

Overweight and Obesity Among Mississippi Adults in 2020

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 2020 Mississippi BRFSS was completed by 6,479 Mississippians aged 18 years or older. Of these, 93.8% provided the information needed to calculate body mass index (BMI).

About Overweight and Obesity

- The percentage of overweight persons has **increased substantially** during the past twenty years.¹
- During the period of 2017 through March 2020, the obesity prevalence was **41.9%** among adults in the United States.¹
- Being overweight **increases a person's risk of illness** from several of the leading preventable causes of death, including type 2 diabetes, heart disease, stroke, and various types of cancer.¹
- Weight may be **controlled** through dietary changes such as decreasing caloric intake and by increasing physical activity.

Overweight and Obesity in Mississippi in 2020

- Approximately 7 in 10 adults (**72.8%**) had BMIs in the overweight or obese category.²
- The percentage of respondents who were overweight or obese was **higher among males** (73.7%) compared to females (71.9%), though the difference was not statistically significant.² (Figure 1)
- The percentage of respondents who were overweight or obese was **significantly higher** among **Black respondents** (77.5%) compared to White (70.3%) and Other race (65.3%) respondents.² (Figure 2)
- The percentage of respondents who were overweight or obese was **significantly higher** among **Black females** (82.9%) compared to all other race/gender groups, followed by **White males** (75.8%).² (Figure 3)

Definitions

- Overweight and obesity status is determined using the **body mass index (BMI)**, which is calculated using the respondent's self-reported weight and height.²
- **Overweight** is defined as a BMI between 25.0 - 29.9. **Obese** is defined as a BMI of 30.0 or greater.³
- In this report, "**Other Race**" refers to adults who reported their race/ethnicity as anything other than White or Black Non-Hispanic or any race and Hispanic.
- The difference between two estimates is considered **statistically significant** (also stated as "significantly higher/lower" or "significant" in this fact sheet) if the 95% confidence intervals do not overlap.

Figure 1. Percent of Respondents Who Are Overweight or Obese by Gender, MS, 2020



Figure 2. Percent of Respondents Who Are Overweight or Obese by Race, MS, 2020

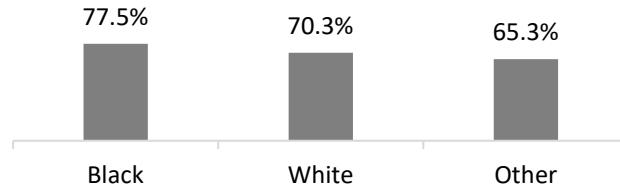
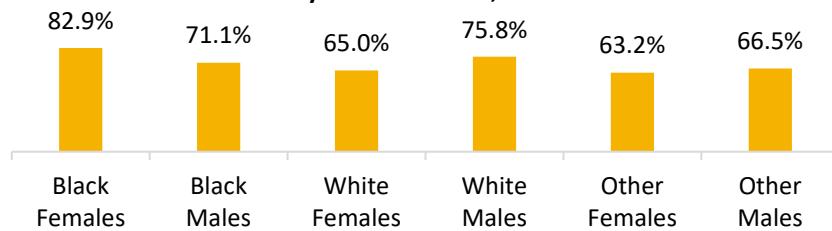


Figure 3. Percent of Respondents Who Are Overweight or Obese by Race & Gender, 2020



Note: In the 2020 MS BRFSS, the numbers of responses for individual races and ethnicities contained in the "Other Races" demographic group were too low to allow for meaningful estimates. To request additional race/ethnicity data, please [submit a data request using MSDH's online form](#).

Overweight and Obesity Among Mississippi Adults in 2020

Overweight and Obesity in Mississippi in 2020 (continued)

- The percentage of respondents who were overweight or obese was **significantly lower** among those aged **18 to 24 years** (53.1%) compared to all older age groups.² (Figure 4)
- The percentage of respondents who were overweight or obese was **significantly higher** among adults who have **obtained a high school diploma or GED** (75.2%) compared to those who have not completed a high school education (67.5%).² (Figure 5)
- The percentage of respondents who were overweight or obese among adults **did not differ significantly** among annual household income groups.² (Figure 6)

Figure 4. Percent of Respondents Who Are Overweight or Obese by Age, MS, 2020

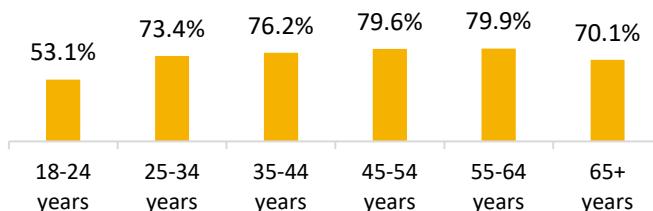


Figure 5. Percent of Respondents Who Are Overweight or Obese by Education, MS, 2020

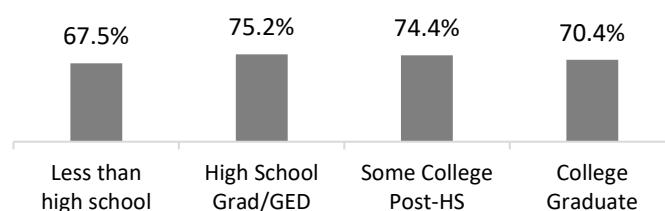


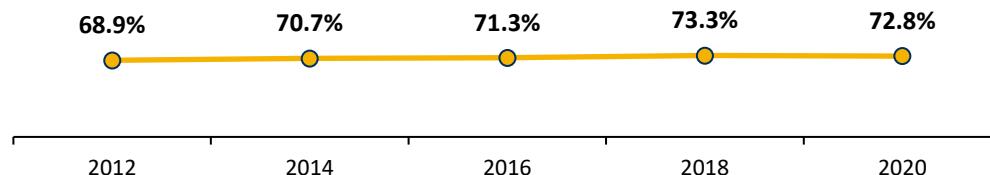
Figure 6. Percent of Respondents Who Are Overweight or Obese by Annual Household Income, MS, 2020



Overweight and Obesity Trends in Mississippi

- The percentage of adults who are overweight or obese significantly **increased** from **68.9%** in 2012 to **72.8%** in 2020.² (Figure 7)

Figure 7. 2012-2020 Trend of Overweight or Obesity Among Adults in Mississippi



References

- 1) Centers for Disease Control and Prevention (CDC). (2022, May 17). *Adult obesity facts*. Retrieved 8-9-2022, from <https://www.cdc.gov/obesity/data/adult.html>
- 2) Centers for Disease Control and Prevention (CDC). (2022, May 4). *Behavioral Risk Factor Surveillance System*. Retrieved 5-12-2022, from <https://www.cdc.gov/brfss/index.html>
- 3) Centers for Disease Control and Prevention (CDC). (2022, June 3). *Defining adult overweight & obesity*. Retrieved 8-9-2022, from <https://www.cdc.gov/obesity/basics/adult-defining.html>

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