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.

Disability Impacts ALL of US

A Snapshot of Disability in Maine

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

Disability Costs in Maine

Healthcare Expenditures

 Adults with Disabilities are more likely to

- Be inactive
  - Adults with disabilities in the U.S.: 43.0%
  - Adults with disabilities in Maine: 39.5%
  - Adults without disabilities in the U.S.: 24.3%
  - Adults without disabilities in Maine: 22.1%

- Have high blood pressure
  - Adults with disabilities in the U.S.: 42.9%
  - Adults with disabilities in Maine: 39.6%
  - Adults without disabilities in the U.S.: 26.8%
  - Adults without disabilities in Maine: 26.2%

- Smoke
  - Adults with disabilities in the U.S.: 30.6%
  - Adults with disabilities in Maine: 40.9%
  - Adults without disabilities in the U.S.: 14.6%
  - Adults without disabilities in Maine: 17.4%

- Be obese
  - Adults with disabilities in the U.S.: 39.5%
  - Adults with disabilities in Maine: 42.0%
  - Adults without disabilities in the U.S.: 25.3%
  - Adults without disabilities in Maine: 24.4%

Percentage of adults with select functional disability types:

- Mobility: Serious difficulty walking or climbing stairs.
- Cognition: Serious difficulty concentrating, remembering, or making decisions.
- Independent Living: Difficulty doing errands alone, such as visiting a doctor’s office or shopping.
- Vision: Blind or serious difficulty seeing, even when wearing glasses.
- Self-care: Difficulty dressing or bathing.

Types of Disabilities Comparing U.S. with ME

- United States: 22.5% of adults in the U.S. have some type of disability.
- Maine: 18.3% of adults in Maine have some type of disability.

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

For more information go to www.cdc.gov/disabilities