

2017 Community Health Needs Assessment

Yellowstone County, Montana



How to Use this Assessment

Sponsored by Billings Clinic, RiverStone Health and St. Vincent Healthcare the Community Health Needs Assessment informs an improvement plan driving efforts of the Healthy By Design Community Coalition. Engage with us and use the data to guide your organizational decisions. www.hbdyc.org

About the 2017 Assessment

The 2016-17 Community Health Needs Assessment for Yellowstone County is a systematic, data-driven approach to determining the health status, behaviors and needs of our population. Subsequently, this information may be used to inform decisions and guide efforts to improve community health and wellness.

There are three components that are essential in rendering a complete picture of the health of Yellowstone County: (1) the community health survey [primary quantitative data]; (2) existing data [secondary quantitative data]; and (3) online key informant data [primary qualitative data].



Key Findings

Self-Reported Health Status

Yellowstone County adults' ratings of their overall health and mental health are less favorable than found in the 2005 baseline survey.



As you review these issues and the related findings, it is important to recognize that they are strongly impacted by the overarching issue of **income disparity**. The health status and experience of low-income families is quite different and typically less favorable than that of residents with higher incomes.

Among Low-Income Residents polled:

24.1% ranked overall health "fair/poor"



22.1% ranked mental health "fair/poor"

43.0% indicated limitations to physical activity



Key Findings in Prioritized Areas

Mental Health

While most mental health status indicators in the survey are similar to those found nationally, the prevalence of diagnosed depressive disorders is significantly higher.

Additionally, the proportion of local adults who have sought help for mental health is higher than national numbers.

Suicide rates remain high.



Nutrition, Physical Activity & Healthy Weight

While fruit/vegetable consumption is comparable to national findings, 70% of county adults do not get the recommended number of daily servings.

Physical activity levels in children and adults appear to have improved over the years.

65.5% of adults are currently obese or overweight. These adults are more likely to report a number of adverse health conditions such as arthritis, chronic back pain and activity limitations.



Substance Use

A total of 3.7% of Yellowstone County adults report that they have sought professional help for an alcohol or drug problem at some point in their lives.

A much higher 45.5% report that they have been negatively impacted by substance abuse—whether their own abuse, or that of another.

Women are disproportionately affected by illicit drug use, compared to men in 40 to 64 years old age group.

