

**Mississippi Behavioral Risk Factor Surveillance System  
Trend Report, 1999-2008**

*Note: Unless otherwise indicated the denominator is the total sample population except that all respondents answering “unknown” or who failed to answer a question are excluded from the denominator. Gray area indicates question not used.*

Indicator	Rates	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008
<b>Health status</b>											
Report that general health is fair or poor	Actual	20.9	20.2	23.0	25.2	23.1	23.0	23.7	27.5	21.4	21.2
	Age Adjusted	20.9	20.3	23.1	24.8	23.2	23.1	23.7	22.4	21.1	20.6
Report that physical health was not good for more than 7 days during past 30 days	Actual	13.1	12.6	15.8		15.3	16.9	15.9	15.6	15.1	16.3
	Age Adjusted	13.4	13.0	16.1		15.6	17.2	16.1	15.7	15.0	16.0
Report that mental health was not good for more than 7 days during past 30 days	Actual	13.2	14.1	13.7		15.9	16.5	16.6	18.1	16.6	17.2
	Age Adjusted	13.2	13.3	13.8		15.9	16.3	16.6	18.0	16.6	17.3
Report poor physical/mental health prevented usual activities for more than 7 days in past 30 days ( <i>Denominator: Total Sample</i> )	Actual	8.3	7.9	9.5		10.1	10.8	11.1	11.0	10.3	11.1
	Age Adjusted	8.1	8.0	9.6		10.2	10.9	11.2	11.0	10.3	11.1
Report poor physical/mental health prevented usual activities for more than 7 days in past 30 days ( <i>Denominator: Excludes those with zero days of poor physical/mental health</i> )	Actual	17.3	17.0	20.3		19.1	20.4	20.9	21.1	19.6	21.8
	Age Adjusted	17.9	18.1	20.9		19.6	21.0	21.5	21.6	19.8	21.8
<b>Cigarette smoking</b>											
Report they are current cigarette smokers	Actual	23.4	23.5	25.4	27.4	25.6	24.6	23.7	25.1	24.0	22.7
	Age Adjusted	23.4	23.6	25.4	27.2	25.7	24.6	23.7	25.1	23.5	22.8
High school education or less	Actual	30.3	32.2	31.2	36.3	34.7	31.4	28.8	35.5	36.2	34.4
	Age Adjusted	37.1	37.1	35.8	41.2	38.9	32.5	32.2	41.7	39.9	37.8
Blacks	Actual	18.3	18.3	20.3	24.7	22.2	20.7	19.5	24.8	22.5	20.9
	Age Adjusted	17.9	18.8	19.8	24.3	22.1	20.1	20.0	24.7	22.3	22.3

Indicator	Rates	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008
Report that they are former cigarette smokers	Actual	20.6	20.5	20.9	20.0	20.7	19.3	20.8	21.1	21.3	22.2
	Age Adjusted	20.0	20.8	21.2	20.2	20.7	19.4	19.1	20.6	21.1	21.5
Daily smokers who report that they have quit smoking for 1 day or more in the past 12 months	Actual	54.6	46.7	51.5	53.9	51.7	48.9	51.7	55.1	51.4	50.1
	Age Adjusted	54.7	47.0	49.9	52.0	50.2	48.0	52.0	54.1	49.6	49.7
Quit ratio (Ever smokers who are former smokers)	Actual	46.9	46.5	45.1	42.2	44.6	44.0	46.7	45.7	47.0	49.4
	Age Adjusted	44.5	46.1	44.3	42.0	43.2	43.0	44.7	43.9	44.6	46.8
<b>Alcohol use during the past month</b>											
Report acute (binge) drinking	Actual	10.9		11.7	12.4	11.4	10.5	9.9	9.3	11.2	10.8
	Age Adjusted	11.5		11.5	12.3	11.3	10.3	9.9	9.4	11.3	11.0
Report chronic drinking	Actual	3.3		4.5	4.6	4.7	4.1	3.7	4.0	3.5	3.7
	Age Adjusted	3.5		4.4	4.6	4.7	4.1	3.7	4.0	3.6	3.8
<b>Physical activity/exercise</b>											
Report no physical activity in the past 30 days	Actual	33.4	33.4		30.4	31.4	32.5	31.4	31.9	31.9	32.6
	Age Adjusted	33.6	33.6		30.4	31.4	32.5	31.3	31.4	31.4	32.4
65+ year olds ( <i>No age adjustment</i> )	Actual	43.1	42.1		40.8	43.4	40.5	39.0	38.9	38.9	37.7
Income less than \$20,000	Actual	42.3	45.3		44.6	48.5	43.6	42.1	44.9	44.9	44.4
	Age Adjusted	43.7	46.1		44.4	48.5	43.7	42.3	45.1	45.1	44.0
Report that they meet do not moderate physical activity recommendations	Actual		61.7		71.0		70.7		71.2	71.2	
	Age Adjusted		62.4		70.1		70.7		71.1	71.1	
Report that they do not meet vigorous physical activity recommendations	Actual		81.4		79.7		79.1		80.3	80.3	
	Age Adjusted		81.7		80.0		79.3		80.2	80.2	

Indicator	Rates	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008
Report that they do not meet recommendations for physical activity	Actual		61.7		59.7		60.0		60.4	60.4	
	Age Adjusted		62.4		60.0		60.2		60.3	60.3	
Income less than \$20,000	Actual		70.5		70.2		68.5		67.7	67.7	
	Age Adjusted		71.8		68.9		68.1		66.9	66.9	
Report using physical activity/exercise to lose weight or maintain weight (Denominator: Total Sample)	Actual	40.7			46.3						
	Age Adjusted	40.6			46.4						
Report using physical activity/exercise to lose or maintain weight. (Denominator: Those trying to lose or maintain weight)	Actual	54.6			62.5						
	Age Adjusted	54.2			62.2						
<b>Body weight and weight control</b>											
Respondents who are overweight (BMI $\geq$ 25.0)	Actual	62.3	61.8	61.1	63.1	62.3	65.5	67.3	66.7	68.2	67.5
	Age Adjusted	62.0	62.1	61.5	63.6	62.9	66.1	67.8	67.0	68.5	67.0
Respondents who are obese (BMI $\geq$ 30)	Actual	23.4	25.0	25.4	26.8	27.0	29.5	30.9	31.5	32.6	33.4
	Age Adjusted	23.2	25.3	25.7	27.0	27.3	29.9	31.2	31.7	32.8	33.3
Report they are dieting to lose or maintain weight (Denominator : Total Sample)	Actual		55.6			51.5					
	Age Adjusted		55.8			51.9					
Report they are dieting to lose or maintain weight (Denominator : Those trying to lose or maintain weight)	Actual		74.1			69.9					
	Age Adjusted		74.3			70.0					
Report using physical activity/exercise to lose or maintain weight. (Denominator: Total sample)	Actual		40.7			46.3					
	Age Adjusted		40.6			46.4					
Report using physical activity/exercise to lose or maintain weight. (Denominator: Those trying to lose or maintain weight)	Actual		54.6			62.5					
	Age Adjusted		54.2			62.2					

<b>Indicator</b>	<b>Rates</b>	<b>1999</b>	<b>2000</b>	<b>2001</b>	<b>2002</b>	<b>2003</b>	<b>2004</b>	<b>2005</b>	<b>2006</b>	<b>2007</b>	<b>2008</b>
Those at risk of developing type 2 diabetes because of weight or lack of exercise	Actual		26.1	24.3	24.5	23.8	24.6	25.8	27.1	27.8	28.8
	Age Adjusted		26.8	24.7	24.4	23.8	24.5	25.4	26.4	26.7	27.1
<b>Diet/Nutrition</b>											
Report that they eat fruits/vegetables 5 or more times per day	Actual		18.5		19.1	17.8		16.5		18.0	
	Age Adjusted		18.5		19.1	17.7		16.5		18.0	
<b>Cholesterol awareness</b>											
Report that they have ever had a blood cholesterol test	Actual	72.9		73.8		74.1		73.5		76.5	
	Age Adjusted	71.4		74.2		74.4		73.9		76.3	
Those tested who have had blood cholesterol checked within the past year	Actual	49.0		51.8		52.1		50.4		55.1	
	Age Adjusted	47.9		52.0		52.3		50.7		55.1	
Report blood cholesterol checked within the past 2 years	Actual	60.9		62.4		61.7		60.7		64.3	
	Age Adjusted	59.7		62.7		62.0		61.2		64.4	
Report blood cholesterol checked within the past 5 years	Actual	67.0		69.2		68.0		67.5		70.6	
	Age Adjusted	65.7		68.6		68.6		68.1		70.8	
Report being told by a health professional that they have high blood cholesterol	Actual	22.5		22.8		24.5		27.6		29.5	
	Age Adjusted	22.4		23.0		24.6		27.4		28.8	
<b>Diabetes</b>											
Report being told by a doctor that they have diabetes	Actual	8.3	7.6	9.3	8.6	11.0	9.6	9.7	10.9	11.0	11.3
	Age Adjusted	8.0	7.7	9.3	8.0	11.0	9.6	9.7	10.7	10.9	10.9
Those with diabetes who have had two or more visits to a health professional for diabetes in the past year	Actual		80.7		80.4		81.2		79.0		79.0
	Age Adjusted		79.6		81.0		75.0		69.6		72.9

<b>Indicator</b>	<b>Rates</b>	<b>1999</b>	<b>2000</b>	<b>2001</b>	<b>2002</b>	<b>2003</b>	<b>2004</b>	<b>2005</b>	<b>2006</b>	<b>2007</b>	<b>2008</b>
Those with diabetes who have had at least four visits to a health professional for their diabetes in past year	Actual		51.0		51.0		54.2		51.3		54.5
	Age Adjusted		49.8		42.9		49.9		46.4		52.8
Those with diabetes who have had two or more foot exams by a health professional in past year	Actual		38.6		55.4		48.4		50.8		48.0
	Age Adjusted		38.4		46.4		43.4		50.6		40.1
Those with diabetes who have had at least four foot exams by a health professional in past year	Actual		19.7		28.0		27.4		30.5		29.5
	Age Adjusted		21.4		25.4		20.3		32.6		23.2
Those with diabetes who have had a dilated eye exam within the past year	Actual		56.5		66.5		58.5		64.3		62.7
	Age Adjusted		47.6		62.8		54.6		62.3		55.2
Those with diabetes who have had a dilated eye exam within the past 2 years	Actual		66.3		80.3		74.0		78.6		74.5
	Age Adjusted		55.7		80.9		68.9		75.5		68.2
<b>Mammography screening (Age Adjustment Not Applicable)</b>											
Report that they have ever had a CBE and mammogram (Women 40+)	Actual	72.6	77.7	78.1	77.9	78.0	79.3	79.1	81.6		80.2
Income less than \$10,000	Actual	56.2	62.8	69.9	60.6	61.4	68.8	64.3	71.7		68.3
Less than a high school education	Actual	61.2	61.6	66.4	66.7	70.8	70.5	68.3	72.7		69.2
Women 70+ years of age	Actual	69.3	80.9	72.6	74.4	75.1	72.7	77.5	79.2		79.3
Black women	Actual	63.7	67.8	71.2	69.4	69.6	74.2	72.9	75.0		74.4
Report having a CBE and mammogram in past 2 years (Women 50+)	Actual	56.6	61.6	60.9	62.3	58.4	59.6	60.9	59.3		59.7
Income less than \$10,000	Actual	40.0	45.7	52.6	44.1	39.6	41.6	41.7	46.1		45.0
Less than a high school education	Actual	38.2	42.8	47.9	50.7	43.5	45.4	49.8	45.9		46.9
Women 70+ years of age	Actual	49.8	57.7	53.5	53.7	50.0	46.6	53.2	52.5		53.1
Black women	Actual	47.4	54.9	55.1	56.5	50.6	53.6	61.4	56.8		57.7

<b>Indicator</b>	<b>Rates</b>	<b>1999</b>	<b>2000</b>	<b>2001</b>	<b>2002</b>	<b>2003</b>	<b>2004</b>	<b>2005</b>	<b>2006</b>	<b>2007</b>	<b>2008</b>
Report having a screening mammogram within the past year ( <i>Women 50-59</i> )	Actual	51.1	58.5	60.9	55.8	58.7	56.9	53.4	52.1		55.6
Report having a screening mammogram within the past 2 years ( <i>Women 50-59</i> )	Actual	65.6	73.1	75.2	72.8	72.0	70.8	70.6	69.7		69.4
Report having screening mammogram within the past year ( <i>Women 60-69</i> )	Actual	49.7	49.0	55.5	60.7	54.6	57.9	60.7	57.2		60.1
Report having a screening mammogram within the past 2 years ( <i>Women 60-69</i> )	Actual	68.6	67.1	69.8	73.7	70.5	74.1	74.0	71.5		72.2
<b>Pap smear screening</b>											
Report that they have ever had a pap smear test ( <i>Women 18+ years of age who have never had a hysterectomy</i> )	Actual	94.6	95.5	96.5	90.1	94.8	95.0	95.9	95.0		94.6
	Age Adjusted	95.1	95.2	96.7	90.7	94.8	95.4	96.1	95.4		94.2
Income less than \$10,000	Actual	93.6	86.9	92.9	84.1	88.6	90.9	91.9	95.5		89.4
	Age Adjusted	95.6	88.1	95.0	84.7	91.6	92.2	92.9	95.9		88.1
Less than a high school education	Actual	87.8	86.8	94.9	86.7	90.1	93.3	90.8	91.2		89.3
	Age Adjusted	92.1	87.3	96.3	88.2	91.0	94.4	93.3	93.9		90.9
Women aged 70+ years of age ( <i>Age Adjustment not Applicable</i> )	Actual	85.0	85.6	91.9	82.1	87.2	87.0	91.2	92.5		87.9
Report that they have had a pap smear test in the past 3 years ( <i>Women 18+ years of age who have never had a hysterectomy</i> )	Actual	83.0	87.0	86.3	82.7	84.4	82.5	82.7	82.4		81.1
	Age Adjusted	80.9	84.3	84.2	80.3	82.4	80.7	80.7	80.5		79.2
Income less than \$10,000	Actual	70.7	68.1	79.1	72.5	68.4	68.5	74.2	75.7		69.6
	Age Adjusted	70.0	68.6	76.8	72.4	73.0	70.7	74.9	74.6		70.8
Less than a high school education	Actual	66.4	71.6	70.0	69.5	73.1	69.8	68.3	72.2		65.5
	Age Adjusted	74.9	69.5	72.2	74.0	75.5	70.5	71.3	74.9		68.2

Indicator	Rates	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008
Women aged 70+ years of age (Age Adjustment Not Applicable)	Actual	52.6	75.5	64.4	46.1	52.9	50.0	50.8	54.5		52.8
Women age 18 to 64	Actual	87.4	89.5	89.3	86.4	85.1	86.3	85.7	85.5		81.0
	Age Adjusted	86.2	87.2	88.5	85.2	85.6	85.9	85.1	85.0		83.1

<b>Colorectal cancer screening: Persons aged 50+ years of age (Age Adjustment Not Applicable)</b>											
Report ever having had a colonoscopy or sigmoidoscopy exam	Actual	36.4		40.8	42.9	45.1	46.8		50.4		56.4
Within the past year	Actual	12.5		13.4	13.4	13.1	13.4		14.5		16.8
Within the past 2 years	Actual	18.9		21.6	21.9	22.7	23.2		24.2		27.2
Within the past 5 years	Actual	27.0		31.9	33.4	35.6	36.5		40.0		36.2
<b>Hypertension awareness</b>											
Report being told by a health professional that they have high blood pressure	Actual	35.0		31.4		33.4		33.3		33.7	
	Age Adjusted	33.8		31.7		33.6		33.5		33.3	
Report having blood pressure taken by a health professional in the past year	Actual	89.4									
	Age Adjusted	89.3									
Report having pressure taken by a health professional in the past 2 years	Actual	96.0									
	Age Adjusted	96.0									
Report having blood pressure taken by a health professional in the past 5 years	Actual	98.3									
	Age Adjusted	98.3									

Indicator	Rates	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008
<b>Immunization</b>											
Report having had a flu vaccination within the past 12 months	Actual	31.3		29.2	30.6	33.1	33.6	29.0	32.7	37.4	
	Age Adjusted	30.6		29.0	30.7	32.8	33.6	28.7	32.7	37.0	
Persons 65+ years of age (Age adjustment not applicable)	Actual	62.9		61.8	63.0	69.0	66.9	61.7	65.8	69.8	
Report ever having had a pneumonia vaccination	Actual	17.0		21.2	19.9	24.6	24.3	25.6	26.5	26.0	
	Age Adjusted	16.5		20.6	19.8	24.0	24.0	24.9	25.7	25.0	
Persons aged 65+ years of age (Age adjustment not applicable)	Actual	49.3		55.7	58.9	61.8	64.5	65.7	68.7	65.3	
<b>Health care access</b>											
Report that they have no kind of health care coverage	Actual	16.9	19.3	18.7	22.8	19.1	20.2	18.5	21.0	19.3	
	Age Adjusted	17.4	19.0	18.6	22.5	19.0	20.1	18.5	20.6	19.3	
Report being unable to see doctor in past 12 months because of cost	Actual	14.4	16.2			18.5	20.0	18.5	19.0	18.5	
	Age Adjusted	14.5	16.2			18.6	20.1	18.7	19.0	18.5	