

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										
	тотл	AL 2021 SURVEY SAM	/IPLE							
Race/Ethnicity	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)
 - o Response options included
 - gay or lesbian

- something else
- straight, that is, not gay
- I don't know the answer

bisexual

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)

<u>Doctor Cost</u>

• 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)

• <u>Current E-Cigarette Use</u>

• 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)

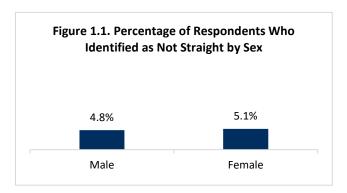
• The percentage of identifying as not straight was **significantly higher** among adults aged **18-34 years** (10.7%) compared to adults aged 35-54 years (4.5%) and 55 years or older (1.3%).

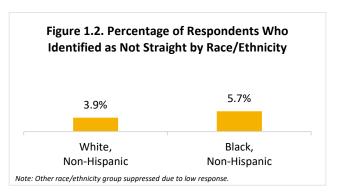
EDUCATIONAL ATTAINMENT (FIGURE 1.4)

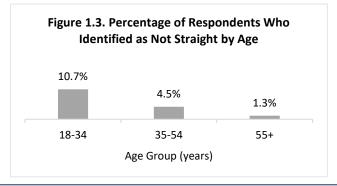
• The percentage of identifying as not straight was **higher** among adults who **completed more than a high school education** (5.2%) compared to adults who completed high school or less (4.6%); however, the difference was **not statistically significant**.

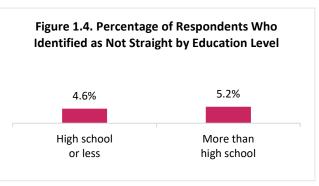
ANNUAL HOUSEHOLD INCOME (FIGURE 1.5)

• The percentage of identifying as not straight was **higher** among adults whose annual household income was **less than \$25,000** (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**.



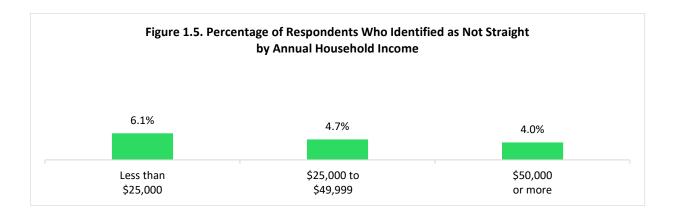






Sexual Orientation

(continued)



,	TABLE 1. Sexual Orientation Which of the following best represents how you think of yourself?												
DEMOGRAPHIC	RESPO	NDENTS		Not Straigh	it		Straight						
GROUPS	TOTAL	WEIGHTED	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					
							1						
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					
40.04	201			1 40 -	7.5.40.0	242	20.0	1					
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					
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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)

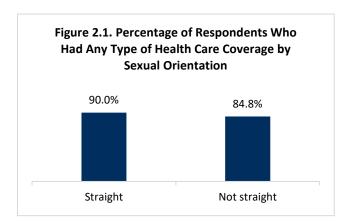
• The percentage of having a personal health care provider was **higher** among adults who identified as **straight** (83.9%) compared to adults who identified as not straight (78.9%); however, the difference was **not statistically significant**.

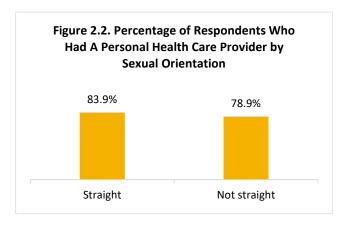
COULD NOT SEE A DOCTOR DUE TO COST IN PAST 12 MONTHS (FIGURE 2.3)

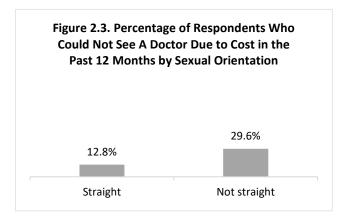
• The percentage of not being able to see a doctor due to cost in the past 12 months was **significantly higher** among adults who identified as **not straight** (29.6%) compared to adults who identified as straight (12.8%).

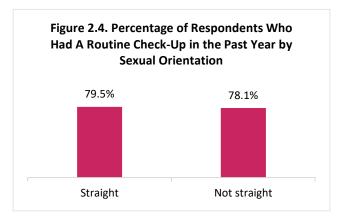
ROUTINE CHECK-UP IN PAST YEAR (FIGURE 2.4)

• 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%).









Sexual Orientation and Health Care Access

(continued)

TABLE 2.1. Health Care Coverage Currently has any type of health care coverage											
DEMOGRAPHIC	DEMOGRAPHIC RESPONDENTS Yes No										
GROUPS	TOTAL	WEIGHTED	N ⁽¹⁾	% ⁽²⁾	C.I. (95%)	N ⁽¹⁾	%(2)	C.I. (95%)			
TOTAL	4,018	2,018,637	3,728	89.7	88.3-91.1	290	10.3	8.9-11.7			
Straight	3,887	1,922,662	3,614	90.0	88.5-91.4	273	10.0	8.6-11.5			
Not Straight	131	95,975	114	84.8	76.7-92.9	17	15.2	7.1-23.3			

⁽¹⁾ Unweighted number

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

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 RESPONDENTS Yes No											
GROUPS	TOTAL	WEIGHTED	N ⁽¹⁾	% ⁽²⁾	C.I. (95%)	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

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

С	TABLE 2.3. Doctor Cost Could not see a doctor when they needed to due to cost in the past 12 months											
DEMOGRAPHIC RESPONDENTS Yes No												
GROUPS	TOTAL	WEIGHTED	N ⁽¹⁾	% ⁽²⁾	C.I. (95%)	N ⁽¹⁾	% ⁽²⁾	C.I. (95%)				
TOTAL	1 100	2.072.556	475	13.6	12.2-15.0	3.633	86.4	85.0-87.8				
TOTAL	4,108	2,072,556	4/5	13.0	12.2-15.0	3,033	00.4	05.0-07.0				
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

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 RESPONDENTS Yes No											
GROUPS	TOTAL	WEIGHTED	N ⁽¹⁾	% ⁽²⁾	C.I. (95%)	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			

⁽¹⁾ Unweighted number

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

⁽²⁾ Weighted percent

⁽²⁾ Weighted percent

⁽²⁾ Weighted percent

⁽²⁾ Weighted percent

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)

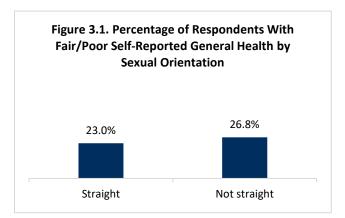
• The percentage of having 14 or more days of poor physical health in the past 30 days was **higher** among adults who identified as **not straight** (15.4%) compared to adults who identified as straight (13.0%); however, the difference was **not statistically significant**.

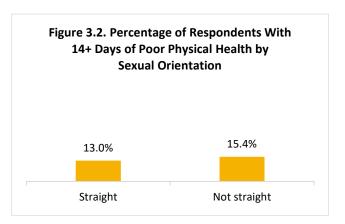
POOR MENTAL HEALTH (HEALTHY DAYS) (FIGURE 3.3)

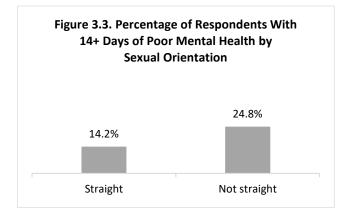
• The percentage of having 14 or more days of poor mental health in the past 30 days was **higher** among adults who identified as **not straight** (24.8%) compared to adults who identified as straight (14.2%); however, the difference was **not statistically significant**.

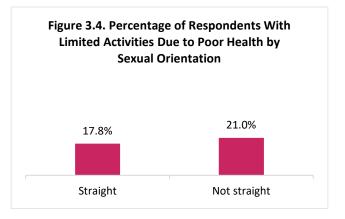
LIMITED ACTIVITIES DUE TO POOR PHYSICAL OR MENTAL HEALTH (HEALTHY DAYS) (FIGURE 3.4)

• 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**.









Sexual Orientation and Self-Reported Health Status

(continued)

TABLE 3.1. General Health Question: Would you say in general that your health is?											
DEMOGRAPHIC	DEMOGRAPHIC RESPONDENTS Fair or Poor Good or Better										
GROUPS	TOTAL	WEIGHTED	N ⁽¹⁾	%(2)	C.I. (95%)	N ⁽¹⁾	%(2)	C.I. (95%)			
				-							
TOTAL	4,104	2,071,848	1,070	23.2	21.6-24.8	3,034	76.8	75.2-78.4			
Straight	3,969	1,971,809	1,037	23.0	21.4-24.6	2,932	77.0	75.4-78.6			
Not Straight	135	100,039	33	26.8	16.2-37.4	102	73.2	62.6-83.8			

⁽¹⁾ Unweighted number

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

TABLE 3.2. Physical Health (Healthy Days) Question: 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?											
DEMOGRAPHIC RESPONDENTS 14 days or more 13 days or fewer											
GROUPS	TOTAL	WEIGHTED	N ⁽¹⁾	N ⁽¹⁾	% ⁽²⁾	C.I. (95%)					
TOTAL	4,022	2,038,224	568	13.1	11.8-14.5	3,454	86.9	85.5-88.2			
Straight	3,886	1,936,239	544	13.0	11.7-14.3	3,342	87.0	85.7-88.3			
Not Straight	136	101,985	24	15.4	6.9-23.9	112	84.6	76.1-93.1			

⁽¹⁾ Unweighted number

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

TABLE 3.3. Mental Health (Healthy Days) Question: 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?											
DEMOGRAPHIC RESPONDENTS 14 days or more 13 days or fewer											
GROUPS	TOTAL	WEIGHTED	N ⁽¹⁾	% ⁽²⁾	C.I. (95%)	N ⁽¹⁾	%(2)	C.I. (95%)			
TOTAL	4,038	2,043,375	529	14.7	13.2-16.2	3,509	85.3	83.8-86.8			
Straight	3,904	1,942,076	496	14.2	12.6-15.7	3,408	85.8	84.3-87.4			
Not Straight	134	101,299	33	24.8	15.4-34.2	101	75.2	65.8-84.6			

⁽¹⁾ Unweighted number

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

TABLE 3.4. Limited Activities Due to Poor Physical or Mental Health (Healthy Days) Question: 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?											
DEMOGRAPHIC RESPONDENTS 14 days or more 13 days or fewer								er			
GROUPS	TOTAL	WEIGHTED	N ⁽¹⁾	% ⁽²⁾	C.I. (95%)	N ⁽¹⁾	% ⁽²⁾	C.I. (95%)			
TOTAL	2,045	1,063,233	387	18.0	15.9-20.0	1,658	82.0	80.0-84.1			
Straight	1,951	992,724	363	17.8	15.7-19.8	1,588	82.2	80.2-84.3			
Not Straight	94	70,509	24	21.0	11.7-30.4	70	79.0	69.6-88.3			

⁽¹⁾ Unweighted number

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

⁽²⁾ Weighted percent

⁽²⁾ Weighted percent

⁽²⁾ Weighted percent

⁽²⁾ Weighted percent

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)

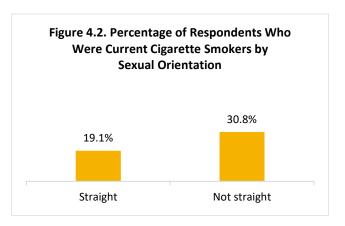
• The percentage of not participating in physical activity or exercise outside of work in the past month was **higher** among adults who identified as **straight** (31.9%) compared to adults who identified as not straight (21.8%); however, the difference was **not statistically significant**.

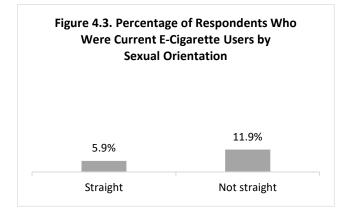
Figure 4.1. Percentage of Respondents Who Reported Binge Drinking in the Past 30 Days by Sexual Orientation

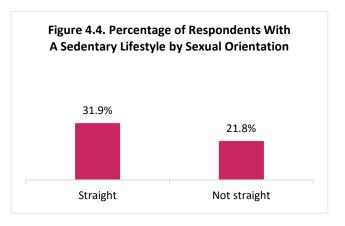
19.8%

Straight

Not straight







Sexual Orientation and Health Risk Behaviors

(continued)

TABLE 4.1. Binge Drinking 5 or more drinks for men or 4 or more drinks for women on an occasion in past 30 days											
DEMOGRAPHIC RESPONDENTS Yes No											
GROUPS	TOTAL	WEIGHTED	N ⁽¹⁾	% ⁽²⁾	C.I. (95%)	N ⁽¹⁾	% ⁽²⁾	C.I. (95%)			
TOTAL	3,943	1,980,714	361	12.4	10.9-13.9	3,582	87.6	86.1-89.1			
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

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

TABLE 4.2. Current Cigarette Smoking Ever smoked 100 cigarettes and now smokes every day or some days									
DEMOGRAPHIC GROUPS	RESPONDENTS		Yes			No			
	TOTAL	WEIGHTED	N ⁽¹⁾	% ⁽²⁾	C.I. (95%)	N ⁽¹⁾	% ⁽²⁾	C.I. (95%)	
TOTAL	4,025	2,033,157	658	19.7	17.9-21.5	3,367	80.3	78.5-82.1	
Straight	3,891	1,933,247	626	19.1	17.4-20.9	3,265	80.9	79.1-82.6	
Not Straight	134	99,910	32	30.8	19.8-41.9	102	69.2	58.1-80.2	

⁽¹⁾ Unweighted number

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

TABLE 4.3. Current E-Cigarette Use Currently uses e-cigarettes or other electronic vaping products every day or some days									
DEMOGRAPHIC GROUPS	RESPONDENTS		Yes			No			
	TOTAL	WEIGHTED	N ⁽¹⁾	% ⁽²⁾	C.I. (95%)	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

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

TABLE 4.4. Sedentary Lifestyle No physical activities or exercises outside of work in past 30 days									
DEMOGRAPHIC GROUPS	RESPONDENTS		Sedentary			Not Sedentary			
	TOTAL	WEIGHTED	N ⁽¹⁾	% ⁽²⁾	C.I. (95%)	N ⁽¹⁾	% ⁽²⁾	C.I. (95%)	
TOTAL	4,113	2,078,023	1,359	31.4	29.5-33.3	2,754	68.6	66.7-70.5	
Straight	3,976	1,975,266	1,325	31.9	30.0-33.8	2,651	68.1	66.2-70.0	
Not Straight	137	102757	34	21.8	13.3-30.3	103	78.2	69.7-86.7	

⁽¹⁾ Unweighted number

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

⁽²⁾ Weighted percent

⁽²⁾ Weighted percent

⁽²⁾ Weighted percent

⁽²⁾ Weighted percent