

**Center on Community Accessibility
Oregon Office on Disability and Health**

**Disability in Oregon: 2009 Annual Report on the Health
of Oregonians with Disabilities**

Executive Summary

One in four adults in Oregon has a disability, according to 2007 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

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

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

There are some health areas in which people with disabilities are doing as well or better than people without disabilities, but there are several ways in which people with disabilities appear to be at a disadvantage. Ongoing efforts are needed to promote health and access to affordable health care for Oregonians with disabilities.

For alternate formats, or to receive the full Annual Report, contact the Oregon Office on Disability and Health at voltolin@ohsu.edu or 503-494-3331.

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 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 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. Providing training and information for people with disabilities on preparing themselves for an emergency.
4. Leading community engagement activities to improve the 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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