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

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 dye your favorite red nail polish, a red suit, a red handbag, or a hat—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 event 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.**
Prevalence of Obesity* Among U.S. Adults
(*BMI ≥30, or about 30 lbs overweight for 5’4” person)

- 1990
- 1996
- 2004

Prevalence of Diabetes* Among U.S. Adults
(*Includes gestational diabetes)

- 1990
- 1996
- 2004
Support Policies and Legislation:

Mandatory Insurance Coverage for Screening Mammography

1981

No mandatory insurance coverage for screening mammography.

1990

Mandatory insurance coverage for screening mammography.

2004

Mandatory insurance coverage for screening mammography.

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

Nationwide Median %
Support Policies and Legislation:
Prevalence of Safety Belt Use, 2002

- Areas with primary safety belt laws

- Prevalence > 80% of always using a safety belt among persons aged ≥ 18 years.
- Prevalence < 80% of always using a safety belt among persons aged ≥ 18 years.

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

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<th>Percentage</th>
<th>&lt;= 6.5</th>
<th>6.6 - 7.3</th>
<th>7.4 - 8</th>
<th>8.1 - 8.8</th>
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Statistical Method: Quantile

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/
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.
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*

- US Virgin Islands: No Data
- District of Columbia

*PHQ-8 score ≥10

Lifetime Diagnosis of Depression

- US Virgin Islands
- District of Columbia

Lifetime Diagnosis of Anxiety

- US Virgin Islands
- District of Columbia
2007—Mental Illness & Stigma Module in BRFSS
Preliminary data
Adverse Health Behaviors and Obesity 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
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For more information on BRFSS:

www.cdc.gov/brfss