

The Behavioral Risk Factor Surveillance System (BRFSS) is a collaborative project of the Centers for Disease Control and Prevention (CDC), and U.S. states and territories. The BRFSS collects uniform, state-specific data on preventive health practices and risk behaviors that are linked to chronic diseases, injuries, and preventable infectious diseases in the adult population. The BRFSS was initiated in 1984, with 15 states collecting data through monthly telephone interviews. By 1996, all 50 States and the District of Columbia, Puerto Rico, Guam, and the Virgin Islands were participating in the BRFSS. Utah has participated in the BRFSS since 1984.

The data are used for a variety of purposes including identification of demographic variations in health-related behaviors, health program planning and evaluation, addressing emergent and critical health issues, proposing legislation for health initiatives and measuring progress toward state and national health objectives.

The BRFSS is conducted as a random telephone survey of the non-institutionalized adult population. Utah's annual sample has grown in size from 612 respondents in 1984 to 3,092 respondents in 1999. Since 1995 Utah's sample has been selected by local health district and is large enough in order to make estimates by Utah's 12 local health districts approximately every three years. The first report of the Utah BRFSS data by local health district combined data from 1995 through 1998 and was completed in December, 1999. The *Utah Behavioral Risk Factor Surveillance System Local Health District Report* is available on-line at <http://hlunix.hl.state.ut.us/action2000/reports.html>.

This report examined 11 years of Utah BRFSS data from 1989 through 1999 in order to assess trends in many of the same questions that were presented in the *Utah Behavioral Risk Factor Surveillance System Local Health District Report*. Instead of analyzing the information by local health district, this report looks at the data for the entire state by year. It is an opportunity to measure Utah's progress towards the Healthy People 2000 objectives and look ahead to the Healthy People 2010 objectives.

For comparison with the Utah data, trends were also analyzed for the states bordering Utah (Region) and for the nation as a whole (U.S.). The states included in the Region were Arizona, Colorado, Idaho, Nevada, New Mexico, Utah, and Wyoming. The U.S. includes all states and territories. Both the Region and the U.S. include Utah. To determine exactly which states in the Region and the U.S. participated in the BRFSS for a particular year, see the table in Appendix A.

By combining four years of data from 1996-1999, the sample size was usually large enough to be able to look at the data for various demographic subgroups such as by educational level and income categories. Due to the small numbers of many racial and ethnic groups in Utah, questions were analyzed by three groups only: White/non-Hispanic, Hispanic, and non-White/non-Hispanic. The non-White/non-Hispanic group includes Black or African American, Native Hawaiian or Other Pacific Islander, American Indian or Alaska Native, Asian, and "Others."