NH Adults with Mobility & Cognitive Disabilities

Prevalence of Mobility and/or Cognitive Disabilities among NH Adults 18 and Older

- Has mobility but not cognitive disability
- Has cognitive but not mobility disability
- Has cognitive and mobility disabilities

15% of NH adults ages 18 to 64 have a mobility and/or cognitive disability
24% of NH adults ages 65 and up have a mobility and/or cognitive disability

- Mobility and cognitive disabilities affect about 125,000 adults ages 18 to 64 and about 55,000 older adults (ages 65 and up) in NH.
- To avoid missing a large part of the NH population, public health programs can work to be inclusive, visible, and accessible to people with disabilities. Use the strategies shared on this page.

Social Determinants of Health

NH adults with disabilities have fewer opportunities for education, lower household incomes, and less health insurance coverage than adults without disabilities.

18% of NH adults with mobility and/or cognitive disabilities (ages 18 to 64) have not completed high school, compared to 6% of adults without disabilities
23% of NH adults with mobility and/or cognitive disabilities (ages 18 to 64) have household income less than $15,000 per year, compared to 4% of adults without disabilities
15% of NH adults with mobility and/or cognitive disabilities (ages 18 to 64) have no health insurance, compared to 11% of adults without disabilities

Strategies to Improve Public Health for NH Adults with Disabilities:

- **Promote** programs through organizations and locations known to reach disability communities.
- **Partner** with disability organizations to actively recruit and include people with disabilities.
- **Develop** health promotion materials that use plain language and easy-to-understand images.
- **Invest** in systems that can improve the social determinants of health for all NH residents.
- **Consider** the intersection of disability and other health equity populations. For example, the prevalence of disability is higher among racial and ethnic minorities in NH. (See the next page.)
- **Contact** the NH Disability & Public Health Program (DPH) with questions or for technical assistance.

Available in alternative formats on request
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This report used pooled data from the 2013-2016 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”)

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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