Disability Impacts **ALL of US**

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 Minnesota

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

**Disability Costs in**

**HEALTHCARE EXPENDITURES**

$7.8 billion per year* in Minnesota

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**Adults with Disabilities are more likely to**

- **be inactive**
  - Adults with disabilities: in the U.S. 43.0% in Minnesota 39.9%
  - Adults without disabilities: in the U.S. 24.3% in Minnesota 21.2%

- **have high blood pressure**
  - Adults with disabilities: in the U.S. 42.9% in Minnesota 38.3%
  - Adults without disabilities: in the U.S. 26.8% in Minnesota 22.8%

- **smoke**
  - Adults with disabilities: in the U.S. 30.6% in Minnesota 29.6%
  - Adults without disabilities: in the U.S. 14.6% in Minnesota 14.3%

- **be obese**
  - Adults with disabilities: in the U.S. 29.6% in Minnesota 39.6%
  - Adults without disabilities: in the U.S. 25.3% in Minnesota 40.0%

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**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.

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* Disability-associated healthcare expenditures are presented in 2006 dollars as reported in Anderson et al, 2010. This value represents approximately 28% of total healthcare expenditures for the state of Minnesota.

** In 2013 and 2014, the Behavioral Risk Factor Surveillance System (BRFSS) did not ask participants about deafness or serious difficulty hearing; however, BRFSS began collecting this information in 2016.

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