



*Delaware Health & Social Services*



Dear Delaware Resident,

Disparities in health among people with disabilities have gained increased recognition in the field of public health. According to published reports from the Centers for Disease Control and Prevention (CDC) people with disabilities have:

- (1) Less use of the health-care system, including screenings such as Pap tests, mammography and dental exams;
- (2) Higher rates of chronic conditions such as diabetes, high blood pressure, and obesity, and
- (3) Have lower rates of recommended health behaviors such as exercise.

The CDC also notes that people with disabilities are experiencing high rates of emergency rooms visits, low rates of formal patient education, and low rates of treatment for mental illness.

**Healthy Delawareans with Disabilities** is a CDC-funded project to develop a disability and health program in Delaware which emphasizes health promotion and preventative health care for individuals with disabilities, including those with developmental disabilities. Delaware has joined 14 other states in this effort under the guidance of the CDC's Disability and Health Team.

If you are living with a disability or know someone who is your input is critical in helping the program to advance its goal of developing health initiatives for people with disabilities within the State of Delaware. We are currently looking for people to take part in a *Disability and Health Survey* that is currently being conducted by the University of Delaware. Data from this survey will be used to create a report on the health status of Delawareans living with disabilities. The survey will be completed with an interviewer from the University of Delaware and should take 45 minutes to an hour. All participants will receive \$15.00 for completing the survey. If you or someone you know is interested in learning more about taking the survey...please contact Ilka Riddle at the University of Delaware, Center for Disabilities Studies, at (302) 831-8186 ; Dr. Thomas Kelly at the Woodbrook Professional Center (302) 744-9600 (Dover); Alisha Raiford-Hall (302) 299-3542 (Newark). Thank you for investing in Healthier Futures for Delawareans.

Sincerely,

***The Healthy Delawareans with Disabilities: 2010 Team***