

A Profile of Health Among Cambridge Adults, 2008

This table summarizes Cambridge data from the 2008 *Five Cities in Massachusetts Behavioral Risk Factor Surveillance System (BRFSS) Survey*, with a comparison to state and national data. The Cambridge BRFSS is a random digit-dial telephone survey of the adult population (age 18+) residing in telephone-equipped dwelling units within the city of Cambridge. Adults in institutions or group quarters, such as dormitories, were excluded from interviewing. All data collected and presented below are self-reported information from respondents.

	Cambridge		MA		US	
	2002	2008	2002	2008	2002	2008
General Health Status and Chronic Conditions						
General Health Status is Fair or Poor	9.6	7.1	13.3	12.3	14.3	14.4
Mental Health Condition (<i>Had a mental health condition or emotional problem that kept them from doing work or other usual activities in the past month</i>)	—	11.6	—	—	—	—
Ever Had Asthma (<i>Ever been told by a health care provider that they have asthma</i>)	11.9	15.6	12.9	14.8	11.8	13.6
Currently Have Asthma	6.9	9.1	8.9	9.6	7.6	8.8
Diabetes (<i>Ever been told by a doctor that they have diabetes</i>)	3.6	4.0	5.8	7.2	6.5	8.3
High Blood Pressure (<i>Ever been told by a health care provider that they have high blood pressure</i>)	15.6	13.9	23.1 [†]	25.7*	24.8 [†]	28.7*
High Cholesterol (<i>Ever been told by a health care provider that their blood cholesterol is high</i>)	27.9	25.4	32.4 [†]	35.6*	33.2 [†]	37.5*
Health Services Utilization and Preventive Screenings						
Health Care Coverage (<i>Have any kind of health care coverage, ages 18-64</i>)	94.3	99.6	92.1	96.7	83.1 [†]	82.9
Checkup (<i>Had a routine checkup/general physical exam in the past year</i>)	—	73.1	—	79.0	—	—
Blood Stool Test (<i>Had a blood stool test in the past 2 years, ages 50+</i>)	40.6	22.5	37.7	24.3	30.0	21.0
Sigmoidoscopy/Colonoscopy (<i>Had a sigmoidoscopy/colonoscopy in the past 5 years, ages 50+</i>)	51.1	68.4	46.7	63.5	—	—
Mammogram (<i>Women who have had a mammogram in the past 2 years, ages 40+</i>)	—	85.5	83.2	84.9	76.1	76.0
Pap Smear (<i>Women who have had a pap smear in the past 3 years</i>)	75.5	86.9	88.2	83.5	87.2	82.9
HIV Screening (<i>Ever been tested for HIV, ages 18-64</i>)	48.8	52.6	47.0	40.6	—	—
Flu Shot (<i>Received a flu shot in the past 12 months, ages 65+</i>)	—	81.6	72.6	72.4	68.6	71.1
Pneumonia Shot (<i>Ever received a pneumonia shot, ages 65+</i>)	—	66.3	63.4	66.9	63.0	66.9
Dental Visit in Past Year (<i>Visited a dentist or dental clinic for any reason in the past year</i>)	69.1	78.7	77.3	77.8	70.9	71.3
Six or More Teeth Removed (<i>Had 6 or more teeth removed due to tooth decay or gum disease</i>)	—	6.1	17.7	14.4	—	—
Health Behaviors and Risk Factors						
Leisure Time Physical Activity (<i>Engaged in any leisure time physical activity in the past month</i>)	80.3	87.7	79.2	77.9	75.9	75.4
Moderate or Vigorous Physical Activity¹ (<i>Engaged in moderate activity for 20+ minutes on 3+ days per week or vigorous activity for 30+ minutes on 5+ days per week</i>)	44.8	60.0	50.8	53.0*	47.4 [†]	51.0*
Vigorous Physical Activity¹ (<i>Engaged in vigorous activity for 20+ minutes on 3+ days per week</i>)	27.8	36.1	—	30.8*	26.3 [†]	29.4*
Overweight and Obese (<i>Body mass index \geq 25 based on self-reported height and weight</i>)	39.0	43.4	54.6	58.1	58.9	63.2
Obese (<i>Body mass index \geq 30 based on self-reported height and weight</i>)	11.7	12.5	18.3	21.5	21.9	26.7
Heavy Drinker (<i>Men who consumed 3+ alcoholic drinks per day or women who consumed 2+ alcoholic drinks per day on average in the past week or month</i>)	6.2	5.9	7.7	6.7	5.9	5.1
Binge Drinker (<i>Men who consumed 5+ alcoholic drinks or women who consumed 4+ alcoholic drinks on one occasion in the past month</i>)	—	20.5	—	17.7	—	15.6
Marijuana Use (<i>Used marijuana in the past year</i>)	11.1	8.8	—	—	—	—
Other Drug Use (<i>In past year, used powder cocaine, crack cocaine, heroin, ecstasy (ages 18-34), methamphetamines, hallucinogens, pain killers, sedatives or tranquilizers not prescribed to them</i>)	3.6	3.3	—	—	—	—
Current Smoker (<i>Smoked 100+ cigarettes in lifetime, and currently smoke every day or some days</i>)	13.8	7.5	18.9	16.1	23.2	18.4
Former Smoker (<i>Smoked 100+ cigarettes in lifetime, and currently do not smoke</i>)	26.0	26.8	—	28.1	24.7	25.2

Source: Cambridge data from the 2008 Five Cities in Massachusetts Behavioral Risk Factor Surveillance System; Massachusetts BRFSS data from the 2002 and 2008 "A Profile of Health among Massachusetts Adults"; United States data from the Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System Survey Data.

[†] Data from 2003; * Data from 2009; — Data not available or not comparable; ¹ Moderate activity causes small increases in breathing or heart rate (examples are brisk walking, bicycling, vacuuming, or gardening) and vigorous activity causes large increases in breathing or heart rate (examples include running, aerobics, or heavy yard work).

Notes: All percentages are weighted by geographical region, race, age, and gender using the 2000 Census. Denominators include all respondents except those who refused to answer, responded don't know, or for whom data are missing. United States data include the District of Columbia but do not include US territories. There are minor variations in question wording (between 2002 and 2008 or across geographies) for diabetes, high cholesterol, HIV screening, flu shot, pneumonia shot, dental visit in past year, six or more teeth removed, Pap smear, heavy drinker, and leisure time physical activity. For more information, email the Division of Epidemiology & Data Services at epidept@challiance.org.