2014 Medicaid Behavioral Risk Factor Surveillance System (MBRFSS) Survey
Summary of Indicators

Additional information about the 2014 MBRFSS is available online at http://www.oregon.gov/oha/analytics/Pages/MBRFSS.aspx

Chronic/Adverse Conditions

Indicator	Detailed description	Subgroup
Angina	Ever told had condition by doctor, nurse, or other healthcare professional	
Arthritis	Ever told had condition by doctor, nurse, or other healthcare professional	
Asthma (current)	Reports still having asthma	Ever told by HC prof. had asthma
Cancer	Ever told had condition by doctor, nurse, or other healthcare professional (excludes non-melanoma skin cancers)	
COPD	Ever told had condition by doctor, nurse, or other healthcare professional	
Depression	Ever told had condition by doctor, nurse, or other healthcare professional	
Diabetes	Ever told had condition by doctor, nurse, or other healthcare professional	
Disability	Reports being limited in any way in any activities because of physical, mental, or emotional problems	
Heart attack	Ever told had condition by doctor, nurse, or other healthcare professional	
Stroke	Ever told had condition by doctor, nurse, or other healthcare professional	
Any chronic disease	Any of the above conditions	
Experience chronic pain	Reports suffering from any type of chronic pain	
Physical health "not good" 1 or more of last 30 days	Reports physical health "not good" for at least 1 of the last 30 days	
Mental health "not good" 1 or more of last 30 days	Reports mental health "not good" for at least 1 of the last 30 days	
Activity limited by poor health 1+ days of last 30	Reports activity limited by poor physical or mental health at least 1 of the last 30 days	

Risk Factors

Indicator	Detailed description	Subgroup
Sugar-sweetened beverages a day - 1+ daily	Reports drinking at least 30 sugar-sweetened beverages in last 30 days	
High blood cholesterol	Ever told had condition by doctor, nurse, or other healthcare professional	
High blood pressure	Ever told had condition by doctor, nurse, or other healthcare professional	
No physical activity outside work in last 30 days	Reports no physical activities or exercises outside of regular job over past month	
Overweight or obese	BMI >= 25.0 (from self-reported height & weight)	
Obese	BMI >= 30.0 (from self-reported height & weight)	
Morbidly obese	BMI >= 40.0 (from self-reported height & weight)	
Insufficient sleep (<7 hours for most)	Reports <7 hours of average sleep per night if age 22+, or <8 hours if age 18-21	
Pre-diabetic	Ever told had condition by doctor, nurse, or other healthcare professional	Non-diabetic
Secondhand smoke exposure (1+ hours/week)	Reports spending at least 1 hour/week in a room where people are smoking	

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Medical Access/Screening

Indicator	Detailed description	Subgroup
High blood sugar/diabetes test in last 3 years	Reports being tested for high blood sugar or diabetes within past 3 eyars	Non-diabetic
Blood cholesterol checked within past 5 years	Reports having blood cholesterol checked within past 5 years	
Current on colorectal cancer screening (50-75 yrs old)	Reports 1 of 3: colonoscopy past 10yr / stool test past 3yr / sigmoidoscopy or colonoscopy past 5yr and FOBT past 3yr / stool test past 3yr	50-75 years old
FOBT during last year (50-75 years old)	Reports fecal occult blood test in past year	50-75 years old
Mammogram in last 2 years (women age 50-74)	Reports mammogram in past 2 years	women age 50-74
Pap test in last 3 years (women age 21-65 w/cervix)	Reports pap test in past 3 years	women age 21-65 w/cervix
Dental visit in last year	Reports visiting dentist or dental clinic for any reason in past year	
HIV - ever tested	Reports ever being tested for HIV	
Health insurance coverage continuous over past year	Reports continuous health insurance coverage over past 12 months	

Protective Factors

Indicator	Detailed description	Subgroup
Fruits and vegetables - consumed 5+ servings/day	Reports eating 5+ servings of fruits and vegetables every day of past 7 days	
Health status rated good or better	Rates general health as excellent, very good, or good (but not fair or poor)	
Healthy weight	18.5 <= BMI < 25.0 (from self-reported height & weight)	
At least 150 minutes (or 75 vigorous) of PA/week	Reports at least 150 min/week (or 75 min vigorous) of PA/exercise over past week	
Muscle strengthening exercises 3 times/week	Reports performing muscle strengthening exercises at least 3 times/week over past month	
Met both PA and muscle strengthening recs.	Reported meeting both of the above recommendations	

Stress and Safety

Indicator	Detailed description	Subgroup
High-stress based on 4-item scale	4Q module, 0-4 points each Q: scores at least 10 of 16 possible points	
Needed or received housing services	Reports either needing or receiving shelter or housing services over past 12 months	
Food insecurity - food insecure	6Q module: answers "yes" to at least 2 of 6 questions	
Food insecurity - hunger	6Q module: answers "yes" to at least 5 of 6 questions	
Intimate partner violence past 12 months	Reports being physically assaulted or harmed by intimate partner in past 12 months	In safe place to answer
Neighborhood rated "not at all" or "slightly" safe	Rates neighborhood as "not at all" or "slightly" safe from crime	
High Adverse Childhood Experiences based on 11 item scale	11Q module: answers "yes," "once," or "more than once" to at least 4 of 11 questions	

Substance Use

Indicator	Detailed description	Subgroup
Tobacco - current cigarette smoker	Reports smoking 100+ cigarettes ever, and currently smokes some days or every day	
Tobacco - current tobacco chewer	Reports using chewing tobacco, snuff, or snus some days or every day	
Tobacco - current tobacco user (smoker or chewer)	Reports either smoking or chewing tobacco some days or every day	
Tobacco - ecigarette use ever	Reports ever trying an electronic cigarette	
Tobacco - current ecigarette use	Reports using electronic cigarette on at least 1 of the past 30 days	
Tobacco - want to quit (smokers)	Reports wanting to quit smoking	Current smokers
Tobacco - attempted to quit in last year (smokers)	Reports stopping smoking 1+ days in past year while trying to quit	Current smokers
Alcohol - 1+ days of binge drinking in last 30 days	Reports drinking at least 4 (female) or 5 (male) drinks on one occasion in past 30 days	
Alcohol - heavy drinking over past 30 days	Reports average of >1 drinks (female) or >2 drinks (male) over past 30 days	
Drugs - current marijuana use (any)	Reports using marijuana on at least 1 of past 30 days	
Drugs - current medical marijuana use	Reports using medical marijuana as recommended on at least 1 of past 30 days	
Drugs - current meth, heroin, cocaine, or ecstasy use	Reports using meth, heroin, cocaine, crack, or ecstacy in past 30 days	
Drugs - current prescription painkiller abuse	Reports non-approved use of prescription pain relievers in past 30 days	

Family Planning

Indicator	Detailed description	Subgroup
Effective use of contraception (women at risk of unintended pregnancy)	Reports using "effective" contraception (does not include condoms) the last time had sex	Women at risk of unintended preg.
Daily multivitamin, prenatal vitamin, or folic acid vitamin use (women at risk of pregnancy)	Reports taking a multivitamin, prenatal vitamin, or folic acid vitamin at least 7 times a week	Women at risk of pregnancy

Reactions to Race

Indicator	Detailed description	Subgroup
Difference between self-identified and generally-perceived race/ethnicity	Reports being usually classified by others as a race/ethnicity different than that which resondent self-identified as	
Thinking about race at least once a day	Reports thinking about own race at least once a day	
Treated worse than other races when seeking health care	Reports feeling experiences seeking health care in last year were worse than for other races	
Physical symptoms due to how treated based on race	Reports experiencing physical symptoms in past 30 days due to how treated based on race	
Emotional symptoms due to how treated based on race	Reports feeling emotionally upset in past 30 days due to how treated based on race	