Each of us may experience a disability in our lifetime.

CDC’s National Center on Birth Defects and Developmental Disabilities supports efforts to include adults with disabilities in disease prevention, health promotion, and emergency response activities, while working to remove barriers to health care and improve access to routine preventive services.

A Snapshot of Disability in Iowa*

This fact sheet provides an overview of disability in Iowa compared to national estimates. You can use this information to learn more about the percentages and characteristics of adults with disabilities in Iowa.

Disability Costs in HEALTHCARE EXPENDITURES

$3.9 billion per year** in Iowa

Despite progress, adults with disabilities in Iowa and across the country continue to experience significant differences in health characteristics and behaviors compared to adults without disabilities.

Adults with Disabilities are more likely to*

- **be inactive**
  - Adults with disabilities: 35.7% in Iowa vs. 42.2% in the U.S.
  - Adults without disabilities: 23.0% in Iowa vs. 24.3% in the U.S.

- **have high blood pressure**
  - Adults with disabilities: 38.5% in Iowa vs. 41.9% in the U.S.
  - Adults without disabilities: 25.2% in Iowa vs. 25.9% in the U.S.

- **smoke**
  - Adults with disabilities: 29.7% in Iowa vs. 27.8% in the U.S.
  - Adults without disabilities: 14.6% in Iowa vs. 13.4% in the U.S.

- **have obesity**
  - Adults with disabilities: 44.8% in Iowa vs. 39.5% in the U.S.
  - Adults without disabilities: 33.3% in Iowa vs. 26.3% in the U.S.

Percentage of adults with select functional disability types*

<table>
<thead>
<tr>
<th>Type of Disability</th>
<th>Adults with Disabilities</th>
<th>Adults without Disabilities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mobility</td>
<td>12.9%</td>
<td>10.7%</td>
</tr>
<tr>
<td>Cognition</td>
<td>11.4%</td>
<td>9.6%</td>
</tr>
<tr>
<td>Independent Living</td>
<td>7.0%</td>
<td>6.2%</td>
</tr>
<tr>
<td>Hearing</td>
<td>4.7%</td>
<td>2.7%</td>
</tr>
<tr>
<td>Vision</td>
<td>3.4%</td>
<td>3.2%</td>
</tr>
<tr>
<td>Self-Care</td>
<td>2.9%</td>
<td>1.6%</td>
</tr>
</tbody>
</table>

* Data Source: 2017 Behavioral Risk Factor Surveillance System (BRFSS).
** Disability-associated healthcare expenditures are presented in 2006 dollars as reported in Anderson et al, 2010. This value represents approximately 26% of total healthcare expenditures for the state of Iowa.

Types of Disabilities Comparing U.S. with Iowa

For more information go to [www.cdc.gov/disabilities](http://www.cdc.gov/disabilities)