



Department of Public Health and Human Services

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Steve Bullock, Governor

Richard H. Opper, Director

February 18, 2014

To the Citizens of Montana:

On behalf of the Montana Department of Public Health and Human Services I am pleased to present the 2012 Montana Behavioral Risk Factor Surveillance System (BRFSS) Annual Report. The BRFSS is a telephone survey health monitoring system of Montana residents of ages 18 and older. It has been funded and supported by the Centers for Disease Control and Prevention (CDC) since its inception in 1984.

I would like to personally thank all of the 8,679 residents who participated in the 2012 survey and provided us with valuable health data. Montana continually ranks in the top ten for participation rates among the 50 states, the District of Columbia, and several territories that administer the survey.

The BRFSS gathers information that helps Montana identify which population sub-groups are at risk for disease, injuries, inadequate clinical care, and disabilities. The data are used as a planning guide for health promotion and disease prevention programming. They are also used at the state and national levels to determine public health benchmarks and to measure progress over time. Examples of the survey use can be reviewed in the recently released State of Montana Health Improvement Plan (SHIP) and the federal Healthy People 2020, which measures health improvement priorities for the nation.

This report is a summary of health measures and the current state of the population's health for non-institutionalized adults. Use it as a resource for yourself and others to help improve the health of Montanans to the highest possible level.

Sincerely,

Richard H. Opper
Director

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