

# Montana Disability & Health Update



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## Healthy People 2020 Goals: 2011-2013 Data for Adult Montanans with Disabilities

General health status and healthcare for persons with disabilities remains a public health concern. In 2013, Montana reported a state population of 999,390 non-institutionalized residents; of those, 139,813 reported having a disability (14%).<sup>1</sup> According to the Centers for Disease and Control and Prevention (CDC), there are opportunities to improve the health of people with disabilities. Populations living with disability experience poorer health compared to those living without disability.<sup>2,3</sup>

Healthy People 2020<sup>4</sup> (HP2020) "...provides science-based, 10-year national objectives for improving the health of all Americans." HP2020's overarching goals are: 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. HP2020 has 20 objectives in its Disability and Health Topic Area for attaining these goals. Federal agencies track progress on these objectives. Visit the HP2020 website (see resources below) for more information.

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

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

- have a usual primary care provider (80.9%, 67%);<sup>a</sup>
- blood cholesterol checked within the preceding 5 years (81.7%, 71.3%);<sup>a</sup>
- immunizations against influenza (67%, 57.9%) and pneumococcal disease (76.4%, 66%);<sup>a</sup>
- lower prevalence of binge drinking (15%, 22.5%).<sup>a</sup>

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

- unable to obtain or delay in obtaining necessary medical care (23.8%, 10.7%);<sup>a</sup>
- experienced limitations in activity due to arthritis or joint symptoms (74%, 26.1%);<sup>a</sup>
- clinically diagnosed chronic kidney disease (5.9%, 1.4%);<sup>a</sup>
- clinically diagnosed diabetes (16.5 per 1000, 5.8 per 1000);<sup>b</sup>
- clinically diagnosed hypertension (47.3%, 23.6%);<sup>a</sup>
- at a healthy weight (29.9%, 39.4%) and report being obese (34.7%, 21.3%);<sup>a</sup>
- engage in no leisure-time physical activity (33.8%, 18.8%) and participate in aerobic physical activity and for muscle-strengthening activity (15.7%, 25%);<sup>a</sup>
- tobacco smoker (26.6%, 16.5%).<sup>a</sup>

<sup>a</sup> BRFSS 2013: Percentages of adult Montanans with disability and adult Montanans without disability, respectively.

<sup>b</sup> NHIS 2011-2012: Percentages of U.S. adults with disability and U.S. adults without disability, respectively.

**Table 1: 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>				
2013	78.5%	76.7%	79%	100%
2012	76.8%	73.9%	77.6%	100%
2011	76%	75.4%	76.2%	100%
<b>Increase to 84% the proportion of persons with a usual primary care provider</b>				
2013	70.4%	80.9%*	67%*	84%
2012	72.7%	83.1%*	69.3%*	84%
2011	71.8%	83.1%*	67.3%*	84%
<b>Decrease to 4% the proportion of persons who are unable to obtain or delay in obtaining necessary medical care</b>				
2013	13.8%	23.8%*	10.7%*	4%
2012	14.6%	24.4%*	11.3%*	4%
2011	15.4%	23.2%*	12.1%*	4%

Table 1: Montana - Access to Health Services - Source MT BRFSS 2011-2013

**Table 2: 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>				
2013	50.3%	74%*	26.1%*	36%
2012	N/A	N/A	N/A	36%
2011	49.5%	71%*	19%*	36%

Table 2: Montana Arthritis, Osteoporosis, and Chronic Back Conditions - Source MT BRFSS 2011-2013

**Table 3: 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>				
2013	2.5%	5.9%*	1.4%*	14%
2012	2.3%	5.4%*	1.4%*	14%
2011	2.5%	4.5%	1.9%	14%

Table 3: Montana Chronic Kidney Disease - Source MT BRFSS 2011-2013

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

**Table 4: 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>				
2013	N/A	N/A	N/A	7 per 1000
2012	7.3 per 1000	16.5 per 1000*	5.8 per 1000*	7 per 1000
2011	8.1 per 1000	18.1 per 1000*	6.6 per 1000*	7 per 1000

Table 4: United States Diabetes - Source NHIS 2011-2012

**Table 5: 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>				
2013	29.3%	47.3%*	23.6%*	27%
2012	N/A	N/A	N/A	27%
2011	30.2%	45.7%*	23.9%*	27%
<b>Increase to 82% the proportion of adults who have had their blood cholesterol checked within the preceding 5 years</b>				
2013	73.8%	81.7%*	71.3%*	82%
2012	N/A	N/A	N/A	82%
2011	69.5%	78.4%*	66.1%*	82%

Table 5: Montana - Heart Disease and Stroke - Source MT BRFSS 2011-2013

**Table 6: 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 90% the percentage of noninstitutionalized adults aged 65 years and older who are vaccinated annually against seasonal influenza</b>				
2013	61.2%	67%*	57.9%*	90%
2012	57.5%	62.3%*	54.7%*	90%
2011	55.9%	59.8%	52.9%	90%
<b>Increase to 90% the percentage of noninstitutionalized adults aged 65 years and older who are vaccinated against pneumococcal disease</b>				
2013	69.7%	76.4%*	66%*	90%
2012	69.5%	75.5%*	65.7%*	90%
2011	69.6%	76.2%*	64.5%*	90%

Table 6: Montana - Immunization and Infectious Diseases - Source MT BRFSS 2011-2013

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

**Table 7: 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>				
2013	37.1%	29.9%*	39.4%*	34%
2012	37.1%	29.2%*	39.8%*	34%
2011	38.3%	32.3%*	40.9%*	34%
<b>Reduce to 31% the proportion of adults who are obese</b>				
2013	24.6%	34.7%*	21.3%*	31%
2012	24.3%	34.7%*	20.8%*	31%
2011	24.6%	32.6%*	21.7%*	31%

Table 7: Montana - Nutrition and Weight Status - Source MT BRFSS 2011-2013

**Table 8: 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>				
2013	22.5%	33.8%*	18.8%*	33%
2012	20.5%	34.3%*	16%*	33%
2011	24.4%	34.4%*	20.6%*	33%
<b>Increase to 20% the proportion of adults who meet the objectives for aerobic physical activity and for muscle-strengthening activity</b>				
2013	22.7%	15.7%*	25%*	20%
2012	N/A	N/A	N/A	20%
2011	21.8%	16.2%*	24.1%*	20%

Table 8: Montana - Physical Activity - Source MT BRFSS 2011-2013

**Table 9: 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>				
2013	20.8%	15%*	22.6%*	24%
2012	21.7%	16%*	23.7%*	24%
2011	20.8%	14.9%*	23.3%*	24%

Table 9: Montana - Substance Abuse - Source MT BRFSS 2011-2013

**Table 10: 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>				
2013	19%	26.6%*	16.5%*	12%
2012	19.7%	25.5%*	17.7%*	12%
2011	22.1%	29.4%*	18.8%*	12%

Table 10: Montana - Tobacco Use - Source MT BRFSS 2011-2013

\* 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 (2012). 2012 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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