



STATE OF NEW HAMPSHIRE

DEPARTMENT OF HEALTH AND HUMAN SERVICES



Information for BRFSS Respondents

If you have already been a survey participant, thank you!

If you have received a letter or telephone call about the Behavioral Risk Factor Surveillance System (BRFSS) survey and **if you are thinking about becoming a survey participant**, we hope these answers to some frequently asked questions will help you understand why your participation is so important.

In order for the results from the BRFSS to accurately represent the health of NH adults, respondents must be selected from a random sample. If you were selected to participate in this survey, your answers count toward finding out about the health of adults in NH.

What is the BRFSS?

Simply put, the BRFSS is a health survey used to monitor the health of NH residents. Each year the New Hampshire BRFSS interviews about 6,000 NH adults, asking about issues related to the leading causes of death and other important health topics.

The NH BRFSS is also part of a nationwide system of health surveys supported by the Centers for Disease Control and Prevention (CDC). A BRFSS survey is conducted in each state, the District of Columbia and some U.S. territories. The BRFSS has been conducted in New Hampshire since 1987.

Telephone numbers called for the BRFSS are selected from lists of possible telephone numbers in the state. Numbers are dialed until it is determined whether the number rings at a residence. When a NH residence is contacted, one adult living in the household is randomly selected and asked to participate in the interview. The person answering the telephone may not be the person randomly selected for the interview. If this is the case, the person answering the telephone will be asked if the selected adult can come to the telephone to participate.

If a telephone number rings at businesses or is used solely by persons under the age of 18 years, it is removed from the survey.

Why is this survey being conducted?

The main objective of the BRFSS is to monitor the health of the adult population in NH and in the US, through the collection and analysis of data on a broad range of health topics. Information from the survey is also used to plan and evaluate public health programs and focus public health resources.

Why is it important to participate?

Each selected respondent represents thousands of other NH residents like them. Your telephone number was part of a scientifically chosen sample. We cannot select anyone else to replace you if you do not participate, which may mean that people like you are underrepresented in our survey results. These results are used by policy makers to plan actions to protect and improve the health of NH adults. By participating, you perform a valuable public service for your family, and community.

What type of information is collected?

Information collected includes basic demographic characteristics such as age, sex, race and ethnicity, education and income; health insurance coverage; health related behaviors, including exercise, diet (fruit and vegetables); and tobacco and alcohol use and injury prevention. Health conditions asked about include asthma, diabetes, cardiovascular disease and arthritis.

How do I know this is a legitimate survey?

You may contact NH DHHS if you have questions about calls you receive about the BRFSS or other health surveys. NH DHHS staff can confirm whether your telephone number was selected into the BRFSS survey sample.

Contact the survey coordinator at (603) 271-4671 or (800) 852-3345, Extension 4671. You can also use the email form on this web site to ask a question.

You can also find information about the BRFSS on the CDC web site, www.cdc.gov/brfss.

Interviewers calling for the BRFSS will identify themselves as calling for the NH Department of Health and Human Services and can provide you with the telephone number for the NH BRFSS program.

Information collected through the BRFSS is confidential.

Who asks the questions?

Survey questions are asked by interviewers employed by the NH DHHS contractor. Interviewers have extensive training in BRFSS survey rules and must sign confidentiality agreements to work on the BRFSS survey. The work of the data collection contractor is monitored carefully by NH DHHS. For more information about this, please contact us at (603) 271-4671 or (800) 852-3345, Extension 4671. You can also use the email form on this web site

Do I have to participate in the survey?

Participation by those randomly selected for the survey is very important to accurately represent all types of households and families in the United States, regardless of health status.

Survey participation is voluntary. You do not have to participate. If you do decide to participate, you may refuse to answer any question.

We cannot select anyone else to replace you if you were selected and do not participate, which may mean that NH adults like you are underrepresented in survey results.

Information collected in the survey interview is confidential. Results are only reported for large groups of respondents. For example, the percentage in the state or in a county.

Who will be asked to participate in the interview?

One adult per household will be randomly selected; these individuals must respond for themselves to the questions. The person selected may not be the person who initially answers the telephone.

If the selected person does not have time to take the interview when they are called just ask the interviewer to set up a callback at a time that better fits your schedule.

How long does it take?

The survey interview takes, on average, 25 minutes. This may vary somewhat from year to year and from person to person. The interviewer can tell you the average interview time for the year you are called.

How can I contact you for more information?

Contact the NH BRFSS program at (603) 271-4671 or (800) 852-3345, Extension 4671. You may also use the "Contact Us" email form on the DHHS web site.