

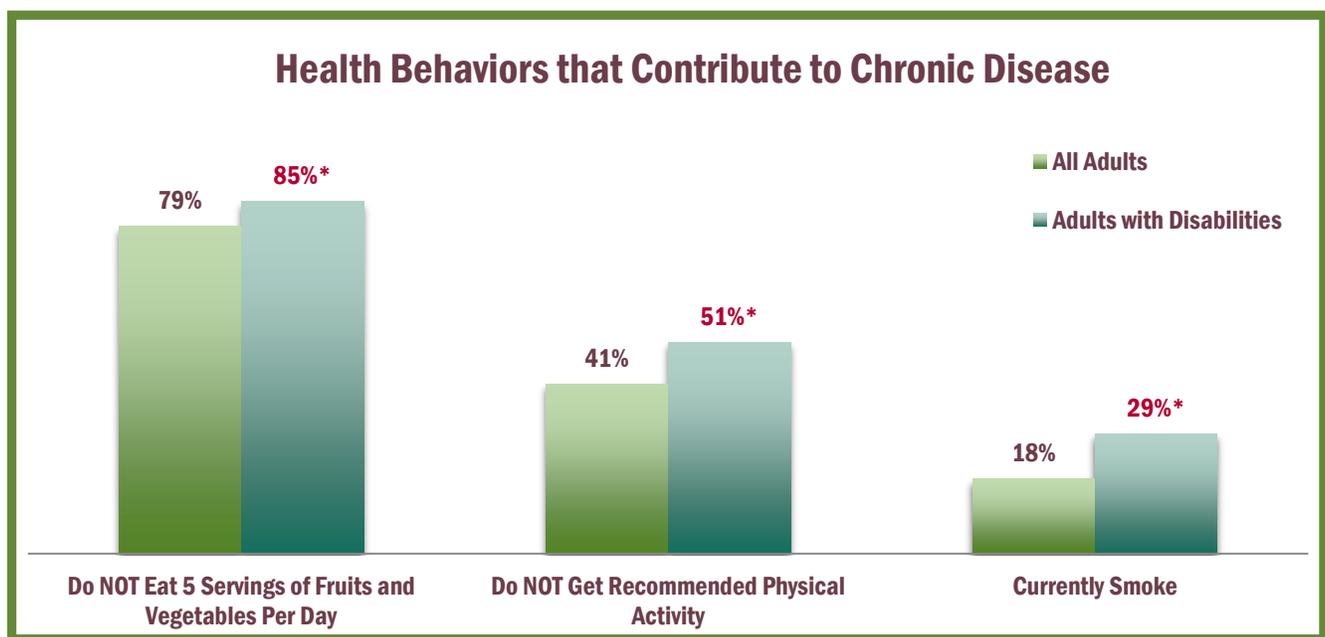
Chronic Disease and Disabilities

Vermonters with disabilities are disproportionately impacted by chronic disease. Disability is defined as activity limitations due to physical, emotional, or mental problems or any health problem that requires the use of special equipment. Individuals with disabilities have greater rates of both chronic disease and their associated behaviors. Although Vermont has fewer individuals with disabilities than the national average, the health disparity in certain behaviors and diseases is greater for Vermonters with disabilities than the national average. Most pronounced are differences related to smoking, asthma, and cancer rates. Programs and policies to reduce the behaviors that lead to chronic disease should work to ensure they are appropriate or adapted for individuals with disabilities.

3-4-50 is a simple concept to help us grasp the reality that 3 health behaviors contribute to 4 chronic diseases that claim the lives of more than 50 percent of Vermonters. This data brief compares these measures by all Vermont adults and adults with disabilities.

3 BEHAVIORS

Poor nutrition, lack of physical activity and tobacco use are three health behaviors that contribute to the development and severity of chronic disease. Vermonters with disabilities are more likely to have a poor diet, not get the recommended physical activity, and to smoke. More than four out of five Vermonters with disabilities do not follow the recommended diet. Half of those with disabilities do not get enough physical activity, one-third do not get any leisure time physical activity (32%). They are also nearly twice as likely to smoke.



(*) notes statistical difference

Data Source: 2013 and 2014 BRFSS

Note: Percentages for combined chronic disease prevalence account for Vermonters with dual diagnosis.

LEAD TO 4 CHRONIC DISEASES

Vermonters with a disability are more burdened with disease than other Vermonters.

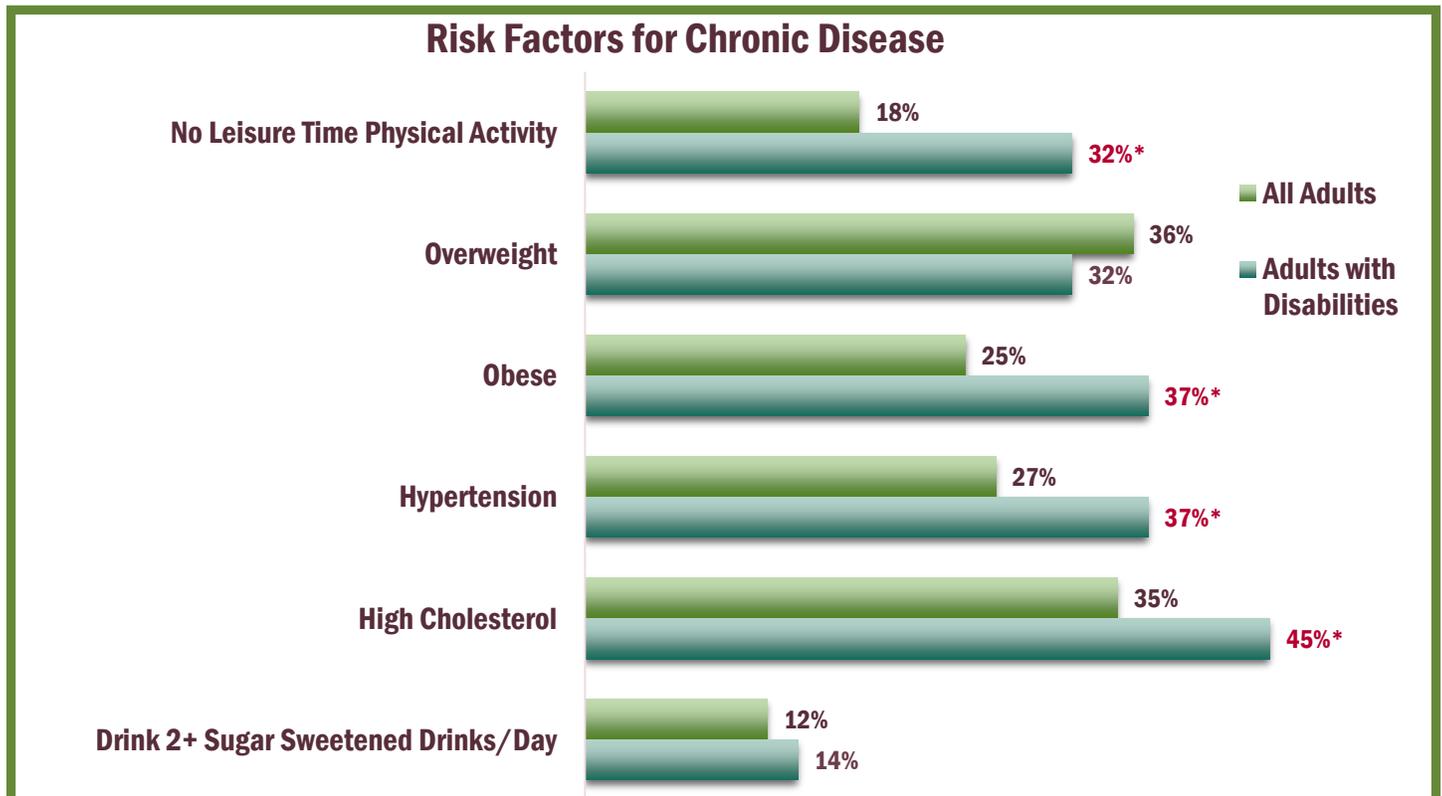
- Nearly one in five adults with disabilities have been diagnosed with diabetes (15%) or cardiovascular disease (16%).
- 12% are living with cancer.
- One in five have been diagnosed with asthma (19%) and 16% have been diagnosed with COPD.
- 11% have been diagnosed with pre-diabetes, the only rate that is similar to other adult Vermonters.

Chronic Disease Diagnosis	All Adults	Adults with Disabilities
Lung Disease (Asthma/ COPD)	15%	28%*
Diabetes and Pre-Diabetes	13%	25%*
Cardiovascular Disease	7%	16%*
Cancer	7%	12%*

(* notes statistical difference)

Note: Percentages for combined chronic disease prevalence account for Vermonters with dual diagnosis.

Data Source: 2014 BRFSS



(* notes statistical difference)

Data Source: 2013 and 2014 BRFSS

For more information on the data presented here, contact Jennifer Hicks at jennifer.hicks@vermont.gov

¹: National Center on Birth Defects and Developmental Disabilities, Centers for Disease Control and Prevention