

**Mississippi Behavioral Risk Factor Surveillance System  
Trend Report, 1996-2005**

*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.*

Indicator	Rates	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005
<b>Health status</b>											
Report that general health is fair or poor	Actual	21.1	21.9	21.0	20.9	20.2	23.0	25.2	23.1	23.0	23.7
	Age Adjusted	21.2	22.1	21.1	20.9	20.3	23.1	24.8	23.2	23.1	23.7
Report that physical health was not good for more than 7 days during past 30 days	Actual	11.6	11.4	14.1	13.1	12.6	15.8		15.3	16.9	15.9
	Age Adjusted	11.9	11.6	14.3	13.4	13.0	16.1		15.6	17.2	16.1
Report that mental health was not good for more than 7 days during past 30 days	Actual	9.4	9.4	12.1	13.2	14.1	13.7		15.9	16.5	16.6
	Age Adjusted	9.6	9.6	11.7	13.2	13.3	13.8		15.9	16.3	16.6
Report poor physical/mental health prevented usual activities for more than 7 days in past 30 days ( <i>Denominator: Total Sample</i> )	Actual	6.9	5.5	7.4	8.3	7.9	9.5		10.1	10.8	11.1
	Age Adjusted	6.9	5.5	7.5	8.1	8.0	9.6		10.2	10.9	11.2
Report poor physical/mental health prevented usual activities for more than 7 days in past 30 days ( <i>Denominator: Excludes those with zero days of poor physical/mental health</i> )	Actual	18.5	13.8	16.7	17.3	17.0	20.3		19.1	20.4	20.9
	Age Adjusted	18.9	14.3	14.2	17.9	18.1	20.9		19.6	21.0	21.5
<b>Cigarette smoking</b>											
Report they are current cigarette smokers	Actual	23.2	23.1	24.2	23.4	23.5	25.4	27.4	25.6	24.6	23.7
	Age Adjusted	23.3	23.5	24.5	23.4	23.6	25.4	27.2	25.7	24.6	23.7
High school education or less	Actual	29.8	29.5	30.1	30.3	32.2	31.2	36.3	34.7	31.4	28.8
	Age Adjusted	37.3	36.7	36.2	37.1	37.1	35.8	41.2	38.9	32.5	32.2
Blacks	Actual	21.0	17.7	21.2	18.3	18.3	20.3	24.7	22.2	20.7	19.5
	Age Adjusted	20.7	19.3	22.1	17.9	18.8	19.8	24.3	22.1	20.1	20.0

<b>Indicator</b>	<b>Rates</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>2005</b>
Report that they are former cigarette smokers	Actual	21.1	21.3	21.9	20.6	20.5	20.9	20.0	20.7	19.3	20.8
	Age Adjusted	21.6	21.7	22.1	20.0	20.8	21.2	20.2	20.7	19.4	19.1
Daily smokers who report that they have quit smoking for 1 day or more in the past 12 months	Actual	49.8	51.2	51.0	54.6	46.7	51.5	53.9	51.7	48.9	51.7
	Age Adjusted	47.6	50.4	52.1	54.7	47.0	49.9	52.0	50.2	48.0	52.0
Quit ratio (Ever smokers who are former smokers)	Actual	47.6	47.9	47.5	46.9	46.5	45.1	42.2	44.6	44.0	46.7
	Age Adjusted	46.8	46.1	46.3	44.5	46.1	44.3	42.0	43.2	43.0	44.7
<b>Alcohol use during the past month</b>											
Report acute (binge) drinking	Actual		9.6		10.9		11.7	12.4	11.4	10.5	9.9
	Age Adjusted		9.4		11.5		11.5	12.3	11.3	10.3	9.9
Report chronic drinking	Actual		2.5		3.3		4.5	4.6	4.7	4.1	3.7
	Age Adjusted		2.4		3.5		4.4	4.6	4.7	4.1	3.7
<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	32.5
	Age Adjusted	39.7		34.1		33.6	33.6		30.4	31.4	32.5
65+ year olds ( <i>No age adjustment</i> )	Actual	49.2		40.2		43.1	42.1		40.8	43.4	40.5
Income less than \$20,000	Actual	49.0		44.0		42.3	45.3		44.6	48.5	43.6
	Age Adjusted	48.0		45.0		43.7	46.1		44.4	48.5	43.7
Report that they meet do not moderate physical activity recommendations	Actual						61.7		71.0		70.7
	Age Adjusted						62.4		70.1		70.7
Report that they do not meet vigorous physical activity recommendations	Actual						81.4		79.7		79.1
	Age Adjusted						81.7		80.0		79.3

<b>Indicator</b>	<b>Rates</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>2005</b>
Report that they do not meet recommendations for physical activity	Actual						61.7		59.7		60.0
	Age Adjusted						62.4		60.0		60.2
Income less than \$20,000	Actual						70.5		70.2		68.5
	Age Adjusted						71.8		68.9		68.1
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	54.5	57.9	59.1	62.3	61.8	61.1	63.1	62.3	65.5	67.3
	Age Adjusted	55.4	58.2	59.8	62.0	62.1	61.5	63.6	62.9	66.1	67.8
Respondents who are obese (BMI $\geq 30$ )	Actual	19.8	22.0	22.9	23.4	25.0	25.4	26.8	27.0	29.5	30.9
	Age Adjusted	20.2	22.2	23.1	23.2	25.3	25.7	27.0	27.3	29.9	31.2
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	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005
<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	25.8
	Age Adjusted	25.5		25.3		26.8	24.7	24.4	23.8	24.5	25.4
<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		16.5
	Age Adjusted	18.1		15.6		18.5		19.1	17.7		16.5
<b>Cholesterol awareness</b>											
Report that they have ever had a blood cholesterol test	Actual		66.5		72.9		73.8		74.1		73.5
	Age Adjusted		67.2		71.4		74.2		74.4		73.9
Those tested who have had blood cholesterol checked within the past year	Actual		46.0		49.0		51.8		52.1		50.4
	Age Adjusted		46.5		47.9		52.0		52.3		50.7
Report blood cholesterol checked within the past 2 years	Actual		55.1		60.9		62.4		61.7		60.7
	Age Adjusted		55.6		59.7		62.7		62.0		61.2
Report blood cholesterol checked within the past 5 years	Actual		62.5		67.0		69.2		68.0		67.5
	Age Adjusted		63.2		65.7		68.6		68.6		68.1
Report being told by a health professional that they have high blood cholesterol	Actual		19.2		22.5		22.8		24.5		27.6
	Age Adjusted		19.6		22.4		23.0		24.6		27.4
<b>Diabetes</b>											
Report being told by a doctor that they have diabetes	Actual	6.1	6.1	7.7	8.3	7.6	9.3	8.6	11.0	9.6	9.7
	Age Adjusted	6.2	6.3	7.7	8.0	7.7	9.3	8.0	11.0	9.6	9.7
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>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>2005</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 ( <i>Women 40+</i> )	Actual	71.9	71.8	73.1	72.6	77.7	78.1	77.9	78.0	79.3	79.1
Income less than \$10,000	Actual	55.5	68.6	74.9	56.2	62.8	69.9	60.6	61.4	68.8	64.3
Less than a high school education	Actual	57.3	59.5	55.9	61.2	61.6	66.4	66.7	70.8	70.5	68.3
Women 70+ years of age	Actual	61.8	62.0	63.7	69.3	80.9	72.6	74.4	75.1	72.7	77.5
Black women	Actual	62.3	61.1	67.1	63.7	67.8	71.2	69.4	69.6	74.2	72.9
Report having a CBE and mammogram in past 2 years ( <i>Women 50+</i> )	Actual	53.8	60.7	58.4	56.6	61.6	60.9	62.3	58.4	59.6	60.9
Income less than \$10,000	Actual	38.3	60.4	45.6	40.0	45.7	52.6	44.1	39.6	41.6	41.7
Less than a high school education	Actual	39.3	50.0	41.7	38.2	42.8	47.9	50.7	43.5	45.4	49.8
Women aged 70+ years of age	Actual	49.0	50.7	47.7	49.8	57.7	53.5	53.7	50.0	46.6	53.2
Black women	Actual	47.7	49.3	56.5	47.4	54.9	55.1	56.5	50.6	53.6	61.4
Report having a screening mammogram within the past year ( <i>Women 50-59</i> )	Actual	42.4	52.8	53.5	51.1	58.5	60.9	55.8	58.7	56.9	53.4

Indicator	Rates	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005
Report having a screening mammogram within the past 2 years ( <i>Women 50-59</i> )	Actual	64.2	68.6	71.9	65.6	73.1	75.2	72.8	72.0	70.8	70.6
Report having screening mammogram within the past year ( <i>Women 60-69</i> )	Actual	48.0	55.7	48.4	49.7	49.0	55.5	60.7	54.6	57.9	60.7
Report having a screening mammogram within the past 2 years ( <i>Women 60-69</i> )	Actual	65.0	69.8	69.3	68.6	67.1	69.8	73.7	70.5	74.1	74.0
<b>Pap smear screening</b>											
Report that they have ever had a pap smear test ( <i>Women 18+ years of age who have never had a hysterectomy</i> )	Actual	92.7	95.8	93.3	94.6	95.5	96.5	90.1	94.8	95.0	95.9
	Age Adjusted	92.5	95.8	93.7	95.1	95.2	96.7	90.7	94.8	95.4	96.1
Income less than \$10,000	Actual	82.2	89.5	93.5	93.6	86.9	92.9	84.1	88.6	90.9	91.9
	Age Adjusted	86.9	92.8	92.9	95.6	88.1	95.0	84.7	91.6	92.2	92.9
Less than a high school education	Actual	88.3	90.9	85.7	87.8	86.8	94.9	86.7	90.1	93.3	90.8
	Age Adjusted	92.1	94.0	90.5	92.1	87.3	96.3	88.2	91.0	94.4	93.3
Women aged 70+ years of age ( <i>Age Adjustment not Applicable</i> )	Actual	79.3	82.1	86.8	85.0	85.6	91.9	82.1	87.2	87.0	91.2
Report that they have had a pap smear test in the past 3 years ( <i>Women 18+ years of age who have never had a hysterectomy</i> )	Actual	81.8	85.8	83.4	83.0	87.0	86.3	82.7	84.4	82.5	82.7
	Age Adjusted	79.2	83.6	82.4	80.9	84.3	84.2	80.3	82.4	80.7	80.7
Income less than \$10,000	Actual	65.5	73.4	77.5	70.7	68.1	79.1	72.5	68.4	68.5	74.2
	Age Adjusted	69.6	78.1	75.4	70.0	68.6	76.8	72.4	73.0	70.7	74.9
Less than a high school education	Actual	67.1	74.3	62.3	66.4	71.6	70.0	69.5	73.1	69.8	68.3
	Age Adjusted	73.5	71.3	69.3	74.9	69.5	72.2	74.0	75.5	70.5	71.3
Women aged 70+ years of age ( <i>Age Adjustment Not Applicable</i> )	Actual	50.2	55.1	63.9	52.6	75.5	64.4	46.1	52.9	50.0	50.8
Women age 18 to 64	Actual	86.8	89.5	86.5	87.4	89.5	89.3	86.4	85.1	86.3	85.7
	Age Adjusted	84.7	87.9	86.4	86.2	87.2	88.5	85.2	85.6	85.9	85.1

Indicator	Rates	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005
<b>Colorectal cancer screening: Persons aged 50+ years of age (Age Adjustment Not Applicable)</b>											
Report ever having had a sigmoidoscopy/proctoscopy exam	Actual		35.8		36.4		40.8	42.9	45.1	46.8	
Within the past year	Actual		10.0		12.5		13.4	13.4	13.1	13.4	
Within the past 2 years	Actual		17.7		18.9		21.6	21.9	22.7	23.2	
Within the past 5 years	Actual		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	29.5	34.3		35.0		31.4		33.4		33.3
	Age Adjusted	29.9	34.6		33.8		31.7		33.6		33.5
Report having blood pressure taken by a health professional in the past year	Actual	89.4	90.2		89.4						
	Age Adjusted	89.2	90.1		89.3						
Report having pressure taken by a health professional in the past 2 years	Actual	95.6	95.6		96.0						
	Age Adjusted	95.5	95.5		96.0						
Report having blood pressure taken by a health professional in the past 5 years	Actual	98.0	97.9		98.3						
	Age Adjusted	97.9	97.9		98.3						

Indicator	Rates	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005
<b>Immunization</b>											
Report having had a flu vaccination within the past 12 months	Actual		28.6		31.3		29.2	30.6	33.1	33.6	29.0
	Age Adjusted		23.2		30.6		29.0	30.7	32.8	33.6	28.7
Persons 65+ years of age (Age adjustment not applicable)	Actual		61.1		62.9		61.8	63.0	69.0	66.9	61.7
Report ever having had a pneumonia vaccination	Actual		18.2		17.0		21.2	19.9	24.6	24.3	25.6
	Age Adjusted		17.6		16.5		20.6	19.8	24.0	24.0	24.9
Persons aged 65+ years of age (Age adjustment not applicable)	Actual		45.9		49.3		55.7	58.9	61.8	64.5	65.7
<b>Health care access</b>											
Report that they have no kind of health care coverage	Actual	14.2	15.1	18.8	16.9	19.3	18.7	22.8	19.1	20.2	18.5
	Age Adjusted	14.3	15.1	18.6	17.4	19.0	18.6	22.5	19.0	20.1	18.5
Report being unable to see doctor in past 12 months because of cost	Actual	15.0	15.3	15.6	14.4	16.2			18.5	20.0	18.5
	Age Adjusted	14.6	15.3	15.6	14.5	16.2			18.6	20.1	18.7