

HEALTH-RELATED QUALITY OF LIFE

Montana BRFSS, 2011

In 2011, 17.2% of Montana adults reported their general health was “fair” or “poor.” An estimated 12.8% of Montana adults reported experiencing 14 or more days of poor physical health in the previous month. Eleven percent of Montana adults reported having 14 or more days of poor mental health in the previous month.

Sociodemographic Trends

- ◆ More women than men reported having 14 or more days of poor mental health in the previous month.
- ◆ Fair or poor general health status and frequent poor physical health increased with age.
- ◆ Fair or poor general health and frequent poor physical and mental health decreased with increasing education and household income levels.
- ◆ American Indians/Alaska Natives reported fair to poor general health and poor physical or mental health more frequently than other racial-ethnic groups.
- ◆ Adults with a disability reported fair to poor general health and poor physical and mental health more frequently than adults without a disability.

Figure 1. Health Status by Racial-Ethnic Group, Montana BRFSS, 2011

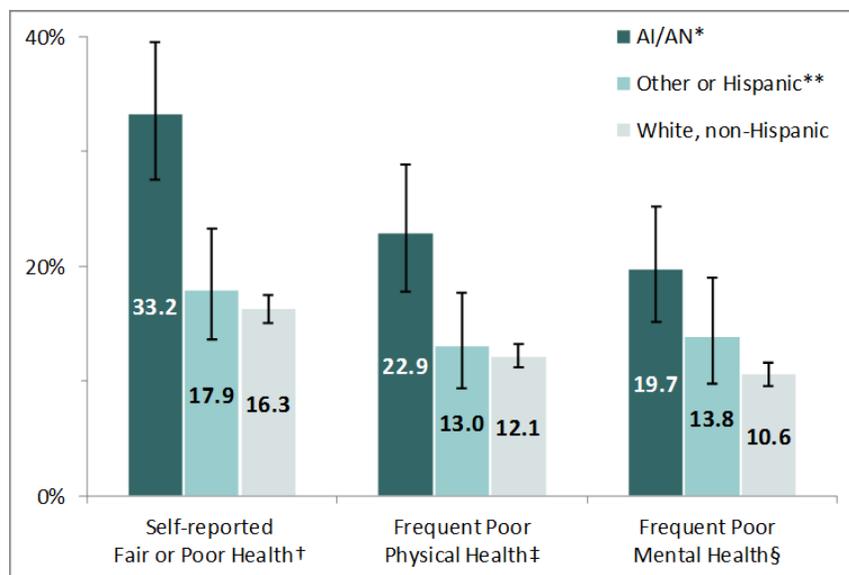


Table 1a: Health Related Quality of Life Measures, Montana Adults, 2011

	Self-reported Fair or Poor Health †				Frequent Poor Physical Health ‡				Frequent Poor Mental Health §			
	Wt. %	95% CI		UnWt. N	Wt. %	95% CI		UnWt. N	Wt. %	95% CI		UnWt. N
		LL	UL			LL	UL			LL	UL	
All Adults:	17.2	16.1	18.4	1,787	12.8	11.8	13.8	1,322	11.3	10.4	12.3	1,075
Sex:												
Male	18.0	16.4	19.8	796	12.5	11.1	14.1	538	9.9	8.6	11.3	392
Female	16.5	15.0	18.0	991	13.0	11.8	14.4	784	12.7	11.4	14.2	683
Age:												
18 - 24	7.8	5.3	11.4	36	5.4	3.5	8.3	27	10.5	7.6	14.4	54
25 - 34	8.3	6.3	10.8	81	8.2	6.1	10.9	71	10.5	8.4	13.2	109
35 - 44	12.2	9.5	15.5	124	8.7	6.5	11.5	97	10.6	8.3	13.4	131
45 - 54	20.3	17.4	23.5	304	15.1	12.7	17.9	237	14.5	12.2	17.1	248
55 - 64	22.9	20.5	25.5	505	16.4	14.3	18.7	364	12.8	10.9	14.9	287
65+	26.5	24.2	29.0	724	19.0	16.9	21.3	515	8.4	7.0	10.1	237
Education:												
<High School	37.5	32.4	42.9	278	23.3	19.1	28.0	178	21.4	17.0	26.6	127
High School	19.3	17.3	21.4	677	13.1	11.5	14.9	449	12.0	10.4	13.8	389
Some College	16.5	14.6	18.5	517	13.3	11.6	15.2	412	11.4	9.8	13.1	340
College Degree	7.7	6.5	9.0	309	7.8	6.5	9.3	279	6.5	5.4	7.7	218
Income:												
<\$15,000	38.6	34.3	43.2	440	25.9	22.3	30.0	318	21.4	18.0	25.3	252
\$15,000 - \$24,999	24.4	21.6	27.3	498	18.0	15.6	20.7	349	16.5	14.1	19.2	286
\$25,000 - \$49,999	13.6	11.8	15.7	425	10.6	9.1	12.3	328	9.5	8.0	11.3	264
\$50,000 - \$74,999	8.8	6.7	11.5	128	7.0	5.1	9.7	94	6.7	4.9	9.2	79
\$75,000 +	4.8	3.6	6.4	98	6.1	4.5	8.3	106	5.4	3.7	7.8	87
Race/Ethnicity:												
White, non-Hispanic	16.3	15.1	17.5	1,475	12.1	11.2	13.2	1,100	10.6	9.6	11.6	874
AI/AN*	33.2	27.5	39.5	196	22.9	17.8	28.9	131	19.7	15.2	25.2	116
Other or Hispanic**	17.9	13.6	23.3	106	13.0	9.4	17.7	84	13.8	9.8	19.0	76
Disability:												
No Disability	7.5	6.5	8.6	462	4.6	3.8	5.5	262	6.3	5.5	7.3	394
Disability	40.8	38.1	43.5	1,204	33.7	31.1	36.3	981	22.5	20.2	24.9	608
Region:												
1- Eastern MT	20.6	17.1	24.6	212	10.9	8.7	13.7	130	11.7	9.0	15.0	110
2- N Central MT	19.1	16.6	21.9	393	14.7	12.4	17.3	291	13.8	11.4	16.5	244
3- S Central MT	18.0	15.3	21.1	289	13.5	11.2	16.1	225	10.5	8.6	12.8	171
4- Southwest MT	14.9	13.0	17.1	333	11.4	9.7	13.4	246	11.0	9.2	13.0	219
5- Northwest MT	16.7	14.8	18.7	534	13.1	11.4	15.1	413	10.6	9.0	12.5	313

† How would you say your general health is? Total Sample Size: 10,229, Weighted Prevalence Estimate: 132,300.

‡ 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: 10,046 Weighted Prevalence Estimate: 96,300

§ 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: 10,082 Weighted Prevalence Estimate: 85,500

* American Indian or Alaska Native only.

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

HEALTH-RELATED QUALITY OF LIFE

Montana BRFSS, 2011

During 2011, an estimated 8.6% of Montana adults reported their usual activities were limited 14 or more days in the previous month due to poor physical or mental health. Montana adults experienced an average of 6.6 unhealthy days per month.

Sociodemographic Trends

- ◆ Older adults reported limiting their usual activities because of poor health and reported on average more unhealthy days than younger adults.
- ◆ Frequent activity limitation and the average number of unhealthy days increased significantly with decreasing educational attainment and household income levels.
- ◆ American Indian/Alaska Native (AI/AN) adults reported more frequent activity limitation than White, non-Hispanic adults, and AI/AN reported on average more unhealthy days than other racial groups.
- ◆ Adults with a disability reported limiting their usual activities due to poor health more frequently than adults without a disability. In addition, adults with a disability reported more unhealthy days on average than adults without a disability.

Figure 2. Health Status by Educational Attainment, Montana BRFSS, 2011

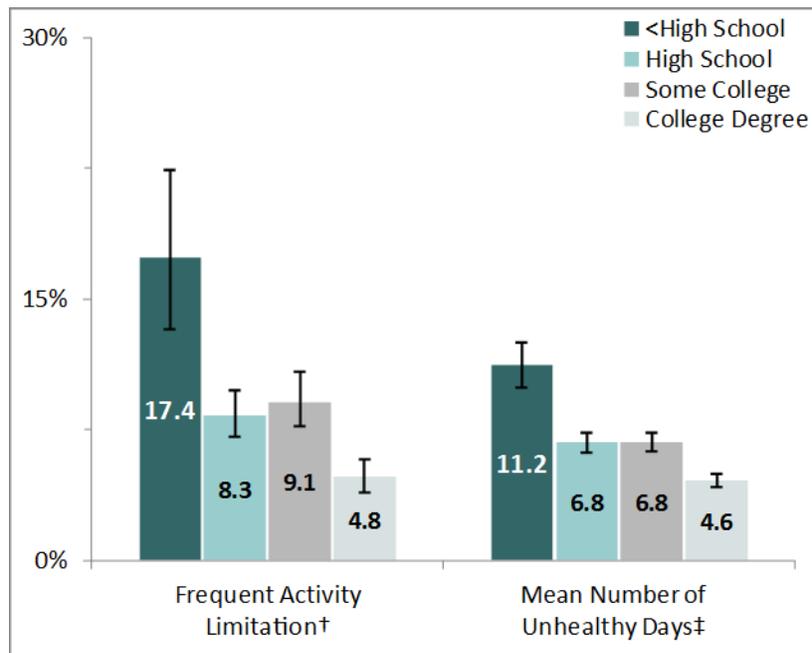


Table 1b: Health Related Quality of Life Measures (continued), Montana Adults, 2011

	Frequent Activity Limitation †				Mean Number of Unhealthy Days ‡		
	Wt. %	95% CI		UnWt. N	Mean	95% CI	
		LL	UL			LL	UL
All Adults:	8.6	7.8	9.5	865	6.6	6.3	7.0
Sex:							
Male	8.3	7.1	9.6	354	6.2	5.8	6.7
Female	8.8	7.8	10.0	511	7.1	6.7	7.5
Age:							
18 - 24	1.8	1.0	3.3	14	5.4	4.5	6.3
25 - 34	5.5	3.7	8.2	47	5.9	5.2	6.7
35 - 44	6.9	5.0	9.5	66	5.5	4.7	6.3
45 - 54	10.6	8.5	13.2	169	7.8	7.0	8.6
55 - 64	12.0	10.2	14.1	263	7.4	6.8	8.1
65+	11.5	9.8	13.4	298	7.1	6.5	7.7
Education:							
<High School	17.4	13.3	22.4	114	11.2	9.9	12.5
High School	8.3	7.1	9.8	293	6.8	6.2	7.3
Some College	9.1	7.7	10.8	276	6.8	6.3	7.3
College Degree	4.8	3.9	5.8	179	4.6	4.2	5.0
Income:							
<\$15,000	21.0	17.5	25.1	241	11.7	10.6	12.8
\$15,000 - \$24,999	11.7	9.8	14.0	229	8.8	8.1	9.6
\$25,000 - \$49,999	6.3	5.2	7.8	195	5.8	5.3	6.3
\$50,000 - \$74,999	5.2	3.5	7.5	66	4.6	3.9	5.3
\$75,000 +	2.7	1.9	3.9	54	3.9	3.3	4.5
Race/Ethnicity:							
White, non-Hispanic	8.1	7.3	9.0	704	6.3	6.0	6.7
AI/AN*	14.9	10.8	20.2	94	11.2	9.6	12.7
Other or Hispanic**	9.6	6.5	13.8	62	7.3	5.8	8.7
Disability:							
No Disability	1.9	1.5	2.5	118	3.9	3.6	4.2
Disability	24.5	22.2	27.1	688	13.6	12.9	14.3
Region:							
1- Eastern MT	9.5	7.1	12.6	94	6.6	5.7	7.5
2- N Central MT	9.7	7.8	12.0	183	7.4	6.6	8.1
3- S Central MT	9.5	7.4	12.1	150	6.4	5.7	7.1
4- Southwest MT	7.0	5.7	8.5	153	6.3	5.7	6.9
5- Northwest MT	8.5	7.1	10.1	274	6.7	6.2	7.3

† 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: 10,155 Weighted Prevalence Estimate: 65,300.

‡ 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: 9,912

* American Indian or Alaska Native only.

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