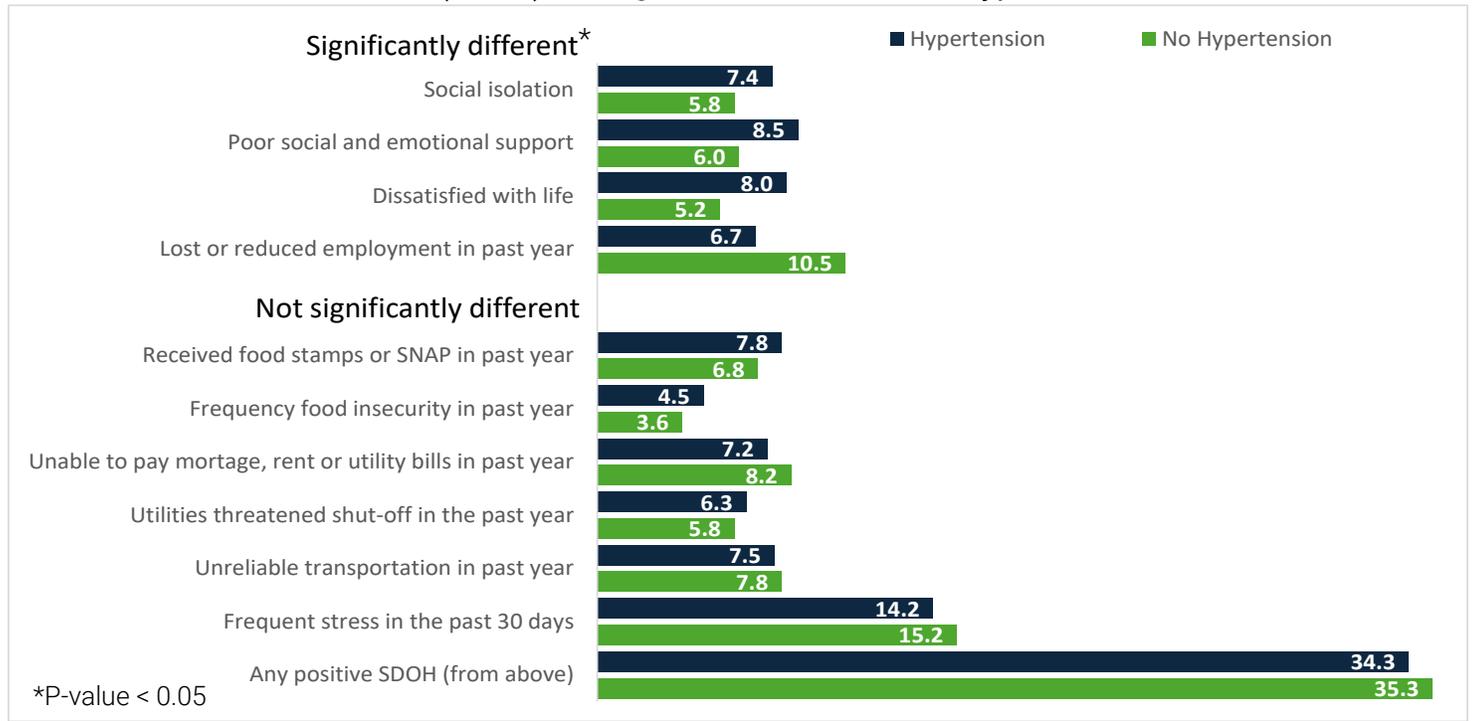




# Montana Quick Stats

## Cardiovascular Health Program

### Social Determinants of Health (SDOH) among Montana Adults with Hypertension, BRFSS 2023.



### Background:

SDOH are the conditions in which people are born, grow, live, work, and age—and include things like access to healthy food, stable housing, transportation, education, income, and social support. These factors shape daily life and strongly influence a person’s ability to maintain good health. SDOH often determine whether someone can prevent, manage, or recover from conditions like hypertension. When people face barriers (e.g., limited access to healthcare, chronic stress, or food insecurity), their risk of high blood pressure increases. Understanding SDOH helps highlight that health outcomes aren’t just about individual choices—they’re connected to broader social and economic environments. Improving health requires addressing these upstream factors as well.

### Highlights:

Compared to Montana adults without hypertension:

- Significantly more Montana adults with hypertension reported social isolation, poor social or emotional support, and tend to be dissatisfied with life.
- Adult Montanans without hypertension reported higher rates of lost or reduced employment in the past year.

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#### DATA SOURCE

Montana Behavioral Risk Factor Surveillance System, 2023

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