

PHYSICAL ACTIVITY FACT SHEET

HEALTHY DELAWAREANS
WITH DISABILITIES

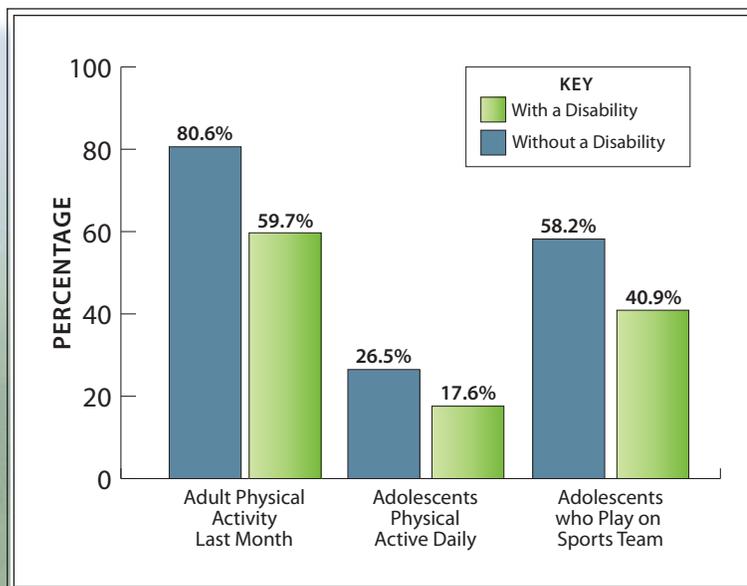
RESEARCH

Individuals with disabilities are less likely to be physically active than individuals without disabilities. Lack of physical activity can lead to significant health concerns such as obesity, diabetes, and other chronic diseases.

- Older children with intellectual disabilities tend to participate in fewer activities and do so less frequently than their younger peers with intellectual disabilities.^{1,2}

- Youth with disabilities' physical activity is strongly associated with parental physical activity.³
- Older adults with intellectual disabilities are less physically active than older adults without intellectual disabilities. Only 6% of older adults with intellectual disabilities met national physical activity recommendations.⁴

IN DELAWARE



59.7% of adults with a disability reported having participated in physical activities or exercise during the past month, compared to **80.6%** of adults without a disability.⁵

17.6% of adolescents with a disability reported being physically active seven days a week, compared to **26.5%** of adolescents without a disability.⁵

40.9% of adolescents with a disability reported playing on one or more sports teams in the past year, compared to **58.2%** 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 physical activity programs.

“[We need] better access to a gym and equipment. Trainers that can find alternate ways to maintain strength and nutrition.”

“[We need] more access to recreation in parks for people with disabilities. I would love to

see hand cycles available...exercise is just as important for people with disabilities.”

“All public pools should have lifts for people with disabilities to get in and out of them. Many of us can swim, float or splash in the water but, just can't get into the pool or out of it...”

“Include those with disabilities in all activities, swimming, soccer, basketball, little league, field hockey. Seek children and young adults out for these activities and make them accessible.”

COMMUNITY ASSETS

Many community and state-based programs exist targeting physical activity as well as prevention of obesity. 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.

School Based Health Centers

Delaware YMCA

Nemours Health & Prevention Services

Wesley College Wellness Center

University of Delaware Cooperative Extension

Senior Centers (exercise classes)

University of Delaware Athletics & Recreation Services

Cancer Support Community Delaware

University of Delaware Nurse Managed Health Center

Girls on the Run

University of Delaware Healthy HENS

Girls Inc. of Delaware

Delaware State University-Student Health Services

Boy Scouts of America-Del-Mar-Va Council

Boys & Girls Clubs

Sussex County Health Promotion Coalition

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