

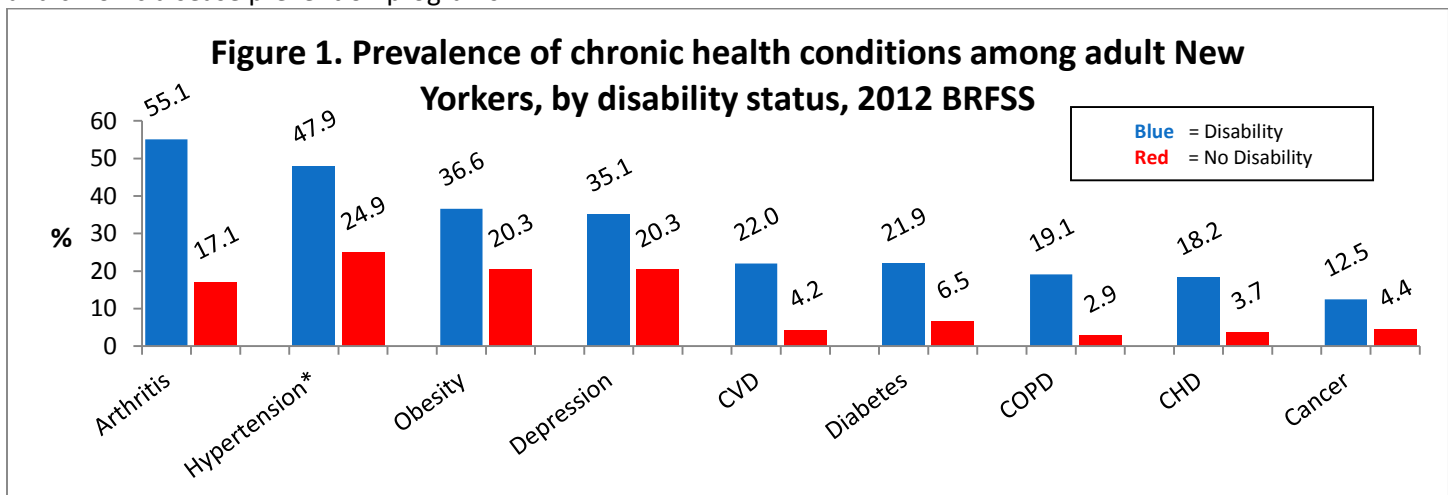
## Information for Action # 2014-3

### Chronic Disease Prevention and Self-Management Programs are important for New Yorkers with disabilities

Chronic diseases – such as heart disease, stroke, cancer, diabetes, and arthritis – are among the most common, costly, and preventable of all health problems in the United States.<sup>1</sup> According to the 2012 New York State (NYS) Behavioral Risk Factor Surveillance System (BRFSS), persons with disabilities are disproportionately affected and heavily burdened by chronic conditions. As illustrated in Figure 1, **rates of arthritis, hypertension, obesity, depression, cardiovascular disease (CVD), diabetes, chronic obstructive pulmonary disease (COPD), coronary heart disease (CHD), and cancer, are significantly higher among NY adults living with a disability than persons without disabilities.**

Disabilities can emerge from chronic conditions, and having a disability can increase one's risk of developing a chronic condition. A recent study suggests that disability often occurs before chronic conditions do, with lifelong disability increasing the risk of developing poor health.<sup>2</sup>

To take action, the 2013-2017 NYS Health Improvement Plan, *The Prevention Agenda*, has identified persons with disabilities as a priority target group within the Chronic Disease Action Plan. In addition, the NYS Department of Health's Disability and Health Program is working to increase the participation of persons with disabilities in health promotion and chronic disease prevention programs.



Data Source: 2012 and 2011\* Behavioral Risk Factor Surveillance System

Disability is defined as replying "yes" to one of the following questions: "Are you limited in any way in any activities because of physical, mental, or emotional problems?" OR "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?"

### PUBLIC HEALTH OPPORTUNITY

Chronic disease prevention and health promotion programs should be designed to be inclusive of persons with disabilities, while simultaneously focusing on effectively engaging persons with disabilities in these programs. Health professionals should encourage persons with disabilities to participate in community-based self-management and physical activity programs, such as the Chronic Disease Self-Management Program, Diabetes Prevention Program, Walk with Ease, and Active Living Every Day. More information about these and other programs is available at:

<http://www.ceacw.org/>

#### Contact:

For more information about the data included and their specific implications for action, please send an email to [DCDIPIFA@health.ny.gov](mailto:DCDIPIFA@health.ny.gov) with IFA # 2014-3 in the subject line.

#### References:

- Centers for Disease Control and Prevention. Chronic Diseases and Health Promotion. Retrieved from <http://www.cdc.gov/chronicdisease/overview/index.htm>
- Dixon-Ibarra, A. and Horner-Johnson, W. (2014) Disability status as an antecedent to chronic conditions: National Health Interview Survey 2006-2012. *Preventing Chronic Disease* 11: 130251

