

# Self-Reported Health Status of Mississippi Adults in 2020

The Mississippi Behavioral Risk Factor Surveillance System (BRFSS) is conducted annually to monitor the prevalence of behaviors that contribute to the leading causes of morbidity and mortality among adults in our state. The 2020 Mississippi BRFSS was completed by 6,479 Mississippians aged 18 years or older.

## About Health Status

- Health status is an indicator that attempts to determine how adults view their personal health and how well they function physically, psychologically, and socially while engaged in normal, daily activities.
- In 2020, 13.8% of adults in the United States assessed their health as fair or poor.<sup>1</sup> Substantial differences in the prevalence of fair or poor reported health status exist by age group, race, education level, urbanization level, and poverty status.<sup>1</sup>

## Self-Reported Health Status in Mississippi in 2020

- Approximately 1 in 5 adults (**19.9%**) reported fair or poor health.<sup>2</sup>
- The percentage of fair or poor health was **higher** among **female** adults (21.4%) compared to male adults (18.3%).<sup>2</sup> (Figure 1)
- The percentage of fair or poor health was **highest** among **Other Race** respondents (23.1%\*) compared to Black (22.9%) and White(17.9%) respondents, although the difference was not statistically significant.<sup>2</sup> (Figure 2)
- The percentage of fair or poor health was significantly **higher** among **Black** respondents (22.9%) compared to White respondents (17.9%).<sup>2</sup> (Figure 2)
- The percentage of fair or poor health was significantly **higher** among **Black females** (24.9%) compared to White females (19.0%) and White males (16.7%).<sup>2</sup> (Figure 3)

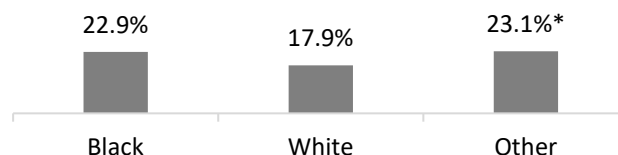
### Definitions

- Health Status Question: Would you say that in general your health is excellent, very good, good, fair, or poor?<sup>2</sup>
- In this report, “**Other Race**” refers to adults who reported their race/ethnicity as anything other than White or Black Non-Hispanic or any race and Hispanic.
- The difference between two estimates is considered **statistically significant** (also stated as “significantly higher/lower” or “significant” in this fact sheet) if the 95% confidence intervals do not overlap.

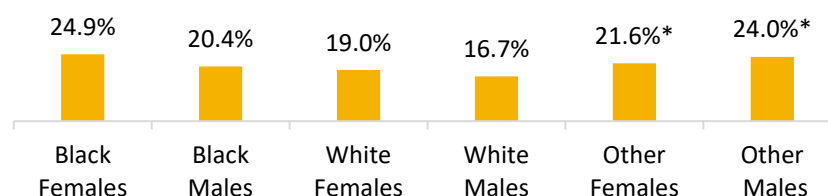
**Figure 1. Percent of Respondents with Fair or Poor Health by Gender, MS, 2020**



**Figure 2. Percent of Respondents with Fair or Poor Health by Race, MS, 2020**



**Figure 3. Percent of Respondents with Fair or Poor Health by Race & Gender, 2020**



**Note:** In the 2020 MS BRFSS, the numbers of responses for individual races and ethnicities contained in the “Other Races” demographic group were too low to allow for meaningful estimates. To request additional race/ethnicity data, please [submit a data request using MSDH's online form](#).

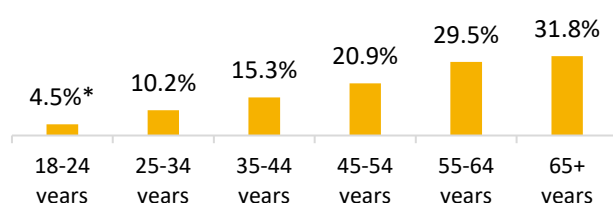
\*This estimate is based on a cell size of less than 50. Use caution when interpreting and comparing this estimate.

# Self-Reported Health Status of Mississippi Adults in 2020

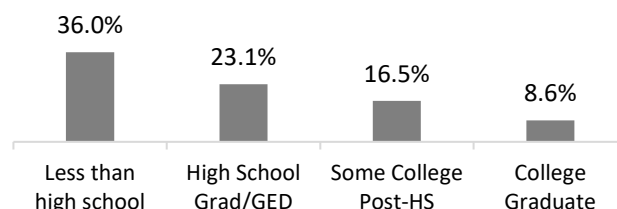
## Self-Reported Health Status in Mississippi in 2020 (continued)

- The percentage of fair or poor health was significantly **higher** among respondents **aged 55 to 64 years (29.5%) and respondents aged 65 years and older (31.8%)** compared to respondents in other age groups.<sup>2</sup> (Figure 4)
- The percentage of fair or poor health was significantly **higher** among adults who have **not completed a high school education (36.0%)** compared to adults with higher educational attainment.<sup>2</sup> (Figure 5)
- The percentage of fair or poor health was significantly **higher** among adults with an annual household **income of less than \$35,000** compared to adults with higher annual household incomes.<sup>2</sup> (Figure 6)

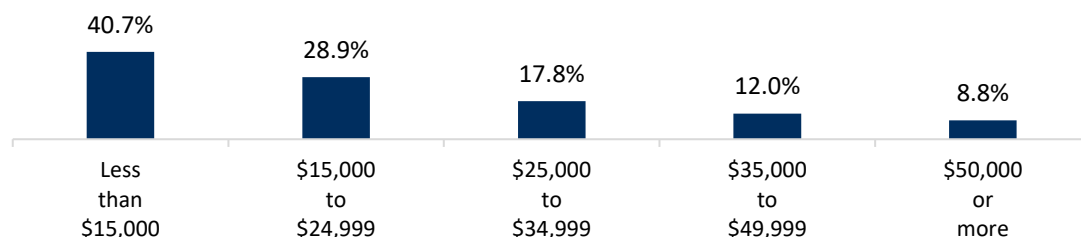
**Figure 4. Percent of Respondents with Fair or Poor Health by Age, MS, 2020**



**Figure 5. Percent of Respondents with Fair or Poor Health by Education, MS, 2020**



**Figure 6. Percent of Respondents with Fair or Poor Health by Annual Household Income, MS, 2020**

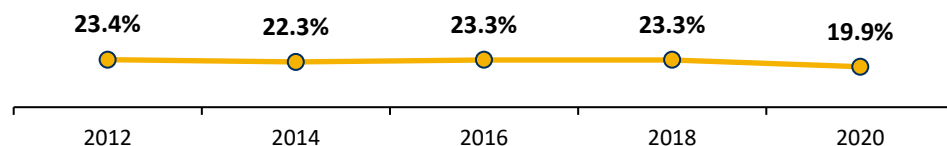


\*This estimate is based on a cell size of less than 50. Use caution when interpreting and comparing this estimate.

## Self-Reported Health Status Trends in Mississippi

- The percentage of adults who reported fair or poor health significantly **decreased** from **23.4%** in 2012 to **19.9%** in 2020.<sup>2</sup> (Figure 7)

**Figure 7. 2012-2020 Trend of Fair or Poor Self-Reported Health Status Among Adults in Mississippi**



### References

- 1) National Center for Health Statistics. Percentage of fair or poor health status for adults aged 18 and over, United States, 2019–2020. National Health Interview Survey. Generated interactively on July 14 2022, from [https://www.cdc.gov/NHISDataQueryTool/SHS\\_adult/index.html](https://www.cdc.gov/NHISDataQueryTool/SHS_adult/index.html)
- 2) Centers for Disease Control and Prevention (CDC). (2022, May 4). *Behavioral Risk Factor Surveillance System*. Retrieved 5-12-2022, from <https://www.cdc.gov/brfss/index.html>

**For More Information, Contact:**  
Mississippi State Department of Health  
Office of Health Data and Research: (601) 576-8165