

Change Request

Proposed Changes to the 2026 Behavioral Risk Factor Surveillance System (BRFSS)

(OMB No. 0920-1061 Exp. Date 4/30/2028)

November 21, 2025

Summary

We request the following: OMB approval of revisions to the 2026 BRFSS Questionnaire and Data Collector's Protocol for use in the 2026 BRFSS. Specifically, we request the following:

1. Approval for changes in selected core sections and optional modules, including minor changes in wording and/or response options as included in the table below.
2. Approval of changes to the 2026 Calling Protocol and Dispositions.

Attachments

Attachment 13-2026 BRFSS Questionnaire

Attachment 10-2026 Calling Protocol and Dispositions

Background and Justification

The Behavioral Risk Factor Surveillance System (BRFSS) consists of landline and cell phone interviews in each of the 50 states, Washington DC, and several US territories ("states" or "BRFSS partners"). In addition, personal interviews are conducted in one territory where phone lines are unavailable. The currently approved survey instrument is based on modular design principles, consisting of a standardized core questionnaire administered by all states, and topic-specific optional modules that may be appended to the standardized core, at each state's discretion. The modular design allows each state to customize the BRFSS questionnaire to address state-specific needs. To ensure that BRFSS content is relevant to the current needs of BRFSS partners, CDC updates selected items in the core questionnaire and/or the optional modules on an annual basis. Information collection needs and priorities for 2026 were discussed internally in the various state health departments as well as during various meetings with BRFSS State Coordinators and through communication with CDC Programs. The 2026 questionnaire includes 17 core sections and 22 optional modules. The number of optional modules has decreased from 2025 (there were 25 offered in 2025). The number of core sections has increased by two (there were 15 offered in 2025).

The BRFSS 2026 questionnaire has been updated to remove one optional module (Disability-ADHD) and remove the additional topic (RSV) from the COVID module. The Long COVID optional module last included in the BRFSS core in 2023 has two changes included in the table below under module 22. All other items on the questionnaire have been previously reviewed and approved as rotating core sections or optional modules.

Table 1 List of Changes to the BRFSS Questionnaire for 2026				
Section	Previously Approved Text	New Text	Changes in skip patterns or interviewer notes	Reason For Change
Core Section 1: Health Status		No change from 2025 section		
Core Section 2: Healthy Days		No change from 2025 section		
Core Section 3: Health Care Access		No change from 2025 section		
Core Section 4: Exercise		No change from 2025 section		
Core Section 5: Oral Health		No change from 2024 section.		Last included in 2024 core, rotates into core every two years.
Core Section 6: Chronic Health Conditions		No change from 2025 section		
Core Section 7: Demographics		No change from 2025 section		
Core Section 8: Disability		No change from 2025 section		
Core Section 9: Falls		No change from 2023 section.		Last included in 2023 core, rotates into core every three years.
Core Section 10: Breast and Cervical Cancer Screening		No change from 2024 section.		Last included in 2024 core, rotates into core every two years.
Core Section 11: Colorectal Cancer Screening		No change from 2024 section.		Last included in 2024 core, rotates into core every two years.
Core Section 12: Tobacco Use		No change from 2025 section		
Core Section 13: Lung Cancer Screening		No change from 2024 section.		Last included in 2024 core, rotates into core every two years.
Core Section 14:		No change from 2025		

Alcohol Consumption		section		
Core Section 15: Immunization		No change from 2023 section.		Shingles question rotates into core as part of immunization section every three years.
Core Section 16: Seat Belt Use / Drinking and Driving		No change from 2023 section.		Last included in 2023 core, rotates into core every three years.
Core Section 17: H.I.V./AIDS		No change from 2024 section		High risk behavior question rotates into HIV/AIDS section every two years.
Module 1: Prediabetes		No change from 2025 module		
Module 2: Diabetes		No change from 2025 module		
Module 3: Arthritis		Module contains only first question from 2025		Limited funding for inclusion of optional module questions.
Module 4: Cancer Survivorship: Type of Cancer		No change from 2025 module		
Module 5: Cancer Survivorship: Course of Treatment		No change from 2025 module		
Module 6: Cancer Survivorship: Pain Management		No change from 2025 module		
Module 7: Prostate Cancer Screening		No change from 2025 module		
Module 8: Cognitive Decline		No change from 2025 module		

Module 9: Caregiver		No change from 2025 module		
Module 10: Adverse Childhood Experiences		No change from 2025 module		
Module 11: Social Determinants		No change from 2025 module		
Module 12: Marijuana Use		No change from 2025 module		
Module 13: Tobacco Cessation		No change from 2025 module		
Module 14: Other Tobacco Use		No change from 2025 module		
Module 15: Firearm Safety		No change from 2025 module		
Module 16: Industry and Occupation		No change from 2025 module		
Module 17: Random Child Selection		No change from 2025 module		
Module 18: Childhood Asthma Prevalence		No change from 2025 module		
Module 19: Sexual Orientation		No change from 2025 module		
Module 20: Family Planning		No change from 2025 module		
Module 21: COVID		No change from 2025 module		
Module 22: Long COVID		Three questions last included in BRFSS core in 2023.		Moved to optional module for 2026 as emerging core option expired in 2024.
	COVID.01. Have you ever tested positive for COVID-19	Have you ever had any symptoms lasting 3 months or longer that you did not have prior		Keeping the question similar for comparison to other surveys and

	(using a rapid point-of-care test, self-test, or laboratory test) or been told by a doctor or other health care provider that you have or had COVID-19?	to having coronavirus or COVID-19 (yes/no)		previous years
	Do you currently have symptoms lasting 3 months or longer that you did not have prior to having coronavirus or COVID-19?	Do you have symptoms now? (yes/no)		Matches question on NHIS and Census Household Pulse Survey, Household Pulse Survey
	Do these long-term symptoms reduce your ability to carry out day-to-day activities compared with the time before you COVID-19?	Do these long-term symptoms reduce your ability to carry out day-to-day activities compared with the time before you had COVID-19?" Response options: Yes, a lot; Yes, a little; Not at all		No change from 2023 question in BRFSS emerging core section. Matches question on NHIS (2023 survey) and Census Household Pulse Survey, National Health Interview Survey

Effect of Proposed Changes on the Burden Estimate

No increases are anticipated in burden estimate, as provided in the 2026 OMB review, and presented below in Table 2. Given the number of core questions and questions from optional modules provided for state use, it is likely that respondent burden will be lower than anticipated by preapproved estimates.

Type of Respondents	Form Name	Number of Respondents	No. of Responses per Respondent	Avg. Burden per Response (in hrs)	Total Burden Hours
U.S. General Population	Landline Screener	173,000	1	1/60	2,884
	Cell Phone Screener	694,000	1	1/60	11,567
	Field Test Screener	900	1	1/60	15
Annual Survey Respondents (Adults $\geq$ 18 Years)	BRFSS Core Survey by Phone Interview	480,000	1	15/60	120,000
	BRFSS Optional Modules by Phone Interview	440,000	1	15/60	110,000
	BRFSS Core Survey by Online Survey	100,000	1	10/60	16,666
	BRFSS Optional Modules by Online Survey	80,000	1	10/60	13,333
Field Test Respondents (Adults $\geq$ 18 Years)	Field Test Survey by Phone Interview	500	1	20/60	167
Total					274632

Effect of Proposed Changes on Currently Approved Instruments and Attachments

The following table describes those attachments which have been updated as a result of changes in the questions or screener language of the BRFSS. All updates are provided in red text in each attachment.

Previous Attachment Title	Change Request Attachment Title
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13 - 2025 BRFSS Questionnaire	13 - 2026 BRFSS Questionnaire
10 - 2025 Calling Protocol and Dispositions	10 - 2026 Calling Protocol and Dispositions