

Select Health Risks among LGBTQ+ Adults in Montana, 2017-2018



In 2017 and 2018, approximately 4% of Montanan adults identified within the LGBTQ+ community.

According to the National LGBT Health Education Center, LGBT populations are more likely to experience select health risks, including smoking, substance abuse, depression and/or anxiety, and unhealthy weight control/perception.

Among LGBTQ+ adults in Montana, 1 in 4 (25%) reported currently smoking cigarettes.

The Montana Tobacco Quit Line is a **free** resources that helps all Montanans quit tobacco product use, including smokeless tobacco and electronic cigarettes. To get started, call **1-800-784-8669** or visit <https://montana.quitlogix.org/en-US/>.



Approximately 1 in 5 (22%) LGBTQ+ adults in Montana engaged in binge drinking and almost 1 in 10 (9%) were heavy drinkers.

Binge drinking is defined as males having 5+ drinks on one occasion and females having 4+ drinks on one occasion. Meanwhile, heavy drinking is defined as males having 15+ drinks per week and females having 8+ drinks per week.

42% of Montanan LGBTQ+ adults reported having ever been diagnosed with depression and 1 in 4 (25%) reported experiencing poor mental health on 14 or more of the past 30 days.

Depression is a major risk factor for suicide and Montana has one of the highest suicide death rates in the nation. If you are in crisis and want help, call the Montana Suicide Prevention Lifeline, **24/7**, at **1-800-273-8255** or text "MT" to **741 741**.



6 out of every 10 (63%) LGBTQ+ adults in Montana reported being overweight or having obesity, according to self-reported Body Mass Index (BMI) scores.

Overweight and obesity may increase the risk for several health conditions, including but not limited to Type II Diabetes, certain types of cancer, and heart disease.