

**Mississippi Behavioral Risk Factor Surveillance System
Trend Report, 2000-2009**

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. Gray areas indicates question not used.

Indicator	Rates	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009
Health status											
Report that general health is fair or poor	Actual	20.2	23.0	25.2	23.1	23.0	23.7	27.5	21.4	21.2	21.3
	Age Adjusted	20.3	23.1	24.8	23.2	23.1	23.7	22.4	21.1	20.6	20.7
Report that physical health was not good for more than 7 days during past 30 days	Actual	12.6	15.8		15.3	16.9	15.9	15.6	15.1	16.3	15.2
	Age Adjusted	13.0	16.1		15.6	17.2	16.1	15.7	15.0	16.0	14.9
Report that mental health was not good for more than 7 days during past 30 days	Actual	14.1	13.7		15.9	16.5	16.6	18.1	16.6	17.2	16.6
	Age Adjusted	13.3	13.8		15.9	16.3	16.6	18.0	16.6	17.3	16.8
Report poor physical/mental health prevented usual activities for more than 7 days in past 30 days (<i>Denominator: Total Sample</i>)	Actual	7.9	9.5		10.1	10.8	11.1	11.0	10.3	11.1	11.2
	Age Adjusted	8.0	9.6		10.2	10.9	11.2	11.0	10.3	11.1	11.1
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	17.0	20.3		19.1	20.4	20.9	21.1	19.6	21.8	22.2
	Age Adjusted	18.1	20.9		19.6	21.0	21.5	21.6	19.8	21.8	22.2
Cigarette smoking											
Report they are current cigarette smokers	Actual	23.5	25.4	27.4	25.6	24.6	23.7	25.1	24.0	22.7	23.4
	Age Adjusted	23.6	25.4	27.2	25.7	24.6	23.7	25.1	23.5	22.8	23.3
High school education or less	Actual	32.2	31.2	36.3	34.7	31.4	28.8	35.5	36.2	34.4	38.7
	Age Adjusted	37.1	35.8	41.2	38.9	32.5	32.2	41.7	39.9	37.8	43.1
Blacks	Actual	18.3	20.3	24.7	22.2	20.7	19.5	24.8	22.5	20.9	24.4
	Age Adjusted	18.8	19.8	24.3	22.1	20.1	20.0	24.7	22.3	22.3	23.5

Indicator	Rates	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009
Report that they are former cigarette smokers	Actual	20.5	20.9	20.0	20.7	19.3	20.8	21.1	21.3	22.2	22.1
	Age Adjusted	20.8	21.2	20.2	20.7	19.4	19.1	20.6	21.1	21.5	21.4
Daily smokers who report that they have quit smoking for 1 day or more in the past 12 months	Actual	46.7	51.5	53.9	51.7	48.9	51.7	55.1	51.4	50.1	59.6
	Age Adjusted	47.0	49.9	52.0	50.2	48.0	52.0	54.1	49.6	49.7	59.8
Quit ratio (Ever smokers who are former smokers)	Actual	46.5	45.1	42.2	44.6	44.0	46.7	45.7	47.0	49.4	48.6
	Age Adjusted	46.1	44.3	42.0	43.2	43.0	44.7	43.9	44.6	46.8	45.8
Alcohol use during the past month											
Report acute (binge) drinking	Actual		11.7	12.4	11.4	10.5	9.9	9.3	11.2	10.8	10.1
	Age Adjusted		11.5	12.3	11.3	10.3	9.9	9.4	11.3	11.0	10.4
Report chronic drinking	Actual		4.5	4.6	4.7	4.1	3.7	4.0	3.5	3.7	3.1
	Age Adjusted		4.4	4.6	4.7	4.1	3.7	4.0	3.6	3.8	3.0
Physical activity/exercise											
Report no physical activity in the past 30 days	Actual	33.4		30.4	31.4	32.5	31.4	31.9	31.9	32.6	32.4
	Age Adjusted	33.6		30.4	31.4	32.5	31.3	31.4	31.4	32.4	32.1
65+ year olds (<i>No age adjustment</i>)	Actual	42.1		40.8	43.4	40.5	39.0	38.9	38.9	37.7	39.2
Income less than \$20,000	Actual	45.3		44.6	48.5	43.6	42.1	44.9	44.9	44.4	43.2
	Age Adjusted	46.1		44.4	48.5	43.7	42.3	45.1	45.1	44.0	43.0
Report that they meet do not moderate physical activity recommendations	Actual	61.7		71.0		70.7		71.2	71.2		72.5
	Age Adjusted	62.4		70.1		70.7		71.1	71.1		72.5
Report that they do not meet vigorous physical activity recommendations	Actual	81.4		79.7		79.1		80.3	80.3		80.3
	Age Adjusted	81.7		80.0		79.3		80.2	80.2		79.8

Indicator	Rates	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009
Report that they do not meet recommendations for physical activity	Actual		61.7		59.7		60.0		60.4	60.4	62.5
	Age Adjusted		62.4		60.0		60.2		60.3	60.3	62.2
Income less than \$20,000	Actual		70.5		70.2		68.5		67.7	67.7	70.8
	Age Adjusted		71.8		68.9		68.1		66.9	66.9	70.8
Report using physical activity/exercise to lose weight or maintain weight (Denominator: Total Sample)	Actual				46.3						
	Age Adjusted				46.4						
Report using physical activity/exercise to lose or maintain weight. (Denominator: Those trying to lose or maintain weight)	Actual				62.5						
	Age Adjusted				62.2						
Body weight and weight control											
Respondents who are overweight (BMI ≥ 25.0)	Actual	61.8	61.1	63.1	62.3	65.5	67.3	66.7	68.2	67.5	70.3
	Age Adjusted	62.1	61.5	63.6	62.9	66.1	67.8	67.0	68.5	67.0	70.1
Respondents who are obese (BMI ≥ 30)	Actual	25.0	25.4	26.8	27.0	29.5	30.9	31.5	32.6	33.4	35.4
	Age Adjusted	25.3	25.7	27.0	27.3	29.9	31.2	31.7	32.8	33.3	35.4
Report they are dieting to lose or maintain weight (Denominator : Total Sample)	Actual	55.6			51.5						
	Age Adjusted	55.8			51.9						
Report they are dieting to lose or maintain weight (Denominator : Those trying to lose or maintain weight)	Actual	74.1			69.9						
	Age Adjusted	74.3			70.0						
Report using physical activity/exercise to lose or maintain weight. (Denominator: Total sample)	Actual	40.7			46.3						
	Age Adjusted	40.6			46.4						
Report using physical activity/exercise to lose or maintain weight. (Denominator: Those trying to lose or maintain weight)	Actual	54.6			62.5						
	Age Adjusted	54.2			62.2						

Indicator	Rates	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009
Those at risk of developing type 2 diabetes because of weight or lack of exercise	Actual	26.1	24.3	24.5	23.8	24.6	25.8	27.1	27.8	28.8	26.4
	Age Adjusted	26.8	24.7	24.4	23.8	24.5	25.4	26.4	26.7	27.1	25.4
Diet/Nutrition											
Report that they eat fruits/vegetables 5 or more times per day	Actual	18.5		19.1	17.8		16.5		18.0		16.8
	Age Adjusted	18.5		19.1	17.7		16.5		18.0		16.9
Cholesterol awareness											
Report that they have ever had a blood cholesterol test	Actual		73.8		74.1		73.5		76.5		78.1
	Age Adjusted		74.2		74.4		73.9		76.3		77.0
Those tested who have had blood cholesterol checked within the past year	Actual		51.8		52.1		50.4		55.1		56.6
	Age Adjusted		52.0		52.3		50.7		55.1		55.6
Report blood cholesterol checked within the past 2 years	Actual		62.4		61.7		60.7		64.3		66.0
	Age Adjusted		62.7		62.0		61.2		64.4		65.0
Report blood cholesterol checked within the past 5 years	Actual		69.2		68.0		67.5		70.6		72.1
	Age Adjusted		68.6		68.6		68.1		70.8		71.2
Report being told by a health professional that they have high blood cholesterol	Actual		22.8		24.5		27.6		29.5		31.4
	Age Adjusted		23.0		24.6		27.4		28.8		30.3
Diabetes											
Report being told by a doctor that they have diabetes	Actual	7.6	9.3	8.6	11.0	9.6	9.7	10.9	11.0	11.3	11.6
	Age Adjusted	7.7	9.3	8.0	11.0	9.6	9.7	10.7	10.9	10.9	11.0
Those with diabetes who have had two or more visits to a health professional for diabetes in the past year	Actual	80.7		80.4		81.2		79.0		79.0	
	Age Adjusted	79.6		81.0		75.0		69.6		72.9	

Indicator	Rates	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009
Those with diabetes who have had at least four visits to a health professional for their diabetes in past year	Actual	51.0		51.0		54.2		51.3		54.5	
	Age Adjusted	49.8		42.9		49.9		46.4		52.8	
Those with diabetes who have had two or more foot exams by a health professional in past year	Actual	38.6		55.4		48.4		50.8		48.0	
	Age Adjusted	38.4		46.4		43.4		50.6		40.1	
Those with diabetes who have had at least four foot exams by a health professional in past year	Actual	19.7		28.0		27.4		30.5		29.5	
	Age Adjusted	21.4		25.4		20.3		32.6		23.2	
Those with diabetes who have had a dilated eye exam within the past year	Actual	56.5		66.5		58.5		64.3		62.7	
	Age Adjusted	47.6		62.8		54.6		62.3		55.2	
Those with diabetes who have had a dilated eye exam within the past 2 years	Actual	66.3		80.3		74.0		78.6		74.5	
	Age Adjusted	55.7		80.9		68.9		75.5		68.2	
Mammography screening (Age Adjustment Not Applicable)											
Report that they have ever had a CBE and mammogram (Women 40+)	Actual	77.7	78.1	77.9	78.0	79.3	79.1	81.6		80.2	
Income less than \$10,000	Actual	62.8	69.9	60.6	61.4	68.8	64.3	71.7		68.3	
Less than a high school education	Actual	61.6	66.4	66.7	70.8	70.5	68.3	72.7		69.2	
Women 70+ years of age	Actual	80.9	72.6	74.4	75.1	72.7	77.5	79.2		79.3	
Black women	Actual	67.8	71.2	69.4	69.6	74.2	72.9	75.0		74.4	
Report having a CBE and mammogram in past 2 years (Women 50+)	Actual	61.6	60.9	62.3	58.4	59.6	60.9	59.3		59.7	
Income less than \$10,000	Actual	45.7	52.6	44.1	39.6	41.6	41.7	46.1		45.0	
Less than a high school education	Actual	42.8	47.9	50.7	43.5	45.4	49.8	45.9		46.9	
Women 70+ years of age	Actual	57.7	53.5	53.7	50.0	46.6	53.2	52.5		53.1	
Black women	Actual	54.9	55.1	56.5	50.6	53.6	61.4	56.8		57.7	

Indicator	Rates	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009
Report having a screening mammogram within the past year (<i>Women 50-59</i>)	Actual	58.5	60.9	55.8	58.7	56.9	53.4	52.1		55.6	
Report having a screening mammogram within the past 2 years (<i>Women 50-59</i>)	Actual	73.1	75.2	72.8	72.0	70.8	70.6	69.7		69.4	
Report having screening mammogram within the past year (<i>Women 60-69</i>)	Actual	49.0	55.5	60.7	54.6	57.9	60.7	57.2		60.1	
Report having a screening mammogram within the past 2 years (<i>Women 60-69</i>)	Actual	67.1	69.8	73.7	70.5	74.1	74.0	71.5		72.2	
Report that they have ever had a pap smear test (<i>Women 18+ years of age who have never had a hysterectomy</i>)	Actual	95.5	96.5	90.1	94.8	95.0	95.9	95.0		94.6	
	Age Adjusted	95.2	96.7	90.7	94.8	95.4	96.1	95.4		94.2	
Income less than \$10,000	Actual	86.9	92.9	84.1	88.6	90.9	91.9	95.5		89.4	
	Age Adjusted	88.1	95.0	84.7	91.6	92.2	92.9	95.9		88.1	
Less than a high school education	Actual	86.8	94.9	86.7	90.1	93.3	90.8	91.2		89.3	
	Age Adjusted	87.3	96.3	88.2	91.0	94.4	93.3	93.9		90.9	
Women aged 70+ years of age (<i>Age Adjustment not Applicable</i>)	Actual	85.6	91.9	82.1	87.2	87.0	91.2	92.5		87.9	
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	87.0	86.3	82.7	84.4	82.5	82.7	82.4		81.1	
	Age Adjusted	84.3	84.2	80.3	82.4	80.7	80.7	80.5		79.2	
Income less than \$10,000	Actual	68.1	79.1	72.5	68.4	68.5	74.2	75.7		69.6	
	Age Adjusted	68.6	76.8	72.4	73.0	70.7	74.9	74.6		70.8	
Less than a high school education	Actual	71.6	70.0	69.5	73.1	69.8	68.3	72.2		65.5	
	Age Adjusted	69.5	72.2	74.0	75.5	70.5	71.3	74.9		68.2	

Indicator	Rates	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009
Women aged 70+ years of age (Age Adjustment Not Applicable)	Actual	75.5	64.4	46.1	52.9	50.0	50.8	54.5		52.8	
Women age 18 to 64	Actual	89.5	89.3	86.4	85.1	86.3	85.7	85.5		81.0	
	Age Adjusted	87.2	88.5	85.2	85.6	85.9	85.1	85.0		83.1	

Colorectal cancer screening: Persons aged 50+ years of age (Age Adjustment Not Applicable)											
Report ever having had a sigmoidoscopy/proctoscopy exam	Actual		40.8	42.9	45.1	46.8		50.4		56.4	
Within the past year	Actual		13.4	13.4	13.1	13.4		14.5		16.8	
Within the past 2 years	Actual		21.6	21.9	22.7	23.2		24.2		27.2	
Within the past 5 years	Actual		31.9	33.4	35.6	36.5		40.0		36.2	
Hypertension awareness											
Report being told by a health professional that they have high blood pressure	Actual		31.4		33.4		33.3		33.7		37.4
	Age Adjusted		31.7		33.6		33.5		33.3		36.1
Report having blood pressure taken by a health professional in the past year	Actual										
	Age Adjusted										
Report having pressure taken by a health professional in the past 2 years	Actual										
	Age Adjusted										
Report having blood pressure taken by a health professional in the past 5 years	Actual										
	Age Adjusted										

Indicator	Rates	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009
Immunization											
Report having had a flu vaccination within the past 12 months	Actual		29.2	30.6	33.1	33.6	29.0	32.7	37.4	35.9	37.6
	Age Adjusted		29.0	30.7	32.8	33.6	28.7	32.7	37.0	35.3	37.0
Persons 65+ years of age <i>(Age adjustment not applicable)</i>	Actual		61.8	63.0	69.0	66.9	61.7	65.8	69.8	67.7	67.1
Report ever having had a pneumonia vaccination	Actual		21.2	19.9	24.6	24.3	25.6	26.5	26.0	24.3	27.4
	Age Adjusted		20.6	19.8	24.0	24.0	24.9	25.7	25.0	26.3	26.1
Persons aged 65+ years of age <i>(Age adjustment not applicable)</i>	Actual		55.7	58.9	61.8	64.5	65.7	68.7	65.3	66.5	67.9
Health care access											
Report that they have no kind of health care coverage	Actual	19.3	18.7	22.8	19.1	20.2	18.5	21.0	19.3	19.4	20.0
	Age Adjusted	19.0	18.6	22.5	19.0	20.1	18.5	20.6	19.3	20.1	20.2
Report being unable to see doctor in past 12 months because of cost	Actual	16.2			18.5	20.0	18.5	19.0	18.5	19.2	19.6
	Age Adjusted	16.2			18.6	20.1	18.7	19.0	18.5	20.1	19.7