

NUTRITION FACT SHEET

HEALTHY DELAWAREANS WITH DISABILITIES

RESEARCH

Individuals with disabilities are less likely to eat nutritious foods than individuals without disabilities. Diets low in consumption of fruits and vegetables, increased consumption of sugary beverages, and not eating breakfast can lead to significant health concerns such as obesity, diabetes, and other chronic diseases.

- Children with disabilities are less likely to eat breakfast on the weekdays.¹
- Children with disabilities are more likely to consume more than three glasses of sugary drinks per day than children without disabilities.¹
- Children with physical and/or mental disabilities are approximately 4.5 times less likely to eat fruit on weekdays than children without disabilities.¹
- Adults with intellectual or developmental disabilities who live in the community typically rely on nutritionally poor diets, are lacking guidance in making food selections, and have diets that may be inadequate in some essential nutrients and recommended food groups (e.g., fruits and vegetables and dairy) and excessive in other food groups (e.g., fats, sweets, and junk food).²
- People with mobility impairments are at a disadvantage in maintaining healthy food choices because of limited access to stores and healthy foods.³
- The prevalence of morbid obesity is 4 times higher among adults with disabilities than among adults without disabilities.⁴

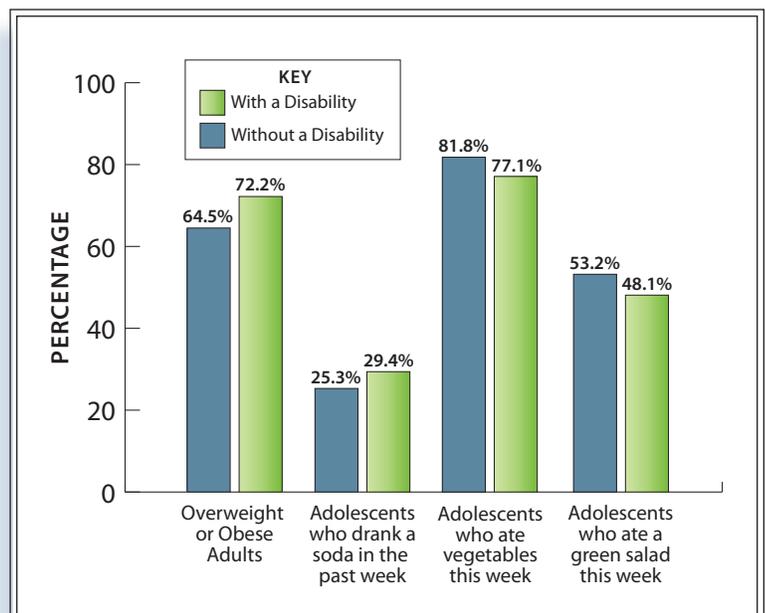
IN DELAWARE

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

20.4% of adults with a disability reported being diagnosed with diabetes, compared to **7%** of adults without a disability.⁵

29.4% of adolescents with a disability report consuming a can, bottle, or glass of soda in the past week, compared to **25.3%** of adolescents without a disability.⁵

77.1% of adolescents with a disability report consuming vegetables in the past week, compared to **81.8%** of adolescents without a disability.⁵



48.1% of adolescents with a disability report consuming a green salad in the past week, compared to **53.2%** 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 proper nutrition.

“With a low fixed income, at times you have to choose between food and prescription drugs.”

“When one is on a low fixed income, nutrition suffers because of limited ability to maintain a healthy diet. Healthy food is expensive.”

COMMUNITY ASSETS

Many community and state-based programs exist targeting nutrition education or access to healthy foods. 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 YMCAs

Delaware HIV Consortium

Sussex County Health Promotion Coalition

Delaware State University-Student Health Services

Delaware Supplemental Nutrition Assistance Program (SNAP)

*Delaware WIC Program
Wesley College Wellness Center*

University of Delaware Healthy HENS

Delaware Medicaid

Boys & Girls Clubs

Nemour's Health and Prevention Services

University of Delaware Nurse Managed Health Center

Healthy Foods for Healthy Kids

University of Delaware Cooperative Extension

Senior Centers (nutrition education)

School Based Health Centers

Diabetes and Chronic Disease Management & Nutrition Services

Bayhealth Medical Center (Out-patient dietitian)

(Christiana Care)

REFERENCES

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