



2005 Chartbook on Disability in Arkansas

*2005 Arkansas BRFSS
“Behavioral Risk Factor Surveillance System”*

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Forward

The Arkansas Disability and health Program was established through funding from the National Center for Birth Defects and Developmental Disabilities, Center for Disease Control and Prevention. It's offices are located at Partners for Inclusive Communities, a program of the University of Arkansas for Medical Sciences. The primary mission of the program is to conduct surveillance of disability and associated secondary conditions, to promote the health of people with disabilities, and to prevent secondary conditions among people with disabilities.

The current activities of the Arkansas Disability & Health Program are:

- To provide training to healthcare professionals on disability related issues.
- To increase the knowledge and awareness of the emergency preparedness of people with disabilities.
- To provide information on Safety Awareness and Abuse Prevention to women with developmental disabilities.
- To infuse the images of people with disabilities into advertising campaigns that promote health and wellness.
- To conduct research and collect data regarding the health and wellness of Arkansans with disabilities and to develop an annual Chart book on Disabilities in Arkansas.

According to the 2005 Behavioral Risk Factor Surveillance System (BRFSS), 21.5% of Arkansans have a disability and Census (2002) projections for 2025 show that Arkansans may have a 45% increase in our elderly population. In Arkansas, the disability rate for the elderly jumped to 35%. Given these trends, the number of people with a disability in Arkansas will increase dramatically in the coming years. The findings represented in this Chartbook clearly demonstrate the need for a public health focus for people with disabilities. This publication also provides important baseline data for Arkansas' progress towards achievement of Healthy People 2010 objectives.

This Chartbook provides baseline data for monitoring the nature and extent of disability in Arkansas. It may also be useful for state and local planning through the development of intervention strategies for health promotion among persons with disabilities.

Summary of Findings:

Demographic:

Overall, 14% of people in Arkansas have a moderate disability and 8% have a severe disability. Persons with disabilities are more likely to be female, older, have less education, lower income, less likely to be married or living with a partner, and less likely to be working.

Health Status:

Persons with disabilities are more likely to rate their general, physical, and mental health as poor and more likely to say that poor health impacts their daily activities.

Health Care Coverage and Access:

More persons with moderate disability have no health care coverage. Persons with disabilities are more likely to have a personal doctor but are also more likely not to see that doctor due to cost.

Preventive Health Activities:

Persons with disabilities are less likely to exercise, but are more likely to eat 5 fruits and vegetables a day, more are told to lose weight, and more likely to be obese. More persons with disabilities have been given vaccinations, they smoke more, and drink less. However, persons with severe disabilities do less binge drinking. Persons with disabilities are slightly more likely to have been tested for HIV.

Chronic Health Conditions:

Persons with disabilities are more likely to have diabetes, high blood pressure, high cholesterol, asthma, and arthritis, but more have had their blood cholesterol checked.

Cardiovascular Health:

Persons with disabilities are more likely to have had a heart attack, angina, and/or a stroke.

Veterans:

More persons with moderate disabilities are veterans.

Women's Health:

More women with disabilities have had a mammogram and fewer pay for all of the cost of that mammogram. Of those who have had mammogram, women with disabilities are much less likely to have had a mammogram within the past 2 years. Slightly more have had breast cancer, slightly less have ever had a pap smear. Of those women who have had a pap smear, women with disabilities are much less likely to have had a pap smear in the last 3 years. Women with disabilities are more likely to have had a hysterectomy.

An Introduction: Arkansas 2005 BRFSS What is the BRFSS?¹

In the early 1980s, the Centers for Disease Control and Prevention worked with states to develop the Behavioral Risk Factor Surveillance System (BRFSS). The CDC developed a standard core questionnaire for states to use to provide data that could be compared across states. This state-based survey, the first of its kind, collected, analyzed, and published information on the prevalence of risk behaviors among Americans on a variety of health issues. The primary focus of these surveys has been on behaviors that are linked with the leading causes of death—heart disease, cancer, stroke, diabetes, and injury—and other important health issues. These behaviors include:

- Not getting enough physical activity.
- Being overweight.
- Not using seatbelts.
- Using tobacco and alcohol.
- Not getting preventive medical care—mammograms, pap smears, colorectal cancer screening tests, and flu shots

This information is essential for planning, conducting, and evaluating public health programs at the national, state, and local levels. State and local health departments rely heavily on BRFSS data to:

- Determine priority health issues and identify populations at highest risk.
- Develop strategic plans and target prevention programs.
- Monitor the effectiveness of intervention strategies and progress toward prevention goals.
- Educate the public, the health community, and policymakers about disease prevention.
- Support community policies that promote health and prevent disease.

The 2005 BRFSS in Arkansas

During the 2005-year, 5280 randomly selected adults (1936 men and 3344 women) participated in the Arkansas BRFSS telephone survey. Interviews were conducted and supervised by trained telephone research interviewers at Clearwater Research, Inc. The data were then weighted to be representative of the sex and age distribution of Arkansas. ***Unless otherwise noted, percentages and numbers presented in this report use weighted data.***

The percentages presented in this report are rounded to the nearest one decimal point. For example, 65.597% would be 65.6%, while 65.432% would be reported as 65.4%. Due to this rounding, total percentages may add up to 99% or 101%.

¹http://www.cdc.gov/nccdphp/aag/aag_brfss.htm

Defining Disability Status:

In the 2005 BRFSS, the core disability questions consisted of—1. Are you limited in any way in any activities because of physical, mental, or emotional problems? 2. Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?

A disability module was added to the Arkansas state questionnaire. This module consisted of 4 questions asked only of those people who answered yes to either of the above initial disability questions (see Table 2). The additional 4 questions included—

1. What is the farthest distance that you can walk by yourself, without any special equipment or help from others?
2. Because of any impairment or health problem, do you need the help of other people with your personal care needs, such as eating, bathing, dressing, or getting around the house?
3. Because of any impairment or health problem, do you need the help of other persons in handling your routine needs, such as everyday household chores, doing necessary business, shopping, or getting around for other purposes?
4. In the past 30 days, how many days have you not been able to do what you wanted because of physical barriers in your environment like sidewalks, buildings, or houses that are too hard to get around in?

Table 1 below shows the percentage of respondents who were defined as having:

No Disability (answering no to both core questions), Moderate Disability (answering yes to either core question but not needing any additional help and able to walk greater than the length of a house), or Severe Disability (answering yes to either core question and needing additional help or unable to walk more than the length of a house).

Table 1. Disability Status	Yes Number (%)
No Disability	4063 (78.5)
Moderate Disability	698 (13.5)
Severe Disability	412 (8.0)

21.5% of adult Arkansans are living with either a moderate or severe disability. This is 2.5% higher than the 19% rate of disability for the U.S. population reported by the 2000 U.S. Census at www.census.gov/press-release/www/2002/cb02ff11.html .

Table 2. Disability Questions 2005 Arkansas BRFSS*unweighted data

**Yes
Number (%)**

The following two disability screening questions were asked of all respondents (denominator = 5280).

- | | |
|--|-------------|
| 1. Are you limited in any way in any activities because of physical, mental, or emotional problems? | 1294 (24.8) |
| 2. Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone? | 468 (8.9) |

The following four questions were asked only of those respondents who answered yes to either of the above screening questions (denominator = 1380).

- | | |
|---|------------|
| 1. What is the farthest distance that you can walk by yourself, without any special equipment or help from others? | |
| <input type="checkbox"/> Not any distance | 54 (4.1) |
| <input type="checkbox"/> Across a small room | 72 (5.5) |
| <input type="checkbox"/> About the length of a typical house | 187 (14.3) |
| <input type="checkbox"/> About one or two city blocks | 364 (27.9) |
| <input type="checkbox"/> About one mile | 197 (15.1) |
| <input type="checkbox"/> More than one mile | 433 (33.1) |
| 2. Because of any impairment or health problem, do you need the help of others with your personal care needs, such as eating, bathing, dressing, or getting around the house? | 135 (10.1) |
| 3. Because of any impairment or health problem, do you need the help of others in handling your routine needs, such as everyday household chores, doing necessary business, shopping, or getting around for other purposes? | 408 (30.7) |
| 4. In the past 30 days, how many days have you not been able to do what you wanted because of physical barriers in your environment like sidewalks, buildings, or houses that are too hard to get around in? | |
| <input type="checkbox"/> Very satisfied | 427 (32.3) |
| <input type="checkbox"/> Satisfied | 726 (55) |
| <input type="checkbox"/> Dissatisfied | 123 (9.3) |
| <input type="checkbox"/> Very dissatisfied | 44 (3.3) |



Demographics



Table 3. Distribution of Demographic Characteristics

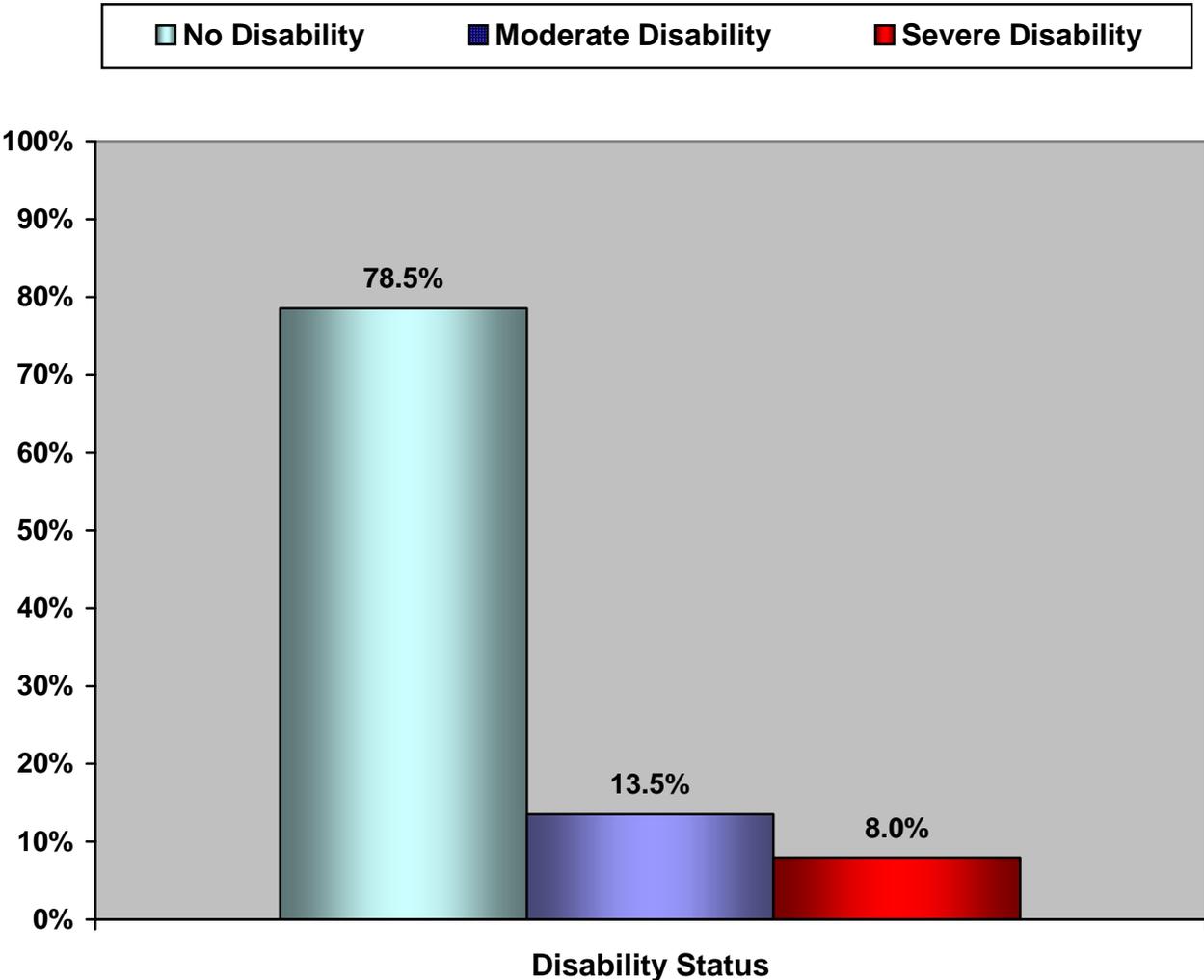
Percent of Total Sample	Demographics	Number	Percent of Those with any Disability
Gender			
48.4%	Male	482	19.3%
51.6%	Female	629	23.5%
Age			
49.5%	18-44	335	13.1%
31.8%	45-64	444	27.1%
18.7%	65 +	326	33.9%
Race			
83.7%	White	939	21.7%
8.1%	Black	91	21.7%
4.7%	Hispanic	32	13.2%
3.4%	Other	48	27.0%
Marital Status			
67.8%	Married or Have Partner	678	19.4%
32.2%	Not Married	429	25.8%
Education			
13.1%	Less than High School	224	33.1%
60.0%	High School Graduate	657	21.2%
27.0%	College Graduate	229	16.5%
Income			
21.3%	< \$20,000	372	39.2%
43.3%	\$20,000-\$50,000	378	19.7%
35.4%	> \$50,000	194	12.3%
Employment			
60.4%	Employed	370	11.9%
4.3%	Out of Work	66	29.7%
7.6%	Homemaker	77	19.6%
3.9%	Student	13	6.7%
16.9%	Retired	285	32.7%
6.9%	Unable to Work	299	83.7%

Disability Rates in Arkansas

Overall Distribution of Disability

In Arkansas, 78.5% of adults have no disability, 13.5% have a moderate disability (endorse having some limitation but do not need outside additional help), and 8% have a severe disability (endorse some limitation and either need outside additional help or cannot walk the length of a house).

Overall Disability Rates in Arkansas

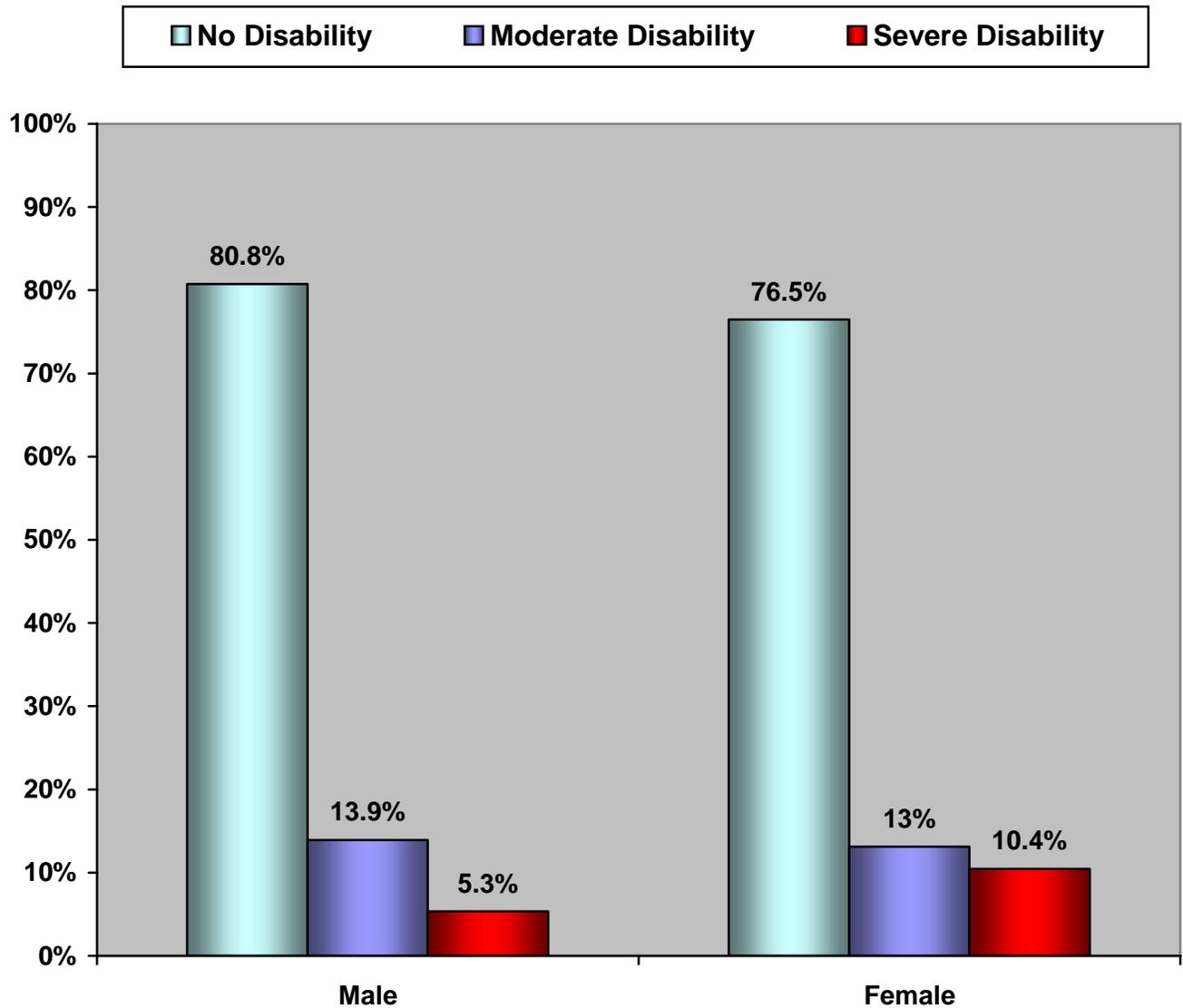


Who Participated in the Survey?

Demographics

Although the gender distribution of those with no disability is comparable, more men have a moderate disability but more women have a severe disability.

Disability by Gender

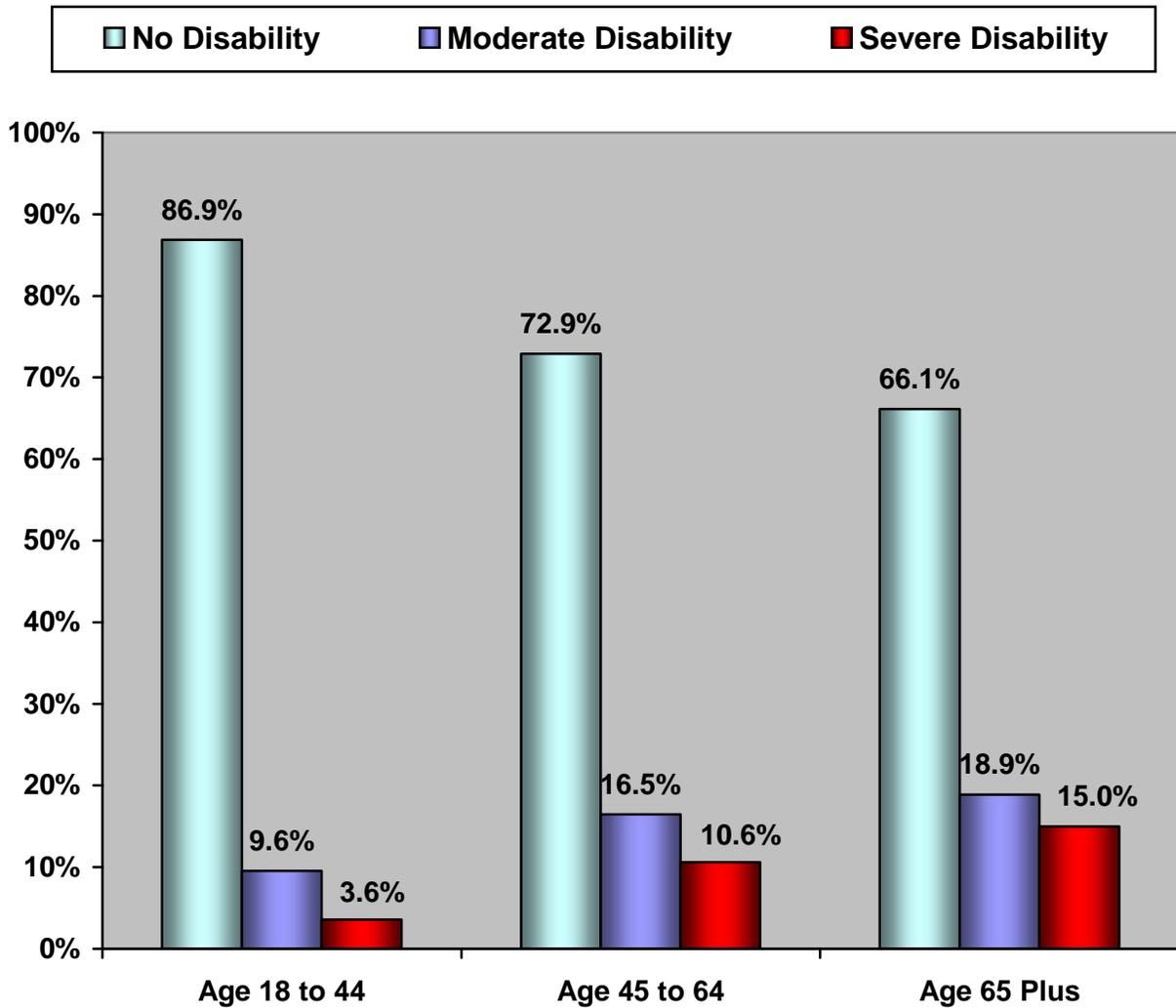


Who Participated in the Survey?

Demographics

Although the majority of all participants have no disability—as age increases rates of disability also increase.

Disability by Age

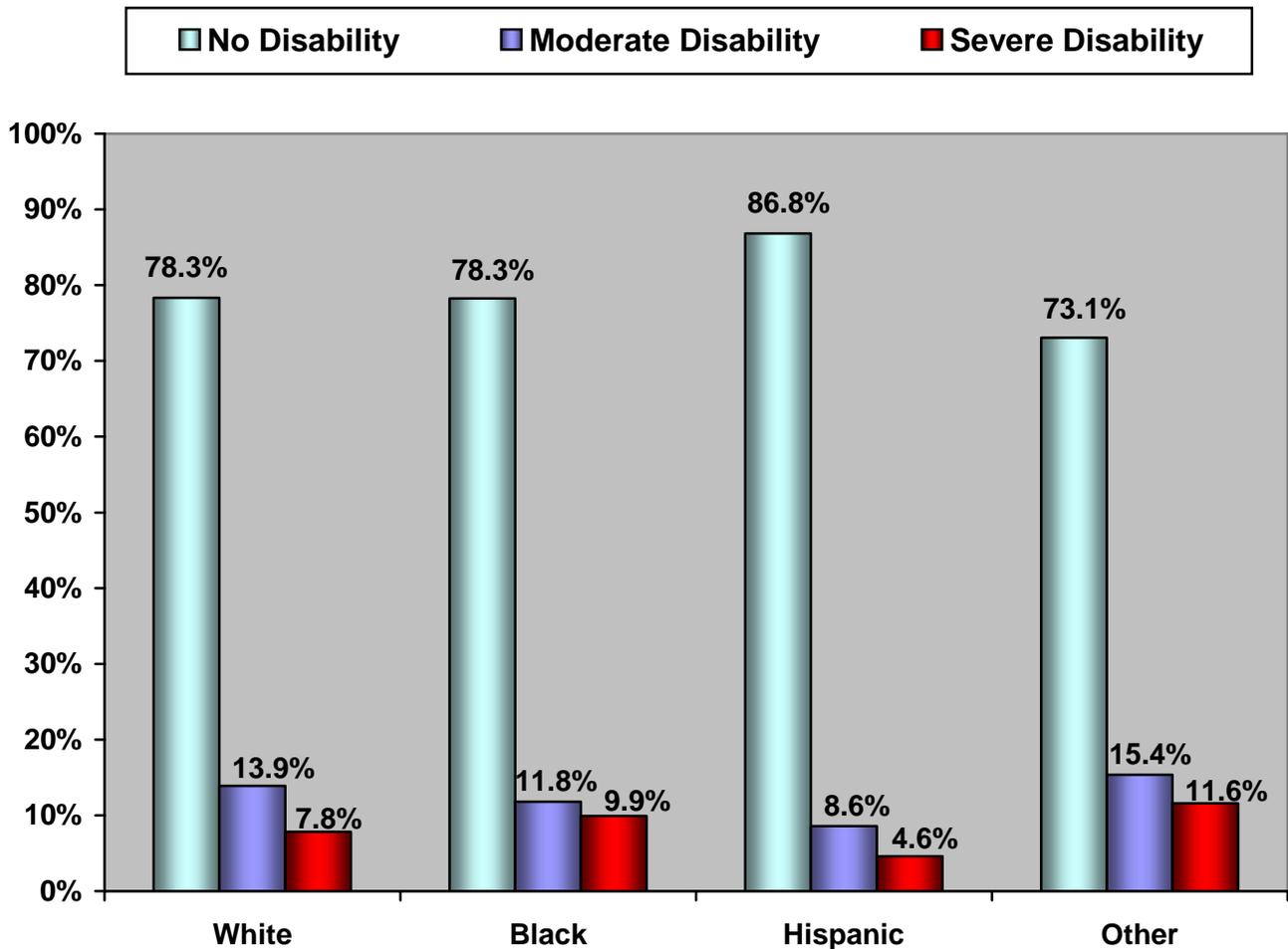


Who Participated in the Survey?

Demographics

Disability status varies by race. Blacks have higher rates of severe disability and whites have higher rates of moderate disability. Hispanics have low rates of severe disability and high rates of moderate disability. Although persons in the "other" race category have the highest rates of disability, both these data and the "Hispanic" data should be viewed carefully due to the small number of people in these categories (see percent of total sample on Table 3).

Disability by Race

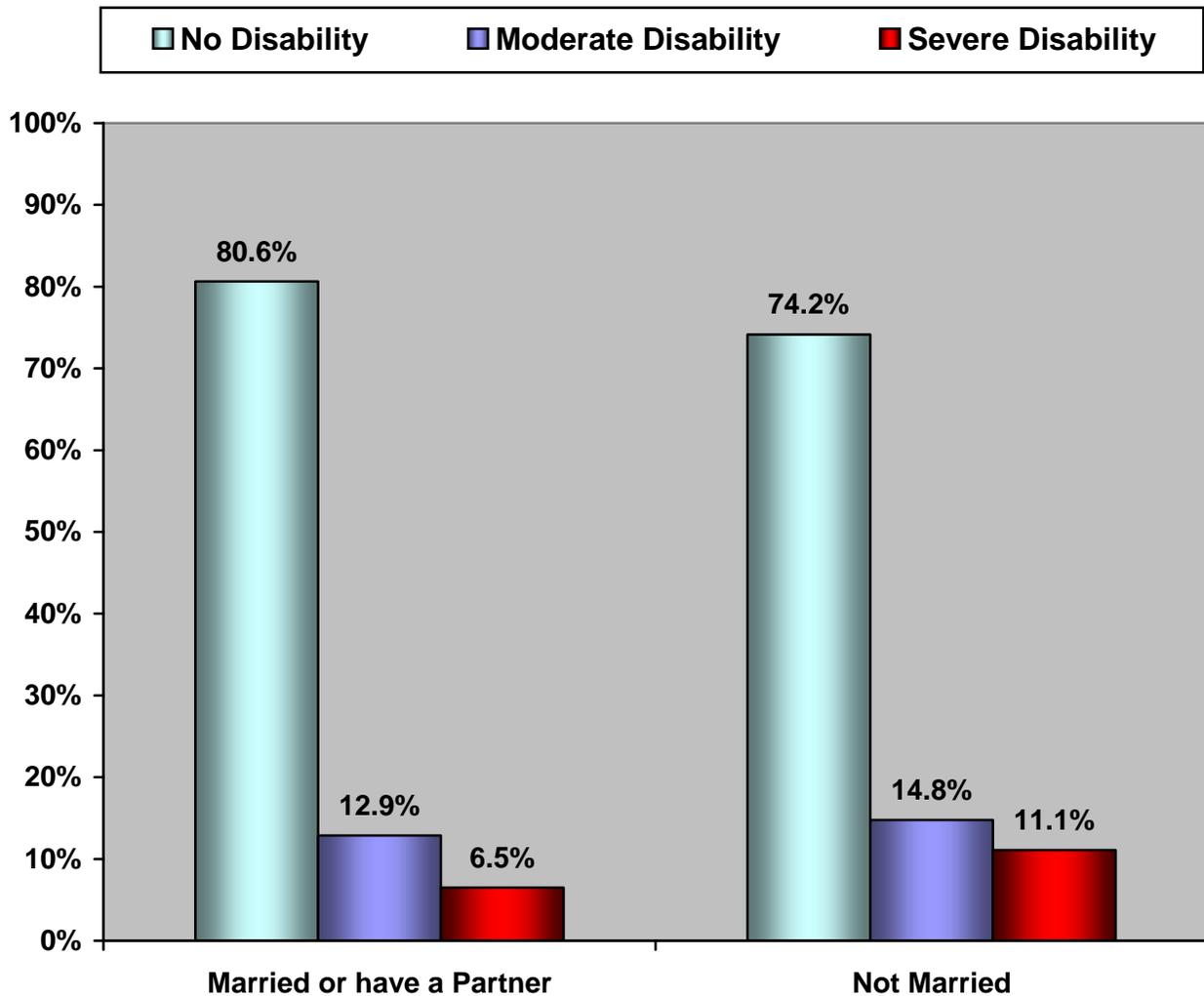


Who Participated in the Survey?

Demographics

For those participants who were not married or living with a partner the rate of severe disability (11.1%) is higher than for those who have partners (6.5%).

Disability by Marital Status

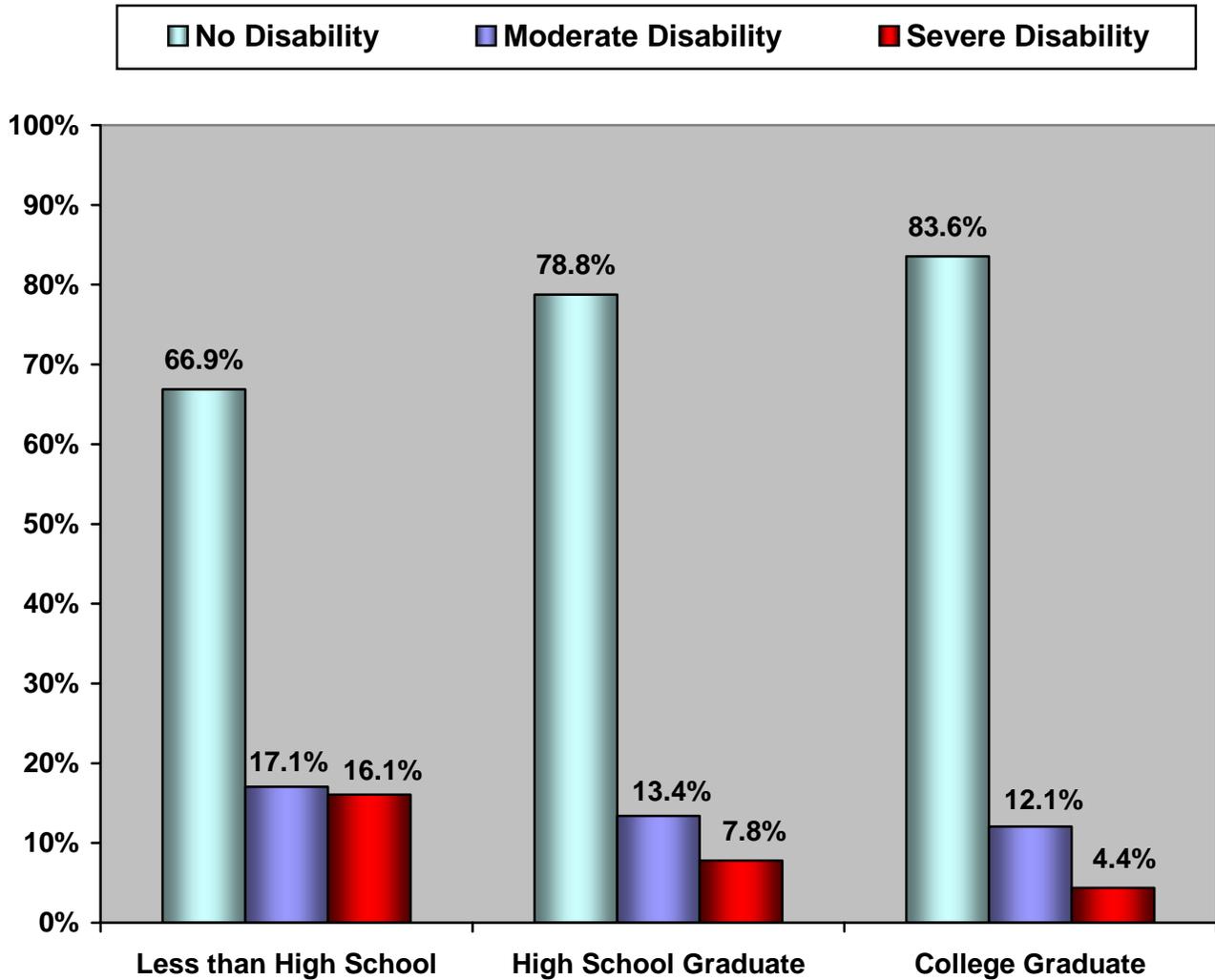


Who Participated in the Survey?

Demographics

Disability rates vary by education level. Rates of disability are significantly higher for those respondents who have less than a high school degree, than for those respondents who have more education.

Disability by Education

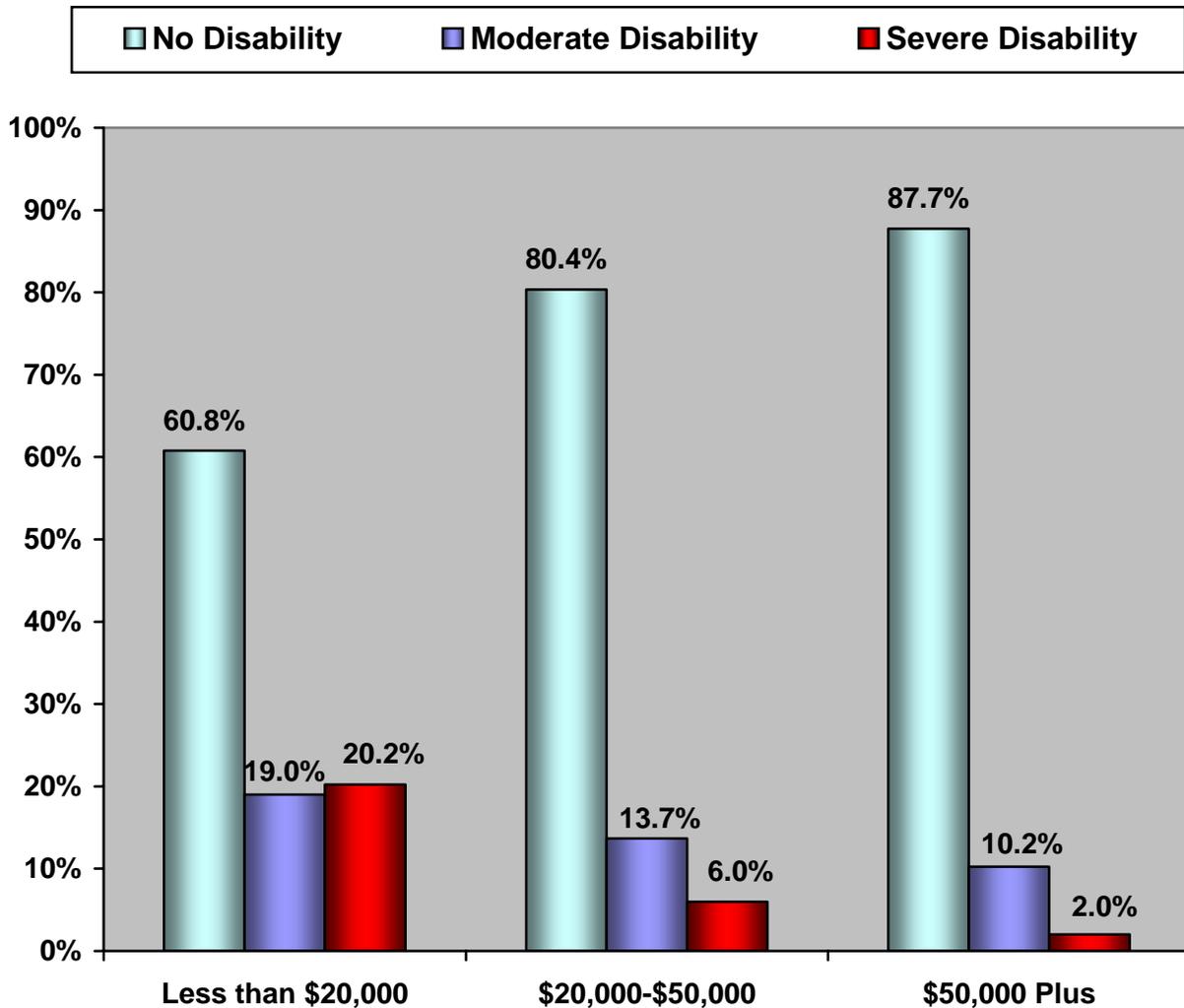


Who Participated in the Survey?

Demographics

Disability is related to income. Those respondents who report highest rates of disability also report lowest household income.

Disability by Household Income

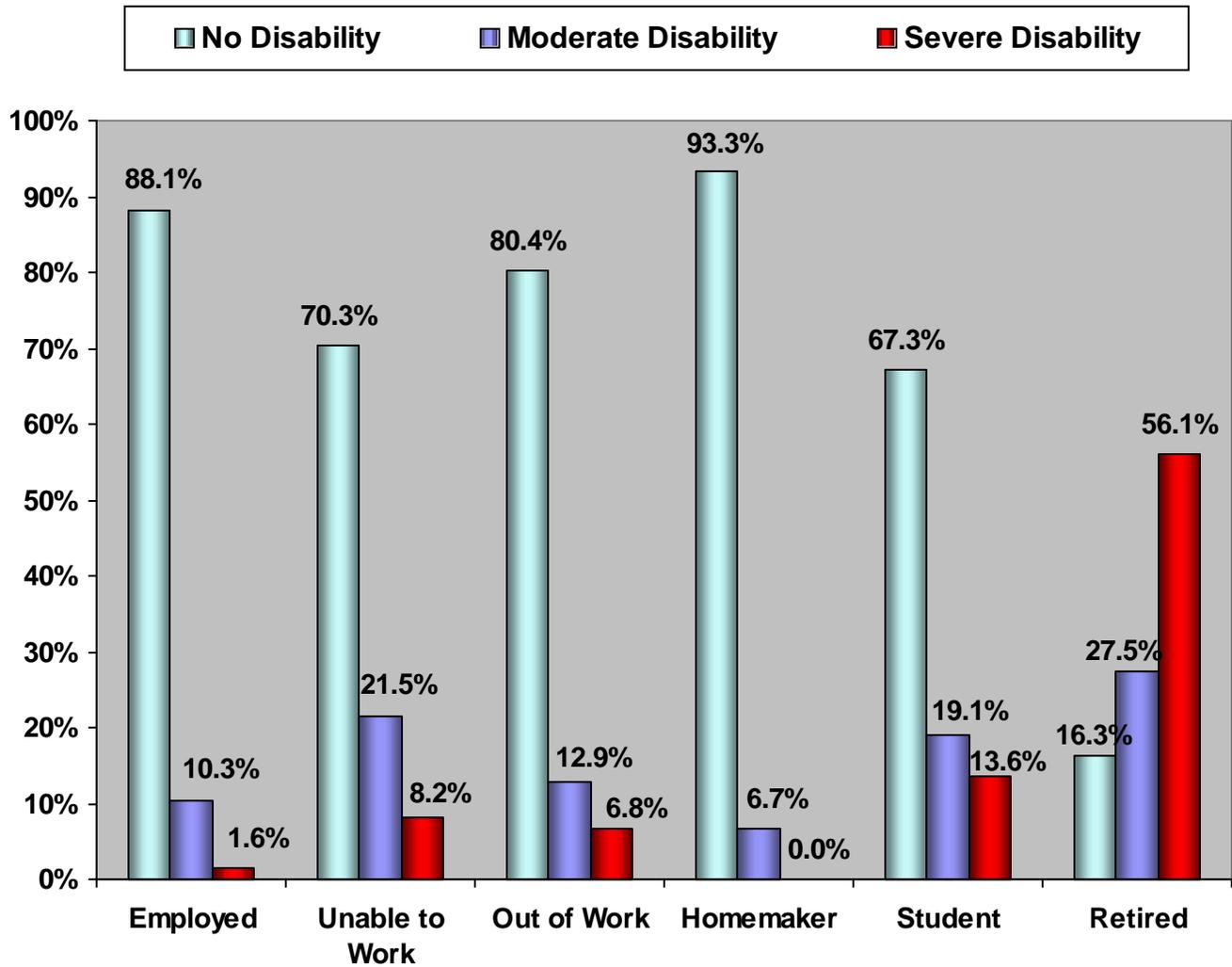


Who Participated in the Survey?

Demographics

Persons with disabilities are more likely to be retired, student or unable to work than persons without disabilities.

Disability by Employment





Health Status



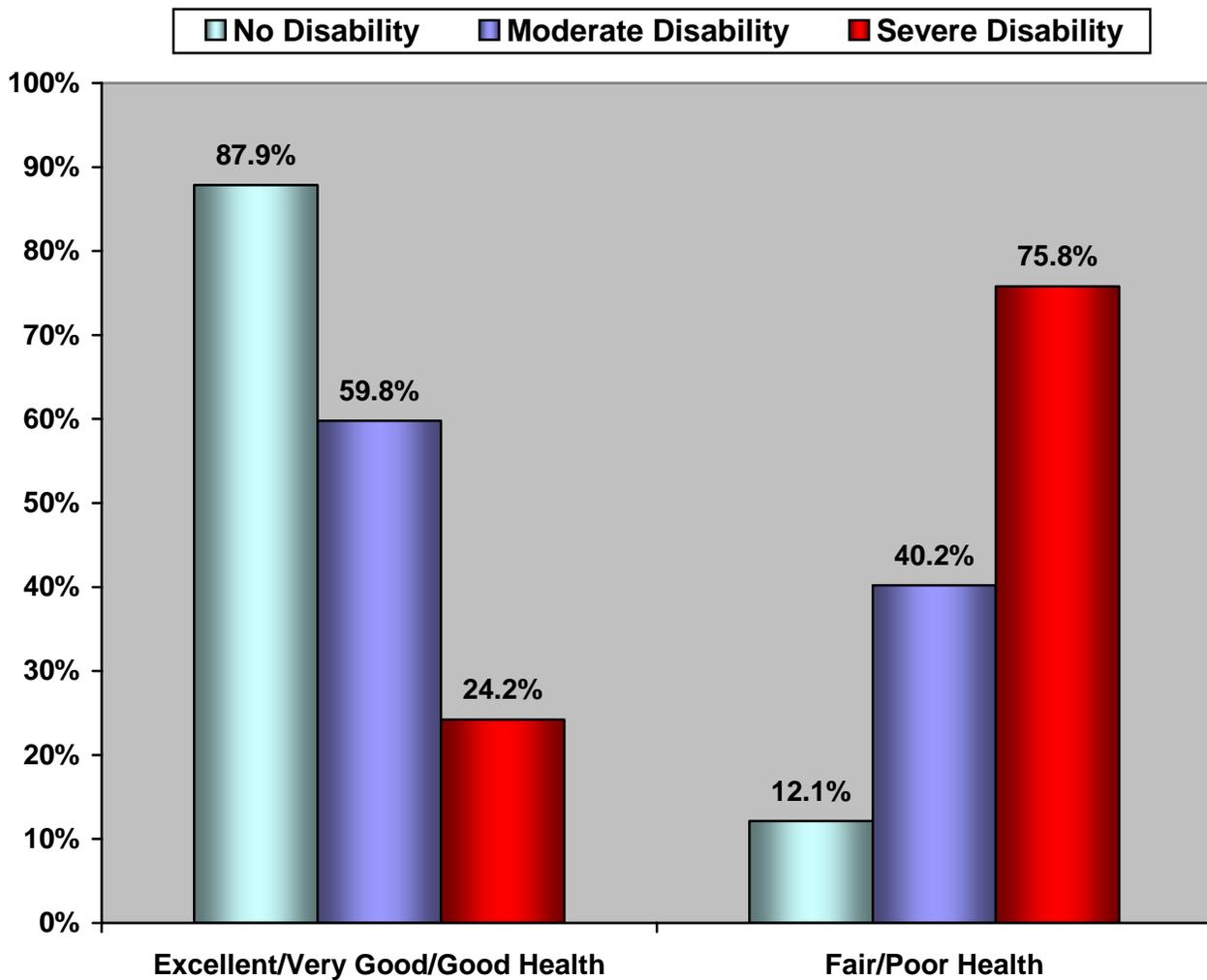
Health Status

General Health

Question: Would you say that your general health is "excellent," "very good," "good," "fair," or "poor"?

As severity of disability increases, the perception of fair or poor health also dramatically increases. Of those who say their health is fair or poor, only 12.1% are those with no disability, 40.2% are those with a moderate disability, and 75.8% are those with a severe disability.

Perception of General Health



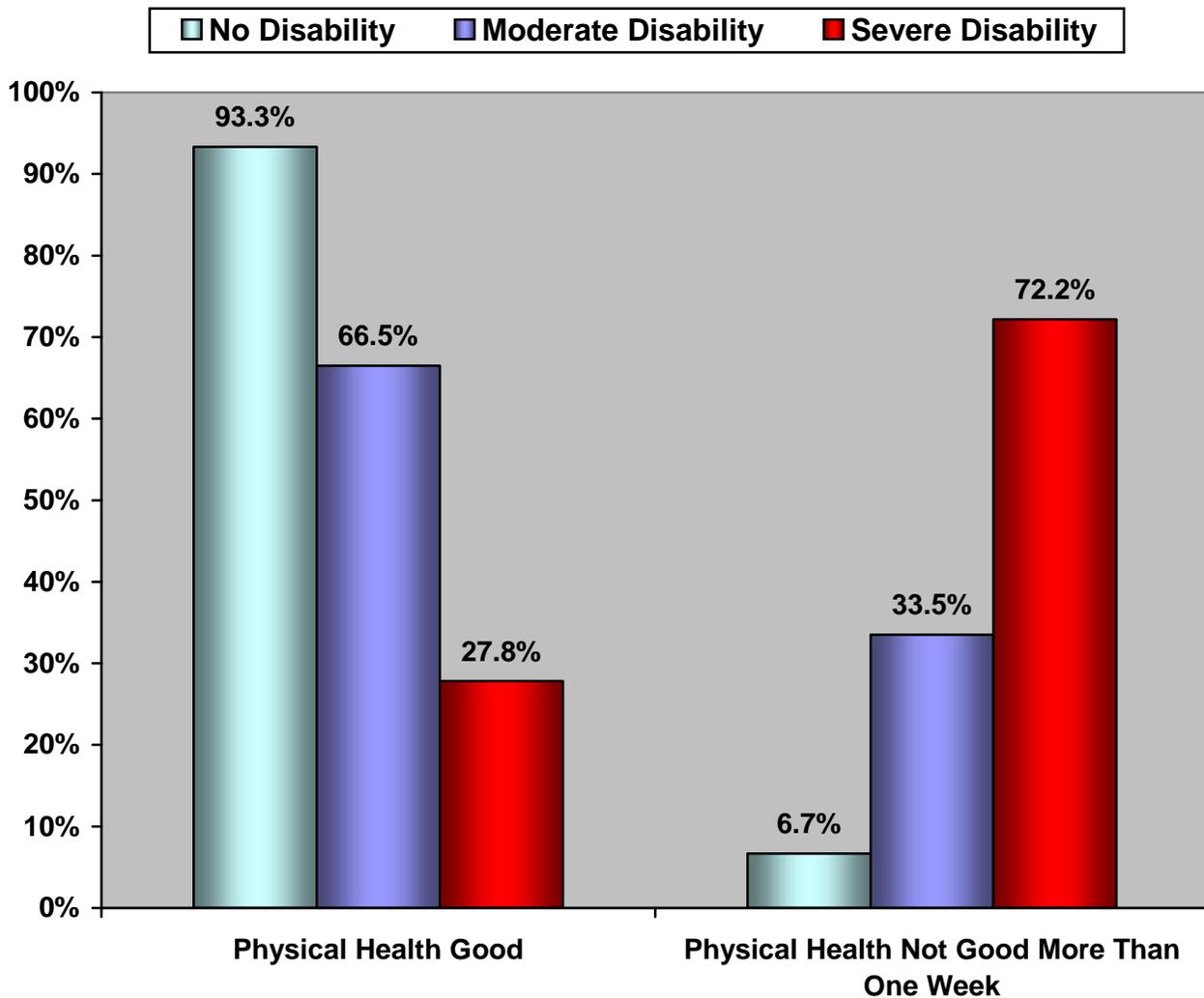
Health Status

Physical Health

Question: Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

As severity of disability increases, the rating of poor physical health also dramatically increases. Of those who rate their physical health as not good more than one week in the past month, only 6.7% are those with no disability, the rate quadruples to 33.5% for those with a moderate disability, and more than doubles again to 72.2% for those with a severe disability.

Physical Health in Last 30 Days



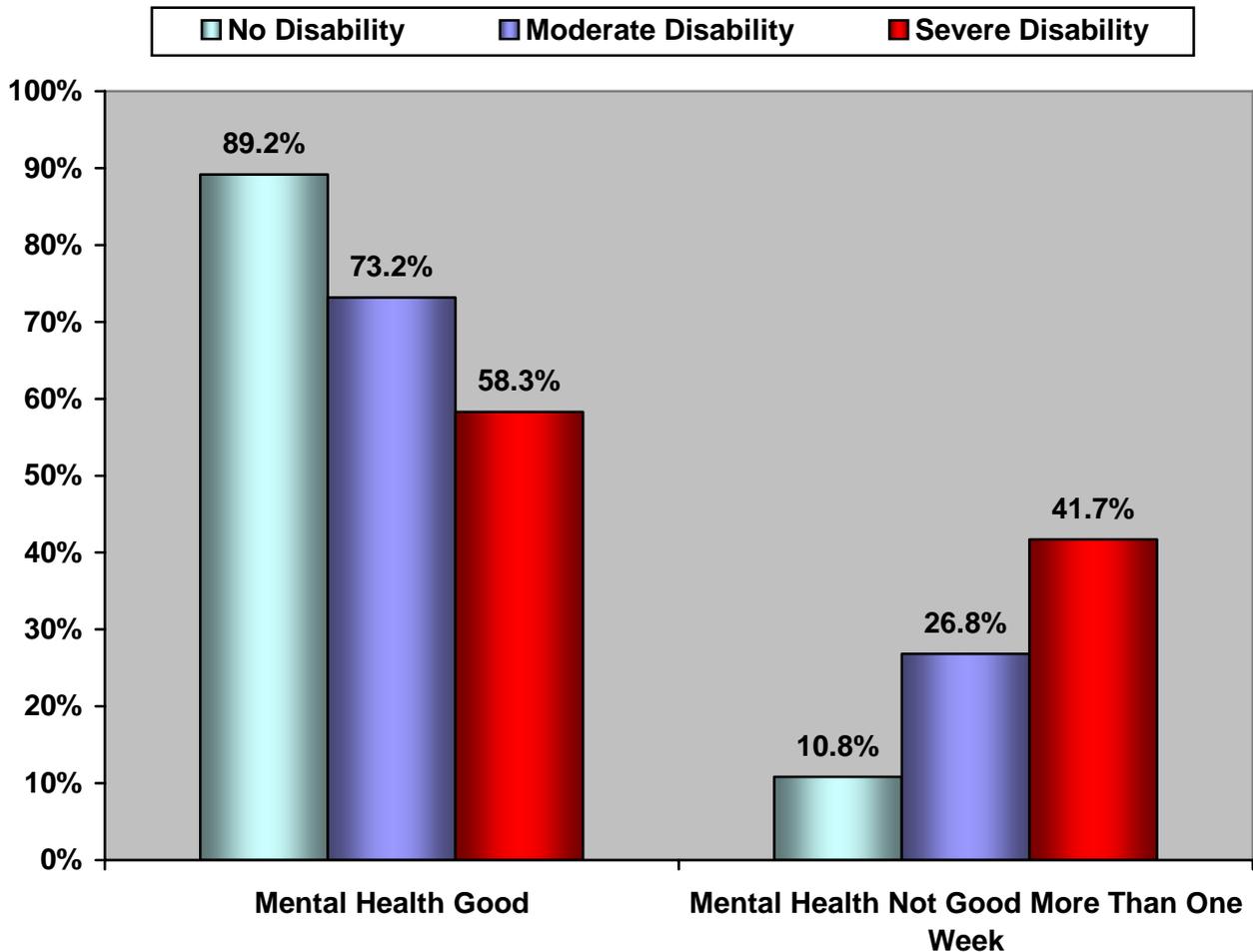
Health Status

Mental Health

Question: Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

As severity of disability increases, the rating of poor mental health also dramatically increases. For those who rate their mental health not good for more than one week in the past 30 days, 10.8% were those with no disability, the rate more than doubles to 26.8% for those with a moderate disability, and almost doubles again to 41.7% for those with a severe disability.

Mental Health in Last 30 Days



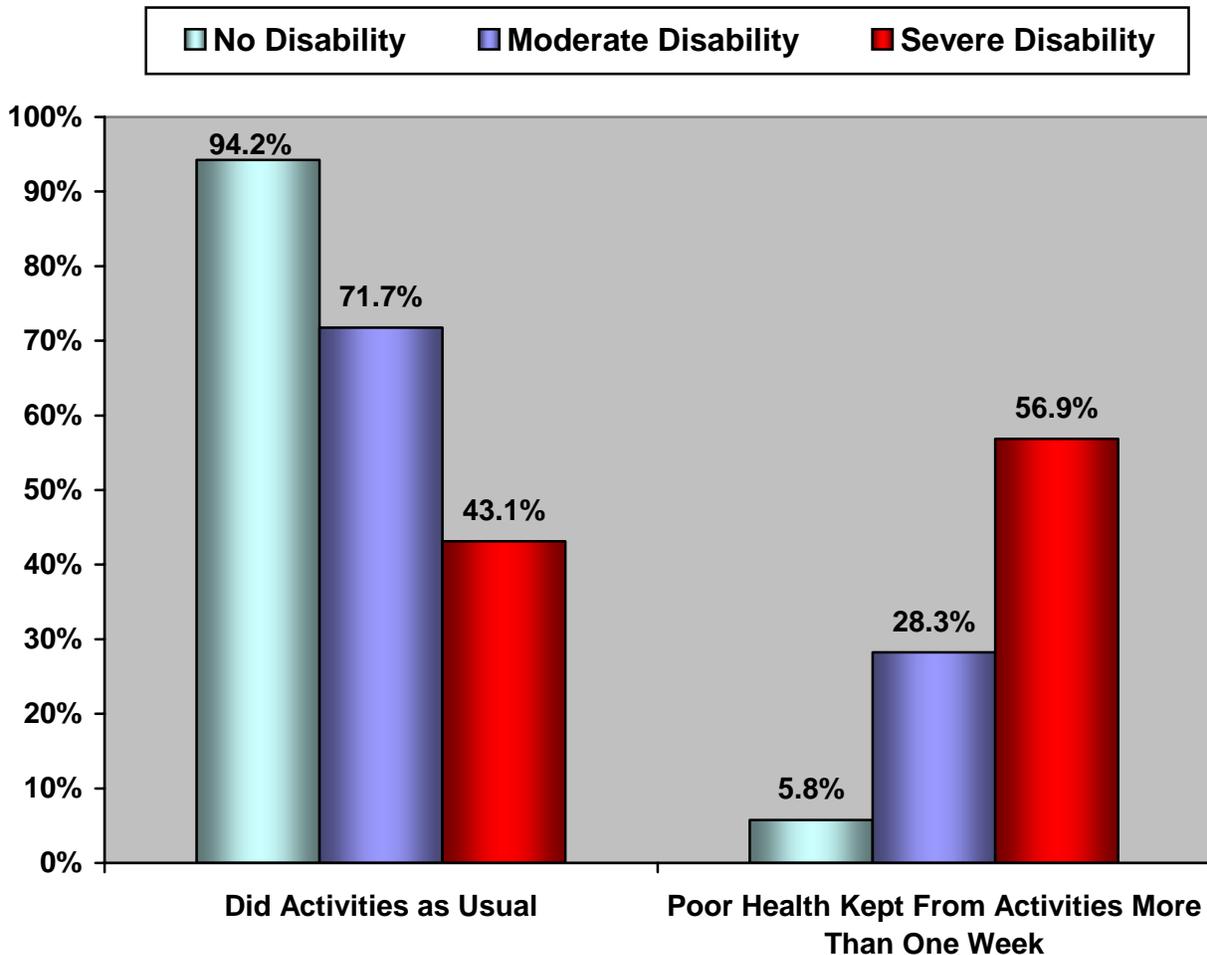
Health Status

Poor Health

Question: During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work or recreation?

As severity of disability increases, the more poor health affects daily activities. For those who said that poor health kept them from their regular activities for more than one week in the past 30 days, only 5.8% are those with no disability, the rate increases to 28.3% for those with a moderate disability, and increases to 56.9% for those with a severe disability.

Poor Health in Last 30 Days



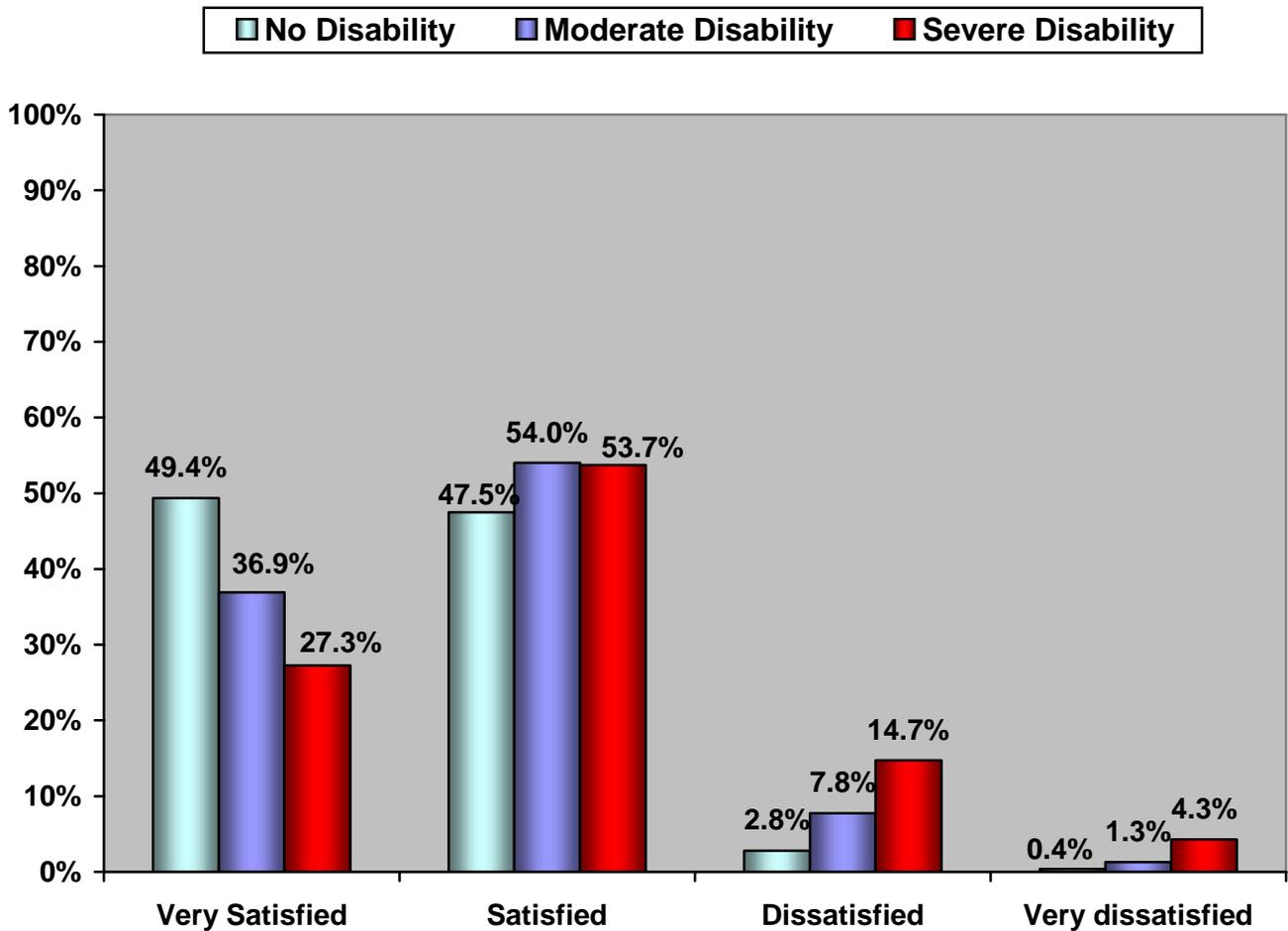
Health Status

Life Satisfaction

Question: In general, how satisfied are you with your life?

Although most persons with a disability report to be either satisfied or very satisfied with their lives, 27.3% of those with a severe disability say they are "Very Satisfied" with their life compared to 36.9% of those with a moderate disability.

Life Satisfaction





Health Care Coverage and Access



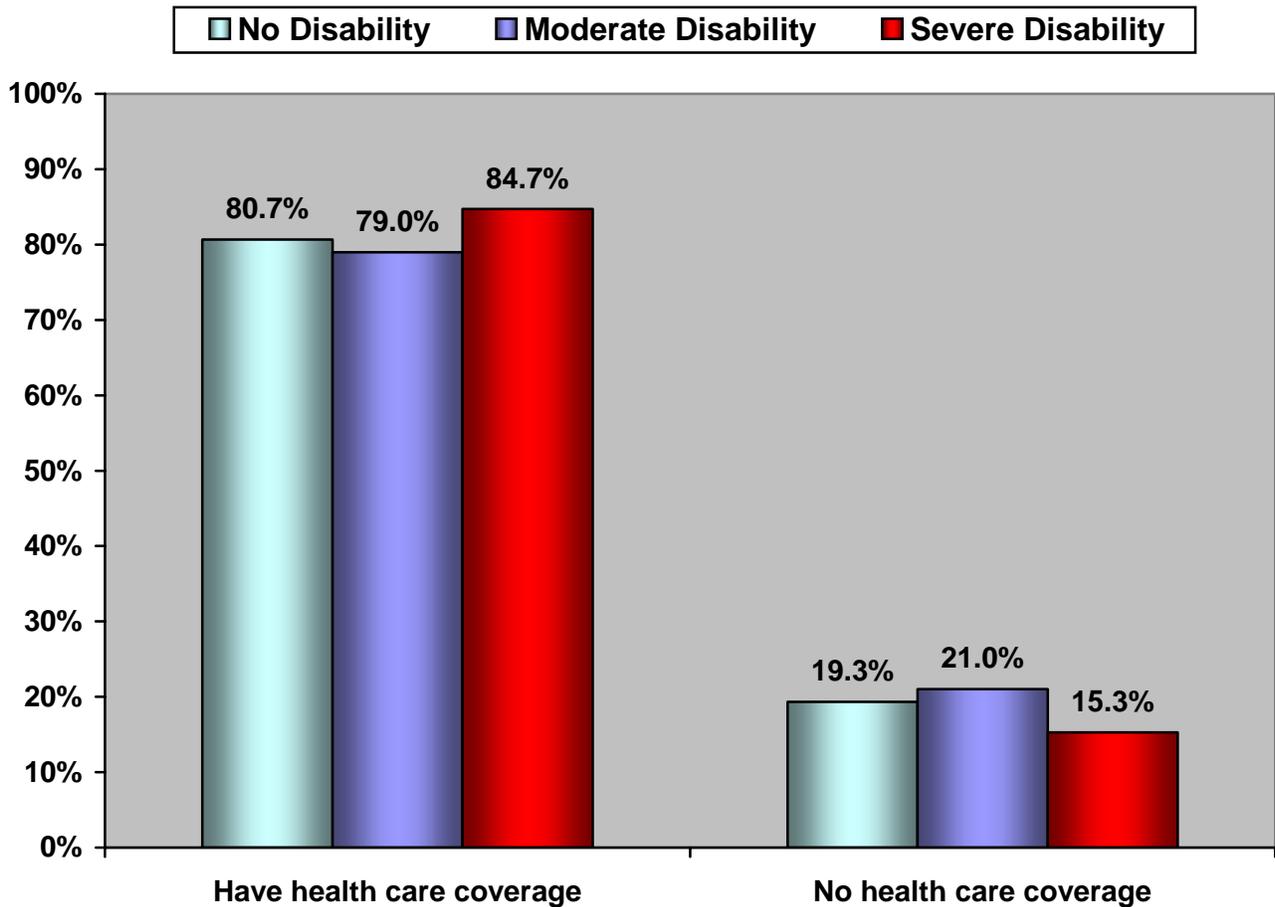
Health Care Coverage and Access

Health Care Coverage

Question: Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?

Regardless of disability status, about one out of five persons do not have health care coverage. Those with a moderate disability have the highest rates of no coverage (21%).

Have Health Care Coverage



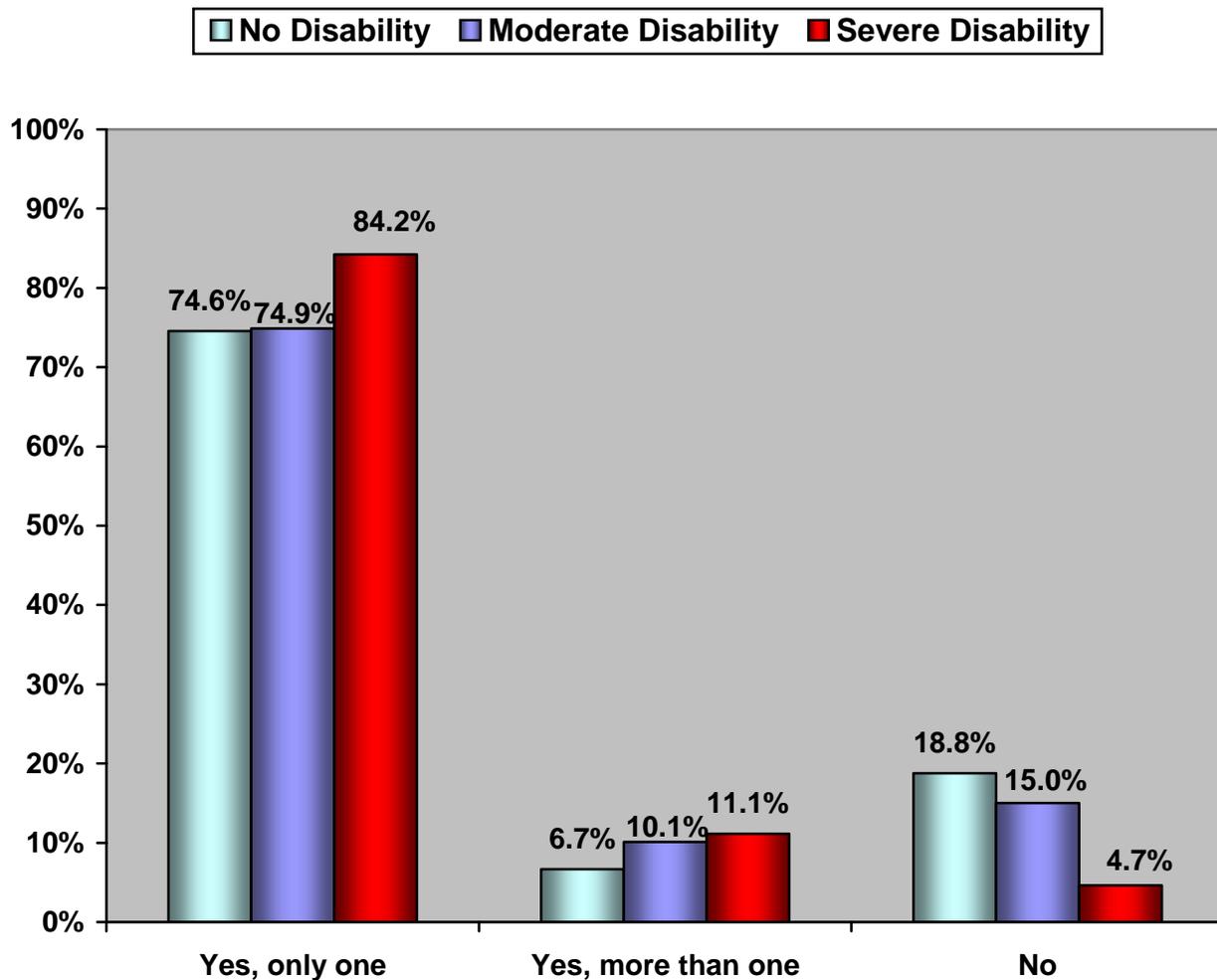
Health Care Coverage and Access

Health Care Access

Question: Do you have one person you think of as your personal doctor or health care provider?

Regardless of disability status, most respondents report having a personal doctor or health care provider. However, more respondents with a disability report having one person as their personal health care provider.

One Person as Your Personal Health Care Provider



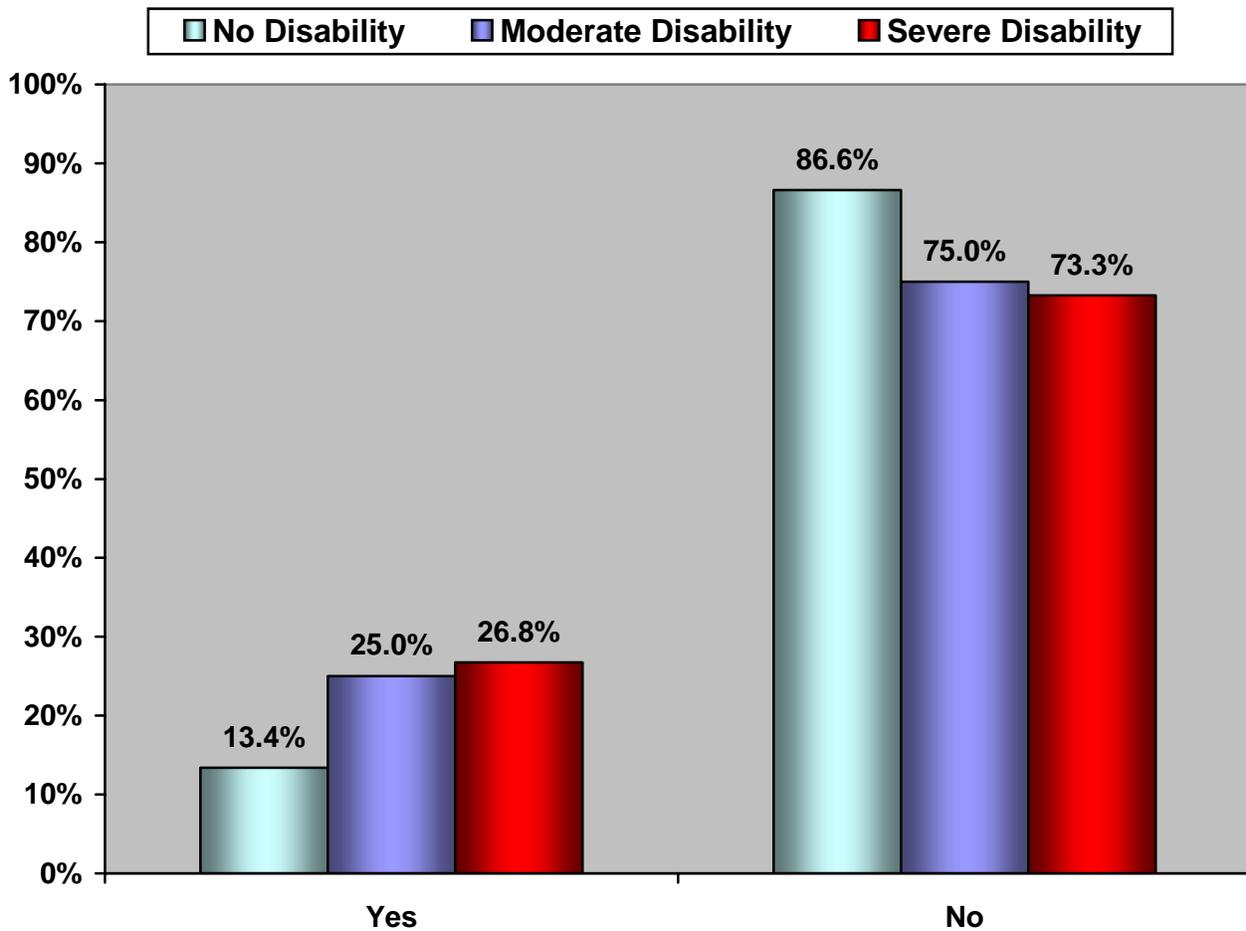
Health Care Coverage and Access

Health Care Access

Question: Was there a time in the past 12 months when you needed to see a doctor but could not because of the cost?

Although most people do not experience a barrier to seeing a doctor due to the cost, as severity of disability increases, the more likely a barrier exists due to cost. When compared to rates for persons with no disability (13.4%), the rate of not seeing a doctor due to cost is almost double for persons with a moderate disability (25%), and slightly more than double for persons with a severe disability (26.8%).

Could Not See Doctor Because of Cost





Preventive Health Activities



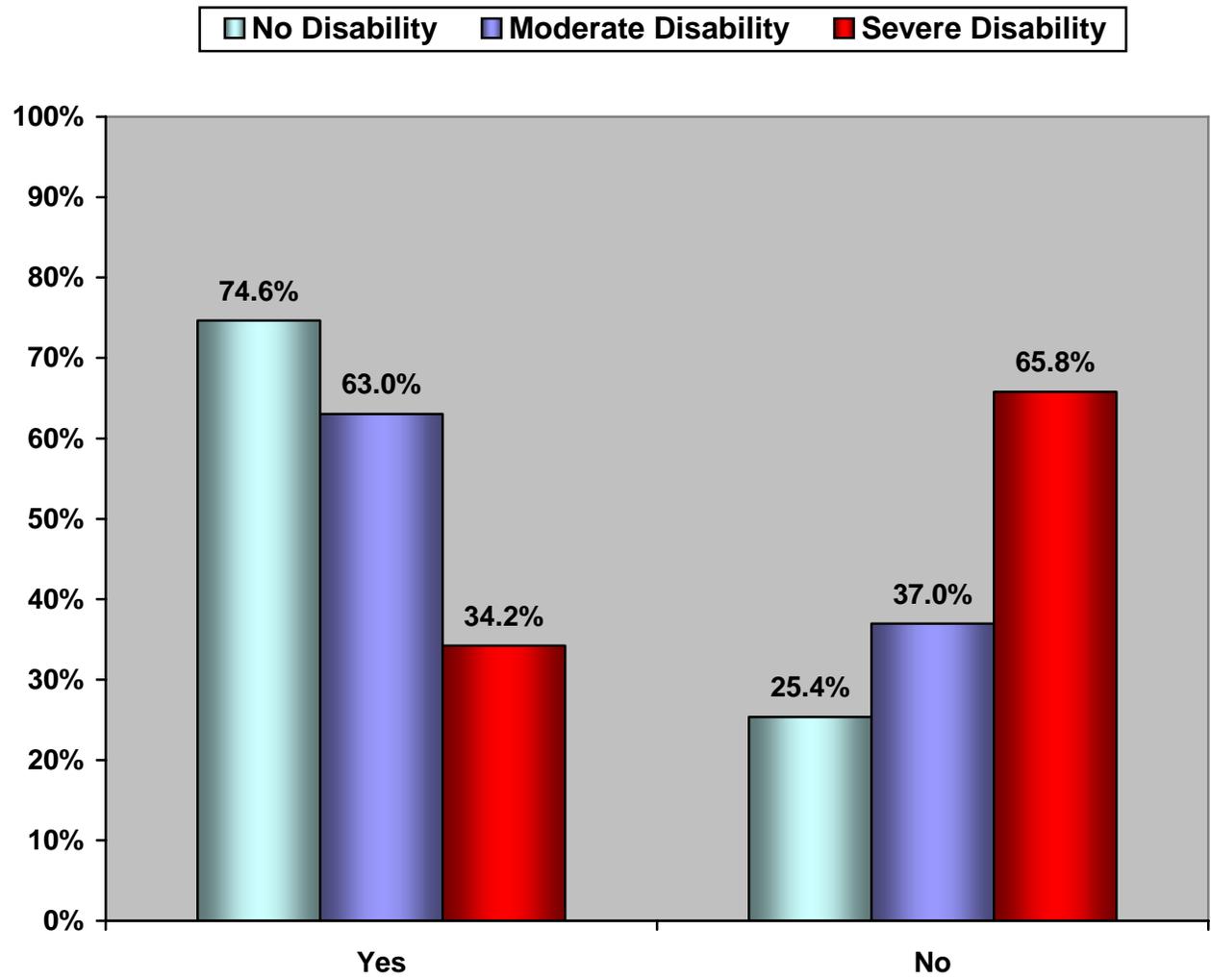
Preventive Health Activities

Exercise

Question: During the past month, other than your regular job, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening, or walking for exercise?

The percentage of respondents participating in physical activity or exercise decreases as severity of disability increases. In fact, the majority of those with a severe disability report no activity or exercise in the past months other than their regular job.

Exercise



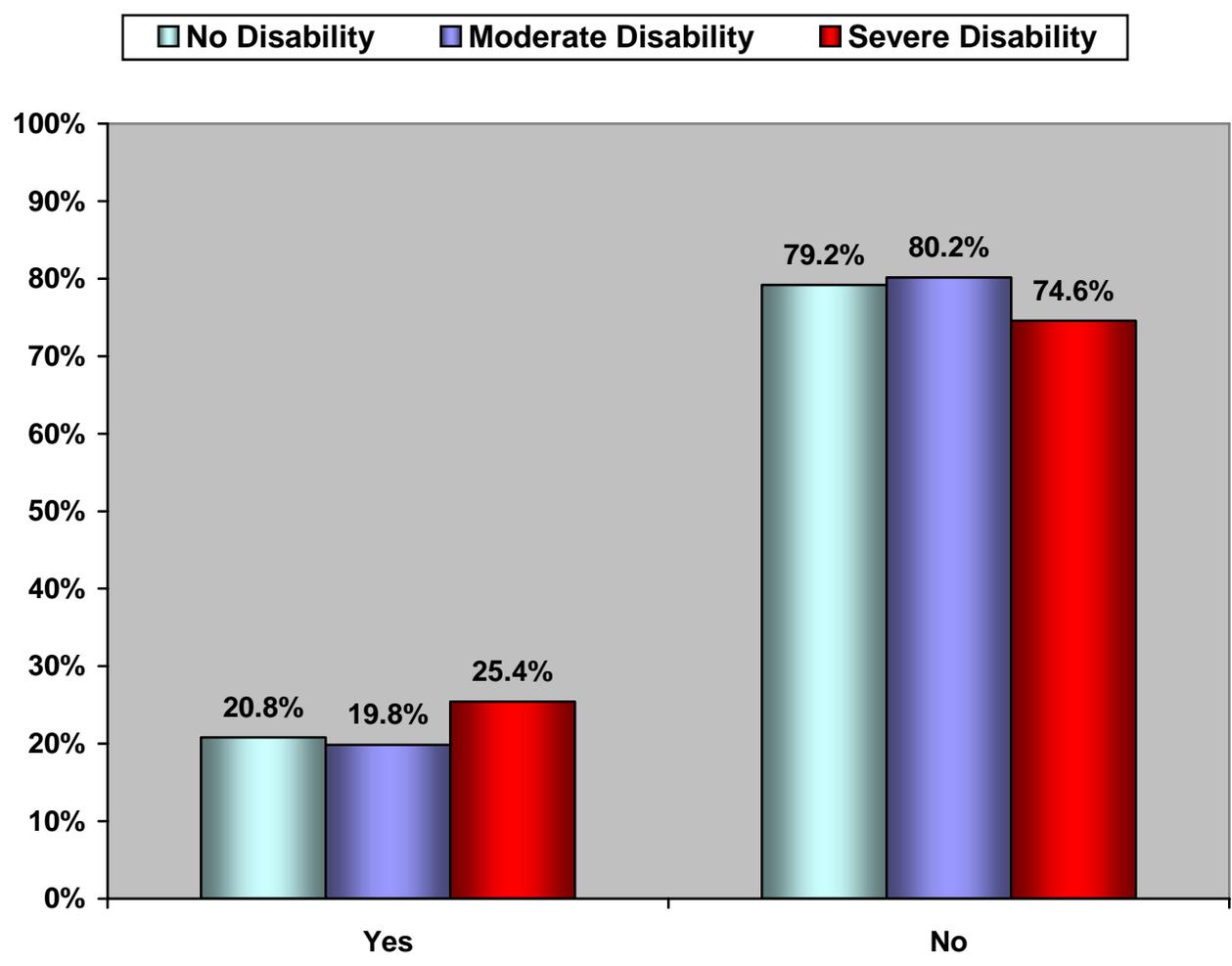
Preventive Health Activities

Nutrition

Question: Are you eating or drinking five fruits or vegetables every day?

Although a majority of respondents, regardless of disability status, do not eat or drink five fruits or vegetables per day, more of those with a severe disability report eating five fruits or vegetables every day (25.4%) than those with a moderate or no disability.

Five-A-Day



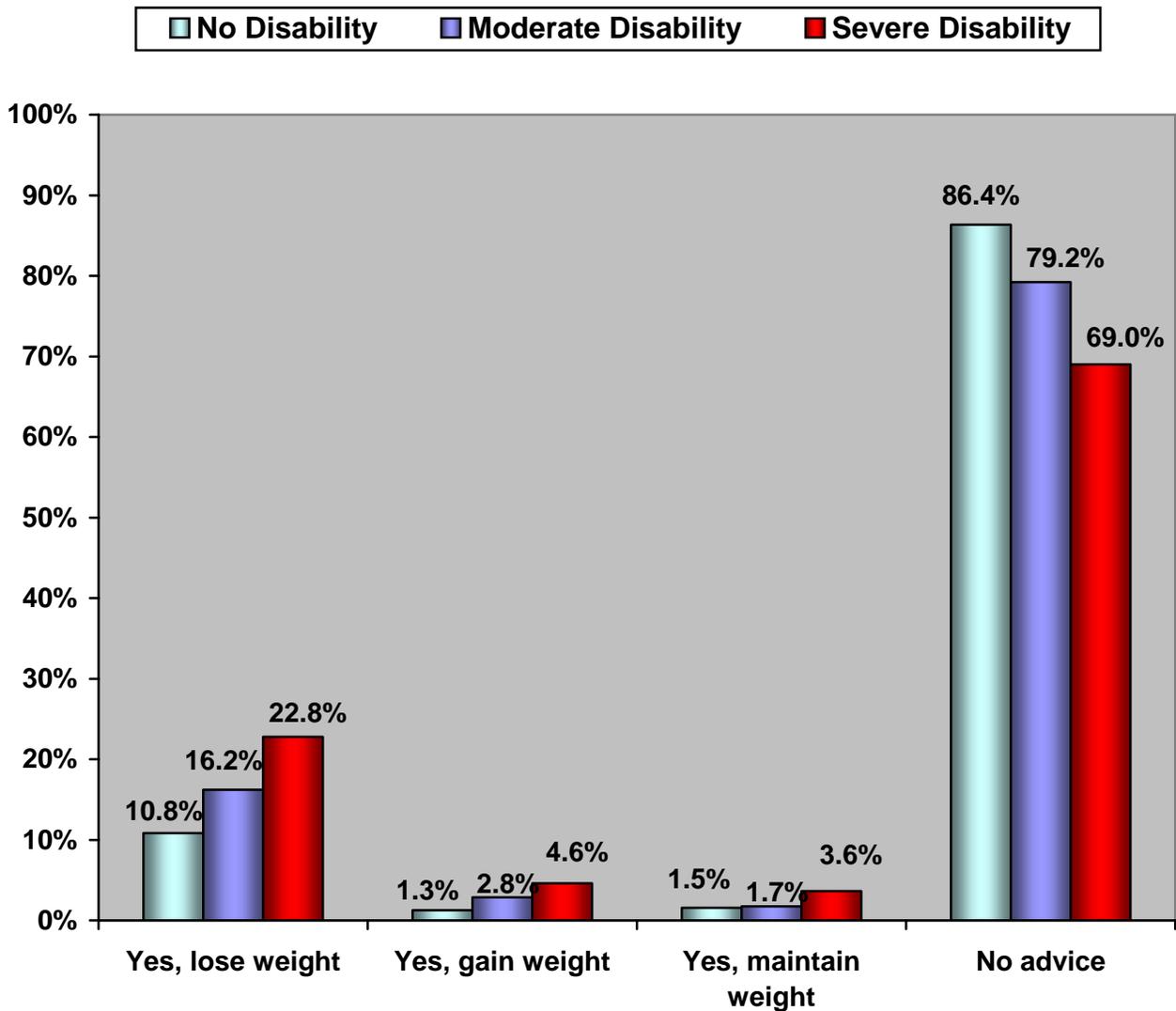
Preventive Health Activities

Weight

Question: In the past 12 months, has a doctor, nurse, or other health professional given you advice about your weight?

The majority of respondents have not received advice from their doctor about their weight; however, higher percentages of those with a disability were told to lose weight or gain weight when compared to those with no disability.

Advice about Weight



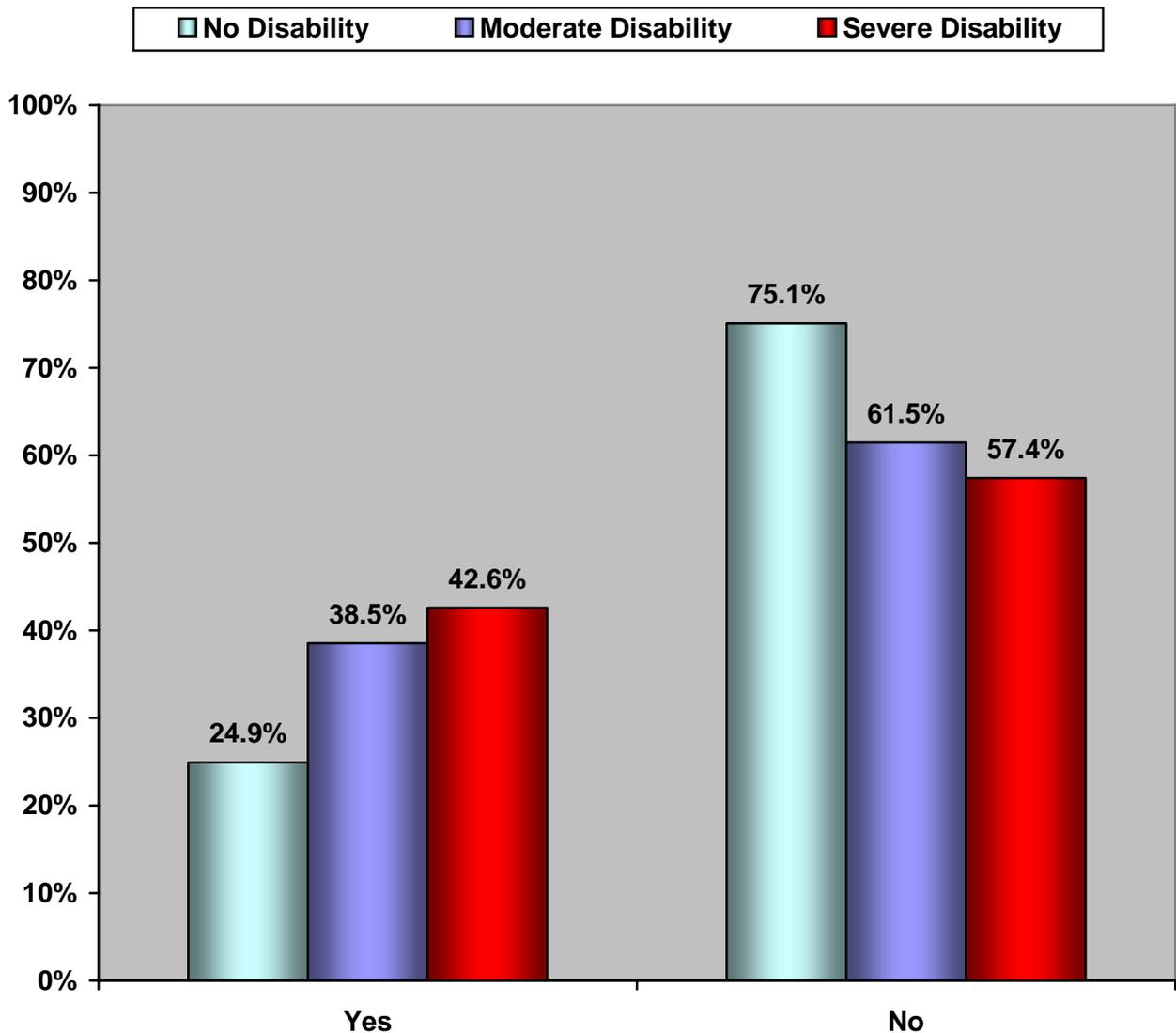
Preventive Health Activities

Immunizations

Question: During the past 12 months, have you had a flu shot?

The majority of those with a severe disability report having had a flu shot in the past twelve months (42.6%). Percentages were slightly lower for those with a moderate disability (38.5%), and even lower for those with no disability (24.9%).

Flu Shot



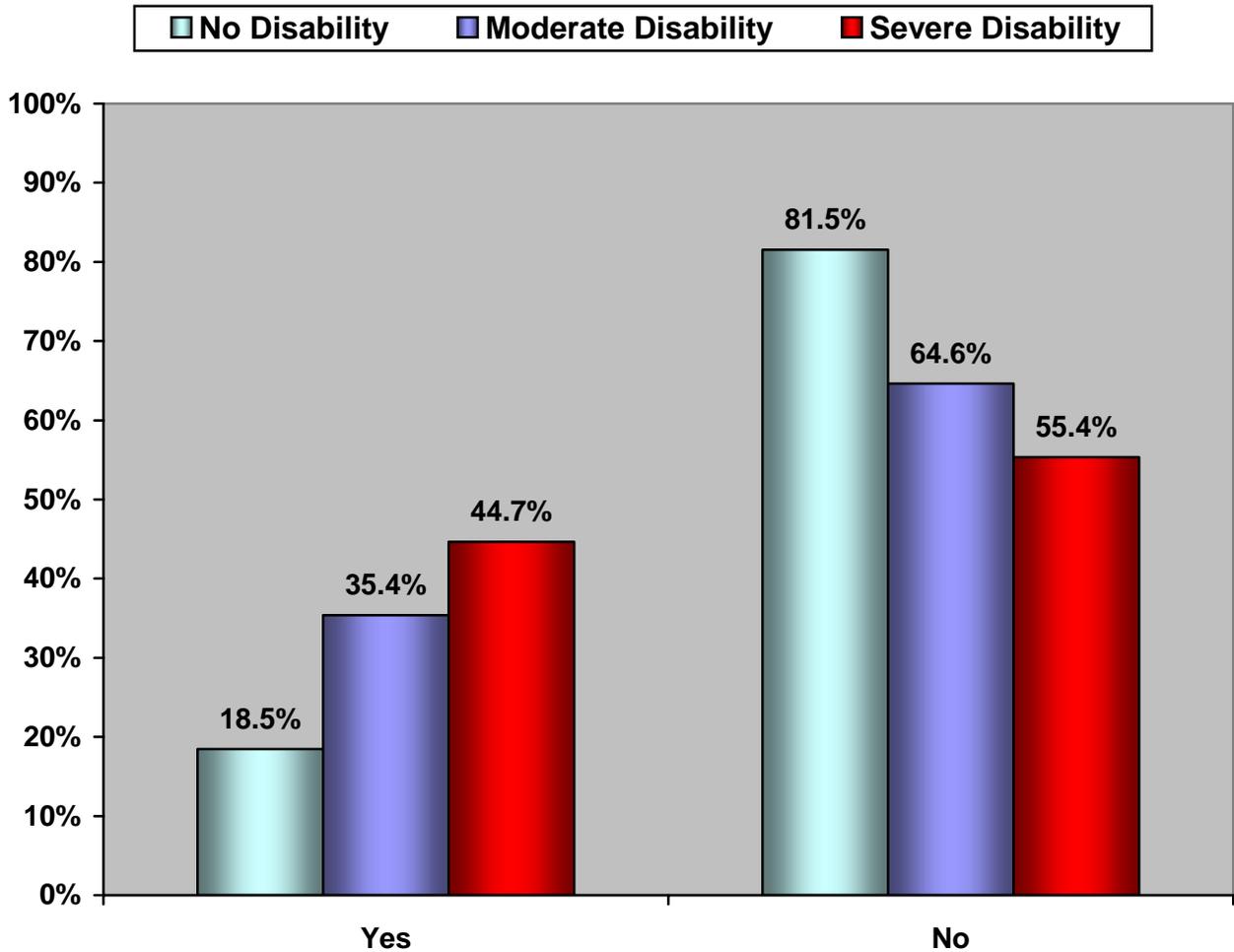
Preventive Health Activities

Immunizations

Question: Have you ever had a pneumonia shot? This shot is usually given only once or twice in a person's lifetime and is different from the flu shot. It is also called the pneumococcal vaccine.

As severity of disability increases, so does the percentage of those saying they have had a pneumococcal vaccine. Around two out of five of those participants with a severe disability have had a pneumococcal vaccine compared to fewer than one in five of those without a disability.

Pneumonia Shot



Preventive Health Activities

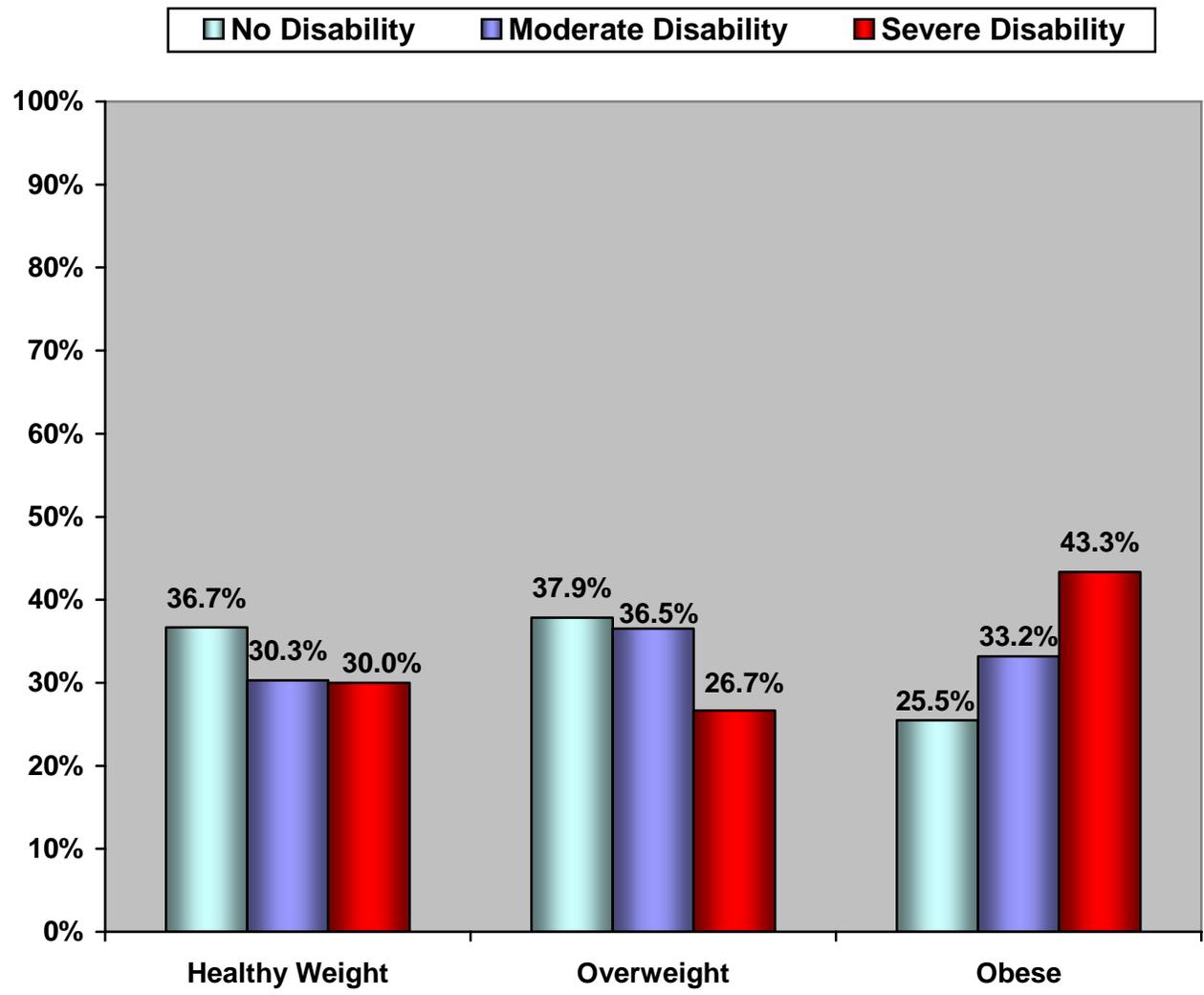
Obesity

Question: About how much you weight with out shoes? About how tall are you without shoes?

*BMI is calculated as (Weight in Kilogram/Height in Meter Square).

As the severity of the disability increases, the percentages of obesity also increase. There are slightly more healthy weight and overweight people with no disability.

Obesity



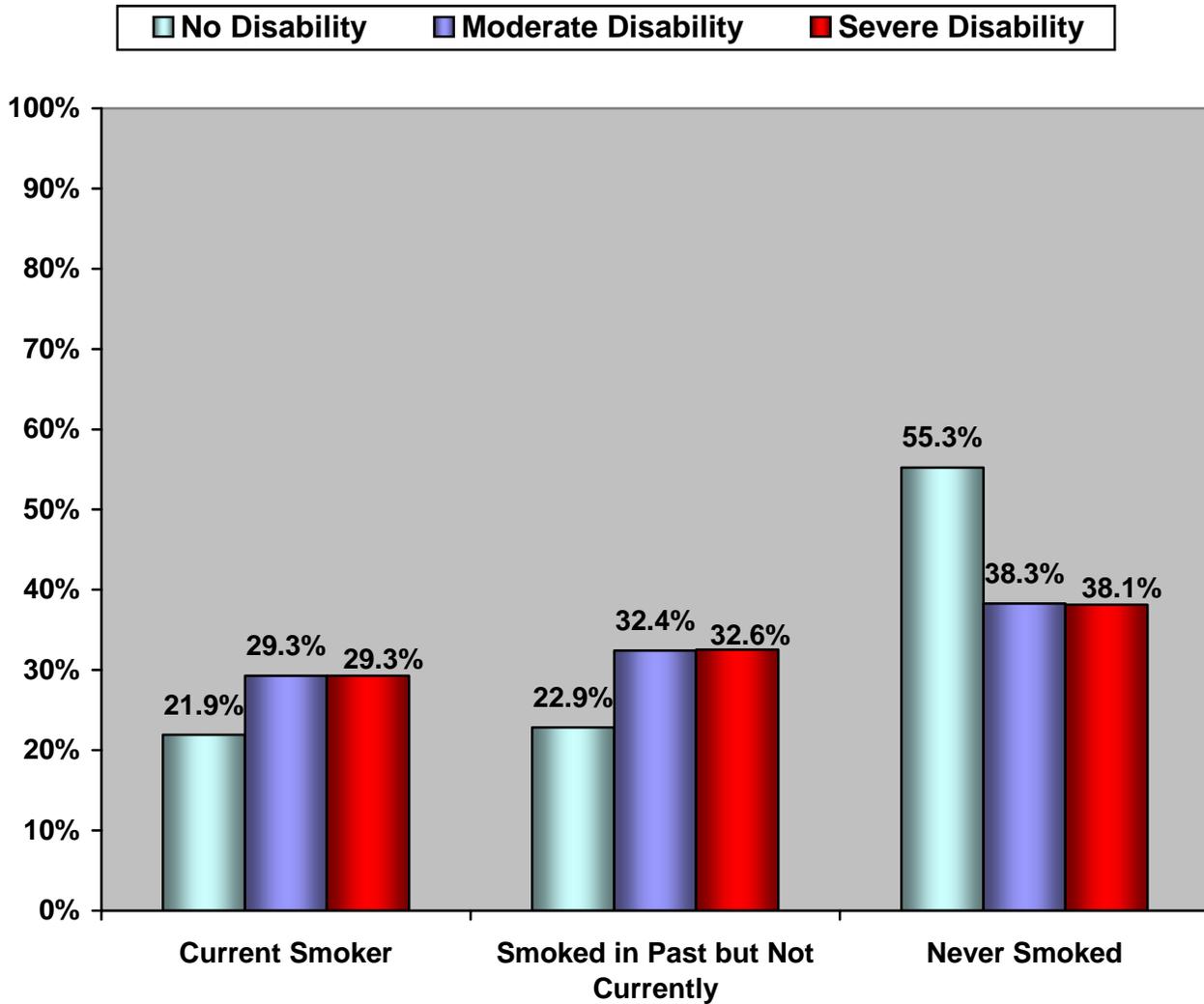
Preventive Health Activities

Tobacco and Alcohol Use

Question: Have you ever smoked at least 100 cigarettes and do you now smoke?

Slightly less than one third of people with a severe disability (29.3%) are current smokers, 29.3% of those with a moderate disability are current smokers, and 21.9% of those with no disability are current smokers. The majority of those with no disability (55.3%) have never smoked. The majority of those with no disability (55.3%) have never smoked.

Smoking



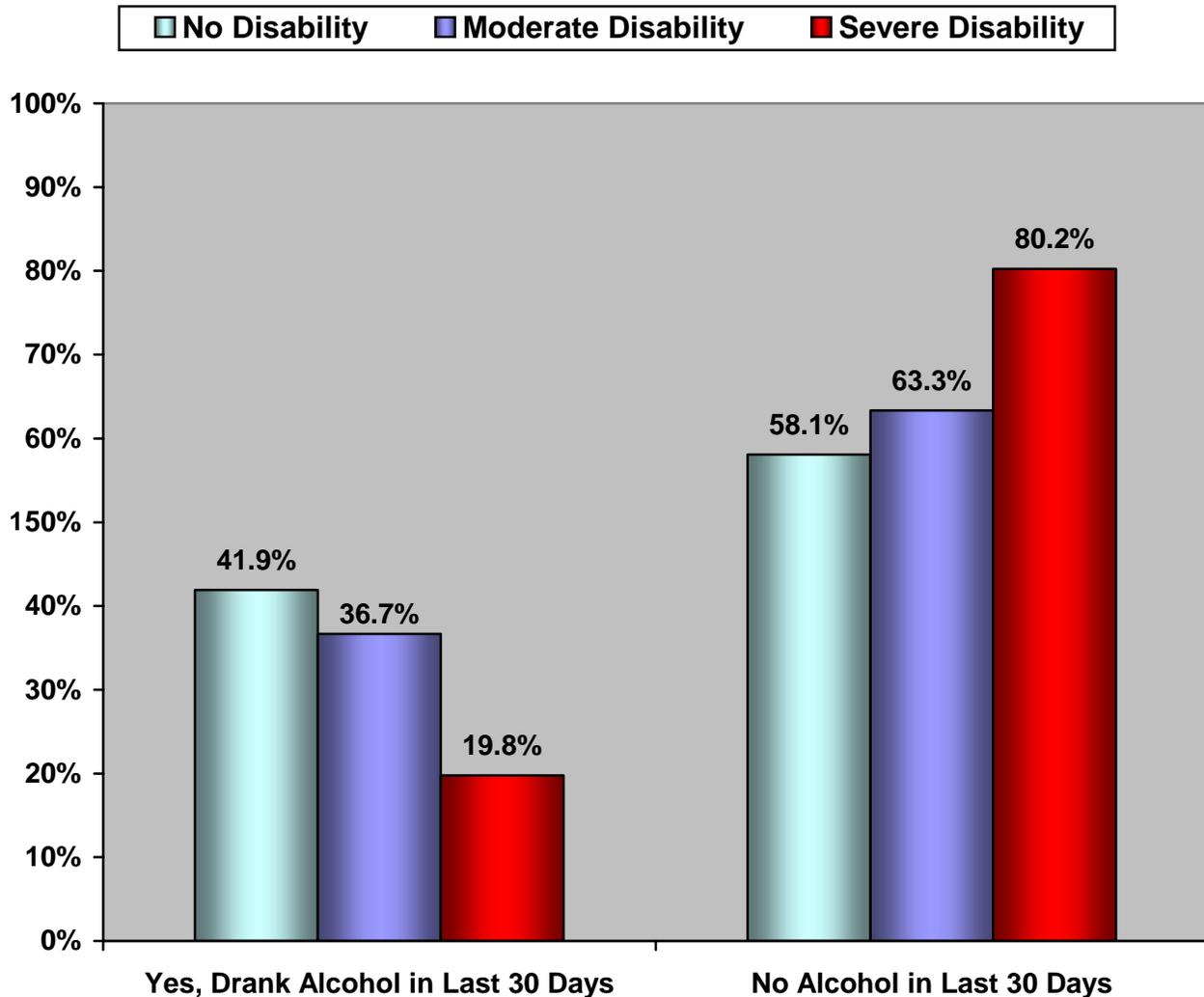
Preventive Health Activities

Tobacco and Alcohol Use

Question: A drink of alcohol is 1 can or bottle of beer, 1 glass of wine, 1 can or bottle of wine cooler, 1 cocktail or 1 shot of liquor. During the past 30 days, how often have you had at least one drink of any alcoholic beverage?

While the majority of all respondents report not drinking any alcohol in the last 30 days, those with a severe disability had the lowest rate of drinking alcohol (19.8%).

Any Alcohol in Last 30 Days



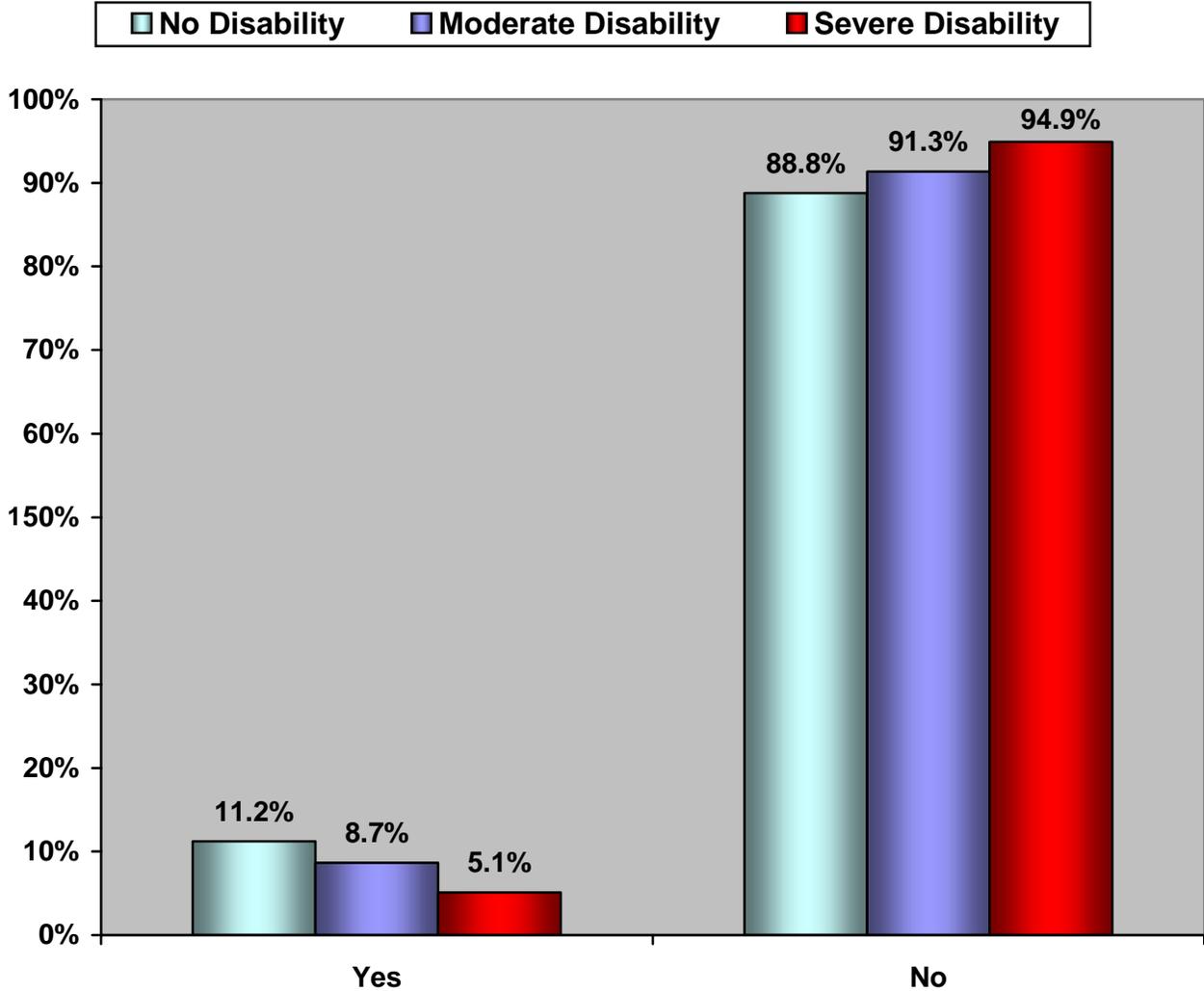
Preventive Health Activities

Tobacco and Alcohol Use

Question: In the last 30 days, did you ever have more than 5 drinks on one occasion?

The vast majority of all respondents do not report having more than 5 drinks on one occasion in the last 30 days, although those with a no disability report the highest rate of binge drinking (11.2%) and those with severe disability report the lowest rate (5.1%) when compared to those with moderate disability (8.7%).

Binge Drinking



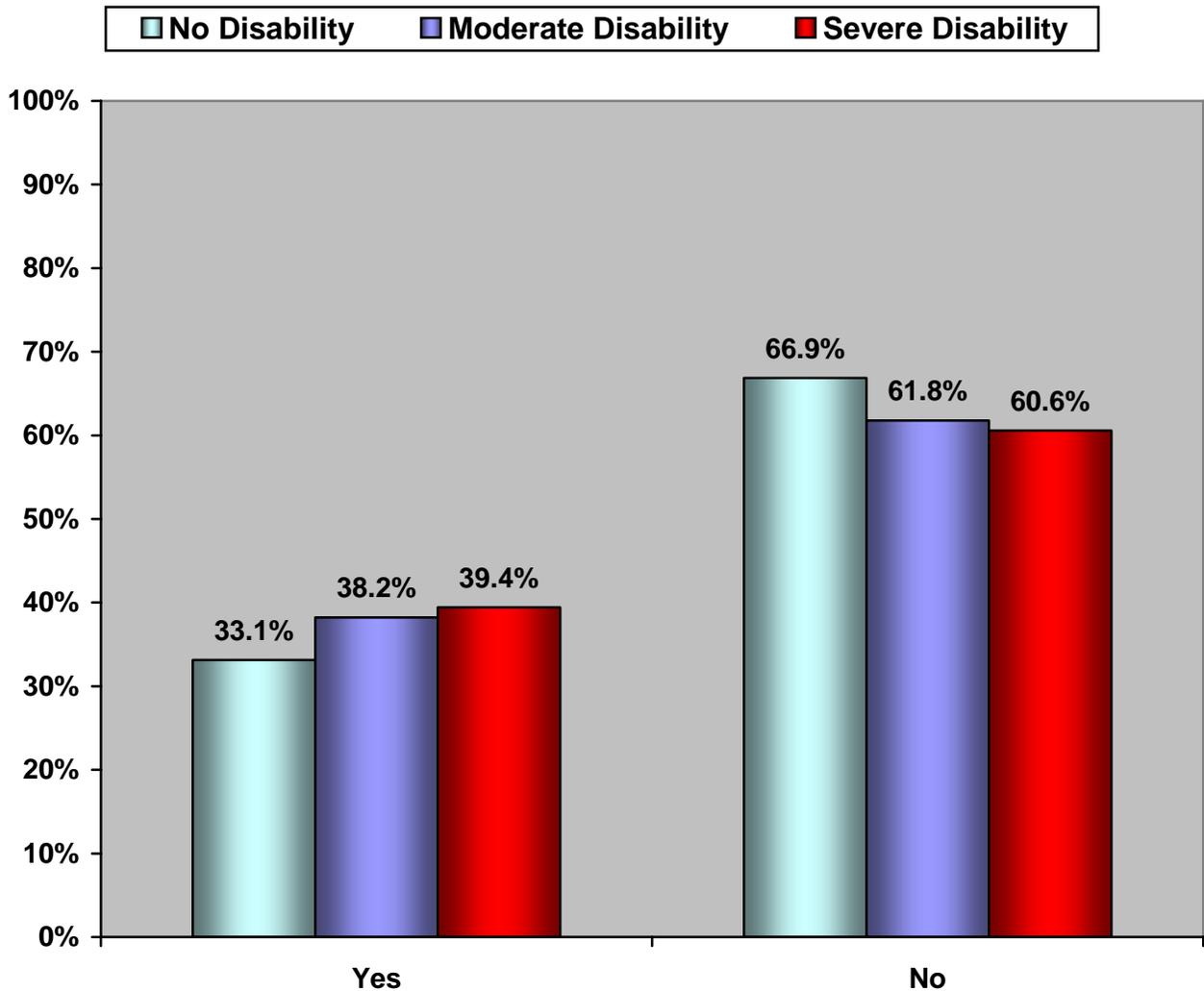
Preventive Health Activities

HIV and AIDS Prevention

Question: Have you ever been tested for HIV? Do not count tests you may have had as part of a blood donation.

Nearly 40% of respondents with severe disability report having had an HIV test. Slightly fewer of those (33.1%) with no disability saying they have had a test for HIV compared to those with moderate disabilities (38.2%).

HIV test





Chronic Health Conditions



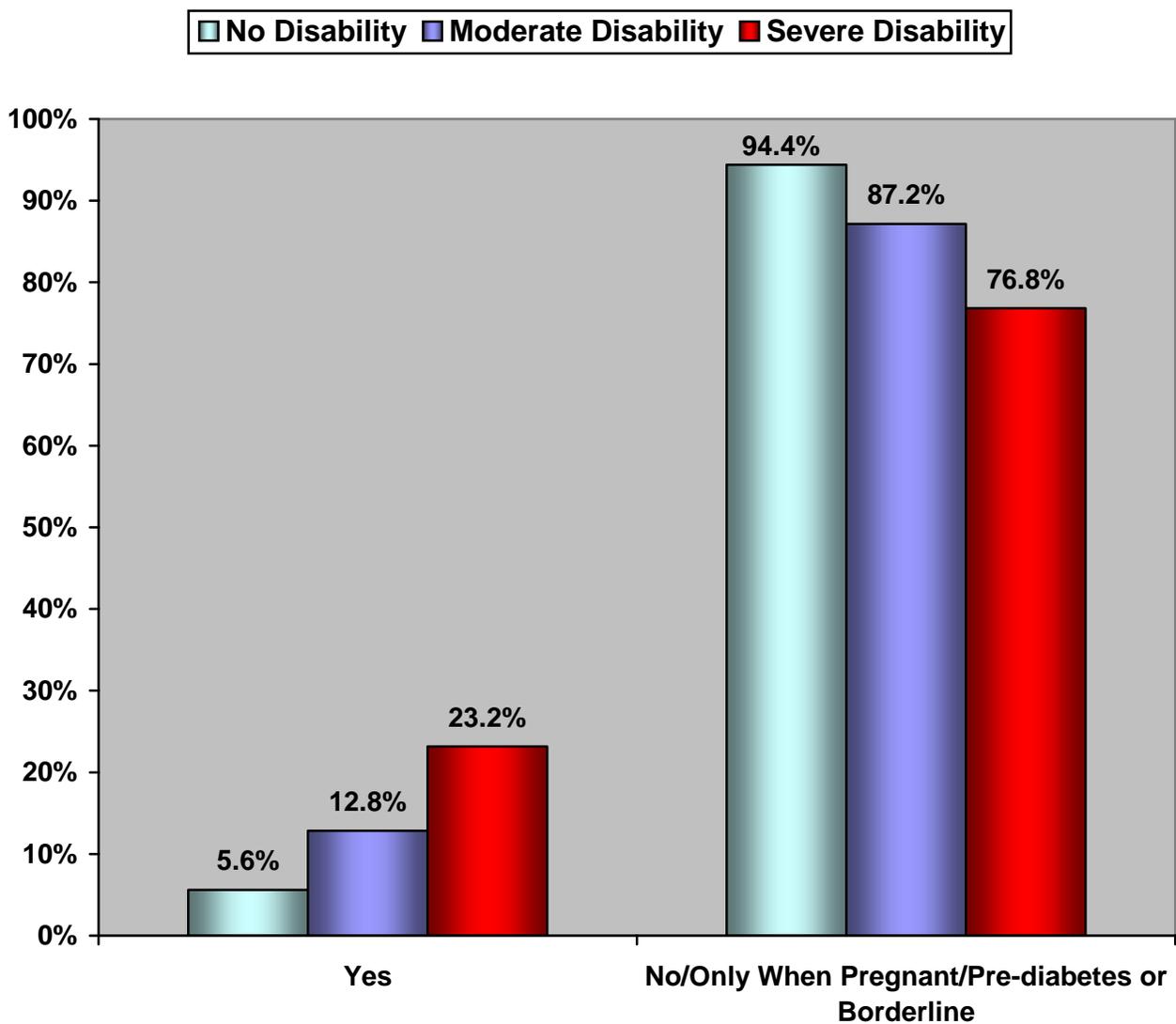
Chronic Health Conditions

Physical Risk Factors

Question: Have you ever been told by a doctor that you have diabetes?

As the severity of disability increases the rate of diabetes also increases, with almost one in four of those with a severe disability reporting diabetes compared to one in twenty of those with no disability.

Diabetes



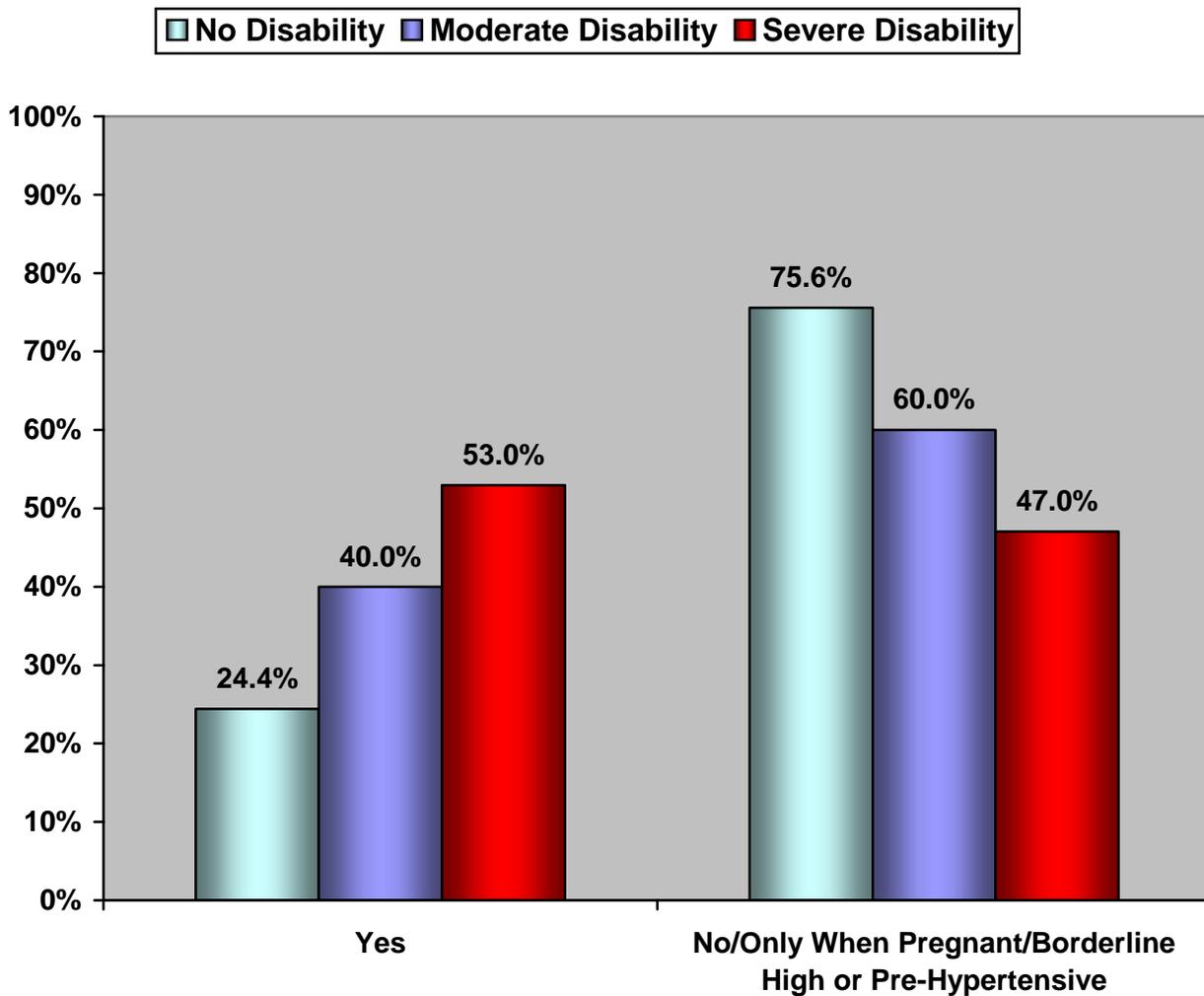
Chronic Health Conditions

Physical Risk Factors

Question: Have you ever been told by a doctor that you have high blood pressure?

As severity of disability increases, the rate of having high blood pressure also increases, with more than half of those with a severe disability reporting high blood pressure, and more than two fifths of those with a moderate disability compared to one fourth of those with no disability reporting high blood pressure.

High Blood Pressure



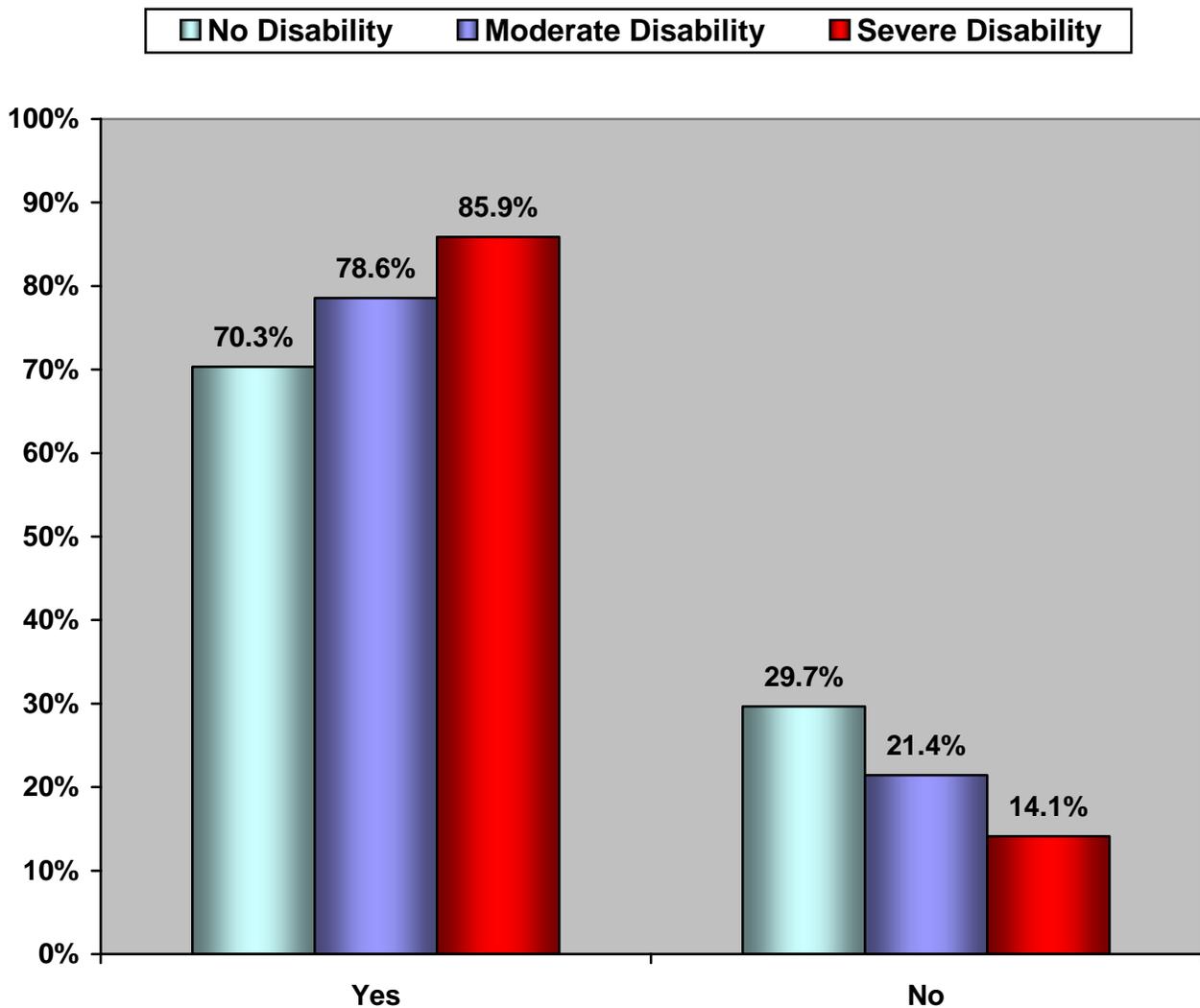
Chronic Health Conditions

Physical Risk Factors

Question: Blood cholesterol is a fatty substance found in the blood. Have you ever had your blood cholesterol checked?

The majority of respondents have had their blood cholesterol checked, and as severity of disability increases, the percentage of those having had their cholesterol checked increases as well.

Blood Cholesterol Checked



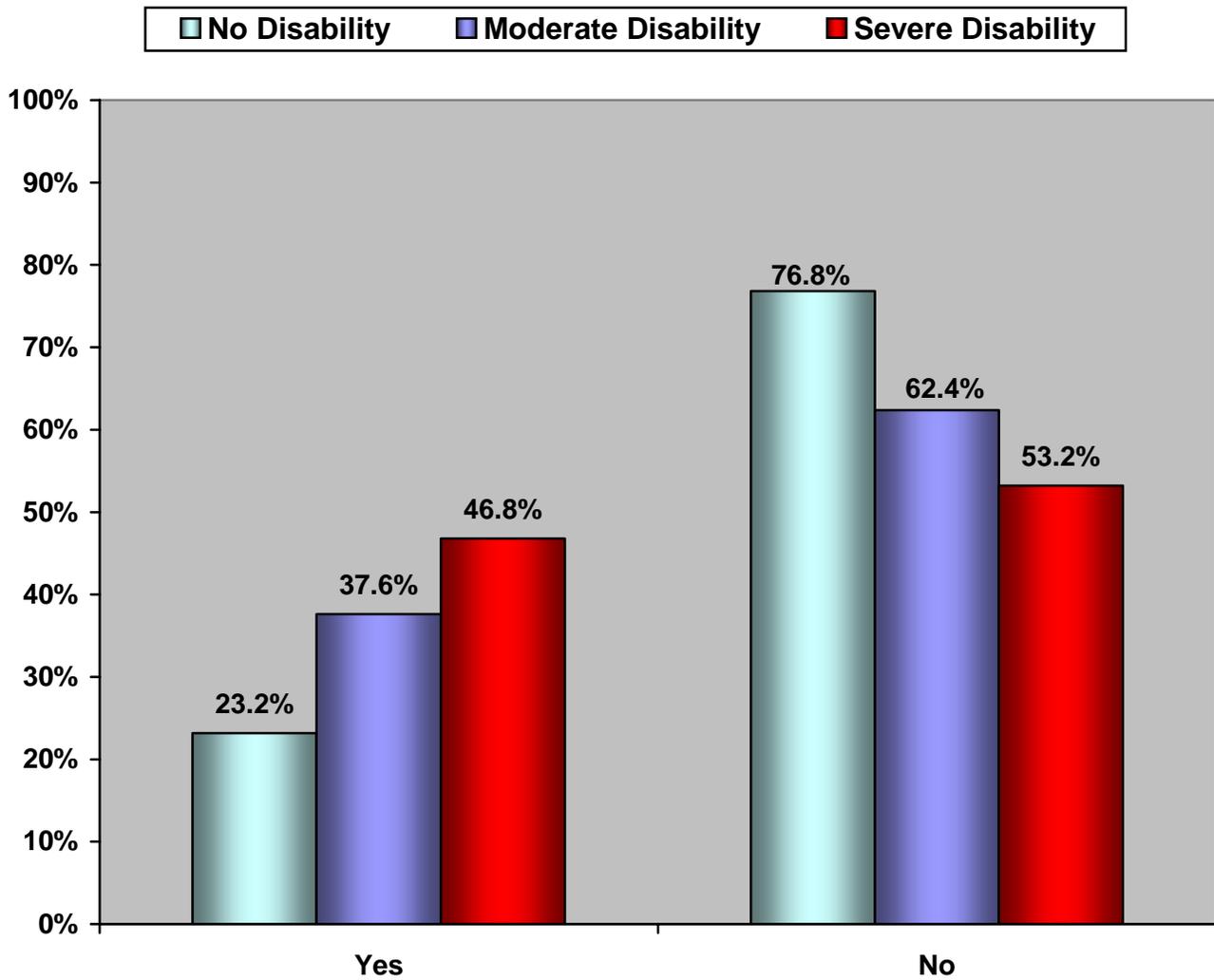
Chronic Health Conditions

Physical Risk Factors

Question: Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?

Higher percentages of those with a disability have been told they have high cholesterol compared to those without a disability.

Blood Cholesterol High



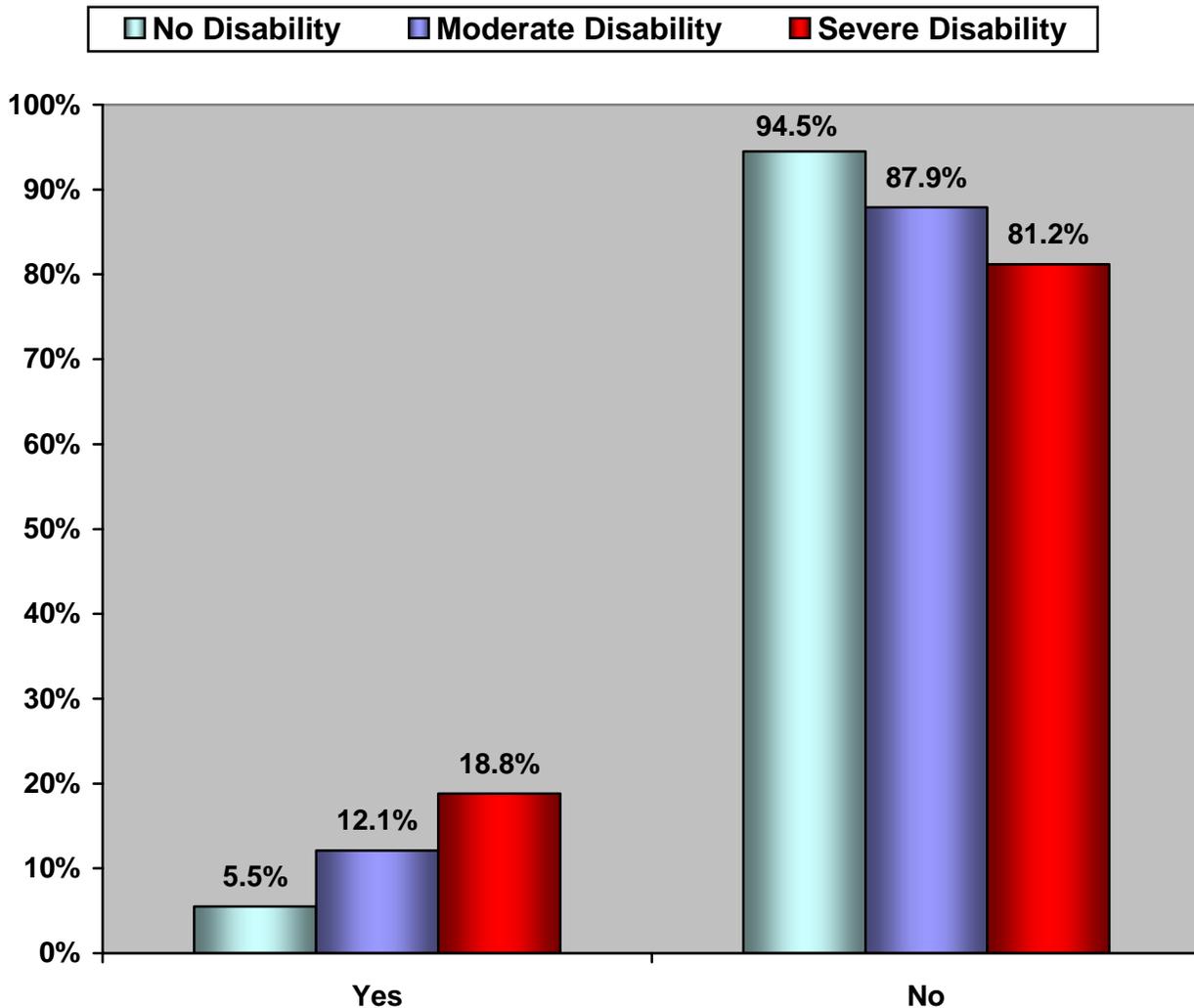
Chronic Health Conditions

Physical Risk Factors

Question: Have you ever been told by a doctor, nurse, or other health professional that you had asthma and do you still have it?

The vast majority of respondents have never been told they have asthma. However, higher percentages of those with a disability report being told they have asthma, those with a severe disability being three times more likely to have been told they have asthma than those with no disability.

Asthma



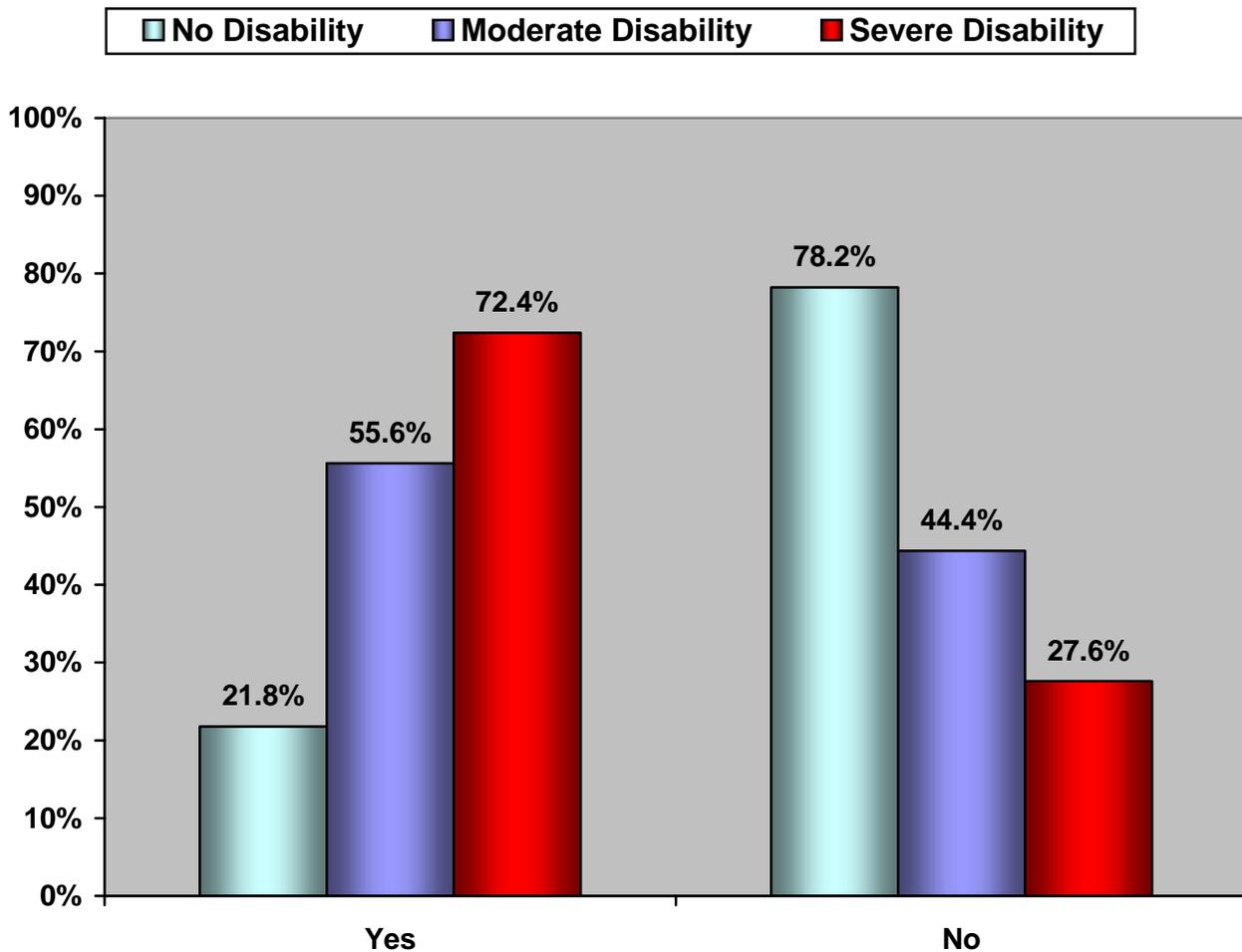
Chronic Health Conditions

Physical Risk Factors

Question: Have you ever been told by a doctor or other health professional that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?

Those with a severe disability were more than three times more likely to have been told by a doctor or health professional that they have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia compared than those without a disability.

Arthritis





Cardiovascular Health



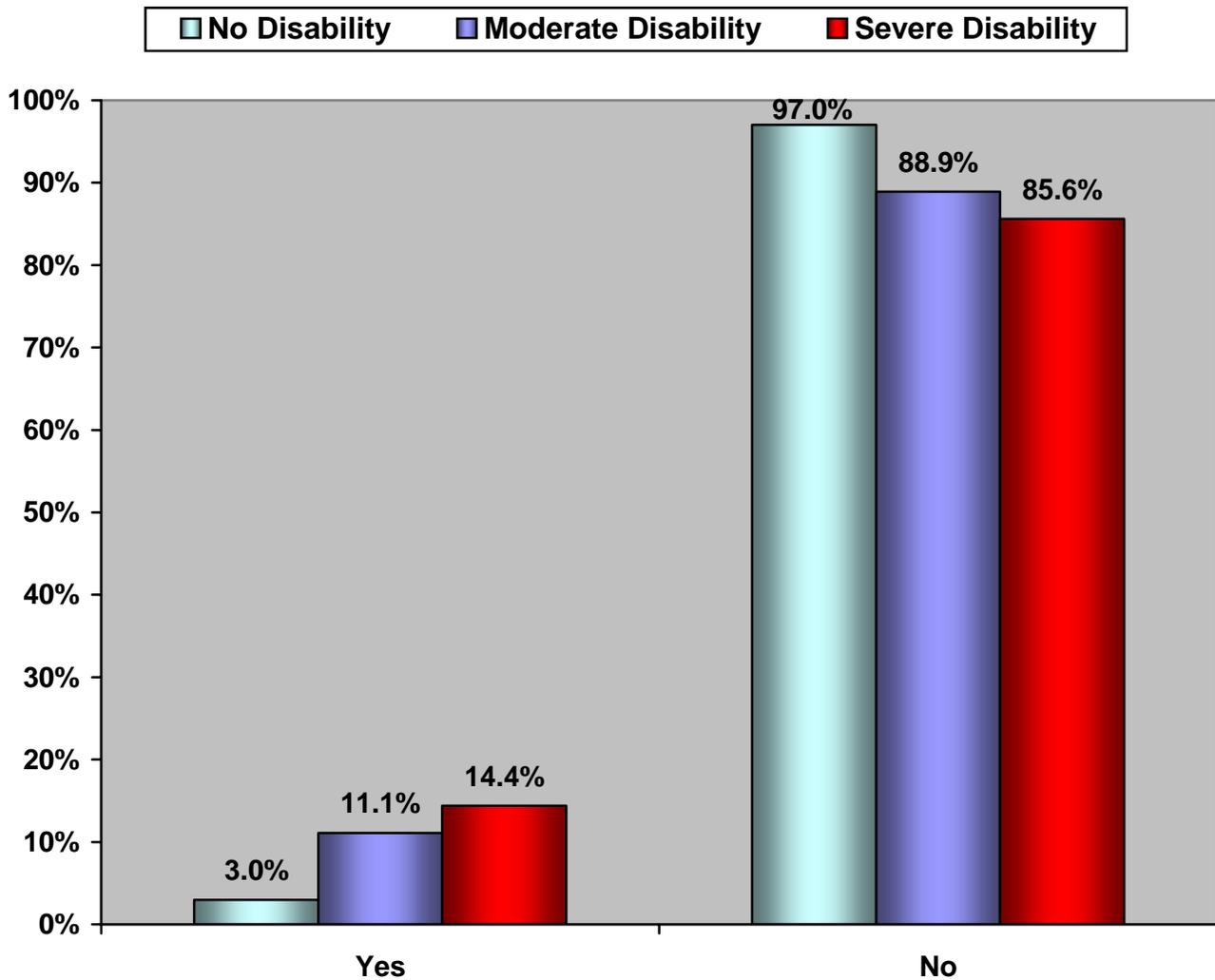
Cardiovascular Health

Heart Attack

Question: Have you ever been told by a doctor or other health professional that you have had a heart attack?

As severity of disability increases, rate of heart attack also increases. Those with a severe disability were more than four times more likely to have been told by a doctor or health professional that they have had a heart attack compared to those with no disability.

Heart Attack



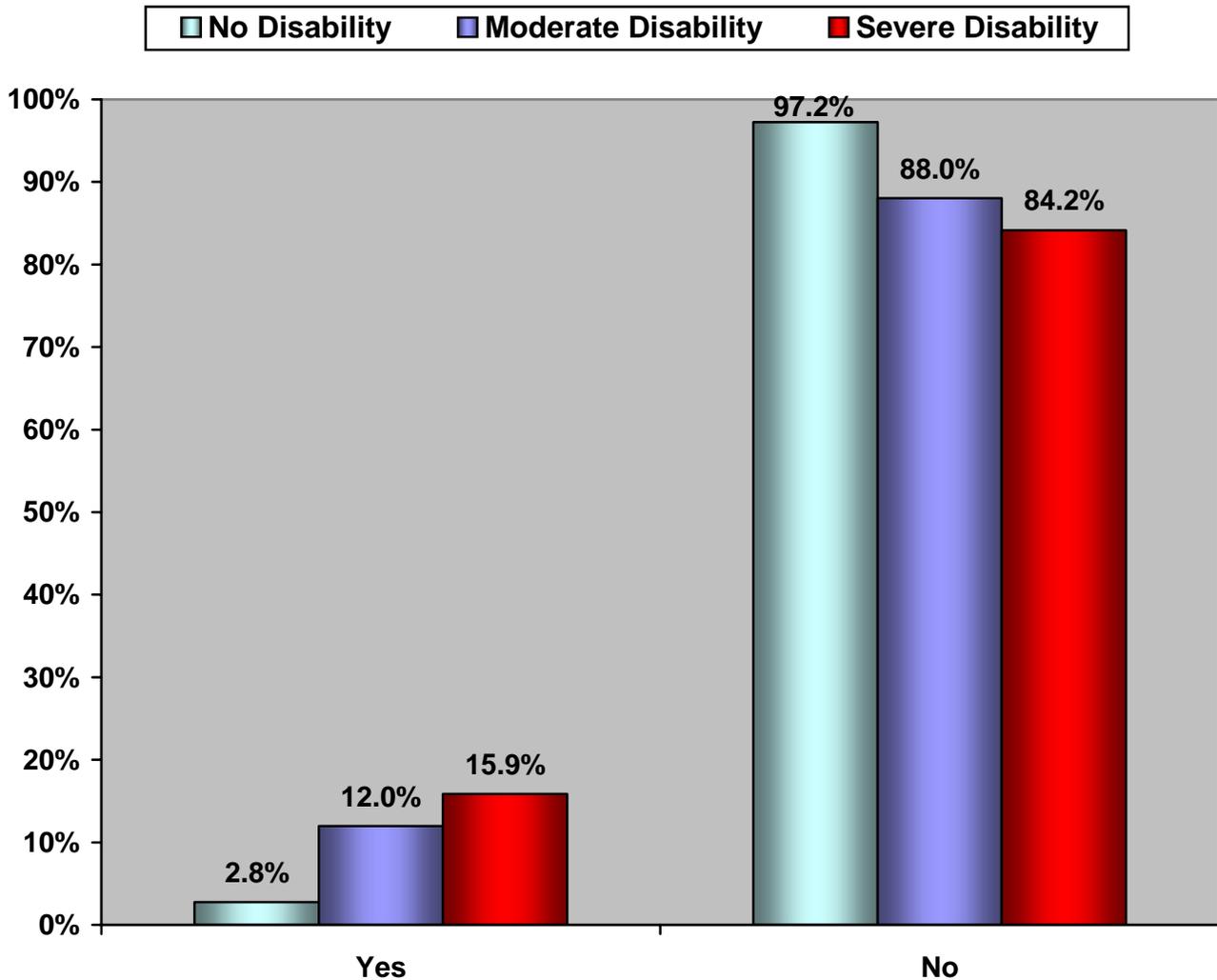
Cardiovascular Health

Angina

Question: Have you ever been told by a doctor or other health professional that you have angina?

As severity of disability increases, rate of angina also increases. Those with a severe disability were more than five times more likely to have been told by a doctor or health professional that they have angina compared to those with no disability.

Angina



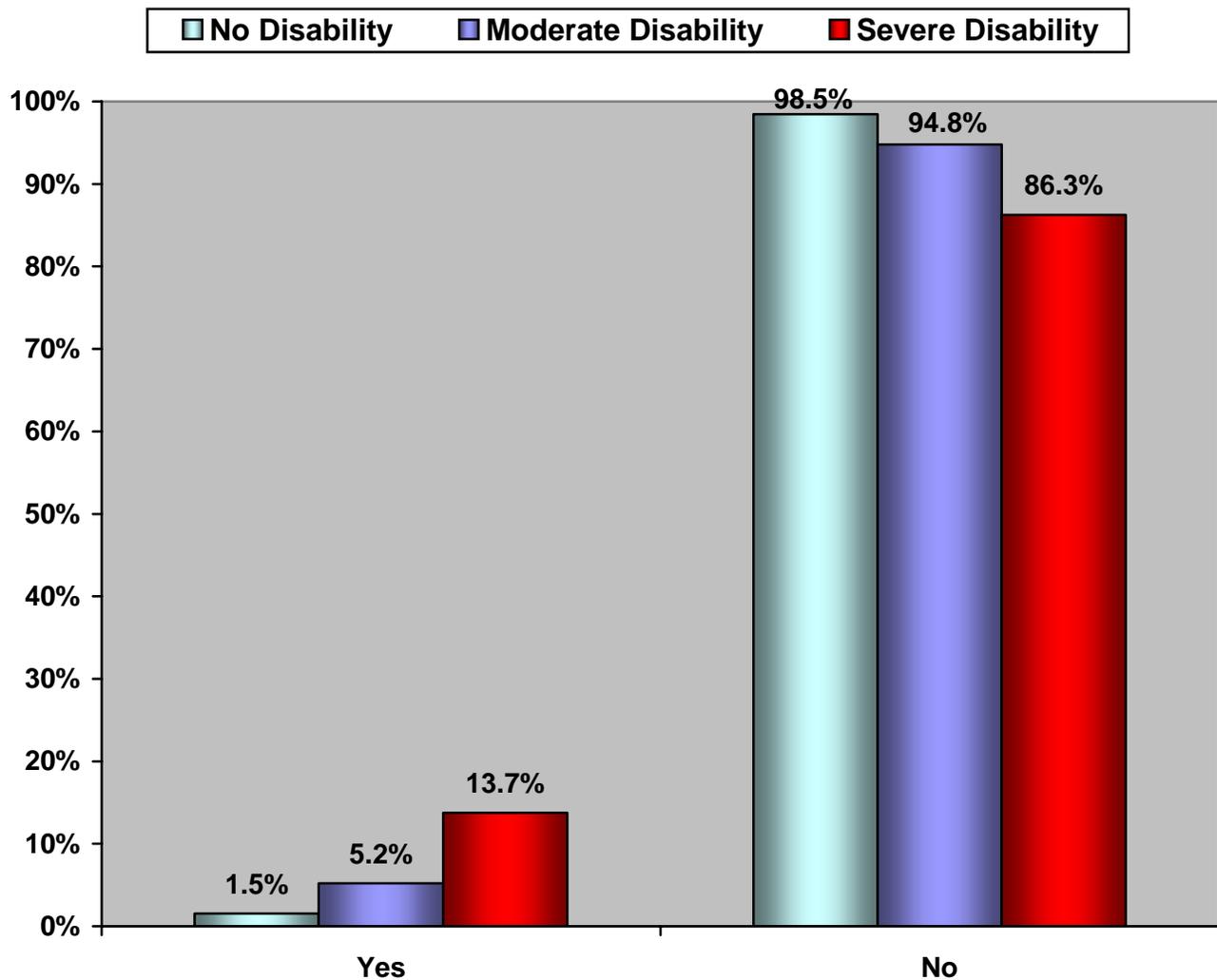
Cardiovascular Health

Stroke

Question: Have you ever been told by a doctor or other health professional that you have had a stroke?

As severity of disability increases the rate of strokes dramatically increases. Those with a severe disability were more than nine times more likely to have been told by a doctor or health professional that they have had a stroke compared to those without a disability.

Stroke





Veterans



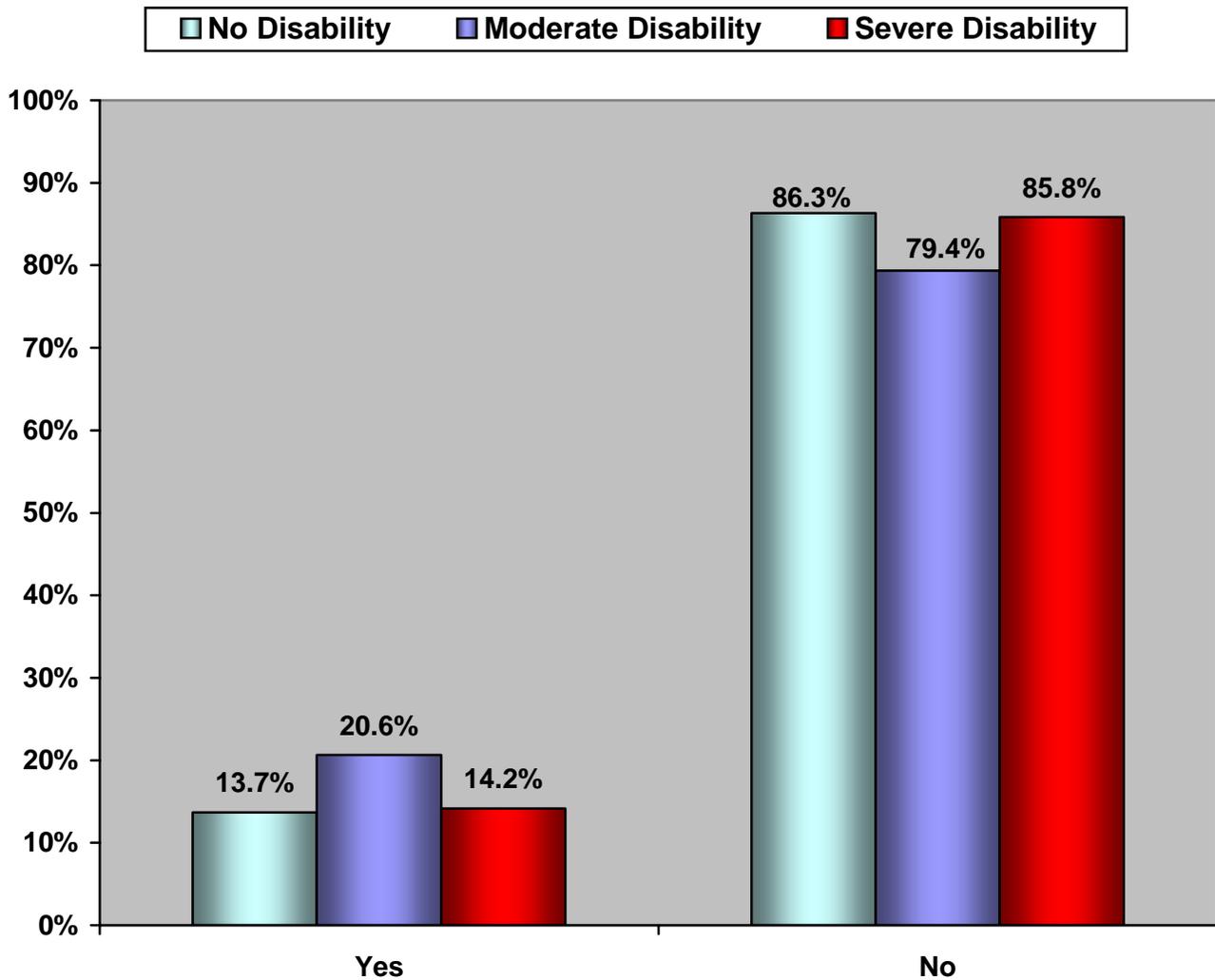
Veterans

Veteran

Question: Have you ever served on active duty in the United States Armed Forces, either in the regular military or in a National Guard or military reserve unit?

An overwhelming majority of respondents have not served on active duty in the United States Armed Forces, however the highest percentage of veterans (21%) are those with a moderate disability.

Veteran





Women's Health



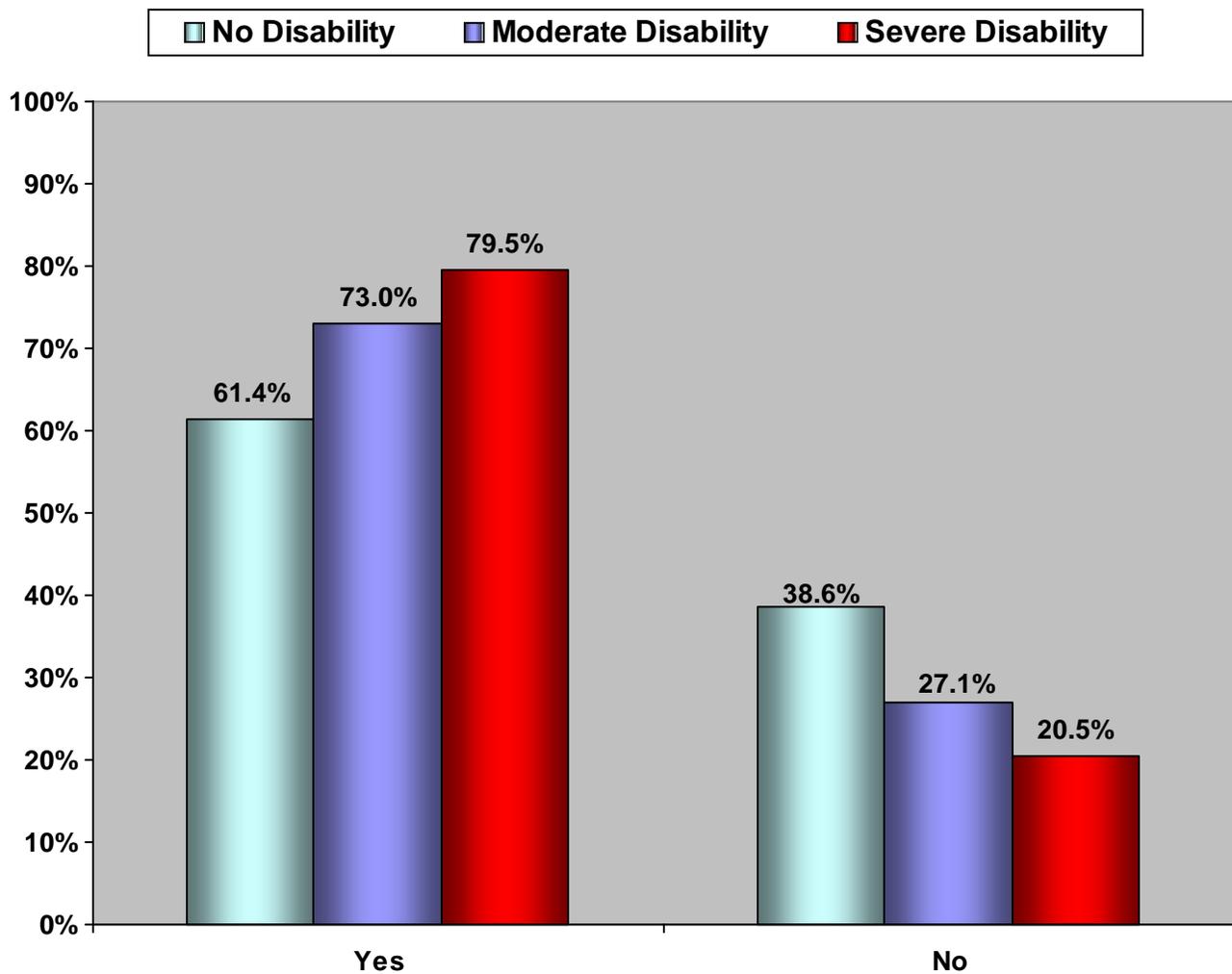
Women's Health

Mammography

Question: A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?

Although the majority of all women say they have had a mammogram, the percentage of those saying they've had a mammogram increases as severity of disability increases.

Had Mammogram



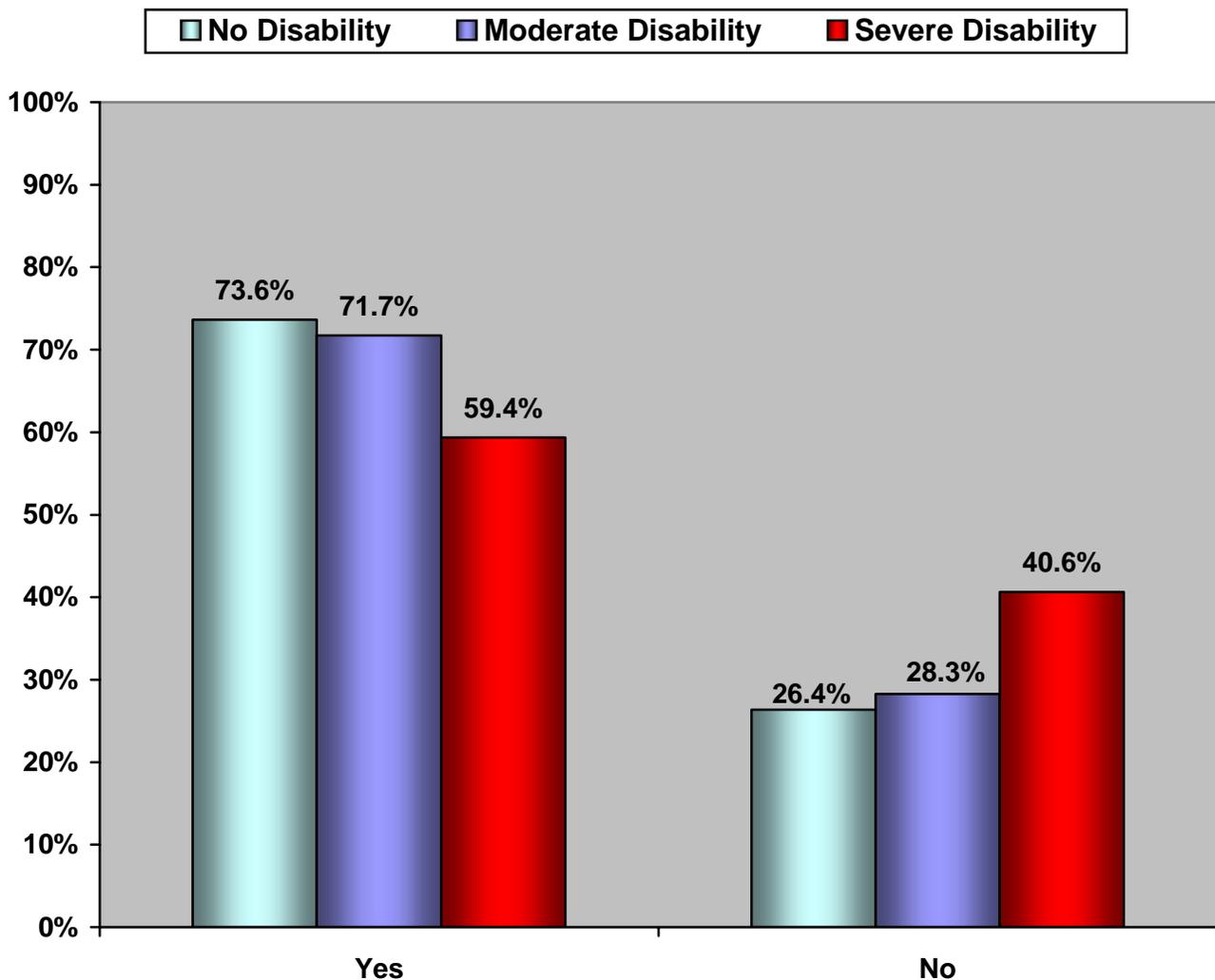
Women's Health

Mammography

Question: For women over 39 years old, have you had a mammogram within the past 2 years?

The majority of women over the age of 39 have had a mammogram within the past 2 years regardless of disability status, with slightly more women with no disability reporting having a mammogram in the past 2 years.

Mammogram within past 2 years



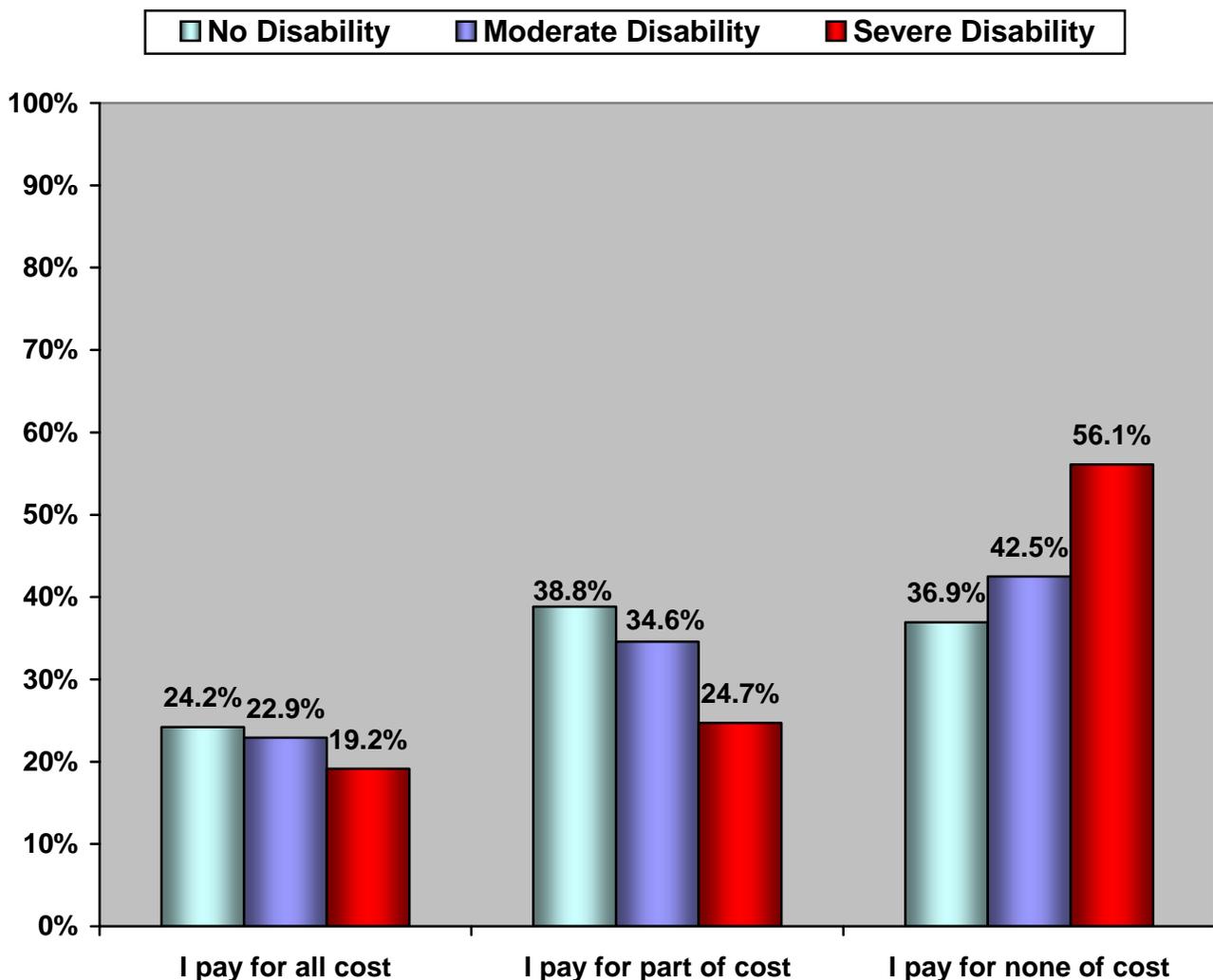
Women's Health

Mammography

Question: If you wanted to have a mammogram, would you have to pay for all, part, or none of the cost?

As severity of disability increased the percentage of those who do not pay for any of the cost of a mammogram increased, although almost one in five women who have a severe disability still paid all of the cost of a mammogram.

Pay for Mammogram



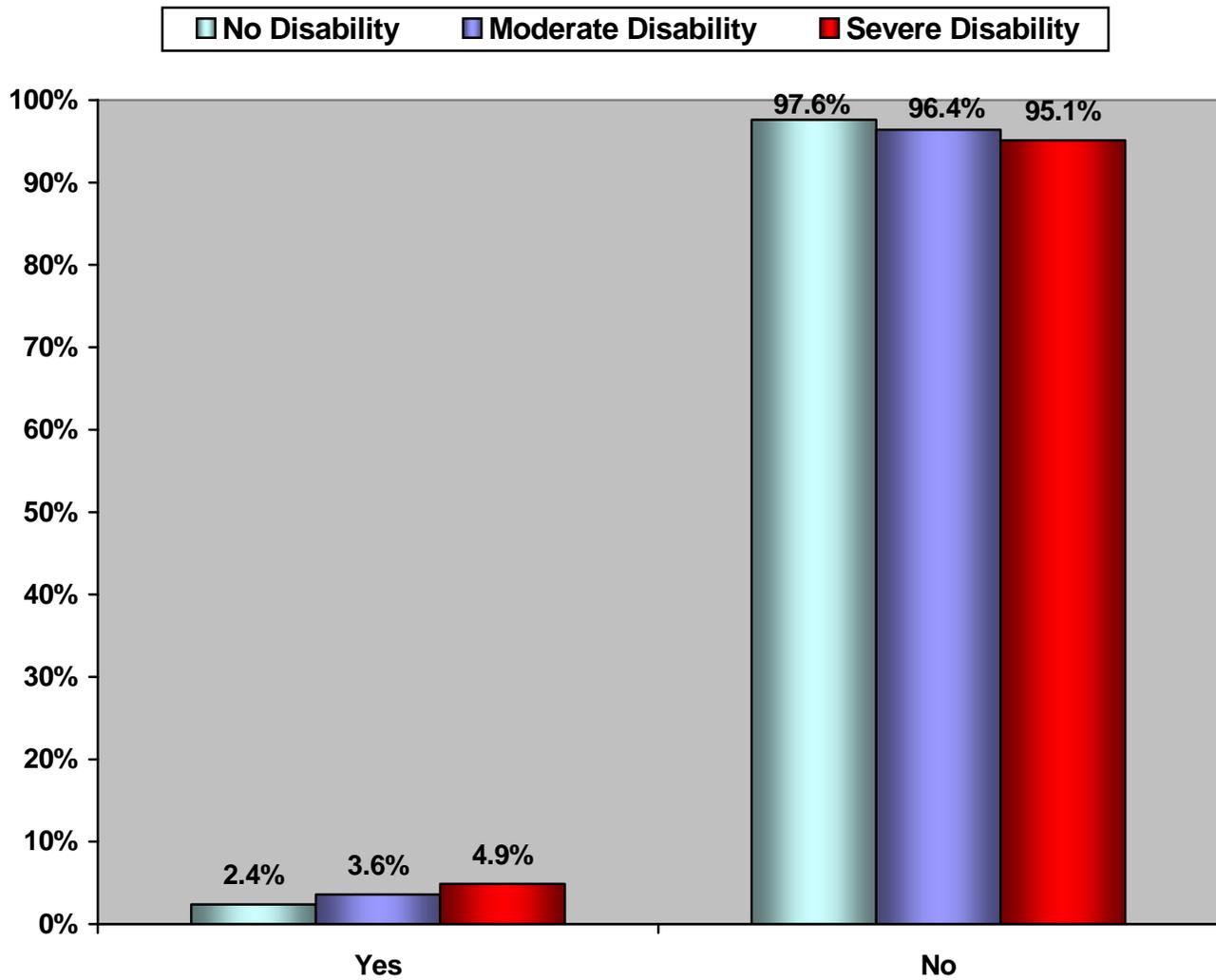
Women's Health

Breast Cancer

Question: Have you ever had breast cancer?

Although the majority of women have not had breast cancer, as the severity of disability increased the percentage of those who have had breast cancer doubled.

Ever had Breast Cancer



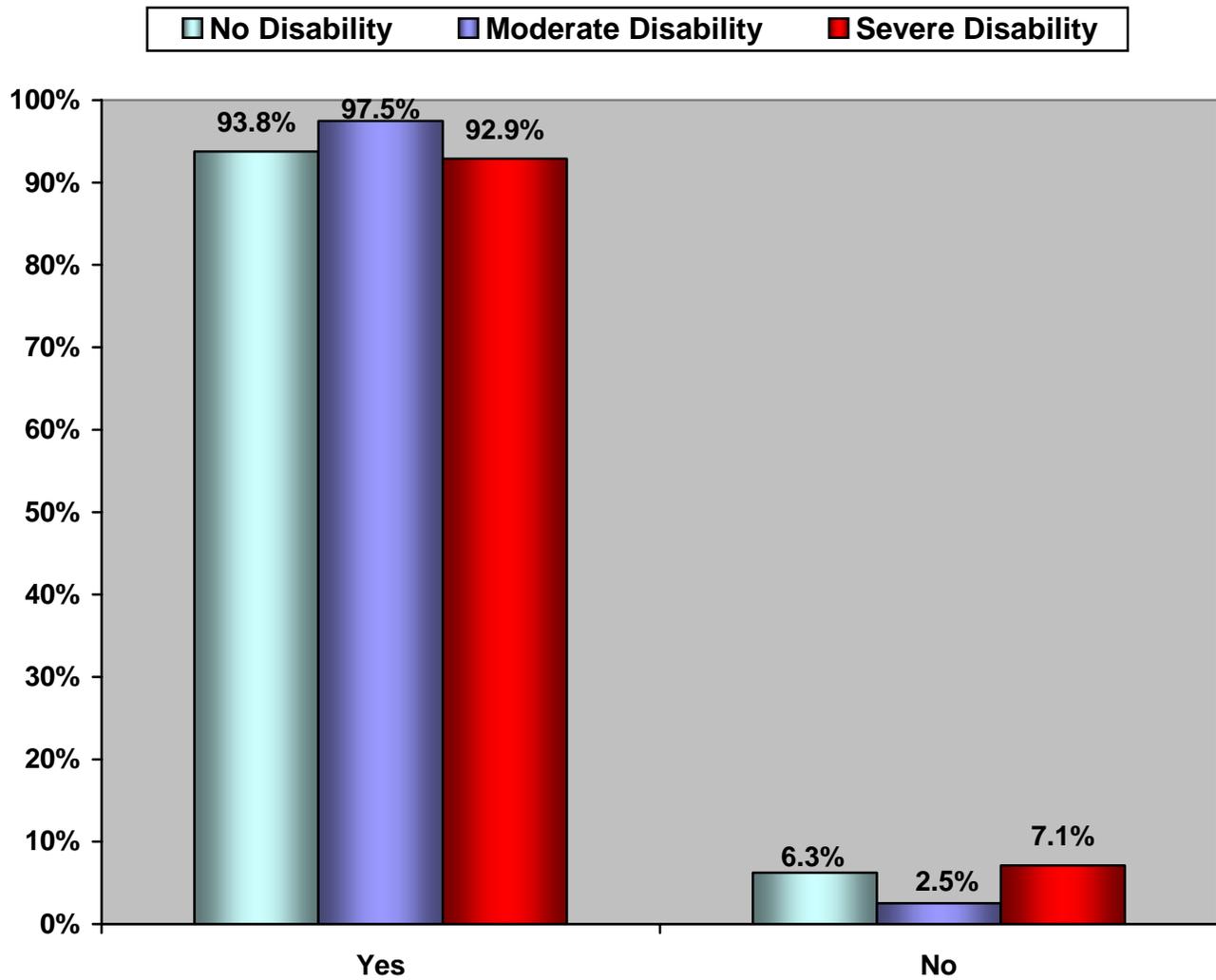
Women's Health

Pap Smear

Question: A pap smear is a test for cancer of the cervix. Have you ever had a pap smear?

An overwhelming majority of respondents, regardless of disability, say they have had a pap smear with slightly more for those with a moderate disability.

Pap Smear



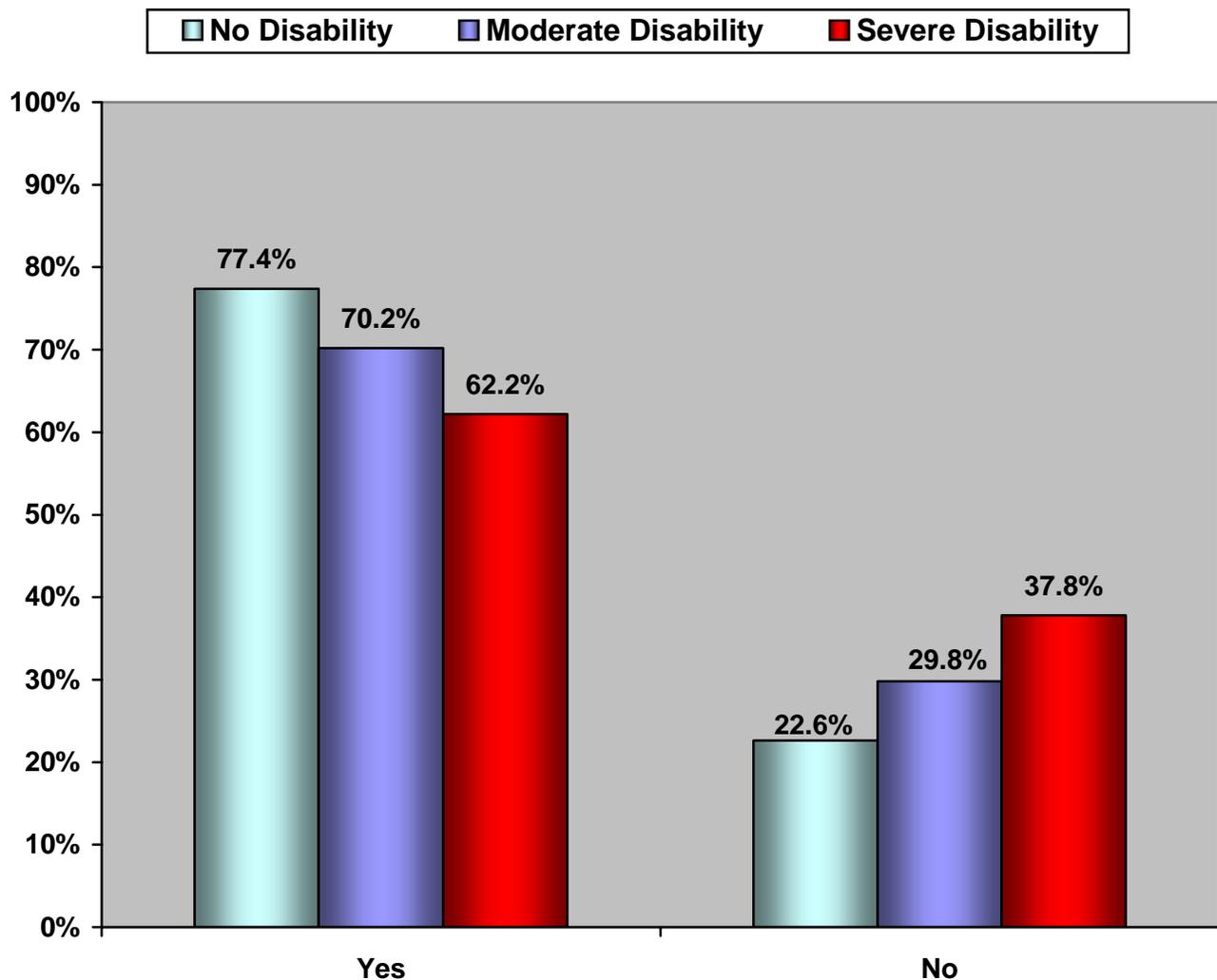
Women's Health

Pap Smear

Question: Of those who have had a pap smear, have you had a pap smear within the last 3 years?

Although the majority of women have had a pap smear in the last three years, the percentage of those who reported not having a pap smear in the last three years increased as severity of disability increased, more than one and a half times for those with a severe disability (37.8%) when compared to those with no disability (22.6%).

Pap Smear in last 3 years



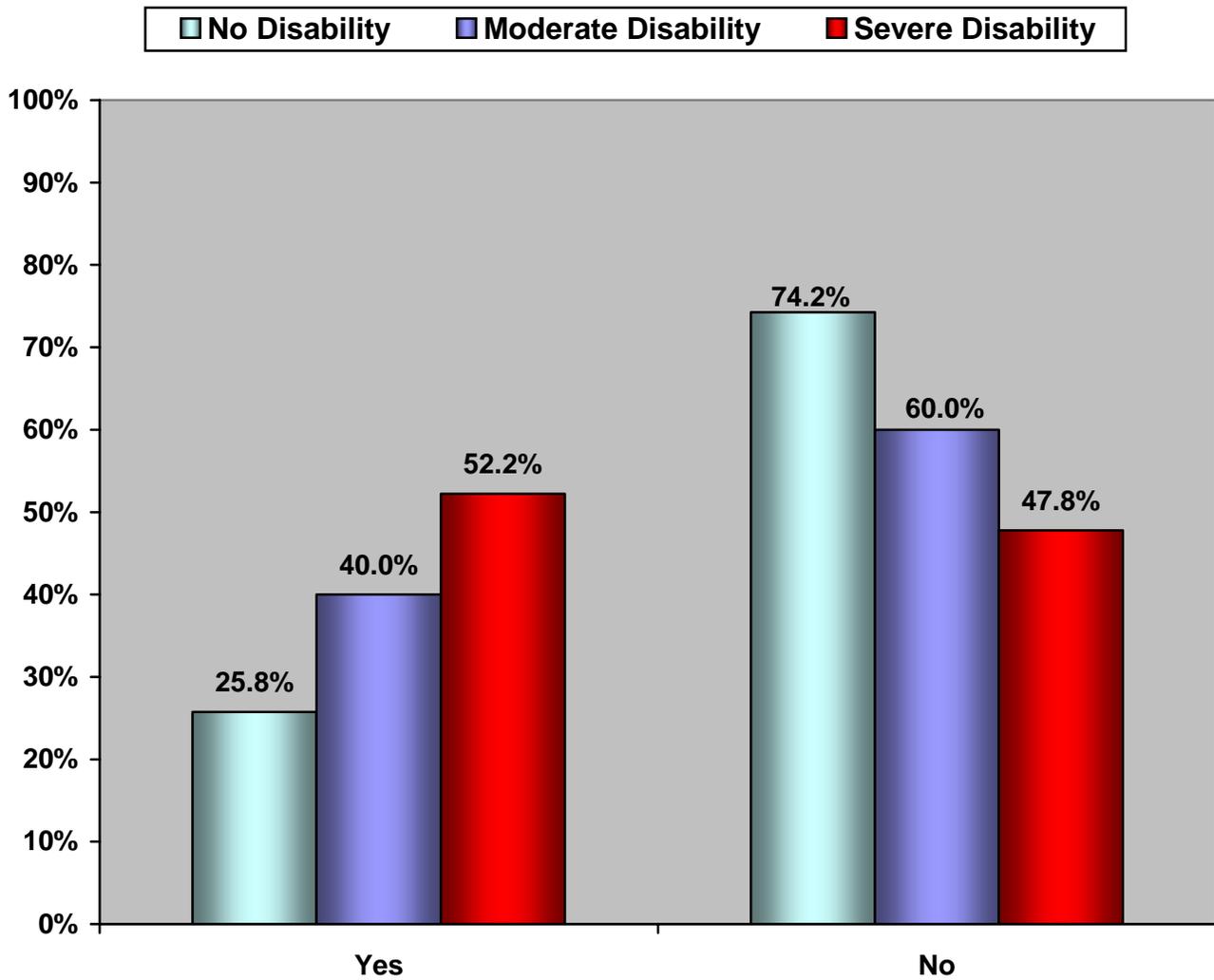
Women's Health

Hysterectomy

Question: Have you had a hysterectomy?

Over half of women with a severe disability have had a hysterectomy, over a third of those with a moderate disability have had a hysterectomy, while just a quarter of those without a disability have had this procedure.

Hysterectomy



Additional copies of this Chartbook can be requested
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