The 2016 Public Health Report Card is brought to you by the Mississippi State Medical Association and the Mississippi State Department of Health.


25X25: The World Health Organization’s goal for a 25% reduction in premature mortality from noncommunicable diseases by year 2025.

Below are the 6 global targets and how Mississippi stacks up.

- **10% reduction**
  - Physical Inactivity
  - 32% of adults reported zero physical activity this month.

- **10% reduction**
  - Alcohol Misuse
  - 33% of high school students consumed alcohol this month.

- **25% reduction**
  - Raised Blood Pressure
  - 40% of adults have hypertension.

- **30% reduction**
  - Tobacco Use
  - 23% of adults smoke.

- **0% increase**
  - Obesity / Diabetes
  - 13% of adults have been diagnosed with diabetes.

- **30% reduction**
  - Salt / Sodium Intake
  - 5% of adults reported a stroke in the last year.

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Fellow Mississippians:

We are proud to report in this edition of the 2016 Public Health Report Card that Mississippi’s physicians and public health officials are joining the 25x25 initiative and our goal is a 25% reduction of premature mortality from noncommunicable diseases by the year 2025.

Noncommunicable diseases (NCDs) include four main types of diseases such as cardiovascular diseases (like heart attacks and stroke), cancers, chronic respiratory diseases (such as COPD and asthma) and diabetes which account for 88% of total deaths in the United States—approximately 2 million in 2014.

Mississippi consistently ranks at the bottom of public health studies, and our rates of heart disease, obesity, smoking and diabetes are among the highest in the nation. We can delay hundreds of premature deaths if Mississippians start exercising, eat healthily, and stop smoking and excessive drinking.

This report card presents six targets for reducing health risks, each accompanied by a corresponding statistic provided by the Mississippi State Department of Health. As you can see, we have our work cut out for us; but, we know where we are going, and we are working together to get to a healthier state.

Yours in Making Mississippi Healthier,

Daniel P. Edney, MD
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