

Exercise Among Mississippi Adults in 2020

The Mississippi Behavioral Risk Factor Surveillance System (BRFSS) is conducted annually to monitor the prevalence of behaviors that contribute to the leading causes of morbidity and mortality among adults in our state. The 2020 Mississippi BRFSS was completed by 6,479 Mississippians aged 18 years or older.

About Exercise and Physical Activity

- Regular physical activity helps to maintain the functional **independence** of older adults and enhances the **quality of life** for people of all ages.
- Adequate physical activity levels can **prevent** 1 in 10 premature deaths, as well as aid in the prevention of 1 in 8 cases of colorectal cancer, 1 in 12 cases of diabetes, and 1 in 15 cases of heart disease.¹
- The role of physical activity in **preventing coronary heart disease** (CHD) is of particular importance, given that CHD has been the leading cause of death in the United States and Mississippi in recent years.^{2,3}

Self-Reported Exercise in Mississippi in 2020

- Seven out of every 10 adults (**70.0%**) reported participating in exercise outside of work during the past month.⁴
- The percentage of respondents participating in exercise was **significantly lower** among **females** (60.0%) compared to males (74.4%).⁴ (Figure 1)
- The percentage of respondents participating in exercise was **significantly lower** among **Black respondents** (66.5%) compared to White (71.9%) respondents.⁴ (Figure 2)
- The percentage of respondents participating in exercise was significantly **lower** among **Black females** (63.5%) compared to **White males** (76.8%).⁴ (Figure 3)
- The percentage of participating in exercise was **higher** among **Hispanic** respondents (79.5%*) compared to non-Hispanic respondents (69.8%), although the difference was not statistically significant.⁴ (Figure 4)

Definitions

- In this report, “**exercise**” is defined as any physical activity such as running, calisthenics, golf, gardening, or walking that was done outside of a respondent’s regular job in the past month.
- In this report, “**Other Race**” refers to adults who reported their race/ethnicity as anything other than White or Black Non-Hispanic or any race and Hispanic.
- The difference between two estimates is considered **statistically significant** (also stated as “significantly higher/lower” or “significant” in this fact sheet) if the 95% confidence intervals do not overlap.

Figure 1. Percent of Respondents Who Exercised in the Past Month by Gender, MS, 2020



Figure 2. Percent of Respondents Who Exercised in the Past Month by Race, MS, 2020

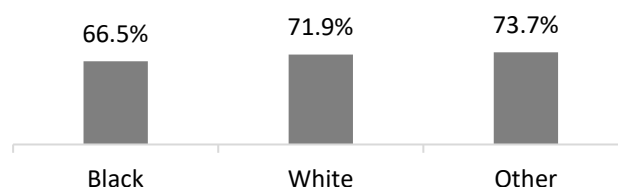


Figure 3. Percent of Respondents Who Exercised in the Past Month by Race & Gender, 2020

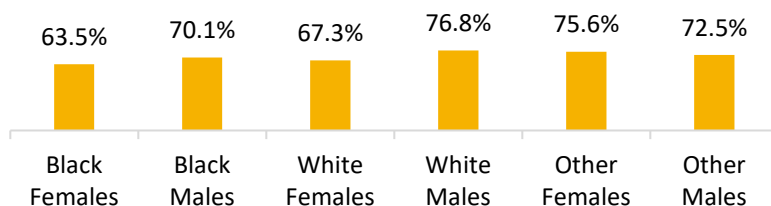
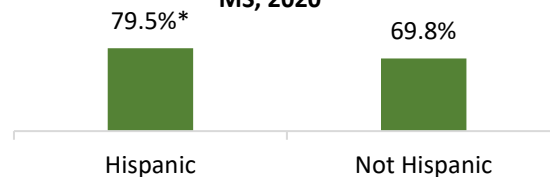


Figure 4. Percent of Respondents Who Exercised in the Past Month by Ethnicity, MS, 2020



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

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

Exercise Among Mississippi Adults in 2020

Self-Reported Exercise in Mississippi in 2020 (continued)

- The percentage of exercising in the past month decreased as age increased. Physical activity was significantly **lower** among respondents **aged 55 to 64 years** (62.7%) and **65 years and older** (61.9%) compared to respondents aged **18 to 24 years** (79.5%) and **25 to 34 years** (75.7%).⁴ (Figure 5)
- The percentage of exercising in the past month decreased as education level decreased. Physical activity was significantly **lower** among adults who have **not completed a high school education** (54.3%) compared to respondents with higher levels of educational attainment.⁴ (Figure 6)
- The percentage of exercising in the past month decreased as annual household income decreased. Physical activity was significantly **lower** among adults with an annual household **income of less than \$15,000** (52.5%) compared to respondents with higher annual household incomes.⁴ (Figure 7)

Figure 5. Percent of Respondents Who Exercised in the Past Month by Age, MS, 2020

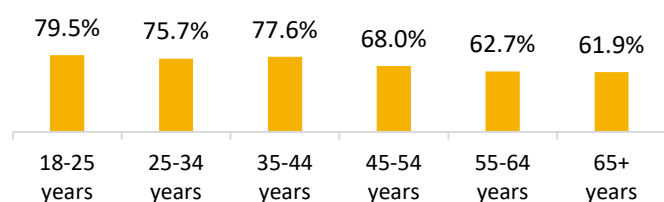


Figure 6. Percent of Respondents Who Exercised in the Past Month by Education, MS, 2020

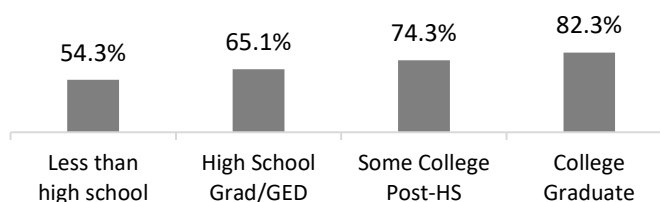
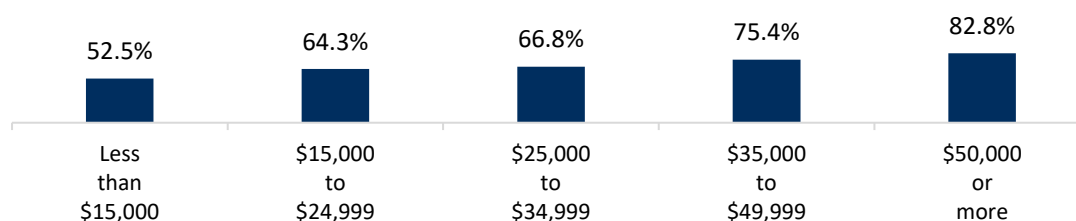


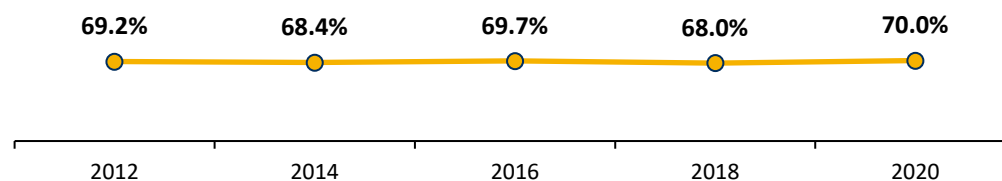
Figure 7. Percent of Respondents Who Exercised in the Past Month by Annual Household Income, MS, 2020



Exercise Trends in Mississippi

- There was **no significant change** in the percentage of adults who exercised in the past month in 2012 (69.2%) compared to 2020 (70.0%).⁴ (Figure 8)

Figure 8. 2012-2020 Trend of Exercise in the Past Month Among Adults in Mississippi



References

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