Massachusetts

AMERICA'S
HEALTH RANKINGS®
UNITED HEALTH FOUNDATION
www.AmericasHealthRankings.org

Summary

Low Disparities[1]

- Between females[3] and males[3] for child poverty
- Between those with less than a high school education[3] and some college education[3] for uninsured
- Between those with some college education[3] and college graduates[3] for cancer

High Disparities

- Between those with less than a high school education[2] and college graduates[3] for physical inactivity
- Between Hispanic[2] and white[3] for severe housing problems
- Between American Indian/Alaska Native[2] and Asian/Pacific Islander[3] for smoking

[1] Low disparities within a state does not indicate that all populations are doing well. Consider rates in comparison to national averages.
[2] Rates worse than national average. [3] Rates same or better than national average.

Highlights

16% ▼ **Premature Death** in the Black population between 2005-2009 and 2015-2019 from 8,235 to 6,955 years of potential life lost before age 75 per 100,000

45% ▼ **Less Than a High School Education** in the multiracial population between 2005-2009 and 2015-2019 from 13.6% to 7.5%

27% ▼ **Smoking** in female adults between 2011-2013 and 2017-2019 from 15.5% to 11.4%

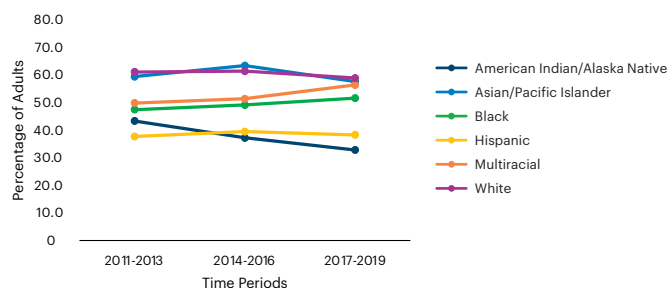**13%** ▲ **Frequent Mental Distress** in white adults between 2011-2013 and 2017-2019 from 11.1% to 12.5%

15% ▲ **Poverty** in households headed by an adult with a high school education between 2005-2009 and 2015-2019 from 13.4% to 15.4%
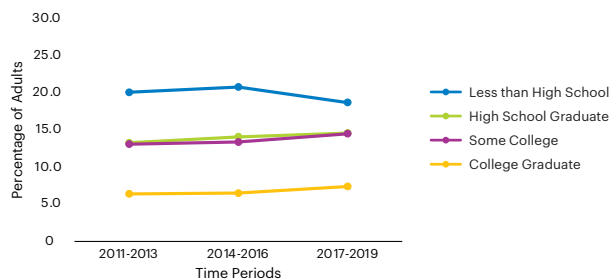
18% ▲ **Physical Inactivity** in adults with some college education between 2011-2013 and 2017-2019 from 20.6% to 24.3%

Trends

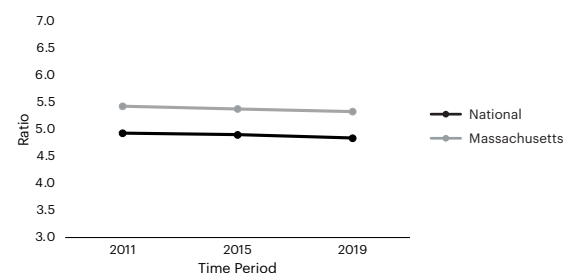### High Health Status by Race & Ethnicity

Frequent Mental Distress by Education

Income Inequality

Income inequality measures the ratio of median household income of the 20% richest to the 20% poorest. A high ratio indicates greater income inequality. Research demonstrates an association between greater income disparity and poorer population health.

In Massachusetts, income inequality has decreased since 2011. Massachusetts' ratio is currently higher than the national ratio.

For source details and methodology visit www.AmericasHealthRankings.org.