

PUBLIC HEALTH IMPLICATIONS OF FINDINGS

Montana BRFSS, 2011

Reduce the proportion of adults in Montana with no health care coverage and increase the proportion of adults receiving routine checkups.

The *Healthy People 2020* (HP2020)¹ target for health care coverage is to have 100% of adults insured. The prevalence for adults 18-64 years of age will need to increase 24.1% or an average of 2.7% per year to meet the HP 2020 goals. In addition, increasing the percent of adults who have a personal health care provider and reducing health care access limitations due to costs are very important for improved health outcomes.

Reduce tobacco use as a major risk factor for poor health outcomes among Montana adults.

Cigarette smoking is the leading cause of preventable death in the United States. Adult Montanans have higher prevalence estimates of smoking (22.1%) than at least half of the U.S. states (21.2% median), well above the HP2020 target goal of ≤12.0%. Use of smokeless tobacco (7.1%) is also well above the HP2020 target of ≤0.3%. Smoking cigarettes and smokeless tobacco use are particularly high for American Indians/Alaska Natives (47.6% and 11.1%, respectively). Montana's Public Health and Safety Division has programs and policies in place to help reduce tobacco use, <http://tobaccofree.mt.gov/>.

Increase the use of seatbelts to save lives.

In 2011, 26.9% Montana adults reported that they did not always wear a seat belt. To meet the HP2020 target of ≥92.4% always using a seatbelt, Montana adults need to increase use by 19.3% or an average of 2.1% per year over the next nine years. Montana's Public Health and Safety Division has programs and policies in place to help address this public health issue, see Montana's Injury Prevention Program, <http://www.dphhs.mt.gov/ems/prevention/>.

Reduce the prevalence of binge drinking, especially among adults 35 years of age and younger.

In 2011, an estimated 20.8% of Montana adults reported binge drinking on at least one occasion within the past month. The prevalence of binge drinking among males is almost twice that of females. DPHHS has programs and policies in place to help reduce binge drinking, <http://www.dphhs.mt.gov/amdd/chemicaldependencieservices/index.shtml>.

Improve the quality of life for people affected by arthritis and increase awareness of appropriate self-management.

In 2011, more than one-quarter (26.4%) of Montana adults reported having been diagnosed with some form of arthritis. Almost one-half (49.5%) of adults with arthritis in Montana have activity limitations due to joint symptoms. Montana's Public Health and Safety Division has programs and policies in place to help reduce and manage arthritis related illnesses, <http://www.dphhs.mt.gov/arthritis/index.shtml>.

¹ U.S. Department of Health and Human Services. **Healthy People 2020**. Washington, DC: U.S. Government Printing Office. Available at: <http://www.healthypeople.gov>.