

Oregon Office on Disability and Health

Disability in Oregon



**2013 Annual Report on the
Health of Oregonians with Disabilities**

Cover Page Art Description

The background image in the center of the page is an outline of the State of Oregon, filled with a light green color.

There are nine accessibility symbols in the center of the State of Oregon image. The nine images, displayed in a 3 x 3 grid with a white background and black design lines, are as follows:

Top row, left: International Symbol of Accessibility (Wheelchair)

Top row, middle: Image of Braille cell

Top row, right: Closed Caption Symbol

Middle row, left: Universal Information Symbol

Middle row, middle: Assistive Listening Symbol (Ear)

Middle row, right: Sign Language Interpretation Symbol

Bottom row, left: Access for Individuals Who Are Blind or Have Low Vision Symbol (Person Using a White Cane)

Bottom row, middle: Open Caption Symbol

Bottom row, right: Telephone Typewriter Symbol

The bottom quarter of the page concludes with the Oregon Health & Science University "swoosh" logo. The top half of the "swoosh" logo is navy blue, while the bottom half is a plain green color. In the bottom right corner of the page is the Oregon Health & Science University Logo.

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Note on statistical significance

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Acknowledgements

This publication was supported by Grant/Cooperative Agreement Number U59DD00094201 from the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.

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Suggested Citation

Oregon Office on Disability and Health. (2013). *Disability in Oregon: 2013 Annual Report on the Health of Oregonians with Disabilities*. Portland, OR: Institute on Development & Disability, Oregon Health & Science University.

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About the Oregon Office on Disability and Health

The Oregon Office on Disability and Health (OODH) is a collaborative program of the Institute on Development and Disability at Oregon Health & Science University (OHSU) and the Public Health Division of the Oregon Health Authority. OODH has been funded since 1994 by the Centers for Disease Control and Prevention.

The mission of OODH is to promote the health and wellness of Oregonians with disabilities through public health surveillance, health promotion, training, education, community engagement activities, policy development and recommendations, and dissemination of materials and information.

During the next three years (2012-2014), the goals of OODH are to promote and maximize health, prevent chronic disease, improve emergency preparedness, and increase the quality of life among the approximately 800,000 people with disabilities in Oregon.

Current target areas of OODH:

- Enhance OODH and State program Infrastructure and Capacity
- Improve Oregon Surveillance and Monitoring Activities
- Increase Awareness of Health-related Disability Policy Initiatives in Oregon
- Increase Health Promotion Opportunities for Oregonians with Disabilities
- Improve Access to Health Care for Oregonians with Disabilities
- Improve Emergency Preparedness among Oregonians with Disabilities
- Effectively Monitor and Evaluate OODH Program Activities

Previous specific activities of OODH include:

1. Implementing Healthy Lifestyles, an evidence-based health promotion program providing people with disabilities with the knowledge and skills to live a healthy life.
2. Implementing the "Right to Know" Campaign, a health communication program developed by the CDC to promote breast cancer screening for women 40 years of age and older with physical disabilities.
3. Participating in state emergency preparedness efforts, providing training and information to people with disabilities on preparing themselves for an emergency, and educating first responders on the needs of people with disabilities in emergency situations.
4. Conducting community engagement activities to improve the physical and social accessibility of community environments, especially healthcare settings.
5. Teaching current and future public health and healthcare professionals about the care and health promotion of people with disabilities through graduate courses and training seminars.

6. Tracking the health of Oregonians with disabilities through analysis of BRFSS and other data to help inform programs and policies related to the health and well-being of individuals with disabilities in our state.

For more information about OODH activities, please visit our website: www.oodh.org

Executive Summary

Nearly one third (28.8%) of adults in Oregon has a disability, according to 2011 data from the Behavioral Risk Factor Surveillance System (BRFSS).

Compared to Oregonians without disabilities, people with disabilities:

- Tend to be older
- Are less likely to be college graduates
- Are much less likely to be employed
- Are much more likely to have low household incomes
- Are less likely to be married and more likely to be divorced or separated
- Generally rate their health more poorly

Nevertheless, more than half of people with disabilities describe their health as good, very good, or excellent. Most people with disabilities are satisfied or very satisfied with their lives.

With regard to specific health risks, people with disabilities are:

- More likely to be obese
- Less likely to exercise
- More likely to experience food insecurity
- More likely to smoke
- More likely to be unable to see a doctor due to cost
- Less likely to have received a recent mammogram (women age 50 or older)
- Less likely to have received a recent Pap test for cervical cancer (women age 18 or older)

On the other hand, people with disabilities are:

- More likely than people without disabilities to have health care coverage
- Less likely to drink regularly or binge drink
- As likely to have had a recent checkup with a doctor
- More likely to have a regular source of health care
- More likely to have been vaccinated for flu or pneumonia
- As likely to have been screened for colorectal cancer (people age 50 or older)

Although there are some health areas in which people with disabilities are doing as well or better than people without disabilities, there are several ways in which people with disabilities appear to be at a disadvantage. Efforts are needed to continue promoting health and access to affordable health care for Oregonians with disabilities.

Introduction

Nearly 56 million Americans have a disability. Improving the health of this large segment of the population is a central concern for public health. This Chartbook presents information about the health of adults with disabilities in Oregon. The information in this book can be used by people with disabilities, their family members, policy makers, health professionals, disability service providers, and others interested in the health and well-being of people with disabilities.

Data Source

The information in this book came from the Behavioral Risk Factor Surveillance System (BRFSS). The BRFSS is a telephone survey that asks about health, behaviors that affect health, and access to health care. The survey is random, meaning that any resident might be called. However, some groups of people are not included. Children under age 18 and people who are in an institution, such as a jail or nursing home, are not included in the survey. People who have no telephone are not included. Those who do not speak English or Spanish are not included. Some people who have a disability may not be included because they do not understand the questions, cannot get to the phone in time, or use a special telephone that sounds to the caller like a fax machine.

The BRFSS survey is conducted every year by each state or territory health department. The information used for this book was collected in Oregon in 2011.

For the county map on page 15, information from 2008-2011 was combined to provide a big enough sample size to estimate the percent of disability in each county. The multi-year dataset was developed specifically for comparisons between counties, so it was not used for any of the statewide information in this book.

Note on new BRFSS calculations

Beginning with the 2011 data, the BRFSS now includes people with cell phones. To improve the representation of all people on the BRFSS, a new system of data “weighting” was begun in 2011, and this new system was used in this report. The new system is more complex than the old one but the results provide better estimates of health behavior and other questions we have examined in this report. Because of this change however, direct comparisons with BRFSS data before 2011 should be made with caution.

Note on statistical significance

Statistical significance refers to the probability that an event or difference occurred by chance alone. Throughout this document we have noted where certain estimates are statistically significantly different from each other. Where you see the notation (* $p < 0.01$), it means that there is less than a 1% likelihood that these differences occurred by chance. We calculated this for people with and without disabilities in Oregon only.

What do we mean by “disability”?

In the BRFSS survey, people are considered to have a disability if they answer “Yes” to one or both of the following questions:

1. Are you limited in any way in any activities because of physical, mental, or emotional problems?
2. Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?

Disability in Oregon

How many people in Oregon have a disability?

More than 800,000 Oregon adults age 18 and older have a disability. This is almost one third (28.8%) of the adult population of Oregon. Nationally, about one quarter (25.3%) of adults age 18 and older has a disability. However, when Oregonians were asked directly if they considered themselves to have a disability, only 18.5% said yes.

When looking at specific counties, the percent of disability ranges from a low of 20.6% in Harney and Hood River Counties to a high of 35.1% in Douglas County. Figure 1 shows counties and percentages on a visual map of Oregon; Table 1 (page 16) presents all counties and their disability prevalence percentages in easy-to-read table format.

Neighboring counties of Sherman, Wasco, and Gilliam have one combined estimate due to their small population sizes. Wheeler County's estimate was not large enough to be released.

Figure 1. Map of Disability Prevalence by Oregon County

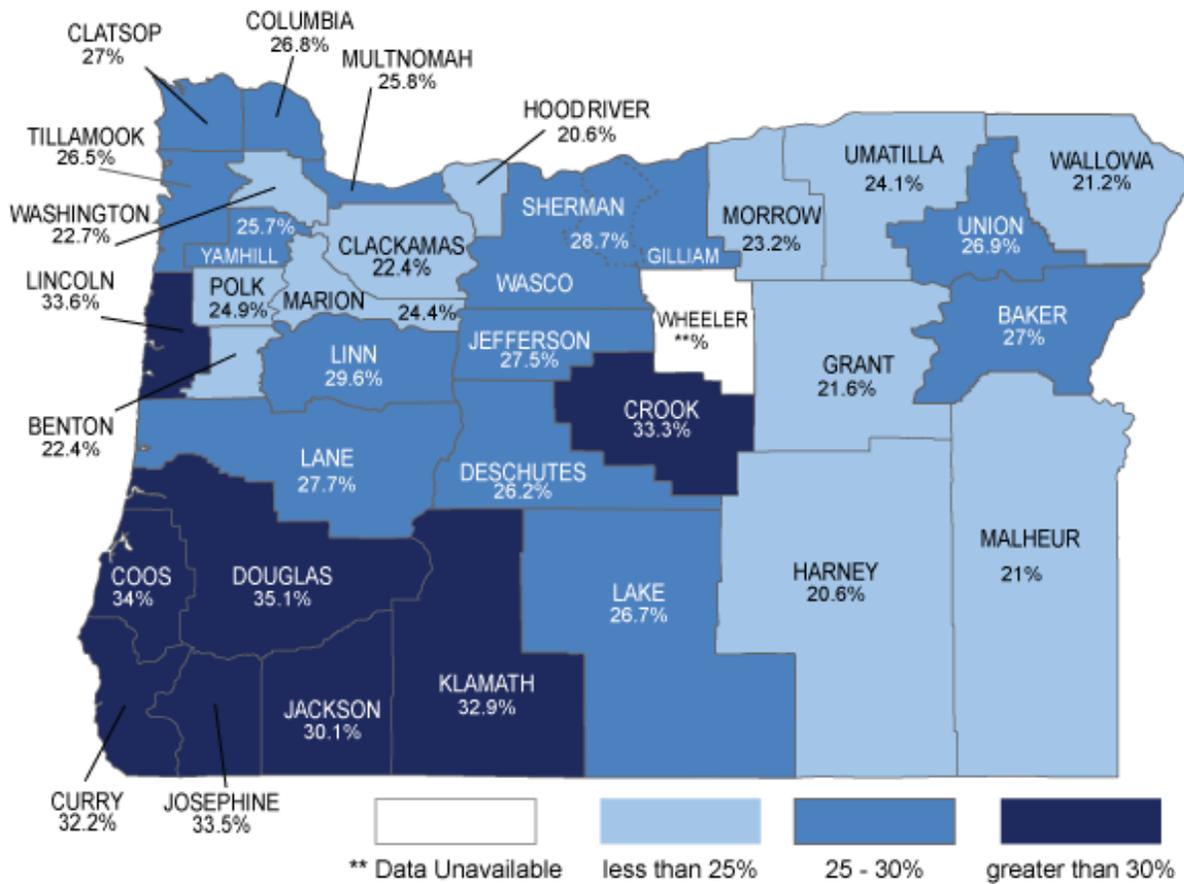


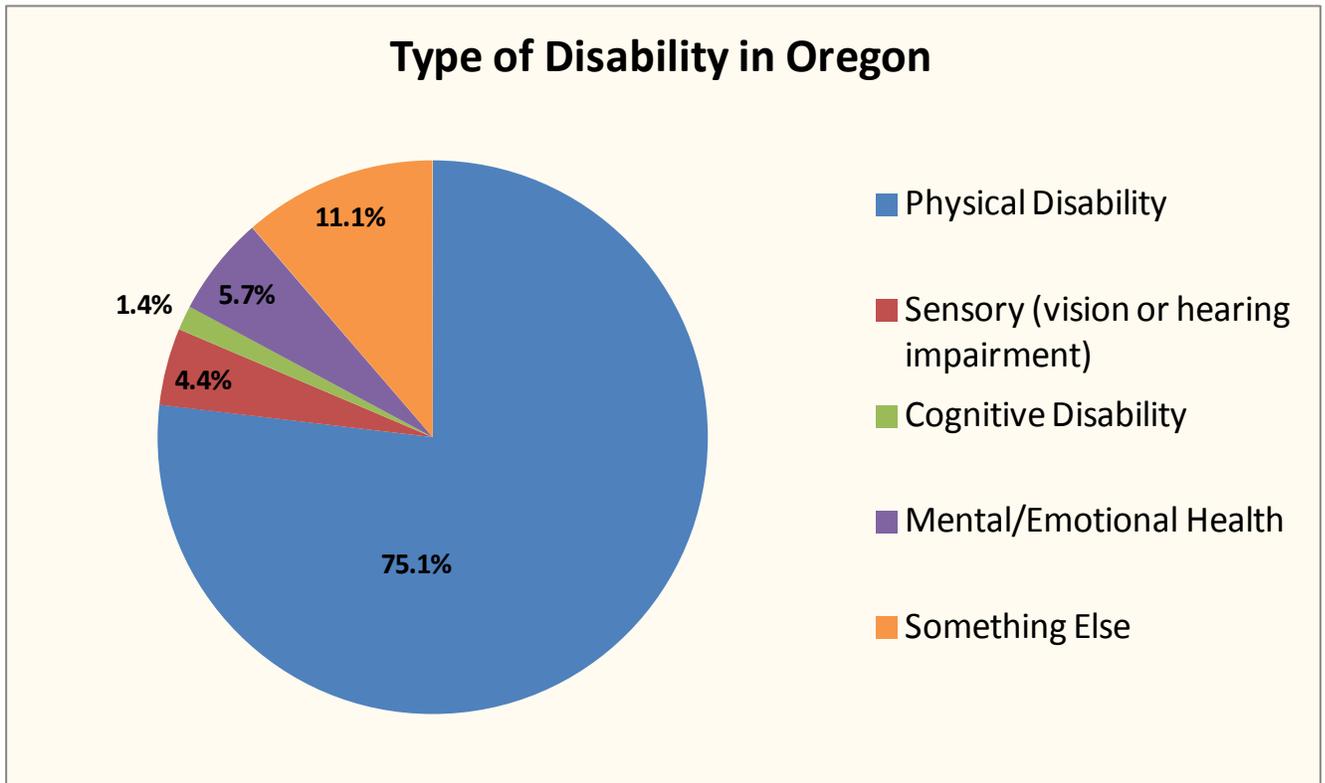
Table 1. Detailed Disability Prevalence by Oregon County

County Name	Percentage
Baker	27.0%
Benton	22.4%
Clackamas	22.4%
Clatsop	27.0%
Columbia	26.8%
Coos	34.0%
Crook	33.3%
Curry	32.2%
Deschutes	26.2%
Douglas	35.1%
Gilliam (combined with Sherman and Wasco Counties)	28.7%
Grant	21.6%
Harney	20.6%
Hood River	20.6%
Jackson	30.1%
Jefferson	27.5%
Josephine	33.5%
Klamath	32.9%
Lake	26.7%
Lane	27.7%
Lincoln	32.6%
Linn	29.6%
Malheur	21.0%
Marion	24.4%
Morrow	23.2%
Multnomah	25.8%
Polk	24.9%
Sherman (combined with Gilliam and Wasco Counties)	28.7%
Tillamook	26.5%
Umatilla	24.1%
Union	26.9%
Wallowa	21.2%
Wasco (combined with Gilliam and Sherman Counties)	28.7%
Washington	22.7%
Wheeler	Data unavailable
Yamhill	25.7%

What types of disabilities do people have?

Among people with disabilities, 75.1% has a physical disability, 4.4% has a sensory disability (vision or hearing impairment), 1.4% has a cognitive disability, 5.7% has a mental or emotional-health related disability, and 11.1% said their type of disability was “something else”.

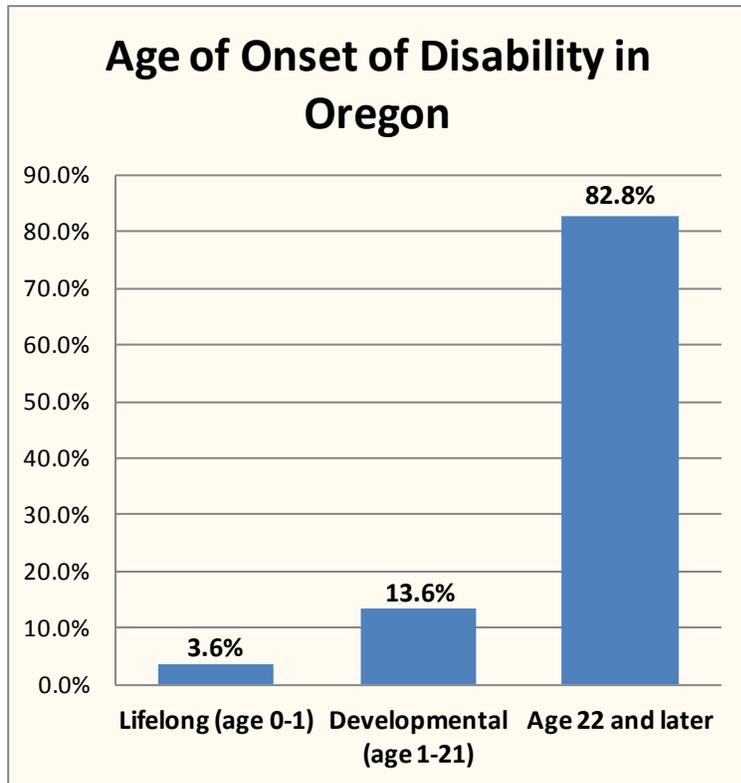
Figure 2. Type of Disability



How long have people with disabilities had their limitation?

In Oregon, most people with disabilities acquired their disability after age 22 (82.8%). 3.6% have had their disability their entire life, and for 13.6% of people with disabilities; their disability appeared during the developmental period (age 1 – 21).

Figure 3. Age of Onset of Disability in Oregon



How is daily life impacted by disability?

Oregonians with disabilities were asked about possible difficulties in their daily lives because of their health problems or activity limitations. They were asked to report the number of days in the past 30 days where they were not able to do what they wanted to do because of the following three areas: difficulties in physical barriers, other people's attitudes, and government or business policies and rules. For those who reported some difficulty, the average number of days is reported in the table below.

Table 2. Difficulties in Daily Life Due to Disability

Area of difficulty (number reporting difficulty)	Average number of days experiencing difficulty	Percent reporting no difficulty
Physical barriers (n=237)	17.1 days	77.2%
Other people's attitudes (n=100)	14.9 days	88.6%
Government/Business policies & rules (n=68)	19.2 days	91.3%

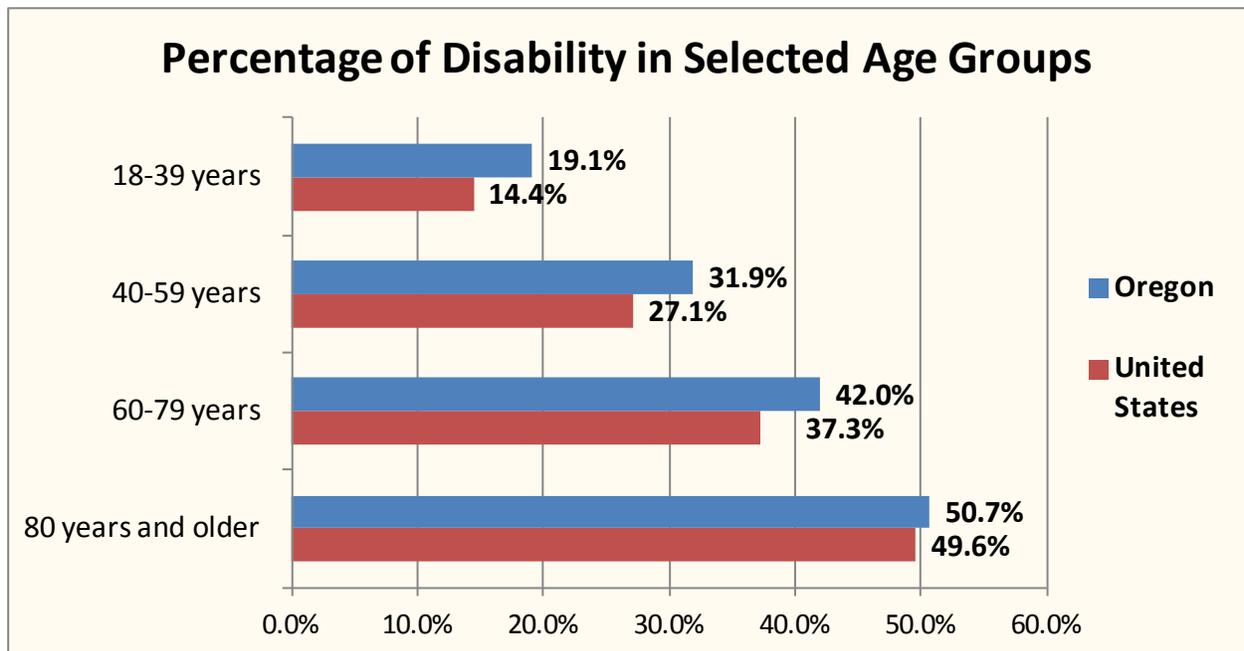
Note: The total number of people who responded to each of these questions was not equal.

What age groups are most impacted by disability?

Disability becomes more common as people age. Among 18-39 year olds, 19.1% of Oregon adults have a disability. Among 40-59 year olds, 31.9% have a disability. Among 60-79 year olds, 42% have a disability. Among Oregon adults age 80 or older, over half (50.7%) have a disability.

Nationally, among 18-39 year olds, 14.4% have a disability. Among 40-59 year olds, 27.1% have a disability. Among 60-79 year olds, 37.3% have a disability. Among all adults age 80 or older, 49.6% have a disability.

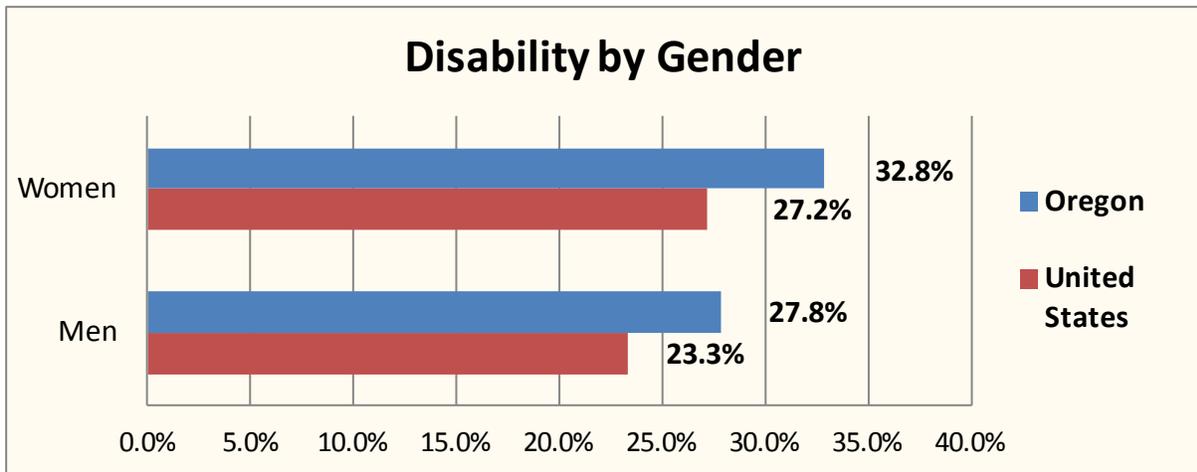
Figure 4. Disability and Age



What proportions of men and women have a disability?

Women in Oregon are slightly more likely than men to have a disability, which is the reverse of the United States as a whole. Almost one third (32.8%) of women in Oregon have a disability compared to 27.2% of women nationally. 27.8% of men have a disability in Oregon compared to 23.3% of men nationally.

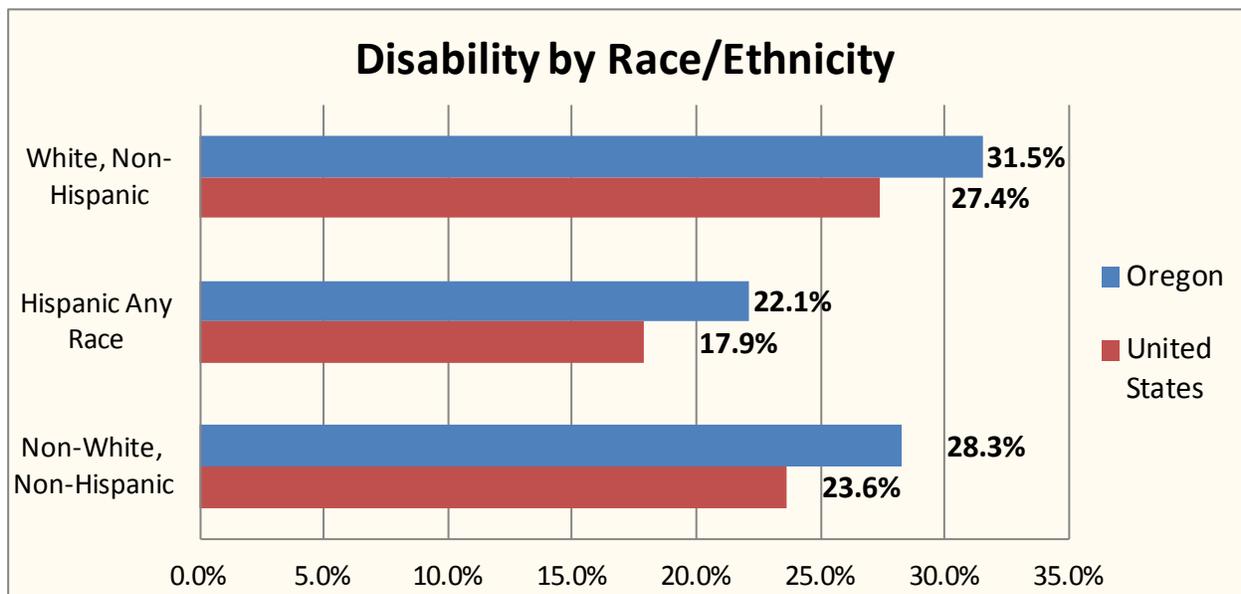
Figure 5. Disability and Gender



How common is disability in different racial and ethnic groups?

Among White, non-Hispanic adults in Oregon, 31.5% has a disability. Nationally, 27.4% of White, non-Hispanic adults has a disability. 22.1% of Hispanic (any race) adults in Oregon has a disability compared to 17.9% nationally. In Oregon, the number of respondents with disabilities in other racial and ethnic groups is too small to provide information for individual groups. Overall 28.3% of non-White, non-Hispanic adults in Oregon has a disability, compared to 23.6% nationally. Disability may actually be more or less common in specific minority race/ethnicity groups, however.

Figure 6. Disability and Race/Ethnicity

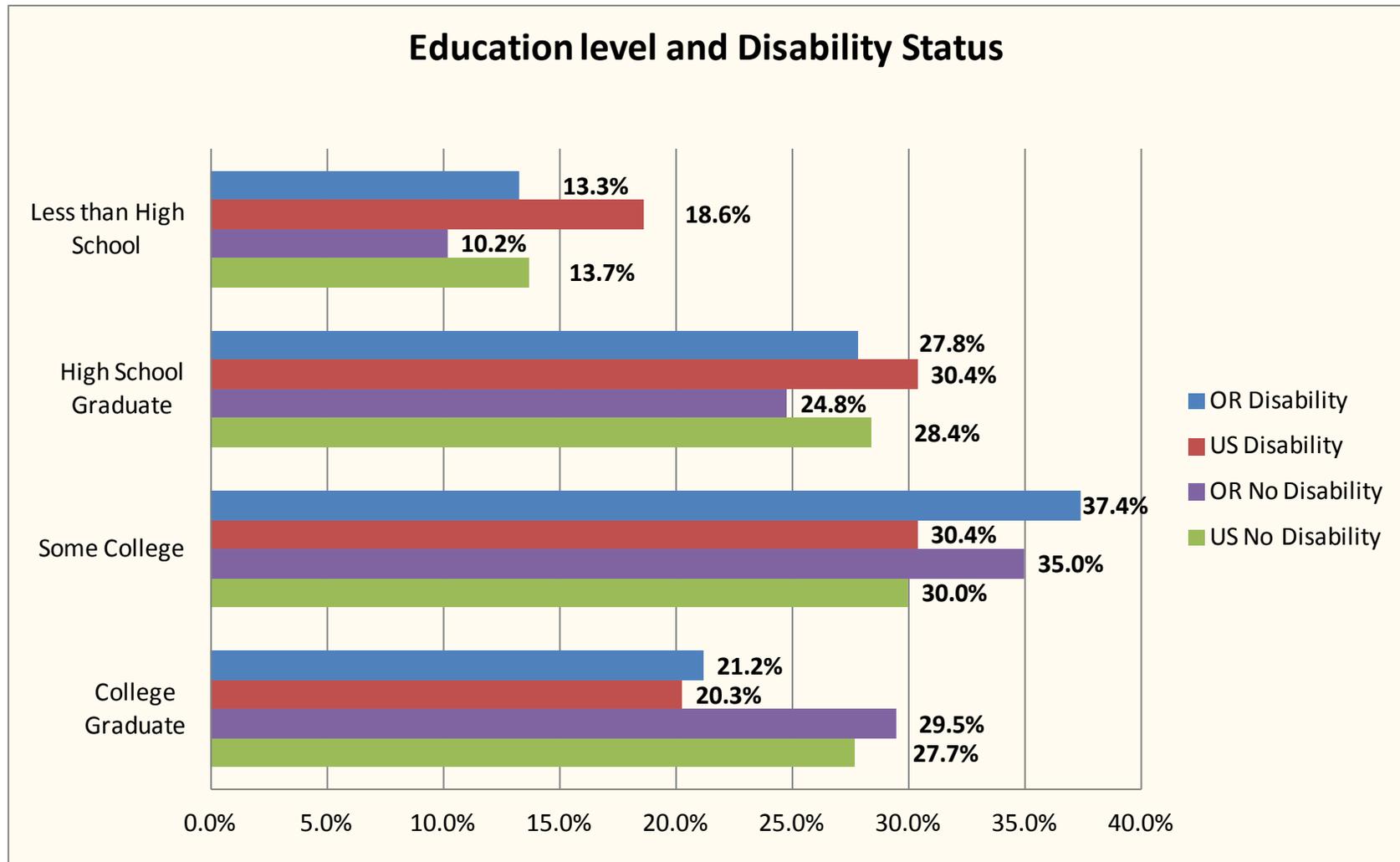


How much education do people with disabilities have?

In Oregon, about 13 percent (13.3%) of people with disabilities have less than a high school education, 27.8% have a high school education only, 37.4% have attended some college or technical school, and 21.2% of people with disabilities are college or technical school graduates. Nationally, 18.6% of people with disabilities have less than a high school education, 30.4% have a high school education only, 30.4% have attended some college or technical school, and 20.3% of people with disabilities are college or technical school graduates.

Of people without disabilities in Oregon, 10.2% have less than a high school education, 24.8% have a high school education only, 35% have attended some college or technical school, and 29.5% are college graduates. Nationally, 13.7% of people without disabilities have less than a high school education, 28.4% have a high school education only, 30% have attended some college or technical school, and 27.7% are college or technical school graduates.

Figure 7. Disability and Education Level*



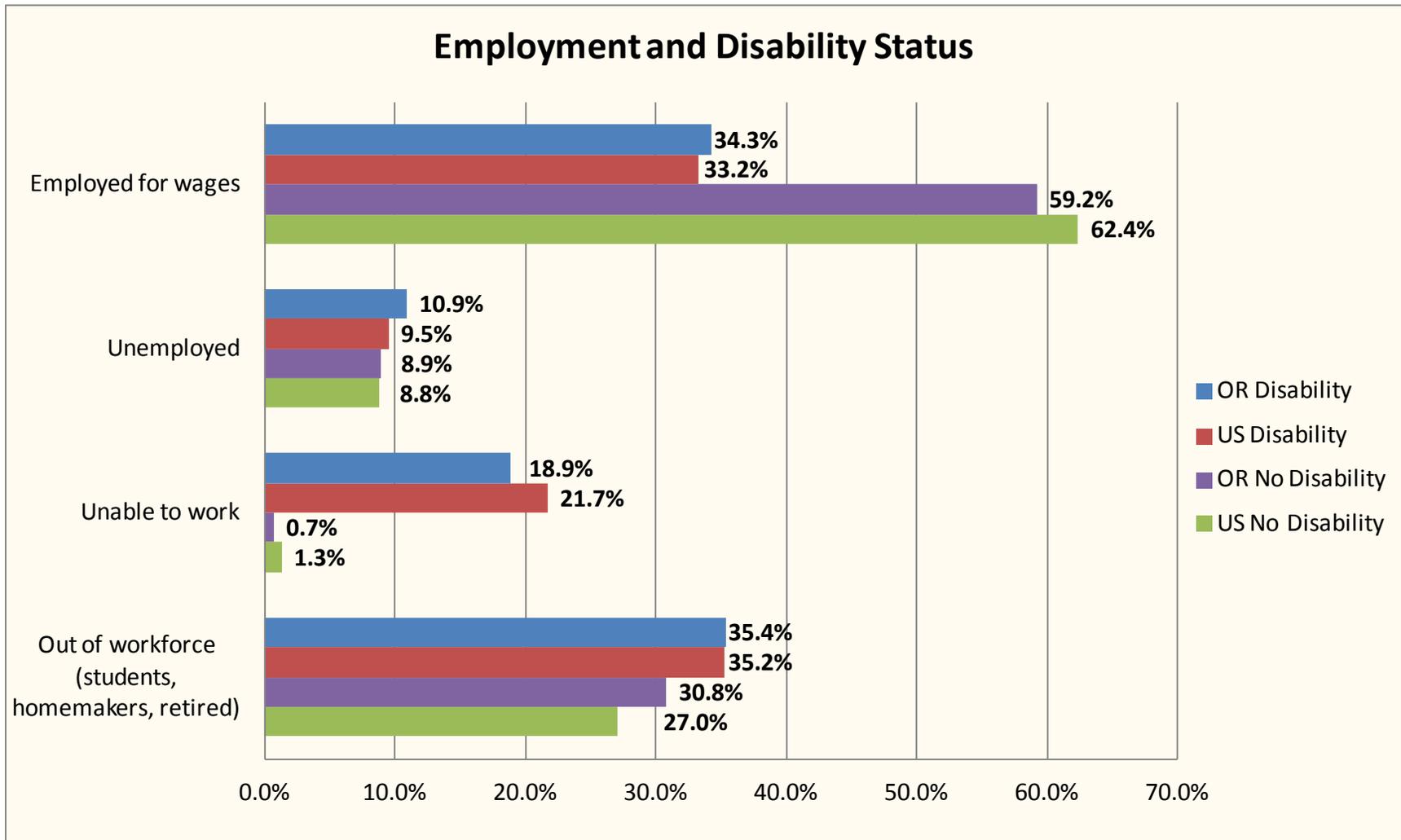
*Education level is statistically significantly different between people with and without disabilities in Oregon ($p < 0.0001$).

How many people with disabilities are employed?

Among people with disabilities in Oregon, 34.3% are employed for wages, 10.9% are unemployed, 18.9% are unable to work, and 35.4% are others out of the workforce (students, homemakers, retired persons). Nationally, 33.2% of people with disabilities are employed for wages, 9.5% are unemployed, 21.7% are unable to work, and 35.2% are others out of the workforce (students, homemakers, retired persons).

In contrast, 59.2% of people without disabilities in Oregon are employed for wages, 8.9% are unemployed, 0.7% are unable to work, and 30.8% are others out of the workforce. Nationally, 62.4% of people without disabilities are employed for wages, 8.8% are unemployed, 1.3% are unable to work, and 27% are others out of the workforce.

Figure 8. Employment and Disability Status*



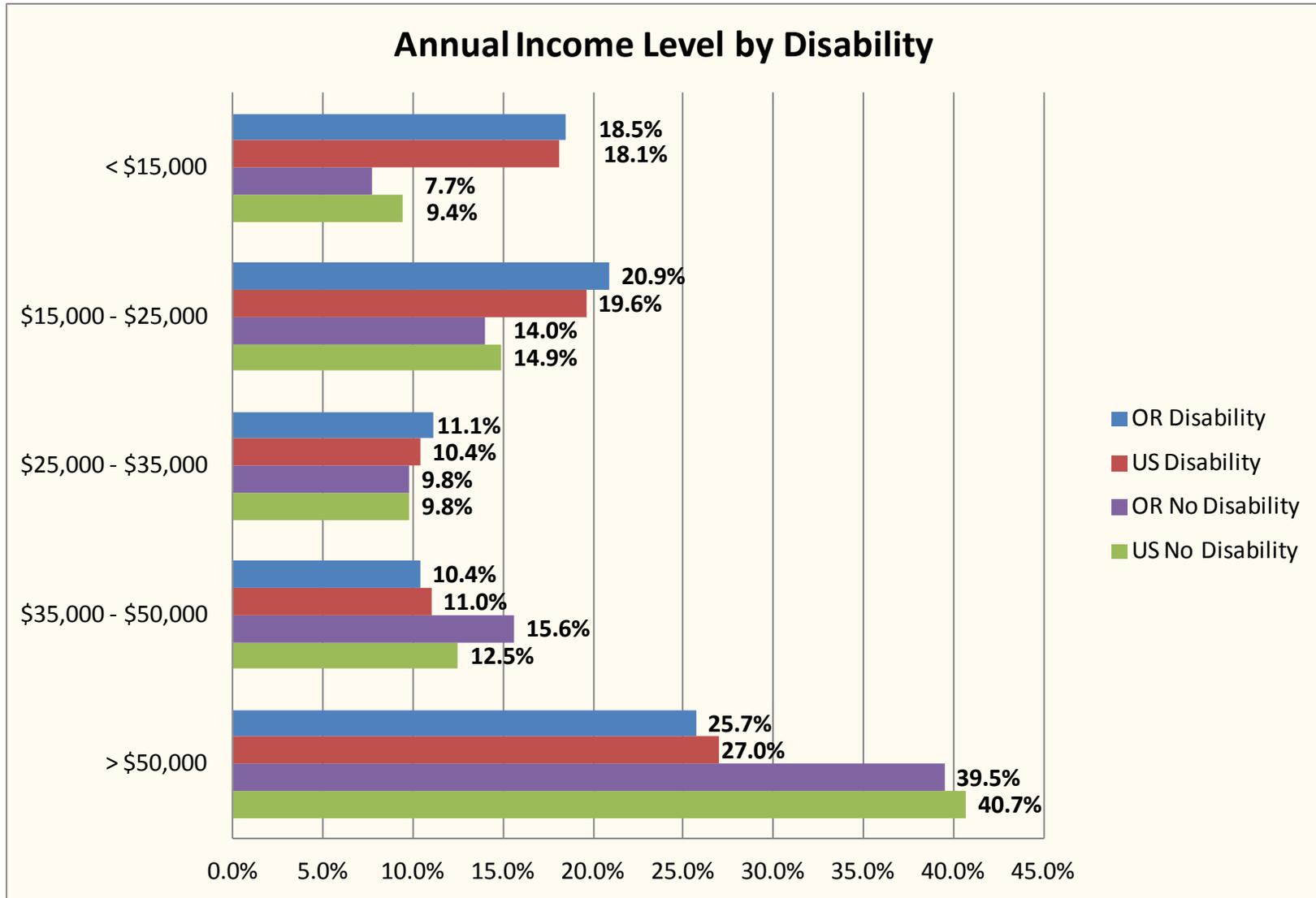
*Employment status is statistically significantly different between people with and without disabilities in Oregon ($p < 0.0001$).

What is the annual household income of people with disabilities?

In Oregon, almost nineteen percent (18.5%) of people with disabilities have a household income of less than \$15,000 per year, 20.9% have an income between \$15,000 and \$25,000, 11.1% have an income between \$25,000 and \$35,000, 10.4% have an income between \$35,000 and \$50,000, and 25.7% have an annual income of \$50,000 or more. Nationally, about eighteen percent (18.1%) of people with disabilities have a household income of less than \$15,000 per year, 19.6% have an income between \$15,000 and \$25,000, 10.4% have an income between \$25,000 and \$35,000, 11.0% have an income between \$35,000 and \$50,000, and 27.0% have an annual income of \$50,000 or more.

Only about eight percent (7.7%) of people without disabilities in Oregon have a household income of less than \$15,000 per year, 14.0% have an income between \$15,000 and \$25,000, 9.8% have an income between \$25,000 and \$35,000, 15.6% have an income between \$35,000 and \$50,000, and 39.5% have an annual income of \$50,000 or more. Nationally, almost ten percent (9.4%) of people without disabilities have a household income of less than \$15,000 per year, 14.9% have an income between \$15,000 and \$25,000, 9.8% have an income between \$25,000 and \$35,000, 12.5% have an income between \$35,000 and \$50,000, and 40.7% have an annual income of \$50,000 or more.

Figure 9. Disability and Income*



*Annual income level is statistically significantly different between people with and without disabilities in Oregon (p<0.0001).

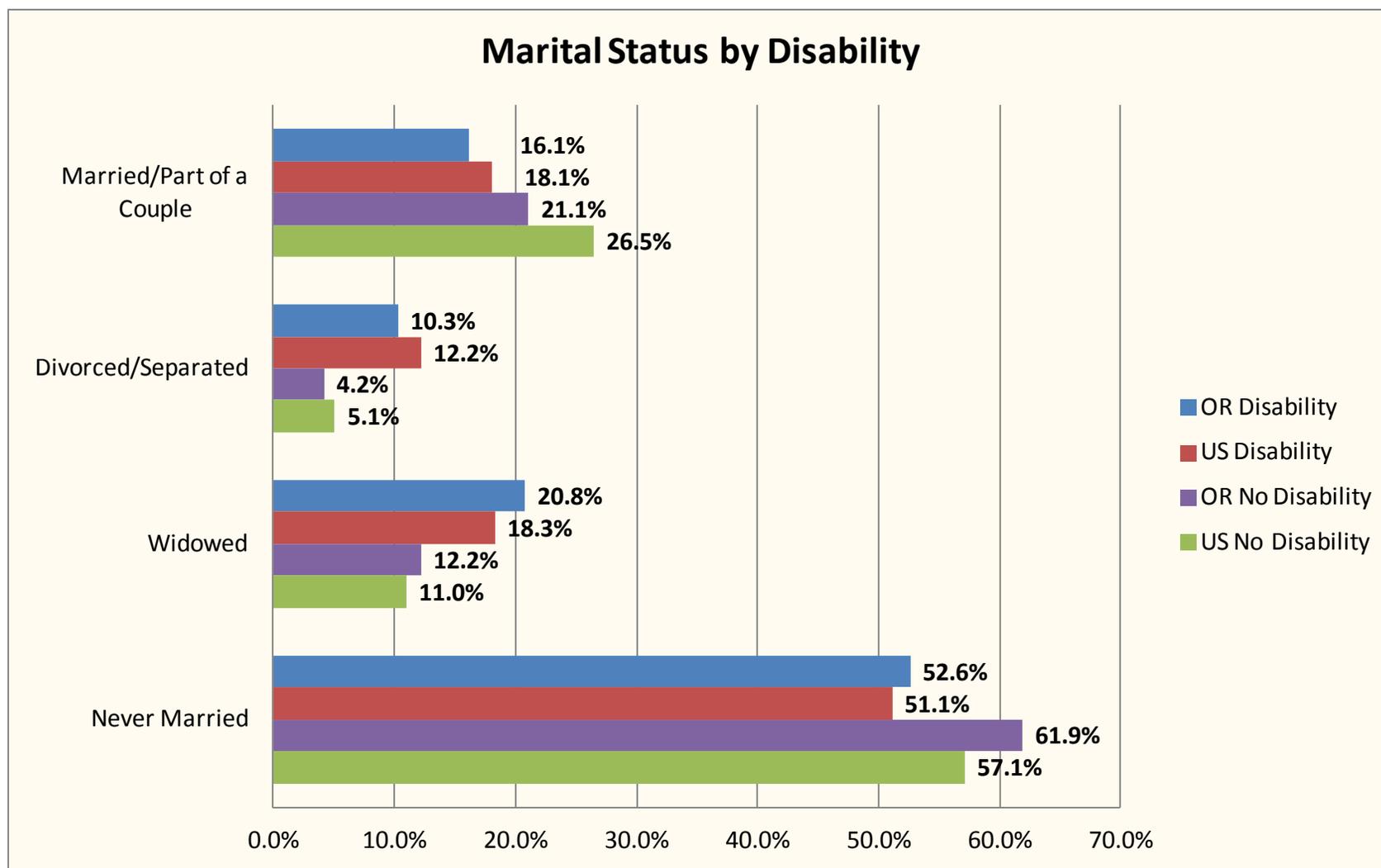
Social Support and Life Satisfaction

How many people with disabilities are married?

Among people with disabilities in Oregon, 52.6% are married or are in a couple, 20.8% are divorced or separated, 10.3% are widowed, and 16.1% have never been married. Nationally, 51.1% are married or are in a couple, 18.3% are divorced or separated, 12.2% are widowed, and 18.1% have never been married.

Among people without disabilities, in Oregon, 61.9% are married or are in a couple, 12.2% are divorced or separated, 4.2% are widowed, and 21.1% have never been married. Nationally, 57.1% are married or are in a couple, 11.0% are divorced or separated, 5.1% are widowed, and 26.5% have never been married.

Figure 10. Marital Status by Disability*



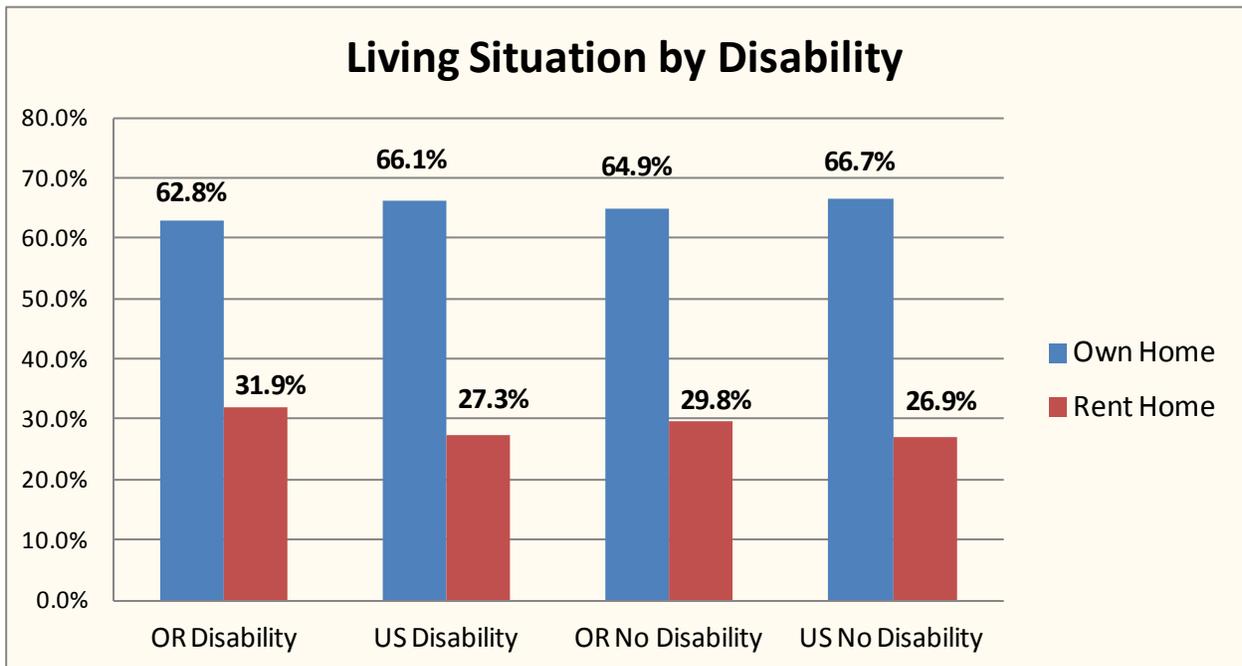
* Marital status is statistically significantly different between people with and without disabilities in Oregon ($p < 0.0001$).

What is the living situation for people with disabilities?

In Oregon, 62.8% of people with disabilities own their home and 31.9% rent. 64.9% of people without disabilities own their home and 29.8% rent.

Nationally, 66.1% of people with disabilities own their home and 27.3% rent. 66.7% of people without disabilities own their home and 26.9% rent.

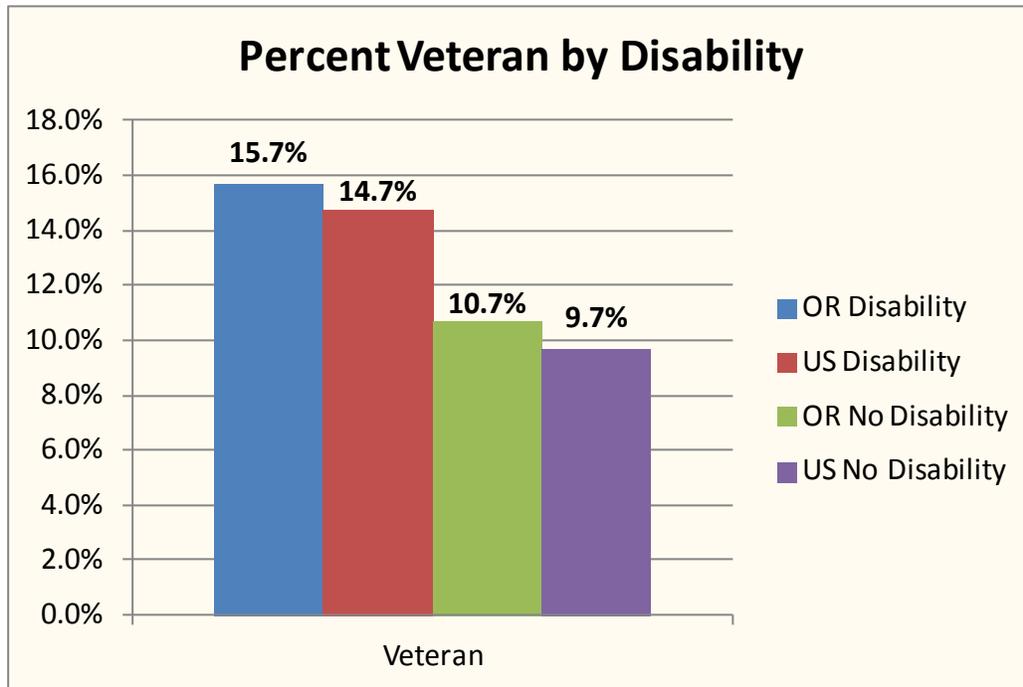
Figure 11. Living Situation (Own/Rent Home) by Disability



How many people with disabilities are veterans?

In Oregon, 15.7% of people with disabilities are veterans, compared to 10.7% of people without disabilities. Nationally, 14.7% of people with disabilities are veterans compared to 9.7% of people without disabilities.

Figure 12. Disability and Veteran Status*



* Veteran status is statistically significantly different between people with and without disabilities in Oregon ($p < 0.0001$).

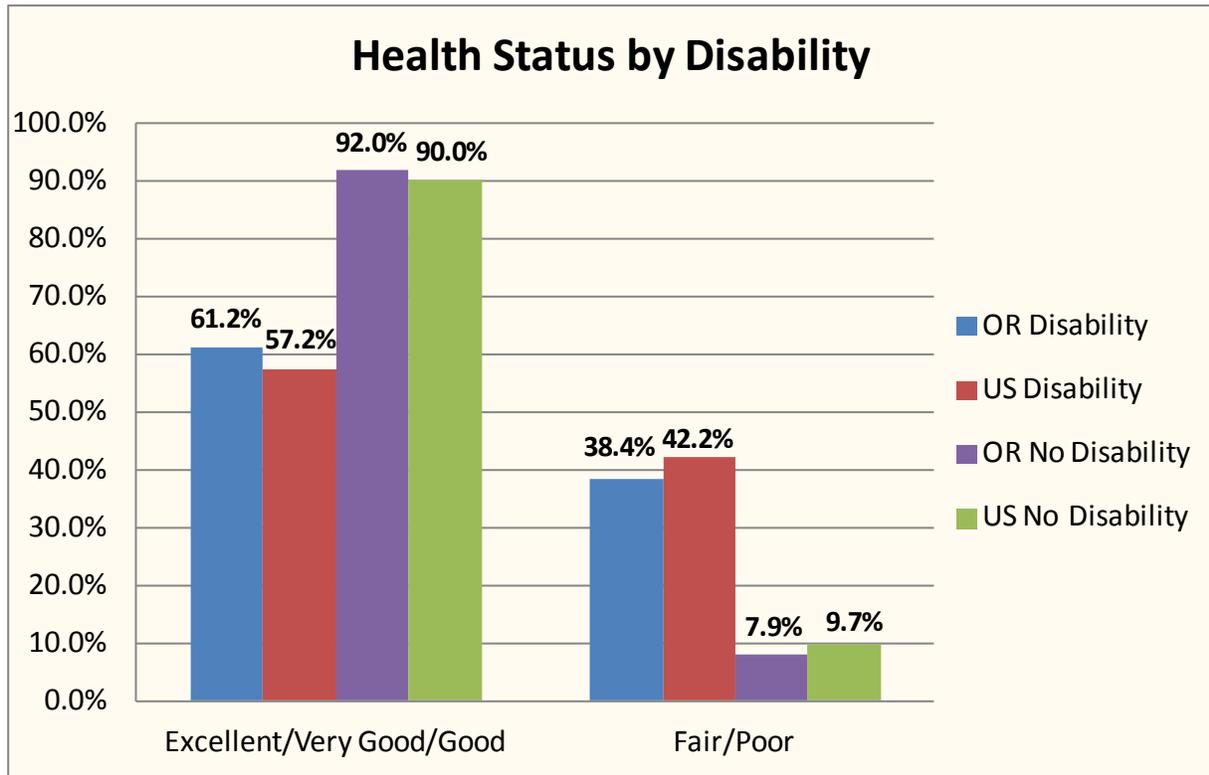
Health of People with Disabilities

How do people with disabilities describe their general health?

More than half (61.2%) of people with disabilities in Oregon describe their health as excellent, very good, or good and 38.4% say their health is fair or poor. In comparison, 57.2% of people with disabilities nationally describe their health as excellent, very good, or good and 42.2% say their health is fair or poor.

Almost all people without disabilities both in Oregon (92.0%) and nationally (90.0%) describe their health as excellent, very good, or good and only 7.9% and 9.7% respectively say their health is fair or poor.

Figure 13. Health Status by Disability*



*Health status is statistically significantly different between people with and without disabilities in Oregon ($p < 0.0001$).

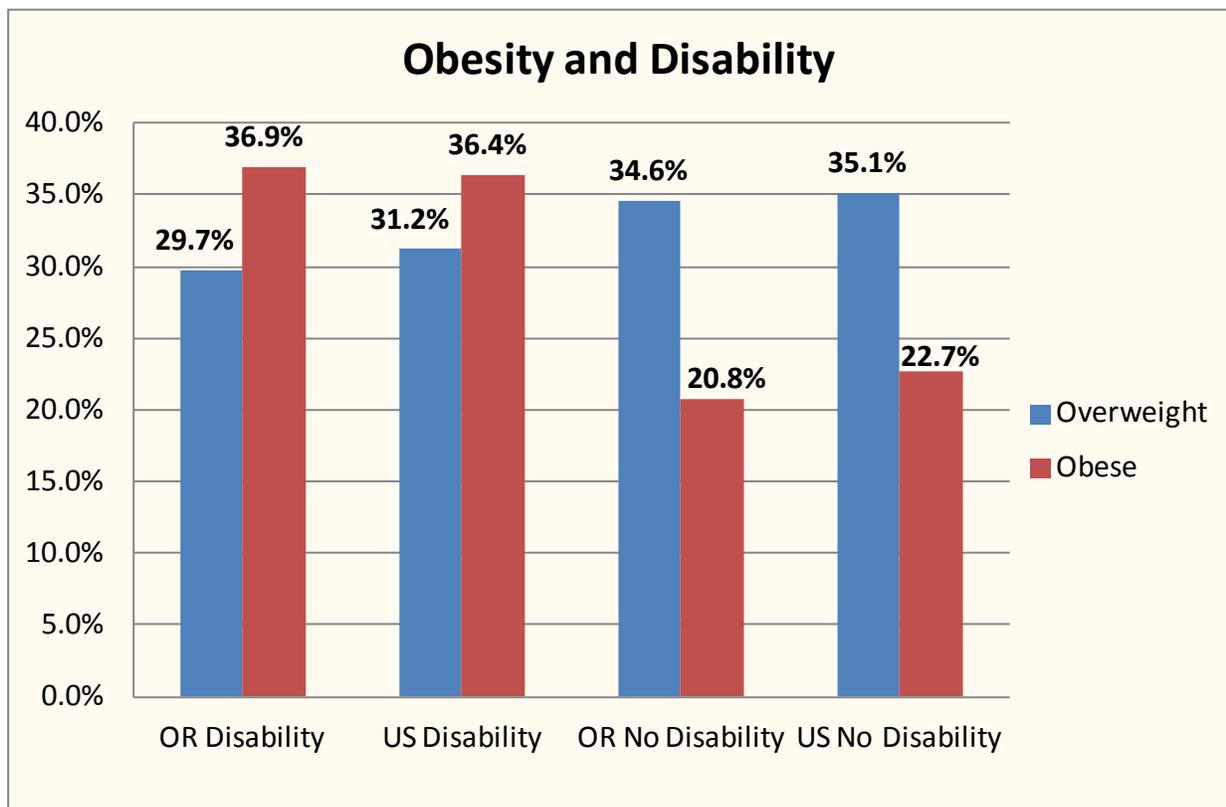
Obesity, Nutrition and Physical Activity

How many people with disabilities are overweight or obese?

In Oregon, almost one third (29.7%) of people with disabilities are overweight and 36.9% are obese. Less than one third (28.3%) are not considered overweight or obese (not shown on chart). Among people without disabilities, 34.6% are overweight, 20.8% are obese, and nearly two out of five (39.9%, not shown on chart) are not overweight or obese.

Nationally, more than one third (31.2%) of people with disabilities are overweight and 36.4% are obese. 27.7% are not considered overweight or obese. Among people without disabilities, 35.1% are overweight, 22.7% are obese, and 37.3% are not overweight or obese (not shown on chart).

Figure 14. Obesity and Disability*



* Obesity categories are statistically significantly different between people with and without disabilities in Oregon ($p < 0.0001$).

How many fruits and vegetables do people with disabilities consume on average?

The National Fresh Fruit and Vegetable Program promotes a diet rich in fresh fruits and vegetables. In Oregon, people with disabilities consumed 1.5 fruits and 2 vegetables per day, which was very similar to people without disabilities who consumed 1.6 fruits and 2.1 vegetables per day.

Nationally, people with disabilities consumed 1.4 fruits and 1.8 vegetables per day, again very similar to people without disabilities who consumed 1.4 fruits and 1.9 vegetables per day.

Table 3. Average fruit & vegetable consumption by disability

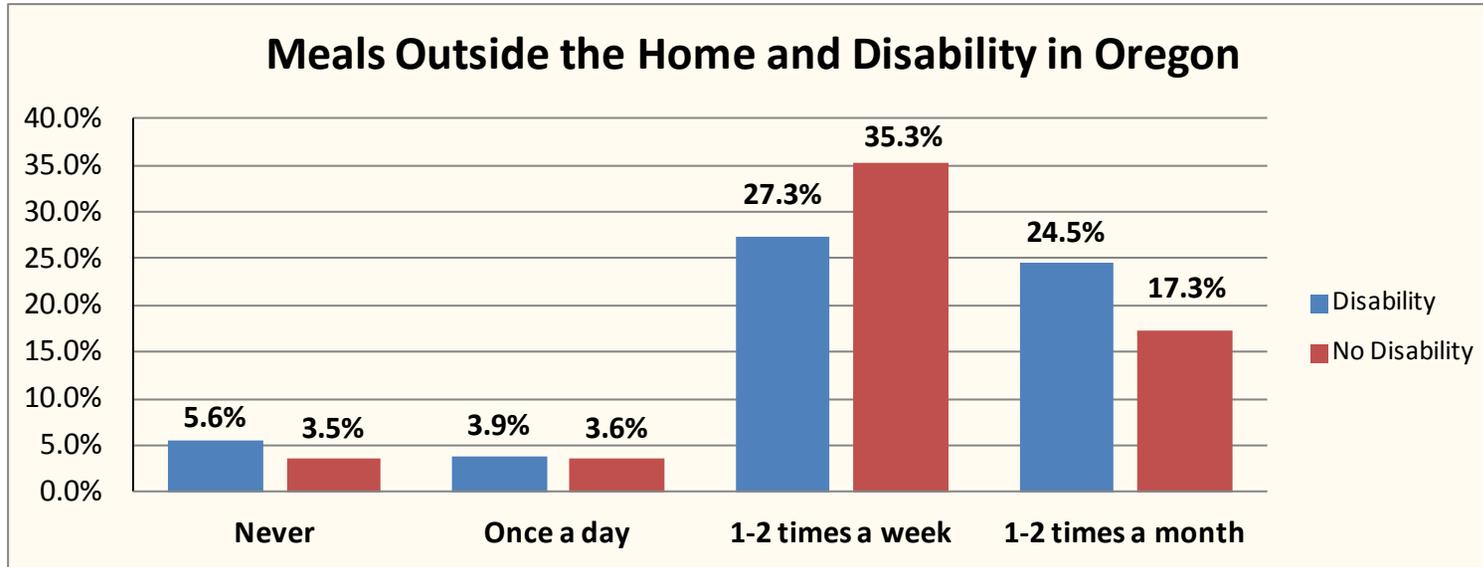
Disability Status	Average Fruits per day	Average Vegetables per day
OR Disability	1.5	2
US Disability	1.4	1.8
OR No Disability	1.6	2.1
US No Disability	1.4	1.9

How often do people with disabilities eat meals away from the home?

In Oregon, about one quarter of people with disabilities (24.5%) eat meals prepared away from the home (at a restaurant, carry out, or deli) 1-2 times a month. 27.3% eat meals prepared away from the home 1-2 times a week, 3.9% eat them daily and 5.6% never eat meals prepared away from the home. This is separate from fast food, of which 32.1% of people with disabilities eat 1-2 times a month, 16.0% eat 1-2 times a week, 1.1% eat once a day, and 20.6% say they never eat fast food.

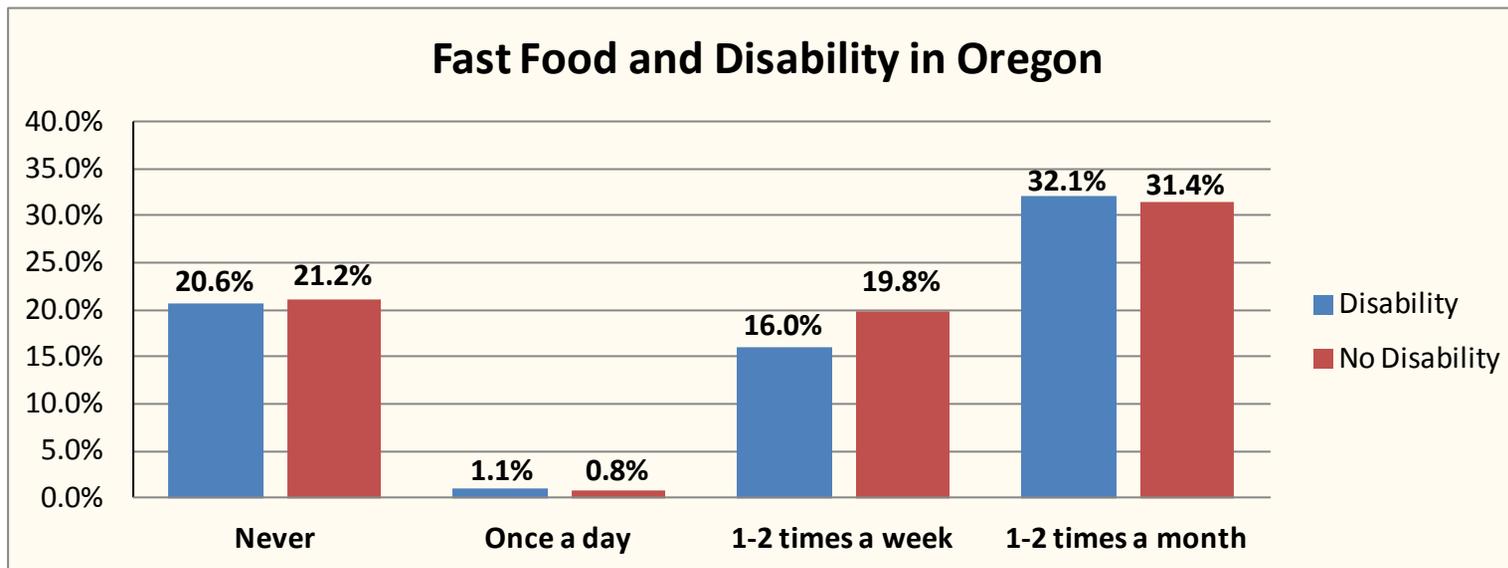
In Oregon, 17.3% of people without disabilities eat meals prepared away from the home 1-2 times a month, 35.3% eat them 1-2 times a week, 3.6% eat them daily and 3.5% never eat meals prepared away from the home. 31.4% eat fast food 1-2 times a month, 19.8% eat it 1-2 times a week, almost 1% (0.8%) eat it daily and 21.2% say they never eat fast food.

Figure 15. Meals Outside the Home and Disability in Oregon*



*How frequently people eat outside of the home is statistically significantly different between people with and without disabilities in Oregon (p=0.0004).

Figure 16. Fast Food and Disability in Oregon

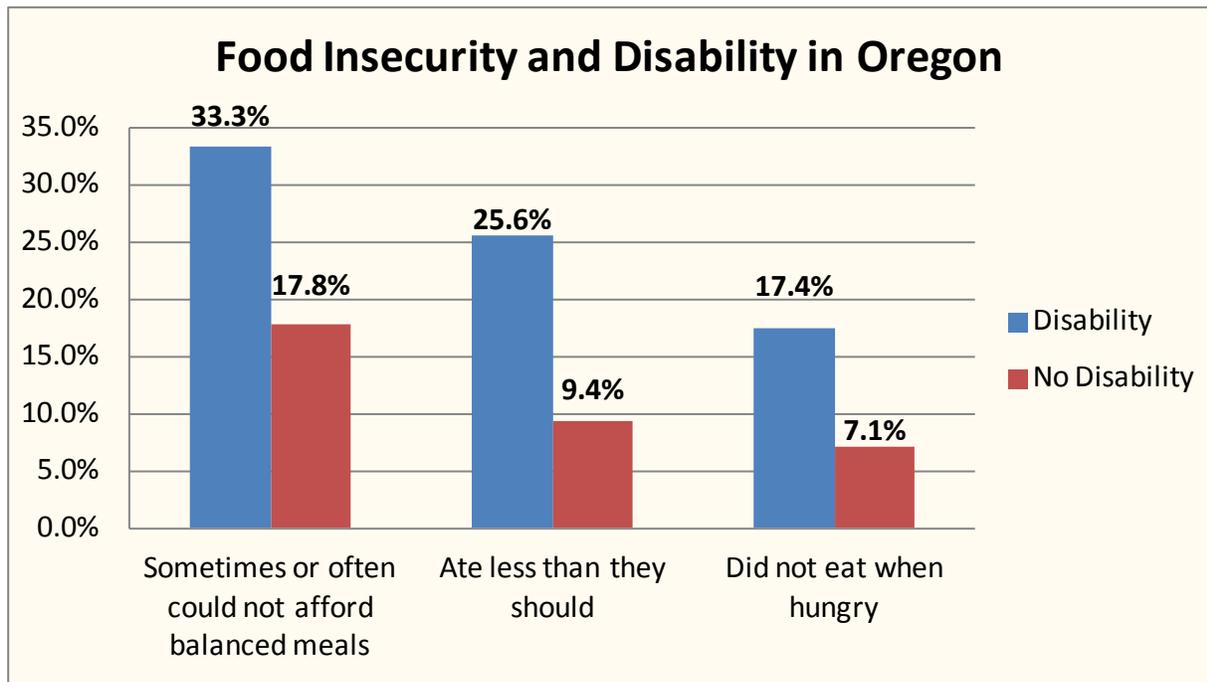


Do people with disabilities experience food insecurity?

Food insecurity refers to limited or uncertain availability of nutritionally adequate and safe food. Food insecurity is associated with poor nutritional status, obesity, and other health problems.

In Oregon, one third (33.3%) of people with disabilities said they sometimes or often could not afford to eat balanced meals. 25.6% said they ate less than they should and 17.4% did not eat when hungry because they could not afford more food. In contrast, 17.8% of people without disabilities said they sometimes or often could not afford to eat balanced meals. 9.4% said they ate less than they should and 7.1% did not eat when hungry because they could not afford more food.

Figure 17. Food Insecurity and Disability in Oregon*

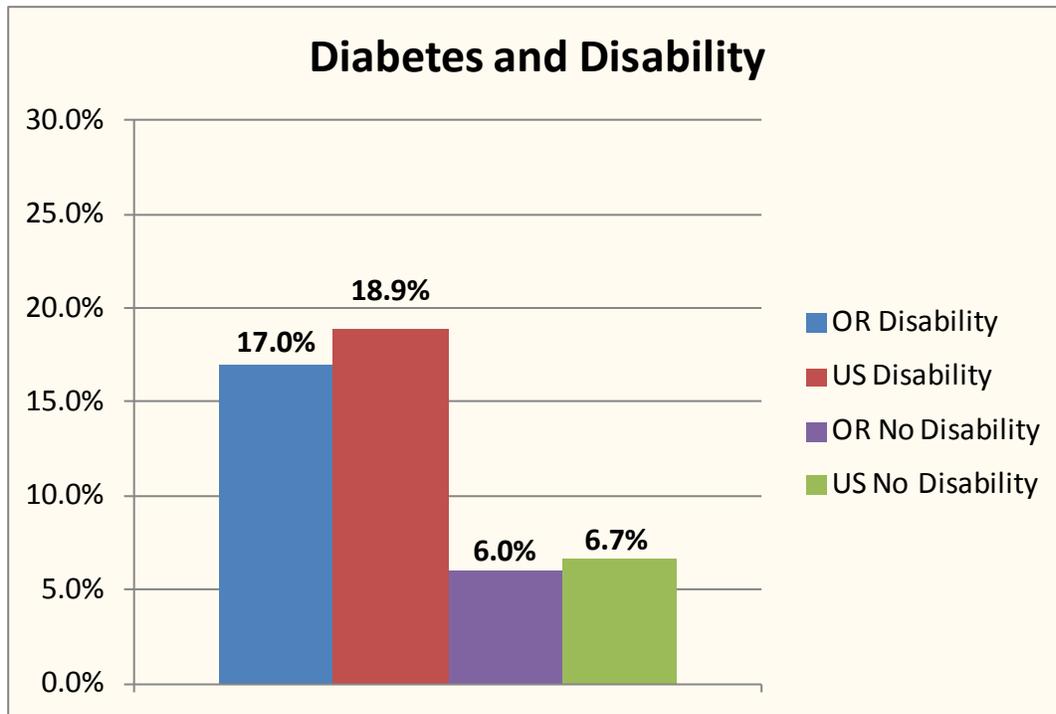


*All food insecurity categories are statistically significantly different between people with and without disabilities in Oregon ($p=0.0004$).

How many people with disabilities have diabetes?

In Oregon, 17.0% of people with disabilities reported that they were ever told they had diabetes, compared to 6.0% of people without disabilities. Nationally, 18.9% of people with disabilities have been told they have diabetes compared to 6.7% of people without disabilities.

Figure 18. Diabetes and Disability*



*Diabetes status is statistically significantly different between people with and without disabilities in Oregon ($p < 0.0001$).

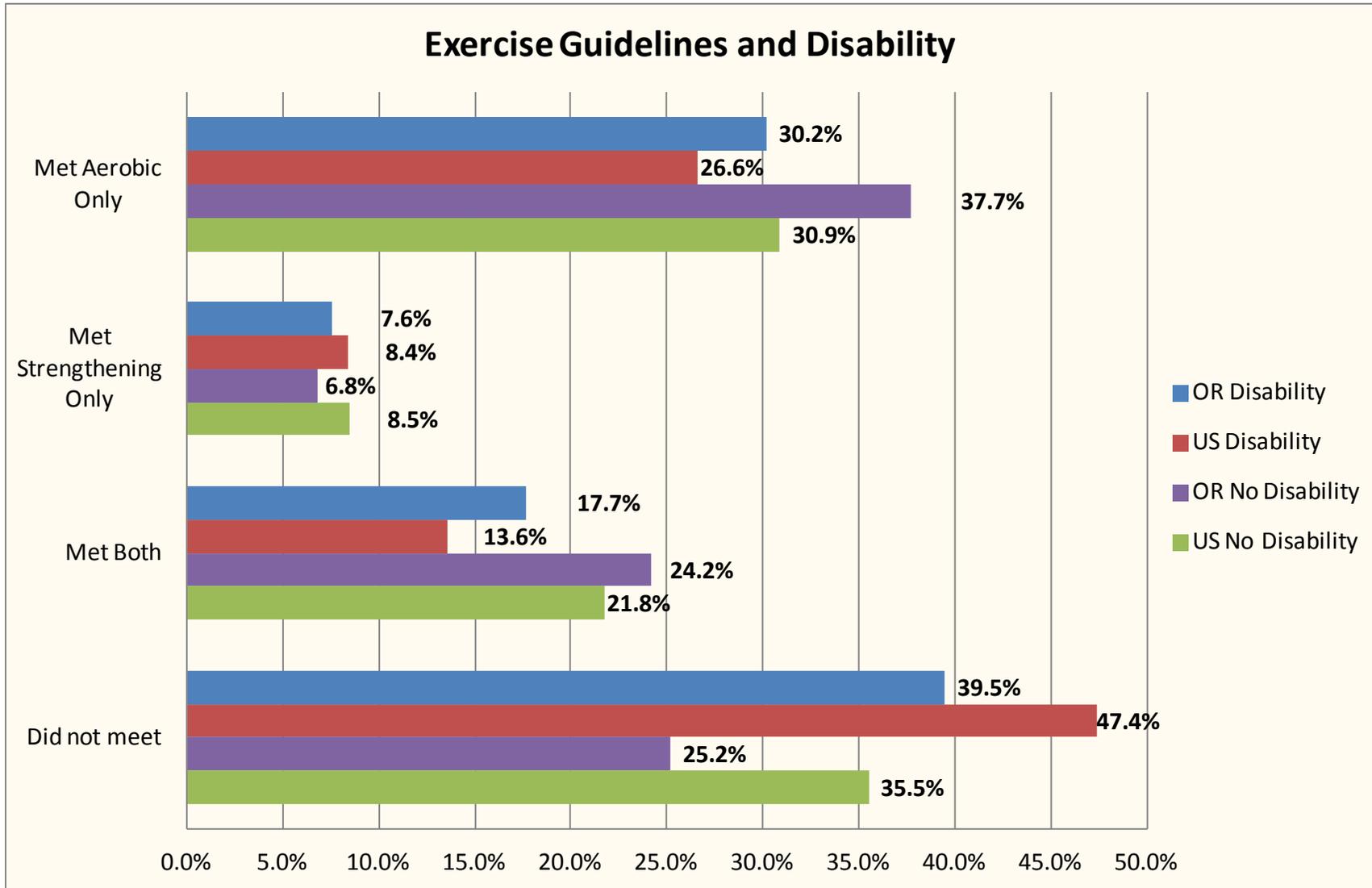
Do people with disabilities get enough exercise?

Healthy People 2020 recommends that adults engage in aerobic physical activity of at least moderate intensity for more than 300 minutes/week, or more than 150 minutes/week of vigorous intensity, or an equivalent combination. It also recommends that adults engage in muscle-strengthening activities 2 or more days a week.

Overall, almost 70% of adults with disabilities in Oregon reported some sort of exercise in the past month. About 30% (30.2%) of people with disabilities met the recommendations for aerobic activity, 7.6% met the recommendations for muscle strengthening, 17.7% met both recommendations and 39.5% did not meet either guideline. About 85% of people without disabilities in Oregon reported some sort of exercise in the past month (84.9%). 37.7% of people without disabilities met the recommendations for aerobic activity, 6.8% met the recommendations for muscle strengthening, 24.2% met both recommendations and 25.2% did not meet either guideline.

Overall, about 63% (62.9%) of adults with disabilities nationally reported some sort of exercise in the past month. 26.6% of people with disabilities met the recommendations for aerobic activity, 8.4% met the recommendations for muscle strengthening, 13.6% met both recommendations and almost half (47.4%) did not meet either guideline. 77.9% of people without disabilities nationally reported some sort of exercise in the past month. 30.9% of people without disabilities met the recommendations for aerobic activity, 8.5% met the recommendations for muscle strengthening, 21.8% met both recommendations and 35.5% did not meet either guideline.

Figure 19. Exercise Guidelines and Disability*



* Meeting exercise guidelines are statistically significantly different between people with and without disabilities in Oregon ($p < 0.0001$).

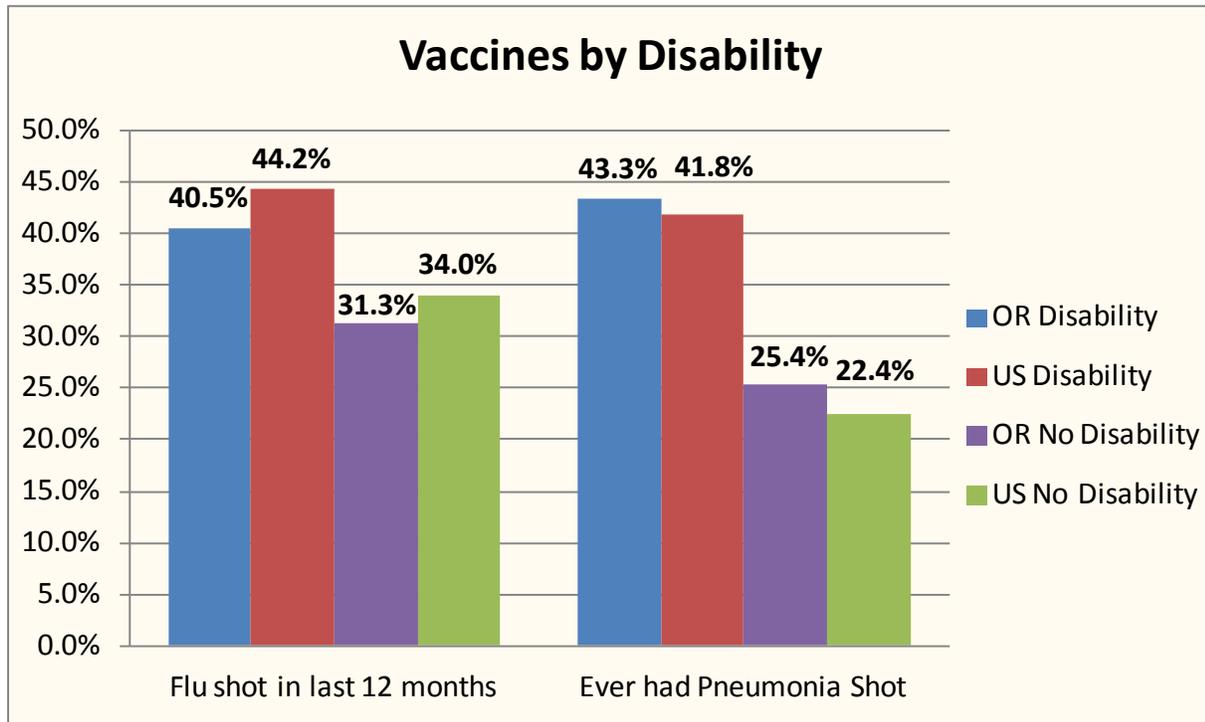
Preventive Health Care and Screening

Do people with disabilities get vaccinated for flu or pneumonia?

Of people with disabilities in Oregon, 40.5% received the flu vaccine in the last year and 43.3% have ever received the pneumonia vaccine. Nationally, 44.2% of people with disabilities received the flu vaccine in the last year and 41.8% had ever had the pneumonia vaccine.

Of people without disabilities in Oregon, 31.3% received the flu vaccine in the last year and 25.4% have ever received the pneumonia vaccine. Nationally, 34.0% of people without disabilities received the flu vaccine in the last year and 22.4% had ever had the pneumonia vaccine.

Figure 20. Flu and Pneumonia Vaccines by Disability*



* Receiving flu and pneumonia vaccines are statistically significantly different between people with and without disabilities in Oregon ($p < 0.0001$).

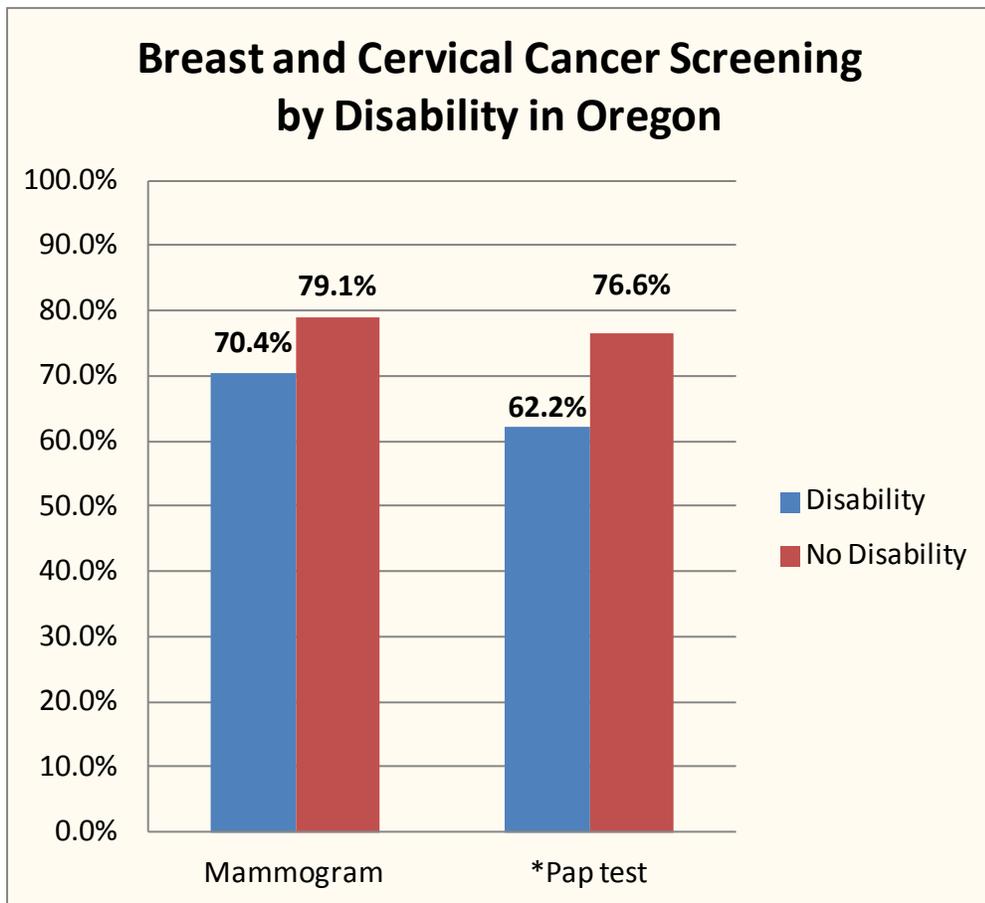
How many women with disabilities have received breast and cervical cancer screening within the recommended timeframe?

The United States Preventive Services Task Force (USPSTF) recommends women 50 years or older get mammograms every two years and women 18 years or older get Papanicolaou tests (pap tests) every three years.

Among women age 50 years and older in Oregon, 70.4% of women with disabilities and 79.1% of women without disabilities have received a mammogram to screen for breast cancer within the past two years.

Among women age 18 years and older in Oregon, 62.2% of women with disabilities and 76.6% of women without disabilities received a Pap test to screen for cervical cancer within the past three years.

Figure 21. Breast and Cervical Cancer Screening by Disability*



*Having received a Pap test as frequently as recommended is statistically significantly different between people with and without disabilities in Oregon ($p < 0.0001$). Having received a mammogram as frequently as recommended is not statistically significantly different ($p = 0.06$).

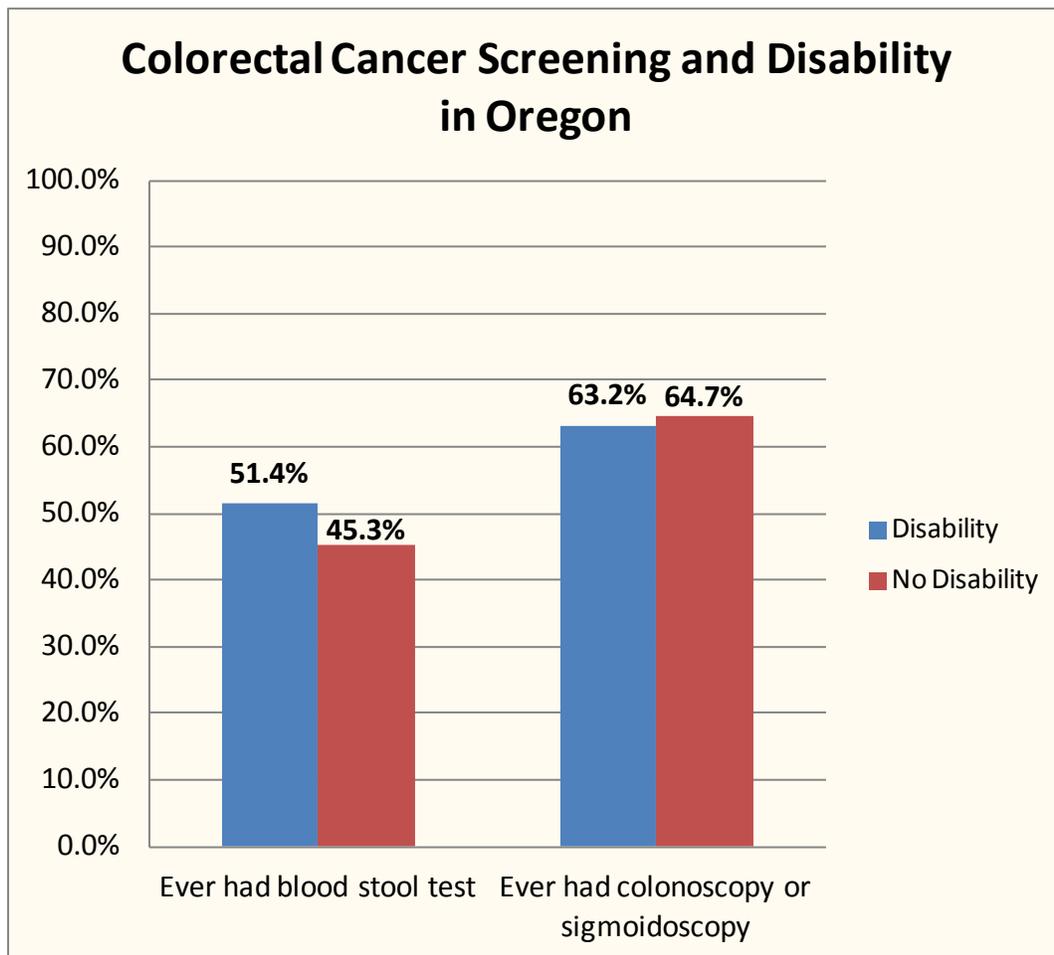
How many people with disabilities have been screened for colorectal cancer?

The United States Preventive Services Task Force (USPSTF) recommends adults age 50 years through 75 years have an annual colorectal cancer (CRC) screening using fecal occult blood testing, a sigmoidoscopy every five years, or a colonoscopy every 10 years for early detection of colorectal cancer.

Among adults age 50 years and older, 51.4% of people with disabilities and 45.3% of people without disabilities have ever had a blood stool test.

In the same age range, 63.2% of people with disabilities and 64.7% of people without disabilities have ever had a sigmoidoscopy or colonoscopy.

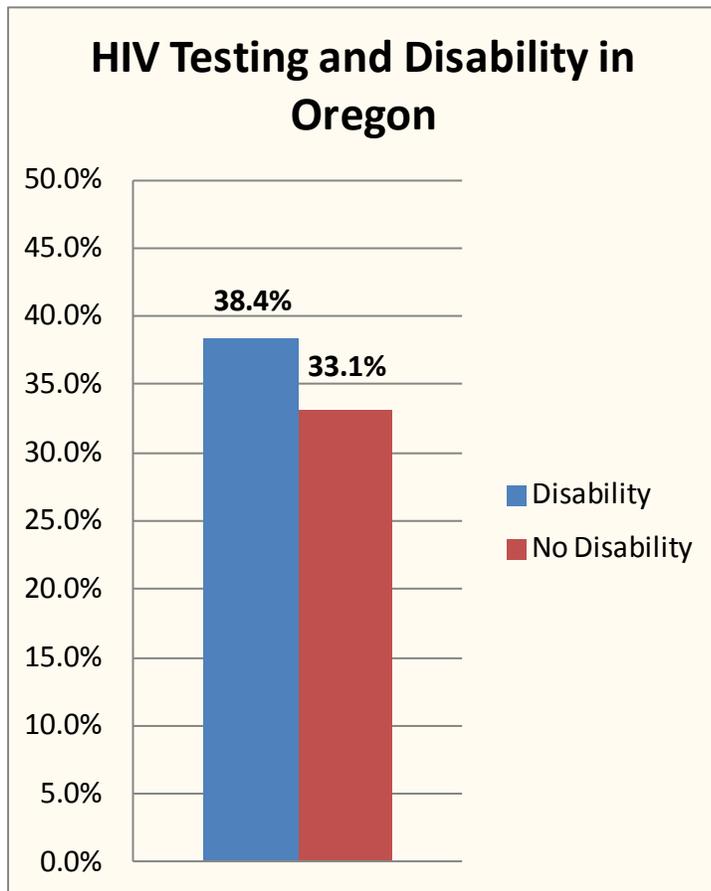
Figure 22. Colorectal Cancer Screening and Disability



How many people with disabilities have been tested for HIV?

In Oregon, 38.4% of people with disabilities, and 33.1% of people without disabilities have ever been tested for the Human Immunodeficiency Virus (HIV).

Figure 23. HIV Testing and Disability*



*HIV testing is statistically significantly different between people with and without disabilities in Oregon ($p = 0.006$).

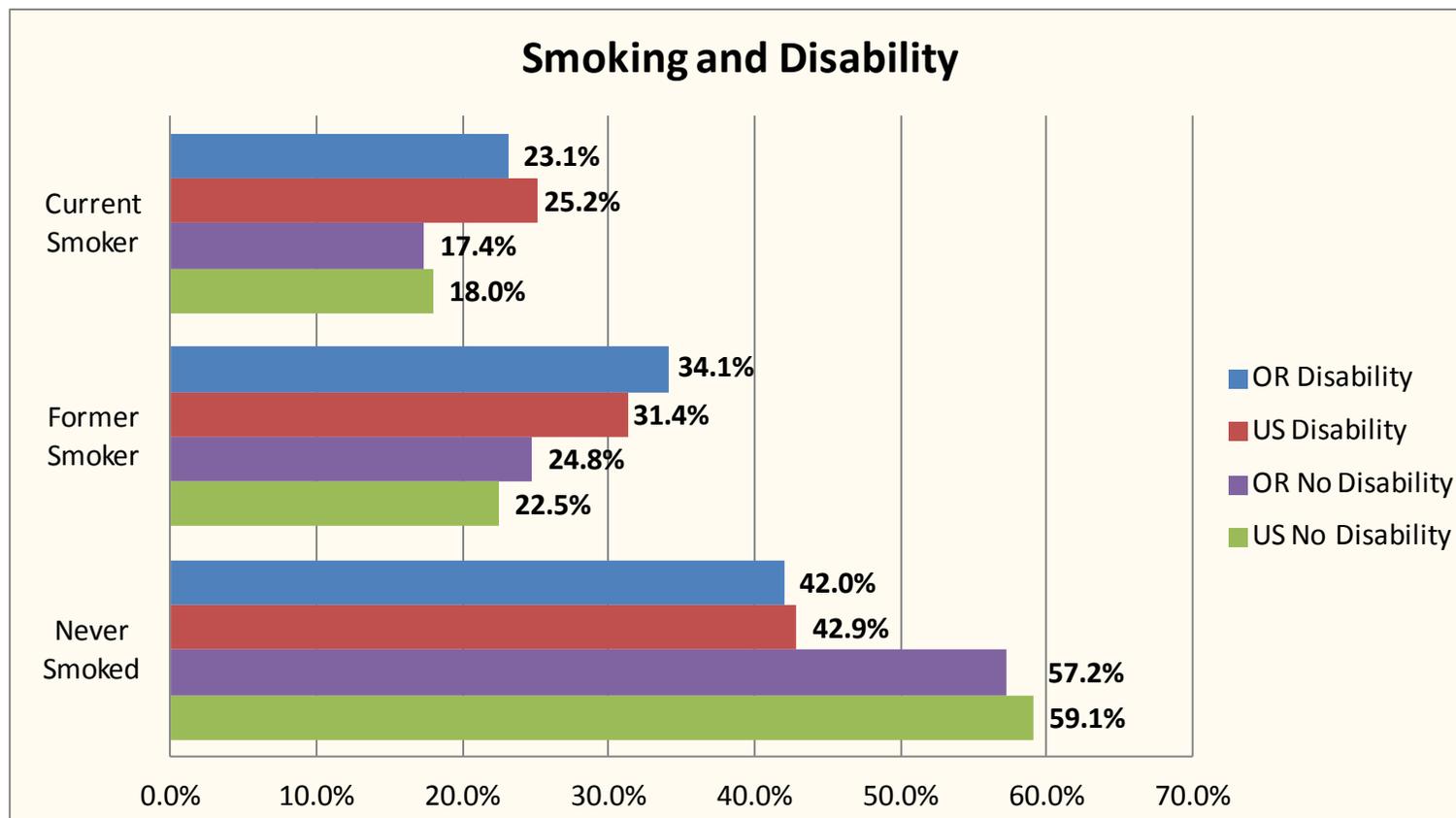
Health Behaviors

How many people with disabilities smoke?

In Oregon, almost one quarter of people with disabilities are current smokers (23.1%), 34.1% are former smokers, and 42.0% have never smoked. Compared to people without disabilities, 17.4% are current smokers, 24.8% are former smokers, and 57.2% have never smoked.

Nationally, among people with disabilities, 25.2% are current smokers, 31.4% are former smokers, and 42.9% have never smoked. Among people without disabilities, 18.0% are current smokers, 22.5% are former smokers, and 59.1% have never smoked.

Figure 24. Smoking and Disability*



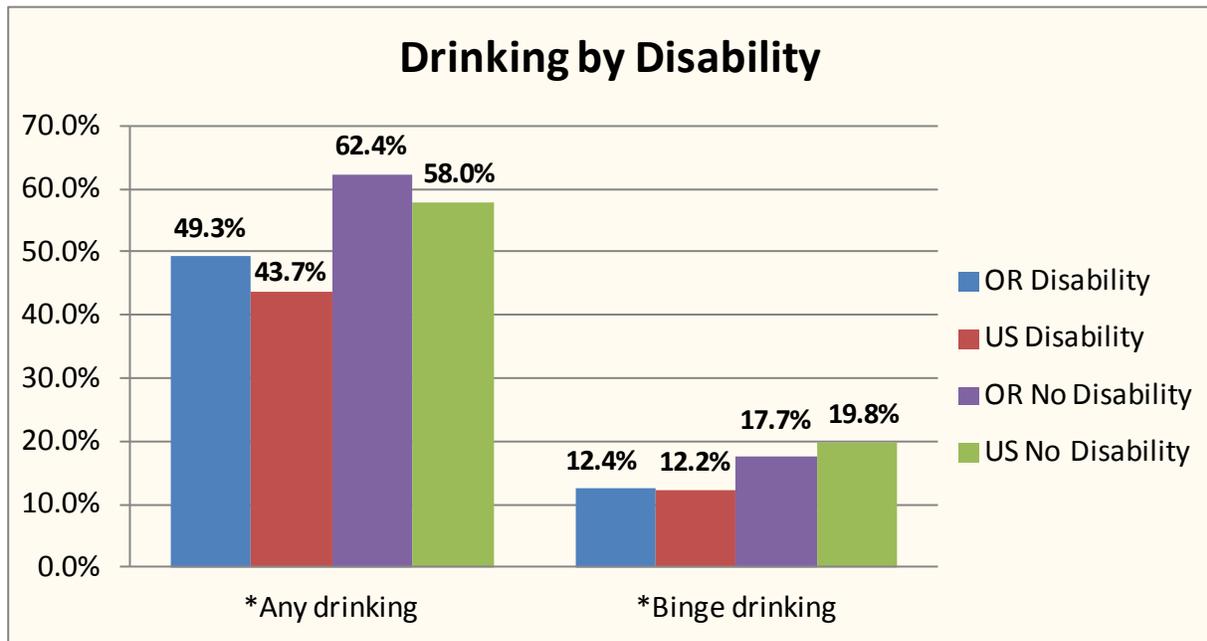
*Smoking status is statistically significantly different between people with and without disabilities in Oregon ($p < 0.0001$).

How many people with disabilities drink alcohol?

In Oregon, about half (49.3%) of people with disabilities and 62.4% of people without disabilities have had at least one drink of alcohol in the past month. Nationally, 43.7% of people with disabilities and 58% of people without disabilities have had at least one drink of alcohol in the past month.

Among those who have had alcohol in the last month, 12.4% of people with disabilities and 17.7% of people without disabilities in Oregon have engaged in binge drinking. Nationally, 12.2% of people with disabilities and 19.8% of people without disabilities engaged in binge drinking. Binge drinking means consuming four or more drinks (for women) or five or more drinks (for men) on a single occasion.

Figure 25. Alcohol Consumption and Disability*



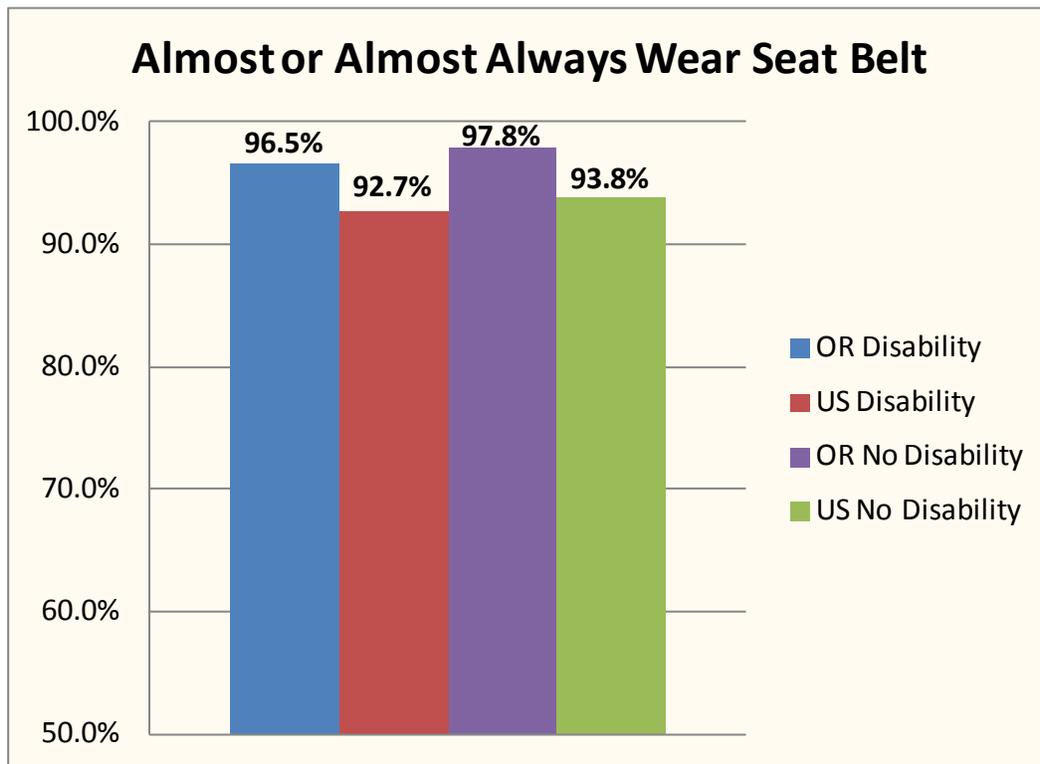
* Both binge drinking and any drinking are statistically significantly different between people with and without disabilities in Oregon ($p < 0.0001$ binge drinking, $p = 0.0006$ any drinking).

How many people with disabilities wear seatbelts?

Over ninety-six percent of people with disabilities (96.5%) in Oregon, and ninety-two percent of people with disabilities nationwide (92.7%) always or almost always wear a seatbelt when they drive or ride in a car.

People without disabilities always or almost always wear a seatbelt when they drive or ride in a car at a rate of 97.8% for Oregon, and 93.8% nationwide.

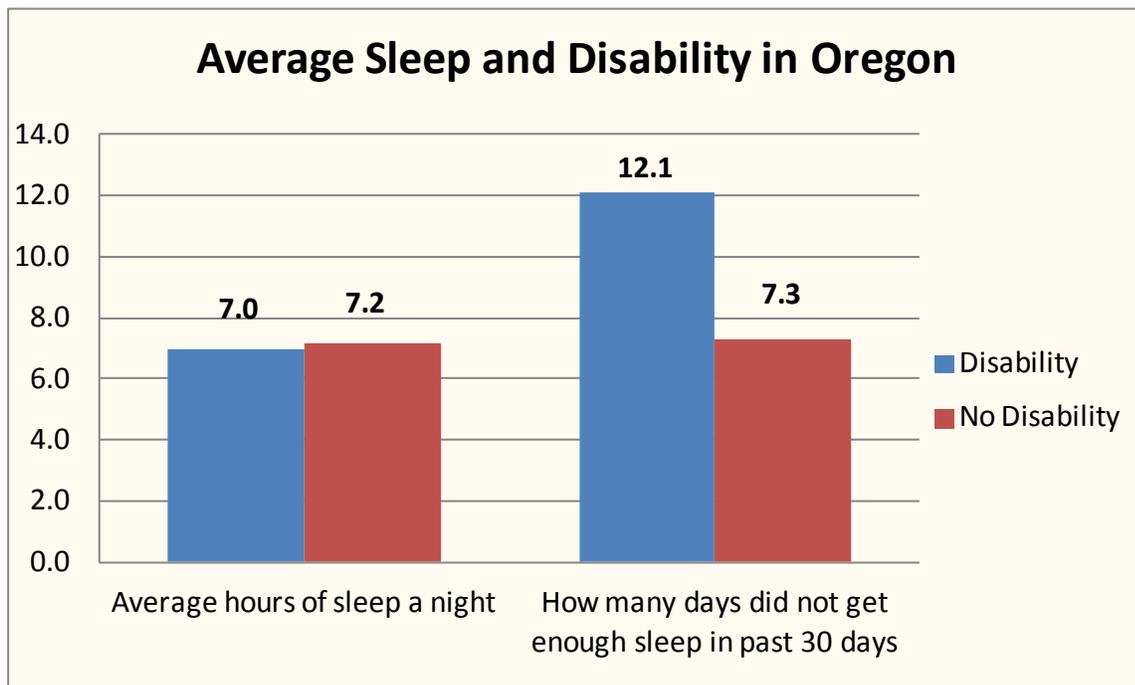
Figure 26. Seat Belt Use and Disability



Do people with disabilities get enough sleep?

The Centers for Disease Control and Prevention (CDC) recommend adults get 7-9 hours of sleep each night. People with disabilities reported getting an average of 7 hours of sleep, where people without disabilities said they got about 7.2 hours on average. However, people with disabilities said that out of the past 30 days, on average, they felt they did not get enough sleep for 12.1 days. In contrast, people without disabilities said they did not feel like they got enough sleep for 7.3 days on average.

Figure 27. Average Sleep and Disability



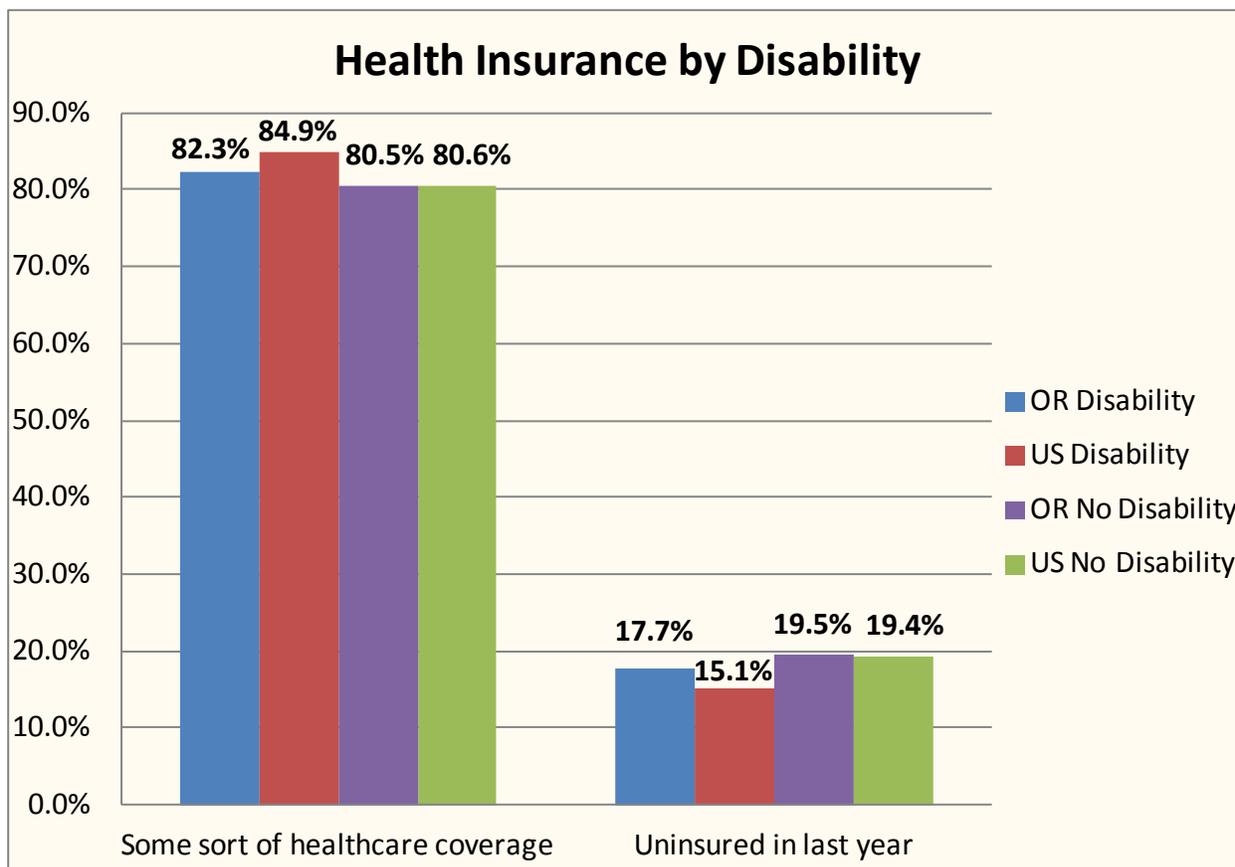
Health Care Access

Do people with disabilities have health insurance?

Among people with disabilities in Oregon, 82.3% say they have some kind of health care coverage and nationally 84.9% of people with disabilities report some sort of health care coverage. Among people without disabilities in Oregon, 80.5% have some sort of health care coverage and nationally 80.6% have some sort of health care coverage.

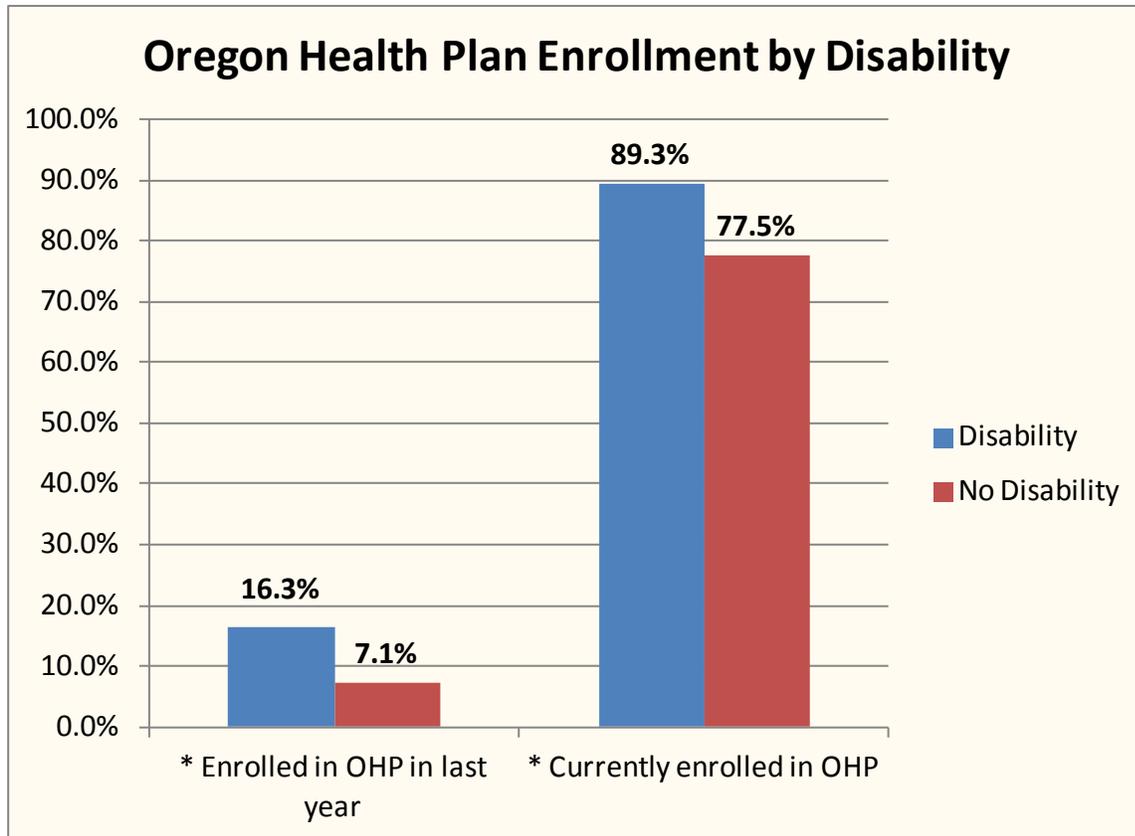
In Oregon, 17.7% of people with disabilities and 19.5% of people without disabilities report there was a time in the past year when they did not have any health insurance or health care coverage. This is compared to 15.1% of people with disabilities and 19.4% of people without disabilities nationwide.

Figure 28. Health Insurance by Disability



16.3% of people with disabilities say they have been enrolled in the Oregon Health Plan (Oregon’s Medicaid program) anytime in the past year. Of those who said they were enrolled, 89.3% continue to be enrolled. 7.1% of people without disabilities have been enrolled in the Oregon Health Plan in the past year and 77.5% of those continue to be enrolled.

Figure 29. Oregon Medicaid Enrollment by Disability*

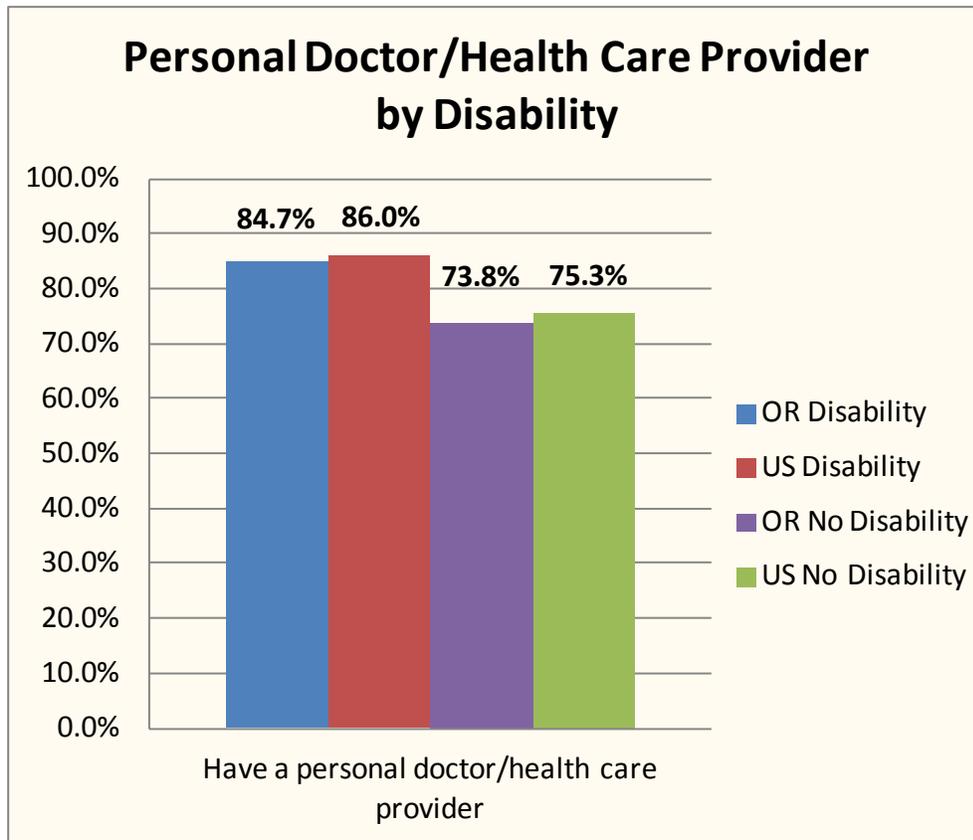


*Both being enrolled in OHP and being currently enrolled are statistically significantly different between people with and without disabilities in Oregon ($p < 0.0001$ for enrolling in OHP, $p = 0.005$ for currently enrolled).

Do people with disabilities have a personal doctor or health care provider?

In Oregon, 84.7% of people with disabilities and 73.8% of people without disabilities have at least one person they think of as their personal doctor or health care provider. Nationally, 86% of people with disabilities and 75.3% of people without disabilities have at least one person they think of as their personal doctor or health care provider.

Figure 30. Personal Doctor/Health Care Provider by Disability*



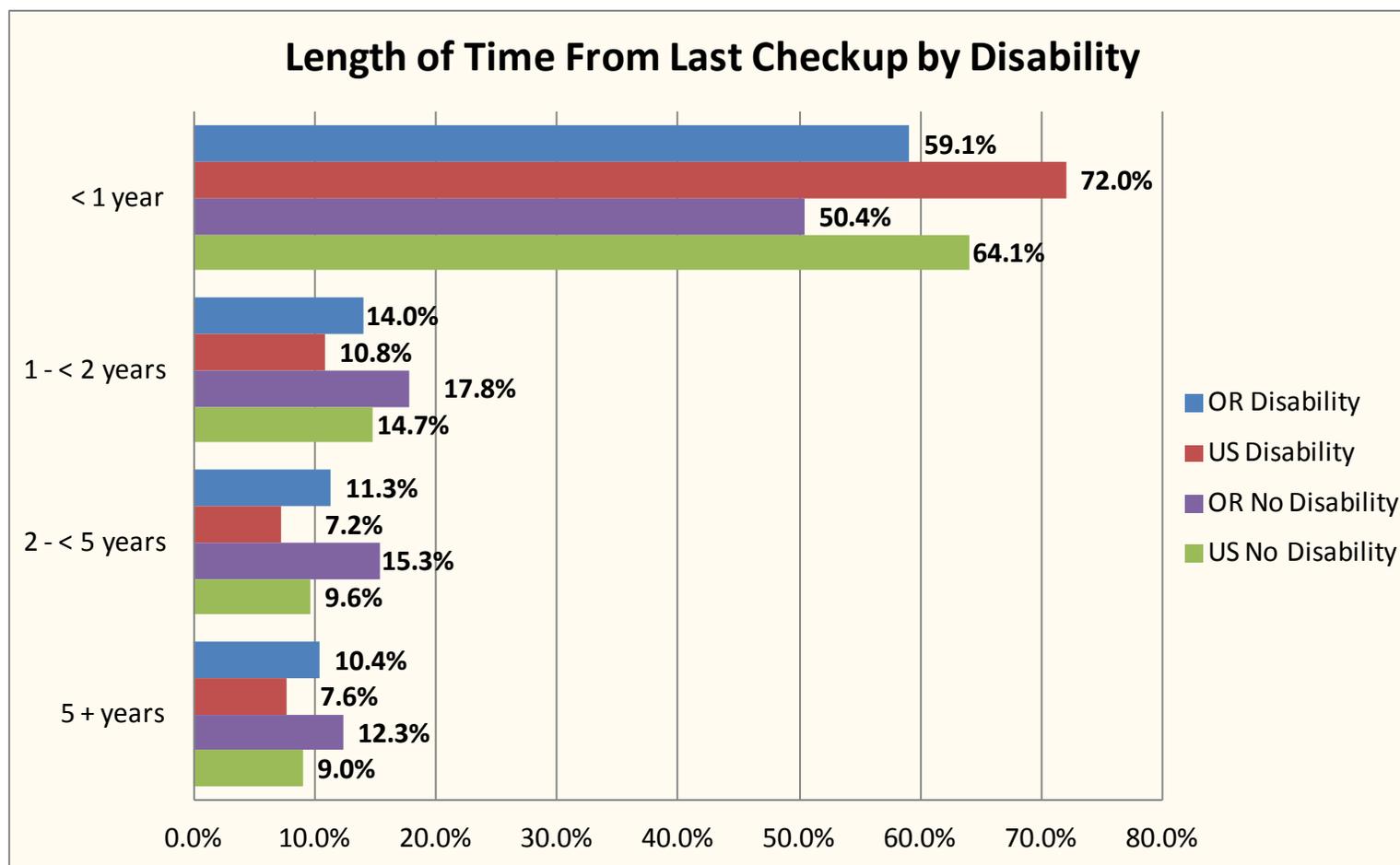
*Having a personal health care provider is statistically significantly different between people with and without disabilities in Oregon ($p < 0.0001$).

How long has it been since adults with disabilities last visited a doctor for a routine checkup?

In Oregon, 59.1% of people with disabilities had a checkup less than a year ago, 14% had a checkup between one and two years ago, 11.3% had a checkup between two and five years ago, and 10.4% have not had a checkup in five or more years. For people without disabilities, 50.4% had a checkup less than a year ago, 17.8% had a checkup between one and two years ago, 15.3% had a checkup between two and five years ago, and 12.3% had a checkup five or more years ago.

Nationally, 72% of people with disabilities had a checkup less than a year ago, 10.8% had a checkup between one and two years ago, 7.2% had a checkup between two and five years ago, and 7.6% have not had a checkup in five or more years. For people without disabilities, 64.1% had a checkup less than a year ago, 14.7% had a checkup between one and two years ago, 9.6% had a checkup between two and five years ago, and 9% had a checkup five or more years ago.

Figure 31. Length of Time From Last Checkup by Disability*

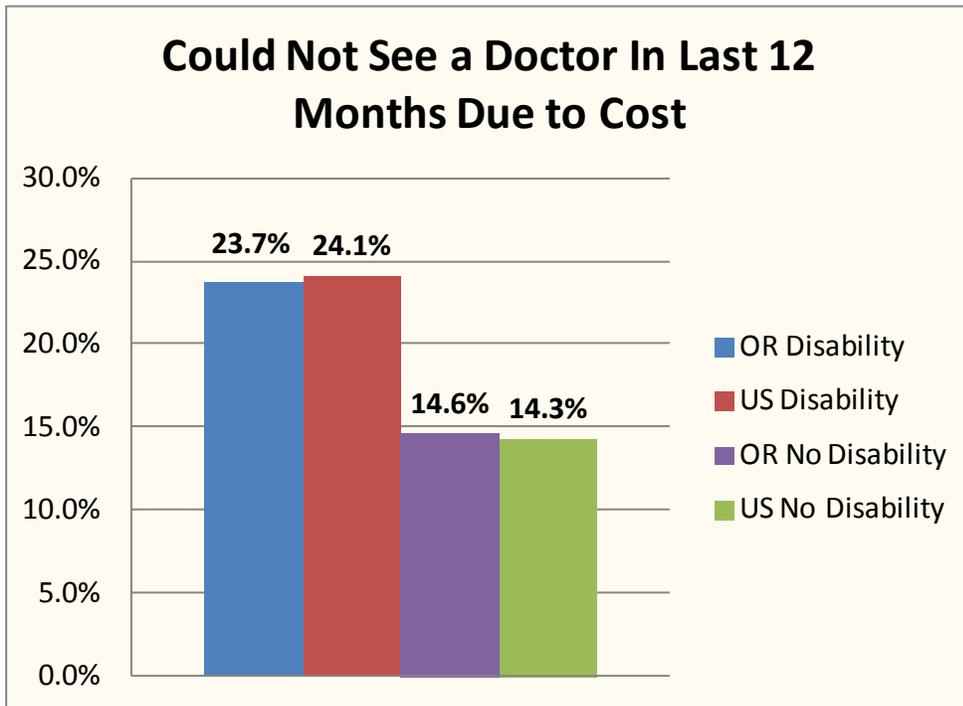


*The length of time from last checkup is statistically significantly different between people with and without disabilities in Oregon (p =0.0001).

Can people with disabilities afford needed health care?

For 23.7% of people with disabilities and 14.6% of people without disabilities in Oregon, there was a time in the past year when they needed to see a doctor but could not because of cost. Nationally, 24.1% of people with disabilities and 14.3% of people without disabilities were not able to see a doctor because of cost.

Figure 32. Could Not See a Doctor In Last 12 Months Due to Cost*



*Inability to see a doctor due to cost is statistically significantly different between people with and without disabilities in Oregon ($p < 0.0001$).

Conclusion

Given that almost one third (28.8%) of adults and about half (50.7%) of adults 80 and older in Oregon have a disability, it is critical to have appropriate access to health care and health promotion activities.

Twenty of the thirty-four questions (almost 60%) discussed in this Chartbook showed statistically significant differences for people with and without disabilities. A majority of the areas in which people with disabilities fare worse than people without disabilities are areas where appropriate access to health care and health promotion activities can make a difference. Efforts are needed to continue promoting health and access to affordable health care for Oregonians with disabilities.

For more information, please visit <http://www.oodh.org/>