

2005
Behavioral Risk Factor Surveillance System Report
(BRFSS)

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

Table of Contents

Introduction	i
Methodology	ii
Definition of Terms and Risk Factors	iv
Survey Results	1
Health Care Coverage	2
Health Status	6
Healthy Days	9
Tobacco Use	14
Diabetes	16
Cardiovascular Disease	19
Hypertension Awareness	24
Cholesterol Awareness	28
Breast Cancer Screening	33
Cervical Cancer Screening	37
Immunization	41
Overweight and Obesity	47
Arthritis	50
Asthma	53
Exercise and Physical Activity	57
Disability	63
HIV/AIDS	67

Fruits and Vegetables	71
Alcohol Consumption	74
Oral Health	78
Osteoporosis	83
Emotional Support and Life Satisfaction	86

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 surveillance system designed to estimate the prevalence of these and other health risk factors in all states in 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 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. Beginning in 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 sample (DSS) design with random digit dialing and the Computer Assisted Telephone Interviewing (CATI) system, the survey has the potential to represent 93 percent of all households in Mississippi that have telephones according to BellSouth data. A sample size of 4,439 interviews over a 12-month period was selected to obtain a 95 percent confidence interval of $\pm 2.5\%$ 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 MDH, 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 covering topics of interest to the state.

C. DATA ANALYSIS

The data collected by the MDH Office of Public Health Statistics was compiled and weighted by the CDC. Weighted counts were based on the 2005 Mississippi population estimates to accurately reflect the population demographics. The weighting factor considered the number of adults and telephone lines in the household, and the 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. The reader should be aware that the numbers presented in the tables of this report reflect the actual, non-weighted observations for each cell while the percentages in each cell represent the weighted prevalence.

This report presents the percentage of high-risk behavior within each demographic group for each of the risk factors along with certain chronic diseases. The demographic information for persons reporting high-risk behavior or chronic disease is also presented. The demographic information collected and presented in this survey covers sex, age, race, education, household income, and employment status.

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. 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 numbers of respondents can mislead the reader into believing that a given finding is 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 BRFSS recommends not interpreting percentages where the denominator is based upon 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

Alcohol Consumption

Binge Drinking Risk Factor - Respondents who report that they have had at least five drinks on one or more occasion during the past thirty days.

Heavy Drinking Risk Factor - Male respondents who report having more than two drinks per day and female respondents who report having more than one drink per day during the past thirty days.

Arthritis

Arthritis Awareness - Respondents who have been told by a doctor or other health professional that they have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia.

The reader should note that in 2003 the definition of “arthritis” was changed. Before 2003, it included respondents who not only had been diagnosed with arthritis but also those who reported pain or stiffness in the joints for at least thirty days during the previous year.

Asthma

Asthma Awareness - Respondents who report being told they have asthma by a doctor, nurse or other health professional.

Current Asthma - Respondents who report that being told they have asthma by a doctor, nurse or other health professional and who still suffer from the condition.

Breast Cancer Screening

Mammogram and Clinical Breast Examination (CBE) - Female respondents, age 40 and older, who report that they have ever had a mammogram and a CBE.

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

Cardiovascular Disease

Myocardial Infarction - Respondents who report that a doctor, nurse or other health care professional has told them that they had a heart attack also called a myocardial infarction.

Coronary Heart Disease - Respondents who report that a doctor, nurse or other health care professional has told them that they had angina or coronary artery disease.

Stroke - Respondents who report that a doctor, nurse or other health care professional has told them that they had a stroke.

Cervical Cancer Screening

Pap Smear - Female respondents who have not had hysterectomies and who report that they have ever had a pap smear.

Pap Smear Within 3 Years - Female respondents who have not had hysterectomies and who report that they have had a pap smear within the last three years.

Cholesterol

Cholesterol Checked - Respondents who report that they have ever had their blood cholesterol checked.

Cholesterol Checked in Past Five Years - Respondents who report having had their blood cholesterol checked within the past five years.

Cholesterol High - Respondents who have had their blood cholesterol checked and who have ever been told that their blood cholesterol is high by a doctor, nurse, or other health professional.

Diabetes

Diabetes Awareness - Respondents who report they have ever been told by a doctor that they have diabetes. Female respondents diagnosed with diabetes only during pregnancy are not included.

Disability

Limited Activity - Respondents who report that their activity is limited in any way because of physical, mental or emotional problems.

Special Equipment Requirements - Respondents who report having health problems that require the use of special equipment such as a cane, wheelchair, special bed or special telephone.

Exercise

Exercise in Last 30 Days - Respondents who report that, excluding their regular job, in the past 30 days they participated in any physical activity or exercise such as running, walking, calisthenics, golf, or gardening.

Moderate Physical Activity - Respondents who report doing 30 or more minutes per day of moderate physical activity and for five or more days per week of moderate physical activity. Moderate physical activities are those such as brisk walking, bicycling, vacuuming or gardening that causes small increases in breathing or heart rate. This measures *Healthy People 2010* Objective 22.2 - Target $\geq 30\%$.

Vigorous Physical Activity - Respondents who report doing 20 or more minutes per day of vigorous physical activity and three or more days per week of vigorous physical activity. Vigorous physical activities are those such as running, aerobics or heavy yard work that causes large increases in breathing or heart rate. This measures *Healthy People 2010* Objective 22.3 - Target $\geq 30\%$.

No Leisure Time Physical Activity - Respondents that report doing no moderate or vigorous physical activity or exercise. This measures *Healthy People 2010* Objective 22.1 - Target $\leq 20\%$

Fruits and Vegetables

Fruit and vegetable consumption - Respondents who report that they eat at least five servings of fruits and vegetables per day.

Health Insurance

Health Care Coverage - Respondents who report they have no health care coverage, including health insurance, Health Maintenance Organizations, or Medicare.

Unable to See a Doctor - Respondents who report that they needed to see a doctor within the past 12 months but were unable because of the cost.

Health Status

Self-Reported Health Status - Respondents who report that their general health status is fair or poor.

Healthy Days

Physical Health - Respondents who report more than seven days during the past month when their physical health was not good.

Mental Health - Respondents who report more than seven days during the past month when their mental health was not good.

Activities Limited - Respondents who report more than seven days during the past month when they could not perform their normal activities because of poor physical or mental health.

HIV/AIDS

Never Tested for HIV - Respondents age 18-64 who report that they have never been tested for HIV, excluding tests done as part of a blood donation.

High Risk Behavior - Respondents age 18-64 who report that they have used intravenous drugs, have been treated for a sexually transmitted or venereal disease, have given or received drugs or money in exchange for sexual favors, or have had anal intercourse without a condom during the past year.

Hypertension

Hypertension Awareness - Respondents who have ever been told they have high blood pressure by a doctor, nurse or other health professional.

Taking Blood Pressure Medicine - Respondents who have been told they have high blood pressure by a doctor, nurse or other health professional and who are taking medication to control it.

Immunization

Flu Shots - Respondents who report that they received a flu shot or the flu spray vaccine within the last twelve months.

Pneumonia Shots - Respondents who report that they have ever received a pneumonia shot.

Mental Health

Emotional Support - Respondents who report that they rarely or never get the social and emotional support that they need.

Life Satisfaction - respondents who report that they are dissatisfied or very dissatisfied with their life.

Oral Health

Permanent Teeth Extracted - Respondents who report that they have had at least one of their permanent teeth extracted excluding extraction because of injury or orthodontics.

Dental Visits - Respondents who report that their last visit to a dentist was more than one year ago.

Last Dental Cleaning - Respondents who report that it has been more than one year ago since they have had their teeth cleaned by a dentist or a dental hygienist or that they have never had their teeth cleaned by a dentist or dental hygienist.

Osteoporosis

Osteoporosis Awareness - Respondents who report that they have ever been told by a health care professional that they have osteoporosis.

Tobacco Use

Cigarette Smoker - Respondents who have ever smoked 100 cigarettes in their lifetime and report currently smoking every day or some days. This relates to *Healthy People 2010* Objective 27.1a - Target $\leq 12\%$.

Weight Based on Body Mass Index (BMI)

Healthy Weight - Respondents whose body mass index (BMI) is $18.5 \leq \text{BMI} \leq 24.9$. This measures *Healthy People 2010* Objective 19.1 - Target $\geq 60\%$.

Overweight - Respondents whose body mass index (BMI) is $25.0 \leq \text{BMI} \leq 29.9$.

Obese - Respondents whose body mass index (BMI) ≥ 30.0 . This measures *Healthy People 2010* Objective 19.2 - Target $\leq 15\%$.

Survey Results

Health Care Coverage

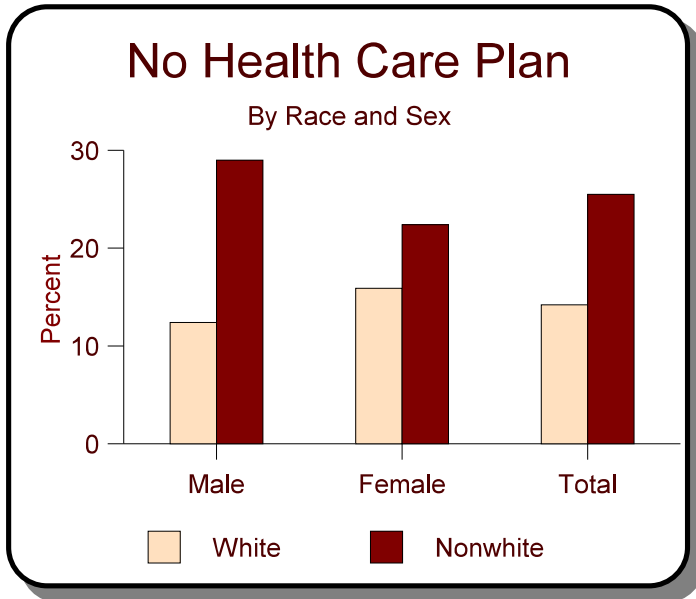


Figure 1

Survey Question: Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?

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 other health insurance. People at risk are those without any coverage.

In 2005, 18.3 percent of the respondents indicated they had no health care plan compared to 20.1 percent in 2004. According to the survey, nonwhite males have the

highest rate of non-coverage at a rate of 29.0 percent; nonwhite females were next at 22.4 percent (Figure 1).

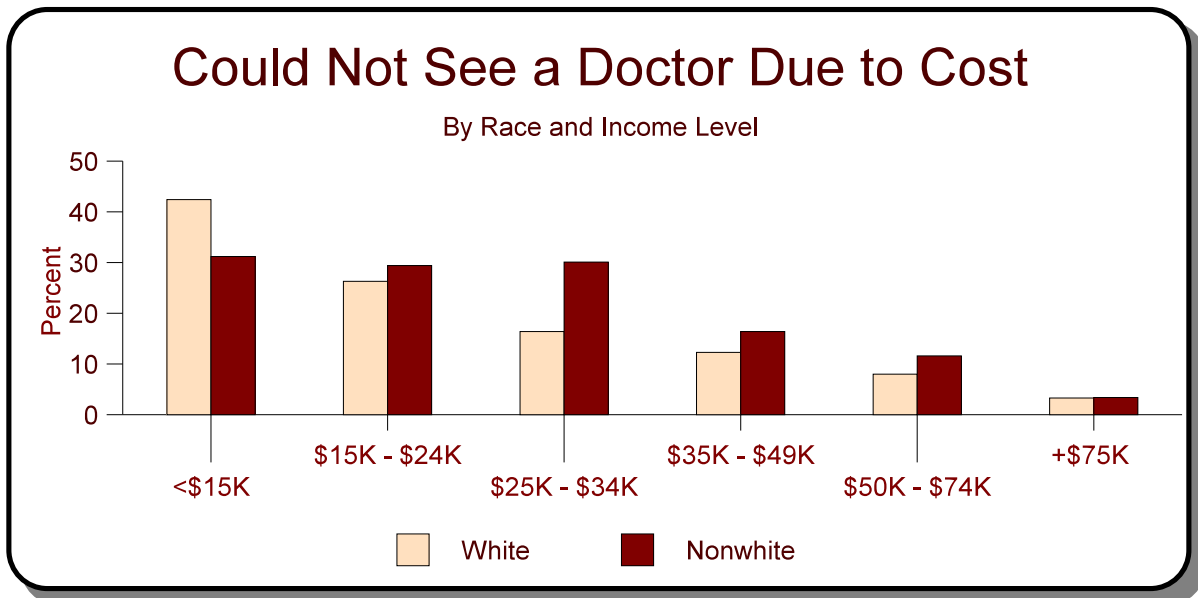


Figure 2

When viewed by age categories, nonwhites from the age of 25 to 34 reported the highest prevalence of no health care coverage at 33.3 percent.

The survey showed that 18.4 percent of the respondents were unable to see a doctor when they needed to during the past twelve months because of cost. White respondents reported a rate of 15.3 percent and nonwhites reported a rate of 23.8 percent. Slightly more than 36 percent of people whose annual incomes were less than \$15,000 per year reported that they were unable to see a doctor because of the cost: 42.4 percent were white and 31.2 percent were nonwhite (Figure 2).

Table 1: Persons Who Have No Kind of Health Care Plan

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	113	12.3	111	29.0	226	18.3
Female	246	15.9	211	22.4	460	18.3
Age Group						
18-24	31	21.8	37	32.6	68	26.8
25-34	69	20.7	76	33.3	145	26.0
35-44	84	19.2	67	24.5	151	21.2
45-54	92	14.2	83	27.3	178	19.1
55-64	73	11.9	42	18.7	116	13.8
65+	9	0.9	13	5.3	22	2.0
Education						
< High School Graduate	86	25.3	101	29.2	187	27.3
High School Graduate or GED	143	17.8	132	28.6	276	22.0
Some College or Technical School	92	13.9	65	23.8	160	17.3
College Graduate	38	4.6	24	13.1	62	6.5
Income						
< \$15,000	77	28.1	114	27.8	194	28.3
\$15-\$24,999	111	27.4	104	31.0	215	29.1
\$25-\$34,999	52	19.8	27	22.3	79	20.8
\$35-\$49,999	36	9.9	18	20.9	54	12.6
\$50-\$74,999	27	6.3	10	15.9	37	7.8
\$75,000+	8	1.9	3	7.3	11	2.6
Employment Status						
Employed	195	14.1	166	23.8	361	17.3
Not Employed	48	44.9	59	47.8	108	46.9
Student/Homemaker	59	21.1	43	42.2	102	27.7
Retired/Unable to Work	57	5.9	54	13.5	114	8.8
Total	359	14.2	322	25.5	686	18.3

¹ Unweighted

² Weighted

Table 2: Unable to See a Doctor in Last Twelve Months Because of Cost

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	121	12.3	83	19.9	206	15.1
Female	313	18.1	279	27.3	595	21.4
Age Group						
18-24	20	13.9	21	16.6	41	15.2
25-34	73	22.4	78	30.2	151	25.7
35-44	79	17.4	89	32.1	168	22.8
45-54	117	18.4	86	22.6	207	20.3
55-64	95	14.2	54	24.8	150	17.1
65+	50	6.5	31	12.1	81	7.9
Education						
< High School Graduate	107	25.4	124	29.9	231	27.7
High School Graduate or GED	161	17.5	127	23.5	289	19.9
Some College or Technical School	102	15.2	77	23.3	182	18.0
College Graduate	62	7.6	34	14.7	97	9.2
Income						
< \$15,000	106	42.4	133	31.2	241	36.1
\$15-\$24,999	115	26.3	106	29.4	222	27.8
\$25-\$34,999	49	16.4	43	30.1	92	21.8
\$35-\$49,999	52	12.3	21	16.4	73	13.3
\$50-\$74,999	37	8.0	12	11.6	50	8.6
\$75,000+	14	3.3	3	3.4	17	3.3
Employment Status						
Employed	205	13.6	183	23.7	390	17.0
Not Employed	33	27.9	42	28.4	76	28.6
Student/Homemaker	61	21.2	30	21.7	91	21.3
Retired/Unable to Work	135	14.4	107	23.1	244	17.7
Total	434	15.3	362	23.8	801	18.4

¹ Unweighted

² Weighted

Health Status

Survey Question: Would you say that in general your health is excellent, very good, good, fair, or poor?

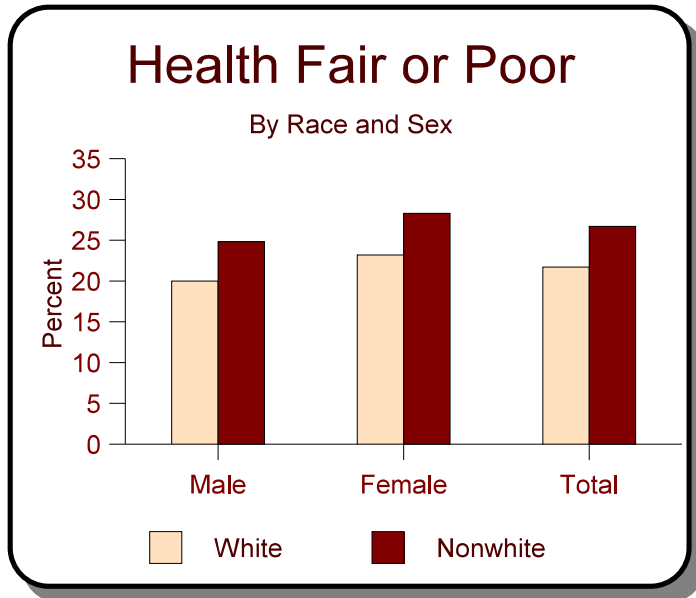


Figure 3

This part of the survey attempts 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 because they may indicate dysfunction and disability not measured in standard morbidity and mortality data.

Females of both races reported their health as worse than males (Figure 3). Nonwhite respondents report their health as worse than whites. Nonwhite respondents reported fair or poor health at a rate of 26.7 percent compared to 21.7 percent for whites.

Not surprisingly, reported fair or poor health tended to increase with age.

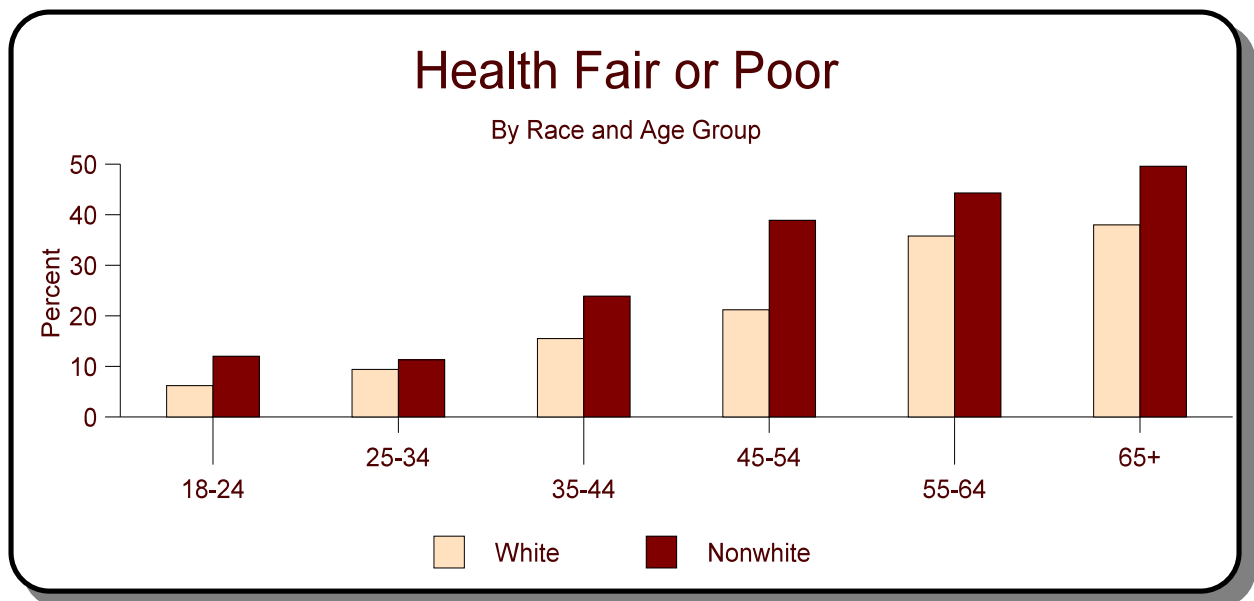


Figure 4

Persons in the 18 to 24 age group reported a rate of 8.9 percent while those more than 65 years of age reported a rate of 41.0 percent (Figure 4).

Table 3: Health Fair or Poor

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	266	20.0	134	24.8	402	21.9
Female	526	23.2	336	28.3	865	25.1
Age Group						
18-24	7	6.2	11	12.0	18	8.9
25-34	25	9.4	35	11.2	60	10.2
35-44	71	15.5	64	23.9	135	18.6
45-54	140	21.2	129	38.9	272	27.6
55-64	212	35.8	109	44.3	323	38.3
65+	336	38.0	118	49.6	454	41.0
Education						
< High School Graduate	220	43.3	210	43.7	430	43.4
High School Graduate or GED	315	26.6	148	24.2	465	25.7
Some College or Technical School	149	15.6	76	17.9	228	16.6
College Graduate	101	10.2	36	16.4	137	11.6
Income						
< \$15,000	201	52.6	183	41.7	387	46.5
\$15-\$24,999	190	35.1	124	27.1	315	31.1
\$25-\$34,999	81	21.0	33	18.3	114	19.9
\$35-\$49,999	72	13.1	20	16.0	92	13.8
\$50-\$74,999	52	11.5	15	14.1	67	11.9
\$75,000+	41	8.1	6	9.0	47	8.2
Employment Status						
Employed	187	11.5	152	16.8	340	13.3
Not Employed	28	23.0	35	20.8	64	22.3
Student/Homemaker	76	18.7	25	18.4	101	18.6
Retired/Unable to Work	500	47.1	258	54.0	761	49.6
Total	792	21.7	470	26.7	1,267	23.5

¹ Unweighted

² Weighted

Healthy Days

In both public and private medicine, the concept of health-related quality of life refers to the physical and mental health perceived by a person or a group of persons. Health care professionals have often used health-related quality of life to measure the effects of chronic illness in patients to better understand how an illness interferes with the day-to-day life activities of an individual.

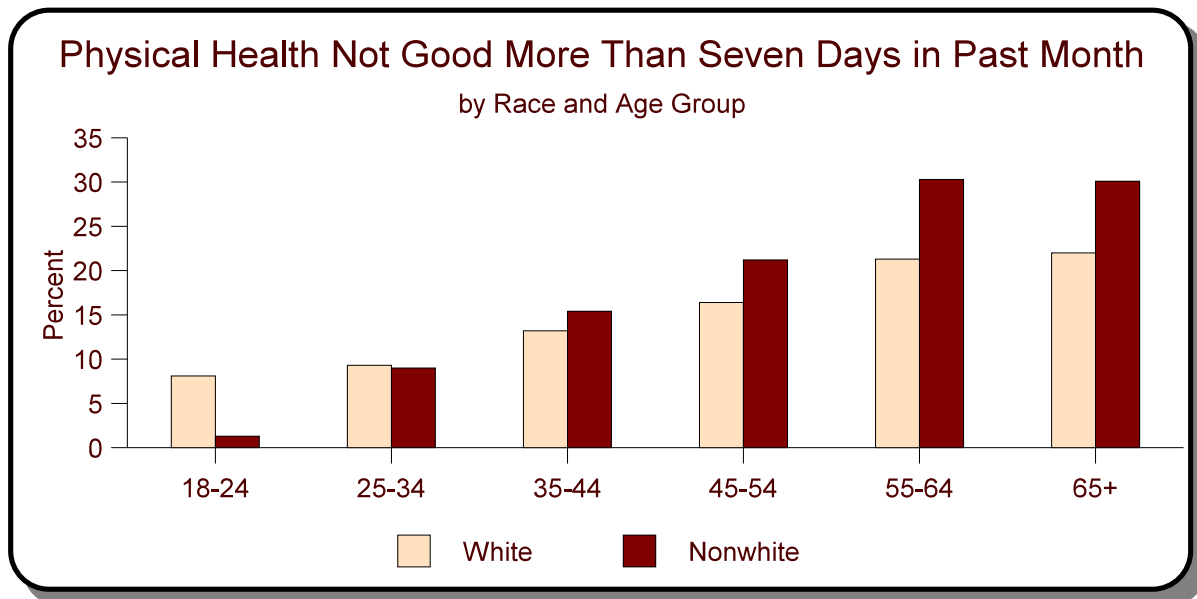


Figure 5

Similarly, health professionals use health-related quality of life to measure the effects of numerous disorders, short-term and long-term disabilities, and diseases in different populations. Tracking health-related quality of life in different populations can aid in identifying subgroups with poor physical or mental health and can help in developing policies or interventions to improve their health.

In Mississippi, the 2005 BRFSS survey showed that days of poor physical health tend to increase with age while days of poor mental health were more evenly distributed among the age groups. Table 4 shows that people 65 years old and above reported the highest percentage (24.1) of more than seven days when their physical health was not good (22.0 percent for whites and 30.1 percent for nonwhites). Next were those in the 55 to 64 age group who reported a percentage of 23.8 The rate for whites was 21.3 percent and 30.3 percent for nonwhites.

People in the 25 to 34 year old age group had the highest percentage of seven or more days when their mental health was not good with a rate of 19 percent: 17.7 for whites and 20.7 for nonwhites (Figure 6 and Table 5).

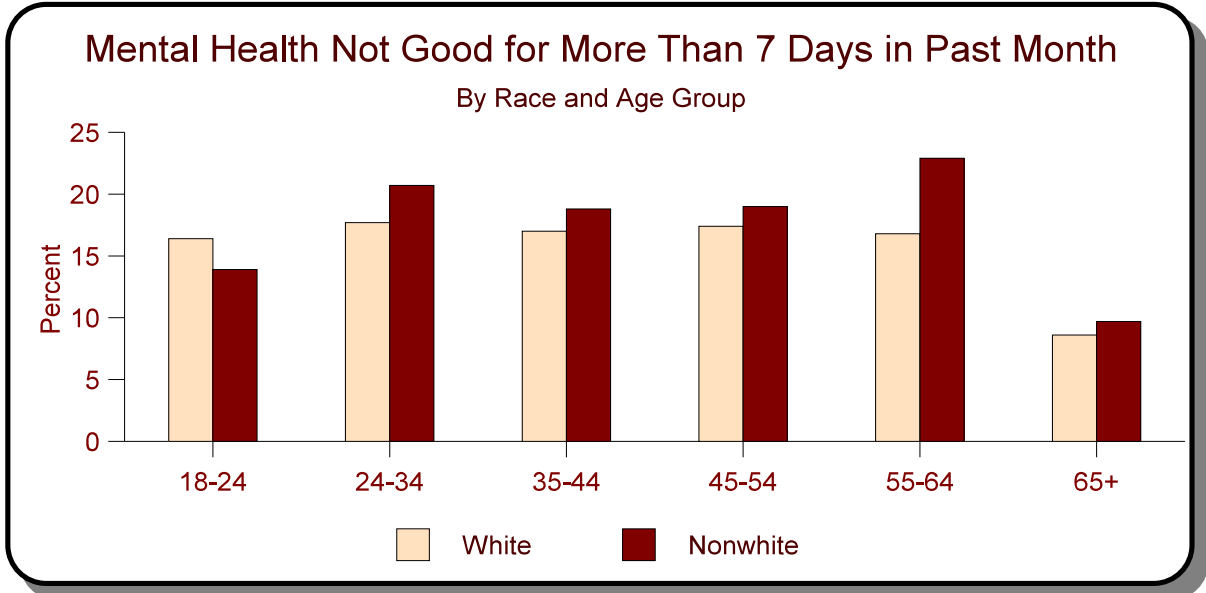


Figure 6

Table 4: Physical Health Not Good For More Than Seven Days During Past Month

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	164	13.9	80	14.7	245	14.3
Female	368	16.7	201	16.3	571	16.6
Age Group						
18-24	8	8.1	3	1.3	11	5.0
25-34	27	9.3	25	9.0	52	9.1
35-44	58	13.2	46	15.4	104	14.0
45-54	114	16.4	70	21.2	186	18.3
55-64	128	21.3	70	30.3	199	23.8
65+	197	22.0	66	30.1	263	24.1
Education						
< High School Graduate	142	28.7	125	26.2	267	27.4
High School Graduate or GED	204	19.0	85	12.3	290	16.4
Some College or Technical School	104	11.0	46	11.9	152	11.4
College Graduate	80	8.4	25	10.9	105	9.0
Income						
< \$15,000	135	36.5	115	23.5	252	29.2
\$15-\$24,999	110	20.4	67	16.7	178	18.6
\$25-\$34,999	49	12.5	22	11.3	71	12.0
\$35-\$49,999	58	13.0	10	6.1	68	11.3
\$50-\$74,999	57	13.1	6	6.5	63	12.0
\$75,000+	28	5.1	5	8.1	33	5.5
Employment Status						
Employed	136	8.9	72	8.8	209	8.8
Not Employed	22	20.8	20	8.2	43	14.1
Student/Homemaker	51	12.7	9	4.8	60	10.2
Retired/Unable to Work	322	31.1	180	37.6	503	33.4
Total	532	15.4	281	15.6	816	15.5

¹Unweighted

²Weighted

Table 5: Mental Health Not Good For More Than Seven Days During Past Month

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	110	10.4	69	16.7	180	12.7
Female	360	20.1	194	18.3	557	19.5
Age Group						
18-24	21	16.4	18	13.9	39	15.2
25-34	57	17.7	53	20.7	111	19.0
35-44	82	17.0	54	18.8	137	17.8
45-54	127	17.4	63	19.0	192	18.1
55-64	108	16.8	54	22.9	162	18.4
65+	74	8.6	19	9.7	93	8.9
Education						
< High School Graduate	106	25.4	84	20.1	190	22.6
High School Graduate or GED	148	15.3	89	16.5	237	15.8
Some College or Technical School	127	15.8	61	18.2	189	16.7
College Graduate	88	10.2	29	14.9	120	11.4
Income						
< \$15,000	106	34.4	105	23.8	212	28.4
\$15-\$24,999	92	19.2	65	18.0	157	18.6
\$25-\$34,999	41	11.6	29	20.1	70	15.0
\$35-\$49,999	59	14.4	16	13.3	75	14.1
\$50-\$74,999	56	12.4	10	15.4	67	12.9
\$75,000+	47	8.7	6	13.3	53	9.3
Employment Status						
Employed	188	11.8	106	15.3	297	13.0
Not Employed	31	30.4	30	22.8	62	26.5
Student/Homemaker	57	20.9	16	11.6	73	17.9
Retired/Unable to Work	194	19.0	111	22.6	305	20.2
Total	470	15.4	263	17.6	737	16.2

¹Unweighted

²Weighted

Table 6: Activities Limited Because of Health Problems

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	255	20.9	120	22.5	377	21.6
Female	569	24.7	218	17.4	790	22.0
Age Group						
18-24	10	12.2	5	5.1	15	8.9
25-34	40	11.5	32	13.6	72	12.4
35-44	73	15.9	40	15.7	114	15.9
45-54	160	23.4	98	28.6	262	25.6
55-64	211	34.0	84	38.7	295	35.2
65+	327	37.0	77	32.2	404	35.7
Education						
< High School Graduate	180	34.7	144	29.6	324	32.0
High School Graduate or GED	298	26.6	95	16.8	393	22.7
Some College or Technical School	191	19.5	64	15.9	258	18.6
College Graduate	152	15.5	35	16.0	189	15.7
Income						
< \$15,000	185	46.4	153	34.0	340	39.4
\$15-\$24,999	177	31.0	75	17.9	252	24.5
\$25-\$34,999	85	20.1	25	14.6	110	17.9
\$35-\$49,999	81	14.6	16	13.4	97	14.3
\$50-\$74,999	72	15.6	6	7.4	79	14.3
\$75,000+	56	10.3	6	9.2	62	10.2
Employment Status						
Employed	191	11.7	77	9.5	270	11.0
Not Employed	38	29.6	23	14.2	62	21.3
Student/Homemaker	73	18.8	16	7.4	89	15.2
Retired/Unable to Work	521	50.4	222	49.2	745	50.0
Total	824	22.9	338	19.7	1,167	21.8

¹Unweighted

²Weighted

Tobacco Use

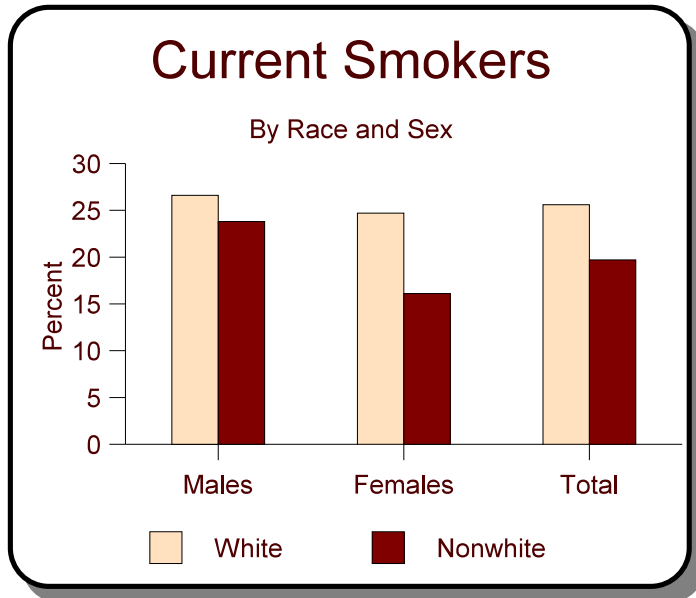


Figure 7

Survey Question: Have you smoked at least 100 cigarettes in your entire life and do you now smoke cigarettes every day, some days, or not at all?

Tobacco use is the single leading preventable cause of death in Mississippi and the United States. Each year, about one-fifth of Mississippians die of tobacco-related causes. Health problems related to tobacco use include cancers, lung disease, and heart disease.

Over the past decade the percentage of current adult smokers has not changed significantly. 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 Department of Health has a state tobacco plan that includes strategies to prevent initiation of tobacco use among youth, promote cessation among youth and adults, and eliminate exposure to environmental tobacco smoke.

For 2005 the group with the largest percentage of current smokers is white males at 26.6 percent followed by white females at 24.7 percent and nonwhite males at 23.8 percent. The group with the lowest percentage of current smokers is nonwhite females at 16.1 percent (Figure 7). Overall, the rate of current smoking in Mississippi is 23.5 percent. The *Healthy People 2010* objective is 12 percent.

Table 17: Persons Who Have Smoked at Least 100 Cigarettes and Who Now Smoke

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	243	26.6	114	23.8	358	25.6
Female	432	24.7	184	16.1	622	21.6
Age Group						
18-24	46	40.0	11	10.3	57	26.3
25-34	92	29.3	45	19.4	137	25.1
35-44	126	27.2	57	23.1	184	25.7
45-54	176	28.4	95	29.0	273	28.7
55-64	143	23.8	60	26.0	204	24.4
65+	92	10.6	27	11.6	121	11.0
Education						
< High School Graduate	128	34.9	98	22.9	227	28.8
High School Graduate or GED	280	34.1	115	23.9	397	30.2
Some College or Technical School	164	23.3	58	14.5	225	20.7
College Graduate	103	12.6	26	10.5	130	12.2
Income						
< \$15,000	113	35.2	98	24.0	213	28.9
\$15-\$24,999	152	38.0	89	23.7	243	31.0
\$25-\$34,999	70	21.6	30	18.9	100	20.5
\$35-\$49,999	100	25.8	23	13.9	123	22.9
\$50-\$74,999	90	24.3	16	17.6	106	23.2
\$75,000+	58	13.8	8	11.6	66	13.6
Employment Status						
Employed	383	27.9	157	20.3	543	25.4
Not Employed	43	43.6	34	25.3	79	33.6
Student/Homemaker	67	22.4	17	7.5	84	17.7
Retired/Unable to Work	182	18.4	90	20.6	274	19.3
Total	675	25.6	298	19.7	980	23.5

¹ Unweighted

² Weighted

Diabetes

Survey Question: Have you ever been told by a doctor that you have diabetes? (Note that females diagnosed with gestational diabetes are excluded.)

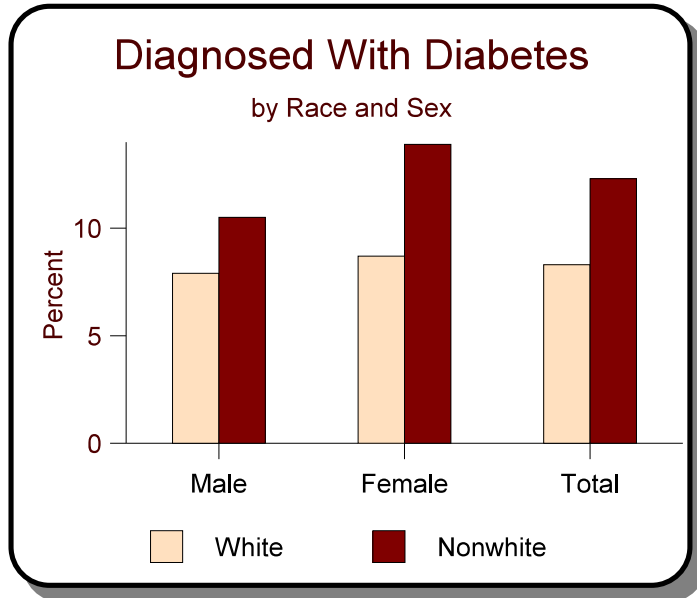


Figure 8

the lowest at 7.9 percent (Figure 8).

Diabetes was the seventh leading cause of death in Mississippi for the year 2004 with a death rate of 22.7 per 1000 population. According to the 2005 BRFSS survey, 9.7 percent of all respondents reported being told by a doctor that they have diabetes. This represents a decrease of 11.8 percent over the rate of 11 percent reported in 2004 and an increase of 4.3 percent over the rate of 9.3 percent reported in 2003.

Nonwhite females continue to comprise the largest group having a rate of 13.9 percent followed by nonwhite males with a rate of 10.5 percent. White females reported a rate of 8.7 percent and white males were

The rate of diabetes showed a marked difference by categories of education. Respondents

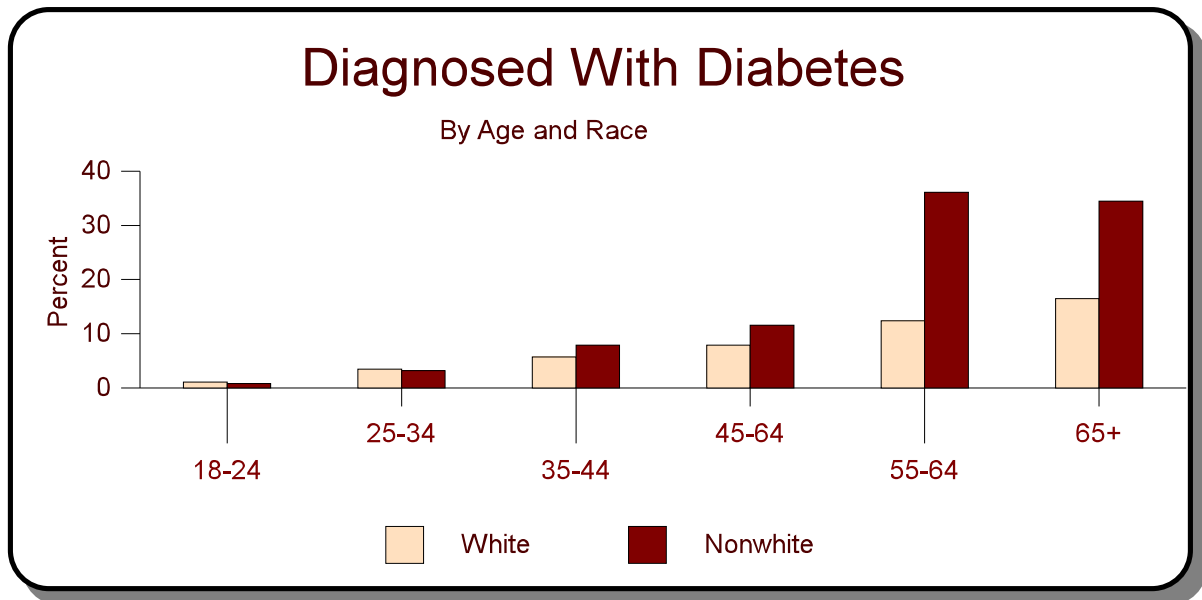


Figure 9

who did not complete high school reported rates of 14.3 percent which is almost 43 percent higher than in other education categories. Those with a high school education reported a rate of 9.9 percent; those with some college work, a rate of 7.5 percent; and college graduates a rate of 8.4 percent (Table 8).

There are obvious differences that appear by the age of the respondent in the rate of diabetes. Only 3.8 percent of respondents under age 45 reported having diabetes while 16.1 percent of those above 45 and older reported they had diabetes. Respondents 65 years and older reported a rate of 21.2 percent: 16.5 percent for whites and 34.5 percent for nonwhites. (Figure 9).

Table 8: Ever Told by Doctor You Have Diabetes

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	108	7.9	66	10.5	174	8.8
Female	212	8.7	170	13.9	384	10.6
Age Group						
18-24	1	1.1	1	0.8	2	0.9
25-34	9	3.5	10	3.2	19	3.3
35-44	27	5.7	23	7.9	50	6.5
45-54	57	7.9	44	11.6	102	9.2
55-64	81	12.4	83	36.1	165	18.9
65+	144	16.5	72	34.5	216	21.2
Education						
< High School Graduate	58	9.3	97	19.1	155	14.3
High School Graduate or GED	127	11.0	62	8.2	190	9.9
Some College or Technical School	69	6.6	41	9.3	111	7.5
College Graduate	66	6.2	36	15.9	102	8.4
Income						
< \$15,000	76	19.7	87	16.8	164	18.0
\$15-\$24,999	65	11.3	57	12.4	123	11.8
\$25-\$34,999	46	10.3	15	7.6	61	9.3
\$35-\$49,999	35	5.9	12	8.2	47	6.5
\$50-\$74,999	28	4.9	18	17.3	46	6.9
\$75,000+	25	5.1	3	3.4	28	4.8
Employment Status						
Employed	102	5.5	59	5.5	162	5.5
Not Employed	9	6.4	16	9.2	25	8.0
Student/Homemaker	37	8.0	16	7.0	53	7.7
Retired/Unable to Work	172	15.6	145	30.6	318	21.0
Total	320	8.3	236	12.3	558	9.7

¹Unweighted

²Weighted

Cardiovascular Disease

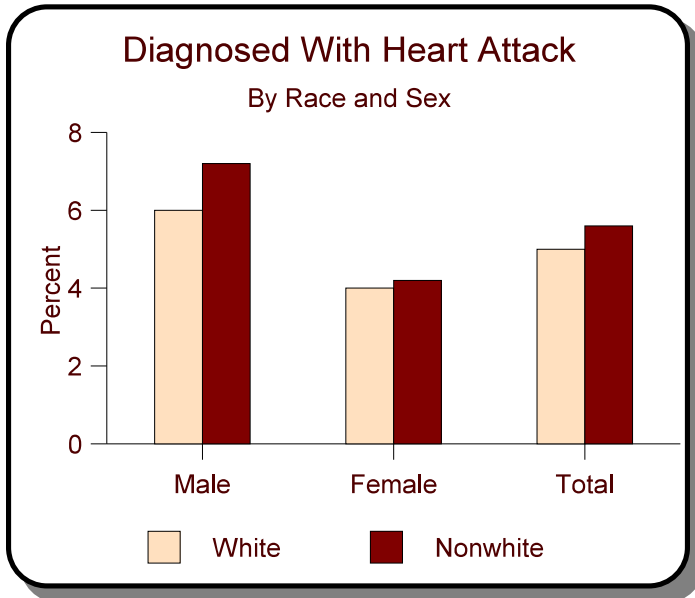


Figure 10

Survey Question: Has a doctor, nurse, or other health professional ever told you that you had any of the following: A heart attack, also called a myocardial infarction? Angina or coronary heart disease? A stroke?

Cardiovascular disease (CVD) includes coronary heart disease, stroke, complications of hypertension, and diseases of the arterial blood vessels. In addition to causing almost half of all deaths in Mississippi, CVD is the major cause of premature, permanent disability among working adults. Stroke alone disables almost 2,000 Mississippians each year. Overall, approximately six percent of

Mississippi adults (171,000 people) report having some kind of CVD, such as coronary heart disease, angina, previous heart attack, or stroke.

In 2004 Mississippi reported 8,246 deaths from heart disease and 1,632 from cerebrovascular disease (stroke). The two combined accounted for more than thirty-five percent of all the deaths reported that year and more than forty-five percent of the total from the ten leading causes of death.

The 2005 BRFSS survey revealed that 14.0 percent of the population 65 years of age or older reported that they have been diagnosed as having had a heart attack: 12.7 for white respondents and 17.6 for nonwhites. The second highest age group that reported being diagnosed with a heart attack was the 55 to 64 category. Whites reported a rate of 8.1 percent while nonwhites

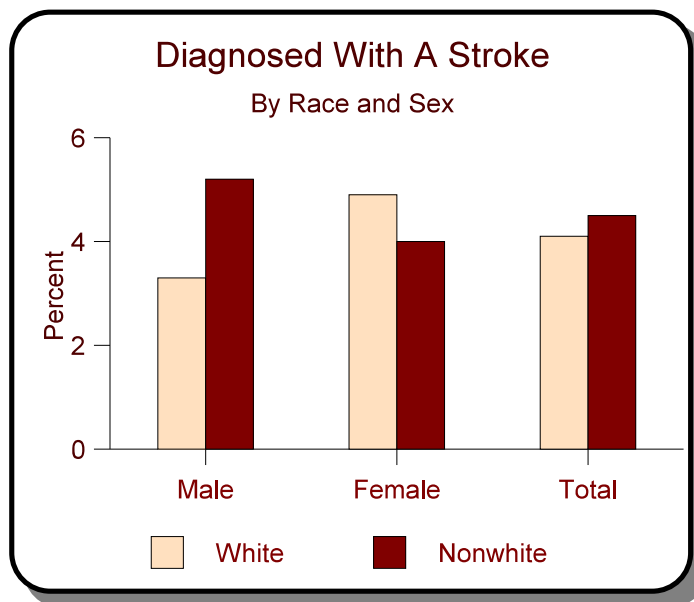


Figure 11

reported a rate of 13.9 for a total rate of 9.7 percent (Table 9).

Table 11 shows the rate for those who had been diagnosed with a stroke age 65 and greater was 10.9 for whites and 11.6 for nonwhites producing a total rate of 11.0 percent. In the 55 to 64 group the rates were 6.2 and 9.4 for whites and nonwhites respectively.

Those in the older age groups also reported a higher rate of coronary artery disease. Those age 65 and older reported a rate of 12.4 percent with white respondents having a rate of 14.9 percent compared to only 5.8 for nonwhites. The 55 to 64 age category had an overall rate of 12.0 percent: 11.3 for whites and 14.0 for nonwhites (Table 10).

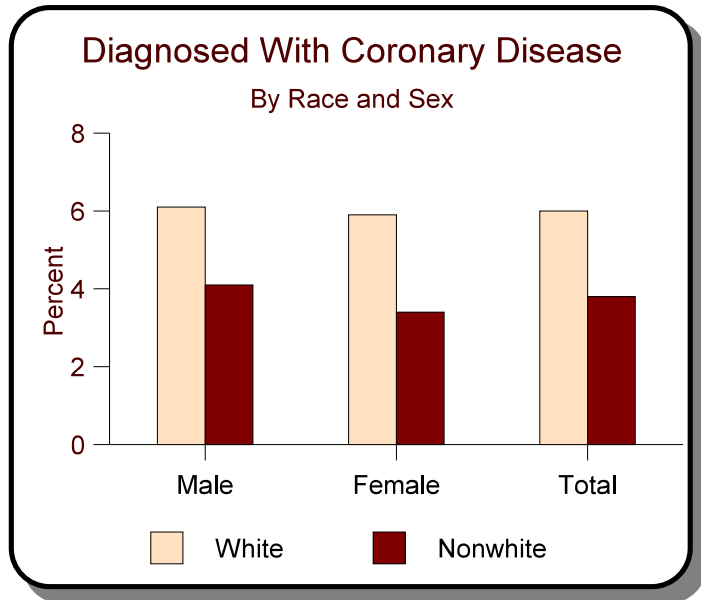


Figure 12

Table 9: Ever Diagnosed With A Heart Attack

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	95	6.0	35	7.2	130	6.4
Female	106	4.0	53	4.2	159	4.1
Age Group						
18-24	0	0.0	0	0.0	0	0.0
25-34	4	2.0	2	1.5	6	1.8
35-44	5	0.9	4	1.3	9	1.1
45-54	30	4.4	20	8.1	50	5.6
55-64	49	8.1	26	13.9	75	9.7
65+	113	12.7	34	17.6	147	14.0
Education						
< High School Graduate	64	10.4	41	9.7	105	10.1
High School Graduate or GED	71	5.8	19	3.4	90	4.9
Some College or Technical School	35	3.2	18	4.9	53	3.7
College Graduate	29	2.7	10	5.0	39	3.2
Income						
< \$15,000	56	15.0	34	8.6	90	11.2
\$15-\$24,999	44	6.8	26	6.5	70	6.6
\$25-\$34,999	18	3.9	9	6.5	27	5.0
\$35-\$49,999	22	3.8	4	2.3	26	3.4
\$50-\$74,999	12	2.3	1	0.7	13	2.0
\$75,000+	12	2.1	1	1.8	13	2.1
Employment Status						
Employed	46	2.6	12	1.6	58	2.3
Not Employed	3	1.4	1	0.4	4	0.8
Student/Homemaker	14	2.9	4	2.6	18	2.8
Retired/Unable to Work	137	12.1	70	17.5	207	14.0
Total	201	5.0	88	5.6	289	5.2

¹Unweighted

²Weighted

Table 10: Ever Diagnosed With Coronary Artery Disease

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	86	6.1	22	4.1	108	5.4
Female	155	5.9	41	3.4	197	5.0
Age Group						
18-24	0	0.0	0	0.0	0	0.0
25-34	1	0.4	2	1.0	3	0.6
35-44	9	2.2	5	2.0	14	2.1
45-54	35	5.3	16	6.0	52	5.5
55-64	69	11.3	28	14.0	97	12.0
65+	127	14.9	12	5.8	139	12.4
Education						
< High School Graduate	68	11.2	20	4.0	88	7.5
High School Graduate or GED	83	6.2	21	3.4	104	5.1
Some College or Technical School	43	4.1	15	4.5	58	4.2
College Graduate	45	4.7	7	3.3	53	4.4
Income						
< \$15,000	59	13.5	30	6.1	89	9.1
\$15-\$24,999	56	9.2	18	4.8	74	7.0
\$25-\$34,999	17	2.9	5	3.4	22	3.1
\$35-\$49,999	24	4.3	2	1.4	26	3.6
\$50-\$74,999	16	3.6	2	2.0	19	3.4
\$75,000+	23	4.4	1	1.8	24	4.1
Employment Status						
Employed	53	2.6	11	1.0	65	2.1
Not Employed	3	2.8	5	2.1	8	2.4
Student/Homemaker	20	3.7	1	0.4	21	2.7
Retired/Unable to Work	164	15.5	46	11.8	210	14.1
Total	241	6.0	63	3.8	305	5.2

¹Unweighted

²Weighted

Table 11: Ever Diagnosed With A Stroke

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	50	3.3	25	4.9	75	3.9
Female	117	4.9	47	3.9	164	4.5
Age Group						
18-24	0	0.0	4	3.2	4	1.5
25-34	5	2.5	1	0.3	6	1.6
35-44	4	0.9	9	2.8	13	1.6
45-54	18	2.5	14	5.2	32	3.4
55-64	44	6.2	18	9.4	62	7.1
65+	95	10.9	26	11.6	121	11.0
Education						
< High School Graduate	58	10.3	38	8.8	96	9.5
High School Graduate or GED	57	4.5	15	3.0	72	3.9
Some College or Technical School	22	1.8	15	3.0	37	2.2
College Graduate	30	2.8	4	2.4	34	2.7
Income						
< \$15,000	45	11.3	25	5.5	70	7.9
\$15-\$24,999	35	5.8	16	3.8	51	4.8
\$25-\$34,999	20	4.5	8	4.1	28	4.4
\$35-\$49,999	11	2.0	3	2.3	14	2.1
\$50-\$74,999	7	1.3	1	0.6	8	1.2
\$75,000+	9	1.7	3	4.2	12	2.0
Employment Status						
Employed	34	1.9	11	1.3	45	1.7
Not employed	4	2.2	5	3.2	9	2.7
Student/Homemaker	12	2.7	4	1.9	16	2.4
Retired/Unable to work	0	0.0	0	0.0	0	0.0
Total	167	4.1	72	4.4	239	4.2

¹Unweighted

²Weighted

Hypertension Awareness

Survey Question: Have you ever been told by a doctor, nurse or other health professional that you have high blood pressure? (Females reporting hypertension only during pregnancy are excluded.)

Early detection of high blood pressure allows treatment that can prevent many complications of the disease. Untreated high blood pressure increases the risk of stroke, heart attack and kidney failure. High blood pressure can be controlled by losing weight, taking medication, exercising, not smoking, managing stress and lowering sodium and alcohol intake.

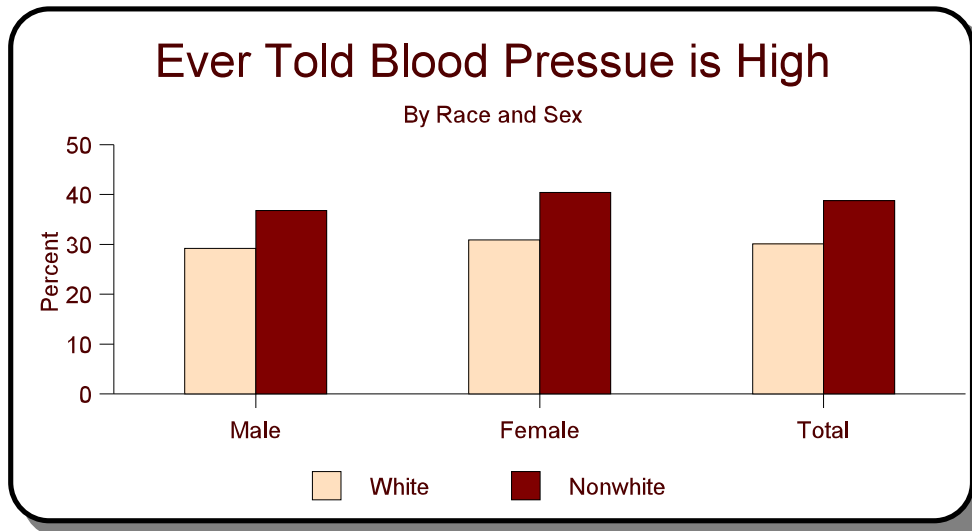


Figure 13

Two indicators of hypertension in Mississippi are available in this report; a) respondents who have ever been told they have high blood pressure by a health care professional and b) respondents who are taking medication to control high blood pressure.

The 2005 BRFSS survey indicates that approximately 33.2 percent of the people surveyed in Mississippi have been told they have high blood pressure by a health care professional.

Non-whites were more likely to be hypertensive than whites. The overall rate of hypertension among nonwhites in Mississippi was

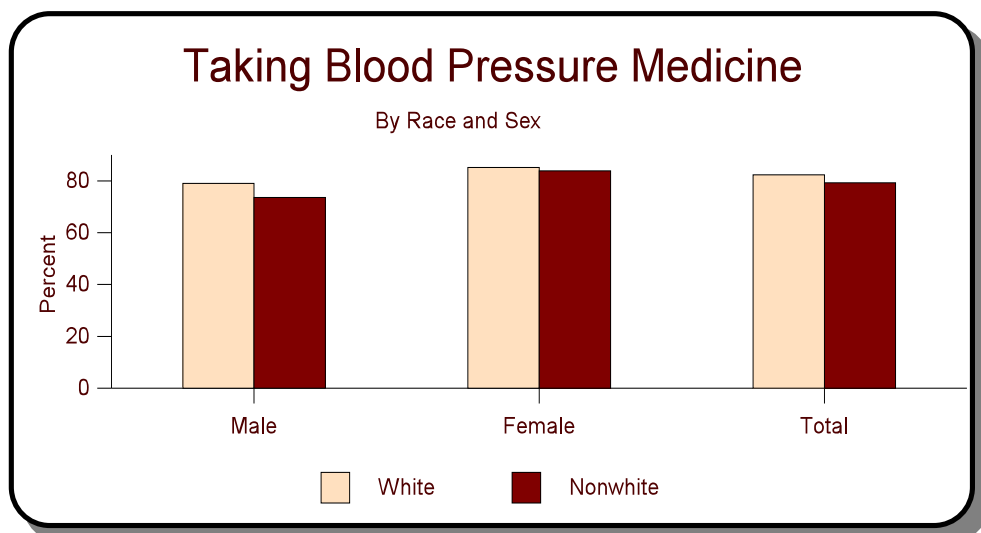


Figure 14

38.8 percent compared to 30.1 for whites. Slightly more than forty percent of the nonwhite females in the survey said they had been told they were hypertensive compared to 30.9 percent of the white females (Figure 10). Approximately 36.8 percent of the nonwhite male respondents had been told they were hypertensive. The white male rate was 29.2 percent.

Of the respondents who reported having high blood pressure, 81 percent said they were taking medication. White females reported the highest rate for taking medication with a rate of 85.2 percent followed by nonwhite females at 83.9 percent. White males reported 79 percent and nonwhite males were the lowest at 73.6 percent (Figure 11).

Table 12: Ever Told That You Have High Blood Pressure

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	389	29.2	196	36.8	586	32.0
Female	729	30.9	497	40.4	1,231	34.4
Age Group						
18-24	2	2.4	6	6.0	8	4.1
25-34	45	12.6	44	18.7	89	15.2
35-44	85	19.7	111	37.7	196	26.4
45-54	190	31.1	186	56.3	379	39.9
55-64	296	49.6	168	73.3	465	56.0
65+	498	57.3	173	74.5	673	61.8
Education						
< High School Graduate	217	39.9	264	57.6	482	49.0
High School Graduate or GED	397	32.6	209	30.4	608	31.8
Some College or Technical School	271	28.2	127	30.9	400	29.1
College Graduate	229	24.0	93	39.4	323	27.5
Income						
< \$15,000	199	46.7	229	48.9	429	48.1
\$15-\$24,999	227	37.3	184	41.4	413	39.4
\$25-\$34,999	121	30.1	67	36.0	188	32.5
\$35-\$49,999	141	27.9	53	37.8	195	30.4
\$50-\$74,999	114	24.3	30	29.1	145	25.1
\$75,000+	118	22.5	25	35.2	143	24.1
Employment Status						
Employed	392	22.2	273	30.0	667	24.8
Not Employed	33	21.4	40	24.3	74	23.6
Student/Homemaker	83	18.4	41	25.1	125	20.6
Retired/Unable to Work	610	56.2	337	69.2	949	60.8
Total	1,118	30.1	693	38.8	1,817	33.2

¹Unweighted

²Weighted

Table 13: Blood Pressure Medicine³

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	324	79.0	154	73.6	478	76.6
Female	636	85.2	435	83.9	1,076	84.7
Age Group						
18-24	1	66.7*	2	20.1*	3	35.0*
25-34	19	40.4*	24	47.5*	43	44.1
35-44	61	72.2	78	68.2	139	70.1
45-54	144	74.0	164	85.1	310	78.9
55-64	265	87.7	152	88.2	418	87.9
65+	469	94.5	165	96.1	636	95.0
Education						
< High School Graduate	185	80.8	231	83.7	417	82.5
High School Graduate or GED	348	84.7	172	74.1	522	80.8
Some College or Technical School	227	80.2	105	78.2	333	79.0
College Graduate	196	81.6	81	79.9	278	81.0
Income						
< \$15,000	179	86.4	192	81.5	371	82.9
\$15-\$24,999	200	87.8	152	78.5	354	83.1
\$25-\$34,999	104	79.3	59	78.9	163	79.2
\$35-\$49,999	114	75.6	44	64.4	159	72.2
\$50-\$74,999	89	75.8	25	73.9*	115	75.4
\$75,000+	101	82.5	21	85.4*	122	83.1
Employment Status						
Employed	298	72.2	218	71.5	518	71.9
Not Employed	23	63.7*	27	61.5*	50	60.5
Student/Homemaker	68	79.6	29	57.7*	98	71.3
Retired/Unable to Work	571	93.5	313	92.2	886	93.0
Total	960	82.3	589	79.3	1,554	81.0

¹Unweighted

²Weighted

³Denominator is those who report high blood pressure

*Sample Size less than 50

Cholesterol Awareness

Survey Question: Have you ever had your blood cholesterol checked?

Persons having elevated blood cholesterol levels experience twice the risk of developing coronary heart disease. Studies reveal that small reductions in cholesterol levels are effective in reducing risks.

For those with high cholesterol readings, changes in diets along with increasing physical activity will reduce the level approximately 75 percent of the time. The National Cholesterol Education Program recommends that healthy adults more than twenty years old have their blood cholesterol levels checked at least once every five years.

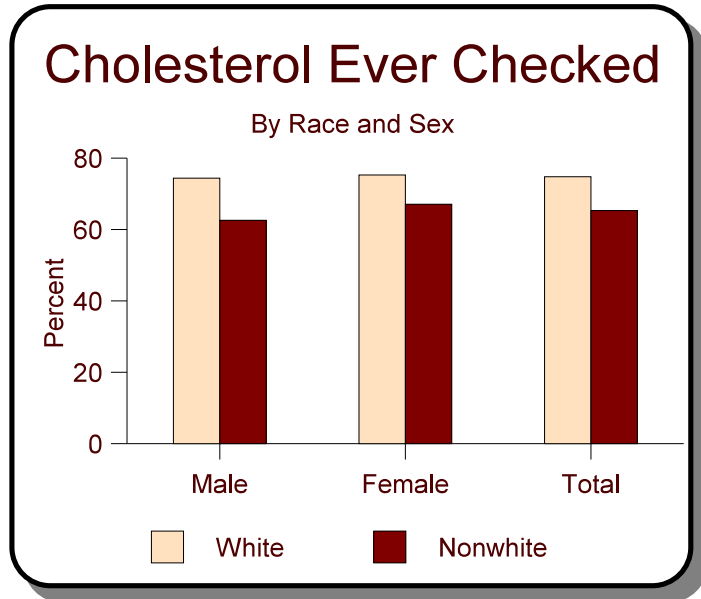


Figure 15

The survey revealed that 71.5 percent of the respondents reported that they have ever had their blood cholesterol checked (Figure 15) and 66.8 percent reported that it had been checked in the past five years (Figure 16). This

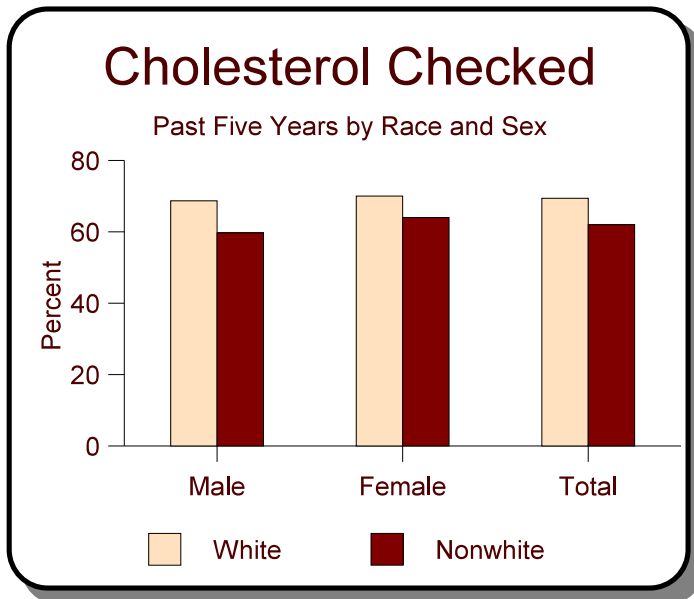


Figure 16

is nearly the same as the number reported in 2003 but represents an increase from 62 percent reported in 1999. White respondents were more likely to have had their cholesterol checked within five years reporting a rate of 69.4 percent than nonwhites who reported a rate of 62.0 percent (Table 15).

Nonwhite male respondents reported the lowest rate for examinations within the past five years with a rate of 59.7 percent which is somewhat less than the 62.9 percent reported in 2003 but a pronounced increase from 52.4 percent reported in 1999.

Of those who have ever had their cholesterol checked, 37.2 percent said they have been told their blood cholesterol is high but in those age 50 and above, the rate was 50.9 percent.

Table 14: Ever Had Blood Cholesterol Checked

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	865	74.4	294	62.6	1,160	70.2
Female	1,584	75.3	773	67.7	2,369	72.6
Age Group						
18-24	43	36.9	34	31.6	77	34.4
25-34	195	59.8	147	55.9	342	58.1
35-44	330	74.5	216	72.5	547	73.8
45-54	528	83.7	259	77.7	791	81.5
55-64	556	93.4	198	83.6	756	90.8
65+	788	89.7	204	90.8	995	90.0
Education						
< High School Graduate	310	62.4	284	66.6	596	64.6
High School Graduate or GED	789	72.1	336	55.7	1,128	65.7
Some College or Technical School	635	75.0	246	70.4	885	73.6
College Graduate	709	84.3	200	81.1	912	83.5
Income						
< \$15,000	273	67.0	292	63.7	568	65.3
\$15-\$24,999	377	70.2	270	61.2	649	65.8
\$25-\$34,999	279	74.6	130	69.6	409	72.6
\$35-\$49,999	349	72.3	113	77.6	463	73.6
\$50-\$74,999	366	82.5	68	71.3	435	80.7
\$75,000+	427	86.2	58	92.0	485	87.0
Employment Status						
Employed	1,216	73.8	524	62.6	1,745	70.0
Not Employed	67	55.2	72	45.6	141	50.1
Student/Homemaker	224	61.4	75	56.1	300	59.8
Retired/Unable to Work	941	87.2	394	83.1	1,339	85.6
Total	2,449	74.8	1,067	65.3	3,529	71.5

¹Unweighted

²Weighted

Table 15: Cholesterol Checked in Past 5 Years

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	804	68.7	281	59.7	1,086	65.5
Female	1,477	70.0	731	64.0	2,220	67.9
Age Group						
18-24	42	36.4	29	28.5	71	32.8
25-34	178	55.0	140	54.0	318	54.5
35-44	291	65.5	206	68.7	498	66.7
45-54	483	76.3	247	73.5	734	75.3
55-64	524	87.5	190	81.3	716	85.8
65+	755	86.1	191	85.5	949	86.0
Education						
< High School Graduate	282	56.5	268	63.3	552	60.0
High School Graduate or GED	740	68.1	315	51.5	1,058	61.6
Some College or Technical School	592	69.7	236	68.0	832	69.2
College Graduate	662	77.3	192	78.7	857	77.6
Income						
< \$15,000	254	63.3	268	58.7	525	60.8
\$15-\$24,999	346	63.8	262	59.6	610	61.7
\$25-\$34,999	260	69.8	123	64.7	383	67.8
\$35-\$49,999	326	67.7	109	73.6	436	69.2
\$50-\$74,999	340	76.2	65	69.5	406	75.1
\$75,000+	405	80.6	58	92.0	463	82.1
Employment Status						
Employed	1,123	67.7	500	59.4	1,628	64.9
Not Employed	58	50.7	67	43.2	127	46.9
Student/Homemaker	201	56.1	67	51.5	269	54.7
Retired/Unable to Work	898	83.0	376	79.5	1,278	81.7
Total	2,281	69.4	1,012	62.0	3,306	66.8

¹Unweighted

²Weighted

Table 16: Ever Told That Cholesterol High³

Sex Groups	Number		Percent		Number	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	372	38.4	115	31.5	487	36.2
Female	702	40.3	279	33.5	986	38.1
Age Group						
18-24	4	10.0	4	6.8*	8	8.6
25-34	45	23.4	19	12.7	64	19.0
35-44	89	27.0	51	25.7	141	26.6
45-54	244	46.8	102	38.6	347	44.0
55-64	301	53.5	105	54.2	407	53.6
65+	390	48.8	108	52.1	499	49.7
Education						
< High School Graduate	178	49.5	138	42.0	316	45.5
High School Graduate or GED	354	40.3	107	25.4	463	35.4
Some College or Technical School	264	38.2	80	28.8	346	35.3
College Graduate	278	36.0	69	37.2	348	36.3
Income						
< \$15,000	140	46.4	126	40.5	266	42.7
\$15-\$24,999	187	44.2	101	36.0	290	40.6
\$25-\$34,999	121	36.9	41	27.1	162	33.2
\$35-\$49,999	141	37.1	28	24.4	170	33.9
\$50-\$74,999	153	39.3	19	25.8	172	37.4
\$75,000+	154	34.8	18	30.4	172	34.2
Employment Status						
Employed	463	34.8	145	24.1	611	31.6
Not Employed	22	24.5	21	23.1	43	23.3
Student/Homemaker	86	32.4	15	17.4	102	28.1
Retired/Unable to Work	502	52.7	212	52.7	715	52.7
Total	1,074	39.4	394	32.6	1,473	37.2

¹Unweighted

²Weighted

³Denominator is those who have had their cholesterol checked

* Sample Size < 50

Breast Cancer Screening

Survey Question: A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?

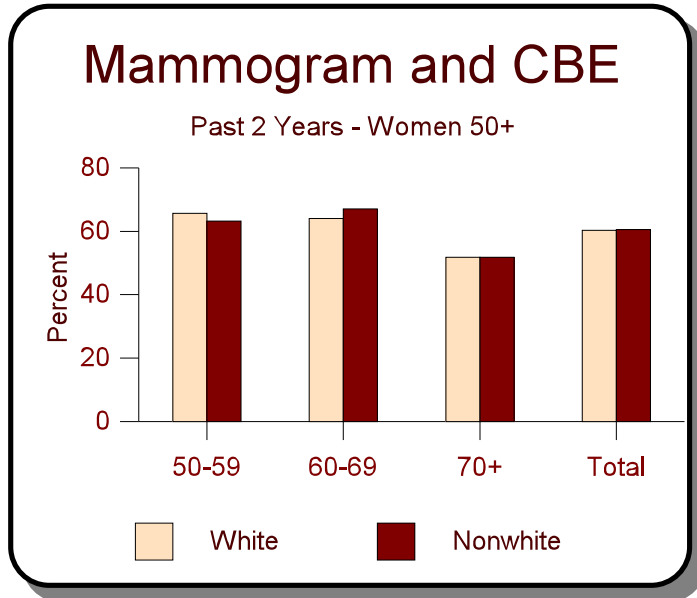


Figure 16

was 27.0 per 100,000 female population: 23.5 for whites and 34.8 for nonwhites. The age adjusted rate for 2004 was 27.4 with a rate of 24.0 for white females and 34.4 for nonwhites.

The 2005 BRFSS survey indicated that 78.3 percent of the women in Mississippi age 40 and above had ever had a mammogram and a clinical breast examination (CBE). In women age 50 and older, white respondents had a mammogram and CBE within two years at a rate of 60.3 percent compared to a rate of 60.6 percent for nonwhites which is noteworthy increase from 53.0 percent reported in 2004.

A mammogram and a breast examination by a medical professional (clinical breast exam or CBE) are 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 three years, and all women over age 20 should do breast self examinations (BSE) every month.

The MDH breast and cervical cancer program has established a goal to reduce breast cancer deaths to no more than 24.0 per 100,000 female population by 2005. In 2003, the age adjusted death rate for breast cancer

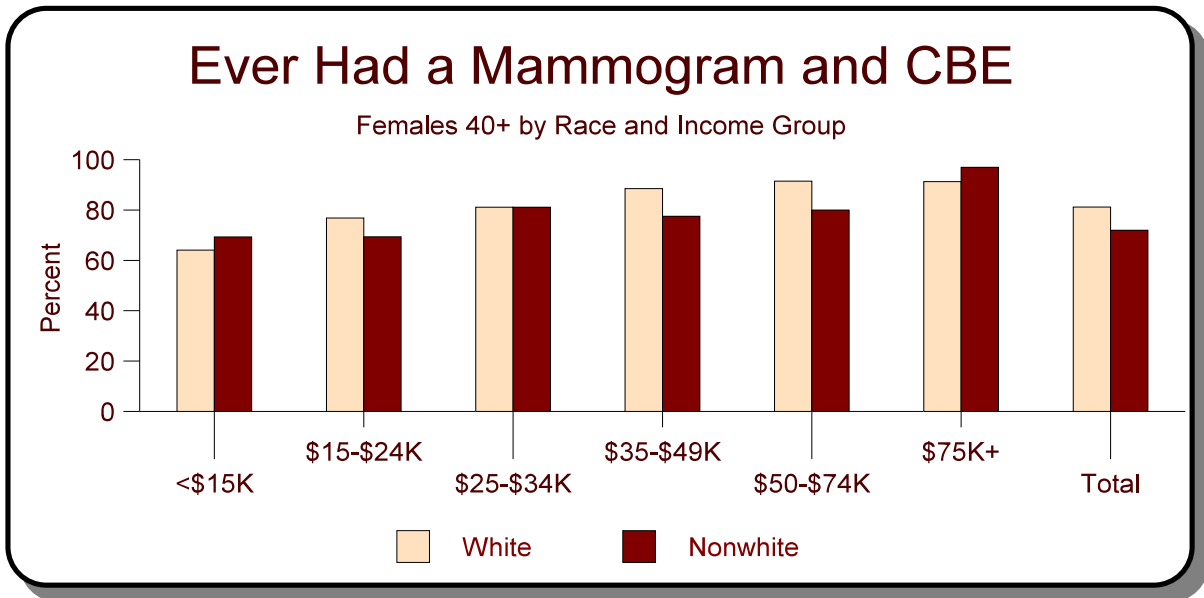


Figure 17

Year 2010 National Health Objective

Increase to at least 70.0 percent the proportion of women aged 50 and older who have received a clinical breast examination and mammogram within the preceding one to two years.

2005 BRFSS data revealed that 60.3 percent of Mississippi women aged 50 and older have received a clinical breast examination and mammogram within the preceding one to two 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 percent of the women aged 50-64 years and 39 percent 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.

Table17: Ever Had a Mammogram and CBE (Females 40+)

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Age Group						
40-49	255	75.2	141	61.0	398	70.1
50-59	351	88.0	159	78.3	513	85.0
60-69	289	87.2	97	85.7	386	86.5
70+	328	76.4	88	72.8	418	75.5
Education						
< High School Graduate	157	64.1	151	68.7	309	66.4
High School Graduate or GED	441	81.8	141	66.8	584	77.8
Some College or Technical School	323	83.7	92	70.2	417	80.5
College Graduate	300	89.1	101	86.5	403	88.4
Income						
< \$15,000	163	64.1	149	69.3	313	66.7
\$15-\$24,999	201	76.8	121	69.4	324	73.7
\$25-\$34,999	141	81.1	46	81.1	187	81.1
\$35-\$49,999	167	88.5	44	77.5	212	86.1
\$50-\$74,999	154	91.5	29	80.0*	184	89.7
\$75,000+	164	91.3	27	97.0*	191	92.1
Employment Status						
Employed	499	84.4	219	72.5	721	80.6
Not Employed	34	73.2*	25	56.0*	60	66.2
Student/Homemaker	146	75.4	27	60.4*	174	72.9
Retired/Unable to Work	544	80.7	213	75.7	759	79.0
Total	1,223	81.2	485	72.0	1,715	78.3

¹Unweighted

²Weighted

*Sample size less than 50

Table 18: Had a Mammogram and a CBE in the Past Two Years (Women 50+)

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Age Group						
50-59	259	65.7	126	63.2	386	64.7
60-69	210	64.1	75	67.1	285	64.8
70+	218	51.8	63	51.8	282	51.8
Education						
< High School Graduate	84	40.6	94	56.6	178	48.2
High School Graduate or GED	259	62.4	71	58.0	331	61.4
Some College or Technical School	158	59.1	45	62.3	203	59.6
College Graduate	185	73.7	54	71.1	240	73.0
Income						
< \$15,000	86	40.8	83	56.1	169	48.0
\$15-\$24,999	108	49.4	57	58.7	166	52.8
\$25-\$34,999	86	64.7	28	69.8*	114	65.9
\$35-\$49,999	90	66.7	28	85.3*	118	69.7
\$50-\$74,999	80	77.4	13	60.4*	94	75.0
\$75,000+	91	80.7	13	94.1*	104	82.5
Employment Status						
Employed	242	69.1	93	63.9	336	67.6
Not Employed	12	36.4*	6	46.0	18	38.3*
Student/Homemaker	76	55.9	14	53.7	90	55.2
Retired/Unable to Work	357	57.3	151	60.4	509	58.2
Total	687	60.3	264	60.6	953	60.3

¹ Unweighted

² Weighted

* Sample size less than 50

Cervical Cancer Screening

Survey Question: A Pap test is a test for cancer of the cervix. Have you ever had a Pap test?

According to *Healthy People 2010*, cervical cancer is the tenth most common cancer among females in the United States. An estimated 12,800 new cases were expected in 2000 with the higher number of cases coming from the nonwhite population. The number of deaths from cervical cancer in the year 2000 was estimated at 4,600. Cervical cancer accounts for about 1.7 percent of cancer deaths among females.

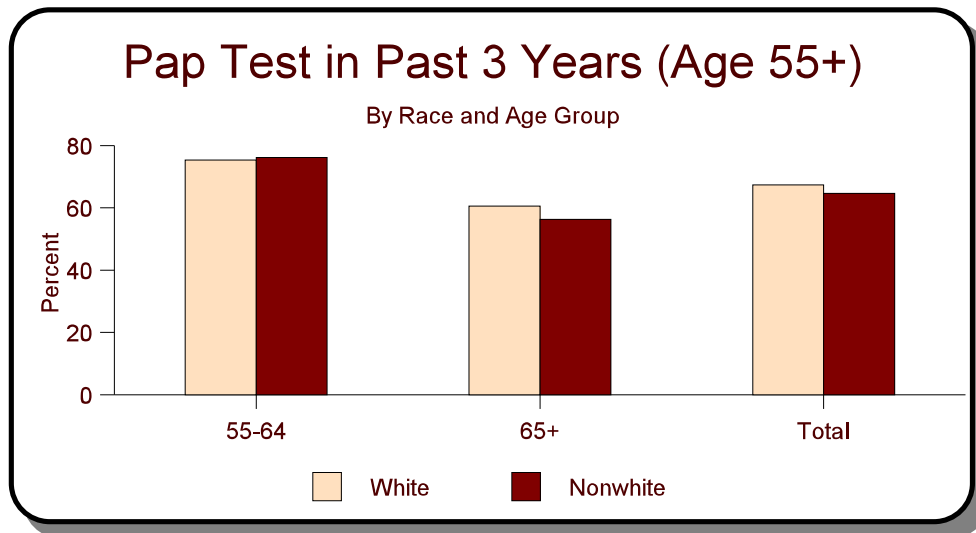


Figure 18

There is a body of evidence to suggest that screening can reduce the number of deaths from cervical cancer. Invasive cervical cancer is preceded in a large proportion of cases by pre-cancerous changes in cervical tissue that can be identified with a Pap test. If

cervical cancer is detected early, the likelihood of survival is almost 100 percent with appropriate treatment and followup. Risk is substantially decreased among former smokers in comparison to continuing smokers.

Year 2010 National Health Objectives

1. Increase to at least 97.0 percent the proportion of women aged 18 and older who have ever received a Pap test.

2005 BRFSS data indicate that 95.6 percent of Mississippi women aged 18 and older have received a Pap test (Table 19). This figure represents a decrease from 96.4 percent reported in 2003 but a slight increase from 94.7 percent in 2004.

2. Increase to at least 90.0 percent the proportion of women aged 18 and older who have received a Pap test within the preceding one to three years.

The 2005 BRFSS data indicate that 82.7 percent of Mississippi women aged 18 and older have received a Pap test within the preceding one to three years which is a decrease from 84.4 percent reported in 2004.

Centers for Disease Control surveys for 2004 show that in the United States 79.4 percent of women aged 18 years or older reported ever having a Pap smear within the preceding three years. In Mississippi, in 2005 the rate of recent Pap screening among women ages 65 and older was substantially lower (59.3 percent).

Table 19: Ever Had Pap Test (Females 18+)

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Age Group						
18-24	55	84.2	51	91.2	106	87.4
25-34	164	99.7	161	95.3	325	97.7
35-44	191	98.5	161	99.0	352	98.7
45-54	224	98.9	138	98.8	364	98.9
55-64	151	98.2	71	94.3	224	96.9
65+	182	94.2	77	90.7	261	93.0
Education						
< High School Graduate	101	89.6	163	91.6	265	90.8
High School Graduate or GED	306	96.1	217	93.5	526	95.0
Some College or Technical School	267	96.4	163	98.8	431	97.3
College Graduate	298	97.4	122	99.0	422	97.9
Income						
< \$15,000	109	94.5	201	92.8	312	93.4
\$15-\$24,999	152	96.9	180	95.0	334	95.8
\$25-\$34,999	122	99.1	67	99.5	189	99.2
\$35-\$49,999	144	95.2	69	100.0	213	96.7
\$50-\$74,999	135	93.8	32	97.6*	168	94.6
\$75,000+	160	99.6	30	94.0*	190	98.7
Employment Status						
Employed	520	98.1	373	97.3	896	97.8
Not Employed	47	100.0*	64	97.0	111	98.3
Student/Homemaker	179	89.9	72	89.5	251	89.8
Retired/Unable to Work	226	95.4	156	93.2	386	94.4
Total	972	95.9	665	95.2	1,644	95.6

¹Unweighted

²Weighted

*Sample size less than 50

Table 20: Had Pap Test in Past Three Years (Females 18+)

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Age Group						
18-24	54	83.0	50	89.2	104	85.8
25-34	142	86.9	153	91.3	295	88.9
35-44	166	85.8	148	92.2	314	88.5
45-54	176	79.1	122	89.5	300	82.8
55-64	118	75.4	55	76.2	175	75.8
65+	116	60.6	50	56.3	168	59.3
Education						
< High School Graduate	59	58.3	125	74.3	185	68.2
High School Graduate or GED	233	78.4	202	89.3	438	83.2
Some College or Technical School	223	83.8	144	90.0	368	86.0
College Graduate	261	86.4	113	91.2	376	87.8
Income						
< \$15,000	71	69.7	168	81.0	241	77.4
\$15-\$24,999	109	76.6	161	86.2	272	82.0
\$25-\$34,999	97	77.5	63	92.1	160	83.1
\$35-\$49,999	124	84.9	63	95.0	187	88.1
\$50-\$74,999	121	83.8	31	89.9*	153	85.1
\$75,000+	150	94.3	28	91.3*	178	93.8
Employment Status						
Employed	445	86.4	340	91.5	788	88.5
Not Employed	35	79.8*	61	94.9	96	88.3
Student/Homemaker	144	76.2	60	77.2	204	76.6
Retired/Unable to Work	152	64.7	123	73.5	279	69.1
Total	776	80.2	584	86.2	1,367	82.7

¹Unweighted

²Weighted

*Sample size less than 50

Immunization

Survey Question: A flu shot is an influenza vaccine injected in your arm. During the past 12 months, have you had a flu shot or have you had a flu vaccine that was sprayed in your nose?

Influenza and pneumonia was the eighth leading cause of death in Mississippi for 2004 producing a death rate of 21.9 per 1,000 population.

The *Healthy People 2010* goal for influenza vaccinations is that 90 percent of the noninstitutionalized people age 65 and older have been vaccinated in the preceding twelve months. The target for persons age 18 to 64 who are noninstitutionalized is 60 percent. Influenza vaccine can prevent the disease and its complications. In the elderly, the vaccine is less effective in disease prevention, but reduces severity of disease and the incidence of complications and death. It is an important intervention to reduce hospitalizations due to complications of influenza. Influenza vaccine is recommended for all persons 65 years of age and older, and for those with chronic health problems which put them at risk for complications.

In the 2005 BRFSS survey, 61.4 percent of the respondents age 65 and older reported they had received the influenza vaccine in the last 12 months. The proportion vaccinated in this age group reflected a marked difference according to race: 67.8 percent of whites reported having been vaccinated compared to only 43.5 percent for nonwhites. In all age groups vaccination rates did not differ according to gender: 28.9 percent of both males and females reported receiving a flu vaccination.

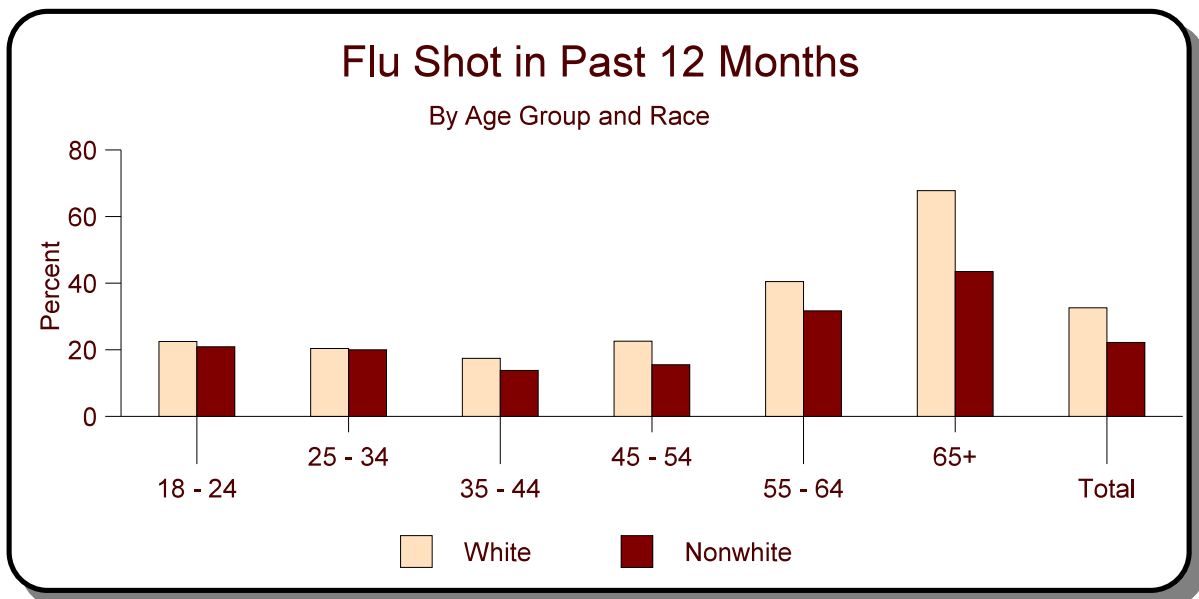


Figure 19

Only 23.9 percent of the respondents said that they had ever received a pneumonia vaccination. Respondents over the age of 65 reported a vaccination rate of 64.3 percent. As was the case with influenza vaccinations there was a marked difference with respect to race: 68.8 percent for whites but only 51.8 percent for nonwhites.

Table 21: Flu Shot in Past 12 Months

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	396	32.1	117	23.1	513	28.9
Female	754	33.2	223	21.4	982	28.9
Age Group						
18-24	24	22.5	22	20.9	46	21.8
25-34	63	20.4	43	20.0	106	20.2
35-44	86	17.4	41	13.8	128	16.2
45-54	146	22.6	56	15.5	203	20.1
55-64	240	40.5	73	31.7	314	38.1
65+	588	67.8	105	43.5	695	61.4
Education						
< High School Graduate	169	32.2	108	25.3	278	28.7
High School Graduate or GED	363	31.0	87	17.4	452	25.7
Some College or Technical School	276	30.1	82	24.9	358	28.3
College Graduate	338	37.2	62	25.6	402	34.6
Income						
< \$15,000	157	37.0	103	22.6	260	28.5
\$15-\$24,999	194	33.4	87	23.9	283	28.8
\$25-\$34,999	116	29.7	37	21.4	153	26.4
\$35-\$49,999	157	32.8	36	23.8	193	30.6
\$50-\$74,999	141	28.8	19	20.4	161	27.4
\$75,000+	159	30.3	13	22.5	172	29.3
Employment Status						
Employed	419	25.5	115	16.3	537	22.4
Not Employed	13	13.7	26	23.1	39	18.9
Student/Homemaker	92	24.6	27	23.5	119	24.3
Retired/Unable to Work	625	56.6	172	34.3	799	48.5
Total	1,150	32.6	340	22.2	1,495	28.9

¹Unweighted

²Weighted

Table 22: No Flu Shot in the Past Twelve Months (Age 65+)

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	186	65.3	37	53.4	223	62.3
Female	402	69.4	68	37.2	472	60.8
Education						
< High School Graduate	112	65.2	46	29.6	159	47.5
High School Graduate or GED	213	66.3	24	59.5*	238	65.4
Some College or Technical School	137	72.4	12	49.6*	149	69.6
College Graduate	123	68.8	23	68.8*	146	68.8
Income						
< \$15,000	97	58.9	36	35.1	133	47.3
\$15-\$24,999	131	72.2	25	43.2	157	64.1
\$25-\$34,999	61	62.4	10	71.2*	71	64.1
\$35-\$49,999	63	66.3	5	55.8*	68	65.2
\$50-\$74,999	37	66.7	4	82.2*	41	68.3
\$75,000+	35	68.7	2	63.2*	37	68.3
Employment Status						
Employed	43	44.6	9	48.3	52	45.4
Not Employed	3	43.1*	1	100.0	4	45.8*
Student/Homemaker	57	71.6	8	55.6	65	68.9
Retired/Unable to Work	485	70.8	87	42.1	574	62.8
Total	588	67.8	105	43.5	695	61.4

¹Unweighted

²Weighted

*Sample size less than 50

Table 23: Ever Had Pneumonia Vaccination

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	339	24.7	124	26.2	464	25.3
Female	643	26.0	183	16.5	829	22.6
Age Group						
18-24	9	9.6	14	16.3	23	12.7
25-34	26	7.8	32	16.8	58	11.6
35-44	54	11.3	27	11.0	82	11.3
45-54	80	13.3	46	15.1	127	14.1
55-64	212	34.1	67	31.1	280	33.2
65+	598	68.8	119	51.8	718	64.3
Education						
< High School Graduate	177	29.7	109	26.1	286	27.8
High School Graduate or GED	338	28.0	93	19.5	433	24.7
Some College or Technical School	235	22.6	59	18.6	295	21.4
College Graduate	227	22.5	46	20.1	274	22.0
Income						
< \$15,000	169	37.3	93	25.1	263	30.4
\$15-\$24,999	200	31.4	86	21.2	288	26.5
\$25-\$34,999	108	25.2	23	15.5	131	21.3
\$35-\$49,999	113	20.8	22	16.9	135	19.8
\$50-\$74,999	90	17.7	16	16.6	106	17.5
\$75,000+	91	17.5	12	20.8	103	17.9
Employment Status						
Employed	237	13.7	89	13.7	328	13.7
Not Employed	18	19.0	23	21.2	42	20.8
Student/Homemaker	75	18.6	19	20.3	94	19.1
Retired/Unable to Work	651	57.8	176	37.3	828	50.3
Total	982	25.4	307	21.1	1,293	23.9

¹Unweighted

²Weighted

Table 24: Never Had Pneumonia Vaccination (Age 65+)

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	188	66.5	35	54.3	223	63.3
Female	410	70.4	84	50.3	495	64.9
Education						
< High School Graduate	116	67.0	56	41.8	172	54.3
High School Graduate or GED	218	68.7	28	68.1	247	68.7
Some College or Technical School	143	72.9	14	59.3	157	71.2
College Graduate	117	66.7	21	63.7	138	66.0
Income						
< \$15,000	105	64.0	43	46.5	148	55.5
\$15-\$24,999	135	73.3	29	53.8	165	67.8
\$25-\$34,999	65	68.1	7	52.2	72	65.1
\$35-\$49,999	64	71.0	4	44.4	68	68.4
\$50-\$74,999	34	61.7	4	77.0	38	63.4
\$75,000+	33	65.7	3	100.0	36	68.4
Employment Status						
Employed	45	48.8	7	39.3	52	46.7
Not Employed	5	77.9	0	0.0	5	62.1
Student/Homemaker	53	69.4	9	62.9	62	68.3
Retired/Unable to Work	495	71.5	103	52.5	599	66.2
Total	598	68.8	119	51.8	718	64.3

¹Unweighted

²Weighted

*Sample size less than 50

Overweight and Obesity

There is no survey question that solicits the respondent to provide his body mass index (BMI) rather it is calculated from the reported height and weight. See the “Definitions” section for the formula.

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, cancer of the endometrium, breast, prostate and colon as well as arthritis. Overweight people may also suffer from social stigmatization, discrimination and low self-esteem.

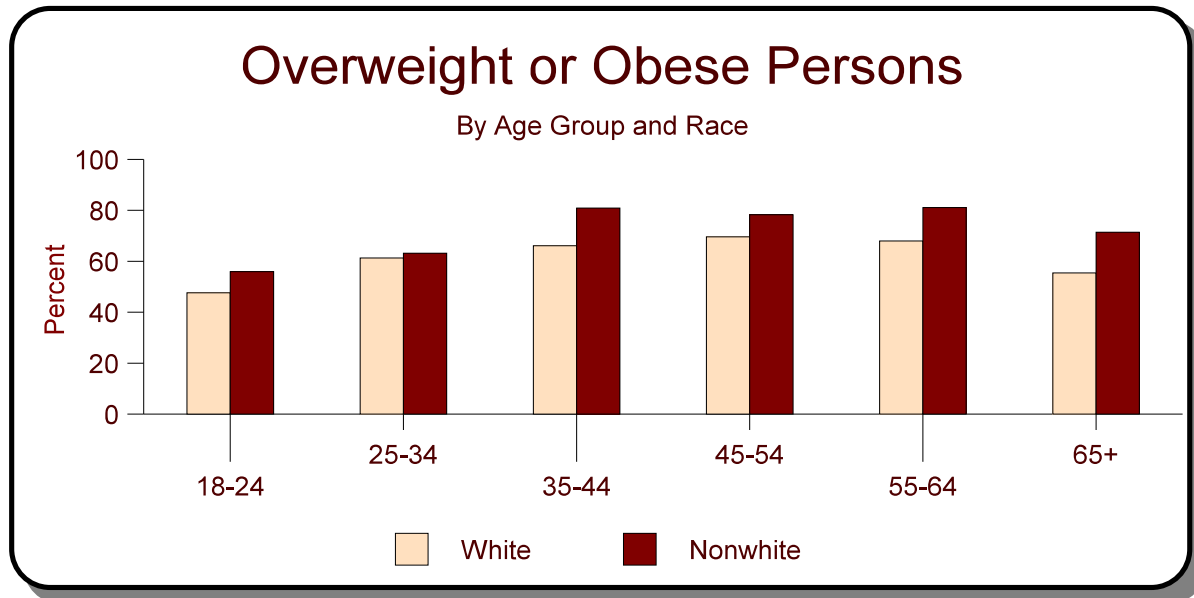


Figure 20

Weight may be controlled by dietary changes such as decreasing caloric intake and by increasing physical activity. According to the 2005 BRFSS study 64.9 percent of those surveyed in Mississippi reported themselves as being either overweight (BMI \geq 25) or obese (BMI \geq 30). The rate for whites was 61.8 percent compared to 70.6 percent for nonwhites (Table 25). In year 2004 the self-reported rate was 62.2 percent and in 2003 it was 60.9 percent.

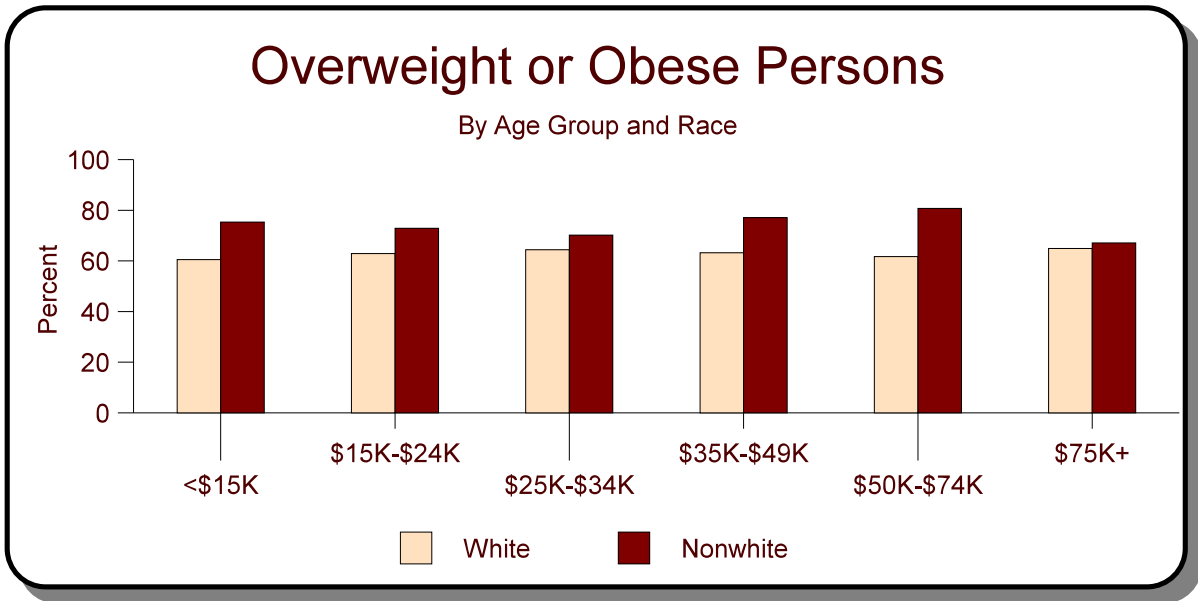


Figure 21

Table 25: People at Risk From Being Overweight or Obese (Based on BMI)

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	767	72.3	295	67.9	1,064	70.8
Female	1,020	52.0	777	73.1	1,803	59.6
Age Group						
18-24	52	47.6	55	55.9	107	51.4
25-34	182	61.3	167	63.2	349	62.0
35-44	275	66.1	235	80.9	510	71.5
45-54	416	69.6	260	78.3	680	72.7
55-64	393	68.0	188	81.1	583	71.6
65+	466	55.4	160	71.4	628	59.6
Education						
< High School Graduate	266	63.0	283	69.9	550	66.5
High School Graduate or GED	582	62.1	379	68.6	964	64.7
Some College or Technical School	471	62.3	242	74.0	717	66.1
College Graduate	466	60.5	168	72.5	634	63.1
Income						
< \$15,000	211	60.5	312	75.3	526	69.3
\$15-\$24,999	296	62.9	300	72.9	598	67.9
\$25-\$34,999	212	64.4	118	70.2	330	66.7
\$35-\$49,999	274	63.2	104	77.1	379	66.7
\$50-\$74,999	254	61.7	63	80.7	317	64.8
\$75,000+	292	64.9	44	67.1	336	65.2
Employment Status						
Employed	945	64.6	565	73.5	1,511	67.6
Not Employed	56	60.6	86	59.1	143	59.9
Student/Homemaker	150	46.6	71	56.7	222	49.9
Retired/Unable to Work	635	62.2	350	74.7	990	66.8
Total	1,787	61.8	1,072	70.6	2,867	64.9

¹Unweighted

²Weighted

Arthritis

Survey Question: Have you ever been told by a doctor or other health professional that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?

The various forms of arthritis affect more than 15 percent of the U.S. population—over 43 million persons—and more than 20 percent of the adult population, making arthritis one of the most common conditions in the United States according to the *Healthy People 2010* publication.

The significant public health impact of arthritis is reflected in a variety of measures. First, arthritis is the leading cause of disability. Arthritis limits the major activities (for example, working, housekeeping, school) of nearly 3 percent of the entire U.S. population (seven million persons), including nearly one out of every five persons with arthritis. Arthritis trails only heart disease as a cause of work disability. As a consequence, arthritis limits the independence of affected persons and disrupts the lives of family members and other care givers.

Health related quality-of-life measures are consistently worse for persons with arthritis, whether the measure is healthy days in the past 30 days, days without severe pain, “ability days” (that is, days without activity limitations), or difficulty in performing personal care activities. One of the national goals for *Healthy People 2010* is to reduce the rate of adults with chronic joint symptoms that limit the activity of a person to 21 percent. In Mississippi, the 2005 BRFSS survey showed that 31.1 percent of the population had been diagnosed with arthritis by a health

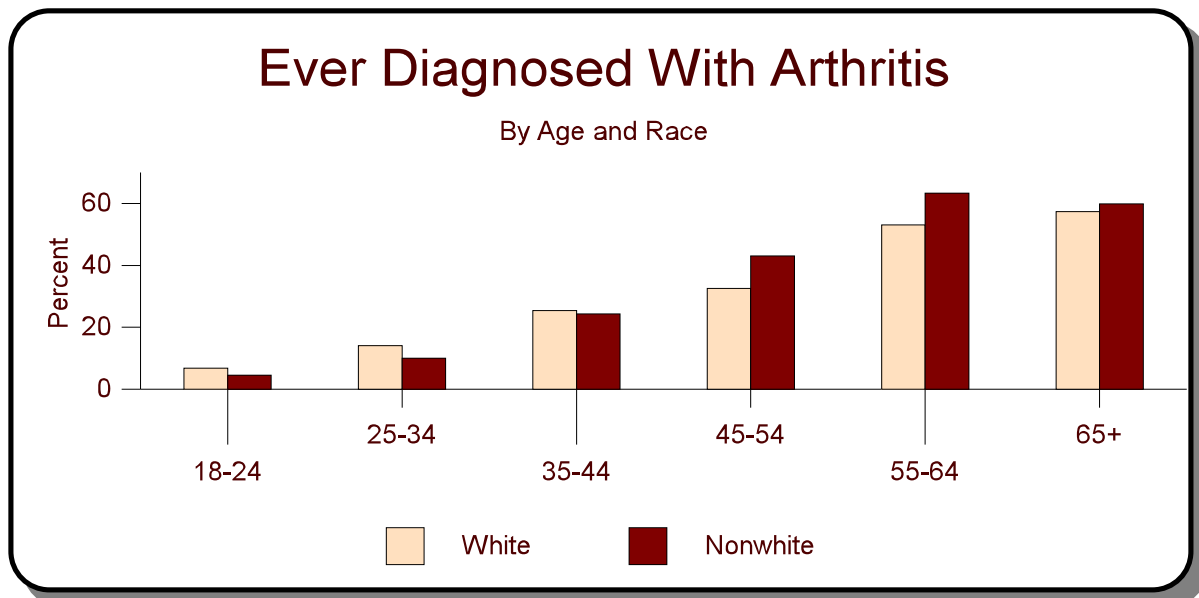


Figure 22

care professional. As noted in the “Definitions of Terms and Risk Factors”, the question in the current report has been amended so that only those who have actually been diagnosed with arthritis by a health care professional are being reported. In 2003, the report included those who had reported pain or stiffness in the joints for at least 30 days during the previous year.

As seen in Figure 22, the proportion increases with age. Respondents over the age of 65 reported being diagnosed with arthritis at a rate of 58.0 percent. There was not an appreciable difference by race with this age group. The rate for whites was 57.4 percent while nonwhites reported a rate of 59.9 percent. Only 5.7 percent of those 18-24 years old reported this condition.

Table 26: Diagnosed with Arthritis

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	375	29.3	141	26.7	518	28.5
Female	821	36.0	399	30.9	1,224	34.1
Age Group						
18-24	7	6.8	6	4.5	13	5.7
25-34	45	14.2	26	10.0	71	12.4
35-44	113	25.4	68	24.3	181	25.0
45-54	211	32.6	152	43.0	366	36.5
55-64	314	53.1	143	63.3	459	56.0
65+	505	57.4	141	59.9	647	58.0
Education						
< High School Graduate	218	40.1	224	44.5	443	42.4
High School Graduate or GED	453	38.9	162	23.4	617	32.9
Some College or Technical School	292	30.3	89	22.5	384	28.1
College Graduate	229	23.8	65	25.7	294	24.2
Income						
< \$15,000	204	51.9	195	39.4	401	44.8
\$15-\$24,999	226	36.1	143	32.5	370	34.3
\$25-\$34,999	136	35.0	54	25.4	190	31.2
\$35-\$49,999	141	26.9	31	18.7	173	24.9
\$50-\$74,999	142	27.8	21	17.7	163	26.2
\$75,000+	128	23.9	15	24.1	143	23.9
Employment Status						
Employed	420	23.7	180	19.5	601	22.3
Not Employed	24	17.8	35	16.3	60	17.5
Student/Homemaker	111	26.6	28	12.9	140	22.4
Retired/Unable to Work	640	59.8	296	61.1	939	60.3
Total	1,196	32.8	540	28.9	1,742	31.4

¹Unweighted

²Weighted

Asthma

Survey Question: Have you ever been told by a doctor, nurse, or other health professional that you had asthma?

According to the U. S. Department of Health and Human Services, *Healthy People 2010* publication, asthma is a serious and growing health problem. An estimated 14.9 million persons in the United States have asthma. The number of people with asthma increased by 102 percent between 1979–80 and 1993–94.

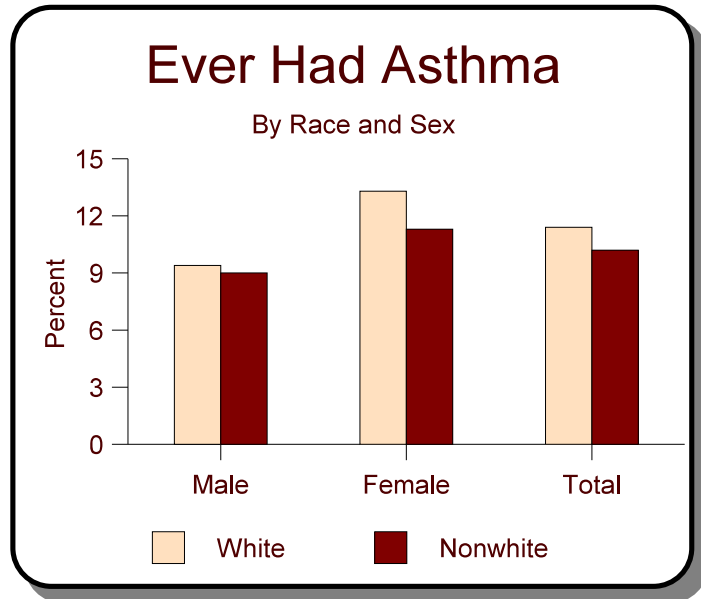


Figure 23

Most of the problems caused by asthma could be averted if persons with asthma and their health care providers managed the disease according to established guidelines. Effective management of asthma comprises four major components: controlling exposure to factors that trigger asthma episodes, adequately managing asthma with medicine, monitoring the disease by using objective measures of lung function and educating asthma patients to become partners in their own care. Such prevention efforts are essential to interrupt the progression from disease to functional

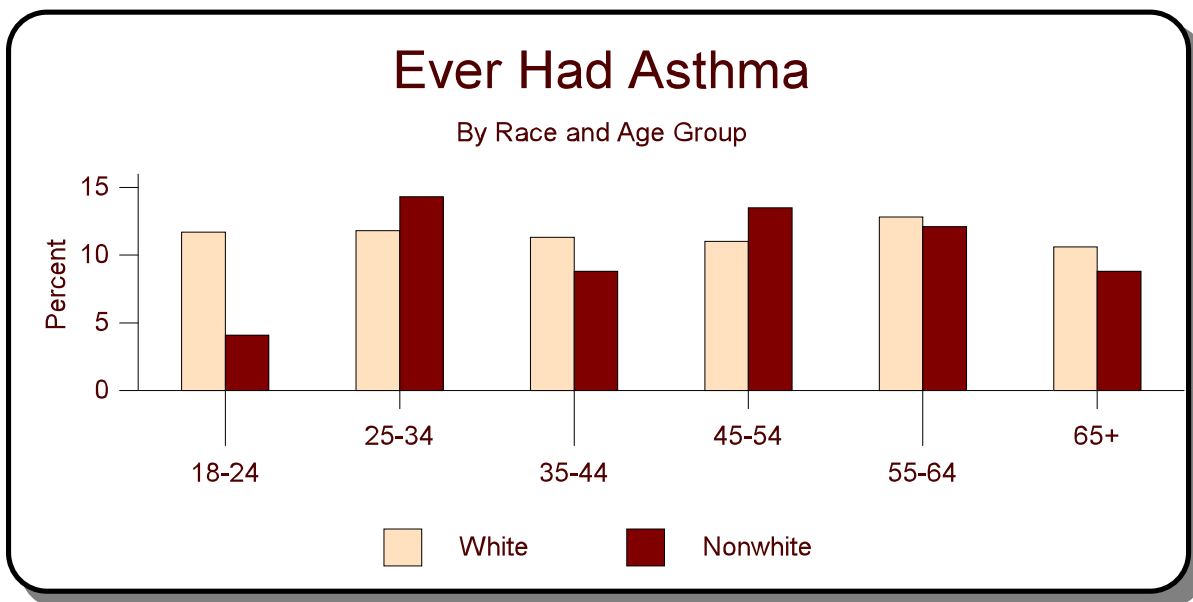


Figure 24

limitation and disability and to improve the quality of life for persons with asthma.

In Mississippi, the 2005 BRFSS survey revealed that 11.0 percent of the respondents said that they had ever had asthma, a minimal increase from 10.9 percent reported in 2004 and 9.2 percent in 2003. The nonwhite rate in 2005 was 10.2 percent compared to 11.4 percent for white respondents. Women of both races reported a higher rate than men (Figure 23).

Table 27: Ever Had Asthma

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	95	9.4	38	9.0	134	9.3
Female	253	13.3	120	11.3	375	12.6
Age Group						
18-24	13	11.7	8	4.1	21	8.2
25-34	37	11.8	31	14.3	68	12.8
35-44	51	11.3	26	8.8	77	10.4
45-54	75	11.0	45	13.5	121	12.1
55-64	81	12.8	27	12.1	109	12.6
65+	91	10.6	19	8.8	110	10.1
Education						
< High School Graduate	71	14.4	47	10.5	118	12.4
High School Graduate or GED	113	12.4	56	10.4	170	11.6
Some College or Technical School	90	11.6	34	10.6	126	11.5
College Graduate	73	8.6	21	8.7	94	8.6
Income						
< \$15,000	63	18.9	50	12.1	114	15.2
\$15-\$24,999	76	17.6	46	12.1	123	14.9
\$25-\$34,999	34	9.7	16	12.5	50	10.9
\$35-\$49,999	38	9.3	9	5.4	47	8.3
\$50-\$74,999	45	11.5	7	10.8	52	11.4
\$75,000+	39	6.8	8	9.8	47	7.2
Employment Status						
Employed	141	9.7	65	9.1	208	9.5
Not Employed	12	13.7	16	9.8	29	12.1
Student/Homemaker	41	12.7	12	8.7	53	11.4
Retired/Unable to Work	154	14.6	65	13.6	219	14.2
Total	348	11.4	158	10.2	509	11.0

¹Unweighted

²Weighted

Table 28: People Who Currently Have Asthma

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	51	4.7	26	6.2	77	5.2
Female	190	9.7	83	7.6	274	8.9
Age Group						
18-24	7	6.0	5	2.3	12	4.3
25-34	21	5.9	22	10.5	43	7.8
35-44	36	8.1	16	5.2	52	7.0
45-54	42	5.6	28	7.5	70	6.2
55-64	64	10.0	24	11.1	89	10.4
65+	71	8.3	12	6.4	83	7.8
Education						
< High School Graduate	61	12.3	36	8.2	97	10.2
High School Graduate or GED	79	7.8	40	7.5	120	7.7
Some College or Technical School	57	6.6	21	5.6	78	6.2
College Graduate	43	4.9	12	5.2	55	4.9
Income						
< \$15,000	50	13.4	38	9.4	88	11.0
\$15-\$24,999	56	12.1	35	9.0	92	10.6
\$25-\$34,999	26	7.5	10	7.8	36	7.6
\$35-\$49,999	16	3.3	3	2.0	19	2.9
\$50-\$74,999	23	6.2	4	4.5	27	5.9
\$75,000+	25	3.9	4	3.6	29	3.8
Employment Status						
Employed	79	5.0	39	5.2	119	5.1
Not Employed	10	12.5	9	5.9	19	8.6
Student/Homemaker	30	8.5	8	6.4	38	7.8
Retired/Unable to Work	122	11.4	53	11.3	175	11.3
Total	241	7.3	109	6.9	351	7.2

¹Unweighted

²Weighted

Exercise and Physical Activity

On average, physically active people outlive those who are inactive. Regular physical activity helps to maintain the functional independence of older adults and enhances the quality of life for people of all ages. The role of physical activity in preventing coronary heart disease (CHD) is of particular importance, given that CHD is the leading cause of death and disability in the United States and in Mississippi. Physically inactive people are almost twice as likely to develop CHD as persons who engage in regular physical activity. The risk posed by physical inactivity is almost as high as several well-known CHD risk factors such as cigarette smoking, high blood pressure and high blood cholesterol. Physical inactivity is more prevalent than any of these other risk factors.

Regular physical activity is important for people who have joint or bone problems and has been shown to improve muscle function, cardiovascular function, and physical performance. People with osteoporosis may respond positively to regular physical activity, particularly weight bearing activities

such as walking and especially when combined with appropriate drug therapy and calcium intake.

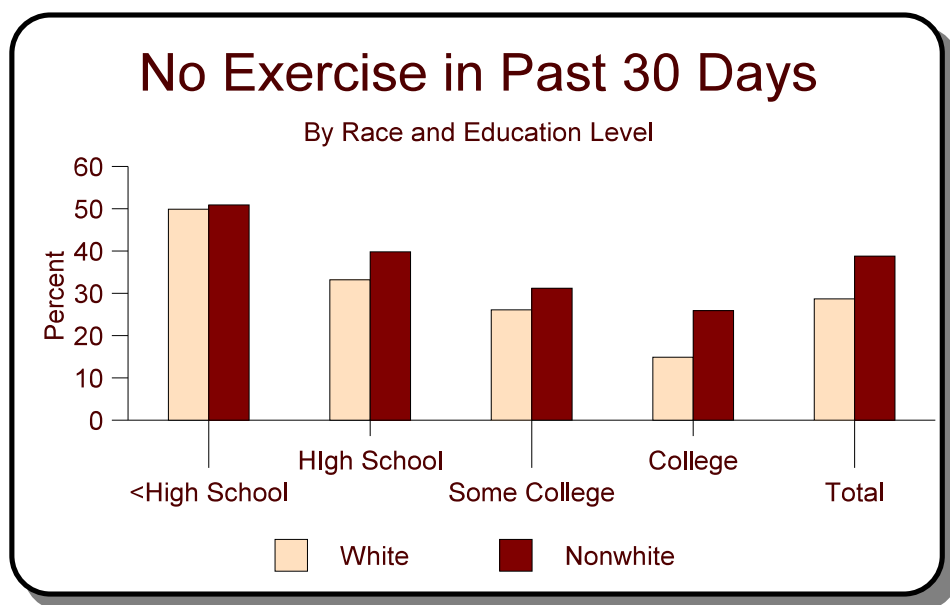


Figure 25

In Mississippi, 32.4 percent of the population is reported as not participating in any physical activity outside of work in the past 30 days. People with less education (Figure 25) and in lower income levels (Figure 26) and reported the highest percentage of physical inactivity.

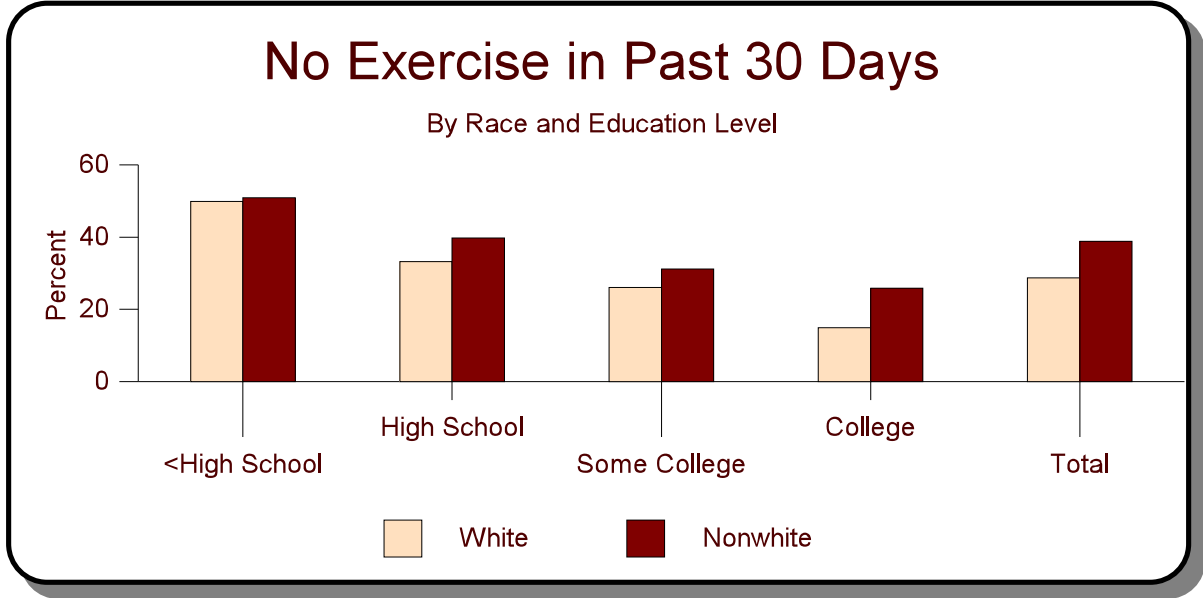


Figure 26

Table 29: People Who Are Physically Inactive

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	122	10.0	63	14.9	186	11.8
Female	284	12.7	214	19.8	501	15.3
Age Group						
18-24	9	6.4	16	16.9	25	11.3
25-34	15	4.7	41	17.1	56	9.9
35-44	40	9.1	38	10.8	79	9.8
45-54	81	12.1	61	17.3	143	14.0
55-64	75	12.2	52	21.9	128	14.9
65+	184	21.2	68	26.5	252	22.5
Education						
< High School Graduate	119	25.1	111	26.2	230	25.7
High School Graduate or GED	130	11.9	88	16.8	219	13.8
Some College or Technical School	89	9.0	54	12.8	145	10.3
College Graduate	66	6.2	24	11.0	91	7.4
Income						
< \$15,000	83	20.9	91	21.9	175	21.5
\$15-\$24,999	89	16.8	74	18.0	163	17.4
\$25-\$34,999	36	11.3	23	13.8	59	12.3
\$35-\$49,999	40	7.6	22	15.9	62	9.7
\$50-\$74,999	38	6.7	7	8.0	45	6.9
\$75,000+	26	4.3	9	12.4	35	5.3
Employment Status						
Employed	134	7.6	106	13.7	242	9.7
Not Employed	11	11.4	20	18.9	31	15.6
Student/Homemaker	29	7.6	15	10.1	44	8.4
Retired/Unable to Work	232	22.2	135	28.0	369	24.4
Total	406	11.4	277	17.5	687	13.6

¹Unweighted

²Weighted

Table 30: Do Not Meet Moderate Physical Activity Recommendations

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	661	61.4	291	69.4	954	64.3
Female	1,248	63.3	739	72.0	1,997	66.5
Age Group						
18-24	71	59.9	67	66.8	138	63.1
25-34	189	55.2	172	70.7	361	61.7
35-44	281	63.5	202	69.6	484	65.8
45-54	398	63.8	233	72.0	635	66.7
55-64	387	64.7	177	75.7	566	67.8
65+	577	65.9	170	72.7	750	67.7
Education						
< High School Graduate	291	64.9	309	77.8	602	71.5
High School Graduate or GED	593	58.9	345	68.8	941	62.8
Some College or Technical School	494	63.1	227	69.3	725	65.1
College Graduate	527	64.8	149	66.1	679	65.1
Income						
< \$15,000	248	66.8	296	69.5	547	68.5
\$15-\$24,999	311	60.3	285	72.8	598	66.5
\$25-\$34,999	213	65.2	111	69.8	324	67.0
\$35-\$49,999	258	57.8	92	70.5	350	60.9
\$50-\$74,999	271	63.9	59	71.2	331	65.1
\$75,000+	302	63.8	43	62.0	345	63.6
Employment Status						
Employed	969	62.4	526	68.8	1,500	64.6
Not Employed	57	53.4	82	71.3	141	64.0
Student/Homemaker	185	58.3	79	73.4	264	63.0
Retired/Unable to Work	697	65.7	342	74.0	1,044	68.8
Total	1,909	62.4	1,030	70.8	2,951	65.4

¹Unweighted

²Weighted

Table 31: Do Not Meet Vigorous Physical Activity Recommendations

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	776	67.9	307	65.4	1,085	67.1
Female	1,602	81.0	869	83.2	2,480	81.8
Age Group						
18-24	77	62.2	65	52.0	142	57.5
25-34	215	63.7	191	76.4	406	69.1
35-44	325	72.8	230	77.6	556	74.6
45-54	502	77.9	274	81.5	780	79.2
55-64	499	81.7	205	86.3	705	82.9
65+	753	85.8	203	85.9	959	85.9
Education						
< High School Graduate	363	81.8	348	81.5	713	81.7
High School Graduate or GED	790	75.8	406	74.3	1,198	75.2
Some College or Technical School	611	73.7	248	68.0	864	72.0
College Graduate	608	70.7	173	74.7	783	71.6
Income						
< \$15,000	316	82.3	349	83.1	668	82.9
\$15-\$24,999	403	76.6	329	79.7	733	78.1
\$25-\$34,999	281	76.6	135	80.1	416	78.0
\$35-\$49,999	331	70.0	94	65.2	426	68.9
\$50-\$74,999	305	69.6	63	72.3	368	70.0
\$75,000+	350	72.2	45	68.6	395	71.8
Employment Status						
Employed	1,116	68.8	583	71.7	1,702	69.8
Not Employed	82	77.2	95	69.7	179	73.1
Student/Homemaker	243	75.4	88	66.3	332	72.5
Retired/Unable to Work	936	88.0	409	87.3	1,350	87.8
Total	2,378	74.7	1,176	74.9	3,565	74.8

¹Unweighted

²Weighted

Table 32: No Exercise During Past 30 Days

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	299	25.4	152	33.9	453	28.5
Female	656	31.8	458	43.1	1,119	35.9
Age Group						
18-24	28	21.4	40	32.0	68	26.3
25-34	56	17.0	95	37.2	151	25.6
35-44	121	27.7	110	34.9	232	30.5
45-54	201	31.0	146	45.0	350	36.1
55-64	207	33.8	104	43.7	313	36.6
65+	340	38.4	112	46.3	452	40.4
Education						
< High School Graduate	232	49.9	207	50.9	439	50.4
High School Graduate or GED	342	33.2	220	39.8	564	35.8
Some College or Technical School	228	26.1	118	31.2	350	28.0
College Graduate	149	14.9	64	25.9	214	17.5
Income						
< \$15,000	187	50.2	199	45.0	389	47.4
\$15-\$24,999	187	36.7	164	40.8	352	38.7
\$25-\$34,999	112	32.6	68	40.4	180	35.7
\$35-\$49,999	109	21.4	47	33.5	156	24.4
\$50-\$74,999	101	20.6	20	25.7	121	21.4
\$75,000+	72	14.2	19	33.1	91	16.6
Employment Status						
Employed	387	23.0	283	35.2	673	27.2
Not Employed	34	34.0	46	33.6	81	34.1
Student/Homemaker	86	26.8	47	35.8	133	29.6
Retired/Unable to Work	448	42.4	232	50.0	683	45.2
Total	955	28.7	610	38.8	1,572	32.4

¹Unweighted

²Weighted

Disability

Survey Question: Are you limited in any way in any activities because of physical, mental, or emotional problems?

Traditionally, the health status of persons with disabilities has been associated with

medical care, rehabilitation services and long-term care financing according to *Healthy People 2010*. A number of health care professionals believe that these are misconceptions resulting in a lack of emphasis on health promotion that target people with disabilities and has led to an increase in secondary conditions such as social, emotional, family and community problems.

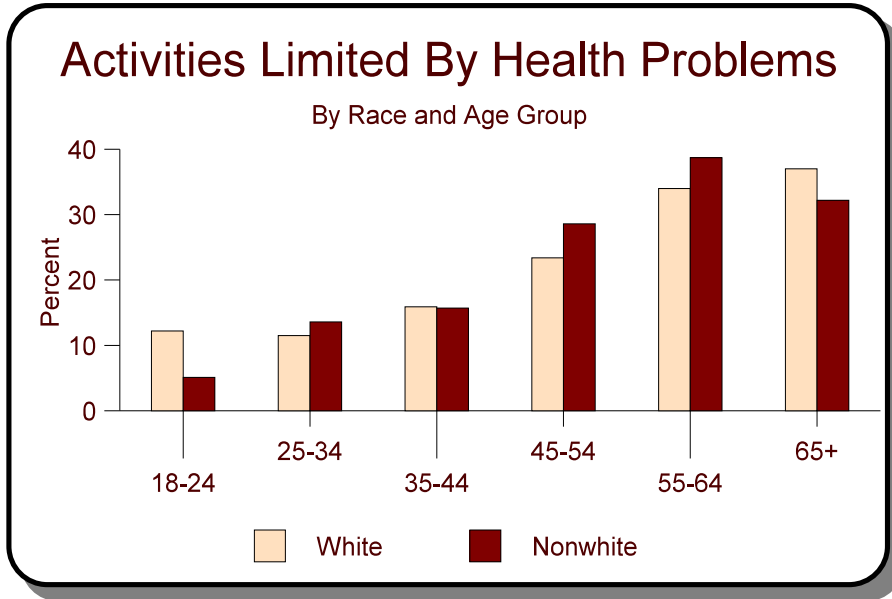


Figure 27

According to the Centers for Disease Control and Prevention (CDC), people who have activity limitations report having had more days of pain, depression, anxiety, and sleeplessness and fewer days of vitality during the previous month than people not reporting activity limitations. In view of the increased rates of disability, it is important to target

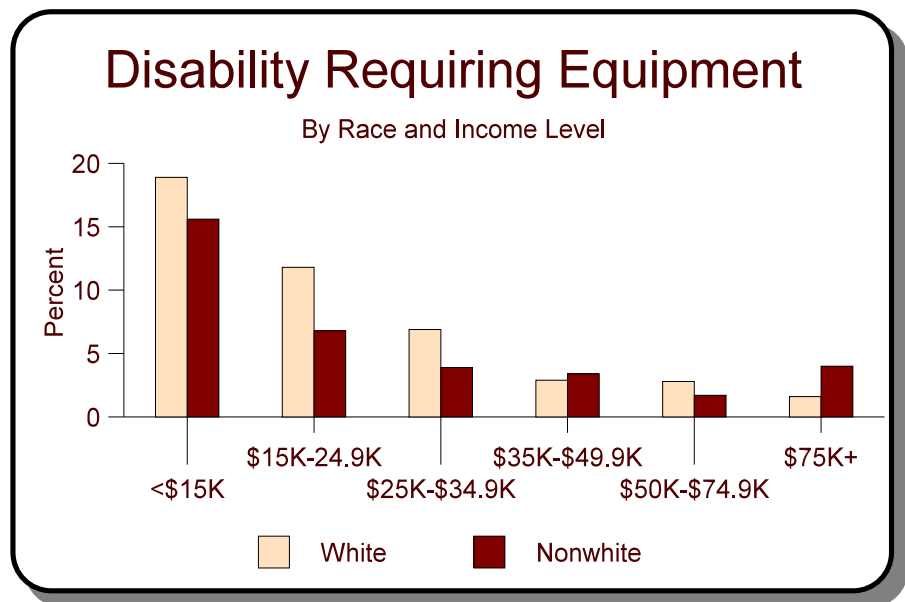


Figure 28

activities and services that address all aspects of health and well-being, as well as providing access to medical care. For an older person with a disability, it is important to target conditions that may threaten their well-being.

There are few data systems that identify those with disabilities as a sub-population. Despite the paucity of data, some disparities between people with and without disabilities have been noted. These disparities include excess weight, reduced physical activity, increased stress, and less frequent mammograms for women over age 55 years with disabilities.

It was noted in *Healthy People 2000* that persons with disabilities have increased health concerns and susceptibility to secondary conditions. People who have activity limitations report having had more days of pain, depression, anxiety, and sleeplessness and fewer days of vitality during the previous month than people not reporting activity limitations.

In the 2005 BRFSS survey, 21.8 percent of Mississippians reported that their activities were limited because of health problems compared to 23.4 percent in 2004. White respondents reported a rate of 22.9 percent down from 24.9 in 2004 while nonwhites reported a rate of 19.7 percent a decrease from 20.5 in 2004. Figure 27 reflects the fact that these limitations increase with age for both races. People over the age of 65 report a rate of 35.7 percent (37.0 for whites and 32.2 for nonwhites) but the 18-24 age group had a rate of only 8.9 percent (12.2 for white and 5.1 for nonwhites).

Only 7.5 percent of the population have health problems that require special equipment such as a wheelchair, special bed, cane or special telephone. Figure 28 shows that those with lower incomes tend to require special equipment for health problems.

Table 33: Activities Limited Because of Health Problems

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	255	20.9	120	22.5	377	21.6
Female	569	24.7	218	17.4	790	22.0
Age Group						
18-24	10	12.2	5	5.1	15	8.9
25-34	40	11.5	32	13.6	72	12.4
35-44	73	15.9	40	15.7	114	15.9
45-54	160	23.4	98	28.6	262	25.6
55-64	211	34.0	84	38.7	295	35.2
65+	327	37.0	77	32.2	404	35.7
Education						
< High School Graduate	180	34.7	144	29.6	324	32.0
High School Graduate or GED	298	26.6	95	16.8	393	22.7
Some College or Technical School	191	19.5	64	15.9	258	18.6
College Graduate	152	15.5	35	16.0	189	15.7
Income						
< \$15,000	185	46.4	153	34.0	340	39.4
\$15-\$24,999	177	31.0	75	17.9	252	24.5
\$25-\$34,999	85	20.1	25	14.6	110	17.9
\$35-\$49,999	81	14.6	16	13.4	97	14.3
\$50-\$74,999	72	15.6	6	7.4	79	14.3
\$75,000+	56	10.3	6	9.2	62	10.2
Employment Status						
Employed	191	11.7	77	9.5	270	11.0
Not Employed	38	29.6	23	14.2	62	21.3
Student/Homemaker	73	18.8	16	7.4	89	15.2
Retired/Unable to Work	521	50.4	222	49.2	745	50.0
Total	824	22.9	338	19.7	1,167	21.8

¹Unweighted

²Weighted

Table 34: Health Problems Requiring Special Equipment

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	83	5.8	47	7.9	131	6.6
Female	204	8.3	112	8.3	319	8.3
Age Group						
18-24	1	1.0	1	0.8	2	0.9
25-34	7	2.2	5	2.7	12	2.4
35-44	17	4.2	11	3.8	28	4.1
45-54	39	5.6	33	10.5	74	7.5
55-64	67	10.0	35	14.7	103	11.4
65+	154	17.1	73	27.2	228	19.8
Education						
< High School Graduate	83	14.1	86	15.1	170	14.6
High School Graduate or GED	98	7.5	36	6.0	135	6.9
Some College or Technical School	54	5.2	24	5.9	80	5.6
College Graduate	51	5.0	13	4.7	64	4.9
Income						
< \$15,000	84	18.9	74	15.6	160	17.0
\$15-\$24,999	72	11.8	30	6.8	102	9.3
\$25-\$34,999	27	6.9	9	3.9	36	5.7
\$35-\$49,999	15	2.9	5	3.4	20	3.0
\$50-\$74,999	14	2.8	2	1.7	16	2.6
\$75,000+	8	1.6	2	4.0	10	1.9
Employment Status						
Employed	34	1.9	18	2.1	52	2.0
Not Employed	5	2.1	8	2.9	14	2.7
Student/Homemaker	27	7.2	10	5.0	37	6.5
Retired/Unable to Work	221	20.3	123	24.6	347	22.0
Total	287	7.1	159	8.1	450	7.5

¹Unweighted

²Weighted

HIV/AIDS

Survey Questions: Have you EVER been tested for HIV?

Acquired Immunodeficiency Syndrome (AIDS) received designation as a legally reportable disease in July 1983. By 1990, AIDS had become the tenth leading cause of death in

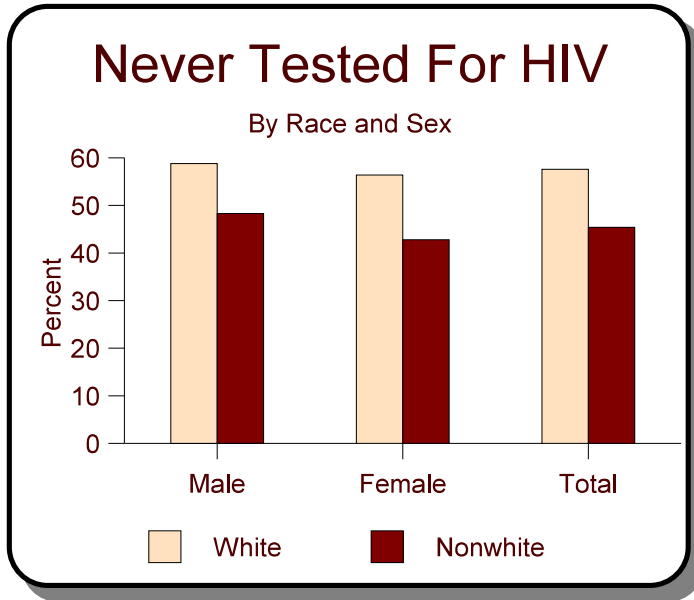


Figure 29

the United States. Individuals engaging in certain risky behaviors have greater risk of contracting AIDS. These behaviors include sharing needles and/or syringes, having unprotected sex (anal, oral or vaginal), having multiple sex partners, having a history of sexually transmitted diseases, abusing intravenous drugs and having sex with a person engaged in one of these risky behaviors. There were 607 new cases of HIV (with or without AIDS) in 2004 representing a 34.3 percent increase from 452 cases in 2003.

AIDS is a life threatening condition representing the later stages of infection with the human

immuno-deficiency virus (HIV). Infection with HIV results in slow, progressive damage to the immune system and certain other organ systems. As the immune system weakens, certain opportunistic infections and cancers not normally seen in healthy individuals result in severe and frequently fatal illness. Between 800,000 and 900,000 persons in the United States are estimated to be infected with HIV, and many are unaware that they have the virus.

Questions about HIV and AIDS were only asked of those

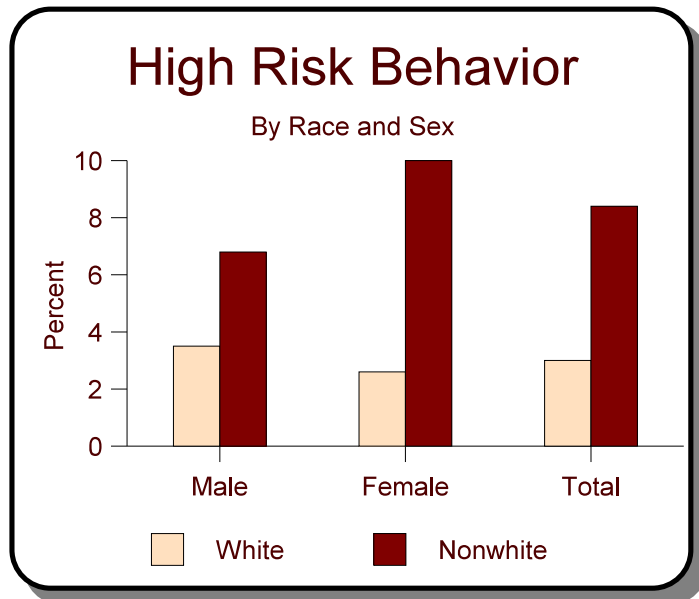


Figure 30

persons between the ages of 18 and 64. One of the questions was whether the respondent had ever been tested for the AIDS virus. In 2005, more than fifty percent (52.9) of the respondents reported that they had never been tested.

White respondents were more likely to have never been tested than nonwhites: 57.6 percent to 45.4. The rate for nonwhite males who have never been tested was 48.3 percent and for nonwhite females it was 42.8 percent. The rate for white respondents who have never been tested was 58.8 percent for males and 56.4 percent for females (Figure 29 and Table 35).

Table 35: Never Tested for HIV Other than Blood Donation (Age 18-64)

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	469	58.8	185	48.3	654	54.8
Female	778	56.4	399	42.8	1,180	51.1
Age Group						
18-24	59	52.7	35	34.5	94	44.3
25-34	132	42.5	72	32.3	204	38.2
35-44	223	53.5	130	43.7	353	49.8
45-54	400	66.6	184	61.5	585	64.5
55-64	433	71.9	163	70.0	598	71.5
Education						
< High School Graduate	157	63.0	141	56.9	298	59.8
High School Graduate or GED	403	61.4	227	44.6	632	54.1
Some College or Technical School	318	53.7	133	41.4	452	49.3
College Graduate	367	54.6	82	36.6	449	50.4
Income						
< \$15,000	102	48.1	150	45.8	253	46.5
\$15-\$24,999	177	53.5	177	50.8	355	52.1
\$25-\$34,999	151	60.2	72	43.4	223	52.9
\$35-\$49,999	207	56.6	61	44.5	269	53.5
\$50-\$74,999	205	56.3	32	40.7	237	53.7
\$75,000+	260	61.3	19	29.3	279	57.1
Employment Status						
Employed	843	58.3	341	44.5	1,185	53.6
Not Employed	46	49.7	47	38.6	93	42.9
Student/Homemaker	134	55.2	40	38.4	175	49.5
Retired/Unable to Work	223	58.8	154	57.8	378	58.2
Total	1,247	57.6	584	45.4	1,834	52.9

¹Unweighted

²Weighted

Table 36: Participated in High Risk Behavior During Past Year

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	22	3.5	21	6.8	43	4.7
Female	27	2.6	57	9.8	84	5.4
Age Group						
18-24	5	6.1	15	14.6	20	10.0
25-34	15	4.0	27	9.3	42	6.3
35-44	11	2.9	18	8.4	29	4.9
45-54	13	2.0	11	3.5	24	2.5
55-64	5	0.6	7	2.8	12	1.2
Education						
< High School Graduate	15	7.8	21	6.9	36	7.3
High School Graduate or GED	13	3.3	34	10.1	47	6.2
Some College or Technical School	11	1.7	17	7.6	28	3.7
College Graduate	10	1.9	6	6.8	16	3.0
Income						
< \$15,000	7	3.1	30	11.8	37	8.4
\$15-\$24,999	3	1.7	27	10.2	30	6.3
\$25-\$34,999	8	3.0	5	6.1	13	4.4
\$35-\$49,999	11	7.0	4	6.6	15	6.9
\$50-\$74,999	4	0.9	1	3.0	5	1.3
\$75,000+	10	2.5	2	5.4	12	2.8
Employment Status						
Employed	28	2.5	42	7.3	70	4.1
Not Employed	8	13.2	11	9.4	19	10.9
Student/Homemaker	7	3.0	11	16.7	18	7.6
Retired/Unable to Work	6	1.7	14	6.7	20	3.9
Total	49	3.0	78	8.4	127	5.0

¹Unweighted

²Weighted

Fruits and Vegetables

Survey Question: There is no single question that elicits this information from a respondent. Rather the data is determined from a set of six questions that relate to the eating patterns of the respondent.

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.

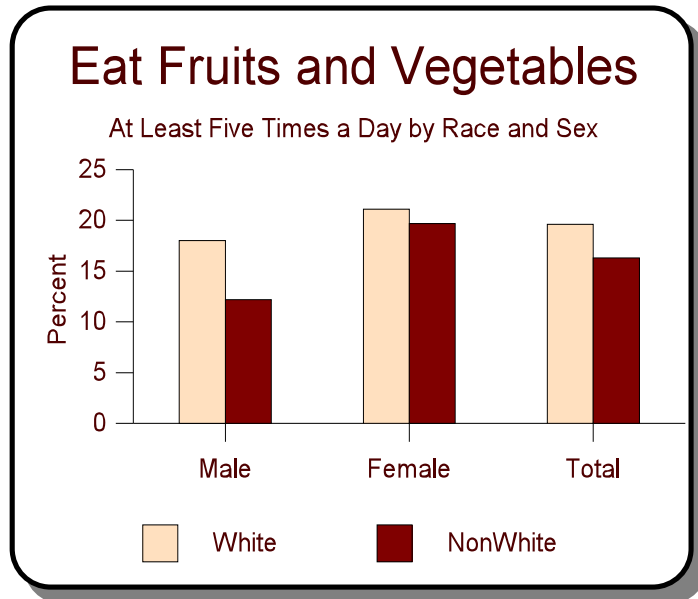


Figure 31

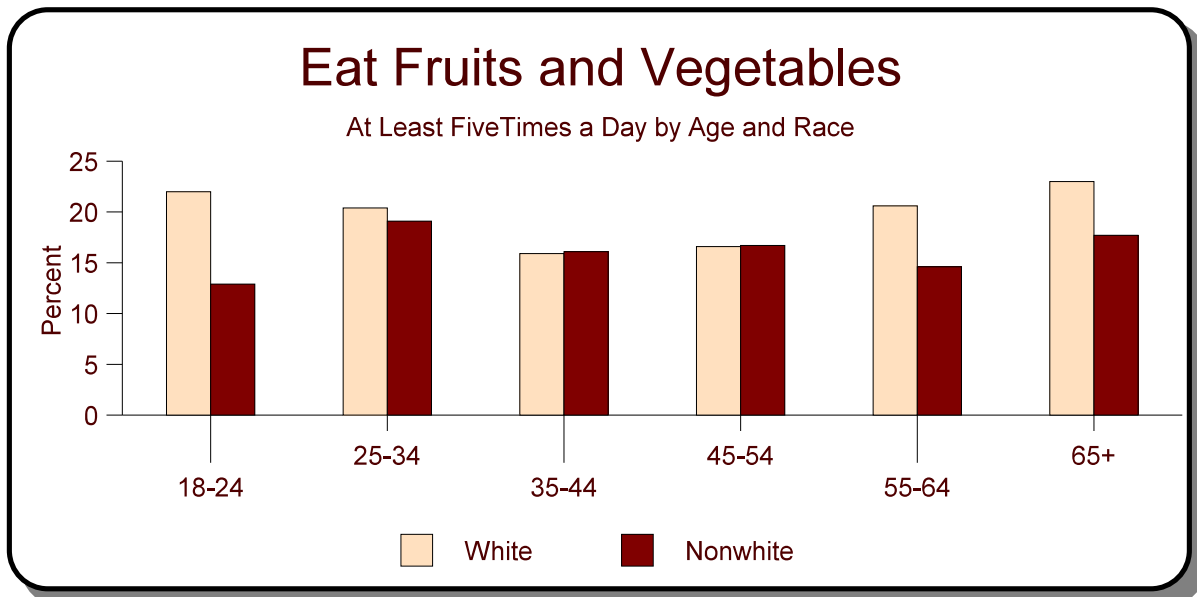


Figure 32

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.

Based on the 2005 BRFSS Survey only 18.4 percent of the people in Mississippi reported that they consumed fruits and vegetables as much as five times per day. This represents an increase from 17.9 percent reported in 2004 but a decrease from 19.2 percent reported in the year 2002.

As noted in Figure 31 white females reported the highest rate of fruit and vegetables consumption at 21.1 percent. Next were nonwhite females at 19.7 percent which followed by white males at 18.0 percent. Nonwhite males were the lowest at 12.3 percent.

Table 37: People Who Eat Five or More Servings of Fruits or Vegetables Per Day

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	185	18.0	52	12.3	237	15.9
Female	411	21.1	213	19.7	627	20.6
Age Group						
18-24	24	22.0	16	12.9	40	17.8
25-34	67	20.4	56	19.1	124	19.9
35-44	73	15.9	56	16.1	129	15.9
45-54	106	16.6	64	16.7	171	16.6
55-64	120	20.6	37	14.6	157	18.9
65+	205	23.0	34	17.7	239	21.5
Education						
< High School Graduate	67	17.1	49	11.2	116	14.1
High School Graduate or GED	171	17.0	81	14.5	252	16.0
Some College or Technical School	143	17.8	63	18.5	207	18.0
College Graduate	214	25.8	72	26.6	287	26.0
Income						
< \$15,000	68	18.9	70	15.7	138	16.9
\$15-\$24,999	81	18.1	60	14.4	141	16.2
\$25-\$34,999	65	16.8	26	13.6	91	15.5
\$35-\$49,999	98	22.3	31	20.0	130	21.8
\$50-\$74,999	73	17.7	23	21.4	96	18.3
\$75,000+	119	24.0	12	17.0	131	23.1
Employment Status						
Employed	292	20.1	146	16.8	439	18.9
Not Employed	20	17.7	19	16.0	39	16.6
Student/Homemaker	71	17.8	25	15.7	97	17.3
Retired/Unable to Work	212	19.5	75	15.4	287	17.9
Total	596	19.6	265	16.2	864	18.4

¹Unweighted

²Weighted

Alcohol Consumption

Survey Question: Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks on an occasion?

Excessive drinking has consequences for virtually every part of the human body. The wide range of alcohol-induced disorders is due, among other factors, to differences in the amount, duration, and patterns of alcohol consumption, as well as differences in genetic vulnerability to particular alcohol related consequences.

Alcohol use has been linked with a substantial proportion of injuries and deaths from motor vehicle crashes, falls, fires and drowning. It also is a factor in homicide, suicide, marital violence and child abuse and has been associated with high risk sexual behavior. Persons who drink even relatively small amounts of alcoholic beverages may contribute to alcohol-related death and injury in occupational incidents especially if they drink before operating a vehicle. In 1998, alcohol use was associated with 38 percent of all motor vehicle crash fatalities, a significantly lower percentage than in the 1980's.

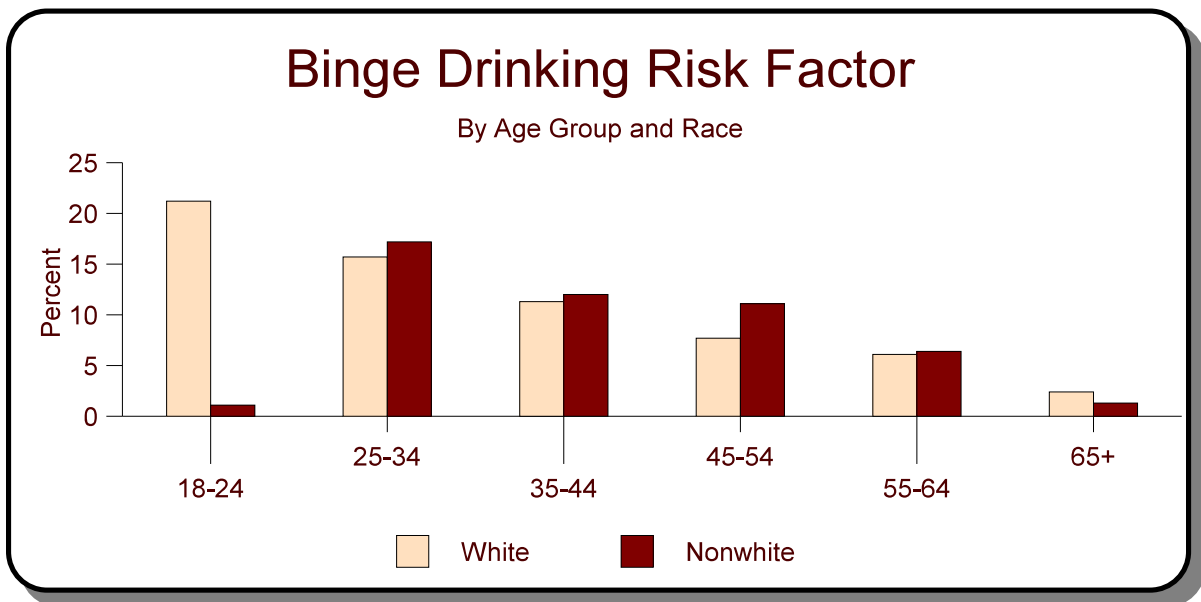


Figure 33

Historically the BRFSS Survey has revealed that the group with the highest rate of binge drinking has been white males in the 18-24 age category. Since 1999 when the rate of binge drinking for this group was reported to be 33.5 percent, the survey has shown a decline within this age segment. The question was not on the 2000 or 2001 survey but in 2002 the rate was 24.0 percent, in 2003 it was 26.7 and in 2004 it was 24.5. Males were four times more likely to

indulge in binge drinking than females. Only 4.7 percent of female respondents said they had five or more drinks on one occasion during the last thirty days compared to 15.3 percent for males.

Table 38: At Risk for Binge Drinking

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	132	15.4	62	14.8	195	15.3
Female	71	5.2	41	3.7	113	4.7
Age Group						
18-24	21	21.2	2	1.1	23	11.9
25-34	44	15.7	32	17.2	76	16.4
35-44	48	11.3	30	12.0	79	11.7
45-54	40	7.7	24	11.1	65	9.1
55-64	33	6.1	12	6.4	45	6.2
65+	17	2.4	3	1.3	20	2.1
Education						
< High School Graduate	23	8.5	30	8.1	53	8.3
High School Graduate or GED	68	12.3	44	11.3	112	11.9
Some College or Technical School	56	9.4	21	7.8	78	9.1
College Graduate	56	8.9	8	5.4	65	8.2
Income						
< \$15,000	15	3.4	23	6.3	39	5.4
\$15-\$24,999	27	10.1	33	10.5	60	10.3
\$25-\$34,999	25	10.5	15	13.8	40	11.8
\$35-\$49,999	33	11.5	10	10.2	43	11.2
\$50-\$74,999	37	13.6	10	12.9	47	13.4
\$75,000+	47	12.9	4	7.9	51	12.3
Employment Status						
Employed	139	12.3	68	11.1	208	11.9
Not Employed	12	22.2	14	13.7	27	17.9
Student/Homemaker	21	7.7	3	1.9	24	5.9
Retired/Unable to Work	31	3.9	18	4.9	49	4.2
Total	203	10.1	103	8.9	308	9.7

¹Unweighted

²Weighted

Table 39: At Risk for Heavy Drinking

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	43	4.3	23	5.3	66	4.6
Female	54	3.3	19	1.4	74	2.7
Age Group						
18-24	9	8.0	1	0.4	10	4.5
25-34	9	2.5	11	5.5	20	3.8
35-44	23	4.4	11	4.6	35	4.6
45-54	21	3.0	10	4.0	31	3.3
55-64	18	3.0	5	2.1	23	2.8
65+	17	2.9	3	1.4	20	2.5
Education						
< High School Graduate	7	1.7	15	4.0	22	2.9
High School Graduate or GED	31	4.4	13	2.8	44	3.8
Some College or Technical School	34	4.5	8	2.8	42	4.0
College Graduate	25	3.4	6	3.7	32	3.6
Income						
< \$15,000	7	1.5	12	3.7	19	2.8
\$15-\$24,999	14	3.0	12	3.2	26	3.1
\$25-\$34,999	9	2.4	6	4.5	15	3.3
\$35-\$49,999	17	5.0	5	5.8	22	5.2
\$50-\$74,999	19	5.2	3	3.9	22	5.0
\$75,000+	23	5.5	1	2.2	24	5.0
Employment Status						
Employed	62	4.5	30	4.6	93	4.6
Not Employed	3	2.4	3	3.0	6	2.7
Student/Homemaker	9	3.0	2	0.8	11	2.3
Retired/Unable to Work	23	2.6	7	1.4	30	2.2
Total	97	3.8	42	3.3	140	3.6

¹Unweighted

²Weighted

Oral Health

Survey Questions:

How long has it been since you last visited a dentist or a dental clinic for any reason?

How many of your permanent teeth have been removed because of tooth decay or gum disease?

How long has it been since you had your teeth cleaned by a dentist or dental hygienist?

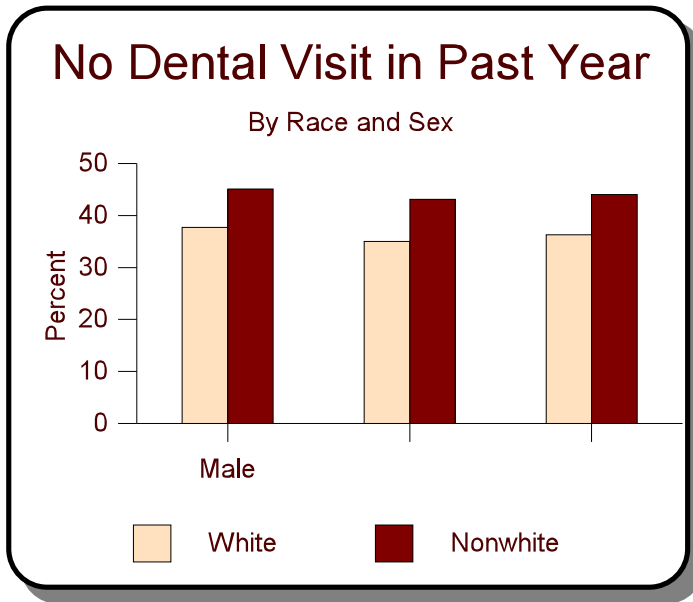


Figure 34

Oral health is an essential and integral component of health throughout life. According *Healthy People 2010*, poor oral health and untreated oral diseases and conditions can have a significant impact on quality of life. Millions of people in the United States are at high risk for oral health problems. Oral and facial pain affects a substantial proportion of the general population.

A full dentition is defined as having 28 natural teeth, exclusive of third molars and teeth removed for orthodontic treatment or as a result of trauma. Most persons can keep

their teeth for life with optimal personal, professional and preventive practices.

Early tooth loss has been shown to be a predictor of eventual edentulism. As teeth are lost, the ability to chew and speak decreases along with the ability to function properly socially. The 2010 national goal for the proportion of adults who have never had permanent teeth extracted is 42 percent.

According to the 2005 BRFSS Survey for Mississippi 54.7 percent of the respondents reported having one or more of their permanent teeth removed.

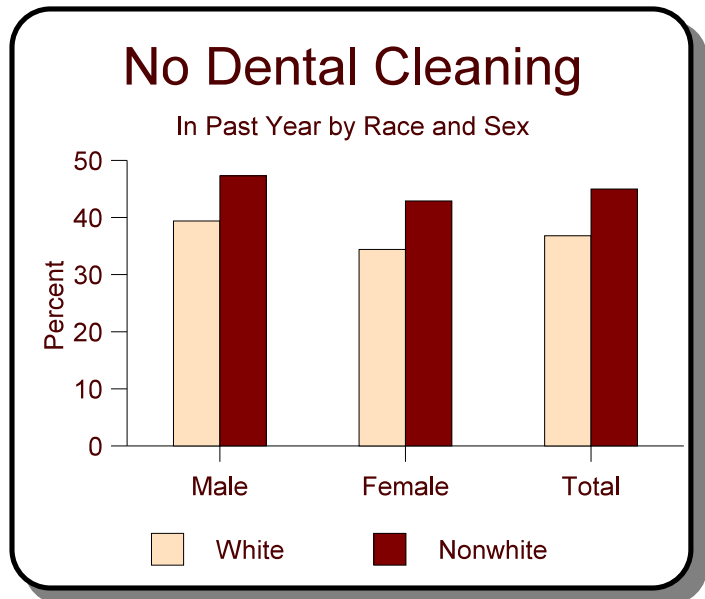


Figure 35

In 2002 the rate was 57.8 percent.

Older people reported the loss of permanent teeth much more frequently than their younger counterparts (Table 40). Only 20.8 percent of respondents in the 18-24 age category reported a loss of permanent teeth while almost 80 percent in the over age 65 category reported losing permanent teeth. The rate for white respondents reporting tooth loss was 51.8 percent; for nonwhites it was 59.7 percent.

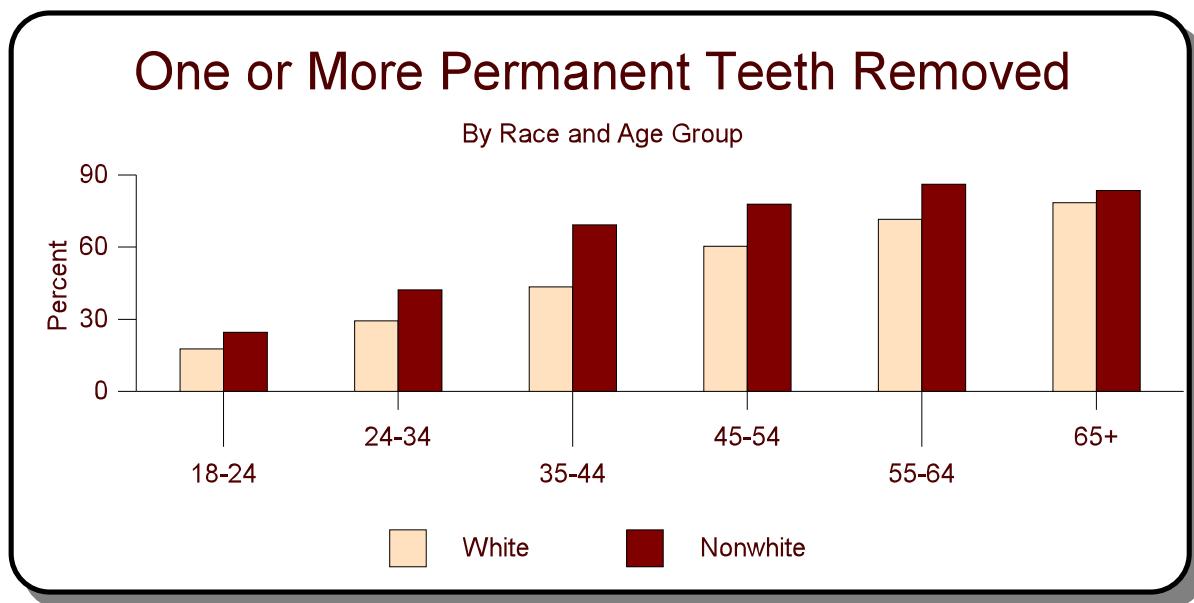


Figure 36

Oral health diseases such as tooth decay and periodontal diseases are common health problems in Mississippi, yet 39.1 percent of respondents from the 2005 BRFSS Survey reported that they have not seen a dentist within the last twelve months (Figure 34). Failure to see a dentist within the past year was observed most frequently among white respondents whose annual income is less than \$15,000 per year with a rate of 63.7 percent. Next were white respondents who have less than a high school education 58.8 percent, followed by nonwhites whose annual income is less than \$15,000 with a rate of 57.3 percent.

As might be expected, people with incomes above \$75,000 per year reported the lowest number of visits outside a year with a rate of 21.2 percent. The survey revealed that as the income of the respondents decreases, so also the number of visits to a dentist within a year decreases. With respect to race, 45.1 percent of the nonwhite males reported visits to a dental facility more than one year ago compared to 37.7 percent for white males. The rate for nonwhite females was 43.1 percent while white females reported a rate of 35.0 percent (Table 41).

Table 40: Have Had Permanent Teeth Extracted

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	600	48.8	280	55.5	882	51.2
Female	1,183	54.7	726	63.5	1,916	57.8
Age Group						
18-24	21	17.6	30	24.6	51	20.8
25-34	95	29.4	113	42.2	208	34.8
35-44	182	43.4	201	69.3	383	53.0
45-54	372	60.4	256	77.8	632	66.5
55-64	432	71.6	204	86.1	637	75.5
65+	678	78.5	195	83.6	876	79.9
Education						
< High School Graduate	346	73.0	317	71.9	665	72.4
High School Graduate or GED	676	60.8	344	58.0	1,022	59.7
Some College or Technical School	429	46.4	196	48.6	629	47.3
College Graduate	326	35.3	148	59.5	475	40.8
Income						
< \$15,000	275	69.5	317	71.1	594	70.5
\$15-\$24,999	354	64.6	279	66.0	635	65.3
\$25-\$34,999	216	56.6	107	59.1	323	57.6
\$35-\$49,999	253	51.0	80	52.2	333	51.2
\$50-\$74,999	212	46.6	47	50.5	260	47.2
\$75,000+	181	35.0	42	63.3	223	38.6
Employment Status						
Employed	725	42.2	486	56.2	1,214	47.0
Not Employed	57	50.7	79	53.2	138	52.5
Student/Homemaker	173	45.9	60	36.8	233	42.9
Retired/Unable to Work	828	78.0	379	79.0	1,211	78.3
Total	1,783	51.8	1,006	59.7	2,798	54.7

¹Unweighted

²Weighted

Table 41: No Dental Visit in the Past Year

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	414	37.7	200	45.1	616	40.4
Female	702	35.0	481	43.1	1,189	38.0
Age Group						
18-24	31	25.3	38	30.1	69	27.5
25-34	121	36.5	103	44.0	224	39.6
35-44	167	39.8	124	43.6	291	41.2
45-54	209	34.6	161	51.0	374	40.6
55-64	210	35.4	128	53.1	340	40.3
65+	376	42.8	124	50.6	502	44.9
Education						
< High School Graduate	262	58.8	249	56.5	512	57.6
High School Graduate or GED	402	39.6	235	42.7	640	40.9
Some College or Technical School	277	34.5	133	42.2	414	37.2
College Graduate	170	22.4	64	28.2	234	23.7
Income						
< \$15,000	233	63.7	249	57.3	485	60.2
\$15-\$24,999	250	49.9	188	48.9	440	49.5
\$25-\$34,999	123	38.1	58	39.6	181	38.7
\$35-\$49,999	135	34.2	39	25.7	175	32.2
\$50-\$74,999	102	24.9	22	33.2	124	26.2
\$75,000+	90	19.5	21	33.2	111	21.2
Employment Status						
Employed	485	32.7	323	39.9	809	35.1
Not Employed	46	43.7	66	54.2	113	50.0
Student/Homemaker	108	33.6	51	39.9	160	35.6
Retired/Unable to Work	477	44.9	239	50.2	721	47.0
Total	1,116	36.3	681	44.0	1,805	39.1

¹Unweighted

²Weighted

Table 42: More Than One Year Since Last Dental Cleaning³

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	367	39.4	185	47.4	554	42.4
Female	567	34.4	407	42.9	979	37.5
Age Group						
18-24	37	31.3	41	33.8	78	32.5
25-34	142	44.4	103	44.8	245	44.5
35-44	176	42.6	127	47.4	303	44.3
45-54	210	36.3	151	52.3	365	42.1
55-64	165	33.5	103	50.9	270	38.5
65+	203	30.0	65	48.6	269	34.5
Education						
< High School Graduate	171	58.9	188	61.2	359	60.2
High School Graduate or GED	325	40.9	223	44.9	551	42.6
Some College or Technical School	257	37.1	116	40.1	377	38.3
College Graduate	179	23.6	65	28.6	244	24.7
Income						
< \$15,000	145	62.7	201	58.6	349	60.4
\$15-\$24,999	203	52.6	175	51.1	380	51.9
\$25-\$34,999	116	40.8	49	37.1	165	39.3
\$35-\$49,999	131	35.5	39	27.5	171	33.5
\$50-\$74,999	117	28.8	21	32.7	138	29.4
\$75,000+	89	20.5	16	27.1	105	21.3
Employment Status						
Employed	497	35.4	309	40.8	807	37.2
Not Employed	50	54.9	63	55.8	114	55.8
Student/Homemaker	97	35.5	47	41.3	145	37.4
Retired/Unable to Work	290	38.2	171	52.7	465	43.7
Total	934	36.8	592	45.0	1,533	39.8

¹Unweighted

²Weighted

³Denominator excludes those who have never seen a dentist or have all their teeth extracted

Osteoporosis

Survey Question: Have you ever been told by a doctor, nurse, or other health professional that you have osteoporosis?

According to *Healthy People 2010* about 13 to 18 percent of women aged 50 years and older and 3 to 6 percent of men aged 50 years and older have osteoporosis, a reduction in bone mass or density that leads to deteriorated and fragile bones. These rates correspond to 4 million to 6 million women and 1 million to 2 million men in the United States who have osteoporosis.

The major health consequence of osteoporosis is an increased risk of fractures. Approximately 1.5 million fractures per year are attributed to osteoporosis. One in three women and one in eight men aged 50 years and older will experience an osteoporosis-related fracture in their lifetime.

The risk of any fracture increases with the presence of osteoporosis, but hip fractures represent the most serious impact in terms of health care costs and consequences for the individual. An average of 24 percent of hip fracture patients aged 50 years and older die in the year following fracture, with higher death rates among men than among women.

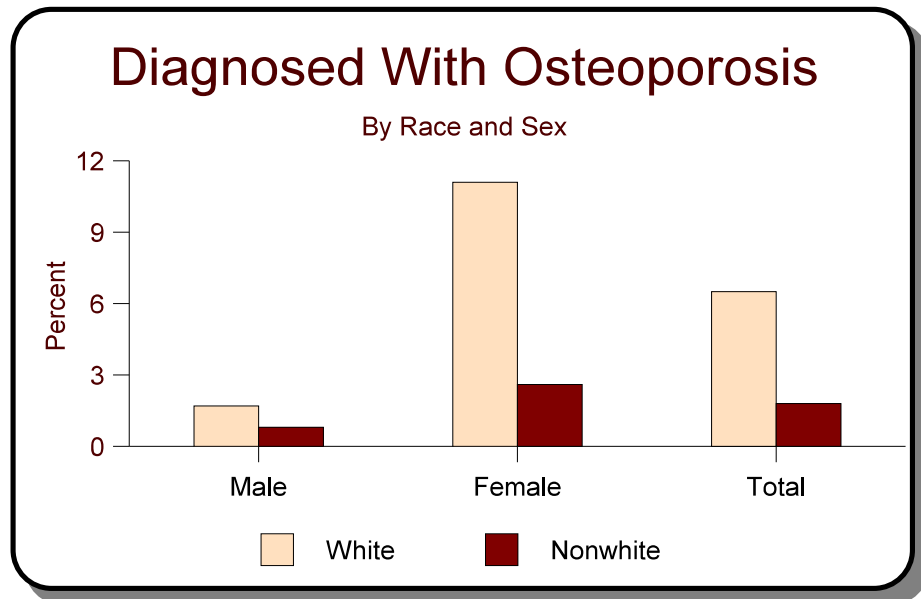


Figure 37

According to the 2004 Surgeon General Report on *Bone Health and Osteoporosis*, a healthy skeletal system with strong bones is essential to overall health and quality of life. Yet today, many suffer from bone disease and fractures, much of which could be prevented. Due primarily to the aging of the population and the previous lack of focus on bone health, the number of hip fractures in the United States could double or even triple by the year 2020.

The 2005 BRFSS survey in Mississippi showed that the group with the highest rate of

reported osteoporosis were white respondents age 65 or higher with a rate of 17.4 percent followed by whites in the 55-64 age category with a rate of 10.3 percent. Table 43 shows that whites (6.5 percent) were 3.6 times more likely to have been diagnosed with osteoporosis than nonwhites (1.8 percent).

Table 43: Ever Diagnosed With Osteoporosis

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	22	1.7	5	0.8	27	1.4
Female	276	11.1	35	2.6	312	8.0
Age Group						
18-24	0	0.0	0	0.0	0	0.0
25-34	3	1.0	0	0.0	3	0.6
35-44	12	3.4	2	0.5	14	2.3
45-54	35	4.8	10	2.9	45	4.1
55-64	74	10.3	9	3.3	83	8.4
65+	174	17.4	19	6.8	194	14.7
Education						
< High School Graduate	52	7.8	11	1.6	63	4.6
High School Graduate or GED	104	7.0	12	1.1	117	4.7
Some College or Technical School	71	5.7	5	1.0	76	4.2
College Graduate	70	6.1	12	4.8	82	5.8
Income						
< \$15,000	53	11.1	10	1.7	63	5.6
\$15-\$24,999	62	7.9	10	1.7	73	4.9
\$25-\$34,999	31	5.6	5	1.6	36	4.0
\$35-\$49,999	31	4.7	4	2.8	35	4.2
\$50-\$74,999	28	4.6	3	1.8	31	4.1
\$75,000+	23	3.9	2	2.9	25	3.8
Employment Status						
Employed	66	2.8	7	0.5	73	2.0
Not Employed	7	4.2	0	0.0	7	1.8
Student/Homemaker	33	7.0	1	0.4	34	4.9
Retired/Unable to Work	192	15.8	31	5.7	224	12.2
Total	298	6.5	40	1.8	339	4.8

¹Unweighted

²Weighted

Emotional Support and Life Satisfaction

Survey Questions:

How often do you get the social and emotional support you need?

In general, how satisfied are you with your life?

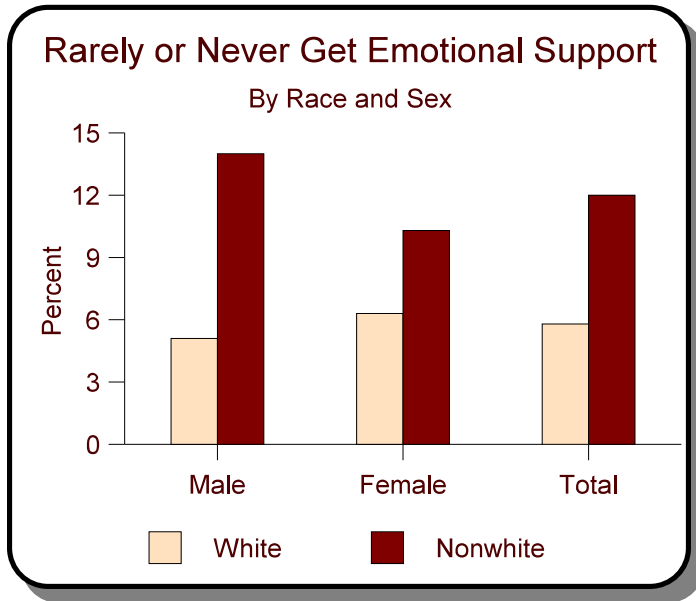


Figure 38

In 2003, the President's New Freedom Commission on Mental Health report established six goals to transform the mental health system in the United States to address unmet needs and barriers to care. The first goal emphasized the need to understand that mental health is essential to overall health, and that mental health issues should be addressed with the same urgency as physical health. The Commission also cited reports indicating that mental illnesses accounted for 24 percent of the causes of disability in the United States, Canada and Western Europe and that in the year 2000,

suicide ranked 11th in cause of death among Americans.

The 2004 *National Survey on Drug Use and Health* (NSDUH), which includes state-specific estimates of substance use and mental health problems based on 2003 and 2004 surveys indicated that an estimated 9.6 percent of Mississippians, aged 18 and older experienced

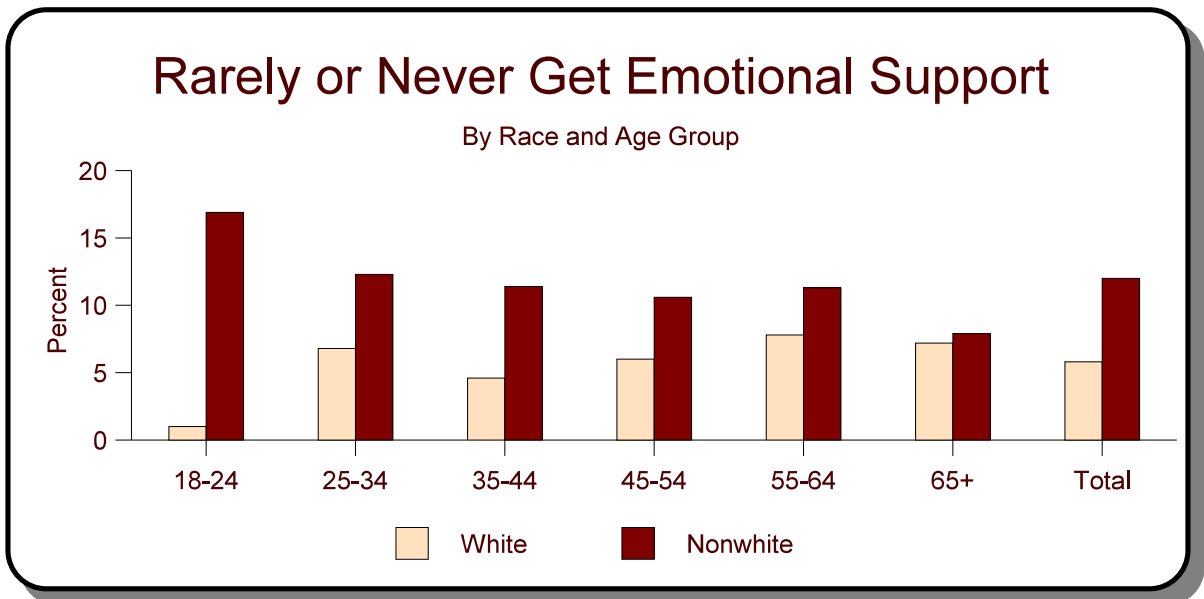


Figure 39

serious psychological distress in the past year. Within the 18 to 25 year age group, 14.7 percent of Mississippians were estimated as experiencing serious psychological distress in the prior year.

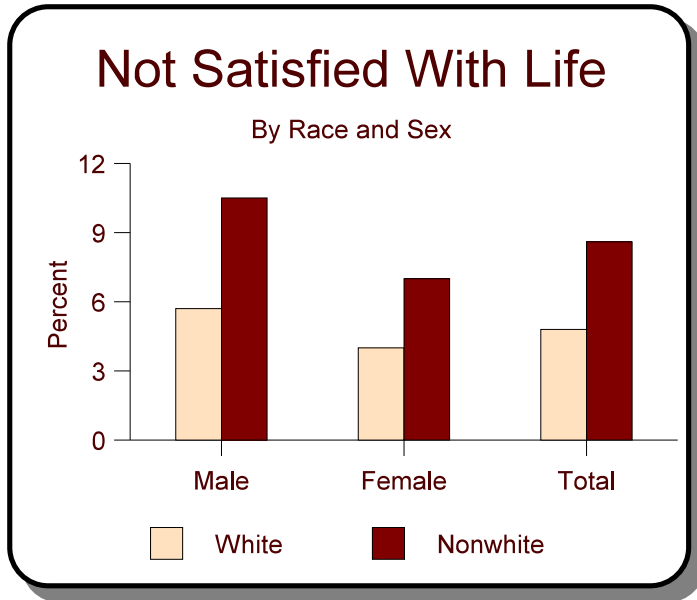


Figure 40

The 2005 BRFSS survey showed that 8.0 percent of the respondents said that they rarely or never get the emotional support they need. Nonwhites were more than twice as likely to report no emotional support with a rate of 12.0 percent compared to a rate of 5.8 percent for whites. The difference was more pronounced in the 18-24 age group where 16.9 percent of nonwhite respondents reported no emotional support compare to only 1.0 percent for whites.

The segment that reported the highest rate were whites whose annual income was below \$15,000 per year who had a rate of 17.7 percent (see

Figure 39 and Table 44).

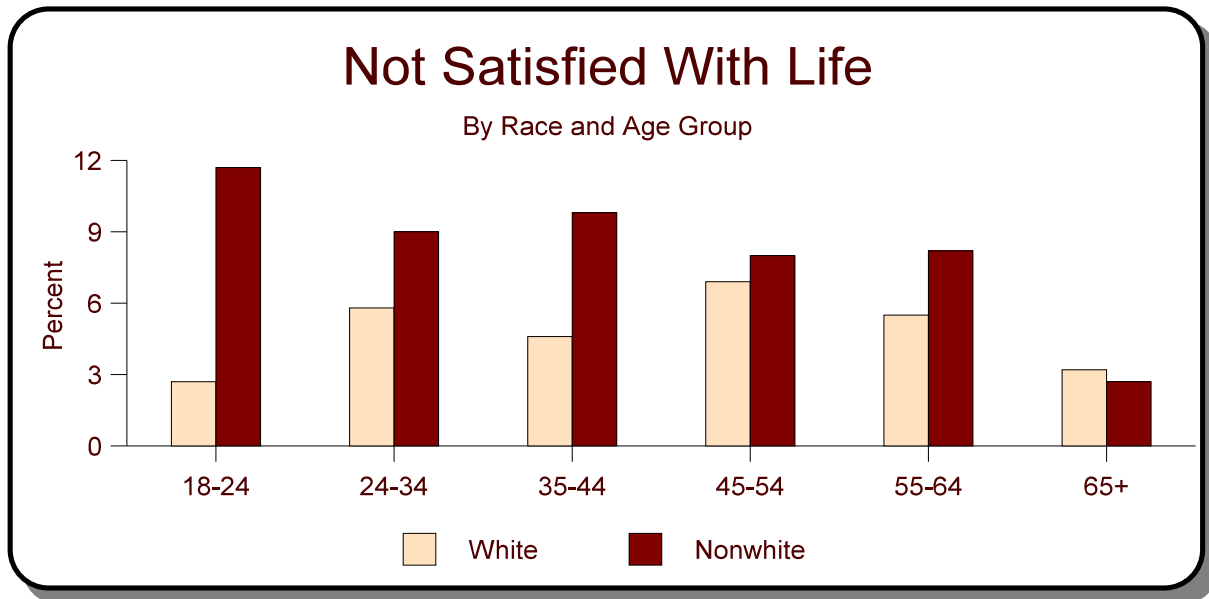


Figure 41

There were 6.3 percent in the 2005 survey who said that they were either dissatisfied or very dissatisfied with life. Nonwhites at 8.6 percent were almost twice as likely to have reported dissatisfaction than white who had a rate of 4.8 percent.

The category of people who reported the highest rate of not being satisfied with life were those who were unemployed with a rate of 20.3 percent which was split almost evenly between whites and nonwhites (Table 45).

The second highest group who said they were dissatisfied with life were those whose annual incomes were less than \$15,000 per year. Whites reported a rate of 12.7 percent compared to 10.3 percent for nonwhites with a total rate of 11.6 percent (Table 45).

Table 44: Rarely or Never Get Needed Emotional Support

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	79	5.1	47	14.0	126	8.2
Female	129	6.3	125	10.3	254	7.8
Age Group						
18-24	1	1.0	14	16.9	15	8.3
25-34	23	6.8	30	12.3	53	9.1
35-44	23	4.6	36	11.4	59	7.1
45-54	41	6.2	38	10.6	79	7.7
55-64	50	7.8	32	11.3	82	8.8
65+	70	7.2	22	7.9	92	7.4
Education						
< High School Graduate	59	10.7	65	15.1	124	12.9
High School Graduate or GED	79	7.0	61	13.6	140	9.6
Some College or Technical School	39	4.1	34	10.3	73	6.0
College Graduate	29	3.2	12	5.1	41	3.7
Income						
< \$15,000	60	17.7	58	11.6	118	14.1
\$15-\$24,999	44	7.4	57	15.2	101	11.2
\$25-\$34,999	22	6.0	19	15.4	41	9.8
\$35-\$49,999	20	3.2	9	5.5	29	3.8
\$50-\$74,999	17	3.6	4	5.0	21	3.9
\$75,000+	11	1.5	0	0.0	11	1.3
Employment Status						
Employed	74	3.9	82	11.8	156	6.6
Not Employed	12	7.8	20	15.2	32	12.0
Student/Homemaker	21	6.7	10	10.2	31	7.8
Retired/Unable to Work	101	9.3	59	11.9	160	10.2
Total	208	5.8	172	12.0	380	8.0

¹Unweighted

²Weighted

Table 45: Not Satisfied With Life

Groups	White		Nonwhite		Total	
	Number ¹	Percent ²	Number ¹	Percent ²	Number ¹	Percent ²
Sex						
Male	63	5.7	39	10.5	104	7.5
Female	91	4.0	75	7.0	166	5.1
Age Group						
18-24	2	2.7	10	11.7	12	6.8
25-34	20	5.8	19	9.0	39	7.1
35-44	23	4.6	27	9.8	50	6.6
45-54	45	6.9	28	8.0	75	7.6
55-64	35	5.5	20	8.2	55	6.2
65+	29	3.2	9	2.7	38	3.1
Education						
< High School Graduate	36	9.1	36	10.6	72	9.9
High School Graduate or GED	56	4.7	43	10.2	99	6.8
Some College or Technical School	36	4.4	23	5.9	61	5.2
College Graduate	26	3.2	12	5.1	38	3.6
Income						
< \$15,000	47	12.7	40	10.3	88	11.6
\$15-\$24,999	35	7.0	31	8.3	66	7.6
\$25-\$34,999	16	3.9	16	15.4	32	8.5
\$35-\$49,999	16	4.5	5	4.1	21	4.4
\$50-\$74,999	12	3.9	3	3.4	15	3.8
\$75,000+	8	1.2	0	0.0	8	1.1
Employment Status						
Employed	51	3.2	41	7.6	92	4.7
Not Employed	19	19.5	19	19.9	39	20.3
Student/Homemaker	11	2.8	7	2.3	18	2.6
Retired/Unable to Work	73	7.1	47	8.5	121	7.7
Total	154	4.8	114	8.6	270	6.3

¹Unweighted

²Weighted