

## CS566 Group Topic Statement: BRFSS

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Our project aims to find the impacts of unhealthy behaviors on quality of life. The unhealthy behaviors have five main catalogs: smoking, drinking, insufficient sleep (less than seven hours per night), physically inactive, and obesity ( $BMI \geq 30$ ). America's Health Rankings report documented that unhealthy behaviors are prevalent in the United States, and people with unhealthy behaviors are more likely to have fair or poor health status. Studies have shown that the proportion of older adults reporting 14 or more unhealthy days was significantly higher among those with diabetes, college students who reported high alcohol and cigarette/marijuana use were more likely to report poor mental health, and adequate sleep is positively related to good health status (Brown et al., 2004; Jao et al., 2018; Chen et al., 2006).

Besides the health-related quality of life, we want to analyze the impacts of unhealthy behaviors on a broader definition of quality of life, including other aspects such as housing, employment, the standard of living, marriage, interpersonal relationships, etc.

The dataset we plan to use, BRFSS, is a popular telephone survey with more than 400 thousand complete interviews each year. In 2020, it contains 279 variables with a sample size of 401,985. The dataset contains nearly every aspect we need, including variables related to unhealthy behaviors, quality of life, and other possible control variables. Those variables are cataloged neatly into groups, such as Tobacco Use, Alcohol Consumption, Housing, and Demographics. Previous studies and health-related organizations have successfully used BRFSS data to explore a spectrum of issues. Thus, we believe that our topic is also feasible with the dataset.

## Reference

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