

# Disability & Health

Phone: 515-281-8465

<http://idph.iowa.gov/disability-injury-violence-prevention/disability-health>

Protecting & Improving  
the Health of Iowans



The Iowa Department of Public Health (IDPH) Disability and Health Program (DHP) recently began work on a new 5 year grant funded by the Centers for Disease Control and Prevention. The Disability and Health Program will use data available to monitor the health of Iowans with disabilities as well as provide information and training to create inclusive and accessible programs aimed at improving access to programs addressing healthy weight, improved nutrition, and increased physical activity.

## Did you know?

Compared to adults without disabilities, Iowans with disabilities differ in general health status and chronic disease prevalence such as having high blood pressure (24% vs 42%) and experiencing coronary heart disease (3% vs 11%), heart attack (3% vs 11%), stroke (1% vs 8%), and diabetes (6% vs 20%). People with disabilities are also more likely to have significant differences in risk factor exposures, including being a current smoker (31% vs 19%), more likely to be obese (38% vs 26%), and report inactivity (34% vs 25%).

## Why is the Disability & Health Program important to protecting and improving the health of Iowans?

- Through a grant with the Centers for Disease Control and Prevention, the Disability and Health Program and its partners are working on improving the health of Iowans with disabilities through policy, programmatic, societal, and environmental changes to create healthy, inclusive communities.

## Which Iowa Public Health Goals are we working to achieve?

- Promote healthy living
- Strengthen the health infrastructure

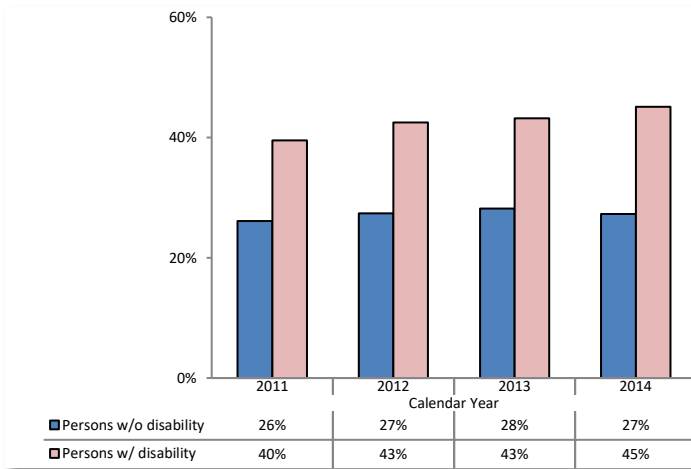
## What do we do?

- Increase health promotion opportunities by offering informational resources and training on how to create disability inclusive public health programs.
- Provide site surveys on request to increase accessibility by using the Americans with Disabilities Act Accessibility Guidelines (ADAAG). Written guidance and training on how to meet minimum compliance is available.
- Train professionals regarding communication and accommodation for patients with disabilities.
- Complete a public needs assessment of Iowans with disabilities and maintain current data to promote policy changes to increase health and wellbeing.
- Promote the creation of inclusive and healthy communities through readiness surveys and activities impacting policy, programmatic, societal and environmental changes.

## How do we measure our progress?

The Disability and Health Program's goal is to improve the health of Iowans with Disabilities. Utilizing information from the Iowa Behavioral Risk Surveillance Survey (BRFSS), we aim to evaluate our progress in reducing the health disparities experienced by people with disabilities by decreasing the percentage of individuals with disabilities who report being obese and increasing the number of individuals with disabilities who report being active.

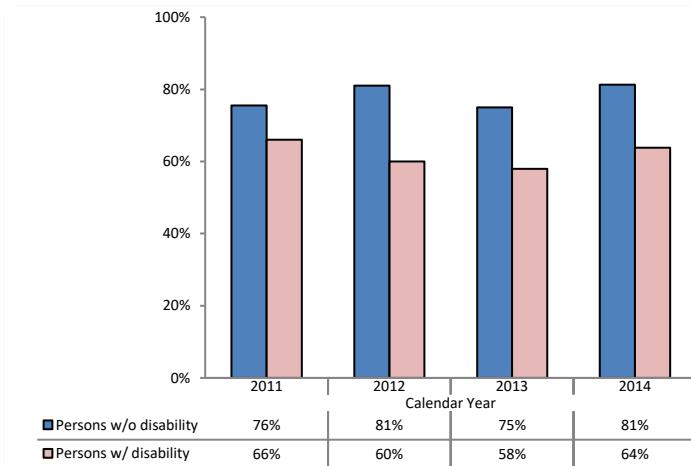
### 1 Percentage of Iowans with and without disabilities who report being obese.



Source: <http://dhds.cdc.gov/profiles>.

**How are we doing?** Persons with disabilities are significantly more likely (45.1%) to self-report being obese compared to persons without disabilities (27.3%).

### 2 Percent of Iowa adults who self-reported exercising in the past 30 days.



Source: <http://dhds.cdc.gov/profiles>.

**How are we doing?** In 2014, persons with disabilities were less likely to report exercising in the past 30 days (63.8%) compared to their non-disabled peers (81.3%).

## What can Iowans do to help?

- Organizations can "commit to inclusion" by incorporating the 9 Guidelines for Disability Inclusion: <http://committoinclusion.org/9-guidelines-for-disability-inclusion/>
- Organizations and businesses can increase their accessibility. More information is available at <http://idph.iowa.gov/disability-injury-violence-prevention/disability-health/accessibility> or by calling 515-242-6336.

## Expenditures

Federal funds: 0153-1004

	State Fiscal Year 2015 Actual	State Fiscal Year 2016 Actual	State Fiscal Year 2017 Estimate
State funds	\$0	\$0	\$0
Federal funds	\$302,847	\$318,312	\$264,127
Other	\$0	\$10,200	\$0
<b>Total funds</b>	<b>\$302,847</b>	<b>\$328,512</b>	<b>\$264,127</b>
FTEs	1.40	1.41	1.20

**Note:** Funding information is intended to provide an overview of funding related to the program area. It does not include all federal and state requirements and/or restrictions for the use of funds. Contact the program area for more detailed budget information.