






Prevalence of Disabilities among NH Adults (ages 18 and older)

1 in 5
NH adults has a disability



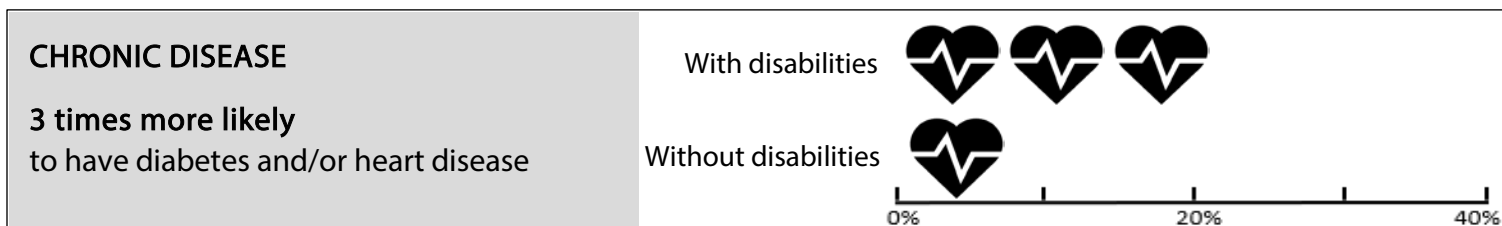
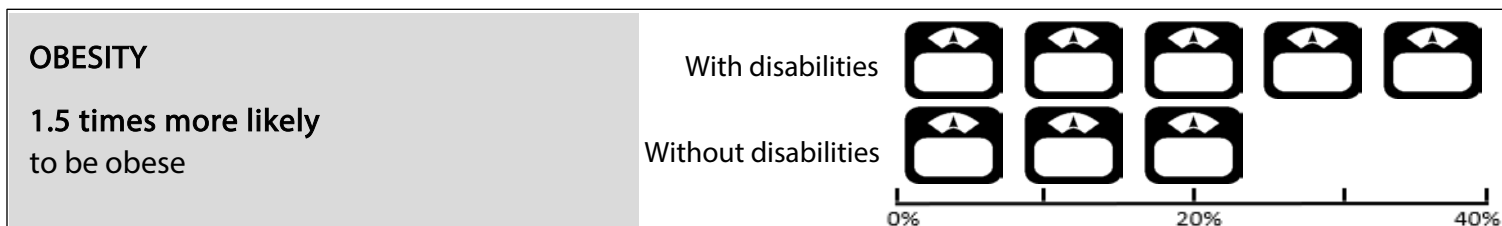
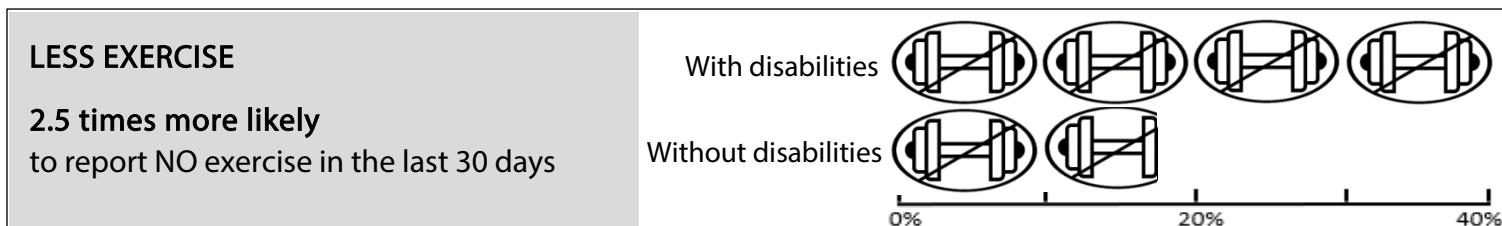
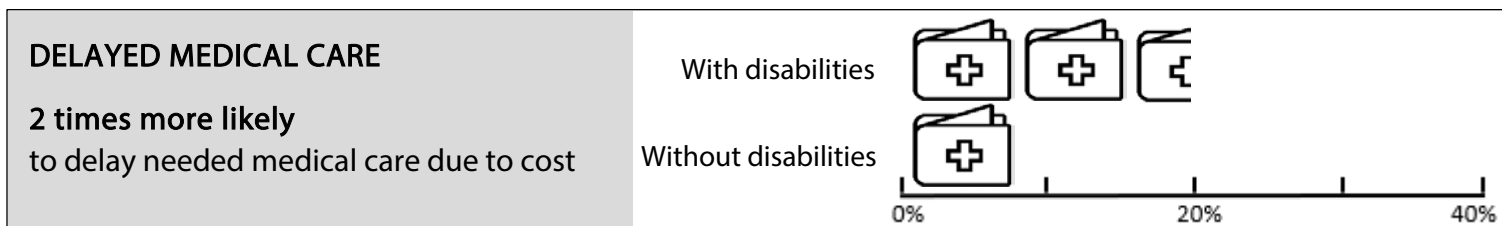
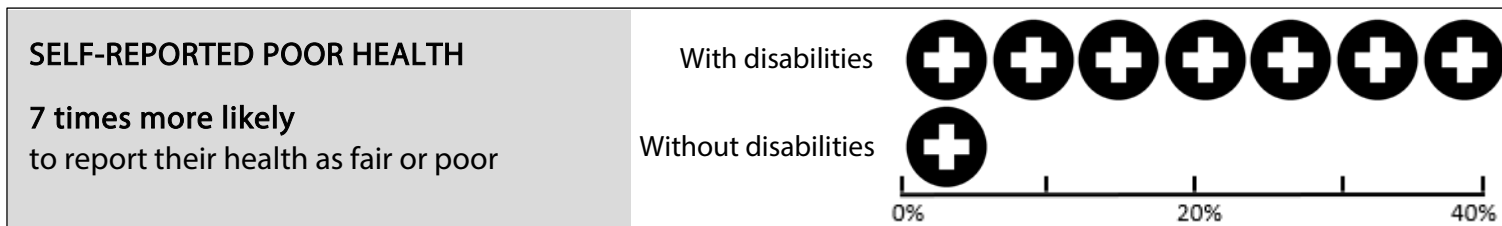
In other words, disability affects more than 237,000 NH residents

- Including these disability types:
- Mobility disability 
 - Cognitive disability 
 - Hearing disability 
 - Vision disability 



Health Indicators

Compared to adults without disabilities, NH adults with disabilities are...



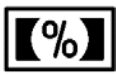
New Hampshire Disability & Public Health Project

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Social Determinants of Health

Compared to adults without disabilities, NH adults with disabilities are...



5 times more likely
to have a yearly household
income below \$15,000



3 times more likely
not to have completed
high school



2 times more likely
not to be employed for
wages or self-employed

"I get \$115 in food stamps per month, so that helps buy nutritious foods. But in the winter time I need a lot of help buying groceries. I also eat a lot more comfort food in the winter. I would like to learn about reading labels and nutrition information, as it relates to my disability."

Shelley, Dover NH

Strategies to Improve the Health of NH Adults with Disabilities:

- **Promote** health programs through organizations known to reach disability communities.
- **Partner** with disability organizations to actively recruit and include people with disabilities in efforts to improve public health.
- **Develop** health education materials with plain language and easy-to-understand images.
- **Consider** the intersection of disability and other health equity populations.
- **Invest** in systems that can improve the social determinants of health for all NH residents.
- **Contact** the NH Disability & Public Health Project (DPH) with questions or for technical assistance.

This report used pooled data from the 2015-2016 New Hampshire Behavioral Risk Factor Surveillance System (BRFSS). We defined disability using questions about walking, cognition, hearing, and vision.

BRFSS data is available on the CDC website via the Disability and Health Data System:

<https://www.cdc.gov/ncbddd/disabilityandhealth/dhds/index.html>

The NH Disability & Public Health Project (DPH) is funded by U.S. Centers for Disease Control and Prevention (CDC) cooperative agreement number DD000007. DPH is a collaboration between the Institute on Disability at the University of New Hampshire and the NH Division of Public Health Services. The contents of this report are the responsibility of DPH and do not necessarily represent the views of the CDC or the U.S. Department of Health and Human Services.