

# Behavioral Risk Factor Surveillance System



The Centers for Disease Control and Prevention (CDC)'s Behavioral Risk Factor Surveillance System (BRFSS) is the nation's premier system of health surveys that collect state data about U.S. residents regarding their health-related risk behaviors and events, chronic health conditions, and use of preventive services. Currently, BRFSS collects data in all 50 states, the District of Columbia, and three U.S. territories.

BRFSS completes more than 400,000 adult interviews each year, making it the largest continuously conducted multi-mode (mail, landline phone, and cell phone) health survey system in the world. Since 1984, this unique state-based system has provided flexible, timely, and ongoing data that meet individual state needs.

The federal government, state governments, universities, private organizations, and researchers use BRFSS data to monitor public health. BRFSS data can help to identify and track health behaviors and conditions; track health objectives; evaluate disease prevention activities; and rapidly assess emerging health problems, such as novel influenza and influenza vaccination.

BRFSS is a state-based surveillance system that is administered by the Division of Behavioral Surveillance in CDC's Public Health Surveillance and Informatics Program Office; Office of Surveillance, Epidemiology, and Laboratory Services.

## About SMART BRFSS

State and local public health departments have increasingly demanded more localized health information, such as city- and county-level data, to add to their BRFSS state-level data. With these local data, state and local public health departments can identify local emerging health problems, plan and evaluate local responses, and efficiently allocate resources to specific needs.

In response to the need for local data, CDC began analyzing BRFSS data for metropolitan and micropolitan statistical areas (MMSAs) with its Selected Metropolitan/Micropolitan Area Risk Trends BRFSS (SMART BRFSS).<sup>\*</sup> SMART BRFSS uses BRFSS data to provide prevalence rates for selected conditions and behaviors for cities and their surrounding counties.

SMART BRFSS now includes data from 2002–2010. In addition, the program increased the number of MMSAs for which BRFSS data are available from 177 in 2008 to 194 in 2010.

With SMART BRFSS, BRFSS now provides local-level data that are comparable across the nation. SMART BRFSS expands the usefulness of a highly functional surveillance system and gives state and local public health officials and policy makers an important and enhanced tool for public health planning.

Access **SMART BRFSS** at <http://www.cdc.gov/BRFSS>.

<sup>\*</sup> Metropolitan and Micropolitan Statistical Area (MMSA) Definition: An MMSA is a metropolitan statistical area (a group of counties with at least one urbanized area of 50,000 or more inhabitants), micropolitan statistical area (a group of counties with at least one urban cluster of at least 10,000 but less than 50,000 inhabitants), or metropolitan division (a smaller group of counties within a metropolitan statistical area of 2.5 million or more inhabitants).



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Office of Surveillance, Epidemiology and Laboratory Services  
Division of Behavioral Surveillance



## SMART BRFS includes information on

- alcohol consumption
- arthritis
- asthma
- breast and cervical cancer
- cholesterol
- colorectal cancer screening
- diabetes
- disability
- exercise and physical activity
- fruit and vegetable consumption
- health status
- healthcare access
- hypertension
- immunization
- obesity
- oral health
- prostate cancer screening
- tobacco use

## 2002–2010 Behavioral Risk Factor Surveillance System Metropolitan and Micropolitan Statistical Areas

### Alabama

Birmingham-Hoover  
Mobile  
Montgomery  
Tuscaloosa

### Alaska

Anchorage  
Fairbanks

### Arizona

Nogales  
Phoenix-Mesa-Scottsdale  
Sierra Vista-Douglas  
Tucson  
Yuma

### Arkansas

Fayetteville-Springdale-Rogers (AR-MO)  
Fort Smith (AR-OK)  
Little Rock-North Little Rock  
Memphis (TN-MS-AR)

### California

Los Angeles-Long Beach-Glendale  
Oakland-Fremont-Hayward  
Riverside-San Bernardino-Ontario  
Sacramento—Arden-Arcade—Roseville  
San Diego-Carlsbad-San Marcos  
San Francisco-San Mateo-Redwood City  
San Jose-Sunnyvale-Santa Clara  
Santa Ana-Anaheim-Irvine

### Colorado

Boulder  
Colorado Springs  
Denver  
Fort Collins-Loveland  
Greeley

### Connecticut

Bridgeport  
Hartford-West Hartford-East Hartford  
New Haven-Milford  
Norwich-New London  
Willimantic

### Delaware

Dover  
Seaford  
Wilmington (DE-MD-NJ)

### District of Columbia

Washington-Arlington-Alexandria  
(DC-VA-MD-WV)

### Florida

Arcadia  
Cape Coral-Fort Myers  
Clewiston  
Deltona-Daytona Beach-Ormond Beach  
Gainesville  
Homosassa Springs  
Jacksonville  
Key West-Marathon  
Lake City  
Lakeland-Winter Haven  
Miami-Fort Lauderdale-Miami Beach  
Miami-Miami Beach-Kendall  
Naples-Marco Island  
Ocala  
Okeechobee  
Orlando-Kissimmee  
Palm Bay-Melbourne-Titusville  
Palm Coast  
Panama City-Lynn Haven  
Pensacola-Ferry Pass-Brent  
Port St Lucie-Fort Pierce  
Sarasota-Bradenton-Venice  
Sebring  
Tallahassee  
Tampa-St. Petersburg-Clearwater  
Wauchula  
West Palm Beach-Boca Raton-Boynton Beach

### Georgia

Atlanta-Sandy Springs-Marietta  
Augusta-Richmond County (GA-SC)  
Chattanooga (GA-TN)

### Hawaii

Hilo  
Honolulu  
Kahului-Wailuku  
Kapaa

### Idaho

Boise City-Nampa  
Coeur d'Alene  
Idaho Falls  
Lewiston (ID-WA)

### Illinois

Chicago-Naperville-Joliet (IL-IN-WI)  
Davenport-Moline-Rock Island (IA-IL)  
St. Louis (MO-IL)

# 2002–2010 Behavioral Risk Factor Surveillance System Metropolitan and Micropolitan Statistical Areas (continued)

## **Indiana**

Chicago-Naperville-Joliet (IL-IN-WI)  
Cincinnati-Middletown (OH-KY-IN)  
Evansville (IN-KY)  
Fort Wayne  
Indianapolis-Carmel  
Louisville (KY-IN)  
Indianapolis-Carmel, Louisville (KY-IN)  
Sioux City (IA-NE-SD)

## **Iowa**

Cedar Rapids  
Davenport-Moline-Rock Island (IA-IL)  
Des Moines-West Des Moines  
Omaha-Council Bluffs (NE-IA)  
Sioux City (IA-NE-SD)

## **Kansas**

Kansas City (MO-KS)  
Lawrence  
Manhattan  
Topeka  
Wichita

## **Kentucky**

Cincinnati-Middletown (OH-KY-IN)  
Clarksville (KY-TN)  
Evansville (IN-KY)  
Huntington-Ashland (WV-KY-OH)  
Louisville (KY-IN)

## **Louisiana**

Alexandria  
Baton Rouge  
Houma-Bayou  
Cane-Thibodaux  
Monroe  
New Orleans-Metairie-Kenner  
Shreveport-Bossier City

## **Maine**

Augusta-Waterville  
Bangor  
Portland-South Portland-Biddeford

## **Maryland**

Baltimore-Towson  
Bethesda-Gaithersburg-Frederick  
Hagerstown-Martinsburg (MD-WV)  
Washington-Arlington-Alexandria (DC-VA-MD-WV)  
Wilmington (DE-MD-NJ)

## **Massachusetts**

Barnstable Town  
Boston-Quincy  
Cambridge-Newton-Framingham  
Essex County  
Peabody  
Providence-New Bedford-Fall River (RI-MA)  
Springfield  
Worcester

## **Michigan**

Detroit-Livonia-Dearborn  
Flint  
Grand Rapids (WY-MI)  
Lansing-East Lansing  
Warren-Troy-Farmington Hills

## **Minnesota**

Fargo (ND-MN)  
Minneapolis-St. Paul-Bloomington (MN-WI)

## **Mississippi**

Gulfport-Biloxi  
Jackson  
Memphis (TN-MS-AR)  
Pascagoula

## **Missouri**

Fayetteville-Springdale-Rogers (AR-MO)  
Kansas City (MO-KS)  
St. Louis (MO-IL)

## **Montana**

Billings  
Bozeman  
Butte-Silver Bow  
Great Falls  
Missoula

## **Nebraska**

Grand Island  
Hastings  
Lincoln  
Norfolk  
North Platte  
Omaha-Council Bluffs (NE-IA)  
Scottsbluff  
Sioux City (IA-NE-SD)

## **Nevada**

Las Vegas-Paradise  
Reno-Sparks

## **New Hampshire**

Berlin (NH-VT)  
Concord  
Keene  
Lebanon (NH-VT)  
Manchester-Nashua  
Rockingham County-Strafford County

## **New Jersey**

Allentown-Bethlehem-Easton (PA-NJ)  
Atlantic City  
Camden  
Edison  
New York-White Plains-Wayne (NY-NJ)  
Newark-Union (NJ-PA)  
Ocean City  
Trenton-Ewing  
Wilmington (DE-MD-NJ)

## **New Mexico**

Albuquerque  
Farmington  
Gallup  
Las Cruces  
Santa Fe

## **New York**

Buffalo-Cheektowaga-Tonawanda  
Nassau-Suffolk  
New York-White Plains-Wayne (NY-NJ)  
Rochester  
Suffolk County-Nassau County

## **North Carolina**

Ashville  
Charlotte-Gastonia-Concord (NC-SC)  
Durham  
Fayetteville  
Greensboro-High Point  
Hickory-Morganton-Lenoir  
Raleigh-Cary  
Virginia Beach-Norfolk-Newport News (VA-NC)  
Wilmington  
Winston-Salem

## **North Dakota**

Bismarck  
Fargo (ND-MN)  
Minot

## **Ohio**

Akron  
Canton-Massillon  
Cincinnati-Middletown (OH-KY-IN)  
Cleveland-Elyria-Mentor  
Columbus  
Dayton  
Huntington-Ashland (WV-KY-OH)  
Toledo  
Youngstown-Warren-Boardman (OH-PA)

# 2002–2010 Behavioral Risk Factor Surveillance System Metropolitan and Micropolitan Statistical Areas (continued)

## **Oklahoma**

Bartlesville  
Enid  
Fort Smith (AR-OK)  
Lawton  
McAlester  
Miami  
Oklahoma City  
Shawnee  
Tahlequah  
Tulsa

## **Oregon**

Eugene-Springfield  
Medford  
Portland-Vancouver-Beaverton (OR-WA)  
Salem

## **Pennsylvania**

Allentown-Bethlehem-Easton (PA-NJ)  
Chambersburg  
Lancaster  
Newark-Union (NJ-PA)  
Philadelphia  
Pittsburgh  
Scranton--Wilkes-Barre  
Youngstown-Warren-Boardman (OH-PA)

## **Rhode Island**

Providence-New Bedford-Fall River (RI-MA)

## **South Carolina**

Augusta-Richmond County (GA-SC)  
Charleston-North Charleston  
Charlotte-Gastonia-Concord (NC-SC)  
Columbia  
Florence  
Greenville  
Hilton Head Island-Beaufort  
Myrtle Beach-Conway-North Myrtle Beach  
Orangeburg  
Spartanburg

## **South Dakota**

Rapid City  
Sioux City (IA-NE-SD)  
Sioux Falls

## **Tennessee**

Chattanooga (GA-TN)  
Clarksville (KY-TN)  
Kingsport-Bristol (TN-VA)  
Knoxville  
Memphis (TN-MS-AR)  
Nashville-Davidson-Murfreesboro

## **Texas**

Amarillo  
Austin-Round Rock  
Brownsville-Harlingen  
Dallas-Plano-Irving  
El Paso  
Fort Worth-Arlington  
Houston-Sugar Land-Baytown  
Laredo  
Lubbock  
McAllen-Edinburg-Mission  
San Antonio  
Tyler  
Wichita Falls

## **Utah**

Heber  
Ogden-Clearfield  
Provo-Orem  
Salt Lake City

## **Vermont**

Barre  
Berlin (NH-VT)  
Burlington-South Burlington  
Lebanon (NH-VT)  
Rutland

## **Virginia**

Kingsport-Bristol (TN-VA)  
Richmond  
Virginia Beach-Norfolk-Newport News (VA-NC)  
Washington-Arlington-Alexandria (DC-VA-MD-WV)

## **Washington**

Bellingham  
Bremerton-Silverdale  
Kennewick-Richland-Pasco  
Lewiston (ID-WA)  
Olympia  
Portland-Vancouver-Beaverton (OR-WA)  
Seattle-Bellevue-Everett  
Spokane  
Tacoma  
Wenatchee  
Yakima

## **West Virginia**

Charleston  
Hagerstown-Martinsburg (MD-WV)  
Huntington-Ashland (WV-KY-OH)  
Washington-Arlington-Alexandria (DC-VA-MD-WV)

## **Wisconsin**

Chicago-Naperville-Joliet (IL-IN-WI)  
Milwaukee-Waukesha-West Allis  
Minneapolis-St. Paul-Bloomington (MN-WI)

## **Wyoming**

Casper  
Cheyenne  
Gillette  
Riverton  
Rock Springs

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