

## Better Health Care Access Needed for NH Adults with Disabilities

2020 New Hampshire Disability & Public Health Report

### Disability Prevalence

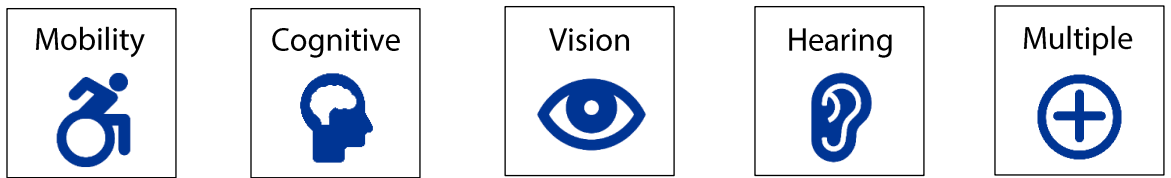
In New Hampshire (NH), nearly **1 in 4** adults ages 18 and older have a disability.



Of these adults with disabilities, **2 in 5** have multiple disabilities.



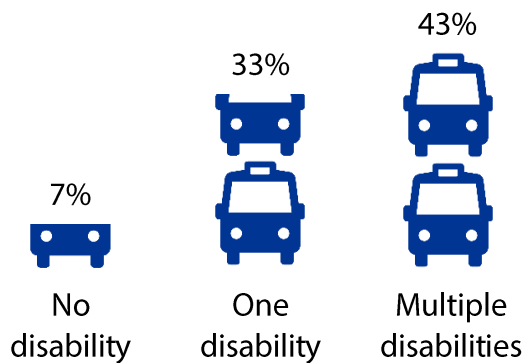
Disability types include:



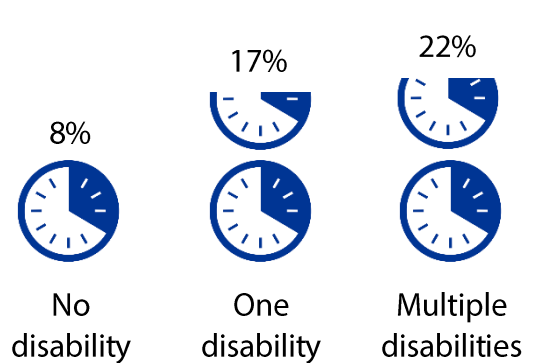
### Health Care Access

NH adults with disabilities have more difficulty accessing health care than adults without disabilities. Access is most difficult for adults with multiple disabilities.

#### Delay care due to no transportation



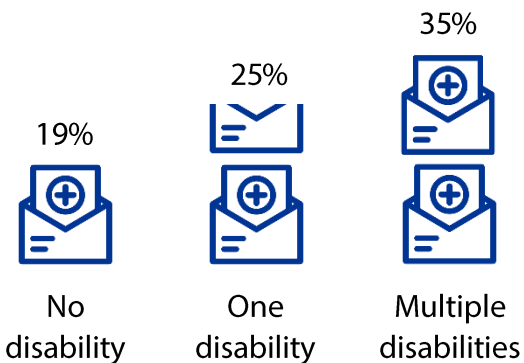
#### Delay care due to cost



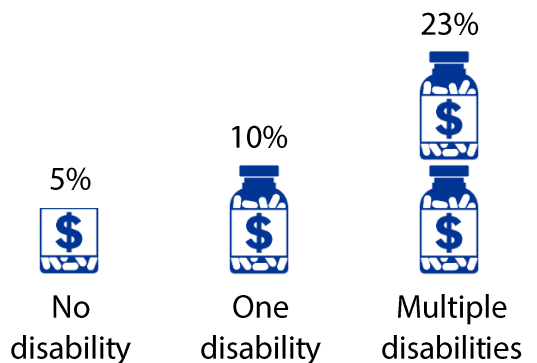
"We have to be on time for the bus companies. We also have to be on time for our appointments, but the doctors can run behind all the time."

*Michelle – NH resident with a disability*

#### Have unpaid medical bills



#### Can't fill prescriptions due to cost



## Factors Related to Health Equity

“When I needed to get my insurance through the marketplace... it was very complicated to prove I qualified for the discount or the sliding scale. I did that for 2 years, but I am now insured by my employer and it is a lot easier.”

*Katie – NH resident with a disability*

Access to health care is important for adults with multiple disabilities because they experience many health disparities compared to adults without disabilities.

NH adults with multiple disabilities are...

3 times  
less likely



to get their primary medical insurance through an employer

3.5 times  
less likely



to be employed for wages or to be self-employed

10 times  
more likely



to have an annual household income less than \$15,000

In addition to these social factors, NH adults with multiple disabilities are...

15 times more likely



to report their health as fair or poor

2.5 times more likely



to be a current smoker

1.5 times less likely



to have exercised in the past 30 days

### Strategies to Improve Health Care Access for all NH Adults with Disabilities:

- Partner with disability organizations to develop inclusive healthcare policies and procedures.
- Be flexible with scheduling, rescheduling, and late arrivals to help with transportation barriers.
- Offer an income-based sliding fee schedule.
- Stay up-to-date on the most affordable medication options to prescribe when needed.
- Contact the [NH Disability & Public Health Project](#) (DPH) with questions or for technical assistance.

“It’s essential that people with disabilities be involved in the creation of policies and have an equal standing in those committees.”

*Mary – adult with a disability*



Quote and image retrieved from <https://dredf.org/healthcare-stories/>

This report used data from the 2018 New Hampshire Behavioral Risk Factor Surveillance System (BRFSS). We defined disability using questions about walking, cognition, hearing, vision, self-care, and independent living.

BRFSS data is available on the CDC website via the Disability and Health Data System: <https://www.cdc.gov/ncbddd/disabilityandhealth/dhds/index.html>

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