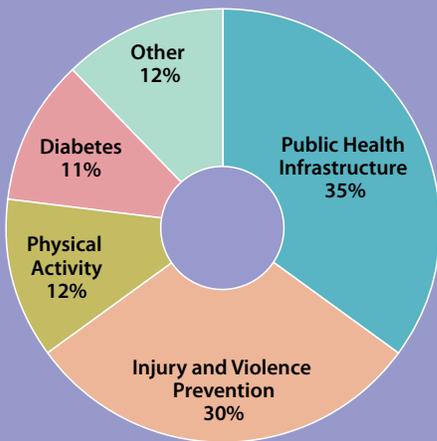


# Preventive Health and Health Services Block Grant

## Montana

### How Montana Invested PHHS Block Grant Funding

Total FY 2015 Funding: \$986,123



PHHS Block Grant funding helps Montana teach residents about diabetes prevention and healthy lifestyle choices such as eating fresh fruits and vegetables.

## Preventing Diabetes Through Lifestyle Programs

In 2013, about 9% of Montana residents had diabetes, and roughly one-third of the state's adults were at risk for developing it. Diabetes is a dangerous health condition that can cause heart disease, blindness, kidney failure, and other serious medical issues if untreated. The Montana Department of Public Health and Human Services used a portion of its 2014 Preventive Health and Health Services (PHHS) Block Grant funds to support a healthy lifestyle initiative—the Montana Diabetes Prevention Program.

People can reduce their chances of developing diabetes by participating in healthy lifestyle programs. A lifestyle program is a series of classes that teaches people how to be healthier by making changes to the way they live, such as what they eat and how often they exercise. The Montana Diabetes Prevention Program was started in 2008 and is based on a successful lifestyle program developed by the National Institutes of Health.

PHHS Block Grant funds were used to fully fund two program sites and partially fund three others around the state. Participants attended weekly educational sessions led by lifestyle coaches for 4 months, followed by monthly sessions for 6 months. The sessions covered topics such as cooking healthy meals, keeping a food log, and exercising at home.

More than 320 people participated in the program at the five locations funded by the 2014 PHHS Block Grant, and 296 (92%) completed it. Of these, 65% exercised at least 150 minutes each week. Participants overall also noted that their blood pressure readings and cholesterol levels improved by the end of their lifestyle classes.

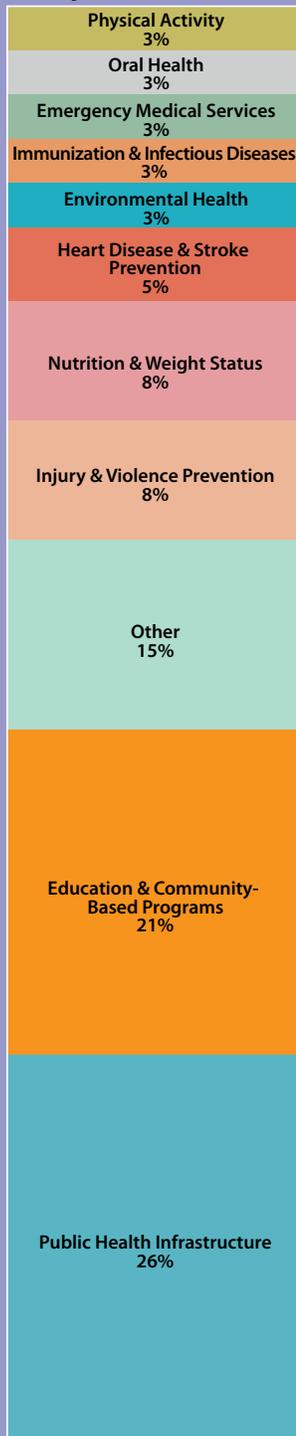
The PHHS Block Grant is helping people in Montana adopt healthier behaviors and reduce their risks for diabetes.



Centers for Disease Control and Prevention  
Office for State, Tribal, Local and Territorial Support

# Preventive Health and Health Services Block Grant

## 2015 Top-Funded Health Areas



*Excludes all non-discretionary funding: administrative costs (up to 10%), direct assistance, and funds set aside for sexual violence (rape prevention).*

## What is the PHHS Block Grant?

The Preventive Health and Health Services (PHHS) Block Grant provides flexible federal funding to 61 states, tribes, and US territories. These grantees use the funding to meet vital public health needs within their jurisdictions that align with national priorities—the Healthy People (HP) 2020 objectives.

## Block Grant Investment Across the Nation

In fiscal year 2015, the 61 grantees received about \$126 million from the PHHS Block Grant to support critical programs and services. Most funds (85%) supported HP 2020 objectives in 10 key areas: 1) Public Health Infrastructure, 2) Education and Community-Based Programs, 3) Injury and Violence Prevention, 4) Nutrition and Weight Status, 5) Heart Disease and Stroke Prevention, 6) Environmental Health, 7) Immunization and Infectious Diseases, 8) Emergency Medical Services, 9) Oral Health, and 10) Physical Activity.

Public Health Infrastructure was the most funded area (26% of total funding); 43 grantees directed funds toward public health systems assessment, health improvement planning, accreditation, quality improvement, laboratory services, and other infrastructure activities. Education and Community-Based Programs was the second-most funded area (21% of total funding); 29 grantees directed funds toward community-based primary prevention services, worksite health promotion programs, and culturally appropriate community health programs.

Grantees also directed funds toward supporting local organizations working to improve community health (27% of total funding) and reduce health disparities (23% of total funding).