

Public health funding: Strong investments in public health allow a state to carry out programs that improve health. Massachusetts receives \$23.43 per person in funding from CDC (20th in the nation) and \$36.97 per person from HRSA (11th in the nation). The Prevention and Public Health Fund has awarded over \$126 million in grants to Massachusetts since 2010 for community and clinical prevention efforts and improvements to public health infrastructure.

Access to care: 2.8 percent of people in Massachusetts do not have health insurance coverage, well below the national uninsured rate of 9.4 percent. The number of practicing health care providers is also an important measure of health care availability. Massachusetts has 227.5 active primary care physicians per 100,000 people, ranking 2nd highest in the nation. Additionally, Massachusetts has 78.3 dentists per 100,000 people, ranking 3rd highest in the nation.

Notable health measures

- **Tobacco use:** 14 percent of adults in Massachusetts smoke cigarettes, ranking the state 6th lowest in the nation. Yet, each year, 9,300 people die from smoking-related illnesses in Massachusetts and \$4.1 billion is spent on health care costs due to smoking.
- **Obesity:** While the state boasts the 5th lowest adult obesity rate in the nation – 24.3 percent of adults are obese – the obesity rate has more than doubled over the past two and a half decades. Obesity contributes to poor general health and is a leading factor in preventable diseases.

The challenges ahead

- **Drug deaths:** In the past three years, drug deaths increased 34 percent from 11.7 to 15.7 deaths per 100,000 population.
- **Excessive drinking:** 19.5 percent of the adult population reports excessively drinking, ranking the state as the 13th highest in the nation. Excessive alcohol use can lead to fetal damage, liver diseases, high blood pressure, cardiovascular diseases and other major health problems.
- **Violent crime:** The state is ranked 33rd in the nation with 391 offenses per 100,000 people. The societal costs of violent crimes can be staggering. Violent crimes may cause injuries, disability and early death. Additionally, violent crimes may cause long-term stress for families and communities, and interfere with leading a healthy lifestyle. However, violent crime can be prevented. Numerous programs and practices have shown that by addressing root causes it is possible to prevent violence.

Sources: Trust for America's Health, Investing in America's Health; Trust for America's Health, Prevention and Public Health Fund at Work in States; U.S. Census Bureau, 2013, 2014, and 2015 1-Year American Community Surveys; United Health Foundation, America's Health Rankings; Centers for Disease Control and Prevention, National Tobacco Control Program Funding.