

# Montana Disability & Health Update



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## Healthy People 2020 Goals: 2012-2014 Data for Adult Montanans with Disabilities

General health status and healthcare for persons with disabilities remains a public health concern. In 2014, Montana reported a state population of 1,008,116 non-institutionalized residents; of those, 132,746 reported having a disability (13%).<sup>1</sup> Populations living with disability experience poorer health compared to those living without disability.<sup>2,3</sup> The Centers for Disease and Control and Prevention (CDC) supports opportunities to improve the health of people with disabilities. The Montana Department of Public Health and Human Services is partnered with the Rural Institute for Inclusive Communities to improve the health of people with disabilities; more information is available at: <http://mtdh.ruralinstitute.umt.edu/>.

Healthy People 2020<sup>4</sup> (HP2020) "...provides science-based, 10-year national objectives for improving the health of all Americans." HP2020 promotes four overarching goals: 1) Attain high-quality, longer lives free of preventable disease, disability, injury, and premature death. 2) Achieve health equity, eliminate disparities, and improve the health of all groups. 3) Create social and physical environments that promote good health for all. 4) Promote quality of life, healthy development, and healthy behaviors across all life stages. The Disability and Health Topic Area strives to attain these goals. Federal agencies continue to track progress on these objectives. See *Resources* below for more information.

This report focuses attention on objectives from several HP2020 Topic Areas (e.g., Access to Health Services, Diabetes). Data are provided from the Montana Behavior Risk Factor and Surveillance System (BRFSS)<sup>5</sup> (2012-2014) and the National Health Interview Survey<sup>6</sup> (NHIS) (2011-2013) for populations with and without disabilities. The following bullets provide a summary of select findings from comparisons of these two populations. Further detail on these findings is provided in eleven tables below.

### Montanans with disability compare positively to those without disability in the following HP2020 Goals:

- have a usual primary care provider (84%, 67%);<sup>a</sup>
- immunizations against influenza (47%, 36%); against pneumococcal disease (77%, 63%);<sup>a</sup>
- lower prevalence of binge drinking (11%, 21%).<sup>a</sup>

### Conversely, compared to Montanans without disability, those with disability report significant gaps and health disparities in the following HP 2020 Goals:

- earning an income that is less than \$15,000 per year (20%, 8%);<sup>a</sup>
- report having a college degree (20%, 28%);<sup>a</sup>
- unable to obtain or delay in obtaining necessary medical care (21%, 9%);<sup>a</sup>
- clinically diagnosed kidney disease (6%, 2%);<sup>a</sup>
- clinically diagnosed diabetes (18.1 per 1000, 6.6 per 1000);<sup>b</sup>
- at a healthy weight (28%, 37%) and report being obese (34.7%, 21.3%);<sup>a</sup>
- engage in no physical activity (37%, 23%);<sup>a</sup>
- tobacco smoker (26%, 18%).<sup>a</sup>

<sup>a</sup> BRFSS 2014: Percentages of adult Montanans with disability and adult Montanans without disability, respectively.

<sup>b</sup> NHIS 2009-2013: Percentages of U.S. adults with disability and U.S. adults without disability, respectively.

# Population Characteristics of Montanans with and without Disability

Figure 1: Demographics of Montanans with and without Disability

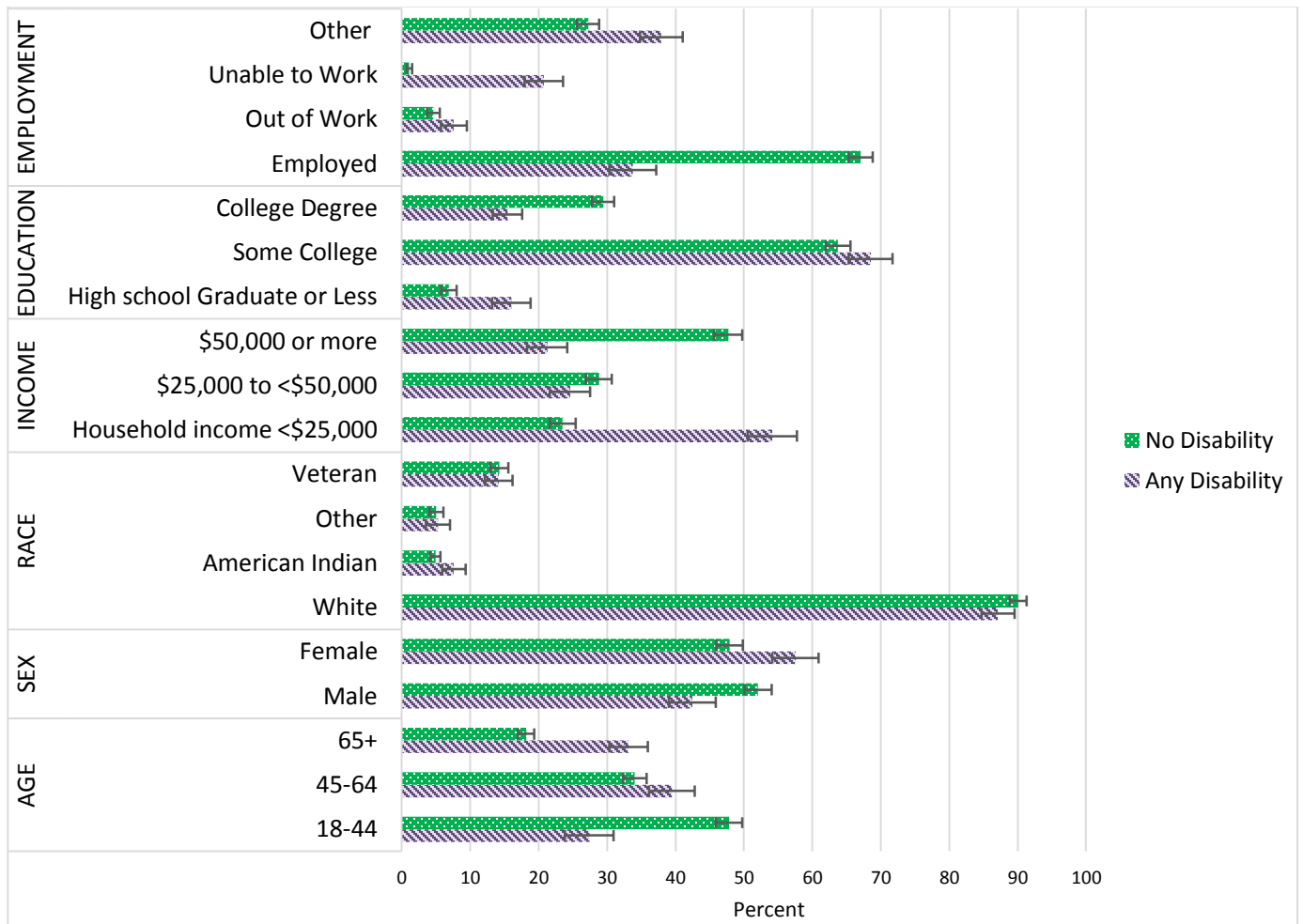


Figure 1: Montana – Demographics – Source: MT BRFSS 2014

Table 1. Disability Characteristics among Adult Montanans by Data Source

	2014 MT BRFSS <sup>‡</sup>	2014 ACS <sup>†</sup>
Disability Prevalence	23%	13.1%
<b>Disability Characteristics</b>		
Health problems requiring special equipment	4%	N/A
Blind or difficulty seeing (Vision difficulty)	4.4%	2.6%
Difficulty concentrating or remembering (Cognitive difficulty)	10.6%	4.9%
Difficulty walking or climbing stairs (Ambulatory difficulty)	13.5%	8.2%
Deaf or hard of hearing (Hearing difficulty)		6.1%
Difficulty dressing or bathing (Self-care difficulty)	3.5%	2.7%
Difficulty doing errands alone (Independent living difficulty)	5.8%	5.3%

Table 1: Montana – Disability Characteristics

<sup>‡</sup> Source MT BRFSS 2014; <sup>†</sup> = Source: U.S. Census Bureau, 2010-2014 5-Year American Community Survey

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

## Health Indicators of Montanans with and without Disability

**Table 2: Montana - Access to Health Services (AHS)**

Goal: Improve access to comprehensive, quality health care services

Year	All Adults	Adults with Disability	Adults without Disability	HP2020 Target
<b>Increase to 100% the proportion of persons with medical insurance</b>				
2014	87.1%	89.8%	86.4%	100%
2013	78.5%	76.7%	79%	100%
2012	76.8%	73.9%	77.6%	100%
<b>Increase to 84% the proportion of persons with a usual primary care provider</b>				
2014	70.9%	83.9%*	66.9%*	84%
2013	70.4%	80.9%*	67%*	84%
2012	72.7%	83.1%*	69.3%*	84%
<b>Decrease to 4% the proportion of persons who are unable to obtain or delay in obtaining necessary medical care</b>				
2014	11.9%	20.9%*	8.9%*	4%
2013	13.8%	23.8%*	10.7%*	4%
2012	14.6%	24.4%*	11.3%*	4%

Table 2: Montana - Access to Health Services - Source MT BRFSS 2012-2014

**Table 3: Montana - Arthritis, Osteoporosis, and Chronic Back Conditions (AOCBC)**

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

Year	All Adults	Adults with Disability	Adults without Disability	HP2020 Target
<b>Reduce to 36% the proportion of adults with doctor-diagnosed arthritis who experience a limitation in activity due to arthritis or joint symptoms</b>				
2014	N/A	N/A	N/A	36%
2013	50.3%	74%*	26.1%*	36%
2012	N/A	N/A	N/A	36%

Table 3: Montana Arthritis, Osteoporosis, and Chronic Back Conditions - Source MT BRFSS 2012-2014

**Table 4: Montana - Chronic Kidney Disease (CKD)**

Goal: Reduce new cases of chronic kidney disease and its complications, disability, death, and economic costs.

Year	All Adults	Adults with Disability	Adults without Disability	HP2020 Target
<b>Reduce to 14% the proportion of the U.S. population with chronic kidney disease</b>				
2014	2.6%	5.8%*	1.5%*	14%
2013	2.5%	5.9%*	1.4%*	14%
2012	2.3%	5.4%*	1.4%*	14%

Table 4: Montana Chronic Kidney Disease - Source MT BRFSS 2012-2014

**Table 5: United States - Diabetes (D)**

Goal: Reduce the disease and economic burden of diabetes mellitus (DM) and improve the quality of life for all persons who have, or are at risk for, DM.

Year	All Adults	Adults with Disability	Adults without Disability	HP2020 Target
<b>Reduce to 8 per 1,000 population the annual number of new cases of diagnosed diabetes in the population</b>				
2011-2013	7.0 per 1000	18.1 per 1000*	6.6 per 1000*	7 per 1000
2010-2012	7.3 per 1000	16.5 per 1000*	5.8 per 1000*	7 per 1000
2009-2011	8.1 per 1000	18.1 per 1000*	6.6 per 1000*	7 per 1000

Table 5: United States Diabetes - Source NHIS 2010-2013

**Table 6: Montana - Heart Disease and Stroke (HDS)**

Goal: Improve cardiovascular health and quality of life through prevention, detection, and treatment of risk factors for heart attack and stroke; early identification and treatment of heart attacks and strokes; and prevention of repeat cardiovascular events (e.g., heart attacks, hospitalizations for heart failure, and strokes)

Year	All Adults	Adults with Disability	Adults without Disability	HP2020 Target
<b>Reduce to 27% the proportion of adults with hypertension</b>				
2014	N/A	N/A	N/A	27%
2013	29.3%	47.3%*	23.6%*	27%
2012	N/A	N/A	N/A	27%
<b>Increase to 82% the proportion of adults who have had their blood cholesterol checked within the preceding 5 years</b>				
2014	N/A	N/A	N/A	82%
2013	73.8%	81.7%*	71.3%*	82%
2012	N/A	N/A	N/A	82%

Table 6: Montana - Heart Disease and Stroke - Source MT BRFSS 2012-2014

**Table 7: Montana - Immunization and Infectious Diseases (IID)**

Goal: Increase immunization rates and reduce preventable infectious diseases.

Year	All Adults	Adults with Disability	Adults without Disability	HP2020 Target
<b>Increase to 70% the percentage of noninstitutionalized adults who are vaccinated annually against seasonal influenza</b>				
2014	38.6%	46.7%*	36%*	70%
2013	39%	45.9%*	36.8%*	70%
2012	35.5%	43.4%*	32.9%*	70%
<b>Increase to 90% the percentage of noninstitutionalized adults aged 65 years and older who are vaccinated against pneumococcal disease</b>				
2014	70.3%	76.5%	66.3%	90%
2013	69.7%	76.4%*	66%*	90%
2012	69.5%	75.5%*	65.7%*	90%

Table 7: Montana - Immunization and Infectious Diseases - Source MT BRFSS 2012-2014

**Table 8: Montana - Nutrition and Weight Status (NWS)**

Goal: Promote health and reduce chronic disease risk through the consumption of healthful diets and achievement and maintenance of healthy body weights.

Year	All Adults	Adults with Disability	Adults without Disability	HP2020 Target
<b>Increase to 34% the proportion of adults who are at a healthy weight</b>				
2014	35.2%	28.4%*	37.2%*	34%
2013	37.1%	29.9%*	39.4%*	34%
2012	37.1%	29.2%*	39.8%*	34%
<b>Reduce to 31% the proportion of adults who are obese</b>				
2014	26.4%	36.7%*	23.1*	31%
2013	24.6%	34.7%*	21.3%*	31%
2012	24.3%	34.7%*	20.8%*	31%

Table 8: Montana - Nutrition and Weight Status - Source MT BRFSS 2012-2014

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

**Table 9: Montana - Physical Activity (PA)**

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

Year	All Adults	Adults with Disability	Adults without Disability	HP2020 Target
<b>Reduce to 33% the proportion of adults who engage in no leisure-time physical activity</b>				
2014	19.6%	32.7%*	15.1%*	33%
2013	22.5%	33.8%*	18.8%*	33%
2012	20.5%	34.3%*	16%*	33%
<b>Increase to 20% the proportion of adults who meet the objectives for aerobic physical activity and for muscle-strengthening activity</b>				
2014	N/A	N/A	N/A	20%
2013	22.7%	15.7%*	25%*	20%
2012	N/A	N/A	N/A	20%

Table 9: Montana - Physical Activity - Source MT BRFSS 2012-2014

**Table 10: Montana - Substance Abuse (SA)**

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

Year	All Adults	Adults with Disability	Adults without Disability	HP2020 Target
<b>Reduce to 24% the proportion of persons engaging in binge drinking during the past 30 days—adults aged 18 years and older</b>				
2014	18.9%	11.4%*	21.3%*	24%
2013	20.8%	15%*	22.6%*	24%
2012	21.7%	16%*	23.7%*	24%

Table 10: Montana - Substance Abuse - Source MT BRFSS 2012-2014

**Table 11: Montana - Tobacco Use (TU)**

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

Year	All Adults	Adults with Disability	Adults without Disability	HP2020 Target
<b>Reduce to 12% the percent of cigarette smoking by adults</b>				
2014	19.9%	26.1%*	17.9%*	12%
2013	19%	26.6%*	16.5%*	12%
2012	19.7%	25.5%*	17.7%*	12%

Table 11: Montana - Tobacco Use - Source MT BRFSS 2012-2014

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

## Authors

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**Resources** to improve the health of people with disabilities are available on these websites:

- American Association on Health and Disability, [www.aahd.us](http://www.aahd.us)
- American Diabetes Association, [www.diabetes.org](http://www.diabetes.org)
- American Heart Association, [www.heart.org](http://www.heart.org)
- Amputee Coalition, [www.amputee-coalition.org/](http://www.amputee-coalition.org/)
- Arthritis Foundation, [www.arthritis.org](http://www.arthritis.org)
- Centers for Disease and Control and Prevention, [www.cdc.gov/ncbddd/disabilityandhealth/](http://www.cdc.gov/ncbddd/disabilityandhealth/)
- Christopher Reeve and Dana Foundation, [www.christopherreeve.org/](http://www.christopherreeve.org/)
- Healthy People 2020 Topics & Objectives, <http://www.healthypeople.gov/2020/topicsobjectives2020/>
- Living Well with a Disability, [www.livingandworkingwell.org/](http://www.livingandworkingwell.org/)
- National Partnership for Action, [minorityhealth.hhs.gov/npa/](http://minorityhealth.hhs.gov/npa/)
- National Center on Health, Physical Activity and Disability, [www.nchpad.org/](http://www.nchpad.org/)
- The Arc, [www.thearc.org/page.aspx?pid=3686](http://www.thearc.org/page.aspx?pid=3686)

## References

1. U.S. Census Bureau (2014). 2010-2014 American Community Survey, <http://factfinder2.census.gov/>.
2. CDC (2013). Disability and Health, <http://www.cdc.gov/ncbddd/disabilityandhealth/relatedconditions.html>.
3. Fox and Reichard (2013). Disability, health, and multiple chronic conditions among people eligible for both Medicare and Medicaid, 2005-2010. *Preventing Chronic Disease*, 10, 1-14.
4. U.S. Dept. of Health and Human Services (2014). Healthy People 2020: Topics and Objectives, <http://www.healthypeople.gov/2020/topicsobjectives2020/overview.aspx?topicid=9>.
5. CDC (2014). Montana Behavioral Risk Factor Surveillance System, [www.brfss.mt.gov](http://www.brfss.mt.gov).
6. National Health Interview Survey (NHIS); Centers for Disease Control and Prevention, National Center for Health Statistics (CDC/NCHS), <http://www.cdc.gov/nchs/nhis.htm>.

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