

Gender Analysis Theme Table

Key Gender Themes – <i>Physical Activity</i>	Gender Based Constraints	Gender Based Opportunities
Environment	Concerns with safety with mentally ill transient population, crime, lack of infrastructure to support walking/biking	Enjoyment of outdoor activities, especially walking
Activities/Responsibilities	Childcare and care giving roles mean women’s needs some second, guilt for taking care of self, women take care of most household duties, work/home needs limit time for other activities, women have less physical hobbies and occupations than men, less physical activities such as texting, computer work and games, and TV	Younger generations don’t note differences in physicality of activities or jobs for men and women, women with children want their children to be active and healthy, taking care of pets helps women be active
Gender Norms	Women have expectation for hair and makeup which limits workouts during the workday, expected to wear cute gym clothes and not sweat while working out, Men have expectations to be muscular while women are expected to look thin	Older women felt a need to be active to help keep weight off, Women like to do things with their friends and are inspired by groups to be active, Women supported physical activity when it was seen as a family activity or a social event with friends
Access and Control of Resources	Women in poverty working multiple jobs did not see physical activity as a priority, childcare access and expenses were issues for women with children, Transportation limitations were issues especially for mothers needing to take their children to sporting events, Montana’s weather requires expensive warm	Some Medicare plans will pay fees for exercise clubs for women over age 65, YMCA offers scholarships for gym memberships for low income families and includes free childcare while exercising

	clothing for outdoor recreation	
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Key Gender Themes – Domestic Violence	Gender Based Constraints	Gender Based Opportunities
Environment	Montana culture – macho male image, good ol’ boys, socially conservative community Rural areas – families are more interconnected, limited resources for support or reporting. Many co-occurring influences such as high drug and alcohol use, poor economy and large number of casinos/gambling. Cultural norm of privacy in the State of Montana – don’t mess in anyone’s business.	Yellowstone County has well identified resources
Activities/Responsibilities	Women more likely to be isolated in the home	
Gender Norms	Men seen as macho, owner of the house, good ol’ boys. Generational expectations of normal behavior.	Self-esteem development
Access and Control of Resources	Rural areas are isolated. Men control most of the finances and women experience poverty at greater rates after divorce.	Large number of social service agencies available to assist in Yellowstone County.
Power and Decision Making	Men seen as owner of the house, Good ol’ boys include law enforcement. Generational expectation for man to be in charge.	Self-esteem development and building relationships leads to empowerment.

Key Gender Themes – Chronic Depression	Gender Based Constraints	Gender Based Opportunities
Environment	Women more likely to experience seasonal depression, lack of vitamin D in our northern cold	Increasing physical activity

	climate, sleep deprivation related to women's activities/responsibilities	
Activities/Responsibilities	Lack of activities with others beyond work and taking care of homes. Women may experience a loss of identity as they become parents. Stress from dual roles and expectations for working women.	True friendships and social support Group activities
Gender Norms	Men are less likely to express emotion – Montana men seen as macho, good ol' boys and don't want to be seen as weak.	Women more likely to access healthcare overall including mental health care. Women are more likely to talk about their feelings and express emotions.
Access and Control of Resources	Limited coverage for mental health, lack of mental health resources and appointments, financial dependence	
Power and Decision Making	Abusive situations	

Physical Activity

Responsibilities and Role as Caregiver

- **Responsibilities at home especially childcare limit activity**
- **Caregiver Role: Everybody else comes first, women's needs come second**
- **Take care of everyone else's needs before they take care of their own**
- **Guilt for taking time to do something just for self**
- **Women's original job was in the home taking care of house and kids**

“When I had kids at home and I was working a full-time job, my needs came second. You did the laundry, did the cooking, whatever, if you had spare time, you thought about what you should be doing, working on... I'm 55, so I was raised in a generation that said everybody else comes first and your needs come second.” (Female)

“I think women have a different focus of, our focus is more outward than inward during certain times of our life.” (Female)

“We're busy taking care of others than ourselves and the physical comes as an aside” (Female)

“To me, working out was very, very selfish. I did that for me, made me feel good. And as soon as kiddos came along, I don't allow myself to be that selfish and I feel guilty when I

take that time away to go do something just for me” (Male with primary childcare responsibilities)

“They put everyone else first. I’ve seen that a lot. With the program we have at ACS, we actually have this program that we’re trying to get women to put themselves first.” (Female social service provider)

“Women tend to take care of everyone else’s needs before they take care of their own. I always put everybody before myself” (Female in poverty)

“Get the kids, get the grocery store, and do all those other things, so sometimes I think we take the back seat a lot. To running softball, baseball, grocery store, get the laundry done, and at the end, it’s 9 o’clock, 10 o’clock, bedtime and it’s like well, I could go to the gym at like 11, right?” (Young female)

“I think that’s dependent on age and relationship, I mean like I’m single and live by myself, so I don’t really have responsibility for anyone but myself so I’m finding that I can go to the gym for an hour and a half at night if I need to, and I do, like I have that time, but I would say that the majority of people that have a spouse or someone else they have to look after.” (Young female)

Physicality of Activities

- **Men tend to have more active hobbies: hunting, golf, camping**
- **Women's hobbies less active, for example knitting**
- **Men have more physical jobs while women might work less physical jobs**
- **Some girls sports less physical**
- **For older generations, less organized sports for women**
- **For younger generations, there wasn't as much of a difference noted**
- **Primary activities for young people of TV, computers, video games and texting**

“Most men when they retire, if they have a hobby, pick one, they stay active or they become in the back seat pocket of their wife. And women have less physical hobbies, knitting and things like that, maybe it's just the difference in their hobbies that keep the man maybe more active than the woman.” (Senior male)

“Sit and watch TV, or crochet or something, I work with my hands, but not my legs” (Senior female)

“Women might be in the home taking care of the children in the home and where the man is more likely to be taking care of the yard and walking the dog or whatever those things he may classify as physical activity while the woman might not classify four loads of laundry as physical activity, but maybe it really should be.” (Female)

“Like for guys, it's more like football, basketball, that kind of thing, they're running around and lifting weights, stuff like that, but for girls there's not as much physical training depending on what sports they do.” (High school female)

“I think many of us were raised in a time where boys' sports were okay, girls' sports, maybe you got a little gym suit and you ran around the gym in high school, but there were not organized girls' sports in school” (Senior female)

“We have a lot of men in jobs like construction” (Female)

“A lot of our teenagers, adolescents, their activity centers a lot around TV and the computer” (Female social service provider)

Environmental Factors

- **Climate: Ice and cold limits activity**
- **Fear of falling on ice**
- **Concerns about traffic: Lack of sidewalks or shoulders on roads**
- **Need to drive to access walking paths and bike paths**
- **Concerns about safety walking/running in certain areas of town: mentally ill transient population, crime, areas that are dark without a lot of people around**
- **Certain areas of town were seen as conducive to physical activity with sidewalks, bike paths and limited traffic**

“Ice, definitely a barrier to physical activity” (Senior female)

“A lot of the things we do are climate related and being in Montana, you’d think that we’ve got all the outdoors, but getting there and accessing it, and driving on bad roads...I think that becomes a factor that many months of the year you can’t get out.” (Female)

“Well, and it’s so icy, you’re going to fall and end up here with a broken hip or something.” (Senior female)

“I think it depends on your surroundings. Like people in Red Lodge are more active like hiking, skiing, where here we always have to drive to get to those places.” (High school female)

“Before we moved here, I lived in two different cities downtown, so I walked everywhere...here you get to just drive up to the front door and the sidewalks aren’t there” (Female)

“I think, especially with outdoor activities, the safety factor is huge. I like to run, I like to ride my bike on the trail system that goes from 27th all the way to the Heights, but there’s no way I would let most of my family go there by themselves and do anything in some of those areas even though it’s a nice trail. Jogging anywhere outside, my impression is, for good reason many times, the women don’t feel as comfortable or as safe recreating outside.” (Male)

“I live up by the bike trail and there’s lots of spots that are really dangerous and very concealed from anyone else’s eyes and there’s a lot of weird people down there” (Female)

“I think the sidewalk system that they have here in Billings is remarkable. I have loved and enjoyed, and still love and enjoy, riding through Riverfront Park with the bicycle and going, but you know you have to have a vehicle to get access” (Female in poverty)

“Well, I live way out north of town and Molt Road does not have a shoulder, so walking or riding a bike is literally putting your life in danger.” (Female)

“Make Billings safe to ride a bike in, I can’t think of a place to move in this town where I could ride my bike and be safe, you know? I live in the Heights and I would love to ride my bike to work, but in 20 years I haven’t figured out how to do it safely. Honestly.” (Female medical provider)

“We have to make a concerted effort to pack up the bikes, go up on top of the rims to do that somewhere to get physical activity, so it’s like you have to plan and make that part of your day.” (Female with three small children)

“The city is somewhat segregated. So part of the reason I’ve never been to Lake Elmo is that I’ve never lived anywhere near the Heights or have any real reason to go up there, so I base all my activities on the west-end.” (Female)

Appearance Expectations

- **Women need additional time for hair and makeup, so they're not able to workout in as short of time as men**
- **Men have expectations to look muscular "buff"**
- **Older women need to workout to keep weight off**
- **Women expected to wear cute gym clothes and look cute while working out at a gym**
- **Embarrassed to be seen in workout clothes/swimsuits**

"There's a huge expectation for you to put on your cute gym clothes and go to the gym and look really cute while you're doing all these, you know things." (Young female participant)

"It may be the vanity in me coming out, but let's say you have a spare hour and that's all you have, that's enough time to workout, but for me, when I workout, I workout hard and I get dirty and sweaty and then I have to get ready, and if I only have an hour, that's not enough time to do both, where for my husband, he can shower and look like he did in 5 minutes, where for me it takes at least 45 minutes to look presentable and not smell when I get back to work" (Female)

"I think it could possibly have something to do with body image, I think sometimes women if they're down on themselves and if they feel like they can't go out and run in the cute little spandex leotard that my neighbor runs in that I'm not going to do it cause I don't want people to see me not looking perfect" (Young female)

"I'm at a certain age so I know I have to exercise because if I don't, I can't eat anything" (Older female)

"You ain't getting this fat old women in no bathing suit if I think a man's going to be there." (Female)

"For men I think it's more of a competition, more muscle and looking better" (High school female)

"There is an adjustment when you get older and it's difficult and frustrating, but at the same time, all of the sudden your body also has this weight creep and you step on the scale and it's one pound and one more pound and pretty soon you have put on five pounds and it takes you three times as long to get rid of it." (Senior female)

Financial Resource Limitations

- **Cost of gym membership**
- **Cost of sports equipment for children**
- **In poverty working multiple low-end jobs, less time for exercise**
- **In poverty, exercise is not a priority, focused on survival**
- **Lack of transportation to get to pathways, gyms, or to kids sports activities**
- **Need access to warm clothing, high tech boots, nice gloves to be active outdoors**
- **Lack of finances to pay for childcare while working out**
- **Over 65, some of the Medicare plans pay fees for exercise clubs**
- **Gap in assistance for the working poor**

“You’re going to have to work at more low-end jobs, usually, if you’re in poverty or whatever. You won’t have as much time to exercise and things like that” (Teen female)

“gym clothes are expensive, the gym girl gym clothes” (Young female)

“We have a high number of single moms raising children, and living in Montana it’s very expensive to be active, with this kind of weather, you have to be able to afford a gym membership. It’s difficult to get out and walk, especially with your kids when you don’t have any money because you don’t have access to really warm clothing, you know the really high tech boots, to keep kids warm, very nice gloves, it’s very expensive to be active in this kind of environment” (Female medical provider)

“I don’t know how many of our families, not only do they have one job, they have two jobs and they’re going to school too, my gosh, they barely have time to stop and breathe and I think that they’re just busy people and when you’re busy like that, being able to take advantage of recreational opportunities is just not on the radar.” (Female service provider)

“I think in terms of women in the margins, socioeconomic, um, certainly the resources aren’t there, but where so many of those individuals their lives are in chaos that exercise would be far down on the list of priorities.” (Male social service provider)

“I think there’s a gap because there’s assistance and stuff available for the lowest of low income and there’s upper income that don’t need it and there’s those people in the middle that don’t qualify for assistance but don’t have the resources available for those things.” (Female participant discussing kid’s sports)

“For single moms, the issue is childcare, if they have to pay for childcare and some single parents, even on the dad’s side that are single parents, they can’t afford both.” (Female participant in poverty)

“Not being able to afford a gym membership when you’re making your bills, a \$25 gym membership for each of you or \$70 for a family at the Y is a luxury when you’re making, like in our status, we wanted a gym at the Y membership, but it’s \$70 for a family membership and that’s my electric bill, my heating bill, well we’ll be awful skinny because we’ll shiver a lot to be able to afford those things. Well even kid’s sports too, there’s scholarships for those things, but they’re incredibly expensive for the equipment to try to encourage those healthy things. Very expensive, equipment, outfits.” (Female participant)

“I think it’s a great benefit for the over 65 group on their Medicare plan, some of the exercise clubs have pretty hefty fees, so being able, if you’re on a fixed income, being able to come up with those fees every month might be prohibitive for some of the older generation, so I think that’s one of the perks if you’re on the Medicare Advantage Plan.” (Senior female)

Social Support

- **Active parents would have more active kids**
- **Active kids make the parents more active, want to keep up**
- **Family activity**
- **Women tend to do things with friends**
- **Lack of social inclusion for families with children with disabilities**
- **Group of senior women that go to each others homes to do TV workout**
- **Group of senior women who walk together every morning, inspired by group**
- **Social interaction in small groups of 4**
- **Facebook connecting to others**
- **Pets are positive influence**

“Well if your family is really into sports and stuff, your parents are going to push you into that, not math or something, where like if you have parents that are doctors and stuff, they’re going to push you like you need more education.” (High school female)

“Our kids are very active and are expected to be active, so we were always very active with them. Now being empty nesters, we find that physical activity is a way for us to connect. We golf, we cross-country ski, we just learned how to skate ski, we got roller bikes, so we make an effort to do that together to be active and to stay active for our health so we can keep up with our kids when they are around. But we like it too, and it’s social, we do it with our friends.” (Female)

“You tend to do things with your friends” (Young female)

“I think too pets help. I know as far as like walking, I know with me the guilt of having to take my dog for a walk will make me do it, just having him there looking at me.” (Female)

“Our family found that we’re more secluded. We adopted our daughter with a special needs and we found that we’re not included as such here in Montana with our daughter” (Female)

“Making things a social event as opposed to whatever else. I am not a runner, I despise running, I will do any other exercise except running, but I go to the Women’s Run every year with my girlfriends not to run, but to be with my friends because it’s a social event and apparently you know 5,000 other women feel the same way” (Female in early 30’s)

“Billings is a community oriented place than more than I’ve ever seen in another place and just having runs, maybe a Saturday morning event, or a Thursday community concert area in the summer, but why not Saturday runs just something to get the kids involved with an affordable budget.” (Young female)

“I just felt like when I was at the BAC, you belonged to something and you felt good.” (Female in poverty)

“There’s on TV, there’s two channels that have sitting down for the elderly, oh women’s, so we go to different houses and do that.” (Senior female)

“I know from personal experience in my own family that having your kids being active in a sport is sometimes the only thing that keep them in school.” (Female)

“It’s a family thing. A way to spend time together as a family.” (Young female)

“I’m part of a group who, weather permitting, we reserve an hour to walk every morning and we’re spurred on because somebody doesn’t want to be left alone, so if you think, oh, I don’t want to go then someone says, I’ll meet you at the corner. So you are inspired when there’s a group to walk with you.” (Senior female)

“I found out that working out at the Y and talking to different age groups of women, the younger ones can come and exercise because they want that hard abs and all that, as you get up in age, talking to these girls, ladies, they wanted a friend to come with them. They do not like going alone, where the younger ones will go alone because they want this physique, so I think the biggest problem with these women is they don’t like the solitary of exercise, they like a friend to talk with, chat with, couple maybe more, and that’s why where a man will go there and he’ll go through the different things that are there, like I said that’s where ladies like to be more social in their exercise, that’s part of why they so out and exercise is the social program too.” (Senior male)

“I think the buddy system or the social kind of connection, but too big gets lost. It’s like too many people get together and then it’s not so accountable, you know, but like 2 or 3 or 4 or 5 might be a good number to kind of be in a group when you’re talking electronically, it would be, I just think Facebook. I don’t know how many people are on, but I’m on daily connecting with people that are my age, older and younger.” (Senior female)

“I know with my wife and my daughter won’t go anywhere unless she has somebody with her. I say why don’t you go exercise instead of doing this, and if you put somebody with her, she works out like all heck, but if she’s alone, she doesn’t want to, she can’t find the time.” (Senior male)

“That’s how I started exercising, I came home with a six week old yellow lab when I was in my early 20’s and that’s how I started exercising.” (Female)

Depression/Mental Health

- **Depression makes it more challenging to workout**
- **Exercise has positive impact on depression, as effective as SSRIs for low to moderate depression**
- **Exercise allows people to open up and talk about feelings**

“If you’re depressed you don’t want to go nowhere, do anything” (Senior female)

“I went to exercise before, wake up, I went and felt like I was in the dark, in my mind, when I came out I felt like I was so alive, I just can’t tell you how much better about me, life, my energy level, everything was just so amazing how fast it changed, just from a little bit of exercise, an hour, two hours worth.” (Female in poverty)

“It pull those endorphins out of the cobwebs” (Female in poverty with depression)

“On runs we talked about the stuff that was going on during their day and when we got to the first mile, you know they started to break down a little bit of what was really bugging them.” (Female social service provider)

“Exercise is as effective as SSRIs for treating mild to moderate depression.” (Female medical provider)

Domestic Violence

Environment/Culture

- **Yellowstone County is Social Service Hub: skews results**
- **Resources more available in Yellowstone County: increased reporting skews results**
- **Rural areas lack ability to report: families are more interconnected**
- **Montana Culture: Right to privacy, don't mess in anyone's business, Good Ol' Boy State, socially conservative community**
- **Isolation: lack of transportation, rural community**
- **Montana Men Macho Male Image: Aggressive, full of testosterone, Good Ol' Boys, Man's the owner of the house**
- **Lack of Accountability for police**

“Probably it would have to do with reporting. Maybe it's not being reported in other communities or towns like it is in Yellowstone County. I think that living in Yellowstone County we're a little more unique than other counties because we have so much more resources here than other counties, so people know there's a place to reach out and report it to where in other communities that's not necessarily true. So it may be happening, but it's not necessarily being reported.” (Female)

“I've worked in other counties, I worked for a health department where we had women who would come in and complain, but they were afraid to report it because the families are all interconnected, they're all related to everybody. Nobody would believe them, even the law enforcement personnel were part of the abusing problem, so I'm wondering if our numbers aren't being skewed because it's more likely to be reported here and taken down as serious.” (Senior female)

“People that live here know that there's a place to report it to, you know they know there's a help line, where as people that don't live in this kind of area don't think they have access to that.” (Female)

“The rural areas, they're just, my husband lived in Jordan, Montana, for awhile, and if you're not born and raised there, and I'm sure those people, you don't say anything, you can't because if you do, your neighbor is going to know and you don't have that anonymity that you do in a larger city, I think” (Female)

“I think Montana is full of testosterone. Outdoorsmen. And men like that are not full of social graces, you know what I mean, they're like Bitch, get down where you belong, get your top, I wear the pants around here, you know, I mean, their attitude, they're aggressive, I don't know, I find that not being from Montana, I'm not from Montana” (Female who had been in domestic violence situation)

“I think it's also the macho male image here in Montana, particularly in Yellowstone, but anywhere in Montana, I really do. I've lived other places, it's been awhile, but I'm much more aware of it here than anywhere else I've lived, even in big cities, the macho male image is sort of revered here and that has some overtones to it that are not always healthy.” (Male)

“I've had stopped someone for DUI, well I know the sheriff, I'm going to call him up, that's just normally the way they do business, so I think that definitely comes into play.” (Male who worked in law enforcement)

“Definite right to privacy that you do not mess with someone else's business” (Female)

“If it holds true that it’s higher in the low socioeconomic, then it could be that Billings, because they provide a lot of the services, they draw a lot of that lower socioeconomic here because they can get services here.”(Female)

“I think one big thing I noticed in my time with the Sherriff’s Office was the ease at which abusive males were able to isolate the females...all he had to do was move her out to Lockwood and they didn’t have money for a phone, they had one vehicle, there’s no public transportation, no phone, no friends, she was isolated from her family, I mean, that was in Lockwood, throw a stone across the river and you’re there, so the ease at which the isolation can occur that close to town” (Male)

Family

- **Generational expectation of normal behavior**
- **More profound influence than other messages**
- **Self-esteem issues**

“What we’ve found at the Gateway House, it’s a generational thing, we have families that, families aren’t getting it and it’s getting to the point where we’ve been around long enough that we’ve got children who were in Gateway House 10, 15 years ago with their mother and are now there for their own relationships.” (Female social service provider specializing in domestic violence)

“When I was a kid and they was teaching me all this stuff, all that really mattered to me was what happened when I went home, at my house. And the way my momma’s attitude was, so she set the role model for me, the biggest role model was her as a woman, so I’m saying help the mommas too, don’t just think about the little girls. Help the mommas, if you help the mommas you help the children, if you help the daddies you help the children.” (Female who had been in domestic violence)

“I think it can have something to do with like how you were raised. If you were raised being abused then you have like more of a chance.” (High school female)

“Domestic violence I think is familial, in almost all cases, people that are abusers either witness the abuse as a child or are abused as children and it’s just because they don’t know how to vent their anger in any other way than to take it out on the other person.” (Female)

“I think with a lot of men that beat on women a lot of times they do it because something is affecting their pride or self-esteem. Have to beat you to make them feel okay emotionally.” (Female who was in domestic violence)

“He was trained by his daddy that women are to do the housework and feed the men and women and children come last, the man is number one” (Female describing her abusive ex-husband)

Co-occurring Influences

- **Drugs and Alcohol Influence**
- **Economy: Lack of jobs, stress, frustration**
- **Casinos: gambling problems**

“I think you have to look at it differently because without a lot of study it’s perceived that drugs or alcohol or gambling cause domestic violence, but they’re just co-occurring. Domestic violence is going to occur whether or not the person is addicted to whatever, gambling, it doesn’t cause it, it’s just an additional factor.” (Female social service provider specializing in domestic violence)

“When people drink they get more violent. And that kind of has results in that.” (High school female)

“Rural areas probably don’t have the access to the gambling and the drinking and things like we do in Yellowstone County” (Female)

“I wonder too with the increase of unemployment and pushing a lot of the 55 years and older men out of the workforce, if that adds stress to men” (Female)

“Frustration. Jobs, if they’ve lost their job, they know they’ve got to pay the bills, they don’t know how to do it, they’ve got to take it out on someone, and if you say the wrong thing, you’re going to get it.” (Senior female)

“It’s not an excuse for it, but it’s job stress too. I can’t provide for, you know, you feel that loss, you feel like you’re not empowered. You’re a victim and the other victims that live with you are penalized in a variety of ways, one of which could be abusive.” (Senior male)

“Drugs and alcohol play the hugest part in domestic violence.” (Female who had been in domestic violence)

Chronic Depression

Gender Norms

- **Men are less likely to express emotion**
- **Women are more likely to talk about feelings**
- **Men don't want to be seen as weak**

“I think men are kind of raised to hide their emotions than girls are. I think girls are more likely to express it in a survey or anywhere else, how they feel about things. I think guys are more likely to hide it behind a wall.” (High school female)

“I just think that women are more emotional than guys and that when guys show it they're seen as weak.” (High school female)

“Well from what I've seen, even just in people I know, I know men who are, I mean if I looked at them, I'd say that was depression, like my dad, he's older and he's probably a little depressed and could benefit from anti-depressants with this age and getting close to retirement, but there's no way he would be going in and saying I need some anti-depressants. Where women it's open and could probably seek out help when they needed to.” (Young female)

“I know many men who have big responsibilities and are on anti-depressant medication, but I think they don't, it's not something they talk about with their friends. As where women do, women are more apt to reveal that or talk about it and not think of it as a weakness. I think men think of it as a character flaw.” (Female)

“I think depression is really hard for anyone to admit that you have it and I think some people view it as weak and men do not want to be seen in any shape or form as weak. I think that's a lot harder for men. I think there are probably just as many depressed men, but they're not willing to stand up and say, I'm depressed and get help and they're going to fight it internally themselves and hide it gamble, drink, and do all those things.” (Female)

“We're all about getting help, we're okay with saying I need to do this and get that, self-help, read books, whatever, but I don't think men are prone to it, they ignore it, it's going to go away and toughen up you'll be better at it.” (Female)

“I know if I'm sad, I can call my best friend and say, this happened. My husband isn't going to call his buddy and say, I'm sad. He might call him and say let's go have a beer, but they're not going to talk about feelings.” (Female in 30's)

“Women are more verbal about it, they're not ashamed where for men it's not a very macho thing to say I've been depressed for two years. I think the women just talk about it with their friends and hairdressers.” (Senior female)

“40 Years ago it was very 'in' to have a psychiatrist. My friends would talk about how they went to see them sometimes.” (Senior female)

“I think we may recognize it more in ourselves than men would. I think men are categorized more often as being a grumpy guy or a shy guy or recluse or any of those things where it's actually, and women recognize it in ourselves or in a friend or family member, the depression and not just that's being a grump.” (Female)

“Women are just overall more health wise more willing to go to the doctor, no matter what the problem is, women will make the decision and men will not.” (Senior female)

Responsibilities

- **Stress contributes to depression**
- **Lack of sense of control**

“I think girls get more stressed out than guys do, they keep more things in their mind than guys do. Guys, something will happen, they’ll think about it for a couple of minutes and then let it go. Girls it’s always coming back to them, it’s always on their minds. They’re thinking about it over and over.” (High school female)

“The women all show up for work, they sit and they are just there working, and I’m sure they leave that spot and then they go home with some other intensity with childcare and daycare and then fall into bed. I just, I think that’s how a lot of women work, there’s just not as much camaraderie, it’s on our checklist. We go to work and while I’m at work, I’m concentrating on working and try not to think about what I need to think about on the way home, what I’m going to make for dinner. I don’t know if men work that way, but our brains are like that. And that adds to depression. Stress just zaps or serotonin like crazy. Self inflicted of course, learned from our mothers, we’re experts.” (Female medical provider)

“I wonder if it’s a combination of things, the good old boy country thing where there’s the stigma of the little woman at home who’s going to cook the meals and do those things, that’s going to take care of the kids, doesn’t get to go and workout, doesn’t have control of the money, doesn’t have a lot of decision making powers, so if you’re continually pecked at with those things, of course depression is going to set in, anxiety, some of those mental health types of issues.” (Female)

“The pressures we put on ourselves and the responsibilities we have. I don’t know anybody in my age group that hasn’t been on an antidepressant at some time in their lives just trying to get through the difficult times and it’s socially acceptable for women to do it, it really is.” (Female in 50’s)

“As a woman, I feel like I have to work twice as hard to get half as far compared to men in the labor market and that didn’t occur to me when I was 20, but it sure did when I was 40.” (Female)

“I think it’s the stress too. I know sometimes I get so stressed out just taking care of the kids, even when my husband is home. He’s oblivious.” (Young female)

“Huge distractions for women with everything going on in the household, by themselves, get the kids to school, make sure the kids are eating, even if they do have a partner that’s helping them a lot, they still take ownership of it, of their responsibilities” (Female)

“I think women who don’t get all that much help from guys are stressed out all the time and stuff. . . I think women are expected to have more responsibilities than guys do, like with jobs and stuff. I think they have a higher stress level.” (High school female)

“I see the women are the ones that usually they give up more things, I mean not in all cases, but they give up more things to raise a family or keep the family and it seems like anymore women become a lot more dependant on men where they either don’t finish school or they quit their jobs or something and then something happens and they don’t have as many opportunities.” (High school female)

Identity/Relationships

- **Lack of sense of purpose/meaning**
- **Loss of identity with children**
- **Abusive situations**
- **Lack of relationships/support**

“We started asking different questions of our clients, 96% of our clients are women and we moved beyond hopelessness in our interview process to find out meaninglessness was just almost central in all their lives. Those that discuss openly their depression or chronic depression, just a sense of meaninglessness, it’s beyond hope now to there just is no meaning to anything which is incredibly sad.” (Male social service provider)

“Anytime there’s a loss of identity, especially with people having their first babies and maybe you’re getting out of the career field and they become someone’s mom, you’re no longer the person that has the career, their individuality, especially someone who was really active in the community or had some status and to feel like you lost that could be really upsetting.” (Female)

“My situation it was we’d pay somebody to raise our kids or I stay home, I chose to stay home. There was a time when I did not think I could carry on a conversation with anybody over 3 and I’m a very social person.” (Female)

“Just trying to maintain the peace in the home. A lot of times we swallow it, ignore that he said that or he behaved like that after awhile it just gets to you, you just get depressed and you don’t speak how you feel inside.” (Female who had been in domestic violence)

“Maybe more women are being abused and have no way out of it, it’s depressing. There’s a lack of respect with men in their lives. They don’t feel worthwhile.” (Female)

“I think it’s an exhaustion and depletion and I think we’re a culture that doesn’t respect relationships, doesn’t encourage relationships, so people don’t I think, have lost that awareness of the importance of truly solid relationships in a culture that doesn’t encourage or reward relationships...there’s not that same ability, even at work, to have relationships, at home people are sitting in front of the TV living other people’s lives, not talking to people at home, not even really even getting to some awareness of their own problems because it’s easier to sort of live someone else’s life on TV as a way of escaping than to really feel what you need to feel to move forward” (Female medical provider)

“I think living on the South Side and being poor affects my attitude, it’s like why should I care, I aint nobody, I aint going nowhere, why should I be worrying about how I look today. It’s like I’m lucky if I get out of bed and pull on some stretch pants and a shirt and go down the road, you know. It’s the truth, it’s so un-motivating.” (Female in poverty)

“I think as women we’ve always had a problem bonding and sticking together and supporting one another, you know women and girls speaking for women and girls, like we suffer in our own silence or something. I’m not sure if there’s something in our culture that we’re not okay with being women, that somehow it’s less than, and it makes that much more difficult to trust one another.” (Female)

“When your friends are all Facebook friends you forget how to communicate face to face.” (Female)

“I think women just have higher expectations, like they’re never satisfied with anything and they want more for themselves or other people.” (High school female)

Financial/Access to Care

- **Limited insurance coverage for mental health**
- **Financial dependence**
- **Limited access to appointments**

“I think more women would choose to get help if it would be more affordable because many insurances don’t cover the cost of that, they’ll pay for drugs and Prozac, but not for counseling and we do know that exercise is as effective as SSRIs for treating mild to moderate depression.” (Female medical provider)

“It’s cheaper and easier just to drink because that’s what we’re all doing anyway.” (Male)

“Financial, women are more dependent on men. Just the fact you feel like the weaker of the team, you know, you’re not going to make it without a man, might as well stay and grin and bear it. Make you depressed, you know, having to think like that. That state of helplessness or hopelessness would get to you after awhile, that’s why it’s good to be empowered as a woman.” (Female in poverty)

“It is more, many times, much more difficult to get a payment or to justify things that a psychologist than it is for an MD” (Male)

“You call to get an appointment and they say what’s wrong with you and you say I’m depressed and they’re going to say, we’ll see you in a month or two. It’s true, very true. So an access issue.” (Senior female)

“I do have insurance, I tried to get to a counselor at RiverStone and the insurance wouldn’t pay for it, so I mean, that’s a problem, I lived in Europe for a long time and they don’t have that problem.” (Female)

“More access to low cost counseling services for everyone and education about how to get those services, knowing where to find someone and to have maybe better access to, even weekend hours to counseling sessions, I mean a lot of it is Monday through Friday from 8 to 5 and that is not always easy for everyone to get to.” (Female)

“For women who do get mental health help like through a physician or whatever, often times it’s just pills, it’s not like therapy and pills which I think would be the best combination, it’s a pill, it’s a prescription for five years, it’s not actually solving what’s their problem.” (Female)

Environment

- **Sleep**
- **Seasonal Depression**
- **Vitamin D deficiency**

“Another thought depression, just from a pure medical hat now, but quality of sleep is huge for depression. Quality of sleep is huge because sleep is more than just energizing you for tomorrow, it really is psychologically. There really is a huge processing that goes on that really creates spiritual and emotional healing with quality sleep. And we live in a culture that I think from hearing women’s stories that we’re continually giving our body mixed messages, one foot on the break, one foot on the gas” (Female medical provider for females)

“Just the weather, I look at the sky and the sky is the same as the ground and it’s like I’m suffocating. I get really depressed.” (Female)

“They’re finding that women who are vitamin D deficient are most likely depressed” (Female)

“ I think it certainly, especially with the last couple of weeks we’ve had, things like Seasonal Affective Disorder where you’re stuck inside and there’s not much sunlight and the dead trees...it really does because you’re not outside as much and clinically we’re not getting the Vitamin D that we do when we’re outside in the summer.” (Female medical provider)

“It’s dark. I mean honestly, I know that it affects me, I don’t know about everybody else, but it really has an effect on mental health, if the weather and climate gets really, really bad.” (Female)

Other Areas: Response to Final Question

Nutrition

- **Less fast food and more organic/whole foods**
- **Cooking classes**
- **Expense of healthy foods**

“Taxes on fast food restaurants, more whole food markets, organic foods.” (High school female)

“Lunches are kind of a joke usually at school and not the healthiest things to be feeding their kids.” (Female)

“Even people that have good paying jobs, they would go for the less expensive lunch over the more expensive lunch because you’re budgeting” (Female)

“It is more expensive to eat healthy.” (Female)

“I feel there needs to be a focus on healthy eating, so many people do not know how to cook” (Female)

“Our youngest client is 2, we take children into our program as young as 2, nutrition was devastating, they live in food deserts, the majority of our clients, so we spend a lot of time in eating healthy classes with our clients” (Male social service provider)

“Get rid of fast food joints. They’re too much of a temptation for me. It’s way easier to just get food than it is to cook.” (Young female)

“Some of the fast food restaurants offer what they consider to be a more healthy option, but they’re really not. Kind of a marketing scam in my opinion.” (Female)

“Sometimes ordering even smaller portions is more expensive, you can supersize for a quarter. It is more expensive sometimes to truly eat healthier.” (Female)

Self-esteem/Empowerment

- **Building relationships**
- **Positive messages**
- **Self-confidence**

“How can we infuse self-confidence, with every opportunity, with every program, what are we doing to help support and nurture self-confidence?” (Female social service provider)

“It would be nice to see professional women in the school, women that are mentors and role models go into their schools and hopefully try to reach out.” (Female)

“Like the science expo and some of the math challenges they have in school and different things, they’re empowering young women to be able to be young women and be secure in who they are and what they do. They need that.” (Female)

“I think the fellowship of women with women would be the most empowering thing, because I’ve noticed it does bless my life, gives me, encourages me. Just hearing other women’s perspectives on things and somehow just getting together, fellowship.” (Female in poverty)

“I think anything we can do that helps build relationships...what are healthy relationships” (Female social service provider)

“You know in my own recovery, I’m a recovering alcoholic and have been for 20 some years, one issue that has really had the most impact on me and my recovery is self-esteem. Things I say to myself, things I’ve heard other people say to me, and a lot of times they came from negative people, you know, telling me about my self-worth, and it has been my self-worth that has been the most traumatized. I think that was what allowed me to be beat by a man is how I felt about myself. You know, that’s what’s allowed me, that keeps me so self-destructive is that, I think that we taught people, little girls, little boys, the value of self, and tell them the truth about themselves. Because if we don’t tell them the truth, someone will tell them a lie that they’re worthless and aint no good, don’t deserve life or love or anything, grow up believing” (Female in poverty)

“I think we need to tell people there is hope because somebody loves you somewhere and you just have to find it within yourself to know that other people love you.” (Senior female)

“I don’t know, I wish there were some self-esteem programs and I don’t even know what that would look like, but if I had a dream world where young girls would grow up thinking they were beautiful and knowing they were beautiful.” (Female)

“My sister is a paraprofessional at a school in Havre and she works with Kindergarteners...they’re worried about what the boys might think of them” (Female)

“How do we increase our sensitivity to the needs of others and our willingness to respond?” (Senior male)

“Health isn’t just about getting your mammograms and pap smears on a regular basis, you can’t just look at the medical part of it, it’s women’s whole health, it’s holistic, it’s not just medical, being able to access good medical care, but it’s the whole gamete.” (Female in poverty)

Community Resources

- **Community Center**
- **Resource referrals**
- **Awareness of resources**

“Maybe if there’s a place like a recreation center where people could take an hour out of their day and visit with people and things. Just like a hangout spot.” (High school female)

“A cooperative, a place where people could go to get all those services they need” (Female)

“Tell the people where to go for help.” (Senior female)

“I want, I want to see a place to bring the children and somehow or another is affordable, but where you could reach all those needs.” (Female in poverty)

“You’ve got to be informed that we do offer these.” (Senior male)

“I think for the public to know what’s available and where to get the information is crucial.” (Senior female)

“I do think there’s a pretty significant lack of awareness of what’s out there, or may you know it’s there, but how do you get there? What do you need to take once you get there?” (Female social service provider)

“Billings is way behind on quality childcare.” (Female)

“I think women need to be educated a little more on these topics” (Senior female)

“We can educate these people, women and children so much, but if they don’t have those resources available to them, they’re not going to be able to make that change so it’s on another level.” (Female medical provider)

Sex Disaggregated Data:

Twelve statistically significant findings were noted. These included:

1. Women reported being more limited in activity due to physical, mental or emotional problems, 30.9% of women vs. 20.1% of men. This was significantly more likely for low-income and older women.
2. Women reported a lack of leisure-time physical activity, 27.2% of women vs. 17.4% of men. This was higher for senior women.
3. Women reported being prevented from being active because they felt unsafe due to traffic or crime, 8.9% of women vs. 3.9% of men. This was higher for low-income women and women under the age of 65.
4. Women reported higher chronic depression, 16.0% of women vs. 10.2% of men. This was more likely for low-income women.

5. Women were more likely than men to skip or reduce prescription drug doses, 21.3% vs. 13.1%. This was higher for women under the age of 65, uninsured, and low-income women.
6. Domestic violence rates were higher in Yellowstone County than in Montana overall, 487.1 per 100,000 vs. 441 per 100,000. Younger and low-income women reported higher rates of domestic violence.
7. Women reported higher percentages of chronic pain, 35.1% of women vs. 28% of men. Rates were higher for low-income and obese women.
8. Women reported more illness caused by indoor contaminants, 13.5% vs. 8.3%. This was higher for women over age 65 and low-income women.
9. Women were more likely than men to have tattoos or body piercings, 27% vs. 20.8%. Rates were higher for women under age 40. Women were also more likely than men to have piercings or tattoos performed in a studio which utilized safety practices, 93.4% vs. 78.3%.
10. Pap smear rates decreased since the last Community Health Assessment. Less than half (42.8%) of respondents indicated they had a pap smear within the last year.
11. Mammogram rates improved since the last Community Health Assessment, 48.6% of respondents reported having a mammogram within the past two years.
12. Overweight rates have increased since the last Community Health Assessment. Obesity rates were higher among low-income adults. Women were at higher percentages of healthy weights than men, 32.1% vs. 18.6%.