

<http://dhds.cdc.gov/>

## Ready to use Disability and Health Data System?

### Here are 5 steps to get started:

1. Visit Disability and Health Data System website at <http://www.cdc.gov/ncbddd/disabilityandhealth/dhds.html>
2. Navigate to the Getting Started Guide on the left hand column or visit directly at <http://dhds.cdc.gov/help/gettingStarted>
3. Review the health topic and demographic data guides at <http://dhds.cdc.gov/guides/healthtopics> and <http://dhds.cdc.gov/guides/demographics>
4. Build interactive maps, bar charts, trend lines and tables at <http://dhds.cdc.gov/dataviews/>
5. Read the DHDS Methodology at <http://dhds.cdc.gov/methods>

## Are you a fan of Disability and Health Data System?

### Here are 5 things you can do today:

1. Include disability in your public health surveillance and research activities, programs, and policies.
2. Review disability and health data specific to your program's mission.
3. Generate research questions on why a disparity in health may exist for people with disabilities in your area of interest.
4. Link to Disability and Health Data System from your website, social media sites or blogs (use the DHDS web button located at <http://www.cdc.gov/SocialMedia/Tools/ButtonsGallery.html>)
5. Support the evolution of Disability and Health Data System. Send feedback, comments and questions:

1-800-CDC-INFO  
[cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)