

# Physical Inactivity and People with Disabilities

## A Tip Sheet for Public Health Professionals

Did you know that physical inactivity is particularly prevalent among adults with a disability? You can help improve the health and wellness of people with disabilities by requesting that your state's public health surveillance activities include disability as a demographic (similar to age, sex, race, etc.) and that health promotion activities include people with disabilities.

In all states, there is a difference in physical inactivity rates by disability status, suggesting a disparity in access to these services and health promotion strategies. Interested in your state? Use the table below to determine the prevalence of physical inactivity among people with disabilities compared to those without.

**Encourage your state to:**

- **Include disability in public health surveillance activities**
- **Include people with disabilities in health promotion activities**

**The Prevalence of Physical Inactivity in Adults with and without Disabilities, BRFSS 2009.<sup>1</sup>**

State, District or Territory	Disability			No Disability			Total			Difference
	Weighted Population	Percent <sup>2</sup>	95% CI <sup>3</sup> (±)	Weighted Population	Percent	95% CI (±)	Weighted Population	Percent	95% CI (±)	Percentage Points
Alabama	275,118	30.8	4.2	318,313	13.2	1.8	593,431	17.7	1.7	17.6
Alaska	14,803	12.2	3.0	24,537	7.1	1.8	39,340	9.1	1.7	5.1
Arizona	177,069	15.7	3.7	258,387	7.3	1.4	435,456	9.6	1.4	8.4
Arkansas	126,160	22.6	4.3	114,072	7.9	1.3	240,232	11.9	1.4	14.7
California	915,772	17.6	2.3	1,818,768	9.5	0.8	2,734,540	11.6	0.8	8.1
Colorado	109,442	15.3	2.5	132,475	5.4	0.7	241,917	7.7	0.7	9.9
Connecticut	102,124	19.6	3.6	143,162	7.1	0.9	245,286	9.6	1.0	12.5
Delaware	23,315	17.8	4.0	39,499	8.5	1.5	62,815	10.5	1.4	9.3
District of Columbia	16,593	16.6	3.4	25,397	7.8	1.2	41,990	10.1	1.1	8.8
Florida	800,622	22.6	3.8	1,181,445	11.6	1.5	1,982,067	14.5	1.4	11.0
Georgia	292,813	22.1	4.5	538,741	10.5	1.6	831,554	13.1	1.5	11.6
Hawaii	26,444	12.9	2.5	78,631	10.0	1.2	105,075	10.8	1.1	2.9
Idaho	41,690	17.0	3.5	47,310	6.0	1.0	89,000	8.7	1.0	11.0
Illinois	356,218	20.6	4.0	596,281	8.1	1.1	952,499	10.4	1.1	12.5
Indiana	230,380	22.5	3.2	309,272	9.5	1.2	539,652	12.6	1.1	13.0
Iowa	87,807	19.2	3.9	122,926	7.1	0.9	210,733	9.5	0.9	12.1
Kansas	106,490	22.6	2.2	141,739	9.2	0.6	248,229	12.3	0.6	13.4
Kentucky	256,411	29.4	4.0	225,876	10.5	1.3	482,287	15.6	1.3	18.9
Louisiana	259,573	34.8	4.4	318,998	13.2	1.1	578,571	18.2	1.2	21.6
Maine	46,296	17.3	2.4	45,504	6.0	0.8	91,800	8.8	0.8	11.3
Maryland	182,607	22.6	4.2	257,508	8.4	1.0	440,114	11.4	1.1	14.2

State, District or Territory	Disability			No Disability			Total			Difference
	Weighted Population	Percent	95% CI (±)	Weighted Population	Percent	95% CI (±)	Weighted Population	Percent	95% CI (±)	Percentage Points
Massachusetts	210,920	21.1	2.6	323,466	9.3	0.9	534,386	12.0	0.9	11.8
Michigan	381,198	23.8	3.3	437,547	8.2	0.9	818,745	11.6	0.9	15.6
Minnesota	140,883	14.8	3.1	171,052	5.7	1.0	311,935	7.9	0.9	9.1
Mississippi	181,141	30.8	3.3	196,377	13.5	1.1	377,518	18.5	1.1	17.3
Missouri	231,748	21.2	4.0	226,043	7.5	1.3	457,791	11.0	1.3	13.7
Montana	28,111	15.6	3.0	30,417	5.6	0.9	58,528	8.0	0.9	10.0
Nebraska	62,205	23.1	5.1	79,013	8.1	1.0	141,217	11.2	1.1	15.0
Nevada	85,556	18.0	3.7	137,092	10.1	2.1	222,648	12.5	2.0	7.9
New Hampshire	39,688	16.9	3.1	49,498	6.6	1.0	89,186	9.0	1.0	10.3
New Jersey	289,941	25.5	3.0	621,202	12.7	1.1	911,143	15.2	1.1	12.8
New Mexico	55,937	15.5	2.5	79,233	7.6	1.1	135,171	9.8	1.0	7.9
New York	698,879	21.7	3.6	1,114,856	10.6	1.4	1,813,735	13.5	1.3	11.1
North Carolina	380,123	22.4	2.9	472,009	9.7	1.1	852,132	13.1	1.1	12.7
North Dakota	18,097	17.9	3.5	28,705	7.9	1.1	46,803	10.0	1.1	10.0
Ohio	451,801	21.4	3.3	446,955	7.4	0.9	898,756	10.8	0.9	14.0
Oklahoma	182,640	23.7	2.8	198,349	10.5	1.1	380,989	14.3	1.1	13.2
Oregon	118,695	17.0	3.4	110,822	5.5	1.0	229,517	8.3	1.1	11.5
Pennsylvania	439,790	20.4	2.9	624,813	9.0	1.1	1,064,602	11.7	1.0	11.4
Rhode Island	35,685	21.1	3.7	58,771	9.6	1.1	94,456	12.1	1.1	11.5
South Carolina	195,406	23.9	3.5	253,974	10.9	1.3	449,380	14.3	1.2	13.0
South Dakota	28,534	18.8	3.5	44,096	9.9	1.1	72,630	12.2	1.1	8.9
Tennessee	464,819	43.4	5.2	789,704	23.8	2.2	1,254,523	28.6	2.1	19.6
Texas	681,067	19.6	3.1	1,235,839	9.6	1.1	1,916,906	12.1	1.0	10.0
Utah	52,369	13.4	2.0	79,007	6.0	0.8	131,376	8.0	0.7	7.4
Vermont	16,778	14.2	2.2	21,534	6.0	0.9	38,312	8.0	0.9	8.2
Virginia	232,777	17.7	2.9	375,975	8.7	1.5	608,751	11.3	1.4	9.0
Washington	198,510	15.2	1.5	245,695	6.9	0.6	444,205	9.4	0.6	8.3
West Virginia	193,384	46.8	4.1	266,770	26.7	1.9	460,154	32.0	1.8	20.1
Wisconsin	158,055	18.3	5.4	171,471	5.5	1.3	329,526	8.2	1.4	12.8
Wyoming	14,475	16.4	3.1	17,980	6.1	0.9	32,454	8.5	0.9	10.3
Guam	2,801	20.7	8.0	9,792	10.4	2.2	12,593	12.4	2.3	10.3
Puerto Rico	341,186	57.5	5.9	842,582	38.6	2.1	1,183,768	42.9	2.0	18.9
Virgin Islands	1,705	22.6	8.2	10,685	18.4	2.2	12,390	19.1	2.1	4.2
Total	11,062,647	22.0	0.7	16,510,167	10.0	0.2	27,572,813	12.9	0.2	12.0

**Notes:**

1. BRFSS refers to the Behavioral Risk Factor Surveillance System.
2. Estimates are age-adjusted to the 2000 U.S. standard population.
3. CI denotes confidence interval.

**NCBDDD Atlanta:**

For more information please contact Centers for Disease Control and Prevention  
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