

**Mississippi Behavioral Risk Factor Surveillance System
Trend Report, 2001-2010**

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	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010
Health status											
Report that general health is fair or poor	Actual	23.0	25.2	23.1	23.0	23.7	27.5	21.4	21.2	21.3	23.7
	Age Adjusted	23.1	24.8	23.2	23.1	23.7	22.4	21.1	20.6	20.7	22.8
Report that physical health was not good for more than 7 days during past 30 days	Actual	15.8		15.3	16.9	15.9	15.6	15.1	16.3	15.2	16.1
	Age Adjusted	16.1		15.6	17.2	16.1	15.7	15.0	16.0	14.9	15.6
Report that mental health was not good for more than 7 days during past 30 days	Actual	13.7		15.9	16.5	16.6	18.1	16.6	17.2	16.6	15.6
	Age Adjusted	13.8		15.9	16.3	16.6	18.0	16.6	17.3	16.8	15.6
Report poor physical/mental health prevented usual activities for more than 7 days in past 30 days (<i>Denominator: Total Sample</i>)	Actual	9.5		10.1	10.8	11.1	11.0	10.3	11.1	11.2	11.8
	Age Adjusted	9.6		10.2	10.9	11.2	11.0	10.3	11.1	11.1	11.5
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	20.3		19.1	20.4	20.9	21.1	19.6	21.8	22.2	23.2
	Age Adjusted	20.9		19.6	21.0	21.5	21.6	19.8	21.8	22.2	22.7
Cigarette smoking											
Report they are current cigarette smokers	Actual	25.4	27.4	25.6	24.6	23.7	25.1	24.0	22.7	23.4	22.9
	Age Adjusted	25.4	27.2	25.7	24.6	23.7	25.1	23.5	22.8	23.3	23.3
High school education or less	Actual	31.2	36.3	34.7	31.4	28.8	35.5	36.2	34.4	38.7	30.8
	Age Adjusted	35.8	41.2	38.9	32.5	32.2	41.7	39.9	37.8	43.1	32.3
Blacks	Actual	20.3	24.7	22.2	20.7	19.5	24.8	22.5	20.9	24.4	23.6
	Age Adjusted	19.8	24.3	22.1	20.1	20.0	24.7	22.3	22.3	23.5	22.6

Indicator	Rates	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010
Report that they are former cigarette smokers	Actual	20.9	20.0	20.7	19.3	20.8	21.1	21.3	22.2	22.1	21.9
	Age Adjusted	21.2	20.2	20.7	19.4	19.1	20.6	21.1	21.5	21.4	21.0
Daily smokers who report that they have quit smoking for 1 day or more in the past 12 months	Actual	51.5	53.9	51.7	48.9	51.7	55.1	51.4	50.1	59.6	58.1
	Age Adjusted	49.9	52.0	50.2	48.0	52.0	54.1	49.6	49.7	59.8	56.7
Quit ratio (Ever smokers who are former smokers)	Actual	45.1	42.2	44.6	44.0	46.7	45.7	47.0	49.4	48.6	48.9
	Age Adjusted	44.3	42.0	43.2	43.0	44.7	43.9	44.6	46.8	45.8	45.6
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	9.9
	Age Adjusted	11.5	12.3	11.3	10.3	9.9	9.4	11.3	11.0	10.4	10.3
Report chronic drinking	Actual	4.5	4.6	4.7	4.1	3.7	4.0	3.5	3.7	3.1	3.2
	Age Adjusted	4.4	4.6	4.7	4.1	3.7	4.0	3.6	3.8	3.0	3.2
Physical activity/exercise											
Report no physical activity in the past 30 days	Actual		30.4	31.4	32.5	31.4	31.9	31.9	32.6	32.4	33.0
	Age Adjusted		30.4	31.4	32.5	31.3	31.4	31.4	32.4	32.1	32.5
65+ year olds (<i>No age adjustment</i>)	Actual		40.8	43.4	40.5	39.0	38.9	38.9	37.7	39.2	38.1
Income less than \$20,000	Actual		44.6	48.5	43.6	42.1	44.9	44.9	44.4	43.2	50.3
	Age Adjusted		44.4	48.5	43.7	42.3	45.1	45.1	44.0	43.0	50.3
Report that they meet do not moderate physical activity recommendations	Actual		71.0		70.7		71.2	71.2		72.5	
	Age Adjusted		70.1		70.7		71.1	71.1		72.5	
Report that they do not meet vigorous physical activity recommendations	Actual		79.7		79.1		80.3	80.3		80.3	
	Age Adjusted		80.0		79.3		80.2	80.2		79.8	

Indicator	Rates	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010
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	61.1	63.1	62.3	65.5	67.3	66.7	68.2	67.5	70.3	68.8
	Age Adjusted	61.5	63.6	62.9	66.1	67.8	67.0	68.5	67.0	70.1	68.2
Respondents who are obese (BMI ≥ 30)	Actual	25.4	26.8	27.0	29.5	30.9	31.5	32.6	33.4	35.4	34.5
	Age Adjusted	25.7	27.0	27.3	29.9	31.2	31.7	32.8	33.3	35.4	34.3
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	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010
Those at risk of developing type 2 diabetes because of weight or lack of exercise	Actual	24.3	24.5	23.8	24.6	25.8	27.1	27.8	28.8	26.4	24.5
	Age Adjusted	24.7	24.4	23.8	24.5	25.4	26.4	26.7	27.1	25.4	24.2
Diet/Nutrition											
Report that they eat fruits/vegetables 5 or more times per day	Actual		19.1	17.8		16.5		18.0		16.8	
	Age Adjusted		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	9.3	8.6	11.0	9.6	9.7	10.9	11.0	11.3	11.6	12.4
	Age Adjusted	9.3	8.0	11.0	9.6	9.7	10.7	10.9	10.9	11.0	11.5
Those with diabetes who have had two or more visits to a health professional for diabetes in the past year	Actual		80.4		81.2		79.0		79.0		78.1
	Age Adjusted		81.0		75.0		69.6		72.9		79.6

Indicator	Rates	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010
Those with diabetes who have had at least four visits to a health professional for their diabetes in past year	Actual		51.0		54.2		51.3		54.5		48.8
	Age Adjusted		42.9		49.9		46.4		52.8		50.8
Those with diabetes who have had two or more foot exams by a health professional in past year	Actual		55.4		48.4		50.8		48.0		51.3
	Age Adjusted		46.4		43.4		50.6		40.1		53.5
Those with diabetes who have had at least four foot exams by a health professional in past year	Actual		28.0		27.4		30.5		29.5		26.0
	Age Adjusted		25.4		20.3		32.6		23.2		35.8
Those with diabetes who have had a dilated eye exam within the past year	Actual		66.5		58.5		64.3		62.7		62.4
	Age Adjusted		62.8		54.6		62.3		55.2		64.0
Those with diabetes who have had a dilated eye exam within the past 2 years	Actual		80.3		74.0		78.6		74.5		75.0
	Age Adjusted		80.9		68.9		75.5		68.2		73.3
Mammography screening (Age Adjustment Not Applicable)											
Report that they have ever had a CBE and mammogram (Women 40+)	Actual	78.1	77.9	78.0	79.3	79.1	81.6		80.2		80.8
Income less than \$10,000	Actual	69.9	60.6	61.4	68.8	64.3	71.7		68.3		69.0
Less than a high school education	Actual	66.4	66.7	70.8	70.5	68.3	72.7		69.2		65.2
Women 70+ years of age	Actual	72.6	74.4	75.1	72.7	77.5	79.2		79.3		78.2
Black women	Actual	71.2	69.4	69.6	74.2	72.9	75.0		74.4		74.4
Report having a CBE and mammogram in past 2 years (Women 50+)	Actual	60.9	62.3	58.4	59.6	60.9	59.3		59.7		58.0
Income less than \$10,000	Actual	52.6	44.1	39.6	41.6	41.7	46.1		45.0		56.0
Less than a high school education	Actual	47.9	50.7	43.5	45.4	49.8	45.9		46.9		44.1
Women 70+ years of age	Actual	53.5	53.7	50.0	46.6	53.2	52.5		53.1		49.2
Black women	Actual	55.1	56.5	50.6	53.6	61.4	56.8		57.7		56.2

Indicator	Rates	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010
Report having a screening mammogram within the past year (<i>Women 50-59</i>)	Actual	60.9	55.8	58.7	56.9	53.4	52.1		55.6		59.1
Report having a screening mammogram within the past 2 years (<i>Women 50-59</i>)	Actual	75.2	72.8	72.0	70.8	70.6	69.7		69.4		75.2
Report having screening mammogram within the past year (<i>Women 60-69</i>)	Actual	55.5	60.7	54.6	57.9	60.7	57.2		60.1		61.3
Report having a screening mammogram within the past 2 years (<i>Women 60-69</i>)	Actual	69.8	73.7	70.5	74.1	74.0	71.5		72.2		79.4
Report that they have ever had a pap smear test (<i>Women 18+ years of age who have never had a hysterectomy</i>)	Actual	96.5	90.1	94.8	95.0	95.9	95.0		94.6		93.2
	Age Adjusted	96.7	90.7	94.8	95.4	96.1	95.4		94.2		93.5
Income less than \$10,000	Actual	92.9	84.1	88.6	90.9	91.9	95.5		89.4		91.6
	Age Adjusted	95.0	84.7	91.6	92.2	92.9	95.9		88.1		91.4
Less than a high school education	Actual	94.9	86.7	90.1	93.3	90.8	91.2		89.3		90.8
	Age Adjusted	96.3	88.2	91.0	94.4	93.3	93.9		90.9		90.8
Women aged 70+ years of age (<i>Age Adjustment not Applicable</i>)	Actual	91.9	82.1	87.2	87.0	91.2	92.5		87.9		90.1
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	86.3	82.7	84.4	82.5	82.7	82.4		81.1		85.3
	Age Adjusted	84.2	80.3	82.4	80.7	80.7	80.5		79.2		81.3
Income less than \$10,000	Actual	79.1	72.5	68.4	68.5	74.2	75.7		69.6		73.1
	Age Adjusted	76.8	72.4	73.0	70.7	74.9	74.6		70.8		73.8
Less than a high school education	Actual	70.0	69.5	73.1	69.8	68.3	72.2		65.5		67.7
	Age Adjusted	72.2	74.0	75.5	70.5	71.3	74.9		68.2		72.7

Indicator	Rates	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010
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	37.4
	Age Adjusted	29.0	30.7	32.8	33.6	28.7	32.7	37.0	35.3	37.0	36.6
Persons 65+ years of age (Age adjustment not applicable)	Actual	61.8	63.0	69.0	66.9	61.7	65.8	69.8	67.7	67.1	66.3
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	27.5
	Age Adjusted	20.6	19.8	24.0	24.0	24.9	25.7	25.0	26.3	26.1	25.9
Persons aged 65+ years of age (Age adjustment not applicable)	Actual	55.7	58.9	61.8	64.5	65.7	68.7	65.3	66.5	67.9	67.6
Health care access											
Report that they have no kind of health care coverage	Actual	18.7	22.8	19.1	20.2	18.5	21.0	19.3	19.4	20.0	21.6
	Age Adjusted	18.6	22.5	19.0	20.1	18.5	20.6	19.3	20.1	20.2	22.3
Report being unable to see doctor in past 12 months because of cost	Actual			18.5	20.0	18.5	19.0	18.5	19.2	19.6	20.9
	Age Adjusted			18.6	20.1	18.7	19.0	18.5	20.1	19.7	21.1