

## PUBLIC HEALTH RECOMMENDATIONS

Montana BRFSS, 2013

### **Reduce the proportion of adults in Montana who are overweight or obese.**

One goal of *Big Sky. New Horizons. A Healthier Montana: A Plan to Improve the Health of Montanans*, also known as the *State Health Improvement Plan (SHIP)*<sup>1</sup> is to reduce the prevalence of adults who report being overweight or obese to ≤54% by 2018. However, the percentage of residents who report being overweight or obese continues to increase from 60.2% in 2011, to 61.3% in 2012, to 61.4% in 2013.

### **Increase the percentage of adults who receive an annual influenza vaccination.**

During the 2013-2014 flu season there were 3,192 cases, 313 hospitalizations, and 8 deaths attributed to influenza in the state of Montana.<sup>2</sup> The spread of influenza can be prevented by receiving an influenza vaccine **every** year. In 2013, only 39% of Montana adults reported receiving an influenza vaccination within the past year. The SHIP goal is for ≥60% of the adult Montana population to receive an influenza vaccine each year. Montana's Public Health and Safety Division has further resources on influenza vaccination, <http://www.dphhs.mt.gov/influenza/vaccination-seasonal>.

### **Reduce tobacco use as a major risk factor for poor health outcomes among Montana adults.**

Cigarette smoking is the leading cause of preventable death in the United States. Currently the prevalence of smoking Montana is 19.0%. While Montana has met the SHIP goal to reduce cigarette smoking prevalence for all residents to ≤19%, the prevalence of smoking among American Indians/Alaska Native residents remains significantly higher (38.3%). Montana's Public Health and Safety Division has programs and policies in place to help reduce tobacco use, <http://tobaccofree.mt.gov/>.

### **Increase the use of seatbelts to save lives.**

In 2013, 74.3% of Montana adults reported that they always wore a seat belt, an increase of 4.2% from 2012. To meet the SHIP target of ≥83% of adults always wearing a seat belt, Montana adults need to increase seat belt use by another 8.7%. Montana's Public Health and Safety Division has programs and policies in place to help address this public health issue, see Montana's Injury Prevention Program, <http://www.dphhs.mt.gov/ems/prevention/>.

### **Reduce the prevalence of binge drinking, especially among adults 35 years of age and younger.**

In 2013, an estimated 20.8% of Montana adults reported binge drinking on at least one occasion within the past month. The prevalence of binge drinking is significantly higher among younger adults than older adults. The target goal for SHIP is to decrease binge drinking to ≤15% for all residents of Montana. DPHHS has programs and policies in place to help reduce binge drinking, <http://www.dphhs.mt.gov/amdd/chemicaldependencieservices/index.shtml>.

<sup>1</sup> Montana Department of Public Health and Human Services. **Big Sky. New Horizons. A Healthier Montana: A Plan to Improve the Health of Montanans (State Health Improvement Plan/SHIP)**. Available at: <http://www.dphhs.mt.gov/ship/>.

<sup>2</sup> Montana Department of Public Health and Human Services. **Montana Influenza Summary**. Available at: <http://www.dphhs.mt.gov/influenza/documents/MTFluReporting13-14.pdf>.