

Massachusetts

State Health Department Website: mass.gov/orgs/departments-of-public-health



Summary

Strengths:

- Low infant mortality rate
- High percentage of fourth grade reading proficiency
- Low percentage of uninsured women ages 19-44

Challenges:

- High prevalence of excessive drinking among women
- High prevalence of illicit drug use among youth
- Low prevalence of physical activity among children

Highlights:

WIC COVERAGE

▲15% from 53.9% to 62.2% of eligible children ages 1-4 between 2016 and 2018

EXCESSIVE DRINKING

▲19% from 21.7% to 25.9% of women ages 18-44 between 2014-2015 and 2018-2019

TEEN BIRTHS

▼42% from 11.9 to 6.9 births per 1,000 females ages 15-19 between 2013 and 2019

DRUG DEATHS

▲21% from 23.2 to 28.1 deaths per 100,000 women ages 20-44 between 2014-2016 and 2017-2019

Women

Measures	Rating	State Rank	State Value	U.S. Value
SOCIAL AND ECONOMIC FACTORS*	++++	7	0.860	—
Community and Family Safety				
Intimate Partner Violence Before Pregnancy*		—	1.7%	3.0%
Violent Crime	+++	24	328	379
Economic Resources				
Concentrated Disadvantage	+++	23	19.4%	25.1%
Food Insecurity	++++	6	8.4%	11.1%
Gender Pay Gap*	++++	16	81.3%	81.0%
Poverty	++++	5	11.4%	15.2%
Unemployment	++++	6	2.6%	3.6%
Education				
College Graduate	++++	1	50.6%	35.7%
Social Support and Engagement				
Infant Child Care Cost*	+	46	16.4%	12.5%
Residential Segregation — Black/White	+++	28	65	62
Voter Participation	+++	26	61.8%	61.7%
PHYSICAL ENVIRONMENT*	++++	19	0.143	—
Air and Water Quality				
Air Pollution	++++	10	6.4	8.3
Drinking Water Violations	++++	1	0.0%	0.8%
Household Smoke	++++	5	10.0%	14.0%
Risk-screening Environmental Indicators Risk Score	+++	21	3,204,953	361,963,972
Water Fluoridation	++	38	57.3%	73.0%
Climate Change				
Climate Change Policies*	++++	1	4	—
Transportation Energy Use*	++++	4	7.0	8.7
Housing and Transportation				
Drive Alone to Work	++++	3	69.3%	75.4%
Housing With Lead Risk	+	48	30.8%	17.6%
Severe Housing Problems	++	39	17.5%	17.5%

Children

Measures	Rating	State Rank	State Value	U.S. Value
SOCIAL AND ECONOMIC FACTORS*	++++	4	0.626	—
Community and Family Safety				
Child Victimization*	+	48	18.5%	8.9%
Economic Resources				
Children in Poverty	++++	8	11.6%	16.8%
Children in Poverty Racial Disparity	+	45	5.1	3.0
High-speed Internet	++++	9	95.8%	92.6%
Students Experiencing Homelessness	++	34	2.6%	3.0%
WIC Coverage	++++	5	62.2%	53.9%
Education				
Early Childhood Education	++++	5	60.3%	48.9%
Fourth Grade Reading Proficiency	++++	1	45.4%	34.3%
High School Graduation	++++	15	88.0%	85.8%
High School Graduation Racial Disparity	++	37	18.3	15.1
Social Support and Engagement				
Adverse Childhood Experiences	++++	2	10.8%	14.8%
Foster Care Instability	+	49	26.5%	16.0%
Neighborhood Amenities	++++	5	52.0%	37.4%
Reading, Singing or Storytelling	++++	6	64.2%	55.9%

Rating	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

Women

Measures	Rating	State Rank	State Value	U.S. Value
CLINICAL CARE*	+++++	3	1.111	—
Access to Care				
Adequate Prenatal Care	+++++	7	84.7%	76.7%
Avoided Care Due to Cost	+++++	5	12.5%	18.8%
Publicly-funded Women's Health Services	+++	25	25%	29%
Uninsured	+++++	1	3.6%	12.9%
Women's Health Providers	+++++	8	64.6	48.5
Preventive Clinical Care				
Cervical Cancer Screening	+++	24	80.9%	79.9%
Dental Visit	+++++	10	73.0%	67.6%
Flu Vaccination	+++++	6	39.5%	31.5%
Postpartum Visit†	—	—	92.9%	90.7%
Well-woman Visit	+++++	9	77.0%	73.2%
Quality of Care				
Breastfeeding Initiation†	++++	15	88.4%	84.0%
Dedicated Health Care Provider	+++++	4	84.2%	71.1%
Low-risk Cesarean Delivery	+++	27	24.8%	25.6%
Maternity Practices Score	+++++	3	86	79
BEHAVIORS*	+++++	10	0.427	—
Nutrition and Physical Activity				
Exercise	++++	13	22.8%	21.5%
Fruit and Vegetable Consumption	+++	25	10.3%	10.4%
Physical Inactivity	+++	27	21.9%	22.6%
Sexual Health				
Chlamydia	+++++	8	1,344	1,743
High-risk HIV Behaviors	++	31	10.2%	9.7%
Unintended Pregnancy†	—	—	23.8%	30.6%
Sleep Health				
Insufficient Sleep	++++	14	33.0%	36.1%
Tobacco Use				
E-cigarette Use†	++++	14	5.2%	5.3%
Smoking	+++++	4	10.7%	14.3%
Smoking During Pregnancy	+++++	8	3.9%	6.0%
HEALTH OUTCOMES*	++++	16	0.115	—
Behavioral Health				
Drug Deaths†	++	37	28.1	20.7
Excessive Drinking	+	48	25.9%	19.2%
Frequent Mental Distress	++++	18	18.5%	18.1%
Illicit Drug Use	++	36	11.8%	10.8%
Postpartum Depression†	—	—	10.2%	13.4%
Mortality				
Maternal Mortality†	—	—	—	20.1
Mortality Rate	+++++	6	76.1	97.2
Physical Health				
Frequent Physical Distress	++++	16	8.2%	8.4%
High Blood Pressure	+++++	8	7.9%	10.6%
High Health Status†	+++++	2	60.7%	53.8%
Maternal Morbidity†	—	—	8.2	6.6
Multiple Chronic Conditions	++++	18	4.2%	4.4%
Obesity	+++++	2	22.1%	30.0%
OVERALL — WOMEN*	—	—	0.511	—

* Overall and category values are derived from individual measure data to arrive at total scores for the state. Higher scores are considered healthier and lower scores are less healthy.

† Measure was not included in the calculation of overall or category values.

— Data not available, missing or suppressed.

For measure descriptions, source details and methodology, visit www.AmericasHealthRankings.org.

Children

Measures	Rating	State Rank	State Value	U.S. Value
CLINICAL CARE*	+++++	1	1.471	—
Access to Care				
ADD/ADHD Treatment	+++	25	3.2%	3.0%
Pediatricians	+++++	1	207.0	104.6
Uninsured	+++++	1	1.5%	5.7%
Preventive Clinical Care				
Childhood Immunizations	++++	13	79.7%	75.8%
HPV Vaccination	+++++	3	74.3%	54.2%
Preventive Dental Care	+++++	3	84.9%	77.5%
Well-child Visit	+++++	2	89.4%	80.7%
Quality of Care				
Adequate Insurance	++++	17	69.2%	66.7%
Developmental Screening	+++++	2	52.3%	36.9%
Medical Home	+++++	7	53.3%	46.8%
BEHAVIORS*	+++++	7	0.626	—
Nutrition and Physical Activity				
Breastfed	++	32	23.9%	25.6%
Food Sufficiency	+++++	1	80.0%	69.8%
Physical Activity	+	45	17.9%	20.6%
Soda Consumption — Youth†	—	—	7.5%	9.3%
Sexual Health — Youth				
Dual Contraceptive Nonuse†	—	—	83.8%	90.9%
Teen Births	+++++	2	6.9	16.7
Sleep Health				
Adequate Sleep	++++	13	70.2%	66.1%
Sleep Position†	—	—	87.5%	79.6%
Tobacco Use — Youth				
Electronic Vapor Product Use†	—	—	32.2%	32.7%
Tobacco Use	++++	18	3.9%	4.0%
HEALTH OUTCOMES*	++++	18	0.077	—
Behavioral Health				
Alcohol Use — Youth	+	43	10.8%	9.2%
Anxiety	+	45	12.8%	9.1%
Depression	+	41	5.4%	3.9%
Flourishing	+++	30	68.7%	69.1%
Illicit Drug Use — Youth	+	43	11.0%	8.4%
Teen Suicide†	—	—	5.4	11.2
Mortality				
Child Mortality	+++++	1	15.8	25.4
Infant Mortality	+++++	1	3.9	5.7
Physical Health				
Asthma	+	42	9.3%	7.5%
High Health Status†	+++++	8	92.4%	90.4%
Low Birthweight	++++	16	7.6%	8.3%
Low Birthweight Racial Disparity	+++++	10	1.8	2.1
Overweight or Obesity — Youth	+++++	3	24.1%	32.1%
OVERALL — CHILDREN*	—	—	0.510	—

OVERALL — WOMEN AND CHILDREN*

— 0.547 —