

# Mental Health Surveillance: BRFSS in Action

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# Behavioral Risk Factor Surveillance System (BRFSS)

- Monthly state-based RDD survey of health issues
- 50 states, District of Columbia, Puerto Rico, Guam, and Virgin Islands
- 425,000+ adult interviews conducted in 2007
- 180 cities and 290 counties



# BRFSS Strengths

- Flexible
- Timely
- Standardized
- Useful

# Establish and Track Health Objectives

Midcourse Review  
Executive Summary

HEALTHY  
PEOPLE  
2010



U.S. Department of  
Health and Human Services

The screenshot shows the Utah Department of Health website for the "Cruising the Heart Highway" program. The page features a navigation bar with links for "State Online Services", "Agency List", "Business.utah.gov", and a search box. Below the navigation bar, the main heading reads "Cruising the Heart Highway" with a red heart icon and "Heart Disease & Stroke Prevention Program" and "Utah Department of Health". A navigation menu includes "Home", "Contact Us", "Current News", "Stroke Information", and "Gold Medal Schools". The main content area is titled "Welcome to the Heart Highway!" and "Love Your Heart and 'Go Red' for Women's Heart Disease". It features a "Go Red for women" logo with the tagline "love your heart! American Heart Association". A text block explains that heart disease and stroke are the top killers of women in Utah and encourages awareness and action. A "Join the Movement" section lists two key actions: wearing red on Friday, February 3, and looking out for local events supporting Go Red for Women. A "Find Go Red Activities In Your Area" link is provided at the bottom right. The page also includes a sidebar with icons for "Heart Disease & Stroke", "Physical Activity", "Nutrition", and "Facts & Resources".

utah.gov | State Online Services | Agency List | Business.utah.gov | Search Utah.gov GO

health.utah.gov | NEWS | HEALTH DATA | SERVICES AtoZ | CONTACT UDOH | ABOUT UDOH | ORGANIZATION | Utah Department of Health | General Mailing Address: PO Box 141010, Salt Lake City, UT 84114-1010 | General Phone Number: 801-538-6101

## Cruising the Heart Highway

Heart Disease & Stroke Prevention Program  
Utah Department of Health

Home | Contact Us | Current News | Stroke Information | Gold Medal Schools

### Welcome to the Heart Highway!

[CDC Web Site en Español](#)

#### Love Your Heart and "Go Red" for Women's Heart Disease

Heart disease and stroke are the No. 1 and No. 3 killers of women in Utah, killing six women each day in the state; and they're killing more women than men. The good news is that heart disease and stroke can largely be prevented if women join together in taking time out to love their hearts and taking action through awareness and a healthy lifestyle. For this reason, the American Heart Association and the Utah Department of Health are urging women to empower themselves and Go Red in their own fashion this month.

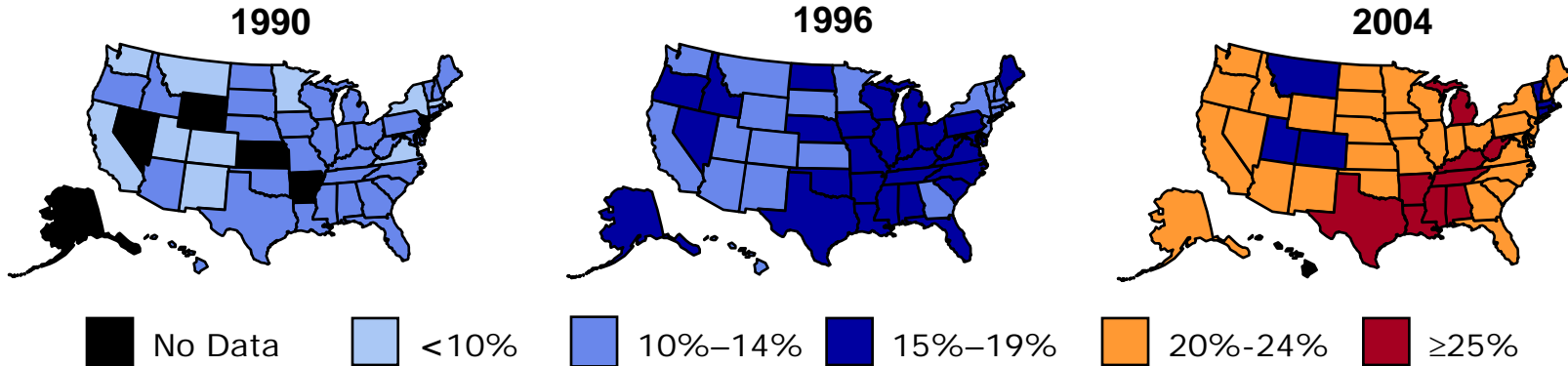
#### Join the Movement

- **Wear Red on Friday, February 3.** Whether you don your favorite red nail polish, a red suit, a red handbag, or a tie—join women and men nationwide and wear red in your own fashion to show your support of education and research for women's heart disease. Pick up a Red Dress Pin at your local Go Red events or get one free by calling 1-888-MY-HEART and joining the movement. When people ask you about your color choice of attire you can help spread the word.
- **Look out for local events supporting Go Red for Women.**

[Find Go Red Activities In Your Area](#)

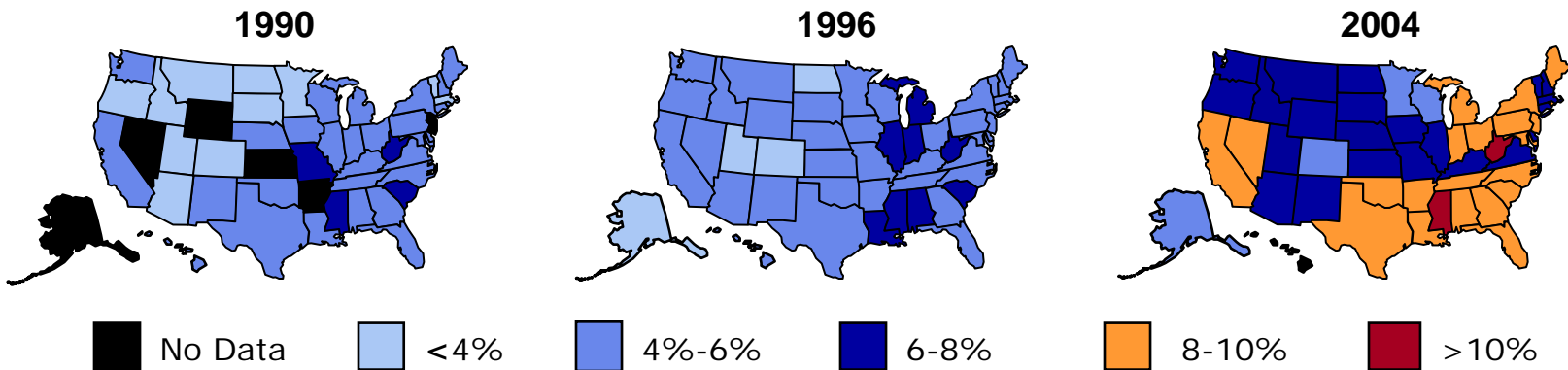
# Prevalence of Obesity\* Among U.S. Adults

(\*BMI  $\geq 30$ , or about 30 lbs overweight for 5'4" person)



# Prevalence of Diabetes\* Among U.S. Adults

(\*Includes gestational diabetes)



# Support Policies and Legislation:

## Mandatory Insurance Coverage for Screening Mammography

1981

1990

2004

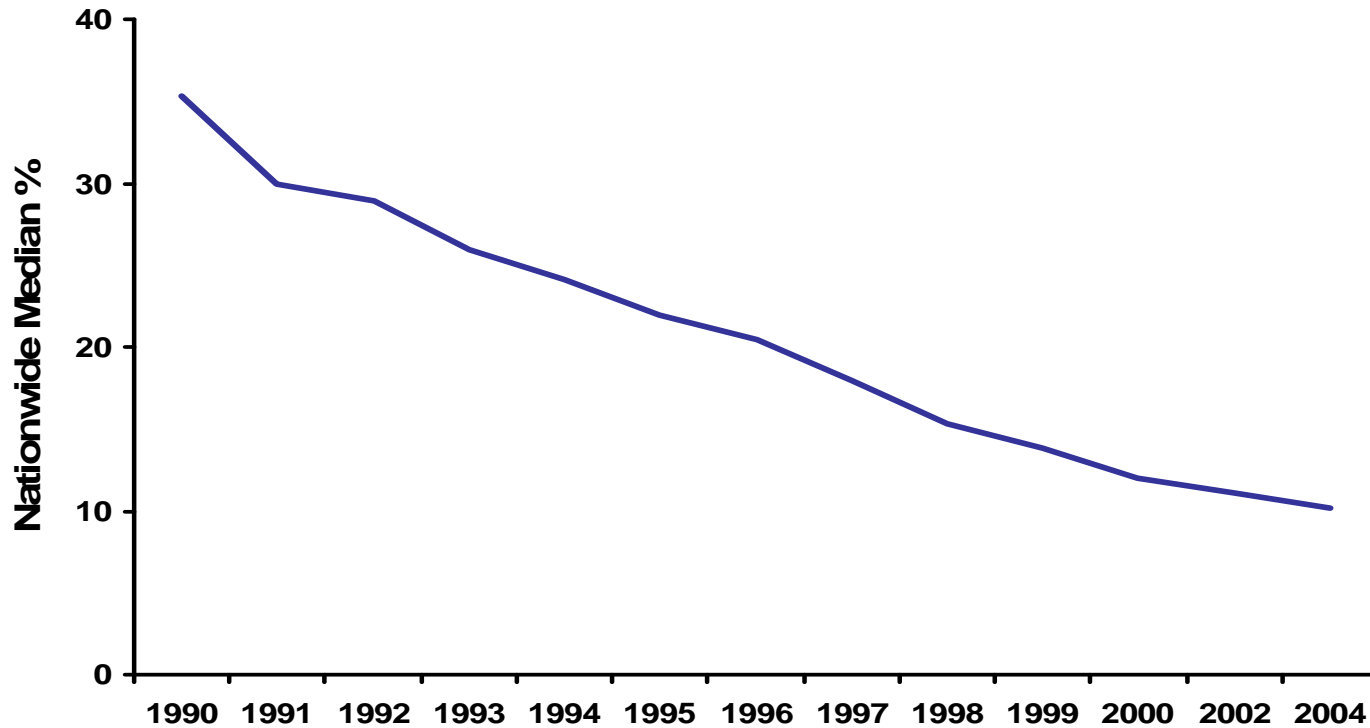


No mandatory insurance coverage for screening mammography.

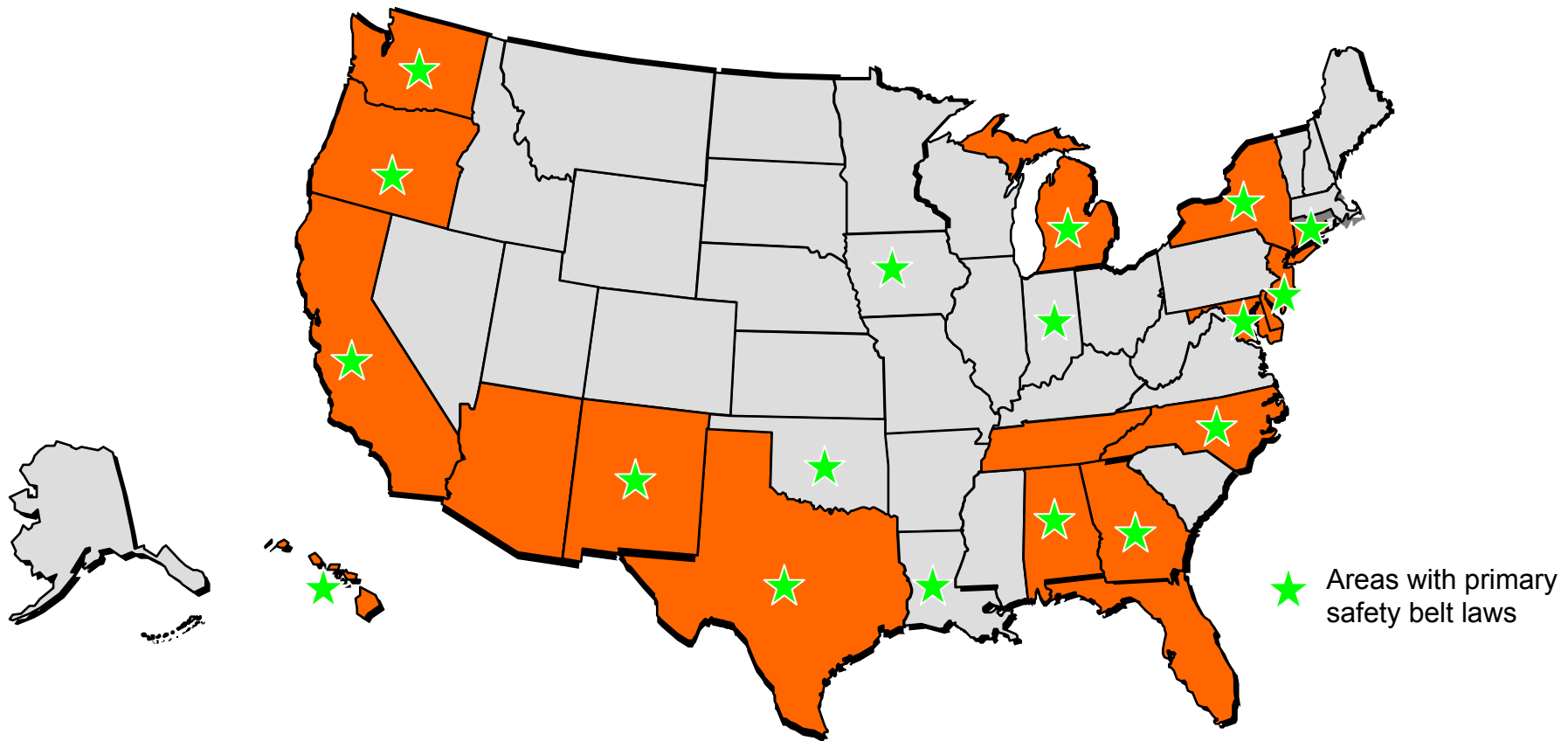
Mandatory insurance coverage for screening mammography.

Source: National Cancer Institute — State Cancer Legislative Database Program, Bethesda, MD, 2004.

# Prevalence of Women Who Never Had a Mammogram, Ages 40 and Older BRFSS 1990–2004



# Support Policies and Legislation: Prevalence of Safety Belt Use, 2002



- Orange square: Prevalence  $\geq 80\%$  of always using a safety belt among persons aged  $\geq 18$  years.
- Gray square: Prevalence  $< 80\%$  of always using a safety belt among persons aged  $\geq 18$  years.

Source: CDC. Impact of primary laws on adult use of safety belts – United States, 2002. MMWR 2004;53:257-260.

# Develop Local Programs and Policies: SMART BRFSS in Fargo

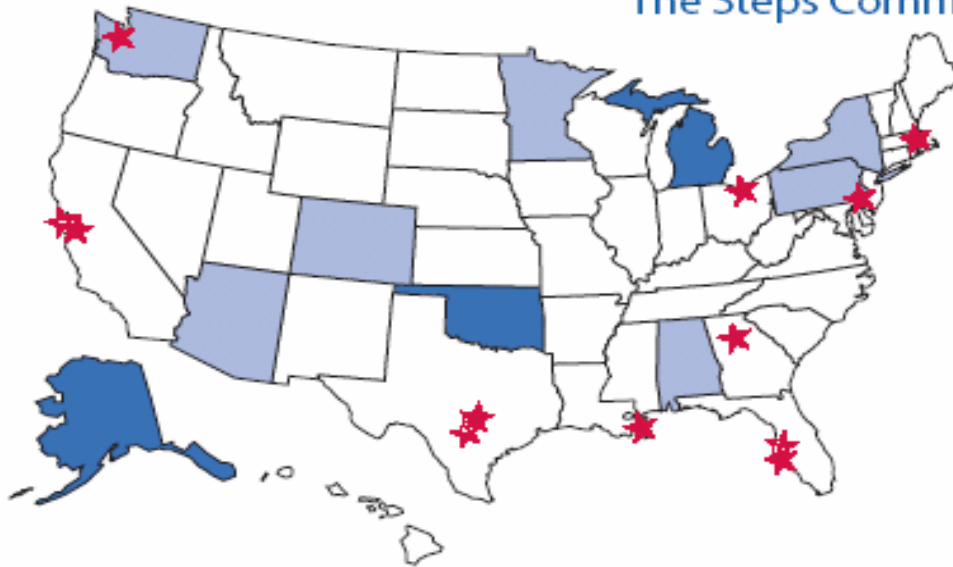
- Fargo, ND – 24.9% binge drinking vs. 16.4% nationwide
- Formed community coalition:  
AMP (Alcohol Misuse Prevention)
- Mission: Reduce alcohol use among those under 21 in the Fargo-Moorhead area.
  - Anti-binge drinking campaign
  - Policy change sanctioning facilities
  - Intervention with ER doctors



# Healthy People in Healthy Places



## The Steps Communities



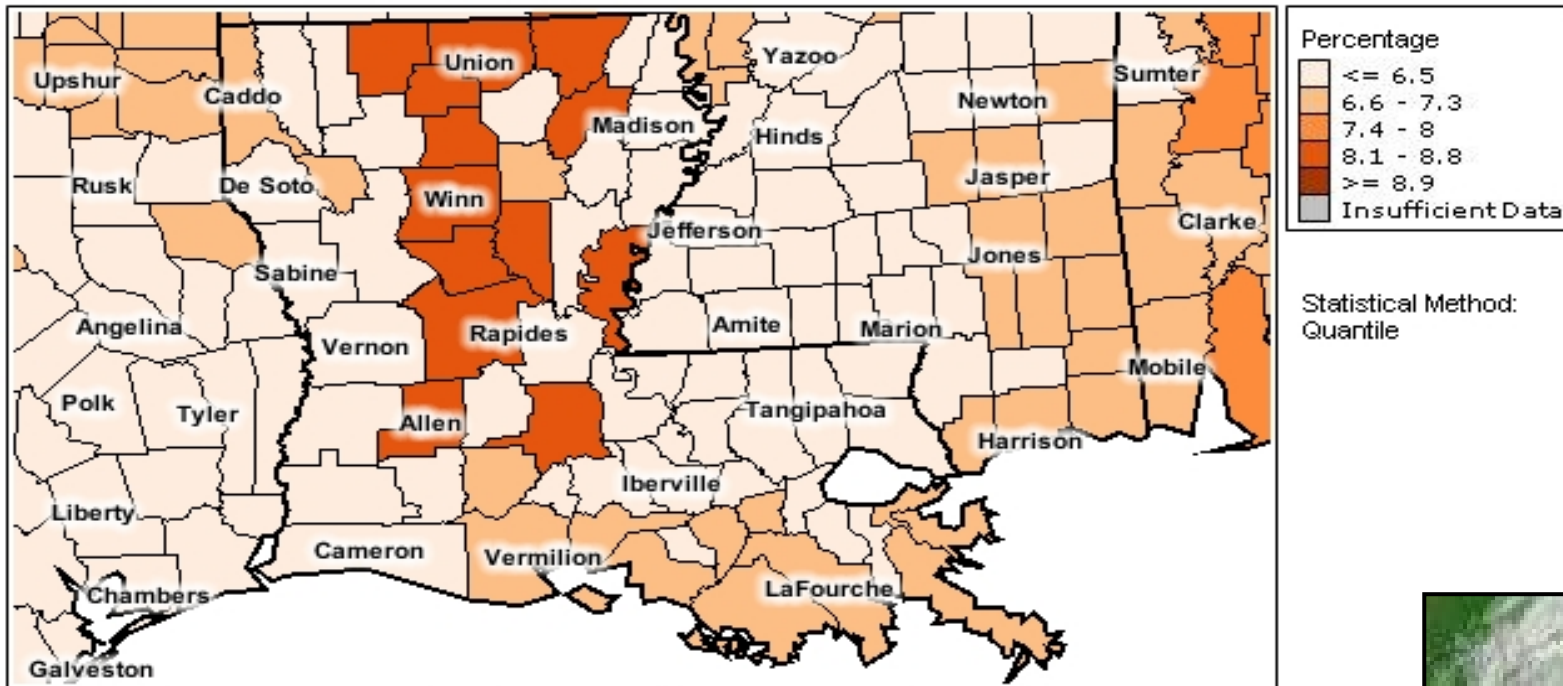
- State-Coordinated Small Cities/Rural Communities**
  - AL 2 Areas
  - AZ 4 Areas
  - CO 4 Counties
  - MN 4 Areas
  - NY 4 Counties
  - PA 3 Counties
  - WA 4 Areas
- Tribes/Tribal Entities**
  - Cherokee Nation Health Services Group, OK
  - Inter-Tribal Council of Michigan
  - Southeast Alaska Regional Consortium
- Large Cities/Urban Communities**
  - Austin–Travis County, TX
  - Boston, MA
  - Cleveland, OH
  - DeKalb County, GA
  - Hillsborough County, FL
  - New Orleans, LA
  - Philadelphia, PA
  - Salinas–Monterey County, CA
  - San Antonio, TX
  - Santa Clara County, CA
  - Seattle–King County, WA
  - St. Petersburg–Pinellas County, FL

# People Prepared for Emerging Health Threats

## BRFSS - Hurricane Katrina: Implications for Chronic Diseases

### Adults who have been told they currently have asthma

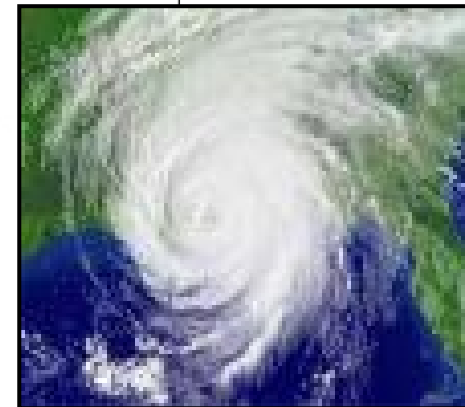
2003 - 2004: Percent of respondents reporting Yes



Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Behavioral Risk Factor Surveillance System. BRFSS Maps [online]. 2006. [accessed 2006 March 8].  
 URL: <http://apps.nccd.cdc.gov/gisbrfss/>



Department of Health and Human Services  
 Centers for Disease Control and Prevention  
 National Center for Chronic Disease Prevention and Health Promotion  
 Behavioral Risk Factor Surveillance System



# **Mental health surveillance and the BRFSS-- Milestones**

**1998—CDC and SAMHSA co-author an MMWR article on Frequent Mental Distress using BRFSS**

**2004—SAMHSA Administrator's letter to the CDC Director asking for more mental health coverage on the BRFSS**

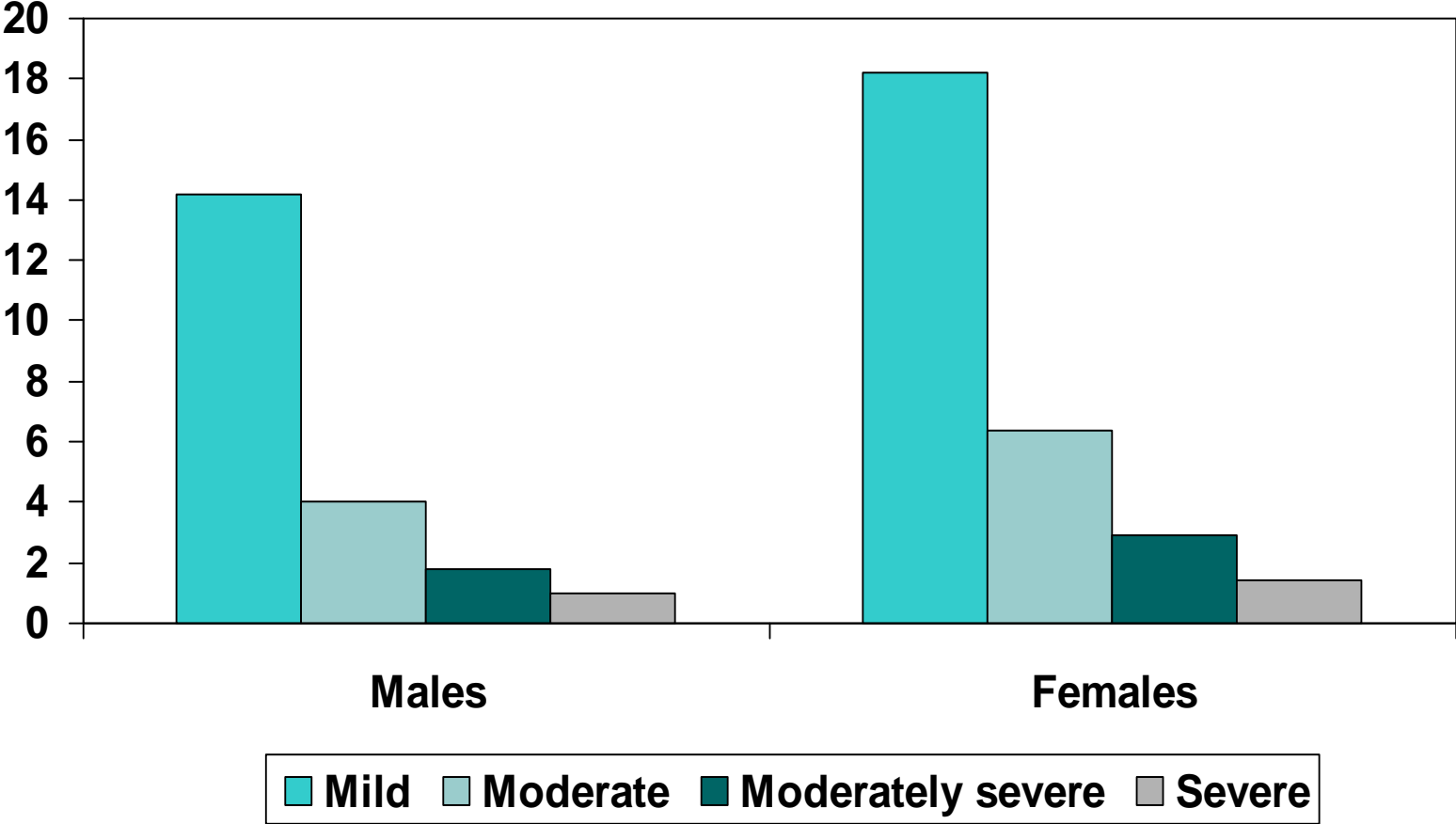
**2005—SAMHSA-CDC Interagency Agreement**

**2006—Depression & Anxiety Module in BRFSS**

**2007—Mental Illness & Stigma Module in BRFSS**

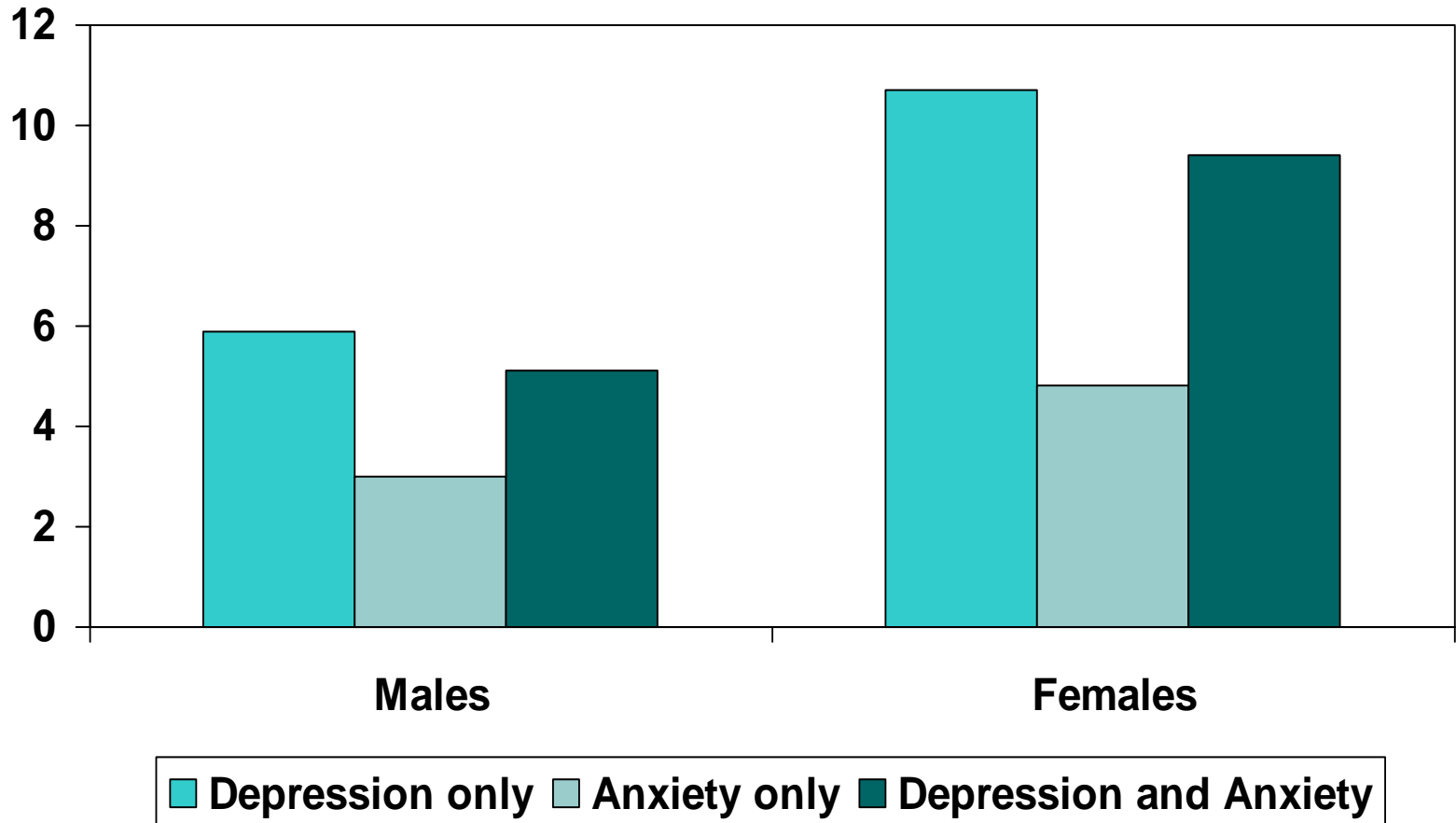
# **2006—Depression & Anxiety Module in BRFSS**

# Depression Severity (PHQ-8)



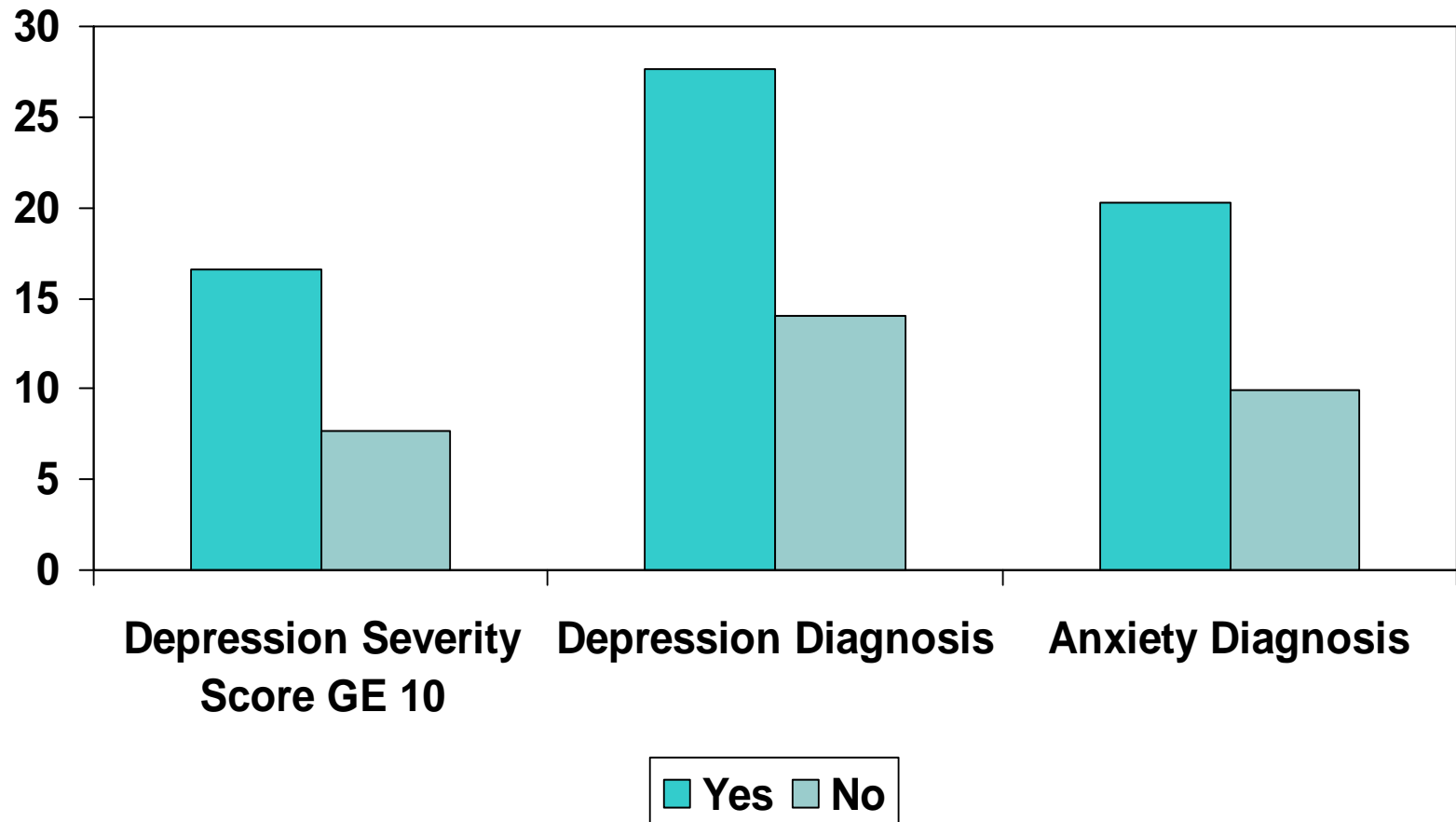
Includes 38 states, the District of Columbia, Puerto Rico, and the Virgin Islands.

# Provider Diagnosis of Depressive and Anxiety Disorders



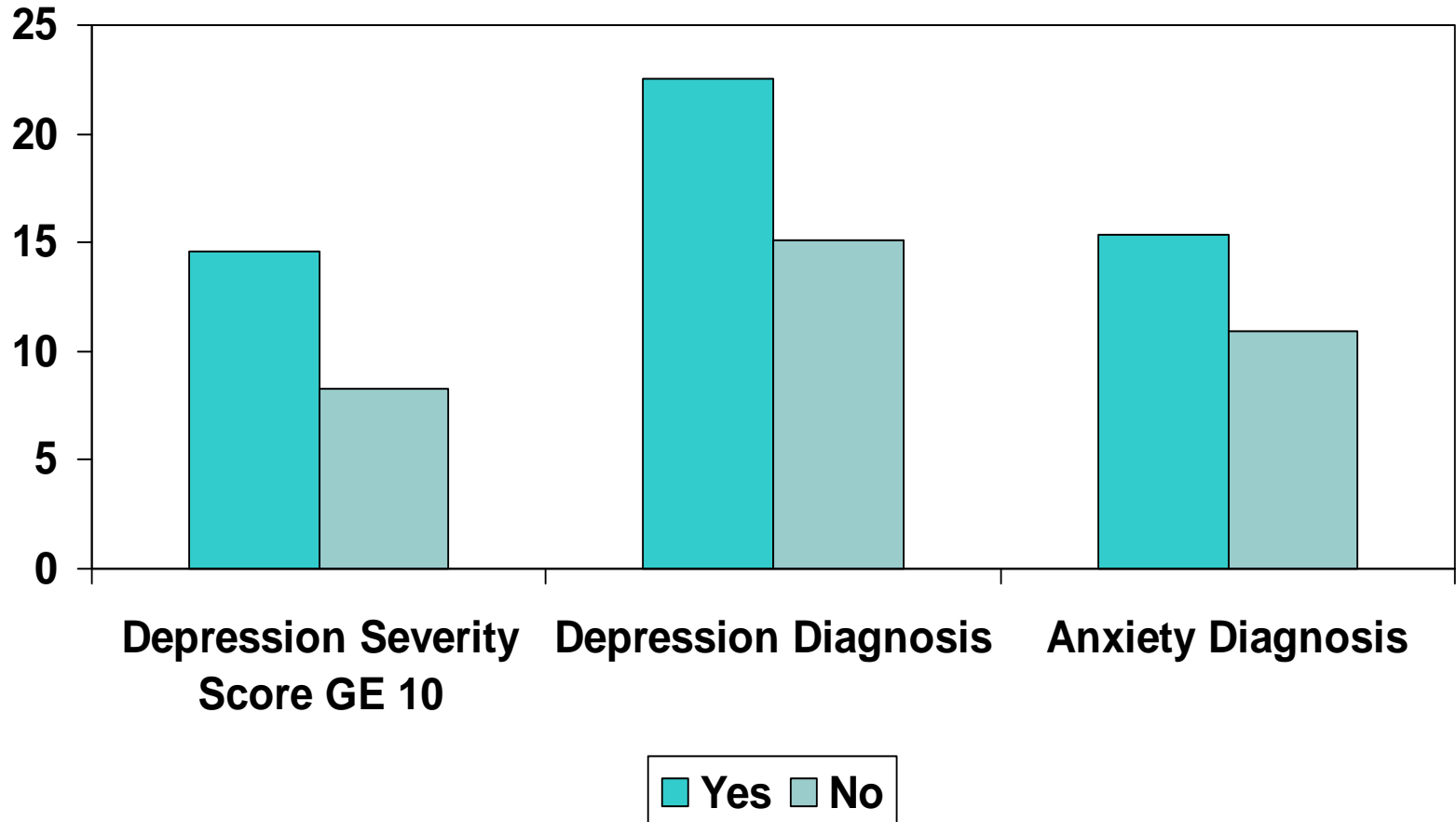
Includes 38 states, the District of Columbia, Puerto Rico, and the Virgin Islands.

# Current Depression Severity and Provider Diagnosis of Depressive and Anxiety Disorders by Asthma Status



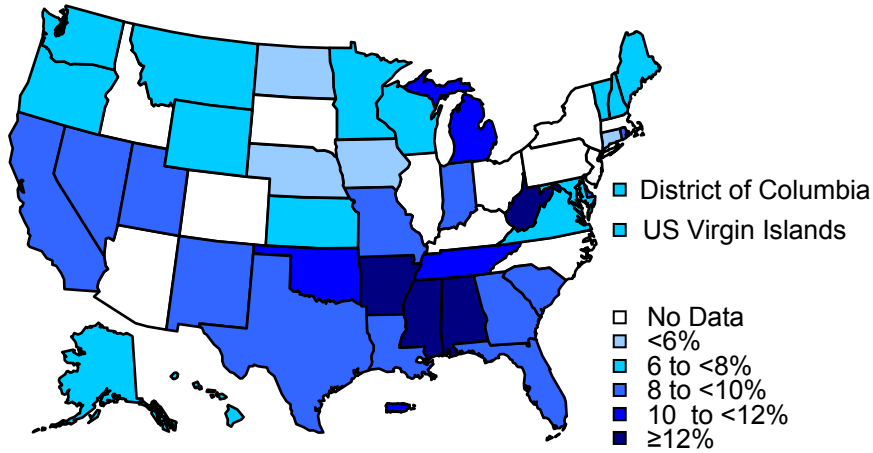
Includes 38 states, the District of Columbia, Puerto Rico, and the Virgin Islands.

# Current Depression Severity and Provider Diagnosis of Depressive and Anxiety Disorders by Diabetes Status

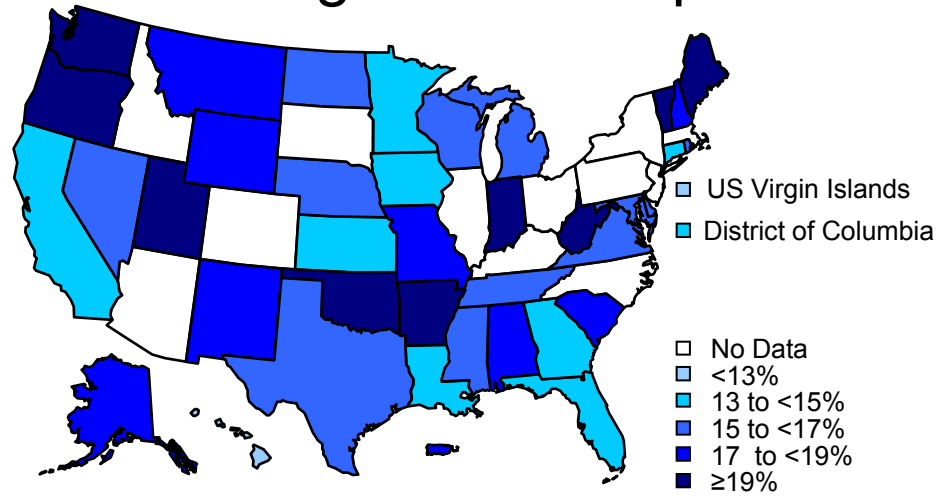


Includes 38 states, the District of Columbia, Puerto Rico, and the Virgin Islands.

# Current Depression\*

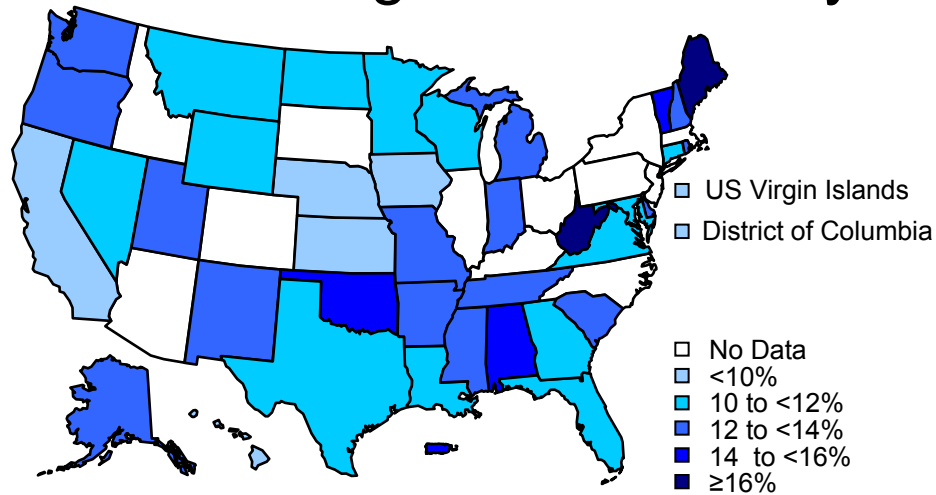


# Lifetime Diagnosis of Depression



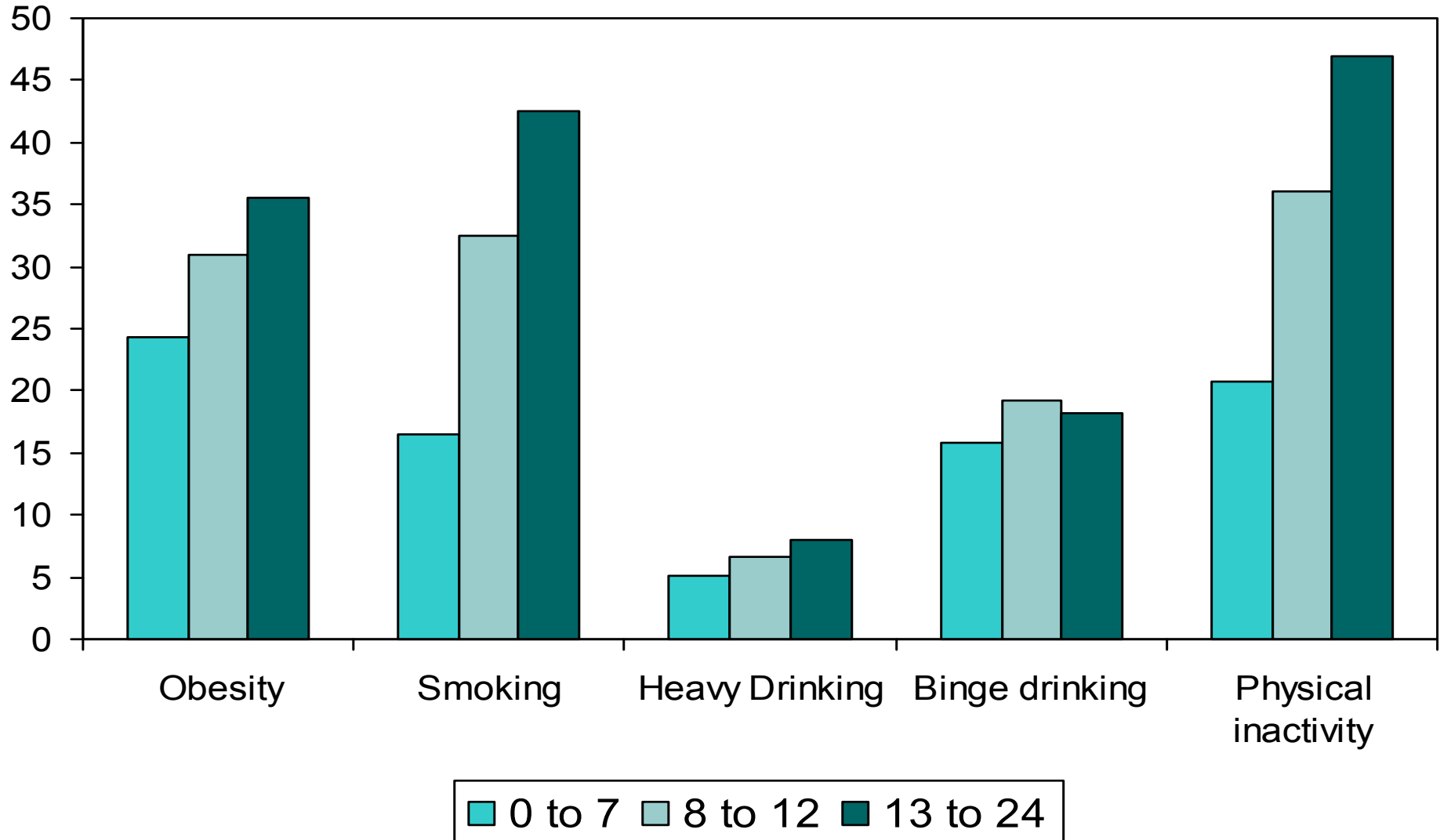
\*PHQ-8 score ≥10

# Lifetime Diagnosis of Anxiety

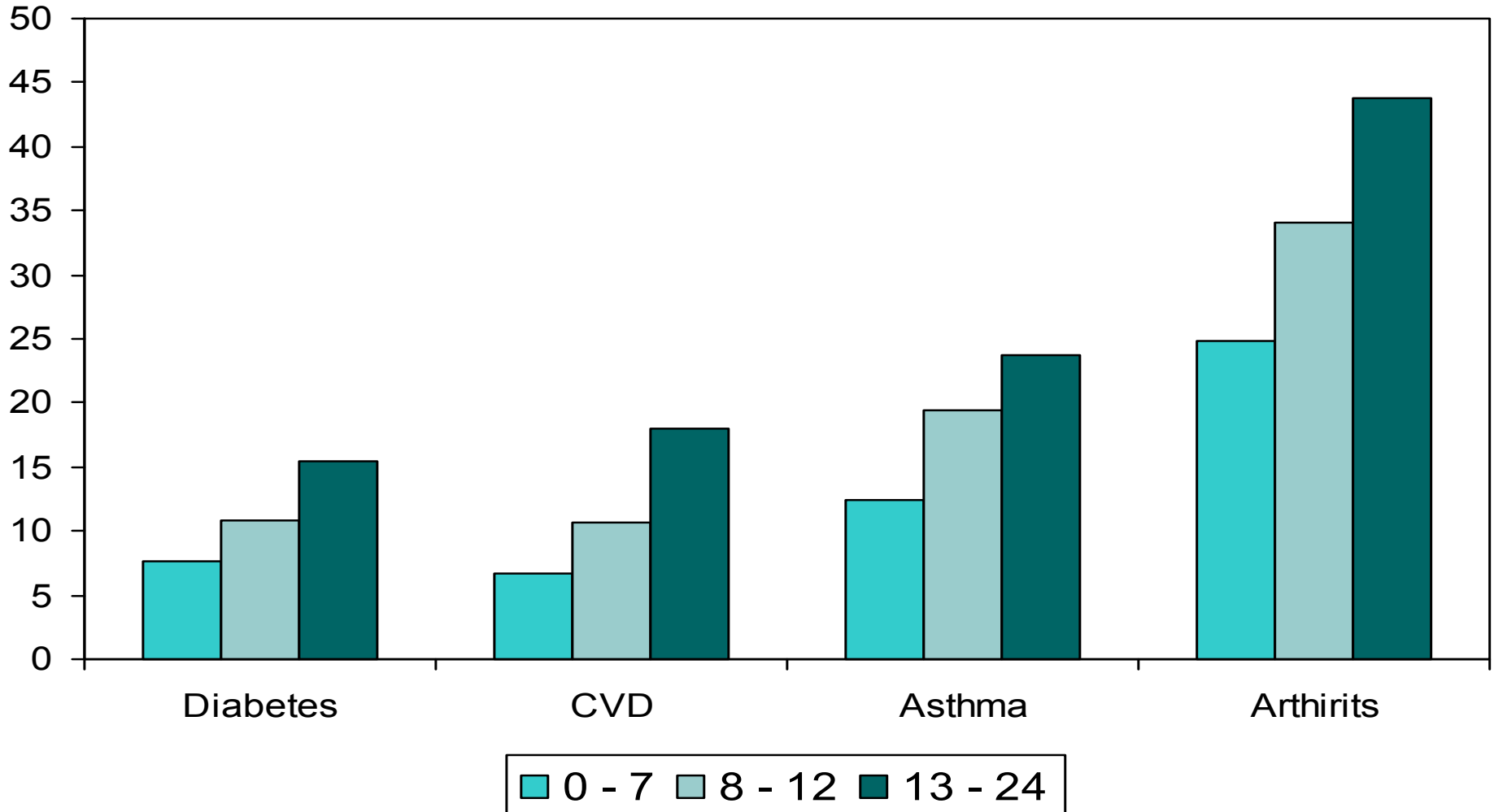


**2007—Mental Illness & Stigma Module in BRFSS**  
**Preliminary data**

# Adverse Health Behaviors and Obesity by Kessler-6 Score



# Chronic Illness by Kessler-6 Score



# Scientific Publications

- Diabetes (Diabetes Care)
- CVD (PCD)
- Risk behaviors (Gen Hosp Psychiatry)
- Asthma (J Asthma)
  
- Florida (PCD)

# Next Steps

- Expand the surveillance to all states
- Empower local officials
- Improve the collaboration between mental and physical health

**Contact:  
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**For more information on BRFSS:**

**[www.cdc.gov/brfss](http://www.cdc.gov/brfss)**

