# Sexual Orientation: Associations with Health 



## Analysis of 2021 Mississippi Behavioral Risk Factor Surveillance System (BRFSS) Data

May 24, 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 2021 Mississippi BRFSS was completed by 4,421 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 numerator of fewer than 20 non-weighted respondents, which can result in wide confidence intervals and unreliable estimates. Use caution when interpreting and comparing these estimates. Unweighted counts 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 2021 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 2021 SURVEY SAMPLE |  |  |
| :---: | :---: | :---: | :---: |
|  | Unweighted Total | Weighted Total | Weighted Percent |
| American Indian or Alaskan Native, Non-Hispanic | 29 | 17,686 | 0.78 |
| Asian, Non-Hispanic | 21 | 17,235 | 0.76 |
| Any race, Hispanic | 39 | 53,067 | 2.34 |
| Multiracial, Non-Hispanic | 18 | 19,757 | 0.87 |
| Native Hawaiian or Pacific Islander, Non-Hispanic | 4 | 2,960 | 0.13 |
| Other race, Non-Hispanic | 32 | 23,092 | 1.02 |
| Total "Other Races/Ethnicities" Demographic Group | 143 | 133,797 | 5.89 |

# Survey Questions for Each Topic in This Report (2021 MS BRFSS Survey) 

## - Sexual Orientation

- Which of the following best represents how you think of yourself? (Asked of all respondents. From Module 28: Sexual Orientation and Gender Identity)
- Response options included
- gay or lesbian
- straight, that is, not gay
- bisexual
- something else
- I don't know the answer
- refused


## Health Care Access

- Health Care Coverage
- What is the current primary source of your health insurance? (Asked of all respondents. From Core Section 3: Health Care Access)
- Personal Health Care Provider
- Do you have one person or a group of doctors that you think of as your personal health care provider? (Asked of all respondents. From Core Section 3: Health Care Access)
- Doctor Cost
- Was there a time in the past 12 months when you needed to see a doctor but could not because you could not afford it? (Asked of all respondents. From Core Section 3: Health Care Access)
- Routine Checkup in Past Year
- About how long has it been since you last visited a doctor for a routine checkup? (Asked of all respondents. From Core Section 3: Health Care Access)


## Self-Reported Health Status

- Fair/Poor General Health
- Would you say in general that your health is...excellent, very good, good, fair, poor? (Asked of all respondents. From Core Section 1: Health Status)
- Poor Physical Health
- Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good? (Asked of all respondents. From Core Section 2: Healthy Days)


## - Poor Mental Health

- Now thinking about your mental health, which includes stress, depression, and problems with emotion, for how many days during the past 30 days was your mental health not good? (Asked of all respondents. From Core Section 2: Healthy Days)


## - Limited Activities Due to Poor Mental or Physical Health

- During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation? (Asked only of respondents who did not report 0 days of poor physical health and 0 days of poor mental health. From Core Section 2: Healthy Days)


## Health Risk Behaviors

- Binge Drinking
- During the past 30 days, how many days per week or per month did you have at least one drink of any alcoholic beverage such as beer, wine, a malt beverage, or liquor? (Asked of all respondents. From Core Section 12: Alcohol Consumption)
- Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks for men or 4 or more drinks for women on an occasion? (Asked of all respondents. From Core Section 12: Alcohol Consumption)
- Current Cigarette Smoking
- Have you smoked at least 100 cigarettes in your entire life? (Asked of all respondents. From Core Section 11: Tobacco Use)
- Do you now smoke cigarettes every day, some days, or not at all? (Asked only of respondents who smoked at least 100 cigarettes in their entire life. From Core Section 11: Tobacco Use)


## - Current E-Cigarette Use

- Do you now use e-cigarettes or other electronic vaping products every day, some days or not at all? (Asked of all respondents. From Core Section 11: Tobacco Use)
- Current Exercise
- During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise? (Asked of all respondents. From Core Section 4: Exercise)


## Sexual Orientation

In this report, a respondent is considered to be "not straight" if they said they identify as one of the following: lesbian, gay, bisexual, or something else. Adults who said they did not know the answer or refused to answer were not included in this report.

## Overall

- Approximately 1 in 20 adults (4.9\%) thought of themselves as not straight (lesbian, gay, bisexual, or something else).


## Sex (Figure 1.1)

- The percentage of identifying as not straight was similar between men (4.8\%) and women (5.1\%).


## Race/Ethnicity (Figure 1.2)

- The percentage of identifying as not straight was higher among Black, Non-Hispanic (NH) adults (5.7\%), compared to White, NH adults (3.9\%); however, the difference was not statistically significant. (Note: The percentage for adults of other races/ethnicities was suppressed due to low response.)


## Age (Figure 1.3)

- The percentage of identifying as not straight was significantly higher among adults aged 18-34 years (10.7\%) compared to adults aged $35-54$ years ( $4.5 \%$ ) and 55 years or older (1.3\%).


## Educational Attainment (Figure 1.4)

- The percentage of identifying as not straight was higher among adults who completed more than a high school education (5.2\%) compared to adults who completed high school or less (4.6\%); however, the difference was not statistically significant.


## Annual Household Income (Figure 1.5)

- The percentage of identifying as not straight was higher among adults whose annual household income was less than $\mathbf{\$ 2 5 , 0 0 0}$ (6.1\%) compared to adults who earned $\$ 25,000$ to $\$ 49,999$ (4.7\%) or $\$ 50,000$ or more ( $4.0 \%$ ); however, the difference was not statistically significant.


Figure 1.3. Percentage of Respondents Who Identified as Not Straight by Age | $10.7 \%$ | $4.5 \%$ | $1.3 \%$ |
| :---: | :---: | :---: |
| $18-34$ | $35-54$ | $55+$ |
|  | Age Group (years) |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

Figure 1.2. Percentage of Respondents Who Identified as Not Straight by Race/Ethnicity


Figure 1.4. Percentage of Respondents Who Identified as Not Straight by Education Level


## Sexual Orientation <br> (continued)

Figure 1.5. Percentage of Respondents Who Identified as Not Straight by Annual Household Income


TABLE 1. Sexual Orientation
Which of the following best represents how you think of yourself?

| DEMOGRAPHIC GROUPS | RESPONDENTS |  | Not Straight |  |  | Straight |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | TOTAL | WEIGHTED | $\mathrm{N}^{(1)}$ | \% ${ }^{(2)}$ | C.I. (95\%) | $N^{(1)}$ | \% ${ }^{(2)}$ | C.I. (95\%) |
|  |  |  |  |  |  |  |  |  |
| TOTAL | 4,117 | 2,079,429 | 137 | 4.9 | 3.9-6.0 | 3,980 | 95.1 | 94.0-96.1 |
|  |  |  |  |  |  |  |  |  |
| Male | 1,676 | 976,588 | 60 | 4.8 | 3.2-6.4 | 1,616 | 95.2 | 93.6-96.8 |
| Female | 2,441 | 1,102,841 | 77 | 5.1 | 3.6-6.6 | 2,364 | 94.9 | 93.4-96.4 |
|  |  |  |  |  |  |  |  |  |
| White, Non-Hispanic (NH) | 2,453 | 1,210,026 | 75 | 3.9 | 2.9-4.9 | 2,378 | 96.1 | 95.1-97.1 |
| Black, Non-Hispanic (NH) | 1,490 | 740,058 | 46 | 5.7 | 3.5-7.9 | 1,444 | 94.3 | 92.1-96.5 |
| Other Races/Ethnicities | 125 | 107,038 | - | - | - | 115 | 91.1 | 83.5-98.6 |
|  |  |  |  |  |  |  |  |  |
| 18-34 years | 684 | 592,657 | 66 | 10.7 | 7.5-13.8 | 618 | 89.3 | 86.2-92.5 |
| 35-54 years | 1,044 | 643,585 | 38 | 4.5 | 2.8-6.2 | 1,006 | 95.5 | 93.8-97.2 |
| 55+ years | 2,334 | 820,543 | 33 | 1.3 | 0.7-1.8 | 2,301 | 98.7 | 98.2-99.3 |
|  |  |  |  |  |  |  |  |  |
| High school or less | 1,619 | 929,785 | 48 | 4.6 | 3.1-6.2 | 1,571 | 95.4 | 93.8-96.9 |
| More than high school | 2,487 | 1,145,449 | 89 | 5.2 | 3.7-6.7 | 2,398 | 94.8 | 93.3-96.3 |
|  |  |  |  |  |  |  |  |  |
| Less than \$25,000 | 800 | 403,075 | 35 | 6.1 | 3.3-8.9 | 765 | 93.9 | 91.1-96.7 |
| \$25,000-\$49,999 | 1,083 | 541,541 | 39 | 4.7 | 3.0-6.5 | 1,044 | 95.3 | 93.5-97.0 |
| \$50,000+ | 1,342 | 704,387 | 37 | 4.0 | 2.1-5.9 | 1,305 | 96.0 | 94.1-97.9 |

(1) Unweighted number
(2) Weighted percent

Note: Denominator excludes respondents with do not know/refused/missing responses
Estimates with an unweighted denominator $<50$ or a relative standard error (RSE) $>30 \%$ are suppressed (indicated by dashes).

## Sexual Orientation and Health Care Access

## Health Care Coverage (Figure 2.1)

- The percentage of having any type of health care coverage was higher among adults who identified as straight (90.0\%) compared to adults who identified as not straight (84.8\%); however, the difference was not statistically significant.


## Personal Health Care Provider (Figure 2.2)

- The percentage of having a personal health care provider was higher among adults who identified as straight (83.9\%) compared to adults who identified as not straight (78.9\%); however, the difference was not statistically significant.


## Could Not See A Doctor Due to Cost in Past 12 Months (Figure 2.3)

- The percentage of not being able to see a doctor due to cost in the past 12 months was significantly higher among adults who identified as not straight (29.6\%) compared to adults who identified as straight (12.8\%).


## Routine Check-Up in Past Year (Figure 2.4)

- The percentage of having a routine check-up in the past year was similar between adults who identified as straight (79.5\%) compared to adults who identified as not straight (78.1\%).


Figure 2.2. Percentage of Respondents Who Had A Personal Health Care Provider by Sexual Orientation


Figure 2.3. Percentage of Respondents Who Could Not See A Doctor Due to Cost in the Past 12 Months by Sexual Orientation Had A Routine Check-Up in the Past Year by Sexual Orientation


# Sexual Orientation and Health Care Access <br> (continued) 



TABLE 2.2. Personal Health Care Provider Has one person or a group of doctors that they think of as their personal health care provider?

| DEMOGRAPHIC GROUPS | RESPONDENTS |  | Yes |  |  | No |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | TOTAL | WEIGHTED | $\mathrm{N}^{(1)}$ | \% ${ }^{(2)}$ | C.I. (95\%) | $\mathbf{N}^{(1)}$ | \%(2) | C.I. (95\%) |
| TOTAL | 4,100 | 2,065,197 | 3,631 | 83.6 | 82.0-85.3 | 469 | 16.4 | 14.7-18.0 |
| Straight | 3,964 | 1,966,017 | 3,521 | 83.9 | 82.2-85.6 | 443 | 16.1 | 14.4-17.8 |
| Not Straight | 136 | 99,179 | 110 | 78.9 | 70.6-87.2 | 26 | 21.1 | 12.8-29.4 |

(1) Unweighted number
(2) Weighted percent

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

| TABLE 2.3. Doctor Cost <br> Could not see a doctor when they needed to due to cost in the past 12 months |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| DEMOGRAPHIC GROUPS | RESPONDENTS |  | Yes |  |  | No |  |  |
|  | TOTAL | WEIGHTED | $\mathrm{N}^{(1)}$ | \% ${ }^{(2)}$ | C.I. (95\%) | $\mathrm{N}^{(1)}$ | \%(2) | C.I. (95\%) |
|  |  |  |  |  |  |  |  |  |
| TOTAL | 4,108 | 2,072,556 | 475 | 13.6 | 12.2-15.0 | 3,633 | 86.4 | 85.0-87.8 |
|  |  |  |  |  |  |  |  |  |
| Straight | 3,971 | 1,969,799 | 440 | 12.8 | 11.4-14.2 | 3,531 | 87.2 | 85.8-88.6 |
| Not Straight | 137 | 102,757 | 35 | 29.6 | 19.1-40.2 | 102 | 70.4 | 59.8-80.9 |

(1) Unweighted number
(2) Weighted percent

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

| TABLE 2.4. Routine Check-Up Visited a doctor for a routine checkup in the past year |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| DEMOGRAPHIC GROUPS | RESPONDENTS |  | Yes |  |  | No |  |  |
|  | TOTAL | WEIGHTED | $\mathbf{N}^{(1)}$ | \% ${ }^{(2)}$ | C.I. (95\%) | $\mathrm{N}^{(1)}$ | \% ${ }^{(2)}$ | C.I. (95\%) |
| TOTAL | 4,044 | 2,041,141 | 3,403 | 79.4 | 77.6-81.2 | 641 | 20.6 | 18.8-22.4 |
| Straight | 3,913 | 1,942,995 | 3,297 | 79.5 | 77.6-81.3 | 616 | 20.5 | 18.7-22.4 |
| Not Straight | 131 | 98,146 | 106 | 78.1 | 68.5-87.8 | 25 | 21.9 | 12.2-31.5 |

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## Sexual Orientation and Self-Reported Health Status

## Fair/Poor General Health (Figure 3.1)

- The percentage of having self-reported fair or poor health was higher among adults who identified as not straight (26.8\%) compared to adults who identified as straight (23.0\%); however, the difference was not statistically significant.


## Poor Physical Health (Healthy Days) (Figure 3.2)

- The percentage of having 14 or more days of poor physical health in the past 30 days was higher among adults who identified as not straight (15.4\%) compared to adults who identified as straight (13.0\%); however, the difference was not statistically significant.


## Poor Mental Health (Healthy Days) (Figure 3.3)

- The percentage of having 14 or more days of poor mental health in the past 30 days was higher among adults who identified as not straight (24.8\%) compared to adults who identified as straight (14.2\%); however, the difference was not statistically significant.

Limited Activities Due to Poor Physical or Mental Health (Healthy Days) (Figure 3.4)

- 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 adults who identified as not straight (21.0\%) compared to adults who identified as straight (17.8\%); however, the difference was not statistically significant.

Figure 3.1. Percentage of Respondents With Fair/Poor Self-Reported General Health by Sexual Orientation


Figure 3.3. Percentage of Respondents With 14+ Days of Poor Mental Health by Sexual Orientation

Figure 3.2. Percentage of Respondents With 14+ Days of Poor Physical Health by Sexual Orientation

Figure 3.4. Percentage of Respondents With Limited Activities Due to Poor Health by Sexual Orientation


# Sexual Orientation and Self-Reported Health Status (continued) 






## Sexual Orientation and Health Risk Behaviors

## Binge Drinking (Figure 4.1)

- The percentage of binge drinking in the past 30 days was higher among adults who identified as not straight (19.8\%) compared to adults who identified as straight (12.0\%); however, the difference was not statistically significant.


## Current Cigarette Smoking (Figure 4.2)

- The percentage of current cigarette smoking was higher among adults who identified as not straight (30.8\%) compared to adults who identified as straight (19.1\%); however, the difference was not statistically significant.


## Current E-Cigarette Use (Figure 4.3)

- The percentage of current e-cigarette use was higher among adults who identified as not straight (11.9\%) compared to adults who identified as straight (5.9\%); however, the difference was not statistically significant.


## Sedentary Lifestyle (Figure 4.4)

- The percentage of not participating in physical activity or exercise outside of work in the past month was higher among adults who identified as straight (31.9\%) compared to adults who identified as not straight (21.8\%); however, the difference was not statistically significant.

Figure 4.1. Percentage of Respondents Who
Reported Binge Drinking in the Past 30 Days by Sexual Orientation

Figure 4.3. Percentage of Respondents Who Were Current E-Cigarette Users by Sexual Orientation

Figure 4.2. Percentage of Respondents Who Were Current Cigarette Smokers by Sexual Orientation


Figure 4.4. Percentage of Respondents With A Sedentary Lifestyle by Sexual Orientation


# Sexual Orientation and Health Risk Behaviors (continued) 

| TABLE 4.1. Binge Drinking <br> 5 or more drinks for men or 4 or more drinks for women on an occasion in past 30 days |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| DEMOGRAPHIC GROUPS | RESPONDENTS |  | Yes |  |  | No |  |  |
|  | TOTAL | WEIGHTED | $\mathrm{N}^{(1)}$ | \% ${ }^{(2)}$ | C.I. (95\%) | $\mathbf{N}^{(1)}$ | \% ${ }^{(2)}$ | C.I. (95\%) |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
| Straight | 3,816 | 1,886,037 | 338 | 12.0 | 10.5-13.5 | 3,478 | 88.0 | 86.5-89.5 |
| Not Straight | 127 | 94,677 | 23 | 19.8 | 10.3-29.4 | 104 | 80.2 | 70.6-89.7 |
| (1) Unweighted number <br> (2) Weighted percent <br> Note: Denominator excludes respondents with do not know/refused/missing responses |  |  |  |  |  |  |  |  |


| TABLE 4.2. Current Cigarette Smoking <br> Ever smoked 100 cigarettes and now smokes every day or some days |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| DEMOGRAPHIC | RESPONDENTS |  | Yes |  |  | No |  |  |
| GROUPS | TOTAL | WEIGHTED | $\mathrm{N}^{(1)}$ | \% ${ }^{(2)}$ | C.I. (95\%) | $\mathrm{N}^{(1)}$ | \% ${ }^{(2)}$ | C.I. (95\%) |
| 10.7 |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
| Not Straight | 134 | 99,910 | 32 | 30.8 | 19.8-41.9 | 102 | 69.2 | 58.1-80.2 |
| (1) Unweighted number <br> (2) Weighted percent <br> Note: Denominator excludes respondents with do not know/refused/missing responses |  |  |  |  |  |  |  |  |


| TABLE 4.3. Current E-Cigarette Use <br> Currently uses e-cigarettes or other electronic vaping products every day or some days |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| DEMOGRAPHIC GROUPS | RESPONDENTS |  | Yes |  |  | No |  |  |
|  | TOTAL | WEIGHTED | $\mathrm{N}^{(1)}$ | \% ${ }^{(2)}$ | C.I. (95\%) | $\mathrm{N}^{(1)}$ | \% ${ }^{(2)}$ | C.I. (95\%) |
|  |  |  |  |  |  |  |  |  |
| TOTAL | 4,040 | 2,040,917 | 180 | 6.2 | 5.2-7.2 | 3,860 | 93.8 | 92.8-94.8 |
|  |  |  |  |  |  |  |  |  |
| Straight | 3,906 | 1,941,008 | 163 | 5.9 | 4.9-7.0 | 3,743 | 94.1 | 93.0-95.1 |
| Not Straight | 134 | 99,910 | 17 | 11.9 | 5.9-17.9 | 117 | 88.1 | 82.1-94.1 |

(1) Unweighted number
(2) Weighted percent

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



[^0]:    (1) Unweighted number
    (2) Weighted percent

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

