

Tennessee Behavioral Risk Factor Surveillance System Quarterly Newsletter

Spring 2023

September Stakeholders' Meeting

The annual **TN BRFSS Stakeholders' Meeting** will be here before we know it!

Attendees will hear about programmatic updates, from data users and their exciting applications of BRFSS data, and vote on optional and state-added modules for the 2024 TN BRFSS Survey.

- ◇ Do you have a **project** you'd like to share?
- ◇ Does your program **use BRFSS data** in an exciting way?

Please **reach out** if you'd like to have the chance to share your work at the Stakeholders' Meeting.

Be on the look out for a **Save-the-Date** arriving in your inbox this summer.

What about Demographic Disparities?

Fruit, vegetable, and fried potato consumption varied by most demographics, with fruit and vegetable consumption being highest among *higher* socioeconomic categories and higher among females.

The opposite was true for fried potato consumption, with more frequent consumption occurring among *lower* socioeconomic categories and among males.

Neither **fruit** nor **fried potato** consumption varied by **race/ethnicity** or by **income** level.

Fruit & Vegetable Consumption in Tennessee

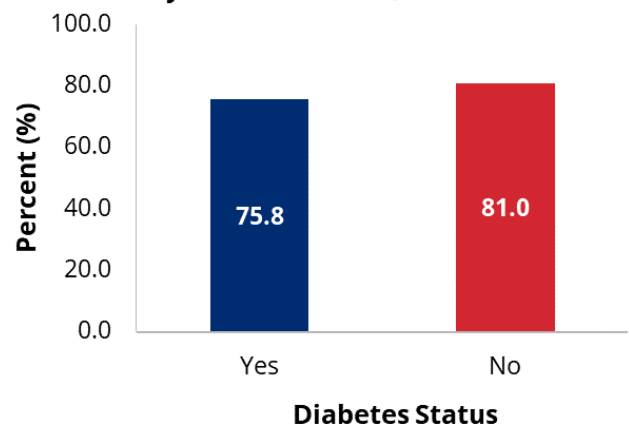
According to the Centers for Disease Control and Prevention (CDC), only about **9.2%** of Tennessee adults reported *eating enough vegetables to meet federal recommendations* in 2019, compared to 10% of U.S. adults overall.¹ Adequate and abundant intake of fruits and vegetables has been shown to reduce the risk of chronic diseases like obesity, type 2 diabetes, heart disease, and even certain types of cancer.¹



Prevalence: In 2021, **80.3%** of Tennessee adults aged 18 and older reported consuming vegetables, **54%** reported consuming fruit, and **7%** reported consuming some form of fried potatoes at least once per day over the last 30 days.

Health Disparities: By *chronic disease status*, vegetable consumption varied only by diabetes status, with **significantly fewer adults with diabetes reporting vegetable consumption (76%)** than those without diabetes (81%). Neither fruit nor fried potato consumption varied by chronic disease status.

Percent of Tennessee Adults Who Reported Consuming Vegetables at Least Once Per Day by Diabetes Status, 2021



Source: TN BRFSS, 2021

What is Tennessee Doing to Support Nutrition?

There are several programs active across Tennessee that help bring nutritious, fresh, and affordable food into residents' homes.

- **Tennessee Women, Infants, and Children (WIC) Program**—a federally-funded program designed to provide supplemental food assistance and nutrition education to low-income pregnant, postpartum, and breastfeeding women, infants, and children until age five.
- **WIC Farmers Market Nutrition Program**—gives checks to exchange for fruits, vegetables and herbs to women and children (1 - 4 years old) who receive WIC services.
- **Double Up Food Bucks**—helps SNAP recipients bring home more healthy food by matching SNAP, or food stamps, dollars spent on fresh fruits and veggies at participating farmers markets. Currently, this program is offered in 13 counties.
- **Commodity Supplemental Food Program (CSFP)**—works to improve the health of low-income elderly persons 60+ years old by supplementing their diets with nutritious, 100 percent domestic USDA foods.
- **Senior Farmers Market Nutrition Program**—Senior citizens (60+ years) in who receive CSFP foods also get SFMNP checks. Currently this program is only offered in 5 counties across Tennessee.

TN BRFSS Updates

- The TN BRFSS team attended the in-person **BRFSS Annual Meeting** in April. They learned more about BRFSS evaluation; attended technical trainings for R and SAS; and participated in learning sessions that expanded their skillset and equipped them to more effectively respond to data users' needs.

The BRFSS conference provided coordinators an opportunity to meet with both CDC staff and data collectors across the country and discuss how the program can be supported during ever-changing landscapes and challenges.



Lauren Kuzma, TN BRFSS Coordinator and Epidemiologist, attends the 2023 BRFSS Annual Meeting in Atlanta, GA.

The TN BRFSS team is always 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: **E-mail:** Lauren.Kuzma@tn.gov, **P.** (615) 532-7890

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>

Contact TN BRFSS

TNBRFSS.Health@tn.gov

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