Non-Substantive Change Request

Proposed Changes to the 2026 Behavioral Risk Factor Surveillance System (BRFSS)
(OMB No. 0920-1061 Exp. Date 4/30/2028)
August 3, 2026

Summary

We request the following: OMB approval of Attention Deficit/Hyperactivity Disorder (ADHD), GLP-1, RSV, and Medical Adherence (MA) added to the 2026 BRFSS Questionnaire for use as optional questions for states to add during the latter half of 2026 at their discretion, and to be able to include these as optional modules in the 2027 BRFSS.

Specifically, we request the following:

1. Approval for ADHD, GLP-1, RSV, MA added as optional modules, including minor changes in wording and/or response options and adding new questions (ADHD, GLP-1, RSV, MA).

Attachments

Attachment 13-2026 BRFSS Questionnaire
Appendix 19a - Additional Question Source Information – ADHD
Appendix 19b - Additional Question Source Information – GLP1
Appendix 19c - Additional Question Source Information - MA

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 23 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). There are four additional optional modules to be added to the questionnaire to be approved in this change request. The table below lists all sections of the 2026 BRFSS core sections and optional modules where questionnaire changes have been made. All other items on the questionnaire have been previously reviewed and approved.

Table 1 List of Additional Changes to the BRFSS Questionnaire for 2026

Section	Previously Approved Text	New Text	Changes in skip pattens or interviewer notes	Reason For Change
Attention Deficit/Hyperactivity Disorder (ADHD)		Has a doctor, nurse, or other health professional ever told you that you had any of the following? (Ever told) (you had) attention-deficit/ hyperactivity disorder, or ADHD, or attention deficit disorder or ADD? Yes, No Don't know/ not sure 9 Refused		New question capturing lifetime ADHD diagnosis.
		Do you still have ADHD or ADD? Yes, No, Don't know/ not sure Refused		New question capturing current ADHD diagnosis

		MADHD.03 Do you currently take prescription medication for ADHD? 1 Yes 2 No 7 Don't know/ Not sure 9 Refused	*Read if necessary: Prescription medications for ADHD include stimulant medications such as Adderall, Ritalin, and Concerta, as well as non-stimulant medications such as Strattera, Qelbree, and Intuniv.	New question capturing medication treatment for ADHD
		MADHD.04 During the past 12 months, did you receive counseling, therapy, or behavioral treatment for ADHD or ADD? 1 Yes 2 No 7 Don't know/ Not sure 9 Refused	* Read if necessary: Include counseling, therapy, or behavioral treatments received from mental health professional such as a psychiatrist, psychologist, psychiatric nurse, ADHD coach, or clinical social worker.	New question capturing behavioral/ psychosocial treatment for ADHD
GLP-1		MGLP1.01 In the past 12 months, have you taken an oral or injectable GLP-1 medication for diabetes or weight loss, such as Ozempic (oh-ZEM-pick), Wegovy (Wee-GOH-vee), Mounjaro (mown-JAHR-OH), or Rybelsus (reb-EL-	Read if respondent asks a question or is confused: GLP-1 medications may contain semaglutide (sem-ah-	New question capturing GLP-1 use to adapt to phone survey for BRFSS

		sus)? Do not include insulin, metformin, or other non-GLP-1 medications. 1 Yes (Go to Question 2) 2 No (Skip Question 2) 7 DK 9 Refused	GLOO-tide), tirzepatide (ter-ZEP-uh-tide), liraglutide (LIR-a-GLOO-tide), dulaglutide (doo-la-GLOO-tide), or exenatide (ex-EN-a-tide). Other common brand names include Zepbound, Saxenda, Victoza, Trulicity, or Byetta (bye-A-tuh). The following medications are not included: insulin; metformin; non-GLP-1 medications, such as Jardiance; other common weight loss medications, such as phentermine-topiramate (Qsymia) or naltrexone/bupropion (Contrave)	
		MGLP1.02. Compounded	(if Yes to Question 1)	New question capturing GLP-1

		medications include the same active ingredients as popular name brand drugs but are not FDA-approved. They are made by specialized pharmacies and are often used as an alternative when a medication is in short supply. In the past 12 months, have you taken a generic, compounded version of your GLP-1 medication? 1 Yes 2 No 7 Don't know/ not sure 9 Refused		use to adapt to phone survey for BRFSS
		MGLP1.03 Why are you taking any injectable medications to lower your blood sugar, lose weight, or some other reason? 1 Lower blood sugar 2 Lose weight 3 Some other reason 7 Don't know/ not sure 9 Refused	(if Yes to Question 1 or 2)	New question capturing GLP-1 use to adapt to phone survey for BRFSS
RSV		MRSV.01. There is a vaccine that was recommended in 2023 for some people that helps prevent the respiratory virus called RSV. Have you received the RSV vaccine? 1 Yes 2 No 7 Don't know/ not sure 9 Refused	Asked of respondents age 50+.	New question The RSV question on the NIS-ACM is "There is a vaccine that became available last fall, that is in the Fall of 2023, that helps prevent the respiratory virus called RSV. Have you received this RSV vaccine?" The proposed BRFSS question was slightly modified because in 2026 it won't be "last fall" anymore.

Medical Adherence		MMA.01 In the past year, how often did you receive a prescription, but did not fill it? 1. Never 2. Rarely 3. Sometimes 4. Always Do not read 7. Don't know/ not sure 9. Refused		New Question The information from this question will support estimation of the proportion of adults who may not always fill their prescriptions and improve understanding of national or state-level medication nonadherence to inform public health efforts.
		MMA.02 In the past year, how often did you forget to take your medications: 1. Never 2. Rarely 3. Sometimes 4. Always Do not read 7. Don't know/ not sure 9. Refused		New Question The information from this question will support estimation of the proportion of adults who forget to take their medication and improve understanding of national or state-level medication nonadherence.
		MMA.03 In the past year, how often did you choose to skip your medications: 1. Never (end of Module) 2. Rarely 3. Sometimes 4. Always Do not read 7. Don't know/ not sure 9. Refused		New Question The information from this question will support estimation of the proportion of adults who may be choosing to skip their medication and improve understanding of national or state-level medication nonadherence.
		MMA.04 In the past year, what was the main reason for choosing		New Question The information from this question

		to skip your medication(s)? 1. I don't take my medications when I feel better 2. I feel worse when I take my medications 3. The cost of taking my medications is too expensive 4. I take too many medications, and it interferes with my work or daily activities 5.The medication was not available at my pharmacy 6. I was not able to get to my pharmacy to pick up my medication 7. I share my medication with a family member or friend 8. Other Do not read 7. Don't know/not sure 9. Refused		will provide potential insight into reasons adults may not take their medication as prescribed. These data can inform public health efforts to improve medication adherence.

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	Number of Responses per Respondent	Average Burden per Response (in hours)	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 >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 >18 Years)	Field Test Survey by Phone Interview	500	1	20/60	167
Total					274,632

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
13 - 2025 BRFSS Questionnaire	13 - 2026 BRFSS Questionnaire