

## **Disability in Oregon: 2010 Annual Report on the Health of Oregonians with Disabilities**

### **Executive Summary**

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

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. Ongoing efforts are needed to continue promoting health and access to affordable health care for Oregonians with disabilities.

This document was prepared by 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.

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