

PUBLIC HEALTH RECOMMENDATIONS

Montana BRFSS, 2012

Reduce the proportion of adults in Montana who report are overweight or obese.

One goal of *Big Sky. New Horizons. A Healthier Montana: A Plan to Improve the Health of Montanans*, also known as the *State Health Improvement Plan (SHIP)*¹ is to reduce the prevalence of adults who report being overweight or obese to $\leq 24\%$ by 2018. In 2012, 61.3% of Montana adults reported they were overweight or obese. In order to meet the SHIP target, the average prevalence of adults who are overweight or obese will need to decrease by 7.3%, a decrease of 1.2% per year over the next six years.

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. Currently the prevalence of smoking Montana is 19.7%. In particular, the prevalence estimates of smoking is significantly higher among American Indians/Alaska Native residents (41.3%) than White, non-Hispanic residents (18.1%). The goal of SHIP is to reduce cigarette smoking prevalence for all residents to $\leq 19\%$. 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 2012, 29.9% of Montana adults reported that they did not always wear a seat belt, an increase of 3.0% from 2011. To meet the SHIP target of $\geq 83\%$ of adults always wearing a seatbelt, Montana adults need to increase seat belt use by 12.9%. 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 2012, an estimated 21.7% of Montana adults reported binge drinking on at least one occasion within the past month. The prevalence of binge drinking is significantly higher among younger adults than older adults. The target goal for SHIP is to decrease binge drinking to $\leq 15\%$ for all residents of Montana. DPHHS has programs and policies in place to help reduce binge drinking, <http://www.dphhs.mt.gov/amdd/chemicaldependencieservices/index.shtml>.

Increase cancer screening rates for early detection, especially among low income households.

Cancer was the leading cause of death among Montana residents in 2012. Timely screening for breast, cervical, and colorectal cancer can detect cancer in its early stages when it is most treatable. Residents with household incomes of $< \$25,000$ reported lower rates of routine cancer screenings. Montana's Public Health and Safety Division has programs and policies in place to help increase cancer screening rates among low income families, <http://www.dphhs.mt.gov/publichealth/cancer/cancerscreening.shtml>.

¹ Montana Department of Public Health and Human Services. **Big Sky. New Horizons. A Healthier Montana: A Plan to Improve the Health of Montanans (State Health Improvement Plan/SHIP)**. Available at: <http://www.dphhs.mt.gov/ship/>.