



Alamosa County Survey

Project Information Sheet

Project overview

To monitor health behaviors and other factors at the community level, the Alamosa County Survey was initiated in 2000 as an annual, on-going survey designed to match the methods of the CDC-sponsored Behavioral Risk Factor Surveillance Survey (BRFSS). Each year (from 2001 – 2004), approximately 600 adult residents of Alamosa County (50 per month) were interviewed in English and Spanish by telephone, using a random-digit-dial sampling strategy. Additionally, the center has funded the addition of diet and activity questions to the Colorado statewide BRFSS, so that comparable data at the state level and in selected portions of the state (such as rural areas) will be available for comparison.

Each year, the Alamosa County Survey includes questions assessing:

- diet and physical activity behaviors;
- needs assessment items for RMPRC planning; and
- factors of interest to community partners.

The primary questions for diet and physical activity are taken from the BRFSS to assure the ability to directly compare behaviors in Alamosa to those at the State and National levels.

A list of topic areas included in each annual survey is attached.

For the 2005-2009 funding cycle, the plan is to conduct the survey every other year and to expand the survey to other counties in the San Luis Valley. However, due to budget cuts, it was not possible to conduct the survey in 2005. We are requesting supplemental funds from the CDC in order to conduct the survey in 2006.

Role of community in this project

In 2001 and 2003, we held community meetings to solicit input on topics to include in the coming year's survey. Health care providers, school personnel, and members from various community agencies attended these meetings. The following topics were included in the survey based on community input:

- 2001 survey: use of physical activity "resources" such as walking paths, sports fields, and playgrounds
- 2002 survey: access to resources for persons with diabetes, attitudes towards school based health centers, and receipt of prevention advice from health care providers
- 2003 survey: (Note: the 2003 version of the survey was not implemented due to a staffing issue at the health department; instead, the 2002 version was implemented for a 2nd year in a row)
- 2004 survey: mental health, psychological treatment, risk behaviors, medical care received outside of the Valley (reasons for and type of care)

Benefits to the SLV community

The survey data are available to the community on the RMPRC website. In addition, the RMPRC has helped local program directors (e.g., Alamosa Head Start, Boys and Girls Club) as well as academicians by creating tailored data summary reports that are used in grant applications.

Project Team

Elaine Belansky	Lead Investigator (beginning in 2003), RMPRC
Lori Crane	Evaluation Core Director (former lead investigator 2000-2002), RMPRC
Julie Marshall	Center Director, Intervention Core Director, RMPRC
Terry Uyeki	Evaluation Coordinator, RMPRC

For more information about this project, please contact Elaine Belansky at 303/315-0861 or elaine.belansky@uchsc.edu or visit www.uchsc.edu/rmprc.