



Cambridge Health Indicators

Broad Measures of Health for Cambridge, Massachusetts, and the United States

Division of Epidemiology and Data Services
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CAMBRIDGE PUBLIC HEALTH DEPARTMENT



Cambridge Health Alliance

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Alcohol, Tobacco, and Other Drug Use				
	Cambridge	MA	US	HP 2020 Target [§]
Alcohol				
Youth Alcohol Use				
Middle school students <i>(any use in lifetime)</i>	20.3% ¹	20% ³	—	—
Middle school student binge drinking* <i>(during the past 30 days)</i>	1.4% ¹	3% ³	—	—
High school students <i>(any use in lifetime)</i>	61.8% ²	68% ³	70.8% ⁴	—
High school student binge drinking* <i>(during the past 30 days)</i>	20.0% ²	22% ³	21.9% ⁴	—
Adult Alcohol Use				
Heavy drinking <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>	5.9% ⁵	6.7% ⁶	5.1% ⁷	—
Binge drinking* <i>(during the past month)</i>	20.5% ⁵	17.7% ⁶	15.6% ⁷	24.4% ⁸
Admissions to state funded treatment programs <i>(where primary substance was alcohol)</i> ▼	299.4 ⁹	606.7 ⁹	—	—
Drugs				
Youth Drug Use				
Middle school student marijuana use <i>(any use in lifetime)</i>	6.2% ¹	8% ³	—	—
High school student marijuana use <i>(any use in lifetime)</i>	40.8% ²	43% ³	39.9% ⁴	—
Adult Drug Use				
Admissions to state funded treatment programs <i>(where primary substance was injected)</i> ▼	211.8 ⁹	500.1 ⁹	—	—
Marijuana use <i>(used marijuana in the past year)</i>	8.8% ⁵	—	—	—
Other drug use <i>(in the past year, used powder cocaine, crack cocaine, heroin, methamphetamines, hallucinogens, or ecstasy (if ages 18-34), or pain killers, sedatives or tranquilizers that were not prescribed to them)</i>	3.3% ⁵	—	—	—

Tobacco				
Youth Tobacco Use				
Middle school student cigarette use <i>(ever smoked a whole cigarette in lifetime)</i>	6.0% ¹	10% ³	—	—
High school student tobacco use <i>(ever smoked a whole cigarette in lifetime)</i>	19.9% ²	39% ³	44.7% ⁴	—
Adult Tobacco Use				
Current smoker <i>(smoked 100+ cigarettes in lifetime and now smoke every day or some days)</i>	7.5% ⁵	16.1% ⁶	18.4% ⁷	12.0% ⁸
Former smoker <i>(smoked 100+ cigarettes in lifetime and currently do not smoke)</i>	26.8% ⁵	28.1% ⁶	25.2% ⁷	—

— Data not available or not comparable (including but not limited to differences in question phrasing, demographic breakdown, or small numerator suppression). Suppression rule: numerator less than 10 and denominator less than 30.

§ Healthy People 2020 (HP2020) is a Centers for Disease Control and Prevention based initiative that provides "science-based, 10-year national objectives for improving the health of all Americans." See <http://healthypeople.gov/2020/about/> for more information.

▼ Crude rate per 100,000 persons

* Binge drinking: Youth—Consumption of 5+ alcoholic drinks on one occasion. Adults—Consumption of 5+ alcoholic drinks (men) or 4+ alcoholic drinks (women) on one occasion.

Sources:

1. Cambridge Middle Grades Health Survey Grades 6-8, 2010-2011.
2. Cambridge Teen Health Survey, Grades 9-12, 2011-2012.
3. Massachusetts Youth Risk Behavior Survey, 2011. <http://www.doe.mass.edu/cnp/hprograms/yrbs/2011Report.pdf>. Accessed 17 December 2012.
4. Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance—United States, 2011. MMWR 2012; 61(No. 4). <http://www.cdc.gov/mmwr/pdf/ss/ss6104.pdf>. Accessed 17 December 2012.
5. Cambridge 2008 Five Cities in Massachusetts Behavioral Risk Factor Surveillance System, 2009.
6. Massachusetts Department of Public Health Behavior Risk Factor Surveillance System, 2008. <http://www.mass.gov/eohhs/docs/dph/behavioral-risk/report-2008.pdf>. Accessed 17 December 2012.
7. Centers for Disease Control and Prevention Behavior Risk Factor Surveillance System (States and DC), 2008. <http://apps.nccd.cdc.gov/brfss/page.asp?cat=XX&yr=2008&state=UB#XX>. Accessed 17 December 2012.
8. Healthy People 2020. <http://www.healthypeople.gov/2020/topicsobjectives2020/pdfs/HP2020objectives.pdf>. Accessed 17 December 2012.
9. Massachusetts Department of Public Health, Bureau of Substance Abuse Services. Substance Abuse Treatment Programs, 2010.

Cancer				
	Cambridge	MA	US	HP 2020 Target[§]
Male cancer incidence rate, all types^Δ	484.8 ¹	578.3 ¹	541.8 ²	—
Prostate	159.5 ¹	155.6 ¹	154.8 ²	—
Lung and bronchus	67.0 ¹	79.9 ¹	76.4 ²	—
Colon/rectum (invasive)	49.4 ¹	51.0 ¹	54.0 ²	—
Female cancer incidence rate, all types^Δ	468.4 ¹	473.7 ¹	412.3 ²	—
Breast (invasive)	147.1 ¹	140.9 ¹	124.3 ²	—
Lung and bronchus	64.6 ¹	65.8 ¹	52.7 ²	—
Colon/rectum (invasive)	39.5 ¹	39.3 ¹	40.2 ²	—
Male cancer mortality rate, all types^Δ	150.0 ⁴	209.2 ⁴	219.4 ²	—
Lung	44.0 ⁴	58.8 ⁴	65.7 ²	—
Prostate	—	21.6 ⁴	23.6 ²	21.2 ³
Colon/rectum	—	18.7 ⁴	20.5 ²	14.5 ³
Female cancer mortality rate, all types^Δ	140.3 ⁴	152.4 ⁴	151.1 ²	—
Lung	35.1 ⁴	41.8 ⁴	39.6 ²	—
Breast	—	22.0 ⁴	23.0 ²	20.6 ³
Colon/rectum	—	12.7 ⁴	14.5 ²	14.5 ³

— Data not available or not comparable (including but not limited to differences in question phrasing, demographic breakdown, or small numerator suppression). Suppression rule: numerator less than 10 and denominator less than 30.

§ Healthy People 2020 (HP2020) is a Centers for Disease Control and Prevention based initiative that provides "science-based, 10-year national objectives for improving the health of all Americans." See <http://healthypeople.gov/2020/about/> for more information.

Δ Age-adjusted rate per 100,000 persons

Sources:

1. Massachusetts Department of Public Health, Bureau of Health Statistics, Research and Evaluation. Massachusetts Cancer Registry, 2008.
2. U.S. National Institutes of Health, National Cancer Institute. Surveillance Epidemiology and End Results, 2005-2009. <http://seer.cancer.gov/statfacts/>. Accessed 17 December 2012.
3. Healthy People 2020. <http://www.healthypeople.gov/2020/topicsobjectives2020/pdfs/HP2020objectives.pdf>. Accessed 17 December 2012.
4. Massachusetts Department of Public Health, Registry of Vital Records and Statistics, Bureau of Health Statistics, Research and Evaluation, 2009.

Environmental Health				
	Cambridge	MA	US	HP 2020 Target [§]
Asthma				
Youth Asthma				
Middle school students <i>(ever been told by a doctor, nurse, or parent that you have asthma)</i>	21.8% ¹	20% ²	—	—
High school students <i>(ever been told by a doctor, nurse, or parent that you have asthma)</i>	24.8% ³	24% ²	23.0% ⁴	—
Adult Asthma				
Ever had asthma <i>(ever been told by a health provider that you have asthma)</i>	15.6% ⁷	14.8% ⁸	13.6% ⁹	—
Currently have asthma <i>(told by a health provider that you currently have asthma)</i>	9.1% ⁷	9.6% ⁸	8.8% ⁹	—
Asthma-related hospitalizations <i>(asthma is primary cause of hospitalization)</i> ^Δ	116.7 ⁵	160.2 ⁵	149.0 ⁶	—

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Δ Age-adjusted rate per 100,000 persons

Sources:

1. Cambridge Middle Grades Health Survey, Grades 6-8, 2010-2011.
2. Massachusetts Youth Risk Behavior Survey, 2011. <http://www.doe.mass.edu/cnp/hprograms/yrbs/2011Report.pdf>. Accessed 17 December 2012.
3. Cambridge Teen Health Survey, Grades 9-12, 2011-2012.
4. Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance—United States, 2011. MMWR 2012; 61(No. 4). <http://www.cdc.gov/mmwr/pdf/ss/ss6104.pdf>. Accessed 17 December 2012.
5. Massachusetts Department of Public Health, Asthma Prevention and Control Program, 2005-2010
6. Centers for Disease Control and Prevention. National Center for Health Statistics. National Hospital Discharge Survey: 2006 Annual Summary. http://www.cdc.gov/nchs/data/series/sr_13/sr13_168.pdf.
7. Cambridge 2008 Five Cities in Massachusetts Behavioral Risk Factor Surveillance System, 2009.
8. Massachusetts Department of Public Health Behavior Risk Factor Surveillance System, 2008. <http://www.mass.gov/eohhs/docs/dph/behavioral-risk/report-2008.pdf>. Accessed 17 December 2012.
9. Centers for Disease Control and Prevention Behavior Risk Factor Surveillance System (States and DC), 2008. <http://apps.nccd.cdc.gov/brfss/page.asp?yr=2008&state=UB&cat=AS#AS>. Accessed 17 December 2012.

Health Care Access				
	Cambridge	MA	US	HP 2020 Target [§]
Health Insurance Status				
Health care coverage <i>(have any kind of health care coverage, ages 18-64)</i>	99.6% ¹	96.7% ²	85.5% ³	100% ⁴
Preventive Screenings				
Pap smear <i>(within the past 3 years, women ages 18+)</i>	86.9% ¹	83.5% ²	82.9% ³	93.0% ⁴
Mammogram <i>(within the past 2 years, women ages 40+)</i>	85.5% ¹	84.9% ²	76.0% ³	81.1% ⁴
Blood stool test <i>(within the past 2 years, ages 50+)</i>	22.5% ¹	24.3% ²	21.0% ³	—
Sigmoidoscopy/colonoscopy <i>(within the past 5 years, ages 50+)</i>	68.4% ¹	63.5% ²	62.2% ³	70.5% ⁴
HIV Screening				
High school students <i>(ever been tested for HIV)</i>	7.8% ⁵	11% ⁶	—	—
Adults <i>(ever been tested for HIV, ages 18-64)</i>	52.6% ¹	40.6% ²	—	—
Vaccinations				
Flu shot <i>(received a flu shot within the past 12 months, ages 65+)</i>	81.6% ¹	72.4% ²	71.1% ³	90% ⁴
Pneumonia shot <i>(ever received a pneumonia shot, ages 65+)</i>	66.3% ¹	66.9% ²	66.9% ³	90% ⁴
Healthcare Provider				
Youth				
Middle school students <i>(went to a doctor or nurse for checkup when not sick or hurt in the last year)</i>	85.8% ⁷	—	—	—
High school students <i>(saw a doctor or nurse for checkup when not sick, hurt, or pregnant in the last year)</i>	76.3% ⁵	—	—	—
Adults				
Checkup <i>(have had a routine checkup/general physical exam in past year)</i>	73.1% ¹	79.0% ²	—	—
Visits to a Dentist				
Youth Dental Visit				
Middle school students <i>(dental visit in the past year)</i>	77.1% ⁷	92% ⁶	—	—
High school students <i>(dental visit in the past year)</i>	80.4% ⁵	89% ⁶	—	—
Adult Dental Visit				
Dental visit <i>(visited a dentist or dental clinic for any reason within the past year)</i>	78.7% ¹	77.8% ²	71.3% ³	—

— Data not available or not comparable (including but not limited to differences in question phrasing, demographic breakdown, or small numerator suppression). Suppression rule: numerator less than 10 and denominator less than 30.

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Sources:

1. Cambridge 2008 Five Cities in Massachusetts Behavioral Risk Factor Surveillance System, 2009.
2. Massachusetts Department of Public Health Behavior Risk Factor Surveillance System, 2008. <http://www.mass.gov/eohhs/docs/dph/behavioral-risk/cities-08.pdf>. Accessed 17 December 2012.
3. Centers for Disease Control and Prevention Behavior Risk Factor Surveillance System (States and DC), 2008. <http://apps.nccd.cdc.gov/brfss/page.asp?cat=XX&yr=2008&state=UB#XX>. Accessed 17 December 2012.
4. Healthy People 2020. <http://www.healthypeople.gov/2020/topicsobjectives2020/pdfs/HP2020objectives.pdf>. Accessed 17 December 2012.
5. Cambridge Teen Health Survey, Grades 9-12, 2011-2012.
6. Massachusetts Youth Risk Behavior Survey, 2011. <http://www.doe.mass.edu/cnp/hprograms/yrbs/2011Report.pdf>. Accessed 17 December 2012.
7. Cambridge Middle Grades Health Survey, Grades 6-8, 2010-2011.

Infectious Disease				
	Cambridge	MA	US	HP 2020 Target [§]
Sexually Transmitted Infections ▼				
Chlamydia	271.8 ⁴	322.1 ⁴	409.2 ²	—
Gonorrhea	51.2 ⁴	37.9 ⁴	99.1 ²	—
Hepatitis B	16.7 ¹	11.3 ¹	—	—
Syphilis	16.7 ⁴	9.4 ⁴	14.7 ²	—
HIV/AIDS ▼				
HIV incidence	11.8 ⁵	9.5 ⁵	14.4 ⁶	13.0 ³
HIV/AIDS prevalence	376.3 ⁵	257.4 ⁵	469.4 ⁷	—
Tuberculosis ▼				
Tuberculosis	9.9 ⁸	3.7 ⁸	3.8 ²	14.0 ³
Foodborne Illness ▼				
Salmonella	19.7 ¹	17.7 ¹	16.2 ²	—
Campylobacter	19.7 ¹	17.2 ¹	13.6 ⁹	—
Giardia	15.8 ¹	11.5 ¹	7.4 ¹⁰	—

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▼ Crude rate per 100,000 persons

Sources:

1. Massachusetts Department of Public Health, Bureau of Communicable Disease Control, Division of Epidemiology and Immunization, 2009.
2. Centers for Disease Control and Prevention, National Center for Health Statistics. Health, United States, 2011. <http://www.cdc.gov/nchs/data/health/2011.pdf#044>. Accessed 17 December 2012.
3. Healthy People 2020. <http://www.healthypeople.gov/2020/topicsobjectives2020/pdfs/HP2020objectives.pdf>. Accessed 17 December 2012.
4. Massachusetts Department of Public Health, Bureau of Communicable Disease Control, Division of Sexually Transmitted Disease Prevention, 2010.
5. Massachusetts Department of Public Health, Bureau of Communicable Disease Control, HIV/AIDS Surveillance Program, 2008.
6. Centers for Disease Control and Prevention, National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention, HIV Surveillance System, 2007.
7. Centers for Disease Control and Prevention. HIV Surveillance--United States, 1981-2008. MMWR 2011; 60(21): 689-693. <http://www.cdc.gov/mmwr/pdf/wk/mm6021.pdf>. Accessed 17 December 2012.
8. Massachusetts Department of Public Health, Bureau of Communicable Disease Control, Division of Tuberculosis Prevention and Control, 2009.
9. Centers for Disease Control and Prevention. Vital signs: Incidence and trends of infection with pathogens transmitted commonly through food--Foodborne Diseases Active Surveillance Network, 10 U.S. Sites, 1996-2010. MMWR 2011; 60(22): 749-755. <http://www.cdc.gov/mmwr/pdf/wk/mm6022.pdf>. Accessed 17 December 2012.
10. Yoder JS, Harral C, Beach MJ. Giardiasis Surveillance--United States, 2006-2008. MMWR 2010; 59(SS06): 15-25. <http://www.cdc.gov/mmwr/pdf/ss/ss5906.pdf>. Accessed 17 December 2012.

Mortality				
	Cambridge	MA	US	HP 2020 Target[§]
Overall Mortality^{Δ†}				
All causes of death	567.9 ¹	670.7 ¹	741.1 ²	—
Premature mortality (deaths that occur before the age of 75 years)	229.0 ³	277.0 ³	—	—
Top 10 Underlying Causes of Death (Rank-Ordered for Massachusetts)^{Δ†}				
Major cardiovascular disease mortality	150.9 ¹	199.1 ¹	234.8 ²	—
Heart disease mortality (includes heart attack)	122.9 ¹	153.9 ¹	180.1 ²	—
Cerebrovascular disease mortality (includes stroke)	21.0 ¹	31.9 ¹	38.9 ²	—
Cancer mortality, all types	142.7 ¹	173.7 ¹	173.2 ²	160.6 ⁴
Lung cancer mortality	39.4 ¹	48.5 ¹	48.5 ²	45.5 ⁴
Breast cancer mortality, females only	17.6 ¹	22.0 ¹	22.3 ²	20.6 ⁴
Mental disorders mortality, all types	44.3 ¹	43.0 ¹	—	—
Nervous system disease mortality	28.1 ¹	36.3 ¹	—	—
Alzheimer's disease mortality	16.1 ¹	20.3 ¹	23.5 ²	—
Chronic lower respiratory disease mortality, all causes (includes COPD, emphysema, and chronic bronchitis)	24.3 ¹	16.6 ¹	42.3 ²	—
Pneumonia and influenza mortality	14.4 ¹	16.6 ¹	16.2 ²	—
Nephritis and nephrosis mortality (includes renal failure)	20.4 ¹	16.1 ¹	14.9 ²	—
Injuries and poisonings mortality, all deaths[†]	14.1 ¹	13.8 ¹	37.3 ²	—
Motor vehicle-related mortality	—	5.5 ¹	11.7 ²	—
Diabetes-related mortality	—	13.0 ¹	20.9 ²	—
Intentional self-harm (suicide) mortality	—	7.7 ¹	11.8 ²	10.2 ⁴

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Δ Age-adjusted rate per 100,000 persons

† Mortality data are based on the 2010 World Health Organization's *International Classification of Diseases, 10th Revision* (an electronic version can be found at <http://apps.who.int/classifications/icd10/browse/2010/en>). Leading causes of death were chosen from the Centers for Disease Control's report *Deaths, Final Data for 2009*². All causes of death (ICD-10:A00-Y89), Major cardiovascular disease mortality (ICD-10:I00-I78), Heart disease mortality (ICD-10:I00-I09,I11,I13,I20-I51), Cerebrovascular diseases (ICD-10:I60-I69), Cancer mortality, all types (ICD-10:C00-C97), Lung cancer mortality (ICD-10:C33-C34), Breast cancer mortality, females only (ICD-10:C50[Female]), Mental disorder mortality, all types (ICD-10:F01-F99), Nervous system disease mortality (ICD-10:G00-G98), Alzheimer's disease (ICD-10:G30), Chronic lower respiratory disease mortality, all causes (ICD-10:J40-J47), Pneumonia and influenza mortality (ICD-10:J10-J18), Nephritis and nephrosis mortality (ICD-10:N00-N07, N17-N19, N25-N27), Injuries and poisonings, all deaths (ICD-10:V01-Y89,U011), Motor vehicle-related mortality (ICD-10:V02-V04, V09.0,V09.2, V12-V14, V19.0-V19.2, V19.4, V20-V79, V80.3-80.5, V81.0-V81.1, V82.0-V82.1, V83-V86, V87.0, V87.8, V88.0-V88.8, V89.0, V89.2, X82, Y03, Y32), Diabetes mellitus related mortality (ICD-10:E10-E14), Intentional self-harm (suicide) mortality (ICD-10:X60-X84, Y87.0).

‡ Injuries and poisonings data include the following categories: transport accidents (motor vehicle, other land transport, water, air and space, and other unspecified transport accidents and their sequelae) and non-transport (falls, accidental discharge of firearms, accidental drowning and submersion, accidental exposure to smoke, fire, and flames, accidental poisoning and exposure to noxious substances, other and unspecified non-transport accidents and their sequelae).

Sources:

1. Massachusetts Department of Public Health, Registry of Vital Records and Statistics, Bureau of Health Statistics, Research and Evaluation, 2009.
2. Kochanek, KD et al. National Vital Statistics Reports: Deaths, Final Data for 2009. Centers for Disease Control and Prevention, National Center for Health Statistics. http://www.cdc.gov/nchs/data/nvsr/nvsr60/nvsr60_03.pdf. Accessed 17 December 2012.
3. Massachusetts Department of Public Health, Bureau of Health Information, Statistics, Research, and Evaluation. Massachusetts Deaths 2009. <http://www.mass.gov/eohhs/docs/dph/research-epi/death-full-09.pdf>. Accessed 08 January 2013.
4. Healthy People 2020. <http://www.healthypeople.gov/2020/topicsobjectives2020/pdfs/HP2020objectives.pdf>. Accessed 17 December 2012.

Natality and Early Childhood				
	Cambridge	MA	US	HP 2020 Target [§]
Births and Deaths				
Birth rate (total number of live births per 1,000 women ages 15-44)	43.5 ¹	55.1 ¹	66.7 ³	—
Infant mortality [†] (number of deaths per 1,000 live births)	6.3 ¹	4.8 ¹	—	6.0 ⁴
Low Birthweight Births				
Low birthweight (percentage of total births less than 2500 grams)	8.1% ¹	7.8% ¹	8.2% ³	7.8% ⁴
Very low birthweight (percentage of total births less than 1500 grams)	1.3% ¹	1.4% ¹	1.5% ³	1.4% ⁴
Teen Births				
Teen birth rate (number of births per 1,000 females ages 15-19)	3.8 ¹	19.5 ¹	39.1 ³	—
Prenatal Care				
Mothers with adequate prenatal care (percentage of total births with mothers receiving adequate prenatal care based on the Adequacy of Prenatal Care Utilization (APNCU))	86.7% ¹	84.3% ¹	—	77.6% ⁴
Mothers not receiving prenatal care in first trimester (percentage of total births with mothers beginning prenatal care in the second or third trimester or not at all)	15.3% ¹	17.4% ¹	—	—
Mothers receiving publicly funded prenatal care (percentage of total births with mothers receiving care from Medicaid, Healthy Start, free care, or other government-funded care)	18.2% ¹	36.1% ¹	—	—
Birth Defects[‡]				
Any birth defects (yes to any congenital anomalies)	3.1% ²	7.5% ²	3.0% ⁵	—

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† Mortality data are based on the 2010 World Health Organization's *International Classification of Diseases, 10th Revision* (an electronic version can be found at <http://apps.who.int/classifications/icd10/browse/2010/en>). Infant deaths (ICD-10:A00-Y89).

‡ Birth defect (or congenital anomaly) means a structural, functional or biochemical abnormality, regardless of cause, and irrespective of any known genetic or environmental association(s), whether manifest prenatally, at delivery or at a later date up to three years of age, and that may interfere with normal growth or development. (*Definition from Massachusetts Department of Public Health*)

Sources:

1. Massachusetts Department of Public Health, Bureau of Health Information, Statistics, Research, and Evaluation. Massachusetts Births 2009. <http://www.mass.gov/eohhs/docs/dph/research-epi/birth-report-2009.pdf>. Accessed 17 December 2009.
2. Massachusetts Department of Public Health, Registry of Vital Records and Statistics, Bureau of Health Statistics, Research and Evaluation, 2009.
3. Centers for Disease Control and Prevention, National Center for Health Statistics, National Vital Statistics Reports. Births: Final Data for 2009. http://www.cdc.gov/nchs/data/nvsr/nvsr60/nvsr60_01.pdf. Accessed 17 December 2009.
4. Healthy People 2020. <http://www.healthypeople.gov/2020/topicsobjectives2020/pdfs/HP2020objectives.pdf>. Accessed 17 December 2012.
5. Centers for Disease Control and Prevention. Update on overall prevalence of major birth defects- Atlanta, Georgia, 1978-2005. *MMWR* 2008; 57(1): 1-5.

Unintentional Injury and Violence				
	Cambridge	MA	US	HP 2020 Target [§]
Unintentional Injury^{Δ†}				
Injuries and poisonings mortality [‡]	14.1 ¹	13.8 ¹	37.3 ²	—
Motor vehicle-related mortality	—	5.5 ¹	11.7 ²	—
Fall-related hospitalizations	383.8 ³	387.3 ³	—	—
Fall-related mortality, adults ages 65+	—	42.6 ⁴	45.3 ⁵	45.3 ⁶
Homicides^{Δ†}				
Homicides	—	2.9 ⁴	6.1 ⁵	5.5 ⁶
Firearm-related mortality	—	3.5 ⁴	10.2 ⁵	9.2 ⁶
Bullying, Harassment, and Violence in Schools Settings				
Middle School Students (<i>bullying and victimization in the past 12 months</i>)				
Bullied, threatened, or pushed around in school or on the way to school	16.3% ⁷	—	—	—
Received mean or threatening e-mail, text messages, or chats (<i>also referred to as electronic bullying</i>)	8.1% ⁷	—	—	—
High School Students (<i>bullying and victimization in the past 12 months</i>)				
Bullied, threatened, or pushed around in school or on the way to school	7.0% ⁸	18% ⁹	20.1% ¹⁰	17.9 ⁶
Received mean or threatening e-mail, text messages, or chats (<i>also referred to as electronic bullying</i>)	9.0% ⁸	—	16.2% ¹⁰	—

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§ Healthy People 2020 (HP2020) is a Centers for Disease Control and Prevention based initiative that provides "science-based, 10-year national objectives for improving the health of all Americans." See <http://healthypeople.gov/2020/about/> for more information.

Δ Age-adjusted rate per 100,000 persons

† Mortality data are based on the 2010 World Health Organization's *International Classification of Diseases, 10th Revision* (an electronic version can be found at <http://apps.who.int/classifications/icd10/browse/2010/en>). Injuries and poisonings, all deaths (ICD-10:V01-Y89,U011), Motor vehicle related mortality (ICD-10:V02-V04, V09.0,V09.2, V12-V14, V19.0-V19.2, V19.4, V20-V79, V80.3-80.5, V81.0-V81.1, V82.0-V82.1, V83-V86, V87.0, V87.8, V88.0-V88.8, V89.0, V89.2, X82, Y03, Y32), Fall-related deaths adults ages 65+ (ICD10:W00-W19, X80, Y01, Y30), Homicides (ICD-10:X85-Y09,Y87.1), Firearm-related deaths (ICD-10:W32-W34, X72-X74, X93-X95, Y22-Y24).

‡ Injuries and Poisonings includes the following categories: transport accidents (motor vehicle, other land transport, water, air and space, and other unspecified transport accidents and their sequelae) and non-transport (falls, accidental discharge of firearms, accidental drowning and submersion, accidental exposure to smoke, fire, and flames, accidental poisoning and exposure to noxious substances, other and unspecified nontransport accidents and their sequelae).

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Wellness and Chronic Disease				
	Cambridge	MA	US	HP 2020 Target [§]
Healthy Weight				
Youth (public school students in grades K-8)				
Obese (<i>BMI at or above the 95th percentile for children of the same age and sex</i>)	15.9% ¹	16.3% ²	16.2% ³	14.6% ⁴
Overweight (<i>BMI at or above the 85th percentile and lower than the 95th percentile for children of the same age and sex</i>)	16.4% ¹	17.1% ²	—	—
Healthy weight (<i>BMI at or above the 5th percentile and lower than the 85th percentile for children of the same age and sex</i>)	65.1% ¹	64.4% ²	—	—
Underweight (<i>BMI less than the 5th percentile for children of the same age and sex</i>)	2.6% ¹	2.2% ²	—	—
Adults				
Overweight and obese (<i>calculated Body Mass Index ≥ 25.0 based on self-reported height and weight</i>)	43.4% ⁵	58.1% ⁶	63.2% ⁷	—
Obese (<i>based on Body Mass Index 30.0 - 99.9</i>)	12.5% ⁵	21.5% ⁶	26.7% ⁷	30.6% ⁴
High cholesterol (<i>ever been told by a health care professional that your blood cholesterol is high</i>)	25.4% ⁵	35.6% ⁸	37.5% ⁹	—
Physical activity - moderate or vigorous (<i>moderate activity for 20+ minutes on 3+ days per week OR vigorous activity for 30+ minutes on 5+ days per week</i>)	60.0% ⁵	53.0% ^{8†}	51.0% ⁹	—
Exercise				
Youth Exercise				
Middle school students (<i>exercised or participated in sports for at least 20 minutes that made you sweat and breathe hard during the last week</i>)	63.3% ²¹	—	—	—
High school students (<i>exercised or participated in sports for at least 20 minutes that made you sweat and breathe hard during the last week</i>)	81.4% ²⁰	—	—	—
Adult Exercise				
Walking (<i>residents who report walking to work</i>)	23.8% ²³	—	2.8% ²³	—
Bicycling (<i>residents who report bicycling to work</i>)	7.1% ²³	—	0.5% ²³	—
Diabetes				
Youth Diabetes				
Middle school students (<i>ever been told by a doctor or nurse that you have diabetes</i>)	1.3% ²¹	1% ²²	—	—
High school students (<i>ever been told by a doctor or nurse that you have diabetes</i>)	1.1% ²⁰	2% ²²	—	—
Adult Diabetes				
Diabetes (<i>ever been told by a doctor that you have diabetes</i>)	4.0% ⁵	7.2% ⁶	8.3% ⁷	—
Diabetes-related inpatient hospitalizations ^Δ	413.3 ¹³	487.6 ¹³	—	—
Diabetes-related emergency room visits ^Δ	91.8 ¹³	114.2 ¹³	—	—

Wellness and Chronic Disease				
	Cambridge	MA	US	HP 2020 Target [§]
Diabetes-related hospital observation stays ^Δ	267.4 ¹³	252.7 ¹³	—	—
Diabetes mortality ^{Δ†}	—	13.0 ¹¹	20.9 ¹²	—
Heart Disease and Stroke				
High school student high blood pressure (<i>ever been told by a doctor or nurse that you have high blood pressure</i>)	2.6% ²⁰	—	—	—
Adult high blood pressure (<i>ever been told by health care professional that you have high blood pressure</i>)	13.9% ⁵	25.7% ^{8†}	28.7% ⁹	26.9% ⁴
All circulatory system disease hospitalizations^Δ	1,262.9 ¹⁸	1,502.1 ¹⁸	1,490.0 ¹⁹	—
Coronary heart disease hospitalizations	203.0 ¹⁸	343.0 ¹⁸	—	—
Cerebrovascular disease hospitalizations	214.8 ¹⁸	228.9 ¹⁸	298.0 ¹⁹	—
Acute myocardial infarction hospitalizations	103.7 ¹⁸	174.2 ¹⁸	217.0 ¹⁹	—
Major cardiovascular mortality^{Δ†}	150.9 ¹¹	199.1 ¹¹	254.3 ¹²	—
Respiratory systems disease mortality^{Δ†}	51.1 ¹¹	66.1 ¹¹	—	—
Chronic lower respiratory disease mortality, all causes	24.3 ¹¹	33.5 ¹¹	42.3 ¹²	—
Pneumonia and influenza mortality	14.4 ¹¹	16.6 ¹¹	16.2 ¹²	—
Nervous system disease mortality^{Δ†}	28.1 ¹¹	36.3 ¹¹	—	—
Health-Related Quality of Life				
Adults (<i>self-report that general health status is fair or poor</i>)	7.1% ⁵	12.3% ⁶	14.4% ⁷	—
Mental Health				
Youth Mental Health				
Middle school students who experienced the death of a family member or close friend	39.6% ²¹	—	—	—
Middle school students who experienced a divorce or separation in the family	10.9% ²⁰	—	—	—
High school students who experienced the death of a family member or close friend	41.5% ²⁰	—	—	—
High school students who experienced a divorce or separation in the family	8.6% ²⁰	—	—	—
Adult Mental Health				
Mental health condition (<i>mental health condition or emotional problem kept you from doing work or other usual activities at all in past month</i>)	11.6% ⁵	—	—	—

— Data not available or not comparable (including but not limited to differences in question phrasing, demographic breakdown, or small numerator suppression). Suppression rule: numerator less than 10 and denominator less than 30.

§ Healthy People 2020 (HP2020) is a Centers for Disease Control and Prevention based initiative that provides "science-based, 10-year national objectives for improving the health of all Americans." See <http://healthypeople.gov/2020/about/> for more information.

Δ Age-adjusted rate per 100,000 persons

† Mortality data are based on the 2010 World Health Organization's *International Classification of Diseases-10* (an electronic version can be found at <http://apps.who.int/classifications/icd10/browse/2010/en>). Diabetes mellitus mortality (ICD-10:E10-E14), Major cardiovascular mortality (ICD-10:I00-I78), Respiratory systems diseases mortality (ICD-10:J00-J98), Chronic lower respiratory disease mortality, all causes (ICD-10:J40-J47), Pneumonia and Influenza mortality (ICD-10:J10-J18), Nervous system disease mortality (ICD-10:G00-G98), Intentional self-harm (suicide) mortality (ICD-10:X60-X84, Y87.0), Mental disorder mortality (ICD-10:F01-F99).

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Notes About the Data

Data are current as of January 15, 2013 and are subject to change.

Parenthetical information in tables reflects survey question wording.

Age-Adjusted Rate: A procedure for adjusting rates designed to minimize the effects of differences in age distributions when comparing rates for different populations. An age-adjusted rate is calculated by averaging the age-specific rates for the area of interest, using as weights the distribution of age from a standard population. By convention, the 2000 U.S. population is used as the standard population. Age-adjusted rates are usually expressed per 100,000 persons. (*Definition from Massachusetts Department of Public Health*)

Cumulative Incidence: Proportion of population that develops an outcome over a specific period of time.

CI = number of *new* cases / population at risk, over a specific period of time

Example: "Mortality: Major Cardiovascular Disease Mortality Age-Adjusted Rate" — 150.9 of 100,000 people in Cambridge died from major cardiovascular disease over the 1-year period of 2009, after controlling for age.

Prevalence: proportion of a population with an outcome at a point in time.

P = Number of *existing* cases / population at risk

Example: "Alcohol, Tobacco, and Other Drug Use: Adult Tobacco Use" — 7.5% of all Cambridge residents reported being current smokers in 2008, but smoking was not necessarily initiated in 2008.

Adequacy of Prenatal Care Utilization Scale

Category	Month Prenatal Care Began	% of Expected Prenatal Care Visits*
Adequate Intensive	1, 2, 3, or 4	110% or more
Adequate Basic	1, 2, 3, or 4	80 – 109%
Intermediate	1, 2, 3, or 4	50 – 79%
Inadequate	Month 5 or later	Less than 50%
Unknown	Prenatal care information not recorded	

*The number of expected visits is determined based on standards set by the American College of Obstetricians and Gynecologists (ACOG)