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).* 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.

* 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).
SMART BRFSS 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


**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
- 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 (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**
- Asheville
- 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)
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
Taco
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

CONTACT US
Centers for Disease Control and Prevention
Public Health Surveillance and Informatics Program Office
1600 Clifton Road NE, Mailstop E-97       Atlanta, GA 30333
Phone: 800-CDC-INFO (800-232-4636)/TTY: 888-232-6348
8AM–8PM ET, Monday–Friday; Closed Holidays
E-mail: cdcinfo@cdc.gov       Web: www.cdc.gov