

Disparities by Disability Status

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Healthy People is a national 10-year plan intended to encourage and guide federal, state, local, private, and community health promotion and wellness activities and policies to improve the health of Americans. The U.S. Department of Health and Human Services reformulates the nation's Healthy People plan every 10 years, in coordination with other public health agencies and partners. The overarching *Healthy People 2010 (HP2010)* goals are to increase quality and years of healthy life and eliminate disparities. The two-volume *HP2010* plan can be obtained at www.health.gov/healthypeople.

HP2010 features a new area that focuses on the health of people with disabilities. The importance of health promotion and disease prevention in the lives of people with disabilities are recognized throughout *HP2010*. Of the 467 *HP2010* objectives, 207 (sub)objectives include people with disabilities—12 represent some of the tracking objectives for the national leading health indicators. Currently, of the 207 (sub)objectives:

- 58 provide *first-time* data on gaps or disparities
- 30 provide data on health and well-being
- 12 target state programs and data collection systems, and
- 108 lack baseline data for people with disabilities.

Gaps and disparities

Compared with people without disabilities, people with disabilities have:

- Less health insurance coverage and use of the health-care system, e.g. Pap test, mammography, oral health exams
- Higher rates of chronic conditions, e.g. diabetes, depression and sadness, elevated blood pressure and blood cholesterol, obesity, tooth loss, vision and hearing impairments
- Lower rates of social participation, e.g. regular education classrooms, high school completion, employment, community-organized or employee-sponsored health events and social events
- Lower rates of recommended health behaviors, e.g. cardiovascular, strengthening, and flexibility activities; no cigarette smoking

Health and well-being

People with disabilities are experiencing:

- High rates of emergency room visits and hospital stays for the primary disabling condition
- Early deaths from the primary disabling conditions, e.g. asthma
- Early deaths from co-morbidities, e.g. diabetes-related cardiovascular disease
- Low rates of formal patient education
- Low rates of treatment for mental illness
- Activity limitations and difficulties with personal care
- Preventable secondary conditions, e.g. fractures, amputation, unemployment, pressure sores in nursing homes

Please see following pages for accompanying tables.

- For information on *Healthy People 2010 Focus Area 6*, please contact Lisa Sinclair, CDC, National Center on Birth Defects and Developmental Disabilities, (404) 498-3019 or lsinclair@cdc.gov.
- For state health plan information, please contact Stacy Baker at the Public Health Foundation, (202) 898-5600 or sbaker@phf.org.
- For Healthy People 2010 initiative information, please contact the Department of Health and Human Services, Office on Disease Prevention and Health Promotion.

The Centers for Disease Control and Prevention (CDC) protects people's health and safety by preventing and controlling diseases and injuries; enhances health decisions by providing credible information on critical health issues; and promotes healthy living through strong partnerships with local, national, and international organizations

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Fact Sheets

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Disparities by Disability Status—continued

Health Gaps and Disparities: Healthy People 2010 Data

No	Objective	Reference Year	With Disability	Without Disability
1-1*	People w/disabilities under age 65 who have health insurance	1997	85%	86%
3-11b	Women w/disabilities ages 18+ who have received a Pap test in preceding 3 yrs.	1994	74%	78%
3-13	Women w/disabilities age 40+ who have received a mammogram in preceding 2 yrs.	1994	55%	61%
5-2	People w/disabilities who are newly diagnosed with diabetes (per 1,000)	1994-96	6.4	2.5
5-3	People w/disabilities who are new and previously diagnosed with diabetes	1997	87	28
5-4	Adults w/disabilities age >20 whose diabetes is diagnosed	1991-94	66%	69%
6-3	Adults w/disabilities who report sad feelings that interfere with activities	1997	28%	7%
6-4	Adults w/disabilities who participate in social activities	1997	95%	100%
6-5	Adults w/disabilities who report sufficient emotional support	1998	70%	79%
6-6	Adults w/disabilities who report satisfaction w/life	1998	87%	96%
6-8	Adults w/disabilities ages 21-64 who are employed	1994-95	52%	82%
6-9	Children w/disabilities who are included in regular education programs	1995-96	45%	100%
7-1	Youth w/disabilities who completed high school	1995	79%	86%
7-6	People w/disabilities who participate in employee-sponsored health promotion events	1994	56%	62%
7-12	People w/disabilities who participated last year in one organized health activity	1995	10%	12%
12-8	Adults w/disabilities who have high blood pressure	1991-94	32%	27%
12-13	Adults w/disabilities who have reduced mean total blood cholesterol	1991-94	208mg/dL	204mg/dL
12-14	Adults w/disabilities who have high total blood cholesterol	1991-94	24%	19%
19-1a	Women and men w/disabilities who are at a healthy weight	1991-94	32%	41%
19-1b	Women w/disabilities who are at a healthy weight	1991-94	35%	45%
19-1c	Men w/disabilities who are at a healthy weight	1991-94	30%	36%
19-2a*	Women and men w/disabilities who are obese	1991-94	30%	23%
19-2b	Women w/disabilities who are obese	1991-94	38%	25%
19-12	Women w/disabilities ages 12-49 who have iron deficiency	1991-94	4%	12%
21-4	Adults w/disabilities ages 65-74 who have all teeth extracted	1997	34%	22%
21-10	Children and adults who annually use the oral health care system	1996	40%	45%
22-1	Adults w/disability ages 18+ who engage in no leisure-time physical activity	1997	56%	36%
22-2a*	Adults w/disabilities ages 18+ who are physically activity 30 min 5 days/wk	1997	12%	16%
22-2b*	Adults w/disabilities age 18+ who are physically activity 20 min 3 days/wk	1997	23%	33%
22-3	Adults w/disabilities age 18+ who engage in vigorous activity 20+ min 3 days/wk	1997	13%	25%
22-4	Adults w/disabilities age 18+ who engage in strengthening exercises	1997	14%	20%
22-5	Adults w/disabilities age 18+ who are enhancing or maintain their flexibility	1995	29%	31%
27-1a*	Adult w/disabilities who smoke cigarettes	1997	33%	23%
28-4	Children and teens w/disabilities age ≤17 who also have blindness or vision loss	1997	92%	19%



Disparities by Disability Status—continued

Health and Well-Being of People with Disabilities: Healthy People 2010 Data

No.	Objective	Reference Year	Rates Among People with Disabilities
1-16	Adults w/disabilities in nursing homes who are diagnosed with pressure sores	1997	16 per 1,000
2-2	Adults w/chronic <i>joint symptoms</i> ages 18+ who have a limitation in activity	1997	27%
2-3	Adults w/chronic <i>joint symptoms</i> who have difficulty w/personal care	1997	2%
2-5	Working-aged adults w/ <i>arthritis</i> who are employed	1997	67%
2-10	Adults w/ <i>osteoporosis</i> ages 65+ who are hospitalized for vertebral fracture	1998	17.5 per 10,000
2-11	Adults w/ <i>chronic back conditions</i> ages 18+ who have an activity limitation	1997	32 per 1,000
4-2	People w/ <i>chronic kidney failure</i> who die from cardiovascular disease	1997	70 per 1,000
4-7	People w/ <i>diabetes</i> who experience kidney failure	1996	113 per million
5-10	People w/ <i>diabetes</i> who experience lower-extremity amputation	1990	11 per 1,000
6-7a	Adults w/disabilities who live in congregate care facilities	1997	93,362 adults
6-7b	Children w/disabilities who live in congregate care facilities	1997	24,300 children
18-4	People w/serious <i>mental illness</i> who are employed	1994	43%
18-9a	Adults w/serious <i>mental illness</i> ages 18-54 who are receiving treatment	1997	47%
18-9b*	Adults w/recognized <i>depression</i> ages 18+ who are receiving treatment	1997	23%
18-9c	Adults w/ <i>schizophrenia</i> ages 18+ who are receiving treatment	1984	60%
18-9d	Adults w/ <i>anxiety</i> disorder ages 18+ who are receiving treatment	1997	38%
24-1a	Children w/ <i>asthma</i> under age 5 whose death is due to asthma	1998	2.1 per million
24-1b	Children w/ <i>asthma</i> ages 5-14 whose death is due to asthma	1998	3.3 per million
24-1c	Youth and adults w/ <i>asthma</i> ages 15-34 whose death is due to asthma	1998	5.0 per million
24-1d	Adults w/ <i>asthma</i> ages 35-64 whose death is due to asthma	1998	17.8 per million
24-1e	Adults w/ <i>asthma</i> ages 65+ whose death is due to asthma	1998	86.3 per million
24-2a	Children w/ <i>asthma</i> under age 5 who are hospitalized due to asthma	1998	45.6 per 10,000
24-2b	Children and adults w/ <i>asthma</i> ages 5-64 who are hospitalized due to asthma	1998	12.5 per 10,000
24-2c	Adults w/ <i>asthma</i> ages 65+ who are hospitalized due to asthma	1998	17.7 per 10,000
24-3a	Children and adults w/ <i>asthma</i> under age 5 who have ER visits	1995-97	150 per 10,000
24-3b	Children and adults w/ <i>asthma</i> ages 5-65 who have ER visits	1995-97	71 per 10,000
24-3c	Children and adults w/ <i>asthma</i> ages 65+ who have ER visits	1995-97	29.5 per 10,000
24-4	People w/ <i>asthma</i> whose activity is limited due to their condition	1994-96	20%
24-6	People w/ <i>asthma</i> who receive formal patient education	1998	8.4%
24-9	Adults w/ <i>breathing problems</i> whose activity is limited due to their condition	1997	2.2%

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