

# Alabama Profile

Alabama is among those states with the highest rates of death for several leading causes, including heart disease, cancer and stroke. These rates, as well as rates for diabetes-related causes, are notably higher for the state's black population. Health risk factors including high blood pressure, obesity and physical inactivity are each associated with these causes of death, and all are areas in which Alabama ranks among the worst in the nation. Rates of obesity and high blood pressure are substantially higher for the state's black population as compared with the state's white and Hispanic populations. Alabama ranks among states with the highest proportions of residents who have had a routine check-up within the past two years, and the proportion is best for the state's black population among the population groups presented. Less than seventy percent of the state's Hispanic and Asian/Pacific Islander populations have health insurance coverage.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Population (2008) (all ages)	69.1	26.5	2.9	0.6	1.1	<b>4,661,900</b>		
<b>Major causes of death (rate per 100,000)¶</b>								
All cause	931.6	1,133.0	330.2	338.9	348.1	<b>966.6</b>	+	52
Heart disease	256.1	298.7	66.1	92.1	85.7	<b>262.2</b>	+	52
Coronary heart disease	133.2	146.4	28.5	48.2	39.7	<b>134.4</b>	162.0	21
Total cancer	196.2	229.5	50.4	60.8	80.0	<b>200.8</b>	158.6	48
Colorectal cancer	17.5	26.6	*	*	*	<b>19.0</b>	13.7	43
Lung cancer	64.2	58.0	*	*	*	<b>62.2</b>	43.3	45
Stroke	54.2	83.8	15.1	*	*	<b>59.7</b>	50.0	53
Chronic lower respiratory diseases (age 45 & over)	153.3	75.9	*	*	*	<b>136.9</b>	62.3	39
Diabetes-related	66.6	135.6	31.9	37.2	33.1	<b>79.6</b>	46.0	36
Influenza and pneumonia	20.8	18.7	*	*	*	<b>20.2</b>	+	34
Unintentional injuries	54.5	47.9	61.9	*	30.1	<b>52.7</b>	17.1	44
Suicide	14.2	5.5	*	*	*	<b>11.9</b>	4.8	27
<b>Health risk factors (percent) §</b>								
Diagnosed high blood pressure (2007–2009)	30.2	43.5	30.4	28.6	*	<b>33.1</b>	+	52
Obesity (2007–2009) (age 20 & over)	29.0	42.8	32.3	28.9	14.0	<b>32.3</b>	15.0	53
No leisure-time physical activity (2007–2009)	28.0	34.7	26.6	21.8	35.1	<b>29.9</b>	20.0	49
Smoking currently (2007–2009)	23.8	20.3	25.0	24.8	9.2	<b>22.8</b>	12.0	46
Eats 5+ fruits and vegetables a day (2007–2009)	20.6	18.7	23.3	16.6	*	<b>20.4</b>	+	43
<b>Preventive care (percent) §</b>								
Cholesterol screening in past 5 yrs. (2007–2009)	75.8	76.4	70.7	84.0	*	<b>75.9</b>	80.0	22
Routine check-up in past 2 yrs. (2007–2009)	82.3	89.9	88.7	82.6	78.2	<b>84.7</b>	+	14
<b>Health insurance coverage (percent)</b>								
Health insurance coverage (2007–2009) (ages 18–64)	84.7	75.1	67.2	76.4	65.5	<b>81.5</b>	100.0	32

¶ Estimate age-adjusted and for all ages unless noted.

§ Estimate age-adjusted and for 18 years of age and over unless noted.

\* Figure does not meet standard of reliability or precision.

+ No Healthy People 2010 target associated with this health indicator.

NOTE: All data are from 2004–2006 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, Guam, Puerto Rico and Virgin Islands, where data are available and reliable.

NOTE: Healthy People targets correspond with the Healthy People 2010 Midcourse Review.

# Mississippi Profile

Mississippi has some of the highest rates of death in the U.S., ranking at or near the bottom for nearly all presented measures except chronic lower respiratory diseases and suicide. The state also ranks at or near the bottom for each of the presented health risk factors; it continues to have the highest proportion of residents with high blood pressure and obesity, and nearly has the highest proportion of residents reporting physical inactivity. The state's large black population shows high rates of high blood pressure, obesity, and physical inactivity. The state ranks among the lowest states with respect to health insurance coverage, and rates of coverage are notably lower for the state's black and Hispanic populations.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Population (2008) (all ages)	59.1	37.3	2.2	0.5	0.9	<b>2,938,618</b>		
<b>Major causes of death (rate per 100,000)¶</b>								
All cause	917.9	1,133.3	268.1	766.7	485.9	<b>975.8</b>	+	54
Heart disease	268.6	329.7	55.5	128.8	148.7	<b>284.0</b>	+	54
Coronary heart disease	171.2	198.5	43.2	98.4	98.7	<b>177.9</b>	162.0	48
Total cancer	195.3	246.0	27.1	138.3	116.1	<b>207.7</b>	158.6	51
Colorectal cancer	17.6	27.0	*	*	*	<b>20.1</b>	13.7	50
Lung cancer	66.4	68.2	*	*	*	<b>66.5</b>	43.3	50
Stroke	49.1	73.8	*	*	*	<b>55.5</b>	50.0	46
Chronic lower respiratory diseases (age 45 & over)	156.9	83.4	*	*	*	<b>136.6</b>	62.3	38
Diabetes-related	79.3	153.6	27.0	190.8	68.5	<b>99.0</b>	46.0	48
Influenza and pneumonia	20.9	24.1	*	*	*	<b>21.7</b>	+	45
Unintentional injuries	66.5	57.9	64.9	69.7	34.3	<b>63.2</b>	17.1	53
Suicide	16.0	5.5	*	*	*	<b>12.1</b>	4.8	31
<b>Health risk factors (percent) §</b>								
Diagnosed high blood pressure (2007–2009)	30.6	44.1	22.1	36.6	*	<b>34.9</b>	+	54
Obesity (2007–2009) (age 20 & over)	29.7	44.1	27.6	45.9	15.6	<b>34.3</b>	15.0	54
No leisure-time physical activity (2007–2009)	29.0	37.6	32.5	29.0	29.9	<b>32.1</b>	20.0	52
Smoking currently (2007–2009)	24.2	22.0	22.9	38.0	21.2	<b>23.3</b>	12.0	47
Eats 5+ fruits and vegetables a day (2007–2009)	17.8	15.9	26.1	15.3	*	<b>17.5</b>	+	51
<b>Preventive care (percent) §</b>								
Cholesterol screening in past 5 yrs. (2007–2009)	73.6	72.1	73.9	65.0	*	<b>73.2</b>	80.0	36
Routine check-up in past 2 yrs. (2007–2009)	75.2	83.3	78.6	67.2	86.4	<b>78.2</b>	+	39
<b>Health insurance coverage (percent)</b>								
Health insurance coverage (2007–2009) (ages 18–64)	82.2	68.5	61.2	76.4	76.6	<b>76.7</b>	100.0	48

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