

2009
Behavioral Risk Factor Surveillance System Report
Annual Prevalence Report

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Introduction

Among health care professionals there is a general consensus that certain health conditions and behavior patterns have a strong correlation with disease, injury and death. Some examples are cigarette smoking, physical inactivity, obesity, alcohol consumption and risky sexual behavior. The Behavioral Risk Factor Surveillance System (BRFSS) is a surveillance system designed to estimate the prevalence of these along with other health risk factors in every state and some territories in the United States. The results provide a tool for evaluating health trends, assessing the risk of chronic disease, and measuring the effectiveness of policies, programs, intervention strategies and awareness campaigns.

The BRFSS is a cooperative agreement between the Centers for Disease Control and Prevention (CDC) and the Mississippi State Department of Health (MSDH). The first survey was done in 1984 when the data was collected at one given point in time. The survey was repeated in 1988 using the same methodology. Beginning in 1990 there has been an annual survey with the data being collected monthly.

The BRFSS survey contains a set of core questions provided by the CDC to gather comprehensive standard information nationwide. The questions are related to health status, access to health care, health awareness, lifestyles, and preventive health. Individual states may include questions addressing specific risk factors that are of particular concern to that state.

Methodology

A. SAMPLING DESIGN

The Mississippi BRFSS is a random sample telephone survey. Utilizing the disproportionate stratified sample (DSS) design with random digit dialing and the Computer Assisted Telephone Interviewing (CATI) system, the survey has the potential to represent 93 percent of all households in Mississippi that have telephones according to BellSouth data. A sample size of 11,194 interviews over a 12-month period was selected to obtain a 95 percent confidence interval of $\pm 2.5\%$ on risk factor prevalence estimates in the adult population. Prevalence estimates by individual demographic variables, comprising smaller sample sizes, do not achieve the same level of accuracy as the total sample.

In the 2009 survey, the following eighteen counties in the Mississippi delta were over-sampled by approximately 1,200 interviews: Bolivar, Carroll, Coahoma, Grenada, Holmes, Humphreys, Issaquena, Leflore, Panola, Quitman, Sharkey, Sunflower, Tallahatchie, Tate, Tunica, Warren, Washington, and Yazoo. The delta oversample was funded by a private non-profit corporation so that a higher level of precision might be achieved in analyzing the health conditions associated with the region.

Interviewers, contracted by the MSDH, contact the residences during weekdays between 9:00 a.m. and 9:00 p.m. and Saturdays between 8:30 a.m. and 4:30 p.m. After a residence has been contacted, one adult (18 years of age or older) is randomly selected to be interviewed from all adults residing in the household. Interviews are collected during a two-week period each month.

B. QUESTIONNAIRE

The questionnaire, designed through cooperative agreements with the CDC, is divided into three sections. The first section contains questions on health risk behavior; the second section contains demographic information; and the third contains optional modules covering topics of interest to the state.

C. DATA ANALYSIS

The data collected by the MSDH Office of Public Health Statistics was compiled and weighted by the CDC. Weighted counts were based on the 2008 Mississippi population estimates to accurately reflect the population demographics. The weighting factor considered the number of adults and telephone lines in the household, and age, race, and sex distribution of the general population. Therefore, the estimated prevalence of any risk factor from the survey represents the total population of Mississippi residents very well. The reader should be aware that the numbers presented in the tables of this report reflect the actual, non-weighted observations for each cell while the percentages in each cell represent the weighted prevalence.

This report presents the weighted percentage of high-risk behavior, conditions and certain chronic diseases by gender, age group, race, education level, annual household income, and employment status.

D. LIMITATIONS OF THE DATA

All data collection systems are subject to error, and records may be incomplete or contain inaccurate information. All information in this survey is self-reported; people may not remember essential information, a question may not mean the same thing to different respondents, and some individuals may not respond at all. It is not always possible to measure the magnitude of these errors or their impact on the data. The user must be the final arbiter in evaluating the data.

E. SAMPLE SIZE

Although the total sample size for the survey was 11,194, the reader should note that sample sizes by question and response category may vary because of non-response and skip patterns within the survey instrument. Overall estimates generally have relatively small sampling errors, but estimates for certain population subgroups may be based on small numbers and have relatively large sampling errors. Interpreting estimates that are based on small numbers can mislead the reader into believing that a given finding is more precise than it actually is. When the number of events is small and the probability of such an event is small, considerable caution should be observed in interpreting the estimates or differences among groups. The BRFSS recommends not interpreting percentages where the denominator is based upon fewer than 50 non-weighted respondents. In the tables of the report, such results are marked with an asterisk that indicates a sample size less than 50.

Definition of Terms and Risk Factors

Alcohol Consumption

Binge Drinking Risk Factor - Respondents who report that they have had at least five drinks on one or more occasion during the past thirty days.

Heavy Drinking Risk Factor - Male respondents who report having more than two drinks per day and female respondents who report having more than one drink per day during the past thirty days.

Arthritis

Arthritis Awareness - Respondents who have been told by a doctor or other health professional that they have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia.

The reader should note that in 2003 the definition of “arthritis” was changed. Before 2003, it included respondents who not only had been diagnosed with arthritis but also those who reported pain or stiffness in the joints for at least thirty days during the previous year.

Asthma

Asthma Awareness - Respondents who report being told they have asthma by a doctor, nurse or other health professional.

Current Asthma - Respondents who report that being told they have asthma by a doctor, nurse or other health professional and who still suffer from the condition.

Cancer

Cancer Survivor – Respondents who report that they have been told by a doctor or other health professional that they had cancer.

Care Giving

Care Giver Status – Respondents who report that they provided regular care or assistance to a friend or family member who has a health problem, long-term illness or disability in the past month.

Cardiovascular Disease

Heart Attack – Respondents who report that they have ever been diagnosed with a heart attack.

Stroke – Respondents who report that they have ever been diagnosed with a stroke.

Coronary Heart Disease – Respondents who have ever been diagnosed with angina or coronary heart disease.

Cholesterol Awareness

Cholesterol Checked - Respondents who report that they have ever had their blood cholesterol checked.

Cholesterol Checked in Past Five Years - Respondents who report having had their blood cholesterol checked within the past five years.

Cholesterol High - Respondents who have had their blood cholesterol checked and who have been told that their blood cholesterol is high by a doctor, nurse, or other health professional.

Diabetes

Diabetes Awareness - Respondents who report they have ever been told by a doctor that they have diabetes. Female respondents diagnosed with diabetes only during pregnancy are not included.

Disability

Limited Activity - Respondents who report that their activity is limited in any way because of physical, mental or emotional problems.

Special Equipment Requirements - Respondents who report having health problems that require the use of special equipment such as a cane, wheelchair, special bed or special telephone.

Exercise

Exercise in Last 30 Days - Respondents who report that, excluding their regular job, in the past 30 days they participated in any physical activity or exercise such as running, walking, calisthenics, golf, or gardening.

Moderate Physical Activity - Respondents who report doing 30 or more minutes per day of moderate physical activity and for five or more days per week of moderate physical activity. Moderate physical activities are those such as brisk walking, bicycling, vacuuming or gardening that causes small increases in breathing or heart rate. This measures *Healthy People 2010* Objective 22.2 - Target $\geq 30\%$.

Vigorous Physical Activity - Respondents who report doing 20 or more minutes per day of vigorous physical activity and three or more days per week of vigorous physical activity. Vigorous physical activities are those such as running, aerobics or heavy yard work that causes large increases in breathing or heart rate. This measures *Healthy People 2010* Objective 22.3 - Target $\geq 30\%$.

People Who Are Physically Inactive - Respondents that report doing no moderate or vigorous physical activity or exercise. This measures *Healthy People 2010* Objective 22.1 - Target $\leq 20\%$

Fruits and Vegetables

Fruit and Vegetable Consumption - Respondents who report that they eat at least five servings of fruits or vegetables per day.

Health Insurance

Health Care Coverage - Respondents who report they have no health care coverage, including health insurance, Health Maintenance Organizations, or Medicare.

Unable to See a Doctor - Respondents who report that they needed to see a doctor within the past 12 months but who were unable because of the cost.

Health Status

Self-Reported Health Status - Respondents who report that their general health status is fair or poor.

Healthy Days

Physical Health - Respondents who report more than seven days during the past month when their physical health was not good.

Mental Health - Respondents who report more than seven days during the past month when their mental health was not good.

Activities Limited - Respondents who report more than seven days during the past month when they could not perform their normal activities because of poor physical or mental health.

HIV/AIDS

Ever Tested for HIV - Respondents age 18 to 64 who report that they have ever been tested for HIV, excluding tests done as part of a blood donation.

High Risk Behavior - Respondents age 18 to 64 who report that they have used intravenous drugs, have been treated for a sexually transmitted or venereal disease, have given or received drugs or money in exchange for sexual favors, or have had anal intercourse without a condom during the past year.

Hypertension

Hypertension Awareness - Respondents who have ever been told they have high blood pressure by a doctor, nurse or other health professional.

Taking Blood Pressure Medicine - Respondents who have been told they have high blood pressure by a doctor, nurse or other health professional and who are taking medication to control it.

Immunization

Flu Shots - Respondents who report that they received a flu shot or the flu spray vaccine within the last twelve months.

Pneumonia Shots - Respondents who report that they have ever received a pneumonia shot.

Mental Health

Emotional Support - Respondents who report that they rarely or never get the social and emotional support that they need.

Life Satisfaction - Respondents who report that they are dissatisfied or very dissatisfied with their life.

Sleep

Respondents who report they did not get enough rest or sleep during the past 30 days.

Tobacco Use

Cigarette Smoker - Respondents who have ever smoked 100 cigarettes in their lifetime and report currently smoking every day or some days. This relates to Healthy People 2010 Objective 27.1a - Target $\leq 12\%$.

Weight Based on Body Mass Index (BMI)

Body Mass Index (BMI) - Weight in kilograms divided by height in meters squared (kg/m^2).

Healthy Weight - Respondents whose BMI is $18.5 \leq \text{BMI} \leq 24.9$. This measures Healthy People 2010 Objective 19.1 - Target $\geq 60\%$.

Overweight - Respondents whose BMI is $25.0 \leq \text{BMI} \leq 29.9$.

Obese - Respondents whose BMI is ≥ 30.0 . This measures Healthy People 2010 Objective 19.2 - Target $\leq 15\%$

Survey Results

Health Status

Survey Question:

Would you say that in general your health is excellent, very good, good, fair, or poor?

This part of the survey attempts to determine how people look at their personal health and how well they function physically, psychologically and socially while engaged in normal, daily activities. The questions are important because they may indicate dysfunction and disability not measured in standard morbidity and mortality data.

Females of both races reported their health as worse than males (Figure 1). Black respondents report their health as worse than whites.

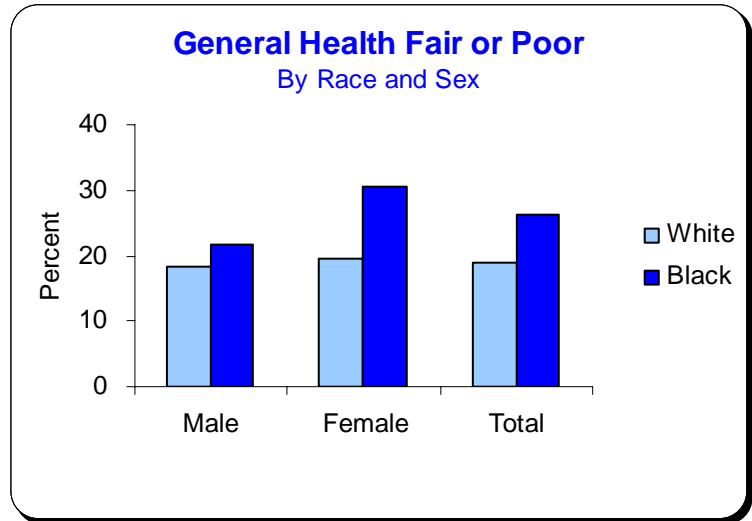


Figure 1

Black respondents reported fair or poor health at a rate of 26.4 percent compared to 18.8 percent for whites.

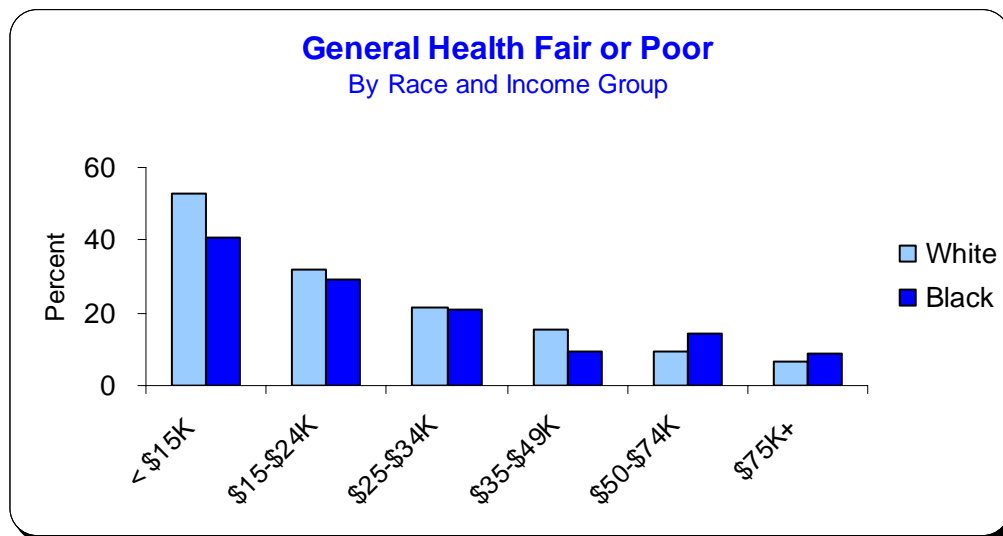


Figure 2

Not surprisingly, reported fair or poor health tended to increase with age. Persons in the 18 to 24 age group reported a rate of only 5.7 percent while those more than 65 years of age reported a rate of 36.6 percent (Figure 2).

Table 1: General Health Fair or Poor

Groups	White		Black		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	670	18.2	326	21.7	1,011	19.2
Female	1,273	19.4	873	30.4	2,187	23.4
Age Group						
18-24	9	4.0	17	7.8	27	5.7
25-34	41	7.9	60	15.8	104	11.3
35-44	121	15.2	86	17.5	217	16.3
45-54	286	19.3	270	35.3	565	24.6
55-64	446	25.6	360	45.0	824	31.3
65+	1,033	32.9	399	46.7	1,446	36.6
Education						
< High School Graduate	489	40.3	476	43.4	977	41.6
High School Graduate or GED	760	25.1	403	25.0	1,182	24.8
Some College or Technical School	471	15.9	212	20.1	699	17.3
College Graduate	221	7.8	108	15.3	338	9.7
Income						
< \$15,000	510	52.7	525	40.5	1,050	44.9
\$15-\$24,999	458	32.1	305	29.3	773	30.7
\$25-\$34,999	208	21.4	92	21.0	307	21.1
\$35-\$49,999	192	15.2	36	9.6	230	13.4
\$50-\$74,999	131	9.2	27	14.1	160	10.1
\$75,000+	122	6.7	19	8.9	148	7.2
Employment Status						
Employed	338	8.7	247	14.9	602	10.6
Not Employed	100	22.4	107	20.3	209	21.0
Student/Homemaker	160	10.9	65	16.9	228	12.4
Retired/Unable to Work	1,343	42.9	779	55.5	2,154	47.4
Total	1,943	18.8	1,199	26.4	3,198	21.4

¹Unweighted

²Weighted

Health Care Coverage

Survey Question:

Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?

The questions in this section are designed to estimate the number of people who cannot obtain the health care they need because they are not covered by a health care plan or other health insurance. People at risk are those without any coverage.

In 2009, 20.0 percent of the respondents indicated they had no health care plan compared to 19.4 percent in 2008.

According to the survey, black males have the highest rate of non-coverage at 34.2

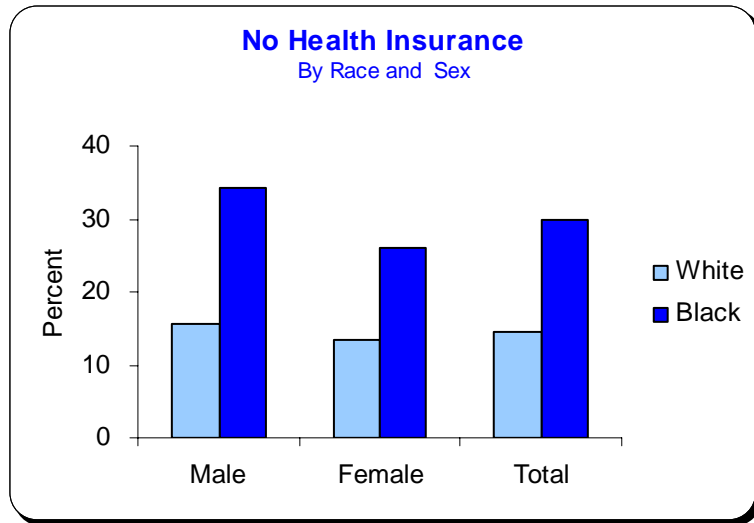


Figure 3

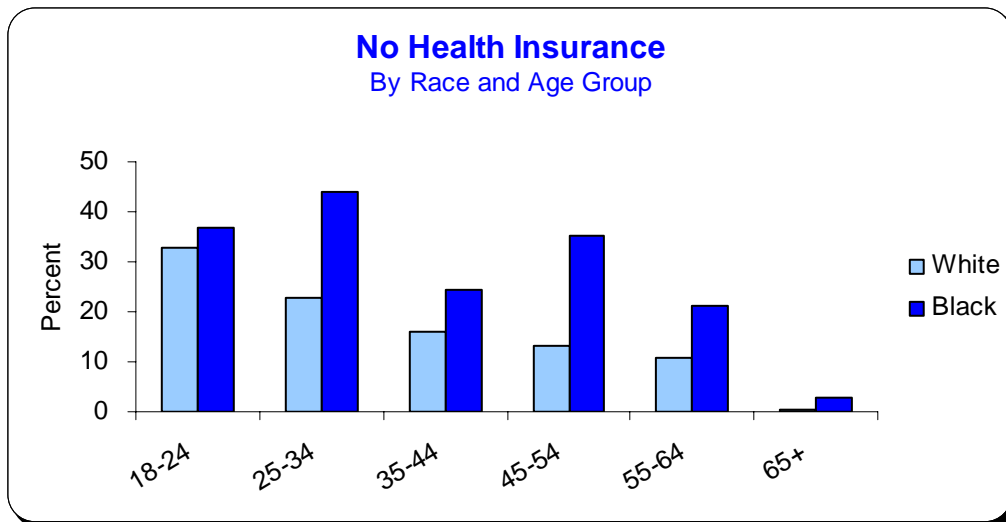


Figure 4

percent; black females were next at 26.0 percent (Figure 3).

When viewed by age categories, blacks from the age of 25 to 34 reported the highest prevalence of no health care coverage at 44.1 percent (Figure 4).

Another factor that adversely affects the health status of people is access to medical care and in 2009 18.4 percent of Mississippians said they were unable to see a doctor in the prior twelve months because cost. Blacks (28.0 percent) were almost twice as likely to have not seen a doctor as whites (15.0 percent). Also females of both races were much more likely to experience this phenomenon than males: 22.2 percent to 16.8 percent.

The survey revealed that one of the biggest barriers to access is income. Not surprisingly, those in the lower income ranges reported the greatest difficulty in gaining access to care (Figure 5).

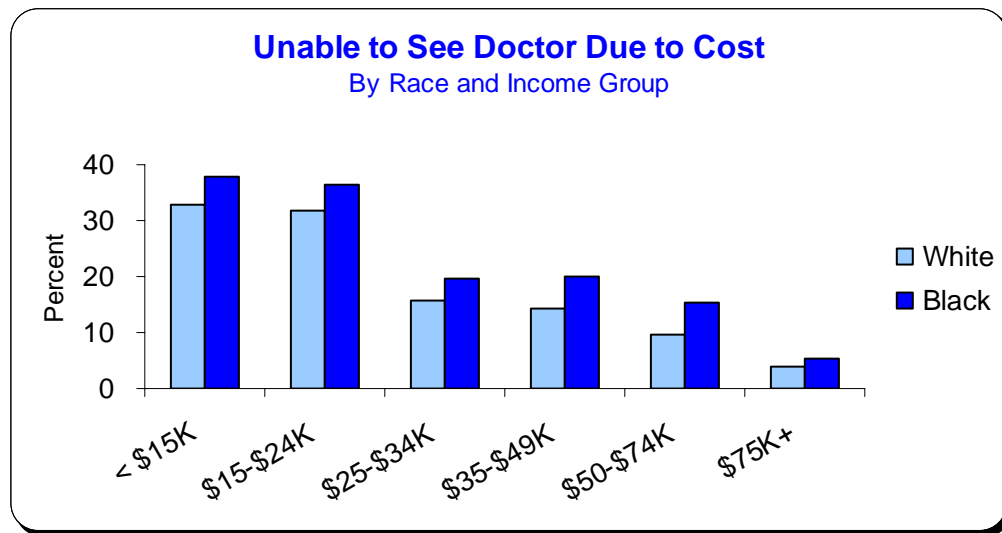


Figure 5

Table 2: Respondents Having No Health Care Coverage

Groups	White		Black		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	260	15.6	241	34.2	517	22.0
Female	462	13.4	489	26.0	975	18.1
Age Group						
18-24	60	32.9	50	36.9	113	34.5
25-34	97	22.8	136	44.1	238	31.8
35-44	143	16.1	120	24.4	279	19.9
45-54	199	13.3	234	35.4	440	20.7
55-64	203	10.7	165	21.4	375	13.7
65+	18	0.6	22	2.7	42	1.3
Education						
< High School Graduate	150	31.6	191	31.5	351	32.1
High School Graduate or GED	280	18.8	315	38.5	608	26.5
Some College or Technical School	206	13.5	165	27.4	384	18.2
College Graduate	86	4.9	59	13.0	149	6.8
Income						
< \$15,000	139	27.6	294	38.1	442	34.2
\$15-\$24,999	198	32.4	215	35.9	426	34.5
\$25-\$34,999	95	21.0	73	25.0	175	23.0
\$35-\$49,999	86	10.1	36	16.3	125	11.7
\$50-\$74,999	46	5.8	14	14.0	63	7.4
\$75,000+	43	3.6	15	9.2	58	4.2
Employment Status						
Employed	315	13.0	308	26.3	643	17.5
Not Employed	155	58.2	198	56.6	361	57.1
Student/Homemaker	122	16.8	78	42.8	203	24.0
Retired/Unable to Work	128	6.0	142	12.9	278	8.6
Total	722	14.5	730	29.8	1,492	20.0

¹Unweighted

²Weighted

Table 3: Unable to See Doctor in Past 12 Months Because of Cost

Groups	White		Black		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	272	13.4	205	23.7	490	16.8
Female	672	16.5	662	31.7	1,374	22.2
Age Group						
18-24	39	17.6	43	29.1	85	22.7
25-34	87	22.1	112	33.6	204	26.6
35-44	175	18.6	135	26.0	326	21.6
45-54	255	17.5	256	33.8	523	22.9
55-64	231	12.4	225	27.8	468	16.8
65+	154	4.6	93	11.0	252	6.3
Education						
< High School Graduate	217	28.6	274	33.6	504	31.3
High School Graduate or GED	346	19.1	327	31.1	694	24.1
Some College or Technical School	264	15.1	187	27.2	464	18.9
College Graduate	117	6.1	78	15.1	201	8.0
Income						
< \$15,000	227	32.7	359	37.8	604	36.4
\$15-\$24,999	263	31.8	249	36.6	526	34.1
\$25-\$34,999	96	15.7	81	19.5	183	17.7
\$35-\$49,999	107	14.2	48	20.1	160	15.5
\$50-\$74,999	82	9.8	24	15.2	108	10.7
\$75,000+	47	4.1	9	5.4	59	4.2
Employment Status						
Employed	358	12.7	323	22.8	704	15.9
Not Employed	129	43.0	151	38.7	289	40.9
Student/Homemaker	97	13.0	75	39.0	176	20.2
Retired/Unable to Work	360	14.3	317	26.7	693	18.6
Total	944	15.0	867	28.0	1,864	19.6

¹Unweighted

²Weighted

Healthy Days

Survey Question:

1. Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

2. Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

In both public and private medicine, the concept of health-related quality of life refers to the physical and mental health perceived by a person or a group of persons. Health care professionals use health-related quality of life to measure the effects of chronic illness in patients and to better understand how an illness interferes with the day-to-day life activities of an individual. Similarly, health professionals use health-related quality of life to measure the effects of numerous disorders, short-term and long-term disabilities, and diseases in different populations. Tracking health-related quality of life in different populations can aid in identifying subgroups with poor physical or mental health and can help in developing policies or interventions to improve their health.

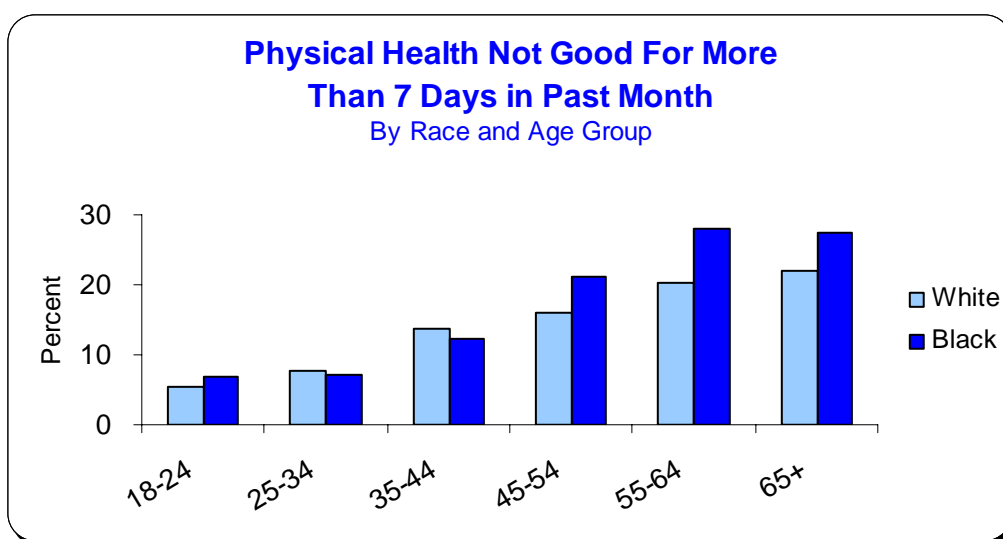


Figure 6

In Mississippi, the 2009 BRFSS survey showed that days of poor physical health tends to increase with age while days of poor mental health were more evenly distributed among age groups. Figure 6 shows that people age 65 and older reported the highest percentage (23.4) of more than seven days when their physical health was not good. In

this age group, white respondents had a rate of 22.1 percent compared to 27.4 percent for blacks. For those in the 55 to 64 age group, whites reported a rate of 20.2 percent compared to 28.1 for blacks.

People in the 45 to 54 year old age group had the highest percentage of seven or more days when their mental health was not good with a rate of 19.7 percent – 18.1 for whites and 23.7 for blacks.

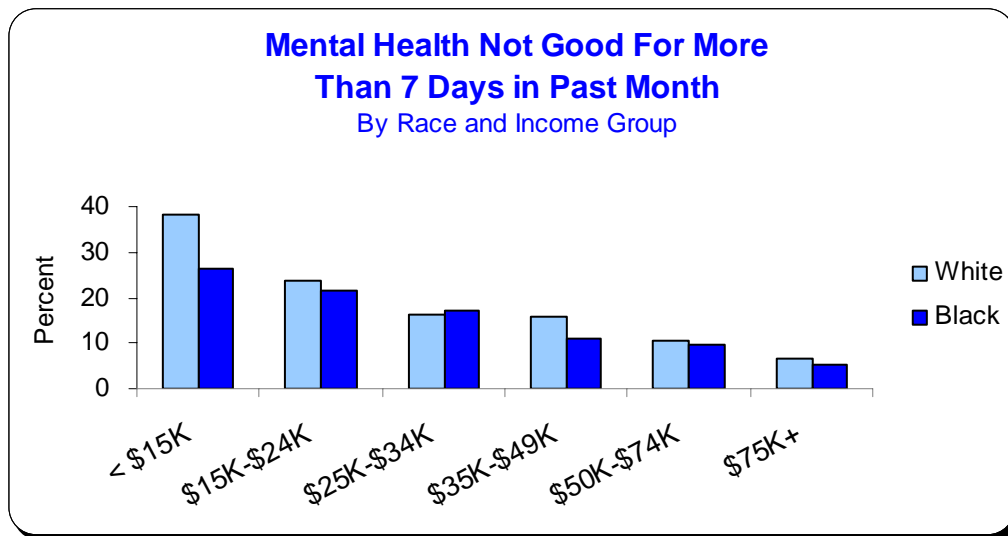


Figure 7

The group that had the highest rate for days of poor mental health was those whose annual income is less than \$15,000 per year at 30.7 percent: 38.3 percent for whites and 26.4 percent for blacks (Figure 7). The second highest category is the unemployed who report a rate of 25.9 percent. White respondents in this category had a rate of 28.7 percent; blacks a rate of 23.6 percent.

Table 4: Physical Health Not Good for More Than 7 Days in Past Month

Groups	White		Black		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	444	12.5	198	14.5	653	13.1
Female	1,002	17.1	500	16.8	1,532	17.0
Age Group						
18-24	11	5.3	13	6.8	25	6.0
25-34	41	7.6	26	7.2	71	7.7
35-44	113	13.6	57	12.4	177	13.0
45-54	244	16.0	166	21.2	419	17.8
55-64	361	20.2	213	28.1	587	22.6
65+	674	22.1	221	27.4	902	23.4
Education						
< High School Graduate	339	29.8	278	26.0	624	27.6
High School Graduate or GED	518	18.1	223	13.9	756	16.3
Some College or Technical School	395	14.9	129	12.4	535	14.0
College Graduate	193	6.5	68	10.9	269	7.8
Income						
< \$15,000	353	41.4	325	26.6	692	31.9
\$15-\$24,999	333	22.9	176	16.7	516	19.8
\$25-\$34,999	149	16.0	43	10.1	195	13.4
\$35-\$49,999	141	12.8	21	5.3	163	10.7
\$50-\$74,999	116	8.9	14	7.3	132	8.5
\$75,000+	116	6.1	8	2.6	130	5.9
Employment Status						
Employed	251	6.4	103	4.7	367	5.9
Not Employed	73	15.9	64	14.0	138	14.5
Student/Homemaker	119	10.2	45	18.6	167	12.4
Retired/Unable to Work	1,003	34.9	485	37.3	1,510	35.8
Total	1,446	14.9	698	15.7	2,185	15.2

¹Unweighted

²Weighted

Table 5: Mental Health Not Good for More Than 7 Days in Past Month

Groups	White		Black		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	288	12.2	149	17.5	447	14.0
Female	802	18.1	448	20.7	1,281	19.0
Age Group						
18-24	33	16.6	39	22.0	74	18.9
25-34	76	16.8	74	19.2	153	17.3
35-44	165	17.7	97	21.5	277	19.4
45-54	269	18.1	174	23.7	451	19.7
55-64	265	14.8	129	15.9	405	15.4
65+	278	8.8	83	10.1	363	9.1
Education						
< High School Graduate	214	27.7	187	26.0	411	26.8
High School Graduate or GED	402	18.1	221	20.7	636	19.0
Some College or Technical School	316	15.2	130	17.4	458	15.9
College Graduate	157	8.2	59	10.0	222	8.5
Income						
< \$15,000	255	38.3	254	26.4	521	30.7
\$15-\$24,999	220	23.7	149	21.5	376	22.4
\$25-\$34,999	122	16.1	52	17.3	177	16.6
\$35-\$49,999	130	16.0	31	11.0	165	14.3
\$50-\$74,999	105	10.4	20	9.6	128	10.3
\$75,000+	109	6.5	9	5.2	123	6.6
Employment Status						
Employed	326	11.1	177	14.5	523	12.1
Not Employed	99	28.7	88	23.6	190	25.9
Student/Homemaker	110	13.3	44	23.4	158	15.9
Retired/Unable to Work	555	21.8	287	23.7	854	22.4
Total	1,090	15.3	597	19.2	1,728	16.6

¹Unweighted

²Weighted

Table 6: Activities Limited for More Than 7 Days in Past Month Because of Poor Health

Groups	White		Black		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	291	23.0	133	22.2	432	22.7
Female	627	20.6	363	22.9	1,010	21.4
Age Group						
18-24	11	12.1	11	8.1	23	10.7
25-34	28	13.6	28	13.8	58	13.7
35-44	78	19.1	64	25.3	148	21.5
45-54	194	25.4	142	32.2	344	27.8
55-64	246	29.4	134	31.2	389	30.1
65+	358	26.9	116	29.9	476	27.6
Education						
< High School Graduate	222	43.2	185	31.3	411	36.3
High School Graduate or GED	319	24.5	169	22.2	499	23.3
Some College or Technical School	250	18.4	100	18.9	358	18.6
College Graduate	127	11.4	42	15.8	174	13.1
Income						
< \$15,000	263	44.8	239	33.8	514	38.3
\$15-\$24,999	206	33.0	123	20.6	333	26.9
\$25-\$34,999	90	19.3	28	16.6	121	17.9
\$35-\$49,999	86	18.8	17	12.3	105	17.3
\$50-\$74,999	58	11.2	10	10.7	70	11.1
\$75,000+	65	10.2	5	5.9	72	9.8
Employment Status						
Employed	122	9.0	58	7.5	185	8.5
Not Employed	62	28.2	54	24.0	118	25.4
Student/Homemaker	77	15.8	26	13.6	106	15.0
Retired/Unable to Work	657	42.4	357	46.1	1,031	44.0
Total	918	21.6	496	22.6	1,442	22.0

¹Unweighted

²Weighted

Tobacco Use

Survey Question:

Have you smoked at least 100 cigarettes in your entire life and do you now smoke cigarettes every day, some days, or not at all?

Tobacco use is the single leading preventable cause of death in Mississippi and the United States. Each year, about one-fifth of the deaths in Mississippi are from tobacco-related causes. Health problems related to tobacco use include cancers, lung disease, and heart disease. Over the past decade the percentage of current adult smokers has not changed significantly. During the same period smokeless

tobacco and cigar use among adults has increased. Mississippi was the first state to reach a settlement with the tobacco industry. The Mississippi State Department of Health has drafted a state tobacco plan that includes strategies to prevent initiation of tobacco use

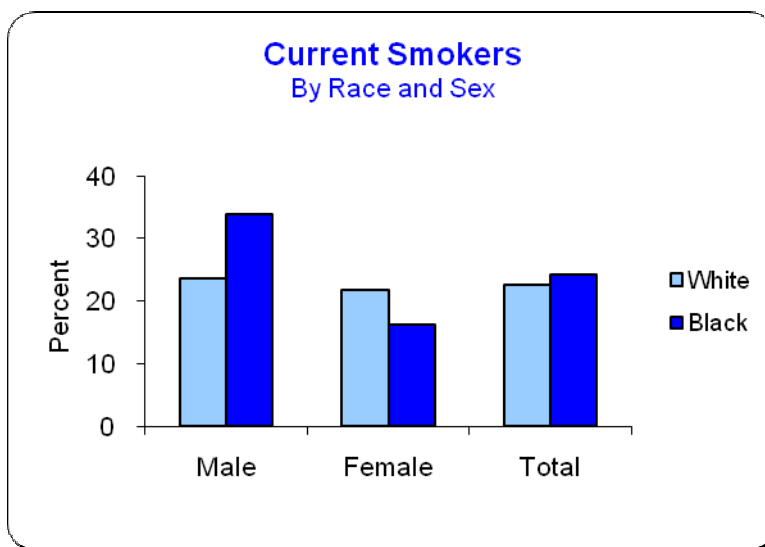


Figure 8

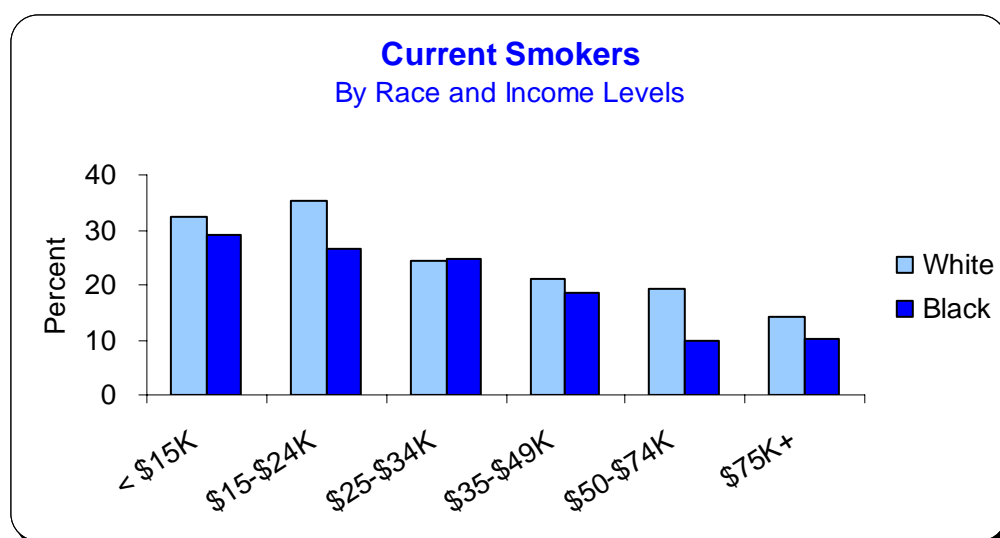


Figure 9

among youth, promote cessation among youth and adults, and eliminate exposure to environmental tobacco smoke.

According to the 2009 BRFSS report, the group with the highest percentage of current smokers is black males at 33.8 percent followed by white males at 23.7 percent and white females at 21.7 percent. The group with the lowest percentage of current smokers is black females at 16.2 percent (Figure 8).

Overall, the rate of current smoking in Mississippi is 23.3 percent, a slight increase from 22.7 reported in 2008. The Healthy People 2010 objective is 12 percent.

Table 7: Current Smokers

Groups	White		Black		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	525	23.7	306	33.8	851	27.2
Female	889	21.7	358	16.2	1,272	19.8
Age Group						
18-24	52	25.4	35	26.3	88	25.5
25-34	136	32.6	87	28.8	229	30.8
35-44	208	25.1	79	20.5	301	23.9
45-54	385	27.3	183	27.3	577	27.2
55-64	340	19.9	169	25.1	519	21.4
65+	287	8.5	109	14.3	401	10.0
Education						
< High School Graduate	251	43.5	214	34.5	473	38.6
High School Graduate or GED	528	26.7	254	28.8	793	27.2
Some College or Technical School	408	22.9	131	18.9	555	21.8
College Graduate	227	11.0	65	9.6	302	11.1
Income						
< \$15,000	230	32.2	246	29.2	489	30.8
\$15-\$24,999	294	35.4	180	26.6	486	31.1
\$25-\$34,999	148	24.4	66	24.8	217	24.1
\$35-\$49,999	191	21.1	41	18.6	237	20.4
\$50-\$74,999	170	19.2	21	9.7	194	17.3
\$75,000+	200	14.1	21	10.3	224	13.7
Employment Status						
Employed	611	21.8	229	21.6	863	21.8
Not Employed	137	51.2	119	36.2	260	42.0
Student/Homemaker	125	16.9	36	18.1	162	17.0
Retired/Unable to Work	540	20.8	280	24.2	836	22.3
Total	1,414	22.7	664	24.3	2,123	23.3

¹Unweighted

²Weighted

Diabetes

Survey Question:

Have you ever been told by a doctor that you have diabetes? (Females diagnosed only while pregnant are excluded.)

Diabetes was the seventh leading cause of death in Mississippi for the year 2008 with a death rate of 25.6 per 100,000 population. According to the 2009 BRFSS survey, 11.6 percent of all respondents reported being told by a doctor that they have diabetes which represents a small increase from the rate of 11.3 percent reported in 2008 as well as an increase from the rate of 11.1 percent reported in 2007.

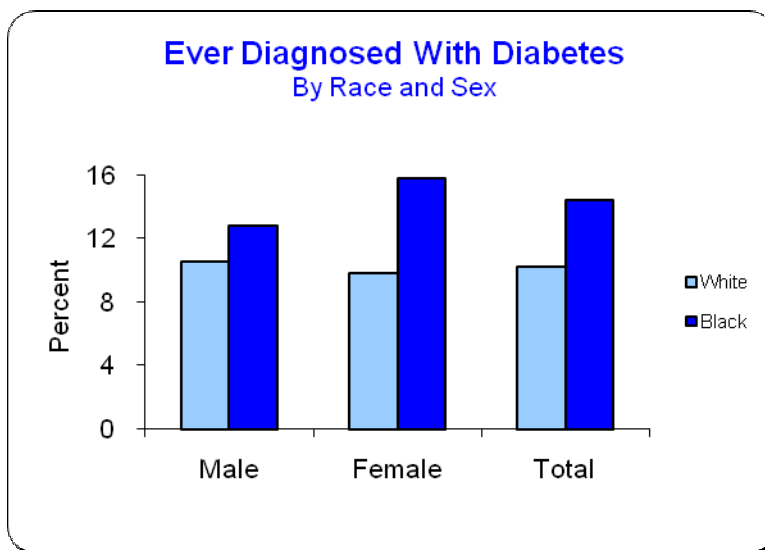


Figure 10

Black females continue to comprise the largest group having a rate of 15.8 percent followed by black males with a rate of 12.8 percent. White males reported a rate of 10.5

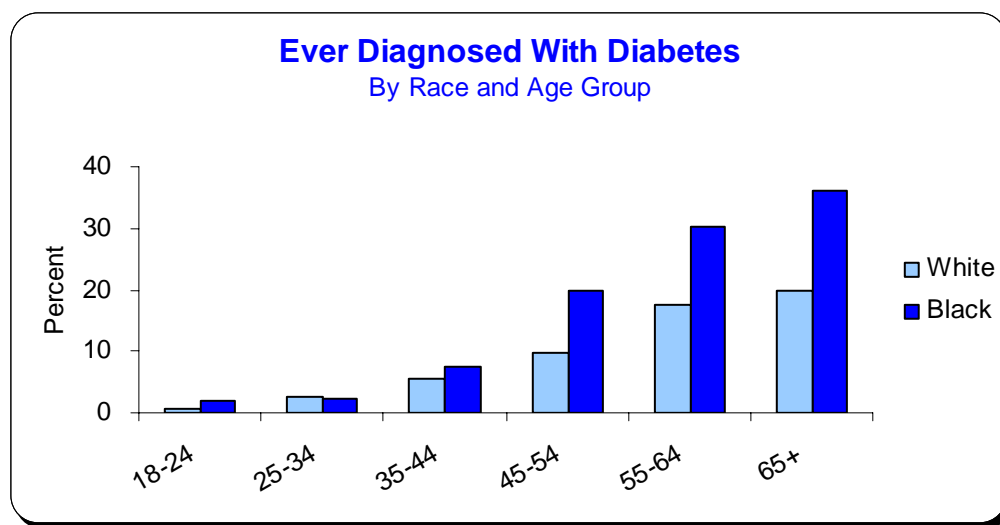


Figure 11

percent and white females were the lowest at 9.8 percent (Figure 10).

The rate of diabetes continues to show a marked difference by categories of education. Respondents who did not complete high school reported rates of 17.8 percent which is more than 42 percent higher than the next highest education category. Those with a high school education reported a rate of 12.5 percent; those with some college work, a rate of 10.0 percent; and college graduates a rate of 8.5 percent (Table 8).

There are also obvious differences seen by age of the respondent in the rate of diabetes. Only 1.1 percent of respondents under age 24 reported having diabetes while those age 65 and above reported a rate of 24.2 percent: 19.7 percent for whites and 36.1 percent for blacks (Figure 11).

Table 8: Ever Told by a Doctor That You Have Diabetes

Groups	White		Black		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	435	10.5	204	12.8	652	11.3
Female	659	9.8	554	15.8	1,229	11.9
Age Group						
18-24	2	0.5	3	2.1	5	1.1
25-34	12	2.5	15	2.2	28	2.3
35-44	49	5.6	40	7.5	91	6.4
45-54	139	9.7	140	19.7	286	13.2
55-64	283	17.7	249	30.1	540	21.2
65+	605	19.7	305	36.1	919	24.2
Education						
< High School Graduate	191	13.6	292	22.2	487	17.8
High School Graduate or GED	390	12.5	226	12.8	624	12.5
Some College or Technical School	304	9.6	130	10.9	442	10.0
College Graduate	207	7.1	109	12.6	325	8.5
Income						
< \$15,000	204	19.9	306	21.0	515	20.3
\$15-\$24,999	215	12.4	171	13.0	395	12.8
\$25-\$34,999	133	11.8	68	13.4	204	12.4
\$35-\$49,999	137	11.1	42	11.5	182	11.0
\$50-\$74,999	128	9.4	28	10.2	158	9.6
\$75,000+	115	6.1	15	5.6	134	6.1
Employment Status						
Employed	276	6.6	149	7.7	435	6.9
Not Employed	43	8.8	56	8.2	100	8.4
Student/Homemaker	65	4.1	34	8.0	99	5.1
Retired/Unable to Work	708	20.9	519	33.4	1,245	25.4
Total	1,094	10.2	758	14.4	1,881	11.6

¹Unweighted

²Weighted

Hypertension Awareness

Survey Question:

Have you ever been told by a doctor, nurse or other health professional that you have high blood pressure? (Females reporting hypertension only during pregnancy are excluded.)

Early detection of high blood pressure allows treatment that can prevent many complications of the disease. Untreated high blood pressure increases the risk of stroke, heart attack and kidney failure. High blood pressure can be controlled by losing weight, taking medication, exercising, not smoking, managing stress and lowering sodium and

alcohol intake.

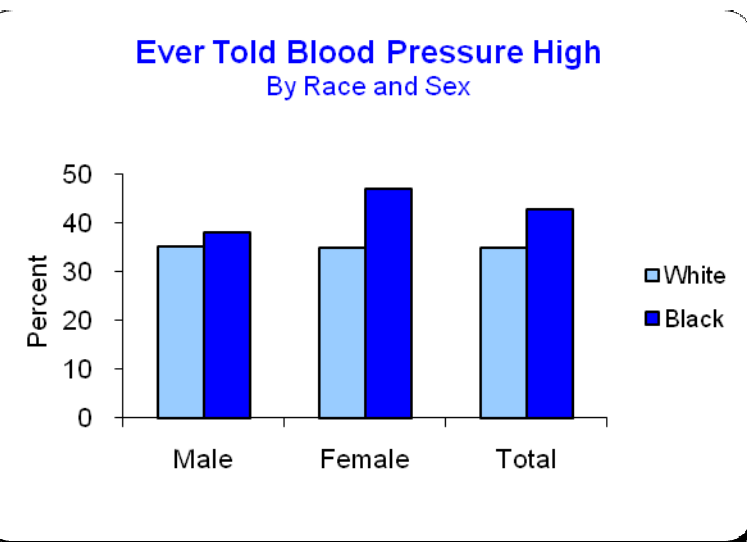


Figure 12

Two indicators of hypertension in Mississippi are available in this report; a) respondents who have ever been told they have high blood pressure by a health care professional and b) respondents who are taking medication to control high blood pressure.

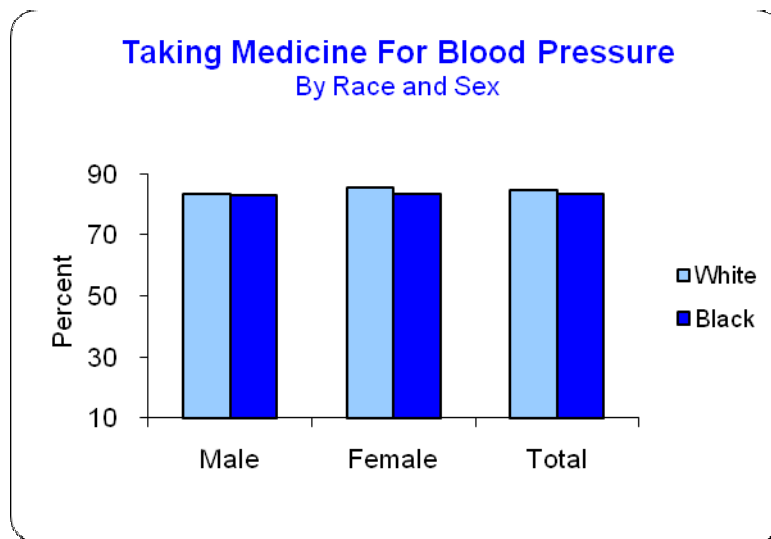


Figure 13

The 2009 BRFSS survey indicates that approximately 37.4 percent of the people surveyed in Mississippi have been told they have high blood pressure by a health care professional.

Blacks were more likely to be hypertensive than whites. The overall rate of hypertension among blacks in

Mississippi was 42.8 percent compared to 34.9 for whites. Black females in the survey reported a rate of 47.0 percent rate for hypertension compared to 34.7 percent of the white females (Figure 12). Approximately 38.0 percent of the black male respondents had been told they were hypertensive. The white male rate was 35.0 percent.

Table 9: Ever Told Blood Pressure is High

Groups	White		Black		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	1,281	35.0	552	38.0	1,860	35.7
Female	2,274	34.7	1,422	47.0	3,752	38.9
Age Group						
18-24	12	7.0	16	8.8	28	7.5
25-34	54	13.9	91	21.0	149	16.9
35-44	184	22.1	182	35.4	381	27.4
45-54	479	36.0	407	55.4	899	42.3
55-64	876	51.5	578	74.2	1,474	57.6
65+	1,939	62.8	689	82.2	2,655	68.1
Education						
< High School Graduate	567	44.2	658	57.8	1,239	50.9
High School Graduate or GED	1,301	41.4	647	40.3	1,973	40.6
Some College or Technical School	942	33.6	381	35.2	1,345	33.7
College Graduate	743	26.4	285	39.1	1,050	29.6
Income						
< \$15,000	537	49.5	708	56.2	1,258	53.5
\$15-\$24,999	656	41.1	471	40.4	1,146	40.7
\$25-\$34,999	435	39.5	199	40.2	643	39.1
\$35-\$49,999	468	36.6	134	34.6	612	35.8
\$50-\$74,999	414	32.3	105	42.8	525	34.2
\$75,000+	483	25.0	58	29.3	551	25.6
Employment Status						
Employed	1,056	26.8	576	31.5	1,674	28.2
Not Employed	119	27.0	154	30.0	276	28.6
Student/Homemaker	305	21.9	100	28.2	409	23.3
Retired/Unable to Work	2,072	59.9	1,143	78.0	3,248	66.0
Total	3,555	34.9	1,974	42.8	5,612	37.4

¹Unweighted

²Weighted

Table 10: Taking Medication for Blood Pressure*

Groups	White		Black		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	1,142	83.3	488	82.9	1,652	83.1
Female	2,067	85.4	1,272	83.5	3,387	84.4
Age Group						
18-24	4	32.2	7	59.7	11	45.4
25-34	24	34.3	52	49.5	79	43.1
35-44	126	67.9	131	73.5	269	70.9
45-54	407	85.3	356	86.0	772	85.4
55-64	794	91.5	541	93.5	1,352	92.2
65+	1,844	96.2	662	95.9	2,531	96.1
Education						
< High School Graduate	504	82.3	595	85.6	1,111	84.3
High School Graduate or GED	1,185	84.4	570	78.5	1,777	82.0
Some College or Technical School	838	81.5	332	84.4	1,187	82.4
College Graduate	680	89.3	260	87.0	959	88.2
Income						
< \$15,000	470	81.0	633	81.2	1,112	80.5
\$15-\$24,999	596	80.7	415	82.1	1,025	81.5
\$25-\$34,999	393	84.6	177	87.6	579	86.1
\$35-\$49,999	422	83.0	115	73.4	544	79.8
\$50-\$74,999	377	86.0	93	83.0	476	85.5
\$75,000+	429	86.5	56	97.1	494	88.1
Employment Status						
Employed	914	79.2	483	76.5	1,430	78.0
Not Employed	89	53.0	115	68.2	204	62.0
Student/Homemaker	281	86.6	87	83.2	372	85.5
Retired/Unable to Work	1,923	92.2	1,074	92.2	3,029	92.2
Total	3,209	84.4	1,760	83.3	5,039	83.8

¹Unweighted

²Weighted

*Denominator is those with high blood pressure

Cholesterol Awareness

Survey Question:

Have you ever had your blood cholesterol checked?

Persons having elevated blood cholesterol levels experience twice the risk of developing coronary heart disease. Studies reveal that small reductions in cholesterol levels are effective in reducing risks.

For those with high cholesterol readings, changes in diets along with increasing physical activity will reduce the level approximately 75 percent of the time. The National Cholesterol Education

Program recommends that healthy adults more than twenty years old have their blood cholesterol levels checked at least once every five years.

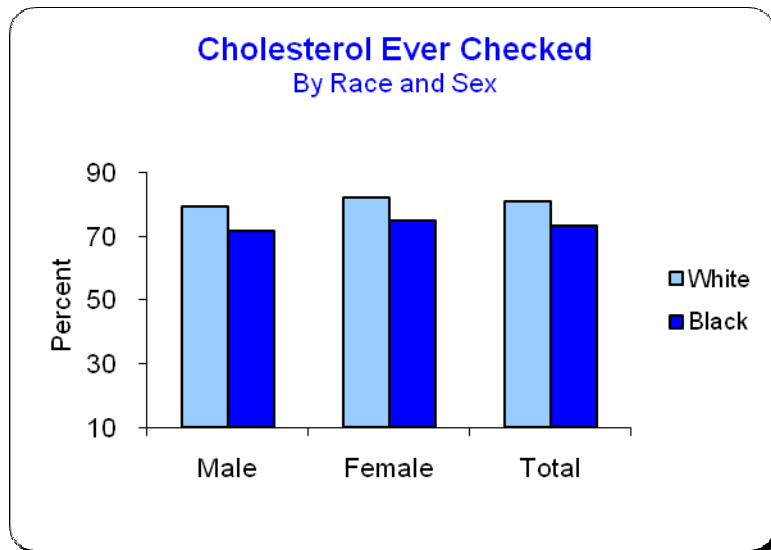


Figure 14

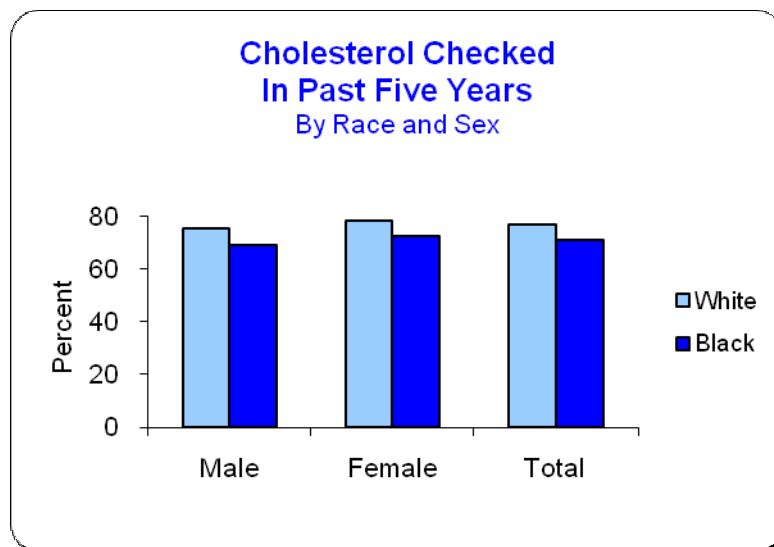


Figure 15

five years reporting a rate of 77.0 percent than blacks who reported a rate of 71.1 percent (Table 12).

The 2009 survey revealed that 78.1 percent of the respondents reported that they have ever had their blood cholesterol checked (Figure 14) and 74.8 percent reported that it had been checked in the past five years (Figure 15). In 2007 the rates were 76.5 percent and 72.4 percent respectively. White respondents were more likely to have had their cholesterol checked within

Black male respondents reported the lowest rate for examinations within the past five years with a rate of 69.2 percent which is better than the rate of 65.4 percent reported in 2007. Of those who have ever had their cholesterol checked, 41.4 percent said they have been told their blood cholesterol is high but in those age 65 and above, the rate was 58.2 percent.

Table 11: Ever Had Cholesterol Checked

Groups	White		Black		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	2,393	79.4	797	71.7	3,252	76.5
Female	4,359	82.3	1,891	75.0	6,356	79.6
Age Group						
18-24	60	37.0	67	45.6	131	41.3
25-34	264	61.0	234	61.2	511	61.0
35-44	682	82.1	352	74.4	1,062	78.1
45-54	1,177	90.4	573	83.8	1,787	88.3
55-64	1,621	96.2	687	90.9	2,351	94.6
65+	2,921	96.5	755	92.1	3,711	95.4
Education						
< High School Graduate	804	71.7	704	71.2	1,525	70.7
High School Graduate or GED	2,159	78.3	868	67.0	3,082	73.8
Some College or Technical School	1,875	79.9	606	75.0	2,530	78.6
College Graduate	1,910	87.6	508	87.2	2,465	87.0
Income						
< \$15,000	754	74.6	801	71.7	1,572	72.1
\$15-\$24,999	1,049	72.6	658	69.9	1,736	71.3
\$25-\$34,999	740	79.8	294	72.3	1,054	76.6
\$35-\$49,999	916	82.9	245	82.2	1,182	82.1
\$50-\$74,999	925	86.4	181	87.2	1,121	86.8
\$75,000+	1,366	87.5	151	93.3	1,544	87.7
Employment Status						
Employed	2,719	80.1	1,048	73.3	3,857	77.6
Not Employed	225	62.3	249	56.4	485	58.9
Student/Homemaker	664	67.9	160	62.2	839	66.5
Retired/Unable to Work	3,135	93.3	1,227	88.6	4,412	91.2
Total	6,752	80.9	2,688	73.4	9,608	78.1

¹Unweighted

²Weighted

Table 12: Cholesterol Checked in Past 5 Years

Groups	White		Black		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	2,284	75.6	766	69.2	3,111	73.1
Female	4,116	78.3	1,833	72.8	6,051	76.2
Age Group						
18-24	58	36.5	65	44.6	127	40.6
25-34	240	55.6	225	58.4	477	56.7
35-44	630	76.2	338	70.8	994	73.2
45-54	1,100	85.6	552	81.3	1,688	84.4
55-64	1,548	92.5	662	88.9	2,253	91.4
65+	2,797	94.4	737	91.4	3,568	93.6
Education						
< High School Graduate	751	66.4	672	68.4	1,439	66.4
High School Graduate or GED	2,050	74.7	843	65.9	2,945	71.2
Some College or Technical School	1,775	76.2	590	72.4	2,413	75.3
College Graduate	1,820	83.6	493	83.7	2,360	83.2
Income						
< \$15,000	704	69.6	772	68.9	1,492	68.5
\$15-\$24,999	999	69.5	638	68.0	1,664	68.6
\$25-\$34,999	699	75.7	287	70.3	1,006	73.4
\$35-\$49,999	874	79.5	240	80.9	1,135	79.4
\$50-\$74,999	890	82.3	179	86.9	1,084	83.5
\$75,000+	1,299	82.7	146	91.0	1,472	83.4
Employment Status						
Employed	2,566	75.8	1,017	71.4	3,671	74.1
Not Employed	201	56.3	238	51.7	448	53.7
Student/Homemaker	622	64.1	154	61.1	790	63.6
Retired/Unable to Work	3,003	90.5	1,186	86.7	4,239	88.7
Total	6,400	77.0	2,599	71.1	9,162	74.8

¹Unweighted

²Weighted

Immunization

Survey Question:

A flu shot is an influenza vaccine injected in your arm. During the past 12 months, have you had a flu shot or have you had a flu vaccine that was sprayed in your nose?

Influenza and pneumonia was the ninth leading cause of death in Mississippi for 2008 producing a death rate of 21.4 per 100,000 population.

The *Healthy People 2010* goal for influenza vaccinations is that 90 percent of the non-institutionalized people age 65 and older have been vaccinated in the preceding twelve months. The target for those in the 18 to 64 age group who are not

institutionalized is 60 percent. Influenza vaccine can prevent the disease and its complications. In the elderly, the vaccine is less effective in disease prevention, but

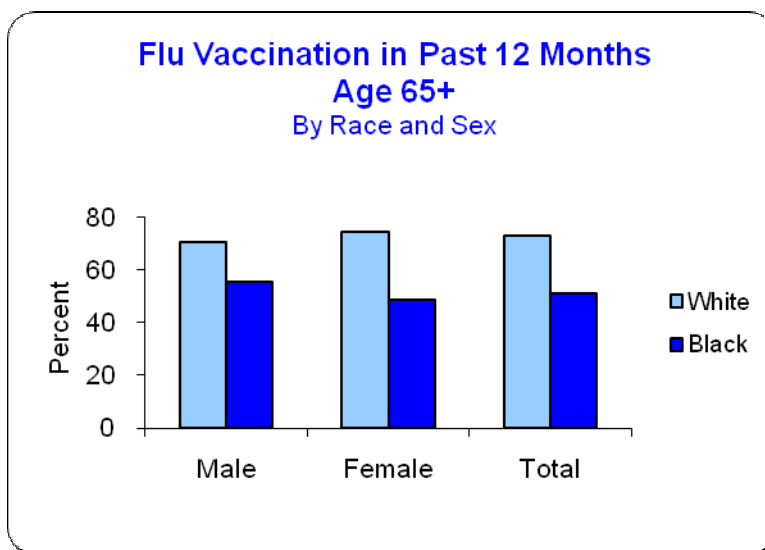


Figure 16

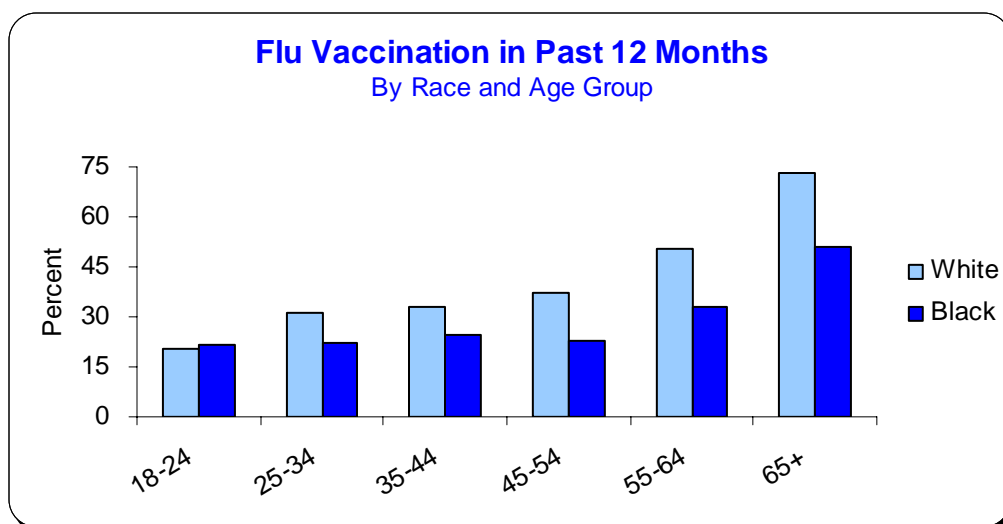


Figure 17

reduces severity of disease and the incidence of complications and death. Vaccination is an important intervention to reduce hospitalizations due to complications of influenza. Influenza vaccine is recommended for all persons 65 years of age and older, and for those with chronic health problems which put them at risk for complications.

In the 2009 BRFSS survey, 67.1 percent of the respondents age 65 and older reported they had received the influenza vaccine in the last 12 months. The proportion vaccinated in this age group reflected a marked difference according to race: 72.9 percent of whites reported having been vaccinated compared to only 51.3 percent for blacks (Figure 17). For the total population the vaccination rates showed little difference with respect to gender: 36.7 percent of the males and 38.5 percent of the females reported receiving a flu vaccination in the past 12 months (Figure 16).

Only 27.4 percent of the respondents said that they had ever received a pneumonia vaccination. Respondents over the age of 65 reported a vaccination rate of 67.8 percent. As was the case with influenza vaccinations, there was a marked difference with respect to race: 73.9 percent for whites but only 50.8 percent for blacks (Table 15).

Table 13: Had a Flu Vaccination in the Past 12 Months

Groups	White		Black		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	1,330	40.5	344	29.5	1,699	36.7
Female	2,670	45.6	708	26.5	3,425	38.5
Age Group						
18-24	44	20.6	28	21.7	73	21.2
25-34	138	31.3	77	22.2	220	27.4
35-44	286	33.3	101	24.5	399	30.3
45-54	470	37.1	159	23.0	641	32.3
55-64	852	50.5	259	33.2	1,127	45.2
65+	2,196	72.9	422	51.3	2,640	67.1
Education						
< High School Graduate	495	38.1	310	30.1	813	33.7
High School Graduate or GED	1,258	39.7	320	25.4	1,601	34.0
Some College or Technical School	1,092	41.2	225	27.9	1,339	36.9
College Graduate	1,154	50.4	197	29.9	1,370	45.3
Income						
< \$15,000	470	42.5	320	29.6	797	34.5
\$15-\$24,999	674	40.5	235	23.2	920	31.9
\$25-\$34,999	447	40.8	107	26.1	566	35.2
\$35-\$49,999	506	39.4	92	29.7	605	36.7
\$50-\$74,999	517	42.5	71	30.9	593	40.0
\$75,000+	737	48.2	58	38.3	807	46.6
Employment Status						
Employed	1,367	39.2	327	24.7	1,725	34.3
Not Employed	81	18.2	75	17.5	157	17.5
Student/Homemaker	351	30.8	59	30.5	417	31.2
Retired/Unable to Work	2,198	63.4	588	38.9	2,819	54.7
Total	4,000	43.2	1,052	27.9	5,124	37.7

¹Unweighted

²Weighted

Table 14: Had a Flu Vaccination in the Past 12 Months (Age 65+)

Groups	White		Black		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	688	70.7	134	55.5	828	66.6
Female	1,508	74.5	288	48.6	1,812	67.4
Education						
< High School Graduate	367	66.4	192	48.7	565	57.2
High School Graduate or GED	802	74.4	96	49.7	905	69.9
Some College or Technical School	554	73.2	61	59.5	620	71.0
College Graduate	472	75.4	73	54.7	549	71.0
Income						
< \$15,000	347	71.4	150	48.7	497	59.9
\$15-\$24,999	486	72.4	96	51.7	588	65.8
\$25-\$34,999	278	73.1	31	46.1	315	68.8
\$35-\$49,999	274	75.3	25	62.9	301	73.2
\$50-\$74,999	184	71.6	22	71.5	206	71.5
\$75,000+	174	72.9	6	41.8	182	70.5
Employment Status						
Employed	243	64.8	31	48.2	275	61.2
Not Employed	11	69.8*	8	60.3*	20	65.6*
Student/Homemaker	203	74.7	18	46.5	223	70.0
Retired/Unable to Work	1,737	74.2	364	51.8	2,119	67.8
Total	2,196	72.9	422	51.3	2,640	67.1

*Sample size <50

¹Unweighted

²Weighted

Table 15: Ever Had a Pneumonia Vaccination

Groups	White		Black		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	1,007	29.4	276	24.7	1,308	28.0
Female	2,134	31.5	569	19.6	2,730	27.0
Age Group						
18-24	25	16.7	19	13.5	47	16.6
25-34	47	12.7	40	13.1	89	12.5
35-44	94	13.7	50	15.1	152	14.7
45-54	241	17.1	133	20.3	383	18.2
55-64	543	32.0	206	27.4	758	30.5
65+	2,180	73.9	393	50.8	2,592	67.8
Education						
< High School Graduate	496	41.2	293	27.2	796	33.2
High School Graduate or GED	1,074	32.9	247	20.1	1,336	27.9
Some College or Technical School	850	30.2	163	19.0	1,030	26.8
College Graduate	718	24.5	142	22.4	873	24.1
Income						
< \$15,000	499	46.6	309	25.2	815	33.5
\$15-\$24,999	621	37.3	206	23.8	836	30.7
\$25-\$34,999	387	34.8	68	14.1	467	27.3
\$35-\$49,999	394	31.2	52	16.4	451	26.7
\$50-\$74,999	335	23.8	44	21.1	382	23.1
\$75,000+	357	19.2	31	19.8	392	19.1
Employment Status						
Employed	625	16.4	172	14.8	816	16.1
Not Employed	71	20.7	69	16.1	143	18.1
Student/Homemaker	286	24.4	36	14.9	325	21.6
Retired/Unable to Work	2,157	63.0	566	39.6	2,750	54.8
Total	3,141	30.5	845	21.9	4,038	27.4

¹Unweighted

²Weighted

Table 16: Ever Had a Pneumonia Vaccination (Age 65+)

Groups	White		Black		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	684	71.8	121	52.3	813	67.0
Female	1,496	75.4	272	49.9	1,779	68.4
Education						
< High School Graduate	390	71.8	181	48.8	576	60.0
High School Graduate or GED	779	73.2	95	52.3	879	69.4
Some College or Technical School	543	73.5	53	57.4	600	70.9
College Graduate	465	77.1	64	50.1	534	71.9
Income						
< \$15,000	367	76.1	152	50.4	519	63.3
\$15-\$24,999	480	72.6	92	50.5	576	65.6
\$25-\$34,999	271	70.5	28	40.7	305	65.8
\$35-\$49,999	268	74.7	20	54.3	290	72.0
\$50-\$74,999	185	72.8	17	61.5	202	71.5
\$75,000+	165	72.9	4	28.9	170	69.4
Employment Status						
Employed	218	59.1	22	37.0	241	54.5
Not Employed	9	69.6*	5	49.5*	15	59.3*
Student/Homemaker	201	78.4	16	39.7	217	71.6
Retired/Unable to Work	1,750	76.0	350	53.2	2,117	69.7
Total	2,180	73.9	393	50.8	2,592	67.8

*Sample size <50

¹Unweighted

²Weighted

Overweight and Obesity

Survey Question:

There is no survey question that solicits the respondent to provide his body mass index (BMI) rather it is calculated from the self-reported height and weight. See the “Definitions” section for the formula.

The proportion of overweight persons has increased substantially during the past twenty years. Morbidity related to being overweight is the second leading cause of death in the United States and causes approximately 300,000 deaths each year. Overweight persons substantially increase their risk of illness from hypertension, high cholesterol, Type 2 diabetes, heart disease and stroke, gall bladder disease, cancer of the endometrium, breast, prostate and colon as well as arthritis. Overweight

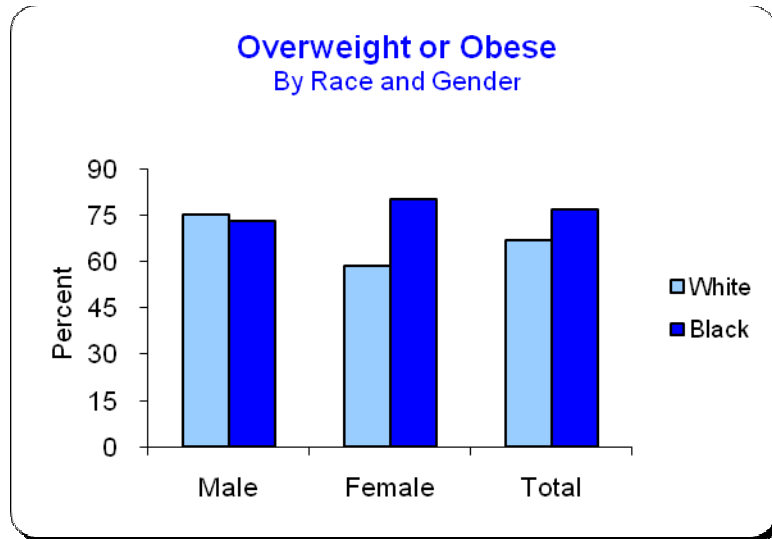


Figure 18

people may also suffer from social stigmatization, discrimination and low self-esteem.

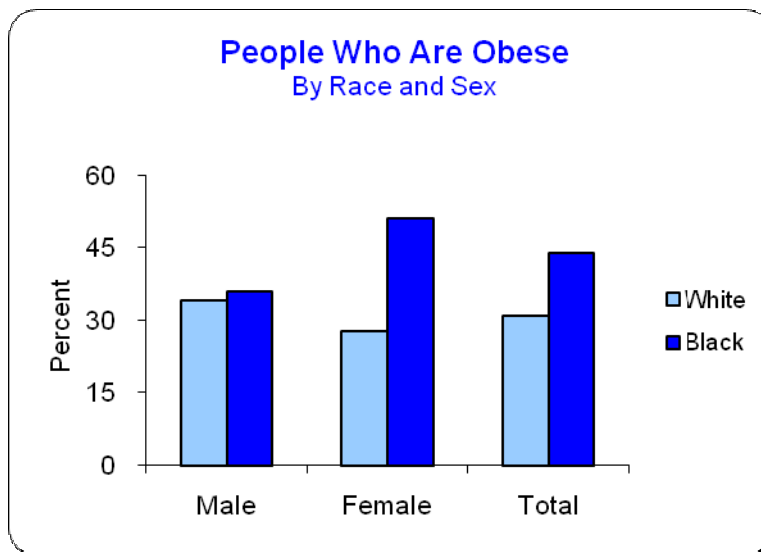


Figure 19

Weight may be controlled by dietary changes such as decreasing caloric intake and by increasing physical activity. According to the 2009 BRFSS study, 70.3 percent of those surveyed in Mississippi reported themselves as being either overweight (BMI ≥ 25) or obese (BMI ≥ 30). The rate for whites was 66.8

percent compared to 76.9 percent for blacks (Table 17). In year 2008 the overall-reported rate was 67.5 percent and in 2007 it was 68.1 percent.

The total obesity rate for 2009 was 35.4 percent: 30.8 for whites and 44.0 for blacks (Table 18). Black females reported the highest rate of obesity at 51.2 percent and black males reported the second highest rate at 36.0 percent. Black respondents who report an annual income below \$15,000 per year have an obesity rate of 48.8 percent compared to a rate of 37.2 for whites in the same income group.

Table 17: Respondents Who Are Either Overweight or Obese

Groups	White		Black		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	2,084	75.2	730	73.2	2,872	74.6
Female	2,807	58.7	1,791	80.3	4,676	66.2
Age Group						
18-24	85	49.8	82	54.2	170	51.9
25-34	270	64.5	285	78.2	569	70.1
35-44	575	69.3	370	83.0	976	74.2
45-54	911	72.9	563	84.8	1,503	77.0
55-64	1,186	75.3	610	79.9	1,830	76.7
65+	1,852	63.0	598	76.7	2,473	66.6
Education						
< High School Graduate	616	68.5	670	76.2	1,303	72.4
High School Graduate or GED	1,600	68.4	846	74.0	2,491	70.7
Some College or Technical School	1,376	66.7	578	79.3	1,992	70.5
College Graduate	1,297	64.7	427	80.2	1,760	68.4
Income						
< \$15,000	541	63.4	789	78.3	1,344	72.6
\$15-\$24,999	778	66.1	632	76.8	1,436	71.7
\$25-\$34,999	562	69.7	294	79.7	873	73.1
\$35-\$49,999	680	68.2	229	83.3	929	72.3
\$50-\$74,999	719	74.3	159	77.8	890	75.1
\$75,000+	983	65.8	123	82.0	1,132	68.0
Employment Status						
Employed	2,140	69.8	1,038	78.6	3,258	72.8
Not Employed	203	64.9	285	76.1	498	71.2
Student/Homemaker	434	53.1	150	64.8	591	55.7
Retired/Unable to Work	2,111	67.9	1,046	78.7	3,195	71.6
Total	4,891	66.8	2,521	76.9	7,548	70.3

¹Unweighted

²Weighted

Table 18: People Who Are Obese

Groups	White		Black		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	863	34.1	358	36.0	1,247	34.8
Female	1,273	27.7	1,142	51.2	2,453	36.0
Age Group						
18-24	37	22.7	36	21.7	76	23.3
25-34	137	33.1	179	47.5	321	38.6
35-44	271	31.7	247	54.5	533	40.0
45-54	442	36.4	358	51.4	813	41.1
55-64	559	35.6	354	41.6	934	37.5
65+	689	23.4	321	39.9	1,017	27.7
Education						
< High School Graduate	293	34.2	426	46.4	726	40.4
High School Graduate or GED	744	33.4	492	40.5	1,258	36.2
Some College or Technical School	596	31.4	333	44.3	946	35.4
College Graduate	502	26.5	249	47.6	769	31.5
Income						
< \$15,000	270	37.2	503	48.8	781	44.7
\$15-\$24,999	349	29.7	376	45.8	738	37.9
\$25-\$34,999	261	34.8	178	47.2	447	39.7
\$35-\$49,999	300	32.2	126	43.8	432	34.7
\$50-\$74,999	299	32.7	94	42.5	398	34.3
\$75,000+	408	28.5	62	43.0	485	30.7
Employment Status						
Employed	960	32.3	619	45.6	1,619	36.6
Not Employed	93	31.2	171	44.4	268	38.7
Student/Homemaker	197	26.5	87	31.0	288	27.5
Retired/Unable to Work	886	30.1	623	46.0	1,524	35.5
Total	2,136	30.8	1,500	44.0	3,700	35.4

¹Unweighted

²Weighted

Asthma

Survey Question:

Have you ever been told by a doctor, nurse, or other health professional that you had asthma? If yes: Do you still have asthma?

According to the U. S. Department of Health and Human Services, Healthy People 2010 publication, asthma is a serious and growing health problem. Asthma is a chronic lung disease that affects more than 17 million Americans. The disease is characterized by inflammation of the airways with intermittent bronchospasm which is a narrowing of the bronchial tubes. Bronchospasm is caused by the inflammation

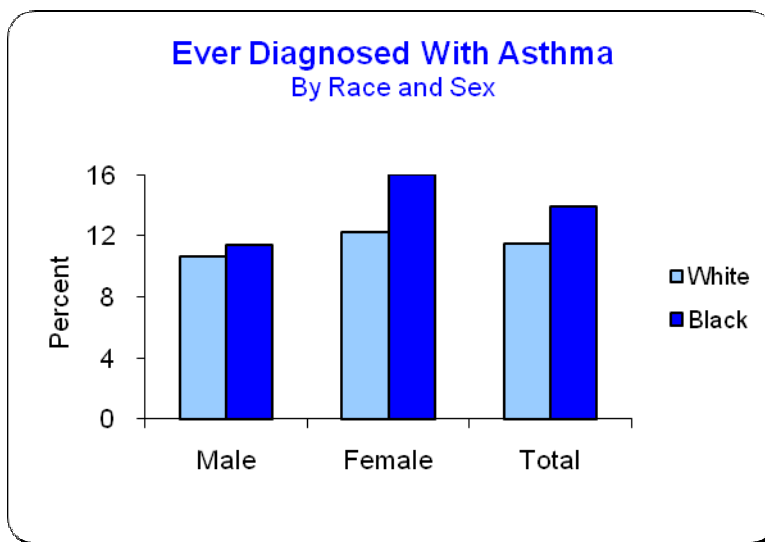


Figure 20

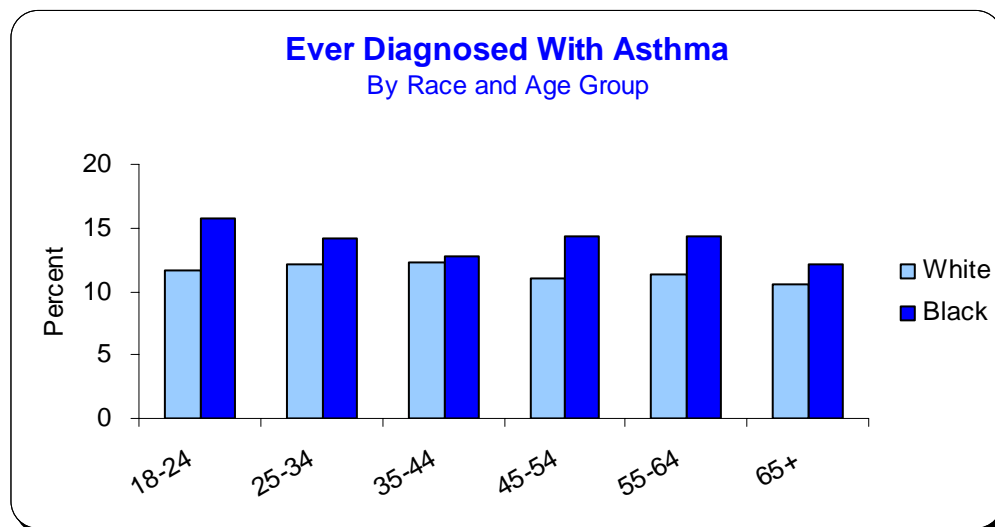


Figure 21

of the muscles surrounding the air passageways. The inflammation makes the airways smaller and therefore making it more difficult for air to move in and out of the lung. In

some cases, the breathing may be so labored that an asthma attack becomes life-threatening.

Most of the problems caused by asthma could be averted if persons with asthma and their health care providers managed the disease according to established guidelines. Effective management of asthma comprises four major components: controlling exposure to factors that trigger asthma episodes, adequately managing asthma with medicine, monitoring the disease by using objective measures of lung function and educating asthma patients to become partners in their own care. Such prevention efforts are essential to interrupt the progression from disease to functional limitation and disability and to improve the quality of life for persons with asthma.

In Mississippi, the 2009 BRFSS survey revealed that 12.4 percent of the respondents said that they had ever had asthma. This rate represents an increase from the rate of 11.8 percent reported in 2008 and 11.2 percent in 2007. As it has been true in recent years, blacks reported a higher rate of asthma, 13.9 percent, than whites who had a rate of 11.5 percent. Women reported a higher rate (13.7 percent) than men (10.9 percent). Table 19 contains the figures related to the various rates.

Table 19: Ever Diagnosed With Asthma

Groups	White		Black		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	258	10.6	127	11.4	392	10.9
Female	628	12.2	340	16.0	995	13.7
Age Group						
18-24	22	11.6	22	15.8	44	13.1
25-34	57	12.2	54	14.1	112	12.8
35-44	102	12.3	54	12.7	170	13.3
45-54	159	11.1	104	14.3	270	12.2
55-64	189	11.4	124	14.3	320	12.2
65+	354	10.6	108	12.2	467	11.0
Education						
< High School Graduate	174	17.6	154	16.5	336	17.3
High School Graduate or GED	266	10.6	141	13.0	418	11.7
Some College or Technical School	267	12.8	108	12.8	385	12.7
College Graduate	177	8.7	64	13.7	246	9.9
Income						
< \$15,000	173	23.9	172	17.9	356	20.4
\$15-\$24,999	170	13.6	122	13.5	300	14.0
\$25-\$34,999	104	11.4	34	9.3	140	10.4
\$35-\$49,999	100	10.2	28	7.5	129	9.1
\$50-\$74,999	95	10.5	24	16.8	122	11.8
\$75,000+	120	8.5	18	11.8	140	8.9
Employment Status						
Employed	298	9.5	144	11.5	457	10.2
Not Employed	52	17.6	45	11.0	98	13.5
Student/Homemaker	78	11.7	34	21.6	115	14.4
Retired/Unable to Work	458	13.9	244	17.5	716	15.4
Total	886	11.5	467	13.9	1,387	12.4

¹Unweighted

²Weighted

Table 20: Currently Have Asthma

Groups	White		Black		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	135	4.7	70	6.4	207	5.3
Female	446	8.6	253	11.1	717	9.6
Age Group						
18-24	11	4.4	17	13.5	28	8.1
25-34	33	7.1	34	7.5	67	7.0
35-44	52	6.6	32	6.7	91	7.2
45-54	107	6.9	69	9.0	182	7.7
55-64	116	6.7	89	9.5	210	7.5
65+	261	7.9	82	9.2	345	8.2
Education						
< High School Graduate	133	13.4	122	12.9	258	12.9
High School Graduate or GED	182	6.9	97	9.1	287	7.9
Some College or Technical School	166	6.6	66	7.2	239	6.8
College Graduate	100	4.5	38	5.8	140	4.8
Income						
< \$15,000	139	17.5	131	12.0	279	14.4
\$15-\$24,999	121	8.6	91	10.8	214	9.8
\$25-\$34,999	70	7.2	20	4.0	91	5.8
\$35-\$49,999	55	5.6	20	5.6	75	5.4
\$50-\$74,999	49	5.1	9	7.2	59	5.5
\$75,000+	66	4.7	6	2.4	73	4.3
Employment Status						
Employed	152	4.6	80	5.8	238	5.0
Not Employed	38	11.5	31	6.6	69	8.4
Student/Homemaker	54	7.0	23	16.3	79	9.5
Retired/Unable to Work	337	9.9	189	13.7	537	11.5
Total	581	6.8	323	8.9	924	7.6

¹Unweighted

²Weighted

Exercise and Physical Activity

Survey Question:

During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

On average, physically active people outlive those who are inactive. Regular physical activity helps to maintain the functional independence of older adults and enhances the quality of life for people of all ages. The role of physical activity in preventing coronary heart disease (CHD) is of particular importance, given that CHD is the leading cause of death and disability in the United States and in Mississippi. Physically inactive people are almost twice as likely to develop CHD as persons who engage in regular physical activity. The risk posed by physical inactivity is almost as high as several well-known CHD risk factors such as cigarette smoking, high blood pressure and high blood cholesterol. Physical inactivity is more prevalent than any of these other risk factors.

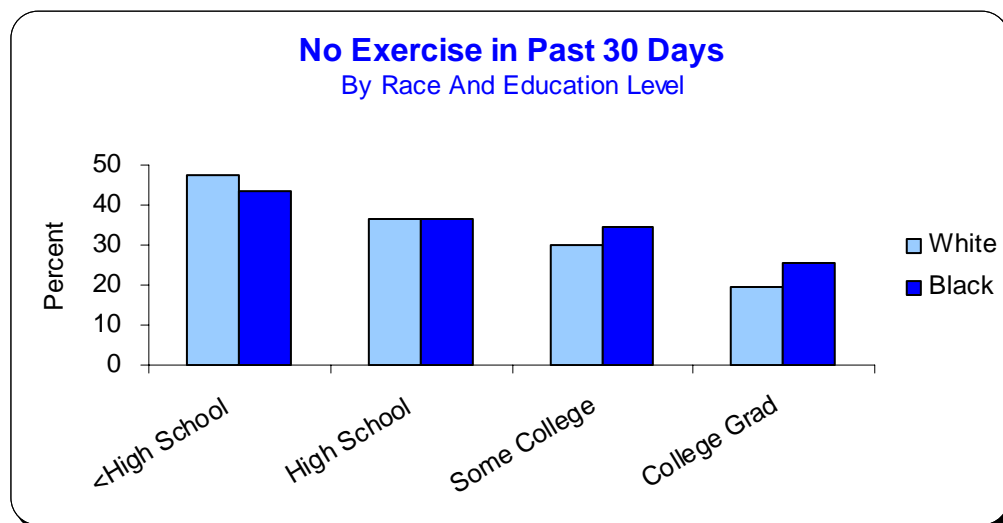


Figure 22

Regular physical activity is important for people who have joint or bone problems and has been shown to improve muscle function, cardiovascular function, and physical performance. People with osteoporosis may respond positively to regular physical activity, particularly weight-bearing activities such as walking and especially when combined with appropriate drug therapy and calcium intake.

In Mississippi, 32.3 percent of the population is reported as not participating in any physical activity outside of work in the past 30 days. People with less education (Figure 22) and in lower income levels (Figure 23) reported the highest percentage of physical inactivity.

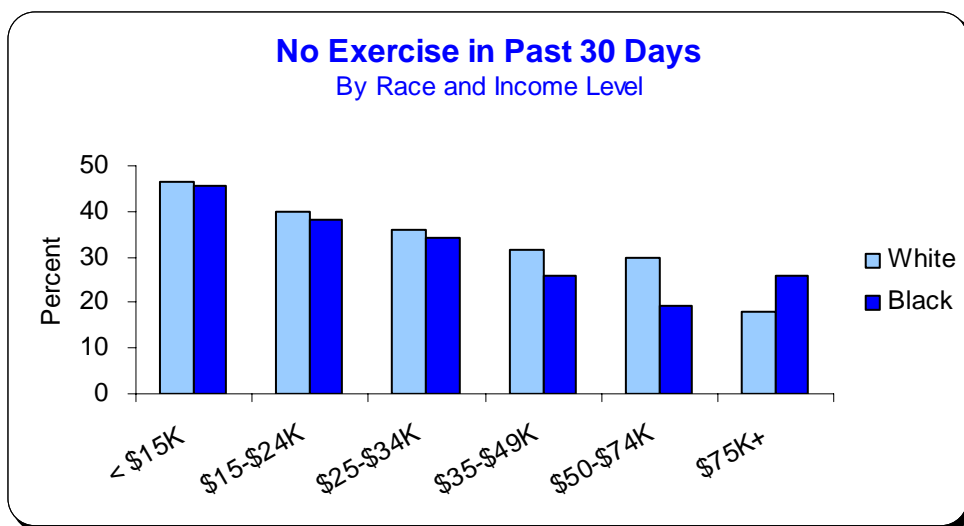


Figure 23

Table 21: No Exercise in Past 30 Days

Groups	White		Black		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	799	27.0	336	29.6	1,151	27.7
Female	1,775	33.9	981	41.1	2,809	36.6
Age Group						
18-24	36	19.4	58	32.6	96	24.7
25-34	113	27.5	120	30.4	241	29.3
35-44	241	28.4	170	32.4	424	29.7
45-54	430	31.7	275	38.4	721	33.9
55-64	574	33.7	307	40.9	896	35.6
65+	1,172	37.3	380	45.0	1,567	39.2
Education						
< High School Graduate	488	47.4	433	43.4	934	44.8
High School Graduate or GED	988	36.3	465	36.4	1,477	36.1
Some College or Technical School	662	30.2	256	34.5	937	31.9
College Graduate	434	19.4	162	25.7	608	20.8
Income						
< \$15,000	417	46.3	481	45.7	912	45.6
\$15-\$24,999	532	39.8	340	38.2	884	38.8
\$25-\$34,999	286	35.8	130	34.3	424	34.7
\$35-\$49,999	321	31.4	87	25.8	413	29.2
\$50-\$74,999	309	30.0	40	19.1	354	28.2
\$75,000+	279	17.9	41	25.8	328	18.7
Employment Status						
Employed	912	27.2	462	30.8	1,400	28.3
Not Employed	93	28.7	128	37.2	227	33.7
Student/Homemaker	260	26.0	90	30.6	358	27.3
Retired/Unable to Work	1,307	40.2	636	46.3	1,970	42.4
Total	2,574	30.6	1,317	35.8	3,960	32.3

¹Unweighted

²Weighted

Table 22: Do Not Meet Moderate Physical Activity Recommendations

Groups	White		Black		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	1,723	67.2	707	78.2	2,481	70.9
Female	3,353	71.3	1,732	79.2	5,168	74.1
Age Group						
18-24	111	63.7	106	74.7	220	67.5
25-34	269	64.7	265	76.0	549	70.5
35-44	585	70.3	336	79.1	950	73.1
45-54	905	72.0	507	80.0	1,442	74.6
55-64	1,098	68.7	574	80.1	1,706	72.1
65+	2,089	73.1	634	84.1	2,741	75.7
Education						
< High School Graduate	663	73.9	683	82.1	1,365	78.4
High School Graduate or GED	1,620	68.5	801	77.1	2,459	71.5
Some College or Technical School	1,423	67.8	533	78.3	1,994	71.1
College Graduate	1,367	69.8	420	78.1	1,825	71.9
Income						
< \$15,000	626	73.8	777	81.6	1,422	77.8
\$15-\$24,999	842	72.4	609	80.0	1,474	76.0
\$25-\$34,999	573	71.8	274	80.9	862	75.1
\$35-\$49,999	675	66.8	210	74.8	904	69.8
\$50-\$74,999	701	70.6	132	69.8	844	70.5
\$75,000+	953	67.1	110	73.1	1,086	68.1
Employment Status						
Employed	2,102	70.3	953	78.1	3,126	72.7
Not Employed	190	62.0	259	74.1	459	68.8
Student/Homemaker	502	59.3	154	77.0	668	64.7
Retired/Unable to Work	2,275	74.0	1,071	83.4	3,386	77.2
Total	5,076	69.3	2,439	78.7	7,649	72.5

¹Unweighted

²Weighted

Table 23: Do Not Meet Vigorous Physical Activity Recommendations

Groups	White		Black		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	2,060	74.5	775	76.8	2,888	74.9
Female	4,123	83.6	1,979	87.8	6,205	85.2
Age Group						
18-24	113	56.6	107	68.1	223	60.8
25-34	322	73.9	286	77.3	624	75.8
35-44	653	78.4	358	83.1	1,041	79.5
45-54	1,032	80.4	574	85.6	1,640	81.9
55-64	1,383	84.8	663	91.7	2,082	86.8
65+	2,656	90.9	748	95.1	3,436	91.8
Education						
< High School Graduate	820	85.7	782	88.5	1,622	86.7
High School Graduate or GED	2,053	82.5	920	82.4	3,016	82.1
Some College or Technical School	1,704	77.6	584	78.8	2,334	77.9
College Graduate	1,602	75.7	466	81.4	2,114	77.2
Income						
< \$15,000	751	85.1	877	90.5	1,647	87.8
\$15-\$24,999	1,054	81.4	686	83.5	1,771	82.4
\$25-\$34,999	706	82.8	311	85.0	1,035	83.3
\$35-\$49,999	835	82.6	228	73.0	1,082	79.8
\$50-\$74,999	820	82.5	154	75.3	986	80.9
\$75,000+	1,105	72.3	117	74.8	1,249	72.8
Employment Status						
Employed	2,414	76.1	1,043	79.2	3,534	76.8
Not Employed	240	70.9	295	80.8	543	76.3
Student/Homemaker	644	74.0	171	74.9	830	74.5
Retired/Unable to Work	2,878	90.5	1,241	93.9	4,174	91.7
Total	6,183	79.3	2,754	82.7	9,093	80.3

¹Unweighted

²Weighted

Table 24: People Who Are Physically inactive

Groups	White		Black		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	309	8.2	158	12.9	472	9.9
Female	792	13.6	492	19.5	1,301	15.7
Age Group						
18-24	10	6.1	21	7.9	32	6.8
25-34	16	3.3	48	11.6	67	7.6
35-44	76	9.1	78	16.9	156	11.8
45-54	147	10.5	126	18.0	278	12.9
55-64	234	13.8	148	19.0	388	15.3
65+	614	20.1	227	29.3	846	22.4
Education						
< High School Graduate	255	22.7	255	24.9	514	23.5
High School Graduate or GED	411	13.0	199	15.7	616	14.0
Some College or Technical School	269	9.9	108	12.3	384	10.9
College Graduate	166	6.2	87	13.1	258	7.8
Income						
< \$15,000	247	27.1	259	24.8	514	25.6
\$15-\$24,999	240	16.2	156	16.2	398	16.1
\$25-\$34,999	109	11.5	60	16.4	170	13.1
\$35-\$49,999	105	8.8	32	8.2	138	8.4
\$50-\$74,999	112	9.5	16	8.8	131	10.1
\$75,000+	90	4.9	20	10.0	111	5.4
Employment Status						
Employed	253	6.1	185	12.4	445	8.3
Not Employed	30	9.8	57	14.7	89	12.5
Student/Homemaker	116	9.9	42	9.5	159	9.6
Retired/Unable to Work	701	22.0	365	27.8	1,078	24.2
Total	1,101	11.0	650	16.4	1,773	12.9

¹Unweighted

²Weighted

Sleep

Survey Question:

During the past 30 days, for about how many days have you felt you did not get enough rest or sleep?

According to the Centers for Disease Control and Prevention (CDC), sleep-related problems affect 50 to 70 million persons in the United States and involves all areas of life, including cognitive performance, emotional well-being, work and leisure-time activities, and general physical and mental well-being. They also report that two adults in five sleep less than seven hours each weeknight and, for three out of eight adults, feeling sleepy during the day interferes with daily activities a few times per month.

Insufficient sleep not only affects the ability to function optimally but is also associated with an increased risk of psychiatric disorders. Sleep disturbance can also exacerbate chronic conditions, disrupt medical treatment, and add to the social disability associated with a chronic illness. CDC reports that nearly two-thirds of US adults have never been asked by a physician how well they sleep.

On the 2009 BRFSS survey, 28.6 percent of adult Mississippians reported insufficient sleep in the past fourteen days. There were minimal differences reported between race and gender groups. White females had the highest rate at 30.7 percent; black females were next with a rate of 29.8 percent, followed by black males at 27.6 percent while white males were last at 25.4 percent (Figure 24)

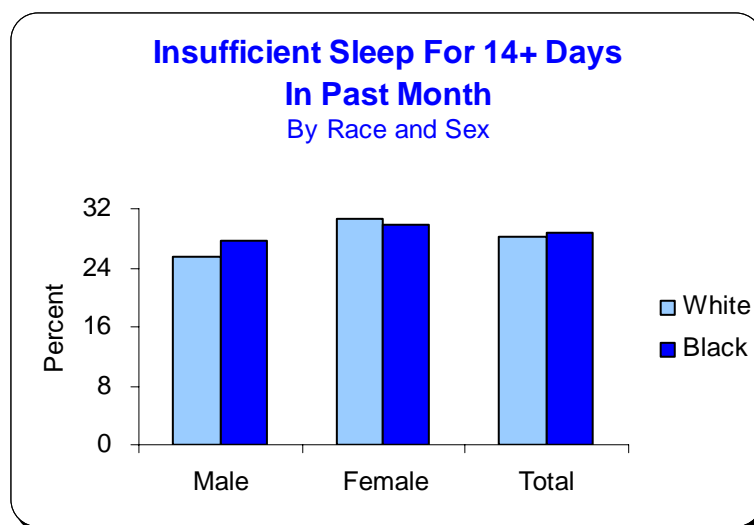


Figure 24

The highest rate of insufficient sleep among demographic categories was the group with an annual income of less than \$15,000 that reported a rate of 36.9 percent. Whites reported the highest rate of any other in this category with a rate of 41.8 percent. Blacks reported a rate of 33.1 percent.

Table 25 Insufficient Sleep for 14 or More Days in Past Month

Groups	White		Black		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	583	25.4	242	27.6	849	26.5
Female	1,288	30.7	614	29.8	1,948	30.6
Age Group						
18-24	61	35.3	38	23.6	101	30.3
25-34	179	37.3	125	32.7	313	35.5
35-44	274	31.5	143	34.0	438	33.0
45-54	430	30.4	229	33.0	674	31.3
55-64	423	23.5	186	24.4	627	24.1
65+	501	15.6	132	18.2	638	16.3
Education						
< High School Graduate	311	36.1	238	32.8	560	34.4
High School Graduate or GED	620	28.3	288	25.1	925	27.0
Some College or Technical School	536	30.4	206	30.3	765	30.8
College Graduate	403	23.0	124	28.6	545	24.6
Income						
< \$15,000	317	41.8	320	33.1	656	36.9
\$15-\$24,999	348	37.7	221	32.5	584	35.4
\$25-\$34,999	195	27.0	63	22.5	265	25.1
\$35-\$49,999	219	28.6	67	27.8	292	28.1
\$50-\$74,999	241	29.1	46	32.1	294	30.3
\$75,000+	323	22.1	44	27.1	377	22.8
Employment Status						
Employed	798	28.6	338	27.9	1,167	28.5
Not Employed	121	36.2	111	31.0	239	33.6
Student/Homemaker	204	28.0	54	26.7	262	27.2
Retired/Unable to Work	747	25.6	353	30.1	1,128	27.9
Total	1,871	28.2	856	28.8	2,797	28.6

¹Unweighted

²Weighted

Arthritis

Survey Question:

Have you ever been told by a doctor or other health professional that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?

The various forms of arthritis affect more than 15 percent of the U.S. population—over 43 million persons—and more than 20 percent of the adult population, making arthritis one of the most common conditions in the United States according to the *Healthy People 2010* publication.

The significant public health impact of arthritis is reflected in a variety of measures. First, arthritis is the leading cause of disability. Arthritis limits major activities such as regular work, housekeeping and school for nearly three percent of the U. S. population and almost twenty percent of those who are afflicted with the condition. Arthritis trails only heart disease as a cause of work disability. As a consequence, arthritis limits the independence of affected persons and disrupts the lives of family members and other care givers.

Health-related quality of life measures are consistently worse for persons with arthritis, whether the measure is healthy days in the past 30 days, days without severe pain, “ability days” (that is, days without activity limitations), or difficulty in performing personal care activities.

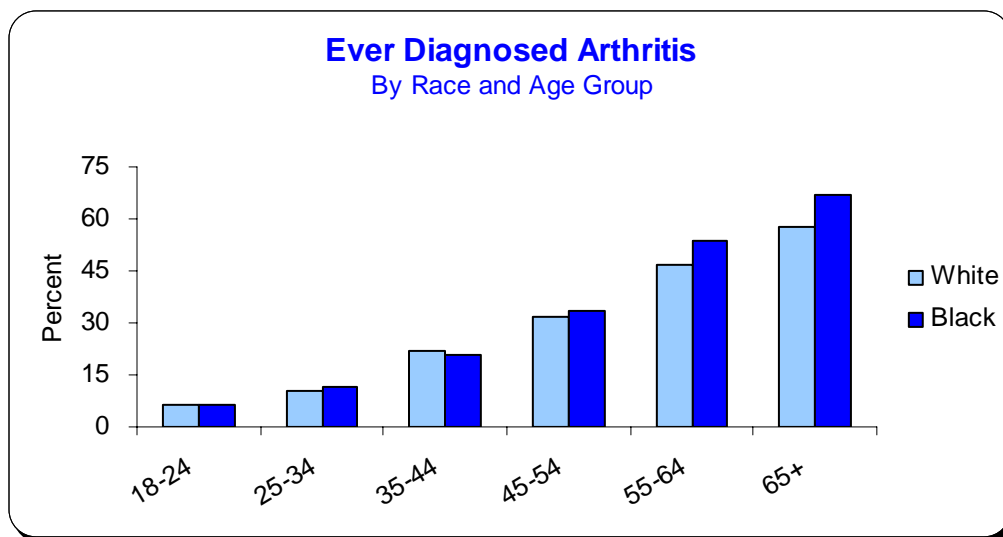


Figure 25

One of the national goals for *Healthy People 2010* is to reduce the rate of adults with chronic joint symptoms that limit the activity of a person to 21 percent. In Mississippi, the 2009 BRFSS survey showed that 30.5 percent of the population had been diagnosed

with arthritis by a health care professional. As noted in the “Definitions of Terms and Risk Factors”, the question in the current report has been amended so that only those who have actually been diagnosed with arthritis by a health care professional are being reported. Until 2003, the report included those who had reported pain or stiffness in the joints for at least 30 days during the previous year.

As seen in Figure 25, the proportion increases with age. Respondents over the age of 65 reported being diagnosed with arthritis at a rate of 60.5 percent. The rate for blacks within this age group was more than 15 percent higher than whites with white respondents reporting a rate of 57.9 percent while blacks reported 66.9 percent. Only 6.5 percent of those 18-24 years old reported this condition.

Table 26: Ever Diagnosed With Arthritis

Groups	White		Black		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	963	26.8	354	24.3	1,344	26.0
Female	2,287	36.1	1,031	33.3	3,375	35.1
Age Group						
18-24	12	6.4	10	6.1	23	6.5
25-34	54	10.4	45	11.6	102	11.0
35-44	180	21.8	95	21.0	290	21.9
45-54	446	32.0	265	33.3	728	32.8
55-64	813	46.6	420	53.7	1,257	48.6
65+	1,737	57.9	540	66.9	2,300	60.5
Education						
< High School Graduate	531	40.6	512	42.7	1,058	41.6
High School Graduate or GED	1,145	35.5	420	24.3	1,595	31.6
Some College or Technical School	887	32.3	262	24.8	1,176	29.7
College Graduate	685	24.1	191	27.1	888	24.6
Income						
< \$15,000	536	51.8	527	40.3	1,079	44.7
\$15-\$24,999	614	38.0	351	30.0	987	34.4
\$25-\$34,999	381	34.4	124	25.3	514	31.0
\$35-\$49,999	413	33.5	76	16.2	495	28.5
\$50-\$74,999	352	25.0	57	22.2	411	24.0
\$75,000+	430	22.1	40	20.8	480	22.0
Employment Status						
Employed	871	21.3	325	17.1	1,231	20.1
Not Employed	112	24.8	93	17.8	209	20.9
Student/Homemaker	310	22.8	74	23.8	387	22.8
Retired/Unable to Work	1,955	58.8	892	60.8	2,889	59.7
Total	3,250	31.7	1,385	29.1	4,719	30.8

¹Unweighted

²Weighted

Cardiovascular Disease

Survey Question:

Has a doctor, nurse, or other health professional ever told you that you had any of the following: A heart attack, also called a myocardial infarction? Angina or coronary heart disease? A stroke?

Cardiovascular disease (CVD) includes coronary heart disease, stroke, complications of hypertension, and diseases of the arterial blood vessels. In addition to causing almost half of all deaths in Mississippi, CVD is the major cause of premature, permanent disability among working adults. Stroke alone disables almost 2,000 Mississippians each year.

In the 2009 BRFSS survey almost ten percent of

Mississippi adults (more than 200,000 people) report having some kind of CVD, such as coronary heart disease, angina, previous heart attack, or stroke.

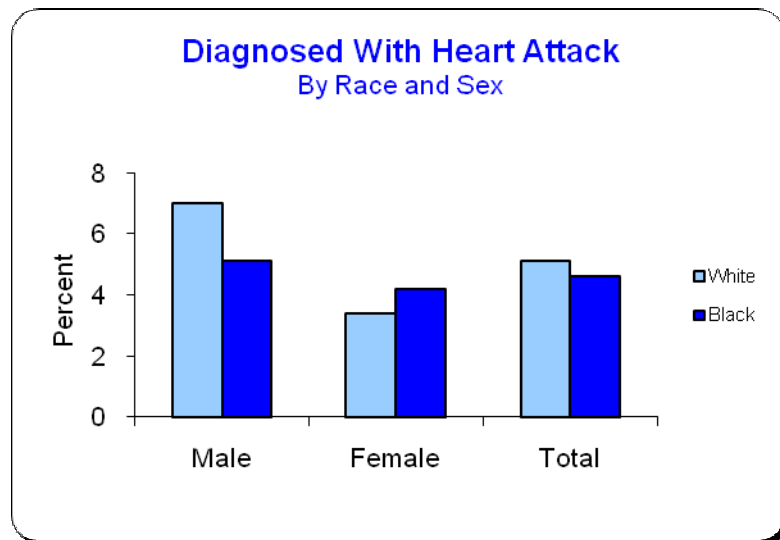


Figure 26

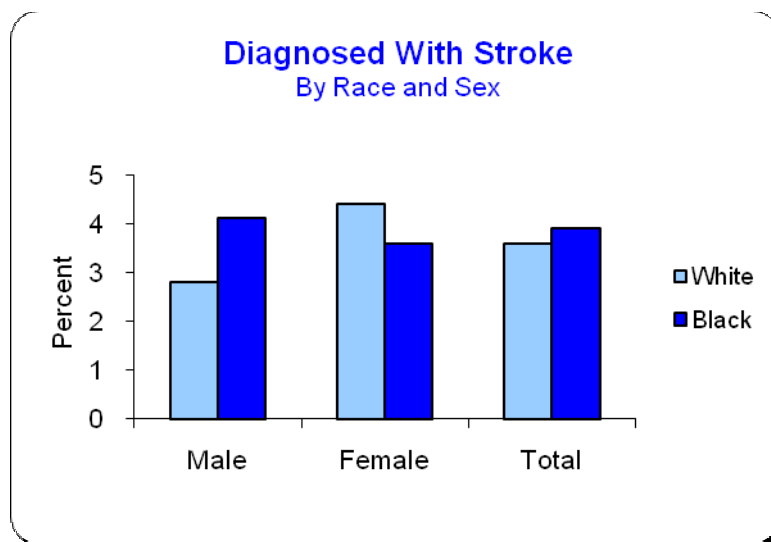


Figure 27

In 2008 Mississippi reported 7,970 deaths from heart disease and 1,559 from cerebro-vascular disease (stroke). The two combined accounted for a little more than thirty-three percent of all the deaths reported that year and more than forty-five percent of the total from the ten leading causes of death.

The 2009 BRFSS survey revealed that 13.2 percent of the population

65 years of age or older reported that they have been diagnosed as having had a heart attack: 13.9 for white respondents and 10.9 for blacks. The second highest age group that reported being diagnosed with a heart attack was the 55 to 64 category. Whites reported a rate of 9.0 percent while blacks reported a rate of 9.3 for a total rate of 9.2 percent (Table 26).

Table 28 shows the rate for those who had been diagnosed with a stroke age 65 and greater was 9.5 for both whites and blacks. In the 55 to 64 group the rates were 5.4 and 9.1 for whites and blacks respectively.

Those in the older age groups also reported a higher rate of coronary heart disease. Those in the age group of 65 and older reported a rate of 11.0 percent with white respondents having a rate of 12.5 percent compared to 6.5 for blacks. The 55 to 64 age category had an overall rate of 7.6 percent: 8.5 for whites and 5.0 for blacks (Table 29).

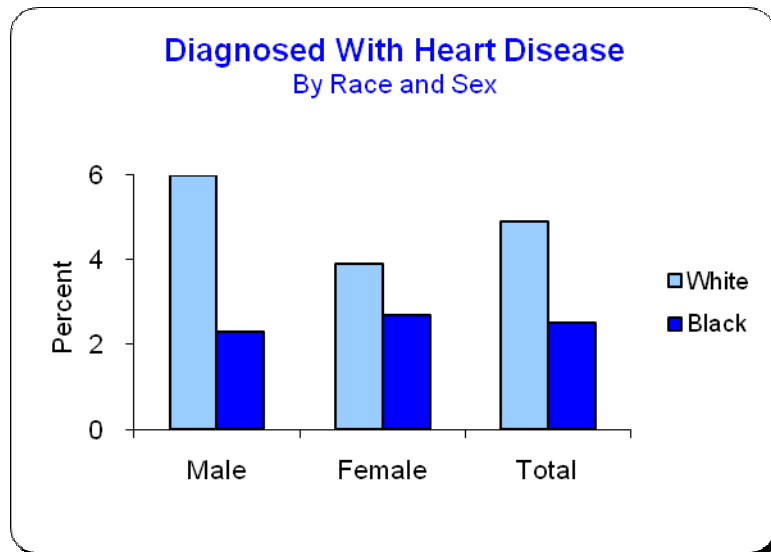


Figure 28

Table 27: Ever Diagnosed With Heart Attack

Groups	White		Black		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	319	7.0	84	5.1	6	6.3
Female	261	3.4	124	4.2	8	3.6
Age Group						
18-24	1	0.2	0	0.0	0	0.1
25-34	2	0.2	5	1.1	0	0.6
35-44	6	0.6	9	3.0	1	1.5
45-54	47	3.5	36	6.4	3	4.5
55-64	129	9.0	68	9.3	4	9.2
65+	395	13.9	88	10.9	6	13.2
Education						
< High School Graduate	129	10.3	84	7.4	6	8.8
High School Graduate or GED	201	6.0	75	4.8	4	5.5
Some College or Technical School	150	4.5	28	3.1	2	4.0
College Graduate	100	3.0	21	2.7	2	2.9
Income						
< \$15,000	132	12.8	85	7.9	3	9.6
\$15-\$24,999	136	8.4	49	3.7	3	6.1
\$25-\$34,999	62	5.9	15	3.4	2	4.9
\$35-\$49,999	75	5.5	11	3.1	2	4.8
\$50-\$74,999	55	3.8	8	4.8	0	3.9
\$75,000+	43	1.8	2	0.6	0	1.6
Employment Status						
Employed	89	2.0	32	2.2	3	2.0
Not Employed	17	3.1	12	2.1	0	2.5
Student/Homemaker	26	1.6	5	1.1	1	1.4
Retired/Unable to Work	448	13.8	159	12.3	10	13.3
Total	580	5.1	208	4.6	14	4.9

¹Unweighted

²Weighted

Table 28: Ever Diagnosed With a Stroke

Groups	White		Black		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	133	2.8	79	4.1	214	3.3
Female	318	4.4	132	3.6	462	4.2
Age Group						
18-24	0	0.0	2	0.9	2	0.4
25-34	2	0.5	4	0.6	7	0.7
35-44	16	1.4	10	1.6	27	1.6
45-54	37	2.5	42	5.0	83	3.5
55-64	91	5.4	68	9.1	162	6.4
65+	300	9.5	83	9.5	388	9.5
Education						
< High School Graduate	110	7.8	86	5.9	199	6.9
High School Graduate or GED	158	3.9	67	3.7	231	3.8
Some College or Technical School	113	3.6	42	3.7	157	3.5
College Graduate	70	1.9	16	1.8	89	2.0
Income						
< \$15,000	111	9.1	105	7.6	221	8.3
\$15-\$24,999	95	5.4	42	3.2	139	4.4
\$25-\$34,999	41	4.2	12	1.9	53	3.2
\$35-\$49,999	47	3.4	12	3.0	60	3.2
\$50-\$74,999	37	1.9	5	1.5	42	1.8
\$75,000+	28	1.1	1	0.5	30	1.1
Employment Status						
Employed	62	1.3	26	1.3	90	1.2
Not Employed	8	1.2	11	1.6	19	1.4
Student/Homemaker	40	2.6	9	1.6	51	2.3
Retired/Unable to Work	341	9.6	165	11.2	516	10.4
Total	451	3.6	211	3.9	676	3.7

¹Unweighted

²Weighted

Table 29: Ever Diagnosed Coronary Heart Disease

Groups	White		Black		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	261	6.0	41	2.3	307	4.7
Female	311	3.9	88	2.7	408	3.5
Age Group						
18-24	0	0.0	0	0.0	0	0.0
25-34	3	0.3	1	0.1	4	0.2
35-44	14	1.2	10	2.7	26	2.0
45-54	59	4.1	23	3.0	83	3.7
55-64	140	8.5	42	5.0	184	7.6
65+	352	12.5	53	6.5	413	11.0
Education						
< High School Graduate	101	7.2	43	4.0	152	5.9
High School Graduate or GED	213	6.2	50	2.4	265	4.6
Some College or Technical School	134	4.1	20	1.8	158	3.4
College Graduate	122	3.8	16	1.7	138	3.2
Income						
< \$15,000	128	12.6	52	3.7	182	7.0
\$15-\$24,999	114	6.7	38	2.9	156	4.9
\$25-\$34,999	61	6.0	8	1.3	70	4.0
\$35-\$49,999	71	5.0	8	1.8	80	4.0
\$50-\$74,999	69	4.4	5	2.4	74	4.0
\$75,000+	51	2.0	0	0.0	53	2.0
Employment Status						
Employed	92	2.1	17	1.1	114	1.8
Not Employed	11	2.7	6	0.6	17	1.4
Student/Homemaker	32	1.6	0	0.0	33	1.2
Retired/Unable to Work	435	13.3	106	7.3	549	11.2
Total	572	4.9	129	2.5	715	4.1

¹Unweighted

²Weighted

Disability

Survey Question:

Are you limited in any way in any activities because of physical, mental, or emotional problems?

Traditionally, the health status of persons with disabilities has been associated with medical care, rehabilitation services and long-term care financing according to Healthy People 2010. A number of health care professionals believe that these are misconceptions resulting in a lack of emphasis on health promotion that target people with disabilities and have led to an increase in secondary conditions such as social, emotional, family and community problems.

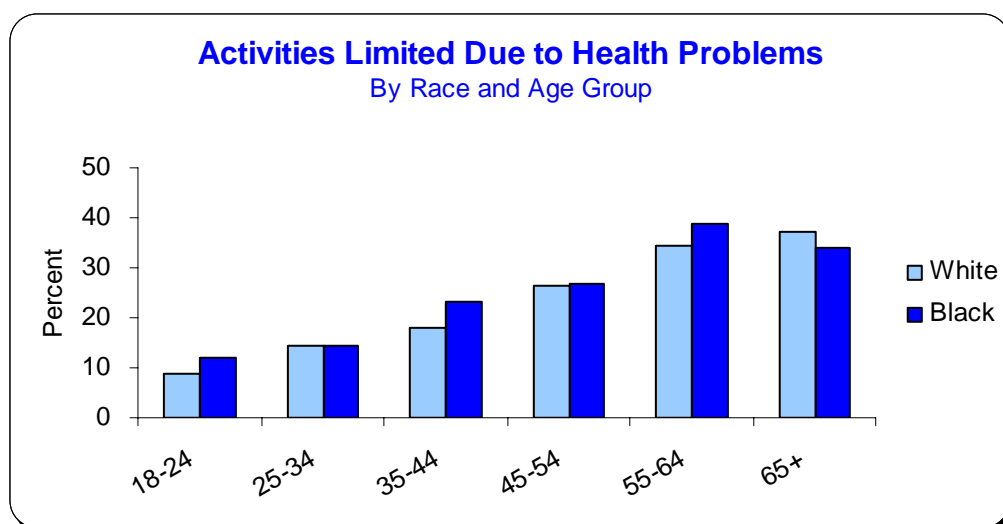


Figure 29

According to the Centers for Disease control and Prevention (CDC), people who have activity limitations report having had more days of pain, depression, anxiety, and sleeplessness and fewer days of vitality during the previous month than people not reporting activity limitations. In view of the increased rates of disability, it is important to target activities and services that address all aspects of health and well-being, as well as providing access to medical care. For an older person with a disability, it is important to target conditions that may threaten their well-being.

There are few data systems that identify those with disabilities as a sub-population. Despite the paucity of data, some disparities between people with and without disabilities have been noted. These disparities include excess weight, reduced physical activity, increased stress, and less frequent mammograms for women over age 55 years with disabilities.

In the 2009 BRFSS survey, 24.1 percent of Mississippians reported that their activities were limited because of health problems compared to 24.2 percent in 2008. White respondents reported a rate of 24.7 percent, down from 25.6 in 2008 while blacks reported a rate of 23.4 percent, an increase from 21.3 in 2008. Figure 29 reflects the fact that these limitations increase with age for both races. People over the age of 65 report a rate of 36.1 percent (37.1 for whites and 33.9 for blacks) but the 18-24 age group had a rate of only 10.4 percent (8.8 for white and 11.9 for blacks).

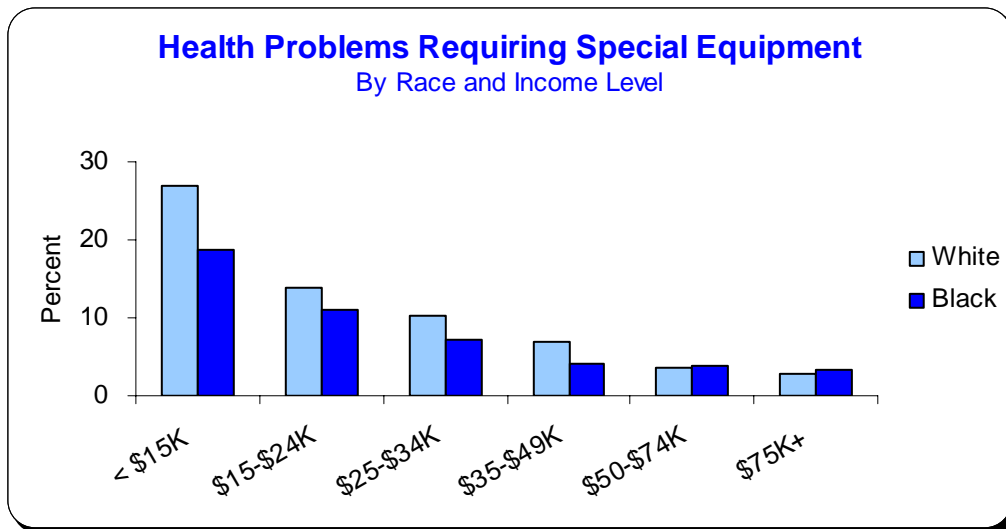


Figure 30

Only 9.6 percent of the population has health problems that require special equipment such as a wheelchair, special bed, cane or special telephone. Figure 29 shows that those with lower incomes tend to require special equipment for health problems.

Table 30: Activities Limited Because of Physical, Mental or Emotional Problems

Groups	White		Black		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	776	23.0	287	24.4	1,077	23.3
Female	1,615	26.2	676	22.6	2,332	24.9
Age Group						
18-24	19	8.8	17	11.9	38	10.4
25-34	69	14.5	54	14.3	125	14.2
35-44	152	18.2	95	23.2	259	20.3
45-54	389	26.4	225	27.0	625	26.4
55-64	589	34.6	288	38.9	895	35.8
65+	1,163	37.1	279	33.9	1,452	36.1
Education						
< High School Graduate	470	43.6	338	35.1	816	38.5
High School Graduate or GED	821	27.8	312	19.7	1,151	24.5
Some College or Technical School	652	23.7	203	23.7	874	23.6
College Graduate	446	15.8	110	14.7	566	15.7
Income						
< \$15,000	518	57.2	415	34.7	949	42.7
\$15-\$24,999	518	36.2	225	24.3	756	30.2
\$25-\$34,999	265	26.5	77	19.7	348	23.8
\$35-\$49,999	251	22.3	42	10.7	295	18.9
\$50-\$74,999	230	17.1	24	8.4	258	15.4
\$75,000+	233	12.2	24	15.1	262	12.5
Employment Status						
Employed	466	12.3	142	9.4	625	11.4
Not Employed	116	29.5	82	19.6	200	23.3
Student/Homemaker	212	16.9	45	23.4	262	18.6
Retired/Unable to Work	1,594	52.8	694	52.4	2,317	52.5
Total	2,391	24.7	963	23.4	3,409	24.1

¹Unweighted

²Weighted

Table 31: Health Problems That Require Special Equipment

Groups	White		Black		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	317	8.3	171	11.3	496	9.3
Female	666	9.4	383	11.0	1,064	9.8
Age Group						
18-24	2	1.5	1	2.7	3	2.0
25-34	10	2.1	16	4.3	26	3.0
35-44	38	5.0	30	6.4	71	5.9
45-54	117	8.3	96	12.1	217	9.5
55-64	187	11.8	155	21.0	350	14.5
65+	627	19.6	252	28.2	887	21.8
Education						
< High School Graduate	240	18.4	262	21.5	507	19.8
High School Graduate or GED	318	9.6	151	7.7	477	8.8
Some College or Technical School	270	8.7	88	8.6	362	8.5
College Graduate	154	4.6	53	7.9	213	5.6
Income						
< \$15,000	263	26.8	250	18.6	521	21.5
\$15-\$24,999	236	13.9	128	11.1	368	12.6
\$25-\$34,999	109	10.2	34	7.1	144	8.7
\$35-\$49,999	72	6.8	20	4.2	93	6.0
\$50-\$74,999	60	3.7	9	3.8	71	3.9
\$75,000+	63	2.8	6	3.3	71	2.8
Employment Status						
Employed	87	2.2	40	2.0	128	2.1
Not Employed	21	4.5	28	5.1	50	4.8
Student/Homemaker	85	5.7	25	12.0	112	7.4
Retired/Unable to Work	790	25.0	461	31.9	1,269	27.5
Total	983	8.8	554	11.2	1,560	9.6

¹Unweighted

²Weighted

Alcohol Consumption

Survey Question:

Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks on an occasion?

Excessive drinking has consequences for virtually every part of the human body. The wide range of alcohol-induced disorders is due, among other factors, to differences in the amount, duration, and patterns of alcohol consumption, as well as differences in genetic vulnerability to particular alcohol-related consequences.

Alcohol use has been linked with a substantial proportion of injuries and deaths from motor vehicle crashes, falls, fires and drowning. It also is a factor in homicide, suicide, marital violence and child abuse and has been associated with high risk sexual behavior. Persons who drink even relatively small amounts of alcoholic beverages may contribute

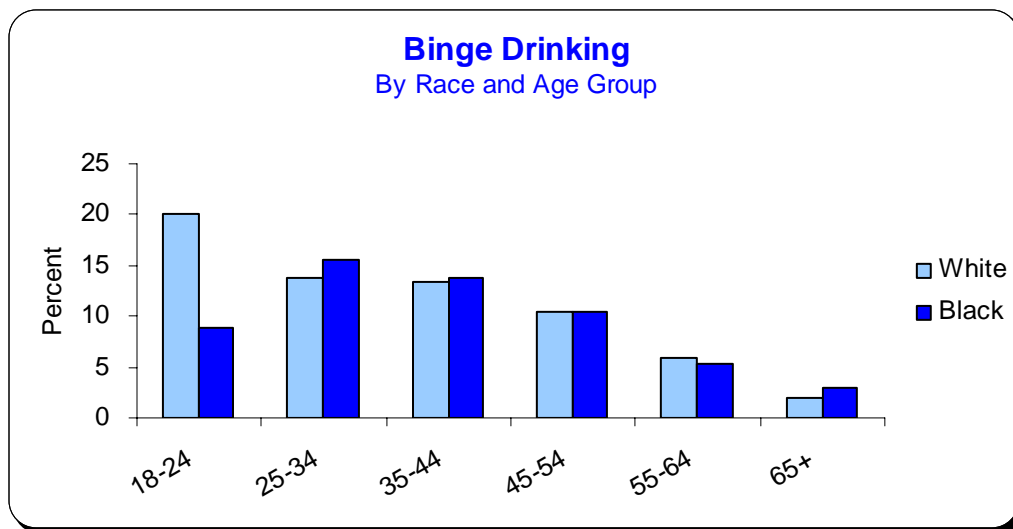


Figure 31

to alcohol-related death and injury in occupational incidents especially if they drink before operating a vehicle. In 2006 alcohol use was associated with almost 38 percent of all motor vehicle crash fatalities, according to the Mississippi Office of Highway Safety.

Historically the BRFSS Survey has revealed that the group with the highest rate of binge drinking has been white males in the 18-24 age group. In the 2009 survey the rate for this group was 20.1 percent (Figure 31). Males were almost three times as likely to indulge in binge drinking as females. Only 5.5 percent of female respondents said they had five or more drinks on one occasion during the last thirty days compared to 15.2 percent for males.

Table 32: At Risk From Binge Drinking

Groups	White		Black		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	289	15.1	121	15.5	416	15.2
Female	178	5.4	86	6.0	268	5.5
Age Group						
18-24	34	20.1	12	8.8	47	15.4
25-34	57	13.8	44	15.6	105	14.6
35-44	102	13.4	51	13.7	156	13.2
45-54	127	10.4	53	10.5	182	10.2
55-64	92	6.0	30	5.4	122	5.7
65+	53	1.9	17	2.9	70	2.1
Education						
< High School Graduate	40	6.3	41	7.1	83	6.9
High School Graduate or GED	120	9.0	81	11.9	203	9.9
Some College or Technical School	159	13.1	59	12.8	223	12.9
College Graduate	148	9.5	26	8.1	175	9.1
Income						
< \$15,000	27	6.1	53	8.8	81	7.6
\$15-\$24,999	66	9.9	64	12.1	132	10.9
\$25-\$34,999	36	6.3	26	10.6	63	7.9
\$35-\$49,999	68	11.6	20	13.1	90	12.3
\$50-\$74,999	81	11.1	13	10.4	94	10.7
\$75,000+	144	11.6	11	11.5	157	11.4
Employment Status						
Employed	291	12.2	120	13.5	417	12.5
Not Employed	47	19.2	41	13.0	88	15.2
Student/Homemaker	33	9.2	10	9.4	45	9.2
Retired/Unable to Work	96	4.0	36	3.4	134	3.8
Total	467	10.0	207	10.4	684	10.1

¹Unweighted

²Weighted

Table 33: At Risk From Heavy Drinking

Groups	White		Black		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	125	4.9	27	2.5	152	4.0
Female	119	2.7	31	1.5	151	2.2
Age Group						
18-24	10	3.7	1	0.4	11	2.3
25-34	17	4.7	13	2.8	30	3.7
35-44	27	3.1	12	2.8	40	3.0
45-54	64	4.8	12	1.8	76	3.7
55-64	60	4.1	14	2.1	74	3.4
65+	66	2.3	6	1.2	72	1.9
Education						
< High School Graduate	24	2.5	15	2.0	39	2.2
High School Graduate or GED	60	3.6	23	2.0	83	2.9
Some College or Technical School	75	4.2	16	1.8	92	3.3
College Graduate	85	3.9	4	2.0	89	3.4
Income						
< \$15,000	13	1.8	16	2.1	29	1.9
\$15-\$24,999	42	4.9	21	2.5	64	3.7
\$25-\$34,999	19	2.5	10	3.4	29	2.8
\$35-\$49,999	36	4.3	2	0.5	38	3.1
\$50-\$74,999	38	3.2	2	2.8	40	3.0
\$75,000+	71	4.6	1	0.5	72	4.0
Employment Status						
Employed	125	4.1	30	2.4	156	3.5
Not Employed	20	6.7	13	3.2	33	4.6
Student/Homemaker	20	3.1	3	0.9	23	2.4
Retired/Unable to Work	79	2.7	12	0.8	91	2.0
Total	244	3.8	58	2.0	303	3.1

¹Unweighted

²Weighted

Fruits and Vegetables

Survey Question:

There is no single question that elicits this information from a respondent. Rather the data is determined from a set of six questions that relate to the eating patterns of the respondent.

Nutrition plays a vital role in achieving and maintaining optimum health. Dietary factors have a significant impact in decreasing the risk of heart disease, stroke, diabetes mellitus, obesity and atherosclerosis. Some scientific studies have shown that greater fruit and vegetable consumption reduces the risk of cancer of the colon, breast, lung, oral cavity, larynx, esophagus, stomach, bladder, uterine cervix and pancreas.

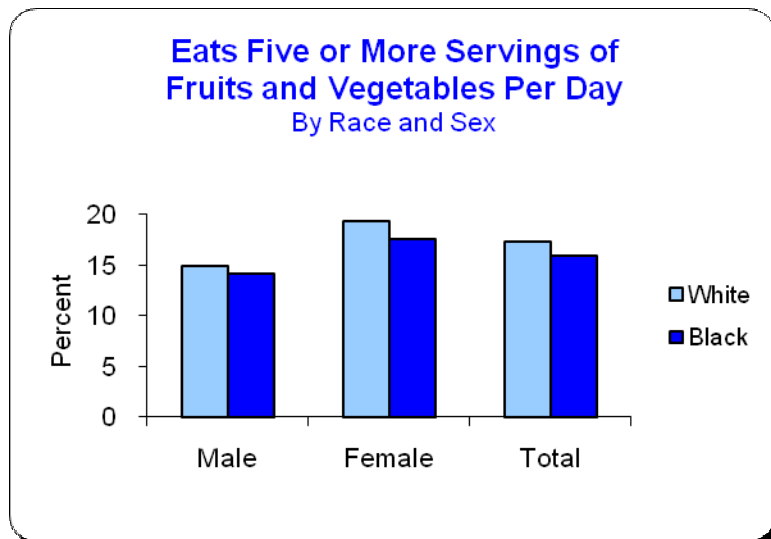


Figure 32

Fruits and vegetables are high in complex carbohydrates, fiber, minerals and vitamins and, as a general rule, are low in fat and calories. It is recommended that every

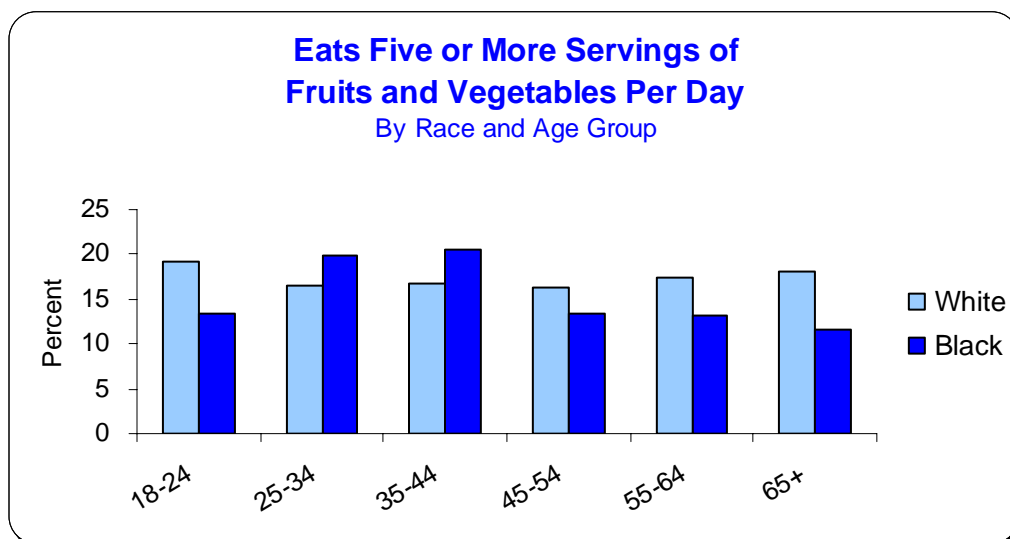


Figure 33

person eat a variety of and a minimum of five servings of fruits and vegetables each day.

The 2009 BRFSS Survey indicated that only 16.8 percent of the people in Mississippi consumed fruits and vegetables five times or more per day (Table 34). The rate in 2007 was 18.1 percent which represented a slight decrease from 18.4 percent reported in 2005. As noted in Figure 32, white females reported the highest rate of fruit and vegetables consumption at 19.4 percent. Next were black females at 17.6 percent followed by white males at 14.9 percent. Black males were the lowest at 14.1 percent.

Table 34: Eats Five or More Servings of Fruits or Vegetables Per Day

Groups	White		Black		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	362	14.9	116	14.1	489	14.8
Female	947	19.4	358	17.6	1,328	18.7
Age Group						
18-24	30	19.3	20	13.4	52	17.2
25-34	74	16.5	71	19.9	147	17.7
35-44	152	16.8	75	20.5	236	18.2
45-54	210	16.3	92	13.3	309	15.6
55-64	288	17.3	109	13.1	403	16.1
65+	550	18.1	101	11.6	658	16.4
Education						
< High School Graduate	101	12.0	92	10.5	195	11.0
High School Graduate or GED	329	14.4	136	14.0	478	14.7
Some College or Technical School	375	17.1	127	19.9	510	17.9
College Graduate	503	22.0	118	21.2	632	21.7
Income						
< \$15,000	111	13.5	134	15.2	250	14.7
\$15-\$24,999	175	16.9	112	14.7	291	15.9
\$25-\$34,999	156	18.1	49	15.5	210	17.2
\$35-\$49,999	171	17.3	42	17.6	216	16.9
\$50-\$74,999	199	17.1	44	23.4	245	18.1
\$75,000+	306	18.5	44	28.8	355	19.6
Employment Status						
Employed	540	17.1	202	19.0	760	17.7
Not Employed	45	16.1	59	14.4	108	15.5
Student/Homemaker	146	20.0	22	6.7	168	16.0
Retired/Unable to Work	574	16.5	190	14.8	776	16.0
Total	1,309	17.3	474	15.9	1,817	16.8

¹Unweighted

²Weighted

HIV/AIDS

Survey Question:

1. *Have you ever been tested for HIV?*
2. *Are any of these statements is true? You are a man who has had sex with other men, even just one time. You have taken street drugs by needle, even just one time. You traded sex for money or drugs, even just one time.*

Acquired Immunodeficiency Syndrome (AIDS) received designation as a legally reportable disease in July 1983. By 1990, AIDS had become the tenth leading cause of death in the United States. Individuals engaging in certain risky behaviors have greater risk of contracting AIDS. These behaviors include sharing needles or syringes, having unprotected sex (anal, oral or vaginal), having multiple sex partners, having a history of sexually transmitted diseases, abusing intravenous drugs and having sex with a person engaged in one of these risky behaviors. AIDS is a life threatening condition representing the later stages of infection with the human immunodeficiency virus (HIV). Infection with HIV results in slow, progressive damage to the immune system and certain other organ systems. As the immune system weakens, certain opportunistic infections and cancers develop that are not normally seen in healthy individuals resulting in severe and frequently fatal illnesses.

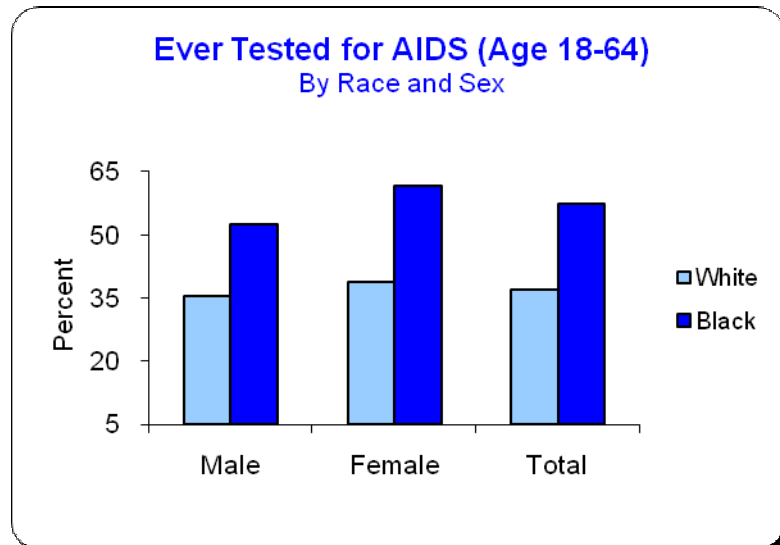


Figure 34

As the immune system weakens, certain opportunistic infections and cancers develop that are not normally seen in healthy individuals resulting in severe and frequently fatal illnesses.

According to the CDC, in 2007, the estimated number of persons diagnosed with AIDS in the United States and dependent areas was 37,041. Of these, 35,962 were diagnosed in the 50 states and the District of Columbia and 812 were diagnosed in the dependent areas. In the 50 states and the District of Columbia, adult and adolescent AIDS cases totaled 35,934 with 26,355 cases in males and 9,579 cases in females, and 28 cases estimated in children under age 13 years.

The cumulative estimated number of diagnoses of AIDS through 2007 in the United States and dependent areas was 1,051,875. Of these, 1,018,428 were diagnosed in the 50 states and the District of Columbia and 32,051 were diagnosed in the dependent areas. In the 50 states and the District of Columbia, adult and adolescent AIDS cases totaled 1,009,220 with 810,676 cases in males and 198,544 cases in females, and 9,208 cases estimated in children under age 13 years.

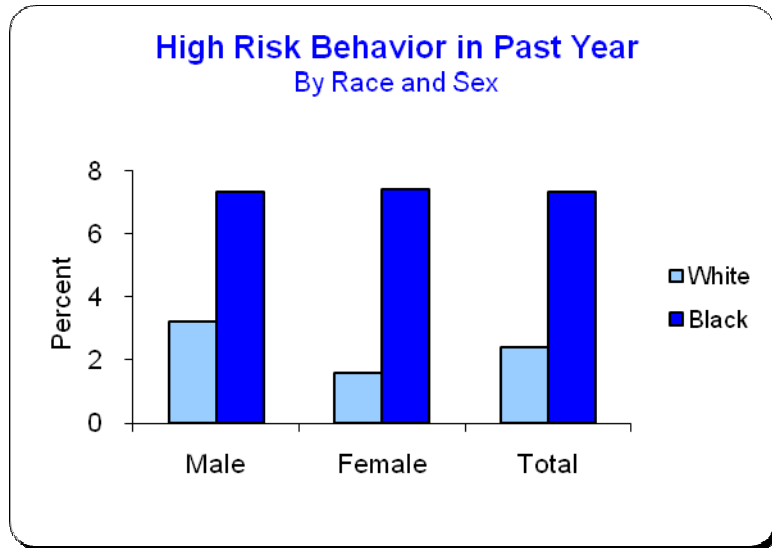


Figure 35

In 2009, Mississippi reported 610 new cases of HIV Disease (includes AIDS) and there were 9,214 people with HIV Disease living in the state. In 2008, 606 new cases were diagnosed and making a total of 9,055 people with the disease living in Mississippi as of December 31, 2008.

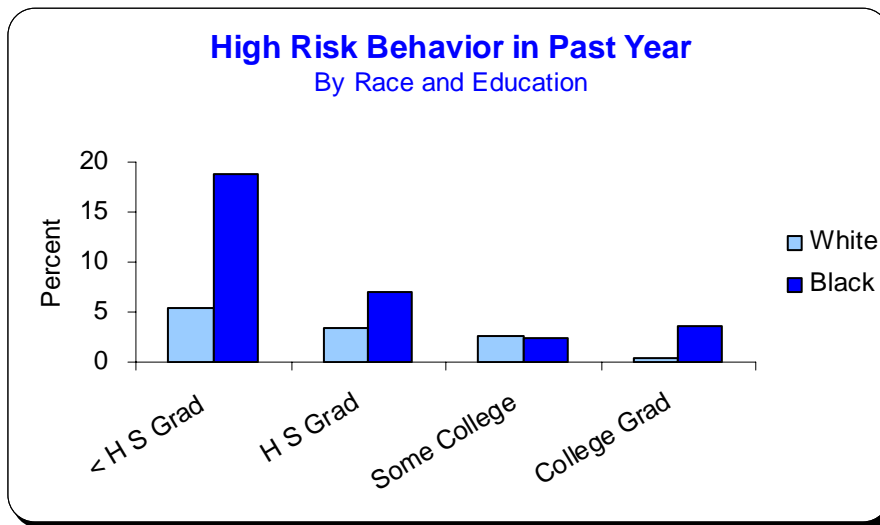


Figure 36

Questions about HIV and AIDS were only asked of persons between the ages of 18 and 64. One of the questions was whether the respondent had ever been tested for the AIDS virus. In 2009, 45.1 percent of the respondents reported that

they had ever been tested. Black respondents were more likely to have ever been tested than whites: 57.2 percent to 37.1 percent. The rate for white respondents who have ever been tested was 35.4 percent for males and 38.7 percent for females. For blacks, the rates were 52.6 percent for males and 61.6 for females. (See Figure 34 and Table 35).

On the question of whether the respondents had participated in high risk behavior, blacks with a rate of 7.3 percent were more than three times as likely to have participated as whites who had a rate of 2.4 percent. Blacks with less than a high school education had, by a wide margin, the highest rate of risky behavior at 18.8 percent which is almost four and a half times the rate for the state at large (4.4 percent).

There was little difference by gender for blacks: males reported a rate of 7.3 percent; females a rate of 7.4 percent. For whites, the male rate was twice the rate for females—3.2 percent to 1.6 percent.

Table 35: Ever Tested for HIV (Age 18-64)

Groups	White		Black		Total	
	Number ¹	Number ²	Number ¹	Number ²	Number ¹	Number ²
Sex						
Male	498	35.4	328	52.6	860	42.4
Female	851	38.7	837	61.4	1,736	47.7
Age Group						
18-24	51	28.9	90	58.3	143	41.4
25-34	238	55.4	259	70.4	510	62.7
35-44	380	48.0	307	69.0	715	56.3
45-54	392	32.3	304	45.2	720	37.1
55-64	288	19.1	205	31.6	508	23.0
Education						
< High School Graduate	133	43.9	194	48.9	333	46.3
High School Graduate or GED	324	33.4	408	52.9	756	42.5
Some College or Technical School	447	37.1	332	64.0	810	47.7
College Graduate	445	38.1	231	64.6	696	44.6
Income						
< \$15,000	146	47.1	323	56.0	488	53.1
\$15-\$24,999	174	43.1	310	61.5	498	53.6
\$25-\$34,999	126	34.4	151	61.8	284	47.0
\$35-\$49,999	177	35.4	124	66.7	310	45.8
\$50-\$74,999	220	33.9	78	53.5	304	38.6
\$75,000+	393	38.9	73	54.0	483	41.0
Employment Status						
Employed	816	37.2	609	58.8	1,478	44.8
Not Employed	110	44.6	189	57.3	304	52.2
Student/Homemaker	159	33.0	91	62.2	257	42.6
Retired/Unable to Work	264	36.5	274	48.3	555	42.4
Total	1,349	37.1	1,165	57.2	2,596	45.1

¹Unweighted

²Weighted

Table 36: Participated In High Risk Behavior in Past 12 Months (Age 18-64)

Groups	White		Black		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	37	3.2	49	7.3	89	4.7
Female	34	1.6	78	7.4	116	3.8
Age Group						
18-24	13	7.4	21	15.0	34	10.4
25-34	15	3.1	27	7.6	44	5.1
35-44	12	1.9	29	6.9	45	4.2
45-54	19	1.2	29	4.1	48	2.1
55-64	12	0.5	20	3.7	33	1.4
Education						
< High School Graduate	17	5.5	42	18.8	59	12.2
High School Graduate or GED	23	3.4	52	7.0	75	4.8
Some College or Technical School	22	2.6	19	2.5	46	2.9
College Graduate	9	0.4	14	3.6	25	1.3
Income						
< \$15,000	12	2.7	38	7.8	51	6.0
\$15-\$24,999	12	5.1	41	10.1	54	7.7
\$25-\$34,999	8	2.3	15	7.4	23	4.5
\$35-\$49,999	16	2.9	7	2.3	24	2.9
\$50-\$74,999	6	1.2	4	3.2	13	2.0
\$75,000+	6	0.6	4	3.3	11	1.0
Employment Status						
Employed	41	2.4	56	6.4	102	3.8
Not Employed	11	6.2	24	6.1	37	6.3
Student/Homemaker	3	1.1	14	15.9	17	5.3
Retired/Unable to Work	16	1.6	33	6.5	49	3.6
Total	71	2.4	127	7.3	205	4.3

¹Unweighted

²Weighted

Emotional Support and Life Satisfaction

Survey Question:

1. *How often do you get the social and emotional support you need?*
2. *In general, how satisfied are you with your life?*

In 2003, a presidential commission on mental health was established to address unmet needs and barriers to care. One of the first objectives was to place emphasis on the need to understand that mental health is essential to overall health, and that mental health issues should be addressed with the same urgency as physical health. The Commission noted reports indicating that mental illnesses accounted for 24 percent of the causes

of disability in the United States, Canada and Western Europe. In 2007, suicide ranked 11th in the cause of death in the United States.

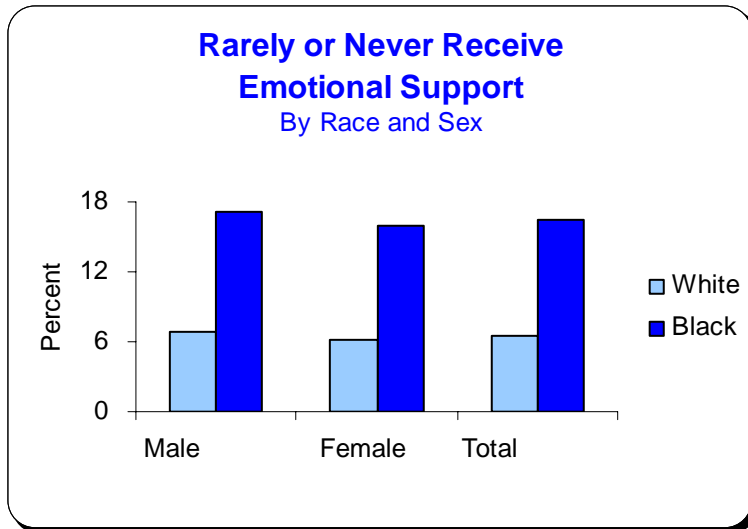


Figure 37

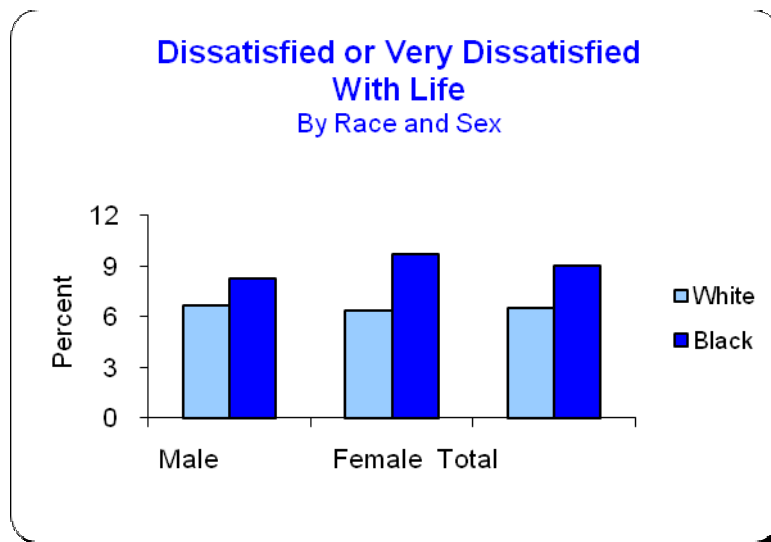


Figure 38

The 2006 *National Survey on Drug Use and Health* (NSDUH), indicated that an estimated 12.1 percent of Mississippians, aged 18 and older experienced serious psychological distress in the past year. Within the 18 to 25 year age group, 20.7 percent of Mississippians were estimated to have experienced serious psychological distress in the prior year.

The 2009 BRFSS survey showed that 10.0 percent of the respondents said that they rarely or never get the emotional support they need (Table 37). The rate in 2008 was 8.7 percent and in 2007 it was 8.4 percent. Blacks were more than two and a half times more likely to report no emotional support with a rate of 16.4 percent compared to a rate of 6.5 percent for whites. The difference was more pronounced in the 18-24 age group where 17.7 percent of black respondents reported no emotional support compare to only 5.2 percent for whites. The segment that reported the highest rate was those with less than a high school education who had a rate of 21.2 percent.

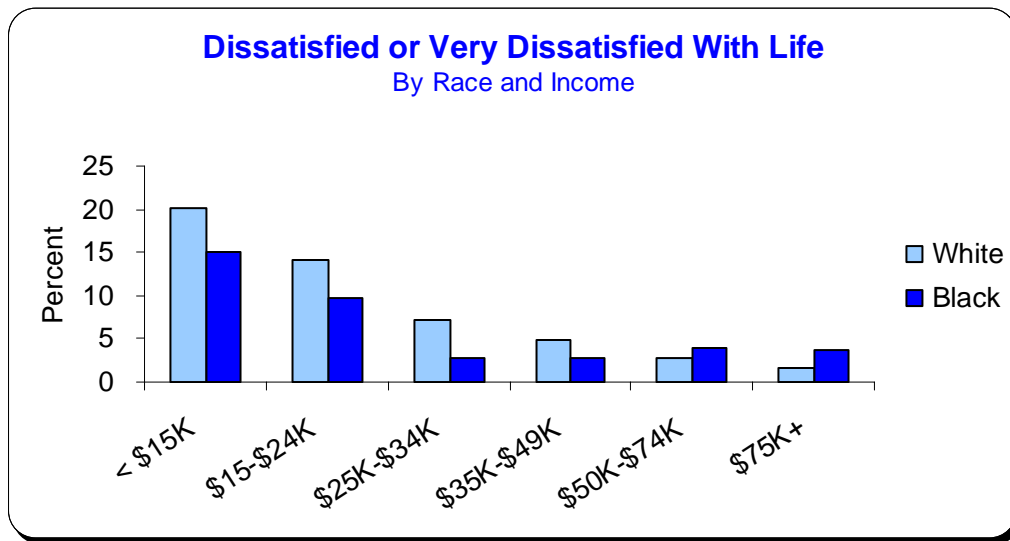


Figure 39

There were 7.5 percent in the 2009 survey who said that they were either dissatisfied or very dissatisfied with life. Blacks at a rate of 9.0 percent were decidedly more likely to have reported dissatisfaction than white respondents who had a rate of 6.5 percent (Figure 38).

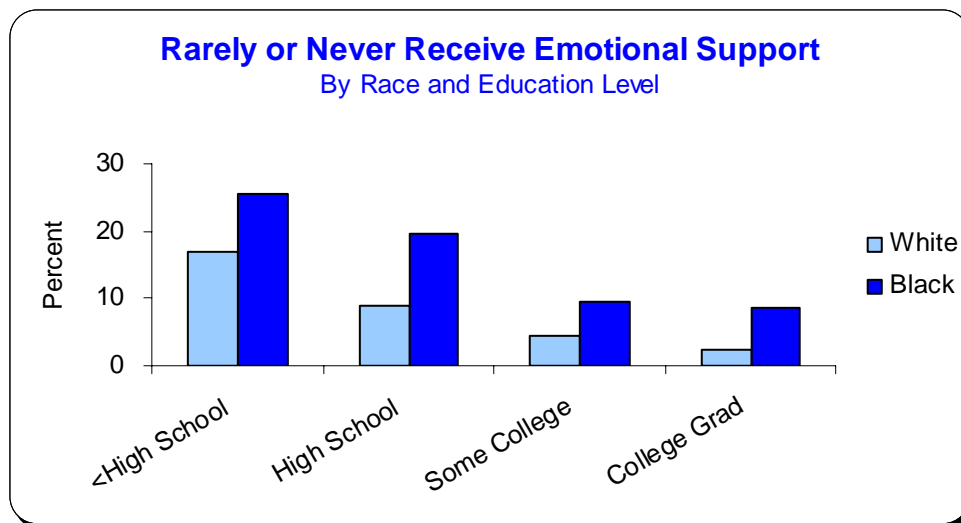


Figure 40

The category of people who reported the highest rate of not being satisfied with life were whites with an income of less than \$15,000 per year who had a rate of 20.1 percent compared to a rate of 15.1 percent for blacks in this category (Table 38). The second highest group who said they were dissatisfied with life was those who are not employed who had a rate of 16.4 percent. Blacks reported a rate of 17.3 percent compared to 14.9 percent for whites (Table 38).

Table 37: Rarely or Never Get the Emotional Support Needed

Groups	White		Black		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	229	6.9	161	17.1	394	10.4
Female	331	6.1	348	15.9	702	9.7
Age Group						
18-24	8	5.2	24	17.7	32	10.3
25-34	16	3.5	49	13.2	67	8.2
35-44	49	6.8	71	16.8	127	10.5
45-54	99	6.5	116	20.0	223	11.0
55-64	126	7.1	121	17.4	251	10.0
65+	262	8.9	126	15.1	394	10.6
Education						
< High School Graduate	145	16.9	192	25.4	342	21.2
High School Graduate or GED	206	8.9	201	19.7	417	13.1
Some College or Technical School	145	4.6	75	9.6	226	6.5
College Graduate	63	2.4	40	8.7	109	3.9
Income						
< \$15,000	146	17.5	196	22.0	351	20.2
\$15-\$24,999	126	12.2	149	18.9	278	15.4
\$25-\$34,999	64	6.9	48	14.1	117	9.9
\$35-\$49,999	57	4.7	25	8.1	85	5.6
\$50-\$74,999	40	3.6	15	10.7	56	5.7
\$75,000+	37	2.0	9	6.1	48	2.5
Employment Status						
Employed	147	4.0	166	13.4	324	7.2
Not Employed	41	13.9	62	19.2	106	17.1
Student/Homemaker	40	3.5	32	13.8	74	6.4
Retired/Unable to Work	330	11.3	249	21.4	590	14.8
Total	560	6.5	509	16.4	1,096	10.0

¹Unweighted

²Weighted

Table 38: Dissatisfied or Very Dissatisfied With Life

Groups	White		Black		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	136	6.7	70	8.3	211	7.3
Female	287	6.4	182	9.7	485	7.7
Age Group						
18-24	11	9.2	8	6.8	20	8.3
25-34	25	8.7	28	10.5	54	9.3
35-44	59	7.6	48	12.0	114	9.8
45-54	103	6.9	77	10.9	186	8.2
55-64	100	5.1	61	7.2	164	5.8
65+	124	3.2	29	3.9	156	3.5
Education						
< High School Graduate	90	14.5	81	9.5	176	12.1
High School Graduate or GED	148	7.2	88	9.8	244	8.2
Some College or Technical School	131	6.6	55	8.5	191	7.3
College Graduate	54	3.0	28	7.7	85	4.2
Income						
< \$15,000	132	20.1	125	15.1	266	17.2
\$15-\$24,999	97	14.1	66	9.8	166	12.1
\$25-\$34,999	43	7.2	12	2.8	58	5.5
\$35-\$49,999	37	4.8	8	2.8	46	4.1
\$50-\$74,999	30	2.8	7	3.9	37	2.9
\$75,000+	22	1.6	4	3.8	27	2.1
Employment Status						
Employed	96	4.8	60	5.5	162	5.0
Not Employed	51	14.9	52	17.3	105	16.4
Student/Homemaker	27	4.5	13	5.6	41	4.7
Retired/Unable to Work	249	9.1	127	11.5	387	10.4
Total	423	6.5	252	9.0	696	7.5

¹Unweighted

²Weighted

Caregiver Status

Survey Question:

People may provide regular care or assistance to a friend or family member who has a health problem, long-term illness, or disability. During the past month, did you provide any such care or assistance to a friend or family member?

A caregiver is someone who gives basic care to a person who has a medical condition that prevents them from independently performing activities of daily living. Caregivers provide unpaid assistance, such as personal care, bathing, dressing, feeding, help with medications and other treatments, transportation for doctor's appointments, and arranging for services.

Caregivers form an important and often unrecognized part of the health care system. Some estimates state that caregivers provide up to \$389 billion annually in unpaid care to individuals with disabilities and chronic disease. The U.S. Census estimates that the population of people age 65 and older will increase from 35 million in 2000 to over 70 million in 2030. The prevalence of disability among children and working age adults is expected to increase while the prevalence of disability among older adults is expected to remain stable. Such demographic forces will place additional demands on caregivers.

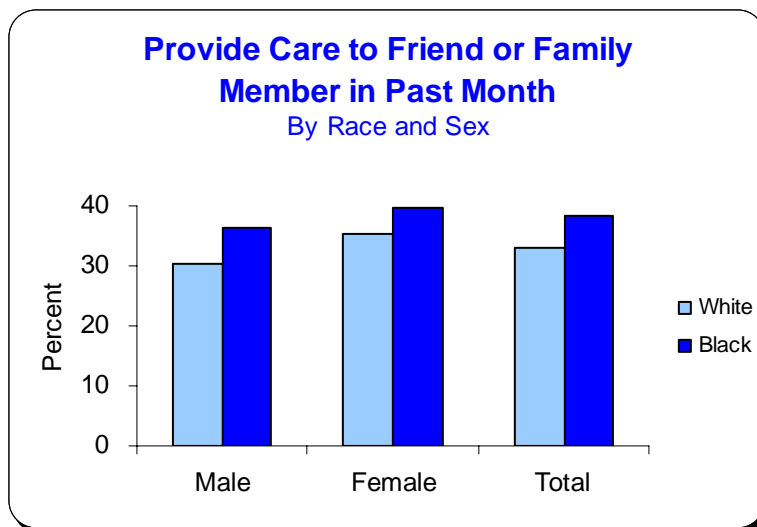


Figure 41

In the 2009 BRFSS survey, Mississippi reported a caregiving rate of 34.9 percent. For whites the rate was 33.0 percent while blacks had a rate of 38.2 percent. In the race and gender category, black females reported the highest rate of caregiving with a rate of 39.7 percent; next were black males with a rate of 36.4 percent followed by white females at 35.3 percent. White males were last at 30.4 percent (Figure 41).

Black respondents in the 18-24 age group reported the highest rate of caregiving at 46.4 percent. The second highest rate was blacks respondents age 45-54 who reported a

rate of 41.3 percent. Whites age 45-54 and blacks age 55-64 both reported rates of 40.4 percent (Table 39).

Table 39: Provided Care to Friend or Family Member in Past Month

Groups	White		Black		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	787	30.4	322	36.4	1,133	32.7
Female	1,673	35.3	856	39.7	2,586	37.0
Age Group						
18-24	60	27.6	61	46.4	124	36.0
25-34	144	31.6	134	36.1	286	33.6
35-44	295	33.2	168	38.2	479	35.0
45-54	562	40.4	292	41.3	870	40.7
55-64	620	35.7	311	40.4	951	37.2
65+	767	26.9	205	27.2	987	27.2
Education						
< High School Graduate	233	28.0	229	34.1	472	31.2
High School Graduate or GED	773	32.6	385	37.4	1,183	34.8
Some College or Technical School	742	35.3	310	40.2	1,078	37.2
College Graduate	712	33.0	254	42.2	986	34.8
Income						
< \$15,000	219	28.0	309	36.4	540	34.1
\$15-\$24,999	378	32.4	318	40.4	710	36.3
\$25-\$34,999	279	34.9	149	38.6	442	37.0
\$35-\$49,999	355	35.5	115	37.4	477	35.4
\$50-\$74,999	360	34.7	87	38.8	452	35.8
\$75,000+	533	33.1	62	33.7	608	33.3
Employment Status						
Employed	1,181	35.5	548	39.2	1,772	36.8
Not Employed	128	38.0	140	42.0	276	40.7
Student/Homemaker	260	29.4	87	43.1	356	33.1
Retired/Unable to Work	888	28.5	403	32.4	1,312	29.9
Total	2,460	33.0	1,178	38.2	3,719	34.9

¹Unweighted

²Weighted

Cancer Survivor

Survey Question:

Have you ever been told by a doctor, nurse, or other health professional that you had cancer?

Cancer is a group of diseases characterized by uncontrolled growth and spread of abnormal cells. If the spread is not controlled, it most likely results in death. Cancer is caused by both external and internal factors. These factors may act together or in sequence to initiate or promote carcinogenesis. Ten or more years often pass between exposure to external factors and detectable cancer. Cancer is treated with surgery, radiation, chemotherapy, hormone therapy, biological therapy, and targeted therapy.

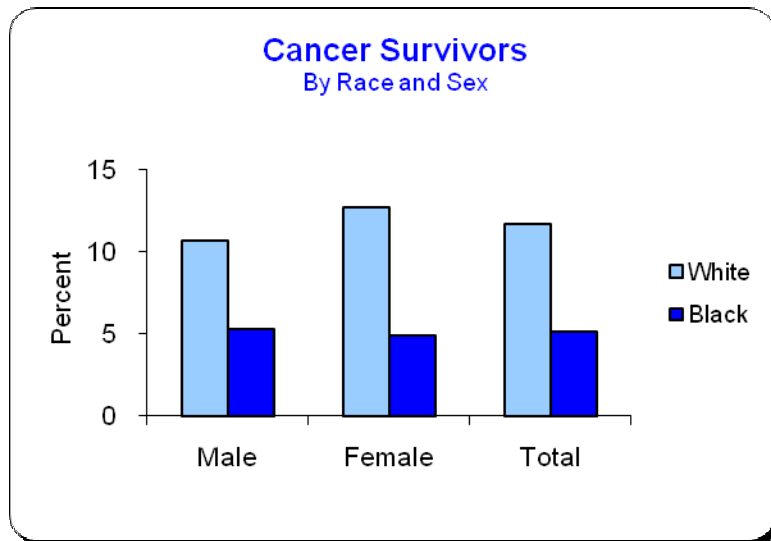


Figure 42

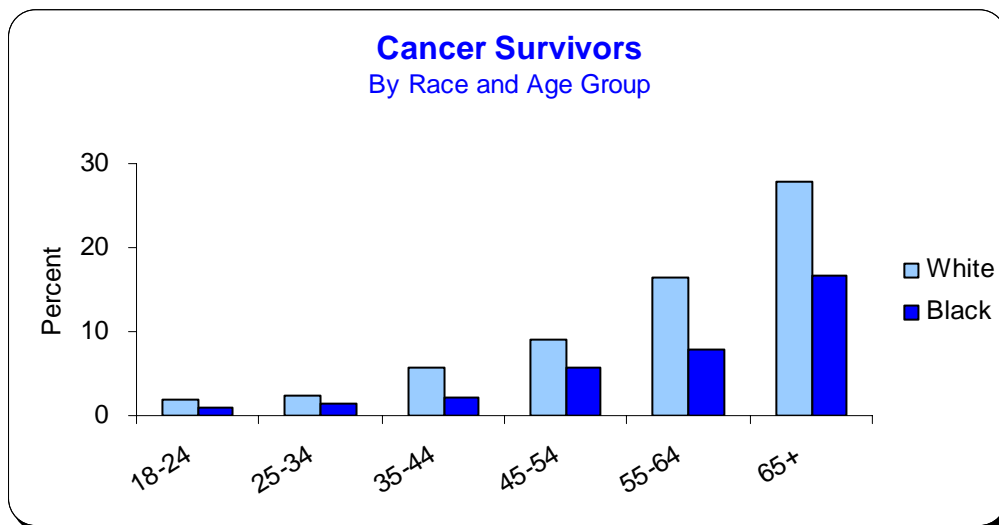


Figure 43

The American Cancer Society estimates that ,in the United States, a cancer diagnosis is made every 23 seconds. In 2008, almost 12 million survivors of cancer were living in the United States and with the population continuing to age and because of earlier detection and improved treatment, that number is expected to increase.

The health status of those who are cancer survivors has become an area of concern for public health practitioners and cancer researchers. Until recently, cancer care focused mainly on early detection and treatment to control the disease. As a consequence, little is known about many of the issues affecting survivors such as quality of life, medical care and surveillance, support services, plus screening for a second malignancy.

The 2009 BRFSS survey revealed that 9.3 percent of the people in Mississippi are cancer survivors which translates into more than 200,000 persons. White cancer survivors with a rate of 11.7 percent were more than twice that of black respondents who reported a rate of 5.1 percent (Figure 42).

As expected, the rate of those reporting a diagnosis of cancer increased greatly with age (Figure 43). Those in the age group 65 and greater reported a survivor rate of 24.8 percent compared to only 1.5 percent for those in ages 18-24. The next highest category for cancer survivors was those who are retired or unable to work with a rate of 19.6 percent: 23.9 for white respondents compared to 11.9 for blacks.

Table 40: Ever Diagnosed With Cancer

Groups	White		Black		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	455	10.7	93	5.3	553	8.7
Female	833	12.7	143	4.9	990	9.8
Age Group						
18-24	4	1.9	2	1.0	6	1.5
25-34	14	2.4	6	1.5	20	1.9
35-44	45	5.6	10	2.2	58	4.4
45-54	130	9.1	29	5.6	162	7.8
55-64	259	16.5	65	7.9	330	14.1
65+	832	27.9	124	16.7	963	24.8
Education						
< High School Graduate	166	12.5	83	7.1	251	9.5
High School Graduate or GED	421	11.8	65	4.7	492	9.0
Some College or Technical School	354	11.3	47	4.3	409	8.9
College Graduate	347	11.7	41	4.5	391	9.9
Income						
< \$15,000	191	17.2	75	6.4	270	10.4
\$15-\$24,999	228	13.6	60	5.6	292	9.6
\$25-\$34,999	152	12.3	27	4.2	181	8.9
\$35-\$49,999	174	11.3	16	4.2	192	9.1
\$50-\$74,999	144	9.9	20	7.1	165	9.2
\$75,000+	189	9.4	9	4.3	200	8.7
Employment Status						
Employed	334	7.5	53	3.1	395	6.0
Not Employed	20	2.8	10	1.7	31	2.1
Student/Homemaker	107	9.0	8	2.3	115	7.0
Retired/Unable to Work	825	23.9	165	11.9	1,000	19.6
Total	1,288	11.7	236	5.1	1,543	9.3

¹Unweighted

²Weighted