




Chronic Disease in Montana



62%
of Montana adults are estimated to have a chronic disease*




Nearly 2 in 5 (38%) have two or more chronic diseases




3 primary behaviors (smoking, lack of exercise, and poor diet) cause

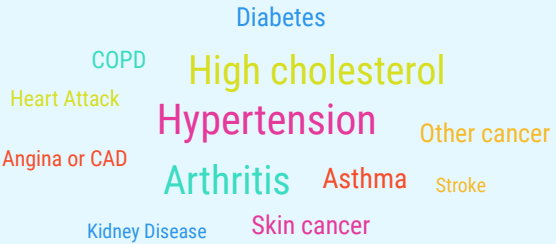
4 chronic diseases (cancer, heart disease, diabetes, and lung disease)



50% which lead to half of all the deaths in Montana each year



Chronic Diseases Are Common



Size of letters in graphic are proportional to prevalence.
Hypertension: 29.5%, Arthritis: 29.0%, High cholesterol: 28.3%, Asthma: 10.0%, Other cancers: 8.3%, Diabetes: 7.6%, Skin cancer: 7.4%, Chronic obstructive pulmonary disease: 6.8%, Heart attack: 4.7%, Angina or coronary artery disease: 3.9%, Stroke 3.1%, Kidney disease: 2.4%
Source: 2019 BRFSS, Montana

Among Montana adults:

72% are physically inactive

65% have an unhealthy weight

17% smoke tobacco

Chronic Diseases Are Expensive



90% of the nation's healthcare spending is for people with chronic diseases¹



14x more is spent on health services by Americans with five or more chronic diseases than those with no chronic disease

Most Chronic Diseases Can Be Prevented!

- Lose 5-7% of body weight, if living with an unhealthy weight
- Choose a balanced diet
- Receive regular health screenings
- Quit smoking and vaping
- Achieve at least 150 minutes of exercise per week
- Know family history of disease
- Limit alcohol consumption

*Angina, Asthma, Arthritis, Cancer, Chronic obstructive pulmonary disease, Coronary artery disease, Diabetes, Heart attack, High cholesterol, Hypertension, Kidney disease, Stroke
Data source: 2019 BRFSS, Montana

¹ https://www.rand.org/content/dam/rand/pubs/tools/TL200/TL221/RAND_TL221.pdf