

Oregon Office on Disability and Health

Disability in Oregon



2011 Annual Report on the Health of
Oregonians with Disabilities

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Executive Summary

Almost one in four adults in Oregon has a disability, according to 2009 data from the Behavioral Risk Factor Surveillance System.

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 less likely to be married and less often get the social support they need
- Are more likely to report dissatisfaction with their lives
- Generally rate their health more poorly

Still, 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
- More likely to experience food insecurity
- Less likely to exercise
- More likely to smoke
- More likely to be heavy drinkers, if they drink at all
- More likely to be unable to see a doctor due to cost

On the other hand, people with disabilities are:

- Consuming about the same number of fruits and vegetables as people without disabilities
- More likely to have had a recent checkup
- More likely to have a regular source of health care
- About as likely as people without disabilities to have health care coverage
- More likely to have received flu and pneumonia vaccines

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

Of the more than 230 million adults in the population of the United States, 33.4 million, or 14.5% reported having some level of disability (US Censuses, 2010). Improving the health of this large segment of the population is a central concern for public health. This chart book 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. Most of the information used for this book was collected in Oregon in 2009. For the county map on page 2, information from 2006-2009 was combined to provide a big enough sample size to estimate the percent of disability in each county. The multi-year dataset was developed specifically for comparisons between counties, so it was not used for any of the statewide information in this book.

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:

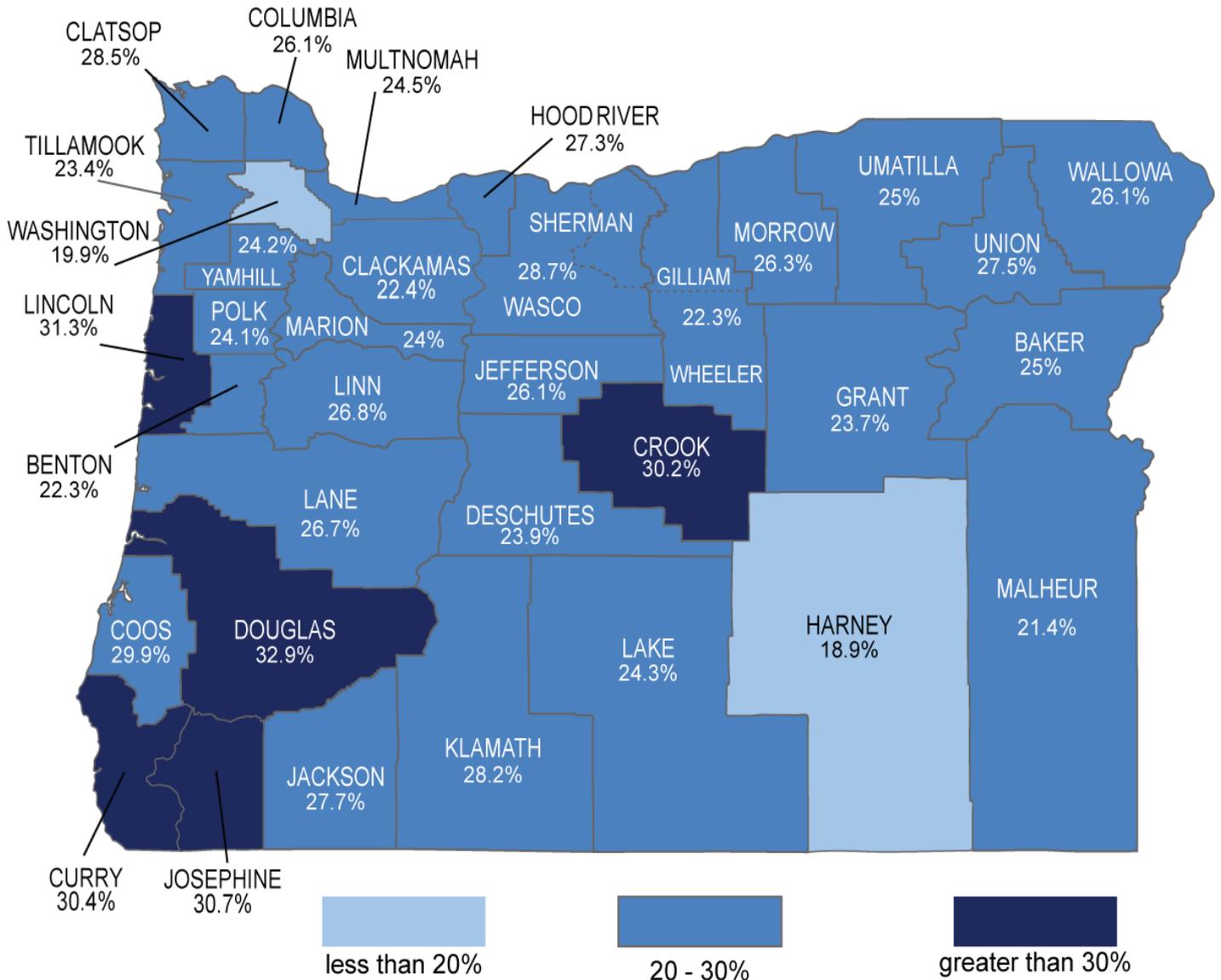
1. Are you limited in any way in any activities because of physical, mental, or emotional problems?
2. Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?

Disability in Oregon

How many people in Oregon have a disability?

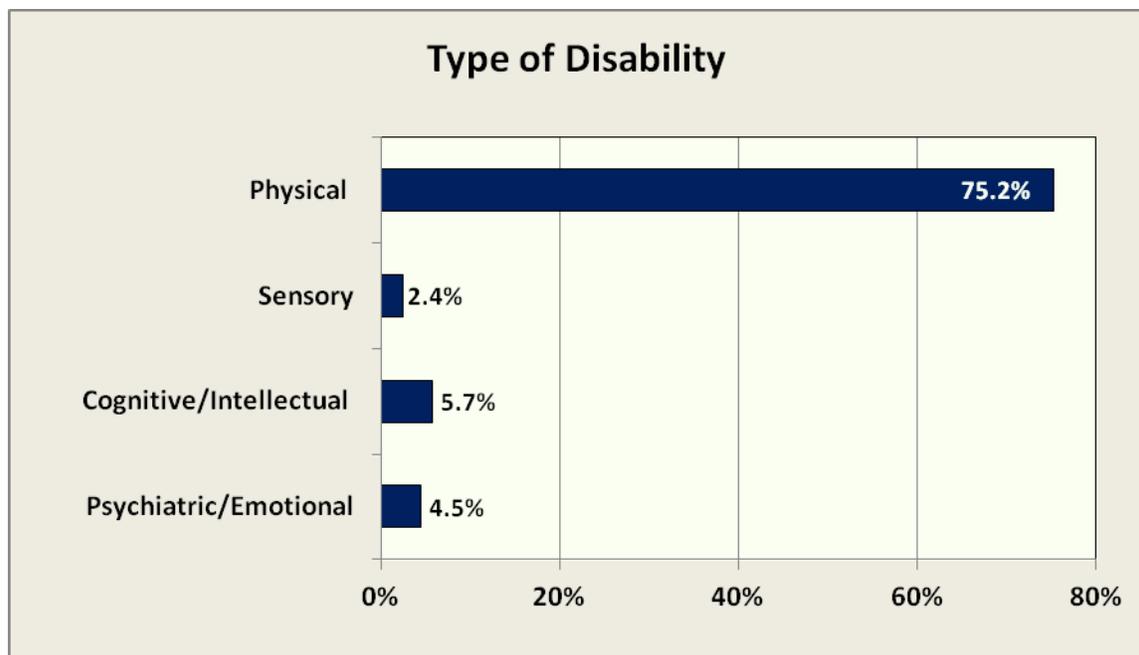
About 665,168 Oregon adults age 18 and older have a disability. This is about one quarter (23.1%) of the adult population of Oregon.

When looking at specific counties, the percent of disability ranges from a low of 18.9% in Harney County to a high of 32.9% in Douglas County.



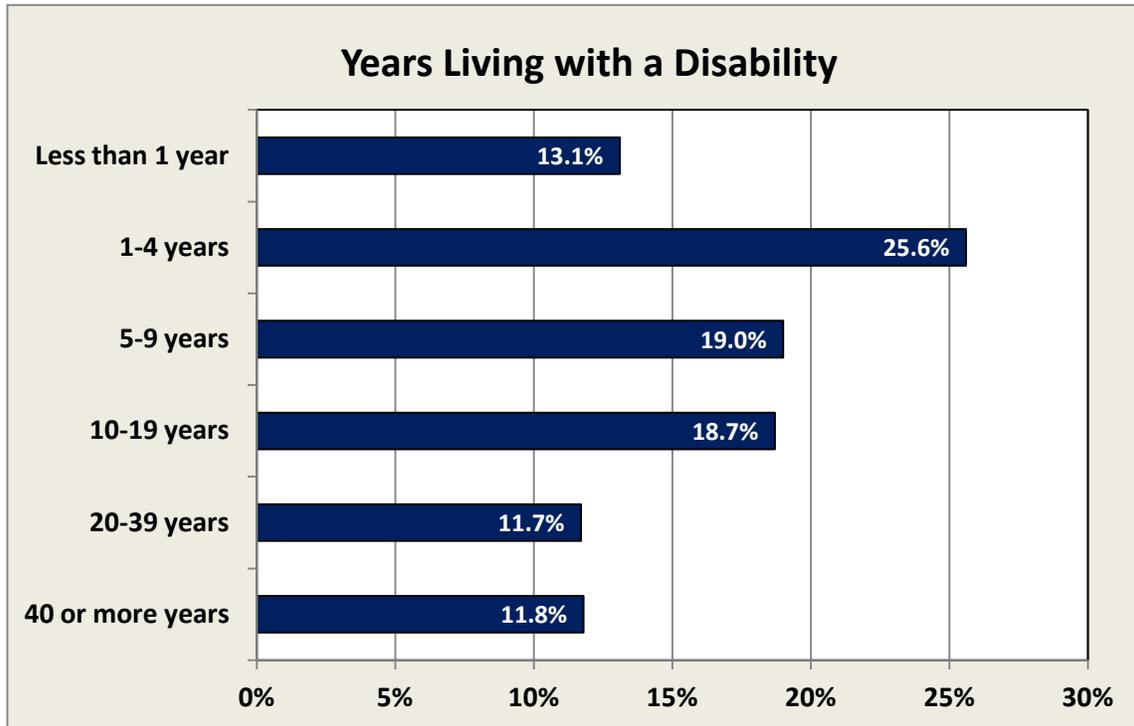
What types of disabilities do people have?

Among people with disabilities, 75.2% have a physical disability, 2.4% have a sensory disability (vision or hearing impairment), 5.7% have a cognitive disability, 4.5% have a psychiatric or emotional disability, and 12.2% said their type of disability was “something else”.



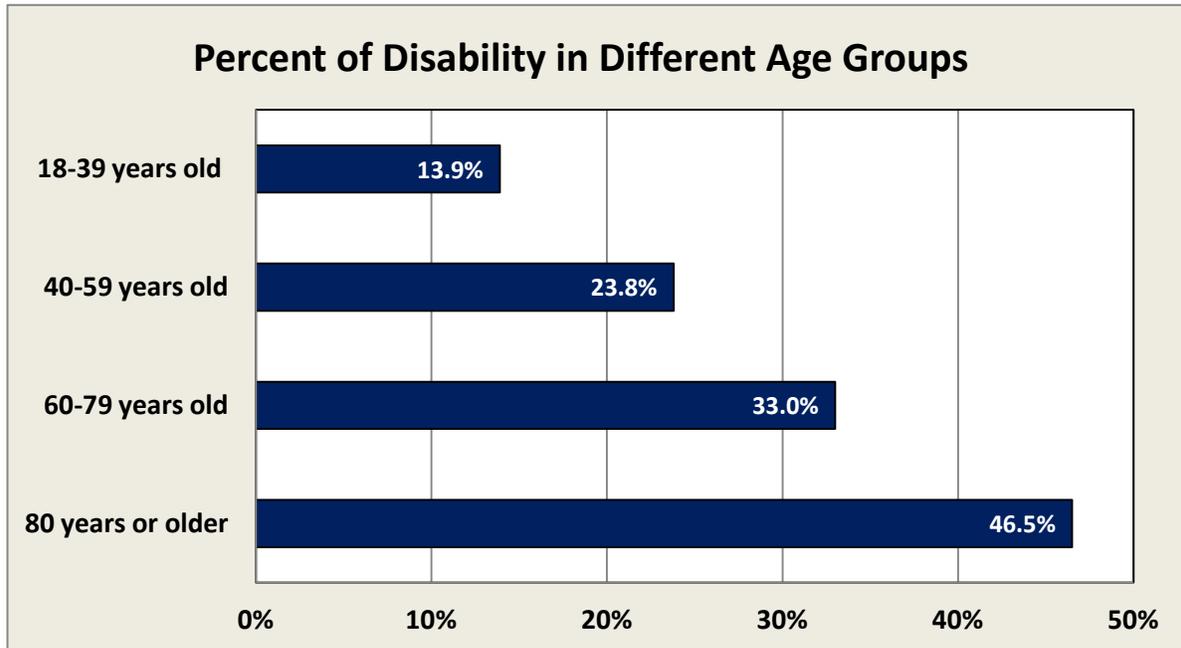
How long have people had their disabilities?

About thirteen percent (13.1%) of Oregonians with disabilities have had their disability less than one year, 25.6% have had a disability for 1-4 years, 19% have had a disability 5-9 years, 18.7% have had a disability 10-19 years, 11.7% have had a disability 20-39 years, and 11.8% have had a disability for 40 or more years.



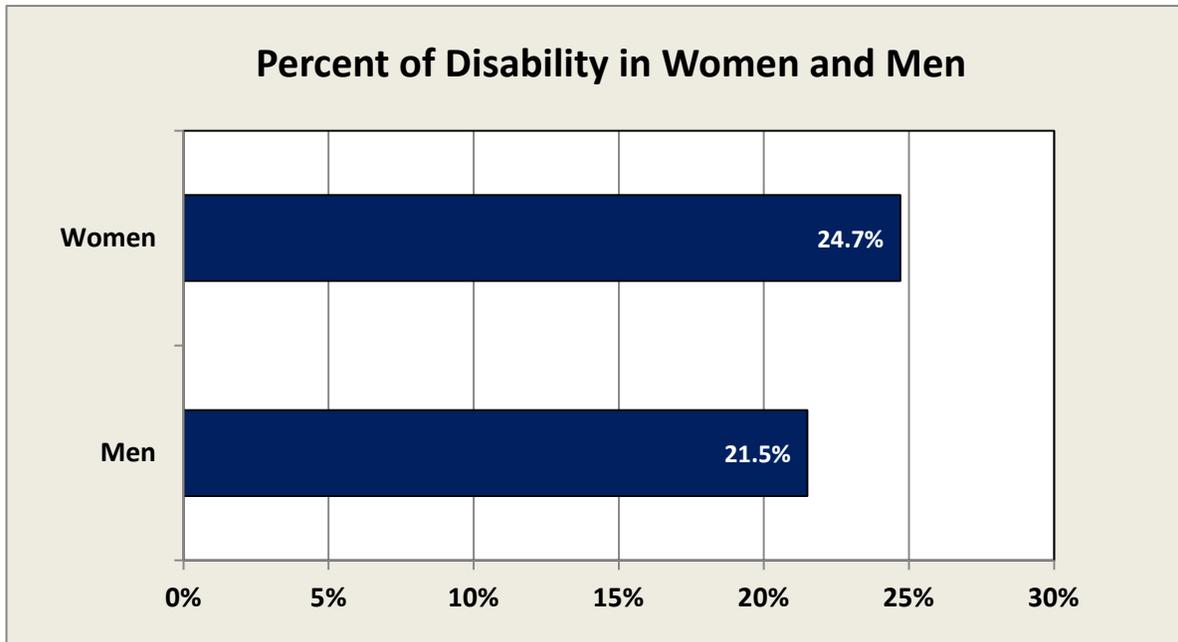
What age groups are most impacted by disability?

Disability becomes more common as people age. In the 18-39 age range, 13.9% of Oregon adults have a disability. Among 40-59 year olds, 23.8% have a disability and among 60-79 year olds, 33% have a disability. Among Oregon adults age 80 or older, 46.5% have a disability.



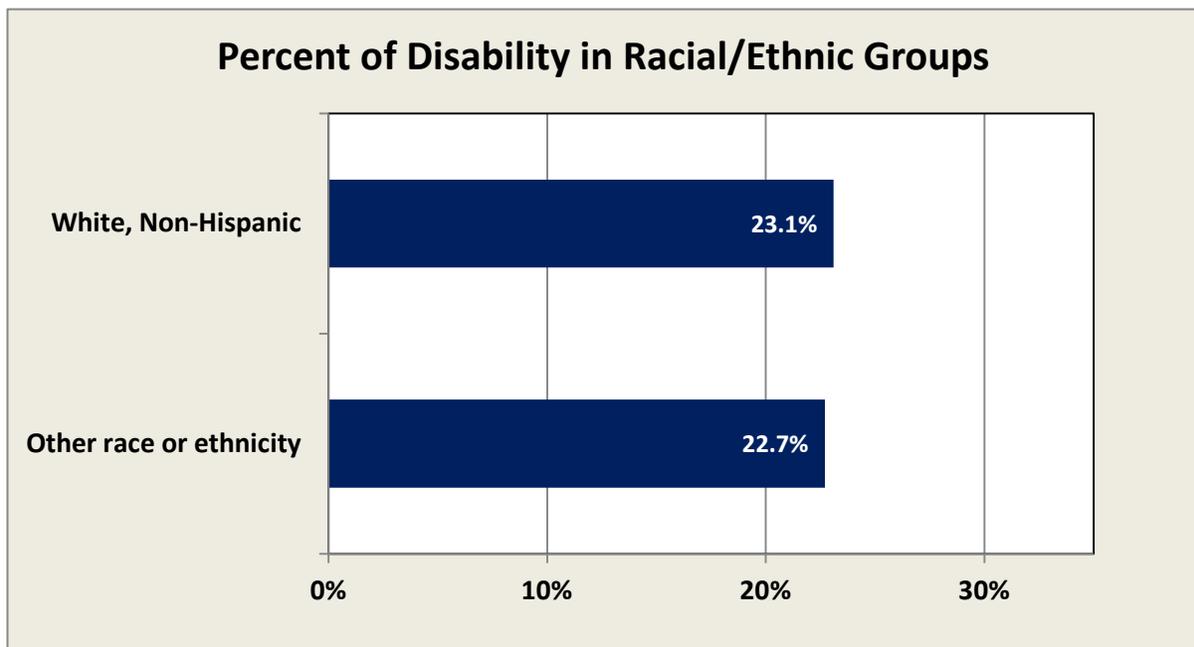
What proportions of men and women have a disability?

Women in Oregon are slightly more likely than men to have a disability. About one quarter (24.7%) of women have a disability; 21.5% of men have a disability.



How common is disability in different racial and ethnic groups?

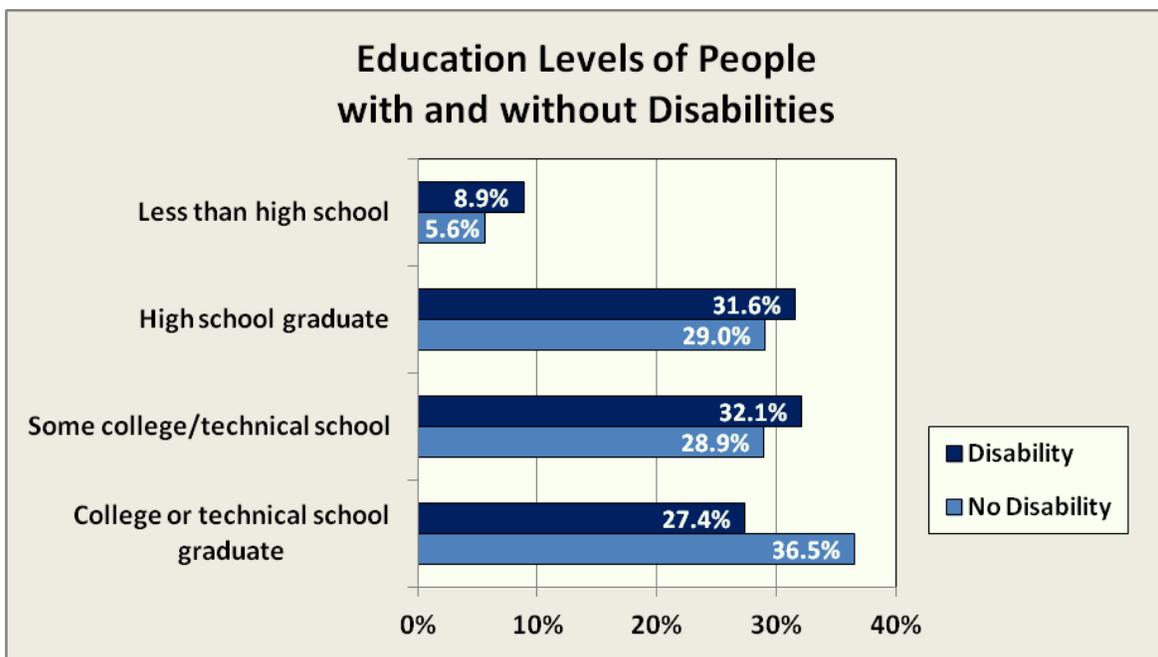
Among White, non-Hispanic adults, 23.1 % have a disability. In Oregon, the number of respondents with disabilities in other racial and ethnic groups is too small to provide information for individual groups. Overall, 22.7% of non-White adults and Hispanic or Latino/a adults in Oregon have a disability. 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?

Almost nine percent (8.9%) of people with disabilities have less than a high school education, 31.6% have a high school education only, 32.1% have attended some college or technical school, and 27.4% of people with disabilities are college or technical school graduates.

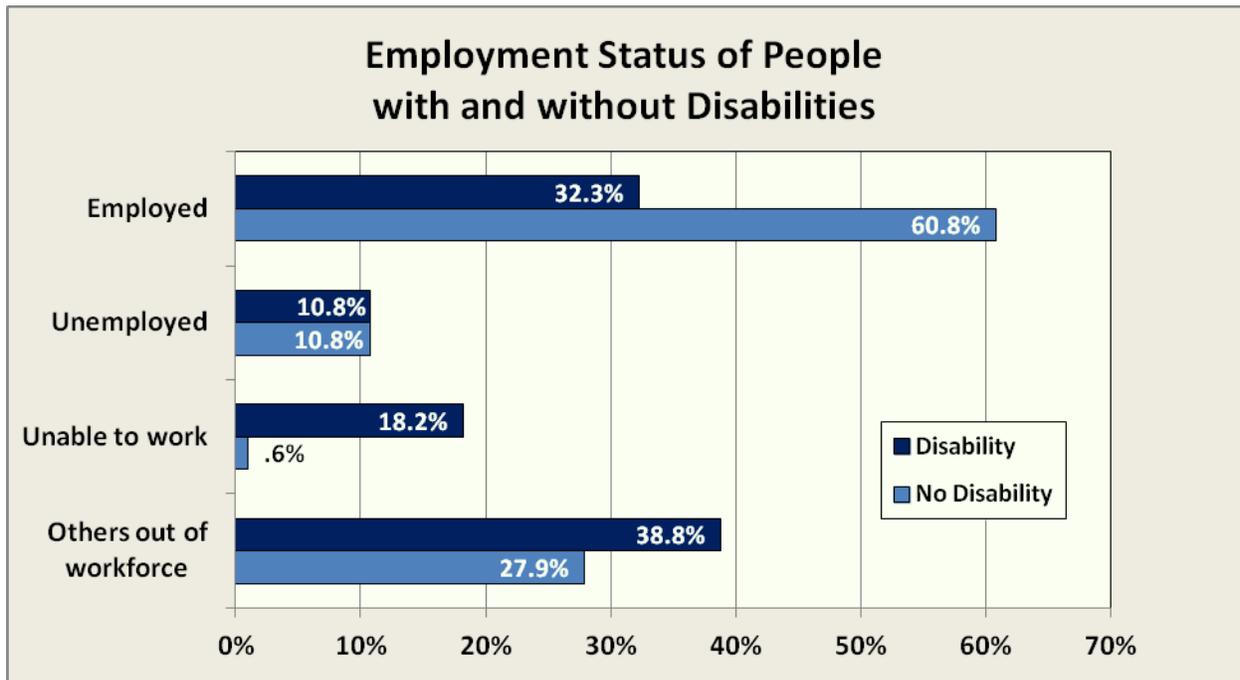
Of people without disabilities, 5.6% have less than a high school education, 29% have a high school education only, 28.9% have attended some college or technical school, and 36.5% are college graduates.



How many people with disabilities are employed?

Among people with disabilities, 32.3% are employed for wages, 10.8% are unemployed, 18.2% are unable to work, and 38.8% are others out of the workforce (students, homemakers, retired persons).

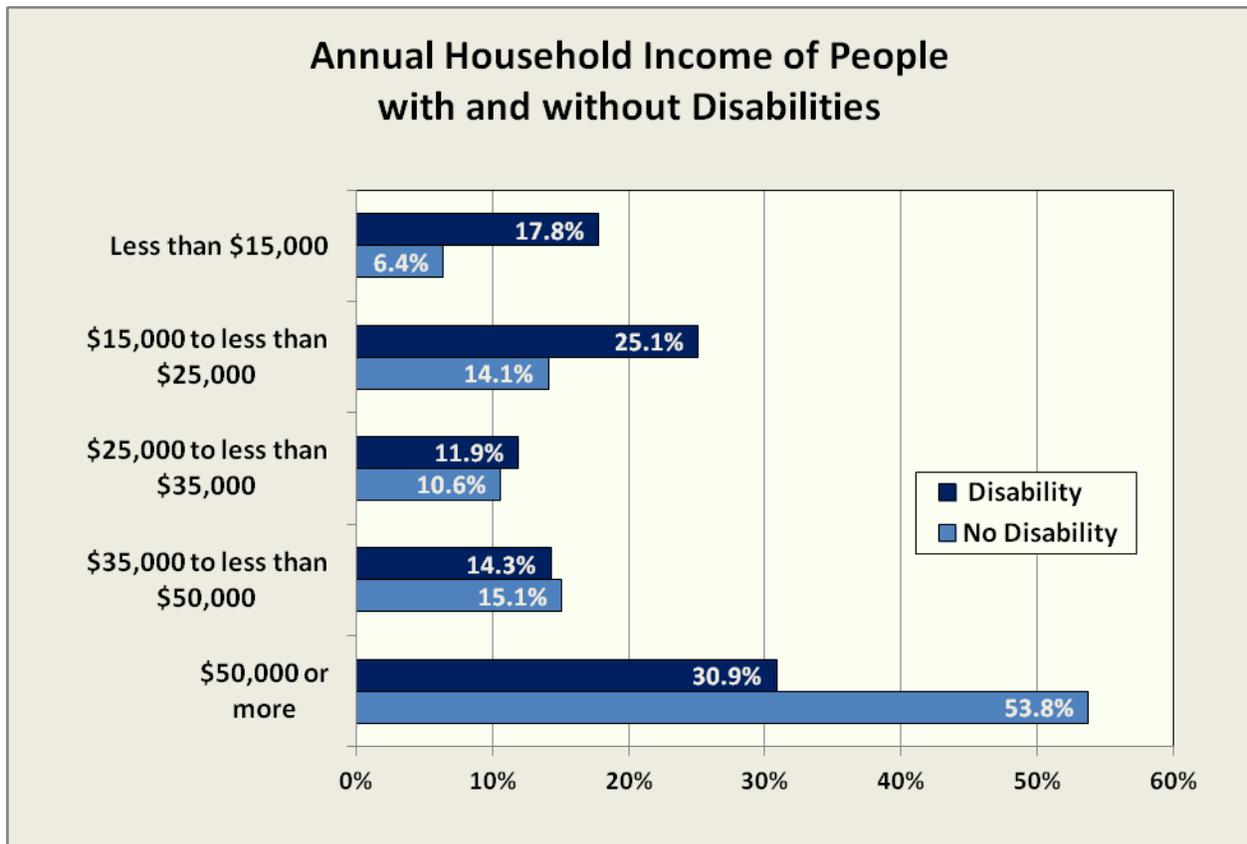
In contrast, 60.8% of people without disabilities are employed for wages, 10.8% are unemployed, 0.6% are unable to work, and 27.9% are others out of the workforce.



What is the annual household income of people with disabilities?

Nearly eighteen percent (17.8%) of people with disabilities have a household income of less than \$15,000 per year, 25.1% have an income between \$15,000 and \$25,000, 11.9% have an income between \$25,000 and \$35,000, 14.3% have an income between \$35,000 and \$50,000, and 30.9% have an annual income of \$50,000 or more.

Only about six percent (6.4%) of people without disabilities have a household income of less than \$15,000 per year, 14.1% have an income between \$15,000 and \$25,000, 10.6% have an income between \$25,000 and \$35,000, 15.1% have an income between \$35,000 and \$50,000, and over half (53.8%) have an annual income of \$50,000 or more.

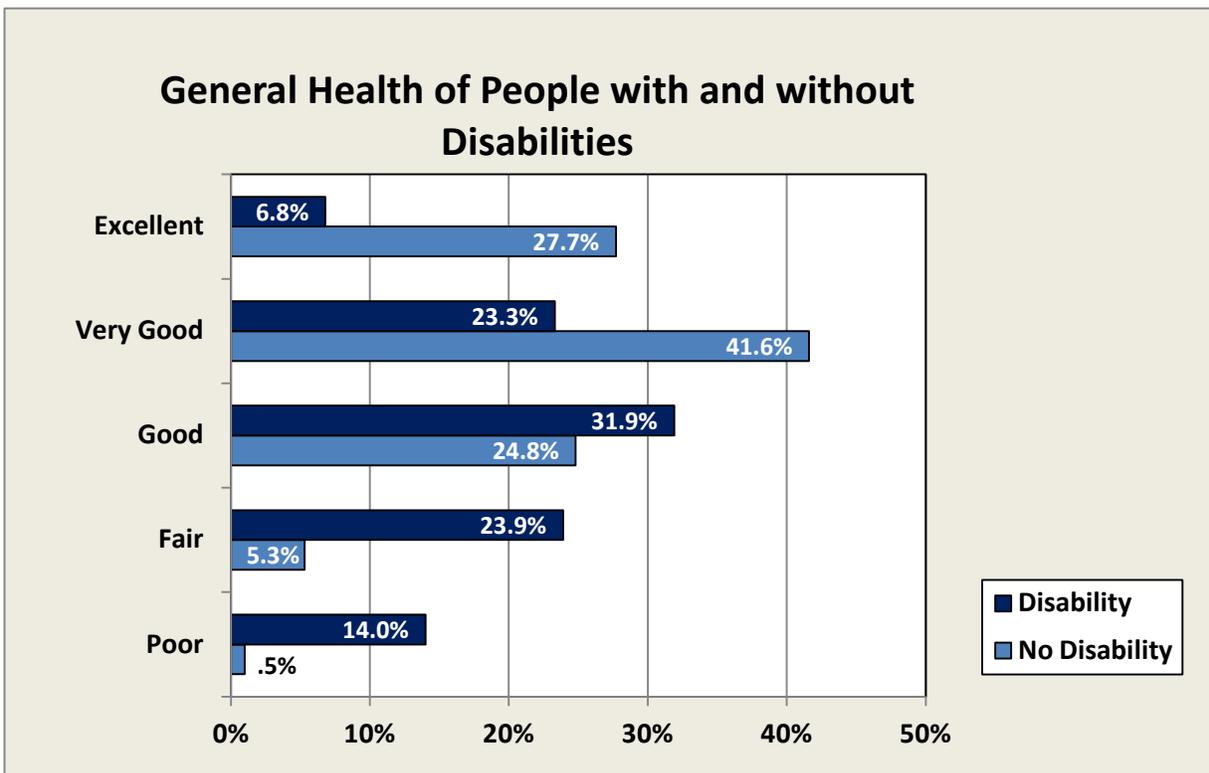


Health of People with Disabilities

How do people with disabilities describe their general health?

About seven percent (6.8%) of people with disabilities describe their health as excellent, 23.3% say their health is very good, 31.9% say it is good, 23.9% say their health is fair, and 14% describe their health as poor.

In comparison, 27.7% of people without disabilities describe their health as excellent, 41.6% say their health is very good, 24.8% say it is good, 5.3% say their health is fair, and .5% describe their health as poor.

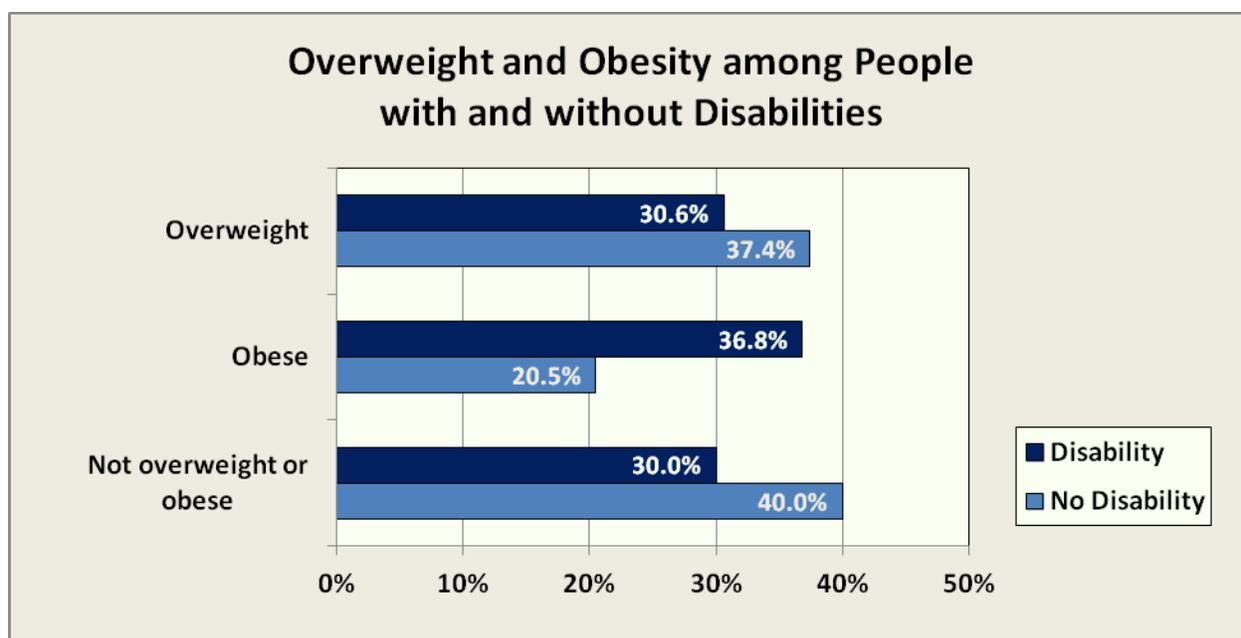


Obesity and Food Insecurity

How many people with disabilities are overweight or obese?

About one third (30.6%) of people with disabilities are overweight and 36.8% are obese. Only 30% are not considered overweight or obese.

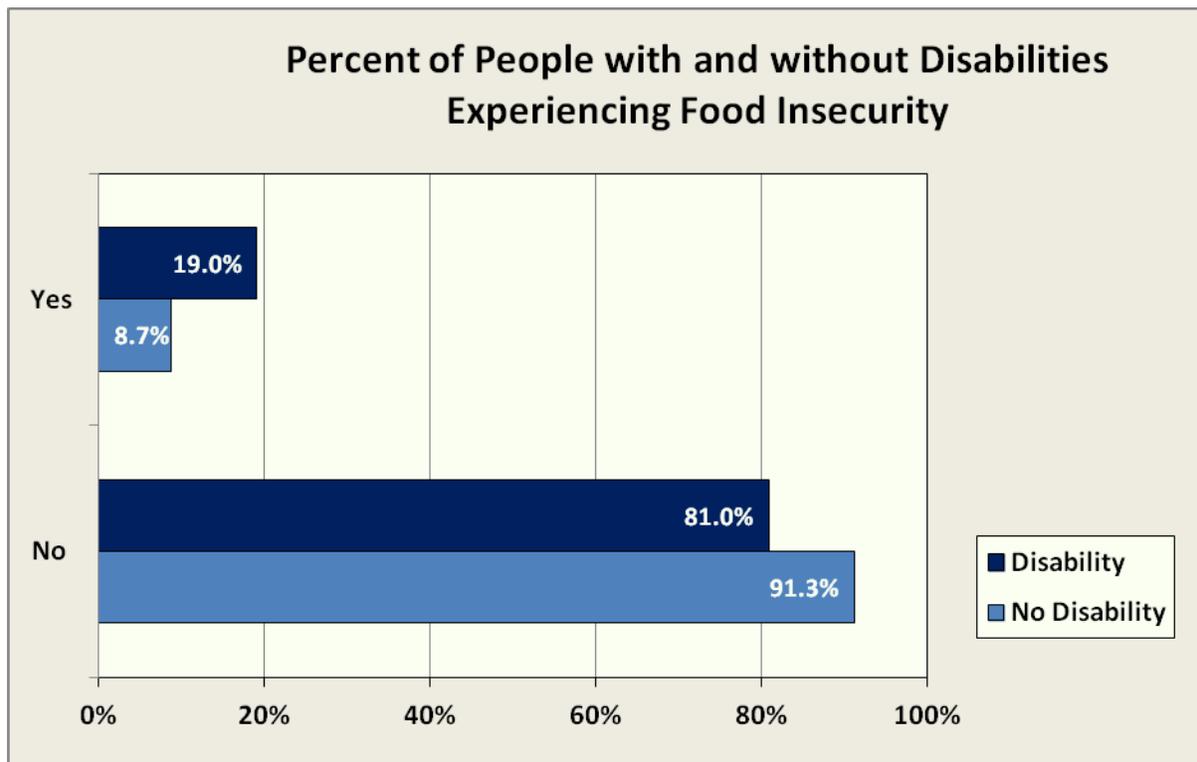
Among people without disabilities, 37.4% are overweight, 20.5% are obese, and 40% are not overweight or obese.



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, 19% of people with disabilities and 8.7% of people without disabilities have experienced food insecurity in their household in the past year.

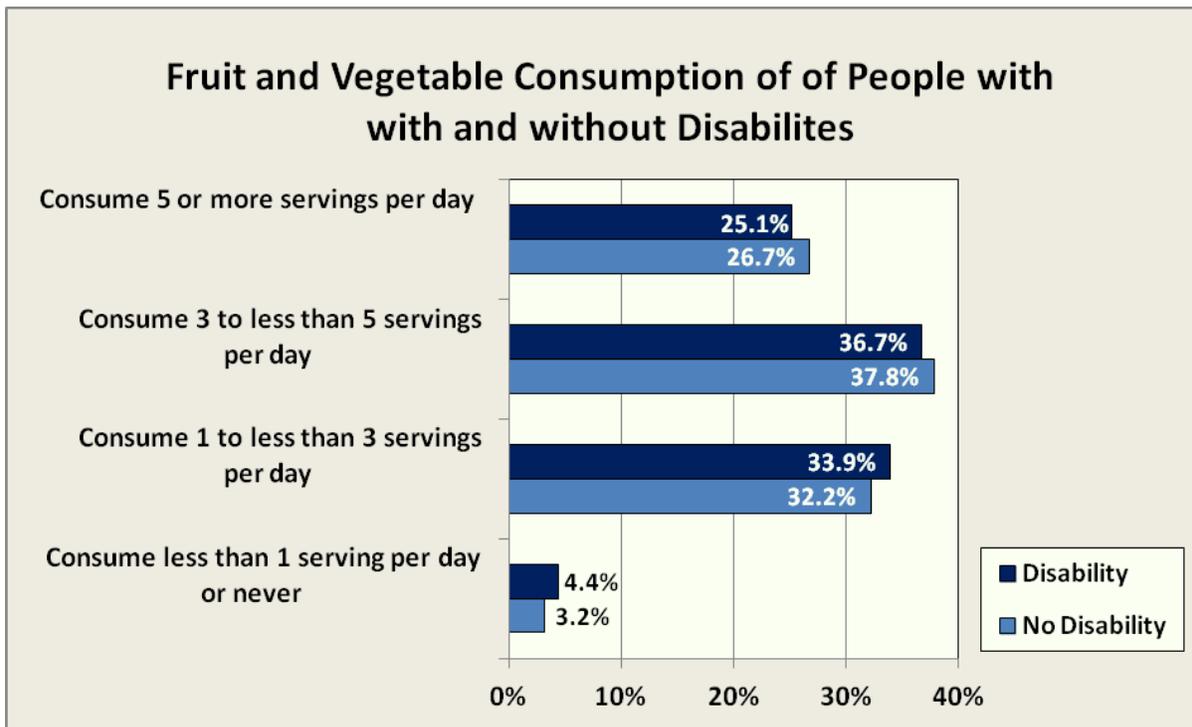


Health Behaviors

Do people with disabilities meet the FDA requirement of 5 or more servings of fruits and vegetable per day?

The National Fruit and Vegetable Program promotes health through a diet rich in fresh fruits and vegetables. In Oregon 25.1% of people with disabilities are consuming 5 or more servings per day, 36.7% consume 3 to 5 servings per day, 33.9% consume 1 to 3 servings per day, and 4.4% consume less than 1 serving per day or never eat fruits and vegetables.

In comparison, 26.7% of people without disabilities consume 5 or more servings per day, 37.8% consume 3 to 5 servings per day, 32.2% consume 1 to 3 servings per day and 3.2% consume less than 1 serving per day or never eat fruits and vegetables.

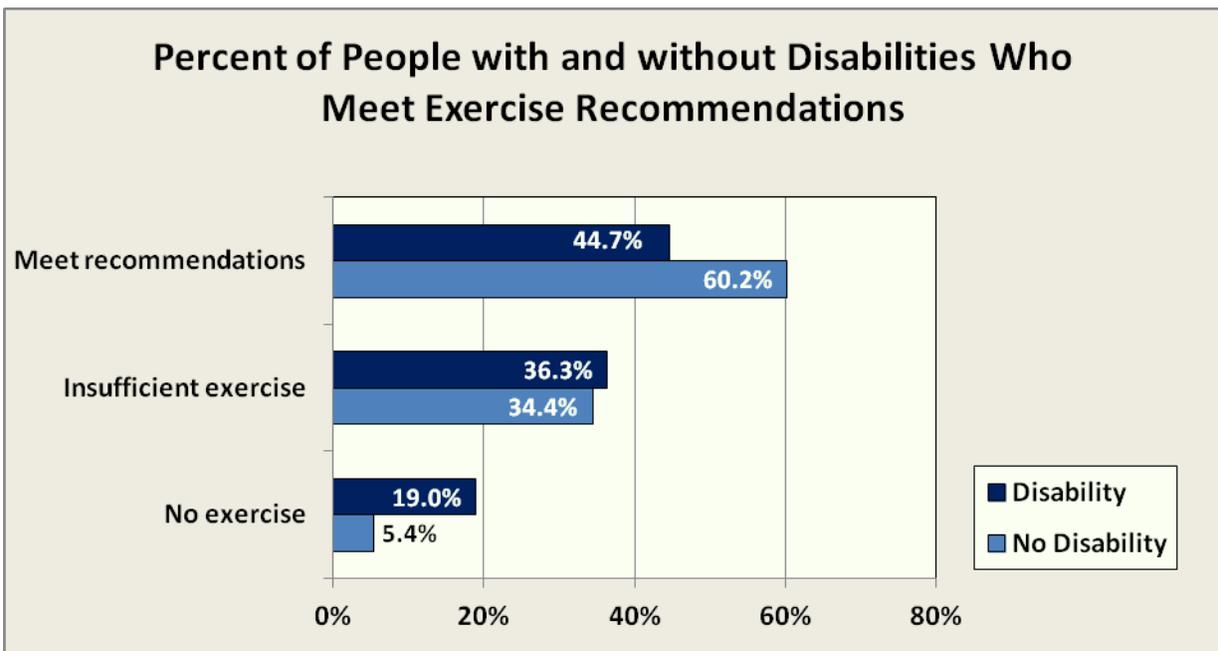


Do people with disabilities get enough exercise?

Healthy People 2020 recommend that adults engage in aerobic physical activity of at least moderate intensity for more than 300 minutes/week, or more than 150 minutes/week of vigorous intensity, or an equivalent combination.

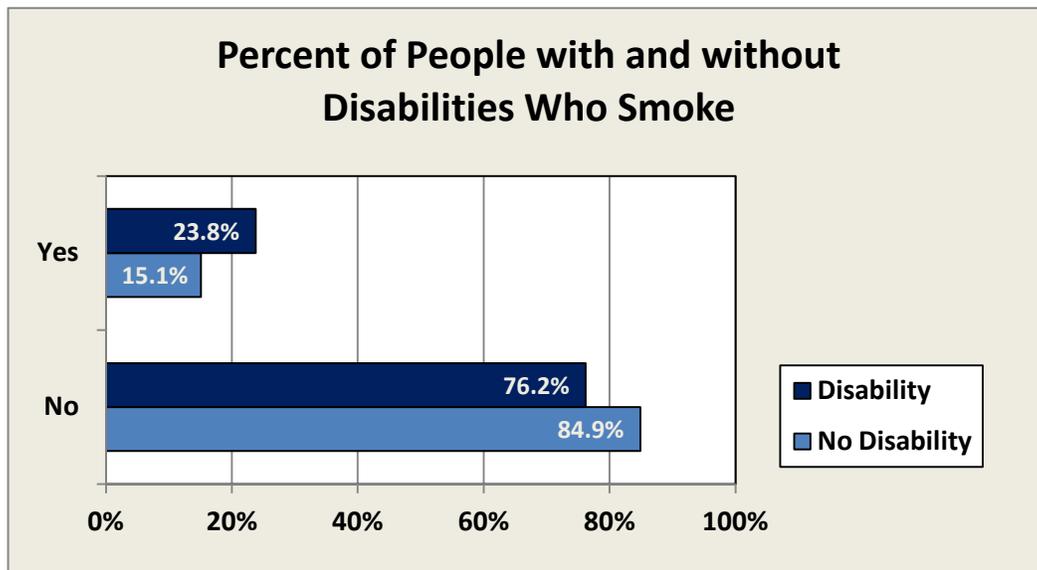
About 44.7% of people with disabilities meet the recommendations for moderate or vigorous physical activity, 36.3% get some exercise, but not enough to meet the recommendations, and 19% do not get any exercise.

Among people without disabilities, 60.2% meet the recommendations, 34.4% get insufficient exercise, and 5.4% get no exercise



How many people with disabilities smoke?

About 23.8% of people with disabilities have smoked at least 100 cigarettes in their lifetime and are current smokers. In comparison, 15.1% of people without disabilities have smoked at least 100 cigarettes in their life and are current smokers.

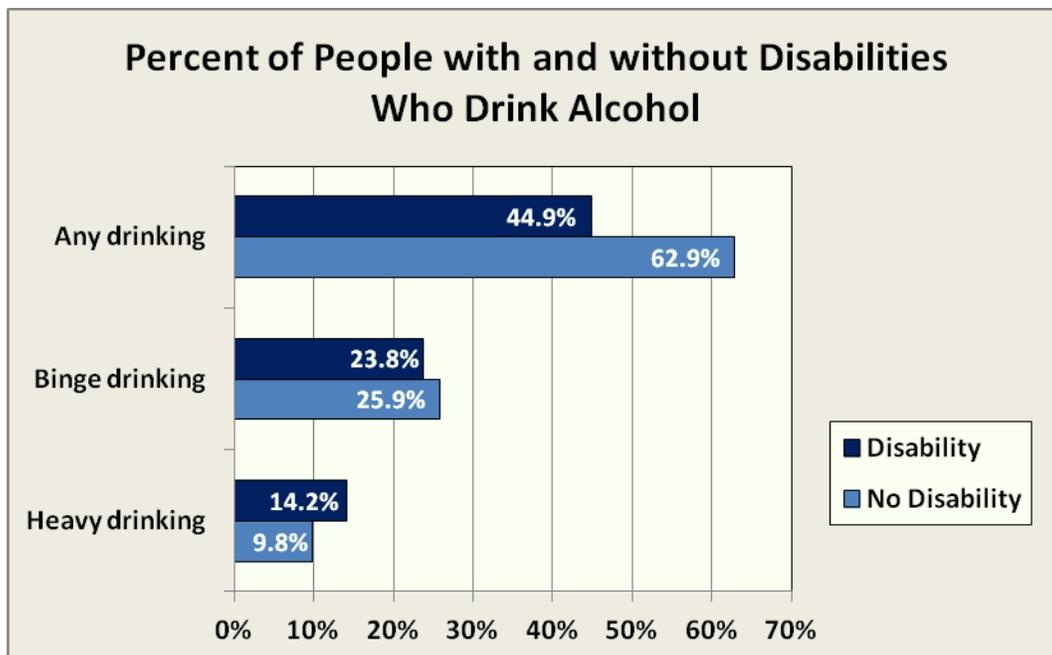


How many people with disabilities drink alcohol?

About 44.9 % of people with disabilities and 62.9% 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, 23.8% of people with disabilities and 25.9% 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, 14.2% of people with disabilities and 9.8% 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.

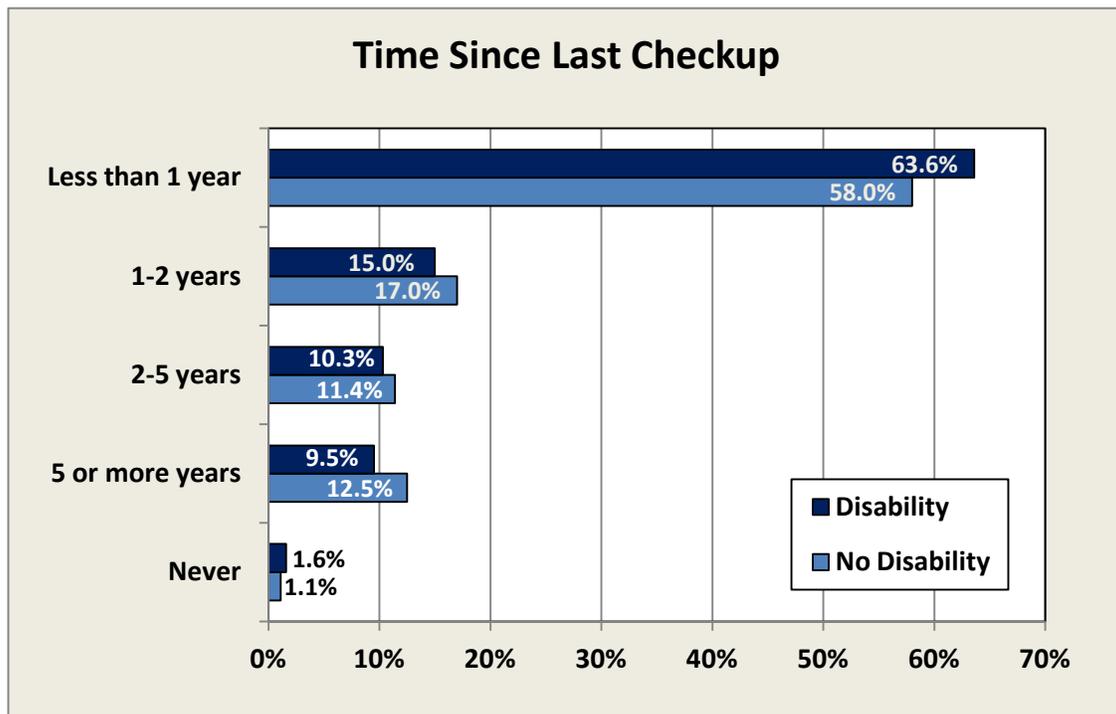


Health Care and Insurance

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

Of people with disabilities, 63.6% had a checkup less than a year ago, 15% had a checkup between one and two years ago, 10.3% had a checkup between two and five years ago, and 9.5% have not had a checkup in five or more years.

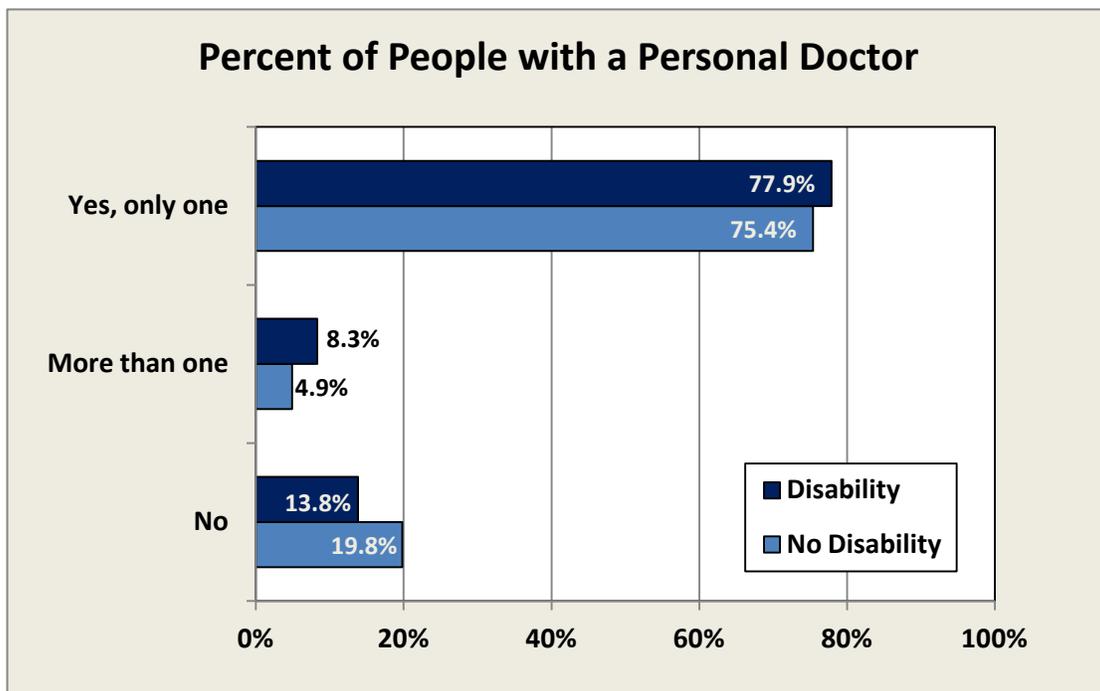
For people without disabilities, the last checkup was less than a year ago for 58%, between one and two years ago for 17%, between two and five years ago for 11.4%, and five or more years ago for 12.5%.



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

Of people with disabilities, 77.9% have one person they think of as their personal doctor or health care provider, 8.3% have more than one, and 13.8% do not have a personal doctor or health care provider.

Eighty-two percent (82%) of people without disabilities have a personal doctor, 5.1% have more than one, and 12.9% do not have anyone they think of as their personal doctor or health care provider.

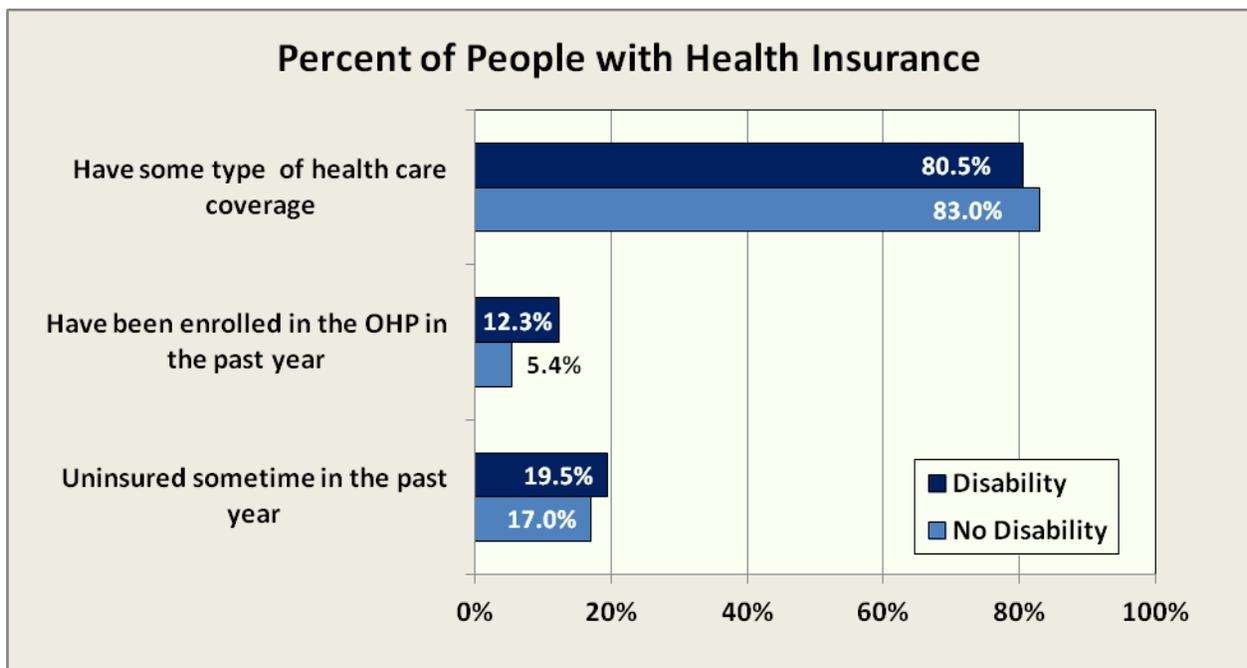


Do people with disabilities have health insurance?

Among people with disabilities, 80.5% say they have some kind of health care coverage. Of these, 12.3% say they have been enrolled in the Oregon Health Plan (Oregon's Medicaid program) in the past year.

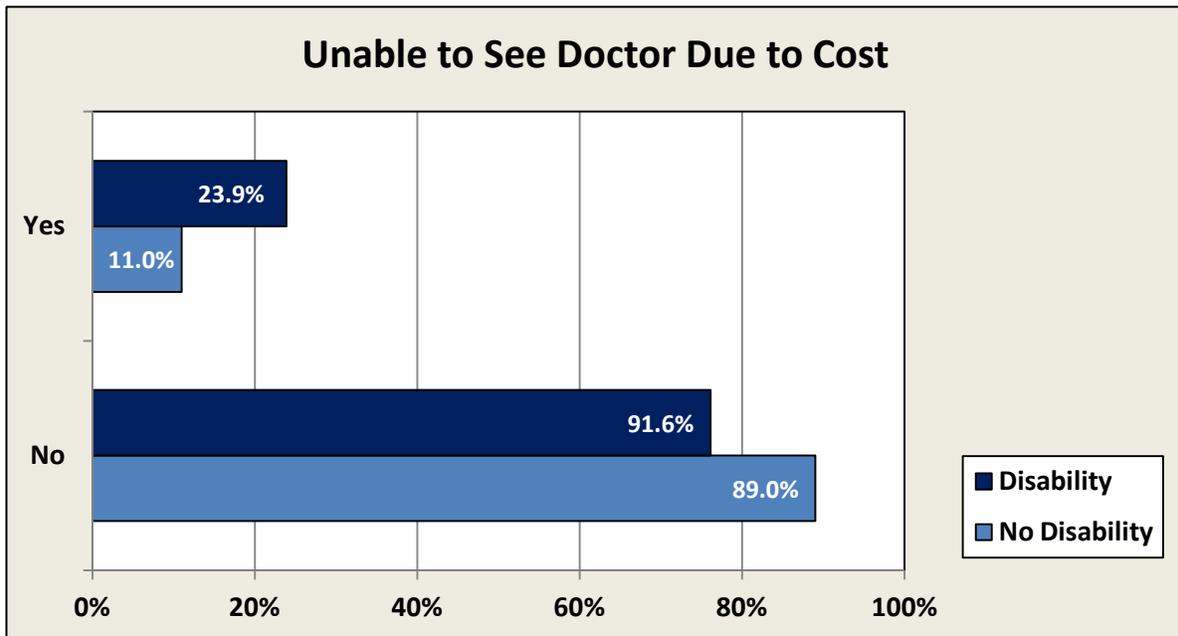
Among people without disabilities, 83.0% have some type of health coverage. Of these, 5.4% have been enrolled in the Oregon Health Plan in the past year.

For 19.5% of people with disabilities and 17.0% of people without disabilities, there was a time in the past year when they did not have any health insurance or health care coverage



Can people with disabilities afford needed health care?

For 23.9% of people with disabilities and 11% 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.

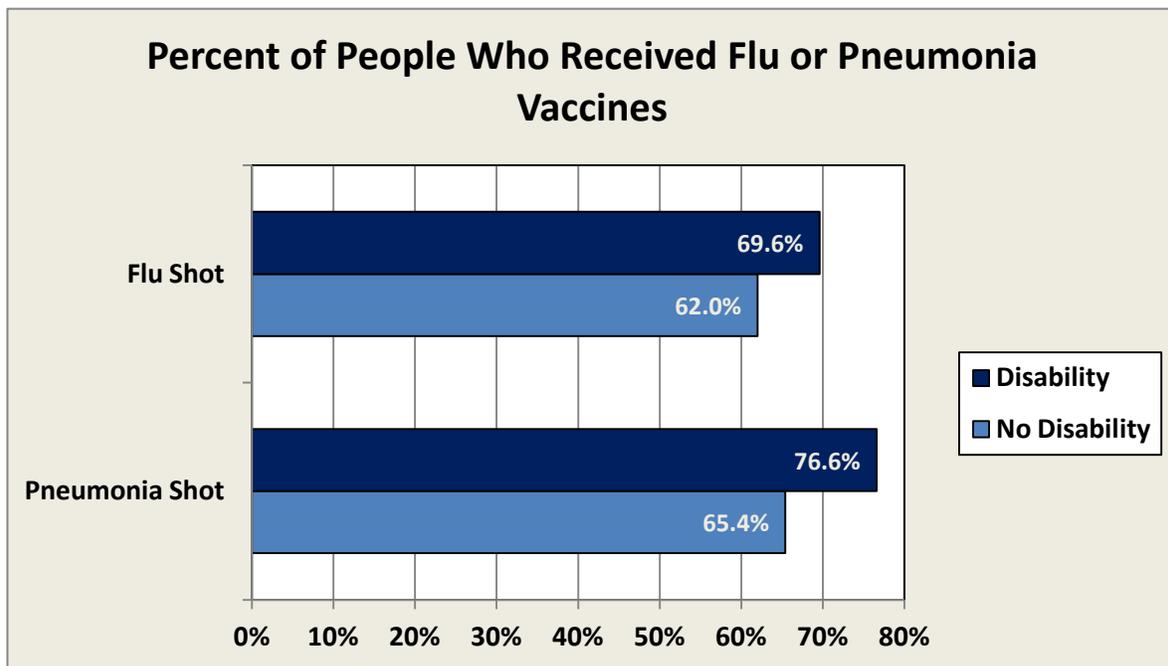


Vaccinations

Do people with disabilities get vaccinated for flu or pneumonia?

Of people with disabilities, 69.6% received the flu vaccine in the last year and 76.6% have received the pneumococcal vaccine once or twice in their lifetime.

Of people without disabilities, 62% received the flu vaccine in the last year and 65.4% have received the pneumococcal vaccine once or twice in their lifetime.

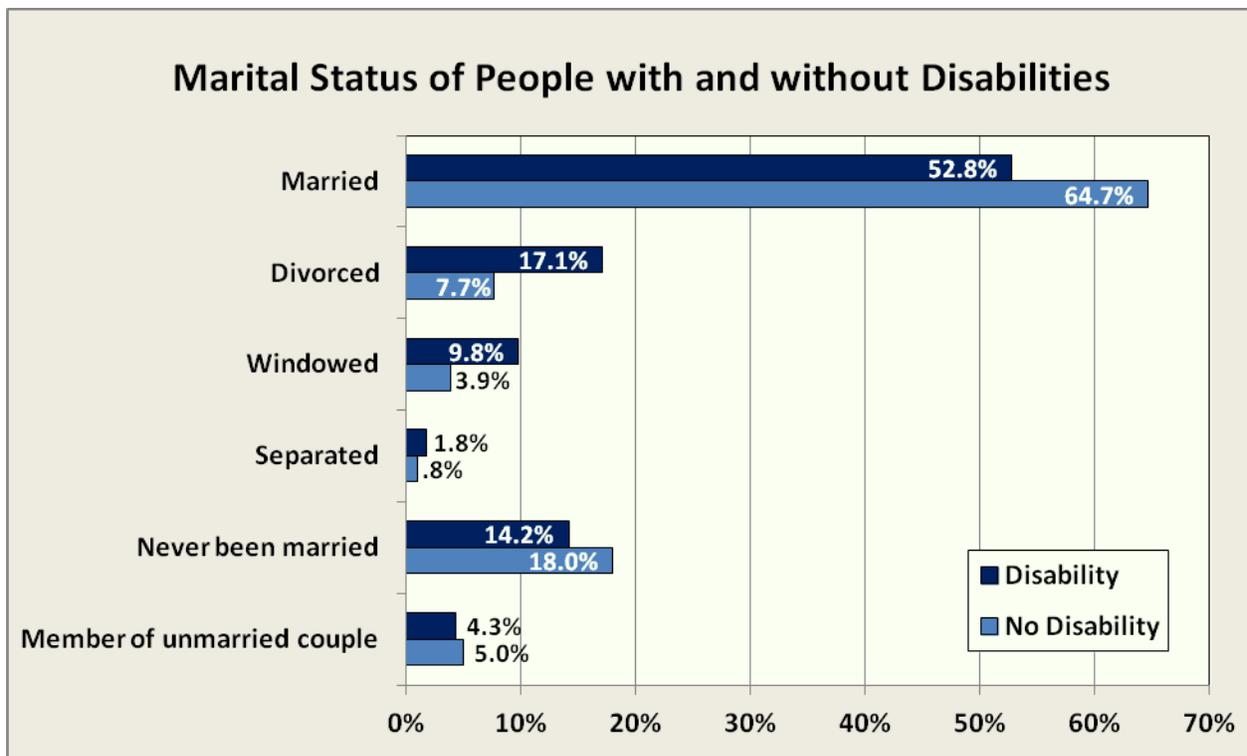


Social Support and Life Satisfaction

How many people with disabilities are married?

Among people with disabilities, 52.8% are married, 17.1% are divorced, 9.8% are widowed, 1.8% are separated, 14.2% have never been married, and 4.3% are members of unmarried couples.

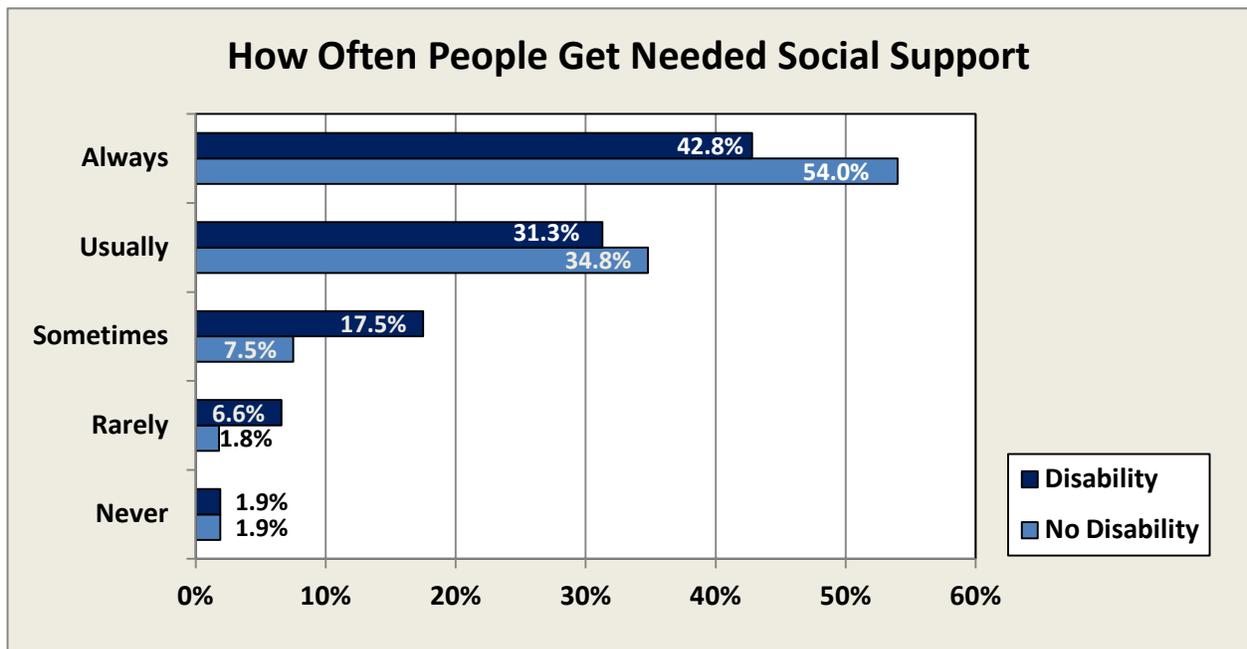
Among people without disabilities, 64.7% are married, 7.7% are divorced, 3.9% are widowed, .8% are separated, 18% have never been married, and 5% are members of unmarried couples.



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

Among people with disabilities, 42.8% always get the social and emotional support they need, 31.3% usually do, 17.5% sometimes do, 6.6% rarely do, and 1.9% never receives the support they need.

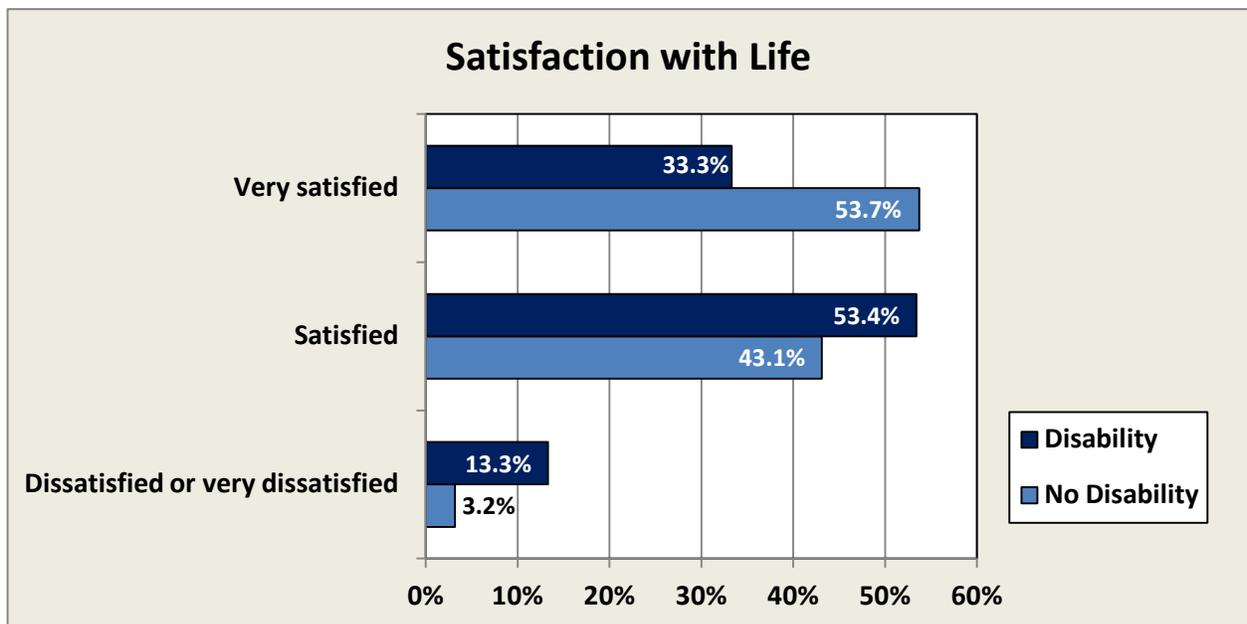
Of people without disabilities, 54% always get the social and emotional support they need, 34.8% usually do, 7.5% sometimes do, 1.8% rarely do, and 1.9% never do.



How satisfied are people with disabilities with their lives?

About 33.3% of people with disabilities are very satisfied with their lives, 53.4% are satisfied, and 13.3% are dissatisfied or very dissatisfied.

Among people without disabilities, 53.7% are very satisfied, 43.1% are satisfied, and 3.2% are dissatisfied or very dissatisfied.



About the Oregon Office on Disability and Health

The Oregon Office on Disability and Health (OODH) is a collaborative program of the Institute on Development and Disability at Oregon Health & Science University (OHSU) and the Public Health Division of the Oregon Health Authority. OODH has been funded since 1994 by the Centers for Disease Control and Prevention.

The mission of OOH 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 will soon be offered in Spanish too.
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.

For more information about OODH activities, please visit our website:

<http://www.ohsu.edu/oidd/oodh>

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