

Center on Community Accessibility

Oregon Office on Disability and Health

Disability in Oregon: 2008 Annual Report on the Health of Oregonians with Disabilities

Executive Summary

One in four adults in Oregon has a disability, according to 2006 data from the Behavioral Risk Factor Surveillance System (BRFSS).

Compared to Oregonians without disabilities, people with disabilities:

- 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 smoke
- More likely to be unable to see a doctor due to cost
- Less likely to have received a recent Pap test for cervical cancer (women)
- Less likely to have been to a dentist recently
- More likely to say they could not see a dentist because of cost
- More likely to have had large numbers of teeth removed
- More likely to describe their tooth and gum health as fair, poor, or very poor

On the other hand, people with disabilities are:

- Less likely to engage in binge drinking
- 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
- As likely to have received a recent mammogram (women age 40 and older)
- More likely to have been screened for colorectal cancer (people age 50 and older)
- More likely to have been screened for prostate cancer (men age 40 and 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.

For more detailed information about these facts, contact the Oregon Office on Disability and Health at voltolin@ohsu.edu or 503-494-3331.

Efforts of 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 at Oregon Health & Science University and the Public Health Division of the Oregon Department of Human Services. The mission of OODH is to promote the health and wellness of Oregonians with disabilities. 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 will soon be offered in Spanish too.
2. Conducting the "Right to Know" Campaign created by the Centers for Disease Control and Prevention to promote breast cancer screening among women with physical disabilities.
3. Participating in state emergency preparedness efforts and training first responders on the needs of people with disabilities.
4. Leading 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.

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