



Annual Report Executive Summary

**2023 Mississippi
Behavioral Risk Factor Surveillance
System (BRFSS)**

June 2, 2025

Executive Summary Highlights

2023 Mississippi Behavioral Risk Factor Surveillance System

The Mississippi Behavioral Risk Factor Surveillance System (MS 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 2023 MS BRFSS was completed by 4,069 Mississippians aged 18 years or older. *Note: All percentages are rounded to the nearest whole number.*

Selected Health Conditions

	Mississippi (2023)	Compared to Prior Year	Compared to Nation (2023)
Cancer (Melanoma or any non-skin cancer) Melanoma or any other types of non-skin cancer	9%	8% 	8% 
Cardiovascular Disease Angina, coronary heart disease, heart attack, or stroke	11%	12% 	9% 
Chronic Obstructive Pulmonary Disorder COPD, emphysema, or chronic bronchitis	8%	11% 	6% 
Depressive Disorder Depression, major or minor depression, or dysthymia	18%	21% 	20% 
Diabetes Type 1 or Type 2 diabetes	17%	15% 	12% 

Selected Risk Factors

	Mississippi (2023)	Compared to Prior Year	Compared to Nation (2023)
Binge Drinking Binge drinking in the past 30 days	13%	14% 	15% 
Cigarette Smoking Currently smokes cigarettes every day or some days	16%	17% 	11% 
E-Cigarette Use Currently uses e-cigarettes every day or some days	9%	9% 	7% 
Overweight and Obesity Currently overweight or obese (BMI $\geq$ 25.0)	72%	72% 	68% 
Physical Inactivity Had no exercise outside of work in the past 30 days	33%	32% 	25% 

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	Mississippi (2023)	Compared to Prior Year	Compared to Nation (2023)
Arthritis Arthritis, rheumatoid arthritis, gout, lupus, fibromyalgia	31%	34% 	25% 
Asthma Ever had asthma	12%	15% 	15% 
Binge Drinking Binge drinking in the past 30 days	13%	14% 	15% 
Cancer (Melanoma or any non-skin cancer) Ever had melanoma or any types of non-skin cancer	9%	8% 	8% 
Skin Cancer (Non-melanoma) Ever had skin cancer that is not melanoma	5%	5% 	5% 
Cardiovascular Disease Angina, coronary heart disease, heart attack, or stroke	11%	12% 	9% 
Chronic Obstructive Pulmonary Disorder COPD, emphysema, or chronic bronchitis	8%	11% 	6% 
Cigarette Smoking Currently smokes cigarettes every day or some days	16%	17% 	11% 
Depressive Disorder Depression, major or minor depression, or dysthymia	18%	21% 	20% 
Diabetes Type 1 or Type 2 diabetes	17%	15% 	12% 
E-Cigarette Use Currently uses e-cigarettes every day or some days	9%	9% 	7% 
Health Care Access: Doctor Cost Could not see a doctor in past 12 months due to cost	14%	14% 	12% 
Health Care Access: Routine Check-Up No routine check-up in the past year	18%	20% 	22% 

Executive Summary *(continued)*

2023 Mississippi Behavioral Risk Factor Surveillance System

	Mississippi (2023)	Compared to Prior Year	Compared to Nation (2023)
Health Care Coverage No health care coverage	11%	10% 	9% 
Health Status Fair or poor self-reported health	24%	25% 	19% 
Healthy Days – Poor Physical Health 14+ days poor physical health during past month	14%	14% 	13% 
Healthy Days – Poor Mental Health 14+ days poor mental health during past month	15%	16% 	16% 
High Blood Pressure Ever had high blood pressure	46%	N/A	34% 
High Cholesterol Ever had high cholesterol	40%	N/A	37% 
HIV Testing Ever tested for HIV	38%	38% 	39% 
Immunization – Flu (Age 65+ years) Flu vaccination in the past 12 months	59%	60% 	63% 
Immunization – Pneumonia (Age 65+ years) Ever had a pneumonia vaccination	61%	64% 	70% 
Marijuana Use Used marijuana on at least one day during past 30 days	10%	11% 	N/A
Overweight and Obesity Currently overweight or obese (BMI $\geq$ 25.0)	72%	72% 	68% 
Physical Inactivity Had no exercise outside of work in the past 30 days	33%	32% 	25% 
Prediabetes Non-diabetics ever told they have prediabetes	11%	N/A	N/A