

Diabetes Among Adults in Mississippi in 2022

The Mississippi Behavioral Risk Factor Surveillance System (MS BRFSS) is conducted annually to monitor the prevalence of behaviors that contribute to the leading causes of morbidity and mortality among adults in our state. The 2022 MS BRFSS was completed by 4,239 Mississippians aged 18 years or older.

Background Information

- **Diabetes** is a chronic condition that causes the body to either not produce enough insulin or not use it effectively.²
- Insulin is produced in the pancreas and helps the body regulate the use of blood sugar. In diabetes, there is excess blood sugar in the blood stream, which can contribute to **other health conditions** like heart disease, kidney disease, and vision loss.
- The number of adults with diabetes has more than doubled over the last two decades, resulting in **37 million** adults having diabetes.
- Diabetes is the **eighth** leading cause of death in the U.S.,² and nearly 1,500 deaths were attributed to it in Mississippi in 2021.¹

Findings

- Overall, **15.3%** of adults had been told they had diabetes.
- Women (16.3%) had a **higher** rate of diabetes than men (14.3%); however, the difference was **not statistically significant** (Fig. 1).
- The percentage of diabetes was **highest** among Black, NH adults (16.8%), followed by adults of other races/ethnicities (14.9%), and White, NH adults (14.6%). There were **no statistically significant differences** in percentage among race/ethnicity groups (Fig. 2).
- Overall, the percentage of diabetes increased as age increased and was **significantly higher** among adults aged **55-64 years** (27.8%) and **65+ years** (26.7%) compared to adults of all examined younger age groups. The percentage among adults aged 18-24 years was suppressed due to low response (Fig. 3).

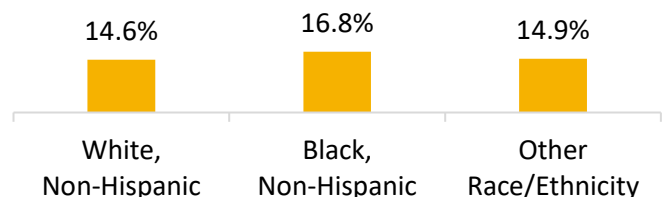
Definitions

- Diabetes Question: Has a doctor, nurse, or other health professional ever told you that you had diabetes?
- In this report, “**Other Race**” refers to adults who reported their race/ ethnicity as anything other than White, Non-Hispanic (NH) or Black, NH.
- 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. Percentage of Respondents Ever Told They Have Diabetes by Sex



Figure 2. Percentage of Respondents Ever Told They Have Diabetes by Race/Ethnicity



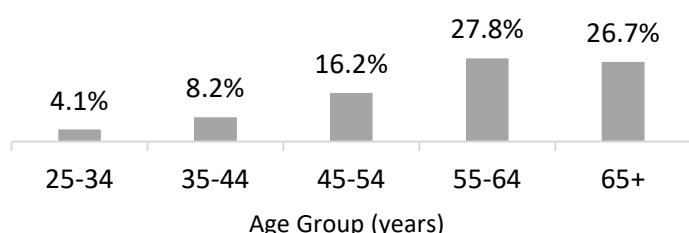
Note: In the 2022 MS BRFSS, the numbers of responses for individual races and ethnicities contained in the “Other Race” demographic group were too low to allow for meaningful estimates. To request additional race/ethnicity data, please [submit a data request using MSDH's online form](#).

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Findings (continued)

- The percentage of diabetes was **significantly higher** among adults who **did not graduate high school** (23.6%) compared to adults of all higher education levels (Fig. 4).
- Overall, the percentage of diabetes increased as annual household income decreased and was **significantly higher** among adults who earned **less than \$15,000** (24.3%) compared to adults who earned \$50,000 to \$74,999 (12.4%) and \$75,000 or more (10.4%) (Fig. 5).

Figure 3. Percentage of Respondents Ever Told They Have Diabetes by Age



Note: 18-24 years age group suppressed due to low response.

Figure 4. Percentage of Respondents Ever Told They Have Diabetes by Education Level

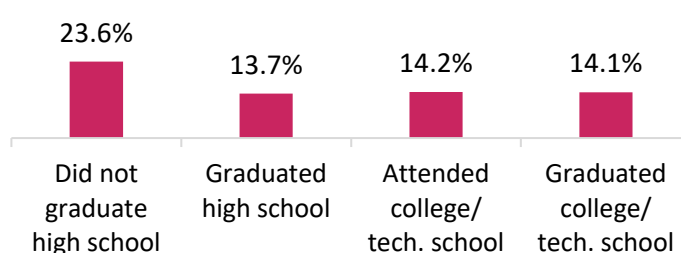
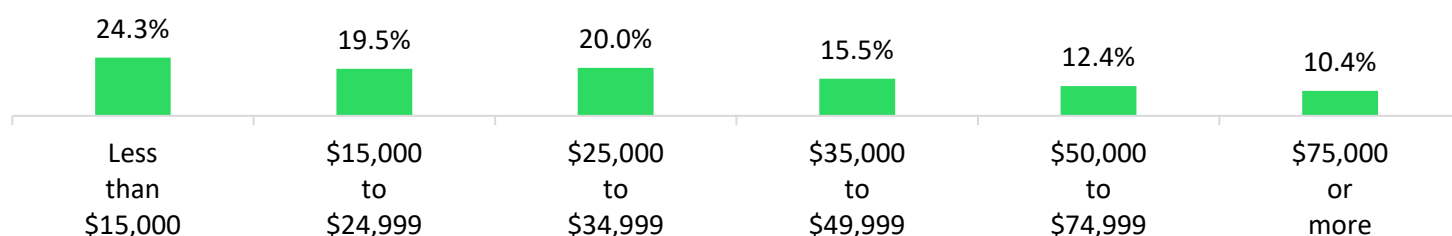


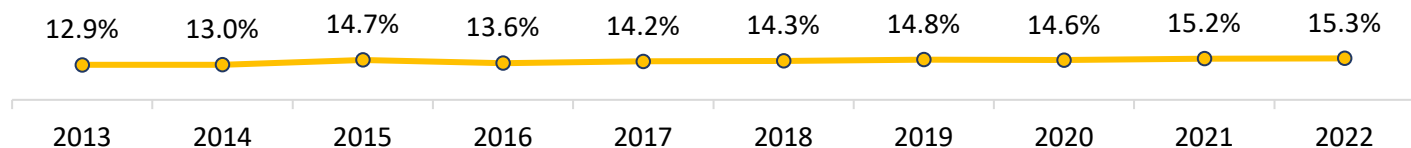
Figure 5. Percentage of Respondents Ever Told They Have Diabetes by Annual Household Income



Trends in Mississippi

- The percentage of diabetes **increased significantly** from 12.9% in 2013 to 15.3% in 2022 (Fig. 6).

Figure 6. Percentage of Adults Ever Told They Have Diabetes, 2013-2022



References

- Mississippi Statistically Automated Health Resource System (MSTAHRs). Mississippi State Department of Health. Generated interactively. <https://mstahrs.msdh.ms.gov/>. Accessed August 16, 2023.
- What is diabetes? Centers for Disease Control and Prevention. <https://www.cdc.gov/diabetes/basics/diabetes.html>. Reviewed April 24, 2023. Accessed August 17, 2023.

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