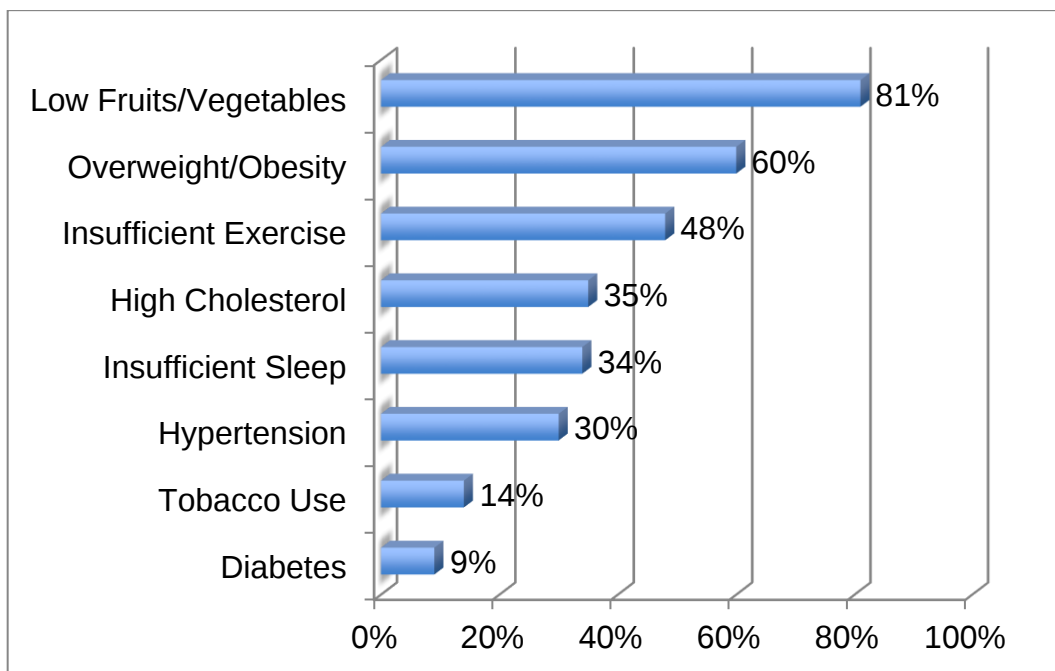




State Health Statistics

This document provides Massachusetts health data that can be used to plan your wellness initiative. By understanding the prevalence of health issues in the general population in Massachusetts, you can use this data to help set the priorities for your wellness initiative.



Data Sources

The information provided in this document comes from the following sources:

Massachusetts Behavioral Risk Factor Surveillance System Data

This information is based on the 2015 Behavioral Risk Factor Surveillance System (BRFSS) for the Massachusetts (MA) population. Your employee population most likely has similar health behaviors and characteristics as the Massachusetts population as a whole.

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 departments of health. 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 a variety of 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.

Additional research is conducted in the cities of Boston, Springfield, Worcester, Lawrence, Lowell, New Bedford, and Fall River. If your business is located in one of these cities, refer to this [website](#) for more detailed information at the local level.

Massachusetts County Health Rankings

Not all areas of Massachusetts reflect the averages shown in the BRFSS data. The health status of MA residents actually varies significantly based on the region or county of MA in which they live. Relevant county health statistics have been incorporated into this report. For more specific data on your county, visit:

<http://www.countyhealthrankings.org/app/massachusetts/2017/overview>

Tobacco Use Rates

Detailed interactive map of local city and town smoking rates, policies and downloadable fact sheets can be found here: <http://makesmokinghistory.org/my-community/>

Stress

Unhealthy stress can have a impact on many aspects of a person's life. The following resources provide information on stress.

University of Massachusetts Lowell – Center for Promotion of Health in the New England Workplace

<https://www.uml.edu/Research/CPH-NEW/Worker/stress-at-work/>

American Psychological Association

<http://www.apa.org/news/press/releases/stress/2015/snapshot.aspx>

<https://www.apa.org/news/press/releases/stress/2016/coping-with-change.pdf>