

Tennessee Behavioral Risk Factor Surveillance System Quarterly Newsletter

WINTER 2023

Positive Childhood Experiences in Tennessee

Positive Childhood Experiences (PCEs), are experiences during childhood that promote safe, stable, and nurturing relationships and environments.¹ PCEs help contribute to healthy development across the lifespan and can even protect against adverse childhood experiences (ACEs).¹ In 2021, Tennessee BRFSS participated in the *Positive Childhood Experiences* module, which asks about 7 different items that occurred before the age of 18-years-old.

Prevalence: According to the data from the 2021 TN BRFSS survey, **about 2 in 3** (66.8%) **TN adults reported 6-7 PCEs**. The most common PCE was “I felt safe and protected by an adult in my home” (92.4%) and the least common was “I felt a sense of belonging in high school” (71.3%).

Health Disparities: Marital status, education level, employment, and household income all varied by number of PCEs. Race/ethnicity was not associated with number of PCEs.

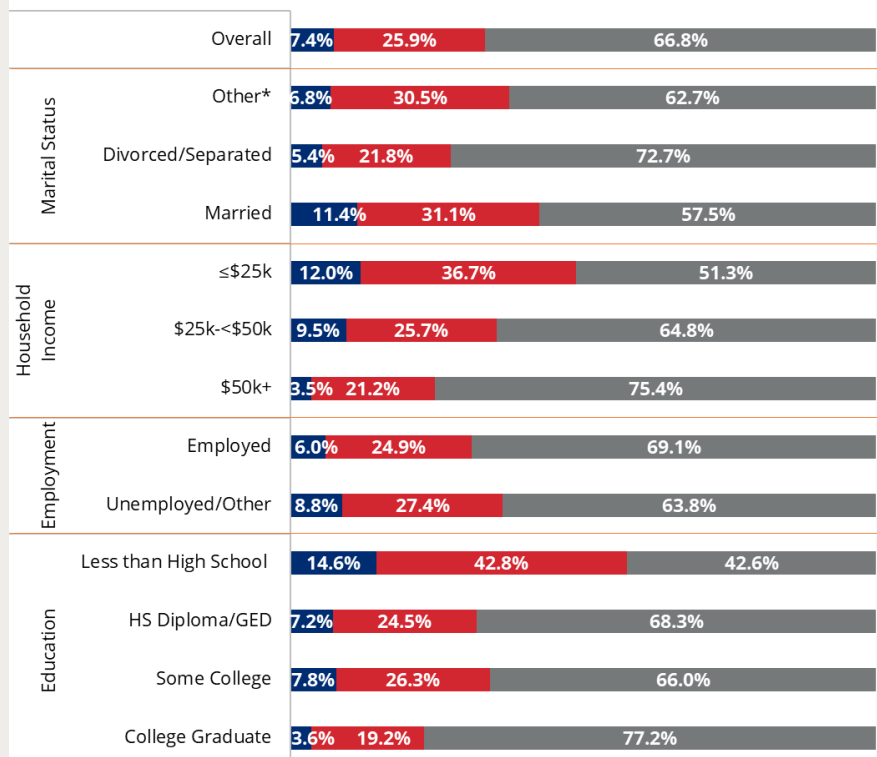
Check this Out!

The TN BRFSS program collaborated with the Office of Strategic Initiatives to develop a [factsheet on Positive Childhood Experiences](#).

Want to Learn More?

- [Resilient TN Collaborative](#)
- [County Health Councils](#)
- [Tennessee Commission on Children and Youth](#)
- **Contact:** Jennifer Trail,
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Positive Childhood Experiences among Tennessee Adults Aged 18 and Older, 2021



Source: TN BRFSS, 2021

■ 0-2 PCEs ■ 3-5 PCEs ■ 6-7 PCEs



Tennessee Department of Health
Division of Population Health Assessment
Office of Population Health Surveillance



1. Bethell C, Jones J, Gombojav N, Linkenbach J, Sege R. Positive Childhood Experiences and Adult Mental and Relational Health in a Statewide Sample: Associations Across Adverse Childhood Experiences Levels. *JAMA Pediatr.* 2019;173(11):e193007. doi:10.1001/jamapediatrics.2019.3007. Accessed: 12/21/2022.
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Get Connected with TN BRFSS!

The TN BRFSS program strives to connect with one of its most valuable assets: **you!**

- Want to join the **stakeholders group**?
- Have a BRFSS-related **project you would like to share** with others?
- Want to help keep your **colleagues and co-workers** up-to-date on the most recent TN BRFSS events?
- Have a **question or comment**?

E-mail

TNBRFSS.Health@tn.gov

TDH BRFSS Website

<https://www.tn.gov/health/health-program-areas/statistics/health-data/brfss.html>

Data Requests

To request BRFSS data from TDH, please visit:

<https://www.surveygizmo.com/s3/5819792/TDH-Data-Request-Form>

TN BRFSS Updates

- We have a new team member! Previously the epidemiologist for the TN PRAMS program, **Lauren Kuzma, MPH** stepped into the role of the TN BRFSS Coordinator and Epidemiologist in January 2023. She is excited to continue working with and supporting the BRFSS program!
- The following applications made available by the CDC to analyze BRFSS data and create reports have been updated to include 2021 BRFSS data!
 - [Web Enabled Analysis Tool](#)
 - [Prevalence and Trends Data](#)
 - [SMART MMSA Prevalence Data](#)
- The TN BRFSS team is working on producing fact sheets, reports and data briefs on health issues important to the state of Tennessee. If your program would like to **collaborate on a BRFSS topic** for a data dissemination product, please contact the TN BRFSS Coordinator, Lauren Kuzma, at Lauren.Kuzma@tn.gov or (615) 532-7890.



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