Massachusetts State Fact Sheet

Leading Causes of death in Massachusetts in 2010*

- Heart Disease 23%
- Stroke 5%
- Cancer 25%
- All Others 27%
- Alzheimer's Disease 3%
- Nephritis 3%
- Influenza & Pneumonia 2%
- Diabetes Mellitus 2%
- Septicemia 1%
- Unintentional Injury 4%
- Chron. Low . Respiratory Disease* 5%

Massachusetts has the 40th highest death rate from cardiovascular disease in the country.**

- Heart disease is the No. 2 killer in Massachusetts*
- Stroke is the No. 3 killer in Massachusetts*
- 12,043 people in Massachusetts died of heart disease in 2010*
- 2,516 people in Massachusetts died of stroke in 2010*

Heart Disease and Stroke Risk Factors in Massachusetts

<table>
<thead>
<tr>
<th>Factor</th>
<th>Massachusetts</th>
<th>US</th>
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</thead>
<tbody>
<tr>
<td>Adults who are current smokers</td>
<td>18.2%</td>
<td>21.1%</td>
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<tr>
<td>Adults who participate in 150+ min of aerobic physical activity per week</td>
<td>56.3%</td>
<td>51.6%</td>
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<tr>
<td>Adults who are overweight or obese+</td>
<td>59.3%</td>
<td>63.5%</td>
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<tr>
<td>Adults who have been told that they have had a heart attack</td>
<td>3.8%</td>
<td>4.4%</td>
</tr>
<tr>
<td>Adults who have been told that they have had a stroke</td>
<td>2.2%</td>
<td>2.9%</td>
</tr>
<tr>
<td>Adults who have been told that they have angina or coronary heart disease</td>
<td>3.8%</td>
<td>4.1%</td>
</tr>
<tr>
<td>Population of adults (18-64) who have some kind of health care coverage</td>
<td>92.3%</td>
<td>78.9%</td>
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<tr>
<td>High school Students who are obese++</td>
<td>9.9%</td>
<td>13%</td>
</tr>
</tbody>
</table>

* Based on total number of deaths in 2010. Centers for Disease Control and Prevention. WISQARS Leading Cause of Death Reports, 2010.

^ Also known as COPD (Chronic Obstructive Pulmonary Disorder): COPD and allied conditions (including asthma); the term in the ICD/10 is "chronic lower respiratory diseases."


+ Overweight is defined as having a body mass index (BMI) of 25.0-29.9. Obese is defined as having a body mass index of 30.0 or more.

++ Students who were ≥ 95th percentile for body mass index, by age and sex. Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance System, 2011.