



MISSISSIPPI STATE DEPARTMENT OF HEALTH

2020
Mississippi Behavioral Risk Factor
Surveillance System
(BRFSS)

EXECUTIVE SUMMARY











August 15, 2023

Executive Summary Highlights









2020 Mississippi Behavioral Risk Factor Surveillance System

The Mississippi Behavioral Risk Factor Surveillance System (MS BRFSS) is conducted annually to monitor the prevalence of behaviors that contribute to the leading causes of morbidity and mortality among adults in our state. The 2020 MS BRFSS was completed by 6,479 Mississippians aged 18 years or older. *Note: All percentages are rounded to the nearest whole number.*

Selected Health Conditions

	Mississippi (2020)	Compared to Prior Year	Compared to Nation (2020)
Cancer (non-skin cancer) Any type of cancer other than skin cancer	7%	7% 	7% 
Cardiovascular Disease Angina, coronary heart disease, heart attack, or stroke	12%	11% 	9% 
Chronic Obstructive Pulmonary Disorder COPD, emphysema, or chronic bronchitis	9%	9% 	6% 
Depressive Disorder Depression, major or minor depression, or dysthymia	21%	21% 	20% 
Diabetes Type 1 or Type 2 diabetes	15%	15% 	11% 

























Selected Risk Factors

	Mississippi (2020)	Compared to Prior Year	Compared to Nation (2020)
Binge Drinking Binge drinking in the past 30 days	13%	13% 	16% 
Cigarette Smoking Currently smokes cigarettes every day or some days	20%	20% 	16% 
E-Cigarette Use Currently uses e-cigarettes every day or some days	5%	N/A	N/A
Overweight and Obesity Currently overweight or obese (BMI \geq 25.0)	73%	73% 	67% 
Physical Inactivity Had no exercise outside of work in the past 30 days	30%	38% 	22% 

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	Mississippi (2020)	Compared to Prior Year	Compared to Nation (2020)
Arthritis Arthritis, rheumatoid arthritis, gout, lupus, fibromyalgia	30%	29% 	25% 
Asthma Ever had asthma	14%	14% 	14% 
Binge Drinking Binge drinking in the past 30 days	13%	13% 	16% 
Cancer (non-skin cancer) Any type of cancer other than skin cancer	7%	7% 	7% 
Skin Cancer Ever had skin cancer	6%	6% 	6% 
Cardiovascular Disease Angina, coronary heart disease, heart attack, or stroke	12%	11% 	9% 
Chronic Obstructive Pulmonary Disorder COPD, emphysema, or chronic bronchitis	9%	9% 	6% 
Cigarette Smoking Currently smokes cigarettes every day or some days	20%	20% 	16% 
Depressive Disorder Depression, major or minor depression, or dysthymia	21%	21% 	20% 
Diabetes Type 1 or Type 2 diabetes	15%	15% 	11% 
E-Cigarette Use Currently uses e-cigarettes every day or some days	5%	N/A	N/A
Health Care Access: Doctor Cost Could not see a doctor in past 12 months due to cost	14%	17% 	10% 
Health Care Access: Routine Check-Up No routine check-up in the past year	22%	21% 	24% 

Executive Summary *(continued)*

2020 Mississippi Behavioral Risk Factor Surveillance System

	Mississippi (2020)	Compared to Prior Year	Compared to Nation (2020)
Health Care Coverage No health care coverage	17%	17% 	11% 
Health Status Fair or poor self-reported health	20%	24% 	13% 
Healthy Days – Physical Health 14+ days poor physical health during past month	10%	14% 	10% 
Healthy Days – Mental Health 14+ days poor mental health during past month	14%	17% 	13% 
HIV Testing Ever tested for HIV	38%	44% 	37% 
Immunization – Flu (Age 65+ years) Flu vaccination in the past 12 months	66%	64% 	68% 
Immunization – Pneumonia (Age 65+ years) Ever had a pneumonia vaccination	67%	67% 	72% 
Marijuana Use Used marijuana on at least one day during past 30 days	9%	N/A	N/A
Overweight and Obesity Currently overweight or obese (BMI \geq 25.0)	73%	73% 	67% 
Physical Inactivity Had no exercise outside of work in the past 30 days	30%	38% 	22% 