

BRFSS Brief

Number 2021-13

The Behavioral Risk Factor Surveillance System (BRFSS) is an annual statewide telephone survey of adults developed by the Centers for Disease Control and Prevention and administered by the New York State Department of Health. The BRFSS is designed to provide information on behaviors, risk factors, and utilization of preventive services related to the leading causes of chronic and infectious diseases, disability, injury, and death among the noninstitutionalized, civilian population aged 18 years and older.

Participation in Chronic Disease Self-Management Education

New York State Adults, 2016-2018

Introduction and Key Findings

Chronic diseases such as heart disease, cancer, diabetes, stroke, and arthritis are the leading causes of disability and death in New York State (NYS). More than 40% of New York adults have a chronic disease¹, which also contributes to the rising cost of health care in NYS. Chronic Disease Self-Management Education (CDSME) programs provide education and tools to help adults manage chronic conditions and are proven to help people manage symptoms and improve quality of life². For many people, this means living with less stress, more energy, and a greater ability to do the things they want to do. CDSME programs are available for managing many conditions including arthritis, asthma, cancer, chronic pain, diabetes, disability-related conditions, epilepsy, heart disease and lupus. CDSME programs are offered in a variety of formats, including in-person group workshops, on-line, and self-study³.

The Prevention Agenda is New York State's blueprint to improve the health and well-being of all New Yorkers and to promote health equity in all populations who experience disparities. The New York State Prevention Agenda 2019-2024 established an objective (4.4.1) to increase the percentage of adults with chronic conditions who have taken a course or class to learn how to manage their condition⁴.

Key Findings

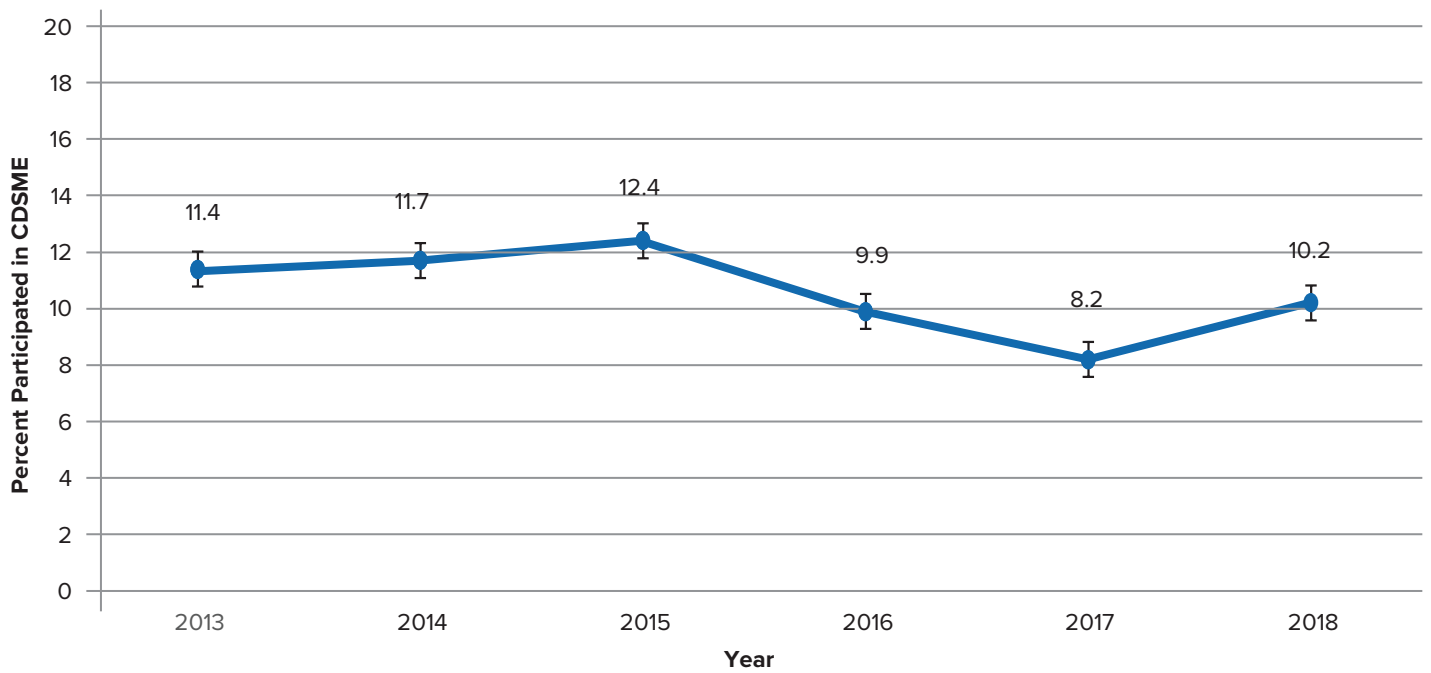
One in ten adults living with a chronic condition (9.2%) participated in CDSME in the past 12 months. Participation in CDSME is more common among Hispanic adults (15.8%) than among adults who identify as non-Hispanic White (6.6%) or non-Hispanic Black (9.6%). Adults with a disability are significantly more likely to participate in CDSME than adults without a disability (11.7% vs. 7.7%). Participation in CDSME varies by geography, with adults living in New York City (NYC) more likely to participate than adults living outside of NYC (11.6% vs. 7.9%). Health insurance plays a critical role in participation in CDSME. Those with Medicaid (11.7%) or those with Medicare (11.0%) are more likely to participate than those with private insurance (6.9%). Participation in CDSME is also more common among those with lower educational attainment and lower annual household income.

BRFSS questions

1. During the last 12 months, have you taken a course or class to teach you about how to manage problems related to (this/these) chronic illness(es)?

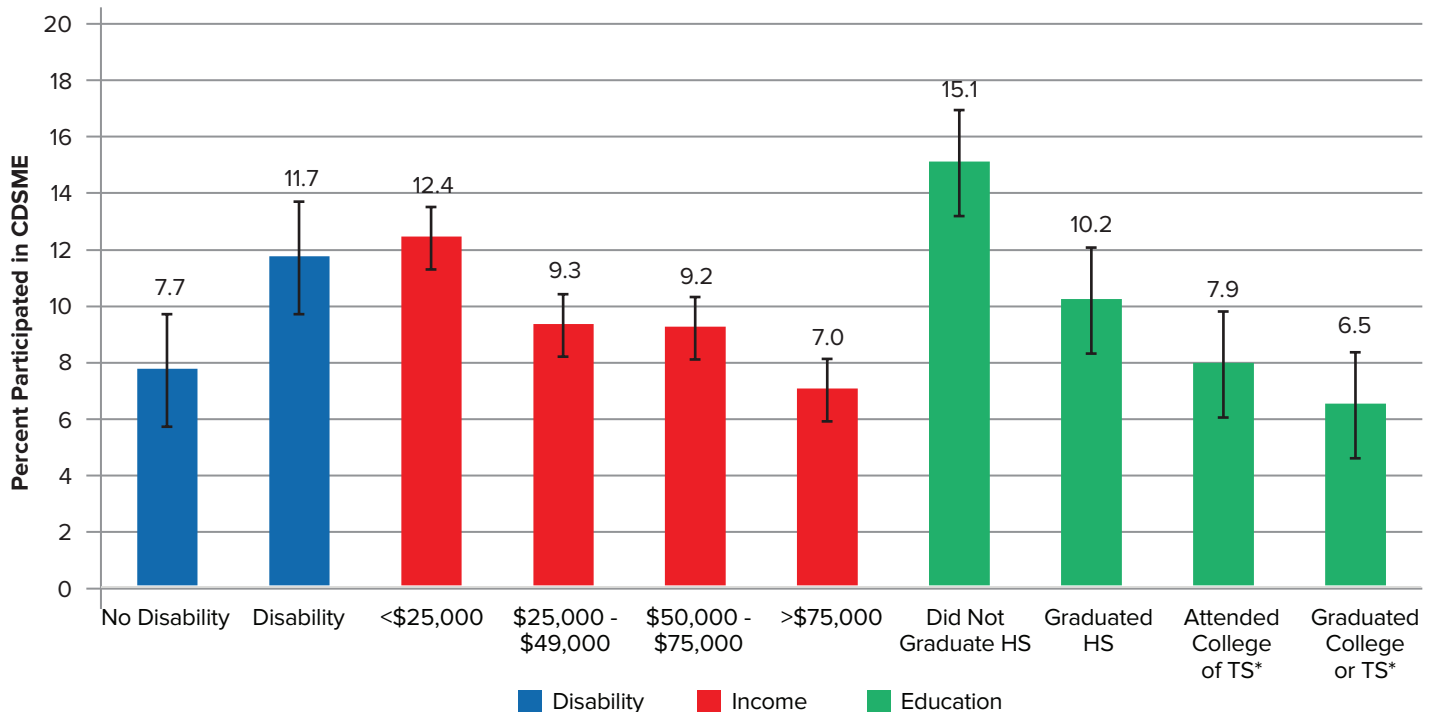
NOTE: This question is asked of respondents who answer "Yes" to having ever been diagnosed with one of the following chronic conditions: Diabetes, Heart Attack, Angina/Coronary Heart Disease, Stroke, Asthma, Arthritis, Cancer (other than skin cancer), Chronic Obstructive Pulmonary Disease (COPD), Chronic Kidney Disease.

Figure 1. CDSME participation among New York State adults, BRFSS 2013 - 2018



Note: Error bars represent 95% confidence intervals

Figure 2. Percent participation in CDSME among people with disability, income and education status, BRFSS 2016 - 2018



*Technical School

Note: Error bars represent 95% confidence intervals. Three years of data were combined to generate estimates stratified by disability status, income and education.

CDSME^a among New York State Adults, 2016-2018 BRFSS

	CDSME ^a [N= 19,125]	
	% ^b	95% CI ^b
New York State	9.2	8.2 – 10.1
Sex		
Male	9.4	7.9 – 10.9
Female	9.0	7.8 – 10.3
Age (years)		
18-44	7.7	5.4 – 10.0
45-64	9.6	8.1 – 11.0
65-74	10.4	8.1 – 12.6
75 and older	8.3	6.4 – 10.2
Race/ethnicity		
White non-Hispanic	6.6	5.7 – 7.4
Black non-Hispanic	9.6	7.0 – 12.2
Hispanic	15.8	12.4 – 19.3
Other non-Hispanic	15.6	9.2 – 21.9
Income		
< \$25,000	12.4	10.4 – 14.4
\$25,000 – \$50,000	9.3	7.0 – 11.6
\$50,000 - \$75,000	9.2	6.1 – 12.4
>\$75,000	6.0	4.5 – 7.4
Missing ^c	8.8	6.4 – 11.3
Employment Status		
Employed	7.0	5.7 – 8.3
Not employed	9.3	6.1 – 12.6
Retired	10.4	8.8 – 12.1
Not able to work	12.7	9.9 – 15.6
Education		
Did not graduate high school	15.1	11.4 – 18.8
Graduated high school	10.2	8.4 – 12.0
Attended college or technical school	7.9	6.2 – 9.6
Graduated from College or Technical School	6.5	5.3 – 7.6
BMI		
Neither overweight nor obese	7.5	5.7 – 9.2
Overweight	8.5	7.0 – 9.9
Obese ^d	11.3	9.4 – 13.2
Disability		
Yes ^e	11.7	6.5 – 8.8
No	7.7	10.0 – 13.5
Physical Activity		
Leisure time physical activity ^f	8.8	7.7 – 9.9
No leisure time physical activity	10.0	8.1 – 11.8
Insurance		
Private	6.9	5.8 – 8.1
Medicare	11.0	9.0 – 13.0
Medicaid	11.7	8.5 – 14.9
Other insurance ^g	11.1	7.3 – 14.9
Not insured	10.1	6.1 – 14.0
Region		
NYS excluding NYC	7.9	6.9 – 8.9
NYC	11.6	9.6 – 13.5

Notes:

^a Those with a chronic condition that participated in a chronic disease self-management program.

^b % = weighted percentage; CI = confidence interval.

^c “Missing” category included because more than 10% of the sample did not report income.

^d Obesity is defined as a BMI of 30.0 or higher.

^e All respondents who report having at least one type of disability based on Department of Health and Human Services definition for data reporting (self-care, independent living, cognitive, mobility, vision, hearing)

^f Any leisure-time physical activity during the past month.

^g TRICARE (formerly CHAMPUS) VA or Military, Alaska Native, Indian Health Service, Tribal Health Services or some other source.

References

1. New York State Department of Health. Chronic Diseases and Conditions. Retrieved on March 1, 2021 from <https://health.ny.gov/diseases/chronic/#:~:text=Chronic%20diseases%20%2D%20such%20as%20heart,and%20throughout%20the%20United%20States.>
2. Centers for Disease Control and Prevention (CDC). Self-Management Education (SME) Programs for Chronic Health Conditions. Retrieved on March 1, 2021 from <https://www.cdc.gov/learnmorefeelbetter/programs/index.htm>
3. Centers for Disease Control and Prevention (CDC). What is Self-Management Education? Retrieved on March 1, 2021 from <https://www.cdc.gov/learnmorefeelbetter/sme/index.htm>
4. New York State Prevention Agenda. Preventing Chronic Diseases Action Plan. Retrieved on March 1, 2021 from https://www.health.ny.gov/prevention/prevention_agenda/2019-2024/

Program Contributions

New York State Department of Health
Bureau of Chronic Disease Evaluation and Research
Bureau of Community Chronic Disease Prevention

Order Information

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