

Center on Community Accessibility

Oregon Office on Disability and Health

Disability in Oregon



2010 Annual Report on the Health of
Oregonians with Disabilities

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Executive Summary

One in four adults in Oregon has a disability, according to 2008 data from the Behavioral Risk Factor Surveillance System.

Compared to Oregonians without disabilities, people with disabilities:

- Are less likely to be college graduates
- Are much less likely to be employed
- Are much more likely to have low household incomes
- Are more likely to report dissatisfaction with their lives
- 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
- Less likely to get enough sleep
- More likely to smoke
- As likely to engage in binge drinking
- More likely to experience falls that result in injury
- 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 been to a dentist recently
- Less likely to have had a recent dental cleaning
- More likely to have had large numbers of teeth removed

On the other hand, people with disabilities are:

- More likely to have had a recent checkup
- More likely to have a regular source of health care

- As likely as people without disabilities to have health care coverage
- More likely to have been vaccinated for flu or pneumonia
- As likely to have received a recent Pap test for cervical cancer (women)
- More likely to have been screened for colorectal cancer (people age 50 or older)
- More likely to have been screened for prostate cancer (men age 40 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

More than 36 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 or only have a cell phone 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 done every year by each state or territory health department. The information used for this book was collected in Oregon in 2008.

What do we mean by “disability”?

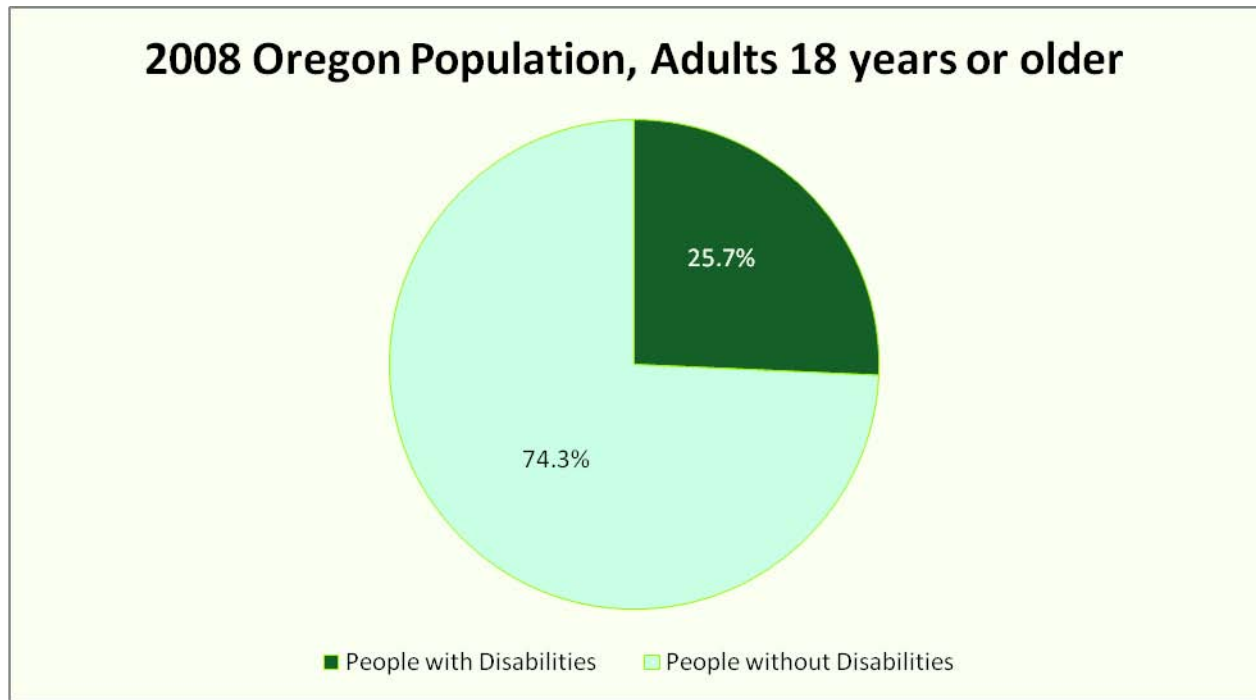
In the BRFSS survey, people are considered to have a disability if they answer “Yes” to one or both of the following questions:

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

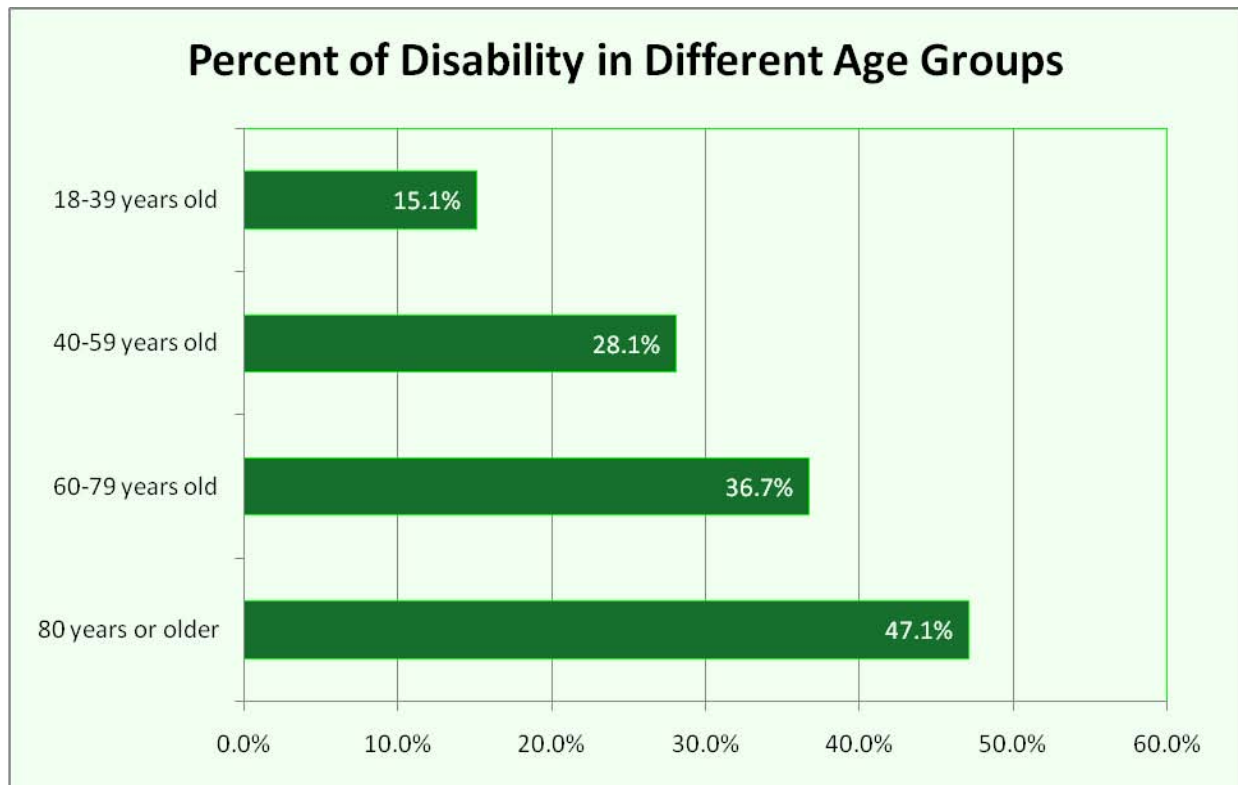
How many people in Oregon have a disability?

About 746,663 Oregon adults age 18 and older have a disability. This is a little more than one quarter (25.7%) of the adult population of Oregon in 2008.



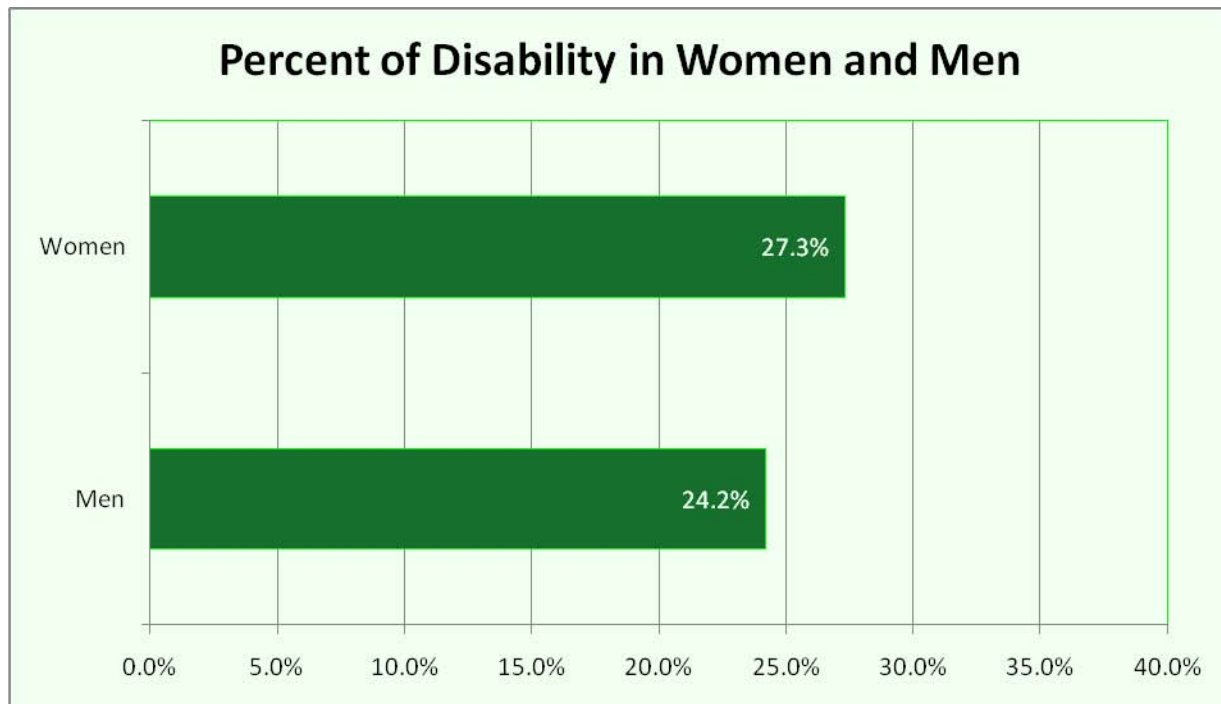
What age groups are most impacted by disability?

Disability becomes more common as people age. In the 18-39 age range, 15.1% of Oregon adults have a disability. Among 40-59 year olds, 27.1% have a disability and among 60-79 year olds, 36.7% have a disability. Among Oregon adults age 80 or older, 47.1% have a disability.



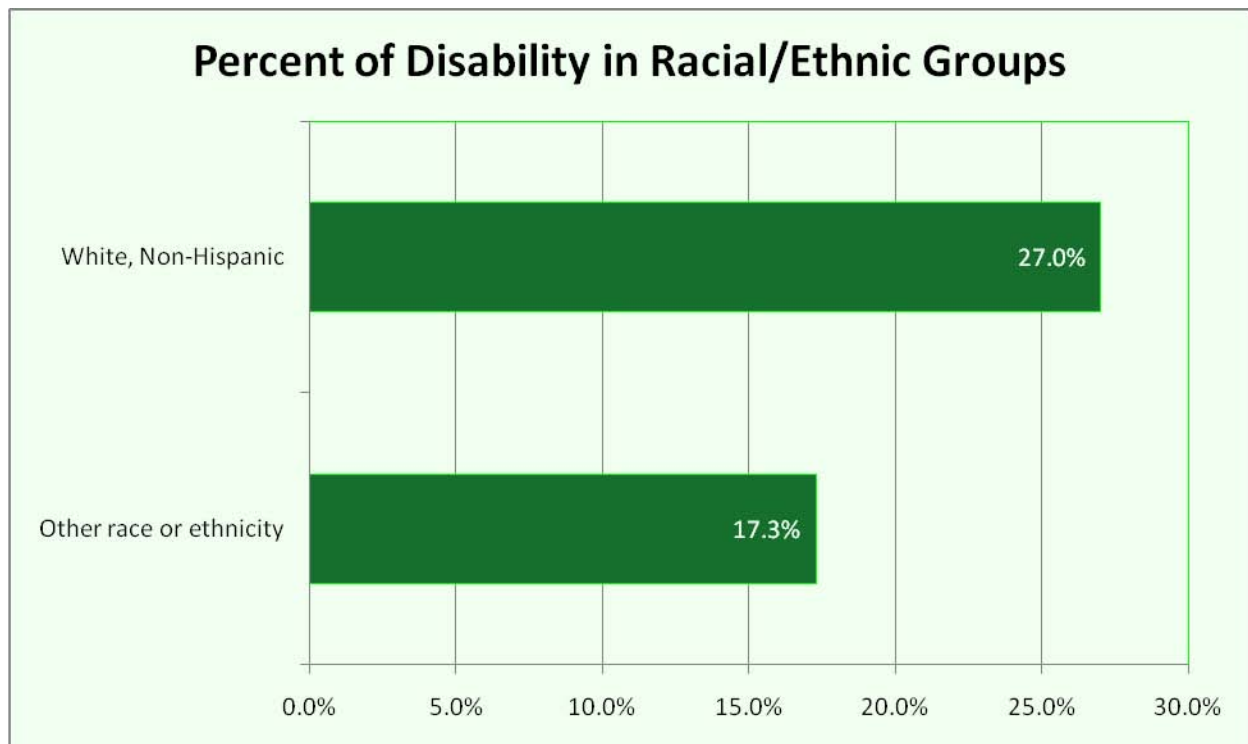
What proportions of men and women have a disability?

Women in Oregon are slightly more likely than men to have a disability. A little more than one quarter (27.3%) of women have a disability; 24.2% of men have a disability.



How common is disability in different racial and ethnic groups?

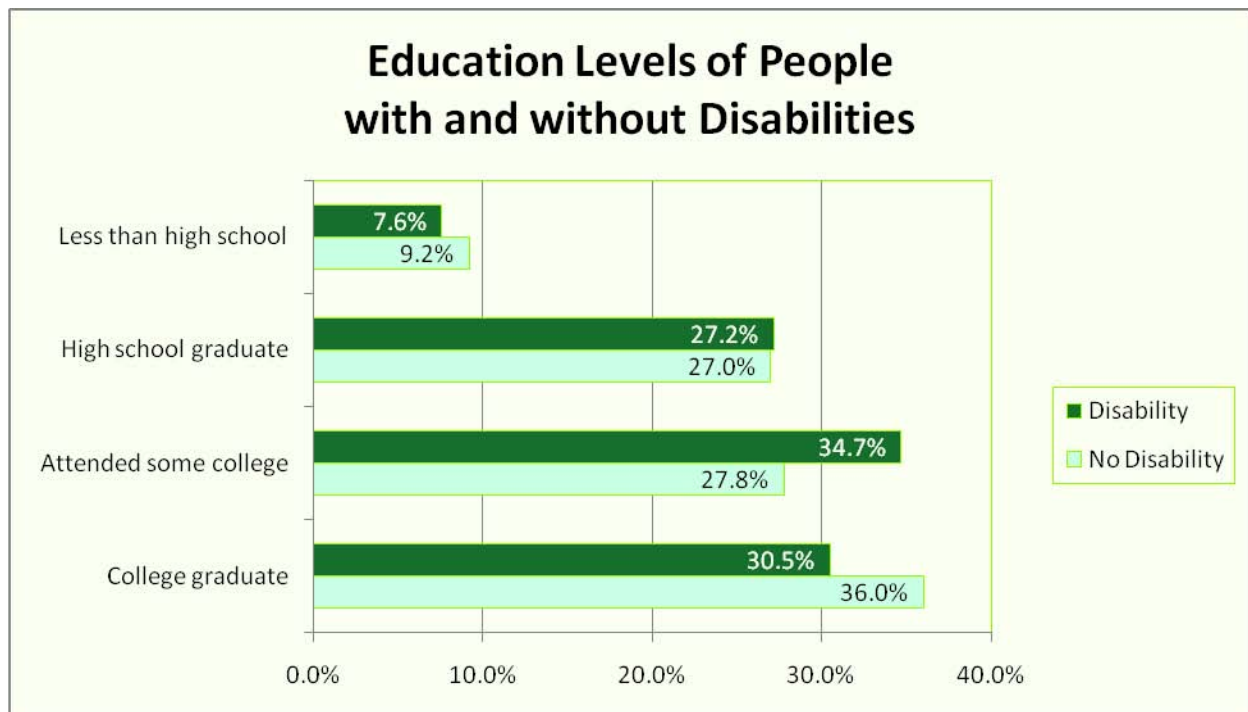
Among White, non-Hispanic adults, 27.0% have a disability. In Oregon, the number of respondents with disabilities in other racial and ethnic groups is too small to provide information for individual groups. Overall, 17.3% of non-White adults and Hispanic or Latino/a adults in Oregon have a disability. However disability may actually be much more common or less common in specific minority race/ethnicity groups.



How much education do people with disabilities have?

Over seven percent (7.6%) of people with disabilities have less than a high school education, 27.2% have a high school education only, 34.7% have attended some college or technical school, and 30.5% of people with disabilities are college graduates.

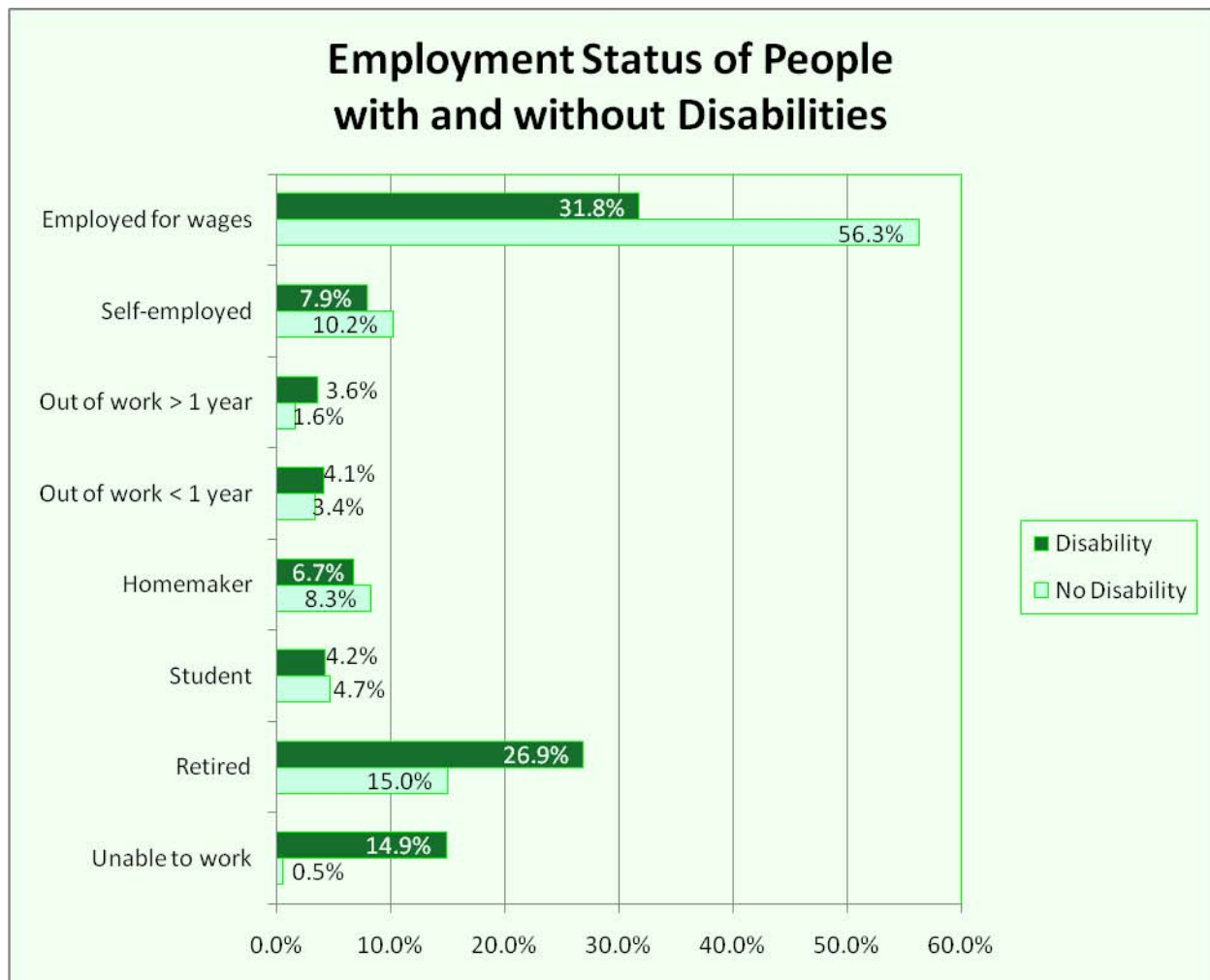
Of people without disabilities, 9.2% have less than a high school education, 27.0% have a high school education only, 27.8% have attended some college or technical school, and 36.0% are college graduates.



How many people with disabilities are employed?

Among people with disabilities, 31.8% are employed for wages, 7.9% are self-employed, 3.6% have been out of work for more than a year, 4.1% have been out of work for less than a year, 6.7% are homemakers, 4.2% are students, 26.9% are retired, and 14.9% are unable to work.

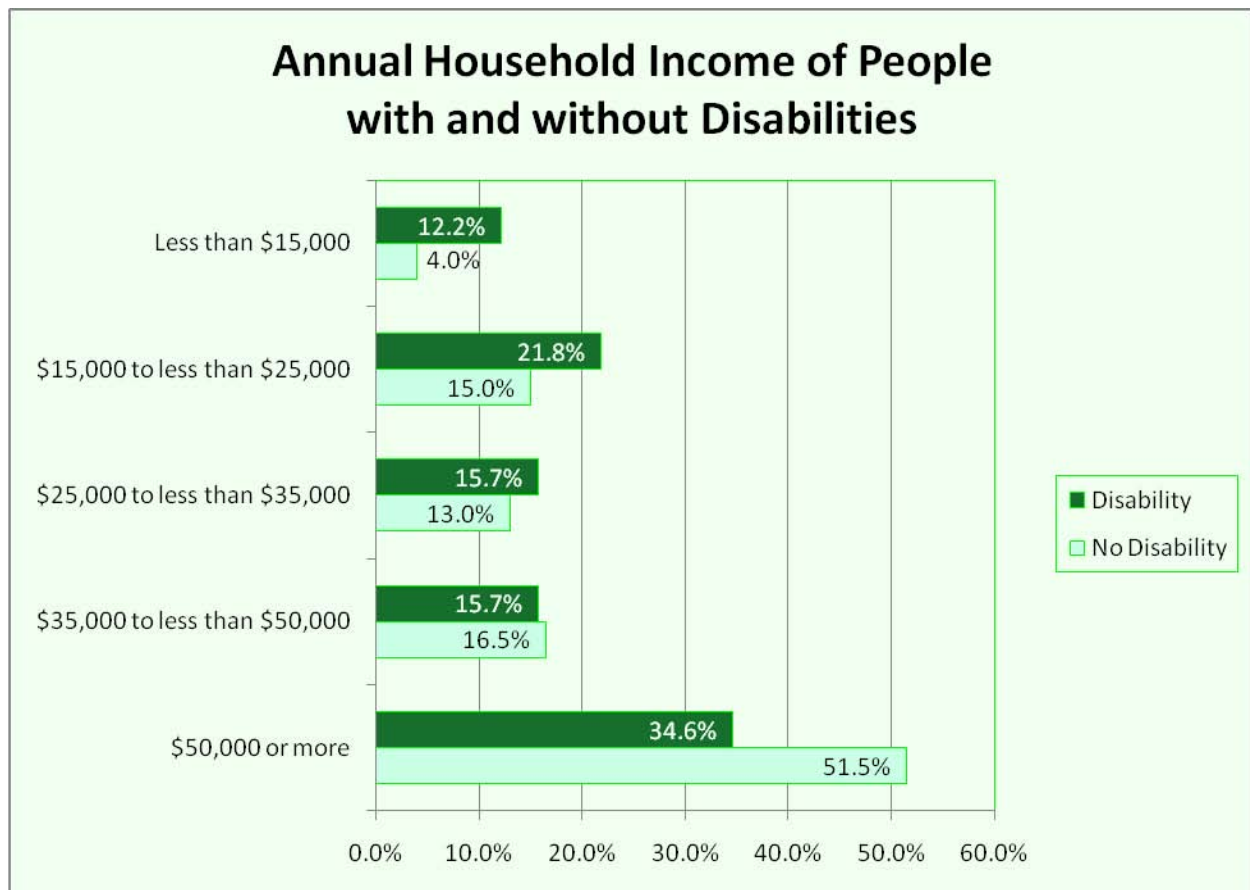
In contrast, 56.3% of people without disabilities are employed for wages, 10.2% are self-employed, 1.6% have been out of work for more than a year, 3.4% have been out of work for less than a year, 8.3% are homemakers, 4.7% are students, 15.0% are retired, and 0.5% are unable to work.



What is the annual household income of people with disabilities?

Twelve percent (12.2%) of people with disabilities have a household income of less than \$15,000 per year, 21.8% have an income between \$15,000 and \$25,000, 15.7% have an income between \$25,000 and \$35,000, 15.7% have an income between \$35,000 and \$50,000, and 34.6% have an annual income of \$50,000 or more.

Only four percent of people without disabilities have a household income of less than \$15,000 per year, 15.0% have an income between \$15,000 and \$25,000, 13.0% have an income between \$25,000 and \$35,000, 16.5% have an income between \$35,000 and \$50,000, and over half (51.5%) have an annual income of \$50,000 or more.

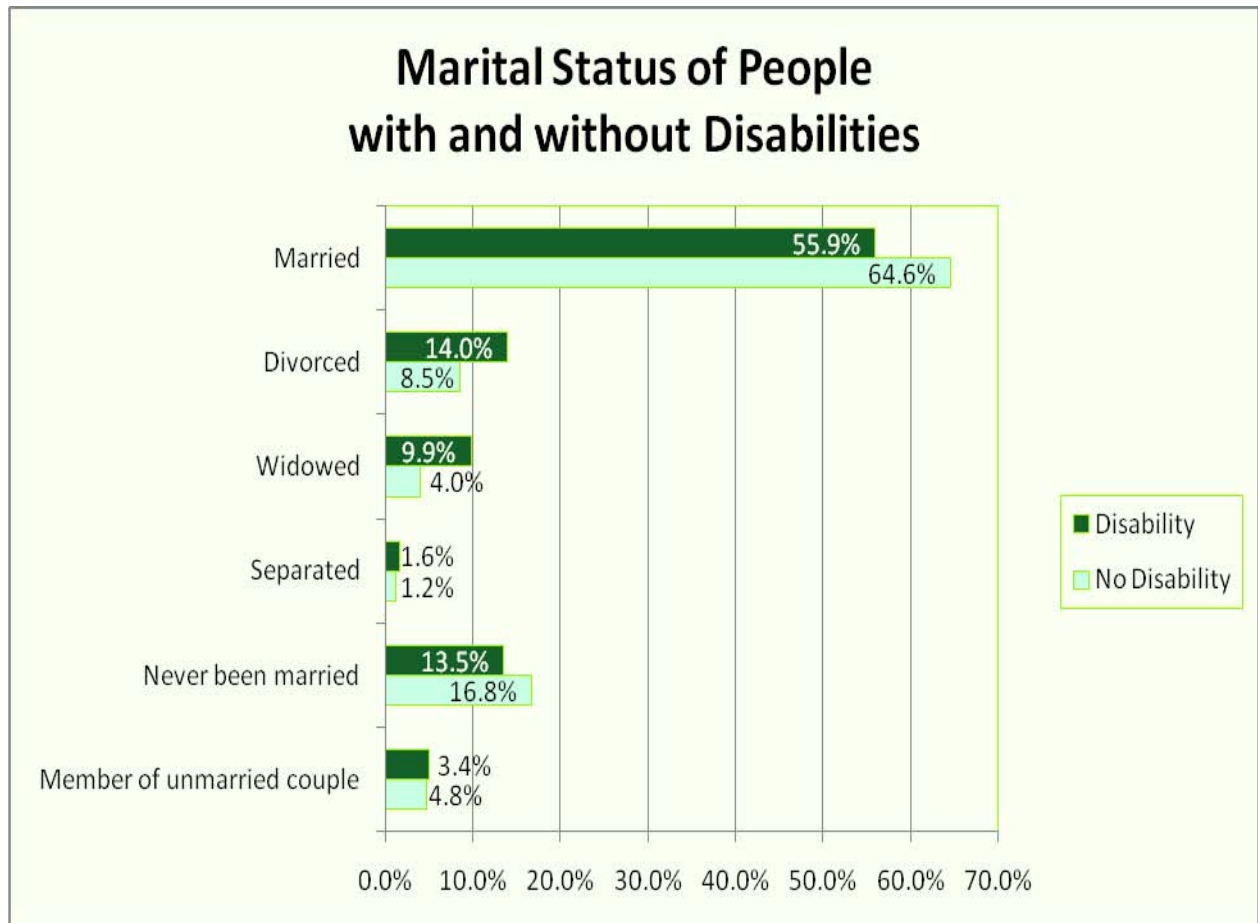


Social Support and Life Satisfaction

How many people with disabilities are married?

Among people with disabilities, 55.9% are married, 14.0% are divorced, 9.9% are widowed, 1.6% are separated, 13.5% have never been married, and 3.4% are members of unmarried couples.

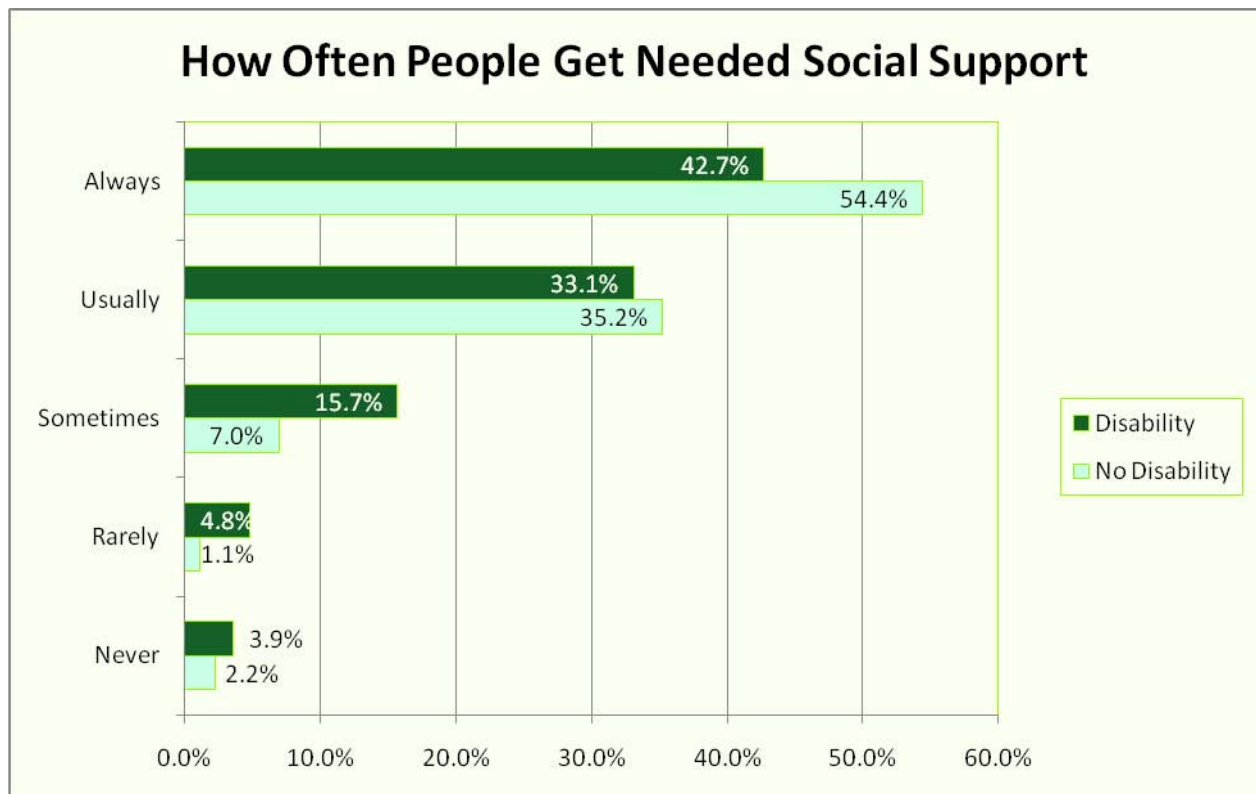
Among people without disabilities, 64.6% are married, 8.5% are divorced, 4.0% are widowed, 1.2% are separated, 16.8% have never been married, and 4.8% are members of unmarried couples.



How often do people with disabilities get the social support they need?

Among people with disabilities, 42.7% always get the social and emotional support they need, 33.1% usually do, 15.7% sometimes do, 4.8% rarely do, and 3.9% never receive the support they need.

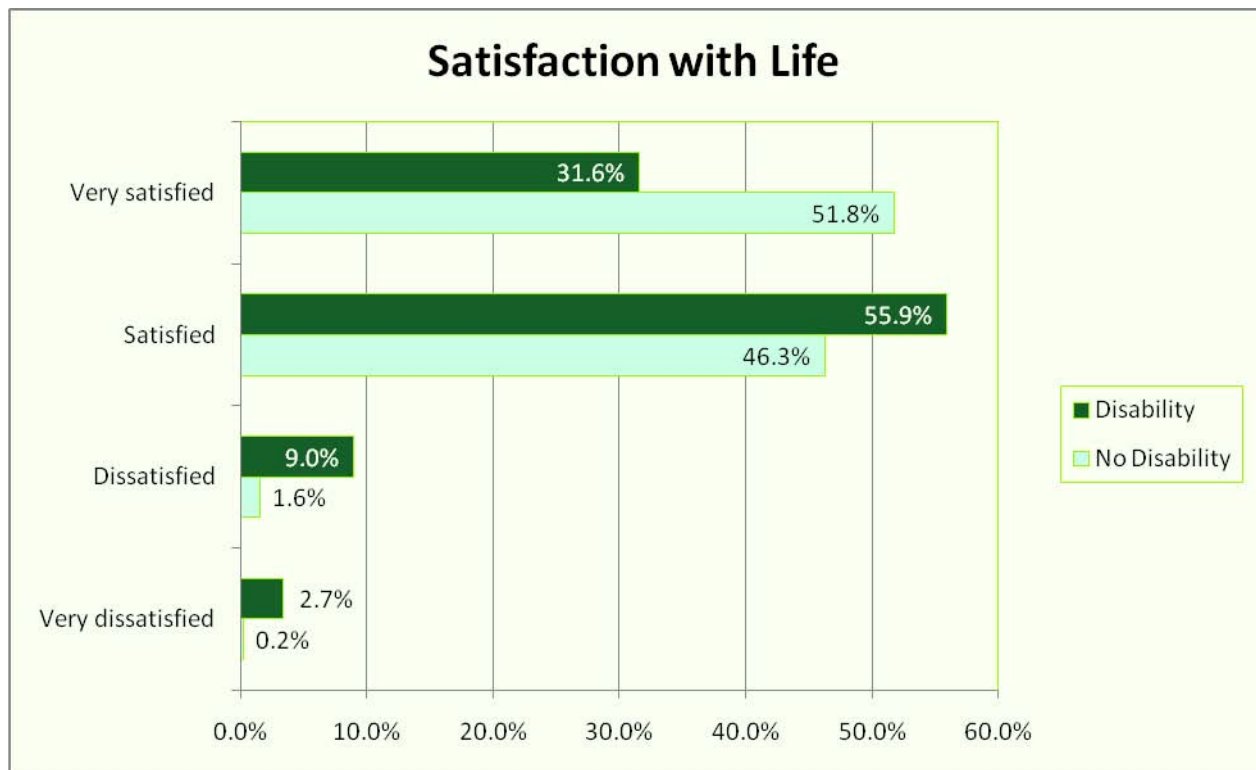
Of people without disabilities, 54.4% always get the social and emotional support they need, 35.2% usually do, 7.0% sometimes do, 1.1% rarely do, and 2.2% never do.



How satisfied are people with their lives?

About 31.6% of people with disabilities are very satisfied with their lives, 55.9% are satisfied, and 11.7% are dissatisfied or very dissatisfied.

Among people without disabilities, 51.8% are very satisfied, 46.8% are satisfied, and 1.8% are dissatisfied or very dissatisfied.

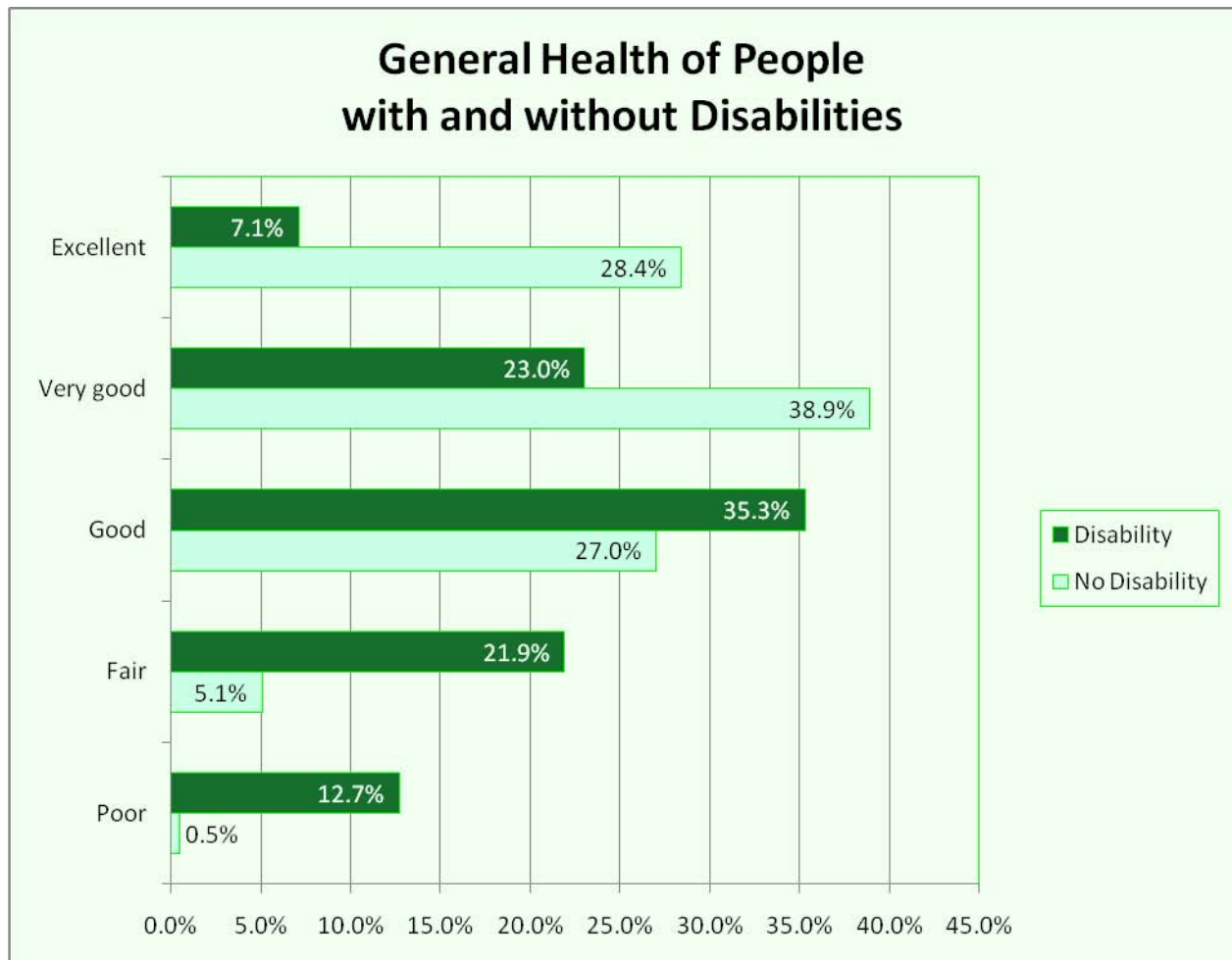


Health of People with Disabilities

How do people with disabilities describe their general health?

About seven percent (7.1%) of people with disabilities describe their health as excellent, 23.0% say their health is very good, 35.3% say it is good, 21.9% say their health is fair, and 12.7% describe their health as poor.

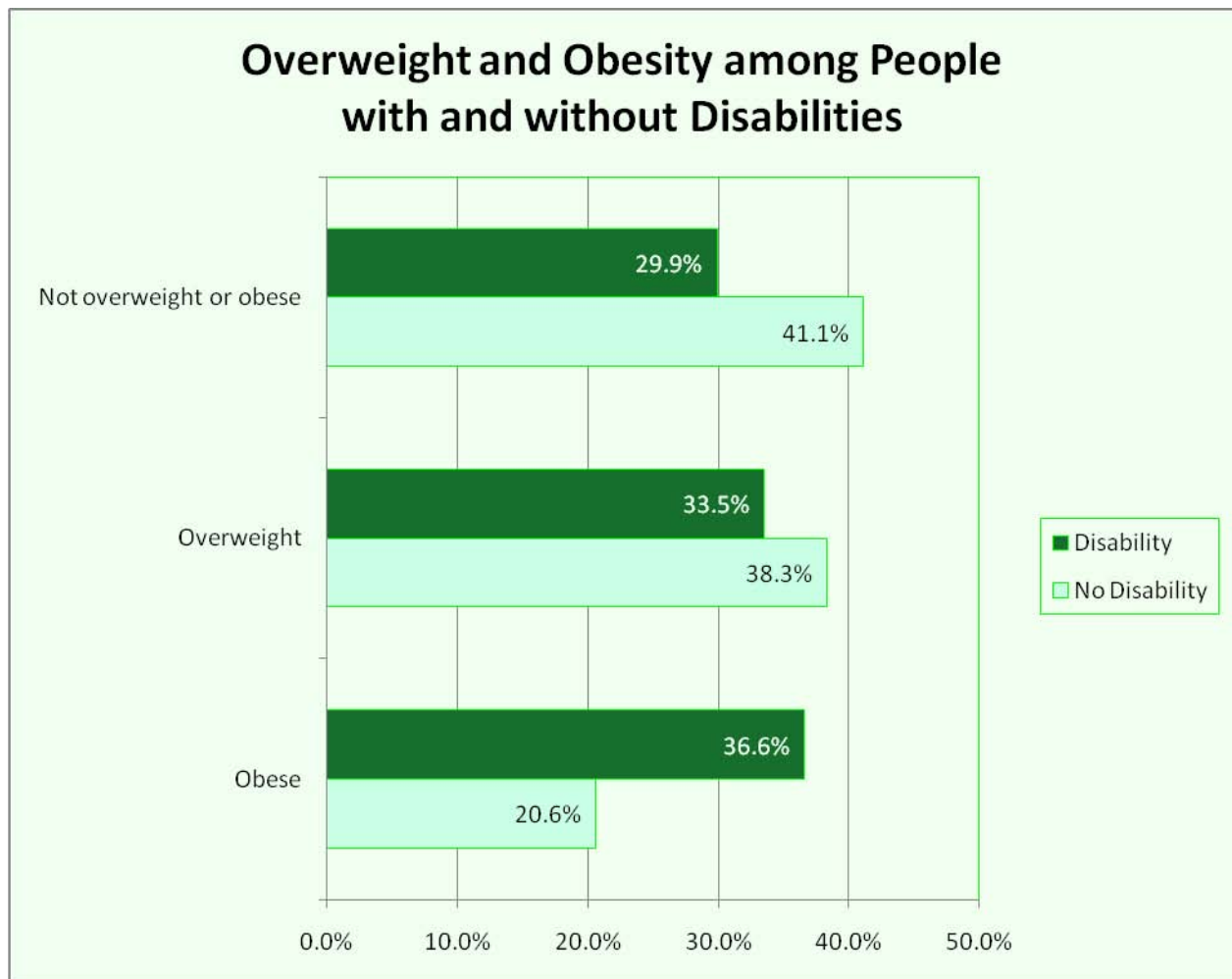
In comparison, 28.4% of people without disabilities describe their health as excellent, 38.9% say their health is very good, 27.0% say it is good, 5.1% say their health is fair, and 0.5% describe their health as poor.



How many people with disabilities are overweight or obese?

About one third (33.5%) of people with disabilities are overweight and 36.6% are obese. Only 29.9% are not considered overweight or obese.

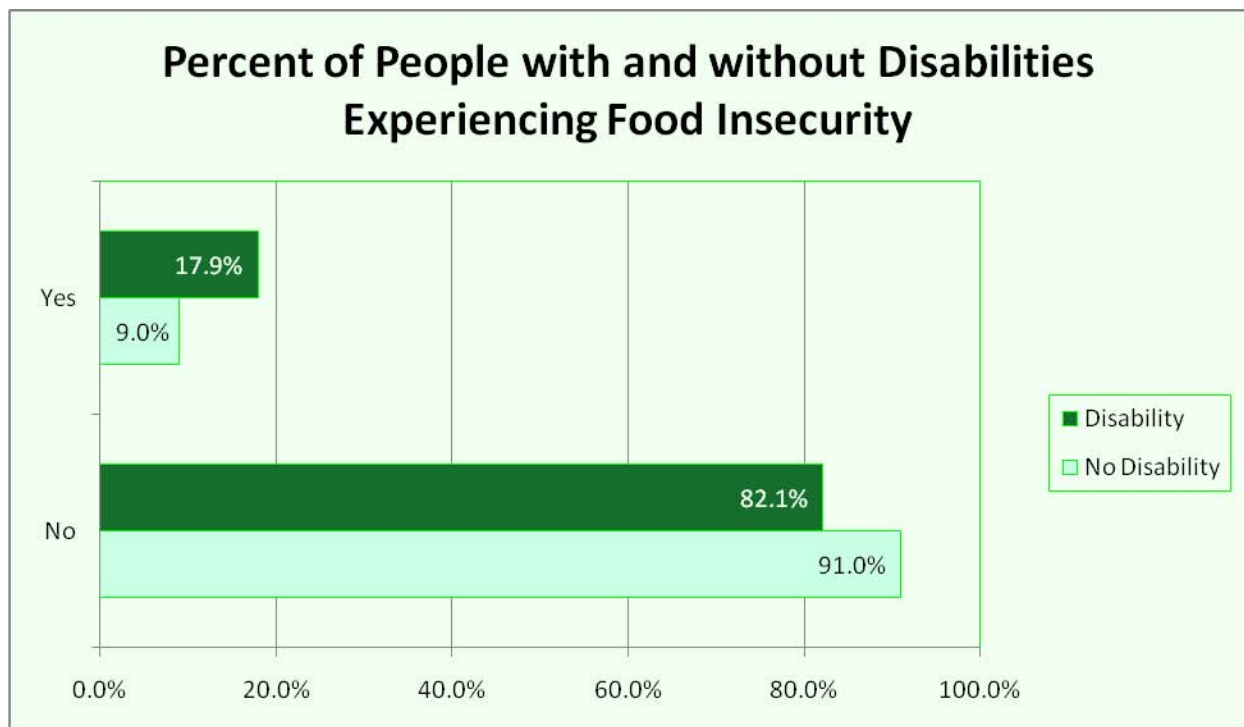
Among people without disabilities, 38.3% are overweight, 20.6% are obese, and 40.1% are not overweight or obese.



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.

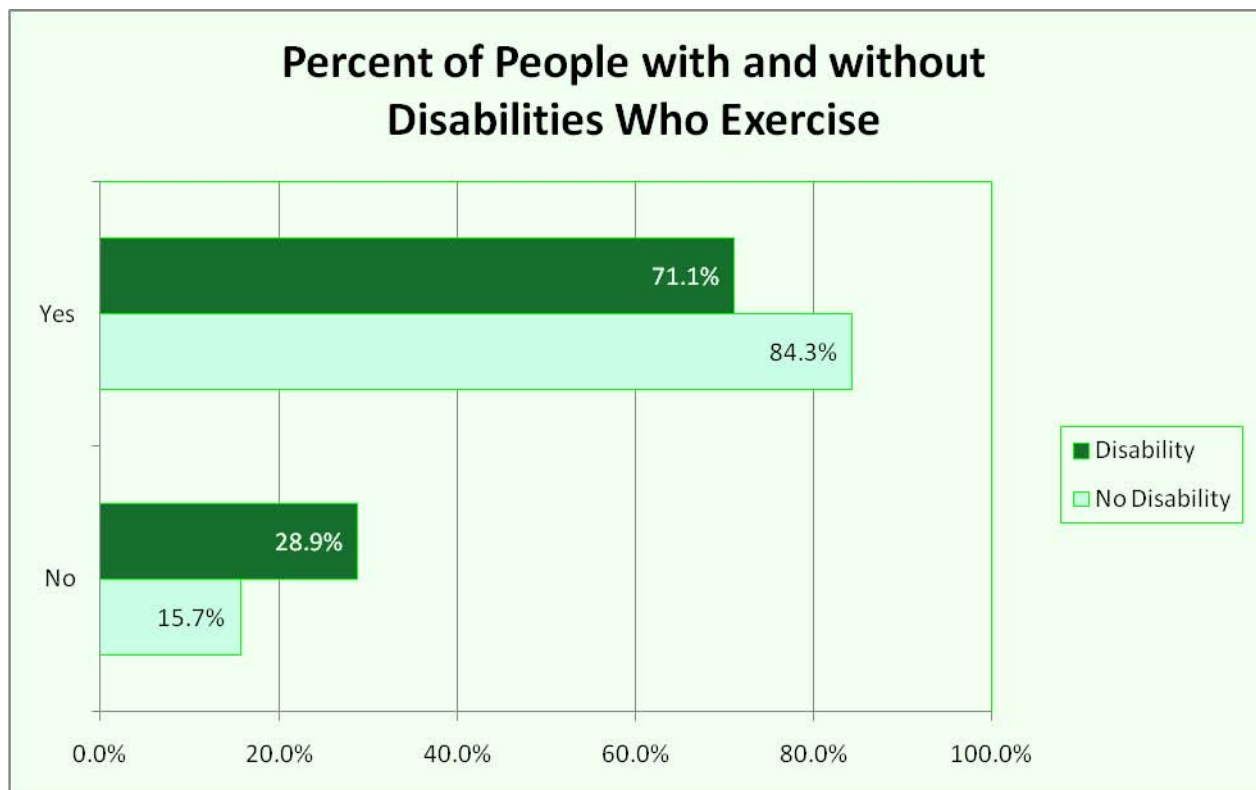
In Oregon, 17.9% of people with disabilities and 9.0% of people without disabilities have experienced food insecurity in their household in the past year.



How many people with disabilities have exercised in the past month?

In the past month, about 71.1% of people with disabilities have participated in some type of physical activity or exercise, such as running, calisthenics, golf, gardening, or walking, other than their regular job; 28.9% said they do not exercise.

Among people without disabilities, 84.3% exercise, and 15.7% do not.

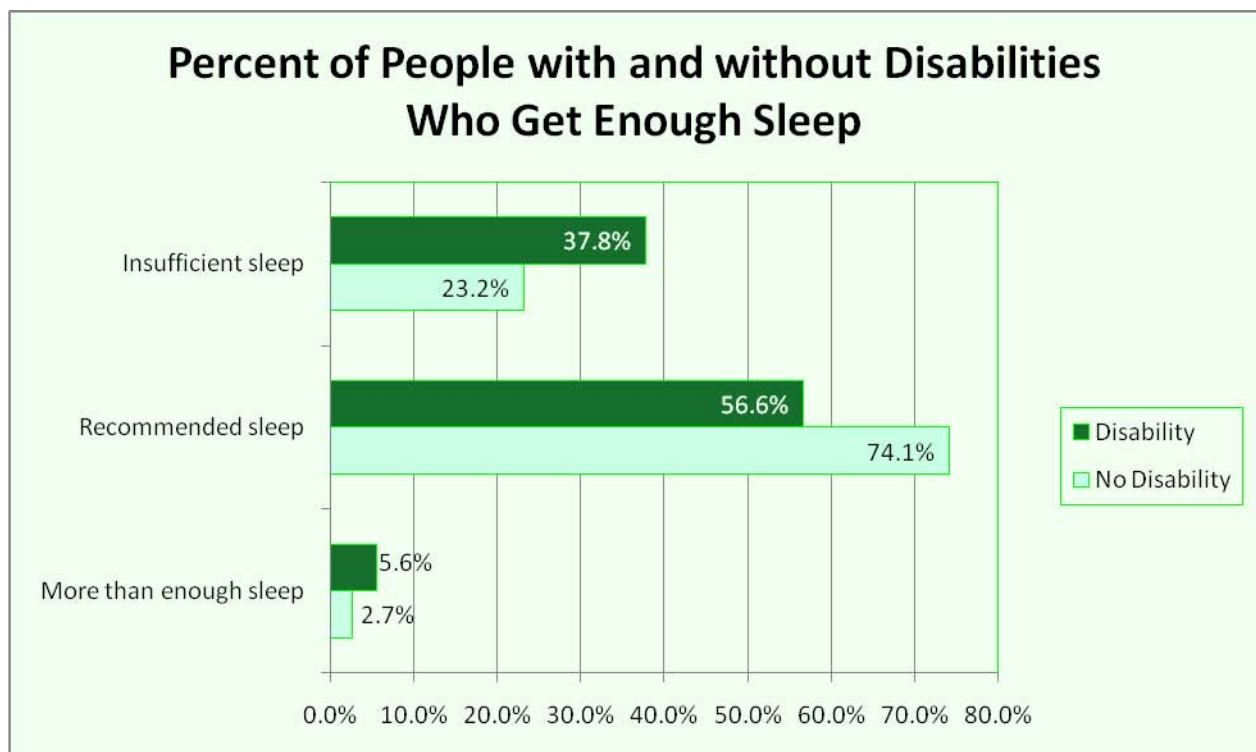


How many people with disabilities get enough sleep?

The Centers for Disease Control and Prevention recommend that adults get 7 to 9 hours of sleep each night.

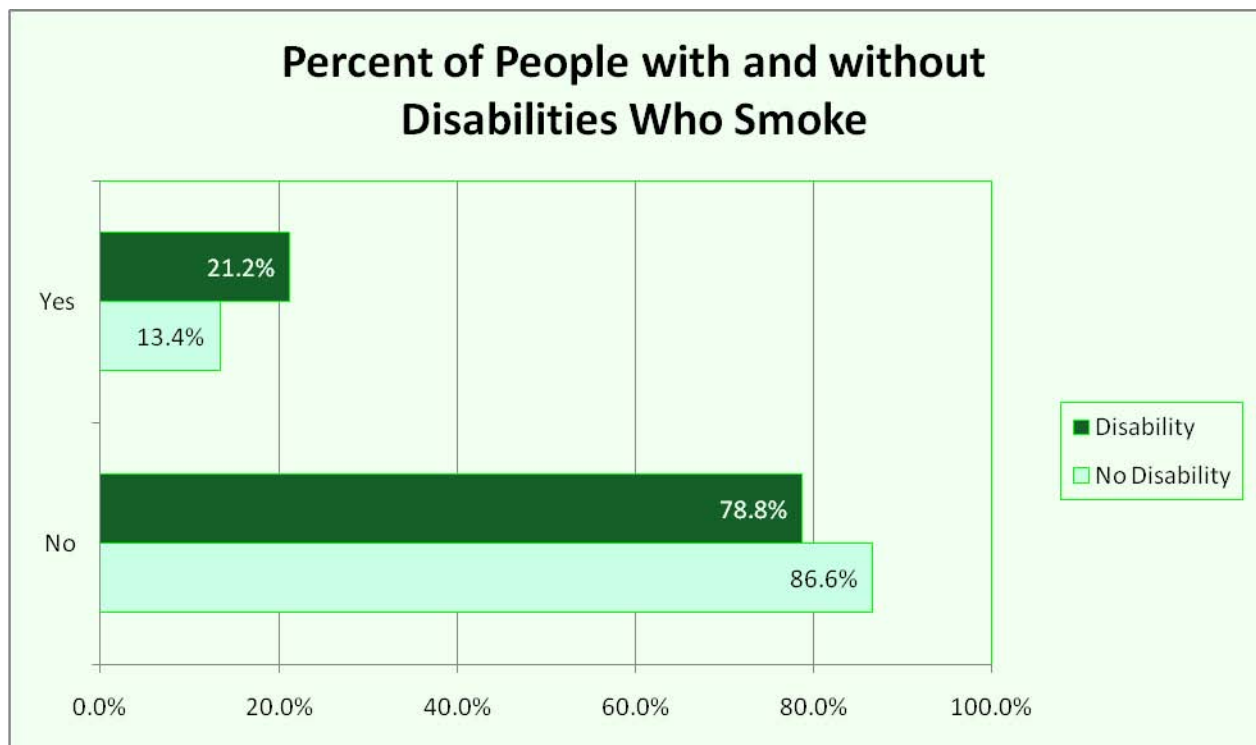
Over half (56.6%) of people with disabilities get the recommended amount of sleep, and 5.6% get more than enough sleep. However, about 37.8% of people with disabilities are getting less than the recommended amount of sleep.

Almost three-quarters (74.1%) of people without disabilities get the recommended amount of sleep, and 2.7% get more than enough sleep. Only 23.3% of people without disabilities feel they do not get enough sleep.



How many people with disabilities smoke?

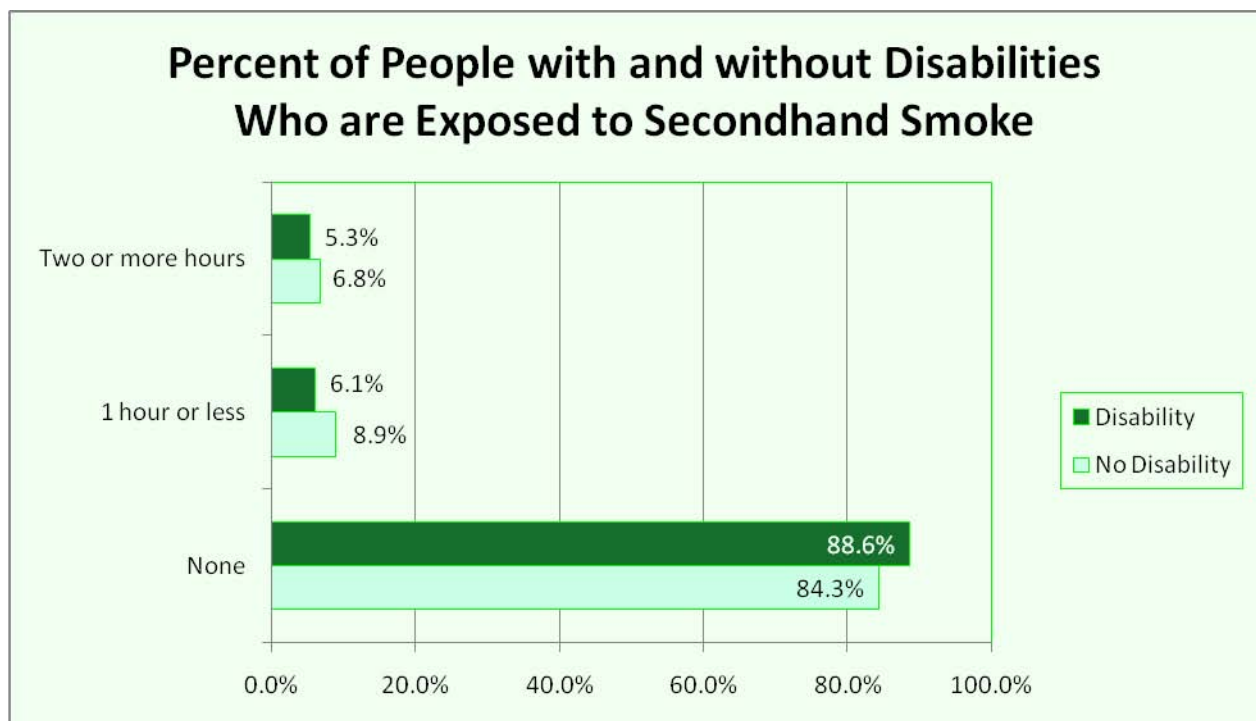
About 21.2% of people with disabilities have smoked at least 100 cigarettes in their lifetime and are current smokers. In comparison, 13.4% of people without disabilities have smoked at least 100 cigarettes in their life and are current smokers.



How many people with disabilities are exposed to secondhand smoke?

Among people with disabilities, 88.6% say they have not been exposed to secondhand smoke. However, 6.1% say they have been exposed to cigarette smoke for 1 hour or less, and 5.3% say they have been exposed for two hours or longer.

Among people without disabilities, 84.3% say they have not been exposed to secondhand smoke; nearly nine percent (8.9%) have been exposed for 1 hour or less, and 6.8% for two hours or longer.

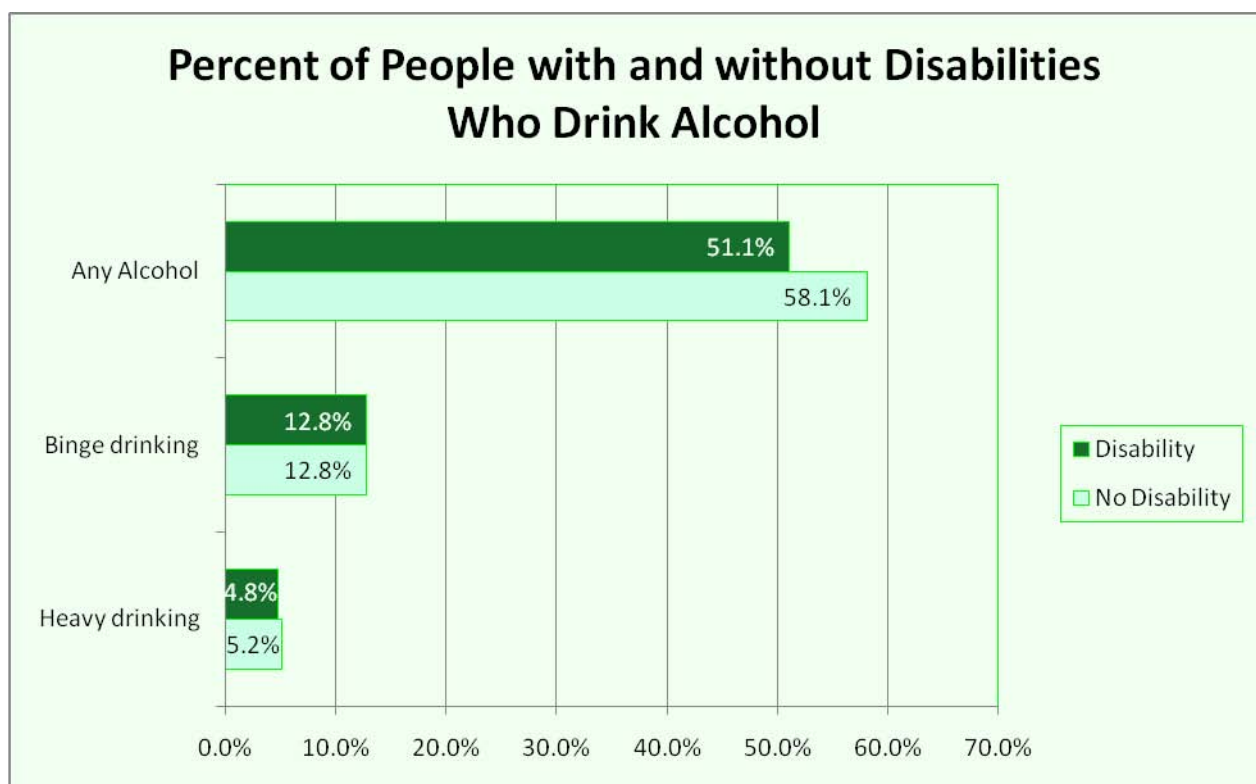


How many people with disabilities drink alcohol?

About 51.1% of people with disabilities and 58.1% 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, 12.8% of people with disabilities and 12.8% of people without disabilities have 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.

Of people who have had alcohol in the past month, 4.8% of people with disabilities and 5.2% of people without disabilities are considered heavy drinkers. Heavy drinking is defined as more than two drinks per day for men and more than one drink per day for women.

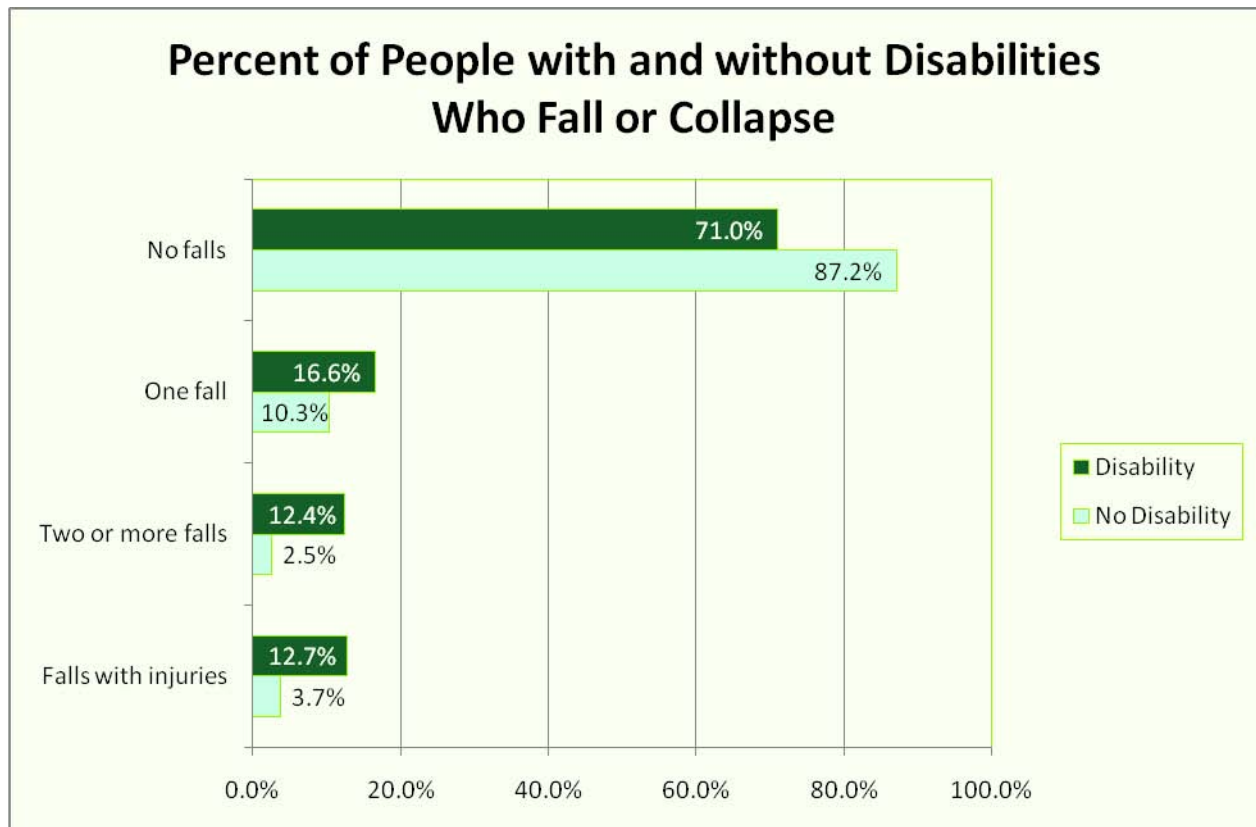


How many people with disabilities recently experienced falls?

About 71% of people with disabilities, and 87.2% of people without disabilities report that they did not recently (within the past three months) experience a fall.

However, 16.6% of people with disabilities report having had one fall and 12.4% report having fallen twice or more times. About ten percent (10.3%) of people without disabilities report having had one fall, and only 2.5% report having fallen twice or more times.

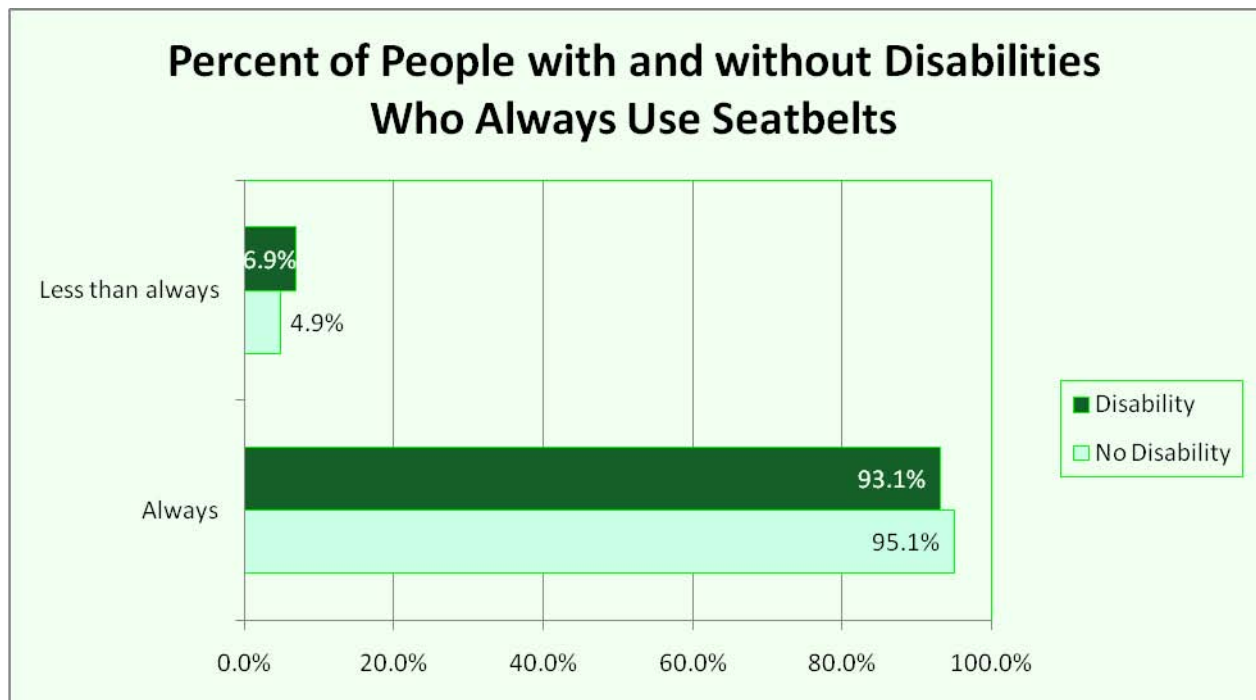
Among people who have experienced falls, 12.7% of people with disabilities report having had a fall that resulted in injury; 3.7% of people without disabilities report having a fall with injuries.



How many people with disabilities wear seatbelts?

Over ninety percent of people with disabilities (93.1%) and people without disabilities (95.1%) always wear a seatbelt when they drive or ride in a car.

However, nearly seven percent (6.9%) of people with disabilities and nearly five percent (4.9%) of people without disabilities do not consistently wear a seatbelt in a car.

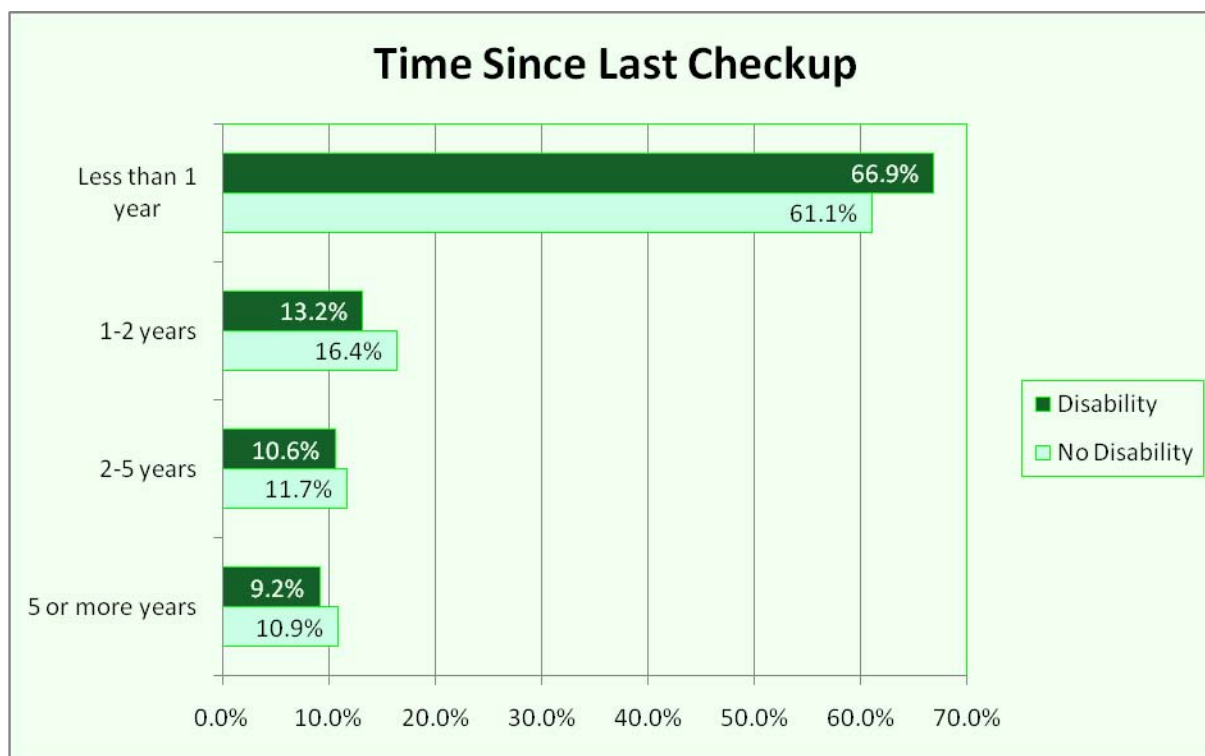


Health Care and Insurance

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

Of people with disabilities, 66.9% had a checkup less than a year ago, 13.2% had a checkup between one and two years ago, 10.6% had a checkup between two and five years ago, and 9.2% have not had a checkup in five or more years.

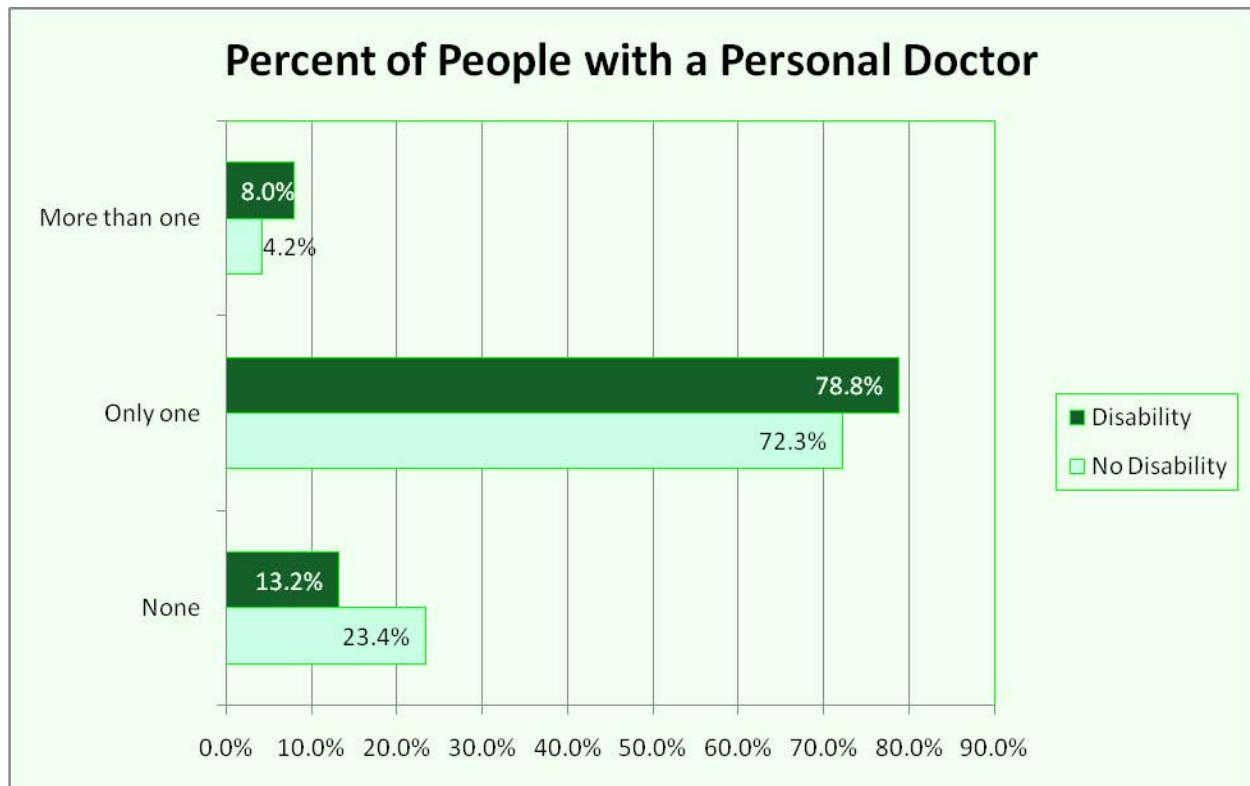
For people without disabilities, the last checkup was less than a year ago for 61.1%, between one and two years ago for 16.4%, between two and five years ago for 11.7%, and five or more years ago for 10.9%.



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

Of people with disabilities, 78.8% have one person they think of as their personal doctor or health care provider, 8.0% have more than one, and 13.2% do not have a personal doctor or health care provider.

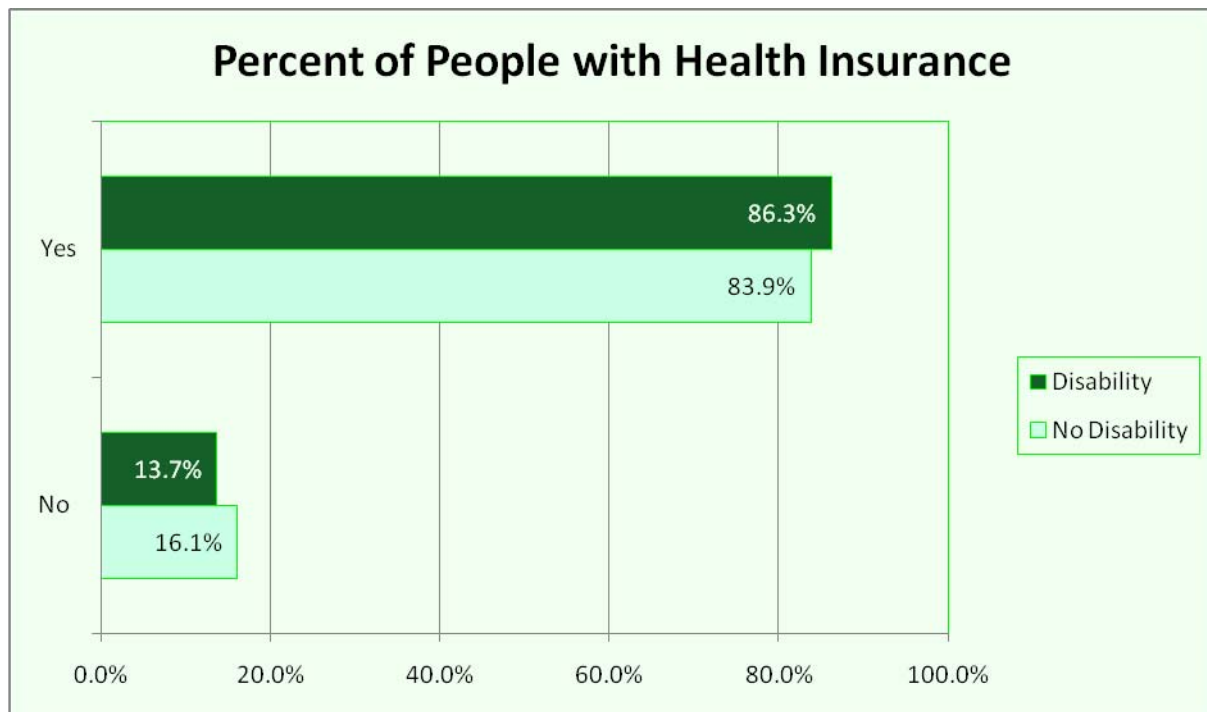
Seventy-two percent (72.3%) of people without disabilities have a personal doctor, 4.2% have more than one, and 23.4% do not have anyone they think of as their personal doctor or health care provider.



Do people with disabilities have health insurance?

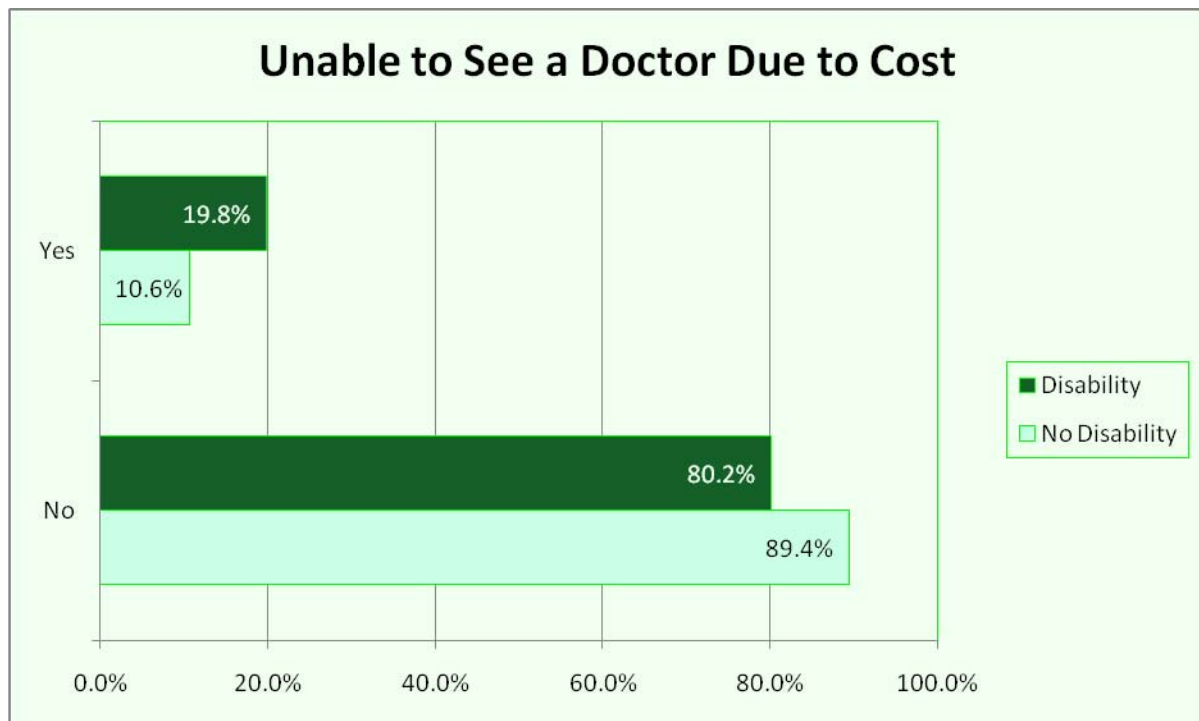
Among people with disabilities, 86.3% say they had some kind of health care coverage (including health insurance, prepaid plans such as HMOs, or government plans such as Medicare); 13.7% report that they did not have any health care coverage.

Nearly eighty-four percent (83.9%) of people without disabilities say they had some kind of health coverage, and 16.1% say they had no health care coverage.



Can people with disabilities afford needed health care?

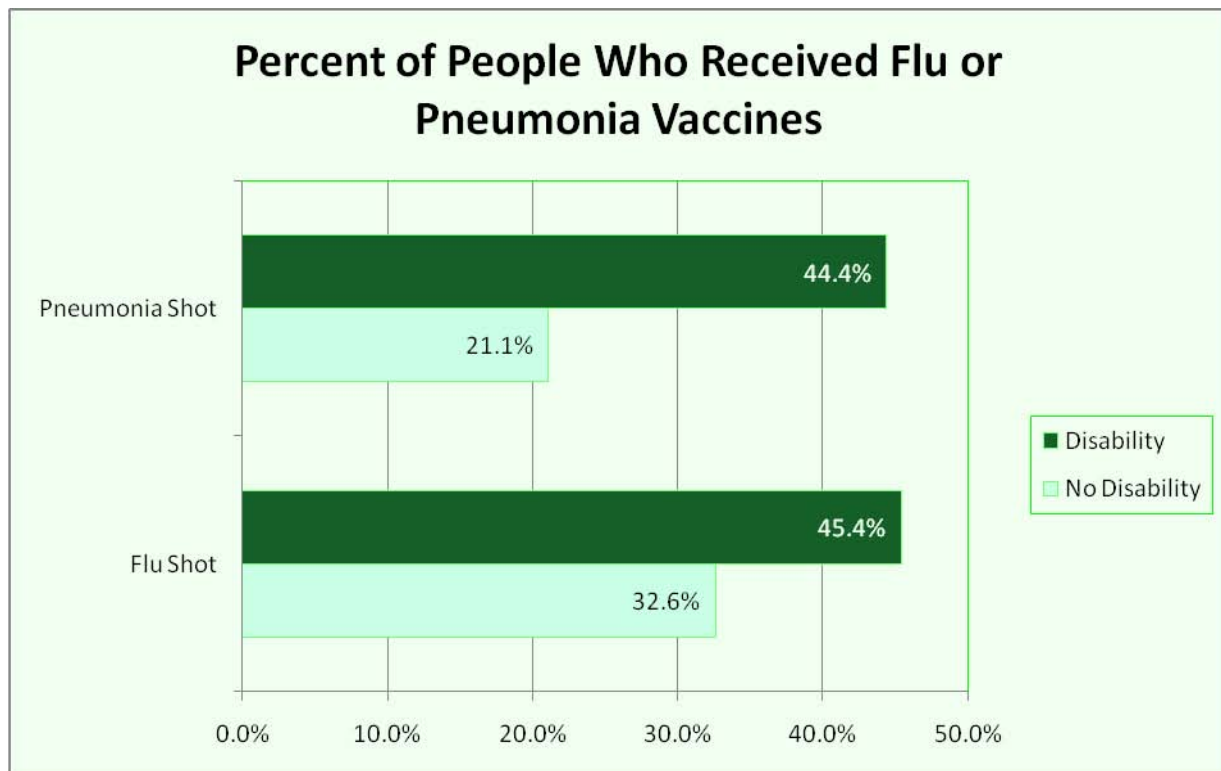
For 19.8% of people with disabilities and 10.6% of people without disabilities, there was a time in the past year when they needed to see a doctor but could not because of cost.



Do people with disabilities get vaccinated for flu or pneumonia?

Of people with disabilities, 45.4% received the flu vaccine in the last year and 44.4% received the pneumococcal vaccine once or twice in their lifetime.

Of people without disabilities, 32.6% received the flu vaccine in the last year and only 21.1% received the pneumococcal vaccine once or twice in their lifetime.



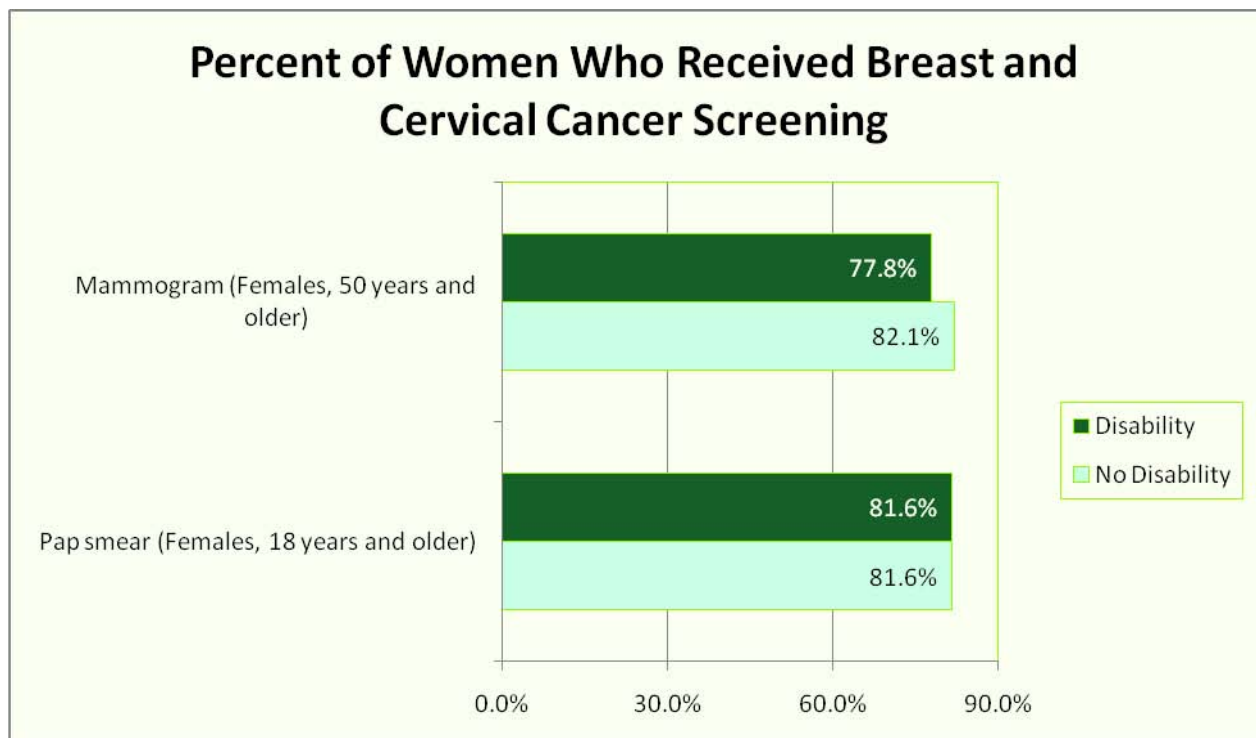
Cancer Screening

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.

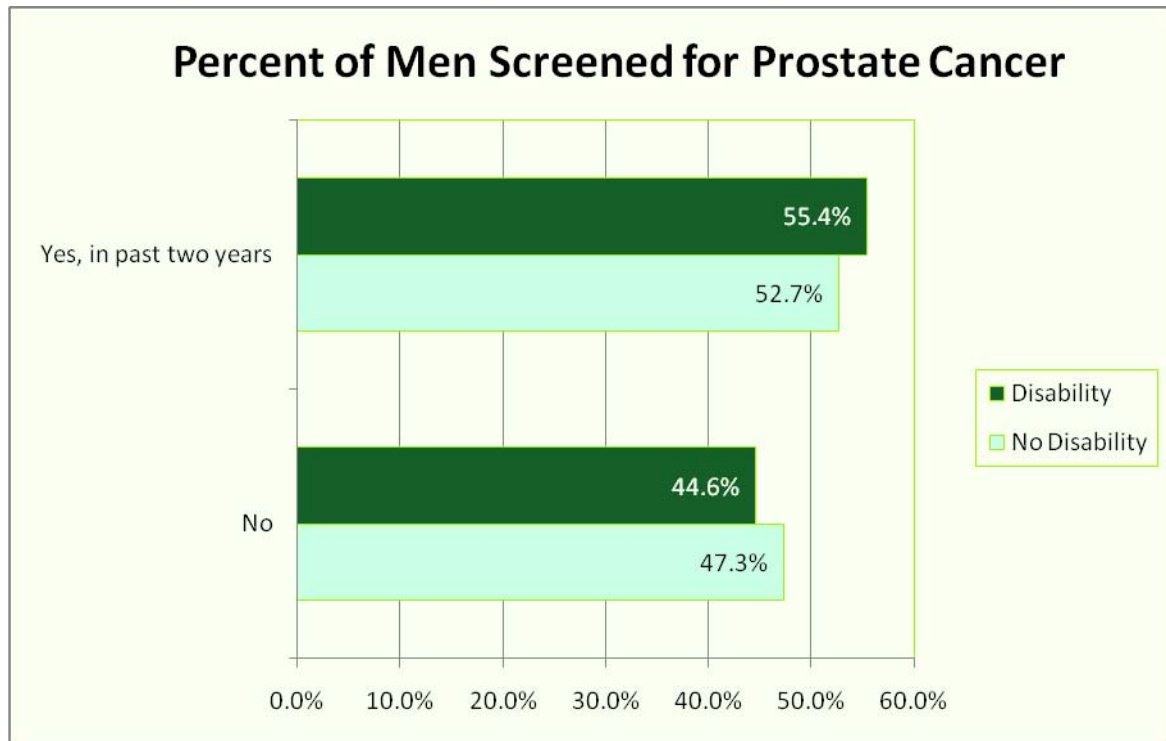
Among women age 50 years and older, 77.8% of women with disabilities and 82.1% of women without disabilities have received a mammogram to screen for breast cancer within the past two years.

Among women age 18 years and older, 81.6% of women with disabilities and women without disabilities have received a Pap test to screen for cervical cancer within the past three years.



How many men with disabilities have received a recent PSA test?

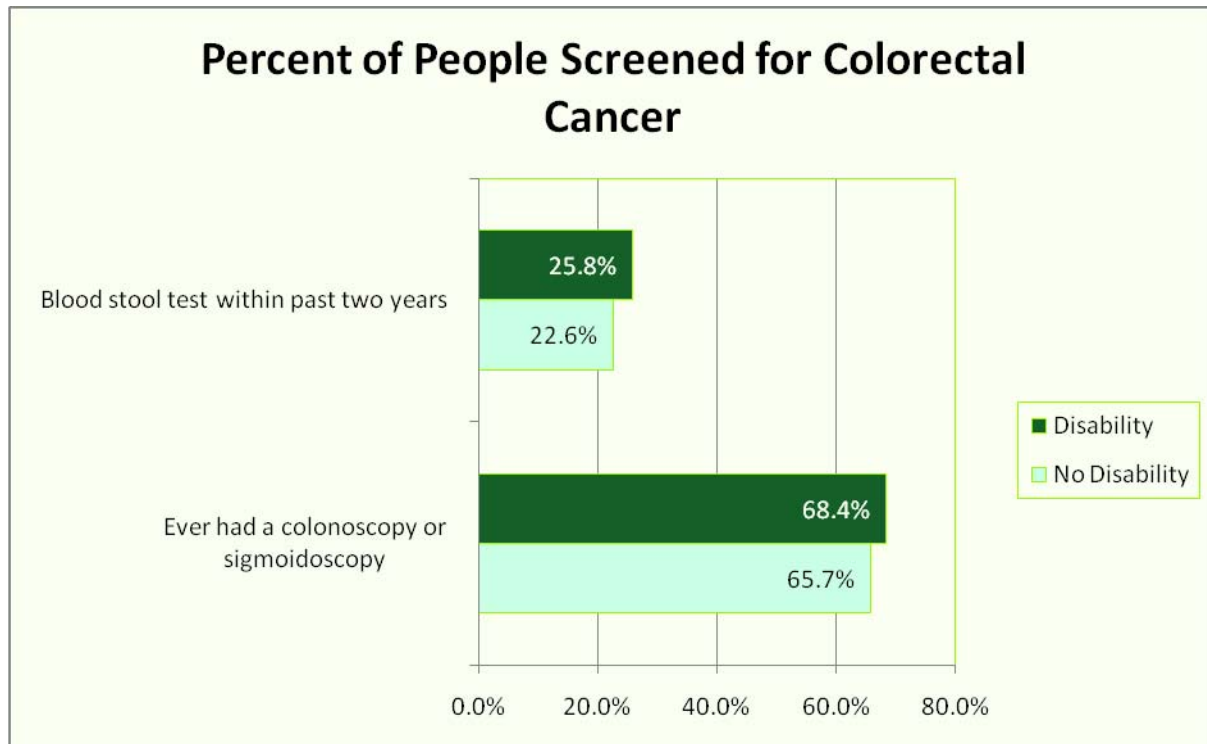
Among men age 40 years and older, 55.4% of men with disabilities and 52.7% of men without disabilities have received a prostate-specific antigen (PSA) test in the past two years to screen for prostate cancer.



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

Among adults age 50 years and older, 25.8% of people with disabilities and 68.4% of people without disabilities have had a blood stool test within the past two years.

In the same age range, 68.4% of people with disabilities and 65.7% of people without disabilities have ever had a sigmoidoscopy or colonoscopy.

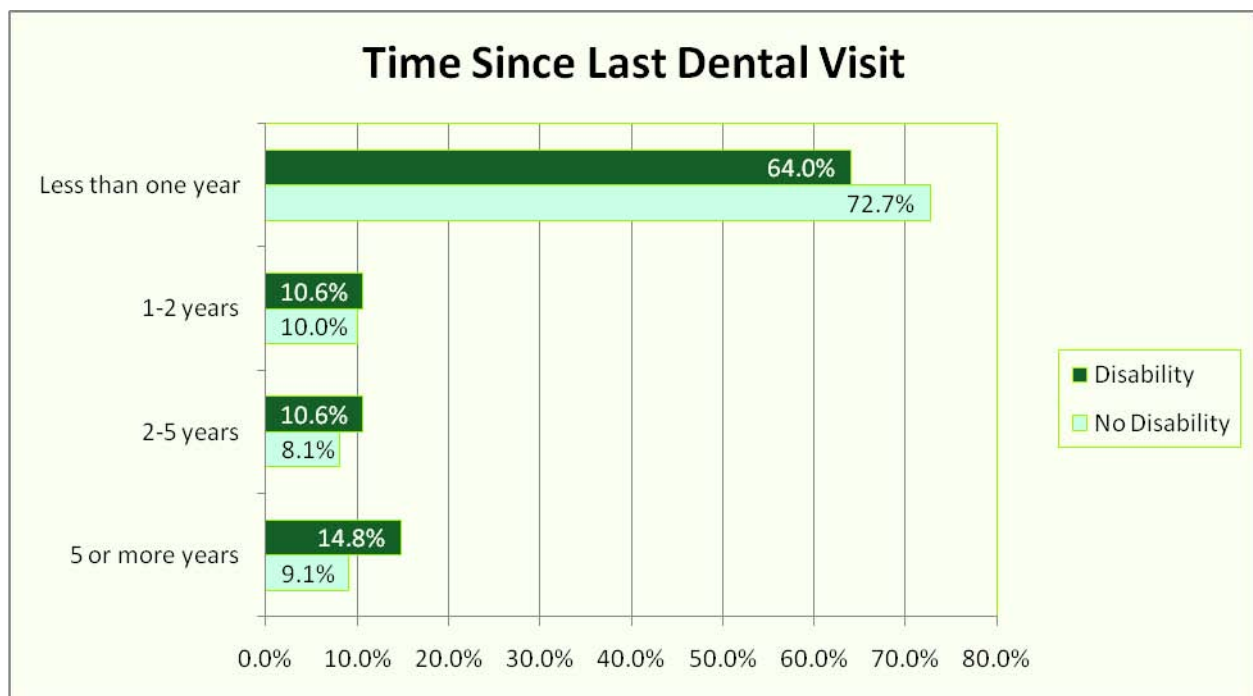


Oral Health

How long has it been since people with disabilities last visited a dentist for any reason?

Of people with disabilities, 64.0% had a dental visit within the past year, 10.6% last went to the dentist between one and two years ago, 10.6% between two and five years ago, and 14.8% have not been to a dentist for five or more years.

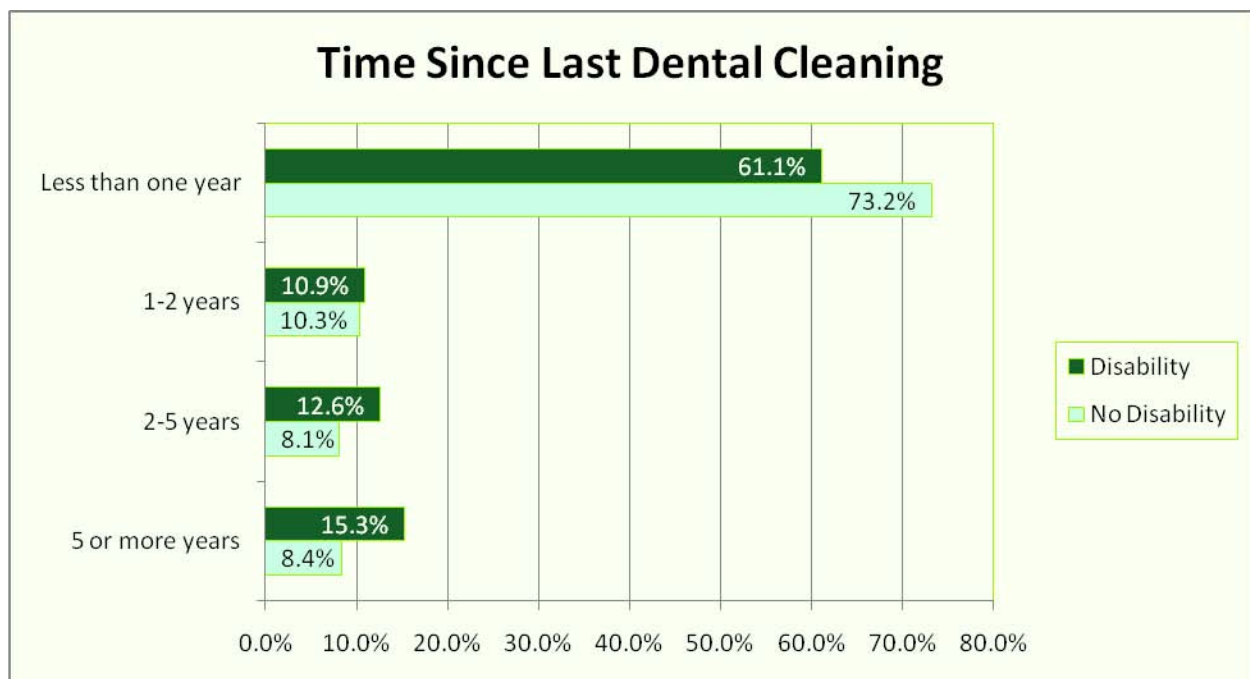
Nearly seventy-three (72.7%) of people without disabilities have been to a dentist within the past year, 10.0% between one and two years ago, 8.1% between two and five years ago, and 9.1% five or more years ago.



How long has it been since people with disabilities last had their teeth cleaned by a dentist or dental hygienist?

The last professional dental cleaning received by people with disabilities was less than one year ago for 61.1%, between one and two years ago for 10.9%, between two and five years ago for 12.6%, and five or more years ago for 15.3%.

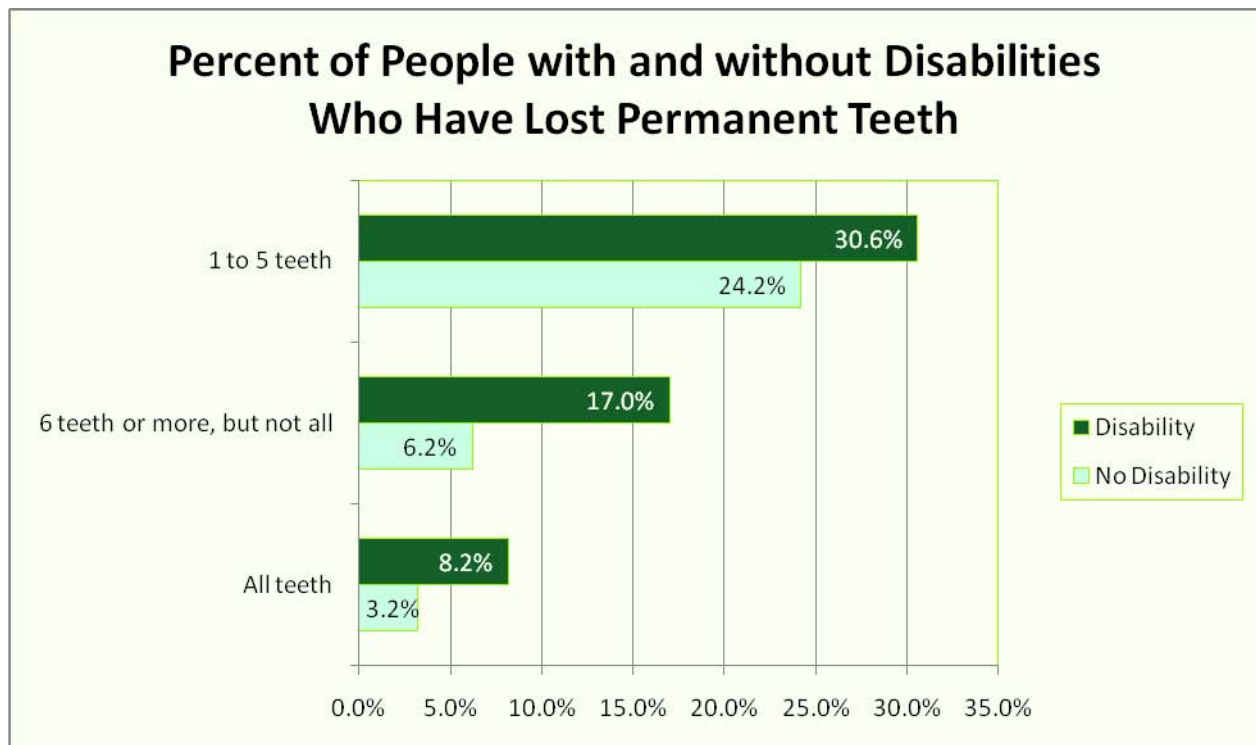
For people without disabilities, the last dental cleaning was less than one year ago for 73.2%, between one and two years ago for 10.3%, between two and five years ago for 8.1%, and five or more years ago for 8.4%.



How many permanent teeth have people with disabilities had removed?

Of people with disabilities, 44.2% have had none of their permanent teeth removed because of tooth decay or gum disease, 30.6% have had one to five teeth removed, 17.0% have had six or more but not all of their teeth removed, and 8.2% have had all of their teeth removed.

Among people without disabilities, 66.5% have not had any permanent teeth removed due to decay or disease, 24.2% have had one to five teeth removed, 6.2% have had six or more but not all of their teeth removed, and 3.2% have had all of their teeth removed.



About the Oregon Office on Disability and Health

The Oregon Office on Disability and Health (OODH) is a collaborative program of the Oregon Institute on Disability & Development's Center on Community Accessibility (CCA) at Oregon Health & Science University (OHSU) and the Public Health Division of the Oregon Department of Human Services. OODH has been funded since 1994 by the Centers for Disease Control and Prevention (CDC).

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.

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. Healthy Lifestyles workshops are offered in English and Spanish.
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.
7. Hosting *Celebrate Wellness*, an annual conference promoting the health and wellness of Oregonians with disabilities.

If you would like to receive more information about OODH activities, please e-mail voltolin@ohsu.edu or call 503-494-3331

If you would like to receive this report in an alternate format, please contact:

Oregon Office on Disability and Health
Center on Community Accessibility
Oregon Institute on Disability & Development
Child Development and Rehabilitation Center
Oregon Health & Science University

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