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 Utah

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

Disability Costs in HEALTHCARE EXPENDITURES

$2 billion per year* in Utah

Adults with Disabilities are more likely to

- be inactive
  - Adults with disabilities: 36.2% in Utah
  - Adults without disabilities: 24.3% in the U.S.
- have high blood pressure
  - Adults with disabilities: 35.4% in Utah
  - Adults without disabilities: 26.8% in the U.S.
- smoke
  - Adults with disabilities: 19.7% in Utah
  - Adults without disabilities: 14.6% in the U.S.
- be obese
  - Adults with disabilities: 37.9% in Utah
  - Adults without disabilities: 23.1% in the U.S.

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 UT

- **MOBILITY:** United States 13.1% Utah 10.1%
- **COGNITION:** United States 10.8% Utah 9.5%
- **INDEPENDENT LIVING:** United States 6.6% Utah 4.7%
- **VISION:** United States 4.7% Utah 3.5%
- **SELF-CARE:** United States 3.6% Utah 2.6%

* Disability-associated healthcare expenditures are presented in 2006 dollars as reported in Anderson et al, 2010. This value represents approximately 22% of total healthcare expenditures for the state of Utah.
** 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.

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