

People with Disabilities Face Major Health Disparities in Wisconsin

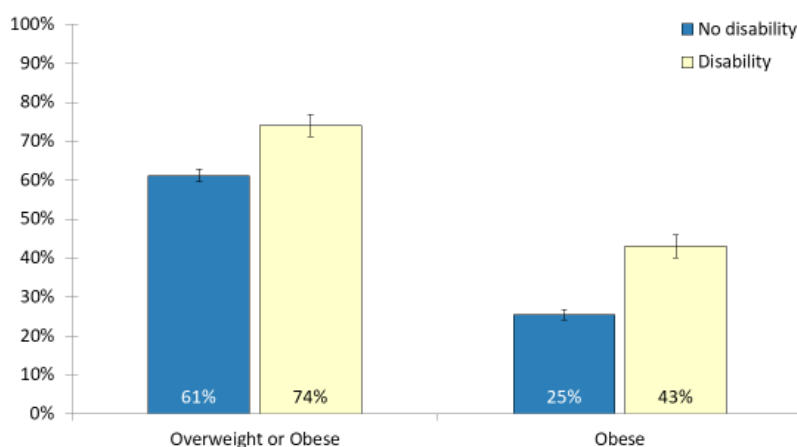
- There are 90,591 adults with intellectual and developmental disabilities (I/DD) living in the Wisconsin, making up 1.6% of the population. These individuals experience significant and concerning health disparities when compared to their peers without disabilities.
- More than 75,000 people with I/DD over the age of 18 receive one or more Medicaid funded Long Term Care (LTC) service in Wisconsin. Improving their overall health can reduce costs.
- The Centers for Disease Control and Prevention reports that adults with disabilities experience three times the risk of heart disease, diabetes, stroke, and cancer as compared to the general population.

- According to the Healthiest Wisconsin 2020 report, compared to people without a disability, Wisconsin adults with disabilities are more likely to:
 - Be low-income.
 - Have less access to health care.
 - Report higher health risk factors.

- Wisconsin adults ages 18-64 with a disability have obesity rates that are almost double compared to people without disabilities (43% to 25%). People with disabilities engage in physical activity at half the rate of the general population.

PEOPLE WITH DISABILITIES Nutrition

Rates of overweight and obesity by disability status, Wisconsin adults ages 18-64, 2008-2011



Source: Wisconsin Department of Health Services, Behavioral Risk Factor Survey (BRFS), 2008-2011 land-line only dataset.

- Wisconsin adults ages 18-64 with a disability are more likely to have both diabetes (14% to 4%) and prediabetes (10% to 4%) compared to those without a disability.
- Nearly half of Wisconsin adults ages 18-64 with a disability have been told at one time they had high cholesterol compared to 29% of those without a disability. Wisconsin adults with a disability are also about twice as likely to have been diagnosed with high blood pressure. (39% to 18%)
- Nationally, only 11 percent of people with I/DD report eating 5 or more servings of fruit or vegetables a day compared to 23 percent of the general population.

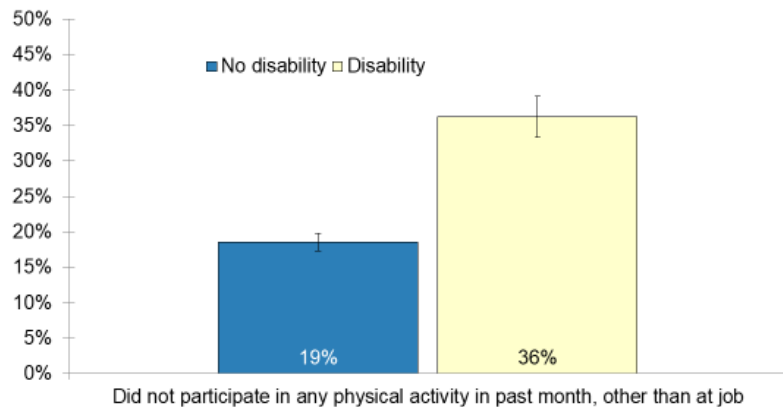
People with Disabilities Face Barriers to Good Health

The Wisconsin Healthy 2020 report also indicates that Wisconsinites with disabilities have barriers to eating healthy, controlling their weight, and being physically active. This might be due to:

- A lack of healthy food choices.
- Difficulty with chewing or swallowing food, or with the taste or texture of foods.
- Medications that can contribute to weight gain, weight loss, and changes in appetite.
- Physical limitations that can reduce a person's ability to exercise.
- Pain.
- A lack of energy.
- A lack of accessible environments (for example, sidewalks, parks, and exercise equipment) that can enable exercise.
- A lack of resources (for example, money; transportation; and social support from family, friends, neighbors, and community members).

PEOPLE WITH DISABILITIES Physical activity

Rate of physical inactivity among Wisconsin adults, by disability status, 2008-2011



Source: Wisconsin Department of Health Services, Behavioral Risk Factor Survey (BRFS), 2008-2011 land-line only dataset.

Health and Fitness for All: A Solution for Wisconsin

- HealthMatters is an evidence-based health and fitness curriculum developed by the University of Illinois at Chicago and delivered by The Arc and its chapters nationwide. The training involves a 12-week program with sessions focusing on both healthy lessons and fitness activities. Lessons are designed specifically for people with I/DD.
- A research report authored by The Arc of the United States followed more than 1700 people with I/DD who completed the HealthMatters training. Participants lost weight, improved their BMI, lowered blood pressure and, most importantly, reported making lifestyle changes. Three out of four participants (76%) reported using the information they learned to make healthier lifestyle choices.
- Three Arc Wisconsin chapters in Columbia County, Racine and Fond du Lac are implementing the HealthMatters curriculum with individuals with disabilities to improve their health and track their outcomes.