

Tennessee Behavioral Risk Factor Surveillance System Quarterly Newsletter

WINTER 2024

Social Determinants of Health & Health Equity

The Centers for Disease Control and Prevention (CDC) defines **social determinants of health (SDOH)** as nonmedical situations or experiences that affect health outcomes (*figure 1*).¹ SDOH can include anything from a person's:

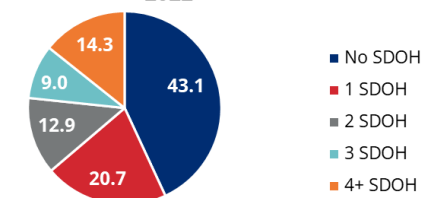
- Financial stability
- Physical environment
- Community/social environment, and
- Access to health care and/or fresh food.

Negative or high-risk SDOH, such as being unable to pay rent or bills, or not having reliable transportation, have been shown to impact a person's health and behaviors throughout life as well the health of the person's community overall.¹ While SDOH are not the

only cause of poor health, they do add to health disparities within communities.²

In 2022, the Tennessee Behavioral Risk Factor Surveillance System (TN BRFSS) asked 8 different questions about different SDOH experiences: stress, utility security, SNAP, reduced work hours, social isolation, social and emotional support, transportation security, life dissatisfaction, and food security.

Figure 1: Number of Negative Social Determinants among Tennessee Adults, 2022



Source: TN BRFSS, 2022

Positive SDOH:

- Feeling social and emotional support
- Having healthy food that lasts and money to buy more
- Having reliable transportation for work and other necessities

Increased:

- Access to care
- Education
- Nutrition
- Safety
- Financial and social stability

Decreased:

- Poor health status
- Stress/depression
- Poverty
- Social isolation

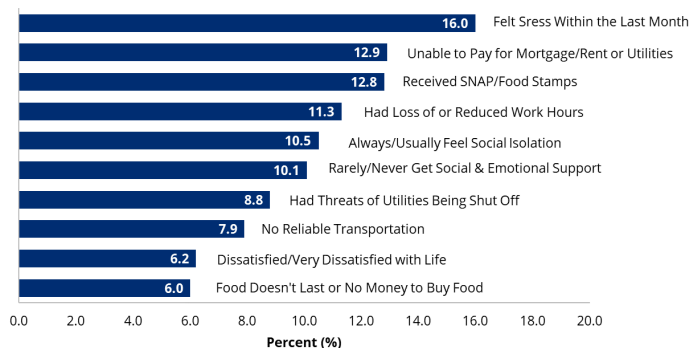
Healthier:

- Individuals
- Families
- Communities

Prevalence: According to the data from the 2022 Tennessee Behavioral Risk Factor Surveillance System, nearly **57%** of adults reported having at least one negative or high-risk SDOH (*figure 1*). Nearly 21% of adults had only 1 high-risk SDOH compared to 14% of adults who had four or more.

Experiences: The most common high-risk SDOH (*figure 2*) among Tennessee adults **"felt stress within the past month"** (16%). The least common high-risk SDOH was food not lasting or adults not having money to buy more food (6%).

Figure 2: Experiences of Negative Social Determinants of Health among Tennessee Adults, 2022



Source: TN BRFSS, 2022



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



1. Social Determinants of Health at CDC | CDC. (n.d.). Retrieved December 4, 2023, from <https://www.cdc.gov/about/sdoh/index.html>
2. Social Determinants of Health. | HHS (n.d.). Retrieved December 6, 2023, from <https://health.gov/healthypeople/priority-areas/social-determinants-health>

Get Connected with TN BRFSS!

We would love to hear from you!

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

- Are you **new to TN BRFSS**?
 - We'd love to [hear from you](#) and how you use BRFSS data!
 - Newly released topics include SDOH, Lung Cancer Screening,
- The **2024 survey will be launching soon!**
 - [Join the stakeholders meeting](#) to help shape the 2025 survey!
- Do you have feedback for the 2023 year?
 - [Let us know](#) what you'd like to see more of or see improved.

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!

Bhavita Kalambekar, MPH joined the Office of Population Health Surveillance in the Fall of 2023 as the Epidemiologist for the Tennessee Pregnancy Risk Assessment Monitoring System (PRAMS) program. While not busy analyzing and disseminating PRAMS data, she helps fulfill TN BRFSS data requests.



Bhavita Kalambekar, MPH

- 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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