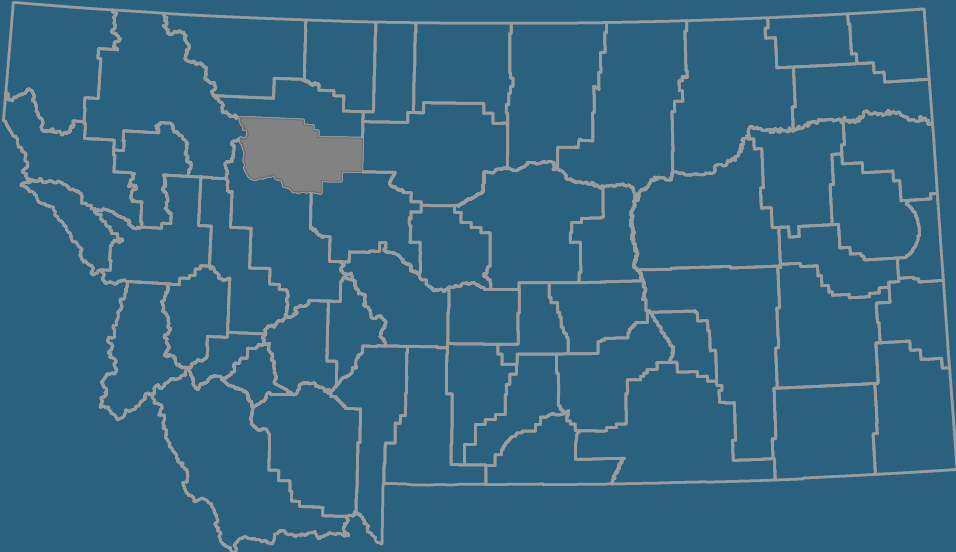


# Teton County

**Community Health Needs Assessment**



2017

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# Introduction

Teton County's 2017 Community Health Needs Assessment and Improvement Plan (CHNA-IP) provides an overview of the current health status in Teton County, and community-driven objectives and strategies for improving health and quality of life in our county. This report is unique from other community health needs assessments that have been done in Teton County, in that it provides a more comprehensive examination of the many facets that relate to the health and well-being of the community and is a product of collaboration among Teton County Mental Health Local Advisory Council (LAC), Teton County Health Department (TCHD) and Benefis Teton Medical Center (BTMC), the local hospital.

This CHNA-IP synthesizes information from a variety of direct sources including an online survey of local key informants, community member focus groups, and Stakeholders Advisory Committee meetings, in addition to secondary local, regional, state and national data collected specifically for the purpose of this assessment by Katie Loveland of Loveland Consulting, LLC. Numerous community leaders, agency and organization partners, and community members have contributed to this assessment and plan during 2016 and 2017.

## What is health?

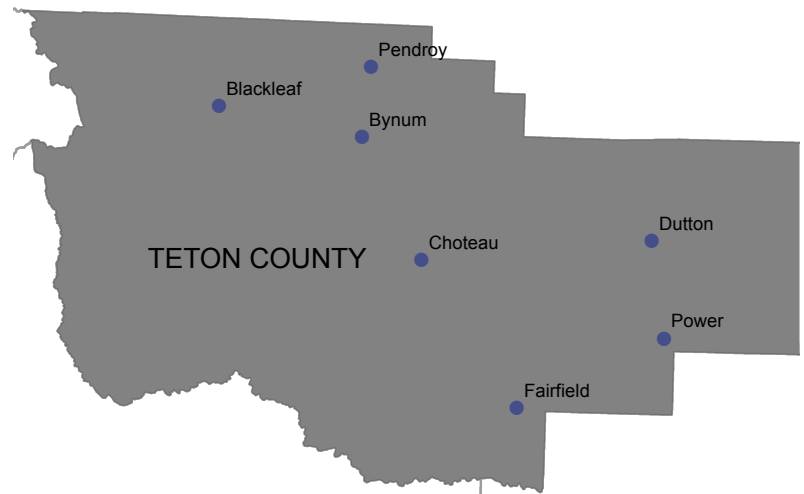
The World Health Organization defines health as a “state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” In Teton County, we believe that health is not just about individuals, but includes families, communities, and systems, and is a result of the interaction of complex networks, conditions, and factors. Health starts long before illness occurs and is impacted by where and how we live, learn, work, play, and pray.

The Teton County CHNA-IP incorporates this definition of health by describing a wide array of information about the conditions and factors affecting people's health in Teton County as well as indicators of health status.

On behalf of LAC, TCHD, and BTMC, we thank all of the individuals and organizations that have taken the time to participate and collaborate in the completion of this document, and we hope that it will be used widely to help build healthier communities for the residents of Teton County.

# Background

Teton County is a rural county in north central Montana, about 120 miles south of the Canadian border and 53 miles northwest of Great Falls. It is located along the Rocky Mountain Front, a widely known scenic area that encompasses both mountain and prairie landscapes, where vast agricultural prairie lands abruptly intersect the rugged country of the northern Rockies. Known for agriculture and recreational opportunities, this 2,293 square mile expanse includes distinct natural resources, including Lewis and Clark National Forest and other public lands, the local Teton mountain range, the Teton River, several large irrigation and recreational reservoirs, and Freezout Lake Wildlife Management area. Five communities are located in Teton County: Choteau (the county seat), Fairfield, Power, Dutton, and Bynum. Three elected county commissioners govern county programs and services. Each commissioner serves a 6-year term.



Teton County is considered a frontier county and also a medically underserved county by federal standards. With a total population of 6,073 residents and 2.7 people per square mile, Teton County faces a number of unique challenges when it comes to the health of its residents.

# Vision

The stakeholders group convened for this project developed the following vision of health.

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*Our vision for Teton County is a clean, safe, and economically stable community that honors its local resources, culture, and natural environment. Opportunity, infrastructure, and people model healthy lifestyles. It is a place where all people are equally supported in their pursuit of happiness, health, and spirituality.*

---

# Values

The stakeholders group also outlined values that all stakeholders working to improve health in Teton County should strive for.

Equality and acceptance  
Honoring local culture and environment  
Generosity and kindness  
Tolerance and openness  
Teamwork and shared vision

Evidence-based  
Spirituality  
Accessibility  
Sustainability  
Honesty and transparency

# CHNA-IP

## Goals and Objectives

A community health assessment can meet the goals of many entities in Teton County. This Community Health Needs Assessment and Improvement Plan will meet the IRS requirements under the 2010 Affordable Care Act for non-profit hospitals, health system entities, and Critical Access Hospitals like Benefis Teton Medical Center; it can be used to achieve Public Health Accreditation for the Teton County Health Department; and it may be used for other entities required to conduct health assessments as federally funded health centers, such as Community Health Centers and Federally Qualified Health Centers. The Teton County CHNA-IP is intended to inform health providers, government officials, key stakeholders, and the general public of the current health status in Teton County, offer prioritized objectives and strategies to improve local health services, and serve as a basis for community health improvement planning and strategic planning in the future.

## Collaborations and Partnerships

Teton County has a strong history of promoting collaborative approaches to community projects. Teton County's CHNA-IP process engaged a diverse array of community leaders and other agency and organizational partners, community coalitions and advisory groups with a strong focus on engaging community members facing significant barriers to better health.

Sponsorship of and much of the legwork for this assessment was provided by Teton County Health Department, Benefis Teton Medical Center, and Teton County Mental Health Local Advisory Council. In 2016 the Teton County Health Department (TCHD) applied for and received funding from the Montana Public Health and Safety Division of the Montana Department of Health and Human Services to develop a comprehensive health assessment of Teton County. TCHD proposed conducting a collaborative community health needs assessment, approaching both the local hospital (BTMC) and the local mental health advisory council (LAC). The three organizations pooled resources and hired Katie Loveland, LLC, who conducted and analyzed an on-line survey of key stakeholders, and also researched and compiled results from broader health data sources relevant to Teton County health issues.

# Sponsors

**Teton County Health Department** is a county department that provides health, wellness, and prevention services across Teton County. Programs include communicable disease surveillance, tobacco use prevention, Women, Infants, and Children Nutritional Supplement Program (WIC), cancer screen services, diabetes prevention, immunizations, and chronic disease self-management classes. The Teton County Health Department is governed by the Teton County Board of Health and Board of Commissioners.

**Benefis Teton Medical Center** is a 10-bed Critical Access Hospital located in Choteau. Services include a 24-7 emergency room, physical therapy, occupational therapy, lab, x-ray and ct, inpatient beds, long term care, and an outpatient clinic. Monthly special services include mammography, dexascan, general cardiology, and foot care. BTMC is a department of Benefis Health System, a large nonprofit hospital system headquartered in Great Falls. The local hospital is overseen by president/CEO Louie King. The BTMC Board of Directors governs BTMC, and is comprised of five at-large community members and three hospital administrators.

**Teton County Mental Health Local Advisory Council (LAC)** is a nonprofit group that meets monthly to explore the needs of the community and how to best increase awareness and reduce stigmas surrounding mental illness. The mission of the LAC is to promote individual, family and community mental health awareness and wellness by identifying resources, collaborating with local service providers, and advocating for resolution of the unmet needs of mental health consumers in Teton County. The LAC's vision is to promote mental health wellness and recovery as a positive, inclusive experience and to work to enable families and consumers to be integral parts in the development and delivery of these services.

# Methodology

## Focus Groups

During the summer and fall of 2016 Teton County Health Department conducted a series of seven focus group discussions in three county communities. Each meeting targeted unique county population groups, including: high school students, people with chronic health conditions, mental health patients and advocates, low income families, faith community leaders, and senior citizens. Sixty-five community members participated in discussion groups ranging in size from five to 14. Each group was asked the same 7 questions, and data was compiled from their discussions and answers.

# Methodology continued

## Key Informant Survey

The key informant survey used in this CHNA-IP was developed by the three sponsors, LAC, TCHD, and BTMC, and disseminated and analyzed by independent contractor Katie Loveland. It was designed based on other model community health surveys, identified health indicators, and the specific issues relevant to the Teton County area. In April 2017, 300 “key informants,” members of the county with knowledge of and broad connection to community groups and special populations, were identified and sent on-line surveys. The on-line survey consisted of 16 questions. Represented in the contact list were health providers, educators, nonprofit leaders, retail business owners, public agency leaders, local government, senior services administrators, faith leaders, and community volunteers. 130 (43%) surveys were completed and returned.

## Stakeholder Advisory Group

From the Key Informant contact list, 23 community members were invited to attend a series of seven weekly meetings, with several goals in mind:

- Draft a vision statement and a list of values that describe a healthy Teton County population.
- Review results of focus groups meetings, the Key Informant survey and the available secondary data.
- Identify and prioritize important and changeable local health issues.
- Draft goals, objectives, and strategies for addressing the top 3 most important local health issues in the county.

The following community partners and stakeholders served on the Stakeholder Advisory Group to give us as comprehensive understanding of the health status in Teton County.

### PARTNER

Florence Anderson  
Barbara Arensmeyer  
Genny Barhaugh  
Deborah Coverdell  
Betty Louie Deuchler  
Glenn Deuchler  
Chuck Gameon  
Christine Gascon  
Julienne Gram

### ORGANIZATION

Teton County DES  
Community senior volunteer  
Benefis Teton Medical Center  
Teton County EMS  
Trinity Lutheran Church  
Teton County Health Department  
Choteau Public Schools  
Teton County Mental Health Local Advisory Council  
Trinity Lutheran Preschool



Zaneta Hirst	Neighbors Helping Neighbors
Louie King	Benefis Teton Medical Center
Melissa Moyer	Teton County Health Department
Jodi Rogers	Choteau City Government
Linda Sentz	Neighbors Helping Neighbors; Teton County Food Pantry
Cathy Sessions	Teton County Schools
Barb Shaffer	Dutton Senior Services
Sherwin Smith	Choteau Lions Club
Connie Smith	Community Member
Carmen Stagmiller	Frontier Family Practice
Dan Stott	LDS Church
Merrilee Stott	Community Member
Paul Wick	Teton County Planning Department
Jane Wolery	Teton County Extension

## Secondary Data Sources

Due to limitations in workforce and other resources, Teton County does not maintain robust county-wide, health status reports. For the purposes of this CHNA-IP, Teton County primarily relied on data sources compiled by the State of Montana, as well as the federal government. The Montana Department of Public Health and Human Services (DPHHS) provided valuable information in their Community Health Assessment data by County and Region 2 (North Central Montana counties combined). Regional data or State data was used when county-specific data was not available. Other data sources included American Community Survey (ACS), Youth Risk Behavior Surveys (YRBS), Behavioral Risk Factor Surveillance Survey (BRFSS), County Health Rankings, Montana Hospital Discharge Data System, Montana Communicable Disease Bureau, Montana WIC Program, and Montana Office of Vital Statistics.

Katie Loveland compiled and analyzed secondary data for this report. She used the following sources of health data relevant to Teton County, Montana:

- American Community Survey (ACS) – 5 year estimates, 2009-2014 is a survey conducted by the US Census every year. They combine the data to make five year estimates. It can be accessed at <https://factfinder.census.gov/>.
- Youth Risk Behavior Surveys (YRBS), Choteau High School and Power High School, 2015 is an annual survey given to students at participating high schools. The survey is conducted by the Centers for Disease Control and Prevention (CDC) and the Office of Public Instruction (OPI).
- Behavioral Risk Factor Surveillance Survey (BRFSS), 2014 is a CDC survey conducted in in partnership with DPHHS. It is collected every year. It can be accessed at <https://www.cdc.gov/brfss/index.html>.
- County Health Rankings, 2016 is a project of the Robert Wood Johnson Foundation. It includes BRFSS and other types of data and some modeling of the data to develop small area estimates. The website includes a description of each of the indicators and how it is measured because they use many different sources. It can be accessed at <http://www.countyhealthrankings.org>.

# Secondary Data Sources Continued

- Montana Hospital Discharge Data System, DPHHS, 2011-2013 is hospital discharged data submitted to the Montana Hospital Association and analyzed by DPHHS. Most hospitals in the state participate.
- Montana Communicable Disease Bureau, DPHHS, 2011-2013 is reportable disease data collected and analyzed by DPHHS
- Montana WIC Program includes DPHHS program data from the Women, Infants and Children Nutrition Supplement Program.
- Montana Office of Vital Statistics, Birth Certificate Data, 2011-2013 includes birth and death records analyzed by DPHHS.

## Limitations

While the CHNA-IP identifies many critical issues pertaining to our community's health, it is not inclusive of all health related issues in Teton County. As a result, it should not be considered a formal study or research document investigating the causes of each issue raised or providing a detailed analysis of the data.

Both primary and secondary data should be interpreted with caution and an awareness that the low population of our county can easily skew indicators. In any study, larger numbers of participants increase the accuracy of results. In many cases, data are not available at the county level due to our very small population size. For this reason, regional data or state level data will be used many times in this assessment when local-level data are not available. In addition, more in-depth analysis may not be possible in many cases due to a lack of data stratification by more specific categories. It is important to note that available national and regional data may not reflect our local reality.

The need for more detailed local data is one important outcome of this assessment. As local partners continue to gather information to inform their practices and services, it is important to collect demographic data so that more accurate information can be used in future community health improvement planning and other public health initiatives.

# Key Informant Survey

In May, 2017 an electronic survey was sent to more than 300 stakeholder in Teton County. In all, 130 responses were received. The following pages detail the results of the survey. The top health concerns identified in major health categories include:

## Access to Care

**Mental Health Care, dental insurance and health insurance**

## Chronic Disease

**High blood pressure, diabetes and Heart Disease**

## Mental Health

**Depression and anxiety, stress**

## Unintentional injury

**Motor vehicle injuries**

## Health behaviors

**Alcohol and drug abuse (including prescription drugs), drinking and driving**

## Communicable Disease

**Sexually Transmitted Diseases**

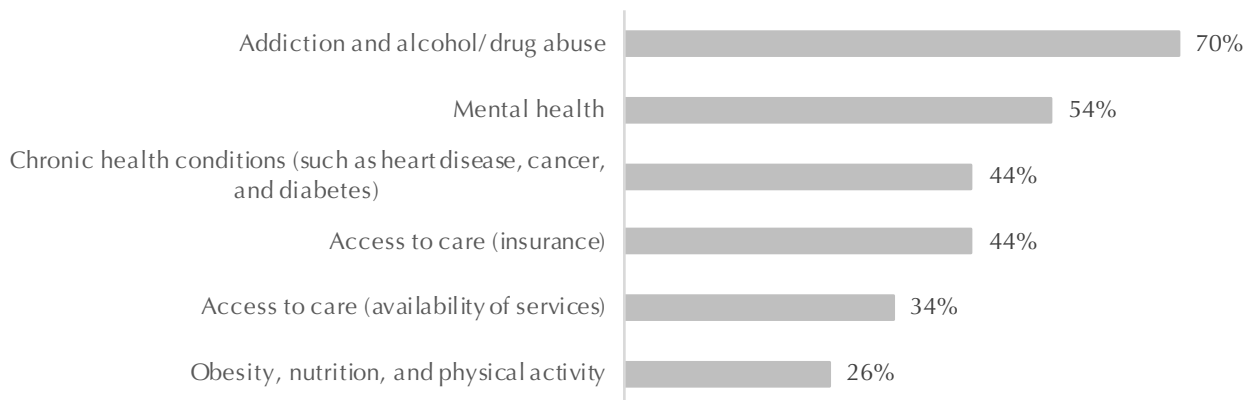
## Environmental Health Issues

**Water Quality**

## Most pressing concerns

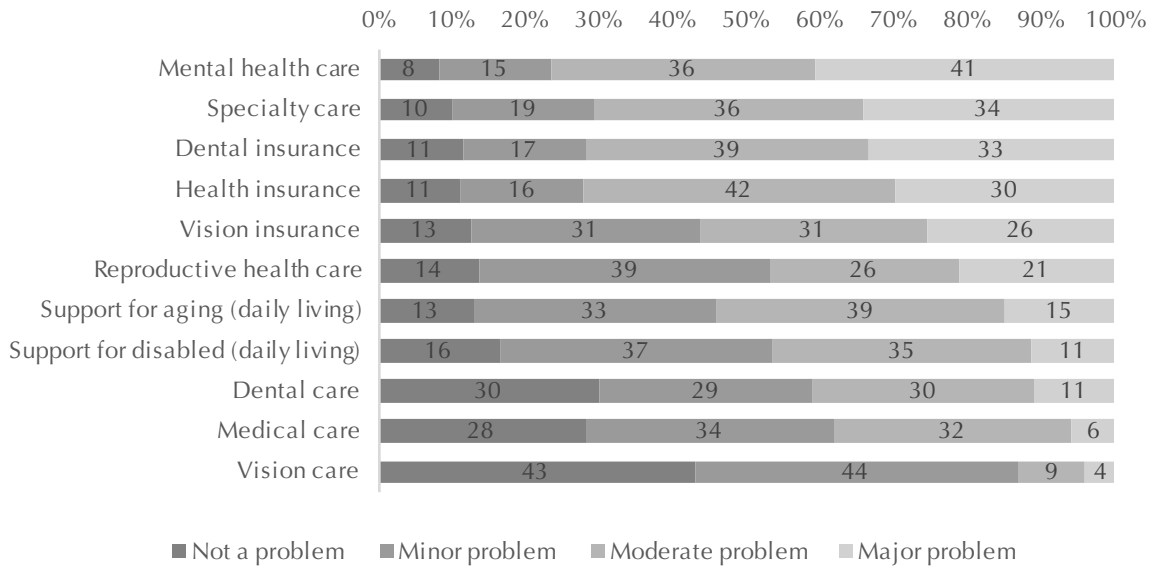
Survey respondents were asked to identify the three most pressing health concerns facing Teton County. Overwhelmingly, addiction, alcohol and drug abuse were selected as the top concern.

Top health concerns in Teton County (percent of stakeholders that selected each category as a Top 3 concern), 2017



# Access to Care

Access to care issues in Teton County, ranked

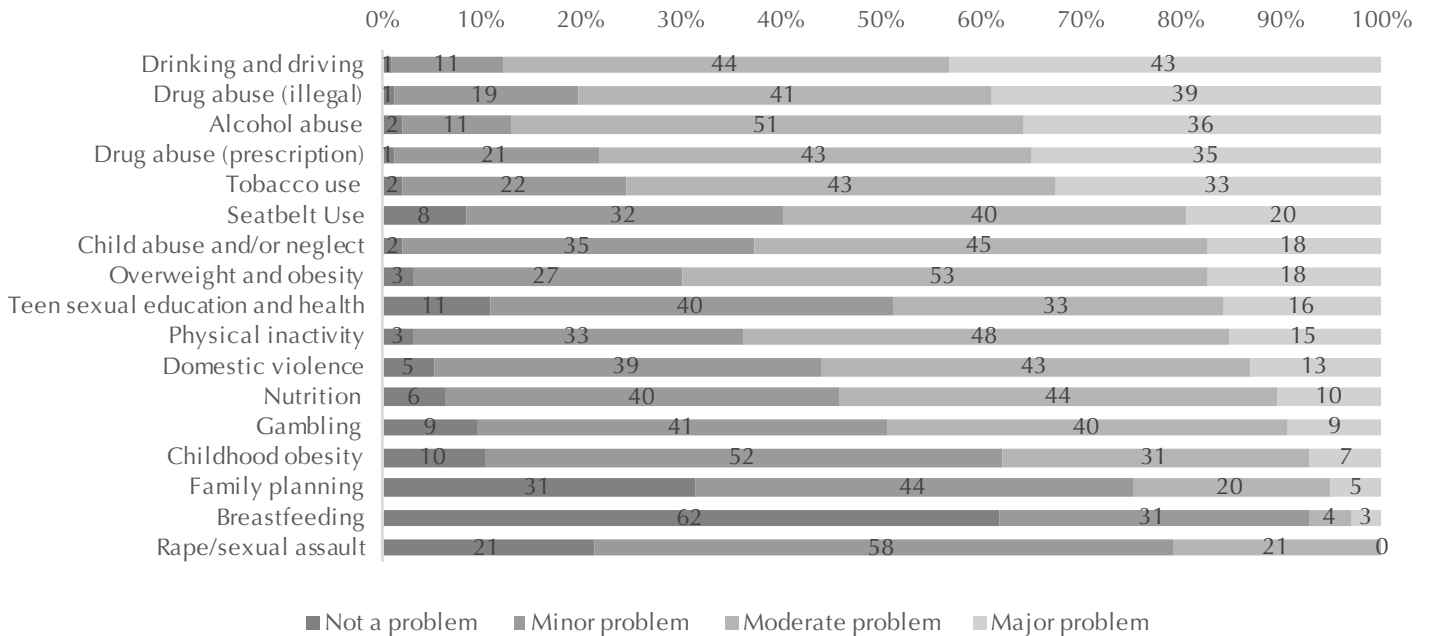


77% of key informants believe that access to mental health care is a major or moderate problem.

In terms of health behaviors, 43% of respondents believe drinking and driving is a major health concern, followed by illegal drug abuse (39%).

# Health Behaviors

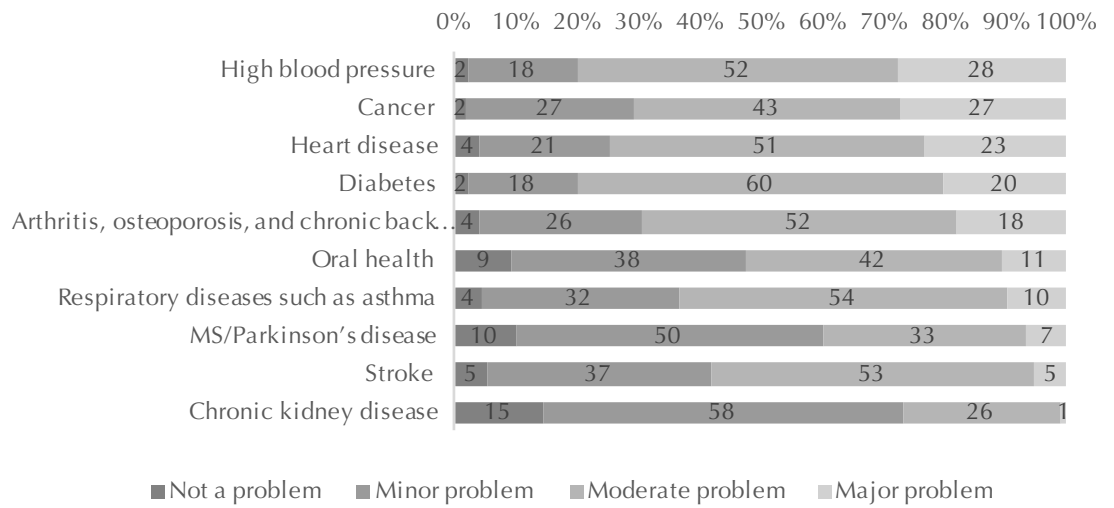
Health behaviors of concern in Teton County, ranked



# Chronic Disease

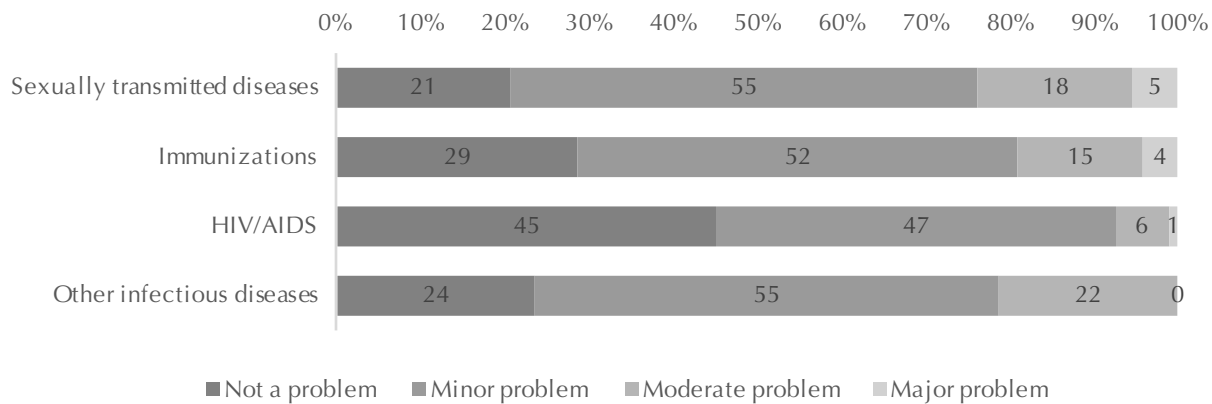
High blood pressure, cancer and heart disease were the top chronic disease issues in Teton County identified by key informants.

Chronic disease issues in Teton County, ranked



# Communicable Disease

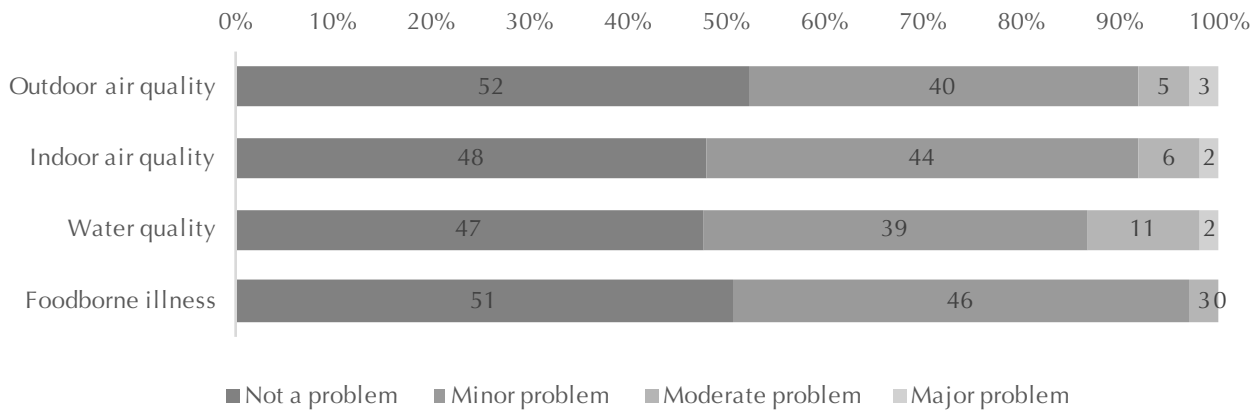
Communicable disease issues in Teton County, ranked



In terms of communicable disease, sexually transmitted infections were identified as a major or moderate health concern by 23% of respondents followed by immunizations (19%).

# Environmental Health

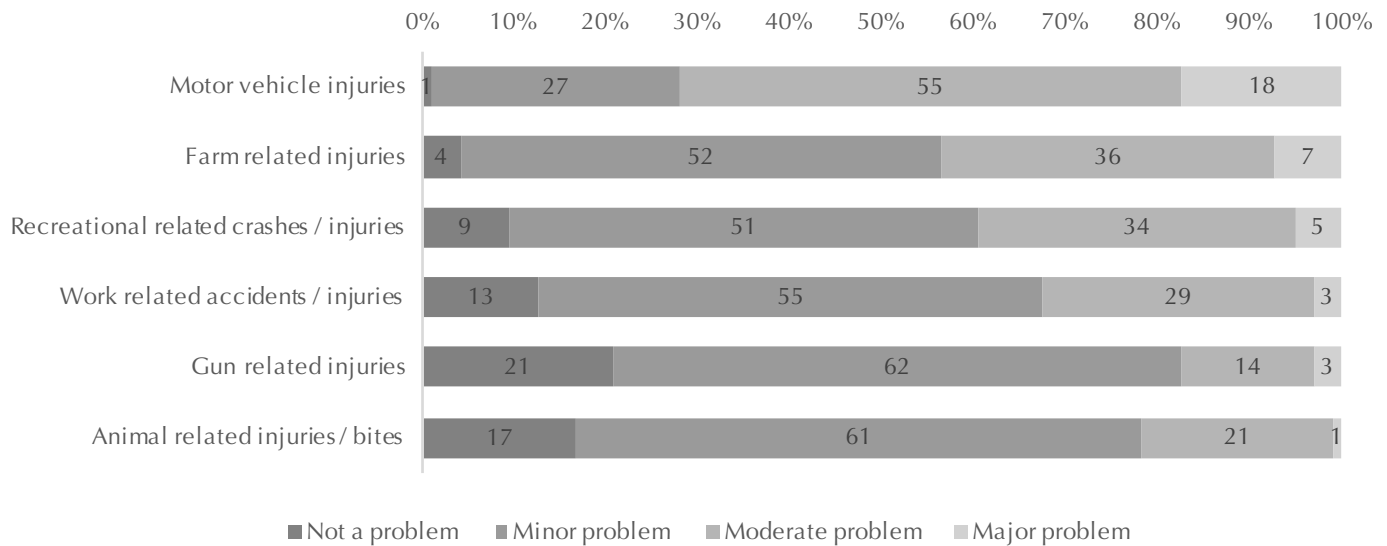
Environmental health issues in Teton County, ranked



Environmental health issues were less likely than other categories of health concerns to be ranked as “major problems”. However, 8% of respondents indicated that outdoor air quality is a major or moderate health problem.

# Unintentional Injury

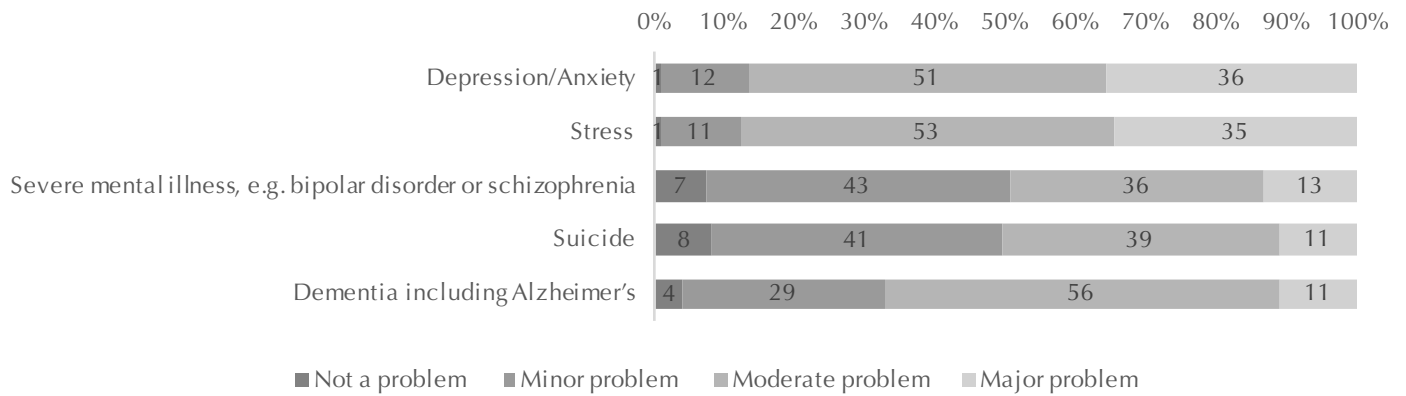
Unintentional injury issues in Teton County, ranked



Motor vehicle injuries were by far the largest health concern in the category of unintentional injuries with 73% of respondents identifying them as a major or moderate health concern.

# Mental Health

Mental health issues in Teton County, ranked

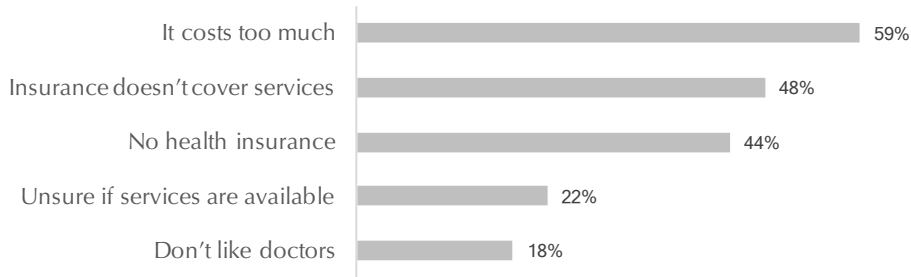


Depression, anxiety and stress were the top rated health problems in all categories with 35% of respondents identifying them as a major health concern. Severe mental illness and suicide were also of concern for respondents.

# Barriers to Care

Survey respondents were asked to identify the top three barriers to accessing adequate healthcare in Teton County. The top responses were related to the cost of care and insurance.

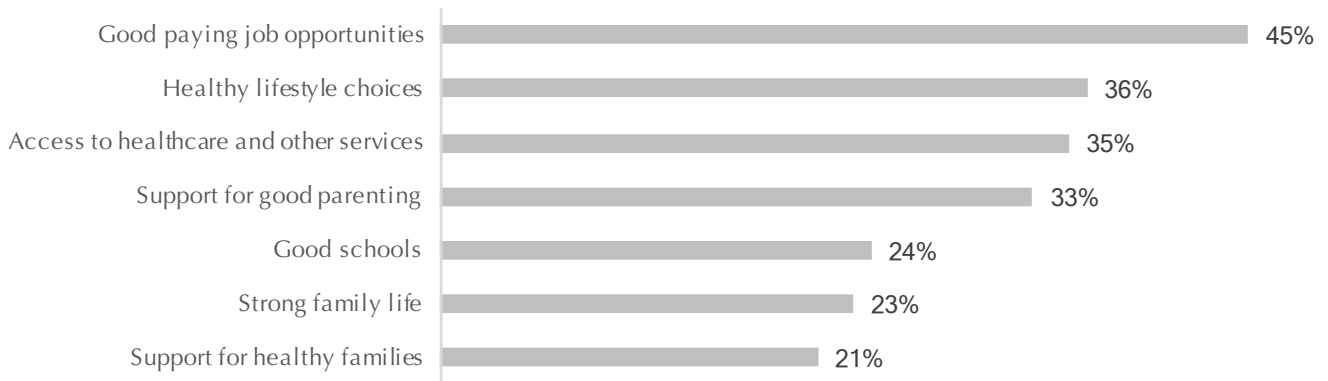
Most significant barriers to accessing adequate healthcare in Teton County (percent of stakeholders that selected each category as a Top 3 concern), 2017



# Improving overall health

Stakeholders were asked to identify the top three characteristics they believe Teton County should focus on to improve the overall health of our population. Support for families, jobs and schools were included in the top selections.

Characteristics of a healthy community Teton County should focus on to improve overall health (percent of stakeholders that selected each category as a Top 3 concern), 2017

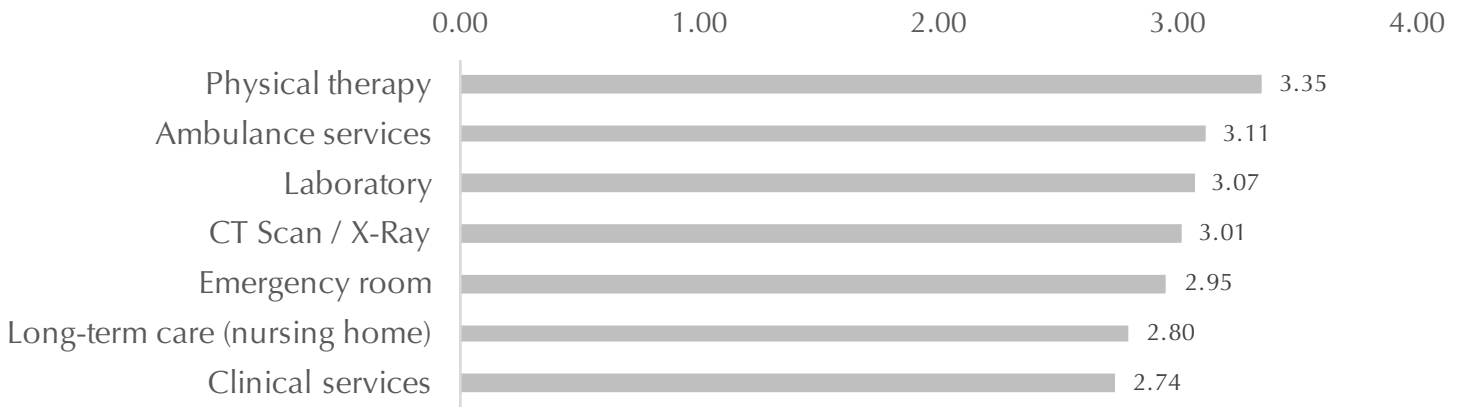




# Benefis Teton Medical Center and County EMS Services

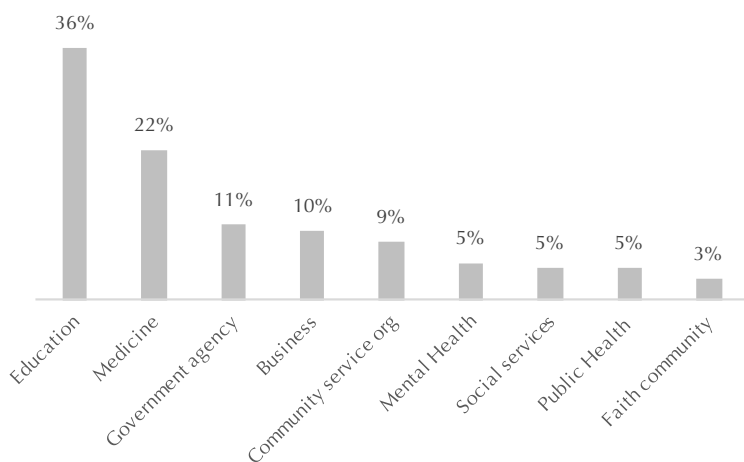
Respondents rated the overall quality of the following services provided at Teton Medical Center on a scale of 1 (Poor), 2 (Fair), 3 (Good) and 4 (Excellent). The highest rated service was physical therapy followed by ambulance services and laboratory services. Most of the services were rated between good and excellent.

Average overall quality rating for health services offered at Benefis Teton Medical Center and EMS, 2017



## Respondent demographics

Field of respondent to Teton County Stakeholder Survey, 2017



Respondents to the stakeholder survey were primarily from the fields of education, medicine, government and business, though a wide range of perspectives were captured, including faith communities. 69% of the responding key informants reported working in the Choteau area, 20% in Fairfield and the remaining 11% in Augusta, Dutton/Brady, Pendroy and Power.

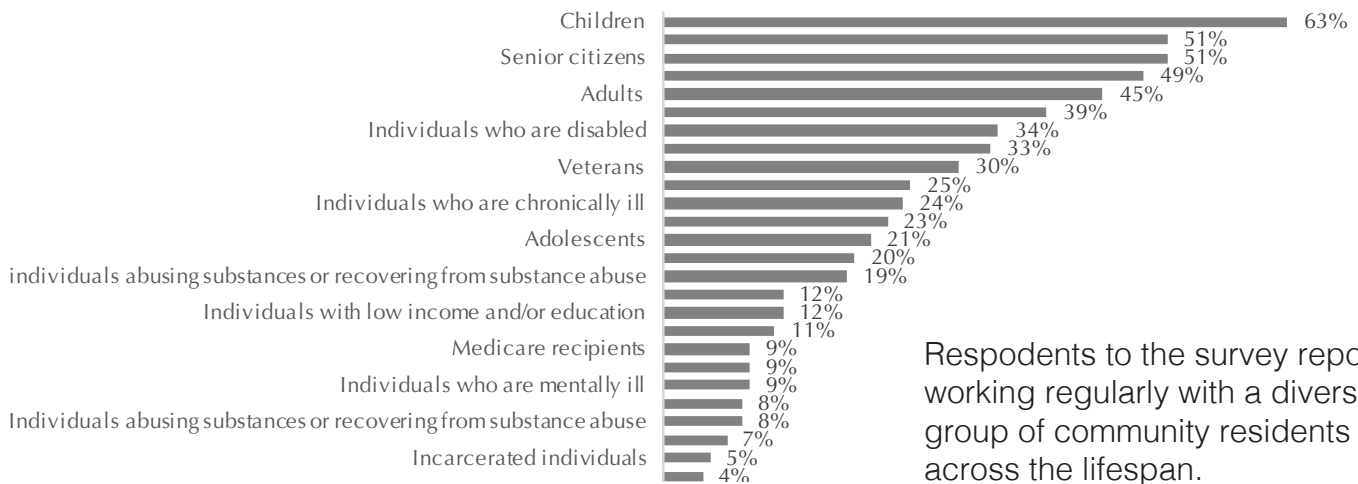
# Respondent organizations

Responses to the survey were received from the following organizations:

- |  |                                 |
|--|---------------------------------|
| Trinity Lutheran Preschool               | Fairfield EMS                   |
| Teton County Health Department           | Teton County Search and Rescue  |
| Frontier Family Practice                 | MT Fish, Wildlife & Parks       |
| Choteau Schools                          | Trex Agate Shop                 |
| Benefis Teton Medical Center             | After school and Summer program |
| Acadia of Montana (Altacare)             | Teton County Food Pantry        |
| Choteau Public Schools                   | Choteau Lions Club              |
| Big Sky Special Needs Cooperative        | Town of Fairfield               |
| Heart and Mind Counseling                | TCCOA                           |
| Double Arrow Veterinary Clinic           | City of Choteau                 |
| Teton County EMS                         | Dutton/Brady Public Schools     |
| Lewis and Clark County Health Department | DES                             |
| Child and Family Services                | Skyline Lodge                   |
| Pendroy QRU                              | Choteau Activities, Inc.        |
| Power School                             | Magpie Montessori of Montana    |
| Court Appointed Special Advocates        | Fairfield Chamber of Commerce   |
| Lions International                      | Fairfield Clinic                |
| Harvest Bible Church                     | MSU Extension                   |
| Tourism and Economic Development         | Mental health                   |
| Front Range Assisted Living              | Choteau Senior Citizens         |
| Choteau Ambulance and Fire               | Fairfield High School           |
| TCEMS                                    | Teton County                    |
| Teton Conservation District              | Neighbors Helping Neighbors     |
| Mountain View Coop                       |                                 |

# Community groups served by respondents

Community groups that key informant survey respondents work with on a regular basis



Respondents to the survey reported working regularly with a diverse group of community residents from across the lifespan.

# Findings from focus groups

From June through September 2016, the Teton County Health Department conducted 7 focus groups with targeted populations. A total of 65 community members participated, with focus group sizes ranging from 5 to 14. The populations targeted were high school students, individuals with chronic health conditions, mental health services users and advocates, low-income families, the faith community, and senior citizens. Focus groups were conducted in the communities of Choteau, Fairfield, and Power.

## What do you like most about living in Teton County?

Participants indicated that above all, they liked the “community feel” in Teton County – communities are small, safe, friendly, quiet, and family-oriented. Many participants also cited access to many good services and activities that are available, such as emergency medical services, the hospital, great schools, and outdoor recreation.

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*“It has a small town atmosphere, with all that you want and nothing you don’t want.”*

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*“I need to see a specialist in Great Falls for my care, and I don’t drive. There is no transportation.”*

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## What concerns you most about living here?

- Declining population
- Aging population
- Limited job opportunities and the economy
- Cost of housing
- Lack of public transportation

## What are some of the health services that people need that are not currently being offered?

- Transportation to access services in Great Falls
- Mental Health providers
- Services for the elderly, support for caregivers
- More options and more hours: nursing home, dentists, pharmacies
- Home health
- More affordable exercise options, such as bike lanes and walking path
- Services for kids with special needs

# What have your experiences with the health care system been like?

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*“There are limited services here, but they have been positive. I had to use the emergency room for my daughter here, and their care was excellent. The whole attitude of the hospital has changed dramatically since Benefis took over. It feels much better than before.”*

*“Many years ago, health care was more complete. Babies were born here and you had more access to a family physician. This has changed for the worse. Now you don’t have a dedicated personal physician, you don’t know who you will see, and providers don’t stay as long.”*

*“People don’t know what is available here. Advertising is just word of mouth.”*

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## Major barriers to care

- Cost
- Transportation
- Wait times and clinic hours
- Lack of knowledge of resources or complex system
- Stigma of seeking help in a small town, especially with mental health
- Personal responsibility

## Major health related issues in Teton County

### Youth

1. Injuries
2. Drugs and Alcohol
3. Mental Health
4. Physical Activity and Screen Time

### Adults

1. Mental Health
2. Drugs and Alcohol
3. Obesity and Exercise
4. Access to care – cost and insurance

### Seniors

1. Access to care – cost and travel
2. Daily activities and isolation
3. Transportation

## What barriers do people face that prevent them from improving their quality of life?

Nearly every group mentioned pride, attitude, motivation, or personal choice as a barrier for improving quality of life. As one participant put it “Our Scandinavian and German heritage keeps us isolated, stubborn, and unwilling to ask for help.” Additionally, participants mentioned the economy and a lack of time a major players affecting their ability to improve quality of life.

# Demographics

<b>Table 1. Demographics</b>	<b>Teton County</b>	<b>Montana</b>
<b>Population</b>	6,064	1,006,370
<b>Median Age</b>	45.8	38.8
<b>Under 5</b>	6%	6%
<b>Under 18</b>	23%	23%
<b>65 and Older</b>	22%	15%
<b>Male</b>	49%	50%
<b>Female</b>	51%	50%
<b>White</b>	96%	89%
<b>American Indian</b>	2%	6%

Teton County residents are older, on average than other Montanans, with a median age 7 years higher than the state average. One in five residents in Teton county is 65 or older, while almost one in four is 18 or younger. Most county residents are white.

In terms of socioeconomic status, the median household income in our county is more than \$3,000 less than that in Montana. One in four county residents does not have a high school degree and only 25% have a bachelor's degree or higher. One in ten 15 to 17 year olds is not enrolled in school, a rate lower than the state average.

<b>Table 2. Education, income, and employment</b>	<b>Teton County</b>	<b>Montana</b>
<b>Less than a high school education</b>	25%	15%
<b>Bachelor's degree or higher</b>	25%	29%
<b>3 and 4 year olds enrolled in preschool</b>	37%	41%
<b>15 to 17 year olds enrolled in schools</b>	90%	96%
<b>Median household income</b>	\$43,327	\$46,766
<b>Households with no workers in the past year</b>	14%	15%
<b>Percent in poverty (all)</b>	12%	15%
<b>Poverty (under 18)</b>	16%	20%
<b>Poverty (65 and up)</b>	7%	8%
<b>Households receiving SNAP</b>	8%	11%
<b>Households with children under 18 receiving SNAP</b>	46%	52%

Source: American Community Survey (ACS) 5 Year Estimates, 2009-2014

# Housing and disability status

<b>Table 3. Housing</b>	<b>Teton County</b>	<b>Montana</b>
<b>Owner occupied housing</b>	74%	68%
<b>Renter occupied housing</b>	26%	32%
<b>Vacant housing</b>	20%	16%
<b>Housing built in year 2000 or later</b>	7%	17%
<b>No vehicle available</b>	4%	5%
<b>Housing lacks complete plumbing facilities</b>	2%	1%
<b>No telephone service</b>	1%	3%

Residents of Teton County are more likely to own their homes than elsewhere in Montana, but one in five homes in the county is vacant. Housing stock is also older in our county, with only 7% of the houses built after the year 2000. One in twenty five households have no vehicle available, a significant barrier in a rural county like ours.

Disabilities are also a concern in our community, with one in six residents, including one out of ever 25 children, reporting a disability.

<b>Table 4. Disability</b>	<b>Teton County</b>	<b>Montana</b>
<b>Disability status</b>	16%	13%
<b>Disability aged 5-17</b>	4%	5%
<b>Disability 65 and over</b>	15%	36%

## Employment by Industry

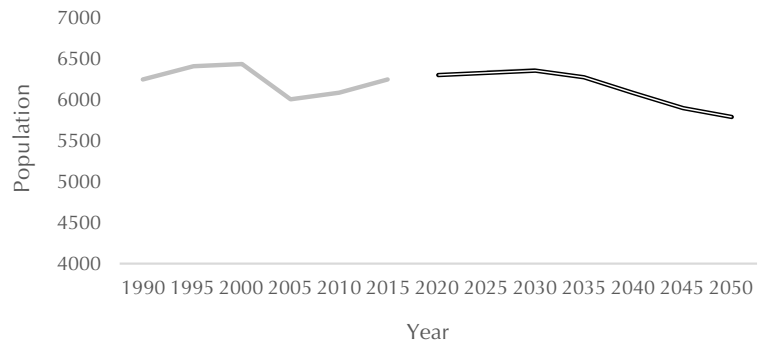
<b>Employment by Industry</b>			
Civilian employed population 16 years and over	2,720	Finance and insurance, and real estate and rental and leasing	5%
Educational services, and health care and social assistance	24%	Other services, except public administration	4%
Agriculture, forestry, fishing and hunting, and mining	18%	Professional, scientific, and management, and administrative and waste management services	4%
Retail trade	13%	Transportation and warehousing, and utilities	4%
Construction	6%	Information	4%
Arts, entertainment, and recreation, and accommodation and food services	6%	Manufacturing	3%
Public administration	6%	Wholesale trade	2%

More than a quarter of all workers in Teton County are employed in education, healthcare or social assistance. One in five workers is in agriculture, forestry, fishing, hunting or mining.

# Population Forecast

The population of Teton County has remained fairly steady over the last thirty years. It is expected to decline slightly in the coming years, dropping below 6000 by 2043.

Population change and forecast for Teton County, 1990-2050



# Substance Use

## Youth

Youth in Teton County are more likely to have tried alcohol than their peers in Montana or the US as a whole, however they are less likely to report current use or binge drinking behavior. Illicit drug use is also of concern, with more than one in four high school students reporting marijuana use, one in five reporting misuse of prescription drugs and almost one in ten reporting the use of inhalants.

Table 5. Alcohol Use Among Youth	Teton County	Montana	US
Lifetime alcohol use	78%	70%	63%
Current alcohol use	28%	34%	33%
Binge drinking in the last month	14%	21%	18%

Table 6. Illicit Drug Use Among Youth	Teton County	MT	US
Lifetime marijuana use	27%	38%	39%
Lifetime cocaine use	4%	5%	5%
Lifetime inhalant use	9%	8%	7%
Lifetime heroin use	2%	2%	2%
Lifetime methamphetamine use	3%	3%	3%
Lifetime ecstasy use	5%	6%	5%
Lifetime misuse of prescription drugs	19%	16%	17%

## Adults

Almost one in five adults in Teton County report excessive drinking. The percent of driving fatalities that are attributable to alcohol is also elevated in Teton County compared to the US and Montana. Half of all driving fatalities involve alcohol.

Table 7. Alcohol Use Among Adults	Teton County	Montana	US
Excessive drinking	18%	12%	15%
Alcohol impaired driving deaths	50%	47%	31%

Source: Youth Risk Behavior Survey (YRBS), 2015  
Behavioral Risk Factor Surveillance Survey (BRFSS), 2014  
County Health Rankings 2016

# Mental Health and Trauma

## Youth

<b>Table 8. Mental Health and Trauma among Youth</b>	<b>Teton County</b>	<b>MT</b>	<b>US</b>
Symptoms of depression in the last year	19%	29%	30%
Suicide attempts in the last year	8%	9%	9%
Carried a weapon in the past 30 days	30%	26%	16%
In a physical fight in the past year	21%	22%	23%
Physically forced to have sexual intercourse	5%	9%	7%
Experienced dating violence	4%	8%	10%
Experienced sexual dating violence	4%	10%	11%
Bullied on school property in the last year	18%	25%	20%
Electronically bullied in the last year	12%	19%	16%

Youth in Teton County are less likely than their peers in Montana or the US to report symptoms of depression in the last year. However they are just as likely to report attempting suicide. In terms of violence and bullying, almost one in three high school students in Teton County reports carrying a weapon in the last month and one in 5 has been in a fight in the last year. Students in Teton County are slightly less likely than their peers in the US and Montana at large to report bullying and dating violence.

## Adults

<b>Table 9. Mental Health among Adults</b>	<b>Teton County</b>	<b>Montana</b>	<b>US</b>
Poor mental health days in the last month	3.4	3.4	3.4
Ratio of population to mental health providers	1520:1	399:1	529:1

Adults in Teton County report an average of 3.4 poor mental health days in the last month. However, there is a severe shortage of access to mental health providers in our county relative to Montana and the US as a whole.



# Chronic Disease

## Tobacco Use

<b>Table 10. Tobacco Use among Youth</b>	<b>Teton County</b>	<b>MT</b>	<b>US</b>
Current cigarette use	7%	13%	11%
Current chewing tobacco use	15%	12%	7%
Lifetime e-cigarette use	46%	45%	45%
Current e-cigarette use	19%	30%	24%

Students in Teton County are less likely to report current cigarette or e-cigarette use than teens in Montana or the US, but are more likely to report chewing tobacco use. One in five adults in Teton County is a current smoker.

<b>Table 11. Tobacco Use among Adults</b>	<b>Teton County</b>	<b>MT</b>	<b>US</b>
Current cigarette use	19%	20%	20%

## Nutrition and Physical Activity

Almost one in three teens in Teton County describes themselves as overweight and one in ten high school students report not eating any fruit in the last 7 days.

<b>Table 12. Nutrition and Physical Activity Among Youth</b>	<b>Teton County</b>	<b>MT</b>	<b>US</b>
Self described overweight	32%	30%	32%
Did not eat fruit in the past 7 days	10%	5%	5%
Drank pop every day in last 7 days	18%	19%	20%

One in four adults in our county is obese and physically inactive, in part driven by a lack of access to exercise opportunities in our rural county.

<b>Table 14. Nutrition and Physical Activity Among Adults</b>	<b>Teton County</b>	<b>MT</b>	<b>US</b>
Overweight or obese	26%	25%	27%
Limited access to healthy foods	21%	9%	N/A
Access to exercise opportunities	35%	67%	N/A
Physical inactivity	26%	21%	23%

Of concern, one in four high school students watches more than three hours of TV a day and one in three spends 3 or more hours playing video games or on the computer.

<b>Table 14. Screen Time Among Youth</b>	<b>Teton County</b>	<b>MT</b>	<b>US</b>
Watched TV three or more hours per day	25%	22%	25%
3 or more hours of video games or computer time per day	29%	34%	42%

# Chronic Disease Prevalence and ER and Inpatient Admissions

<b>Table 15. Chronic Disease Prevalence</b>	<b>Teton County</b>	<b>MT</b>	<b>US</b>
Asthma (youth)	21%	22%	22%
Asthma (adults-North Central Montana)	9%	9%	9%
Diabetes (adults-North Central Montana)	9%	8%	10%
Arthritis (adults-North Central Montana)	29%	27%	26%

More than one in five youth in Teton County reports that they currently have asthma. The rates of chronic illnesses in North Central Montana are similar to those in Montana as a whole.

The overall cancer incidence rates in Teton County are slightly lower than the rate in Montana as a whole, but the female breast cancer rate is slightly elevated. Because of our small population, rates for other types of cancers cannot be calculated.

<b>Table 16. Cancer Incidence*</b>	<b>Teton County</b>	<b>MT</b>
Overall	390.9	439.8
Breast (female)	180.8	115.7

\*Rate per 100,000, Teton County 2011-2013

<b>Table 17. Chronic Disease Inpatient Hospital Admissions*</b>	<b>Teton County</b>	<b>MT</b>
Asthma	No data	47.7
COPD	602.3	716.8
Cardiovascular disease	629.1	746.7
Diabetes (types 1 and 2)	539.9	822.5

Teton County has slightly lower hospital admission rates for COPD and Cardiovascular Disease than the rest of the state and a significantly lower rate of admissions for Type 1 and 2 Diabetes.

\* Rate per 100,000 Teton County 2011-2013

Chronic disease admission rates for asthma, COPD and Cardiovascular Disease in our county are similar to those seen in Montana. Our ER admission rate for diabetes, like the hospital rate, is significantly lower than the rest of the state.

<b>Table 18. Chronic Disease Emergency Room Admissions*</b>	<b>Teton County</b>	<b>MT</b>
Asthma	186.1	260.0
COPD	810.0	804.9
Cardiovascular disease	339.8	372.7
Diabetes (types 1 and 2)	678.6	1235.6

\* Rate per 100,000 Teton County 2011-2013

# Communicable Disease

## Sexual Risk Behaviors

<b>Table 19. Sexual risk behaviors among youth</b>	<b>Teton County</b>	<b>MT</b>	<b>US</b>
Ever had sexual intercourse	52%	44%	41%
Currently sexually active-last three months	34%	32%	30%
Did not use a condom at last intercourse (among currently sexually active HS students)	25%	41%	43%

High school students in Teton County are more likely to report ever having sexual intercourse than their peers in Montana and the US. Sexually active teens in Teton County are also more likely to report using a condom.

## Communicable Disease Incidence

<b>Table 20. Communicable disease case rates*</b>	<b>Teton County</b>	<b>MT</b>
Chlamydia	126.5	366.2
Hepatitis C	38.5	123.0
Pertussis	11.0	44.6
Campylobacteriosis	27.5	22.2

\*Rates per 100,000, DPHHS 2011-2013

Communicable disease rates for Chlamydia, Hepatitis C and Pertussis in Teton County are significantly lower than the rates in Montana as a whole.

# Maternal and Child Health

## Birth Rates

Table 21. Birth Rates*	Teton County	MT
Number of births (2015)	80	12,578
Birth rate overall	13.1	12.2

\* Rates per 1000 population 2015

About 80 babies are born in Teton County annually and our birth rate is similar to the state as a whole. Nine out of ten infants are breastfed when discharged from the hospital and children on WIC in Teton County are less likely to be overweight or obese than their counterparts statewide.

Table 22. Maternal and Child Nutrition*	Teton County	MT
Children aged 2-5 years on WIC who are overweight or obese	14%	28%
Breastfeeding at discharge from hospital	91%	89%

Table 23. Maternal Child Health Indicators*	Teton County	MT
Women entering prenatal care after first trimester	37%	27%
Women whose Kotelchuck Index is $\geq 80\%$	56%	75%
Born less than 37 weeks	10%	9%
Mother's education less than high school graduate	25%	12%
Any insurance	78%	92%
Receiving WIC	24%	35%

One in four babies is born to a mother with less than a high school education, and mothers in Teton County are less likely to have insurance than women in Montana as a whole. Of concern, more than 1/3 of women enter prenatal care after the first trimester and

almost half do not have adequate prenatal care based on their Kotelchuck index score. One in ten births in the county is preterm (less than 37 weeks).

# Injury

## Driving Risk Behaviors

<b>Table 24. Driving risk behaviors among youth</b>	<b>Teton County</b>	<b>MT</b>	<b>US</b>
Never or rarely wears a seat belt when driving in a car driven by someone else	11%	10%	6%
In a vehicle driven by someone who had been drinking alcohol in last month	22%	23%	20%
Text or email while driving in last month	61%	55%	42%

Seat belt use among high school students in Teton County is lower than that in the US as a whole and more than half of the teens in Teton County report texting or emailing while driving in the last month.

## ER visits for Injury

Emergency room visit rates for injury are lower in Teton County than in Montana as a whole.

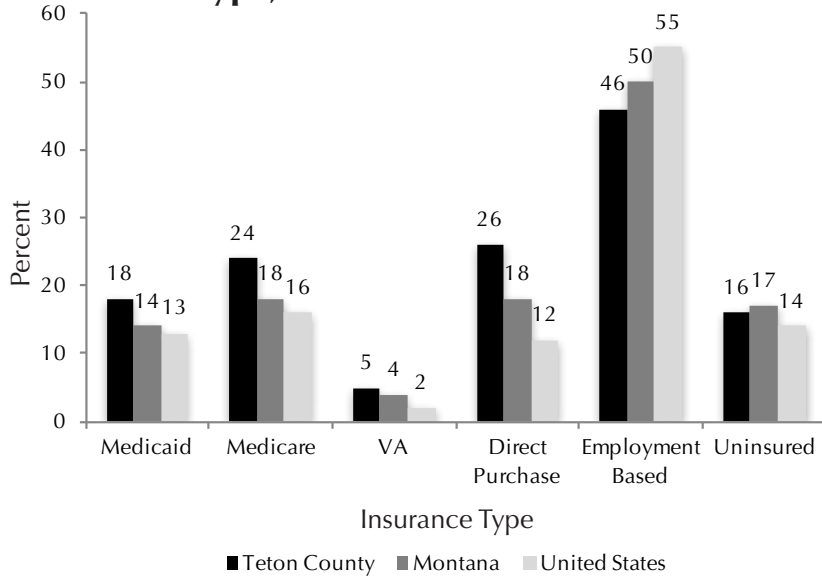
<b>Table 26. Emergency room visits for injury*</b>	<b>Teton County</b>	<b>MT</b>
ER visits for all unintentional injury	5331.5	5901.8
ER visits for falls	1708.0	2020.0
ER visits for motor vehicle injuries	392.0	520.0
ER visits for Intentional self harm	No data	104.5
ER visits for Traumatic Brain Injury	118.0	649.9

\*Rates per 100,000, 2011-2013

# Access to Care

## Insurance Type

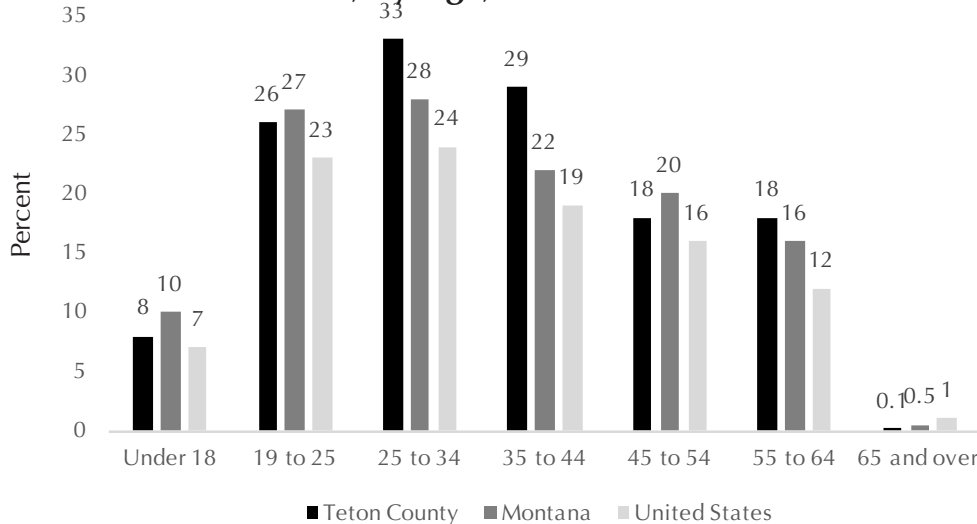
Insurance Type, ACS 5 Year Estimates 2014



In terms of insurance, Teton County residents are more likely to have Medicare, Medicaid or direct purchase insurance than other Montanans. They are less likely to have employment based insurance. One in six residents in uninsured, though this number is likely changing due to the Affordable Care Act.

## Uninsured

Percent Uninsured, by Age, ACS 5 Year Estimates 2014



Teton County residents who are aged 25-34, 35-44 and 55 to 64 are more likely to be uninsured than their peers in Montana or the US.

A number of populations in Teton County experience disparities in access to insurance:

- 33% of 25 to 34 year olds in Teton County are uninsured
- 32% of unemployed individuals in Teton County are uninsured
- 25% of households making less than \$25,000 a year are uninsured

# Access to Dental Care

<b>Table 26. Dental care</b>	<b>Teton County</b>	<b>MT</b>	<b>US</b>
Did not see a dentist during the past year (youth)	35%	25%	26%
Population to dentist ratio	3030:1	1480:1	1583:1

More than one third of high school students report not seeing a dentist in the past year. The lack of dental visits is likely exacerbated by the high population to dentist ratio in Teton County.

# Access to Primary Care

<b>Table 27. Access to Primary Care</b>	<b>Teton</b>	<b>MT</b>	<b>US</b>
Population to primary care physician ratio	6070:1	1310:1	1342:1

Access to primary care physicians is also limited in Teton County. The population to primary care doctor ratio is almost 5 times that in Montana and the US as a whole.

# Healthcare Resources

Locally available healthcare resources have an important impact on access to services and the overall health of Teton County residents.

<b>Table 28. Healthcare Assets</b>		<b>DAILY LIVING SERVICES</b>	
<b>HEALTH CARE FACILITIES</b>		Nursing Homes	1 (25 beds)
Critical Access Hospital	1 (10 beds)	Assisted Living	2 (39 beds)
Outpatient Clinics	4	Independent Senior Housing	1 (54 beds)
<b>PRIMARY CARE PROVIDERS</b>		Adult Day Care Licenses	1
Doctors (MDs and DOs)	1	Senior Centers	4
Nurse Practitioners (NP)	6	Developmentally Disabled Adult Living Program	1
Physician Assistants (PA-C)	2		
Dentists	4		
Optometrists	1		
Chiropractic Doctors	1		
Mental Health Providers	3		
Physical/Occupational Therapists	5		

Source: YRBS 2015 - Montana Hospital Discharge Data System, DPHHS, 2011-2013

# Overall Health Status

## Overall

Table 28. Overall health status	Teton County	MT	US
Self rated fair or poor health (adults)	13%	14%	16%
Poor physical health days per month (adults)	3.5	3.9	3.7
Years of Potential Life Lost Rate*	5,100	7,307	6,622

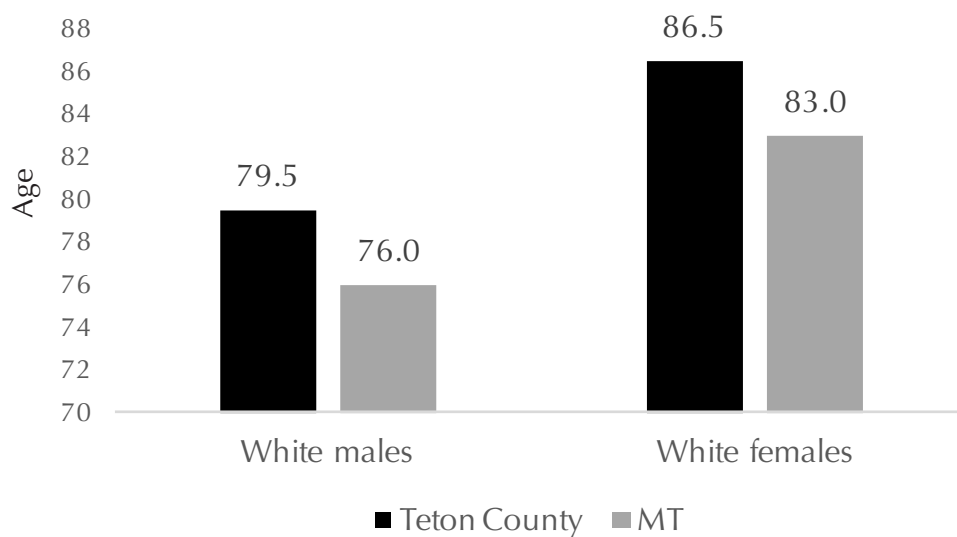
\*Age-adjusted years of potential life lost before aged 75 per 100,000 population

One in 7 adults rate their health as poor or fair and, on average, adults report three and a half days per month of poor physical health. Compared to the US and Montana as a whole, adults in Teton County experience fewer years of potential life lost.

*The 2015 age-adjusted all cause death rate per 100,000 in Teton County was 531.6 In Montana, it was 762.0.*

## Median Age of Death

### Median age of death, by age and gender in Teton County and Montana, 2011-2013



Males and females in Teton County have a life expectancy that is 3.5 years higher than than all Montanans. Females have median age of death that is 7 years higher than men.



# Summary

There are many pressing health concerns facing the residents of Teton County. This document quantifies, using the available public health data, some of the needs that our community currently faces. This report is the result of a collaborative effort by stakeholders to paint a picture of the overall health of our community. According to this analysis, the following health indicators are elevated in Teton County relative to the US and Montana:

## Youth

- Illegal drug use, lifetime alcohol use and chewing tobacco
- Nutrition, screen time and overweight
- Sexual activity
- Access to dental care

## Adults

- Access to health care, including mental health, dental care and primary care
- Maternal child health, including access to prenatal care
- Alcohol impaired driving and crashes
- Physical inactivity, access to exercise opportunities and healthy food and obesity

Clearly there is much work that can be done to improve the health of the residents of Teton County. And with the strong partnerships and many organizations working together to improve our community's health, we are confident that we can reduce risk factors and increase the quality of life for all of our residents.



**Public Health**  
Prevent. Promote. Protect.  

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Teton County Health Department

