

MISSISSIPPI

# BEHAVIORAL RISK FACTORS SURVEY



2000

ANNUAL REPORT

MISSISSIPPI STATE DEPARTMENT OF HEALTH

**2000**  
**Behavioral Risk Factor Surveillance System Report**  
**(BRFSS)**

**Mississippi State Department of Health**  
**570 East Woodrow Wilson Drive**  
**P. O. Box 1700**  
**Jackson, MS 39215-1700**

## Table of Contents

<b>Introduction</b> .....	i
<b>Methodology</b> .....	ii
<b>Definition of Terms and Risk Factors</b> .....	iv
<b>Survey Results</b> .....	1
Health Care Coverage .....	2
Health Status .....	4
Tobacco Use .....	6
Diabetes .....	8
Folic Acid .....	10
Breast Cancer Screening .....	13
Cervical Cancer Screening .....	17
Physical Activity .....	20
Weight Control .....	25
People Who Eat Fruits and Vegetables at Least Five Times Per Day .....	32

## **Introduction**

It is generally acknowledged by health care professionals that certain behavior patterns are associated with disease, injury and death. Among these are cigarette smoking, physical inactivity, alcohol consumption and risky sexual behavior. The Behavioral Risk Factor Surveillance System (BRFSS) is a program designed to estimate the prevalence of these and other health risk factors throughout 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 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. 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. Since 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, lifestyle, and preventive health. Individual states are allowed to include questions addressing specific issues that are of particular interest to that state.

## **Methodology**

### **A. SAMPLING DESIGN**

The Mississippi BRFSS is a random sample telephone survey. Utilizing the disproportionate stratified random sample (DSS) version of random digit dialing and the Computer Assisted Telephone Interviewing (CATI) system, the survey has the potential to represent 93% of all households in Mississippi that have telephones according to Bell South data. A sample size of 2,307 interviews over a 12-month period was selected to obtain a 95% confidence interval of  $\pm 3\%$  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.

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.

### **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 2000 Mississippi population to accurately reflect the population demographics. The weighting factor considered the number of adults and telephone lines in the household, cluster size, and age/race/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.

This report presents the percentage of high-risk behavior within each demographic group for each of the nine risk factors plus one chronic disease (diabetes). The demographic information for persons reporting a high-risk behavior or chronic disease are also presented. The demographic information collected and presented in this survey covers sex, age, education, household income, and race.

### **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. Not all households have telephones and the survey does not attempt to contact institutionalized persons at all. It is not always

possible to measure the magnitude of these errors or their impact on the data. The user must make his or her own evaluation of the data.

### **E. Sample Size**

Sample sizes vary by question and response category due to 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 number of respondents can mislead the reader into believing that a given finding is much more precise than it actually is. When the number of events is small and the probability of such an event is small, considerable caution must be observed in interpreting the estimates and/or differences between groups and areas. The CDC recommends not interpreting percentages when based on a denominator of fewer than 50 non-weighted respondents. In the tables of results, such situations are marked with an asterisk indicating: "Sample size less than 50".

## **Definition of Terms and Risk Factors**

### **Mammography and Clinical Breast Exam (CBE)**

**Mammogram and CBE** - Female respondents, age 40 and older, who report that they have ever had a mammogram and a CBE.

**Mammogram and CBE within 2 years** - Female respondents, age 50 and older, who report that they have had a mammogram and a CBE within the last two years.

### **Cervical Cancer**

**Pap Smear** - Female respondents, age 18 and older, who have not had a hysterectomy, who report that they have ever had a pap smear.

**Pap Smear Within 3 Years** - Female respondents, age 18 and older, who have not had a hysterectomy, who report that they have a pap smear within the last three years.

### **Diabetes**

**Diabetes Awareness** - Respondents who report they were told by a doctor that they have diabetes.

### **Health Insurance**

**Health Insurance** - Respondents, age 18 and older, who report they have no health care plan.

### **Health Status**

**Self-Reported Health Status** - Respondents who report having a general health status of fair or poor.

### **Physical Inactivity**

**No Leisure Time Physical Activity** - Respondents who report no leisure-time physical activity during the past month. This measures Healthy People 2000 Objective 1.5 - Target #15%.

**Regular and Sustained Physical Activity** - Respondents who report no regular and sustained physical activity which is defined as 5 or more session per week, 30 minutes or more per session, regardless of intensity. This measures Healthy People 2000 Objective 1.3 - Target \$30%.

**Regular and Vigorous Physical Activity** - Respondents who report regular and vigorous physical activity or a pair of activities which is defined as 3 or more sessions

per week, 20 minutes of more per session, at 50% or more of capacity. This measures Healthy People 2000 Objective 1.4 - Target \$20%.

**Sedentary Lifestyle** - Respondents who report they exercise less than twenty minutes per session or who report physical activity of less than three times per week during the past month.

## **Smoking Status**

**Cigarette Smoker** - Respondents who have ever smoked 100 cigarettes in their lifetime and report smoking every day or some days. This measures Healthy People 2000 Objective 3.4 - Target #15%.

## **Folic Acid**

**Multivitamins** - Respondents who report taking multivitamins.

**Benefits of Folic Acid** - Respondents who report they are aware that folic acid prevents birth defects.

## **Overweight**

**Overweight: Based on Body Mass Index** - People with a body mass index (BMI)  $\geq 25.0$ . BMI is defined as weight in kilograms divided by height in meters squared ( $w/h^2$ ). This measures Healthy People 2000 Objective 2.3 - Target #20%. Results should be used with caution since people tend to under report their weight. Consequently, the BRFSS may underestimate the prevalence of overweight.

## **Weight Control**

**Trying to lose weight** - Respondents who report they are trying to lose weight.

**Trying to maintain weight** - Respondents who report they are trying to maintain their current weight.

**Trying to lose or maintain weight** - Respondents who report they are trying to lose or maintain their current weight.

**Eating fewer calories** - Respondents who report they are eating fewer calories to lose or maintain their current weight.



## **Fruits and Vegetables**

**Fruit and vegetable consumption** - Respondents who report they eat servings of fruits and vegetables at least five times a day.

## **Survey Results**

## Health Care Coverage

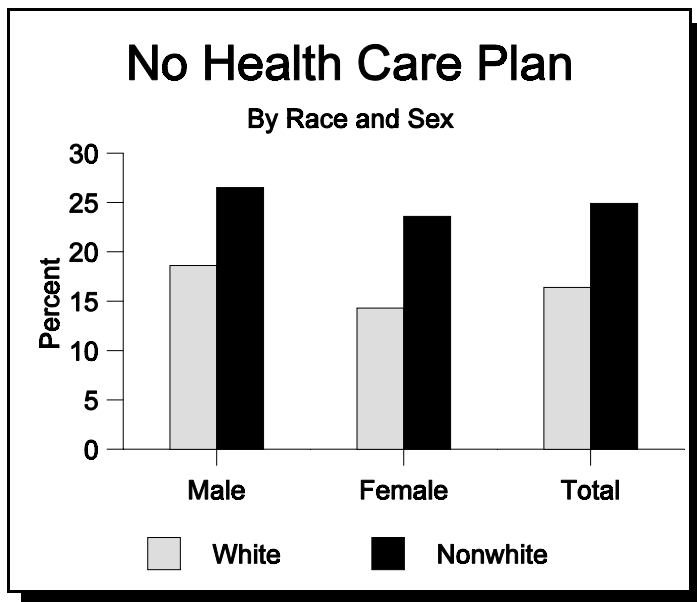


Figure 1

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 cannot afford to pay for insurance coverage. People at risk are those who have no health insurance, prepaid plans, Medicare, or other government assisted programs such as the military, the VA or Medicaid.

In 2000, 19.2% of the respondents indicated they had no health care plan compared to 17.0 in 1999. According to the survey, nonwhite males had the highest rate of non-coverage at a rate of 26.5%; nonwhite females were next at 26.5% (Figure 1).

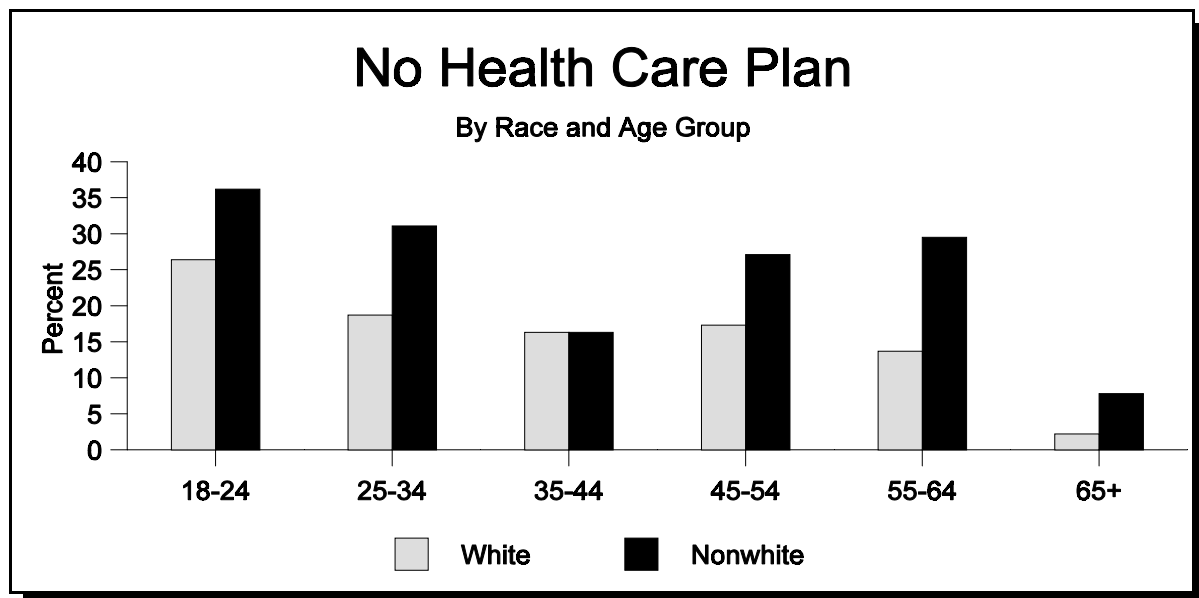


Figure 2

### Persons Who Have No Kind of Health Care Plan

Groups	White		Nonwhite		Total	
	Number	Percent	Number	Percent	Number	Percent
<b>Sex</b>						
Male	98	18.6	52	26.5	151	21.1
Female	119	14.3	116	23.6	237	17.5
<b>Age Group</b>						
18-24	38	36.4	35	36.2	73	36.1
25-34	42	18.7	39	31.1	82	23.7
35-44	52	16.3	30	16.3	82	16.3
45-54	50	17.3	33	27.1	83	20.2
55-64	30	13.7	24	29.5	55	17.8
65+	4	2.2	7	7.8	11	3.6
<b>Education</b>						
< High School Graduate	57	30.6	48	31.9	105	31.2
High School Graduate or GED	84	19.6	65	24.5	149	21.4
Some College or Technical School	52	15.3	43	27.4	97	19.2
College Graduate	22	5.3	11	11.1	33	6.6
<b>Income</b>						
< \$15,000	42	31.2	60	34.5	103	33.1
\$15 - \$24,999	66	28.1	55	29.6	121	28.7
\$25 - \$34,999	37	19.4	22	24.6	59	21.2
\$35 - \$49,999	26	11.4	6	10.4	32	11.2
\$50 - \$74,999	9	4.0	2*	4.8	11	4.0
\$75,000+	4	2.1	1*	6.2	5	2.6
<b>Employment Status</b>						
Employed	137	16.7	101	23.2	241	18.9
Not Employed	14*	37.4	28*	58.6	42	49.8
Student/Homemaker	37	24.8	11*	30.7	48	25.9
Retired/Unable to Work	27*	9.0	28	17.3	55	11.7
<b>Total</b>	217	16.4	168	24.9	388	19.2

\* Sample size less than 50

## Health Status

Questions related to health status attempt 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 in that they can indicate dysfunction and disability not measured in standard morbidity and mortality data.

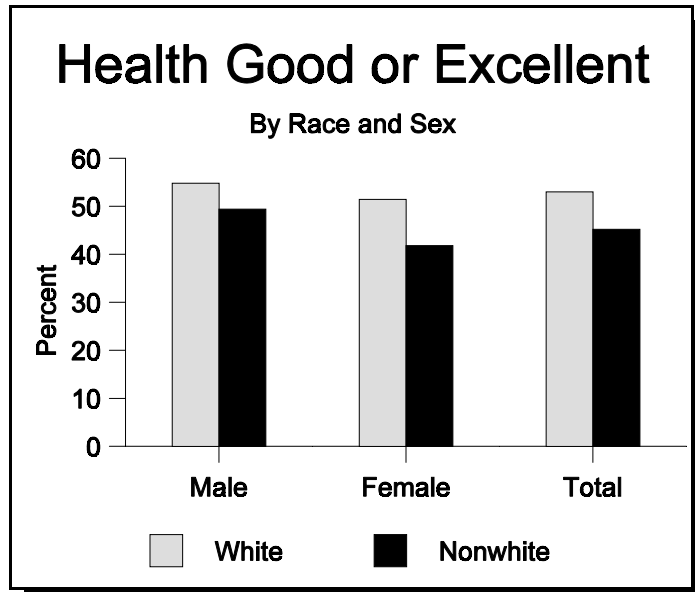


Figure 3

Males reported their health as being better than females. White respondents also report better health than non-whites. Not surprisingly, persons with higher incomes report their health as being better (Figure 3).

The 2000 BRFSS Report indicated that a person whose annual income is below \$15,000 is least likely to report his health as being very good or excellent (Figure 4) and for people older than 65, only 29.6% said their health was very good or excellent.

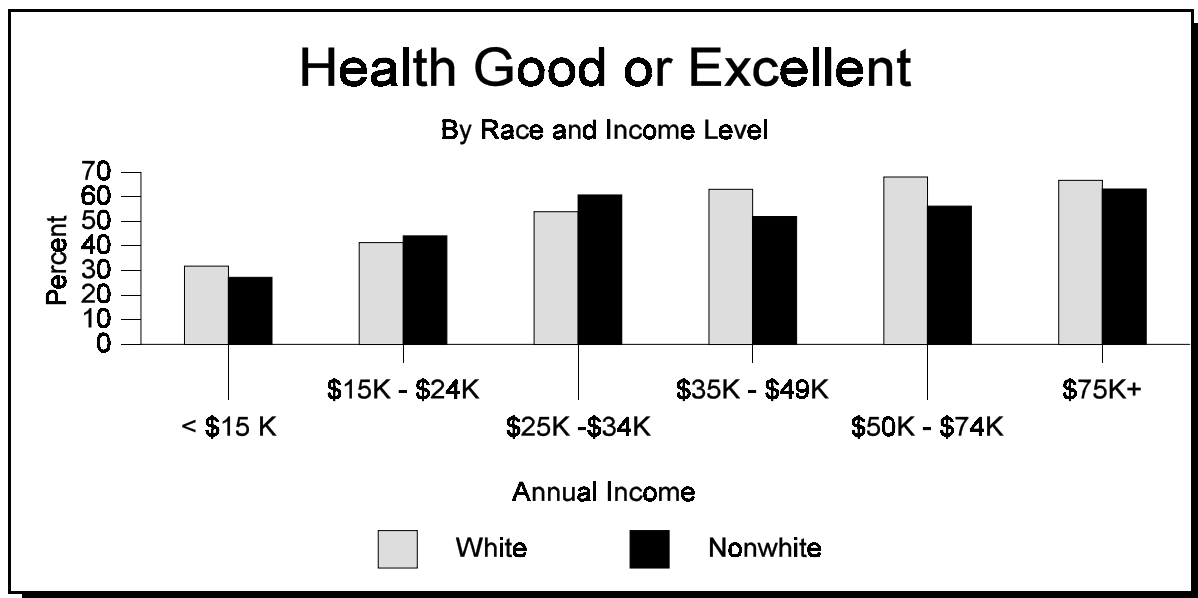


Figure 4

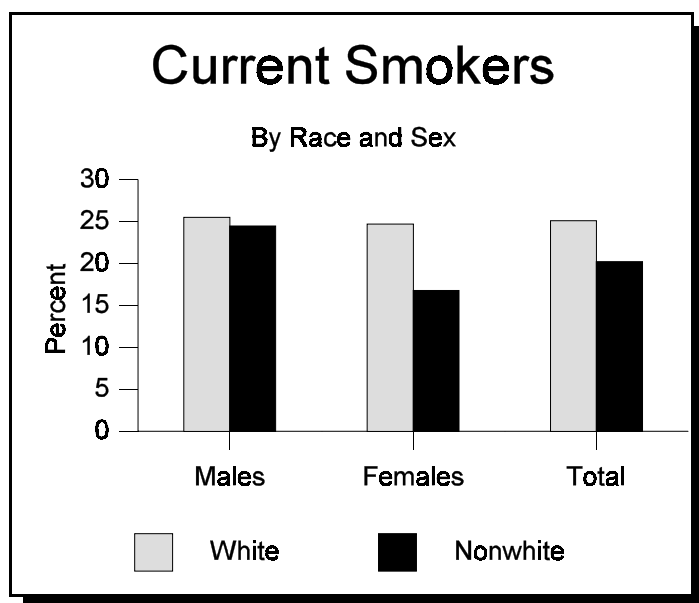
### Persons Who Report Their Health as Being Very Good or Excellent

Groups	White		Nonwhite		Total	
	Number	Percent	Number	Percent	Number	Percent
<b>Sex</b>						
Male	330	54.8	100	49.4	430	53.0
Female	443	51.4	176	41.8	625	48.2
<b>Age Group</b>						
18-24	78	72.1	53	67.5	132	70.4
25-34	179	68.6	69	55.9	248	63.4
35-44	170	56.1	70	43.5	241	51.7
45-54	146	51.2	42	38.6	188	47.4
55-64	97	41.2	18	24.7	115	37.0
65+	95	32.6	22	21.0	118	29.6
<b>Education</b>						
< High School Graduate	54	28.7	37	22.0	91	25.7
High School Graduate or GED	195	42.1	89	43.5	284	42.6
Some College or Technical School	239	59.6	85	56.4	326	58.8
College Graduate	283	73.0	63	63.8	349	70.6
<b>Income</b>						
< \$15,000	40*	31.8	42	27.3	82	29.3
\$15 - \$24,999	101	41.3	72	44.1	173	42.5
\$25 - \$34,999	118	54.0	61	60.7	179	56.3
\$35 - \$49,999	167	63.0	34	52.0	201	60.5
\$50 - \$74,999	144	68.0	15*	56.2	160	66.6
\$75,000+	114	66.6	13*	63.2	128	66.0
<b>Employment Status</b>						
Employed	562	61.0	206	54.0	773	58.7
Not Employed	17*	48.9	17	41.3	34	44.5
Student/Homemaker	78	54.3	20*	60.6	98	55.4
Retired/Unable to Work	111	30.2	31	17.6	143	26.1
<b>Total</b>	773	53.0	276	45.2	1,055	50.4

\* Sample size less than 50

### Tobacco Use

Tobacco use is the single leading preventable risk factor associated with death both in Mississippi and the United States. Each year, about one fifth of Mississippians die from tobacco-related causes. Health problems related to tobacco use include cancers, lung disease, and heart disease. Over the past decade the percent of current adult smokers has not changed significantly.



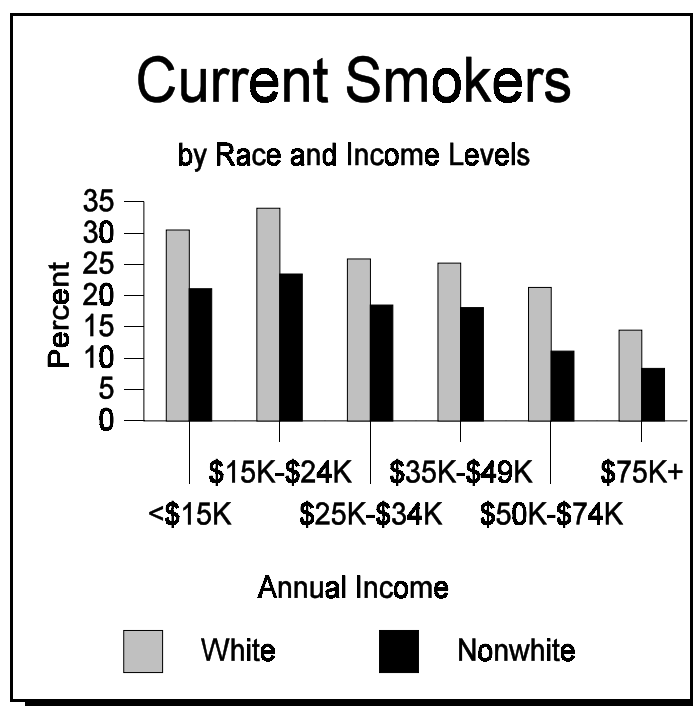
**Figure 5**

25.5% followed by white females at 24.7% and nonwhite males at 24.5%. The group with the lowest percentage of current smokers were nonwhite females at 16.8% (Figure 5).

Overall, the rate of current smoking in Mississippi is 23.4%. The Healthy People 2000 objective is 15%.

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 approved a state tobacco plan which includes strategies to prevent initiation of tobacco use among youth, promote cessation among youth and adults, and eliminate exposure to environmental tobacco smoke.

The 2000 BRFSS Survey revealed that the largest percentage of current smokers are white males at



**Figure 6**

## Persons Who Smoke Everyday or Some Days

Groups	White		Nonwhite		Total	
	Number	Percent	Number	Percent	Number	Percent
<b>Sex</b>						
Male	149	25.5	51	24.5	201	25.2
Female	233	24.7	77	16.8	311	21.8
<b>Age Group</b>						
18-24	40	38.7	14	24.5	54	32.7
25-34	68	24.4	15	12.6	84	19.8
35-44	104	31.7	44	23.1	149	28.8
45-54	84	28.0	30	27.3	114	27.8
55-64	51	20.5	10	19.1	61	20.1
65+	33	10.4	13	15.3	46	11.6
<b>Education</b>						
< High School Graduate	71	36.1	39	27.0	110	32.1
High School Graduate or GED	123	24.7	48	19.7	171	22.9
Some College or Technical School	116	27.5	23	13.1	139	23.0
College Graduate	70	16.6	17	23.5	88	18.0
<b>Income</b>						
< \$15,000	52	30.5	36	21.1	89	25.6
\$15 - \$24,999	91	34.0	38	23.5	129	29.6
\$25 - \$34,999	60	25.9	20	18.5	80	23.3
\$35 - \$49,999	60	25.2	14	18.1	74	23.6
\$50 - \$74,999	47	21.3	3*	11.1	50	19.6
\$75,000+	26	14.5	2*	8.4	29	13.9
<b>Employment Status</b>						
Employed	245	25.8	82	21.7	329	24.4
Not Employed	20*	46.8	13	17.8	33	29.9
Student/Homemaker	40	26.9	2*	4.3	42	22.0
Retired/Unable to Work	75	19.4	31	21.2	106	19.9
<b>Total</b>	382	25.1	128	20.2	512	23.4

\* Sample size less than 50



## Diabetes

### The MSDH Insulin Program

For persons who are unable to pay, the Mississippi State Department of Health maintains a program which provides insulin, syringes, and diabetes testing supplies at no charge to type 1 diabetics 21 years of age and younger and gestational diabetics of any age.

Supportive services for both type 1 and type 2 diabetics are available through the county health departments, including screening and referral for definitive diagnosis; problem assessment and appropriate referral; joint medical management (with the patient's own physician); and health education, provision of informational materials, and diet counseling.

There are no specific MSDH treatment programs or services for older, non-insulin-dependent diabetics (who constitute more than 90% of all diabetics in the state).

### The Diabetes Control and Prevention Program

In 1994, the MSDH entered into a cooperative agreement with the CDC to establish a statewide Diabetes Control and Prevention Program. Funds have been used to develop a chronic disease coalition (the Mississippi Chronic Illness Coalition), which has a major focus on diabetes, and to build epidemiologic capacity in the area of diabetes, so that diabetes prevalence, morbidity, and mortality can be better estimated. In addition, planning is underway for the

development of a diabetes resource center. Funds cannot be used for direct patient services, and currently no expansion of clinical diabetes services is planned.

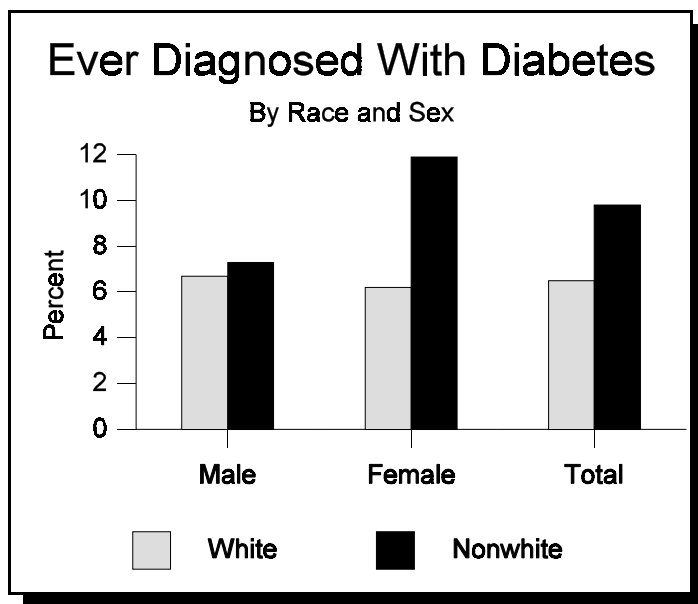


Figure 7

According to the 2000 BRFSS survey, approximately 7.6 percent of the people in Mississippi have been told they have diabetes. Nonwhite females comprised the largest group having a rate of 11.9% followed by nonwhite males with a rate of 7.3%. White males responded with a rate of 6.7% and white females were the lowest at 6.2% (Figure 7).

## Persons Who Have Ever Been Told by a Doctor That They Have Diabetes

	White		Nonwhite		Total	
	Number	Percent	Number	Percent	Number	Percent
<b>Sex</b>						
Male	47	6.7	17	7.3	64	6.9
Female	59	6.2	59	11.9	119	8.2
<b>Age Group</b>						
18-24	1	0.5	2	1.5	3	0.9
25-34	9	3.0	5	2.1	14	2.6
35-44	16	4.7	12	6.2	28	5.2
45-54	16	5.3	9	9.2	25	6.5
55-64	19	7.8	25	31.1	44	13.7
65+	45	15.6	23	26.3	69	18.4
<b>Education</b>						
< High School Graduate	17	8.7	38	21.5	55	14.4
High School Graduate or GED	36	6.7	28	11.0	64	8.3
Some College or Technical School	27	5.8	7	2.8	34	4.8
College Graduate	25	5.6	3	3.1	28	5.0
<b>Income</b>						
< \$15,000	21	12.8	35	16.5	56	14.7
\$15 - \$24,999	18	6.5	13	7.7	31	7.0
\$25 - \$34,999	18	6.8	7	9.0	25	7.6
\$35 - \$49,999	17	5.4	3	3.8	20	5.1
\$50 - \$74,999	4	1.6	-	-	4	1.3
\$75,000+	9	5.8	1*	3.3	10	5.5
<b>Employment Status</b>						
Employed	47	4.7	23	4.8	70	4.7
Not Employed	1*	1.1	6	7.1	7	4.6
Student/Homemaker	3	2.3	3*	4.7	6	2.8
Retired/Unable to Work	55	14.1	44	26.2	100	18.1
<b>Total</b>	106	6.5	76	9.8	183	7.6

\* Sample size less than 50

## Folic Acid

Folic acid is a B vitamin that helps to prevent birth defects of the brain and spinal cord called neural tube defects (NTDs) when taken before pregnancy **and** in the early weeks of pregnancy. About 2,500 babies are born with neural tube defects each year in the United States. They include spina bifida which can result in paralysis, and anencephaly, a fatal condition which impedes the development of the brain and skull. Studies suggest that folic acid

may help prevent some other birth defects as well such as cleft lip and palate. It has also been found to reduce the risk of certain types of cancer and cardiovascular disease.

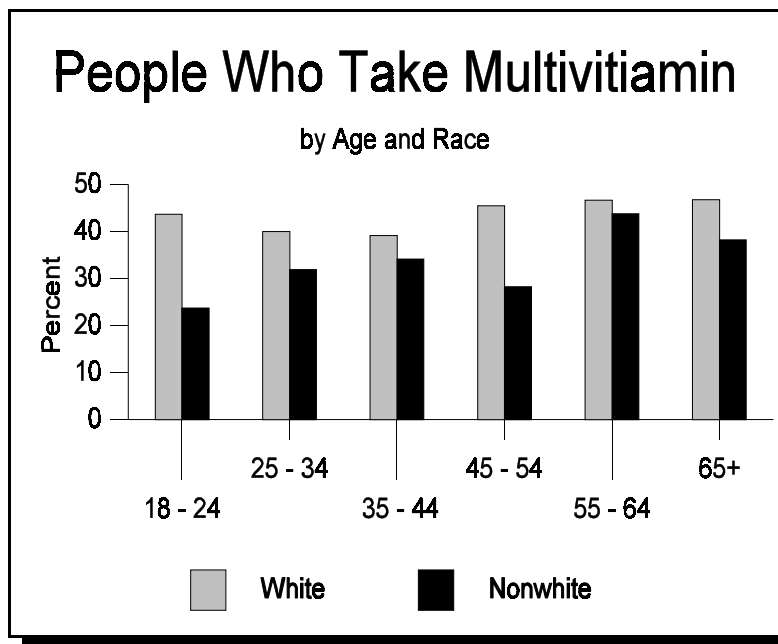


Figure 8

In 2000 less than 25% of the BRFSS respondents were aware that folic acid prevents birth defects.

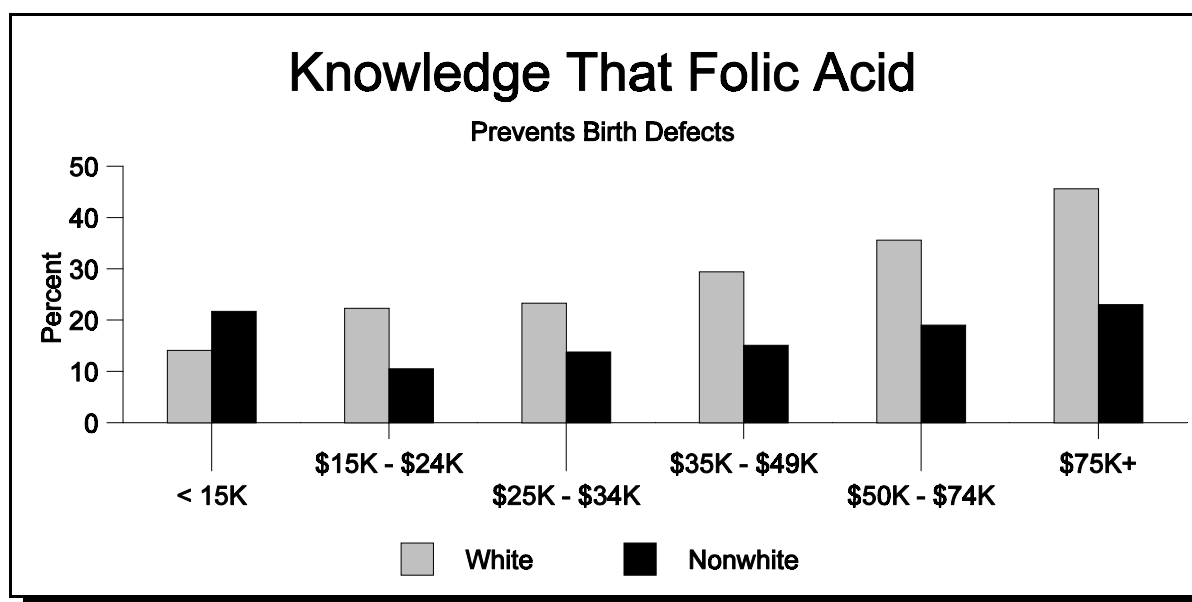


Figure 9

## Knowledge That Folic Acid Prevents Birth Defects

Groups	White		Nonwhite		Total	
	Number	Percent	Number	Percent	Number	Percent
<b>Sex</b>						
Male	54	17.0	16	9.4	70	14.2
Female	152	39.0	51	19.0	204	31.2
<b>Age Group</b>						
18-24	27	22.3	17	15.3	45	20.0
25-34	91	34.1	29	18.2	120	27.7
35-44	88	26.0	21	9.7	109	20.3
<b>Education</b>						
< High School	11	16.0	3	4.8	14	11.5
High School Graduate or GED	38	19.6	15	10.1	53	15.3
Some College or Technical School	71	29.9	27	19.0	99	26.1
College Graduate	85	40.0	22	23.6	107	35.4
<b>Income</b>						
< \$15,000	12	14.1	17	21.7	29	18.3
\$15 - \$24,999	26	22.3	14	10.5	40	16.5
\$25 - \$34,999	31	23.3	13	13.8	44	19.4
\$35 - \$49,999	43	29.4	9*	15.1	52	25.4
\$50 - \$74,999	44	35.6	5*	19.0	50	33.3
\$75,000+	36	45.6	3*	23.0	39	42.0
<b>Employment Status</b>						
Employed	160	27.0	46	12.9	207	21.8
Not Employed	7*	22.0	4*	12.1	11	16.0
Student/Homemaker	33	37.1	12*	35.6	45	36.7
Retired/Unable to Work	5*	15.0	5*	13.9	10	14.4
<b>Total</b>	206	27.8	67	14.5	274	22.8

\* Sample size less than 50

## People Who Take Multivitamins

Groups	White		Nonwhite		Total	
	Number	Percent	Number	Percent	Number	Percent
<b>Sex</b>						
Male	250	39.5	51	24.6	303	35.0
Female	429	47.5	169	38.5	599	44.2
<b>Age Group</b>						
18-24	54	43.7	13	23.7	67	35.3
25-34	105	40.0	44	31.9	149	36.7
35-44	130	39.2	62	34.1	192	37.4
45-54	131	45.5	33	28.2	164	40.3
55-64	112	46.7	35	43.8	147	45.9
65+	141	46.8	31	38.2	173	44.7
<b>Education</b>						
< High School	73	35.6	43	22.7	116	29.9
High School Graduate or GED	176	35.1	74	30.2	251	33.4
Some College or Technical School	213	47.8	55	34.2	268	43.4
College Graduate	214	53.9	48	50.2	264	53.0
<b>Income</b>						
< \$15,000	67	37.0	41	24.7	108	30.3
\$15 - \$24,999	113	41.2	60	33.6	173	38.0
\$25 - \$34,999	102	44.9	37	33.5	139	40.9
\$35 - \$49,999	121	44.0	27	32.2	148	41.3
\$50 - \$74,999	103	49.1	9*	28.0	112	45.6
\$75,000+	80	45.6	12*	57.2	92	46.7
<b>Employment Status</b>						
Employed	409	41.6	149	35.8	559	39.6
Not Employed	21*	53.5	10	20.4	31	34.2
Student/Homemaker	70	46.1	6*	11.6	77	39.0
Retired/Unable to Work	176	46.9	54	31.2	231	41.8
<b>Total</b>	679	43.6	220	32.3	902	39.8

\* Sample size less than 50

## Breast Cancer Screening

The MSDH breast and cervical cancer program has three major emphases: establishing greater access to screening and follow-up services, increasing education and outreach programs for women and health care providers, and improving quality assurance measures for screening.

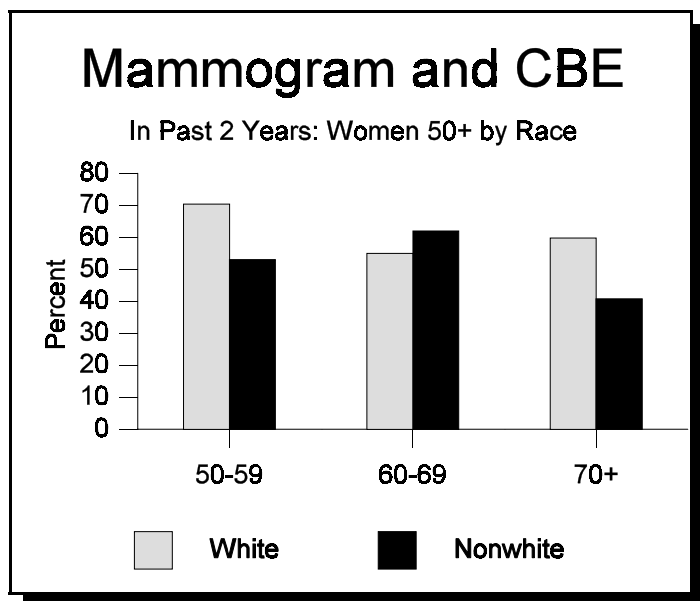


Figure 10

The program objective for FY1999 is to reduce breast cancer deaths to no more than 19.3 per 100,000 by September 30, 1999. In 1998, there were 17.1 breast cancer deaths per 100,000 females, a decrease from 20.0 in 1997.

A mammogram and a breast exam by a medical professional (clinical breast exam) is recommended yearly by the American Cancer Society and the National Cancer Advisory Board for women over the age of 40. The American Cancer Society states that women between the ages of 20 and 39 should have a clinical breast examination every 3 years, and all women over age 20 should do breast self examination (BSE) every month.

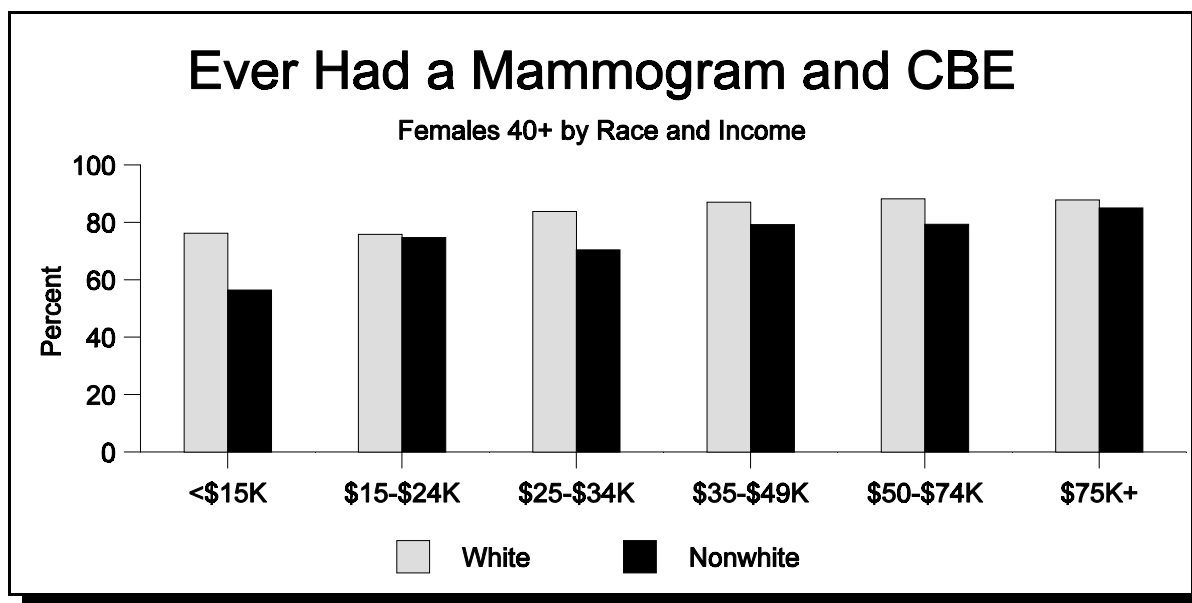


Figure 11

## Year 2000 National Health Objective

1. Increase to at least 80.0% the proportion of women aged 40 and older who have ever received a clinical breast examination and mammogram.

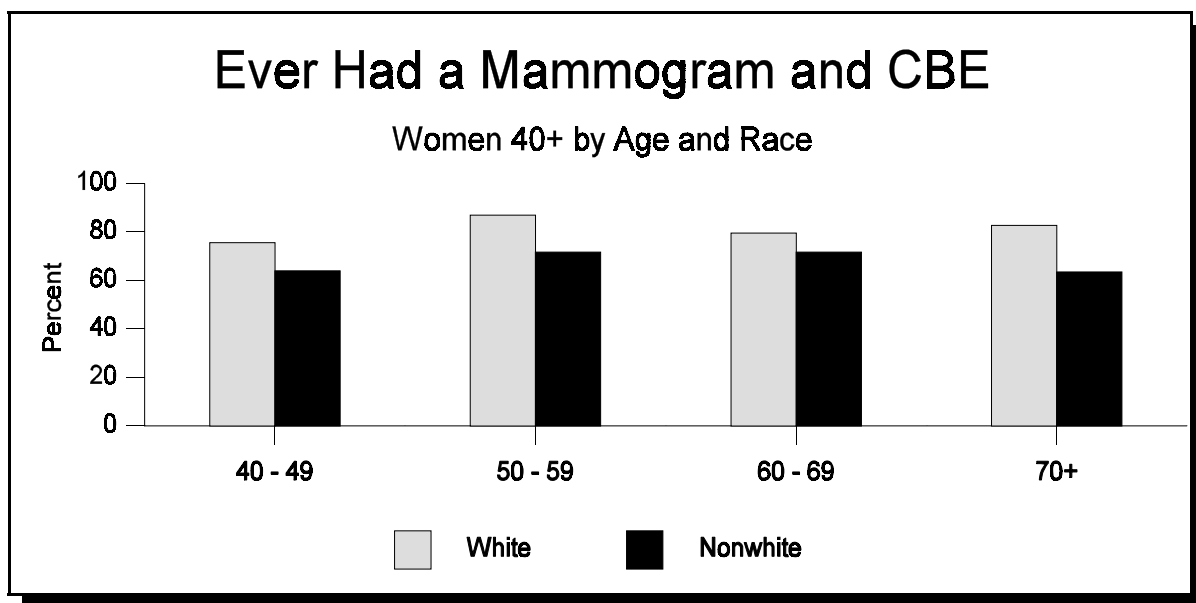
2000 BRFSS data revealed that 71.9% of Mississippi women aged 40 and older have ever received a clinical breast examination and mammogram.

2. Increase to at least 60.0% the proportion of women aged 50 and older who have received a clinical breast examination and mammogram within the preceding 1 to 2 years.

2000 BRFSS data revealed that 57.2% of Mississippi women aged 50 and older have received a clinical breast examination and mammogram within the preceding 1 to 2 years.

Centers for Disease Control surveys reveal that early detection of breast cancer has increased considerably in recent years, but in 1993 in the United States, only 47% of the women aged 50-64 years and 39% of women aged 70 years or older reported having a recent mammogram.

The Breast and Cervical Cancer Early Detection Program follows the National Cancer Advisory Board recommendations; however, because of increased incidence and mortality among older women, the program targets women aged 50 to 64.



**Figure 12**

## Females 40+ Who Have Ever Had a Mammogram and CBE

Groups	White		Nonwhite		Total	
	Number	Percent	Number	Percent	Number	Percent
<b>Age Group</b>						
40-49	123	75.6	76	64.0	200	70.8
50-59	139	87.0	37	71.6	177	83.4
60-69	93	79.6	35	71.7	128	77.0
70+	111	82.7	29*	63.4	140	78.0
<b>Education</b>						
< High School Graduate	60	62.7	54	55.8	114	59.4
High School Graduate or GED	164	81.2	56	71.8	220	78.6
Some College or Technical School	140	86.8	37	72.3	178	83.4
College Graduate	101	89.6	30*	74.7	132	85.5
<b>Income</b>						
< \$15,000	66	76.2	49	56.4	115	66.0
\$15 - \$24,999	87	75.8	40	74.7	127	75.4
\$25 - \$34,999	62	83.8	20*	70.4	82	79.8
\$35 - \$49,999	78	87.0	18*	79.2	96	85.4
\$50 - \$74,999	46*	88.2	7*	79.3	53	86.9
\$75,000+	38*	87.8	6*	85.0	45	86.9
<b>Employment Status</b>						
Employed	227	82.8	95	74.5	324	80.1
Not Employed	8*	73.4	5*	31.9	13*	50.4
Student/Homemaker	51	75.8	6*	49.2	57	72.2
Retired/Unable to Work	178	81.4	71	64.2	249	75.5
<b>Total</b>	466	81.2	177	66.8	645	76.7

\* Sample size less than 50



### Had a Mammogram and a CBE in the Past Two Years (Women 50+)

Groups	White		Nonwhite		Total	
	Number	Percent	Number	Percent	Number	Percent
<b>Age Group</b>						
50-59	113	70.3	26	53.0	140	66.3
60-69	70	55.0	29	61.9	99	57.3
70+	80	59.7	19*	40.7	99	55.1
<b>Education</b>						
High School Graduate	35	41.9	29	38.3	64	40.2
High School Graduate or GED	101	64.1	23*	68.1	124	64.9
Some College or Technical School	73	67.6	12*	58.5	86	66.3
College Graduate	53	73.0	10*	63.7	63	71.2
<b>Income</b>						
< \$15,000	37	49.7	25	45.7	62	47.9
\$15 - \$24,999	50	54.0	16*	71.4	66	57.8
\$25 - \$34,999	29*	55.2	5*	62.9	34	56.7
\$35 - \$49,999	46	78.1	5*	90.3	51	79.2
\$50 - \$74,999	23*	83.7	2*	40.0	25	79.8
\$75,000+	18*	75.9	1*	100.0	19*	76.9
<b>Employment Status</b>						
Employed	108	72.9	22*	56.6	131	69.3
Not Employed	2*	36.8	3*	72.1	5*	52.1
Student/Homemaker	30*	62.3	6*	54.4	36	61.0
Retired/Unable to Work	121	55.8	43	49.7	164	53.8
<b>Total</b>	263	62.2	74	52.5	338	59.6

\* Sample size less than 50

## Cervical Cancer Screening

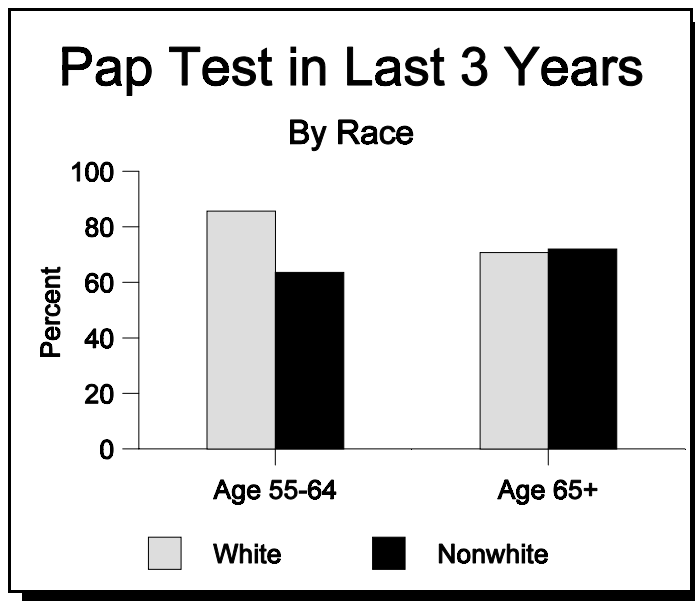
This year, the American Cancer Society estimates that in the United States there will be about 12,800 new cases of invasive cervical cancer and about 4,800 will die from the disease. When detected and treated early, cervical cancer can often be cured. At one time cervical cancer was one of the most common causes of cancer death for American women. Between 1955 and 1992, the number of deaths from cervical cancer declined by 74%. The American Cancer Society attributes the decline to the use of the Pap smear as a screening test for cervical cancer. All women should have yearly Pap smears as recommended by the American Cancer Society starting at age 18 or when they become sexually active. The Breast and Cervical Cancer Early Detection Program currently follows the American Cancer Society recommendations.

### Year 2000 National Health Objective

1. Increase to at least 95.0% the proportion of women aged 18 and older who have ever received a Pap test.

2000 BRFSS data indicate that 95.3% of Mississippi women aged 18 and older have received a Pap test. This figure represents a slight increase from 94.5% reported in the 1999 BRFSS Report.

2. Increase to at least 85.0% the proportion of women aged 18 and older who have received a Pap test within the preceding 1 to 3 years.



2000 BRFSS data indicate that 86.8% of Mississippi women aged 18 and older have received a Pap test within the preceding 1 to 3 years.

Centers for Disease Control surveys show that in the United States for 1993, almost 83% of women aged 18 years or older reported having had a Pap smear within the past two years. Rates of recent Pap screening among women ages 60 and older were substantially lower.

Figure 13

## Women 18 and Older Who Have Ever Had a Pap Test

Groups	White		Nonwhite		Total	
	Number	Percent	Number	Percent	Number	Percent
<b>Age Group</b>						
18-24	55	89.3	47	92.2	103	90.7
25-34	131	98.8	87	98.4	218	98.6
35-44	142	100.0	86	97.9	229	99.2
45-54	75	97.0	50	95.5	125	96.3
55-64	47*	100.0	32*	92.5	79	96.8
65+	56	92.7	29*	75.7	85	86.5
<b>Education</b>						
< High School Graduate	64	96.2	65	76.7	129	86.5
High School Graduate or GED	145	93.5	115	95.5	260	94.4
Some College or Technical School	158	96.6	93	99.6	253	97.8
College Graduate	142	99.2	61	100.0	206	99.4
<b>Income</b>						
< \$15,000	53	93.0	83	90.3	136	91.3
\$15 - \$24,999	91	96.8	98	97.3	189	97.1
\$25 - \$34,999	74	99.2	50	97.3	124	98.4
\$35 - \$49,999	97	95.7	34*	100.0	131	96.7
\$50 - \$74,999	79	100.0	15*	100.0	95	100.0
\$75,000+	48*	100.0	7*	100.0	56	100.0
<b>Employment Status</b>						
Employed	329	97.1	203	97.5	537	97.3
Not Employed	24*	100.0	35*	91.8	59	95.2
Student/Homemaker	75	91.4	26*	92.1	101	91.5
Retired/Unable to Work	83	96.9	69	84.0	152	90.8
<b>Total</b>	513	96.3	334	93.9	852	95.3

\* Sample size less than 50

## Women 18 and Older Who Have Had a Pap Test in Past Three Years

Groups	White		Nonwhite		Total	
	Number	Percent	Number	Percent	Number	Percent
<b>Age Group</b>						
18-24	54	87.8	47	92.2	102	89.8
25-34	124	93.6	86	96.1	210	94.6
35-44	129	89.3	81	94.1	211	91.1
45-54	61	78.8	42	77.4	103	78.2
55-64	41*	85.7	22*	63.6	63	76.3
65+	43	70.7	27*	72.0	70	71.2
<b>Education</b>						
< High School Graduate	51	77.1	57	65.5	108	71.3
High School Graduate or GED	127	83.6	106	90.1	233	86.4
Some College or Technical School	141	85.8	88	94.9	231	89.3
College Graduate	134	94.3	57	95.0	194	94.6
<b>Income</b>						
< \$15,000	39	68.1	73	80.5	112	75.9
\$15 - \$24,999	78	82.9	92	91.2	170	87.1
\$25 - \$34,999	67	88.3	47	94.6	114	91.0
\$35 - \$49,999	91	90.4	34*	100.0	125	92.6
\$50 - \$74,999	75	94.3	14*	90.9	90	93.9
\$75,000+	45*	94.1	6*	85.9	52	93.1
<b>Employment Status</b>						
Employed	302	89.4	190	91.3	497	90.2
Not Employed	21*	89.8	30*	85.4	51	87.2
Student/Homemaker	69	85.4	24*	82.3	93	84.8
Retired/Unable to Work	64	72.4	63	78.7	127	75.4
<b>Total</b>	457	86.3	308	87.6	770	86.8

\* Sample size less than 50

## Physical Activity

The 1996 Report of the Surgeon General on physical activity and health concluded that high or moderate levels of regular physical activity are related to lower mortality rates for both older and younger adults. Research has shown that regular physical activity can provide many health benefits that include reducing the risk of coronary heart disease, diabetes, cancer and osteoporosis, promoting weight loss and fostering a sense of well-being.

As recently as 1995, the U.S. Centers for Disease Control and the American College of Sports Medicine reported that as many as 250,000 lives are lost annually because of sedentary lifestyles. Lack of physical activity is now considered as important a risk factor for heart disease as high blood cholesterol, high blood pressure, and smoking. Inactivity contributes to substantial number (34.0%) of the deaths from heart disease and approaches \$5.7 billion in annual medical costs.

Only 9.5% of the respondents in Mississippi reported that they have regular and vigorous

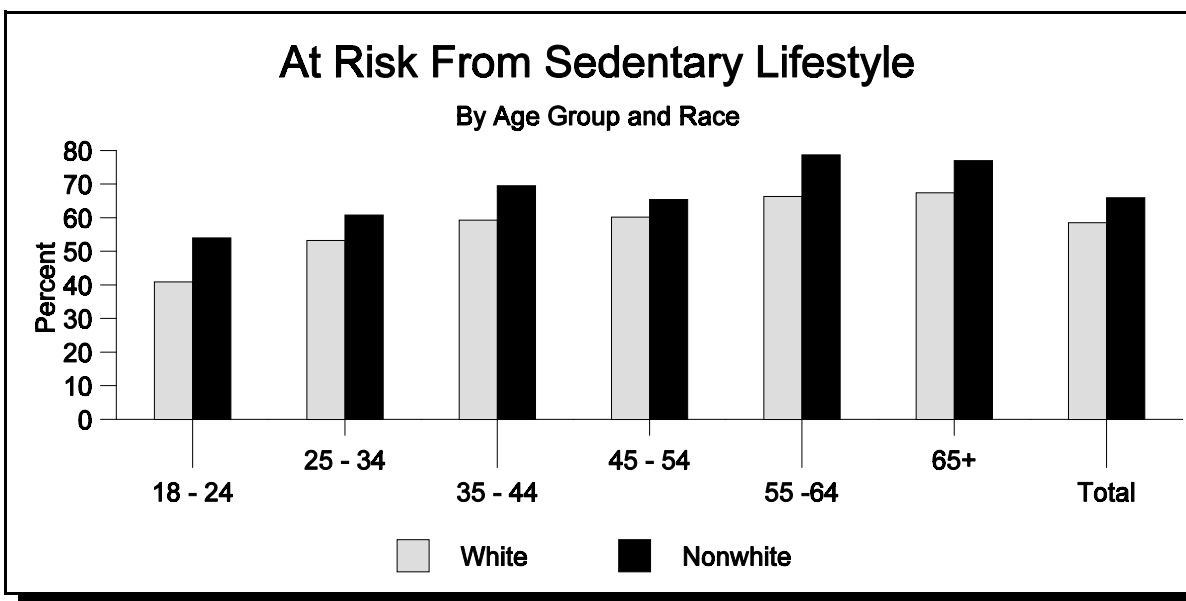


Figure 14

physical activity and only 18.6% reported regular and sustained physical activity. One-third of the respondents reported that they have no leisure time physical activity.

The Health People 2000 objective in Mississippi for reducing the prevalence of sedentary lifestyle was 60%. The 2000 BRFSS revealed that 61.0% of the people in Mississippi are at risk because of a sedentary lifestyle. The national goal for Healthy People 2000 is for no more than 15% of the population to be at risk from a lack of physical activity.

## People With No Leisure Time Physical Activity

Groups	White		Nonwhite		Total	
	Number	Percent	Number	Percent	Number	Percent
<b>Sex</b>						
Male	174	28.3	64	30.6	238	28.9
Female	293	32.5	203	45.8	500	37.2
<b>Age Group</b>						
18-24	17	14.1	23	28.8	41	20.6
25-34	58	23.1	46	31.8	104	26.5
35-44	101	31.4	70	40.9	171	34.7
45-54	89	31.8	51	47.2	141	36.5
55-64	85	38.0	34	43.4	119	39.3
65+	114	40.6	41	49.4	156	42.9
<b>Education</b>						
< High School	101	48.3	75	48.9	176	48.6
High School Graduate or GED	177	37.9	101	39.3	279	38.5
Some College or Technical School	115	25.4	51	26.6	167	26.0
College Graduate	73	17.1	38	45.5	112	23.4
<b>Income</b>						
< \$15,000	66	40.7	85	50.5	151	45.9
\$15 - \$24,999	97	37.0	64	36.0	161	36.6
\$25 - \$34,999	82	35.7	34	27.4	116	32.8
\$35 - \$49,999	73	26.5	21	25.2	94	26.2
\$50 - \$74,999	44	20.9	9*	29.9	54	22.9
\$75,000+	28	17.7	7*	32.9	36	19.8
<b>Employment Status</b>						
Employed	265	27.4	146	34.4	413	29.8
Not Employed	12*	29.4	25	39.3	37	35.2
Student/Homemaker	45	27.8	10*	23.2	56	27.2
Retired/Unable to Work	145	40.6	83	54.8	229	45.3
<b>Total</b>	467	30.5	267	39.0	738	33.3

\* Sample size less than 50

## People Who Have Regular and Vigorous Physical Activity

Groups	White		Nonwhite		Total	
	Number	Percent	Number	Percent	Number	Percent
<b>Sex</b>						
Male	74	10.9	14	6.5	88	9.5
Female	100	10.3	41	7.8	142	9.4
<b>Age Group</b>						
18-24	7	5.7	3	2.4	10	4.4
25-34	16	5.5	8	5.1	24	5.3
35-44	29	9.5	13	6.5	43	8.5
45-54	44	15.0	17	17.5	61	15.7
55-64	27	10.0	3	2.0	30	7.9
65+	48	15.4	10	10.1	58	13.9
<b>Education</b>						
< High School	9	4.0	7	5.3	16	4.6
High School Graduate or GED	41	8.0	18	6.8	59	7.6
Some College or Technical School	54	11.5	14	6.5	68	9.9
College Graduate	68	16.0	15	10.9	84	14.8
<b>Income</b>						
< \$15,000	18	13.3	4	1.4	22	6.8
\$15 - \$24,999	18	4.7	11	6.5	29	5.4
\$25 - \$34,999	29	12.6	9	6.8	38	10.6
\$35 - \$49,999	32	10.1	13	17.0	45	11.7
\$50 - \$74,999	27	12.2	5*	13.6	32	12.3
\$75,000+	35	20.6	2*	8.1	38	19.2
<b>Employment Status</b>						
Employed	102	9.5	41	8.5	144	9.2
Not Employed	3*	4.5	1	3.2	4	3.8
Student/Homemaker	18	12.8	1*	1.5	19	10.4
Retired/Unable to Work	51	13.4	12	6.6	63	11.2
<b>Total</b>	174	10.6	55	7.2	230	9.5

\* Sample size less than 50

## People With Regular and Sustained Physical Activity

Groups	White		Nonwhite		Total	
	Number	Percent	Number	Percent	Number	Percent
<b>Sex</b>						
Male	124	20.2	42	19.7	167	20.1
Female	161	18.2	77	15.6	239	17.2
<b>Age Group</b>						
18-24	30	24.0	21	22.2	51	23.1
25-34	57	20.5	26	17.7	84	19.5
35-44	54	18.8	28	17.4	83	18.4
45-54	46	18.1	20	18.2	66	18.1
55-64	46	17.5	11	15.2	57	16.9
65+	49	16.8	13	11.6	62	15.4
<b>Education</b>						
< High School	28	15.6	19	12.4	47	14.2
High School Graduate or GED	81	16.8	40	16.5	121	16.7
Some College or Technical School	72	16.5	39	23.2	111	18.5
College Graduate	102	27.1	20	16.0	123	24.5
<b>Income</b>						
< \$15,000	35	21.6	21	13.1	57	17.2
\$15 - \$24,999	44	16.9	27	14.7	71	16.0
\$25 - \$34,999	38	16.7	28	26.1	66	20.0
\$35 - \$49,999	50	18.7	16	25.1	66	20.1
\$50 - \$74,999	56	27.8	6*	16.1	62	25.9
\$75,000+	38	21.8	5*	25.9	44	22.4
<b>Employment Status</b>						
Employed	182	19.5	79	19.3	263	19.4
Not Employed	12*	32.3	12	20.1	24	25.2
Student/Homemaker	28	19.6	8*	24.9	36	20.7
Retired/Unable to Work	60	16.4	20	9.8	80	14.1
<b>Total</b>	285	19.2	119	17.4	406	18.6

\* Sample size less than 50



## People at Risk Because of Sedentary Lifestyle

Groups	White		Nonwhite		Total	
	Number	Percent	Number	Percent	Number	Percent
<b>Sex</b>						
Male	349	56.5	125	59.7	476	57.5
Female	537	60.3	329	71.0	872	64.1
<b>Age Group</b>						
18-24	48	40.9	47	54.0	96	46.6
25-34	135	53.2	82	60.8	217	56.2
35-44	184	59.3	117	69.5	301	62.8
45-54	169	60.2	75	65.4	245	61.8
55-64	150	66.3	62	78.7	212	69.3
65+	195	67.4	68	77.0	265	70.0
<b>Education</b>						
< High School	151	74.1	122	74.3	273	74.2
High School Graduate or GED	298	63.4	166	67.9	465	65.1
Some College or Technical School	249	57.5	97	55.3	348	57.0
College Graduate	186	45.0	66	67.2	256	50.3
<b>Income</b>						
< \$15,000	104	64.5	138	79.7	242	72.6
\$15 - \$24,999	171	62.2	113	64.5	284	63.2
\$25 - \$34,999	139	62.6	57	53.3	196	59.4
\$35 - \$49,999	152	57.4	41	58.0	193	57.5
\$50 - \$74,999	108	50.0	18*	61.7	127	52.1
\$75,000+	72	47.8	10*	49.7	83	48.2
<b>Employment Status</b>						
Employed	535	56.7	259	62.6	799	58.7
Not Employed	23*	60.2	34	55.6	57	57.5
Student/Homemaker	83	51.6	23*	53.5	107	52.2
Retired/Unable to Work	244	66.5	135	81.4	381	71.6
<b>Total</b>	886	58.5	454	65.9	1,348	61.0

\* Sample size less than 50

## Weight Control

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; gallbladder disease; endometrial, breast, prostate, and colon cancers; and arthritis. Overweight people may also suffer from social stigmatization, discrimination, and low self-esteem.

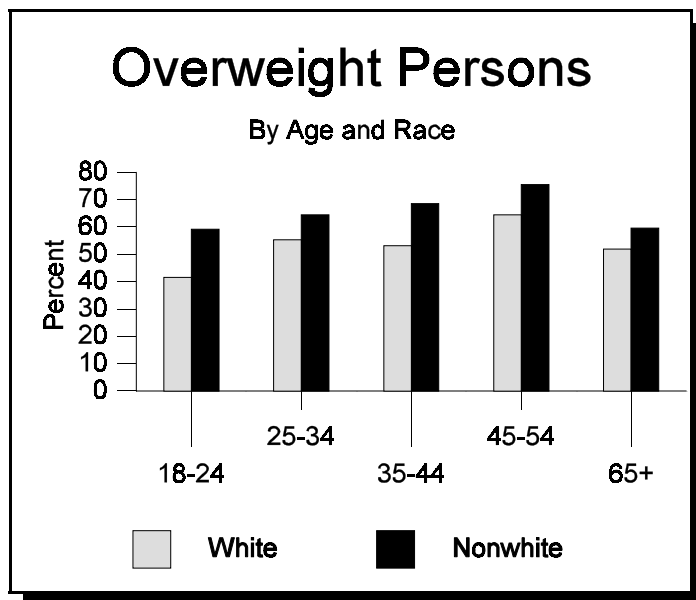


Figure 15

Weight may be controlled by dietary changes such as decreasing caloric intake and by increasing physical activity. According to the 2000 BRFSS study over, nearly 60% of those surveyed in Mississippi reported themselves as being overweight based on body mass index. Figure 15 shows how being overweight increases with age.

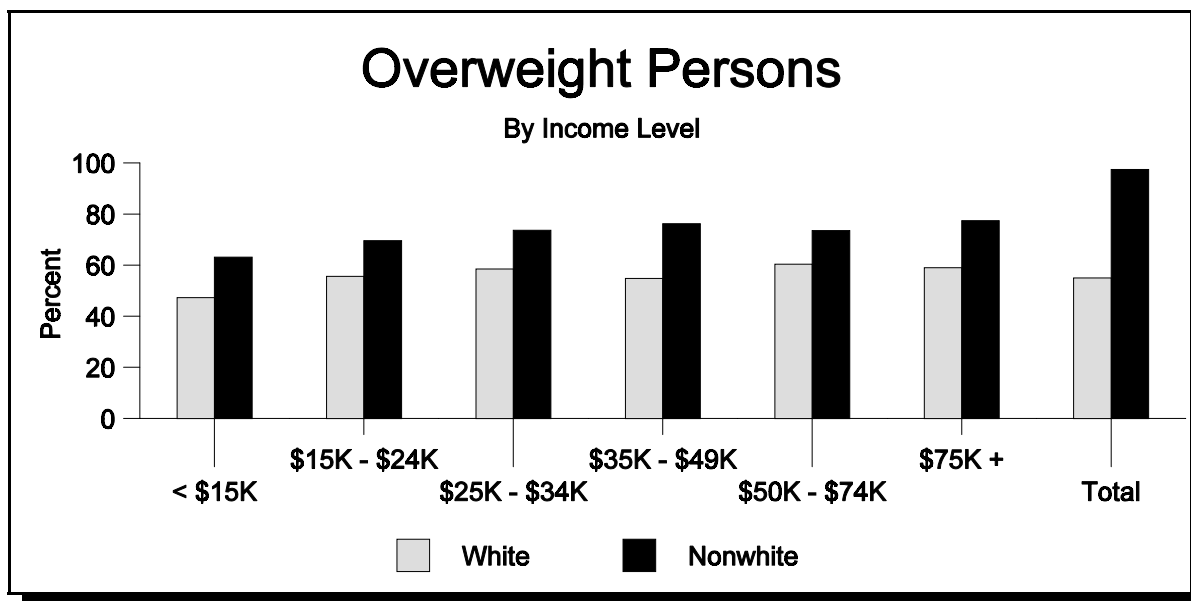


Figure 16

### People at Risk From Being Overweight (Based on BMI)

Groups	White		Nonwhite		Total	
	Number	Percent	Number	Percent	Number	Percent
<b>Sex</b>						
Male	427	69.3	152	69.9	579	69.3
Female	374	41.5	322	65.4	697	49.5
<b>Age Group</b>						
18-24	46	41.5	56	59.2	102	48.4
25-34	135	55.4	88	64.4	223	58.9
35-44	160	53.1	120	68.6	280	58.4
45-54	171	64.4	85	75.5	256	67.5
55-64	138	63.2	69	87.8	207	69.3
65+	149	51.9	54	59.6	203	53.6
<b>Education</b>						
< High School	110	52.2	121	72.3	231	61.1
High School Graduate or GED	259	58.5	167	69.1	426	62.3
Some College or Technical School	226	52.4	118	69.3	344	57.3
College Graduate	204	55.3	68	57.7	273	55.3
<b>Income</b>						
< \$15,000	81	47.3	119	63.1	200	55.7
\$15 - \$24,999	151	55.6	125	69.6	276	61.4
\$25 - \$34,999	114	58.5	76	73.6	190	63.8
\$35 - \$49,999	145	54.8	54	76.2	199	59.7
\$50 - \$74,999	121	60.4	19*	73.5	140	61.8
\$75,000+	96	59.0	16*	77.4	112	60.8
<b>Employment Status</b>						
Employed	519	58.1	280	65.2	800	60.2
Not Employed	19*	47.5	39	70.1	58	60.7
Student/Homemaker	59	38.2	26*	65.7	85	43.8
Retired/Unable to Work	203	55.2	128	73.3	331	60.9
<b>Total</b>	801	55.0	474	67.4	1,276	58.8

\* Sample size less than 50

## People Trying to Lose Weight

Groups	White		Nonwhite		Total	
	Number	Percent	Number	Percent	Number	Percent
<b>Sex</b>						
Male	190	31.5	67	31.8	258	31.6
Female	355	41.2	213	47.3	569	43.1
<b>Age Group</b>						
18-24	47	39.3	37	42.1	84	40.2
25-34	99	38.0	60	43.8	159	40.2
35-44	116	37.0	75	42.2	191	38.8
45-54	121	42.5	48	39.0	169	41.4
55-64	90	39.7	31	38.8	121	39.5
65+	70	25.5	28	32.0	98	27.0
<b>Education</b>						
< High School	52	25.7	61	36.1	113	30.3
High School Graduate or GED	156	34.4	96	37.5	252	35.5
Some College or Technical School	175	40.1	77	45.4	253	41.6
College Graduate	160	41.0	46	47.6	207	42.3
<b>Income</b>						
< \$15,000	52	30.4	62	32.0	114	31.2
\$15 - \$24,999	83	31.2	70	39.9	153	34.8
\$25 - \$34,999	88	39.2	48	41.5	136	40.0
\$35 - \$49,999	102	38.7	40	55.7	142	42.6
\$50 - \$74,999	89	42.8	13*	43.7	102	42.6
\$75,000+	77	44.4	4*	18.0	81	40.9
<b>Employment Status</b>						
Employed	365	38.4	174	41.0	541	39.2
Not Employed	15*	36.7	28	57.5	43	48.8
Student/Homemaker	61	42.0	16*	30.4	77	39.4
Retired/Unable to Work	102	28.3	62	35.8	164	30.7
<b>Total</b>	545	36.5	280	40.3	827	37.7

\* Sample size less than 50

## People Trying to Maintain Current Weight

Groups	White		Nonwhite		Total	
	Number	Percent	Number	Percent	Number	Percent
<b>Sex</b>						
Male	250	57.6	75	50.9	325	55.4
Female	342	66.8	152	56.4	499	63.6
<b>Age Group</b>						
18-24	36	52.4	23*	46.7	60	50.7
25-34	100	63.8	37	49.9	137	58.4
35-44	126	65.6	60	59.7	186	63.6
45-54	103	63.8	43	59.4	147	62.6
55-64	86	60.5	30*	55.1	117	59.3
65+	136	62.5	34	53.1	170	59.8
<b>Education</b>						
< High School	81	52.4	52	51.0	133	51.8
High School Graduate or GED	186	61.3	74	44.8	261	55.6
Some College or Technical School	154	61.1	57	58.5	213	60.6
College Graduate	169	70.3	40	69.2	211	69.8
<b>Income</b>						
< \$15,000	52	49.2	56	44.5	108	46.6
\$15 - \$24,999	113	62.6	65	56.8	178	60.4
\$25 - \$34,999	76	60.3	34	65.6	110	62.1
\$35 - \$49,999	111	66.6	19*	55.6	130	64.6
\$50 - \$74,999	82	65.7	11*	65.8	94	66.2
\$75,000+	63	73.9	14*	81.0	78	75.0
<b>Employment Status</b>						
Employed	356	61.3	145	57.4	505	60.1
Not Employed	15*	62.8	12*	35.8	27*	49.7
Student/Homemaker	56	65.4	13*	57.0	70	63.6
Retired/Unable to Work	163	62.2	55	46.6	218	57.2
<b>Total</b>	596	62.0	227	53.6	824	59.3

\* Sample size less than 50

## People Trying to Lose or Maintain Current Weight

Groups	White		Nonwhite		Total	
	Number	Percent	Number	Percent	Number	Percent
<b>Sex</b>						
Male	440	71.0	142	66.5	583	69.5
Female	697	80.5	365	77.0	1,068	79.3
<b>Age Group</b>						
18-24	83	71.1	60	69.2	144	70.5
25-34	199	77.5	97	71.9	296	75.2
35-44	242	78.3	135	76.7	377	77.7
45-54	224	79.2	91	75.2	316	78.0
55-64	176	76.2	61	72.5	238	75.3
65+	206	72.0	62	68.1	268	70.7
<b>Education</b>						
< High School	133	64.6	113	68.7	246	66.4
High School Graduate or GED	342	74.6	170	65.5	513	71.4
Some College or Technical School	329	76.7	134	77.3	466	77.0
College Graduate	329	82.5	86	83.9	418	82.6
<b>Income</b>						
< \$15,000	104	64.7	118	62.2	222	63.2
\$15 - \$24,999	196	74.3	135	74.0	331	74.2
\$25 - \$34,999	164	75.9	82	79.9	246	77.3
\$35 - \$49,999	213	79.5	59	80.3	272	79.7
\$50 - \$74,999	171	80.4	24*	80.7	196	80.6
\$75,000+	140	85.5	18*	84.4	159	85.2
<b>Employment Status</b>						
Employed	721	76.2	319	74.9	1,046	75.8
Not Employed	30*	76.5	40	72.7	70	74.3
Student/Homemaker	117	79.9	29*	70.1	147	77.9
Retired/Unable to Work	265	72.9	117	65.8	382	70.3
<b>Total</b>	1,137	75.9	507	72.3	1,651	74.7

\* Sample size less than 50

## People Eating Fewer Calories to Lose or Maintain Weight

Groups	White		Nonwhite		Total	
	Number	Percent	Number	Percent	Number	Percent
<b>Sex</b>						
Male	292	67.4	92	65.7	385	66.9
Female	540	77.1	295	81.2	838	78.2
<b>Age Group</b>						
18-24	63	74.3	45	75.8	108	74.2
25-34	151	77.3	77	73.8	228	76.0
35-44	173	69.9	111	82.7	284	74.3
45-54	169	75.8	66	70.6	236	74.4
55-64	137	74.4	45	74.5	183	74.5
65+	133	65.7	42	67.0	175	66.0
<b>Education</b>						
< High School	84	60.3	75	63.4	159	61.7
High School Graduate or GED	249	73.0	140	81.6	389	75.7
Some College or Technical School	245	74.3	103	72.9	350	73.6
College Graduate	252	76.7	66	78.1	320	77.0
<b>Income</b>						
< \$15,000	66	65.4	92	74.8	158	70.4
\$15 - \$24,999	135	67.1	102	73.6	237	69.8
\$25 - \$34,999	118	71.5	64	77.6	182	73.7
\$35 - \$49,999	155	71.4	47	75.5	202	72.4
\$50 - \$74,999	141	83.1	15*	60.6	156	79.0
\$75,000+	111	75.8	13*	70.8	125	75.3
<b>Employment Status</b>						
Employed	537	73.8	248	76.5	789	74.6
Not Employed	21*	67.3	29*	69.9	50	68.8
Student/Homemaker	90	76.7	26*	79.3	116	76.8
Retired/Unable to Work	182	68.5	82	69.9	264	68.9
<b>Total</b>	832	72.7	387	74.8	1,223	73.3

\* Sample size less than 50

## People Using Physical Activity to Lose or Maintain Weight

Groups	White		Nonwhite		Total	
	Number	Percent	Number	Percent	Number	Percent
<b>Sex</b>						
Male	240	53.4	86	63.2	327	56.4
Female	375	55.9	170	47.2	547	52.8
<b>Age Group</b>						
18-24	65	78.0	39	61.8	104	70.9
25-34	134	68.2	63	70.3	197	69.0
35-44	131	55.0	67	52.2	198	54.0
45-54	129	54.2	40	44.9	169	51.4
55-64	76	43.0	25	44.3	102	43.5
65+	76	35.5	21	33.7	97	35.1
<b>Education</b>						
< High School	45	33.8	41	37.0	86	35.3
High School Graduate or GED	166	50.0	87	55.6	253	51.7
Some College or Technical School	196	62.2	78	63.5	276	62.4
College Graduate	206	61.7	48	53.8	255	59.8
<b>Income</b>						
< \$15,000	42	42.3	47	44.3	89	43.3
\$15 - \$24,999	93	47.6	65	47.6	158	47.6
\$25 - \$34,999	89	56.4	49	66.3	138	59.9
\$35 - \$49,999	129	62.7	38	67.0	167	63.7
\$50 - \$74,999	99	58.5	12*	55.1	111	57.4
\$75,000+	94	64.2	11*	61.3	105	63.5
<b>Employment Status</b>						
Employed	415	58.1	176	57.6	594	57.8
Not Employed	23*	75.2	18*	55.5	41	63.9
Student/Homemaker	68	61.3	21*	79.5	89	64.4
Retired/Unable to Work	107	39.3	40	33.9	147	37.6
<b>Total</b>	615	54.8	256	53.8	874	54.4

\* Sample size less than 50



## People Who Eat Fruits and Vegetables at Least Five Times Per Day

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.

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

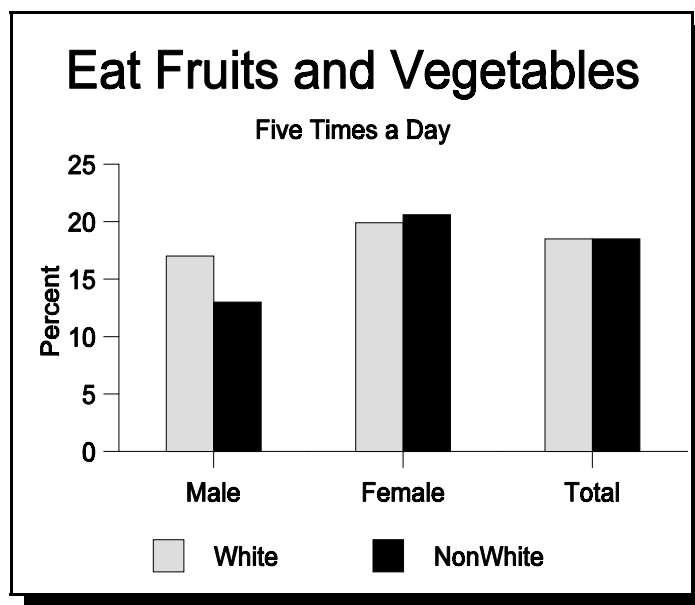


Figure 17

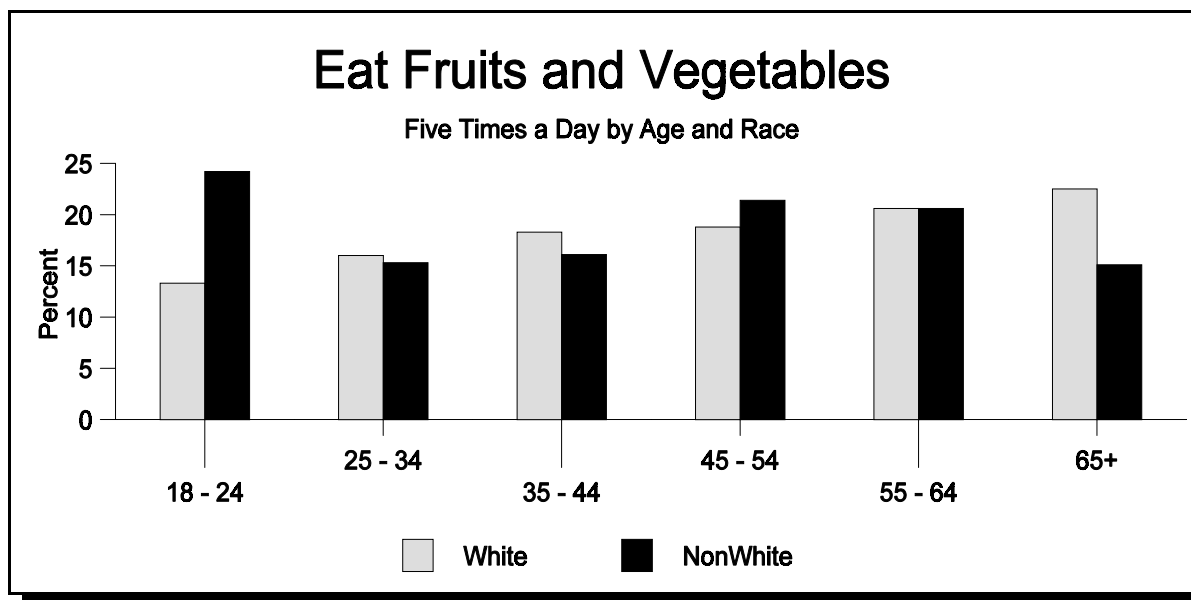


Figure 18

Based on the 2000 BRFSS Survey only 18.6 percent of the people in Mississippi report that they consume fruits and vegetables as much as five times per day.

As noted in Figure 17 nonwhite females reported the highest rate of fruit and vegetables consumption at 20.6 percent. Next were white females at 19.9 percent which followed by white males at 17.0 percent. Nonwhite males were the lowest at 16.0 percent.

## People Who Eat Fruits and Vegetables at Least Five Times Per Day

Groups	White		Nonwhite		Total	
	Number	Percent	Number	Percent	Number	Percent
<b>Sex</b>						
Male	108	17.0	32	16.0	142	16.8
Female	184	19.9	88	20.6	273	20.1
<b>Age Group</b>						
18-24	14	13.3	13	24.2	27	17.6
25-34	44	16.0	21	15.3	65	15.7
35-44	59	18.3	26	16.1	85	17.5
45-54	54	18.8	23	21.4	77	19.5
55-64	50	20.6	20	20.6	70	20.5
65+	69	22.5	15	15.1	85	20.8
<b>Education</b>						
< High School	22	11.4	25	13.2	47	12.2
High School Graduate or GED	82	16.8	39	16.1	121	16.6
Some College or Technical School	82	18.4	24	15.8	107	17.7
College Graduate	104	24.3	30	35.9	136	27.2
<b>Income</b>						
< \$15,000	24	12.2	29	16.1	53	14.3
\$15 - \$24,999	54	18.5	32	19.3	86	18.8
\$25 - \$34,999	40	17.3	13	13.8	53	16.1
\$35 - \$49,999	37	13.7	19	26.4	56	16.6
\$50 - \$74,999	50	22.7	3*	9.3	53	20.6
\$75,000+	41	23.6	4*	17.5	45	22.7
<b>Employment Status</b>						
Employed	172	17.7	78	21.3	252	18.9
Not Employed	9*	24.3	5	11.1	14	16.6
Student/Homemaker	23	13.2	5*	12.5	28	13.0
Retired/Unable to Work	85	21.7	31	14.9	117	19.6
<b>Total</b>	292	18.5	120	18.5	415	18.6

\* Sample size less than 50



MISSISSIPPI STATE DEPARTMENT OF HEALTH

---

May 2002

*Equal Opportunity In Employment/Services*