



# *2010 Community Health Assessment Yellowstone County, Montana*

## *EXECUTIVE SUMMARY*

*Sponsored By*

### *The Alliance*

- *Billings Clinic*
- *RiverStone Health*
- *St. Vincent Healthcare*

*Prepared by Professional Research Consultants, Inc. (PRC)*



# TABLE OF CONTENTS

ABOUT THIS ASSESSMENT..... 3

PRIORITY HEALTH ISSUES..... 4

SELF-REPORTED HEALTH STATUS ..... 5

ACCESS TO HEALTHCARE SERVICES ..... 6

CANCER ..... 8

HEART DISEASE & STROKE ..... 9

INJURY & VIOLENCE ..... 10

MENTAL HEALTH..... 11

NUTRITION, PHYSICAL ACTIVITY & OVERWEIGHT ..... 12

RESPIRATORY DISEASE..... 14

SUBSTANCE ABUSE..... 15

OVERARCHING ISSUES ..... 16

SUMMARY TABLES..... 17

# ABOUT THIS ASSESSMENT

## ACKNOWLEDGMENTS

Since 1994, Billings Clinic, RiverStone Health and St. Vincent Healthcare have been working together as **The Alliance**, creating and sustaining innovative programs that address complex community-wide health issues. The Alliance has sponsored this Community Health Assessment, a follow-up to a similar study conducted in 2005, and sees this research as a community asset, information that will assist many organizations in strengthening the impact and effectiveness of their services toward improving health in our community.

## INTRODUCTION

The 2010 Community Health Assessment for Yellowstone County is a systematic, data-driven approach to determining the health status, behaviors and needs of our population. Subsequently, this information may be used to formulate strategies to improve health and quality of life in our community.

There are three components that are essential in rendering a complete picture of the health of Yellowstone County: (1) the community health survey [primary quantitative data]; (2) existing data [secondary quantitative data]; and (3) focus group data [primary qualitative data].

### *Community Health Survey*

The Community Health Survey developed for this study gives us a complete and timely view of the health status and behaviors of area residents through a randomized telephone survey of 400 Yellowstone County adults. All administration of the surveys, data collection and data analysis was conducted by Professional Research Consultants, Inc. (PRC).

The sample drawn for this survey is representative of the adult Yellowstone County population in terms of demographic and socioeconomic characteristics, as well as geographical location. The maximum error rate associated with the total sample of 400 residents is  $\pm 4.9\%$  at the 95 percent level of confidence.

### *Existing Data*

Existing vital statistics and other data are incorporated into this assessment for Yellowstone County. Comparisons are also made, where available, to state and national benchmarks. Furthermore, wherever possible, health promotion goals outlined in Healthy People 2020 are included.

### *Community Health Focus Groups*

To further gain perspective from community members and local organizations, five focus groups were conducted in the area, including groups among: Physicians and Other Health Professionals; Legislators; Social Service Providers; Educators; and Employers.

*This document is an Executive Summary of findings from the 2010 Community Health Assessment for Yellowstone County. Data descriptions and source information can be found in the full report of findings.*

*To learn how to view the full report and data, please contact Tracy Neary, St. Vincent Healthcare, at (406) 237-3614.*



*The Healthy People 2020 initiative is the nation's new 10-year goals and objectives for health promotion and disease prevention.*

*Healthy People 2020 is the product of an extensive stakeholder feedback process that is unparalleled in government and health. It integrates input from public health and prevention experts, a wide range of federal, state and local government officials, a consortium of more than 2,000 organizations, and perhaps most importantly, the public.*

# PRIORITY HEALTH ISSUES

## PRIORITIES SUGGESTED BY FOCUS GROUP PARTICIPANTS

The five focus groups shared opinions about the various health needs of the community, with the dominant topic being **treatment for mental health** (and substance abuse):

- ☞ Each group voiced concern that, although the Crisis Center is a wonderful addition to the community, it just isn't enough since it does not have an adequate medical staff and has only one nurse practitioner on staff.
- ☞ There are many in Billings who aren't getting mental healthcare because the treatment centers don't have enough space for the number of people who require therapy.
- ☞ Further, there aren't enough counselors or psychiatrists to treat everyone in the Billings community needing mental health treatment.
- ☞ Those without insurance or money have very few options for mental health or substance abuse help.

Some participants called for a sort of “**clearinghouse**” in the community – one place where people could go to get primary care, mental healthcare, and specialty care.



***Where should we focus our efforts to make Yellowstone County a healthier community?***

Based on results of the 2010 Community Health Assessment for Yellowstone County, the following represent some of the leading health priorities for the community:

## AREAS OF OPPORTUNITY

### ● Access to Healthcare Services

Key areas of concern include:

- Lack of Healthcare Coverage (18-64)
- Routine Medical Checkups (Children 0-17)
- Access to Dental Care (Especially for Low-Income)

### ● Cancer

Key areas of concern include:

- Lung Cancer Deaths
- Skin Cancer Prevalence
- Mammography (Women 40+)
- Pap Smears (Women 18+)

### ● Heart Disease & Stroke

Key areas of concern include:

- Stroke Deaths
- Hypertension

### ● Injury & Violence

Key areas of concern include:

- Motor Vehicle Crash Deaths
- Seat Belt Usage
- Firearms in the Home (Firearm Safety)
- Domestic Violence

### ● Mental Health

Key areas of concern include:

- Suicides
- Mental Health Treatment – Facilities, Resources & Access

### ● Nutrition & Overweight

Key areas of concern include:

- Overweight Prevalence
- Weight Advice by Healthcare Professionals

### ● Respiratory Disease

Key areas of concern include:

- Respiratory Disease Deaths

### ● Substance Abuse

Key areas of concern include:

- Current Drinking Levels
- Cirrhosis/Liver Disease Deaths
- Availability of Substance Abuse Treatment

# SELF-REPORTED HEALTH STATUS

## KEY FINDINGS

- ☞ Yellowstone County adults' ratings of their own health – both physical and mental – are generally similar to what is found among Americans overall.
- ☞ General health ratings, however, are not universal across population segments. At-risk groups in Yellowstone County include:
  - Lower-income residents\* (24.7% rate their overall health as “fair” or “poor”)
  - Adults age 40 and older (23.0% “fair/poor”)
- ☞ One out of four Yellowstone County residents is limited in activities because of a physical or mental problem. This proportion is statistically similar to the national proportion.
- ☞ At-risk groups for activity limitations include:
  - Lower-income residents\* (34.6%)
  - Adults 40 and older (32.1%)
  - Women (30.9%)
- ☞ At-risk groups for mental health include:
  - Lower-income residents\* (22.5% “fair/poor”)
  - Adults under age 40 (15.6% “fair/poor”)

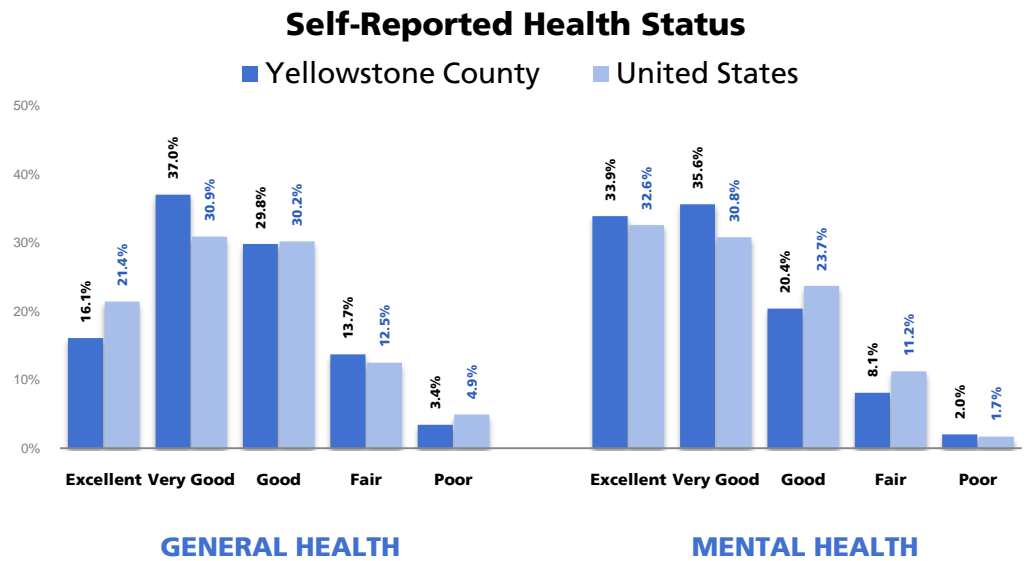
\* “Lower-income” is defined here as households with incomes below 200% of the Federal Poverty Level (FPL), equivalent to \$44,100 or less for a family of four.

## PHYSICAL HEALTH

- Just over one-half of Yellowstone County adults rate their overall health as “excellent” or “very good,” while 29.8% gave “good” ratings. However, 17.1% believe that their overall health is “fair” or “poor.”
  - “Fair/poor” response is nearly identical to the national percentage (17.4%).

## MENTAL HEALTH

- A total of 69.5% of Yellowstone County adults rate their overall mental health as “excellent” or “very good,” and 20.4% gave “good” ratings. However, 10.1% rate their overall mental health as “fair” or “poor.”
  - Similar to the 12.9% “fair/poor” reported nationally.



- Also note:
  - 13.2% of Yellowstone County adults have been diagnosed with major depression by a physician or other healthcare professional.
  - 25.0% of Yellowstone County adults have had two or more years in their lives when they felt depressed or sad on most days, although they may have felt okay sometimes (chronic depression).
  - 10.2% of Yellowstone County adults admit that he or she has considered attempting suicide at some point.
  - Each of these is much more prevalent among lower-income residents.
- Between 2004 and 2006, there was an annual average age-adjusted suicide rate of 18.6 deaths per 100,000 population in Yellowstone County.
  - Below the statewide rate (20.1), but much higher than the national rate (10.9).

## ACTIVITY LIMITATIONS

- One out of four Yellowstone County adults (25.7%) is limited in some way in some activities due to a physical, mental or emotional problem. Among persons reporting activity limitations, these are most often attributed to musculoskeletal issues, such as back/neck problems, arthritis/rheumatism, difficulty walking, and/or fractures or bone/joint injuries.

# ACCESS TO HEALTHCARE SERVICES

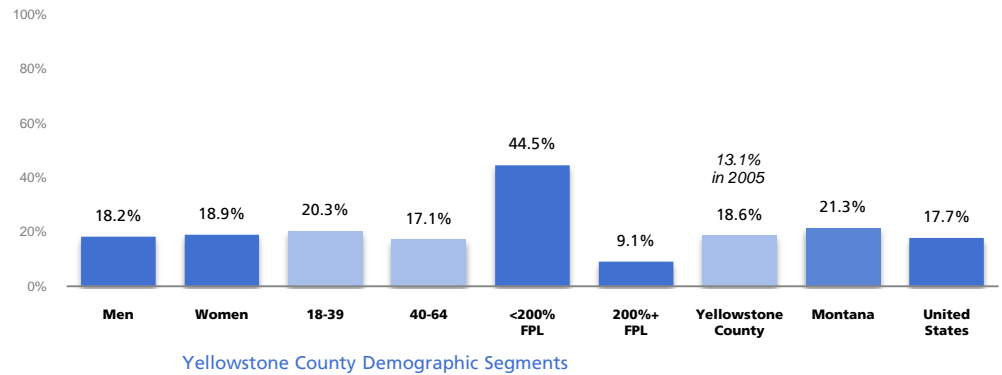
## KEY FINDINGS

- ☞ Among Yellowstone County adults aged 18 to 64, more than 1 out of 6 is uninsured.
- ☞ In all, 30.5% of Yellowstone County adults report difficulty or delay in obtaining healthcare services in the past year due to one of the six tested barriers.
- ☞ Overall, Yellowstone County adults appear less hindered by common barriers to access than found for Americans overall.
- ☞ However, population groups with greater access difficulties in Yellowstone county include:
  - Women
  - Young adults
  - Lower-income residents
- ☞ In the focus groups, one issue that came up continuously was transportation and the difficulties surrounding traveling from one point in the community to another, particularly if one lives in an outlying area or needs specialized care not offered in Billings.
- ☞ Other issues identified in the focus groups were difficulty in finding primary care physicians in the community, and the time spent waiting for an available appointment (which they say can often be two or three months).

## HEALTH INSURANCE COVERAGE

- 18.6% of Yellowstone County adults aged 18 to 64 have no insurance coverage for healthcare expenses (neither private nor government-sponsored coverage); this is comparable to the national average (17.7%).
  - Lack of coverage increases to nearly 45% for those who earn less than 200% of the federal poverty level (equivalent to \$44,100 for a family of four).

### Lack Health Insurance Coverage (Adults Aged 18 to 64)

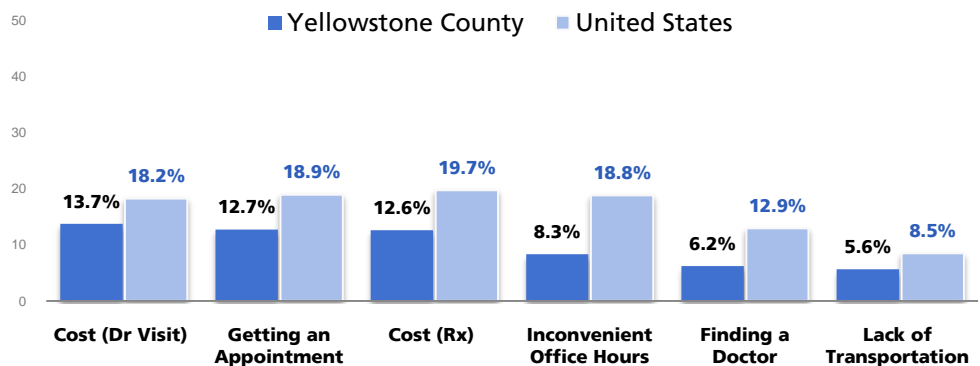


- Among those with coverage, 7.9% went without coverage at some point in the past year.

## OTHER BARRIERS TO ACCESS

- Many Yellowstone County adults report some type of difficulty or delay in obtaining healthcare services in the past year.
  - 12%-14% did not go to the doctor or did not get a needed prescription in the past year because they couldn't afford it.
  - 13% did not see a doctor in the past year because they were not able to get an appointment when needed.

### Barriers to Access Prevented Medical Care in the Past Year



- Further, 17.3% of county adults skipped or reduced doses of a prescription medicine in the past year in order to stretch the prescription and save money.

# ACCESS TO HEALTHCARE SERVICES (continued)

## KEY FINDINGS

- Yellowstone County residents are more likely than Americans overall to have a particular doctor's office or clinic that they go to for routine medical care.
  - Still, more than 1 out of 6 adults do not have a specific source of ongoing care.
- However, a relatively low percentage (84.3%) of children in Yellowstone County has had a routine medical check-up in the past year.
  - Still, this has improved significantly from the 72.6% found in Yellowstone County in 2005.
- Focus group participants agreed that dental care in the Billings community is lacking for those who don't have the means to pay for it. Finding a dentist who will take Medicaid is a challenge and even those with insurance often go without dental care because it isn't covered.
- There was some concern in the focus groups that the lack of fluoride in the water contributes to tooth decay.

## ROUTINE MEDICAL CARE

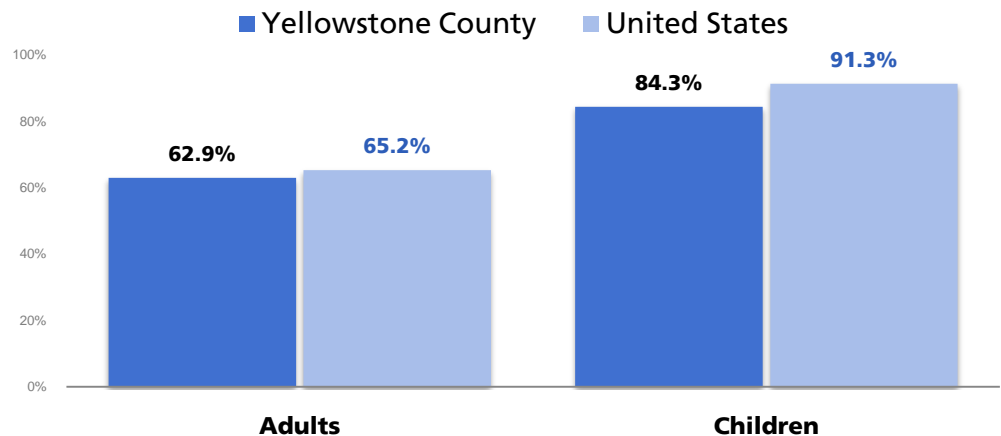
### Adults

- 82.0% of Yellowstone County adults have a regular place they go for routine health needs. This is better than found nationally (76.8%), but far from reaching the Healthy People 2020 target of 95% or higher.
- 62.9% of Yellowstone County adults visited a physician for a routine checkup in the past year, compared to 65.2% nationally.
- Annual emergency room utilization is much higher among lower-income residents in Yellowstone County.

### Children

- 84.3% of surveyed parents report that their child has had a routine checkup in the past year, below the 91.3% found nationally.

### Have Visited a Physician for a Routine Checkup Within the Past Year



## ROUTINE DENTAL CARE

### Adults

- 70.0% of county adults visited a dentist or dental clinic (for any reason) in the past year, better than the 63.5% found nationally.
  - This drops to 51.9% among lower-income adults in Yellowstone County.
- 41.1% of adults have no dental insurance to help with dental care costs.

### Children

- Five out of six parents (83.4%) report that their child (aged 2 to 17) has been to a dentist or dental clinic within the past year, similar to the 85.1% found nationally.

## Age-Adjusted Cancer Death Rates by Leading Sites (2004-2006 Annual Average Deaths per 100,000 Population)

	Yellowstone County	MT	US
Lung Cancer	56.8	49.9	52.5
Prostate Cancer	32.3	28.8	25.5
Female Breast Cancer	23.6	29.5	24.5
Colorectal Cancer	16.2	17.0	17.6

### KEY FINDINGS

- ✎ The Yellowstone County age-adjusted death rates for lung cancer and prostate cancer are higher than the statewide and national rates.
- ✎ In Yellowstone County, 8.4% of adults have had a skin cancer diagnosis (significantly above the 4.6% national prevalence).
- ✎ There is opportunity to promote age-appropriate and gender-specific cancer screenings among Yellowstone County adults.
  - Pap smear testing is well below the national level.
  - Mammography screening level is similar to the national level, but has decreased significantly since the 2005 study.

## CANCER DEATHS

- Cancers account for 23% of deaths in Yellowstone County (2004-2006 deaths).
- Lung cancer is by far the leading cause of cancer deaths in the county. Other leading sites include prostate cancer among men, breast cancer among women, and colorectal cancer (both genders).
- The Yellowstone County age-adjusted death rate for lung cancer and prostate cancer are higher than the state and national rates.

## CANCER PREVALENCE & RISK

- In Yellowstone County, 8.4% of adults have had a skin cancer diagnosis (significantly above the 4.6% national prevalence).
- A total of 5.7% of county adults have been diagnosed with another (non-skin) type of cancer (compared to 5.8% nationwide).

### Nutrition

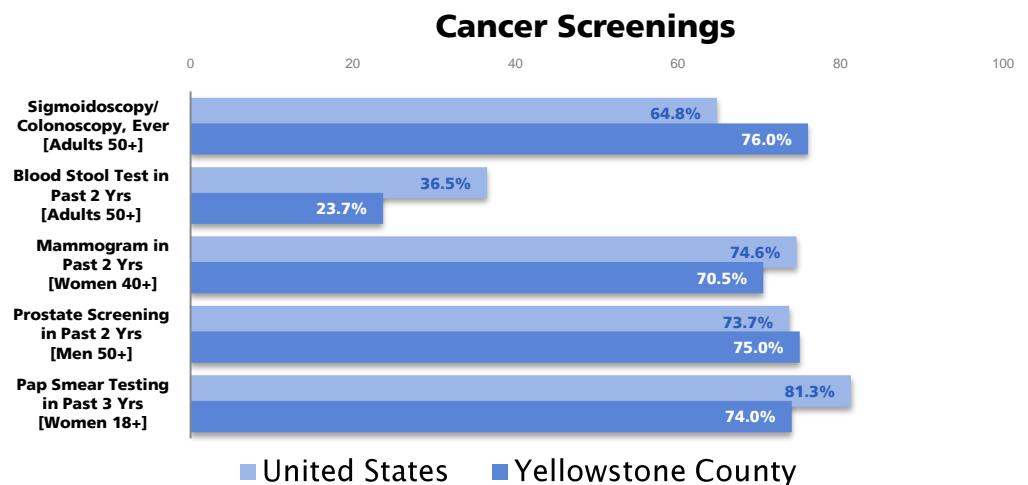
- Research has shown that adequate fruit/vegetable consumption reduces the risk for some cancers, including colorectal cancer.
  - Just two out of five Yellowstone County adults (40.6%) report eating the recommended 5 or more servings of fruits and/or vegetables per day (lower among men). Overall, this is similar to the national average.

### Cigarette Smoking

- 13.8% of Yellowstone County adults currently smoke cigarettes (one-fourth among low-income residents) – this is similar to statewide findings and better than the national prevalence (19.2%).

## CANCER SCREENINGS

The chart below outlines the prevalence levels of certain types of cancer screenings in the Yellowstone County population.



# HEART DISEASE & STROKE

## Top 5 Causes of Death in Yellowstone County (Percentage of All 2004-2006 Deaths)

Heart Disease	23.0%
Cancer	22.9%
Chronic Lower Respiratory Disease	8.0%
Stroke	6.7%
Unintentional Injuries	4.6%

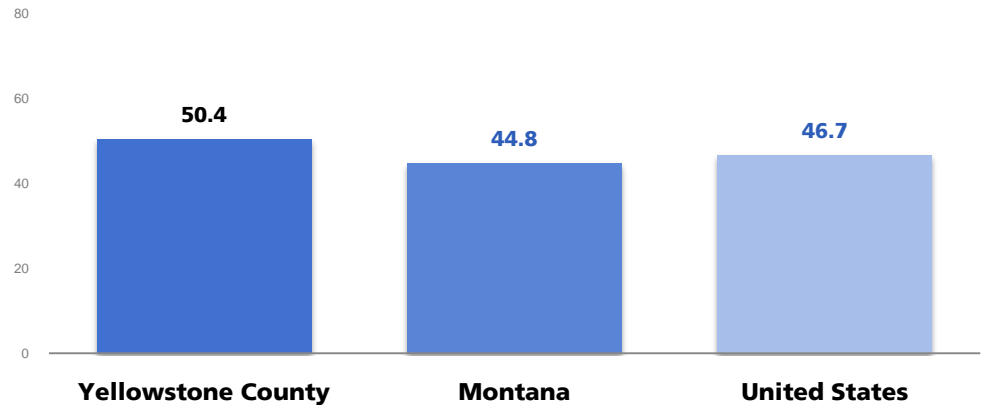
### KEY FINDINGS

- ☞ The Yellowstone County age-adjusted death rate for stroke has declined, but remains higher than state and national death rates.
- ☞ The prevalence of high blood pressure has increased significantly in Yellowstone County — from one-fourth of the adult population in 2005, to now affecting one-third of the adult population.
- ☞ 87.4% of Yellowstone County adults exhibit one or more of the following cardiovascular (heart disease & stroke) risk factors:
  - High Blood Pressure
  - High Blood Cholesterol
  - Cigarette Smoking
  - Physical Inactivity
  - Overweight & Obesity

## HEART DISEASE & STROKE

- Together, heart disease and stroke account for 29.7% of deaths in Yellowstone County (2004-2006 deaths).
  - Heart disease and stroke death rates have declined in recent years.
- However, the age-adjusted death rate for stroke in Yellowstone County remains higher than both state and national rates.

### Age-Adjusted Death Rate: Stroke (2004-2006 Deaths per 100,000 Population)



## KNOWN RISKS FOR HEART DISEASE & STROKE

### High Blood Pressure & High Blood Cholesterol

- In Yellowstone County, 32.4% of adults have high blood pressure, and 28.6% have high cholesterol.
  - The prevalence of hypertension (high blood pressure) has increased significantly from the 26.1% reported in 2005 in Yellowstone County.

### Cigarette Smoking

- 13.8% of Yellowstone County adults currently smoke cigarettes (one-fourth among low-income residents) – this is similar to statewide findings and better than the national prevalence (19.2%).

### Physical Inactivity

- 22.4% of Yellowstone County adults report no leisure-time physical activity in the past month (better than the 28.8% reported nationally).
- Less than one-half (47.2%) of adults meet physical activity recommendations (in terms of frequency, intensity and duration); this is, however, better than the national average (38.5%).

### Overweight & Obesity

- 72.9% of Yellowstone County adults are overweight, based on reported heights and weights.
  - Significantly higher than found nationwide (67.4%).
  - A dramatic increase from the 62.7% found in 2005 in Yellowstone County.

# INJURY & VIOLENCE

## Leading Causes of Unintentional Injury Death in Yellowstone County (Percentage of All 2004-2006 Accidental Deaths)

Motor Vehicle Crashes	46.1%
Falls	26.3%
Various Other Causes	27.6%

### KEY FINDINGS

- ☞ The Yellowstone County age-adjusted death rate for motor vehicle crash deaths is well below the statewide death rate, but above the national rate.
- ☞ Seat belt use remains below the national average, and is particularly low in men and young adults.
- ☞ Fewer than half of adults and children “always” wear a protective helmet when riding a bicycle, riding an ATV or playing winter sports.
- ☞ Fewer than half of adult motorcycle riders “always” wear a helmet.
- ☞ Focus group participants described Montana residents as having an attitude of independence that, unfortunately, keeps many from safeguarding themselves and others from the dangers of certain activities. Participants spoke of the lack of a primary seatbelt or helmet law and believe that there are many preventable head trauma cases as a result.

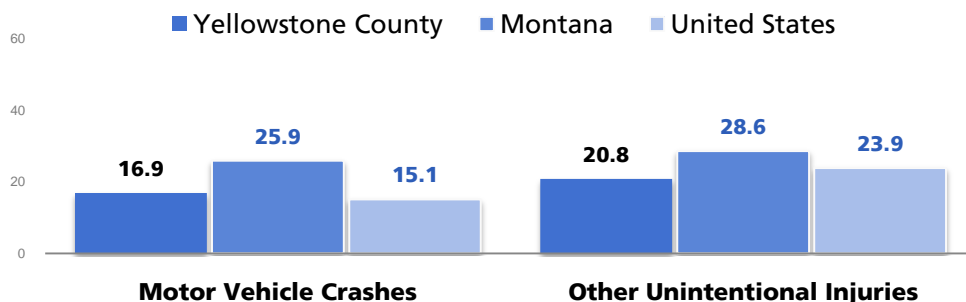
## UNINTENTIONAL INJURY DEATHS

- Unintentional injury is the fifth leading cause of death in Yellowstone County, accounting for 5% of deaths.

### Motor Vehicle Crashes

- Motor vehicle crashes make up 46.1% of all unintentional injury deaths.
- The death rate specific to motor vehicle crashes is considerably lower in Yellowstone County than it is statewide; however, it is higher than found nationwide. It also fails to satisfy the Healthy People 2020 target of 12.4 or less.

### Age-Adjusted Death Rate: Unintentional Injury (2004-2006 Deaths per 100,000 Population)



- 78.3% of Yellowstone County adults report “always” wearing a seat belt when driving or riding in a vehicle (below the 83.5% found nationally). The Healthy People 2020 target is to raise this to 92.4% or higher.

## OTHER UNINTENTIONAL INJURY INDICATORS

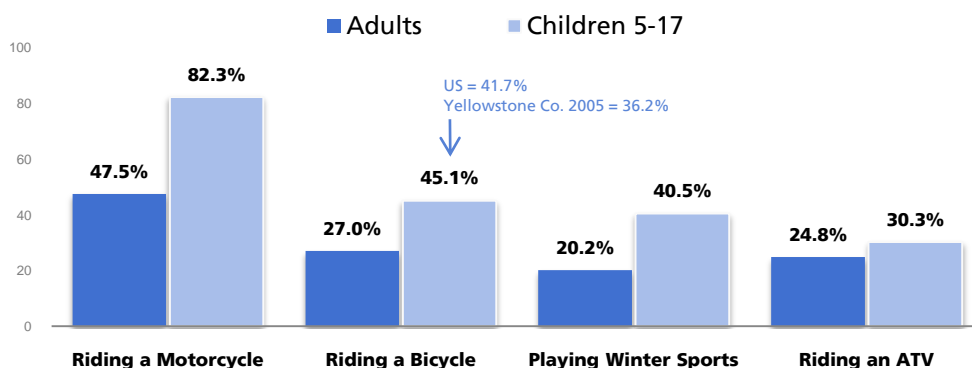
### Firearm Safety

- A majority of Yellowstone County adults (59.1%) has a firearm kept in or around their home – even higher (65.2%) among households with children. Nationally, 35.3% of adults have a firearm in the home.
  - Among Yellowstone County households with firearms, 14.0% report that there is at least one weapon that is kept unlocked and loaded.

### Helmet Use

The chart below outlines adults’ and children’s use of protective helmets for various activities (among those who take part in these activities).

### "Always" Wear a Helmet When:



## KEY FINDINGS

- ☞ Most mental health indicators in the survey are similar to — or even better than — those found nationally. However, the proportion of the population seeking help for mental health issues is higher than the national average.
- ☞ Also, suicide rates remain very high, and focus group participants identified the lack of treatment facilities, resources and personnel as a high priority issue for Yellowstone County.
- ☞ According to focus group participants, treatment centers in Billings just don't have enough space for the number of people who require therapy, and there aren't enough counselors or psychiatrists to meet the need. Additionally, those without insurance or money have very few options for mental health or substance abuse help.

*Stigma creates barriers to providing and receiving competent and effective mental health treatment and can lead to inappropriate treatment, unemployment, and homelessness.*

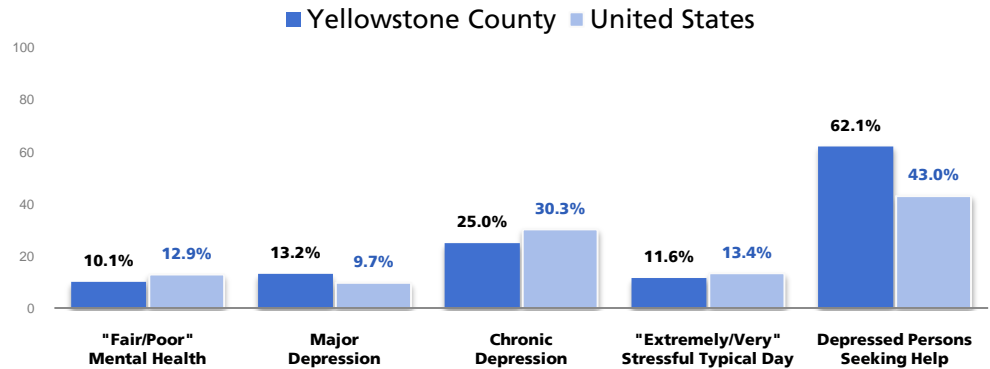
*The co-occurrence of addictive disorders among persons with mental disorders is gaining increasing attention. Having both is a particularly significant clinical treatment issue, complicating treatment for each disorder.*

– Healthy People

## MENTAL HEALTH STATUS

- 25.0% of Yellowstone County adults describe having two or more years in their lives when they felt sad or depressed on most days (symptoms of chronic depression).
- 13.2% of adults report having been diagnosed with major depression by a physician at some point in their lives.
  - Of those reporting depressive disorders, a majority has sought help, better than found nationally. However, focus group participants emphasized that there are not enough resources locally to meet this high level of need.

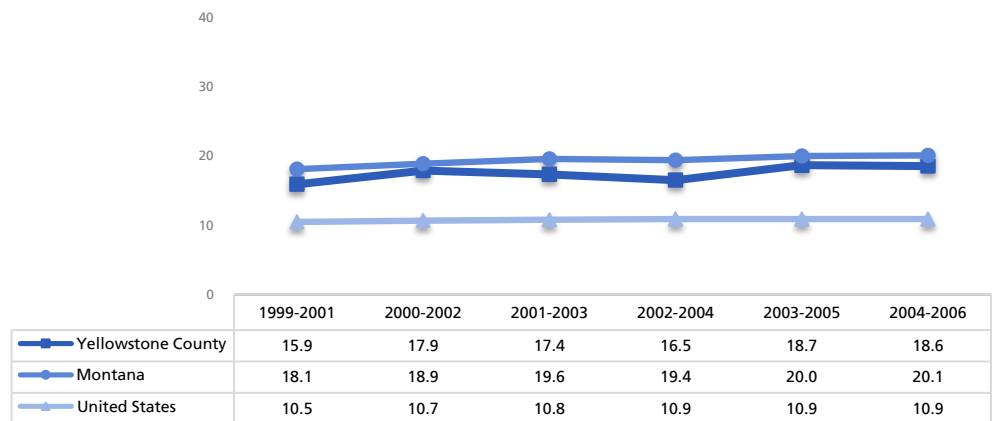
### Mental Health Status & Risk



## SUICIDES

- Between 2004 and 2006, there was an annual average age-adjusted suicide rate of 18.6 deaths per 100,000 population in Yellowstone County.
  - This was just below the statewide rate (20.1), but considerably higher than the national rate (10.9). Suicide rates have generally trended upward for Yellowstone County and Montana in recent years.

### Age-Adjusted Death Rate: Suicide (Deaths per 100,000 Population)



- 10.2% of adults in Yellowstone County acknowledge having contemplated attempting suicide at some point in their lives. Among these respondents, 17.8% say this was within the past year.
  - Suicide ideation (ever) was two to four times higher among respondents reporting depressive disorders, self-reported high levels of daily stress, or low household incomes.

# NUTRITION, PHYSICAL ACTIVITY & OVERWEIGHT

## KEY FINDINGS

- While fruit/vegetable consumption is comparable to national findings, 60% of county adults still do not get the recommended number of daily servings.
- Most children (71.1%) drink sugary beverages on a typical day, and nearly 20% usually have 3 or more per day.
- Overall, Yellowstone County adults are more active than Americans overall, although fewer meet physical activity recommendations than found statewide.
- A concern brought forth in the focus groups is that there aren't enough outdoor spaces for physical activity, and that indoor options are often quite expensive to use.

Participants see the need for education regarding physical activity, particularly among the community's youth.

Many focus group participants commented on the scarcity of children playing outside and the shift to video games, computers, and television, which wasn't a problem 20 or 30 years ago.

## NUTRITION

### Adults

- 40.6% of Yellowstone County adults report eating five or more servings of fruits and/or vegetables per day (similar to the national average).
- 56.0% of adults get two or more daily servings of dairy products.

### Children

- Nearly one out of five Yellowstone County children age 2-17 (18.4%) is reported to have an average of **three or more servings** of sugary beverages on a typical day (including non-diet soda, fruit punch, Kool-Aid, juice, energy drinks, etc.).
  - Most (71.1%) have a least one per day.

## PHYSICAL ACTIVITY

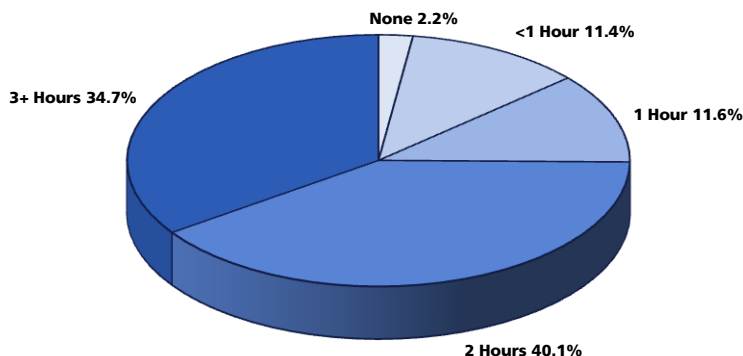
### Adults

- 22.4% of Yellowstone County adults report no leisure-time physical activity in the past month (similar to statewide findings, and better than the national average of 28.8%).
  - Women and older adults (65+) more often report no physical activity in the past month (27%-33%).
- 47.2% of Yellowstone County adults participate in regular, sustained moderate or vigorous physical activity (meeting physical activity recommendations). This is lower than statewide findings (58.6%), but better than national findings (38.5%).
- 6.5% of survey respondents report that at some point in the past year, they wanted to be more physically active but were not because things like traffic or crime made them feel unsafe.
  - This is more often reported among women, adults under age 65, and low-income residents.

### Children

- More than one-third (34.7%) of Yellowstone County children aged 2-17 spend **three or more hours** on entertainment screen time (TV, video games, computer) on a typical school day.

**Children's Total Screen Time Per School Day:  
TV, Computer, Video Games, Etc. for Entertainment**  
(Yellowstone County Parents of Children <18, 2010)



## KEY FINDINGS

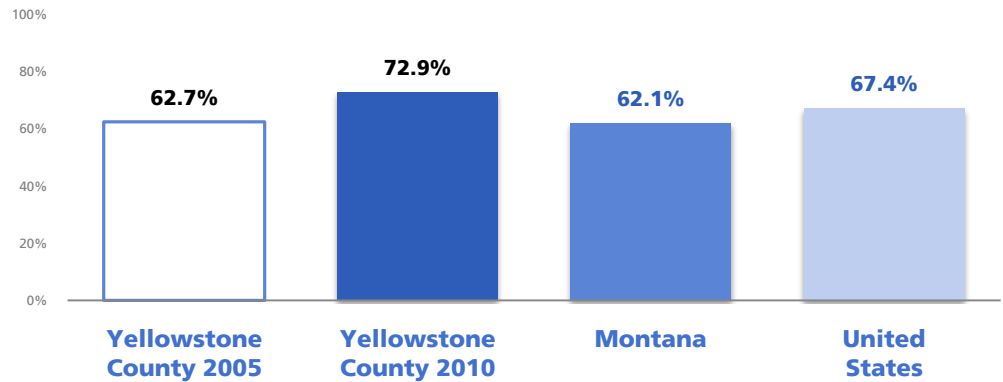
- Overweight prevalence has increased significantly in Yellowstone County. Most adults (72.9%) are currently overweight, a higher proportion than found statewide or nationally.
- The correlation between overweight and various health issues cannot be disputed. Overweight and obese adults are more likely to report a number of adverse health conditions, such as:
  - High blood pressure;
  - High cholesterol;
  - Depression (including suicide ideation);
  - Diabetes; and
  - “Fair/poor” overall health.Overweight/obese adults are also more likely to have overweight children.
- Focus group participants are concerned about unhealthy eating habits in the community. Participants realize this is a national problem, but also cited a need for more education regarding healthy living, as well as an increase in the community's physical activity overall.

## BODY WEIGHT

### Adults

- More than 7 in 10 Yellowstone County adults (72.9%) are overweight. This proportion is higher than found statewide (62.1%) and nationwide (67.4%).
  - The proportion of overweight adults in Yellowstone County has increased significantly since the 2005 study (from 62.7% to 72.9%).

**Prevalence of Overweight**  
(Adults Overweight or Obese, Body Mass Index of 25.0+)



- One out of four county adults (26.0%) is considered obese; this proportion is higher (32.6%) among low-income individuals.
  - 35.3% of obese adults have been given advice about their weight by a health professional in the past year (while nearly two-thirds have not).
- 41.7% of Yellowstone County adults who are overweight or obese say that they are both modifying their diet and increasing their physical activity to try to lose weight (similar to national findings).

### Children

- Based on the heights/weights reported by surveyed parents, 24.3% of Yellowstone County children aged 6 to 17 are overweight or obese.
  - This is much more favorable than the 42.7% found nationally.
- However, only 2.4% of parents with children aged 2-17 indicate that a health professional or someone at their child's school has told them in the past year that their child is overweight.

# RESPIRATORY DISEASE

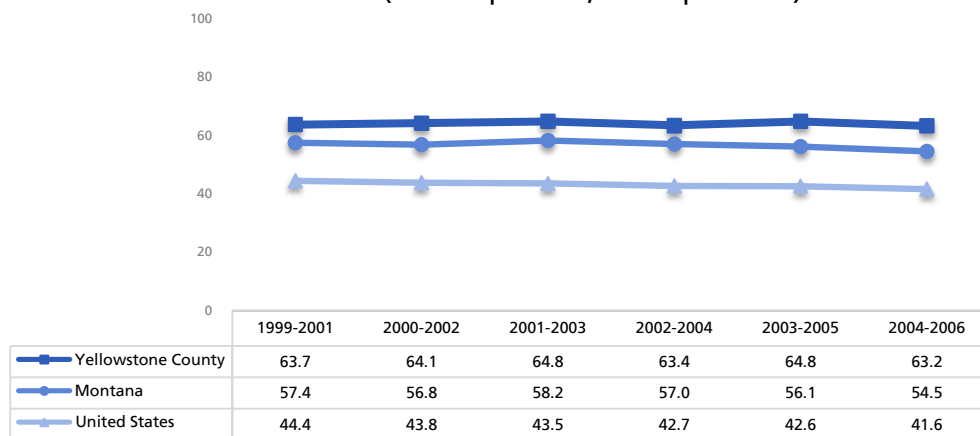
## KEY FINDINGS

- ⌘ Chronic lower respiratory disease (CLRD), which includes conditions such as emphysema and chronic bronchitis, is the fourth leading cause of death in Yellowstone County.
- ⌘ While county death rates for chronic lower respiratory disease (CLRD) have not changed significantly over the past several years, they have been consistently higher than statewide rates, and much higher than national rates.
- ⌘ Influenza and pneumonia vaccination levels could be better among older adults and other high-risk populations.

## CHRONIC LOWER RESPIRATORY DISEASE (CLRD)

- Chronic lower respiratory disease (CLRD) accounts for 8% of deaths in Yellowstone County.
- Most CLRD is attributed to cigarette smoking – 13.8% of Yellowstone County adults currently smoke cigarettes.

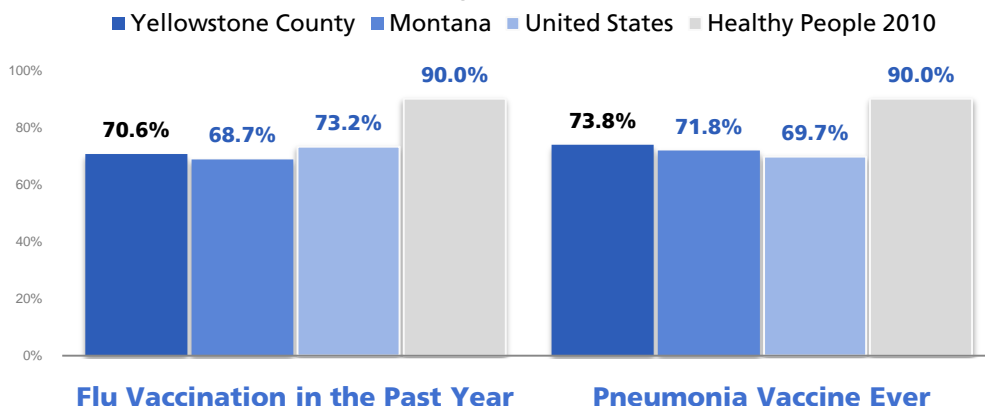
**Age-Adjusted Death Rate:  
Chronic Lower Respiratory Disease**  
(Deaths per 100,000 Population)



## OTHER RESPIRATORY DISEASE INDICATORS

- 7.3% of Yellowstone County adults suffer from chronic lung disease.
- 9.0% of Yellowstone County adults have asthma, as do 8.5% of children.
- Among Yellowstone County adults aged 65 and older:
  - 70.6% received a flu shot (or FluMist vaccine) within the past year.
  - 73.8% have received a pneumonia vaccination at some point in their lives.
  - Each of these is statistically similar to national findings for this population, but falls short of the Healthy People 2020 target of 90% or higher.

**Influenza/Pneumonia Vaccination**  
(Adults Age 65 and Older)



# SUBSTANCE ABUSE

## KEY FINDINGS

- ☞ A relatively high percentage of Yellowstone County adults use alcohol. Excessive alcohol use can lead to increased risk of health problems such as liver disease or unintentional injuries.
- ☞ An estimated 2,895 Yellowstone County adults have driven in the past month after perhaps having too much to drink.
- ☞ Focus group participants expressed concern regarding the community's (and state's) attitude about drunk driving. Many in the community feel that the government shouldn't control what they do, so drunk driving is too common. Participants agreed that education is necessary to overcome the community's "cowboy" attitude.
- ☞ The main cause of concern among focus group participants regarding substance abuse is the lack of affordable treatment centers — if one doesn't have money, there are no real options available. For those who do get some kind of treatment, they don't always get it for the length of time needed and end up back where they began.

Also, because of the relative ease and low expense involved in getting a medical marijuana card, many participants feel that use is on the rise and that this provision is being misused. They would like to see tighter controls regarding medical marijuana.

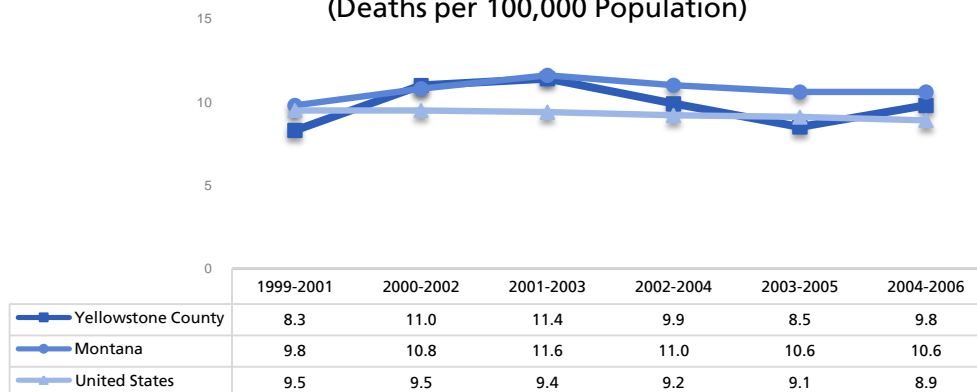
## ALCOHOL USE

- Nearly three out of five Yellowstone County adults drink alcohol (58.5% have had at least one drink in the previous month). This is on par with the state average, but higher than found nationally (52.6%).
- Regarding alcohol-related risk behaviors:
  - 17.6% of Yellowstone County adults are binge drinkers (5+ drinks on any one occasion in the past month for men, 4+ for women), similar to both state and national prevalence levels.
  - 3.2% averaged two or more drinks of alcohol per day in the past month (chronic drinkers), lower than found statewide (5.4%), but similar to the national finding (4.5%).
  - 2.6% of Yellowstone County adults acknowledge having driven a vehicle in the past month after they had perhaps too much to drink (similar to national findings). However, note that this translates to more than 2,800 county adults who have driven drunk in the past month.

## CIRRHOSIS/LIVER DISEASE DEATHS

- Yellowstone County mortality for cirrhosis/liver disease (9.8 deaths per 100,000 in 2004-2006) is lower than the statewide rate (10.6), but higher than the national rate (8.9). The Healthy People 2020 target is 8.2 or lower.

**Age-Adjusted Death Rate:  
Cirrhosis/Liver Disease**  
(Deaths per 100,000 Population)



## ILLICIT DRUG USE

- Just 1.0% of Yellowstone County adults acknowledge using an illicit drug in the past month (including use of illegal substances or of prescription drugs taken without a physician's order). This is lower than the 2.9% reported nationally.
  - As a self-reported measure – and because this indicator reflects potentially illegal behavior – it is reasonable to expect that it might be underreported, and that actual illicit drug use in the community is likely higher.
- A total of 4.8% of Yellowstone County adults report that they have sought professional help for an alcohol or drug problem at some point in their lives.

# OVERARCHING ISSUES

## KEY FINDINGS

- ✎ Lower-income residents\* experience poorer health status or greater health risk in several areas related to the following:
  - Access to medical & dental care
  - Mental health status
  - Physical health status
  - Unhealthy behaviors
  - Chronic conditions
  
- ✎ Health insurance coverage remains out of reach for many residents of Yellowstone County – not only for the poorest of the poor, but also for many families living well above the poverty level.
  
- ✎ Many focus group participants feel as though a good portion of the Billings community doesn't carry health insurance or carries very little of it because of the huge cost. Small businesses carry a huge burden because they generally don't offer health insurance and when they do, it's at a significant cost to them.

As you review these issues and the related findings, it is important to recognize that there are two overarching — and related — issues that strongly impact each area discussed:

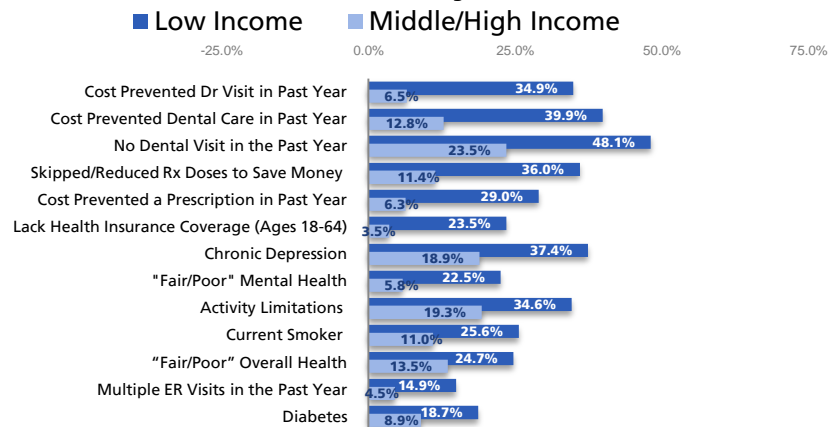
- The first overarching issue lies in the wide disparities found for many items between lower-income and higher-income residents of Yellowstone County. The health status and experience of lower-income families is quite different and typically less favorable than for residents with higher incomes.
- A second overarching issue is one of access to healthcare services. Access issues are important for all residents, but particularly for lower-income families. Too often financial barriers preclude timely preventive care.

Understanding these overarching issues will help us understand many of the health issues outlined throughout this assessment.

## Income

- For low-income\* residents in the county, the following represent some of the greatest disparities found (vs. those at higher incomes):

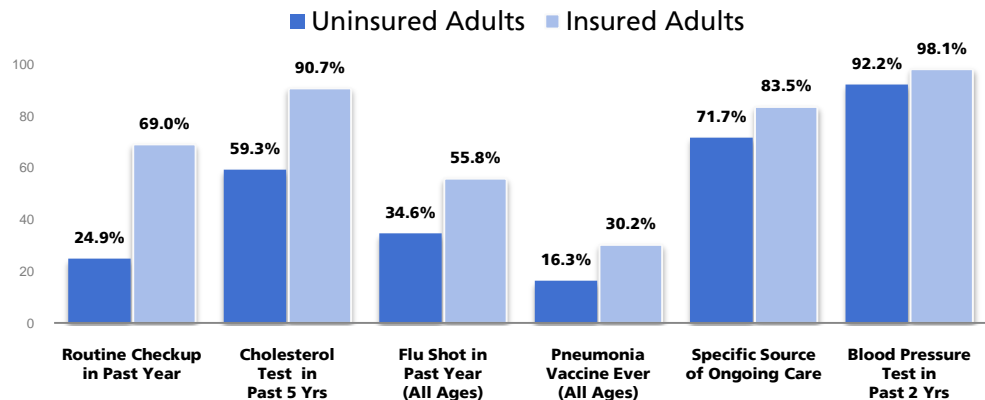
### Income Disparity in Selected Yellowstone County Health Indicators



## Impact of Poor Access

- In addition, health insurance coverage is a key determinant as to whether Yellowstone County residents have access to appropriate and timely healthcare services.

### Impact of Poor Access in Yellowstone County



\* "Lower-income" is defined as households with incomes below 200% of the Federal Poverty Level (FPL), equivalent to \$44,100 or less for a family of four.

# SUMMARY TABLES

The following tables provide an overview of indicators in Yellowstone County, including comparisons among the individual communities, as well as trend data. These data are grouped to correspond with the Focus Areas presented in Healthy People 2020.

## Comparisons to Benchmark Data

■ In the following charts, Yellowstone County results are shown in the larger, dark blue column.

■ The light-colored columns to the right of Yellowstone County column provide trending, as well as comparisons between the county and any available state and national findings, and Healthy People 2020 targets. Symbols indicate whether Yellowstone County compares favorably (☀️), unfavorably (☁️), or comparably (☁️) to these external data.

## Trend Data (Current vs. Baseline Data):

- Survey Data Indicators: Trends for survey-derived indicators represent significant changes since 2005.
- Other (Secondary) Data Indicators: Trends for other indicators (e.g., public health data) represent point-to-point changes between the most current reporting period and the earliest presented in the full report (1999 for most indicators).

Note that blank table cells signify that data are not available for that indicator.

Access to Healthcare Services	Yellowstone County	Yellowstone County vs. Benchmarks			
		TREND (vs. 2005)	vs. MT	vs. US	vs. HP2020
% Lack Health Insurance (Aged 18-64)	18.6	☁️ 13.1	☁️ 21.3	☁️ 17.7	☔️ 0.0
% Difficulty Finding Physician in Past Year	6.2	☁️ 4.3		☀️ 12.9	
% Difficulty Getting Appointment in Past Year	12.7	☁️ 14.2		☀️ 18.9	
% Inconvenient Hrs Prevented Dr Visit in Past Year	8.3	☁️ 10.7		☀️ 18.8	
% Transportation Prevented Dr Visit in Past Year	5.6	☁️ 3.8		☀️ 8.5	
% Cost Prevented Physician Visit in Past Year	13.7	☁️ 13.4		☀️ 18.2	
% Cost Prevented Getting Rx in Past Year	12.6	☁️ 13.5		☀️ 19.7	
% Skipped Rx Doses to Save Costs	17.3	☁️ 14.3		☁️ 17.5	
% Difficulty Getting Child's Healthcare in Past Year	2.0	☁️ 3.2		☀️ 7.7	
% Have a Specific Source of Ongoing Care	82.0	☁️ 84.0		☀️ 76.8	☔️ 95.0
% Have Had Routine Checkup in Past Year	62.9	☁️ 57.2		☁️ 65.2	
% Child Has Had Checkup in Past Year	84.3	☀️ 72.6		☔️ 91.3	
% Gone to ER More Than Once in Past Year	8.6	☁️ 7.3		☁️ 10.6	
% Rate Local Healthcare "Fair/Poor"	8.3	☁️ 6.7		☀️ 22.2	
		-blank-no data	☀️ favorable	☔️ unfavorable	☁️ similar

Arthritis, Osteoporosis & Chronic Pain	Yellowstone County	Yellowstone County vs. Benchmarks			
		TREND (vs. 2005)	vs. MT	vs. US	vs. HP2020
% Arthritis/Rheumatism	22.7	21.8	27.5	24.2	
% Osteoporosis	5.6	5.8		6.7	5.3
% Sciatica/Chronic Back Pain	20.0	22.3		22.2	
		-blank- no data	favorable	unfavorable	similar

Cancer	Yellowstone County	Yellowstone County vs. Benchmarks			
		TREND (vs. 2005)	vs. MT	vs. US	vs. HP2020
Cancer (Age-Adjusted Death Rate)	181.3	187.4	181.1	183.6	160.6
Lung Cancer (Age-Adjusted Death Rate)	56.8		49.9	52.5	45.5
Female Breast Cancer (Age-Adjusted Death Rate)	23.6		29.5	24.5	20.6
% Skin Cancer	8.4	5.5		4.6	
% Cancer (Other Than Skin)	5.7	6.4		5.8	
% Sigmoid/Colonoscopy Ever (Aged 50+)	76.0	62.6	56.5	64.8	
% Blood Stool Test in Past 2 Yrs (Aged 50+)	23.7	35.6	21.2	36.5	
% Mammogram in Past 2 Years (Women 40+)	70.5	81.3	71.8	74.6	81.1 (50-74)
% Pap Smear in Past 3 Years (Women)	74.0	76.4	81.5	81.3	93.0 (18-64)
% Prostate Exam in Past 2 Years (Men 50+)	75.0	84.2		73.7	
		-blank- no data	favorable	unfavorable	similar

Diabetes	Yellowstone County	Yellowstone County vs. Benchmarks			
		TREND (vs. 2005)	vs. MT	vs. US	vs. HP2020
Diabetes Mellitus (Age-Adjusted Death Rate)	19.5	21.0	24.0	24.2	19.6
% Diabetes/High Blood Sugar	12.1	8.7	6.8	11.1	
% (Diabetics) Taking Insulin/Medication	74.1	68.1		84.2	
		-blank- no data	favorable	unfavorable	similar

Disability	Yellowstone County	Yellowstone County vs. Benchmarks			
		TREND (vs. 2005)	vs. MT	vs. US	vs. HP2020
% Activity Limitations	25.7	24.3	20.7	21.8	
		-blank-no data	favorable	unfavorable	similar

Environmental Health	Yellowstone County	Yellowstone County vs. Benchmarks			
		TREND (vs. 2005)	vs. MT	vs. US	vs. HP2020
% Attribute Illness in Past Year to Indoor Air Quality	11.0	15.9		19.0	
% Attribute Illness in Past Year to Outdoor Air Quality	5.3	8.0		12.0	
		-blank-no data	favorable	unfavorable	similar

Family Planning	Yellowstone County	Yellowstone County vs. Benchmarks			
		TREND (vs. 2005)	vs. MT	vs. US	vs. HP2020
% of Births to Unwed Mothers	38.8	33.8	45.7	39.6	
% Births to Teenagers	9.0	10.1	13.2	10.4	
		-blank-no data	favorable	unfavorable	similar

Heart Disease & Stroke	Yellowstone County	Yellowstone County vs. Benchmarks			
		TREND (vs. 2005)	vs. MT	vs. US	vs. HP2020
Diseases of the Heart (Age-Adjusted Death Rate)	174.3	190.2	170.4	209.6	152.7
Stroke (Age-Adjusted Death Rate)	50.4	67.3	44.8	46.7	33.8
% Chronic Heart Disease	8.1	5.1		6.7	
% Stroke	2.3	3.3	2.4	4.9	
% Blood Pressure Checked in Past 2 Years	97.2	94.6		94.5	94.9
% Told Have High Blood Pressure	32.4	26.1	27.7	34.0	26.9
% Taking Action to Control High Blood Pressure	94.4	88.9		90.9	
% Cholesterol Checked in Past 5 Years	86.5	77.7	72.0	87.0	82.1
% Told Have High Cholesterol	28.6	28.5	36.5	30.5	13.5
% Taking Action to Control High Blood Cholesterol	91.3	83.6		90.4	
% 1+ Cardiovascular Risk Factor	87.4	89.1		85.1	
		-blank-no data	favorable	unfavorable	similar

HIV	Yellowstone County	Yellowstone County vs. Benchmarks			
		TREND (vs. 2005)	vs. MT	vs. US	vs. HP2020
HIV (Age-Adjusted Death Rate)	0.6		0.6	4.7	3.3
% Ever Tested for HIV (Ages 18-64)	39.1	31.9		52.9	
		-blank- no data	favorable	unfavorable	similar

Immunization & Infectious Disease	Yellowstone County	Yellowstone County vs. Benchmarks			
		TREND (vs. 2005)	vs. MT	vs. US	vs. HP2020
Hepatitis C, non-A non-B Incidence/100,000	0.0	0.3	0.2	0.3	
% Flu Shot in Past Yr (Aged 65+)	70.6	73.7	68.7	73.2	90.0
% Flu Shot in Past Yr (High-Risk Aged 18-64)	54.3	46.9		43.7	90.0
% Pneumonia Vaccine Ever (Aged 65+)	73.8	76.5	71.8	69.7	90.0
% Pneumonia Vaccine Ever (High-Risk Aged 18-64)	32.9	29.4		36.1	60.0
		-blank- no data	favorable	unfavorable	similar

Injury & Violence	Yellowstone County	Yellowstone County vs. Benchmarks			
		TREND (vs. 2005)	vs. MT	vs. US	vs. HP2020
Unintentional Injury (Age-Adjusted Death Rate)	37.7	36.5	54.5	39.0	36.0
Motor Vehicle Crashes (Age-Adjusted Death Rate)	16.9	16.6	25.9	15.1	12.4
Homicide (Age-Adjusted Death Rate)	4.1	3.7	3.3	6.1	5.5
Suicide (Age-Adjusted Death Rate)	18.6	15.9	20.1	10.9	10.2
% "Always" Wear Seat Belt	78.3	76.8		83.5	92.4
% Child (Aged 0-4) "Always" Uses Auto Child Restraint	100.0	100.0		97.4	
% Child (Aged 5-17) "Always" Uses Seat Belt	87.4	84.5		93.0	
% Child (Aged 0-17) "Always" Uses Seat Belt/Car Seat	91.5	89.3		94.3	
% Adult Always Wears Helmet When Riding an ATV	24.8				
% Child Always Wears Helmet When Riding an ATV	30.3				
% Adult Always Wears Helmet When Riding a Motorcycle	47.5				
% Child Always Wears Helmet When Riding a Motorcycle	82.3				
% Adult Always Wears Helmet When Participating in Winter Sports	20.2				
% Child Always Wears Helmet When Participating in Winter Sports	40.5				
% Adult Always Wears Helmet When Riding a Bicycle	27.0				
% Child Always Wears Helmet When Riding a Bicycle	45.1	36.2		41.7	
% Firearm in Home	59.1	53.5		35.3	
% Homes With Children With a Firearm	65.2	55.0		31.2	
% Homes w/Unlocked Loaded Firearm	14.0	9.9		15.2	
Violent Crime/100,000	212.2	256.7	289.3	465.0	
Domestic Violence/100,000	487.1	470.3	441.0		
% Victim of Violent Crime in Past 5 Years	2.3	4.0		2.4	
% Hit, Slapped, or Hurt by Intimate Partner	14.7			15.0	
		-blank- no data	favorable	unfavorable	similar

Maternal, Child & Infant Health	Yellowstone County	Yellowstone County vs. Benchmarks			
		TREND (vs. 2005)	vs. MT	vs. US	vs. HP2020
% No Prenatal Care in 1st Trimester	13.9	14.2	17.5	16.3	22.1
% of Low Birthweight Births	7.3	7.2	7.3	8.2	7.8
Infant Death Rate	5.0	6.4	5.8	6.9	6.0
		-blank-no data	favorable	unfavorable	similar

Mental Health & Mental Disorders	Yellowstone County	Yellowstone County vs. Benchmarks			
		TREND (vs. 2005)	vs. MT	vs. US	vs. HP2020
% "Fair/Poor" Mental Health	10.1	6.9		12.9	
% Major Depression	13.2	12.4		9.7	
% Chronic Depression (2+ Years)	25.0	25.7		30.3	
% Depressed Persons Seeking Help	62.1	59.5		43.0	75.1
% Have Considered Attempting Suicide	10.2	8.1			
% Typical Day Is "Extremely/Very" Stressful	11.6	9.5		13.4	
% Child Takes Rx for ADD/ADHD	6.4	8.4		6.3	
Alzheimer's Disease (Age-Adjusted Death Rate)	18.8	26.2	21.5	22.5	
		-blank-no data	favorable	unfavorable	similar

Nutrition & Overweight	Yellowstone County	Yellowstone County vs. Benchmarks			
		TREND (vs. 2005)	vs. MT	vs. US	vs. HP2020
% Eat 5+ Servings of Fruit or Vegetables per Day	40.6	34.9	25.7	43.5	
% Eat 2+ Servings of Fruit per Day	56.4	48.7		58.4	
% Eat 3+ Servings of Vegetables per Day	38.1	28.7		38.8	
% Healthy Weight (BMI 18.5-25)	25.4	35.8		32.0	33.9
% Overweight	72.9	62.7	62.1	67.4	
% Obese	26.0	23.9	23.7	29.0	30.6
% Overweights Advised to Lose Weight	20.2	19.0		33.4	
% Overweight Trying to Lose	41.7	33.8		43.0	
% Children (Aged 6-17) Overweight	24.3	33.8		42.7	
% Child is Obese	15.4	17.5		26.1	14.6
		-blank- no data	favorable	unfavorable	similar

Oral Health	Yellowstone County	Yellowstone County vs. Benchmarks			
		TREND (vs. 2005)	vs. MT	vs. US	vs. HP2020
% Have Dental Insurance	58.9	56.2		61.7	
% Have Visited Dentist in Past Yr (18+)	70.0	63.9	66.0	63.5	49.0
% Child (Aged 2-17) Has Visited Dentist in Past Year	83.4	78.1		85.1	49.0
		-blank- no data	favorable	unfavorable	similar

Physical Activity & Fitness	Yellowstone County	Yellowstone County vs. Benchmarks			
		TREND (vs. 2005)	vs. MT	vs. US	vs. HP2020
% No Leisure-Time Physical Activity	22.4	26.3	22.0	28.8	32.6
% Meeting Physical Activity Recommendations	47.2	41.4	58.6	38.5	
% Vigorous Physical Activity	33.5	29.1		28.0	
% Moderate Physical Activity	26.4	23.1		22.6	
% Child Spends 3+ Hours on Non-TV Screen Time Daily	6.7	4.9			
% Child Spends 3+ Hours Watching TV Daily	9.7	17.6			
		-blank- no data	favorable	unfavorable	similar

Physical Health	Yellowstone County	Yellowstone County vs. Benchmarks			
		TREND (vs. 2005)	vs. MT	vs. US	vs. HP2020
% "Fair/Poor" Physical Health	17.1	10.5	14.5	17.4	
		-blank-no data	favorable	unfavorable	similar

Respiratory Disease	Yellowstone County	Yellowstone County vs. Benchmarks			
		TREND (vs. 2005)	vs. MT	vs. US	vs. HP2020
CLRD (Age-Adjusted Death Rate)	63.2	63.7	54.5	41.6	
Pneumonia/Influenza (Age-Adjusted Death Rate)	11.5	13.3	16.4	19.3	
% Chronic Lung Disease	7.3	6.8		9.9	
% Current Asthma	9.0		8.1	8.3	
% Child Currently Has Asthma	8.5			11.4	
Tuberculosis Incidence/100,000	0.5	1.0	1.1	4.4	1.0
		-blank-no data	favorable	unfavorable	similar

Sexually Transmitted Diseases	Yellowstone County	Yellowstone County vs. Benchmarks			
		TREND (vs. 2005)	vs. MT	vs. US	vs. HP2020
Gonorrhea Incidence/100,000	37.5	22.8	15.4	116.8	
Primary & Secondary Syphilis Incidence/100,000	1.2	0.0	0.7	3.9	
Chlamydia Incidence/100,000	330.7	263.3	296.7	372.2	
Hepatitis B Incidence/100,000	0.0	2.3	0.3	1.5	
		-blank-no data	favorable	unfavorable	similar

Substance Abuse	Yellowstone County	Yellowstone County vs. Benchmarks			
		TREND (vs. 2005)	vs. MT	vs. US	vs. HP2020
Cirrhosis/Liver Disease (Age-Adjusted Death Rate)	9.8	8.3	10.6	8.9	8.2
% Current Drinker	58.5	57.4	58.5	52.6	
% Chronic Drinker	3.2	3.2	5.4	4.5	
% Binge Drinker	17.6	15.2	17.3	17.8	24.3
% Drinking & Driving in Past Month	2.6	2.9		3.8	
% Driving Drunk or Riding with Drunk Driver	6.4	6.9		8.6	
% Illicit Drug Use in Past Month	1.0	1.6		2.9	7.1
% Sought Help for Alcohol or Drug Problem	4.8	3.8		5.5	
		-blank-no data	favorable	unfavorable	similar

Tobacco Use	Yellowstone County	Yellowstone County vs. Benchmarks			
		TREND (vs. 2005)	vs. MT	vs. US	vs. HP2020
% Current Smoker	13.8	18.3	16.8	19.2	12.0
% Have Quit Smoking 1+ Days in Past Year (Smokers)	57.4	57.0		57.0	80.0
% Someone Smokes at Home	9.1	15.6		16.3	
% Children <18 Exposed to Smoke at Home	6.9	12.6		13.3	
% Use Smokeless Tobacco	6.6	5.1		3.9	0.3
		-blank-no data	favorable	unfavorable	similar

Vision & Hearing	Yellowstone County	Yellowstone County vs. Benchmarks			
		TREND (vs. 2005)	vs. MT	vs. US	vs. HP2020
% Blindness/Trouble Seeing	8.4	6.5		9.1	
% Deafness/Trouble Hearing	9.7	9.7		11.7	
		-blank-no data	favorable	unfavorable	similar