

**Mississippi Behavioral Risk Factor Surveillance System  
Trend Report, 1995-2004**

*Note: Unless otherwise indicated the denominator is the total sample population except that all respondents answering “unknown” or who refused to answer a question are excluded from the denominator.*

<b>Indicator</b>	<b>Rates</b>	<b>1995</b>	<b>1996</b>	<b>1997</b>	<b>1998</b>	<b>1999</b>	<b>2000</b>	<b>2001</b>	<b>2002</b>	<b>2003</b>	<b>2004</b>
<b>Health status</b>											
Report that general health is fair or poor	Actual	21.4	21.1	21.9	21.0	20.9	20.2	23.0	25.2	23.1	23.0
	Age Adjusted	21.8	21.2	22.1	21.1	20.9	20.3	23.1	24.8	23.2	23.1
Report that physical health was not good for more than 7 days during past 30 days	Actual	11.2	11.6	11.4	14.1	13.1	12.6	15.8		15.3	16.9
	Age Adjusted	11.5	11.9	11.6	14.3	13.4	13.0	16.1		15.6	17.2
Report that mental health was not good for more than 7 days during past 30 days	Actual	9.6	9.4	9.4	12.1	13.2	14.1	13.7		15.9	16.5
	Age Adjusted	9.6	9.6	9.6	11.7	13.2	13.3	13.8		15.9	16.3
Report poor physical/mental health prevented usual activities for more than 7 days in past 30 days (Denominator: Total Sample)	Actual	7.8	6.9	5.5	7.4	8.3	7.9	9.5		10.1	10.8
	Age Adjusted	7.9	6.9	5.5	7.5	8.1	8.0	9.6		10.2	10.9
Report poor physical/mental health prevented usual activities for more than 7 days in past 30 days (Denominator: Excludes those with zero days of poor physical/mental health)	Actual	19.8	18.5	13.8	16.7	17.3	17.0	20.3		19.1	20.4
	Age Adjusted	20.4	18.9	14.3	14.2	17.9	18.1	20.9		19.6	21.0
<b>Cigarette smoking</b>											
Report they are current cigarette smokers	Actual	24.1	23.2	23.1	24.2	23.4	23.5	25.4	27.4	25.6	24.6
	Age Adjusted	24.4	23.3	23.5	24.5	23.4	23.6	25.4	27.2	25.7	24.6
High school education or less	Actual	34.5	29.8	29.5	30.1	30.3	32.2	31.2	36.3	34.7	31.4
	Age Adjusted	41.5	37.3	36.7	36.2	37.1	37.1	35.8	41.2	38.9	32.5
Blacks	Actual	22.4	21.0	17.7	21.2	18.3	18.3	20.3	24.7	22.2	20.7
	Age Adjusted	23.9	20.7	19.3	22.1	17.9	18.8	19.8	24.3	22.1	20.1

<b>Indicator</b>	<b>Rates</b>	<b>1995</b>	<b>1996</b>	<b>1997</b>	<b>1998</b>	<b>1999</b>	<b>2000</b>	<b>2001</b>	<b>2002</b>	<b>2003</b>	<b>2004</b>
Report that they are former cigarette smokers	Actual	20.6	21.1	21.3	21.9	20.6	20.5	20.9	20.0	20.7	19.3
	Age Adjusted	20.9	21.6	21.7	22.1	20.0	20.8	21.2	20.2	20.7	19.4
Daily smokers who report that they have quit smoking for 1 day or more in the past 12 months	Actual	43.9	49.8	51.2	51.0	54.6	46.7	51.5	53.9	51.7	48.9
	Age Adjusted	43.2	47.6	50.4	52.1	54.7	47.0	49.9	52.0	50.2	48.0
Quit ratio (Ever smokers who are former smokers)	Actual	46.1	47.6	47.9	47.5	46.9	46.5	45.1	42.2	44.6	44.0
	Age Adjusted	45.2	46.8	46.1	46.3	44.5	46.1	44.3	42.0	43.2	43.0
<b>Alcohol use during the past month</b>											
Report acute (binge) drinking	Actual	8.8		9.6		10.9		11.7	12.4	11.4	10.5
	Age Adjusted	8.5		9.4		11.5		11.5	12.3	11.3	10.3
Report chronic drinking	Actual	2.7		2.5		3.3		4.5	4.6	4.7	4.1
	Age Adjusted	2.8		2.4		3.5		4.4	4.6	4.7	4.1
<b>Physical activity/exercise</b>											
Report no physical activity in the past 30 days	Actual		39.6		33.8		33.4	33.4		30.4	31.4
	Age Adjusted		39.7		34.1		33.6	33.6		30.4	31.4
65+ year olds (No age adjustment)	Actual		49.2		40.2		43.1	42.1		40.8	43.4
Income less than \$20,000	Actual		49.0		44.0		42.3	45.3		44.6	48.5
	Age Adjusted		48.0		45.0		43.7	46.1		44.4	48.5
Report that they meet do not moderate physical activity recommendations	Actual							61.7		71.0	
	Age Adjusted							62.4		70.1	
Report that they do not meet vigorous physical activity recommendations	Actual							81.4		79.7	
	Age Adjusted							81.7		80.0	

Indicator	Rates	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004
Report that they do not meet recommendations for physical activity	Actual							61.7		59.7	
	Age Adjusted							62.4		60.0	
Income less than \$20,000	Actual							70.5		70.2	
	Age Adjusted							71.8		68.9	
Report using physical activity/exercise to lose weight or maintain weight Denominator: Total Sample	Actual		31.2		39.5		40.7			46.3	
	Age Adjusted		31.3		39.5		40.6			46.4	
Report using physical activity/exercise to lose or maintain weight. (Denominator: Those trying to lose or maintain weight)	Actual		42.0		52.4		54.6			62.5	
	Age Adjusted		41.7		52.3		54.2			62.2	
<b>Body weight and weight control</b>											
Respondents who are overweight (BMI $\geq$ 25.0)	Actual	54.7	54.5	57.9	59.1	62.3	61.8	61.1	63.1	62.3	65.5
	Age Adjusted	55.3	55.4	58.2	59.8	62.0	62.1	61.5	63.6	62.9	66.1
Respondents who are obese (BMI $\geq$ 30)	Actual	19.6	19.8	22.0	22.9	23.4	25.0	25.4	26.8	27.0	29.5
	Age Adjusted	19.8	20.2	22.2	23.1	23.2	25.3	25.7	27.0	27.3	29.9
Report they are dieting to lose or maintain weight (Denominator : Total Sample)	Actual		52.4		54.5		55.6			51.5	
	Age Adjusted		52.8		55.0		55.8			51.9	
Report they are dieting to lose or maintain weight (Denominator : Those trying to lose or maintain weight)	Actual		71.3		71.5		74.1			69.9	
	Age Adjusted		70.2		71.7		74.3			70.0	
Report using physical activity/exercise to lose or maintain weight. (Denominator: Total sample)	Actual		31.2		39.5		40.7			46.3	
	Age Adjusted		31.3		39.5		40.6			46.4	
Report using physical activity/exercise to lose or maintain weight. (Denominator: Those trying to lose or maintain weight)	Actual		42.0		52.4		54.6			62.5	
	Age Adjusted		41.7		52.3		54.2			62.2	

Indicator	Rates	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004
<b>At risk of developing diabetes</b>											
Those at risk of developing type 2 diabetes because of weight or lack of exercise	Actual		24.1		24.4		26.1	24.3	24.5	23.8	24.6
	Age Adjusted		25.5		25.3		26.8	24.7	24.4	23.8	24.5
<b>Diet/Nutrition</b>											
Report that they eat fruits/vegetables 5 or more times per day	Actual		18.2		15.6		18.5		19.1	17.8	
	Age Adjusted		18.1		15.6		18.5		19.1	17.7	
<b>Cholesterol awareness</b>											
Report that they have ever had a blood cholesterol test	Actual	62.0		66.5		72.9		73.8		74.1	
	Age Adjusted	62.9		67.2		71.4		74.2		74.4	
Those tested who have had blood cholesterol checked within the past year	Actual	43.6		46.0		49.0		51.8		52.1	
	Age Adjusted	44.3		46.5		47.9		52.0		52.3	
Report blood cholesterol checked within the past 2 years	Actual	53.5		55.1		60.9		62.4		61.7	
	Age Adjusted	54.3		55.6		59.7		62.7		62.0	
Report blood cholesterol checked within the past 5 years	Actual	58.3		62.5		67.0		69.2		68.0	
	Age Adjusted	59.1		63.2		65.7		68.6		68.6	
Report being told by a health professional that they have high blood cholesterol	Actual	15.8		19.2		22.5		22.8		24.5	
	Age Adjusted	16.2		19.6		22.4		23.0		24.6	
<b>Diabetes</b>											
Report being told by a doctor that they have diabetes	Actual	6.3	6.1	6.1	7.7	8.3	7.6	9.3	8.6	11.0	9.6
	Age Adjusted	6.4	6.2	6.3	7.7	8.0	7.7	9.3	8.7	11.0	9.6
Those with diabetes who have had two or more visits to a health professional for diabetes in the past year	Actual		74.4	74.7	75.7		80.7		80.4		81.2
	Age Adjusted		59.9	72.2	68.6		79.6		81.0		75.0

<b>Indicator</b>	<b>Rates</b>	<b>1995</b>	<b>1996</b>	<b>1997</b>	<b>1998</b>	<b>1999</b>	<b>2000</b>	<b>2001</b>	<b>2002</b>	<b>2003</b>	<b>2004</b>
Those with diabetes who have had at least four visits to a health professional for their diabetes in past year	Actual		59.1	56.5	46.8		51.0		51.0		54.2
	Age Adjusted		48.5	51.0	43.1		49.8		42.9		49.9
Those with diabetes who have had two or more foot exams by a health professional in past year	Actual		29.3	43.5	38.4		38.6		55.4		48.4
	Age Adjusted		23.3	49.3	32.4		38.4		46.4		43.4
Those with diabetes who have had at least four foot exams by a health professional in past year	Actual		23.3	29.9	24.8		19.7		28.0		27.4
	Age Adjusted		18.3	24.5	19.6		21.4		25.4		20.3
Those with diabetes who have had a dilated eye exam within the past year	Actual		55.4	50.2	54.8		56.5		66.5		58.5
	Age Adjusted		45.6	45.3	53.3		47.6		62.8		54.6
Those with diabetes who have had a dilated eye exam within the past 2 years	Actual		69.6	70.3	68.1		66.3		80.3		74.0
	Age Adjusted		54.0	66.5	63.3		55.7		80.9		68.9
<b>Mammography screening (Age Adjustment Not Applicable)</b>											
Report that they have ever had a CBE and mammogram (Women 40+)	Actual	67.2	71.9	71.8	73.1	72.6	77.7	78.1	77.9	78.0	79.3
Income less than \$10,000	Actual	51.6	55.5	68.6	74.9	56.2	62.8	69.9	60.6	61.4	68.8
Less than a high school education	Actual	50.2	57.3	59.5	55.9	61.2	61.6	66.4	66.7	70.8	70.5
Women 70+ years of age	Actual	57.5	61.8	62.0	63.7	69.3	80.9	72.6	74.4	75.1	72.7
Black women	Actual	49.8	62.3	61.1	67.1	63.7	67.8	71.2	69.4	69.6	74.2
Report having a CBE and mammogram in past 2 years (Women 50+)	Actual	49.1	53.8	60.7	58.4	56.6	61.6	60.9	62.3	58.4	59.6
Income less than \$10,000	Actual	37.8	38.3	60.4	45.6	40.0	45.7	52.6	44.1	39.6	41.6
Less than a high school education	Actual	35.8	39.3	50.0	41.7	38.2	42.8	47.9	50.7	43.5	45.4
Women aged 70+ years of age	Actual	45.5	49.0	50.7	47.7	49.8	57.7	53.5	53.7	50.0	46.6
Black women	Actual	35.0	47.7	49.3	56.5	47.4	54.9	55.1	56.5	50.6	53.6
Report having a screening mammogram within the past year (Women 50-59)	Actual	45.4	42.4	52.8	53.5	51.1	58.5	60.9	55.8	58.7	56.9

<b>Indicator</b>	<b>Rates</b>	<b>1995</b>	<b>1996</b>	<b>1997</b>	<b>1998</b>	<b>1999</b>	<b>2000</b>	<b>2001</b>	<b>2002</b>	<b>2003</b>	<b>2004</b>
Report having a screening mammogram within the past 2 years (Women 50-59)	Actual	56.3	64.2	68.6	71.9	65.6	73.1	75.2	72.8	72.0	70.8
Report having screening mammogram within the past year (Women 60-69)	Actual	46.1	48.0	55.7	48.4	49.7	49.0	55.5	60.7	54.6	57.9
Report having a screening mammogram within the past 2 years (Women 60-69)	Actual	56.7	65.0	69.8	69.3	68.6	67.1	69.8	73.7	70.5	74.1
<b>Pap smear screening</b>											
Report that they have ever had a pap smear test (Women 18+ years of age who have never had a hysterectomy)	Actual	92.6	92.7	95.8	93.3	94.6	95.5	96.5	90.1	94.8	95.0
	Age Adjusted	93.1	92.5	95.8	93.7	95.1	95.2	96.7	90.7	94.8	95.4
Income less than \$10,000	Actual	88.8	82.2	89.5	93.5	93.6	86.9	92.9	84.1	88.6	90.9
	Age Adjusted	89.9	86.9	92.8	92.9	95.6	88.1	95.0	84.7	91.6	92.2
Less than a high school education	Actual	85.5	88.3	90.9	85.7	87.8	86.8	94.9	86.7	90.1	93.3
	Age Adjusted	90.3	92.1	94.0	90.5	92.1	87.3	96.3	88.2	91.0	94.4
Women aged 70+ years of age (Age Adjustment not Applicable)	Actual	80.9	79.3	82.1	86.8	85.0	85.6	91.9	82.1	87.2	87.0
Report that they have had a pap smear test in the past 3 years (Women 18+ years of age who have never had a hysterectomy)	Actual	83.4	81.8	85.8	83.4	83.0	87.0	86.3	82.7	84.4	82.5
	Age Adjusted	81.4	79.2	83.6	82.4	80.9	84.3	84.2	80.3	82.4	80.7
Income less than \$10,000	Actual	75.2	65.5	73.4	77.5	70.7	68.1	79.1	72.5	68.4	68.5
	Age Adjusted	81.4	69.6	78.1	75.4	70.0	68.6	76.8	72.4	73.0	70.7
Less than a high school education	Actual	70.5	67.1	74.3	62.3	66.4	71.6	70.0	69.5	73.1	69.8
	Age Adjusted	77.7	73.5	71.3	69.3	74.9	69.5	72.2	74.0	75.5	70.5
Women aged 70+ years of age (Age Adjustment Not Applicable)	Actual	51.7	50.2	55.1	63.9	52.6	75.5	64.4	46.1	52.9	50.0
Women age 18 to 64	Actual	87.1	86.8	89.5	86.5	87.4	89.5	89.3	86.4	85.1	86.3
	Age Adjusted	85.8	84.7	87.9	86.4	86.2	87.2	88.5	85.2	85.6	85.9

Indicator	Rates	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004
<b>Colorectal cancer screening: Persons aged 50+ years of age (Age Adjustment Not Applicable)</b>											
Report ever having had a sigmoidoscopy/proctoscopy exam	Actual	36.3		35.8		36.4		40.8	42.9	45.1	46.8
Within the past year	Actual	12.5		10.0		12.5		13.4	13.4	13.1	13.4
Within the past 2 years	Actual	20.4		17.7		18.9		21.6	21.9	22.7	23.2
Within the past 5 years	Actual	27.3		25.1		27.0		31.9	33.4	35.6	36.5
<b>Hypertension awareness</b>											
Report being told by a health professional that they have high blood pressure	Actual	29.8	29.5	34.3		35.0		31.4		33.4	
	Age Adjusted	30.2	29.9	34.6		33.8		31.7		33.6	
Report having blood pressure taken by a health professional in the past year	Actual	86.6	89.4	90.2		89.4					
	Age Adjusted	86.6	89.2	90.1		89.3					
Report having pressure taken by a health professional in the past 2 years	Actual	92.0	95.6	95.6		96.0					
	Age Adjusted	92.0	95.5	95.5		96.0					
Report having blood pressure taken by a health professional in the past 5 years	Actual	95.9	98.0	97.9		98.3					
	Age Adjusted	95.5	97.9	97.9		98.3					

Indicator	Rates	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004
<b>Immunization</b>											
Report having had a flu shot within the past 12 months	Actual	26.3		28.6		31.3		29.2	30.6	33.1	33.6
	Age Adjusted	26.1		23.2		30.6		29.0	30.7	32.8	33.6
Persons 65+ years of age (Age adjustment not applicable)	Actual	57.0		61.1		62.9		61.8	63.0	69.0	66.9
Report ever having had a pneumonia vaccination	Actual	15.0		18.2		17.0		21.2	19.9	24.6	24.3
	Age Adjusted	14.6		17.6		16.5		20.6	19.8	24.0	24.0
Persons aged 65+ years of age (Age adjustment not applicable)	Actual	39.4		45.9		49.3		55.7	58.9	61.8	64.5
<b>Health care access</b>											
Report that they have no kind of health care coverage	Actual	14.0	14.2	15.1	18.8	16.9	19.3	18.7	22.8	19.1	20.2
	Age Adjusted	14.0	14.3	15.1	18.6	17.4	19.0	18.6	22.5	19.0	20.1
Report being unable to see doctor in past 12 months because of cost	Actual	14.8	15.0	15.3	15.6	14.4	16.2			18.5	20.0
	Age Adjusted	14.9	14.6	15.3	15.6	14.5	16.2			18.6	20.1