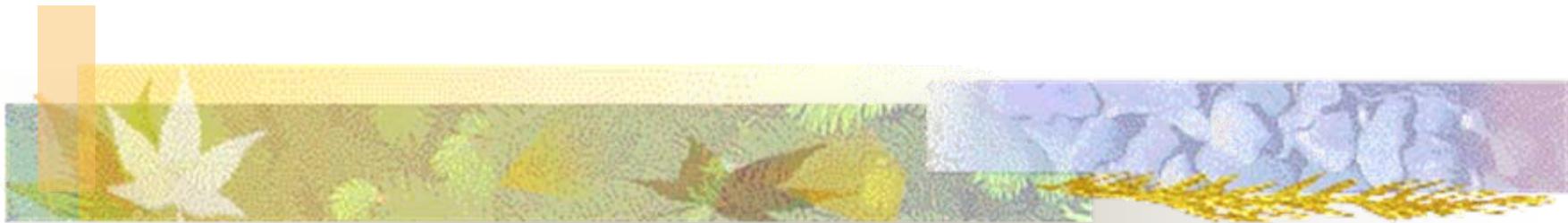


New Hampshire Behavioral Risk Factor Surveillance System (BRFSS)



Office of Health Statistics and Data Management

Division of Public Health Services

NH Department of Health and Human Services



What is the BRFSS?

- National system of state based health surveys
 - 50 states, D.C., 3 U.S. Territories
- Conducted in collaboration with CDC
- A primary source of information about behaviors related to the leading causes of death plus other information:
 - Chronic conditions
 - Ex: Diabetes, asthma, CVD, arthritis
 - Health care access, insurance, primary care provider
 - Health behaviors
 - Ex: Smoking, exercise, nutrition, immunization, others



What is the BRFSS?

- Information is collected by telephone interview
 - Respondents are:
 - Adults, aged 18 or older living in the community
 - No residents of institutions such as nursing homes, hospitals, prisons
 - With telephones
 - Until 2009 having land-line telephone only
 - 2009 and after will include cellular telephones
 - Excludes households with no telephones (2% - 3% of adults)



BRFSS History

- In 1984 CDC created a system of state based telephone health surveys to meet the need for state level health data
- In 1987, NH joined the BRFSS
 - 1987 survey:
 - Provided NH prevalence estimates for selected health behaviors with a sample size of 1,200 adults
 - Asked approximately 60 questions on 11 topics
- Sample sizes and scope of questionnaire / interview have increased gradually since 1987



BRFSS History

- 2005, the NH BRFSS modified sampling plan and increased sample size to allow reliable estimates for the 10 NH counties, Manchester and Nashua
- Currently
 - Sample size is approximately 6,000 adults
 - Approximately 120 questions
 - (Not every respondent is asked every question)
 - Approximately 23 topics
 - These vary by year



Data Collection

- Data collection is ongoing throughout the year
 - Begins began Jan. 1 and ends December 31 each year.
 - Results available approximately 6 months after close of data collection
- Data collected by telephone interviews
 - Conducted for DHHS by contractor
 - Currently Macro International



BRFSS Questionnaire

- Three parts to BRFSS Questionnaires
 - Core
 - CDC requires every state to ask the Core without change
 - Some core questions are asked every year
 - Some every other year
 - Optional Modules
 - Vary by state
 - Topic specific question sets
 - Can be added at state's discretion
 - State Added Questions
 - Specific to the state
 - Proposed by state programs
 - Added to the end of questionnaire



BRFSS Questionnaires

- To review national BRFSS Core and all Optional Modules:
 - Go to
 - www.cdc.gov/brfss
- To review past NH Questionnaires go to:
 - <http://www.dhhs.state.nh.us/DHHS/HSDM/behavioral-risk.htm>
 - 2001 – 2008
 - For earlier NH questionnaires, contact HSDM



How are the data used?

- Monitoring the prevalence of chronic conditions and health risk behaviors
 - Tracking time trends
- Program planning
- Program evaluation
 - Long term objectives



Interactive Web Access

- CDC

- CDC.GOV/BRFSS/

- Selected prevalence estimates
 - By Demographic variables
 - Time Trends
 - National Maps
 - Questionnaires (National drafts)
 - NH questionnaires are on DHHS web site
 - Public use data and documentation



Interactive Web Access

- NHHealthWRQS

- <http://nhhealthwrqs.org/>
- A project of the NH Institute for Health Policy and Practice at UNH in collaboration with NH DHHS
- Selected indicators from public health data (including BRFSS) at sub-state levels
 - Currently BRFSS at county level for selected indicators
 - Future will provide BRFSS at other geographies



Online reports

- NH DHHS, BRFSS

- www.dhhs.state.nh.us/DHHS/HSDM/behavioral-risk.htm



Ad hoc analysis by Office of Health Statistics and Data Management (HSDM)

- HSDM can provide:
 - Analysis of BRFSS data not available online or in published reports



Adding Questions to NH BRFSS

- Process begins in March each year
- Contact HSDM for the
 - Current draft questionnaire
 - State Added Question Proposal form
- As soon as possible but no later than July 1, NH programs send completed question proposal forms to HSDM
- An advisory group of BRFSS Data Users reviews proposals and prioritizes proposed questions based on NH public health priorities
- HSDM notifies programs by October 1 if their questions can be included on the questionnaire
 - To contractor for testing and programming



Cost for State Added Questions

- There is a per question fee.
- Contact HSDM for information
- Cost for will be determined after CDC Notice of Award is received in late March.



What is Included for Programs Sponsoring Questions?

- Questions will be asked at the end of the NH questionnaire
- HSDM will provide priority analysis consisting of:
 - Weighted percentages and 95% confidence intervals for each question at the NH level
- Any additional analysis should be requested in advance and will be provided as HSDM resources allow.



BRFSS into the future

To keep pace with changing communications technology and culture:

- In 2009 cell phone only households were added to every state's survey sample
- In 2010, survey weighting will be modified to control for more demographic characteristics and improve estimates
- In 2010, will include a sample of mail surveys of adults not responding to telephone contacts to document differences between responders and non-responders
- Long term - may incorporate a mail and or web-based component



BRFSS data files

- Public use BRFSS data files are available
 - **Caution**
 - Analysis of BRFSS and other survey sample data is a specialized process and requires:
 - An understanding of the sample design and data weighting of the BRFSS (or other survey)
 - Specialized survey software
 - (Correct) use of specialized software
 - An understanding of how common health indicators are defined
 - An understanding of how to analyze categorical data
 - Contact HSDM for technical assistance



BRFSS data files

- HSDM will provide
 - Some technical assistance
 - List of resources including training opportunities
 - How to obtain public use data files
 - Review of completed analysis or “Quality Assurance (QA) checks”



Questions?

- Contact HSDM or the BRFSS program