

**Mississippi Behavioral Risk Factor Surveillance System
Trend Report, 1997-2006**

Note: Unless otherwise indicated the denominator is the total sample population except that all respondents answering “unknown” or who failed to answer a question are excluded from the denominator.

Indicator	Rates	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006
Health status											
Report that general health is fair or poor	Actual	21.9	21.0	20.9	20.2	23.0	25.2	23.1	23.0	23.7	27.5
	Age Adjusted	22.1	21.1	20.9	20.3	23.1	24.8	23.2	23.1	23.7	22.4
Report that physical health was not good for more than 7 days during past 30 days	Actual	11.4	14.1	13.1	12.6	15.8		15.3	16.9	15.9	15.6
	Age Adjusted	11.6	14.3	13.4	13.0	16.1		15.6	17.2	16.1	15.7
Report that mental health was not good for more than 7 days during past 30 days	Actual	9.4	12.1	13.2	14.1	13.7		15.9	16.5	16.6	18.1
	Age Adjusted	9.6	11.7	13.2	13.3	13.8		15.9	16.3	16.6	18.0
Report poor physical/mental health prevented usual activities for more than 7 days in past 30 days (<i>Denominator: Total Sample</i>)	Actual	5.5	7.4	8.3	7.9	9.5		10.1	10.8	11.1	11.0
	Age Adjusted	5.5	7.5	8.1	8.0	9.6		10.2	10.9	11.2	11.0
Report poor physical/mental health prevented usual activities for more than 7 days in past 30 days (<i>Denominator: Excludes those with zero days of poor physical/mental health</i>)	Actual	13.8	16.7	17.3	17.0	20.3		19.1	20.4	20.9	21.1
	Age Adjusted	14.3	14.2	17.9	18.1	20.9		19.6	21.0	21.5	21.6
Cigarette smoking											
Report they are current cigarette smokers	Actual	23.1	24.2	23.4	23.5	25.4	27.4	25.6	24.6	23.7	25.1
	Age Adjusted	23.5	24.5	23.4	23.6	25.4	27.2	25.7	24.6	23.7	25.1
High school education or less	Actual	29.5	30.1	30.3	32.2	31.2	36.3	34.7	31.4	28.8	35.5
	Age Adjusted	36.7	36.2	37.1	37.1	35.8	41.2	38.9	32.5	32.2	41.7
Blacks	Actual	17.7	21.2	18.3	18.3	20.3	24.7	22.2	20.7	19.5	24.8
	Age Adjusted	19.3	22.1	17.9	18.8	19.8	24.3	22.1	20.1	20.0	24.7

Indicator	Rates	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006
Report that they are former cigarette smokers	Actual	21.3	21.9	20.6	20.5	20.9	20.0	20.7	19.3	20.8	21.1
	Age Adjusted	21.7	22.1	20.0	20.8	21.2	20.2	20.7	19.4	19.1	20.6
Daily smokers who report that they have quit smoking for 1 day or more in the past 12 months	Actual	51.2	51.0	54.6	46.7	51.5	53.9	51.7	48.9	51.7	55.1
	Age Adjusted	50.4	52.1	54.7	47.0	49.9	52.0	50.2	48.0	52.0	54.1
Quit ratio (Ever smokers who are former smokers)	Actual	47.9	47.5	46.9	46.5	45.1	42.2	44.6	44.0	46.7	45.7
	Age Adjusted	46.1	46.3	44.5	46.1	44.3	42.0	43.2	43.0	44.7	43.9
Alcohol use during the past month											
Report acute (binge) drinking	Actual	9.6		10.9		11.7	12.4	11.4	10.5	9.9	9.3
	Age Adjusted	9.4		11.5		11.5	12.3	11.3	10.3	9.9	9.4
Report chronic drinking	Actual	2.5		3.3		4.5	4.6	4.7	4.1	3.7	4.0
	Age Adjusted	2.4		3.5		4.4	4.6	4.7	4.1	3.7	4.0
Physical activity/exercise											
Report no physical activity in the past 30 days	Actual		33.8		33.4	33.4		30.4	31.4	32.5	31.4
	Age Adjusted		34.1		33.6	33.6		30.4	31.4	32.5	31.3
65+ year olds (<i>No age adjustment</i>)	Actual		40.2		43.1	42.1		40.8	43.4	40.5	61.0
Income less than \$20,000	Actual		44.0		42.3	45.3		44.6	48.5	43.6	42.1
	Age Adjusted		45.0		43.7	46.1		44.4	48.5	43.7	42.3
Report that they meet do not moderate physical activity recommendations	Actual					61.7		71.0		70.7	
	Age Adjusted					62.4		70.1		70.7	
Report that they do not meet vigorous physical activity recommendations	Actual					81.4		79.7		79.1	
	Age Adjusted					81.7		80.0		79.3	

Indicator	Rates	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006
Report that they do not meet recommendations for physical activity	Actual					61.7		59.7		60.0	
	Age Adjusted					62.4		60.0		60.2	
Income less than \$20,000	Actual					70.5		70.2		68.5	
	Age Adjusted					71.8		68.9		68.1	
Report using physical activity/exercise to lose weight or maintain weight (Denominator: Total Sample)	Actual		39.5		40.7			46.3			
	Age Adjusted		39.5		40.6			46.4			
Report using physical activity/exercise to lose or maintain weight. (Denominator: Those trying to lose or maintain weight)	Actual		52.4		54.6			62.5			
	Age Adjusted		52.3		54.2			62.2			
Body weight and weight control											
Respondents who are overweight (BMI ≥ 25.0)	Actual	57.9	59.1	62.3	61.8	61.1	63.1	62.3	65.5	67.3	66.7
	Age Adjusted	58.2	59.8	62.0	62.1	61.5	63.6	62.9	66.1	67.8	67.0
Respondents who are obese (BMI ≥ 30)	Actual	22.0	22.9	23.4	25.0	25.4	26.8	27.0	29.5	30.9	31.5
	Age Adjusted	22.2	23.1	23.2	25.3	25.7	27.0	27.3	29.9	31.2	31.7
Report they are dieting to lose or maintain weight (Denominator : Total Sample)	Actual		54.5		55.6			51.5			
	Age Adjusted		55.0		55.8			51.9			
Report they are dieting to lose or maintain weight (Denominator : Those trying to lose or maintain weight)	Actual		71.5		74.1			69.9			
	Age Adjusted		71.7		74.3			70.0			
Report using physical activity/exercise to lose or maintain weight. (Denominator: Total sample)	Actual		39.5		40.7			46.3			
	Age Adjusted		39.5		40.6			46.4			
Report using physical activity/exercise to lose or maintain weight. (Denominator: Those trying to lose or maintain weight)	Actual		52.4		54.6			62.5			
	Age Adjusted		52.3		54.2			62.2			

Indicator	Rates	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006
At risk of developing diabetes											
Those at risk of developing type 2 diabetes because of weight or lack of exercise	Actual		24.4		26.1	24.3	24.5	23.8	24.6	25.8	27.1
	Age Adjusted		25.3		26.8	24.7	24.4	23.8	24.5	25.4	26.4
Diet/Nutrition											
Report that they eat fruits/vegetables 5 or more times per day	Actual		15.6		18.5		19.1	17.8		16.5	
	Age Adjusted		15.6		18.5		19.1	17.7		16.5	
Cholesterol awareness											
Report that they have ever had a blood cholesterol test	Actual	66.5		72.9		73.8		74.1		73.5	
	Age Adjusted	67.2		71.4		74.2		74.4		73.9	
Those tested who have had blood cholesterol checked within the past year	Actual	46.0		49.0		51.8		52.1		50.4	
	Age Adjusted	46.5		47.9		52.0		52.3		50.7	
Report blood cholesterol checked within the past 2 years	Actual	55.1		60.9		62.4		61.7		60.7	
	Age Adjusted	55.6		59.7		62.7		62.0		61.2	
Report blood cholesterol checked within the past 5 years	Actual	62.5		67.0		69.2		68.0		67.5	
	Age Adjusted	63.2		65.7		68.6		68.6		68.1	
Report being told by a health professional that they have high blood cholesterol	Actual	19.2		22.5		22.8		24.5		27.6	
	Age Adjusted	19.6		22.4		23.0		24.6		27.4	
Diabetes											
Report being told by a doctor that they have diabetes	Actual	6.1	7.7	8.3	7.6	9.3	8.6	11.0	9.6	9.7	10.9
	Age Adjusted	6.3	7.7	8.0	7.7	9.3	8.0	11.0	9.6	9.7	10.7
Those with diabetes who have had two or more visits to a health professional for diabetes in the past year	Actual	74.7	75.7		80.7		80.4		81.2		79.0
	Age Adjusted	72.2	68.6		79.6		81.0		75.0		69.6

Indicator	Rates	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006
Those with diabetes who have had at least four visits to a health professional for their diabetes in past year	Actual	56.5	46.8		51.0		51.0		54.2		51.3
	Age Adjusted	51.0	43.1		49.8		42.9		49.9		46.4
Those with diabetes who have had two or more foot exams by a health professional in past year	Actual	43.5	38.4		38.6		55.4		48.4		50.8
	Age Adjusted	49.3	32.4		38.4		46.4		43.4		50.6
Those with diabetes who have had at least four foot exams by a health professional in past year	Actual	29.9	24.8		19.7		28.0		27.4		30.5
	Age Adjusted	24.5	19.6		21.4		25.4		20.3		32.6
Those with diabetes who have had a dilated eye exam within the past year	Actual	50.2	54.8		56.5		66.5		58.5		64.3
	Age Adjusted	45.3	53.3		47.6		62.8		54.6		62.3
Those with diabetes who have had a dilated eye exam within the past 2 years	Actual	70.3	68.1		66.3		80.3		74.0		78.6
	Age Adjusted	66.5	63.3		55.7		80.9		68.9		75.5
Mammography screening (Age Adjustment Not Applicable)											
Report that they have ever had a CBE and mammogram (Women 40+)	Actual	71.8	73.1	72.6	77.7	78.1	77.9	78.0	79.3	79.1	81.6
Income less than \$10,000	Actual	68.6	74.9	56.2	62.8	69.9	60.6	61.4	68.8	64.3	71.7
Less than a high school education	Actual	59.5	55.9	61.2	61.6	66.4	66.7	70.8	70.5	68.3	72.7
Women 70+ years of age	Actual	62.0	63.7	69.3	80.9	72.6	74.4	75.1	72.7	77.5	79.2
Black women	Actual	61.1	67.1	63.7	67.8	71.2	69.4	69.6	74.2	72.9	75.0
Report having a CBE and mammogram in past 2 years (Women 50+)	Actual	60.7	58.4	56.6	61.6	60.9	62.3	58.4	59.6	60.9	59.3
Income less than \$10,000	Actual	60.4	45.6	40.0	45.7	52.6	44.1	39.6	41.6	41.7	46.1
Less than a high school education	Actual	50.0	41.7	38.2	42.8	47.9	50.7	43.5	45.4	49.8	45.9
Women aged 70+ years of age	Actual	50.7	47.7	49.8	57.7	53.5	53.7	50.0	46.6	53.2	52.5
Black women	Actual	49.3	56.5	47.4	54.9	55.1	56.5	50.6	53.6	61.4	56.8
Report having a screening mammogram within the past year (Women 50-59)	Actual	52.8	53.5	51.1	58.5	60.9	55.8	58.7	56.9	53.4	52.1

Indicator	Rates	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006
Report having a screening mammogram within the past 2 years (<i>Women 50-59</i>)	Actual	68.6	71.9	65.6	73.1	75.2	72.8	72.0	70.8	70.6	69.7
Report having screening mammogram within the past year (<i>Women 60-69</i>)	Actual	55.7	48.4	49.7	49.0	55.5	60.7	54.6	57.9	60.7	57.2
Report having a screening mammogram within the past 2 years (<i>Women 60-69</i>)	Actual	69.8	69.3	68.6	67.1	69.8	73.7	70.5	74.1	74.0	71.5
Pap smear screening											
Report that they have ever had a pap smear test (<i>Women 18+ years of age who have never had a hysterectomy</i>)	Actual	95.8	93.3	94.6	95.5	96.5	90.1	94.8	95.0	95.9	95.0
	Age Adjusted	95.8	93.7	95.1	95.2	96.7	90.7	94.8	95.4	96.1	95.4
Income less than \$10,000	Actual	89.5	93.5	93.6	86.9	92.9	84.1	88.6	90.9	91.9	95.5
	Age Adjusted	92.8	92.9	95.6	88.1	95.0	84.7	91.6	92.2	92.9	95.9
Less than a high school education	Actual	90.9	85.7	87.8	86.8	94.9	86.7	90.1	93.3	90.8	91.2
	Age Adjusted	94.0	90.5	92.1	87.3	96.3	88.2	91.0	94.4	93.3	93.9
Women aged 70+ years of age (<i>Age Adjustment not Applicable</i>)	Actual	82.1	86.8	85.0	85.6	91.9	82.1	87.2	87.0	91.2	92.5
Report that they have had a pap smear test in the past 3 years (<i>Women 18+ years of age who have never had a hysterectomy</i>)	Actual	85.8	83.4	83.0	87.0	86.3	82.7	84.4	82.5	82.7	82.4
	Age Adjusted	83.6	82.4	80.9	84.3	84.2	80.3	82.4	80.7	80.7	80.5
Income less than \$10,000	Actual	73.4	77.5	70.7	68.1	79.1	72.5	68.4	68.5	74.2	75.7
	Age Adjusted	78.1	75.4	70.0	68.6	76.8	72.4	73.0	70.7	74.9	74.6
Less than a high school education	Actual	74.3	62.3	66.4	71.6	70.0	69.5	73.1	69.8	68.3	72.2
	Age Adjusted	71.3	69.3	74.9	69.5	72.2	74.0	75.5	70.5	71.3	74.9
Women aged 70+ years of age (<i>Age Adjustment Not Applicable</i>)	Actual	55.1	63.9	52.6	75.5	64.4	46.1	52.9	50.0	50.8	54.5
Women age 18 to 64	Actual	89.5	86.5	87.4	89.5	89.3	86.4	85.1	86.3	85.7	85.5
	Age Adjusted	87.9	86.4	86.2	87.2	88.5	85.2	85.6	85.9	85.1	85.0

Indicator	Rates	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006
Colorectal cancer screening: Persons aged 50+ years of age <i>(Age Adjustment Not Applicable)</i>											
Report ever having had a sigmoidoscopy/proctoscopy exam	Actual	35.8		36.4		40.8	42.9	45.1	46.8		50.4
Within the past year	Actual	10.0		12.5		13.4	13.4	13.1	13.4		14.5
Within the past 2 years	Actual	17.7		18.9		21.6	21.9	22.7	23.2		24.2
Within the past 5 years	Actual	25.1		27.0		31.9	33.4	35.6	36.5		40.0
Hypertension awareness											
Report being told by a health professional that they have high blood pressure	Actual	34.3		35.0		31.4		33.4		33.3	
	Age Adjusted	34.6		33.8		31.7		33.6		33.5	
Report having blood pressure taken by a health professional in the past year	Actual	90.2		89.4							
	Age Adjusted	90.1		89.3							
Report having pressure taken by a health professional in the past 2 years	Actual	95.6		96.0							
	Age Adjusted	95.5		96.0							
Report having blood pressure taken by a health professional in the past 5 years	Actual	97.9		98.3							
	Age Adjusted	97.9		98.3							

Indicator	Rates	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006
Immunization											
Report having had a flu vaccination within the past 12 months	Actual	28.6		31.3		29.2	30.6	33.1	33.6	29.0	32.7
	Age Adjusted	23.2		30.6		29.0	30.7	32.8	33.6	28.7	32.7
Persons 65+ years of age (Age adjustment not applicable)	Actual	61.1		62.9		61.8	63.0	69.0	66.9	61.7	65.8
Report ever having had a pneumonia vaccination	Actual	18.2		17.0		21.2	19.9	24.6	24.3	25.6	26.5
	Age Adjusted	17.6		16.5		20.6	19.8	24.0	24.0	24.9	25.7
Persons aged 65+ years of age (Age adjustment not applicable)	Actual	45.9		49.3		55.7	58.9	61.8	64.5	65.7	68.7
Health care access											
Report that they have no kind of health care coverage	Actual	15.1	18.8	16.9	19.3	18.7	22.8	19.1	20.2	18.5	21.0
	Age Adjusted	15.1	18.6	17.4	19.0	18.6	22.5	19.0	20.1	18.5	20.6
Report being unable to see doctor in past 12 months because of cost	Actual	15.3	15.6	14.4	16.2			18.5	20.0	18.5	19.0
	Age Adjusted	15.3	15.6	14.5	16.2			18.6	20.1	18.7	19.0