

Talking Health in the 406

Public Health & Podcasting

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**PUBLIC HEALTH &
HUMAN SERVICES**

MONTANA



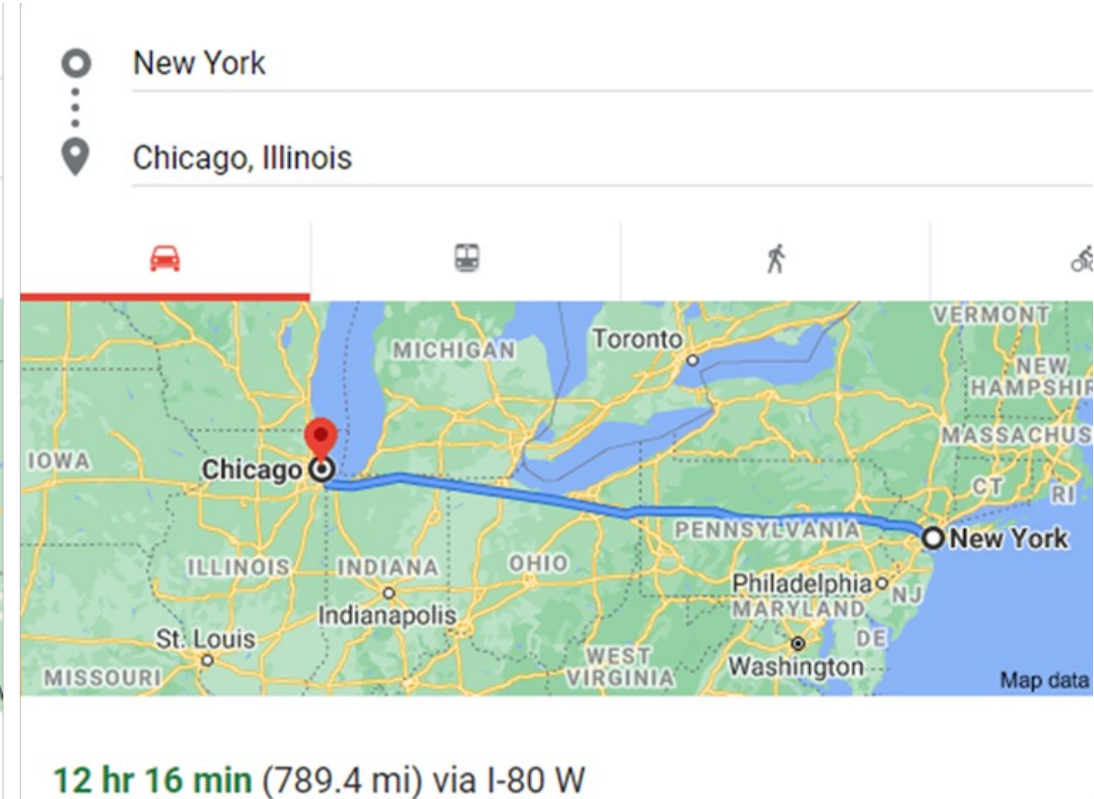
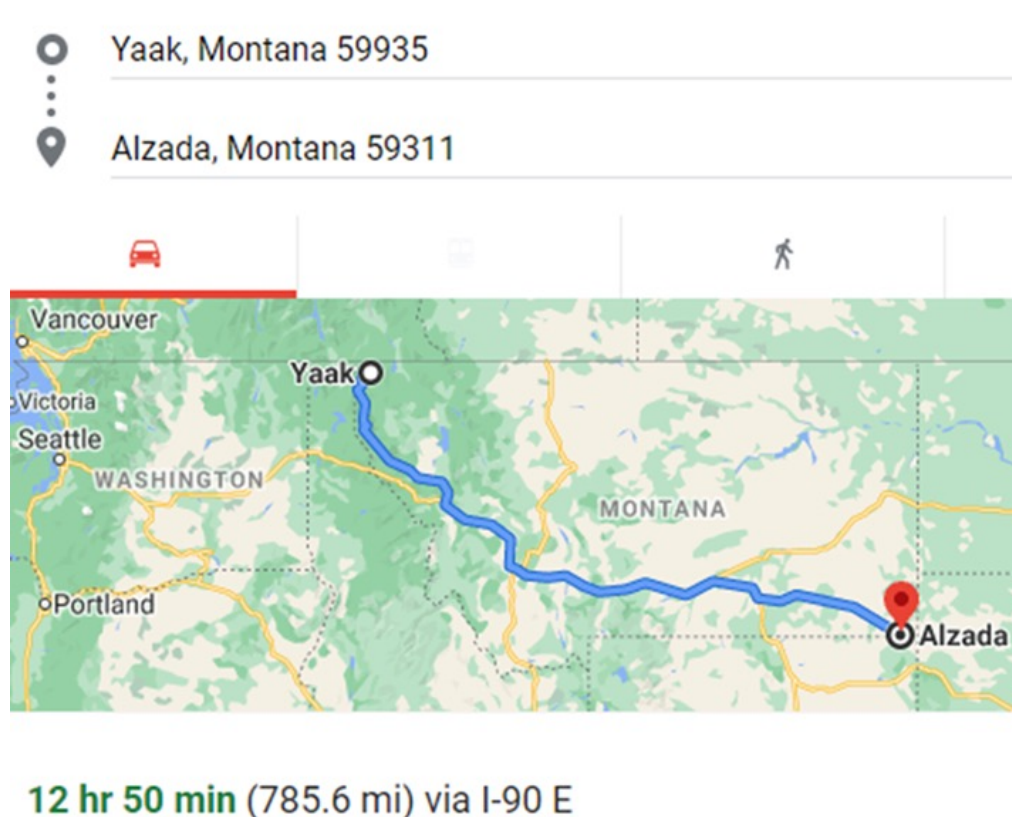
- Just over 1 million residents
- 147,000 square miles

This presentation adapted from the 2023 Jennifer Van Syckle, MA, RDMS, RVT
Podcasting in Montana to impact and educate our population



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Geographic Challenges



Source: Google Maps



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How do we get this . . .

Figure 6. Percent of Children with Current Asthma by Sex, Age, and Race, Montana, BRFSS, 2015-2019

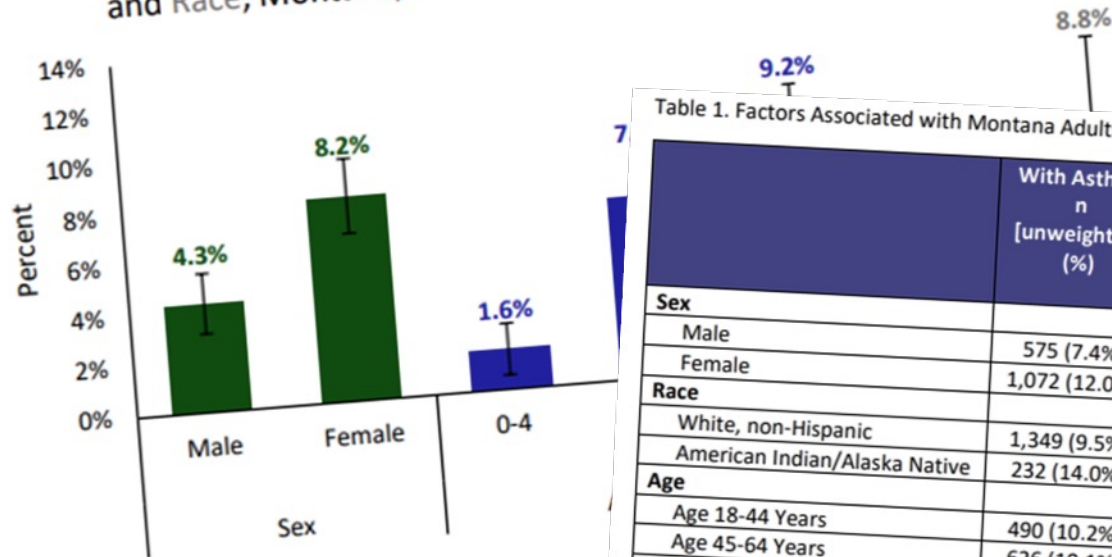


Table 1. Factors Associated with Montana Adults Having Current Asthma, Montana, BRFSS, 2015-2019

	With Asthma n [unweighted] (%)	Without Asthma n [unweighted] (%)	Adjusted Odds Ratio	95% Confidence Interval
Sex				
Male	575 (7.4%)	7,697 (92.6%)	1.0 (reference)	
Female	1,072 (12.0%)	8,272 (88.0%)	1.70	1.48-1.95*
Race				
White, non-Hispanic	1,349 (9.5%)	13,600 (90.5%)	1.0 (reference)	
American Indian/Alaska Native	232 (14.0%)	1,645 (86.0%)	1.56	1.24-1.96*
Age				
Age 18-44 Years	490 (10.2%)	4,286 (89.8%)	1.29	1.10-1.52*
Age 45-64 Years	626 (10.1%)	5,485 (89.9%)	1.26	1.07-1.48*
Age ≥ 65 Years	531 (8.1%)	6,067 (91.9%)	1.0 (reference)	
Education				
High School Degree or Less	580 (10.3%)	5,400 (89.7%)	1.12	0.97-1.29
More than High School Degree	1,067 (9.3%)	10,438 (90.7%)	1.0 (reference)	
Annual Household Income				
Income <\$25,000	530 (13.1%)	3,495 (86.9%)	1.88	1.59-2.22*

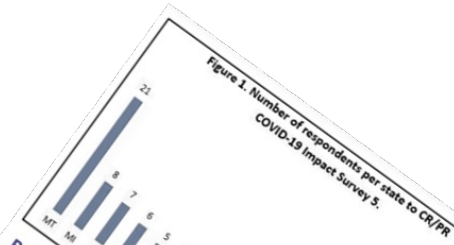


Figure 1. Number of respondents per state to CR/PR for COVID-19 Impact Survey 5.

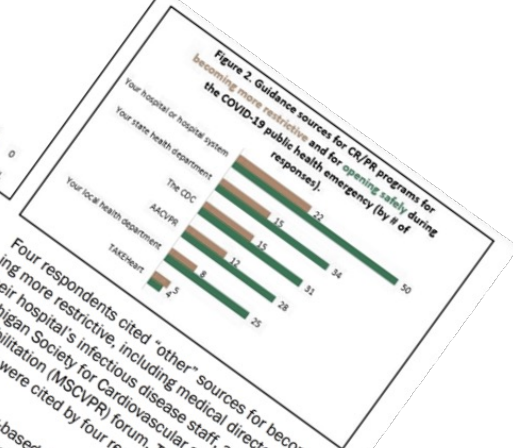


Figure 2. Guidance sources for CR/PR programs for becoming more restrictive and for opening safely during the COVID-19 public health emergency (by # of responses).

Four respondents cited "other" sources for becoming more restrictive, including medical directors, their hospital's infectious disease staff, and the Michigan Society for Cardiovascular and Pulmonary Rehabilitation (MSCVPR) forum. These same sources were cited by four respondents for opening center-based services being offered, 60 sites are offering classes that consist of Phase II patients maintenance classes that consist of 25 patients with reduced class sizes with social seven are offering one-on-one services. patient education in a variety of formats including 1-on-1 (44 respondents), on-line education (20), on-line education during group exercises with pharmacists; with patient education with the pharmacist; the dietitian; as a meeting; as a speaker; near provid.

to people who are here?



Podcasts



- Portable
- Conversational
- Adaptable literacy

Where we are one community under the Big Sky



Available wherever you listen to podcasts. Subscribe on the platform of your choice.

#28 - Amy Stiffarm: Spirit of Resilience - Indigenous Woman Leading the Way to Change (cont.)

Guest Amy Stiffarm continues her journey from Harlem to Helena, through the path of Salish Kootenai College, the University of Montana, and the University of North Dakota. She has forged a path of unwavering dedication and stands as a trailblazer, weaving traditional knowledge with new practices in milk medicine, cultural safety and sensitivity, and paving the way for the next generation.



[Podcast #28 Script](#)

Quick Links:

- [Fort Belknap Indian Community](#): Home to the Assiniboine, or Nakoda, and the Gros Ventre, who refer to themselves as A'aninin or "People of the White Clay"
- [Aaniiih women amonth first to graduate from UNDs new Indigenous Health Program](#)
- [Indian Health Services](#)
- [Salish Kootenai College](#)
- [Health Mothers, Healthy Babies](#)
- [University of Montana, School of Public Health](#)
- [University of North Dakota Indigenous Health \(Ph.D.\)](#)
- [Cultural Safety for Indigenous Mothers and Birthing People Toolkit](#)
- [Maternal Child Health](#)
- [Postpartum Depression](#)
- Dr. Nicole Rdvers - [The Science of the Sacred](#) (book)
- Conceptual Map - [Perinatal Mental Health Experience of Indigenous Women and Birthing People](#)
- [MOMS Project ECHO](#)



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Talking Health in the 406 is a new podcast by DPHHS on a variety of wellness topics designed to raise awareness of issues that impact the daily lives of Montanans.

#29 - Aubrie Carey: Integrating Community Resources Into Your Health Journey Through Local EMS

Guest Aubrie Carey talks about her health care journey as she navigates pregnancy in a rural area. She found support through Community Integrated Health (CIH) at the local Jefferson Valley EMS Service, who provided comprehensive health care during her pregnancy and after the birth of her child. This story is about resilience and the power of a supportive community.

[Talking Health in the 406](#) is available wherever you listen to your podcasts. Subscribe on the platform of your choice.

If you have a topic you would like to hear about, or a story to share with us, please contact us at Talkinghealthinthe406@mt.gov.

Quick Links:

- [Community Integrated Health in Montana](#)
- [Perinatal Mental Health Resources](#)
- [Jefferson Valley EMS and Rescue](#)

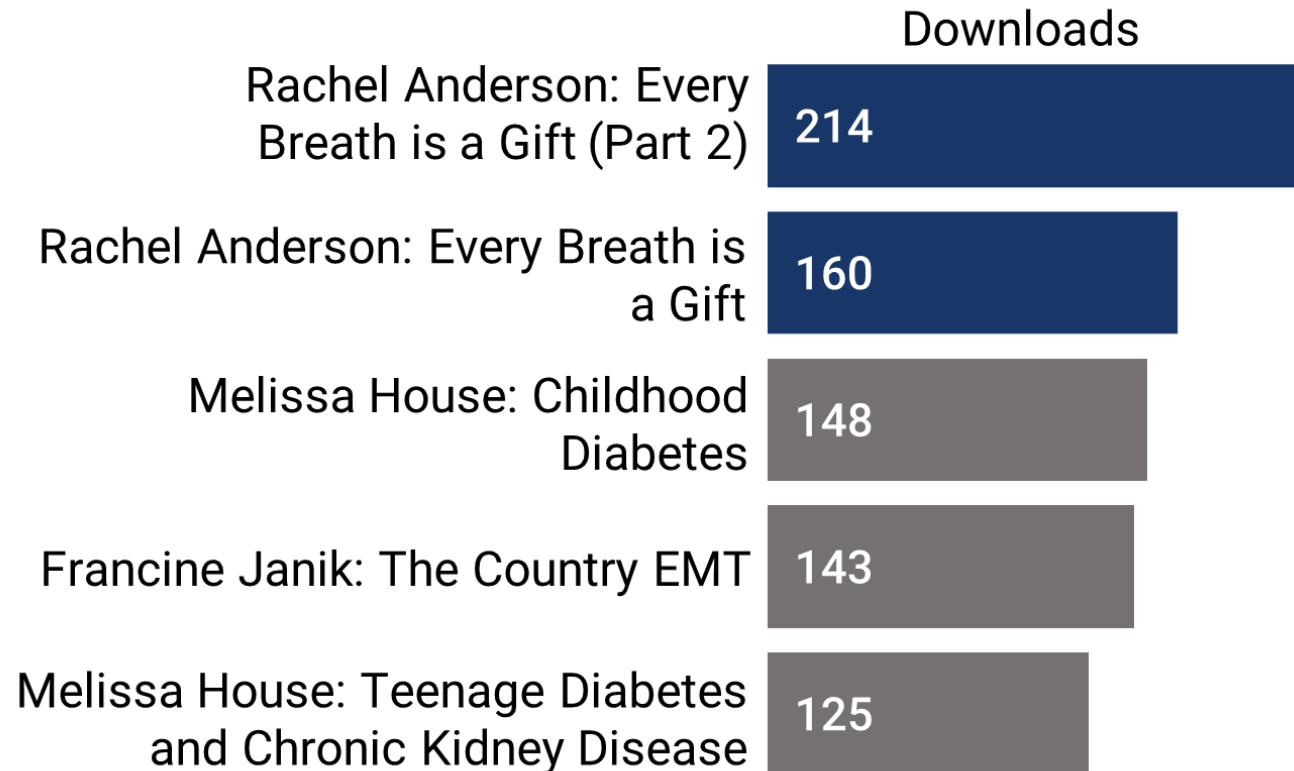
Share any comments, suggestions or experiences with us at talkinghealthinthe406@mt.gov. Follow us on [Facebook](#), [X](#) and [Instagram](#).



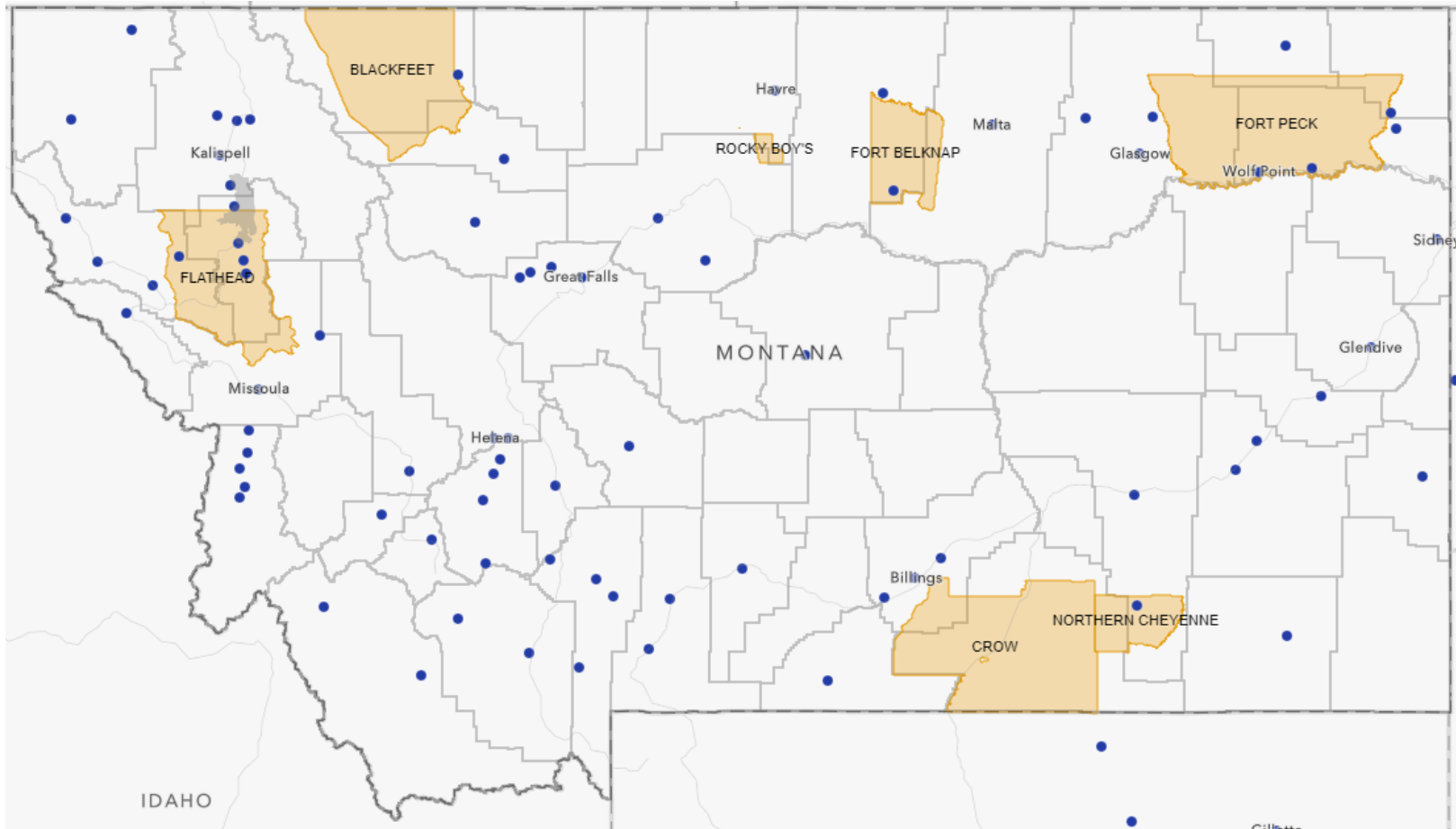
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Topics

Asthma related podcasts featuring **Rachel Anderson** have been the most downloaded podcast.

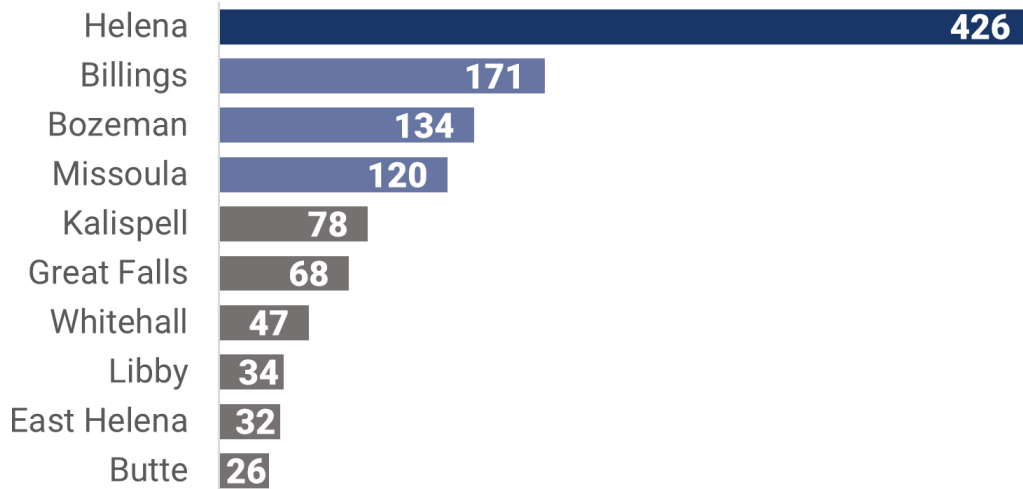


Who is listening?

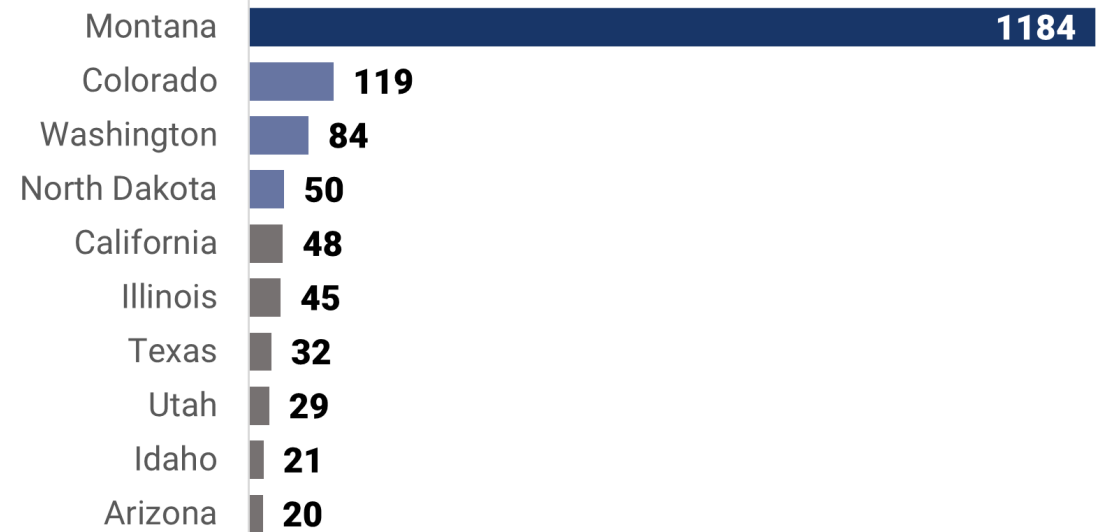


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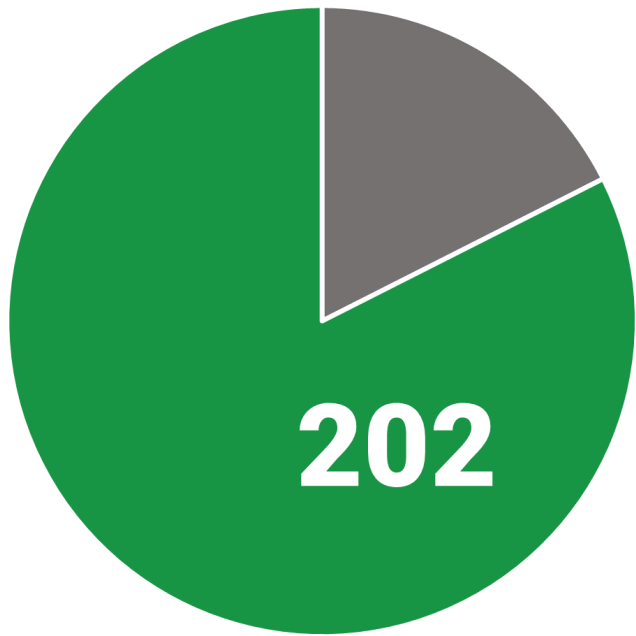
Of the top 10 cities in Montana to download the podcast, **Helena** has a total number of downloads as **Billings**, **Bozeman**, and **Missoula** have combined.



Of the top 10 states to download the podcast, **Montana** has 10 times more downloads than **Colorado**, second on the list.

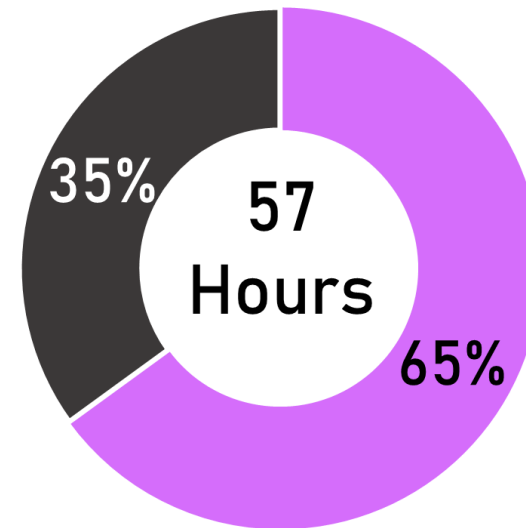


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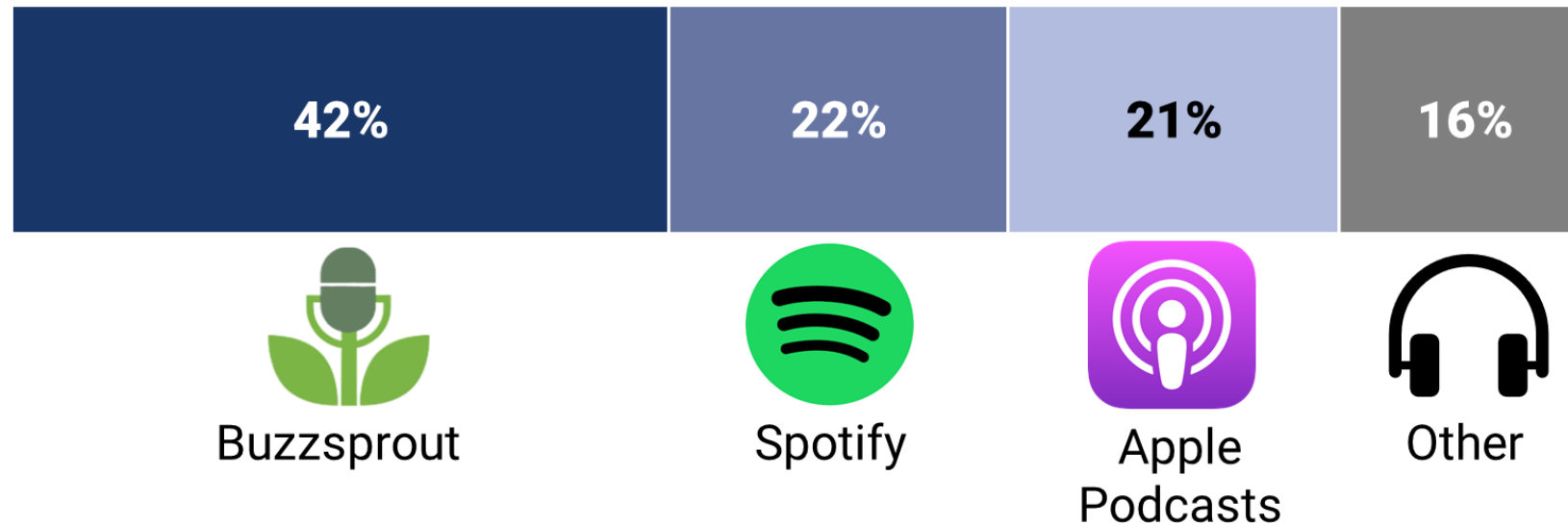
times Talking Health in the 406 showed up in **Spotify Search** in the last 30 days.

Followers on Apple Podcast have accounted for a little over 37 hours of podcast listening.



Podcast Performance

Nearly half of downloads come from the **Buzzsprout Player**.



[2023 Recap](#)



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Relaunching Podcast – April 2024



Questions



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