



### Recent Resources and Media Mentions

## STATE SPOTLIGHT New Hampshire



This state uses BRFSS to address the following public health topics:

- ✓ **Diabetes and other chronic diseases,**
- ✓ **Anxiety and Depression,**
- ✓ **Cognitive Impairment,**
- ✓ **Occupational and Environmental Health,**
- ✓ **Immunizations,**
- ✓ **Infectious Disease.**

In New Hampshire, public health researchers said the BRFSS occupation-related data helped them compare the health habits of their state's health care workers (HCWs) with those of general residents.

"We wanted to explore the behaviors of HCWs, comparing them—from a chronic disease perspective—with those of non-HCWs," said Karla R. Armenti, ScD, principal investigator with New Hampshire's Occupational Health Surveillance Program (OHSP) in its Bureau of Public Health Statistics and Informatics. Doing so, she says, can help the state establish a baseline for exploring the specific public health needs of people working in the state's health care industry.

"We included any BRFSS survey respondents with occupations related to health and health care," Dr. Armenti said. "Our HCWs group comprises health professionals and health care support staff employed for wages or self-employed during 2011 and 2012."



#### **Adult Restaurant Patrons and Menu Labels**

[http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6327a1.htm?s\\_cid=mm6327a1\\_w](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6327a1.htm?s_cid=mm6327a1_w)

#### **Alcohol Policy and Predicting Binge Drinking**

<http://ajph.aphapublications.org/doi/abs/10.2105/AJPH.2014.302112>

#### **CDC State Obesity Maps**

<http://www.cdc.gov/obesity/data/prevalence-maps.html>

#### **Drowsy Driving and Risk Behaviors — 10 States and Puerto Rico**

[http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6326a1.htm?s\\_cid=mm6326a1\\_w](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6326a1.htm?s_cid=mm6326a1_w)

#### **Implementing Health- Promoting Policies**

<http://ajph.aphapublications.org/doi/full/10.2105/AJPH.2014.301875>

#### **Michigan: BRFSS Surveillance Briefs: Stroke and Hypertension**

[http://michigan.michigan.gov/documents/mdch/MIBRFSS\\_Surveillance\\_Brief\\_Aug\\_2014\\_Vol8No4\\_FINAL\\_466329\\_7.pdf](http://michigan.michigan.gov/documents/mdch/MIBRFSS_Surveillance_Brief_Aug_2014_Vol8No4_FINAL_466329_7.pdf)

#### **Health Risk Behaviors in the State of Michigan**

[http://www.michigan.gov/documents/mdch/2013\\_MiBRFS\\_Annual\\_Report\\_Web\\_FINAL\\_470662\\_7.pdf](http://www.michigan.gov/documents/mdch/2013_MiBRFS_Annual_Report_Web_FINAL_470662_7.pdf)

#### **Influenza Vaccination in Health Care Workers**

<http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6337a2.htm>

#### **Influenza Vaccination: Pregnant Women**

[http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6337a3.htm?s\\_cid=mm6337a3\\_e](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6337a3.htm?s_cid=mm6337a3_e)

#### **Unhappy Cities**

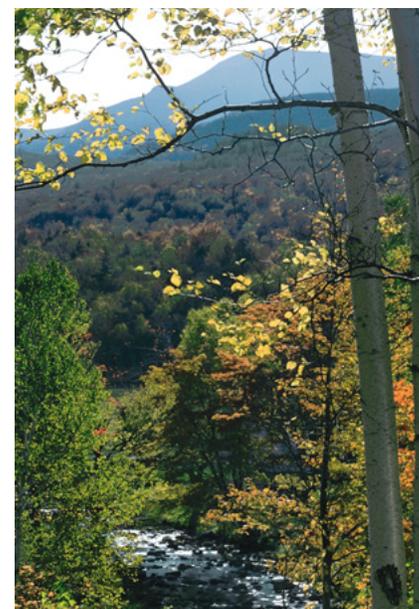
<http://www.nber.org/papers/w20291.pdf>

This graphic notice  means that you are leaving a CDC Web site.

## State Spotlight — New Hampshire

### Study Findings

- ◆ Compared with health-behavior prevalences among the rest of employed adults across the state, those among New Hampshire HCWs were “more promising,” in terms of promoting good health, such as eating fruits and vegetables. The researchers reported that they believed that HCWs’ higher rates of education, income, and health knowledge contributed to the adoption of their healthy behaviors, even though as a state, New Hampshire already has high overall rates of health insurance coverage, reported income, and education.
- ◆ There was room for improvements, however, in the area of nutrition, physical activity, and tobacco use. This finding was seen overall, regardless of respondent occupation.
- ◆ To meet Healthy People 2020 objectives, HCWs specifically need to improve their influenza vaccination rate (60.7%), which is lower than preferred vaccination rates among adults in general (80.0%). Comprehensive immunization policies in health care settings can be useful in helping to raise this immunization rate.\*
- ◆ Read the study. <http://www.dhhs.nh.gov/dphs/hsdm/ohs/documents/healthbehav-hcw-2014.pdf>
- ◆ See the press release used to promote the study. <http://www.dhhs.nh.gov/media/pr/2014/06-jun/06032014healthcare.htm>



### Relationship with BRFSS

“The New Hampshire OHSP has been exploring nontraditional avenues to gather work-related injury data, such as population-based health surveys,” said Dr. Armenti. “We have always collaborated with our BRFSS program, in particular, around data collection of industry and occupation (I/O) data in the BRFSS. New Hampshire was one of the first states to add these important questions to the state survey, to help us understand a variety of health behaviors and disease outcomes from a person’s work status. The addition of these questions includes collaboration with the National Institute for Occupational Safety and Health—NIOSH—which has been working with many state BRFSS coordinators to facilitate the adoption of I/O questions in a CDC BRFSS module that complements the core questionnaire.”

\*National Health Interview Survey (NHIS) is the data source for national HP 2020 immunization targets.



## State Spotlight — New Hampshire



Please refer to previous issues of BRFSS Facts & News for information on other NIOSH workplace research collaborations with state health departments in [Washington](#) and [Massachusetts](#).

### Related Reports on Workplace Public Health

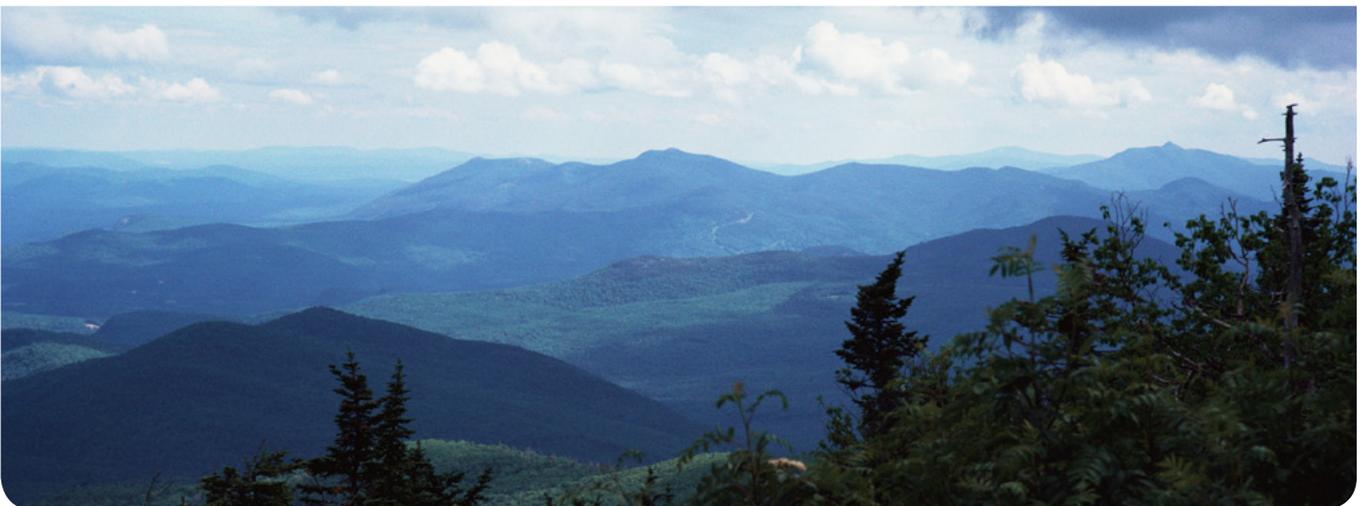
Dr. Armenti said that two other studies using BRFSS workplace data on HCWs have been published.<sup>1,2</sup> The studies had some findings that differed and used different research methods, but the study group and overall outcomes were very similar.

- 1 Helfand BK, Mukamal KJ. Healthcare and lifestyle practices of healthcare workers: do healthcare workers practice what they preach? *JAMA Intern Med.* 2013 Feb 11;173(3):242-4. doi: 10.1001/2013.jamainternmed.1039.
- 2 Centers for Disease Control and Prevention. Influenza vaccination coverage among health-care personnel -- 2011-12 influenza season, United States. *MMWR.* 2012;61(38):753-757.

In a previous pilot initiative that used earlier BRFSS I/O data and information about workplace injuries, the researchers found that the BRFSS survey could be a useful tool in occupational health surveillance. The data helped them to conclude that nearly 5% of respondents had reported work-related injuries requiring medical advice or treatment in the past 12 months, a majority of workers employed for wages and with an injury were likely eligible for workers' compensation benefits, and approximately 54% reported their treatment was paid all—or in part—by workers' compensation.

### Next Steps

"In the future, we would like to explore risk behaviors among other occupational groups and follow up with targeted interventions in the areas we find needing improvement," Dr. Armenti said. "An example of this sort of follow-up is happening now, based on our current results, and will address the HCWs influenza vaccination rate that is well below desired coverage. We also hope to explore other health behaviors specific to other industries and occupations."



## Communications from the Branch

### New BRFSS Population Health Surveillance Branch Publications

Khalil GM, Gotway Crawford CA. [A bibliometric analysis of US-based research on the Behavioral Risk Factor Surveillance System](#). *Am J. of Prev. Med.* 2015;48(1):50-7. 

Okoro CA, Stoodt G, Rohrer JE, Strine TW, Li C, Balluz LS. [Physical activity patterns among US adults with and without serious psychological distress](#). *Public Health Rep.* 2014;129(1):30-38. 

Okoro CA, Dhingra SS. [Severity of psychological distress among adults with and without disabilities](#), *Social Work in Public Health* 2014;29(7):671-685. doi:10.1080/19371918.2014.938386. 

Zhao G, Okoro CA, Li J, White A, Dhingra S, Li C. [Current depression among adult cancer survivors: Findings from the 2010 Behavioral Risk Factor Surveillance System](#). *Cancer Epidemiol.* 2014 Dec;38(6):757-64. 



\*\*\* Have a BRFSS-related story, program, achievement, or case study for the State Spotlight section of this newsletter? Please let us know!  
Email the details to Dave Flegel, BRFSS technical writer, at [dflegel@cdc.gov](mailto:dflegel@cdc.gov)