

Mississippi Behavioral Risk Factor Surveillance System (BRFSS) Summary Trend Report, 1990-99

Introduction

It is generally acknowledged by health care professionals that certain behavior patterns are associated with disease, injury and death. Among these are cigarette smoking, physical inactivity, excessive weight gain, unhealthy diet, and excess alcohol consumption. The Behavioral Risk Factor Surveillance System (BRFSS) is a program designed to estimate the prevalence of these and other health risk factors in each state. The results provide a tool for evaluating health trends, assessing the risk of chronic disease, and measuring the effectiveness of policies, programs and awareness campaigns.

This report is a summary of responses to questions from the BRFSS on general health, health risk behaviors for chronic disease (including health care access), and preventive health/screening behaviors. The report covers the period from 1990 (when annual surveys began) to 1999 (the latest year for which data are available).

Methodology

A. Sampling design

The Mississippi BRFSS is a random sample telephone survey of the adult (18 years of age and older) civilian non-institutionalized population in the state. Using a system of random digit dialing and Computer Assisted Telephone Interviewing (CATI), the survey has the potential to reach 93% of all households in Mississippi (i.e., those that have telephones according to South Central Bell data). The survey is conducted on an ongoing basis throughout the year. A sample size of between approximately 1,600 and 2,300 persons is selected each year to give a 95% confidence interval of $\pm 3\%$ on risk factor prevalence estimates of the adult population.

Interviewers, contracted by the MSDH, contact residences during weekdays between 9:00 a.m. and 9:00 p.m. and Saturdays between 8:30 a.m. and 4:30 p.m. After a residence had been contacted, one adult (18 years of age or older) is randomly selected to be interviewed from all adults residing in the household. Interviews are conducted during a two-week period each month. The response rate for the survey is greater than 90%.

B. Questionnaire

The questionnaire, designed through cooperative agreements with the CDC, contains questions from three categories. The first category contains questions on health status, access to health care, health awareness, health risk behaviors, and preventive health; the second contains demographic information (age, sex, race/ethnicity, education, annual household income, and employment status); and the third

contains questions addressing specific issues that are of particular interest to the state conducting the survey.

Limitations of the Data

Although BRFSS data are self-reported, the validity and reliability of this method of surveillance have been well established for many chronic diseases and risk behaviors. All data collection systems are subject to error, and records may be incomplete or contain inaccurate information. People may not remember essential information, a question may not mean the same thing to different respondents, and some individuals may not respond at all. It is not always possible to measure the magnitude of these errors or their impact on the data. The user must make his or her own evaluation of the data.

C. Data analysis

The data are sent to CDC editing, weighting, and analysis; further analysis is done by the MSDH Office of Public Health Statistics and Office of Community Health Services. The weighting factor takes into account the probability of selection into the sample and the age/race/sex distribution of the general population (based on the projected Mississippi population for that year). The estimates are considered representative of all adults in Mississippi who have telephones. All figures in this report are percentages, rounded to the nearest whole number.

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Note: only responses to questions on general health, health risk behaviors for chronic disease (including health care access), and screening behaviors are given here. All figures are percentages, rounded to the nearest whole number.

Indicator	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999
Health status										
Report that general health is fair or poor				22	21	21	21	22	21	21
Report that physical health was not good for more than 7 days during the past 30 days				11	10	11	11	11	14	13
Report that mental health was not good for more than 7 days during the past 30 days				11	10	9	9	9	12	13
Report that poor physical/mental health prevented usual activities for more than 7 days during the past 30 days				8	10	19	18	13	7	15
Cigarette smoking										
Report that they are current cigarette smokers (have ever smoked 100 cigarettes and now smoke every day or some days) (HP 2000 Obj. 3.4)	25	24	25	24	22	24	23	23	24	23
High school education or less (HP 2000 Obj. 3.4a)	29	27	30	27	27	28	27	28	28	32
Blacks (HP 2000 Obj. 3.4d)	24	22	19	20	19	22	21	18	21	19
Report that they are former cigarette smokers (have ever smoked 100 cigarettes but do not smoke now)	18	12	20	21	21	21	21	21	22	20
Percent of current daily smokers who report that they have quit smoking for 1 day or longer during the past 12 months	64	54	56	63	42	49	50	51	51	55
Quit ratio (percent of ever smokers who are former smokers)	43	45	45	46	49	46	48	48	48	47
Alcohol use during the past month										
Report acute (binge) drinking	11	8	11	9		9		10		12
Report chronic drinking	3	3	3	3		3		3		4

Indicator	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999
Physical activity/exercise										
Report that they are physically inactive (HP 2000 Obj. 1.5)	39	43	48		38		40		34	
65+ year olds	51	55	63		51		49		40	
Income less than \$20,000	44	47	57		47		49		44	
Report sedentary lifestyle (sedentary or irregular physical activity profile)	66	67	68		67		65		61	
Report frequent regular exercise (HP 2000 Obj. 1.3)			14		14		17		19	
Report regular intensive exercise (HP 2000 Obj. 1.4)	6	5	10		10		11		10	
Income less than \$20,000 (HP 2000 Obj. 1.4a)	4	4	6		7		8		8	
Report that they are using physical activity/exercise to lose weight (or keep from gaining weight)		51	54		45		42		40	
Body weight and weight control										
Respondents who are overweight (BMI \$27.8 for men, \$27.3 for women) (HP 2000 Obj. 1.2)	26	28	30	32	32	32	34	34	36	40
Black women	37	47	48	50	44	45	46	48	49	54
Respondents who are overweight (BMI \$25.0)	45	47	51	53	52	53	53	56	57	64
Respondents who are obese (BMI \$30)	14	16	17	18	19	19	19	21	22	26
Report that they are dieting to lose weight (or keep from gaining weight)		84	77		72		70		71	
Report that they are using physical activity/exercise to lose weight (or keep from gaining weight)		51	54		45		42		40	
At risk of developing diabetes										
Respondents at risk of developing type 2 diabetes (because of obesity/overweight and/or lack of physical activity/exercise)	33	33	34		37		36		37	

Indicator	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999
Diet/Nutrition										
Report that they eat fruits/vegetables 5 or more times per day		9			14		18		16	
Cholesterol awareness										
Report that they have ever had a blood cholesterol test	53	58	62	60		60		65		67
Percent of those tested who have had their blood cholesterol checked within the past year	80	81	75	71		69		69		67
Percent of those tested who have had their blood cholesterol checked within the past 2 years	95	93	91	88		85		82		84
Percent of those tested who have had their blood cholesterol checked within the past 5 years	99	98	97	96		92		93		92
Percent of those tested who report that they have been told by a health professional that they have high blood cholesterol	25	25	30	31		25		29		30
Diabetes										
Report that have ever been told by a doctor that they have diabetes	7	7	7	6	6	6	6	6	8	8
Percent of those with self-reported diabetes who have had two or more visits to a health care provider for their diabetes in the past year							73	68	70	
Percent of those with self-reported diabetes who have had at least four visits to a health care provider for their diabetes in the past year							58	51	44	
Percent of those with self-reported diabetes who have had two or more foot exams by a health care provider in the past year							35	50	36	
Percent of those with self-reported diabetes who have had at least four foot exams by a health care provider in the past year							28	34	23	
Percent of those with self-reported diabetes who have had a dilated eye exam within the past year							55	53	54	
Percent of those with self-reported diabetes who have had a dilated eye exam within the past 2 years							70	71	67	

Indicator	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999
Mammography screening										
Report that they have ever had a CBE and mammogram (Women 40+ years of age) (HP 2000 Obj. 16.11)		59	55	64	64	67	71	71	72	72
Income less than \$10,000 (HP 2000 Obj. 16.11b)		47	37	52	48	50	55	68	73	57
Less than a high school education (HP 2000 Obj. 16.11c)		46	39	53	48	49	56	59	54	59
Women aged 70+ years of age (HP 2000 Obj. 16.11d)		52	47	59	51	57	60	61	61	67
Black women (HP 2000 Obj. 16.11e)		48	41	59	57	49	60	61	66	61
Report that they have had a CBE and mammogram in past 2 years (Women 50+ years of age) (HP 2000 Obj. 16.11)		46	39	50	49	48	53	60	57	57
Income less than \$10,000 (HP 2000 Obj. 16.11b)		35	27	40	33	37	38	60	44	42
Less than a high school education (HP 2000 Obj. 16.11c)		34	28	38	34	34	39	50	41	38
Women aged 70+ years of age (HP 2000 Obj. 16.11d)		34	34	45	38	43	47	49	46	49
Black women (HP 2000 Obj. 16.11e)		36	29	41	43	35	47	48	55	45
Report that they have had a screening mammogram within the past year (Women 50-59 years of age)	68	64	59	61	61	63	54	65	53	63
Report that they have had a screening mammogram within the past 2 years (Women 50-59 years of age)	84	80	77	84	84	78	82	84	71	81
Report that they have had a screening mammogram within the past year (Women 60-69 years of age)	73	69	62	64	64	62	61	72	48	58
Report that they have had a screening mammogram within the past 2 years (Women 60-69 years of age)	84	86	80	81	79	78	82	90	68	82

Indicator	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999
Pap smear screening										
Report that they have ever had a pap smear test (Women aged 18+ years of age) (HP 2000 Obj. 16.12)		94	91	93	94	92	93	96	93	95
Income less than \$10,000 (HP 2000 Obj. 16.12d)		92	90	88	86	86	81	90	92	93
Less than a high school education (HP 2000 Obj. 16.12c)		90	84	84	82	85	87	91	84	88
Women aged 70+ years of age (HP 2000 Obj. 16.12b)		82	79	80	79	80	79	82	85	85
Report that they have had a pap smear test in the past 3 years (Women aged 18+ years of age) (HP 2000 Obj. 16.12)		81	81	79	84	83	82	86	83	83
Income less than \$10,000 (HP 2000 Obj. 16.12d)		73	76	70	72	72	64	74	76	70
Less than a high school education (HP 2000 Obj. 16.12c)		65	63	63	66	70	66	74	61	66
Women aged 70+ years of age (HP 2000 Obj. 16.12b)		57	49	50	58	51	50	55	63	53
Report that they have had pap smear test in the past 3 years (Women 18-65 years of age)		91	89	87	89	89	89	90	83	87
Colorectal cancer screening (Persons aged 50+ years of age)										
Report that they have ever had a sigmoidoscopy/proctoscopy ¹ exam (HP 2000 Obj. 16.13)				33		35		35		30
Percent of those tested who have had a sigmoidoscopy/proctoscopy exam within the past year				30		34		28		33
Percent of those tested who have had a sigmoidoscopy/proctoscopy exam within the past 2 years				44		57		49		52
Percent of those tested who have had a sigmoidoscopy/proctoscopy exam within the past 5 years				66		75		71		74

¹1993 and 1995-proctoscopy, 1997-proctoscopy and/or sigmoidoscopy, 1999-sigmoidoscopy and/or colonoscopy

Indicator	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999
Hypertension awareness										
Report that they have ever been told by a health professional that they have high blood pressure	28	30	28	30		30	29	34		33
Report that they have had their blood pressure taken by a health professional within the past year		92	91	88		86	87	89		87
Report that they have had their blood pressure taken by a health professional within the past 2 years		96	95	94		92	93	94		94
Report that they have had their blood pressure taken by a health professional within the past 5 years		98	97	97		96	96	97		97
Immunization										
Report that they have had a flu shot within the past 12 months				19		26		28		31
Persons aged 65+ years of age (HP 2000 Obj. 20.11)				42		57		61		62
Report that they have ever had a pneumonia vaccination				14		15		17		18
Persons aged 65+ years of age (HP 2000 Obj. 20.11)				28		39		44		48
Health care access										
Report that they have no kind of health care coverage		20	19	16	15	14	14	15	19	17
Report that there was a time during the past 12 months that they needed to see a doctor but could not because of the cost		17	16	18	17	15	15	15	16	15