



Disability and Health among Montana Adults

Montana Disability and Health Program

The **Montana Disability and Health Program** goal is to promote and maximize health, prevent secondary conditions and chronic disease, improve emergency preparedness, and increase the independence and quality of life for people with disabilities.

This fact sheet describes disability* among adults in Montana. It also describes preventive health practices and health and wellness among Montana adults with disability.

Key facts about disability among Montana adults

- 1 in 6 Montana adults report having a disability (Figure 1).¹
- Mobility disability is the most common disability type, affecting 8% of Montana adults (Figure 1).¹
- Disability is significantly more common among older adults in Montana, with 1 in 3 adults aged 65 years and older reporting a disability compared to 1 in 9 working age adults. There are still more adults with disability who are working age than who are aged 65 years and older in Montana (data not shown).¹
- Disability is significantly more common among American Indian adults than white non-Hispanic adults in Montana (data not shown).²

Key facts about preventive health practices among Montana adults with disability

- 4 in 5 Montana adults with disability had a routine health check-up within the past year (Figure 2).²
- Only slightly more than half of Montana adults with disability visited a dentist within the past year (Figure 2).²
- The percent of Montana adults who were unable to see a doctor due to cost was 2 times higher among those with disability compared to those with no disability (Figure 2).²
- The prevalence of screenings for colorectal, breast, and cervical cancer among Montana adults with disability do not meet the Healthy People 2030 targets (Figure 3).^{2,3}

Figure 1. Prevalence of disability and disability types among Montana adults. ACS 5-year estimates, Montana, 2016-2020.

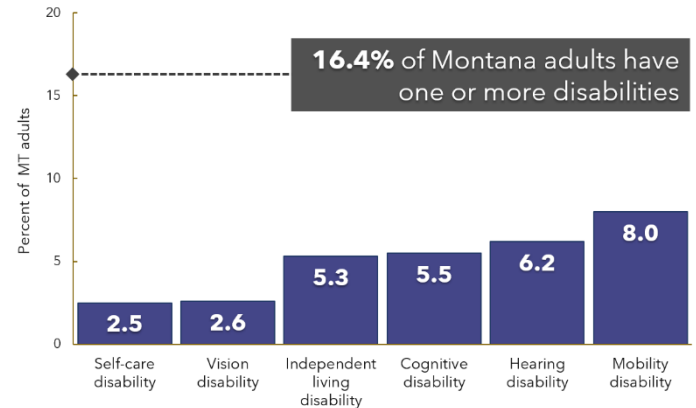


Figure 2. Routine health care among Montana adults with disability compared to Montana adults with no disability. MT BRFSS, 2020.

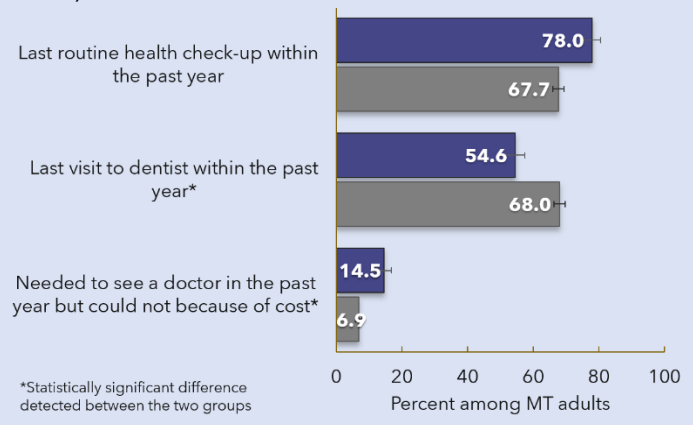
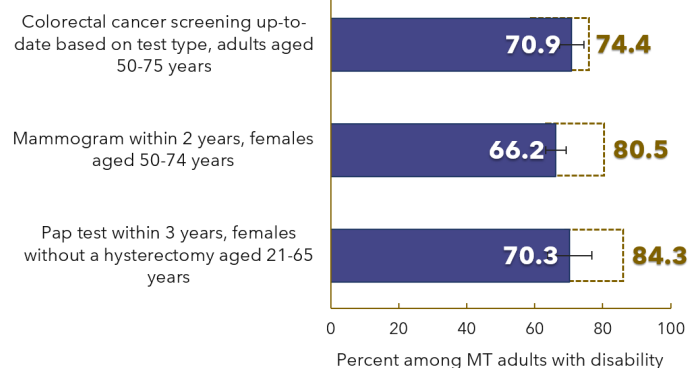


Figure 3. Prevalence of Montana adults with disability who report having U.S. Preventive Services Task Force recommended cancer screenings compared to **Healthy People 2030 targets**. MT BRFSS, 2020.





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Key facts about health and wellness among Montana adults with disability

- Montana adults with disability are significantly more likely to experience poor physical and mental health compared to adults with no disability (Figure 4).²
- More than twice as many Montana adults with disability report experiencing depression or frequent mental distress compared to adults with no disability (Figure 4).²
- 4 in 5 Montana adults with disability report having one or more chronic conditions (Figure 5).²
- Multimorbidity is 3 times higher among Montana adults with disability than in adults with no disability (Figure 5).²
- Having obesity and not being physically active are both significantly associated with multimorbidity among Montana adults with disability (data not shown).²

The Montana Disability and Health Program offers resources and training for healthcare providers on providing accessible healthcare for people with disabilities. Please contact Mackenzie.Jones@mt.gov for more information.

Data Sources

1. American Community Survey (ACS) 5-Year Estimate Subject Tables, Montana, 2016-2020
2. Montana Behavioral Risk Factor Survey (MT BRFS), 2020
3. Healthy People 2030: Preventive Care Objectives, <https://health.gov/healthypeople/objectives-and-data/browse-objectives/preventive-care>

*Prevalence data in this fact sheet were estimated from ACS 5-year estimate subject tables and MT BRFS, which use the same set of ACS disability questions. Respondents were classified as having a disability if they answered 'yes' to one or more of six disability questions: Are you deaf or do you have serious difficulty hearing? Are you blind or do you have serious difficulty seeing? Because of a physical, mental, or emotional condition, do you have serious difficulty concentrating, remembering, or making decisions? Do you have serious difficulty walking or climbing stairs? Do you have difficulty dressing or bathing? Because of a physical, mental, or emotional condition, do you have difficulty doing errands alone such as visiting a doctor's office or shopping? Respondents were classified as not having a disability if they answered 'no' to all six disability questions.

Figure 4. Health and wellness among Montana adults with disability compared to Montana adults with no disability. MT BRFS, 2020.

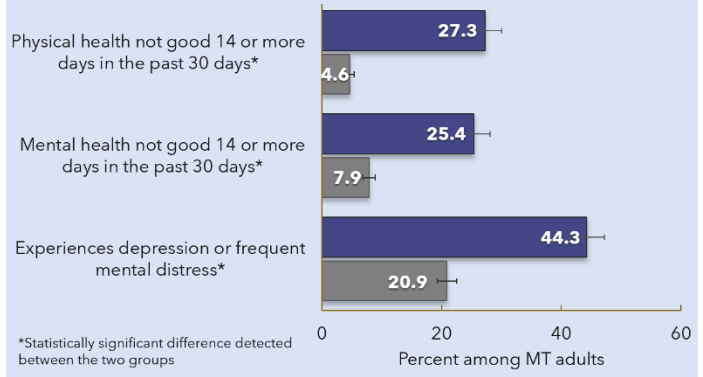
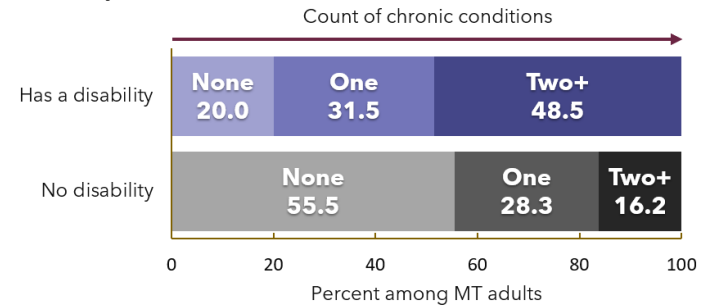


Figure 5. Number of chronic conditions† among Montana adults with disability compared to Montana adults with no disability. MT BRFS, 2020.



†Diagnosis by a doctor, nurse, or other health professional of arthritis, asthma that is current, cancer excluding skin cancer, chronic obstructive pulmonary disease or emphysema or chronic bronchitis, coronary heart disease or angina, depression, diabetes, heart attack, kidney disease, or stroke.

RESOURCES

Visit our website for more information:
<http://mtdh.ruralinstitute.umn.edu>

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