



Positive childhood experiences (PCEs) findings in BRFSS reports

The Behavioral Risk Factor Surveillance System (BRFSS) is a questionnaire administered via phone by every state. BRFSS collects data on residents’ risk behaviors, chronic illnesses, access to healthcare, and preventative factors. States are beginning to add questions related to positive childhood experiences (PCEs) to the survey. These seven questions are below.

Before the age of 18 years old, how often did you:

- Feel safe and protected by an adult in your home
- Feel a sense of belonging at high school
- Feel supported by friends
- Have at least two non-parent adults take genuine interest in you
- Feel able to talk to family about feelings
- Enjoy participating in community traditions
- Feel family stood by you during difficult times

If respondent answered “often,” “very often,” “most of the time,” or “all of the time,” the PCE was present. Responses were grouped into 0-2, 3-5, and 6-7 PCEs present.

State

Findings

<p>California Read the report</p>	<ul style="list-style-type: none"> • The majority of residents experienced multiple PCEs “often” or “very often” (37% reported 3-5 PCEs; 48% reported 6-7 PCEs) • Those reporting more PCEs were more likely to self-report “excellent” overall health • Those reporting more PCEs were less likely to experience depression than those with fewer PCEs (27% for 0-2 PCEs, 16% for 3-5 PCEs, 10% for 6-7 PCEs) • Those reporting more PCEs were less likely to smoke cigarettes or engage in binge drinking
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<p>Montana Read the report</p>	<ul style="list-style-type: none"> • Focused on the potential ability of positive childhood experiences (PCEs) to mitigate lifetime use of cigarettes, alcohol, and illicit substance use • The majority of Montana residents experienced PCEs, particularly through their relationships and sense of engagement • Those reporting more PCEs had fewer drinks when drinking (12%) and consumed less alcohol in total in the last 30 days (26%) than those reporting fewer PCEs • Those reporting 6-7 PCEs had a 71% lower likelihood of illicit drug use than those reporting the lowest PCEs (0-2)
<p>Tennessee Read the report</p>	<ul style="list-style-type: none"> • 92.6% of residents reported 3 or more PCEs • Those reporting 6-7 PCEs were half as likely to ever be diagnosed with depression as those with the fewest PCEs (0-2) • Those with higher PCEs were less likely to have ever smoked cigarettes • Those with higher PCEs reported better overall health and more access to healthcare
<p>Wisconsin Read the report</p>	<ul style="list-style-type: none"> • Those reporting 6-7 PCEs were 72% less likely to report depression or poor mental health than those reporting 0-2 PCEs • Those reporting 3-5 PCEs were 50% less likely to report depression or poor mental health than those reporting 0-2 PCEs • The presence of PCEs showed benefits to adult health mental and relational health, independent of the impact of ACEs

State Report Links

California

[Read the report](#)

<https://www.pacesconnection.com/fileSendAction/fcType/5/fcOid/532057831048173826/fodoid/532057831048173822/FINAL%20BRFSS%20Report.pdf>

Montana

[Read the report](#)

<https://dphhs.mt.gov/assets/publichealth/EMSTS/Data/HopePCEReport2022.pdf>

Tennessee

[Read the report](#)

<https://www.tn.gov/content/dam/tn/health/documents/PCEs-Factsheet%202021.pdf>

Wisconsin

[Read the report](#)

<https://jamanetwork.com/journals/jamapediatrics/fullarticle/2749336>