BRFSS Statistical Brief: Caregiver Optional Module
## Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Objective</td>
<td>3</td>
</tr>
<tr>
<td>Background</td>
<td>3</td>
</tr>
<tr>
<td>Caregiver Module History</td>
<td>4</td>
</tr>
<tr>
<td>Analytic Code</td>
<td>4</td>
</tr>
<tr>
<td>Caregiver Status</td>
<td>5</td>
</tr>
<tr>
<td>Relationship to Care Recipient</td>
<td>6</td>
</tr>
<tr>
<td>Length of Care</td>
<td>7</td>
</tr>
<tr>
<td>Time Spent Providing Care</td>
<td>8</td>
</tr>
<tr>
<td>Care Recipient Major Health Problem</td>
<td>9</td>
</tr>
<tr>
<td>Care Recipient has Alzheimer’s Disease, Dementia, or Other Cognitive Impairment Disorder</td>
<td>10</td>
</tr>
<tr>
<td>Types of Assistance</td>
<td>11</td>
</tr>
<tr>
<td>Types of Assistance (continued)</td>
<td>12</td>
</tr>
<tr>
<td>Expected Future Caregiving</td>
<td>13</td>
</tr>
<tr>
<td>References</td>
<td>14</td>
</tr>
<tr>
<td>Appendix A: Healthy People 2030 Objectives Related to Caregivers</td>
<td>15</td>
</tr>
<tr>
<td>Appendix B: BRFSS 2019–Present Caregiver Module</td>
<td>16</td>
</tr>
<tr>
<td>Appendix C: BRFSS 2015–2018 Caregiver Module</td>
<td>18</td>
</tr>
<tr>
<td>Appendix D: Analytic Code for Support Service Needs</td>
<td>20</td>
</tr>
<tr>
<td>Selected Scientific Publications</td>
<td>21</td>
</tr>
<tr>
<td>Data For Action: Selected Examples</td>
<td>22</td>
</tr>
</tbody>
</table>
Objective
The purpose of this document is to provide guidance for BRFSS coordinators and researchers who would like to conduct analyses of the data collected through the BRFSS Caregiver Optional Module and provide basic computer code for analyzing the data. The goal is to enable consistency in analytic methods and results reported.

Background
The demand for and burden on caregivers is projected to increase. Caregivers must maintain their own health in order to provide appropriate care for others. Therefore, understanding the activities of and effects of caregiving on health and function is an important goal for public health.

Healthy People has included objectives related to caregivers for the past two cycles. In Healthy People 2030, multiple objectives target caregivers and could be addressed through increased surveillance (Appendix A).

- **Populations — People with Disabilities: Objective DH-D01** — Reduce the prevalence of anxiety or depression among family caregivers of persons with disabling conditions.
- **Health Conditions — Dementias: Objective DIA-01** — Increase the proportion of older adults with diagnosed Alzheimer’s disease and other dementias, or their caregiver, who are aware of the diagnosis.
- **Health Conditions — Dementias: Objective DIA-03** — Increase the proportion of adults with Subjective Cognitive Decline (SCD) who have discussed their confusion or memory loss with a health care professional.

The Alzheimer’s Disease and Healthy Aging Program’s report, *The Healthy Brain Initiative: The Public Health Road Map for State and National Partnerships, 2018-2023*, recommends implementing the BRFSS Caregiver Module (objective M-1).
Caregiver Module History

In 2009, the BRFSS questionnaire included the question, “People may provide regular care or assistance to a friend or family member who has a health problem, long-term illness, or disability. During the past month, did you provide any such care or assistance to a friend or family member?” The caregiver screening question was asked to all respondents (age 18 and older). A descriptive report using these data was published in 2013. Although it is important to be able to estimate the prevalence of caregiving and to identify caregivers, research demonstrates that the details of caregiving such as the type of care provided, the frequency of care, and the duration of care all relate to caregiver burden and well-being. The Caregiver Module was developed to capture information about caregivers’ activities and experiences to allow for a more in-depth assessment of caregiver status and health. Three rounds of cognitive testing on the module were performed to help ensure that the questions would be easy to understand and answer.

The module was modified in 2016 to include ‘Old age/infirmity/frailty’ and ‘Injuries including broken bones’ as response options to the question “What is the main health problem, long-term illness, or disability that the person you care for has?” Users will need to consider the additional response item when combining several years of data.

The module was further modified in 2019 where ‘Alzheimer’s disease’ was specified in the category mentioning ‘Dementia or other cognitive impairment disorders’ for the major health problem of the person receiving care. A follow-up question was also added asking if the person cared for also had ‘Alzheimer’s disease, dementia or other cognitive impairment disorders’ so that these individuals could be captured even if they were not captured in the primary problem of the care receiver question. The question on needed support services was removed from the module beginning in 2019.

The Caregiving Module was used by 24 states in 2015, 21 states in 2016, 12 states in 2017, 5 states in 2018 and 10 states in 2019.

Analytic Code

The Caregiver Module includes a screening question that is asked of all BRFSS respondents to identify caregivers. People who say “yes” to the caregiver screening question are considered caregivers and are asked 7 additional questions about their caregiving experience. People who say “no” or “don’t know/not sure” to the caregiver screening question or who refuse to answer it are asked a follow-up question about anticipated caregiving in the next two years. Variable names used to create recoded variables are the CDC-assigned variable names for each question. The sections below
describe each item and include sample Stata and SAS code to analyze the data. All “don’t know/not sure” and “refused” responses are set to missing. Respondents with missing responses are excluded from the denominator; however, there may be circumstances when these responses may be appropriate to include in the denominator.

The full text of the 2019–Present Caregiver Module appears in Appendix B. Furthermore, Appendix C contains the 2015–2018 Caregiver Module text with noted changes applied in 2016. Older versions of the module can be found on the BRFSS website.

**Caregiver Status**

The Caregiver Module begins with the following screening question to identify caregivers. It differs slightly from the original screening question used on the 2009 BRFSS core:

1. People may provide regular care or assistance to a friend or family member who has a health problem or disability. During the past 30 days, did you provide regular care or assistance to a friend or family member who has a health problem or disability?
   1—Yes
   2—No
   7—Don’t know/Not sure
   8—Caregiving recipient died in past 30 days
   9—Refused

**VARIABLE NAME: CAREGIV1**

The code below creates variables to classify respondents who say “yes” to the screening question as caregivers and respondents who say “no” or report that the care recipient died in the past 30 days as non-caregivers. All other respondents are coded as missing and are excluded from denominators.

Note that respondents whose care recipient died in the past 30 days are not asked any subsequent module questions and also are not asked the expected future caregiving question.

**Caregiver Status**

<table>
<thead>
<tr>
<th>Software</th>
<th>Analytic Code</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>STATA</strong></td>
<td>recode caregiv1 (1=1) (2=0) (7=.) (8=0) (9=.), gen(caregiv1_rc)</td>
</tr>
</tbody>
</table>
| **SAS** | if caregiv1=1 then caregiv1_rc=1; *Yes;  
| | if caregiv1 in (2,8) then caregiv1_rc=0; *No;  
| | if caregiv1 in (7,9) then caregiv1_rc=.; *Missing; |

The remaining questions are asked only of respondents who were classified as caregivers in the screening question (i.e., caregiv1=1).
**Relationship to Care Recipient**

The Caregiver Module asks the caregiver to describe the person for whom they provide care. This question may be recoded to set “don’t know/not sure” and “refused” responses to missing as well as code to create comparison groups such as distinguishing spousal/partner* from non-spousal/partner caregivers or family caregivers from non-family caregivers.

2. What is his/her relationship to you? For example is he/she your (mother/daughter or father/son)?
   - 1—Mother
   - 2—Father
   - 3—Mother-in-law
   - 4—Father-in-law
   - 5—Child
   - 6—Husband
   - 7—Wife
   - 8—Live-in partner
   - 9—Brother or brother-in-law
   - 10—Sister or sister-in-law
   - 11—Grandmother
   - 12—Grandfather
   - 13—Grandchild
   - 14—Other relative
   - 15—Non-relative/Family friend
   - 77—Don’t know/Not sure
   - 99—Refused

**VARIABLE NAME: CRGREL3**

* In previous versions of the Caregiver Module there was an option 16 for unmarried partner. In 2019, one state had responses for option 16 in the crgrel3 variable. We recommend coding these to missing.
**Length of Care**

Caregivers are asked how long they have provided care to the care recipient. Analysts could use the categories provided or collapse categories to identify people who have recently become caregivers (e.g., in the past 6 months) or long-term caregivers (e.g., more than 5 years).

3. For how long have you provided care for that person? Would you say…
   - 1—Less than 30 days
   - 2—1 month to less than 6 months
   - 3—6 months to less than 2 years
   - 4—2 years to less than 5 years
   - 5—5 or more years
   - 7—Don’t know/Not sure
   - 9—Refused

**VARIABLE NAME: CRGVLNG1**

<table>
<thead>
<tr>
<th>Software</th>
<th>Analytic Code</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>STATA</strong></td>
<td>recode crgvlng1 (7/9=.), gen(crgvlng1_rc)</td>
</tr>
<tr>
<td></td>
<td>recode crgvlng1 (1/2=1) (3/5=0) (7/9=.), gen(cg_recent)</td>
</tr>
<tr>
<td></td>
<td>recode crgvlng1 (1/4=0) (5=1) (7/9=.), gen(cg_longterm)</td>
</tr>
<tr>
<td><strong>SAS</strong></td>
<td>crgvlng1_rc= crgvlng1;</td>
</tr>
<tr>
<td></td>
<td>if crgvlng1 in (7,9) then crgvlng1_rc=.; *DK/Ref;</td>
</tr>
<tr>
<td></td>
<td>if crgvlng1 in (1:2) then cg_recent=1; *&lt;6 mos;</td>
</tr>
<tr>
<td></td>
<td>if crgvlng1 in (3:5) then cg_recent=0; *6+ mos;</td>
</tr>
<tr>
<td></td>
<td>if crgvlng1 in (7,9) then cg_recent=.; *DK/Ref;</td>
</tr>
<tr>
<td></td>
<td>if crgvlng1 in (1:4) then cg_longterm=0; *&lt; 5 yrs;</td>
</tr>
<tr>
<td></td>
<td>if crgvlng1=5 then cg_longterm=1; *5+ yrs;</td>
</tr>
<tr>
<td></td>
<td>if crgvlng1 in (7,9) then cg_longterm=.; *DK/Ref;</td>
</tr>
</tbody>
</table>
Time Spent Providing Care
Response options for time spent providing care each week are based on a standard work schedule. Researchers may be interested in reporting whether caregiving represents the equivalent of a part-time job (20-39 hours per week) or a full-time job (40 hours or more per week).

4. In an average week, how many hours do you provide care or assistance? Would you say…
   1—Up to 8 hours per week
   2—9 to 19 hours per week
   3—20 to 39 hours per week
   4—40 hours or more per week
   7—Don’t know/Not sure
   9—Refused

VARIABLE NAME: CRGVHRS1

Time Spent Providing Care

<table>
<thead>
<tr>
<th>Software</th>
<th>Analytic Code</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>STATA</strong></td>
<td>recode crgvhrs1 (7/9=.), gen(crgvhrs1_rc)</td>
</tr>
<tr>
<td></td>
<td>recode crgvhrs1 (1/2=0) (3/4=1) (7/9=.), gen(cg_parttime)</td>
</tr>
<tr>
<td></td>
<td>recode crgvhrs1 (1/3=0) (4=1) (7/9=.), gen(cg_fulltime)</td>
</tr>
<tr>
<td><strong>SAS</strong></td>
<td>crgvhrs1_rc=crgvhrs1;</td>
</tr>
<tr>
<td></td>
<td>if crgvhrs1 in (7:9) then crgvhrs1_rc=.; *DK/Ref;</td>
</tr>
<tr>
<td></td>
<td>if crgvhrs1 in (1:2) then cg_parttime=0; *&lt;20 hrs/wk;</td>
</tr>
<tr>
<td></td>
<td>if crgvhrs1 in (3:4) then cg_parttime=1; *20+ hrs/wk;</td>
</tr>
<tr>
<td></td>
<td>if crgvhrs1 in (7,9) then cg_parttime=.; *DK/Ref;</td>
</tr>
<tr>
<td></td>
<td>if crgvhrs1 in (1:3) then cg_fulltime=0; *&lt;40 hrs/wk;</td>
</tr>
<tr>
<td></td>
<td>if crgvhrs1=4 then cg_fulltime=1; *40+ hrs/wk;</td>
</tr>
<tr>
<td></td>
<td>if crgvhrs1 in (7,9) then cg_fulltime=.; *DK/Ref;</td>
</tr>
</tbody>
</table>
Care Recipient Major Health Problem
Caregivers are asked to report the care recipient’s major health condition or disability that necessitates care. The list of response options can be grouped into categories by type of health condition. For example, code distinguishing caregivers of people with dementia or other cognitive impairment disorders as the major health problem from other types of caregivers is shown below.

<table>
<thead>
<tr>
<th>5. What is the main health problem, long-term illness, or disability that the person you care for has?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1—Arthritis/Rheumatism</td>
</tr>
<tr>
<td>2—Asthma</td>
</tr>
<tr>
<td>3—Cancer</td>
</tr>
<tr>
<td>4—Chronic respiratory conditions such as Emphysema or COPD</td>
</tr>
<tr>
<td>5—Alzheimer’s disease, Dementia or other Cognitive Impairment Disorders</td>
</tr>
<tr>
<td>6—Developmental Disabilities such as Autism, Down’s Syndrome, and Spina Bifida</td>
</tr>
<tr>
<td>7—Diabetes</td>
</tr>
<tr>
<td>8—Heart Disease, Hypertension, Stroke</td>
</tr>
<tr>
<td>9—Human Immunodeficiency Virus Infection (HIV)</td>
</tr>
<tr>
<td>10—Mental Illnesses, such as Anxiety, Depression, or Schizophrenia</td>
</tr>
<tr>
<td>11—Other organ failure or diseases such as kidney or liver problems</td>
</tr>
<tr>
<td>12—Substance Abuse or Addiction Disorders</td>
</tr>
<tr>
<td>13—Injuries, including broken bones</td>
</tr>
<tr>
<td>14—Old age/infirmity/frailty</td>
</tr>
<tr>
<td>15—Other</td>
</tr>
<tr>
<td>77—Don’t know/Not sure</td>
</tr>
<tr>
<td>99—Refused</td>
</tr>
</tbody>
</table>

**VARIABLE NAME:** CRGVPRB3

<table>
<thead>
<tr>
<th>Software</th>
<th>Analytic Code</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>STATA</strong></td>
<td>recode crgvprb3 (77/99=.), gen(cg_recipcond)</td>
</tr>
<tr>
<td></td>
<td>recode crgvprb3 (1/4=0) (5=1) (6/15=0) (77/99=.), gen(cg_dementia)</td>
</tr>
<tr>
<td><strong>SAS</strong></td>
<td>crgvprb3_rc = crgvprb3;</td>
</tr>
<tr>
<td></td>
<td>if crgvprb3 in (77:99) then crgvprb3_rc=.; *DK/Ref;</td>
</tr>
<tr>
<td></td>
<td>if crgvprb3=5 then cg_dementia=1; *Dementia/other Cognitive Impairment Disorders;</td>
</tr>
<tr>
<td></td>
<td>if crgvprb3 in (1:4,6:15) then cg_dementia=0;</td>
</tr>
<tr>
<td></td>
<td>*Non-Dementia/other Cognitive Impairments;</td>
</tr>
<tr>
<td></td>
<td>if crgvprb3 in (77,99) then cg_dementia=.;*DK/Ref;</td>
</tr>
</tbody>
</table>
Care Recipient has Alzheimer’s Disease, Dementia, or Other Cognitive Impairment Disorder

Caregivers may provide care for a friend or family member with multiple health problems. Question 6 identifies caregivers who care for persons who have Alzheimer's disease, dementia or other cognitive impairment disorder in addition to the main health problem identified in question 5. Researchers might use these two questions (CRGVPRB3, CRGVALZD) to identify caregivers who are providing care for someone with Alzheimer’s disease, dementia, or other cognitive impairment disorders whether it’s the major health problem or a secondary health problem.

6. Does the person you care for also have Alzheimer’s Disease, Dementia or Other Cognitive Impairment Disorders?
   1—Yes
   2—No
   7—Don’t know/Not sure
   9—Refused

VARIABLE NAME: CRGVALZD

Care Recipient has Alzheimer’s Disease, Dementia, or Other Cognitive Impairment Disorder

<table>
<thead>
<tr>
<th>Software</th>
<th>Analytic Code</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>STATA</strong></td>
<td>recode crgvalzd (7/9=.), gen(crgvalzd_rc)</td>
</tr>
<tr>
<td></td>
<td>recode crgvprb3 (1/4=0) (5=1) (6/15=0) (77/99=0), gen(cg_dementia_all)</td>
</tr>
<tr>
<td></td>
<td>replace cg_dementia_all =1 if crgvalzd ==1</td>
</tr>
<tr>
<td></td>
<td>replace cg_dementia_all =0 if crgvalzd==2 &amp; (crgvprb3 ==77</td>
</tr>
<tr>
<td><strong>SAS</strong></td>
<td>crgvalzd_rc=crgvalzd;</td>
</tr>
<tr>
<td></td>
<td>if crgvalzd in (7,9) then crgvalzd_rc = .; *DK/Ref;</td>
</tr>
<tr>
<td></td>
<td>if crgvprb3 = 5 then cg_dementia_all = 1; *yes, dementia;</td>
</tr>
<tr>
<td></td>
<td>if crgvprb3 in (1:4,6:15) then cg_dementia_all =0; *no, dementia;</td>
</tr>
<tr>
<td></td>
<td>if crgvalzd = 1 then cg_dementia_all = 1; *yes, dementia;</td>
</tr>
<tr>
<td></td>
<td>if crgvalzd = 2 and crgvprb3 in (77,99) then cg_dementia_all = 0;</td>
</tr>
<tr>
<td></td>
<td>*no, dementia;</td>
</tr>
</tbody>
</table>
Types of Assistance

As with all surveillance systems, it is not possible to collect all the details of respondents’ experiences. However, the Caregiver Module captures two commonly reported types of assistance: personal care activities (6) and household tasks (7). The code below recodes “don’t know/not sure” and “refused” responses to missing.

7. In the past 30 days, did you provide care for this person by managing personal care such as giving medications, feeding, dressing, or bathing?
   1—Yes
   2—No
   7—Don’t know/Not sure
   9—Refused
   VARIABLE NAME: CRGVPER1

8. In the past 30 days, did you provide care for this person by managing household tasks such as cleaning, managing money, or preparing meals?
   1—Yes
   2—No
   7—Don’t know/Not sure
   9—Refused
   VARIABLE NAME: CRGVHOU1

Types of Assistance (Personal Care Activities)

<table>
<thead>
<tr>
<th>Software</th>
<th>Analytic Code</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>STATA</strong></td>
<td>recode crgvper1 (1=1) (2=0) (7/9=.), gen(crgvpers_rc)</td>
</tr>
<tr>
<td><strong>SAS</strong></td>
<td>crgvper1_rc=crgvp1; \nif crgvper1 = 2 then crgvper1_rc = 0; *No; \nif crgvper1 in (7,9) then crgvper1_rc=.; *DK/Ref;</td>
</tr>
</tbody>
</table>

Types of Assistance (Household Tasks)

<table>
<thead>
<tr>
<th>Software</th>
<th>Analytic Code</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>STATA</strong></td>
<td>recode crgvhou1 (1=1) (2=0) (7/9=.), gen(crgvhus_rc)</td>
</tr>
<tr>
<td><strong>SAS</strong></td>
<td>crgvhou1_rc=crgvhou1; \nif crgvhou1 = 2 then crgvhou1_rc = 0; *No; \nif crgvhou1 in (7,9) then crgvhou1_rc=.; *DK/Ref;</td>
</tr>
</tbody>
</table>
Types of Assistance (continued)

Researchers might use these two questions together (7. crgvper1 and 8. crgvhou1) to create a categorical variable for type(s) of care provided: neither personal care nor household tasks, household tasks only, personal care only, or both personal care and household tasks.

*Note: responses for don’t know/not sure and refused for either crgvper1 or crgvhou1 are set to missing using this code.

Types of Assistance (Combined)

<table>
<thead>
<tr>
<th>Software</th>
<th>Analytic Code</th>
</tr>
</thead>
</table>
| **STATA** | gen cg_assistancecat=.  
replace cg_assistancecat=0 if crgvper1==2 & crgvhou1==2  
replace cg_assistancecat=1 if crgvper1==2 & crgvhou1==1  
replace cg_assistancecat=2 if crgvper1==1 & crgvhou1==2  
replace cg_assistancecat=3 if crgvper1==1 & crgvhou1==1 |
| **SAS**   | if crgvper1=2 and crgvhou1 =2 then cg_assistancecat=0;  
* Provided other types of care;  
if crgvper1=2 and crgvhou1=1 then cg_assistancecat=1;  
* Household tasks only;  
if crgvper1=1 and crgvhou1 =2 then cg_assistancecat=2;  
*Personal Care only;  
if crgvper1=1 and crgvhou1 =1 then cg_assistancecat=3;  
* Both Personal and Household Tasks; |
Expected Future Caregiving
Respondents who are not current caregivers (who say "No" to Question 1) or who do not answer the caregiving screening question (Question 1), are asked a follow-up question about anticipated caregiving within the next two years. This question may be useful for communities, public health agencies, and other organizations involved in planning programs and services to estimate future demands of caregiving.

9. In the next 2 years, do you expect to provide care or assistance to a friend or family member who has a health problem or disability?
   1—Yes
   2—No
   7—Don’t know/Not sure
   9—Refused

VARIABLE NAME: CRGVEXPT

<table>
<thead>
<tr>
<th>Software</th>
<th>Analytic Code</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>STATA</strong></td>
<td><code>recode crgvexpt (1=1) (2=0) (7/9=.), gen(crgvexpt_rc)</code></td>
</tr>
<tr>
<td><strong>SAS</strong></td>
<td><code>crgvexpt_rc=crgvexpt;</code> &lt;br&gt;<code>if crgvexpt = 2 then crgvexpt_rc = 0; *No;</code> &lt;br&gt;<code>if crgvexpt in (7,9) then crgvexpt_rc = .; *DK/Ref;</code></td>
</tr>
</tbody>
</table>
References

Appendix A:
Healthy People 2030
Objectives Related to Caregivers

Populations—People with Disabilities: Objective DH-D01—Reduce the prevalence of anxiety or depression among family caregivers of persons with disabling conditions.

Health Conditions—Dementias: Objective DIA-01—Increase the proportion of older adults with diagnosed Alzheimer’s disease and other dementias, or their caregiver, who are aware of the diagnosis.

Health Conditions—Dementias: Objective DIA-03—Increase the proportion of adults with Subjective Cognitive Decline (SCD) who have discussed their confusion or memory loss with a health care professional.
Appendix B: BRFSS 2019–Present Caregiver Module

1. During the past 30 days, did you provide regular care or assistance to a friend or family member who has a health problem or disability?

INTERVIEWER INSTRUCTIONS: If caregiving recipient has died in the past 30 days, say “I’m so sorry to hear of your loss.” and code 8.

1—Yes
2—No—[Go to Question 9]
7—Don’t know/Not sure—[Go to Question 9]
8—Caregiving recipient died in past 30 days—[Go to next module]
9—Refused—[Go to Question 9]

2. What is his or her relationship to you? For example is he or she your (mother or daughter or father or son)?—

INTERVIEWER NOTE: If more than one person, say: “Please refer to the person to whom you are giving the most care.”

01—Mother
02—Father
03—Mother-in-law
04—Father-in-law
05—Child
06—Husband
07—Wife
08—Live-in partner
09—Brother or brother-in-law
10—Sister or sister-in-law
11—Grandmother
12—Grandfather
13—Grandchild
14—Other relative
15—Non-relative/Family friend
77—Don’t know/Not sure
99—Refused

3. For how long have you provided care for that person? Would you say…

1—Less than 30 days
2—1 month to less than 6 months
3—6 months to less than 2 years
4—2 years to less than 5 years
5—More than 5 years
7—Don’t know/Not sure
9—Refused

4. In an average week, how many hours do you provide care or assistance? Would you say…

1—Up to 8 hours per week
2—9 to 19 hours per week
3—20 to 39 hours per week
4—40 hours or more
7—Don’t know/Not sure
9—Refused

5. What is the main health problem, long-term illness, or disability that the person you care for has?

IF NECESSARY: Please tell me which one of these conditions would you say is the major problem?

[DO NOT READ: RECORD ONE RESPONSE]

1—Arthritis/Rheumatism
2—Asthma
3—Cancer
4—Chronic respiratory conditions such as Emphysema or COPD
5—Alzheimer’s disease, Dementia or other Cognitive Impairment Disorders
6—Developmental Disabilities such as Autism, Down’s Syndrome, and Spina Bifida
7—Diabetes
8—Heart Disease, Hypertension, Stroke
9—Human Immunodeficiency Virus Infection (HIV)
10—Mental Illnesses, such as Anxiety, Depression, or Schizophrenia
11—Other organ failure or diseases such as kidney or liver problems
12—Substance Abuse or Addiction Disorders
13—Injuries, including broken bones
14—Old age/infirmity/frailty
15—Other
77—Don’t know/Not sure
99—Refused
6. Does the person you care for also have Alzheimer’s Disease, Dementia or other Cognitive Impairment Disorder?
   1—Yes
   2—No
   7—Don’t Know / Not Sure
   9—Refused

7. In the past 30 days, did you provide care for this person by…
   Managing personal care such as giving medications, feeding, dressing, or bathing?
   1—Yes
   2—No
   7—Don’t Know / Not Sure
   9—Refused

8. In the past 30 days, did you provide care for this person by…
   Managing household tasks such as cleaning, managing money, or preparing meals?
   1—Yes
   2—No
   7—Don’t Know / Not Sure
   9—Refused

9. In the next 2 years, do you expect to provide care or assistance to a friend or family member who has a health problem or disability?
   1—Yes
   2—No
   7—Don’t know / Not sure
   9—Refused
Appendix C:  
BRFSS 2015-2018 Caregiver Module

1. During the past 30 days, did you provide regular care or assistance to a friend or family member who has a health problem or disability?

INTERVIEWER INSTRUCTIONS: If caregiving recipient has died in the past 30 days, say “I’m so sorry to hear of your loss.” and code 8.

01—Yes
02—No—[Go to Question 9]
07—Don’t know/Not sure—[Go to Question 9]
08—Caregiving recipient died in past 30 days—[Go to next module]
09—Refused—[Go to Question 9]

2. What is his or her relationship to you? For example is he or she your (mother or daughter or father or son)?

INTERVIEWER NOTE: If more than one person, say: “Please refer to the person to whom you are giving the most care.”

01—Mother
02—Father
03—Mother-in-law
04—Father-in-law
05—Child
06—Husband
07—Wife
08—Live-in partner
09—Brother or brother-in-law
10—Sister or sister-in-law
11—Grandmother
12—Grandfather
13—Grandchild
14—Other relative
15—Non-relative/Family friend
77—Don’t know/Not sure
99—Refused

3. For how long have you provided care for that person? Would you say…

01—Less than 30 days
02—1 month to less than 6 months
03—6 months to less than 2 years
04—2 years to less than 5 years
05—More than 5 years
07—Don’t know/Not sure
09—Refused

4. In an average week, how many hours do you provide care or assistance? Would you say…

01—Up to 8 hours per week
02—9 to 19 hours per week
03—20 to 39 hours per week
04—40 hours or more
07—Don’t know/Not sure
09—Refused

5. What is the main health problem, long-term illness, or disability that the person you care for has?

IF NECESSARY: Please tell me which one of these conditions would you say is the major problem?

[DO NOT READ: RECORD ONE RESPONSE]

01—Arthritis/Rheumatism
02—Asthma
03—Cancer
04—Chronic respiratory conditions such as Emphysema or COPD
05—Dementia and other Cognitive Impairment Disorders
06—Developmental Disabilities such as Autism, Down’s Syndrome, and Spina Bifida
07—Diabetes
08—Heart Disease, Hypertension, Stroke
09—Human Immunodeficiency Virus Infection (HIV)
10—Mental Illnesses, such as Anxiety, Depression, or Schizophrenia
11—Other organ failure or diseases such as kidney or liver problems
12—Substance Abuse or Addiction Disorders
13—Injuries, including broken bones* 
14—Old age/infirmity/frailty*
15—Other
77—Don’t know/Not sure
99—Refused

*These response items were added to Question #5 in the 2016 BRFSS Caregiver Module.
6. In the past 30 days, did you provide care for this person by…

**Managing personal care such as giving medications, feeding, dressing, or bathing?**

01—Yes
02—No
07—Don’t know/Not sure
09—Refused

7. In the past 30 days, did you provide care for this person by…

**Managing household tasks such as cleaning, managing money, or preparing meals?**

01—Yes
02—No
07—Don’t know/Not sure
09—Refused

8. Of the following support services, which one do YOU most need, that you are not currently getting?

[INTERVIEWER NOTE: IF RESPONDENT ASKS WHAT RESPITE CARE IS]:

**Respite care means short-term or long-term breaks for people who provide care.**

[READ OPTIONS 1 – 6]

01—Classes about giving care, such as giving medications
02—Help in getting access to services
03—Support groups
04—Individual counseling to help cope with giving care
05—Respite care
06—You don’t need any of these support services

[DO NOT READ]

07—Don’t Know /Not Sure
09—Refused

[If Q1 = 1 or 8, GO TO NEXT MODULE]

9. In the next 2 years, do you expect to provide care or assistance to a friend or family member who has a health problem or disability?

01—Yes
02—No
07—Don’t know/Not sure
09—Refused
Appendix D: Analytic Code for Support Service Needs

Support Service Needs

The following question was removed from the 2019 Caregiving Module but can be analyzed for years 2015-2018. Assessing caregivers’ unmet needs for support services may be helpful in local or state-level planning activities. This question asks about the service needed most and should not be used to identify services that are unneeded by caregivers. It does not indicate whether caregivers are currently receiving services. In some cases, it may be useful to distinguish caregivers with any unmet needs for support services from caregivers who do not have unmet needs.

Of the following support services, which one do you MOST need, that you are not currently getting?

1—Classes about giving care, such as giving medications
2—Help in getting access to services
3—Support groups
4—Individual counseling to help cope with giving care
5—Respite care
6—You don’t need any of these support services
7—Don’t know/Not sure
9—Refused

VARIABLE NAME: CRGVMST3

Support Service Needs

<table>
<thead>
<tr>
<th>Software</th>
<th>Analytic Code</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>STATA</strong></td>
<td>recode crgvmst3 (7/9=.), gen(cg_servicemostneed)</td>
</tr>
<tr>
<td></td>
<td>recode crgvmst3 (1/5=1) (6=0) (7/9=.), gen(cg_anyserviceneed)</td>
</tr>
<tr>
<td><strong>SAS</strong></td>
<td>crgvmst3_rc=crgvmst3;</td>
</tr>
<tr>
<td></td>
<td>if crgvmst3 in (7,9) then crgvmst3 Rc=.; *DK/Ref;</td>
</tr>
<tr>
<td></td>
<td>if crgvmst3 in (1:5) then cg_anyserviceneed=1; *Unmet service need;</td>
</tr>
<tr>
<td></td>
<td>if crgvmst3=6 then cg_anyserviceneed=2; *Services not needed;</td>
</tr>
<tr>
<td></td>
<td>if crgvmst3 in (7,9) then cg_anyserviceneed=.; *DK/Ref;</td>
</tr>
</tbody>
</table>
Selected Scientific Publications


Data For Action: Selected Examples

Infographics
The Caregiving infographic series utilizes key BRFSS data from the Caregiving module. The infographics are available nationally, by state, and for several demographic groups, in both English and Spanish at https://www.cdc.gov/aging/data/index.html.

State of Aging and Health in America: Data Brief Series
The Caregiving Data Brief utilizes BRFSS data from the Caregiving module. The Caregiving brief includes the most recent and relevant Caregiving data available, including aging related conditions, the importance of brain health, and the management of chronic conditions to help identify needs and mitigate the future effects of a growing older population.
Full brief: https://www.cdc.gov/aging/publications/briefs.htm
For more information please contact
Centers for Disease Control and Prevention
1600 Clifton Road NE, Atlanta, GA 30329-4027
Telephone: 1-800-CDC-INFO (232-4636)/TTY: 1-888-232-6348
E-mail: cdcinfo@cdc.gov
Web: www.cdc.gov
Publication date: February 2021