



Indicators from the Behavioral Risk Factor Surveillance System Data

General Notes

About this Analysis

The Behavioral Risk Factor Surveillance (BRFSS) is a random-digit dial telephone survey of non-institutionalized people age 18 or older. Telephone numbers are selected at random. Once a household is reached, an adult within a household is randomly selected for the interview.

The BRFSS is funded and coordinated nationally by the Centers for Disease Control and Prevention, Behavioral Surveillance Branch. More information about the BRFSS nationally is available at www.cdc.gov/brfss. Each state has a BRFSS coordinator. In NH, the BRFSS is housed in the Health Statistics Section of the NH Department of Health and Human Services, Division of Public Health Services. More information about the BRFSS in NH is available at <http://www.dhhs.nh.gov/DHHS/HSDM/behavioral-risk.htm>.

When possible, the most recent data were used. Questions for some indicators are not asked every year that the survey is conducted. As a result some indicators are from data collected in earlier years.

People who answered "Don't know/Not sure" or "Refused" were typically excluded from analysis, unless otherwise noted.

Indicator Definitions

- **Heavy drinking:** Adult men having more than 2 drinks per day; adult women having more than 1 drink per day
- **Current asthma:** Adults who report that they have been told by a doctor, nurse, or other health professional that they had asthma, and also report that they still have asthma
- **Have diabetes:** Adults who report that they have been told by a doctor, nurse, or other health professional that they had diabetes. The "No" category includes people who report never being told that they have diabetes, who report that they had diabetes only during pregnancy, and those who report that they have been told that they have pre-diabetes or borderline diabetes.

- **Any physical activity in past 30 days:** Is the answer to: “During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?”
- **Any health care coverage:** Is the answer to: “Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?”
- **Current health status:** Is the answer to: “Would you say that in general your health is...”
- **Any days in past 30 in which mental health was not good:** People who answer at least 1 day to the question: “Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?”
- **Overweight or obese:** Each respondent is asked to report his or her height and weight. The Body Mass Index (BMI) is calculated from those height and weight values. Overweight is categorized as a BMI value of 25-30. Obese is categorized as a BMI value of above 30.
- **Current smoking:** People who have smoked at least 100 cigarettes in their lifetime and who currently smoke some days or everyday
- **Level of physical activity:** Respondents are asked a series of questions about the type, frequency, and duration of physical activity. Based on those answers, they are categorized into:
 - **Meets recommendations for physical activity:** Meets either the recommendation to get 30 minutes or more of moderate physical activity, 5 days or more per week; OR 20 or more minutes of vigorous activity a day 3 or more days per week
 - **Some physical activity, but does not meet recommendations:** Respondents who report some physical activity, but not enough to meet the recommendations
 - **No physical activity:** Respondents who do not participate in physical activity
- **Consumes at least 5 or more fruits and vegetables servings a day:** Respondents are asked a series of questions about the frequency of fruit and vegetable consumption and the types of fruits and vegetables they typically eat. Respondents are then categorized into those who do and do not eat the recommended 5 servings of fruits and vegetables a day.