

SUMMARY

Montana BRFSS, 2014

This report presents selected findings from the 2014 Montana Behavioral Risk Factor Surveillance System (BRFSS) survey. BRFSS is an annual statewide landline and cell phone survey of non-institutionalized Montana residents 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

- 15.4% of Montana adults reported that their general health status was “fair” or “poor.” The national estimate was 16.9%.
- Activity limitations due to health problems was slightly higher among Montanans than the national estimate.

Access to Health Care Indicators

- The prevalence of no personal health care provider was 29.1% which was significantly higher than the national estimate of 22.9%.

Clinical Preventive Measures

- 28.0% of women ages 50+ in Montana reported not having a mammogram in the past two years. The national estimate was significantly lower, 23.5%
- Among Montana residents ages 50 to 75, 37.6% reported not being up-to-date with a recommended colorectal cancer screening. Nationally, the estimate was 33.7%.

Health Related Risk Behaviors

- Montana adults reported participating in leisure-time physical activity more often than adults nationwide.
- The percentage of Montana adults who reported being overweight (BMI 25.0-29.9) was slightly higher than the national estimate; however, the percentage of Montana adults who reported being obese (BMI \geq 30.0) was lower than the national estimate.
- The prevalence of heavy drinking and binge drinking was significantly higher among Montana residents than the national estimates.

Chronic Health Conditions

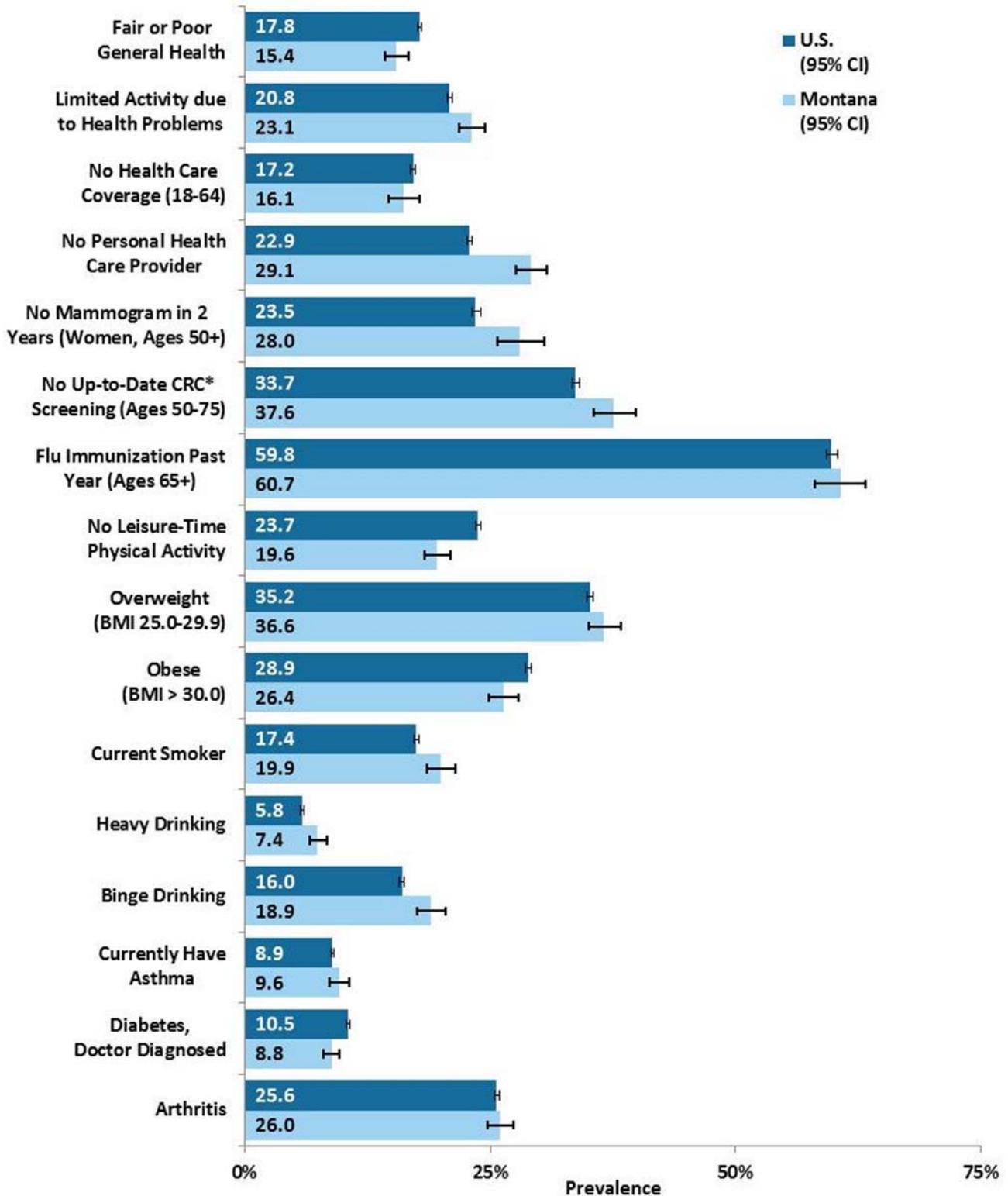
- The percentage of Montana adults who reported having clinically diagnosed diabetes was lower than the national estimate.
- Montana adults reported having asthma and arthritis less often than the national estimate.

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 previous to 2010 due to changes in the weighting methodology and the addition of cell phone sampling. 2014 BRFSS data are not directly comparable to data before 2011.**

**Figure A. 2014 BRFSS Selected Risk Factors and Health Conditions
U.S. and Montana**



*Colorectal Cancer Screening