

Massachusetts

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

Overall Rank:

10

Summary

Strengths:

- Low prevalence of obesity
- High prevalence of cancer screenings
- High flu vaccination rate

Challenges:

- High prevalence of excessive drinking
- High prevalence of insufficient sleep
- High prevalence of severe housing problems

Highlights:

DRUG DEATHS

▲155%

from 3.3 to 8.4 deaths per 100,000 adults ages 65+ between 2011-2013 and 2018-2020

SUICIDE

▲32%

from 7.4 to 9.8 deaths per 100,000 adults ages 65+ between 2009-2011 and 2018-2020

FREQUENT PHYSICAL DISTRESS

▼27%

from 17.5% to 12.7% of adults ages 65+ between 2017 and 2020

Measures

		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		+++++	7	0.582	—
Community and Family Safety	Violent Crime (offenses per 100,000 population)	++++	18	309	399
	Food Insecurity (% of adults ages 60+)	+++++	9	9.3%	12.6%
Economic Resources	Poverty (% of adults ages 65+)	++	33	9.1%	9.4%
	Poverty Racial Disparity (ratio)†	—	—	4.7	2.7
	SNAP Reach (participants per 100 adults ages 60+ in poverty)	+++++	1	100.0	81.0
Social Support and Engagement	Community Support Expenditures (dollars per adult ages 60+)	+++++	1	\$267	\$57
	High-speed Internet (% of households with adults ages 65+)	++++	16	79.9%	78.0%
	Low-care Nursing Home Residents (% of residents)	++++	13	11.2%	15.2%
	Risk of Social Isolation (index 1-100, adults ages 65+)	++	34	61	—
	Volunteerism (% of adults ages 65+)	+++	22	33.2%	31.6%
PHYSICAL ENVIRONMENT*		++	40	-0.007	—
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	++++	19	7.0	8.3
	Drinking Water Violations (% of community water systems)	+++++	1	0.0%	0.8%
Housing	Severe Housing Problems (% of small households with an adult ages 62+)	+	46	39.4%	32.7%
CLINICAL CARE*		+++++	3	0.759	—
Access to Care	Avoided Care Due to Cost (% of adults ages 65+)	++	32	4.3%	4.2%
	Geriatric Providers (providers per 100,000 adults ages 65+)	+++++	1	57.4	31.1
	Home Health Care Workers (workers per 1,000 adults ages 65+)	+++++	4	91.2	57.7
Preventive Clinical Services	Cancer Screenings (% of adults ages 65-75)	+++++	1	84.2%	75.9%
	Flu Vaccination (% of adults ages 65+)	+++++	1	75.6%	67.3%
	Pneumonia Vaccination (% of adults ages 65+)	+++++	3	75.8%	70.3%
Quality of Care	Dedicated Health Care Provider (% of adults ages 65+)	+++++	3	96.1%	93.5%
	Hospice Care (% of Medicare decedents)	++	32	47.8%	50.7%
	Hospital Readmissions (risk-standardized readmission rate per 100 admissions)	+	42	17	16
	Nursing Home Quality (% of beds rated four or five stars)	+++	25	45.3%	41.2%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries ages 65-74)	++	34	1,751	1,582
BEHAVIORS*		+++	26	-0.004	—
Nutrition and Physical Activity	Exercise (% of adults ages 65+)	++	38	19.8%	23.1%
	Fruit and Vegetable Consumption (% of adults ages 65+)	++++	20	7.8%	7.3%
	Physical Inactivity (% of adults ages 65+ in fair or better health)	++++	19	28.8%	30.6%
Sleep Health	Insufficient Sleep (% of adults ages 65+)	+	41	28.5%	26.0%
Tobacco Use	Smoking (% of adults ages 65+)	++++	11	7.4%	8.9%
HEALTH OUTCOMES*		+++++	7	0.541	—
Behavioral Health	Drug Deaths (deaths per 100,000 adults ages 65+)*	—	—	8.4	8.4
	Excessive Drinking (% of adults ages 65+)	+	47	9.7%	7.4%
	Frequent Mental Distress (% of adults ages 65+)	++++	17	7.0%	8.1%
	Suicide (deaths per 100,000 adults ages 65+)	+++++	3	9.8	16.9
Mortality	Early Death (deaths per 100,000 adults ages 65-74)	+++++	8	1,720	2,072
	Early Death Racial Disparity (ratio)*	—	—	1.3	1.6
Physical Health	Falls (% of adults ages 65+)	+++++	9	25.2%	27.1%
	Frequent Physical Distress (% of adults ages 65+)	++++	15	12.7%	14.5%
	High Health Status (% of adults ages 65+)*	+++++	10	49.6%	43.5%
	Multiple Chronic Conditions (% of Medicare beneficiaries ages 65-74)	+++	23	44%	46%
	Obesity (% of adults ages 65+)	+++++	5	24.9%	29.3%
	Teeth Extractions (% of adults ages 65+)	++++	15	11.5%	13.4%
OVERALL		+++++	10	0.460	—

* Value is a summation score. Higher scores are healthier.

† Non-ranking measure.

— Indicates data missing or suppressed.

For measure definitions, including data sources and years, visit AmericasHealthRankings.org.

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