

# **Task Talks**

# **Kentucky Behavioral Risk Factor Surveillance (KyBRFS)**

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April 29, 2021



**Kentucky Public Health**  
Prevent. Promote. Protect.

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# Kentucky Department for Public Health

## About Us



**Kentucky Public Health**

Prevent. Promote. Protect.

The Department for Public Health (DPH) is dedicated to improving health and safety of Kentuckians through *prevention, promotion, and protection*.

As a major component of the Cabinet for Health and Family Services, DPH provides guidance and support for health departments in all 120 counties.

Serving as Kentucky's dedicated public health resource, DPH is responsible for identifying and allocating resources to communities and public health institutions in an effort to prevent and protect against diseases, outbreaks, hazards statewide.

# Kentucky is ranked as one of the nation's least healthy states

**Emma Austin** Louisville Courier Journal

Published 11:57 a.m. ET Jan. 24, 2020 | Updated 3:12 p.m. ET Jan. 24, 2020

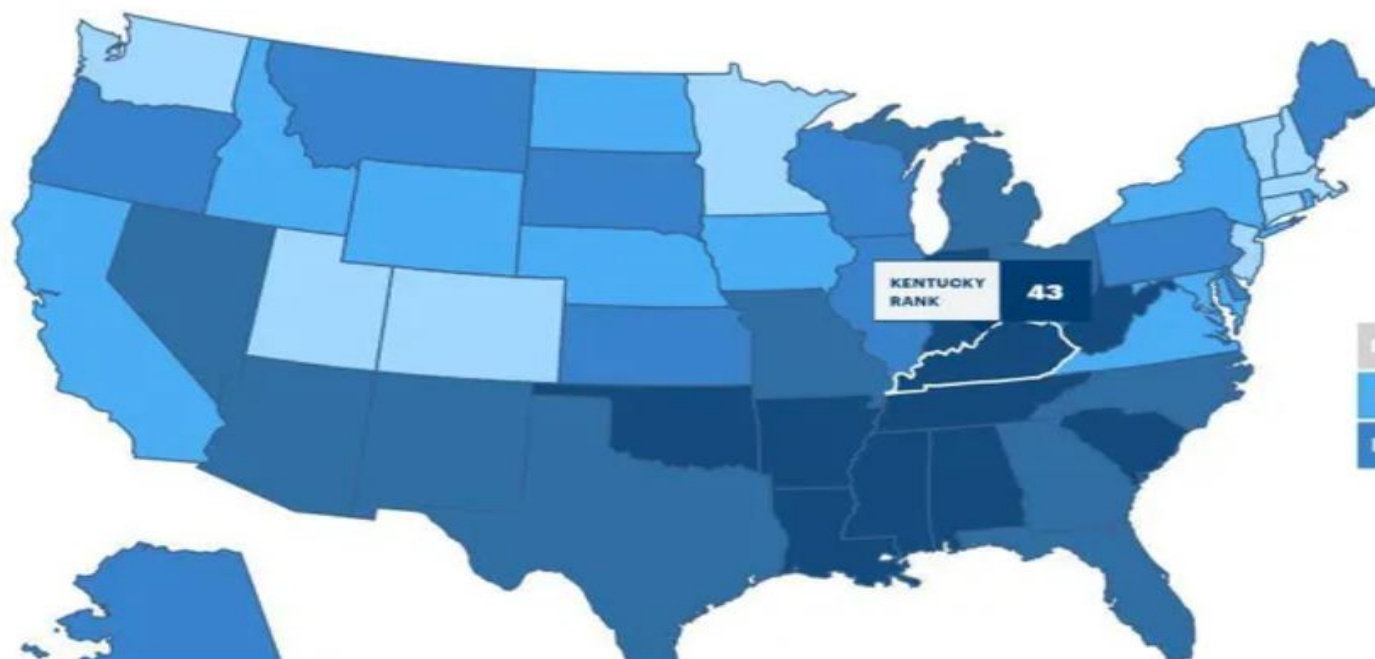
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Explore State Rankings from the 2019  
Annual Report

Year: 2019



# BRFSS

- BRFSS (Behavioral Risk Factor Surveillance System) is a state-based system conducted by health departments in all 50 states, the territories, with assistance from the CDC
- It collects information from adults aged 18 years and older via telephone both landline and cell phone
- The primary focus is on behaviors linked with the leading causes of death

# What data is collected?

- Health risk behaviors
- Clinical preventive practices
- Health care access and utilization practices, which are related to chronic diseases and injury
- Some infectious diseases
- Environmental health issues

# BRFSS in Kentucky

## KyBRFS

**Kentucky Behavioral Risk Factor Surveillance**



# Staffing, Roles, and Funding

- Staff:
  - Sarojini Kanotra – KyBRFS Program Coordinator
  - Judes Boulay – KyBRFS Program Epidemiologist
- Funding:
  - The KyBRFS Program is funded through a cooperative agreement between the Centers for Disease Control and Prevention (CDC) and Department for Public Health

# What type of data is collected by KyBRFS?



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# Questionnaire

- **Core**
  - Fixed Core
  - Rotating Core
  - Emerging Core
- **Optional Modules**
- **State-Added Questions**
- **Single Survey or Split Design**
- **Simple vs complex survey**

# Core – Demographics

- Age
- Gender
- Race
- Hispanic origin
- Military status
- Marital status
- Education level
- Employment status
- Income
- County of residence
- Zip code
- Number of children in household
- Height & weight
- Pregnancy status
- Renter status

# Chronic Health Screening Question

**Chronic Health Screening Question:** *Has a doctor, nurse, or other health care professional ever told you that you have---*?

- Some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia
- Chronic obstructive pulmonary disease (COPD), emphysema or chronic bronchitis
- Had asthma
- Still have asthma
- Heart attack, also called a myocardial infarction
- Angina or coronary heart disease
- Stroke
- Skin Cancer
- Cancer (other than skin cancer)
- Impaired Vision
- Kidney Disease
- Depressive disorder (including depression, major depression, dysthymia, or minor depression)
- Diabetes

# Rotating Core

## Odd Years

- ▶ **Fruits & vegetables**
- ▶ **Hypertension awareness**
- ▶ **Cholesterol awareness**
- ▶ **Arthritis burden**
- ▶ **Physical activity**

## Even Years

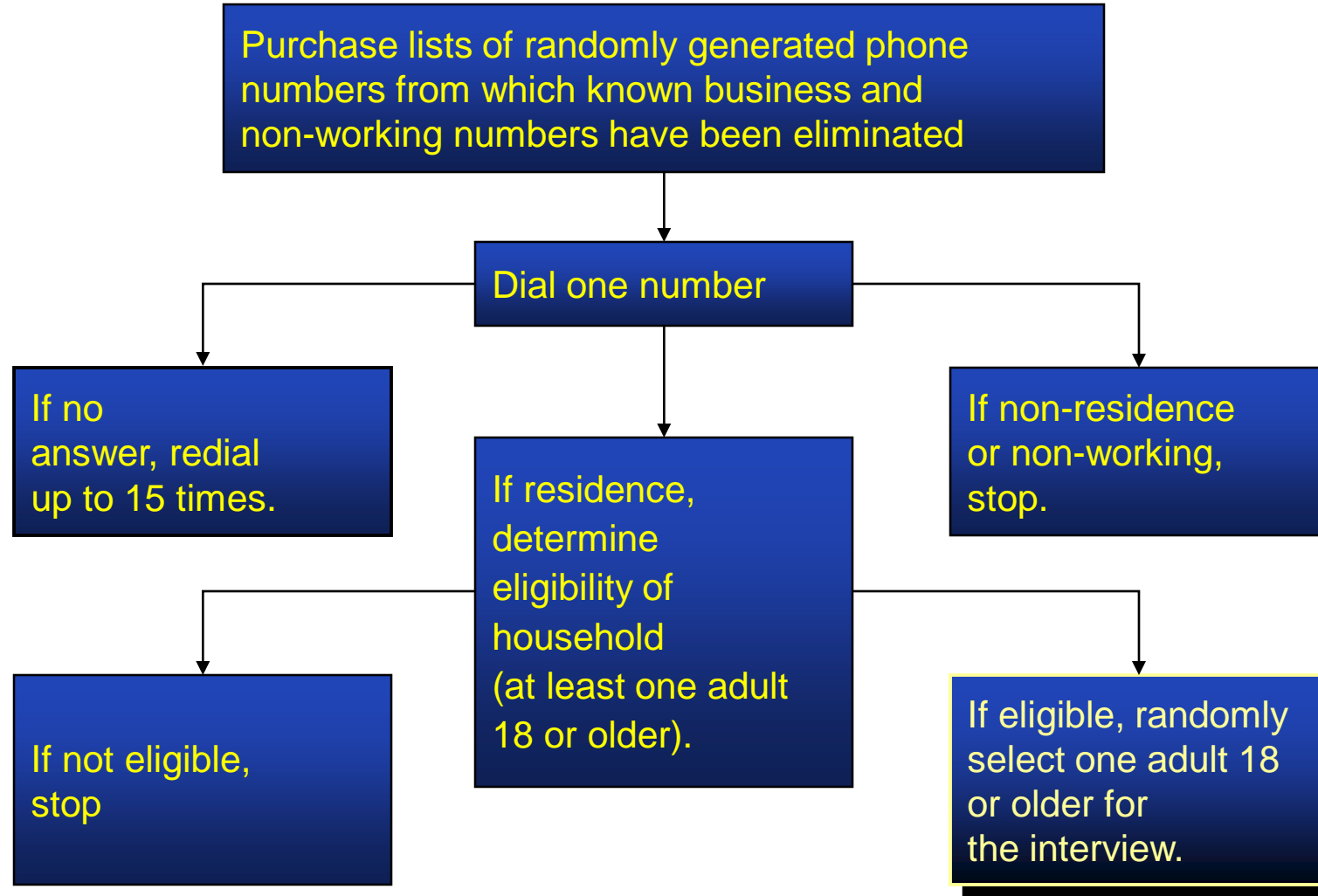
- **Women's health**
- **Prostate screening**
- **Colorectal cancer screening**
- **Oral health**
- **Falls**
- **Seatbelt use**
- **Drinking & driving**

# State-Added Questions

## Some Examples

- Tobacco (bidi)
- Tobacco (cigar)
- Tobacco (pipe)
- Tobacco (second hand smoke)
- Tobacco (smokeless)
- Worker's Compensation Coverage
- Adverse Childhood Experiences
- COVID19
- Opioid Use
- Drug Recovery
- Antibiotic Use And Resistance
- Alzheimer's Disease
- Self Monitored Blood Pressure
- Pregnancy Intention
- Traumatic Brain Injury
- Cancer Survivorship

# Telephone Survey Procedure



# Timeline of Data Collection & Release

- KyBRFS data collection is done from January 1 of current year to December 31 of current year
- The data is submitted to CDC BRFSS for weighting so it can be generalized to entire Kentucky population
- Data is finalized by CDC BRFSS and released by fall of each year
- Data collected in 2021 by KyBRFS will get available for public use by September 2022

# Data Collected

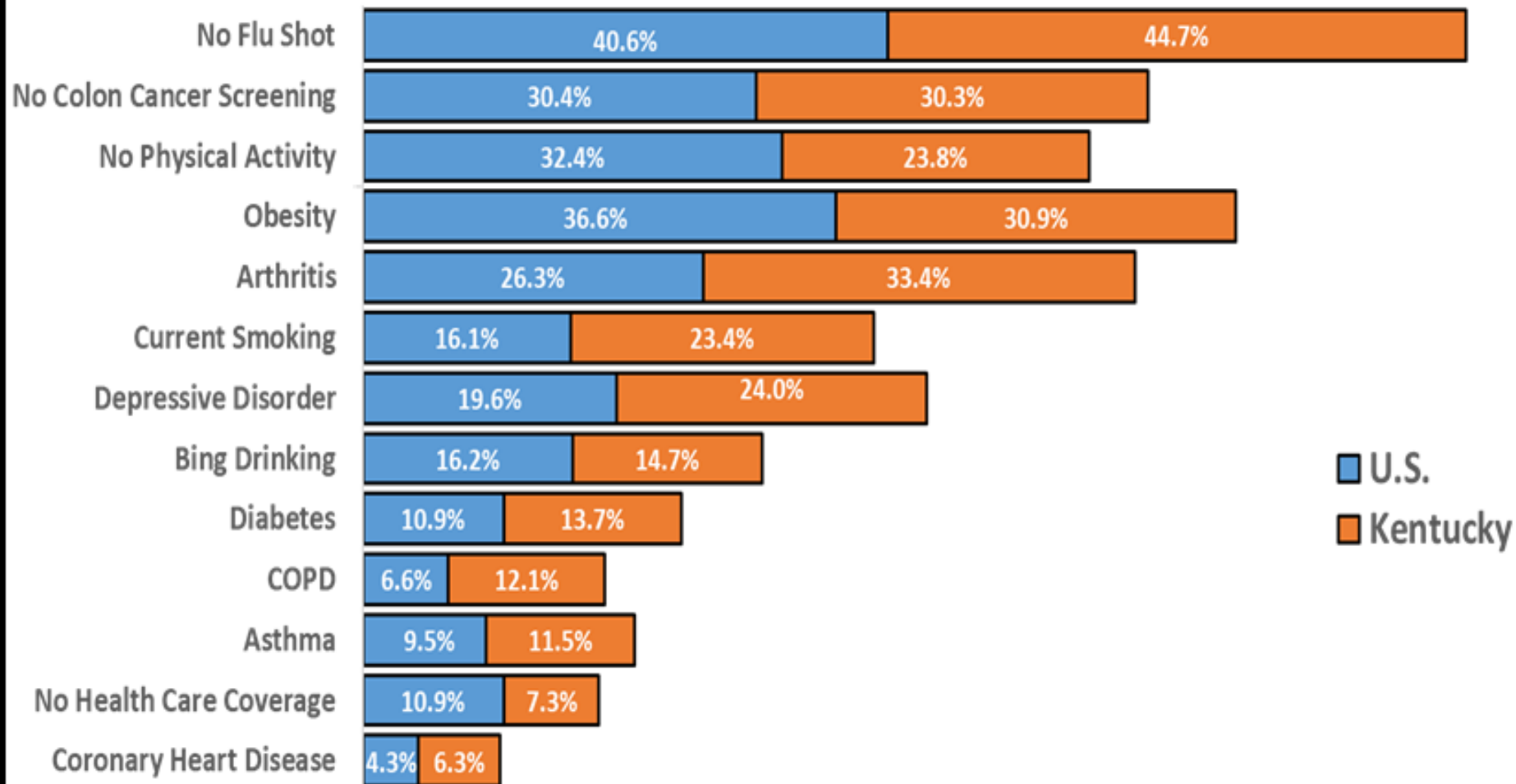
List of Variables (2019)	Nationwide* (States and DC)	Kentucky	
	Median %	%	95% CI
<b>Alcohol Consumption</b>			
Adults who reported heavy drinking	6.5	6.5	(5.5 – 7.5)
Adults who reported binge drinking	16.8	15.4	(14.0 – 16.8)
<b>Arthritis</b>			
Adults who have arthritis	26.0	34.3	(32.7 – 35.9)
<b>Cardiovascular Disease</b>			
Adults who have ever had a heart attack	4.3	6.4	(5.6 – 7.2)
Adults who have coronary heart disease	3.9	5.7	(5.0 – 6.5)
Adults who have ever had a stroke	3.2	4.9	(4.2 – 5.6)
<b>Cholesterol Awareness</b>			
Adults who had their blood cholesterol checked in the past five year	86.6	92.2	(91.1 – 93.3)
Adults with high blood cholesterol	33.1	37.9	(36.1 – 39.7)
<b>Depression</b>			
Adults who have ever been diagnosed with a depressive disorder	19.9	25.7	(24.1 – 27.2)
<b>Diabetes</b>			
Adults who have diabetes	10.7	13.3	(12.3 – 14.4)
<b>General Health Status</b>			
Adults who reported good or better health	82.0	76.6	(75.0 – 78.1)

# Data Collected

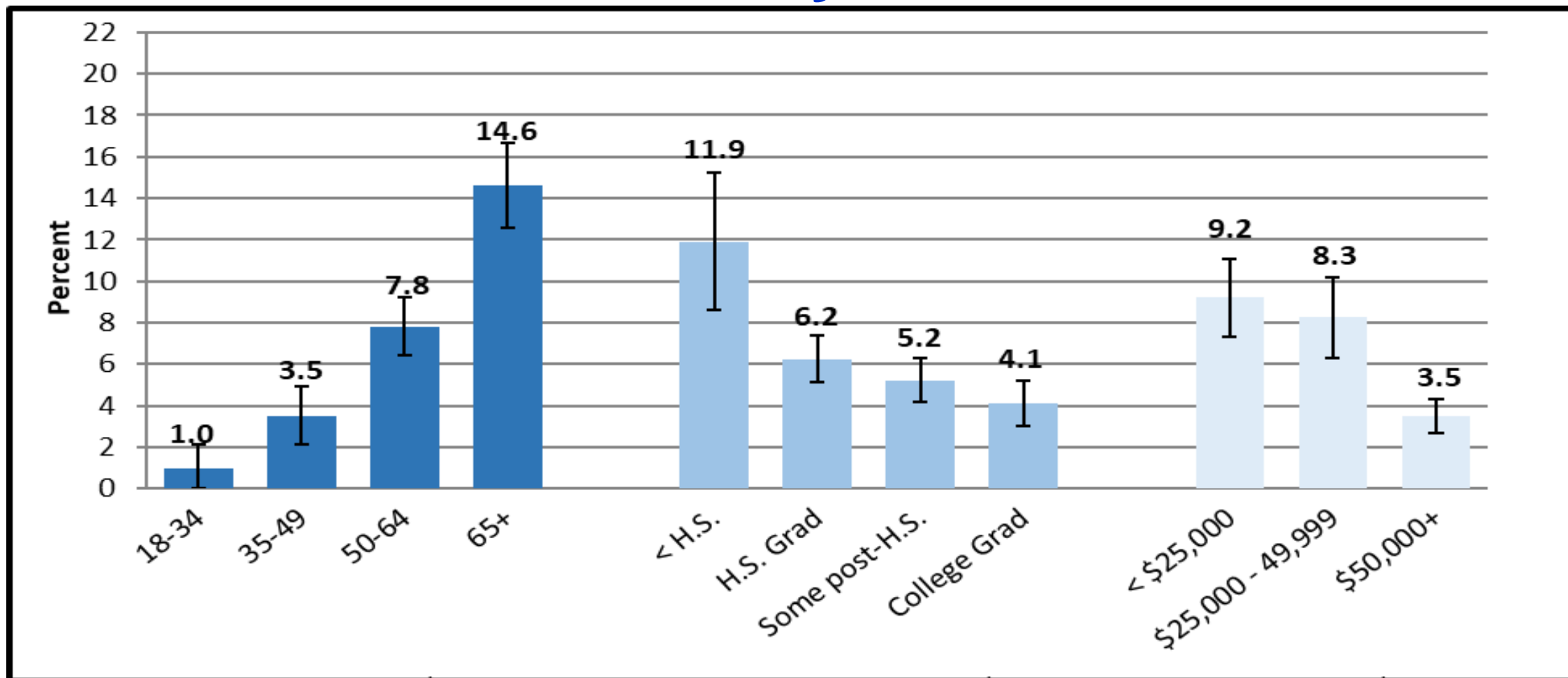
<b>Health Care Access/Coverage</b>			
Adults who have health care coverage	89.0	91.7	(90.6 – 92.7)
Adults aged 18-64 who have health care coverage	86.4	89.8	(88.4 – 91.2)
<b>HIV Screening Test</b>			
Adults who have ever been tested for HIV	39.9	37.5	(35.6 – 39.3)
<b>Hypertension Awareness</b>			
Adults who have high blood pressure	32.3	40.9	(39.2 – 42.6)
<b>Immunization</b>			
Adults aged 65+ who had a flu shot in past year	64.0	61.1	(58.2 – 64.0)
Adults aged 65+ who have ever had a pneumococcal vaccination	73.3	73.4	(70.8 – 76.1)
<b>Overweight and Obesity (BMI)</b>			
Adults who are overweight (BMI = 25.0 – 29.9)	34.6	35.4	(33.6 – 37.1)
Adults who are obese (BMI ≥ 30.0)	32.1	36.5	(34.7 – 38.2)
<b>Physical Activity</b>			
Adults who participate in any physical activity	73.7	67.2	(65.5 – 68.9)
<b>Respiratory Disease</b>			
Adults who currently have asthma	9.7	9.5	(8.5 – 10.5)
Adults who have COPD, emphysema, or chronic bronchitis	6.5	10.8	(9.8 – 11.8)
<b>Tobacco Use</b>			
Adults who are current smokers	16.0	23.6	(22.0 – 25.2)
<b>Cancer Screening**</b>			
Respondents aged 50-75 who have fully met the USPSTF recommendation For colon cancer screening	69.7	69.6	(67.1 – 72.1)
Women aged 50-74 who have had a mammogram within the past two years	78.3	77.6	(74.8 -80.4)

# Selected Indicators — 2018 KyBRES

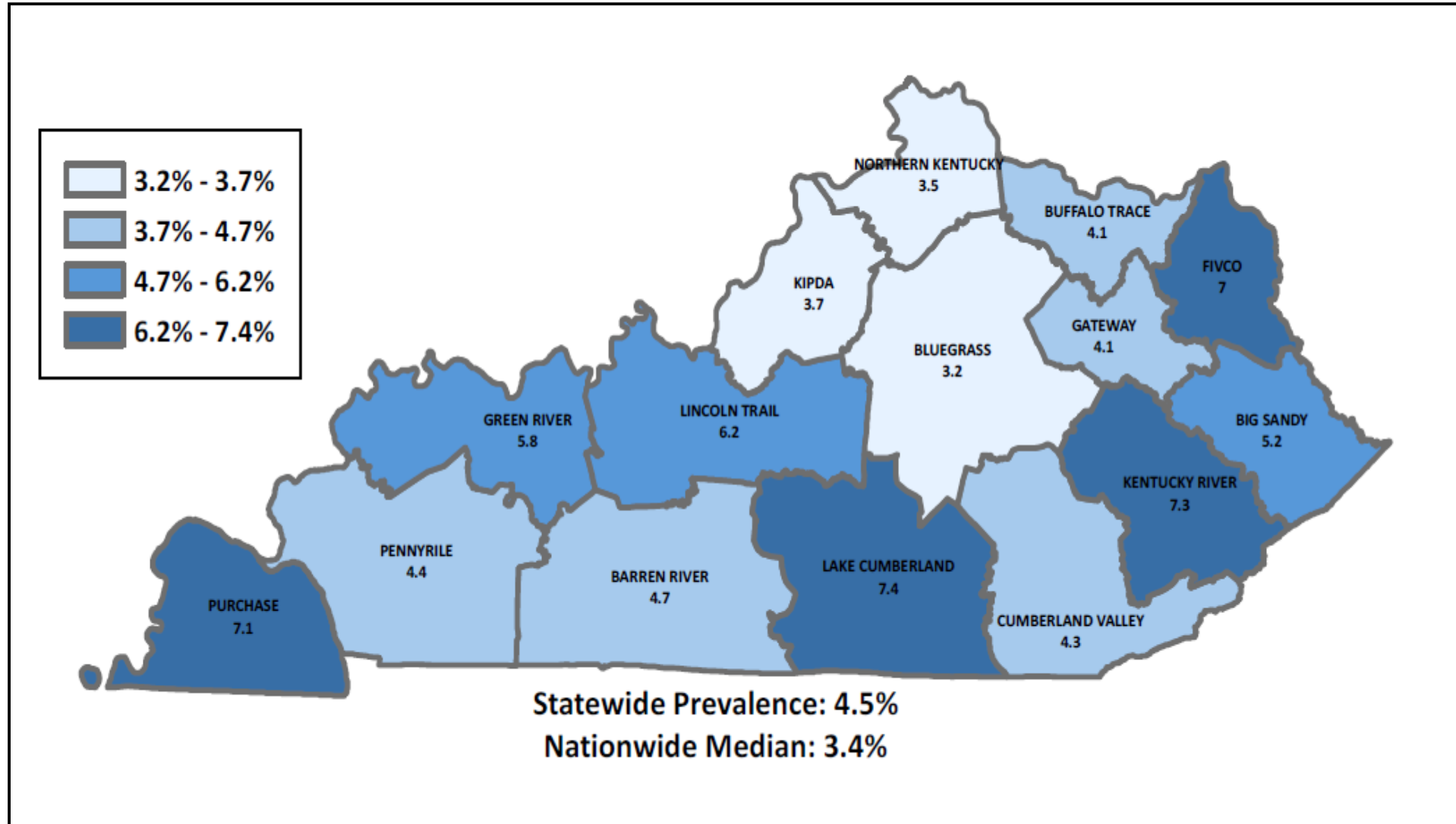
## U.S. vs Kentucky



# Percent of Kentucky Adults who have Coronary Heart Disease by Age, Education and Income – 2018 KyBRFS



# Percent of Kentucky Adults who have ever had a Stroke, by Area Development District, 2018

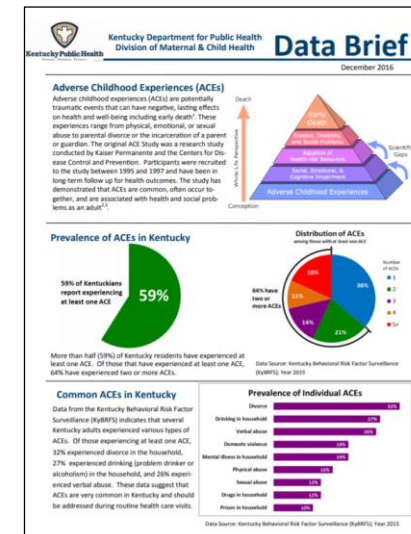
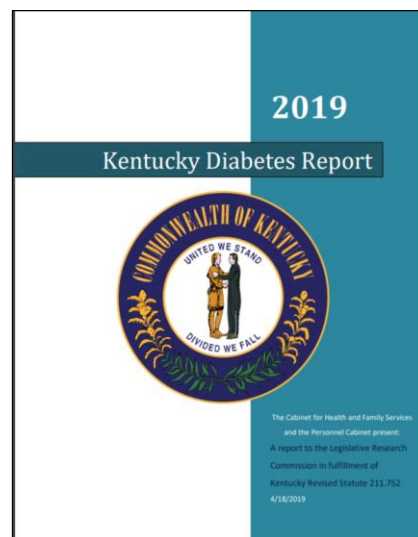
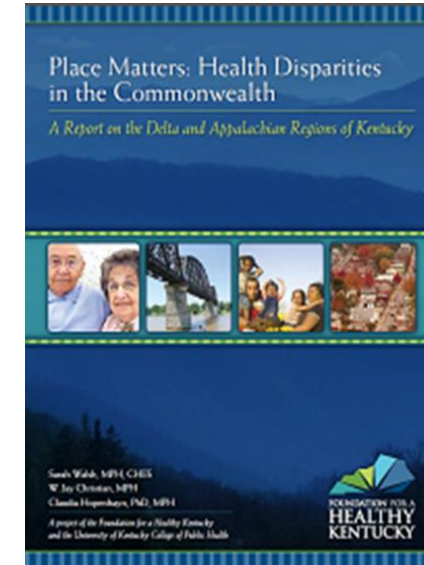
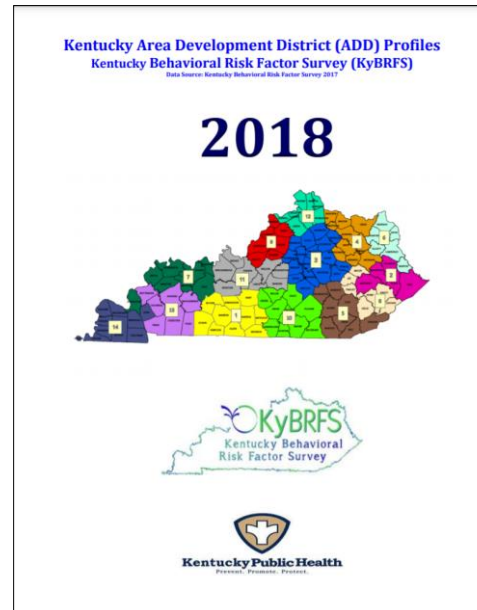
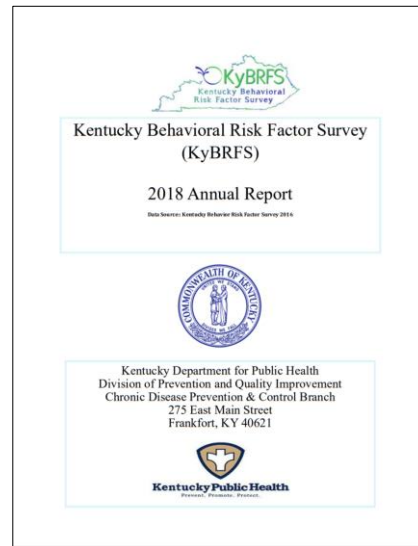


Has your doctor  
nurse or other health  
professional  
recommended you  
check your blood  
pressure outside of  
the office or at home?

Data was weighted using \_LLCPWT.

DEMOGRAPHIC GROUPS	RESPONDENT NUMBER		Yes			No		
	TOTAL	WEIGHTED	N	%	C.I. (95%)	N	%	C.I. (95%)
TOTAL	7210	3,007,250	2756	32.7	31.1-34.3	4454	67.3	65.7-68.9
Male	3123	1,452,110	1194	32.3	29.8-34.8	1929	67.7	65.2-70.2
Female	4087	1,555,140	1562	33.1	30.7-35.5	2525	66.9	64.5-69.3
White/Non-Hisp	6231	2,564,575	2318	32.9	31.1-34.7	3913	67.1	65.3-68.9
Black or Afr. Am./Non-Hisp	593	220,199	297	40.1	31.9-48.3	296	59.9	51.7-68.1
Oth. Race/Non-Hisp.	98	54,208	32	17.4	08.0-26.8	66	82.6	73.2-92.0
MultiRacial/Non-Hisp.	115	40,251	49	27.9	15.6-40.2	66	72.1	59.8-84.4
Hispanic	89	90,823	21	17.0	08.4-25.6	68	83.0	74.4-91.6
18-24	431	343,720	54	11.0	07.5-14.5	377	89.0	85.5-92.5
25-34	703	473,261	122	17.0	12.9-21.1	581	83.0	78.9-87.1
35-44	779	459,931	182	22.5	18.4-26.6	597	77.5	73.4-81.6
45-54	1130	495,160	367	33.4	29.1-37.7	763	66.6	62.3-70.9
55-64	1545	531,228	688	44.7	40.6-48.8	857	55.3	51.2-59.4
65+	2622	703,950	1343	50.8	47.9-53.7	1279	49.2	46.3-52.1
Less Than H.S.	592	436,122	279	42.5	36.4-48.6	313	57.5	51.4-63.6
H.S. or G.E.D.	2198	996,508	889	34.7	31.8-37.6	1309	65.3	62.4-68.2
Some Post-H.S.	2038	922,380	799	31.1	28.2-34.0	1239	68.9	66.0-71.8
College Graduate	2373	648,994	784	25.2	22.7-27.7	1589	74.8	72.3-77.3
Less than \$15,000	578	238,849	280	44.4	37.7-51.1	298	55.6	48.9-62.3
\$15,000- 24,999	552	254,411	232	39.7	33.2-46.2	320	60.3	53.8-66.8
\$25,000- 34,999	510	216,640	214	37.5	31.0-44.0	296	62.5	56.0-69.0
\$35,000- 49,999	651	254,607	252	33.2	27.9-38.5	399	66.8	61.5-72.1
\$50,000- 74,999	872	395,297	307	27.2	22.9-31.5	565	72.8	68.5-77.1
\$75,000+	1589	658,061	480	25.9	22.6-29.2	1109	74.1	70.8-77.4

# Reports using KyBRFS Data



# Data Access



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# Resources

- ❑ **CDC BRFSS Website:**

- <http://www.cdc.gov/BRFSS/>

- ❑ **For specific analyzed data or data sets,**

- complete request form on Kentucky BRFSS Website:**

- <https://chfs.ky.gov/agencies/dph/dpqi/cdpb/Pages/brfss.aspx>

- ❑ **Kentucky Public Health Environmental Tracking Network:**

- <https://kyibis.mc.uky.edu/ehl/>

- ❑ **County-level data available at the**

- [www.Kentuckyhealthfacts.org](http://www.Kentuckyhealthfacts.org) website funded by the Foundation

- And at the [www.countyhealthrankings.org](http://www.countyhealthrankings.org)

# Behavioral Risk Factor Surveillance System



2019 BRFSS Data Now Available  
View the latest 2019 BRFSS Annual Data



The Behavioral Risk Factor Surveillance System (BRFSS) is the nation's premier system of health-related telephone surveys that collect state data about U.S. residents regarding their health-related risk behaviors.

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## BRFSS Prevalence & Trends Data

Welcome! Here you will find the enhanced version of the BRFSS Prevalence and Trends Tool. You have the option of exploring the prevalence data by location or topic. Both routes enable you to view and download prevalence estimates through charts, graphs, and maps based on the path you direct. This version provides access to prevalence estimates from the BRFSS core data at the state level as well as data from Selected Metropolitan/Micropolitan Area Risk Trends (SMART). The prevalence estimates have been updated to include both crude prevalence and age-adjusted prevalence. The tool will continue to be updated as new functions and data become available.

[Help](#)

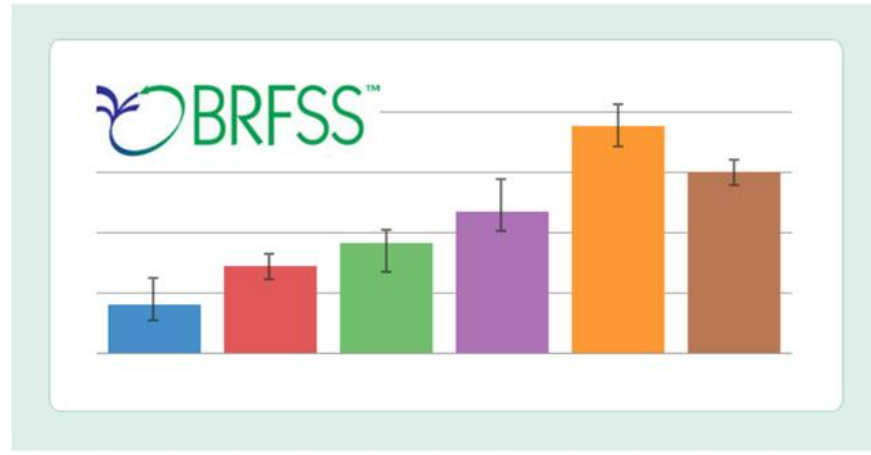
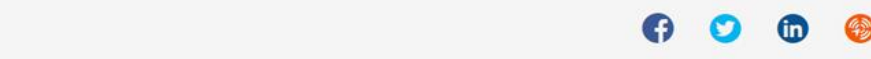
About BRFSS

BRFSS Questionnaires

Prevalence Data & Data Analysis Tools

Survey Data & Documentation

# CDC BRFSS Website



## Explore BRFSS Data By Location

Explore BRFSS Prevalence & Trends data for all questions for one location.

States & Territories

## Explore BRFSS Data By Topic

Explore BRFSS Prevalence & Trends data for one question for all available states and MMSAs.

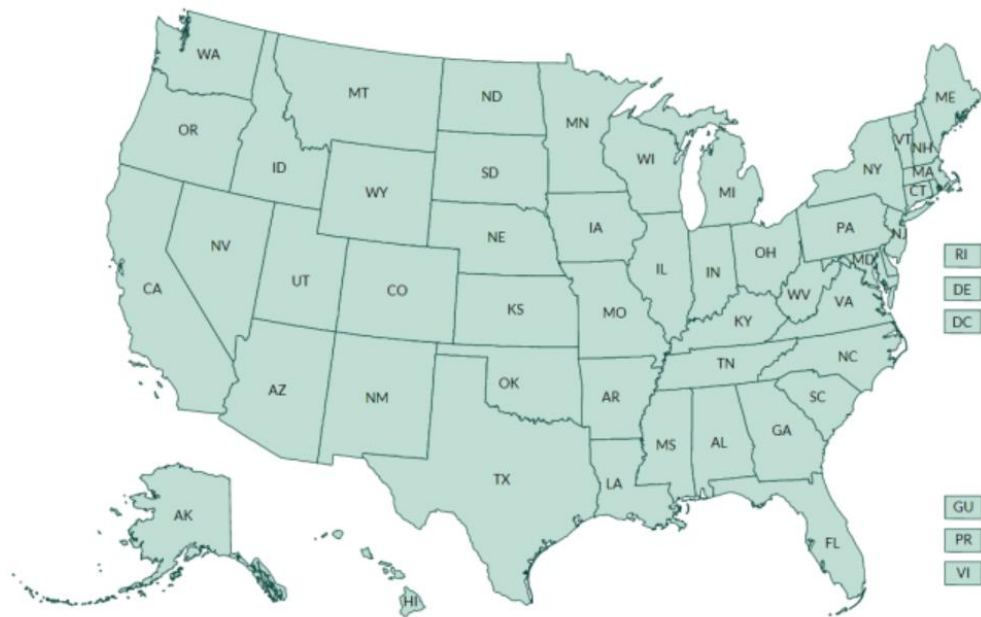
Class

# Data Access: CDC BRFSS Website

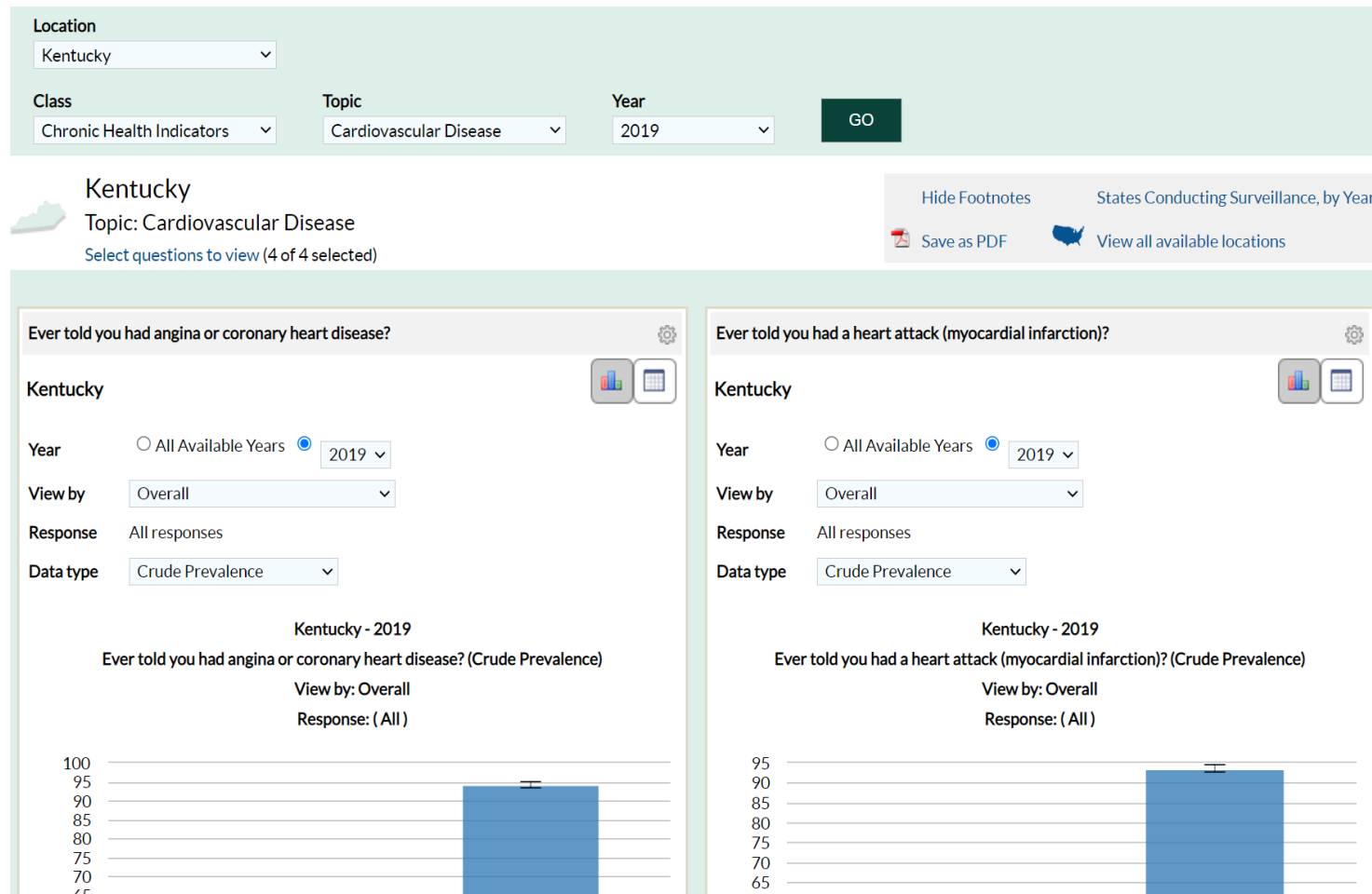
## Explore BRFSS Data By Location

Explore BRFSS Prevalence & Trends data for all questions for one location.

States & Territories



[Metropolitan/Micropolitan Statistical Areas \(MMSAs\)](#)



# Cabinet's Website

CHRONIC DISEASE PREVENTION BRANCH

## Behavioral Risk Factor Surveillance System


### BRFSS Questionnaire Format

The BRFSS questionnaire is divided into three sections:

- **Core Questions** asked by all states and participating territories.
- **Optional Modules** developed by the CDC on particular topics that states may choose to include on the questionnaire.
- **State Added Questions** that relate to the public health needs of a state.

### Contact Information

Data from Kentucky and all 50 states can be obtained from the [CDC BRFSS website](#). When the site loads, scroll down to the section titled Prevalence Data. Data can be queried by topic, state and year (1995–2016).

You may request additional Kentucky specific BRFSS data information. For data sets request, complete this [form](#) .

[Email your question and data set request forms.](#)




### Additional Information

- BRFSS Reports & Survey Results
- CDC BRFSS
- Kentucky Environmental Public Health Tracking Network
- County Health Rankings
- Chronic Disease Indicators
- Foundation for a Healthy Kentucky
- Kentucky Health Facts
- Alzheimer's Association

## Area Development District Profiles

- [2018 Kentucky Area Development District Profiles](#) 
- [2017 Kentucky Area Development District Profiles](#) 
- [2016 Kentucky Area Development District Profiles](#) 
- [2015 Kentucky Area Development District Profiles](#) 
- [2014 Kentucky Area Development District Profiles](#) 
- [2013 Kentucky Area Development District Profiles](#) 
- [2012 Kentucky Area Development District Profiles](#) 
- [2011 Kentucky Area Development District Profiles](#) 

### Special Reports/Fact Sheets

- [2018 Kentucky Diabetes Fact Sheet](#) 
- [Effect of Changes in BRFSS Protocols on 2011 BRFSS Data in KY](#) 
- [BRFSS Fact Sheet - Raking Methodology](#) 

## Adverse Childhood Experiences in Kentucky

- [Adverse Childhood Experiences \(ACEs\) in Kentucky December 2016 Data Brief](#) 

## Kentucky BFRSS Annual Reports

The annual Reports contain data on risk factors and health behaviors collected from the BRFSS survey. Data are analyzed by Area Development District and demographic variables, such as gender, race, age, income and education level. National medians for each risk factor and health behavior are also presented.

- [2018 BRFSS Annual Report](#) 
- [2015 BRFSS Annual Report](#) 
- [2014 BRFSS Annual Report](#) 
- [2013 BRFSS Annual Report](#) 
- [2012 BRFSS Annual Report](#) 
- [2011 BRFSS Annual Report](#) 
- [2010 BRFSS Annual Report](#) 
- [2009 BRFSS Annual Report](#) 
- [2008 BRFSS Annual Report](#) 
- [2007 BRFSS Annual Report](#) 
- [2006 BRFSS Annual Report](#) 
- [2005 BRFSS Annual Report](#) 
- [2003 - 2004 BRFSS Annual Report](#) 
-  [2002 BRFSS Annual Report](#) 
-  [2001 BRFSS Annual Report](#) 
- [2000 BRFSS Annual Report](#) 
- [1997 - 1999 BRFSS Annual Report](#) 



KENTUCKY  
ENVIRONMENTAL PUBLIC HEALTH  
**TRACKING**  
ENVIROHEALTHLINK.ORG



[My Data](#)

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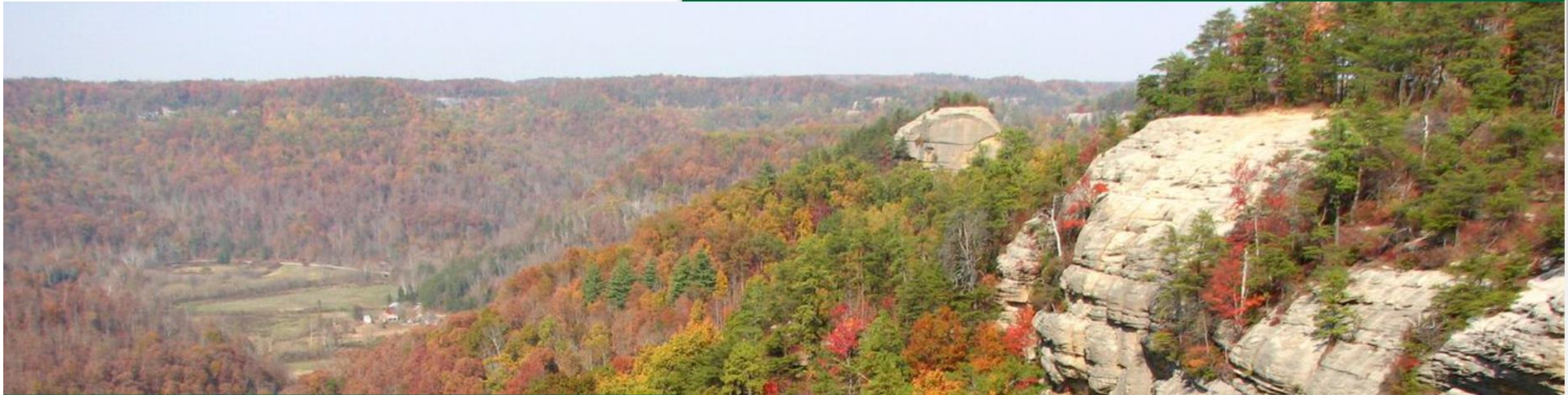
[About](#)

[Health](#)

[Environment](#)

[Community](#)

[Data Portal](#)



Welcome to EnviroHealthLink [Learn more...](#)

The Environmental Public Health Tracking (EPHT) Program at the Kentucky Department for Public Health provides information and data about how the environment affects human health. Use this website to answer questions about air quality, drinking water, cancer, and a wide variety of other topics.

**At this website you may:**



Welcome to the EHL data portal. The data portal is your gateway to access all the available data products. This includes queryable datasets, interactive maps, links to other useful data websites, and searchable access to queryable dataset metadata.



### Community Snapshot Reports

Choose your community, run a report for a set of indicators, and see how your community compares to the rest of the state.

#### [Community Snapshots](#)

##### - Key to Symbols -

- \* For information on confidence intervals, see glossary in the "Resources" section.
- \*\* Data were suppressed to protect privacy.
- ✓ The community is performing BETTER than the state, and the difference is statistically significant.
- ≈ The community value is the same or ABOUT THE SAME as the state. Differences are not statistically significant.
- ! The community is performing WORSE than the state, and the difference is statistically significant.



### Interactive Maps

- [COVID-19 Community Vulnerability Index](#) - explore data on social, economic, epidemiological, and healthcare system factors that contribute to the vulnerability to COVID-19 for communities accross Kentucky
- [Social Vulnerability Index](#) - explore data on social and economic factors that influence the vulnerability of communities across Kentucky
- [Local Health Departments](#) - explore information on your local health department and data for your county
- [Radon in Kentucky](#) - learn more about radon and explore historical radon risk levels in Kentucky
- [Arbovirus Surveillance Map](#) - explore what species of mosquitoes were found in your area, plus information on West Nile, St. Louis Encephalitis, and Zika
- [Tickborne Diseases in Kentucky](#) - learn about tickborne disease in Kentucky and how to prevent them



### Data by Topic

Select a topic to start exploring the data. For full list of indicators go to [Data Index](#).

- [Population Estimates](#)
- [Heart Health](#)
- [Injuries](#)
- [Reproductive Health](#)



### Datasets

Select a dataset to explore. For full list of indicators go to [Data Index](#).

- [Mortality Records](#)
- [Behavioral Risk Factor Survey \(KyBRFS\)](#)
- [Hospital Admissions](#)
- [Emergency Department Visits](#)

[Explore Health Rankings](#)

[Take Action to Improve Health](#)

[Learn From Others](#)

[What Is Health?](#)

[Reports](#)



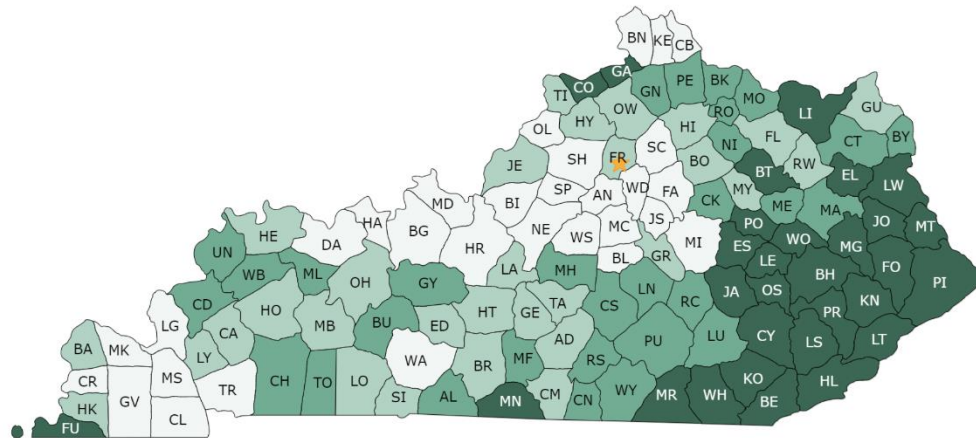
Learn more about our [2021 Rankings data refresh](#)

## Growing community power to **improve health equity**

We believe in a future where everyone has opportunities to be healthy and to thrive. Many factors impact how long and how well we live. Our data show how these factors shape community conditions, while highlighting the stark differences in health that stem from injustices and barriers to opportunity. Use our resources to take action toward better health for all.



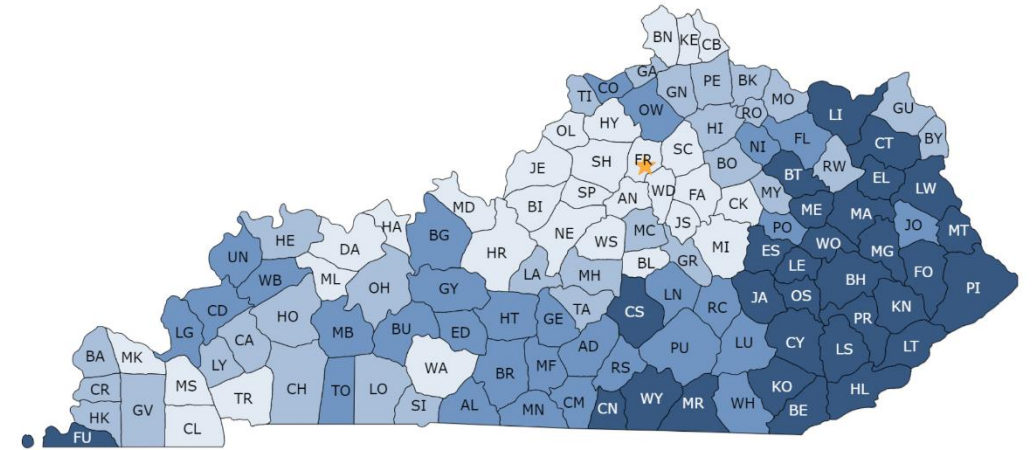
## 2021 Health Outcomes - Kentucky



Health Outcome Ranks

1 to 30	31 to 60	61 to 90	91 to 120
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## 2021 Health Factors - Kentucky



Health Factor Ranks

1 to 30	31 to 60	61 to 90	91 to 120
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# How to use KyBRFS data?



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# How KyBRFS Data is Used

- Analyze health trends
- Develop policies and legislation
- Plan and to measure the progress of prevention initiatives
- Monitor health goals, such as those stated in Healthy People 2030
- Educate the public about risk behaviors and preventive health practices and
- Provide data for preparation of budgets, contracts and grants

# Contact Information

## ❑ E-mail:

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## ❑ Mail:

**KyBRFS Program**

**Chronic Disease Prevention  
Branch**

**Department for Public Health**

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**Frankfort, KY 40621**