

Self-Reported Poor Mental Health Among Mississippi Adults in 2020

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

About Mental Health

- In both public and private medicine, the concept of **health-related quality of life** refers to the physical and mental health perceived by a person or a group of persons.¹
- Tracking health-related quality of life in different populations can aid in **identifying subgroups** with poor physical or mental health and can help in developing policies or interventions to improve their health.¹
- In 2020, **13.1%** of adults in the United States had 14 or more days when **mental health was not good**.²

Self-Reported Poor Mental Health in Mississippi in 2020

- Approximately 1 in 7 adults (**14.4%**) reported poor mental health during the past 30 days.²
- The percentage of poor mental health was **significantly higher** among **female adults** (18.8%) compared to male adults (9.6%).² (Figure 1)
- The percentage of poor mental health was **higher** among **White respondents** (14.7%) compared to Black (14.0%) and Other race (13.5%*) respondents, although the difference was not statistically significant.² (Figure 2)
- The percentage of poor mental health was **significantly higher** among **Other race females** (27.0%*), **White females** (19.4%), and **Black females** (17.3%) compared to White males (9.8%) and Black males (10.0%).² (Figure 3)

Definitions

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

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



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

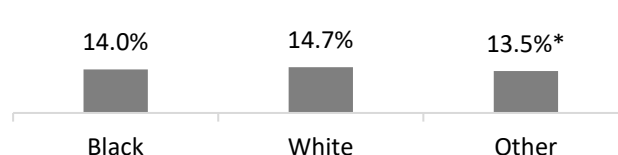
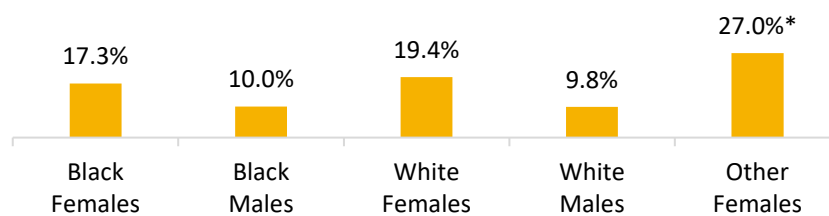


Figure 3. Percent of Respondents with Poor Mental Health in the Past 30 Days by Race & Gender, 2020



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

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

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

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Self-Reported Poor Mental Health in Mississippi in 2020 (continued)

- The percentage of poor mental health in the past 30 days was significantly **lower** among respondents **aged 65 years and older** (8.6%) compared to all respondents in younger age groups.² (Figure 4)
- The percentage of poor mental health was significantly **lower** among adults who have **graduated from college** (9.3%) compared to respondents with lower educational attainment.² (Figure 5)
- The percentage of poor mental health was significantly **higher** among adults with an annual household **income of less than \$15,000** (24.6%) compared to respondents belonging to annual household income groups of \$25,000 or higher.² (Figure 6)

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

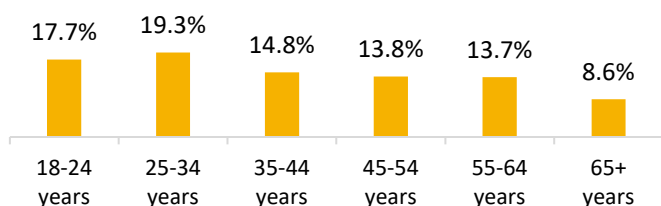


Figure 5. Percent of Respondents with Poor Mental Health in Past 30 Days by Education, MS, 2020

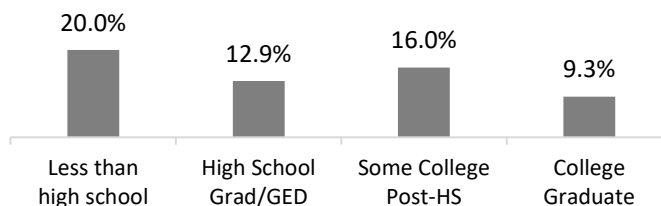
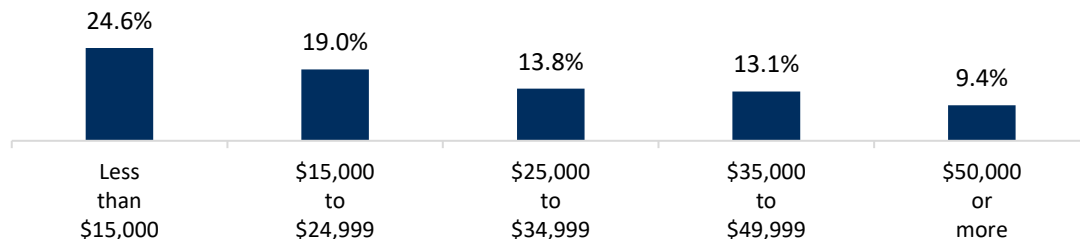


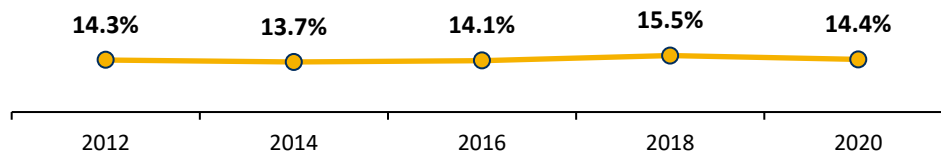
Figure 6. Percent of Respondents with Poor Mental Health in Past 30 Days by Annual Household Income, MS, 2020



Self-Reported Poor Mental Health Trends in Mississippi

- The percentage of adults who reported poor mental health in the past 30 days in 2020 (14.4%) was **not significantly different** than the percentage in 2012 (14.3%)² (Figure 7)

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



References

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

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