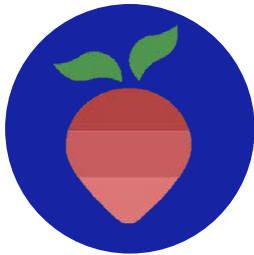


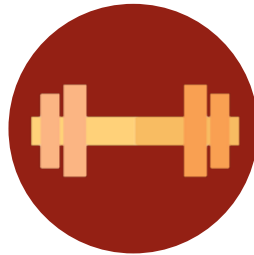
Diabetes Prevention

New Hampshire Adults with Disabilities Need Better Diabetes Prevention Care

Promising diabetes prevention care for adults with disabilities includes accessible and inclusive health promotion, such as:



Healthy eating support and counseling to emphasize how and why to make good food choices



Guidelines and encouragement to engage in regular physical activity



Activation of caregivers and family members to ensure knowledgeable, participatory supports

In New Hampshire, adults with mobility and cognitive limitations are significantly more likely to experience diabetes (26%) than adults with no disability (9%).¹ The disparity in diabetes prevalence results in higher costs to Medicaid programs and poorer health outcomes and quality of life for people with disabilities.²

Several factors contribute to a higher risk of diabetes, including:

- Unhealthy eating habits that result, in part, from uninformed and limited food choices;
- Lack of physical activity due to social, environmental, and behavioral barriers; and
- Lack of knowledge and support to address risk factors for diabetes.²

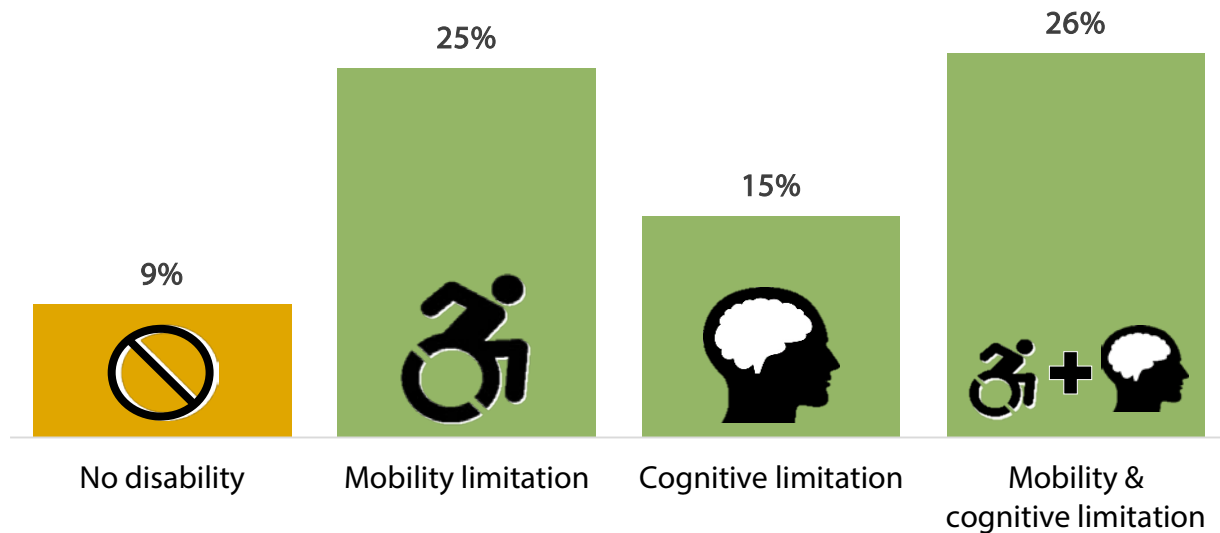
"I eat a lot of microwaved food. Preparing the food is the most difficult. I also need to learn portion control. I'd rather eat junk food than a meal sometimes, my head says no and my mouth says yes. I would need some kind of check list to help me better... I would love to be able to go to the gym more often but I don't always have someone to assist me... I would really like an exercise routine I could do at home."

Doug lives in Dover, NH and has cerebral palsy

References

1. Centers for Disease Control and Prevention. (2015). *Behavioral Risk Factor Surveillance System Survey Data*. Atlanta, Georgia: US Department of Health and Human Services, Centers for Disease Control and Prevention, 2015.
2. Reichard, A., & Stolze, H. (2011). Diabetes Among Adults With Cognitive Limitations Compared to Individuals With No Cognitive Disabilities. *Intellectual and Developmental Disabilities*, 49(3), 141-154.

NH adults (18 and older) with diabetes, by disability type



The NH Disability & Public Health Project (DPH) is working to improve the health and wellness of people with disabilities. Program highlights include:

- Developing educational materials for caregivers and family members of individuals with intellectual disabilities participating in the evidence-based InSHAPE® physical activity and nutrition program; and
- Adapting National Diabetes Prevention Program materials and training program staff to improve accessibility and inclusion of individuals with intellectual disabilities & mobility limitations.

The New Hampshire Disability & Public Health Project (DPH) is a collaboration between the Institute on Disability at the University of New Hampshire and the NH Division of Public Health Services. DPH is funded by cooperative agreement #NU59DD000954-04-00 with the U.S. Centers for Disease Control & Prevention (CDC). This content is the responsibility of DPH and does not necessarily represent the views of CDC.

Institute on Disability/UCED



Alternative formats available on request.

<http://nhdisabilityhealth.org>

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