# Tennessee Behavioral Risk Factor Surveillance System 

# State Added Questions Report 

## 2016

Hypertension Awareness
Cholesterol Awareness
Adverse Childhood Experiences
Veteran's Health
Prescription Drug Abuse

## Acknowledgments

Tennessee BRFSS project staff would like to express their gratitude to all of the respondents who took time to participate in the survey. Their information will provide public health professionals and researchers a better understanding of the health and prosperity of adult Tennesseans.

Project staff would like to acknowledge the BRFSS data users across the state, our project partners, as well as our contractor for phone operations. Special thanks to all members of the Office of Population Health Surveillance for their contribution to this report.

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## Overview

The Tennessee Behavioral Risk Factor Surveillance System (TN BRFSS) is a telephone survey given to randomly selected adult (18+ years) noninstitutionalized Tennesseans via a landline or cell phone call each year. Information collected is used in aggregate to generalize the overall health, well-being, and behaviors of the entire Tennessee adult population.

State-added questions, the focus of this analysis, are those questions that were not included in the core or optional modules of the survey for the corresponding year. These questions may have been used in previous core or optional modules from any previous data year or may be new questions altogether. In either case they must have been field tested, cognitively tested, and approved for use by the Centers for Disease Control and Prevention. All responses for "don't know/not sure" or "refused" were dropped when analyzing each indicator.

The State-added questions in this report have been used as optional modules in previous years. They were selected by data users across Tennessee in order to collect continuous data for their program's data needs or in anticipation of prospective data collection.

Data users who are interested in including other State-added questions to the TN BRFSS questionnaire should feel free to make their case at the bi-annual TN BRFSS Data Users Group meetings or by contacting the TN BRFSS Coordinator (contact information below):

## TN

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## TENNESSEE GRAND DIVISIONS



Tennessee Grand Divisions: Analyzing Tennessee BRFSS by Grand Division became possible in 2016. State added questions are subsequently stratified in this report by the West, Middle, and East regions of the state. "West" includes Lake, Obion, Weakley, Henry, Benton, Carroll, Gibson, Dyer, Crockett, Lauderdale, Tipton, Haywood, Madison, Henderson, Decatur, Shelby, Fayette, Hardeman, Chester, McNairy, and Hardin counties. "Middle" includes Stewart, Montgomery, Robertson, Sumner, Macon, Clay, Pickett, Houston, Dickson, Cheatham, Davidson, Wilson, Trousdale, Smith, Jackson, Overton, Fentress, Putnam, Humphreys, Hickman, Williamson, Rutherford, Cannon, DeKalb, White, Perry, Lewis, Maury, Marshall, Bedford, Coffee, Warren, Van Buren, Grundy, Sequatchie, Franklin, Moore, Lincoln, Giles, Lawrence, and Wayne counties. "East" includes Scott, Morgan, Cumberland, Bledsoe, Marion, Hamilton, Bradley, Polk, McMinn, Meigs, Rhea, Monroe, Roane, Loudon, Blount, Anderson, Campbell, Claiborne, Union, Knox, Grainger, Sevier, Jefferson, Hamblen, Hancock, Hawkins, Cocke, Greene, Sullivan, Washington, Unicoi, Carter, and Johnson counties.

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## High Blood Pressure

TN BRFSS asks:
Have you EVER been told by a doctor, nurse, or other health professional that you have high blood pressure?

## SAS Variables Used

BPHIGH4

## Dispositions

The question allows the respondent to answer with "yes," "no," "yes, but during pregnancy," and "borderline or pre-hypertensive." For the sake of these analyses, only "yes" and "no" responses were used.

## Key Findings

- Tennessee statewide: More than 2 out of 5 (41.8\%) Tennesseans have been told by a doctor or health professional that they had high blood pressure.
- Grand Division: West Tennesseans were more likely to have high blood pressure than Tennesseans living in the Middle and East Divisions.
- Sex: Men were more likely to have high blood pressure than women.
- Race/ethnicity: Black non-Hispanics were more likely to have high blood pressure than white non-Hispanics.
- Age: Older Tennesseans were more likely to have high blood pressure than younger Tennesseans.
- Education: College graduates were less likely to have high blood pressure than those with less than a high school diploma.
- Income: Tennesseans earning $\$ 75,000$ or more per year were less likely to have high blood pressure than those earning less than $\mathbf{\$ 2 5 , 0 0 0}$ per year.
*Bold text indicates statistical significance


## Tennesseans with High Blood Pressure, 2016



## Medicated for High Blood Pressure

## TN BRFSS asks:

Are you currently taking medicine for your high blood pressure?

## SAS Variables Used <br> BPMEDS

## Dispositions

Only respondents who answered "yes" to having high blood pressure are asked this question. The question allows a "yes" or "no" choice for the respondent. All responses for "yes" are included in these results.

## Key Findings

- Tennessee statewide: Almost 4 out of 5 (78.7\%) Tennesseans with high blood pressure take medication to lower their levels.
- Grand Division: West Tennesseans with high blood pressure were more likely to take blood pressure medication than Middle and East Tennesseans with high blood pressure.
- Sex: Women were more likely to be on blood pressure medication than men.
- Race/ethnicity: No significant difference was observed among race/ethnicity groups.
- Age: Older Tennesseans with high blood pressure were more likely to be on blood pressure medication than younger Tennesseans with high blood pressure.
- Education: No significant difference was observed among levels of education.
- Income: No significant difference was observed among levels of income.
*Bold text indicates statistical significance


# Tennesseans who take Blood Pressure Medication, 2016 



## Cholesterol Testing

## TN BRFSS asks:

Blood cholesterol is a fatty substance found in the blood. Have you EVER had your blood cholesterol checked?

## SAS Variables Used <br> BLOODCHO

## Dispositions

The question allows a "yes" or "no" choice for the respondent. All responses for "yes" are included in these results. "No" responses do not continue to the remaining two questions in the module.

## Key Findings

- Tennessee statewide: More than 4 out of 5 (84.6\%) Tennesseans have ever had their cholesterol checked.
- Grand Division: East Tennesseans were more likely to have had their cholesterol checked than Middle or West Tennesseans.
- Sex: Women were more likely to have had their cholesterol checked than men.
- Race/ethnicity: White non-Hispanics were more likely to have had their cholesterol checked than black non-Hispanics and Hispanics.
- Age: Tennesseans aged 45 years or older were more likely to have had their cholesterol checked then those aged less than 35 years.
- Education: College graduates were more likely to have had their cholesterol checked than those with less than a college degree.
- Income: Tennesseans earning $\$ 75,000$ or more per year were more likely to have had their cholesterol checked than those earning less than $\$ \mathbf{2 5 , 0 0 0}$ per year.
*Bold text indicates statistical significance


## Tennesseans who have ever had their Cholesterol Tested, 2016



## Cholesterol Testing in Past Five Years

## TN BRFSS asks:

About how long has it been since you last had your blood cholesterol checked?

## SAS Variables Used CHOLCHK

## Dispositions

This question is only asked if the respondent answered to "yes" to ever having had their cholesterol checked. Possible response are "within the past year," "within past 2 years," "within past 5 years," or " 5 or more year ago." For the sake of these analyses, this question was dichotomized to either having had a cholesterol check within the past 5 years versus more than 5 years.

## Key Findings

- Tennessee statewide: More than 9 out of 10 (95.6\%) Tennesseans who have ever had their cholesterol checked had it checked within the last 5 years.
- Grand Division: No significant difference was observed among Grand Divisions.
- Sex: No significant difference was observed between men and women.
- Race/ethnicity: Black non-Hispanics were more likely to have had their cholesterol checked within the last 5 years than white non-Hispanics.
- Age: No significant difference was observed among age groups.
- Education: No significant difference was observed among levels of education.
- Income: No significant difference was observed among levels of income.
*Bold text indicates statistical significance


# Tennesseans who have had their Cholesterol Tested within Past 5 Years, 2016 



## High Blood Cholesterol

## TN BRFSS asks:

Have you EVER been told by a doctor, nurse or other health professional that your blood cholesterol is high?

## SAS Variables Used TOLDHI2

## Dispositions

This question is only asked if the respondent answered to "yes" to ever having had their cholesterol checked. The question allows a "yes" or "no" choice for the respondent. All responses for "yes" are included in these results.

## Key Findings

- Tennessee statewide: About 2 in 5 (42.2\%) Tennesseans who have had their cholesterol checked had high cholesterol.
- Grand Division: East Tennesseans were more likely to have high cholesterol than Middle Tennesseans.
- Sex: No significant difference was observed between men and women.
- Race/ethnicity: White non-Hispanics were more likely to have high cholesterol than black non-Hispanics.
- Age: Tennesseans aged 45 years and older were more likely to have high cholesterol than those younger than 45 years.
- Education: Tennesseans with more education were less likely to have high cholesterol.
- Income: Tennesseans earning less than $\mathbf{\$ 1 5 , 0 0 0}$ per year were more likely to have high cholesterol than those earning more than $\$ 35,000$ per year.
*Bold text indicates statistical significance


## Tennesseans with High Cholesterol, 2016



## Lived with Depressed Adults

TN BRFSS asks:
Did you live with anyone who was depressed, mentally ill, or suicidal?

## SAS Variables Used <br> ACEDEPRS

## Dispositions

The question allows a "yes" or "no" choice for the respondent. All responses for "yes" are included in these results. Question refers to the time respondent was under 18 years of age.

## Key Findings

- Tennessee statewide: About 1 in 5 (19.0\%) Tennesseans lived with someone who was depressed, mentally ill, or suicidal.
- Grand Division: West Tennesseans were less likely to have lived with someone who was depressed, mentally ill, or suicidal than Middle Tennesseans.
- Sex: Women were more likely to have lived with someone who was depressed, mentally ill, or suicidal than men.
- Race/ethnicity: White non-Hispanics were more likely to have lived with someone who was depressed, mentally ill, or suicidal than black non-Hispanics.
- Age: Tennesseans under the age of 55 years were more likely to have lived with someone who was depressed, mentally ill, or suicidal than those 55 years and older.
- Education: No significant difference was observed among levels of education.
- Income: No significant difference was observed among levels of income.
*Bold text indicates statistical significance


# Tennesseans who Lived with Someone who was Depressed, Mentally III, or Suicidal, 2016 



## Lived with Alcoholic

## TN BRFSS asks:

Did you live with anyone who was a problem drinker or alcoholic?

## SAS Variables Used <br> ACEDRINK

## Dispositions

The question allows a "yes" or "no" choice for the respondent. All responses for "yes" are included in these results. Question refers to the time respondent was under 18 years of age.

## Key Findings

- Tennessee statewide: About 1 in 4 (25.9\%) Tennesseans lived with someone who was a problem drinker or alcoholic.
- Grand Division: Middle Tennesseans were more likely to have lived with someone who was a problem drinker or alcoholic than East or West Tennesseans.
- Sex: Women were more likely to have lived with someone who was a problem drinker or alcoholic than men.
- Race/ethnicity: White non-Hispanics were more likely to have lived with someone who was a problem drinker or alcoholic than black non-Hispanics.
- Age: Tennesseans aged 65 years and older were less likely to have lived with someone who was a problem drinker or alcoholic than those aged 45-64 years.
- Education: College graduates were less likely to have lived with someone who was a problem drinker or alcoholic than those with less than a college degree.
- Income: Tennesseans earning less than $\$ 15,000$ per year were more likely to have lived with someone who was a problem drinker or alcoholic than those making more.
*Bold text indicates statistical significance


## Tennesseans who Lived with Someone who was a Problem Drinker or Alcoholic, 2016



## Lived with Illegal Drug User

TN BRFSS asks:
Did you live with anyone who used illegal street drugs or abused prescription medications?

## SAS Variables Used <br> ACEDRUGS

## Dispositions

The question allows a "yes" or "no" choice for the respondent. All responses for "yes" are included in these results. Question refers to the time respondent was under 18 years of age.

## Key Findings

- Tennessee statewide: About 1 in 10 ( $12.1 \%$ ) Tennesseans lived with someone who used illegal street drugs or abused prescription medications.
- Grand Division: West Tennesseans were less likely to have lived with someone who used illegal street drugs or abused prescription medications than Middle or East Tennesseans.
- Sex: No significant difference was observed between men and women.
- Race/ethnicity: No comparisons available as statistics for all but one group were suppressed due to insufficient sample size.
- Age: Older Tennesseans were less likely to have lived with someone who used illegal street drugs or abused prescription medications than younger Tennesseans.
- Education: College graduates were less likely to have lived with someone who used illegal street drugs or abused prescription medications than those with a high school diploma or less.
- Income: No significant difference was observed among levels of income.
*Bold text indicates statistical significance


## Tennesseans who Lived with Someone who Used Illegal Street Drugs or Abused Prescription Medications, 2016



## Lived with Incarcerated Adult

## TN BRFSS asks:

Did you live with anyone who served time or was sentenced to serve time in a prison, jail, or other correctional facility?

SAS Variables Used
ACEPRISN

## Dispositions

The question allows a "yes" or "no" choice for the respondent. All responses for "yes" are included in these results. Question refers to the time respondent was under 18 years of age.

## Key Findings

- Tennessee statewide: Less than 1 in 10 (9.2\%) Tennesseans lived with someone who served time in a correctional facility.
- Grand Division: West Tennesseans were less likely to have lived with someone who served time in a correctional facility than Middle or East Tennesseans.
- Sex: No significant difference was observed between men and women.
- Race/ethnicity: Black non-Hispanics were more likely to have lived with someone who served time in a correctional facility than white non-Hispanics.
- Age: Older Tennesseans were less likely to have lived with someone who served time in a correctional facility than younger Tennesseans.
- Education: College graduates were less likely to have lived with someone who served time in a correctional facility than those with less than a college degree.
- Income: No difference was observed among income groups as all but two groups were suppressed due to insufficient sample size.
*Bold text indicates statistical significance


# Tennesseans who Lived with Someone who Served Time or was Sentenced to Serve Time in Prison, Jail, or Other Correctional Facility, 2016 



## Lived with Divorced Parents

TN BRFSS asks:
Were your parents separated or divorced?

## SAS Variables Used <br> ACEDIVRC

## Dispositions

The question allows the respondent to answer "yes,"" "no," or "never married." All responses for "yes" or "no" are included in these results and those with parents who were never married were excluded from the analyses. Question refers to the time respondent was under 18 years of age.

## Key Findings

- Tennessee statewide: More than 1 in 3 (34.1\%) Tennesseans had divorced or separated parents.
- Grand Division: West Tennesseans were more likely to have divorced or separated parents than Middle or East Tennesseans.
- Sex: No significant difference was observed between men and women.
- Race/ethnicity: Black non-Hispanics were more likely to have divorced or separated parents than white non-Hispanics.
- Age: Tennesseans aged 55 years or older were less likely to have divorced or separated parents than those less than 55 years of age.
- Education: College graduates were less likely to have divorced or separated parents than those with less than a college degree.
- Income: Tennesseans with incomes of $\$ \mathbf{7 5 , 0 0 0}$ or more per year were less likely to have divorced parents than those with incomes lower than $\mathbf{\$ 1 5 , 0 0 0}$ per year.
*Bold text indicates statistical significance



## Lived with Adults who beat Each Other

TN BRFSS asks:
How often did your parents or adults in your home ever slap, hit, punch, or beat each other up?

## SAS Variables Used <br> ACEPUNCH

## Dispositions

The question allows the respondent to answer "never," "once," or "more than once." All responses for "more than once" and "once" were counted as "yes" and "never" was counted as "no." Question refers to the time respondent was under 18 years of age.

## Key Findings

- Tennessee statewide: Almost 1 in 5 (19.7\%) Tennesseans had parents who physically abused each other.
- Grand Division: No significant difference was observed among Grand Divisions.
- Sex: No significant difference was observed between men and women.
- Race/ethnicity: No significant difference was observed among race/ethnicity groups.
- Age: Tennesseans aged 65 years and older were less likely to have parents who abused each other than those younger than 65 years.
- Education: College graduates were less likely to have parents who abused each other than those with less than a college degree.
- Income: Tennesseans earning \$75,000 or more per year were less likely to have parents who abused each other than those earning less than $\$ \mathbf{2 5 , 0 0 0}$ per year.
*Bold text indicates statistical significance


## Tennesseans with Parents who Slapped, Hit, Punched, or Beat Each Other Up, 2016



## Experienced Physical Violence

## TN BRFSS asks:

How often did a parent or adult in your home ever hit, beat, kick, or physically hurt you in any way? Do not include spanking.

## SAS Variables Used

## ACEHURT

## Dispositions

The question allows the respondent to answer "never," "once," or "more than once." All responses for "more than once" and "once" were counted as "yes" and "never" was counted as "no." Question refers to the time respondent was under 18 years of age.

## Key Findings

- Tennessee statewide: More than 1 in 7 (15.9\%) Tennesseans had a parent who hit, kick, beat, or hurt them.
- Grand Division: East Tennesseans were more likely to have parents who hit, kick, beat, or hurt them than Middle or West Tennesseans.
- Sex: No significant difference was observed between men and women.
- Race/ethnicity: Black non-Hispanics were less likely to have parents who hit, kick, beat, or hurt them than white non-Hispanics.
- Age: Tennesseans aged 65 years and older were less likely to have parents who hit, kick, beat, or hurt them than those aged 25-64 years.
- Education: No significant difference was observed among levels of education.
- Income: Tennesseans earning $\$ 75,000$ or more per year were less likely to have parents who hit, kick, beat, or hurt them than those earning less than $\mathbf{\$ 2 5 , 0 0 0}$ per year.
*Bold text indicates statistical significance



## Experienced Verbal Abuse

## TN BRFSS asks:

How often did a parent or adult in your home ever swear at you or put you down?

## SAS Variables Used <br> ACESWEAR

## Dispositions

The question allows the respondent to answer "never," "once," or "more than once." All responses for "more than once" and "once" were counted as "yes" and "never" was counted as "no." Question refers to the time respondent was under 18 years of age.

## Key Findings

- Tennessee statewide: Almost 1 in 3 (31.1\%) Tennesseans had a parent who swore at them or put them down.
- Grand Division: No significant difference was observed among Grand Divisions.
- Sex: No significant difference was observed between men and women.
- Race/ethnicity: No significant difference was observed among race/ethnicity groups.
- Age: Tennesseans aged 65 years and older were less likely to have had a parent who swore at them or put them down than those younger than 65 years.
- Education: No significant difference was observed among levels of education.
- Income: No significant difference was observed among levels of income.
*Bold text indicates statistical significance



## Experienced Sexual Touching

## TN BRFSS asks:

How often did anyone at least 5 years older than you or an adult ever touch you sexually?

## SAS Variables Used <br> ACETOUCH

## Dispositions

The question allows the respondent to answer "never," "once," or "more than once." All responses for "more than once" and "once" were counted as "yes" and "never" was counted as "no." Question refers to the time respondent was under 18 years of age.

## Key Findings

- Tennessee statewide: About 1 in 10 (11.3\%) Tennesseans were touched sexually by someone at least 5 years older.
- Grand Division: West Tennesseans were more likely to have been touched sexually by someone 5 years or older than Middle or East Tennesseans.
- Sex: Women were more likely to have been touched sexually by someone at least 5 years older than men.
- Race/ethnicity: No significant difference was observed among race/ethnicity groups.
- Age: Tennesseans aged 65 years and older were less likely to have been touched sexually by someone 5 years or older than those younger than 65 years.
- Education: No significant difference was observed among levels of education.
- Income: Tennesseans earning under $\$ 15,000$ per year were the most likely to have been touched sexually by someone 5 years or older.
*Bold text indicates statistical significance


## Tennesseans who were Touched Sexually by Someone at Least 5 Years Older, 2016



## Forced Touching of Adult

TN BRFSS asks:
How often did anyone at least 5 years older than you or an adult try to make you touch them sexually?

## SAS Variables Used <br> ACETTHEM

## Dispositions

The question allows the respondent to answer "never," "once," or "more than once." All responses for "more than once" and "once" were counted as "yes" and "never" was counted as "no." Question refers to the time respondent was under 18 years of age.

## Key Findings

- Tennessee statewide: Almost 1 in 10 (8.8\%) Tennesseans were asked by someone at least 5 years older to touch them in a sexual manner.
- Grand Division: West Tennesseans were more likely to have been asked by someone at least 5 years older to touch them in a sexual manner than Middle or East Tennesseans.
- Sex: Women were more likely to have been asked by someone at least 5 years older to touch them in a sexual manner than men.
- Race/ethnicity: No significant difference was observed among race/ethnicity groups.
- Age: Tennesseans aged 65 years and older were less likely to have been asked by someone at least 5 years older to touch them in a sexual manner than those younger than 65 years.
- Education: College graduates were less likely to have been asked by someone at least 5 years older to touch them in a sexual manner than those with less than a college degree.
- Income: Tennesseans earning less than $\mathbf{\$ 1 5 , 0 0 0}$ per year were more likely to have been asked by someone at least 5 years older to touch them in a sexual manner than those earning $\$ 75,000$ or more per year.
*Bold text indicates statistical significance


## Tennesseans who were Asked by Someone at Least 5 Years Older to Touch Them in a Sexual Manner, 2016



## Forced Sex from Adult

TN BRFSS asks:
How often did anyone at least 5 years older than you or an adult force you to have sex?

## SAS Variables Used <br> ACEHVSEX

## Dispositions

The question allows the respondent to answer "never," "once," or "more than once." All responses for "more than once" and "once" were counted as "yes" and "never" was counted as "no." Question refers to the time respondent was under 18 years of age.

## Key Findings

- Tennessee statewide: About 1 in 20 (5.4\%) Tennesseans were forced to have sex by someone at least 5 years older.
- Grand Division: West Tennesseans were more likely to have been forced to have sex by someone at least 5 years older than Middle or East Tennesseans.
- Sex: No comparisons available as statistics for all but one group were suppressed due to insufficient sample size.
- Race/ethnicity: No comparisons available as statistics for all but one group were suppressed due to insufficient sample size.
- Age: No significant difference between the non-suppressed age groups.
- Education: No significant difference between the non-suppressed levels of education.
- Income: No significant difference between the non-suppressed levels of income.
*Bold text indicates statistical significance (Note: No statistical significance observed.)


## Tennesseans who were Forced to have Sex with Someone at Least 5 Years Older, 2016



## Experienced Combat

## TN BRFSS asks:

Did you ever serve in a combat or war zone?

## SAS Variables Used <br> VHCOMBAT

## Dispositions

The question allows a "yes" or "no" choice for the respondent. All responses for "yes" are included in these results. Only respondents who previously said they had served in the armed services were asked this question.

## Key Findings

- Tennessee statewide: More than 2 out of 5 (41.9\%) veterans served in a combat or war zone.
- Grand Division: East Tennessee veterans were more likely to have served in a combat or war zone than Middle or West Tennessee veterans.
- Sex: No comparisons available as statistics for all but one group were suppressed due to insufficient sample size.
- Race/ethnicity: No comparisons available as statistics for all but one group were suppressed due to insufficient sample size.
- Age: No comparisons available as statistics for all but one group were suppressed due to insufficient sample size.
- Education: College graduates were less likely to have served in combat or war zone than those with less than a college degree.
- Income: No comparisons available as statistics for all but one group were suppressed due to insufficient sample size.
*Bold text indicates statistical significance (Note: No statistical significance observed.)



## Prescription Drug Abuse

## TN BRFSS asks:

In the last 12 months, have you taken any prescription pain relievers or tranquilizers including (Codeine, morphine, Lortab, Vicodin, Tylenol \#3, Percocet, OxyContin) when it was NOT prescribed to you by a doctor, dentist, nurse practitioner, or other healthcare provider? We only want to know about prescription medication NOT medication that is available over the counter.

## SAS Variables Used DUPAIN

## Dispositions

The question allows a "yes" or "no" choice for the respondent. All responses for "yes" are included in these results.

## Key Findings

- Tennessee statewide: Almost 3 out of 100 (2.9\%) Tennesseans abused prescription drugs.
- Grand Division: No comparisons available as groups were suppressed due to insufficient sample size.
- Sex: No significant difference was observed between men and women.
- Race/ethnicity: No comparisons available as groups were suppressed due to insufficient sample size.
- Age: No comparisons available as groups were suppressed due to insufficient sample size.
- Education: No comparisons available as groups were suppressed due to insufficient sample size.
- Income: No comparisons available as groups were suppressed due to insufficient sample size.
*Bold text indicates statistical significance (Note: No statistical significance observed.)



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