

The Health and Wellness Needs of New Hampshire Adults with Intellectual and Developmental Disabilities 2022

New Hampshire Disability and Health Program



Institute on Disability/UCED



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Introduction

This needs assessment looks at a variety of health indicators of adults with Intellectual and Developmental disabilities (IDD) in New Hampshire (NH). Findings from this assessment will be used to inform the strategies of the NH Disability and Health Program (DHP) to fill gaps and address barriers to preventive health care, health promotion opportunities, and engagement in healthy behaviors.

DHP improves the health of adults with disabilities in New Hampshire by using evidence-based strategies to:

- identify and address community needs
- link adults with IDD to preventive health care and health programs;
- train healthcare providers;
- promote policy, system, and environmental changes; and
- share key findings and lessons learned.

The findings in this document come from the authors' analyses of the NH National Core Indicators In-Person Survey (pooled data from year 2018-2019). National Core Indicators surveyed adults with IDD ages 18 and older who received paid services (beyond case management) from the New Hampshire Bureau of Developmental Services.

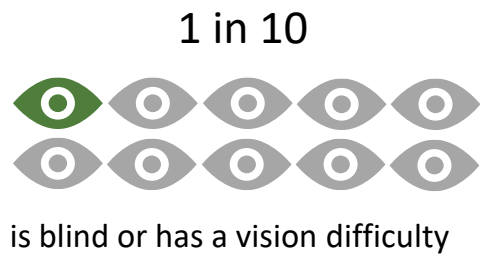
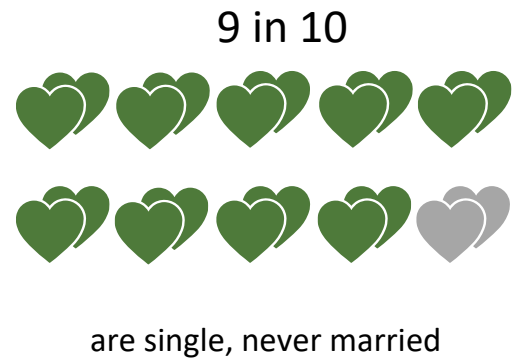
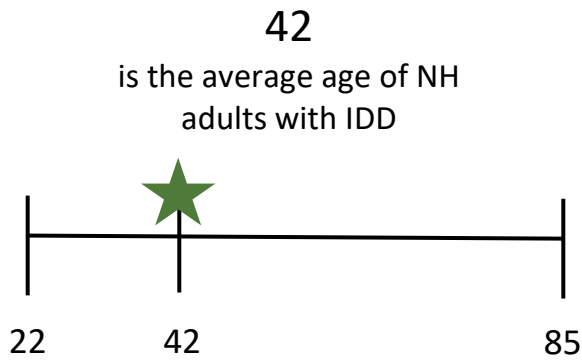
Qualitative data appear throughout this report. We are grateful to the individuals who have shared their stories with us and given us permission to use quotes that bring the statistics to life and illustrate impact. Other sources of qualitative data used here include blog posts, articles, and legislative testimony written and shared by self-advocates.

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Disability Demographics

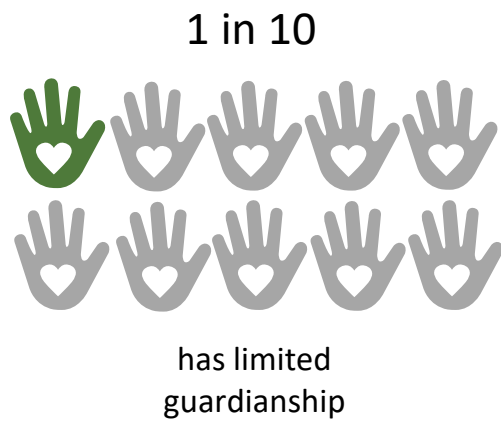
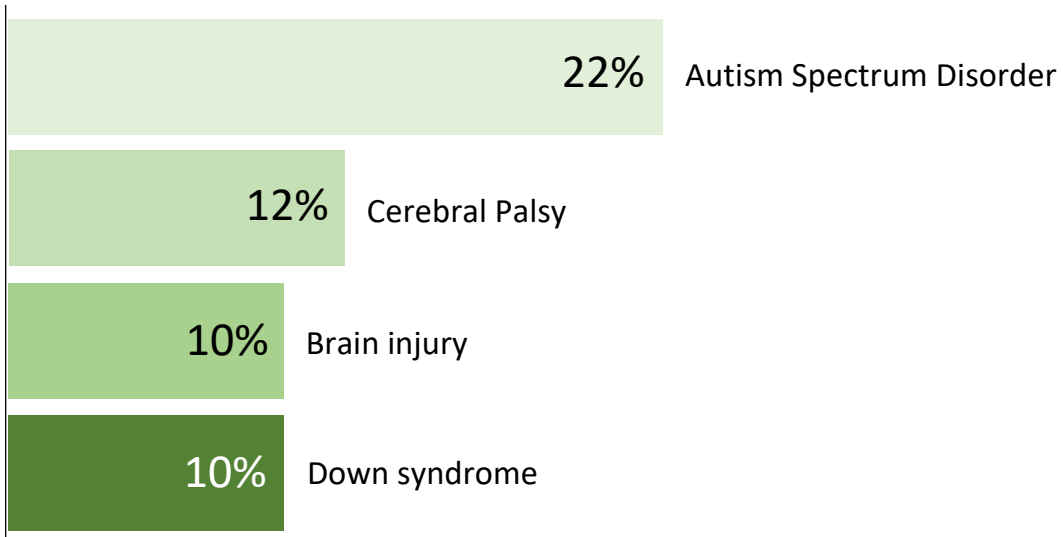
Among New Hampshire (NH) adults with intellectual and developmental disabilities (IDD) receiving state services...



Among NH adults with IDD receiving state services:

- The age range is 22 to 85 years; the average age is 42
- 9 in 10 are single, never married
- 1 in 10 is blind or has a serious vision difficulty
- 1 in 5 has a mobility disability

Most common diagnoses:



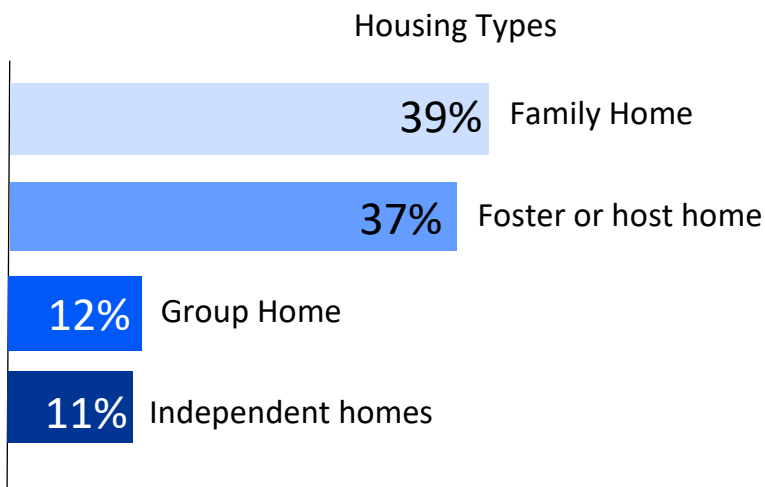
Among NH adults with IDD receiving state services:

- 2 in 10 have Autism Spectrum Disorder
- 1 in 10 has Cerebral Palsy
- 1 in 10 has a brain injury
- 1 in 10 has Down Syndrome
- 1 in 10 has limited guardianship
- 6 in 10 have a full guardian



Social Determinants of Health

Inequities in social determinants of health lead to disparities in access to health care and create barriers to healthy behaviors. **Among NH adults with IDD receiving state services...**



"I live an ordinary life in most ways except one: I am a thirty-year-old, employed, adult woman who is basically expected to live with my mother forever,"

- Katie

1 in 2



chose or had some input in choosing where they live

2 in 5



live in rural communities

Among NH adults with IDD receiving state services:

- 1 in 2 chose or had some input in choosing where they live
- 2 out of 5 live in rural communities
- 4 in 10 live in family homes
- 4 in 10 live in foster or host homes
- 1 in 10 lives in group homes
- 1 in 10 lives in independent homes or apartments

Employment and Volunteer Work

Among NH adults with IDD receiving state services...

2 in 5



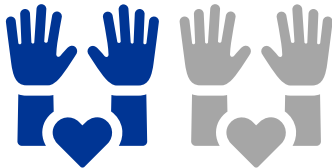
have a paid job in the community

1 in 3



has a job without publicly
funded supports

1 in 2



does volunteer work

“[My job] solidifies my position in the community, it gives me a sense of purpose and an income.”

- John

“In the winter, [my employer] pays for a taxi so I can get to work. In the spring and summer, I walk to work.”

- Roberta

“The job has to be on the bus route. I don’t want to be seen as lazy, and I want to be seen as a good employee so I have to be able to get there.”

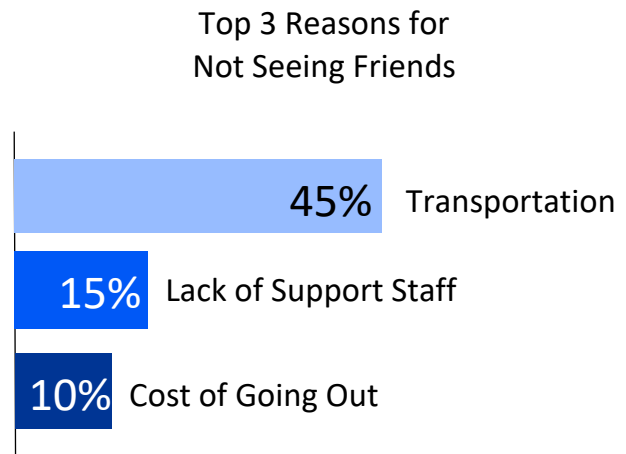
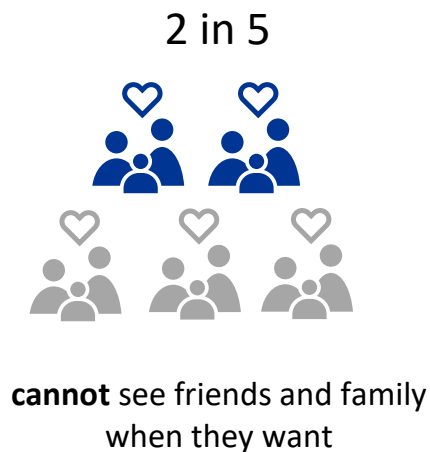
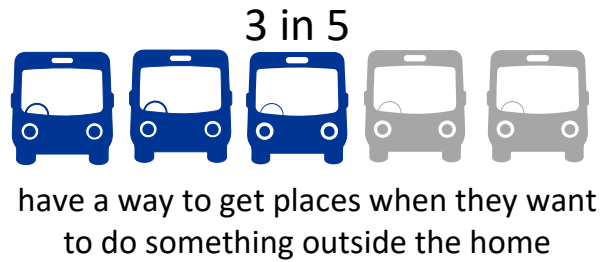
- Shelley

Among NH adults with IDD receiving state services:

- 2 in 5 have a paid job in the community
- 1 in 3 of those who are working has a job without publicly funded supports
- 1 in 2 does volunteer work

Transportation and Social Life

Among NH adults with IDD receiving state services...

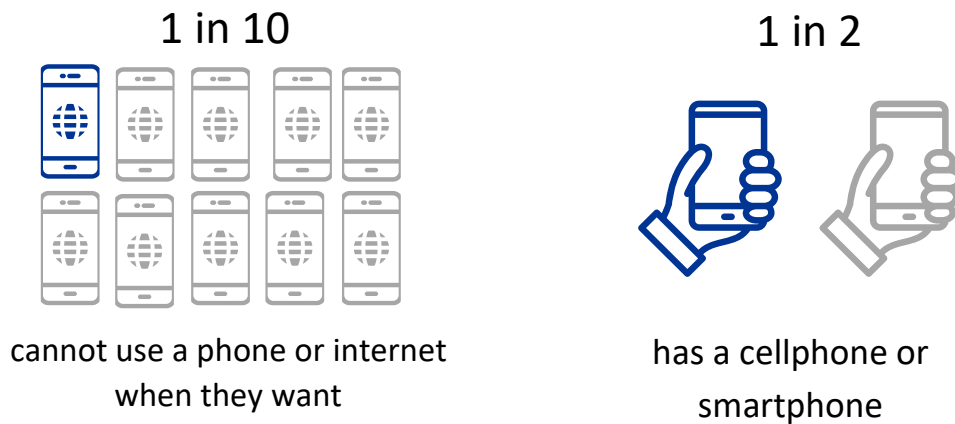


Among NH adults with IDD receiving state services:

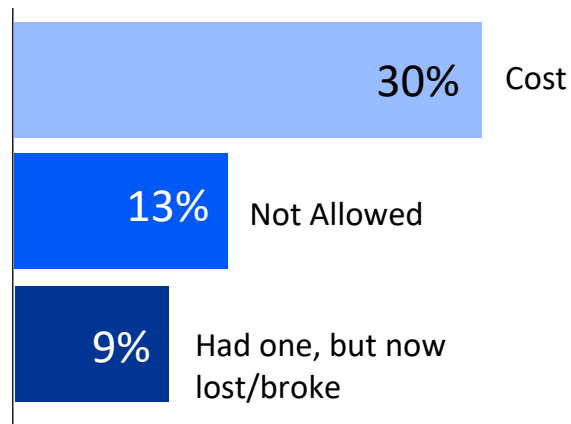
- 7 in 10 can go out and do things in their community
- 2 in 5 cannot see friends and family when they want
- Top reasons for not seeing friends: transportation (45%), lack of support staff (15%), and cost of going out (10%)
- 3 in 5 have a way to get places when they want to something outside the home

Internet and Cell Phone Use

Among NH adults with IDD receiving state services...



Reasons for No Cellphone/Smartphone



Among NH adults with IDD receiving state services:

- 1 in 10 cannot use a phone or the internet when they want
- 1 in 2 has a cellphone or smartphone
- Of those without a cellphone or smartphone, 1 in 2 wants one
- Top reasons for not having a cellphone or smartphone; had one, but now lost/broke (9%), not allowed (13%), and cost (30%)



Access to Healthcare

NH adults with IDD often face challenges getting accessible and affordable care. **Among NH adults with IDD receiving state services...**

9 in 10



had a check-up in
the past year

3 in 10



had a hearing test in
the past 5 years

4 in 10



had an eye exam or vision
screening in the past year

7 in 10



had a dental exam in
past year

Among NH adults with IDD receiving state services:

- 9 in 10 had a check-up in the past year
- 4 in 10 had an eye exam or vision screening in the past year
- 3 in 10 had a hearing test in the past 5 years
- 7 in 10 had a dental exam in the past year

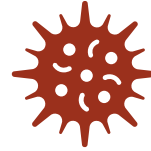
Among NH adults with IDD receiving state services...

7 in 10



had a flu shot in the past year

7 in 10



adults 50+ had a colon cancer screening

4 in 10



women 21+ had a Pap test in the past 3 years

6 in 10



women 40+ had a mammogram in the past 2 years

Among NH adults with IDD receiving state services:

- 7 in 10 had a flu shot in the past year
- 4 in 10 adults 50 years and older had a colon cancer screening
- 4 in 10 women 21 years and older had a Pap test in the past 3 years
- 6 in 10 women 40 years and older had a mammogram in the past year

“I never met a woman who thinks having a mammogram is fun... I have cerebral palsy, which means my muscles are really tight... I have difficulties with movement and balance, and... when I’m asked to sit still, I try really hard, but it often causes involuntary movements of my neck and then they have to start all over again with positioning and taking the picture.”

- Kathy



Healthy Behaviors

Easy access to nutritious food and inclusive health promotion programs can improve opportunities for NH adults with disabilities to engage in healthy behaviors. **Among NH adults with IDD receiving state services...**

5 in 10



do muscle strengthening at least once a week

9 in 10



exercise at least once a week for 10 minutes or more

1 in 10



uses nicotine or tobacco

“I would participate in a healthy lifestyle class but I would like a personal-trainer that new something about my disability.”

- Maureen

“I participate on a swim team for the Special Olympics every Sunday night. I would love to be able to go to the gym more often but I don’t always have someone to assist me.”

- Doug

Among NH adults with IDD receiving state services:

- 5 in 10 do muscle strengthening at least once a week
- 9 in 10 exercise at least once a week for 10 minutes or more
- 1 in 10 uses nicotine or tobacco



Health Outcomes

Addressing the social determinants of health, inequal access to health care, and disparities in achieving healthy behaviors can improve health outcomes among adults with disabilities. **Among NH adults with IDD receiving state services...**

5 in 10



are obese

1 in 10



has diabetes

1 in 10



has cardiovascular disease

2 in 10



have high blood pressure

2 in 10



have high cholesterol

1 in 10



has sleep apnea

Among NH adults with IDD receiving state services:

- 5 in 10 are obese
- 1 in 10 has diabetes
- 1 in 10 has cardiovascular disease
- 2 in 10 have high blood pressure
- 2 in 10 have high cholesterol
- 1 in 10 has sleep apnea

“Any time I need preventative oral health care services I usually can’t afford the high out of pocket costs. Other people with developmental disabilities can’t afford high dental costs and can barely live within their means.”

- Kelly

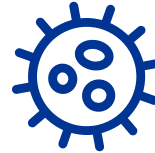
Among NH adults with IDD receiving state services...

1 in 10



has oral health problems

1 in 10



has had cancer

4 in 10



have an anxiety disorder

3 in 10



have a mood disorder

2 in 10



have another mental illness or
psychiatric diagnosis

3 in 10



have behavioral changes

Among NH adults with IDD receiving state services:

- 1 in 10 has oral health problems
- 1 in 10 has had cancer
- 4 in 10 have an anxiety disorder
- 3 in 10 have a mood disorder
- 2 in 10 have another mental illness or psychiatric diagnosis
- 3 in 10 have behavioral changes



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