

# 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 USTerritories
- ❑ 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.