



MISSISSIPPI STATE DEPARTMENT OF HEALTH

2021
Mississippi Behavioral Risk Factor
Surveillance System
(BRFSS)

EXECUTIVE SUMMARY

March 15, 2023



Executive Summary

2021 Mississippi Behavioral Risk Factor Surveillance System

The Mississippi Behavioral Risk Factor Surveillance System (MS 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 MS BRFSS was completed by 4,421 Mississippians aged 18 years or older. *Note: All percentages are rounded to the nearest whole number.*

Alcohol Consumption

- 13% report binge drinking in the past 30 days

Arthritis

- 31% report that they have been told by a health care professional that they had arthritis

Asthma

- 15% report that they have been told by a health care professional that they had asthma

Body weight

- 73% report that they are overweight or obese (BMI ≥ 25)

Cancer

- 7% report that they have been told by a health care professional that they had skin cancer
- 8% report that they have been told by a health care professional that they had some other type of cancer

Cardiovascular Disease

- 12% report that they have been told by a health care professional that they had angina, coronary heart disease, or stroke

Cholesterol Awareness

- 38% report they have been told by a health care professional that their cholesterol was high

Chronic Obstructive Pulmonary Disease (COPD)

- 9% report that they have been told by a health care professional that they had COPD

Cigarette smoking

- 20% report that they are current cigarette smokers

Depression

- 20% report that they have been told by a health care professional that they had depression

Diabetes

- 15% report that they have been told by a health care professional that they had diabetes

Health Status

- 23% report that their general health is fair or poor

Healthy Days

- 13% report fourteen or more days of poor physical health during the past month
- 15% report fourteen or more days of poor mental health during the past month

Health Care Access

- 13% report that they could not see a doctor in the past twelve months because of cost

Health Care Coverage

- 10% report that they have no health care coverage
- 49% report that they have private insurance
- 41% report that they have public insurance

HIV Testing (Age 18 years and older)

- 38% report that they have ever been tested for HIV

Hypertension Awareness

- 44% report that they have been told by a health care professional that they have high blood pressure

Immunization (Age 65 years and older)

- 62% report that they have had a flu vaccination in the past twelve months
- 63% report that they have ever had a pneumonia vaccination

Physical Activity and Exercise

- 31% report that they had no exercise outside of work in the past 30 days