

BRFSS

Montana

Behavioral Risk Factor
Surveillance System (BRFSS)
2010 Data Report





Public Health and Safety Division
Montana Department of Public Health and Human Services
DIVISION MISSION: To Improve & Protect the Health & Safety of Montanans

Brian Schweitzer, MS
Governor
State of Montana

Anna Whiting Sorrell, MPA
Director
Department of Public Health and Human Services

Jane Smilie, MPH
Administrator
Public Health and Safety Division

BRFSS Staff:

Joanne Oreskovich, PhD
BRFSS Director/ Epidemiologist

Heather J. Zimmerman, MPH
BRFSS Epidemiologist

Office of Epidemiology and Scientific Support
Public Health and Safety Division
A113 Cogswell Bldg., 1400 Broadway
P.O. Box 202951
Helena, MT 59620-2951
Phone (406) 444-2973 or 444-4111

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To the citizens of the state of Montana, we thank you for your continued cooperation and willingness to participate in this very important health survey. The information you have provided regarding health risk behaviors is invaluable for assessing state trends for public health planning purposes and allowing us the ability to compare Montana's progress to the rest of the states and the nation.

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EXECUTIVE SUMMARY

Prevalence rates for most health risk behaviors were similar to the national medians (Appendix B). However, a few differences were noted as indicated below.

Access to Health Care

Montanans fared worse than more than one-half the states in the United States with more than one in five adults (23%) ages 18 to 64 reporting no health insurance coverage at the time they were interviewed. The proportion of adults in Montana who reported no dental visit within the past year was much higher than the national median (39% versus 30%).

Health Status and Outcomes

The self-reported health status of Montanans (15%) was essentially the same as the nation's median, meaning about one-half the states either fared better or worse than Montanans who said their general health was "fair" or "poor". The proportion of Montanans who reported being overweight was similar to the national median, but for reports of being obese the proportion of Montanans was more than three percentage points lower than the national median. For most other measures of health status or outcomes, the Montana prevalence estimates of chronic conditions, such as cardiovascular disease (heart attack, stroke, angina,) and asthma were also similar to the nation's median. Montana adults reported less clinically diagnosed diabetes than the majority of the states in the US (7% versus $\geq 9\%$).

Risk Factors

Montana adults were less likely to report no leisure time physical than the majority of other states (22% versus $\geq 24\%$). In 2010, heavy drinking and cigarette smoking were similar to the national median. However, binge drinking was substantially higher in Montana than the majority of US states (17% versus $\leq 15\%$).

Preventive Measures

Montana women 40 years of age and older were substantially less likely than the majority of US women in this age group to have a mammogram within the two years prior to being surveyed (67% versus $\geq 76\%$). However, women who reported ever having a pap smear were similar to the US median. Montana's prevalence for men 40 years of age and older who had a prostate specific antigen (PSA) blood test within the preceding two years was the same as the national median (53%). The proportion of Montana adults 50 years of age and older who reported having a fecal occult blood tests (FOBT) within the previous two years was substantially lower than the majority of US states, as was the proportion who reported ever having a sigmoidoscopy or colonoscopy. Influenza vaccination estimates for adults 65 years of age and older were similar to the nation's median but this age group was more likely to ever have had a pneumococcal immunization than the majority of adults nationwide.

Population Subgroups

Certain population subgroups in Montana are at greater risk for premature death and disability than the population as a whole. Young adults (18-24), adults with less education (particularly those who have not completed high school), adults with low household incomes (<\$25,000), and American Indian/Alaska Natives are often at greater risk due to certain health risk behaviors and conditions.

Estimated Number of People at Risk

Approximately 501,000 Montana adults reported 2 or more of the following serious risk factors: current smoking, binge drinking, heavy drinking, $BMI \geq 25$, insufficient sleep, and no leisure time physical activity. Further, about 37,000 Montana adults have 2 or more of the following chronic conditions: current asthma, ever had a heart attack, ever had a stroke, coronary heart disease, and diabetes. Those with multiple chronic conditions tended to have lower educational attainment and lower household income than other Montana adults.

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INTRODUCTION

From 1981 to 1983, the Centers for Disease Control and Prevention (CDC) funded about one-half of the states in the U.S. to conduct point-in-time prevalence surveys of behaviors that were associated with an increased risk of developing avoidable illness and/or premature death (i.e., behavioral risk factors). In 1984, the CDC established the Behavioral Risk Factor Surveillance System (BRFSS), an annual set of telephone surveys assessing the health status and behavioral risk factors of the adult population (18 years and older) within a select number of participating states. The BRFSS began with four primary goals:

1. To document health trends at the state level;
2. To identify emerging health issues;
3. To compare health behaviors across states;
4. To measure progress toward health goals.

Through cooperative agreements between CDC and state departments of public health, the BRFSS expanded to include all 50 states, the District of Columbia, and three U.S. territories. BRFSS is now the largest continuously conducted telephone health survey in the world.

Montana has the distinction of having been one of the 29 states to participate in conducting point-in-time health surveys with CDC in the early 1980s and was one of the original 15 states to secure funding from CDC when the BRFSS initiative began in 1984. The Montana BRFSS sample size has increased from 855 in 1984 to 7,304 in 2010. The number of questions included in the annual survey has increased from 45 questions in 1984 to 176 questions in 2010. Subject areas include self-reported health status, access to health care, health awareness, use of preventive services, as well as knowledge and attitudes of health care and health-care practices.

The BRFSS survey provides valuable information on health trends, chronic disease risk and data for monitoring the effectiveness of policies, programs, and interventions. Additionally, BRFSS data are used to identify important health issues for future attention, formulate policies and legislation, and develop public awareness strategies. Each year modifiable behaviors such as smoking, excessive alcohol consumption, overweight, and physical inactivity contribute to a substantial portion of the mortality and morbidity associated with chronic disease and unintentional injury (McKenna et al., 1998; Mokdad et al, 2004). Underutilization of preventive health services (e.g., blood pressure, cholesterol, and cervical cancer screening) may also contribute to morbidity and premature death from many diseases (CDC, 2003a, 2003b). Measuring the prevalence of high risk behaviors and preventive health service utilization provides information for developing and monitoring interventions designed to reduce premature death and disease (CDC 2004). In 2010, seventy-three percent of Montana deaths were associated with chronic disease and unintentional injury (Table A).

Table A. Leading Causes of Death in Montana, 2010*

Rank	Cause of death	# of Deaths	% of total deaths ¹	Crude Rate per 100,000 ²	Risk Characteristics to Target Prevention
1	Cancer	1,912	29.6	193.2	Smoking, high-fat diet, chronic alcohol abuse
2	Heart disease	1,842	28.6	186.2	Smoking, physical inactivity, high blood pressure, high-fat diet, high blood cholesterol, overweight
3	Chronic lower respiratory diseases	601	9.3	60.7	Smoking, exposure to certain chemicals
4	Unintentional Injury (Accidents)	545	8.5	55.1	Binge and chronic drinking, non-use of safety belts
5	Cerebrovascular disease (including stroke)	493	7.6	49.8	High blood pressure, smoking, high blood cholesterol
6	Alzheimer's disease	301	4.7	30.4	Head injuries
7	Intentional Self-Harm (Suicide)	227	3.5	22.9	Depression, alcohol or substance abuse, major stressor events
8	Diabetes	226	3.5	22.8	Overweight, physical inactivity, poor nutrition
9	Pneumonia and Influenza	168	2.6	17.0	Vaccine preventable infection with pneumococcal bacteria or influenza virus, compromised immune system
10	Chronic Liver Disease and Cirrhosis	134	2.1	13.5	Chronic alcohol abuse, Hepatitis B or Hepatitis C infection
Total deaths from leading causes		6,449	73.3		

* Mortality data are from e-mail correspondence with Derek Emerson, Montana Vital Statistics, Montana Department of Public Health and Human Services, October 2011.

¹ Total deaths from all causes in 2010, excluding fetal deaths, were 8,803.

² Cause-specific crude death rates are per 100,000 estimated population.

The Healthy People 2010 (Public Health Service 2004) is an on-going national initiative driven by 467 objectives designed to serve as a road map for improving the health of all people in the United States during the first decade of the 21st century. Healthy People 2010 builds on similar initiatives pursued over the past two decades and national health objectives for Healthy People 2020 will provide the nation's goals for the next decade. Two overarching goals—increase quality and years of healthy life and eliminate health disparities—serve as a guide for developing objectives that will actually measure progress. Data from the annual BRFSS survey are one of the primary means of monitoring progress towards achieving specific national year 2010 health objectives. Ten Leading Health Indicators (LHI) were chosen from all of these objectives based on their ability to motivate action for health promotion and disease prevention, the availability of data to measure their progress, and their relevance as broad public health issues. Table B summarizes Montana's progress toward Healthy People 2010 goals that were measured on the 2010 survey.

This report summarizes selected results from the 2010 BRFSS survey. Results were tabulated for the overall Montana population, as well as for subpopulations (sex, age class, education level, income class, race/ethnicity, disability status, and health planning region/MMSA). The numbers reported in the data tables were the actual numbers of respondents, while the prevalence estimates (expressed as percentages) were calculated using weighted data and are representative of the Montana adult population. As a measure of data precision, 95 percent confidence intervals (CI) were presented with the percentage prevalence estimates (see Methods section as follows for a more complete discussion). For the full survey question and response categories from which the data were derived, see the "Questionnaires" link in the left-hand column of the Montana website: www.brfss.mt.gov.

Table B. Healthy People 2010 Objectives¹ for the Nation and Montana: Summary of Montana BRFSS Data for 2010

Healthy People 2010 ² Objective ³	Yr 2010 Target %	MT 2010
Health Insurance (Objective #1.1)	100.0	77.4
Usual Primary Care Provider (Objective #1.5)	≥ 96.0	73.8
Pap Smear, Ever Had (Objective #3.11a)	≥ 97.0	95.0
Pap Smear, Within Past Three Years (#3.11b)	≥ 90.0	78.3
Fecal Occult Blood Test (FOBT) With Past Two Years (Obj. #3.12a) Ages≥50	≥ 50.0	14.6
Sigmoidoscopy, Ever Had (Objective #3.12) Ages≥50	≥ 50.0	61.0 ✓
Mammogram, Within Past Two Years (Objective #3.14) Women, Ages≥40	≥ 70.0	67.4
Diabetes, Clinically Diagnosed (Objective #5.3)	≤ 2.5	7.0
Influenza Immunization, Within Past Year (Objective #14.29a) ⁴	≥ 90.0	65.5
Pneumococcal Pneumonia Vaccination, Ever Had (Objective #14.29b) ⁴	≥ 90.0	71.8
Obese, BMI ≥ 30 (Objective #19.2) ⁵	≤ 15.0	23.5
Extraction of All Natural Teeth (Objective #21.4) ⁴	≤ 20.0	17.6 ✓
No Leisure Time Physical Activity (Objective # 22.1)	≤ 20.0	21.6
Binge Drinking, During the Past Month (Objective #26.11c)	≤ 6.0	17.0
Cigarette Smoking (Objective #27.1a)	≤ 12.0	18.8

¹ Objectives are for adults age 18 or older except as noted.

² Public Health Service. Healthy People 2010: National Health Promotion and Disease Prevention Objectives—full report with commentary. Washington, DC: U.S. Department of Health and Human Services, 2000.

³ In some cases, BRFSS definitions of objectives differ slightly from those in Healthy People 2010. See Healthy People 2010 for the exact definition of the objective.

⁴ Among Adults Ages 65 years or older.

⁵ Healthy People Obesity Objective is for Adults Ages 20 years or older.

✓ Met Healthy People 2010 Objectives.

METHODS

Sampling Design

Since 2000, Montana's BRFSS sample has been stratified based on county population size and proportion of American Indians, Montana's largest minority population. Stratum I consists of seven counties containing a high proportion of American Indians, Stratum II consists of 41 counties with relatively low population size and low proportion of American Indians, and Stratum III consists of eight counties with relatively high population size and low proportion of American Indians. These three strata allow the potential for oversampling households of American Indians and are used strictly for sampling, rather than analytical purposes.

In 2002, CDC began the Selected Metropolitan/Micropolitan Area Risk Trends (SMART) BRFSS in order to analyze the data from selected metropolitan and micropolitan statistical areas (MMSAs) with 500 or more respondents. The Montana BRFSS, therefore, added a fourth stratum in 2004 that includes Yellowstone and Carbon Counties – Billings, Montana's largest MMSA¹. Starting in 2006 Montana BRFSS added two additional strata to the sampling frame to be rotated between Montana's other MMSAs so that each MMSA will have 2 consecutive years of data every 4 to 5 years. In 2010, the MMSAs that achieved a sample size of at least 500 included: Billings, Helena, and Kalispell.

Beginning in 2003, Montana's dataset has been weighted for regional analyses based on the state's five health planning regions (HP1 – HP5) for regional health information and public health planning purposes (see Appendix A for map of health planning regions). Appendix B contains a summary of selected 2010 health indicators for the nation, state, MMSAs, and health planning regions in Montana.

According to national BRFSS protocol, Montana used a disproportionate stratified sampling design (DSS)² for the BRFSS survey. In the DSS design, the universe of all Montana telephone numbers was disproportionately stratified by telephone blocks. A block consists of 100 phone numbers with consecutive four-digit telephone suffixes (e.g., 406-443-1100 to 406-443-1199). Beginning in 2003, the CDC protocol for selecting household telephone numbers discontinued the inclusion of "0" blocks in the sampling frame; "0" blocks are computer generated listings of 100 consecutive phone numbers that contain *no* published household telephone numbers. Now, only "1+" blocks are sampled; these are also computer generated listings of 100 consecutive phone numbers, but they contain *at least one* published household telephone number. These "1+" blocks are then assigned to two strata: 1) high density or listed numbers and 2) low density or unlisted numbers. To be representative, the sampling ratio for these two strata is 1.5:1, in which the high density stratum (listed) is sampled at the rate of 1.5 times that of the low density stratum (unlisted). This approach has served to lower cost and improve interviewer efficiency.

Once a residence was successfully contacted, individual respondents were randomly selected from all adults aged 18 and older living in the household. The selected adult was then interviewed in accordance with the BRFSS protocol (CDC 2006). In 2010, although our sample size goal indicated completing 500 interviews per month, approximately 608 interviews were completed each month, for a yearly total of 7304 interviews.

Interviews were conducted by University of Nebraska Medical Center with headquarters in Omaha and the call center in Lincoln. Interviews were conducted during daytime and evening hours on Monday through Friday and on weekends to ensure that selected individuals had ample opportunity to participate in the survey. Fifteen efforts were made to reach a phone number at different times of the day and evening and on different days before being classified as an unreachable number. The Council of American Survey Research Organizations (CASRO) response rate, which includes a portion of the dispositions with unknown eligibility in the denominator of the rate, for Montana in 2010 was 65%. Of all contacted selected respondents, 81% resulted in completed interviews (cooperation rate). At least 10 percent of all interviews were monitored and validated by the quality assurance section of the call center, using the system's monitoring function to observe and score interviews in progress for quality improvement purposes.

1 These geographic subdivisions are designated by the U. S. Office of Management and Budget and used by the U. S. Census Bureau as of June 2003. See <http://www.cdc.gov/brfss/smart/faqs.htm#2> for frequently asked questions and answers about SMART BRFSS and MMSAs.

2 For a detailed description of BRFSS methodology, see the BRFSS User's Guide, an online version at: <http://www.cdc.gov/brfss/training.htm>

Data Weighting and Analysis

Once BRFSS data are collected, statistical procedures are undertaken to make sure the data are representative of the population for the state or the local area. Data were weighted to account for the design of the survey and differences in the probability of selection due to the disproportionate sampling method and due to households with different number of adults and different numbers of telephones (e.g., households with more than one telephone number were more likely to be called). This adjustment is intended to reduce biases that may result from excluding Montanans without telephone service (non-coverage) or from the varying characteristics of those that choose not to participate in the survey (non-response). Post-stratification is a computational procedure that adjusts the responders sampling weights, so that the totals over various demographic categories match known population totals. Post-stratification weighting for the 2010 Montana survey was based on the gender and age distribution in each health planning region and was used to ensure that the results more closely reflected the adult population of Montana. Prevalence estimates presented throughout this report are based on this weighting methodology.

Beginning in 2007, CDC's Division of Behavioral Surveillance started development of an alternative weighting method for BRFSS data in order to more closely match a more complete demographic make-up within each state. This alternative post-stratification method of raking weights³ replaces the current post-stratification method to adjust the data so that groups which are under- or over- represented in the sample can be accurately represented in the final data set. Through an iterative process the weighted sample totals are made to agree with the corresponding totals for the population characteristic (or dimension) in each cell. In other words, the weights are proportionately adjusted to one set of control totals then those adjusted weights are proportionately adjusted to another set of control totals. For example, when weighting by age and gender, weights would first be adjusted for gender groups, then those estimates would be adjusted by age groups. The procedure would continue in an iterative process until all group proportions in the sample approach those of the population (or after 75 iterations or some preset tolerance level). Using the raking methodology will allow the distribution of the sample to properly represent state distributions with respect to: telephone source, age group by gender, detailed race and ethnicity, educational level, marital status, gender by race/ethnicity, age group by race/ethnicity, geographic region within the state, and renter/owner status.

CDC released the 2010 survey data with both the current post-stratification weights and the new raking weights in order to allow states to see how estimates may change based on the raking weights. There will be a forthcoming report entitled, *New Weighting Methods in BRFSS*. It contains a more complete discussion of raking weights and a comparison of survey results with the current weighting methodology and with the alternative raking weight methodology. *Starting with the 2011 dataset release, raking will become the standard weighting method for all BRFSS data.*

The demographic characteristics of the 2010 survey respondents are presented in Table C. This table describes the 2010 survey population, including the un-weighted number of respondents, the population estimate, and the weighted percent of respondents by selected demographic characteristics. Respondents who indicated "don't know," "not sure," or "refused" were excluded from the calculation of prevalence estimates. Therefore, the sample sizes used to calculate the estimates in this report vary. The SPSS for Windows Complex Survey Samples™ statistical software package was used to compute prevalence estimates (expressed as percentages) and associated 95% confidence intervals using sample weights provided by CDC. Prevalence estimates based on denominators with fewer than 50 respondents or half-width confidence intervals greater than 10 percent were not reported due to their inherent low precision.

Data Reliability and 95% Confidence Intervals

As noted previously, the BRFSS data provides a disproportionate stratified statewide random sample of telephone-equipped households in Montana. The precision of a sample statistic (e.g., prevalence) can be estimated by calculating the confidence interval of the statistic; 95% confidence intervals (CI) are presented with the prevalence estimates in this report.

As an example, a prevalence estimate for cigarette smoking of 20 percent with a computed 95% confidence interval

³ Raking, also called Automated Sample Weighting System methodology or Iterative Proportional Fit, credited to W.E. Deming and F. Stephan, was first used to estimate U.S. Census population totals in 1940. Raking is commonly used when only the marginal population totals of the adjusted weights are known and the joint population distributions of post-strata are unknown. Raking is preferable as a post-stratification method when the cell counts of the responders within each demographic combination are too small to produce stable estimates. It is equivalent to log-linear regression expected totals.

Table C. Demographic Characteristics of Montana Adults in the 2010 Behavioral Risk Factor Surveillance System (BRFSS) Survey.

2010 BRFSS Sample			
Demographic Group	Sample Size (N)	Population Estimate	Weighted Percent†
All Adults:	7,304	761,000	100.0
Sex:			
Male	3,044	378,000	49.7
Female	4,260	383,000	50.3
Age:			
18 - 24	196	90,000	11.9
25 - 34	567	127,000	16.8
35 - 44	864	116,000	15.3
45 - 54	1,375	149,000	19.7
55 - 64	1,801	131,000	17.2
65+	2,466	145,000	19.1
Unknown§	35		
Education:			
<High School	552	62,000	8.2
High School	2,273	242,000	31.8
Some College	2,181	223,000	29.3
College Degree	2,287	233,000	30.7
Unknown§	11		
Income:			
<\$15,000	910	80,000	11.5
\$15,000 - \$24,999	1,294	122,000	17.6
\$25,000 - \$49,999	2,108	211,000	30.3
\$50,000 - \$74,999	1,086	127,000	18.2
\$75,000+	1,244	156,000	22.5
Unknown§	662		
Race/Ethnicity:			
White, non-Hispanic	6,313	674,000	89.2
AI/AN*	600	36,000	4.7
Other or Hispanic**	334	46,000	6.1
Unknown§	57		
Disability:			
Disability	2,264	197,000	26.0
No Disability	5,014	561,000	74.0
Unknown§	26		
Region:			
1- Eastern MT	931	60,000	8.0
2- N Central MT	1,440	118,000	15.7
3- S Central MT	1,001	152,000	20.2
4- Southwest MT	1,483	188,000	24.9
5- Northwest MT	2,383	236,000	31.3
MMSA-Billings	537	118,000	
MMSA-Helena	642	57,000	
MMAS-Kalispell	701	70,000	
Unknown§	66		

† Weighted percentages are based on CDC's 2010 pop. estimate of 761,000 adult Montanans.

* American Indian or Alaska Native only.

** All other non-White (including multiracial) or Hispanic.

§ Cases with unknown values are excluded from relevant analyses.

of $\pm 2\%$, translates to a lower limit of 18 percent and an upper limit of 22 percent. We are 95% confident that the interval 18% to 22% includes the true percentage of smokers in the Montana population.

The width of a confidence interval (e.g., $\pm 2\%$) using weighted data is dependent upon sample size and the design effect of the survey. Generally, estimates based on large samples have narrower confidence intervals and are more precise than are estimates based on small samples. Confidence intervals must be considered when making comparisons among subgroups of the population (e.g., among age classes). Percentages for different subgroups of the population can be determined to be significantly different if their confidence intervals do not overlap. A statistical test is needed to determine if estimates are different when the confidence intervals overlap.

Analysis of subpopulations results in a concomitant lowering of sample size. The more subgroups into which the data are partitioned, the smaller the sample size per subgroup. The results include some instances where sample sizes for subgroups within select populations are too small (denominator <50), or the associated 95% confidence intervals width too broad (half-width confidence interval >10 percentage points), to yield meaningful comparisons. For Montana reports and website information, all data where the cell size numerator is less than 3 and denominator is less than 300 are also suppressed. In these instances the estimates are not reported and are labeled NSD (not sufficient data) within every table.

Questionnaire

The BRFSS questionnaire has three parts:

1. the core, consisting of the fixed core questions (asked every year), rotating core questions (asked in alternating years), and emerging core questions (asked for only one year);
2. optional modules provided by CDC, any number of which can be selected by individual states for inclusion; and
3. state-added questions (additional questions of specific interest to individual states).

All states must ask the core questions without modification in wording. As part of the core, respondents are asked to provide demographic information including such indicators as sex, age, race, marital status, annual household income, employment status, and education level. Optional modules and state-added questions may be added by individual states to their respective questionnaires. Montana's BRFSS Working Group, consisting of state data analysts and users, helps to establish the state questionnaire content each year using the "Criteria for Adding Questions to the MT BRFSS," which can be found at the Montana BRFSS website: www.brfss.mt.gov.

The 2010 Montana BRFSS questionnaire consisted of 176 questions. Not all respondents were asked all questions, since some questions pertained to a specific age group or sex or persons with a particular health condition (e.g., diabetes). The average length of time to complete the survey was 26.5 minutes in 2010.

Survey Limitations

Surveys that require self-reporting of data have limitations and should be interpreted with caution. Respondents may have a tendency to under-report behaviors that are socially undesirable, unhealthy, or illegal (e.g., drinking and driving or smoking), while over-reporting desirable behaviors (e.g., amount of exercise or regular health screening). The accuracy of self-reported information also is affected by the ability of respondents to fully recall past behaviors or health screening results.

Telephone surveys exclude households without telephones, which may result in a biased survey population due to under-representation of certain segments of the population. In 2010, based on ACS 2005-2009 estimates, 4.7 percent of Montana households did not have telephone service. The homes without telephone service may have represented a population segment at high risk for preventable diseases associated with low socioeconomic status. The 2010 survey prevalence estimates include only respondents from households with land-line telephone service, though Montana has been surveying cell-phone only users as part of a cell-phone pilot study since 2007. In 2010, datasets have weighted cell-phone data to be analyzed with the land-line data. The effect of included cell phone sample data will be further discussed in the forthcoming report, *New Weighting Methods in BRFSS*. Also starting with the 2011 survey, cell phone only households will become part of the regular sampling strategy for all BRFSS surveys.

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INTERPRETING THE TABLES

This is an explanation about how to interpret the tables that are presented in this report. Each table presents a set of prevalence estimates weighted to represent the proportion of the non-institutionalized adult population age 18 years and older in Montana, unless a different demographic group is specified. Weighting adjusts for different probability of selection by the random dialing procedure and the varied demographic characteristics of the respondents (see Methods, page 05). As a result, for the table below, it is appropriate to state that “among Montana adults, 18 through 64 years of age, 22.6% did not have health care coverage in 2010.” For this table, all adults includes only those less than 65 years of age, because those age 65 years and older are assumed to have Medicare coverage.

The survey questions that the tables are based on appear in the footnote of the table. For the full question and response categories from which the data were derived see the “Questionnaires” link in the left menu of www.bfss.mt.gov,

Weighted data are used in all calculations of prevalence. The weighted population estimate in the footnote provides the estimated number of adults in Montana who are characterized by a particular risk factor or behavior. The unweighted sample size (UnWt. N.) is the number of respondents who gave a particular response, but this is given only as an indicator of sample size. It is not appropriate to use unweighted numbers to compute prevalence estimates of risk factors and health conditions. Unless stated differently within the table, estimates do not include respondents who refused to answer the question, said “Don’t know/Not Sure” or the response is missing.

These tables also contain 95% confidence intervals (CI) for each estimate. The 95% CI is the range of values within which the true value falls with 95% certainty. The column headings of LL represent the lower limit and UL represent the upper limit of the 95% confidence interval. *The confidence interval associated with the prevalence estimate for adults ages 18 to 64 with no health care coverage ranges from 20.4% to 24.9%.* The small width of this confidence interval indicates that the estimate is fairly precise.

Risk factors or health conditions may be more or less common among Montana adults of various demographic groups. In general, where confidence intervals for two subgroups being compared do not overlap, the subgroups can be said to be statistically different. Formal statistical tests, such as chi-square, are needed to evaluate statistically significant differences when confidence intervals overlap. For example from this table, “Females reported not being able to see a doctor due to costs in the prior year more often than males (16.2 % and 10.5%).” This is a statistically significant difference because the confidence intervals do not overlap.

Following CDC guidance, data that are considered unreliable have been suppressed. If the total number of respondents in the sample (found in the footnote for each question) is less than 50, then the data are not reported. Also, if the half-width of the confidence interval is greater than plus or minus 10 percentage points, the estimate has a large degree of statistical error and is considered unreliable. In tables where NSD is presented, it means that there was “not sufficient data” to report, i.e., either too few respondents in the population subgroup that answered the question or too wide a confidence interval to give a reliable estimate.

Table 4: Access to Health Care, Montana Adults, 2010
(with 95% confidence intervals)

	No Health Care Coverage (18 to 64) †				Couldn't Afford to see Dr. (past 12 months) ‡			
	95% CI				95% CI			
	Wt.%	LL	UL	UnWt. N	Wt.%	LL	UL	UnWt. N
All Adults	22.6	20.4	24.9	962	13.4	11.9	15.0	833
Sex:								
Male	24.5	21.1	28.3	420	10.5	8.4	13.1	269
Female	20.7	18.2	23.4	542	16.2	14.3	18.3	564
Age:								
18 - 24	NSD ^Δ			67	14.4	7.8	24.9	25
25 - 34	30.2	24.6	36.3	156	20.7	16.0	26.2	111
35 - 44	19.6	16.3	23.4	184	16.0	13.0	19.6	140
45 - 54	17.9	15.4	20.7	273	15.4	13.1	18.0	229
55 - 64	15.5	13.5	17.8	282	12.0	10.2	13.9	218
65+		Not applicable			3.4	2.7	4.3	102
Education:								
<High School	34.1	25.4	44.1	108	21.5	15.0	30.0	94
High School	31.3	27.1	35.8	387	13.9	11.5	16.7	266
Some College	23.6	19.2	28.7	299	15.8	12.7	19.5	273
College Degree	10.2	8.3	12.5	168	8.4	7.0	10.2	198
Income:								
<\$15,000	46.4	38.5	54.5	245	31.9	25.9	38.5	229
\$15,000 - \$24,999	45.3	37.7	53.2	280	21.4	16.4	27.4	217
\$25,000 - \$49,999	24.4	20.8	28.5	284	13.4	11.3	15.9	228
\$50,000 - \$74,999	10.9	6.9	16.7	59	8.4	5.6	12.3	70
\$75,000 +	3.3	2.0	5.4	34	3.2	2.0	5.2	37
Race/Ethnicity:								
White, non-Hispanic	21.8	19.5	24.3	743	12.8	11.3	14.6	644
AI/AN*	28.6	22.4	35.7	138	18.0	14.0	22.9	121
Other or Hispanic**	NSD ^Δ			74	18.4	11.9	27.3	62
Disability:								
Disability	24.0	19.8	28.8	263	22.0	18.8	25.6	400
No Disability	22.2	19.7	24.9	696	10.3	8.8	12.1	427
Region:								
1- Eastern MT	19.2	15.3	23.8	108	10.1	7.8	13.0	91
2- N Central MT	23.0	17.9	29.1	203	11.4	8.8	14.6	166
3- S Central MT	19.6	15.1	25.1	122	12.9	9.6	17.1	102
4- Southwest MT	19.5	15.1	24.9	148	13.6	10.1	18.1	146
5- Northwest MT	27.2	23.4	31.2	371	14.9	12.7	17.3	319
MMSA-Billings	17.5	12.7	23.7	54	13.3	9.6	18.1	57
MMSA-Helena	12.8	8.8	18.2	47	9.6	6.4	14.4	51
MMSA-Kalispell	22.9	18.4	28.0	106	13.9	10.6	17.8	84

† Do you have any kind of health care coverage (analysis limited to ages 18-64)?

Total Sample Size: 4,789, Weighted Prevalence Estimate: 138,000.

‡ Did you need to see a doctor in the past year, but could not because of the cost?

Total Sample Size: 7,286, Weighted Prevalence Estimate: 102,000.

* American Indian or Alaska Native only.

** All other non-White (including multiracial) or Hispanic.

Δ Not Sufficient Data to report a reliable estimate.

Table 1a: Health Related Quality of Life, Montana Adults, 2010
(with 95% confidence intervals)

	Fair or Poor General Health †				Frequent Physically Unhealthy Days ‡				Frequent Mentally Unhealthy Days §			
	Wt.%	95% CI		UnWt. N	Wt.%	95% CI		UnWt. N	Wt.%	95% CI		UnWt. N
		LL	UL			LL	UL			LL	UL	
All Adults	15.0	13.7	16.4	1,356	11.3	10.1	12.5	989	10.1	8.9	11.4	733
Sex:												
Male	15.5	13.5	17.7	586	11.1	9.3	13.2	381	8.9	7.2	11.0	261
Female	14.5	12.9	16.2	770	11.4	10.1	12.9	608	11.2	9.7	12.9	472
Age:												
18 - 24	8.2	4.2	15.7	18	4.2	1.7	10.0	9	8.3	4.2	15.4	18
25 - 34	12.1	8.1	17.8	61	11.3	7.3	17.2	49	13.3	9.4	18.6	67
35 - 44	10.0	7.7	12.9	106	6.3	4.7	8.5	75	10.4	7.9	13.6	94
45 - 54	15.2	12.9	17.8	242	12.2	10.1	14.7	188	12.2	10.1	14.5	188
55 - 64	16.9	14.9	19.2	326	13.1	11.3	15.1	244	9.4	8.0	11.1	187
65+	23.8	21.8	26.0	598	16.9	15.1	18.9	418	6.7	5.6	8.0	178
Education:												
<High School	31.2	24.2	39.2	195	19.7	14.1	26.8	125	18.0	12.1	25.9	86
High School	18.0	15.7	20.6	512	12.3	10.4	14.5	346	11.3	9.2	13.8	244
Some College	15.3	12.9	18.0	416	12.6	10.2	15.4	319	10.4	8.4	13.0	242
College Degree	7.2	6.0	8.6	230	6.7	5.5	8.1	196	6.4	5.1	7.9	159
Income:												
<\$15,000	39.0	33.0	45.3	373	32.4	26.0	39.5	282	27.9	22.3	34.3	213
\$15,000 - \$24,999	23.5	19.4	28.3	348	14.6	11.8	17.9	226	12.4	9.5	15.9	170
\$25,000 - \$49,999	12.3	10.4	14.4	320	8.9	7.6	10.4	241	7.7	6.3	9.4	165
\$50,000 - \$74,999	8.6	6.0	12.2	102	5.4	4.0	7.2	72	7.5	4.8	11.5	70
\$75,000 +	4.6	3.4	6.2	78	4.6	3.3	6.5	71	5.5	4.0	7.7	70
Race/Ethnicity:												
White, non-Hispanic	14.1	12.7	15.5	1,078	10.7	9.5	12.0	799	9.3	8.2	10.6	578
AI/AN*	26.2	20.6	32.8	183	15.4	11.7	20.0	124	13.8	10.3	18.2	102
Other or Hispanic**	19.1	12.9	27.4	80	15.5	9.3	24.7	54	17.9	10.6	28.5	43
Disability:												
Disability	38.7	35.2	42.3	957	33.4	29.9	37.1	743	22.6	19.4	26.3	440
No Disability	6.6	5.6	7.8	391	3.6	3.0	4.3	241	5.7	4.8	6.8	288
Region:												
1- Eastern MT	16.9	14.2	20.0	187	8.9	6.9	11.6	103	7.1	5.4	9.2	81
2- N Central MT	15.3	12.8	18.2	302	12.5	10.1	15.5	215	11.0	8.6	14.0	164
3- S Central MT	14.9	11.9	18.5	188	11.0	7.9	15.1	125	11.3	8.3	15.2	104
4- Southwest MT	12.1	9.8	14.9	234	10.4	8.4	12.9	195	10.2	7.8	13.2	141
5- Northwest MT	16.2	13.8	18.9	428	11.6	10.0	13.5	342	9.1	7.4	11.1	237
MMSA-Billings	14.1	10.7	18.4	90	10.6	7.3	15.1	66	11.7	8.3	16.3	60
MMSA-Helena	12.4	9.3	16.3	104	12.9	9.7	16.9	96	8.8	6.0	12.9	50
MMSA-Kalispell	14.6	11.1	18.9	105	11.9	8.9	15.7	86	6.8	5.0	9.3	59

† How would you say your general health is? Total Sample Size: 7,282, Weighted Prevalence Estimate: 114,000.

‡ How many days during the past month was your physical health “not good”? Frequent is defined as 14 or more days in the past 30. Total Sample Size: 7,155, Weighted Prevalence Estimate: 85,000.

§ How many days during the past month was your mental health “not good”? Frequent is defined as 14 or more days in the past 30. Total Sample Size: 7,178 Weighted Prevalence Estimate: 76,000.

* American Indian or Alaska Native only.

** All other non-White (included multiracial) or Hispanic.

Table 1b: Health Related Quality of Life (continued), Montana Adults, 2010 (with 95% confidence intervals)

	Frequent Activity Limitation †				Mean Unhealthy Days (past 30) ‡		
	Wt.%	95% CI		UnWt. N	Mean	95% CI	
		LL	UL			LL	UL
All Adults	13.2	11.7	15.0	650	6.0	5.7	6.4
Sex:							
Male	13.9	11.4	16.8	270	5.6	5.0	6.1
Female	12.7	10.8	14.9	380	6.5	6.1	7.0
Age:							
18 - 24	4.6	1.6	12.7	9	4.6	3.3	6.0
25 - 34	11.3	7.0	17.7	34	6.6	5.3	7.8
35 - 44	8.2	5.6	11.8	49	5.3	4.5	6.0
45 - 54	17.3	14.1	21.1	157	6.6	5.9	7.3
55 - 64	16.5	13.9	19.6	170	6.0	5.5	6.6
65+	19.4	16.7	22.5	226	6.6	6.0	7.1
Education:							
<High School	23.2	15.6	33.1	87	9.1	7.3	10.9
High School	15.3	12.3	18.9	217	6.4	5.8	7.1
Some College	12.6	10.4	15.3	210	6.5	5.8	7.2
College Degree	8.2	6.5	10.4	136	4.4	4.0	4.8
Income:							
<\$15,000	32.7	26.1	40.2	216	13.1	11.4	14.7
\$15,000 - \$24,999	17.9	13.8	22.8	146	7.6	6.6	8.6
\$25,000 - \$49,999	8.4	6.7	10.4	137	5.4	4.9	5.9
\$50,000 - \$74,999	7.4	5.1	10.4	50	4.3	3.7	5.0
\$75,000 +	5.6	3.9	8.0	49	3.6	3.1	4.2
Race/Ethnicity:							
White, non-Hispanic	12.5	11.0	14.3	502	5.8	5.4	6.1
AI/AN*	18.8	13.6	25.4	98	8.2	6.9	9.5
Other or Hispanic**	15.4	8.0	27.5	40	8.0	5.8	10.2
Disability:							
Disability	30.0	26.2	34.0	538	12.9	12.0	13.8
No Disability	3.8	2.9	5.0	108	3.7	3.4	4.0
Region:							
1- Eastern MT	11.4	8.5	15.1	70	5.2	4.4	5.9
2- N Central MT	14.6	11.4	18.5	151	6.4	5.5	7.2
3- S Central MT	12.4	9.2	16.5	83	6.3	5.4	7.2
4- Southwest MT	12.3	9.1	16.5	124	5.8	5.0	6.5
5- Northwest MT	13.4	11.0	16.2	218	6.1	5.5	6.6
MMSA-Billings	11.3	7.8	15.9	43	6.4	5.4	7.4
MMSA-Helena	15.0	10.3	21.4	58	5.9	4.8	6.9
MMSA-Kalispell	12.0	8.6	16.5	57	5.7	4.8	6.7

† Being limited in your usual activities due to poor physical or mental health for 14 or more days during the past 30. Total Sample Size: 3,800, Weighted Prevalence Estimate: 55,000.

‡ Mean number of the total unhealthy days (poor physical health days and poor mental health days combined) in the past 30 days. Total Sample Size: 7,057.

* American Indian or Alaska Native only.

** All other non-White (including multiracial) or Hispanic.

Table 2: Emotional Support and Life Satisfaction, Montana Adults, 2010
(with 95% confidence intervals)

	Not Enough Social and Emotional Support†				Dissatisfied or Very Dissatisfied with Life‡			
	Wt.%	95% CI		UnWt. N	Wt.%	95% CI		UnWt. N
		LL	UL			LL	UL	
All Adults	18.0	16.5	19.6	1,411	4.8	4.1	5.6	383
Sex:								
Male	20.0	17.7	22.5	690	4.9	3.8	6.1	165
Female	16.1	14.3	17.9	721	4.7	3.8	5.7	218
Age:								
18 - 24	18.7	12.2	27.7	39	2.2	1.1	4.5	10
25 - 34	16.0	12.0	21.1	95	4.8	2.7	8.2	29
35 - 44	15.3	12.3	18.8	141	5.4	3.5	8.0	51
45 - 54	19.3	16.7	22.3	280	6.4	4.9	8.3	100
55 - 64	17.5	15.3	19.9	332	5.4	4.1	7.0	99
65+	20.6	18.7	22.7	516	3.7	2.9	4.8	93
Education:								
<High School	37.3	29.6	45.7	207	8.9	5.6	13.8	46
High School	21.8	19.0	25.0	518	6.8	5.3	8.7	140
Some College	17.0	14.4	19.8	406	4.1	3.1	5.5	117
College Degree	10.2	8.6	11.9	277	2.3	1.7	3.1	79
Income:								
<\$15,000	35.7	29.5	42.3	333	14.9	11.4	19.2	144
\$15,000 - \$24,999	25.3	21.1	29.9	346	6.3	4.5	8.7	81
\$25,000 - \$49,999	17.3	14.8	20.0	368	3.4	2.5	4.6	76
\$50,000 - \$74,999	11.3	8.4	14.9	118	1.5	0.9	2.6	20
\$75,000 +	9.5	7.3	12.4	114	2.7	1.5	5.0	27
Race/Ethnicity:								
White, non-Hispanic	16.3	14.8	17.8	1,115	4.2	3.5	4.9	303
AI/AN*	31.3	24.9	38.5	196	8.0	5.1	12.4	44
Other or Hispanic**	NSD ^Δ			92	10.8	6.1	18.4	31
Disability:								
Disability	25.3	22.4	28.4	596	10.6	8.8	12.8	254
No Disability	15.3	13.7	17.1	804	2.7	2.1	3.5	126
Region:								
1- Eastern MT	17.1	14.2	20.4	184	3.5	2.3	5.2	39
2- N Central MT	22.8	19.3	26.8	337	5.2	3.7	7.1	84
3- S Central MT	17.9	14.6	21.8	201	4.8	3.3	7.0	51
4- Southwest MT	17.1	13.8	20.9	244	3.6	2.5	5.1	70
5- Northwest MT	16.4	14.1	19.0	424	5.9	4.5	7.6	136
MMSA-Billings	18.3	14.4	23.0	109	4.9	3.2	7.5	32
MMSA-Helena	17.6	12.8	23.7	96	3.0	1.8	4.7	27
MMSA-Kalispell	16.1	12.5	20.5	121	4.1	2.5	6.6	30

† Defined as reporting sometimes, rarely, or never receiving the social and emotional support you need. Total Sample Size: 6,990, Weighted Prevalence Estimate: 131,000.

‡ In general, how satisfied are you with your life? Total Sample Size: 7,042, Weighted Prevalence Estimate: 35,000.

* American Indian or Alaska Native only.

** All other non-White (including multiracial) or Hispanic.

Δ Not Sufficient Data to report a reliable estimate.

Table 3: Disability, Montana Adults, 2010
(with 95% confidence intervals)

	Require Use of Special Equipment †				Self-Reported Disability ‡			
	95% CI				95% CI			
	Wt.%	LL	UL	UnWt. N	Wt.%	LL	UL	UnWt. N
All Adults	7.4	6.6	8.2	759	26.0	24.4	27.7	2,264
Sex:								
Male	7.2	6.1	8.6	292	25.9	23.4	28.6	938
Female	7.5	6.6	8.5	467	26.1	24.0	28.2	1,326
Age:								
18 - 24	2.5	0.7	8.5	6	13.8	7.9	23.1	22
25 - 34	3.1	1.6	5.9	15	19.1	14.2	25.3	89
35 - 44	3.7	2.4	5.6	41	15.6	12.6	19.1	151
45 - 54	5.2	3.9	6.8	77	26.5	23.5	29.8	371
55 - 64	8.9	7.4	10.7	155	33.5	30.9	36.3	605
65+	18.1	16.3	20.0	462	40.8	38.5	43.2	1,018
Education:								
<High School	11.7	7.6	17.7	86	36.8	29.2	45.0	216
High School	7.0	5.8	8.4	238	24.8	22.1	27.6	729
Some College	7.9	6.7	9.5	242	28.1	24.9	31.6	713
College Degree	6.1	5.0	7.4	191	22.4	19.9	25.0	602
Income:								
<\$15,000	16.0	12.1	20.8	191	47.9	41.2	54.6	483
\$15,000 - \$24,999	10.9	8.6	13.7	178	32.9	28.3	37.9	488
\$25,000 - \$49,999	5.9	4.9	7.2	162	24.5	21.8	27.4	583
\$50,000 - \$74,999	4.9	3.6	6.7	63	19.3	15.6	23.6	231
\$75,000 +	3.2	2.4	4.3	61	16.0	13.5	18.8	251
Race/Ethnicity:								
White, non-Hispanic	7.1	6.3	7.8	643	25.0	23.3	26.7	1,920
AI/AN*	9.1	6.5	12.7	79	27.0	21.7	33.0	212
Other or Hispanic**	10.5	5.5	19.2	32	38.2	28.7	48.7	112
Region:								
1- Eastern MT	6.9	5.3	9.0	84	23.3	20.1	26.8	264
2- N Central MT	8.3	6.4	10.8	151	25.8	22.3	29.7	444
3- S Central MT	6.8	5.3	8.6	107	26.6	22.3	31.3	315
4- Southwest MT	6.5	5.3	8.1	157	22.8	19.6	26.3	439
5- Northwest MT	8.0	6.5	9.8	249	28.4	25.6	31.4	777
MMSA-Billings	6.2	4.6	8.4	60	25.9	21.2	31.4	170
MMSA-Helena	7.8	5.5	11.0	77	26.0	21.7	30.8	205
MMSA-Kalispell	5.6	4.2	7.4	65	24.9	21.2	29.0	217

† Do you now have any health problems that require you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone? Total Sample Size: 7,300, Weighted Prevalence Estimate: 56,000.

‡ Disability is defined as a "Yes" response to one or both of the questions: 1. Are you limited in any way in any activities because of physical, mental, or emotional problems? 2. Do you now have any health problem that requires you to use special equipment? Total Sample Size: 7,278, Weighted Prevalence Estimate: 197,000.

* American Indian or Alaska Native only.

** All other non-White (including multiracial) or Hispanic.

Table 4: Access to Health Care, Montana Adults, 2010

(with 95% confidence intervals)

	No Health Care Coverage (18 to 64) †				Couldn't Afford to see Dr. (past 12 months) ‡			
	95% CI				95% CI			
	Wt.%	LL	UL	UnWt. N	Wt.%	LL	UL	UnWt. N
All Adults	22.6	20.4	24.9	962	13.4	11.9	15.0	833
Sex:								
Male	24.5	21.1	28.3	420	10.5	8.4	13.1	269
Female	20.7	18.2	23.4	542	16.2	14.3	18.3	564
Age:								
18 - 24	NSD ^Δ			67	14.4	7.8	24.9	25
25 - 34	30.2	24.6	36.3	156	20.7	16.0	26.2	111
35 - 44	19.6	16.3	23.4	184	16.0	13.0	19.6	140
45 - 54	17.9	15.4	20.7	273	15.4	13.1	18.0	229
55 - 64	15.5	13.5	17.8	282	12.0	10.2	13.9	218
65+	Not applicable				3.4	2.7	4.3	102
Education:								
<High School	34.1	25.4	44.1	108	21.5	15.0	30.0	94
High School	31.3	27.1	35.8	387	13.9	11.5	16.7	266
Some College	23.6	19.2	28.7	299	15.8	12.7	19.5	273
College Degree	10.2	8.3	12.5	168	8.4	7.0	10.2	198
Income:								
<\$15,000	46.4	38.5	54.5	245	31.9	25.9	38.5	229
\$15,000 - \$24,999	45.3	37.7	53.2	280	21.4	16.4	27.4	217
\$25,000 - \$49,999	24.4	20.8	28.5	284	13.4	11.3	15.9	228
\$50,000 - \$74,999	10.9	6.9	16.7	59	8.4	5.6	12.3	70
\$75,000 +	3.3	2.0	5.4	34	3.2	2.0	5.2	37
Race/Ethnicity:								
White, non-Hispanic	21.8	19.5	24.3	743	12.8	11.3	14.6	644
AI/AN*	28.6	22.4	35.7	138	18.0	14.0	22.9	121
Other or Hispanic**	NSD ^Δ			74	18.4	11.9	27.3	62
Disability:								
Disability	24.0	19.8	28.8	263	22.0	18.8	25.6	400
No Disability	22.2	19.7	24.9	696	10.3	8.8	12.1	427
Region:								
1- Eastern MT	19.2	15.3	23.8	108	10.1	7.8	13.0	91
2- N Central MT	23.0	17.9	29.1	203	11.4	8.8	14.6	166
3- S Central MT	19.6	15.1	25.1	122	12.9	9.6	17.1	102
4- Southwest MT	19.5	15.1	24.9	148	13.6	10.1	18.1	146
5- Northwest MT	27.2	23.4	31.2	371	14.9	12.7	17.3	319
MMSA-Billings	17.5	12.7	23.7	54	13.3	9.6	18.1	57
MMSA-Helena	12.8	8.8	18.2	47	9.6	6.4	14.4	51
MMSA-Kalispell	22.9	18.4	28.0	106	13.9	10.6	17.8	84

† Do you have any kind of health care coverage (analysis limited to ages 18-64)?

Total Sample Size: 4,789, Weighted Prevalence Estimate: 138,000.

‡ Did you need to see a doctor in the past year, but could not because of the cost?

Total Sample Size: 7,286, Weighted Prevalence Estimate: 102,000.

* American Indian or Alaska Native only.

** All other non-White (including multiracial) or Hispanic.

Δ Not Sufficient Data to report a reliable estimate.

Table 5: Health Care Utilization, Montana Adults, 2010
(with 95% confidence intervals)

	No Personal Health Care Provider †				No Routine Check-up Within the Past Year ‡			
	Wt.%	95% CI		UnWt. N	Wt.%	95% CI		UnWt. N
		LL	UL			LL	UL	
All Adults	26.2	24.3	28.2	1,365	44.3	42.3	46.3	2,775
Sex:								
Male	33.1	30.0	36.3	723	50.6	47.5	53.7	1,253
Female	19.5	17.3	21.8	642	38.1	35.7	40.5	1,522
Age:								
18 - 24	NSD ^Δ			75	NSD ^Δ			92
25 - 34	44.7	38.7	50.8	211	64.1	58.4	69.5	322
35 - 44	30.6	26.6	34.8	247	53.5	49.1	57.8	443
45 - 54	23.7	20.8	26.8	307	44.4	40.9	47.8	619
55 - 64	15.0	13.0	17.2	269	37.0	34.3	39.9	668
65+	9.7	8.4	11.2	252	23.1	21.2	25.1	620
Education:								
<High School	33.5	26.2	41.7	133	42.2	34.6	50.2	215
High School	33.2	29.4	37.2	476	47.4	43.7	51.1	899
Some College	22.5	19.3	26.0	394	45.0	40.9	49.1	824
College Degree	20.7	18.1	23.6	361	41.0	38.0	44.0	836
Income:								
<\$15,000	27.3	21.8	33.7	206	49.5	42.9	56.1	382
\$15,000 - \$24,999	31.5	26.2	37.2	283	47.0	41.1	52.9	498
\$25,000 - \$49,999	29.1	25.5	32.9	399	47.1	43.6	50.6	826
\$50,000 - \$74,999	21.6	17.6	26.2	172	43.8	39.1	48.6	411
\$75,000 +	21.9	18.2	26.2	197	38.7	34.7	43.0	440
Race/Ethnicity:								
White, non-Hispanic	24.9	22.9	26.9	1,113	44.7	42.5	46.8	2,393
AI/AN*	38.2	29.5	47.7	166	36.7	29.9	44.1	229
Other or Hispanic**	NSD ^Δ			75	NSD ^Δ			125
Disability:								
Disability	12.6	10.2	15.6	227	36.9	33.2	40.8	723
No Disability	31.0	28.7	33.5	1,134	46.9	44.5	49.3	2,043
Region:								
1- Eastern MT	29.9	25.7	34.5	212	46.5	42.0	51.1	360
2- N Central MT	28.0	23.4	33.1	283	42.6	37.9	47.4	540
3- S Central MT	26.9	22.3	32.2	183	41.6	36.6	46.8	356
4- Southwest MT	24.0	20.4	28.0	274	44.1	39.7	48.6	553
5- Northwest MT	25.3	21.9	28.9	399	46.0	42.6	49.5	936
MMSA-Billings	28.9	23.3	35.2	100	40.5	34.7	46.6	180
MMSA-Helena	19.6	15.4	24.6	97	42.0	36.5	47.8	236
MMSA-Kalispell	25.4	20.7	30.7	127	45.8	40.8	50.9	265

† Do you have one person you think of as your personal doctor or health care provider?

Total Sample Size: 7,285, Weighted Prevalence Estimate: 198,000.

‡ About how long has it been since you last visited a doctor for a routine checkup?

Total Sample Size: 7,240, Weighted Prevalence Estimate: 333,000.

* American Indian or Alaska Native only.

** All other non-White (including multiracial) or Hispanic.

Δ Not Sufficient Data to report a reliable estimate.

Table 6: Oral Health, Montana Adults, 2010
(with 95% confidence intervals)

	No Dental Visit Within the Past Year †				1-5 Permanent Teeth Removed due to Decay ‡				6 + Permanent Teeth Removed due to Decay §			
	95% CI				95% CI				95% CI			
	Wt.%	LL	UL	UnWt. N	Wt.%	LL	UL	UnWt. N	Wt.%	LL	UL	UnWt. N
All Adults	38.9	37.0	40.9	2,687	28.9	27.2	30.7	2,293	15.4	14.3	16.7	1,645
Sex:												
Male	41.3	38.3	44.4	1,190	30.2	27.5	33.1	1,022	14.8	13.0	16.8	643
Female	36.6	34.1	39.0	1,497	27.6	25.5	29.9	1,271	16.0	14.7	17.5	1,002
Age:												
18 - 24	NSD ^Δ			81	NSD ^Δ			36	2.1	0.5	7.7	4
25 - 34	45.4	39.4	51.5	230	25.9	20.7	31.8	137	5.5	2.6	11.1	22
35 - 44	42.3	38.0	46.7	355	25.9	22.3	29.8	236	5.0	3.4	7.5	58
45 - 54	37.1	33.8	40.6	510	31.1	28.0	34.4	452	14.2	11.9	17.0	199
55 - 64	32.3	29.7	35.0	575	33.0	30.3	35.8	593	20.3	18.1	22.7	392
65+	37.0	34.7	39.4	925	35.8	33.4	38.1	828	38.1	35.7	40.5	965
Education:												
<High School	57.7	49.3	65.7	337	29.5	23.0	36.9	171	30.0	24.3	36.4	249
High School	47.7	44.0	51.4	1,012	31.4	28.2	34.9	748	20.2	17.9	22.6	669
Some College	37.8	34.0	41.8	791	31.2	27.6	35.1	711	15.8	13.3	18.6	489
College Degree	26.0	23.5	28.8	544	23.9	21.6	26.3	658	6.3	5.3	7.4	235
Income:												
<\$15,000	53.3	46.4	60.1	511	28.1	23.0	33.9	268	36.4	30.2	43.1	402
\$15,000 - \$24,999	55.3	49.6	60.9	628	36.4	30.8	42.4	444	22.5	19.3	26.1	432
\$25,000 - \$49,999	43.4	40.0	46.9	797	31.6	28.6	34.8	714	16.0	14.1	18.1	445
\$50,000 - \$74,999	30.5	26.3	35.1	275	25.7	21.8	30.1	330	8.3	6.5	10.5	132
\$75,000 +	20.3	17.2	23.9	238	23.7	20.6	27.1	328	3.6	2.8	4.8	77
Race/Ethnicity:												
White, non-Hispanic	38.4	36.4	40.5	2,257	28.3	26.5	30.2	1,948	15.2	14.0	16.4	1,372
AI/AN*	44.6	37.1	52.4	271	38.4	31.5	45.8	213	21.3	15.4	28.8	186
Other or Hispanic**	NSD ^Δ			137	30.6	22.4	40.3	118	14.2	9.6	20.6	73
Disability:												
Disability	42.5	39.0	46.1	947	33.9	30.6	37.3	770	29.0	25.9	32.2	788
No Disability	37.6	35.3	40.0	1,731	27.2	25.2	29.3	1,518	10.7	9.7	11.9	853
Region:												
1- Eastern MT	39.9	35.6	44.4	366	31.7	27.9	35.8	313	17.8	15.1	20.8	225
2- N Central MT	35.6	31.2	40.3	500	30.4	26.2	35.0	425	14.6	12.4	17.0	349
3- S Central MT	35.6	31.1	40.4	370	28.1	24.0	32.7	330	16.9	13.5	21.0	221
4- Southwest MT	37.2	32.9	41.7	489	26.3	22.5	30.6	434	13.2	11.4	15.3	308
5- Northwest MT	43.5	40.2	46.9	936	30.2	27.4	33.1	773	16.1	14.1	18.3	527
MMSA-Billings	33.7	28.4	39.4	185	26.6	21.9	32.0	168	16.4	12.6	21.1	112
MMSA-Helena	27.8	23.1	33.1	172	28.2	23.3	33.6	204	13.6	10.7	17.3	129
MMSA-Kalispell	45.7	40.8	50.7	271	31.7	27.6	36.2	244	12.9	10.2	16.3	122

† How long since you last visited a dentist for any reason? Total Sample Size: 7,281, Weighted Prevalence Estimate: 295,000.

‡ One to five permanent teeth have been removed due to tooth decay or gum disease? Total Sample Size: 7,180, Weighted Prevalence Estimate: 218,000.

§ Six or more permanent teeth have been removed due to tooth decay or gum disease? Total Sample Size: 7,180, Weighted Prevalence Estimate: 116,000.

* American Indian or Alaska Native only.

** All other non-White (including multiracial) or Hispanic.

Δ Not Sufficient Data to report a reliable estimate.

Table 7: Immunization, Montana Adults Age 65 years and Older, 2010
(with 95% confidence intervals)

	Received Influenza Vaccine (past year) †				Ever Received Pneumococcal Vaccine ‡			
	95% CI				95% CI			
	Wt.%	LL	UL	UnWt. N	Wt.%	LL	UL	UnWt. N
All Adults	65.5	63.1	67.7	1,556	71.8	69.5	73.9	1,688
Sex:								
Male	66.6	62.8	70.1	627	67.9	64.1	71.4	622
Female	64.5	61.5	67.4	929	74.9	72.2	77.5	1,066
Education:								
<High School	61.7	54.2	68.6	159	67.7	60.2	74.4	177
High School	66.4	62.4	70.1	553	73.2	69.4	76.7	619
Some College	63.5	58.9	68.0	423	73.3	69.0	77.3	461
College Degree	67.4	62.9	71.6	418	70.2	65.6	74.4	430
Income:								
<\$15,000	62.1	55.6	68.3	196	74.6	68.4	79.9	236
\$15,000 - \$24,999	63.0	58.2	67.6	374	75.2	70.8	79.2	437
\$25,000 - \$49,999	66.3	61.9	70.4	491	70.0	65.7	74.0	500
\$50,000 - \$74,999	65.0	57.7	71.6	168	72.2	65.1	78.3	176
\$75,000 +	75.3	67.5	81.8	140	70.6	62.4	77.6	130
Race/Ethnicity:								
White, non-Hispanic	66.0	63.6	68.4	1,426	71.8	69.4	74.1	1,528
AI/AN*	NSD ^Δ			68	NSD ^Δ			83
Other or Hispanic**	NSD ^Δ			52	NSD ^Δ			58
Disability:								
Disability	71.0	67.4	74.3	693	80.2	76.9	83.1	771
No Disability	61.9	58.7	64.9	851	65.9	62.8	68.9	903
Region:								
1- Eastern MT	65.2	58.1	71.7	201	71.0	64.0	77.2	211
2- N Central MT	68.9	62.8	74.4	273	66.7	60.3	72.5	274
3- S Central MT	69.2	63.5	74.4	238	75.4	69.7	80.3	266
4- Southwest MT	65.6	60.7	70.2	332	70.2	65.3	74.6	344
5- Northwest MT	62.1	57.9	66.1	500	73.3	69.4	76.8	578
MMSA-Billings	70.0	62.7	76.4	144	75.8	68.4	81.8	160
MMSA-Helena	65.7	58.6	72.2	148	69.3	62.3	75.4	149
MMSA-Kalispell	63.7	56.4	70.5	140	74.8	67.9	80.6	158

† Have you had a flu shot in the past year (age 65 years and older)?

Total Sample Size: 2,417, Weighted Prevalence Estimate: 92,000.

‡ Have you ever had a pneumonia vaccination (age 65 years and older)?

Total Sample Size: 2,365, Weighted Prevalence Estimate: 98,000.

* American Indian or Alaska Native only.

** All other non-White (including multiracial) or Hispanic.

Δ Not Sufficient Data to report a reliable estimate.

Table 8: Mammography, Montana Women Age 40 years or older, 2010
(with 95% confidence intervals)

	Ever Had a Mammogram †				Had a Mammogram Within the Past 2 Yrs ‡			
	Wt.%	95% CI		UnWt. N	Wt.%	95% CI		UnWt. N
		LL	UL			LL	UL	
All Women	88.8	87.2	90.3	3,207	67.4	65.3	69.4	2,337
Age:								
40 - 44	65.7	57.9	72.7	196	49.7	42.1	57.4	142
45 - 54	88.6	85.5	91.1	703	67.8	63.6	71.7	514
55 - 64	93.5	91.3	95.2	922	72.5	69.0	75.9	695
65+	95.0	93.7	96.1	1,372	70.3	67.4	73.1	986
Education:								
<High School	80.8	72.0	87.3	205	47.5	39.5	55.6	121
High School	87.9	84.9	90.4	991	65.4	61.5	69.0	722
Some College	88.4	85.1	91.1	1,038	68.0	64.2	71.6	758
College Degree	91.5	89.0	93.6	971	72.3	68.6	75.6	735
Income:								
<\$15,000	83.3	77.6	87.7	405	50.7	44.9	56.6	239
\$15,000 - \$24,999	88.7	85.1	91.5	617	67.3	62.6	71.7	441
\$25,000 - \$49,999	87.0	83.3	89.9	908	63.6	59.4	67.5	671
\$50,000 - \$74,999	89.5	84.9	92.8	452	71.3	65.7	76.2	349
\$75,000 +	92.2	88.5	94.7	481	78.5	73.8	82.6	401
Race/Ethnicity:								
White, non-Hispanic	89.2	87.5	90.7	2,847	68.0	65.8	70.1	2,090
AI/AN*	88.3	81.9	92.6	219	63.8	55.4	71.4	152
Other or Hispanic**	NSD ^Δ			124	NSD ^Δ			87
Disability:								
Disability	89.9	86.6	92.5	1,103	66.5	62.8	70.0	767
No Disability	88.4	86.5	90.1	2,093	68.1	65.5	70.5	1,565
Region:								
1- Eastern MT	88.2	83.4	91.7	408	64.2	58.3	69.7	289
2- N Central MT	87.1	82.7	90.6	603	69.4	64.2	74.2	452
3- S Central MT	90.6	85.9	93.9	475	69.1	63.6	74.1	351
4- Southwest MT	88.1	84.5	90.9	653	66.0	61.7	70.0	478
5- Northwest MT	89.1	86.2	91.4	1,041	67.2	63.5	70.6	749
MMSA-Billings	89.8	83.6	93.9	265	70.9	64.0	76.9	204
MMSA-Helena	94.3	90.6	96.5	305	72.2	66.4	77.3	231
MMSA-Kalispell	89.1	83.9	92.8	283	74.3	68.1	79.6	221

† Have you ever had a mammogram? Total Sample Size: 3,537, Weighted Prevalence Estimate: 222,000.

‡ Have you ever has a mammogram? How long has it been since you had your last mammogram? Total Sample Size: 3,502, Weighted Prevalence Estimate: 167,000.

* American Indian or Alaska Native only.

** All other non-White (including multiracial) or Hispanic.

Δ Not Sufficient Data to report a reliable estimate.

Table 9: Pap Smear Testing[§], Montana Women, 2010
(with 95% confidence intervals)

	Had a Pap Smear Within the Past 3 Yrs †				Had a Pap Smear Within the Past Yr ‡			
	95% CI				95% CI			
	Wt.%	LL	UL	UnWt. N	Wt.%	LL	UL	UnWt. N
All Women	78.3	75.6	80.7	2,107	47.9	44.7	51.1	1,212
Age:								
18 - 24	NSD ^Δ			72	NSD ^Δ			54
25 - 34	85.9	80.0	90.3	273	53.2	45.8	60.5	180
35 - 44	85.1	80.4	88.8	356	50.3	44.3	56.3	212
45 - 54	81.4	77.1	85.0	472	47.1	42.1	52.3	280
55 - 64	79.7	75.6	83.2	499	50.0	45.2	54.8	305
65+	59.3	55.1	63.4	435	25.4	21.8	29.4	181
Education:								
<High School	NSD ^Δ			99	NSD ^Δ			50
High School	73.0	67.5	77.9	563	42.1	35.9	48.5	309
Some College	80.9	76.3	84.7	668	49.1	43.0	55.2	382
College Degree	85.7	82.6	88.3	776	54.9	50.5	59.2	470
Income:								
<\$15,000	67.7	58.7	75.5	232	42.4	34.0	51.3	125
\$15,000 - \$24,999	69.5	60.9	76.9	323	NSD ^Δ			186
\$25,000 - \$49,999	77.9	73.5	81.7	616	44.7	39.3	50.2	348
\$50,000 - \$74,999	84.9	77.3	90.3	359	49.7	42.0	57.4	209
\$75,000 +	89.0	84.3	92.5	410	62.1	55.6	68.1	270
Race/Ethnicity:								
White, non-Hispanic	78.0	75.2	80.6	1,804	47.3	44.0	50.6	1,033
AI/AN*	83.1	74.3	89.3	193	NSD ^Δ			116
Other or Hispanic**	NSD ^Δ			104	NSD ^Δ			60
Disability:								
Disability	72.2	66.1	77.5	501	39.4	33.7	45.4	253
No Disability	80.0	77.0	82.6	1,600	50.4	46.7	54.0	956
Region:								
1- Eastern MT	71.0	64.2	77.0	270	38.9	32.7	45.6	155
2- N Central MT	85.1	79.3	89.5	469	53.8	46.6	60.8	282
3- S Central MT	77.7	70.8	83.3	290	46.6	39.1	54.2	158
4- Southwest MT	79.0	73.8	83.4	430	49.4	42.5	56.3	238
5- Northwest MT	76.2	70.8	80.9	632	46.7	41.1	52.4	368
MMSA-Billings	81.4	74.4	86.8	161	48.0	39.1	57.1	83
MMSA-Helena	84.7	79.5	88.8	188	57.9	48.7	66.6	109
MMSA-Kalispell	81.8	75.4	86.8	177	50.1	42.1	58.2	107

§ Have you ever had a Pap test? How long has it been since your last Pap test?

† Total Sample Size: 2,854, Weighted Prevalence Estimate: 225,000.

‡ Total Sample Size: 2,854, Weighted Prevalence Estimate: 138,000.

* American Indian or Alaska Native only.

** All other non-White (including multiracial) or Hispanic.

Δ Not Sufficient Data to report a reliable estimate.

Table 10: Prostate Cancer, Montana Men Age 40 Years and Older, 2010
(with 95% confidence intervals)

	Had a PSA Test Within the Past 2 Years †				Ever Diagnosed with Prostate Cancer ‡			
	95% CI				95% CI			
	Wt.%	LL	UL	UnWt. N	Wt.%	LL	UL	UnWt. N
All Men	53.2	50.4	55.9	1,397	5.0	4.1	6.0	163
Age:								
40 - 44	7.3	3.9	13.2	13	NSD ^Δ			0
45 - 54	39.3	34.1	44.8	210	0.9	0.4	2.3	7
55 - 64	67.9	63.5	71.9	501	3.1	2.0	4.9	29
65+	76.2	72.8	79.3	673	13.9	11.4	16.8	127
Education:								
<High School	38.9	30.4	48.1	84	6.5	3.7	11.2	17
High School	47.0	42.1	51.9	394	4.7	3.4	6.5	51
Some College	55.1	49.7	60.5	375	3.1	1.9	4.9	29
College Degree	59.7	55.0	64.1	544	6.3	4.7	8.4	66
Income:								
<\$15,000	35.3	28.1	43.3	110	6.2	3.6	10.5	22
\$15,000 - \$24,999	46.0	39.1	53.0	190	5.9	3.9	9.0	32
\$25,000 - \$49,999	56.9	52.0	61.6	433	5.6	3.9	8.0	46
\$50,000 - \$74,999	53.8	47.3	60.2	247	3.6	2.3	5.8	22
\$75,000 +	56.5	50.4	62.4	328	3.1	1.9	5.0	26
Race/Ethnicity:								
White, non-Hispanic	54.8	51.9	57.6	1,282	5.0	4.1	6.0	151
AI/AN*	NSD ^Δ			58	NSD ^Δ			2
Other or Hispanic**	NSD ^Δ			44	4.9	1.7	13.2	8
Disability:								
Disability	58.3	53.4	63.1	513	7.6	5.8	9.9	73
No Disability	50.8	47.5	54.1	878	3.7	2.8	4.8	88
Region:								
1- Eastern MT	62.0	54.9	68.7	178	5.4	3.2	9.1	21
2- N Central MT	46.9	40.5	53.3	243	5.7	3.6	8.9	24
3- S Central MT	49.2	41.7	56.8	172	4.4	2.5	7.6	17
4- Southwest MT	56.4	51.0	61.7	323	5.6	3.9	8.0	40
5- Northwest MT	54.1	49.5	58.6	469	4.4	3.2	5.9	59
MMSA-Billings	45.9	36.6	55.6	92	4.5	2.4	8.5	10
MMSA-Helena	61.3	53.2	68.9	148	6.7	4.2	10.6	22
MMSA-Kalispell	53.3	46.2	60.3	153	5.4	3.2	8.9	17

† Have you ever had a PSA test? How long has it been since your last PSA test?

Total Sample Size: 2,369, Weighted Prevalence Estimate: 118,000.

‡ Have you ever been told by a doctor you had prostate cancer? Total Sample Size: 2,483,

Weighted Prevalence Estimate: 11,000.

* American Indian or Alaska Native only

** All other non-White (including multiracial) or Hispanic

Δ Not Sufficient Data to report a reliable estimate.

Table 11: Colorectal Cancer Screening, Montana Adults Age 50 years or Older, 2010 (with 95% confidence intervals)

	Had a Blood Stool Test Within the Past 2 Years				Ever Had a Sigmoidoscopy or Colonoscopy			
	95% CI				95% CI			
	Wt.%	LL	UL	UnWt. N	Wt.%	LL	UL	UnWt. N
All Adults	14.6	13.4	15.9	763	61.0	59.2	62.7	3,025
Sex:								
Male	16.2	14.3	18.3	337	61.0	58.2	63.8	1,262
Female	13.0	11.6	14.6	426	60.9	58.6	63.2	1,763
Age:								
50 - 54	8.9	6.7	11.8	75	41.4	36.9	46.0	312
55 - 64	14.3	12.3	16.5	269	61.3	58.4	64.1	1,034
65+	18.2	16.3	20.2	419	72.2	70.0	74.3	1,679
Education:								
<High School	13.6	9.8	18.5	53	51.4	44.6	58.1	190
High School	15.2	13.1	17.5	247	57.8	54.5	61.0	925
Some College	15.4	13.2	17.9	240	58.7	55.4	62.0	875
College Degree	13.6	11.5	15.9	223	67.8	64.7	70.7	1,034
Income:								
<\$15,000	15.2	11.9	19.3	101	50.9	45.5	56.2	311
\$15,000 - \$24,999	16.6	13.8	19.9	158	55.4	51.2	59.6	528
\$25,000 - \$49,999	14.6	12.5	17.1	221	61.0	57.7	64.2	901
\$50,000 - \$74,999	14.9	11.9	18.5	109	63.9	59.2	68.3	447
\$75,000 +	12.2	9.5	15.4	102	64.5	60.0	68.9	519
Race/Ethnicity:								
White, non-Hispanic	14.6	13.3	15.9	681	61.9	60.0	63.7	2,781
AI/AN*	13.0	9.0	18.5	49	38.8	31.0	47.2	121
Other or Hispanic**	18.0	11.7	26.7	30	55.6	45.6	65.3	100
Disability:								
Disability	17.0	14.9	19.4	316	66.1	63.2	69.0	1,199
No Disability	13.3	11.9	14.8	446	58.1	55.9	60.4	1,811
Region:								
1- Eastern MT	15.5	12.3	19.3	110	50.3	45.4	55.3	317
2- N Central MT	10.0	7.9	12.6	128	59.1	54.4	63.7	526
3- S Central MT	14.5	11.4	18.2	100	63.7	59.0	68.2	439
4- Southwest MT	19.4	16.8	22.3	215	64.4	60.8	67.8	681
5- Northwest MT	12.8	10.9	15.0	202	60.4	57.3	63.5	1,034
MMSA-Billings	15.0	11.2	19.9	55	67.3	61.5	72.7	256
MMSA-Helena	23.5	19.6	27.9	117	65.4	60.3	70.2	319
MMSA-Kalispell	9.5	7.0	12.8	51	61.3	55.9	66.4	305

† Have you ever had a blood stool test using a home kit? How long has it been since your last blood stool test? Total Sample Size: 4,901, Weighted Prevalence Estimate: 51,000.

‡ Have you ever had either a sigmoidoscopy or a colonoscopy? Total Sample Size: 4,926, Weighted Prevalence Estimate: 213,000.

* American Indian or Alaska Native only

** All other non-White (including multiracial) or Hispanic

Table 12: HIV Testing and High Risk Behavior, Montana Adults 18 to 64 years of age, 2010 (with 95% confidence intervals)

	Ever Tested for HIV †				Engaged in High Risk Behavior (past year) ‡			
	Wt.%	95% CI		UnWt. N	Wt.%	95% CI		UnWt. N
		LL	UL			LL	UL	
All Adults	34.4	32.0	36.8	1,467	2.6	1.6	4.2	77
Sex:								
Male	31.4	28.0	35.0	587	2.2	0.9	5.5	26
Female	37.4	34.3	40.7	880	3.0	1.9	4.8	51
Age:								
18 - 24	32.6	23.2	43.7	68	9.4	4.0	20.2	14
25 - 34	48.3	42.2	54.5	270	2.3	1.1	4.8	15
35 - 44	43.1	38.8	47.6	381	1.9	1.1	3.1	20
45 - 54	28.9	25.7	32.2	390	1.0	0.5	2.0	17
55 - 64	20.3	18.0	22.9	358	0.9	0.4	1.7	11
Education:								
<High School	32.0	23.1	42.4	90	2.7	1.2	5.7	13
High School	32.8	28.4	37.6	384	3.2	1.7	6.0	23
Some College	35.1	30.6	40.0	462	3.9	1.6	9.1	26
College Degree	35.8	32.4	39.3	530	0.8	0.5	1.5	15
Income:								
<\$15,000	47.6	39.3	56.0	245	6.3	2.8	13.7	19
\$15,000 - \$24,999	37.2	29.8	45.3	223	6.7	2.3	17.8	18
\$25,000 - \$49,999	31.4	27.5	35.7	377	1.1	0.6	2.1	14
\$50,000 - \$74,999	34.0	28.7	39.8	239	1.4	0.5	3.8	9
\$75,000 +	33.0	28.8	37.4	308	1.5	0.7	3.2	11
Race/Ethnicity:								
White, non-Hispanic	32.6	30.2	35.2	1,159	2.6	1.6	4.5	51
AI/AN*	51.5	42.7	60.2	203	3.8	2.1	7.0	18
Other or Hispanic**	44.4	33.4	56.0	100	1.4	0.6	3.6	7
Disability:								
Disability	42.8	37.8	47.9	450	2.1	1.3	3.5	23
No Disability	32.0	29.4	34.7	1,014	2.8	1.6	4.8	54
Region:								
1- Eastern MT	25.5	21.2	30.3	153	1.9	0.8	4.1	7
2- N Central MT	37.7	32.3	43.4	332	2.1	1.2	3.6	21
3- S Central MT	35.9	29.8	42.5	186	3.5	1.5	7.6	11
4- Southwest MT	35.2	30.1	40.6	308	3.5	1.1	10.6	14
5- Northwest MT	33.6	29.9	37.6	484	1.9	1.0	3.6	24
MMSA-Billings	36.0	29.0	43.6	89	2.1	0.7	5.6	5
MMSA-Helena	34.7	28.5	41.4	137	2.9	0.8	9.4	7
MMSA-Kalispell	31.2	26.1	36.8	142	1.1	0.3	3.6	3

† Have you ever been tested for HIV, except blood donation?

Total Sample Size: 4,601, Weighted Prevalence Estimate: 202,000.

‡ One or more of the behaviors: Used intravenous drugs, been treated for a sexually transmitted disease, given or received money or drugs in exchange for sex, or had anal sex without a condom. Total Sample Size: 4,699, Weighted Prevalence Estimate: 16,000.

* American Indian or Alaska Native only.

** All other non-White (including multiracial) or Hispanic.

Δ Not Sufficient Data to report a reliable estimate.

Table 13: Leisure Time Physical Activity and Body Mass Index (BMI), Montana Adults, 2010
(with 95% confidence intervals)

	No Leisure Time Physical Activity, past 30 days †				Overweight ‡ (25.0 ≤ BMI <30.0)				Obese § (BMI ≥30.0)			
	95% CI				95% CI				95% CI			
	Wt.%	LL	UL	UnWt. N	Wt.%	LL	UL	UnWt. N	Wt.%	LL	UL	UnWt. N
All Adults	21.6	20.2	23.1	1,916	37.8	35.9	39.7	2,721	23.5	22.0	25.1	1,825
Sex:												
Male	20.1	18.2	22.3	770	43.6	40.6	46.6	1,412	26.0	23.5	28.6	826
Female	23.0	21.0	25.2	1,146	31.9	29.5	34.3	1,309	21.0	19.2	22.9	999
Age:												
18 - 24	14.0	8.3	22.5	32	30.1	21.6	40.3	61	8.2	4.6	14.1	29
25 - 34	15.6	11.9	20.3	99	35.1	29.5	41.1	188	24.7	19.8	30.4	159
35 - 44	19.2	15.9	23.1	166	36.7	32.5	41.2	298	25.1	21.4	29.1	234
45 - 54	20.7	18.1	23.5	336	38.8	35.4	42.3	508	26.9	23.8	30.2	365
55 - 64	23.1	20.8	25.6	438	40.8	38.0	43.8	703	29.4	26.8	32.3	495
65+	32.8	30.6	35.1	835	42.3	39.8	44.7	958	22.1	20.1	24.2	537
Education:												
<High School	31.8	25.4	39.1	229	32.7	25.6	40.7	181	19.4	14.9	25.0	152
High School	27.4	24.4	30.6	766	39.1	35.5	42.7	878	26.5	23.4	29.8	604
Some College	20.5	18.1	23.1	556	35.4	31.9	39.1	799	25.3	22.5	28.4	605
College Degree	13.9	12.0	15.9	362	40.0	37.1	43.0	860	19.8	17.5	22.3	462
Income:												
<\$15,000	30.0	24.8	35.7	331	33.0	27.2	39.4	301	28.1	23.2	33.6	276
\$15,000 - \$24,999	25.9	22.0	30.3	431	34.0	29.2	39.1	453	25.9	21.5	30.9	357
\$25,000 - \$49,999	24.2	21.4	27.2	556	40.0	36.5	43.5	815	25.6	22.9	28.5	547
\$50,000 - \$74,999	15.4	12.8	18.5	204	43.2	38.5	48.0	443	20.9	17.9	24.4	267
\$75,000 +	13.6	11.2	16.4	192	36.6	32.9	40.6	489	20.1	17.0	23.6	251
Race/Ethnicity:												
White, non-Hispanic	20.8	19.4	22.3	1,599	37.8	35.8	39.8	2,370	23.0	21.3	24.6	1,474
AI/AN*	33.3	25.3	42.3	206	38.3	29.9	47.4	212	38.4	31.5	45.9	252
Other or Hispanic**	24.1	16.4	34.0	92	36.1	26.5	46.8	118	20.4	14.5	28.0	86
Disability:												
Disability	31.8	28.8	35.0	849	37.7	34.1	41.5	772	32.7	29.7	36.0	759
No Disability	18.0	16.4	19.7	1,054	37.8	35.5	40.0	1,937	20.3	18.6	22.2	1,059
Region:												
1- Eastern MT	31.0	27.2	35.1	307	39.7	35.4	44.2	340	27.1	23.4	31.2	274
2- N Central MT	25.4	21.9	29.2	464	40.0	35.5	44.7	549	28.1	24.2	32.3	419
3- S Central MT	23.1	19.5	27.2	284	36.6	31.9	41.6	361	26.3	22.4	30.6	284
4- Southwest MT	18.3	15.7	21.4	331	37.5	33.5	41.7	566	19.8	16.9	23.1	297
5- Northwest MT	18.4	16.0	21.0	507	37.3	34.1	40.5	886	21.6	19.1	24.4	536
MMSA-Billings	24.0	19.5	29.2	154	37.4	31.7	43.5	185	27.2	22.4	32.5	152
MMSA-Helena	18.4	14.8	22.8	140	39.6	34.3	45.2	251	21.1	16.8	26.2	130
MMSA-Kalispell	20.4	16.5	25.0	148	41.2	36.4	46.2	282	18.3	14.6	22.6	125

† During the past month, other than your regular job, did you do any physical activities or exercise?

Total Sample Size: 7,298, Weighted Prevalence Estimate: 164,000.

‡ Self-reported height and weight yield a body mass index (BMI) greater than or equal to 25 and less than 30.

Total Sample Size: 7,108, Weighted Prevalence Estimate: 281,000.

§ Self-reported height and weight yield a body mass index (BMI) greater than or equal to 30.

Total Sample Size: 7,108, Weighted Prevalence Estimate: 175,000.

* American Indian or Alaska Native only.

** All other non-White (including multiracial) or Hispanic.

Table 14: Tobacco Use, Montana Adults, 2010
(with 95% confidence intervals)

	Current Smokers †				Current Smokeless Tobacco Users ‡			
	Wt.%	95% CI		UnWt. N	Wt.%	95% CI		UnWt. N
		LL	UL			LL	UL	
All Adults	18.8	17.1	20.6	1,274	6.5	5.6	7.5	391
Sex:								
Male	19.7	17.0	22.7	525	11.6	9.9	13.6	340
Female	17.9	16.1	19.9	749	1.4	0.9	2.3	51
Age:								
18 - 24	24.9	16.9	35.0	61	9.3	5.1	16.2	23
25 - 34	27.9	22.4	34.1	153	8.5	6.0	12.0	64
35 - 44	17.9	14.7	21.7	176	10.3	8.0	13.2	85
45 - 54	20.7	18.1	23.6	325	6.4	5.0	8.3	87
55 - 64	15.4	13.4	17.6	305	4.2	3.2	5.5	71
65+	9.0	7.8	10.4	249	2.1	1.5	2.9	60
Education:								
<High School	43.4	35.4	51.8	183	6.2	3.7	10.4	37
High School	21.9	19.0	25.1	478	8.2	6.3	10.5	153
Some College	21.0	17.6	25.0	416	6.7	5.1	8.9	116
College Degree	6.9	5.6	8.5	194	4.6	3.5	6.1	84
Income:								
<\$15,000	44.0	37.2	51.0	320	6.9	4.1	11.4	48
\$15,000 - \$24,999	29.0	23.6	35.1	303	6.0	3.6	9.7	66
\$25,000 - \$49,999	17.0	14.7	19.6	340	6.2	4.6	8.1	112
\$50,000 - \$74,999	12.2	9.3	16.0	131	6.4	4.5	9.0	56
\$75,000 +	7.2	5.5	9.3	91	7.6	5.8	9.9	80
Race/Ethnicity:								
White, non-Hispanic	16.0	14.3	17.8	914	6.4	5.5	7.6	324
AI/AN*	48.7	40.8	56.7	257	10.7	6.6	16.8	48
Other or Hispanic**	NSD ^Δ			92	4.6	2.1	9.9	16
Disability:								
Disability	25.5	21.9	29.4	484	5.0	3.8	6.6	107
No Disability	16.5	14.7	18.5	786	7.0	5.9	8.4	284
Region:								
1- Eastern MT	18.3	15.2	21.8	183	8.8	6.5	11.8	62
2- N Central MT	20.3	17.1	23.9	321	7.6	5.6	10.3	90
3- S Central MT	16.4	12.7	20.8	157	5.4	3.3	8.6	51
4- Southwest MT	16.6	13.0	21.1	199	5.6	4.1	7.5	70
5- Northwest MT	21.0	18.1	24.3	401	6.8	5.2	9.0	113
MMSA-Billings	16.0	11.9	21.3	76	3.9	1.9	7.5	15
MMSA-Helena	17.3	13.1	22.4	90	8.1	5.1	12.7	34
MMSA-Kalispell	18.6	14.6	23.4	108	6.5	4.0	10.5	36

† A current smoker is defined as someone who has ever smoked 100 cigarettes and who now smokes everyday or some days.

Total Sample Size: 7,287, Weighted Prevalence Estimate: 143,000.

‡ A current user is defined as using chewing tobacco, snuff or snus everyday or some days.

Total Sample Size: 7,303, Weighted Prevalence Estimate: 49,000.

* American Indian or Alaska Native only.

** All other non-White (including multiracial) or Hispanic.

Δ Not Sufficient Data to report a reliable estimate.

Table 15: Alcohol Related Risk Behaviors, Montana Adults, 2010
(with 95% confidence intervals)

	Binge Drinking Past 30 Days †				Heavy Drinking Past 30 Days ‡				Any Drinking and Driving Past 30 Days §			
	95% CI				95% CI				95% CI			
	Wt.%	LL	UL	UnWt. N	Wt.%	LL	UL	UnWt. N	Wt.%	LL	UL	UnWt. N
All Adults	17.0	15.4	18.6	956	5.3	4.6	6.1	395	4.8	3.8	6.0	170
Sex:												
Male	22.6	20.1	25.4	569	5.7	4.6	7.0	189	6.3	4.8	8.2	123
Female	11.4	9.8	13.3	387	4.9	4.1	5.9	206	3.0	2.0	4.5	47
Age:												
18 - 24	22.9	15.6	32.2	56	2.6	1.4	5.0	14	7.3	3.5	14.7	11
25 - 34	25.9	21.0	31.5	149	6.0	3.8	9.5	30	5.9	3.3	10.3	23
35 - 44	23.3	19.7	27.3	187	5.9	4.1	8.4	51	5.7	3.4	9.3	29
45 - 54	18.4	15.9	21.2	263	7.0	5.5	8.9	108	5.5	3.9	7.8	51
55 - 64	11.6	9.9	13.6	202	6.2	4.9	7.7	102	3.2	2.2	4.8	38
65+	3.9	3.0	5.0	96	3.3	2.6	4.3	89	1.2	0.7	2.2	17
Education:												
<High School	14.8	10.3	20.8	66	3.7	2.0	6.7	22	3.8	1.8	7.8	10
High School	17.5	14.7	20.6	300	4.8	3.6	6.3	116	4.7	3.1	7.1	40
Some College	19.6	16.4	23.1	312	6.2	4.7	8.1	116	7.4	5.1	10.7	62
College Degree	14.6	12.5	17.1	278	5.4	4.3	6.6	141	2.9	2.0	4.1	58
Income:												
<\$15,000	13.5	10.0	18.0	106	4.9	3.3	7.2	47	8.4	3.7	18.0	17
\$15,000 - \$24,999	15.2	11.5	19.8	139	4.4	2.9	6.6	55	4.0	2.0	7.5	20
\$25,000 - \$49,999	17.0	14.4	20.0	287	4.9	3.9	6.1	123	4.8	3.2	6.9	52
\$50,000 - \$74,999	16.1	13.0	19.7	160	6.8	4.7	9.8	65	4.8	2.8	8.1	30
\$75,000 +	23.4	19.5	27.8	226	6.4	4.8	8.6	86	5.4	3.6	8.0	49
Race/Ethnicity:												
White, non-Hispanic	16.3	14.7	18.0	783	5.3	4.6	6.2	346	4.7	3.7	6.0	140
AI/AN*	23.2	17.3	30.2	118	4.5	2.3	8.4	29	9.8	5.3	17.6	25
Other or Hispanic**	NSD ^Δ			50	5.9	2.8	11.7	19	2.9	0.7	10.9	4
Disability:												
Disability	11.1	9.0	13.8	211	4.3	3.4	5.5	110	3.4	2.2	5.1	41
No Disability	19.1	17.2	21.1	741	5.6	4.7	6.7	284	5.2	4.0	6.6	129
Region:												
1- Eastern MT	16.5	13.2	20.4	127	5.6	3.8	8.2	41	8.6	5.0	14.5	25
2- N Central MT	20.5	17.0	24.5	243	4.5	3.1	6.3	74	5.2	3.3	8.1	43
3- S Central MT	14.6	11.2	18.8	105	4.1	2.5	6.6	36	6.3	3.4	11.3	20
4- Southwest MT	15.5	12.8	18.7	182	4.7	3.6	6.2	78	3.8	2.4	5.9	30
5- Northwest MT	17.6	14.7	20.9	287	6.7	5.3	8.4	159	3.7	2.6	5.3	50
MMSA-Billings	14.8	10.7	20.1	51	4.1	2.2	7.3	18	6.0	2.8	12.5	8
MMSA-Helena	17.3	13.1	22.5	80	5.2	3.2	8.2	31	7.8	4.2	14.0	16
MMSA-Kalispell	16.6	12.8	21.3	81	6.5	4.5	9.2	43	3.1	1.5	6.3	10

† Binge drinking is defined as having five or more alcoholic drinks on one occasion for men, and four or more alcoholic drinks on one occasion for women. Total Sample Size: 7,169, Weighted Prevalence Estimate: 127,000.

‡ Heavy drinking is defined as the consumption of more than two alcoholic drinks per day for men or more than one alcoholic drink per day for women. Total Sample Size: 7,124, Weighted Prevalence Estimate: 39,000.

§ Among adults that had at least one alcoholic drink in the past 30 days. During the past 30 days, how many times have you driven when you've had perhaps too much to drink? Total Sample Size: 3,772, Weighted Prevalence Estimate: 20,000.

* American Indian or Alaska Native only.

** All other non-White (including multiracial) or Hispanic.

Δ Not Sufficient Data to report a reliable estimate.

Table 16: Injury Risk, Montana Adults, 2010
(with 95% confidence intervals)

	One + Falls, Past 3 Months Adults Age 45 + years †				One + Injuries due to Fall Adults Age 45 + years				Do Not Always Wear Seatbelt, All Adults			
	95% CI				95% CI				95% CI			
	Wt.%	LL	UL	UnWt. N	Wt.%	LL	UL	UnWt. N	Wt.%	LL	UL	UnWt. N
All Adults	21.9	20.5	23.4	1,180	6.7	5.8	7.7	344	28.3	26.5	30.2	2,050
Sex:												
Male	23.5	21.3	26.0	538	6.5	5.2	8.1	137	35.6	32.7	38.6	1,122
Female	20.4	18.6	22.2	642	6.9	5.8	8.1	207	21.2	19.0	23.5	928
Age:												
18 - 24									NSD ^Δ			85
25 - 34	Not Applicable				Not Applicable				31.3	26.0	37.1	215
35 - 44									28.0	24.2	32.2	256
45 - 54	24.5	21.6	27.7	330	9.2	7.3	11.5	120	26.2	23.4	29.3	401
55 - 64	20.7	18.4	23.2	361	6.0	4.8	7.5	104	25.5	23.1	28.1	480
65+	20.2	18.3	22.2	480	4.6	3.7	5.6	117	23.7	21.7	25.8	606
Education:												
<High School	25.2	19.5	31.8	89	9.9	5.9	16.1	28	37.7	30.2	45.9	190
High School	20.2	17.7	22.9	350	5.9	4.5	7.7	95	33.8	30.3	37.5	739
Some College	22.5	19.8	25.3	356	8.3	6.6	10.4	125	27.6	24.2	31.2	610
College Degree	22.3	19.9	25.0	383	5.3	4.2	6.8	96	21.0	18.6	23.5	509
Income:												
<\$15,000	32.0	27.4	37.0	212	14.5	10.9	19.2	83	27.9	23.0	33.5	279
\$15,000 - \$24,999	23.1	19.7	26.9	216	8.0	5.8	10.9	69	32.2	27.1	37.8	368
\$25,000 - \$49,999	21.7	19.1	24.6	313	6.6	5.1	8.6	86	31.0	27.8	34.4	654
\$50,000 - \$74,999	17.9	14.9	21.3	149	4.3	2.8	6.6	31	28.2	23.9	32.9	310
\$75,000 +	21.9	18.5	25.8	201	5.1	3.6	7.1	49	22.3	18.7	26.3	278
Race/Ethnicity:												
White, non-Hispanic	21.4	19.9	22.9	1,016	6.4	5.5	7.4	287	27.8	25.9	29.7	1,735
AI/AN*	30.4	24.0	37.7	99	11.1	7.4	16.5	36	43.9	35.6	52.6	221
Other or Hispanic**	24.3	16.8	33.7	46	10.9	5.7	19.7	19	23.5	16.2	32.7	79
Disability:												
Disability	32.2	29.4	35.1	607	12.7	10.8	15.0	234	27.1	24.0	30.4	621
No Disability	16.7	15.1	18.4	565	3.7	2.9	4.6	109	28.8	26.6	31.0	1,421
Region:												
1- Eastern MT	20.5	17.0	24.6	138	5.1	3.5	7.3	40	49.1	44.5	53.7	408
2- N Central MT	22.5	19.1	26.4	235	6.9	4.9	9.6	66	30.4	26.5	34.5	499
3- S Central MT	22.1	18.5	26.3	167	6.4	4.5	9.1	43	29.3	24.5	34.6	271
4- Southwest MT	21.7	19.0	24.7	247	6.3	4.8	8.3	69	24.1	20.9	27.6	350
5- Northwest MT	21.8	19.4	24.5	382	7.5	5.9	9.5	122	25.0	21.8	28.5	502
MMSA-Billings	22.2	17.7	27.5	87	6.5	4.2	9.9	25	25.6	20.1	31.9	103
MMSA-Helena	20.5	17.0	24.5	110	5.5	3.7	8.1	31	23.1	18.5	28.4	130
MMSA-Kalispell	20.1	16.2	24.5	104	5.7	3.8	8.4	33	19.1	15.5	23.3	127

† In the past 3 months, how many times have you fallen? Total Sample Size: 5,553, Weighted Prevalence Estimate: 91,000.

‡ How many of these falls caused you to limit your regular activities for at least a day or to go see a doctor?

Total Sample Size: 5,545, Weighted Prevalence Estimate: 28,000.

§ How often do you use seat belts when you drive or ride in a car? Total Sample Size: 7,157,

Weighted Prevalence Estimate: 211,000.

* American Indian or Alaska Native only

** All other non-White (including multiracial) or Hispanic

Δ Not Sufficient Data to report a reliable estimate.

Table 17: Diabetes and Pre-Diabetes, Montana Adults, 2010
(with 95% confidence intervals)

	Ever Diagnosed w/ Diabetes †				Ever Diagnosed w/ Pre-diabetes ‡			
	Wt.%	95% CI		UnWt. N	Wt.%	95% CI		UnWt. N
		LL	UL			LL	UL	
All Adults	7.0	6.2	7.9	732	5.0	4.3	5.7	404
Sex:								
Male	8.4	7.1	10.0	349	4.5	3.7	5.4	170
Female	5.6	4.9	6.4	383	5.4	4.5	6.6	234
Age:								
18 - 24	0.1	0.0	0.6	1	1.2	0.3	4.4	5
25 - 34	2.5	0.8	7.1	9	3.1	1.7	5.9	21
35 - 44	3.1	1.9	5.1	30	4.2	2.7	6.4	37
45 - 54	7.8	6.0	10.0	107	5.3	3.9	7.2	65
55 - 64	9.7	8.0	11.7	174	7.5	6.1	9.3	118
65+	15.4	13.7	17.1	409	7.4	6.2	8.9	156
Education:								
<High School	8.8	6.4	12.0	96	3.7	2.4	5.7	30
High School	8.8	7.2	10.7	270	5.0	3.9	6.5	129
Some College	6.7	5.5	8.2	206	6.4	5.0	8.3	150
College Degree	4.9	3.9	6.3	157	3.9	3.0	5.0	95
Income:								
<\$15,000	10.4	8.1	13.1	145	8.5	5.8	12.2	73
\$15,000 - \$24,999	10.0	7.3	13.5	173	5.0	3.6	6.8	83
\$25,000 - \$49,999	7.1	5.9	8.5	201	4.5	3.6	5.7	110
\$50,000 - \$74,999	4.3	3.1	5.8	66	4.6	3.1	6.8	52
\$75,000 +	5.2	3.7	7.4	69	3.5	2.5	4.9	49
Race/Ethnicity:								
White, non-Hispanic	6.8	5.9	7.7	557	4.8	4.1	5.5	339
AI/AN*	12.1	9.3	15.5	126	7.0	4.6	10.4	38
Other or Hispanic**	6.8	4.2	10.8	43	6.4	3.1	12.6	24
Disability:								
Disability	13.2	11.4	15.3	370	9.0	7.2	11.1	190
No Disability	4.8	4.0	5.7	355	3.7	3.0	4.4	212
Region:								
1- Eastern MT	9.7	7.8	12.1	120	5.4	3.9	7.5	52
2- N Central MT	8.5	6.8	10.5	181	5.5	4.0	7.3	86
3- S Central MT	7.2	5.5	9.5	110	6.0	4.1	8.6	61
4- Southwest MT	5.0	4.0	6.3	113	4.0	2.9	5.6	66
5- Northwest MT	7.1	5.5	9.1	199	4.7	3.7	5.9	133
MMSA-Billings	7.1	5.0	10.0	55	6.7	4.4	10.1	34
MMSA-Helena	5.7	3.9	8.2	53	4.2	2.3	7.6	25
MMSA-Kalispell	4.9	3.6	6.7	50	3.3	2.3	4.8	32

† Have you ever been told by a doctor you have diabetes?

Total Sample Size: 7,299, Weighted Prevalence Estimate: 53,000.

‡ Have you ever been told by a doctor you have pre-diabetes or borderline diabetes?

Total Sample Size: 6,555, Weighted Prevalence Estimate: 35,000.

* American Indian or Alaska Native only.

** All other non-White (including multiracial) or Hispanic.

Table 18: Current and Lifetime Asthma, Montana Adults, 2010

(with 95% confidence intervals)

	Ever Diagnosed w/ Asthma †				Current Asthma ‡			
	Wt.%	95% CI		UnWt. N	Wt.%	95% CI		UnWt. N
		LL	UL			LL	UL	
All Adults	12.9	11.7	14.3	940	9.1	8.0	10.3	657
Sex:								
Male	11.5	9.8	13.4	342	7.5	6.2	9.1	230
Female	14.4	12.6	16.3	598	10.7	9.1	12.6	427
Age:								
18 - 24	11.5	6.3	20.0	26	9.4	4.8	17.6	20
25 - 34	16.5	12.8	21.1	93	11.7	8.5	15.8	62
35 - 44	11.2	8.9	14.1	101	7.1	5.3	9.6	65
45 - 54	12.6	10.4	15.3	176	8.3	6.5	10.6	120
55 - 64	12.4	10.6	14.3	237	8.7	7.2	10.4	163
65+	13.2	11.6	14.9	306	9.7	8.4	11.2	227
Education:								
<High School	17.3	11.3	25.6	81	12.5	7.5	20.1	61
High School	12.6	10.4	15.2	274	9.5	7.5	12.0	199
Some College	13.0	11.0	15.3	306	8.7	7.2	10.6	212
College Degree	12.1	10.3	14.2	277	8.2	6.6	10.1	183
Income:								
<\$15,000	21.4	16.4	27.4	174	15.3	11.1	20.6	128
\$15,000 - \$24,999	13.5	10.6	17.0	176	10.6	8.0	14.0	131
\$25,000 - \$49,999	12.6	10.3	15.3	244	8.2	6.2	10.8	160
\$50,000 - \$74,999	12.9	10.0	16.7	128	10.0	7.4	13.5	93
\$75,000 +	10.6	8.5	13.1	145	6.8	5.2	8.8	94
Race/Ethnicity:								
White, non-Hispanic	12.1	10.9	13.4	785	8.6	7.6	9.8	551
AI/AN*	21.2	13.8	31.1	101	16.3	9.3	27.1	72
Other or Hispanic**	19.3	12.0	29.6	47	10.9	5.8	19.7	28
Disability:								
Disability	20.7	17.9	23.9	442	15.3	12.8	18.1	330
No Disability	10.2	8.9	11.7	495	7.0	5.9	8.3	325
Region:								
1- Eastern MT	11.0	8.7	13.8	114	7.3	5.4	9.8	76
2- N Central MT	12.8	10.2	15.8	185	9.6	7.3	12.5	136
3- S Central MT	12.6	9.5	16.4	128	10.1	7.3	13.9	100
4- Southwest MT	13.1	10.6	16.1	194	8.7	6.6	11.4	134
5- Northwest MT	13.7	11.5	16.2	308	9.1	7.4	11.2	202
MMSA-Billings	12.7	9.0	17.5	65	10.4	6.9	15.2	50
MMSA-Helena	14.6	10.9	19.1	89	9.3	6.4	13.3	62
MMSA-Kalispell	12.7	9.7	16.5	84	8.6	6.3	11.7	57

† Did a doctor ever tell you that you had asthma?

Total Sample Size: 7,277, Weighted Prevalence Estimate: 98,000.

‡ Do you currently have asthma?

Total Sample Size: 7,256, Weighted Prevalence Estimate: 69,000.

* American Indian or Alaska Native only.

** All other non-White (including multiracial) or Hispanic.

Table 19: Cardiovascular Disease, Montana Adults, 2010
(with 95% confidence intervals)

	Ever Diagnosed w/ a Heart Attack †				Ever Diagnosed w/ Angina or CHD ‡				Ever Diagnosed w/ a Stroke §			
	Wt.%	95% CI		UnWt. N	Wt.%	95% CI		UnWt. N	Wt.%	95% CI		UnWt. N
		LL	UL			LL	UL			LL	UL	
All Adults	4.5	4.0	5.1	487	3.7	3.3	4.2	407	2.7	2.3	3.3	277
Sex:												
Male	5.9	5.0	6.8	271	4.8	4.0	5.6	224	2.3	1.7	2.9	101
Female	3.2	2.7	3.9	216	2.6	2.2	3.1	183	3.2	2.5	4.2	176
Age:												
18 - 24	0.1	0.0	0.4	1	0.1	0.0	0.4	1	1.8	0.3	9.4	3
25 - 34	0.7	0.2	3.1	2	0.0	0.0	0.0	0	0.5	0.1	1.9	3
35 - 44	0.2	0.1	0.7	3	0.1	0.0	0.4	3	0.3	0.1	1.0	6
45 - 54	2.6	1.7	4.0	44	1.8	1.1	2.8	35	1.6	0.9	2.9	21
55 - 64	5.3	4.1	6.8	93	6.1	4.8	7.7	102	3.0	2.2	4.3	51
65+	15.4	13.7	17.4	343	11.9	10.3	13.6	265	7.9	6.6	9.3	189
Education:												
<High School	8.0	5.6	11.3	72	3.8	2.6	5.6	41	6.7	3.3	13.0	39
High School	5.1	4.2	6.1	188	4.2	3.4	5.2	146	3.3	2.5	4.4	102
Some College	4.2	3.3	5.4	129	3.4	2.7	4.3	115	2.2	1.6	3.0	77
College Degree	3.4	2.7	4.3	98	3.4	2.7	4.3	104	1.6	1.2	2.2	59
Income:												
<\$15,000	8.0	5.8	10.9	102	5.1	3.7	7.0	75	7.7	4.6	12.6	73
\$15,000 - \$24,999	6.0	4.7	7.7	113	3.7	2.8	4.9	75	3.9	2.8	5.3	69
\$25,000 - \$49,999	5.5	4.5	6.7	150	4.4	3.6	5.5	131	2.3	1.6	3.1	58
\$50,000 - \$74,999	2.0	1.3	3.0	30	2.9	2.0	4.1	45	1.3	0.8	2.1	21
\$75,000 +	2.1	1.4	3.1	38	2.5	1.7	3.7	41	0.5	0.3	1.0	16
Race/Ethnicity:												
White, non-Hispanic	4.3	3.8	4.9	402	3.7	3.2	4.2	349	2.7	2.1	3.3	235
AI/AN*	5.6	3.5	8.9	51	3.6	2.3	5.6	35	3.7	2.2	6.1	27
Other or Hispanic**	6.0	3.2	10.9	28	3.8	2.1	6.8	20	3.1	1.5	6.4	13
Disability:												
Disability	10.5	9.0	12.3	290	8.2	7.0	9.6	234	6.9	5.2	9.0	170
No Disability	2.4	2.0	2.9	193	2.1	1.7	2.6	171	1.3	1.0	1.6	101
Region:												
1- Eastern MT	5.4	4.0	7.3	63	3.9	2.8	5.4	48	3.1	2.1	4.6	37
2- N Central MT	4.5	3.4	6.1	90	3.4	2.5	4.7	68	2.7	1.9	3.7	57
3- S Central MT	4.8	3.5	6.5	66	4.5	3.4	6.0	74	3.1	2.2	4.3	49
4- Southwest MT	4.2	3.2	5.5	103	3.9	3.0	4.9	94	2.2	1.1	4.4	47
5- Northwest MT	4.4	3.6	5.3	159	3.1	2.5	3.9	119	2.9	2.1	3.9	83
MMSA-Billings	5.0	3.5	7.1	43	4.4	3.1	6.2	40	3.1	2.0	4.6	31
MMSA-Helena	5.3	3.3	8.3	49	4.1	2.9	5.8	41	1.5	1.0	2.4	22
MMSA-Kalispell	3.9	2.7	5.5	38	2.5	1.7	3.7	29	2.5	1.4	4.4	22

† Has a doctor ever told you that you had a heart attack? Total Sample Size: 7,265, Weighted Prevalence Estimate: 34,000.

‡ Has a doctor ever told you that you have angina or coronary heart disease (CHD)?

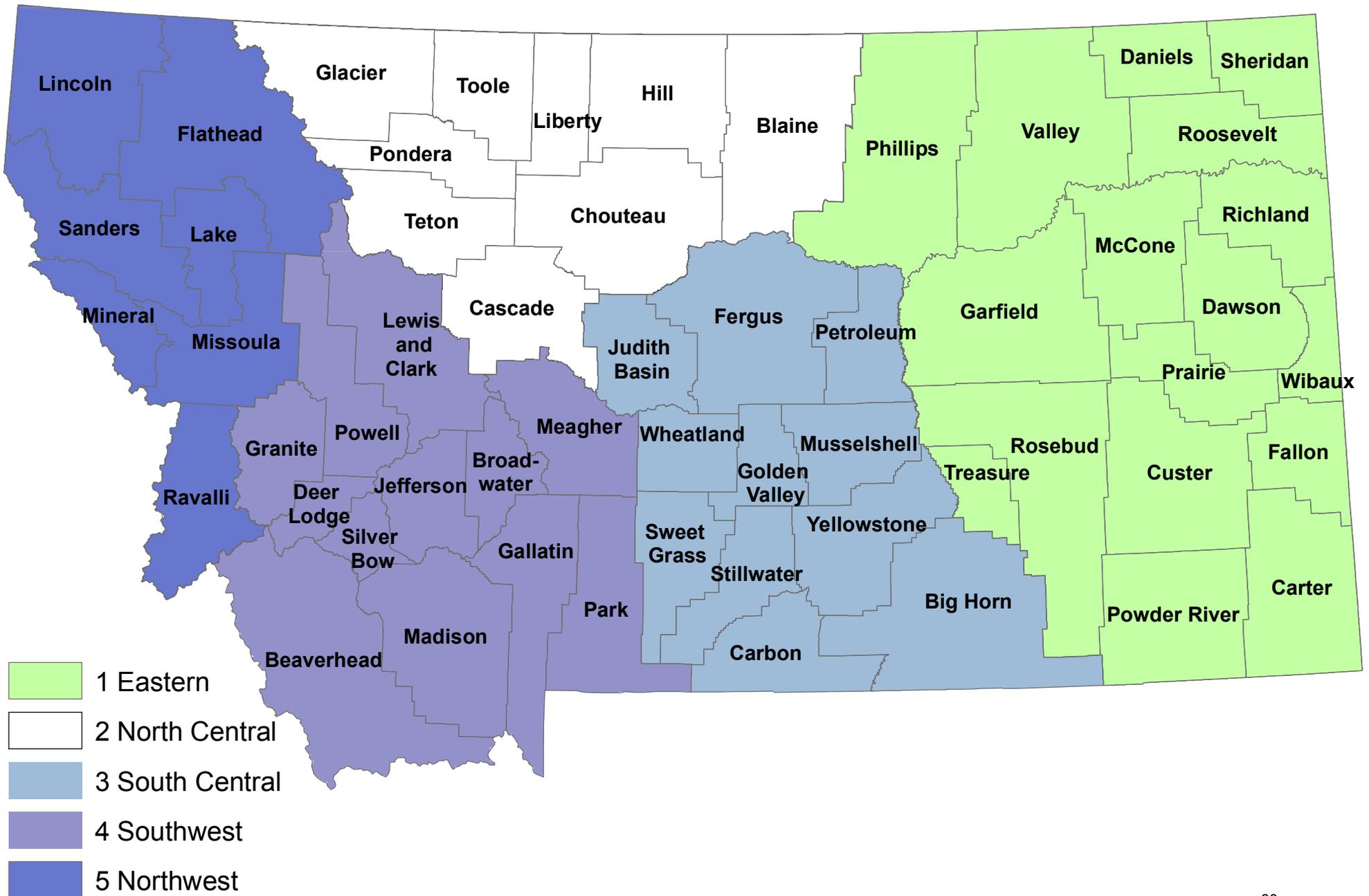
Total Sample Size: 7,221, Weighted Prevalence Estimate: 28,000.

§ Has a doctor ever told you that you had a stroke? Total Sample Size 7,280, Weighted Prevalence Estimate: 21,000.

* American Indian or Alaska Native only.

** All other non-White (including multiracial) or Hispanic.

Appendix A: Montana Health Planning Regions



Appendix B. 2010 BRFSS Data Comparison Chart

2010 Health Indicator	U.S. 2010 Median (Range)	MT 2010 Wt% 95% CI	MMSA[1] Billings Wt% 95% CI	MMSA[2] Helena Wt% 95% CI	MMSA[3] Kalispell Wt% 95% CI	HP 1 Eastern Wt% 95% CI	HP 2 N. Cent. Wt% 95% CI	HP 3 S. Cent. Wt% 95% CI	HP 4 SW Wt% 95% CI	HP 5 NW Wt% 95% CI
<i>Access to Health Care:</i>										
No Health-care Coverage (18-64)	17.8 5.0 26.8	22.6 20.4 24.9	17.5 12.7 23.7	12.8 8.8 18.2	22.9 18.4 28.0	19.2 15.3 23.8	23.0 17.9 29.1	19.6 15.1 25.1	19.5 15.1 24.9	27.2 23.4 31.2
No Personal Health Care Provider	N/A	26.2 24.3 28.2	28.9 23.3 35.2	19.6 15.4 24.6	25.4 20.7 30.7	29.9 25.7 34.5	28.0 23.4 33.1	26.9 22.3 32.2	24.0 20.4 28.0	25.3 21.9 28.9
No Routine Checkup within past year[4]	N/A	44.3 42.3 46.3	40.5 34.7 46.6	42.0 37.9 47.4	45.8 40.8 50.9	46.5 42.0 51.1	42.6 37.9 47.4	41.6 36.6 46.8	44.1 39.7 48.6	46.0 42.6 49.5
No Dental Visit within past year	29.9 18.3 42.8	38.9 37.0 40.9	33.7 28.4 39.4	27.8 23.1 33.1	45.7 40.8 50.7	39.9 35.6 44.4	35.6 31.2 40.3	35.6 31.1 40.4	37.2 32.9 41.7	43.5 40.2 46.9
<i>Health Status or Outcomes:</i>										
Fair or Poor General Health Status	14.7 10.7 23.7	15.0 13.7 16.4	14.1 10.7 18.4	12.4 9.3 16.3	14.6 11.1 18.9	16.9 14.2 20.0	15.3 12.8 18.2	14.9 11.9 18.5	12.1 9.8 14.9	16.2 13.8 18.9
Extracted All Natural Teeth (Adult ≥65)	16.9 7.4 36.0	17.6 15.8 19.5	13.4 8.7 20.0	19.3 14.1 25.8	13.8 9.6 19.5	17.7 12.7 24.2	20.3 16.0 25.4	15.6 11.5 20.8	19.4 15.8 23.7	16.3 13.4 19.6
Overweight[5]	36.2 33.3 40.7	37.8 35.9 39.7	37.4 31.7 43.5	39.6 34.3 45.2	41.2 36.4 46.2	39.7 35.4 44.2	40.0 35.5 44.7	36.6 31.9 41.6	37.5 33.5 41.7	37.3 34.1 40.5
Obese[6]	27.2 21.4 34.5	23.5 22.0 25.1	27.2 22.4 32.5	21.1 16.8 26.2	18.3 14.6 22.6	27.1 23.4 31.2	28.1 24.2 32.3	26.3 22.4 30.6	19.8 16.9 23.1	21.6 19.1 24.2
Ever had Heart Attack	4.2 2.6 6.7	4.5 4.0 5.1	5.0 3.5 7.1	5.3 3.3 8.3	3.9 2.7 5.5	5.4 4.0 7.3	4.5 3.4 6.1	4.8 3.5 6.5	4.2 3.2 5.5	4.4 3.6 5.3
Ever diagnosed w/ Angina or CHD	4.1 2.3 6.8	3.7 3.3 4.2	4.4 3.1 6.2	4.1 2.9 5.8	2.5 1.7 3.7	3.9 2.8 5.4	3.4 2.5 4.7	4.5 3.4 6.0	3.9 3.0 4.9	3.1 2.5 3.9
Ever had a stroke	2.7 1.7 4.7	2.7 2.3 3.3	3.1 2.0 4.6	1.5 1.0 2.4	2.5 1.4 4.4	3.1 2.1 4.6	2.7 1.9 3.7	3.1 2.2 4.3	2.2 1.1 4.4	2.9 2.1 3.9
Diabetes, Clinically Diagnosed	8.7 5.3 13.2	7.0 6.2 7.9	7.1 5.0 10.0	5.7 3.9 8.2	4.9 3.6 6.7	9.7 7.8 12.1	8.5 6.8 10.5	7.2 5.5 9.5	5.0 4.0 6.3	7.1 5.5 9.1
Currently have Asthma	9.1 6.0 11.1	9.1 8.0 10.3	10.4 6.9 15.2	9.3 6.4 13.3	8.6 6.3 11.7	7.3 5.4 9.8	9.6 7.3 12.5	10.1 7.3 13.9	8.7 6.6 11.4	9.1 7.4 11.2

[1] Metropolitan/Micropolitan Statistical Area (MMSA) for Billings, MT. Total Sample size N=537 adults in this MMSA

[2] Metropolitan/Micropolitan Statistical Area (MMSA) for Helena MT. Total Sample size N=642 adults in this MMSA

[3] Metropolitan/Micropolitan Statistical Area (MMSA) for Kalispell, MT. Total Sample size N=701 adults in this MMSA

[4] Visited a doctor for a routine checkup or general physical exam, not an exam for a specific injury, illness or condition

[5] Body Mass Index between 25.0 and 29.9 kg/m²

[6] Body Mass Index > 30 kg/m²

2010 Health Indicator	U.S. 2010 Median (Range)	MT 2010 Wt% 95% CI	MMSA Billings Wt% 95% CI	MMSA Helena Wt% 95% CI	MMSA Kalispell Wt% MMSA[3]	HP 1 Eastern Wt% 95% CI	HP 2 N. Cent. Wt% 95% CI	HP 3 S. Cent. Wt% 95% CI	HP 4 SW Wt% 95% CI	HP 5 NW Wt% 95% CI
<i>Health-Related Behaviors:</i>										
No Leisure Time Physical Activity	23.9 17.5 33.0	21.6 20.2 23.1	24.0 19.5 29.2	18.4 14.8 22.8	20.4 16.5 25.0	31.0 27.2 35.1	25.4 21.9 29.2	23.1 19.5 27.2	18.3 15.7 21.4	18.4 16.0 21.0
Current Smoker[1]	17.3 9.1 26.8	18.8 17.1 20.6	16.0 11.9 21.3	17.3 13.1 22.4	18.6 14.6 23.4	18.3 15.2 21.8	20.3 17.1 23.9	16.4 12.7 20.8	16.6 13.0 21.1	21.0 18.1 24.3
Binge Drinking[2]	15.1 6.6 21.6	17.0 15.4 18.6	14.8 10.7 20.1	17.3 13.1 22.5	16.6 12.8 21.3	16.5 13.2 20.4	20.5 17.0 24.5	14.6 11.2 18.8	15.5 12.8 18.7	17.6 14.7 20.9
Heavy Drinking[3]	5.0 2.0 7.2	5.3 4.6 6.1	4.1 2.2 7.3	5.2 3.2 8.2	6.5 4.5 9.2	5.6 3.8 8.2	4.5 3.1 6.3	4.1 2.5 6.6	4.7 3.6 6.2	6.7 5.3 8.4
<i>Screening and Immunizations:</i>										
Pap Smear within Past Three Years	81.1 73.2 88.9	78.3 75.6 80.7	81.4 74.4 86.8	84.7 79.5 88.8	81.8 75.4 86.8	71.0 64.2 77.0	85.1 79.3 89.5	77.7 70.8 83.3	79.0 73.8 83.4	76.2 70.8 80.9
Mammogram, Within Past Two Years (Women age 40+)	75.6 63.8 83.6	67.4 65.3 69.4	70.9 64.0 76.9	72.2 66.4 77.3	74.3 68.1 79.6	64.2 58.3 69.7	69.4 64.2 74.2	69.1 63.6 74.1	66.0 61.7 70.0	67.2 63.5 70.6
PSA Test, Within Past Two Years [4]	53.3 41.2 67.6	53.2 50.4 55.9	45.9 36.6 55.6	61.3 53.2 68.9	53.3 46.2 60.3	62.0 54.9 68.7	46.9 40.5 53.3	49.2 41.7 56.8	56.4 51.0 61.7	54.1 49.5 58.6
Blood Stool Test within past 2 yrs [5]	17.3 8.6 27.0	14.6 13.4 15.9	15.0 11.2 19.9	23.5 19.6 27.9	9.5 7.0 12.8	15.5 12.3 19.3	10.0 7.9 12.6	14.5 11.4 18.2	19.4 16.8 22.3	12.8 10.9 15.0
Sigmoidoscopy or Colonoscopy [5]	65.3 54.4 75.7	61.0 59.2 62.7	67.3 61.5 72.7	65.4 60.3 70.2	61.3 55.9 66.4	50.3 45.4 55.3	59.1 54.4 63.7	63.7 59.0 68.2	64.4 60.8 67.8	60.4 57.3 63.5
Influenza Immunization, within Past Year[6]	67.5 59.3 73.4	65.5 63.1 67.7	70.0 62.7 76.4	65.7 58.6 72.2	63.7 56.4 70.5	65.2 58.1 71.7	68.9 62.8 74.4	69.2 63.5 74.4	65.6 60.7 70.2	62.1 57.9 66.1
Ever Had Pneumococcal Immunization[6]	68.8 61.9 74.0	71.8 69.5 73.9	75.8 68.4 81.8	69.3 62.3 75.4	74.8 67.9 80.6	71.0 64.0 77.2	66.7 60.3 72.5	75.4 69.7 80.3	70.2 65.3 74.6	73.3 69.4 76.8

[1] Adults who reported ever smoking at least 100 cigarettes and who currently smoke every day or some days during the time of the survey.

[2] Males who reported having five or more drinks or females who had 4 or more drinks on at least one occasion within the past 30 days of the survey.

[3] Males who consume more than 2 alcoholic drinks per day; females who consume more than 1 alcoholic drink

[4] Men ages 40 and older who had a prostate specific antigen blood (PSA) test within the preceding 2 years.

[5] All adults ages 50 and older

[6] All adults ages 65 and older

Appendix C: Data Use Permission and Contact Information

BRFSS data provided in this report and on the website are in the public domain and may be used without further permission. However, if you use or publish any of this data, please give credit to the Montana BRFSS.

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Montana BRFSS Director/Epidemiologist

Joanne Oreskovich, Ph.D.
Public Health and Safety Division of DPHHS
1400 Broadway, A113 Cogswell
PO Box 202951
Helena, MT 59620-2951
Phone: (406) 444-2973
Email: joreskovich@mt.gov

Or

Montana BRFSS Epidemiologist

Heather J. Zimmerman, MPH
Public Health and Safety Division of DPHHS
1400 Broadway, A113 Cogswell
PO Box 202951
Helena, MT 59620-2951
Phone: (406) 444-4111
Email: hzimmerman@mt.gov

Please contact the BRFSS office for assistance if you have any questions about the data, its meaning or interpretation.