



## Healthy People with Disabilities HP2010 Data on Disparities



Healthy People 2010 (HP 2010) recognizes the importance of health promotion and disease prevention in the lives of the 54 million Americans with disabilities. Of the 467 HP 2010 objectives, **207 (sub)objectives include people with disabilities** -12 are among the national Leading Health Indicators. Of the 207 (sub)objectives, 107 are devoid of baseline data for people with disabilities, 12 target state programs and data collection systems, 30 provide data on health and well-being, and 58 provide first-time data on gaps or disparities.

### Baseline Data on Health and Well-Being

#### People with disabilities have:

- High rates of pressure sores in nursing homes
- High rates of emergency room visits and hospitalizations for the primary disabling condition
- 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
- Early deaths from the primary disabling conditions, e.g.. asthma
- Early deaths from co-morbidities, e.g.. diabetes-related cardiovascular disease or kidney failure

### Baseline Data on 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/sadness, elevated blood pressure and blood cholesterol, obesity, and tooth loss
- Lower rates of social participation, e.g. regular education classrooms, high school completion, employment, social events, and community-organized or employee-sponsored health events
- Lower rates of recommended health behaviors, e.g. smoking cessation, cardiovascular, strengthening, and flexibility activities

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Department of Health and Human Services



## Examples of Comparative Baseline Data in Healthy People 2010

No.	Objective	Data Year	Disability	
			With	Without
<b>Health Care Utilization</b>				
1-1	People under age 65 who have health insurance	1997	85%	86%
3-11b	Women ages 18+ who have had a Pap test in past 3 years	1998	79%	81%
3-13	Women ages 40+ who have had a mammogram in past 2 years	1998	54%	68%
21-10	Children and adults who annually use the oral health-care system	1996	40%	45%
<b>Health Status</b>				
5-2	People in whom diabetes is newly diagnosed (per 1,000)	1994-96	6.4	2.5
5-3	People who are living with diabetes (per 1,000)	1997	87	28
6-3	Adults who report sad feelings that interfere with activities	1997	28%	7%
12-9	Adults who have high blood pressure	1991-94	32%	27%
12-14	Adults who have high (total) blood cholesterol	1991-94	24%	19%
19-2a	Women and men who are obese	1991-94	30%	23%
21-4	Adults ages 65-74 who have all teeth extracted	1997	34%	22%
<b>Community Integration</b>				
6-4	Adults who participate in social activities	1997	95%	100%
6-5	Adults who report sufficient emotional support	1998	70%	79%
6-6	Adults who report satisfaction with life	1998	87%	96%
6-8	Adults ages 21-64 who are employed	1994-95	52%	82%
6-9	Children who are included in regular education programs	1995-96	45%	100%
7-1	Youth who completed high school	1995	79%	86%
7-6	People who participated in employee-sponsored health events	1994	56%	62%
7-12	People who participated last year in one organized health activity	1998	12%	13%
<b>Personal Behavior of Adults ages 18+</b>				
22-1	Adults who engage in no leisure-time physical activity	1997	56%	36%
22-2a	Adults who are physically active 30 minutes 5 days a week	1997	12%	16%
22-2b	Adults who are physically active 20 minutes 3 days a week	1997	23%	33%
22-3	Adults who are vigorously active 20+ minutes 3 days a week	1997	13%	25%
22-4	Adults who perform strengthening exercises	1998	11%	18%
22-5	Adults who perform flexibility exercises	1995	29%	31%
27-1a	Adults who smoke cigarettes	1997	33%	23%

*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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