

# Montana Disability & Health Update



December 2011, Issue 4

## Healthy People 2010 Results for Adult Montanans with and without Disabilities

Approximately 20% of U.S. adults have a disability. This report provides updates on Healthy People 2010 objectives for Montana adults with and without disabilities using 2005 to 2010 BRFSS data. Demographics and Health Status updates on Montana adults with and without disabilities are provided in Issues 2 and 3 of this series, respectively. For more information on the health of Montana adults, go to [http://brfss.mt.gov/html/assessing\\_risks.shtml](http://brfss.mt.gov/html/assessing_risks.shtml)

For more than 25 years, the Montana Behavioral Risk Factor Surveillance System (BRFSS) has gathered information via telephone survey from adult Montanans about a wide range of behaviors affecting their health. Beginning in 2001, two disability survey items were included as a core module in the BRFSS survey, which allowed for reports on health indicators for adults with disabilities (e.g., Cummings, Oreskovich, & Traci, 2005).

Overall, Montanans with disabilities compare positively to those without disability in attaining the following four Healthy People 2010 objectives:

- 1) usual primary health care provider (87%, 69%),<sup>1</sup>
- 2) regular blood cholesterol screening (79%, 70%),<sup>2</sup>
- 3) immunizations against influenza (71%, 62%)<sup>1</sup> & pneumococcal disease (80%, 66%),<sup>1</sup> and
- 4) lower overall prevalence of binge drinking (11%, 19%).<sup>1</sup>

Conversely, Montana adults with disability reported significant health gaps and disparities in the attainment of 10 other Healthy People 2010 objectives as compared to Montana adults without disability:

- 1) chronic joint symptoms and arthritis (75%, 21%),<sup>2</sup>
- 2) clinically diagnosed diabetes (132 per 1000, 48 per 1000),<sup>1</sup>
- 3) high blood pressure (46%, 23%),<sup>2</sup>
- 4) high blood cholesterol (47%, 33%),<sup>2</sup>
- 5) clinically diagnosed cardiovascular disease (19%, 4%),<sup>1</sup>
- 6) asthma (15%, 7%),<sup>1</sup>
- 7) cigarette smoking (26%, 17%),<sup>1</sup>
- 8) no leisure-time physical activity (32%, 18%),<sup>1</sup>
- 9) moderate physical activity levels (39%, 50%),<sup>2</sup> and
- 10) not seeing a doctor when needed because of cost (22%, 10%).<sup>1</sup>

Healthy People 2020,<sup>3</sup> the *National Stakeholder Strategy for Achieving Health Equity*,<sup>4</sup> and the Surgeon General's Report on *Improving the Health of Persons with Disabilities*,<sup>5</sup> outlines key strategies for addressing these and other health disparities. Public health partners that use, or could organize to use, these strategies in Montana are listed at the end of this report.

<sup>1</sup> BRFSS 2010: Percentages for adult Montanans with disability, and adult Montanans without disability, respectively.

<sup>2</sup> BRFSS 2009: Percentages for adult Montanans with disability, and adult Montanans without disability, respectively.

<sup>3</sup> U.S. Department of Health & Human Services, <http://healthypeople.gov/2020/>

<sup>4</sup> U.S. Department of Health & Human Service, <http://minorityhealth.hhs.gov/npa/templates/content.aspx?vl=1&vlid=33&ID=286>

<sup>5</sup> U.S. Department of Health & Human Services, <http://www.surgeongeneral.gov/library/calls/disabilities/index.html>

Summary of BRFSS<sup>6</sup> data for Montana adults

**Healthy People 2010 goals<sup>7</sup> & year 2010 target**  
 Goal: Increase the quality and years of healthy life and eliminate health disparities

**1. Access to Quality Health Services**

Goal: Improve access to comprehensive, high-quality health care services.

		2005	2006	2007	2008	2009	2010
<b>1-1</b>	<b>Increase to 100% the number of people who have health insurance</b>						
	ALL ADULTS	79%	83%	83%	83%	79%	82%
	WITH DISABILITY	76%	84%	81%	84%	78%	83%
	WITHOUT DISABILITY	79%	83%	84%	82%	79%	81%
<b>1-5</b>	<b>Increase to 85% the number of adults who have a usual primary care provider</b>						
	ALL ADULTS	74%	74%	71%	72%	75%	74%
	WITH DISABILITY	81%*	83%*	81%*	83%*	84%*	87%*
	WITHOUT DISABILITY	72%	71%	68%	68%	72%	69%
<b>1-6</b>	<b>Decrease to 7% the number of adults who are unable to obtain or delay in obtaining necessary medical care (because of cost)</b>						
	ALL ADULTS	14%	12%	12%	12%	14%	13%
	WITH DISABILITY	25%*	21%*	23%*	21%*	22%*	22%*
	WITHOUT DISABILITY	11%	10%	9%	10%	11%	10%

**2. Arthritis, Osteoporosis, and Chronic Back Conditions<sup>#</sup>**

Goal: Prevent illness and disability related to arthritis and other rheumatic conditions, osteoporosis, and chronic back conditions.

		2005	2006	2007	2008	2009	2010
<b>2-2</b>	<b>Reduce to 21% the number of adults with chronic joint symptoms who experience a limitation in activity due to arthritis.</b>						
	ALL ADULTS	31%	---	30%	---	46%	---
	WITH DISABILITY	64%*	---	63%*	---	75%*	---
	WITHOUT DISABILITY	12%	---	10%	---	21%	---

**3. Cancer**

Goal: Reduce the number of new cancer cases as well as the illness, disability, and death caused by cancer.

		2005	2006	2007	2008	2009	2010
<b>3-11a</b>	<b>Increase to 97% the number of women 18 and older who have ever received a Pap test</b>						
	ALL ADULTS	---	94%	---	95%	---	95%
	WITH DISABILITY	---	95%	---	97%	---	95%
	WITHOUT DISABILITY	---	94%	---	95%	---	95%
<b>3-11b</b>	<b>Increase to 90% the number of women 18 and older who received a Pap test in the past 3 years</b>						
	ALL ADULTS	---	82%	---	82%	---	78%
	WITH DISABILITY	---	79%	---	80%	---	72%
	WITHOUT DISABILITY	---	83%	---	82%	---	80%
<b>3-12a</b>	<b>Increase to 50% the number of people 50 and older who have undergone a FOBT in the past two years</b>						
	ALL ADULTS	---	28%	---	21%	---	15%
	WITH DISABILITY	---	28%	---	23%	---	17%*
	WITHOUT DISABILITY	---	28%	---	20%	---	13%

## Healthy People 2010 goals<sup>7</sup> & year 2010 target (cont.)

3. Cancer (cont.)		2005	2006	2007	2008	2009	2010
3-12b	<b>Increase to 50% the number of people 50 and older who have ever undergone a sigmoidoscopy</b>						
	ALL ADULTS	---	53%	56%	57%	---	61%
	WITH DISABILITY	---	58%*	62%*	62%*	---	66%*
	WITHOUT DISABILITY	---	51%	53%	54%	---	58%
3-13	<b>Increase to 70% the number of women 40 and older who have received a mammogram in the past 2 years</b>						
	ALL ADULTS	---	72%	76%	72%	---	67%
	WITH DISABILITY	---	72%	70%*	68%	---	67%
	WITHOUT DISABILITY	---	73%	78%	73%	---	68%

### 5. Diabetes

Goal: Through prevention programs, reduce the disease and economic burden of diabetes, and improve the quality of life for all persons who have or are at risk for diabetes.

		2005	2006	2007	2008	2009	2010
5-3	<b>Reduce to 25 per 1000 the overall rate of diabetes diagnosed</b>						
	ALL ADULTS	57 per 1000	64 per 1000	66 per 1000	65 per 1000	68 per 1000	70 per 1000
	WITH DISABILITY	109 per 1000*	115 per 1000*	134 per 1000*	135 per 1000*	141 per 1000*	132 per 1000*
	WITHOUT DISABILITY	41 per 1000	49 per 1000	46 per 1000	41 per 1000	47 per 1000	48 per 1000
5-12	<b>Increase to 50% the number of adults with diabetes who have a glycosylated hemoglobin (A-one-C) measurement done at least once a year</b>						
	ALL ADULTS	85%	85%	84%	91%	87%	90%
	WITH DISABILITY	87%	84%	85%	93%	87%	90%
	WITHOUT DISABILITY	85%	86%	84%	89%	88%	90%
5-14	<b>Increase to 75% the number of adults with diabetes who have at least an annual foot exam</b>						
	ALL ADULTS	---	73%	---	73%	74%	74%
	WITH DISABILITY	---	77%	---	77%	77%	72%
	WITHOUT DISABILITY	---	71%	---	68%	73%	74%
5-17	<b>Increase to 60% the number of adults with diabetes who perform self-blood-glucose-monitoring at least daily</b>						
	ALL ADULTS	69%	67%	60%	61%	61%	57%
	WITH DISABILITY	68%	70%	61%	62%	64%	57%
	WITHOUT DISABILITY	70%	65%	59%	60%	58%	56%

### 6. Disability and Secondary Conditions

Goal: Promote the health of people with disabilities, prevent secondary conditions, and eliminate disparities between people with and without disabilities in the U.S. population.

		2005	2006	2007	2008	2009	2010
6-5	<b>Increase to 79% the number of people with disabilities reporting that they have sufficient emotional support</b>						
	ALL ADULTS	82%	85%	83%	83%	81%	82%
	WITH DISABILITY	71%*	76%*	72%*	73%*	71%*	75%*
	WITHOUT DISABILITY	85%	87%	86%	86%	83%	85%
6-6	<b>Increase to 96% the number of people with disabilities reporting satisfaction with life</b>						
	ALL ADULTS	95%	97%	95%	95%	94%	95%
	WITH DISABILITY	88%	90%	86%*	90%	85%*	89%*
	WITHOUT DISABILITY	97%	98%	98%	97%	96%	97%

## Healthy People 2010 goals<sup>7</sup> & year 2010 target (cont.)

### 12. Heart Disease and Stroke

Goal: Improve cardiovascular health and quality of life through the prevention, detection, and treatment of risk factors; early identification and treatment of heart attacks and strokes; and prevention of recurrent cardiovascular events.

		2005	2006	2007	2008	2009	2010
<b>Status</b>	<b>Number of people ever diagnosed with cardiovascular disease (heart attack, angina, coronary heart disease or stroke)</b>						
	ALL ADULTS	7%	8%	8%	8%	8%	8%
	WITH DISABILITY	17%*	17%*	18%*	18%*	17%*	19%*
	WITHOUT DISABILITY	4%	5%	5%	5%	5%	4%
<b>12-9</b>	<b>Reduce to 16% the number of adults with high blood pressure</b>						
	ALL ADULTS	24%	---	25%	---	28%	---
	WITH DISABILITY	37%*	---	38%*	---	46%*	---
<b>12-14</b>	<b>Reduce to 17% the number of adults with high total blood cholesterol levels</b>						
	ALL ADULTS	33%	---	35%	---	37%	---
	WITH DISABILITY	43%*	---	47%*	---	47%*	---
<b>12-15</b>	<b>Increase to 80% the number of adults who have had their blood cholesterol checked in the past 5 years</b>						
	ALL ADULTS	69%	---	71%	---	72%	---
	WITH DISABILITY	75%*	---	79%*	---	79%*	---
	WITHOUT DISABILITY	67%	---	69%	---	70%	---

### 14. Immunization and Infectious Diseases

Goal: Prevent disease, disability, and death from infectious diseases, including vaccine-preventable diseases.

		2005	2006	2007	2008	2009	2010
<b>14-29a</b>	<b>Increase to 90% the non-institutionalized adults 65 and older vaccinated annually against influenza</b>						
	ALL ADULTS	70%	73%	73%	69%	69%	66%
	WITH DISABILITY	75%	77%*	76%	73%	72%	71%*
	WITHOUT DISABILITY	66%	70%	71%	67%	67%	62%
<b>14-29b</b>	<b>Increase to 90% the non-institutionalized adults 65 and older ever vaccinated against pneumococcal disease</b>						
	ALL ADULTS	70%	72%	73%	69%	72%	72%
	WITH DISABILITY	77%*	80%*	80%*	78%*	77%*	80%*
	WITHOUT DISABILITY	66%	66%	68%	64%	69%	66%

### 19. Nutrition and Overweight

Goal: Promote health and reduce chronic disease associated with diet and weight.

		2005	2006	2007	2008	2009	2010
<b>19-1</b>	<b>Increase to 60% the number of adults at a healthy weight</b>						
	ALL ADULTS	43%	41%	38%	38%	37%	39%
	WITH DISABILITY	34%*	35%*	32%*	31%*	28%*	30%*
	WITHOUT DISABILITY	45%	42%	40%	41%	40%	42%
<b>19-2</b>	<b>Reduce to 15% the number of adults who are obese</b>						
	ALL ADULTS	21%	21%	23%	24%	24%	24%
	WITH DISABILITY	29%*	30%*	30%*	38%*	31%*	33%*
	WITHOUT DISABILITY	19%	19%	20%	21%	22%	20%

## Healthy People 2010 goals<sup>7</sup> & year 2010 target (cont.)

### 21. Oral Health

Goal: Prevent and control oral and craniofacial diseases, conditions, and injuries and improve access to related services.

		2005	2006	2007	2008	2009	2010
<b>21-10</b>	<b>Increase to 56% the number of adults that use the oral health care system each year</b>						
	ALL ADULTS	---	68%	---	66%	---	61%
	WITH DISABILITY	---	61%*	---	60%*	---	57%
	WITHOUT DISABILITY	---	70%	---	68%	---	62%

### 22. Physical Activity and Fitness

Goal: Improve health, fitness, and quality of life through daily physical activity.

		2005	2006	2007	2008	2009	2010
<b>22-1</b>	<b>Reduce to 20% the number of adults who engage in no leisure-time physical activity</b>						
	ALL ADULTS	22%	19%	20%	23%	22%	22%
	WITH DISABILITY	39%*	32%*	33%*	34%*	34%*	32%*
	WITHOUT DISABILITY	18%	16%	16%	20%	19%	18%
<b>22-2</b>	<b>Increase to 30% the number of adults who engage in regular, moderate physical activity</b>						
	ALL ADULTS	57%	---	58%	---	48%	---
	WITH DISABILITY	41%*	---	48%*	---	39%*	---
	WITHOUT DISABILITY	61%	---	61%	---	50%	---
<b>22-3</b>	<b>Increase to 30% the number of adults who engage in regular vigorous activity</b>						
	ALL ADULTS	33%	---	33%	---	36%	---
	WITH DISABILITY	21%*	---	21%*	---	23%*	---
	WITHOUT DISABILITY	37%	---	36%	---	40%	---

### 24. Respiratory Diseases

Goal: Promote respiratory health through better prevention, detection, treatment and education efforts.

		2005	2006	2007	2008	2009	2010
<b>24-8</b>	<b>(Developmental) Track prevalence of asthma within state</b>						
	ALL ADULTS	8%	8%	9%	10%	8%	9%
	WITH DISABILITY	13%*	14%*	16%*	17%*	15%*	15%*
	WITHOUT DISABILITY	6%	7%	7%	7%	6%	7%

### 26. Substance Abuse

Goal: Reduce substance abuse to protect the health, safety, and quality of life for all, especially children.

		2005	2006	2007	2008	2009	2010
<b>26-11c</b>	<b>Reduce to 6% the number of adults reporting binge drinking alcoholic beverages in the past 30 days</b>						
	ALL ADULTS	17%	16%	17%	18%	17%	17%
	WITH DISABILITY	12%*	11%*	14%	13%*	10%*	11%*
	WITHOUT DISABILITY	18%	17%	18%	19%	19%	19%

### 27. Tobacco Use

Goal: Reduce illness, disability, and death related to tobacco use and exposure to secondhand smoke.

		2005	2006	2007	2008	2009	2010
<b>27-1a</b>	<b>Reduce to 12% the percent of adults smoking cigarettes</b>						
	ALL ADULTS	19%	19%	20%	19%	17%	19%
	WITH DISABILITY	22%	25%*	27%*	23%*	23%*	26%*
	WITHOUT DISABILITY	18%	17%	17%	17%	15%	17%

<sup>6</sup> Montana Behavioral Risk Factor Surveillance System, [www.brfss.mt.gov](http://www.brfss.mt.gov), [www.cdc.gov/brfss](http://www.cdc.gov/brfss)

<sup>7</sup> Public Health Service. Healthy People 2010: National Health Promotion and Disease Prevention Objectives—full report with commentary. Washington, DC: U.S. Department of Health and Human Services, 2000

\* Denotes significant differences between proportions of adult Montanans who have disabilities and proportions of adult Montanans who do not have disabilities.

# Beginning in 2009, the question “Are you limited in any way in any of your usual activities because of arthritis or joint symptoms?” was asked only of respondents who responded “yes” to the question, “Have you ever been told by a doctor or other health professional that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?” Prior to 2009, the question “Are you limited in any way in any of your usual activities because of arthritis or joint symptoms?” was asked of all respondents.

## Resources

The Amputee Coalition of America’s and its National Peer Network: [http://www.amputee-coalition.org/npn\\_about.html](http://www.amputee-coalition.org/npn_about.html)

The Arthritis Foundation, Rocky Mountain Chapter: <http://www.arthritis.org/chapters/montana/>

BRFSS data, the primary source of state-based information about health risk behaviors among adults: [www.cdc.gov/brfss](http://www.cdc.gov/brfss)

CDC’s Disability and Health State Chartbook - 2006 Profiles of Health for Adults With

Disabilities: <http://www.cdc.gov/ncbddd/disabilityandhealth/chartbook/intro.html>

CDC’s Free Disability and Health Materials including fact sheets on state, district and territory based health indicator data:

<http://www.cdc.gov/ncbddd/disabilityandhealth/freematerials.html>

Christopher and Dana Reeve National Paralysis Foundation and its Peer & Family Support

Program: [http://www.christopherreeve.org/site/c.mtKZKgMWKwG/b.6631963/k.1359/Peer\\_and\\_Family\\_Support\\_Program\\_Application/apps/ka/ct/contactus.asp?c=mtKZKgMWKwG&b=6631963&en=mrLLKRPEJcJLJ7PDL6IOJ3OLLjiRK7MhKfJRL8OQIvH](http://www.christopherreeve.org/site/c.mtKZKgMWKwG/b.6631963/k.1359/Peer_and_Family_Support_Program_Application/apps/ka/ct/contactus.asp?c=mtKZKgMWKwG&b=6631963&en=mrLLKRPEJcJLJ7PDL6IOJ3OLLjiRK7MhKfJRL8OQIvH)

Dental Lifeline Network: <http://www.nfdh.org/>

Eagle Mount Bozeman: <http://www.eaglemount.org/>

Food and Nutrition, Montana State University Extension Service: <http://www.msuxextension.org/nutrition/>

Good Nutrition Ideas, Montana Disability and Health Program, University of Montana Rural

Institute: <http://www.goodnutritionideas.com/>

Have Healthy Teeth Program, Montana Disability and Health Program, University of Montana Rural

Institute: <http://mtdh.ruralinstitute.umt.edu/>

Healthy People 2020: [www.healthypeople.gov/2020](http://www.healthypeople.gov/2020)

Living Well With a Disability, Montana Disability and Health Program, University of Montana Rural

Institute: <http://www.livingandworkingwell.org/>

Montana Behavioral Risk Factor Surveillance System [www.brfss.mt.gov](http://www.brfss.mt.gov)

Montana Cancer Control Programs: <http://www.dphhs.mt.gov/publichealth/cancer/>

Montana Addictive & Mental Disorders Division: <http://www.dphhs.mt.gov/amdd/>

Montana Cardiovascular Disease & Diabetes Prevention Program: <http://www.dphhs.mt.gov/publichealth/diabetes/prevention.shtml>

Montana Cardiovascular Health Program: <http://www.dphhs.mt.gov/publichealth/cardiovascular/index.shtml>

Montana Centers for Independent Living: <http://www.summitilc.org/mtilc.html>

Montana Diabetes Project: <http://www.dphhs.mt.gov/publichealth/diabetes/>

Montana Immunization Program: <http://www.dphhs.mt.gov/publichealth/immunization/>

Montana Medicaid: <http://medicaidprovider.hhs.mt.gov/>

Montana Medicare: <http://www.sao.mt.gov/seniors/medsupguide.pdf>

Montana Mental Health America of Montana: <http://www.montanamentalhealth.org/>

Montana Nutrition and Physical Activity Program: <http://www.montanana.org/>

Montana Oral Health Program: <http://www.dphhs.mt.gov/publichealth/oralhealth/>

Montana Primary Care Association: <http://www.mtpca.org/>

Montana Special Olympics: <http://www.somt.org/>

Montana Tobacco Use Prevention Program: <http://tobaccofree.mt.gov/>

National Alliance on Mental Illness, Montana Chapter: <http://www.namimt.org/>

National Center on Physical Activity and Disability: <http://www.ncpad.org/>

New Directions Wellness Center, University of Montana: <http://www.health.umt.edu/schools/pt/clinics/newdirections.php>

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