

CARDIOVASCULAR DISEASE FACT SHEET

HEALTHY DELAWAREANS WITH DISABILITIES

RESEARCH

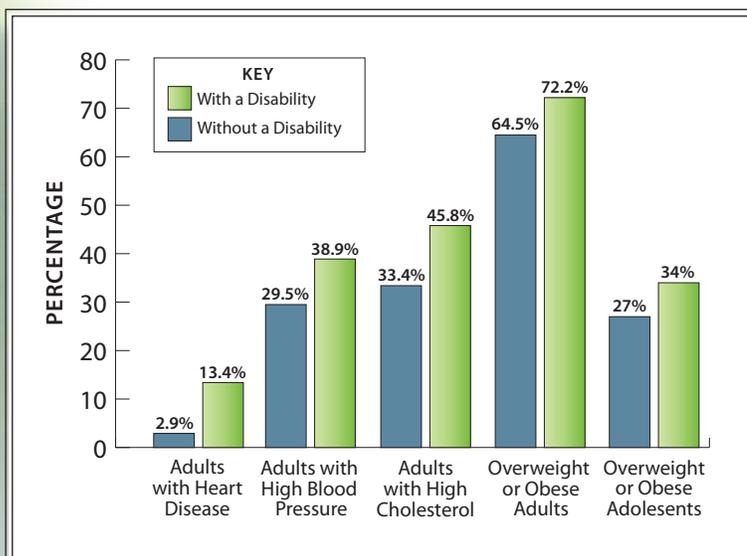
Individuals with disabilities are more likely to have cardiovascular disease than individuals without disabilities. Increased obesity, lack of physical activity, and poor nutrition put individuals with disabilities at a higher risk for cardiovascular disease.

- Adults with physical disabilities are approximately 4 times more likely to have heart disease, high blood pressure, and high cholesterol than adults without disabilities.¹
- Adults with cognitive limitations are approximately 2 times more likely to have heart disease and 1.5 times more likely to have high blood pressure or high cholesterol than adults without disabilities.¹
- People with mobility impairments are at a disadvantage in maintaining healthy food choices because of limited access to stores and healthy foods.²
- The prevalence of morbid obesity is 4 times higher among adults with disabilities than among adults without disabilities.³
- Older adults with intellectual disabilities are less physically active than older adults without intellectual disabilities. Only 6% of older adults with intellectually disabilities met national physical activity recommendations.⁴

IN DELAWARE

13.4% of adults with a disability have coronary heart disease, compared to **2.9%** of adults without a disability.⁵

38.9% of adults with a disability have high blood pressure, compared to **29.5%** of adults without a disability.⁶



45.8% of adults with a disability have high cholesterol, compared to **33.4%** of adults without a disability.⁶

72.2% of adults with a disability reported being overweight or obese, compared to **64.5%** of adults without a disability.⁵

34% of adolescents with a disability reported being overweight or obese, compared to **27%** of adolescents without a disability.⁵

COMMUNITY VOICE

The Healthy Delawareans with Disabilities Needs Assessment asked individuals with disabilities and their caregivers to speak out about barriers they face and improvements they would like to see in accessing cardiovascular disease prevention.

"I find it difficult to visit my doctors (as a person with a physical disability) and to experience the dilemma that the physicians' offices are

not equipped to allow me to be measured for height and weight."

"Better access to a gym and equipment. Trainers that can find alternate ways to maintain strength and nutrition. Also, better eating health guides for those that may not be able to exercise at all. Procedures to maintain good circulation for those that cannot walk or stand."

COMMUNITY ASSETS

Many community and state-based programs exist targeting prevention of cardiovascular disease as well as some of the risk factors associated with cardiovascular disease. These programs represent available assets within Delaware. These agencies responded to a recent survey about public health resources in Delaware. This is not intended to be a complete listing.

Delaware Medicaid	Sussex County Health Promotion Coalition
Beebe Medical Center Population Health Outreach	DHSS Health Education & Disease Prevention Program
Delaware YMCA	
University of Delaware Nurse Managed Health Center	Christiana Care Diabetes & Chronic Disease Management & Nutrition Services
Senior Centers	American Heart Association
Bayhealth Medical Center (Out-Patient Dietitian)	

REFERENCES

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2. Mojtahedi, M.C., Boblick, P., Rimmer, J.H., Rowland, J.L., Jones, R.A., & Braunschweig, C.L. (2008). Environmental barriers to and availability of healthy foods for people with mobility disabilities living in urban and suburban neighborhoods. *Archives of Physical Medicine and Rehabilitation, 89*(11), 2174-2179.
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6. Centers for Disease Control and Prevention (2014). Delaware Heart Health. Retried from <http://dhds.cdc.gov/profiles/profile?profileId=13&geoTypeld=1&geolds=10>