

# **2013 MONTANA BRFSS ANNUAL REPORT**



**SURVEY RESULTS FROM THE  
BEHAVIORAL RISK FACTOR  
SURVEILLANCE SYSTEM**



## **Public Health and Safety Division**

Montana Department of Public Health and Human Services

**DIVISION MISSION: *To Improve the Health of Montanans to the Highest Possible Level***

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**Steve Bullock, Governor**

**Richard H. Opper, Director**

October 1, 2014

To the Citizens of Montana:

I am pleased to present on behalf of the Department of Health and Human Services the 2013 Montana Behavioral Risk Factor Surveillance System (BRFSS) Annual Report. The BRFSS is a telephone survey sponsored by the Centers for Disease Control and Prevention (CDC) that gathers non-identifying, behavioral health data of Montana residents ages 18 years and older. Montana is proud to be one of the few states that has participated in the survey since it first started in 1984.

I would like to personally thank all of the 9,693 residents who participated in the 2013 survey and provided us with valuable health information. In 2013, Montana had the fourth highest resident participation rate in the nation. It is because of you that Montana has been able to achieve this great accomplishment.

The information gathered by the BRFSS helps Montana identify which areas of the population are at risk for disease, injury, inadequate clinical care, and disabilities. Various programs within the Department use the data as a planning tool for health promotion and disease prevention. Our State Health Improvement Plan (SHIP) relies on BRFSS data to measure Montana residents' health status. The data are also used at the regional, state, and national levels to determine public health benchmarks and to measure progress over time.

The annual report summarizes current health measures and the overall health status of Montana adults. Please use it as a resource for yourself and others to help improve the health of Montanans to the highest possible level.

Sincerely,

Richard H. Opper  
Director

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# ACKNOWLEDGEMENTS

Montana BRFSS, 2013

The Centers for Disease Control and Prevention (CDC), Division of Population Health provided financial and technical support for developing the questionnaires, implementing the survey, and processing and weighting the data. CDC's financial support has greatly facilitated the Montana Department of Public Health and Human Services (DPHHS) ability to continually monitor health risk factors for preventable diseases, disabilities, and injuries, access to health care and use of preventive screenings, and other emerging health issues.

Special appreciation is extended to the telephone interviewers and staff of the University of Nebraska Medical Center and call center located in Omaha, NE. Their dedication and experience has yielded high quality survey data for the Montana BRFSS.

**To the citizens of the state of Montana, we thank you for your continued cooperation and willingness to participate in this very important health survey.** The information you have provided regarding health risk behaviors is invaluable for assessing state trends for public health planning purposes and allowing us the ability to compare Montana's progress to the rest of the states and the nation.

## **Suggested Citation:**

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# TABLE OF CONTENTS

Montana BRFSS, 2013

ACKNOWLEDGMENTS.....	v
TABLE OF CONTENTS.....	vi
SUMMARY.....	viii
<b>Figure A.</b> Selected Risk Factors—2013 CDC BRFSS, U.S. Median and Montana	
PUBLIC HEALTH RECOMMENDATIONS.....	xi
INTRODUCTION.....	1
<b>Table A.</b> Behavioral Risk Factors Associated with the Leading Causes of Death in Montana, 2013	
<b>Table B.</b> HP2020 and SHIP Objectives for Montana: Summary of Montana 2013 BRFSS Data	
METHODS.....	3
Sampling Design	
Survey Administration	
Data Weighting and Analysis	
<b>Table C.</b> Demographic Characteristics of Montana Adults in the 2013 BRFSS	
Questionnaire	
Survey Limitations	
References and Suggested Readings	
INTERPRETING THE TABLES.....	10
2013 SURVEY RESULTS	
<b>Health Status Indicators</b> .....	11
<b>Table 1a.</b> Health Related Quality of Life Measures	
<b>Table 1b.</b> Health Related Quality of Life Measures (continued)	
<b>Table 2a.</b> Disability	
<b>Table 2b.</b> Disability (continued)	
<b>Access to Health Care Indicators</b> .....	15
<b>Table 3.</b> Access to Health Care	
<b>Table 4.</b> Health Care Utilization	
<b>Table 5.</b> Oral Health	
<b>Clinical Preventive Practices</b> .....	18
<b>Table 6.</b> Immunization	
<b>Table 7.</b> HIV Testing	
<b>Health Related Risk Behaviors</b> .....	20
<b>Table 8.</b> Physical Activity	
<b>Table 9.</b> Body Mass Index (BMI)	
<b>Table 10.</b> Tobacco Use	
<b>Table 11.</b> Alcohol Related Risk Behaviors	
<b>Table 12.</b> Seat Belt Use	

# TABLE OF CONTENTS

Montana BRFSS, 2013

<b>Chronic Health Conditions</b> .....	25
<b>Table 13.</b> Asthma	
<b>Table 14.</b> Arthritis	
<b>Table 15.</b> Cardiovascular Disease	
<b>Table 16.</b> Cholesterol	
<b>Table 17.</b> Blood Pressure	
<b>Table 18.</b> Diabetes and Pre-Diabetes	
<b>Table 19.</b> Chronic Health Conditions	
<b>Regional Comparisons of 2013 Health Indicators</b> .....	32
<b>Table 20.</b> Health Status Indicators	
<b>Table 21.</b> Health Care Indicators	
<b>Table 22.</b> Clinical Preventative Practices	
<b>Table 23.</b> Health Related Risk Behaviors	
<b>Table 24.</b> Chronic Health Conditions	
APPENDIX A: Map of Montana’s Health Planning Regions.....	35
APPENDIX B: Data Use Permission and Contact Information.....	36

## SUMMARY

Montana BRFSS, 2013

This report presents selected findings from the 2013 Montana Behavioral Risk Factor Surveillance System (BRFSS) survey. BRFSS is an annual statewide landline and cell phone survey of non-institutionalized Montana residents ages 18 years of age and older. The survey is conducted through a collaborative effort with the Division of Behavioral Surveillance of the Centers for Disease Control and Prevention (CDC) and the Montana Department of Public Health and Human Services (DPHHS).

### Health Status Indicators

- 15.4% of Montana adults reported that their general health status was “fair” or “poor.” The national median was 16.9%.
- Activity limitations due to health problems was slightly higher among Montanans than the national median.

### Access to Health Care Indicators

- The prevalence of no personal health care provider was 29.6% and the prevalence of uninsured Montana adults ages 18-64 years was 21.5%, higher than the national medians of 23.3% and 17.1%, respectively.

### Clinical Preventive Measures

- Influenza immunization in the past year among adults ages 65 and older was higher among Montana residents than the national median.
- Ever receiving a pneumococcal vaccine among adults ages 65 and older was higher among Montana residents than the national median.

### Health Related Risk Behaviors

- Montana adults reported participating in leisure-time physical activity more often than adults nationwide.
- The percentage of Montana adults who reported being overweight (BMI 25.0-29.9) was slightly higher than the national median; however, the percentage of Montana adults who reported being obese (BMI  $\geq$  30.0) was lower than the national median.
- The prevalence of heavy drinking and binge drinking was slightly higher among Montana residents than the national median.

### Chronic Health Conditions

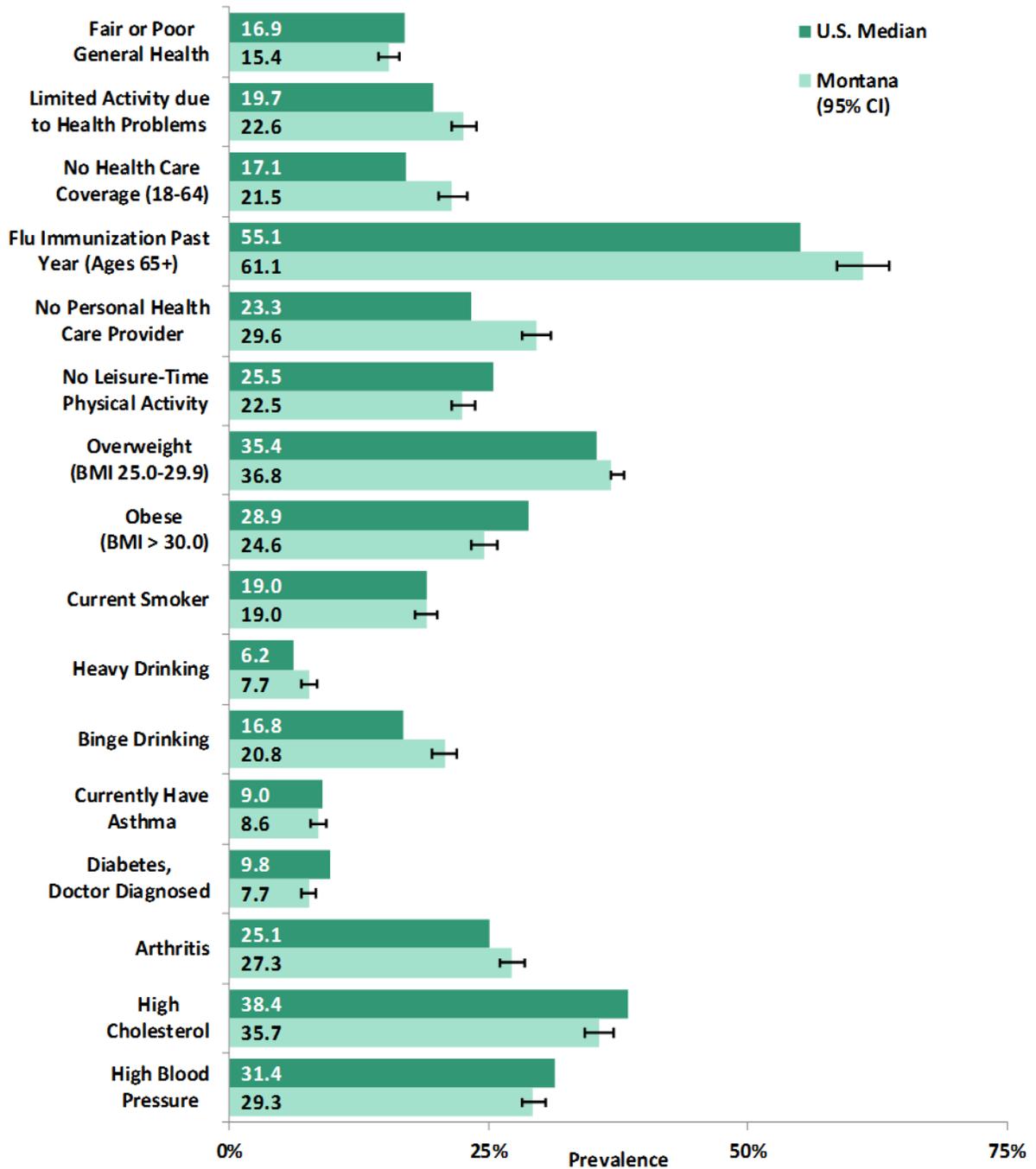
- The percentage of Montana adults who reported having arthritis was higher than the national median.
- Montana adults reported having clinically diagnosed diabetes, high cholesterol, and high blood pressure less often than the national median.

### Population Subgroups

- Adults with less education (particularly those who have not completed high school), those with lower household incomes (<\$25,000), and American Indians/Alaska Natives more often reported risky health behaviors and poorer health outcomes than other population subgroups.

The results provided in this report have been weighted, as described in the methods section, to be representative of the non-institutionalized Montana adult population. **As of 2011, BRFSS prevalence data can no longer be directly compared to data from previous years due to changes in the weighting methodology and the addition of cell phone sampling. 2013 BRFSS data are not directly comparable to data before 2011.**

**Figure A. 2013 BRFSS Selected Risk Factors and Health Conditions  
U.S. Median and Montana**



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## PUBLIC HEALTH RECOMMENDATIONS

Montana BRFSS, 2013

### **Reduce the proportion of adults in Montana who 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)*<sup>1</sup> is to reduce the prevalence of adults who report being overweight or obese to ≤54% by 2018. However, the percentage of residents who report being overweight or obese continues to increase from 60.2% in 2011, to 61.3% in 2012, to 61.4% in 2013.

### **Increase the percentage of adults who receive an annual influenza vaccination.**

During the 2013-2014 flu season there were 3,192 cases, 313 hospitalizations, and 8 deaths attributed to influenza in the state of Montana.<sup>2</sup> The spread of influenza can be prevented by receiving an influenza vaccine **every** year. In 2013, only 39% of Montana adults reported receiving an influenza vaccination within the past year. The SHIP goal is for ≥60% of the adult Montana population to receive an influenza vaccine each year. Montana's Public Health and Safety Division has further resources on influenza vaccination, <http://www.dphhs.mt.gov/influenza/vaccination-seasonal>.

### **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 19.0%. While Montana has met the SHIP goal to reduce cigarette smoking prevalence for all residents to ≤19%, the prevalence of smoking among American Indians/Alaska Native residents remains significantly higher (38.3%). 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 2013, 74.3% of Montana adults reported that they always wore a seat belt, an increase of 4.2% from 2012. To meet the SHIP target of ≥83% of adults always wearing a seat belt, Montana adults need to increase seat belt use by another 8.7%. 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 2013, an estimated 20.8% 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 ≤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>.

<sup>1</sup> 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/>.

<sup>2</sup> Montana Department of Public Health and Human Services. **Montana Influenza Summary**. Available at: <http://www.dphhs.mt.gov/influenza/documents/MTFluReporting13-14.pdf>.

# INTRODUCTION

Montana BRFSS, 2013

From 1981 to 1983, the Centers for Disease Control and Prevention (CDC) funded states in the U.S. to conduct point-in-time pilot surveys about health-related behaviors that were thought to be associated with an increased risk of disease and premature death. Montana has the distinction of having been one of the original 29 states to conduct the pilot surveys for CDC. Because of successful implementation of these pilot surveys, the CDC established the Behavioral Risk Factor Surveillance System (BRFSS) in 1984 and Montana was one of the 15 states to secure funding from CDC when this initiative formally began. BRFSS is an annual state-based telephone survey assessing the health status and behavioral risk factors of the non-institutionalized adult population 18 years of age and older. The BRFSS began with four primary goals:

1. To document health trends at the state level;
2. To identify emerging health issues;
3. To compare health behaviors across states; and
4. To measure progress toward the nation's health goals.

Through cooperative agreements between CDC and state departments of public health, the BRFSS expanded to include all 50 states, the District of Columbia, and several U.S. territories. BRFSS is now the largest continuously conducted telephone health survey in the world.

The BRFSS survey provides valuable information on health trends, chronic disease risks, and data for monitoring the effectiveness of policies, programs, and interventions. Subject areas include self-reported health status, access to health care, health awareness, use of preventive services, as well as knowledge and attitudes of health care and health care practices. Each year modifiable behaviors such as smoking, excessive alcohol consumption, obesity, and physical inactivity contribute to a substantial portion of the mortality and morbidity associated with chronic disease and unintentional injury. Underutilization of preventive health services (e.g. blood pressure, cholesterol, and cancer screenings) may also contribute to morbidity and premature death from many diseases. Measuring the prevalence of high-risk behaviors and preventive health service utilization provides information for developing and monitoring interventions designed to reduce premature death and disease. In 2013, 72% of Montana deaths were associated with modifiable health risk behaviors and conditions (Table A).

*Healthy People 2020* (U.S. DHHS) is a national initiative designed to serve as a road map for improving the health of all people in the United States during the second decade of the 21<sup>st</sup> century. *Healthy People 2020 (HP2020)* builds on similar initiatives pursued over the past three decades. Objectives were developed to measure the health of the nation and our progress towards those goals.

Montana has a similar initiative, *Big Sky. New Horizons. A Healthier Montana: A Plan to Improve the Health of Montanans* (MT DPHHS), also known as the *State Health Improvement Plan (SHIP)*, that is targeted specifically to improving the health of Montanans to the highest possible level. *SHIP* is a five year plan, from 2013 to 2018, developed by the Department of Public Health and Human Services, along with over 130 outside organizations.

Data from the annual BRFSS survey are one of the primary means of monitoring progress towards achieving *HP2020* and *SHIP* health objectives. The objectives and targets of *HP2020* and *SHIP* are different because they have different time frames and *SHIP* measures are specific for current challenges of Montana residents. Table B summarizes Montana's progress toward *HP2020* and *SHIP* goals that were measured on the 2013 survey.

**Table A: Behavioral Risk Factors Associated with the Leading Causes of Death in Montana, 2013\***

Rank	Cause of Death	# of Deaths	% of Total Deaths <sup>1</sup>	Crude Rate <sup>2</sup>	Associated Risk Factors <sup>3</sup>
1	Cancer	1,986	21.0%	195.6	Smoking, high-fat diet, chronic alcohol abuse
2	Heart Disease	1,976	20.9%	194.6	Smoking, physical inactivity, hypertension, high-fat diet, high blood cholesterol, overweight
3	Chronic Lower Respiratory Disease	642	6.8%	63.2	Smoking, exposure to certain chemicals
4	Unintentional Injuries	595	6.3%	58.6	Binge and chronic drinking, non-use of safety belts
5	Cerebrovascular Disease (including stroke)	478	5.1%	47.1	High blood pressure, smoking, high blood cholesterol
6	Alzheimer's Disease	265	2.8%	26.1	Family history
7	Diabetes	252	2.7%	24.8	Overweight, physical inactivity, poor nutrition
8	Intentional Self-Harm	238	2.5%	23.4	Depression, alcohol or substance abuse, major stressor events
9	Pneumonia and Influenza	205	2.2%	20.2	Infection with pneumococcal bacteria or influenza virus, compromised immune system
10	Chronic Liver Disease	150	1.6%	14.8	Chronic alcohol abuse, Hepatitis B or Hepatitis C
<b>Total deaths from leading causes</b>		<b>6,787</b>	<b>71.9%</b>		

\* Mortality data are from Montana Vital Statistics.

<sup>1</sup> Total deaths from all causes in 2013, excluding fetal deaths, were 9,453.

<sup>2</sup> Cause-specific crude death rates are per 100,000 estimated population.

<sup>3</sup> Not a comprehensive or definitive lists of all associated risk factors.

**Table B: *HP2020*<sup>1</sup> and *SHIP*<sup>2</sup> Objectives for Montana: Summary of Montana 2013 BRFSS Data<sup>3</sup>**

Objectives	<i>HP2020</i>	<i>SHIP</i>	MT 2013
No Poor Mental Health Days	N/A	≥ 73	67.9
Usual Primary Care Provider	≥ 83.9	N/A	70.4
Annual Influenza Immunization	N/A	≥ 60	39.0
Pneumococcal Vaccination, Ages 65 and Older	≥ 90.0	≥ 80	69.9
No Leisure-Time Physical Activity	≤ 32.6	≤ 22	22.5
Overweight or Obese, BMI ≥ 25	N/A	≤ 54	61.3
Cigarette Smoking	≤ 12.0	≤ 19	19.0
Smokeless Tobacco Use	≤ 0.3	N/A	8.0
Binge Drinking During the Past Month	≤ 24.4	≤ 15	20.8
Use of Seat Belts	≥ 92.4	≥ 83	74.3

<sup>1</sup> U.S. Department of Health and Human Services. *Healthy People 2020*. Washington, DC, 2010.

<sup>2</sup> Montana Department of Public Health and Human Services. *Big Sky. New Horizons. A Healthier Montana: A Plan to Improve the Health of Montanans (SHIP)*. Helena, MT, 2012.

<sup>3</sup> Objectives are for adults age 18 or older except as noted.

<sup>N/A</sup> No objective for this plan.

# METHODS

Montana BRFSS, 2013

## Sampling Design

Montana’s sampling frame in 2013 contained seven strata. Since 2000, Montana’s BRFSS sample has been stratified based on county population density and proportion of American Indians/Alaska Natives, Montana’s largest minority population. Stratum I consists of six counties containing high population density and a high proportion of American Indians/Alaska Natives; Stratum II consists of 41 counties with relatively low population density and a low proportion of American Indians/Alaska Natives; and Stratum III consists of seven counties with relatively high population density and a low proportion of American Indians/Alaska Natives. These three strata allow the potential for oversampling households of American Indians/Alaska Natives and are used strictly for sampling, rather than analytical purposes.

In 2002, CDC began the Selected Metropolitan/Micropolitan Area Risk Trends (SMART BRFSS) in order to analyze the data from selected metropolitan and micropolitan statistical areas (MMSAs).<sup>1</sup> The Montana BRFSS began participating in SMART BRFSS in 2004 and added a fourth stratum (Stratum IV) that included Yellowstone and Carbon Counties – Billings, Montana’s largest

MMSA with a minimal sample size of 500. Starting in 2006, Montana BRFSS added two additional strata (Stratum V and Stratum VI) to the sampling frame to be rotated among Montana’s other MMSAs so that each MMSA has two consecutive years of data collected approximately every four to five years. In 2013, the MMSAs that achieved a sample size of at least 500 included: Billings, Missoula, Bozeman, Butte, and Havre.

YEAR	Billings	Great Falls	Missoula	Bozeman	Butte	Helena	Kalispell	Havre
2008	x			x	x			
2009	x			x	x		x	
2010	x					x	x	
2011		x	x			x		
2012		x	x					x
2013				x	x			x
2014	x			x	x			
2015	x					x	x	
2016		x				x	x	
2017		x	x					x
2018			x	x				x
2019	x			x	x			
2020	x				x	x		

\* This schedule will be followed if funding remains sufficient and as long as no additional communities reach MMSA status. Should a new MMSA be identified it will be added to the rotation.

Beginning in 2003, Montana’s dataset has been weighted for regional analyses based on the state’s five health planning regions (HP1 – HP5) to report regional health information for public health planning purposes (see Appendix A for map of health planning regions). In 2010, an additional stratum (Stratum VII) was added to further increase the proportion of American Indians/Alaska Natives respondents statewide.

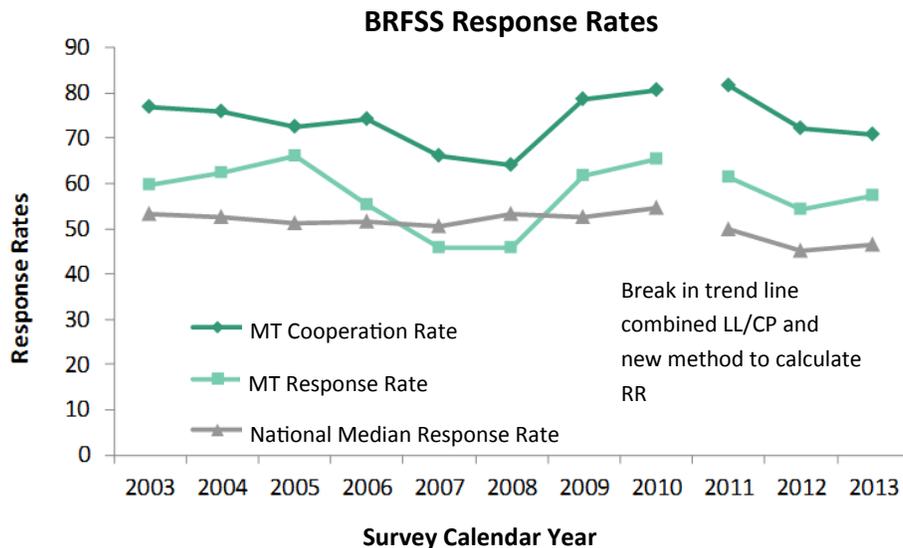
Based on CDC protocol, the sample is selected using a Disproportionate Stratified Sampling (DSS) design.<sup>2</sup> In the DSS design, the universe of all Montana telephone numbers is disproportionately stratified by telephone blocks. This means all landline telephone numbers are based on phone bank density, listedness (i.e., known household number in phone bank) and population density of American Indians/Alaska Natives. Phone numbers are randomly dialed using this list-assisted methodology. High density or listed household numbers are sampled at a rate of 1.5 over low density or unlisted numbers. This random-digit-dialing approach serves to lower costs and improve interviewer efficiency in sample usage.

For the past decade, CDC has been researching dual frame methodologies in order to include cellular telephones in the BRFSS samples. As of December 2013, an estimated 39% of adults in the United States rely exclusively on cell phones (Blumberg and Luke 2014). Because of increased use of cell phone communication across the country, as of 2011 BRFSS collects survey data from both landline and cell phone respondents.

### Survey Administration

Interviews were conducted by University of Nebraska Medical Center with headquarters and call center in Omaha. Interviews were conducted during daytime and evening hours on Monday through Friday and on weekends to ensure that selected individuals had ample opportunity to participate in the survey. Fifteen efforts were made to reach a landline telephone number and five attempts were made to reach a cell phone number at different times of the day and evening and on different days before a number was classified as unreachable. Once a phone number is successfully identified as a residence rather than business, an individual respondent is randomly selected from all adults ages 18 and older living in the household. The selected adult is then invited to be interviewed in accordance with the BRFSS protocol (CDC 2006). In 2013, approximately 808 interviews were completed each month, for a yearly total sample size of 9,693 (6,763 landline and 2,930 cell phones). In addition, at least 10 percent of all interviews were monitored and validated by the quality assurance section of the call center, using the system’s monitoring function to observe and score interviews in progress for quality improvement purposes (CDC 2006).

Measures of data quality are calculated using standards set by the American Association of Public Opinion Research (AAPOR).<sup>3</sup> The weighted AAPOR Response Rate (RR4) is the number of completed and partially completed interviews divided by the number of eligible and likely-eligible residents. The RR4 for combined landline and cell phone calls for Montana in 2013 was 57.2%, one of the top four BRFSS response rates in the nation. The AAPOR Cooperation Rate (CR2) is the number of completed and partially completed interviews divided by the number of contacted and eligible residents. The CR2 for Montana was 70.7%. A complete report of the data quality for the 2013 BRFSS is available online.<sup>4</sup>



### Data Weighting and Analysis

Data were weighted to account for the design of the survey and differences in the probability of selection due to the disproportionate sampling method and due to households with different numbers of adults and different numbers of telephones. This adjustment is intended to reduce bias that may result from excluding Montanans without telephone service (non-coverage) or from the varying characteristics of those that choose not to participate in the survey (non-response).

Starting in 2011, CDC’s Division of Behavioral Surveillance began using a new weighting method for BRFSS data in order to allow the incorporation of cell phones into the weighting scheme and to more closely match the demographic make-up within each state by using a broader range of demographic subgroups.<sup>5</sup> This method, called raking, ensures that groups which are under- or over- represented in the sample can be accurately represented in the final data set (CDC 2012). For a more complete discussion, see the *2011 Issue 3 Montana Fact[or]s, Changing BRFSS Protocols: Transition to Raking Weights and Incorporation of Cell Phone Sampling* published at [www.brfss.mt.gov](http://www.brfss.mt.gov). **2011 is the baseline year for all future comparisons.**

The demographic characteristics of the 2013 survey respondents are presented in Table C. This table describes the 2013 survey population, including the un-weighted number of respondents, the population estimate, and the weighted percent of respondents by selected demographic characteristics.

Analysis of subpopulations results in a concomitant reduction of sample size. The more subgroups into which the data are partitioned, the smaller the sample size per subgroup. **Prevalence estimates based on denominators with fewer than 50 respondents, half-width confidence intervals greater than 10 percent, or a relative standard error greater than 30% are not reported due to their inherent low precision.**

### Questionnaire

The BRFSS questionnaire has three parts: the core, consisting of the fixed core questions (asked every year), rotating core questions (asked in alternating years), and emerging core questions (asked for only one year). There are also optional modules provided by the CDC, any number of which can be selected by individual states for inclusion; and state-added questions of specific interest to individual states. All states must ask the core questions without modification in wording. As part of the core, respondents are asked to provide demographic information including such indicators as sex, age, race, marital status, annual household income, employment status, and education level. Optional modules and state-added questions may be added by individual states to their respective questionnaires. Montana’s BRFSS Working Group, consisting

**Table C: Demographic Distribution of Montana Adults in the 2013 Behavioral Risk Factor Surveillance System (BRFSS)**

	2013 BRFSS Sample		
	Sample Size (N)	Population Estimate	Weighted Percent †
<b>All Adults:</b>	9,693	790,800	100.0
<b>Sex:</b>			
Male	4,313	394,700	49.9
Female	5,380	396,000	50.1
<b>Age:</b>			
18 - 24	614	99,400	12.6
25 - 34	1,088	125,000	15.9
35 - 44	1,065	112,000	14.2
45 - 54	1,512	135,400	17.2
55 - 64	2,189	150,000	19.1
65+	3,173	165,100	21.0
Unknown§	52		
<b>Education:</b>			
<High School	700	71,900	9.1
High School	2,981	241,800	30.6
Some College	2,923	270,800	34.3
College Degree +	3,067	204,900	26.0
Unknown§	22		
<b>Income:</b>			
<\$15,000	1,117	83,700	11.8
\$15,000 - \$24,999	1,800	148,900	20.9
\$25,000 - \$49,999	2,586	208,200	29.3
\$50,000 - \$74,999	1,415	114,000	16.0
\$75,000 +	1,756	156,100	22.0
Unknown§	1,019		
<b>Race/Ethnicity:</b>			
White, non-Hispanic	8,425	695,500	88.8
AI/AN*	782	40,000	5.1
Other or Hispanic**	396	47,500	6.1
Unknown§	90		
<b>Disability:</b>			
Disability	2,690	187,900	24.1
No Disability	6,870	593,200	75.9
Unknown§	133		
<b>Region:</b>			
1- Eastern MT	1,460	71,200	9.3
2- N Central MT	1,919	98,300	12.9
3- S Central MT	1,332	153,200	20.1
4- Southwest MT	2,184	192,800	25.3
5- Northwest MT	2,538	247,300	32.4
Unknown§	260		

† Weighted percentages are based on CDC's 2013 pop. estimate of 790,800 adults.

§ Cases with unknown values are excluded from relevant analyses.

\* American Indian or Alaska Native only.

\*\* All other non-White (including multi-racial or Hispanic).

of state data analysts and users, helps to establish the state questionnaire content each year using the “Criteria for Adding Questions to the MT BRFSS,” which can be found at the Montana BRFSS website: [www.brfss.mt.gov](http://www.brfss.mt.gov).

The 2013 Montana BRFSS questionnaire consisted of 164 questions. Not all respondents were asked all questions, since some questions pertain to a specific age group or sex or persons with a particular health condition. In 2013, Montana had a split-sample questionnaire, where a selected number of questions were only asked of half of the respondents in order to reduce the average length of time to complete the survey. The average survey time in 2013 was 20 minutes.

### **Survey Limitations**

Surveys that require self-reporting of data have limitations and should be interpreted with caution. Respondents may have a tendency to under-report behaviors that are socially undesirable, unhealthy, or illegal and to over-report desirable behaviors. The accuracy of self-reported information is also affected by the ability of respondents to fully recall past behaviors or health screening results.

Telephone surveys exclude households without telephones, which may result in a biased survey population due to under-representation of certain segments of the population. In 2013, based on NCHS estimates, 2% of Montana households did not have any telephone service.

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<sup>1</sup> These geographic subdivisions are designated by the U. S. Office of Management and Budget and used by the U. S. Census Bureau as of June 2003. See [http://www.cdc.gov/brfss/smart/smart\\_faq.htm](http://www.cdc.gov/brfss/smart/smart_faq.htm) for frequently asked questions and answers about SMART BRFSS and MMSAs.

<sup>2</sup> For a detailed description of BRFSS methodology, see the BRFSS User’s Guide, an online version at: [http://www.cdc.gov/brfss/data\\_documentation/PDF/UserguideJune2013.pdf](http://www.cdc.gov/brfss/data_documentation/PDF/UserguideJune2013.pdf).

<sup>3</sup> The AAOPR standard definitions can be found online at: [http://www.aapor.org/Standard\\_Definitions2.htm#Uv6G\\_2JdWdQ](http://www.aapor.org/Standard_Definitions2.htm#Uv6G_2JdWdQ).

<sup>4</sup> The 2013 Summary Data Quality Report can be found online at: [http://www.cdc.gov/brfss/annual\\_data/2013/pdf/2013\\_DQR.pdf](http://www.cdc.gov/brfss/annual_data/2013/pdf/2013_DQR.pdf).

<sup>5</sup> Raking, also called Automated Sample Weighting System methodology or Iterative Proportional Fit, credited to W.E. Deming and F. Stephan, was first used to estimate U.S. Census population totals in 1940. Raking is commonly used when only the marginal population totals of the adjusted weights are known and the joint population distributions of post-strata are unknown. Raking is preferable as a post-stratification method when the cell counts of the responders within each demographic combination are too small to produce stable estimates. It is equivalent to log-linear regression expected totals.

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## INTERPRETING THE TABLES

Montana BRFSS, 2013

Each table presents a set of prevalence estimates weighted to represent the proportion of the non-institutionalized adult population age 18 years and older in Montana, unless a demographic sub-group is specified. Weighting adjusts for different probability of selection by the random dialing procedures and the varied demographic characteristics of the respondents (see Methods, page 5). As a result, for the table below, it is appropriate to state: **“Among Montana adults age 65 years or older, 69.9% have ever received a pneumococcal vaccination.”** For this question, only adults who were over 65 were included in the analysis.

The survey questions that the tables are based on appear in the footnote of the table. For the full question and response categories from which the data were derived, see the “Questionnaires” link: [www.brfss.mt.gov](http://www.brfss.mt.gov).

Weighted data are used in all calculations of prevalence. The weighted population estimate in the footnote provides the estimated number of adults in Montana who are characterized by a particular risk factor or behavior. The unweighted sample size (UnWt. N) is the number of respondents who gave a particular response and is given only as an indicator of sample size. It is not appropriate to use unweighted numbers to compute prevalence estimates of risk factors and health conditions. Unless stated differently within the table, estimates do not include respondents who refused to answer the question, said “Don’t know/Not Sure” or the response is missing.

The tables also contain 95% confidence intervals (CI) for each estimate. The 95% CI is the range of values within which the true value falls with 95% certainty. The column headings of LL represent the lower limit and UL represent the upper limit of the 95% confidence interval. The confidence interval associated with the prevalence estimate for adults age 65 years or older who have ever received the pneumonia vaccine ranges from 67.4% to 72.2%. The small width of this confidence interval indicates that the estimate is fairly precise.

Risk factors or health conditions may be more or less common among Montana adults of various demographic groups. In general, where confidence intervals for two subgroups do not overlap, the subgroups can be said to be statistically different. However, it is possible for the confidence intervals to overlap and the subgroups to still be statistically different. The annual report tables now contain p values, the results of further analysis to determine

**Table 6: Immunization, Montana Adults, 2013**

	Ever Received Pneumococcal Vaccine (ages 65+) §				
	Wt. %	95% CI		UnWt. N	P Value
		LL	UL		
<b>All Adults:</b>	<b>69.9</b>	67.4	72.2	2,035	
<b>Sex:</b>					
Male	<b>66.1</b>	62.2	69.8	769	<b>0.006</b>
Female	<b>73.0</b>	69.8	75.9	1,266	
<b>Age:</b>					
65+	<b>69.9</b>	67.4	72.2	2,035	
<b>Education:</b>					
<High School	<b>65.1</b>	56.4	72.8	209	NS
High School	<b>70.9</b>	66.5	74.9	670	
Some College	<b>70.8</b>	66.2	75.0	576	
College Degree +	<b>69.8</b>	65.4	73.8	577	
<b>Income:</b>					
<\$15,000	<b>63.2</b>	55.5	70.2	244	NS
\$15,000 - \$24,999	<b>72.1</b>	66.8	76.9	496	
\$25,000 - \$49,999	<b>72.5</b>	68.1	76.5	496	
\$50,000 - \$74,999	<b>65.8</b>	58.4	72.6	231	
\$75,000 +	<b>69.1</b>	60.6	76.5	170	
<b>Race/Ethnicity:</b>					
White, non-Hispanic	<b>70.5</b>	68.0	72.9	1,855	NS <sup>Δ</sup>
AI/AN*				118	
<b>Disability:</b>					
Disability	<b>76.4</b>	72.5	79.9	856	<b>&lt;0.001</b>
No Disability	<b>66.0</b>	62.8	69.0	1,165	

§ Have you ever had a pneumonia vaccination (age 65 years and older)? Total Sample Size: 3,025, Weighted Prevalence Estimate: 106,400.

\* American Indian or Alaska Native only.

Δ Not Sufficient Data to report a reliable estimate.

NS Not significant.

the statistical significance between subgroups. Chi square tests were run for dichotomous groups (sex, race/ethnicity, disability) and tests for trend were run for ordinal groups (age, education, income). The results are considered statistically significant if the p value is less than 0.01. P values that are not significant are reported as such, represented by NS (not significant). As exemplified in this table, the confidence intervals for the demographic group sex overlap, however the results are still statistically significant as the p value is 0.006.

The SAS statistical software package for survey data analysis was used to compute prevalence estimates (expressed as percentages), associated 95% confidence intervals, and statistical tests for significance.

Following CDC guidance, data are considered unreliable if the total number of respondents, the denominator, is less than 50 or if the relative standard error, the standard error divided by the mean, is greater than 30%. In tables where NSD is presented, it means that there was "not sufficient data" to report, i.e., either too few respondents in the population subgroup that answered the question or the relative standard error was too high to provide a reliable estimate.

The survey results that follow are the major demographic trends of health status, health care access and utilization, health risk behavior, and chronic health conditions. Respondents who indicated "don't know," "not sure," or "refused" were excluded from the calculation of prevalence estimates. Therefore, the sample sizes used to calculate the estimates in this report vary. Tables 20-24 contain a summary of the 2013 health indicators for the state and health planning regions in Montana.

#### **Important Changes Beginning in 2011**

**Due to methodology changes, the 2013 BRFSS estimates should not be compared to BRFSS estimates from before 2011; 2011 is the baseline for future estimates. Any trend lines produced from BRFSS data should show a break between 2010 and 2011 data. The methodological changes of adding cell phones and using a larger number of sociodemographic categories to weight the data greatly improves the accuracy, coverage, validity, and representativeness of BRFSS data. For more information on these changes, please visit the CDC website: <http://www.cdc.gov/surveillancepractice/reports/brfss/brfss.html>**

**Table 1a: Health Related Quality of Life Measures, Montana Adults 2013**

	Self-reported Fair or Poor Health †					Frequent Poor Physical Health ‡					Frequent Poor Mental Health §				
	Wt.%	95% CI		UnWt. N	P Value	Wt.%	95% CI		UnWt. N	P Value	Wt.%	95% CI		UnWt. N	P Value
		LL	UL				LL	UL				LL	UL		
<b>All Adults</b>	<b>15.4</b>	14.4	16.4	1,716		<b>12.5</b>	11.6	13.5	1,337		<b>10.1</b>	9.3	11.0	944	
<b>Sex:</b>															
Male	<b>15.3</b>	14.0	16.8	766	NS	<b>11.9</b>	10.7	13.2	543	NS	<b>8.9</b>	7.8	10.1	364	<b>0.004</b>
Female	<b>15.4</b>	14.0	16.8	950		<b>13.2</b>	11.9	14.5	794		<b>11.3</b>	10.2	12.6	580	
<b>Age:</b>															
18 - 24	<b>6.5</b>	4.5	9.3	37	<b>&lt;0.001</b>	<b>5.5</b>	3.6	8.2	31	<b>&lt;0.001</b>	<b>11.0</b>	8.4	14.3	73	NS
25 - 34	<b>8.5</b>	6.6	10.9	90		<b>6.6</b>	4.9	8.8	60		<b>10.2</b>	8.3	12.6	112	
35 - 44	<b>11.0</b>	8.6	14.0	130		<b>11.4</b>	8.9	14.6	117		<b>9.8</b>	7.8	12.1	116	
45 - 54	<b>20.3</b>	17.8	23.1	310		<b>14.6</b>	12.4	17.1	223		<b>12.9</b>	10.8	15.5	190	
55 - 64	<b>18.8</b>	16.6	21.2	439		<b>16.7</b>	14.6	19.0	368		<b>11.3</b>	9.6	13.3	256	
65+	<b>21.6</b>	19.6	23.8	701		<b>16.7</b>	14.8	18.7	532		<b>6.2</b>	5.1	7.5	192	
<b>Education:</b>															
<High School	<b>33.5</b>	28.4	39.0	237	<b>&lt;0.001</b>	<b>23.8</b>	19.3	29.0	156	<b>&lt;0.001</b>	<b>16.4</b>	12.8	20.6	101	<b>&lt;0.001</b>
High School	<b>17.1</b>	15.5	19.0	646		<b>13.2</b>	11.7	14.9	476		<b>12.4</b>	10.8	14.1	357	
Some College	<b>13.9</b>	12.4	15.6	505		<b>11.6</b>	10.2	13.2	401		<b>9.2</b>	7.8	10.7	273	
College Degree +	<b>8.8</b>	7.6	10.2	324		<b>9.0</b>	7.7	10.5	301		<b>6.5</b>	5.4	7.7	212	
<b>Income:</b>															
<\$15,000	<b>33.3</b>	29.4	37.3	440	<b>&lt;0.001</b>	<b>24.7</b>	21.3	28.3	335	<b>&lt;0.001</b>	<b>19.9</b>	16.9	23.4	238	<b>&lt;0.001</b>
\$15,000 - \$24,999	<b>22.2</b>	19.7	24.9	443		<b>17.9</b>	15.5	20.6	324		<b>15.4</b>	13.1	18.1	226	
\$25,000 - \$49,999	<b>14.6</b>	12.7	16.7	393		<b>10.9</b>	9.2	12.8	298		<b>9.1</b>	7.7	10.8	226	
\$50,000 - \$74,999	<b>8.3</b>	6.6	10.3	135		<b>7.3</b>	5.7	9.4	110		<b>6.4</b>	4.8	8.5	81	
\$75,000 +	<b>5.7</b>	4.5	7.3	117		<b>6.4</b>	5.0	8.2	118		<b>4.1</b>	3.1	5.4	91	
<b>Race/Ethnicity:</b>															
White, non-Hispanic	<b>14.5</b>	13.5	15.6	1,381	<b>&lt;0.001</b>	<b>12.1</b>	11.1	13.0	1,093	<b>0.002</b>	<b>9.6</b>	8.8	10.5	765	NS
AI/AN*	<b>23.2</b>	19.1	27.8	229		<b>18.1</b>	14.2	22.7	167		<b>13.0</b>	10.0	16.6	109	
<b>Disability:</b>															
Disability	<b>42.9</b>	40.2	45.7	1,184	<b>&lt;0.001</b>	<b>38.4</b>	35.7	41.2	1,005	<b>&lt;0.001</b>	<b>22.4</b>	20.1	24.8	533	<b>&lt;0.001</b>
No Disability	<b>6.5</b>	5.8	7.4	509		<b>4.5</b>	3.9	5.2	316		<b>6.2</b>	5.5	7.0	393	

† How would you say your general health is? Total Sample Size: 9,674, Weighted Prevalence Estimate: 121,200.

‡ How many days during the past month was your physical health “not good”? Frequent is defined as 14 or more days in the past 30. Total Sample Size: 9,553, Weighted Prevalence Estimate: 97,900.

§ How many days during the past month was your mental health “not good”? Frequent is defined as 14 or more days in the past 30. Total Sample Size: 9,566, Weighted Prevalence Estimate: 78,800.

\* American Indian or Alaska Native only.

NS Not significant.

**Table 1b: Health Related Quality of Life Measures (continued),  
Montana Adults 2013**

	Frequent Activity Limitation †				P Value	Mean Number of Unhealthy Days ‡		
	Wt.%	95% CI		UnWt. N		Mean	95% CI	
		LL	UL			LL	UL	
<b>All Adults</b>	<b>16.0</b>	14.6	17.5	846		<b>6.3</b>	6.0 6.5	
<b>Sex:</b>								
Male	<b>16.5</b>	14.5	18.8	357	NS	<b>5.6</b>	5.3 6.0	
Female	<b>15.5</b>	13.7	17.6	489		<b>6.9</b>	6.5 7.3	
<b>Age:</b>								
18 - 24	<b>6.4</b>	4.0	10.0	22	<b>&lt;0.001</b>	<b>5.7</b>	4.8 6.5	
25 - 34	<b>11.2</b>	8.4	14.8	57		<b>5.4</b>	4.8 6.0	
35 - 44	<b>13.8</b>	10.0	18.9	76		<b>5.8</b>	5.0 6.5	
45 - 54	<b>17.9</b>	14.7	21.5	163		<b>7.2</b>	6.5 7.9	
55 - 64	<b>22.1</b>	18.8	25.8	238		<b>7.2</b>	6.5 7.8	
65+	<b>22.1</b>	19.0	25.6	288		<b>6.0</b>	5.5 6.6	
<b>Education:</b>								
<High School	<b>30.8</b>	24.2	38.3	111	<b>&lt;0.001</b>	<b>9.6</b>	8.4 10.9	
High School	<b>16.9</b>	14.5	19.6	299		<b>6.8</b>	6.3 7.3	
Some College	<b>13.6</b>	11.6	15.9	252		<b>5.9</b>	5.5 6.4	
College Degree +	<b>12.0</b>	9.9	14.4	184		<b>4.9</b>	4.5 5.3	
<b>Income:</b>								
<\$15,000	<b>30.3</b>	25.9	35.0	259		<b>10.7</b>	9.6 11.7	
\$15,000 - \$24,999	<b>19.3</b>	16.1	22.9	196	<b>&lt;0.001</b>	<b>8.5</b>	7.8 9.3	
\$25,000 - \$49,999	<b>15.5</b>	12.7	18.8	195		<b>5.8</b>	5.3 6.3	
\$50,000 - \$74,999	<b>7.2</b>	5.0	10.1	56		<b>4.7</b>	4.0 5.3	
\$75,000 +	<b>7.5</b>	5.4	10.2	61		<b>3.6</b>	3.1 4.0	
<b>Race/Ethnicity:</b>								
White, non-Hispanic	<b>15.4</b>	13.9	17.0	676	<b>0.014</b>	<b>6.1</b>	5.8 6.4	
AI/AN*	<b>21.7</b>	16.8	27.6	111		<b>8.2</b>	7.1 9.3	
<b>Disability:</b>								
Disability	<b>38.3</b>	35.2	41.5	717	<b>&lt;0.001</b>	<b>14.5</b>	13.8 15.2	
No Disability	<b>3.9</b>	3.1	5.0	119		<b>3.8</b>	3.5 4.0	

† Being limited in your usual activities due to poor physical or mental health for 14 or more days during the past 30. Total Sample Size: 4,834, Weighted Prevalence Estimate: 64,900.

‡ Mean number of the total unhealthy days (poor physical health days and poor mental health days combined) in the past 30 days. Total Sample Size: 9,453.

\* American Indian or Alaska Native only.

NS Not significant.

**Table 2a: Disability, Montana Adults, 2013**

	Activity Limited Due to Health Problems †					Require Use of Special Equipment ‡					Self-Reported Disability §				
	Wt.%	95% CI		UnWt.	P	Wt.%	95% CI		UnWt.	P	Wt.%	95% CI		UnWt.	P
		LL	UL	N	Value		LL	UL	N	Value		LL	UL	N	Value
<b>All Adults</b>	<b>22.6</b>	21.5	23.8	2,499		<b>7.4</b>	6.8	8.1	962		<b>24.1</b>	22.9	25.2	2,690	
<b>Sex:</b>															
Male	<b>22.3</b>	20.7	24.0	1,070	NS	<b>7.4</b>	6.5	8.4	401	NS	<b>23.8</b>	22.2	25.6	1,152	NS
Female	<b>23.0</b>	21.4	24.6	1,429		<b>7.5</b>	6.6	8.4	561		<b>24.3</b>	22.7	25.9	1,538	
<b>Age:</b>															
18 - 24	<b>10.2</b>	7.6	13.5	60	<0.001	<b>1.7</b>	0.8	3.6	10	<0.001	<b>10.3</b>	7.7	13.7	61	<0.001
25 - 34	<b>11.9</b>	9.7	14.4	132		<b>1.4</b>	0.8	2.6	16		<b>12.1</b>	9.9	14.6	133	
35 - 44	<b>17.2</b>	14.2	20.6	184		<b>3.3</b>	2.2	4.8	40		<b>17.8</b>	14.8	21.3	189	
45 - 54	<b>25.1</b>	22.3	28.1	377		<b>8.0</b>	6.4	10.0	125		<b>25.6</b>	22.8	28.6	390	
55 - 64	<b>31.3</b>	28.6	34.1	685		<b>8.6</b>	7.1	10.4	205		<b>32.9</b>	30.2	35.7	717	
65+	<b>32.3</b>	30.0	34.7	1,052		<b>16.6</b>	14.8	18.5	563		<b>36.4</b>	34.0	38.9	1,189	
<b>Education:</b>															
<High School	<b>32.6</b>	27.6	38.0	240	<0.001	<b>13.0</b>	10.1	16.5	128	<0.001	<b>35.1</b>	30.0	40.5	268	<0.001
High School	<b>22.6</b>	20.7	24.7	803		<b>6.7</b>	5.7	7.8	292		<b>23.9</b>	21.9	26.0	852	
Some College	<b>22.4</b>	20.5	24.5	777		<b>7.5</b>	6.4	8.8	292		<b>23.4</b>	21.4	25.5	825	
College Degree +	<b>19.5</b>	17.7	21.4	676		<b>6.2</b>	5.2	7.4	246		<b>21.2</b>	19.4	23.2	739	
<b>Income:</b>															
<\$15,000	<b>40.0</b>	35.9	44.2	548	<0.001	<b>14.7</b>	12.1	17.8	233	<0.001	<b>42.0</b>	37.8	46.3	582	<0.001
\$15,000 - \$24,999	<b>30.3</b>	27.4	33.4	577		<b>11.9</b>	10.1	14.1	267		<b>32.3</b>	29.3	35.4	627	
\$25,000 - \$49,999	<b>21.3</b>	19.1	23.6	605		<b>6.3</b>	5.2	7.6	203		<b>22.4</b>	20.2	24.7	638	
\$50,000 - \$74,999	<b>17.5</b>	15.0	20.3	265		<b>4.2</b>	3.1	5.7	76		<b>18.5</b>	15.9	21.3	287	
\$75,000 +	<b>12.4</b>	10.6	14.5	249		<b>2.2</b>	1.6	3.1	54		<b>13.3</b>	11.2	15.3	269	
<b>Race/Ethnicity:</b>															
White, non-Hispanic	<b>22.1</b>	20.9	23.3	2,094	NS	<b>7.1</b>	6.5	7.8	802	NS	<b>23.5</b>	22.3	24.8	2,259	NS
AI/AN*	<b>27.2</b>	22.6	32.3	251		<b>9.1</b>	6.8	12.0	93		<b>28.1</b>	23.5	33.2	264	
<b>Disability:</b>															
Disability	<b>94.2</b>	92.9	95.2	2,494		<b>30.9</b>	28.5	33.4	959		Not Applicable				
No Disability	Not Applicable					Not Applicable					Not Applicable				

† Are you limited in any way in any activities because of physical, mental, or emotional problems? Total Sample Size: 9,581, Weighted Prevalence Estimate: 177,200.

‡ Do you now have any health problems that require you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone? Total Sample Size: 9,599, Weighted Prevalence Estimate: 58,200.

§ Disability is defined as a "Yes" response to one or both of the questions: 1. Are you limited in any way in any activities because of physical, mental, or emotional problems? 2. Do you now have any health problem that requires you to use special equipment? Total Sample Size: 9,560, Weighted Prevalence Estimate: 187,900.

\* American Indian or Alaska Native only.

NS Not significant.

**Table 2b: Disability (continued), Montana Adults, 2013**

	Blind or Have Trouble Seeing ‡					Ever Have Trouble Hearing §				
	Wt.%	95% CI		UnWt. N	P Value	Wt.%	95% CI		UnWt. N	P Value
		LL	UL				LL	UL		
<b>All Adults</b>	<b>4.8</b>	4.3	5.4	557		<b>17.3</b>	15.9	18.8	946	
<b>Sex:</b>										
Male	<b>4.8</b>	4.0	5.7	232	NS	<b>22.5</b>	20.3	24.9	564	<b>&lt;0.001</b>
Female	<b>4.8</b>	4.1	5.7	325		<b>12.1</b>	10.4	14.0	382	
<b>Age:</b>										
18 - 24	<b>2.8</b>	1.6	4.9	15	<b>&lt;0.001</b>	<b>6.4</b>	3.4	11.6	21	<b>&lt;0.001</b>
25 - 34	<b>3.1</b>	2.0	4.8	26		<b>6.1</b>	4.0	9.2	31	
35 - 44	<b>2.1</b>	1.3	3.4	26		<b>8.1</b>	5.7	11.5	53	
45 - 54	<b>5.0</b>	3.8	6.5	88		<b>16.8</b>	13.4	20.9	127	
55 - 64	<b>5.4</b>	4.2	6.9	124		<b>23.7</b>	20.2	27.6	240	
65+	<b>8.6</b>	7.3	10.1	277		<b>32.2</b>	29.0	35.7	468	
<b>Education:</b>										
<High School	<b>12.7</b>	9.8	16.3	108	<b>&lt;0.001</b>	<b>22.3</b>	16.6	29.2	87	NS
High School	<b>5.2</b>	4.3	6.4	215		<b>18.6</b>	16.0	21.5	326	
Some College	<b>4.1</b>	3.3	5.2	139		<b>16.2</b>	13.8	18.8	266	
College Degree +	<b>2.5</b>	1.8	3.3	94		<b>15.4</b>	13.2	17.9	266	
<b>Income:</b>										
<\$15,000	<b>9.9</b>	7.9	12.4	160	<b>&lt;0.001</b>	<b>23.8</b>	18.8	29.8	145	<b>0.001</b>
\$15,000 - \$24,999	<b>8.1</b>	6.5	10.0	160		<b>20.2</b>	16.9	23.9	207	
\$25,000 - \$49,999	<b>3.5</b>	2.6	4.6	102		<b>17.6</b>	15.1	20.5	272	
\$50,000 - \$74,999	<b>2.4</b>	1.5	3.9	33		<b>12.7</b>	9.7	16.5	100	
\$75,000 +	<b>1.9</b>	1.2	2.9	30		<b>16.1</b>	13.0	19.7	145	
<b>Race/Ethnicity:</b>										
White, non-Hispanic	<b>4.4</b>	3.8	5.0	427	<b>&lt;0.001</b>	<b>17.8</b>	16.3	19.4	831	NS
AI/AN*	<b>8.5</b>	6.4	11.3	90		<b>14.5</b>	10.7	19.5	66	
<b>Disability:</b>										
Disability	<b>12.9</b>	11.2	14.8	378	<b>&lt;0.001</b>	<b>30.3</b>	26.9	33.9	444	<b>&lt;0.001</b>
No Disability	<b>2.2</b>	1.8	2.8	175		<b>12.9</b>	11.5	14.5	493	

‡ Are you blind or do you have serious difficulty seeing, even when wearing glasses? Total Sample Size: 9,578, Weighted Prevalence Estimate: 37,600.

§ Do you have any trouble hearing, even when wearing a hearing aid or using a listening device? Total Sample Size: 4,364, Weighted Prevalence Estimate: 126,300.

\* American Indian or Alaska Native only.

NS Not significant.

**Table 3: Access to Health Care, Montana Adults, 2013**

	No Health Care Coverage (ages 18 - 64) †					Couldn't Afford to See Doctor (past 12 months) ‡				
	Wt.%	95% CI		UnWt. N	P Value	Wt.%	95% CI		UnWt. N	P Value
<b>All Adults</b>	<b>21.5</b>	20.2	23.0	1,197		<b>13.8</b>	12.8	14.8	1,130	
<b>Sex:</b>										
Male	<b>22.8</b>	20.9	24.9	598	NS	<b>12.2</b>	10.9	13.6	458	<b>0.003</b>
Female	<b>20.2</b>	18.3	22.2	599		<b>15.3</b>	13.9	16.8	672	
<b>Age:</b>										
18 - 24	<b>26.5</b>	22.3	31.3	145	<b>&lt;0.001</b>	<b>15.3</b>	12.2	19.1	94	<b>&lt;0.001</b>
25 - 34	<b>24.9</b>	21.8	28.3	242		<b>17.5</b>	14.8	20.6	167	
35 - 44	<b>19.2</b>	16.2	22.5	181		<b>16.1</b>	13.2	19.5	163	
45 - 54	<b>20.9</b>	18.2	23.8	289		<b>19.0</b>	16.5	21.8	272	
55 - 64	<b>17.9</b>	15.7	20.4	340		<b>12.8</b>	11.0	14.9	287	
65+		Not applicable				<b>4.9</b>	3.8	6.2	140	
<b>Education:</b>										
<High School	<b>39.7</b>	33.0	46.8	121	<b>&lt;0.001</b>	<b>25.3</b>	20.5	30.7	129	<b>&lt;0.001</b>
High School	<b>29.0</b>	26.3	31.8	494		<b>14.6</b>	12.9	16.5	384	
Some College	<b>19.9</b>	17.7	22.3	365		<b>13.6</b>	12.0	15.4	354	
College Degree +	<b>9.7</b>	8.2	11.5	215		<b>8.9</b>	7.7	10.4	262	
<b>Income:</b>										
<\$15,000	<b>40.3</b>	35.1	45.7	226	<b>&lt;0.001</b>	<b>25.3</b>	21.6	29.3	259	<b>&lt;0.001</b>
\$15,000 - \$24,999	<b>39.2</b>	35.4	43.2	392		<b>24.1</b>	21.3	27.1	331	
\$25,000 - \$49,999	<b>21.9</b>	19.3	24.7	315		<b>13.5</b>	11.6	15.6	278	
\$50,000 - \$74,999	<b>9.3</b>	7.1	11.9	84		<b>6.2</b>	4.6	8.1	89	
\$75,000 +	<b>5.4</b>	3.9	7.3	70		<b>4.2</b>	3.1	5.7	69	
<b>Race/Ethnicity:</b>										
White, non-Hispanic	<b>20.9</b>	19.5	22.4	1,054	NS	<b>12.9</b>	11.9	14.0	909	<b>&lt;0.001</b>
AI/AN*	<b>19.5</b>	14.2	26.1	65		<b>21.3</b>	16.6	26.9	136	
<b>Disability:</b>										
Disability	<b>23.3</b>	20.4	26.5	298	NS	<b>23.8</b>	21.4	26.4	502	<b>&lt;0.001</b>
No Disability	<b>21.0</b>	19.5	22.7	885		<b>10.7</b>	9.7	11.8	617	

† Do you have any kind of health care coverage (analysis limited to ages 18-64)? Total Sample Size: 6,347, Weighted Prevalence Estimate: 133,100.

‡ Did you need to see a doctor in the past year, but could not because of the cost? Total Sample Size: 9,675, Weighted Prevalence Estimate: 108,600.

\* American Indian or Alaska Native only.

NS Not significant.

**Table 4: Health Care Utilization, Montana Adults, 2013**

	No Personal Health Care Provider †					No Routine Checkup in the Past Year ‡				
	Wt.%	95% CI		UnWt. N	P Value	Wt.%	95% CI		UnWt. N	P Value
		LL	UL				LL	UL		
<b>All Adults</b>	<b>29.6</b>	28.3	31.0	2,373		<b>38.2</b>	36.8	39.6	3,313	
<b>Sex:</b>										
Male	<b>37.3</b>	35.4	39.3	1,377	<b>&lt;0.001</b>	<b>43.5</b>	41.5	45.5	1,688	<b>&lt;0.001</b>
Female	<b>22.0</b>	20.3	23.7	996		<b>32.8</b>	31.0	34.8	1,625	
<b>Age:</b>										
18 - 24	<b>53.2</b>	48.2	58.1	325	<b>&lt;0.001</b>	<b>49.1</b>	44.1	54.1	288	<b>&lt;0.001</b>
25 - 34	<b>46.0</b>	42.4	49.7	486		<b>50.8</b>	47.1	54.5	546	
35 - 44	<b>37.5</b>	33.7	41.4	369		<b>46.4</b>	42.4	50.4	486	
45 - 54	<b>28.2</b>	25.3	31.2	429		<b>42.6</b>	39.3	46.0	625	
55 - 64	<b>17.1</b>	15.1	19.4	401		<b>30.6</b>	28.0	33.3	706	
65+	<b>10.5</b>	9.1	12.1	353		<b>20.2</b>	18.3	22.3	648	
<b>Education:</b>										
<High School	<b>34.0</b>	28.7	39.8	180	<b>&lt;0.001</b>	<b>40.9</b>	35.3	46.7	226	NS
High School	<b>33.1</b>	30.7	35.5	805		<b>40.4</b>	37.9	42.9	1,065	
Some College	<b>29.7</b>	27.4	32.0	730		<b>37.0</b>	34.7	39.5	1,022	
College Degree +	<b>23.9</b>	21.9	26.0	651		<b>36.1</b>	33.8	38.5	992	
<b>Income:</b>										
<\$15,000	<b>37.5</b>	33.2	42.0	317	<b>&lt;0.001</b>	<b>44.0</b>	39.6	48.5	414	<b>&lt;0.001</b>
\$15,000 - \$24,999	<b>33.7</b>	30.7	36.9	493		<b>42.2</b>	39.0	45.4	664	
\$25,000 - \$49,999	<b>27.1</b>	24.8	29.6	594		<b>37.2</b>	34.6	39.9	861	
\$50,000 - \$74,999	<b>28.9</b>	25.5	32.6	333		<b>36.7</b>	33.2	40.5	469	
\$75,000 +	<b>24.6</b>	21.9	27.5	386		<b>34.7</b>	31.7	37.8	577	
<b>Race/Ethnicity:</b>										
White, non-Hispanic	<b>28.3</b>	27.0	29.7	1,979	<b>&lt;0.001</b>	<b>37.4</b>	36.0	38.9	2,858	NS
AI/AN*	<b>39.2</b>	33.9	44.9	237		<b>36.3</b>	30.9	42.1	261	
<b>Disability:</b>										
Disability	<b>19.1</b>	16.9	21.5	410	<b>&lt;0.001</b>	<b>33.0</b>	30.4	35.7	766	<b>&lt;0.001</b>
No Disability	<b>33.0</b>	31.5	34.6	1,932		<b>39.8</b>	38.2	41.5	2,501	

† Do you have one person you think of as your personal doctor or health care provider? Total Sample Size: 9,665, Weighted Prevalence Estimate: 233,700.

‡ About how long has it been since you last visited a doctor for a routine checkup? Total Sample Size: 9,559, Weighted Prevalence Estimate: 298,100.

\* American Indian or Alaska Native only.

NS Not significant.

**Table 5: Oral Health, Montana Adults, 2013**

	No Dental Visit in the Past Year †				P Value
	Wt.%	95% CI		UnWt. N	
	LL	UL			
<b>All Adults</b>	<b>37.1</b>	35.2	39.1	1,662	
<b>Sex:</b>					
Male	<b>39.8</b>	37.1	42.7	808	<b>0.008</b>
Female	<b>34.5</b>	31.8	37.3	854	
<b>Age:</b>					
18 - 24	<b>35.5</b>	29.2	42.5	117	NS
25 - 34	<b>45.3</b>	39.9	50.8	248	
35 - 44	<b>35.9</b>	30.5	41.7	182	
45 - 54	<b>40.4</b>	35.6	45.3	276	
55 - 64	<b>32.5</b>	28.7	36.6	319	
65+	<b>34.5</b>	31.3	37.9	511	
<b>Education:</b>					
<High School	<b>52.8</b>	44.5	60.9	161	<b>&lt;0.001</b>
High School	<b>42.8</b>	39.3	46.4	631	
Some College	<b>36.7</b>	33.3	40.3	495	
College Degree +	<b>25.9</b>	23.0	28.9	372	
<b>Income:</b>					
<\$15,000	<b>57.1</b>	50.6	63.4	299	<b>&lt;0.001</b>
\$15,000 - \$24,999	<b>50.3</b>	45.6	54.9	418	
\$25,000 - \$49,999	<b>38.0</b>	34.3	41.8	439	
\$50,000 - \$74,999	<b>28.7</b>	24.2	33.7	173	
\$75,000 +	<b>21.9</b>	18.4	25.9	191	
<b>Race/Ethnicity:</b>					
White, non-Hispanic	<b>36.4</b>	34.3	38.4	1,445	NS
AI/AN*	<b>35.1</b>	28.3	42.7	110	
<b>Disability:</b>					
Disability	<b>44.0</b>	40.1	48.0	557	<b>&lt;0.001</b>
No Disability	<b>34.9</b>	32.7	37.2	1,095	

† How long has it been since you last visited a dentist or dental clinic for any reason? Total Sample Size: 4,351, Weighted Prevalence Estimate: 271,600.

\* American Indian or Alaska Native only.

NS Not significant.

**Table 6: Immunization, Montana Adults, 2013**

	Received Influenza Vaccine in Past Year (ages 18-64) †					Received Influenza Vaccine in Past Year (ages 65+) ‡					Ever Received Pneumococcal Vaccine (ages 65+) §				
	Wt.%	95% CI		UnWt. N	P Value	Wt.%	95% CI		UnWt. N	P Value	Wt.%	95% CI		UnWt. N	P Value
		LL	UL				LL	UL				LL	UL		
<b>All Adults</b>	<b>32.9</b>	31.3	34.5	2,147		<b>61.1</b>	58.6	63.6	1,836		<b>69.9</b>	67.4	72.2	2,035	
<b>Sex:</b>															
Male	<b>27.6</b>	25.5	29.7	816	<b>&lt;0.001</b>	<b>60.1</b>	56.2	63.8	733	NS	<b>66.1</b>	62.2	69.8	769	<b>0.006</b>
Female	<b>38.4</b>	36.1	40.8	1,331		<b>62.0</b>	58.6	65.3	1,103		<b>73.0</b>	69.8	75.9	1,266	
<b>Age:</b>															
18 - 24	<b>25.9</b>	21.8	30.5	159	<b>&lt;0.001</b>										
25 - 34	<b>29.6</b>	26.2	33.3	291											
35 - 44	<b>27.2</b>	23.7	30.9	291		Not Applicable					Not Applicable				
45 - 54	<b>33.8</b>	30.6	37.2	500											
55 - 64	<b>43.3</b>	40.4	46.3	906											
65+		Not Applicable				<b>61.1</b>	58.6	63.6	1,836		<b>69.9</b>	67.4	72.2	2,035	
<b>Education:</b>															
<High School	<b>22.5</b>	17.4	28.5	101	<b>&lt;0.001</b>	<b>57.8</b>	49.4	65.8	178	NS	<b>65.1</b>	56.4	72.8	209	NS
High School	<b>28.3</b>	25.6	31.1	533		<b>59.3</b>	54.8	63.7	584		<b>70.9</b>	66.5	74.9	670	
Some College	<b>32.6</b>	29.9	35.5	662		<b>59.7</b>	55.0	64.2	497		<b>70.8</b>	66.2	75.0	576	
College Degree +	<b>41.6</b>	38.8	44.5	851		<b>66.9</b>	62.5	71.0	574		<b>69.8</b>	65.4	73.8	577	
<b>Income:</b>															
<\$15,000	<b>30.0</b>	25.5	35.0	248	<b>&lt;0.001</b>	<b>47.6</b>	40.5	54.9	212	<b>0.002</b>	<b>63.2</b>	55.5	70.2	244	NS
\$15,000 - \$24,999	<b>26.5</b>	23.1	30.2	284		<b>64.8</b>	59.5	69.7	429		<b>72.1</b>	66.8	76.9	496	
\$25,000 - \$49,999	<b>32.0</b>	29.0	35.1	536		<b>60.9</b>	56.2	65.4	542		<b>72.5</b>	68.1	76.5	621	
\$50,000 - \$74,999	<b>34.4</b>	30.5	38.5	363		<b>66.5</b>	59.5	72.9	216		<b>65.8</b>	58.4	72.6	231	
\$75,000 +	<b>41.0</b>	37.6	44.5	575		<b>65.3</b>	56.9	72.8	185		<b>69.1</b>	60.6	76.5	170	
<b>Race/Ethnicity:</b>															
White, non-Hispanic	<b>32.7</b>	31.0	34.4	1,778	<b>0.003</b>	<b>61.4</b>	58.8	64.0	1,676		<b>70.5</b>	68.0	72.9	1,855	
AI/AN*	<b>42.1</b>	36.0	48.4	258		<b>NSD<sup>Δ</sup></b>			106		<b>NSD<sup>Δ</sup></b>			118	
<b>Disability:</b>															
Disability	<b>36.3</b>	33.0	39.7	574	NS	<b>67.0</b>	63.0	70.8	755	<b>0.001</b>	<b>76.4</b>	72.5	79.9	856	<b>&lt;0.001</b>
No Disability	<b>32.1</b>	30.3	33.9	1,563		<b>57.9</b>	54.6	61.1	1,073		<b>66.0</b>	62.8	69.0	1,165	

† Have you had a flu shot in the past year (age 18-64)? Total Sample Size: 6,063, Weighted Prevalence Estimate: 191,500.

‡ Have you had a flu shot in the past year (age 65 years and older)? Total Sample Size: 3,025, Weighted Prevalence Estimate: 96,600.

§ Have you ever had a pneumonia vaccination (age 65 years and older)? Total Sample Size: 2,914, Weighted Prevalence Estimate: 106,400.

\* American Indian or Alaska Native only.

Δ Not Sufficient Data to report a reliable estimate.

NS Not significant.

**Table 7: HIV Testing, Montana Adults, 2013**

	Ever Tested for HIV (ages 18-64) †				P Value
	Wt.%	95% CI		UnWt. N	
		LL	UL		
<b>All Adults</b>	<b>37.2</b>	35.6	38.9	2,101	
<b>Sex:</b>					
Male	<b>37.4</b>	35.1	39.8	970	NS
Female	<b>37.0</b>	34.7	39.4	1,131	
<b>Age:</b>					
18 - 24	<b>32.7</b>	28.1	37.7	182	<b>&lt;0.001</b>
25 - 34	<b>46.3</b>	42.5	50.2	467	
35 - 44	<b>52.6</b>	48.5	56.8	501	
45 - 54	<b>35.5</b>	32.3	38.9	491	
55 - 64	<b>23.1</b>	20.6	25.8	451	
65+		Not Available			
<b>Education:</b>					
<High School	<b>46.5</b>	39.2	54.0	133	NS
High School	<b>30.3</b>	27.5	33.2	511	
Some College	<b>37.3</b>	34.5	40.3	687	
College Degree +	<b>41.9</b>	39.1	44.8	768	
<b>Income:</b>					
<\$15,000	<b>44.3</b>	39.0	49.7	296	<b>0.004</b>
\$15,000 - \$24,999	<b>39.9</b>	35.9	44.0	371	
\$25,000 - \$49,999	<b>35.8</b>	32.6	39.2	503	
\$50,000 - \$74,999	<b>35.9</b>	31.9	40.1	326	
\$75,000 +	<b>36.0</b>	32.6	39.4	463	
<b>Race/Ethnicity:</b>					
White, non-Hispanic	<b>36.0</b>	34.3	37.7	1,702	<b>&lt;0.001</b>
AI/AN*	<b>48.9</b>	42.4	55.5	245	
<b>Disability:</b>					
Disability	<b>42.3</b>	38.7	45.9	560	<b>0.002</b>
No Disability	<b>35.8</b>	34.0	37.7	1,531	

† Have you ever been tested for HIV? (Not including testing as part of a blood donation.) Total Sample Size: 5,982, Weighted Prevalence Estimate: 213,800.

\* American Indian or Alaska Native only.

NS Not significant.

**Table 8: Physical Activity, Montana Adults, 2013**

	No Leisure-Time Physical Activity in Past 30 Days †					Did Not Meet Aerobic Activity Recommendation ‡					Did Not Meet Muscle Strengthening Recommendation §				
	Wt.%	95% CI		UnWt. N	P Value	Wt.%	95% CI		UnWt. N	P Value	Wt.%	95% CI		UnWt. N	P Value
		LL	UL				LL	UL				LL	UL		
<b>All Adults</b>	<b>22.5</b>	21.4	23.7	2,355		<b>42.2</b>	40.7	43.6	3,966		<b>68.2</b>	66.9	69.6	6,530	
<b>Sex:</b>															
Male	<b>23.5</b>	21.9	25.3	1,061	NS	<b>42.7</b>	40.7	44.8	1,757	NS	<b>65.7</b>	63.7	67.7	2,796	<0.001
Female	<b>21.5</b>	19.9	23.2	1,294		<b>41.6</b>	39.6	43.6	2,209		<b>70.8</b>	68.9	72.6	3,734	
<b>Age:</b>															
18 - 24	<b>13.8</b>	10.6	17.9	78	<0.001	<b>38.4</b>	33.6	43.5	220	NS	<b>53.9</b>	48.8	59.0	294	<0.001
25 - 34	<b>16.0</b>	13.4	18.9	181		<b>40.9</b>	37.2	44.7	432		<b>58.8</b>	55.0	62.5	610	
35 - 44	<b>20.7</b>	17.5	24.2	223		<b>41.5</b>	37.5	45.6	435		<b>66.7</b>	62.6	70.5	683	
45 - 54	<b>24.4</b>	21.6	27.5	360		<b>46.3</b>	42.8	49.7	671		<b>71.1</b>	67.7	74.2	1,062	
55 - 64	<b>24.5</b>	22.0	27.1	545		<b>42.1</b>	39.1	45.1	909		<b>73.9</b>	71.1	76.4	1,553	
65+	<b>30.2</b>	27.9	32.6	956		<b>42.1</b>	39.5	44.7	1,287		<b>77.0</b>	74.8	79.1	2,298	
<b>Education:</b>															
<High School	<b>34.6</b>	29.5	40.2	248	<0.001	<b>52.3</b>	46.4	58.1	346	<0.001	<b>75.6</b>	70.2	80.2	518	<0.001
High School	<b>27.2</b>	25.0	29.5	888		<b>47.0</b>	44.4	49.6	1,350		<b>73.5</b>	71.1	75.7	2,126	
Some College	<b>22.6</b>	20.6	24.7	760		<b>43.1</b>	40.6	45.7	1,263		<b>66.7</b>	64.2	69.2	1,986	
College Degree +	<b>12.9</b>	11.4	14.5	453		<b>32.1</b>	29.9	34.5	1,001		<b>61.8</b>	59.4	64.2	1,892	
<b>Income:</b>															
<\$15,000	<b>28.8</b>	24.8	33.1	364	<0.001	<b>49.4</b>	44.8	54.0	560	<0.001	<b>68.8</b>	64.4	72.9	787	0.001
\$15,000 - \$24,999	<b>26.0</b>	23.3	28.9	523		<b>44.8</b>	41.4	48.1	797		<b>72.5</b>	69.2	75.5	1,284	
\$25,000 - \$49,999	<b>23.6</b>	21.4	26.0	659		<b>43.8</b>	41.1	46.6	1,096		<b>70.0</b>	67.3	72.5	1,788	
\$50,000 - \$74,999	<b>19.2</b>	16.5	22.3	265		<b>38.6</b>	35.0	42.4	495		<b>66.7</b>	63.1	70.1	913	
\$75,000 +	<b>16.0</b>	13.8	18.4	298		<b>35.1</b>	32.1	38.3	621		<b>61.4</b>	58.1	64.6	1,085	
<b>Race/Ethnicity:</b>															
White, non-Hispanic	<b>22.3</b>	21.1	23.5	2,000	NS	<b>41.8</b>	40.3	43.3	3,381	NS	<b>68.5</b>	67.0	69.9	5,685	NS
AI/AN*	<b>25.4</b>	20.8	30.6	239		<b>46.8</b>	41.0	52.7	386		<b>70.2</b>	64.5	75.3	542	
<b>Disability:</b>															
Disability	<b>33.8</b>	31.2	36.5	944	<0.001	<b>53.5</b>	50.7	56.3	1,388	<0.001	<b>73.4</b>	70.9	75.7	1,953	<0.001
No Disability	<b>18.8</b>	17.6	20.1	1,395		<b>38.4</b>	36.7	40.0	2,549		<b>66.5</b>	64.9	68.1	4,540	

† During the past month, other than your regular job, did you do any physical activities or exercise? Total Sample Size: 9,218, Weighted Prevalence Estimate: 169,100.

‡ Insufficient aerobic activity is defined as not having met the recommendations of engaging in at least 30 minutes of moderate-intensity activity, 5 days per week or 20 minutes of vigorous-intensity activity, 3 days per week. Total Sample Size: 8,974, Weighted Prevalence Estimate: 308,700.

§ Insufficient muscle strengthening activity is defined as not having met the recommendations of engaging in moderate or high-intensity muscle-strengthening activities 2 or more days a week. Total Sample Size: 9,116, Weighted Prevalence Estimate: 507,700.

\* American Indian or Alaska Native only.

NS Not significant.

**Table 9: Body Mass Index (BMI), Montana Adults, 2013**

	Overweight † (25.0 ≤ BMI < 30.0)					Obese ‡ (BMI ≥ 30.0)				
	Wt.%	95% CI		UnWt. N	P Value	Wt.%	95% CI		UnWt. N	P Value
		LL	UL				LL	UL		
<b>All Adults</b>	<b>36.8</b>	35.4	38.1	3,481		<b>24.6</b>	23.4	25.8	2,475	
<b>Sex:</b>										
Male	<b>43.1</b>	41.1	45.0	1,877	<b>&lt;0.001</b>	<b>26.1</b>	24.4	27.8	1,196	<b>0.015</b>
Female	<b>30.1</b>	28.3	31.9	1,604		<b>23.1</b>	21.4	24.8	1,279	
<b>Age:</b>										
18 - 24	<b>26.8</b>	22.8	31.2	170	<b>&lt;0.001</b>	<b>10.4</b>	7.9	13.6	70	<b>&lt;0.001</b>
25 - 34	<b>32.7</b>	29.3	36.3	353		<b>25.4</b>	22.2	28.9	264	
35 - 44	<b>36.0</b>	32.2	39.9	362		<b>26.4</b>	23.1	30.0	306	
45 - 54	<b>38.3</b>	35.1	41.7	569		<b>30.3</b>	27.2	33.5	463	
55 - 64	<b>42.5</b>	39.6	45.5	835		<b>27.8</b>	25.2	30.5	616	
65+	<b>39.8</b>	37.3	42.3	1186		<b>23.4</b>	21.3	25.6	748	
<b>Education:</b>										
<High School	<b>30.4</b>	25.7	35.5	224	<b>0.010</b>	<b>24.2</b>	20.0	29.0	197	NS
High School	<b>37.5</b>	35.1	40.0	1,077		<b>27.3</b>	25.1	29.5	821	
Some College	<b>36.8</b>	34.4	39.3	1,044		<b>25.4</b>	23.3	27.7	784	
College Degree +	<b>37.9</b>	35.6	40.3	1,127		<b>20.5</b>	18.6	22.6	671	
<b>Income:</b>										
<\$15,000	<b>27.8</b>	24.2	31.7	339	<b>&lt;0.001</b>	<b>26.4</b>	22.8	30.3	332	NS
\$15,000 - \$24,999	<b>36.3</b>	33.2	39.4	641		<b>25.6</b>	22.9	28.5	485	
\$25,000 - \$49,999	<b>38.3</b>	35.7	41.0	976		<b>25.6</b>	23.4	28.0	679	
\$50,000 - \$74,999	<b>39.3</b>	35.8	43.0	547		<b>25.1</b>	22.1	28.4	372	
\$75,000 +	<b>40.5</b>	37.3	43.7	686		<b>22.5</b>	20.0	25.3	415	
<b>Race/Ethnicity:</b>										
White, non-Hispanic	<b>37.2</b>	35.8	38.7	3,058	NS	<b>23.1</b>	21.9	24.4	2,022	<b>&lt;0.001</b>
AI/AN*	<b>34.2</b>	29.1	39.7	261		<b>39.6</b>	34.2	45.2	311	
<b>Disability:</b>										
Disability	<b>32.8</b>	30.3	35.4	870	<b>0.001</b>	<b>34.7</b>	32.1	37.3	928	<b>&lt;0.001</b>
No Disability	<b>38.0</b>	36.4	39.6	2,570		<b>21.3</b>	20.0	22.7	1,511	

† Self-reported height and weight yield a body mass index (BMI) greater than or equal to 25 and less than 30. Total Sample Size: 9,323, Weighted Prevalence Estimate: 279,200.

‡ Self-reported height and weight yield a body mass index (BMI) greater than or equal to 30. Total Sample Size: 9,323, Weighted Prevalence Estimate: 186,900.

\* American Indian or Alaska Native only.

NS Not significant.

**Table 10: Tobacco Use, Montana Adults, 2013**

	Current Smokers †					Current Smokeless Tobacco Users ‡				
	Wt.%	95% CI		UnWt. N	P Value	Wt.%	95% CI		UnWt. N	P Value
		LL	UL				LL	UL		
<b>All Adults</b>	<b>19.0</b>	17.9	20.1	1,675		<b>8.0</b>	7.3	8.8	657	
<b>Sex:</b>										
Male	<b>20.7</b>	19.1	22.4	782	<b>0.004</b>	<b>14.6</b>	13.3	16.0	586	<b>&lt;0.001</b>
Female	<b>17.3</b>	15.9	18.9	893		<b>1.4</b>	1.0	2.0	71	
<b>Age:</b>										
18 - 24	<b>24.6</b>	20.7	29.0	150	<b>&lt;0.001</b>	<b>11.8</b>	9.2	15.1	76	<b>&lt;0.001</b>
25 - 34	<b>22.7</b>	19.7	25.9	252		<b>11.8</b>	9.7	14.3	139	
35 - 44	<b>21.9</b>	18.6	25.5	228		<b>11.3</b>	9.1	13.9	124	
45 - 54	<b>22.4</b>	19.7	25.3	339		<b>9.5</b>	7.7	11.6	138	
55 - 64	<b>17.5</b>	15.4	19.8	382		<b>5.0</b>	3.9	6.4	106	
65+	<b>9.7</b>	8.3	11.3	317		<b>2.2</b>	1.6	2.9	73	
<b>Education:</b>										
<High School	<b>40.5</b>	35.2	46.1	237	<b>&lt;0.001</b>	<b>8.9</b>	6.3	12.3	58	NS
High School	<b>24.7</b>	22.7	26.9	685		<b>9.8</b>	8.4	11.3	237	
Some College	<b>17.3</b>	15.5	19.2	520		<b>8.2</b>	6.9	9.6	211	
College Degree +	<b>7.0</b>	5.8	8.3	230		<b>5.4</b>	4.4	6.6	150	
<b>Income:</b>										
<\$15,000	<b>35.1</b>	31.0	39.3	384	<b>&lt;0.001</b>	<b>7.8</b>	5.8	10.4	69	NS
\$15,000 - \$24,999	<b>27.9</b>	25.0	30.9	431		<b>7.9</b>	6.2	9.9	111	
\$25,000 - \$49,999	<b>17.4</b>	15.3	19.6	399		<b>8.1</b>	6.7	9.7	176	
\$50,000 - \$74,999	<b>13.1</b>	10.9	15.8	164		<b>9.2</b>	7.4	11.5	114	
\$75,000 +	<b>8.0</b>	6.5	9.9	147		<b>8.8</b>	7.1	10.7	144	
<b>Race/Ethnicity:</b>										
White, non-Hispanic	<b>17.4</b>	16.3	18.6	1,252	<b>&lt;0.001</b>	<b>7.8</b>	7.1	8.7	551	NS
AI/AN*	<b>38.3</b>	33.2	43.7	300		<b>11.5</b>	8.0	16.2	70	
<b>Disability:</b>										
Disability	<b>26.6</b>	24.1	29.3	615	<b>&lt;0.001</b>	<b>5.8</b>	4.6	7.3	136	<b>0.002</b>
No Disability	<b>16.5</b>	15.4	17.8	1,051		<b>8.7</b>	7.9	9.7	520	

† A current smoker is defined as someone who has ever smoked 100 cigarettes and who now smokes everyday or some days. Total Sample Size: 9,526, Weighted Prevalence Estimate: 147,800.

‡ A current user is defined as using chewing tobacco, snuff or snus everyday or some days. Total Sample Size: 9,547, Weighted Prevalence Estimate: 62,300.

\* American Indian or Alaska Native only.

NS Not significant.

**Table 11: Alcohol Related Risk Behaviors, Montana Adults, 2013**

	Heavy Drinking in Past 30 Days †					Binge Drinking in Past 30 Days ‡				
	Wt.%	95% CI		UnWt. N	P Value	Wt.%	95% CI		UnWt. N	P Value
		LL	UL				LL	UL		
<b>All Adults</b>	<b>7.7</b>	7.0	8.5	664		<b>20.8</b>	19.6	22.0	1,588	
<b>Sex:</b>										
Male	<b>7.9</b>	6.9	9.1	318	NS	<b>27.3</b>	25.5	29.1	973	<b>&lt;0.001</b>
Female	<b>7.5</b>	6.5	8.7	346		<b>14.3</b>	12.9	15.8	615	
<b>Age:</b>										
18 - 24	<b>9.5</b>	7.2	12.5	62	<b>0.003</b>	<b>32.5</b>	28.1	37.2	194	<b>&lt;0.001</b>
25 - 34	<b>8.0</b>	6.2	10.3	83		<b>34.5</b>	31.1	38.2	354	
35 - 44	<b>9.0</b>	6.9	11.6	87		<b>25.3</b>	22.0	28.9	269	
45 - 54	<b>9.2</b>	7.3	11.4	120		<b>21.8</b>	19.1	24.8	303	
55 - 64	<b>7.3</b>	5.9	8.9	170		<b>14.9</b>	12.9	17.2	306	
65+	<b>4.9</b>	3.9	6.1	142		<b>5.1</b>	4.1	6.3	161	
<b>Education:</b>										
<High School	<b>7.3</b>	4.8	10.9	42	NS	<b>17.8</b>	13.8	22.6	95	NS
High School	<b>7.9</b>	6.6	9.3	211		<b>20.1</b>	18.1	22.2	481	
Some College	<b>7.2</b>	6.0	8.6	190		<b>21.8</b>	19.7	24.1	507	
College Degree +	<b>8.4</b>	7.1	9.9	221		<b>21.2</b>	19.2	23.4	504	
<b>Income:</b>										
<\$15,000	<b>8.1</b>	6.1	10.8	86	NS	<b>19.7</b>	16.3	23.7	167	NS
\$15,000 - \$24,999	<b>8.4</b>	6.7	10.4	128		<b>23.5</b>	20.7	26.6	310	
\$25,000 - \$49,999	<b>8.0</b>	6.6	9.8	162		<b>20.5</b>	18.3	22.9	398	
\$50,000 - \$74,999	<b>7.8</b>	6.2	9.9	108		<b>21.7</b>	18.8	24.9	256	
\$75,000 +	<b>7.7</b>	6.1	9.7	137		<b>22.8</b>	20.2	25.6	366	
<b>Race/Ethnicity:</b>										
White, non-Hispanic	<b>7.6</b>	6.8	8.5	581	NS	<b>20.8</b>	19.6	22.1	1,374	NS
AI/AN*	<b>8.2</b>	5.5	12.1	47		<b>21.6</b>	17.0	27.1	131	
<b>Disability:</b>										
Disability	<b>7.1</b>	5.7	8.7	164	NS	<b>15.0</b>	13.0	17.3	302	<b>&lt;0.001</b>
No Disability	<b>7.9</b>	7.0	8.8	497		<b>22.6</b>	21.3	24.1	1,280	

† Heavy drinking is defined as the consumption of more than two alcoholic drinks per day for men or more than one alcoholic drink per day for women. Total Sample Size: 9,361, Weighted Prevalence Estimate: 59,000.

‡ Binge drinking is defined as having five or more alcoholic drinks on one occasion for men, and four or more alcoholic drinks on one occasion for women. Total Sample Size: 9,362, Weighted Prevalence Estimate: 159,100.

\* American Indian or Alaska Native only.

NS Not significant.

**Table 12: Seat Belt Use, Montana Adults, 2013**

	Does Not Always Wear Seat Belt †				P Value
	Wt.%	95% CI		UnWt. N	
		LL	UL		
<b>All Adults</b>	<b>25.7</b>	24.5	27.0	2,503	
<b>Sex:</b>					
Male	<b>32.2</b>	30.3	34.1	1,385	<b>&lt;0.001</b>
Female	<b>19.3</b>	17.9	20.9	1,118	
<b>Age:</b>					
18 - 24	<b>37.1</b>	32.3	42.2	217	<b>&lt;0.001</b>
25 - 34	<b>31.9</b>	28.5	35.6	355	
35 - 44	<b>25.6</b>	22.4	29.1	294	
45 - 54	<b>23.5</b>	20.8	26.4	398	
55 - 64	<b>21.8</b>	19.6	24.2	538	
65+	<b>20.4</b>	18.5	22.4	695	
<b>Education:</b>					
<High School	<b>30.6</b>	25.8	36.0	199	<b>&lt;0.001</b>
High School	<b>28.6</b>	26.4	31.0	857	
Some College	<b>26.2</b>	24.0	28.5	775	
College Degree +	<b>20.2</b>	18.3	22.1	669	
<b>Income:</b>					
<\$15,000	<b>29.2</b>	25.2	33.6	318	<b>&lt;0.001</b>
\$15,000 - \$24,999	<b>29.9</b>	26.9	33.1	495	
\$25,000 - \$49,999	<b>26.0</b>	23.8	28.5	684	
\$50,000 - \$74,999	<b>25.1</b>	22.1	28.4	368	
\$75,000 +	<b>20.9</b>	18.5	23.5	395	
<b>Race/Ethnicity:</b>					
White, non-Hispanic	<b>25.1</b>	23.8	26.4	2,147	<b>0.003</b>
AI/AN*	<b>33.0</b>	27.7	38.7	236	
<b>Disability:</b>					
Disability	<b>25.8</b>	23.5	28.4	697	NS
No Disability	<b>25.7</b>	24.3	27.1	1,794	

† How often do you use seat belts when you drive or ride in a car? Total Sample Size: 9,136, Weighted Prevalence Estimate: 191,400.

\* American Indian or Alaska Native only.

NS Not significant.

**Table 13: Lifetime and Current Asthma, Montana Adults, 2013**

	Ever Diagnosed with Asthma †					Currently has Asthma ‡				
	Wt.%	95% CI		UnWt. N	P Value	Wt.%	95% CI		UnWt. N	P Value
		LL	UL				LL	UL		
<b>All Adults</b>	<b>13.2</b>	12.3	14.2	1,242		<b>8.6</b>	7.9	9.4	835	
<b>Sex:</b>										
Male	<b>11.8</b>	10.5	13.2	471	<b>0.004</b>	<b>6.4</b>	5.5	7.5	282	<b>&lt;0.001</b>
Female	<b>14.6</b>	13.3	16.1	771		<b>10.8</b>	9.6	12.1	553	
<b>Age:</b>										
18 - 24	<b>19.1</b>	15.4	23.3	108	<b>&lt;0.001</b>	<b>9.9</b>	7.4	13.1	58	NS
25 - 34	<b>15.5</b>	13.0	18.4	168		<b>8.2</b>	6.4	10.4	88	
35 - 44	<b>12.7</b>	10.2	15.6	138		<b>7.7</b>	5.8	10.2	89	
45 - 54	<b>11.5</b>	9.6	13.7	190		<b>8.4</b>	6.7	10.4	133	
55 - 64	<b>12.2</b>	10.4	14.2	273		<b>10.0</b>	8.4	11.9	206	
65+	<b>10.5</b>	9.1	12.2	359		<b>7.6</b>	6.3	9.1	256	
<b>Education:</b>										
<High School	<b>14.0</b>	10.7	18.1	104	NS	<b>11.0</b>	8.0	14.8	81	NS
High School	<b>13.6</b>	11.9	15.4	383		<b>9.0</b>	7.7	10.5	261	
Some College	<b>13.4</b>	11.7	15.2	390		<b>8.2</b>	6.9	9.7	253	
College Degree +	<b>12.3</b>	10.8	14.0	363		<b>8.0</b>	6.8	9.4	239	
<b>Income:</b>										
<\$15,000	<b>19.2</b>	16.1	22.7	237	<b>&lt;0.001</b>	<b>14.3</b>	11.7	17.5	175	<b>&lt;0.001</b>
\$15,000 - \$24,999	<b>15.5</b>	13.2	18.2	249		<b>11.0</b>	8.9	13.4	171	
\$25,000 - \$49,999	<b>12.4</b>	10.7	14.2	304		<b>8.0</b>	6.6	9.5	205	
\$50,000 - \$74,999	<b>11.1</b>	9.1	13.5	157		<b>6.5</b>	4.9	8.4	94	
\$75,000 +	<b>9.9</b>	8.2	12.0	177		<b>6.0</b>	4.7	7.6	112	
<b>Race/Ethnicity:</b>										
White, non-Hispanic	<b>12.7</b>	11.7	13.7	1,032	NS	<b>8.3</b>	7.5	9.2	693	NS
AI/AN*	<b>13.4</b>	10.2	17.4	113		<b>9.5</b>	6.8	13.2	79	
<b>Disability:</b>										
Disability	<b>20.9</b>	18.7	23.2	524	<b>&lt;0.001</b>	<b>16.4</b>	14.5	18.6	401	<b>&lt;0.001</b>
No Disability	<b>10.8</b>	9.8	11.9	701		<b>6.2</b>	5.4	7.0	423	

† Did a doctor ever tell you that you had asthma? Total Sample Size: 9,668, Weighted Prevalence Estimate: 104,100.

‡ Do you currently have asthma? Total Sample Size: 9,630, Weighted Prevalence Estimate: 67,700.

\* American Indian or Alaska Native only.

NS Not significant.

**Table 14: Arthritis, Montana Adults, 2013**

	Doctor Diagnosed Arthritis †					Activities Limited Due to Arthritis ‡					Arthritis Limits Work-Related Activities §				
	Wt.%	95% CI		UnWt. N	P Value	Wt.%	95% CI		UnWt. N	P Value	Wt.%	95% CI		UnWt. N	P Value
		LL	UL				LL	UL				LL	UL		
<b>All Adults</b>	<b>27.3</b>	26.1	28.5	3,164		<b>50.2</b>	47.6	52.7	1,526		<b>32.8</b>	30.4	35.2	992	
<b>Sex:</b>															
Male	<b>24.2</b>	22.6	25.9	1,224	<b>&lt;0.001</b>	<b>50.0</b>	46.0	54.0	573	NS	<b>32.8</b>	29.2	36.7	401	NS
Female	<b>30.4</b>	28.7	32.1	1,940		<b>50.3</b>	47.0	53.7	953		<b>32.7</b>	29.6	36.0	591	
<b>Age:</b>															
18 - 24	<b>3.9</b>	2.4	6.4	24	<b>&lt;0.001</b>	<b>NSD<sup>Δ</sup></b>			9	NS	<b>NSD<sup>Δ</sup></b>			8	NS
25 - 34	<b>8.3</b>	6.4	10.7	80		<b>NSD<sup>Δ</sup></b>			33		<b>NSD<sup>Δ</sup></b>			26	
35 - 44	<b>18.7</b>	15.6	22.3	186		<b>53.0</b>	43.3	62.4	98		<b>NSD<sup>Δ</sup></b>			75	
45 - 54	<b>28.6</b>	25.7	31.7	432		<b>58.3</b>	51.8	64.4	243		<b>40.2</b>	34.3	46.4	190	
55 - 64	<b>38.3</b>	35.5	41.1	871		<b>48.6</b>	43.8	53.3	413		<b>33.5</b>	29.2	38.1	304	
65+	<b>50.4</b>	47.9	52.9	1,556		<b>46.4</b>	42.7	50.1	726		<b>25.3</b>	22.2	28.7	386	
<b>Education:</b>															
<High School	<b>35.3</b>	30.2	40.7	291	<b>&lt;0.001</b>	<b>56.9</b>	47.8	65.5	156	NS	<b>42.7</b>	34.1	51.8	118	<b>&lt;0.001</b>
High School	<b>28.3</b>	26.2	30.5	1,033		<b>49.1</b>	44.6	53.5	497		<b>34.9</b>	30.8	39.3	358	
Some College	<b>26.4</b>	24.4	28.6	924		<b>51.2</b>	46.6	55.8	457		<b>34.6</b>	30.3	39.2	306	
College Degree +	<b>24.5</b>	22.5	26.5	909		<b>47.2</b>	42.6	51.8	415		<b>22.9</b>	19.2	27.0	209	
<b>Income:</b>															
<\$15,000	<b>35.9</b>	32.0	40.1	509	<b>&lt;0.001</b>	<b>66.7</b>	60.1	72.7	322	<b>&lt;0.001</b>	<b>52.3</b>	45.3	59.3	249	<b>&lt;0.001</b>
\$15,000 - \$24,999	<b>31.8</b>	28.9	34.8	679		<b>62.0</b>	56.5	67.3	380		<b>46.1</b>	40.5	51.9	269	
\$25,000 - \$49,999	<b>28.6</b>	26.2	31.0	854		<b>45.6</b>	40.8	50.6	373		<b>26.5</b>	22.3	31.2	224	
\$50,000 - \$74,999	<b>24.4</b>	21.5	27.4	405		<b>40.6</b>	33.9	47.6	152		<b>24.5</b>	19.1	30.9	88	
\$75,000 +	<b>19.4</b>	17.1	21.9	399		<b>37.6</b>	31.4	44.3	154		<b>18.6</b>	14.2	24.0	83	
<b>Race/Ethnicity:</b>															
White, non-Hispanic	<b>27.3</b>	26.0	28.6	2,735	NS	<b>49.0</b>	46.3	51.7	1,288	NS	<b>31.1</b>	28.6	33.7	808	<b>0.001</b>
AI/AN*	<b>25.5</b>	21.5	30.0	271		<b>58.1</b>	48.6	67.0	157		<b>46.6</b>	37.4	56.0	120	
<b>Disability:</b>															
Disability	<b>57.5</b>	54.8	60.2	1,618	<b>&lt;0.001</b>	<b>74.0</b>	70.9	77.0	1,127	<b>&lt;0.001</b>	<b>49.4</b>	45.7	53.0	734	<b>&lt;0.001</b>
No Disability	<b>17.6</b>	16.4	18.8	1,502		<b>26.1</b>	23.0	29.5	390		<b>16.0</b>	13.6	18.7	251	

† Ever been told by a health care professional that you have arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia? Total Sample Size: 9,645, Weighted Prevalence Estimate: 214,500.

‡ Among adults with doctor diagnosed arthritis: Are you limited in doing your usual activities because of arthritis? Total Sample Size: 3,019, Weighted Prevalence Estimate: 102,300.

§ Among adults with doctor diagnosed arthritis: Do arthritis or joint symptoms not affect whether you work, they type of work you do, or the amount of work you do? Total Sample Size: 2,983, Weighted Prevalence Estimate: 65,900.

\* American Indian or Alaska Native only.

Δ Not Sufficient Data to report a reliable estimate.

NS Not significant.

**Table 15: Cardiovascular Disease, Montana Adults, 2013**

	Ever Diagnosed w/ a Heart Attack †					Ever Diagnosed w/ Angina or CHD ‡					Ever Diagnosed w/ a Stroke §				
	Wt.%	95% CI		UnWt.	P	Wt.%	95% CI		UnWt.	P	Wt.%	95% CI		UnWt.	P
		LL	UL	N	Value		LL	UL	N	Value		LL	UL	N	Value
<b>All Adults</b>	<b>4.5</b>	4.0	5.1	561		<b>3.5</b>	3.0	4.0	426		<b>3.2</b>	2.8	3.7	385	
<b>Sex:</b>															
Male	5.7	4.9	6.6	324	<0.001	4.3	3.6	5.2	238	<0.001	3.1	2.5	3.8	169	NS
Female	3.4	2.8	4.1	237		2.6	2.1	3.2	188		3.3	2.7	4.0	216	
<b>Age:</b>															
18 - 24	NSD <sup>Δ</sup>			5	<0.001	NSD <sup>Δ</sup>			3	<0.001	NSD <sup>Δ</sup>			3	<0.001
25 - 34	NSD <sup>Δ</sup>			3		NSD <sup>Δ</sup>			2		NSD <sup>Δ</sup>			5	
35 - 44	1.6	0.9	2.7	17		0.9	0.4	1.8	10		0.7	0.4	1.4	12	
45 - 54	2.7	1.8	4.1	43		1.9	1.2	3.1	26		2.4	1.5	3.7	37	
55 - 64	4.6	3.6	6.0	98		5.0	3.8	6.5	102		3.2	2.4	4.4	75	
65+	13.1	11.4	15.0	393		9.5	8.1	11.2	281		9.0	7.5	10.7	250	
<b>Education:</b>															
<High School	11.2	8.3	14.9	93	<0.001	5.3	3.6	7.9	53	NS	6.9	4.9	9.8	60	<0.001
High School	4.9	4.1	5.8	209		3.6	2.8	4.5	140		3.4	2.7	4.4	125	
Some College	3.7	2.9	4.6	141		3.6	2.8	4.5	135		2.5	1.9	3.3	110	
College Degree +	2.9	2.3	3.7	118		2.6	2.0	3.4	98		2.5	1.9	3.3	88	
<b>Income:</b>															
<\$15,000	7.5	5.6	9.9	103	<0.001	4.0	2.8	5.8	73	<0.001	6.4	4.7	8.8	95	<0.001
\$15,000 - \$24,999	5.4	4.2	6.9	133		5.1	3.9	6.5	108		4.9	3.8	6.4	109	
\$25,000 - \$49,999	4.7	3.8	5.8	167		3.7	2.9	4.7	119		3.1	2.3	4.2	91	
\$50,000 - \$74,999	3.4	2.4	4.7	54		3.0	2.1	4.3	49		1.7	1.0	2.9	24	
\$75,000 +	2.1	1.3	3.2	36		1.6	0.9	2.7	30		0.5	0.3	1.0	13	
<b>Race/Ethnicity:</b>															
White, non-Hispanic	4.4	3.9	5.0	468	NS	3.5	3.0	4.0	358	NS	3.1	2.7	3.6	314	NS
AI/AN*	6.9	4.8	9.7	66		4.8	3.1	7.3	44		4.1	2.7	6.0	48	
<b>Disability:</b>															
Disability	10.2	8.7	11.9	303	<0.001	8.8	7.4	10.5	257	<0.001	8.1	6.8	9.8	237	<0.001
No Disability	2.7	2.2	3.2	247		1.8	1.4	2.2	164		1.6	1.2	1.9	139	

† Has a doctor ever told you that you had a heart attack? Total Sample Size: 9,656, Weighted Prevalence Estimate: 35,500.

‡ Has a doctor ever told you that you have angina or coronary heart disease (CHD)? Total Sample Size: 9,596, Weighted Prevalence Estimate: 27,300.

§ Has a doctor ever told you that you had a stroke? Total Sample Size: 9,662, Weighted Prevalence Estimate: 25,200.

\* American Indian or Alaska Native only.

Δ Not Sufficient Data to report a reliable estimate.

NS Not significant.

**Table 16: High Cholesterol, Montana Adults, 2013**

	No Cholesterol Test Ever †					No Cholesterol Test Past 5 Years ‡					Ever Told Have High Cholesterol §				
	Wt.%	95% CI		UnWt. N	P Value	Wt.%	95% CI		UnWt. N	P Value	Wt.%	95% CI		UnWt. N	P Value
		LL	UL				LL	UL				LL	UL		
<b>All Adults</b>	<b>21.3</b>	20.0	22.5	1,504		<b>26.2</b>	24.9	27.5	1,931		<b>35.7</b>	34.3	37.1	3,241	
<b>Sex:</b>															
Male	<b>23.0</b>	21.3	24.8	763	<b>0.007</b>	<b>28.4</b>	26.6	30.3	969	<b>0.001</b>	<b>36.0</b>	33.9	38.1	1,409	NS
Female	<b>19.5</b>	17.8	21.3	741		<b>24.0</b>	22.2	25.9	962		<b>35.4</b>	33.5	37.4	1,832	
<b>Age:</b>															
18 - 24	<b>64.7</b>	59.8	69.3	381	<b>&lt;0.001</b>	<b>65.4</b>	60.6	70.0	385	<b>&lt;0.001</b>	<b>6.7</b>	3.8	11.8	14.0	<b>&lt;0.001</b>
25 - 34	<b>39.2</b>	35.6	43.0	419		<b>44.5</b>	40.8	48.3	468		<b>12.8</b>	9.8	16.6	79.0	
35 - 44	<b>22.1</b>	19.0	25.5	238		<b>29.3</b>	25.9	33.0	305		<b>19.7</b>	16.4	23.5	180.0	
45 - 54	<b>11.6</b>	9.6	13.9	177		<b>19.3</b>	16.8	22.1	282		<b>34.7</b>	31.3	38.2	464.0	
55 - 64	<b>6.0</b>	4.7	7.6	137		<b>11.7</b>	9.9	13.7	253		<b>47.6</b>	44.5	50.6	951.0	
65+	<b>4.1</b>	3.2	5.1	147		<b>6.6</b>	5.5	8.0	230		<b>51.8</b>	49.2	54.4	1,536	
<b>Education:</b>															
<High School	<b>33.6</b>	28.1	39.7	150	<b>&lt;0.001</b>	<b>37.1</b>	31.5	43.1	177	<b>&lt;0.001</b>	<b>35.3</b>	29.6	41.4	224	NS
High School	<b>27.1</b>	24.7	29.6	587		<b>32.1</b>	29.7	34.6	714		<b>39.1</b>	36.4	41.8	996	
Some College	<b>19.9</b>	17.9	22.1	463		<b>25.6</b>	23.5	28.0	608		<b>36.2</b>	33.7	38.9	997	
College Degree +	<b>12.1</b>	10.6	13.8	302		<b>16.5</b>	14.8	18.4	429		<b>32.0</b>	29.7	34.4	1,018	
<b>Income:</b>															
<\$15,000	<b>37.9</b>	33.3	42.6	263	<b>&lt;0.001</b>	<b>43.3</b>	38.8	47.9	313	<b>&lt;0.001</b>	<b>34.6</b>	30.0	39.4	347	NS
\$15,000 - \$24,999	<b>28.8</b>	25.8	31.9	385		<b>34.6</b>	31.5	37.8	487		<b>36.7</b>	33.2	40.3	608	
\$25,000 - \$49,999	<b>18.1</b>	16.1	20.3	364		<b>23.1</b>	20.9	25.5	476		<b>37.1</b>	34.4	39.9	921	
\$50,000 - \$74,999	<b>15.3</b>	12.3	18.9	141		<b>20.2</b>	17.0	23.9	201		<b>35.8</b>	32.2	39.5	479	
\$75,000 +	<b>13.3</b>	11.1	15.8	197		<b>17.7</b>	15.2	20.5	263		<b>30.6</b>	27.6	33.8	521	
<b>Race/Ethnicity:</b>															
White, non-Hispanic	<b>19.8</b>	18.6	21.1	1,219	<b>&lt;0.001</b>	<b>24.9</b>	23.6	26.2	1,605	<b>&lt;0.001</b>	<b>36.2</b>	34.7	37.7	2,865	NS
AI/AN*	<b>36.0</b>	30.5	41.8	182		<b>38.4</b>	32.9	44.3	199		<b>32.6</b>	27.2	38.7	239	
<b>Disability:</b>															
Disability	<b>13.4</b>	11.4	15.6	252	<b>&lt;0.001</b>	<b>18.3</b>	16.1	20.7	360	<b>&lt;0.001</b>	<b>49.0</b>	46.0	51.9	1,231	<b>&lt;0.001</b>
No Disability	<b>23.8</b>	22.3	25.3	1,234		<b>28.7</b>	27.1	30.3	1,545		<b>31.1</b>	29.4	32.7	1,973	

† Have you ever had your blood cholesterol checked? Total Sample Size: 9,413, Weighted Prevalence Estimate: 163,400.

‡ About how long has it been since your last had your blood cholesterol checked? Total Sample Size: 9,413, Weighted Prevalence Estimate: 201,500.

§ Has a doctor, nurse, or other health professional ever told you that your blood cholesterol is high? Total Sample Size: 7,945, Weighted Prevalence Estimate: 216,800.

\* American Indian or Alaska Native only.

NS Not significant.

**Table 17: High Blood Pressure, Montana Adults, 2013**

	Ever Told Have High Blood Pressure †					Taking Medication for High Blood Pressure ‡				
	Wt.%	95% CI		UnWt. N	P Value	Wt.%	95% CI		UnWt. N	P Value
		LL	UL				LL	UL		
<b>All Adults</b>	<b>29.3</b>	28.2	30.5	3,536		<b>73.5</b>	71.3	75.6	2,782	
<b>Sex:</b>										
Male	<b>32.3</b>	30.5	34.1	1,676	<b>&lt;0.001</b>	<b>69.1</b>	65.8	72.1	1,254	<b>&lt;0.001</b>
Female	<b>26.4</b>	24.9	28.0	1,860		<b>79.0</b>	75.9	81.7	1,528	
<b>Age:</b>										
18 - 24	<b>6.0</b>	4.1	8.6	35	<b>&lt;0.001</b>	<b>NS<sup>Δ</sup></b>			3	<b>&lt;0.001</b>
25 - 34	<b>11.7</b>	9.5	14.3	127		<b>NS<sup>Δ</sup></b>			33	
35 - 44	<b>18.4</b>	15.6	21.4	221		<b>48.2</b>	39.8	56.7	108	
45 - 54	<b>26.1</b>	23.3	29.1	433		<b>65.2</b>	58.9	71.0	292	
55 - 64	<b>39.2</b>	36.4	42.1	892		<b>79.8</b>	75.7	83.3	713	
65+	<b>57.9</b>	55.4	60.3	1,812		<b>89.3</b>	86.9	91.3	1,619	
<b>Education:</b>										
<High School	<b>37.3</b>	32.3	42.6	322	<b>&lt;0.001</b>	<b>74.2</b>	66.3	80.8	260	NS
High School	<b>31.4</b>	29.2	33.6	1,191		<b>75.5</b>	71.7	78.9	947	
Some College	<b>27.5</b>	25.5	29.6	1,031		<b>73.8</b>	69.5	77.7	815	
College Degree +	<b>26.6</b>	24.6	28.7	983		<b>69.9</b>	65.5	73.9	751	
<b>Income:</b>										
<\$15,000	<b>29.9</b>	26.4	33.7	457	<b>&lt;0.001</b>	<b>69.6</b>	62.8	75.7	343	NS
\$15,000 - \$24,999	<b>32.6</b>	29.8	35.6	756		<b>71.0</b>	65.8	75.6	588	
\$25,000 - \$49,999	<b>32.2</b>	29.9	34.7	988		<b>73.2</b>	68.7	77.3	799	
\$50,000 - \$74,999	<b>27.2</b>	24.2	30.3	480		<b>74.4</b>	68.1	79.7	377	
\$75,000 +	<b>23.5</b>	21.0	26.2	476		<b>74.3</b>	68.4	79.4	357	
<b>Race/Ethnicity:</b>										
White, non-Hispanic	<b>29.2</b>	28.0	30.5	3,020	NS	<b>74.6</b>	72.2	76.8	2,396	NS
AI/AN*	<b>31.8</b>	27.4	36.6	333		<b>74.8</b>	67.6	80.8	263	
<b>Disability:</b>										
Disability	<b>47.3</b>	44.6	50.0	1,431	<b>&lt;0.001</b>	<b>77.1</b>	73.6	80.3	1,153	NS
No Disability	<b>23.6</b>	22.3	24.9	2,058		<b>71.5</b>	68.5	74.3	1,596	

† Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure? Total Sample Size: 9,672, Weighted Prevalence Estimate: 231,300.

‡ Among adults with high blood pressure: Are you currently taking medicine for your high blood pressure? Total Sample Size: 3,527, Weighted Prevalence Estimate: 169,600.

\* American Indian or Alaska Native only.

Δ Not Sufficient Data to report a reliable estimate.

NS Not significant.

**Table 18: Diabetes and Pre-Diabetes, Montana Adults, 2013**

	Ever Diagnosed with Diabetes †				P Value	Ever Diagnosed with Pre-Diabetes ‡				P Value
	Wt.%	95% CI		UnWt. N		Wt.%	95% CI		UnWt. N	
<b>All Adults</b>	<b>7.7</b>	7.0	8.4	979		<b>6.8</b>	5.8	7.8	344	
<b>Sex:</b>										
Male	<b>8.3</b>	7.4	9.4	469	NS	<b>5.6</b>	4.4	7.0	139	NS
Female	<b>7.0</b>	6.2	8.0	510		<b>7.9</b>	6.6	9.6	205	
<b>Age:</b>										
18 - 24	<b>NSD<sup>Δ</sup></b>			2	<b>&lt;0.001</b>	<b>3.8</b>	1.8	7.7	10	<b>&lt;0.001</b>
25 - 34	<b>2.0</b>	1.3	3.2	24		<b>4.2</b>	2.3	7.3	18	
35 - 44	<b>4.0</b>	2.9	5.6	49		<b>3.7</b>	2.2	6.1	26	
45 - 54	<b>6.7</b>	5.4	8.4	114		<b>6.6</b>	4.4	9.7	41	
55 - 64	<b>10.6</b>	9.0	12.6	243		<b>10.2</b>	7.9	13.1	107	
65+	<b>16.7</b>	14.9	18.6	539		<b>10.3</b>	8.2	12.8	141	
<b>Education:</b>										
<High School	<b>10.9</b>	8.5	14.0	118	<b>0.003</b>	<b>6.2</b>	3.6	10.4	27	NS
High School	<b>7.3</b>	6.3	8.5	313		<b>7.2</b>	5.6	9.3	108	
Some College	<b>8.4</b>	7.2	9.7	306		<b>7.9</b>	6.1	10.2	111	
College Degree +	<b>6.1</b>	5.1	7.2	241		<b>4.9</b>	3.7	6.5	98	
<b>Income:</b>										
<\$15,000	<b>11.9</b>	9.7	14.5	198	<b>&lt;0.001</b>	<b>9.4</b>	6.2	14.0	45	<b>0.004</b>
\$15,000 - \$24,999	<b>9.1</b>	7.7	10.9	231		<b>8.4</b>	6.3	11.3	76	
\$25,000 - \$49,999	<b>8.2</b>	7.0	9.7	250		<b>7.1</b>	5.2	9.6	92	
\$50,000 - \$74,999	<b>5.8</b>	4.4	7.5	103		<b>5.4</b>	3.6	8.1	50	
\$75,000 +	<b>4.1</b>	3.1	5.4	84		<b>4.2</b>	2.8	6.2	40	
<b>Race/Ethnicity:</b>										
White, non-Hispanic	<b>7.1</b>	6.4	7.8	742	<b>&lt;0.001</b>	<b>6.4</b>	5.4	7.5	285	NS
AI/AN*	<b>15.7</b>	12.7	19.1	174		<b>9.3</b>	6.1	13.8	39	
<b>Disability:</b>										
Disability	<b>15.4</b>	13.7	17.4	477	<b>&lt;0.001</b>	<b>12.5</b>	10.0	15.5	147	<b>&lt;0.001</b>
No Disability	<b>5.2</b>	4.6	5.8	489		<b>5.1</b>	4.2	6.3	193	

† Have you ever been told by a doctor you have diabetes? Total Sample Size: 9,680, Weighted Prevalence Estimate: 60,600.

‡ Have you ever been told by a doctor that you have pre-diabetes? Total Sample Size: 4,407, Weighted Prevalence Estimate: 49,400.

\* American Indian or Alaska Native only.

Δ Not Sufficient Data to report a reliable estimate.

NS Not significant.

**Table 19: Chronic Health Conditions, Montana Adults, 2013**

	Ever Diagnosed with a Depressive Disorder †					Ever Diagnosed with Kidney Disease †				
	Wt.%	95% CI		UnWt. N	P Value	Wt.%	95% CI		UnWt. N	P Value
		LL	UL				LL	UL		
<b>All Adults</b>	<b>21.1</b>	19.9	22.3	1,996		<b>2.5</b>	2.1	3.0	290	
<b>Sex:</b>										
Male	<b>15.1</b>	13.7	16.6	633	<b>&lt;0.001</b>	<b>1.8</b>	1.4	2.3	104	<b>0.001</b>
Female	<b>27.0</b>	25.3	28.9	1,363		<b>3.2</b>	2.6	3.9	186	
<b>Age:</b>										
18 - 24	<b>19.2</b>	15.5	23.5	117	NS	<b>0.8</b>	0.4	2.0	7	<b>&lt;0.001</b>
25 - 34	<b>21.7</b>	18.7	24.9	228		<b>1.2</b>	0.7	2.3	12	
35 - 44	<b>22.7</b>	19.5	26.4	236		<b>0.5</b>	0.2	0.9	14	
45 - 54	<b>24.4</b>	21.6	27.5	369		<b>2.8</b>	1.9	4.2	38	
55 - 64	<b>24.6</b>	22.2	27.2	551		<b>3.3</b>	2.5	4.5	72	
65+	<b>14.9</b>	13.2	16.7	488		<b>4.8</b>	3.8	6.0	143	
<b>Education:</b>										
<High School	<b>25.8</b>	21.2	31.0	170	<b>0.009</b>	<b>3.7</b>	2.2	6.0	30	NS
High School	<b>21.2</b>	19.2	23.4	625		<b>2.5</b>	1.9	3.3	98	
Some College	<b>21.8</b>	19.7	23.9	635		<b>2.6</b>	2.0	3.5	90	
College Degree +	<b>18.5</b>	16.7	20.4	564		<b>2.0</b>	1.4	2.7	71	
<b>Income:</b>										
<\$15,000	<b>31.2</b>	27.4	35.3	376	<b>&lt;0.001</b>	<b>3.9</b>	2.6	5.6	58	<b>0.002</b>
\$15,000 - \$24,999	<b>24.0</b>	21.3	26.8	414		<b>2.5</b>	1.8	3.4	72	
\$25,000 - \$49,999	<b>21.8</b>	19.5	24.2	510		<b>2.9</b>	2.1	3.9	70	
\$50,000 - \$74,999	<b>17.4</b>	14.8	20.2	245		<b>1.9</b>	1.2	3.1	27	
\$75,000 +	<b>14.9</b>	12.8	17.3	271		<b>1.4</b>	0.9	2.3	31	
<b>Race/Ethnicity:</b>										
White, non-Hispanic	<b>20.3</b>	19.1	21.6	1,675	NS	<b>2.4</b>	2.0	2.9	237	NS
AI/AN*	<b>24.7</b>	20.3	29.7	194		<b>4.0</b>	2.4	6.5	37	
<b>Disability:</b>										
Disability	<b>39.4</b>	36.7	42.2	967	<b>&lt;0.001</b>	<b>5.9</b>	4.8	7.3	170	<b>&lt;0.001</b>
No Disability	<b>15.4</b>	14.2	16.6	1,002		<b>1.4</b>	1.1	1.8	115	

† Ever told you have a depressive disorder, including depression, major depression, dysthymia, or minor depression?  
Total Sample Size: 9,652, Weighted Prevalence Estimate: 166,000.

† Ever told you have kidney disease? Not including kidney stones, bladder infection or incontinence. Total Sample Size: 9,663, Weighted Prevalence Estimate: 19,900.

\* American Indian or Alaska Native only.

NS Not significant.

## Regional Comparisons of 2013 Health Indicators

**Table 20: Health Status Indicators**

	Montana Wt % (95% CI)	Eastern Wt % (95% CI)	N. Central Wt % (95% CI)	S. Central Wt % (95% CI)	Southwest Wt % (95% CI)	Northwest Wt % (95% CI)
<b>Self-Reported Fair or Poor Health</b>	<b>15.4</b> (14.4-16.4)	<b>13.6</b> (11.6-15.8)	<b>17.1</b> (14.7-19.8)	<b>17.6</b> (15.3-20.3)	<b>13.0</b> (11.3-14.8)	<b>15.9</b> (14.0-18.0)
<b>Frequent Poor Physical Health</b>	<b>12.5</b> (11.6-13.5)	<b>9.9</b> (8.2-12.0)	<b>12.9</b> (10.9-15.2)	<b>13.0</b> (11.1-15.3)	<b>11.3</b> (9.8-12.9)	<b>13.9</b> (12.0-16.0)
<b>Frequent Poor Mental Health</b>	<b>10.1</b> (9.3-11.0)	<b>9.5</b> (7.6-11.6)	<b>10.9</b> (9.0-13.1)	<b>9.8</b> (8.0-12.0)	<b>9.0</b> (7.6-10.6)	<b>10.7</b> (9.1-12.5)
<b>Frequent Activity Limitation</b>	<b>16.0</b> (14.6-17.5)	<b>11.7</b> (8.9-15.3)	<b>15.5</b> (12.4-19.3)	<b>18.4</b> (15.1-22.2)	<b>16.1</b> (13.6-19.0)	<b>16.2</b> (13.5-19.2)
<b>Mean Number of Unhealthy Days</b>	<b>6.3</b> (6.0-6.5)	<b>5.5</b> (4.9-6.1)	<b>6.8</b> (6.1-7.5)	<b>6.2</b> (5.5-6.9)	<b>5.8</b> (5.3-6.3)	<b>6.7</b> (6.1-7.3)
<b>Activity Limited Due to Health Problems</b>	<b>22.6</b> (21.5-23.8)	<b>18.4</b> (16.1-20.9)	<b>24.6</b> (21.8-27.7)	<b>24.7</b> (22.0-27.7)	<b>21.5</b> (19.4-23.6)	<b>23.6</b> (21.4-26.0)
<b>Require Use of Special Equipment</b>	<b>7.4</b> (6.8-8.0)	<b>6.4</b> (5.1-7.9)	<b>8.4</b> (6.6-10.4)	<b>8.0</b> (6.5-9.8)	<b>7.1</b> (6.0-8.4)	<b>7.4</b> (6.2-8.8)
<b>Self-Reported Disability</b>	<b>24.1</b> (22.9-25.2)	<b>19.7</b> (17.3-22.3)	<b>26.2</b> (23.3-29.3)	<b>26.1</b> (23.4-29.1)	<b>22.5</b> (20.5-24.8)	<b>25.2</b> (22.9-27.6)
<b>Blind or Have Trouble Seeing</b>	<b>4.8</b> (4.3-5.4)	<b>4.0</b> (3.0-5.3)	<b>5.9</b> (4.5-7.7)	<b>5.3</b> (4.0-6.9)	<b>4.0</b> (3.1-5.0)	<b>5.3</b> (4.2-6.6)
<b>Ever Have Trouble Hearing</b>	<b>17.3</b> (15.9-18.8)	<b>18.6</b> (15.3-22.4)	<b>18.0</b> (14.7-21.8)	<b>14.7</b> (11.9-18.0)	<b>16.5</b> (14.0-19.3)	<b>19.1</b> (16.2-22.5)

**Table 21: Health Care Indicators**

	Montana Wt % (95% CI)	Eastern Wt % (95% CI)	N. Central Wt % (95% CI)	S. Central Wt % (95% CI)	Southwest Wt % (95% CI)	Northwest Wt % (95% CI)
<b>No Health Care Coverage (ages 18-64)</b>	<b>37.2</b> (35.6-38.9)	<b>30.1</b> (26.6-33.9)	<b>39.1</b> (35.0-43.3)	<b>40.0</b> (36.1-44.0)	<b>37.0</b> (33.8-40.3)	<b>36.3</b> (33.1-39.6)
<b>Couldn't Afford to See Doctor (past 12 months)</b>	<b>13.8</b> (12.8-14.8)	<b>8.7</b> (6.9-10.9)	<b>14.1</b> (12.0-16.6)	<b>13.0</b> (11.0-15.4)	<b>12.0</b> (10.2-13.9)	<b>16.8</b> (14.7-19.1)
<b>No Personal Health Care Provider</b>	<b>29.6</b> (28.3-31.0)	<b>34.2</b> (31.0-37.5)	<b>31.0</b> (27.7-34.4)	<b>31.0</b> (27.9-34.3)	<b>28.1</b> (25.6-30.7)	<b>26.8</b> (24.4-29.4)
<b>No Routine Checkup in the Past Year</b>	<b>38.2</b> (36.8-39.6)	<b>37.8</b> (34.6-41.1)	<b>34.5</b> (31.3-38.0)	<b>36.9</b> (33.7-40.2)	<b>39.7</b> (37.0-42.4)	<b>39.3</b> (36.6-42.1)
<b>No Dental Visit in the Past Year</b>	<b>37.1</b> (35.2-39.1)	<b>36.2</b> (31.7-41.0)	<b>34.5</b> (30.1-39.1)	<b>39.0</b> (34.7-43.5)	<b>35.0</b> (31.3-39.0)	<b>39.7</b> (35.9-43.8)

## Regional Comparisons of 2013 Health Indicators

**Table 22: Clinical Preventive Practices**

	<b>Montana Wt % (95% CI)</b>	<b>Eastern Wt % (95% CI)</b>	<b>N. Central Wt % (95% CI)</b>	<b>S. Central Wt % (95% CI)</b>	<b>Southwest Wt % (95% CI)</b>	<b>Northwest Wt % (95% CI)</b>
<b>Received Influenza Vaccine in Past Year (ages 18-64)</b>	<b>32.9</b> (31.3-34.5)	<b>29.9</b> (26.5-33.7)	<b>37.9</b> (33.9-41.9)	<b>32.4</b> (28.8-36.2)	<b>34.8</b> (31.8-38.0)	<b>31.5</b> (28.5-34.7)
<b>Received Influenza Vaccine in Past Year (ages 65+)</b>	<b>61.1</b> (58.6-63.6)	<b>58.2</b> (51.9-64.3)	<b>65.0</b> (58.5-70.9)	<b>67.8</b> (61.4-73.5)	<b>60.7</b> (56.0-65.1)	<b>57.0</b> (52.2-61.8)
<b>Ever Received Pneumococcal Vaccine</b>	<b>69.9</b> (67.4-72.2)	<b>68.9</b> (62.7-74.5)	<b>71.8</b> (65.9-77.1)	<b>72.1</b> (65.7-77.8)	<b>71.5</b> (67.0-75.6)	<b>67.3</b> (62.5-71.8)
<b>Ever Tested for HIV (ages 18-64)</b>	<b>37.2</b> (35.6-38.9)	<b>30.1</b> (26.6-33.9)	<b>39.1</b> (35.0-43.3)	<b>40.0</b> (36.1-44.0)	<b>37.0</b> (33.8-40.3)	<b>36.3</b> (33.1-39.6)

**Table 23: Health Related Risk Behaviors**

	<b>Montana Wt % (95% CI)</b>	<b>Eastern Wt % (95% CI)</b>	<b>N. Central Wt % (95% CI)</b>	<b>S. Central Wt % (95% CI)</b>	<b>Southwest Wt % (95% CI)</b>	<b>Northwest Wt % (95% CI)</b>
<b>No Leisure-Time Physical Activity in Past 30 Days</b>	<b>22.5</b> (21.4-23.7)	<b>30.4</b> (27.4-33.5)	<b>24.0</b> (21.3-27.0)	<b>26.3</b> (23.3-29.5)	<b>19.9</b> (17.8-22.2)	<b>19.5</b> (17.3-21.8)
<b>Did Not Meet Aerobic Activity Rec.</b>	<b>42.2</b> (40.7-43.6)	<b>50.7</b> (47.2-54.1)	<b>45.1</b> (41.6-48.6)	<b>47.6</b> (44.2-51.1)	<b>37.5</b> (34.9-40.3)	<b>38.4</b> (35.7-41.3)
<b>Did Not Meet Muscle Strengthening Rec.</b>	<b>68.2</b> (66.9-69.6)	<b>76.2</b> (73.2-79.0)	<b>70.5</b> (67.1-73.8)	<b>71.6</b> (68.4-74.6)	<b>64.1</b> (61.4-66.8)	<b>66.8</b> (64.0-69.4)
<b>Overweight (25.0 ≤ BMI &lt;30.0)</b>	<b>36.8</b> (35.4-38.1)	<b>38.0</b> (34.8-41.4)	<b>38.6</b> (35.3-42.0)	<b>38.4</b> (35.2-41.7)	<b>34.7</b> (32.1-37.5)	<b>36.8</b> (34.2-39.5)
<b>Obese (BMI ≥ 30.0)</b>	<b>24.6</b> (23.4-25.8)	<b>29.7</b> (26.7-32.8)	<b>28.6</b> (25.7-31.7)	<b>26.1</b> (23.3-29.2)	<b>23.1</b> (20.9-25.6)	<b>22.4</b> (20.1-24.7)
<b>Current Smokers</b>	<b>19.0</b> (17.9-20.1)	<b>21.5</b> (18.8-24.4)	<b>24.9</b> (22.0-28.0)	<b>19.4</b> (16.9-22.2)	<b>15.7</b> (13.7-17.9)	<b>18.8</b> (16.7-21.1)
<b>Current Smokeless Tobacco Users</b>	<b>8.0</b> (7.3-8.8)	<b>10.9</b> (9.0-13.0)	<b>9.7</b> (7.9-11.9)	<b>7.4</b> (5.9-9.2)	<b>7.0</b> (5.6-8.7)	<b>7.5</b> (6.1-9.1)
<b>Heavy Drinking in Past 30 Days</b>	<b>7.7</b> (7.0-8.5)	<b>6.1</b> (4.7-8.0)	<b>6.7</b> (5.2-8.6)	<b>7.5</b> (5.9-9.5)	<b>7.8</b> (6.4-9.5)	<b>8.8</b> (7.3-10.4)
<b>Binge Drinking in Past 30 Days</b>	<b>20.8</b> (19.6-22.0)	<b>20.3</b> (17.8-23.1)	<b>21.0</b> (18.3-24.0)	<b>18.8</b> (16.3-21.7)	<b>22.9</b> (20.5-25.5)	<b>20.4</b> (18.2-22.8)
<b>Does Not Always Wear Seat Belt</b>	<b>25.7</b> (24.5-27.0)	<b>43.9</b> (40.5-47.3)	<b>26.8</b> (24.1-29.8)	<b>26.5</b> (23.5-29.7)	<b>23.0</b> (20.7-25.5)	<b>22.0</b> (19.8-24.4)

## Regional Comparisons of 2013 Health Indicators

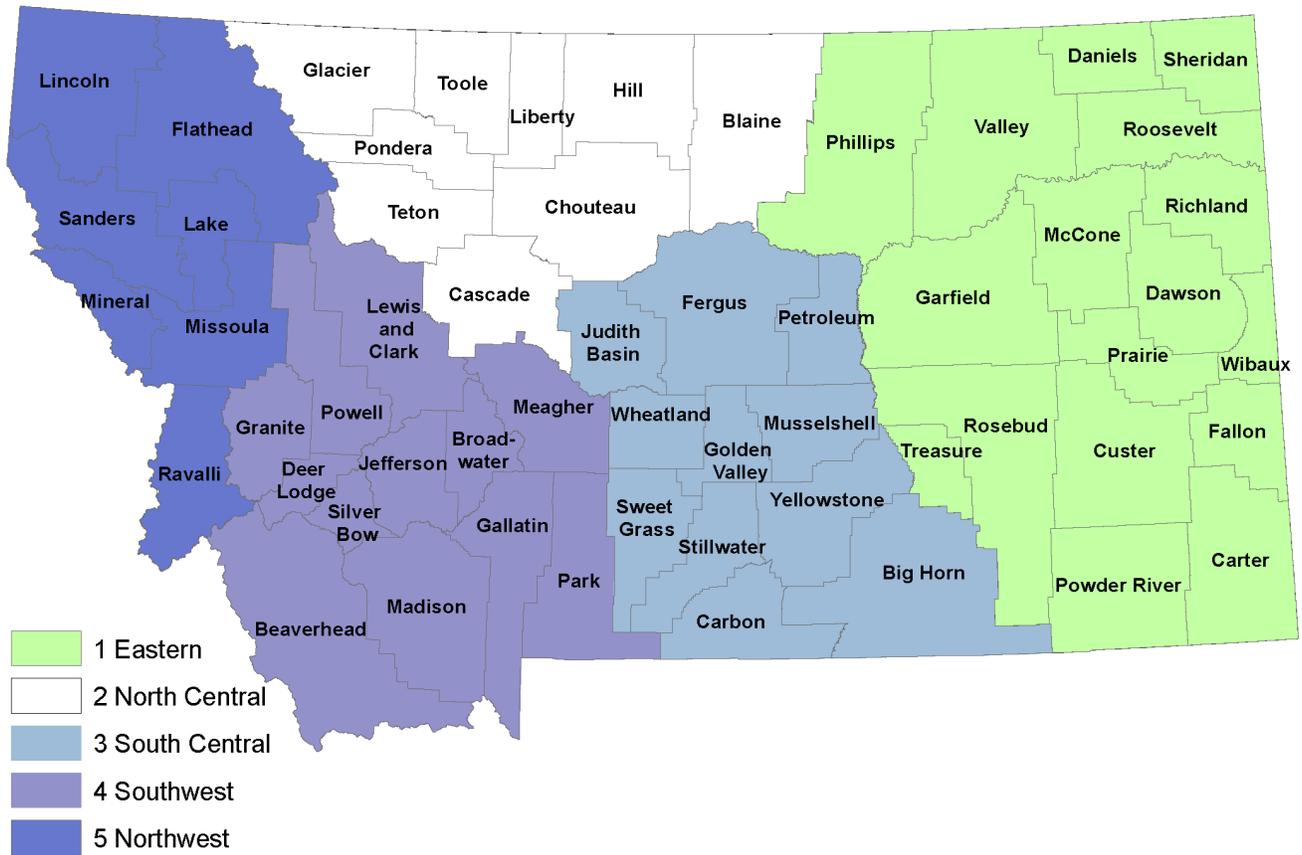
Table 24: Chronic Health Conditions

	Montana Wt % (95% CI)	Eastern Wt % (95% CI)	N. Central Wt % (95% CI)	S. Central Wt % (95% CI)	Southwest Wt % (95% CI)	Northwest Wt % (95% CI)
Ever Diagnosed with Asthma	13.2 (12.3-14.2)	13.6 (11.6-16.0)	13.7 (11.1-16.8)	12.7 (10.7-15.1)	13.3 (11.5-15.3)	12.5 (10.8-14.4)
Currently has Asthma	8.6 (7.9-9.4)	8.1 (6.6-10.0)	9.8 (6.6-10.0)	8.6 (6.9-10.6)	8.3 (6.9-9.9)	8.2 (6.8-9.8)
Doctor Diagnosed Arthritis	27.3 (26.1-28.5)	24.4 (21.8-27.1)	29.8 (26.8-32.9)	27.4 (24.6-30.3)	27.1 (24.8-29.5)	28.2 (25.8-30.6)
Activities Limited Due to Arthritis	50.2 (47.6-52.7)	48.2 (42.0-54.4)	48.5 (42.2-54.8)	49.4 (43.2-55.7)	48.0 (43.1-53.0)	54.5 (49.6-59.3)
Arthritis Limits Work-Related Activities	32.8 (30.4-35.2)	38.2 (32.4-44.3)	33.2 (27.5-39.3)	32.8 (27.2-39.0)	30.2 (25.8-34.9)	34.0 (29.5-38.9)
Ever Diagnosed w/a Heart Attack	4.5 (4.0-5.1)	4.7 (3.6-6.1)	5.1 (3.9-6.6)	4.8 (3.6-6.4)	4.3 (3.3-5.4)	4.3 (3.4-5.5)
Ever Diagnosed w/Angina or CHD	3.5 (3.0-4.0)	2.9 (2.1-4.0)	3.6 (2.6-4.9)	3.5 (2.5-4.9)	4.0 (3.1-5.1)	3.2 (2.4-4.2)
Ever Diagnosed w/a Stroke	3.2 (2.8-3.7)	3.1 (2.3-4.3)	4.7 (3.4-6.4)	4.2 (3.1-5.7)	1.9 (1.4-2.6)	3.2 (2.4-4.2)
No Cholesterol Test Ever	21.3 (20.1-22.5)	23.7 (20.7-26.9)	22.7 (19.8-25.9)	19.5 (16.8-22.6)	19.3 (17.0-21.8)	21.3 (18.9-23.9)
No Cholesterol Test Past 5 Years	26.2 (24.9-27.5)	28.0 (24.9-31.4)	26.4 (23.4-29.7)	24.5 (21.6-27.7)	24.0 (21.5-26.6)	27.2 (24.7-29.9)
Have High Cholesterol	35.7 (34.3-37.1)	36.7 (33.4-40.2)	38.7 (35.1-42.5)	36.3 (32.8-39.8)	32.8 (30.1-35.5)	37.4 (34.6-40.3)
Ever Told Have High Blood Pressure	29.3 (28.2-30.5)	31.2 (28.4-34.2)	33.7 (30.7-36.9)	30.0 (27.1-33.0)	26.4 (24.2-28.8)	29.7 (27.4-32.1)
Taking Medication for High Blood Pressure	73.5 (71.3-75.6)	76.7 (71.9-80.9)	80.1 (75.5-84.1)	73.2 (67.5-78.1)	73.7 (68.7-78.1)	71.9 (67.4-75.9)
Ever Diagnosed with Diabetes	7.7 (7.0-8.4)	9.1 (7.4-11.0)	10.3 (8.5-12.5)	8.6 (7.1-10.5)	6.3 (5.3-7.6)	6.8 (5.7-8.2)
Ever Diagnosed with Pre-Diabetes	6.8 (5.8-7.8)	7.2 (5.3-9.7)	6.0 (4.1-8.8)	6.1 (4.1-9.0)	5.3 (4.1-6.9)	8.3 (6.2-10.8)
Ever Diagnosed with a Depressive Disorder	21.1 (19.9-22.3)	17.5 (15.2-20.1)	24.5 (21.4-27.8)	21.1 (18.5-24.0)	19.2 (17.1-21.4)	22.0 (19.8-24.4)
Ever Diagnosed with Kidney Disease	2.5 (2.1-3.0)	3.2 (2.3-4.5)	3.1 (2.1-4.5)	2.6 (1.8-3.8)	2.3 (1.7-3.2)	2.3 (1.6-3.2)

# APPENDIX A

Montana BRSS, 2013

## Map of Montana's Health Planning Regions



## APPENDIX B

Montana BRFSS, 2013

### Data Use Permission and Contact Information

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