

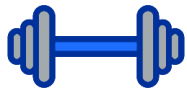
6 in 10 NH adults with mobility disabilities report their health as fair or poor. Access to health promotion programs and preventive health care is needed to improve their health.

“It is hard to get a doctor to listen and not just assume I’m in pain because I have a chronic condition and disability... Preventive care could be made better by expanding access.”

- Ansley, NH resident with a mobility disability



Half (5 in 10) are obese



Half (5 in 10) report no physical activity



“I think preventive health care is important, [but] sometimes I think that doctors don’t know what to do with me.”

- Caitlin, NH resident with a mobility disability



1 in 10 have not seen a primary care provider in 1 year or more



Half (5 in 10) have not had a flu vaccine in the last year

Strategies to Improve Preventive Health for NH Adults with Mobility Disabilities:

- **Assess** health promotion sites for [physical accessibility](#), listen to patients’ concerns, and make necessary changes;
- **Adapt** physical activity and nutrition programs to make sure they are accessible for people with mobility disabilities;
- **Educate** people with mobility disabilities about the importance of preventive health care and healthy behaviors;
- **Recruit** people with mobility disabilities into existing health programs by partnering with local organizations;
- **Contact** the [NH Disability & Public Health Project](#) with questions or for technical assistance.



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Data source: 2019 Behavioral Risk Factor Surveillance System

Alternative formats are available on request.