



Hispanic Adult Health Multi-Year Report



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

August 15, 2024

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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.
- Annually, the Mississippi BRFSS is completed by approximately 4,000 to 6,000 Mississippians aged 18 years or older. In each year, the numbers of responses for individual races and ethnicities other than non-Hispanic White and non-Hispanic Black, such as Hispanic (any race), have been too low to allow for meaningful estimates.

About This Report

- The purpose of this report is to present prevalence estimates of important health factors for the adult Hispanic population of Mississippi.
- Because estimates for Hispanic adults for individual years must often be suppressed due to low sample size, this report combines MS BRFSS data for multiple years to produce usable estimates and associated confidence intervals. The specific years used vary by topic due to data availability. Details can be found in Table B on page 3 of 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 cell size (numerator) of less than 20. Use caution when interpreting and comparing these estimates. Cell sizes 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 this report, topics with a sample size of less than 50 or an RSE greater than 30% have been omitted.

Table A. Hispanic Respondents to MS BRFSS by Survey Year

Survey Year	Unweighted Total of Hispanic Adults	Unweighted Total Sample Size	Weighted Total of Hispanic Adults	Weighted Percent of Total Sample
2017	50	5,076	41,489	1.82
2018	49	5,843	32,686	1.43
2019	43	5,126	35,307	1.54
2020	53	6,479	31,007	1.36
2021	39	4,421	53,067	2.34
2022	67	4,239	83,236	3.66

Table B. Topics and Survey Years Used for Estimates in This Report

Topic	Survey Years Used to Calculate Prevalence Estimates in This Report
General Health Status	
Fair/poor health status	2019-2022
Poor physical health	2019-2022
Poor mental health	2019-2022
Health Care Access	
No health insurance	2019-2022
Public health care coverage	2019-2022
Could not see doctor due to cost	2019-2022
Routine check-up in past year	2019-2022
Health Behaviors	
Current binge drinking	2019-2022
Current cigarette smoking	2019-2022
Current e-cigarette use	Omitted; RSE >30% or denominator less than 50.
Current illicit marijuana use	2020 & 2022
HIV testing	2019-2022
Inadequate sleep	2018, 2020, 2022
Influenza shot in past year, adults 65+ years	Omitted; RSE >30% or denominator less than 50.
Pneumonia shot (ever), adults 65+ years	Omitted; RSE >30% or denominator less than 50.
Sedentary lifestyle	2019-2022
Health Conditions	
Arthritis	2019, 2020, 2022
Asthma	2019-2022
Cancer (other besides skin)	Omitted; RSE >30% or denominator less than 50.
Cancer (skin)	Omitted; RSE >30% or denominator less than 50.
Cardiovascular Disease (CVD)	Omitted; RSE >30% or denominator less than 50.
Chronic Obstructive Pulmonary Disease (COPD)	Omitted; RSE >30% or denominator less than 50.
Depression	2019-2022
Diabetes	2019-2022
High cholesterol	2017, 2019, 2021
Hypertension	2017, 2019, 2021
Overweight or obese	2019-2022

Survey Questions for Topics in This Report (MS BRFSS Survey)

Self-Reported Health Status

- **Fair/Poor General Health** (2019-2022): Would you say that in general your health is excellent, very good, good, fair, or poor?
- **Physical Health** (2019-2022): 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?
- **Mental Health** (2019-2022): Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

Health Care Access

- **Health Care Coverage:**
 - 2019-2020: Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare, or Indian Health Service?
 - 2021-2022: What is the current primary source of your health insurance?
- **Personal Health Care Provider:**
 - 2019-2020: Do you have one person you think of as your personal doctor or health care provider?
 - 2021-2022: Do you have one person (or a group of doctors) that you think of as your personal health care provider?
- **Doctor Cost:**
 - 2019-2020: Was there a time in the past 12 months when you needed to see a doctor but could not because of cost?
 - 2021-2022: 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?
- **Routine Checkup** (2019-2022): About how long has it been since you last visited a doctor for a routine checkup?

Health Behaviors

- **Current Binge Drinking**
 - 2019-2021: 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?
 - 2022: During the past 30 days, how many days per week or per month did you have at least one drink of any alcoholic beverage?
 - 2019-2022: 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?
- **Current Cigarette Smoking**
 - 2019-2022: Have you smoked at least 100 cigarettes in your entire life?
 - 2019-2022: Do you now smoke cigarettes every day, some days, or not at all?

Health Behaviors (continued)

- **Current Illicit Marijuana Use:**
 - 2020 & 2022: During the past 30 days, on how many days did you use marijuana or cannabis?
- **HIV Testing (2019-2022):** Including fluid testing from your mouth, but not including tests you may have had for blood donation, have you ever been tested for HIV?
- **Inadequate Sleep (2018, 2020, 2022):** On average, how many hours of sleep do you get in a 24-hour period?
- **Sedentary Lifestyle (2019-2022):** 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?

Health Conditions

- **Arthritis (2019, 2022, 2022):** Has a doctor, nurse, or other health professional ever told you that you had some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?
- **Asthma (2019-2022):** Has a doctor, nurse, or other health professional ever told you that you had asthma?
- **Diabetes (2019-2022):** Has a doctor, nurse, or other health professional ever told you that you had diabetes?
- **Depression (2019-2022):** Has a doctor, nurse, or other health professional ever told you that you had a depressive disorder (including depression, major depression, dysthymia, or minor depression)?
- **High Cholesterol (2017, 2019, 2021):** Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?
- **Hypertension (2017, 2019, 2021):** Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?
- **Overweight/Obesity (2019-2022):**
 - About how much do you weight without shoes?
 - About how tall are you without shoes?

Health Care Access

NO HEALTH CARE COVERAGE (2019-2022)

- The percentage of not having any health care coverage was **significantly higher** among **Hispanic adults** (24.6%) compared to White, NH adults (12.2%).

NO ROUTINE CHECK-UP IN PAST YEAR (2019-2022)

- The percentage of not having a routine check-up in the past year was **significantly higher** among **Hispanic adults** (31.3%) compared to Black, NH adults (16.2%).

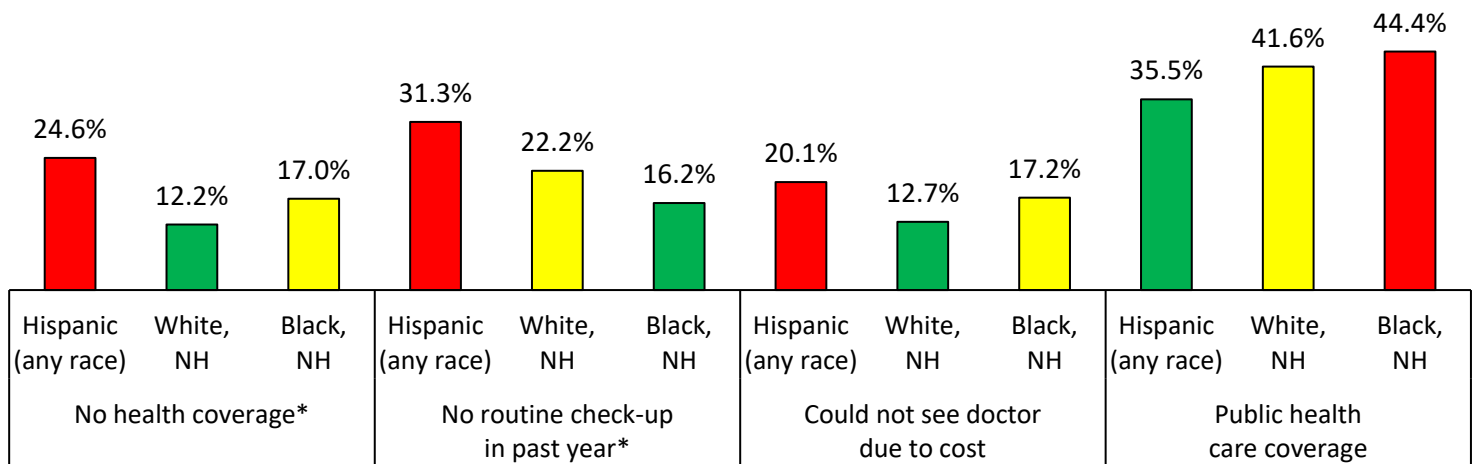
COULD NOT SEE DOCTOR DUE TO COST (2019-2022)

- The percentage of not being able to see a doctor due to cost was **highest** among **Hispanic adults** (20.1%), followed by Black, NH adults (17.2%), and White, NH adults (12.7%). The difference in the percentage among Hispanic adults and adults of the other examined race/ethnicity groups was **not statistically significant**.

PUBLIC HEALTH CARE COVERAGE (2019-2022)

- The percentage of having public health care coverage was **lower** among **Hispanic adults** (35.5%) compared to White, NH adults (41.6%) and Black, NH adults (44.4%). The difference in the percentage among Hispanic adults and adults of the other examined race/ethnicity groups was **not statistically significant**.

Figure 1. Health Care Access Factors by Race/Ethnicity



*indicates a statistically significant difference in percentage between Hispanic and another race/ethnicity group

Green = lowest rate

Yellow = middle rate

Red = highest rate

TABLE 1. Health Care Access

	Hispanic		White, NH		Black, NH	
	%(2)	C.I. (95%)	%(2)	C.I. (95%)	%(2)	C.I. (95%)
No health care coverage	24.6	16.4-32.7	12.2	11.3-13.0	17.0	15.7-18.3
No routine check-up in past year	31.3	23.0-39.7	22.2	21.2-23.2	16.2	14.9-17.4
Could not see doctor due to cost in past year	20.1	13.0-27.2	12.7	11.9-13.5	17.2	16.0-18.4
Public health care coverage	35.5	23.7-47.4	41.6	39.9-43.3	44.4	42.0-46.8

(1) Unweighted number

(2) Weighted percent

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

Self-Reported Health Status

FAIR OR POOR HEALTH (2019-2022)

- The percentage of fair or poor self-reported health was **lower** among **Hispanic adults** (18.5%) compared to White, NH adults (20.7%) and Black, NH adults (24.9%). However, the difference in the percentage among Hispanic adults and adults of the other examined race/ethnicity groups was **not statistically significant**.

POOR PHYSICAL HEALTH (2019-2022)

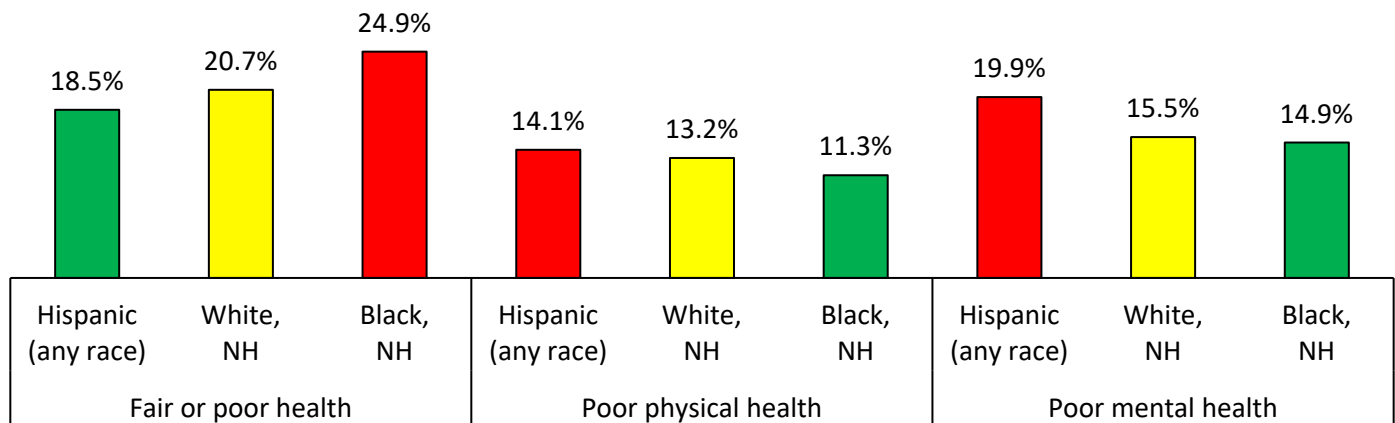
- The percentage of having 14+ poor physical health days in the past 30 days was **higher** among **Hispanic adults** (14.1%) compared to White, NH adults (13.2%) and Black, NH adults (11.3%). However, the difference in the percentage among Hispanic adults and adults of the other examined race/ethnicity groups was **not statistically significant**.

POOR MENTAL HEALTH (2019-2022)

- The percentage of having 14+ poor mental health days in the past 30 days was **higher** among **Hispanic adults** (19.9%) compared to White, NH adults (15.5%) and Black, NH adults (14.9%). However, the difference in the percentage among Hispanic adults and adults of the other examined race/ethnicity groups was **not statistically significant**.

No significant differences between Hispanic and non-Hispanic adults were identified for any of the self-reported health status categories.

Figure 2. Self-Reported Health Status by Race/Ethnicity



Green = lowest rate (healthiest)

Yellow = middle rate (not lowest or highest)

Red = highest rate (unhealthiest)

TABLE 2. Self-Reported Health Status

	Hispanic		White, NH		Black, NH	
	%(2)	C.I. (95%)	%(2)	C.I. (95%)	%(2)	C.I. (95%)
Fair or poor health	18.5	11.5-25.6	20.7	19.8-21.6	24.9	23.6-26.1
14+ days poor physical health	14.1	7.6-20.6	13.2	12.4-14.0	11.3	10.5-12.2
14+ days poor mental health	19.9	13.1-26.7	15.5	14.6-16.4	14.9	13.7-16.1

(1) Unweighted number

(2) Weighted percent

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

Health Behaviors

CURRENT BINGE DRINKING (2019-2022)

- The percentage of current binge drinking was **significantly higher** among **Hispanic adults** (26.4%) compared to White, NH adults (13.6%) and Black, NH adults (11.5%).

CURRENT CIGARETTE SMOKING (2019-2022)

- The percentage of current cigarette smoking was **highest** among **Hispanic adults** (21.1%). However, the difference in the percentage among Hispanic adults and adults of the other examined race/ethnicity groups was **not statistically significant**.

CURRENT ILLICIT MARIJUANA USE (2020 & 2022)

- The percentage of current illicit marijuana use was **significantly higher** among **Hispanic adults** (28.1%) compared to White, NH adults (7.2%) and Black, NH adults (13.1%).

HIV TESTING (2019-2022)

- The percentage of ever having an HIV test was **significantly higher** among **Hispanic adults** (49.4%) compared to White, NH adults (30.5%) but non-significantly lower than the percentage among Black, NH adults (52.2%).

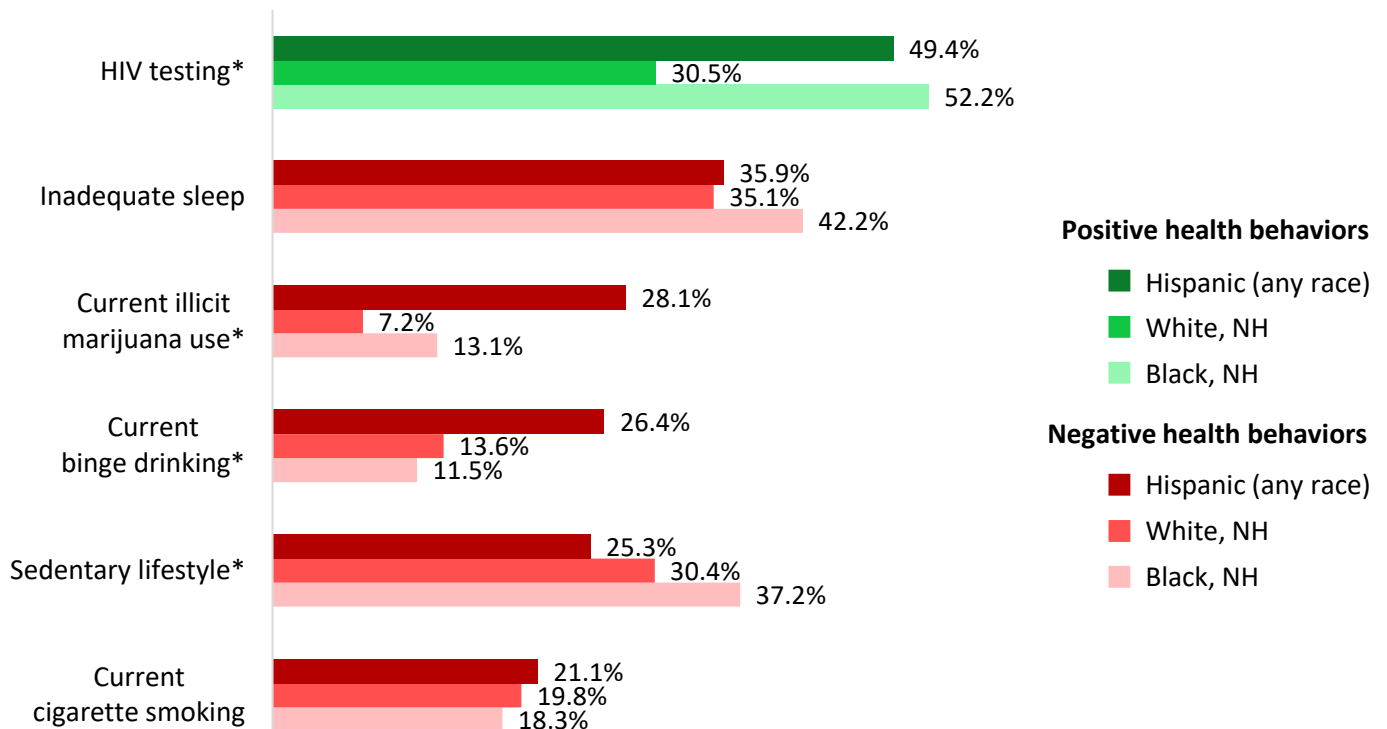
INADEQUATE SLEEP (2019-2022)

- The percentage of having inadequate sleep among Hispanic adults was 35.9%. The difference in the percentage among Hispanic adults and adults of the other examined race/ethnicity groups was **not statistically significant**.

SEDENTARY LIFESTYLE (2019-2022)

- The percentage of having a sedentary lifestyle was **significantly lower** among **Hispanic adults** (25.3%) compared to Black, NH adults (37.2%). The percentage among White, NH adults (30.4%) was not significantly different from either of the other race/ethnicity groups.

Figure 3. Health Behaviors by Race/Ethnicity



*indicates a statistically significant difference in percentage between Hispanic and another race/ethnicity group

TABLE 3. Health Behaviors

	Hispanic		White, NH		Black, NH	
	%(2)	C.I. (95%)	%(2)	C.I. (95%)	%(2)	C.I. (95%)
Current binge drinking	26.4	17.9-34.9	13.6	12.7-14.5	11.5	10.4-12.6
Current cigarette smoking	21.1	13.1-29.2	19.8	18.8-20.8	18.3	17.0-19.5
Current illicit marijuana use	28.1	15.5-40.8	7.2	6.3-8.2	13.1	11.3-14.9
HIV Testing	49.4	40.1-58.7	30.5	29.3-31.6	52.2	50.6-53.8
Inadequate sleep	35.9	26.9-44.9	35.1	32.6-37.6	42.2	38.9-45.5
Sedentary lifestyle	25.3	17.3-33.4	30.4	29.3-31.4	37.2	35.7-38.7

(1) Unweighted number

(2) Weighted percent

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

Health Conditions

ARTHRITIS (2019, 2020, 2022)

- The percentage of having arthritis was **significantly lower** among **Hispanic adults** (16.4%) compared to White, NH adults (33.1%) and Black, NH adults (29.1%).

ASTHMA (2019-2022)

- The percentage of ever having asthma was **higher** among **Hispanic adults** (17.3%) compared to White, NH adults (14.2%) and Black, NH adults (14.9%). However, the difference was **not statistically significant**.

DEPRESSION (2019-2022)

- The percentage of ever having depression was **significantly higher** among **Hispanic adults** (25.1%) compared to Black, NH adults (14.9%).

DIABETES (2019-2022)

- The percentage of ever having diabetes was **significantly lower** among **Hispanic adults** (10.1%) compared to Black, NH adults (16.9%).

HIGH CHOLESTEROL (2017, 2019, 2021)

- The percentage of having high cholesterol was **significantly lower** among **Hispanic adults** (26.6%) compared to White, NH adults (39.0%).

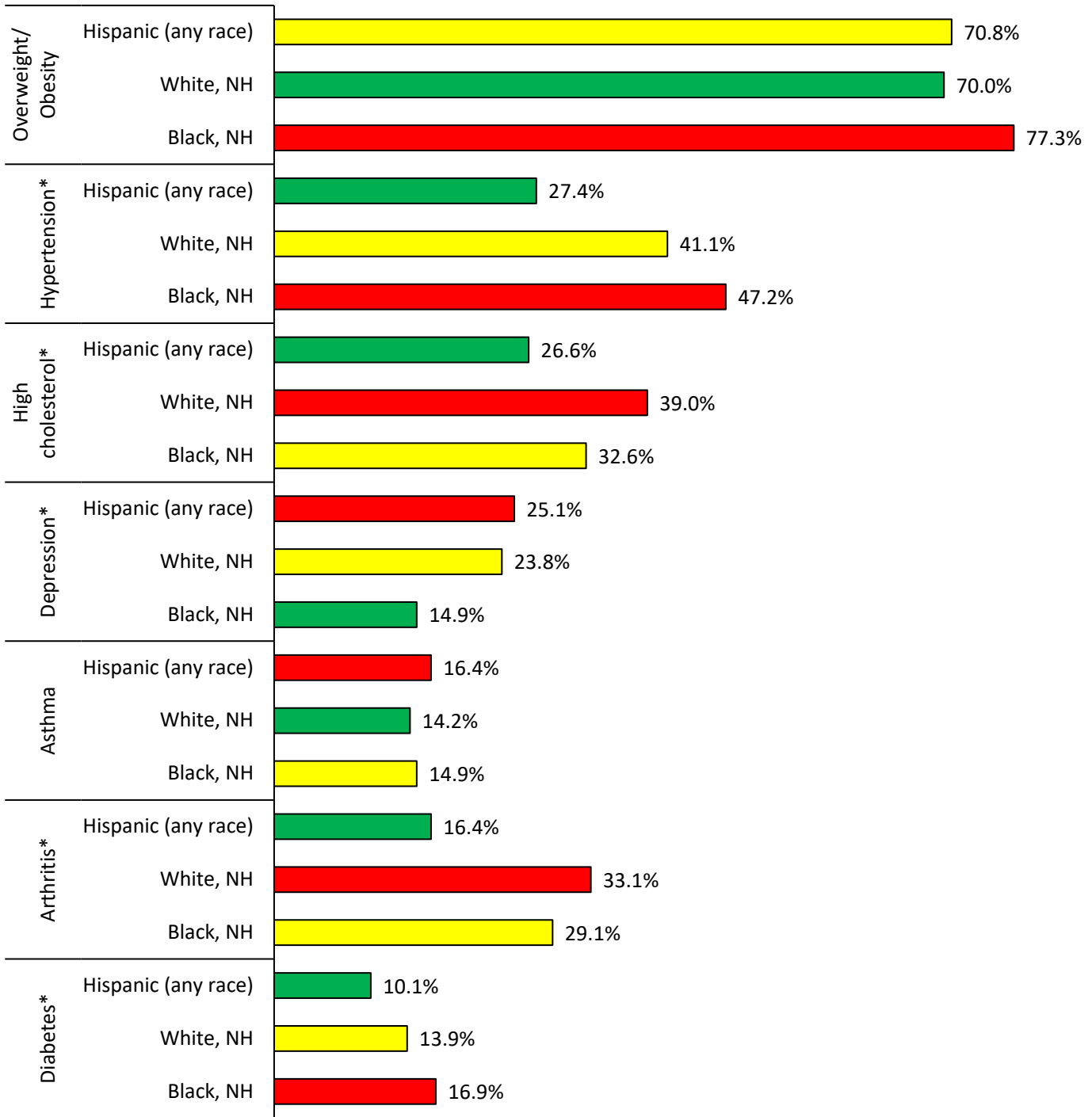
HYPERTENSION (2017, 2019, 2021)

- The percentage of having hypertension was **significantly lower** among **Hispanic adults** (27.4%) compared to White, NH adults (41.1%) and Black, NH adults (47.2%).

OVERWEIGHT/OBESITY (2019-2022)

- The percentage of overweight/obesity among Hispanic adults was **70.8%**. The difference in the percentage among Hispanic adults and adults of the other examined race/ethnicity groups was **not statistically significant**.

Figure 4. Health Conditions by Race/Ethnicity



*indicates a statistically significant difference in percentage between Hispanic and another race/ethnicity group

Green = lowest rate

Yellow = middle rate (not highest or lowest)

Red = highest rate

TABLE 4. Health Conditions

	Hispanic		White, NH		Black, NH	
	%(2)	C.I. (95%)	%(2)	C.I. (95%)	%(2)	C.I. (95%)
Arthritis	16.4	10.2-22.7	33.1	32.1-34.1	29.1	27.8-30.3
Asthma	17.3	10.2-24.4	14.2	13.3-15.0	14.9	13.8-16.0
Depression	25.1	17.5-32.7	23.8	22.8-24.8	14.9	13.8-16.0
Diabetes	10.1	4.5-15.6	13.9	13.1-14.6	16.9	15.9-17.9
High Cholesterol	26.6	16.1-37.0	39.0	37.6-40.4	32.6	30.8-34.5
Hypertension	27.4	17.0-37.8	41.1	39.8-42.4	47.2	45.2-49.2
Overweight/Obesity	70.8	62.9-78.7	70.0	68.9-71.1	77.3	75.9-78.8

(1) Unweighted number

(2) Weighted percent

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

For More Information, Contact:

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