A Profile of Health among Massachusetts Adults, 2021

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

Health Survey Program

Office of Data Management and Outcomes Assessment

Massachusetts Department of Public Health



January 2023

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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 ≥ 25.0) and 27.4% were obese (BMI ≥ 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 |
| Sex |  |  |
| male | 3,559 | 48.0 |
| female | 4,124 | 52.0 |
| Age Group |  |  |
| 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 |
| Race-ethnicity\* |  |  |
| white | 5,553 | 72.7 |
| black | 475 | 7.5 |
| hispanic or latino | 954 | 11.9 |
| asian | 414 | 7.8 |
| Disability¶ |  |  |
| disability | 1,851 | 24.7 |
| no disability | 5,508 | 75.3 |
| Education |  |  |
| < 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 |
| Household Income |  |  |
| <$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 |
| SOGI\*\* |  |  |
| 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 | | |

Section 1: Overall Health Measures

**Section 1.1: Overall Health Status**

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Table 1.1 – Overall Health Status Among Massachusetts Adults, 2021 | | | | | |
|  | Fair or Poor Health  N % 95% CI | | | | |
| Overall | 7,663 | 12.2 | 11.1 | - | 13.2 |
| Sex |  |  |  |  |  |
| male | 3,550 | 11.4 | 10.0 | - | 12.8 |
| female | 4,113 | 12.8 | 11.4 | - | 14.3 |
| Age Group |  |  |  |  |  |
| 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 |
| Race-ethnicity\* |  |  |  |  |  |
| 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 |
| Disability¶ |  |  |  |  |  |
| disability | 1,839 | 32.1 | 29.1 | - | 35.1 |
| no disability | 5,502 | 5.8 | 5.0 | - | 6.6 |
| Education |  |  |  |  |  |
| < 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 |
| Household Income |  |  |  |  |  |
| <$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 |
| SOGI\*\* |  |  |  |  |  |
| 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  N % 95% CI | | | | | 15+ DAYS OF POOR MENTAL HEALTH  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 | | | | | | | | | | | |

Section 2: Health Care Access and Utilization

**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.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Table 2.1 – Health Care Access Among Massachusetts Adults, 2021 | | | | | |
|  | 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.

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Table 2.2.1 – Health Care Access Among Massachusetts Adults, 2021** | | | | | | | | | | | |
|  | Have Personal Health Care Provider  N % 95% CI | | | | | Could Not See Doctor Due to Cost  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 | | | | | |

Section 3: Risk Factors and Preventive Behaviors

**Section 3.1: Tobacco Use**

A current smoker was defined as someone who has smoked at least 100 cigarettes in their lifetime and who currently smokes 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  N % 95% CI | | | | | Former Smoker  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.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Table 3.1.2 - Smokeless Tobacco Use Among Massachusetts Adults, 2021 | | | | | |
|  | 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¶ |  |  |  |  |  |
| 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.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Table 3.1.3 – Electronic Vapor Product Use Among Massachusetts Adults, 2021 | | | | | |
|  | 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¶ |  |  |  |  |  |
| 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 |
| \* 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 3.2: 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.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Table 3.2 – Smoking Cessation Among Massachusetts Adults, 2021 | | | | | |
|  | Quit Attempt (among current smokers)  N % 95% CI | | | | |
| Overall | 684 | 50.8 | 45.6 | - | 55.9 |
| Sex |  |  |  |  |  |
| male | 343 | 56.7 | 49.5 | - | 63.9 |
| female | 341 | 44.5 | 37.4 | - | 51.6 |
| Age Group |  |  |  |  |  |
| 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 | † |  |  |  |  |
| Race-ethnicity\* |  |  |  |  |  |
| white | 516 | 49.2 | 43.3 | - | 55.1 |
| black | † |  |  |  |  |
| hispanic or latino | 76 | 55.7 | 39.2 | - | 72.2 |
| asian | † |  |  |  |  |
| Disability¶ |  |  |  |  |  |
| disability | 293 | 54.6 | 46.3 | - | 62.9 |
| no disability | 386 | 47.6 | 41.0 | - | 54.3 |
| Education |  |  |  |  |  |
| < 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 |
| Household Income |  |  |  |  |  |
| <$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 |
| SOGI\*\* |  |  |  |  |  |
| 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  N % 95% CI | | | | | Heavy Drinking  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)  N % 95% CI | | | | | Obese (BMI  30.0)  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.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Table 3.5 – Physical Activity Among Massachusetts Adults**,** 2021 | | | | | |
|  | 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.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Table 3.6 – Fruit and Vegetable Consumption Among Massachusetts Adults, 2021 | | | | | |
|  | consumed fruits and vegetables five or more times per day  N % 95% CI | | | | |
| Overall | 6,729 | 14.7 | 13.6 | - | 15.8 |
| Sex |  |  |  |  |  |
| male | 3,069 | 13.6 | 12.1 | - | 15.1 |
| female | 3,660 | 15.7 | 14.1 | - | 17.3 |
| Age Group |  |  |  |  |  |
| 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 |
| Race-ethnicity\* |  |  |  |  |  |
| 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 |
| Disability¶ |  |  |  |  |  |
| disability | 1,635 | 12.5 | 10.3 | - | 14.7 |
| no disability | 5,013 | 15.4 | 14.1 | - | 16.7 |
| Education |  |  |  |  |  |
| < 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 |
| Household Income |  |  |  |  |  |
| <$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 |
| SOGI\*\* |  |  |  |  |  |
| 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  † Insufficient Data  ¶ 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  N % 95% CI | | | | | High Cholesterol\*\*  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  N % 95% CI | | | | | Take Medicine for High Blood Pressure\*\*  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 | | | | | | | | | | | |

Section 4: Immunization

**Section 4.1: Flu Vaccine and Pneumonia Vaccine**

All respondents were asked if they had received an influenza vaccine (flu shot) or nasal flu spray (flu mist) within the past 12 months. In addition, all respondents were asked if they had ever received a pneumonia vaccine. 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  N % 95% CI | | | | | Flu vaccine in past year, Ages 50-64  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 | | | | | | | | | | | |

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| **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  N % 95% CI | | | | | Completed Series \*\*  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¶ |  |  |  |  |  |  |  |  |  |  |
| 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.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Table 4.3 – Hepatitis B Vaccine Among Massachusetts Adults, 2021** | | | | | |
|  | 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.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Table 4.4 – Shingles Vaccine Among Massachusetts Adults, Age 60+, 2021** | | | | | |
|  | 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 | | | | | |

Section 5: Chronic Health Conditions

**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  N % 95% CI | | | | | Pre-Diabetes  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  N % 95% CI | | | | | Currently Have Asthma  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.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Table 5.3 – Chronic Obstructive Pulmonary Disease (COPD) Among Massachusetts Adults, 2021** | | | | | |
|  | 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  N % 95% CI | | | | | Ever Diagnosed with Angina or Coronary Heart Disease  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  N % 95% CI | | | | | Limitations Due to Arthritis  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¶ |  |  |  |  |  | |  |  |  |  |  |
| 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 | 1797 | 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.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Table 5.6 – Cancer Diagnosis Among Massachusetts Adults, 2021 | | | | | |
|  | 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¶ |  |  |  |  |  |
| 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 | | | | | |

Section 6: Other Topics

**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  N % 95% CI | | | | | Tested for HIV in Past Year  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¶ |  |  |  |  |  | |  |  |  |  |  |
| 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  N % 95% CI | | | | | Sexual Violence,  Men  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¶ |  |  |  |  |  | |  |  |  |  |  |
| 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.

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Table 6.3 – Intimate Partner Violence Among Massachusetts Adults, 2021 | | | | | | | | | | | |
|  | Intimate Partner Violence,  Women  N % 95% CI | | | | | Intimate Partner Violence,  Men  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¶ |  |  |  |  |  |  |  |  |  |  |
| 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.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Table 6.4 – Texting and Driving Among Massachusetts Adults, 2021 | | | | | |
|  | Text or Email while Driving  N % 95% CI | | | | |
| Overall | 3,036 | 23.7 | 21.8 | - | 25.5 |
| Sex |  |  |  |  |  |
| male | 1,393 | 25.6 | 22.8 | - | 28.5 |
| female | 1,643 | 21.8 | 19.2 | - | 24.3 |
| Age Group |  |  |  |  |  |
| 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 | † |  |  |  |  |
| Race-ethnicity\* |  |  |  |  |  |
| 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 |
| Disability¶ |  |  |  |  |  |
| disability | 689 | 17.2 | 13.4 | - | 20.9 |
| no disability | 2,307 | 25.6 | 23.4 | - | 27.8 |
| Education |  |  |  |  |  |
| < 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 |
| Household Income |  |  |  |  |  |
| <$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 |
| SOGI\*\* |  |  |  |  |  |
| 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  N % 95% CI | | | | | Non-medical Use of Opiate, past year  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¶ |  |  |  |  |  | |  |  |  |  |  |
| 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  N % 95% CI | | | | | Non-medical Use of Marijuana, past year  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 |
| \* 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 | | | | | | | | | | | |

Appendix

## 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** | | | | | | | | | | | | | | | | | | | | | |
|  | Obese (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  ¶ 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** | | | | | | | | | | | | | | | | | | | | |
|  | 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¶  % | US Range¶  % |
| Overall Health Measures |  |  |  |
| 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 |
| Health Care Access and Utilization |  |  |  |
| 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 |
| Risk factors and preventive behaviors |  |  |  |
| 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>=25.0) | 61.2 | 68.2 | 55.4 – 73.5 |
| Obesity (BMI>=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 |
| Immunization |  |  |  |
| 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 |
| Chronic Health Conditions |  |  |  |
| 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 |
| Other Topics |  |  |  |
| Ever tested for HIV (18-64) | 40.6 | 40.7 | 30.1 – 70.6 |
| ¶ 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 USpopulation 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**:

1. Estimates and their 95% confidence intervals are not presented in the tables if the underlying sample size is less than 50 respondents.
2. Following recommendations of the National Center for Health Statistics, data are not presented in the tables if a ratio of standard error to the estimate itself exceeds 30% (relative standard error of greater than 30%). Standard error of the estimate is a measure of its variability. Bigger standard errors yield wider confidence intervals and less reliable estimates.[[1]](#endnote-2)

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.

1. [↑](#endnote-ref-2)