

**2016 Trends Report for Mississippi  
Behavioral Risk Factor Surveillance System Survey  
October 27, 2017**



MISSISSIPPI STATE DEPARTMENT OF HEALTH

**Mississippi Behavioral Risk Factor Surveillance System  
Trend Report 2011 - 2020**

*Note: Unless otherwise indicated, the denominator is the total sample population except that all respondents answering "Unknown" or who refused to answer a question is excluded from the denominator. Gray areas indicate that the question was not used.*

Indicator	Rates	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
<b>Health Status</b>											
Report that general health is fair or poor	Crude	24.0	23.4	24.4	22.3	23.4	23.3				
	Age Adj	23.4	22.1	22.9	21.0	22.4	21.9				
Report that physical health was not good for more than 7 days in past 30 days	Crude	17.7	21.4	18.5	19.7	17.0	20.3				
	Age Adj	17.5	17.3	17.8	19.0	16.5	16.5				
Report that mental health was not good for more than 7 days in past 30 days	Crude	17.6	21.3	16.7	19.8	18.0	20.0				
	Age Adj	17.9	18.6	17.5	20.5	18.9	17.2				
Report poor physical/mental health prevented usual activities for more than 7 days in past 30 days <i>(Denominator: Total Sample)</i>	Crude	32.4	30.8	32.4	28.5	29.5	27.6				
	Age Adj	30.1	29.9	31.6	28.2	29.3	27.2				
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>	Crude	59.6	59.3	61.4	54.5	53.6	59.6				
	Age Adj	59.3	58.6	61.2	52.6	53.1	56.0				
<b>Cigarette Smoking</b>											
Report that they are current cigarette smokers	Crude	26.0	24.0	24.9	23.0	22.6	22.8				
	Age Adj	26.4	24.4	26.8	24.0	24.6	23.4				
High school education or less	Crude	37.8	38.6	38.9	35.4	34.2	36.2				
	Age Adj	39.8	43.0	45.6	38.7	40.1	39.9				
Blacks	Crude	23.0	22.4	23.8	20.4	22.4	20.1				
	Age Adj	22.1	21.9	24.6	20.1	23.4	20.5				
Report they are former cigarette smokers	Crude	21.3	20.8	21.5	21.9	21.2	23.6				
	Age Adj	20.8	19.8	19.8	20.6	19.6	22.5				
Daily smokers who report they have quit smoking for one day or more in the past 12 months	Crude	61.3	62.3	65.9	63.8	68.2	62.8				
	Age Adj	60.8	61.0	65.8	62.4	67.7	63.1				
Quit ratio: Ever smokers who are former smokers	Crude	45.0	46.5	46.4	48.8	48.4	50.8				
	Age Adj	42.9	43.2	40.6	44.5	42.8	47.3				

Indicator	Rates	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
<b>Alcohol use during the past month</b>											
Report acute (binge) drinking	Crude	14.3	12.1	12.4	12.8	11.9	12.4				
	Age Adj	14.9	12.9	13.5	13.7	12.8	12.7				
Report chronic drinking	Crude	4.7	4.6	4.2	4.3	4.6	4.7				
	Age Adj	4.8	4.8	4.4	4.4	4.8	4.0				
<b>Physical activity/exercise</b>											
Report no physical activity in the past 30 days	Crude	36.0	30.8	38.2	31.6	36.8	30.2				
	Age Adj	36.1	30.6	36.5	31.3	35.8	29.4				
Income less than \$20,000	Crude	43.8	43.9	52.9	55.5	56.2	56.5				
	Age Adj	44.3	46.3	45.4	45.3	43.1	43.1				
65+ year olds ( <i>No age adjustment</i> )	Crude	40.9	38.3	45.4	38.3	42.9	60.7				
<b>Body weight (BMI)</b>											
Respondents with healthy weight ( $18 \leq BMI < 25$ )	Crude	29.0	29.2	29.1	27.6	28.2	26.8				
	Age Adj	28.8	29.3	27.7	27.6	26.0	26.3				
Respondents who are overweight ( $BMI \geq 25$ )	Crude	68.9	68.9	69.3	70.7	70.1	71.2				
	Age Adj	69.1	69.1	70.6	70.8	72.5	71.9				
White Males	Crude	73.5	72.5	74.9	73.7	74.4	75.3				
	Age Adj	73.3	72.6	74.7	73.8	77.0	76.0				
White Females	Crude	59.0	59.4	58.2	63.5	58.8	60.6				
	Age Adj	58.4	58.1	58.8	62.9	56.4	60.7				
Black Males	Crude	67.5	69.8	69.0	73.1	74.3	74.1				
	Age Adj	69.8	71.2	72.8	73.9	76.6	75.5				
Black Females	Crude	79.2	78.6	78.7	79.3	78.2	81.3				
	Age Adj	79.7	79.3	78.8	79.2	76.5	81.7				
Respondents who are obese ( $BMI \geq 30$ )	Crude	35.0	34.6	35.2	35.5	35.7	37.4				
	Age Adj	35.3	35.0	36.7	36.2	38.0	38.2				
White Males	Crude	32.0	30.4	33.1	33.9	33.2	33.6				
	Age Adj	32.2	30.2	34.3	35.4	36.1	34.8				
White Females	Crude	29.4	29.9	29.3	30.3	28.7	30.9				
	Age Adj	30.0	30.1	31.7	30.6	30.3	31.6				
Black Males	Crude	32.6	36.0	35.9	33.8	35.5	39.4				
	Age Adj	34.2	37.0	38.6	34.6	36.4	40.5				
Black Females	Crude	51.8	49.2	48.3	51.8	51.0	53.6				
	Age Adj	51.8	49.5	47.9	51.0	53.6	54.2				

<b>Indicator</b>	<b>Rates</b>	<b>2011</b>	<b>2012</b>	<b>2013</b>	<b>2014</b>	<b>2015</b>	<b>2016</b>	<b>2017</b>	<b>2018</b>	<b>2019</b>	<b>2020</b>
Those at risk of developing type 2 diabetes because of weight or lack of exercise	Crude	25.9	25.3	26.3	25.1	26.5	24.5				
	Age Adj	26.1	24.8	27.1	24.8	27.8	24.3				
<b>Cholesterol awareness</b>											
Report that they have ever had a blood cholesterol test	Crude	74.7		77.9		78.5					
	Age Adj	73.8		77.1		77.1					
Those tested who have had blood cholesterol checked within the past year	Crude	53.6		59.2		61.4					
	Age Adj	52.8		58.0		59.4					
Report blood cholesterol checked within the past 2 years	Crude	62.3		66.8		68.7					
	Age Adj	61.6		66.5		67.4					
Report blood cholesterol checked within the past 5 years	Crude	67.9		70.9		72.7					
	Age Adj	67.6		70.8		71.8					
Report being told by a health professional that they have high blood cholesterol	Crude	30.3		31.7		29.4					
	Age Adj	29.3		30.7		27.8					
<b>Diabetes</b>											
Report being told by a doctor that they have diabetes	Crude	12.3	12.5	12.9	13.0	14.7	13.7				
	Age Adj	11.6	11.8	12.3	12.1	14.5	12.5				
Those with diabetes who have had two or more visits to health professional for diabetes in the past year	Crude		79.6		74.0		74.2				
	Age Adj		70.8		70.1		69.9				
Those with diabetes who have had at least four visits to a health professional for their diabetes in past year	Crude		46.2		40.9		43.7				
	Age Adj		38.6		37.9		36.3				
Those with diabetes who have had two or more foot exams by a professional in the past year	Crude		49.9		44.6		47.1				
	Age Adj		44.0		39.4		36.9				
Those with diabetes who have had at least four foot exams by a health professional in past year	Crude		23.2		20.4		25.0				
	Age Adj		22.6		15.8		18.6				
Those with diabetes who have had a dilated eye exam in the past year	Crude		59.2		61.6		58.8				
	Age Adj		55.8		57.2		55.1				
Those with diabetes who have had a dilated eye exam in the past 2 years	Crude		75.7		74.1		73.9				
	Age Adj		73.4		69.7		72.6				

Indicator	Rates	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
<b>Breast Cancer Screening (Age Adjustment Not Applicable)</b>											
Report that they have ever had a mammogram (Women 40+)	Crude		89.3		90.0		90.6				
Income less than \$10,000	Crude		80.4		82.5		84.4				
Less than a high school education	Crude		84.0		86.9		91.5				
Women 70+ years of age	Crude		94.3		94.1		94.9				
Black women	Crude		87.6		86.9		91.2				
Report having a mammogram in past 2 years (Women 40+)	Crude		66.1		63.9		67.5				
Income less than \$10,000	Crude		50.6		52.3		55.8				
Less than a high school education	Crude		54.7		51.0		55.5				
Women 70+ years of age	Crude		63.0		66.0		59.5				
Black women	Crude		44.2		47.0		48.2				
Report having a screening mammogram within the past year (Women 50-59)	Crude		53.5		51.2		48.6				
Report having a screening mammogram in the past year (Women 60-69)	Crude		58.7		55.5		63.0				
Report having screening mammogram in the past 2 years (Women 50-59)	Crude		72.0		64.5		64.9				
Report having screening mammogram in the past 2 years (Women 60-69)	Crude		72.3		68.9		73.8				
<b>Cervical Cancer Screening</b>											
Report that they have ever had a pap smear test (Women 18+ years of age who have never had a hysterectomy)	Crude		92.8		89.6		90.9				
	Age Adj		94.2		89.9		92.2				
Income less than \$10,000	Crude		87.9		89.6		88.0				
	Age Adj		87.7		86.0		88.6				
Less than a high school education	Crude		95.3		87.6		88.3				
	Age Adj		90.6		86.2		89.1				
Women aged 70+ years of age (Age adjustment not applicable)	Crude		91.0		86.2		89.4				

Indicator	Rates	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
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> )	Crude		76.7		77.4		84.5				
	Age Adj		76.6		76.0		82.9				
Income less than \$10,000	Crude		64.9		77.1		80.0				
	Age Adj		59.1		69.6		76.3				
Less than a high school education	Crude		65.3		70.5		74.6				
	Age Adj		63.5		65.9		75.8				
Women aged 70+ years of age ( <i>Age adjustment not applicable</i> )	Crude		52.1		45.6		49.3				
Women 18-64	Crude		79.5		80.6		87.8				
	Age Adj		79.8		80.7		82.9				
<b>Colorectal Cancer Screening (<i>Age 50+: Age adjustment not applicable</i>)</b>											
Report ever having had a colonoscopy/sigmoidoscopy exam	Crude		60.3		62.9		63.8				
	Within the past year	Crude		15.5		15.9		14.4			
Within the past 2 years	Crude		25.1		24.8		24.0				
Within the past 5 years	Crude		45.8		46.6		44.6				
<b>Hypertension awareness</b>											
Report being told by a health professional that they have high blood pressure	Crude	39.2		40.2		42.4					
	Age Adj	38.4		38.3		40.3					
<b>Immunization</b>											
Report having had a flu vaccination within the past 12 months	Crude	35.6	34.0	37.3	37.1	40.4	37.2				
	Age Adj	34.6	32.7	34.7	35.2	37.6	35.5				
Persons 65+ years of age ( <i>Age adjustment not applicable</i> )	Crude	65.4	62.4	63.0	66.7	63.3	61.7				
Report ever having had a pneumonia vaccination	Crude	28.2	29.0	30.1	28.7	29.1	30.8				
	Age Adj	26.2	27.0	25.7	25.9	24.6	27.8				
Persons 65+ years of age ( <i>Age adjustment not applicable</i> )	Crude	69.0	65.8	66.2	67.2	65.3	65.6				

Indicator	Rates	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
<b>Health care access</b>											
Report that they have no kind of health care coverage (Age 18-64)	Crude	30.7	27.3	28.1	23.0	21.6	20.1				
	Age Adj	31.2	27.6	28.4	23.5	22.1	17.5				
Report being unable to see doctor in past 12 months because of cost	Crude	23.4	21.7	21.7	19.5	18.8	19.1				
	Age Adj	23.9	25.7	23.0	20.5	19.8	20.1				
<b>Chronic Diseases</b>											
Ever Diagnosed With Depression	Crude	18.9	18.4	19.2	19.9	18.2	19.0				
	Age Adj	18.9	18.5	20.3	20.1	19.2	18.9				
Ever Diagnosed With Heart Attack	Crude	5.4	5.4	5.1	4.9	5.6	5.7				
	Age Adj	5.1	5.0	4.3	4.4	5.0	5.0				
Ever Diagnosed With Coronary Artery Disease	Crude	4.6	5.1	4.9	4.7	4.9	5.9				
	Age Adj	4.3	4.7	4.1	4.3	4.6	5.2				
Ever Diagnosed With Stroke	Crude	4.0	4.3	4.5	4.5	4.5	5.0				
	Age Adj	3.8	4.0	3.8	4.2	3.4	4.5				
Ever Diagnosed With Asthma	Crude	12.4	11.7	12.6	12.6	12.2	12.7				
	Age Adj	12.4	11.5	12.6	12.8	12.9	12.7				
Ever Diagnosed With Arthritis	Crude	29.1	30.8	30.0	29.2	28.6	31.3				
	Age Adj	27.9	28.8	27.4	27.1	26.0	29.0				