2017 Community Health Needs Assessment Report

Gallatin, Madison & Park Counties, Montana

Prepared for:
Bozeman Health Deaconess Hospital
Community Health Partners (CHP)
Gallatin City-County Health Department

By:
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We are excited to share with you the 2017 Community Health Needs Assessment (CHNA) report for Gallatin, Madison, and Park Counties. On behalf of our partners, Gallatin City-County Health Department and Community Health Partners, we hope you find the information in this report useful as you continue your important work in meeting the needs of our communities.

The purpose of the CHNA is to identify and prioritize the significant health needs of the communities served by Bozeman Health, and Bozeman Health Deaconess Hospital (BHDH). The priorities identified guide the direction and scope of BHDH’s Community Benefit Strategic Plan, and illuminate opportunities for collaboration, coordination, and partnership between organizations.

Utilizing the methods described in the following pages, the 2017 CHNA identifies eleven community health needs for the three-county region. In consideration of the CHNA identified health needs, community prioritization, key informant feedback, internal expertise, and available resources, BHDH selected six priority areas to guide our community benefit work over the next three years:

1. Mental Health
2. Access to Health Services
3. Nutrition, Physical Activity and Weight
4. Substance Abuse
5. Heart Disease and Stroke
6. Injury and Violence

Since our last CHNA in 2014, the impact of our actions - often times in partnership with community - has been overall health improvement. Specifically:

- More people have health insurance and are able to access preventive, primary, and specialized healthcare services.
- More of our aging adults are receiving vital health screenings – including for colon cancer.
- Mortality rates associated with cancers and Alzheimer’s disease have fallen.
- The chronic lower respiratory disease (CLRD) mortality rate is lower than what is seen at state and national levels.
- Less people are dying from disease of the heart and stroke, and more people are having their cholesterol and blood pressure checked.
- More adults are being vaccinated against illnesses like influenza and pneumonia.
• Children are more likely to engage in healthy behaviors, like wearing bicycle helmets and getting regular exercise.
• Fewer adults use smokeless tobacco.

The above are just some of the accomplishments we have worked hard to achieve over the last several years. We look forward to continuing to fulfill our mission to improve community health and quality of life, as we have for more than 100 years.

The 2017 CHNA, including the six priority areas, was approved by the Bozeman Health Deaconess Hospital Board of Directors on October 23, 2017, and the Bozeman Health System Board of Directors on October 24, 2017.

The CHNA Report is widely available to the public and interested parties can view and download it on the Bozeman Health website. Paper copies are available upon request at the Community Health Resource Center at BHDH.

Written comments on this CHNA Report can be submitted to the Community Health Resource Center at BHDH:

Community Health Resource Center
Bozeman Health Deaconess Hospital
915 Highland Boulevard
Bozeman, MT 59715

Contact Bozeman Health’s Program Manager for Community Health Improvement and Partnerships at 406-414-5548 or ccoburn@bozemanhealth.org with any questions.

In continued health,

John Hill
President and CEO
Bozeman Health

Brian Brown
Chair, Board of Directors
Bozeman Health
# Table of Contents

## Introduction 9
- Project Overview 10
  - Project Goals 10
  - Methodology 11
  - Participation 15
- IRS Form 990, Schedule H Compliance 20
- Summary of Findings 21
  - Significant Health Needs of the Community 21
  - Summary Tables: Comparisons With Benchmark Data 25
  - Summary of Key Informant Perceptions 45

## Community Description 46
- Population Characteristics 47
  - Total Population 47
  - Urban/Rural Population 49
  - Age 50
  - Race & Ethnicity 51
  - Linguistic Isolation 54
- Social Determinants of Health 55
  - Poverty 55
  - Education 58
  - Employment 59
  - Housing Insecurity 59
  - Food Insecurity 61

## General Health Status 63
- Overall Health Status 64
  - Evaluation of Health Status 64
  - Activity Limitations 66
- Mental Health 69
  - Evaluation of Mental Health Status 70
  - Depression 72
  - Stress 74
  - Suicide 76
  - Mental Health Treatment 77
  - Key Informant Input: Mental Health 79
## Death, Disease & Chronic Conditions

### Leading Causes of Death
- Distribution of Deaths by Cause
- Age-Adjusted Death Rates for Selected Causes

### Cardiovascular Disease
- Age-Adjusted Heart Disease & Stroke Deaths
- Prevalence of Heart Disease & Stroke
- Cardiovascular Risk Factors
- Key Informant Input: Heart Disease & Stroke

### Cancer
- Age-Adjusted Cancer Deaths
- Cancer Incidence
- Prevalence of Cancer
- Cancer Screenings
- Key Informant Input: Cancer

### Respiratory Disease
- Age-Adjusted Respiratory Disease Deaths
- Air Quality
- Key Informant Input: Respiratory Disease
- Key Informant Input: Environmental Health

### Injury & Violence
- Unintentional Injury
- Intentional Injury (Violence)
- Key Informant Input: Injury & Violence

### Diabetes
- Age-Adjusted Diabetes Deaths
- Prevalence of Diabetes
- Key Informant Input: Diabetes

### Alzheimer’s Disease
- Age-Adjusted Alzheimer’s Disease Deaths
- Progressive Confusion/Memory Loss
- Key Informant Input: Dementias, Including Alzheimer’s Disease

### Kidney Disease
- Prevalence of Kidney Disease
- Key Informant Input: Kidney Disease

### Potentially Disabling Conditions
- Arthritis, Osteoporosis, & Chronic Back Conditions
- Key Informant Input: Arthritis, Osteoporosis & Chronic Back Conditions
- Vision & Hearing Impairment
Key Informant Input: Vision & Hearing

**Infectious Disease**

Influenza & Pneumonia Vaccination
- Flu Vaccinations
- Pneumonia Vaccination

HIV
- HIV Prevalence
- HIV Testing
- Key Informant Input: HIV/AIDS

Sexually Transmitted Diseases
- Chlamydia & Gonorrhea
- Human Papillomavirus (HPV)
- Safe Sexual Practices
- Key Informant Input: Sexually Transmitted Diseases

Immunization & Infectious Diseases
- Key Informant Input: Immunization & Infectious Diseases

**Births**

Prenatal Care

Birth Outcomes & Risks
- Low-Weight Births
- Infant Mortality
- Key Informant Input: Infant & Child Health

Family Planning
- Births to Teen Mothers
- Key Informant Input: Family Planning

**Modifiable Health Risks**

Actual Causes of Death

Nutrition
- Daily Recommendation of Fruits/Vegetables
- Low Food Access (Food Deserts)
- Sugar-Sweetened Beverages

Physical Activity
- Leisure-Time Physical Activity
- Activity Levels
- Access to Physical Activity

Weight Status
- Adult Weight Status
- Children’s Weight Status
<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Key Informant Input: Nutrition, Physical Activity &amp; Weight</td>
<td>200</td>
</tr>
<tr>
<td><strong>Sleep</strong></td>
<td>203</td>
</tr>
<tr>
<td><strong>Substance Abuse</strong></td>
<td>205</td>
</tr>
<tr>
<td>Age-Adjusted Cirrhosis/Liver Disease Deaths</td>
<td>205</td>
</tr>
<tr>
<td>Alcohol Use</td>
<td>207</td>
</tr>
<tr>
<td>Age-Adjusted Drug-Induced Deaths</td>
<td>209</td>
</tr>
<tr>
<td>Illicit Drug Use</td>
<td>210</td>
</tr>
<tr>
<td>Alcohol &amp; Drug Treatment</td>
<td>211</td>
</tr>
<tr>
<td>Negative Effects of Substance Abuse</td>
<td>211</td>
</tr>
<tr>
<td>Key Informant Input: Substance Abuse</td>
<td>213</td>
</tr>
<tr>
<td><strong>Tobacco Use</strong></td>
<td>218</td>
</tr>
<tr>
<td>Cigarette Smoking</td>
<td>218</td>
</tr>
<tr>
<td>Other Tobacco Use</td>
<td>222</td>
</tr>
<tr>
<td>Key Informant Input: Tobacco Use</td>
<td>225</td>
</tr>
<tr>
<td><strong>Access to Health Services</strong></td>
<td>227</td>
</tr>
<tr>
<td>Health Insurance Coverage</td>
<td>228</td>
</tr>
<tr>
<td>Type of Healthcare Coverage</td>
<td>228</td>
</tr>
<tr>
<td>Lack of Health Insurance Coverage</td>
<td>229</td>
</tr>
<tr>
<td><strong>Difficulties Accessing Healthcare</strong></td>
<td>232</td>
</tr>
<tr>
<td>Barriers to Healthcare Access</td>
<td>232</td>
</tr>
<tr>
<td>Accessing Healthcare for Children</td>
<td>236</td>
</tr>
<tr>
<td>Key Informant Input: Access to Healthcare Services</td>
<td>236</td>
</tr>
<tr>
<td><strong>Lack of Services for Seniors</strong></td>
<td>240</td>
</tr>
<tr>
<td><strong>Lack of Services for LGBTQ Residents</strong></td>
<td>242</td>
</tr>
<tr>
<td><strong>Health Literacy</strong></td>
<td>244</td>
</tr>
<tr>
<td>Understanding Health Information</td>
<td>244</td>
</tr>
<tr>
<td><strong>Primary Care Services</strong></td>
<td>246</td>
</tr>
<tr>
<td>Access to Primary Care</td>
<td>246</td>
</tr>
<tr>
<td>Specific Source of Ongoing Care</td>
<td>247</td>
</tr>
<tr>
<td>Utilization of Primary Care Services</td>
<td>249</td>
</tr>
<tr>
<td><strong>Emergency Room Utilization</strong></td>
<td>251</td>
</tr>
<tr>
<td><strong>Oral Health</strong></td>
<td>253</td>
</tr>
<tr>
<td>Dental Insurance</td>
<td>253</td>
</tr>
<tr>
<td>Dental Care</td>
<td>255</td>
</tr>
<tr>
<td>Key Informant Input: Oral Health</td>
<td>257</td>
</tr>
<tr>
<td><strong>Vision Care</strong></td>
<td>259</td>
</tr>
<tr>
<td><strong>Health Education &amp; Outreach</strong></td>
<td>260</td>
</tr>
<tr>
<td>Participation in Health Promotion Events</td>
<td>261</td>
</tr>
</tbody>
</table>
Local Resources 263
Perceptions of Local Healthcare Services 264
Healthcare Resources & Facilities 266
   Hospitals & Federally Qualified Health Centers (FQHCs) 266
Resources Available to Address the Significant Health Needs 267

Appendix:
Bozeman Health Deaconess Hospital 273
Evaluation of the Community Health Improvement
Efforts of Bozeman Health Deaconess Hospital 274
   Methodology 274
   Key Informant Evaluation of BHDH’s
      Recent Work Around Specific Health Issues 275
Access to Health Services 276
Community Collaboration & Strategic Partnership 288
Obesity, Nutrition, & Physical Activity 290
Behavioral & Mental Health Support 294
Additional Issues 299
Introduction
Project Overview

Project Goals
This Community Health Needs Assessment, a follow-up to similar studies conducted in 2011 and 2014, is a systematic, data-driven approach to determining the health status, behaviors and needs of residents in Gallatin, Madison, and Park counties, Montana. Subsequently, this information may be used to inform decisions and guide efforts to improve community health and wellness.

A Community Health Needs Assessment provides information so that communities may identify issues of greatest concern and decide to commit resources to those areas, thereby making the greatest possible impact on community health status. This Community Health Needs Assessment 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.** A healthy community is not only one where its residents suffer little from physical and mental illness, but also one where its residents enjoy a high quality of life.

- **To reduce the health disparities among residents.** By gathering demographic information along with health status and behavior data, it will be possible to identify population segments that are most at-risk for various diseases and injuries. Intervention plans aimed at targeting these individuals may then be developed to combat some of the socio-economic factors which have historically had a negative impact on residents’ health.

- **To increase accessibility to preventive services for all community residents.** More accessible preventive services will prove beneficial in accomplishing the first goal (improving health status, increasing life spans, and elevating the quality of life), as well as lowering the costs associated with caring for late-stage diseases resulting from a lack of preventive care.

This assessment was conducted on behalf of Bozeman Health Deaconess Hospital, Community Health Partners (CHP), and the Gallatin City-County Health Department by Professional Research Consultants, Inc. (PRC). PRC is a nationally recognized healthcare consulting firm with extensive experience conducting Community Health Needs Assessments such as this in hundreds of communities across the United States since 1994.
Methodology

This assessment incorporates data from both quantitative and qualitative sources. Quantitative data input includes primary research (the PRC Community Health Survey) and secondary research (vital statistics and other existing health-related data); these quantitative components allow for trending and comparison to benchmark data at the state and national levels. Qualitative data input includes primary research gathered through an Online Key Informant Survey.

PRC Community Health Survey

Survey Instrument

The survey instrument used for this study is based largely on the Centers for Disease Control and Prevention (CDC) Behavioral Risk Factor Surveillance System (BRFSS), as well as various other public health surveys and customized questions addressing gaps in indicator data relative to health promotion and disease prevention objectives and other recognized health issues. The final survey instrument was developed by Bozeman Health, Community Health Partners (CHP), the Gallatin City-County Health Department, and PRC and is similar to the previous surveys used in the region, allowing for data trending.

Community Defined for This Assessment

The study area for the survey effort (referred to as the “Total Area” in this report) is made up of three Montana counties (Gallatin, Madison, and Park); for survey indicators, the city of Bozeman is examined separately from the remainder of Gallatin County. This community definition, determined based on the ZIP Codes of residence of recent patients of Bozeman Health Deaconess Hospital, is illustrated in the following map. Bozeman Health Deaconess Hospital primarily serves Gallatin, Madison, and Park counties, with residents in these areas accounting for roughly 88% of total inpatient admissions in 2014 (including 78% in Gallatin County, 4% in Madison County, and 6% in Park County). Note that the current community definition does not include ZIP Code 59743, which was present in prior studies, but does include ZIP Codes 59081, 59082, and 59760, which were recently added. These differences in definition are marginal in their impact on the ability to trend to prior data.
Sample Approach & Design

A precise and carefully executed methodology is critical in asserting the validity of the results gathered in the PRC Community Health Survey. Thus, to ensure the best representation of the population surveyed a mixed-mode methodology was implemented. This included surveys conducted via telephone (landline and cell phone), as well as through online questionnaires.

The sample design used for this effort consisted of a stratified random sample of 850 individuals age 18 and older in the Total Area, including 200 in Bozeman, 305 in Other Gallatin County (505 total in Gallatin County), 195 in Madison County, and 150 in Park County. Once the interviews were completed, these were weighted in proportion to the actual population distribution so as to appropriately represent the Total Area as a whole. All administration of the surveys, data collection and data analysis was conducted by Professional Research Consultants, Inc. (PRC).

For statistical purposes, the maximum rate of error associated with a sample size of 850 respondents is ±3.4% at the 95 percent level of confidence.
**Expected Error Ranges for a Sample of 850 Respondents at the 95 Percent Level of Confidence**

Note: The “response rate” (the percentage of a population giving a particular response) determines the error rate associated with that response. A “95 percent level of confidence” indicates that responses would fall within the expected error range on 95 out of 100 trials.

Examples:
- If 10% of the sample of 850 respondents answered a certain question with a “yes,” it can be asserted that between 8.0% and 12.0% (10% ± 2.0%) of the total population would offer this response.
- If 50% of respondents said “yes,” one could be certain with a 95 percent level of confidence that between 46.6% and 53.4% (50% ± 3.4%) of the total population would respond “yes” if asked this question.

**Sample Characteristics**

To accurately represent the population studied, PRC strives to minimize bias through application of a proven telephone methodology and random-selection techniques. And, while this random sampling of the population produces a highly representative sample, it is a common and preferred practice to “weight” the raw data to improve this representativeness even further. This is accomplished by adjusting the results of a random sample to match the geographic distribution and demographic characteristics of the population surveyed (poststratification), so as to eliminate any naturally occurring bias. Specifically, once the raw data are gathered, respondents are examined by key demographic characteristics (namely gender, age, race, ethnicity, and poverty status) and a statistical application package applies weighting variables that produce a sample which more closely matches the population for these characteristics. Thus, while the integrity of each individual’s responses is maintained, one respondent’s responses may contribute to the whole the same weight as, for example, 1.1 respondents. Another respondent, whose demographic characteristics may have been slightly oversampled, may contribute the same weight as 0.9 respondents.

The following chart outlines the characteristics of the Total Area sample for key demographic variables, compared to actual population characteristics revealed in census data. [Note that the sample consisted solely of area residents age 18 and older; data on children were given by proxy by the person most responsible for that child’s healthcare needs, and these children are not represented demographically in this chart.]
Population & Survey Sample Characteristics
(Total Area, 2017)

Further note that the poverty descriptions and segmentation used in this report are based on administrative poverty thresholds determined by the US Department of Health & Human Services. These guidelines define poverty status by household income level and number of persons in the household (e.g., the 2017 guidelines place the poverty threshold for a family of four at $24,400 annual household income or lower). In sample segmentation: “low income” refers to community members living in a household with defined poverty status or living just above the poverty level, earning up to twice (<200% of) the poverty threshold; “mid/high income” refers to those households living on incomes which are twice or more (≥200% of) the federal poverty level.

The sample design and the quality control procedures used in the data collection ensure that the sample is representative. Thus, the findings may be generalized to the total population of community members in the defined area with a high degree of confidence.

Online Key Informant Survey
To solicit input from key informants, those individuals who have a broad interest in the health of the community, an Online Key Informant Survey was implemented as part of the broader Community Health Needs Assessment process. A list of recommended participants was provided by Bozeman Health, Community Health Partners, and Gallatin City-County Health Department; this list included names and contact information for physicians/advanced practiced clinicians, public health/community health representatives, other health professionals, social services providers, and a variety of other community leaders. Potential participants were chosen because of their ability to identify primary concerns of the populations with whom they work, as well as of the community overall.
Participation

Key informants were contacted by email, introducing the purpose of the survey and providing a link to take the survey online; reminder emails were sent as needed to increase participation. In all, 144 community stakeholders took part in the Online Key Informant Survey, as outlined below:

<table>
<thead>
<tr>
<th>Key Informant Type</th>
<th>Number Invited</th>
<th>Number Participating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physician/Advanced Practice Clinician</td>
<td>98</td>
<td>36</td>
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<tr>
<td>Public Health/Community Health Representative</td>
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<td>13</td>
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<tr>
<td>Other Health Professional</td>
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<td>22</td>
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<tr>
<td>Social Services Provider</td>
<td>18</td>
<td>13</td>
</tr>
<tr>
<td>Other Community Leaders</td>
<td>115</td>
<td>60</td>
</tr>
</tbody>
</table>

Final participation included representatives of the organizations outlined below.

- Alcohol and Drug Services of Gallatin County
- American Indian Student Support Services
- AWARE
- Belgrade School District
- Big Sky Community Food Bank
- Big Sky Fire Department
- Big Sky Medical Center
- Big Sky School District
- Big Sky Youth Empowerment
- Billings Clinic Acorn Pediatrics
- Bozeman Health
- Bozeman Health Clinic
- Bozeman Health Deaconess Hospital
- Bozeman Health Internal Medicine
- Bozeman Health Urgent Care
- Bozeman Parks and Recreation Department
- Bozeman Police Department
- Bozeman School District
- Bridgercare
- Brookdale Springmeadows
- Cancer Support Community Montana
- City of Belgrade
- City of Bozeman
- City of Three Forks
- Community Health Partners
- Community West Outreach
- Cottonwood Case Management
- Ennis School District
- Gallatin City-County Health Department
- Gallatin County Commission
- Gallatin County Detention Center
- Gallatin County Government
- Gallatin Early Childhood Community Council
- Gallatin Valley Farm to School
Through this process, input was gathered from several individuals whose organizations work with low-income, minority populations, or other medically underserved populations.

**Minority/medically underserved populations represented:**

- abused children, African-Americans, Arabs, children, construction laborers, crime victims, disabled, domestic violence victims, elderly, English as a second language, geographic barriers, Head Start participants, high school dropouts, Hispanics, HIV patients, HMK (Healthy Montana Kids) patients, homeless, immigrants, international students and families, LGBT, low-income, Medicare/Medicaid, mentally ill, migrant workers, minority students, Native Americans, non-English speaking, nursing home residents, pre-release clients, recent arrivals to the community, rural population, seasonal workers, service workers, students, substance abusers, teenagers, undocumented immigrants, uneducated, unemployed, uninsured/underinsured, veterans, women

In the online survey, key informants were asked to rate the degree to which various health issues are a problem in their own community. Follow-up questions asked them to describe why they identify problem areas as such, and how these might be better addressed. Results of their ratings, as well as their verbatim comments, are included throughout this report as they relate to the various other data presented.
NOTE: These findings represent qualitative rather than quantitative data. The Online Key Informant Survey was designed to gather input from participants regarding their opinions and perceptions of the health of the residents in the area. Thus, these findings are not necessarily based on fact.

Public Health, Vital Statistics & Other Data

A variety of existing (secondary) data sources was consulted to complement the research quality of this Community Health Needs Assessment. Data for the Total Area were obtained from the following sources (specific citations are included with the graphs throughout this report):

- Center for Applied Research and Environmental Systems (CARES)
- Centers for Disease Control & Prevention, Office of Infectious Disease, National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention
- Centers for Disease Control & Prevention, Office of Public Health Science Services, Center for Surveillance, Epidemiology and Laboratory Services, Division of Health Informatics and Surveillance (DHIS)
- Centers for Disease Control & Prevention, Office of Public Health Science Services, National Center for Health Statistics
- Community Commons
- ESRI ArcGIS Map Gallery
- Montana Department of Public Health & Human Services
- National Cancer Institute, State Cancer Profiles
- OpenStreetMap (OSM)
- US Census Bureau, American Community Survey
- US Census Bureau, County Business Patterns
- US Census Bureau, Decennial Census
- US Department of Agriculture, Economic Research Service
- US Department of Health & Human Services
- US Department of Health & Human Services, Health Resources and Services Administration (HRSA)
- US Department of Justice, Federal Bureau of Investigation
- US Department of Labor, Bureau of Labor Statistics

Note that secondary data reflect county-level data.

Benchmark Data

Trending

Similar surveys were administered in the Total Area in 2011 and 2014 by PRC on behalf of Bozeman Deaconess Hospital, Community Health Partners (CHP), and the Gallatin City-County Health Department. Trending data, as revealed by comparison to prior survey results, are provided throughout this report whenever available. Historical data for secondary data
indicators are also included for the purposes of trending.

**Montana Risk Factor Data**

Statewide risk factor data are provided where available as an additional benchmark against which to compare local survey findings; these data represent the most recent *BRFSS (Behavioral Risk Factor Surveillance System) Prevalence and Trends Data* published online by the Centers for Disease Control and Prevention. State-level vital statistics are also provided for comparison of secondary data indicators.

**Nationwide Risk Factor Data**

Nationwide risk factor data, which are also provided in comparison charts, are taken from the *2015 PRC National Health Survey*; the methodological approach for the national study is identical to that employed in this assessment, and these data may be generalized to the US population with a high degree of confidence. National-level vital statistics are also provided for comparison of secondary data indicators.

**Healthy People 2020**

Healthy People provides science-based, 10-year national objectives for improving the health of all Americans. For three decades, Healthy People has established benchmarks and monitored progress over time in order to:

- Encourage collaborations across communities and sectors.
- Empower individuals toward making informed health decisions.
- Measure the impact of prevention activities.

Healthy People strives to:

- Identify nationwide health improvement priorities.
- Increase public awareness and understanding of the determinants of health, disease, and disability and the opportunities for progress.
- Provide measurable objectives and goals that are applicable at the national, State, and local levels.
- Engage multiple sectors to take actions to strengthen policies and improve practices that are driven by the best available evidence and knowledge.
- Identify critical research, evaluation, and data collection needs.
Determining Significance

Differences noted in this report represent those determined to be significant. For survey-derived indicators (which are subject to sampling error), statistical significance is determined based on confidence intervals (at the 95 percent confidence level) using question-specific samples and response rates. For secondary data indicators (which do not carry sampling error, but might be subject to reporting error), “significance,” for the purpose of this report, is determined by a 5% variation from the comparative measure.

Information Gaps

While this assessment is quite comprehensive, it cannot measure all possible aspects of health in the community, nor can it adequately represent all possible populations of interest. It must be recognized that these information gaps might in some ways limit the ability to assess all of the community’s health needs.

For example, certain population groups — such as the homeless, institutionalized persons, or those who only speak a language other than English or Spanish — are not represented in the survey data. Other population groups — for example, pregnant women, lesbian/gay/bisexual/transgender residents, undocumented residents, and members of certain racial/ethnic or immigrant groups — might not be identifiable or might not be represented in numbers sufficient for independent analyses.

In terms of content, this assessment was designed to provide a comprehensive and broad picture of the health of the overall community. However, there are certainly medical conditions that are not specifically addressed.
For Bozeman Health Deaconess Hospital, this Community Health Needs Assessment (CHNA) also serves to satisfy certain requirements of tax reporting, pursuant to provisions of the Patient Protection & Affordable Care Act of 2010. To understand which elements of this report relate to those requested as part of the hospital’s reporting on IRS Form 990 Schedule H, the following table cross-references related sections.

<table>
<thead>
<tr>
<th>IRS Form 990, Schedule H (2017)</th>
<th>See Report Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Part V Section B Line 3a</td>
<td>A definition of the community served by the hospital facility</td>
</tr>
<tr>
<td>Part V Section B Line 3b</td>
<td>Demographics of the community</td>
</tr>
<tr>
<td>Part V Section B Line 3c</td>
<td>Existing health care facilities and resources within the community that are available to respond to the health needs of the community</td>
</tr>
<tr>
<td>Part V Section B Line 3d</td>
<td>How data was obtained</td>
</tr>
<tr>
<td>Part V Section B Line 3e</td>
<td>The significant health needs of the community</td>
</tr>
<tr>
<td>Part V Section B Line 3f</td>
<td>Primary and chronic disease needs and other health issues of uninsured persons, low-income persons, and minority groups</td>
</tr>
<tr>
<td>Part V Section B Line 3g</td>
<td>The process for identifying and prioritizing community health needs and services to meet the community health needs</td>
</tr>
<tr>
<td>Part V Section B Line 3h</td>
<td>The process for consulting with persons representing the community’s interests</td>
</tr>
<tr>
<td>Part V Section B Line 3i</td>
<td>The impact of any actions taken to address the significant health needs identified in the hospital facility’s prior CHNA(s)</td>
</tr>
</tbody>
</table>
Summary of Findings

Significant Health Needs of the Community

The following “areas of opportunity” represent the significant health needs of the community, based on the information gathered through this Community Health Needs Assessment and the guidelines set forth in Healthy People 2020. From these data, opportunities for health improvement exist in the area with regard to the following health issues (see also the summary tables presented in the following section).

The Areas of Opportunity were determined after consideration of various criteria, including: standing in comparison with benchmark data (particularly national data); identified trends; the preponderance of significant findings within topic areas; the magnitude of the issue in terms of the number of persons affected; and the potential health impact of a given issue. These also take into account those issues of greatest concern to the community stakeholders (key informants) giving input to this process.

<table>
<thead>
<tr>
<th>Areas of Opportunity Identified Through This Assessment</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Access to Healthcare Services</strong></td>
</tr>
<tr>
<td>• Barriers to Access</td>
</tr>
<tr>
<td>○ Inconvenient Office Hours [Other Gallatin]</td>
</tr>
<tr>
<td>○ Finding a Primary Care Provider [Other Gallatin]</td>
</tr>
<tr>
<td>○ Cost of a PCP Visit [Other Gallatin]</td>
</tr>
<tr>
<td>○ Difficulty Getting a PCP Appointment [Other Gallatin]</td>
</tr>
<tr>
<td>○ Lack of Transportation [Gallatin County]</td>
</tr>
<tr>
<td>• Skipped Prescription Doses [Other Gallatin/Park County]</td>
</tr>
<tr>
<td>• Primary Care Physician Ratio</td>
</tr>
<tr>
<td>• Specific Source of Ongoing Care [Park County]</td>
</tr>
<tr>
<td>• Routine Medical Care [Adults]</td>
</tr>
<tr>
<td>• Routine Medical Care [Children]</td>
</tr>
<tr>
<td>• Difficulty Understanding Health Professionals [Other Gallatin]</td>
</tr>
<tr>
<td>• Attendance at Health Promotion Events</td>
</tr>
<tr>
<td>• Dental Insurance Coverage</td>
</tr>
<tr>
<td>• Eye Exams</td>
</tr>
<tr>
<td>• “Fair/Poor” Ratings of Local Services [Other Gallatin]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Cancer</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Cancer is a leading cause of death.</td>
</tr>
<tr>
<td>• Prostate Cancer Deaths</td>
</tr>
<tr>
<td>• Female Breast Cancer Incidence</td>
</tr>
<tr>
<td>• Prostate Cancer Incidence [Gallatin County]</td>
</tr>
<tr>
<td>• Cancer (Non-Skin) Prevalence</td>
</tr>
<tr>
<td>• Female Breast Cancer Screening [Age 50-74]</td>
</tr>
<tr>
<td>• Cervical Cancer Screening [Age 21-65]</td>
</tr>
<tr>
<td>• Colorectal Cancer Screening [Park County]</td>
</tr>
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—continued on next page—
## Areas of Opportunity (continued)

<table>
<thead>
<tr>
<th>Area</th>
<th>Opportunities</th>
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<tbody>
<tr>
<td><strong>Dementias, Including Alzheimer’s Disease</strong></td>
<td>• Alzheimer’s Disease Deaths [Park County]</td>
</tr>
<tr>
<td></td>
<td>• Increasing Confusion/Memory Loss [Other Gallatin]</td>
</tr>
<tr>
<td><strong>Diabetes</strong></td>
<td>• Diabetes Prevalence</td>
</tr>
<tr>
<td></td>
<td>• Prevalence of Borderline/Pre-Diabetes</td>
</tr>
<tr>
<td></td>
<td>• Blood Sugar Testing [Non-Diabetics]</td>
</tr>
<tr>
<td><strong>Heart Disease &amp; Stroke</strong></td>
<td>• Cardiovascular disease is a leading cause of death.</td>
</tr>
<tr>
<td></td>
<td>• Prevalence of Heart Disease [Madison County]</td>
</tr>
<tr>
<td></td>
<td>• Prevalence of High Blood Pressure</td>
</tr>
<tr>
<td></td>
<td>• High Blood Pressure Management</td>
</tr>
<tr>
<td></td>
<td>• Cholesterol Screening [Madison County]</td>
</tr>
<tr>
<td></td>
<td>• Overall Cardiovascular Risk</td>
</tr>
<tr>
<td><strong>Injury &amp; Violence</strong></td>
<td>• Unintentional Injury Deaths [Park County]</td>
</tr>
<tr>
<td></td>
<td>• Falls [Age 45+]</td>
</tr>
<tr>
<td></td>
<td>• Firearm-Related Deaths</td>
</tr>
<tr>
<td></td>
<td>• Firearm Prevalence</td>
</tr>
<tr>
<td></td>
<td>• Including in Homes With Children</td>
</tr>
<tr>
<td></td>
<td>• Firearm Storage/Safety</td>
</tr>
<tr>
<td></td>
<td>• Domestic Violence Experience</td>
</tr>
<tr>
<td></td>
<td>• Seat Belt Usage</td>
</tr>
<tr>
<td></td>
<td>• Texting/Emailing While Driving</td>
</tr>
<tr>
<td><strong>Mental Health</strong></td>
<td>• “Fair/Poor” Mental Health</td>
</tr>
<tr>
<td></td>
<td>• Diagnosed Depression</td>
</tr>
<tr>
<td></td>
<td>• Symptoms of Chronic Depression</td>
</tr>
<tr>
<td></td>
<td>• Suicide Deaths</td>
</tr>
<tr>
<td></td>
<td>• Sought Help for Mental Health [Madison County]</td>
</tr>
<tr>
<td></td>
<td>• Receiving Meds/Treatment for Mental Health [Other Gallatin]</td>
</tr>
<tr>
<td></td>
<td>• Unable to Get Mental Health Services/Past Yr [Other Gallatin]</td>
</tr>
<tr>
<td></td>
<td>• Sleep &lt;7 Hours Per Night [Other Gallatin]</td>
</tr>
<tr>
<td></td>
<td>• Mental Health ranked as a top concern in the Online Key Informant Survey.</td>
</tr>
<tr>
<td><strong>Nutrition, Physical Activity, &amp; Weight</strong></td>
<td>• Fruit/Vegetable Consumption</td>
</tr>
<tr>
<td></td>
<td>• Low Food Access [Park County]</td>
</tr>
<tr>
<td></td>
<td>• 7+ Sugar-Sweetened Drinks/Past Week [Other Gallatin]</td>
</tr>
<tr>
<td></td>
<td>• Overweight &amp; Obesity [Adults]</td>
</tr>
<tr>
<td></td>
<td>• [Obese] Counseled About Weight</td>
</tr>
<tr>
<td></td>
<td>• Overweight &amp; Obesity [Children]</td>
</tr>
<tr>
<td></td>
<td>• Leisure-Time Physical Activity</td>
</tr>
<tr>
<td></td>
<td>• Meets Physical Activity Guidelines [Other Gallatin/Park County]</td>
</tr>
<tr>
<td></td>
<td>• Recreation/Fitness Facilities Per 100,000 [Park County]</td>
</tr>
</tbody>
</table>

—continued on next page—
Areas of Opportunity (continued)

| Potentially Disabling Conditions | • Activity Limitations  
| • “Fair/Poor” Physical Health [Other Gallatin County]  
| • Sciatica/Chronic Back Pain Prevalence |
| Respiratory Diseases | • Asthma Prevalence [Adults]  
| • Prevalence of COPD [Other Gallatin/Park County]  
| • Use of Wood-Burning Stoves for Heat [Other Gallatin/Madison & Park counties]  
| • Use of Catalytic Converters in Wood Stoves  
| • Radon Testing [Other Gallatin/Madison & Park counties]  
| • Flu Vaccine for Age 65+ [Park County]  
| • Pneumonia Vaccine for Age 65+ [Park County] |
| Substance Abuse | • Drinking & Driving  
| • Excessive Drinking [Gallatin County]  
| • Seeking Professional Help [Madison County]  
| • Drug-Induced Deaths  
| • Negatively Affected by Substance Abuse (Self or Other’s)  
| • Substance Abuse ranked as a top concern in the Online Key Informant Survey. |
| Tobacco Use | • Environmental Tobacco Smoke Exposure at Home  
| • Including Among Homes With Children  
| • Current Use of E-Cigarettes [Gallatin County]  
| • Smoking Cessation |

Community Feedback on Prioritization of Health Needs

On September 13-15, 2017, Bozeman Health, Community Health Partners, and Gallatin City-County Health Department convened three groups of community stakeholders (representing community-based organizations and residents) to evaluate, discuss and prioritize health issues for Gallatin, Madison, and Park counties, based on findings of this Community Health Needs Assessment (CHNA). The meetings were held in the communities of Belgrade (where 21 attendees took part), Three Forks (8 attendees), and Bozeman (33 attendees).

Professional Research Consultants, Inc. (PRC) began these meetings with a presentation of key findings from the CHNA, highlighting the significant health issues identified from the research (see Areas of Opportunity above). Following the data review, PRC answered any questions and facilitated a group dialogue. Finally, participants were provided an overview of the prioritization exercise that followed.

In order to assign priority to the identified health needs (i.e., Areas of Opportunity), a wireless audience response system was used in which each participant was able to register his/her ratings using a small remote keypad. The participants were asked to evaluate each health issue along two criteria:
• **Scope & Severity** — The first rating was to gauge the magnitude of the problem in consideration of the following:
  
  • *How many people are affected?*
  
  • *How does the local community data compare to state or national levels, or Healthy People 2020 targets?*
  
  • *To what degree does each health issue lead to death or disability, impair quality of life, or impact other health issues?*
  
  Ratings were entered on a scale of 1 (not very prevalent at all, with only minimal health consequences) to 10 (extremely prevalent, with very serious health consequences).

• **Ability to Impact** — A second rating was designed to measure the perceived likelihood of having a positive impact on each health issue. Ratings were entered on a scale of 1 (no ability to impact) to 10 (great ability to impact).

Individuals’ ratings for each criteria were averaged for each tested health issue, and then these composite criteria scores were averaged to produce an overall score. This process yielded the following prioritized list of community health needs for the three-county region:

1. Mental Health
2. Access to Healthcare Services
3. Nutrition, Physical Activity & Weight
4. Substance Abuse
5. Heart Disease & Stroke
6. Diabetes
7. Cancer
8. Injury & Violence
9. Tobacco Use
10. Potentially Disabling Conditions
11. Respiratory Diseases
Summary Tables: Comparisons With Benchmark Data

The following tables provide an overview of indicators in the Total Area, including comparisons among the individual communities, as well as trend data. These data are grouped to correspond with the Focus Areas presented in Healthy People 2020.

Reading the Summary Tables

- In the following charts, Total Area results are shown in the larger, blue column. For survey-derived indicators, this column represents the ZIP Code–defined hospital service area; for data from secondary sources, this column represents findings for the three counties as a whole. Tip: Indicator labels beginning with a “%” symbol are taken from the PRC Community Health Survey; the remaining indicators are taken from secondary data sources.

- The green columns [to the left of the Total Area column] provide comparisons between Bozeman and the balance of Gallatin County, as well as among the three counties (Gallatin, Madison, and Park), identifying differences for each as “better than” (○), “worse than” (●), or “similar to” (≡) the combined opposing area/counties.

- The columns to the right of the Total Area column provide trending, as well as comparisons between local data and any available state and national findings, and Healthy People 2020 targets. Again, symbols indicate whether the Total Area compares favorably (○), unfavorably (●), or comparably (≡) to these external data.

Note that blank table cells signify that data are not available or are not reliable for that area and/or for that indicator.
## Social Determinants

<table>
<thead>
<tr>
<th>Social Determinants</th>
<th>Each Sub-Area vs. Others</th>
<th>Total Area vs. Benchmarks</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Bozeman</td>
<td>Other Gallatin</td>
</tr>
<tr>
<td>Linguistically Isolated Population (Percent)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Population in Poverty (Percent)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Population Below 200% FPL (Percent)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Children Below 200% FPL (Percent)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>% Worry/Stress Over Rent/Mortgage in Past Year</td>
<td></td>
<td></td>
</tr>
<tr>
<td>No High School Diploma (Age 25+, Percent)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Unemployment Rate (Age 16+, Percent)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Note: In the green section, each subarea is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.
### Overall Health

<table>
<thead>
<tr>
<th></th>
<th>Bozeman</th>
<th>Other Gallatin</th>
<th>Gallatin County</th>
<th>Madison County</th>
<th>Park County</th>
</tr>
</thead>
<tbody>
<tr>
<td>% “Fair/Poor” Physical Health</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>9.0</td>
<td>20.2</td>
<td>12.4</td>
<td>9.7</td>
<td>13.6</td>
</tr>
<tr>
<td>% Activity Limitations</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>24.5</td>
<td>30.6</td>
<td>26.4</td>
<td>17.5</td>
<td>28.6</td>
</tr>
</tbody>
</table>

Note: In the green section, each subarea is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.

### Access to Health Services

<table>
<thead>
<tr>
<th></th>
<th>Bozeman</th>
<th>Other Gallatin</th>
<th>Gallatin County</th>
<th>Madison County</th>
<th>Park County</th>
</tr>
</thead>
<tbody>
<tr>
<td>% [Age 18-64] Lack Health Insurance</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>11.0</td>
<td>16.5</td>
<td>12.7</td>
<td>14.0</td>
<td>11.9</td>
</tr>
<tr>
<td>% [Insured 18-64] Have Coverage Through ACA</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>23.0</td>
<td>27.2</td>
<td>24.1</td>
<td>25.4</td>
<td>14.9</td>
</tr>
<tr>
<td>% [Insured] Went Without Coverage in Past Year</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4.8</td>
<td>3.4</td>
<td>4.4</td>
<td>1.8</td>
<td>7.2</td>
</tr>
<tr>
<td>% Inconvenient Hrs Prevented PCP Visit in Past Year</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>9.0</td>
<td>19.3</td>
<td>12.2</td>
<td>6.7</td>
<td>10.0</td>
</tr>
<tr>
<td>% Cost Prevented Getting Prescription in Past Year</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>10.1</td>
<td>13.1</td>
<td>11.0</td>
<td>6.3</td>
<td>13.3</td>
</tr>
<tr>
<td>% Cost Prevented PCP Visit in Past Year</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4.0</td>
<td>14.6</td>
<td>7.2</td>
<td>5.8</td>
<td>9.2</td>
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</table>

### Note:
- Each Sub-Area vs. Others
- Total Area vs. Benchmarks
## Access to Health Services (continued)

<table>
<thead>
<tr>
<th>Metric</th>
<th>Bozeman</th>
<th>Other Gallatin</th>
<th>Gallatin County</th>
<th>Madison County</th>
<th>Park County</th>
<th>Total Area vs. MT</th>
<th>Total Area vs. US</th>
<th>Total Area vs. HP2020</th>
<th>TREND</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Difficulty Getting PCP Appointment in Past Year</td>
<td><img src="#" alt="Bozeman" /></td>
<td>12.3</td>
<td><img src="#" alt="Other Gallatin" /></td>
<td>25.9</td>
<td><img src="#" alt="Gallatin County" /></td>
<td>16.5</td>
<td><img src="#" alt="Madison County" /></td>
<td>8.9</td>
<td><img src="#" alt="Park County" /></td>
</tr>
<tr>
<td>% Difficulty Finding PCP in Past Year</td>
<td><img src="#" alt="Bozeman" /></td>
<td>7.6</td>
<td><img src="#" alt="Other Gallatin" /></td>
<td>20.2</td>
<td><img src="#" alt="Gallatin County" /></td>
<td><img src="#" alt="Madison County" /></td>
<td><img src="#" alt="Park County" /></td>
<td><img src="#" alt="Total Area vs. MT" /></td>
<td>10.7</td>
</tr>
<tr>
<td>% Transportation Hindered PCP Visit in Past Year</td>
<td><img src="#" alt="Bozeman" /></td>
<td>5.3</td>
<td><img src="#" alt="Other Gallatin" /></td>
<td>7.8</td>
<td><img src="#" alt="Gallatin County" /></td>
<td><img src="#" alt="Madison County" /></td>
<td><img src="#" alt="Park County" /></td>
<td><img src="#" alt="Total Area vs. MT" /></td>
<td>5.4</td>
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<tr>
<td>% Language/Culture Prevented Care in Past Year</td>
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<td><img src="#" alt="Madison County" /></td>
<td><img src="#" alt="Park County" /></td>
<td><img src="#" alt="Total Area vs. MT" /></td>
<td>0.1</td>
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<tr>
<td>% Skipped Prescription Doses to Save Costs</td>
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<td>6.9</td>
<td><img src="#" alt="Other Gallatin" /></td>
<td>12.2</td>
<td><img src="#" alt="Gallatin County" /></td>
<td><img src="#" alt="Madison County" /></td>
<td><img src="#" alt="Park County" /></td>
<td><img src="#" alt="Total Area vs. MT" /></td>
<td>9.5</td>
</tr>
<tr>
<td>% Difficulty Getting Child's Healthcare in Past Year</td>
<td><img src="#" alt="Bozeman" /></td>
<td>1.3</td>
<td><img src="#" alt="Other Gallatin" /></td>
<td>4.4</td>
<td><img src="#" alt="Gallatin County" /></td>
<td><img src="#" alt="Madison County" /></td>
<td><img src="#" alt="Park County" /></td>
<td><img src="#" alt="Total Area vs. MT" /></td>
<td>2.4</td>
</tr>
<tr>
<td>% Have Difficulty Understanding Health Professionals</td>
<td><img src="#" alt="Bozeman" /></td>
<td>7.4</td>
<td><img src="#" alt="Other Gallatin" /></td>
<td>17.3</td>
<td><img src="#" alt="Gallatin County" /></td>
<td><img src="#" alt="Madison County" /></td>
<td><img src="#" alt="Park County" /></td>
<td><img src="#" alt="Total Area vs. MT" /></td>
<td>10.1</td>
</tr>
<tr>
<td>Primary Care Doctors per 100,000</td>
<td><img src="#" alt="Bozeman" /></td>
<td>7.4</td>
<td><img src="#" alt="Other Gallatin" /></td>
<td>17.3</td>
<td><img src="#" alt="Gallatin County" /></td>
<td><img src="#" alt="Madison County" /></td>
<td><img src="#" alt="Park County" /></td>
<td><img src="#" alt="Total Area vs. MT" /></td>
<td>83.5</td>
</tr>
<tr>
<td>% [Age 18+] Have a Specific Source of Ongoing Care</td>
<td><img src="#" alt="Bozeman" /></td>
<td>81.5</td>
<td><img src="#" alt="Other Gallatin" /></td>
<td>83.4</td>
<td><img src="#" alt="Gallatin County" /></td>
<td><img src="#" alt="Madison County" /></td>
<td><img src="#" alt="Park County" /></td>
<td><img src="#" alt="Total Area vs. MT" /></td>
<td>80.1</td>
</tr>
<tr>
<td>% [Age 18-64] Have a Specific Source of Ongoing Care</td>
<td><img src="#" alt="Bozeman" /></td>
<td>80.3</td>
<td><img src="#" alt="Other Gallatin" /></td>
<td>83.9</td>
<td><img src="#" alt="Gallatin County" /></td>
<td><img src="#" alt="Madison County" /></td>
<td><img src="#" alt="Park County" /></td>
<td><img src="#" alt="Total Area vs. MT" /></td>
<td>79.6</td>
</tr>
<tr>
<td>% [Age 65+] Have a Specific Source of Ongoing Care</td>
<td><img src="#" alt="Bozeman" /></td>
<td>84.3</td>
<td><img src="#" alt="Other Gallatin" /></td>
<td>78.3</td>
<td><img src="#" alt="Gallatin County" /></td>
<td><img src="#" alt="Madison County" /></td>
<td><img src="#" alt="Park County" /></td>
<td><img src="#" alt="Total Area vs. MT" /></td>
<td>81.5</td>
</tr>
</tbody>
</table>
### Access to Health Services (continued)

<table>
<thead>
<tr>
<th></th>
<th>Bozeman</th>
<th>Other Gallatin</th>
<th>Gallatin County</th>
<th>Madison County</th>
<th>Park County</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Have Had Routine Checkup in Past Year</td>
<td>🌌 65.8</td>
<td>☁ 63.2</td>
<td>☀ 65.0</td>
<td>☁ 56.9</td>
<td>☁ 58.4</td>
</tr>
<tr>
<td>% Child Has Had Checkup in Past Year</td>
<td>🌌 91.2</td>
<td>☁ 69.7</td>
<td>☁ 83.4</td>
<td>☁ 74.6</td>
<td></td>
</tr>
<tr>
<td>% Two or More ER Visits in Past Year</td>
<td>🌌 5.2</td>
<td>☁ 8.5</td>
<td>☁ 6.2</td>
<td>☁ 7.7</td>
<td>☁ 7.5</td>
</tr>
<tr>
<td>% Rate Local Healthcare &quot;Fair/Poor&quot;</td>
<td>🌌 8.5</td>
<td>☁ 16.1</td>
<td>☁ 10.8</td>
<td>☁ 12.8</td>
<td>☁ 12.4</td>
</tr>
</tbody>
</table>

Note: In the green section, each subarea is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.

### Arthritis, Osteoporosis & Chronic Back Conditions

<table>
<thead>
<tr>
<th></th>
<th>Bozeman</th>
<th>Other Gallatin</th>
<th>Gallatin County</th>
<th>Madison County</th>
<th>Park County</th>
</tr>
</thead>
<tbody>
<tr>
<td>% [50+] Arthritis/Rheumatism</td>
<td>🌌 37.5</td>
<td>☁ 39.9</td>
<td>☁ 38.3</td>
<td>☀ 27.5</td>
<td>☁ 36.4</td>
</tr>
<tr>
<td>% [50+] Osteoporosis</td>
<td>🌌 9.2</td>
<td>☁ 7.0</td>
<td>☁ 8.5</td>
<td>☁ 9.7</td>
<td>☁ 5.0</td>
</tr>
<tr>
<td>% Sciatica/Chronic Back Pain</td>
<td>🌌 20.0</td>
<td>☁ 29.8</td>
<td>☁ 23.0</td>
<td>☁ 20.3</td>
<td>☁ 25.4</td>
</tr>
</tbody>
</table>

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### Community Health Needs Assessment

#### Each Sub-Area vs. Others

<table>
<thead>
<tr>
<th>Cancer</th>
<th>Bozeman</th>
<th>Other Gallatin</th>
<th>Gallatin County</th>
<th>Madison County</th>
<th>Park County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cancer (Age-Adjusted Death Rate)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lung Cancer (Age-Adjusted Death Rate)</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Prostate Cancer (Age-Adjusted Death Rate)</td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female Breast Cancer (Age-Adjusted Death Rate)</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Prostate Cancer Incidence per 100,000</td>
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<td></td>
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<tr>
<td>Female Breast Cancer Incidence per 100,000</td>
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<td></td>
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<tr>
<td>Lung Cancer Incidence per 100,000</td>
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<td></td>
</tr>
<tr>
<td>Colorectal Cancer Incidence per 100,000</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% Skin Cancer</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% Cancer (Other Than Skin)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% [Women 50-74] Mammogram in Past 2 Years</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% [Women 21-65] Pap Smear in Past 3 Years</td>
<td></td>
<td></td>
<td></td>
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</tbody>
</table>

#### Total Area vs. Benchmarks

<table>
<thead>
<tr>
<th>Total Area</th>
<th>vs. MT</th>
<th>vs. US</th>
<th>vs. HP2020</th>
<th>TREND</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cancer</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lung Cancer</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prostate Cancer</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female Breast Cancer</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prostate Cancer Incidence per 100,000</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Female Breast Cancer Incidence per 100,000</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Lung Cancer Incidence per 100,000</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Colorectal Cancer Incidence per 100,000</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>% Skin Cancer</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% Cancer (Other Than Skin)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% [Women 50-74] Mammogram in Past 2 Years</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% [Women 21-65] Pap Smear in Past 3 Years</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

**Total Area vs. Benchmarks**

- **Cancer**
  - **Total Area vs. MT**
  - **Total Area vs. US**
  - **Total Area vs. HP2020**
  - **TREND**

- **Lung Cancer**
  - **Total Area vs. MT**
  - **Total Area vs. US**
  - **Total Area vs. HP2020**

- **Prostate Cancer**
  - **Total Area vs. MT**
  - **Total Area vs. US**
  - **Total Area vs. HP2020**

- **Female Breast Cancer**
  - **Total Area vs. MT**
  - **Total Area vs. US**
  - **Total Area vs. HP2020**

- **Prostate Cancer Incidence per 100,000**
  - **Total Area vs. MT**
  - **Total Area vs. US**
  - **Total Area vs. HP2020**

- **Female Breast Cancer Incidence per 100,000**
  - **Total Area vs. MT**
  - **Total Area vs. US**
  - **Total Area vs. HP2020**

- **Lung Cancer Incidence per 100,000**
  - **Total Area vs. MT**
  - **Total Area vs. US**
  - **Total Area vs. HP2020**

- **Colorectal Cancer Incidence per 100,000**
  - **Total Area vs. MT**
  - **Total Area vs. US**
  - **Total Area vs. HP2020**

- **% Skin Cancer**
  - **Total Area vs. MT**
  - **Total Area vs. US**
  - **Total Area vs. HP2020**

- **% Cancer (Other Than Skin)**
  - **Total Area vs. MT**
  - **Total Area vs. US**
  - **Total Area vs. HP2020**

- **% [Women 50-74] Mammogram in Past 2 Years**
  - **Total Area vs. MT**
  - **Total Area vs. US**
  - **Total Area vs. HP2020**

- **% [Women 21-65] Pap Smear in Past 3 Years**
  - **Total Area vs. MT**
  - **Total Area vs. US**
  - **Total Area vs. HP2020**

---

**Analysis:**

- **Cancer (Age-Adjusted Death Rate):**
  - Bozeman vs. Other Gallatin: 117.6 vs. 116.3 vs. 139.5
  - Gallatin County vs. Madison County: 117.6 vs. 116.3 vs. 139.5
  - Park County vs. MT: 121.5 vs. 155.8 vs. 161.0 vs. 161.4 vs. 134.7

- **Lung Cancer (Age-Adjusted Death Rate):**
  - Bozeman vs. Other Gallatin: 39.1 vs. 37.1 vs. 42.8
  - Gallatin County vs. Madison County: 39.1 vs. 37.1 vs. 42.8
  - Park County vs. MT: 39.1 vs. 37.1 vs. 42.8 vs. 45.5 vs. 134.7

- **Prostate Cancer (Age-Adjusted Death Rate):**
  - Bozeman vs. Other Gallatin: 7.4 vs. 8.4 vs. 6.9
  - Gallatin County vs. Madison County: 7.4 vs. 8.4 vs. 6.9
  - Park County vs. MT: 7.4 vs. 8.4 vs. 6.9 vs. 5.0 vs. 6.3

- **Female Breast Cancer (Age-Adjusted Death Rate):**
  - Bozeman vs. Other Gallatin: 71.8 vs. 69.0 vs. 49.0
  - Gallatin County vs. Madison County: 71.8 vs. 69.0 vs. 49.0
  - Park County vs. MT: 71.8 vs. 69.0 vs. 49.0 vs. 74.2 vs. 88.7
### Cancer (continued)

#### % [Age 50-75] Colorectal Cancer Screening

<table>
<thead>
<tr>
<th>Sub-Area</th>
<th>Bozeman</th>
<th>Other Gallatin</th>
<th>Gallatin County</th>
<th>Madison County</th>
<th>Park County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Area Vs.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>vs. MT</td>
<td>72.9</td>
<td>71.6</td>
<td>72.5</td>
<td>63.9</td>
<td>53.0</td>
</tr>
<tr>
<td>vs. US</td>
<td>69.2</td>
<td></td>
<td>62.4</td>
<td>74.5</td>
<td>70.5</td>
</tr>
<tr>
<td>vs. HP2020</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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### Chronic Kidney Disease

#### % Kidney Disease

<table>
<thead>
<tr>
<th>Sub-Area</th>
<th>Bozeman</th>
<th>Other Gallatin</th>
<th>Gallatin County</th>
<th>Madison County</th>
<th>Park County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Area Vs.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>vs. MT</td>
<td>3.7</td>
<td>3.2</td>
<td>3.5</td>
<td>0.5</td>
<td>2.0</td>
</tr>
<tr>
<td>vs. US</td>
<td>3.1</td>
<td></td>
<td>2.5</td>
<td>3.6</td>
<td></td>
</tr>
</tbody>
</table>

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### Dementias, Including Alzheimer's Disease

#### Alzheimer's Disease (Age-Adjusted Death Rate)

<table>
<thead>
<tr>
<th>Sub-Area</th>
<th>Bozeman</th>
<th>Other Gallatin</th>
<th>Gallatin County</th>
<th>Madison County</th>
<th>Park County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Area Vs.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>vs. MT</td>
<td>11.7</td>
<td></td>
<td>15.7</td>
<td>34.5</td>
<td></td>
</tr>
</tbody>
</table>

#### % [Age 45+] Increasing Confusion/Memory Loss in Past Yr

<table>
<thead>
<tr>
<th>Sub-Area</th>
<th>Bozeman</th>
<th>Other Gallatin</th>
<th>Gallatin County</th>
<th>Madison County</th>
<th>Park County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Area Vs.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>vs. MT</td>
<td>8.2</td>
<td>25.6</td>
<td>13.8</td>
<td>13.2</td>
<td>16.5</td>
</tr>
</tbody>
</table>

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### Diabetes Mellitus (Age-Adjusted Death Rate)

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Bozeman</th>
<th>Other Gallatin</th>
<th>Gallatin County</th>
<th>Madison County</th>
<th>Park County</th>
<th>Total Area vs. MT</th>
<th>Total Area vs. US</th>
<th>Total Area vs. HP2020</th>
<th>TREND</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Diabetes/High Blood Sugar</td>
<td>9.1</td>
<td>10.2</td>
<td>9.4</td>
<td>7.6</td>
<td>10.9</td>
<td>8.5</td>
<td>21.1</td>
<td>21.1</td>
<td>20.5</td>
</tr>
</tbody>
</table>

### % Borderline/Pre-Diabetes

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Bozeman</th>
<th>Other Gallatin</th>
<th>Gallatin County</th>
<th>Madison County</th>
<th>Park County</th>
<th>Total Area vs. MT</th>
<th>Total Area vs. US</th>
<th>Total Area vs. HP2020</th>
<th>TREND</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Borderline/Pre-Diabetes</td>
<td>3.4</td>
<td>13.8</td>
<td>6.6</td>
<td>4.2</td>
<td>2.8</td>
<td>6.0</td>
<td>1.5</td>
<td>5.7</td>
<td>3.7</td>
</tr>
</tbody>
</table>

### % [Non-Diabetes] Blood Sugar Tested in Past 3 Years

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Bozeman</th>
<th>Other Gallatin</th>
<th>Gallatin County</th>
<th>Madison County</th>
<th>Park County</th>
<th>Total Area vs. MT</th>
<th>Total Area vs. US</th>
<th>Total Area vs. HP2020</th>
<th>TREND</th>
</tr>
</thead>
<tbody>
<tr>
<td>% [Non-Diabetes] Blood Sugar Tested in Past 3 Years</td>
<td>46.2</td>
<td>47.6</td>
<td>46.7</td>
<td>48.1</td>
<td>47.5</td>
<td>46.9</td>
<td>55.1</td>
<td>44.1</td>
<td></td>
</tr>
</tbody>
</table>

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### Educational & Community-Based Programs

#### % Attended Health Event in Past Year

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Bozeman</th>
<th>Other Gallatin</th>
<th>Gallatin County</th>
<th>Madison County</th>
<th>Park County</th>
<th>Total Area vs. MT</th>
<th>Total Area vs. US</th>
<th>Total Area vs. HP2020</th>
<th>TREND</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Attended Health Event in Past Year</td>
<td>18.3</td>
<td>15.4</td>
<td>17.5</td>
<td>23.3</td>
<td>21.2</td>
<td>18.3</td>
<td></td>
<td></td>
<td>23.1</td>
</tr>
</tbody>
</table>

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### Family Planning

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Bozeman</th>
<th>Other Gallatin</th>
<th>Gallatin County</th>
<th>Madison County</th>
<th>Park County</th>
<th>Total Area</th>
<th>Total Area vs. MT</th>
<th>Total Area vs. US</th>
<th>Total Area vs. HP2020</th>
<th>TREND</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teen Births per 1,000 (Age 15-19)</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>15.3</td>
<td>34.8</td>
<td>36.6</td>
<td>36.6</td>
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</tr>
</tbody>
</table>

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### Heart Disease & Stroke

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Bozeman</th>
<th>Other Gallatin</th>
<th>Gallatin County</th>
<th>Madison County</th>
<th>Park County</th>
<th>Total Area</th>
<th>Total Area vs. MT</th>
<th>Total Area vs. US</th>
<th>Total Area vs. HP2020</th>
<th>TREND</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diseases of the Heart (Age-Adjusted Death Rate)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>121.5</td>
<td>152.6</td>
<td>168.4</td>
<td>156.9</td>
<td>142.0</td>
</tr>
<tr>
<td>Stroke (Age-Adjusted Death Rate)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>31.5</td>
<td>35.9</td>
<td>36.8</td>
<td>34.8</td>
<td>37.8</td>
</tr>
<tr>
<td>% Heart Disease (Heart Attack, Angina, Coronary Disease)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>4.5</td>
<td>6.9</td>
<td>4.9</td>
<td></td>
<td>4.9</td>
</tr>
<tr>
<td>% Stroke</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2.1</td>
<td>2.7</td>
<td>2.6</td>
<td>1.9</td>
<td>1.9</td>
</tr>
<tr>
<td>% Blood Pressure Checked in Past 2 Years</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>91.9</td>
<td>93.6</td>
<td>92.6</td>
<td>88.2</td>
<td>88.2</td>
</tr>
<tr>
<td>% Told Have High Blood Pressure (Ever)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>30.2</td>
<td>29.1</td>
<td>36.5</td>
<td>26.9</td>
<td>24.4</td>
</tr>
<tr>
<td>% [HBP] Taking Action to Control High Blood Pressure</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>86.0</td>
<td>86.0</td>
<td>92.5</td>
<td>93.9</td>
<td></td>
</tr>
</tbody>
</table>
### Heart Disease & Stroke (continued)

<table>
<thead>
<tr>
<th>Heart Disease &amp; Stroke</th>
<th>Bozeman</th>
<th>Other Gallatin</th>
<th>Gallatin County</th>
<th>Madison County</th>
<th>Park County</th>
<th>Total Area vs. Others</th>
<th>Total Area vs. Benchmarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Cholesterol Checked in Past 5 Years</td>
<td>☁ 86.4</td>
<td>☁ 87.7</td>
<td>☀ 86.8</td>
<td>☁ 79.3</td>
<td>☁ 81.9</td>
<td>☀ 85.6</td>
<td>☀ 74.6</td>
</tr>
<tr>
<td>% Told Have High Cholesterol (Ever)</td>
<td>☁ 20.5</td>
<td>☁ 21.7</td>
<td>☁ 20.8</td>
<td>☁ 29.6</td>
<td>☁ 26.1</td>
<td>☀ 22.1</td>
<td>☁ 33.5</td>
</tr>
<tr>
<td>% [HBC] Taking Action to Control High Blood Cholesterol</td>
<td>☁ 80.7</td>
<td>☁ 88.5</td>
<td>☁ 78.3</td>
<td>☁ 81.0</td>
<td>☁ 84.2</td>
<td>☁ 85.7</td>
<td></td>
</tr>
<tr>
<td>% 1+ Cardiovascular Risk Factor</td>
<td>☀ 76.3</td>
<td>☁ 86.3</td>
<td>☁ 79.4</td>
<td>☁ 80.9</td>
<td>☁ 85.5</td>
<td>☀ 80.2</td>
<td>☁ 83.0</td>
</tr>
</tbody>
</table>

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### HIV

<table>
<thead>
<tr>
<th>HIV</th>
<th>Bozeman</th>
<th>Other Gallatin</th>
<th>Gallatin County</th>
<th>Madison County</th>
<th>Park County</th>
<th>Total Area</th>
<th>Total Area vs. Benchmarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>HIV Prevalence per 100,000</td>
<td>☁ 23.7</td>
<td>☁ 12.9</td>
<td>☁ 20.6</td>
<td>☁ 20.8</td>
<td>☁ 26.2</td>
<td>☀ 46.4</td>
<td>☁ 353.2</td>
</tr>
<tr>
<td>% [Age 18-44] HIV Test in the Past Year</td>
<td>☁ 20.7</td>
<td>☁ 21.3</td>
<td>☁ 14.1</td>
<td></td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

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### Immunization & Infectious Diseases

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Bozeman</th>
<th>Other Gallatin</th>
<th>Gallatin County</th>
<th>Madison County</th>
<th>Park County</th>
<th>TENDENCY</th>
</tr>
</thead>
<tbody>
<tr>
<td>% [Age 65+] Flu Vaccine in Past Year</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>72.1</td>
</tr>
<tr>
<td>% [High-Risk 18-64] Flu Vaccine in Past Year</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>70.6</td>
</tr>
<tr>
<td>% [Age 65+] Pneumonia Vaccine Ever</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>61.3</td>
</tr>
<tr>
<td>% [High-Risk 18-64] Pneumonia Vaccine Ever</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>60.0</td>
</tr>
</tbody>
</table>

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### Injury & Violence Prevention

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Bozeman</th>
<th>Other Gallatin</th>
<th>Gallatin County</th>
<th>Madison County</th>
<th>Park County</th>
<th>TENDENCY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unintentional Injury (Age-Adjusted Death Rate)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>34.9</td>
</tr>
<tr>
<td>Motor Vehicle Crashes (Age-Adjusted Death Rate)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>13.1</td>
</tr>
<tr>
<td>% &quot;Always&quot; Wear Seat Belt</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>83.1</td>
</tr>
<tr>
<td>% Read/Sent Text or Email While Driving in the Past Month</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>41.6</td>
</tr>
<tr>
<td>% Child [Age 0-17] &quot;Always&quot; Uses Seat Belt/Car Seat</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>97.3</td>
</tr>
</tbody>
</table>

Note: The table shows comparisons for each sub-area against all other areas combined, indicating better, similar, or worse performance.
<table>
<thead>
<tr>
<th>Injury &amp; Violence Prevention (continued)</th>
<th>Each Sub-Area vs. Others</th>
<th>Total Area vs. Benchmarks</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Bozeman</td>
<td>Other Gallatin</td>
</tr>
<tr>
<td>% Child [Age 5-17] &quot;Always&quot; Wears Bicycle Helmet</td>
<td>33.1</td>
<td>44.9</td>
</tr>
<tr>
<td>[65+] Falls (Age-Adjusted Death Rate)</td>
<td>69.0</td>
<td>83.6</td>
</tr>
<tr>
<td>% [Age 45+] Fell in the Past Year</td>
<td>37.1</td>
<td>28.2</td>
</tr>
<tr>
<td>Firearm-Related Deaths (Age-Adjusted Death Rate)</td>
<td>13.9</td>
<td>17.3</td>
</tr>
<tr>
<td>% Firearm in Home</td>
<td>62.8</td>
<td>71.5</td>
</tr>
<tr>
<td>% [Homes With Children] Firearm in Home</td>
<td>66.7</td>
<td>73.6</td>
</tr>
<tr>
<td>% [Homes With Firearms] Weapon(s) Unlocked &amp; Loaded</td>
<td>21.0</td>
<td>15.8</td>
</tr>
<tr>
<td>Violent Crime per 100,000</td>
<td>191.9</td>
<td>277.9</td>
</tr>
<tr>
<td>% Perceive Neighborhood as “Slightly/Not At All Safe”</td>
<td>6.5</td>
<td>15.3</td>
</tr>
<tr>
<td>% Victim of Domestic Violence (Ever)</td>
<td>14.7</td>
<td>15.1</td>
</tr>
</tbody>
</table>

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### Maternal, Infant & Child Health

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Bozeman</th>
<th>Other Gallatin</th>
<th>Gallatin County</th>
<th>Madison County</th>
<th>Park County</th>
<th>Bozeman</th>
<th>Other Gallatin</th>
<th>Gallatin County</th>
<th>Madison County</th>
<th>Park County</th>
<th>TREND</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Prenatal Care in First Trimester (Percent)</td>
<td>25.7</td>
<td>30.2</td>
<td>24.6</td>
<td></td>
<td></td>
<td>25.8</td>
<td>29.8</td>
<td>22.1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low Birthweight Births (Percent)</td>
<td>7.0</td>
<td></td>
<td>6.0</td>
<td></td>
<td></td>
<td>6.6</td>
<td>7.3</td>
<td>8.2</td>
<td>7.8</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Infant Death Rate</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>5.0</td>
<td>5.8</td>
<td>5.9</td>
<td>6.0</td>
<td></td>
<td>6.6</td>
</tr>
</tbody>
</table>

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### Mental Health & Mental Disorders

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Bozeman</th>
<th>Other Gallatin</th>
<th>Gallatin County</th>
<th>Madison County</th>
<th>Park County</th>
<th>Bozeman</th>
<th>Other Gallatin</th>
<th>Gallatin County</th>
<th>Madison County</th>
<th>Park County</th>
<th>TREND</th>
</tr>
</thead>
<tbody>
<tr>
<td>% &quot;Fair/Poor&quot; Mental Health</td>
<td>13.5</td>
<td>16.7</td>
<td>14.5</td>
<td>12.7</td>
<td>14.6</td>
<td>14.3</td>
<td>15.5</td>
<td>6.7</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% Diagnosed Depression</td>
<td>23.1</td>
<td>28.3</td>
<td>24.7</td>
<td>18.6</td>
<td>19.8</td>
<td>23.7</td>
<td>19.9</td>
<td>23.5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% Symptoms of Chronic Depression (2+ Years)</td>
<td>28.4</td>
<td>35.4</td>
<td>30.6</td>
<td>23.2</td>
<td>27.7</td>
<td>29.7</td>
<td>29.9</td>
<td>22.3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Suicide (Age-Adjusted Death Rate)</td>
<td></td>
<td></td>
<td>15.6</td>
<td>43.1</td>
<td></td>
<td>20.0</td>
<td>24.3</td>
<td>13.0</td>
<td>10.2</td>
<td></td>
<td>20.9</td>
</tr>
<tr>
<td>% Have Ever Sought Help for Mental Health</td>
<td>34.7</td>
<td>35.0</td>
<td>34.8</td>
<td>24.0</td>
<td>32.3</td>
<td>33.8</td>
<td>27.4</td>
<td>24.7</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% Taking Rx/Receiving Mental Health Trtmt</td>
<td>12.1</td>
<td>24.1</td>
<td>15.8</td>
<td>10.2</td>
<td>12.9</td>
<td>15.0</td>
<td>13.6</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Comparison with Benchmarks

- vs. MT
- vs. US
- vs. HP2020
### Mental Health & Mental Disorders (continued)

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Each Sub-Area vs. Others</th>
<th>Total Area vs. Benchmarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Unable to Get Mental Health Svcs in Past Yr</td>
<td>Bozeman: 2.6&lt;br&gt;Gallatin: 11.5</td>
<td>Total Area vs. MT: 4.6 vs. MT: 4.4</td>
</tr>
<tr>
<td>% Typical Day Is “Extremely/Very” Stressful</td>
<td>Bozeman: 9.5&lt;br&gt;Gallatin: 13.8</td>
<td>Total Area vs. US: 10.7 vs. US: 11.7</td>
</tr>
<tr>
<td>% Average &lt;7 Hours of Sleep per Night</td>
<td>Bozeman: 26.9&lt;br&gt;Gallatin: 39.9</td>
<td>Total Area vs. HP2020: 31.3 vs. HP2020: 8.6</td>
</tr>
</tbody>
</table>

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### Nutrition, Physical Activity & Weight

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Each Sub-Area vs. Others</th>
<th>Total Area vs. Benchmarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Eat 5+ Servings of Fruit or Vegetables per Day</td>
<td>Bozeman: 33.7&lt;br&gt;Gallatin: 25.8</td>
<td>Total Area vs. MT: 30.7 vs. MT: 27.4</td>
</tr>
<tr>
<td>Population With Low Food Access (Percent)</td>
<td>Bozeman: 20.0&lt;br&gt;Gallatin: 30.2</td>
<td>Total Area vs. US: 22.6 vs. US: 24.3</td>
</tr>
<tr>
<td>% Worried About Running Out of Food in Past Year</td>
<td>Bozeman: 13.8&lt;br&gt;Gallatin: 20.2</td>
<td>Total Area vs. HP2020: 15.0 vs. HP2020: 21.0</td>
</tr>
<tr>
<td>% 7+ Sugar-Sweetened Drinks in Past Week</td>
<td>Bozeman: 22.4&lt;br&gt;Gallatin: 36.9</td>
<td>Total Area vs. MT: 25.8 vs. MT: 30.2</td>
</tr>
<tr>
<td>% Healthy Weight (BMI 18.5-24.9)</td>
<td>Bozeman: 39.2&lt;br&gt;Gallatin: 26.3</td>
<td>Total Area vs. US: 35.0 vs. US: 37.3</td>
</tr>
<tr>
<td>% Overweight (BMI 25+)</td>
<td>Bozeman: 59.6&lt;br&gt;Gallatin: 73.4</td>
<td>Total Area vs. HP2020: 64.1 vs. HP2020: 45.1</td>
</tr>
</tbody>
</table>
### Nutrition, Physical Activity & Weight (continued)

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Bozeman</th>
<th>Other Gallatin</th>
<th>Gallatin County</th>
<th>Madison County</th>
<th>Park County</th>
<th>Total Area vs. Others</th>
<th>Total Area vs. Benchmarks</th>
<th>TREND</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Obese (BMI 30+)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>28.0</td>
<td>12.3</td>
</tr>
<tr>
<td>% [Overweights] Perceive Self &quot;About the Right Weight&quot;</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>24.1</td>
<td>33.9</td>
</tr>
<tr>
<td>% Medical Advice on Weight in Past Year</td>
<td>19.4</td>
<td>24.3</td>
<td>20.9</td>
<td>15.3</td>
<td>15.6</td>
<td></td>
<td>19.9</td>
<td>16.9</td>
</tr>
<tr>
<td>% [Overweights] Counseled About Weight in Past Year</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>27.8</td>
<td>27.0</td>
</tr>
<tr>
<td>% [Obese Adults] Counseled About Weight in Past Year</td>
<td>28.3</td>
<td>31.6</td>
<td>29.5</td>
<td>21.3</td>
<td>20.5</td>
<td></td>
<td>44.7</td>
<td>58.5</td>
</tr>
<tr>
<td>% Children [Age 5-17] Overweight (85th Percentile)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>29.3</td>
<td>16.6</td>
</tr>
<tr>
<td>% Children [Age 5-17] Obese (95th Percentile)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>18.8</td>
<td>6.5</td>
</tr>
<tr>
<td>% No Leisure-Time Physical Activity</td>
<td>18.8</td>
<td>21.3</td>
<td>19.6</td>
<td>20.1</td>
<td>24.9</td>
<td></td>
<td>20.3</td>
<td>10.7</td>
</tr>
<tr>
<td>% Meeting Physical Activity Guidelines</td>
<td>30.7</td>
<td>21.3</td>
<td>27.8</td>
<td>21.0</td>
<td>17.6</td>
<td></td>
<td>26.1</td>
<td>20.1</td>
</tr>
<tr>
<td>Recreation/Fitness Facilities per 100,000</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>17.7</td>
<td>10.1</td>
</tr>
<tr>
<td>% Child [Age 2-17] Physically Active 1+ Hours per Day</td>
<td>61.3</td>
<td>64.3</td>
<td>62.3</td>
<td>58.1</td>
<td></td>
<td></td>
<td>61.7</td>
<td>42.9</td>
</tr>
</tbody>
</table>

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- better
- similar
- worse
### Oral Health

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Bozeman</th>
<th>Other Gallatin</th>
<th>Gallatin County</th>
<th>Madison County</th>
<th>Park County</th>
<th>Total Area vs. MT</th>
<th>Total Area vs. US</th>
<th>Total Area vs. HP2020</th>
<th>TREND</th>
</tr>
</thead>
<tbody>
<tr>
<td>% [Age 18+] Dental Visit in Past Year</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>66.2</td>
<td>62.6</td>
<td>49.0</td>
<td>68.5</td>
</tr>
<tr>
<td>% Child [Age 2-17] Dental Visit in Past Year</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>86.5</td>
<td>90.7</td>
<td>49.0</td>
<td>74.2</td>
</tr>
<tr>
<td>% Have Dental Insurance</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>55.9</td>
<td>66.5</td>
<td>44.7</td>
<td></td>
</tr>
</tbody>
</table>

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### Respiratory Diseases

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Bozeman</th>
<th>Other Gallatin</th>
<th>Gallatin County</th>
<th>Madison County</th>
<th>Park County</th>
<th>Total Area vs. MT</th>
<th>Total Area vs. US</th>
<th>Total Area vs. HP2020</th>
<th>TREND</th>
</tr>
</thead>
<tbody>
<tr>
<td>CLRD (Age-Adjusted Death Rate)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>36.7</td>
<td>50.4</td>
<td>41.4</td>
<td>39.8</td>
</tr>
<tr>
<td>Pneumonia/Influenza (Age-Adjusted Death Rate)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>13.0</td>
<td>14.6</td>
<td>15.4</td>
<td>15.4</td>
</tr>
<tr>
<td>% COPD (Lung Disease)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>7.3</td>
<td>5.7</td>
<td>9.5</td>
<td>5.0</td>
</tr>
<tr>
<td>% [Adult] Currently Has Asthma</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>10.9</td>
<td>8.9</td>
<td>9.5</td>
<td>7.3</td>
</tr>
<tr>
<td>% [Child 0-17] Currently Has Asthma</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>5.9</td>
<td>6.5</td>
<td>5.7</td>
<td>5.7</td>
</tr>
<tr>
<td>% House Tested for Radon Gas</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>43.9</td>
<td>41.4</td>
<td>29.7</td>
<td></td>
</tr>
</tbody>
</table>
### Respiratory Diseases (continued)

<table>
<thead>
<tr>
<th></th>
<th>Bozeman</th>
<th>Other Gallatin</th>
<th>Gallatin County</th>
<th>Madison County</th>
<th>Park County</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Use a Wood-Burning Stove for Heat</td>
<td>![Sun] 10.9</td>
<td>![Cloud] 22.6</td>
<td>![Sun] 14.5</td>
<td>![Cloud] 35.6</td>
<td>![Cloud] 38.8</td>
</tr>
<tr>
<td>% [Those Who Heat w/Wood Stove] Use a Catalytic Converter</td>
<td>![Cloud] 30.8</td>
<td>![Cloud] 32.6</td>
<td>![Cloud] 26.3</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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### Sexually Transmitted Diseases

<table>
<thead>
<tr>
<th></th>
<th>Bozeman</th>
<th>Other Gallatin</th>
<th>Gallatin County</th>
<th>Madison County</th>
<th>Park County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gonorrhea Incidence per 100,000</td>
<td>![Sun] 10.6</td>
<td>![Cloud] 13.0</td>
<td>![Cloud] 12.8</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chlamydia Incidence per 100,000</td>
<td>![Sun] 367.4</td>
<td>![Cloud] 116.7</td>
<td>![Cloud] 184.9</td>
<td></td>
<td></td>
</tr>
<tr>
<td>% Familiar with HPV</td>
<td>![Sun] 82.3</td>
<td>![Cloud] 74.9</td>
<td>![Sun] 80.1</td>
<td>![Cloud] 71.4</td>
<td>![Cloud] 73.3</td>
</tr>
<tr>
<td>% Received Info on HPV from Health Provider in Past 3 Yrs</td>
<td>![Cloud] 30.0</td>
<td>![Cloud] 22.9</td>
<td>![Cloud] 27.8</td>
<td>![Cloud] 21.1</td>
<td>![Cloud] 23.1</td>
</tr>
<tr>
<td>% [Unmarried 18-64] 3+ Sexual Partners in Past Year</td>
<td>![Cloud] 6.3</td>
<td>![Cloud] 5.8</td>
<td>![Cloud] 6.1</td>
<td>![Cloud] 7.2</td>
<td></td>
</tr>
<tr>
<td>% [Unmarried 18-64] Using Condoms</td>
<td>![Sun] 39.1</td>
<td>![Cloud] 21.6</td>
<td>![Cloud] 35.0</td>
<td>![Cloud] 34.1</td>
<td></td>
</tr>
</tbody>
</table>

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## Substance Abuse

<table>
<thead>
<tr>
<th>Substance</th>
<th>Each Sub-Area vs. Others</th>
<th>Total Area vs. Benchmarks</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Bozeman</td>
<td>Other Gallatin</td>
</tr>
<tr>
<td>Cirrhosis/Liver Disease (Age-Adjusted Death Rate)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>% Current Drinker</td>
<td>65.0</td>
<td>65.1</td>
</tr>
<tr>
<td>% Excessive Drinker</td>
<td>27.4</td>
<td>23.0</td>
</tr>
<tr>
<td>% Drinking &amp; Driving in Past Month</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Drug-Induced Deaths (Age-Adjusted Death Rate)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>% Illicit Drug Use in Past Month</td>
<td></td>
<td></td>
</tr>
<tr>
<td>% Ever Sought Help for Alcohol or Drug Problem</td>
<td></td>
<td></td>
</tr>
<tr>
<td>% Life Negatively Affected by Substance Abuse</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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### Tobacco Use

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Total Area vs. Others</th>
<th>Each Sub-Area vs. Others</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Total Area</td>
<td>Bozeman</td>
</tr>
<tr>
<td>% Current Smoker</td>
<td>11.5</td>
<td>9.6</td>
</tr>
<tr>
<td>% Someone Smokes at Home</td>
<td>6.2</td>
<td>5.3</td>
</tr>
<tr>
<td>% [Nonsmokers] Someone Smokes in the Home</td>
<td>2.8</td>
<td>3.4</td>
</tr>
<tr>
<td>% [Household With Children] Someone Smokes in the Home</td>
<td>6.5</td>
<td>6.8</td>
</tr>
<tr>
<td>% [Smokers] Received Advice to Quit Smoking</td>
<td>65.4</td>
<td>6.8</td>
</tr>
<tr>
<td>% [Smokers] Have Quit Smoking 1+ Days in Past Year</td>
<td>35.6</td>
<td>5.8</td>
</tr>
<tr>
<td>% Currently Use an Electronic Nicotine Delivery Device (E-Cigarettes)</td>
<td>4.2</td>
<td>4.9</td>
</tr>
<tr>
<td>% Smoke Cigars</td>
<td>4.8</td>
<td>5.8</td>
</tr>
<tr>
<td>% Use Smokeless Tobacco</td>
<td>4.6</td>
<td>4.9</td>
</tr>
</tbody>
</table>

Note: In the green section, each subarea is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.
### Vision

#### % Eye Exam in Past 2 Years

<table>
<thead>
<tr>
<th>Sub-Area</th>
<th>Bozeman</th>
<th>Other Gallatin</th>
<th>Gallatin County</th>
<th>Madison County</th>
<th>Park County</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>54.0</td>
<td>52.4</td>
<td>53.5</td>
<td>48.4</td>
<td>54.1</td>
</tr>
</tbody>
</table>

Note: In the green section, each subarea is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.
Summary of Key Informant Perceptions

In the Online Key Informant Survey, community stakeholders were asked to rate the degree to which each of 23 health issues is a problem in their own community, using a scale of “major problem,” “moderate problem,” “minor problem” or “no problem at all.” The following chart summarizes their responses; these findings are also outlined throughout this report, along with the qualitative input describing reasons for their concerns. (Note that these ratings alone do not establish priorities for this assessment, but rather are one of several data inputs considered for the prioritization process described earlier.)

Key Informants: Relative Position of Health Topics as Problems in the Community
Community Description
Population Characteristics

Total Population

The Total Area (Gallatin, Madison, and Park counties), the focus of this Community Health Needs Assessment, encompasses just under 9,000 square miles and houses a total population of 118,798 residents, according to latest census estimates.

- The largest share of this population lives in Gallatin County.

### Total Population


<table>
<thead>
<tr>
<th></th>
<th>Total Population</th>
<th>Total Land Area (Square Miles)</th>
<th>Population Density (Per Square Mile)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gallatin County</td>
<td>95,323</td>
<td>2,604.72</td>
<td>36.60</td>
</tr>
<tr>
<td>Madison County</td>
<td>7,767</td>
<td>3,588.21</td>
<td>2.16</td>
</tr>
<tr>
<td>Park County</td>
<td>15,708</td>
<td>2,802.91</td>
<td>5.60</td>
</tr>
<tr>
<td>Total Area</td>
<td>118,798</td>
<td>8,995.84</td>
<td>13.21</td>
</tr>
<tr>
<td>Montana</td>
<td>1,014,699</td>
<td>145,546.91</td>
<td>6.97</td>
</tr>
<tr>
<td>United States</td>
<td>316,515,021</td>
<td>3,532,070.45</td>
<td>89.61</td>
</tr>
</tbody>
</table>

Sources:
- US Census Bureau American Community Survey 5-year estimates.

Population Change 2000-2010

A significant positive or negative shift in total population over time impacts healthcare providers and the utilization of community resources.

Between the 2000 and 2010 US Censuses, the population of the Total Area increased by 22,465 persons, or 24.9%.

- This change is a greater proportional increase than seen across both the state and the national overall.
- Population growth is highest in Gallatin County, whereas the population in Park County decreased during this time.
Note the following map illustrating the 2000-2010 population change in the region.
Urban/Rural Population

Urban areas are identified using population density, count, and size thresholds. Urban areas also include territory with a high degree of impervious surface (development). Rural areas are all areas that are not urban.

While 60.0% of the Total Area is urban, note the disparity by county (Madison County is 100% rural).

- Just over half of Montana is urban, while the US proportion is much higher.

Urban and Rural Population (2010)

Sources: US Census Bureau Decennial Census (2010).

Notes: This indicator reports the percentage of population living in urban and rural areas. Urban areas are identified using population density, count, and size thresholds. Urban areas also include territory with a high degree of impervious surface (development). Rural areas are all areas that are not urban.
Age

It is important to understand the age distribution of the population, as different age groups have unique health needs which should be considered separately from others along the age spectrum.

In the Total Area, 20.1% of the population are infants, children or adolescents (age 0-17); another 67.2% are age 18 to 64, while 12.7% are age 65 and older.

- The percentage of older adults (age 65+) is lower than the state and US figures.
- Viewed by county, note that about 1 in 4 Madison County residents is age 65+.

Total Population by Age Groups, Percent
(2011-2015)


Median Age

Gallatin County is younger than the state and the nation in that the median age is lower; Madison and Park counties are “older.”

Median Age
(2011-2015)

The following map provides an illustration of the median age in the Total Area, segmented by census tract.

Race & Ethnicity

Race

In looking at race independent of ethnicity (Hispanic or Latino origin), a vast majority (95.1%) of residents in the Total Area is White.

- The Montana racial distribution includes a higher proportion of residents who identify as some other race (not White or Black).
- Nationally, the US population is less White, more Black, and more “other” race.
Total Population by Race Alone, Percent  
(2011-2015)

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>Gallatin County</th>
<th>Madison County</th>
<th>Park County</th>
<th>Total Area</th>
<th>MT</th>
<th>US</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>94.8%</td>
<td>95.7%</td>
<td>96.3%</td>
<td>95.1%</td>
<td>89.2%</td>
<td>73.6%</td>
</tr>
<tr>
<td>Black</td>
<td>0.6%</td>
<td>0.8%</td>
<td>0.6%</td>
<td>0.4%</td>
<td>0.5%</td>
<td>0.5%</td>
</tr>
<tr>
<td>Some Other Race</td>
<td>1.3%</td>
<td>1.3%</td>
<td>1.0%</td>
<td>1.0%</td>
<td>2.5%</td>
<td>2.5%</td>
</tr>
<tr>
<td>Multiple Races</td>
<td>2.0%</td>
<td>2.0%</td>
<td>2.0%</td>
<td>2.0%</td>
<td>2.5%</td>
<td>3.0%</td>
</tr>
</tbody>
</table>

Sources:  
- US Census Bureau American Community Survey 5-year estimates.  

Ethnicity  
A total of 3.0% of Total Area residents are Hispanic or Latino.

- Slightly lower than the state percentage.  
- Well below the US prevalence.  
- Lowest in Park County.

Hispanic Population  
(2011-2015)

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>Gallatin County</th>
<th>Madison County</th>
<th>Park County</th>
<th>Total Area</th>
<th>MT</th>
<th>US</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>3.1%</td>
<td>3.0%</td>
<td>2.7%</td>
<td>3.0%</td>
<td>3.3%</td>
<td>17.1%</td>
</tr>
</tbody>
</table>

Sources:  
- US Census Bureau American Community Survey 5-year estimates.  

Notes:  
- Origin can be viewed as the heritage, nationality group, lineage, or country of birth of the person or the person’s parents or ancestors before their arrival in the United States. People who identify their origin as Hispanic, Latino, or Spanish may be of any race.
Between 2000 and 2010, the Hispanic population in the Total Area increased by 1,515 residents, or 103.3%.

- Much higher (in terms of percentage growth) than found statewide and nationally.
- Note the great disparity by county.

**Hispanic Population Change**
(Percentage Change in Hispanic Population Between 2000 and 2010)

---

**Sources:**
- US Census Bureau Decennial Census (2000-2010)
Linguistic Isolation

Less than one percent (0.7%) of the Total Area population age 5 and older lives in a home in which no persons age 14 or older is proficient in English (speaking only English, or speaking English “very well”).

- Higher than found statewide.
- Well below that found nationally.
- Unfavorably high in Madison County; lowest in Park County.

### Linguistically Isolated Population (2011-2015)

- **Gallatin County:** 0.7%
- **Madison County:** 1.6%
- **Park County:** 0.3%
- **Total Area:** 0.7%
- **MT:** 0.4%
- **US:** 4.6%

**Sources:**
- US Census Bureau American Community Survey 5-year estimates.

**Notes:**
- This indicator reports the percentage of the population age 5+ who live in a home in which no person age 14+ speaks only English, or in which no person age 14+ speak a non-English language and speak English "very well."
Social Determinants of Health

About Social Determinants

Health starts in our homes, schools, workplaces, neighborhoods, and communities. We know that taking care of ourselves by eating well and staying active, not smoking, getting the recommended immunizations and screening tests, and seeing a doctor when we are sick all influence our health. Our health is also determined in part by access to social and economic opportunities; the resources and supports available in our homes, neighborhoods, and communities; the quality of our schooling; the safety of our workplaces; the cleanliness of our water, food, and air; and the nature of our social interactions and relationships. The conditions in which we live explain in part why some Americans are healthier than others and why Americans more generally are not as healthy as they could be.

- Healthy People 2020 (www.healthypeople.gov)

Poverty

The latest census estimate shows 12.9% of the Total Area population living below the federal poverty level.

In all, 31.8% of Total Area residents (an estimated 36,548 individuals) live below 200% of the federal poverty level.

- Lower than the proportions reported statewide and nationally.

Population in Poverty

(Populations Living Below 100% and Below 200% of the Poverty Level; 2011-2015)


Notes: Poverty is considered a key driver of health status. This indicator is relevant because poverty creates barriers to access including health services, healthy food, and other necessities that contribute to poor health status.
Children in Low-Income Households

Additionally, 32.0% of Total Area children age 0-17 (representing an estimated 7,554 children) live below the 200% poverty threshold.

- Below the proportions found statewide and nationally.
- Higher in Madison County.

Percent of Children in Low-Income Households
(Children 0-17 Living Below 200% of the Poverty Level, 2011-2015)

Sources: US Census Bureau American Community Survey 5-year estimates.

Notes: This indicator reports the percentage of children aged 0-17 living in households with income below 200% of the Federal Poverty Level (FPL). This indicator is relevant because poverty creates barriers to access including health services, healthy food, and other necessities that contribute to poor health status.
Education
Among the Total Area population age 25 and older, an estimated 3.6% (over 2,800 people) do not have a high school education.

- Half the statewide proportion and well below the US figure.
- Higher in Madison County.

Population With No High School Diploma
(Population Age 25+ Without a High School Diploma or Equivalent, 2011-2015)

Sources: US Census Bureau American Community Survey 5-year estimates.

Notes: This indicator is relevant because educational attainment is linked to positive health outcomes.
Employment

According to data derived from the US Department of Labor, the unemployment rate in the Total Area as of January 2017 was 3.3%.

- More favorable than the statewide and national unemployment rates.
- TREND: Unemployment for Total Area has trended downward since 2010, echoing the state and national trends.

Unemployment Rate

(Percent of Non-Institutionalized Population Age 16+ Unemployed, Not Seasonally-Adjusted)


Notes: This indicator is relevant because unemployment creates financial instability and barriers to access including insurance coverage, health services, healthy food, and other necessities that contribute to poor health status.

Housing Insecurity

While most surveyed adults rarely, if ever, worry about the cost of housing, a considerable share (26.1%) does, reporting that they were “sometimes,” “usually,” or “always” worried or stressed about having enough money to pay their rent or mortgage in the past year.
Comparison to the US prevalence, the Total Area proportion of adults who worried about paying for rent or mortgage in the past year is more favorable.

- In Gallatin County, housing insecurity is highest outside Bozeman.
- Viewed by county, the prevalence is favorably low in Madison County.

Adults more likely to report housing insecurity include women, younger adults (age 18-39; negative correlation with age), residents living at lower incomes, and adults who identify as other or unknown race.
“Always/Usually/Sometimes” Worried About Paying Rent/Mortgage in the Past Year
(Total Area, 2017)

Worried About Food Running Out in the Past Year
(Total Area, 2017)

Food Insecurity

In the past year, 15.0% of Total Area adults “often” or “sometimes” worried about whether their food would run out before they had money to buy more.

Charts throughout this report (such as that here) detail survey findings among key demographic groups – namely by gender, age groupings, income (based on poverty status), and race/ethnicity.
Worried About Running Out of Food in the Past Year

Sources:  
2017 PRC Community Health Survey, Professional Research Consultants, Inc.  
2015 PRC National Health Survey, Professional Research Consultants, Inc.

Notes:  
Asked of all respondents.
Percentages represent combined “always” and “sometimes” responses.

Adults more likely to worry about running out of food include:

- Women.
- Young adults (negative correlation with age).
- Residents living at lower incomes especially.
- The difference by race is not statistically significant.

Worried About Running Out of Food in the Past Year
(Total Area, 2017)
General Health Status
Overall Health Status

Evaluation of Health Status

A total of 58.8% of Total Area adults rate their overall health as “excellent” or “very good.”

- Another 28.8% gave “good” ratings of their overall health.

However, 12.4% of Total Area adults believe that their overall health is “fair” or “poor.”

- Better than statewide and national findings.
- In Gallatin County, much less favorable outside Bozeman.
- Similar findings by county.
- TREND: No statistically significant change has occurred when comparing “fair/poor” overall health reports to previous survey results.
Experience “Fair” or “Poor” Overall Health
(Total Area, 2017)

Adults more likely to report experiencing “fair” or “poor” overall health include:

- Seniors (age 65 and older).
- Residents living at lower incomes.
- Those who are Hispanic or non-White or who did not provide race/ethnicity information (“Other/Unknown”).
Activity Limitations

About Disability & Health

An individual can get a disabling impairment or chronic condition at any point in life. Compared with people without disabilities, people with disabilities are more likely to:

- Experience difficulties or delays in getting the health care they need.
- Not have had an annual dental visit.
- Not have had a mammogram in past 2 years.
- Not have had a Pap test within the past 3 years.
- Not engage in fitness activities.
- Use tobacco.
- Be overweight or obese.
- Have high blood pressure.
- Experience symptoms of psychological distress.
- Receive less social-emotional support.
- Have lower employment rates.

There are many social and physical factors that influence the health of people with disabilities. The following three areas for public health action have been identified, using the International Classification of Functioning, Disability, and Health (ICF) and the three World Health Organization (WHO) principles of action for addressing health determinants.

- **Improve the conditions of daily life** by: encouraging communities to be accessible so all can live in, move through, and interact with their environment; encouraging community living; and removing barriers in the environment using both physical universal design concepts and operational policy shifts.
- **Address the inequitable distribution of resources among people with disabilities and those without disabilities** by increasing: appropriate health care for people with disabilities; education and work opportunities; social participation; and access to needed technologies and assistive supports.
- **Expand the knowledge base and raise awareness about determinants of health for people with disabilities** by increasing: the inclusion of people with disabilities in public health data collection efforts across the lifespan; the inclusion of people with disabilities in health promotion activities; and the expansion of disability and health training opportunities for public health and health care professionals.

- Healthy People 2020 (www.healthypeople.gov)

A total of 26.1% of Total Area adults are limited in some way in some activities due to a physical, mental or emotional problem.

- Comparable to the prevalence statewide.
- Less favorable than the national prevalence.
- In Gallatin County, similar findings by area.
- By county, the prevalence is favorably low in Madison County.
- TREND: Marks a statistically significant increase in activity limitations since 2011.
Limited in Activities in Some Way
Due to a Physical, Mental or Emotional Problem

In looking at responses by key demographic characteristics, these adults are statistically more likely to report some type of activity limitation:

- Women.
- Adults age 40 and older (note the positive correlation with age).
- Residents in low-income households.
- Respondents of other or unknown race.

Limited in Activities in Some Way
Due to a Physical, Mental or Emotional Problem
(Total Area, 2017)
Among persons reporting activity limitations, these are most often attributed to musculo-skeletal issues, such as back/neck problems, fractures or bone/joint injuries, arthritis/rheumatism, or difficulty walking.

Other limitations noted with some frequency include those related to mental health (depression, anxiety) and lung/breathing problems.

Type of Problem That Limits Activities
(Among Those Reporting Activity Limitations; Total Area, 2017)

- Back/Neck Problem: 14.0%
- Fracture/Bone/Joint Injury: 13.5%
- Arthritis/Rheumatism: 12.1%
- Depression/Anxiety/Mental: 8.1%
- Walking Problem: 4.7%
- Lung/Breathing Problem: 3.9%
- Various Other (<3% Each): 43.7%

Sources: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 129]

Notes: Asked of those respondents reporting activity limitations.
Mental Health

About Mental Health & Mental Disorders

Mental health is a state of successful performance of mental function, resulting in productive activities, fulfilling relationships with other people, and the ability to adapt to change and to cope with challenges. Mental health is essential to personal well-being, family and interpersonal relationships, and the ability to contribute to community or society. Mental disorders are health conditions that are characterized by alterations in thinking, mood, and/or behavior that are associated with distress and/or impaired functioning. Mental disorders contribute to a host of problems that may include disability, pain, or death. Mental illness is the term that refers collectively to all diagnosable mental disorders. Mental disorders are among the most common causes of disability. The resulting disease burden of mental illness is among the highest of all diseases.

Mental health and physical health are closely connected. Mental health plays a major role in people’s ability to maintain good physical health. Mental illnesses, such as depression and anxiety, affect people’s ability to participate in health-promoting behaviors. In turn, problems with physical health, such as chronic diseases, can have a serious impact on mental health and decrease a person’s ability to participate in treatment and recovery.

The existing model for understanding mental health and mental disorders emphasizes the interaction of social, environmental, and genetic factors throughout the lifespan. In behavioral health, researchers identify: risk factors, which predispose individuals to mental illness; and protective factors, which protect them from developing mental disorders. Researchers now know that the prevention of mental, emotional, and behavioral (MEB) disorders is inherently interdisciplinary and draws on a variety of different strategies. Over the past 20 years, research on the prevention of mental disorders has progressed. The major areas of progress include evidence that:

- MEB disorders are common and begin early in life.
- The greatest opportunity for prevention is among young people.
- There are multiyear effects of multiple preventive interventions on reducing substance abuse, conduct disorder, antisocial behavior, aggression, and child maltreatment.
- The incidence of depression among pregnant women and adolescents can be reduced.
- School-based violence prevention can reduce the base rate of aggressive problems in an average school by 25 to 33%.
- There are potential indicated preventive interventions for schizophrenia.
- Improving family functioning and positive parenting can have positive outcomes on mental health and can reduce poverty-related risk.
- School-based preventive interventions aimed at improving social and emotional outcomes can also improve academic outcomes.
- Interventions targeting families dealing with adversities, such as parental depression or divorce, can be effective in reducing risk for depression in children and increasing effective parenting.
- Some preventive interventions have benefits that exceed costs, with the available evidence strongest for early childhood interventions.
- Implementation is complex, it is important that interventions be relevant to the target audiences.
- In addition to advancements in the prevention of mental disorders, there continues to be steady progress in treating mental disorders as new drugs and stronger evidence-based outcomes become available.

Healthy People 2020 (www.healthypeople.gov)
Evaluation of Mental Health Status

A total of 62.4% of Total Area adults rate their overall mental health as “excellent” or “very good.”

- Another 23.3% gave “good” ratings of their own mental health status.

Self-Reported Mental Health Status
(Total Area, 2017)

- Excellent: 27.6%
- Very Good: 34.8%
- Good: 23.3%
- Fair: 9.5%
- Poor: 4.8%

A total of 14.3% of Total Area adults, however, believe that their overall mental health is “fair” or “poor.”

- Similar to the “fair/poor” response reported nationally.
- Similar findings within Gallatin County.
- Similar findings by county.
- TREND: Denotes a statistically significant increase over time.

Sources: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 116]
Notes: Asked of all respondents.
Experience “Fair” or “Poor” Mental Health

(Total Area, 2017)

Sources: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 116]

Notes: Asked of all respondents.

- Women, adults age 40-64, low-income residents, and respondents of other or unknown race are much more likely to report experiencing “fair/poor” mental health than their demographic counterparts.
Depression

Diagnosed Depression

A total of 23.7% of Total Area adults have been diagnosed as having a depressive disorder (such as depression, major depression, dysthymia, or minor depression).

- Worse than state and national findings.
- In Gallatin County, similar findings by area.
- Similar findings by county.
- TREND: Statistically unchanged since 2014.

Have Been Diagnosed With a Depressive Disorder

Symptoms of Chronic Depression

A total of 29.7% of Total Area adults have had two or more years in their lives when they felt depressed or sad on most days, although they may have felt okay sometimes (symptoms of chronic depression).

- Almost identical to national findings.
- Similar by area in Gallatin County.
- Favorably low in Madison County when comparing by county.
- TREND: Marks a statistically significant increase over time.
Have Experienced Symptoms of Chronic Depression

Sources: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 117]

Notes:
- Asked of all respondents.
- Chronic depression includes periods of two or more years during which the respondent felt depressed or sad on most days, even if (s)he felt okay sometimes.

Note that the prevalence of chronic depression is notably higher among:

- Adults under age 65.
- Adults with lower incomes.
- Respondents of other or unknown race.

Have Experienced Symptoms of Chronic Depression (Total Area, 2017)

Sources: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 117]

Notes:
- Asked of all respondents.
- Chronic depression includes periods of two or more years during which the respondent felt depressed or sad on most days, even if (s)he felt okay sometimes.
- Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., “White” reflects non-Hispanic White respondents).
- Income categories reflect respondent’s household income as a ratio to the federal poverty level (FPL) for their household size. “Low Income” includes households with incomes up to 200% of the federal poverty level; “Mid/High Income” includes households with incomes at 200% or more of the federal poverty level.
Stress

More than 4 in 10 Total Area adults consider their typical day to be “not very stressful” (35.1%) or “not at all stressful” (11.6%).

- Another 42.6% of survey respondents characterize their typical day as “moderately stressful.”

Perceived Level of Stress On a Typical Day

(Total Area, 2017)

In contrast, 10.7% of Total Area adults experience “very” or “extremely” stressful days on a regular basis.

- Comparable to national findings.
- In Gallatin County, similar by community.
- Similar findings by county.
- TREND: Statistically similar to the 2011 findings.

Sources: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 118]
Notes: Asked of all respondents.
Perceive Most Days As “Extremely” or “Very” Stressful (Total Area, 2017)

- Note that high stress levels are much more prevalent among adults under age 65 in the Total Area.

Perceive Most Days as “Extremely” or “Very” Stressful (Total Area, 2017)
Suicide

Between 2013 and 2015, there was an annual average age-adjusted suicide rate of 20.0 deaths per 100,000 population in the Total Area.

- Lower than the statewide rate.
- Higher than the national rate.
- Fails to satisfy the Healthy People 2020 target of 10.2 or lower.
- Considerably higher in Park County (data not available for Madison County).

Suicide: Age-Adjusted Mortality
(2013-2015 Annual Average Deaths per 100,000 Population)

Healthy People 2020 Target = 10.2 or Lower

Sources:

Notes:
- Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
- Rates are per 100,000 population, age-adjusted to the 2000 US Standard Population.

- TREND: The Total Area suicide rate has been stable over time; state and national rates have increased, as shown.
Suicide: Age-Adjusted Mortality Trends
(Annual Average Deaths per 100,000 Population)
Healthy People 2020 Target = 10.2 or Lower

<table>
<thead>
<tr>
<th>Year</th>
<th>Total Area</th>
<th>MT</th>
<th>US</th>
</tr>
</thead>
<tbody>
<tr>
<td>2006-08</td>
<td>20.9</td>
<td>19.9</td>
<td>11.3</td>
</tr>
<tr>
<td>2007-09</td>
<td>20.3</td>
<td>20.4</td>
<td>11.6</td>
</tr>
<tr>
<td>2008-10</td>
<td>18.9</td>
<td>21.2</td>
<td>11.8</td>
</tr>
<tr>
<td>2009-11</td>
<td>19.6</td>
<td>21.8</td>
<td>12.1</td>
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<tr>
<td>2010-12</td>
<td>19.0</td>
<td>22.3</td>
<td>12.3</td>
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<tr>
<td>2011-13</td>
<td>20.2</td>
<td>22.9</td>
<td>12.5</td>
</tr>
<tr>
<td>2012-14</td>
<td>19.1</td>
<td>23.4</td>
<td>12.7</td>
</tr>
<tr>
<td>2013-15</td>
<td>20.0</td>
<td>24.3</td>
<td>13.0</td>
</tr>
</tbody>
</table>

Sources:
- Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
- Rates are per 100,000 population, age-adjusted to the 2000 US Standard Population.

Mental Health Treatment
A total of 33.8% of Total Area adults acknowledge having ever sought professional help for a mental or emotional problem.

A total of 15.0% are currently taking medication or receiving treatment from a health professional for some type of mental health condition or emotional problem.

- Compared to national findings, Total Area adults are more likely to have ever sought help for a mental or emotional problem.
- The local prevalence of adults taking medication or receiving mental health treatment is similar to the US figure.

Mental Health Treatment

<table>
<thead>
<tr>
<th>0%</th>
<th>20%</th>
<th>40%</th>
<th>60%</th>
<th>80%</th>
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<tr>
<td>33.8%</td>
<td>27.4%</td>
<td>15.0%</td>
<td>13.6%</td>
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Sources:
- 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Items 120-121]
- 2015 PRC National Health Survey, Professional Research Consultants, Inc.
Notes:
- Reflects the total sample of respondents.
Difficulty Accessing Mental Health Services

A total of 4.6% of Total Area adults report a time in the past year when they needed mental health services but were not able to get them.

- Similar to the national finding.
- In Gallatin County, the prevalence is much higher outside Bozeman.
- Viewed by county, the prevalence is unfavorably high in Gallatin County.

Unable to Get Mental Health Services When Needed in the Past Year

(Compiled from the 2017 PRC Community Health Survey)

- Access difficulty is notably more prevalent among women, adults under age 65 (negative correlation with age), and residents of other or unknown race.

Sources: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 122]
Notes: Asked of all respondents.

Unable to Get Mental Health Services When Needed in the Past Year

(Total Area, 2017)

Sources: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 122]
Notes: Asked of all respondents.

- Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., “White” reflects non-Hispanic White respondents).
- Income categories reflect respondent’s household income as a ratio to the federal poverty level (FPL) for their household size. “Low Income” includes households with incomes up to 200% of the federal poverty level; “Mid/High Income” includes households with incomes at 200% or more of the federal poverty level.
Key Informant Input: Mental Health

Eight in 10 key informants taking part in an online survey characterized Mental Health as a “major problem” in the community.

Perceptions of Mental Health as a Problem in the Community
(Key Informants, 2017)

<table>
<thead>
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<tr>
<td>Major Problem</td>
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<tr>
<td>Moderate Problem</td>
<td>15.2%</td>
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<td>0%</td>
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<tr>
<td>No Problem At All</td>
<td>0%</td>
</tr>
</tbody>
</table>

Sources: • PRC Online Key Informant Survey, Professional Research Consultants, Inc.
Notes: • Asked of all respondents.

Challenges

Among those rating this issue as a “major problem,” the following represent what key informants see as the main challenges for persons with mental illness:

Access to Care/Services

As someone works directly with this population, I see many issues. One of the largest is acute care for psychiatric help. We are a community that prides ourselves on being able to address the needs of our families within our community, and with psychiatric care, we often have to send our kids and families away. This sends a message that we can't keep you safe at home. Another concern that comes up time and again, is the lack of resources for middle class families. Without funding to give free support to private insurance families, they oftentimes have to leave the community or create huge financial burdens in order to get their needs met. On a final note, suicide in young adults and teens is an epidemic in our community. At this time alone last year we had 5+ suicides. We need more suicide prevention in schools to help address this serious issue. – Community Leader (Gallatin County)

Lack of available services and follow-through to ensure proper treatment. Long delays in crisis assessments and disorganized mental health service make our job in law enforcement/public safety harder than it has to be. We need to revamp local mental health services, ensure quick response to those in crisis and have the ability to provide continuing treatment to those in need. We are working on a jail diversion program to help those in crisis address the true problem and keep themselves out of jail. I would prefer our local hospital be staffed with mental health professionals to help us assist those in need. – Community Leader (Gallatin, Madison & Park Counties)

There is not much access to mental health services in our community, which does not help our community members, nor does it do anything to reduce the stigma surrounding it. If someone has either public or private insurance, it is often difficult to find a provider who specializes in the field needed that will accept their coverage. With all the changes at Gallatin Mental Health this last year, it is difficult for those without access to resources to receive the care they need. I feel there needs to be more emphasis on prevention in regards to mental health. – Other Health Professional (Gallatin, Madison & Park Counties)

Lack of mental health services, in general. The MHS available in our community is sparse and with continued turmoil and turnover. We have NO mental health services in-house outside of a CRT member for suicidal ideation/attempt and Hope House placement. We lack the appropriate services not only in the hospital, but for outpatient and follow-up purposes. MHS is an imperative need, specifically again, for those with no insurance or Medicaid. – Other Health Professional (Gallatin, Madison & Park Counties)

Mental health is a real and ongoing part of full care for an individual that requires acute/crisis care, team care and the need for psychiatry, as well as access for those without insurance or Medicaid. Our mental health should be integrated with hospital and medical illness care, not separated. We are a
We have a Crisis Response Team that works in tandem with the local police, and they are great but woefully understaffed. There are times where we page for a CRT evaluation, and we will wait hours before their on call staff can make it in, because that one person is covering a large swath of territory and may have multiple evaluations he/she has been called to do. In conjunction with CRT, there is Hope House, which is a small facility with very limited beds and staff and no juvenile beds. We often hold people for days at the hospital, waiting for a bed to open up at a psych facility. This is a bad arrangement for both the hospital and the patient that is suffering from a psychiatric disorder. A true psych hospital would be a godsend in this community, one that offered outpatient services as well. None of the local psychiatrists will take Medicare or Medicaid, so unless you have stellar insurance or a lot of money, your psych resources are very limited. And most people who suffer from mental illness have neither. – Other Health Professional (Gallatin, Madison & Park Counties)

Limited access to psychiatry, which is amplified by the fact that most psychiatrists in town do not see Medicare patients. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

There are not enough services for people that are in crisis but not a harm to themselves or others, especially in the older population. Someone with dementia and a mental health crisis doesn’t have any local treatment options. – Other Health Professional (Gallatin, Madison & Park Counties)

Access to psychiatric evaluation and medication management, particularly for low-income and/or uninsured people. Crisis services are challenging to sustain with state funding/infrastructure. Children’s services are very limited. – Public Health/Community Health Representative (Gallatin, Madison & Park Counties)

Access to someone who can address their mental health issue, knowledge of crisis resources, and continuity of care and commitment issues like alcohol and mental health disorders. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

In a nutshell, it boils down to access and stigma. With regard to access, there are a limited number of providers available, and the majority of them are located in Bozeman. Even for people who live in Bozeman, accessing medication management, counseling services, or case management is a challenge, due to the high demand and scarcity of resources. Gallatin County is a large area. For those who need mental health services but live outside of Bozeman, there is an additional barrier to accessing the care they need. This even includes Belgrade, since transportation and time off work can come at a premium. While access to resources is certainly a challenge, stigma still serves as a deterrent to seeking help in the first place. If you combine the general societal stigma towards mental illness and add in the rural/farming/ranching mentality, it creates a huge hurdle for those who might be struggling. Sometimes people worry they’ll be judged by others; some people judge themselves. – Physician/Advanced Practice Clinician (Gallatin County)

GVMH tries hard and does a good job; it just needs to be able to serve more people. I also wish I could call and get an appointment for clients. If people are working, it is hard for them to go on Tuesday to enroll; it would be nice to have the ability to make an appointment. – Public Health/Community Health Representative (Gallatin County)

While Gallatin County is a leader in training and application of CIT on our Sheriff and Police officers, the ongoing treatment and service providers is lacking. A more stable source of services and providers is needed. – Community Leader (Gallatin, Madison & Park Counties)

No inpatient services available. Gallatin Mental Health Clinic is closing. Who is going to take care of these clients? Community is ill-equipped to deal with mental health issues. – Community Leader (Gallatin, Madison & Park Counties)

Limited services for mental health. Patients with mental health issues are a significant percentage of high utilization for ER. Difficult to get appropriate resources for mental health patients in the home. – Other Health Professional (Gallatin County)

Access to services in our community. It would be great if resource nights were offered at community spaces. The community café, for example. – Community Leader (Gallatin, Madison & Park Counties)

Access. With the changes at Gallatin Mental Health, we are seeing many folks in need. – Other Health Professional (Gallatin, Madison & Park Counties)

Access to care, with the mental health center collapsing. No inpatient care, and few prescribers are taking Medicaid. – Public Health/Community Health Representative (Gallatin, Madison & Park Counties)
Accessing any type of timely, appropriate and affordable care. Medicaid and insurance reimbursement. Crisis management. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

Lack of consistent acute crisis care, especially in dual diagnosis with substance abuse and mental health situations. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

Lack of mental health and psychiatric services in the community. – Public Health/Community Health Representative (Gallatin, Madison & Park Counties)

Access to care, diagnosis, public understanding, facilities. – Community Leader (Gallatin County)

A lack of access to services. Nearly every community health needs assessment done by any organization in Gallatin County cites a lack of access to mental health services as a major issue. An example of this is the high rate of turnover that has been seen repeatedly at the Gallatin Mental Health Center. – Public Health/Community Health Representative (Gallatin County)

Mental health patients need more crisis stabilization options, including long-term care. – Social Services Provider (Gallatin, Madison & Park Counties)

There are very limited resources in Bozeman to handle those in mental health crisis, especially for in-patient care and for those with chronic mental health conditions. There also are very few substance abuse/rehab/treatment programs in the area, and substance abuse and mental health go hand in hand. – Other Health Professional (Gallatin, Madison & Park Counties)

Lack of resources and funding to pay for mental health services. – Community Leader (Gallatin County)

Access to mental health resources: in town, within walking distance, and open 24/7. – Community Leader (Gallatin, Madison & Park Counties)

Access to psychiatry for medication management. Access time to counseling services for low income patients. – Other Health Professional (Gallatin, Madison & Park Counties)

Access to resources. Stigma. Emergency resources. We are still taking people with mental illness by sheriff out of town for treatment and then back to court. Not enough supportive case management and follow-up help. Hope House is often overwhelmed. Not enough integration with other medical providers and facilities in the Valley. – Other Health Professional (Gallatin, Madison & Park Counties)

Resources are limited in this community. There is no inpatient services for emergencies. – Other Health Professional (Gallatin County)

Access to crisis care and space. We often are keeping suicidal ideation patients for days to keep them safe. They are stuck in the hospital and losing precious intervention time and being watched by people without training or experience in dealing with mental illness and substance abuse. Getting people hooked into good counseling that they can afford is another problem. – Other Health Professional (Gallatin, Madison & Park Counties)

Access to care, specialists not accepting Medicaid. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

They have nowhere to go. It’s a long wait to get into Gallatin Mental Health. – Other Health Professional (Gallatin, Madison & Park Counties)

Access to psychiatry. Failure to take personal responsibility for medical compliance and behavior. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

Lack of available psychiatric and counseling services, lack of adequate funding by the Montana legislature, lack of an inpatient treatment facility. – Social Services Provider (Gallatin, Madison & Park Counties)

Private therapists in the community have long wait lists or do not accept Medicaid. Gallatin Mental Health Center has long waitlists when they are staffed, high turnover, and inefficiency in addressing the mental health needs of our community as a whole. – Social Services Provider (Gallatin County)

Our community needs more mental health services for children. Hope House cannot take children and there needs to be a place for them to go to receive assistance. – Social Services Provider (Gallatin County)

Access and stigma. – Community Leader (Gallatin, Madison & Park Counties)

I think as a community we are doing better at recognizing the need for increased and effective mental health services but I’m still only seeing a majority of offerings during the traditional 8-to-5 Monday–Friday time period. Often, a person experiences a crisis outside of these office hours, and it becomes challenging to navigate them towards a useful community resource. – Social Services Provider (Gallatin, Madison & Park Counties)

Access to psychiatric care, inpatient psychiatric treatment facilities, acute ER evaluation by crisis
response, access to care coordinators. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

Lack of access to professional care and treatment. – Community Leader (Gallatin, Madison & Park Counties)

The Hope House, our only crisis stabilization center, had to close several times this year for extended periods of time due to lack of staffing. Physical plant limitations, has had a massive turnover, and lack of leadership. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

There is a mental health crisis currently in our community, with many members unable to access or afford treatment. Major barriers to accessing services. Limited providers, especially a psychiatrist for those who need it. I also think that more mental health outreach needs to be done to remove barriers to access, as well as mental health training for other agencies and providers who are frequently in contact with customers with active mental health. Also expand the CRT. – Social Services Provider (Gallatin, Madison & Park Counties)

Securing treatment. – Community Leader (Gallatin, Madison & Park Counties)

Lack of services. – Public Health/Community Health Representative (Gallatin County)

Affordable Care/Services

Our mental health situation is a disaster. We do not have reliable and effective mental health treatment, especially for those without insurance or on Medicaid. We have resources, but they are not that effective and are underfunded. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

Need for better long-term care for those with mental health issues. From the law enforcement perspective, we see the same persons frequently and they are in and out of counseling and/or protective custody. – Community Leader (Gallatin, Madison & Park Counties)

Not enough counselors in different languages; for example, Spanish. – Public Health/Community Health Representative (Gallatin County)

Having health insurance that covers the cost of providers and medications needed. The length of time it takes to get appointments for pediatric care. – Community Leader (Gallatin, Madison & Park Counties)

Finding affordable and easily accessible services. It’s probably really more a function of how our entire state is set up. There’s only one place in the state for people who are having acute mental health crises. Even then, you have to go before a judge to be admitted. It’s really tough for families. I’ve known families who had to send their loved ones to Idaho because the system here is so bad. Even for more basic issues, it’s tough for people to get the support they need. – Community Leader (Gallatin, Madison & Park Counties)

There are no psychiatrists who take Medicaid. There is no inpatient psych care. All the counselors have full practices and no centralized way to access them. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

There is a lack of mental health services available to those who cannot afford it and desperately need it. There is a population of people who are not eligible for Obamacare or Medicaid who cannot access this care, and a group of people who need education about possible resources (the homeless population). I feel that mental health is the crux of most issues in our society, and we, as a community, should do a better job of making it available and removing its taboo. – Community Leader (Gallatin, Madison & Park Counties)

Access to affordable care. Availability of qualified providers who can prescribe medications. Lack of outpatient and inpatient treatment for addiction. – Other Health Professional (Gallatin, Madison & Park Counties)

Affordable access to treatment. Addressing often-connected issues, such as homelessness. – Community Leader (Gallatin, Madison & Park Counties)

Psychiatrists do not accept Medicare, so it is hard to get my mostly Medicare patients in. Also hard to get counseling for Medicare patients because Medicare does not reimburse LCPCs. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

I know there are people with serious mental health issues that need proper medication and management for their disease. I am not qualified to speak to this issue other than to say that for low-income families that have a serious mental health issue with one of their kids, this is a huge problem, and there are not a lot of affordable resources out there to help them. But there are a large number of people with depression or attention issues that simply need to eat better, get more active, get more sleep and get outside to play more. We have become a sedentary society that eats a lot of junk food (including sweetened beverages of all kinds) and doesn’t get enough sleep. I’m not sure what we can
do to help this issue other than to make it very easy for people to “do the right thing” and change the
culture so that it becomes a community norm that we support healthy options. I think we are doing a lot
to address these issues, but there is always more to do. – Community Leader (Gallatin, Madison &
Park Counties)

Collapse of care at GCMH, with zero prescribing mental health providers in our community accepting
Medicare/Medicaid public patients, and few therapists accepting new clients. MSU trains LCPCs but
Medicare does not recognize LCPCs for reimbursement, further limiting referral options for patients for
proven modalities such as CBT that could help patients manage chronic pain without opioids. –
Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

Lack of affordable, consistent, available non-pharmacologic interventions. We also continuously
struggle with the cowboy mentality in Montana; the stigma surrounding mental health issues makes
seeking care difficult. – Public Health/Community Health Representative (Gallatin County)

Affordable mental health services, inconsistencies with the care Gallatin Mental Health Center
provides, access to medication management, crisis services for children. – Other Health Professional
(Gallatin County)

Lack of access to affordable services, lack of services, stigma, lack of communication about where to
find services. Lack of coordination of care. – Community Leader (Gallatin, Madison & Park Counties)

Finding low cost mental health service is challenging. People with the highest need often don’t have
the support they need, due to the available agencies being overwhelmed due to lack of resources. I
have heard countless stories of needs not being met because of an inability to pay their copay or
because the agency is woefully understaffed and can’t meet the need. High agency turnover has also
been cited as an issue for said clients. – Other Health Professional (Gallatin, Madison & Park Counties)

The lack of affordable resources available, education, and understanding continues to hinder the
accessibility of services to those needing help in a timely manner. – Community Leader (Gallatin,
Madison & Park Counties)

For those people who are under-insured and working, it is hard to afford. The mental health center is
very hard to get into, with high staff turnover making it hard to build a relationship with a therapist. –
Community Leader (Gallatin County)

Access to affordable care. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park
Counties)

Lack of affordable care for adults and teens. Hands down. This is a problem, especially with the
challenges facing the Gallatin Mental Health Center. – Community Leader (Gallatin County)

Accessible support and treatment for low-income people. – Community Leader (Gallatin, Madison &
Park Counties)

Lack of Providers

There are very few providers out there that will see Medicare patients. This is a major problem. In
addition, many younger people have insurance that will not cover appropriate mental health services. –
Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

Not enough psychiatrists, or they are not available. Not enough child psychiatrists. Need more room at
the Hope House, or more places like the Hope House for people in crisis. People often say they can’t
afford to see a counselor/therapist. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park
Counties)

There are more people with mental health needs than the therapists in our community can currently
handle. People are languishing on waiting lists or being turned away. – Community Leader (Gallatin,
Madison & Park Counties)

Few providers for outpatient, and no providers for inpatient. – Physician/Advanced Practice Clinician
(Gallatin, Madison & Park Counties)

Not enough access to mental health providers. – Physician/Advanced Practice Clinician (Gallatin,
Madison & Park Counties)

Lack of counselor availability. There is often a three-week wait to see the counseling center at MSU. –
Community Leader (Gallatin, Madison & Park Counties)

Our local mental health provider can’t keep its psychiatrists or psych NPs employed. – Physician/
Advanced Practice Clinician (Gallatin, Madison & Park Counties)

Lack of providers. In particular, lack of providers that take Medicaid and Medicare. – Physician/
Advanced Practice Clinician (Gallatin County)

Access to psychiatrists across the spectrum is difficult. For Medicare and Medicaid even more so. We
have some good community resources in place but they are often overwhelmed/understaffed. We have issues with everything from coordination of care and basic care of patients with complex psychiatric disorders to much needed work with substance abuse/rehabilitation services and suicide prevention. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

Access to dedicated psychiatric specialty care for complex mental health (psychiatrists, psychiatric nurse practitioners, therapists, counselors, and case managers/social workers). GMHC has provided great care to many residents, but its current structure seems to be "burning out" providers with alarming regularity, leading to recurrent staff turnover. In addition, when GMHC staffing decreases, there is little or no availability of MCD, uninsured, or high-deductible insured patients to get community psychiatric care. I believe there should be closer involvement and support by BHDH with GMHC, including larger pools of psychiatric specialty providers to reduce burnout. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

The biggest challenges are: lack of providers; lack of providers who are social workers, covered by Medicare; and inability to retain newly graduated social workers or LCPC's, who often work at public clinics (GMHC, CHP) for a short period of time to get their practice hours in, then leave the area and/or go into private practice. – Community Leader (Gallatin County)

**Denial/Stigma**

While the stigma of seeking assistance is difficult in a very small community, access is really the primary hurdle. – Community Leader (Gallatin, Madison & Park Counties)

Access issues for youth; stigma. – Community Leader (Gallatin, Madison & Park Counties)

Stigma. Lack of resources. Resistance to seek help. Education on mental health. Drug and alcohol use as comorbidities. – Physician/Advanced Practice Clinician (Gallatin County)

Stigma, receiving consistent mental health services (high turnover), getting the right help in the right place at the right time. Western Montana Mental Health turnover, inconsistencies, move to the outskirts of town. Substance abuse services are poor. Funding always an issue and always getting cut. – Public Health/Community Health Representative (Gallatin, Madison & Park Counties)

There is a stigma around getting services for mental health. It seems that our Gallatin Mental Health Center is underfunded and under-capacity to serve the growing need in our community. – Community Leader (Gallatin County)

Stigma, access for rural communities, lack of resources in rural communities. Customers are reluctant to receive services from obvious mental health services/offices; they would prefer more anonymity. The public is unaware of existing resources. – Social Services Provider (Gallatin, Madison & Park Counties)

While much work has begun (Bozeman School District efforts), I have not seen uniformity across the school districts in the county. A stigma still exists and there is opportunity for improvement within the healthcare system for uniformity in early screening and finally, access to clinical services for co-occurring conditions (substance abuse treatment). – Public Health/Community Health Representative (Gallatin County)

Stigma associated with receiving help. Lack of an understanding as to how to access the help. Rural communities have very limited resources or knowledge of resources available. – Social Services Provider (Gallatin, Madison & Park Counties)

Stigma associated with accessing care; access to care. – Social Services Provider (Gallatin, Madison & Park Counties)

**Vulnerable Populations**

Lack of access for youth and homeless populations to adequate mental health facilities. – Community Leader (Gallatin County)

Access to adolescent and youth mental health. – Community Leader (Gallatin, Madison & Park Counties)

There needs to be more services for children struggling with mental health concerns. There are often long wait lists for mental health services for adults. – Social Services Provider (Gallatin County)

Poverty and the hopelessness that comes with it spirals people down into depression. Drug and alcohol abuse encourage the sense of hopelessness. This community needs to help students find their passions and a path to be content and successful with these hopes and dreams. This needs to be for intellectual, artistic and physical passions. A hopeful future is what all people deserve! – Community Leader (Gallatin, Madison & Park Counties)

Academic testing and support for children with learning disabilities. This leads to depression, substance abuse, and school dropouts. – Physician/Advanced Practice Clinician (Gallatin, Madison &...
**Community Health Needs Assessment**

**Park Counties**

**Adult/senior suicide awareness and prevention. Substance abuse.** – Public Health/Community Health Representative (Gallatin, Madison & Park Counties)

**Mental health for children and teens.** Until they are involved with the judicial system, there is little help or support for these kids. This results in dropping out of school and substance abuse. – Community Leader (Gallatin, Madison & Park Counties)

**Access to mental health professionals for all incomes, but especially low-income folks. Dementia resources are especially scarce for low-income seniors.** – Social Services Provider (Gallatin, Madison & Park Counties)

**Children mental health services; crisis-response funding.** – Community Leader (Gallatin, Madison & Park Counties)

**Health Education**

A lack of understanding of what is needed. A lack of services. A stigma attached to mental health. – Community Leader (Gallatin, Madison & Park Counties)

First, more awareness: The general population is not aware of their own mental health, how to improve their mental wellness, and available resources. Second, reduce stigma about mental illness: People think their mental health issues are their own personal problem. Need to de-stigmatize and make it a community concern. Third, reduce suicides: Need suicide prevention programs that are effective. Need funding to complete YAM (Youth Aware of Mental Health) study so this program can be widely implemented in Montana for suicide prevention. Fourth, integrated behavioral health in primary care settings. Sixth, residential care facilities and programs for teens/YA and for adults experiencing mental health crises. An outdoor-themed/based care facility, perhaps. Fifth, increased support for homeless w/ mental health issues. Sixth, ACEs awareness and trauma-informed care integrated throughout organizations and businesses. Seventh, compassion-fatigue prevention for providers to provide optimal care. And last, increased support for children age 0-8 and parents’ mental health. – Social Services Provider (Gallatin, Madison & Park Counties)

**Prevalence/Incidence**

Depression, anxiety are the two big ones. So many homeless have mental health issues. – Community Leader (Gallatin, Madison & Park Counties)

Mental health is one of the biggest issues facing our country right now with the increased gun violence incidence. Bozeman should take preventative measures by placing stricter gun control laws that will screen people for mental health disorders. We should speak about mental health as a community so people affected feel comfortable talking about it. Suicide is too common, especially among youth, so our community needs to take away the stigma and raise awareness about mental health disorders and how to deal with them. – Community Leader (Gallatin, Madison & Park Counties)

The rate of suicide and the amount of stress seen in school age population. Lack of access or the stigma associated with seeking mental health services. – Other Health Professional (Gallatin, Madison & Park Counties)

High rate of psychiatric disease, increasingly difficult to access mental health services due to transitions at the county mental health organizations. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

We have a mental health facility, but nothing that we do comes close to solving the problem. Some government agency or agencies have to see the problem and tax the rest of us to make more and better facilities and help for those that are mentally ill. – Community Leader (Gallatin, Madison & Park Counties)

**Diagnosis/Treatment**

Getting any kind of help with mental health issues. – Community Leader (Gallatin, Madison & Park Counties)

Across all medical spectrums, we see the adverse effects of undiagnosed and untreated mental health issues that impact people’s ability to retain a job, create a safe family dynamic, take care of themselves physically, etc. And those, in turn, can affect their ability to lead healthy lives; they may not have health insurance because they can’t work so they are afraid to go to the doctor because of cost... it is all so layered and cyclical! And as usual, low-income and vulnerable populations are the most susceptible to mental health screenings and assistance and they often experience the biggest barriers to getting care. The lack of mental health resources and lack of awareness about these issues in our community is astounding. – Other Health Professional (Gallatin, Madison & Park Counties)
Suicide

Suicide, it is a concern for the state and our catchment areas. – Public Health/Community Health Representative (Gallatin, Madison & Park Counties)

Suicide is especially prevalent among teens and teens who are on SSRIs. – Other Health Professional (Gallatin County)

Montana has the highest suicide rate. – Other Health Professional (Gallatin, Madison & Park Counties)

With the high suicide rate and people with mental health issues, we significantly lack mental health resources. There is a lack of physicians and social workers who work in the mental health field. If we do find a place for them, it is typically out of county or state. – Other Health Professional (Gallatin, Madison & Park Counties)

Stress

Stress reduction for the population in general. Most people I encounter in this community struggle with stress and “busy/over-thinking-mind” to the point that it affects their physical and emotional (as well as mental) well-being. Treating stress with medication only masks the problem and doesn’t help people work with the underlying causes of stress. People are not aware of mind-body connection practices that can improve their mental health, greatly enhancing the effects of medication and providing tools that are helpful even when life circumstances continue to provide challenges. Tools that enable people to relate to these challenges with more resilience, a perspective shift, confidence boost, etc. – Social Services Provider (Gallatin, Madison & Park Counties)
Leading Causes of Death

Distribution of Deaths by Cause
Together, cardiovascular disease (heart disease and stroke) and cancers accounted for over 4 in 10 deaths in the Total Area in 2015.

Leading Causes of Death
(Total Area, 2015)

<table>
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<tr>
<th>Cause</th>
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<tr>
<td>Cancer</td>
<td>19.6%</td>
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<td>Unintentional Injuries</td>
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<tr>
<td>CLRD</td>
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<tr>
<td>Stroke</td>
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<td>Intentional Self-Harm</td>
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</tr>
</tbody>
</table>

Sources: CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted May 2017.

Notes:
- Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
- CLRD is chronic lower respiratory disease.

Age-Adjusted Death Rates for Selected Causes
In order to compare mortality in the region with other localities (in this case, Montana and the United States), it is necessary to look at rates of death — these are figures which represent the number of deaths in relation to the population size (such as deaths per 100,000 population, as is used here).

Furthermore, in order to compare localities without undue bias toward younger or older populations, the common convention is to adjust the data to some common baseline age distribution. Use of these “age-adjusted” rates provides the most valuable means of gauging mortality against benchmark data, as well as Healthy People 2020 targets.

The following chart outlines 2013-2015 annual average age-adjusted death rates per 100,000 population for selected causes of death in the Total Area.

Each of these is discussed in greater detail in subsequent sections of this report.
## Age-Adjusted Death Rates for Selected Causes

*(2013-2015 Deaths per 100,000 Population)*

<table>
<thead>
<tr>
<th>Causes</th>
<th>Total Area</th>
<th>MT</th>
<th>US</th>
<th>HP2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diseases of the Heart</td>
<td>121.5</td>
<td>152.6</td>
<td>168.4</td>
<td>156.9*</td>
</tr>
<tr>
<td>Malignant Neoplasms (Cancers)</td>
<td>121.5</td>
<td>155.8</td>
<td>161.0</td>
<td>161.4</td>
</tr>
<tr>
<td>Unintentional Injuries</td>
<td>39.8</td>
<td>55.5</td>
<td>41.0</td>
<td>36.4</td>
</tr>
<tr>
<td>Chronic Lower Respiratory Disease (CLRD)</td>
<td>36.7</td>
<td>50.4</td>
<td>41.4</td>
<td>n/a</td>
</tr>
<tr>
<td>Cerebrovascular Disease (Stroke)</td>
<td>31.5</td>
<td>35.9</td>
<td>36.8</td>
<td>34.8</td>
</tr>
<tr>
<td>Intentional Self-Harm (Suicide)</td>
<td>20.0</td>
<td>24.3</td>
<td>13.0</td>
<td>10.2</td>
</tr>
<tr>
<td>Alzheimer's Disease</td>
<td>15.7</td>
<td>20.2</td>
<td>26.1</td>
<td>n/a</td>
</tr>
<tr>
<td>Firearm-Related</td>
<td>13.9</td>
<td>17.3</td>
<td>10.6</td>
<td>9.3</td>
</tr>
<tr>
<td>Motor Vehicle Deaths</td>
<td>13.1</td>
<td>20.0</td>
<td>10.6</td>
<td>12.4</td>
</tr>
<tr>
<td>Pneumonia/Influenza</td>
<td>13.0</td>
<td>14.6</td>
<td>15.4</td>
<td>n/a</td>
</tr>
<tr>
<td>Drug-Induced</td>
<td>10.0</td>
<td>15.3</td>
<td>15.8</td>
<td>11.3</td>
</tr>
<tr>
<td>Diabetes Mellitus</td>
<td>8.5</td>
<td>21.1</td>
<td>21.1</td>
<td>20.5*</td>
</tr>
<tr>
<td>Cirrhosis/Liver Disease</td>
<td>6.0</td>
<td>13.6</td>
<td>10.5</td>
<td>8.2</td>
</tr>
</tbody>
</table>

**Sources:**
- Rates are per 100,000 population, age-adjusted to the 2000 US Standard Population and coded using ICD-10 codes.
- *The Healthy People 2020 Heart Disease target is adjusted to account for all diseases of the heart, the Diabetes target is adjusted to reflect only diabetes mellitus-coded deaths.*

**Note:**
Cardiovascular Disease

About Heart Disease & Stroke

Heart disease is the leading cause of death in the United States, with stroke following as the third leading cause. Together, heart disease and stroke are among the most widespread and costly health problems facing the nation today, accounting for more than $500 billion in healthcare expenditures and related expenses in 2010 alone. Fortunately, they are also among the most preventable.

The leading modifiable (controllable) risk factors for heart disease and stroke are:

- High blood pressure
- High cholesterol
- Cigarette smoking
- Diabetes
- Poor diet and physical inactivity
- Overweight and obesity

The risk of Americans developing and dying from cardiovascular disease would be substantially reduced if major improvements were made across the US population in diet and physical activity, control of high blood pressure and cholesterol, smoking cessation, and appropriate aspirin use.

The burden of cardiovascular disease is disproportionately distributed across the population. There are significant disparities in the following based on gender, age, race/ethnicity, geographic area, and socioeconomic status:

- Prevalence of risk factors
- Access to treatment
- Appropriate and timely treatment
- Treatment outcomes
- Mortality

Disease does not occur in isolation, and cardiovascular disease is no exception. Cardiovascular health is significantly influenced by the physical, social, and political environment, including: maternal and child health; access to educational opportunities; availability of healthy foods, physical education, and extracurricular activities in schools; opportunities for physical activity, including access to safe and walkable communities; access to healthy foods; quality of working conditions and worksite health; availability of community support and resources; and access to affordable, quality healthcare.

- Healthy People 2020 (www.healthypeople.gov)

Age-Adjusted Heart Disease & Stroke Deaths

Heart Disease Deaths

Between 2013 and 2015 there was an annual average age-adjusted heart disease mortality rate of 121.5 deaths per 100,000 population in the Total Area.

- Lower than the statewide and national rates.
- Satisfies the Healthy People 2020 target of 156.9 or lower (as adjusted to account for all diseases of the heart).
- Higher in Gallatin County.
Heart Disease: Age-Adjusted Mortality
(2013-2015 Annual Average Deaths per 100,000 Population)
Healthy People 2020 Target = 156.9 or Lower (Adjusted)

TREND: The heart disease mortality rate has decreased in the Total Area, echoing the decreasing trends across Montana and the US overall.

Heart Disease: Age-Adjusted Mortality Trends
(Annual Average Deaths per 100,000 Population)
Healthy People 2020 Target = 156.9 or Lower (Adjusted)

Sources:

Notes:
- Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
- Rates are per 100,000 population, age-adjusted to the 2000 US Standard Population.
- The Healthy People 2020 Heart Disease target is adjusted to account for all diseases of the heart.
Stroke Deaths
Between 2013 and 2015, there was an annual average age-adjusted stroke mortality rate of 31.5 deaths per 100,000 population in the Total Area.

- More favorable than the Montana and national rates.
- Satisfies the Healthy People 2020 target of 34.8 or lower.

**Stroke: Age-Adjusted Mortality**
*(2013-2015 Annual Average Deaths per 100,000 Population)*

Healthy People 2020 Target = 34.8 or Lower

---

TREND: The stroke rate has declined in the late 2000s but has since held steady.

**Stroke: Age-Adjusted Mortality Trends**
*(Annual Average Deaths per 100,000 Population)*

Healthy People 2020 Target = 34.8 or Lower

---

**Sources:**

**Notes:**
- Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
- Rates are per 100,000 population, age-adjusted to the 2000 US Standard Population.
Prevalence of Heart Disease & Stroke

Prevalence of Heart Disease

A total of 4.5% of surveyed adults report that they suffer from or have been diagnosed with heart disease, such as coronary heart disease, angina or heart attack.

- Below the national prevalence.
- Similar within Gallatin County; unfavorably high in Madison County.
- TREND: Statistically unchanged since 2011.

![Prevalence of Heart Disease](chart)

Sources: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 146]
Notes: Asked of all respondents.
Includes diagnoses of heart attack, angina or coronary heart disease.

- Seniors (age 65+) and, to a lesser degree, non-Hispanic Whites are more likely to have been diagnosed with heart disease.

![Prevalence of Heart Disease (Total Area, 2017)](chart)

Sources: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 146]
Notes: Asked of all respondents.
Includes diagnoses of heart attack, angina or coronary heart disease.

- Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., "White" reflects non-Hispanic White respondents).
- Income categories reflect respondent's household income as a ratio to the federal poverty level (FPL) for their household size. "Low Income" includes households with incomes up to 200% of the federal poverty level; "Mid/High Income" includes households with incomes at 200% or more of the federal poverty level.
Prevalence of Stroke

A total of 2.1% of surveyed adults report that they suffer from or have been diagnosed with cerebrovascular disease (a stroke).

- Similar to statewide and national findings.
- Similar by community in Gallatin County; similar findings by county.
- TREND: Statistically unchanged over time.

<table>
<thead>
<tr>
<th>Year</th>
<th>Bozeman</th>
<th>Other Gallatin</th>
<th>Gallatin County</th>
<th>Madison County</th>
<th>Park County</th>
<th>Total Area</th>
<th>MT</th>
<th>US</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>2.5%</td>
<td>1.1%</td>
<td>2.1%</td>
<td>3.4%</td>
<td>1.7%</td>
<td>2.1%</td>
<td>2.7%</td>
<td>2.6%</td>
</tr>
<tr>
<td>2014</td>
<td>1.9%</td>
<td>3.3%</td>
<td>2.1%</td>
<td>2.7%</td>
<td>3.4%</td>
<td>2.5%</td>
<td>3.3%</td>
<td>2.1%</td>
</tr>
<tr>
<td>2017</td>
<td>2.1%</td>
<td>2.1%</td>
<td>2.7%</td>
<td>1.7%</td>
<td>2.1%</td>
<td>2.6%</td>
<td>2.5%</td>
<td>2.1%</td>
</tr>
</tbody>
</table>

Sources:  
- 2017 PRC Community Health Survey, Professional Research Consultants, Inc.  
- 2015 PRC National Health Survey, Professional Research Consultants, Inc.  

Notes:  
- Asked of all respondents.

Cardiovascular Risk Factors

About Cardiovascular Risk

Controlling risk factors for heart disease and stroke remains a challenge. High blood pressure and cholesterol are still major contributors to the national epidemic of cardiovascular disease. High blood pressure affects approximately 1 in 3 adults in the United States, and more than half of Americans with high blood pressure do not have it under control. High sodium intake is a known risk factor for high blood pressure and heart disease, yet about 90% of American adults exceed their recommendation for sodium intake.

- Healthy People 2020 (www.healthypeople.gov)
High Blood Pressure

High Blood Pressure Testing

A total of 91.9% of Total Area adults have had their blood pressure tested within the past two years.

- Similar to national findings.
- Similar to the Healthy People 2020 target (92.6% or higher).
- In Gallatin County, similar by area.
- Similar findings by county.
- TREND: Marks a statistically significant increase over time.

Have Had Blood Pressure Checked in the Past Two Years

Healthy People 2020 Target = 92.6% or Higher

Prevalence of High Blood Pressure

A total of 30.2% of Total Area adults have been told at some point that their blood pressure was high.

- Comparable to the Montana prevalence.
- Lower than the national prevalence.
- Fails to satisfy the Healthy People 2020 target (26.9% or lower).
- Similar findings within Gallatin County.
- Unfavorably high in Madison County.
- TREND: Denotes a statistically significant increase from previous survey findings.
- Among adults with multiple high blood pressure readings, 86.0% are taking action to lower their blood pressure (such as medication, change in diet, and/or exercise).
Prevalence of High Blood Pressure

Healthy People 2020 Target = 26.9% or Lower

86.0% of adults with multiple HBP readings are taking action to help control their levels (such as medication, diet, and/or exercise).

Prevalence of High Blood Pressure
(Total Area, 2017)
Healthy People 2020 Target = 26.9% or Lower

Sources: ● 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 147]

Notes: ● Asked of all respondents.

High blood pressure is more prevalent among:

- Adults age 40 and older, and especially those age 65+ (positive correlation with age).
- Residents in low-income households.

Prevalence of High Blood Pressure

Healthy People 2020 Target = 26.9% or Lower

Sources: ● 2011 PRC Community Health Survey, Professional Research Consultants, Inc. [Items 43, 147]
● 2015 PRC National Health Survey, Professional Research Consultants, Inc.

Notes: ● Asked of all respondents.

Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., “White” reflects non-Hispanic White respondents).
Income categories reflect respondent’s household income as a ratio to the federal poverty level (FPL) for their household size. “Low Income” includes households with incomes up to 200% of the federal poverty level; “Mid/High Income” includes households with incomes at 200% or more of the federal poverty level.
High Blood Cholesterol

Blood Cholesterol Testing

A total of 85.6% of Total Area adults have had their blood cholesterol checked within the past five years.

- More favorable than Montana findings.
- Comparable to the national findings.
- Satisfies the Healthy People 2020 target (82.1% or higher).
- In Gallatin County, similar by area.
- Highest in Gallatin County; lowest in Madison County.
- TREND: Denotes a statistically significant increase in cholesterol screenings since 2011.

Have Had Blood Cholesterol Levels Checked in the Past Five Years

Healthy People 2020 Target = 82.1% or Higher

---

Prevalence of High Blood Cholesterol

A total of 22.1% of adults have been told by a health professional that their cholesterol level was high.

- Below the national prevalence.
- Fails to satisfy the Healthy People 2020 target (13.5% or lower).
- In Gallatin County, similar by area.
- Favorably low in Gallatin County; highest in Madison County.
- TREND: Statistically unchanged since 2011.
- Among adults with high blood cholesterol readings, 81.0% are taking action to lower their numbers (such as medication, change in diet, and/or exercise).
Prevalence of High Blood Cholesterol
Healthy People 2020 Target = 13.5% or Lower

81.0% of adults are taking action to help control their levels (such as medication, diet, and/or exercise).

Further note the following:

- Men report a higher prevalence than women in the Total Area.
- There is a strong positive correlation between age and high blood cholesterol.

Prevalence of High Blood Cholesterol
(Total Area, 2017)
Healthy People 2020 Target = 13.5% or Lower

Sources: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 148]

Notes: Asked of all respondents.

Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., "White" reflects non-Hispanic White respondents).
Income categories reflect respondent’s household income as a ratio to the federal poverty level (FPL) for their household size. "Low Income" includes households with incomes up to 200% of the federal poverty level. "Mid/High Income" includes households with incomes at 200% or more of the federal poverty level.
About Cardiovascular Risk

Individual level risk factors which put people at increased risk for cardiovascular diseases include:

- High Blood Pressure
- High Blood Cholesterol
- Tobacco Use
- Physical Inactivity
- Poor Nutrition
- Overweight/Obesity
- Diabetes

Three health-related behaviors contribute markedly to cardiovascular disease:

**Poor nutrition.** People who are overweight have a higher risk for cardiovascular disease. Almost 60% of adults are overweight or obese. To maintain a proper body weight, experts recommend a well-balanced diet which is low in fat and high in fiber, accompanied by regular exercise.

**Lack of physical activity.** People who are not physically active have twice the risk for heart disease of those who are active. More than half of adults do not achieve recommended levels of physical activity.

**Tobacco use.** Smokers have twice the risk for heart attack of nonsmokers. Nearly one-fifth of all deaths from cardiovascular disease, or about 190,000 deaths a year nationally, are smoking-related. Every day, more than 3,000 young people become daily smokers in the US.

Modifying these behaviors is critical both for preventing and for controlling cardiovascular disease. Other steps that adults who have cardiovascular disease should take to reduce their risk of death and disability include adhering to treatment for high blood pressure and cholesterol, using aspirin as appropriate, and learning the symptoms of heart attack and stroke.

Total Cardiovascular Risk

A total of 80.2% of Total Area adults report one or more cardiovascular risk factors, such as being overweight, smoking cigarettes, being physically inactive, or having high blood pressure or cholesterol.

- Comparable to national findings.
- In Gallatin County, much higher outside Bozeman.
- Comparable findings by county.
- TREND: Denotes a statistically significant increase since 2011.
Adults more likely to exhibit cardiovascular risk factors include:

- Men.
- Adults age 40 and older, and especially seniors (positive correlation with age).
- Respondents in low-income households.
Key Informant Input: Heart Disease & Stroke

The greatest share of key informants taking part in an online survey characterized Heart Disease & Stroke as a “moderate problem” in the community.

**Perceptions of Heart Disease and Stroke as a Problem in the Community**

(Key Informants, 2017)

<table>
<thead>
<tr>
<th>Major Problem</th>
<th>Moderate Problem</th>
<th>Minor Problem</th>
<th>No Problem At All</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.4%</td>
<td>46.1%</td>
<td>26.1%</td>
<td>17.4%</td>
</tr>
</tbody>
</table>

Sources:  
- PRC Online Key Informant Survey, Professional Research Consultants, Inc.

Notes:  
- Asked of all respondents.

**Top Concerns**

Among those rating this issue as a “major problem,” reasons related to the following:

**Prevalence/Incidence**

- By the amount of stroke and heart disease cases in the community. – Community Leader (Gallatin, Madison & Park Counties)
- Only because this is the number-one killer and I would suspect that there are lots of people out there that either have heart disease or will develop heart disease unless they have the right information coupled with the right resources to manager or prevent this disease. – Community Leader (Gallatin, Madison & Park Counties)
- High rates of these conditions, low health literacy, high tobacco use rates as well as high rates of poorly controlled diabetes. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)
- Major cause of mortality. Distance to emergency care for some area residents. – Other Health Professional (Gallatin, Madison & Park Counties)
- As the population of Bozeman increases, the number of people affected is increasing. Our community does not have advanced cardiac or neurological care at this time. Patients in need of open-heart surgery or advanced stroke care have to be sent to other hospitals for services. – Other Health Professional (Gallatin, Madison & Park Counties)
- I don’t think it is any different than the national problem. Heart disease and stroke are the top killers nationwide and are problem here as elsewhere. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)
- Because it is a top reason for death and disability. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)
- Personal observation. – Community Leader (Gallatin, Madison & Park Counties)

**Obesity**

- Obesity, poor diet, and lack of or limited activity. – Community Leader (Gallatin, Madison & Park Counties)
- Significant about of obesity, drugs/alcohol use, tobacco use, lack of physical activity, uncontrolled HTN. Education. Resistance to seek preventative care. – Physician/Advanced Practice Clinician (Gallatin County)
Access to Care/Services

I am going on what I have heard people tell me when they have these types of physical concerns. There is a long wait period and then they may still need to travel for further services. – Community Leader (Gallatin, Madison & Park Counties)

Health Education

Poor diet and nutrition education. – Community Leader (Gallatin, Madison & Park Counties)
Cancer

About Cancer

Continued advances in cancer research, detection, and treatment have resulted in a decline in both incidence and death rates for all cancers. Among people who develop cancer, more than half will be alive in five years. Yet, cancer remains a leading cause of death in the United States, second only to heart disease.

Many cancers are preventable by reducing risk factors such as: use of tobacco products; physical inactivity and poor nutrition; obesity; and ultraviolet light exposure. Other cancers can be prevented by getting vaccinated against human papillomavirus and hepatitis B virus. In the past decade, overweight and obesity have emerged as new risk factors for developing certain cancers, including colorectal, breast, uterine corpus (endometrial), and kidney cancers. The impact of the current weight trends on cancer incidence will not be fully known for several decades. Continued focus on preventing weight gain will lead to lower rates of cancer and many chronic diseases.

Screening is effective in identifying some types of cancers (see US Preventive Services Task Force [USPSTF] recommendations), including:

- Breast cancer (using mammography)
- Cervical cancer (using Pap tests)
- Colorectal cancer (using fecal occult blood testing, sigmoidoscopy, or colonoscopy)
- Healthy People 2020 (www.healthypeople.gov)

Age-Adjusted Cancer Deaths

All Cancer Deaths

Between 2013 and 2015, there was an annual average age-adjusted cancer mortality rate of 121.5 deaths per 100,000 population in the Total Area.

- More favorable than the statewide and national rates.
- Satisfies the Healthy People 2020 target of 161.4 or lower.
- Highest in Park County.
Cancer: Age-Adjusted Mortality
(2013-2015 Annual Average Deaths per 100,000 Population)
Healthy People 2020 Target = 161.4 or Lower

<table>
<thead>
<tr>
<th>Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted May 2017.</td>
</tr>
</tbody>
</table>

Notes:
- Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
- Rates are per 100,000 population, age-adjusted to the 2000 US Standard Population.

TREND: Cancer mortality in the Total Area has fallen in the most recent reporting periods. Statewide and nationally, declining mortality has been more consistent.

### Cancer: Age-Adjusted Mortality Trends
(Annual Average Deaths per 100,000 Population)
Healthy People 2020 Target = 161.4 or Lower

<table>
<thead>
<tr>
<th>Year</th>
<th>Total Area</th>
<th>MT</th>
<th>US</th>
</tr>
</thead>
<tbody>
<tr>
<td>2006-2008</td>
<td>134.7</td>
<td>170.0</td>
<td>179.2</td>
</tr>
<tr>
<td>2007-2009</td>
<td>130.7</td>
<td>165.0</td>
<td>176.4</td>
</tr>
<tr>
<td>2008-2010</td>
<td>136.1</td>
<td>161.8</td>
<td>174.2</td>
</tr>
<tr>
<td>2009-2011</td>
<td>141.9</td>
<td>162.9</td>
<td>171.8</td>
</tr>
<tr>
<td>2010-2012</td>
<td>143.0</td>
<td>160.3</td>
<td>169.4</td>
</tr>
<tr>
<td>2011-2013</td>
<td>138.6</td>
<td>158.0</td>
<td>166.2</td>
</tr>
<tr>
<td>2012-2014</td>
<td>127.6</td>
<td>155.2</td>
<td>163.6</td>
</tr>
<tr>
<td>2013-2015</td>
<td>121.5</td>
<td>155.8</td>
<td>161.0</td>
</tr>
</tbody>
</table>
Cancer Deaths by Site

Lung cancer is the leading cause of cancer deaths in the Total Area.

Other leading sites include prostate cancer and female breast cancer.

As can be seen in the following chart (referencing 2013-2015 annual average age-adjusted death rates):

- The Total Area lung and female breast cancer death rates are lower than the state and national rates.
- The Total Area prostate cancer death rate is higher than state and national rates.

Note that the Total Area lung and female breast cancer death rates satisfy the related Healthy People 2020 targets, whereas the local prostate cancer death rate is similar to the related goal.

Age-Adjusted Cancer Death Rates by Site
(2013-2015 Annual Average Deaths per 100,000 Population)

<table>
<thead>
<tr>
<th></th>
<th>Total Area</th>
<th>MT</th>
<th>US</th>
<th>HP2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>ALL CANCERS</td>
<td>121.5</td>
<td>155.8</td>
<td>161.0</td>
<td>161.4</td>
</tr>
<tr>
<td>Lung Cancer</td>
<td>25.5</td>
<td>39.5</td>
<td>42.0</td>
<td>45.5</td>
</tr>
<tr>
<td>Prostate Cancer</td>
<td>22.0</td>
<td>20.5</td>
<td>19.0</td>
<td>21.8</td>
</tr>
<tr>
<td>Female Breast Cancer</td>
<td>14.3</td>
<td>20.2</td>
<td>20.6</td>
<td>20.7</td>
</tr>
</tbody>
</table>

Sources:

Cancer Incidence

Incidence rates reflect the number of newly diagnosed cases in a given population in a given year, regardless of outcome. Here, these rates are also age-adjusted.

The 2009-2013 Total Area annual average age-adjusted female breast cancer incidence rate is worse than the Montana and US rates.

- Note that the Total Area lung and colorectal cancer incidence rates are more favorable than state and national rates, whereas the local prostate cancer incidence rate is similar to Montana and US rates.
Cancer Incidence Rates by Site
(Annual Average Age-Adjusted Incidence per 100,000 Population, 2009-2013)

Sources: 
- State Cancer Profiles.

Notes: 
- This indicator reports the age adjusted incidence rate (cases per 100,000 population per year) of cancers, adjusted to 2000 US standard population age groups (under age 1, 1-4, 5-9, ..., 80-84, 85 and older). This indicator is relevant because cancer is a leading cause of death and it is important to identify cancers separately to better target interventions.

- Viewed by county, Madison County reports the lowest female breast and prostate cancer incidence rates when compared with Gallatin and Park counties; on the other hand, Gallatin reports the lowest lung cancer incidence rate, and Park County reports the lowest colorectal cancer incidence rate.

Cancer Incidence Rates by Site
(Annual Average Age-Adjusted Incidence per 100,000 Population, 2009-2013)

Sources: 
- State Cancer Profiles.

Notes: 
- This indicator reports the age adjusted incidence rate (cases per 100,000 population per year) of cancers, adjusted to 2000 US standard population age groups (under age 1, 1-4, 5-9, ..., 80-84, 85 and older). This indicator is relevant because cancer is a leading cause of death and it is important to identify cancers separately to better target interventions.
Prevalence of Cancer

Skin Cancer

A total of 7.5% of surveyed Total Area adults report having been diagnosed with skin cancer.

- Similar to what is found statewide and nationally.
- In Gallatin County, similar by area.
- Similar findings by county.
- TREND: The prevalence of skin cancer has remained statistically unchanged over time.

### Prevalence of Skin Cancer

<table>
<thead>
<tr>
<th></th>
<th>Total Area Trend</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>bozeman</em></td>
<td>6.3%</td>
</tr>
<tr>
<td><em>other_gallatin</em></td>
<td>8.2%</td>
</tr>
<tr>
<td><em>gallatin_county</em></td>
<td>7.5%</td>
</tr>
<tr>
<td><em>madison_county</em></td>
<td>7.7%</td>
</tr>
<tr>
<td><em>park_county</em></td>
<td>7.7%</td>
</tr>
<tr>
<td><em>total_area</em></td>
<td>7.5%</td>
</tr>
<tr>
<td><em>mt</em></td>
<td>6.3%</td>
</tr>
<tr>
<td><em>us</em></td>
<td>8.2%</td>
</tr>
<tr>
<td><em>2011</em></td>
<td>7.4%</td>
</tr>
<tr>
<td><em>2014</em></td>
<td>7.2%</td>
</tr>
<tr>
<td><em>2017</em></td>
<td>9.8%</td>
</tr>
</tbody>
</table>

Sources:
- 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 30]
- 2015 PRC National Health Survey, Professional Research Consultants, Inc.

Notes:
- Asked of all respondents.

Other Cancer

A total of 8.9% of survey respondents have been diagnosed with some type of (non-skin) cancer.

- Similar to the statewide and national percentages.
- In Gallatin County, similar by community.
- Similar findings by county.
- TREND: The prevalence of cancer has increased significantly over time.
### Prevalence of Cancer (Other Than Skin Cancer)

![Bar chart showing the prevalence of cancer (other than skin cancer) from 2011 to 2017 for Bozeman, Other Gallatin County, Madison County, Park County, and Total Area.](chart)

**Total Area Trend**

- 2011: 5.0%
- 2014: 7.1%
- 2017: 8.9%

**Bozeman**

- 2011: 8.4%
- 2014: 10.8%
- 2017: 9.1%

**Other Gallatin County**

- 2011: 9.6%
- 2014: 6.9%
- 2017: 8.9%

**Madison County**

- 2011: 7.9%
- 2014: 7.7%
- 2017: 7.7%

**Park County**

- 2011: 6.9%
- 2014: 8.9%
- 2017: 9.6%

**Total Area MT US**

- 2011: 5.0%
- 2014: 7.1%
- 2017: 8.9%

**Sources:**
- 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 29]
- 2015 PRC National Health Survey, Professional Research Consultants, Inc.

**Notes:**
- Asked of all respondents.

### Cancer Risk

**About Cancer Risk**

Reducing the nation’s cancer burden requires reducing the prevalence of behavioral and environmental factors that increase cancer risk.

- All cancers caused by cigarette smoking could be prevented. At least one-third of cancer deaths that occur in the United States are due to cigarette smoking.
- According to the American Cancer Society, about one-third of cancer deaths that occur in the United States each year are due to nutrition and physical activity factors, including obesity.
- National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention

### Cancer Screenings

The American Cancer Society recommends that both men and women get a cancer-related checkup during a regular doctor’s checkup. It should include examination for cancers of the thyroid, testicles, ovaries, lymph nodes, oral cavity, and skin, as well as health counseling about tobacco, sun exposure, diet and nutrition, risk factors, sexual practices, and environmental and occupational exposures.

Screening levels in the community were measured in the PRC Community Health Survey relative to three cancer sites: female breast cancer (mammography); cervical cancer (Pap smear testing); and colorectal cancer (sigmoidoscopy and fecal occult blood testing).
Female Breast Cancer Screening

About Screening for Breast Cancer

The US Preventive Services Task Force (USPSTF) recommends screening mammography, with or without clinical breast examination (CBE), every 1-2 years for women age 40 and older.

Rationale: The USPSTF found fair evidence that mammography screening every 12-33 months significantly reduces mortality from breast cancer. Evidence is strongest for women age 50-69, the age group generally included in screening trials. For women age 40-49, the evidence that screening mammography reduces mortality from breast cancer is weaker, and the absolute benefit of mammography is smaller, than it is for older women. Most, but not all, studies indicate a mortality benefit for women undergoing mammography at ages 40-49, but the delay in observed benefit in women younger than 50 makes it difficult to determine the incremental benefit of beginning screening at age 40 rather than at age 50.

The absolute benefit is smaller because the incidence of breast cancer is lower among women in their 40s than it is among older women. The USPSTF concluded that the evidence is also generalizable to women age 70 and older (who face a higher absolute risk for breast cancer) if their life expectancy is not compromised by comorbid disease. The absolute probability of benefits of regular mammography increase along a continuum with age, whereas the likelihood of harms from screening (false-positive results and unnecessary anxiety, biopsies, and cost) diminish from ages 40-70. The balance of benefits and potential harms, therefore, grows more favorable as women age. The precise age at which the potential benefits of mammography justify the possible harms is a subjective choice. The USPSTF did not find sufficient evidence to specify the optimal screening interval for women age 40-49.


Note that other organizations (e.g., American Cancer Society, American Academy of Family Physicians, American College of Physicians, National Cancer Institute) may have slightly different screening guidelines.

Mammography

Among women age 50-74, 68.1% have had a mammogram within the past 2 years.

- Similar to statewide findings.
- Lower than national findings.
- Fails to satisfy the Healthy People 2020 target (81.1% or higher).
- Highest in Gallatin County; unfavorably low in Park County.
- TREND: Statistically unchanged since 2011.
Have Had a Mammogram in the Past Two Years
(Among Women Age 50-74)
Healthy People 2020 Target = 81.1% or Higher

<table>
<thead>
<tr>
<th>County</th>
<th>2011</th>
<th>2014</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gallatin</td>
<td>71.8%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Madison</td>
<td>69.0%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Park</td>
<td>49.0%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Area</td>
<td>68.1%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>MT</td>
<td>73.0%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>US</td>
<td>80.3%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Sources:
- 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 151]
- 2015 PRC National Health Survey, Professional Research Consultants, Inc.

Notes:
- Reflects female respondents 50-74.
Cervical Cancer Screenings

About Screening for Cervical Cancer

The US Preventive Services Task Force (USPSTF) strongly recommends screening for cervical cancer in women who have been sexually active and have a cervix.

Rationale: The USPSTF found good evidence from multiple observational studies that screening with cervical cytology (Pap smears) reduces incidence of and mortality from cervical cancer. Direct evidence to determine the optimal starting and stopping age and interval for screening is limited. Indirect evidence suggests most of the benefit can be obtained by beginning screening within 3 years of onset of sexual activity or age 21 (whichever comes first) and screening at least every 3 years. The USPSTF concludes that the benefits of screening substantially outweigh potential harms.

The USPSTF recommends against routinely screening women older than age 65 for cervical cancer if they have had adequate recent screening with normal Pap smears and are not otherwise at high risk for cervical cancer.

Rationale: The USPSTF found limited evidence to determine the benefits of continued screening in women older than 65. The yield of screening is low in previously screened women older than 65 due to the declining incidence of high-grade cervical lesions after middle age. There is fair evidence that screening women older than 65 is associated with an increased risk for potential harms, including false-positive results and invasive procedures. The USPSTF concludes that the potential harms of screening are likely to exceed benefits among older women who have had normal results previously and who are not otherwise at high risk for cervical cancer.

The USPSTF recommends against routine Pap smear screening in women who have had a total hysterectomy for benign disease.

Rationale: The USPSTF found fair evidence that the yield of cytologic screening is very low in women after hysterectomy and poor evidence that screening to detect vaginal cancer improves health outcomes. The USPSTF concludes that potential harms of continued screening after hysterectomy are likely to exceed benefits.


Note that other organizations (e.g., American Cancer Society, American Academy of Family Physicians, American College of Physicians, National Cancer Institute) may have slightly different screening guidelines.

Pap Smear Testing

Among Total Area women age 21 to 65, 73.1% have had a Pap smear within the past 3 years.

- Lower than state and national findings.
- Fails to satisfy the Healthy People 2020 target (93% or higher).
- In Gallatin County, lower among women outside Bozeman.
- Similar findings by county.
- TREND: Marks a statistically significant decrease since 2011.
Have Had a Pap Smear in the Past Three Years
(Among Women Age 21-65)
Healthy People 2020 Target = 93.0% or Higher

Sources:
- 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 152]
- 2015 PRC National Health Survey, Professional Research Consultants, Inc.

Notes:
- Reflects female respondents age 21 to 65.

Colorectal Cancer Screenings

About Screening for Colorectal Cancer
The USPSTF recommends screening for colorectal cancer using fecal occult blood testing, sigmoidoscopy, or colonoscopy in adults, beginning at age 50 years and continuing until age 75 years.

The evidence is convincing that screening for colorectal cancer with fecal occult blood testing, sigmoidoscopy, or colonoscopy detects early-stage cancer and adenomatous polyps. There is convincing evidence that screening with any of the three recommended tests (FOBT, sigmoidoscopy, colonoscopy) reduces colorectal cancer mortality in adults age 50 to 75 years. Follow-up of positive screening test results requires colonoscopy regardless of the screening test used.


Note that other organizations (e.g., American Cancer Society, American Academy of Family Physicians, American College of Physicians, National Cancer Institute) may have slightly different screening guidelines.

Colorectal Cancer Screening
Among adults age 50-75, 69.2% have had an appropriate colorectal cancer screening.

- Higher than state findings.
- Similar to the US figure.
- Similar to the Healthy People 2020 target (70.5% or higher).
- In Gallatin County, similar findings by area.
- The prevalence is highest in Gallatin County and lowest in Park County.
- TREND: Denotes a statistically significant increase over time.
Have Had a Colorectal Cancer Screening
(Among Adults Age 50-75)
Healthy People 2020 Target = 70.5% or Higher

<table>
<thead>
<tr>
<th>Year</th>
<th>Bozeman</th>
<th>Other Gallatin</th>
<th>Gallatin County</th>
<th>Madison County</th>
<th>Park County</th>
<th>Total Area</th>
<th>MT</th>
<th>US</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>72.9%</td>
<td></td>
<td>71.8%</td>
<td>72.5%</td>
<td>63.9%</td>
<td>53.0%</td>
<td>69.2%</td>
<td>62.4%</td>
</tr>
<tr>
<td>2014</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2017</td>
<td></td>
<td></td>
<td></td>
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<td></td>
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<td></td>
</tr>
</tbody>
</table>

Total Area Trend

- 61.8%
- 67.7%
- 69.2%

Key Informant Input: Cancer

The greatest share of key informants taking part in an online survey characterized Cancer as a “moderate problem” in the community.

Perceptions of Cancer as a Problem in the Community
(Key Informants, 2017)

- Major Problem: 11.7%
- Moderate Problem: 45.8%
- Minor Problem: 29.2%
- No Problem At All: 13.3%

Top Concerns

Among those rating this issue as a “major problem,” reasons related to the following:

Prevalence/Incidence

- **By the amount of people that have been reported to have cancer or receiving treatment for cancer.** – Community Leader (Gallatin, Madison & Park Counties)
- **Seems to be a lot of people with various forms.** – Community Leader (Gallatin, Madison & Park Counties)
- **Major issue in all communities.** – Community Leader (Gallatin, Madison & Park Counties)
- **Only because I know it is one of the top causes of death and affects nearly everyone or their family at some point. I don’t have any specific reason for choosing it other than that.** – Community Leader
It seems like more and more people are diagnosed every day but most lack the ability or finances for consistent prevention and treatment. – Community Leader (Gallatin, Madison & Park Counties)

Cancer is increasing in our community and touches lives in a drastic and dramatic way. It affects jobs, families and healthcare costs. Comprehensive care throughout the continuum is vital to the success of people affected by cancer and to help contain costs. Including palliative care, psychosocial support and recovery is also vital. – Community Leader (Gallatin County)

As one of the most prevalent, terrifying, and potentially devastating diagnosis for individuals and their families, I believe cancer is a problem at every scale—local, statewide, and national. For most types of cancer, early detection is key for effective treatment, and I believe access to regular screenings and education about the importance of this is very much lacking in our community and especially in the surrounding rural areas. Like I mentioned before, the amount of time, resources, and money that is saved by early detection of cancer is truly incredible and something that should be a priority for our community in terms of overarching healthcare goals. People who do not get regular, preemptive screenings are doing so for three main reasons: lack of education around the importance of early detection, barriers of cost to getting regular screenings, and lack of access to healthcare providers, especially in rural areas. These people will be even more vulnerable if there’s no ACA. – Other Health Professional (Gallatin, Madison & Park Counties)

Cancer affects a large percentage of population through a life cycle. – Social Services Provider (Gallatin, Madison & Park Counties)

Lots of cancer, not enough oncologists. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

It feels like there are increasing rates of cancer and it is a devastating disease, not to mention devastating financially to the survivors. I would love to see more work done to improve the toxic exposures that we get every day but also to make cancer care more affordable. – Other Health Professional (Gallatin, Madison & Park Counties)

Aging Population

Growing number of older community members, risk for cancer increases with age. – Other Health Professional (Gallatin, Madison & Park Counties)

Early Diagnosis/Prevention

Cancer, if left untreated or poorly treated, is an “end of life” diagnosis. Early detection and proper treatment of most cancer is a quality of life issue. – Community Leader (Gallatin, Madison & Park Counties)

Lack of Pediatric Specialists

No access to pediatric subspecialists in this area. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)
Respiratory Disease

About Asthma & COPD

Asthma and chronic obstructive pulmonary disease (COPD) are significant public health burdens. Specific methods of detection, intervention, and treatment exist that may reduce this burden and promote health.

Asthma is a chronic inflammatory disorder of the airways characterized by episodes of reversible breathing problems due to airway narrowing and obstruction. These episodes can range in severity from mild to life threatening. Symptoms of asthma include wheezing, coughing, chest tightness, and shortness of breath. Daily preventive treatment can prevent symptoms and attacks and enable individuals who have asthma to lead active lives.

COPD is a preventable and treatable disease characterized by airflow limitation that is not fully reversible. The airflow limitation is usually progressive and associated with an abnormal inflammatory response of the lung to noxious particles or gases (typically from exposure to cigarette smoke). Treatment can lessen symptoms and improve quality of life for those with COPD.

The burden of respiratory diseases affects individuals and their families, schools, workplaces, neighborhoods, cities, and states. Because of the cost to the healthcare system, the burden of respiratory diseases also falls on society; it is paid for with higher health insurance rates, lost productivity, and tax dollars. Annual healthcare expenditures for asthma alone are estimated at $20.7 billion.

**Asthma.** The prevalence of asthma has increased since 1980. However, deaths from asthma have decreased since the mid-1990s. The causes of asthma are an active area of research and involve both genetic and environmental factors.

Risk factors for asthma currently being investigated include:

- Having a parent with asthma
- Sensitization to irritants and allergens
- Respiratory infections in childhood
- Overweight

Asthma affects people of every race, sex, and age. However, significant disparities in asthma morbidity and mortality exist, in particular for low-income and minority populations. Populations with higher rates of asthma include: children; women (among adults) and boys (among children); African Americans; Puerto Ricans; people living in the Northeast United States; people living below the Federal poverty level; and employees with certain exposures in the workplace.

While there is not a cure for asthma yet, there are diagnoses and treatment guidelines that are aimed at ensuring that all people with asthma live full and active lives.

- Healthy People 2020 ([www.healthypeople.gov](http://www.healthypeople.gov))

[NOTE: COPD was changed to chronic lower respiratory disease (CLRD) with the introduction of ICD-10 codes. CLRD is used in vital statistics reporting, but COPD is still widely used and commonly found in surveillance reports.]
Age-Adjusted Respiratory Disease Deaths

Chronic Lower Respiratory Disease Deaths (CLRD)

Between 2013 and 2015, there was an annual average age-adjusted CLRD mortality rate of 36.7 deaths per 100,000 population in the Total Area.

- Lower than found statewide and nationally.
- Similar findings by county (rate not available for Madison County).

CLRD: Age-Adjusted Mortality
(2013-2015 Annual Average Deaths per 100,000 Population)

Sources: CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted May 2017.

Notes:
- Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
- Rates are per 100,000 population, age-adjusted to the 2000 US Standard Population.
- CLRD is chronic lower respiratory disease.

- TREND: Total Area CLRD mortality dropped in the late 2000s but has since leveled off and even increased slightly.

CLRD: Age-Adjusted Mortality Trends
(Annual Average Deaths per 100,000 Population)

Sources: CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted May 2017.

Notes:
- Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
- Rates are per 100,000 population, age-adjusted to the 2000 US Standard Population.
- CLRD is chronic lower respiratory disease.
Pneumonia/Influenza Deaths

Between 2013 and 2015, the Total Area reported an annual average age-adjusted pneumonia influenza mortality rate of 13.0 deaths per 100,000 population.

- Lower than found statewide and nationally.

**Pneumonia/Influenza: Age-Adjusted Mortality**

(2013-2015 Annual Average Deaths per 100,000 Population)

**TREND:** The Total Area pneumonia/influenza mortality rate has not shown a clear trend over the past decade.

**Pneumonia/Influenza: Age-Adjusted Mortality Trends**

(Annual Average Deaths per 100,000 Population)
Asthma
Adults

A total of 10.9% of Total Area adults currently suffer from asthma.

- Similar to the statewide and US prevalence.
- In Gallatin County, statistically similar by area.
- Similar findings by county.
- TREND: The prevalence of adults with asthma has increased significantly since 2011.

Adult Asthma: Current Prevalence

The following adults are more likely to suffer from asthma:

- Women.
- Younger adults (age 18-39; negative correlation with age).
- Low-income residents.
Currently Have Asthma
(Total Area, 2017)

Sources: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 156]
Notes: Asked of all respondents.
Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., “White” reflects non-Hispanic White respondents).
Income categories reflect respondent’s household income as a ratio to the federal poverty level (FPL) for their household size. “Low Income” includes households with incomes up to 200% of the federal poverty level; “Mid/High Income” includes households with incomes at 200% or more of the federal poverty level.

<table>
<thead>
<tr>
<th></th>
<th>Men</th>
<th>Women</th>
<th>18 to 39</th>
<th>40 to 64</th>
<th>65+</th>
<th>Low Income</th>
<th>Mid/High Income</th>
<th>NH White</th>
<th>Other/Unknown</th>
<th>Total Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>8.6%</td>
<td>13.3%</td>
<td>14.9%</td>
<td>11.3%</td>
<td>4.8%</td>
<td>20.5%</td>
<td>6.2%</td>
<td>10.3%</td>
<td>17.2%</td>
<td>10.9%</td>
</tr>
<tr>
<td>2014</td>
<td>5.7%</td>
<td>10.4%</td>
<td>6.4%</td>
<td>3.2%</td>
<td>5.9%</td>
<td>6.5%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2017</td>
<td>5.7%</td>
<td>6.9%</td>
<td>5.9%</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

Children
Among Total Area children under age 18, 5.9% currently have asthma.

- Comparable to national findings.
- In Gallatin County, statistically similar findings by area.
- Similar findings when comparing Gallatin County to Madison and Park counties combined.
- TREND: Statistically unchanged over time.
- Children’s asthma in the Total Area is statistically similar by gender but is much higher among teens than younger children.

Childhood Asthma: Current Prevalence
(Among Parents of Children Age 0-17)

Sources: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 157]
2015 PRC National Health Survey, Professional Research Consultants, Inc.
Notes: Asked of all respondents with children 0 to 17 in the household.
Includes children who have ever been diagnosed with asthma, and whom are reported to still have asthma.
Chronic Obstructive Pulmonary Disease (COPD)

A total of 7.3% of Total Area adults suffer from chronic obstructive pulmonary disease (COPD, including emphysema and bronchitis).

- Similar to the state and national prevalence.
- In Gallatin County, more prevalent outside Bozeman.
- The prevalence of COPD is lowest in Madison County, highest in Park County.
- TREND: In comparing to previous survey data, the change in prevalence is not statistically significant.
- NOTE: In prior data, this question was asked slightly differently; respondents in 2011 were asked if they had ever been diagnosed with “chronic lung disease, including bronchitis or emphysema,” rather than “COPD or chronic obstructive pulmonary disease, including bronchitis or emphysema,” as is asked currently.

Prevalence of Chronic Obstructive Pulmonary Disease (COPD)

<table>
<thead>
<tr>
<th>Area</th>
<th>2011</th>
<th>2014</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Area</td>
<td>5.0%</td>
<td>5.0%</td>
<td>7.3%</td>
</tr>
<tr>
<td>MT</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>US</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Sources: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 24]
2015 PRC National Health Survey, Professional Research Consultants, Inc.

Notes: Asked of all respondents.
Includes those having ever suffered from or been diagnosed with COPD or chronic obstructive pulmonary disease, including bronchitis or emphysema.
*In 2011 data, the term “chronic lung disease” was used, which also included bronchitis or emphysema.

Air Quality

Radon Gas in Household Air

A total of 43.9% of Total Area adults say that their household air has been tested for the presence of radon gas.

- In Gallatin County, residents in Bozeman are more likely to have had their household air tested for radon than have residents living in the rest of the county.
- Viewed by county, radon testing is much higher in Gallatin County.
Household Air Ever Tested for Radon Gas

<table>
<thead>
<tr>
<th>Source</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bozeman</td>
<td>50.4%</td>
</tr>
<tr>
<td>Other Gallatin</td>
<td>41.4%</td>
</tr>
<tr>
<td>Gallatin County</td>
<td>47.6%</td>
</tr>
<tr>
<td>Madison County</td>
<td>26.1%</td>
</tr>
<tr>
<td>Park County</td>
<td>29.7%</td>
</tr>
<tr>
<td>Total Area</td>
<td>43.9%</td>
</tr>
</tbody>
</table>

Sources: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 303]
Notes: Asked of those respondents.

Residential Wood Burning
A total of 19.0% of Total Area residents currently use a wood-burning stove to heat their homes.

- In Gallatin County, the prevalence is much higher outside Bozeman.
- Much lower in Gallatin County than either Madison or Park counties.
- TREND: Denotes a statistically significant decrease in the use of wood-burning stoves since 2011.

Use a Wood-Burning Stove to Heat the Home

<table>
<thead>
<tr>
<th>Source</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bozeman</td>
<td>10.9%</td>
</tr>
<tr>
<td>Other Gallatin</td>
<td>22.6%</td>
</tr>
<tr>
<td>Gallatin County</td>
<td>14.5%</td>
</tr>
<tr>
<td>Madison County</td>
<td>35.6%</td>
</tr>
<tr>
<td>Park County</td>
<td>38.8%</td>
</tr>
<tr>
<td>Total Area</td>
<td>19.0%</td>
</tr>
</tbody>
</table>

Trend: 2011: 38.3%  2014: 23.8%  2017: 19.0%

Sources: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 304]
Notes: Asked of all respondents.

Wood smoke can affect everyone, but children, teenagers, older adults, people with lung disease (including asthma and COPD), and people with heart diseases are the most vulnerable.

A major health threat from smoke comes from fine particles (also called particle pollution, particulate matter, or PM). These microscopic particles can get into a person’s eyes and respiratory system, where they can cause health problems such as burning eyes, runny nose, and illnesses such as bronchitis. In addition to particle pollution, wood smoke contains several toxic harmful air pollutants including: benzene, formaldehyde, acrolein and methane (according to the EPA).
Among residents with wood-burning stoves, 29.8% report that their stove has a catalytic converter.

- Similar findings by county.
- TREND: Marks a statistically significant decrease from previous survey findings.

### Use a Catalytic Converter in Wood Stove
(Total Area Respondents Who Use a Wood Stove for Heat)

<table>
<thead>
<tr>
<th>Year</th>
<th>Gallatin County</th>
<th>Madison County</th>
<th>Park County</th>
<th>Total Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>30.8%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2014</td>
<td>32.6%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2017</td>
<td>26.3%</td>
<td></td>
<td></td>
<td>29.8%</td>
</tr>
</tbody>
</table>

Total Area Trend

- 42.7%
- 42.3%
- 29.8%

**Key Informant Input: Respiratory Disease**

The greatest share of key informants taking part in an online survey characterized Respiratory Disease as a “moderate problem” in the community.

### Perceptions of Respiratory Diseases as a Problem in the Community
(Key Informants, 2017)

- **5.3%** Major Problem
- **39.5%** Moderate Problem
- **4.7%** Minor Problem
- **10.5%** No Problem At All

**Top Concerns**

Among those rating this issue as a “major problem,” reasons related to the following:

**Contributors**

*There are a lot of people with COPD and the cold weather tends to exacerbate it for some people. Again, it goes back to having good resources for people to be able to manage the disease.* — Other Health Professional (Gallatin, Madison & Park Counties)
Tobacco use. – Physician/Advanced Practice Clinician (Gallatin County)

Prevalence/Incidence
- The amount of people I see with oxygen bottles. – Community Leader (Gallatin, Madison & Park Counties)
- The number of people requiring advanced care for respiratory diseases, including emergency department visits, hospitalizations, and continued care of chronic conditions is high and appears to be rising. – Other Health Professional (Gallatin, Madison & Park Counties)

Lack of Specialists/Specialty Services
- Access to specialty care. – Public Health/Community Health Representative (Gallatin County)

Key Informant Input: Environmental Health
The greatest share of key informants taking part in an online survey characterized Environmental Health as a “minor problem” in the community.

Perceptions of Environmental Health as a Problem in the Community
(Key Informants, 2017)

<table>
<thead>
<tr>
<th>Major Problem</th>
<th>Moderate Problem</th>
<th>Minor Problem</th>
<th>No Problem At All</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.5%</td>
<td>35.2%</td>
<td>43.8%</td>
<td>11.4%</td>
</tr>
</tbody>
</table>

Sources: 
PRC Online Key Informant Survey, Professional Research Consultants, Inc.

Notes: 
Asked of all respondents.

Top Concerns
Among those rating this issue as a “major problem,” reasons related to the following:

Air Quality
- We live in a valley where air can stagnate and hang for quite a while. In winter, many people use their fireplaces, and in spring and summer, people will burn their crops or gardens in prep for the next season. – Community Leader (Gallatin County)
- Large issue in all communities, especially with increased pollution and chemical use. – Community Leader (Gallatin, Madison & Park Counties)
- We continue to disregard the long-term effects of our pollution in this valley. The plant in Three Forks, the car exhaust, and agricultural chemicals present in our valley. I have witnessed the degradation of our air quality in Gallatin Valley; we have had many chances to stop the pollution. – Community Leader (Gallatin, Madison & Park Counties)

Built Environment & Housing
- Busy roads. Tobacco use. Drugs and alcohol use. – Physician/Advanced Practice Clinician (Gallatin County)
- Our mobile home courts are a main source of affordable housing and often have failing health conditions and hazards. – Social Services Provider (Gallatin, Madison & Park Counties)
Toxic Exposures

We have a Superfund site in the middle of town. – Community Leader (Gallatin, Madison & Park Counties)

I have become more aware recently of the toxic exposures that occur through even our feminine products but especially through our skincare products and makeup, and in our foods. – Other Health Professional (Gallatin, Madison & Park Counties)

Water Quality

Septic systems are generally unmonitored and expensive to fix. There are also several community waste water systems that are not properly monitored and some do not work at all, yet little is done. They should be shut down immediately. Smoke because of summer fires is a problem without much solution. We needs to create more of a culture that encourages less automobile use. – Community Leader (Gallatin, Madison & Park Counties)
Injury & Violence

About Injury & Violence

Injuries and violence are widespread in society. Both unintentional injuries and those caused by acts of violence are among the top 15 killers for Americans of all ages. Many people accept them as “accidents,” “acts of fate,” or as “part of life.” However, most events resulting in injury, disability, or death are predictable and preventable.

Injuries are the leading cause of death for Americans ages 1 to 44, and a leading cause of disability for all ages, regardless of sex, race/ethnicity, or socioeconomic status. More than 180,000 people die from injuries each year, and approximately 1 in 10 sustains a nonfatal injury serious enough to be treated in a hospital emergency department.

Beyond their immediate health consequences, injuries and violence have a significant impact on the well-being of Americans by contributing to:

- Premature death
- Disability
- Poor mental health
- High medical costs
- Lost productivity

The effects of injuries and violence extend beyond the injured person or victim of violence to family members, friends, coworkers, employers, and communities.

Numerous factors can affect the risk of unintentional injury and violence, including individual behaviors, physical environment, access to health services (ranging from pre-hospital and acute care to rehabilitation), and social environment (from parental monitoring and supervision of youth to peer group associations, neighborhoods, and communities).

Interventions addressing these social and physical factors have the potential to prevent unintentional injuries and violence. Efforts to prevent unintentional injury may focus on:

- Modifications of the environment
- Improvements in product safety
- Legislation and enforcement
- Education and behavior change
- Technology and engineering

Efforts to prevent violence may focus on:

- Changing social norms about the acceptability of violence
- Improving problem-solving skills (for example, parenting, conflict resolution, coping)
- Changing policies to address the social and economic conditions that often give rise to violence

Unintentional Injury

Age-Adjusted Unintentional Injury Deaths

Between 2013 and 2015, there was an annual average age-adjusted unintentional injury mortality rate of 39.8 deaths per 100,000 population in the Total Area.

- More favorable than the Montana rate.
- Similar to the national rate.
- Fails to satisfy the Healthy People 2020 target (36.4 or lower).
- The mortality rate is higher in Park County (rate not available for Madison County).
Unintentional Injuries: Age-Adjusted Mortality
(2013-2015 Annual Average Deaths per 100,000 Population)
Healthy People 2020 Target = 36.4 or Lower

Sources:

Notes:
- Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
- Rates are per 100,000 population, age-adjusted to the 2000 US Standard Population.

- TREND: Accidental deaths have decreased in the most recent reporting periods in the Total Area; in contrast, the national unintentional injury mortality rate has increased slightly.

Unintentional Injuries: Age-Adjusted Mortality Trends
(Annual Average Deaths per 100,000 Population)
Healthy People 2020 Target = 36.4 or Lower

Sources:

Notes:
- Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
- Rates are per 100,000 population, age-adjusted to the 2000 US Standard Population.
Leading Causes of Accidental Death

Motor vehicle accidents, falls, and poisoning (including accidental drug overdose) accounted for 3 in 4 accidental deaths in the Total Area between 2013 and 2015.

Selected Injury Deaths

The following chart outlines mortality rates for motor vehicle crashes, falls (among adults age 65 and older), and drug-induced deaths (both intentional and unintentional overdoses).

Total Area annual average age-adjusted mortality rates are worse than US rates for motor vehicle accidents and falls. In contrast, each of the Total Area mortality rates illustrated is better than the related state rates.

Select Injury Death Rates

(By Cause of Death; Annual Average Deaths per 100,000 Population)
Motor Vehicle Safety

Seat Belt Usage - Adults

Most Total Area adults (78.6%) report “always” wearing a seat belt when driving or riding in a vehicle.

- Similar to the percentage reported in Montana.
- Lower than the percentage found nationally.
- Fails to satisfy the Healthy People 2020 target of 92.0% or higher.
- In Gallatin County, higher in Bozeman.
- Viewed by county, much lower in Madison County.
- TREND: No significant change since 2011.

These population segments are less likely to report consistent seat belt usage:

- Men.
- Adults age 40 to 64.
“Always” Wear a Seat Belt When Driving or Riding in a Vehicle
(Total Area, 2017)
Healthy People 2020 Target = 92.0% or Higher

<table>
<thead>
<tr>
<th></th>
<th>Men</th>
<th>Women</th>
<th>18 to 39</th>
<th>40 to 64</th>
<th>65+</th>
<th>Low Income</th>
<th>Mid/High Income</th>
<th>NH White</th>
<th>Other/Unknown</th>
<th>Total Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>73.8%</td>
<td>83.6%</td>
<td>81.5%</td>
<td>73.0%</td>
<td>85.5%</td>
<td>79.9%</td>
<td>80.1%</td>
<td>79.3%</td>
<td>71.1%</td>
<td>78.6%</td>
<td></td>
</tr>
</tbody>
</table>

Sources:
- 2017 PRC Community Health Survey. Professional Research Consultants, Inc. [Item 307]

Notes:
- Asked of all respondents.
- Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., “White” reflects non-Hispanic White respondents).
- Income categories reflect respondent’s household income as a ratio to the federal poverty level (FPL) for their household size. “Low Income” includes households with incomes up to 200% of the federal poverty level; “Mid/High Income” includes households with incomes at 200% or more of the federal poverty level.

Seat Belt Usage - Children
A full 94.6% of Total Area parents report that their child (age 0 to 17) “always” wears a seat belt (or appropriate car seat for younger children) when riding in a vehicle.

- Almost identical to what is found nationally.
- In Gallatin County, statistically similar by area.
- Similar findings between Gallatin County and the combined Madison and Park counties.
- TREND: Statistically unchanged since 2011.
- No significant difference in seat belt usage by gender or age.
Child “Always” Wears a Seat Belt or Appropriate Restraint When Riding in a Vehicle
(Among Parents of Children Age 0-17)

<table>
<thead>
<tr>
<th>Location</th>
<th>2011</th>
<th>2014</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bozeman</td>
<td>97.3%</td>
<td>94.8%</td>
<td>94.6%</td>
</tr>
<tr>
<td>Other Gallatin</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gallatin County</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Madison/Park Cos.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Area</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>US</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Boys: 94.7%
Girls: 94.6%
Age 5-12: 97.0%
Age 13-17: 89.5%

Distracted Driving
A total of 4 in 10 Total Area adults (39.5%) report that in the past month, they read or sent a text message or email while driving (and the car was in motion); this includes 30.1% who did so three or more times.

Frequency of Texting or Emailing While Driving in the Past Month
(Total Area, 2017)

- Never: 60.5%
- Once: 2.7%
- Twice: 6.7%
- Three/More Times: 30.1%
Texting or emailing while driving is highest in Gallatin County.

- **TREND:** The prevalence of distracted driving has increased significantly since 2014.

### Read/Sent Text or Email While Driving in the Past Month

<table>
<thead>
<tr>
<th>Total Area Trend</th>
<th>2014</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bozeman</td>
<td>41.6%</td>
<td></td>
</tr>
<tr>
<td>Other Gallatin</td>
<td>39.0%</td>
<td></td>
</tr>
<tr>
<td>Gallatin County</td>
<td>40.8%</td>
<td></td>
</tr>
<tr>
<td>Madison County</td>
<td>33.9%</td>
<td></td>
</tr>
<tr>
<td>Park County</td>
<td>34.4%</td>
<td></td>
</tr>
<tr>
<td><strong>Total Area</strong></td>
<td>39.5%</td>
<td>39.5%</td>
</tr>
</tbody>
</table>

**Sources:**

2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 306]

**Notes:**

- Asked of all respondents.
- Includes texts and emails sent/received using “Voice to Text”/“Text to Voice” technology.

The following population segments are more likely to report reading or sending a text message or email while driving in the past month:

- Young adults (strong negative correlation with age).
- Residents in upper-income households.
- Non-Hispanic Whites.
Read/Sent Text or Email While Driving in the Past Month
(Total Area, 2017)

<table>
<thead>
<tr>
<th></th>
<th>Men</th>
<th>Women</th>
<th>18 to 39</th>
<th>40 to 64</th>
<th>65+</th>
<th>Low Income</th>
<th>Mid/High Income</th>
<th>NH White</th>
<th>Other/Unknown</th>
<th>Total Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>Read/Sent Text or Email</td>
<td>39.7%</td>
<td>39.3%</td>
<td>66.3%</td>
<td>32.4%</td>
<td>9.7%</td>
<td>34.8%</td>
<td>45.4%</td>
<td>40.9%</td>
<td>25.6%</td>
<td>39.5%</td>
</tr>
</tbody>
</table>

Sources: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 306]

Notes: Asked of all respondents.

Bicycle Safety

Just over half (51.5%) of Total Area children age 5 to 17 are reported to “always” wear a helmet when riding a bicycle.

- Comparable to the national prevalence.
- TREND: Marking a statistically significant increase from 2011 survey findings (but lower than the 2014 figure).
- The prevalence is similar by child’s gender but significantly higher among younger children (age 5-12) when compared with Total Area teens.

Child “Always” Wears a Helmet When Riding a Bicycle
(Among Parents of Children Age 5-17)

Sources: PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 317]

Notes: Asked of all respondents with children age 5 to 17 at home.
Falls

Each year, an estimated one-third of older adults fall, and the likelihood of falling increases substantially with advancing age. In 2005, a total of 15,802 persons age ≥65 years died as a result of injuries from falls.

Falls are the leading cause of fatal and nonfatal injuries for persons aged ≥65 years … in 2006, approximately 1.8 million persons aged ≥65 years (nearly 5% of all persons in that age group) sustained some type of recent fall-related injury. Even when those injuries are minor, they can seriously affect older adults’ quality of life by inducing a fear of falling, which can lead to self-imposed activity restrictions, social isolation, and depression.

In addition, fall-related medical treatment places a burden on US healthcare services. In 2000, direct medical costs for fall-related injuries totaled approximately $19 billion. A recent study determined that 31.8% of older adults who sustained a fall-related injury required help with activities of daily living as a result, and among them, 58.5% were expected to require help for at least 6 months.

Modifiable fall risk factors include muscle weakness, gait and balance problems, poor vision, use of psychoactive medications, and home hazards. Falls among older adults can be reduced through evidence-based fall-prevention programs that address these modifiable risk factors. Most effective interventions focus on exercise, alone or as part of a multifaceted approach that includes medication management, vision correction, and home modifications.

Among surveyed Total Area adults age 45 and older, 37.1% fell at least once in the past year, including 10.6% who fell three or more times.

Number of Falls in Past 12 Months
(Among Adults Age 45 and Older; Total Area, 2017)

<table>
<thead>
<tr>
<th>Number of Falls</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>None</td>
<td>62.9%</td>
</tr>
<tr>
<td>One</td>
<td>17.7%</td>
</tr>
<tr>
<td>Two</td>
<td>8.8%</td>
</tr>
<tr>
<td>Three/More</td>
<td>10.6%</td>
</tr>
</tbody>
</table>

Sources: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 125]
Notes: Asked of all respondents age 45+.
The prevalence of adults age 45+ who fell at least once in the past year is higher than the national proportion.

In Gallatin County, the prevalence is much higher outside Bozeman.

Similar findings by county.

Among those age 45+ who fell in the past year, 33.8% were injured as a result of the fall.

**Fell One or More Times in the Past Year**

(Among Respondents Age 45 and Older)

Of these adults, 33.8% were injured as the result of a fall.

These population groups (age 45+) were more likely to have fallen in the past year:

- Women.
- Low-income residents.

Interestingly, falls also appear to be more prevalent among those under age 65.

**Fell One or More Times in the Past Year**

(Among Respondents Age 45 and Older; Total Area, 2017)

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Sources:
- 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Items 125-126]
- 2015 PRC National Health Survey, Professional Research Consultants, Inc.

Notes:
- Asked of those respondents age 45 and older.

Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., “White” reflects non-Hispanic White respondents).

Income categories reflect respondent’s household income as a ratio to the federal poverty level (FPL) for their household size. “Low Income” includes households with incomes up to 200% of the federal poverty level; “Mid/High Income” includes households with incomes at 200% or more of the federal poverty level.
**Firearm Safety**

*Age-Adjusted Firearm-Related Deaths*

Between 2013 and 2015, there was an annual average age-adjusted rate of 13.9 deaths per 100,000 population due to firearms in the Total Area.

- Lower than found statewide.
- Higher than found nationally.
- Fails to satisfy the Healthy People 2020 objective (9.3 or lower).

**Firearms-Related Deaths: Age-Adjusted Mortality**

*(2013-2015 Annual Average Deaths per 100,000 Population)*

**Healthy People 2020 Target = 9.3 or Lower**

![Bar chart showing age-adjusted mortality rates for Total Area, MT, and US.](chart)

**Sources:**

**Notes:**
- Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
- Rates are per 100,000 population, age-adjusted to the 2000 US Standard Population.

**Presence of Firearms in Homes**

Overall, 62.8% of Total Area adults have a firearm kept in or around their home.

- Much higher than the national prevalence.
- Among Total Area households with children, two-thirds (66.7%) have a firearm kept in or around the house (much higher than reported nationally).

Among Total Area households with firearms, 21.0% report that there is at least one weapon that is kept unlocked and loaded.

- Statistically similar to that found nationally.
Intentional Injury (Violence)

Violent Crime

Violent Crime Rates

Between 2010 and 2012, there were a reported 191.9 violent crimes per 100,000 population in the Total Area.

- Well below the state and US rates for the same period.
- The violent crime rate is highest in Park County and lowest in Madison County.
**Family Violence**

A total of 14.7% Total Area adults acknowledge that they have ever been hit, slapped, pushed, kicked, or otherwise hurt by an intimate partner.

- Similar to national findings.
- In Gallatin County, much higher outside Bozeman.
- Viewed by county, favorably low in Madison County.
- **TREND:** Denotes a statistically significant increase over time.

**Have Ever Been Hit, Slapped, Pushed, Kicked, or Hurt in Any Way by an Intimate Partner**

![Bar chart showing trends](chart.png)

**Sources:**
- 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 50]
- 2015 PRC National Health Survey, Professional Research Consultants, Inc.

**Notes:**
- Asked of all respondents.

Reports of domestic violence are also notably higher among:

- **Women.**
- **Adults under age 65.**
- Those with lower incomes.
- Residents of other or unknown race.
Have Ever Been Hit, Slapped, Pushed, Kicked, or Hurt in Any Way by an Intimate Partner
(Total Area, 2017)

Perceived Neighborhood Safety
While most Total Area adults consider their own neighborhoods to be “extremely safe” or “quite safe,” 6.5% consider it only “slightly safe” or “not at all safe.”

Perceived Safety of Own Neighborhood
(Total Area, 2017)

- Compared with the US prevalence, local adults are less likely to consider their neighborhood to be unsafe.
- In Gallatin County, residents outside Bozeman are more than twice as likely to consider their neighborhoods unsafe.
The prevalence is favorably low in Madison County when compared with Gallatin and Park counties.

Reports of unsafe neighborhoods are notably higher among these residents:

- Women.
- Adults under age 65.
- Low-income residents.

Perceive Own Neighborhood as “Slightly” or “Not At All” Safe

(Total Area, 2017)
Key Informant Input: Injury & Violence

The largest share of key informants taking part in an online survey characterized Injury & Violence as a “moderate problem” in the community.

Perceptions of Injury and Violence as a Problem in the Community
(Key Informants, 2017)

<table>
<thead>
<tr>
<th>Major Problem</th>
<th>Moderate Problem</th>
<th>Minor Problem</th>
<th>No Problem At All</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.8%</td>
<td>46.7%</td>
<td>34.4%</td>
<td>9.0%</td>
</tr>
</tbody>
</table>

Sources:  • PRC Online Key Informant Survey, Professional Research Consultants, Inc.
Notes:  • Asked of all respondents.

Top Concerns

Among those rating this issue as a “major problem,” reasons related to the following:

**Domestic Violence**

- I think domestic violence is a major issue in our community, as well as injury to the homeless, especially by vehicles. – Social Services Provider (Gallatin, Madison & Park Counties)

- [The local domestic violence shelter] sees approximately 1,000 victims of intimate partner violence annually. – Social Services Provider (Gallatin, Madison & Park Counties)

- Domestic violence. Complete and total lack of acknowledgement that this is an issue in the Madison Valley and lack of services/support. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

- I do not believe that DPHHS has sufficient staffing to handle the caseload presented. – Community Leader (Gallatin, Madison & Park Counties)

- The service offered by Haven and Aspen are not always available to house folks that have immediate housing or protection needs. – Other Health Professional (Gallatin, Madison & Park Counties)

- People are afraid to speak. They need more education and information about these issues and they need resources and solutions. – Public Health/Community Health Representative (Gallatin County)

- If the ACA is repealed, protection of individuals and families who are suffering from domestic abuse will be threatened in terms of anonymously accessing healthcare. The abused partners will have fewer options to leave their abuser, especially if they or their children have existing medical needs and the abuser is their connection to that health insurance. Like a woman being treated for breast cancer or a child with a seizure disorder. Additionally, if the ACA is repealed, people with pre-existing conditions may be charged higher rates since the nondisclosure clause will go away. Basically, this could become a major problem because it will keep vulnerable populations in high risk situations. – Other Health Professional (Gallatin, Madison & Park Counties)

- Child abuse prevention and management, not well coordinated or promoted. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

- MVAs and domestic violence, often related to drugs and alcohol, are quite visible in the community. – Physician/Advanced Practice Clinician (Gallatin County)

- I work in the field of interpersonal violence so this one is always high for me. Having a history of being a victim has significant health consequences including cancer, asthma, and irritable bowel syndrome. Also depression, anxiety, PTSD, substance abuse, relationship difficulties, suicidal ideation, loss of productivity, risk taking behavior ... the list goes on and on. – Other Health Professional (Gallatin, Madison & Park Counties)
Gun Safety

Gun safety: The reason I view this as a health issue and is a concern of mine is Montana has one of the highest suicide rates in the country. Given the extent of mental health issues and suicide in our county, the abundance of guns in our community is a problem. Not just that, but in recent years there have been several instances of children injured or killed while around guns or playing with guns. This is a tragedy that should never happen. Hunting and ranching are part of the way of life in Montana, and in many cases, gun ownership makes sense. That said, we should focus our discussions around gun safety at reducing unintentional injury and reducing suicide rates and not let those discussions get sidetracked by politics. – Physician/Advanced Practice Clinician (Gallatin County)

Lack of Adequate Law Enforcement

Increase in community size and population. Lack of adequate law enforcement personnel and facilities. Significant increase in incidence of family and partner violence. – Other Health Professional (Gallatin, Madison & Park Counties)

Sexual Violence

I hear so many stories of sexual violence with no retribution. Police telling victims, there’s not enough evidence or it would take too long to process for a small percent chance that the charges will hold. Or that people who are being stalked have less rights than the stalker…. It’s shameful. – Other Health Professional (Gallatin, Madison & Park Counties)

Trauma

My observation is that the population is quite susceptible to significant trauma from accidents. Violence is less a part of this, but still a component. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)
Diabetes

**About Diabetes**

Diabetes mellitus occurs when the body cannot produce or respond appropriately to insulin. Insulin is a hormone that the body needs to absorb and use glucose (sugar) as fuel for the body’s cells. Without a properly functioning insulin signaling system, blood glucose levels become elevated and other metabolic abnormalities occur, leading to the development of serious, disabling complications. Many forms of diabetes exist; the three common types are Type 1, Type 2, and gestational diabetes. Effective therapy can prevent or delay diabetic complications.

Diabetes mellitus:
- Lowers life expectancy by up to 15 years.
- Increases the risk of heart disease by 2 to 4 times.
- Is the leading cause of kidney failure, lower limb amputations, and adult-onset blindness.

The rate of diabetes mellitus continues to increase both in the United States and throughout the world. Due to the steady rise in the number of persons with diabetes mellitus, and possibly earlier onset of type 2 diabetes mellitus, there is growing concern about the possibility that the increase in the number of persons with diabetes mellitus and the complexity of their care might overwhelm existing healthcare systems.

People from minority populations are more frequently affected by type 2 diabetes. Minority groups constitute 25% of all adult patients with diabetes in the US and represent the majority of children and adolescents with type 2 diabetes.

Lifestyle change has been proven effective in preventing or delaying the onset of type 2 diabetes in high-risk individuals.

- Healthy People 2020 ([www.healthypeople.gov](http://www.healthypeople.gov))

**Age-Adjusted Diabetes Deaths**

Between 2013 and 2015, there was an annual average age-adjusted diabetes mortality rate of 8.5 deaths per 100,000 population in the Total Area.

- Well below that found statewide or nationally.
- Satisfies the Healthy People 2020 target (20.5 or lower, adjusted to account for diabetes mellitus-coded deaths).
**Diabetes: Age-Adjusted Mortality**
*(2013-2015 Annual Average Deaths per 100,000 Population)*

**Healthy People 2020 Target = 20.5 or Lower (Adjusted)**

**Sources:**

**Notes:**
- Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
- Rates are per 100,000 population, age-adjusted to the 2000 US Standard Population.
- The Healthy People 2020 target for Diabetes is adjusted to account for only diabetes mellitus coded deaths.
- Raw counts for Gallatin, Madison and Park counties were too small to be calculated reliably.

- **TREND:** Diabetes mortality has decreased considerably over time in the Total Area.

---

**Diabetes: Age-Adjusted Mortality Trends**
*(Annual Average Deaths per 100,000 Population)*

**Healthy People 2020 Target = 20.5 or Lower (Adjusted)**

**Sources:**

**Notes:**
- Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
- Rates are per 100,000 population, age-adjusted to the 2000 US Standard Population.
- The Healthy People 2020 target for Diabetes is adjusted to account for only diabetes mellitus coded deaths.
Prevalence of Diabetes

A total of 9.5% of Total Area adults report having been diagnosed with diabetes.

- Similar to the statewide proportion.
- Better than the national proportion.
- Similar findings within Gallatin County, as well as among the three counties.
- TREND: The diabetes prevalence has increased significantly over time in the Total Area.

In addition to the prevalence of diagnosed diabetes referenced above, another 6.0% of Total Area adults report that they have “pre-diabetes” or “borderline diabetes.”

- Comparable to the US prevalence.

A higher prevalence of diagnosed diabetes (excluding pre-diabetes or borderline diabetes) is reported among:

- Men.
- Older adults (note the strong positive correlation between diabetes and age, with 20.1% of seniors diagnosed with diabetes).
- Non-Hispanic Whites.

Note that another 1.2% of Total Area women report having diabetes only during pregnancy (gestational diabetes).
**Prevalence of Diabetes**
* (Total Area, 2017)

Sources: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Items 158, 302]

Notes:
- Asked of all respondents.
- Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., “White” reflects non-Hispanic White respondents).
- Income categories reflect respondent’s household income as a ratio to the federal poverty level (FPL) for their household size. “Low Income” includes households with incomes up to 200% of the federal poverty level; “Mid/High Income” includes households with incomes at 200% or more of the federal poverty level.
- Excludes gestational diabetes (occurring only during pregnancy).

Another 1.2% of Total Area women experienced diabetes only during pregnancy (gestational diabetes).

**Diabetes Testing**

Of area adults who have not been diagnosed with diabetes, 46.9% report having had their blood sugar level tested within the past three years.

- Lower than the national proportion.
- Similar findings by county (and also within Gallatin County).
- TREND: Statistically unchanged since 2014.

**Have Had Blood Sugar Tested in the Past Three Years**
* (Among Nondiabetics)

Sources: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 39]

Notes:
- Asked of respondents who have not been diagnosed with diabetes.
Key Informant Input: Diabetes
Four in 10 key informants taking part in an online survey characterized Diabetes as a “moderate problem” in the community.

Perceptions of Diabetes as a Problem in the Community
(Key Informants, 2017)

<table>
<thead>
<tr>
<th>Major Problem</th>
<th>Moderate Problem</th>
<th>Minor Problem</th>
<th>No Problem At All</th>
</tr>
</thead>
<tbody>
<tr>
<td>18.0%</td>
<td>41.8%</td>
<td>27.9%</td>
<td>12.3%</td>
</tr>
</tbody>
</table>

Sources: PRC Online Key Informant Survey, Professional Research Consultants, Inc.
Notes: Asked of all respondents.

Challenges
Among those rating diabetes as a “major problem,” the biggest challenges for people with diabetes are seen as:

Access to Healthy Foods
- Low-income households having access to healthy foods and awareness about diabetes related health concerns. – Social Services Provider (Gallatin, Madison & Park Counties)
- Access to low-cost, low-carb foods, education barriers. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)
- Different challenges for T1 versus T2. Access to healthy food, coaching, and the tools and techniques to manage their chronic illnesses. – Community Leader (Gallatin, Madison & Park Counties)
- Healthy food is expensive, there are not a lot of options for eating out when you suffer from diabetes, it's expensive to treat, I know a lot of people who suffer from this. – Community Leader (Gallatin, Madison & Park Counties)
- Social determinants of health issue: access/affordability of healthy foods, education, physical activity. – Physician/Advanced Practice Clinician (Gallatin County)
- Access to healthy, affordable foods with limited income, even if SNAP eligible. Diabetic testing supplies and over the counter medicines not covered by insurance, too expensive. Flexible, available transportation. – Social Services Provider (Gallatin, Madison & Park Counties)

Affordable Care/Services
- Potential cuts to Medicare/Medicaid for elderly population. – Social Services Provider (Gallatin, Madison & Park Counties)
- Personal impact and cost for related health complications. – Other Health Professional (Gallatin, Madison & Park Counties)
- Accessing regular primary care for those without insurance or on Medicaid. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)
- Lack of affordable exercise opportunities. High cost of fresh fruits and vegetables to be part of a healthy diet. People are super busy and have little time to fit in exercise. – Social Services Provider (Gallatin, Madison & Park Counties)
- Cost of care and physical disability from the disease process. – Community Leader (Gallatin, Madison & Park Counties)
Health Education

Health information and community wellness activities in outlying areas. – Public Health/Community Health Representative (Gallatin, Madison & Park Counties)

Obviously giving people the right information to manage their disease is very important. However, there are so many people with pre-diabetes that also need this information. But most importantly, they all need access (and information on how to access) to places where they can be active and access (and how to cook) to affordable healthy foods. – Community Leader (Gallatin, Madison & Park Counties)

Again, I would say there is a lack of preemptive healthcare in terms of access and education about preventing diabetes, especially in children and seniors. The intersectionality between low-income populations, lack of access to healthcare, lack of access to mental health and counseling services, lack of knowledge about proper nutrition, diet, exercise, inability to afford healthcare ... it's just like, ugh, where does this cycle of disadvantage even start and end?! And how do you break the cycle ... and I think it is access to education and preventative care and then also making it affordable and taking away the unknowns about the experience and the cost. – Other Health Professional (Gallatin, Madison & Park Counties)

Access to Care/Services

Delay of treatment; cost of care. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

Access to medication, education, supportive services, and exercise opportunities in town (Livingston specifically). – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

Diagnosis/Treatment

Diagnosing and arresting. – Community Leader (Gallatin, Madison & Park Counties)

Lifestyle

Trying to maintain a healthy lifestyle. – Community Leader (Gallatin, Madison & Park Counties)

Prevalence/Incidence

Approximately 30% of the people we serve in our food pantry are diabetic. The challenges for this population include: health/nutrition education and consistent access to healthful food. – Community Leader (Gallatin, Madison & Park Counties)
Alzheimer’s Disease

About Dementia

Dementia is the loss of cognitive functioning—thinking, remembering, and reasoning—to such an extent that it interferes with a person’s daily life. Dementia is not a disease itself, but rather a set of symptoms. Memory loss is a common symptom of dementia, although memory loss by itself does not mean a person has dementia. Alzheimer’s disease is the most common cause of dementia, accounting for the majority of all diagnosed cases.

Alzheimer’s disease is the 6th leading cause of death among adults age 18 years and older. Estimates vary, but experts suggest that up to 5.1 million Americans age 65 years and older have Alzheimer’s disease. These numbers are predicted to more than double by 2050 unless more effective ways to treat and prevent Alzheimer’s disease are found.

- Healthy People 2020 (www.healthypeople.gov)

Age-Adjusted Alzheimer’s Disease Deaths

Between 2013 and 2015, there was an annual average age-adjusted Alzheimer’s disease mortality rate of 15.7 deaths per 100,000 population in the Total Area.

- More favorable than the statewide and national rates.
- The rate is much higher in Park County than in Gallatin County (the rate for Madison County is unavailable).

Alzheimer’s Disease: Age-Adjusted Mortality
(2013-2015 Annual Average Deaths per 100,000 Population)

Sources: CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted May 2017.

Notes:● Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
- Rates are per 100,000 population, age-adjusted to the 2000 US Standard Population.
- TREND: No clear trend is evident with regard to the Alzheimer’s disease mortality rate in the Total Area. While the state rate has decreased over time, the US rate has increased in recent years.
Alzheimer’s Disease: Age-Adjusted Mortality Trends
(Annual Average Deaths per 100,000 Population)

Progressive Confusion/Memory Loss
A total of 14.2% of adults age 45 and older report experiencing confusion or memory loss in the past year that is happening more often or getting worse.

- Comparable to the US prevalence.
- The proportion by area in Gallatin County is considerably higher outside Bozeman.
- Similar findings by county in the Total Area.

Experienced Increasing Confusion/Memory Loss in Past Year
(Among Respondents Age 45 and Older)

Sources:
- Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
- Rates are per 100,000 population, age-adjusted to the 2000 US Standard Population.

Notes:
- Compared to the US prevalence.
- The proportion by area in Gallatin County is considerably higher outside Bozeman.
- Similar findings by county in the Total Area.
A higher prevalence of progressive confusion/memory loss is reported among:

- Women.
- Adults age 55 to 64.
- Low-income residents.

**Experienced Increasing Confusion/Memory Loss in Past Year**
(Among Respondents Age 45 and Older; Total Area, 2017)

<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men</td>
<td>8.6%</td>
</tr>
<tr>
<td>Women</td>
<td>19.5%</td>
</tr>
<tr>
<td>45 to 54</td>
<td>9.0%</td>
</tr>
<tr>
<td>55 to 64</td>
<td>19.3%</td>
</tr>
<tr>
<td>65+</td>
<td>12.3%</td>
</tr>
<tr>
<td>Low Income</td>
<td>20.2%</td>
</tr>
<tr>
<td>Mid/High Income</td>
<td>8.2%</td>
</tr>
<tr>
<td>Total Area</td>
<td>14.2%</td>
</tr>
</tbody>
</table>

**Key Informant Input: Dementias, Including Alzheimer’s Disease**

Half of key informants taking part in an online survey are most likely to consider *Dementias, Including Alzheimer's Disease* as a “moderate problem” in the community.
Top Concerns
Among those rating this issue as a “major problem,” reasons related to the following:

Aging Population
The population that we serve is aging. – Community Leader (Gallatin, Madison & Park Counties)
Our population of baby boomers is significant and the rise in dementia/Alzheimer's disease, along with lack of facilities to meet their needs that are cost conducive. Many of the elderly population do not have long-term care or the financial means to move into assisted-living facilities or appropriate facilities for long-term care outside of short term rehab that is only covered with Medicare when medically necessary. Also, our population of alcohol-induced-dementia–related services is significantly problematic not only for the above reasons (lack of family support/burned out family members, etc.) but facilities that will not accept due to behaviors. – Other Health Professional (Gallatin, Madison & Park Counties)
Elderly population and percentage of incidence. – Social Services Provider (Gallatin, Madison & Park Counties)
Population is growing older and more people are affected themselves or are serving as caregivers to those with dementia. – Community Leader (Gallatin, Madison & Park Counties)
Growing, aging population in our community. – Community Leader (Gallatin, Madison & Park Counties)

Affordable Care/Services
Cost and time to provide care along with impact to family member's ability to hold outside job when needed. – Other Health Professional (Gallatin, Madison & Park Counties)
Lacking affordable resources for our aging community members. It is more about support of the families caring for older seniors, especially those with dementia. – Community Leader (Gallatin, Madison & Park Counties)
We see a lot of people with dementia that have very few financial resources. Families are burdened with how to care for their loved ones, most cannot afford the $6,000–$10,000 per month it requires to place a loved one in a secure facility. We see a lot of elderly people with dementia who have no involved family and it consumes a vast amount of time and energy getting APS involved and applying for long term Medicaid and then finding a facility that will accept them. Montana does not have good policies in place when it come to APS getting involved with people who are not able to care for themselves and are not safe to release from the hospital. It becomes this debate between APS and the Crisis Response Team and hospital employees as to who is responsible for finding proper placement. A neuro-psych evaluation is often required and very few doctor's want to deem someone incompetent so these folks are just in limbo being held by the hospital due to lack of safe discharge plan. More & more common. – Other Health Professional (Gallatin, Madison & Park Counties)

Access to Care/Services
Again, extremely limited resources and care options in our community for individuals suffering from dementia or Alzheimer's. – Community Leader (Gallatin, Madison & Park Counties)
I have seen the dramatic effect this has on families. One of the hardest pieces is finding care for a loved one with dementia. Someone either gives up their life, their earnings and their well-being to care for their loved one, or puts them in a home they can afford which they may not be comfortable with, or a rare few can afford good long-term care. – Other Health Professional (Gallatin, Madison & Park Counties)
There is very little coordination of services or good home care services for this population. Also, there is limited education for providers about how to take care of these patients. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

Prevalence/Incidence
High occurrence with minimal support and resources. – Public Health/Community Health Representative (Gallatin, Madison & Park Counties)
50% of hospice patients have dementia. If there are not resources this is a difficult disease to manage in the home. – Other Health Professional (Gallatin County)
The amount of friends and people that I know that have been reported to have the disease. – Community Leader (Gallatin, Madison & Park Counties)
Impact on Caregivers/Families

There are not enough resources for the family/caregiver to tap into if they cannot afford an assisted living/private home care that specializes in dementia/Alzheimer’s. If there are support groups for families, it is not well advertised. – Other Health Professional (Gallatin, Madison & Park Counties)

There can be years of care needed for each person with dementia and often little resources or support for caregivers. – Other Health Professional (Gallatin, Madison & Park Counties)
Kidney Disease

About Kidney Disease

Chronic kidney disease and end-stage renal disease are significant public health problems in the United States and a major source of suffering and poor quality of life for those afflicted. They are responsible for premature death and exact a high economic price from both the private and public sectors. Nearly 25% of the Medicare budget is used to treat people with chronic kidney disease and end-stage renal disease.

Genetic determinants have a large influence on the development and progression of chronic kidney disease. It is not possible to alter a person’s biology and genetic determinants; however, environmental influences and individual behaviors also have a significant influence on the development and progression of chronic kidney disease. As a result, some populations are disproportionately affected. Successful behavior modification is expected to have a positive influence on the disease.

Diabetes is the most common cause of kidney failure. The results of the Diabetes Prevention Program (DPP) funded by the national Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) show that moderate exercise, a healthier diet, and weight reduction can prevent development of type 2 diabetes in persons at risk.

Prevalence of Kidney Disease

A total of 3.1% of Total Area adults report having been diagnosed with kidney disease.

- Similar to the state and national proportions.
- Prevalence is particularly low in Madison County when compared against Gallatin and Park counties.
- TREND: Statistically unchanged since 2014.

Prevalence of Kidney Disease

Sources:
- 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 32]
- 2015 PRC National Health Survey, Professional Research Consultants, Inc.

Notes:
- Asked of all respondents.
A higher prevalence of kidney disease is reported among seniors (age 65+) and low-income residents in the Total Area.

Prevalence of Kidney Disease
(Total Area, 2017)

Key Informant Input: Kidney Disease
Roughly one-half of the key informants taking part in an online survey generally characterized Kidney Disease as a “minor problem” in the community.

Perceptions of Kidney Disease as a Problem in the Community
(Key Informants, 2017)

Top Concerns
Among those rating this issue as a “major problem,” reasons related to the following:

Prevalence/Incidence
- I know a lot of people on dialysis. – Community Leader (Gallatin, Madison & Park Counties)
- Increased number of diabetic patients evolving into chronic illness. – Community Leader (Gallatin, Madison & Park Counties)
- High incidence related to increase in diabetes. Expense and time commitment when individuals require dialysis. – Other Health Professional (Gallatin, Madison & Park Counties)

Access to Care/Services
- I don’t think it is a problem, per se, but there is extremely limited access to healthcare for someone that has chronic kidney disease. – Community Leader (Gallatin, Madison & Park Counties)
### Potentially Disabling Conditions

#### About Arthritis, Osteoporosis & Chronic Back Conditions

There are more than 100 types of arthritis. Arthritis commonly occurs with other chronic conditions, such as diabetes, heart disease, and obesity. Interventions to treat the pain and reduce the functional limitations from arthritis are important, and may also enable people with these other chronic conditions to be more physically active. Arthritis affects 1 in 5 adults and continues to be the most common cause of disability. It costs more than $128 billion per year. All of the human and economic costs are projected to increase over time as the population ages. There are interventions that can reduce arthritis pain and functional limitations, but they remain underused. These include: increased physical activity; self-management education; and weight loss among overweight/obese adults.

Osteoporosis is a disease marked by reduced bone strength leading to an increased risk of fractures (broken bones). In the United States, an estimated 5.3 million people age 50 years and older have osteoporosis. Most of these people are women, but about 0.8 million are men. Just over 34 million more people, including 12 million men, have low bone mass, which puts them at increased risk for developing osteoporosis. Half of all women and as many as 1 in 4 men age 50 years and older will have an osteoporosis-related fracture in their lifetime.

Chronic back pain is common, costly, and potentially disabling. About 80% of Americans experience low back pain in their lifetime. It is estimated that each year:

- 15%-20% of the population develop protracted back pain.
- 2-8% have chronic back pain (pain that lasts more than 3 months).
- 3-4% of the population is temporarily disabled due to back pain.
- 1% of the working-age population is disabled completely and permanently as a result of low back pain.

Americans spend at least $50 billion each year on low back pain. Low back pain is the:

- 2nd leading cause of lost work time (after the common cold).
- 3rd most common reason to undergo a surgical procedure.
- 5th most frequent cause of hospitalization.

Arthritis, osteoporosis, and chronic back conditions all have major effects on quality of life, the ability to work, and basic activities of daily living.

- Healthy People 2020 (www.healthypeople.gov)

#### Arthritis, Osteoporosis, & Chronic Back Conditions

A total of 37.1% of Total Area adults age 50 and older report suffering from arthritis or rheumatism.

- Statistically similar to that found nationwide.

A total of 8.1% Total Area adults age 50 and older have osteoporosis.

- Similar to that found nationwide.
- Fails to satisfy the Healthy People 2020 target of 5.3% or lower.

A total of 23.1% of Total Area adults (age 18 and older) suffer from chronic back pain or sciatica.

- Comparable to that found nationwide.
- TREND: Prevalence has significantly increased over time (not shown).
Prevalence of Potentially Disabling Conditions

<table>
<thead>
<tr>
<th>Condition</th>
<th>Total Area</th>
<th>US</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arthritis/Rheumatism (50+)</td>
<td>37.1%</td>
<td>32.0%</td>
</tr>
<tr>
<td>Osteoporosis (50+)</td>
<td>8.1%</td>
<td>8.7%</td>
</tr>
<tr>
<td>Sciatica/Chronic Back Pain (18+)</td>
<td>23.1%</td>
<td>19.4%</td>
</tr>
</tbody>
</table>

Source: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. Items 28, 161-162

Notes: The sciatica indicator reflects the total sample of respondents; the arthritis and osteoporosis columns reflect adults age 50+.

Key Informant Input: Arthritis, Osteoporosis & Chronic Back Conditions

A plurality of key informants taking part in an online survey characterized Arthritis, Osteoporosis & Chronic Back Conditions as a “minor problem” in the community.

Perceptions of Arthritis/Osteoporosis/Back Conditions as a Problem in the Community (Key Informants, 2017)

Major Problem | Moderate Problem | Minor Problem | No Problem At All
8.6% | 36.2% | 45.7% | 9.5%

Source: PRC Online Key Informant Survey, Professional Research Consultants, Inc.

Notes: Asked of all respondents.

Top Concerns

Among those rating this issue as a “major problem,” reasons related to the following:

Prevalence/Incidence

Many community members suffer from various orthopedic issues, which can result in significant pain, disability, and impairment. There is a sizable community of blue-collar workers that support the rapid growth in our area and are often employed in positions that cause and/or contribute to increased pain and disability. In a job setting such as construction, there are limited options available to workers with regard light duty, medical appointments, alternative employment etc. This creates a situation where workers are “stuck” in a job that continues to worsen their orthopedic and pain issues. In turn, this leads to greater disability, decreased quality of life, and poorer health outcomes. – Physician/Advanced Practice Clinician (Gallatin County)
This is a very common disease and affects a large population. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

Aging Population
Quite a few older people. – Community Leader (Gallatin, Madison & Park Counties)
Impacts elderly and ability to work for people in physical occupations. – Other Health Professional (Gallatin, Madison & Park Counties)
The population that we serve is older. We have an extensive exercise program that addresses many of these conditions. – Community Leader (Gallatin, Madison & Park Counties)
Elderly retirement population, high construction employment, female population. – Social Services Provider (Gallatin, Madison & Park Counties)

Access to Care/Services
There is a huge wait to be seen in the spine clinics. Only one doctor in town performs spinal nerve root injections. Access is very limited. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)
Many people are seen for chronic back pain and either don't see a primary or can't get in to see one. – Physician/Advanced Practice Clinician (Gallatin County)

Health Education
These conditions lead to chronic pain. Lack of education on chronic pain and management outside pain medication. Issues with over prescribing of opioid pain medication. – Physician/Advanced Practice Clinician (Gallatin County)

Lifestyle
Active lifestyle in our community and these conditions are debilitating. – Community Leader (Gallatin, Madison & Park Counties)

Vision & Hearing Impairment

**About Vision**

Vision is an essential part of everyday life, influencing how Americans of all ages learn, communicate, work, play, and interact with the world. Yet millions of Americans live with visual impairment, and many more remain at risk for eye disease and preventable eye injury.

The eyes are an important, but often overlooked, part of overall health. Despite the preventable nature of some vision impairments, many people do not receive recommended screenings and exams. A visit to an eye care professional for a comprehensive dilated eye exam can help to detect common vision problems and eye diseases, including diabetic retinopathy, glaucoma, cataract, and age-related macular degeneration.

These common vision problems often have no early warning signs. If a problem is detected, an eye care professional can prescribe corrective eyewear, medicine, or surgery to minimize vision loss and help a person see his or her best.

Healthy vision can help to ensure a healthy and active lifestyle well into a person’s later years. Educating and engaging families, communities, and the nation is critical to ensuring that people have the information, resources, and tools needed for good eye health.

- Healthy People 2020 (www.healthypeople.gov)
About Hearing & Other Sensory or Communication Disorders

An impaired ability to communicate with others or maintain good balance can lead many people to feel socially isolated, have unmet health needs, have limited success in school or on the job. Communication and other sensory processes contribute to our overall health and well-being. Protecting these processes is critical, particularly for people whose age, race, ethnicity, gender, occupation, genetic background, or health status places them at increased risk.

Many factors influence the numbers of Americans who are diagnosed and treated for hearing and other sensory or communication disorders, such as social determinants (social and economic standings, age of diagnosis, cost and stigma of wearing a hearing aid, and unhealthy lifestyle choices). In addition, biological causes of hearing loss and other sensory or communication disorders include: genetics; viral or bacterial infections; sensitivity to certain drugs or medications; injury; and aging.

As the nation’s population ages and survival rates for medically fragile infants and for people with severe injuries and acquired diseases improve, the prevalence of sensory and communication disorders is expected to rise.

- Healthy People 2020 (www.healthypeople.gov)

Key Informant Input: Vision & Hearing

Key informants taking part in an online survey most often characterized Vision & Hearing as a “minor problem” in the community.

Perceptions of Vision and Hearing as a Problem in the Community
(Key Informants, 2017)

<table>
<thead>
<tr>
<th>Major Problem</th>
<th>Moderate Problem</th>
<th>Minor Problem</th>
<th>No Problem At All</th>
</tr>
</thead>
<tbody>
<tr>
<td>28.2%</td>
<td>48.7%</td>
<td>18.8%</td>
<td></td>
</tr>
</tbody>
</table>

Sources: PRC Online Key Informant Survey, Professional Research Consultants, Inc.
Notes: Asked of all respondents.

Top Concerns

Among those rating this issue as a “major problem,” reasons related to the following:

Affordable Care/Services

- High-cost care items with minimal or limited insurance coverage to assist payment (even with Medicare/Medicaid), as well as few in-town providers (Livingston). – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)
- Affordability is a problem for many seniors and low-income families, rendering it inaccessible. – Other Health Professional (Gallatin, Madison & Park Counties)

Aging Population

- A growing elderly population. – Community Leader (Gallatin, Madison & Park Counties)

Lack of Providers

- There are no hearing or vision professionals in our community. – Community Leader (Gallatin, Madison & Park Counties)
Infectious Disease
Influenza & Pneumonia Vaccination

About Influenza & Pneumonia

Acute respiratory infections, including pneumonia and influenza, are the 8th leading cause of death in the nation, accounting for 56,000 deaths annually. Pneumonia mortality in children fell by 97% in the last century, but respiratory infectious diseases continue to be leading causes of pediatric hospitalization and outpatient visits in the US. On average, influenza leads to more than 200,000 hospitalizations and 36,000 deaths each year. The 2009 H1N1 influenza pandemic caused an estimated 270,000 hospitalizations and 12,270 deaths (1,270 of which were of people younger than age 18) between April 2009 and March 2010.

- Healthy People 2020 (www.healthypeople.gov)

Flu Vaccinations

Among Total Area seniors (age 65+), 68.4% received a flu shot within the past year.

- Higher than the state and national findings.
- Similar to the Healthy People 2020 target (70% or higher).
- The prevalence is highest among Gallatin County seniors and lowest among Park County seniors.
- TREND: Marks a statistically significant increase since 2014.

A total of 48.3% of high-risk adults age 18 to 64 received a flu shot within the past year.

Older Adults: Have Had a Flu Vaccination in the Past Year
(Among Adults Age 65+)

Healthy People 2020 Target = 70.0% or Higher

<table>
<thead>
<tr>
<th></th>
<th>2014</th>
<th>2017</th>
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<tbody>
<tr>
<td>Gallatin County</td>
<td>72.1%</td>
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<tr>
<td>Madison County</td>
<td>62.2%</td>
<td></td>
</tr>
<tr>
<td>Park County</td>
<td>55.5%</td>
<td></td>
</tr>
<tr>
<td>Total Area</td>
<td>68.4%</td>
<td></td>
</tr>
<tr>
<td>MT</td>
<td>61.4%</td>
<td></td>
</tr>
<tr>
<td>US</td>
<td>58.9%</td>
<td></td>
</tr>
</tbody>
</table>

Total Area Trend

- 54.7% to 68.4%

High-Risk Adults = 48.3% (HP2020 Goal = 70%)

Sources:
- 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Items 163-164]
- 2015 PRC National Health Survey, Professional Research Consultants, Inc.
- Reflects respondents 65 and older.
- “High-Risk” includes adults age 18 to 64 who have been diagnosed with heart disease, diabetes or respiratory disease.

Notes:
Pneumonia Vaccination

Among Total Area adults age 65 and older, 78.7% have received a pneumonia vaccination at some point in their lives.

- Higher than the Montana finding.
- Similar to the national finding.
- Fails to satisfy the Healthy People 2020 target of 90% or higher.
- Highest in Gallatin County; lowest in Park County.
- TREND: Denotes a statistically significant increase since 2014.
- A total of 51.0% of high-risk adults age 18 to 64 have ever received a pneumonia vaccination.

**Older Adults: Have Ever Had a Pneumonia Vaccine**

(Among Adults Age 65+)

**Healthy People 2020 Target = 90.0% or Higher**

<table>
<thead>
<tr>
<th></th>
<th>2014</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gallatin County</td>
<td>84.0%</td>
<td>78.7%</td>
</tr>
<tr>
<td>Madison County</td>
<td>70.6%</td>
<td>72.5%</td>
</tr>
<tr>
<td>Park County</td>
<td>61.3%</td>
<td>76.3%</td>
</tr>
<tr>
<td>Total Area</td>
<td>78.7%</td>
<td>78.7%</td>
</tr>
<tr>
<td>MT</td>
<td></td>
<td></td>
</tr>
<tr>
<td>US</td>
<td></td>
<td></td>
</tr>
<tr>
<td>High-Risk Adults</td>
<td>57.8%</td>
<td>78.7%</td>
</tr>
</tbody>
</table>

**Notes:**
- Reflects respondents 65 and older.
- "High-Risk" includes adults age 18 to 64 who have been diagnosed with heart disease, diabetes or respiratory disease.

**Sources:**
- 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Items 165-166]
- 2015 PRC National Health Survey, Professional Research Consultants, Inc.
About HIV

The HIV epidemic in the United States continues to be a major public health crisis. An estimated 1.1 million Americans are living with HIV, and 1 in 5 people with HIV do not know they have it. HIV continues to spread, leading to about 56,000 new HIV infections each year.

HIV is a preventable disease, and effective HIV prevention interventions have been proven to reduce HIV transmission. People who get tested for HIV and learn that they are infected can make significant behavior changes to improve their health and reduce the risk of transmitting HIV to their sex or drug-using partners. More than 50% of new HIV infections occur as a result of the 21% of people who have HIV but do not know it.

In the era of increasingly effective treatments for HIV, people with HIV are living longer, healthier, and more productive lives. Deaths from HIV infection have greatly declined in the United States since the 1990s. As the number of people living with HIV grows, it will be more important than ever to increase national HIV prevention and healthcare programs.

There are gender, race, and ethnicity disparities in new HIV infections:

- Nearly 75% of new HIV infections occur in men.
- More than half occur in gay and bisexual men, regardless of race or ethnicity.
- 45% of new HIV infections occur in African Americans, 35% in whites, and 17% in Hispanics.

Improving access to quality healthcare for populations disproportionately affected by HIV, such as persons of color and gay and bisexual men, is a fundamental public health strategy for HIV prevention. People getting care for HIV can receive:

- Antiretroviral therapy
- Screening and treatment for other diseases (such as sexually transmitted infections)
- HIV prevention interventions
- Mental health services
- Other health services

As the number of people living with HIV increases and more people become aware of their HIV status, prevention strategies that are targeted specifically for HIV-infected people are becoming more important. Prevention work with people living with HIV focuses on:

- Linking to and staying in treatment.
- Increasing the availability of ongoing HIV prevention interventions.
- Providing prevention services for their partners.

Public perception in the US about the seriousness of the HIV epidemic has declined in recent years. There is evidence that risky behaviors may be increasing among uninfected people, especially gay and bisexual men. Ongoing media and social campaigns for the general public and HIV prevention interventions for uninfected persons who engage in risky behaviors are critical.

- Healthy People 2020 (www.healthypeople.gov)
HIV Prevalence
In 2013, there was a prevalence of 26.2 HIV cases per 100,000 population in the Total Area.
- Lower than the statewide prevalence.
- Significantly lower than the national prevalence.

HIV Prevalence
(Prevalence Rate of HIV per 100,000 Population, 2013)

Sources: Centers for Disease Control and Prevention, National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention.
Notes: This indicator is relevant because HIV is a life-threatening communicable disease that disproportionately affects minority populations and may also indicate the prevalence of unsafe sex practices.

HIV Testing
Among Total Area adults age 18-44, 20.7% report that they have been tested for human immunodeficiency virus (HIV) in the past year.
- Similar to the proportion found nationwide.
- In Gallatin County, the difference is not statistically significant.
- Similar findings by county (Gallatin vs. the combined Madison and Park counties).
- TREND: Testing has remained statistically stable since 2011.
- Statistically similar testing prevalence when viewed by gender; much higher among younger adults (age 18-34) when compared with those age 35-44.
Key Informant Input: HIV/AIDS

Almost two-thirds of key informants taking part in an online survey most often characterized HIV/AIDS as a “minor problem” in the community.

Perceptions of HIV/AIDS as a Problem in the Community
(Key Informants, 2017)

<table>
<thead>
<tr>
<th></th>
<th>Major Problem</th>
<th>Moderate Problem</th>
<th>Minor Problem</th>
<th>No Problem At All</th>
</tr>
</thead>
<tbody>
<tr>
<td>Child: 14-34</td>
<td>17.4%</td>
<td>64.2%</td>
<td>17.4%</td>
<td></td>
</tr>
<tr>
<td>Age 35-44</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Sources:  
- PRC Online Key Informant Survey, Professional Research Consultants, Inc.
- Asked of all respondents.
Sexually Transmitted Diseases

About Sexually Transmitted Diseases

STDs refer to more than 25 infectious organisms that are transmitted primarily through sexual activity. Despite their burdens, costs, and complications, and the fact that they are largely preventable, STDs remain a significant public health problem in the United States. This problem is largely unrecognized by the public, policymakers, and health care professionals. STDs cause many harmful, often irreversible, and costly clinical complications, such as: reproductive health problems; fetal and perinatal health problems; cancer; and facilitation of the sexual transmission of HIV infection.

Because many cases of STDs go undiagnosed—and some common viral infections, such as human papillomavirus (HPV) and genital herpes, are not reported to CDC at all—the reported cases of chlamydia, gonorrhea, and syphilis represent only a fraction of the true burden of STDs in the US. Untreated STDs can lead to serious long-term health consequences, especially for adolescent girls and young women. Several factors contribute to the spread of STDs.

Biological Factors. STDs are acquired during unprotected sex with an infected partner. Biological factors that affect the spread of STDs include:

- **Asymptomatic nature of STDs.** The majority of STDs either do not produce any symptoms or signs, or they produce symptoms so mild that they are unnoticed; consequently, many infected persons do not know that they need medical care.
- **Gender disparities.** Women suffer more frequent and more serious STD complications than men do. Among the most serious STD complications are pelvic inflammatory disease, ectopic pregnancy (pregnancy outside of the uterus), infertility, and chronic pelvic pain.
- **Age disparities.** Compared to older adults, sexually active adolescents ages 15 to 19 and young adults ages 20 to 24 are at higher risk for getting STDs.
- **Lag time between infection and complications.** Often, a long interval, sometimes years, occurs between acquiring an STD and recognizing a clinically significant health problem.

Social, Economic and Behavioral Factors. The spread of STDs is directly affected by social, economic, and behavioral factors. Such factors may cause serious obstacles to STD prevention due to their influence on social and sexual networks, access to and provision of care, willingness to seek care, and social norms regarding sex and sexuality. Among certain vulnerable populations, historical experience with segregation and discrimination exacerbates these factors. Social, economic, and behavioral factors that affect the spread of STDs include: racial and ethnic disparities; poverty and marginalization; access to healthcare; substance abuse; sexuality and secrecy (stigma and discomfort discussing sex); and sexual networks (persons “linked” by sequential or concurrent sexual partners).

- Healthy People 2020 (www.healthypeople.gov)

Chlamydia & Gonorrhea

In 2014, the chlamydia incidence rate in the Total Area was 326.8 cases per 100,000 population.

- Notably lower than the Montana and US incidence rates.
- Highest in Gallatin County; lowest in Madison County.

The Total Area gonorrhea incidence rate in 2014 was 11.0 cases per 100,000 population.

- Notably lower than the state and national rates.
- Lowest in Gallatin County.
Human Papillomavirus (HPV)

More than three-fourths of respondents (78.6%) report being familiar with the human papillomavirus (HPV) prior to participating in the community health survey.

- In Gallatin County, familiarity is higher in Bozeman.
- By county, the percentage is highest in Gallatin County; lowest in Madison County.

Familiar with Human Papillomavirus (HPV)

Sources: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 311]
Notes: Asked of all respondents.
Area adults less likely to be familiar with HPV include:

- Men.
- Seniors (age 65+).
- Lower-income residents.
- Non-Hispanic Whites.

A total of 26.8% of Total Area adults indicate that a doctor or other health professional has given them information about HPV (written or spoken) in the past three years.

- This is statistically similar within Gallatin County.
- Statistically similar findings by county.
The following adults are less likely to have been given information about HPV from a health professional in the past three years:

- Men.
- Older adults (negative correlation with age).

**Received Info on HPV from a Health Professional in the Past Three Years**

(Total Area, 2017)
Safe Sexual Practices

Among unmarried Total Area adults under the age of 65, the majority cites having one (46.6%) or no (40.7%) sexual partners in the past 12 months. However, 6.3% report three or more sexual partners in the past year.

- Comparable to that reported nationally.

A total of 34.8% of unmarried Total Area adults age 18 to 64 report that a condom was used during their last sexual intercourse.

- Lower than the national figure.

**Sexual Risk**

(Unmarried Adults Age 18-64)

<table>
<thead>
<tr>
<th>Sexual Risk</th>
<th>Total Area</th>
<th>US</th>
</tr>
</thead>
<tbody>
<tr>
<td>3+ Sexual Partners in the Past Year</td>
<td>6.3%</td>
<td>10.3%</td>
</tr>
<tr>
<td>Used Condom During Last Sexual Intercourse</td>
<td>34.8%</td>
<td>44.5%</td>
</tr>
</tbody>
</table>

Sources: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Items 97-98]

Notes: Reflects unmarried respondents under the age of 65.
Key Informant Input: Sexually Transmitted Diseases

A plurality of key informants taking part in an online survey characterized Sexually Transmitted Diseases as a “minor problem” in the community.

Perceptions of Sexually Transmitted Diseases as a Problem in the Community
(Key Informants, 2017)

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Major Problem</th>
<th>Moderate Problem</th>
<th>Minor Problem</th>
<th>No Problem At All</th>
</tr>
</thead>
<tbody>
<tr>
<td>36.0%</td>
<td>45.6%</td>
<td>15.8%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Sources:  
- PRC Online Key Informant Survey, Professional Research Consultants, Inc.
Notes:  
- Asked of all respondents.

Top Concerns

Among those rating this issue as a “major problem,” reasons related to the following:

**Prevalence/Incidence**

It’s been a problem for all of human history, so why not now? – Community Leader (Gallatin, Madison & Park Counties)

**Health Education**

In terms of STIs, HPV is the most dangerous and one of the most common and we have found there is very little understanding of this virus in our community in terms of prevention and transition. HPV is the leading cause of cervical and oral cancer and it is highly stigmatized because there are many misconceptions about how it is transferred from person to person. Since the Gardasil vaccine is not required by schools, we are seeing parents opt out of getting it because of the expense ($200-300 and three shots) or fear from misinformation even though it is very effective in preventing people from getting the virus aka preventative treatment for cancer which is amazing! We have found that primary care doctors aren’t always screening for risk using best practices so the responsibility often falls on family planning clinics. Also, STIs are linked to fertility issues and long-term health challenges. Did you know that 1 in 2 sexually active young people will get an STI by age 25 and not even know it? – Other Health Professional (Gallatin, Madison & Park Counties)
Immunization & Infectious Diseases

Key Informant Input: Immunization & Infectious Diseases

Key informants taking part in an online survey most often characterized Immunization & Infectious Diseases as a “minor problem” in the community.

Perceptions of Immunization and Infectious Diseases as a Problem in the Community
(Key Informants, 2017)

<table>
<thead>
<tr>
<th>Perception</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Major Problem</td>
<td>5.8%</td>
</tr>
<tr>
<td>Moderate Problem</td>
<td>35.5%</td>
</tr>
<tr>
<td>Minor Problem</td>
<td>40.5%</td>
</tr>
<tr>
<td>No Problem At All</td>
<td>18.2%</td>
</tr>
</tbody>
</table>

Sources: PRC Online Key Informant Survey, Professional Research Consultants, Inc.
Notes: Asked of all respondents.

Top Concerns

Among those rating this issue as a “major problem,” reasons related to the following:

Immunization Rate

Too few Montana children receive all of their immunizations. – Social Services Provider (Gallatin, Madison & Park Counties)

Montana’s low rate of immunization. Recent increases in infections like syphilis, Zika, whooping cough. – Other Health Professional (Gallatin, Madison & Park Counties)

Health Education

Poor education and ease of accessibility. – Community Leader (Gallatin, Madison & Park Counties)

Continuing to educate parents regarding the importance of routine childhood immunizations will be key moving forward, so that they can make informed decisions that are based on years of scientific evidence rather than false claims about anecdotal stories linking vaccines to autism and other ailments. In addition, educating parents about the importance of the HPV vaccine for the prevention of cervical cancer to increase vaccination rates. – Public Health/Community Health Representative (Gallatin County)
Prenatal Care

About Infant & Child Health

Improving the well-being of mothers, infants, and children is an important public health goal for the US. Their well-being determines the health of the next generation and can help predict future public health challenges for families, communities, and the healthcare system. The risk of maternal and infant mortality and pregnancy-related complications can be reduced by increasing access to quality preconception (before pregnancy) and inter-conception (between pregnancies) care. Moreover, healthy birth outcomes and early identification and treatment of health conditions among infants can prevent death or disability and enable children to reach their full potential. Many factors can affect pregnancy and childbirth, including pre-conception health status, age, access to appropriate healthcare, and poverty.

Infant and child health are similarly influenced by socio-demographic factors, such as family income, but are also linked to the physical and mental health of parents and caregivers. There are racial and ethnic disparities in mortality and morbidity for mothers and children, particularly for African Americans. These differences are likely the result of many factors, including social determinants (such as racial and ethnic disparities in infant mortality; family income; educational attainment among household members; and health insurance coverage) and physical determinants (i.e., the health, nutrition, and behaviors of the mother during pregnancy and early childhood).

- Healthy People 2020 (www.healthypeople.gov)

Between 2013 and 2015, 25.8% of all Total Area births did not receive prenatal care in the first trimester of pregnancy.

- More favorable than the Montana proportion.
- Fails to satisfy the Healthy People 2020 target (22.1% or lower).
- Higher in Madison County.

Lack of Prenatal Care in the First Trimester
(Percentage of Live Births, 2013-2015)
Healthy People 2020 Target = 22.1% or Lower

<table>
<thead>
<tr>
<th></th>
<th>Gallatin County</th>
<th>Madison County</th>
<th>Park County</th>
<th>Total Area</th>
<th>MT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percentage</td>
<td>25.7%</td>
<td>30.2%</td>
<td>24.6%</td>
<td>25.8%</td>
<td>29.8%</td>
</tr>
</tbody>
</table>

Sources:

Note:
- This indicator reports the percentage of women who do not obtain prenatal care during their first trimester of pregnancy. This indicator is relevant because engaging in prenatal care decreases the likelihood of maternal and infant health risks. This indicator can also highlight a lack of access to preventive care, a lack of health, knowledge insufficient provider outreach, and/or social barriers preventing utilization of services.
Birth Outcomes & Risks

Low-Weight Births

A total of 6.6% of 2006-2012 Total Area births were low-weight.

- Lower than the Montana and US proportions.
- Satisfies the Healthy People 2020 target (7.8% or lower).
- Higher in Gallatin County than in Park County (prevalence not available for Madison County).

Low-Weight Births

(Percent of Live Births, 2006-2012)

Healthy People 2020 Target = 7.8% or Lower

Sources:
- Centers for Disease Control and Prevention, National Vital Statistics System. Accessed using CDC WONDER.

Note:
- This indicator reports the percentage of total births that are low birth weight (Under 2500g). This indicator is relevant because low birth weight infants are at high risk for health problems. This indicator can also highlight the existence of health disparities.

Infant Mortality

Between 2013 and 2015, there was an annual average of 5.0 infant deaths per 1,000 live births.

- Lower than the state and national rates.
- Satisfies the Healthy People 2020 target of 6.0 per 1,000 live births.
**Infant Mortality Rate**

(Annual Average Infant Deaths per 1,000 Live Births, 2013-2015)

**Healthy People 2020 Target = 6.0 or Lower**

<table>
<thead>
<tr>
<th>Year</th>
<th>Total Area</th>
<th>MT</th>
<th>US</th>
</tr>
</thead>
<tbody>
<tr>
<td>2006-2008</td>
<td>6.6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2007-2009</td>
<td>6.1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2008-2010</td>
<td>5.5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2009-2011</td>
<td>4.9</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2010-2012</td>
<td>5.3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2011-2013</td>
<td>4.9</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2012-2014</td>
<td>4.0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2013-2015</td>
<td>5.0</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Notes:**
- Rates are three-year averages of deaths of children under 1 year old per 1,000 live births.

**TREND:** Although fluctuating, the infant mortality rate has decreased over time, in keeping with the decreasing trends reported in Montana and the US overall.
Key Informant Input: Infant & Child Health

Key informants taking part in an online survey generally characterized Infant & Child Health as a “minor problem” in the community.

Perceptions of Infant and Child Health as a Problem in the Community
(Key Informants, 2017)

<table>
<thead>
<tr>
<th>Problem Level</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Major Problem</td>
<td>5.8%</td>
</tr>
<tr>
<td>Moderate Problem</td>
<td>37.2%</td>
</tr>
<tr>
<td>Minor Problem</td>
<td>42.1%</td>
</tr>
<tr>
<td>No Problem At All</td>
<td>14.9%</td>
</tr>
</tbody>
</table>

Sources: PRC Online Key Informant Survey, Professional Research Consultants, Inc.
Notes: Asked of all respondents.

Top Concerns

Among those rating this issue as a “major problem,” reasons related to the following:

Access to Early and Coordinated Care

Access and education about these services for all of our community. – Community Leader (Gallatin, Madison & Park Counties)

We need more infant care so we don’t have to ship them so far to other hospitals. – Community Leader (Gallatin, Madison & Park Counties)

Early pregnancy detection is critical to setting that mother and future child up for success in the long run. As soon as the pregnancy is confirmed, women need to have access to early pregnancy care and education to keep them and their babies as healthy as possible. From proper nutrition to help quitting smoking to emotional support, the more woman are equipped with proper knowledge and support, the higher the likelihood of a healthy baby with a higher survival rate. I feel like a broken record, but it all comes down to access to preemptive care and the fact that vulnerable populations are more likely to engage in behaviors that would be considered adverse when they are pregnant, and those same populations are statistically less likely to use birth control and get a pregnancy test early. These behaviors put both the mother and the child at risk for health complications and it all comes down to access and education! – Other Health Professional (Gallatin, Madison & Park Counties)

The existence and quality of prenatal, neonatal, and early childhood health education efforts can greatly affect child health. These efforts should be enhanced and integrated with nutritional improvement and tobacco use reduction programs (especially when implemented at the family unit level), and with early childhood education initiatives. Again, the value of individual programs can be improved significantly with better coordination and integration of programs addressing multiple public health concerns. – Community Leader (Gallatin, Madison & Park Counties)

Prevalence/Incidence

Being active in the community and having grandchildren in the school system, I hear and see some of the problems about maternal, infant, and child health. – Community Leader (Gallatin, Madison & Park Counties)

Personal observation. – Community Leader (Gallatin, Madison & Park Counties)

Health Education

Parents are poorly prepared. – Community Leader (Gallatin, Madison & Park Counties)

Reproductive Health

Reproductive healthcare. No access to Planned Parenthood, abortion care services, or adequate counseling for unanticipated pregnancies. While this is a small segment, this has a large gap in good consistent care. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)
**Family Planning**

**Births to Teen Mothers**

### About Teen Births

The negative outcomes associated with unintended pregnancies are compounded for adolescents. Teen mothers:

- Are less likely to graduate from high school or attain a GED by the time they reach age 30.
- Earn an average of approximately $3,500 less per year, when compared with those who delay childbearing.
- Receive nearly twice as much Federal aid for nearly twice as long.

Similarly, early fatherhood is associated with lower educational attainment and lower income. Children of teen parents are more likely to have lower cognitive attainment and exhibit more behavior problems. Sons of teen mothers are more likely to be incarcerated, and daughters are more likely to become adolescent mothers.

- [Healthy People 2020](http://www.healthypeople.gov)

**Between 2006 and 2012, there was an annual average of 15.3 births to women age 15-19 per 1,000 population in that age group.**

- Less than half the state and US proportions.
- Higher in Park County than in Gallatin County (rate not available for Madison County).

**Teen Birth Rate**

*(Births to Women Age 15-19 Per 1,000 Female Population Age 15-19, 2006-2012)*

<table>
<thead>
<tr>
<th>Gallatin County</th>
<th>Madison County</th>
<th>Park County</th>
<th>Total Area</th>
<th>MT</th>
<th>US</th>
</tr>
</thead>
<tbody>
<tr>
<td>15.3</td>
<td>n/a</td>
<td>23.8</td>
<td>15.3</td>
<td>34.8</td>
<td>36.6</td>
</tr>
</tbody>
</table>

**Sources:**
- Centers for Disease Control and Prevention, National Vital Statistics System. Accessed using CDC WONDER.
- [Community Commons](http://www.chna.org)

**Notes:**
- This indicator reports the rate of total births to women under the age of 15 - 19 per 1,000 female population age 15 - 19. This indicator is relevant because in many cases, teen parents have unique social, economic, and health support services. Additionally, high rates of teen pregnancy may indicate the prevalence of unsafe sex practices.
• TRENDS: Note that Gallatin and Park County rates have not changed much in recent years.

## Teen Birth Rate

(Births to Women Age 15-19 Per 1,000 Female Population Age 15-19)

<table>
<thead>
<tr>
<th>Year</th>
<th>Gallatin County</th>
<th>Park County</th>
<th>MT</th>
<th>US</th>
</tr>
</thead>
<tbody>
<tr>
<td>2002-2008</td>
<td>16.6</td>
<td>26.2</td>
<td>36.1</td>
<td>41.0</td>
</tr>
<tr>
<td>2003-2009</td>
<td>16.2</td>
<td>23.6</td>
<td>36.4</td>
<td>40.3</td>
</tr>
<tr>
<td>2004-2010</td>
<td>16.4</td>
<td>23.1</td>
<td>36.4</td>
<td>39.3</td>
</tr>
<tr>
<td>2005-2011</td>
<td>15.8</td>
<td>22.9</td>
<td>35.6</td>
<td>38.0</td>
</tr>
<tr>
<td>2006-2012</td>
<td>15.3</td>
<td>23.8</td>
<td>34.8</td>
<td>36.6</td>
</tr>
</tbody>
</table>


Notes: This indicator reports the rate of total births to women under the age of 15-19 per 1,000 female population age 15-19. This indicator is relevant because in many cases, teen parents have unique social, economic, and health support services. Additionally, high rates of teen pregnancy may indicate the prevalence of unsafe sex practices.

### Key Informant Input: Family Planning

Key informants taking part in an online survey generally characterized Family Planning as a “moderate” or “minor” problem in the community.

#### Perceptions of Family Planning as a Problem in the Community

(Key Informants, 2017)

- **Major Problem**: 8.1%
- **Moderate Problem**: 33.3%
- **Minor Problem**: 38.2%
- **No Problem At All**: 20.3%

Sources: PRC Online Key Informant Survey, Professional Research Consultants, Inc.

Notes: Asked of all respondents.
Top Concerns

Among those rating this issue as a “major problem,” reasons related to the following:

**Health Education**
- Education and provision of services to women in need. – Social Services Provider (Gallatin, Madison & Park Counties)
- Education and stigma around birth control use. Timely counseling to prevent unwanted pregnancy. – Physician/Advanced Practice Clinician (Gallatin County)
- Family planning is one of the most important things we can do for the health of families and children in our community. It also makes financial sense, with every $1 spent on contraception yielding $6-$7 dollars in savings in public health costs. Not only that, but the health consequences of unintended pregnancies are significant. In addition, both the mother and child with an unintended pregnancy are more likely to end up in poverty. – Other Health Professional (Gallatin, Madison & Park Counties)

**Not a Priority**
- Underutilized family planning resources, incomplete community partnerships without aggressive marketing/awareness campaign targeting high-risk populations, low literacy/health literacy. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)
- Growing community with high housing cost and low wages contributes to individuals’ lack of prioritization and motivation to plan for future child bearing. – Other Health Professional (Gallatin, Madison & Park Counties)

**Access to Care**
- Access to nonjudgmental, equitable care is a struggle in our smaller communities and the places that are available seem too often be struggling with meeting the need due to funding and other lack of support. – Other Health Professional (Gallatin, Madison & Park Counties)

**Affordable Care/Services**
- Family planning is a major problem for three reasons: first, Title X federal funding is very threatened right now; second, if the ACA is repealed, this will hurt safety net providers like Bridgercare and Planned Parenthood across our state; and third, unintended pregnancies are very expensive for individuals, hospitals, and state alike! To speak to each in more detail, family planning clinics have been flat funded for decades and the cost of providing those services, especially on a sliding fee scale, just continue to increase. Family planning clinics are not funded under the umbrella of FQHCs because they are too controversial and thus are even more at risk of closing their door in rural areas if they lose federal funding and are predominately seeing patients who cannot afford to pay and/or do not have health insurance the clinic can submit to for reimbursement. As for hospitals, the delivery of an unintended pregnancy will cost hospitals tons because they eat the cost of all Medicaid-funded births. – Other Health Professional (Gallatin, Madison & Park Counties)

**Birth Control Policies**
- There are policies that dissuade females from getting birth control. We should be doing more as a community to promote birth control as a method of population control to ensure we have enough resources as a community and nation. – Community Leader (Gallatin, Madison & Park Counties)

**Personal/Cultural Beliefs**
- Most services are religious based, which is fine, but only serves a certain part of the population. We all hear about the issues with Planned Parenthood. If they are done away with, what do we have? – Community Leader (Gallatin, Madison & Park Counties)

**Single Parent Families**
- Amount of single-parent families and unwed mothers. – Community Leader (Gallatin, Madison & Park Counties)
Modifiable Health Risks
Actual Causes of Death

About Contributors to Mortality

A 1999 study (an update to a landmark 1993 study), estimated that as many as 40% of premature deaths in the United States are attributed to behavioral factors. This study found that behavior patterns represent the single-most prominent domain of influence over health prospects in the United States. The daily choices we make with respect to diet, physical activity, and sex; the substance abuse and addictions to which we fall prey; our approach to safety; and our coping strategies in confronting stress are all important determinants of health.

The most prominent contributors to mortality in the United States in 2000 were tobacco (an estimated 435,000 deaths), diet and activity patterns (400,000), alcohol (85,000), microbial agents (75,000), toxic agents (55,000), motor vehicles (43,000), firearms (29,000), sexual behavior (20,000), and illicit use of drugs (17,000). Socioeconomic status and access to medical care are also important contributors, but difficult to quantify independent of the other factors cited. Because the studies reviewed used different approaches to derive estimates, the stated numbers should be viewed as first approximations.

These analyses show that smoking remains the leading cause of mortality. However, poor diet and physical inactivity may soon overtake tobacco as the leading cause of death. These findings, along with escalating healthcare costs and aging population, argue persuasively that the need to establish a more preventive orientation in the US healthcare and public health systems has become more urgent.


Factors Contributing to Premature Deaths in the United States

While causes of death are typically described as the diseases or injuries immediately precipitating the end of life, a few important studies have shown that the actual causes of premature death (reflecting underlying risk factors) are often preventable.

Nutrition

About Healthful Diet & Healthy Weight

Strong science exists supporting the health benefits of eating a healthful diet and maintaining a healthy body weight. Efforts to change diet and weight should address individual behaviors, as well as the policies and environments that support these behaviors in settings such as schools, worksites, healthcare organizations, and communities.

The goal of promoting healthful diets and healthy weight encompasses increasing household food security and eliminating hunger.

Americans with a healthful diet:

- Consume a variety of nutrient-dense foods within and across the food groups, especially whole grains, fruits, vegetables, low-fat or fat-free milk or milk products, and lean meats and other protein sources.
- Limit the intake of saturated and trans fats, cholesterol, added sugars, sodium (salt), and alcohol.
- Limit caloric intake to meet caloric needs.

Diet and body weight are related to health status. Good nutrition is important to the growth and development of children. A healthful diet also helps Americans reduce their risks for many health conditions, including: overweight and obesity; malnutrition; iron-deficiency anemia; heart disease; high blood pressure; dyslipidemia (poor lipid profiles); type 2 diabetes; osteoporosis; oral disease; constipation; diverticular disease; and some cancers.

Diet reflects the variety of foods and beverages consumed over time and in settings such as worksites, schools, restaurants, and the home. Interventions to support a healthier diet can help ensure that:

- Individuals have the knowledge and skills to make healthier choices.
- Healthier options are available and affordable.

Social Determinants of Diet. Demographic characteristics of those with a more healthful diet vary with the nutrient or food studied. However, most Americans need to improve some aspect of their diet.

Social factors thought to influence diet include:

- Knowledge and attitudes
- Skills
- Social support
- Societal and cultural norms
- Food and agricultural policies
- Food assistance programs
- Economic price systems

Physical Determinants of Diet. Access to and availability of healthier foods can help people follow healthful diets. For example, better access to retail venues that sell healthier options may have a positive impact on a person’s diet; these venues may be less available in low-income or rural neighborhoods.

The places where people eat appear to influence their diet. For example, foods eaten away from home often have more calories and are of lower nutritional quality than foods prepared at home.

Marketing also influences people’s—particularly children’s—food choices.

- Healthy People 2020 (www.healthypeople.gov)
Daily Recommendation of Fruits/Vegetables

A total of 30.7% of Total Area adults report eating five or more servings of fruits and/or vegetables per day.

- Similar to national findings.
- Similar by county (and similar by area within Gallatin County).
- TREND: Fruit/vegetable consumption has decreased significantly since 2011.

Consume Five or More Servings of Fruits/Vegetables Per Day

![Chart showing consumption trends from 2011 to 2017 for different areas.]

Sources: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 168]
2015 PRC National Health Survey, Professional Research Consultants, Inc.

Notes: Asked of all respondents.
For this issue, respondents were asked to recall their food intake on the previous day.

- Area men are less likely to get the recommended servings of daily fruits/vegetables, as are seniors (age 65+) and low-income adults.
Consume Five or More Servings of Fruits/Vegetables Per Day
(Total Area, 2017)

Sources: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 168]
Notes: Asked of all respondents. Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., “White” reflects non-Hispanic White respondents). Income categories reflect respondent’s household income as a ratio to the federal poverty level (FPL) for their household size. “Low Income” includes households with incomes up to 200% of the federal poverty level; “Mid/High Income” includes households with incomes at 200% or more of the federal poverty level. For this issue, respondents were asked to recall their food intake on the previous day.

Low Food Access (Food Deserts)
US Department of Agriculture data show that 22.6% of the Total Area population (representing over 25,500 residents) have low food access or live in a “food desert,” meaning that they do not live near a supermarket or large grocery store.

- More favorable than statewide findings.
- Similar to national findings.
- Lowest in Gallatin County; highest in Park County.

Population With Low Food Access
(Percent of Population That Is Far From a Supermarket or Large Grocery Store, 2015)

Notes: This indicator reports the percentage of the population living in census tracts designated as food deserts. A food desert is defined as low-income areas where a significant number or share of residents is far from a supermarket, where “far” is more than 1 mile in urban areas and more than 10 miles in rural areas. This indicator is relevant because it highlights populations and geographies facing food insecurity.
The following map provides an illustration of food deserts by census tract.

Population with Limited Food Access, Percent by Tract, FARA 2015

Sugar-Sweetened Beverages
One in four Total Area adults (25.8%) reports drinking an average of at least one sugar-sweetened beverage per day in the past week.

- Lower than the national findings.
- Within Gallatin County, the prevalence is much higher outside Bozeman.
- Favorably low in Madison County when viewed by county.
Had Seven or More Sugar-Sweetened Beverages in the Past Week

Those more likely to consume this level of sugar-sweetened beverages include:

- Men.
- Younger adults (age 18-39; negative correlation with age).
- Residents of other or unknown race.
- Obese residents.

Had Seven or More Sugar-Sweetened Beverages in the Past Week
(Total Area, 2017)

Sources: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 212]
Notes: Asked of all respondents.

Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., “White” reflects non-Hispanic White respondents).
Income categories reflect respondent’s household income as a ratio to the federal poverty level (FPL) for their household size. “Low Income” includes households with incomes up to 200% of the federal poverty level; “Mid/High Income” includes households with incomes at 200% or more of the federal poverty level.
### Physical Activity

**About Physical Activity**

Regular physical activity can improve the health and quality of life of Americans of all ages, regardless of the presence of a chronic disease or disability. Among adults and older adults, physical activity can lower the risk of: early death; coronary heart disease; stroke; high blood pressure; type 2 diabetes; breast and colon cancer; falls; and depression. Among children and adolescents, physical activity can: improve bone health; improve cardiorespiratory and muscular fitness; decrease levels of body fat; and reduce symptoms of depression. For people who are inactive, even small increases in physical activity are associated with health benefits.

Personal, social, economic, and environmental factors all play a role in physical activity levels among youth, adults, and older adults. Understanding the barriers to and facilitators of physical activity is important to ensure the effectiveness of interventions and other actions to improve levels of physical activity.

Factors positively associated with adult physical activity include: postsecondary education; higher income; enjoyment of exercise; expectation of benefits; belief in ability to exercise (self-efficacy); history of activity in adulthood; social support from peers, family, or spouse; access to and satisfaction with facilities; enjoyable scenery; and safe neighborhoods.

Factors negatively associated with adult physical activity include: advancing age; low income; lack of time; low motivation; rural residency; perception of great effort needed for exercise; overweight or obesity; perception of poor health; and being disabled. Older adults may have additional factors that keep them from being physically active, including lack of social support, lack of transportation to facilities, fear of injury, and cost of programs.

Among children ages 4 to 12, the following factors have a positive association with physical activity: gender (boys); belief in ability to be active (self-efficacy); and parental support.

Among adolescents ages 13 to 18, the following factors have a positive association with physical activity: parental education; gender (boys); personal goals; physical education/school sports; belief in ability to be active (self-efficacy); and support of friends and family.

Environmental influences positively associated with physical activity among children and adolescents include:

- Presence of sidewalks
- Having a destination/walking to a particular place
- Access to public transportation
- Low traffic density
- Access to neighborhood or school play area and/or recreational equipment

People with disabilities may be less likely to participate in physical activity due to physical, emotional, and psychological barriers. Barriers may include the inaccessibility of facilities and the lack of staff trained in working with people with disabilities.

- Healthy People 2020 (www.healthypeople.gov)
Leisure-Time Physical Activity
A total of 20.3% of Total Area adults report no leisure-time physical activity in the past month.

- Comparable to statewide findings.
- More favorable than national findings.
- Satisfies the Healthy People 2020 target (32.6% or lower).
- Similar findings within Gallatin County and among the three counties overall.
- TREND: Denotes a statistically significant increase from 2011 survey findings.

No Leisure-Time Physical Activity in the Past Month
Healthy People 2020 Target = 32.6% or Lower

Lack of leisure-time physical activity in the area is higher among:

- Men.
- Seniors (age 65+).
- Lower-income residents.
- Non-Hispanic Whites.
No Leisure-Time Physical Activity in the Past Month
(Total Area, 2017)
Healthy People 2020 Target = 32.6% or Lower

Activity Levels

Adults

**Recommended Levels of Physical Activity**

Adults should do 2 hours and 30 minutes a week of moderate-intensity (such as walking), or 1 hour and 15 minutes (75 minutes) a week of vigorous-intensity aerobic physical activity (such as jogging), or an equivalent combination of moderate- and vigorous-intensity aerobic physical activity. The guidelines also recommend that adults do muscle-strengthening activities, such as push-ups, sit-ups, or activities using resistance bands or weights. These activities should involve all major muscle groups and be done on two or more days per week.

The report finds that nationwide nearly 50 percent of adults are getting the recommended amounts of aerobic activity and about 30 percent are engaging in the recommended muscle-strengthening activity.

- Learn more about CDC’s efforts to promote walking by visiting http://www.cdc.gov/vitalsigns/walking.
Aerobic & Strengthening Physical Activity

Based on reported physical activity intensity, frequency and duration over the past month, 4 in 10 Total Area adults (39.5%) are found to be “insufficiently active” or “inactive.”

A total of 51.2% of Total Area adults do not participate in any types of physical activities or exercises to strengthen their muscles.

Survey respondents were asked about the types of physical activities they engaged in during the past month, as well as the frequency and duration of these activities.

- “Inactive” includes those reporting no aerobic physical activity in the past month.
- “Insufficiently active” includes those with the equivalent of 1-150 minutes of aerobic physical activity per week.
- “Active” includes those with 150-300 minutes of weekly aerobic physical activity.
- “Highly active” includes those with >300 minutes of weekly aerobic physical activity.

Participation in Physical Activities
(Total Area, 2017)

<table>
<thead>
<tr>
<th>Aerobic Activity</th>
<th>Strengthening Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Highly Active</td>
<td>43.0%</td>
</tr>
<tr>
<td>Active</td>
<td>17.5%</td>
</tr>
<tr>
<td>Insufficiently</td>
<td>14.2%</td>
</tr>
<tr>
<td>Inactive</td>
<td>25.3%</td>
</tr>
<tr>
<td>&lt;1 Time/Wk</td>
<td>3.6%</td>
</tr>
<tr>
<td>1 Time/Wk</td>
<td>7.6%</td>
</tr>
<tr>
<td>2+ Times/Wk</td>
<td>37.6%</td>
</tr>
<tr>
<td>Not At All</td>
<td>51.2%</td>
</tr>
</tbody>
</table>

Recommended Levels of Physical Activity

A total of 26.1% of Total Area adults regularly participate in adequate levels of both aerobic and strengthening activities (meeting physical activity recommendations).

- Comparable to state and national findings.
- Satisfies the Healthy People 2020 target (20.1% or higher)
- In Gallatin County, more favorable in Bozeman.
- The prevalence is highest in Gallatin County and lowest in Park County.
Residents age 40 and older are less likely to meet physical activity recommendations.
**Recommended Levels of Physical Activity**

Children and adolescents should do 60 minutes (1 hour) or more of physical activity each day.


**Among Total Area children age 2 to 17, 61.7% are reported to have had 60 minutes of physical activity on each of the seven days preceding the interview (1+ hours per day).**

- More favorable than found nationally.
- TREND: Marks a statistically significant increase since 2014.
- Similar by child’s gender but much higher among younger children compared with teens in the Total Area.
- Physical activity levels are similar by county (not shown).

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**Child Is Physically Active for One or More Hours per Day**

*(Among Children Age 2-17)*

**Sources:**

- 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 142]
- 2015 PRC National Health Survey, Professional Research Consultants, Inc.

**Notes:**

- Asked of all respondents with children age 2-17 at home.
- Includes children reported to have one or more hours of physical activity on each of the seven days preceding the survey.

---

**Total Area Trend**

<table>
<thead>
<tr>
<th>Year</th>
<th>Total Area Trend</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014</td>
<td>42.9%</td>
</tr>
<tr>
<td>2017</td>
<td>61.7%</td>
</tr>
</tbody>
</table>
Access to Physical Activity

In 2014, there were 17.7 recreation/fitness facilities for every 100,000 population in the Total Area.

- Above what is found statewide and nationally.
- Highest in Madison County; lowest in Park County.

Population With Recreation & Fitness Facility Access
(Number of Recreation & Fitness Facilities per 100,000 Population, 2014)


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.
Weight Status

**About Overweight & Obesity**

Because weight is influenced by energy (calories) consumed and expended, interventions to improve weight can support changes in diet or physical activity. They can help change individuals’ knowledge and skills, reduce exposure to foods low in nutritional value and high in calories, or increase opportunities for physical activity. Interventions can help prevent unhealthy weight gain or facilitate weight loss among obese people. They can be delivered in multiple settings, including healthcare settings, worksites, or schools.

The social and physical factors affecting diet and physical activity (see Physical Activity topic area) may also have an impact on weight. Obesity is a problem throughout the population. However, among adults, the prevalence is highest for middle-aged people and for non-Hispanic black and Mexican American women. Among children and adolescents, the prevalence of obesity is highest among older and Mexican American children and non-Hispanic black girls. The association of income with obesity varies by age, gender, and race/ethnicity.

- Healthy People 2020 (www.healthypeople.gov)

Body Mass Index (BMI), which describes relative weight for height, is significantly correlated with total body fat content. The BMI should be used to assess overweight and obesity and to monitor changes in body weight. In addition, measurements of body weight alone can be used to determine efficacy of weight loss therapy. BMI is calculated as weight (kg)/height squared (m²). To estimate BMI using pounds and inches, use: \[ \text{[weight (pounds)/height squared (inches²)]} \times 703. \]

In this report, overweight is defined as a BMI of 25.0 to 29.9 kg/m² and obesity as a BMI ≥30 kg/m². The rationale behind these definitions is based on epidemiological data that show increases in mortality with BMIs above 25 kg/m². The increase in mortality, however, tends to be modest until a BMI of 30 kg/m² is reached. For persons with a BMI ≥30 kg/m², mortality rates from all causes, and especially from cardiovascular disease, are generally increased by 50 to 100 percent above that of persons with BMIs in the range of 20 to 25 kg/m².


### Adult Weight Status

<table>
<thead>
<tr>
<th>Classification of Overweight and Obesity by BMI</th>
<th>BMI (kg/m²)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Underweight</td>
<td>&lt;18.5</td>
</tr>
<tr>
<td>Normal</td>
<td>18.5 – 24.9</td>
</tr>
<tr>
<td>Overweight</td>
<td>25.0 – 29.9</td>
</tr>
<tr>
<td>Obese</td>
<td>≥30.0</td>
</tr>
</tbody>
</table>

Overweight Status

Nearly 2 in 3 Total Area adults (64.1%) are overweight.

- Comparable to the Montana and US percentages.
- In Gallatin County, the prevalence of overweight is much higher outside Bozeman.
- Similar overweight prevalence when viewed by county.
- TREND: Denotes a statistically significant increase since 2011.

Prevalence of Total Overweight

(Percent of Adults With a Body Mass Index of 25.0 or Higher)

Sources:
- 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Items 176-177]
- 2015 PRC National Health Survey, Professional Research Consultants, 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.

Further, 28.0% of Total Area adults are obese.

- Less favorable than Montana findings.
- More favorable than US findings.
- Similar to the Healthy People 2020 target (30.5% or lower).
- In Gallatin County, the prevalence is much higher outside Bozeman.
- The obesity prevalence does not vary significantly by county.
- TREND: Denotes a statistically significant increase in obesity since 2011.

“Obese” (also included in overweight prevalence discussed previously) includes respondents with a BMI value ≥30.
Prevalence of Obesity
(Percent of Adults With a Body Mass Index of 30.0 or Higher)
Healthy People 2020 Target = 30.5% or Lower

Sources:
- 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 178]
- 2015 PRC National Health Survey, Professional Research Consultants, Inc.

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.

Obesity is notably more prevalent among:
- Respondents with lower incomes.
- Those of other or unknown race.

Prevalence of Obesity
(Percent of Adults With a BMI of 30.0 or Higher; Total Area, 2017)
Healthy People 2020 Target = 30.5% or Lower

Sources:
- 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 178]

Notes:
- Based on reported heights and weights, asked of all respondents.
- Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., “White” reflects non-Hispanic White respondents).
- Income categories reflect respondent's household income as a ratio to the federal poverty level (FPL) for their household size. “Low Income” includes households with incomes up to 200% of the federal poverty level; “Mid/High Income” includes households with incomes at 200% or more of the federal poverty level.
- 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.
Actual vs. Perceived Body Weight

A total of 36.8% of overweight (but not obese) adults and 7.5% of obese adults feel that their current weight is “about right.”

- 59.5% of overweight (but not obese) adults see themselves as “somewhat overweight.”
- 22.0% of obese adults see themselves as “very overweight.”

Actual vs. Perceived Weight Status
(By Weight Classification; Total Area, 2017)

Health Advice

A total of 19.9% of adults have been given advice about their weight by a doctor, nurse or other health professional in the past year.

- Statistically similar to the national findings.
- TREND: Statistically unchanged from that reported in 2011.
- Note that 27.8% of overweight/obese adults have been given advice about their weight by a health professional in the past year (while over 7 in 10 have not).
Have Received Advice About Weight in the Past Year From a Physician, Nurse, or Other Health Professional
(By Weight Classification)

Sources: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Items 115, 178-179]
2015 PRC National Health Survey, Professional Research Consultants, Inc.

Notes: Asked of all respondents.

Relationship of Overweight With Other Health Issues
Overweight and obese adults are more likely to report a number of adverse health conditions.
Among these are:

- High blood pressure.
- Arthritis/rheumatism.
- “Fair” or “poor” physical health.
- Current asthma.
- Borderline/pre-diabetes.
- Kidney disease.

Sources: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Items 5, 27, 32, 147, 156, 158]
Notes: Based on reported heights and weights, asked of all respondents.
Children’s Weight Status

About Weight Status in Children & Teens

In children and teens, body mass index (BMI) is used to assess weight status – underweight, healthy weight, overweight, or obese. After BMI is calculated for children and teens, the BMI number is plotted on the CDC BMI-for-age growth charts (for either girls or boys) to obtain a percentile ranking. Percentiles are the most commonly used indicator to assess the size and growth patterns of individual children in the United States. The percentile indicates the relative position of the child's BMI number among children of the same sex and age.

BMI-for-age weight status categories and the corresponding percentiles are shown below:

- **Underweight**: <5th percentile
- **Healthy Weight**: ≥5th and <85th percentile
- **Overweight**: ≥85th and <95th percentile
- **Obese**: ≥95th percentile

Based on the heights/weights reported by surveyed parents, 29.3% of Total Area children age 5 to 17 are overweight or obese (≥85th percentile).

- Comparable to that found nationally.
- **TREND**: Denotes a statistically significant increase from 2011 survey findings (similar to 2014).

Child Total Overweight Prevalence
(Children Age 5-17 Who Are Overweight/Obese; BMI in the 85th Percentile or Higher)

Sources:
- 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 180]
- 2015 PRC National Health Survey, Professional Research Consultants, Inc.

Notes:
- Asked of all respondents with children age 5-17 at home.
- Overweight among children is determined by children’s Body Mass Index status at or above the 85th percentile of US growth charts by gender and age.
- *2011 percentage reflects children age 6-17.
Further, 18.8% of area children age 5 to 17 are obese (≥95th percentile).

- Twice the national percentage.
- Similar to the Healthy People 2020 target (14.5% or lower for children age 2-19).
- TREND: Marks a statistically significant increase over time.
- Statistically similar by child’s gender but significantly higher among younger children when compared with teens.
- Prevalence is statistically similar by county (not shown).

### Child Obesity Prevalence

(Children Age 5-17 Who Are Obese; BMI in the 95th Percentile or Higher)

**Healthy People 2020 Target = 14.5% or Lower**

<table>
<thead>
<tr>
<th>Total Area Trend</th>
<th>2011</th>
<th>2014</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Area: Boys</td>
<td>13.3%</td>
<td>23.3%</td>
<td>28.0%</td>
</tr>
<tr>
<td>Total Area: Girls</td>
<td>23.3%</td>
<td>4.1%</td>
<td>18.8%</td>
</tr>
<tr>
<td>Total Area: Age 5-12</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Area: Age 13-17</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Area: US</td>
<td>9.5%</td>
<td>16.9%</td>
<td>18.8%</td>
</tr>
</tbody>
</table>

### Notes:
- Asked of all respondents with children age 5-17 at home.
- Obesity among children is determined by children’s Body Mass Index status equal to or above the 95th percentile of US growth charts by gender and age.
- *2011 percentage reflects children age 6-17.

### Key Informant Input: Nutrition, Physical Activity & Weight

Key informants taking part in an online survey most often characterized Nutrition, Physical Activity & Weight as a “moderate” or “minor” problem in the community.
Top Concerns
Among those rating this issue as a “major problem,” reasons related to the following:

Built Environment/Access to Physical Activity

**Information on how to access affordable opportunities to stay active. Better access to high quality foods or help making decisions on what foods to purchase or glean.** – Social Services Provider (Gallatin, Madison & Park Counties)

Lack of low cost access to indoor exercise facilities, low health literacy, low literacy, limited transportation within town (Livingston) – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

Lack of access to a pool, lack of sidewalks for walking, no indoor walking space, culture, lack of access to healthy food options (grocery store and restaurants) lack of education surrounding all three. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

Limited opportunities for senior exercise in our valley. – Social Services Provider (Gallatin, Madison & Park Counties)

As people get older, they often become more sedentary. – Community Leader (Gallatin, Madison & Park Counties)

While we have an active population in general, low-income persons often struggle to prioritize physical activity, often due to working many jobs and education about the issue. – Social Services Provider (Gallatin, Madison & Park Counties)

Access to Healthy Foods

The biggest challenge is the availability of junk food and the barriers to healthy food access. Bozeman Public Schools offers many unhealthy options and pulled out of the National School Lunch Program so that they did not have to abide by the nutrition guidelines. Even in the elementary schools, much of the food is processed with low-nutrient, high-sugar content. We should be promoting healthy food options to our students, as what we feed them will impact what they choose to eat for the rest of their lives. As a community, we are doing our youth a disservice by feeding them unhealthy foods and providing access to junk food. We should have nutrition education in every classroom to help kids build lifelong healthy eating habits that will prevent obesity and diet-related health problems. – Community Leader (Gallatin, Madison & Park Counties)

Access to healthy, less processed food. Culture of activity needed with jobs that require a lot of sitting. – Community Leader (Gallatin, Madison & Park Counties)

I believe people are assaulted every day with poor food choices that are cheap and very available. This is a larger societal problem that I think is (too) slowly being addressed by the food companies and our agriculture system. We also have engineered physical activity out of our lives by creating places where cars feel comfortable driving fast and pedestrians and bicyclists feel unsafe. We need to flip that and we are working on that also (but again, too slowly). We need to build places where children feel comfortable and safe walking to school and to the park etc. We need to build age-friendly communities for our growing, aging population. We need a community vision for a “healthy community” and work at all levels and with all sectors to accomplish this vision (collective impact). I know that sounds lofty and unrealistic but I believe that is what we need. 90% of what affects a person’s health happens outside the doctor’s office. We need to support people where they live, work, and play. – Community Leader (Gallatin, Madison & Park Counties)

Health Education

There seems to be a general misunderstanding of what nutrition is and what are healthy food choices. The obesity rates are rising in the area youth and I think we should be really concerned about that. – Community Leader (Gallatin, Madison & Park Counties)

Many in the community fail to realize the extent to which nutrition, activity, and weight management directly influence personal health and longevity. The community could benefit from a greater integration of traditional healthcare services with prevention and wellness education and promotion. – Community Leader (Gallatin, Madison & Park Counties)

Awareness regarding exercise and movement and access for those not able to purchase gym memberships. Folks might engage if they had free services and support groups. Perhaps for easy hiking or walking in place at home. – Other Health Professional (Gallatin, Madison & Park Counties)
Obesity

I believe that our community makes some effort on encouraging outdoor activities and good nutrition, but could do more. I believe obesity is a huge concern in our area. HRDC and SNAP do provide educational nutrition classes, but they are not widely advertised it seems. I believe more community events supporting and encouraging healthy choices and exercise could be encouraging. I feel that our weather contributes a lot to this, as well. We have plenty of access to outdoor activities in the summer, but 9 months out of the year it is limited. Unless you ski/snowboard, there are significant limitations. Many communities have indoor activity centers for kids, such as trampoline centers, water parks, indoor pools, kid zones etc. Our community could grow in this area. – Community Leader (Gallatin County)

Obesity, poor diets and access to healthy foods, and diabetes on the rise. – Other Health Professional (Gallatin, Madison & Park Counties)

I know that the rate of obesity is increasing all over the US, and this gives us increased rates of diabetes and heart disease and general unwellness. There is also a link between inflammation and depression and heavy weight, which makes for such a self-defeating cycle. We do have some good access to the outdoors here, which is awesome. Except in the winter. – Other Health Professional (Gallatin, Madison & Park Counties)

There is a lack of education on nutritious eating habits both in the school systems and in the general public. – Other Health Professional (Gallatin, Madison & Park Counties)

Affordable Care/Services

Lack of access to affordable treatment programs. Increased incidence, especially among children. – Other Health Professional (Gallatin, Madison & Park Counties)

Social Norms/Community Attitude

Breaking generational habits, people finding refuge among others with the same issues. – Community Leader (Gallatin, Madison & Park Counties)
Sleep

Sleep is an important part of good health, but an estimated 35% of US adults do not get enough sleep. Approximately 83 million US adults report usually sleeping less than 7 hours in a 24-hour period. According to professional sleep societies, adults aged 18 to 60 years should sleep at least 7 hours each night for the best health and wellness.

Sleeping less than 7 hours per night is linked to increased risk of chronic diseases such as diabetes, stroke, high blood pressure, heart disease, obesity, and poor mental health, as well as early death. Not getting the recommended amount of sleep can affect one’s ability to make good decisions and increases the chances of motor vehicle crashes.

Habits for improving sleep health can include:

- Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends.
- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature.
- Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom.
- Avoid large meals, caffeine, and alcohol before bedtime.
- Avoid tobacco/nicotine.
- Get some exercise. Being physically active during the day can help you fall asleep more easily at night.

When asked how many hours of sleep they average per night, 59.2% of survey respondents stated between 7 and 8 hours, and 9.5% get 9+ hours of sleep per night.

- On the other hand, 31.3% of local adults sleep fewer than 7 hours per night (including 4.5% who report sleeping 4 hours or fewer on an average night).

### Average Hours of Sleep Per Night (Total Area, 2017)

- 9+ Hours 9.5%
- 4 Hours/Less 4.5%
- 7-8 Hours 59.2%
- 5-6 Hours 26.8%

Sources: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 124]
Notes: Asked of all respondents.
• The percentage of survey respondents averaging fewer than 7 hours per night is better than national findings.
• In Gallatin County, the prevalence is much higher outside Bozeman.
• Similar findings by county.

Generally Sleep Less Than Seven Hours Per Night

These adults are more likely to sleep fewer than 7 hours on an average night:

• Men.
• Adults under age 65 (negative correlation with age).
• Those in low-income households.

Generally Sleep Less Than Seven Hours Per Night
(Total Area, 2017)

Notes:
- “Low Income” includes households with incomes up to 200% of the federal poverty level; “Mid/High Income” includes households with incomes at 200% or more of the federal poverty level.
- “Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., “White” reflects non-Hispanic White respondents).”
- “Income categories reflect respondent’s household income as a ratio to the federal poverty level (FPL) for their household size.”

Sources:
- 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 213]
- 2015 PRC National Health Survey, Professional Research Consultants, Inc.
Substance Abuse

About Substance Abuse

Substance abuse has a major impact on individuals, families, and communities. The effects of substance abuse are cumulative, significantly contributing to costly social, physical, mental, and public health problems. These problems include:

- Teenage pregnancy
- Human immunodeficiency virus/acquired immunodeficiency syndrome (HIV/AIDS)
- Other sexually transmitted diseases (STDs)
- Domestic violence
- Child abuse
- Motor vehicle crashes
- Physical fights
- Crime
- Homicide
- Suicide

Substance abuse refers to a set of related conditions associated with the consumption of mind- and behavior-altering substances that have negative behavioral and health outcomes. Social attitudes and political and legal responses to the consumption of alcohol and illicit drugs make substance abuse one of the most complex public health issues. In addition to the considerable health implications, substance abuse has been a flash-point in the criminal justice system and a major focal point in discussions about social values: people argue over whether substance abuse is a disease with genetic and biological foundations or a matter of personal choice.

Advances in research have led to the development of evidence-based strategies to effectively address substance abuse. Improvements in brain-imaging technologies and the development of medications that assist in treatment have gradually shifted the research community’s perspective on substance abuse. There is now a deeper understanding of substance abuse as a disorder that develops in adolescence and, for some individuals, will develop into a chronic illness that will require lifelong monitoring and care.

Improved evaluation of community-level prevention has enhanced researchers’ understanding of environmental and social factors that contribute to the initiation and abuse of alcohol and illicit drugs, leading to a more sophisticated understanding of how to implement evidence-based strategies in specific social and cultural settings.

A stronger emphasis on evaluation has expanded evidence-based practices for drug and alcohol treatment. Improvements have focused on the development of better clinical interventions through research and increasing the skills and qualifications of treatment providers.

- Healthy People 2020 (www.healthypeople.gov)

Age-Adjusted Cirrhosis/Liver Disease Deaths

Between 2013 and 2015, the Total Area reported an annual average age-adjusted cirrhosis/liver disease mortality rate of 6.0 deaths per 100,000 population.

- Well below the state and national rates.
- Satisfies the Healthy People 2020 target (8.2 or lower).
Cirrhosis/Liver Disease: Age-Adjusted Mortality
(2013-2015 Annual Average Deaths per 100,000 Population)
Healthy People 2020 Target = 8.2 or Lower

<table>
<thead>
<tr>
<th></th>
<th>Total Area</th>
<th>MT</th>
<th>US</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013-2015</td>
<td>6.0</td>
<td>13.6</td>
<td>10.5</td>
</tr>
</tbody>
</table>

TREND: The Total Area mortality rate has dropped over the last decade, in contrast to the increasing trends reported statewide and nationally.

Cirrhosis/Liver Disease: Age-Adjusted Mortality Trends
(Annual Average Deaths per 100,000 Population)
Healthy People 2020 Target = 8.2 or Lower

<table>
<thead>
<tr>
<th></th>
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<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Area</td>
<td>7.7</td>
<td>8.1</td>
<td>8.0</td>
<td>6.1</td>
<td>5.9</td>
<td>5.2</td>
<td>5.8</td>
<td>6.0</td>
</tr>
<tr>
<td>MT</td>
<td>11.8</td>
<td>12.4</td>
<td>11.9</td>
<td>11.5</td>
<td>11.5</td>
<td>12.3</td>
<td>12.6</td>
<td>13.6</td>
</tr>
<tr>
<td>US</td>
<td>9.0</td>
<td>9.1</td>
<td>9.2</td>
<td>9.4</td>
<td>9.7</td>
<td>9.9</td>
<td>10.2</td>
<td>10.5</td>
</tr>
</tbody>
</table>

Sources:

Notes:
- Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
- Rates are per 100,000 population, age-adjusted to the 2000 US Standard Population.
- Raw counts for Gallatin, Madison and Park counties were too small to be calculated reliably.
Alcohol Use

Excessive Drinking

One in four area adults (24.7\%) is an excessive drinker (heavy and/or binge drinker).

- Comparable to the national proportion.
- Similar to the Healthy People 2020 target (25.4\% or lower).
- Similar findings within Gallatin County; among counties, the percentage is highest in Gallatin County and lowest in Park County.
- TREND: Statistically unchanged since 2011.

Excessive Drinkers

Healthy People 2020 Target = 25.4\% or Lower

Excessive drinking is more prevalent among:

- Men.
- Adults under age 40.
- Upper-income residents.

Sources:
- 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 189]
- 2015 PRC National Health Survey, Professional Research Consultants, Inc.

Notes:
- “Excessive drinking” includes heavy and/or binge drinkers:
  - Heavy drinkers include men reporting 2+ alcoholic drinks per day or women reporting 1+ alcoholic drink per day in the month preceding the interview.
  - Binge drinkers include men reporting 5+ alcoholic drinks or women reporting 4+ alcoholic drinks on any single occasion during the past month.
- Excessive drinking reflects the number of persons aged 18 years and over who drank more than two drinks per day on average (for men) or more than one drink per day on average (for women) OR who drank 5 or more drinks during a single occasion (for men) or 4 or more drinks during a single occasion (for women) during the past 30 days.
- Related Issue: See also Mental Health: Stress in the General Health Status section of this report.
Excessive Drinkers
(Total Area, 2017)
Healthy People 2020 Target = 25.4% or Lower

Sources:
- 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 189]

Notes:
- Asked of all respondents.
- Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., "White" reflects non-Hispanic White respondents).
- Income categories reflect respondent’s household income as a ratio to the federal poverty level (FPL) for their household size. "Low Income" includes households with incomes up to 200% of the federal poverty level; "Mid/High Income" includes households with incomes at 200% or more of the federal poverty level.
- Excessive drinking reflects the number of persons aged 18 years and over who drank more than two drinks per day on average (for men) or more than one drink per day on average (for women) OR who drank 5 or more drinks during a single occasion (for men) or 4 or more drinks during a single occasion (for women) during the past 30 days.

Drinking & Driving
A total of 4.3% of Total Area adults acknowledge having driven a vehicle in the past month after they had perhaps too much to drink.

- Similar to Montana and US findings.
- Similar by area in Gallatin County; by county, favorably low in Madison County.
- TREND: The drinking and driving prevalence has increased significantly from 2011 survey findings (but similar to 2014 survey results).

Have Driven in the Past Month
After Perhaps Having Too Much to Drink

Sources:
- 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 66]
- 2015 PRC National Health Survey, Professional Research Consultants, Inc.

Note: As a self-reported measure – and because this indicator reflects potentially illegal behavior – it is reasonable to expect that it might be underreported, and that the actual incidence of drinking and driving in the community is likely higher.
Age-Adjusted Drug-Induced Deaths

Between 2013 and 2015, there was an annual average age-adjusted drug-induced mortality rate of 10.0 deaths per 100,000 population in the Total Area.

- Well below the state and national rates.
- Satisfies the Healthy People 2020 target (11.3 or lower).

**Drug-Induced Deaths: Age-Adjusted Mortality**

*(2013-2015 Annual Average Deaths per 100,000 Population)*

*Healthy People 2020 Target = 11.3 or Lower*

**TREND:** The mortality rate has fluctuated in the region, showing no clear trend. Statewide and nationwide, rates have increased over time.

**Drug-Induced Deaths: Age-Adjusted Mortality Trends**

*(Annual Average Deaths per 100,000 Population)*

*Healthy People 2020 Target = 11.3 or Lower*
Illicit Drug Use

A total of 2.5% of Total Area adults acknowledge using an illicit drug in the past month.

- Similar to the proportion found nationally.
- Easily satisfies the Healthy People 2020 target of 7.1% or lower.
- Statistically similar within Gallatin County, and similar among the three counties.
- TREND: Statistically unchanged over time.

Illicit Drug Use in the Past Month

Healthy People 2020 Target = 7.1% or Lower

Sources: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 67]
2015 PRC National Health Survey, Professional Research Consultants, Inc.

Notes: Asked of all respondents.

Illicit drug use is more prevalent among men and adults under age 40.

Illicit Drug Use in the Past Month

(Total Area, 2017)

Healthy People 2020 Target = 7.1% or Lower

Sources: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 67]

Notes: As a self-reported measure – and because this indicator reflects potentially illegal behavior – it is reasonable to expect that it might be underreported, and that actual illicit drug use in the community is likely higher.

Illicit drug use is more prevalent among men and adults under age 40.

Illicit Drug Use in the Past Month

(Total Area, 2017)

Healthy People 2020 Target = 7.1% or Lower

Sources: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 67]

Notes: As a self-reported measure – and because this indicator reflects potentially illegal behavior – it is reasonable to expect that it might be underreported, and that actual illicit drug use in the community is likely higher.
Alcohol & Drug Treatment

A total of 5.0% of Total Area adults report that they have sought professional help for an alcohol or drug problem at some point in their lives.

- Similar to national findings.
- Similar by area within Gallatin County; among the three counties, lowest in Madison County.
- TREND: Statistically unchanged over time.

### Have Ever Sought Professional Help for an Alcohol/Drug-Related Problem

<table>
<thead>
<tr>
<th>Year</th>
<th>Total Area Trend</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>3.8%</td>
</tr>
<tr>
<td>2014</td>
<td>3.5%</td>
</tr>
<tr>
<td>2017</td>
<td>5.0%</td>
</tr>
</tbody>
</table>

Sources: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 68]

Notes: Asked of all respondents.

Negative Effects of Substance Abuse

Area adults were also asked to what degree their lives have been negatively affected by substance abuse (whether their own abuse or that of another).

Just over half of survey respondents (51.6%) have not been negatively affected.
In contrast, 48.4% of survey respondents indicate that their lives have been negatively affected by substance abuse, including 13.7% who report having been affected “a great deal.”

- Much higher than the US figure.
- Similar findings by county and by area within Gallatin County.
The prevalence of survey respondents whose lives have been negatively impacted by substance abuse, whether their own abuse or that of another, is higher among the following:

- Women.
- Adults under age 65.
- Those of other or unknown race.

**Life Has Been Negatively Affected by Substance Abuse (by Self or Someone Else)**  
(Total Area, 2017)

Key Informant Input: Substance Abuse

Over half of key informants taking part in an online survey characterized Substance Abuse as a “major problem” in the community.

**Perceptions of Substance Abuse as a Problem in the Community**  
(Key Informants, 2017)

- Major Problem: 52.7%
- Moderate Problem: 38.0%
- Minor Problem: 7.8%
- No Problem At All:
Barriers to Treatment

Among those rating this issue as a “major problem,” the greatest barriers to accessing substance abuse treatment are viewed as:

Lack of Resources

Extremely limited access to outpatient support and pretty much nonexistent inpatient/residential rehab centers locally. – Physician/Advanced Practice Clinician (Gallatin County)

No inpatient facility here. No free or low-cost facility nearby. When my loved one decided he was ready to get sober, we had to pay $5,000 up front for treatment, which is usually hard to come by in a family that has been affected by substance abuse. – Other Health Professional (Gallatin, Madison & Park Counties)

Substance abuse is high, and in order for abusers to get treatment, they have to go either out of town/county or out of state to obtain treatment. – Other Health Professional (Gallatin, Madison & Park Counties)

Lack of resources, and stigma surrounding addiction, and the social acceptance and expectation surrounding alcohol use, especially in excess. – Public Health/Community Health Representative (Gallatin County)

Long wait list to get into MCDC inpatient treatment centers. Limited options for the uninsured population. – Public Health/Community Health Representative (Gallatin, Madison & Park Counties)

We have Alcohol & Drug Services of Gallatin County here in Bozeman. There are no inpatient treatment centers and no detox centers locally. ADSGC is often booked way out on assessments and then has to refer people out to centers in cities quite a distance away. If someone comes to the ED seeking help to detox we will admit them if medically necessary, otherwise they are sent out with a Librium taper and very little support. Once in the hospital we try to work with patients to get to inpatient treatment or refer them to ADSGC. When patients do finally seek help for their addiction, they find help very lacking and like the mentally ill, they often have limited financial or insurance resources. We all know that mental illness and addiction often go hand in hand and we lack resources for both in this valley. Lack of resources just compound our homelessness crisis, and with a shelter only operating from November to April, our mentally ill and addicted are left with no shelter and little hope. – Other Health Professional (Gallatin, Madison & Park Counties)

Lack of inpatient treatment facilities. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

Lack of sober/recovery housing. We have one recovery house for females and one recovery house for males. We also lack in assistance for teenagers who struggle with addiction. Those with substance abuse issues need a sober environment to help aid them in their ongoing recovery. We also do not have any treatment facilities/providers that address co-occurring (mental health and substance abuse) issues. The local services only focus on one or the other. – Community Leader (Gallatin, Madison & Park Counties)

There are no qualified providers in Gallatin County. Nearest resource is Rimrock Foundation in Billings, and they are not fully capable. Nearest resource for comprehensive addiction/abuse diagnosis and treatment is Betty Ford. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

No providers. – Physician/Advanced Practice Clinician (Gallatin County)

Medical specialists who are trained in abuse issues. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

We have a substance abuse specialist only 1 day a week in the county. High rates of substance abuse, including alcohol. – Public Health/Community Health Representative (Gallatin, Madison & Park Counties)

We need more options for people. – Community Leader (Gallatin, Madison & Park Counties)

Very few resources for inpatient treatment and outpatient therapy. – Public Health/Community Health Representative (Gallatin, Madison & Park Counties)

It is not available for youth, and it is not great for adults. There is no inpatient care for either. In terms of prevention, the dollars that are available for prevention from the State are not being used well, and this work needs to be done through the public health model of care. – Community Leader (Gallatin County)

We have no inpatient facilities! – Other Health Professional (Gallatin, Madison & Park Counties)
Very limited resources. No inpatient services. Very limited outpatient facilities. Not enough providers can prescribe Suboxone. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

Little help at Hope House. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

Lack of resources for acute withdrawal care and support after acute withdrawal. Narcotic addiction resources for recognition and treatment of opiate abuse. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

Lack of facilities, lack of ways to pay for it, lack of support for those needing help. – Community Leader (Gallatin, Madison & Park Counties)

Lack of services. – Public Health/Community Health Representative (Gallatin County)

Inadequate number of inpatient facilities in Montana to treat those addicted. Limited outpatient treatment options. One size doesn’t fit all. – Other Health Professional (Gallatin, Madison & Park Counties)

The time it takes to get into treatment. You need treatment when you need treatment. If you have to wait for a pre-authorization that is too late. – Community Leader (Gallatin, Madison & Park Counties)

No local inpatient or outpatient detox service. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

There isn’t residential care that I am aware of. – Community Leader (Gallatin County)

Lack of adequate recovery houses and detox centers. – Community Leader (Gallatin County)

Substance abuse is a massive problem, and we have no reliable treatment programs in the area. The services we do have are difficult to get into and placement in a treatment facility takes months. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

No residential treatment centers. – Community Leader (Gallatin, Madison & Park Counties)

Availability. – Other Health Professional (Gallatin, Madison & Park Counties)

Access. – Community Leader (Gallatin, Madison & Park Counties)

Affordable Care/Services

Definitely cost and lack of awareness of resources. I think also a fear of being punished, thrown in jail, losing custody of children, not knowing who to go to. These individuals need to be welcomed at an affordable place and know they will not be turned away regardless of ability to pay. With the fact that drug use is even higher in our rural communities, access to substance abuse programs or an awareness of resources to help those individuals may be significantly more limited in scope. – Other Health Professional (Gallatin, Madison & Park Counties)

I believe the lack of capacity and costs at facilities such as the Rimrock Foundation is a barrier. Education and prevention programs should be supported more and enhanced. – Community Leader (Gallatin, Madison & Park Counties)

Funding. – Community Leader (Gallatin, Madison & Park Counties)

Lack of affordable treatment, including inpatient and outpatient. Lack of law enforcement resources to impact supply, including under-age access to alcohol and impaired driving. – Other Health Professional (Gallatin, Madison & Park Counties)

Funding and personnel. – Community Leader (Gallatin, Madison & Park Counties)

Multiple entities that can charge Medicaid for services rendered. Also, a treatment facility! – Public Health/Community Health Representative (Gallatin County)

Resources and financial ability of patient to pay for recovery. – Physician/Advanced Practice Clinician (Gallatin County)

Affordable inpatient treatment, locally, number of violations it takes for someone to be in a position of required intervention, cultural issues related to substance use in this community. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

Affordable treatment and addressing the root causes: mental health, poverty, lack of education. – Community Leader (Gallatin, Madison & Park Counties)

Social Norms/Community Attitude

Community attitude about alcohol use and abuse. – Community Leader (Gallatin, Madison & Park Counties)
One thing I would like to mention is under substance use and is the culture of alcohol use in Gallatin County. I live near downtown and hear and see the effects of overuse of alcohol on a regular basis. I realize changing culture is huge, but think that many of the other problems that we experience—mental health and injury & violence (to name two others on the survey)—result from substance abuse, specifically alcohol abuse. – Community Leader (Gallatin, Madison & Park Counties)

It is a difficult problem and somewhat connected to mental health. But the biggest problem is we do not see it as a serious problem, particularly alcohol abuse. Bars make good money and do not properly encourage moderate drinking. We should outlaw Happy Hour, shots at a premium and such gimmicks, all of the things that bars do to get people to drink more and spend more. – Community Leader (Gallatin, Madison & Park Counties)

First, cultural acceptance of substance (particularly alcohol) use/abuse: awareness at the personal, familial, and community (school/business/etc.) level that substance abuse is a problem. Particularly with alcohol: there is widespread community acceptance of drinking vigorously. And vaping is becoming widely accepted among youth. Second, when it IS recognized as a problem at the personal/familial level, there is a lot of stigma. People view the problem as their own personal problem, when it would be beneficial to own this as a community. Third, community policies that would decrease substance abuse such as smoking-free zones, increase tax on tobacco and alcohol to provide funding for prevention and cessation programs. Fourth, access to high quality prevention and intervention/cessation programs. And last, lack of complimentary therapies in the area to support cessation—mindfulness-based tobacco and alcohol cessation programs, for example. – Social Services Provider (Gallatin, Madison & Park Counties)

Intergenerational use, reluctance to seek aid, peer pressure. – Community Leader (Gallatin, Madison & Park Counties)

Diagnosis/Treatment

Our chemical dependency program has a downstream approach. They aren’t really team players in the community. They rarely show up. They work in isolation. – Public Health/Community Health Representative (Gallatin, Madison & Park Counties)

Identification of problem and treatment. – Community Leader (Gallatin, Madison & Park Counties)

The most significant barriers are largely cultural rather than institutional. While counseling and treatment resources exist, the levels of public education and awareness of substance abuse risks, and the knowledge of available resources and resource access, could be greatly improved. Counseling and treatment could also be enhanced significantly through integration of substance abuse programs with broader public health outreach efforts. – Community Leader (Gallatin, Madison & Park Counties)

Early intervention into youth who are abusing alcohol and drugs. – Community Leader (Gallatin, Madison & Park Counties)

Linking screening and treatment to the primary care setting, access to high quality services is limited. – Public Health/Community Health Representative (Gallatin, Madison & Park Counties)

Quality treatment. – Other Health Professional (Gallatin County)

Prevalence/Incidence

As someone going to school to be an addictions counselor and working in mental health, I see a constant need for support in this area. I believe that many issues in our community and families stem from substance abuse issues. I know that it is a costly service that often takes court interference to be addressed. Education in schools for kids and teens is a concern. Although it exists, I believe that many programs need to be revisited and built to grow as our community does. I don't think people know where to start to get help. – Community Leader (Gallatin County)

I'm not sure of the numbers related to substance abuse, but as a healthcare provider, the amount of people seeking help with alcohol and drug problems is astounding. However, there is little crisis treatment available for those wishing to address their substance abuse. Additionally, substance abuse is frequently associated with mental illness, and crisis and long-term treatment for mental illness is woefully lacking in this community. – Other Health Professional (Gallatin, Madison & Park Counties)

High levels of substance abuse, low literacy and low income population at increased risk for dependency. High levels of psychiatric disease in the community. Ease of access to legal and illegal substances. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

Access to Alcohol/Drugs

One of the greatest barriers is the availability and prevalence of alcohol in our community. – Community Leader (Gallatin, Madison & Park Counties)
Part of the solution I think should be to regulate the number of drinking establishments in communities. I know this is probably not a popular solution (and might not even be effective) but we now have SO MANY bars in downtown Bozeman and beyond that if you have a problem with alcohol ... you are hard pressed to avoid it. Other than that ... this is not my area of expertise but I did have a friend die of an overdose of prescription pain meds and I know it was easy for him to get his hands on the meds (even though he was a known offender) by getting different doctors to give him meds (as far away as Anaconda). I know we have cracked down on this in recent years but it is still a big problem. –Community Leader (Gallatin, Madison & Park Counties)

Health Education

Being aware of what is available in the community. –Community Leader (Gallatin, Madison & Park Counties)

Knowledge of existing programs and treatment available. Lack of motivation to seek help. –Community Leader (Gallatin, Madison & Park Counties)

Denial/Stigma

Fear of loss of reputation. –Community Leader (Gallatin, Madison & Park Counties)

Addiction. Failure to take personal responsibility for behaviors. Certain "pill mill" providers. –Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

Barriers

A burdened court system, finances, and lack of treatment centers. –Community Leader (Gallatin, Madison & Park Counties)

Most Problematic Substances

Key informants (who rated this as a “major problem”) clearly identified alcohol as the most problematic substance abused in the community, followed by methamphetamine/other amphetamines, prescription medications, and heroin/other opioids.

### Problematic Substances

<table>
<thead>
<tr>
<th>Substance</th>
<th>Most Problematic</th>
<th>Second-Most Problematic</th>
<th>Third-Most Problematic</th>
<th>Total Mentions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>75.8%</td>
<td>13.1%</td>
<td>9.8%</td>
<td>61</td>
</tr>
<tr>
<td>Methamphetamines or Other Amphetamines</td>
<td>17.7%</td>
<td>24.6%</td>
<td>29.5%</td>
<td>44</td>
</tr>
<tr>
<td>Prescription Medications</td>
<td>3.2%</td>
<td>34.4%</td>
<td>19.7%</td>
<td>35</td>
</tr>
<tr>
<td>Heroin or Other Opioids</td>
<td>1.6%</td>
<td>16.4%</td>
<td>14.8%</td>
<td>20</td>
</tr>
<tr>
<td>Marijuana</td>
<td>1.6%</td>
<td>8.2%</td>
<td>9.8%</td>
<td>12</td>
</tr>
<tr>
<td>Cocaine or Crack</td>
<td>0.0%</td>
<td>3.3%</td>
<td>3.3%</td>
<td>4</td>
</tr>
<tr>
<td>Club Drugs (e.g. MDMA, GHB, Ecstasy, Molly)</td>
<td>0.0%</td>
<td>0.0%</td>
<td>6.6%</td>
<td>4</td>
</tr>
<tr>
<td>Synthetic Drugs (e.g. Bath Salts, K2/Spice)</td>
<td>0.0%</td>
<td>0.0%</td>
<td>3.3%</td>
<td>2</td>
</tr>
<tr>
<td>Inhalants</td>
<td>0.0%</td>
<td>0.0%</td>
<td>1.6%</td>
<td>1</td>
</tr>
<tr>
<td>Over-the-Counter Medications</td>
<td>0.0%</td>
<td>0.0%</td>
<td>1.6%</td>
<td>1</td>
</tr>
</tbody>
</table>
Tobacco Use

About Tobacco Use

Tobacco use is the single most preventable cause of death and disease in the United States. Scientific knowledge about the health effects of tobacco use has increased greatly since the first Surgeon General’s report on tobacco was released in 1964.

Tobacco use causes:

- Cancer
- Heart disease
- Lung diseases (including emphysema, bronchitis, and chronic airway obstruction)
- Premature birth, low birth weight, stillbirth, and infant death

There is no risk-free level of exposure to secondhand smoke. Secondhand smoke causes heart disease and lung cancer in adults and a number of health problems in infants and children, including: severe asthma attacks; respiratory infections; ear infections; and sudden infant death syndrome (SIDS).

Smokeless tobacco causes a number of serious oral health problems, including cancer of the mouth and gums, periodontitis, and tooth loss. Cigar use causes cancer of the larynx, mouth, esophagus, and lung.

- Healthy People 2020 (www.healthypeople.gov)

Cigarette Smoking

Cigarette Smoking Prevalence

A total of 11.5% of Total Area adults currently smoke cigarettes, either regularly (7.6% every day) or occasionally (3.9% on some days).

Cigarette Smoking Prevalence
(Total Area, 2017)

- Regular Smoker 7.6%
- Occasional Smoker 3.9%
- Former Smoker 26.4%
- Never Smoked 62.1%

Sources: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 181]
Notes: Asked of all respondents.

- More favorable than statewide findings.
- Comparable to national findings.
- Similar to the Healthy People 2020 target (12% or lower).
• Statistically similar findings by county and within Gallatin County.
• TREND: The percentage is statistically unchanged since 2011.

### Current Smokers

Healthy People 2020 Target = 12.0% or Lower

<table>
<thead>
<tr>
<th>Percentage</th>
<th>2011</th>
<th>2014</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Area</td>
<td>9.8%</td>
<td>13.4%</td>
<td>11.5%</td>
</tr>
</tbody>
</table>

**Sources:**
- 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 181]
- 2015 PRC National Health Survey, Professional Research Consultants, Inc.

**Notes:**
- Asked of all respondents.
- Includes regular and occasional smokers (those who smoke cigarettes every day or on some days).

### Current Smokers

(Total Area, 2017)

Healthy People 2020 Target = 12.0% or Lower

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Men</th>
<th>Women</th>
<th>18 to 39</th>
<th>40 to 64</th>
<th>65+</th>
<th>Low Income</th>
<th>Mid/High Income</th>
<th>NH White</th>
<th>Other/Unknown</th>
<th>Total Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Area</td>
<td>11.4%</td>
<td>11.7%</td>
<td>11.7%</td>
<td>11.7%</td>
<td>11.2%</td>
<td>15.0%</td>
<td>10.7%</td>
<td>12.2%</td>
<td>5.3%</td>
<td>11.5%</td>
</tr>
</tbody>
</table>

**Sources:**
- 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 181]

**Notes:**
- Asked of all respondents.
- Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., “White” reflects non-Hispanic White respondents).
- Income categories reflect respondent’s household income as a ratio to the federal poverty level (FPL) for their household size. “Low Income” includes households with incomes up to 200% of the federal poverty level. “Mid/High Income” includes households with incomes at 200% or more of the federal poverty level.
- Includes regular and occasional smokers (every day and some days).
Environmental Tobacco Smoke

A total of 6.2% of Total Area adults (including smokers and nonsmokers) report that a member of their household has smoked cigarettes in the home an average of 4+ times per week over the past month.

- More favorable than national findings.
- Similar findings within Gallatin County.
- Unfavorably high among Park County respondents.
- TREND: Marks a statistically significant increase from 2011 survey findings (similar to the 2014 prevalence).
- Note that 6.5% of Total Area children are exposed to cigarette smoke at home, similar to what is found nationally (not shown).

### Member of Household Smokes at Home

<table>
<thead>
<tr>
<th>Year</th>
<th>Bozeman</th>
<th>Other Gallatin</th>
<th>Gallatin County</th>
<th>Madison County</th>
<th>Park County</th>
<th>Total Area</th>
<th>US</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>5.3%</td>
<td>6.0%</td>
<td>5.5%</td>
<td>4.9%</td>
<td>11.1%</td>
<td>6.2%</td>
<td>4.0%</td>
</tr>
<tr>
<td>2014</td>
<td>6.2%</td>
<td>6.0%</td>
<td>5.5%</td>
<td>4.9%</td>
<td>11.1%</td>
<td>6.2%</td>
<td>8.5%</td>
</tr>
<tr>
<td>2017</td>
<td>6.2%</td>
<td>6.0%</td>
<td>5.5%</td>
<td>4.9%</td>
<td>11.1%</td>
<td>6.2%</td>
<td>6.2%</td>
</tr>
</tbody>
</table>

Households with children exposed to smoke in the home: 6.5%

Sources:
- 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Items 58, 184]
- 2015 PRC National Health Survey, Professional Research Consultants, Inc.

Notes:
- Asked of all respondents.
- "Smokes at home" refers to someone smoking cigarettes, cigars, or a pipe in the home an average of four or more times per week in the past month.

- Notably higher among residents age 40 to 64 and those with lower incomes.
Member of Household Smokes At Home
(Total Area, 2017)

Sources: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 58]

Notes:
- Asks of all respondents.
- Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., “White” reflects non-Hispanic White respondents).
- Income categories reflect respondent’s household income as a ratio to the federal poverty level (FPL) for their household size. “Low Income” includes households with incomes up to 200% of the federal poverty level; “Mid/High Income” includes households with incomes 200% or more of the federal poverty level.
- “Smokes at home” refers to someone smoking cigarettes, cigars, or a pipe in the home an average of four or more times per week in the past month.

Smoking Cessation

About Reducing Tobacco Use

Preventing tobacco use and helping tobacco users quit can improve the health and quality of life for Americans of all ages. People who stop smoking greatly reduce their risk of disease and premature death. Benefits are greater for people who stop at earlier ages, but quitting tobacco use is beneficial at any age.

Many factors influence tobacco use, disease, and mortality. Risk factors include race/ethnicity, age, education, and socioeconomic status. Significant disparities in tobacco use exist geographically; such disparities typically result from differences among states in smoke-free protections, tobacco prices, and program funding for tobacco prevention.

Smoking Cessation Attempts

Just over 1 in 3 regular smokers (35.6%) went without smoking for one day or longer in the past year because they were trying to quit smoking.

- Statistically similar to the national percentage.
- Fails to satisfy the Healthy People 2020 target (80% or higher).
- TREND: Denotes a statistically significant decrease over time.
- Nearly two-thirds (65.4%) of smokers have been advised by a healthcare professional in the past year to quit smoking, similar to what is found nationally (not shown).
Have Stopped Smoking for One Day or Longer in the Past Year in an Attempt to Quit Smoking
(Among Everyday Smokers)
Healthy People 2020 Target = 80.0% or Higher

Sources: • 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Items 56-57]
• 2015 PRC National Health Survey, Professional Research Consultants, Inc.

Notes: • Asked of respondents who smoke cigarettes every day.

Other Tobacco Use

Electronic Nicotine Delivery Devices
A total of 4.2% of Total Area adults currently use an electronic nicotine delivery device such as an e-cigarette, either regularly (1.7% every day) or occasionally (2.5% on some days).

Use of an Electronic Nicotine Delivery Device (E-Cigarettes, etc.)
(Total Area, 2017)

Sources: • 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 208]

Notes: • Asked of all respondents.
• Electronic nicotine delivery devices are also known as e-cigarettes, e-cigs, e-hookahs, hookah pens, or vape pens.
• Similar to national findings.
• Similar findings within Gallatin County.
• By county, the prevalence is highest in Gallatin County and lowest (0.0%) in Park County.
• TREND: The prevalence of Total Area adults who currently use an electronic nicotine delivery device is unchanged since 2014.

**Currently Use an Electronic Nicotine Delivery Device (E-Cigarettes, etc.)**
(Every Day or on Some Days)

![Graph showing prevalence of electronic nicotine delivery device use by county and total area.]

**Sources:**
- 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 208]
- 2015 PRC National Health Survey, Professional Research Consultants, Inc.

**Notes:**
- Asked of all respondents.
- Electronic nicotine delivery devices are also known as e-cigarettes, e-cigs, e-hookahs, hookah pens, or vape pens.
- Includes regular and occasional users (those who smoke every day or on some days).

Use of e-cigarettes or other electronic nicotine delivery devices is more prevalent among:

• Adults under age 40.
• Lower-income residents.
• Non-Hispanic Whites.
• Smokers especially.
Currently Use an Electronic Nicotine Delivery Device (E-Cigarettes, etc.)
(Total Area, 2017)

When asked why they started using electronic nicotine delivery devices, the majority of these 18 respondents did so to quit or reduce smoking, while others did so in order to be able to smoke indoors or wherever cigarette smoking is banned or because of its ease of use.

Cigars & Smokeless Tobacco

A total of 4.8% of Total Area adults use cigars every day or on some days.

- Similar to the national percentage.
- Fails to satisfy the Healthy People 2020 target (0.2% or lower).

A total of 4.6% of Total Area adults use some type of smokeless tobacco every day or on some days.

- Lower than the state percentage.
- Comparable to the US percentage.
- Fails to satisfy the Healthy People 2020 target (0.3% or lower).
- TREND: Prevalence has significantly decreased over time (not shown).
Other Tobacco Use

Sources: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Items 59-60]
2015 PRC National Health Survey, Professional Research Consultants, Inc.

Notes: Reflects the total sample of respondents.
Smokeless tobacco includes chewing tobacco, snuff, or “snus.”

Key Informant Input: Tobacco Use

Over half of key informants taking part in an online survey characterized Tobacco Use as a “moderate problem” in the community.

Perceptions of Tobacco Use as a Problem in the Community (Key Informants, 2017)

Top Concerns

Among those rating this issue as a “major problem,” reasons related to the following:

Prevalence/Incidence

- Large percentage of tobacco users in the community. – Public Health/Community Health Representative (Gallatin, Madison & Park Counties)
- Amount of young people in the community I see using both types of tobacco. People standing outside the bars on the sidewalks smoking and amount of cigarette butts on the ground. – Community Leader (Gallatin, Madison & Park Counties)
- Personal observation of prevalence, observation of people with tobacco-induced health issues. – Community Leader (Gallatin, Madison & Park Counties)
Still utilized heavily among certain demographics. – Community Leader (Gallatin, Madison & Park Counties)

This is the number-one cancer and even though many fewer people are smoking, still too many people smoke or use e-cigarettes. I am not an expert in this field so I can’t really speak to this issue, but I know there are many who can. – Community Leader (Gallatin, Madison & Park Counties)

High use of smokeless tobacco and increase in vaping. – Public Health/Community Health Representative (Gallatin, Madison & Park Counties)

High numbers of smokers/tobacco users in Gallatin and Park counties. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

Significant rates in Montana, including smokeless. High associated health costs of morbidity. – Other Health Professional (Gallatin, Madison & Park Counties)

Tons of people still smoke. – Other Health Professional (Gallatin, Madison & Park Counties)

The overall chronic disease picture—heart disease, respiratory disease, stroke, etc.—is complicated by the widespread use of tobacco. – Other Health Professional (Gallatin, Madison & Park Counties)

Health Education

One of the biggest issues facing continued reduction in tobacco use is the perception that it is no longer a problem that needs to be addressed. It feels like there is often a reluctance to discuss tobacco use because we have been working on it for so long already and people want to address other issues. However, tobacco use still continues to be the leading cause of preventable death in our communities. – Public Health/Community Health Representative (Gallatin County)

With the clear links to cancer caused by tobacco, any tobacco use is a problem. It is especially worrisome to see young people smoking. This indicates that there is not enough tobacco prevention in the schools and community. – Community Leader (Gallatin, Madison & Park Counties)

I don’t think it is as prevalent in Bozeman as other areas in the state. However, I do see a number of young people starting to use tobacco and it would seem there is a lack of education in schools about the danger/consequences of tobacco use. – Community Leader (Gallatin, Madison & Park Counties)
Access to Health Services
Health Insurance Coverage

Type of Healthcare Coverage
A total of 65.8% of Total Area adults age 18 to 64 report having healthcare coverage through private insurance. Another 21.5% report coverage through a government-sponsored program (e.g., Medicaid, Medicare, military benefits).

Healthcare Insurance Coverage
(Among Adults Age 18-64; Total Area, 2017)

Insured, Employer-Based 49.8%
Insured, Self-Purchase 14.6%
Insured, Unknown Type 1.4%
Medicaid 12.2%
Medicare 3.5%
VA/Military 4.4%
Medicaid & Medicare 0.9%
Other Gov’t Coverage 0.5%
No Insurance/Self-Pay 12.7%

A total of 23.1% of adults under age 65 with private coverage or Medicaid secured their coverage under the Affordable Care Act (ACA), otherwise known as “Obamacare.”

• Above the national finding.
• Statistically similar findings by county (and within Gallatin County).

Insurance Was Secured
Under the Affordable Care Act/“Obamacare”
(Adults Under 65 with Medicaid or Private Insurance)

Survey respondents were asked a series of questions to determine their healthcare insurance coverage, if any, from either private or government-sponsored sources.
Lack of Health Insurance Coverage

Among adults age 18 to 64, 12.7% report having no insurance coverage for healthcare expenses.

- Similar to the state and national findings.
- The Healthy People 2020 target is universal coverage (0% uninsured).
- Similar findings by county (and within Gallatin County).
- TREND: Denotes a statistically significant decrease in the proportion of uninsured from 2011 survey findings (similar to 2014 results).

Lack of Healthcare Insurance Coverage
(Among Adults Age 18-64)

Healthy People 2020 Target = 0.0% (Universal Coverage)

<table>
<thead>
<tr>
<th>Year</th>
<th>Bozeman</th>
<th>Gallatin County</th>
<th>Madison County</th>
<th>Park County</th>
<th>Total Area</th>
<th>MT</th>
<th>US</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>11.0%</td>
<td>16.5%</td>
<td>12.7%</td>
<td>14.0%</td>
<td>11.9%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2014</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>12.7%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2017</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>15.1%</td>
<td></td>
<td>10.1%</td>
</tr>
</tbody>
</table>

Sources:
- 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 190]
- 2015 PRC National Health Survey, Professional Research Consultants, Inc.

Notes:
- Asked of all respondents under the age of 65.

- Total Area men are more likely to be without healthcare insurance coverage.
Lack of Healthcare Insurance Coverage
(Among Adults Age 18-64; Total Area, 2017)
Healthy People 2020 Target = 0.0% (Universal Coverage)

Sources:
- 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 190]

Notes:
- Asked of all respondents under the age of 65.
- Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., “White” reflects non-Hispanic White respondents).
- Income categories reflect respondent’s household income as a ratio to the federal poverty level (FPL) for their household size. “Low Income” includes households with incomes up to 200% of the federal poverty level; “Mid/High Income” includes households with incomes at 200% or more of the federal poverty level.

Recent Lack of Coverage
Among currently insured adults in the Total Area, 4.6% report that they were without healthcare coverage at some point in the past year.

- Similar findings within Gallatin County.
- Favorably low in Madison County when comparing by county.
- TREND: Marks a statistically significant decrease in insurance instability from 2011 and 2014 survey findings.

Went Without Healthcare Insurance Coverage At Some Point in the Past Year
(Among Insured Adults)

Sources:
- PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 309]

Notes:
- Asked of all insured respondents.
Among insured adults, the following segments are more likely to have gone without healthcare insurance coverage at some point in the past year:

- Men.
- Adults under age 40 (negative correlation with age).

**Went Without Healthcare Insurance Coverage At Some Point in the Past Year**
(Among Insured Adults; Total Area, 2017)

<table>
<thead>
<tr>
<th>Gender</th>
<th>18 to 39</th>
<th>40 to 64</th>
<th>65+</th>
<th>Low Income</th>
<th>Mid/High Income</th>
<th>Total Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men</td>
<td>6.6%</td>
<td>4.5%</td>
<td>1.6%</td>
<td>6.4%</td>
<td>3.5%</td>
<td>4.6%</td>
</tr>
<tr>
<td>Women</td>
<td>2.6%</td>
<td>4.6%</td>
<td></td>
<td>1.6%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Sources: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 309]
Notes:
- Asked of all insured respondents.
- Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., “White” reflects non-Hispanic White respondents).
- Income categories reflect respondent’s household income as a ratio to the federal poverty level (FPL) for their household size. “Low Income” includes households with incomes up to 200% of the federal poverty level; “Mid/High Income” includes households with incomes at 200% or more of the federal poverty level.
Difficulties Accessing Healthcare

Barriers to Healthcare Access

Access to Primary Care

Of the tested barriers to accessing primary care, difficulty getting a primary care provider (PCP) appointment impacted the greatest share of Total Area adults (14.9% say that difficulty obtaining an appointment prevented their primary care in the past year).

- NOTE: Prior surveys did not test access barriers specific to primary care; therefore, trend data are not available for the 2017 indicators.

Barriers to Access Have Prevented Primary Care in the Past Year
(Total Area, 2017)

- Within Gallatin County, residents outside Bozeman (Other Gallatin) are much more likely to be affected by access barriers, especially finding a PCP, obtaining an appointment, cost of PCP visits, and inconvenient office hours.
- By county, residents of Gallatin County are also more likely to report lack of transportation.
Barriers to Access Have Prevented Primary Care in the Past Year
(By Area, 2017)

Sources: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Items 7-13]
Notes: Asked of all respondents.

Prescriptions
Cost as a Barrier

Among all Total Area adults, 11.0% report that prohibitive cost prevented them from obtaining a needed prescription medication at some point in the past year.

- Similar to national findings.
- Similar findings within Gallatin County.
- By county, favorably low in Madison County.
- TREND: Statistically unchanged over time.

Cost Prevented Prescription Medication in the Past Year

Sources: PRC Community Health Surveys, Professional Research Consultants, Inc. [Item 13]
Notes: 2015 PRC National Health Survey, Professional Research Consultants, Inc.
- Asked of all respondents.
These survey respondents are more likely to report that cost prevented a prescription medication in the past year:

- Women.
- Young adults (negative correlation with age).
- Those in low-income households.

**Cost Prevented Prescription Medication in the Past Year**
(Total Area, 2017)

*Sources: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 13]*

*Notes:*
- Asked of all respondents.
- Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., “White” reflects non-Hispanic White respondents).
- Income categories reflect respondent’s household income as a ratio to the federal poverty level (FPL) for their household size. “Low Income” includes households with incomes up to 200% of the federal poverty level; “Mid/High Income” includes households with incomes at 200% or more of the federal poverty level.

**Prescription Misuse**

Among all Total Area adults, 9.5% skipped or reduced medication doses in the past year in order to stretch a prescription and save money.

- Similar to national findings.
- In Gallatin County, higher outside Bozeman.
- By county, the prevalence is much higher in Park County.
- TREND: Statistically unchanged over time.
Skipped or Reduced Prescription Doses in Order to Stretch Prescriptions and Save Money

(Total Area, 2017)

Sources: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 14]

Notes: Asked of all respondents.

Adulst more likely to have skipped or reduced their prescription doses include:

- Residents under 65.
- Those in lower-income households.
- Those for whom cost prevented a prescription medication in the past year, especially.

Skipped or Reduced Prescription Doses in Order to Stretch Prescriptions and Save Money

(Total Area, 2017)

Sources: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 14]

Notes: Asked of all respondents.

- Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., “White” reflects non-Hispanic White respondents).
- Income categories reflect respondent’s household income as a ratio to the federal poverty level (FPL) for their household size. “Low Income” includes households with incomes up to 200% of the federal poverty level; “Mid/High Income” includes households with incomes at 200% or more of the federal poverty level.
Accessing Healthcare for Children
A total of 2.4% of parents say there was a time in the past year when they needed medical care for their child, but were unable to get it.

- Statistically similar to what is reported nationwide.
- Statistically similar findings within Gallatin County and when comparing Gallatin County to the combined Madison/Park Counties area.
- TREND: Statistically unchanged since 2011.
- Higher (3.0%) among parents of children age 12 and under.

Had Trouble Obtaining Medical Care for Child in the Past Year
(Among Parents of Children 0-17)

Parents with trouble obtaining medical care for their child mainly reported barriers due to cost or lack of insurance coverage. Long waits for an appointment and not being accessible to people with disabilities were also mentioned.

<table>
<thead>
<tr>
<th>Age 0-12: 3.0%</th>
<th>Age 13-17: 0.9%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bozeman 1.3%</td>
<td>Other Gallatin 4.4%</td>
</tr>
<tr>
<td>Gallatin County 2.4%</td>
<td>Madison/Park Cos. 2.3%</td>
</tr>
<tr>
<td>Total Area 2.4%</td>
<td>US 3.9%</td>
</tr>
</tbody>
</table>

Total Area Trend

2011: 3.4%  
2014: 2.8%  
2017: 2.4%

Sources:  
2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Items 136-137]  
2015 PRC National Health Survey, Professional Research Consultants, Inc.

Notes:  
Asked of all respondents with children 0 to 17 in the household.

Among the parents experiencing difficulties (only 6 respondents; take caution when interpreting results), the majority cited cost or a lack of insurance as the primary reason; others cited long waits for appointments and disability accessibilities.

Key Informant Input: Access to Healthcare Services
Over half of the key informants taking part in an online survey most often characterized Access to Healthcare Services as a “moderate problem” in the community.

Perceptions of Access to Healthcare Services as a Problem in the Community
(Key Informants, 2017)

<table>
<thead>
<tr>
<th>Major Problem</th>
<th>Moderate Problem</th>
<th>Minor Problem</th>
<th>No Problem At All</th>
</tr>
</thead>
<tbody>
<tr>
<td>15.2%</td>
<td>55.8%</td>
<td>21.0%</td>
<td>8.0%</td>
</tr>
</tbody>
</table>

Sources:  
PRC Online Key Informant Survey, Professional Research Consultants, Inc.

Notes:  
Asked of all respondents.
Top Concerns
Among those rating this issue as a “major problem,” reasons related to the following:

Access to Care/Services

Access to doctors. – Community Leader (Gallatin, Madison & Park Counties)

Long waiting times (3 to 6 months) for clinic appointments for preventative care. Lack of same day care availability for clinic problem visits, especially in pediatrics and family medicine. – Community Leader (Gallatin, Madison & Park Counties)

Geographic distance to services combined with how to get there in the first place, if no transportation is available. – Community Leader (Gallatin, Madison & Park Counties)

Access to mental health services and access to dental care. Especially when an individual is in a dental crisis or needs teeth removed and replaced with dentures. – Social Services Provider (Gallatin, Madison & Park Counties)

It is very difficult to help patients establish primary care and to see their established provider after ER visits. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

Access to mental health services is lacking. We have no inpatient psych services in a town that has the largest college in Montana. In addition, we have no psychiatrist at this time that take Medicaid or Medicare. – Physician/Advanced Practice Clinician (Gallatin County)

Patients often have to wait months to be seen by a primary care provider. Mental health services are inadequate in this area, requiring patients to drive to other communities for emergency mental health services. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

Appropriate and timely availability of primary care and preventive services. Some specialty care services are lacking or could be improved. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

Maintaining access to appropriate mental health crisis resources. Providing substance abuse services, acute treatment services are probably more lacking that preventative at this point. Providing adequate primary care for those without insurance for preventative care and acute care. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

Affordable Care/Services

Access not only for those with no insurance, but also for those who have a PCP. The population growth has provided for barriers to providers having accessibility to services, typically taking months to get into a provider for a follow-up. Not to mention, access to services also hinges on lack of community services for a town as big as Bozeman. – Other Health Professional (Gallatin, Madison & Park Counties)

As the cost to healthcare providers increases, rural healthcare options continue to shrink in terms of safety net providers. We are seeing patients travel 100 miles (from West Yellowstone, Ennis, etc.) to access quality, affordable healthcare in Bozeman, which puts an increased demand on our already-stretched safety net provider network. Resource communities like Bozeman need to plan for growth within their own communities but also to accommodate more individuals and families from very rural areas who have no other options but Bozeman to receive healthcare, especially subsidized healthcare since those options are already limited. The lack of services in rural areas is also going to negatively affect how many people access preemptive care and screenings, which will stress resources even more when, for example, someone is diagnosed with stage 3 cancer instead of catching that cancer a year before when a simple, low-cost procedure would have solved the problem. – Other Health Professional (Gallatin, Madison & Park Counties)

Health insurance is too expensive, leaving people and families with high deductibles and making it very difficult to get proper medical care. – Community Leader (Gallatin County)

Service for underinsured, single parents, mental health. – Community Leader (Gallatin County)

High cost of housing and relatively low wages impacts financial resources of middle and low-income community members to access healthcare and related services. – Other Health Professional (Gallatin, Madison & Park Counties)

Access to care for low-resourced individuals (including homeless and uninsured), people with disabilities and those with transportation barriers. – Community Leader (Gallatin, Madison & Park Counties)
Lack of Providers

- Not enough primary care providers. There are not many female physicians and so especially women have to wait a long time to be seen if they want to be seen by a female. We also have a high uninsured rate and low health literacy. There are several people who don't access healthcare because they don't know where to start. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

- Minority and underserved medicine. There are sub-segments of the population who do not speak English well and they have poor resources and lack of adequate translated information. Access to healthcare in their own language. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

- No providers available to see new patients. Often have to wait extended period of time to be seen. Cost of providers. – Community Leader (Gallatin, Madison & Park Counties)

Education

- We have a large number of residents with chronic illnesses and do not have local resources for education, prevention. – Public Health/Community Health Representative (Gallatin, Madison & Park Counties)

- We may need to continue to assist folks who qualify for Montana Medicaid, which is a huge source for healthcare access. Many still do not understand that Montana Medicaid covers dental and vision. – Other Health Professional (Gallatin, Madison & Park Counties)

Prescriptions

- Over-prescription: this includes patient expectation of antibiotics and over-prescription of antibiotics. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

- Physician awareness of the risks of prescription medication dependence and abuse needs improvement. Alternative treatments should always be considered where possible. – Community Leader (Gallatin, Madison & Park Counties)

School Health

- Health in schools: there needs to be more school nurses to address the ongoing physical and mental health needs in schools. Rates of students with asthma, diabetes, seizures and special needs are going up. Having a chronic disease adds to the mental health issues for school age students. The stress on families when there is no local pediatric specialist to help them with the health issue. – Other Health Professional (Gallatin, Madison & Park Counties)

- School support for children with special healthcare needs. Only two RNs for the whole school district. This is just not enough hands, despite the fabulous job our current RNs do. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

Support

- I think the social support for the area is better (if not the best) than most places I have worked. Staff turnover and communication are the biggest issues. One, to providers phone call return to providers, and two, coordination with social work hospital and CHP. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

Transportation

- Transportation to outpatient services. Specifically for people who live on a fixed income and/or require wheelchair transport and live in a rural town. Scheduling appointments for new patients is at least 4 weeks out before a patient can be connected with a provider. People who live in rural towns have a harder time with accessing resources for their healthcare. – Other Health Professional (Gallatin, Madison & Park Counties)
Type of Care Most Difficult to Access

Key informants (who rated this as a "major problem") most often identified mental health services and substance abuse treatment as the most difficult to access in the community.

<table>
<thead>
<tr>
<th>Medical Care Difficult to Access Locally</th>
<th>Most Difficult to Access</th>
<th>Second-Most Difficult to Access</th>
<th>Third-Most Difficult to Access</th>
<th>Total Mentions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental Health Services</td>
<td>47.4%</td>
<td>22.2%</td>
<td>0.0%</td>
<td>13</td>
</tr>
<tr>
<td>Substance Abuse Treatment</td>
<td>15.8%</td>
<td>22.2%</td>
<td>23.5%</td>
<td>11</td>
</tr>
<tr>
<td>Primary Care</td>
<td>10.5%</td>
<td>16.7%</td>
<td>17.6%</td>
<td>8</td>
</tr>
<tr>
<td>Pain Management</td>
<td>10.5%</td>
<td>16.7%</td>
<td>5.9%</td>
<td>6</td>
</tr>
<tr>
<td>Dental Care</td>
<td>10.5%</td>
<td>0.0%</td>
<td>17.6%</td>
<td>5</td>
</tr>
<tr>
<td>Elder Care</td>
<td>5.3%</td>
<td>5.6%</td>
<td>5.9%</td>
<td>3</td>
</tr>
<tr>
<td>Chronic Disease Care</td>
<td>0.0%</td>
<td>5.6%</td>
<td>11.8%</td>
<td>3</td>
</tr>
<tr>
<td>Palliative Care</td>
<td>0.0%</td>
<td>5.6%</td>
<td>5.9%</td>
<td>2</td>
</tr>
<tr>
<td>Specialty Care</td>
<td>0.0%</td>
<td>5.6%</td>
<td>5.9%</td>
<td>2</td>
</tr>
<tr>
<td>Prenatal Care</td>
<td>0.0%</td>
<td>0.0%</td>
<td>5.9%</td>
<td>1</td>
</tr>
</tbody>
</table>
Lack of Services for Seniors

Ratings as a Problem in the Community
Over half of the key informants taking part in an online survey most often characterized \textit{Lack of Services for Seniors} as a “moderate problem” in the community.

\textbf{Perceptions of Lack of Services for Seniors as a Problem in the Community} (Key Informants, 2017)

<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Major Problem</td>
<td>23.0%</td>
</tr>
<tr>
<td>Moderate Problem</td>
<td>52.5%</td>
</tr>
<tr>
<td>Minor Problem</td>
<td>18.0%</td>
</tr>
<tr>
<td>No Problem At All</td>
<td>6.6%</td>
</tr>
</tbody>
</table>

Sources: \textit{PRC Online Key Informant Survey, Professional Research Consultants, Inc.}
Notes: \textit{Asked of all respondents.}

\textbf{Top Concerns}
Among those rating this issue as a “major problem,” reasons related to the following:

\textbf{Access to Care/Services}

\textit{Traveling to Bozeman to access help.} – Community Leader (Gallatin, Madison & Park Counties)

\textit{For those in Madison and Park, it's a pretty big deal.} The frontier nature makes it really difficult to access care. There is some public transport, but it still isn’t all that helpful. – Community Leader (Gallatin, Madison & Park Counties)

\textit{The area of largest concern is related to access to appropriate care support.} Many seniors need help with housekeeping, bathing, cooking, getting to and from places, etc. The current available resources are often overwhelmed by the need (Galavan) or have such strict income and resource restrictions (HRDC and Medicaid) that many families are left in a position of having too much money to qualify for assistance and not enough to pay for help. – Other Health Professional (Gallatin, Madison & Park Counties)

\textit{All the programs are being cut or extremely underfunded.} It is already very expensive to live in this area. – Community Leader (Gallatin, Madison & Park Counties)

\textit{We only have 3 skilled nursing facilities in Bozeman with few Medicaid beds allotted at each one, and of those 3 none of them specialize in treating dementia patients.} Private secure facilities that specialize in memory care are cost-prohibitive for most families at an average of $6,000–$10,000 a month. We have a silver tsunami hitting with all the baby boomers coming of age, and most people are not financially prepared for the costs associated with aging and needing increased care. Medicaid is the only safety net for most, and to qualify they need to spend down their assets, which then leaves their spouse financially destitute. I’ve often said you need to be poor or wealthy going into retirement because if you are middle class there are no resources. We need more nursing home facilities that specialize in memory care that don’t bankrupt families, or offer in-home help that isn’t private pay at $25.00 an hour. Ideally, Medicare would expand the types of services that families could access. – Other Health Professional (Gallatin, Madison & Park Counties)

\textit{We don’t have enough Medicare providers.} – Physician/Advanced Practice Clinician (Gallatin County)

\textit{Growing population with inadequate number of gerontologists.} – Community Leader (Gallatin, Madison & Park Counties)

\textit{Lack of services or education about services.} High senior population. – Public Health/Community Health Representative (Gallatin, Madison & Park Counties)

\textit{Lack of private practices that will openly accept Medicare patients due to poor reimbursement.} – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)
Lack of services. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)
There needs to be better social work access for seniors, better and cheaper respite opportunities for caregivers, more community coordination. Insurance frequently doesn’t pay for this. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)
This is a moderate problem and has improved over the past 5 years. Alzheimer’s and other dementia care services could be improved. We need more qualified geriatric and palliative care providers to truly meet the need. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)
Improving but still limited access for seniors. – Community Leader (Gallatin, Madison & Park Counties)
There are several resources for seniors in our community. There are several assisted living facilities and 3 nursing homes. – Community Leader (Gallatin, Madison & Park Counties)
I’m not sure what services are available. – Other Health Professional (Gallatin County)

Transportation
The lack of available transportation for those who are unable to drive. Galavan is tremendous, but they can only do so much. – Community Leader (Gallatin, Madison & Park Counties)
That population is growing in relation to other demographics. They often can’t drive or have other limitations, and the lack of pedestrian connectivity and public transit is a huge barrier. – Community Leader (Gallatin, Madison & Park Counties)
Limited transportation options, limited low-income housing, limited assisted living availability. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)
Transportation services in Gallatin, Park, and Madison counties are likely the biggest issue regarding access to care for older individuals. – Public Health/Community Health Representative (Gallatin County)
Large population of elderly people living independently in very rural areas; distance makes access to services harder. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)
I think transportation might be a major issue for them accessing services. But I am not positive about this because this is not my specific area. I just know that we have a pretty good bus system in Bozeman (and Galavan), but I think if you live in a rural area in these three counties it is very difficult. – Community Leader (Gallatin, Madison & Park Counties)

Affordable Care/Services
Cost of home health and other supportive services in addition to nursing home care. – Other Health Professional (Gallatin, Madison & Park Counties)
Area seniors in many cases are getting priced out of our community. With the higher cost of living and housing, often our seniors are faced with a lack of resources to meet just their very basic needs. Accessing services or assistance is intimidating and often hard for a senior to accept. – Social Services Provider (Gallatin, Madison & Park Counties)
Many seniors who are homebound with limited financial resources or assistance. – Other Health Professional (Gallatin, Madison & Park Counties)
I’im not sure whether it’s so much a gap in services as much as a lack of funds for some seniors to access the level of continuous care needed. – Other Health Professional (Gallatin, Madison & Park Counties)
As noted above, we have a large and growing older population that doesn’t understand their lack of insurance coverage, cost of custodial services including care giving services that is not covered by Medicare. Many elderly and older adults lack family support to care for them locally, don’t want to move to be closer to family, lack the finances to hire extra help or transition into ALF that for most of us can’t afford anyway. – Other Health Professional (Gallatin, Madison & Park Counties)
Lack of Services for LGBTQ Residents

Ratings as a Problem in the Community
Key informants taking part in an online survey most often characterized Lack of Services for LGBTQ Residents as a “moderate problem” in the community.

Perceptions of Lack of Services for LGBTQ Residents as a Problem in the Community
(Key Informants, 2017)

<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Major Problem</td>
<td>24.5%</td>
</tr>
<tr>
<td>Moderate Problem</td>
<td>39.1%</td>
</tr>
<tr>
<td>Minor Problem</td>
<td>28.2%</td>
</tr>
<tr>
<td>No Problem At All</td>
<td>8.2%</td>
</tr>
</tbody>
</table>

Sources: PRC Online Key Informant Survey, Professional Research Consultants, Inc.
Notes: Asked of all respondents.

Top Concerns
Among those rating this issue as a “major problem,” reasons related to the following:

Provider Education
The biggest need in this area is informing health professionals and social service providers of the importance of asking patients about their sexuality as this can be a risk factor for many preventable conditions. And fostering a welcoming setting throughout the three counties will help both providers and patients. Additionally, increasing the awareness of our residents on the difficulties faced by the LGBTQ population in our community may foster a more open, compassionate and sincere conversation. – Public Health/Community Health Representative (Gallatin County)

In many ways, especially the understanding of transgender issues, Bozeman appears to be behind. With many of these types of issues, it seems like the lower numbers of certain populations means that Bozeman is often behind in being proactive with services. How to approach transgender individuals when they encounter healthcare providers is still in the nascent stage. – Other Health Professional (Gallatin, Madison & Park Counties)

This is a vulnerable and often misunderstood population in a state that has actively tried to pass legislation against them this legislative session. Healthcare provider knowledge, especially about transgender individuals, is low throughout the region. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

Many community providers feel they have inadequate training to support LGBTQ patients; even worse, some are unwilling to provide care due to personal beliefs of the providers and antipathy towards the LGBTQ community and individual patients. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

I think the state as a whole has difficulty with this issue, but I think access to practitioners who understand the unique health issues related to the LGBTQ community is limited. – Other Health Professional (Gallatin, Madison & Park Counties)

Poor education about LGBTQ needs and services. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

Lack of knowledge or comfort among healthcare community at large in providing care. – Other Health Professional (Gallatin, Madison & Park Counties)

Not enough awareness. – Physician/Advanced Practice Clinician (Gallatin County)
Personal/Cultural Beliefs

In Montana, LGBTQ individuals are not considered a “protected class.” This means that they can be discriminated against in jobs, as consumers, in medical clinics, etc. Because of this lack of legal protection in combination with a lack of knowledge in the medical field about this group, LGBTQ individuals often do not feel safe or well taken care of within the medical community. Members of the LGBTQ community are at a higher risk for mental health disorders and substance abuse, so it is even more important that we work hard within our Bozeman community to provide safe, welcoming spaces for these individuals and possess an in-depth knowledge about how to comprehensively treat their medical needs in a respectful and thorough manner. – Other Health Professional (Gallatin, Madison & Park Counties)

We know from research that many transgender people have had a traumatic experience with a healthcare provider. This can lead many to not seek healthcare, even preventative or maintenance or emergency care. In addition, gay and lesbian people face discrimination still today (and worse this year again now) that can make them fearful to seek help or assistance. We have people representing us in government that would seek to take away basic civil rights for these populations (and have been successful). This makes for an extraordinarily vulnerable population, one that is already subject to more mental health issues due to the shunning and discrimination they face within their own families and communities often. – Other Health Professional (Gallatin, Madison & Park Counties)

Our community does not promote LGBTQ rights and has not done enough to raise awareness about this group of residents. There is a lack of conversation about LGBTQ needs, which indicates a lack of knowledge about these groups. Medical professionals need to know how to support these patients, and the community needs to be accepting of all people regardless of gender identity for them to be able to access what they need medically and socially. – Community Leader (Gallatin, Madison & Park Counties)

Population that still feels discriminated against. – Community Leader (Gallatin, Madison & Park Counties)

I don’t find this area to be very conducive to LGBTQ community members. – Community Leader (Gallatin, Madison & Park Counties)

Very conservative community, not open to alternative lifestyles. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)

Access to Care/Services

To my knowledge, the only organization that helps with this population is Bridger Care. – Community Leader (Gallatin, Madison & Park Counties)

The only two programs that are consistently out in the community are PFLAG and the MSU group ... one is geared towards family and friends and the other is towards college students. This leaves a large segment of the LGBTQ population with limited support. There is also some indication that there is limited opportunity in the medical community for LGBTQ patients to find medical care that takes into consideration the challenges and differences related to their particular orientation. – Other Health Professional (Gallatin, Madison & Park Counties)

We have no services that serve this population. – Public Health/Community Health Representative (Gallatin, Madison & Park Counties)

There are no services in Three Forks that I know about. – Community Leader (Gallatin, Madison & Park Counties)

I'm not sure what services are available. – Other Health Professional (Gallatin County)

Denial/Stigma

We need to deal with suicide in our society. – Community Leader (Gallatin, Madison & Park Counties)

Stigma; lack of services for youth and families. – Community Leader (Gallatin, Madison & Park Counties)

Prevalence/Incidence

At baseline, it's a problem in all communities. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)
Health Literacy

Understanding Health Information

When asked how difficult it is to understand information given by doctors, nurses, or other health professionals, 9 in 10 Total Area adults (89.9%) said that it is “somewhat” or “very” easy.

- On the other hand, 10.1% of Total Area adults find it “somewhat” or “very” difficult to understand information stated by health professionals.

Ease of Understanding Info from Health Professionals
(Total Area, 2017)

- In Gallatin County, “somewhat/very difficult” reports are higher outside Bozeman.
- Difficulty understanding is lowest among residents of Madison County.

Have Difficulty Understanding Health Professionals

Sources: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 310]
Notes: Asked of all respondents.
Lower-income residents are statistically more likely to report difficulty understanding health professionals. (Note that the difference by race is not statistically significant due to the sample sizes involved.)

Have Difficulty Understanding Health Professionals
(Total Area, 2017)

<table>
<thead>
<tr>
<th>Category</th>
<th>Men</th>
<th>Women</th>
<th>18 to 39</th>
<th>40 to 64</th>
<th>65+</th>
<th>Low Income</th>
<th>Mid/High Income</th>
<th>NH White</th>
<th>Other/Unknown</th>
<th>Total Area</th>
</tr>
</thead>
</table>
| 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 310]
| Asked of all respondents.
| Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., “White” reflects non-Hispanic White respondents).
| Income categories reflect respondent’s household income as a ratio to the federal poverty level (FPL) for their household size. “Low Income” includes households with incomes up to 200% of the federal poverty level; “Mid/High Income” includes households with incomes at 200% or more of the federal poverty level.
Primary Care Services

About Primary Care

Improving health care services depends in part on ensuring that people have a usual and ongoing source of care. People with a usual source of care have better health outcomes and fewer disparities and costs. Having a primary care provider (PCP) as the usual source of care is especially important. PCPs can develop meaningful and sustained relationships with patients and provide integrated services while practicing in the context of family and community. Having a usual PCP is associated with:

- Greater patient trust in the provider
- Good patient-provider communication
- Increased likelihood that patients will receive appropriate care

Improving health care services includes increasing access to and use of evidence-based preventive services. Clinical preventive services are services that: prevent illness by detecting early warning signs or symptoms before they develop into a disease (primary prevention); or detect a disease at an earlier, and often more treatable, stage (secondary prevention).

- Healthy People 2020 (www.healthypeople.gov)

Access to Primary Care

In the Total Area in 2014, there were 101 primary care physicians, translating to a rate of 83.5 primary care physicians per 100,000 population.

- Similar to the primary care physician-to-population ratio found statewide.
- Below the rate found nationally.
- The rate is highest in Park County.

### Access to Primary Care
(Number of Primary Care Physicians per 100,000 Population, 2014)

<table>
<thead>
<tr>
<th>County</th>
<th>Primary Care Physicians</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gallatin County</td>
<td>79.1</td>
</tr>
<tr>
<td>Madison County</td>
<td>76.7</td>
</tr>
<tr>
<td>Park County</td>
<td>113.4</td>
</tr>
<tr>
<td>Total Area</td>
<td>83.5</td>
</tr>
<tr>
<td>MT</td>
<td>81.9</td>
</tr>
<tr>
<td>US</td>
<td>87.8</td>
</tr>
</tbody>
</table>

**Sources:**
- US Department of Health & Human Services, Health Resources and Services Administration, Area Health Resource File.

**Notes:**
- This indicator is relevant because a shortage of health professionals contributes to access and health status issues.
• TREND: Access to primary care (in terms of the ratio of primary care physicians to population) has not changed greatly over the past decade in the Total Area.

**Trends in Access to Primary Care**  
(Number of Primary Care Physicians per 100,000 Population)

Sources:  
US Department of Health & Human Services, Health Resources and Services Administration, Area Health Resource File.  

Notes:  
This indicator is relevant because a shortage of health professionals contributes to access and health status issues. These figures represent all primary care physicians practicing patient care, including hospital residents. In counties with teaching hospitals, this figure may differ from the rate reported in the previous chart.

**Specific Source of Ongoing Care**

A total of 80.1% of Total Area adults were determined to have a specific source of ongoing medical care.

- Higher than national findings.
- Fails to satisfy the Healthy People 2020 objective (95% or higher).
- Similar by area in Gallatin County.
- Viewed by county, the prevalence is highest in Gallatin County and lowest in Park County.
- TREND: Statistically unchanged over time.
When viewed by demographic characteristics, the following population segments are less likely to have a specific source of care:

- Men.
- Adults under age 40.
Utilization of Primary Care Services

Adults

Over 6 in 10 Total Area adults (63.6%) visited a physician or other health professional for a routine checkup in the past year.

- Comparable to state findings.
- Below the national figure.
- Comparable by community in Gallatin County.
- Favorably high in Gallatin County when compared with Madison and Park counties.
- TREND: Marks a statistically significant increase from previous survey findings.

Have Visited a Physician for a Checkup in the Past Year

These adults are less likely to have received routine care in the past year:

- Men.
- Adults under age 40 (note the strong positive correlation with age).
Have Visited a Physician for a Checkup in the Past Year
(Total Area, 2017)

<table>
<thead>
<tr>
<th></th>
<th>Men</th>
<th>Women</th>
<th>18 to 39</th>
<th>40 to 64</th>
<th>65+</th>
<th>Low Income</th>
<th>Mid/High Income</th>
<th>NH White</th>
<th>Other/Unknown</th>
<th>Total Area</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>58.7%</td>
<td>68.9%</td>
<td>50.7%</td>
<td>64.4%</td>
<td>83.9%</td>
<td>65.1%</td>
<td>60.5%</td>
<td>62.7%</td>
<td>72.6%</td>
<td>63.6%</td>
</tr>
</tbody>
</table>

Sources: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 18]

Notes:
- Asked of all respondents.
- Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., “White” reflects non-Hispanic White respondents).
- Income categories reflect respondent’s household income as a ratio to the federal poverty level (FPL) for their household size. “Low Income” includes households with incomes up to 200% of the federal poverty level; “Mid/High Income” includes households with incomes at 200% or more of the federal poverty level.

Children
Among surveyed parents, 82.1% report that their child has had a routine checkup in the past year.

- Lower than national findings.
- Comparable by county; much higher in Bozeman than the rest of Gallatin County.
- TREND: Marks a statistically significant increase from 2011 survey findings (decreasing since 2014).
- Note that routine checkups do not vary significantly by age in the Total Area.

Child Has Visited a Physician for a Routine Checkup in the Past Year
(Among Parents of Children 0-17)

<table>
<thead>
<tr>
<th></th>
<th>Bozeman</th>
<th>Other Gallatin</th>
<th>Gallatin County</th>
<th>Madison/ Park Cos.</th>
<th>Total Area</th>
<th>US</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>91.2%</td>
<td>69.7%</td>
<td>83.4%</td>
<td>74.6%</td>
<td>82.1%</td>
<td>89.3%</td>
</tr>
</tbody>
</table>

Age 0-12: 83.1%
Age 13-17: 79.8%

Notes:
- 2017 PRC National Health Survey, Professional Research Consultants, Inc. [Item 138]
Elective Room Utilization

A total of 6.5% of Total Area adults have gone to a hospital emergency room more than once in the past year about their own health.

- Comparable to national findings.
- In Gallatin County, comparable by area.
- No statistical difference by county.
- TREND: Statistically unchanged over time.

### Have Used a Hospital

**Emergency Room More Than Once in the Past Year**

<table>
<thead>
<tr>
<th></th>
<th>2011</th>
<th>2014</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bozeman</td>
<td>5.2%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other Gallatin County</td>
<td>8.5%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gallatin County</td>
<td>6.2%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Madison County</td>
<td>7.7%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Park County</td>
<td>7.5%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Area</td>
<td>6.5%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>US</td>
<td>8.5%</td>
<td>7.4%</td>
<td>6.5%</td>
</tr>
</tbody>
</table>

**Used the ER because:**
- Emergency Situation = 55.4%
- Weekend/After Hours = 31.6%
- Access Problems = 9.6%

Of those using a hospital ER, 55.4% say this was due to an emergency or life-threatening situation, while 31.6% indicated that the visit was during after-hours or on the weekend. A total of 9.6% cited difficulties accessing primary care for various reasons.

These population segments are more likely to have used an ER for their medical care more than once in the past year:

- Young adults.
- Seniors (age 65+).
- Residents in low-income households.
### Have Used a Hospital Emergency Room More Than Once in the Past Year
(Total Area, 2017)

<table>
<thead>
<tr>
<th></th>
<th>Men</th>
<th>Women</th>
<th>18 to 39</th>
<th>40 to 64</th>
<th>65+</th>
<th>Low Income</th>
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<th>NH White</th>
<th>Other/Unknown</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Area</strong></td>
<td>6.5%</td>
<td>2.5%</td>
<td>3.5%</td>
<td>6.9%</td>
<td>11.1%</td>
<td>3.5%</td>
<td>6.5%</td>
<td>7.7%</td>
<td>7.8%</td>
</tr>
<tr>
<td><strong>18 to 39</strong></td>
<td>5.0%</td>
<td>2.5%</td>
<td>3.5%</td>
<td>6.9%</td>
<td>11.1%</td>
<td>3.5%</td>
<td>6.5%</td>
<td>7.7%</td>
<td>7.8%</td>
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<tr>
<td><strong>40 to 64</strong></td>
<td>3.6%</td>
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<tr>
<td><strong>65+</strong></td>
<td>7.7%</td>
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<tr>
<td><strong>Low Income</strong></td>
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<tr>
<td><strong>Mid/High Income</strong></td>
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<tr>
<td><strong>NH White</strong></td>
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<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td><strong>Other/Unknown</strong></td>
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<td></td>
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<td></td>
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</tr>
</tbody>
</table>

**Sources:**
- 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 22]
- Asked of all respondents.
- Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., “White” reflects non-Hispanic White respondents).
- Income categories reflect respondent’s household income as a ratio to the federal poverty level (FPL) for their household size. “Low Income” includes households with incomes up to 200% of the federal poverty level. “Mid/High Income” includes households with incomes at 200% or more of the federal poverty level.
Oral Health

About Oral Health

Oral health is essential to overall health. Good oral health improves a person’s ability to speak, smile, smell, taste, touch, chew, swallow, and make facial expressions to show feelings and emotions. However, oral diseases, from cavities to oral cancer, cause pain and disability for many Americans. Good self-care, such as brushing with fluoride toothpaste, daily flossing, and professional treatment, is key to good oral health. Health behaviors that can lead to poor oral health include: tobacco use; excessive alcohol use; and poor dietary choices.

The significant improvement in the oral health of Americans over the past 50 years is a public health success story. Most of the gains are a result of effective prevention and treatment efforts. One major success is community water fluoridation, which now benefits about 7 out of 10 Americans who get water through public water systems. However, some Americans do not have access to preventive programs. People who have the least access to preventive services and dental treatment have greater rates of oral diseases. A person’s ability to access oral healthcare is associated with factors such as education level, income, race, and ethnicity.

Barriers that can limit a person’s use of preventive interventions and treatments include: limited access to and availability of dental services; lack of awareness of the need for care; cost; and fear of dental procedures.

There are also social determinants that affect oral health. In general, people with lower levels of education and income, and people from specific racial/ethnic groups, have higher rates of disease. People with disabilities and other health conditions, like diabetes, are more likely to have poor oral health.

Potential strategies to address these issues include:

- Implementing and evaluating activities that have an impact on health behavior.
- Promoting interventions to reduce tooth decay, such as dental sealants and fluoride use.
- Evaluating and improving methods of monitoring oral diseases and conditions.
- Increasing the capacity of State dental health programs to provide preventive oral health services.
- Increasing the number of community health centers with an oral health component.

Healthy People 2020 (www.healthypeople.gov)

Dental Insurance

Over half of Total Area adults (55.9%) have dental insurance that covers all or part of their dental care costs.

- Lower than the national finding.
- No difference by area in Gallatin County.
- By county, much higher in Gallatin County.
- TREND: Marks a statistically significant increase since 2011.
These adults are less likely to be covered by dental insurance:

- Seniors (age 65+; negative correlation with age).
- Low-income residents.
Dental Care

Adults

Nearly two-thirds (66.2%) of Total Area adults have visited a dentist or dental clinic (for any reason) in the past year.

- Higher than statewide findings.
- Similar to national findings.
- Satisfies the Healthy People 2020 target (49% or higher).
- Statistically similar findings by county (and within Gallatin County).
- TREND: Statistically unchanged since 2011.

Have Visited a Dentist or Dental Clinic Within the Past Year
Healthy People 2020 Target = 49.0% or Higher

<table>
<thead>
<tr>
<th>Year</th>
<th>Bozeman</th>
<th>Other</th>
<th>Gallatin County</th>
<th>Madison County</th>
<th>Park County</th>
<th>Total Area</th>
<th>MT</th>
<th>US</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>68.6%</td>
<td>60.3%</td>
<td>66.1%</td>
<td>72.2%</td>
<td>64.3%</td>
<td>66.2%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2014</td>
<td>68.5%</td>
<td>70.9%</td>
<td>66.2%</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Note the following:

- Young adults (under age 40) and seniors (age 65+) are less likely to report a recent dental visit.
- Persons living in the higher income categories report much higher utilization of oral health services.
- Whites are much less likely than other or unknown races to report recent dental care.
- As might be expected, persons without dental insurance report much lower utilization of oral health services than those with dental coverage.
Children
A total of 86.5% of parents report that their child (age 2 to 17) has been to a dentist or dental clinic within the past year.

- Similar to national findings.
- Satisfies the Healthy People 2020 target (49% or higher).
- Similar findings by county, and similar findings within Gallatin County.
- **TREND:** Marks a statistically significant increase in children’s dental care since 2011.
- Regular dental care does not vary significantly by age.

**Child Has Visited a Dentist or Dental Clinic Within the Past Year**
(Among Parents of Children Age 2-17)
Healthy People 2020 Target = 49.0% or Higher

<table>
<thead>
<tr>
<th>Area</th>
<th>2011</th>
<th>2014</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bozeman</td>
<td>83.9%</td>
<td>89.7%</td>
<td></td>
</tr>
<tr>
<td>Other Gallatin</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gallatin County</td>
<td>85.6%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Madison/Park Co.</td>
<td>90.4%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Area</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>US</td>
<td></td>
<td>86.5%</td>
<td>86.5%</td>
</tr>
</tbody>
</table>

Sources:  
- 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 21]  
- 2015 PRC National Health Survey, Professional Research Consultants, Inc.  

Notes:  
- Asked of all respondents with children age 2 through 17.
Key Informant Input: Oral Health

Key informants taking part in an online survey most often characterized Oral Health as a “moderate problem” in the community, followed closely by “minor problem” ratings.

Perceptions of Oral Health as a Problem in the Community
(Key Informants, 2017)

<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Major Problem</td>
<td>13.7%</td>
</tr>
<tr>
<td>Moderate Problem</td>
<td>38.7%</td>
</tr>
<tr>
<td>Minor Problem</td>
<td>36.3%</td>
</tr>
<tr>
<td>No Problem At All</td>
<td>11.3%</td>
</tr>
</tbody>
</table>

Sources: PRC Online Key Informant Survey, Professional Research Consultants, Inc.
Notes: Asked of all respondents.

Top Concerns

Among those rating this issue as a “major problem,” reasons related to the following:

**Affordable Care/Services**

- Access for uninsured people or adults with Medicaid is extremely limited and only available at Community Health Partners. Federal funding is limited for expansion. – Public Health/Community Health Representative (Gallatin, Madison & Park Counties)
- Limited availability for low-income dental and no denture assistance. – Other Health Professional (Gallatin, Madison & Park Counties)
- It is expensive, and most insurances don’t cover this care. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)
- Poor access to dental facilities for those at lower income brackets. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)
- Lack of access to affordable care. – Other Health Professional (Gallatin, Madison & Park Counties)
- Access for low-income families for comprehensive oral health, not once- or twice-a-year offerings. Comprehensive and preventative. It is a joke in this rich community that there is not the ability to get your teeth fixed. Shameful. – Community Leader (Gallatin, Madison & Park Counties)
- The volume of people using the services of Community Health Partners Dental is dense. People needing low cost dental care have to wait several weeks unless they have an urgent need. Commercial dentists are not affordable for many. – Other Health Professional (Gallatin, Madison & Park Counties)
- Access to affordable care, providers willing to accept Medicaid. – Community Leader (Gallatin, Madison & Park Counties)
- Lack of affordable dental care. A person with a dental crisis or just wanting a cleaning and screening have to wait, and extensive amount of time through CHP and often have to leave the area. Even with assistance, it is often unaffordable. – Social Services Provider (Gallatin, Madison & Park Counties)
- Expensive and difficult to access. – Community Leader (Gallatin, Madison & Park Counties)

**Access to Care/Services**

- Limited access to community health dental doesn’t meet the needs of the entire community. Private dentistry is not accessible without a funding source. Lack of education on oral hygiene. Lack of oral surgery access. – Public Health/Community Health Representative (Gallatin, Madison & Park Counties)
- Not everyone has access to dental care. It is not a covered Medicare benefit and people cannot afford it. In addition, people just don’t seem to understand that not having good oral care affects your overall health. – Other Health Professional (Gallatin, Madison & Park Counties)
It's so difficult to get into a regular dentist but unbelievably hard to get in to see a CHP dentist. Their services are so important for our community but the demand is more than they can keep up with. – Community Leader (Gallatin, Madison & Park Counties)

Health Education

I think people don't know or appreciate the link between oral health and overall health. We do have the dental clinic in Bozeman, but there is a perception that all they do is pull your teeth. – Public Health/Community Health Representative (Gallatin County)

Lack of education about the importance of dental hygiene. – Community Leader (Gallatin, Madison & Park Counties)

Prevalence/Incidence

High numbers of patients with severe dental disease. Access to dental care is limited by cost and availability of services. – Physician/Advanced Practice Clinician (Gallatin, Madison & Park Counties)
Vision Care

More than half (53.3%) of Total Area residents had an eye exam in the past two years during which their pupils were dilated.

- Lower than national findings.
- Similar by area in Gallatin County.
- By county, the percentages are statistically similar.
- TREND: Statistically unchanged over time.

Had an Eye Exam in the Past Two Years During Which the Pupils Were Dilated

![Graph showing eye exam percentages by year and location]

Recent vision care in the Total Area is more often reported among:

- Women.
- Older residents (positive correlation with age).
- Adults of other or unknown race.

**Sources:**
- 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 19]
- 2015 PRC National Health Survey, Professional Research Consultants, Inc.

**Notes:**
- Asked of all respondents.
Participation in Health Promotion Events

**About Educational & Community-Based Programs**

Educational and community-based programs play a key role in preventing disease and injury, improving health, and enhancing quality of life.

Health status and related-health behaviors are determined by influences at multiple levels: personal, organizational/institutional, environmental, and policy. Because significant and dynamic interrelationships exist among these different levels of health determinants, educational and community-based programs are most likely to succeed in improving health and wellness when they address influences at all levels and in a variety of environments/settings.

Education and community-based programs and strategies are designed to reach people outside of traditional healthcare settings. These settings may include schools, worksites, healthcare facilities, and/or communities.

Using nontraditional settings can help encourage informal information sharing within communities through peer social interaction. Reaching out to people in different settings also allows for greater tailoring of health information and education.

Educational and community-based programs encourage and enhance health and wellness by educating communities on topics such as: chronic diseases; injury and violence prevention; mental illness/behavioral health; unintended pregnancy; oral health; tobacco use; substance abuse; nutrition; and obesity prevention.

- Healthy People 2020 (www.healthypeople.gov)

A total of 18.3% of Total Area adults participated in some type of organized health promotion activity in the past year, such as health fairs, health screenings, or seminars.

- In Gallatin County, similar findings by area.
- Similar findings by county in the Total Area.
- TREND: Denotes a statistically significant decrease from previous survey findings.

Note that 53.2% of adults who participated in a health promotion activity in the past year indicate that it was sponsored by their employer.
These population segments are more likely to have participated in a health promotion activity in the past year:

- Women.
- Adults age 40 to 64.
- Mid/high-income residents.
- Non-Hispanic Whites.

Participated in a Health Promotion Activity in the Past Year
(Total Area, 2017)
Local Resources
Perceptions of Local Healthcare Services

Nearly 6 in 10 Total Area adults (59.1%) rate the overall healthcare services available in their community as “excellent” or “very good.”

- Another 29.7% gave “good” ratings.

**Rating of Overall Healthcare Services Available in the Community**
(Total Area, 2017)

![Pie chart showing ratings]

**Sources:**
- 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 6]

**Notes:**
- Asked of all respondents.

However, 11.2% of residents characterize local healthcare services as “fair” or “poor.”

- Similar to that reported nationally.
- In Gallatin County, much higher outside Bozeman; similar findings by county.
- **TREND:** Marks a statistically significant improvement in ratings.

**Perceive Local Healthcare Services as “Fair/Poor”**

![Bar chart showing percentages]

**Sources:**
- 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 6]
- 2015 PRC National Health Survey, Professional Research Consultants, Inc.

**Notes:**
- Asked of all respondents.
The following residents are more critical of local healthcare services:

- Adults under age 65.
- Other or unknown races.
- Uninsured adults.

**Perceive Local Healthcare Services as “Fair/Poor”**
(Total Area, 2017)

Sources: 2017 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 6]

Notes:
- Asked of all respondents.
- Hispanics can be of any race. Other race categories are non-Hispanic categorizations (e.g., “White” reflects non-Hispanic White respondents).
- Income categories reflect respondent’s household income as a ratio to the federal poverty level (FPL) for their household size. “Low Income” includes households with incomes up to 200% of the federal poverty level; “Mid/High Income” includes households with incomes at 200% or more of the federal poverty level.
Healthcare Resources & Facilities

Hospitals & Federally Qualified Health Centers (FQHCs)

The following map details the hospitals and Federally Qualified Health Centers (FQHCs) within the Total Area as of December 2016.
Resources Available to Address the Significant Health Needs

The following represent potential measures and resources (such as programs, organizations, and facilities in the community) identified by key informants as available to address the significant health needs identified in this report. This list only reflects input from participants in the Online Key Informant Survey and should not be considered to be exhaustive nor an all-inclusive list of available resources.

Access to Healthcare Services

Alcohol and Drug Services
Bear Tooth Transport
Bozeman Creek Family Health
Bozeman Health
Bozeman Health Belgrade Clinic
Bozeman Health Clinics
Bozeman Health Deaconess Hospital
Bozeman Health Family Practice
Bozeman Health Pediatrics
Bridgercare
Community Health Partners
Crisis Hotline
Crisis Response Team
Doctor's Offices
First Choice Transportation
Galavan
Gallatin City-County Health Department
Gallatin County Council on Aging
Gallatin Mental Health Center
Health Department
Help Center
Hope House
Hospitals
Human Resource Development Council
Livingston Food Resource Center
Medicare/Medicaid
Mental Health Local Advisory Council
Mint Dental
Montana Independent Living Project
Nursing Homes
Public Health
Senior Center
Sprout Dental
Streamline Bus Service
TeleHealth
Thrive

Urgent Care

Arthritis, Osteoporosis & Chronic Back Conditions

Alpine Orthopedics
Alternative Medicine Options
Bozeman Health
Bozeman Health Family Practice
Bozeman Health Rheumatology and Internal Medicine
Bozeman Senior Center
Bridger Orthopedics
Community Health Partners
Doctor's Offices
Pain Management Specialists
Physical Therapy
Wellness and Avoidance

Cancer

AMI
Bozeman Health
Bozeman Health Cancer Center
Bozeman Health Care Mobile Van
Bozeman Health Clinics
Bozeman Health Deaconess Hospital
Bozeman/Billings Medical Resources
Bridgercare
Cancer Support Center
Cancer Support Community Montana
Community Health Partners
Doctor's Offices
Gallatin City-County Health Department
Gallatin City-County Public Health
Health Fair Screenings
Hospitals
Livingston HealthCare
Montana Cancer Control Program
Montana Skin Cancer and Dermatology Center
Palliative Care  
Seattle Cancer Care Alliance  
START Program  
Support Groups  
Three Rivers Clinic

Dementias, Including Alzheimer’s Disease

Action, Inc.  
Adult Protective Services  
Altacare  
Alzheimer’s Caregiver Support Group  
Assisted Living Facilities  
Befrienders  
Bozeman Health  
Bozeman Health Care Mobile Van  
Bozeman Health Internal Medicine  
Bridgercare  
Doctor’s Offices  
Edgewood Vista Memory Care  
Galavan  
GCRH  
Highgate Assisted Living  
Hillcrest Senior Living  
Home Instead  
Hope House  
Hope Lutheran Church  
Meals on Wheels  
Mental Health Local Advisory Council  
Pathways Assisted Living  
Public Health  
Senior Center  
Skilled Nursing Facilities  
Spring Creek Assisted Living  
Spring Creek Inn  
Spring Meadows  
Statewide Initiatives and Fundraisers  
Support Groups  
Three Rivers Clinic  
Warm Springs State Hospital  
Women’s Resource Center

Diabetes

Act Now  
Bozeman Health Care Mobile Van  
Bozeman Health Deaconess Hospital  
Bozeman Health Diabetes Center  
Bozeman Health Endocrinology Clinic

Bozeman Health Family Practice  
Bozeman Health Internal Medicine  
Bozeman Health Pediatrics  
Community Health Partners  
Community Outreach Programs  
Diabetes Education Center  
Diabetes Prevention Program  
Diabetes Support Group  
Doctor’s Offices  
Food Resource Center  
Galavan  
Gallatin City-County Health Department  
Headwaters Area Food Bank  
Headwaters Trail System  
Health Department  
Hospitals  
Livingston Food Resource Center  
Livingston HealthCare  
Meals on Wheels  
Parks and Recreation  
Sebastian White  
SNAP  
Three Rivers Clinic  
V-42 Fitness

Environmental Health

DEQ  
Fire Department  
Forest Service  
Health Department  
Healthy Gallatin  
Montana Department of Public Health  
Montana State University  
Public Health

Family Planning

ACA  
Bozeman Health  
Bozeman Health Belgrade Clinic  
Bozeman Health Deaconess Hospital  
Bridgercare  
Community Health Partners  
Doctor’s Offices  
Planned Parenthood  
Schools Systems  
St. Catherine’s Clinic  
Three Forks School System  
Three Rivers Clinic
Hearing & Vision
- ZoeCare
- Give a Day Program
- Hospitals
- Lions Club
- Wal-Mart

Heart Disease & Stroke
- Act Now
- Bozeman Health
- Bozeman Health Cardiology Consultants
- Bozeman Health Care Mobile Van
- Bozeman Health Deaconess Hospital
- Cardiac Rehab
- Cardiology Consultants
- Community Health Partners
- CPR Outreach Program
- Doctor's Offices
- EMS Providers
- Headwaters Trail System
- Livingston Food Resource Center
- Livingston HealthCare
- Montana Heart Rescue
- Montana Quitline
- Public Health
- Three Rivers Clinic
- V-42 Fitness

HIV/AIDS
- Bozeman Health
- Bridger Clinic
- Montana State University

Immunization & Infectious Diseases
- Bridgercare
- Community Health Partners
- Doctor's Offices
- DPHHS
- Gallatin City-County Health Department
- Health Department
- Livingston HealthCare
- Montana Immunization Program
- Pediatric Clinics
- Schools Systems

Infant & Child Health
- Acorn Pediatrics

Injury & Violence
- Aspen
- Bozeman Health
- Bozeman Health Forensic Nursing Program
- Childcare Connections in Bozeman
- Crisis Hotline
- DPHHS
- Haven
- Help Center
- Hope House
- Hospitals
- Human Resource Development Council
- Law Enforcement
- Love is Respect
- Montana State University
- Schools Systems
- Sexual Assault Counseling Center
- Shelter for Battered and Abused Women
- Thrive
- Victims Advocacy

Kidney Disease
- Bozeman Health Deaconess Hospital
- Bozeman Health Dialysis
- Three Rivers Clinic

Mental Health
- 211
- Alcohol and Drug Services
- Alcohol and Drug Services of Gallatin County
- AWARE
- Big Sky Youth Empowerment
- Bozeman Health
- Bozeman Health Belgrade Clinic
- Bozeman Health Deaconess Hospital
- Bozeman Health Family Practice
| Bozeman Police Department | Western Montana Mental Health |
| Bozeman School District | Youth Dynamics |
| Bridger Child and Adolescent Psychiatry | Nutrition, Physical Activity & Weight |
| Bridger Psychiatric Services | AARP |
| Bridgercare | Bozeman and Belgrade Complete Streets |
| Case Management | Policy |
| Churches | Bozeman Health |
| Community Health Partners | Community Adult Education Classes |
| Crisis Evaluation Team | Community Health Partners |
| Crisis Hotline | Co-op |
| Crisis Response Team | Doctor's Offices |
| CSCT Programs | Farmer's Market |
| Discounted Medication Program | Fitness Center/Gym |
| Doctor's Offices | Food Resource Center |
| Employee Assistance Program | Gallatin Valley Farm to School |
| Gallatin City-County Health Department | Gallatin Valley Food Bank |
| Gallatin Mental Health Center | Gallatin Valley Land Trust |
| Gallatin Valley Peer Counselor Program | Greater Gallatin Way |
| Haven | Harvest of the Month |
| Health Department | Health Department |
| Help Center | Human Resource Development Council |
| Hope House | Livingston HealthCare |
| Hospitals | Low-Cost/Free Transportation for Seniors and Disabled |
| Human Resource Development Council | Madison Valley Athletic Center |
| Law Enforcement | Madison Valley Medical Center |
| L’esprit | Montana State University |
| Livingston HealthCare | Park County Public Health Department |
| Livingston Mental Health Clinic | Parks and Recreation |
| Madison Valley Medical Center | Schools Systems |
| Mental Health Center | SNAP |
| Mental Health Local Advisory Council | Thrive |
| Mental Health of America—Montana | TOPs Program |
| Mental Health Services | Weight Loss Clinics |
| Montana State University | YMCA |
| NAMI | Oral Health |
| Parks and Recreation | Community Health Dental |
| Project LAUNCH | Community Health Partners |
| Public Health Home Visitation Services | Dentist's Offices |
| Salvation Army | Mint Dental |
| Schools Systems | Sayre |
| Southwest Chemical Dependency | School Systems |
| St. Peter's Behavioral Health | Sprout Dental |
| State of Montana | Respiratory Diseases |
| Suicide Prevention Educators | Bozeman Health |
| Three Rivers Clinic | Bozeman Health Deaconess Hospital |
| Thrive | |
| Veterans Administration | |
| Warm Springs State Hospital | |
Services for LGBTQ Residents
- Bozeman Creek Family Health
- Bozeman Health
- Bozeman Health Belgrade Clinic
- Bozeman Health Deaconess Hospital
- Bridger Clinic
- Bridgercare
- Clergy
- Community Clinic
- Community Health Partners
- Gallatin City-County Health Department
- Gender Alliance
- Mental Health Services
- Montana State University
- PFLAG
- Queer Straight Alliance
- Zip Clinic

Services for Seniors
- AARP
- Action, Inc.
- Adult Protective Services
- Angel Line
- Area Agency on Aging
- Assisted Living Facilities
- Bear Creek
- Befrienders
- Belgrade Community Library
- Birchwood
- Bozeman Health
- Bozeman Health Deaconess Hospital
- Bozeman Senior Center
- Bozeman/Belgrade Senior Centers
- Churches
- Community Health Partners
- Cottonwood Case Management
- Department of Health Senior Services Program
- Doctor’s Offices
- Edgewood Vista Memory Care
- Ennis Senior Center

Sexually Transmitted Diseases
- Bozeman Health Belgrade Clinic
- Bozeman Health Deaconess Hospital
- Bridgercare
- Community Health Partners
- Doctor’s Offices
- Gallatin City-County Health Department
- Montana State University
- Zip Clinic

Substance Abuse
- AA/NA
- Adolescent Resource Center
- Alcohol and Drug Services
- Alcohol and Drug Services of Gallatin County
- Alive Again Life Recovery
- Boys and Girls Ranch Treatment
- Bozeman Health
- Bozeman Health Deaconess Hospital
- Churches
- Community Coalition of Drug Awareness
- Community Corrections Program
- Community Health Partners
Community Medical Services
County Substance Abuse Program
Crisis Response Team
DARE
Detention Center
Doctor's Offices
Drug and Alcohol Abuse Hotline
Drug Court
DUI Task Force
ELKS, Community Coalition on Drug Abuse
Gallatin City-County Health Department
Gallatin County DUI Task Force
Gallatin Mental Health Center
Health Department
Healthy Gallatin
Help Center
Hope House
Hospitals
Ideal Option
Law Enforcement
L'esprit
Livingston HealthCare
Livingston School System
Madison Valley Medical Center
Mental Health Services
Missouri River Task Force
Montana Chemical Dependency Center
Montana Peer Network
Montana State University
NorthPoint

Park County Public Health Department
Rimrock Foundation
Salvation Army
Schools Systems
Southwest Chemical Dependency
Substance Abuse Coalition
Substance Abuse Counselors
Substance Abuse Free Environment
Western Montana Mental Health

Tobacco Use
Advertisements
Board of Health
Bozeman Health Clinics
Bozeman Health Deaconess Hospital
Bozeman Health Family Practice
City of Bozeman Parks and Recreation
Community Health Center
Community Health Partners
Gallatin City-County Health Department
Healthy Gallatin
Madison County Tobacco Prevention Specialist
Montana Quitline
Park County Asthma Program
Public Education
Schools Systems
Tobacco Cessation Programs
Appendix:
Bozeman Health Deaconess Hospital
**Evaluation of the Community Health Improvement Efforts of Bozeman Health Deaconess Hospital**

To evaluate the recent work of Bozeman Health Deaconess Hospital (BHDH) around specific issues important to improving the health of the community, a separate, follow-up “Feedback” Online Key Informant Survey was administered by PRC to both BHDH internal stakeholders and representatives of key constituent organizations throughout the community.

**Methodology**

To administer the Online Key Informant Survey, a list of recommended participants was provided by BHDH. Key informants were contacted by email, introducing the purpose of the survey and providing a link to take the survey online; reminder emails were sent as needed to increase participation. In all, 98 stakeholders took part in the follow-up Feedback Online Key Informant Survey.

In the online survey, key informants were asked to evaluate Bozeman Deaconess Health Services' work in several areas of community health. Follow-up questions asked them to recommend ways in which this work could be improved or enhanced, and what opportunities exist for greater community partnership and better resource utilization. Results of their ratings, as well as their verbatim comments, follow.
### Key Informant Evaluation of BHDH’s Recent Work Around Specific Health Issues

<table>
<thead>
<tr>
<th>Aspect</th>
<th>% Excellent</th>
<th>% Very Good</th>
<th>% Good</th>
<th>% Fair</th>
<th>% Poor</th>
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<tbody>
<tr>
<td>Increasing Community Awareness of the Health Care Resources and Educational Programs Available in the Community</td>
<td>16.3</td>
<td>22.5</td>
<td>32.5</td>
<td>23.8</td>
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<tr>
<td>Providing Adequate Levels of Financial Assistance for Patients Treated at Bozeman Health Deaconess Hospital and Clinics</td>
<td>12.9</td>
<td>33.9</td>
<td>35.5</td>
<td>16.1</td>
<td>1.6</td>
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<td>Engaging and Collaborating with the Community to Address Prioritized Community Health Care Needs</td>
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<td>33.3</td>
<td>34.4</td>
<td>14.4</td>
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<tr>
<td>Increasing Community Awareness on the Importance of Preventive Health Screenings</td>
<td>10.7</td>
<td>36.9</td>
<td>36.9</td>
<td>13.1</td>
<td>2.4</td>
</tr>
<tr>
<td>Improving Access to Low Cost Preventive Health Screenings for Adults</td>
<td>10.6</td>
<td>21.2</td>
<td>30.3</td>
<td>34.8</td>
<td>3.0</td>
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<tr>
<td>Supporting Key Organizations That Help Address the Health Needs of the Uninsured or Underinsured</td>
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<td>28.9</td>
<td>30.3</td>
<td>7.9</td>
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<tr>
<td>Supporting Key Organizations That Help Address Obesity, Nutrition, and Physical Activity Needs in the Community</td>
<td>9.1</td>
<td>22.7</td>
<td>37.9</td>
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<tr>
<td>Improving Access to Low Cost Preventive Health Screenings for Children</td>
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<td>37.1</td>
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<td>3.2</td>
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<td>Advancing Education and Promoting Healthy Nutrition and Physical Activity Programs in the Community</td>
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<tr>
<td>Supporting Key Organizations That Help Address Behavioral and Mental Health Needs in the Community</td>
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<td>Advancing Education and Promoting Behavioral and Mental Health Programs and Services in the Community</td>
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<td>Offering Support in Finding Insurance Coverage for Eligible Patients</td>
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<td>22.2</td>
<td>33.3</td>
<td>24.1</td>
<td>16.7</td>
</tr>
</tbody>
</table>
Access to Health Services

Evaluations

Key informants were asked a number of questions designed to evaluate BHDH’s work in improving access to healthcare services for community members.

- Key informants were most likely to give high ratings in their evaluation of BHDH increasing awareness on the importance of health screenings (47.6% “excellent/very good”) and providing adequate financial assistance to patients (46.8% “excellent/very good”).
- However, “fair/poor” ratings were highest in evaluations of BHDH finding insurance coverage for eligible patients (40.8%), supporting organizations that help uninsured/underinsured (38.2%), and improving access to low-cost health screenings for adults (37.8%).

Key Informants:
Evaluation of BHDH for Access to Health Services

<table>
<thead>
<tr>
<th>Evaluation Area</th>
<th>Excellent/Very Good</th>
<th>Good</th>
<th>Fair/Poor</th>
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<tbody>
<tr>
<td>Increasing Awareness on the Importance of Health Screenings</td>
<td>47.6%</td>
<td>36.9%</td>
<td>15.5%</td>
</tr>
<tr>
<td>Providing Adequate Levels of Financial Assistance to Patients</td>
<td>46.8%</td>
<td>35.5%</td>
<td>17.7%</td>
</tr>
<tr>
<td>Increasing Awareness of Health Resources/Programs</td>
<td>38.8%</td>
<td>32.5%</td>
<td>28.8%</td>
</tr>
<tr>
<td>Supporting Organizations That Help Un(der)insured</td>
<td>32.9%</td>
<td>28.9%</td>
<td>38.2%</td>
</tr>
<tr>
<td>Improving Access to Low Cost Health Screenings for Adults</td>
<td>31.8%</td>
<td>30.3%</td>
<td>37.8%</td>
</tr>
<tr>
<td>Improving Access to Low Cost Health Screenings for Children</td>
<td>29.1%</td>
<td>37.1%</td>
<td>33.8%</td>
</tr>
<tr>
<td>Finding Insurance Coverage for Eligible Patients</td>
<td>25.9%</td>
<td>33.3%</td>
<td>40.8%</td>
</tr>
</tbody>
</table>

Suggestions for Improvement and Resources to Engage

Providing Adequate Financial Assistance

What could BHDH do to better provide adequate levels of financial assistance for patients treated at Bozeman Health Deaconess Hospital and Clinics? Please include any community organizations you think BHDH could partner with, or resources BHDH could promote.

Themes and responses among those who rated BHDH as “good,” “fair,” or “poor” for this item, as well as suggested community resources or organizations BHDH should seek to engage or partner with to help meet this need, are listed below:
Awareness of Resources

Public awareness of possible financial assistance is near zero. So work with NGO/Gallatin Health that provide assistance, providers, media, and outreach/publicity through wider variety and at great intensity. - Community Leader

Per several patients, they were not notified when contacting the billing office that financial assistance may be available. If a patient needs a payment plan, they should know about financial assistance, just in case. - Physician/Advanced Practice Clinician

Provide more public information on access to health insurance for low income people. Facilitate enrollment in Medicaid and plans on the health insurance marketplace. - Community Leader

Social work and healthcare navigator support. List of community connections that can assist patients with needed services. Personnel to help make sure patients are connected with these services. - Physician/Advanced Practice Clinician

People in Big Sky don't know that the hospital offers sliding scale services, or that they can partner with Community Health Partners' sliding scale services for care. People in Big Sky also do not know that the hospital offers debt forgiveness for some. - Social Services Provider

Collaboration/Partnerships

We could partner with non-profit charitable organizations that align with our mission and vision to provide care to the uninsured. This could include religious entities, assuming no restrictions are in place to do so. - Physician/Advanced Practice Clinician

Partnership with HRDC, OPA, Help Center in streamlining the connection for low income customers to access to financial assistance. - Community Leader

Engage more with Healthy Gallatin, Gallatin Mental Health LAC, and OPA. - Community Leader

More support and partnership with CHP, Hope House, and Bridgercare. - Community Leader

Community health, county health department. - Community Leader

Transportation

Transportation is a key issue in accessing health care services; coordinating schedules and appointments around available transportation services would help. - Social Services Provider

BHDH could provide additional support to the public and some private entities that provide transportation services that allow people to access BHDH. HRDC would be at the top of that list, as HRDC operates the Streamline and Gallatin transportation. - Other Health Professional

Many clients fall in the Medicaid gap. They know about CHP, but they are often booked out, so they end up at the emergency room. The mobile health bus is great, but still misses people. I wonder if the bus was in one location for a week, if that would help. - Community Leader

I think that BHDH needs to recognize that not everyone receiving service has a car to get them to their appointments and needs to support individuals and recognize the challenges of getting to/from appointments. - Other Health Professional

I appreciate the Big Sky Hospital for rural families. It is still hard to get transportation unless you use the West Yellowstone Bus operating on Tuesday and Thursdays. - Physician/Advanced Practice Clinician

Assess Need Prior to Providing Services

Assess financial need prior to providing services when appropriate, and if someone does not qualify for Medicaid and cannot enroll in ACA at the time, a good option would be to refer them to CHP. This would allow them to get an office visit. - Physician/Advanced Practice Clinician

Assessing a patient's ability to pay when they check in for their appointments. Assuring them that if payment is of concern, there are opportunities available to assure their needs are met. Alleviating the fear of huge medical bills will encourage people. - Other Health Professional

Reduce Barriers

Candidly, I have a difficult time determining how BHDH could be more involved. I say this because of all of the financial assistance they provide to so many people seeking health care at the hospital. - Community Leader
Need more access to social workers who know how to enroll patients in Medicaid. CHP does this very well. Perhaps our social workers could partner with them to learn how to do this. - Physician/Advanced Practice Clinician

Make financial assistance easier to get. It is a burden to go through the process. Obviously, there is already work with CHP. - Physician/Advanced Practice Clinician

Reduce Costs

Healthcare is expensive, we get that. However, the bills accrued at BDH can be excessive, even when an insurance program has paid the majority portion. BDH should be more willing to reduce costs to minimize impact on families and patients. - Other Health Professional

Lower prices, so physicians are not making profits off of people who cannot afford to have excellent health insurance. - Other Health Professional

Customer Service

Financial department needs to be better at being patient-friendly and not sending out letters of collection, which is frequently done. It is all about communication. - Physician/Advanced Practice Clinician

Patients Taking Ownership Of Their Health

I believe the BHDH provides a great deal of financial support to the community. In fact, much more than any other acute hospital, I’m certain. I believe it’s necessary for patients to begin taking ownership in their health problems. - Physician/Advanced Practice Clinician

Public Policy

Become more involved in the public policy conversations. Our community members need better access to health care services, in general. And we, as community advocates, need to work more closely to influence public policy. - Physician/Advanced Practice Clinician

Finding Insurance Coverage

What could BHDH do to better offer support in finding insurance coverage for eligible patients at Bozeman Health Deaconess Hospital and Clinics? Please include any community organizations you think BHDH could partner with, or resources BHDH could promote.

Themes and responses among those who rated BHDH as “good,” “fair,” or “poor” for this item, as well as suggested community resources or organizations BHDH should seek to engage or partner with to help meet this need, are listed below:

Health Navigators

Have navigators available at key touchpoints to help patients enroll in Medicaid or ACA. - Community Leader

With respect to the current political environment and the existing availability of Affordable Care Act insurance, BHDH should have on-staff Certified Application Counselors (CACs) or navigators to assist in enrollment in ACA insurance. - Community Leader

Getting patients in contact with [health insurance] exchange navigators early in the process and following up if they have to wait until open enrollment. Navigators are available at CHP and Bridgercare, as well as GCCHD if the other two are beyond capacity. - Other Health Professional

Have trained CACs or Navigators on staff to assist clients in enrolling in the ACA, Obamacare, and Medicaid. I know this has been done at some point in the past, but my understanding is they no longer do. - Community Leader

BHDH should have an on-payroll service navigator for healthcare insurance coverage, including Medicare and Medicaid, as well as Marketplace and private insurance. They could then serve various populations by visiting- once a month or so- to the food bank. - Social Services Provider
I could be wrong, but I'm not aware of how many Certified Application Counselors there are at BHDH, but making that know and that they are available would be a good step. ACA open enrollment will only be 6 weeks this year. - Physician/Advanced Practice Clinician

I have no idea what BHDH is currently doing to enroll low income patients in Medicaid, Plan First, CHIP, LACR programs, vaccine programs. What I do know is that we have patients coming in frequently who also have been to BHDH in the past year. - Community Leader

BHDH could offer CAC services at their facilities. Right now, CHP and Bridgercare are doing the majority of these services with little, no resources and they often get referrals from your organization. If patients have access to these services at BHDH. - Community Leader

I think the bus should include health care navigators to enroll uninsured people into Medicaid, or walk them through the enrollment process on Healthcare.gov. - Community Leader

Collaboration and Awareness

Continue working with CHP, making sure the elderly and low income patients are aware of the services in the community. Making the resource book for Gallatin County readily available, having a social worker available for all the clinics to assist pts. - Community Leader

Raising awareness of what services are available to help patients would be useful. Currently connecting patients to support services seems spotty at best. - Physician/Advanced Practice Clinician

Public has no perception that Bozeman Health ever acts as a public ombudsman to help them. So what coverage you secure is important, people don't know that's even a possibility and are making decisions, to not seek care for example. - Community Leader

I know of no program actively doing this, certainly not at my clinic. - Physician/Advanced Practice Clinician

Access to Social Workers

Expand hours of emergency room social workers. - Community Leader

More social workers or people who can meet with people easily that the clinics have access to. - Physician/Advanced Practice Clinician

Public Policy

It probably starts with being a strong voice for legislation for affordable healthcare and insurance for all. So many people fall through the gap of affordable insurance- They are Medicare-qualified, but not Medicaid-qualified, thereby reducing Medicaid eligibility. - Community Leader

BHDH should support polices that would make insurance affordable for people living around the 200% of FPL mark. - Community Leader

Outreach

Outreach into Madison County. - Social Services Provider

Services for Underinsured

MASH is a great service to start the process for those without insurance, but spreading this service to include all patients, not just those uninsured. There are many patients that are underinsured, including those on Medicare or private insurance. - Physician/Advanced Practice Clinician
Supporting Organizations That Help the Uninsured/Underinsured

What could BHDH do to better support key organizations that help address the health needs of the uninsured/underinsured? Please include any community organizations you think BHDH could partner with, or resources BHDH could promote.

Themes and responses among those who rated BHDH as "good," "fair," or "poor" for this item, as well as suggested community resources or organizations BHDH should seek to engage or partner with to help meet this need, are listed below:

Collaboration/Partnerships

- **BHDH should really do something in the world of oral health, more than just partner with CHP. CHP is great, but doesn’t have the reach or capacity to care for the real oral needs in the community.** BHDH should reach out to the local dental society. - Community Leader
- **Support preventative and upstream health saving opportunities such as investment in resource hub for low income persons, support for housing-based solutions to improve health outcomes.** - Community Leader
- **BHDH works with Community Health Partners and others to address the needs of the uninsured/underinsured as well as they can.** - Other Health Professional
- **BHDH could visit the food bank to get to know the common health problems presented in Big Sky and provide information on preventative care services, as well as various payment options in the form of posters, flyers, or visiting representatives.** - Social Services Provider
- **Partner with CHP who does an excellent job getting patients set up with Medicaid.** - Physician/Advanced Practice Clinician
- **Partner with CHP and Bridgercare and expand social work hours in the emergency room.** - Community Leader
- **I do not have an answer to this as an individual agency, but I believe that our community organizations could work more closely together to come up with some of the solutions.** - Physician/Advanced Practice Clinician
- **I do not believe Bozeman Health works with or supports AWARE, an organization that is doing great work in our community.** - Community Leader
- **Work closely with HRDC and United Way.** - Community Leader
- **Community Health Partners, rural critical access hospitals in the area.** - Community Leader

Funding

- **Given the uncertainty of funding to CHP’s, the focus to support our CHP organizations is imperative. I believe as an entity, BHDH provides a great support system for those community members identified, and they support multiple community agencies.** - Physician/Advanced Practice Clinician
- **Grants and publicity. The state and county have dramatically cut mental health, for example, so that’s one place to start.** - Community Leader
- **Underinsured, work with insurance companies to reduce leftover costs after insurance has paid out. Consider insurance payment as paid in full.** - Other Health Professional
- **Non-profit employee discount.** - Other Health Professional

Outreach

- **I think they could look at expanding into West Yellowstone. We are very remote here and do what we can in our small clinic, but many locals are not able to get to Bozeman for other services. We were recently told we would be able to start having telehealth services.** - Public Health/Community Health Representative
- **Well we love that BHDH is such amazing supporters of CHP. Services they provide are so crucial to our most vulnerable populations in Gallatin Valley and beyond. I don’t know if BHDH supports CHP outside of Bozeman and Belgrade.** - Community Leader
- **Outreach into Madison County.** - Social Services Provider
Mental Health Services

Access for mental health services for low income people is critical in the Bozeman area. Most mental health providers don’t take Medicaid. BHDH needs to lead in assuring access for all people—particularly children—to mental health services. - Community Leader

A major area of concern is the fragile safety net for mental health care in Gallatin County. Gallatin Mental Health Center, and the associated Hope House (up to 72-hour stabilization), recently suffered major setbacks in adequate staffing. - Social Services Provider

Everyone should have access to mental health care, regardless of income. GVMH, CHP, HRDC, Health Dept., United Way, and the Law & Justice Center all have a stake in the fight. BHDH can begin by not shifting the focus to these other community organizations. - Community Leader

Health Navigators

Staffing CACs would take pressure off local organizations. BHDH could reach out to CHP, Bridgercare, and the GCCHD to organize enrollment informational meetings and enrollment events. - Community Leader

Community Health Partners does great work, but is overloaded. Bridgercare is another great organization. Both were helping sign our clients up for health insurance, Medicaid, and Marketplace plans before the uncertainty of the ACA and Medicaid. - Community Leader

Routine Care

Making sure that routine care that can be provided at CHP is done there. This makes it much more affordable for the patient and would allow hospital financial assistance to pay for more costly procedures that need to occur at BHDH. - Physician/Advanced Practice Clinician

We do a fair job supporting Community Health Partners. Perhaps we could offer rotations for our employed primary care clinicians to work in the clinic to get some exposure to the front lines of community health. We could also consider subsidizing. - Physician/Advanced Practice Clinician

Awareness of Resources

Many of us as individuals refer patients in the ED to Community Health Partners and Bridgercare, but I do wonder how often we have staff that aren’t aware of the resources available and so aren’t able to pass on that information to patients. - Physician/Advanced Practice Clinician

Reproductive Health

Consider funding support for reproductive healthcare access to low income community members and Bridgercare. Increase funding support for local mental health services. - Community Leader

Transportation

Transportation is a key issue in accessing health care services. Coordinating appointments around available transportation would be helpful, and funding to assist transportation services would be helpful. - Social Services Provider
Increasing Awareness on the Importance of Preventive Health Screenings

What could BHDH do to further increase the community's awareness of the importance of preventive health screenings? Please include any community organizations you think BHDH could partner with, or resources BHDH could promote.

Themes and responses among those who rated BHDH as "good," "fair," or "poor" for this item, as well as suggested community resources or organizations BHDH should seek to engage or partner with to help meet this need, are listed below:

**Messaging/Education**
- Advertise, stress the importance, and make access to primary care easier. - Physician/Advanced Practice Clinician
- Finding individuals to share their story. Nothing has a bigger impact than hearing someone's personal story of early detection. - Other Health Professional
- More widespread advertising outside the provider's office. Use social media, TV, and radio more. This would educate those not currently in the system and already seeking care. Need to reach the general population at large. - Community Leader
- Bridgercare, promote nutrition as preventative health. - Other Health Professional
- All of the above, schools, churches and sports, you name it. Public understanding of this is quite low. - Community Leader
- Information sheets that could be offered to payroll departments of private and public entities. - Community Leader
- All of the major employers should have information about BHDH's preventative services, as well as their cost and benefit. The food bank needs this information also, as well as the counseling department at the school. Maybe even Big Sky's gyms. - Social Services Provider

**Outreach**
- Marketing and outreach for providers, but also for community based events for those not engaged with primary care provider. - Other Health Professional
- BHDH seems like a very large organization that seldom connects with the community on large events. By taking a part in the large community events (Sweet Pea, markets), information and resources could be shared and at the same time. - Community Leader
- More education and outreach. Our clients do not understand the importance of preventative care. - Community Leader
- County Public Health Department. - Social Services Provider
- Outreach via Greater Gallatin United Way, the Food Bank, Community Café and Warming Shelter. - Social Services Provider

**Collaboration/Partnerships**
- Working with HRDC and other service organizations that provide resources to low income families and individuals to spread the message might be one strategy. Also, make sure that these organizations have a healthcare connections screening schedule. - Physician/Advanced Practice Clinician
- I believe BHDH provides a great service in preventative means and works continuously in collaboration with community agencies. - Physician/Advanced Practice Clinician
- Outreach into Madison County. Madison Valley Medical Center, Ruby Valley Hospital and Madison They can partner more with CHP. They can run additional ads in our local newspaper. - Public Health/Community Health Representative
- Partnership with HRDC and Help Center to provide materials and have presence in planning efforts to support low income persons. - Community Leader
- Montana Medical Association, Montana Hospital Association, state government, rural critical access hospitals and public health nurses. - Community Leader
Affordability

Offer screenings often and for free or substantially-reduced costs. It’s difficult to promote preventative screenings when families or individuals cannot afford healthcare to begin with. People are reluctant to pay out-of-pocket for preventative care. - Other Health Professional

The first step is to ensure that the preventive screenings you are offering really reduce disease and costs. Many screening tests actually drive costs up and provide unnecessary care because of their weak predictive value. - Community Leader

Chronic/Behavioral Health Screenings

The most prominent and costly chronic health conditions are behavioral health, mental health and substance use disorders. These should be routinely screened through primary care and emergency room visits. - Community Leader

Improving Access to Low-Cost Preventive Health Screenings for Children

What could BHDH do to further improve access to low cost preventive health screenings for children? Please include any community organizations you think BHDH could partner with, or resources BHDH could promote.

Themes and responses among those who rated BHDH as “good,” “fair,” or “poor” for this item, as well as suggested community resources or organizations BHDH should seek to engage or partner with to help meet this need, are listed below:

Collaboration/Partnerships

Partner with organizations that serve children, specifically to help market the programs to the people who need it most. Partnering with schools throughout the community, HRDC Head Start, YMCA and Thrive. - Community Leader

I do not have an answer to this as an individual agency, but believe that our community organizations could work more closely together to come up with some of the solutions. - Physician/Advanced Practice Clinician

Partner with the schools and the public library and offer free screenings. - Community Leader

Work closer with health department and do strategic outreach using the bus. - Community Leader

Health Care Connections Van

Children’s screening and immunization services could be offered through the Health Care Connections van (HCC). They are not currently. The HCC could travel to various schools in the county prior to the school year and provide screenings. - Community Leader

Include services for children, like immunizations at HCC mobile screenings. - Physician/Advanced Practice Clinician

If there would be anyway to have an equivalent of the Healthcare Connection bus for children, that would probably be helpful. Also, working with organizations like Head Start and school nurses to identify children in need of services would be helpful. - Community Leader

Funding

Keep on funding CHP, consider funding youth programs like BYEP and low-income, local pre-schools so that all children start school with at least a fighting chance of succeeding. Give more money to HRDC. HRDC tackles affordable housing and preschool. - Community Leader

Support CHP and continue the great services available through BHDH. Ample financial assistance is available and beefing up MASH to provide resources and insurance coordination for families that do not have insurance or are underinsured. - Physician/Advanced Practice Clinician
Pediatric Care

Need to enroll kids in pediatric practice. - Physician/Advanced Practice Clinician

This is an area where I feel we could really improve. How can we make health appointments more accessible to busy parents for whom every 30 minute slot in the day counts? To whom every 5 dollars counts? - Physician/Advanced Practice Clinician

Screening Location

Provide screening on-site at Head Start and running Start Early Childhood Center. Provide access to screening for children eligible for best beginnings scholarship or access McKinney Vento resources. - Community Leader

Consider screenings in other community locations. - Community Leader

Outreach

Outreach into Madison County. Hospital partners and public health. - Social Services Provider

Potential Resources

Obviously, the counseling department at the Ophir, Morningstar, Big Sky Discovery Schools - especially their English Language Learner program - and even some of the major employer’s daycare facilities. Big Sky Resort, Lone Peak Playhouse. - Social Services Provider

AAP resources, county health department, community health partners, rural critical access hospitals and school systems. - Community Leader

Hatch Pediatrics, CHP. - Community Leader

Schools, of course, come to mind. Outreach. Bozeman schools do not have adequate school nursing services, so partner with them to get more nurses in the schools. - Community Leader

School districts in the Gallatin Valley. - Other Health Professional

Schools. - Physician/Advanced Practice Clinician

Improving Access to Low-Cost Preventive Health Screenings for Adults

What could BHDH do to further improve access to low cost preventive health screenings for adults? Please include any community organizations you think BHDH could partner with, or resources BHDH could promote.

Themes and responses among those who rated BHDH as “good,” “fair,” or “poor” for this item, as well as suggested community resources or organizations BHDH should seek to engage or partner with to help meet this need, are listed below:

Collaboration/Partnerships

Continue with the Healthcare Connection bus and partner with all organizations that offer medically accurate, sliding fee services. - Community Leader

Partner with home health and the senior center to coordinate care. - Physician/Advanced Practice Clinician

Promoting through schools, trailer parks, low-income housing units, etc. - Community Leader

You could come to the food bank and do week long screenings twice a year. - Community Leader

I do not have an answer to this as an individual agency, but believe that our community organizations could work more closely together to come up with some of the solutions. - Physician/Advanced Practice Clinician

Partnerships with aforementioned parties, community initiatives. - Physician/Advanced Practice Clinician

Advertising/Promotions

The fact that you have a bus for outreach is great. Also, I'd like to see the Health Fair advertised earlier. I've missed it on several occasions and now that I no longer subscribe to the newspaper I'll
probably miss it again. Perhaps an email blast. - Community Leader
More mobile outreach, more often and in more places with lots of advertising about place, date, and time. Bring screenings to the people. - Community Leader
These options need to be advertised all over town. I’d put an ad in the previews at the movie theater Lone Peak Cinema. Posters at the bakeries and gyms, in the HR Department at the major employers, at the Food Bank, in the grocery stores, mobile health. - Social Services Provider
Use media promotions for free health screenings, and hold them often, such as one day each week or every other week. - Other Health Professional

Outreach
Love the traveling health bus. That is brilliant. Preventative health screenings are a hard-sell for people with few resources. If nothing seems wrong, why should they spend what little they have to be told nothing is wrong? - Community Leader
I have already been very pleased with the health fairs and how much they offer. I guess it’s hard to know why people don’t come. Time, money, access? Worry about what they will do with the information if it’s bad? - Physician/Advanced Practice Clinician
Hold resources clinics at community cafe, warming center and drop in center. - Community Leader

Affordability
Improving screenings at low-cost or no-cost and have a better access through Urgent Care. - Community Leader
Lower prices and offer free clinics for blood tests. - Other Health Professional

Expanding Geography
Again, referencing the Health Care Connections van, the territory covered could be expanded to include more of the isolated, rural communities. Perhaps, expand mission and size of the van to include exam rooms and be able to provide some primary care. - Community Leader
Outreach into Madison County. Partner with hospitals and public health. - Social Services Provider

Access to Female Physicians
Need more female physicians in Bozeman. The burden on the current female physicians is high. In order to recruit more women, we need a female physician in a leadership position. It would also help to have a maternity leave policy and childcare option. - Physician/Advanced Practice Clinician

Improve Access
Make it easier to get into the primary care clinics. - Physician/Advanced Practice Clinician

Locations
Consider screenings in other community locations. - Community Leader
Increasing Awareness of Available Resources/Programs

What could BHDH do to further increase the community's awareness of the health care resources and educational programs that are available in the community? Please include any community organizations you think BHDH could partner with, or resources BHDH could promote.

Themes and responses among those who rated BHDH as “good,” “fair,” or “poor” for this item, as well as suggested community resources or organizations BHDH should seek to engage or partner with to help meet this need, are listed below:

**Outreach**

- During your health fairs, encourage non-Bozeman Health organizations providing various types of physical and mental healthcare and education to promote their services. Partner with organizations doing health education to further their work. - Community Leader
- Have easy contact folks for different support groups that respond to phone calls. - Physician/Advanced Practice Clinician
- Increase awareness of resources and educational programs based in the community (i.e., AWARE, Youth Dynamics, Food Bank, Gallatin Mental Health and Bridgercare). - Community Leader
- BH must reach more groups and, frankly, spend more money to improve a very low public awareness of what's available. - Community Leader
- Add public forums at Bozeman Public Library, with BHDH staff speaking on particular topics and holding Q&A sessions with the public. - Social Services Provider
- Support local sports and community events like farmers market, music on main and senior centers. - Physician/Advanced Practice Clinician
- Outreach to Madison County. Hospitals and Public Health. - Social Services Provider

**Collaboration/Partnerships**

- Partner with Thrive, Gallatin Valley Farm-to-School, Bridgercare, and other nonprofits in the Valley to fund the programs these organizations lead relating to health. - Other Health Professional
- Partner with HRDC, The Help Center, CHP, Bridgercare, Thrive, GCCHD, and Gallatin Mental Health for outreach to their patient and community base. - Community Leader
- Health department puts on a collaboration committee meeting. Job service hosts a similar inter-agency meeting. There's the greater Gallatin Homeless Action Coalition, which hosts monthly meetings, too. - Community Leader
- Community hospitals and clinics that don't have the programs. Mental health advisory groups. - Community Leader
- I do not have an answer to this as an individual agency, but believe that our community organizations could work more closely together to come up with some of the solutions. - Physician/Advanced Practice Clinician
- Outreach to Madison County. Hospitals and Public Health. - Social Services Provider
- Partner with the local dental society. - Community Leader
- HRDC. - Community Leader

**Advertising/Messaging**

- Use marketing campaigns over several different mediums. Families with low incomes may not have cable or receive the newspaper, so radio campaigns may be better suited to improve communication. - Other Health Professional
- It would be great to see more presence on social media and more presence at community events. - Physician/Advanced Practice Clinician
- Television ads, which might possibly run for free. Postcards to patients. - Community Leader
- Advertising can be done at the softball fields in the summer, and on the ski hill at the base of the lifts in the winter. Advertise in the previews at the movie theater, Lone Peak Cinema. Offer informational sessions in conjunction with onboarding. - Social Services Provider
Better use of social media. I have never seen anything on Facebook or Twitter or any other commonly-used website. This is where people hang out. - Community Leader

I believe that BHDH’s social media presence is good. Perhaps partnering with HRDC, United Way, Health Department, Senior Services and the school districts to piggy-back on their social media messaging to include resource and education program information. - Community Leader

Make more of a presence, not just self-promotion. - Physician/Advanced Practice Clinician

Educational materials. - Physician/Advanced Practice Clinician

Mental Health

It’s not about access, but BHDH needs to do more mental health care, especially in acute situations. - Community Leader

With mental health being such a persistent underlying problem for so many patients and so many departments, I would love to see us partner more with Hope House and the Help Center Crisis Line. I would love to see us actually have a mental health center. - Physician/Advanced Practice Clinician

Senior Services

Need to be more involved with access to senior services and options for Medicaid coverage in assisted-living facilities, such as Birchwood. It sets a terrible example that Birchwood does not have some Medicaid beds, seen as just for rich folks. - Physician/Advanced Practice Clinician

Use Electronic Health Records

More direct to patient information. Possibly use MyChart for data to identify patients with specific interest, if possible. - Physician/Advanced Practice Clinician
Community Collaboration & Strategic Partnership

Evaluations
In evaluating community collaboration and strategic partnership, survey participants were asked to evaluate BHDH for a single item:

- Nearly half (45.5%) of key informants gave “excellent/very good” ratings in their evaluation of BHDH engaging and collaborating to address prioritized community health needs.

Key Informants:
Evaluation of BHDH for Community Collaboration/Strategic Partnership

Suggestions for Improvement and Resources to Engage
Engage/Collaborate with Community
What could BHDH do to better engage and collaborate with the community to address prioritized community health care needs? Please include any community organizations you think BHDH could partner with, or resources BHDH could promote.

Themes and responses among those who rated BHDH as “good,” “fair,” or “poor” for this item, as well as suggested community resources or organizations BHDH should seek to engage or partner with to help meet this need, are listed below:

Community Engagement

- Not sure what is happening now, but once this assessment is completed, take this to every Rotary, Lions, PEO meeting. Share the numbers. So many people believe that everything is okay in the Bozeman area and are not aware of the needs we really have. - Community Leader
- Hold community health fairs that invite all family members at all schools with over 200 enrolled students in the county. - Other Health Professional
- Have a joint meeting with CHP and make it visible that we are all in it together, rather than having meetings with physicians about capturing market shares. - Physician/Advanced Practice Clinician
- BH must reach more groups and, frankly, spend more money to improve a very low public awareness of what’s available. - Community Leader
- A needs assessment is a good start. Follow-through is key. Be careful that we do not confuse community healthcare needs with organizational objectives and needs. - Physician/Advanced Practice Clinician
- I think that in order to engage and collaborate with the community to address the identified health care needs, existing services and capacity must be determined. Obvious gaps in services are one thing, as well as inadequate mental health and substance abuse. - Community Leader
- I think asking the community organizations what their priorities are and then assisting with those priorities, maybe through their surveys. Most agencies will cite mental health as one of their top needs in the populations they care for. - Community Leader
Keep engaging with the community after this survey and strategic planning is over. - Community Leader

**Collaboration/Partnerships**

This has been increasing. Continue to engage community-based or community-located organizations: Haven, Bridgercare, Gallatin Mental Health, Bozeman VA clinic, HRDC, youth serving organizations, Youth Dynamics and AWARE. - Community Leader

Just do more and be more active; it seems there are already great partnerships. - Physician/Advanced Practice Clinician

Partnering with the Big Sky Community Organization, softball, trails and parks to promote health and wellness, as well as the food bank, could be very beneficial. Engaging the HR departments of the major employers. - Social Services Provider

I do not have an answer to this as an individual agency, but believe that our community organizations could work more closely together to come up with some of the solutions. - Physician/Advanced Practice Clinician

Promotion of GMHC/HH, direct financial support through hiring and supporting an adequately large group of prescribing psychiatric specialists, psychiatrists and psychiatric APRNs), psychologists and Master's level counselors and Social Workers. - Social Services Provider

Work with Community West Outreach, which is a group of locals interested in bringing in more mental health services. - Public Health/Community Health Representative

I honestly don't know all the ways the hospital already engages and collaborates with the community. I do think that important partners, if not already engaged, are the city governments in Gallatin County and the County government. - Community Leader

I would love to see more collaboration with the entities in our community that work on interpersonal violence and trauma-informed care. VOICE, Help, Haven being a few. So many health problems are from unresolved trauma. - Physician/Advanced Practice Clinician

**Outreach**

Engage with rural communities through critical access hospitals, county health nurses and senior centers. - Community Leader

Outreach into Madison County. Hold public meetings. Meet with the Madison County Mental Health Local Advisory Committee. - Social Services Provider

**Prioritization**

I like the community survey and meetings BHDH did, but don't know where the priorities came from. Seems the health care topics were picked in advance with no opportunity for the community to weigh in on any health needs that weren't already chosen. - Community Leader

**Targeted Focus Groups**

Have regular community focus groups, based on different populations, such as geriatrics, pediatric and chronic disease. - Physician/Advanced Practice Clinician

**Potential Resources**

Hope House, CHP services and MSU student health. - Community Leader
Obesity, Nutrition, & Physical Activity

Evaluations
In evaluating obesity, nutrition, and physical activity, survey participants were asked to evaluate BHDH for two items:

- Key informants were more likely to give “excellent/very good” ratings in their evaluation of BHDH supporting organizations that address obesity, nutrition, and physical activity needs (31.8%) than they were to give “excellent/very good” ratings of BHDH advancing education and promoting nutrition and physical activity programs (26.1%). On the other hand, “fair/poor” ratings for the latter were slightly higher (31.8%) than the former (30.3%).

Suggestions for Improvement and Resources to Engage Support Organizations for Obesity/Nutrition/Physical Activity Needs
What could BHDH do to better support key organizations that help address obesity, nutrition, and physical activity needs in the community? Please include any community organizations you think BHDH could partner with, or resources BHDH could promote.

Themes and responses among those who rated BHDH as “good,” “fair,” or “poor” for this item, as well as suggested community resources or organizations BHDH should seek to engage or partner with to help meet this need, are listed below:

Collaboration/Partnerships

- **Take a leadership role with the health department.** - Community Leader
- **Engage with outpatient clinics, county nurses, community health partners, insurance companies, MMA, state and local government.** - Community Leader
- **I think the schools would be a good partnership, as well as the Big Sky Community Organization and the food bank. Advertising at the gyms and with major employers. Maybe have a community-wide challenge, bike-to-work week or miles-skied week.** - Social Services Provider
- **BDHD supports key organizations.** - Physician/Advanced Practice Clinician
- **Great presence in local schools.** - Physician/Advanced Practice Clinician
- **Partner with youth organizations (such as YMCA, 4-H), and sports organizations, such as the school booster clubs to promote nutrition required for physical activity.** - Community Leader
- **Health clubs and high schools.** - Community Leader
YMCA, United Way, Boys & Girls Club and all local gyms. - Physician/Advanced Practice Clinician

Community Cafe, food bank, YMCA, grocery stores and restaurants. - Physician/Advanced Practice Clinician

I do not have an answer to this as an individual agency, but believe that our community organizations could work more closely together to come up with some of the solutions. - Physician/Advanced Practice Clinician

BHDH can partner with organizations such as Gallatin Valley Farm to School, SNAP-ED, Girls on the Run, BYEP that have limited resources but the potential to make big changes in children's lives regarding health. - Other Health Professional

Get involved with the active farm-to-market options for good food, not just offering off the Sysco truck. Be more of an example of healthy food choices and options and organics, local food. - Physician/Advanced Practice Clinician

There is so much research out there supporting access to proper nutrition is so beneficial in reducing health care costs and hospitalizations. Getting more SNAP dollars to recipients, creating additional partnerships with local farmers. - Community Leader

I feel like BHDH has such a strong reputation and could lead the charge on programs that promote nutrition and physical activity, like a Biggest Loser competition among workplaces, for example. - Community Leader

As a dietitian myself, I am not aware of any activities sponsored by BHDH that address obesity, nutrition and physical activity. Partnering with the health department in their chronic disease self-management program and Walk with Ease program. - Community Leader

Outreach

Engage and/or promote Bozeman Recreation Department, YMCA, food bank and organization that serve lower-income community members. - Community Leader

Sponsor yoga sessions at local yoga studios, such as mountain yoga. - Community Leader

Outreach to Madison County. - Social Services Provider

I'm not sure. Keep doing community events. Support things like running events, bike events, hikes, etc. - Physician/Advanced Practice Clinician

Policy

Give your input on a policy and systems level with bike and walk routes and physical activity requirements in the school district. - Community Leader

It seems that there are several organizations that are grappling with this issue in our community. However, a lot of emphasis is on individual/group intervention or behavior change. BHDH could take the lead when it comes to community policies. - Physician/Advanced Practice Clinician

Cafeteria Food

I think the cafeteria could be an example of healthy food selections as well as the vending machines. Stop using things such as boost and Jell-O, which have no nutritional value. The hospital should be leading in this area, and they are not. - Physician/Advanced Practice Clinician

Community Engagement

Make it more affordable and bring it to the people in the community. Bring it to work places over lunch hour. Put it on social media. - Community Leader

Focus on Child Obesity

Children and obesity is overlooked. Most kid programs in the community are expensive and not accessible to some families. YMCA and Thrive do a good job, but more opportunities to get out and be active for youth are needed. - Community Leader

Funding

BH must reach more groups and, frankly, spend more money to improve a very low public awareness of what's available. - Community Leader
Health Education in Schools

Start the education process when they are young. The schools seem like a good fit here. Pre-schools and early childhood programs, too. - Community Leader

Patient Education

The Go Noodle program in the schools is great. Make sure providers are discussing proper nutrition and exercise in each visit with patients. - Community Leader

Advance Education and Promote Nutrition & Physical Activity Programs

What could BHDH do to further advance education and promote healthy nutrition and physical activity programs in the community? Please include any community organizations you think BHDH could partner with, or resources BHDH could promote.

Themes and responses among those who rated BHDH as “good,” “fair,” or “poor” for this item, as well as suggested community resources or organizations BHDH should seek to engage or partner with to help meet this need, are listed below:

Collaboration/Partnerships

I appreciate the trails that BH allows to happen on its property - such a great community benefit. Would love BH to support other ways to exercise beside one company, the Ridge [Athletic Club] discounts for employees. - Physician/Advanced Practice Clinician

BHDH could promote healthy nutrition by partnering with the food bank and the grocery stores to advertise and educate for purchasing healthy meals. Perhaps the grocery stores would allow healthy recipes sponsored by BHDH. - Social Services Provider

The hospital should be promoting use of local growers/suppliers of as much of the food they serve as possible. - Physician/Advanced Practice Clinician

Work with MSU, Cathy Costakis, Health and Nutrition Department and local communities - not just Bozeman on their trail-development projects to get people out doing physical activities. - Community Leader

Bozeman Ski Foundation. - Community Leader

Ridge Athletic Club and Access Fitness. - Community Leader

I do not have an answer to this as an individual agency, but believe that our community organizations could work more closely together to come up with some of the solutions. - Physician/Advanced Practice Clinician

Thrive and schools. - Community Leader

Partner with GVLT and work on trails, access, and safety for bicycling and walking to work and to doctor’s appointments, etc. Some kind of incentive for not driving. - Physician/Advanced Practice Clinician

Local Schools

Consider partnering with local school systems to support school nutrition programs, physical and health education. - Community Leader

Farm-to-school, PAC programs associated with the schools, human resource groups associated with middle-class working companies in town. - Community Leader

Great presence in local schools. - Physician/Advanced Practice Clinician

Better partnerships through the schools and more summer and winter outdoor activities. - Community Leader

Free screenings with childcare. Start educating children at a young age, in schools’ head start, childcare programs and the food bank. - Community Leader

Outreach to Bozeman School District. - Social Services Provider
Outreach

Have events to get people moving. - Physician/Advanced Practice Clinician
BHDH could sponsor a nutrition health fair, promoting good eating and food selection and preparation. Having a table at the many health fairs and other events in the area to provide information and free healthy food is a way to attract people. - Community Leader
Outreach to Madison County. Hospitals, public health, schools, lions club and rotary clubs. - Social Services Provider

Funding

There is so much research out there supporting access to proper nutrition is so beneficial in reducing health care costs and hospitalizations. Getting more SNAP dollars to recipients, creating additional partnerships with local farmers. - Community Leader
The answer for most of these is the same, BH must reach more groups and, frankly, spend more money to improve a very low public awareness of what’s available. - Community Leader

Policy

It seems that there are several organizations that are grappling with this issue in our community. However, a lot of the emphasis is on individual/group intervention or behavior change. BHDH could take lead when it comes to community policies. - Physician/Advanced Practice Clinician

Affordability

Cost-appropriate services for community and BHDH staff. Great resources right in the BHDH, but beyond what most BHDH employees can afford themselves, let alone community members who are underinsured. - Physician/Advanced Practice Clinician

Messaging

Have a common language of education, which is promoted throughout the community, hospital, schools, grocery stores and restaurants. - Physician/Advanced Practice Clinician
Behavioral & Mental Health Support

Evaluations

In evaluating behavioral and mental health support, survey participants were asked to evaluate BHDH for two items:

- Key informants were critical of both items, but more likely to give “fair/poor” ratings in their evaluation of BHDH advancing education and promoting programs and services for behavioral/mental health (67.1%) than they were to give “fair/poor” ratings to BHDH supporting organizations that address behavioral/mental health (56.3%).

Key Informants:
Evaluation of BHDH for Behavioral & Mental Health Support

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<th>Supporting Organizations That Address Behavioral/Mental Health</th>
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<th>Fair/Poor</th>
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<th>Fair/Poor</th>
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<tr>
<td></td>
<td>15.2%</td>
<td>17.7%</td>
<td>67.1%</td>
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Suggestions for Improvement and Resources to Engage

Support Organizations To Address Behavioral/Mental Health Needs

What could BHDH do to better support key organizations that help address behavioral and mental health needs in the community? Please include any community organizations you think BHDH could partner with, or resources BHDH could promote.

Themes and responses among those who rated BHDH as “good,” “fair,” or “poor” for this item, as well as suggested community resources or organizations BHDH should seek to engage or partner with to help meet this need, are listed below:

Collaboration/Partnerships

- I think that BHDH's participation in the LAUNCH project is an example of what may work. Screening and referring at a higher and more coordinated level. - Physician/Advanced Practice Clinician
- Need to work with Gallatin County Mental Health to bring and keep resources here in the area. - Community Leader
- Either help Gallatin Mental Health get back to where it was a few years ago, or figure out a way to take over those services. - Community Leader
- Help support the Hope House, which is not even taking overnight patients now. - Community Leader
- Improve partnerships with Western Montana Mental Health, Gallatin County City Health Department and Gallatin County. - Physician/Advanced Practice Clinician
- Interface far more closely with adult- and youth-serving mental health organizations, Gallatin Mental Health, AWARE and Youth Dynamics. - Community Leader
Continue assisting with Community Partners on addressing mental health challenges in our community. - Physician/Advanced Practice Clinician

Stronger partnerships with Gallatin Mental Health LAC, senior centers and Community Coalition on Drug & Alcohol Awareness. - Community Leader

I would like to see BHDH partner with or support AWARE. - Community Leader

Partners, Help Center and Gallatin Mental Health. - Community Leader

Spectrum medical, all skilled nursing facilities, Bozeman Senior High School and MSU. - Community Leader

Madison County Mental Health Advisory Council. - Community Leader

CHP and Hope House. - Community Leader

Children/Adolescents/Young Adults

Mental health for teens and all children is lacking. Partner with YDI, Aware and the schools. Kids in crisis have nowhere to go in Bozeman, group home, short-term crisis placement. - Community Leader

Pediatric psychiatry within the Health Group, children's mental health with day treatment program and inpatient psychiatric treatment facility. - Physician/Advanced Practice Clinician

Perhaps BHDH could work more closely with Montana State University to ensure that the needs of students are being met. - Other Health Professional

Increased resources are needed for youth. With that said, I appreciate the work [BH is] doing with the Bozeman Public Schools with regards to mental health issues. - Community Leader

Improve availability of adolescent mental health supports and increase education surrounding better understanding of mental health concerns. - Community Leader

As a referring agency for suicidal kids and teens to BHDH, we are running into a very distressing issue in which kids that are referred to the ER for suicidal thoughts are not being assessed in an appropriate time frame. - Community Leader

There is a critical need for Mental Health Crisis Care for children in the BHDH service catchment area. Considering the frontier nature of BHDH catchment area, I've wondered about the feasibility of having a traveling clinic in strategic locations. - Community Leader

Mental health for kids, adolescents and adults is woefully underserved. Addiction services and alcohol treatment services are completely ignored. - Community Leader

Lack of Services

Oh boy, this is a huge one. I feel like we need a big state-wide push to improve our services for mental health and preventative mental health. Do you know how hard it is to get counseling? - Physician/Advanced Practice Clinician

We need more mental/behavioral health services, period. The ones we have can't keep up. GMHC is hard for people to access, CHP and the Help Center seem at capacity. Winds of Change won't help sex offenders. There are huge gaps. - Community Leader

Perhaps offer more mental health services within the organization. Obviously, there is not enough support, as the mental health center is not doing well. - Physician/Advanced Practice Clinician

BDH should build and staff behavioral and mental health facility. Have rooms available, and make the evaluation and admission process much faster and more consistent. - Other Health Professional

Hope House is not enough, we need treatment programs, services and counselors available 24/7 for those in need. I have tried numerous times to assist staff to access mental health and have always met road blocks of funding and 4-6 week waits for service. - Community Leader

Quality of Care

I'm not sure BHDH's role, but there needs to be a more strategic effort by the health community to serve community members with mental health issues, especially those who are homeless or low income, and especially those relying on substances. - Social Services Provider

Mental health needs to be better treated in the hospital when a patient is inpatient and being discharged. Not just suicidal watch, but also treatment of someone feeling suicidal while in as inpatient. - Physician/Advanced Practice Clinician

Secure reliable coverage for patients in crisis that present to the emergency room. - Physician/Advanced Practice Clinician
The Gallatin County Mental Health Center has been poorly managed historically. We need local control to better assure good management. Management from Missoula has not worked out, unless the GCMH issues are worked out low income and Medicaid recipients. - Community Leader

Don't just refer, but follow-through with supportive, wrap-around care. GVMH is understaffed and probably under-financed, and yet who else serves the under insured, low-income folks needing mental health? CHP, HRDC Law & Justice Center, BHDH, schools. - Community Leader

Lack of Providers

BHDH should internally hire mental health service providers, rather than contract with MHS, who, in its own right, does not have the resources to provide services to the community. It's imperative to invite psych services to BHDH. - Physician/Advanced Practice Clinician

This is a problem area in Bozeman, as the services were/are provided by an outside organization out of Missoula. There has been significant staff loss also at the current facility. There are plenty of providers, but few serve the neediest population. - Community Leader

BHDH could hire at least a part-time or emergency counselor, as WIA is historically hard to get a hold of for services. A greater community awareness of the Help Center, or perhaps host an informational session of the Help Center at the hospital. - Social Services Provider

Mental health services are inadequate. Could try to hire more psychiatrists and psychologists and social workers. - Physician/Advanced Practice Clinician

Access to Services

It would be amazingly useful to have a behavioral health unit at BDH. It would also be helpful to have more social workers to address clinic needs. It would be really great if there was more support of our only mental health center; they struggle. - Physician/Advanced Practice Clinician

Gallatin Mental Health, CHP and Help Center are struggling to meet the needs of persons needs mental health support, especially low-income persons. What can BHDH do to better support these community agencies? - Community Leader

Commitment to support of adequate prescribing, counseling, and social work staff at GMHC and Hope House. - Social Services Provider

Mental health is a major issue in our community. We need more access and more support to local providers. - Community Leader

Easily accessible and welcoming behavioral and mental health services. - Social Services Provider

Outreach

CHP outside of Bozeman/Belgrade or maybe more money for CHP mental health services, in general. Gallatin Mental Health Center, Haven, Bridgercare, BYEP and Help Center. I'm sure there are many others as well. - Community Leader

Outreach to Madison County. Meet with Madison County Mental Health Local Advisory Committee. - Social Services Provider

Funding

IBH grant is likely a good start. Many of these programs, especially in their initiation will need more management and oversight, especially during their initiation. - Physician/Advanced Practice Clinician

BH must reach more groups and, frankly, spend more money to improve a very low public awareness of what's available. On mental health, the state and county have cut back services dramatically. - Community Leader

Awareness of Services

Making sure that staff is aware of the Gallatin Mental Health program and all of its services. Promoting legislative funding for mental health services and needs that communities have for services. Assessing if BHDH really is supporting key organizations. - Community Leader

Stigma

Mental illness is a big issue in Montana, yet it suffers from people shying away from being open about it. National Alliance on Mental Illness of Montana, www.namimt.org. - Community Leader
Advance Education & Promote Behavioral/Mental Health Programs

What could BHDH do to further advance education and promote behavioral and mental health programs and services in the community? Please include any community organizations you think BHDH could partner with, or resources BHDH could promote.

Themes and responses among those who rated BHDH as “good,” “fair,” or “poor” for this item, as well as suggested community resources or organizations BHDH should seek to engage or partner with to help meet this need, are listed below:

Access to Services

Raising awareness is pointless without access to services. - Community Leader

Acknowledging and supporting mental health services within the facility in a meaningful way, expand partnerships with the Help Center and Gallatin Mental Health. - Physician/Advanced Practice Clinician

I think BHDH might need to consider providing more behavioral health services directly. - Physician/Advanced Practice Clinician

Behavioral health symposium is an excellent start. Implementing integrated behavioral health strategies throughout the hospital will ensure screening and brief intervention for behavioral health conditions. - Community Leader

BHDH needs to take a leadership role and look toward an inpatient psychiatric unit, as well as social detox. We cannot keep sending our mentally ill population out of town. - Community Leader

Bozeman Health should sponsor its own CRT service for the emergency room. - Community Leader

Have more services available through BHDH. - Physician/Advanced Practice Clinician

Offer more mental health services. - Physician/Advanced Practice Clinician

Screening and referring at a higher and more coordinated level. - Physician/Advanced Practice Clinician

The issue of recognizing mental health illness is not the primary issue BHDH should be supporting. Treating those with serious mental health illnesses should be the priority. Currently, GMHC/HH has one prescribing psychiatric NP in a part-time role. - Social Services Provider

Don’t just refer, but follow-through with supportive, wrap-around care. GVMH is understaffed and probably under-funded, and yet who else serves the underinsured, low-income folks needing mental health? - Community Leader

Collaboration/Partnerships

Stronger partnerships with Gallatin Mental Health LAC, senior centers and Community Coalition on Drug & Alcohol Awareness. Provide funding for in-school programs through Health Enhancement classes. - Community Leader

Become a partner in the LAUNCH program, which identifies and provides services to children under 8 years old and diagnosed with mental health and behavioral issues. Again, assisting with funding. - Community Leader

AWARE, and the Healthcare Connections van could do mental health screenings, as well. - Community Leader

Haven, Aware, Reach, CHP, GMH, Love Inc., and local psychiatrists and psychologists - Physician/Advanced Practice Clinician

Gallatin County Mental Health, school systems, critical access hospitals, and nurses. - Community Leader

Help CHP and Hope House. - Physician/Advanced Practice Clinician

www.namimt.org - Community Leader
Awareness of Services

Advertising the suicide texting hotline, work with schools to promote depression screening, particularly Belgrade and Livingston. Increased screenings in Bozeman school district, promotion of suicide prevention. - Physician/Advanced Practice Clinician

Suicide prevention and awareness need to be top agenda items for the organization. - Physician/Advanced Practice Clinician

Develop an easy resource for physicians [about] therapists, CSWs, counselors … We don’t know what the need is for counselors because it’s so hard to know who is taking new patients. Anne Rich has been a great resource in-clinic. - Physician/Advanced Practice Clinician

BHDH needs to ensure the staff is educated regarding mental health programs and services, whether it be speakers or seminars. Assessment of BHDH’s promotion of mental health resources in the community. - Community Leader

Use social media to advertise. Have affordable care available 24/7 by trained staff. - Community Leader

Please spread the word about Big Sky Youth Empowerment, a free adventure-based group mentoring program for adolescents. We can provide brochures, electronic information, posters, etc. - Community Leader

Children/Adolescents/Young Adults

What is the old saying? Do it early, and do it often. We believe that addressing stress, depression and anxiety in teens and college-age people is one of the most important things that can be done in terms of education and awareness. - Community Leader

Work with the schools to get the discussion started early. - Community Leader

We need support in more acute child and adult psychiatric services locally. - Community Leader

Outreach

Outreach to Madison County. Meet with the Madison County MHLAC, hospitals, public health and schools. - Social Services Provider

One step could be to reach out the MSU counselor education program to recruit students and recent graduates to assist with providing these services. - Physician/Advanced Practice Clinician

Funding

Support programs already doing the work. Provide partnerships, sponsorships, funding opportunities to groups already working on these programs. Often these programs have the capacity to become more successful and expand or provide deeper care. - Social Services Provider

BHDH must reach more groups and, frankly, spend more money to improve a very low public awareness of what’s available. - Community Leader

Stigma

Mental health needs to be talked about more. Here in Montana, we have created a culture of people that are taught to take care of themselves. People don't reach out. - Community Leader

Anything BHDH can do to decrease stigma associated with behavioral and mental health issues would be welcome! - Community Leader
Additional Issues

Other Issues
Finally, respondents were asked to share any other health needs that they feel remain unmet in the community; their responses included the following:

Mental Health

The biggest void in our community is mental health care. - Community Leader
Mental health. - Social Services Provider
Mostly mental health. - Physician/Advanced Practice Clinician
There are huge gaps in mental health, domestic violence services, and caseloads are too great. - Community Leader
Mental health and access to primary care are most needed. - Physician/Advanced Practice Clinician
Mental health and substance abuse. - Community Leader

Family Planning

While we all agree that mental health services are highly underfunded in our area, I believe that just as marginalized and threatened are clinics/health departments that focus on family planning and reproductive health, especially for low-income individuals. - Community Leader
BHDH has such a great, collaborative relationship with CHP. Since Bridgercare provides birth control and STI screening which can be seen as controversial, they are kept at arms-length. Family planning and sexual health can have effects on many. - Community Leader
Over 99% of women who have ever had sex have used at least one method of contraception, and 50% of sexually active people get an STI before age 25. Many women, their annual wellness exam is the only healthcare they access in any given year. - Community Leader

Senior Care

A senior/invalid care program would be wonderful. Perhaps in conjunction with the Chapel congregations, Love, Inc. or the Food Bank. - Social Services Provider
Help for geriatric patients with mental health, dementia issues. Need additional physicians in community to treat this population. Desperately need a geriatric psychiatrist in this area and another inpatient unit besides St. Pete's in Helena. - Community Leader
Continue to work on transitions of care with the elderly population, with NHS, assisted livings and home health agencies. - Physician/Advanced Practice Clinician

Child Health

Pediatric neurology, pediatric psychiatrists, and other pediatric specialties. - Community Leader
Being proactive in improving the lives of children and young families. Support Nadine, the chaplain that does post-partum mood disorders and support to have more hours dedicated. We have a clipboard of referrals for her, and it’s always full. - Physician/Advanced Practice Clinician

Collaboration/Partnerships

Addressing disparities though partnerships. I appreciate the recent focus on community partnerships. I think these are dollars well-spent for BHDH. - Other Health Professional
It would be great to see some outreach programs or collaboration between BHDH and Madison County either through the hospitals, schools, public health, or the Madison County MHLAC. - Social Services Provider

Oral Health

Lack of dental care is an epidemic. Seniors with only Medicare often go months and years with ongoing pain and infection because they cannot afford dental care. That is just one example of a population slice, but surely all ages of low income. - Community Leader
Oral health. - Community Leader
Access to Specialty Care

- Lacking several subspecialties, such as neurosurgery. - Physician/Advanced Practice Clinician

Diabetes

- I think you all do a great job with diabetes prevention, maybe you could take a more proactive approach to promoting the health benefits of a healthy diet and exercise helping people avoid diabetes. Families find it tough to make time for exercise. - Community Leader

Homeless

- Could do more to address the needs of the homeless in the Gallatin Valley, maybe help to increase the hours and days of the warming center. - Community Leader

Parenting

- Parenting, parental responsibilities, domestic abuse issues and more help with mental health issues. - Other Health Professional

Support Groups

- More support groups hosted by hospital for illnesses that are shared by many. - Community Leader