

Number of MASSACHUSETTS adults who consume fruits and vegetables five or more times a day



OKLAHOMA is lowest.



WASHINGTON, D.C., is highest.



21.7%  
Number of state residents considered  
**OBESE**

\$1,429

Amount of extra medical spending per year for an obese person versus someone of normal weight

Number of MASSACHUSETTS residents who say they engage in 30 or more minutes of moderate physical activity five or more days a week or 20 or more minutes of vigorous physical activity three or more days a week



ALASKA is lowest.



LOUISIANA is highest.



# TAKING THE PULSE

We love to exercise and hate to smoke. We are often stricken by cancer but rarely die from diabetes. Here's a look at the health of Massachusetts's 6.5 million residents and comparisons with the rest of the nation. BY ELIZABETH GEHRMAN



Number of autism cases in state public schools for ages 3 to 22 in 2007-2008, putting Massachusetts 11th on a list of 49 states (no data were available for Vermont or the District of Columbia). Minnesota was highest, with 1 case for every 74 children. Iowa was lowest, with 1 in 554.



Massachusetts's rank in the nation for the **birth of twins**, with 45.2 per 1,000 live births per year. New Mexico is last, with 23.8.



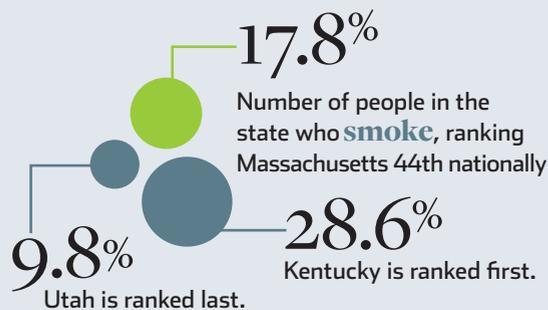
The state's rank in the country for **overall cancer incidence**. Massachusetts (507.2 cases per 100,000 residents per year) follows Delaware (518.4) and Maine (517.7). Arizona (379) is the lowest.



The state's rank in the nation for **life expectancy**, at 78.4 years. Washington, D.C., is ranked last, at 72.6 years, and Hawaii is first, at 79.8 years.



The state's rank in the country for **well-being** (defined as life evaluation, healthy behaviors, physical health, emotional health, work environment, and access to basic necessities), according to a 2009 Gallup Poll. Hawaii is first; West Virginia is last.



# 18,201

Number of reported cases of **sexually transmitted diseases** – chancroid, chlamydia, gonorrhea, and syphilis – in Massachusetts in 2006

MASSACHUSETTS **91%**

Number of Bay Staters who said they had **access to a “usual source of care”** for their health in 2008; that’s up from 86% in 2006 (the year health insurance reform was instituted) and higher than the nationwide number, which is . . .

UNITED STATES **84%**

**2.6%**  
Number of state residents who were uninsured last year

**17.1%**  
Number of US residents who were uninsured last year

**33.5%** Number of births in Massachusetts done by **caesarean section** yearly. That ties the state for 13th place with Virginia. New Jersey is first, with 38.3%. Utah is last, with 22.2%.

## In Massachusetts . . .

> Number of **deaths by suicide per 100,000 people yearly** **6.99**

The District of Columbia has the fewest, with 5.12 per 100,000, and Montana has the most, with 19.96.

> Number of **deaths due to Alzheimer’s per 100,000 people yearly** **19.4**

New York has the fewest, with 9.1 per 100,000, and Washington state has the most, with 38.3.

> Number of **deaths from all types of cancer per 100,000 people yearly** **185**

**7.63%**

> Number of **residents older than 18 who, as of 2006-2007, had a major depressive episode in the past year.**

Tennessee had the highest rate, with 9.8%, and Hawaii the lowest, with 5%.

SOURCES: BLUE CROSS BLUE SHIELD OF MASSACHUSETTS FOUNDATION, CALORIELAB, FIGHTINGAUTISM, GALLUP, US CENSUS, US CENTERS FOR DISEASE CONTROL AND PREVENTION, US SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION

**28**

The state’s rank in **overall cancer deaths**

**39**

Massachusetts’s rank in the nation for **cardiovascular deaths**, with 169.5 per 100,000 people per year. Minnesota has the fewest deaths, with 133.9, and Mississippi has the most, with 270.9.

**41**

Massachusetts’s rank among states in number of **AIDS cases** reported to the Centers for Disease Control and Prevention in 2006 and 2007. The state had 20,037 cases. Wyoming came in last, with 244 cases, and New York first, with 181,461.

**48**

The state’s rank on the CalorieLab United States of Obesity “**fattest states**” list in 2008. Mississippi was first, with 32.6% of its residents obese, and Colorado was last, with 19.3%. Massachusetts’s ranking in 2007: 49.

**49**

The state’s rank in the country for **diabetes (types 1 and 2) mortality**, with 15.4 deaths per 100,000 residents per year. Nevada is last, with 12.8, and Louisiana is first, with 35.5.

It’s also the state’s rank in the nation for **infant mortality**, with 4.89 infant deaths per 1,000 live births per year. Minnesota is last, with 4.78, and Mississippi is first, with 10.74.