

Cardiovascular Disease 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.

About Cardiovascular Disease

- **Cardiovascular disease (CVD)** includes coronary heart disease, stroke, complications of hypertension, and diseases of the arterial blood vessels.¹
- In 2020, Mississippi reported 8,810 deaths from **heart disease**, which was the **leading cause of death** in the state, and 1,948 deaths from cerebrovascular disease (stroke).²
- The **risk** of CVD can be **reduced** by **adopting healthy lifestyle habits**, such as eating a healthy diet and maintaining a healthy weight, and by **managing** chronic health conditions.³

Self-Reported Cardiovascular Disease Data in Mississippi in 2020

- Approximately 1 in 10 adults (**11.7%**) reported ever being told they had CVD.⁴
- The percentage of having CVD was **significantly higher** among **male respondents** (13.8%) compared to female respondents (9.9%).⁴ (Figure 1)
- The percentage of having CVD was **significantly higher** among **White, Non-Hispanic (NH) respondents** (13.4%) compared to Black, NH respondents (9.1%).⁴ (Figure 2)
- The percentage of having CVD was **significantly higher** among **White, NH male respondents** (16.0%) compared to White, NH female (10.9%), Black, NH male (9.9%), and Black, NH female (8.5%) respondents.⁴ (Figure 3)

Definitions

- **Coronary Heart Disease/Stroke Questions:** *Has a doctor, nurse, or other health professional ever told you that you had any of the following: A heart attack, also called a myocardial infarction? Angina or coronary heart disease? A stroke?*⁴
- In this report, a respondent is considered to have had **cardiovascular disease** if they answered “yes” to any of the three questions about heart attack, coronary heart disease, or stroke.
- In this report, “**Other Race**” refers to adults who reported their race/ ethnicity as anything other than White, Non-Hispanic (NH) or Black, NH.
- 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 Ever Told They Had CVD by Gender, MS, 2020



Figure 2. Percent of Respondents Ever Told They Had CVD by Race/Ethnicity, MS, 2020

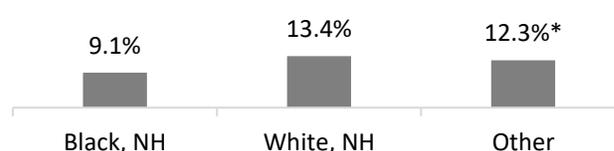
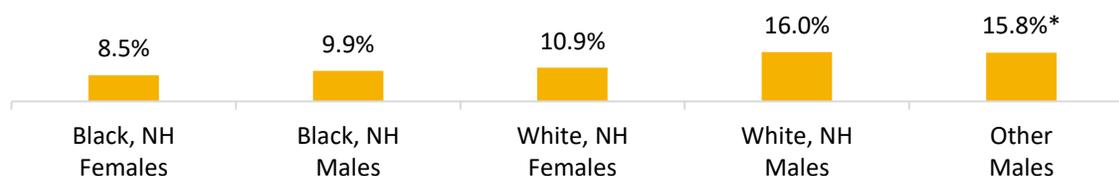


Figure 3. Percent of Respondents Ever Told They Had CVD by Race/Ethnicity & Gender, 2020



Note: Data for the “Other Females” group are suppressed due to low response.

Note: In the 2020 MS BRFSS, the numbers of responses for individual races and ethnicities contained in the “Other Race” 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](#).

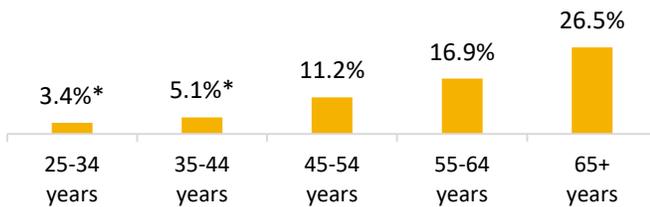
*This estimate is based on a cell size of less than 50. Use caution when interpreting and comparing this estimate.

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Self-Reported Cardiovascular Disease Data in Mississippi in 2020 (continued)

- The percentage of having CVD increased as age increased. CVD was **significantly higher** among adults **aged 65 years and older** (26.5%) compared to adults of all other analyzed age groups.⁴ (Figure 5)
- The percentage of having CVD increased as education level decreased. CVD was **significantly higher** among adults who have **not graduated high school** (22.2%) compared to adults with higher educational attainment.⁴ (Figure 6)
- The percentage of having CVD was **significantly higher** among adults with an annual household **income of less than \$15,000** (20.0%) compared to adults whose annual household incomes were \$25,000 to \$34,999 (12.2%), \$35,000 to \$49,999 (8.0%), or \$50,000 or more (8.7%).⁴ (Figure 7)

Figure 5. Percent of Respondents Ever Told They Had CVD by Age, MS, 2020



Note: Data for the "18-24 years" group are suppressed due to low response.

Figure 6. Percent of Respondents Ever Told They Had CVD by Education, MS, 2020

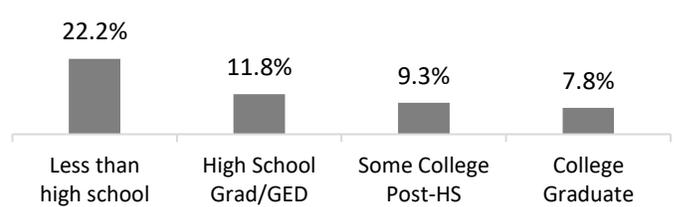


Figure 7. Percent of Respondents Ever Told They Had CVD by Annual Household Income, MS, 2020

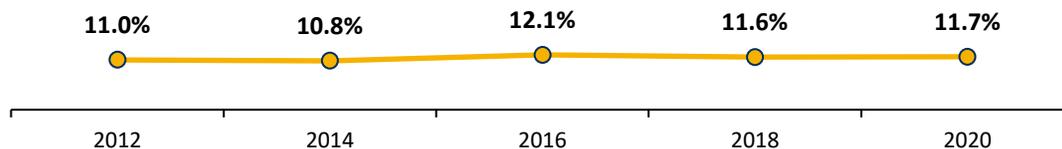


*This estimate is based on a cell size of less than 50. Use caution when interpreting and comparing this estimate.

Cardiovascular Disease Trends in Mississippi

- There was **no significant change** in the percentage of adults who had been told they had CVD in 2012 (11.0%) compared to 2020 (11.7%).⁴ (Figure 8)

Figure 8. 2012-2020 Trend of Adult Respondents Ever Told They Had CVD in Mississippi



References

- 1) American Heart Association. (2017, May 31). *What is cardiovascular disease?* Retrieved 8-29-2022, from <https://www.heart.org/en/health-topics/consumer-healthcare/what-is-cardiovascular-disease>
- 2) Mississippi State Department of Health (MSDH). (2022, November 17). *Mississippi Statistically Automated Health Resource System (MSTAHRS)*. Retrieved 1-18-2022, from <https://mstahrs.msdh.ms.gov/forms/morttable.html>
- 3) Centers for Disease Control and Prevention. (2020, April 21). *Prevent Heart Disease*. Retrieved 8-29-2022, from <https://www.cdc.gov/heartdisease/prevention.htm>
- 4) Centers for Disease Control and Prevention. (2022, May 4). *Behavioral Risk Factor Surveillance System*. Retrieved 5-12-2022, from <https://www.cdc.gov/brfss/index.html>

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