



THE HEALTH SURVEY

HOW DO WE STACK UP AGAINST OUR NEIGHBORS? ///

We pay more for doctors' visits than the average American, our life expectancy is about a year less than the national average, and nearly half of us are overweight. Is there any good news to report? You bet. Massachusetts is the sixth-healthiest state and has the nation's second-highest physician-to-patient ratio. Plus, according to our exclusive health and sex survey, our marriages are happier, we're having sex regularly, and many of us get our exercise by walking to work every day.

PHYSICAL

HOW LONG WE LIVE ///

The life expectancy of Bostonians is 76.4 years. The national average is 77.2.

WHAT WE DIE OF /// Our top three causes of death are cancer (lung cancer is number one), heart disease, and stroke.

HOW FAT WE ARE ///

About half of us are overweight, and 17.4 percent are obese, compared to the national average of 20.9 percent.

HOW WE GET AROUND ///

About 16 percent of us bike or walk to work (as compared to 5.7 percent nationally).

WHERE WE SWEAT IT OUT ///

Massachusetts is ranked fourth in the nation in health club membership at 18.1 percent. Twelve percent of us exercise daily, and 63 percent work out more than once a week.

WHEN WE DON'T FEEL WELL /// Eighty-eight percent of us legitimately call in sick one to three days a year.

WHAT'S WRONG WITH US ///

About 86 percent of us have at least one cold a year.

WHEN IT'S TIME TO CALL THE DOCTOR ///

There are 923 physicians for every 100,000 people in Boston, more than triple the number in an average U.S. city. About 85 percent of us visit the doctor at least once a year. We pay an average of \$86

per visit—about \$20 more than the typical American.

WE'RE (NOT) SMOKIN' /// Only 19.7 percent of us smoke (compared to 23.4 nationally).

EMOTIONAL

HOW STRESSED WE ARE ///

Of the 100 largest U.S. cities, Boston is the 77th most stressed-out. New York ranks fifth.

HOW UNSTABLE ARE WE /// More than half of us have seen a therapist.

HOW COMMITTED WE ARE ///

Massachusetts has the nation's lowest divorce rate: 2.4 per 1,000 people. (Nevada has the highest, with 6.8 per 1,000.)

HOW SAD WE ARE ///

Three percent of adults report that they were depressed for 30 of the last 30 days—about the same as the national average.

WHEN BLUE SKIES ARE THE ONLY CURE FOR WHAT AILS US ///

The sun shines on Boston about 205 days a year.

SPIRITUAL

WHEN WE NEED GUIDANCE FROM A HIGHER POWER ///

There are about 370 houses of worship, but only 23 percent of us go at least once a month.

ENVIRONMENTAL

WHAT WE BREATHE /// Air quality in Boston gets a grade of 26 out

of 100, compared to the national average of 33 for major cities.

WHAT WE DRINK ///

Water quality here gets a failing grade of 1 out of 100. (New York gets a 42.)

NATURAL

WHERE WE GO TO BE ONE WITH NATURE ///

There are 2,220 acres of public green space.

SEXUAL

WHAT WE DO BETWEEN THE SHEETS ///

51 percent of us have sex at least once a week.

WHAT WE SUFFER FROM SEXUALLY ///

The incidence of sexually transmitted diseases increased 22.5 percent from 1999 to 2002, with 758 new cases per 100,000 people. Some 4,920 people in Boston proper are known to have HIV or AIDS.

HOW MANY PREGNANCIES WE'VE HAD ///

There were more than 130,000 pregnancies in the state in 2000.

HOW MANY ABORTIONS ARE PERFORMED ///

More than 30,000 abortions were performed in Massachusetts in 2000.

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