

Chronic Disease and Disabilities

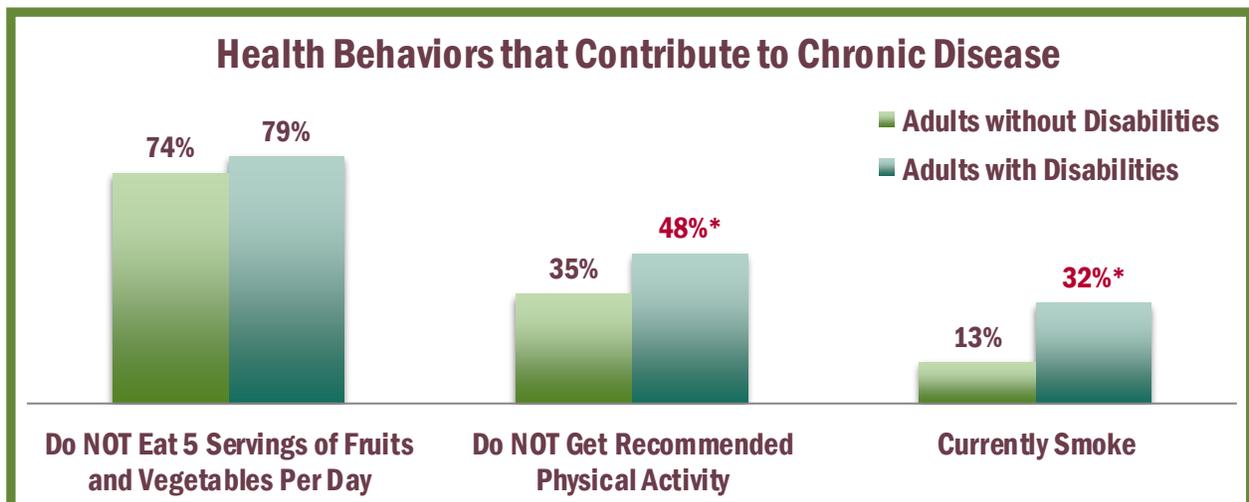
Vermonters with disabilities are more impacted by chronic disease than Vermonters without disabilities. Disability includes anyone having serious difficulty walking or climbing stairs, concentrating or making decisions, hearing, seeing, dressing or bathing, or who, because of a physical, mental, or emotional condition has difficulties doing errands alone. Individuals with disabilities are more likely to have a chronic disease. They are also more likely to engage in behaviors that can lead to chronic diseases. These disparities have resulted from systematic differences in access to health care and services, making it more difficult for some groups of people to attain their full health potential. People with disabilities should be engaged in public health planning to inform solutions that meet their unique needs and are community-driven. Programs and policies to reduce the behaviors that lead to chronic disease should also ensure they are fully inclusive and accessible to individuals with disabilities.

3-4-50 is a simple concept to help us understand that **3 health behaviors** contribute to **4 chronic diseases** that claim the lives of more than **50 percent** of Vermonters.

3 BEHAVIORS

Poor nutrition, lack of physical activity and tobacco use are three health behaviors that lead to increased risk for chronic disease.

Vermonters with disabilities are significantly more likely to not get the recommended physical activity and to smoke cigarettes than those without disabilities. Nearly half of Vermonters with disabilities do not get enough physical activity. Individuals with disabilities are also two and a half times as likely to smoke cigarettes compared to those without disabilities. Eight out of ten Vermonters with a disability do not eat five servings of fruit and vegetables per day, this finding is statistically similar to those without disabilities.



(* notes statistical difference)

Data Source: BRFSS, 2019

^All data are age-adjusted to the U.S. 2000 population

LEAD TO 4 CHRONIC DISEASES

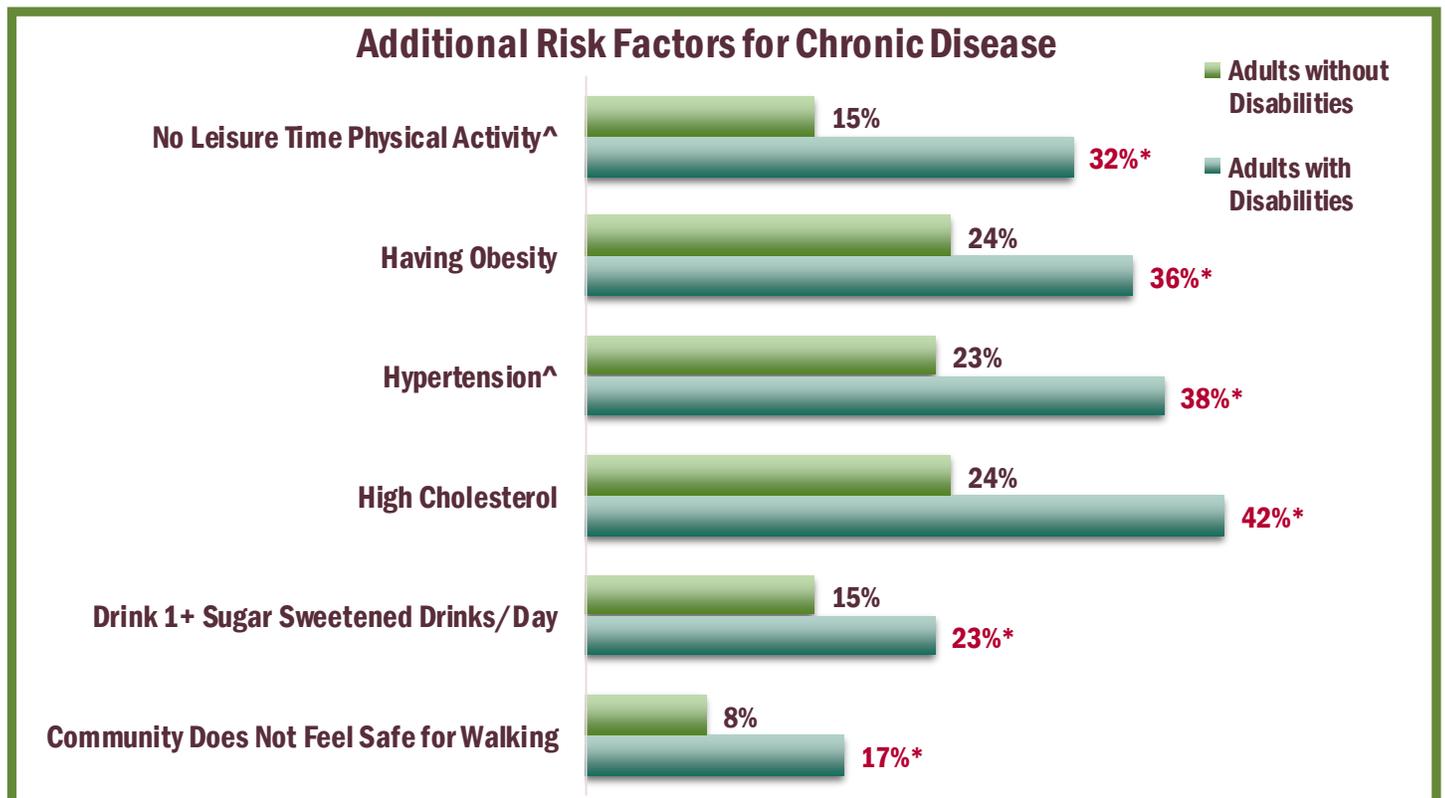
Vermonters with disabilities are more likely to have a chronic disease than Vermonters without disabilities.

- 30% of adults with disabilities have been diagnosed with lung disease.
- One in five adults with a disability has been diagnosed with diabetes (19%) or cardiovascular disease (21%).
- 13% of adults with disabilities have ever been diagnosed with cancer.
- Vermonters with disabilities are more likely to have additional risk factors that lead to chronic disease.

Chronic Disease Diagnosis	Adults without Disabilities	Adults with Disabilities
Lung Disease (Asthma/COPD)	11%	30%*
Diabetes	6%	19%*
Cardiovascular Disease	5%	21%*
Cancer	6%	13%*

(*) notes statistical difference

Data Source: BRFSS, 2019



(*) notes statistical difference

Data Source: BRFSS, 2017 and 2019

[^]Data are age-adjusted to the U.S. 2000 population

For questions related to the data presented here, email 3-4-50@vermont.gov.