

2022-2023 Yellowstone County Community Health Needs Assessment

Data Packet: Nutrition, Physical Activity, and Weight

Recommended Citation: Professional Research Consultants, Inc.

2023 Community Health Needs Assessment Report: Yellowstone County, Montana

hbdyc.org/CHNA – Published January 4, 2023



How to Use This Data Packet

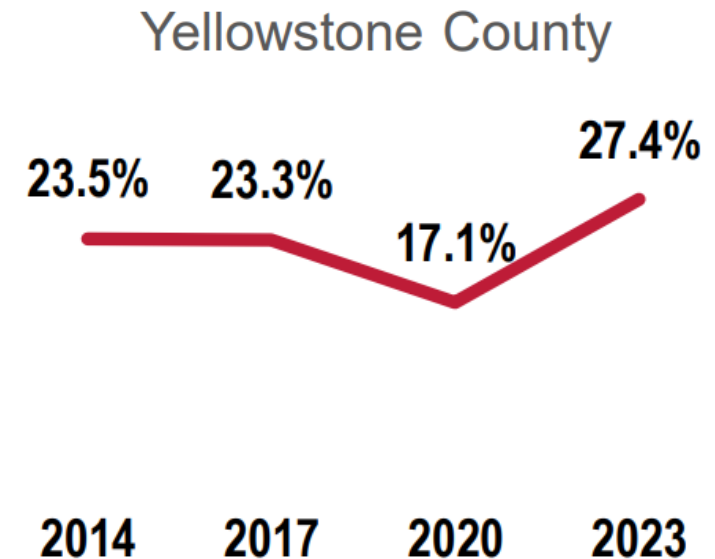
The graphs, data points, trends, and other insights shared in this data packet can be utilized when seeking:

- Verified local data for data acquisition or utilization purposes such as grant applications, local and non-local trend tracking, etc.
- High resolution slides for use in presentations or educational materials.
- Accessible, accurate data to increase understanding of community health topics and health disparities.
- A condensed, topic-specific alternative to reading 200+ pages of data!

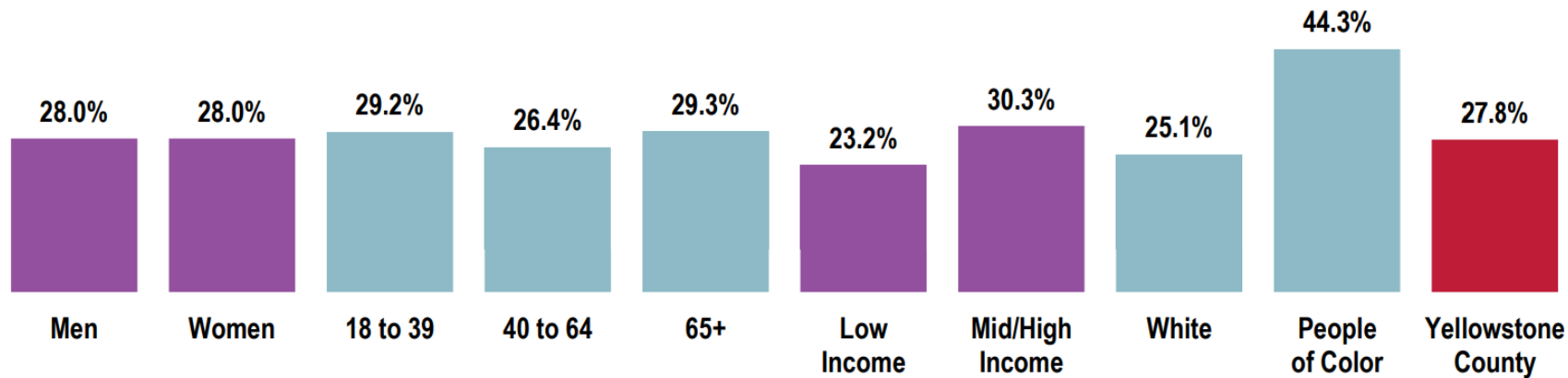
Key Takeaways - Nutrition

- **52.5%** of Yellowstone County (YC) **Low Income adults** and **47.2%** of **People of Color** report **disproportionate difficulties accessing affordable fresh produce**.
 - The current **county-wide average** for all YC Adults is **27.4%**.
- Overall **daily consumption of 5+ servings of Fruits/Vegetables** has **significantly decreased** since 2005 and is currently less than the national average.

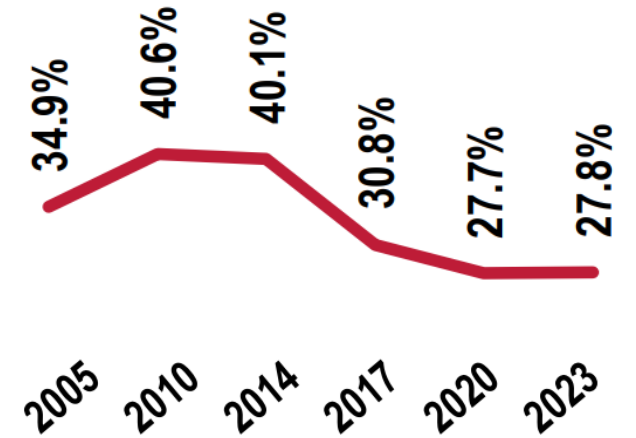
Find It “Very” or “Somewhat” Difficult to Buy Affordable Fresh Produce



Consume Five or More Servings of Fruits/Vegetables Per Day (Yellowstone County, 2023)



Yellowstone County



Sources: ● 2023 PRC Community Health Survey, PRC, Inc. [Item 125]

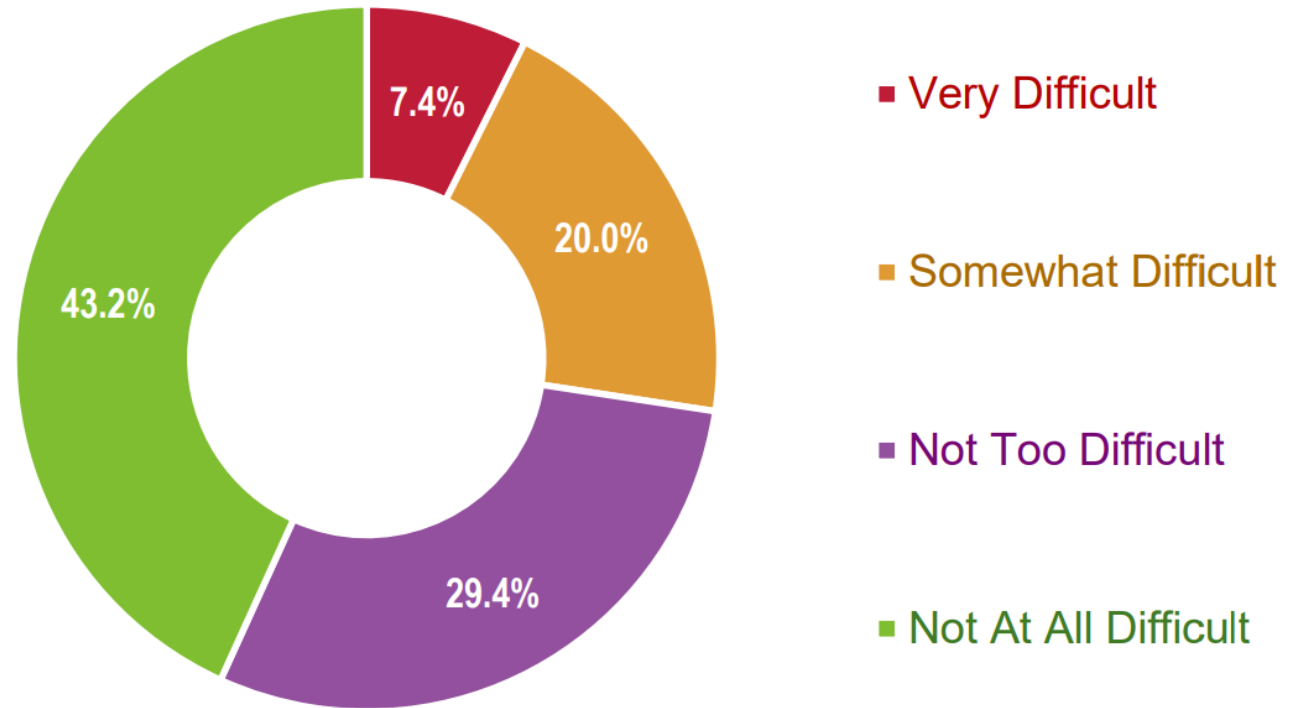
Notes: ● Asked of all respondents.

● For this issue, respondents were asked to recall their food intake on the previous day.

While most populations in Yellowstone County show little variance in daily fruit/vegetable intake, **Yellowstone County continues an overall decline in fruit/vegetable intake.**

Difficulty Accessing Fresh Produce

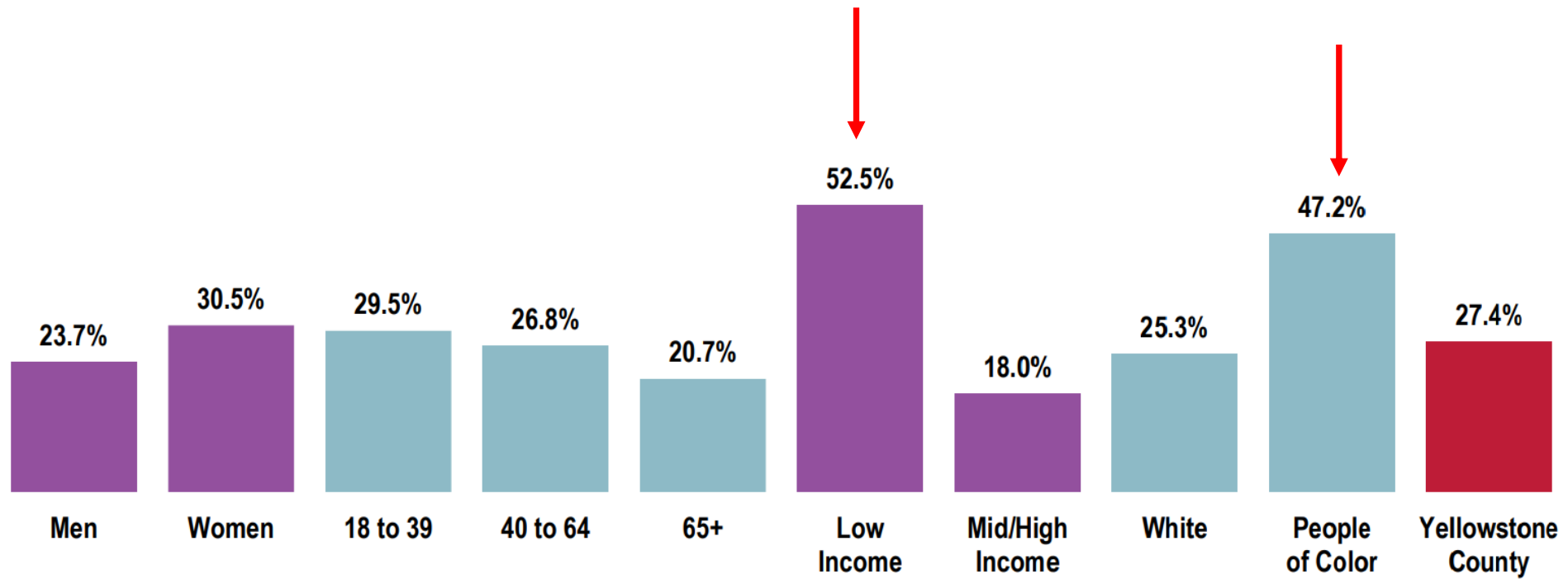
Level of Difficulty Finding Fresh Produce at an Affordable Price
(Yellowstone County, 2023)



Sources: ● 2023 PRC Community Health Survey, PRC, Inc. [Item 79]

Notes: ● Asked of all respondents.

Find It “Very” or “Somewhat” Difficult to Buy Affordable Fresh Produce (Yellowstone County, 2023)

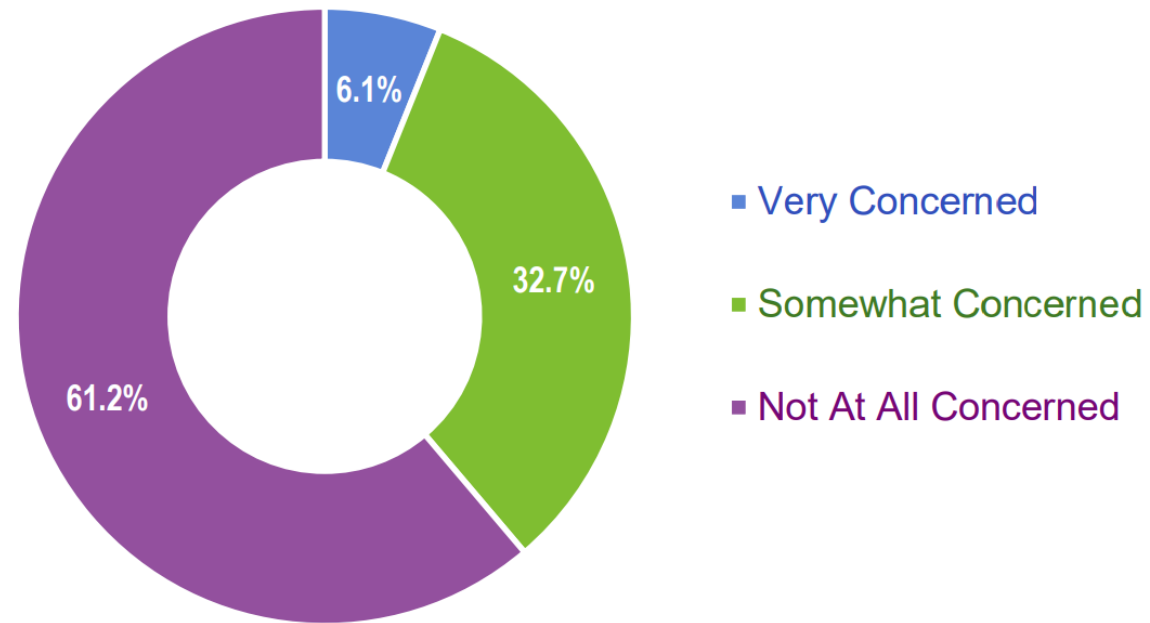


Sources: ● 2023 PRC Community Health Survey, PRC, Inc. [Item 79]

Notes: ● Asked of all respondents.

Food Safety

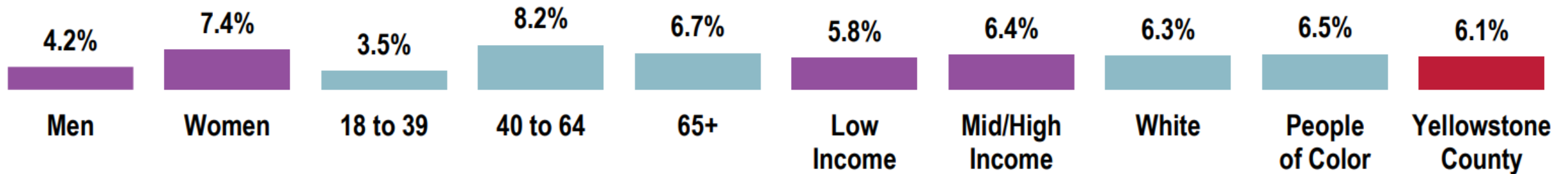
Level of Concern for the Safety of Foods Purchased at Restaurants and Grocery Stores (Yellowstone County, 2023)



Sources: ● 2023 PRC Community Health Survey, PRC, Inc. [Item 337]
Notes: ● Asked of all respondents.

Food Safety

“Very Concerned” About the Safety of Food in Restaurants and Grocery Stores (Yellowstone County, 2023)

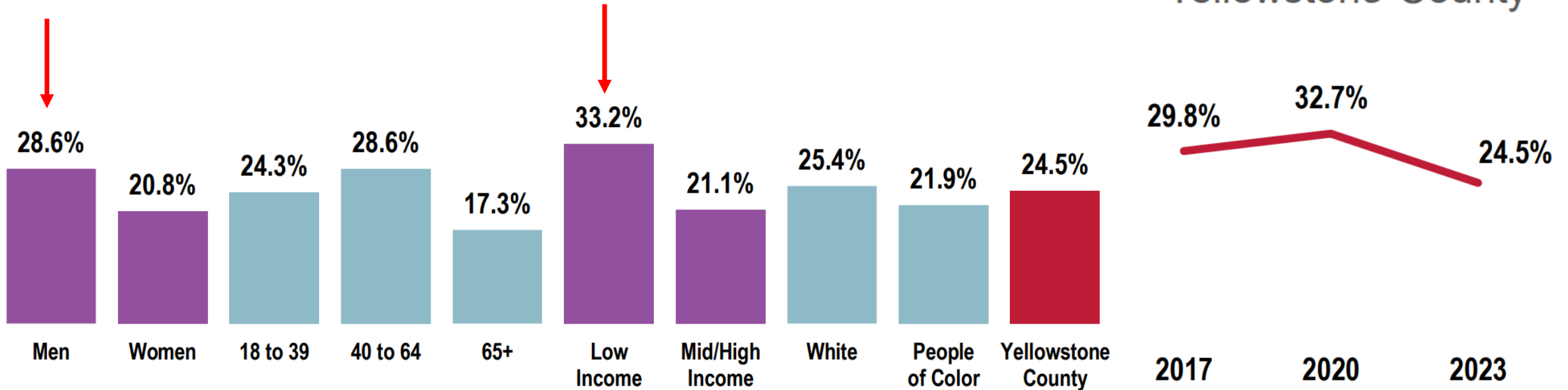


Sources: ● 2023 PRC Community Health Survey, PRC, Inc. [Item 337]

Notes: ● Asked of all respondents.

Sugar-Sweetened Beverages

Had Seven or More
Sugar-Sweetened Beverages in the Past Week
(Yellowstone County Adults, 2023)



- Sources: ● 2023 PRC Community Health Survey, PRC, Inc. [Item 159]
- Notes: ● Asked of all respondents.
● Includes non-diet beverages like soda, Kool-Aid, sweetened fruit juice, sports drinks, energy drinks, or sweet tea.

Key Informant Input - Nutrition

Key informants highlighted topics such as:

- (Lack of) Access to Healthy Food, focusing on **financial barriers** to consistently accessing healthy foods, **limited options/stores** within our community, and educational or support services to further encourage and maintain healthier food lifestyles.

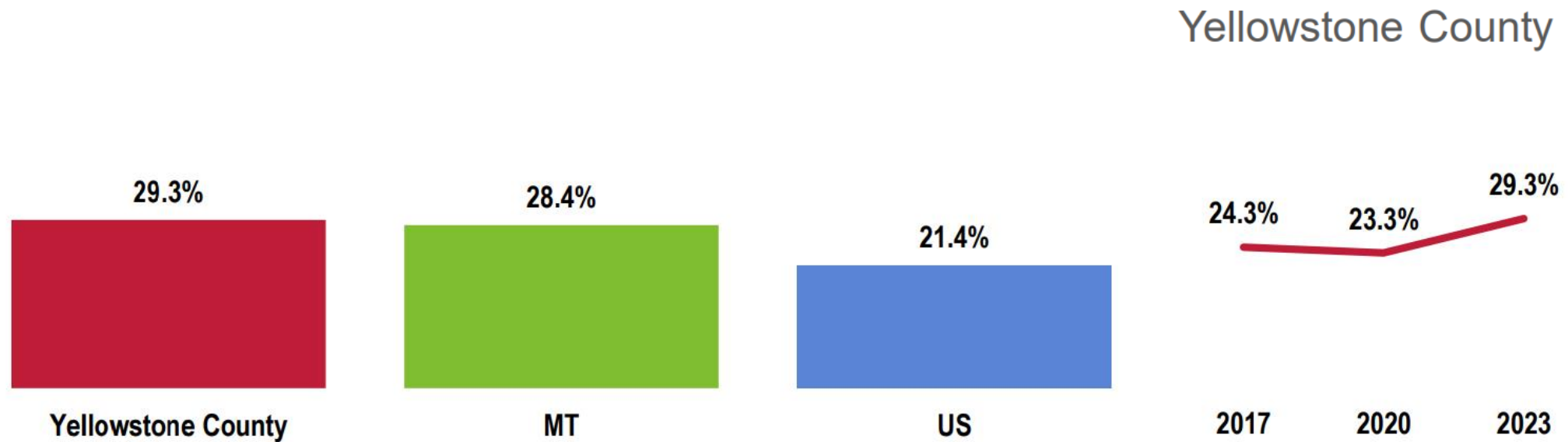
“Healthy foods are more expensive and take more forethought and planning. Many families cannot afford a lifestyle centered around nutritious foods.”
– Community Leader

Key Takeaways – Physical Activity

- While more YC adults are meeting physical activity recommendations, **disparities are revealed when factors such as age, income, and ethnicity are analyzed.**
- YC continues to see a **decline in adults using everyday behaviors to increase their levels of physical activity.**
- **46% of YC adults report 3+ hours of daily screen time** for entertainment, and almost **66% of children spend 2+ hours with screens** for daily entertainment.
- YC **outpaces state and national averages in relative frequency of recreation and fitness facilities.**

Meets Physical Activity Recommendations

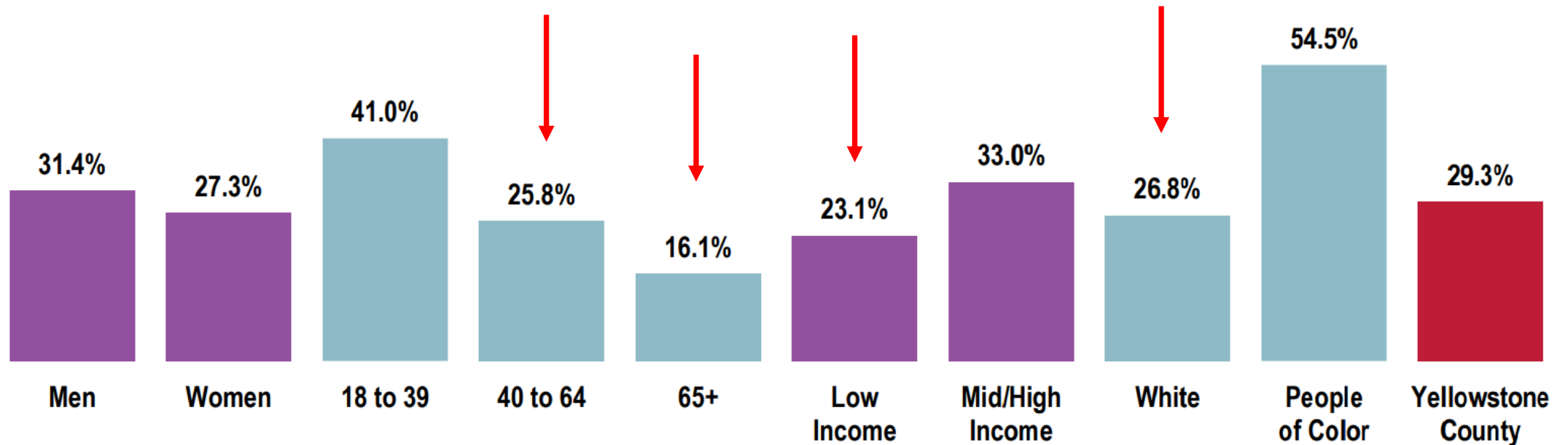
Healthy People 2030 = 28.4% or Higher



- Sources:
- 2023 PRC Community Health Survey, PRC, Inc. [Item 126]
 - Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2020 Montana data.
 - 2020 PRC National Health Survey, PRC, Inc.
- Notes:
- US Department of Health and Human Services. Healthy People 2030. August 2020. <http://www.healthypeople.gov>
 - Asked of all respondents.
 - Meeting both guidelines is defined as the number of persons age 18+ who report light or moderate aerobic activity for at least 150 minutes per week or who report vigorous physical activity 75 minutes per week or an equivalent combination of moderate and vigorous-intensity activity and report doing physical activities specifically designed to strengthen muscles at least twice per week.

Meets Physical Activity Recommendations

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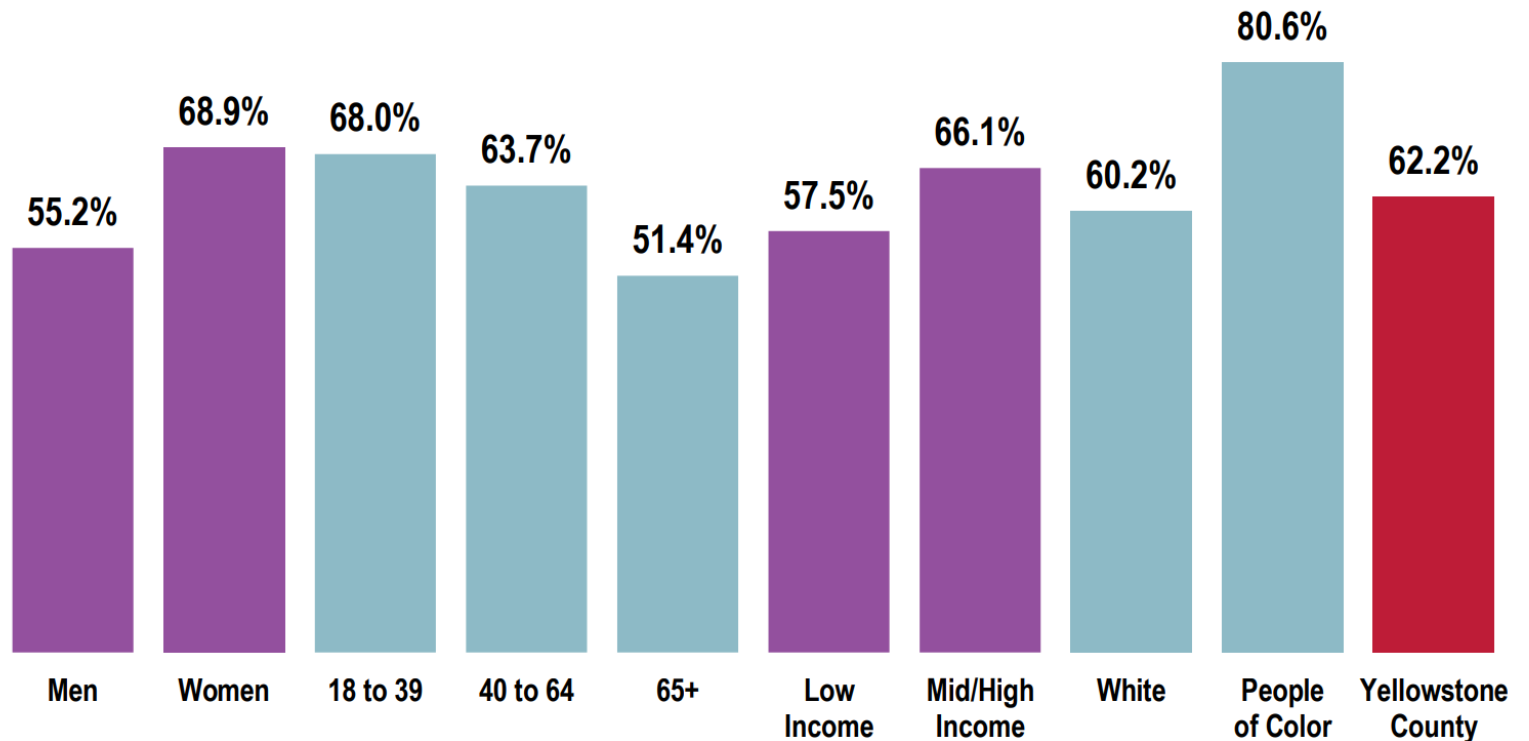
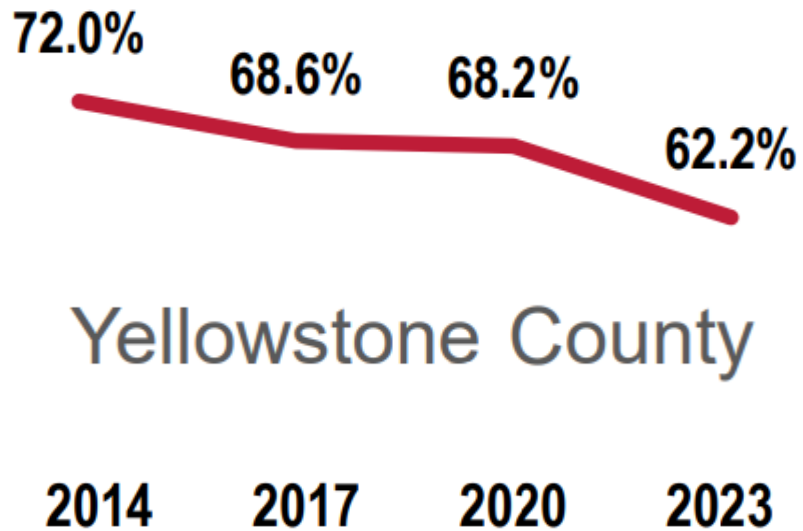
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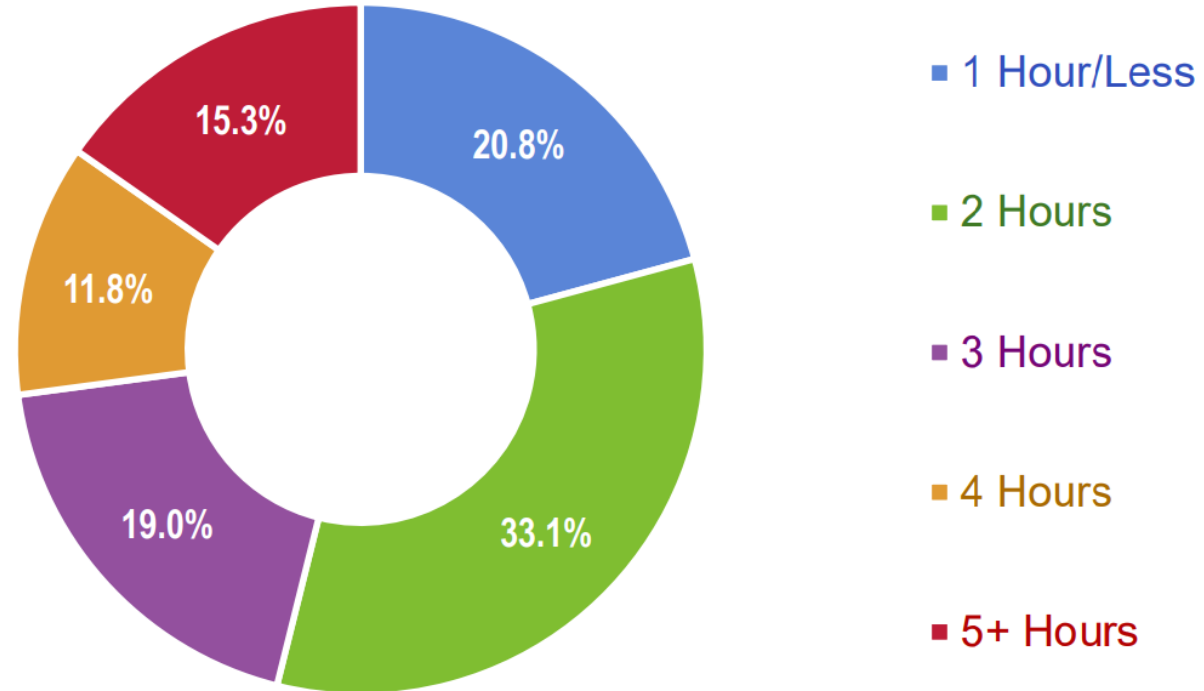
Increasing Physical Activity - Everyday Behaviors

Made an Attempt in the Past Year
to Increase Activity Through Changes to Everyday Behavior
(Yellowstone County, 2023)



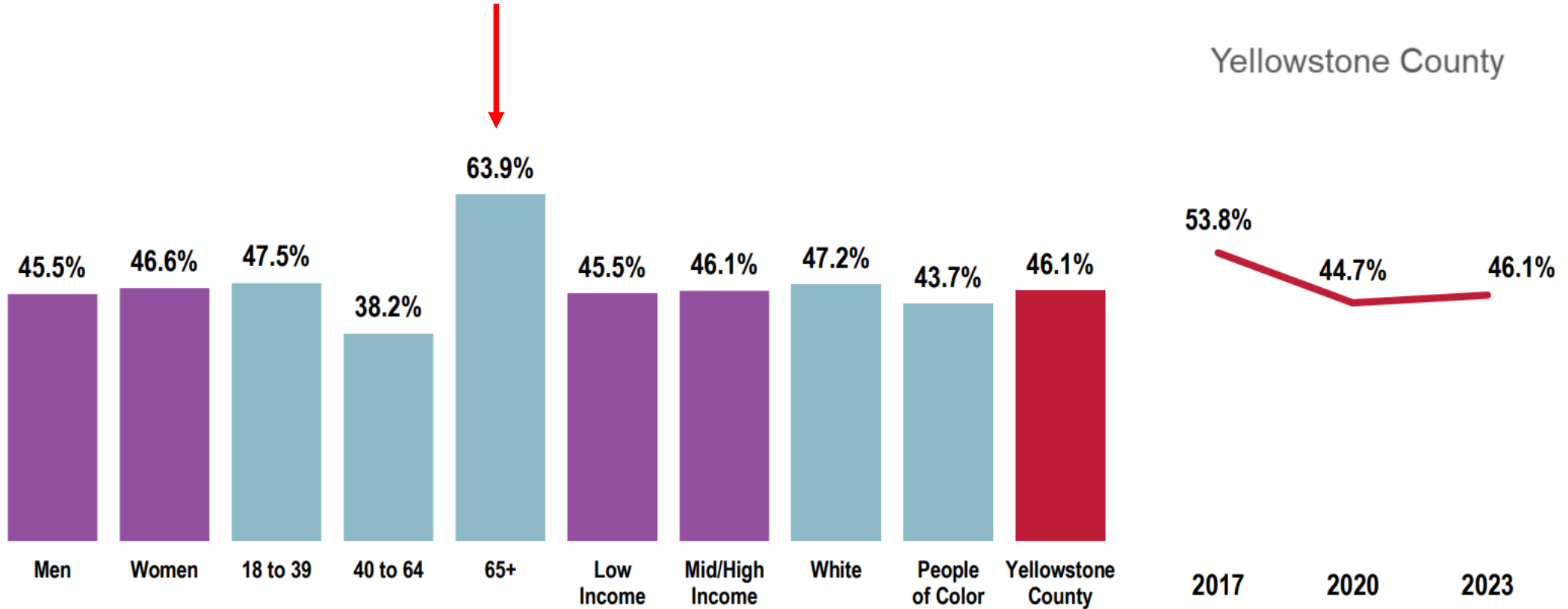
Amount of Screen Time – Adults

Daily Screen Time for Entertainment (Yellowstone County Adults, 2023)



- Sources:
- 2023 PRC Community Health Survey, PRC, Inc. [Item 316]
- Notes:
- Asked of all respondents.
 - Includes watching TV, playing video games, and using a computer or the internet.

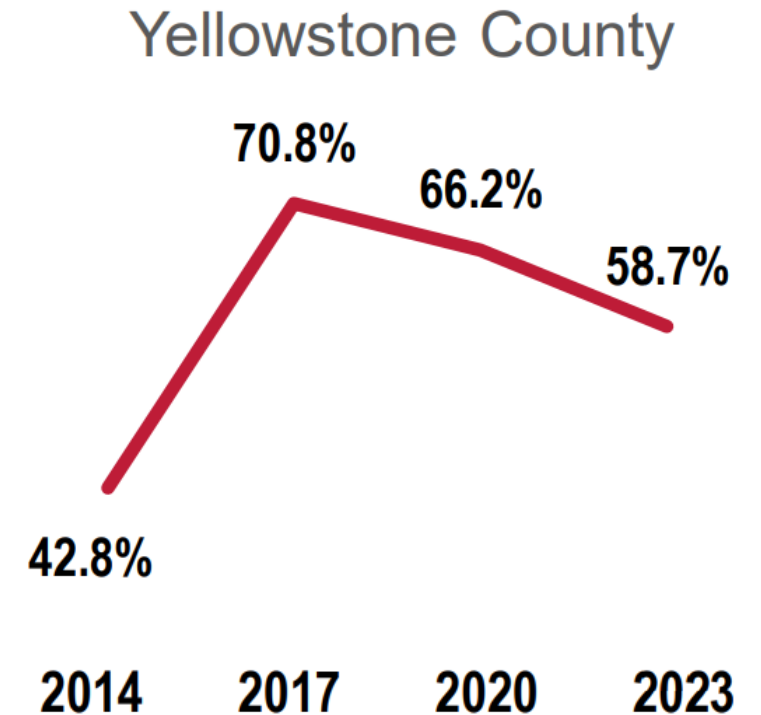
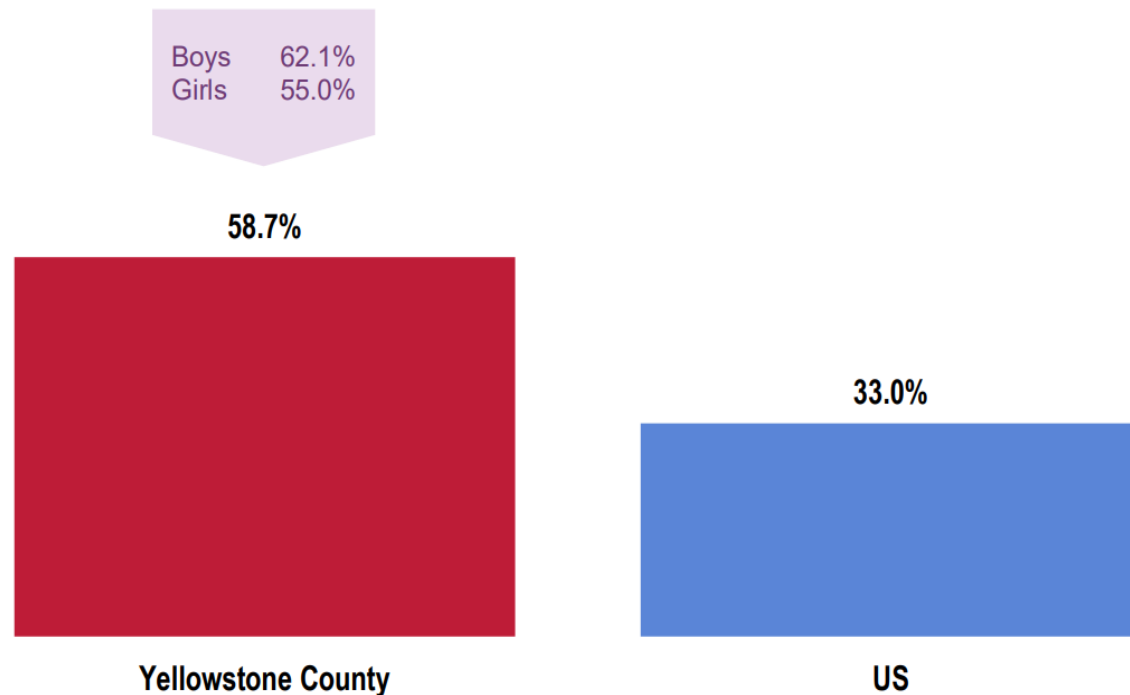
3+ Hours of Daily Screen Time for Entertainment (Yellowstone County Adults, 2023)



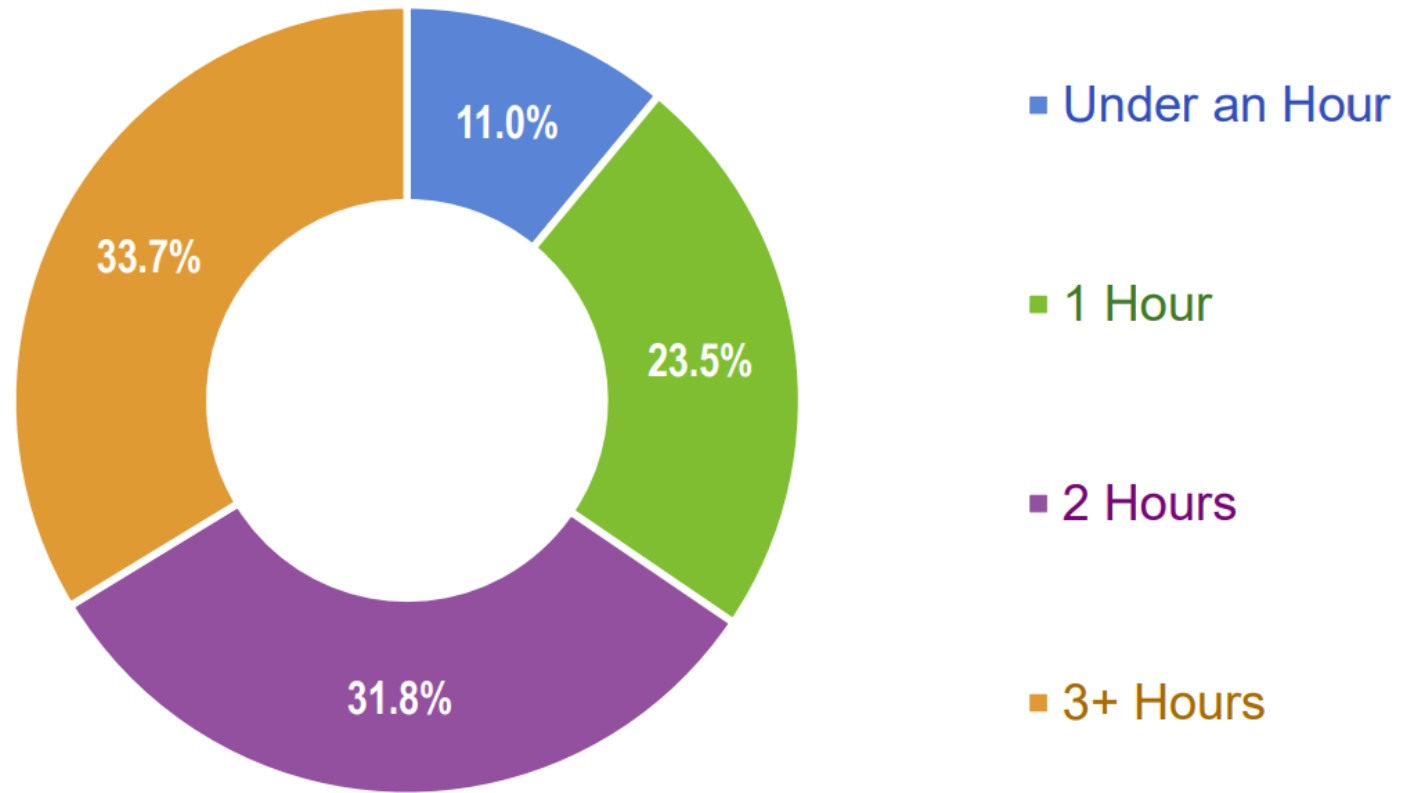
- Sources:
- 2023 PRC Community Health Survey, PRC, Inc. [Item 316]
- Notes:
- Asked of all respondents.
 - Includes watching TV, playing video games, and using a computer or the internet.
 - “3+ hours” includes reported screen time of 180 minutes or more per day.

Youth Physical Activity and Screen Time

Child Is Physically Active for One or More Hours per Day
(Parents of Children Age 2-17)

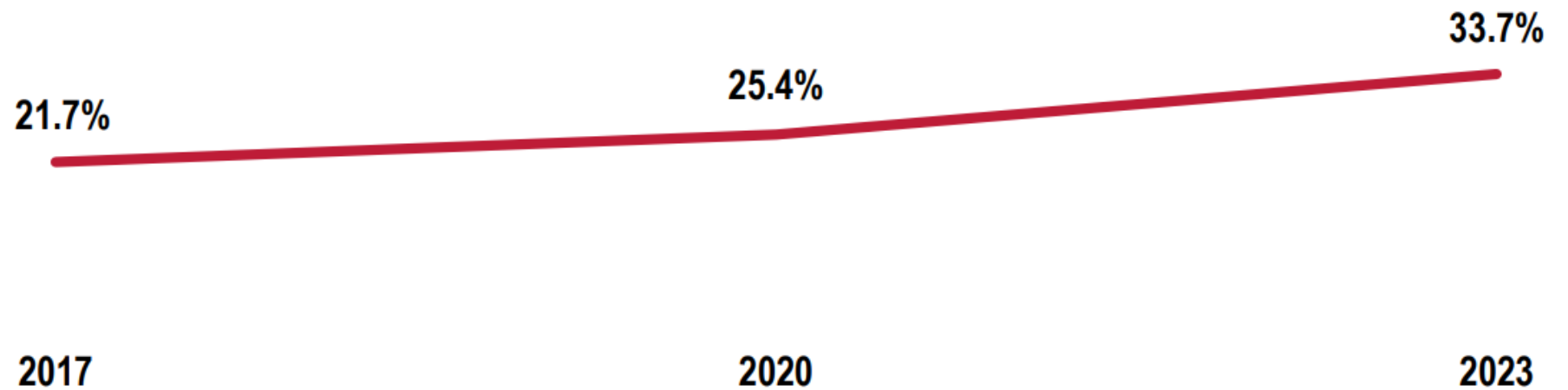


Child's Screen Time for Entertainment on an Average School Day (Parents of Children Age 5-17, Yellowstone County, 2023)



Sources: ● 2023 PRC Community Health Survey, PRC, Inc. [Item 339]
Notes: ● Asked of respondents with a child age 5 to 17 in the household.

Child Spends 3+ Hours on Screen Time for Entertainment on an Average School Day (Parents of Children Age 5-17, Yellowstone County, 2023)

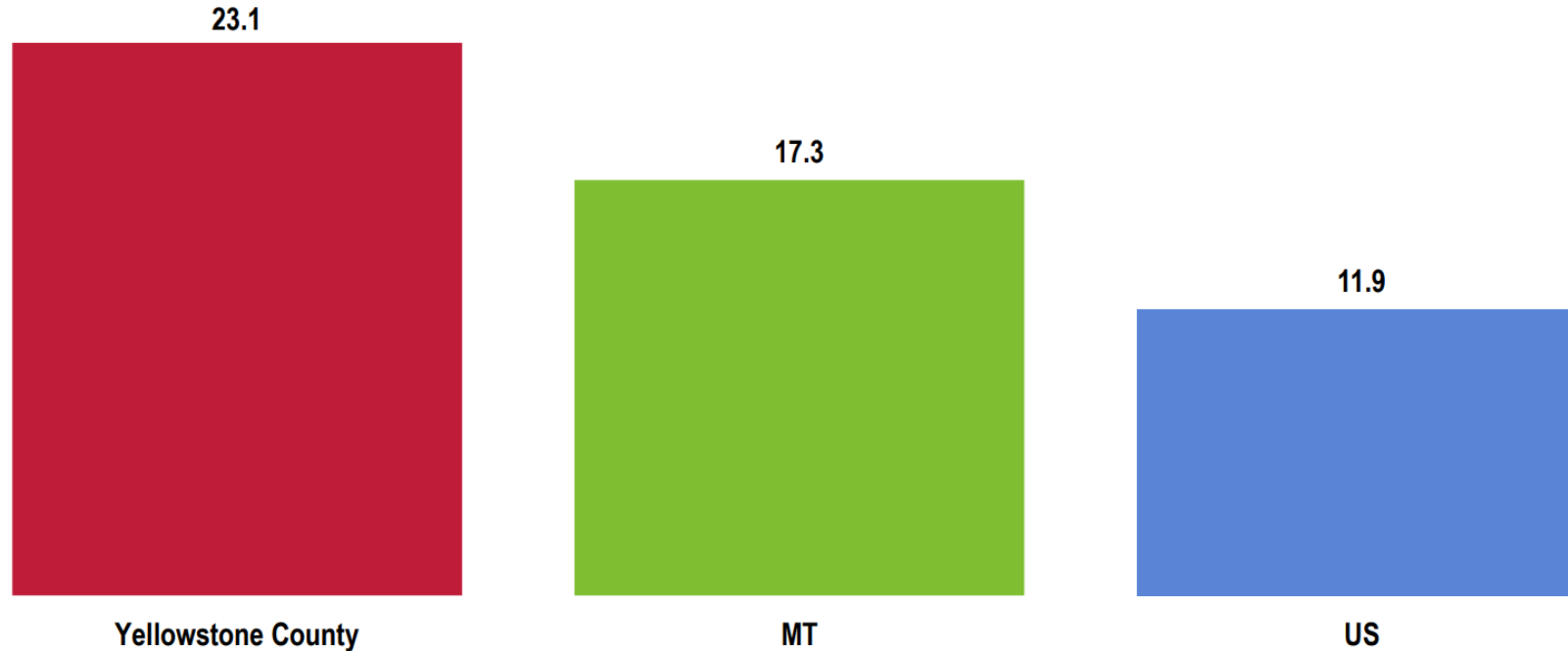


Sources: ● 2023 PRC Community Health Survey, PRC, Inc. [Item 161]

- Notes:
- Asked of respondents with a child age 5 to 17 in the household.
 - Includes watching TV, playing video games, and using a computer or the internet.
 - “3+ hours” includes reported screen time of 180 minutes or more per day.

Access to Physical Activity

Population With Recreation & Fitness Facility Access
(Number of Recreation & Fitness Facilities per 100,000 Population, 2020)



Sources: ● US Census Bureau, County Business Patterns. Additional data analysis by CARES.

● Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved July 2022 via SparkMap (sparkmap.org).

Notes: ● Recreation and fitness facilities are defined by North American Industry Classification System (NAICS) Code 713940, which include *Establishments engaged in operating facilities which offer "exercise and other active physical fitness conditioning or recreational sports activities."* Examples include athletic clubs, gymnasiums, dance centers, tennis clubs, and swimming pools. This indicator is relevant because access to recreation and fitness facilities encourages physical activity and other healthy behaviors.

Key Informant Input – Physical Activity

Key informants highlighted topics such as:

- The intersection of cost and time restraints, the desire for more **educational or promotional efforts**, and the relationships between **accessing healthy foods and maintaining a physically active lifestyle**.

“In recent years, there has been a big push for healthier eating and learning about ingredients and nutrition facts of the food we are putting in our bodies. **However, the lack of proper education related to nutrition and exercise is severely lacking.** Especially the education for the youth of Yellowstone County is not up to date. **Healthy living needs to be properly taught at a young age** so that our youth can learn how to properly care for their bodies.” – Community Leader

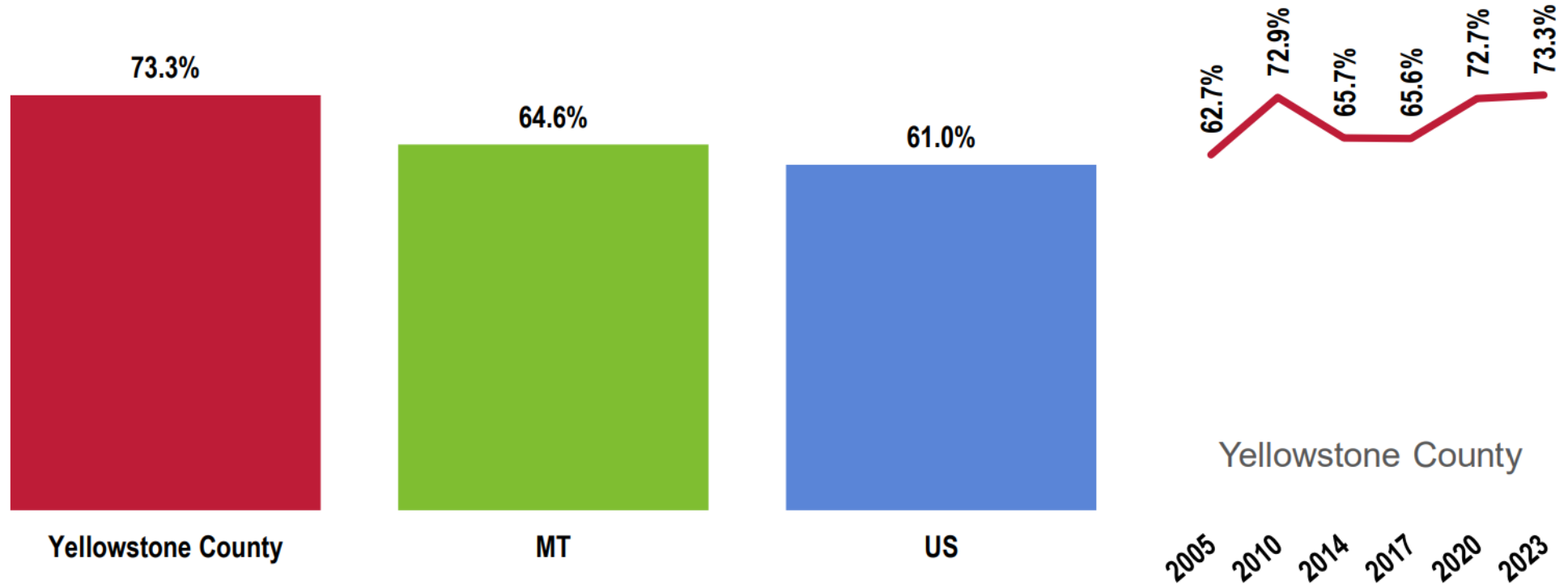
Key Takeaways – Weight Status

- YC outpaces state and national averages for combined overweight and obesity rates, and **YC residents who are categorized as obese are significantly more likely to report adverse health conditions.**
- While there was not much variance between most YC populations regarding obesity prevalence, **People of Color were significantly more likely to be categorized as obese** than White YC residents.

“Nationwide individuals gained significant weight during the past two years, COVID pandemic. **Lack of access to healthy food and desire to participate in physical activity are driving factors of this weight gain**, in addition to stress the pandemic has created for everyone.” – Social Service Provider

“**People are always in a hurry and most of the time do not make healthy choices.** Due to life, work, and others, they lack physical activity.” – Social Service Provider

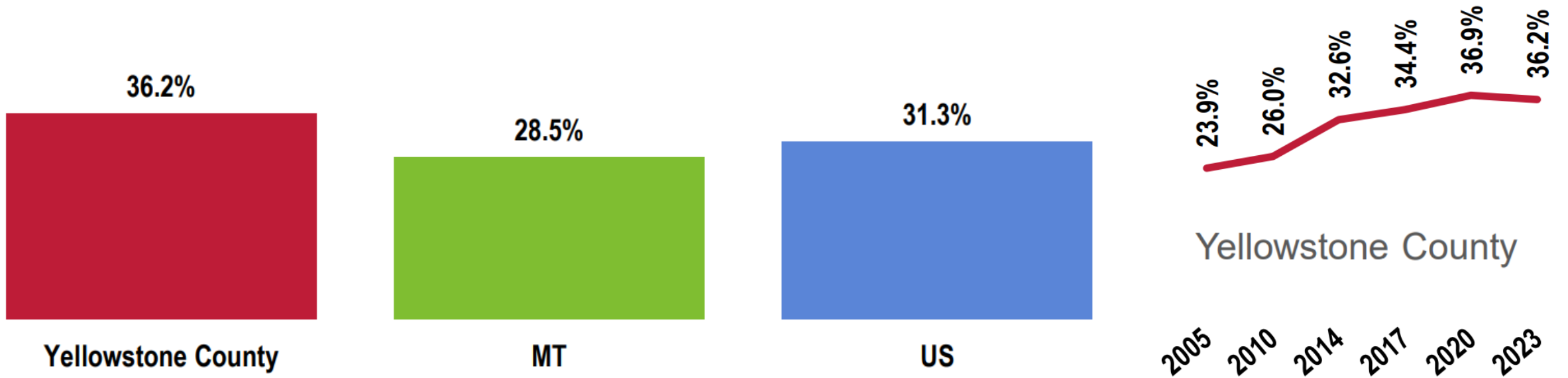
Prevalence of Total Overweight (Overweight and Obese)



- Sources:
- 2023 PRC Community Health Survey, PRC, Inc. [Item 128]
 - Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2020 Montana data.
 - 2020 PRC National Health Survey, PRC, Inc.
- Notes:
- Based on reported heights and weights, asked of all respondents.
 - The definition of overweight is having a body mass index (BMI), a ratio of weight to height (kilograms divided by meters squared), greater than or equal to 25.0, regardless of gender. The definition for obesity is a BMI greater than or equal to 30.0.

Prevalence of Obesity

Healthy People 2030 = 36.0% or Lower

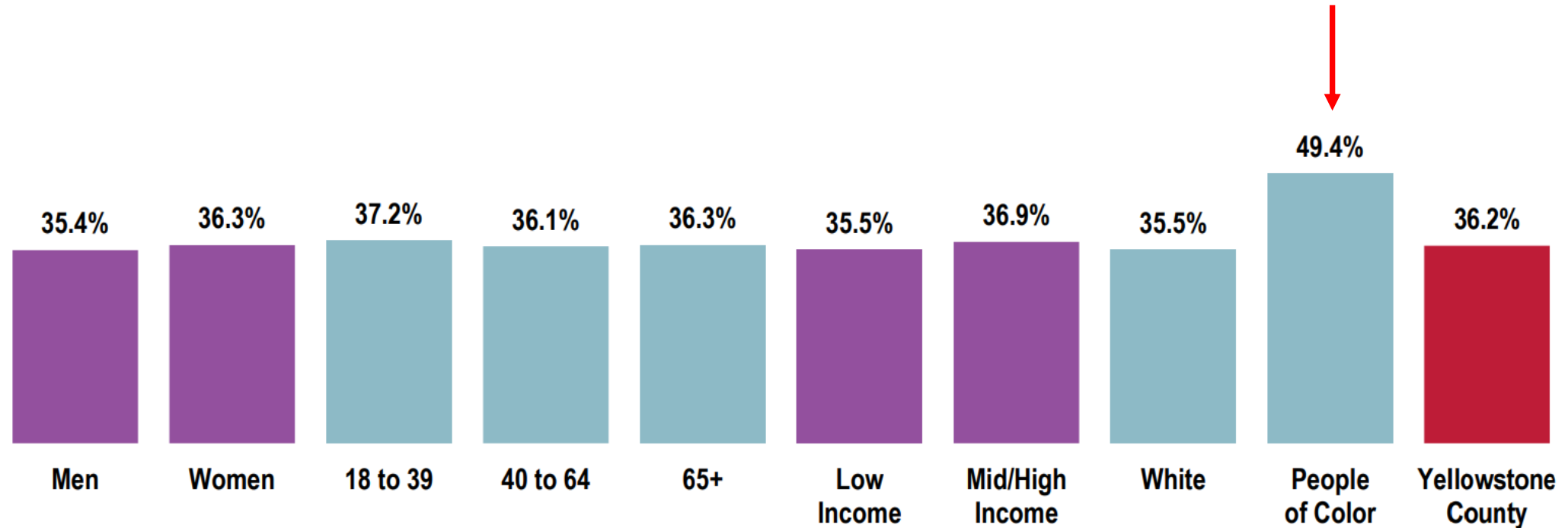


- Sources:
- 2023 PRC Community Health Survey, PRC, Inc. [Item 128]
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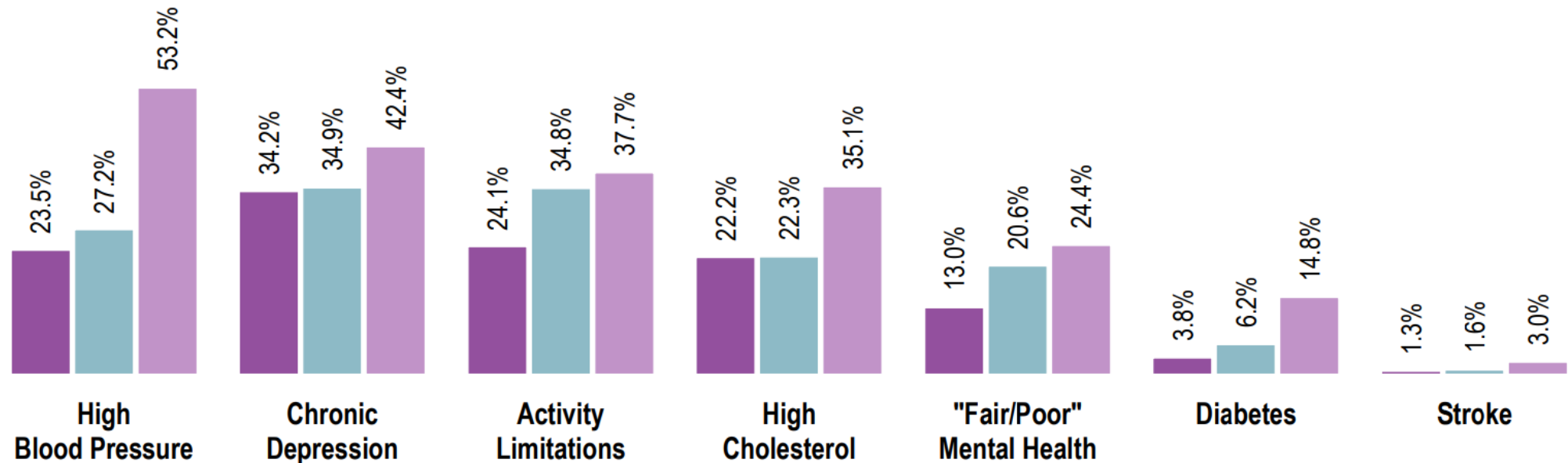
● US Department of Health and Human Services. Healthy People 2030. August 2020. <http://www.healthypeople.gov>

Notes: ● Based on reported heights and weights, 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, regardless of gender.

Relationship of Overweight With Other Health Issues (Yellowstone County, 2023)

■ Among Healthy Weight ■ Among Overweight/Not Obese ■ Among Obese



Sources: ● 2023 PRC Community Health Survey, PRC, Inc. [Item 128]
Notes: ● Based on reported heights and weights, asked of all respondents.

Key Informant Input – Weight Status

Perceptions of Nutrition, Physical Activity, and Weight
as a Problem in the Community
(Key Informants, 2023)

■ Major Problem ■ Moderate Problem ■ Minor Problem ■ No Problem At All



Sources: ● PRC Online Key Informant Survey, PRC, Inc.

Notes: ● Asked of all respondents.

Key Informant Input


























Nutrition, Physical Activity, and Weight

- While **key informants acknowledged interconnected factors such as time, cost, lack of community support, lack of access to healthy foods, and built environment, transportation and safety issues**, the perception remains that individual desire, knowledge, priority, and capability are prominent factors in changing individual nutrition, physical activity levels, and weight status.

“Community members have higher needs to prioritize. Most prioritize their bills, groceries, child care needs etc. over nutrition, physical activity, or weight management. So, **helping them understand the importance of these things and how they all integrate together can help with whole (self) care.”**

– Other Healthcare Provider

Health Forecast

NUTRITION, PHYSICAL ACTIVITY & WEIGHT	Yellowstone County	vs. MT	vs. US	vs. HP2030	TREND	NUTRITION, PHYSICAL ACTIVITY & WEIGHT	Yellowstone County	vs. MT	vs. US	vs. HP2030	TREND
Population With Low Food Access (Percent)	21.3	 22.3	 22.2			% [Adults] 3+ Hours of Screen Time Per Day for Entertainment	46.1			 53.8	
% "Very/Somewhat" Difficult to Buy Fresh Produce	27.4		 21.1		 23.5	% Child [Age 2-17] Physically Active 1+ Hours per Day	58.7		33.0	 42.8	
% 5+ Servings of Fruits/Vegetables per Day	27.8		 32.7		 34.9	% [Child Age 5-17] 3+ Hours of Screen Time Per Day for Entertainment	33.7			 21.7	
% 7+ Sugar-Sweetened Drinks in Past Week	24.5				 29.8	Recreation/Fitness Facilities per 100,000	23.1	 17.3	 11.9		
% "Very Concerned" About Safety of Purchased Foods	6.1					% Overweight (BMI 25+)	73.3	 64.6	 61.0	 62.7	
% Meeting Physical Activity Guidelines	29.3	 28.4	 21.4	 28.4	 24.3	% Obese (BMI 30+)	36.2	 28.5	 31.3	 36.0	 23.9
% Increased Physical Activity Through Everyday Behaviors	62.2				 72.0						

Published Community Health Needs Assessment at: www.hbdyc.org

*Visit the website to contact Healthy By Design
for additional information regarding the coalition or next steps*

Contact: Amy Queen, Community Health Improvement Manager
406.247.3223 amy@hbdyc.org

