

# HEALTH-RELATED QUALITY OF LIFE

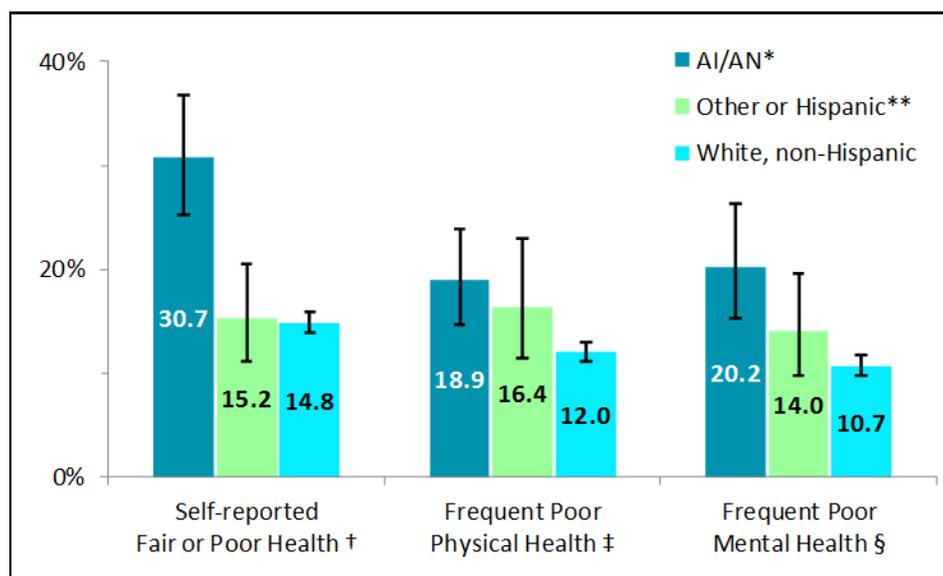
Montana BRFSS, 2012

In 2012, 15.8% of Montana adults reported their general health was “fair” or “poor.” An estimated 12.6% 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 and frequent poor physical health increased with age, while frequent poor mental health decreased 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 or poor general health more frequently than other race/ethnic groups. American Indians/Alaska Natives reported poor physical and mental health more frequently than White, non-Hispanic adults.
- ◆ Adults with a disability reported fair or poor general health and poor physical and mental health more frequently than adults without a disability.
- ◆ Adults living in the North Central health planning region reported fair or poor general health more frequently than adults in the Southwest health planning region.

**Figure 1a. Health Status by Race/Ethnicity, Montana BRFSS, 2012**



**Table 1a: Health Related Quality of Life Measures, Montana Adults, 2012**

	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	
<b>All Adults:</b>	<b>15.8</b>	14.8	16.8	1,606	<b>12.6</b>	11.7	13.6	1,212	<b>11.4</b>	10.5	12.3	942
<b>Sex:</b>												
Male	<b>16.3</b>	14.9	17.8	735	<b>12.4</b>	11.1	13.8	524	<b>9.7</b>	8.5	11.0	347
Female	<b>15.2</b>	14.0	16.6	871	<b>12.9</b>	11.7	14.1	688	<b>13.1</b>	11.8	14.5	595
<b>Age:</b>												
18 - 24	<b>6.5</b>	4.4	9.4	33	<b>4.7</b>	2.8	7.8	22	<b>13.4</b>	10.1	17.6	54
25 - 34	<b>8.6</b>	6.6	11.0	80	<b>8.1</b>	6.2	10.5	73	<b>10.6</b>	8.5	13.1	105
35 - 44	<b>11.3</b>	9.1	14.1	102	<b>10.0</b>	7.8	12.7	90	<b>14.5</b>	11.9	17.5	126
45 - 54	<b>17.8</b>	15.4	20.4	293	<b>15.4</b>	13.2	17.9	232	<b>12.8</b>	10.8	15.1	209
55 - 64	<b>18.2</b>	16.1	20.5	379	<b>16.0</b>	14.0	18.2	310	<b>10.1</b>	8.6	11.9	218
65+	<b>26.2</b>	24.1	28.4	713	<b>17.4</b>	15.6	19.3	480	<b>8.5</b>	7.2	10.0	225
<b>Education:</b>												
<High School	<b>34.5</b>	29.8	39.5	249	<b>25.7</b>	21.2	30.8	161	<b>20.7</b>	16.7	25.4	121
High School	<b>19.4</b>	17.7	21.3	656	<b>13.6</b>	12.2	15.3	455	<b>12.9</b>	11.3	14.7	362
Some College	<b>13.6</b>	12.0	15.3	429	<b>12.6</b>	11.1	14.4	364	<b>10.5</b>	9.0	12.2	250
College Degree +	<b>7.4</b>	6.4	8.6	267	<b>6.8</b>	5.8	7.9	230	<b>7.4</b>	6.2	8.8	207
<b>Income:</b>												
<\$15,000	<b>32.9</b>	29.2	36.8	434	<b>27.2</b>	23.7	31.0	320	<b>27.7</b>	24.0	31.8	254
\$15,000 - \$24,999	<b>25.0</b>	22.3	27.9	450	<b>18.2</b>	15.7	20.9	319	<b>16.5</b>	14.1	19.2	253
\$25,000 - \$49,999	<b>14.8</b>	13.0	16.8	360	<b>12.3</b>	10.6	14.2	282	<b>9.5</b>	8.0	11.4	201
\$50,000 - \$74,999	<b>6.6</b>	5.2	8.5	97	<b>6.6</b>	5.1	8.5	87	<b>5.1</b>	3.8	6.9	65
\$75,000 +	<b>5.0</b>	3.9	6.5	89	<b>4.8</b>	3.7	6.3	87	<b>5.8</b>	4.5	7.5	90
<b>Race/Ethnicity:</b>												
White, non-Hispanic	<b>14.8</b>	13.9	15.9	1,293	<b>12.0</b>	11.1	13.0	992	<b>10.7</b>	9.8	11.7	761
AI/AN*	<b>30.7</b>	25.2	36.7	204	<b>18.9</b>	14.7	23.9	136	<b>20.2</b>	15.2	26.3	109
Other or Hispanic**	<b>15.2</b>	11.1	20.5	87	<b>16.4</b>	11.4	23.0	72	<b>14.0</b>	9.8	19.6	59
<b>Disability:</b>												
Disability	<b>42.7</b>	40.1	45.4	1,126	<b>40.0</b>	37.3	42.7	934	<b>24.9</b>	22.6	27.5	538
No Disability	<b>6.8</b>	6.0	7.6	461	<b>3.9</b>	3.3	4.5	263	<b>7.0</b>	6.2	7.9	392
<b>Region:</b>												
1- Eastern MT	<b>17.2</b>	14.4	20.4	191	<b>13.5</b>	10.9	16.5	141	<b>9.7</b>	7.5	12.4	95
2- N Central MT	<b>18.2</b>	16.0	20.8	409	<b>12.3</b>	10.5	14.5	282	<b>13.2</b>	10.9	15.8	227
3- S Central MT	<b>15.9</b>	13.7	18.4	235	<b>12.3</b>	10.2	14.7	165	<b>11.0</b>	9.0	13.3	130
4- Southwest MT	<b>13.3</b>	11.5	15.2	233	<b>11.7</b>	10.0	13.7	187	<b>10.1</b>	8.4	12.0	150
5- Northwest MT	<b>16.3</b>	14.5	18.2	513	<b>13.7</b>	12.1	15.5	422	<b>12.4</b>	10.8	14.2	326

† How would you say your general health is? Total Sample Size: 8,665, Weighted Prevalence Estimate: 122,800.

‡ 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: 8,479, Weighted Prevalence Estimate: 96,500.

§ 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: 8,534, Weighted Prevalence Estimate: 87,500.

\* American Indian or Alaska Native only.

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

# HEALTH-RELATED QUALITY OF LIFE

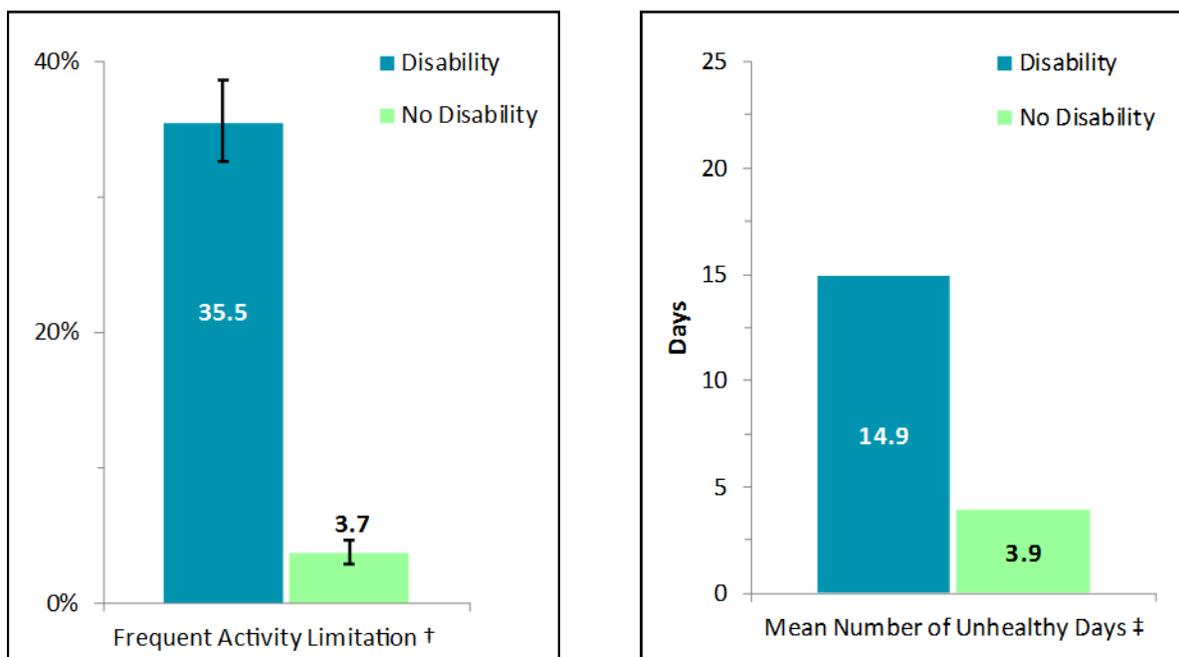
Montana BRFSS, 2012

In 2012, 14.9% 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 frequent activity limitation because of poor health more often than younger adults.
- ◆ Frequent activity limitation decreased significantly with increasing education and household income levels.
- ◆ American Indians/Alaska Natives reported frequent activity limitation more often than White, non-Hispanic adults.
- ◆ 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.
- ◆ Adults living in the North Central health planning region reported more frequent activity limitation than adults in the South Central health planning region.

Figure 1b. Health Status by Disability Status, Montana BRFSS, 2012



**Table 1b: Health Related Quality of Life Measures (continued), Montana Adults, 2012**

	Frequent Activity Limitation †				Mean Number of Unhealthy Days ‡		
	Wt. %	95% CI		UnWt. N	Mean	95% CI	
		LL	UL			LL	UL
<b>All Adults:</b>	<b>14.9</b>	13.6	16.3	778	<b>6.6</b>	6.3	6.9
<b>Sex:</b>							
Male	<b>16.5</b>	14.4	18.7	341	<b>6.0</b>	5.6	6.4
Female	<b>13.7</b>	12.1	15.4	437	<b>7.2</b>	6.8	7.5
<b>Age:</b>							
18 - 24	<b>5.5</b>	3.2	9.5	15	<b>5.8</b>	4.9	6.8
25 - 34	<b>9.6</b>	7.0	13.1	52	<b>6.0</b>	5.3	6.7
35 - 44	<b>11.8</b>	8.9	15.6	62	<b>6.6</b>	5.8	7.4
45 - 54	<b>19.1</b>	15.9	22.8	162	<b>7.2</b>	6.5	7.9
55 - 64	<b>20.9</b>	17.8	24.4	208	<b>6.9</b>	6.3	7.5
65+	<b>20.0</b>	17.3	23.0	277	<b>6.6</b>	6.1	7.1
<b>Education:</b>							
<High School	<b>25.7</b>	20.3	31.9	104	<b>10.1</b>	8.7	11.5
High School	<b>17.2</b>	14.9	19.8	296	<b>7.2</b>	6.7	7.7
Some College	<b>13.7</b>	11.5	16.1	220	<b>6.5</b>	6.0	7.0
College Degree +	<b>9.2</b>	7.6	11.2	156	<b>4.7</b>	4.3	5.1
<b>Income:</b>							
<\$15,000	<b>27.6</b>	23.5	32.0	244	<b>12.6</b>	11.6	13.7
\$15,000 - \$24,999	<b>20.1</b>	16.9	23.7	219	<b>9.1</b>	8.3	9.9
\$25,000 - \$49,999	<b>12.7</b>	10.5	15.3	159	<b>6.2</b>	5.7	6.7
\$50,000 - \$74,999	<b>5.6</b>	3.7	8.3	34	<b>4.2</b>	3.6	4.8
\$75,000 +	<b>7.5</b>	5.4	10.4	54	<b>3.7</b>	3.3	4.2
<b>Race/Ethnicity:</b>							
White, non-Hispanic	<b>14.1</b>	12.8	15.6	618	<b>6.3</b>	6.0	6.6
AI/AN*	<b>21.8</b>	16.0	28.9	93	<b>9.7</b>	8.3	11.2
Other or Hispanic**	<b>18.4</b>	12.3	26.7	58	<b>8.1</b>	6.5	9.8
<b>Disability:</b>							
Disability	<b>35.5</b>	32.6	38.6	661	<b>14.9</b>	14.2	15.6
No Disability	<b>3.7</b>	2.9	4.7	107	<b>3.9</b>	3.7	4.2
<b>Region:</b>							
1- Eastern MT	<b>14.4</b>	10.8	18.8	86	<b>6.5</b>	5.7	7.4
2- N Central MT	<b>19.1</b>	15.8	22.8	196	<b>7.1</b>	6.4	7.8
3- S Central MT	<b>12.2</b>	9.6	15.4	99	<b>6.5</b>	5.8	7.2
4- Southwest MT	<b>13.9</b>	11.4	16.9	120	<b>6.2</b>	5.6	6.7
5- Northwest MT	<b>15.8</b>	13.5	18.4	264	<b>6.8</b>	6.3	7.3

† Being limited in your usual activities due to poor physical or mental health for 14 or more days during the past 30 days .

‡ 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: 8,371.

\* American Indian or Alaska Native only.

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