



ADULT DISABILITY

Overview

Adults living with disabilities face a variety of challenges throughout the state. While regional data is not currently available, in 2008, Framingham's disabled population was looked at by the US Census. This report summarizes the findings of 2009 interviews of over 15,000 Massachusetts adults based on their self reported disability and describes how that disability is or was related to overall health. The report also relates the incidence of health risk factors, chronic health conditions and preventive health measures in this community.

A Profile of Health Among Massachusetts Adults, 2009, results from the Behavioral Risk Factor Surveillance System

- **Geography:** State
- **Year:** Issued June, 2010
- **Web Address:** http://www.mass.gov/Eeohhs2/docs/dph/behavioral_risk/report_2009.pdf

Key Findings:

Note: In 2009, 16,731 interviews were conducted among Massachusetts adults. To increase the number of respondents who belong to racial and/or ethnic minority groups, the cities of Boston, Worcester, Springfield, Lawrence, Lowell, Fall River, and New Bedford were over-sampled, as in previous years.

Respondents were classified as having a disability or activity limitation if, for at least one year: they had an impairment or health problem that limited activities or caused cognitive difficulties; they used special equipment or required help from others to get around, or; they reported a disability of any kind.

- **Description of overall health:**
 - Adults with a disability were over seven times as likely to report fair or poor health (38%) as adults without a disability (5%), were more than four times as likely to report 15 or more days of poor mental health in the past month (21%) as adults without a disability (5%), and were six times as likely to report 15 or more days of poor physical health in the past month (26%) as adults without a disability (4%).
 - Adults with a disability (males and females combined) were three times as likely to report experiencing sexual violence (22%) as adults without a disability (7%).
- **Health risk factors:**
 - Adults with a disability were more likely (20%) to report being current smokers than adults without a disability (13%) and less likely to report living in a household where smoking is not allowed (73%) than adults without a disability (82%).
 - Adults with a disability were more likely to be overweight (63%) or obese (31%) than adults without a disability (55% overweight, 19% obese).
 - Adults with a disability were more likely to report having high cholesterol (49%) than adults without a disability (34%).
- **Chronic health conditions:**
 - Adults with a disability were more likely to report being diagnosed with high blood pressure (41%) than those without a disability (22%).
 - Adults with a disability were twice as likely (8%) to report being diagnosed with pre-diabetes as adults without a disability (3%) and almost three times as likely (14%) to report being diagnosed with diabetes as adults without a disability (6%).

- Adults with a disability were more likely to report ever being diagnosed with asthma (26%) as adults without a disability (14%) and more than twice as likely (20%) as adults without a disability (9%) to report that they currently have asthma.
- Adults with a disability were almost three times as likely to report that they had ever experienced a heart attack (11%) as people without a disability (4%) and approximately six times as likely (7%) as adults without a disability (1%) to report that they had ever experienced a stroke.
- **Prevention measures:**
 - Adults with a disability were less likely to report moderate (48%) or vigorous (22%) physical activity than adults without a disability (57% moderate, 36% vigorous).
 - Adults 18-64 years of age with a disability were more likely to report ever having been tested for HIV (51%) than those without a disability (40%).
 - Among adults 50-64 years of age, those with a disability were more likely to report receiving a flu shot in the past year (62%) than those without a disability (47%).
 - Among those 65 years of age and older, those with a disability were more likely to report ever having received a pneumonia vaccination (81%) than those without a disability (67%).

U.S. Census Bureau, American Community Survey (ACS), 2008 estimates for Selected Social Characteristics

- **Geography:** By select cities/towns
- **Year:** 2008
- **Website:** www.census.gov

Key Findings:

Note: 2008 data available only for geographies with populations of 65,000 or more (Framingham is the only Foundation-supported city/town noted)

- **Framingham CDP (census designated place)**
 - Non-institutionalized population-67,133
 - With a disability-7,206/10.7%
 - Under 18 years-490/3.5%
 - 18-64 years-3,899/8.6%
 - 65 years and over-2,817/35.4%

U.S. Census Bureau, American Community (ACS) Survey, 2005-2007 3-Year estimates

- **Geography:** By select cities/towns
- **Year:** 2005-2007
- **Website:** www.census.gov

Key Findings:

- Attached Report provides information about disability by age grouping.