MISSISSIPPI STATE DEPARTMENT OF HEALTH

2022
Mississippi Behavioral Risk Factor Surveillance System
(BRFSS)

EXECUTIVE SUMMARY

December 13, 2023

Mississippi
BRFSS
Behavioral Risk Factor Surveillance System

Executive Summary Highlights

2022 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 2022 MS BRFSS was completed by 4,239 Mississippians aged 18 years or older. *Note: All percentages are rounded to the nearest whole number.*

Selected Health Conditions

	Mississippi (2022)	Compared to Prior Year	Compared to Nation (2022)
Cancer (Melanoma or any non-skin cancer) Melanoma or any other types of non-skin cancer	8%	N/A	8% =
Cardiovascular Disease Angina, coronary heart disease, heart attack, or stroke	12%	12% =	9% ⬆
Chronic Obstructive Pulmonary Disorder COPD, emphysema, or chronic bronchitis	11%	9% ⬆	7% ⬆
Depressive Disorder Depression, major or minor depression, or dysthymia	21%	20% ⬆	22% ⬇
Diabetes Type 1 or Type 2 diabetes	15%	15% =	12% ⬆

Selected Risk Factors

	Mississippi (2022)	Compared to Prior Year	Compared to Nation (2022)
Binge Drinking Binge drinking in the past 30 days	14%	13% ⬆	17% ⬇
Cigarette Smoking Currently smokes cigarettes every day or some days	17%	20% ⬇	14% ⬆
E-Cigarette Use Currently uses e-cigarettes every day or some days	9%	6% ⬆	8% ⬆
Overweight and Obesity Currently overweight or obese (BMI $\geq$ 25.0)	72%	73% ⬇	68% ⬆
Physical Inactivity Had no exercise outside of work in the past 30 days	32%	31% ⬆	23% ⬆

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	Mississippi (2022)	Compared to Prior Year		Compared to Nation (2022)	
Arthritis Arthritis, rheumatoid arthritis, gout, lupus, fibromyalgia	34%	31%	⬆	28%	⬆
Asthma Ever had asthma	15%	15%	⬅⬅	16%	⬇
Binge Drinking Binge drinking in the past 30 days	14%	13%	⬆	17%	⬇
Cancer (Melanoma or any non-skin cancer) Ever had melanoma or any types of non-skin cancer	8%	N/A		8%	⬅⬅
Skin Cancer (Non-melanoma) Ever had skin cancer that is not melanoma	5%	N/A		6%	⬇
Cardiovascular Disease Angina, coronary heart disease, heart attack, or stroke	12%	12%	⬅⬅	9%	⬆
Chronic Obstructive Pulmonary Disorder COPD, emphysema, or chronic bronchitis	11%	9%	⬆	7%	⬆
Cigarette Smoking Currently smokes cigarettes every day or some days	17%	20%	⬇	14%	⬆
Depressive Disorder Depression, major or minor depression, or dysthymia	21%	20%	⬆	22%	⬇
Diabetes Type 1 or Type 2 diabetes	15%	15%	⬅⬅	12%	⬆
E-Cigarette Use Currently uses e-cigarettes every day or some days	9%	6%	⬆	8%	⬆
Health Care Access: Doctor Cost Could not see a doctor in past 12 months due to cost	14%	13%	⬆	10%	⬆
Health Care Access: Routine Check-Up No routine check-up in the past year	20%	21%	⬇	23%	⬇

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	Mississippi (2022)	Compared to Prior Year		Compared to Nation (2022)	
Health Care Coverage No health care coverage	10%	10%	⬌	7%	⬆
Health Status Fair or poor self-reported health	25%	23%	⬆	17%	⬆
Healthy Days – Physical Health 14+ days poor physical health during past month	14%	13%	⬆	12%	⬆
Healthy Days – Mental Health 14+ days poor mental health during past month	16%	15%	⬆	16%	⬌
HIV Testing Ever tested for HIV	38%	38%	⬌	36%	⬆
Immunization – Flu (Age 65+ years) Flu vaccination in the past 12 months	60%	62%	⬇	68%	⬇
Immunization – Pneumonia (Age 65+ years) Ever had a pneumonia vaccination	64%	63%	⬆	72%	⬇
Marijuana Use Used marijuana on at least one day during past 30 days	11%	N/A		N/A	
Overweight and Obesity Currently overweight or obese (BMI $\geq$ 25.0)	72%	73%	⬇	68%	⬆
Physical Inactivity Had no exercise outside of work in the past 30 days	32%	31%	⬆	23%	⬆