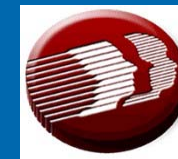




Healthy Delawareans with Disabilities 2010 Project: Adult Survey on



Health, Disability and Quality of Life A Collaboration Project of the Delaware Health and Social Services Division of Developmental Disabilities Services and the Center for Disabilities Studies at the University of Delaware

Project

The **Healthy Delawareans with Disabilities 2010 Project** is a two-year Center for Disease Control (CDC) funded project to develop a disability and health program in Delaware.

The project's main objectives were to:

- determine the scope of disability and its impact on health in Delaware
- collect data to establish a baseline for health indicators among three disabilities groups:
- those with sensory impairments,
- those with physical disabilities, and
- those with cognitive disabilities,
- design and implement initiatives that will serve as initial investments in the areas of health promotion, wellness, and life satisfaction for Delawareans with disabilities.

Mission

Improving the Lives of Delawareans with Disabilities through an Emphasis on Health Promotion and Wellness

Survey

The survey used for this data collection was based on the CDC's *Behavioral Risk Factor Surveillance Survey* (BRFSS) and included additional questions that had been recommended by the project's advisory council.

The survey addressed general health indicators, caregiver arrangements, access to health care, nutrition and exercise habits, smoking and drinking patterns, and sexual activity. Demographic information was also collected.

Preliminary Analysis and Next Steps

Preliminary findings indicate that individuals with disabilities in the state of Delaware have health care insurance and are able to see one or more health care providers. However, findings also show that the majority of respondents perceived their health to be fair or poor, that a significant number of participants have secondary health conditions, and that some participants experience challenges in accessing health care services.

Analysis of the complete dataset will provide more knowledge about health and disability in Delaware and the health needs of adults with physical and cognitive disabilities as well as sensory impairments.

After completion of the data analysis and report writing, the survey report will be distributed to relevant state agencies and community programs to inform them about the needs of adults with disabilities, with the goal that organizations and programs address these needs, provide health and prevention activities for people with disabilities, and promote a healthy lifestyle.

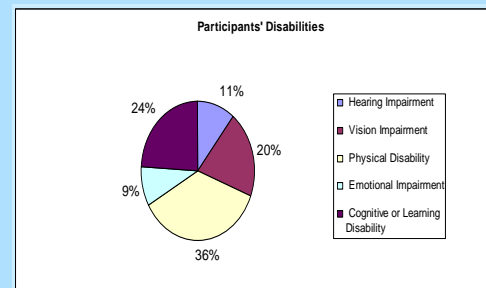
Contact Information

If you have questions about the Healthy Delawareans with Disabilities 2010 Project or would like to learn more please contact:

Dr. Thomas Kelly:
Thomas.Kelly@state.de.us
Ms. Alisha Raiford-Hall:
Alisha.Raiford-Hall@state.de.us
Dr. Ilka K. Riddle:
ikriddle@udel.edu
(302) 831-8186

Sample

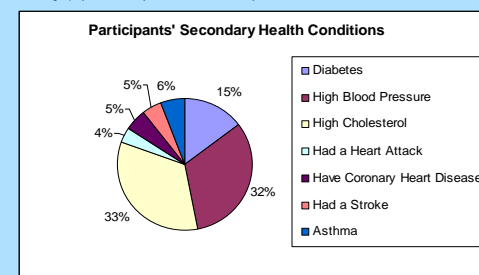
339 adults with disabilities completed the survey. Of these participants, 70.2% lived in New Castle, 19.0% lived in Kent, and 10.7% lived in Sussex counties. 68.2% of the sample were White, 22.6% were Black/African American, 4.5% Hispanic, and 4.7% Other Non-White. The average age of respondents was 47.8 years of age. There were 47.6% females in the sample and 52.4% males.



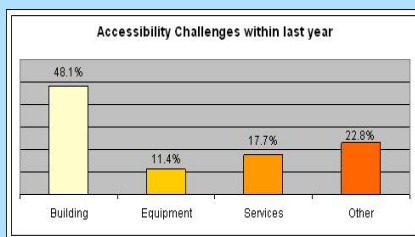
Source: 2006 Healthy Delawareans with Disabilities 2010 Survey, Center for Applied Demography and Survey Research, University of Delaware

Some Preliminary Findings

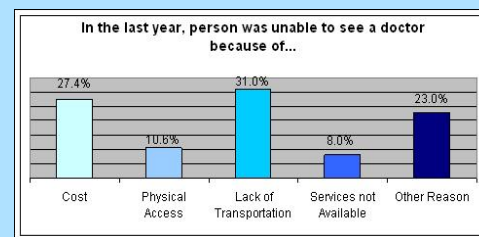
- 97% of all respondents reported that they have one or more healthcare providers
- 98.2% of all participants reported that they have health insurance
- 39.2% perceived their health to be excellent to good
- 60.8% perceived their health to be fair to poor



Source: 2006 Healthy Delawareans with Disabilities 2010 Survey, Center for Applied Demography and Survey Research, University of Delaware



Source: 2006 Healthy Delawareans with Disabilities 2010 Survey, Center for Applied Demography and Survey Research, University of Delaware



Source: 2006 Healthy Delawareans with Disabilities 2010 Survey, Center for Applied Demography and Survey Research, University of Delaware