



MISSISSIPPI STATE DEPARTMENT OF HEALTH

# Caregivers



## Analysis of 2022 Mississippi Behavioral Risk Factor Surveillance System (BRFSS) Data

December 27, 2023

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## Important Information

### About BRFSS

- The Mississippi Behavioral Risk Factor Surveillance System (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 2022 Mississippi BRFSS was completed by 4,239 Mississippians aged 18 years or older.

### About This Report

- The estimates in this report are weighted to represent the adult population of Mississippi.
- Some estimates in this report are based on a cell size (numerator) of less than 20. Use caution when interpreting and comparing these estimates. Cell sizes for each estimate are included in each topic’s respective data table.
- For BRFSS data, CDC recommends not interpreting percentages where the denominator is based upon fewer than 50 non-weighted respondents or the relative standard error (RSE) of the estimate is greater than 30%. In the tables of this report, results replaced with a dash (-) indicate a sample size of less than 50 or an RSE greater than 30%.
- The difference between two estimates is considered statistically significant (also stated as “significantly higher/lower” or “significant” in this report) if the 95% confidence intervals do not overlap.
- In this report, “Other Race” refers to adults who reported their race/ethnicity as anything other than White, Non-Hispanic (NH) or Black, NH.
- In the 2022 MS BRFSS, the numbers of responses for individual races and ethnicities contained in the “Other Race” demographic group (Table A, below) were too low to allow for meaningful estimates. To request additional race/ethnicity data, please submit a data request using [MSDH’s online form](#).

**Table A. Races and Ethnicities Included in the “Other Races/Ethnicities” Demographic Group**

Race/Ethnicity	TOTAL 2022 SURVEY SAMPLE		
	Unweighted Total	Weighted Total	Weighted Percent
American Indian or Alaskan Native, Non-Hispanic	26	36,684	1.66
Asian, Non-Hispanic	29	32,004	1.45
Any race, Hispanic	67	82,236	3.77
Multiracial, Non-Hispanic	24	22,608	1.03
Native Hawaiian or Pacific Islander, Non-Hispanic	1	1,131	0.05
Other race, Non-Hispanic	0	0	0.0
<b>Total “Other Races/Ethnicities” Demographic Group</b>	147	174,663	7.96

## **Survey Questions for Caregiver Topics in This Report (2022 MS BRFSS Survey)**

**Caregiver Status:** *During the past 30 days, did you provide regular care or assistance to a friend or family member who has a health problem or disability?*

- Asked of all respondents.

**Relationship to Care Recipient:** *What is his or her relationship to you?*

- Asked only of respondents who are current caregivers

**Length of Caregiving:** *For how long have you provided care for that person?*

- Asked only of respondents who are current caregivers

**Hours of Caregiving Per Week:** *In an average week, how many hours do you provide care or assistance?*

- Asked only of respondents who are current caregivers

**Main Health Problem of Care Recipient:** *What is the main health problem, long-term illness, or disability that the person you care for has?*

- Asked only of respondents who are current caregivers

**Alzheimer's Disease/Dementia:** *Does the person you care for also have Alzheimer's disease, dementia, or other cognitive impairment disorder?*

- Asked only of respondents who are current caregivers and whose care recipient's main health problem is not Alzheimer's disease, dementia, or other cognitive impairment disorder

**Management of Personal Care:** *In the past 30 days, did you provide care for this person by managing personal care such as giving medications, feeding, dressing, or bathing?*

- Asked only of respondents who are current caregivers

**Management of Household Tasks:** *In the past 30 days, did you provide care for this person by managing household tasks such as cleaning, managing money, or preparing meals?*

- Asked only of respondents who are current caregivers

**Anticipated Future Caregiving:** *In the next 2 years, do you expect to provide care or assistance to a friend or family member who has a health problem or disability?*

- Asked only of respondents who are not current caregivers

# Prevalence of Caregiving

In this report, a respondent is considered to currently be a caregiver if, during the past 30 days, they provided regular care or assistance to a friend or family member who has a health problem or disability.

## OVERALL

- Approximately 1 in 4 adults (24.1%) was a current caregiver.
- Nearly 14% of non-caregivers expected to become caregivers in the next 2 years.

## SEX (FIGURE 1.1)

- The percentage of current caregiving was **significantly higher** among **women** (27.7%) compared to men (20.1%).

## RACE/ETHNICITY (FIGURE 1.2)

- The percentage of current caregiving was **highest** among **Black, Non-Hispanic (NH) adults** (26.3%) followed by White, NH adults (22.7%), and adults of other races/ethnicities (21.9%). There were **no significant differences** in percentage among race/ethnicity groups.

## AGE (FIGURE 1.3)

- The percentage of current caregiving was **significantly higher** among adults aged **55-64 years** (29.9%) and **35-44 years** (29.0%) compared to adults aged 18-24 years (18.8%) and 25-34 years (19.4%).

## EDUCATIONAL ATTAINMENT (FIGURE 1.4)

- The percentage of current caregiving was **highest** among adults who had completed **some college post-high school** (25.6%); however, there were **no significant differences** in percentage among education level groups.

## ANNUAL HOUSEHOLD INCOME (FIGURE 1.5)

- The percentage of current caregiving was **highest** among adults whose annual household income was **\$15,000 to \$24,999** (29.0%) and **\$25,000 to \$34,999** (28.9%); however, there were **no statistically significant differences** in percentage among annual household income groups.

## TREND (FIGURE 1.6)

- The percentage of current caregiving **decreased** from 24.7% in 2015 to 24.1% in 2022; however, the difference between the two estimates was **not statistically significant**.

Figure 1.1. Percentage of Respondents Who Are Current Caregivers by Sex

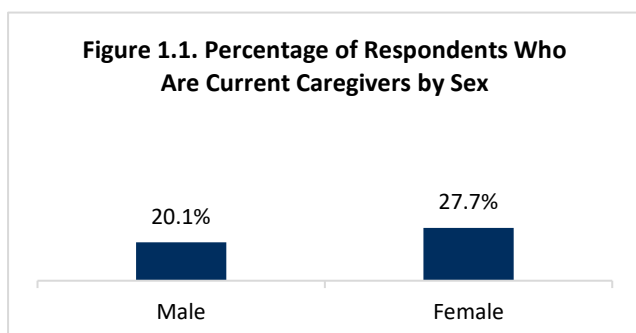


Figure 1.2. Percentage of Respondents Who Are Current Caregivers by Race/Ethnicity

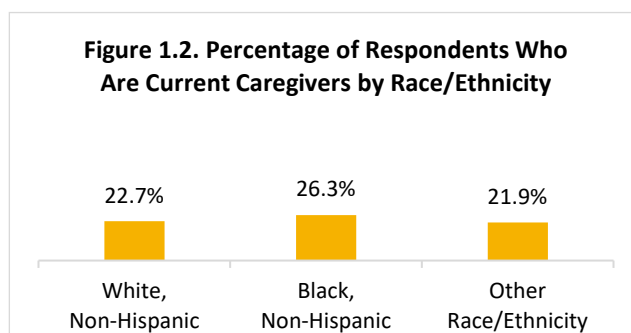


Figure 1.3. Percentage of Respondents Who Are Current Caregivers by Age

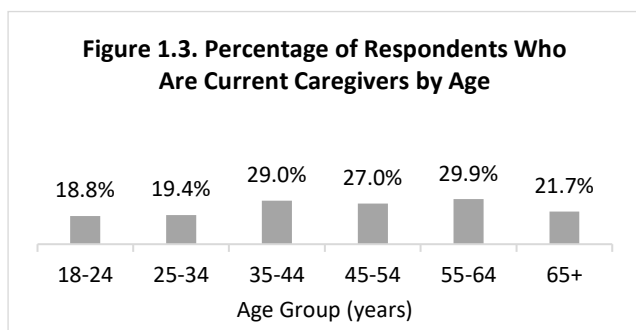
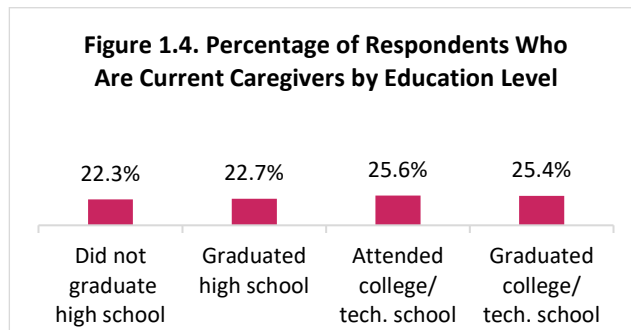
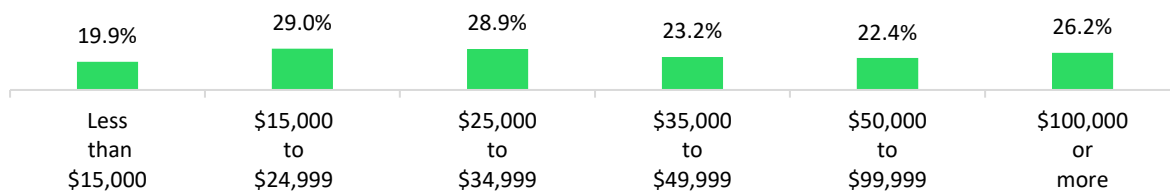


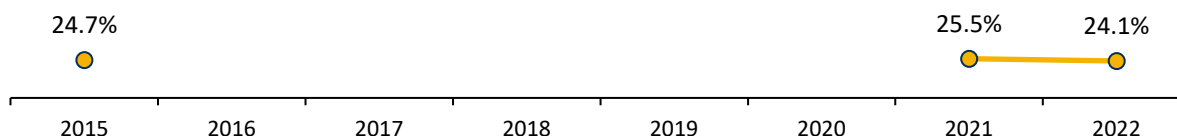
Figure 1.4. Percentage of Respondents Who Are Current Caregivers by Education Level



**Figure 1.5. Percentage of Respondents Who Are Current Caregivers by Annual Household Income**



**Figure 1.6. 2015-2022 Trend of Respondents Who Are Current Caregivers\***



\*Data related to caregiver status were not collected in the 2016-2020 survey years.

**TABLE 1. Prevalence of Current Caregiving**

DEMOGRAPHIC GROUPS	RESPONDENTS		Yes			No		
	TOTAL	WEIGHTED	N <sup>(1)</sup>	% <sup>(2)</sup>	C.I. (95%)	N <sup>(1)</sup>	% <sup>(2)</sup>	C.I. (95%)
TOTAL	3,772	1,981,802	904	24.1	22.3-26.0	2,868	75.9	74.0-77.7
Male	1,653	934,861	332	20.1	17.7-22.6	1,321	79.9	77.4-82.3
Female	2,119	1,046,941	572	27.7	25.1-30.4	1,547	72.3	69.6-74.9
White, Non-Hispanic (NH)	2,225	1,134,611	496	22.7	20.4-25.1	1,729	77.3	74.9-79.6
Black, Non-Hispanic (NH)	1,358	677,102	360	26.3	23.3-29.2	998	73.7	70.8-76.7
Other Races/Ethnicities	115	123,505	26	21.9	12.7-31.1	89	78.1	68.9-87.3
18-24 years	364	248,332	67	18.8	13.6-23.9	297	81.2	76.1-86.4
25-34 years	495	317,785	85	19.4	14.9-23.9	410	80.6	76.1-85.1
35-44 years	560	308,871	159	29.0	24.2-33.9	401	71.0	66.1-75.8
45-54 years	616	286,900	182	27.0	22.6-31.3	434	73.0	68.7-77.4
55-64 years	690	323,499	188	29.9	24.9-34.8	502	70.1	65.2-75.1
65+ years	1,011	472,417	215	21.7	18.2-25.1	796	78.3	74.9-81.8
Less than H.S.	342	280,505	73	22.3	16.4-28.2	269	77.7	71.8-83.6
H.S. or G.E.D.	961	588,596	218	22.7	19.3-26.0	743	77.3	74.0-80.7
Some Post-H.S.	1,189	690,850	284	25.6	22.5-28.8	905	74.4	71.2-77.5
College Graduate	1,269	415,702	329	25.4	22.3-28.4	940	74.6	71.6-77.7
Less than \$15,000	265	149,321	61	19.9	14.2-25.6	204	80.1	74.4-85.8
\$15,000-\$24,999	421	216,991	107	29.0	23.1-34.9	314	71.0	65.1-76.9
\$25,000-\$34,999	491	277,187	144	28.9	23.7-34.2	347	71.1	65.8-76.3
\$35,000-\$49,999	514	268,475	124	23.2	18.5-27.9	390	76.8	72.1-81.5
\$50,000-\$99,999	841	438,765	197	22.4	18.4-26.4	644	77.6	73.6-81.6
\$100,000+	590	279,836	144	26.2	21.3-31.0	446	73.8	69.0-78.7

(1) Unweighted number

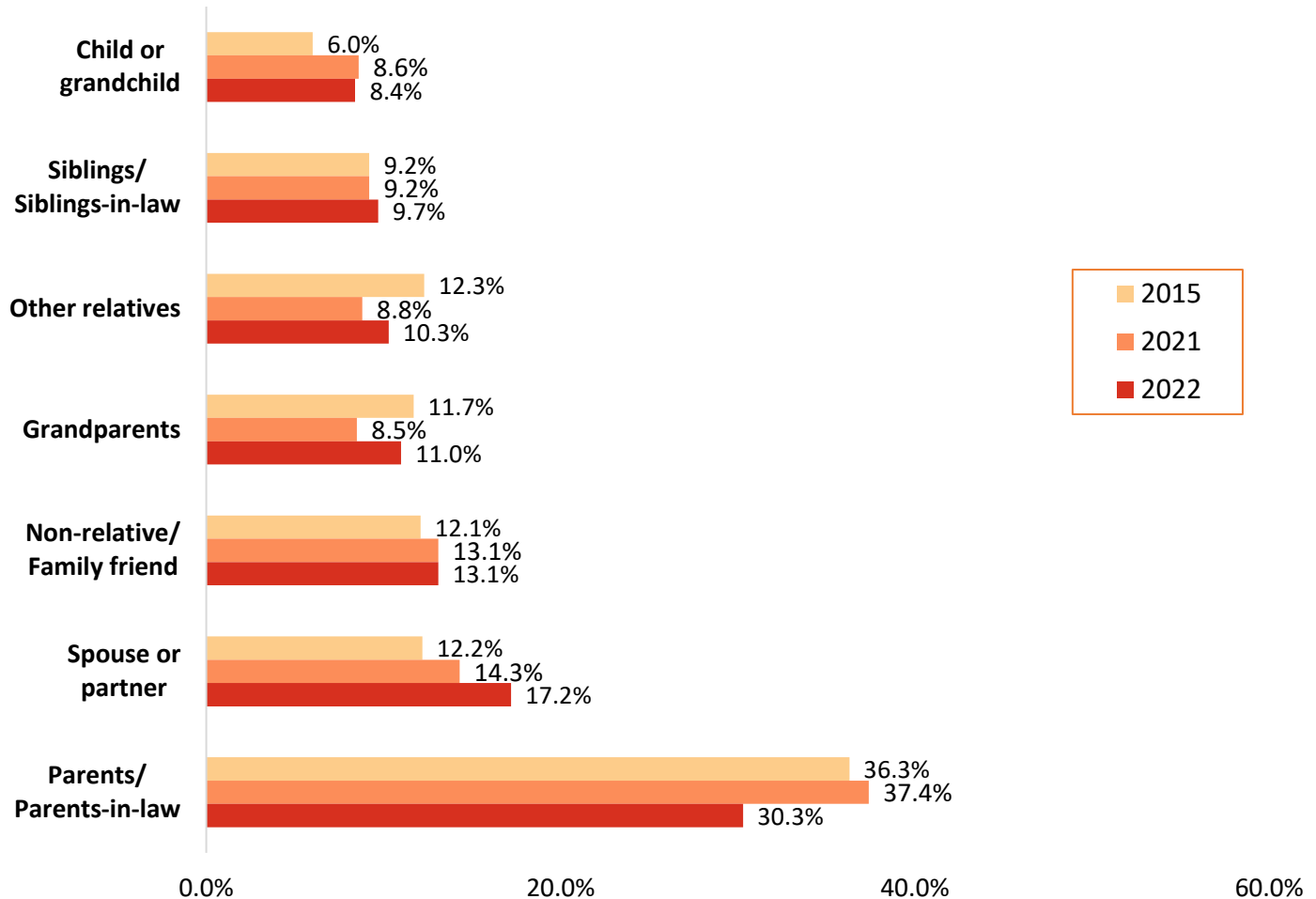
(2) Weighted percent

Note: Denominator excludes respondents with do not know/refused/missing responses

## Relationship to Care Recipient

- In 2022, **most** caregivers were providing care to their **parents/parents-in-law** (30.3%) or their **spouse/partner** (17.2%) (Figure 2).
- The **least frequently reported** care recipient relationship in 2022 was **child or grandchild** (8.4%) (Figure 2).

**Figure 2. Relationship of Care Recipient to Caregiver:  
2015, 2021, and 2022**



^indicates statistically significant difference in percentage between 2015 and 2022

\*indicates statistically significant difference in percentage between 2021 and 2022

**Table 2. Prevalence of Relationship to Care Recipient (2022)**

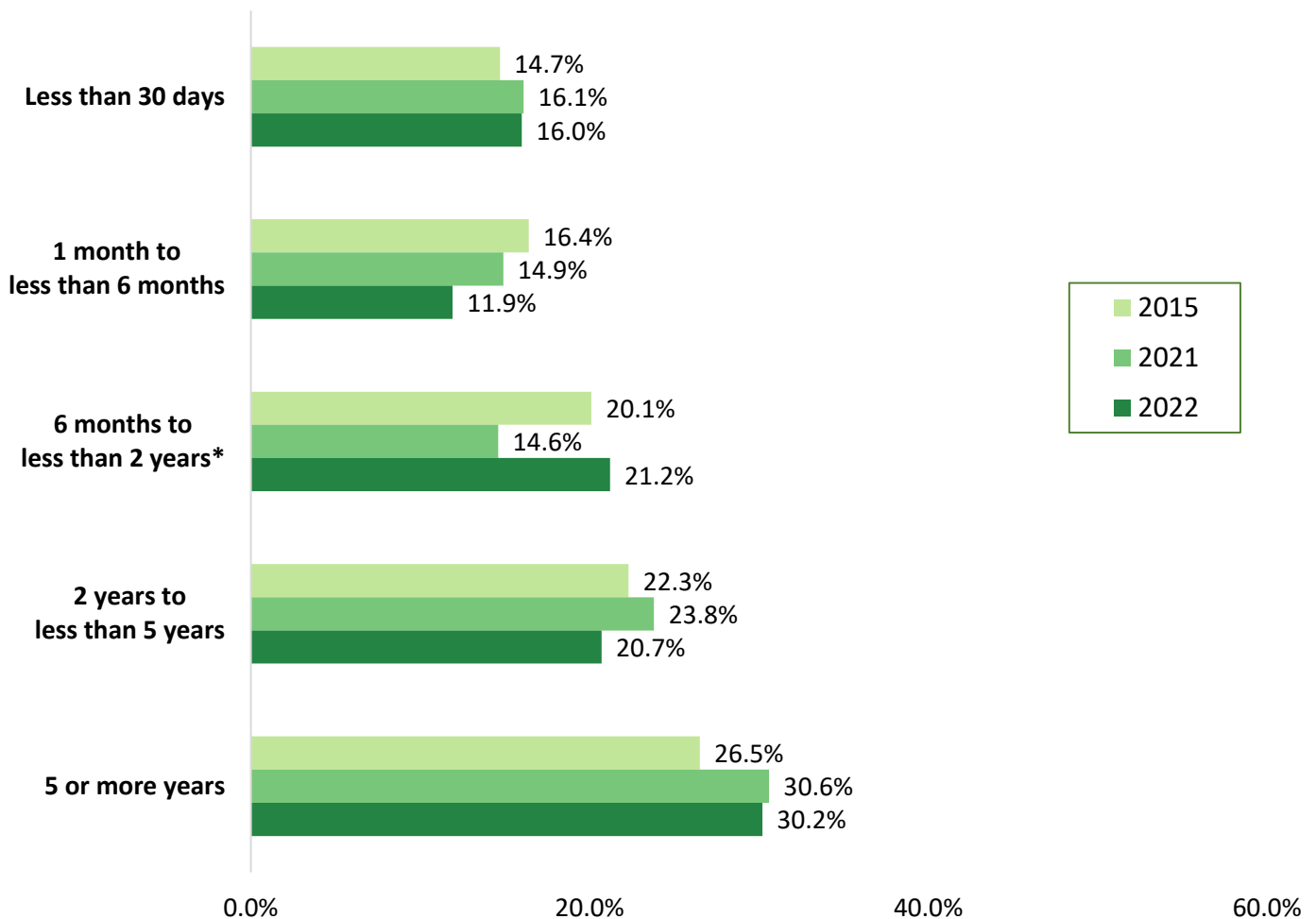
	Frequency	Weighted Frequency	Weighted Percent	C.I. (95%)
Child/Grandchild	85	39,873	8.4	6.2-10.6
Sibling/Sibling-in-law	81	45,988	9.7	6.8-12.6
Other relatives	78	49,021	10.3	7.3-13.4
Grandparents	74	52,075	11.0	8.0-13.9
Non-relative/Family friend	116	61,927	13.1	10.2-15.9
Spouse/Partner	157	81,594	17.2	14.2-20.2
Parents/Parents-in-law	304	143,545	30.3	26.5-34.1

Note: Denominator excludes respondents with do not know/refused/missing responses

## Length of Time Provided Care

- In 2022, **most** caregivers (50.9%) had been providing care to their care recipients for **2 or more years** (Figure 3).
- Approximately one-quarter (27.9%) of caregivers had been providing care for fewer than 6 months in 2022 (Figure 3).
- The percentage of caregivers who had provided care for **6 months to less than 2 years** was **significantly higher** in **2022** (21.2%) compared to 2021 (14.6%) (Figure 3).

**Figure 3. Length of Time Provided Care to Care Recipient:  
2015, 2021, and 2022**



^indicates statistically significant difference in percentage between 2015 and 2022

\*indicates statistically significant difference in percentage between 2021 and 2022

**Table 3. Length of Time Provided Care (2022)**

	Frequency	Weighted Frequency	Weighted Percent	C.I. (95%)
Less than 30 days	145	73,677	16.0	12.9-19.2
1 month to less than 6 months	100	54,432	11.9	8.8-14.9
6 months to less than 2 years	177	97,547	21.2	17.6-24.9
2 years to less than 5 years	179	94,836	20.7	17.5-23.8
5 or more years	272	138,728	30.2	26.2-34.2

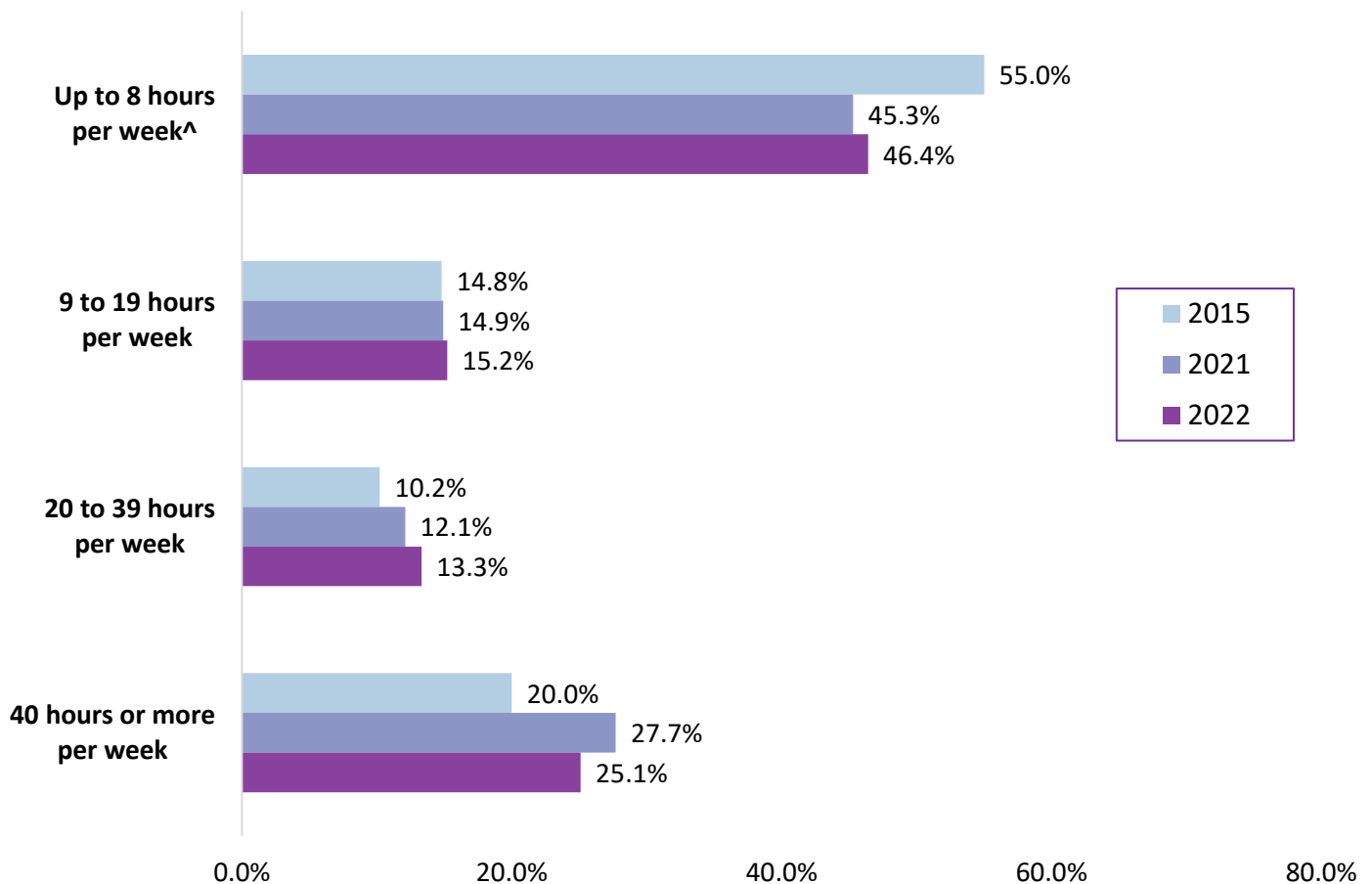
Note: Denominator excludes respondents with do not know/refused/missing responses



## Hours of Care in Average Week

- In 2022, **nearly half** (46.4%) of caregivers provided **up to 8 hours of care** per week to their care recipients (Figure 4).
- Approximately **one-fourth** (25.1%) of caregivers provided **40 hours of care or more** in the average week in 2022 (Figure 4).
- The percentage of caregivers who provided up to 8 hours of care per week was **significantly lower** in **2022** (46.4%) and **2021** (45.3%) compared to 2015 (55.0%) (Figure 4).

**Figure 4. Hours of Care Provided to Care Recipient in Average Week: 2015, 2021, and 2022**



<sup>^</sup>indicates statistically significant difference in percentage between 2015 and 2022

\*indicates statistically significant difference in percentage between 2021 and 2022

**Table 4. Hours of Care in Average Week (2022)**

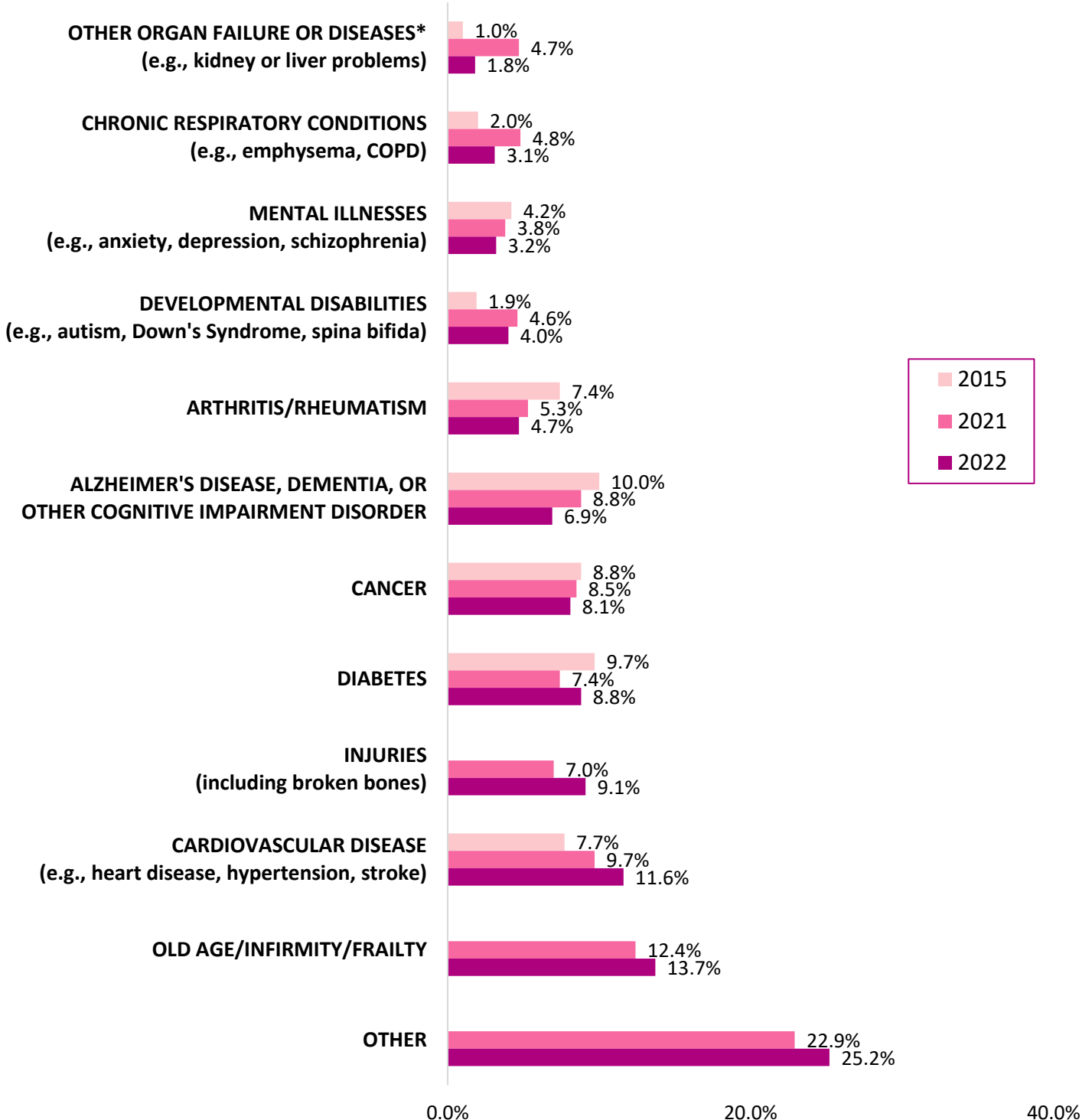
	Frequency	Weighted Frequency	Weighted Percent	C.I. (95%)
Up to 8 hours per week	396	194,002	46.4	42.0-50.8
9 to 19 hours per week	109	63,439	15.2	12.2-18.2
20 to 39 hours per week	116	55,515	13.3	10.4-16.2
40+ hours per week	189	104,992	25.1	21.2-29.1

Note: Denominator excludes respondents with do not know/refused/missing responses

# Main Health Problem of Care Recipient

- The percentage of caregivers who reported “other organ failure or diseases” as their care recipient’s main health problem **decreased significantly** from 4.7% in 2021 to 1.8% in 2022 (Figure 5).

Figure 5. Main Health Problem of Care Recipient:  
2015, 2021, and 2022\*\*



\*\*Some health problems collected in 2015 are suppressed due to changes in response options.

^indicates statistically significant difference in percentage between 2015 and 2022

\*indicates statistically significant difference in percentage between 2021 and 2022

**Table 5. Main Health Problem of Care Recipient (2022)**

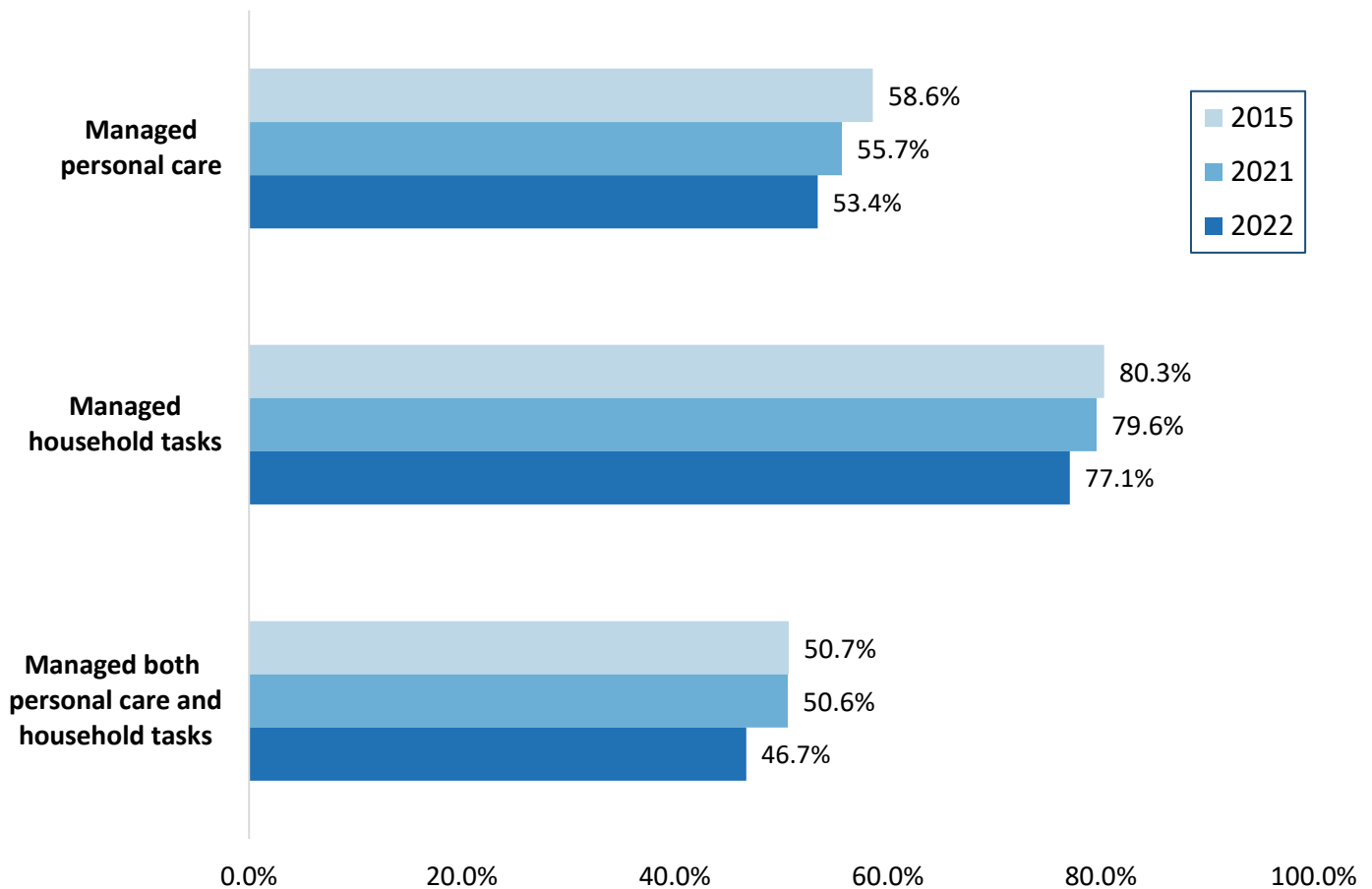
	<b>Frequency</b>	<b>Weighted Frequency</b>	<b>Weighted Percent</b>	<b>C.I. (95%)</b>
Other organ failure or diseases	19	7,972	1.8	0.9-2.7
Chronic respiratory conditions	30	13,375	3.1	1.6-4.5
Mental illnesses	25	13,888	3.2	1.7-4.7
Developmental disabilities	35	17,470	4.0	2.2-5.8
Arthritis/rheumatism	44	20,638	4.7	3.1-6.4
Alzheimer's disease, dementia, or other cognitive impairment disorder	62	30,018	6.9	4.7-9.0
Cancer	67	35,453	8.1	5.9-10.3
Diabetes	62	38,393	8.8	6.1-11.5
Injuries	66	39,691	9.1	5.8-12.3
Cardiovascular disease	108	50,740	11.6	9.1-14.1
Old age/infirmity/frailty	119	60,091	13.7	10.6-16.9
Other	202	110,160	25.2	21.2-29.1

Note: Denominator excludes respondents with do not know/refused/missing responses

# Management of Personal Care and Household Tasks

- **More than half** (53.4%) of caregivers managed **personal care** for their care recipient in 2022 (Figure 6).
- **More than three-quarters** (77.1%) of caregivers managed **household tasks** for their care recipient in 2022 (Figure 6).
- **Nearly half** (46.7%) of caregivers managed **both** personal care and household tasks in 2022 (Figure 6).

**Figure 6. Management of Personal Care and Household Tasks: 2015, 2021, and 2022 MS BRFS**



^indicates statistically significant difference in percentage between 2015 and 2022

\*indicates statistically significant difference in percentage between 2021 and 2022

**Table 6. Management of Personal Care and Household Tasks (2022)**

	Frequency	Weighted Frequency	Weighted Percent	C.I. (95%)
Managed personal care	478	249,026	53.4	49.1-57.7
Managed household tasks	686	357,864	77.1	73.5-80.6
Managed both	422	217,857	46.7	42.4-51.0

Note: Denominator excludes respondents with do not know/refused/missing responses

# Caregivers of People with Cognitive Impairment

In this report, a respondent is considered to be a caregiver of a person with cognitive impairment if they reported that their care recipient has Alzheimer's disease, dementia, or other cognitive impairment disorder.

## OVERALL

- Nearly 1 in 5 caregivers (18.6%) provided care to a person with cognitive impairment.

## LENGTH OF CARE (FIGURE 7)

- The percentage of providing care for 2 years or more was **significantly higher** among **caregivers of people with cognitive impairment** (65.0%) compared to caregivers of people without cognitive impairment (48.4%).

## HOURS PER WEEK (FIGURE 7)

- The percentage of providing care for 40 hours or more per week was **higher** among **caregivers of people with cognitive impairment** (35.6%) compared to caregivers of people without cognitive impairment (22.8%). However, the difference was **not statistically significant**.

## MANAGING PERSONAL CARE (FIGURE 7)

- The percentage of managing personal care was **significantly higher** among **caregivers of people with cognitive impairment** (66.6%) compared to caregivers of people without cognitive impairment (50.5%).

## MANAGING HOUSEHOLD TASKS (FIGURE 7)

- The percentage of managing household tasks was **higher** among **caregivers of people with cognitive impairment** (80.5%) compared to caregivers of people without cognitive impairment (77.8%). However, the difference was **not statistically significant**.

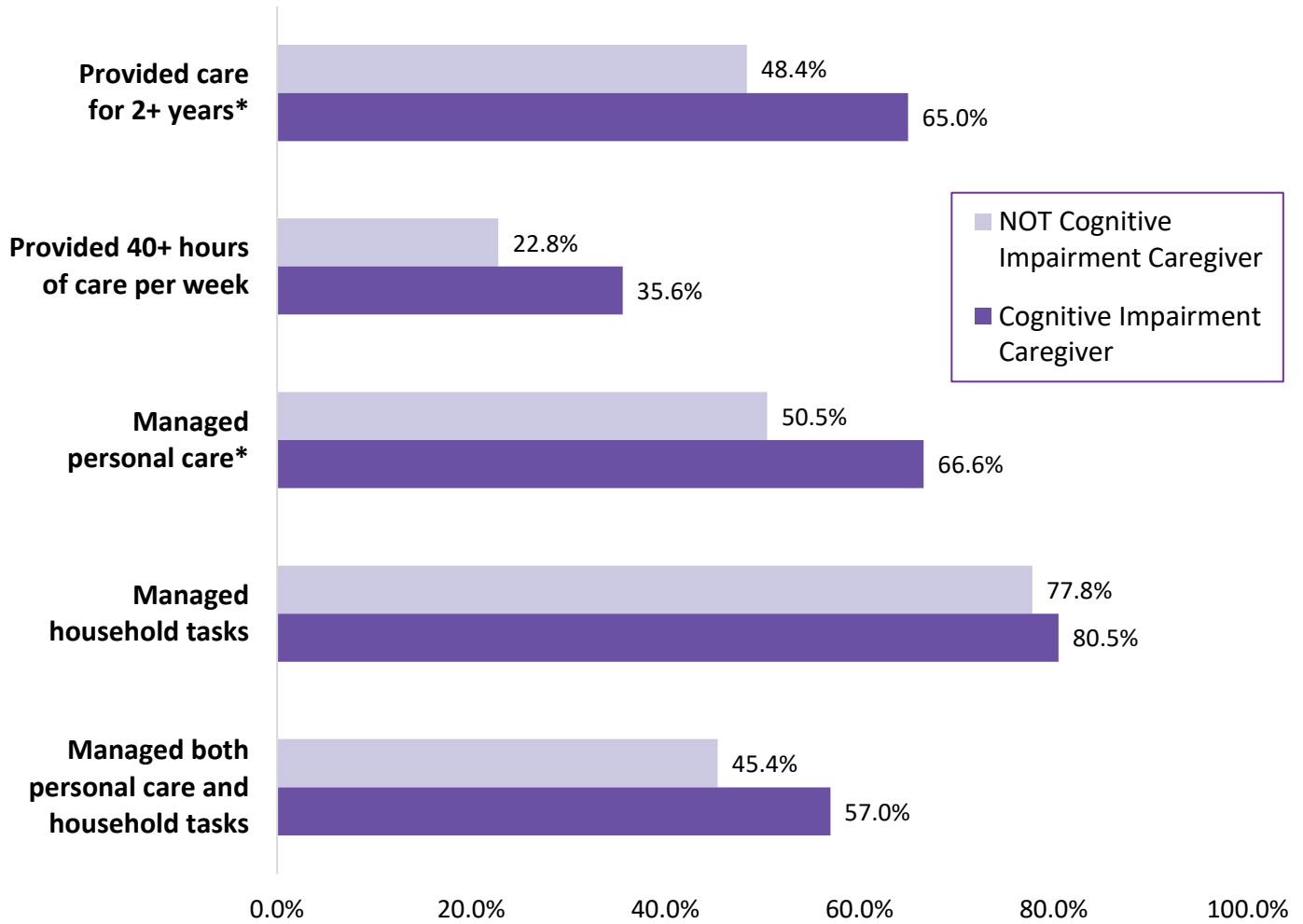
## MANAGING BOTH PERSONAL CARE AND HOUSEHOLD TASKS (FIGURE 7)

- The percentage of managing both personal care and household tasks was **higher** among **caregivers of people with cognitive impairment** (57.0%) compared to caregivers of people without cognitive impairment (45.4%). However, the difference was **not statistically significant**.



**One in five** caregivers provides care to someone with a cognitive impairment.

**Figure 7. Caregivers of People with Cognitive Impairment, 2022**



\*indicates statistically significant difference in percentage between caregiver groups

**Table 7. Caregivers of People with Cognitive Impairment (2022)**

	Caregivers - Cognitive Impairment				Caregivers – No Cognitive Impairment			
	Frequency	Weighted Frequency	Weighted Percent	C.I. (95%)	Frequency	Weighted Frequency	Weighted Percent	C.I. (95%)
<b>Provided Care for 2+ Years</b>	100	51,214	65.0	55.2-74.8	321	166,385	48.4	43.3-53.6
<b>Provided Care for 40+ Hours per Week</b>	53	26,457	35.6	25.1-46.1	122	70,320	22.8	18.2-27.3
<b>Managed Personal Care</b>	114	53,549	66.6	56.8-76.4	334	177,320	50.5	45.4-55.6
<b>Managed Household Tasks</b>	131	64,720	80.5	72.2-88.7	518	273,494	77.8	73.6-82.1
<b>Managed Both Personal Care and Household Tasks</b>	99	45,867	57.0	46.9-67.2	301	159,532	45.4	40.3-50.5

Note: Denominator excludes respondents with do not know/refused/missing responses

## Caregivers and Health Care Access

### NO HEALTH CARE COVERAGE (FIGURE 8)

- The percentage of not having any health care coverage was **higher** among **caregivers** (10.7%) compared to non-caregivers (9.0%); however, the difference was **not statistically significant**.

### NO PERSONAL HEALTH CARE PROVIDER (FIGURE 8)

- The percentage of not having a personal health care provider was **higher** among **non-caregivers** (18.0%) compared to caregivers (15.9%); however, the difference was **not statistically significant**.

### NO ROUTINE CHECK-UP IN PAST YEAR (FIGURE 8)

- The percentage of not having a routine check-up in the past year was **higher** among **non-caregivers** (20.2%) compared to caregivers (18.9%); however, the difference was **not statistically significant**.

### COULD NOT SEE A DOCTOR DUE TO COST IN PAST 12 MONTHS (FIGURE 8)

- The percentage of not being able to see a doctor due to cost was **significantly higher** among caregivers (19.3%) compared to non-caregivers (12.5%).

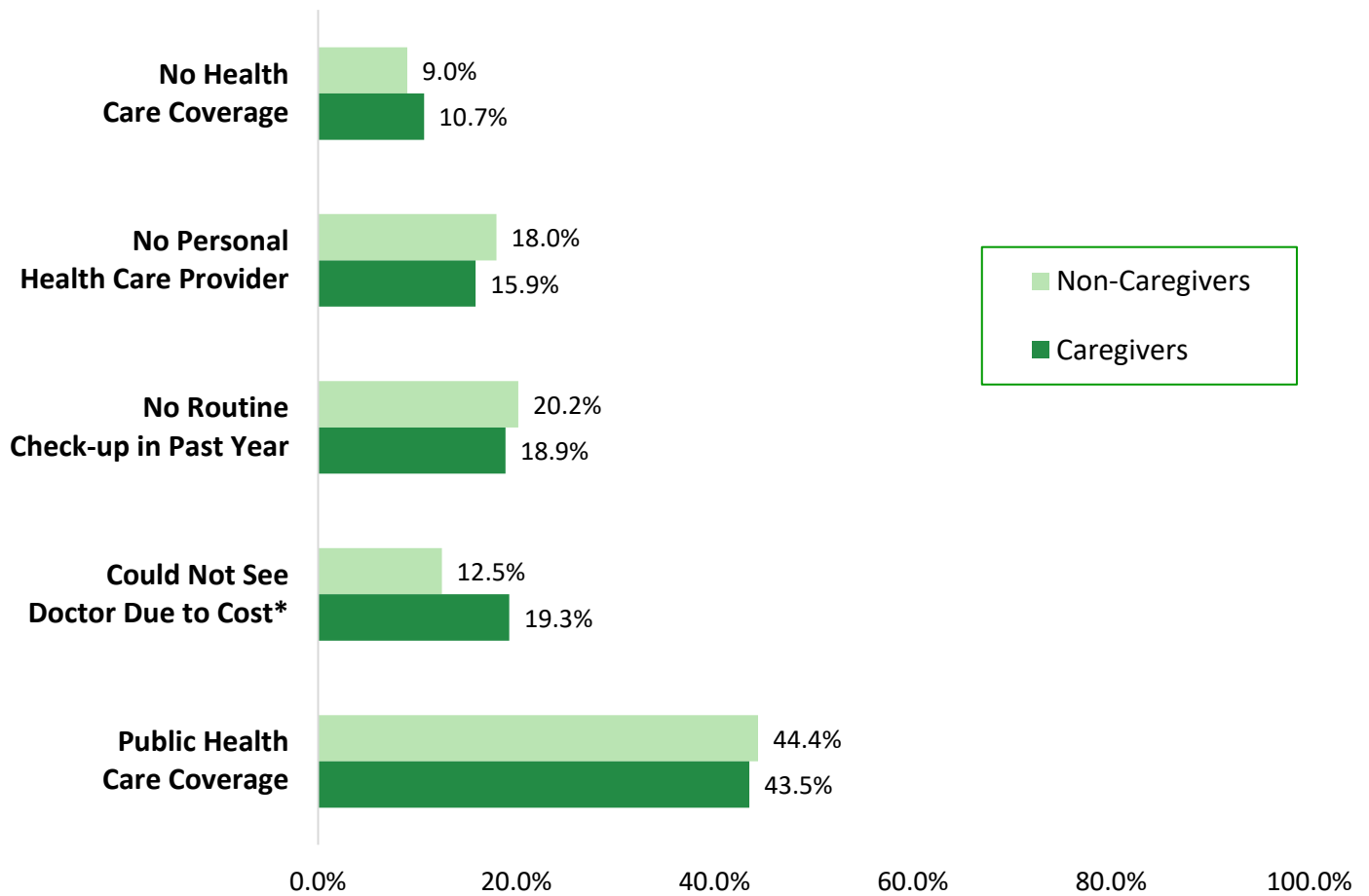
### PUBLIC HEALTH CARE COVERAGE (FIGURE 8)

- The percentage of having public health care coverage was **higher** among **non-caregivers** (44.4%) compared to caregivers (43.5%); however, the difference was **not statistically significant**.



**One in five** caregivers cannot afford to see a doctor.

**Figure 8. Health Care Access, 2022**



\*indicates statistically significant difference in percentage between caregivers and non-caregivers

**Table 8. Health Care Access (2022)**

	Caregivers				Non-Caregivers			
	Frequency	Weighted Frequency	Weighted Percent	C.I. (95%)	Frequency	Weighted Frequency	Weighted Percent	C.I. (95%)
No Health Care Coverage	82	48,464	10.7	7.9-13.5	215	127,258	9.0	7.5-10.4
No Personal Health Care Provider	131	75,764	15.9	12.9-19.0	445	269,021	18.0	16.2-19.9
No Routine Check-up in Past Year	147	88,580	18.9	15.5-22.3	516	296,264	20.2	18.3-22.2
Could Not See Doctor Due to Cost	156	91,934	19.3	15.7-22.8	325	186,853	12.5	10.8-14.1
Public Health Care Coverage	375	196,807	43.5	39.2-47.8	1228	630,206	44.4	42.1-46.8

Note: Denominator excludes respondents with do not know/refused/missing responses



# Caregivers and Self-Reported Health Status

## GENERAL HEALTH STATUS (FIGURE 9)

- The percentage of having fair or poor general health was **higher** among **caregivers** (26.2%) compared to non-caregivers (24.2%); however, the difference was **not statistically significant**.

## PHYSICAL HEALTH STATUS (FIGURE 9)

- The percentage of having 14+ days of poor physical health in the past 30 days was **similar** between caregivers (14.6%) and non-caregivers (14.2%).

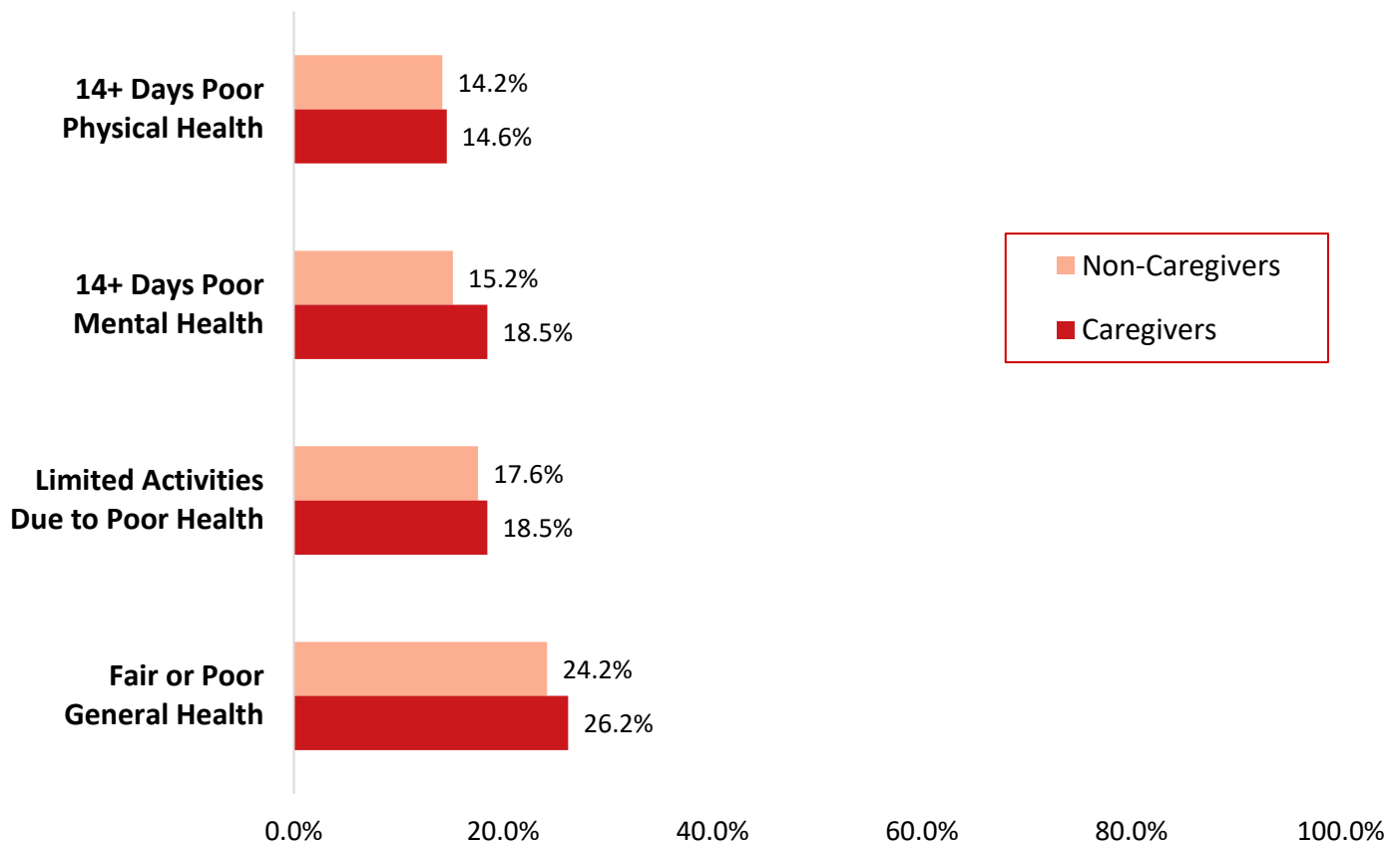
## MENTAL HEALTH STATUS (FIGURE 9)

- The percentage of having 14+ days of poor mental health was **higher** among **caregivers** (18.5%) compared to non-caregivers (15.2%); however, the difference was **not statistically significant**.

## LIMITED ACTIVITIES DUE TO POOR PHYSICAL OR MENTAL HEALTH (FIGURE 9)

- The percentage of having 14 or more days of poor physical or mental health that prevented usual activities in the past 30 days was **higher** among **non-caregivers** (18.5%) compared to caregivers (17.6%); however, the difference was **not statistically significant**.

Figure 9. Self-Reported Health Status, 2022



\*indicates statistically significant difference in percentage between caregivers and non-caregivers

**Table 9. Self-Reported Health Status (2022)**

	Caregivers				Non-Caregivers			
	Frequency	Weighted Frequency	Weighted Percent	C.I. (95%)	Frequency	Weighted Frequency	Weighted Percent	C.I. (95%)
<b>Fair or Poor General Health</b>	220	125,245	26.2	22.3-30.1	661	363,945	24.2	22.2-26.3
<b>14+ Days Poor Physical Health</b>	118	67,328	14.6	11.4-17.8	392	208,239	14.2	12.5-16.0
<b>14+ Days Poor Mental Health</b>	166	86,085	18.5	15.0-21.9	378	223,016	15.2	13.4-17.0
<b>Limited Activities Due to Poor Health</b>	93	50,980	17.6	13.3-21.9	279	150,778	18.5	16.0-21.0

Note: Denominator excludes respondents with do not know/refused/missing responses

# Caregivers and Health Conditions

## ARTHRITIS (FIGURE 10)

- The percentage of ever having arthritis was **significantly higher** among **caregivers** (40.0%) compared to non-caregivers (33.0%).

## CANCER (FIGURE 10)

- The percentage of ever having any type of cancer was **higher** among **caregivers** (13.2%) compared to non-caregivers (10.9%). However, the difference was **not statistically significant**.

## CARDIOVASCULAR DISEASE (FIGURE 10)

- The percentage of ever having cardiovascular disease was **higher** among **non-caregivers** (13.0%) compared to caregivers (12.4%). However, the difference was **not statistically significant**.

## CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD) (FIGURE 10)

- The percentage of ever having COPD was **higher** among **caregivers** (12.3%) compared to non-caregivers (10.5%). However, the difference was **not statistically significant**.

## COVID-19 (FIGURE 10)

- The percentage of ever having COVID-19 was **higher** among **caregivers** (42.0%) compared to non-caregivers (40.1%). However, the difference was **not statistically significant**.

## DIABETES (FIGURE 10)

- The percentage of ever having diabetes **similar** between **caregivers** (15.5%) and non-caregivers (15.1%).

## DEPRESSION (FIGURE 10)

- The percentage of ever having depression was **significantly higher** among **caregivers** (26.6%) compared to non-caregivers (18.5%).

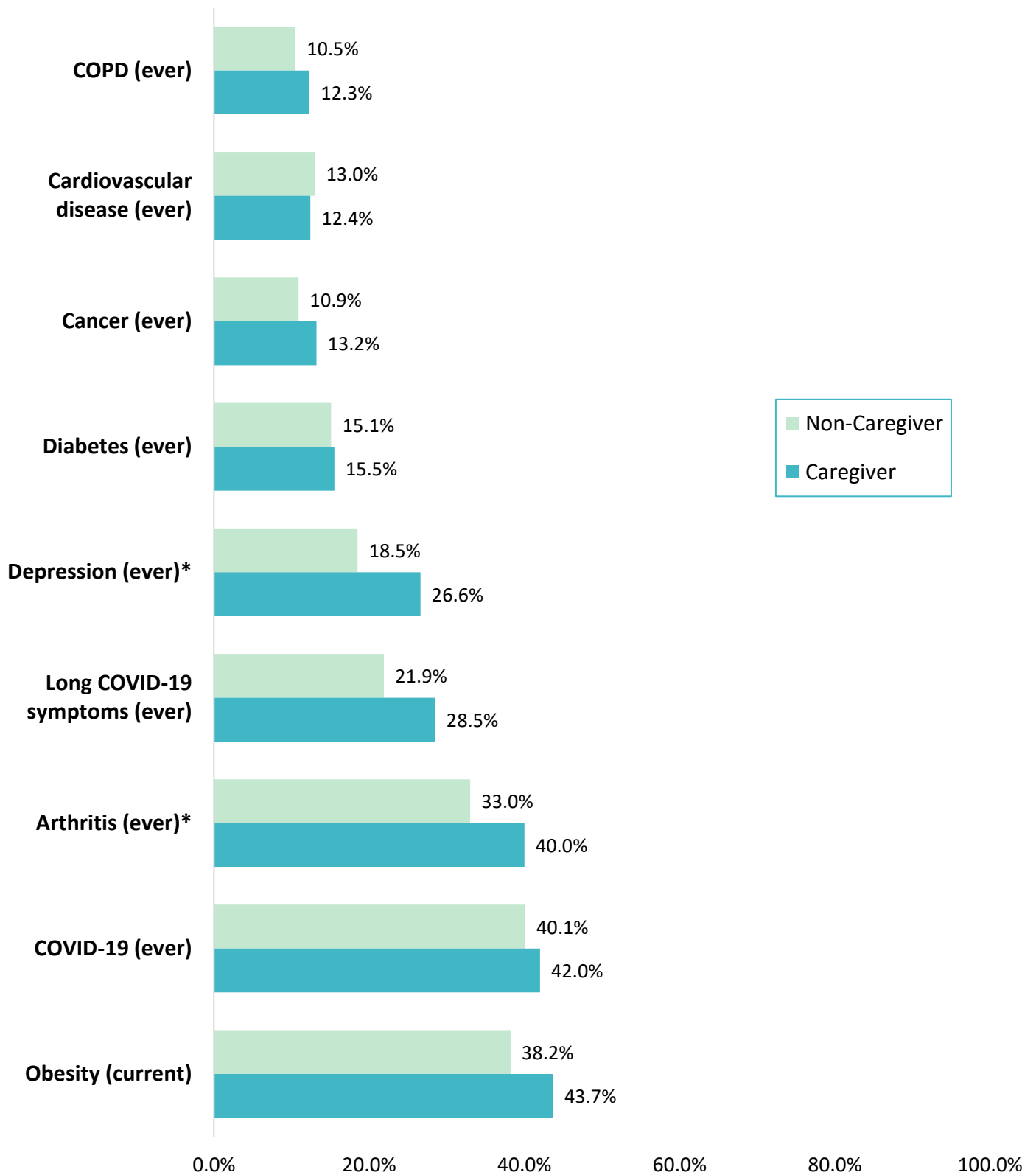
## LONG COVID-19 SYMPTOMS (FIGURE 10)

- The percentage of having long COVID-19 symptoms was **higher** among **caregivers** (28.5%) compared to non-caregivers (21.9%). However, the difference was **not statistically significant**.

## OBESITY (FIGURE 10)

- The percentage of obesity was **higher** among **caregivers** (43.7%) compared to non-caregivers (38.2%). However, the difference was **not statistically significant**.

**Figure 10. Prevalence of Selected Health Conditions, 2022**



\*indicates statistically significant difference in percentage between caregivers and non-caregivers

**Table 10. Health Conditions (2022)**

	Caregivers				Non-Caregivers			
	Frequency	Weighted Frequency	Weighted Percent	C.I. (95%)	Frequency	Weighted Frequency	Weighted Percent	C.I. (95%)
<b>Arthritis</b>	367	190,461	40.0	35.7-44.2	980	492,284	33.0	30.8-35.3
<b>Cancer</b>	119	62,442	13.2	10.1-16.2	345	162,103	10.9	9.4-12.4
<b>Cardiovascular Disease</b>	118	58,198	12.4	9.7-15.0	364	192,840	13.0	11.3-14.6
<b>Chronic Obstructive Pulmonary Disease (COPD)</b>	94	58,255	12.3	8.9-15.6	265	156,971	10.5	8.9-12.1
<b>COVID-19</b>	378	200,674	42.0	37.6-46.3	1,155	602,046	40.1	37.8-42.4
<b>Depression</b>	228	126,419	26.6	22.9-30.4	521	275,605	18.5	16.7-20.3
<b>Diabetes</b>	141	73,825	15.5	12.0-18.9	486	226,497	15.1	13.5-16.8
<b>Long COVID-19</b>	110	56,126	28.5	22.4-34.6	245	130,456	21.9	18.9-25.0
<b>Obesity</b>	401	199,996	43.7	39.4-48.1	1,090	542,654	38.2	35.9-40.5

Note: Denominator excludes respondents with do not know/refused/missing responses

# Caregivers and Health Risk Behaviors

## BINGE DRINKING (FIGURE 11)

- The percentage of binge drinking was **higher** among **non-caregivers** (13.8%) compared to caregivers (12.0%); however, the difference was **not statistically significant**.

## HEAVY DRINKING (FIGURE 11)

- The percentage of heavy drinking was **higher** among **non-caregivers** (6.3%) compared to caregivers (5.5%); however, the difference was **not statistically significant**.

## CURRENT CIGARETTE SMOKING (FIGURE 11)

- The percentage of current cigarette smoking was **higher** among **caregivers** (20.8%) compared to non-caregivers (15.6%) however, the difference was **not statistically significant**.

## CURRENT E-CIGARETTE USE (FIGURE 11)

- The percentage of current e-cigarette use was **higher** among **caregivers** (10.6%) compared to non-caregivers (8.8%); however, the difference was **not statistically significant**.

## CURRENT MARIJUANA USE (FIGURE 11)

- The percentage of current marijuana use was **higher** among **caregivers** (12.9%) compared to non-caregivers (10.9%); however, the difference was **not statistically significant**.

## SEDENTARY LIFESTYLE (FIGURE 11)

- The percentage of not exercising outside of work was **higher** among **non-caregivers** (32.4%) compared to caregivers (28.4%); however, the difference was **not statistically significant**.

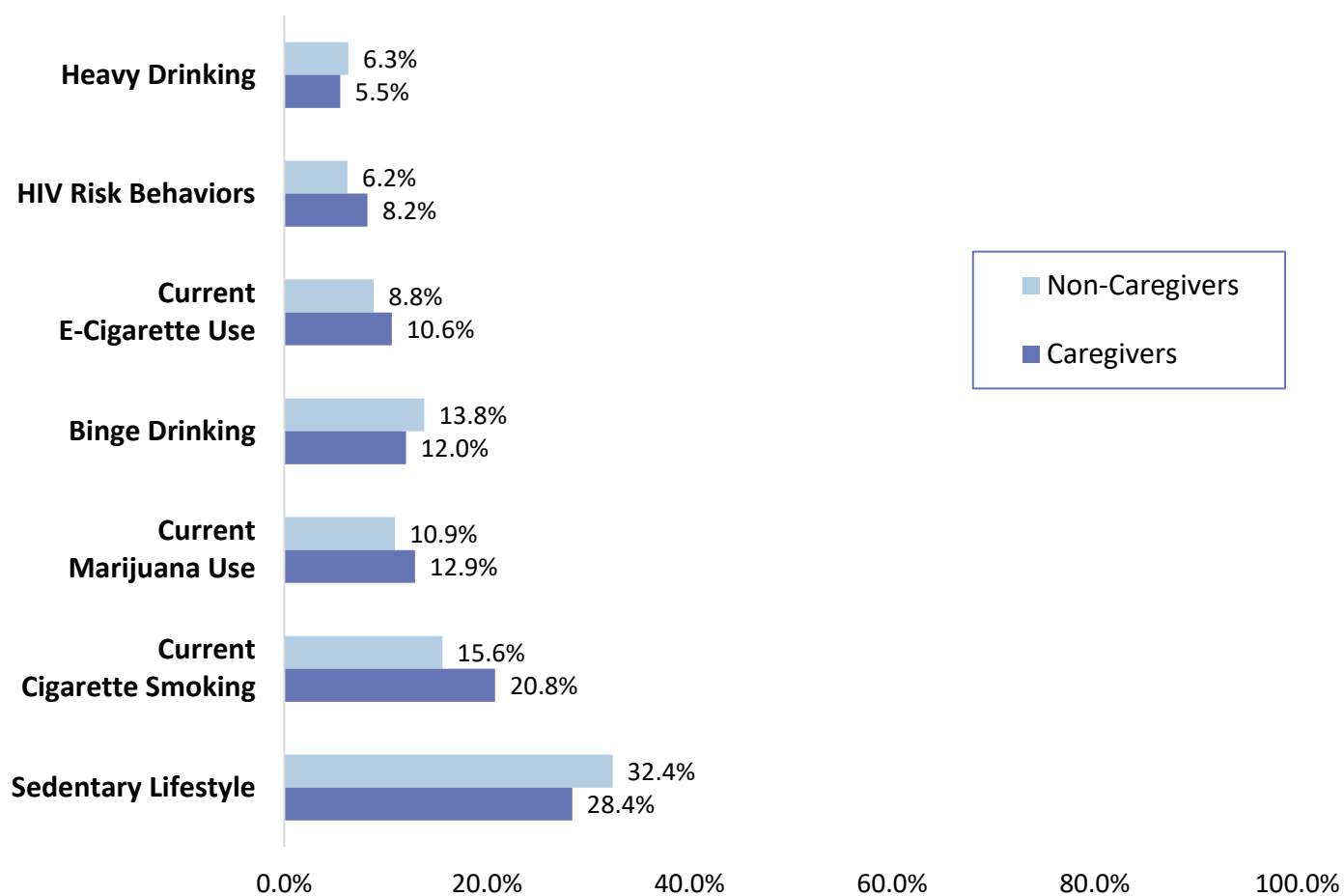
## HIV RISK BEHAVIORS (FIGURE 11)

- The percentage of participating in activities that increase the risk of contracting HIV was **higher** among **caregivers** (8.2%) compared to non-caregivers (6.2%); however, the difference was **not statistically significant**.



**Caregivers** have a **higher** rate of **smoking** than non-caregivers.

**Figure 11. Selected Health Risk Behaviors, 2022**



\*indicates statistically significant difference in percentage between caregivers and non-caregivers

**Table 11. Health Risk Behaviors (2022)**

	Caregivers				Non-Caregivers			
	Frequency	Weighted Frequency	Weighted Percent	C.I. (95%)	Frequency	Weighted Frequency	Weighted Percent	C.I. (95%)
<b>Heavy Drinking</b>	41	25,164	5.5	3.2-7.8	165	91,716	6.3	5.1-7.5
<b>HIV Risk Behaviors</b>	63	39,324	8.2	5.6-10.9	148	93,009	6.2	5.0-7.5
<b>E-Cigarette Use</b>	78	50,850	10.6	7.9-13.4	206	132,798	8.8	7.4-10.3
<b>Binge Drinking</b>	95	54,626	12.0	8.9-15.1	351	200,153	13.8	12.1-15.4
<b>Marijuana Use</b>	85	59,072	12.9	9.5-16.4	243	159,297	10.9	9.3-12.5
<b>Cigarette Smoking</b>	179	98,965	20.8	17.2-24.5	396	231,490	15.6	13.8-17.4
<b>Sedentary Lifestyle</b>	253	135,947	28.4	24.4-32.4	917	486,030	32.4	30.2-34.7

# Caregivers and Social Determinants of Health

## DISSATISFACTION WITH LIFE (FIGURE 12)

- The percentage of being dissatisfied with life was **significantly higher** among **caregivers** (9.8%) compared to non-caregivers (5.5%).

## RECEIVING FOOD STAMPS OR SNAP (FIGURE 12)

- The percentage of receiving food stamps in the past 12 months was **similar** between caregivers (12.7%) and non-caregivers (12.5%).

## LOST EMPLOYMENT OR REDUCED HOURS (FIGURE 12)

- The percentage of having lost employment or having reduced hours in the past 12 months was **significantly higher** among **caregivers** (14.3%) compared to non-caregivers (9.6%).

## EXPERIENCING THREATENED UTILITIES (FIGURE 12)

- The percentage of having a time in the past 12 months in which an electric, gas, oil, or water company threatened to shut off services was **significantly higher** among **caregivers** (14.7%) compared to non-caregivers (8.3%).

## LACK OF RELIABLE TRANSPORTATION (FIGURE 12)

- The percentage of having a **lack of reliable transportation** that kept them from medical appointments, meetings, work, or from getting things needed for daily living was **significantly higher** among **caregivers** (14.9%) compared to non-caregivers (8.8%).

## EXPERIENCING HOUSING INSECURITY (FIGURE 12)

- The percentage of being unable to pay mortgage, rent, or utility bills in the past 12 months was **significantly higher** among **caregivers** (20.5%) compared to non-caregivers (12.9%).

## EXPERIENCING MENTAL DISTRESS (FIGURE 12)

- The percentage of **always or usually feeling stress** in the past 30 days was **significantly higher** among caregivers (24.1%) compared to non-caregivers (14.6%).

## EXPERIENCING FOOD INSECURITY (FIGURE 12)

- The percentage of food always, sometimes, or usually not lasting and not having money to get more during the past 12 months was **higher** among **caregivers** (25.6%) compared to non-caregivers (19.8%). However, the difference was **not statistically significant**.

## FEELINGS OF SOCIAL ISOLATION (FIGURE 12)

- The percentage of always, usually, or sometimes feeling socially isolated from others was **higher** among **caregivers** (36.3%) compared to non-caregivers (33.2%). However, the difference was **not statistically significant**.

## NOT RECEIVING SOCIAL AND EMOTIONAL SUPPORT (FIGURE 12)

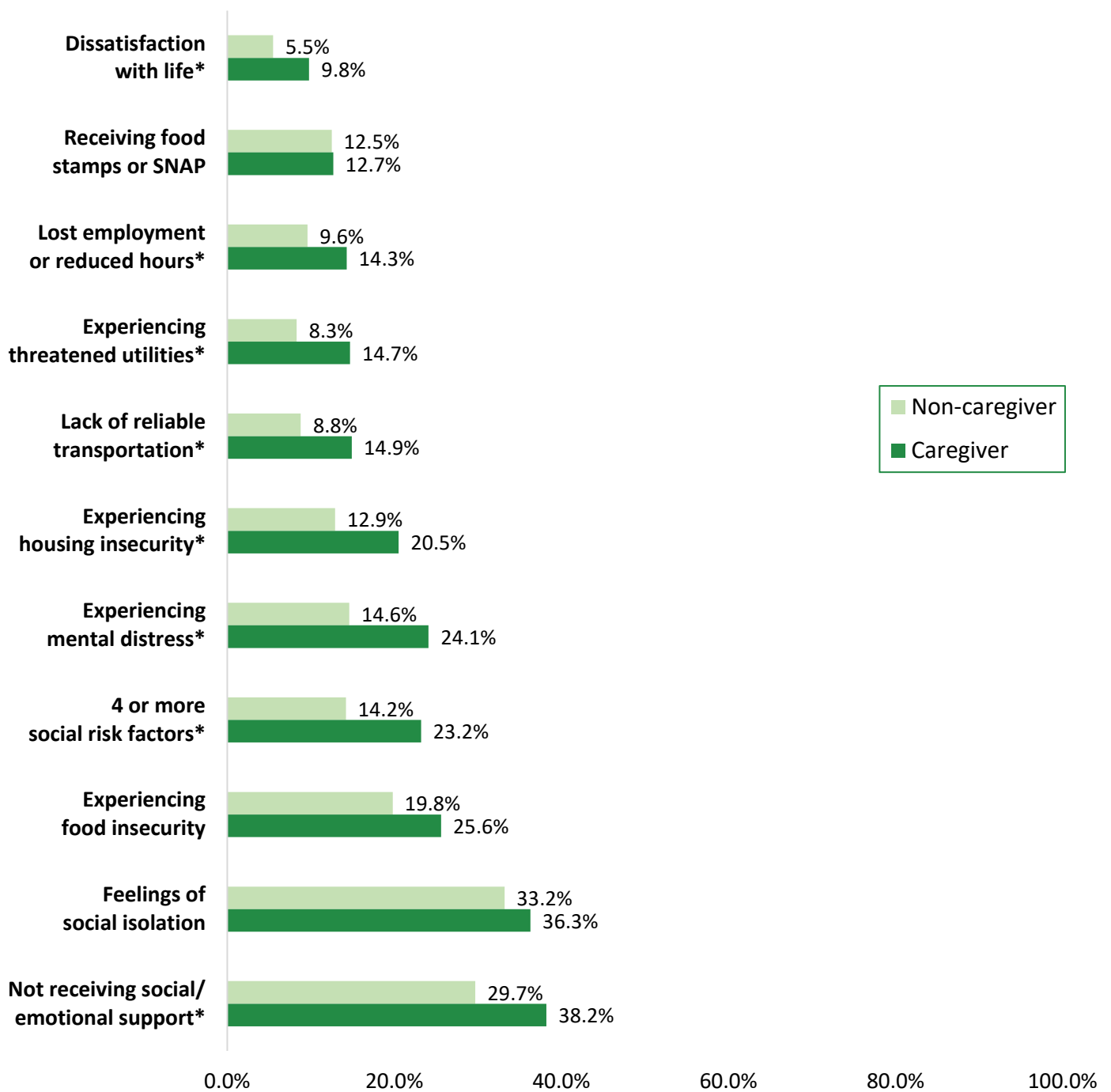
- The percentage of sometimes, rarely, or never getting needed social and emotional support was **significantly higher** among **caregivers** (38.2%) compared to non-caregivers (29.7%).

## FOUR OR MORE SOCIAL RISK FACTORS (FIGURE 12)

- The percentage of **experiencing four or more social risk factors** was **significantly higher** among caregivers (23.2%) compared to non-caregivers (14.2%).



**Figure 12. Prevalence of Social Risk Factors, 2022**



\*indicates statistically significant difference in percentage between caregivers and non-caregivers

**Table 12. Social Determinants of Health (2022)**

	Caregivers				Non-Caregivers			
	Frequency	Weighted Frequency	Weighted Percent	C.I. (95%)	Frequency	Weighted Frequency	Weighted Percent	C.I. (95%)
<b>Dissatisfaction with life</b>	68	45,553	9.8	6.7-12.9	141	81,533	5.5	4.4-6.7
<b>Receiving food stamps or SNAP</b>	119	59,284	12.7	9.9-15.6	346	185,511	12.5	10.9-14.1
<b>Lost employment or reduced hours</b>	111	66,462	14.3	11.3-17.3	244	141,640	9.6	8.2-11.0
<b>Experiencing threatened utilities</b>	117	67,960	14.7	11.5-17.8	216	121,565	8.3	6.9-9.6
<b>Lack of reliable transportation</b>	123	69,473	14.9	11.9-18.0	229	129,403	8.8	7.4-10.1
<b>Experiencing housing insecurity</b>	165	94,671	20.5	16.7-24.2	359	190,689	12.9	11.4-14.5
<b>Experiencing mental distress</b>	190	111,373	24.1	20.3-28.0	386	214,030	14.6	13.0-16.3
<b>Experiencing 4+ social risk factors</b>	190	109,103	23.2	19.4-27.0	370	212,755	14.2	12.5-15.8
<b>Experiencing food insecurity</b>	210	117,521	25.6	21.6-29.5	519	291,845	19.8	17.8-21.7
<b>Feelings of social isolation</b>	315	167,902	36.3	32.1-40.5	887	489,564	33.2	30.9-35.5
<b>Not receiving social/emotional support</b>	315	176,766	38.2	33.8-42.7	767	436,973	29.7	27.4-31.9

**For More Information, Contact:**

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