



Department of Public Health and Human Services

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Steve Bullock, Governor

Richard H. Opper, Director

October 1, 2014

To the Citizens of Montana:

I am pleased to present on behalf of the Department of Health and Human Services the 2013 Montana Behavioral Risk Factor Surveillance System (BRFSS) Annual Report. The BRFSS is a telephone survey sponsored by the Centers for Disease Control and Prevention (CDC) that gathers non-identifying, behavioral health data of Montana residents ages 18 years and older. Montana is proud to be one of the few states that has participated in the survey since it first started in 1984.

I would like to personally thank all of the 9,693 residents who participated in the 2013 survey and provided us with valuable health information. In 2013, Montana had the fourth highest resident participation rate in the nation. It is because of you that Montana has been able to achieve this great accomplishment.

The information gathered by the BRFSS helps Montana identify which areas of the population are at risk for disease, injury, inadequate clinical care, and disabilities. Various programs within the Department use the data as a planning tool for health promotion and disease prevention. Our State Health Improvement Plan (SHIP) relies on BRFSS data to measure Montana residents' health status. The data are also used at the regional, state, and national levels to determine public health benchmarks and to measure progress over time.

The annual report summarizes current health measures and the overall health status of Montana adults. Please use it as a resource for yourself and others to help improve the health of Montanans to the highest possible level.

Sincerely,

Richard H. Opper
Director

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