

HEALTH PROMOTION FOR PEOPLE WITH DISABILITIES

October 2011

Shari Martin, LSW, MPH

Marietta Orłowski, PhD

OBJECTIVES

- Raise awareness of the need to include health promotion activities for people with disabilities
- Identify at least one health promotion activity or event that you can create or modify to include people with disabilities.

Why are Disability and Health Important?

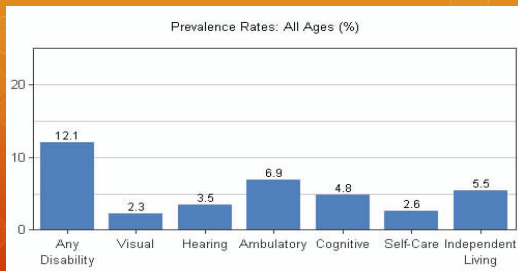
Compared with people without disabilities, people with disabilities are more likely to:

- Experience difficulties or delays in getting the health care they need.
- Not have had an annual dental visit.
- Not have had a mammogram in past 2 years.
- Not have had a Pap test within the past 3 years.
- Not engage in fitness activities.

Why are Disability and Health Important?

- Use tobacco.
- Be overweight or obese.
- Have high blood pressure.
- Experience symptoms of psychological distress.
- Receive less social-emotional support.
- Have lower employment rates.

2009 American Community Survey



HEALTHY PEOPLE 2020

Vision

A society in which all people live long, healthy lives.

Disability and Health Goal

Promote the health and well-being of people with disabilities.

HEALTHY PEOPLE 2020

Overview

- The U.S. Census 2000 counted **49.7 million people** with some type of long-lasting condition or disability.
- An individual can get a disabling impairment or chronic condition at any point in life.
- Disability is part of human life, and an impairment or condition does not define individuals, their health, or their talents and abilities.

<http://healthypeople.gov/2020/topicsobjectives2020/overview.aspx?topicid=9>

HEALTHY PEOPLE 2020

Areas for improvement and opportunities for people with disabilities to:

- Be included in public health activities.
- Receive well-timed interventions and services.
- Interact with their environment without barriers.
- Participate in everyday life activities.

Systems and Policies

- Include in the core of Healthy People 2020 population data systems a standardized set of questions that identify “people with disabilities.”

Systems and Policies

Surveillance and health promotion programs

- Conduct and increase **health surveillance** for **people with disabilities and caregivers** of people with disabilities
- Increase **health promotion programs** for **people with disabilities and caregivers** of people with disabilities
- Increase M.P.H. programs that offer graduate-level courses in disability and health.

Barriers to Health Care

- Reduce the proportion of people with disabilities who report **delays in receiving primary and periodic preventive care** due to specific barriers
- Increase the proportion of **youth** with special health care needs whose health care provider has discussed **transition planning** from pediatric to adult health care.
- Increase the proportion of people with **epilepsy** and uncontrolled seizures who receive **appropriate medical care**.
- Reduce the proportion of **older adults** with disabilities who **use inappropriate medications**.

Environment

Reduce the proportion of people with disabilities who:

- report **physical or program barriers to local health and wellness programs**
 - encounter **barriers to participating in home, school, work, or community activities**.
 - report **barriers to obtaining the assistive devices, service animals, technology services, and accessible technologies that they need**.
 - Are living in congregate care residences.
- Increase the proportion of newly constructed and retrofitted U.S. homes and residential buildings that are accessible.

Activities and Participation

Increase the proportion of people with disabilities who

- **participate** in social, spiritual, recreational, community, and civic activities **to the degree that they wish.**
- report sufficient social and emotional support



Activities and Participation

- **Reduce** the proportion of people with disabilities who
 - Are unemployed
 - report serious psychological distress.
 - experience nonfatal unintentional injuries that require medical care.

State Resources

- Ohio Department of Health
- Department of Developmental Disabilities
- Emergency preparedness for special needs populations
- Department of Mental Health
- Department on Aging

Greene County Initiatives

- Greene CATS
- Rob's Rescue
- Owen's Place



ROB'S RESCUE
facilitating special needs
emergency transportation
and care

Defining disability

Difficulties in measuring

- it is an interaction between medical status and the environment.
- Different definitions
- Impact on assessment and outcomes
 - CCS research
- Surveillance

Definitions

BRFSS

- Are you limited in any way in any activities because of physical, mental, or emotional problems?
- Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?"

<http://www.cdc.gov/nchs/brfss/brfss2008/questionnaires/brfss2008a.htm>



Making HP Programs Inclusive

- Messages
- Instruction and Materials
- Equipment and

"People First" Language

Language to Avoid	People first language
• The disabled	• Person with a disability
• He is autistic	
• She is wheelchair bound	
• The blind	
• The hearing impaired	
• He has a learning disability	
• He is a midget / little person	

Messages

- "People-first" language
- Photos and artwork
- Language in materials
- Tailor to audience
- Recruitment strategies
- Include age and specific disability status in surveys and assessments



The Basics: Instruction

- Speak directly with the person with the disability
- Give verbal cues when talking
- Ask about accommodations
- Relate to persons with a disability in a manner of respect



Instruction & Materials

- Consider health literacy
- Consider alternative formats:
 - double-spaced, 16 point font, avoid italics
 - key words with photos
- Print: Large visual aids, contrast
- Offer or promote audio tapes
- Consider teaching examples

Equipment

- Larger or lighter activity equipment
- Smaller spaces, fewer actions
- Health care equipment that allows for universal access

Space

- American Disabilities Act – Standards for Accessible Design
- Floor spaces free of barriers
- Seating up front
- Lighting
- Noise
- Include mobility assistance equipment as part of personal space

Other

- Transportation
 - Availability
 - Impact on program times or sequence
- Caregiver accommodations
- Caregiver programs



Contact information

- **Shari Martin, LSW, MPH**
Greene County Combined Health District
smmartin@gcchd.org
937-372-5664
- **Marietta Orlowski, PhD**
Wright State University, Master of Public Health Program
Marietta.orkowski@wright.edu
937-258-5551
