

# Self-Reported Poor Physical Health Among Mississippi Adults in 2020

The Mississippi Behavioral Risk Factor Surveillance System (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 2020 Mississippi BRFSS was completed by 6,479 Mississippians aged 18 years or older.

## About Physical Health

- In both public and private medicine, the concept of **health-related quality of life** refers to the physical and mental health perceived by a person or a group of persons.<sup>1</sup>
- Tracking health-related quality of life in different populations can aid in **identifying subgroups** with poor physical or mental health and can help in developing policies or interventions to improve their health.<sup>1</sup>
- In 2020 **9.9%** of adults in the United States had 14+ days when **physical health was not good.**<sup>2</sup>

## Self-Reported Poor Physical Health in Mississippi in 2020

- Approximately 1 in 10 adults (**10.3%**) reported poor physical health during the past 30 days.<sup>2</sup>
- The percentage of poor physical health was **higher** among **female respondents** (11.5%) compared to male respondents (9.0%), though the difference was not statistically significant.<sup>2</sup> (Figure 1)
- The percentage of poor physical health was **higher** among **White respondents** (10.6%) compared to Black respondents (9.7%), although the difference was not statistically significant.<sup>2</sup> (Figure 2)
- The percentage of poor physical health was significantly **higher** among **White females** (11.7%) and **Black females** (11.3%) compared to Black males (7.7%).<sup>2</sup> (Figure 3)

## Definitions

- Physical Health Question: Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?<sup>2</sup>
- In this report, **“poor physical health”** is defined as 14 or more days in the past 30 days in which physical health was not good.
- In this report, **“Other Race”** refers to adults who reported their race/ethnicity as anything other than White or Black Non-Hispanic or any race and Hispanic.
- The difference between two estimates is considered **statistically significant** (also stated as “significantly higher/lower” or “significant” in this fact sheet) if the 95% confidence intervals do not overlap.

Figure 1. Percent of Respondents with Poor Physical Health in Past 30 Days by Gender, MS, 2020

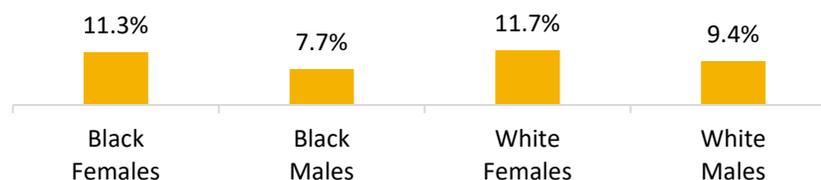


Figure 2. Percent of Respondents with Poor Physical Health in Past 30 Days by Race, MS, 2020



Note: Data for the “Other” race group are suppressed due to low response.

Figure 3. Percent of Respondents with Poor Physical Health in the Past 30 Days by Race & Gender, 2020



Note: Data for the “Other” race/gender group are suppressed due to low response.

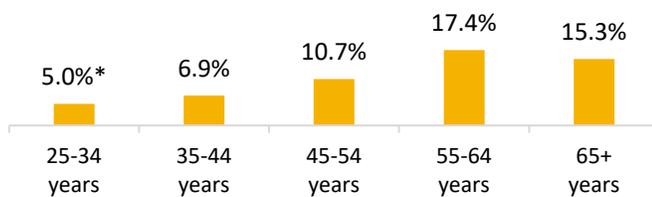
**Note:** In the 2020 MS BRFSS, the numbers of responses for individual races and ethnicities contained in the “Other Races” demographic group were too low to allow for meaningful estimates. To request additional race/ethnicity data, please [submit a data request using MSDH's online form](#).

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## Self-Reported Poor Physical Health in Mississippi in 2020 (continued)

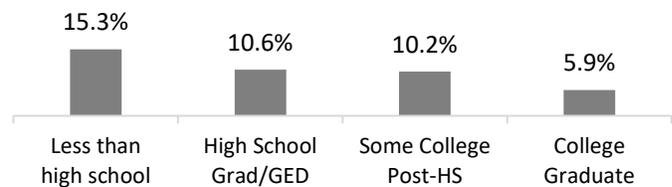
- The percentage of poor physical health in the past 30 days was significantly **higher** among respondents **aged 55 to 64 years** (17.4%) and respondents **aged 65 years and older** (15.3%) compared to other age groups.<sup>2</sup> (Figure 4)
- The percentage of poor physical health was significantly **higher** among adults who have **not completed a high school education** (15.3%) compared to those with some college post-high school education (10.2%) and college graduates (5.9%).<sup>2</sup> (Figure 5)
- The percentage of poor physical health was significantly **higher** among adults with an annual household **income of less than \$15,000** (20.0%) compared to those belonging to annual household income groups of \$25,000 or higher.<sup>2</sup> (Figure 6)

**Figure 4. Percent of Respondents with Poor Physical Health in Past 30 Days by Age, MS, 2020**



Note: Data for the 18-24 age group are suppressed due to low response.

**Figure 5. Percent of Respondents with Poor Physical Health in Past 30 Days by Education, MS, 2020**



**Figure 6. Percent of Respondents with Poor Physical Health in Past 30 Days by Annual Household Income, MS, 2020**

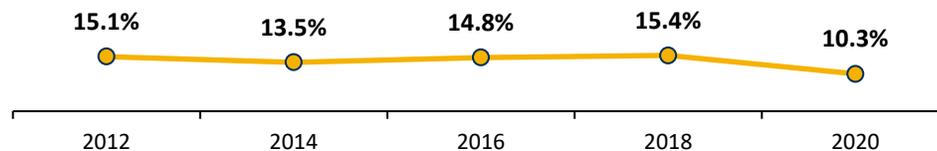


\*This estimate is based on a cell size of less than 50. Use caution when interpreting and comparing this estimate.

## Self-Reported Poor Physical Health Trends in Mississippi

- The percentage of adults who reported poor physical health in the past 30 days **significantly decreased** from **15.1%** in 2012 to **10.3%** in 2020.<sup>2</sup> (Figure 7)

**Figure 7. 2012-2020 Trend of Self-Reported Poor Physical Health in the Past 30 Days Among Adults in Mississippi**



### References

- 1) Centers for Disease Control and Prevention (CDC). (2018, October 31). Health-related quality of life (HRQOL). Retrieved 8-1-2022, from <https://www.cdc.gov/hrqol/concept.htm>
- 2) Centers for Disease Control and Prevention (CDC). (2022, May 4). *Behavioral Risk Factor Surveillance System*. Retrieved 5-12-2022, from <https://www.cdc.gov/brfss/index.html>

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