

**Mississippi Behavioral Risk Factor Surveillance System  
Trend Report, 1998-2007**

*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.*

<b>Indicator</b>	<b>Rates</b>	<b>1998</b>	<b>1999</b>	<b>2000</b>	<b>2001</b>	<b>2002</b>	<b>2003</b>	<b>2004</b>	<b>2005</b>	<b>2006</b>	<b>2007</b>
<b>Health status</b>											
Report that general health is fair or poor	Actual	21.0	20.9	20.2	23.0	25.2	23.1	23.0	23.7	27.5	21.4
	Age Adjusted	21.1	20.9	20.3	23.1	24.8	23.2	23.1	23.7	22.4	21.1
Report that physical health was not good for more than 7 days during past 30 days	Actual	14.1	13.1	12.6	15.8		15.3	16.9	15.9	15.6	15.1
	Age Adjusted	14.3	13.4	13.0	16.1		15.6	17.2	16.1	15.7	15.0
Report that mental health was not good for more than 7 days during past 30 days	Actual	12.1	13.2	14.1	13.7		15.9	16.5	16.6	18.1	16.6
	Age Adjusted	11.7	13.2	13.3	13.8		15.9	16.3	16.6	18.0	16.6
Report poor physical/mental health prevented usual activities for more than 7 days in past 30 days ( <i>Denominator: Total Sample</i> )	Actual	7.4	8.3	7.9	9.5		10.1	10.8	11.1	11.0	10.3
	Age Adjusted	7.5	8.1	8.0	9.6		10.2	10.9	11.2	11.0	10.3
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	16.7	17.3	17.0	20.3		19.1	20.4	20.9	21.1	19.6
	Age Adjusted	14.2	17.9	18.1	20.9		19.6	21.0	21.5	21.6	19.8
<b>Cigarette smoking</b>											
Report they are current cigarette smokers	Actual	24.2	23.4	23.5	25.4	27.4	25.6	24.6	23.7	25.1	24.0
	Age Adjusted	24.5	23.4	23.6	25.4	27.2	25.7	24.6	23.7	25.1	23.5
High school education or less	Actual	30.1	30.3	32.2	31.2	36.3	34.7	31.4	28.8	35.5	36.2
	Age Adjusted	36.2	37.1	37.1	35.8	41.2	38.9	32.5	32.2	41.7	39.9
Blacks	Actual	21.2	18.3	18.3	20.3	24.7	22.2	20.7	19.5	24.8	22.5
	Age Adjusted	22.1	17.9	18.8	19.8	24.3	22.1	20.1	20.0	24.7	22.3

<b>Indicator</b>	<b>Rates</b>	<b>1998</b>	<b>1999</b>	<b>2000</b>	<b>2001</b>	<b>2002</b>	<b>2003</b>	<b>2004</b>	<b>2005</b>	<b>2006</b>	<b>2007</b>
Report that they are former cigarette smokers	Actual	21.9	20.6	20.5	20.9	20.0	20.7	19.3	20.8	21.1	21.3
	Age Adjusted	22.1	20.0	20.8	21.2	20.2	20.7	19.4	19.1	20.6	21.1
Daily smokers who report that they have quit smoking for 1 day or more in the past 12 months	Actual	51.0	54.6	46.7	51.5	53.9	51.7	48.9	51.7	55.1	51.4
	Age Adjusted	52.1	54.7	47.0	49.9	52.0	50.2	48.0	52.0	54.1	49.6
Quit ratio (Ever smokers who are former smokers)	Actual	47.5	46.9	46.5	45.1	42.2	44.6	44.0	46.7	45.7	47.0
	Age Adjusted	46.3	44.5	46.1	44.3	42.0	43.2	43.0	44.7	43.9	44.6
<b>Alcohol use during the past month</b>											
Report acute (binge) drinking	Actual		10.9		11.7	12.4	11.4	10.5	9.9	9.3	11.2
	Age Adjusted		11.5		11.5	12.3	11.3	10.3	9.9	9.4	11.3
Report chronic drinking	Actual		3.3		4.5	4.6	4.7	4.1	3.7	4.0	3.5
	Age Adjusted		3.5		4.4	4.6	4.7	4.1	3.7	4.0	3.6
<b>Physical activity/exercise</b>											
Report no physical activity in the past 30 days	Actual	33.8		33.4	33.4		30.4	31.4	32.5	31.4	31.9
	Age Adjusted	34.1		33.6	33.6		30.4	31.4	32.5	31.3	31.4
65+ year olds ( <i>No age adjustment</i> )	Actual	40.2		43.1	42.1		40.8	43.4	40.5	39.0	38.9
Income less than \$20,000	Actual	44.0		42.3	45.3		44.6	48.5	43.6	42.1	44.9
	Age Adjusted	45.0		43.7	46.1		44.4	48.5	43.7	42.3	45.1
Report that they meet do not moderate physical activity recommendations	Actual				61.7		71.0		70.7		71.2
	Age Adjusted				62.4		70.1		70.7		71.1
Report that they do not meet vigorous physical activity recommendations	Actual				81.4		79.7		79.1		80.3
	Age Adjusted				81.7		80.0		79.3		80.2

Indicator	Rates	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007
Report that they do not meet recommendations for physical activity	Actual				61.7		59.7		60.0		60.4
	Age Adjusted				62.4		60.0		60.2		60.3
Income less than \$20,000	Actual				70.5		70.2		68.5		67.7
	Age Adjusted				71.8		68.9		68.1		66.9
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				
<b>Body weight and weight control</b>											
Respondents who are overweight (BMI $\geq 25.0$ )	Actual	59.1	62.3	61.8	61.1	63.1	62.3	65.5	67.3	66.7	68.2
	Age Adjusted	59.8	62.0	62.1	61.5	63.6	62.9	66.1	67.8	67.0	68.5
Respondents who are obese (BMI $\geq 30$ )	Actual	22.9	23.4	25.0	25.4	26.8	27.0	29.5	30.9	31.5	32.6
	Age Adjusted	23.1	23.2	25.3	25.7	27.0	27.3	29.9	31.2	31.7	32.8
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	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007
<b>At risk of developing diabetes</b>											
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	27.8
	Age Adjusted	25.3		26.8	24.7	24.4	23.8	24.5	25.4	26.4	26.7
<b>Diet/Nutrition</b>											
Report that they eat fruits/vegetables 5 or more times per day	Actual	15.6		18.5		19.1	17.8		16.5		18.0
	Age Adjusted	15.6		18.5		19.1	17.7		16.5		18.0
<b>Cholesterol awareness</b>											
Report that they have ever had a blood cholesterol test	Actual		72.9		73.8		74.1		73.5		76.5
	Age Adjusted		71.4		74.2		74.4		73.9		76.3
Those tested who have had blood cholesterol checked within the past year	Actual		49.0		51.8		52.1		50.4		55.1
	Age Adjusted		47.9		52.0		52.3		50.7		55.1
Report blood cholesterol checked within the past 2 years	Actual		60.9		62.4		61.7		60.7		64.3
	Age Adjusted		59.7		62.7		62.0		61.2		64.4
Report blood cholesterol checked within the past 5 years	Actual		67.0		69.2		68.0		67.5		70.6
	Age Adjusted		65.7		68.6		68.6		68.1		70.8
Report being told by a health professional that they have high blood cholesterol	Actual		22.5		22.8		24.5		27.6		29.5
	Age Adjusted		22.4		23.0		24.6		27.4		28.8
<b>Diabetes</b>											
Report being told by a doctor that they have diabetes	Actual	7.7	8.3	7.6	9.3	8.6	11.0	9.6	9.7	10.9	11.0
	Age Adjusted	7.7	8.0	7.7	9.3	8.0	11.0	9.6	9.7	10.7	10.9
Those with diabetes who have had two or more visits to a health professional for diabetes in the past year	Actual	75.7		80.7		80.4		81.2		79.0	
	Age Adjusted	68.6		79.6		81.0		75.0		69.6	

<b>Indicator</b>	<b>Rates</b>	<b>1998</b>	<b>1999</b>	<b>2000</b>	<b>2001</b>	<b>2002</b>	<b>2003</b>	<b>2004</b>	<b>2005</b>	<b>2006</b>	<b>2007</b>
Those with diabetes who have had at least four visits to a health professional for their diabetes in past year	Actual	46.8		51.0		51.0		54.2		51.3	
	Age Adjusted	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	38.4		38.6		55.4		48.4		50.8	
	Age Adjusted	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	24.8		19.7		28.0		27.4		30.5	
	Age Adjusted	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	54.8		56.5		66.5		58.5		64.3	
	Age Adjusted	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	68.1		66.3		80.3		74.0		78.6	
	Age Adjusted	63.3		55.7		80.9		68.9		75.5	
<b>Mammography screening (Age Adjustment Not Applicable)</b>											
Report that they have ever had a CBE and mammogram (Women 40+)	Actual	73.1	72.6	77.7	78.1	77.9	78.0	79.3	79.1	81.6	
Income less than \$10,000	Actual	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	55.9	61.2	61.6	66.4	66.7	70.8	70.5	68.3	72.7	
Women 70+ years of age	Actual	63.7	69.3	80.9	72.6	74.4	75.1	72.7	77.5	79.2	
Black women	Actual	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	58.4	56.6	61.6	60.9	62.3	58.4	59.6	60.9	59.3	
Income less than \$10,000	Actual	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	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	47.7	49.8	57.7	53.5	53.7	50.0	46.6	53.2	52.5	
Black women	Actual	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	53.5	51.1	58.5	60.9	55.8	58.7	56.9	53.4	52.1	

Indicator	Rates	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007
Report having a screening mammogram within the past 2 years ( <i>Women 50-59</i> )	Actual	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	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	69.3	68.6	67.1	69.8	73.7	70.5	74.1	74.0	71.5	
<b>Pap smear screening</b>											
Report that they have ever had a pap smear test ( <i>Women 18+ years of age who have never had a hysterectomy</i> )	Actual	93.3	94.6	95.5	96.5	90.1	94.8	95.0	95.9	95.0	
	Age Adjusted	93.7	95.1	95.2	96.7	90.7	94.8	95.4	96.1	95.4	
Income less than \$10,000	Actual	93.5	93.6	86.9	92.9	84.1	88.6	90.9	91.9	95.5	
	Age Adjusted	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	85.7	87.8	86.8	94.9	86.7	90.1	93.3	90.8	91.2	
	Age Adjusted	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	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	83.4	83.0	87.0	86.3	82.7	84.4	82.5	82.7	82.4	
	Age Adjusted	82.4	80.9	84.3	84.2	80.3	82.4	80.7	80.7	80.5	
Income less than \$10,000	Actual	77.5	70.7	68.1	79.1	72.5	68.4	68.5	74.2	75.7	
	Age Adjusted	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	62.3	66.4	71.6	70.0	69.5	73.1	69.8	68.3	72.2	
	Age Adjusted	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	63.9	52.6	75.5	64.4	46.1	52.9	50.0	50.8	54.5	
Women age 18 to 64	Actual	86.5	87.4	89.5	89.3	86.4	85.1	86.3	85.7	85.5	
	Age Adjusted	86.4	86.2	87.2	88.5	85.2	85.6	85.9	85.1	85.0	

Indicator	Rates	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007
<b>Colorectal cancer screening: Persons aged 50+ years of age (Age Adjustment Not Applicable)</b>											
Report ever having had a sigmoidoscopy/proctoscopy exam	Actual		36.4		40.8	42.9	45.1	46.8		50.4	
Within the past year	Actual		12.5		13.4	13.4	13.1	13.4		14.5	
Within the past 2 years	Actual		18.9		21.6	21.9	22.7	23.2		24.2	
Within the past 5 years	Actual		27.0		31.9	33.4	35.6	36.5		40.0	
<b>Hypertension awareness</b>											
Report being told by a health professional that they have high blood pressure	Actual		35.0		31.4		33.4		33.3		33.7
	Age Adjusted		33.8		31.7		33.6		33.5		33.3
Report having blood pressure taken by a health professional in the past year	Actual		89.4								
	Age Adjusted		89.3								
Report having pressure taken by a health professional in the past 2 years	Actual		96.0								
	Age Adjusted		96.0								
Report having blood pressure taken by a health professional in the past 5 years	Actual		98.3								
	Age Adjusted		98.3								

Indicator	Rates	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007
<b>Immunization</b>											
Report having had a flu vaccination within the past 12 months	Actual		31.3		29.2	30.6	33.1	33.6	29.0	32.7	37.4
	Age Adjusted		30.6		29.0	30.7	32.8	33.6	28.7	32.7	37.0
Persons 65+ years of age (Age adjustment not applicable)	Actual		62.9		61.8	63.0	69.0	66.9	61.7	65.8	69.8
Report ever having had a pneumonia vaccination	Actual		17.0		21.2	19.9	24.6	24.3	25.6	26.5	26.0
	Age Adjusted		16.5		20.6	19.8	24.0	24.0	24.9	25.7	25.0
Persons aged 65+ years of age (Age adjustment not applicable)	Actual		49.3		55.7	58.9	61.8	64.5	65.7	68.7	65.3
<b>Health care access</b>											
Report that they have no kind of health care coverage	Actual	18.8	16.9	19.3	18.7	22.8	19.1	20.2	18.5	21.0	19.3
	Age Adjusted	18.6	17.4	19.0	18.6	22.5	19.0	20.1	18.5	20.6	19.3
Report being unable to see doctor in past 12 months because of cost	Actual	15.6	14.4	16.2			18.5	20.0	18.5	19.0	18.5
	Age Adjusted	15.6	14.5	16.2			18.6	20.1	18.7	19.0	18.5