

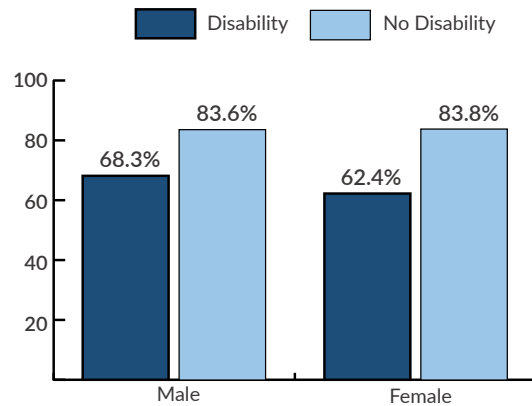
PHYSICAL ACTIVITY AMONG OREGONIANS WITH DISABILITIES

Physical activity is important for everybody. The benefits of regular engagement in physical activity include: enhanced mental well-being and reduced risk for obesity and chronic diseases such as heart disease, type 2 diabetes, and some cancers.¹ According to the Centers for Disease Control and Prevention (CDC), 50% of adults in America do not get the physical activity they need to reduce and prevent chronic disease.²

In Oregon, about 79% of adults engage in some type of exercise or physical activity outside of work. However, adults with disabilities are less likely to engage in physical activity compared to adults without disabilities. Only 65% of Oregon adults with disabilities reported they had exercised or engaged in physical activity in the past month compared to 84% of Oregon adults without disabilities. Further, adults with disabilities in older age groups are less likely to exercise, while this trend was not found among Oregon adults without disabilities (see **Table 1**).

About 68% of males and 62% of females with disabilities reported they had exercised or engaged in physical activity in the past month outside of work, compared to almost 84% each of males and females without disabilities (see **Figure 1**).

Figure 1: Percent of Oregon adults who engage in physical activity outside of work by Disability Status and Gender ^a



Compared to Oregon adults without disabilities, those with disabilities are more likely to say their doctors or healthcare providers have recommended that they exercise or engage in physical activity. About 62% of Oregonians with disabilities have received such recommendations, compared to 52% of Oregonians without disabilities. Women with disabilities are more likely to have received recommendations for physical activity than men with disabilities (65% versus 56%; see **Table 2**).

Table 1: Percent of Oregon adults who engage in physical activity outside of work by Disability Status and Age Category ^a

Age	Disability	No Disability
18-24	75.0%	86.8%
25-34	72.4%	83.9%
35-44	76.3%	83.7%
45-54	64.1%	81.9%
55-64	56.9%	83.1%
65+	61.2%	83.5%

Table 2: Percent of Oregon adults recommended by healthcare providers to exercise by Disability Status and Gender ^a

Female		Male	
Disability	No Disability	Disability	No Disability
65.4%	54.5%	56.3%	48.3%

a. 2017 Oregon Behavioral Risk Factor Surveillance System data

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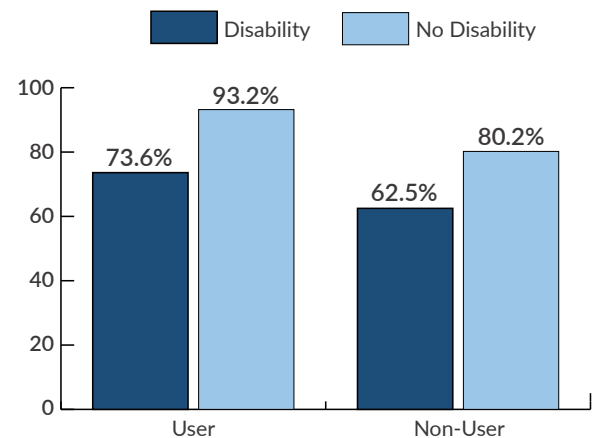
Produced by: Oregon Office on Disability and Health





Wearable technology that can track physical activity levels has become increasingly popular. However, only about 11% of Oregon adults with disabilities reported using this type of technology, compared to 24% of adults without disability. People who use wearable technology to track their physical activity levels are more likely to exercise or engage in physical activity than non-users. Among the wearable technology users, 74% of those with disabilities and 93% of those without disabilities reported exercise outside of work (see Figure 2). Among non-users, only 63% of adults with disabilities and 80% of adults without disabilities reported exercising (see Figure 2).

Figure 2: Percent of Oregon adults who engage in physical activity outside of work by Disability Status and Use of Wearable Technology to Track Physical Activity^a



Guidelines on how much physical activity is recommended for different age groups can be found at: <https://www.cdc.gov/physicalactivity/basics/index.htm>

For information about ways people with disabilities can be physically active, please visit: <https://www.cdc.gov/features/fitness-disabilities/index.html>

FOR MORE OODH DATA BRIEFS, VISIT:

[HTTPS://WWW.OHSU.EDU/XD/RESEARCH/CENTERS-INSTITUTES/OREGON-OFFICE-ON-DISABILITY-AND-HEALTH/DATA-STATISTICS/](https://www.ohsu.edu/xd/research/centers-institutes/oregon-office-on-disability-and-health/data-statistics/)

REFERENCES

1. 2018 Physical Activity Guidelines Advisory Committee Scientific Report. Washington, DS: U.S. Department of Health and Human Services, 2018.
2. Centers for Disease Control and Prevention. 2019. Physical Activity: About Physical Activity: Why It Matters. Available at <https://www.cdc.gov/physicalactivity/about-physical-activity/why-it-matters.html>. [Accessed 2019 June 21]

This project was supported by Cooperative Agreement Number NU27DD000014 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. This data brief was prepared by Willie Chun Wai Leung, MS; Larissa Yoshino, MPH; and Willi Horner-Johnson, PhD in the Oregon Office on Disability and Health (OODH).

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Oregon Office on Disability and Health. Data Brief: Physical Activity Among Oregonians with Disabilities. Portland, OR: Oregon Health & Science University; 2019. Available from <http://www.ohsu.edu/xd/research/centers-institutes/oregon-office-on-disability-and-health/data-statistics/>

