

**Mississippi Behavioral Risk Factor Surveillance System
Trend Report, 1994-2003**

Note: Unless otherwise indicated the denominator is the total sample population except that all respondents answering “unknown” or who refused to answer a question are excluded from the denominator.

Indicator	Rates	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003
Health status											
Report that general health is fair or poor	Actual	22.1	21.4	21.1	21.9	21.0	20.9	20.2	23.0	25.2	23.1
	Age Adjusted	20.5	21.8	21.2	22.1	21.1	20.9	20.3	23.1	24.8	23.2
Report that physical health was not good for more than 7 days during past 30 days	Actual	9.9	11.2	11.6	11.4	14.1	13.1	12.6	15.8		15.3
	Age Adjusted	10.4	11.5	11.9	11.6	14.3	13.4	13.0	16.1		15.6
Report that mental health was not good for more than 7 days during past 30 days	Actual	10.2	9.6	9.4	9.4	12.1	13.2	14.1	13.7		15.9
	Age Adjusted	10.2	9.6	9.6	9.6	11.7	13.2	13.3	13.8		15.9
Report poor physical/mental health prevented usual activities for more than 7 days in past 30 days (Denominator: Total Sample)	Actual	4.7	7.8	6.9	5.5	7.4	8.3	7.9	9.5		10.1
	Age Adjusted	4.9	7.9	6.9	5.5	7.5	8.1	8.0	9.6		10.2
Report poor physical/mental health prevented usual activities for more than 7 days in past 30 days (Denominator: Excludes those with zero days of poor physical/mental health)	Actual	11.1	19.8	18.5	13.8	16.7	17.3	17.0	20.3		19.1
	Age Adjusted	12.0	20.4	18.9	14.3	14.2	17.9	18.1	20.9		19.6
Cigarette smoking											
Report they are current cigarette smokers	Actual	22.2	24.1	23.2	23.1	24.2	23.4	23.5	25.4	27.4	25.6
	Age Adjusted	22.6	24.4	23.3	23.5	24.5	23.4	23.6	25.4	27.2	25.7
High school education or less	Actual	26.8	34.5	29.8	29.5	30.1	30.3	32.2	31.2	36.3	34.7
	Age Adjusted	36.5	41.5	37.3	36.7	36.2	37.1	37.1	35.8	41.2	38.9
Blacks	Actual	18.7	22.4	21.0	17.7	21.2	18.3	18.3	20.3	24.7	22.2
	Age Adjusted	20.1	23.9	20.7	19.3	22.1	17.9	18.8	19.8	24.3	22.1

Indicator	Rates	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003
Report that they are former cigarette smokers	Actual	21.4	20.6	21.1	21.3	21.9	20.6	20.5	20.9	20.0	20.7
	Age Adjusted	22.0	20.9	21.6	21.7	22.1	20.0	20.8	21.2	20.2	20.7
Daily smokers who report that they have quit smoking for 1 day or more in the past 12 months	Actual	46.2	43.9	49.8	51.2	51.0	54.6	46.7	51.5	53.9	51.7
	Age Adjusted	40.7	43.2	47.6	50.4	52.1	54.7	47.0	49.9	52.0	50.2
Quit ratio (Ever smokers who are former smokers)	Actual	49.0	46.1	47.6	47.9	47.5	46.9	46.5	45.1	42.2	44.6
	Age Adjusted	48.0	45.2	46.8	46.1	46.3	44.5	46.1	44.3	42.0	43.2
Alcohol use during the past month											
Report acute (binge) drinking	Actual		8.8		9.6		10.9		11.7	12.4	11.4
	Age Adjusted		8.5		9.4		11.5		11.5	12.3	11.3
Report chronic drinking	Actual		2.7		2.5		3.3		4.5	4.6	4.7
	Age Adjusted		2.8		2.4		3.5		4.4	4.6	4.7
Physical activity/exercise											
Report no physical activity in the past 30 days	Actual	38.5		39.6		33.8		33.4	33.4		30.4
	Age Adjusted	39.1		39.7		34.1		33.6	33.6		30.4
65+ year olds (No age adjustment)	Actual	51.1		49.2		40.2		43.1	42.1		40.8
Income less than \$20,000	Actual	47.0		49.0		44.0		42.3	45.3		44.6
	Age Adjusted	47.6		48.0		45.0		43.7	46.1		44.4
Report that they meet do not moderate physical activity recommendations	Actual								61.7		71.0
	Age Adjusted								62.4		70.1
Report that they do not meet vigorous physical activity recommendations	Actual								81.4		79.7
	Age Adjusted								81.7		80.0

Indicator	Rates	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003
Report that they do not meet recommendations for physical activity	Actual								61.7		59.7
	Age Adjusted								62.4		60.0
Income less than \$20,000	Actual								70.5		70.2
	Age Adjusted								71.8		68.9
Report using physical activity/exercise to lose weight or maintain weight Denominator: Total Sample	Actual	34.4		31.2		39.5		40.7			46.3
	Age Adjusted	34.3		31.3		39.5		40.6			46.4
Report using physical activity/exercise to lose or maintain weight. (Denominator: Those trying to lose or maintain weight)	Actual	57.8		42.0		52.4		54.6			62.5
	Age Adjusted	56.0		41.7		52.3		54.2			62.2
Body weight and weight control											
Respondents who are overweight (BMI \geq 25.0)	Actual	53.8	54.7	54.5	57.9	59.1	62.3	61.8	61.1	63.1	62.3
	Age Adjusted	54.6	55.3	55.4	58.2	59.8	62.0	62.1	61.5	63.6	62.9
Respondents who are obese (BMI \geq 30)	Actual	19.7	19.6	19.8	22.0	22.9	23.4	25.0	25.4	26.8	27.0
	Age Adjusted	20.5	19.8	20.2	22.2	23.1	23.2	25.3	25.7	27.0	27.3
Report they are dieting to lose or maintain weight (Denominator : Total Sample)	Actual	54.9		52.4		54.5		55.6			51.5
	Age Adjusted	55.7		52.8		55.0		55.8			51.9
Report they are dieting to lose or maintain weight (Denominator : Those trying to lose or maintain weight)	Actual	72.3		71.3		71.5		74.1			69.9
	Age Adjusted	72.3		70.2		71.7		74.3			70.0
Report using physical activity/exercise to lose or maintain weight. (Denominator: Total sample)	Actual	34.4		31.2		39.5		40.7			46.3
	Age Adjusted	34.4		31.3		39.5		40.6			46.4
Report using physical activity/exercise to lose or maintain weight. (Denominator: Those trying to lose or maintain weight)	Actual	45.2		42.0		52.4		54.6			62.5
	Age Adjusted	45.0		41.7		52.3		54.2			62.2

Indicator	Rates	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003
At risk of developing diabetes											
Those at risk of developing type 2 diabetes because of weight or lack of exercise	Actual	22.6		24.1		24.4		26.1	24.3	24.5	23.8
	Age Adjusted	24.5		25.5		25.3		26.8	24.7	24.4	23.8
Diet/Nutrition											
Report that they eat fruits/vegetables 5 or more times per day	Actual	13.9		18.2		15.6		18.5		19.1	17.8
	Age Adjusted	14.2		18.1		15.6		18.5		19.1	17.7
Cholesterol awareness											
Report that they have ever had a blood cholesterol test	Actual		62.0		66.5		72.9		73.8		74.1
	Age Adjusted		62.9		67.2		71.4		74.2		74.4
Those tested who have had blood cholesterol checked within the past year	Actual		43.6		46.0		49.0		51.8		52.1
	Age Adjusted		44.3		46.5		47.9		52.0		52.3
Report blood cholesterol checked within the past 2 years	Actual		53.5		55.1		60.9		62.4		61.7
	Age Adjusted		54.3		55.6		59.7		62.7		62.0
Report blood cholesterol checked within the past 5 years	Actual		58.3		62.5		67.0		69.2		68.0
	Age Adjusted		59.1		63.2		65.7		68.6		68.6
Report being told by a health professional that they have high blood cholesterol	Actual		15.8		19.2		22.5		22.8		24.5
	Age Adjusted		16.2		19.6		22.4		23.0		24.6
Diabetes											
Report being told by a doctor that they have diabetes	Actual	5.7	6.3	6.1	6.1	7.7	8.3	7.6	9.3	8.6	11.0
	Age Adjusted	5.9	6.4	6.2	6.3	7.7	8.0	7.7	9.3	8.7	11.0
Those with diabetes who have had two or more visits to a health professional for diabetes in the past year	Actual			74.4	74.7	75.7		80.7		80.4	
	Age Adjusted			59.9	72.2	68.6		79.6		81.0	

Indicator	Rates	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003
Those with diabetes who have had at least four visits to a health professional for their diabetes in past year	Actual			59.1	56.5	46.8		51.0		51.0	
	Age Adjusted			48.5	51.0	43.1		49.8		42.9	
Those with diabetes who have had two or more foot exams by a health professional in past year	Actual			29.3	43.5	38.4		38.6		55.4	
	Age Adjusted			23.3	49.3	32.4		38.4		46.4	
Those with diabetes who have had at least four foot exams by a health professional in past year	Actual			23.3	29.9	24.8		19.7		28.0	
	Age Adjusted			18.3	24.5	19.6		21.4		25.4	
Those with diabetes who have had a dilated eye exam within the past year	Actual			55.4	50.2	54.8		56.5		66.5	
	Age Adjusted			45.6	45.3	53.3		47.6		62.8	
Those with diabetes who have had a dilated eye exam within the past 2 years	Actual			69.6	70.3	68.1		66.3		80.3	
	Age Adjusted			54.0	66.5	63.3		55.7		80.9	
Mammography screening (Age Adjustment Not Applicable)											
Report that they have ever had a CBE and mammogram (Women 40+)	Actual	64.7	67.2	71.9	71.8	73.1	72.6	77.7	78.1	77.9	78.0
Income less than \$10,000	Actual	50.0	51.6	55.5	68.6	74.9	56.2	62.8	69.9	60.6	61.4
Less than a high school education	Actual	49.3	50.2	57.3	59.5	55.9	61.2	61.6	66.4	66.7	70.8
Women aged 70+ years of age	Actual	53.0	57.5	61.8	62.0	63.7	69.3	80.9	72.6	74.4	75.1
Black women	Actual	59.4	49.8	62.3	61.1	67.1	63.7	67.8	71.2	69.4	69.6
Report having a CBE and mammogram in past 2 years (Women 50+)	Actual	49.5	49.1	53.8	60.7	58.4	56.6	61.6	60.9	62.3	58.4
Income less than \$10,000	Actual	32.6	37.8	38.3	60.4	45.6	40.0	45.7	52.6	44.1	39.6
Less than a high school education	Actual	34.3	35.8	39.3	50.0	41.7	38.2	42.8	47.9	50.7	43.5
Women aged 70+ years of age	Actual	38.9	45.5	49.0	50.7	47.7	49.8	57.7	53.5	53.7	50.0
Black women	Actual	43.4	35.0	47.7	49.3	56.5	47.4	54.9	55.1	56.5	50.6
Report having a screening mammogram within the past year (Women 50-59)	Actual	45.2	45.4	42.4	52.8	53.5	51.1	58.5	60.9	55.8	58.7

Indicator	Rates	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003
Report having a screening mammogram within the past 2 years (Women 50-59)	Actual	62.3	56.3	64.2	68.6	71.9	65.6	73.1	75.2	72.8	72.0
Report having screening mammogram within the past year (Women 60-69)	Actual	47.1	46.1	48.0	55.7	48.4	49.7	49.0	55.5	60.7	54.6
Report having a screening mammogram within the past 2 years (Women 60-69)	Actual	58.5	56.7	65.0	69.8	69.3	68.6	67.1	69.8	73.7	70.5
Pap smear screening											
Report that they have ever had a pap smear test (Women 18+ years of age who have never had a hysterectomy)	Actual	94.1	92.6	92.7	95.8	93.3	94.6	95.5	96.5	90.1	94.8
	Age Adjusted	93.3	93.1	92.5	95.8	93.7	95.1	95.2	96.7	90.7	94.8
Income less than \$10,000	Actual	86.5	88.8	82.2	89.5	93.5	93.6	86.9	92.9	84.1	88.6
	Age Adjusted	87.3	89.9	86.9	92.8	92.9	95.6	88.1	95.0	84.7	91.6
Less than a high school education	Actual	83.5	85.5	88.3	90.9	85.7	87.8	86.8	94.9	86.7	90.1
	Age Adjusted	85.8	90.3	92.1	94.0	90.5	92.1	87.3	96.3	88.2	91.0
Women aged 70+ years of age (Age Adjustment not Applicable)	Actual	79.6	80.9	79.3	82.1	86.8	85.0	85.6	91.9	82.1	87.2
Report that they have had a pap smear test in the past 3 years (Women 18+ years of age who have never had a hysterectomy)	Actual	84.4	83.4	81.8	85.8	83.4	83.0	87.0	86.3	82.7	84.4
	Age Adjusted	81.3	81.4	79.2	83.6	82.4	80.9	84.3	84.2	80.3	52.4
Income less than \$10,000	Actual	72.9	75.2	65.5	73.4	77.5	70.7	68.1	79.1	72.5	68.4
	Age Adjusted	73.1	81.4	69.6	78.1	75.4	70.0	68.6	76.8	72.4	73.0
Less than a high school education	Actual	67.3	70.5	67.1	74.3	62.3	66.4	71.6	70.0	69.5	73.1
	Age Adjusted	69.5	77.7	73.5	71.3	69.3	74.9	69.5	72.2	74.0	75.5
Women aged 70+ years of age (Age Adjustment Not Applicable)	Actual	58.7	51.7	50.2	55.1	63.9	52.6	75.5	64.4	46.1	52.9
Report that they have had pap smear test in the past 3 years (Women 18-64)	Actual	87.6	87.1	86.8	89.5	86.5	87.4	89.5	89.3	86.4	85.1
	Age Adjusted	84.8	85.8	84.7	87.9	86.4	86.2	87.2	88.5	85.2	85.5

Indicator	Rates	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003
Colorectal cancer screening: Persons aged 50+ years of age (Age Adjustment Not Applicable)											
Report that they have ever had a sigmoidoscopy/proctoscopy exam	Actual		36.3		35.8		36.4		40.8	42.9	45.1
Report having a sigmoidoscopy or proctoscopy exam in the past year	Actual		12.5		10.0		12.5		13.4	13.4	13.1
Report having a sigmoidoscopy or proctoscopy exam in past 2 years	Actual		20.4		17.7		18.9		21.6	21.9	22.7
Report having had a sigmoidoscopy proctoscopy exam in past 5 years	Actual		27.3		25.1		27.0		31.9	33.4	35.6
Hypertension awareness											
Report being told by a health professional that they have high blood pressure	Actual		29.8	29.5	34.3		35.0		31.4		33.4
	Age Adjusted		30.2	29.9	34.6		33.8		31.7		33.6
Report having blood pressure taken by a health professional in the past year	Actual		86.6	89.4	90.2		89.4				
	Age Adjusted		86.6	89.2	90.1		89.3				
Report having pressure taken by a health professional in the past 2 years	Actual		92.0	95.6	95.6		96.0				
	Age Adjusted		92.0	95.5	95.5		96.0				
Report having blood pressure taken by a health professional in the past 5 years	Actual		95.9	98.0	97.9		98.3				
	Age Adjusted		95.5	97.9	97.9		98.3				

Indicator	Rates	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003
Immunization											
Report having had a flu shot within the past 12 months	Actual		26.3		28.6		31.3		29.2	30.6	33.1
	Age Adjusted		26.1		23.2		30.6		29.0	30.7	32.8
Persons 65+ years of age (Age Adjustment Not Applicable)	Actual		57.0		61.1		62.9		61.8	63.0	69.0
Report that having had a pneumonia vaccination	Actual		15.0		18.2		17.0		21.2	19.9	24.6
	Age Adjusted		14.6		17.6		16.5		20.6	19.8	24.0
Persons aged 65+ years of age (Age Adjustment Not Applicable)	Actual		39.4		45.9		49.3		55.7	58.9	61.8
Health care access											
Report that they have no kind of health care coverage	Actual	12.7	14.0	14.2	15.1	18.8	16.9	19.3	18.7	22.8	19.1
	Age Adjusted	13.7	14.0	14.3	15.1	18.6	17.4	19.0	18.6	22.5	19.0
Report being unable to see doctor in past 12 months because of cost	Actual	16.1	14.8	15.0	15.3	15.6	14.4	16.2			18.5
	Age Adjusted	16.4	14.9	14.6	15.3	15.6	14.5	16.2			18.6