

North Mississippi Health Services Community Health Assessment

A Report on the 2001 Community Health Assessment Survey

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NORTH MISSISSIPPI HEALTH SERVICES COMMUNITY HEALTH ASSESSMENT

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Introduction

Background

North Mississippi Health Services (NMHS) currently serves over 650,000 people in 22 counties through northeast Mississippi and northwest Alabama. This area is characterized by both a high prevalence of health problems such as heart disease, obesity, and poor utilization of prenatal care and a high prevalence of social problems such as poverty. These issues need to be considered when developing health programs. NMHS can benefit from a community health assessment that will assist in the planning and implementation of strategies to improve the health status of the residents within the context of changes in health care financing.

Health status refers to an individual's overall quality of physical, psychological, and social well-being. A thorough understanding of the health status of the general population is vital to developing intervention strategies that can prevent disease and trauma. This information is especially important as the emphasis of the healthcare industry continues to shift from the treatment of illness to prevention and early detection of disease.

A community health assessment is necessary as a planning tool for developing strategies to support a changing system of health care financing. The results of the assessment can also be used as an evaluation tool to determine if certain health strategies are effectively meeting Healthy People 2010 Objectives. This assessment informs researchers, practitioners, and policy makers about the health behaviors of the population and the beliefs that direct and guide their actions. The survey also provides an assessment of the health status, utilization of health services, health beliefs, and satisfaction with health care services. Finally, the survey serves as a yardstick upon which future results of health programs and prevention strategies may be evaluated as well as analyzing progress that has been made in improvement of health status since the 1995 assessment.

Survey Design

We developed the NMHS Community Health Survey to elicit information on demographics, risk factors, health status, access to health care, satisfaction with health care, health communication, community involvement, and sex specific health issues of adults who reside in the NMHS service area. Specifically, many items were replicated from the National Health Interview Survey (NHIS) and the Behavior Risk Factor Surveillance System (BRFSS) (See Appendix for detailed descriptions of these data series). The advantages of this approach is two-fold. First, these are items with established reliability and validity. Second, the use of these items allows researchers to interpret the results of the NMHS survey within a national and state-level context.

Sample

The data collection for the 2001 Lee County Health Study was done via telephone interviews with a simple random sample of adults living in households with telephones in Lee County (Mississippi). The data were collected between March 20th and March 29th of 2001. Households were selected using random digit dialing procedures (this includes households with unlisted numbers), within a household an adult (18 years old or older) was randomly selected and interviewed using the “next birthday method.” Of individuals contacted, 405 (91.4 percent) completed the interview and 38 (8.6 percent) refused to participate. The sampling error (binomial questions with 50/50 split) for this data set is no larger than $\pm 4.9\%$ (95% confidence level). The sample was weighted by race and gender, based upon U.S. Census 1999 estimates, to ensure that it was representative of Lee County.

The data collection for the 2001 North Mississippi Health Study was done via telephone interviews with a simple random sample of adults living in households with telephones in North East Mississippi (Alcorn, Benton, Calhoun, Chickasaw, Choctaw, Clay, Itawamba, Lafayette, Lee, Lowndes, Marshall, Monroe, Oktibbeha, Pontotoc, Prentiss, Tippah, Tishomingo, Union, and Webster Counties) and North West Alabama (Franklin, Lamar, and Marion Counties). The data were collected between March 28th and April 8th of 2001 by the Survey Research Unit in the Social Science Research Center at Mississippi State University. Households were selected using a random digit dialing procedures (this includes households with unlisted numbers), within a household an adult (18 years old or older) was randomly selected and interviewed using the “next birthday method.” Of the individuals contacted, 813 (88.9 percent) completed the interview and 101 (11.1 percent) refused to participate. The sampling error (binomial questions with 50/50 split) for this data set is no larger than $\pm 3.4\%$ (95% confidence level). The sample was weighted by race and gender, based upon U.S. Census 1999 estimates, to ensure that it was representative of the Northeast Mississippi Catchment Area.

		Lee County			NMHS Area		
		N=405	Percent	Weighted Percent	N=813	Percent	Weighted Percent
Gender	Males	158	39.0	47.7	274	33.7	48.1
	Females	247	61.0	52.3	539	66.3	51.9
Race and ethnicity	American Indian or Alaskan Native	1	0.2	0.5	3	0.4	0.7
	Asian or Pacific Islander	2	0.5	1.0	2	0.2	0.4
	Black or African American	71	17.6	23.2	156	19.2	25.2
	White	328	81.0	74.4	647	79.6	72.6
	Other Race	1	0.2	0.5	3	0.4	0.9
	Hispanic or Latino	7	1.7	2.0	7	0.9	1.0
	Not Hispanic or Latino						
	White	323	79.8	76.4	642	79.0	74.3
	Black or African American	69	17.0	23.6	154	18.9	25.7
Age	18-24 years of age	26	6.5	7.2	60	7.4	8.1
	25-44 years of age	168	41.9	42.9	344	42.3	43.0
	45-64 years of age	142	35.4	34.4	258	31.7	32.1
	65 years of age and older	65	16.2	15.5	146	18.0	16.8
Education	Not a high school graduate	59	14.6	15.3	147	18.1	18.1
	High school graduate	139	34.4	33.1	311	38.3	39.7
	Some college	101	25.0	25.4	193	23.7	22.6
	College graduate	105	26.0	26.2	157	19.3	19.6
Employment Status	Employed for wages	245	60.5	62.3	424	52.2	53.6
	Self-employed	28	6.9	6.9	58	7.1	7.4
	Out of work for more than 1 year	8	2.0	2.5	13	1.6	1.7
	Out of work for less than one year	6	1.5	1.5	19	2.3	2.2
	A homemaker	23	5.7	4.7	39	4.8	3.7
	A student	6	1.5	1.2	32	3.9	4.2
	Retired	68	16.8	15.8	154	18.9	17.9
	Unable to work	21	5.2	5.2	74	9.1	9.4
Income	Less than \$10,000	44	12.7	12.9	92	11.3	13.8
	Between \$10 and \$15,000	21	6.1	6.0	69	8.5	11.3
	Between \$15 and \$20,000	38	11.0	10.9	63	7.7	10.8
	Between \$20 and \$25,000	35	10.1	9.4	67	8.2	11.5
	Between \$25 and \$35,000	52	15.0	15.7	86	10.6	14.1
	Between \$35 and \$50,000	61	17.6	17.7	108	13.3	17.3
	Between \$50 and \$75,000	47	13.5	13.4	76	9.3	11.3
	Over \$75,000	49	14.1	14.0	58	7.1	9.9
Marital Status	Single	65	16.1	16.8	121	14.9	16.5
	Married	234	57.9	58.7	472	58.1	59.1
	A Member of an unmarried couple	3	0.7	0.5	15	1.8	2.0
	Divorced	54	13.4	13.1	96	11.8	11.2
	Widowed	36	8.9	7.9	87	10.7	8.6
	Separated	12	3.0	3.0	20	2.5	2.6
Child in household	Yes	190	47.0	48.0	377	46.4	46.1
	No	214	53.0	52.0	436	53.6	53.9

Presentation of Results

The results of the NMHS Community Health Assessment Survey are organized along the following categories; 1) Healthy People 2010, Ten Leading Health Indicators, 2) Risk Factors, 3) Clinical Prevention Screenings, 4) Health Status, 5) Access to Health Care, 6) Satisfaction with Health Care, 7) Health Communication, 8) Community Involvement and 9) Sex Specific Health Issues. The first section provides a brief overview of the Ten Leading Health Indicators. Subsequent sections provide detailed summaries for each variable. In general, the format consists of posing a question addressed by the survey, and presenting data to answer the question. The data are presented in a table format. The first row in each table refers to the total sample for the NMHS Catchment Area; the second row refers to the total sample for Lee County; the third row refers to Mississippi BRFSS estimates; and the fourth row refers to National BRFSS medians. Subsequent rows provide estimates by gender for each population. Please note that the numbers in the first column refer to the number of respondents in the sample who endorsed a particular response, the second column refers to percentage of respondents who endorsed a particular response, and the final column refers to a population projection based upon U.S. Census 1999 population estimates. We calculated population projections by multiplying the percentage of respondents who endorsed a particular response by population estimates. The 1999 population estimates for Lee County and the NMHS Catchment Area were 75,802 and 612,636, respectively.

Data Considerations. Note that estimates exclude individuals who reported “Don’t know”, those who refused to answer the question, or had no response coded (missing or skipped). When applicable data from the BRFSS exists, the results of the survey are placed into a national and state-level context. Comparison of NMHS and Lee County estimates with those of the BRFSS must be interpreted with caution for two reasons. First, the NMHS Community Health Assessment Survey was conducted in April 2001, and the most current BRFSS data were collected in 1999. Second, the NMHS Community Health Assessment Survey measures a broader array of topics than the BRFSS. The effect of this difference in scope on the resulting estimates is unknown. All data collection approaches are subject to error, records may be incomplete or contain inaccurate information. The data presented in this report were collected via telephone surveys. There are certain limitations to telephone surveys: 1) the methodology excludes members of the population who do not have a telephone in the home (The telephone penetration rate is 87.2% according to the Current Population Survey, 1999), 2) respondents may not remember essential information, 3) a question may mean different things to different respondents, and some individuals may not respond at all.

Healthy People 2010 Ten Leading Health Indicators

*HEALTHY PEOPLE 2010.*¹ One tool to help a community create a dynamic vision for its future is HEALTHY PEOPLE 2010. HEALTHY PEOPLE 2010 is a comprehensive set of health objectives to be achieved over the first decade of the century. It is designed to serve as a roadmap for improving the health of all people in the United States. It includes national health promotion and disease prevention goals, objectives, and measures that can help serve as a model for you to develop your own goals and objectives to improve the health of everyone in your community. HEALTHY PEOPLE 2010 was developed by citizens from throughout the Nation, in a multiyear process that was coordinated by the U. S. Department of Health and Human Services (HHS). For two decades, HHS has used HEALTHY PEOPLE objectives to improve the health of the American people. HEALTHY PEOPLE 2010 is the third set of health promotion and disease prevention objectives for the Nation. HEALTHY PEOPLE 2010 is designed to achieve two overarching goals: (1) to increase the quality and years of healthy life and (2) to eliminate health disparities. (A health disparity is a gap in the health status of different groups of people, in which one group is healthier than the other group or groups.) These two goals are supported by 467 objectives in 28 focus areas. For details, see <http://www.health.gov/healthypeople/document/tableofcontents.htm> HEALTHY PEOPLE 2010 also identifies a smaller set of health priorities that reflect 10 major public health concerns in the United States. These 10 topics highlight individual behaviors, physical and social environmental factors, and important health system issues that greatly affect the health of individuals and communities. Examined together, they constitute a set of “Leading Health Indicators” that provides a snapshot of the health of the Nation and serves to provide guidance and focus for the public, media, and elected officials.

¹ Description provided by *Healthy People in Healthy Communities: A Community Planning Guide Using Healthy People 2010*.

Ten Leading Health Indicators

Physical Activity²

Regular physical activity throughout life is important for maintaining a healthy body, enhancing psychological well-being, and preventing premature death. Regular physical activity decreases the risk of death from heart disease, lowers the risk of developing diabetes, and is associated with a decreased risk of colon cancer. Regular physical activity helps prevent high blood pressure and plays a role in decreasing existing high blood pressure.

Overweight and Obesity

Overweight and obesity raise the risk of illness from high blood pressure, high cholesterol, type 2 diabetes, heart disease and stroke, gallbladder disease, arthritis, sleep disturbances and problems breathing, and endometrial, breast, prostate, and colon cancers. Obese individuals may also suffer from social stigmatization, discrimination, and lowered self-esteem.

Tobacco Use

Cigarette smoking is the single most preventable cause of disease and death in the United States. Smoking results in more deaths each year in the United States than AIDS, alcohol, cocaine, heroin, homicide, suicide, motor vehicle crashes, and fires -combined. Smoking is a major risk factor for heart disease, stroke, lung cancer, and chronic lung diseases. Smoking during pregnancy can result in miscarriages, premature delivery, and sudden infant death syndrome. Environmental tobacco smoke (ETS) increases the risk of heart disease and significant lung condition, especially asthma and bronchitis in children. ETS is responsible for an estimated 3,000 lung cancer deaths each year among adult nonsmokers.

Substance Abuse

Alcohol and illicit drug use are associated many of this country's most serious problems, including child and spousal abuse; sexually transmitted diseases including HIV infection; teen pregnancy; school failure; motor vehicle crashes; rising health care costs; low worker productivity; and homelessness. Alcohol and illicit drug use also can result in substantial disruptions in family, work, and personal life.

Responsible Sexual Behavior

Unintended pregnancies and sexually transmitted diseases (STDs), including infection with the human immunodeficiency virus (HIV) that causes AIDS, can result from unprotected sexual behaviors. Abstinence is the only method of complete protection. Condoms, if used correctly and consistently, can help prevent both unintended pregnancy and STDs.

Mental Health

Mental health is a state of successful mental functioning, resulting in productive activities, fulfilling relationships, and the ability to adapt to change and cope with adversity. Mental health is indispensable to personal well-being, family and interpersonal relationships, and one's contribution to society. Approximately 20 percent of the U.S. population are affected by *mental illness* during a given year; no one is immune. Of all mental illnesses, *depression* is the most common disorder. More than 19 million adults in the United States suffer from depression. Major depression is the leading cause of disability and is the cause of more than two-thirds of suicides each year.

² Description provided by *Healthy People in Healthy Communities: A Community Planning Guide Using Healthy People 2010*.

Injury and Violence

More than 400 Americans die each day due primarily to motor vehicle crashes, firearms, poisonings, suffocation, falls, fires, and drowning. The risk of injury is so great that most persons sustain a significant injury at some time during their lives.

Environmental Quality

An estimated 25 percent of preventable illnesses worldwide can be attributed to poor environmental quality. In the United States, air pollution alone is estimated to be associated with 50,000 premature deaths and an estimated \$40 billion to \$50 billion in health-related costs annually. Two indicators of air quality are ozone (outdoor) and environmental tobacco smoke (indoor).

Immunization

Vaccines are among the greatest public health achievements of the 20th century. Immunizations can prevent disability and death from infectious diseases for individuals and can help control the spread of infections within communities. Immunizations against influenza and pneumococcal disease can prevent serious illness and death. Pneumonia and influenza deaths together constitute the 6th leading cause of death in the United States.

Access to Health Care

Strong predictors of access to quality health care include having health insurance, a higher income level, and a regular primary care provider or other source of ongoing health care. Persons with health insurance are more likely to have a specific source of care and to have received appropriate preventive care.

Table 2. Ten Leading Health Indicators ³	Primary Data		BRFSS Estimates		2010
	NMHS Area	Lee County	Mississippi	National Median	Targets
Physical Activity					
No activity	40.9	39.8	DNA ⁴	DNA	N/A
Irregular activity	41.0	42.3	DNA	DNA	N/A
Regular activity	25.7	22.7	DNA	DNA	30.0
Overweight & Obesity					
Overweight	63.8	58.8	62.3	56.2	N/A
Obese	26.8	23.8	23.2	19.8	15.0
Healthy weight	36.2	41.2	37.7	43.8	N/A
Tobacco Use					
Current smoker	25.0	24.7	22.9	22.6	12.0
Tried to quit	60.6	61.0	55.3	51.3	N/A
Substance Abuse					
Current drinker	31.7	36.0	38.6	54.2	N/A
Binge drinker	13.8	12.1	32.0	28.3	6.0
Drinking and driving	2.1	1.7	7.1	4.6	N/A
Responsible Sexual Behavior					
	DNC ⁵	DNC	DNC	DNC	N/A
Mental Health					
Poor mental health	30.7	34.2	31.1	31.2	N/A
Activities limited by health	23.1	22.0	18.9	18.2	N/A
Injury and Violence					
Bicycle helmet use (Youth)	19.4	18.8	25.8	44.8	N/A
Seatbelt use (Youth)	88.7	86.2	N/A	N/A	N/A
Checked smoke detectors	37.4	35.1	35.3	33.5	N/A
Environmental Quality					
	DNC	DNC	DNC	DNC	N/A
Immunization					
Flu shot	35.7	37.8	31.0	31.3	90.0
Pneumonia vaccination	22.3	20.6	18.8	18.4	90.0
Access to Health Care					
No health coverage	16.0	17.3	17.1	12.4	100.0
Routine checkup in past year	72.9	70.0	70.2	70.6	N/A

³ The following table is provided as a brief summary of the Healthy People 2010 Ten Leading Health Indicators. More detailed analyses, as well as descriptions of the measurement of these variables are provided in subsequent sections.

⁴ DNA Data not available through the BRFSS

⁵ DNC Data not collected

Risk Factors

Measuring health risks through surveillance is the essential underpinning for all efforts by CDC and the states to promote health and prevent disease. Surveillance is the tool that provides the necessary data to define the disease burden, identify populations at highest risk, determine the prevalence of health risks, and guide and evaluate disease prevention efforts at the national, state, and local levels.

Chronic diseases are now our nation's leading killers, unlike the situation a century ago. Two chronic diseases, cardiovascular disease and cancer, account for almost two-thirds of all deaths among Americans. The roots of chronic diseases are grounded in a limited number of health-damaging behaviors practiced by people every day for much of their lives.

These behaviors include:

- Lack of physical activity.
- Poor nutrition (e.g., high-fat, low-fiber diets).
- Tobacco use.
- Underuse of known prevention strategies, such as breast, cervical, and colorectal cancer screening.

Reducing the prevalence of these and other behaviors that endanger the health of Americans demands strategies such as public and provider education, prevention research, and policy and environmental changes that facilitate healthy living. To be effective, however, these strategies must be supported by ongoing surveillance of health risks.

— Centers for Disease Control and Prevention

Table 3. Current Drinkers: Had alcoholic beverages during the past month

"During the past month, have you had at least one drink of any alcoholic beverage?"

	Number	Percentage	Population Projection ⁶
Total Sample			
NMHS	258	31.7	194 206
Lee County	146	36.0	27 289
Mississippi BRFSS Estimates	830	38.6	741 406
National BRFSS Median	N/A ⁷	54.2	N/A
Females			
NMHS Area	89	21.1	67 161
Lee County	57	27.0	10 692
Mississippi BRFSS Estimates	388	28.6	293 503
National BRFSS Median	N/A	45.9	N/A
Males			
NMHS	169	43.2	127 154
Lee County	89	46.1	16 690
Mississippi BRFSS Estimates	442	50.0	447 252
National BRFSS Median	N/A	62.4	N/A

⁶ Population projections are calculated based on 1999 Census estimates.

⁷ The BRFSS provides nationwide medians rather than estimates, thus sample numbers and population projections are not provided.

Table 4. Binge Drinkers: 5 or more drinks on at least one occasion during past month

"How many times during the past month did you have 5 or more drinks on an occasion?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	112	13.8	84 544
Lee County	49	12.1	9 172
Mississippi BRFSS Estimates	231	32.0	614 637
National BRFSS Median	N/A	28.3	N/A
Females			
NMHS Area	26	6.2	19 735
Lee County	39	6.2	2 455
Mississippi BRFSS Estimates	57	14.5	148 804
National BRFSS Median	N/A	17.0	N/A
Males			
NMHS	86	22.0	64 754
Lee County	35	18.1	6 553
Mississippi BRFSS Estimates	174	43.5	389 109
National BRFSS Median	N/A	38.8	N/A

Table 5. Drinking and Driving: Driving after having too much to drink, one or more times in past month

"During the past month, how many times have you driven when you've had too much to drink?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	17	2.1	12 865
Lee County	7	1.7	1 289
Mississippi BRFSS Estimates	46	7.1	136 373
National BRFSS Median	N/A	4.6	N/A
Females			
NMHS Area	4	0.9	2 865
Lee County	1	0.5	198
Mississippi BRFSS Estimates	11	3.0	30 787
National BRFSS Median	N/A	2.7	N/A
Males			
NMHS	14	3.6	10 596
Lee County	6	3.1	1 122
Mississippi BRFSS Estimates	35	9.6	85 872
National BRFSS Median	N/A	6.6	N/A

Table 6. Current Smokers: Smoked at least 100 cigarettes in lifetime, and smokes everyday or some days

"Have you smoked at least 100 cigarettes in your lifetime?" and "Do you now smoke everyday, some days, or not at all?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	203	25.0	153 159
Lee County	100	24.7	18 723
Mississippi BRFSS Estimates	508	22.9	439 849
National BRFSS Median	N/A	22.6	N/A
Females			
NMHS Area	87	20.6	65 570
Lee County	50	23.7	9 385
Mississippi BRFSS Estimates	262	19.0	194 985
National BRFSS Median	N/A	20.8	N/A
Males			
NMHS	116	29.7	87 418
Lee County	49	25.4	9 196
Mississippi BRFSS Estimates	246	27.4	245 094
National BRFSS Median	N/A	24.2	N/A

Table 7. Tried to Quit: Current smoker who has quit smoking for 1 day or longer in past 12 months

"During the past 12 months, have you quit smoking for 1 day or longer?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	123	60.6	371 257
Lee County	61	61.0	46 239
Mississippi BRFSS Estimates	221	55.3	1 062 169
National BRFSS Median	N/A	51.3	N/A
Females			
NMHS Area	48	55.2	175 701
Lee County	33	64.7	25 621
Mississippi BRFSS Estimates	120	55.7	571 613
National BRFSS Median	N/A	50.0	N/A
Males			
NMHS	75	64.7	190 436
Lee County	28	56.0	20 274
Mississippi BRFSS Estimates	101	55.0	491 977
National BRFSS Median	N/A	53.3	N/A

Table 8. Physically Inactive: No reported activity in past week

"How many days in the past week did you exercise or participate in sports activities for at least 20 minutes?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	331	40.9	250 568
Lee County	158	39.8	30 169
Mississippi BRFSS Estimates	DNA ⁸	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Females			
NMHS Area	180	42.8	136 232
Lee County	93	44.5	17 622
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Males			
NMHS	150	38.7	113 908
Lee County	65	34.8	12 599
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Table 9. Irregular Physical Activity: Exercised for at least 20 minutes, 3 or more times in past week

"How many days in the past week did you exercise or participate in sports activities for at least 20 minutes?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	332	41.0	251 181
Lee County	168	42.3	32 064
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Females			
NMHS Area	164	38.9	123 818
Lee County	79	37.8	14 968
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Males			
NMHS	168	43.3	127 448
Lee County	89	47.6	17 233
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A

⁸ DNA Data not available through the BRFSS

Table 10. Regular Physical Activity: Exercised for at least 20 minutes, 5 or more times in past week

"How many days in the past week did you exercise or participate in sports activities for at least 20 minutes?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	208	25.7	157 447
Lee County	90	22.7	17 207
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Females			
NMHS Area	88	20.9	66 524
Lee County	39	18.6	7 365
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Males			
NMHS	119	30.7	90 361
Lee County	51	27.3	9 883
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A

Table 11. Healthy Weight: BMI⁹ less than or equal to 24.9

"About how much do you weigh without shoes?" & "About how tall are you without shoes?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	279	36.2	221 774
Lee County	161	41.2	31 230
Mississippi BRFSS Estimates	N/A ¹⁰	37.7	724 119
National BRFSS Median	N/A	43.8	N/A
Females			
NMHS Area	162	41.9	133 367
Lee County	103	52.3	20 710
Mississippi BRFSS Estimates	N/A	41.6	426 914
National BRFSS Median	N/A	52.2	N/A
Males			
NMHS	117	30.5	89 773
Lee County	58	29.9	10 825
Mississippi BRFSS Estimates	N/A	33.6	300 553
National BRFSS Median	N/A	34.8	N/A

⁹ To determine BMI, weight in kilograms is divided by height in meters, squared.

¹⁰ BRFSS weight estimates were obtained through a CDC report, sample numbers were not available.

Table 12. Overweight: BMI greater than or equal to 25.0
 "About how much do you weigh without shoes?" & "About how tall are you without shoes?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	492	63.8	390 862
Lee County	230	58.8	44 572
Mississippi BRFSS Estimates	N/A	62.3	1 196 621
National BRFSS Median	N/A	56.2	N/A
Females			
NMHS Area	225	58.1	184 932
Lee County	94	47.7	18 889
Mississippi BRFSS Estimates	N/A	58.4	599 322
National BRFSS Median	N/A	47.8	N/A
Males			
NMHS	267	69.5	204 564
Lee County	136	70.1	25 378
Mississippi BRFSS Estimates	N/A	66.4	593 951
National BRFSS Median	N/A	65.2	N/A

Table 13. Obese: BMI greater than or equal to 30.0
 "About how much do you weigh without shoes?" & "About how tall are you without shoes?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	207	26.8	164 186
Lee County	93	23.8	18 041
Mississippi BRFSS Estimates	N/A	23.2	445 612
National BRFSS Median	N/A	19.8	N/A
Females			
NMHS Area	100	25.8	82 121
Lee County	46	23.2	9 187
Mississippi BRFSS Estimates	N/A	25.2	258 611
National BRFSS Median	N/A	19.7	N/A
Males			
NMHS	107	27.9	82 120
Lee County	47	24.4	8 834
Mississippi BRFSS Estimates	N/A	21.1	188 740
National BRFSS Median	N/A	19.9	N/A

Table 14. Trying to Lose Weight: Overweight Respondents

^aAre you trying to lose weight?

	Number	Percentage	Population Projection
Total Sample			
NMHS	236	48.0	N/A ¹¹
Lee County	116	50.9	N/A
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Females			
NMHS Area	129	57.3	N/A
Lee County	56	60.2	N/A
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Males			
NMHS	107	40.1	N/A
Lee County	59	44.0	N/A
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Table 15. Health Care Provider Gave Advice About How to Lose Weight: Overweight Respondents

^aIn the past 12 months, has a doctor, nurse, or other health care provider given you advice about losing weight?

	Number	Percentage	Population Projection
Total Sample			
NMHS	108	26.5	N/A
Lee County	49	26.9	N/A
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Females			
NMHS Area	53	26.8	N/A
Lee County	31	37.3	N/A
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Males			
NMHS	55	26.2	N/A
Lee County	18	18.2	N/A
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

¹¹ Population projections are not possible for filtered questions. Only overweight respondents were asked these questions.

Table 16. Bicycle Helmets: Always or almost always

"During the past year, how often has your child (have your children) worn a bicycle helmet? Would you say always, almost always, sometimes, seldom, or never?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	48	19.4	N/A ¹²
Lee County	26	18.8	N/A
Mississippi BRFSS Estimates	146	25.8	N/A
National BRFSS Median	N/A	44.8	N/A
Females			
NMHS Area	27	19.3	N/A
Lee County	13	16.3	N/A
Mississippi BRFSS Estimates	95	27.7	N/A
National BRFSS Median	N/A	46.6	N/A
Males			
NMHS	21	19.4	N/A
Lee County	13	22.4	N/A
Mississippi BRFSS Estimates	51	23.6	N/A
National BRFSS Median	N/A	44.7	N/A

Table 17. Seatbelt Use: Most of the time

"During the past year, how often did your child (children) wear a seatbelt or sit in a child seat? Would you say never, rarely, sometimes, or most of the time?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	219	88.7	N/A
Lee County	119	86.2	N/A
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Females			
NMHS Area	121	87.1	N/A
Lee County	72	88.9	N/A
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Males			
NMHS	98	90.7	266 964
Lee County	48	81.4	29 469
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

¹² Population projections are not possible for filtered questions. Only respondents with children were asked these questions.

Table 18. Smoke Detectors: Checked within the past month

"When was the last time you or someone else deliberately tested all the smoke detectors in your home?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	286	37.4	229 126
Lee County	133	35.1	26 607
Mississippi BRFSS Estimates	626	35.3	678 021
National BRFSS Median	N/A	33.5	N/A
Females			
NMHS Area	150	38.4	122 227
Lee County	78	39.2	15 523
Mississippi BRFSS Estimates	350	30.6	
National BRFSS Median	N/A	30.8	N/A
Males			
NMHS	137	36.5	107 433
Lee County	56	30.9	11 187
Mississippi BRFSS Estimates	276	40.5	362 27 ^a
National BRFSS Median	N/A	35.6	N/A

Table 19. Poor Mental Health: At least one bad day

"For how many of the past 30 days was your mental health not good?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	243	30.7	188 079
Lee County	135	34.2	25 924
Mississippi BRFSS Estimates	664	31.1	597 350
National BRFSS Median	N/A	31.2	N/A
Females			
NMHS Area	146	35.7	113 633
Lee County	88	43.1	17 067
Mississippi BRFSS Estimates	460	36.5	374 576
National BRFSS Median	N/A	36.1	N/A
Males			
NMHS	98	25.5	75 056
Lee County	46	24.2	8 761
Mississippi BRFSS Estimates	204	25.0	223 626
National BRFSS Median	N/A	26.2	N/A

Table 20. Health Problems Kept Respondent from Doing Usual Activities: At least one day

"For how many of the past 30 days was your mental health not good?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	186	23.1	141 519
Lee County	88	22.0	16 676
Mississippi BRFSS Estimates	427	18.9	363 020
National BRFSS Median	N/A	18.3	N/A
Females			
NMHS Area	101	24.3	77 347
Lee County	49	23.4	9 266
Mississippi BRFSS Estimates	298	22.1	226 798
National BRFSS Median	N/A	20.0	N/A
Males			
NMHS	83	21.6	63 577
Lee County	37	19.6	7 096
Mississippi BRFSS Estimates	129	15.2	135 965
National BRFSS Median	N/A	15.8	N/A

Table 21. Flu Shot within the Past 12 Months

"During the past 12 months, have you had a flu shot?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	290	35.7	218 711
Lee County	153	37.8	28 653
Mississippi BRFSS Estimates	674	31.0	595 429
National BRFSS Median	N/A	31.3	N/A
Females			
NMHS Area	161	38.2	121 590
Lee County	85	40.3	15 958
Mississippi BRFSS Estimates	407	30.3	310 950
National BRFSS Median	N/A	32.5	N/A
Males			
NMHS	129	33.0	97 131
Lee County	67	34.7	12 562
Mississippi BRFSS Estimates	267	31.7	283 558
National BRFSS Median	N/A	31.2	N/A

Table 22. Pneumonia Vaccination: Have had a pneumonia vaccination			
"Have you ever had a pneumonia vaccination?"			
	Number	Percentage	Population Projection
Total Sample			
NMHS	178	22.3	136 618
Lee County	82	20.6	15 615
Mississippi BRFSS Estimates	350	18.8	361 099
National BRFSS Median	N/A	18.4	N/A
Females			
NMHS Area	91	21.9	69 707
Lee County	48	22.7	8 989
Mississippi BRFSS Estimates	195	15.8	162 145
National BRFSS Median	N/A	18.1	N/A
Males			
NMHS	87	22.8	67 109
Lee County	34	18.2	6 589
Mississippi BRFSS Estimates	155	22.3	199 474
National BRFSS Median	N/A	18.9	N/A

Table 23. Persons without Health Insurance			
"Do you have any kind of health care coverage, including health insurance, prepaid plans, such as HMOs, or governmental plans, such as Medicare?"			
	Number	Percentage	Population Projection
Total Sample			
NMHS	130	16.0	98 022
Lee County	70	17.3	13 114
Mississippi BRFSS Estimates	366	17.1	328 447
National BRFSS Median	N/A	12.4	N/A
Females			
NMHS Area	70	16.5	52 519
Lee County	38	17.9	7 088
Mississippi BRFSS Estimates	244	18.4	188 827
National BRFSS Median	N/A	10.7	N/A
Males			
NMHS	60	15.5	45 622
Lee County	32	16.6	6 010
Mississippi BRFSS Estimates	122	15.5	138 648
National BRFSS Median	N/A	13.5	N/A

Table 24. Visited a Doctor for a Routine Checkup Within the Past Year

"About how long has it been since you last visited a doctor for a routine checkup?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	578	72.9	446 612
Lee County	275	70.0	53 061
Mississippi BRFSS Estimates	1537	70.2	1 348 359
National BRFSS Median	N/A	70.6	N/A
Females			
NMHS Area	327	79.0	251 456
Lee County	161	77.4	30 650
Mississippi BRFSS Estimates	1023	78.8	808 674
National BRFSS Median	N/A	78.0	N/A
Males			
NMHS	250	66.1	194 557
Lee County	114	61.3	22 192
Mississippi BRFSS Estimates	514	60.3	539 386
National BRFSS Median	N/A	62.8	N/A

Clinical Prevention Screenings

The nation has seen a great deal of change over the past 100 years in the leading causes of death. At the beginning of the 1900s, infectious diseases ran rampant in the United States and worldwide and topped the leading causes of death. A century later, with the control of many infectious agents and the increasing age of the population, chronic disease tops the list. Clinical preventive services have a substantial impact on many of the leading causes of disease and death. People must have access to clinical preventive services that are effective in preventing disease (primary prevention) or in detecting asymptomatic disease or risk factors at early, treatable stages (secondary prevention).

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Table 25. Blood Pressure Checked within the Past 12 Months

"About how long has it been since you last had your blood pressure taken by a doctor, nurse, or other health care provider?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	700	88.0	539 120
Lee County	362	90.5	68 601
Mississippi BRFSS Estimates	1925	88.6	1 701 776
National BRFSS Median	N/A	88.6	N/A
Females			
NMHS Area	380	92.2	293 472
Lee County	197	93.0	36 827
Mississippi BRFSS Estimates	1202	91.1	934 901
National BRFSS Median	N/A	91.2	N/A
Males			
NMHS	320	83.5	245 771
Lee County	166	87.8	31 786
Mississippi BRFSS Estimates	723	85.7	766 590
National BRFSS Median	N/A	84.1	N/A

Table 26. Flu Shot within the Past 12 Months

"During the past 12 months, have you had a flu shot?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	290	35.7	218 711
Lee County	153	37.8	28 653
Mississippi BRFSS Estimates	674	31.0	595 429
National BRFSS Median	N/A	31.3	N/A
Females			
NMHS Area	161	38.2	121 590
Lee County	85	40.3	15 958
Mississippi BRFSS Estimates	407	30.3	310 950
National BRFSS Median	N/A	32.5	N/A
Males			
NMHS	129	33.0	97 131
Lee County	67	34.7	12 562
Mississippi BRFSS Estimates	267	31.7	283 558
National BRFSS Median	N/A	31.2	N/A

Table 27. Pneumonia Vaccination: Have had a pneumonia vaccination

"Have you ever had a pneumonia vaccination?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	178	22.3	136 618
Lee County	82	20.6	15 615
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Females			
NMHS Area	91	21.9	69 707
Lee County	48	22.7	8 989
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Males			
NMHS	87	22.8	67 109
Lee County	34	18.2	6 589
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Table 28. Eye Exam: Have had an eye exam within the last year

"Have you had an eye exam in the past 12 months?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	354	55.6	340 626
Lee County	187	57.2	43 359
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Females			
NMHS Area	198	56.3	179 202
Lee County	107	57.5	22 769
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Males			
NMHS	157	54.9	161 591
Lee County	80	57.1	20 672
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Table 29. Stress EKG: Have had a stress EKG within the last year

"Have you had a stress EKG in the past 12 months?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	163	26.1	159 898
Lee County	80	24.7	18 723
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Females			
NMHS Area	77	22.2	70 662
Lee County	35	18.8	7 445
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Males			
NMHS	86	30.9	90 950
Lee County	45	32.6	11 802
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Table 30. Blood Test for Glucose or Sugar: Have had a test within the last year

"Have you had a blood test for glucose or sugar in the past 12 months?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	364	58.9	360843
Lee County	182	56.9	43131
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Females			
NMHS Area	195	56.7	180476
Lee County	107	58.8	23284
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Males			
NMHS	169	61.7	181606
Lee County	75	54.3	19658
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A

Table 31. Urine Test for Glucose or Sugar: Have had a test within the last year

"Have you had a urine test for glucose or sugar in the past 12 months?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	269	43.7	267 722
Lee County	140	43.9	33 277
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Females			
NMHS Area	131	38.8	123 500
Lee County	87	48.1	19 047
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Males			
NMHS	138	49.6	145 991
Lee County	53	38.4	13 902
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Table 32. Digital Rectal Exam: Have had an exam within the last year

"Have you had a digital rectal exam in the past 12 months?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	151	24.1	147 645
Lee County	76	23.5	17 813
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Females			
NMHS Area	77	22.3	70 981
Lee County	40	21.7	8 593
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Males			
NMHS	74	26.3	77 411
Lee County	35	25.2	9 123
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Table 33. Dental Exam: Have had an exam within the last year

"Have you had a dental exam in the past 12 months?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	333	52.4	321 021
Lee County	188	57.5	43 586
Mississippi BRFSS Estimates	1274	58.9	1 131 316
National BRFSS Median	N/A	68.1	N/A
Females			
NMHS Area	187	53.4	169 972
Lee County	115	61.5	24 353
Mississippi BRFSS Estimates	787	61.0	626 004
National BRFSS Median	N/A	70.5	N/A
Males			
NMHS	146	51.0	150 112
Lee County	73	51.8	18 753
Mississippi BRFSS Estimates	487	56.4	504 500
National BRFSS Median	N/A	65.5	N/A

Table 34. Blood Stool Test: Have had a test within the last year

"Have you had a blood/stool test in the past 12 months?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	140	22.3	136 618
Lee County	76	23.5	17 813
Mississippi BRFSS Estimates	282	21.5	412 959
National BRFSS Median	N/A	31.1	N/A
Females			
NMHS Area	67	19.4	61 750
Lee County	48	26.1	10 335
Mississippi BRFSS Estimates	199	25.4	260 664
National BRFSS Median	N/A	35.2	N/A
Males			
NMHS	73	25.9	76 233
Lee County	28	20.0	7 241
Mississippi BRFSS Estimates	83	16.8	150 277
National BRFSS Median	N/A	26.6	N/A

Table 35. Blood Cholesterol Test: Have had blood cholesterol checked

"Blood cholesterol is a fatty substance in the blood. Have you ever had your blood cholesterol checked?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	552	69.1	423 331
Lee County	270	67.8	51 394
Mississippi BRFSS Estimates	1509	70.8	1 359 884
National BRFSS Median	N/A	73.6	N/A
Females			
NMHS Area	286	69.2	220 263
Lee County	140	67.6	26 769
Mississippi BRFSS Estimates	932	73.3	752 231
National BRFSS Median	N/A	76.0	N/A
Males			
NMHS	266	68.9	202 798
Lee County	130	68.4	24 763
Mississippi BRFSS Estimates	577	68.1	609 157
National BRFSS Median	N/A	71.8	N/A

Health Status

Health status refers to an individual's overall quality of physical, psychological, and social well-being. A thorough understanding of the health status of the general population is vital to developing intervention strategies that can prevent disease and trauma. This information is especially important as the emphasis of the healthcare industry continues to shift from the treatment of illness to prevention and early detection of disease.

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Table 36: Overall Health Status: Fair or Poor

"In general, would you say that your health is excellent, very good, good, fair, or poor?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	204	25.1	153 772
Lee County	76	18.9	14 327
Mississippi BRFSS Estimates	472	20.8	N/A
National BRFSS Median	N/A	13.1	N/A
Females			
NMHS Area	100	23.8	75 755
Lee County	40	19.1	7 563
Mississippi BRFSS Estimates	188	13.5	N/A
National BRFSS Median	N/A	10.2	N/A
Males			
NMHS	104	26.7	78 588
Lee County	36	18.7	6 770
Mississippi BRFSS Estimates	110	13.5	N/A
National BRFSS Median	N/A	9.4	N/A

Table 37. Health Worse than a Year Ago

"Compared with 12 months ago, would you say that your health is better, worse, or about the same?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	107	13.2	80 868
Lee County	34	8.4	6 367
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Females			
NMHS Area	51	12.1	38 514
Lee County	22	10.4	4 118
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Males			
NMHS	56	14.4	42 385
Lee County	13	6.7	2426
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A

Table 38. Health in the Last Month: At least one bad day

"For how many days during the last month was your health not good?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	341	43.4	265 884
Lee County	173	44.2	33 504
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Females			
NMHS Area	190	46.6	148327
Lee County	92	45.8	18136
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Males			
NMHS	151	39.8	117146
Lee County	80	42.6	15422
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A

Table 39. Mental Health in the Last Month: At least one bad day.
 "For how many days during the past 30 days was your mental health not good?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	241	30.5	186 854
Lee County	135	34.2	25 924
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Females			
NMHS Area	123	35.7	113 633
Lee County	80	44.0	17 424
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Males			
NMHS	57	25.3	74 467
Lee County	31	23.4	8 472
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A

Table 40. Limited Activities: At least one limited day.
 "During the past 30 days, for about how many days did your health keep you from doing your usual activities?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	186	23.1	141 519
Lee County	88	22.0	16 676
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Females			
NMHS Area	101	24.3	77 347
Lee County	49	23.4	9 266
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Males			
NMHS	83	21.6	63 577
Lee County	37	19.6	7 096
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A

Table 41. Missed Work: At least one day

"Excluding maternity leave, during the past 12 months, about how many days did you miss work because of illness or injury?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	239	29.7	181 953
Lee County	138	34.5	26 152
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Females			
NMHS Area	136	32.2	102 492
Lee County	76	36.2	14 335
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Males			
NMHS	104	27.3	80 354
Lee County	62	32.6	11 802
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A

Table 42. Confined to Bed: At least a half a day

"Excluding maternity leave, during the past 12 months, how many days did illness or injury keep you in bed more than half a day?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	271	34.3	210 134
Lee County	157	39.3	29 790
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Females			
NMHS Area	144	35.4	112 678
Lee County	83	40.1	15 879
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Males			
NMHS	126	33.1	97 426
Lee County	73	38.2	13 830
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A

Table 43. Coronary Heart Disease: Have been informed by health care provider that condition exists

"Have you ever been told you have coronary heart disease?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	47	5.8	35 533
Lee County	23	5.7	4 321
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Females			
NMHS Area	21	5.0	15 915
Lee County	8	3.8	1 505
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Males			
NMHS	26	6.7	19 721
Lee County	15	7.8	2 824
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A

Table 44. Angina Pectoris: Have been informed by health care provider that condition exists

"Have you ever been told you have angina, also called angina pectoris?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	32	3.9	23 893
Lee County	9	2.3	1 743
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Females			
NMHS Area	20	4.8	15 278
Lee County	4	1.9	752
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Males			
NMHS	12	3.1	9 124
Lee County	5	2.6	941
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A

Table 45. Heart Attack: Have been informed by health care provider that condition exists

"Have you ever been told that you have had a heart attack?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	35	4.3	26 343
Lee County	23	5.7	4 321
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Females			
NMHS Area	13	3.1	9 867
Lee County	6	2.8	1 109
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Males			
NMHS	21	5.4	15 894
Lee County	17	8.8	3 186
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A

Table 46. Other Heart Condition or Heart Disease: Have been informed by health care provider that condition exists

"Have you ever been told that you have any other kind of heart condition or heart disease?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	103	12.7	77 805
Lee County	46	11.4	8 641
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Females			
NMHS Area	57	13.5	42 970
Lee County	26	12.3	4 871
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Males			
NMHS	46	11.8	34 732
Lee County	20	10.4	3 765
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A

Table 47. Stroke: Have been informed by health care provider that condition exists

"Have you ever been told that you have had a stroke?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	34	4.2	25 731
Lee County	11	2.7	2 047
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Females			
NMHS Area	17	4.0	12 732
Lee County	3	1.4	554
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Males			
NMHS	18	4.6	13 540
Lee County	8	4.1	1 484
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A

Table 48. Emphysema: Have been informed by health care provider that condition exists

"Have you ever been told that you have emphysema?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	16	2.0	12 253
Lee County	8	2.0	1 516
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Females			
NMHS Area	10	2.4	7 639
Lee County	2	0.9	356
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Males			
NMHS	6	1.5	4 415
Lee County	5	2.6	941
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A

Table 49. Ulcer: Have been informed by health care provider that condition exists

"Have you ever been told that you have an ulcer?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	107	13.2	80 868
Lee County	48	11.9	9 020
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Females			
NMHS Area	52	12.4	39 469
Lee County	29	13.7	5 425
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Males			
NMHS	55	14.1	41 502
Lee County	18	9.3	3 367
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A

Table 50. Cancer: Have been informed by health care provider that condition exists

"Have you ever been told that you have cancer or a malignancy of any kind?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	60	7.4	45 335
Lee County	25	6.2	4 700
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Females			
NMHS Area	29	6.9	21 963
Lee County	15	7.1	2 812
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Males			
NMHS	31	7.9	23 253*
Lee County	10	5.2	1 883
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A

Table 51. Diabetes: Have been informed by health care provider that condition exists

"Have you ever been told you have diabetes?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	97	11.9	72 904
Lee County	38	9.4	7 125
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Females			
NMHS Area	45	10.7	34 058
Lee County	23	11.0	4 356
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Males			
NMHS	52	13.3	39 147
Lee County	15	7.8	2 824
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A

Table 52. Asthma: Have been informed by health care provider that condition exists

"Have you ever been told you have asthma?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	75	9.2	56 363
Lee County	43	10.6	8 035
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Females			
NMHS Area	39	9.2	29 284
Lee County	19	9.0	3 564
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Males			
NMHS	36	9.2	27 079*
Lee County	24	12.4	4 489
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A

Table 53. Currently Have Asthma			
"Do you still have asthma?"			
	Number	Percentage	Population Projection
Total Sample			
NMHS	58	77.3	473 568
Lee County	27	64.3	48 741
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median			N/A
Females			
NMHS Area	30	78.9	251 138
Lee County	16	84.2	33 342
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Males			
NMHS	27	75.0	220 753
Lee County	11	47.8	17 305
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A

Table 54. Counseled to Change Diet or Take Medication			
"In the past 12 months, has a doctor or other health care provider put you on a diet, medications or both as a result of preventive screening?"			
	Number	Percentage	Population Projection
Total Sample			
NMHS	238	37.4	229 126
Lee County	103	31.5	23 878
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Females			
NMHS Area	132	37.5	119 362
Lee County	66	35.3	13 978
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Males			
NMHS	106	37.2	109 493
Lee County	38	27.0	9 775
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A

Table 55: Followed Recommended Diet

"Did you follow this diet?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	73	70.2	430 070
Lee County	42	82.4	62 461
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Females			
NMHS Area	44	71.0	225 992
Lee County	26	86.7	34 332
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Males			
NMHS	29	70.7	208 096
Lee County	16	76.2	27 587
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A

Table 56: Took Recommended Medication

"Have you taken this medication?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	189	97.4	596 707
Lee County	78	97.5	73 907
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Females			
NMHS Area	100	97.1	309 068
Lee County	49	96.1	38 055
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Males			
NMHS	89	98.9	291 099
Lee County	29	100.0	36 203
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A

Access to Health Care

Access to quality care is important to eliminate health disparities and increase the quality and years of healthy life for all persons in the United States. Adequate access to health care and related services can increase appropriate patient use of the health care system and, ultimately, improve health outcomes. Consequently, measures of access across a continuum of care are an important way to evaluate the quality of the Nation's health care system.

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Table 57. Have Seen a Doctor Within the Last Year

"Have you seen a doctor or other health care provider in the past 12 months?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	637	78.4	480 307
Lee County	328	81.0	61 400
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Females			
NMHS Area	352	83.4	265 461
Lee County	187	88.2	34 926
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Males			
NMHS	285	73.1	215 160
Lee County	141	72.7	26 320
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Access to Health Care

Table 58. Routine Check Up: Within the Last Year

"About how long has it been since you have visited a doctor for a routine check up?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	578	72.9	446 612
Lee County	275	70.0	327
Mississippi BRFSS Estimates	1537	70.2	1 348 359
National BRFSS Median	N/A	70.6	N/A
Females			
NMHS Area	327	79.0	251 456
Lee County	161	77.4	30 650
Mississippi BRFSS Estimates	1023	78.8	808 674
National BRFSS Median	N/A	78.0	N/A
Males			
NMHS	250	66.1	194 557
Lee County	114	61.3	22 192
Mississippi BRFSS Estimates	514	60.3	539 386
National BRFSS Median	N/A	62.8	N/A

Table 59. Health Care Coverage: Have some type of health care coverage

"Do you have any kind of health care coverage?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	681	84.0	514 614
Lee County	335	82.7	62 688
Mississippi BRFSS Estimates	1805	82.9	1 592 293
National BRFSS Median	N/A	87.6	N/A
Females			
NMHS Area	353	83.5	265 780
Lee County	174	82.1	32 511
Mississippi BRFSS Estimates	1080	81.6	837 409
National BRFSS Median	N/A	89.2	N/A
Males			
NMHS	328	84.5	248 715
Lee County	161	83.4	30 193
Mississippi BRFSS Estimates	725	84.5	755 856
National BRFSS Median	N/A	86.4	N/A

Table 60. Usual Provider: Clinic or Health Center

"What kind of place do you usually go to when you need routine preventive care, such as a physical or check up?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	225	27.8	170 313
Lee County	167	42.0	31 837
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Females			
NMHS Area	115	27.4	87 214
Lee County	87	41.8	16 552
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Males			
NMHS	110	28.2	83 003
Lee County	81	42.6	15 422
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Table 61. Usual Provider: Doctor's Office or HMO

"What kind of place do you usually go to when you need routine preventive care, such as a physical or check up?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	523	64.7	396 375
Lee County	199	50.0	37 901
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Females			
NMHS Area	285	68.0	216 443
Lee County	114	54.8	21 700
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Males			
NMHS	238	61.0	179 546
Lee County	85	44.7	16 183
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Table 62. Usual Provider: Hospital Emergency Room

"What kind of place do you usually go to when you need routine preventive care, such as a physical or check up?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	6	0.7	4 288
Lee County	5	1.3	985
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Females			
NMHS Area	1	0.2	637
Lee County	1	0.5	198
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Males			
NMHS	5	1.3	3 826
Lee County	4	2.1	760
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Table 63. Usual Provider: Hospital Outpatient Department

"What kind of place do you usually go to when you need routine preventive care, such as a physical or check up?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	26	3.2	19 604
Lee County	9	2.3	1 743
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Females			
NMHS Area	7	1.7	5 411
Lee County	0	0.0	0
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Males			
NMHS	20	5.1	15 011
Lee County	9	4.7	1 702
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Table 64. Usual Provider: Some Other Place

"What kind of place do you usually go to when you need routine preventive care, such as a physical or check-up?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	12	1.5	9 190
Lee County	6	1.5	1 137
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Females			
NMHS Area	6	1.4	4 456
Lee County	2	1.0	396
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Males			
NMHS	6	1.5	4 415
Lee County	3	1.6	579
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Table 65. No Usual Provider

"What kind of place do you usually go to when you need routine preventive care, such as a physical or check-up?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	16	2.0	12 253
Lee County	12	3.0	2 274
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Females			
NMHS Area	5	1.2	3 820
Lee County	4	1.9	752
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Males			
NMHS	11	2.8	8 241
Lee County	8	4.2	1 521
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Table 66. Could Not Afford Health Care

"Was there a time during the last 12 months when you needed to see a doctor, but could not because of the cost?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	146	18.0	110 274
Lee County	77	19.0	14 402
Mississippi BRFSS Estimates	312	14.8	284 270
National BRFSS Median	N/A	9.6	N/A
Females			
NMHS Area	95	22.5	71 617
Lee County	50	23.6	9 345
Mississippi BRFSS Estimates	235	18.3	187 801
National BRFSS Median	N/A	10.8	N/A
Males			
NMHS	52	13.3	39 147
Lee County	27	14.0	5 068
Mississippi BRFSS Estimates	77	10.8	96 606
National BRFSS Median	N/A	7.9	N/A

Table 67. Delayed from Receiving Health Care: Could Not Reach Provider on Telephone

"Please tell me which of the following reasons have delayed you from getting preventive medical care in the past 12 months?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	38	6.0	36 758
Lee County	13	4.0	3 032
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Females			
NMHS Area	21	6.0	19 098
Lee County	13	7.0	2 772
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Males			
NMHS	17	6.0	17 660
Lee County	0	0.0	0
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Table 68. Delayed from Receiving Health Care: Could Not Get an Appointment

"Please tell me which of the following reasons have delayed you from getting preventive medical care in the past 12 months?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	74	11.7	71 678
Lee County	32	9.8	7 429
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Females			
NMHS Area	39	11.1	35 331
Lee County	22	11.8	4 673
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Males			
NMHS	35	12.3	36 203
Lee County	10	7.1	2 570
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Table 69. Delayed from Receiving Health Care: Too Long a Wait

"Please tell me which of the following reasons have delayed you from getting preventive medical care in the past 12 months?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	148	23.4	143 357
Lee County	71	21.8	16 525
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Females			
NMHS Area	82	23.4	74 482
Lee County	42	22.6	8 949
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Males			
NMHS	67	23.5	69 169
Lee County	29	20.6	7 458
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Table 70. Delayed from Receiving Health Care: Clinic or Doctor's Office Not Open Upon Arrival

"Please tell me which of the following reasons have delayed you from getting preventive medical care in the past 12 months?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	37	5.8	35 533
Lee County	12	3.7	2 805
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Females			
NMHS Area	16	4.6	14 642
Lee County	9	4.8	1 901
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Males			
NMHS	21	7.4	21 781
Lee County	3	2.1	760
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Table 71. Delayed from Receiving Health Care: Did Not Have Transportation

"Please tell me which of the following reasons have delayed you from getting preventive medical care in the past 12 months?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	34	5.3	32 470
Lee County	11	3.4	2 577
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Females			
NMHS Area	23	6.6	21 008
Lee County	8	4.3	1 703
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Males			
NMHS	11	3.9	11 479
Lee County	3	2.1	760
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Table 72: Could not Afford Needed Prescription Medicines

"Please tell me if you needed it during the past 12 months but didn't get it because you couldn't afford it."

	Number	Percentage	Population Projection
Total Sample			
NMHS	111	13.7	83 931
Lee County	60	14.8	11 219
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Females			
NMHS Area	65	15.4	49 018
Lee County	34	16.0	6 336
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Males			
NMHS	46	11.8	34 732
Lee County	27	13.9	5 032
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Table 73: Could not Afford Needed Mental Health Care

"Please tell me if you needed it during the past 12 months but didn't get it because you couldn't afford it."

	Number	Percentage	Population Projection
Total Sample			
NMHS	41	5.0	30 632
Lee County	15	3.7	2 805
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Females			
NMHS Area	24	5.7	18 143
Lee County	8	3.8	1 505
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Males			
NMHS	17	4.3	12 656
Lee County	6	3.1	1 122
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Table 74. Could not Afford Needed Dental Care

"Please tell me if you needed it during the past 12 months but didn't get it because you couldn't afford it."

	Number	Percentage	Population Projection
Total Sample			
NMHS	155	19.1	117 013
Lee County	73	18.0	13 644
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Females			
NMHS Area	93	22.0	70 026
Lee County	46	21.8	8 633
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Males			
NMHS	62	15.9	46 800
Lee County	27	14.0	5 068
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Satisfaction with Health Care

Satisfactory care and related services can increase appropriate patient use of the health care system and, ultimately, improve health outcomes. Consequently, measures are an important way to evaluate the quality of the Nation's health care system.

Adapted from Healthy People 2010

Table 75. Doctors or Health Providers Listened Carefully to You

"In the last 12 months, how often did doctors or other health providers listen carefully to you?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	376	59.5	364 518
Lee County	190	58.8	44 572
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Females			
NMHS Area	199	56.9	181 112
Lee County	105	56.8	22 492
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Males			
NMHS	177	62.8	184 844
Lee County	85	62.5	22 627
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Satisfaction With Health Care

Table 76. Doctors or Health Providers Explained Things Clearly

"In the last 12 months, how often did doctors or other health providers explain things in a way you could understand?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	413	65.3	400 051
Lee County	217	67.0	50 787
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Females			
NMHS Area	226	64.6	205 621
Lee County	113	60.8	24 076
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Males			
NMHS	187	66.3	195 145
Lee County	104	74.8	27 080
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Table 77. Doctors or Health Providers Showed Respect

"In the last 12 months, how often did doctors or other health providers show respect for what you had to say?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	416	65.9	403 727
Lee County	223	69.0	52 303
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Females			
NMHS Area	227	64.9	206 576
Lee County	125	67.6	26 769
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Males			
NMHS	189	67.3	198 089
Lee County	98	71.0	25 704
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Table 78. Doctors or Health Providers Spent Enough Time

"In the last 12 months, how often did doctors or other health providers spend enough time with you?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	357	56.5	346 139
Lee County	191	59.0	44 723
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Females			
NMHS Area	190	54.4	173 155
Lee County	103	55.4	21 938
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A
Males			
NMHS	167	59.0	173 659
Lee County	88	63.3	22 916
Mississippi BRFSS Estimates	N/A	N/A	N/A
National BRFSS Median	N/A	N/A	N/A

Table 79. Received Best Possible Care

"How do you rate all of your health care in the last 12 months from all doctors and other health providers?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	485	77.6	475 406
Lee County	267	83.2	63 067
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Females			
NMHS Area	276	81.2	258 459
Lee County	148	81.8	32 392
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Males			
NMHS	209	73.1	215 160
Lee County	119	85.6	30 990
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Health Communication

Health communication encompasses the study and use of communication strategies to inform and influence individual and community decisions that enhance health. It links the domains of communication and health and is increasingly recognized as a necessary element of efforts to improve personal and public health. Health communication can contribute to all aspects of disease prevention and health promotion and is relevant in a number of contexts, including (1) health professional-patient relations, (2) individuals' exposure to, search for, and use of health information, (3) individuals' adherence to clinical recommendations and regimens, (4) the construction of public health messages and campaigns, (5) the dissemination of individual and population health risk information, that is, risk communication, (6) images of health in the mass media and the culture at large, (7) the education of consumers about how to gain access to the public health and health care systems, and (8) the development of telehealth applications.

- Healthy People 2010

Table 80. Internet Access: Have internet access

"Do you have access to the Internet at home, work, or school?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	428	52.9	324 084
Lee County	252	62.7	47 528
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Females			
NMHS Area	205	48.8	155 330
Lee County	123	58.6	23 205
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Males			
NMHS	223	57.3	168 655
Lee County	129	67.2	24 328
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Table 81. Know How to Obtain Medical Information on the Internet

"Do you know how to obtain medical information from the Internet?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	343	80.1	490 721
Lee County	197	78.5	59 505
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Females			
NMHS Area	162	79.0	251 456
Lee County	100	81.3	32 194
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Males			
NMHS	181	81.2	239 002
Lee County	97	75.8	27 442
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Table 82. Can Obtain Help Finding Information on the Internet

"If you wanted to obtain medical information from the Internet in the future, could someone you know help you get it?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	372	81.2	497 460
Lee County	173	86.5	65 569
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Females			
NMHS Area	204	79.4	252 729
Lee County	93	85.3	33 778
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Males			
NMHS	168	84.0	247 243
Lee County	80	87.0	31 497
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Table 83. Source of Information on Health Care Services: BellSouth Real Yellow Pages

"Which of the following sources have you used to obtain information on area healthcare services or specific medical problems?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	387	48.1	294 678
Lee County	227	57.0	43 207
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Females			
NMHS Area	234	55.7	177 293
Lee County	127	61.4	24 314
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Males			
NMHS	153	39.6	116 557
Lee County	100	52.4	18 970
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Table 84. Source of Information on Health Care Services: The Yellow Book or Southern Directory

"Which of the following sources have you used to obtain information on area healthcare services or specific medical problems?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	257	32.2	197 269
Lee County	149	37.6	28 502
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Females			
NMHS Area	148	35.6	113 314
Lee County	75	36.4	14 414
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Males			
NMHS	109	28.5	83 886
Lee County	74	38.9	14 083
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Table 85. Source of Information on Health Care Services: The Nurse Link Call Center

"Which of the following sources have you used to obtain information on area healthcare services or specific medical problems?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	165	20.6	126 203
Lee County	158	39.8	30 169
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Females			
NMHS Area	101	24.1	76 710
Lee County	90	43.5	17 226
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Males			
NMHS	63	16.5	48 566
Lee County	68	35.8	12 961
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Table 86. Source of Information on Health Care Services: Information Mailed to Your Home

"Which of the following sources have you used to obtain information on area healthcare services or specific medical problems?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	232	28.8	176 439
Lee County	100	25.0	18 951
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Females			
NMHS Area	140	33.4	106 312
Lee County	56	27.1	10 731
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Males			
NMHS	93	24.0	70 641
Lee County	44	22.9	8290
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Table 87. Source of Information on Health Care Services: Local Hospital

"Which of the following sources have you used to obtain information on area healthcare services or specific medical problems?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	397	49.3	302 030
Lee County	209	52.3	39 644
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Females			
NMHS Area	229	54.5	173 473
Lee County	104	50.0	19 800
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Males			
NMHS	168	43.5	128 037
Lee County	105	54.7	19 803
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Table 88. Source of Information on Health Care Services: "The Desk"

"Which of the following sources have you used to obtain information on area healthcare services or specific medical problems?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	152	19.0	116 401
Lee County	111	28.2	21 376
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Females			
NMHS Area	102	24.2	77 028
Lee County	65	32.0	12 672
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Males			
NMHS	51	13.4	39 441
Lee County	46	24.1	8 725
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Table 89. Source of Information on Health Care Services: The Internet

"Which of the following sources have you used to obtain information on area healthcare services or specific medical problems?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	226	28.0	171 538
Lee County	132	33.1	25 090
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Females			
NMHS Area	118	28.0	89 124
Lee County	64	30.9	12 236
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Males			
NMHS	108	28.0	82 414
Lee County	68	35.4	12 816
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Involvement with Community Affairs

The degree of social integration or connection and the social networks in which people are embedded are related to morbidity and mortality. Like economic inequality, social cohesion and social capital are associated with health.

- Adapted from The Institute of Medicine 2001 Report

Table 90. Involved With Local Organizations

"Are you actively involved with any local organizations?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	242	29.8	182 566
Lee County	145	36.2	27 440
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Females			
NMHS Area	131	31.0	98 673
Lee County	88	41.9	16 592
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Males			
NMHS	111	28.5	83 886
Lee County	57	30.0	10 861
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Table 91. Attend Church Regularly

"Do you attend church regularly?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	552	68.1	417 205
Lee County	282	70.0	53 061
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Females			
NMHS Area	322	76.3	242 862
Lee County	159	75.4	29 858
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Males			
NMHS	230	59.1	173 953
Lee County	123	64.1	23 206
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Table 92. Feel Very Much At Home in My Community

"To what degree do you feel at home in your community?"

	Number	Percentage	Population Projection
Total Sample			
NMHS	617	76.6	469 279
Lee County	305	76.1	57 685
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Females			
NMHS Area	322	76.5	243 499
Lee County	158	75.2	29 778
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Males			
NMHS	295	76.8	226 051
Lee County	147	77.0	27 876
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Involvement with Community Affairs

Table 93. Very Interested in Community			
"How interested are you in knowing what goes on in your community?"			
	Number	Percentage	Population Projection
Total Sample			
NMHS	494	61.3	375 546
Lee County	262	64.9	49 195
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Females			
NMHS Area	259	61.7	196 390
Lee County	135	64.3	25 462
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Males			
NMHS	235	60.7	178 663
Lee County	127	66.1	23 930
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Table 94. Very Sorry If Had to Leave My Community			
"Suppose that for some reason you had to move away from your community, how sorry would you be to leave?"			
	Number	Percentage	Population Projection
Total Sample			
NMHS	419	53.3	326 535
Lee County	199	50.1	37 977
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Females			
NMHS Area	233	55.7	177 293
Lee County	116	55.5	21 977
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA
Males			
NMHS	186	50.5	148 640
Lee County	84	44.2	16 002
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Involvement with Community Affairs

Table 95. Years in the Community	
"How many years in a row have you lived in your current community?"	
	Mean Years
NMHS	
Females	24.05
Males	22.71
Lee County	
Females	19.61
Males	17.68

Sex Specific Health Issues

Female Health Issues

Table 96. Ever had a Mammogram:
Have had one

"Have you ever had a mammogram?"

	Number	Percentage	Population Projection
Females			
NMHS	260	61.8	378 609
Lee County	129	61.4	46 542
Mississippi BRFSS Estimates	796	58.9	604 453
National BRFSS Median	N/A	60.6	N/A

Table 97. Mammogram: Within the Last Year¹³

"How long has it been since you had your last mammogram?"

	Number	Percentage	Population
Females			
NMHS Area	165	64.5	N/A
Lee County	87	68.0	N/A
Mississippi BRFSS Estimates	454	60.6	N/A
National BRFSS Median	N/A	65.6	N/A

Table 98. Reasons for Getting a Mammogram

"Was your last mammogram a routine checkup, because of a breast problem other than cancer, or because you've had breast cancer?"

	Routine Checkup	Breast Problem Not Cancer	Breast Cancer
Females			
NMHS	221	31.0	6
Lee County	114	11.0	3
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

¹³ Among females who have ever had a mammogram

Table 99. Ever had a Clinical Breast Exam: Have had one

"Have you ever had a clinical breast exam?"

	Number	Percentage	Population Projection
Females			
NMHS Area	346	82.6	262 915
Lee County	180	86.1	34 095
Mississippi BRFSS Estimates	1146	87.1	893 852
National BRFSS Median	N/A	89.0	N/A

Table 100. Breast Exam: Within the Last Year¹⁴

"How long has it been since your last breast exam?"

	Number	Percentage	Population Projection
Females			
NMHS Area	234	69.2	N/A
Lee County	134	75.7	N/A
Mississippi BRFSS Estimates	799	71.7	N/A
National BRFSS Median	N/A	75.9	N/A

Table 101. Reasons for Getting a Clinical Breast Exam

"Was your last clinical breast exam a routine checkup, because of a breast problem other than cancer, or because you've had breast cancer?"

	Routine Checkup	Breast Problem Not Cancer	Breast Cancer
Females			
NMHS	314	26.0	5
Lee County	166	10.0	2
Mississippi BRFSS Estimates	1087	51.0	6
National BRFSS Median	N/A	N/A	N/A

¹⁴ Among females who have ever had a breast exam

Sex Specific Health Issues

Table 102. Ever had a Pap Smear:
Have had one

"Have you ever had a pap smear?"

	Number	Percentage	Population Projection
Females			
NMHS Area	398	94.8	301 747
Lee County	201	95.3	37 738
Mississippi BRFSS Estimates	1249	95.2	976 977
National BRFSS Median	N/A	95.1	N/A

Table 103. Pap Smear: Within the Last Year¹⁵

"How long has it been since you had your last pap smear?"

	Number	Percentage	Population Projection
Females			
NMHS Area	249	63.5	N/A
Lee County	136	68.7	N/A
Mississippi BRFSS Estimates	780	64.8	N/A
National BRFSS Median	N/A	69.2	N/A

Table 104. Reasons for Getting a Pap Smear

"Was your last pap smear done as part of a routine exam or to check a current or previous problem?"

	Routine Checkup	Breast Problem Not Cancer	Breast Cancer
Females			
NMHS	369	27.0	1
Lee County	194	6.0	0
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

¹⁵ Among females who have ever had a pap smear

Table 105. Hysterectomy: Have had one			
"Have you had a hysterectomy?"			
	Number	Percentage	Population Projection
Females			
NMHS Area	135	32.3	102 811
Lee County	63	30.0	11 880
Mississippi BRFSS Estimates	431	32.2	330 448
National BRFSS Median	N/A	22.7	N/A

Table 106. Pregnant: Currently pregnant			
"To your knowledge, are you now pregnant?"			
	Number	Percentage	Population Projection
Females			
NMHS Area	7	3.8	12 095
Lee County	4	4.7	1 861
Mississippi BRFSS Estimates	18	3.8	38 997
National BRFSS Median	N/A	4.9	N/A

Male Health Issues

Table 107. Proctoscopic Exam:			
Have had one			
How long has it been since you had your last proctoscopic exam?			
	Number	Percentage	Population Projection
Males			
NMHS	55	16.8	49 449
Lee County	23	12.9	4 670
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Table 108. Testicular Exam: Within the Last Year			
How long has it been since you had your last testicular exam?			
	Number	Percentage	Population Projection
Males			
NMHS	82	24.8	72 996
Lee County	46	27.8	10 064
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Table 109. Colorectal Cancer Screening: Within the Last Year			
How long has it been since you had your last colorectal cancer screening?			
	Number	Percentage	Population Projection
Males			
NMHS	16	6.9	20 309
Lee County	7	5.9	2 136
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Table 110. Prostate Cancer Screening: Within the Last Year			
How long has it been since you had your last prostate cancer screening?			
	Number	Percentage	Population Projection
Males			
NMHS	32	13.4	39 441
Lee County	18	14.9	5 394
Mississippi BRFSS Estimates	DNA	DNA	DNA
National BRFSS Median	DNA	DNA	DNA

Ten Leading Health Indicators

Physical Activity¹⁶

Regular physical activity throughout life is important for maintaining a healthy body, enhancing psychological well-being, and preventing premature death. Regular physical activity decreases the risk of death from heart disease, lowers the risk of developing diabetes, and is associated with a decreased risk of colon cancer. Regular physical activity helps prevent high blood pressure and plays a role in decreasing existing high blood pressure.

Overweight and Obesity

Overweight and obesity raise the risk of illness from high blood pressure, high cholesterol, type 2 diabetes, heart disease and stroke, gallbladder disease, arthritis, sleep disturbances and problems breathing, and endometrial, breast, prostate, and colon cancers. Obese individuals may also suffer from social stigmatization, discrimination, and lowered self-esteem.

Tobacco Use

Cigarette smoking is the single most preventable cause of disease and death in the United States. Smoking results in more deaths each year in the United States than AIDS, alcohol, cocaine, heroin, homicide, suicide, motor vehicle crashes, and fires -combined. Smoking is a major risk factor for heart disease, stroke, lung cancer, and chronic lung diseases. Smoking during pregnancy can result in miscarriages, premature delivery, and sudden infant death syndrome. Environmental tobacco smoke (ETS) increases the risk of heart disease and significant lung condition, especially asthma and bronchitis in children. ETS is responsible for an estimated 3,000 lung cancer deaths each year among adult nonsmokers.

Substance Abuse

Alcohol and illicit drug use are associated many of this country's most serious problems, including child and spousal abuse; sexually transmitted diseases including HIV infection; teen pregnancy; school failure; motor vehicle crashes; rising health care costs; low worker productivity; and homelessness. Alcohol and illicit drug use also can result in substantial disruptions in family, work, and personal life.

Responsible Sexual Behavior

Unintended pregnancies and sexually transmitted diseases (STDs), including infection with the human immunodeficiency virus (HIV) that causes AIDS, can result from unprotected sexual behaviors. Abstinence is the only method of complete protection. Condoms, if used correctly and consistently, can help prevent both unintended pregnancy and STDs.

Mental Health

Mental health is a state of successful mental functioning, resulting in productive activities, fulfilling relationships, and the ability to adapt to change and cope with adversity. Mental health is indispensable to personal well-being, family and interpersonal relationships, and one's contribution to society. Approximately 20 percent of the U.S. population are affected by *mental illness* during a given year; no one is immune. Of all mental illnesses, *depression* is the most common disorder. More than 19 million adults in the United States suffer from depression. Major depression is the leading cause of disability and is the cause of more than two-thirds of suicides each year.

¹⁶ Description provided by *Healthy People in Healthy Communities: A Community Planning Guide Using Healthy People 2010*.

Injury and Violence

More than 400 Americans die each day due primarily to motor vehicle crashes, firearms, poisonings, suffocation, falls, fires, and drowning. The risk of injury is so great that most persons sustain a significant injury at some time during their lives.

Environmental Quality

An estimated 25 percent of preventable illnesses worldwide can be attributed to poor environmental quality. In the United States, air pollution alone is estimated to be associated with 50,000 premature deaths and an estimated \$40 billion to \$50 billion in health-related costs annually. Two indicators of air quality are ozone (outdoor) and environmental tobacco smoke (indoor).

Immunization

Vaccines are among the greatest public health achievements of the 20th century. Immunizations can prevent disability and death from infectious diseases for individuals and can help control the spread of infections within communities. Immunizations against influenza and pneumococcal disease can prevent serious illness and death. Pneumonia and influenza deaths together constitute the 6th leading cause of death in the United States.

Access to Health Care

Strong predictors of access to quality health care include having health insurance, a higher income level, and a regular primary care provider or other source of ongoing health care. Persons with health insurance are more likely to have a specific source of care and to have received appropriate preventive care.

Table 111. Ten Leading Health Indicators¹⁷					
	Primary Data		BRFSS Estimates		2010
	NMHS Area	Lee County	Mississippi	National Median	Targets
Physical Activity					
No activity	40.9	39.8	DNA ¹⁸	DNA	N/A
Irregular activity	41.0	42.3	DNA	DNA	N/A
Regular activity	25.7	22.7	DNA	DNA	30.0
Overweight & Obesity					
Overweight	63.8	58.8	62.3	56.2	N/A
Obese	26.8	23.8	23.2	19.8	15.0
Healthy weight	36.2	41.2	37.7	43.8	N/A
Tobacco Use					
Current smoker	25.0	24.7	22.9	22.6	12.0
Tried to quit	60.6	61.0	55.3	51.3	N/A
Substance Abuse					
Current drinker	31.7	36.0	38.6	54.2	N/A
Binge drinker	13.8	12.1	32.0	28.3	6.0
Drinking and driving	2.1	1.7	7.1	4.6	N/A
Responsible Sexual Behavior					
	DNC ¹⁹	DNC	DNC	DNC	N/A
Mental Health					
Poor mental health	30.7	34.2	31.1	31.2	N/A
Activities limited by health	23.1	22.0	18.9	18.2	N/A
Injury and Violence					
Bicycle helmet use (Youth)	19.4	18.8	25.8	44.8	N/A
Seatbelt use (Youth)	88.7	86.2	N/A	N/A	N/A
Checked smoke detectors	37.4	35.1	35.3	33.5	N/A
Environmental Quality					
	DNC	DNC	DNC	DNC	N/A
Immunization					
Flu shot	35.7	37.8	31.0	31.3	90.0
Pneumonia vaccination	22.3	20.6	18.8	18.4	90.0
Access to Health Care					
No health coverage	16.0	17.3	17.1	12.4	100.0
Routine checkup in past year	72.9	70.0	70.2	70.6	N/A

¹⁷ This table is intended as a brief summary of the 10 Leading Health Indicators. More thorough descriptions and analyses of these variables are provided in previous sections.

¹⁸ DNA Data not available through the BRFSS

¹⁹ DNC Data not collected

The NMHS Catchment Area Compared to Mississippi and the Nation

A Step Behind

- The percentage of adults who report poor overall health status is greater among adults in the NMHS Catchment Area (25.1 percent) than the national median (13.1 percent)
- The percentage of adults who report that they could not afford health care in the past 12 months is greater among adults in the NMHS Catchment Area (18.0 percent) than the national median (13.1 percent)
- The prevalence of overweight adults is greater in the NMHS Catchment Area (63.8 percent) than the national median (56.2 percent)
- The prevalence of obese adults is greater in the NMHS Catchment Area (26.8 percent) than the national median (19.8 percent)
- Fewer adults in the NMHS Catchment Area report that their child(ren) always or almost always wears a bicycle helmet (19.4 percent) than Mississippi adults (25.8 percent) or the national median (43.8 percent)
- Fewer adults in the NMHS Catchment Area report a dental visit in the past year (52.4 percent) than Mississippi adults (58.9 percent) or the national median (68.1 percent)
- The prevalence of adults who report having had a blood stool test in the past year is lower among adults in the NMHS Catchment Area (22.3 percent) than the national median (31.1 percent)
- Fewer adult females in the NMHS Catchment Area report having had a breast exam in the past year (69.2 percent) than Mississippi adults (87.1 percent) or the national median (89.0 percent)
- Fewer adult females in the NMHS Catchment Area report having had a pap smear in the past year (63.5 percent) than the national median (69.2 percent)

A Step Ahead

- The prevalence of adult smokers who have attempted to quit within the past year is higher among adults in the NMHS Catchment Area (60.6 percent) than in Mississippi (55.3 percent) or the national median (51.3 percent).
- The percentage of adults who report binge drinking in the past month is lower among adults in the NMHS Catchment Area (13.8 percent) than among Mississippi adults (32.0 percent) or the national median (28.3 percent).

Lee County Compared to Mississippi and the Nation

A Step Behind

- The percentage of adults who report poor overall health status is greater among adults in Lee County (18.9 percent) than the national median (13.1 percent)
- The percentage of adults who report that they could not afford health care in the past year is greater among adults in Lee County (19.0 percent) than the National median (9.6 percent)
- Fewer adults in Lee County report that their child(ren) always or almost always wear a bicycle helmet (18.8 percent) than Mississippi adults (25.8 percent) or the national median (21.1 percent)
- Fewer adults in Lee County report a dental visit in the past year (57.5 percent) than the national median (68.1 percent)
- The prevalence of adults who report having had a blood stool test in the past year is lower among Lee County adults (23.5 percent) than the national median (31.1 percent)
- The prevalence of adults who report having had a blood cholesterol test in the past year is lower among Lee County adults (67.8 percent) than the national median (73.6 percent)
- Fewer adult females in Lee County report having had a breast exam in the past year (81.1 percent) than Mississippi adults (87.1 percent) or the national median (89.0 percent)

A Step Ahead

- The prevalence of adult smokers who have attempted to quit within the past year is higher among Lee County adults (61.0 percent) than in Mississippi (55.3 percent) or the national median (51.1 percent)
- The percentage of adults who report having had a flu shot in the past year is greater among adults in Lee County (37.8 percent) than among Mississippi adults (31.0 percent) or the national median (31.3 percent).
- The percentage of adults who report binge drinking in the past month is lower among adults in Lee County (12.1 percent) than among Mississippi adults (32.0 percent) or the national median (18.3 percent).

Appendix A

Resources

BRFSS

<http://www.cdc.gov/nccdphp/brfss/>

Community Health Status Indicators Web site

www.communityhealth.hrsa.gov/

Healthfinder - the Federal gateway to health information

www.healthfinder.gov

Healthy People 2010

<http://www.health.gov/healthypeople/>

Mississippi State Department of Health

<http://www.msdh.state.ms.us/tobacco/index.htm>

Ritchie, J. et al. (2001). *North Mississippi Health Services Community Health Assessment: A Report of Sociodemographic and Health Indicators*. A report of the Social Science Research Center at Mississippi State University.

State Profile of Mississippi

stateprofiles.hrsa.gov/1999/MS199901SP.htm

Appendix B

Behavioral Risk Factor Surveillance System (BRFSS)²⁰	
Sponsor	U.S. Department of Health and Human Services, Centers for Disease Control and Prevention (CDC), National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP).
Mode of Administration	Telephone interview.
Survey Sample Design	Data collection is conducted separately by each State. Sample design uses State-level, random-digit-dialed probability samples of the adult (aged 18 years and over) population. Most States currently use disproportionate random sampling methods. Increasing State participation over time, with 15 States in 1984 and all 50 States and the District of Columbia since 1994. In 1998, State-specific sample sizes ranged from 1,499 to 6,005. The median sample size was 2,648.
Response Rates	State response rates vary from year to year. In 1998, upper-bound response rates ranged from 45 to 95 percent (median response rate: 73 percent).
Primary Survey Content	The survey consists of a core of questions asked in all States, standardized optional questions on selected topics that are administered at the State's discretion, a rotating core of questions asked every other year in all States, and State-added questions developed to address State-specific needs. Questions cover behavioral risk factors (for example, alcohol and tobacco use), preventive health measures, HIV/AIDS, health status, limitation of activity, and health care access and utilization.
Population Targeted	Civilian, noninstitutionalized population 18 years of age and older who reside in households with telephones.
Demographic Data	Gender, age, educational attainment, race/ethnicity, household income, employment status, and marital status.
Years Collected	Annually since 1984.
Schedule	Annual.
Geographic Estimates	National; State; smaller area estimates possible in some States.
Notes	The BRFSS is a partnership between State Health Departments and CDC; CDC provides about one-half of the financial resources for States to use for data collection efforts. States have substantial input on questions used by all States through the BRFSS. Many Healthy People objectives are tracked with questions that are asked every other year or are optional. Persons who do not have telephones or have telephones but are either in institutional settings or cannot be understood over the telephone are excluded.

²⁰ Tables provided by *Healthy People 2010*,
http://www.health.gov/healthypeople/document/html/tracking/THP_PartC.htm

Appendix B

National Health Interview Survey (NHIS)	
Sponsor	U.S. Department of Health and Human Services, Centers for Disease Control and Prevention (CDC), National Center for Health Statistics (NCHS).
Mode of Administration	Personal interview in households using computer-assisted personal interviewing (CAPI), administered by professional interviewers, and conducted in English and Spanish (for CAPI, Spanish version was initiated in mid-1998).
Survey Sample Design	The NHIS uses a stratified multistage probability design that permits a continuous sampling of 358 primary sampling units (PSUs), with over-sampling of African Americans and Hispanics. A typical NHIS sample for the data collection years 1995–2004 consists of approximately 7,000 second-stage units (segments) within a PSU. The expected sample of 43,000 occupied respondent households yields a probability sample of about 111,000 persons. The survey is designed so that the sample scheduled for each week is representative of the target population and the weekly samples are additive over time.
Response Rates	Response rates for the basic NHIS core questionnaire have ranged from 91 to 96 percent over the years, with rates of sample person components generally ranging from 85 to 90 percent of eligible respondents. Response rates for special health topics (supplements) have generally also been in this lower range. The effect, if any, of the new CAPI technology is not yet known.
Primary Survey Content	Information is obtained on demographic characteristics, illnesses, injuries, impairments, chronic conditions, utilization of health resources, health insurance, and other health topics. The core household interview asks about everyone in the household. Additional questions are asked of one sample adult and one sample child (under 18 years) per family in the household. The sample adult questionnaire includes chronic health conditions and limitations in activity, health behaviors, health care access, health care provider contacts, immunizations, and AIDS knowledge and attitudes. The sample child questionnaire includes questions about chronic health conditions, limitation of activities, health status, behavior problems, health care access and utilization, and immunizations. Child data are proxy-reported by a parent or other knowledgeable adult respondent. Adult sample person data are all self-reported. Special modules are fielded periodically, and cover areas such as cancer, prevention, and disability.
Population Targeted	Civilian noninstitutionalized population residing in the United States, all ages.
Demographic Data	Gender, age, race/Hispanic ethnicity, education, income, marital status, place of birth, industry, and occupation.
Years Collected	Continuously since 1957. Current sample design began in 1995; current questionnaire design began in 1997.
Schedule	Annual.
Geographic Estimates	National; four U.S. Census Bureau regions; some of the 10 HHS regions, some States; metropolitan and nonmetropolitan areas.

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