



Disability and Health

Why is the Disability and Health program important to Iowans?

Each of us may experience a disability in our lifetime. Despite progress, adults with disabilities continue to experience significant differences in health characteristics and behaviors compared to adults without disabilities. By creating accessible and inclusive communities, Iowa will reduce the health risks and chronic conditions experienced by individuals with disabilities.

Adults with disabilities are more likely to be inactive (44.1% versus 25.6%) and obese (45.1% versus 27.3%) than adults without disabilities.

Did you know?

One in five Iowans live with a disability. In Iowa, disability costs \$3.9 billion per year in health care expenditures.

A focus on health equity

The Disability and Health Program supports efforts to include adults with disabilities in activities promoting physical activity and better nutrition, while working to remove barriers to health care and access to routine preventive services. Examples include providing technical assistance and training on [completing a Community Health Inclusion Index](#).

What does the department do?

- IDPH promotes participation in evidence-based and evidence-informed programs, like the National Center on Physical Activity and Disability's [14 Weeks to a Healthier You](#).
- Collaborates with partners, such as the University of Iowa Center for Disabilities and Development, to train health care students and new professionals on strategies for having health and wellness conversations with patients with disabilities.
- Provides technical assistance to organizations interested in assessing accessibility and creating inclusive programs, coalitions and policies.

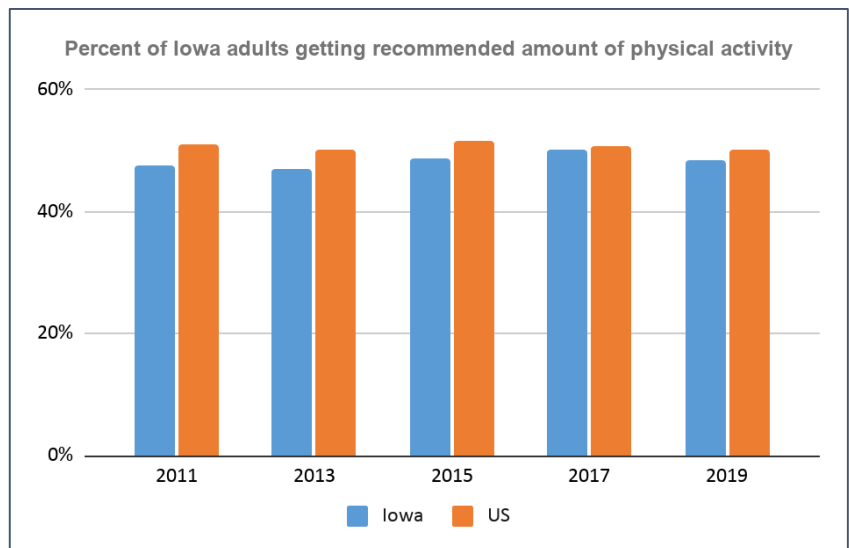
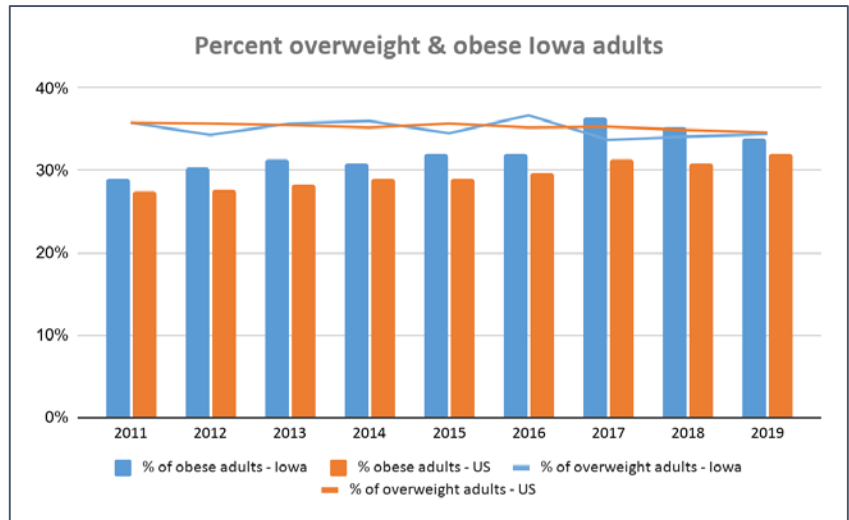


Disability and Health

What can Iowans do to help?

- Communities can gather information on healthy living resources inclusive of all, including people with disabilities, by using the [Community Health Inclusion Index survey tools](#).
- Organizations can update community health programs and policies to be inclusive of people with disabilities by using the National Center on Health, Physical Activity and Disability's [Guidelines for Disability Inclusion in Physical Activity, Nutrition, and Obesity Program Initiatives](#).
- Individuals with disabilities can participate on local health coalitions and other groups addressing community health needs.

How do we measure our progress?



Resources	SFY 2019 Actual	SFY 2020 Actual	SFY 2021 Estimate
State Funds	\$0	\$0	\$0
Federal Funds	\$335,170	\$338,546	\$332,699
Other Funds	\$0	\$26,936	\$100
Total Funds	\$335,170	\$365,482	\$332,799
FTEs	1.30	1.56	1.55