



MONTANA Fact[or]s

Preview of 2006 BRFSS Data Part 2

This second issue of Montana BRFSS Factors, Winter 2008, presents the average estimates from the first half of this decade (2001 to 2005) of selected results from the Montana Behavioral Risk Factor Surveillance System (BRFSS) surveys and a preview of selected measures from the 2006 Montana BRFSS report, which will be released in 2008. For the first issue, BRFSS health indicators related to

access to health care and selected screenings and immunizations behavior of adults were highlighted. This issue continues the portrait of adult Montanans by examining health-related behaviors, in particular health risk behaviors and health status or outcomes. Montana state-specific indicators are compared to national health indicators as "better than," "same as," or "worse than," the national

median for all 50 states and the District of Columbia in 2006. A full set of Montana yearly questionnaires and health indicators can be found on the Department of Public Health and Human Services (DPHHS) BRFSS database query system website at www.brfss.mt.gov. In addition, Healthy People 2010 (HP2010) goals for the selected health objectives have been provided in the tables to help explain how adult Montanans

are doing in relationship to meeting the health objectives for the nation¹. Specific state rankings can be found on the Centers for Disease Control and Prevention (CDC) website at www.cdc.gov/brfss.

[The CDC website (www.cdc.gov/brfss) also provides national, state, and some local area prevalence estimates of health indicators, as well as access to downloadable datasets for further analyses.]

Health-Related Behaviors

Health Indicator	Montana 2001-2005	Montana 2006	U.S. 2006 Median	HP 2010 Goal
<i>Health-Related Behaviors:</i>	% (95% CI)	% (95% CI)	% (50 States & DC)	%
No Leisure Time Physical Activity	20.5 (19.8 - 21.2)	19.4 (18.1 - 20.6)	22.6 (14.2 - 31.1)	≤ 20
Current Smoker ¹	20.4 (19.7 - 21.2)	18.9 (17.6 - 20.4)	20.1 (9.8 - 28.5)	≤ 12
Binge Drinking ²	17.8 (17.1 - 18.6)	15.8 (14.5 - 17.2)	15.4 (8.6 - 24.3)	≤ 13.4
Heavy Drinking ³	6.0 (5.5 - 6.5)	5.4 (4.6 - 6.3)	4.9 (2.0 - 7.9)	n/a

¹ Adults who reported smoking at least 100 cigarettes in their lifetime and who currently smoked every day or some days.
² Binge drinking is defined as consuming five or more alcoholic drinks on at least one occasion during the past 30 days.
³ Heavy drinking is defined as having an average of more than 2 alcoholic drinks per day for men and more than 1 drink per day for women during the past 30 days.

equal to 12 percent of current smoking among adults (range = 9% to 30%), but Montanans need to rapidly change this behavior to meet the national objective by 2010.

Alcohol Consumption: The major risk measures for alcohol consumption are binge/acute drinking² and heavy/chronic drinking³:

- Binge Drinking:** The mean prevalence for binge drinking for the Montana adult population during the first half of the decade was 18 percent. In 2006, Montana adults (16%) performed about the same as the national median (15%), with about half the states doing better and about half of the states doing worse in reported binge drinking (range = 9% to 24%). The HP2010 goal for this objective is for no more than 13 percent of adults in the nation to engage in binge drinking episodes.

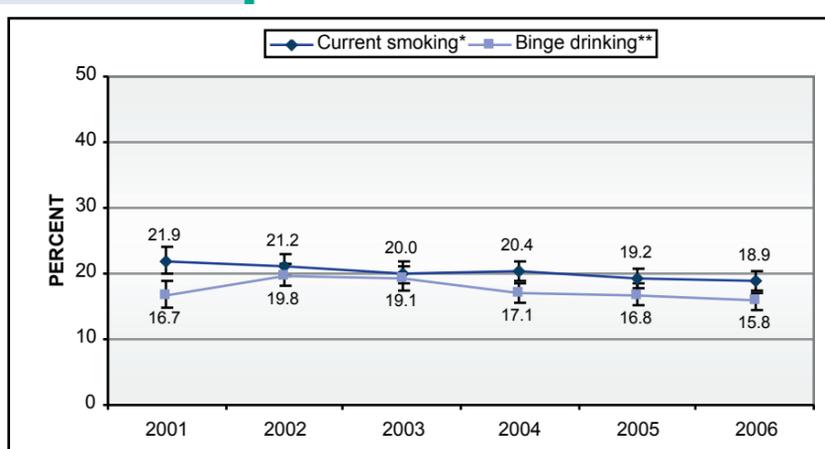
- Heavy Drinking:** During the first half of this decade the mean prevalence of heavy drinking among Montana adults was six percent. In 2006, Montana adults (5%) were behaving the same as the national median (5%) for chronic drinking; states ranged from two percent to eight percent on this measure.

No Leisure Time Physical Activity:

From 2001 to 2005, slightly more than one in five Montana adults (21%) reported no leisure time physical activity in their lifestyle. In 2006, 19 percent of Montana adults indicated that they were not physically active in their leisure time, but Montanans did better than the national median of 23 percent. National estimates ranged from a low of 14 percent to a high of 31 percent. As of 2006, Montana met the Healthy People 2010 goal of less than 20 percent of adults reporting such behavior.

Current Smoker:

From 2001 to 2005, one in five Montana adults currently smoked cigarettes¹ (mean = 20%). In 2006, Montanans (19%) performed slightly better than the national median (20%). Some states already achieved the HP2010 goal of less than or



* Have smoked 100 lifetime cigarettes and currently smoke every day or some days
 ** Consumed 5 or more alcoholic beverages on at least one occasion in the past month

Figure 1. Cigarette Smoking and Binge Drinking, Montana Adults, 2001-2006.

Health Status or Outcomes

Thirty-seven percent of Montana adults (2001 to 2005) reported a height and weight that categorized them as being overweight.

During the first half of the decade, **one in five Montana adults** reported they were **obese**.

In the first half of the decade, almost **six percent of Montana adults** reported they were told by a doctor that they **had diabetes**.

Fair or Poor General Health Status:

Montanans did **better than the national median** for self-reported "fair or poor" general health status. The five-year mean, as well as 2006 prevalence, remained stable during the first half of the decade with 13 percent of Montana adults describing their general health as "fair" or "poor." The national median for adults who indicated "poor or fair" general health was 15 percent (range = 11% to 23%) and adults in at least 25 other states reported "poor or fair" health more frequently than Montanans.

Overweight:

Thirty-seven percent of Montana adults (mean for 2001 to 2005) reported a height and weight that categorized them as being overweight⁴. Compared to other states in 2006, Montanans (38%) weighed in slightly heavier or did **slightly worse than the national median** (37%) on this measure. Among all 50 states and DC, the prevalence of overweight adults ranged from 32 percent to 40 percent in 2006.

Obese:

During the first half of the decade, one in five Montana adults (20%) reported they were obese⁵. In 2006, 21 percent of Montana adults were obese. Nationally in 2006, the prevalence of reported obesity ranged from 18 percent to 31 percent of adults. Montanans (21%) did **better than the national median** of 25 percent, in which one in four adults reported being obese. As a nation, the adult population has a long way to go to reach the HP2010 goal for this measure ($\leq 15\%$).

Health Indicator	Montana 2001-2005	Montana 2006	U.S. 2006 Median	HP 2010 Goal
Health Status or Outcomes:	% (95% CI)	% (95% CI)	% (50 States & DC)	%
Fair or Poor General Health Status ³	13.3 (12.8 - 13.9)	13.2 (12.3 - 14.3)	14.7 (10.8 - 23.1)	n/a
Overweight (does not include obese) ⁴	37.4 (36.5 - 38.3)	38.1 (36.4 - 39.8)	36.5 (32.1 - 39.6)	n/a
Obese ⁵	19.6 (18.9 - 20.3)	21.2 (19.9 - 22.6)	25.1 (18.2 - 31.4)	≤ 15
Diabetes, Clinically Diagnosed	5.7 (5.3 - 6.1)	6.4 (5.7 - 7.1)	7.5 (5.3 - 12.1)	≤ 2.5
Asthma, Currently Have ⁶	8.3 (7.8 - 8.8)	8.3 (7.4 - 9.3)	8.5 (5.9 - 10.5)	n/a

⁴ Adults who reported that, in general, their health was "fair" or "poor."

⁵ $25.0 \text{ kg/m}^2 \leq \text{Body Mass Index (BMI)} < 30.0 \text{ kg/m}^2$

⁶ $\text{BMI} \geq 30 \text{ kg/m}^2$

⁷ Adults ever told by a doctor, nurse or other health professional that they had asthma who reported they still had asthma.

Clinically Diagnosed Diabetes:

In the first half of the decade, almost six percent of Montana adults reported they were told by a doctor that they had diabetes. In 2006, the national median was almost eight percent, with states ranging from five percent to twelve percent of the adult population with this diagnosis. In 2006, Montanans (6%) did **better than the national median** (8%), but state and national estimates have continued to rise rather than decrease. The HP2010 goal for this objective is to decrease the prevalence of diabetes among adults to 2.5 percent or less.

Currently Have Asthma:

The average prevalence of current asthma⁶ among adults in Montana remained stable for the first half of the decade through 2006 at eight percent. In 2006, Montana adults were about the **same as the national median** (8.5%) for the percent who reported that they currently have asthma. Nationally, the prevalence of current asthma among adults ranged from six percent to eleven percent in 2006.

Summary:

Among all 50 states and DC, Montana adults have been doing **better than the national median on five of the nine health indicators** addressed above. As the nation strives to improve the health of its citizens, Montana adults did about the **same as the national median on three of the nine objectives** and **worse than the national median on one of the nine objectives** addressed herein. Of the results presented here regarding **Healthy People 2010 goals**, **Montana has met only one of the five targeted objectives**. Montanans have a long way to go to meet or exceed the other objectives as the year 2010 is quickly approaching.

Background

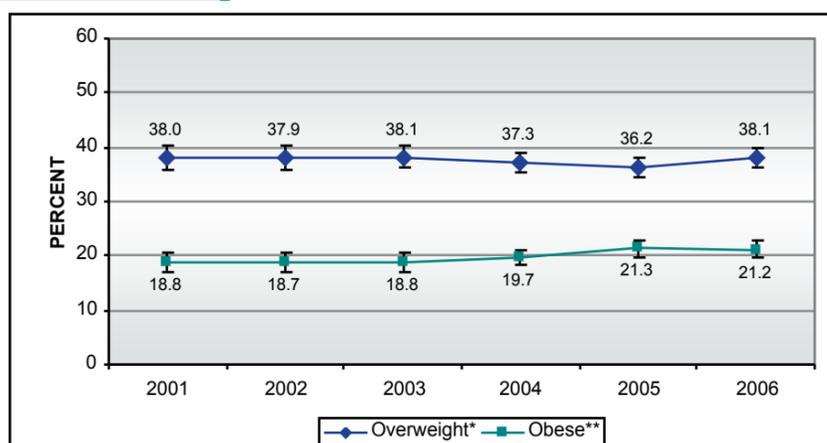
The Montana Behavioral Risk Factor Surveillance System (BRFSS) has been collecting and reporting state-specific, population-based estimates of health-related data since 1984. The purpose of this statewide telephone survey of Montana residents aged 18 and older is to gather information regarding personal health risk behaviors, selected medical conditions, and the prevalence of preventive health care practices among Montana adults. These BRFSS results have been used by public health agencies, academic institutions, non-profit organizations, and others to develop programs that promote the health of Montana adults and reduce risks that contribute to the leading causes of death in the state.

Acknowledgements

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Footnotes

- 1 Adults who reported smoking at least 100 cigarettes in their lifetime and who currently smoke every day or some days are defined as current smokers.
- 2 Binge drinking is defined as having five or more alcoholic drinks on one occasion.
- 3 Heavy or chronic drinking is defined as having an average of more than 2 alcoholic drinks per day for men and more than 1 drink per day for women during the past 30 days, i.e., about 60 drinks/month for men and 30 drinks per month for women.
- 4 Body Mass Index (BMI) $\geq 25.0 \text{ kg/m}^2$ and $< 30 \text{ kg/m}^2$
- 5 $\text{BMI} \geq 30 \text{ kg/m}^2$
- 6 Adults ever told by a doctor, nurse or other health professional that they had asthma who reported they still had asthma.



* $25.0 \text{ kg/m}^2 \leq \text{BMI} < 30.0 \text{ kg/m}^2$

** $\text{BMI} \geq 30 \text{ kg/m}^2$

Figure 2. Overweight and Obesity, Montana Adults, 2001-2006.