A Profile of Health Among Massachusetts Adults, 2023

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

Health Survey Program

Data Science, Research, and Epidemiology Division

Office of Population Health

Massachusetts Department of Public Health



January, 2025

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*January, 2025*

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Introduction

The Behavioral Risk Factor Surveillance System (BRFSS) is a continuous multimode survey of adults ages 18 and older and is conducted in all states as a collaboration between the federal Centers for Disease Control and Prevention (CDC) and state 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 CDC. These questions address health status, health care access and utilization, overweight and obesity status, asthma, diabetes, immunizations, tobacco use, alcohol consumption, HIV/AIDS testing, and other selected public health topics.

In addition to the core CDC questions, the Massachusetts Health Survey Program, in collaboration with other Massachusetts Department of Public Health programs, added several topics to the survey including environmental tobacco exposure, mental illness and stigma, sexual violence, and other selected topics.

In 2023, 1,136 landline interviews and 8,392 cell phone interviews were completed among Massachusetts adults. Interviews were administered in English or Spanish.

This report summarizes selected results from the combined landline and cell phone portions of the 2023 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 Appendix, tables are presented detailing age-adjusted percentages for 2023 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 2023 in a separate table.

All percentages in this report are weighted (see definition on page 61) to represent the total Massachusetts population in 2023.

Health Equity

Data collected through the BRFSS enable the Department of Public Health (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 (sex, age, race-ethnicity, disability status, education, annual household income and sexual orientation/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 rather than biological causes. The social determinants of health (SDOH) are rooted in systems; therefore public health action to reduce and prevent health inequities must be directed at systems change. DPH focuses on the SDOH to eliminate inequities and achieve the vision of health and well-being for all residents of the Commonwealth. More information about Social Determinants of Health can be found on the Population Health Information Tool (PHIT) website [<https://www.mass.gov/orgs/population-health-information-tool-phit>].​

It is important to note that, as part of a federal survey, BRFSS adheres to federal Office of Management and Budget (OMB) guidelines in the collection of race and ethnicity data. Due to sample size constraints, it is necessary to collapse some racial categories when presenting annual results; however, this may mask disparities faced by smaller subpopulations. Those interested in data on these smaller populations are encouraged to contact the program as multi-year data may be available. Also, due to lack of population data for weighting, BRFSS does not collect detailed data on gender identity, thus not all gender identities are represented.

Highlights

**Overall Health Measures**

* Hispanic 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 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, 3.5% of adults aged 18-64 reported not having health insurance at the time of the interview. Hispanic adults were more likely than White adults and males were more likely than females to report not having insurance. (Table 2.1)
* Males were less likely than females and Hispanic, Black, and Asian adults were less likely than White adults to have a personal health care provider. (Table 2.2.1)
* Hispanic 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, and Hispanic and Asian adults were less likely than White adults 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 males were more likely than females to report current cigarette smoking. (Table 3.1.1)
* Overall, current use of electronic vapor products was 6.2%; however, among those 18-24 years of age, the prevalence was 14%. 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 2023, 16.4% of adults reported binge drinking in the previous 30 days. Prevalence was highest among 18-34 year olds and decreased with age. White adults were more likely to report binge drinking than Hispanic, Black, or Asian adults. LGBT adults were more likely than straight/cisgender adults to report binge drinking. (Table 3.3)
* 62.6% 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, 63.5% of adults reported meeting the guideline of 150 minutes per week of aerobic activity. White and Asian adults were more likely than Black or Hispanic adults to report meeting this guideline. Prevalence increased with increasing education and household income levels. (Table 3.5)
* Overall, 91.5% 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 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 3.6)
* 31.0% of adults reported that they had been 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 3.7)

**Immunization**

* Among adults 18-49 years of age, males were less likely than females and Hispanic adults 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 adults were less likely than White adults to report having received a pneumococcal vaccine. LGBT older adults were more likely than straight/cisgender adults to have had a pneumococcal vaccine. (Table 4.1.3)
* Adults with a disability were less likely to report receiving hepatitis B vaccine than those with no reported disability. LGBT adults were more likely than straight/cisgender adults to have had hepatitis B vaccine. (Table 4.3)

**Chronic Health Conditions**

* In 2023, 9.8% of adults reported ever being diagnosed with diabetes and an additional 11.4% had been told they have pre-diabetes. Black adults were more likely than White adults to report ever being diagnosed with diabetes. (Table 5.1)
* Asthma remains more prevalent in Massachusetts than in much of the rest of the nation. In 2023, 11.9% of adults reported that they currently have asthma (national range = 5.7 – 14.1). Females were more likely than males, those with a disability were more likely than those without a disability, 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)
* Just over 1 in 4 adults report that they have ever been diagnosed with arthritis. Females were more likely than males and White adults were more likely than Black, Hispanic, or Asian adults to have ever been diagnosed with arthritis. (Table 5.5)
* Overall, 22.4% 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 adults to report ever being diagnosed with depression. LGBT adults were more than twice as likely to report being diagnosed with depression as straight/cisgender adults. (Table 5.6)
* Overall, 8.7% of adults reported that they had ever been diagnosed with cancer (excluding non-melanoma skin cancer). Among those 75 years of age and older, the prevalence of cancer survivors comprises one in four residents. Females were more likely than males and White adults were more likely than Hispanic adults to have ever been diagnosed with cancer. (Table 5.7)

**Other Topics – hiv, sexual and domestic violence, unintentional falls among older adults, seatbelt use, suicidal ideation, marijuana, & opioids**

* Black, Hispanic, and LGBT adults ages 18-64 were more likely than other adults aged 18-64 to have been tested for HIV 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 6.3 and 6.4)
* Overall, 27.3% of adults 65 and older reported having at least one unintentional fall in the previous 12 months; among those 85 and older, this rose to 40.6%. Those reporting a disability were more than twice as likely to report having a fall and nearly three times as likely to have been injured in a fall. (Table 6.5)
* Overall, 84.6% of adults reported always wearing a seatbelt. Females were more likely than males, and White and Asian adults were more likely than Black adults to report always wearing a seatbelt. Those with a disability were less likely to report always wearing a seatbelt. (Table 6.6)
* Overall, 18.2% of adults reported non-medical use of marijuana. Asian and Hispanic adults were less likely than White 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 6.8.2

|  |  |  |
| --- | --- | --- |
| Demographic Characteristics of Respondents  Massachusetts Behavioral Risk Factor Surveillance System, 2023 | | |
|  | Unweighted Sample Size | Weighted Percent |
|  | N | %† |
| Overall | 9,528 | 100.0 |
| Sex |  |  |
| Male | 4,664 | 47.7 |
| Female | 4,864 | 52.3 |
| Age Group |  |  |
| 18–24 | 764 | 12.8 |
| 25–34 | 1,331 | 17.0 |
| 35–44 | 1,279 | 15.2 |
| 45–54 | 1,304 | 13.9 |
| 55–64 | 1,648 | 16.7 |
| 65–74 | 1,749 | 14.0 |
| 75 and older | 1,210 | 10.3 |
| Race/Hispanic Ethnicity\* |  |  |
| Asian | 430 | 7.6 |
| Black | 525 | 6.5 |
| Hispanic or Latine | 1,039 | 12.3 |
| White | 6,971 | 68.1 |
| Other & Multiracial | 352 | 5.6 |
| Disability¶ |  |  |
| Disability | 2,412 | 27.2 |
| No disability | 6,517 | 72.8 |
| Education |  |  |
| < High school | 442 | 9.4 |
| High school | 1,632 | 24.2 |
| College 1–3 yrs | 2,067 | 24.6 |
| College 4+ yrs | 5,329 | 41.8 |
| Household Income |  |  |
| <$25,000 | 871 | 11.8 |
| $25,000–49,999 | 1,375 | 19.8 |
| $50,000–74,999 | 986 | 13.0 |
| $75,000–99,999 | 955 | 12.0 |
| $100,000+ | 3,057 | 43.4 |
| SOGI\*\* |  |  |
| Lesbian/Gay/Bisexual/Transgender | 933 | 11.3 |
| Straight/Cisgender | 7,778 | 88.7 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial.  † See BRFSS methodology in “Terms, Definitions and Methodology Used in this Report.”  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62 | | |

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, 2023 | | | | | |
|  | Fair or Poor Health  N % 95% CI | | | | |
| Overall | 9,494 | 15.4 | 14.3 | - | 16.5 |
| Sex |  |  |  |  |  |
| Male | 4,642 | 15.1 | 13.6 | - | 16.7 |
| Female | 4,852 | 15.7 | 14.1 | - | 17.2 |
| Age Group |  |  |  |  |  |
| 18–24 | 763 | 8.7 | 6.0 | - | 11.4 |
| 25–34 | 1,327 | 12.1 | 9.6 | - | 14.6 |
| 35–44 | 1,272 | 12.3 | 9.7 | - | 14.9 |
| 45–54 | 1,300 | 17.2 | 14.1 | - | 20.3 |
| 55–64 | 1,643 | 19.0 | 16.0 | - | 21.9 |
| 65–74 | 1,742 | 19.1 | 16.1 | - | 22.1 |
| 75 and older | 1,208 | 21.8 | 18.0 | - | 25.5 |
| Race/Hispanic Ethnicity\* |  |  |  |  |  |
| Asian | 429 | 6.3 | 3.8 | - | 8.9 |
| Black | 522 | 19.8 | 14.8 | - | 24.8 |
| Hispanic or Latine | 1,033 | 26.5 | 22.5 | - | 30.5 |
| White | 6,953 | 13.5 | 12.3 | - | 14.7 |
| Other & Multiracial | 351 | 21.4 | 14.4 | - | 28.4 |
| Disability¶ |  |  |  |  |  |
| Disability | 2,400 | 36.8 | 33.8 | - | 39.7 |
| No disability | 6,499 | 7.4 | 6.4 | - | 8.3 |
| Education |  |  |  |  |  |
| < High school | 440 | 31.9 | 26.0 | - | 37.8 |
| High school | 1,622 | 20.5 | 17.9 | - | 23.1 |
| College 1–3 yrs | 2,061 | 17.2 | 14.9 | - | 19.5 |
| College 4+ yrs | 5,315 | 7.5 | 6.6 | - | 8.5 |
| Household Income |  |  |  |  |  |
| <$25,000 | 870 | 41.1 | 36.0 | - | 46.2 |
| $25,000–49,999 | 1,373 | 23.0 | 19.7 | - | 26.3 |
| $50,000–74,999 | 984 | 15.5 | 12.3 | - | 18.7 |
| $75,000–99,999 | 954 | 11.6 | 8.2 | - | 15.0 |
| $100,000+ | 3,049 | 6.4 | 5.2 | - | 7.6 |
| SOGI\*\* |  |  |  |  |  |
| Lesbian/Gay/Bisexual/Transgender | 931 | 16.4 | 13.2 | - | 19.6 |
| Straight/Cisgender | 7,751 | 15.5 | 14.2 | - | 16.7 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial.  † Insufficient Data  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62 | | | | | |

**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, 2023 | | | | | | | | | | |
|  | 15+ DAYS OF POOR PHYSICAL HEALTH  N % 95% CI | | | | | 15+ DAYS OF POOR MENTAL HEALTH  N % 95% CI | | | | |
|  |
|  |
| Overall | 9,336 | 10.8 | 9.9 | - | 11.8 | 9,367 | 14.1 | 13.1 | - | 15.2 |
| Sex |  |  |  |  |  |  |  |  |  |  |
| Male | 4,579 | 9.6 | 8.4 | - | 10.8 | 4,584 | 11.4 | 10.2 | - | 12.7 |
| Female | 4,757 | 12.0 | 10.5 | - | 13.4 | 4,783 | 16.6 | 14.9 | - | 18.2 |
| Age Group |  |  |  |  |  |  |  |  |  |  |
| 18–24 | 758 | 5.6 | 3.2 | - | 8.0 | 754 | 16.8 | 12.9 | - | 20.6 |
| 25–34 | 1,308 | 7.2 | 5.1 | - | 9.3 | 1,313 | 22.1 | 18.9 | - | 25.4 |
| 35–44 | 1,260 | 7.1 | 5.2 | - | 9.0 | 1,266 | 16.0 | 13.3 | - | 18.8 |
| 45–54 | 1,281 | 13.0 | 10.3 | - | 15.8 | 1,282 | 14.6 | 11.8 | - | 17.4 |
| 55–64 | 1,618 | 15.9 | 13.1 | - | 18.6 | 1,623 | 13.0 | 10.7 | - | 15.3 |
| 65–74 | 1,708 | 12.9 | 10.6 | - | 15.3 | 1,718 | 6.9 | 5.4 | - | 8.4 |
| 75 and older | 1,168 | 15.6 | 12.1 | - | 19.1 | 1,179 | 7.9 | 5.2 | - | 10.5 |
| Race/Hispanic Ethnicity\* |  |  |  |  |  |  |  |  |  |  |
| Asian | 423 | 6.3 | 3.3 | - | 9.3 | 426 | 8.3 | 5.3 | - | 11.2 |
| Black | 509 | 8.8 | 5.2 | - | 12.5 | 513 | 12.1 | 8.0 | - | 16.2 |
| Hispanic or Latine | 1,017 | 13.5 | 10.4 | - | 16.6 | 1,017 | 14.2 | 10.9 | - | 17.5 |
| White | 6,841 | 10.7 | 9.6 | - | 11.7 | 6,867 | 14.2 | 13.0 | - | 15.4 |
| Other & Multiracial | 344 | 15.7 | 9.9 | - | 21.6 | 343 | 21.8 | 14.5 | - | 29.1 |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |
| Disability | 2,316 | 28.6 | 25.7 | - | 31.4 | 2,347 | 31.5 | 28.6 | - | 34.4 |
| No disability | 6,439 | 4.3 | 3.6 | - | 4.9 | 6,439 | 7.7 | 6.8 | - | 8.7 |
| Education |  |  |  |  |  |  |  |  |  |  |
| < High school | 434 | 18.2 | 13.7 | - | 22.8 | 425 | 16.6 | 11.8 | - | 21.4 |
| High school | 1,581 | 12.9 | 10.6 | - | 15.2 | 1,601 | 15.9 | 13.5 | - | 18.4 |
| College 1–3 yrs | 2,011 | 13.7 | 11.6 | - | 15.8 | 2,027 | 18.0 | 15.6 | - | 20.4 |
| College 4+ yrs | 5,255 | 6.5 | 5.6 | - | 7.3 | 5,260 | 10.2 | 9.1 | - | 11.4 |
| Household Income |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 844 | 26.1 | 21.4 | - | 30.9 | 850 | 25.1 | 20.8 | - | 29.4 |
| $25,000–49,999 | 1,344 | 14.8 | 12.1 | - | 17.5 | 1,353 | 19.2 | 16.0 | - | 22.4 |
| $50,000–74,999 | 967 | 12.3 | 9.3 | - | 15.3 | 968 | 15.1 | 11.8 | - | 18.4 |
| $75,000–99,999 | 941 | 9.6 | 6.7 | - | 12.5 | 946 | 14.4 | 10.6 | - | 18.2 |
| $100,000+ | 3,032 | 5.4 | 4.3 | - | 6.5 | 3,038 | 9.2 | 7.8 | - | 10.6 |
| SOGI\*\* |  |  |  |  |  |  |  |  |  |  |
| Lesbian/Gay/Bisexual/Transgender | 918 | 11.1 | 7.8 | - | 14.4 | 918 | 30.2 | 25.6 | - | 34.9 |
| Straight/Cisgender | 7,627 | 11.0 | 10.0 | - | 12.0 | 7,647 | 12.1 | 11.0 | - | 13.2 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial.  † Insufficient Data  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62 | | | | | | | | | | |

Section 2: Health Care Access and Utilization

**Section 2.1: Health Insurance Status**

All respondents were asked the current source of their primary health insurance. Responses included an option of ‘no coverage of any type’. Table 2.1 presents the percentage of adults between the ages of 18 and 64 who reported that they did not have coverage of any type.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Table 2.1 –Health Insurance Status Among Massachusetts Adults,  Ages 18-64, 2023 | | | | | |
|  | No Health Insurance  N % 95% CI | | | | |
| Overall | 6,092 | 3.5 | 2.7 | -  - | 4.3 |
| Sex |  |  |  |  |  |
| Male | 3,052 | 5.4 | 4.0 | - | 6.9 |
| Female | 3,040 | 1.8 | 1.1 | - | 2.4 |
| Age Group |  |  |  |  |  |
| 18–24 | 661 | 5.1 | 2.5 | - | 7.6 |
| 25–34 | 1,284 | 5.1 | 3.0 | - | 7.2 |
| 35–44 | 1,250 | 3.6 | 2.0 | - | 5.1 |
| 45–54 | 1,279 | 2.3 | 1.0 | - | 3.6 |
| 55–64 | † |  |  |  |  |
| Race/Hispanic Ethnicity\* |  |  |  |  |  |
| Asian | † |  |  |  |  |
| Black | † |  |  |  |  |
| Hispanic or Latine | 874 | 8.1 | 5.4 | - | 10.8 |
| White | 4,100 | 2.0 | 1.2 | - | 2.8 |
| Other & Multiracial |  |  |  |  |  |
| Disability¶ |  |  |  |  |  |
| Disability | 1,263 | 3.3 | 1.7 | - | 4.9 |
| No disability | 4,450 | 3.5 | 2.6 | - | 4.5 |
| Education |  |  |  |  |  |
| < High school | 300 | 9.3 | 5.1 | - | 13.6 |
| High school | 1,032 | 6.8 | 4.3 | - | 9.3 |
| College 1–3 yrs | 1,226 | 2.3 | 1.2 | - | 3.4 |
| College 4+ yrs | 3,516 | 1.1 | 0.7 | - | 1.4 |
| Household Income |  |  |  |  |  |
| <$25,000 | 552 | 5.7 | 2.4 | - | 8.9 |
| $25,000–49,999 | 788 | 5.6 | 2.8 | - | 8.3 |
| $50,000–74,999 | 586 | 5.4 | 2.7 | - | 8.1 |
| $75,000–99,999 | † |  |  |  |  |
| $100,000+ | † |  |  |  |  |
| SOGI\*\* |  |  |  |  |  |
| Lesbian/Gay/Bisexual/Transgender | † |  |  |  |  |
| Straight/Cisgender | 4,809 | 3.5 | 2.6 | - | 4.4 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial.  † Insufficient Data  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62 | | | | | |

## **Section 2.2: Health Care Access**

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

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Table 2.2.1 – Health Care Access Among Massachusetts Adults,2023 | | | | | | | | | | | |
|  | Have Personal Health Care Provider  N % 95% CI | | | | | Could Not See Doctor Due to Cost  N % 95% CI | | | | | |
|  |
|  |
| Overall | 9,410 | 91.0 | 90.1 | - | 91.9 | 9,482 | 7.1 | 6.3 | - | 8.0 |
| Sex |  |  |  |  |  |  |  |  |  |  |
| Male | 4,597 | 89.2 | 87.8 | - | 90.6 | 4,638 | 6.9 | 5.8 | - | 8.0 |
| Female | 4,813 | 92.6 | 91.4 | - | 93.9 | 4,844 | 7.3 | 6.1 | - | 8.6 |
| Age Group |  |  |  |  |  |  |  |  |  |  |
| 18–24 | 749 | 84.4 | 80.7 | - | 88.2 | 761 | 8.1 | 5.1 | - | 11.1 |
| 25–34 | 1,313 | 79.1 | 75.7 | - | 82.4 | 1,321 | 13.3 | 10.6 | - | 16.0 |
| 35–44 | 1,262 | 87.9 | 85.3 | - | 90.6 | 1,272 | 8.7 | 6.6 | - | 10.8 |
| 45–54 | 1,290 | 94.8 | 93.2 | - | 96.3 | 1,299 | 7.3 | 5.2 | - | 9.4 |
| 55–64 | 1,633 | 96.7 | 95.6 | - | 97.8 | 1,644 | 5.7 | 3.7 | - | 7.6 |
| 65–74 | 1,734 | 97.7 | 96.5 | - | 99.0 | 1,742 | 3.0 | 1.7 | - | 4.4 |
| 75 and older | 1,196 | 98.4 | 97.3 | - | 99.6 | 1,205 | 2.4 | 1.0 | - | 3.8 |
| Race/Hispanic Ethnicity\* |  |  |  |  |  |  |  |  |  |  |
| Asian | 420 | 88.2 | 84.6 | - | 91.7 | 428 | 4.5 | 2.4 | - | 6.6 |
| Black | 514 | 85.5 | 79.9 | - | 91.0 | 519 | 10.7 | 6.5 | - | 14.9 |
| Hispanic or Latine | 1,022 | 75.9 | 71.9 | - | 80.0 | 1,033 | 14.8 | 11.3 | - | 18.3 |
| White | 6,900 | 94.7 | 93.8 | - | 95.5 | 6,948 | 5.0 | 4.2 | - | 5.7 |
| Other & Multiracial | 350 | 91.1 | 86.6 | - | 95.6 | 350 | 14.8 | 8.4 | - | 21.3 |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |
| Disability | 2,376 | 91.8 | 90.0 | - | 93.7 | 2,397 | 12.8 | 10.6 | - | 14.9 |
| No disability | 6,447 | 90.8 | 89.7 | - | 91.9 | 6,495 | 4.8 | 4.0 | - | 5.6 |
| Education |  |  |  |  |  |  |  |  |  |  |
| < High school | 429 | 78.4 | 72.9 | - | 83.9 | 435 | 16.5 | 11.6 | - | 21.3 |
| High school | 1,605 | 88.9 | 86.6 | - | 91.1 | 1,624 | 7.8 | 5.9 | - | 9.6 |
| College 1–3 yrs | 2,044 | 93.7 | 92.1 | - | 95.2 | 2,058 | 8.4 | 6.6 | - | 10.2 |
| College 4+ yrs | 5,278 | 93.5 | 92.6 | - | 94.4 | 5,312 | 3.9 | 3.2 | - | 4.5 |
| Household Income |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 860 | 86.8 | 83.4 | - | 90.1 | 866 | 18.9 | 14.3 | - | 23.5 |
| $25,000–49,999 | 1,358 | 88.5 | 85.8 | - | 91.1 | 1,370 | 8.8 | 6.6 | - | 11.0 |
| $50,000–74,999 | 973 | 92.3 | 90.1 | - | 94.6 | 979 | 6.8 | 4.7 | - | 8.9 |
| $75,000–99,999 | 951 | 91.5 | 88.3 | - | 94.7 | 955 | 6.4 | 3.5 | - | 9.3 |
| $100,000+ | 3,035 | 94.8 | 93.8 | - | 95.9 | 3,051 | 3.0 | 2.1 | - | 3.9 |
| SOGI\*\* |  |  |  |  |  |  |  |  |  |  |
| Lesbian/Gay/Bisexual/Transgender | 926 | 88.4 | 85.1 | - | 91.7 | 929 | 12.9 | 9.5 | - | 16.3 |
| Straight/Cisgender | 7,683 | 91.9 | 90.9 | - | 92.9 | 7,747 | 5.9 | 5.1 | - | 6.7 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial.  † Insufficient Data  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62 | | | | | | | | | | | |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Table 2.2.2 - Health Care Access Among Massachusetts Adults, 2023 | | | | | |
|  | Had a Routine Checkup in the Past Year  N % 95% CI | | | | |
| Overall | 9,434 | 82.4 | 81.2 | *-* | 83.6 |
| Sex |  |  |  |  |  |
| Male | 4,617 | 78.7 | 76.9 | *-* | 80.5 |
| Female | 4,817 | 85.8 | 84.2 | *-* | 87.3 |
| Age Group |  |  |  |  |  |
| 18–24 | 755 | 82.3 | 78.6 | *-* | 86.0 |
| 25–34 | 1,312 | 68.0 | 64.5 | *-* | 71.5 |
| 35–44 | 1,268 | 74.6 | 71.1 | *-* | 78.0 |
| 45–54 | 1,293 | 83.6 | 80.8 | - | 86.4 |
| 55–64 | 1,640 | 85.9 | 83.2 | - | 88.6 |
| 65–74 | 1,734 | 92.9 | 91.0 | - | 94.8 |
| 75 and older | 1,200 | 95.1 | 93.0 | - | 97.2 |
| Race/Hispanic Ethnicity\* |  |  |  |  |  |
| Asian | 424 | 75.8 | 70.1 | - | 81.4 |
| Black | 517 | 82.2 | 77.1 | - | 87.3 |
| Hispanic or Latine | 1,021 | 79.2 | 75.5 | - | 82.9 |
| White | 6,927 | 83.9 | 82.7 | - | 85.2 |
| Other & Multiracial | 346 | 80.6 | 74.2 | - | 86.9 |
| Disability¶ |  |  |  |  |  |
| Disability | 2,379 | 84.7 | 82.4 | - | 87.1 |
| No disability | 6,471 | 81.6 | 80.2 | - | 83.0 |
| Education |  |  |  |  |  |
| < High school | 432 | 81.9 | 76.9 | - | 86.8 |
| High school | 1,611 | 81.1 | 78.3 | - | 83.9 |
| College 1–3 yrs | 2,048 | 83.1 | 80.7 | - | 85.6 |
| College 4+ yrs | 5,294 | 82.7 | 81.3 | - | 84.1 |
| Household Income |  |  |  |  |  |
| <$25,000 | 861 | 83.7 | 79.8 | - | 87.6 |
| $25,000–49,999 | 1,365 | 79.2 | 75.7 | - | 82.7 |
| $50,000–74,999 | 979 | 82.5 | 78.8 | - | 86.2 |
| $75,000–99,999 | 951 | 83.0 | 79.3 | - | 86.7 |
| $100,000+ | 3,039 | 82.0 | 80.2 | - | 83.9 |
| SOGI\*\* |  |  |  |  |  |
| Lesbian/Gay/Bisexual/Transgender | 926 | 80.1 | 76.0 | - | 84.2 |
| Straight/Cisgender | 7,703 | 83.1 | 81.8 | - | 84.3 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial.  † Insufficient Data  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62 | | | | | |

Section 3: Risk Factors and Preventive Behaviors

**Section 3.1: Tobacco Use**

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

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

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Table 3.1.1 – Tobacco Use Among Massachusetts Adults**,** 2023 | | | | | | | | | | |
|  | Current Smoker  N % 95% CI | | | | | Former Smoker  N % 95% CI | | | | |
|  |
|  |
| Overall | 8,876 | 9.8 | 8.8 | - | 10.8 | 8,876 | 24.5 | 23.2 | - | 25.8 |
| Sex |  |  |  |  |  |  |  |  |  |  |
| Male | 4,329 | 12.4 | 10.7 | - | 14.1 | 4,329 | 24.9 | 23.0 | - | 26.7 |
| Female | 4,547 | 7.5 | 6.4 | - | 8.6 | 4,547 | 24.2 | 22.4 | - | 26.1 |
| Age Group |  |  |  |  |  |  |  |  |  |  |
| 18–24 | 715 | 3.5 | 1.8 | - | 5.3 | 715 | 3.1 | 1.5 | - | 4.7 |
| 25–34 | 1,238 | 9.5 | 6.9 | - | 12.1 | 1,238 | 16.3 | 13.3 | - | 19.3 |
| 35–44 | 1,191 | 14.4 | 11.4 | - | 17.4 | 1,191 | 21.5 | 18.4 | - | 24.6 |
| 45–54 | 1,208 | 12.6 | 9.8 | - | 15.4 | 1,208 | 22.7 | 19.5 | - | 26.0 |
| 55–64 | 1,542 | 13.9 | 11.3 | - | 16.4 | 1,542 | 28.7 | 25.2 | - | 32.2 |
| 65–74 | 1,659 | 8.1 | 6.0 | - | 10.2 | 1,659 | 38.6 | 34.9 | - | 42.3 |
| 75 and older | † |  |  |  |  | 1,135 | 46.3 | 41.4 | - | 51.2 |
| Race/Hispanic Ethnicity\* |  |  |  |  |  |  |  |  |  |  |
| Asian | 392 | 6.5 | 3.2 | - | 9.8 | 392 | 9.9 | 6.2 | - | 13.7 |
| Black | 487 | 11.7 | 5.5 | - | 18.0 | 487 | 12.4 | 8.4 | - | 16.4 |
| Hispanic or Latine | 968 | 9.5 | 7.0 | - | 12.0 | 968 | 13.6 | 10.3 | - | 16.9 |
| White | 6,529 | 9.6 | 8.5 | - | 10.7 | 6,529 | 29.1 | 27.5 | - | 30.8 |
| Other & Multiracial | 325 | 14.5 | 8.9 |  | 20.2 | 325 | 24.0 | 17.2 | - | 30.7 |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |
| Disability | 2,353 | 16.2 | 13.7 | - | 18.6 | 2,353 | 31.2 | 28.4 | - | 34.1 |
| No disability | 6,424 | 7.3 | 6.3 | - | 8.3 | 6,424 | 22.1 | 20.7 | - | 23.6 |
| Education |  |  |  |  |  |  |  |  |  |  |
| < High school | 402 | 19.9 | 14.3 | - | 25.5 | 402 | 18.5 | 13.5 | - | 23.4 |
| High school | 1,514 | 15.1 | 12.6 | - | 17.6 | 1,514 | 28.3 | 25.1 | - | 31.6 |
| College 1–3 yrs | 1,926 | 11.6 | 9.5 | - | 13.6 | 1,926 | 30.6 | 27.7 | - | 33.5 |
| College 4+ yrs | 4,983 | 3.6 | 2.9 | - | 4.3 | 4,983 | 20.2 | 18.7 | - | 21.7 |
| Household Income |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 838 | 18.0 | 14.5 | - | 21.6 | 838 | 28.2 | 23.3 | - | 33.0 |
| $25,000–49,999 | 1,321 | 16.4 | 13.3 | - | 19.5 | 1,321 | 24.6 | 21.2 | - | 28.1 |
| $50,000–74,999 | 953 | 11.5 | 8.3 | - | 14.6 | 953 | 33.4 | 28.8 | - | 37.9 |
| $75,000–99,999 | 925 | 8.0 | 5.2 | - | 10.7 | 925 | 28.6 | 24.4 | - | 32.7 |
| $100,000+ | 2,966 | 6.0 | 4.7 | - | 7.3 | 2,966 | 23.3 | 21.3 | - | 25.4 |
| SOGI\*\* |  |  |  |  |  |  |  |  |  |  |
| Lesbian/Gay/Bisexual/Transgender | 875 | 10.4 | 7.4 | - | 13.4 | 875 | 17.2 | 13.7 | - | 20.8 |
| Straight/Cisgender | 7,256 | 10.0 | 8.9 | - | 11.2 | 7,256 | 26.0 | 24.5 | - | 27.5 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial.  Insufficient Data  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62 | | | | | | | | | | |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Table 3.1.2 - Smokeless Tobacco Use Among Massachusetts Adults, 2023 | | | | | |
|  | Use Smokeless tobacco  N % 95% CI | | | | |
| Overall | 8,930 | 1.4 | 1.1 | - | 1.8 |
| Sex |  |  |  |  |  |
| Male | 4,354 | 2.5 | 1.8 | - | 3.2 |
| Female | 4,576 | 0.5 | 0.2 | - | 0.7 |
| Age Group |  |  |  |  |  |
| 18–24 | † |  |  |  |  |
| 25–34 | 1,237 | 2.2 | 1.1 | - | 3.4 |
| 35–44 | 1,194 | 2.5 | 1.3 | - | 3.7 |
| 45–54 | † |  |  |  |  |
| 55–64 | † |  |  |  |  |
| 65–74 | † |  |  |  |  |
| 75 and older | † |  |  |  |  |
| Race/Hispanic Ethnicity\* |  |  |  |  |  |
| Asian | † |  |  |  |  |
| Black | † |  |  |  |  |
| Hispanic or Latine | † |  |  |  |  |
| White | 6,569 | 1.4 | 1.0 | - | 1.8 |
| Other & Multiracial | † |  |  |  |  |
| Disability¶ |  |  |  |  |  |
| Disability | 2,367 | 1.9 | 1.0 | - | 2.8 |
| No disability | 6,457 | 1.3 | 0.9 | - | 1.6 |
| Education |  |  |  |  |  |
| < High school | † |  |  |  |  |
| High school | 1,528 | 1.3 | 0.6 | - | 1.9 |
| College 1–3 yrs | 1,936 | 1.7 | 0.9 | - | 2.5 |
| College 4+ yrs | 5,007 | 1.1 | 0.7 | - | 1.6 |
| Household Income |  |  |  |  |  |
| <$25,000 | † |  |  |  |  |
| $25,000–49,999 | 1,330 | 1.2 | 0.6 | - | 1.9 |
| $50,000–74,999 | † |  |  |  |  |
| $75,000–99,999 | † |  |  |  |  |
| $100,000+ | 2,974 | 1.7 | 1.0 | - | 2.3 |
| SOGI\*\* |  |  |  |  |  |
| Lesbian/Gay/Bisexual/Transgender | † |  |  |  |  |
| Straight/Cisgender | 7,294 | 1.3 | 1.0 | - | 1.7 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial.  † Insufficient Data  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62 | | | | | |

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Table 3.1.3 – Electronic Vapor Product Use Among Massachusetts Adults, 2023 | | | | | |
|  | Use E-Vapor Products  N % 95% CI | | | | |
| Overall | 8,889 | 6.2 | 5.4 | - | 7.0 |
| Sex |  |  |  |  |  |
| Male | 4,330 | 6.9 | 5.7 | - | 8.0 |
| Female | 4,559 | 5.7 | 4.5 | - | 6.8 |
| Age Group |  |  |  |  |  |
| 18–24 | 715 | 14.0 | 10.4 | - | 17.6 |
| 25–34 | 1,232 | 13.1 | 10.3 | - | 15.8 |
| 35–44 | 1,187 | 6.5 | 4.8 | - | 8.3 |
| 45–54 | 1,206 | 3.6 | 2.3 | - | 5.0 |
| 55–64 | 1,547 | 3.7 | 1.9 | - | 5.5 |
| 65–74 | † |  |  |  |  |
| 75 and older | † |  |  |  |  |
| Race/Hispanic Ethnicity\* |  |  |  |  |  |
| Asian | 391 | 3.8 | 1.8 | - | 5.7 |
| Black | 480 | 5.0 | 2.5 | - | 7.5 |
| Hispanic or Latine | 966 | 5.8 | 4.2 | - | 7.4 |
| White | 6,542 | 6.4 | 5.4 | - | 7.4 |
| Other & Multiracial | 328 | 9.5 | 4.1 | - | 15.0 |
| Disability¶ |  |  |  |  |  |
| Disability | 2,357 | 9.8 | 7.8 | - | 11.8 |
| No disability | 6,429 | 4.9 | 4.1 | - | 5.8 |
| Education |  |  |  |  |  |
| < High school | 401 | 8.9 | 5.5 | - | 12.3 |
| High school | 1,517 | 9.1 | 7.0 | - | 11.2 |
| College 1–3 yrs | 1,927 | 8.3 | 6.4 | - | 10.2 |
| College 4+ yrs | 4,992 | 2.8 | 2.2 | - | 3.5 |
| Household Income |  |  |  |  |  |
| <$25,000 | 838 | 9.5 | 6.4 | - | 12.5 |
| $25,000–49,999 | 1,327 | 6.2 | 4.4 | - | 7.9 |
| $50,000–74,999 | 958 | 6.1 | 4.2 | - | 8.0 |
| $75,000–99,999 | 925 | 8.2 | 4.8 | - | 11.5 |
| $100,000+ | 2,962 | 5.1 | 3.9 | - | 6.4 |
| SOGI\*\* |  |  |  |  |  |
| Lesbian/Gay/Bisexual/Transgender | 880 | 13.4 | 9.6 | - | 17.1 |
| Straight/Cisgender | 7,262 | 5.3 | 4.5 | - | 6.2 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial.  † Insufficient Data  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62 | | | | | |

## **Section 3.2: Smoking Cessation**

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Table 3.2 – Smoking Cessation among Massachusetts Adults, 2023 | | | | | |
|  | Quit Attempt Among Current Smokers  N % 95% CI | | | | |
| Overall | 769 | 52.5 | 47.1 | - | 58.0 |
| Sex |  |  |  |  |  |
| Male | 410 | 54.4 | 46.9 | - | 61.9 |
| Female | 359 | 49.8 | 42.1 | - | 57.6 |
| Age Group |  |  |  |  |  |
| 18–24 | † |  |  |  |  |
| 25–34 | 86 | 44.9 | 30.6 | - | 59.3 |
| 35–44 | 132 | 62.6 | 51.3 | - | 73.8 |
| 45–54 | 132 | 53.6 | 41.3 | - | 65.9 |
| 55–64 | 201 | 45.9 | 36.0 | - | 55.7 |
| 65–74 | 143 | 46.7 | 33.7 | - | 59.7 |
| 75 and older | † |  |  |  |  |
| Race/Hispanic Ethnicity\* |  |  |  |  |  |
| Asian | † |  |  |  |  |
| Black | † |  |  |  |  |
| Hispanic or Latine | 88 | 53.6 | 39.5 | - | 67.6 |
| White | 561 | 52.7 | 46.6 | - | 58.9 |
| Other & Multiracial | † |  |  |  |  |
| Disability¶ |  |  |  |  |  |
| Disability | 357 | 56.8 | 48.4 | - | 65.1 |
| No disability | 403 | 50.2 | 43.0 | - | 57.5 |
| Education |  |  |  |  |  |
| < High school | 86 | 73.1 | 61.5 | - | 84.7 |
| High school | 251 | 44.3 | 35.7 | - | 53.0 |
| College 1–3 yrs | 234 | 52.8 | 43.1 | - | 62.6 |
| College 4+ yrs | 191 | 46.4 | 36.1 | - | 56.7 |
| Household Income |  |  |  |  |  |
| <$25,000 | 170 | 59.0 | 48.3 | - | 69.7 |
| $25,000–49,999 | 193 | 55.8 | 45.1 | - | 66.5 |
| $50,000–74,999 | 96 | 57.6 | 42.8 | - | 72.5 |
| $75,000–99,999 | 62 | 45.1 | 25.2 | - | 65.0 |
| $100,000+ | 124 | 49.7 | 38.0 | - | 61.4 |
| SOGI\*\* |  |  |  |  |  |
| Lesbian/Gay/Bisexual/Transgender | 87 | 51.4 | 36.1 | - | 66.7 |
| Straight/Cisgender | 669 | 53.0 | 47.1 | - | 58.9 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial.  † Insufficient Data  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62 | | | | | |

## **Section 3.3: Alcohol Use**

All respondents were asked about their consumption of alcohol in the past month. A drink of alcohol was defined as a twelve ounce can or bottle of beer, one five-ounce glass of wine, or one drink with one shot of liquor. Binge drinking was defined as consumption of five or more drinks for men or four or more drinks for women, on any one occasion in the past month. Heavy drinking was defined as consumption of more than 14 drinks/week in the past month for men and consumption of more than 7 drinks/week in the past month for women. Presented here are the percentage of adults who reported binge drinking and the percentage of adults who reported heavy drinking.

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Table 3.3 – Alcohol Use Among Massachusetts Adults**,** 2023 | | | | | | | | | | | |
|  | Binge Drinking  N % 95% CI | | | | | Heavy Drinking  N % 95% CI | | | | | |
|  |
|  |
| Overall | 8,692 | 16.4 | 15.3 | - | 17.6 | 8,687 | 6.4 | 5.6 | - | 7.2 |
| Sex |  |  |  |  |  |  |  |  |  |  |
| Male | 4,229 | 21.8 | 19.9 | - | 23.6 | 4,220 | 6.2 | 5.1 | - | 7.4 |
| Female | 4,463 | 11.7 | 10.3 | - | 13.1 | 4,467 | 6.5 | 5.4 | - | 7.6 |
| Age Group |  |  |  |  |  |  |  |  |  |  |
| 18–24 | 697 | 23.5 | 18.9 | - | 28.2 | 693 | 6.3 | 3.3 | - | 9.2 |
| 25–34 | 1,214 | 25.7 | 22.5 | - | 29.0 | 1,210 | 6.6 | 4.6 | - | 8.6 |
| 35–44 | 1,162 | 19.9 | 16.8 | - | 22.9 | 1,170 | 6.3 | 4.3 | - | 8.4 |
| 45–54 | 1,189 | 19.9 | 16.6 | - | 23.3 | 1,180 | 8.3 | 6.3 | - | 10.4 |
| 55–64 | 1,506 | 12.4 | 10.2 | - | 14.7 | 1,508 | 6.0 | 4.5 | - | 7.4 |
| 65–74 | 1,613 | 8.1 | 6.0 | - | 10.2 | 1,619 | 8.0 | 5.4 | - | 10.5 |
| 75 and older | 1,126 | 3.3 | 2.0 | - | 4.6 | 1,122 | 3.3 | 2.0 | - | 4.6 |
| Race/Hispanic Ethnicity\* |  |  |  |  |  |  |  |  |  |  |
| Asian | 380 | 6.9 | 4.5 | - | 9.3 | † |  |  |  |  |
| Black | 468 | 7.4 | 4.1 | - | 10.6 | † |  |  |  |  |
| Hispanic or Latine | 947 | 15.4 | 12.5 | - | 18.3 | 941 | 4.0 | 2.3 | - | 5.7 |
| White | 6,405 | 18.8 | 17.3 | - | 20.3 | 6,412 | 7.6 | 6.7 | - | 8.6 |
| Other & Multiracial | 319 | 13.2 | 7.4 | - | 19.0 | † |  |  |  |  |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |
| Disability | 2,310 | 13.8 | 11.7 | - | 16.0 | 2,312 | 5.3 | 4.0 | - | 6.5 |
| No disability | 6,284 | 17.4 | 16.0 | - | 18.8 | 6,278 | 6.8 | 5.8 | - | 7.8 |
| Education |  |  |  |  |  |  |  |  |  |  |
| < High school | 388 | 12.5 | 8.3 | - | 16.6 | 389 | 4.1 | 1.7 | - | 6.4 |
| High school | 1,473 | 15.5 | 12.8 | - | 18.3 | 1,465 | 6.4 | 4.4 | - | 8.4 |
| College 1–3 yrs | 1,887 | 17.9 | 15.3 | - | 20.4 | 1,890 | 6.9 | 5.1 | - | 8.7 |
| College 4+ yrs | 4,899 | 16.9 | 15.5 | - | 18.3 | 4,898 | 6.6 | 5.7 | - | 7.5 |
| Household Income |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 821 | 12.3 | 9.0 | - | 15.5 | 822 | 3.4 | 2.1 | - | 4.7 |
| $25,000–49,999 | 1,290 | 14.3 | 11.4 | - | 17.1 | 1,292 | 7.6 | 4.8 | - | 10.4 |
| $50,000–74,999 | 938 | 14.8 | 11.6 | - | 18.0 | 937 | 7.2 | 5.0 | - | 9.4 |
| $75,000–99,999 | 916 | 17.0 | 13.4 | - | 20.6 | 914 | 6.7 | 4.6 | - | 8.8 |
| $100,000+ | 2,917 | 22.8 | 20.5 | - | 25.1 | 2,921 | 8.5 | 6.9 | - | 10.0 |
| SOGI\*\* |  |  |  |  |  |  |  |  |  |  |
| Lesbian/Gay/Bisexual/Transgender | 865 | 20.9 | 16.7 | - | 25.2 | 863 | 6.6 | 4.5 | - | 8.7 |
| Straight/Cisgender | 7,101 | 15.4 | 14.2 | - | 16.7 | 7,101 | 6.3 | 5.4 | - | 7.1 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial.  † Insufficient Data  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62 | | | | | | | | | | | |

**Section 3.4: Overweight and Obesity Status**

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

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Table 3.4 – Overweight and Obese Among Massachusetts Adults**,** 2023 | | | | | | | | | | | |
|  | Overweight (BMI ≥ 25.0)  N % 95% CI | | | | | Obese (BMI ≥ 30.0)  N % 95% CI | | | | | |
|  |
|  |
| Overall | 8,436 | 62.6 | 61.0 | - | 64.2 | 8,436 | 27.4 | 26.0 | - | 28.8 |
| Sex |  |  |  |  |  |  |  |  |  |  |
| Male | 4,300 | 68.9 | 66.8 | - | 71.1 | 4,300 | 27.0 | 25.0 | - | 29.0 |
| Female | 4,136 | 56.4 | 54.1 | - | 58.7 | 4,136 | 27.8 | 25.7 | - | 29.8 |
| Age Group |  |  |  |  |  |  |  |  |  |  |
| 18–24 | 658 | 43.2 | 37.5 | - | 48.8 | 658 | 16.5 | 12.4 | - | 20.6 |
| 25–34 | 1,142 | 56.2 | 52.3 | - | 60.2 | 1,142 | 24.3 | 20.9 | - | 27.6 |
| 35–44 | 1,137 | 66.7 | 62.9 | - | 70.5 | 1,137 | 30.3 | 26.6 | - | 33.9 |
| 45–54 | 1,171 | 69.8 | 65.9 | - | 73.7 | 1,171 | 32.9 | 28.9 | - | 36.8 |
| 55–64 | 1,505 | 70.2 | 66.6 | - | 73.7 | 1,505 | 33.4 | 29.9 | - | 36.9 |
| 65–74 | 1,596 | 67.4 | 63.8 | - | 71.1 | 1,596 | 29.5 | 25.8 | - | 33.1 |
| 75 and older | 1,109 | 61.5 | 56.7 | - | 66.2 | 1,109 | 21.7 | 17.8 | - | 25.7 |
| Race/Hispanic Ethnicity\* |  |  |  |  |  |  |  |  |  |  |
| Asian | 364 | 43.2 | 36.1 | - | 50.3 | 364 | 12.0 | 7.2 | - | 16.9 |
| Black | 452 | 68.0 | 60.9 | - | 75.1 | 452 | 32.1 | 25.9 | - | 38.3 |
| Hispanic or Latine | 880 | 71.5 | 67.2 | - | 75.7 | 880 | 39.4 | 34.6 | - | 44.1 |
| White | 6,282 | 63.5 | 61.7 | - | 65.2 | 6,282 | 26.9 | 25.3 | - | 28.5 |
| Other & Multiracial | 308 | 53.5 | 44.7 | - | 62.3 | 308 | 25.0 | 18.3 | - | 31.7 |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |
| Disability | 2,244 | 67.1 | 64.0 | - | 70.2 | 2,244 | 35.9 | 32.9 | - | 38.9 |
| No disability | 5,990 | 61.0 | 59.1 | - | 62.8 | 5,990 | 24.3 | 22.7 | - | 25.9 |
| Education |  |  |  |  |  |  |  |  |  |  |
| < High school | 362 | 65.3 | 58.0 | - | 72.6 | 362 | 36.0 | 29.0 | - | 42.9 |
| High school | 1,456 | 64.8 | 61.1 | - | 68.5 | 1,456 | 31.9 | 28.5 | - | 35.3 |
| College 1–3 yrs | 1,840 | 64.9 | 61.7 | - | 68.1 | 1,840 | 28.5 | 25.6 | - | 31.3 |
| College 4+ yrs | 4,740 | 59.3 | 57.4 | - | 61.3 | 4,740 | 22.2 | 20.6 | - | 23.8 |
| Household Income |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 796 | 62.5 | 57.1 | - | 67.9 | 796 | 34.8 | 29.8 | - | 39.8 |
| $25,000–49,999 | 1,284 | 64.2 | 60.1 | - | 68.2 | 1,284 | 35.0 | 31.0 | - | 39.1 |
| $50,000–74,999 | 926 | 69.8 | 65.6 | - | 73.9 | 926 | 31.9 | 27.5 | - | 36.3 |
| $75,000–99,999 | 903 | 65.0 | 60.3 | - | 69.7 | 903 | 26.7 | 22.3 | - | 31.0 |
| $100,000+ | 2,904 | 61.8 | 59.2 | - | 64.4 | 2,904 | 23.8 | 21.6 | - | 25.9 |
| SOGI\*\* |  |  |  |  |  |  |  |  |  |  |
| Lesbian/Gay/Bisexual/Transgender | 848 | 60.2 | 54.9 | - | 65.5 | 848 | 29.3 | 24.8 | - | 33.8 |
| Straight/Cisgender | 6,899 | 64.0 | 62.3 | - | 65.8 | 6,899 | 27.5 | 26.0 | - | 29.1 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial.  † Insufficient Data  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62 | | | | | | | | | | | |

**Section 3.5: Physical Activity**

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

Presented below, in accordance with the *Healthy People 2030* objectives, are the percentage of respondents who meet the 150-minute aerobic recommendation and the percentage of respondents who meet the muscle-strengthening two or more days per week recommendation. Please note that these indicators are NOT mutually exclusive e.g. people doing aerobic activity may or may not also do muscle-strengthening activities.

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Table 3.5 – Physical Activity Among Massachusetts Adults**,** 2023 | | | | | | | | | | | |
|  | Met Aerobic Activity Guideline  N % 95% CI | | | | | Met Muscle Strengthening Guideline  N % 95% CI | | | | | |
|  |
|  |
| Overall | 8,154 | 63.5 | 61.9 | - | 65.1 | 9,202 | 41.3 | 39.8 | - | 42.8 |
| Sex |  |  |  |  |  |  |  |  |  |  |
| Male | 4,002 | 65.1 | 62.8 | - | 67.4 | 4,523 | 43.3 | 41.1 | - | 45.5 |
| Female | 4,152 | 62.0 | 59.7 | - | 64.3 | 4,679 | 39.5 | 37.4 | - | 41.6 |
| Age Group |  |  |  |  |  |  |  |  |  |  |
| 18–24 | 663 | 59.1 | 53.4 | - | 64.9 | 739 | 50.6 | 45.1 | - | 56.1 |
| 25–34 | 1,158 | 61.9 | 58.1 | - | 65.7 | 1,300 | 41.1 | 37.5 | - | 44.7 |
| 35–44 | 1,104 | 68.0 | 64.3 | - | 71.6 | 1,241 | 38.4 | 34.8 | - | 42.0 |
| 45–54 | 1,135 | 64.6 | 60.4 | - | 68.8 | 1,272 | 38.8 | 34.8 | - | 42.8 |
| 55–64 | 1,427 | 66.1 | 62.3 | - | 69.9 | 1,601 | 38.4 | 34.9 | - | 41.9 |
| 65–74 | 1,517 | 68.0 | 64.0 | - | 72.0 | 1,670 | 41.2 | 37.4 | - | 45.0 |
| 75 and older | 1,104 | 56.2 | 51.4 | - | 61.1 | 1,149 | 42.3 | 37.5 | - | 47.2 |
| Race/Hispanic Ethnicity\* |  |  |  |  |  |  |  |  |  |  |
| Asian | 341 | 63.1 | 56.0 | - | 70.3 | 415 | 42.5 | 35.7 | - | 49.2 |
| Black | 437 | 48.8 | 41.6 | - | 55.9 | 496 | 40.0 | 33.2 | - | 46.9 |
| Hispanic or Latine | 853 | 43.9 | 38.9 | - | 48.8 | 1,013 | 34.3 | 30.0 | - | 38.6 |
| White | 6,072 | 68.3 | 66.5 | - | 70.1 | 6,740 | 41.8 | 40.0 | - | 43.5 |
| Other & Multiracial | 304 | 65.7 | 57.4 | - | 74.0 | 339 | 48.5 | 40.2 | - | 56.8 |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |
| Disability | 2,037 | 48.4 | 45.1 | - | 51.8 | 2,314 | 36.1 | 33.2 | - | 39.1 |
| No disability | 5,641 | 69.3 | 67.4 | - | 71.2 | 6,327 | 43.2 | 41.3 | - | 45.0 |
| Education |  |  |  |  |  |  |  |  |  |  |
| < High school | 369 | 39.7 | 32.5 | - | 47.0 | 427 | 34.3 | 27.6 | - | 40.9 |
| High school | 1,370 | 56.2 | 52.4 | - | 60.1 | 1,553 | 40.5 | 37.0 | - | 44.1 |
| College 1–3 yrs | 1,754 | 64.2 | 60.9 | - | 67.4 | 1,982 | 41.4 | 38.3 | - | 44.6 |
| College 4+ yrs | 4,633 | 72.8 | 71.0 | - | 74.6 | 5,187 | 43.3 | 41.4 | - | 45.1 |
| Household Income |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 736 | 42.0 | 36.4 | - | 47.6 | 844 | 32.1 | 27.1 | - | 37.0 |
| $25,000–49,999 | 1,194 | 52.8 | 48.4 | - | 57.2 | 1,326 | 40.6 | 36.4 | - | 44.8 |
| $50,000–74,999 | 856 | 62.2 | 57.3 | - | 67.0 | 946 | 38.8 | 34.2 | - | 43.4 |
| $75,000–99,999 | 853 | 69.3 | 64.7 | - | 73.9 | 933 | 43.0 | 38.2 | - | 47.8 |
| $100,000+ | 2,702 | 76.2 | 73.8 | - | 78.5 | 2,993 | 45.0 | 42.4 | - | 47.5 |
| SOGI\*\* |  |  |  |  |  |  |  |  |  |  |
| Lsbian/Gay/Bisexual/Transgender | 817 | 62.5 | 57.2 | - | 67.8 | 907 | 37.2 | 32.5 | - | 41.9 |
| Straight/Cisgender | 6,646 | 63.4 | 61.6 | - | 65.2 | 7,511 | 41.4 | 39.7 | - | 43.1 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial.† Insufficient Data  \*\* Analysis conducted among those who reported having their cholesterol checked.  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62 | | | | | | | | | | | |

**Section 3.6 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 3.6 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 3.6 – Cholesterol Awareness Among Massachusetts Adults,2023 | | | | | | | | | | | |
|  | Cholesterol Checked in Past 5 Years  N % 95% CI | | | | | Ever Had High Cholesterol\*\*\*  N % 95% CI | | | | | |
|  |
|  |
| Overall | 8,819 | 91.5 | 90.6 | - | 92.4 | 8,120 | 36.0 | 34.5 | - | 37.5 |
| Sex |  |  |  |  |  |  |  |  |  |  |
| Male | 4,281 | 89.2 | 87.7 | - | 90.7 | 3,862 | 40.7 | 38.4 | - | 43.0 |
| Female | 4,538 | 93.6 | 92.5 | - | 94.7 | 4,258 | 31.9 | 29.9 | - | 33.9 |
| Age Group |  |  |  |  |  |  |  |  |  |  |
| 18–24 | 568 | 74.3 | 68.8 | - | 79.7 | 426 | 11.4 | 6.8 | - | 15.9 |
| 25–34 | 1,134 | 85.0 | 82.4 | - | 87.6 | 953 | 19.9 | 16.3 | - | 23.6 |
| 35–44 | 1,178 | 88.8 | 86.1 | - | 91.5 | 1,063 | 25.4 | 22.0 | - | 28.9 |
| 45–54 | 1,255 | 95.2 | 93.7 | - | 96.7 | 1,182 | 30.3 | 26.6 | - | 34.0 |
| 55–64 | 1,613 | 96.6 | 95.3 | - | 97.9 | 1,540 | 47.3 | 43.7 | - | 51.0 |
| 65–74 | 1,698 | 98.0 | 97.1 | - | 98.9 | 1,635 | 54.9 | 51.0 | - | 58.8 |
| 75 and older | 1,158 | 98.0 | 96.7 | - | 99.3 | 1,124 | 50.1 | 45.2 | - | 55.1 |
| Race/Hispanic Ethnicity\* |  |  |  |  |  |  |  |  |  |  |
| Asian | 390 | 92.0 | 89.2 | - | 94.7 | 343 | 28.3 | 21.8 | - | 34.9 |
| Black | 461 | 87.1 | 81.6 | - | 92.6 | 405 | 33.7 | 26.3 | - | 41.1 |
| Hispanic or Latine | 914 | 86.3 | 82.9 | - | 89.7 | 789 | 31.4 | 26.7 | - | 36.2 |
| White | 6,558 | 92.8 | 91.8 | - | 93.8 | 6,137 | 37.8 | 36.1 | - | 39.6 |
| Other & Multiracial | 311 | 90.8 | 86.3 | - | 95.3 | 281 | 33.4 | 25.5 | - | 41.3 |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |
| Disability | 2,208 | 91.2 | 89.3 | - | 93.0 | 2,038 | 44.7 | 41.4 | - | 48.0 |
| No disability | 6,072 | 92.1 | 91.0 | - | 93.1 | 5,606 | 33.0 | 31.2 | - | 34.8 |
| Education |  |  |  |  |  |  |  |  |  |  |
| < High school | 387 | 82.9 | 77.7 | - | 88.0 | 324 | 40.9 | 33.0 | - | 48.8 |
| High school | 1,464 | 87.7 | 85.2 | - | 90.2 | 1,301 | 34.9 | 31.3 | - | 38.6 |
| College 1–3 yrs | 1,912 | 92.5 | 90.9 | - | 94.1 | 1,766 | 35.1 | 32.0 | - | 38.1 |
| College 4+ yrs | 5,004 | 94.7 | 93.9 | - | 95.5 | 4,684 | 36.1 | 34.2 | - | 38.0 |
| Household Income |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 790 | 89.3 | 85.8 | - | 92.8 | 718 | 42.6 | 37.1 | - | 48.2 |
| $25,000–49,999 | 1,275 | 90.0 | 87.3 | - | 92.6 | 1,163 | 38.1 | 33.7 | - | 42.5 |
| $50,000–74,999 | 926 | 93.0 | 90.6 | - | 95.3 | 849 | 38.9 | 34.0 | - | 43.8 |
| $75,000–99,999 | 913 | 93.3 | 91.2 | - | 95.5 | 844 | 36.8 | 32.1 | - | 41.6 |
| $100,000+ | 2,895 | 93.9 | 92.6 | - | 95.2 | 2,729 | 33.5 | 31.1 | - | 35.9 |
| SOGI\*\* |  |  |  |  |  |  |  |  |  |  |
| Lesbian/Gay/Bisexual/Transgender | 805 | 89.0 | 85.7 | - | 92.3 | 725 | 27.7 | 23.3 | - | 32.1 |
| Straight/Cisgender | 7,281 | 92.1 | 91.1 | - | 93.1 | 6,758 | 37.1 | 35.4 | - | 38.8 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial.† Insufficient Data  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62  \*\*\* Analysis conducted among those who reported having their cholesterol checked. | | | | | | | | | | | |

**Section 3.7: 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 3.7 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 3.7 – Hypertension Awareness Among Massachusetts Adults,2023 | | | | | | | | | | |
|  | Ever Had High Blood Pressure  N % 95% CI | | | | | Take Medicine for High Blood Pressure\*\*\*  N % 95% CI | | | | |
|  |
|  |
| Overall | 9,480 | 31.0 | 29.6 | - | 32.3 | 3,202 | 77.2 | 75.0 | - | 79.4 |
| Sex |  |  |  |  |  |  |  |  |  |  |
| Male | 4,635 | 35.2 | 33.2 | - | 37.3 | 1,734 | 72.2 | 69.0 | - | 75.4 |
| Female | 4,845 | 27.1 | 25.2 | - | 28.9 | 1,468 | 83.1 | 80.3 | - | 85.9 |
| Age Group |  |  |  |  |  |  |  |  |  |  |
| 18–24 | 760 | 7.8 | 5.1 |  | 10.4 | † |  |  |  |  |
| 25–34 | 1,325 | 13.1 | 10.6 | - | 15.7 | 157 | 33.3 | 22.5 | - | 44.0 |
| 35–44 | 1,276 | 17.6 | 14.7 | - | 20.4 | 207 | 49.7 | 40.9 | - | 58.6 |
| 45–54 | 1,301 | 28.0 | 24.4 | - | 31.5 | 361 | 71.6 | 65.0 | - | 78.3 |
| 55–64 | 1,639 | 43.3 | 39.7 | - | 46.9 | 676 | 81.4 | 77.2 | - | 85.6 |
| 65–74 | 1,739 | 52.7 | 48.9 | - | 56.4 | 929 | 93.1 | 90.9 | - | 95.3 |
| 75 and older | 1,205 | 63.4 | 58.8 | - | 67.9 | 733 | 94.8 | 92.6 | - | 96.9 |
| Race/Hispanic Ethnicity\* |  |  |  |  |  |  |  |  |  |  |
| Asian | 429 | 17.8 | 12.6 | - | 23.0 | 71 | 63.4 | 48.8 | - | 78.0 |
| Black | 521 | 34.1 | 27.3 | - | 40.9 | 186 | 74.5 | 64.0 | - | 84.9 |
| Hispanic or Latine | 1,036 | 25.2 | 21.4 | - | 29.1 | 246 | 71.8 | 64.3 | - | 79.2 |
| White | 6,941 | 33.2 | 31.5 | - | 34.8 | 2,523 | 78.9 | 76.5 | - | 81.3 |
| Other & Multiracial | 350 | 27.6 | 20.9 | - | 34.3 | 107 | 78.7 | 68.7 | - | 88.6 |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |
| Disability | 2,397 | 45.6 | 42.5 | - | 48.6 | 1,148 | 79.9 | 76.4 | - | 83.4 |
| No disability | 6,493 | 25.9 | 24.3 | - | 27.4 | 1,882 | 76.3 | 73.5 | - | 79.2 |
| Education |  |  |  |  |  |  |  |  |  |  |
| < High school | 438 | 34.5 | 28.2 | - | 40.8 | 177 | 81.9 | 74.2 | - | 89.5 |
| High school | 1,622 | 32.6 | 29.4 | - | 35.8 | 606 | 78.7 | 74.2 | - | 83.3 |
| College 1–3 yrs | 2,060 | 34.4 | 31.5 | - | 37.3 | 773 | 76.0 | 71.5 | - | 80.6 |
| College 4+ yrs | 5,306 | 26.8 | 25.2 | - | 28.4 | 1,626 | 75.7 | 72.7 | - | 78.8 |
| Household Income |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 864 | 39.8 | 34.9 | - | 44.8 | 375 | 78.1 | 71.4 | - | 84.9 |
| $25,000–49,999 | 1,374 | 35.3 | 31.4 | - | 39.2 | 531 | 82.2 | 77.1 | - | 87.3 |
| $50,000–74,999 | 983 | 35.0 | 30.5 | - | 39.5 | 346 | 79.1 | 72.7 | - | 85.5 |
| $75,000–99,999 | 953 | 31.5 | 27.0 | - | 36.0 | 316 | 78.4 | 71.4 | - | 85.3 |
| $100,000+ | 3,048 | 26.2 | 24.1 | - | 28.4 | 874 | 72.1 | 67.7 | - | 76.4 |
| SOGI\*\* |  |  |  |  |  |  |  |  |  |  |
| Lesbian/Gay/Bisexual/Transgender | 929 | 24.5 | 20.5 | - | 28.5 | 254 | 50.2 | 41.1 | - | 59.3 |
| Straight/Cisgender | 7,744 | 32.0 | 30.5 | - | 33.5 | 2,724 | 79.9 | 77.6 | - | 82.1 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial.  † Insufficient Data  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62  \*\*\* Analysis conducted among those who reported having high blood pressure | | | | | | | | | | |

Section 4: Immunization

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

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

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Table 4.1.1 – Flu Vaccine Among Massachusetts Adults, Ages 18-64, 2023 | | | | | | | | | | |
|  | Flu vaccine in past year, Ages 18-49  N % 95% CI | | | | | Flu vaccine in past year, Ages 50-64  N % 95% CI | | | | |
|  |
|  |
| Overall | 3,572 | 47.7 | 45.3 | - | 50.0 | 2,191 | 57.1 | 54.0 | - | 60.3 |
| Sex |  |  |  |  |  |  |  |  |  |  |
| Male | 1,853 | 40.3 | 37.2 | - | 43.5 | 1,043 | 50.4 | 46.0 | - | 54.9 |
| Female | 1,719 | 54.9 | 51.5 | - | 58.3 | 1,148 | 62.7 | 58.5 | - | 67.0 |
| Age Group |  |  |  |  |  |  |  |  |  |  |
| 18–24 | 695 | 48.1 | 42.4 | - | 53.8 |  |  |  |  |  |
| 25–34 | 1,215 | 43.4 | 39.6 | - | 47.1 |  |  |  |  |  |
| 35–44 | 1,159 | 50.2 | 46.2 | - | 54.1 |  |  |  |  |  |
| 45–49 | 503 | 53.4 | 47.2 | - | 59.6 |  |  |  |  |  |
| 50–64 |  |  |  |  |  | 2,191 | 57.1 | 54.0 | - | 60.3 |
| Race/Hispanic Ethnicity\* |  |  |  |  |  |  |  |  |  |  |
| Asian | 292 | 53.8 | 46.4 | - | 61.2 | 53 | 53.6 | 35.1 | - | 72.1 |
| Black | 269 | 42.5 | 33.1 | - | 51.9 | 119 | 58.0 | 45.0 | - | 71.0 |
| Hispanic or Latine | 656 | 38.2 | 32.7 | - | 43.6 | 183 | 54.9 | 44.5 | - | 65.3 |
| White | 2,129 | 50.4 | 47.4 | - | 53.4 | 1,733 | 58.5 | 55.1 | - | 61.8 |
| Other & Multiracial | 169 | 51.4 | 39.7 | - | 63.1 | 67 | 50.7 | 32.0 | - | 69.3 |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |
| Disability | 696 | 42.8 | 37.4 | - | 48.1 | 556 | 56.9 | 50.7 | - | 63.0 |
| No disability | 2,838 | 49.0 | 46.4 | - | 51.6 | 1,617 | 57.5 | 53.9 | - | 61.1 |
| Education |  |  |  |  |  |  |  |  |  |  |
| < High school | 183 | 36.1 | 26.3 | - | 45.8 | 100 | 45.6 | 33.0 | - | 58.2 |
| High school | 620 | 37.5 | 32.3 | - | 42.8 | 375 | 43.6 | 36.1 | - | 51.0 |
| College 1–3 yrs | 723 | 40.5 | 35.6 | - | 45.3 | 441 | 58.8 | 52.3 | - | 65.3 |
| College 4+ yrs | 2,037 | 60.9 | 58.1 | - | 63.7 | 1,266 | 65.5 | 61.8 | - | 69.3 |
| Household Income |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 304 | 41.1 | 33.0 | - | 49.2 | 235 | 50.7 | 40.3 | - | 61.1 |
| $25,000–49,999 | 513 | 42.5 | 36.4 | - | 48.7 | 271 | 52.2 | 43.2 | - | 61.3 |
| $50,000–74,999 | 365 | 40.1 | 32.7 | - | 47.5 | 205 | 56.6 | 46.8 | - | 66.5 |
| $75,000–99,999 | 362 | 43.1 | 36.1 | - | 50.1 | 213 | 52.4 | 42.4 | - | 62.4 |
| $100,000+ | 1,371 | 56.1 | 52.4 | - | 59.9 | 894 | 62.0 | 57.6 | - | 66.5 |
| SOGI\*\* |  |  |  |  |  |  |  |  |  |  |
| Lesbian/Gay/Bisexual/Transgender | 555 | 55.6 | 49.3 | - | 61.9 | 160 | 73.9 | 64.8 | - | 83.0 |
| Straight/Cisgender | 2,604 | 44.9 | 42.2 | - | 47.6 | 1,928 | 56.3 | 52.9 | - | 59.6 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial.  † Insufficient Data  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62 | | | | | | | | | | |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Table 4.1.2 – Flu Vaccine Among Massachusetts Adults, Ages 65 Years and Older, 2023** | | | | | |
|  | Flu vaccine in past year, Ages 65+  N % 95% CI | | | | |
| Overall | 2,758 | 73.7 | 71.1 | - | 76.3 |
| Sex |  |  |  |  |  |
| Male | 1,264 | 74.3 | 70.5 | - | 78.0 |
| Female | 1,494 | 73.2 | 69.6 | - | 76.9 |
| Age Group |  |  |  |  |  |
| 65–74 | 1,635 | 73.7 | 70.4 | - | 77.1 |
| 75 and older | 1,123 | 73.6 | 69.4 | - | 77.9 |
| Race/Hispanic Ethnicity\* |  |  |  |  |  |
| Asian | † |  |  |  |  |
| Black | 77 | 70.5 | 54.1 | - | 87.0 |
| Hispanic or Latine | 96 | 62.8 | 48.7 | - | 76.9 |
| White | 2,438 | 75.9 | 73.3 | - | 78.5 |
| Other & Multiracial | 72 | 56.4 | 39.0 | - | 73.7 |
| Disability¶ |  |  |  |  |  |
| Disability | 1,019 | 73.9 | 69.7 | - | 78.1 |
| No disability | 1,702 | 73.7 | 70.3 | - | 77.1 |
| Education |  |  |  |  |  |
| < High school | 111 | 68.1 | 54.8 | - | 81.5 |
| High school | 468 | 66.7 | 60.3 | - | 73.0 |
| College 1–3 yrs | 676 | 71.6 | 66.5 | - | 76.7 |
| College 4+ yrs | 1,490 | 81.6 | 78.9 | - | 84.3 |
| Household Income |  |  |  |  |  |
| <$25,000 | 283 | 59.2 | 50.1 | - | 68.3 |
| $25,000–49,999 | 508 | 67.0 | 60.1 | - | 73.8 |
| $50,000–74,999 | 353 | 76.7 | 70.6 | - | 82.8 |
| $75,000–99,999 | 324 | 77.6 | 71.0 | - | 84.2 |
| $100,000+ | 613 | 80.5 | 75.2 | - | 85.7 |
| SOGI\*\* |  |  |  |  |  |
| Lesbian/Gay/Bisexual/Transgender | 140 | 69.5 | 56.7 | - | 82.3 |
| Straight/Cisgender | 2,432 | 74.1 | 71.3 | - | 76.9 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial.  † Insufficient Data  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62 | | | | | |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Table 4.1.3 – Pneumonia Vaccine Among Massachusetts Adults, Ages 65 Years and Older, 2023** | | | | | |
|  | Ever had Pneumonia Vaccine  N % 95% CI | | | | |
|
| Overall | 2,624 | 74.0 | 71.3 | - | 76.7 |
| Sex |  |  |  |  |  |
| Male | 1,175 | 68.6 | 64.5 | - | 72.7 |
| Female | 1,449 | 77.9 | 74.2 | - | 81.6 |
| Age Group |  |  |  |  |  |
| 65–74 | 1,560 | 72.6 | 69.1 | - | 76.1 |
| 75 and older | 1,064 | 75.9 | 71.5 | - | 80.2 |
| Race/Hispanic Ethnicity\* |  |  |  |  |  |
| Asian | † |  |  |  |  |
| Black | 76 | 68.4 | 53.7 | - | 83.0 |
| Hispanic or Latine | 92 | 53.2 | 38.1 | - | 68.3 |
| White | 2,317 | 76.6 | 73.9 | - | 79.3 |
| Other & Multiracial | 65 | 64.0 | 46.8 | - | 81.2 |
| Disability¶ |  |  |  |  |  |
| Disability | 976 | 75.6 | 71.3 | - | 79.9 |
| No disability | 1,614 | 73.5 | 69.9 | - | 77.0 |
| Education |  |  |  |  |  |
| < High school | 103 | 65.6 | 51.1 | - | 80.1 |
| High school | 446 | 70.7 | 64.3 | - | 77.1 |
| College 1–3 yrs | 659 | 73.3 | 68.1 | - | 78.5 |
| College 4+ yrs | 1,403 | 78.6 | 75.6 | - | 81.6 |
| Household Income |  |  |  |  |  |
| <$25,000 | 273 | 64.1 | 54.4 | - | 73.9 |
| $25,000–49,999 | 480 | 73.2 | 66.7 | - | 79.7 |
| $50,000–74,999 | 337 | 80.4 | 74.6 | - | 86.2 |
| $75,000–99,999 | 316 | 77.0 | 70.4 | - | 83.6 |
| $100,000+ | 584 | 73.5 | 67.6 | - | 79.5 |
| SOGI\*\* |  |  |  |  |  |
| Lesbian/Gay/Bisexual/Transgender | 132 | 87.2 | 80.5 | - | 93.8 |
| Straight/Cisgender | 2,313 | 73.7 | 70.8 | - | 76.6 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial.  † Insufficient Data  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62 | | | | | |

**Section 4.2: Human Papilloma Virus (HPV) Vaccination**

All respondents between the ages of 18-49 were asked if they had ever received the HPV vaccine; if they responded yes, they were then asked how many HPV shots they had received. Presented are the percentage of females aged 18-34 who had ever received the HPV vaccine and the percentage of those who had completed the series of three shots. Percentages for females aged 35-49 and males are not presented due to insufficient data.

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Table 4.2 – HPV Vaccine Among Massachusetts Females, Ages 18-34 Years,** 2023 | | | | | | | | | | | |
|  | Ever had HPV Vaccine  N % 95% CI | | | | | Completed Series \*\*\*    N % 95% CI | | | | | |
|  |
|  |
| Overall | 199 | 69.9 | 61.4 | - | 78.4 | 113 | 69.9 | 58.0 | - | 81.8 |
| Age Group |  |  |  |  |  |  |  |  |  |  |
| 18–24 | 65 | 69.6 | 54.4 | - | 84.7 | † |  |  |  |  |
| 25–34 | 134 | 70.1 | 60.2 | - | 80.1 | 82 | 75.5 | 63.1 | - | 88.0 |
| Race/Hispanic Ethnicity\* |  |  |  |  |  |  |  |  |  |  |
| Asian | † |  |  |  |  | † |  |  |  |  |
| Black | † |  |  |  |  | † |  |  |  |  |
| Hispanic or Latine | 57 | 38.3 | 22.0 | - | 54.7 | † |  |  |  |  |
| White | 89 | 86.8 | 78.2 | - | 95.4 | 62 | 74.6 | 59.1 |  | 90.2 |
| Other & Multiracial | † |  |  |  |  | † |  |  |  |  |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |
| Disability | 55 | 78.3 | 67.0 | - | 89.6 | † |  |  |  |  |
| No disability | 140 | 65.4 | 54.4 | - | 76.4 | 83 | 71.2 | 56.1 | - | 86.4 |
| Education |  |  |  |  |  |  |  |  |  |  |
| < High school | † |  |  |  |  | † |  |  |  |  |
| High school | † |  |  |  |  | † |  |  |  |  |
| College 1–3 yrs | † |  |  |  |  | † |  |  |  |  |
| College 4+ yrs | 108 | 80.2 | 70.8 | - | 89.6 | 74 | 73.9 | 59.9 | - | 87.8 |
| Household Income |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | † |  |  |  |  | † |  |  |  |  |
| $25,000–49,999 | † |  |  |  |  | † |  |  |  |  |
| $50,000–74,999 | † |  |  |  |  | † |  |  |  |  |
| $75,000–99,999 | † |  |  |  |  | † |  |  |  |  |
| $100,000+ | † |  |  |  |  | † |  |  |  |  |
| SOGI\*\* |  |  |  |  |  |  |  |  |  |  |
| Lesbian/Gay/Bisexual/Transgender | 63 | 78.2 | 64.1 | - | 92.4 | † |  |  |  |  |
| Straight/Cisgender | 132 | 64.6 | 53.9 | - | 75.4 | 71 | 73.8 | 60.0 | - | 87.7 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial.  † Insufficient Data  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62  \*\*\*Analysis conducted among those who had ever received the vaccine | | | | | | | | | | | |

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

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Table 4.3 – Hepatitis B Vaccine Among Massachusetts Adults**, 2023 | | | | | |
|  | Received 3 shots HBV Vaccine  N % 95% CI | | | | |
| Overall | 1,921 | 50.8 | 47.6 | - | 54.1 |
| Sex |  |  |  |  |  |
| Male | 956 | 46.7 | 42.3 | - | 51.0 |
| Female | 965 | 54.9 | 50.2 | - | 59.7 |
| Age Group |  |  |  |  |  |
| 18–24 | 147 | 70.2 | 60.2 | - | 80.1 |
| 25–34 | 226 | 60.7 | 52.6 | - | 68.7 |
| 35–44 | 248 | 73.2 | 66.6 | - | 79.9 |
| 45–54 | 262 | 53.4 | 45.3 | - | 61.5 |
| 55–64 | 356 | 42.2 | 35.0 | - | 49.4 |
| 65–74 | 388 | 37.9 | 29.7 | - | 46.0 |
| 75 and older | 250 | 16.3 | 9.8 | - | 22.7 |
| Race/Hispanic Ethnicity\* |  |  |  |  |  |
| Asian | 90 | 78.4 | 68.1 | - | 88.6 |
| Black | 102 | 61.4 | 48.4 | - | 74.3 |
| Hispanic or Latine | 226 | 48.8 | 38.9 | - | 58.6 |
| White | 1,386 | 47.5 | 43.7 | - | 51.2 |
| Other & Multiracial | 81 | 47.8 | 31.4 | - | 64.2 |
| Disability¶ |  |  |  |  |  |
| Disability | 542 | 40.8 | 34.5 | - | 47.0 |
| No disability | 1,361 | 55.3 | 51.6 | - | 59.1 |
| Education |  |  |  |  |  |
| < High school | 80 | 36.8 | 21.9 | - | 51.8 |
| High school | 367 | 42.2 | 35.1 | - | 49.3 |
| College 1–3 yrs | 429 | 56.0 | 49.8 | - | 62.3 |
| College 4+ yrs | 1,040 | 56.2 | 52.1 | - | 60.3 |
| Household Income |  |  |  |  |  |
| <$25,000 | 175 | 47.6 | 36.3 | - | 58.9 |
| $25,000–49,999 | 323 | 46.2 | 37.6 | - | 54.9 |
| $50,000–74,999 | 232 | 52.4 | 43.7 | - | 61.1 |
| $75,000–99,999 | 182 | 49.1 | 38.5 | - | 59.7 |
| $100,000+ | 640 | 59.2 | 54.2 | - | 64.2 |
| SOGI\*\* |  |  |  |  |  |
| Lesbian/Gay/Bisexual/Transgender | 218 | 65.4 | 56.7 | - | 74.1 |
| Straight/Cisgender | 1,663 | 49.4 | 45.9 | - | 52.8 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial.  † Insufficient Data  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62 | | | | | |

**Section 4.4: Herpes Zoster (Shingles) Vaccination**

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Table 4.4 – Shingles Vaccine Among Massachusetts Adults, Age 60+**, 2023 | | | | | |
|  | Ever Had Shingles Vaccine  N % 95% CI | | | | |
| Overall | 3,494 | 60.0 | 57.4 | - | 62.6 |
| Sex |  |  |  |  |  |
| Male | 1,605 | 58.3 | 54.4 | - | 62.2 |
| Female | 1,889 | 61.4 | 57.9 | - | 64.8 |
| Age Group |  |  |  |  |  |
| 60-69 | 1,631 | 55.6 | 51.8 | - | 59.3 |
| 70-79 | 1,325 | 67.7 | 63.7 | - | 71.8 |
| 80 and older | 538 | 56.6 | 49.8 | - | 63.4 |
| Race/Hispanic Ethnicity\* |  |  |  |  |  |
| Asian | † |  |  |  |  |
| Black | 106 | 57.6 | 42.8 | - | 72.4 |
| Hispanic or Latine | 142 | 45.0 | 32.9 | - | 57.1 |
| White | 3,055 | 60.7 | 58.1 | - | 63.4 |
| Other & Multiracial | 96 | 61.9 | 47.9 | - | 75.9 |
| Disability¶ |  |  |  |  |  |
| Disability | 1,231 | 53.4 | 48.9 | - | 57.8 |
| No disability | 2,220 | 64.0 | 60.9 | - | 67.1 |
| Education |  |  |  |  |  |
| < High school | 141 | 53.2 | 40.5 | - | 65.9 |
| High school | 616 | 52.4 | 46.3 | - | 58.5 |
| College 1–3 yrs | 819 | 55.8 | 50.7 | - | 60.9 |
| College 4+ yrs | 1,904 | 69.6 | 66.7 | - | 72.4 |
| Household Income |  |  |  |  |  |
| <$25,000 | 367 | 42.2 | 33.6 | - | 50.9 |
| $25,000–49,999 | 611 | 54.9 | 48.2 | - | 61.6 |
| $50,000–74,999 | 439 | 59.1 | 52.1 | - | 66.2 |
| $75,000–99,999 | 398 | 64.5 | 57.5 | - | 71.5 |
| $100,000+ | 880 | 68.3 | 63.9 | - | 72.7 |
| SOGI\*\* |  |  |  |  |  |
| Lesbian/Gay/Bisexual/Transgender | 199 | 70.1 | 60.7 | - | 79.5 |
| Straight/Cisgender | 3,092 | 59.4 | 56.7 | - | 62.2 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial.  † Insufficient Data  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62 | | | | | |

Section 5: Chronic Health Conditions

**Section 5.1: Diabetes**

All respondents were asked if a doctor had ever told them that they had diabetes or pre-diabetes. Females who reported that they had diabetes only during pregnancy (gestational diabetes) were categorized as not having diabetes. Presented here is the percentage of adults who reported that a doctor had ever told them that they had diabetes and the percentage of adults who reported that a doctor had ever told them that they had pre-diabetes.

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Table 5.1 – Diabetes Among Massachusetts Adults**,** 2023 | | | | | | | | | | | |
|  | Diabetes  N % 95% CI | | | | | Pre-Diabetes  N % 95% CI | | | | | |
|  |
|  |
| Overall | 9,502 | 9.8 | 8.9 | - | 10.8 | 2,770 | 11.4 | 9.7 | - | 13.1 |
| Sex |  |  |  |  |  |  |  |  |  |  |
| Male | 4,647 | 10.9 | 9.5 | - | 12.4 | 1,340 | 10.5 | 8.5 | - | 12.5 |
| Female | 4,855 | 8.8 | 7.6 | - | 10.1 | 1,430 | 12.2 | 9.5 | - | 14.9 |
| Age Group |  |  |  |  |  |  |  |  |  |  |
| 18–24 | † |  |  |  |  | † |  |  |  |  |
| 25–34 | 1,326 | 1.9 | 0.9 | - | 2.9 | 387 | 6.9 | 3.4 | - | 10.5 |
| 35–44 | 1,278 | 4.1 | 2.7 | - | 5.6 | 392 | 9.1 | 5.3 | - | 12.9 |
| 45–54 | 1,302 | 9.0 | 6.9 | - | 11.2 | 391 | 10.0 | 6.3 | - | 13.6 |
| 55–64 | 1,644 | 13.4 | 10.8 | - | 16.0 | 490 | 18.0 | 12.7 | - | 23.4 |
| 65–74 | 1,744 | 18.5 | 15.4 | - | 21.6 | 492 | 20.0 | 14.8 | - | 25.2 |
| 75 and older | 1,206 | 24.7 | 20.0 | - | 29.4 | 340 | 12.6 | 7.9 | - | 17.2 |
| Race/Hispanic Ethnicity\* |  |  |  |  |  |  |  |  |  |  |
| Asian | 428 | 6.8 | 3.0 | - | 10.5 | 131 | 12.5 | 5.4 | - | 19.5 |
| Black | 524 | 17.2 | 11.0 | - | 23.3 | † |  |  |  |  |
| Hispanic or Latine | 1,034 | 9.9 | 7.4 | - | 12.5 | 286 | 14.2 | 8.6 | - | 19.8 |
| White | 6,959 | 9.3 | 8.3 | - | 10.3 | 2,060 | 10.5 | 8.6 | - | 12.4 |
| Other & Multiracial | 350 | 12.5 | 6.5 | - | 18.6 | † |  |  |  |  |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |
| Disability | 2,404 | 18.9 | 16.3 | - | 21.6 | 634 | 14.6 | 10.7 | - | 18.5 |
| No disability | 6,505 | 6.7 | 5.8 | - | 7.6 | 1,962 | 10.6 | 8.6 | - | 12.6 |
| Education |  |  |  |  |  |  |  |  |  |  |
| < High school | 438 | 16.5 | 11.2 | - | 21.8 | 111 | 12.2 | 5.1 | - | 19.3 |
| High school | 1,628 | 11.8 | 9.5 | - | 14.0 | 439 | 11.8 | 7.5 | - | 16.2 |
| College 1–3 yrs | 2,061 | 10.5 | 8.6 | - | 12.4 | 596 | 9.6 | 6.5 | - | 12.8 |
| College 4+ yrs | 5,320 | 6.7 | 5.8 | - | 7.6 | 1,612 | 11.7 | 9.5 | - | 13.9 |
| Household Income |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 867 | 16.7 | 13.0 | - | 20.4 | 216 | 14.5 | 8.4 | - | 20.6 |
| $25,000–49,999 | 1,372 | 13.3 | 10.3 | - | 16.2 | 381 | 12.4 | 7.5 | - | 17.3 |
| $50,000–74,999 | 985 | 11.6 | 8.6 | - | 14.7 | 283 | 11.3 | 6.5 | - | 16.2 |
| $75,000–99,999 | 954 | 9.2 | 6.6 | - | 11.8 | 287 | 11.6 | 6.2 | - | 17.0 |
| $100,000+ | 3052 | 5.1 | 4.1 | - | 6.1 | 944 | 7.4 | 5.5 | - | 9.4 |
| SOGI\*\* |  |  |  |  |  |  |  |  |  |  |
| Lesbian/Gay/Bisexual/Transgender | 931 | 5.4 | 2.7 | - | 8.0 | 276 | 10.4 | 4.8 | - | 15.9 |
| Straight/Cisgender | 7,760 | 10.3 | 9.3 | - | 11.3 | 2,431 | 11.6 | 9.7 | - | 13.4 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial.  † Insufficient Data  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62 | | | | | | | | | | | |

**Section 5.2: Asthma**

All respondents were asked if a doctor, nurse, or other health care professional had ever told them that they had asthma. Those who reported ever having asthma were then asked if they currently have asthma. Reported here are the percentages of adults who have ever had asthma and those who currently have asthma.

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Table 5.2 – Asthma Among Massachusetts Adults, 2023 | | | | | | | | | | | |
|  | Ever Had Asthma  N % 95% CI | | | | | Currently Have Asthma  N % 95% CI | | | | | |
|  |
|  |
| Overall | 9,478 | 17.4 | 16.3 | - | 18.6 | 9,427 | 11.9 | 10.9 | - | 12.8 |
| Sex |  |  |  |  |  |  |  |  |  |  |
| Male | 4,637 | 14.6 | 13.0 | - | 16.2 | 4,611 | 8.5 | 7.2 | - | 9.8 |
| Female | 4,841 | 20.0 | 18.4 | - | 21.7 | 4,816 | 14.9 | 13.5 | - | 16.4 |
| Age Group |  |  |  |  |  |  |  |  |  |  |
| 18–24 | 757 | 20.4 | 16.2 | - | 24.7 | 753 | 13.0 | 9.5 | - | 16.4 |
| 25–34 | 1,323 | 19.6 | 16.8 | - | 22.5 | 1,308 | 11.6 | 9.3 | - | 13.9 |
| 35–44 | 1,276 | 20.0 | 17.0 | - | 22.9 | 1,273 | 13.6 | 11.0 | - | 16.2 |
| 45–54 | 1,301 | 16.1 | 13.2 | - | 19.0 | 1,292 | 10.5 | 8.4 | - | 12.6 |
| 55–64 | 1,640 | 15.8 | 13.4 | - | 18.2 | 1,632 | 12.5 | 10.3 | - | 14.6 |
| 65–74 | 1,739 | 14.4 | 12.1 | - | 16.7 | 1,733 | 11.0 | 9.0 | - | 13.1 |
| 75 and older | 1,203 | 15.5 | 11.3 | - | 19.7 | 1,199 | 10.7 | 6.9 | - | 14.5 |
| Race/Hispanic Ethnicity\* |  |  |  |  |  |  |  |  |  |  |
| Asian | 428 | 10.9 | 7.5 | - | 14.4 | 425 | 5.2 | 2.9 | - | 7.5 |
| Black | 518 | 17.6 | 11.2 | - | 23.9 | 516 | 12.8 | 6.9 | - | 18.6 |
| Hispanic or Latine | 1,036 | 17.5 | 14.2 | - | 20.8 | 1,032 | 12.9 | 10.0 | - | 15.9 |
| White | 6,941 | 17.9 | 16.5 | - | 19.2 | 6,907 | 12.4 | 11.3 | - | 13.5 |
| Other & Multiracial | 350 | 20.6 | 14.1 | - | 27.1 | 344 | 11.0 | 6.6 | - | 15.3 |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |
| Disability | 2,394 | 26.2 | 23.4 | - | 29.0 | 2,381 | 20.0 | 17.5 | - | 22.5 |
| No disability | 6,498 | 14.8 | 13.5 | - | 16.0 | 6,463 | 9.2 | 8.2 | - | 10.2 |
| Education |  |  |  |  |  |  |  |  |  |  |
| < High school | 440 | 17.1 | 11.8 | - | 22.4 | 437 | 13.3 | 8.6 | - | 18.0 |
| High school | 1,626 | 17.9 | 15.2 | - | 20.6 | 1,617 | 12.5 | 10.3 | - | 14.6 |
| College 1–3 yrs | 2,053 | 19.8 | 17.4 | - | 22.2 | 2,044 | 13.7 | 11.6 | - | 15.7 |
| College 4+ yrs | 5,304 | 15.7 | 14.4 | - | 17.0 | 5,274 | 10.0 | 8.9 | - | 11.1 |
| Household Income |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 868 | 23.3 | 19.3 | - | 27.3 | 861 | 19.7 | 15.9 | - | 23.5 |
| $25,000–49,999 | 1,368 | 19.9 | 16.6 | - | 23.2 | 1,362 | 14.5 | 11.5 | - | 17.4 |
| $50,000–74,999 | 981 | 17.8 | 14.2 | - | 21.5 | 978 | 11.8 | 9.0 | - | 14.5 |
| $75,000–99,999 | 953 | 14.5 | 11.7 | - | 17.3 | 952 | 10.6 | 8.0 | - | 13.1 |
| $100,000+ | 3,050 | 16.1 | 14.2 | - | 18.0 | 3,035 | 9.5 | 7.9 | - | 11.0 |
| SOGI\*\* |  |  |  |  |  |  |  |  |  |  |
| Lesbian/Gay/Bisexual/Transgender | 931 | 23.3 | 19.4 | - | 27.3 | 920 | 18.2 | 14.6 | - | 21.8 |
| Straight/Cisgender | 7,738 | 16.7 | 15.4 | - | 18.0 | 7,704 | 11.2 | 10.2 | - | 12.3 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial.  † Insufficient Data  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62 | | | | | | | | | | | |

**Section 5.3: Chronic Obstructive Pulmonary Disease (COPD)**

All respondents were asked if a doctor, nurse, or other health care professional had ever told them that they had Chronic Obstructive Pulmonary Disease or COPD, emphysema, or chronic bronchitis.

Presented here is the percentage of adults who reported that they had ever been diagnosed with COPD, emphysema, or chronic bronchitis.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Table 5.3 – Chronic Obstructive Pulmonary Disease (COPD) Among Massachusetts Adults, 2023 | | | | | |
|  | Ever diagnosed with COPD  N % 95% CI | | | | |
| Overall | 9,479 | 5.9 | 5.2 | - | 6.6 |
| Sex |  |  |  |  |  |
| Male | 4,637 | 5.0 | 4.0 | - | 6.0 |
| Female | 4,842 | 6.7 | 5.7 | - | 7.8 |
| Age Group |  |  |  |  |  |
| 18–24 | † |  |  |  |  |
| 25–34 | † |  |  |  |  |
| 35–44 | 1,271 | 2.5 | 1.2 | - | 3.9 |
| 45–54 | 1,299 | 4.4 | 3.0 | - | 5.9 |
| 55–64 | 1,642 | 8.9 | 6.7 | - | 11.0 |
| 65–74 | 1,743 | 11.9 | 9.2 | - | 14.6 |
| 75 and older | 1,202 | 11.9 | 9.0 | - | 14.8 |
| Race/Hispanic Ethnicity\* |  |  |  |  |  |
| Asian | † |  |  |  |  |
| Black | 520 | 2.2 | 0.9 | - | 3.4 |
| Hispanic or Latine | 1,035 | 3.7 | 2.0 | - | 5.5 |
| White | 6,951 | 6.9 | 6.0 | - | 7.8 |
| Other & Multiracial | † |  |  |  |  |
| Disability¶ |  |  |  |  |  |
| Disability | 2,395 | 13.9 | 11.8 | - | 15.9 |
| No disability | 6,498 | 3.0 | 2.3 | - | 3.6 |
| Education |  |  |  |  |  |
| < High school | 439 | 11.0 | 6.9 | - | 15.1 |
| High school | 1,621 | 7.5 | 5.8 | - | 9.1 |
| College 1–3 yrs | 2,060 | 8.6 | 6.9 | - | 10.2 |
| College 4+ yrs | 5,304 | 2.4 | 1.8 | - | 2.9 |
| Household Income |  |  |  |  |  |
| <$25,000 | 869 | 15.6 | 12.0 | - | 19.2 |
| $25,000–49,999 | 1,364 | 9.0 | 6.4 | - | 11.6 |
| $50,000–74,999 | 982 | 6.7 | 4.3 | - | 9.1 |
| $75,000–99,999 | 954 | 4.9 | 2.8 | - | 6.9 |
| $100,000+ | 3,054 | 2.5 | 1.7 | - | 3.3 |
| SOGI\*\* |  |  |  |  |  |
| Lesbian/Gay/Bisexual/Transgender | 929 | 4.4 | 2.2 | - | 6.7 |
| Straight/Cisgender | 7,742 | 6.1 | 5.4 | - | 6.9 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial.  † Insufficient Data  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62 | | | | | |

**Section 5.4: Heart Disease and Stroke**

All respondents were asked whether a doctor, nurse, or other health professional had ever told them that they had had a myocardial infarction (“MI,” also called a “heart attack”), angina or coronary heart disease, or a stroke. Presented here are the percentages of adults 35 and older who reported being told that they had experienced a heart attack, had angina or coronary heart disease, or had a stroke.

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Table 5.4.1 – Heart Disease Among Massachusetts Adults,  Ages 35 Years and Older, 2023 | | | | | | | | | | |
|  | Ever Diagnosed with Myocardial Infarction    N % 95% CI | | | | | Ever Diagnosed with Angina or Coronary Heart Disease  N % 95% CI | | | | |
|  |
|  |
| Overall | 7,149 | 4.9 | 4.1 | - | 5.7 | 7,115 | 5.1 | 4.4 | - | 5.9 |
| Sex |  |  |  |  |  |  |  |  |  |  |
| Male | 3,395 | 7.4 | 5.9 | - | 8.8 | 3,370 | 7.5 | 6.2 | - | 8.8 |
| Female | 3,754 | 2.8 | 2.1 | - | 3.5 | 3,745 | 3.1 | 2.3 | - | 3.8 |
| Age Group |  |  |  |  |  |  |  |  |  |  |
| 35–44 | 1,274 | 1.0 | 0.4 | - | 1.6 | † |  |  |  |  |
| 45–54 | 1,301 | 2.1 | 1.0 | - | 3.3 | † |  |  |  |  |
| 55–64 | 1,642 | 5.9 | 4.2 | - | 7.6 | 1,630 | 5.3 | 3.7 | - | 6.9 |
| 65–74 | 1,733 | 8.1 | 5.8 | - | 10.5 | 1,731 | 9.4 | 7.2 | - | 11.5 |
| 75 and older | 1,199 | 8.6 | 6.2 | - | 11.1 | 1,189 | 10.0 | 7.5 | - | 12.5 |
| Race/Hispanic Ethnicity\* |  |  |  |  |  |  |  |  |  |  |
| Asian | † |  |  |  |  | † |  |  |  |  |
| Black | 341 | 4.6 | 2.0 | - | 7.2 | † |  |  |  |  |
| Hispanic or Latine | 584 | 5.3 | 2.9 | - | 7.6 | 576 | 6.5 | 3.2 | - | 9.7 |
| White | 5,674 | 4.9 | 4.0 | - | 5.8 | 5,654 | 5.3 | 4.5 | - | 6.1 |
| Other & Multiracial | † |  |  |  |  | † |  |  |  |  |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |
| Disability | 1,931 | 9.0 | 7.1 | - | 10.8 | 1,912 | 9.5 | 7.7 | - | 11.3 |
| No disability | 4,815 | 3.0 | 2.2 | - | 3.8 | 4,806 | 3.1 | 2.4 | - | 3.9 |
| Education |  |  |  |  |  |  |  |  |  |  |
| < High school | 320 | 7.8 | 3.3 | - | 12.2 | 310 | 6.8 | 2.9 | - | 10.6 |
| High school | 1,153 | 6.6 | 4.5 | - | 8.7 | 1,148 | 6.3 | 4.4 | - | 8.3 |
| College 1–3 yrs | 1,567 | 6.2 | 4.7 | - | 7.7 | 1,558 | 6.3 | 4.8 | - | 7.9 |
| College 4+ yrs | 4,,080 | 2.8 | 2.2 | - | 3.4 | 4,070 | 3.5 | 2.8 | - | 4.2 |
| Household Income |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 673 | 9.3 | 5.7 | - | 12.8 | 666 | 9.2 | 5.7 | - | 12.8 |
| $25,000–49,999 | 1058 | 5.9 | 4.1 | - | 7.7 | 1,051 | 6.5 | 4.5 | - | 8.5 |
| $50,000–74,999 | 727 | 5.3 | 3.2 | - | 7.4 | 728 | 7.8 | 4.9 | - | 10.7 |
| $75,000–99,999 | 728 | 3.7 | 1.9 | - | 5.5 | 727 | 5.4 | 3.2 | - | 7.6 |
| $100,000+ | 2,422 | 2.6 | 1.6 | - | 3.7 | 2,417 | 3.0 | 2.0 | - | 4.1 |
| SOGI\*\* |  |  |  |  |  |  |  |  |  |  |
| Lesbian/Gay/Bisexual/Transgender | † |  |  |  |  | 518 | 3.7 | 1.8 | - | 5.6 |
| Straight/Cisgender | 6,192 | 4.9 | 4.1 | - | 5.7 | 6,157 | 5.1 | 4.3 | - | 5.9 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial.  † Insufficient Data  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62 | | | | | | | | | | |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Table 5.4.2 – Stroke Among Massachusetts Adults,  Ages 35 Years and Older, 2023 | | | | | |
|  | Ever Diagnosed with Stroke  N % 95% CI | | | | |
| Overall | 7,153 | 3.2 | 2.7 | - | 3.8 |
| Sex |  |  |  |  |  |
| Male | 3,405 | 3.8 | 2.9 | - | 4.7 |
| Female | 3,748 | 2.8 | 2.1 | - | 3.5 |
| Age Group |  |  |  |  |  |
| 35–44 | † |  |  |  |  |
| 45–54 | 1,300 | 1.6 | 0.8 | - | 2.4 |
| 55–64 | 1,639 | 2.8 | 1.8 | - | 3.8 |
| 65–74 | 1,740 | 5.7 | 3.9 | - | 7.5 |
| 75 and older | 1,198 | 6.8 | 4.8 | - | 8.8 |
| Race/Hispanic Ethnicity\* |  |  |  |  |  |
| Asian | † |  |  |  |  |
| Black | † |  |  |  |  |
| Hispanic or Latine | † |  |  |  |  |
| White | 5,674 | 3.4 | 2.8 | - | 4.0 |
| Other & Multiracial | † |  |  |  |  |
| Disability¶ |  |  |  |  |  |
| Disability | 1,924 | 7.1 | 5.6 | - | 8.7 |
| No disability | 4,826 | 1.8 | 1.3 | - | 2.4 |
| Education |  |  |  |  |  |
| < High school | 320 | 4.4 | 2.0 | - | 6.7 |
| High school | 1,159 | 3.4 | 1.9 | - | 4.8 |
| College 1–3 yrs | 1,568 | 4.1 | 2.9 | - | 5.3 |
| College 4+ yrs | 4,077 | 2.4 | 1.8 | - | 3.0 |
| Household Income |  |  |  |  |  |
| <$25,000 | 679 | 6.4 | 3.8 | - | 9.0 |
| $25,000–49,999 | 1,061 | 4.9 | 3.2 | - | 6.7 |
| $50,000–74,999 | 724 | 4.0 | 1.8 | - | 6.2 |
| $75,000–99,999 | 727 | 3.4 | 1.7 | - | 5.0 |
| $100,000+ | 2,422 | 1.4 | 0.8 | - | 1.9 |
| SOGI\*\* |  |  |  |  |  |
| Lesbian/Gay/Bisexual/Transgender | † |  |  |  |  |
| Straight/Cisgender | 6,191 | 3.3 | 2.7 | - | 4.0 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial.  † Insufficient Data  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62 | | | | | |

**Section 5.5: Arthritis**

All respondents were asked if a doctor, nurse or other health professional had ever told them they had any form of arthritis. Table 5.5 shows the percentage of respondents who indicated that they had been diagnosed with arthritis.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Table 5.5 – Arthritis Among Massachusetts Adults, 2023 | | | | | |
|  | Ever Diagnosed with Arthritis  N % 95% CI | | | | |
| Overall | 9,451 | 26.1 | 24.8 | - | 27.4 |
| Sex |  |  |  |  |  |
| Male | 4,620 | 22.0 | 20.2 | - | 23.8 |
| Female | 4,831 | 29.8 | 27.9 | - | 31.7 |
| Age Group |  |  |  |  |  |
| 18-24 | 756 | 3.6 | 1.5 | - | 5.6 |
| 25-34 | 1,321 | 7.7 | 5.5 | - | 10.0 |
| 35–44 | 1,271 | 12.9 | 10.4 | - | 15.3 |
| 45–54 | 1,295 | 23.0 | 19.8 | - | 26.3 |
| 55–64 | 1,632 | 39.8 | 36.2 | - | 43.4 |
| 65–74 | 1,735 | 47.8 | 44.1 | - | 51.6 |
| 75 and older | 1,205 | 57.6 | 53.0 | - | 62.3 |
| Race/Hispanic Ethnicity\* |  |  |  |  |  |
| Asian | 426 | 9.9 | 5.4 | - | 14.4 |
| Black | 521 | 21.0 | 14.8 | - | 27.3 |
| Hispanic or Latine | 1,026 | 18.7 | 15.1 | - | 22.3 |
| White | 6,928 | 29.6 | 28.0 | - | 31.2 |
| Other & Multiracial | 350 | 29.5 | 22.2 | - | 36.8 |
| Disability¶ |  |  |  |  |  |
| Disability | 2,382 | 46.5 | 43.4 | - | 49.6 |
| No disability | 6,486 | 19.0 | 17.7 | - | 20.4 |
| Education |  |  |  |  |  |
| < High school | 438 | 29.4 | 23.2 | - | 35.7 |
| High school | 1,616 | 26.8 | 23.8 | - | 29.8 |
| College 1–3 yrs | 2,052 | 31.0 | 28.2 | - | 33.8 |
| College 4+ yrs | 5,290 | 22.2 | 20.8 | - | 23.7 |
| Household Income |  |  |  |  |  |
| <$25,000 | 860 | 41.8 | 36.7 | - | 46.9 |
| $25,000–49,999 | 1,364 | 31.1 | 27.3 | - | 34.8 |
| $50,000–74,999 | 983 | 32.0 | 27.6 | - | 36.3 |
| $75,000–99,999 | 948 | 26.1 | 22.2 | - | 29.9 |
| $100,000+ | 3,046 | 19.0 | 17.2 | - | 20.8 |
| SOGI\*\* |  |  |  |  |  |
| Lesbian/Gay/Bisexual/Transgender | 927 | 17.5 | 13.9 | - | 21.1 |
| Straight/Cisgender | 7,718 | 27.8 | 26.4 | - | 29.3 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial.  † Insufficient Data  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62 | | | | | |

**Section 5.6: Depression**

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| TABLE 5.6 – Depression Among Massachusetts Adults, 2023 | | | | | |
|  | Ever diagnosed with Depressive Disorder  N % 95% CI | | | | |
| Overall | 9,449 | 22.4 | 21.1 | - | 23.6 |
| Sex |  |  |  |  |  |
| Male | 4,615 | 16.7 | 15.0 | - | 18.3 |
| Female | 4,834 | 27.5 | 25.7 | - | 29.4 |
| Age Group |  |  |  |  |  |
| 18–24 | 756 | 30.0 | 25.1 | - | 34.9 |
| 25–34 | 1,316 | 28.7 | 25.2 | - | 32.2 |
| 35–44 | 1,272 | 25.0 | 21.8 | - | 28.2 |
| 45–54 | 1,293 | 20.9 | 17.9 | - | 23.9 |
| 55–64 | 1,637 | 21.4 | 18.6 | - | 24.2 |
| 65–74 | 1,739 | 17.0 | 14.4 | - | 19.7 |
| 75 and older | 1,200 | 13.0 | 10.0 | - | 16.0 |
| Race/Hispanic Ethnicity\* |  |  |  |  |  |
| Asian | 423 | 13.2 | 8.5 | - | 17.9 |
| Black | 520 | 13.0 | 8.9 | - | 17.0 |
| Hispanic or Latine | 1,032 | 19.9 | 16.3 | - | 23.5 |
| White | 6,929 | 24.5 | 23.0 | - | 26.0 |
| Other & Multiracial | 347 | 26.8 | 19.4 | - | 34.2 |
| Disability¶ |  |  |  |  |  |
| Disability | 2,382 | 41.9 | 38.9 | - | 45.0 |
| No disability | 6,483 | 15.2 | 13.9 | - | 16.5 |
| Education |  |  |  |  |  |
| < High school | 437 | 23.5 | 17.9 | - | 29.1 |
| High school | 1,610 | 22.1 | 19.2 | - | 25.0 |
| College 1–3 yrs | 2,052 | 26.2 | 23.4 | - | 28.9 |
| College 4+ yrs | 5,294 | 20.1 | 18.6 | - | 21.6 |
| Household Income |  |  |  |  |  |
| <$25,000 | 859 | 35.6 | 30.7 | - | 40.5 |
| $25,000–49,999 | 1,362 | 26.2 | 22.6 | - | 29.9 |
| $50,000–74,999 | 980 | 25.0 | 21.0 | - | 29.0 |
| $75,000–99,999 | 952 | 23.7 | 19.5 | - | 28.0 |
| $100,000+ | 3,045 | 17.2 | 15.3 | - | 19.1 |
| SOGI\*\* |  |  |  |  |  |
| Lesbian/Gay/Bisexual/Transgender | 924 | 46.3 | 41.3 | - | 51.3 |
| Straight/Cisgender | 7,724 | 19.2 | 18.0 | - | 20.5 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial.  † Insufficient Data  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62 | | | | | |

**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 that was not melanoma and if they had ever been told they had melanoma or any other type of cancer. Presented is the percentage of adults who were ever told they had melanoma or any other type of cancer. **Please note that this is a different definition than for reports prior to 2022.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| TABLE 5.7 – Cancer Diagnosis Among Massachusetts Adults, 2023 | | | | | |
|  | Ever diagnosed with Cancer  N % 95% CI | | | | |
| Overall | 9,473 | 8.7 | 7.9 | - | 9.5 |
| Sex |  |  |  |  |  |
| Male | 4,632 | 7.7 | 6.6 | - | 8.8 |
| Female | 4,841 | 9.7 | 8.5 | - | 10.8 |
| Age Group |  |  |  |  |  |
| 18–24 | † |  |  |  |  |
| 25–34 | † |  |  |  |  |
| 35–44 | 1,279 | 2.4 | 1.2 | - | 3.6 |
| 45–54 | 1,299 | 7.2 | 5.1 | - | 9.3 |
| 55–64 | 1,635 | 9.9 | 7.9 | - | 11.9 |
| 65–74 | 1,733 | 20.0 | 17.0 | - | 23.0 |
| 75 and older | 1,198 | 25.6 | 21.8 | - | 29.5 |
| Race/Hispanic Ethnicity\* |  |  |  |  |  |
| Asian | † |  |  |  |  |
| Black | † |  |  |  |  |
| Hispanic or Latine | 1,035 | 3.5 | 1.9 | - | 5.1 |
| White | 6,930 | 10.9 | 9.9 | - | 11.9 |
| Other & Multiracial | † |  |  |  |  |
| Disability¶ |  |  |  |  |  |
| Disability | 2,392 | 11.3 | 9.6 | - | 12.9 |
| No disability | 6,492 | 8.0 | 7.0 | - | 8.9 |
| Education |  |  |  |  |  |
| < High school | 439 | 4.4 | 2.1 | - | 6.6 |
| High school | 1,625 | 8.0 | 6.2 | - | 9.9 |
| College 1–3 yrs | 2,053 | 9.6 | 7.8 | - | 11.4 |
| College 4+ yrs | 5,300 | 9.6 | 8.6 | - | 10.6 |
| Household Income |  |  |  |  |  |
| <$25,000 | 863 | 7.9 | 5.5 | - | 10.4 |
| $25,000–49,999 | 1,369 | 8.9 | 6.4 | - | 11.3 |
| $50,000–74,999 | 982 | 10.7 | 7.7 | - | 13.6 |
| $75,000–99,999 | 950 | 9.7 | 7.3 | - | 12.1 |
| $100,000+ | 3,045 | 8.0 | 6.7 | - | 9.2 |
| SOGI\*\* |  |  |  |  |  |
| Lesbian/Gay/Bisexual/Transgender | 931 | 4.6 | 2.9 | - | 6.4 |
| Straight/Cisgender | 7,733 | 9.3 | 8.4 | - | 10.2 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial.  † Insufficient Data  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62 | | | | | |

**.**

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. Presented here is the percentage of adults ages 18-64 who report ever having been tested for HIV and the percentage who had been tested in the past year.

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Table 6.1 – HIV Testing Among Massachusetts Adults, Ages 18-64, 2023 | | | | | | | | | | |
|  | Ever Tested for HIV  N % 95% CI | | | | | Tested for HIV in Past Year  N % 95% CI | | | | |
|  |
|  |
| Overall | 5,417 | 46.1 | 44.2 | - | 48.0 | 4,698 | 12.5 | 11.2 | - | 13.9 |
| Sex |  |  |  |  |  |  |  |  |  |  |
| Male | 2,726 | 43.9 | 41.2 | - | 46.5 | 2,374 | 12.8 | 11.0 | - | 14.7 |
| Female | 2,691 | 48.2 | 45.4 | - | 50.9 | 2,324 | 12.2 | 10.3 | - | 14.2 |
| Age Group |  |  |  |  |  |  |  |  |  |  |
| 18–24 | 652 | 26.9 | 21.7 | - | 32.1 | 627 | 13.9 | 9.7 | - | 18.1 |
| 25–34 | 1,137 | 48.7 | 44.8 | - | 52.6 | 1,016 | 17.8 | 14.9 | - | 20.7 |
| 35–44 | 1,109 | 56.8 | 52.7 | - | 60.8 | 950 | 14.1 | 11.2 | - | 16.9 |
| 45–54 | 1,122 | 54.5 | 50.3 | - | 58.8 | 928 | 9.6 | 6.8 | - | 12.5 |
| 55–64 | 1,397 | 41.2 | 37.4 | - | 45.0 | 1,177 | 6.4 | 4.6 | - | 8.2 |
| Race/Hispanic Ethnicity\* |  |  |  |  |  |  |  |  |  |  |
| Asian | 327 | 28.3 | 22.3 | - | 34.3 | 309 | 9.8 | 6.4 | - | 13.1 |
| Black | 369 | 52.0 | 44.0 | - | 59.9 | 301 | 18.3 | 12.7 | - | 23.9 |
| Hispanic or Latine | 814 | 50.3 | 45.3 | - | 55.3 | 700 | 18.4 | 13.9 | - | 22.9 |
| White | 3,599 | 45.8 | 43.5 | - | 48.1 | 3,125 | 10.6 | 9.0 | - | 12.1 |
| Other & Multiracial | 219 | 55.9 | 45.6 | - | 66.2 | 186 | 17.5 | 10.2 | - | 24.7 |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |
| Disability | 1,192 | 51.8 | 47.7 | - | 56.0 | 997 | 14.3 | 11.3 | - | 17.2 |
| No disability | 4,178 | 44.3 | 42.1 | - | 46.4 | 3,664 | 11.9 | 10.3 | - | 13.4 |
| Education |  |  |  |  |  |  |  |  |  |  |
| < High school | 278 | 44.1 | 36.4 | - | 51.7 | 231 | 11.9 | 6.1 | - | 17.7 |
| High school | 945 | 42.0 | 37.6 | - | 46.4 | 813 | 13.3 | 10.2 | - | 16.3 |
| College 1–3 yrs | 1,090 | 47.7 | 43.6 | - | 51.8 | 940 | 15.0 | 11.7 | - | 18.2 |
| College 4+ yrs | 3,086 | 48.2 | 45.8 | - | 50.6 | 2,696 | 11.0 | 9.6 | - | 12.3 |
| Household Income |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 515 | 56.5 | 50.0 | - | 63.1 | 442 | 20.8 | 15.1 | - | 26.6 |
| $25,000–49,999 | 746 | 52.6 | 47.4 | - | 57.9 | 637 | 19.3 | 14.8 | - | 23.8 |
| $50,000–74,999 | 543 | 45.9 | 39.7 | - | 52.0 | 480 | 10.6 | 7.0 | - | 14.2 |
| $75,000–99,999 | 546 | 43.6 | 37.8 | - | 49.4 | 465 | 12.8 | 8.9 | - | 16.6 |
| $100,000+ | 2,114 | 47.6 | 44.6 | - | 50.5 | 1,847 | 9.6 | 7.6 | - | 11.5 |
| SOGI\*\* |  |  |  |  |  |  |  |  |  |  |
| Lesbian/Gay/Bisexual/Transgender | 684 | 48.9 | 43.3 | - | 54.6 | 591 | 20.3 | 15.8 | - | 24.8 |
| Straight/Cisgender | 4,251 | 45.5 | 43.3 | - | 47.6 | 3,683 | 11.1 | 9.7 | - | 12.5 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial.  † Insufficient Data  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62 | | | | | | | | | | |

## **Section 6.2: COVID Diagnosis and Symptoms**

All respondents were asked if they had ever tested positive for COVID, and if so, if they had any symptoms that lasted three months or longer which they did not have prior to contracting COVID. Presented here are the percent of adults who ever tested positive for COVID and the percent of those who tested positive who reported long-term symptoms.

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Table 6.2 – COVID Diagnosis and Symptoms Among Massachusetts Adults, 2023 | | | | | | | | | | |
|  | Ever Tested Positive for COVID  N % 95% CI | | | | | Had Long-Term COVID Symptoms \*\*\*    N % 95% CI | | | | |
|  |
|  |
| Overall | 8,644 | 59.3 | 57.7 | - | 60.8 | 4,991 | 10.2 | 9.0 | - | 11.3 |
| Sex |  |  |  |  |  |  |  |  |  |  |
| Male | 4,206 | 58.1 | 55.9 | - | 60.4 | 2,378 | 8.0 | 6.4 | - | 9.6 |
| Female | 4,438 | 60.3 | 58.1 | - | 62.5 | 2,613 | 12.0 | 10.3 | - | 13.7 |
| Age Group |  |  |  |  |  |  |  |  |  |  |
| 18–24 | 694 | 62.6 | 57.1 | - | 68.1 | 441 | 7.1 | 4.2 | - | 10.1 |
| 25–34 | 1,210 | 65.5 | 61.8 | - | 69.2 | 803 | 9.8 | 7.1 | - | 12.5 |
| 35–44 | 1,152 | 70.4 | 66.8 | - | 74.0 | 781 | 12.1 | 8.7 | - | 15.4 |
| 45–54 | 1,183 | 64.8 | 60.8 | - | 68.7 | 759 | 9.4 | 6.8 | - | 12.0 |
| 55–64 | 1,494 | 55.4 | 51.6 | - | 59.3 | 875 | 12.4 | 9.4 | - | 15.4 |
| 65–74 | 1,619 | 51.9 | 48.0 | - | 55.8 | 804 | 8.4 | 5.9 | - | 10.8 |
| 75 and older | 1,118 | 38.2 | 33.7 | - | 42.8 | 442 | 10.4 | 5.7 | - | 15.2 |
| Race/Hispanic Ethnicity\* |  |  |  |  |  |  |  |  |  |  |
| Asian | 380 | 61.2 | 54.6 | - | 67.9 | 220 | 3.5 | 1.4 | - | 5.5 |
| Black | 468 | 48.1 | 41.1 | - | 55.0 | 220 | 18.4 | 10.5 | - | 26.4 |
| Hispanic or Latine | 951 | 48.1 | 43.5 | - | 52.7 | 496 | 14.9 | 9.8 | - | 20.0 |
| White | 6,370 | 62.9 | 61.2 | - | 64.7 | 3,805 | 9.6 | 8.3 | - | 10.9 |
| Other & Multiracial | 316 | 53.7 | 45.2 | - | 62.3 | 175 | 8.7 | 3.9 | - | 13.4 |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |
| Disability | 2,294 | 52.4 | 49.3 | - | 55.6 | 1,156 | 19.6 | 16.2 | - | 23.0 |
| No disability | 6,255 | 61.9 | 60.1 | - | 63.7 | 3,787 | 7.2 | 6.1 | - | 8.4 |
| Education |  |  |  |  |  |  |  |  |  |  |
| < High school | 393 | 42.2 | 35.2 | - | 49.2 | † |  |  |  |  |
| High school | 1,479 | 53.9 | 50.2 | - | 57.6 | 734 | 9.9 | 7.2 | - | 12.6 |
| College 1–3 yrs | 1,862 | 59.4 | 56.2 | - | 62.7 | 1,055 | 13.7 | 10.9 | - | 16.4 |
| College 4+ yrs | 4,863 | 66.2 | 64.3 | - | 68.0 | 3,026 | 8.1 | 6.8 | - | 9.3 |
| Household Income |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 822 | 45.7 | 40.4 | - | 51.0 | 365 | 18.2 | 11.8 | - | 24.7 |
| $25,000–49,999 | 1,289 | 49.4 | 45.2 | - | 53.7 | 639 | 15.5 | 11.2 | - | 19.7 |
| $50,000–74,999 | 932 | 61.6 | 57.0 | - | 66.2 | 537 | 12.6 | 8.6 | - | 16.5 |
| $75,000–99,999 | 905 | 62.8 | 58.0 | - | 67.5 | 559 | 10.0 | 6.7 | - | 13.3 |
| $100,000+ | 2,890 | 70.7 | 68.3 | - | 73.0 | 1,994 | 7.4 | 6.0 | - | 8.9 |
| SOGI\*\* |  |  |  |  |  |  |  |  |  |  |
| Lesbian/Gay/Bisexual/Transgender | 862 | 66.4 | 61.5 | - | 71.3 | 534 | 11.9 | 8.4 | - | 15.5 |
| Straight/Cisgender | 7,067 | 58.6 | 56.8 | - | 60.3 | 4,033 | 9.7 | 8.4 | - | 11.0 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial.  † Insufficient Data  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62  \*\*\* Analysis conducted among those who reported ever having a positive test | | | | | | | | | | |

**Section 6.3: Sexual Violence**

Respondents were asked if they had experienced sexual violence at any time in their lifetime. Sexual violence was defined as having the sexual parts of the body touched without consent or attempted or completed sex without consent. Presented here are the percentages of men and women who reported that they had experienced sexual violence at some time in their lifetime.

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Table 6.3 – Sexual Violence Among Massachusetts Adults, 2023 | | | | | | | | | | | |
|  | Sexual Violence,  Women  N % 95% CI | | | | | Sexual Violence,  Men  N % 95% CI | | | | | |
|  |
|  |
| Overall | 1,168 | 21.4 | 17.9 | - | 24.9 | 1,111 | 7.1 | 5.1 | - | 9.1 |
| Age Group |  |  |  |  |  |  |  |  |  |  |
| 18–24 | † |  |  |  |  | † |  |  |  |  |
| 25–34 | 146 | 29.0 | 17.8 | - | 40.1 | 170 | 12.0 | 6.4 | - | 17.6 |
| 35–44 | 145 | 35.0 | 25.0 | - | 45.0 | † |  |  |  |  |
| 45–54 | 166 | 17.8 | 10.5 | - | 25.1 | † |  |  |  |  |
| 55–64 | 202 | 24.8 | 16.6 | - | 32.9 | 203 | 4.4 | 2.4 | - | 6.5 |
| 65–74 | 255 | 15.6 | 10.1 | - | 21.0 | † |  |  |  |  |
| 75 and older | † |  |  |  |  | † |  |  |  |  |
| Race/Hispanic Ethnicity\* |  |  |  |  |  |  |  |  |  |  |
| Asian | † |  |  |  |  | † |  |  |  |  |
| Black | † |  |  |  |  | † |  |  |  |  |
| Hispanic or Latine | 118 | 23.7 | 13.2 | - | 34.3 | 143 | 6.0 | 2.6 | - | 9.4 |
| White | 890 | 21.6 | 17.6 | - | 25.6 | 800 | 7.0 | 4.8 | - | 9.2 |
| Other & Multiracial |  |  |  |  |  |  |  |  |  |  |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |
| Disability | 329 | 33.4 | 25.4 | - | 41.5 | 272 | 13.5 | 8.4 | - | 18.6 |
| No disability | 826 | 17.0 | 13.5 | - | 20.6 | 823 | 5.2 | 3.1 | - | 7.2 |
| Education |  |  |  |  |  |  |  |  |  |  |
| < High school | † |  |  |  |  | † |  |  |  |  |
| High school | 161 | 20.6 | 10.7 | - | 30.4 | † |  |  |  |  |
| College 1–3 yrs | 282 | 26.9 | 19.1 | - | 34.8 | 231 | 7.7 | 3.6 | - | 11.8 |
| College 4+ yrs | 669 | 20.1 | 16.2 | - | 23.9 | 606 | 4.5 | 2.9 | - | 6.1 |
| Household Income |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 124 | 25.7 | 15.1 | - | 36.4 | 91 | 18.6 | 9.4 | - | 27.8 |
| $25,000–49,999 | 165 | 24.8 | 15.5 | - | 34.1 | † |  |  |  |  |
| $50,000–74,999 | 120 | 18.7 | 10.0 | - | 27.5 | † |  |  |  |  |
| $75,000–99,999 | 122 | 20.9 | 11.6 | - | 30.2 | † |  |  |  |  |
| $100,000+ | 383 | 22.5 | 16.4 | - | 28.6 | 397 | 3.7 | 2.0 | - | 5.4 |
| SOGI\*\* |  |  |  |  |  |  |  |  |  |  |
| Lesbian/Gay/Bisexual/Transgender | 143 | 37.4 | 24.7 | - | 50.0 | 114 | 19.7 | 9.4 | - | 30.0 |
| Straight/Cisgender | 1,000 | 18.6 | 15.4 | - | 21.8 | 974 | 6.0 | 4.1 | - | 7.9 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial.  † Insufficient Data  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62 | | | | | | | | | | | |

## **Section 6.4: 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, threaten you with a knife, gun, or other weapon, 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 6.4 shows the percentages of men and women who reported that they had experienced intimate partner violence at some time in their lifetime.

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Table 6.4 – Intimate Partner Violence Among Massachusetts Adults, 2023 | | | | | | | | | | |
|  | Intimate Partner Violence,  Women  N % 95% CI | | | | | Intimate Partner Violence,  Men  N % 95% CI | | | | |
|  |
|  |
| Overall | 1,232 | 21.7 | 18.3 | - | 25.0 | 1,154 | 14.6 | 11.8 | - | 17.3 |
| Age Group |  |  |  |  |  |  |  |  |  |  |
| 18–24 | 73 | 17.8 | 8.4 | - | 27.2 | 87 | 20.3 | 9.3 | - | 31.3 |
| 25–34 | 151 | 32.3 | 21.1 | - | 43.5 | 175 | 15.3 | 9.3 | - | 21.3 |
| 35–44 | 157 | 26.5 | 18.0 | - | 35.1 | 143 | 22.7 | 13.7 | - | 31.7 |
| 45–54 | 175 | 21.5 | 13.2 | - | 29.7 | 169 | 21.5 | 13.5 | - | 29.6 |
| 55–64 | 213 | 20.1 | 12.8 | - | 27.3 | 211 | 11.5 | 5.6 | - | 17.4 |
| 65–74 | 266 | 18.0 | 11.2 | - | 24.9 | † |  |  |  |  |
| 75 and older | † |  |  |  |  | † |  |  |  |  |
| Race/Hispanic Ethnicity\* |  |  |  |  |  |  |  |  |  |  |
| Asian | † |  |  |  |  | † |  |  |  |  |
| Black | † |  |  |  |  | † |  |  |  |  |
| Hispanic or Latine | 120 | 32.6 | 20.8 | - | 44.4 | 143 | 18.5 | 9.2 | - | 27.7 |
| White | 941 | 20.5 | 16.7 | - | 24.3 | 833 | 13.6 | 10.6 | - | 16.5 |
| Other & Multiracial |  |  |  |  |  |  |  |  |  |  |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |
| Disability | 350 | 38.3 | 30.5 | - | 46.1 | 283 | 27.5 | 20.4 | - | 34.6 |
| No disability | 868 | 15.4 | 12.4 | - | 18.5 | 856 | 11.0 | 8.2 | - | 13.8 |
| Education |  |  |  |  |  |  |  |  |  |  |
| < High school | 55 | 28.3 | 12.8 | - | 43.7 | 69 | 23.7 | 11.3 | - | 36.2 |
| High school | 176 | 22.6 | 13.2 | - | 32.0 | 200 | 16.4 | 9.8 | - | 23.1 |
| College 1–3 yrs | 298 | 27.3 | 20.3 | - | 34.3 | 244 | 17.0 | 11.2 | - | 22.8 |
| College 4+ yrs | 697 | 16.8 | 13.3 | - | 20.3 | 634 | 10.1 | 7.3 | - | 13.0 |
| Household Income |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 139 | 41.1 | 29.4 | - | 52.7 | 96 | 40.9 | 27.0 | - | 54.8 |
| $25,000–49,999 | 173 | 26.9 | 17.7 | - | 36.2 | † |  |  |  |  |
| $50,000–74,999 | 125 | 23.7 | 14.1 | - | 33.4 | 125 | 16.8 | 8.8 | - | 24.7 |
| $75,000–99,999 | 127 | 20.9 | 11.3 | - | 30.4 | 138 | 16.3 | 7.3 | - | 25.3 |
| $100,000+ | 397 | 15.4 | 10.9 | - | 19.8 | 411 | 11.4 | 7.6 | - | 15.3 |
| SOGI\*\* |  |  |  |  |  |  |  |  |  |  |
| Lesbian/Gay/Bisexual/Transgender | 146 | 34.5 | 22.7 | - | 46.3 | 120 | 23.8 | 12.9 | - | 34.8 |
| Straight/Cisgender | 1,059 | 19.8 | 16.5 | - | 23.1 | 1,009 | 13.7 | 10.8 | - | 16.5 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial.  † Insufficient Data  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62 | | | | | | | | | | |

## **Section 6.5: Unintentional Falls**

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

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Table 6.5 –Unintentional Falls, Massachusetts Adults 65 and Older, 2023 | | | | | | | | | | | |
|  | Unintentional Falls  N % 95% CI | | | | | Injured by Unintentional Fall    N % 95% CI | | | | | |
|  |
|  |
| Overall | 2,999 | 27.3 | 24.8 | - | 29.7 | 2,985 | 11.0 | 9.3 | - | 12.8 |
| Sex |  |  |  |  |  |  |  |  |  |  |
| Male | 1,373 | 23.8 | 20.3 | - | 27.3 | 1,366 | 6.8 | 5.0 | - | 8.6 |
| Female | 1,626 | 30.0 | 26.6 | - | 33.4 | 1,619 | 14.4 | 11.7 | - | 17.1 |
| Age Group |  |  |  |  |  |  |  |  |  |  |
| 65-74 | 1,661 | 26.1 | 23.0 | - | 29.3 | 1,654 | 10.2 | 8.1 | - | 12.3 |
| 75-84 | 920 | 29.5 | 24.9 | - | 34.1 | 916 | 12.2 | 8.9 | - | 15.5 |
| 85 and older | 230 | 40.6 | 29.4 | - | 51.9 | 227 | 18.9 | 8.7 | - | 29.1 |
| Race/Hispanic Ethnicity\* |  |  |  |  |  |  |  |  |  |  |
| Asian | † |  |  |  |  | † |  |  |  |  |
| Black | 87 | 22.0 | 9.2 |  | 34.9 | † |  |  |  |  |
| Hispanic or Latine | 111 | 19.6 | 9.9 | - | 29.4 | † |  |  |  |  |
| White | 2,598 | 28.9 | 26.3 | - | 31.6 | 2,586 | 11.5 | 9.6 | - | 13.4 |
| Other & Multiracial | 84 | 31.0 | 16.8 | - | 45.2 | † |  |  |  |  |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |
| Disability | 1,069 | 41.6 | 36.8 | - | 46.4 | 1,058 | 18.8 | 15.0 | - | 22.7 |
| No disability | 1,886 | 19.4 | 16.8 | - | 22.0 | 1,883 | 6.8 | 5.2 | - | 8.4 |
| Education |  |  |  |  |  |  |  |  |  |  |
| < High school | 114 | 18.5 | 7.9 | - | 29.0 | † |  |  |  |  |
| High school | 498 | 23.0 | 17.8 | - | 28.3 | 493 | 10.7 | 6.9 | - | 14.5 |
| College 1–3 yrs | 730 | 33.1 | 28.0 | - | 38.2 | 726 | 12.9 | 9.2 | - | 16.6 |
| College 4+ yrs | 1,626 | 27.6 | 24.6 | - | 30.7 | 1,622 | 10.5 | 8.5 | - | 12.6 |
| Household Income |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 292 | 40.5 | 31.0 | - | 50.0 | 291 | 22.2 | 13.1 | - | 31.4 |
| $25,000–49,999 | 527 | 28.8 | 22.7 | - | 34.9 | 525 | 12.9 | 8.3 | - | 17.6 |
| $50,000–74,999 | 372 | 26.5 | 20.1 | - | 33.0 | 369 | 11.6 | 6.9 | - | 16.2 |
| $75,000–99,999 | 333 | 28.0 | 20.8 | - | 35.2 | 332 | 5.8 | 2.7 | - | 8.9 |
| $100,000+ | 659 | 25.2 | 20.6 | - | 29.7 | 656 | 9.9 | 6.8 | - | 13.0 |
| SOGI\*\* |  |  |  |  |  |  |  |  |  |  |
| Lesbian/Gay/Bisexual/Transgender | 146 | 38.5 | 26.5 | - | 50.5 | 146 | 17.2 | 7.4 | - | 26.9 |
| Straight/Cisgender | 2,632 | 27.2 | 24.6 | - | 29.8 | 2,619 | 11.0 | 9.1 | - | 12.8 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial.  † Insufficient Data  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62 | | | | | | | | | | | |

## **Section 6.6: Seatbelt Use**

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Table 6.6 – Seatbelt Use Among Massachusetts Adults, 2023 | | | | | |
|  | Always use a seatbelt  N % 95% CI | | | | |
| Overall | 8,672 | 84.6 | 83.5 | - | 85.8 |
| Sex |  |  |  |  |  |
| Male | 4,226 | 81.4 | 79.6 | - | 83.2 |
| Female | 4,446 | 87.5 | 86.0 | - | 89.0 |
| Age Group |  |  |  |  |  |
| 18–24 | 692 | 77.7 | 73.1 | - | 82.3 |
| 25–34 | 1,209 | 84.4 | 81.5 | - | 87.2 |
| 35–44 | 1,157 | 87.1 | 84.6 | - | 89.5 |
| 45–54 | 1,185 | 86.0 | 83.2 | - | 88.8 |
| 55–64 | 1,497 | 83.0 | 80.0 | - | 85.9 |
| 65–74 | 1,627 | 86.9 | 83.8 | - | 89.9 |
| 75 and older | 1,121 | 87.5 | 84.6 | - | 90.4 |
| Race/Hispanic Ethnicity\* |  |  |  |  |  |
| Asian | 380 | 89.5 | 85.3 | - | 93.8 |
| Black | 469 | 76.7 | 70.8 | - | 82.7 |
| Hispanic or Latine | 932 | 83.6 | 80.5 | - | 86.6 |
| White | 6,398 | 85.4 | 84.0 | - | 86.8 |
| Other & Multiracial | 319 | 81.6 | 76.0 | - | 87.3 |
| Disability¶ |  |  |  |  |  |
| Disability | 2,289 | 80.2 | 77.7 | - | 82.6 |
| No disability | 6,282 | 86.2 | 84.9 | - | 87.5 |
| Education |  |  |  |  |  |
| < High school | 383 | 78.6 | 73.1 | - | 84.1 |
| High school | 1,474 | 76.6 | 73.5 | - | 79.7 |
| College 1–3 yrs | 1,874 | 83.7 | 81.4 | - | 85.9 |
| College 4+ yrs | 4,894 | 91.3 | 90.2 | - | 92.3 |
| Household Income |  |  |  |  |  |
| <$25,000 | 807 | 79.3 | 75.2 | - | 83.4 |
| $25,000–49,999 | 1,291 | 79.2 | 75.7 | - | 82.7 |
| $50,000–74,999 | 934 | 81.6 | 77.6 | - | 85.5 |
| $75,000–99,999 | 909 | 83.4 | 79.6 | - | 87.1 |
| $100,000+ | 2,907 | 87.7 | 85.9 | - | 89.6 |
| SOGI\*\* |  |  |  |  |  |
| Lesbian/Gay/Bisexual/Transgender | 861 | 81.5 | 77.4 | - | 85.6 |
| Straight/Cisgender | 7,087 | 84.8 | 83.5 | - | 86.0 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial.  † Insufficient Data  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62 | | | | | |

## **Section 6.7: Suicide**

Respondents were asked if during the previous twelve months, they had seriously considered attempting suicide. Those who responded ‘Yes’ were then asked if they had actually attempted suicide. Presented here is the percentage of adults who reported having seriously considered suicide in the previous year.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Table 6.7 - Suicidal Ideation Among Massachusetts Adults, 2023 | | | | | |
|  | Seriously Considered Suicide in past year  N % 95% CI | | | | |
| Overall | 2,582 | 3.7 | 2.4 | - | 5.0 |
| Sex |  |  |  |  |  |
| Male | 1,244 | 4.0 | 2.3 | - | 5.6 |
| Female | 1,338 | 3.5 | 1.6 | - | 5.4 |
| Age Group |  |  |  |  |  |
| 18–24 | † |  |  |  |  |
| 25–34 | † |  |  |  |  |
| 35–44 | † |  |  |  |  |
| 45–54 | † |  |  |  |  |
| 55–64 | † |  |  |  |  |
| 65–74 | † |  |  |  |  |
| 75 and older | † |  |  |  |  |
| Race/Hispanic Ethnicity\* |  |  |  |  |  |
| Asian | † |  |  |  |  |
| Black | † |  |  |  |  |
| Hispanic or Latine | † |  |  |  |  |
| White | 1,897 | 3.2 | 1.7 | - | 4.8 |
| Other & Multiracial | † |  |  |  |  |
| Disability¶ |  |  |  |  |  |
| Disability | 689 | 9.9 | 5.8 | - | 14.1 |
| No disability | 1,859 | 1.5 | 0.6 | - | 2.4 |
| Education |  |  |  |  |  |
| < High school | † |  |  |  |  |
| High school | † |  |  |  |  |
| College 1–3 yrs | † |  |  |  |  |
| College 4+ yrs | 1,416 | 2.6 | 1.3 | - | 4.0 |
| Household Income |  |  |  |  |  |
| <$25,000 | 259 | 9.6 | 4.0 | - | 15.2 |
| $25,000–49,999 | † |  |  |  |  |
| $50,000–74,999 | † |  |  |  |  |
| $75,000–99,999 | † |  |  |  |  |
| $100,000+ | † |  |  |  |  |
| SOGI\*\* |  |  |  |  |  |
| Lesbian/Gay/Bisexual/Transgender | † |  |  |  |  |
| Straight/Cisgender | 2,242 | 2.5 | 1.6 | - | 3.5 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial.  † Insufficient Data  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62 | | | | | |

## **Section 6.8: 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 marijuana six or more times in the past year. Non-medical use of opioids is not shown due to small numbers across all groups.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Table 6.8.1 – Prescription Opioid Use Among Massachusetts Adults, 2023 | | | | | |
|  | Ever Prescribed Opioid  N % 95% CI | | | | |
|  |
|  |
| Overall | 2,378 | 44.7 | 41.8 | - | 47.5 |
| Sex |  |  |  |  |  |
| Male | 1,148 | 45.2 | 41.3 | - | 49.2 |
| Female | 1,230 | 44.2 | 40.1 | - | 48.2 |
| Age Group |  |  |  |  |  |
| 18–24 | 172 | 22.0 | 12.7 | - | 31.3 |
| 25–34 | 307 | 37.4 | 30.5 | - | 44.3 |
| 35–44 | 327 | 48.2 | 41.2 | - | 55.2 |
| 45–54 | 328 | 56.0 | 48.6 | - | 63.5 |
| 55–64 | 414 | 53.0 | 46.2 | - | 59.9 |
| 65–74 | 457 | 52.4 | 45.3 | - | 59.6 |
| 75 and older | 315 | 41.8 | 33.4 | - | 50.1 |
| Race/Hispanic Ethnicity\* |  |  |  |  |  |
| Asian | 109 | 24.2 | 14.2 | - | 34.3 |
| Black | 120 | 38.1 | 26.3 | - | 49.9 |
| Hispanic or Latine | 267 | 19.6 | 13.6 | - | 25.6 |
| White | 1,741 | 52.5 | 49.2 | - | 55.9 |
| Other & Multiracial | 94 | 39.9 | 26.8 | - | 52.9 |
| Disability¶ |  |  |  |  |  |
| Disability | 662 | 50.6 | 44.8 | - | 56.3 |
| No disability | 1,688 | 42.6 | 39.4 | - | 45.9 |
| Education |  |  |  |  |  |
| < High school | 95 | 22.1 | 11.3 | - | 32.9 |
| High school | 426 | 39.1 | 32.8 | - | 45.4 |
| College 1–3 yrs | 520 | 48.2 | 42.3 | - | 54.0 |
| College 4+ yrs | 1,327 | 50.5 | 46.9 | - | 54.2 |
| Household Income |  |  |  |  |  |
| <$25,000 | 203 | 30.6 | 22.3 | - | 38.8 |
| $25,000–49,999 | 373 | 38.1 | 30.9 | - | 45.3 |
| $50,000–74,999 | 286 | 57.2 | 49.0 | - | 65.3 |
| $75,000–99,999 | 221 | 54.4 | 44.8 | - | 63.9 |
| $100,000+ | 811 | 50.9 | 46.4 | - | 55.5 |
| SOGI\*\* |  |  |  |  |  |
| Lesbian/Gay/Bisexual/Transgender | 270 | 44.4 | 36.2 | - | 52.7 |
| Straight/Cisgender | 2,061 | 45.1 | 42.1 | - | 48.2 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial.  † Insufficient Data  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62 | | | | | |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Table 6.8.2 – Marijuana Use Among Massachusetts Adults, 2023 | | | | | | | | | | | |
|  | Ever Prescribed Marijuana  N % 95% CI | | | | | Non-medical Use of Marijuana, past year  N % 95% CI | | | | | |
|  |
|  |
| Overall | 2,411 | 4.4 | 3.2 | - | 5.6 | 2,399 | 18.2 | 16.0 | - | 20.4 |
| Sex |  |  |  |  |  |  |  |  |  |  |
| Male | 1,167 | 5.5 | 3.5 | - | 7.6 | 1,159 | 21.8 | 18.4 | - | 25.1 |
| Female | 1,244 | 3.4 | 2.1 | - | 4.6 | 1,240 | 14.9 | 11.9 | - | 17.8 |
| Age Group |  |  |  |  |  |  |  |  |  |  |
| 18–24 | † |  |  |  |  | 172 | 26.5 | 17.4 | - | 35.7 |
| 25–34 | † |  |  |  |  | 308 | 29.0 | 22.6 | - | 35.3 |
| 35–44 | 334 | 5.7 | 2.9 | - | 8.4 | 330 | 27.0 | 21.0 | - | 33.1 |
| 45–54 | 329 | 5.6 | 2.6 | - | 8.7 | 330 | 15.6 | 9.6 | - | 21.5 |
| 55–64 | † |  |  |  |  | 417 | 12.4 | 8.3 | - | 16.6 |
| 65–74 | † |  |  |  |  | 462 | 9.8 | 6.7 | - | 12.8 |
| 75 and older | † |  |  |  |  | † |  |  |  |  |
| Race/Hispanic Ethnicity\* |  |  |  |  |  |  |  |  |  |  |
| Asian | † |  |  |  |  | † |  |  |  |  |
| Black | † |  |  |  |  | 123 | 14.6 | 6.2 | - | 22.9 |
| Hispanic or Latine | † |  |  |  |  | 267 | 9.6 | 5.7 | - | 13.4 |
| White | 1,765 | 4.7 | 3.2 | - | 6.1 | 1,755 | 20.1 | 17.3 | - | 22.8 |
| Other & Multiracial | † |  |  |  |  | 95 | 29.3 | 15.0 | - | 43.7 |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |
| Disability | 671 | 7.6 | 4.9 | - | 10.3 | 673 | 20.1 | 15.3 | - | 24.8 |
| No disability | 1,711 | 2.8 | 1.7 | - | 3.8 | 1,698 | 17.7 | 15.2 | - | 20.1 |
| Education |  |  |  |  |  |  |  |  |  |  |
| < High school | † |  |  |  |  | † |  |  |  |  |
| High school | † |  |  |  |  | 434 | 15.8 | 11.5 | - | 20.2 |
| College 1–3 yrs | 526 | 8.7 | 4.9 | - | 12.5 | 519 | 23.3 | 18.1 | - | 28.5 |
| College 4+ yrs | 1,346 | 3.3 | 2.1 | - | 4.5 | 1,339 | 17.7 | 14.9 | - | 20.4 |
| Household Income |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 205 | 6.1 | 2.7 | - | 9.5 | 206 | 14.4 | 8.4 | - | 20.4 |
| $25,000–49,999 | † |  |  |  |  | 383 | 14.5 | 9.7 | - | 19.3 |
| $50,000–74,999 | † |  |  |  |  | 289 | 22.6 | 16.1 | - | 29.1 |
| $75,000–99,999 | † |  |  |  |  | 222 | 23.2 | 13.5 | - | 32.8 |
| $100,000+ | 818 | 5.0 | 3.0 | - | 7.0 | 817 | 20.9 | 17.2 | - | 24.6 |
| SOGI\*\* |  |  |  |  |  |  |  |  |  |  |
| Lesbian/Gay/Bisexual/Transgender | 275 | 7.1 | 3.7 | - | 10.6 | 273 | 34.2 | 26.0 | - | 42.4 |
| Straight/Cisgender | 2,088 | 4.0 | 2.8 | - | 5.3 | 2,081 | 16.0 | 13.8 | - | 18.2 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial.  † Insufficient Data  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62 | | | | | | | | | | | |

Appendix

**Age-Adjusted Percentages For Selected Topics**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Massachusetts Behavioral Risk Factor Surveillance System, 2023** | | | | | | | | | | | | | | | | | | | | |
|  | Fair or Poor Health | | | | Poor Physical Health | | | | Poor Mental Health | | | | Personal Doctor | | | | No Doctor due to Cost | | | |
|  | % | 95% CI | | | % | 95% CI | | | % | 95% CI | | | % | 95% CI | | | % | 95% CI | | |
| Overall | 15.0 | 13.8 | - | 16.2 | 10.4 | 9.4 | - | 11.4 | 15.2 | 14.0 | - | 16.4 | 90.3 | 89.2 | - | 91.4 | 7.3 | 6.4 | - | 8.3 |
| Sex |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Male | 14.6 | 13.1 | - | 16.2 | 9.1 | 7.9 | - | 10.3 | 12.2 | 10.8 | - | 13.6 | 88.1 | 86.6 | - | 89.6 | 7.3 | 6.2 | - | 8.5 |
| Female | 15.2 | 13.6 | - | 16.8 | 11.5 | 10.0 | - | 12.9 | 17.7 | 15.9 | - | 19.5 | 91.7 | 90.4 | - | 93.1 | 8.2 | 6.8 | - | 9.6 |
| Race/Hispanic Ethnicity\* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Asian | 6.8 | 3.7 | - | 9.9 | 6.3 | 3.2 | - | 9.3 | 7.5 | 4.9 | - | 10.1 | 90.2 | 87.5 | - | 92.9 | 4.8 | 2.4 | - | 7.3 |
| Black | 20.9 | 15.5 | - | 26.3 | 9.4 | 5.5 | - | 13.3 | 12.3 | 8.0 | - | 16.6 | 85.1 | 80.0 | - | 90.2 | 11.1 | 7.0 | - | 15.1 |
| Hispanic or Latine | 29.8 | 25.5 | - | 34.1 | 14.8 | 11.5 | - | 18.1 | 14.6 | 11.1 | - | 18.1 | 78.4 | 74.8 | - | 82.0 | 14.4 | 11.0 | - | 17.9 |
| White | 12.4 | 11.2 | - | 13.5 | 9.6 | 8.5 |  | 10.6 | 16.0 | 14.6 | - | 17.4 | 93.7 | 92.7 | - | 94.6 | 5.7 | 4.8 | - | 6.6 |
| Other & Multiracial | 21.7 | 14.9 | - | 28.5 | 16.4 | 10.6 |  | 22.1 | 22.6 | 15.7 | - | 29.5 | 89.7 | 85.2 | - | 94.2 | 16.5 | 9.9 | - | 23.1 |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Disability | 36.2 | 33.0 | - | 39.5 | 28.1 | 24.9 | - | 31.2 | 37.4 | 33.9 | - | 40.8 | 89.5 | 87.1 | - | 91.9 | 15.9 | 13.1 | - | 18.7 |
| No disability | 7.3 | 6.4 | - | 8.3 | 4.1 | 3.5 | - | 4.8 | 8.0 | 7.1 | - | 9.0 | 90.2 | 89.1 | - | 91.4 | 5.1 | 4.2 | - | 5.9 |
| Education |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| < High school | 33.3 | 27.3 | - | 39.2 | 18.9 | 14.1 | - | 23.7 | 17.9 | 12.8 | - | 23.1 | 77.5 | 72.6 | - | 82.5 | 16.8 | 11.9 | - | 21.7 |
| High school | 20.8 | 18.0 | - | 23.6 | 12.9 | 10.4 | - | 15.3 | 17.6 | 14.8 | - | 20.3 | 86.7 | 84.0 | - | 89.4 | 9.4 | 7.2 | - | 11.6 |
| College 1–3 yrs | 16.8 | 14.4 | - | 19.1 | 12.8 | 10.8 | - | 14.8 | 20.1 | 17.5 | - | 22.8 | 92.8 | 91.0 | - | 94.5 | 9.6 | 7.6 | - | 11.7 |
| College 4+ yrs | 7.1 | 6.2 | - | 8.0 | 6.0 | 5.2 | - | 6.8 | 11.3 | 9.8 | - | 12.7 | 92.1 | 90.8 | - | 93.3 | 4.5 | 3.6 | - | 5.4 |
| Household Income |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 40.1 | 35.2 | - | 45.1 | 24.8 | 19.9 | - | 29.7 | 26.4 | 21.8 | - | 31.1 | 83.8 | 79.9 | - | 87.8 | 21.1 | 16.0 | - | 26.2 |
| $25,000–49,999 | 22.5 | 19.1 | - | 26.0 | 14.6 | 11.8 | - | 17.4 | 21.8 | 18.3 | - | 25.4 | 86.6 | 83.7 | - | 89.5 | 10.2 | 7.7 | - | 12.7 |
| $50,000–74,999 | 14.3 | 11.2 | - | 17.3 | 10.9 | 8.2 | - | 13.6 | 17.0 | 13.2 | - | 20.8 | 91.0 | 88.2 | - | 93.8 | 7.9 | 5.4 | - | 10.5 |
| $75,000–99,999 | 11.7 | 8.2 | - | 15.2 | 9.1 | 6.3 | - | 11.9 | 15.5 | 11.6 | - | 19.4 | 90.8 | 87.6 |  | 94.1 | 7.5 | 4.3 | - | 10.6 |
| $100,000+ | 6.2 | 4.9 | - | 7.4 | 5.3 | 4.2 | - | 6.4 | 9.4 | 7.9 | - | 10.8 | 94.7 | 93.7 | - | 95.8 | 3.1 | 2.2 | - | 4.0 |
| SOGI\*\* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lesbian/Gay/Bisexual/Transgender | 16.7 | 13.4 | - | 20.0 | 10.4 | 7.8 | - | 13.0 | 25.8 | 21.8 | - | 29.7 | 90.8 | 88.1 | - | 93.4 | 10.8 | 8.0 | - | 13.6 |
| Straight/Cisgender | 14.5 | 13.2 | - | 15.7 | 10.0 | 9.0 | - | 11.0 | 13.1 | 11.9 | - | 14.4 | 90.0 | 88.8 | - | 91.3 | 6.6 | 5.7 | - | 7.6 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial.  † Insufficient Data  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62 | | | | | | | | | | | | | | | | | | | | |

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

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Massachusetts Behavioral Risk Factor Surveillance System, 2023** | | | | | | | | | | | | | | | | | | | | |
|  | Checkup in Past Year | | | | Current Smoker | | | | Former Smoker | | | | Use E-vapor products | | | | Binge Drinking | | | |
|  | % | 95% CI | | | % | 95% CI | | | % | 95% CI | | | % | 95% CI | | | % | 95% CI | | |
| Overall | 80.9 | 79.6 | - | 82.3 | 10.7 | 9.6 | - | 11.8 | 23.2 | 21.9 | - | 24.5 | 7.0 | 6.1 | - | 7.9 | 17.6 | 16.3 | - | 18.9 |
| Sex |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Male | 76.8 | 74.9 | - | 78.6 | 13.2 | 11.4 | - | 14.9 | 23.9 | 22.1 | - | 25.7 | 7.4 | 6.2 | - | 8.6 | 23.1 | 21.1 | - | 25.0 |
| Female | 84.5 | 82.8 | - | 86.2 | 8.1 | 6.8 | - | 9.3 | 22.2 | 20.4 | - | 24.0 | 6.3 | 5.1 | - | 7.6 | 13.1 | 11.5 | - | 14.7 |
| Race/Hispanic Ethnicity\* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Asian | 76.1 | 69.7 | - | 82.5 | 6.0 | 3.0 | - | 9.0 | 10.4 | 6.3 | - | 14.6 | 3.3 | 1.5 | - | 5.1 | 6.8 | 4.4 | - | 9.1 |
| Black | 81.8 | 76.8 | - | 86.8 | 12.8 | 6.4 | - | 19.3 | 13.7 | 9.1 | - | 18.3 | 4.8 | 2.5 | - | 7.2 | 7.5 | 4.2 | - | 10.8 |
| Hispanic or Latine | 80.1 | 76.3 | - | 83.9 | 9.5 | 7.0 | - | 11.9 | 14.9 | 11.3 | - | 18.5 | 5.0 | 3.6 | - | 6.3 | 15.5 | 12.3 | - | 18.7 |
| White | 81.5 | 80.1 | - | 83.0 | 10.4 | 9.2 | - | 11.7 | 25.9 | 24.4 | - | 27.5 | 7.8 | 6.6 |  | 9.0 | 21.8 | 20.1 |  | 23.5 |
| Other & Multiracial | 77.2 | 71.2 |  | 83.3 | 16.5 | 10.3 | - | 22.8 | 24.4 | 17.4 | - | 31.4 | 10.0 | 5.3 | - | 14.6 | 13.0 | 8.3 | - | 17.7 |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Disability | 80.6 | 77.6 | - | 83.7 | 19.6 | 16.7 | - | 22.5 | 27.9 | 24.8 | - | 30.9 | 12.3 | 9.9 | - | 14.6 | 16.2 | 13.7 | - | 18.7 |
| No disability | 80.6 | 79.1 | - | 82.1 | 7.7 | 6.6 | - | 8.7 | 21.5 | 20.1 | - | 22.8 | 5.2 | 4.4 | - | 6.1 | 18.4 | 16.9 | - | 19.8 |
| Education |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| < High school | 80.5 | 75.3 | - | 85.8 | 21.5 | 15.9 | - | 27.0 | 18.6 | 13.7 | - | 23.5 | 9.1 | 5.8 | - | 12.5 | 13.3 | 9.0 | - | 17.6 |
| High school | 76.8 | 73.6 | - | 80.0 | 18.5 | 15.4 | - | 21.6 | 28.4 | 25.0 | - | 31.7 | 10.1 | 7.7 | - | 12.4 | 16.5 | 13.4 | - | 19.5 |
| College 1–3 yrs | 80.2 | 77.4 | - | 82.9 | 13.4 | 11.0 | - | 15.8 | 28.9 | 26.0 | - | 31.8 | 9.4 | 7.4 | - | 11.4 | 20.0 | 17.2 | - | 22.9 |
| College 4+ yrs | 81.0 | 79.3 | - | 82.7 | 3.6 | 2.9 | - | 4.4 | 18.4 | 17.0 | - | 19.8 | 3.3 | 2.5 | - | 4.2 | 19.4 | 17.7 | - | 21.2 |
| Household Income |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 82.1 | 77.8 | - | 86.4 | 18.3 | 14.4 | - | 22.1 | 26.3 | 21.6 | - | 31.0 | 10.5 | 7.2 | - | 13.7 | 13.2 | 9.7 | - | 16.8 |
| $25,000–49,999 | 75.4 | 71.5 | - | 79.4 | 18.9 | 15.4 | - | 22.4 | 21.7 | 18.3 | - | 25.1 | 7.4 | 5.3 | - | 9.5 | 15.8 | 12.6 | - | 19.0 |
| $50,000–74,999 | 79.6 | 75.3 | - | 84.0 | 13.5 | 9.8 | - | 17.2 | 28.4 | 24.3 | - | 32.5 | 7.0 | 4.7 | - | 9.3 | 16.2 | 12.6 | - | 19.7 |
| $75,000–99,999 | 81.3 | 77.4 | - | 85.3 | 8.4 | 5.6 | - | 11.3 | 26.3 | 22.3 | - | 30.3 | 9.0 | 5.7 | - | 12.3 | 17.9 | 14.3 | - | 21.6 |
| $100,000+ | 82.0 | 80.1 | - | 83.9 | 5.8 | 4.5 | - | 7.2 | 22.7 | 20.7 | - | 24.7 | 5.6 | 4.2 | - | 6.9 | 23.5 | 21.0 | - | 25.9 |
| SOGI\*\* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lesbian/Gay/Bisexual/Transgender | 82.0 | 78.3 | - | 85.7 | 11.9 | 8.6 | - | 15.1 | 23.4 | 19.4 | - | 27.4 | 9.0 | 6.6 | - | 11.5 | 18.6 | 14.9 | - | 22.2 |
| Straight/Cisgender | 80.6 | 79.2 | - | 82.1 | 10.5 | 9.3 | - | 11.7 | 23.3 | 21.9 | - | 24.7 | 6.4 | 5.5 | - | 7.4 | 17.4 | 16.0 | - | 18.9 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial.  † Insufficient Data  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62 | | | | | | | | | | | | | | | | | | | | |

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

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Massachusetts Behavioral Risk Factor Surveillance System, 2023** | | | | | | | | | | | | | | | | | | | | |
|  | Heavy Drinking | | | | Overweight (BMI≥25.0) | | | | Obese (BMI≥30.0) | | | | Met Aerobic Activity Guideline | | | | Met Muscle Strengthening Guideline | | | |
|  | % | 95% CI | | | % | 95% CI | | | % | 95% CI | | | % | 95% CI | | | % | 95% CI | | |
| Overall | 6.4 | 5.6 | - | 7.3 | 63.1 | 61.4 | - | 64.8 | 27.8 | 26.2 | - | 29.3 | 64.0 | 62.2 | - | 65.7 | 40.7 | 39.1 | - | 42.3 |
| Sex |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Male | 6.4 | 5.4 | - | 7.3 | 69.0 | 66.9 | - | 71.1 | 27.2 | 25.2 | - | 29.2 | 65.2 | 62.9 | - | 67.5 | 42.9 | 40.8 | - | 45.1 |
| Female | 6.7 | 5.7 | - | 7.6 | 56.1 | 53.7 | - | 58.6 | 28.0 | 25.9 | - | 30.1 | 63.2 | 60.9 | - | 65.5 | 39.2 | 37.0 | - | 41.4 |
| Race/Hispanic Ethnicity\* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Asian | † |  |  |  | 45.6 | 37.7 | - | 53.5 | 12.1 | 6.7 | - | 17.6 | 64.1 | 56.8 | - | 71.4 | 44.8 | 37.6 | - | 51.9 |
| Black | 3.0 | 2.2 | - | 3.8 | 68.3 | 61.8 | - | 74.8 | 32.4 | 26.3 | - | 38.6 | 49.5 | 42.6 | - | 56.4 | 39.5 | 32.9 | - | 46.0 |
| Hispanic or Latine | 4.3 | 2.4 | - | 6.1 | 71.4 | 67.1 | - | 75.7 | 39.9 | 35.1 | - | 44.7 | 44.5 | 39.5 | - | 49.5 | 32.4 | 28.2 | - | 36.6 |
| White | 8.1 | 7.2 | - | 9.0 | 63.1 | 61.1 | - | 65.0 | 26.8 | 25.1 | - | 28.6 | 69.5 | 67.6 | - | 71.3 | 41.9 | 40.0 | - | 43.8 |
| Other & Multiracial | † |  |  |  | 55.6 | 47.7 | - | 63.6 | 26.4 | 19.6 | - | 33.2 | 66.0 | 58.1 | - | 73.9 | 49.8 | 41.9 | - | 57.7 |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Disability | 5.4 | 4.4 | - | 6.5 | 66.5 | 63.0 | - | 69.9 | 37.3 | 33.8 | - | 40.8 | 51.8 | 48.1 | - | 55.4 | 35.6 | 32.3 | - | 39.0 |
| No disability | 6.9 | 6.1 | - | 7.8 | 61.0 | 59.1 | - | 62.9 | 24.4 | 22.8 | - | 26.0 | 69.1 | 67.3 | - | 71.0 | 43.0 | 41.1 | - | 44.8 |
| Education |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| < High school | 4.4 | 2.3 | - | 6.6 | 65.3 | 59.0 | - | 71.6 | 35.9 | 29.3 | - | 42.5 | 39.4 | 32.4 | - | 46.5 | 32.8 | 26.6 | - | 39.0 |
| High school | 6.3 | 4.5 | - | 8.1 | 67.0 | 63.3 | - | 70.7 | 33.2 | 29.6 | - | 36.7 | 58.5 | 54.6 | - | 62.4 | 39.9 | 36.2 | - | 43.5 |
| College 1–3 yrs | 7.0 | 5.6 | - | 8.4 | 66.3 | 63.1 | - | 69.6 | 30.6 | 27.5 | - | 33.7 | 65.8 | 62.5 | - | 69.0 | 39.8 | 36.6 | - | 42.9 |
| College 4+ yrs | 6.8 | 6.0 | - | 7.6 | 58.4 | 56.2 | - | 60.7 | 21.7 | 19.9 | - | 23.5 | 72.2 | 70.2 | - | 74.2 | 43.6 | 41.5 | - | 45.7 |
| Household Income |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 3.3 | 1.9 | - | 4.6 | 60.8 | 55.1 | - | 66.6 | 32.9 | 28.0 | - | 37.8 | 43.4 | 37.6 | - | 49.1 | 31.5 | 26.5 | - | 36.4 |
| $25,000–49,999 | 7.6 | 4.9 | - | 10.3 | 64.5 | 60.5 | - | 68.4 | 36.2 | 31.9 | - | 40.5 | 53.5 | 49.0 | - | 58.1 | 40.4 | 36.1 | - | 44.6 |
| $50,000–74,999 | 7.3 | 5.0 | - | 9.6 | 69.8 | 65.4 | - | 74.2 | 31.6 | 26.9 | - | 36.2 | 63.7 | 58.8 | - | 68.6 | 37.9 | 33.0 | - | 42.9 |
| $75,000–99,999 | 6.7 | 4.6 | - | 8.8 | 65.3 | 60.8 | - | 69.8 | 27.9 | 23.6 | - | 32.2 | 68.8 | 64.0 | - | 73.6 | 42.4 | 37.6 | - | 47.3 |
| $100,000+ | 8.7 | 6.9 | - | 10.5 | 61.0 | 58.3 | - | 63.7 | 22.9 | 20.7 | - | 25.0 | 75.9 | 73.4 | - | 78.4 | 45.9 | 43.2 | - | 48.6 |
| SOGI\*\* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lesbian/Gay/Bisexual/Transgender | 8.3 | 5.6 | - | 10.9 | 63.7 | 58.9 | - | 68.5 | 31.1 | 26.6 | - | 35.5 | 64.8 | 60.0 | - | 69.7 | 37.9 | 33.3 | - | 42.5 |
| Straight/Cisgender | 6.4 | 5.5 | - | 7.4 | 62.7 | 60.8 | - | 64.5 | 27.0 | 25.4 | - | 28.7 | 64.0 | 62.1 | - | 65.8 | 41.6 | 39.8 | - | 43.3 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial..  † Insufficient Data  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62 | | | | | | | | | | | | | | | | | | | | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Massachusetts Behavioral Risk Factor Surveillance System, 2023** | | | | | | | | | | | | | | | | | | | | | |
|  | Cholesterol Checked in Past 5 Years | | | | | High Blood Pressure | | | | Received 3 Shots HBV Vaccine | | | | Diabetes | | | | Pre-diabetes | | | |
|  | % | 95% CI | | | | % | 95% CI | | | % | 95% CI | | | % | 95% CI | | | % | 95% CI | | |
| Overall | 90.1 | 88.9 | | - | 91.2 | 27.8 | 26.5 | - | 29.1 | 55.2 | 55.1 | - | 55.4 | 8.4 | 7.5 | - | 9.2 | 11.1 | 9.4 | - | 12.9 |
| Sex |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Male | 87.5 | 86.1 | | - | 89.0 | 33.1 | 31.2 | - | 35.0 | 50.0 | 49.9 | - | 50.2 | 9.9 | 8.7 | - | 11.2 | 10.2 | 9.3 | - | 11.1 |
| Female | 92.2 | 91.2 | | - | 93.3 | 23.0 | 21.4 | - | 24.6 | 60.5 | 60.3 | - | 60.7 | 7.4 | 6.3 | - | 8.5 | 12.0 | 10.0 | - | 13.9 |
| Race/Hispanic Ethnicity\* |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Asian | 92.9 | 90.8 | | - | 95.0 | 22.8 | 17.5 | - | 28.1 | † |  |  |  | 9.3 | 3.9 | - | 14.8 | 15.6 | 10.8 | - | 20.4 |
| Black | 87.2 | 83.4 | | - | 91.1 | 36.3 | 31.7 | - | 40.9 | 60.7 | 60.6 | - | 60.7 | 18.6 | 13.8 | - | 23.4 | 10.8 | 5.6 | - | 16.0 |
| Hispanic or Latine | 87.6 | 85.3 | | - | 89.9 | 29.7 | 25.6 | - | 33.7 | 49.1 | 48.9 | - | 49.2 | 12.6 | 9.5 | - | 15.7 | 14.6 | 10.2 | - | 18.9 |
| White | 90.6 | 89.6 | | - | 91.7 | 27.6 | 26.1 | - | 29.1 | 54.8 | 54.7 | - | 55.0 | 7.3 | 6.4 |  | 8.1 | 9.8 | 8.6 |  | 10.9 |
| Other & Multiracial | 89.2 | 84.2 | | - | 94.1 | 26.4 | 20.1 | - | 32.8 | 51.4 | 51.2 | - | 51.5 | 10.5 | 5.3 |  | 15.7 | 12.7 | 7.7 | - | 17.6 |
| Disability¶ |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Disability | 88.5 | 86.4 | | - | 90.5 | 38.7 | 35.7 | - | 41.6 | 47.3 | 47.0 | - | 47.5 | 14.8 | 12.6 | - | 17.1 | 13.7 | 11.1 | - | 16.4 |
| No disability | 90.9 | 89.9 | | - | 91.9 | 24.2 | 22.7 | - | 25.6 | 58.1 | 57.9 | - | 58.4 | 6.2 | 5.3 | - | 7.0 | 10.5 | 9.2 | - | 11.8 |
| Education |  |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| < High school | 81.5 | 77.0 | | - | 86.0 | 33.3 | 28.3 | - | 38.3 | 40.4 | 40.2 | - | 40.5 | 15.1 | 11.3 | - | 18.9 | 15.5 | 9.5 | - | 21.4 |
| High school | 86.6 | 84.2 | | - | 89.0 | 31.6 | 28.4 | - | 34.8 | 43.7 | 43.4 | - | 44.0 | 10.3 | 8.4 | - | 12.2 | 13.6 | 9.8 | - | 17.3 |
| College 1–3 yrs | 91.2 | 89.6 | | - | 92.7 | 30.5 | 27.7 | - | 33.2 | 59.6 | 59.4 | - | 59.8 | 9.2 | 7.4 | - | 11.0 | 9.3 | 7.8 | - | 10.9 |
| College 4+ yrs | 93.2 | 92.0 | | - | 94.3 | 23.9 | 22.3 | - | 25.5 | 62.0 | 61.8 | - | 62.2 | 5.8 | 5.0 | - | 6.6 | 10.4 | 9.7 | - | 11.1 |
| Household Income |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 86.9 | 82.6 | | - | 91.2 | 36.2 | 31.6 | - | 40.8 | 48.2 | 47.5 | - | 48.9 | 14.5 | 11.2 | - | 17.7 | 13.4 | 12.2 | - | 14.6 |
| $25,000–49,999 | 87.4 | 84.2 | | - | 90.5 | 29.8 | 26.4 | - | 33.3 | 53.5 | 53.3 | - | 53.8 | 10.1 | 7.7 | - | 12.5 | 14.1 | 13.9 | - | 14.3 |
| $50,000–74,999 | 91.7 | 88.6 | | - | 94.8 | 29.2 | 25.2 | - | 33.2 | 57.2 | 57.1 | - | 57.3 | 9.1 | 6.6 | - | 11.6 | 10.7 | 10.3 | - | 11.1 |
| $75,000–99,999 | 91.8 | 89.1 | | - | 94.5 | 27.9 | 23.7 | - | 32.1 | 51.6 | 50.9 | - | 52.3 | 7.5 | 5.4 | - | 9.6 | 9.4 | 8.1 | - | 10.7 |
| $100,000+ | 92.7 | 91.0 | | - | 94.4 | 25.4 | 23.4 | - | 27.4 | 61.9 | 61.9 | - | 62.0 | 5.0 | 3.9 | - | 6.0 | 7.5 | 7.4 | - | 7.6 |
| SOGI\*\* |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lesbian/Gay/Bisexual/Transgender | 91.5 | 88.9 | | - | 94.0 | 32.6 | 28.3 | - | 37.0 | 59.2 | 59.1 | - | 59.3 | 6.7 | 4.3 | - | 9.1 | 12.0 | 6.8 | - | 17.3 |
| Straight/Cisgender | 89.7 | 88.4 | | - | 91.0 | 27.1 | 25.7 | - | 28.4 | 54.5 | 54.4 | - | 54.7 | 8.3 | 7.5 | - | 9.2 | 10.9 | 9.1 | - | 12.8 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial.  † Insufficient Data  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62 | | | | | | | | | | | | | | | | | | | | | |

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

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Massachusetts Behavioral Risk Factor Surveillance System, 2023** | | | | | | | | | | | | | | | | | | | | |
|  | Ever had Asthma | | | | Currently have Asthma | | | | Ever Diagnosed with COPD | | | | Ever Diagnosed with Arthritis | | | | Ever diagnosed with Depressive Disorder | | | |
|  | % | 95% CI | | | % | 95% CI | | | % | 95% CI | | | % | 95% CI | | | % | 95% CI | | |
| Overall | 17.9 | 16.7 | - | 19.2 | 12.3 | 11.2 | - | 13.4 | 5.2 | 4.5 | - | 5.9 | 23.3 | 22.1 | - | 24.5 | 23.6 | 22.2 | - | 25.0 |
| Sex |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Male | 14.6 | 13.1 | - | 16.2 | 8.3 | 7.0 | - | 9.5 | 4.4 | 3.5 | - | 5.2 | 19.9 | 18.4 | - | 21.4 | 17.4 | 15.7 | - | 19.1 |
| Female | 20.9 | 19.1 | - | 22.7 | 15.6 | 14.1 | - | 17.2 | 5.8 | 4.8 | - | 6.8 | 26.1 | 24.4 | - | 27.8 | 29.1 | 27.1 | - | 31.2 |
| Race/Hispanic Ethnicity\* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Asian | 10.9 | 7.1 | - | 14.7 | 4.9 | 2.8 | - | 7.0 | † |  |  |  | 11.5 | 6.0 | - | 17.1 | 13.6 | 7.5 | - | 19.8 |
| Black | 18.8 | 12.7 | - | 24.9 | 13.9 | 8.2 | - | 19.5 | † |  |  |  | 23.0 | 18.5 | - | 27.4 | 13.0 | 9.0 | - | 16.9 |
| Hispanic or Latine | 18.1 | 14.5 | - | 21.6 | 12.9 | 10.0 | - | 15.9 | 4.7 | 2.6 | - | 6.8 | 22.8 | 18.9 | - | 26.8 | 20.3 | 16.5 | - | 24.0 |
| White | 19.1 | 17.6 | - | 20.6 | 12.9 | 11.6 | - | 14.1 | 5.5 | 4.7 | - | 6.3 | 24.1 | 22.7 |  | 25.4 | 26.7 | 25.0 |  | 28.4 |
| Other & Multiracial | 20.5 | 13.8 | - | 27.3 | 11.4 | 6.5 | - | 16.2 | † |  |  |  | 28.8 | 21.9 |  | 35.6 | 28.2 | 21.2 | - | 35.2 |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Disability | 27.6 | 24.5 | - | 30.8 | 21.1 | 18.3 | - | 24.0 | 12.1 | 9.9 | - | 14.3 | 39.7 | 36.6 | - | 42.9 | 48.0 | 44.6 | - | 51.4 |
| No disability | 15.1 | 13.8 | - | 16.4 | 9.4 | 8.3 | - | 10.4 | 2.7 | 2.1 | - | 3.2 | 17.5 | 16.3 | - | 18.7 | 15.7 | 14.4 | - | 17.1 |
| Education |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| < High school | 17.2 | 12.3 | - | 22.1 | 13.5 | 9.1 | - | 17.8 | 10.3 | 6.8 | - | 13.8 | 29.1 | 23.8 | - | 34.3 | 23.3 | 17.7 | - | 28.8 |
| High school | 18.5 | 15.6 | - | 21.4 | 12.7 | 10.3 | - | 15.0 | 7.1 | 5.3 | - | 8.9 | 25.2 | 22.4 | - | 28.1 | 23.3 | 20.2 | - | 26.3 |
| College 1–3 yrs | 20.6 | 18.0 | - | 23.3 | 14.4 | 12.1 | - | 16.7 | 7.2 | 5.6 | - | 8.8 | 27.5 | 24.8 | - | 30.2 | 28.2 | 25.2 | - | 31.2 |
| College 4+ yrs | 16.2 | 14.7 | - | 17.7 | 10.0 | 8.7 | - | 11.2 | 2.1 | 1.6 | - | 2.6 | 19.1 | 17.9 | - | 20.4 | 22.1 | 20.2 | - | 24.0 |
| Household Income |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 23.0 | 18.8 | - | 27.2 | 19.6 | 15.6 | - | 23.6 | 14.1 | 10.5 | - | 17.8 | 37.7 | 32.8 | - | 42.7 | 36.3 | 31.1 | - | 41.5 |
| $25,000–49,999 | 20.9 | 17.3 | - | 24.5 | 15.4 | 12.1 | - | 18.6 | 6.7 | 4.9 | - | 8.4 | 26.9 | 23.4 | - | 30.3 | 28.9 | 25.1 | - | 32.8 |
| $50,000–74,999 | 19.1 | 15.0 | - | 23.3 | 12.5 | 9.3 | - | 15.7 | 5.5 | 3.3 | - | 7.7 | 26.2 | 22.3 | - | 30.2 | 26.3 | 21.8 | - | 30.8 |
| $75,000–99,999 | 15.5 | 12.4 | - | 18.6 | 10.9 | 8.2 | - | 13.6 | 3.9 | 2.4 | - | 5.4 | 22.0 | 18.8 | - | 25.3 | 26.2 | 22.0 | - | 30.3 |
| $100,000+ | 16.7 | 14.6 | - | 18.8 | 9.7 | 8.0 | - | 11.4 | 2.2 | 1.5 | - | 2.9 | 18.2 | 16.6 | - | 19.7 | 17.9 | 15.8 | - | 20.0 |
| SOGI\*\* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lesbian/Gay/Bisexual/Transgender | 23.2 | 19.5 | - | 27.0 | 17.8 | 14.5 | - | 21.2 | 5.7 | 3.4 | - | 8.0 | 24.4 | 20.4 | - | 28.3 | 39.7 | 35.4 | - | 44.0 |
| Straight/Cisgender | 17.2 | 15.8 | - | 18.6 | 11.4 | 10.2 | - | 12.5 | 5.0 | 4.3 | - | 5.7 | 22.9 | 21.6 | - | 24.1 | 20.3 | 18.8 | - | 21.8 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial.  † Insufficient Data  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62 | | | | | | | | | | | | | | | | | | | | |

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

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Massachusetts Behavioral Risk Factor Surveillance System, 2023** | | | | | | | | | | | | | | | | |
|  | Ever Diagnosed with Cancer | | | | Ever Tested for HIV - ages 18-64 | | | | Ever Tested Positive for COVID | | | | Always use seatbelt | | | |
|  | % | 95% CI | | | % | 95% CI | | | % | 95% CI | | | % | 95% CI | | |
| Overall | 7.1 | 6.4 | - | 7.8 | 47.4 | 47.2 | - | 47.6 | 61.4 | 59.7 | - | 63.0 | 84.2 | 82.9 | - | 85.5 |
| Sex |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Male | 6.5 | 5.6 | - | 7.3 | 45.6 | 45.4 | - | 45.7 | 59.1 | 56.9 | - | 61.4 | 81.6 | 79.7 | - | 83.4 |
| Female | 7.9 | 6.9 | - | 8.9 | 49.6 | 49.2 | - | 50.1 | 63.0 | 60.8 | - | 65.2 | 87.2 | 85.6 | - | 88.8 |
| Race/Hispanic Ethnicity\* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Asian | † |  |  |  | 26.9 | 26.9 | - | 26.9 | 59.5 | 52.0 |  | 66.9 | 88.8 | 82.8 | - | 94.8 |
| Black | † |  |  |  | 54.8 | 54.8 | - | 54.8 | 48.2 | 41.4 |  | 55.0 | 78.0 | 72.6 | - | 83.3 |
| Hispanic or Latine | 4.5 | 2.5 | - | 6.5 | 52.3 | 52.2 | - | 52.3 | 48.2 | 43.5 | - | 52.9 | 84.1 | 80.9 | - | 87.2 |
| White | 7.9 | 7.1 | - | 8.7 | 47.5 | 47.4 | - | 47.7 | 67.1 | 65.3 | - | 68.8 | 85.2 | 83.6 |  | 86.7 |
| Other & Multiracial | 6.0 | 2.6 | - | 9.5 | 61.5 | 59.5 | - | 63.6 | 54.2 | 46.0 | - | 62.5 | 81.2 | 75.0 | - | 87.5 |
| Disability¶ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Disability | 8.3 | 6.9 | - | 9.7 | 56.6 | 56.4 | - | 56.8 | 55.5 | 52.0 | - | 59.1 | 79.4 | 76.6 | - | 82.3 |
| No disability | 7.1 | 6.3 | - | 7.9 | 45.3 | 45.0 | - | 45.6 | 63.0 | 61.2 | - | 64.8 | 86.2 | 84.8 | - | 87.5 |
| Education |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| < High school | 4.7 | 2.1 | - | 7.3 | 47.5 | 47.4 | - | 47.6 | 42.8 | 36.1 | - | 49.4 | 79.0 | 73.9 | - | 84.2 |
| High school | 6.4 | 5.0 | - | 7.8 | 49.4 | 48.4 | - | 50.4 | 55.2 | 51.3 | - | 59.0 | 75.6 | 72.2 | - | 78.9 |
| College 1–3 yrs | 7.4 | 6.1 | - | 8.8 | 50.0 | 50.0 | - | 50.1 | 61.7 | 58.4 | - | 65.0 | 83.5 | 81.1 | - | 85.8 |
| College 4+ yrs | 8.1 | 7.3 | - | 8.9 | 47.6 | 47.6 | - | 47.7 | 68.4 | 66.5 | - | 70.4 | 90.8 | 89.5 | - | 92.0 |
| Household Income |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <$25,000 | 7.2 | 4.6 | - | 9.9 | 57.6 | 57.0 | - | 58.3 | 48.0 | 42.8 | - | 53.2 | 78.8 | 74.5 | - | 83.2 |
| $25,000–49,999 | 6.3 | 4.4 | - | 8.2 | 55.3 | 55.1 | - | 55.4 | 51.6 | 47.3 | - | 55.9 | 78.7 | 75.1 | - | 82.3 |
| $50,000–74,999 | 7.5 | 5.2 | - | 9.7 | 45.5 | 45.5 | - | 45.5 | 65.4 | 60.9 | - | 69.9 | 80.7 | 76.4 | - | 85.0 |
| $75,000–99,999 | 7.4 | 5.5 | - | 9.3 | 45.5 | 45.5 | - | 45.5 | 64.9 | 60.0 | - | 69.7 | 83.1 | 79.1 | - | 87.0 |
| $100,000+ | 7.6 | 6.5 | - | 8.7 | 47.4 | 47.4 | - | 47.4 | 71.0 | 68.6 | - | 73.5 | 87.5 | 85.4 | - | 89.5 |
| SOGI\*\* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lesbian/Gay/Bisexual/Transgender | 8.4 | 5.5 | - | 11.3 | 55.0 | 55.0 | - | 55.0 | 63.9 | 59.4 | - | 68.5 | 83.4 | 79.8 | - | 87.1 |
| Straight/Cisgender | 7.1 | 6.4 | - | 7.8 | 46.2 | 46.0 | - | 46.5 | 60.7 | 58.9 | - | 62.6 | 84.4 | 83.0 | - | 85.8 |
| \* Asian, Black, White, and Other/Multi race categories refer to non-Hispanic/non-Latine. Due to small sample sizes, data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in other/multiracial.  † Insufficient Data  ¶ See p 62 for the definition of disability  \*\*Sexual Orientation and Gender Identity; see definition on p 62 | | | | | | | | | | | | | | | | |

**Massachusetts and National Estimates**

|  |  |  |  |
| --- | --- | --- | --- |
| **Massachusetts Behavioral Risk Factor Surveillance System, 2023** | | | |
| Variables | MA  % | US Median¶  % | US Range¶  % |
| Overall Health Measures |  |  |  |
| Fair or poor health | 15.4 | 18.5 | 12.3 – 34.2 |
| 15+ poor mental health days | 14.1 | 14.7 | 11.0 – 21.2 |
| 15+ days in poor physical health | 10.8 | 11.7 | 7.5 – 17.1 |
| Health Care Access and Utilization |  |  |  |
| Have personal health care provider | 91.0 | 83.9 | 71.8 – 92.0 |
| Could not see doctor due to cost | 7.1 | 10.6 | 6.7 – 18.5 |
| Checkup in Past Year | 82.4 | 78.4 | 70.2 – 84.5 |
| No health insurance (18-64) | 3.5 | 9.3 | 3.0 – 22.0 |
| Risk factors and preventive behaviors |  |  |  |
| Current smoker | 9.8 | 12.0 | 4.9 – 20.4 |
| Former smoker | 24.5 | 24.8 | 9.5 – 31.1 |
| Use Smokeless Tobacco | 1.4 | 3.2 | 0.8 – 7.6 |
| Current Electronic Vapor Product Use | 6.2 | 7.7 | 2.3 – 17.1 |
| Binge drinking | 16.4 | 15.1 | 11.9 – 27.1 |
| Heavy drinking | 6.4 | 6.1 | 3.6 – 8.6 |
| Overweight (BMI≥25.0) | 62.6 | 68.9 | 57.1 – 73.2 |
| Obesity (BMI≥30.0) | 27.4 | 34.4 | 23.5 – 41.2 |
| Met aerobic activity guideline | 63.5 | 59.8 | 33.9 – 67.8 |
| Met muscle strengthening guideline | 41.3 | 41.1 | 15.0 – 49.1 |
| Cholesterol checked in past 5 years | 91.5 | 87.1 | 80.1 – 96.1 |
| High cholesterol\*\* | 36.0 | 38.1 | 32.4 – 46.0 |
| High blood pressure | 31.0 | 34.0 | 27.3 - 45.1 |
| Take medicine for high blood pressure\*\* | 77.2 | 77.4 | 64.8 – 87.1 |
| Immunization |  |  |  |
| Flu vaccine in past year (18-49) | 47.7 | 31.4 | 13.2 – 50.9 |
| Flu vaccine in past year (50-64) | 57.1 | 43.4 | 17.8 – 59.8 |
| Flu vaccine in past year (65+) | 73.7 | 63.1 | 29.7 – 73.7 |
| Ever had pneumonia vaccination (65+) | 74.0 | 71.9 | 31.9 – 77.0 |
| Chronic Health Conditions |  |  |  |
| Diabetes | 9.8 | 11.8 | 7.4 – 19.7 |
| Ever had asthma | 17.4 | 15.7 | 10.8 – 21.2 |
| Currently have asthma | 11.9 | 10.2 | 5.7 – 14.1 |
| COPD | 5.9 | 6.3 | 2.6 – 12.6 |
| Myocardial Infarction (35+) | 4.9 | 5.7 | 2.3 – 10.2 |
| Coronary Heart Disease / Angina (35+) | 5.1 | 5.5 | 1.8 – 8.7 |
| Stroke (35+) | 3.2 | 4.6 | 3.2 – 7.0 |
| Ever diagnosed with Depression | 22.4 | 21.8 | 8.4 – 31.1 |
| Ever diagnosed with Cancer | 8.7 | 8.3 | 3.4 – 10.5 |
| Other Topics |  |  |  |
| Ever tested for HIV (18-64) | 46.1 | 44.3 | 32.4 – 66.8 |
| ¶ The US median percentage and range are based on data for from 48 states, the District of Columbia, Guam, Puerto Rico, and the US Virgin Islands. During 2023, Kentucky and Pennsylvania were unable to collect enough data to meet the minimum requirements to be included in this data. | | | |

Terms, Definitions and Statistical Methodology

This report presents data from the **combined sample** - both landline and cell phone respondents. The combined sample contained 9,528 respondents.

* The survey design included three versions (or “splits”), to allow for an increase in the number of optional modules and Massachusetts-added questions asked without an increase in the length of the survey:
* Split 1 contained 384 landline respondents and 2,735 cell phone respondents
* Split 2 contained 404 landline respondents and 2,635 cell phone respondents
* Split 3 contained 348 landline respondents and 2,438 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 sample and for each of the three versions of the 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 vs. White non-Hispanic). The reader should exercise caution when using age-adjusted percentages for the comparison of survey data subgroups. While the estimates have been adjusted by age, other factors like gender, income, or education and their possible correlation may also have an impact on the results of subgroup comparisons (see Appendix). The percentages were not age-adjusted for health indicators obtained for restricted age groups such as cancer screening. Age-adjusted estimates are presented in tables in the Appendix of this report.

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

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

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

**Suppression of the presented estimates**:

1. Estimates and their 95% confidence intervals are not presented in the tables if the underlying sample size is less than 50 respondents.
2. Following recommendations of the National Center for Health Statistics, data are not presented in the tables if a ratio of standard error to the estimate itself exceeds 30% (relative standard error of greater than 30%). Standard error of the estimate is a measure of its variability. Bigger standard errors yield wider confidence intervals and less reliable estimates.[[1]](#endnote-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/Latine, and Asian. When referring to White, Black, or Asian, these categories include only non-Hispanic/non-Latine respondents. All respondents reporting Hispanic/Latine ethnicity are included in the Hispanic/Latine category regardless of race. Due to small sample sizes data on American Indian/Alaska Natives and Native Hawaiians/Other Pacific Islanders are included in Other.

**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.

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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 a private residence or college housing 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.
* 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.
* 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.

1. [↑](#endnote-ref-2)