

# A Profile of Health Among Massachusetts Adults, 2023

Results from the Behavioral Risk Factor Surveillance System

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HEALTH SURVEY PROGRAM  
DATA SCIENCE, RESEARCH, AND EPIDEMIOLOGY DIVISION  
OFFICE OF POPULATION HEALTH  
MASSACHUSETTS DEPARTMENT OF PUBLIC HEALTH



January, 2025

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# MASSACHUSETTS DEPARTMENT OF PUBLIC HEALTH

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Health Survey Program

Office of Population Health

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Results from the Behavioral Risk Factor Surveillance System

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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  $\geq 25.0$ ) and 27.4% were obese (BMI  $\geq 30.0$ ). Obesity was higher among those with a disability and was lowest among Asian adults. (Table 3.4)
- Overall, 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 N	WEIGHTED PERCENT %†
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

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## SECTION 1: OVERALL HEALTH MEASURES

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## SECTION 1.1: OVERALL HEALTH STATUS

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

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				15+ DAYS OF POOR MENTAL HEALTH			
	N	%	95% CI		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

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## SECTION 2: HEALTH CARE ACCESS AND UTILIZATION

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## SECTION 2.1: HEALTH INSURANCE STATUS

All respondents were asked 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
<p>* 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.</p> <p>† Insufficient Data</p> <p>‡ See p 62 for the definition of disability</p> <p>**Sexual Orientation and Gender Identity; see definition on p 62</p>				

## SECTION 2.2: HEALTH CARE ACCESS

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

TABLE 2.2.1 – HEALTH CARE ACCESS AMONG MASSACHUSETTS ADULTS, 2023

	HAVE PERSONAL HEALTH CARE PROVIDER			COULD NOT SEE DOCTOR DUE TO COST		
	N	%	95% CI	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

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## SECTION 3: RISK FACTORS AND PREVENTIVE BEHAVIORS

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## SECTION 3.1: TOBACCO USE

A current smoker was defined as someone who has smoked at least 100 cigarettes in their lifetime and who currently smokes 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			FORMER SMOKER		
	N	%	95% CI	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 <sup>¶</sup>						
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
<p>* 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.</p> <p>† Insufficient Data</p> <p>‡ See p 62 for the definition of disability</p> <p>**Sexual Orientation and Gender Identity; see definition on p 62</p>			

### 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				HEAVY DRINKING			
	N	%	95% CI		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)				OBESE (BMI ≥ 30.0)			
	N	%	95% CI		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			MET MUSCLE STRENGTHENING GUIDELINE		
	N	%	95% CI	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			EVER HAD HIGH CHOLESTEROL***		
	N	%	95% CI	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			TAKE MEDICINE FOR HIGH BLOOD PRESSURE***		
	N	%	95% CI	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

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## SECTION 4: IMMUNIZATION

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## SECTION 4.1: FLU VACCINE AND PNEUMONIA VACCINE

All respondents were asked if they had received an influenza vaccine (flu shot) or nasal flu spray (flu mist) within the past 12 months. In addition, all respondents were asked if they had ever received a pneumonia vaccine. 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			FLU VACCINE IN PAST YEAR, AGES 50-64		
	N	%	95% CI	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			COMPLETED SERIES ***		
	N	%	95% CI	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			

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## SECTION 5: CHRONIC HEALTH CONDITIONS

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## SECTION 5.1: DIABETES

All respondents were asked if a doctor had ever told them that they had diabetes 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				PRE-DIABETES			
	N	%	95% CI		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					CURRENTLY HAVE ASTHMA				
	N	%	95% CI			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			EVER DIAGNOSED WITH ANGINA OR CORONARY HEART DISEASE		
	N	%	95% CI	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	4,08	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	1,058	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			

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## SECTION 6: OTHER TOPICS

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## SECTION 6.1: HIV TESTING

All respondents were asked if they had ever been tested for HIV. Respondents were told not to include times that HIV testing had been done as part of a blood donation. Respondents who reported that they had ever been tested for HIV were asked the date of their most recent HIV test. 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				TESTED FOR HIV IN PAST YEAR			
	N	%	95% CI		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			HAD LONG-TERM COVID SYMPTOMS ***		
	N	%	95% CI	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			SEXUAL VIOLENCE, MEN		
	N	%	95% CI	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			INTIMATE PARTNER VIOLENCE, MEN			
	N	%	95% CI	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			INJURED BY UNINTENTIONAL FALL		
	N	%	95% CI	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			NON-MEDICAL USE OF MARIJUANA, PAST YEAR		
	N	%	95% CI	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

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## APPENDIX

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# 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

\* 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.	- 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.	- 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.	- 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.	- 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.	- 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.	- 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.	- 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.	- 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)

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

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

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

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

**Suppression of the presented estimates:**

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

For this report, respondents were classified as having a **disability** if they answered “yes” to one or more of the following questions:

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

**Race-ethnicity categories** in this report include White, Black, Hispanic/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.
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