

# Massachusetts Community Health Assessment

## Location

Ashland

## Health Outcomes

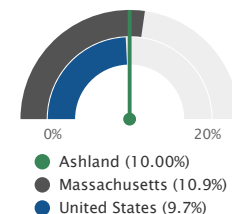
### Chronic Conditions - Asthma Prevalence (Survey-based)

This indicator reports the percentage of adults age 18 and older who answer “yes” to both of the following questions: “Have you ever been told by a doctor, nurse, or other health professional that you have asthma?” and the question “Do you still have asthma?”

Within the report area, there were 10.00% of adults age 18+ who reported having asthma of the total population age 18+.

Report Area	Total Population	Adults Age 18+ with Asthma (Crude)	Adults Age 18+ with Asthma (Age-Adjusted)
Ashland	16,593	10.00%	No data
Massachusetts	6,984,723	10.9%	10.9%
United States	331,893,745	9.7%	9.7%

Percentage of Adults Age 18+ with Current Asthma



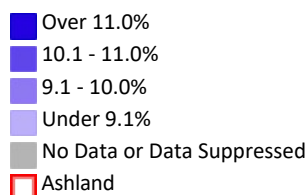
Note: This indicator is compared to the state average.

Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the PLACES Data Portal, 2021.



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Asthma, Prevalence Among Adults Age 18+ by ZCTA, CDC BRFSS PLACES Project 2021



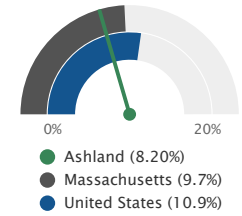
### Well-Being - Physical Health (Survey-based)

This indicator reports the percentage of adults age 18 and older who report 14 or more days during the past 30 days during which their physical health was not good.

Within the report area, there were 8.20% of adults 18 and older who reported poor physical health in the past month of the total population age 18 and older.

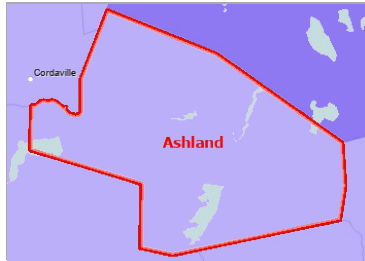
Report Area	Total Population	Adults Age 18+ with Poor Physical Health (Crude)	Adults Age 18+ with Poor Physical Health (Age-Adjusted)
Ashland	16,593	8.20%	No data
Middlesex County, MA	1,614,742	8.40%	8.10%
Massachusetts	6,984,723	9.7%	9.2%
United States	331,893,745	10.9%	10.3%

Percentage of Adults Age 18+ with Poor Physical Health



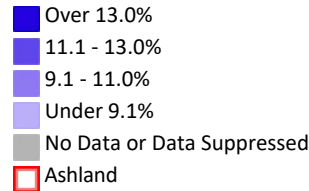
Note: This indicator is compared to the state average.

Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the PLACES Data Portal. 2021.



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#### Poor Physical Health, Percent of Adults Age 18+ by ZCTA, CDC BRFS PLACES Project 2021



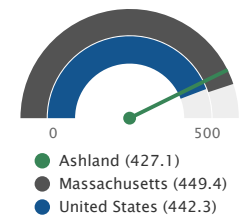
### Chronic Conditions - Cancer - All Cancers \*

This indicator reports the age adjusted incidence rate (cases per 100,000 population per year) of cancer (all sites) adjusted to 2000 U.S. standard population age groups (Under age 1, 1-4, 5-9, ..., 80-84, 85 and older).

Within the report area, there were 94 new cases of cancer reported. This means there is a rate of 427.1 for every 100,000 total population.

Report Area	Estimated Total Population	New Cases (Annual Average)	Cancer Incidence Rate (Per 100,000 Population)
Ashland	22,006	94	427.1
Massachusetts	8,615,709	38,719	449.4
United States	383,976,486	1,698,328	442.3

Cancer Incidence Rate (Per 100,000 Pop.)



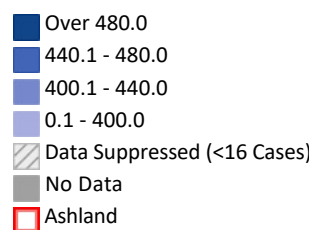
Note: Indicator data for the report location is calculated using small area estimation method. This indicator is compared to the state average.

Data Source: State Cancer Profiles. 2016-20.



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#### Cancer (All Sites), Incidence Rate (Per 100,000 Pop.) by County, State Cancer Profiles 2016-20



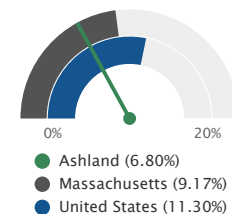
### Chronic Conditions - Diabetes Prevalence (Survey-based)

This indicator reports the number and percentage of adults age 18 and older who report ever been told by a doctor, nurse, or other health professional that they have diabetes other than diabetes during pregnancy.

Within the report area there are 6.80% adults age 18 and older with diabetes of the total population age 18 and older.

Report Area	Total Population	Adults Age 18+ Ever Diagnosed with Diabetes (Crude)	Adults Age 18+ Ever Diagnosed with Diabetes (Age-Adjusted)
Ashland	16,593	6.80%	No data
Massachusetts	6,984,723	9.17%	8.13%
United States	331,893,745	11.30%	9.90%

Percentage of Adults Age 18+ Ever Diagnosed with Diabetes



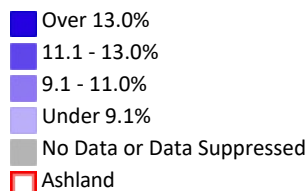
Note: This indicator is compared to the state average.

Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the PLACES Data Portal. 2021.



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Diabetes, Prevalence Among Adults Age 18+ by ZCTA, CDC BRFSS PLACES Project 2021



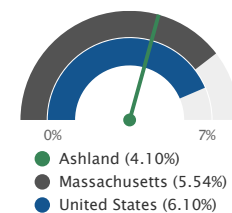
## Chronic Conditions - Heart Disease Prevalence (Survey-based)

This indicator reports the percentage of adults age 18 and older who report ever having been told by a doctor, nurse, or other health professional that they had angina or coronary heart disease.

Within the report area, there were 4.10% of adults 18 and older who reported having coronary heart disease of the total population age 18 and older.

Report Area	Total Population	Adults Age 18+ Ever Diagnosed with CHD (Crude)	Adults Age 18+ Ever Diagnosed with CHD (Age-Adjusted)
Ashland	16,593	4.10%	No data
Massachusetts	6,984,723	5.54%	4.73%
United States	331,893,745	6.10%	5.20%

Percentage of Adults Age 18+ Ever Diagnosed with Coronary Heart Disease



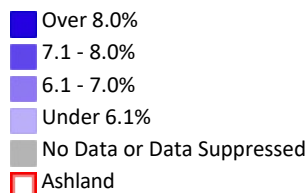
Note: This indicator is compared to the state average.

Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the PLACES Data Portal. 2021.



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Coronary Heart Disease, Prevalence Among Adults Age 18+ by ZCTA, CDC BRFSS PLACES Project 2021



## Chronic Conditions - Hypertension Prevalence (Survey-based)

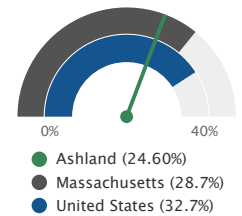
This indicator reports the percentage of adults age 18 and older who report ever having been told by a doctor, nurse, or other health professional that they have high blood pressure (HTN). Women who were told high blood pressure only during

pregnancy and those who were told they had borderline hypertension were not included.

Within the report area, there were 24.60% of adults age 18+ who reported having high blood pressure of the total population age 18+.

Report Area	Total Population	Adults Age 18+ with HTN (Crude)	Adults Age 18+ with HTN (Age-Adjusted)
Ashland	16,593	24.60%	No data
Massachusetts	6,984,723	28.7%	26.1%
United States	331,893,745	32.7%	29.6%

Percentage of Adults Age 18+ with High Blood Pressure



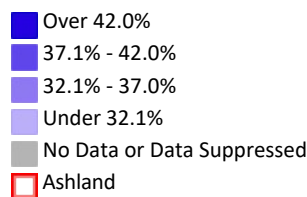
Note: This indicator is compared to the state average.

Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the PLACES Data Portal. 2021.



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High Blood Pressure, Prevalence Among Adults Age 18+ by ZCTA, CDC BRFSS PLACES Project 2021



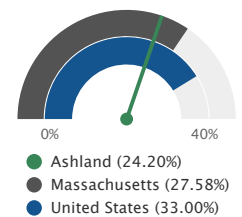
## Chronic Conditions - Obesity Prevalence (Survey-based)

This indicator reports the number and percentage of adults age 18 and older who are obese, defined as having a body mass index (BMI)  $\geq 30.0$  kg/m<sup>2</sup>, calculated from self-reported weight and height.

Within the report area there are 24.20% adults age 18 and older with obesity of the total population age 18 and older.

Report Area	Total Population	Adults Age 18+ with Obesity (BMI $\geq 30.0$ kg/m <sup>2</sup> ) (Crude)	Adults Age 18+ with Obesity (BMI $\geq 30.0$ kg/m <sup>2</sup> ) (Age-Adjusted)
Ashland	16,593	24.20%	No data
Massachusetts	6,984,723	27.58%	27.75%
United States	331,893,745	33.00%	33.00%

Percentage of Adults Age 18+ with Obese (BMI  $\geq 30.0$  kg/m<sup>2</sup>)



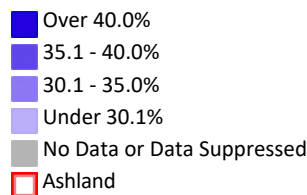
Note: This indicator is compared to the state average.

Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the PLACES Data Portal. 2021.



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Obese (BMI  $\geq 30$ ), Prevalence Among Adults Age 18+ by ZCTA, CDC BRFSS PLACES Project 2021



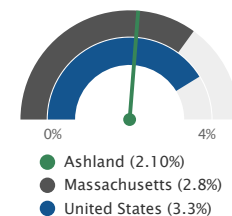
## Chronic Conditions - Stroke Prevalence (Survey-based)

This indicator reports the number and percentage of adults age 18 and older who report ever having been told by a doctor, nurse, or other health professional that they have had a stroke.

Within the report area, there were 2.10% of adults 18 and older who reported having a stroke of the total population age 18 and older.

Report Area	Total Population	Adults Age 18+ Ever Having a Stroke (Crude)	Adults Age 18+ Ever Having a Stroke (Age-Adjusted)
Ashland	16,593	2.10%	No data
Massachusetts	6,984,723	2.8%	2.5%
United States	331,893,745	3.3%	2.8%

Percentage of Adults Age 18+ Ever Having a Stroke



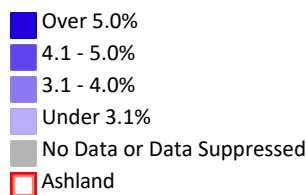
Note: This indicator is compared to the state average.

Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the PLACES Data Portal. 2021.



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### Stroke, Prevalence Among Adults Age 18+ by ZCTA, CDC BRSS PLACES Project 2021



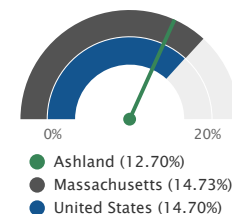
## Well-Being - Mental Health (Survey-based)

This indicator reports the percentage of adults age 18 and older who report 14 or more days during the past 30 days during which their mental health was not good.

Within the report area, there were 12.70% of adults 18 and older who reported poor mental health in the past month of the total population age 18 and older.

Report Area	Total Population	Adults Age 18+ with Poor Mental Health (Crude)	Adults Age 18+ with Poor Mental Health (Age-Adjusted)
Ashland	16,593	12.70%	No data
Massachusetts	6,984,723	14.73%	15.28%
United States	331,893,745	14.70%	15.20%

Percentage of Adults Age 18+ with Poor Mental Health



Note: This indicator is compared to the state average.

Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the PLACES Data Portal. 2021.



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**Poor Mental Health, Prevalence Among Adults Age 18+ by ZCTA, CDC BRFSS PLACES Project 2021**

- Over 18.0%
- 16.1 - 18.0%
- 14.1 - 16.0%
- Under 14.1%
- No Data or Data Suppressed
- Ashland

**Well-Being - Physical Health (Survey-based)**

This indicator reports the percentage of adults age 18 and older who report 14 or more days during the past 30 days during which their physical health was not good.

Within the report area, there were 8.20% of adults 18 and older who reported poor physical health in the past month of the total population age 18 and older.

Report Area	Total Population	Adults Age 18+ with Poor Physical Health (Crude)	Adults Age 18+ with Poor Physical Health (Age-Adjusted)
Ashland	16,593	8.20%	No data
Massachusetts	6,984,723	9.7%	9.2%
United States	331,893,745	10.9%	10.3%

*Note: This indicator is compared to the state average.  
Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the PLACES Data Portal, 2021.*

<https://healthdatatool.mass.gov>, 8/20/2024