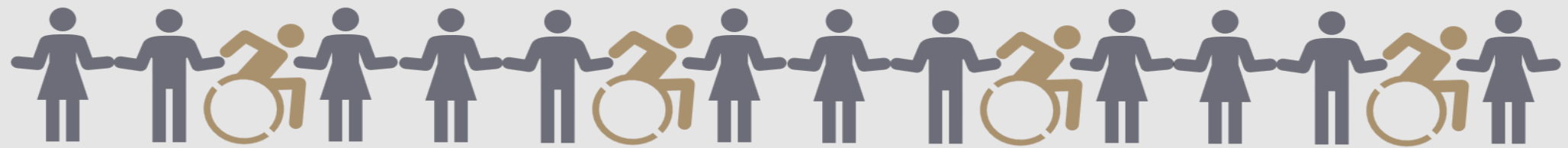
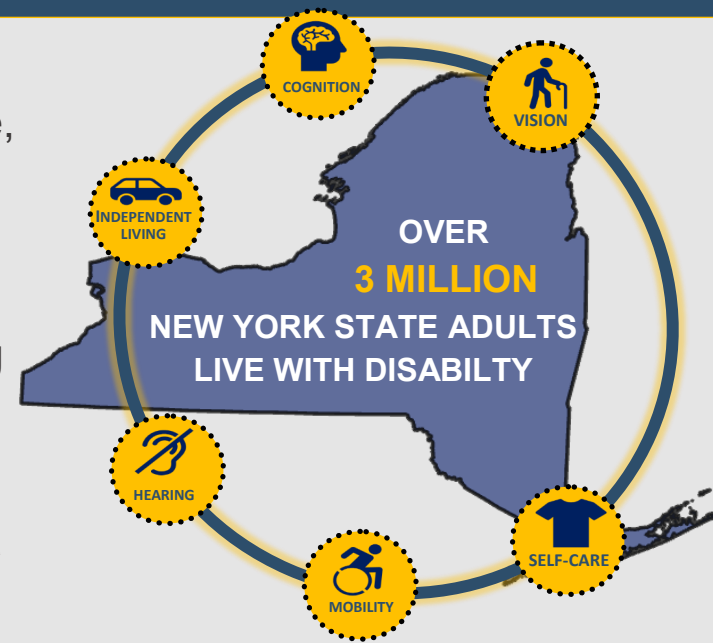


Improving the Health of New York State Adults Living with Disability – Health Behaviors

Health behaviors are actions individuals take that can affect health. Health behaviors can include things like smoking, substance use, physical activity, and diet. There are disparities in health behaviors between adults living with disability and adults not living with disability. According to CDC, people with disability experience a number of challenges that make it difficult to practice healthy living. These challenges can include: a lack of healthy food choices, difficulty chewing or swallowing food, physical limitations that can reduce ability to exercise, pain, lack of energy, lack of accessible environments, and/or a lack of resources. Understanding the challenges people living with disability encounter is the first step in identifying interventions to support healthy lifestyles.

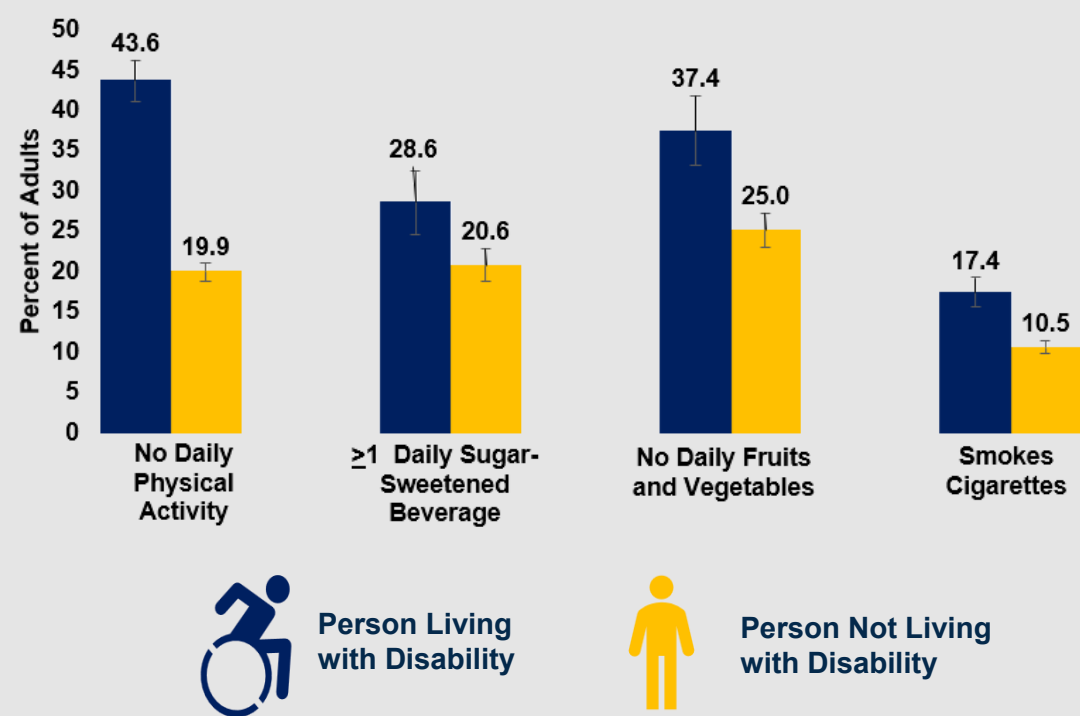


<https://www.cdc.gov/ncbddd/disabilityandhealth/>

Disparities in Select Health Behaviors among People Living with Disability

- People living with disability are less likely to eat fruits and vegetables at least once a day compared to adults not living with disability.
- People living with disability are more likely to consume sugar-sweetened beverages once a day compared to people not living with disability.
- People living with disability are more likely to smoke cigarettes compared to people not living with disability.
- People living with disability are less likely to participate in daily physical activity compared to adults not living with disability.

Disparities in Health Behaviors among People Living with Disability



Addressing Barriers to Healthy Behaviors to Improve the Health of People Living with Disability



Train health care professionals to counsel and refer people living with disability to inclusive self-management and lifestyle change programs



Assess barriers to healthy behaviors for people living with disability and identify opportunities to address them



Ensure that education and media campaigns to promote healthy behaviors are inclusive of people living with disability



Make changes to the built environment to make physical activity and healthy foods more accessible to people living with disability

This is the second in a series of infographics focused on improving the health of New Yorkers living with disability