



Montana Disability and Health Program Fact Sheet

BURDEN FACTS

- 1 in 7 (14.3%) Montana adults report having a disability.¹
- Almost all (87%) of Montana adults with a disability have at least one chronic condition and 35% have two or more.²
- Montana adults with a disability are twice as likely to report a health care access hardship than adults with no disability.²
- Tobacco use is significantly higher among Montana adults with a disability (31%) than in adults with no disability (19%).²

¹ American Community Survey, 2019-2023

² Montana Behavioral Risk Factor Surveillance System, 2023

CONTACT

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THE MONTANA DISABILITY AND HEALTH PROGRAM (MTDH)

The goal of MTDH is to promote and maximize health, prevent secondary conditions and chronic disease, reduce health disparities, and increase the independence and quality of life for people with disabilities.

PROGRAM FACTS

The MTDH partners with Montana's four Centers for Independent Living to:

- Train staff to implement *Living Well in the Community*—a ten-week evidence-based health promotion workshop for people who want to set goals to support their overall quality of life and wellbeing.
- Increase disability representation in community planning through Inclusive Interdisciplinary Walk/Move Audits, which ensures the development of safe, connected and healthy communities.
- Implement a Linkage Project to link people with intellectual and developmental disabilities to needed health care and health promotion programs.

The MTDH recruits, trains, and supports Disability Advisors as active members of Chronic Disease Prevention and Health Promotion Bureau (CDPHP) steering committees to provide technical assistance and instill disability inclusion and wellness goals into public health planning.

The MTDH partners to improve the accessibility and disability inclusion of state chronic disease and health promotion programs. The MTDH:

- Received grant funding to implement the Prevent T2 for All diabetes prevention curriculum with the Montana Diabetes Program.
- Collected Quit Rate Outcome data for people with disability and plans to publish with the Montana Tobacco Use Prevention Program.
- Promotes accessible mammography resources and centers with the Montana Cancer Program.
- Participated in the planning and development of the 2024 State Health Assessment and State Health Improvement Plan.

The MTDH offers trainings to improve disability-competent health care with a focus on health care delivery, accessible communication, and systems change. Continuation Education (CE) credits available.

RESOURCES

Visit our website for more information: <http://mtdh.ruralinstitute.umt.edu/>
Disability and Health Data System:
<https://www.cdc.gov/ncbddd/disabilityandhealth/dhds/index.html>

