

The Behavioral Risk Factor Surveillance System

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What Is the BRFSS?

- ❑ A System of State-Based Health Surveys
- ❑ Surveillance on Adults 18 Years and Older, Regarding:
 - Health conditions and health-risk behaviors,
 - Health care access and utilization,
 - Chronic health conditions and injuries,
 - Preventable infectious diseases.
- ❑ Archive for Data Collected 1984 to the Present
- ❑ Participation in All 50 states, DC, and 6 US Territories
- ❑ More than 450,000 interviews completed each year
- ❑ State- and County-level Health Data: **BEST SOURCE**

The Four Components of BRFSS

1. *Core Survey*

Implemented with Standardized Protocols. Includes Regular and Rotating Core Sections. Must Be Used in all States and Territories.

2. *Optional Survey Modules*

Sets of Questions about One Topic. Proposed by CDC Programs and other Agencies (e.g., SAMHSA, VA).

3. *State-Added Questions*

Developed by Each State to Meet Its Individual Needs and Issues.

4. *Special Project Additions*

Proposed on an As-Needed Basis, with Dedicated Funding (e.g., Asthma call-back, H1N1).

BRFSS Core Survey Topics

- ❑ Immunization
- ❑ HIV / AIDS
- ❑ Diabetes
- ❑ Asthma
- ❑ Cardiovascular Disease
- ❑ Alcohol Consumption
- ❑ Health Status
- ❑ Health Care Access
- ❑ Healthy Days
- ❑ Emotional Support / Life Satisfaction
- ❑ Disability
- ❑ Tobacco Use
- ❑ Sleep

Demographics

- ❑ Age
- ❑ Gender
- ❑ Race & ethnicity
- ❑ Marital status
- ❑ Education level
- ❑ Income
- ❑ Children in household
- ❑ Height & weight
- ❑ Pregnancy status
- ❑ Employment status
- ❑ Veteran Status
- ❑ Disabilities

BRFSS Rotating Core Topics

Even-Numbered Years

- ❑ Breast/Cervical Cancer Screening
- ❑ Prostate Screening
- ❑ Colorectal Cancer Screening
- ❑ Oral Health
- ❑ Falls
- ❑ Seatbelt Use
- ❑ Drinking & Driving

Odd-Numbered Years

- ❑ Fruits & Vegetables
- ❑ Hypertension Awareness
- ❑ Cholesterol Awareness
- ❑ Arthritis Burden
- ❑ Physical Activity

BRFSS Optional Survey Modules

- ❑ Adult Asthma History
- ❑ Anxiety & Depression
- ❑ Arthritis Management
- ❑ Cardiovascular Health
- ❑ Child Immunization
- ❑ Childhood Asthma
- ❑ Diabetes
- ❑ General Preparedness
- ❑ Healthy Days: Symptoms
- ❑ Home Environment
- ❑ Influenza
- ❑ Indoor Air Quality
- ❑ Intimate Partner Violence
- ❑ Osteoporosis
- ❑ Random Child Selection
- ❑ Reactions to Race
- ❑ Secondhand-Smoke Policy
- ❑ Sexual Violence
- ❑ Smoking Cessation
- ❑ Visual Impairment
- ❑ Weight Control
- ❑ And More...

BRFSS Response Rates

- ❑ Rates between 42-80% (median 67%) using AAPOR rate #2, for combined landline and cell*
 - Introduction and screening questions are the key
 - On average 35% of interviews on cell phones, in some states over 60%

*Cooperation rate

Who Uses BRFSS Data?

- ❑ State & Local Governments
- ❑ CDC Programs
- ❑ Other Federal Agencies
- ❑ Policymakers
- ❑ Universities
- ❑ Research/Nonprofit Organizations
- ❑ The Media
- ❑ Insurance Companies & Other Businesses
- ❑ The General Public

Thank You

For more information please contact Centers for Disease Control and Prevention

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The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.