	78.0	74.5 - 81.4
75 AND OLDER	716	64.6	59.4 - 69.7
RACE-ETHNICITY*			
WHITE	5,541	81.9	80.4 - 83.3
BLACK	475	75.0	69.9 - 80.1
HISPANIC OR LATINO	953	59.3	55.0 - 63.6
ASIAN	414	83.1	78.8 - 87.4
DISABILITY†			
DISABILITY	1,846	63.2	60.0 - 66.3
NO DISABILITY	5,499	83.7	82.4 - 85.0
EDUCATION			
< HIGH SCHOOL	411	50.2	43.8 - 56.6
HIGH SCHOOL	1,420	74.2	71.3 - 77.1
COLLEGE 1–3 YRS	1,815	78.6	76.3 - 80.9
COLLEGE 4+ YRS	3,974	88.4	87.1 - 89.7
HOUSEHOLD INCOME			
<\$25,000	787	58.8	54.0 - 63.6
\$25,000–49,999	1,085	73.0	69.1 - 76.8
\$50,000–74,999	795	80.0	76.3 - 83.8
\$75,000–99,999	739	85.0	81.0 - 89.0
\$100,000+	2,032	89.2	87.6 - 90.9
SOGI**			
LGBT	552	77.9	73.2 - 82.6
STRAIGHT/CISGENDER	5,975	78.4	76.9 - 79.8

\* White, Black, and Asian race categories refer to non-Hispanic/non-Latino. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available  
† Insufficient Data  
‡ See p 61 for the definition of disability  
\*\*Sexual Orientation and Gender Identity

### SECTION 3.6: FRUIT AND VEGETABLE CONSUMPTION

All respondents were asked how often they consumed fruits and vegetables each day. Table 3.6 shows the percent of adults who reported consuming fruits and vegetables five or more times per day.

<b>TABLE 3.6 – FRUIT AND VEGETABLE CONSUMPTION AMONG MASSACHUSETTS ADULTS, 2021</b>			
	CONSUMED FRUITS AND VEGETABLES FIVE OR MORE TIMES PER DAY		
	N	%	95% CI
OVERALL	6,729	14.7	13.6 - 15.8
<b>SEX</b>			
MALE	3,069	13.6	12.1 - 15.1
FEMALE	3,660	15.7	14.1 - 17.3
<b>AGE GROUP</b>			
18–24	606	14.1	10.3 - 17.8
25–34	917	13.2	10.5 - 15.9
35–44	1,015	17.5	14.5 - 20.5
45–54	1,040	15.7	12.9 - 18.5
55–64	1,287	15.2	12.5 - 17.9
65–74	1,100	14.0	11.4 - 16.7
75 AND OLDER	606	12.4	9.1 - 15.7
<b>RACE-ETHNICITY*</b>			
WHITE	4,905	15.2	13.9 - 16.4
BLACK	388	15.5	10.4 - 20.7
HISPANIC OR LATINO	845	9.5	7.1 - 11.8
ASIAN	360	17.5	12.3 - 22.7
<b>DISABILITY<sup>†</sup></b>			
DISABILITY	1,635	12.5	10.3 - 14.7
NO DISABILITY	5,013	15.4	14.1 - 16.7
<b>EDUCATION</b>			
< HIGH SCHOOL	354	11.5	7.0 - 15.9
HIGH SCHOOL	1,207	13.0	10.4 - 15.7
COLLEGE 1–3 YRS	1,589	13.1	11.0 - 15.1
COLLEGE 4+ YRS	3,550	17.5	15.9 - 19.0
<b>HOUSEHOLD INCOME</b>			
<\$25,000	716	11.1	7.8 - 14.3
\$25,000–49,999	961	15.5	12.2 - 18.8
\$50,000–74,999	738	14.0	10.7 - 17.4
\$75,000–99,999	694	15.1	11.8 - 18.4
\$100,000+	1,862	17.7	15.5 - 20.0
<b>SOGI**</b>			
LGBT	523	14.1	10.6 - 17.7
STRAIGHT/CISGENDER	5,544	14.3	13.1 - 15.5

\* White, Black, and Asian race categories refer to non-Hispanic/non-Latino. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available  
<sup>†</sup> Insufficient Data  
<sup>¶</sup> See p 61 for the definition of disability  
\*\*Sexual Orientation and Gender Identity

## SECTION 3.7 CHOLESTEROL AWARENESS

All respondents were asked how long it had been since they last had their cholesterol level tested. Respondents who indicated that they had ever had their cholesterol tested were asked if they had ever been told by a doctor, nurse, or other medical professional that they had high cholesterol. Table 3.7 shows the percentage of adults who indicated that they had had their cholesterol tested in the past five years and the percentage of adults who had ever been tested and told that they have high cholesterol.

TABLE 3.7 – CHOLESTEROL AWARENESS AMONG MASSACHUSETTS ADULTS, 2021						
	CHOLESTEROL CHECKED IN PAST 5 YEARS			HIGH CHOLESTEROL**		
	N	%	95% CI	N	%	95% CI
OVERALL	7,042	89.5	88.5 - 90.5	6,341	36.0	34.5 - 37.6
SEX						
MALE	3,243	88.3	86.9 - 89.8	2,855	39.2	36.9 - 41.5
FEMALE	3,799	90.6	89.2 - 92.0	3,486	33.2	31.1 - 35.3
AGE GROUP						
18–24	513	64.0	58.6 - 69.4	333	12.4	7.8 - 16.9
25–34	905	80.4	77.1 - 83.8	736	15.5	11.8 - 19.1
35–44	1,056	90.5	88.5 - 92.6	929	22.9	19.7 - 26.1
45–54	1,124	95.3	94.0 - 96.6	1,059	34.6	30.8 - 38.3
55–64	1,397	95.3	93.6 - 97.0	1,325	46.1	42.4 - 49.7
65–74	1,183	98.5	97.7 - 99.3	1,146	54.9	51.1 - 58.8
75 AND OLDER	664	95.6	93.1 - 98.2	629	57.0	51.6 - 62.3
RACE-ETHNICITY*						
WHITE	5,157	91.2	90.1 - 92.3	4,747	38.1	36.3 - 39.9
BLACK	425	87.4	83.6 - 91.2	363	27.7	22.1 - 33.4
HISPANIC OR LATINO	854	82.5	78.9 - 86.0	712	32.4	27.5 - 37.2
ASIAN	352	87.1	82.6 - 91.5	300	26.7	20.9 - 32.5
DISABILITY†						
DISABILITY	1,665	89.6	87.4 - 91.8	1,498	47.3	43.7 - 50.9
NO DISABILITY	5,092	89.4	88.2 - 90.6	4,590	32.8	31.1 - 34.5
EDUCATION						
< HIGH SCHOOL	369	79.0	73.6 - 84.5	288	41.2	33.6 - 48.7
HIGH SCHOOL	1,249	86.5	83.9 - 89.0	1,082	39.2	35.4 - 43.0
COLLEGE 1–3 YRS	1,646	89.2	87.2 - 91.2	1,481	37.2	34.2 - 40.2
COLLEGE 4+ YRS	3,736	93.8	92.9 - 94.7	3,458	32.6	30.7 - 34.5
HOUSEHOLD INCOME						
<\$25,000	718	82.9	78.6 - 87.2	617	45.1	39.5 - 50.7
\$25,000–49,999	977	87.6	85.0 - 90.3	848	35.8	31.4 - 40.2
\$50,000–74,999	733	88.9	85.9 - 91.9	660	40.0	35.3 - 44.8
\$75,000–99,999	687	92.1	89.1 - 95.0	642	30.8	26.2 - 35.4
\$100,000+	1,939	93.5	92.0 - 95.1	1,816	32.9	30.2 - 35.5
SOGI**						
LGBT	478	85.7	80.8 - 90.5	421	29.8	24.5 - 35.2
STRAIGHT/CISGENDER	5,540	90.6	89.5 - 91.7	5,041	37.6	35.8 - 39.4

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

† Insufficient Data

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

¶ See p 61 for the definition of disability

\*\*Sexual Orientation and Gender Identity

## SECTION 3.8: HYPERTENSION AWARENESS

All respondents were asked if a doctor, nurse, or other health professional had ever told them that they had high blood pressure. Respondents who answered yes were then asked if they were taking medication for their high blood pressure. Table 3.8 shows the percentages of respondents who had been told that they had high blood pressure and, if so, if they are currently taking medication to treat it.

TABLE 3.8 – HYPERTENSION AWARENESS AMONG MASSACHUSETTS ADULTS, 2021						
	HIGH BLOOD PRESSURE			TAKE MEDICINE FOR HIGH BLOOD PRESSURE**		
	N	%	95% CI	N	%	95% CI
OVERALL	7,643	29.9	28.5 - 31.3	2,300	77.2	74.7 - 79.6
SEX						
MALE	3,536	32.5	30.5 - 34.5	1,159	74.4	70.9 - 77.8
FEMALE	4,107	27.5	25.6 - 29.4	1,141	80.2	76.8 - 83.6
AGE GROUP						
18–24	705	5.4	3.2 - 7.7	†		
25–34	1,042	11.4	8.4 - 14.4	90	40.7	25.8 - 55.7
35–44	1,141	14.8	12.1 - 17.5	167	38.3	29.4 - 47.3
45–54	1,172	29.8	26.3 - 33.3	321	70.4	63.4 - 77.5
55–64	1,437	40.7	37.3 - 44.2	555	84.2	79.5 - 88.9
65–74	1,221	56.0	52.2 - 59.7	647	90.7	87.8 - 93.5
75 AND OLDER	712	63.6	58.9 - 68.3	417	90.9	87.2 - 94.6
RACE-ETHNICITY*						
WHITE	5,523	31.6	30.0 - 33.2	1,786	79.0	76.3 - 81.7
BLACK	474	35.7	29.9 - 41.4	148	66.3	55.9 - 76.8
HISPANIC OR LATINO	949	23.0	19.1 - 26.9	221	73.4	64.7 - 82.2
ASIAN	412	17.2	12.6 - 21.8	64	68.8	54.7 - 82.9
DISABILITY¶						
DISABILITY	1,830	45.6	42.4 - 48.8	834	81.7	78.2 - 85.3
NO DISABILITY	5,489	25.1	23.6 - 26.6	1,385	74.7	71.3 - 78.0
EDUCATION						
< HIGH SCHOOL	409	37.0	30.7 - 43.3	147	85.3	77.7 - 92.8
HIGH SCHOOL	1,418	34.0	30.7 - 37.3	504	74.3	68.6 - 80.1
COLLEGE 1–3 YRS	1,809	30.6	28.0 - 33.2	585	77.0	72.5 - 81.5
COLLEGE 4+ YRS	3,958	25.4	23.7 - 27.0	1,050	76.8	73.6 - 80.0
HOUSEHOLD INCOME						
<\$25,000	786	36.3	31.4 - 41.3	282	84.0	78.2 - 89.7
\$25,000–49,999	1,080	33.9	30.0 - 37.8	375	77.7	71.9 - 83.6
\$50,000–74,999	792	32.3	28.0 - 36.5	246	80.7	73.2 - 88.3
\$75,000–99,999	737	28.0	23.7 - 32.3	209	67.8	58.1 - 77.4
\$100,000+	2,029	25.0	22.6 - 27.3	515	71.0	65.5 - 76.4
SOGI**						
LGBT	549	21.5	17.2 - 25.8	132	57.2	45.9 - 68.4
STRAIGHT/CISGENDER	5,957	31.5	29.9 - 33.1	1,883	79.4	76.8 - 82.1

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

† Insufficient Data

\*\* Analysis conducted among those who reported having high blood pressure

¶ See p 61 for the definition of disability

\*\*Sexual Orientation and Gender Identity

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## SECTION 4: IMMUNIZATION

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## 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. Tables below show 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, 2021						
	FLU VACCINE IN PAST YEAR, AGES 18-49			FLU VACCINE IN PAST YEAR, AGES 50-64		
	N	%	95% CI	N	%	95% CI
OVERALL	3,232	47.9	45.7 - 50.1	1,992	59.9	56.9 - 62.8
SEX						
MALE	1,558	43.4	40.3 - 46.4	902	60.0	55.7 - 64.4
FEMALE	1,674	52.4	49.2 - 55.6	1,090	59.7	55.8 - 63.7
AGE GROUP						
18-24	660	50.5	45.7 - 55.3			
25-34	985	43.7	39.7 - 47.7			
35-44	1,082	49.1	45.3 - 52.9			
45-49	505	50.8	45.5 - 56.1			
50-64				1,992	59.9	56.9 - 62.8
RACE-ETHNICITY*						
WHITE	1,936	50.1	47.3 - 53.0	1,592	61.4	58.1 - 64.6
BLACK	274	34.4	27.3 - 41.5	97	56.2	43.5 - 68.8
HISPANIC OR LATINO	606	41.2	35.7 - 46.8	199	57.5	48.4 - 66.7
ASIAN	308	55.9	48.8 - 63.0	50	57.9	42.2 - 73.6
DISABILITY†						
DISABILITY	589	46.6	41.1 - 52.1	480	55.7	49.3 - 62.1
NO DISABILITY	2,602	48.2	45.7 - 50.6	1,497	61.1	57.8 - 64.4
EDUCATION						
< HIGH SCHOOL	197	36.2	27.2 - 45.2	92	54.6	42.0 - 67.2
HIGH SCHOOL	588	39.3	34.3 - 44.2	361	49.2	41.9 - 56.4
COLLEGE 1-3 YRS	757	47.6	43.3 - 52.0	463	58.2	52.6 - 63.7
COLLEGE 4+ YRS	1,676	56.1	53.2 - 59.0	1,067	68.0	64.5 - 71.5
HOUSEHOLD INCOME						
<\$25,000	344	43.1	35.9 - 50.3	206	47.6	37.9 - 57.3
\$25,000-49,999	465	37.1	31.2 - 42.9	244	52.4	43.9 - 60.9
\$50,000-74,999	346	46.1	39.3 - 52.9	179	58.8	49.7 - 67.8
\$75,000-99,999	343	44.3	37.8 - 50.8	206	67.5	59.5 - 75.4
\$100,000+	946	60.6	56.9 - 64.4	680	66.5	61.7 - 71.3
SOGI**						
LGBT	357	53.9	47.4 - 60.4	120	68.9	58.0 - 79.8
STRAIGHT/CISGENDER	2,425	47.3	44.7 - 49.8	1,683	59.7	56.5 - 62.9

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

† Insufficient Data

¶ See p 61 for the definition of disability

\*\*Sexual Orientation and Gender Identity

**TABLE 4.1.2 – FLU VACCINE AMONG MASSACHUSETTS ADULTS, AGES 65 YEARS AND OLDER, 2021**

	FLU VACCINE IN PAST YEAR, AGES 65+		
	N	%	95% CI
OVERALL	1,878	74.7	71.9 - 77.5
SEX			
MALE	809	75.6	71.6 - 79.5
FEMALE	1,069	74.1	70.1 - 78.0
AGE GROUP			
65–74	1,179	73.3	69.5 - 77.0
75 AND OLDER	699	76.8	72.6 - 81.0
RACE-ETHNICITY*			
WHITE	1,653	75.5	72.6 - 78.5
BLACK	66	69.1	54.9 - 83.2
HISPANIC OR LATINO	87	57.9	43.2 - 72.6
ASIAN	†		
DISABILITY¶			
DISABILITY	700	74.3	69.4 - 79.2
NO DISABILITY	1,150	74.6	71.2 - 78.1
EDUCATION			
< HIGH SCHOOL	94	68.9	55.2 - 82.6
HIGH SCHOOL	369	70.4	64.2 - 76.6
COLLEGE 1–3 YRS	478	76.3	71.2 - 81.3
COLLEGE 4+ YRS	933	78.3	74.9 - 81.8
HOUSEHOLD INCOME			
<\$25,000	207	74.4	66.4 - 82.4
\$25,000–49,999	336	68.2	60.3 - 76.1
\$50,000–74,999	247	76.0	69.1 - 83.0
\$75,000–99,999	166	73.1	63.3 - 83.0
\$100,000+	326	78.0	72.3 - 83.8
SOGI**			
LGBT	59	77.2	62.3 - 92.2
STRAIGHT/CISGENDER	1,670	74.7	71.7 - 77.7

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

† Insufficient Data

¶ See p 61 for the definition of disability

\*\*Sexual Orientation and Gender Identity

**TABLE 4.1.2 – PNEUMONIA VACCINE AMONG MASSACHUSETTS ADULTS, AGES 65 YEARS AND OLDER, 2021**

	EVER HAD PNEUMONIA VACCINE		
	N	%	95% CI
OVERALL	1,767	71.2	68.3 - 74.1
SEX			
MALE	746	65.5	60.8 - 70.1
FEMALE	1,021	75.6	71.9 - 79.2
AGE GROUP			
65–74	1,111	69.6	66.0 - 73.3
75 AND OLDER	656	73.3	68.6 - 78.1
RACE-ETHNICITY*			
WHITE	1,559	73.8	70.9 - 76.8
BLACK	63	60.9	45.6 - 76.1
HISPANIC OR LATINO	78	39.6	25.5 - 53.7
ASIAN			
DISABILITY†			
DISABILITY	662	74.3	69.5 - 79.0
NO DISABILITY	1,079	69.2	65.5 - 73.0
EDUCATION			
< HIGH SCHOOL	89	63.2	50.0 - 76.3
HIGH SCHOOL	345	69.4	63.2 - 75.6
COLLEGE 1–3 YRS	458	75.2	69.6 - 80.7
COLLEGE 4+ YRS	871	71.6	67.6 - 75.5
HOUSEHOLD INCOME			
<\$25,000	194	60.6	49.8 - 71.3
\$25,000–49,999	310	73.5	66.9 - 80.2
\$50,000–74,999	235	72.9	65.4 - 80.4
\$75,000–99,999	158	71.7	61.6 - 81.8
\$100,000+	313	69.3	63.1 - 75.6
SOGI**			
LGBT	54	90.2	83.3 - 97.2
STRAIGHT/CISGENDER	1,572	71.0	67.9 - 74.1

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

† Insufficient Data

¶ See p 61 for the definition of disability

\*\*Sexual Orientation and Gender Identity



## 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. Table 4.2 shows 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, 2021**

	EVER HAD HPV VACCINE			COMPLETED SERIES **		
	N	%	95% CI	N	%	95% CI
OVERALL	302	52.2	44.8 - 59.6	141	52.5	42.0 - 62.9
AGE GROUP						
18–24	114	60.7	49.6 - 71.8	52	42.8	25.4 - 60.1
25–34	188	46.7	37.5 - 55.9	89	60.7	49.5 - 71.9
RACE-ETHNICITY*						
WHITE	157	64.2	54.8 - 73.6	86	56.9	43.3 - 70.5
BLACK	†			†		
HISPANIC OR LATINO	70	26.3	13.8 - 38.9	†		
ASIAN	†			†		
DISABILITY <sup>¶</sup>						
DISABILITY	61	42.9	26.3 - 59.5	†		
NO DISABILITY	235	56.2	48.2 - 64.2	116	54.7	43.0 - 66.4
EDUCATION						
< HIGH SCHOOL	†			†		
HIGH SCHOOL	55	41.4	24.0 - 58.7	†		
COLLEGE 1–3 YRS	91	61.1	49.4 - 72.8	†		
COLLEGE 4+ YRS	141	64.8	55.7 - 74.0	80	61.2	49.1 - 73.3
HOUSEHOLD INCOME						
<\$25,000	†			†		
\$25,000–49,999	†			†		
\$50,000–74,999	†			†		
\$75,000–99,999	†			†		
\$100,000+	60	66.9	52.7 - 81.1	†		
SOGI**						
LGBT	66	70.9	55.1 - 86.7	†		
STRAIGHT/CISGENDER	229	47.1	38.9 - 55.3	99	61.1	49.8 - 72.5

\* White, Black, and Asian race categories refer to non-Hispanic/non-Latino. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available  
† Insufficient Data  
\*\* Analysis conducted among those who reported ever having had vaccine  
¶ See p 61 for the definition of disability  
\*\*Sexual Orientation and Gender Identity

### 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. Table 4.3 below is the percentage of adults who reported that they had ever received the Hepatitis B vaccine.

<b>TABLE 4.3 – HEPATITIS B VACCINE AMONG MASSACHUSETTS ADULTS, 2021</b>			
	RECEIVED 3 SHOTS HBV VACCINE		
	N	%	95% CI
OVERALL	2,625	40.6	38.2 - 43.0
SEX			
MALE	1,181	37.4	34.0 - 40.8
FEMALE	1,444	43.4	40.0 - 46.9
AGE GROUP			
18–24	217	64.7	57.2 - 72.2
25–34	292	46.0	38.6 - 53.4
35–44	367	50.9	44.5 - 57.3
45–54	426	42.4	36.7 - 48.1
55–64	546	35.6	30.5 - 40.8
65–74	456	30.1	25.0 - 35.1
75 AND OLDER	265	12.8	8.2 - 17.4
RACE-ETHNICITY*			
WHITE	1,902	38.4	35.7 - 41.2
BLACK	167	45.9	36.5 - 55.3
HISPANIC OR LATINO	333	38.3	31.5 - 45.1
ASIAN	133	56.5	45.4 - 67.5
DISABILITY†			
DISABILITY	679	33.1	28.4 - 37.7
NO DISABILITY	1,914	43.5	40.8 - 46.3
EDUCATION			
< HIGH SCHOOL	140	34.7	24.6 - 44.9
HIGH SCHOOL	483	31.8	26.5 - 37.1
COLLEGE 1–3 YRS	628	42.8	38.0 - 47.6
COLLEGE 4+ YRS	1,365	46.0	42.8 - 49.3
HOUSEHOLD INCOME			
<\$25,000	292	36.4	29.0 - 43.9
\$25,000–49,999	362	39.6	32.9 - 46.4
\$50,000–74,999	295	38.4	31.6 - 45.1
\$75,000–99,999	243	47.6	39.9 - 55.3
\$100,000+	696	46.7	42.1 - 51.3
SOGI**			
LGBT	208	60.8	52.2 - 69.5
STRAIGHT/CISGENDER	2,354	38.7	36.2 - 41.2

\* White, Black, and Asian race categories refer to non-Hispanic/non-Latino. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available  
† Insufficient Data  
¶ See p 61 for the 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. Table 4.4 reflects the percentage of adults ages 60 or older who had ever received the shingles vaccine.

<b>TABLE 4.4 – SHINGLES VACCINE AMONG MASSACHUSETTS ADULTS, AGE 60+, 2021</b>			
	EVER HAD SHINGLES VACCINE		
	N	%	95% CI
OVERALL	1,198	52.8	49.0 - 56.6
SEX			
MALE	499	51.2	45.8 - 56.7
FEMALE	699	54.1	48.9 - 59.3
AGE GROUP			
60–69	635	47.2	42.3 - 52.1
70–79	401	60.2	53.8 - 66.5
80 AND OLDER	162	55.4	44.0 - 66.8
RACE-ETHNICITY*			
WHITE	1,028	53.7	49.6 - 57.8
BLACK	55	47.1	29.0 - 65.3
HISPANIC OR LATINO	68	33.2	20.5 - 45.8
ASIAN	†		
DISABILITY¶			
DISABILITY	406	50.3	43.4 - 57.2
NO DISABILITY	771	53.8	49.3 - 58.3
EDUCATION			
< HIGH SCHOOL	†		
HIGH SCHOOL	225	42.0	33.4 - 50.5
COLLEGE 1–3 YRS	289	52.6	45.3 - 59.8
COLLEGE 4+ YRS	632	62.1	57.4 - 66.8
HOUSEHOLD INCOME			
<\$25,000	133	36.1	24.9 - 47.3
\$25,000–49,999	191	49.9	40.1 - 59.6
\$50,000–74,999	159	52.0	42.1 - 61.9
\$75,000–99,999	112	53.1	42.0 - 64.2
\$100,000+	256	59.5	52.3 - 66.7
SOGI**			
LGBT	†		
STRAIGHT/CISGENDER	1,122	52.1	48.2 - 56.0

\* White, Black, and Asian race categories refer to non-Hispanic/non-Latino. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available  
† Insufficient Data  
¶ See p 61 for the definition of disability  
\*\*Sexual Orientation and Gender Identity

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## SECTION 5: CHRONIC HEALTH CONDITIONS

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## SECTION 5.1: DIABETES

All respondents were asked if a doctor had ever told them that they had diabetes and those who had not were asked about pre-diabetes (defined as a blood glucose level that is higher than normal but not yet diabetic). Women who reported that they had diabetes only during pregnancy (gestational diabetes) were categorized as not having diabetes. Table 5.1 shows the percentage of adults who reported that a health care provider had ever told them that they had diabetes and the percentage of adults who reported that a health care provider had ever told them that they had pre-diabetes.

TABLE 5.1 – DIABETES AMONG MASSACHUSETTS ADULTS, 2021						
	DIABETES			PRE-DIABETES		
	N	%	95% CI	N	%	95% CI
OVERALL	7,658	8.9	8.0 - 9.8	3,194	9.3	8.1 - 10.6
SEX						
MALE	3,549	9.2	7.9 - 10.5	1,439	9.4	7.4 - 11.3
FEMALE	4,109	8.7	7.4 - 10.0	1,755	9.3	7.6 - 11.0
AGE GROUP						
18–24	†			†		
25–34	†			†		
35–44	1,144	3.8	2.3 - 5.2	500	6.7	4.1 - 9.3
45–54	1,172	7.0	5.0 - 8.9	530	10.4	6.9 - 14.0
55–64	1,444	14.8	12.0 - 17.6	603	14.2	10.6 - 17.8
65–74	1,219	19.5	15.9 - 23.0	475	15.3	11.4 - 19.2
75 AND OLDER	716	17.4	13.4 - 21.4	290	15.0	9.7 - 20.2
RACE-ETHNICITY*						
WHITE	5,541	9.0	7.9 - 10.1	2,316	8.1	6.8 - 9.4
BLACK	472	10.8	7.3 - 14.3	184	13.4	7.1 - 19.8
HISPANIC OR LATINO	947	10.5	7.7 - 13.3	399	12.8	8.7 - 16.9
ASIAN	413	5.1	2.5 - 7.7	†		
DISABILITY¶						
DISABILITY	1,839	17.0	14.4 - 19.5	710	13.8	10.6 - 17.0
NO DISABILITY	5,496	6.4	5.5 - 7.2	2,352	7.8	6.4 - 9.1
EDUCATION						
< HIGH SCHOOL	405	16.5	11.3 - 21.6	156	12.8	6.7 - 18.9
HIGH SCHOOL	1,416	9.3	7.3 - 11.3	576	9.4	6.6 - 12.2
COLLEGE 1–3 YRS	1,814	9.3	7.7 - 11.0	713	11.1	8.3 - 13.8
COLLEGE 4+ YRS	3,974	6.9	5.9 - 7.9	1,729	7.1	5.7 - 8.5
HOUSEHOLD INCOME						
<\$25,000	781	16.0	12.3 - 19.7	297	13.3	8.3 - 18.3
\$25,000–49,999	1,081	10.3	7.7 - 12.9	403	11.1	7.2 - 15.0
\$50,000–74,999	796	7.5	5.1 - 9.9	336	10.8	6.8 - 14.8
\$75,000–99,999	740	6.3	3.5 - 9.1	302	11.3	6.5 - 16.2
\$100,000+	2,034	5.4	4.3 - 6.6	893	6.6	4.9 - 8.3
SOGI**						
LGBT	551	6.6	4.0 - 9.1	251	6.6	3.0 - 10.3
STRAIGHT/CISGENDER	5,969	9.4	8.4 - 10.5	2,696	9.7	8.3 - 11.1

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

† Insufficient Data

¶ See p 61 for the 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. Table 5.2 shows the percentages of adults who have ever had asthma and those who currently have asthma.

TABLE 5.2 – ASTHMA AMONG MASSACHUSETTS ADULTS, 2021						
	EVER HAD ASTHMA			CURRENTLY HAVE ASTHMA		
	N	%	95% CI	N	%	95% CI
OVERALL	7,638	16.6	15.4 - 17.7	7,596	11.7	10.7 - 12.8
SEX						
MALE	3,535	13.3	11.9 - 14.8	3,515	7.7	6.6 - 8.8
FEMALE	4,103	19.6	17.8 - 21.4	4,081	15.4	13.8 - 17.1
AGE GROUP						
18–24	700	23.6	19.3 - 27.9	694	15.4	11.7 - 19.2
25–34	1,040	20.5	17.3 - 23.7	1,032	13.0	10.2 - 15.8
35–44	1,139	13.9	11.5 - 16.4	1,135	10.2	8.1 - 12.4
45–54	1,174	15.3	12.8 - 17.9	1,170	11.6	9.3 - 13.8
55–64	1,437	13.9	11.5 - 16.2	1,430	10.4	8.3 - 12.4
65–74	1,219	16.5	13.3 - 19.6	1,209	12.5	9.5 - 15.4
75 AND OLDER	716	13.5	9.6 - 17.5	713	10.5	6.7 - 14.2
RACE-ETHNICITY*						
WHITE	5,532	17.6	16.2 - 19.0	5,497	12.8	11.5 - 14.1
BLACK	470	16.8	12.4 - 21.3	465	10.9	7.1 - 14.7
HISPANIC OR LATINO	948	16.0	13.0 - 19.1	947	10.9	8.3 - 13.5
ASIAN	407	9.0	5.2 - 12.7	406	5.5	2.3 - 8.7
DISABILITY†						
DISABILITY	1,833	23.4	20.6 - 26.2	1,819	18.5	15.8 - 21.2
NO DISABILITY	5,485	14.3	13.0 - 15.6	5,462	9.4	8.3 - 10.4
EDUCATION						
< HIGH SCHOOL	412	21.1	15.3 - 26.8	411	15.9	10.7 - 21.2
HIGH SCHOOL	1,414	16.7	14.2 - 19.2	1,404	12.0	9.7 - 14.2
COLLEGE 1–3 YRS	1,806	17.8	15.6 - 19.9	1,797	12.6	10.8 - 14.5
COLLEGE 4+ YRS	3,960	14.9	13.4 - 16.4	3,938	10.2	8.8 - 11.5
HOUSEHOLD INCOME						
<\$25,000	786	20.4	16.6 - 24.1	780	15.7	12.3 - 19.2
\$25,000–49,999	1,073	19.1	15.5 - 22.7	1,066	13.7	10.3 - 17.1
\$50,000–74,999	794	17.2	13.5 - 20.8	790	12.2	9.0 - 15.4
\$75,000–99,999	737	15.5	11.9 - 19.0	735	10.3	7.4 - 13.2
\$100,000+	2,028	14.1	12.2 - 15.9	2,018	9.2	7.7 - 10.7
SOGI**						
LGBT	548	25.4	20.3 - 30.4	546	19.9	15.2 - 24.6
STRAIGHT/CISGENDER	5,964	16.2	14.9 - 17.5	5,930	11.4	10.2 - 12.5

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

† Insufficient Data

¶ See p 61 for the 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. Table 5.3 shows the percentage of adults who reported that they had ever been diagnosed with COPD, emphysema, or chronic bronchitis.

<b>TABLE 5.3 – CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD) AMONG MASSACHUSETTS ADULTS, 2021</b>			
	EVER DIAGNOSED WITH COPD		
	N	%	95% CI
OVERALL	7,632	5.9	5.1 - 6.6
SEX			
MALE	3,537	5.0	4.1 - 6.0
FEMALE	4,095	6.7	5.6 - 7.7
AGE GROUP			
18–24	†		
25–34	1,038	3.1	1.8 - 4.4
35–44	1,142	3.0	1.4 - 4.5
45–54	1,174	4.6	3.0 - 6.3
55–64	1,432	7.5	5.6 - 9.4
65–74	1,214	9.7	7.6 - 11.9
75 AND OLDER	712	14.1	10.2 - 18.1
RACE-ETHNICITY*			
WHITE	5,520	6.7	5.8 - 7.6
BLACK	474	4.6	2.2 - 6.9
HISPANIC OR LATINO	948	4.4	2.4 - 6.4
ASIAN	†		
DISABILITY¶			
DISABILITY	1,829	15.4	12.9 - 17.8
NO DISABILITY	5,485	2.9	2.4 - 3.4
EDUCATION			
< HIGH SCHOOL	410	11.7	7.4 - 15.9
HIGH SCHOOL	1,409	7.8	6.0 - 9.5
COLLEGE 1–3 YRS	1,805	6.7	5.4 - 8.0
COLLEGE 4+ YRS	3,961	2.9	2.3 - 3.6
HOUSEHOLD INCOME			
<\$25,000	778	13.7	10.0 - 17.4
\$25,000–49,999	1,076	7.3	5.4 - 9.3
\$50,000–74,999	796	7.9	5.4 - 10.5
\$75,000–99,999	735	3.1	1.6 - 4.6
\$100,000+	2,029	2.1	1.4 - 2.7
SOGI**			
LGBT	550	5.4	2.7 - 8.0
STRAIGHT/CISGENDER	5,949	6.1	5.2 - 6.9

\* White, Black, and Asian race categories refer to non-Hispanic/non-Latino. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available  
† Insufficient Data  
¶ See p 61 for the 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. The table below shows the percentage 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, 2021**

	EVER DIAGNOSED WITH MYOCARDIAL INFARCTION			EVER DIAGNOSED WITH ANGINA OR CORONARY HEART DISEASE		
	N	%	95% CI	N	%	95% CI
OVERALL	5,675	5.2	4.4 - 6.1	5,659	4.9	4.1 - 5.6
SEX						
MALE	2,571	6.3	5.0 - 7.7	2,559	5.5	4.5 - 6.6
FEMALE	3,104	4.3	3.2 - 5.3	3,100	4.2	3.2 - 5.3
AGE GROUP						
35–44	†			†		
45–54	1,171	2.5	1.1 - 3.9	1,171	3.1	1.4 - 4.8
55–64	1,439	4.5	3.2 - 5.8	1,433	4.2	2.9 - 5.4
65–74	1,215	7.3	5.3 - 9.2	1,207	6.4	4.8 - 8.0
75 AND OLDER	710	13.7	9.9 - 17.6	708	12.7	9.4 - 16.0
RACE-ETHNICITY*						
WHITE	4,425	5.4	4.5 - 6.4	4,410	4.6	3.8 - 5.4
BLACK	305	6.2	3.0 - 9.5	305	7.0	3.2 - 10.7
HISPANIC OR LATINO	597	4.2	2.3 - 6.1	595	5.3	2.8 - 7.9
ASIAN	†			†		
DISABILITY¶						
DISABILITY	1,481	10.0	7.7 - 12.2	1,474	9.1	7.2 - 11.0
NO DISABILITY	3,986	3.7	2.9 - 4.5	3,978	3.4	2.6 - 4.2
EDUCATION						
< HIGH SCHOOL	308	8.8	5.0 - 12.6	308	5.7	3.0 - 8.5
HIGH SCHOOL	999	7.4	5.0 - 9.7	995	6.4	4.4 - 8.4
COLLEGE 1–3 YRS	1,314	4.7	3.3 - 6.1	1,311	5.6	4.0 - 7.1
COLLEGE 4+ YRS	3,029	3.5	2.6 - 4.3	3,021	3.3	2.5 - 4.1
HOUSEHOLD INCOME						
<\$25,000	578	9.2	6.3 - 12.2	574	7.7	5.0 - 10.4
\$25,000–49,999	768	8.1	4.8 - 11.4	768	7.2	4.7 - 9.7
\$50,000–74,999	601	6.3	3.5 - 9.2	599	7.3	4.3 - 10.2
\$75,000–99,999	548	1.8	0.8 - 2.9	†		
\$100,000+	1,651	2.0	1.3 - 2.8	1,650	2.2	1.4 - 3.1
SOGI**						
LGBT	†			†		
STRAIGHT/CISGENDER	4,660	5.5	4.5 - 6.4	4,643	5.0	4.2 - 5.8

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

† Insufficient Data

¶ See p 61 for the definition of disability

\*\*Sexual Orientation and Gender Identity



**TABLE 5.4.2 – STROKE AMONG MASSACHUSETTS ADULTS,  
AGES 35 YEARS AND OLDER, 2021**

	EVER DIAGNOSED WITH STROKE		
	N	%	95% CI
OVERALL	5,687	3.5	2.8 - 4.1
SEX			
MALE	2,573	3.6	2.7 - 4.5
FEMALE	3,114	3.3	2.5 - 4.1
AGE GROUP			
35–44	1,143	1.9	0.9 - 2.9
45–54	†		
55–64	1,440	2.1	1.3 - 3.0
65–74	1,219	4.8	3.3 - 6.4
75 AND OLDER	714	8.9	6.1 - 11.7
RACE-ETHNICITY*			
WHITE	4,432	3.1	2.5 - 3.8
BLACK	306	8.1	3.6 - 12.6
HISPANIC OR LATINO	598	3.3	1.5 - 5.1
ASIAN	†		
DISABILITY†			
DISABILITY	1,487	7.3	5.5 - 9.1
NO DISABILITY	3,990	2.1	1.6 - 2.7
EDUCATION			
< HIGH SCHOOL	†		
HIGH SCHOOL	1,004	3.4	2.2 - 4.6
COLLEGE 1–3 YRS	1,319	5.6	3.9 - 7.2
COLLEGE 4+ YRS	3,030	2.0	1.4 - 2.5
HOUSEHOLD INCOME			
<\$25,000	578	8.1	4.7 - 11.4
\$25,000–49,999	773	5.2	3.2 - 7.2
\$50,000–74,999	602	4.7	2.7 - 6.6
\$75,000–99,999	548	2.7	1.2 - 4.1
\$100,000+	†		
SOGI**			
LGBT	†		
STRAIGHT/CISGENDER	4,670	3.3	2.7 - 4.0

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

† Insufficient Data

¶ See p 61 for the definition of disability

\*\*Sexual Orientation and Gender Identity

## SECTION 5.5: ARTHRITIS

All respondents were asked if a doctor, nurse or other health professional had ever told them they had arthritis. Respondents who indicated that they had been diagnosed with arthritis or who indicated that they had “symptoms of pain, aching, or stiffness in or around a joint” that had begun more than three months ago were then asked if they were limited in any way in any of their usual physical activities due to the arthritis or joint symptoms. Table 5.5 shows the percentage of respondents who indicated that they had been diagnosed with arthritis and, if they had been or if they had the symptoms described above for more than three months, the percentage of respondents who experienced limitations in their usual daily activities due to the arthritis or symptoms.

**TABLE 5.5 – ARTHRITIS AMONG MASSACHUSETTS ADULTS, 2021**

	EVER DIAGNOSED WITH ARTHRITIS			LIMITATIONS DUE TO ARTHRITIS		
	N	%	95% CI	N	%	95% CI
OVERALL	7,611	24.7	23.4 - 26.0	7,579	9.7	8.8 - 10.6
SEX						
MALE	3,528	20.1	18.3 - 21.8	3,516	7.0	5.8 - 8.2
FEMALE	4,083	29.0	27.1 - 30.9	4,063	12.2	10.8 - 13.6
AGE GROUP						
18–24	703	2.1	0.9 - 3.2	†		
25–34	1,038	8.4	5.8 - 11.0	1,035	4.5	2.4 - 6.7
35–44	1,139	12.8	10.1 - 15.5	1,134	6.5	4.2 - 8.9
45–54	1,169	19.7	16.8 - 22.5	1,168	7.2	5.3 - 9.2
55–64	1,434	36.7	33.2 - 40.2	1,426	14.6	12.0 - 17.1
65–74	1,207	48.4	44.6 - 52.2	1,203	16.7	14.0 - 19.5
75 AND OLDER	708	56.0	50.9 - 61.1	698	21.7	17.5 - 26.0
RACE-ETHNICITY*						
WHITE	5,503	28.3	26.7 - 29.8	5,479	10.4	9.4 - 11.5
BLACK	471	21.8	16.9 - 26.8	469	7.6	4.5 - 10.7
HISPANIC OR LATINO	948	17.4	13.7 - 21.1	944	12.1	8.5 - 15.7
ASIAN	408	7.0	3.6 - 10.5	†		
DISABILITY <sup>¶</sup>						
DISABILITY	1,819	48.0	44.8 - 51.3	1,804	27.9	24.9 - 30.9
NO DISABILITY	5,475	17.4	16.2 - 18.7	5,464	4.0	3.3 - 4.6
EDUCATION						
< HIGH SCHOOL	404	31.9	25.5 - 38.2	404	18.1	12.8 - 23.4
HIGH SCHOOL	1,416	25.4	22.4 - 28.3	1,407	10.1	8.0 - 12.2
COLLEGE 1–3 YRS	1,797	28.7	26.2 - 31.3	1,789	10.8	9.0 - 12.5
COLLEGE 4+ YRS	3,946	20.4	18.9 - 21.9	3,931	7.0	6.1 - 7.9
HOUSEHOLD INCOME						
<\$25,000	783	36.8	31.9 - 41.7	778	19.4	15.4 - 23.3
\$25,000–49,999	1,077	27.2	23.7 - 30.8	1,070	10.8	8.5 - 13.1
\$50,000–74,999	791	31.7	27.6 - 35.7	786	10.0	7.6 - 12.4
\$75,000–99,999	736	21.2	17.3 - 25.1	736	8.1	5.3 - 10.8
\$100,000+	2,021	17.7	15.8 - 19.7	2,018	5.9	4.7 - 7.0
SOGI**						
LGBT	546	17.8	14.0 - 21.6	544	10.5	7.3 - 13.7
STRAIGHT/CISGENDER	5,937	26.3	24.8 - 27.8	5,909	10.0	8.9 - 11.1

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

† Insufficient Data

¶ See p 61 for the 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 skin cancer and if they had ever been told they had any other type of cancer. Table 5.6 shows the percentage of adults who were ever told they had one or more types of cancer.

<b>TABLE 5.6 – CANCER DIAGNOSIS AMONG MASSACHUSETTS ADULTS, 2021</b>			
	EVER DIAGNOSED WITH CANCER		
	N	%	95% CI
OVERALL	7,633	13.0	12.0 - 13.9
SEX			
MALE	3,532	11.5	10.2 - 12.8
FEMALE	4,101	14.3	13.0 - 15.7
AGE GROUP			
18–24	†		
25–34	1,038	2.4	1.2 - 3.6
35–44	1,144	3.4	2.3 - 4.5
45–54	1,172	9.5	7.5 - 11.5
55–64	1,437	16.7	14.3 - 19.2
65–74	1,213	29.8	26.4 - 33.2
75 AND OLDER	713	38.0	33.1 - 42.8
RACE-ETHNICITY*			
WHITE	5,519	15.9	14.7 - 17.1
BLACK	472	6.7	3.7 - 9.7
HISPANIC OR LATINO	949	5.8	3.9 - 7.8
ASIAN	†		
DISABILITY <sup>¶</sup>			
DISABILITY	1,836	18.7	16.4 - 21.0
NO DISABILITY	5,480	11.1	10.1 - 12.1
EDUCATION			
< HIGH SCHOOL	409	6.7	4.1 - 9.3
HIGH SCHOOL	1,418	12.7	10.4 - 14.9
COLLEGE 1–3 YRS	1,810	14.5	12.4 - 16.5
COLLEGE 4+ YRS	3,948	13.8	12.6 - 15.0
HOUSEHOLD INCOME			
<\$25,000	785	13.3	10.1 - 16.6
\$25,000–49,999	1,079	13.7	11.0 - 16.3
\$50,000–74,999	791	13.1	10.4 - 15.8
\$75,000–99,999	738	14.9	11.6 - 18.2
\$100,000+	2,027	11.6	10.0 - 13.1
SOGI**			
LGBT	548	6.2	3.9 - 8.5
STRAIGHT/CISGENDER	5,953	14.2	13.1 - 15.3

\* White, Black, and Asian race categories refer to non-Hispanic/non-Latino. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available  
† Insufficient Data  
¶ See p 61 for the definition of disability  
\*\*Sexual Orientation and Gender Identity

## SECTION 5.7: DEPRESSION

All respondents were asked if a doctor, nurse or other health professional had ever told them they had a depressive disorder, including depression, major depression, dysthymia, or minor depression. Table 5.7 shows the percentage of adults who were ever told that they had a depressive disorder.

TABLE 5.7 – DEPRESSION AMONG MASSACHUSETTS ADULTS, 2021			
	EVER DIAGNOSED WITH DEPRESSION		
	N	%	95% CI
OVERALL	7,627	18.6	17.4 - 19.7
SEX			
MALE	3,531	14.0	12.5 - 15.4
FEMALE	4,096	22.8	21.0 - 24.5
AGE GROUP			
18–24	701	24.5	20.4 - 28.6
25–34	1,036	22.8	19.4 - 26.1
35–44	1,135	19.7	16.7 - 22.7
45–54	1,171	17.2	14.6 - 19.8
55–64	1,441	19.0	16.4 - 21.6
65–74	1,218	15.7	13.1 - 18.2
75 AND OLDER	714	9.7	6.9 - 12.5
RACE-ETHNICITY*			
WHITE	5,520	20.3	18.9 - 21.7
BLACK	470	12.9	8.9 - 16.9
HISPANIC OR LATINO	949	20.5	16.8 - 24.1
ASIAN	411	8.2	5.1 - 11.3
DISABILITY†			
DISABILITY	1,828	38.2	35.1 - 41.3
NO DISABILITY	5,482	12.6	11.5 - 13.7
EDUCATION			
< HIGH SCHOOL	410	25.2	19.6 - 30.8
HIGH SCHOOL	1,417	18.1	15.7 - 20.5
COLLEGE 1–3 YRS	1,803	20.6	18.2 - 22.9
COLLEGE 4+ YRS	3,950	16.2	14.8 - 17.7
HOUSEHOLD INCOME			
<\$25,000	786	29.4	25.3 - 33.4
\$25,000–49,999	1,076	23.4	20.0 - 26.9
\$50,000–74,999	792	20.2	16.6 - 23.7
\$75,000–99,999	738	15.3	11.9 - 18.6
\$100,000+	2,026	14.5	12.7 - 16.3
SOGI**			
LGBT	543	41.2	35.8 - 46.7
STRAIGHT/CISGENDER	5,960	16.5	15.3 - 17.8

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

† Insufficient Data

¶ See p 61 for the definition of disability

\*\*Sexual Orientation and Gender Identity

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## SECTION 6: OTHER TOPICS

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## SECTION 6.1: 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. Table 6.1 shows the percentage of adults ages 18-64 who report ever having been tested for HIV and the percentage who had been tested in the past year.

TABLE 6.1 – HIV TESTING AMONG MASSACHUSETTS ADULTS, AGES 18-64, 2021						
	EVER TESTED FOR HIV			TESTED FOR HIV IN PAST YEAR		
	N	%	95% CI	N	%	95% CI
OVERALL	4,960	40.6	38.8 - 42.4	4,266	8.9	7.8 - 10.0
SEX						
MALE	2,371	38.2	35.7 - 40.7	2,048	8.5	7.0 - 9.9
FEMALE	2,589	43.0	40.5 - 45.5	2,218	9.3	7.6 - 11.0
AGE GROUP						
18–24	634	21.0	17.3 - 24.8	595	8.8	6.3 - 11.3
25–34	934	48.7	44.6 - 52.8	807	15.9	12.6 - 19.2
35–44	1,037	51.4	47.5 - 55.3	855	11.2	8.3 - 14.2
45–54	1,067	43.4	39.7 - 47.1	909	4.9	3.3 - 6.5
55–64	1,288	35.4	31.9 - 38.8	1,100	3.7	2.4 - 5.1
RACE-ETHNICITY*						
WHITE	3,313	40.2	38.0 - 42.4	2,897	7.7	6.4 - 8.9
BLACK	363	60.2	53.9 - 66.5	300	17.7	12.2 - 23.2
HISPANIC OR LATINO	778	41.7	37.1 - 46.4	616	12.1	8.4 - 15.8
ASIAN	349	23.9	18.4 - 29.5	320	6.3	2.9 - 9.7
DISABILITY <sup>¶</sup>						
DISABILITY	1,026	51.2	47.1 - 55.4	846	12.3	9.5 - 15.2
NO DISABILITY	3,881	38.0	36.0 - 39.9	3,375	8.2	6.9 - 9.4
EDUCATION						
< HIGH SCHOOL	281	38.7	31.2 - 46.2	†		
HIGH SCHOOL	912	34.4	30.5 - 38.3	779	7.6	5.4 - 9.7
COLLEGE 1–3 YRS	1,163	44.7	41.2 - 48.2	995	11.4	9.0 - 13.7
COLLEGE 4+ YRS	2,581	42.5	40.1 - 44.9	2,248	8.8	7.2 - 10.5
HOUSEHOLD INCOME						
<\$25,000	532	48.2	42.6 - 53.8	417	10.3	6.6 - 14.0
\$25,000–49,999	694	43.6	38.7 - 48.5	587	11.0	7.2 - 14.8
\$50,000–74,999	496	42.5	37.0 - 48.1	439	10.6	7.1 - 14.0
\$75,000–99,999	506	38.1	32.8 - 43.5	444	7.9	5.0 - 10.7
\$100,000+	1,526	42.6	39.6 - 45.7	1,348	7.8	6.1 - 9.6
SOGI**						
LGBT	456	53.8	47.9 - 59.7	391	16.1	11.8 - 20.4
STRAIGHT/CISGENDER	3,899	39.0	37.0 - 41.0	3,344	8.1	6.8 - 9.3

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

† Insufficient Data

¶ See p 61 for the definition of disability

\*\*Sexual Orientation and Gender Identity

## SECTION 6.2: SEXUAL VIOLENCE

Respondents were asked if they had experienced sexual violence at any time in their lifetime. Sexual violence is defined as having the sexual parts of the body touched without consent, being exposed to unwanted sexual situations, or attempted or completed sex without consent. Table 6.2 shows the percentages of men and women who reported that they had experienced sexual violence at some time in their lifetime.

TABLE 6.2 – SEXUAL VIOLENCE AMONG MASSACHUSETTS ADULTS, 2021						
	SEXUAL VIOLENCE, WOMEN			SEXUAL VIOLENCE, MEN		
	N	%	95% CI	N	%	95% CI
OVERALL	1,416	16.5	14.2 - 18.7	1209	7.0	5.1 - 8.9
AGE GROUP						
18–24	107	20.0	11.6 - 28.5	†		
25–34	194	27.1	19.4 - 34.7	167	8.4	3.6 - 13.1
35–44	202	17.9	12.3 - 23.4	189	9.4	4.8 - 14.0
45–54	233	18.9	13.5 - 24.4	168	10.8	4.5 - 17.2
55–64	256	13.8	8.6 - 18.9	†		
65–74	239	10.7	5.9 - 15.5	†		
75 AND OLDER	†					
RACE-ETHNICITY*						
WHITE	1,080	18.2	15.5 - 21.0	879	7.3	5.0 - 9.6
BLACK	95	10.6	4.6 - 16.5	†		
HISPANIC OR LATINO	159	16.1	9.9 - 22.2	†		
ASIAN	†			†		
DISABILITY <sup>¶</sup>						
DISABILITY	359	25.4	20.0 - 30.8	275	12.5	7.2 - 17.9
NO DISABILITY	1,042	13.4	11.0 - 15.8	916	5.5	3.6 - 7.4
EDUCATION						
< HIGH SCHOOL	†			†		
HIGH SCHOOL	248	8.9	5.1 - 12.7	250	10.7	5.2 - 16.2
COLLEGE 1–3 YRS	377	19.1	14.7 - 23.6	292	7.4	4.3 - 10.4
COLLEGE 4+ YRS	718	19.6	16.0 - 23.1	596	4.5	2.5 - 6.5
HOUSEHOLD INCOME						
<\$25,000	173	22.5	15.0 - 30.0	†		
\$25,000–49,999	211	17.6	10.6 - 24.6	182	6.8	3.0 - 10.6
\$50,000–74,999	156	19.9	12.7 - 27.1	†		
\$75,000–99,999	158	16.2	9.5 - 22.9	†		
\$100,000+	364	16.2	12.1 - 20.3	402	6.3	3.1 - 9.5
SOGI**						
LGBT	142	31.8	22.7 - 40.9	97	15.1	7.5 - 22.7
STRAIGHT/CISGENDER	1,249	14.6	12.3 - 16.8	1097	6.4	4.4 - 8.3

\* White, Black, and Asian race categories refer to non-Hispanic/non-Latino. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available  
† Insufficient Data  
¶ See p 61 for the definition of disability  
\*\*Sexual Orientation and Gender Identity

### SECTION 6.3: INTIMATE PARTNER VIOLENCE

Respondents were asked if they ever experienced intimate partner violence. Intimate partner violence is defined as having an intimate partner do any of the following: monitor cell phone or computer use, call, text or instant-message multiple times a day to monitor whereabouts, prevent you from seeing or having contact with family members or friends, gotten angry if you were talking to someone else, or prevented you from going to work, school, or medical appointments, threatening or attempting physical or sexual violence, hit, slap, push, kick, or strangle you, throw something at you that could hurt you, force you into sexual activity, or physically or sexually hurt you in any other way, or threaten to kill you, themselves, or other people you care about in order to harm you, get revenge against you, stop you from leaving them or otherwise try to force you to do or not do something. Table 6.3 shows the percentages of men and women who reported that they had experienced intimate partner violence at some time in their lifetime.

	INTIMATE PARTNER VIOLENCE, WOMEN			INTIMATE PARTNER VIOLENCE, MEN		
	N	%	95% CI	N	%	95% CI
OVERALL	1,417	17.8	15.3 - 20.2	1,214	14.0	11.5 - 16.5
AGE GROUP						
18–24	104	23.0	12.8 - 33.2	115	22.8	12.5 - 33.1
25–34	196	26.1	18.5 - 33.6	157	16.3	10.0 - 22.6
35–44	203	17.3	11.8 - 22.8	191	22.2	15.6 - 28.7
45–54	230	21.6	15.5 - 27.6	164	10.8	5.9 - 15.6
55–64	247	17.4	11.5 - 23.3	241	11.4	5.3 - 17.6
65–74	250	11.6	6.2 - 17.1	202	5.6	2.7 - 8.6
75 AND OLDER	†			†		
RACE-ETHNICITY*						
WHITE	1,103	17.5	14.8 - 20.2	903	14.0	11.1 - 16.9
BLACK	95	14.6	6.4 - 22.9	†		
HISPANIC OR LATINO	134	25.7	17.3 - 34.0	116	19.3	11.0 - 27.6
ASIAN	†			†		
DISABILITY <sup>¶</sup>						
DISABILITY	355	30.5	24.6 - 36.5	278	28.8	20.9 - 36.7
NO DISABILITY	1,047	13.6	11.0 - 16.1	918	10.0	7.8 - 12.2
EDUCATION						
< HIGH SCHOOL	54	25.7	12.0 - 39.4	56	25.8	11.3 - 40.3
HIGH SCHOOL	247	15.1	9.8 - 20.4	252	16.4	10.0 - 22.7
COLLEGE 1–3 YRS	381	22.7	17.8 - 27.5	296	14.2	10.1 - 18.3
COLLEGE 4+ YRS	732	14.7	11.8 - 17.6	605	10.3	7.6 - 12.9
HOUSEHOLD INCOME						
<\$25,000	158	27.9	19.3 - 36.4	100	28.2	15.5 - 40.8
\$25,000–49,999	215	19.1	12.6 - 25.6	180	14.8	7.6 - 22.1
\$50,000–74,999	164	19.7	11.4 - 28.0	122	15.0	8.3 - 21.8
\$75,000–99,999	159	13.6	7.6 - 19.6	137	14.1	6.4 - 21.9
\$100,000+	370	16.4	11.8 - 21.1	404	11.2	7.7 - 14.7
SOGI**						
LGBT	138	30.9	21.7 - 40.1	96	22.2	12.6 - 31.8
STRAIGHT/CISGENDER	1,254	16.4	13.9 - 18.9	1,102	13.5	10.9 - 16.2

\* White, Black, and Asian race categories refer to non-Hispanic/non-Latino. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available  
 † Insufficient Data  
 ¶ See p 61 for the definition of disability  
 \*\*Sexual Orientation and Gender Identity



## SECTION 6.4: TEXTING AND DRIVING

Respondents were asked how frequently they texted or emailed while driving a car or other vehicle in the previous 30 days. Table 6.4 shows the percent of adults who reported texting or emailing while driving at least occasionally.

<b>TABLE 6.4 – TEXTING AND DRIVING AMONG MASSACHUSETTS ADULTS, 2021</b>			
	TEXT OR EMAIL WHILE DRIVING		
	N	%	95% CI
OVERALL	3,036	23.7	21.8 - 25.5
<b>SEX</b>			
MALE	1,393	25.6	22.8 - 28.5
FEMALE	1,643	21.8	19.2 - 24.3
<b>AGE GROUP</b>			
18–24	248	39.1	31.7 - 46.5
25–34	359	35.2	29.4 - 41.0
35–44	434	32.4	26.7 - 38.1
45–54	502	24.4	20.1 - 28.6
55–64	617	17.7	13.9 - 21.6
65–74	521	9.3	6.3 - 12.3
75 AND OLDER	†		
<b>RACE-ETHNICITY*</b>			
WHITE	2,308	22.8	20.7 - 25.0
BLACK	178	32.3	23.7 - 40.9
HISPANIC OR LATINO	294	25.3	19.4 - 31.1
ASIAN	156	18.0	11.6 - 24.4
<b>DISABILITY¶</b>			
DISABILITY	689	17.2	13.4 - 20.9
NO DISABILITY	2,307	25.6	23.4 - 27.8
<b>EDUCATION</b>			
< HIGH SCHOOL	†		
HIGH SCHOOL	528	20.1	16.0 - 24.2
COLLEGE 1–3 YRS	702	25.0	20.9 - 29.1
COLLEGE 4+ YRS	1,701	26.4	23.9 - 28.8
<b>HOUSEHOLD INCOME</b>			
<\$25,000	229	13.1	7.8 - 18.3
\$25,000–49,999	405	18.6	13.5 - 23.7
\$50,000–74,999	342	23.9	18.2 - 29.6
\$75,000–99,999	304	32.4	25.8 - 39.0
\$100,000+	899	30.8	27.0 - 34.6
<b>SOGI**</b>			
LGBT	230	31.3	23.4 - 39.1
STRAIGHT/CISGENDER	2,732	23.3	21.4 - 25.3

\* White, Black, and Asian race categories refer to non-Hispanic/non-Latino. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are not available  
† Insufficient Data  
¶ See p 61 for the definition of disability  
\*\*Sexual Orientation and Gender Identity

## SECTION 6.5: OPIOID AND MARIJUANA USE

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

**TABLE 6.5.1 – OPIOID AMONG MASSACHUSETTS ADULTS, 2021**

	EVER PRESCRIBED OPIATE			NON-MEDICAL USE OF OPIATE, PAST YEAR		
	N	%	95% CI	N	%	95% CI
OVERALL	3,270	40.6	38.5 - 42.7	3,306	1.5	0.9 - 2.0
SEX						
MALE	1,482	40.6	37.6 - 43.7	1,485	1.8	1.0 - 2.6
FEMALE	1,788	40.6	37.5 - 43.6	†		
AGE GROUP						
18–24	280	21.0	14.3 - 27.7	†		
25–34	400	37.5	31.6 - 43.3	†		
35–44	474	39.7	34.4 - 45.1	†		
45–54	528	43.3	38.2 - 48.4	†		
55–64	643	48.0	42.9 - 53.0	†		
65–74	553	52.6	47.5 - 57.8	†		
75 AND OLDER	319	40.6	32.9 - 48.3	†		
RACE-ETHNICITY*						
WHITE	2,361	48.0	45.4 - 50.6	2,388	1.1	0.6 - 1.6
BLACK	196	34.5	26.1 - 42.9	†		
HISPANIC OR LATINO	432	16.6	12.6 - 20.6	†		
ASIAN	170	18.5	11.7 - 25.2	†		
DISABILITY <sup>¶</sup>						
DISABILITY	818	45.6	40.9 - 50.3	†		
NO DISABILITY	2,407	38.6	36.2 - 41.0	2432	1.1	0.6 - 1.7
EDUCATION						
< HIGH SCHOOL	177	21.5	13.5 - 29.5	†		
HIGH SCHOOL	598	35.0	29.9 - 40.0	†		
COLLEGE 1–3 YRS	743	45.7	41.3 - 50.1	750	1.8	0.8 - 2.9
COLLEGE 4+ YRS	1,738	45.1	42.3 - 47.9	1,761	0.7	0.3 - 1.1
HOUSEHOLD INCOME						
<\$25,000	348	29.6	23.3 - 35.9	†		
\$25,000–49,999	434	39.2	33.2 - 45.3	†		
\$50,000–74,999	349	47.6	41.0 - 54.1	†		
\$75,000–99,999	303	45.1	38.4 - 51.8	†		
\$100,000+	899	46.2	42.2 - 50.1	†		
SOGI**						
LGBT	257	39.5	31.6 - 47.4	†		
STRAIGHT/CISGENDER	2,934	41.3	39.1 - 43.5	2,963	1.1	0.6 - 1.7

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

† Insufficient Data

¶ See p 61 for the definition of disability

\*\*Sexual Orientation and Gender Identity

**TABLE 6.5.2 – MARIJUANA USE AMONG MASSACHUSETTS ADULTS, 2021**

	EVER PRESCRIBED MARIJUANA			NON-MEDICAL USE OF MARIJUANA, PAST YEAR		
	N	%	95% CI	N	%	95% CI
OVERALL	3,315	3.1	2.3 - 3.9	3,294	14.2	12.6 - 15.7
SEX						
MALE	1,495	3.5	2.3 - 4.7	1,486	16.7	14.3 - 19.1
FEMALE	1,820	2.8	1.7 - 3.9	1,808	11.8	9.7 - 13.9
AGE GROUP						
18–24	†			280	25.2	18.7 - 31.8
25–34	404	3.7	1.7 - 5.8	404	26.1	20.8 - 31.4
35–44	479	5.1	2.3 - 7.9	477	17.5	13.4 - 21.7
45–54	534	2.6	1.1 - 4.0	532	8.7	5.8 - 11.7
55–64	†			644	7.5	5.1 - 10.0
65–74	560	2.4	1.1 - 3.7	558	10.4	7.1 - 13.6
75 AND OLDER	†			†		
RACE-ETHNICITY*						
WHITE	2,403	3.3	2.3 - 4.2	2,379	15.4	13.5 - 17.4
BLACK	†			198	19.7	12.9 - 26.5
HISPANIC OR LATINO	†			437	6.6	4.2 - 9.1
ASIAN	†			169	7.6	3.1 - 12.0
DISABILITY¶						
DISABILITY	827	6.2	3.8 - 8.6	829	14.8	11.6 - 18.1
NO DISABILITY	2,443	2.1	1.4 - 2.8	2,421	13.7	11.9 - 15.4
EDUCATION						
< HIGH SCHOOL	†			†		
HIGH SCHOOL	607	3.2	1.5 - 5.0	603	15.2	11.4 - 19.1
COLLEGE 1–3 YRS	757	3.1	1.3 - 4.9	749	16.7	13.2 - 20.1
COLLEGE 4+ YRS	1,758	3.1	2.1 - 4.1	1,748	12.9	11.0 - 14.8
HOUSEHOLD INCOME						
<\$25,000	†			350	13.7	9.2 - 18.2
\$25,000–49,999	†			441	16.7	11.7 - 21.7
\$50,000–74,999	†			348	16.1	11.3 - 20.9
\$75,000–99,999	†			311	15.4	10.0 - 20.8
\$100,000+	909	2.6	1.4 - 3.8	903	13.9	11.1 - 16.6
SOGI**						
LGBT	261	10.0	4.7 - 15.3	260	32.6	25.1 - 40.1
STRAIGHT/CISGENDER	2,972	2.5	1.8 - 3.2	2,958	12.6	11.0 - 14.1

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† Insufficient Data

¶ See p 61 for the definition of disability

\*\*Sexual Orientation and Gender Identity

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# APPENDIX

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## AGE-ADJUSTED PERCENTAGES FOR SELECTED TOPICS

MASSACHUSETTS BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, 2021															
	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	11.6	10.5	- 12.6	12.8	11.7	- 14.0	7.6	6.7	- 8.5	3.5	2.7	- 4.2	89.5	88.4	- 90.6
SEX															
MALE	11.0	9.5	- 12.4	9.7	8.5	- 10.9	6.8	5.6	- 8.0	4.5	3.4	- 5.6	86.2	84.6	- 87.7
FEMALE	12.0	10.7	- 13.3	16.2	14.5	- 17.8	8.4	7.3	- 9.6	2.4	1.7	- 3.2	92.3	91.1	- 93.6
RACE-ETHNICITY*															
WHITE	10.2	9.0	- 11.3	14.1	12.8	- 15.4	7.6	6.6	- 8.6	2.1	1.4	- 2.8	92.1	90.9	- 93.2
BLACK	13.6	9.6	- 17.5	13.6	9.3	- 17.9	8.9	5.4	- 12.4	4.3	1.9	- 6.6	90.7	87.7	- 93.8
HISPANIC OR LATINO	26.0	22.1	- 29.9	13.6	10.7	- 16.6	12.9	9.7	- 16.0	9.0	6.4	- 11.6	78.8	75.5	- 82.2
ASIAN	5.4	2.4	- 8.3	5.8	3.3	8.4	†			†			86.9	83.2	- 90.7
DISABILITY¶															
DISABILITY	30.6	27.3	- 33.9	31.1	27.7	- 34.5	23.5	20.4	- 26.6	4.8	3.0	- 6.6	87.3	84.7	- 89.9
NO DISABILITY	5.7	4.9	- 6.5	8.4	7.4	- 9.4	3.0	2.3	- 3.6	3.1	2.4	- 3.9	89.7	88.5	- 90.8
EDUCATION															
< HIGH SCHOOL	30.8	25.3	- 36.3	14.3	9.5	- 19.1	12.9	9.0	- 16.7	9.9	5.7	- 14.1	72.6	67.3	- 77.8
HIGH SCHOOL	14.2	12.0	- 16.4	15.2	12.6	- 17.7	8.1	6.2	- 9.9	6.0	3.9	- 8.0	87.3	84.8	- 89.8
COLLEGE 1-3 YRS	12.7	10.6	- 14.7	15.3	13.2	- 17.4	11.4	9.3	- 13.5	2.1	1.3	- 2.9	90.7	89.0	- 92.5
COLLEGE 4+ YRS	5.3	4.5	- 6.2	10.7	9.4	- 12.0	4.4	3.7	- 5.2	1.7	0.9	- 2.4	93.1	92.1	- 94.1
HOUSEHOLD INCOME															
<\$25,000	29.5	25.2	- 33.8	21.5	17.8	- 25.3	18.7	14.9	- 22.5	8.3	5.5	- 11.2	82.9	79.3	- 86.5
\$25,000-49,999	15.0	12.1	- 17.8	15.1	12.0	- 18.2	9.0	6.7	- 11.2	5.8	3.1	- 8.5	85.5	82.4	- 88.7
\$50,000-74,999	11.9	9.0	- 14.9	15.5	11.9	- 19.0	8.2	5.9	- 10.5	†			90.6	87.7	- 93.5
\$75,000-99,999	5.0	2.5	- 7.6	11.3	8.0	- 14.7	5.0	2.4	- 7.5	†			91.0	87.8	- 94.1
\$100,000+	4.7	3.5	- 6.0	10.4	8.6	- 12.2	3.5	2.5	- 4.5	†			93.0	91.3	- 94.7
SOGI**															
LGBT	15.5	11.3	- 19.6	19.0	14.9	- 23.1	10.1	6.8	- 13.4	4.9	2.2	- 7.6	89.7	86.5	- 92.9
STRAIGHT/CISGENDER	11.0	9.9	- 12.1	11.7	10.6	- 12.9	7.2	6.3	- 8.2	3.2	2.5	- 4.0	89.5	88.3	- 90.7

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

† Insufficient data

¶ See p 61 for the definition of disability

\*\*Sexual Orientation and Gender Identity

## AGE-ADJUSTED PERCENTAGES FOR SELECTED TOPICS

MASSACHUSETTS BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, 2021															
	NO DOCTOR DUE TO COST			CHECKUP IN PAST YEAR			CURRENT SMOKER			FORMER SMOKER			USE SMOKELESS TOBACCO		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI		%	95% CI	
OVERALL	7.9	6.8	8.9	74.7	73.2	76.1	11.0	9.9	12.1	22.9	21.6	24.2	1.6	1.2	2.0
SEX															
MALE	7.9	6.5	9.3	71.1	69.1	73.1	11.5	10.0	13.1	24.6	22.7	26.5	2.4	1.6	3.1
FEMALE	7.8	6.6	9.1	78.0	76.1	79.8	10.3	8.8	11.7	21.3	19.7	22.9	1.2	0.7	1.6
RACE-ETHNICITY*															
WHITE	6.3	5.2	7.4	75.0	73.4	76.7	11.7	10.4	13.0	25.5	23.9	27.0	1.8	1.2	2.4
BLACK	9.8	6.2	13.4	76.9	72.2	81.6	11.9	7.8	16.0	15.4	11.0	19.7	†		
HISPANIC OR LATINO	18.8	14.9	22.7	69.6	65.4	73.8	9.7	6.9	12.4	16.5	13.1	19.8	1.4	0.6	2.2
ASIAN	3.5	1.6	5.4	75.1	70.2	80.0	4.0	1.8	6.3	15.5	10.3	20.7	†		
DISABILITY¶															
DISABILITY	16.5	13.3	19.7	74.3	71.0	77.6	22.5	19.2	25.7	25.6	22.6	28.6	1.9	0.9	2.8
NO DISABILITY	5.5	4.7	6.4	74.1	72.6	75.7	8.0	7.0	9.0	21.8	20.4	23.1	1.7	1.2	2.2
EDUCATION															
< HIGH SCHOOL	19.2	14.1	24.3	70.1	64.4	75.8	20.0	14.9	25.1	20.4	15.6	25.2	†		
HIGH SCHOOL	10.1	8.0	12.3	74.5	71.3	77.6	17.5	14.7	20.2	26.0	22.9	29.1	1.9	0.9	2.8
COLLEGE 1–3 YRS	8.3	6.2	10.3	76.2	73.5	78.8	13.4	11.3	15.4	26.3	23.6	29.0	1.6	0.8	2.4
COLLEGE 4+ YRS	3.8	2.9	4.6	74.9	73.1	76.7	3.9	3.2	4.6	20.3	18.7	21.9	1.4	0.9	1.9
HOUSEHOLD INCOME															
<\$25,000	16.5	12.5	20.5	69.3	64.5	74.1	20.6	16.6	24.6	18.0	14.7	21.2	†		
\$25,000–49,999	12.2	9.3	15.0	72.0	68.1	75.9	15.1	12.2	18.1	25.1	21.7	28.5	2.7	1.2	4.2
\$50,000–74,999	8.7	5.8	11.6	75.9	72.0	79.7	14.0	10.3	17.8	23.8	20.2	27.3	†		
\$75,000–99,999	5.4	3.1	7.7	75.0	70.8	79.2	10.2	7.1	13.3	25.9	22.0	29.9	†		
\$100,000+	2.8	1.8	3.8	75.0	72.5	77.5	4.4	3.3	5.6	24.3	21.9	26.7	1.7	0.7	2.6
SOGI**															
LGBT	11.2	7.9	14.4	72.6	67.6	77.6	15.7	11.7	19.6	25.9	21.1	30.7	†		
STRAIGHT/CISGENDER	7.3	6.2	8.4	74.8	73.2	76.4	10.4	9.2	11.5	22.7	21.3	24.1	1.5	1.1	1.9

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

† Insufficient data

¶ See p 61 for the definition of disability

\*\*Sexual Orientation and Gender Identity

## AGE-ADJUSTED PERCENTAGES FOR SELECTED TOPICS

MASSACHUSETTS BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, 2021															
	E-CIGARETTE USE			QUIT ATTEMPT			BINGE DRINKING			HEAVY DRINKING			OVERWEIGHT (BMI≥25.0)		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI		%	95% CI	
OVERALL	5.6	4.8	6.4	50.3	49.7	50.8	17.0	15.8	18.3	6.2	5.3	7.0	61.0	59.3	62.7
SEX															
MALE	6.4	5.4	7.3	57.0	56.1	57.9	20.6	18.7	22.4	6.0	4.7	7.2	66.0	64.0	68.1
FEMALE	5.4	4.5	6.2	42.5	41.9	43.2	14.8	13.3	16.3	6.9	5.8	7.9	55.7	53.3	58.1
RACE-ETHNICITY*															
WHITE	6.4	5.5	7.3	47.8	47.1	48.4	20.5	18.9	22.0	7.8	6.7	9.0	60.4	58.5	62.3
BLACK	4.2	2.3	6.0	†			14.8	10.2	19.3	5.1	2.3	7.9	72.5	67.5	77.6
HISPANIC OR LATINO	4.0	2.6	5.3	60.3	60.3	60.3	11.9	9.0	14.7	3.3	1.9	4.7	70.0	65.8	74.3
ASIAN	5.6	3.1	8.1	†			6.5	4.0	9.0	†			45.0	37.9	52.1
DISABILITY¶															
DISABILITY	9.9	8.1	11.7	53.8	53.3	54.3	15.1	12.4	17.7	6.9	5.1	8.7	65.7	62.3	69.2
NO DISABILITY	4.8	4.1	5.5	47.2	46.3	48.2	18.3	16.9	19.7	6.4	5.5	7.4	59.5	57.7	61.3
EDUCATION															
< HIGH SCHOOL	†			63.3	63.3	63.3	12.0	7.6	16.3	†			64.6	57.8	71.4
HIGH SCHOOL	7.2	5.6	8.8	49.8	48.5	51.0	18.2	15.2	21.1	7.6	5.6	9.6	66.1	62.5	69.7
COLLEGE 1–3 YRS	7.2	5.9	8.5	47.6	47.3	47.8	19.4	16.9	21.9	6.9	5.3	8.6	66.2	63.4	69.0
COLLEGE 4+ YRS	4.0	3.1	4.9	53.4	51.9	54.9	18.0	16.4	19.7	6.1	5.0	7.1	54.6	52.4	56.8
HOUSEHOLD INCOME															
<\$25,000	7.2	5.1	9.2	57.5	57.0	58.1	13.4	10.1	16.7	5.5	3.0	8.0	67.5	62.9	72.2
\$25,000–49,999	8.7	6.8	10.6	43.3	41.6	44.9	17.1	13.7	20.5	4.2	2.5	6.0	65.4	61.4	69.5
\$50,000–74,999	6.4	4.0	8.7	63.1	63.1	63.1	17.6	14.1	21.1	7.5	5.4	9.6	64.7	60.3	69.1
\$75,000–99,999	4.8	2.9	6.6	†			20.2	16.4	24.1	8.2	5.6	10.8	67.0	62.3	71.7
\$100,000+	5.2	3.9	6.5	42.8	41.2	44.4	22.2	19.7	24.6	8.3	6.5	10.1	58.4	55.5	61.2
SOGI**															
LGBT	10.0	6.7	13.3	45.8	41.6	50.0	19.2	15.0	23.4	9.9	6.2	13.5	61.4	56.0	66.8
STRAIGHT/CISGENDER	5.1	4.3	5.9	52.1	51.6	52.7	16.8	15.5	18.2	6.0	5.1	6.9	60.8	59.0	62.7

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

† Insufficient data

¶ See p 61 for the definition of disability

\*\*Sexual Orientation and Gender Identity

## AGE-ADJUSTED PERCENTAGES FOR SELECTED TOPICS

MASSACHUSETTS BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, 2021															
	OBESSE (BMI≥30.0)			CONSUMED FRUITS AND VEGETABLES FIVE OR MORE TIMES PER DAY			CHOLESTEROL CHECKED IN PAST 5 YEARS			HIGH CHOLESTEROL**			HIGH BLOOD PRESSURE		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI		%	95% CI	
OVERALL	27.7	26.1	- 29.3	14.5	13.3	- 15.7	88.1	86.9	- 89.4	31.7	30.1	- 33.3	26.9	25.5	- 28.2
SEX															
MALE	27.8	25.8	- 29.9	13.7	12.1	- 15.2	86.8	85.3	- 88.4	35.1	33.1	- 37.0	30.4	28.6	- 32.3
FEMALE	27.3	25.1	- 29.5	16.1	14.4	- 17.8	88.8	87.3	- 90.4	27.5	25.8	- 29.2	23.4	21.7	- 25.0
RACE-ETHNICITY*															
WHITE	26.9	25.1	- 28.7	15.5	14.1	- 16.9	88.6	87.2	- 90.0	30.7	29.3	- 32.2	26.0	24.6	- 27.4
BLACK	34.3	28.5	- 40.1	16.2	11.1	- 21.4	86.4	82.4	- 90.3	24.9	21.0	- 28.8	35.2	30.0	- 40.3
HISPANIC OR LATINO	37.0	32.1	- 42.0	9.3	6.9	- 11.7	84.3	81.3	- 87.4	33.3	28.9	- 37.8	28.0	23.9	- 32.1
ASIAN	12.1	7.1	- 17.1	17.6	12.2	- 22.9	90.2	86.9	- 93.4	31.4	24.7	- 38.1	25.2	19.3	- 31.2
DISABILITY†															
DISABILITY	37.6	34.0	- 41.3	12.7	10.2	- 15.3	86.8	84.3	- 89.4	38.8	35.3	- 42.3	36.3	33.1	- 39.4
NO DISABILITY	24.5	22.8	- 26.1	15.6	14.3	- 16.9	88.1	86.9	- 89.4	29.3	27.9	- 30.7	23.8	22.4	- 25.2
EDUCATION															
< HIGH SCHOOL	34.9	28.5	- 41.4	10.8	6.4	- 15.2	77.7	72.7	- 82.8	35.8	29.0	- 42.5	34.2	29.1	- 39.3
HIGH SCHOOL	33.9	30.3	- 37.5	13.7	10.9	- 16.5	85.2	82.5	- 87.8	34.3	31.2	- 37.4	31.4	28.3	- 34.5
COLLEGE 1–3 YRS	31.9	28.8	- 34.9	13.1	10.9	- 15.3	88.3	86.3	- 90.4	30.9	28.6	- 33.2	27.3	25.0	- 29.6
COLLEGE 4+ YRS	20.8	18.9	- 22.6	17.7	16.0	- 19.4	91.9	90.6	- 93.1	29.0	27.4	- 30.7	22.2	20.8	- 23.7
HOUSEHOLD INCOME															
<\$25,000	34.7	29.7	- 39.8	11.1	7.8	- 14.5	80.8	76.3	- 85.2	40.7	35.5	- 45.9	32.7	28.2	- 37.2
\$25,000–49,999	35.0	30.6	- 39.5	16.3	12.7	- 19.9	86.6	83.8	- 89.5	30.2	27.3	- 33.1	29.3	25.9	- 32.7
\$50,000–74,999	26.8	22.4	- 31.3	15.3	11.4	- 19.1	86.8	83.3	- 90.3	32.7	28.9	- 36.5	26.1	22.3	- 29.9
\$75,000–99,999	27.3	22.8	- 31.8	15.7	12.3	- 19.2	89.9	86.9	- 92.8	27.8	24.3	- 31.3	25.8	22.0	- 29.6
\$100,000+	24.1	21.5	- 26.6	16.8	14.6	- 19.0	91.8	89.8	- 93.8	30.7	28.4	- 33.0	24.0	21.8	- 26.2
SOGI**															
LGBT	28.6	23.7	- 33.5	16.0	12.0	- 19.9	89.9	86.9	- 92.9	34.3	29.0	- 39.7	30.4	25.7	- 35.1
STRAIGHT/CISGENDER	27.4	25.7	- 29.1	14.6	13.3	- 15.9	87.9	86.5	- 89.2	31.6	29.8	- 33.3	26.6	25.2	- 28.1

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

† Insufficient data

¶ See p 61 for the definition of disability

\*\*Sexual Orientation and Gender Identity



## AGE-ADJUSTED PERCENTAGES FOR SELECTED TOPICS

MASSACHUSETTS BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, 2021															
	PRE-DIABETES			DIABETES			EVER HAD ASTHMA			CURRENTLY HAVE ASTHMA			EVER DIAGNOSED WITH COPD		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI		%	95% CI	
OVERALL	9.0	8.9	9.1	7.8	6.9	8.6	17.3	15.9	18.6	12.3	11.1	13.5	5.3	4.6	6.1
SEX															
MALE	9.1	7.2	10.9	8.3	7.2	9.5	13.4	12.0	14.9	7.8	6.7	8.9	4.7	3.8	5.6
FEMALE	8.9	7.2	10.6	7.4	6.3	8.5	19.9	18.1	21.7	15.7	14.0	17.4	5.8	4.7	6.8
RACE-ETHNICITY*															
WHITE	7.1	5.9	8.3	7.0	6.1	7.8	18.6	17.0	20.1	13.3	11.9	14.7	5.6	4.8	6.4
BLACK	13.6	7.4	19.7	10.4	7.0	13.7	17.1	12.6	21.6	10.9	7.3	14.6	4.7	2.4	7.1
HISPANIC OR LATINO	14.4	9.7	19.1	12.9	9.8	16.0	16.9	13.5	20.3	11.6	8.7	14.5	5.1	3.0	7.3
ASIAN	†			9.1	4.5	13.7	9.1	4.5	13.6	†			†		
DISABILITY¶															
DISABILITY	13.5	13.3	13.6	13.8	11.5	16.0	23.7	20.7	26.6	18.7	16.0	21.5	13.6	11.0	16.2
NO DISABILITY	7.6	7.4	7.8	5.9	5.1	6.7	14.5	13.2	15.8	9.6	8.5	10.6	2.7	2.2	3.2
EDUCATION															
< HIGH SCHOOL	13.7	7.7	19.8	15.5	11.1	19.8	21.6	16.2	27.0	15.5	10.8	20.2	11.9	7.5	16.3
HIGH SCHOOL	9.9	6.8	12.9	8.8	6.7	10.8	16.5	14.0	19.0	12.1	9.8	14.3	6.8	5.2	8.4
COLLEGE 1–3 YRS	10.8	8.2	13.5	8.1	6.7	9.4	17.7	15.5	20.0	12.4	10.6	14.3	6.1	4.9	7.3
COLLEGE 4+ YRS	6.2	5.0	7.4	5.7	4.9	6.6	15.7	14.0	17.4	10.8	9.2	12.4	2.5	1.9	3.0
HOUSEHOLD INCOME															
<\$25,000	13.5	8.7	18.2	14.9	11.3	18.5	20.1	16.4	23.7	15.8	12.4	19.1	13.0	9.6	16.4
\$25,000–49,999	11.6	7.2	15.9	8.8	6.7	10.9	18.5	15.2	21.8	13.3	10.1	16.4	6.6	4.7	8.4
\$50,000–74,999	7.9	4.9	10.9	6.5	4.3	8.6	17.3	13.6	21.0	12.4	9.1	15.7	6.2	4.2	8.1
\$75,000–99,999	10.5	6.0	15.1	5.8	3.3	8.2	15.8	12.1	19.5	10.3	7.4	13.3	2.8	1.5	4.2
\$100,000+	6.3	4.6	7.9	5.2	4.1	6.3	15.0	12.9	17.0	9.6	7.9	11.3	2.2	1.5	2.9
SOGI**															
LGBT	11.6	11.6	11.6	8.9	5.6	12.2	23.3	18.7	27.8	18.3	14.1	22.6	6.7	3.6	9.7
STRAIGHT/CISGENDER	9.0	8.8	9.1	7.7	6.8	8.6	16.5	15.1	17.9	11.5	10.3	12.7	5.1	4.3	5.9

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

† Insufficient data

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\*\*Sexual Orientation and Gender Identity

## AGE-ADJUSTED PERCENTAGES FOR SELECTED TOPICS

MASSACHUSETTS BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, 2021															
	EVER DIAGNOSED WITH ARTHRITIS			LIMITATIONS DUE TO ARTHRITIS			EVER DIAGNOSED WITH CANCER			EVER DIAGNOSED WITH DEPRESSION			EVER TESTED FOR HIV - AGES 18-64		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI		%	95% CI	
OVERALL	22.2	20.9	- 23.5	9.1	8.1	- 10.1	11.2	10.3	- 12.0	19.4	18.1	- 20.8	41.8	39.9	- 43.7
SEX															
MALE	18.5	16.9	- 20.2	6.7	5.4	- 7.9	10.1	9.0	- 11.2	14.4	12.9	- 16.0	39.7	37.3	- 42.2
FEMALE	25.3	23.6	- 27.0	11.0	9.7	- 12.3	12.0	10.8	- 13.1	24.0	22.2	- 25.9	44.6	42.0	- 47.1
RACE-ETHNICITY*															
WHITE	23.3	21.9	- 24.7	9.0	7.9	- 10.0	12.1	11.2	- 13.1	22.1	20.5	- 23.7	41.6	39.5	- 43.8
BLACK	21.9	17.3	- 26.5	7.6	4.5	- 10.7	6.8	3.8	- 9.7	13.2	9.2	- 17.1	61.4	55.7	- 67.2
HISPANIC OR LATINO	22.4	18.4	- 26.5	15.4	11.5	- 19.3	7.7	4.8	- 10.5	21.6	17.8	- 25.4	42.0	37.5	- 46.5
ASIAN	10.7	5.7	- 15.6	†			†			6.5	4.2	- 8.8	25.9	20.0	- 31.9
DISABILITY¶															
DISABILITY	40.4	37.0	- 43.9	25.5	22.0	- 28.9	13.3	11.4	- 15.1	44.5	40.9	- 48.1	55.2	51.1	- 59.2
NO DISABILITY	16.3	15.2	- 17.5	3.8	3.2	- 4.4	10.4	9.5	- 11.3	13.0	11.8	- 14.1	39.1	37.1	- 41.0
EDUCATION															
< HIGH SCHOOL	30.0	24.7	- 35.2	17.2	12.2	- 22.1	6.2	3.9	- 8.5	26.5	20.7	- 32.3	39.1	32.3	- 45.9
HIGH SCHOOL	23.0	20.3	- 25.7	9.4	7.4	- 11.4	10.6	8.7	- 12.5	19.0	16.5	- 21.6	38.6	34.4	- 42.8
COLLEGE 1-3 YRS	26.1	23.7	- 28.5	10.1	8.2	- 12.0	11.8	10.2	- 13.4	21.6	19.0	- 24.1	48.9	45.4	- 52.4
COLLEGE 4+ YRS	17.9	16.6	- 19.2	6.3	5.5	- 7.2	11.9	10.8	- 12.9	17.3	15.7	- 19.0	42.1	39.6	- 44.6
HOUSEHOLD INCOME															
<\$25,000	33.1	28.8	- 37.3	18.0	14.2	- 21.9	11.2	8.7	- 13.7	30.5	26.3	- 34.6	50.7	45.6	- 55.9
\$25,000-49,999	22.9	20.0	- 25.9	9.0	7.0	- 11.0	10.3	8.3	- 12.3	23.4	20.0	- 26.8	45.7	40.9	- 50.5
\$50,000-74,999	27.8	24.0	- 31.5	8.6	6.4	- 10.7	10.5	8.2	- 12.8	21.6	17.8	- 25.5	43.2	38.0	- 48.4
\$75,000-99,999	19.9	16.3	- 23.5	7.8	5.1	- 10.5	12.8	10.3	- 15.2	16.5	12.9	- 20.1	39.1	33.8	- 44.4
\$100,000+	17.5	15.8	- 19.3	5.9	4.7	- 7.1	12.0	10.5	- 13.5	15.4	13.4	- 17.4	42.3	39.1	- 45.6
SOGI**															
LGBT	25.2	20.8	- 29.7	13.5	9.6	- 17.3	9.7	6.3	- 13.0	35.4	30.6	- 40.1	59.2	53.6	- 64.9
STRAIGHT/CISGENDER	21.8	20.5	- 23.1	8.6	7.5	- 9.6	11.2	10.3	- 12.1	17.1	15.7	- 18.5	39.9	37.9	- 41.9

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

† Insufficient data

¶ See p 61 for the definition of disability

\*\*Sexual Orientation and Gender Identity

## AGE-ADJUSTED PERCENTAGES FOR SELECTED TOPICS

MASSACHUSETTS BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, 2021															
	TESTED FOR HIV IN PAST YEAR - AGES 18-64			SEXUAL VIOLENCE - WOMEN			IPV - MEN			IPV - WOMEN			TEXTING AND DRIVING		
	%	95% CI		%	95% CI		%	95% CI		%	95% CI		%	95% CI	
OVERALL	9.6	9.5	- 9.7	17.6	17.0	- 18.1	14.9	14.8	- 15.1	19.0	18.4	- 19.5	26.2	24.1	- 28.3
SEX															
MALE	9.0	7.9	- 10.1										27.3	24.4	- 30.3
FEMALE	10.0	8.6	- 11.4										24.6	21.6	- 27.5
RACE-ETHNICITY*															
WHITE	8.4	7.4	- 9.5	20.3	19.5	- 21.0	15.5	15.3	- 15.7	19.3	18.5	- 20.0	26.5	24.0	- 29.1
BLACK	18.5	14.5	- 22.6	10.4	10.4	- 10.4	11.3	11.3	- 11.3	†			33.7	25.5	- 41.9
HISPANIC OR LATINO	11.6	9.5	- 13.6	15.0	14.2	- 15.7	16.3	16.3	- 16.3	27.2	22.8	- 31.6	21.6	16.6	- 26.5
ASIAN	6.9	5.0	- 8.8	†			8.0	8.0	- 8.0	†			15.6	9.9	- 21.3
DISABILITY¶															
DISABILITY	15.0	12.8	- 17.2	31.7	30.9	- 32.4	31.5	31.5	- 31.6	38.0	37.2	- 38.8	21.6	21.4	- 21.8
NO DISABILITY	8.5	7.5	- 9.4	13.9	13.3	- 14.5	10.5	10.4	- 10.7	13.9	13.0	- 14.7	26.9	26.8	- 27.0
EDUCATION															
< HIGH SCHOOL	6.6	5.2	- 8.0	15.6	15.6	- 15.6	21.9	21.9	- 21.9	25.8	25.6	- 26.0			
HIGH SCHOOL	8.2	6.3	- 10.2	10.9	9.0	- 12.8	17.0	16.7	- 17.3	17.3	15.3	- 19.3	21.4	16.6	- 26.2
COLLEGE 1-3 YRS	13.2	11.3	- 15.1	19.8	18.1	- 21.5	15.5	15.4	- 15.7	25.4	23.8	- 26.9	25.3	21.2	- 29.5
COLLEGE 4+ YRS	9.6	8.2	- 11.0	22.1	21.3	- 22.9	11.2	10.9	- 11.4	15.7	15.0	- 16.3	30.5	27.5	- 33.5
HOUSEHOLD INCOME															
<\$25,000	11.9	9.3	- 14.4	23.0	21.6	- 24.4	30.3	29.9	- 30.8	28.6	27.4	- 29.8	14.2	14.1	- 14.3
\$25,000-49,999	11.2	8.4	- 14.1	17.6	16.1	- 19.1	17.1	16.7	- 17.5	21.6	19.4	- 23.8	23.0	22.9	- 23.1
\$50,000-74,999	11.1	8.3	- 13.8	23.7	21.1	- 26.2	16.7	16.6	- 16.7	23.6	21.3	- 25.9	30.7	30.6	- 30.8
\$75,000-99,999	7.2	5.4	- 8.9	17.8	17.5	- 18.0	15.9	15.7	- 16.1	14.0	13.8	- 14.2	35.1	34.6	- 35.5
\$100,000+	8.9	7.4	- 10.3	17.5	16.3	- 18.6	11.5	11.4	- 11.7	17.7	16.5	- 18.9	32.3	32.1	- 32.5
SOGI**															
LGBT	16.3	16.3	- 16.4	26.5	26.1	- 27.0	21.5	19.7	- 23.3	27.3	26.7	- 27.9	31.2	24.0	- 38.4
STRAIGHT/CISGENDER	8.9	8.7	- 9.0	15.6	15.0	- 16.2	14.4	14.3	- 14.6	17.5	16.9	- 18.2	26.4	24.1	- 28.7

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

† Insufficient data

¶ See p 61 for the definition of disability

\*\*Sexual Orientation and Gender Identity

## MASSACHUSETTS AND NATIONAL ESTIMATES

MASSACHUSETTS BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, 2021			
VARIABLES	MA %	US MEDIAN <sup>¶</sup> %	US RANGE <sup>¶</sup> %
<b>OVERALL HEALTH MEASURES</b>			
FAIR OR POOR HEALTH	12.2	14.9	12.2 – 26.8
15+ POOR MENTAL HEALTH DAYS	12.4	13.7	9.8 – 18.6
15+ DAYS IN POOR PHYSICAL HEALTH	8.0	10.1	6.5 – 14.9
<b>HEALTH CARE ACCESS AND UTILIZATION</b>			
NO HEALTH INSURANCE (18-64)	3.4	9.1	3.4 – 24.2
HAVE PERSONAL HEALTH CARE PROVIDER	90.2	84.0	74.1 – 90.9
COULD NOT SEE DOCTOR DUE TO COST	7.2	8.8	5.3 – 15.9
CHECKUP IN PAST YEAR	76.0	75.4	63.0 – 81.0
<b>RISK FACTORS AND PREVENTIVE BEHAVIORS</b>			
CURRENT SMOKER	10.6	14.4	3.6 – 22.0
FORMER SMOKER	24.1	24.9	8.1 – 29.6
USE SMOKELESS TOBACCO	1.7	3.5	0.5 – 8.8
ELECTRONIC VAPOR PRODUCT USE	5.6	8.1	2.8 – 28.1
BINGE DRINKING	16.2	15.3	11.6 – 22.5
HEAVY DRINKING	6.3	6.2	3.8 – 8.7
OVERWEIGHT (BMI $\geq$ 25.0)	61.2	68.2	55.4 – 73.5
OBESITY (BMI $\geq$ 30.0)	27.4	33.9	24.7 – 40.6
LEISURE-TIME PHYSICAL ACTIVITY IN PAST MONTH	78.9	76.3	53.9 – 84.2
CONSUMED FRUITS AND VEGETABLES FIVE OR MORE TIMES PER DAY	14.7	14.1	3.5 – 25.6
CHOLESTEROL CHECKED IN PAST 5 YEARS	89.5	85.3	68.3 – 94.4
HIGH CHOLESTEROL**	36.0	36.6	30.8 – 42.2
HIGH BLOOD PRESSURE	29.9	32.2	26.0 – 43.9
TAKE MEDICINE FOR HIGH BLOOD PRESSURE**	77.2	79.1	64.8 – 85.2
<b>IMMUNIZATION</b>			
FLU VACCINE IN PAST YEAR (18-49)	47.9	34.6	11.7 – 47.9
FLU VACCINE IN PAST YEAR (50-64)	59.9	50.1	10.7 – 60.2
FLU VACCINE IN PAST YEAR (65+)	74.7	67.1	22.0 – 76.5
EVER HAD PNEUMONIA VACCINATION (65+)	71.2	70.9	16.6 – 76.3
<b>CHRONIC HEALTH CONDITIONS</b>			
DIABETES	8.9	11.1	7.0 – 16.7
EVER HAD ASTHMA	16.6	14.9	8.8 – 18.1
CURRENTLY HAVE ASTHMA	11.7	9.8	4.7 – 12.6
COPD	5.9	6.0	2.8 – 13.1
MYOCARDIAL INFARCTION (35+)	5.2	5.5	3.0 – 9.5
CORONARY HEART DISEASE / ANGINA (35+)	4.9	5.1	1.2 – 9.3
STROKE (35+)	3.5	4.1	2.9 – 7.4
ARTHRITIS	24.7	25.4	16.4 – 37.4
LIMITATIONS DUE TO ARTHRITIS	9.7	10.9	5.8 – 17.2
EVER DIAGNOSED WITH DEPRESSION	18.6	20.4	8.0 – 27.5
EVER DIAGNOSED WITH CANCER	13.0	12.6	2.6 – 15.0
<b>OTHER TOPICS</b>			
EVER TESTED FOR HIV (18-64)	40.6	40.7	30.1 – 70.6

<sup>¶</sup> The US median percentage and range are based on data for all 50 states, District of Columbia, Puerto Rico, Guam, and Virgin Islands

# TERMS, DEFINITIONS AND STATISTICAL METHODOLOGY

This report presents data from the **combined sample** - both landline and cell phone respondents. The combined sample contained 7,683 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 660 landline respondents and 2,906 cell phone respondents
  - Split 2 contained 688 landline respondents and 2,871 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 to be able to compare population subgroups with potentially different age structures (e.g., Hispanic/Latino vs. White). 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.<sup>i</sup>

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?

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