2006
Community Health Assessment
Assessing the Health Status & Needs of Yellowstone County, Montana

Prepared by Professional Research Consultants, Inc. for The Alliance
Introduction

The 2006 Community Health Assessment is a systematic, data-driven approach to determining the health status, behaviors and needs of residents in Yellowstone County and will serve as a tool toward reaching three basic goals:

- To improve residents’ health status, increase their life spans, and elevate their overall quality of life.
- To reduce the health disparities among residents.
- To increase accessibility to preventive services for all residents.

The community defined for this assessment includes each of the ZIP Codes that make up Yellowstone County, Montana.

Community Health Survey

The Community Health Survey developed for this study gives us a remarkably complete and accurate view of the health status of area residents through a randomized telephone survey of the health and behaviors of 400 community members. The sample drawn for this survey is representative of the Yellowstone County population in terms of socioeconomic characteristics and geographical location. The maximum error rate associated with the total sample is ±4.9%.

Secondary Data

Existing vital statistics and other health-related data are also incorporated into this assessment for Yellowstone County.

Focus Groups

To further gain perspective from community members, five focus groups were conducted in Yellowstone County, including groups among: Community Leaders; Social Service Providers; Physicians & Health Professionals; Employers; and Educators & Public Service Professionals.
National Comparisons

**Health Status**

**Mental Health.** The Yellowstone County death rates for suicide and Alzheimer’s disease are higher than reported nationally.

**Cardiovascular Disease.** The death rate for stroke is higher in Yellowstone County than seen nationally. Yellowstone County residents are also less likely to have participated in a cholesterol screening in the past five years.

**Injury and Violence.** Area residents are more likely to have firearms in their home and are more likely to have firearms in homes with children compared to their national counterparts. Area residents are also more likely than adults nationwide to have been a victim of a violent crime in the past five years. Death rates in Yellowstone County are also higher than seen nationally for motor vehicle crashes, and unintentional injuries as a whole.

**Respiratory Disease.** The death rate for chronic lower respiratory disease is higher in Yellowstone County than seen nationally.

**HIV.** Adults aged 18 to 64 are less likely than their national counterparts to have been tested for HIV in the past year.

**Death & Disability**

**Health Risk Behavior**

**Nutrition & Overweight.** Area residents are less likely to eat at least three servings of vegetables each day (with at least a third of those servings being dark green or orange vegetables). Yellowstone County community members are also less likely to have received advice about nutrition or about their weight in the past year.

**Lack of Physical Activity.** Area residents are less likely to participate in regular moderate exercise compared to their national counterparts, or to meet physical exercise recommendations.

**Substance Abuse.** The death rate for cirrhosis/liver disease is higher in Yellowstone County than seen nationally.

**Tobacco Use.** Smokers in Yellowstone County are less likely than their national counterparts to receive advice regarding smoking cessation.

**Access to Healthcare Services**

**Primary Care Services.** Local adults, when compared with adults nationally, are less likely to have had a routine checkup in the past year, and insured adults are less likely to have prescription drug coverage.
Areas of Opportunity

The following "health priorities" represent recommended areas of intervention, based on the information gathered through this Community Health Assessment and the guidelines set forth in Healthy People 2010. From the statistical data, significant opportunities for health improvement exist in the Yellowstone County with regard to the following:

- Barriers to Accessing Healthcare Services
- Health Insurance Coverage
- Oral Health
- Injury & Violence
- Respiratory Disease
- Nutrition & Overweight
- Physical Activity & Fitness
- Substance Abuse
- Mental Health

In addition, areas identified as priorities in the focus groups include:

- Access to Medical & Dental Care
- Substance Abuse Treatment
- Mental Health Treatment

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it is the only thing that ever has.”
— Margaret Mead
Health Status

Physical Health

In Yellowstone County, 52.2% of adults view their general physical health as “excellent” or “very good.” In contrast, 10.5% say it is “fair” or “poor” (much better than the US finding of 18.6%). “Fair/poor” health is more often reported locally among the elderly, as well as those living at lower income levels.

Mental Health

In Yellowstone County, 66.3% of adults view their general mental health as “excellent” or “very good.” In contrast, 6.9% say it is “fair” or “poor” (better than the US finding, 11.7%). “Fair/poor” mental health is more often reported among women in Yellowstone County.

Regarding depression:

- 25.7% of adults have experienced periods of chronic depression lasting two years or longer. This represents about 25,725 adults in the community. Bouts of prolonged depression are more prevalent among women and especially among those living at lower income levels.

- 12.4% of adults have been diagnosed with major depression by a physician. Major depression is more prevalent among women, adults under age 65 and among those living at lower incomes.

- 8.1% of Yellowstone County adults have contemplated suicide at some point in their lives; for about one-third of these residents, this was within the past year.

When asked about stress, 9.5% of Yellowstone County adults say their typical day is “extremely stressful” or “very stressful.” Adults under the age of 65 are more likely to perceive their typical day as “extremely” or “very stressful.”

8.4% of Yellowstone County parents report that their child takes medication for ADD/ADHD or Attention Deficit (Hyperactivity) Disorder.

Focus group participants cited poor availability and accessibility of mental health treatment for the poor, and for teens or seniors. They also expressed concern about appointment availability and a lack of outpatient services.

Self-Reported Health Status

(Yellowstone County, 2005)

Source: 2005 PRC Community Health Survey, Professional Research Consultants. [Item 5]
Note: Asked of all respondents.

Have Experienced Chronic Depression

(Yellowstone County, 2005)

Source: 2005 PRC Community Health Survey, Professional Research Consultants. [Item 143]
Notes: Asked of all respondents.
In this case, the term “chronic depression” refers to periods of self-reported depression lasting two years or longer.
Births

Prenatal Care

The percentage of mothers with prenatal care during the first trimester (84.8%) is just above both statewide (83.2%) and nationwide (83.7%) percentages. This has improved over the past several years.

Birth Outcomes

7.2% of births in Yellowstone County are of low birthweight (less than 5 pounds, 8 ounces), compared with 6.8% across Montana and 7.8% nationwide. However, low-weight births are increasing in frequency.

The infant mortality rate in Yellowstone County (7.0 per 1,000 births) is similar to the state and national rates (both 6.9). Infant mortality has decreased slightly in Yellowstone County over the past several years, following state and national trends.

Births to Teens & Unwed Mothers

Births to teenage mothers (expressed as the percent of births which are to mothers aged 10 to 17) is lower than found either statewide or nationwide (2.9% in Yellowstone County; 3.3% across Montana; and 3.6% nationwide).

A total of 33.0% of births in Yellowstone County were to unwed mothers, compared to 32.1% statewide and 34.0% across the United States.
Death & Disease

Causes of Death

Heart disease, cancer, stroke, chronic lower respiratory disease, and unintentional injuries are the leading causes of death in Yellowstone County.

- Yellowstone County age-adjusted death rates for the following causes of death are above national rates and fail to satisfy Healthy People 2010 goals: stroke, unintentional injury and suicide.

Cardiovascular Disease

5.1% local adults report having chronic heart disease and 3.3% report having suffered from a stroke. While the county age-adjusted death rate for heart disease is below the national rate, the county stroke death rate is above the national rate.

Nine out of ten area residents present one or more cardiovascular risk factors (being overweight, smoking, physical inactivity, or high blood pressure/cholesterol).

- A total of 94.6% of Yellowstone County adults have had their blood pressure tested in the past 2 years; 26.1% report that their blood pressure is high, most of whom say they are taking actions to control their condition.

- A total of 77.7% of adults have had their cholesterol checked in the past 5 years; 28.5% report having high cholesterol levels, most of whom are doing something to help bring their cholesterol down.

Cancer

Lung cancer is by far the leading cause of cancer deaths.

Regarding age-/gender-appropriate cancer screenings:

- 62.6% of adults 50+ report having had a sigmoidoscopy/colonoscopy at some point in their lives and 35.6% report having had a fecal blood test in the past two years.

- 84.2% of men 50+ have had some type of prostate screening in the past two years.

- 81.3% of women 40+ have had a mammogram in the past two years.

- 76.4% of women 18+ have had a Pap smear in the past three years.
Injury & Violence

A total of 76.8% of Yellowstone County adults report “always” wearing a seat belt when driving or riding in an automobile.

- 9 in 10 parents report that their child is “always” properly secured in a safety seat or seat belt when riding in an automobile.

- Just over one-third of children “always” wear a helmet when riding a bicycle.

A total of 53.5% of Yellowstone County households have firearms (including 55.0% of households with children). Of those households with firearms, 1 in 10 report that the firearm is kept unlocked and loaded.

Violent crime rates are relatively low in Yellowstone County.

- 4.0% of adults report being the victim of a violent crime in the past five years (this is, however, significantly higher than the 1.5% found nationally).

- 3.2% report being the victim of domestic violence in the past five years.

Infectious Disease

Local disease incidence rates compare favorably to US rates for: HIV; tuberculosis; hepatitis A, B & C; shigellosis; and salmonellosis.

Local rates for sexually transmitted diseases (STDs) — including syphilis, gonorrhea and chlamydia — are generally below state and national rates. Both chlamydia and gonorrhea rates, however, appear to be on the rise in Yellowstone County.
Death & Disease

Respiratory Disease

The Yellowstone County age-adjusted death rate for chronic lower respiratory disease is significantly higher than the national rate.

A total of 10.2% of adults and 7.5% of children have been diagnosed with asthma.

A total of 24.8% of adults suffer from nasal/hay fever allergies, 14.6% from sinusitis, and 6.8% from chronic lung disease.

Chronic Disease & Disability

A total of 8.7% of area residents suffer from diabetes (the majority of whom are taking medication for this condition).

Other chronic conditions:

- 22.3% of Yellowstone County adults currently suffer from sciatica or chronic back pain.
- 21.8% of Yellowstone County adults currently suffer from arthritis or rheumatism (including nearly 50% of those aged 65 and older).
- 15.7% suffer from migraines/severe headaches.
- 9.8% suffer from chronic neck pain.
- 9.7% report hearing problems (including deafness).
- 6.5% report uncorrectable vision problems (including blindness).
- 5.8% suffer from osteoporosis (16.8% among seniors; 9.0% among all women).

One out of four community residents reports activity limitations due to a physical impairment or health problem, representing about 24,300 adults in Yellowstone County. This increases with age, and is particularly high among low-income adults.
Death & Disease  (continued)

Environmental Health

Water

Respondents most often feel that the number-one environmental issue in Yellowstone County is either the drinking water quality (mentioned by 15.7% in an open-ended inquiry) or the pollution of local streams and rivers (15.1%).

Less than half of Yellowstone County adults (45.8%) rate the quality and safety of the drinking water as “excellent” or “very good.” On the other hand, 19.8% say drinking water quality is “fair” or “poor.”

Air

As of December 2005, Yellowstone County (namely the Laurel area) was designated as a nonattainment area by the Environmental Protection Agency for the presence of sulfur dioxide in the air.

15.9% of Yellowstone County adults had an illness or symptom in the past year that they believe to be caused by indoor air contaminants; fewer (8.0%) report illness/symptoms from outdoor air contaminants.

15.6% of Yellowstone County adults report that a member of their household has smoked cigarettes in the home in the past month on an average of four or more times per week (including 12.6% of households with children).

Other

1 in 20 area residents report an area of mold in their home greater than the size of a dollar bill.

Eight out of 10 residents are aware of a location for the disposal of household hazardous or toxic waste in Yellowstone County.

Perceived Number-One Environmental Issue in the Yellowstone County

(2005 PRC Community Health Survey, Professional Research Consultants. Item 59)

Source: 2005 PRC Community Health Survey, Professional Research Consultants. Item 59
Note: Asked of all respondents.
Modifiable Health Risk

Overweight & Obesity

A total of 62.7% of Yellowstone County adults are overweight (similar to the national average, but higher than the statewide average).

- 1 out of 4 adults in Yellowstone County is obese (similar to that recorded nationally).
- Among those who are overweight, 33.8% are using both diet and exercise to try to lose weight (similar to the national average).

17.5% of local children are overweight (compared to 14.1% nationally).

Nutrition

Only 34.9% of adults report eating the recommended five or more daily servings of fruits & vegetables, similar to US findings.

Physical Activity & Fitness

Only 41.4% of Yellowstone County adults meet recommended physical activity levels, below the national average (47.2%).

- A total of 23.6% of Yellowstone County adults participate in a regular fitness program or center.

However, 26.3% of adults have not participated in any type of leisure-time physical activity during the past month (25.5% nationwide).

Regarding children:

- 17.6% of children watch three or more hours of television on a typical school day.

- 4.9% play video games or use the computer for three or more hours on a typical school day.

Prevalence of Obesity

Sources: 2005 PRC Community Health Survey, Professional Research Consultants. [Item 157]


Notes: Based on self-reported height and weight, asked of all respondents.

The definition of obesity is having a body mass index (BMI), a ratio of weight to height (kilograms divided by meters squared), greater than or equal to 30.0.

Meets Physical Activity Recommendations

Sources: 2005 PRC Community Health Survey, Professional Research Consultants. [Item 164]


Notes: Asked of all respondents.

In this case the term “meets physical activity recommendations” refers to participation in moderate physical activity that produces only light sweating or a slight to moderate increase in breathing or heart rate) at least 5 times a week for 30 minutes at a time, and/or vigorous physical activity (activities that cause heavy sweating or large increases in breathing or heart rate) at least 3 times a week for 20 minutes at a time.
Tobacco Use

A total of 18.3% of Yellowstone County adults currently smoke cigarettes, similar to the national average, but failing to meet the 12% national target for the Year 2010.

– Smoking is particularly high among women, young adults, and those with lower incomes.

– 57.0% of smokers say they have tried to quit smoking in the past year.

Alcohol Abuse

The age-adjusted cirrhosis/liver disease death rate in Yellowstone County is just above the national rate.

Reports of alcohol-related risks include the following (each of which is similar to US averages):

– 15.2% of Yellowstone County adults who are binge drinkers (having had five or more drinks on a single occasion in the past month).

– 3.2% who are chronic drinkers (averaging two or more drinks per day in the past month).

– 6.9% who report either drinking and driving or riding with a drunk driver in the past month.

Use of Illegal Drugs

A total of 1.6% of survey respondents acknowledge taking an illegal drug in the past year (US=2.5%).

A total of 3.8% of survey respondents report having ever sought help for an alcohol- or drug-related problem (US=3.3%).

Focus group participants discussed the lack of availability of affordable substance abuse treatment centers.
Access to Healthcare Services

Health Insurance Coverage

A total of 13.1% of Yellowstone County adults are without health insurance coverage (including one-third of those at lower incomes). The uninsured level locally is better than found statewide (19.1%) or nationwide (20.0%).

– Nearly 20% of insured adults in Yellowstone County do not have coverage for prescriptions.

A total of 56.2% of adults have dental insurance coverage that pays for all or some of their routine dental care. This percentage is similar nationwide.

Barriers to Medical Care

There are many potential barriers to accessing medical care. Among the most prevalent in Yellowstone County are:

– Difficulty getting a doctor’s appointment;
– Cost of prescriptions and/or doctor visits;
– Inconvenient office hours;
– Finding a physician; and
– Transportation.

These problems are exacerbated among lower-income populations.

Focus group participants discussed lack of transportation to healthcare services as a big problem, indicating that while many local clinics are open late, public buses stop much earlier, presenting a problem for many county residents.

In all, 33.9% of Yellowstone County adults have encountered trouble accessing healthcare in the past year, increasing to 43.2% among low-income adults and 57.5% among those without health insurance.
Access to Healthcare Services

Access to Primary Care Services

84.0% of Yellowstone County adults have a specific ongoing source of medical care where they go to for health concerns, similar to the US average of 79.9%.

- 7.3% of local adults used an emergency room for treatment more than once in the past year.

Regarding routine healthcare visits:

- A total of 57.2% of adults and 72.6% of children have had a routine medical checkup in the past year (similar to the US averages).
- A total of 63.9% of adults and 78.1% of children have visited a dentist in the past year (similar to the US averages).
- A total of 44.5% of adults have had an eye exam in the past year (similar to the US average).

Focus group participants discussed issues relating to lack of healthcare coverage, including poorer health, more costly medical bills, limited access to healthcare, and the weight this places on the rest of the community to absorb healthcare costs for the uninsured.

Focus group participants also cited problems related to the cost of prescriptions, difficulty finding physicians, and the availability of some specialty services.

Satisfaction With Local Healthcare

Roughly two-thirds of Yellowstone County adults rate local health care services as “excellent” or “very good.” A total of 6.7% give “fair” or “poor” evaluations (much better than the 15.9% found nationally).

Sources:
- 2005 PRC Community Health Survey, Professional Research Consultants. [Item 190]
- Notes: Asked of all respondents.