

Arthritis Burden, Disparities, and Intervention Implementation Strategies in Montana



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Using surveillance data inform program implementation

The Montana Arthritis Program collaborates with community-based organizations to implement evidence-based programs:

- Chronic Disease Self-Management Program
- Walk With Ease
- Enhance Fitness
- Arthritis Foundation Exercise Program
- Active Living Every Day

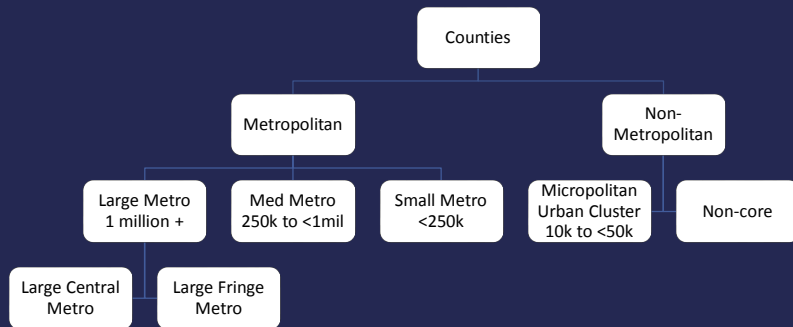


Urban / Rural Context

And in a state like Montana, what does “rural” really mean?

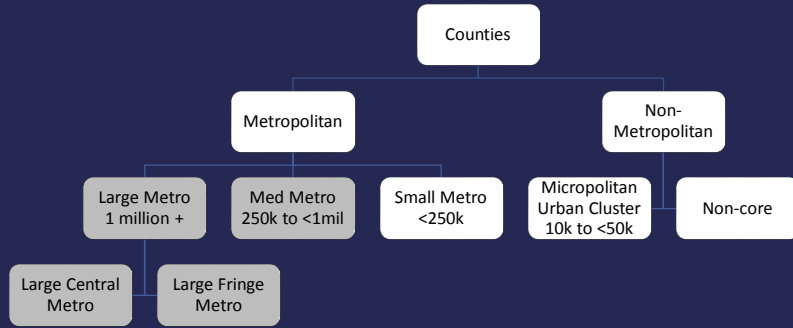


National Center for Health Statistics (NCHS) Urban-Rural Classification Scheme



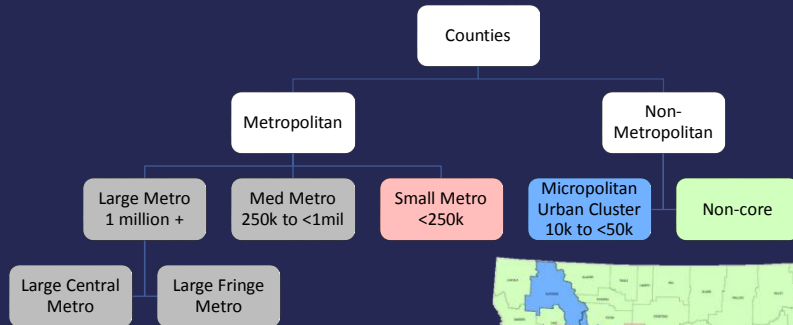
<https://dphhs.mt.gov/Portals/85/publichealth/documents/BRFSS/UrbanRuralClassificationFeb2016.pdf>

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Findings from 2015 BRFSS



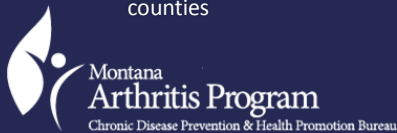
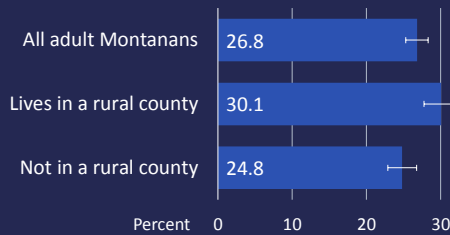
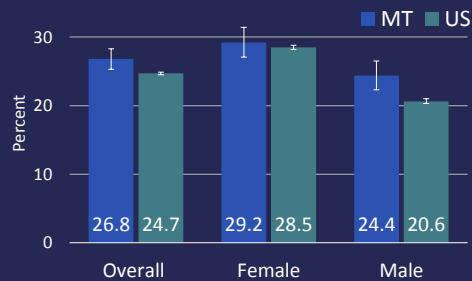
Arthritis in Montana

Compared to the US, Montana adults have:

- Higher prevalence overall
- Higher prevalence among men

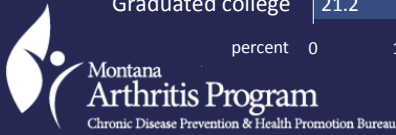
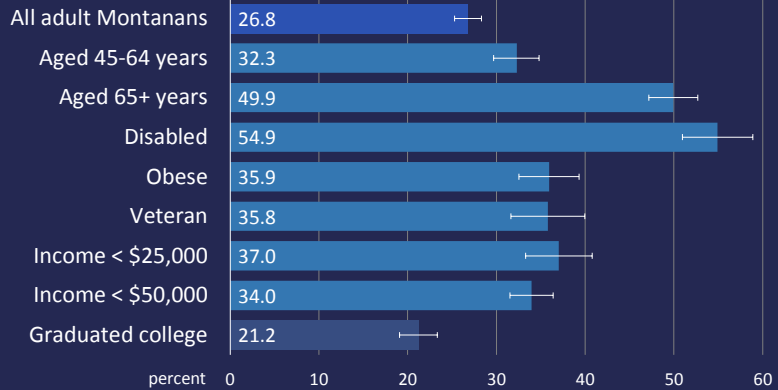
Within Montana:

- Higher prevalence among adults who live in rural (non-core) counties



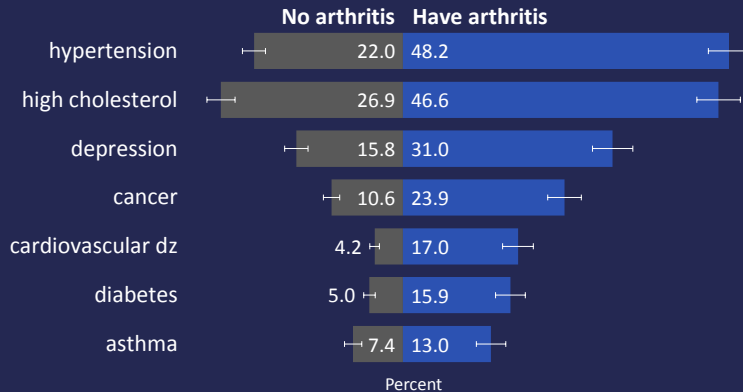
Behavioral Risk Factor Surveillance System (BRFSS) data, 2015

Prevalence of arthritis in Montana among selected groups




Behavioral Risk Factor Surveillance System (BRFSS) data, 2015

Prevalence of chronic conditions in Montana adults by arthritis status



MT BRFSS, 2015

Demographic factors	adj POR	95% CI	
Female	1.23	1.05	1.45
Over 65	3.93	3.37	4.59
High school education or less	1.18	1.00	1.40
Non-white	1.02	0.77	1.34
Lives in a rural county	1.18	1.00	1.38
Health Factors	adj POR	95% CI	
Has multiple chronic conditions	4.10	3.44	4.89
Has a disability	4.82	3.94	5.89
Is obese	1.88	1.55	2.27
Frequent poor physical health	4.32	3.39	5.50
Frequent poor mental health	2.35	1.79	3.10
Cost is a barrier to medical care	1.94	1.48	2.55


Montana Arthritis Program
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MT BRFS, 2015

Implications

Health Outcomes

- Multiple chronic conditions
- Expanding access to chronic disease self-management education
- Collaboration with other health promotion programs at state and local levels

Health Equity

- Sustaining reach in rural areas
- Socio-economic status
 - Education and income
 - Role of occupational factors
- Cost as a barrier to care

Thank you!

Montana Arthritis Program

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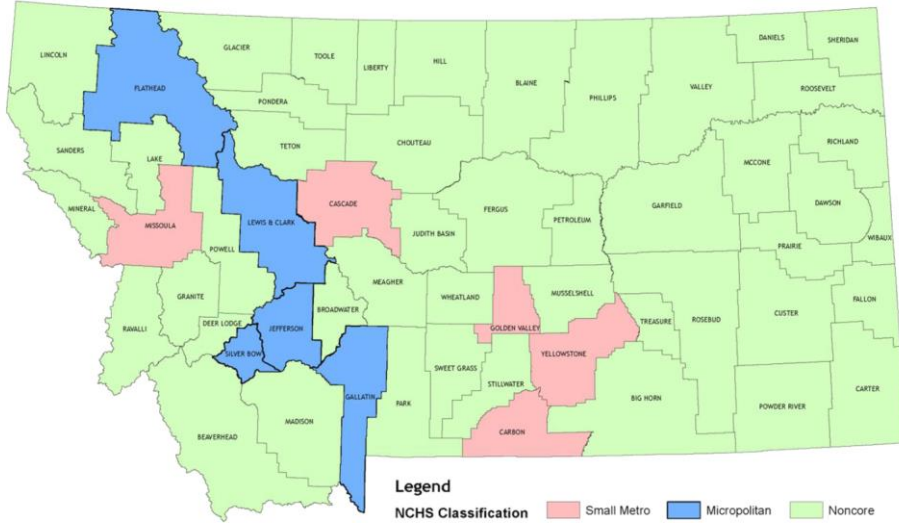


**Appendix:
Montana NCHS Classification**

(That map of Montana was sort of small, right?)



NCHS Urban-Rural Classification of Montana counties



<https://dphhs.mt.gov/Portals/85/publichealth/documents/BRFSS/UrbanRuralClassificationFeb2016.pdf>