MONTANA DPHHS Healthy Communities.

# Department of Public Health and Human Services

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**Steve Bullock, Governor**

**Richard H. Opper, Director**

May 20, 2013

From the Director:

The Montana Department of Public Health and Human Services is pleased to present this report of selected findings based on our 2011 Montana Behavioral Risk Factor Surveillance System (BRFSS) survey results. We have participated in this health monitoring system of adults ages 18 and older since its inception by the Centers for Disease Control and Prevention (CDC) in 1984.

Montana is one of 50 states, the District of Columbia, and several territories to administer this continually on-going state-based telephone survey through funding and support by CDC. In 2011, over 10,000 Montana adults completed the annual survey and we are indebted to the public for their willingness to participate and provide us with this valuable health-related information.

The information gathered is used to identify populations at high risk for disease, injuries, and disabilities, as well as to help us understand the use of health care services for well-being. The evidence derived from the system serves as an important guide for planning health promotion and disease prevention activities and also helps to establish benchmarks for public health improvement over time.

Our goal is to improve the health of Montanans to the highest possible level using efficient and effective measures which are sustainable over time. Thank you for helping to inform our efforts and we hope that this report will serve as a resource for you and others, as Montanans continue to address our health challenges.

Sincerely,

Richard H. Opper
Director