

Residential Status of Adults with Intellectual and Developmental Disabilities (IDD)

Compared to adults with IDD nationally, adults with IDD in New Hampshire (NH) are more likely to live in a rural area. They are more likely to live in their own home, with family, or in a foster home (versus institutions or group homes).

4 in 10
live in a rural
area in NH



7 in 10
live on their own,
with family, or in a
foster home in NH



compared to
3 in 10
nationally



compared to
4 in 10
nationally

Health Indicators for Adults with IDD in NH

In NH, many adults with IDD need support to get preventive health care and engage in healthy behaviors. Preventive health care includes regular visits with a provider to screen for health issues and share health information.

3 in 10



self-report their
health as fair or poor

1 in 10



are current smokers

4 in 10

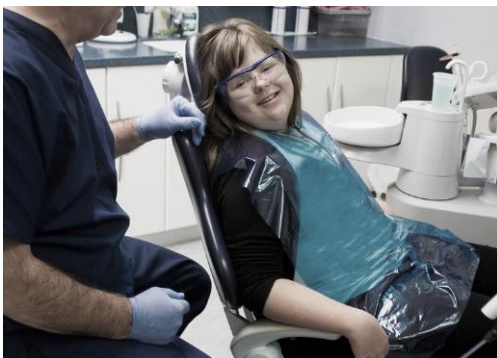


are obese

1 in 10

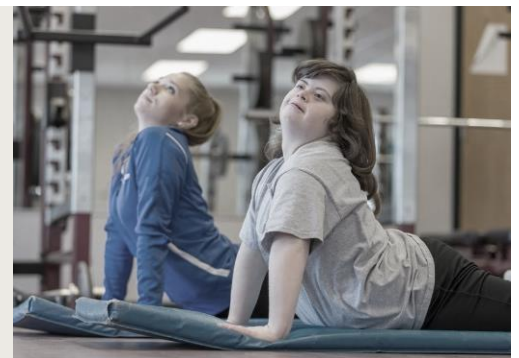


report no physical
activity



“Disability doesn’t have to equal poor health. Staying healthy is a challenge for everyone! The key to good health is access and good support.”

- Kathy, a NH resident with a disability



Preventive Health Care Needs of Adults with IDD in NH

Compared to adults with IDD nationally, adults with IDD in NH are less likely to get some health screenings:

3 in 10
have not seen a
dentist in
1 year or more



compared to
2 in 10
nationally

5 in 10
have not had a
vision test in
1 year or more



compared to
4 in 10
nationally

6 in 10
have not had a
hearing test in
5 years or more

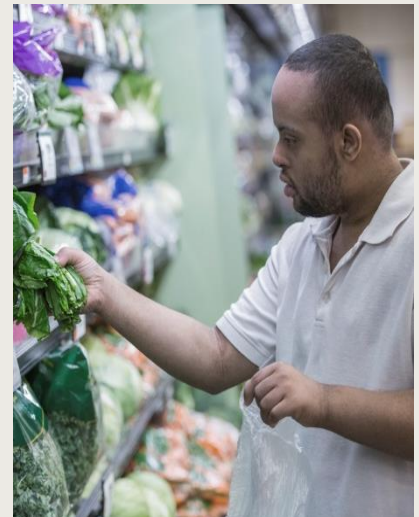


compared to
4 in 10
nationally

There are many strategies for health care providers, public health professionals, caregivers, and adults with IDD themselves that can help improve access to preventive health care.

Strategies to Improve Preventive Health Care for Adults with IDD:

- **Focus** health promotion and preventive health efforts in the community to reach adults with IDD where they live and help close gaps in care;
- **Educate** people with IDD and caregivers about the importance of preventive health care and healthy behaviors;
- **Adapt** physical activity and nutrition programs to make sure they are inclusive of people with different disabilities. The [National Center on Health, Physical Activity, and Disability](#) has many resources;
- **Recruit** people with disabilities into existing health programs by partnering with local organizations such as the [NH Council on Developmental Disabilities](#), [New Hampshire Family Voices](#), and [Granite State Independent Living](#);
- **Use** plain language, graphics, and large print for appointment reminders, vaccine notifications, and other health promotion materials;
- **Contact** the [NH Disability & Public Health Project](#) with questions or for technical assistance.



Data sources: 2017 National Core Indicators Adult Survey; [From Where I Sit](#) UNH Institute on Disability blog

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