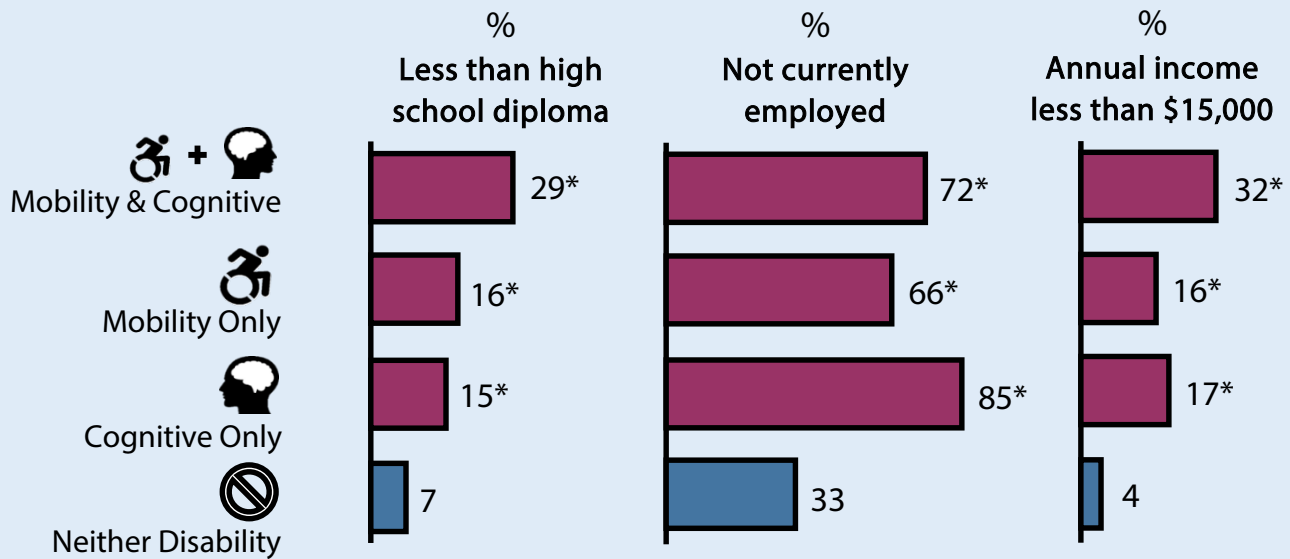


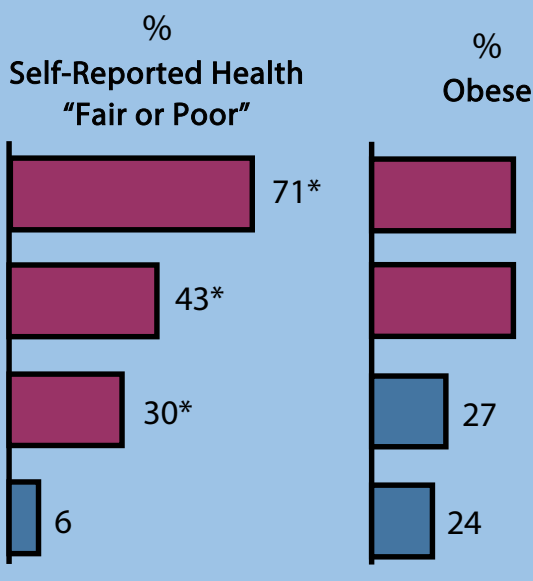
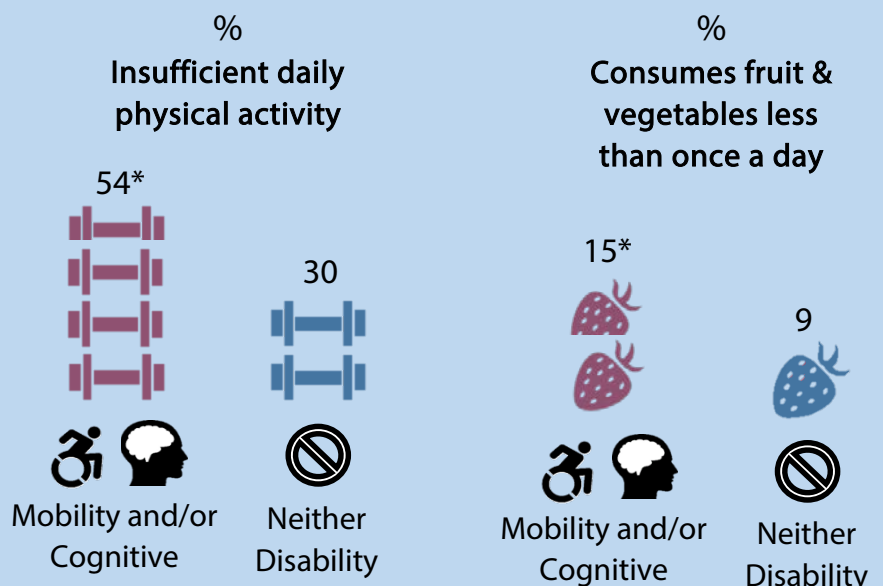
Social Determinants of Health

An individual's socio-economic environment, such as educational attainment, employment status, and income, strongly affects health behaviors and health outcomes. NH adults with mobility and/or cognitive limitations have lower educational attainment, lower annual incomes, and are less likely to be employed.



Health Behaviors

NH adults with mobility and/or cognitive limitations experience differences in healthy lifestyle behaviors and are less likely to meet daily recommendations for physical activity and less likely to eat fruits and vegetables.



Health Outcomes

NH adults with mobility and/or cognitive limitations are more likely to self-report their health as "fair or poor." Also, NH adults with mobility limitations are more likely to be obese.

*Asterisks indicate a statistically significant difference compared to "Neither Disability."



Policy Options to Address Health Disparities between NH Adults with and without Mobility and/or Cognitive Limitations:

- **Encourage** healthy eating by providing nutrition education and information in multiple formats, including simple language, high contrast, graphics, and large print
- **Promote** active lifestyles through inclusive policies and accessible recreation spaces
- Actively **recruit** and **include** people with disabilities in mainstream health promotion programs
- **Strategize** information dissemination to target and include disability communities
- **Ensure** access to high-quality, affordable health care
- **Create** more accessible education and employment opportunities

The data presented in this report come from the 2015 Behavioral Risk Factor Surveillance System (BRFSS). In the BRFSS, mobility and cognitive limitations are defined by two questions:

1. Do you have serious difficulty walking or climbing stairs? (“Mobility”); and
2. Because of a physical, mental, or emotional condition, do you have serious difficulty concentrating, remembering, or making decisions? (“Cognitive”)

From these questions, mutually exclusive disability categories were produced:





-  Mobility only (reports a mobility but not a cognitive limitation)
-  Cognitive only (reports a cognitive but not a mobility limitation)
-  Mobility & cognitive (reports both cognitive and mobility limitations)
-  Neither disability (reports neither cognitive nor mobility limitations but may experience other disabilities)

Table 1. Prevalence of Mobility and/or Cognitive Limitations among NH Adults 18 and Older

	n (weighted n)	Percent	95% CI
Mobility only	797 (42,731)	7.5	6.8 – 8.3
Cognitive only	339 (50,021)	5.4	4.6 – 6.2
Mobility & Cognitive	265 (27,289)	3.3	2.7 – 3.9
Neither disability	5,621 (719,245)	83.9	82.7 – 85.0

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