

# SUMMARY

Montana BRFSS, 2012

This report presents selected findings from the 2012 Montana Behavioral Risk Factor Surveillance System (BRFSS) survey. BRFSS is an annual statewide landline and cell phone survey of non-institutionalized Montana residents ages 18 years of age and older. The survey is conducted through a collaborative effort with the Division of Behavioral Surveillance of the Centers for Disease Control and Prevention (CDC) and the Montana Department of Public Health and Human Services (DPHHS).

## Health Status Indicators

- 15.8% of Montana adults reported that their general health status was “fair” or “poor.”
- Activity limitations due to health problems was slightly higher among Montana residents than the national median.

## Access to Health Care Indicators

- The prevalence of uninsured Montana adults ages 18-64 years was 23.2% and the prevalence of no personal health care provider was 27.4%, slightly higher than the national medians of 20.4% and 22.2%, respectively.
- 14.6% of Montana adults could not afford to see a doctor in the past year.

## Clinical Preventive Measures

- The prevalence of not receiving regular preventative cancer screenings in accordance with the national recommendations was higher among Montana residents than the national median.
- Influenza immunization in the past year among adults ages 65 and older was lower among Montana residents than then national median.

## Health Related Risk Behaviors

- The percentage of Montana adults reporting no leisure-time physical activity was lower than the national median.
- The percentage of Montana adults who reported being overweight (BMI 25.0-29.9) was slightly higher than the national median. The percentage of Montana adults who reported being obese (BMI > 30.0) was lower than the national median.
- Heavy drinking and binge drinking were slightly more prevalent among Montanans than the national median.

## Chronic Health Conditions

- The percentage of Montana adults who reported currently having asthma was similar to the national median.
- Montana adults reported less clinically diagnosed diabetes than the national median.

## Population Subgroups

- Adults with less education (particularly those who have not completed high school), those with lower household incomes (<\$25,000), and American Indians/Alaska Natives more often reported risky health behaviors and poorer health outcomes than other population subgroups.

The results provided in this report have been weighted, as described in the methods section, to be representative of the non-institutionalized Montana adult population. **As of 2011, BRFSS prevalence data can no longer be directly compared to data from previous years due to changes in the weighting methodology and the addition of cell phone sampling. 2012 BRFSS data is not directly comparable to data before 2011.**