## HEALTHIEST STATES

<table>
<thead>
<tr>
<th>Rank</th>
<th>State</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Hawaii</td>
</tr>
<tr>
<td>2</td>
<td>Massachusetts</td>
</tr>
<tr>
<td>3</td>
<td>Connecticut</td>
</tr>
<tr>
<td>4</td>
<td>Minnesota</td>
</tr>
<tr>
<td>5</td>
<td>Vermont</td>
</tr>
</tbody>
</table>

### Massachusetts

**2016 Rank:** 2  
**Change from 2015:** +1  
**Determinants Rank:** 1  
**Outcomes Rank:** 14

### SMOKING

- **14.0%**  
  - OR ABOUT 1 IN 7 ADULTS IN MASSACHUSETTS **SMOKE** COMPARED WITH 17.5% NATIONALLY.

### OBESITY

- **24.3%**  
  - OR ABOUT 1 IN 4 ADULTS IN MASSACHUSETTS ARE **OBESE** COMPARED WITH 29.8% NATIONALLY.

### LACK OF HEALTH INSURANCE

- **3.1%**  
  - OR ABOUT 1 IN 30 PEOPLE IN MASSACHUSETTS LACK HEALTH INSURANCE COMPARED WITH 10.6% NATIONALLY.

### DRUG DEATHS

- **15.7**  
  - **DRUG DEATHS PER 100,000 POPULATION IN MASSACHUSETTS** COMPARED WITH 14.0 PER 100,000 POPULATION NATIONALLY.

### CARDIOVASCULAR DEATHS

- **205.6**  
  - **CARDIOVASCULAR DEATHS PER 100,000 POPULATION IN MASSACHUSETTS** COMPARED WITH 251.7 PER 100,000 POPULATION NATIONALLY.

### PREMATURE DEATH

- **5,755**  
  - **YEARS OF LIFE LOST BEFORE AGE 75 PER 100,000 POPULATION IN MASSACHUSETTS** COMPARED WITH 7,054 PER 100,000 POPULATION NATIONALLY.

### MODEL OF HEALTH

<table>
<thead>
<tr>
<th>Behaviors</th>
<th>Community &amp; Environment</th>
<th>Policy</th>
<th>Clinical Care</th>
<th>Health Outcomes</th>
</tr>
</thead>
</table>

www.americashealthrankings.org