



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) began implementing strategies to improve the health of Iowans with disabilities through a five-year grant from the Centers for Disease Control and Prevention in 2016. The Disability and Health program provides training and technical assistance to create inclusive and accessible policies, programs, systems and environments aimed at maintaining healthy weight, improving nutrition and increasing physical activity among Iowans with disabilities.

Did you know?

Compared to adults without disabilities, Iowans with disabilities differ in general health status and chronic disease prevalence, such as being more likely to have high blood pressure (**65% vs. 34%**) and to experience coronary heart disease (**52% vs. 47%**), heart attack (**52% vs. 47%**), stroke (**57% vs. 42%**), and diabetes (**53% vs. 46%**). People with disabilities are also more likely to have significant differences in risk factor exposures, including more likely to be current smokers (**72% vs. 27%**), more likely to be obese (**70% vs. 29%**), and less likely to report being physically active (**17% vs. 82%**). Source: 2014-2016 BRFSS.

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

- People with disabilities make up approximately 20% of the population in Iowa. These individuals continue to experience significant differences in health characteristics and behaviors compared to adults without disabilities. The Disability & Health Program works to promote and implement policy, programmatic, system and environmental improvements to reduce this health disparity.

Which Iowa Public Health Goals are we working to achieve?

Promote healthy living

Strengthen the health infrastructure

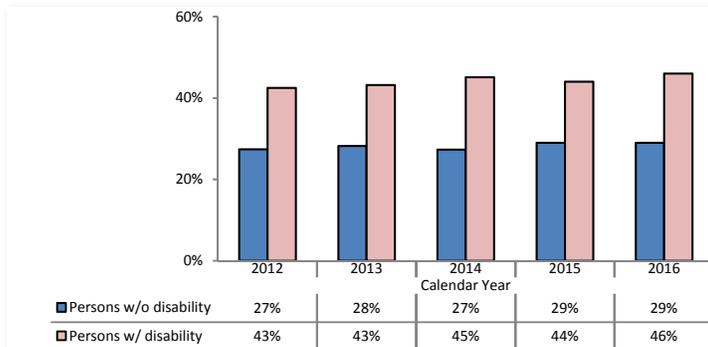
What do we do?

- 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. Using information from the Iowa Behavioral Risk Surveillance Survey (BRFSS), we evaluate our progress in reducing the health disparities experienced by people with disabilities by aiming to decrease the percent of Iowans with disabilities who report being obese and increase the percent of Iowans with disabilities who report being active. By 2021, we aim to decrease the percent of Iowans with disabilities who report being obese to 40% and to increase the percent of Iowans with disabilities who report exercising in the past 30 days to 70%.

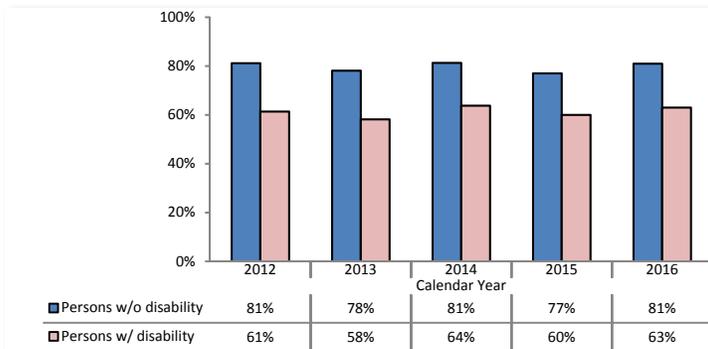
1 Percent of Iowans with and without disabilities who report being obese.



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?

1. Individuals with disabilities can participate in local, regional and state coalitions and boards to provide lived experience perspective to projects and policies.
2. Organizations can "commit to inclusion" by incorporating the 9 Guidelines for Disability Inclusion: <http://committoinclusion.org/9-guidelines-for-disability-inclusion/>
3. 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: 0153-0988(FY16&17)/1004

	State Fiscal Year 2016 Actual	State Fiscal Year 2017 Actual	State Fiscal Year 2018 Estimate
State funds	\$0	\$0	\$0
Federal funds	\$318,312	\$258,020	\$261,460
Other	\$10,200	\$8,000	\$25
Total funds	\$328,512	\$266,020	\$261,485
FTEs	1.41	1.28	1.30

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.