

Behavioral Risk Factor Surveillance System

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"BRFSS is America's premier public health surveillance system, giving states the data foundation needed for evidence-based health programs."

-CDC, August 2025

About BRFSS

Annual, state-based telephone survey

**Collects data on chronic conditions, risk behaviors,
preventive practices, and health status indicators.**

**More than 8,000 Iowan adults participate annually.
Currently in 37th year in Iowa!**

3 Question Types

Core
(all states include)

Optional
(CDC designed, states
choose to include)

State-added
(unique to state health
data needs)

Data Collection Process

Timeline

- ▶ New survey each calendar year (Jan-Dec)
 - Monthly data is sent to CDC for cleaning, weighting, and analysis
- ▶ Previous year's data available to the public 7-8 months after data collection ends

Purpose of the BRFSS

Purpose

BRFSS's objective is to collect uniform, state-specific data. The data is used to:



Monitor trends
and measure
population health
over time.



Establish and
track progress
towards
population health
goals.



Plan and design
population health
programming.



Inform strategies
for health and
human services
prevention and
early intervention

Fixed Core (asked every year)

- ▶ Demographics
- ▶ Health Care Access
- ▶ Health Status
- ▶ Disability
- ▶ Healthy Days
- ▶ Alcohol Consumption
- ▶ Exercise (Leisure Time)
- ▶ HIV/AIDS
- ▶ Immunization
- ▶ Tobacco Use

Topics: Core Content



Rotating Core

- ▶ Seatbelt Use
- ▶ Cholesterol Awareness
- ▶ Hypertension Awareness
- ▶ Cancer screening
 - Breast and Cervical
 - Colorectal
 - Lung
- ▶ Oral Health
- ▶ Falls
- ▶ Drinking and driving
- ▶ Inadequate Sleep
- ▶ Physical activity and strength building
- ▶ Fruits and vegetables

Topics: Core Content



- ▶ Industry and Occupation
- ▶ Social Determinants of Health
- ▶ Aspirin for CVD Prevention
- ▶ Adverse Childhood Experiences (ACEs)
- ▶ Resiliency
- ▶ Family Planning
- ▶ Caregiver
- ▶ Cognitive Decline
- ▶ Diabetes
- ▶ Prediabetes
- ▶ Arthritis
- ▶ Heart Disease and Stroke
- ▶ Cancer Survivorship
 - Type of Cancer
 - Course of Treatment

Optional Modules



- ▶ Brain injury
- ▶ Workplace harassment
- ▶ Rape prevention and education
- ▶ Gambling
- ▶ Marijuana Use
- ▶ Opioid Use
- ▶ Substance Use
- ▶ Tobacco
 - E-cigarette use
 - Other tobacco products
 - Secondhand Smoking
- ▶ Volunteerism
- ▶ Cancer prevention
 - Home radon testing

State-Added Topics



Data Use Across HHS

► Behavioral Health –

- State Plan
- Prevention, Treatment, and Recovery Services

► Healthy Iowans – State Health Assessment and State Health Improvement Plan

► Aging and Disability Services

► Public Health

- Chronic, Congenital, and Inherited Conditions
- Wellness and Preventive Health
- HIV, STI, and Hepatitis
- Immunizations
- Prevention and Intervention

BRFSS Findings

- Annual Reports
- Questionnaires
- Select topic infographics
- Data by county



IOWA BRFSS BRIEF: **2023 SURVEY**

January 2025

**Iowa Behavioral Risk Factor
Surveillance System (BRFSS)**

Division of Administration
Bureau of Performance



Health and
Human Services

Questions?

