Everyone can play a role in supporting more inclusive state programs, communities, and health care to help people with, or at risk for, disabilities be well and active in their communities. Join CDC and its partners as we work together to improve the health of people with disabilities.

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

Adults with disabilities in Washington experience health disparities and are more likely to...¹

- **Have Depression**
  - **With Disability**: 51%
  - **Without Disability**: 18%

- **Have Obesity**
  - **With Disability**: 39%
  - **Without Disability**: 25%

- **Smoke**
  - **With Disability**: 20%
  - **Without Disability**: 10%

- **Have Diabetes**
  - **With Disability**: 13%
  - **Without Disability**: 6%

- **Have Heart Disease**
  - **With Disability**: 9%
  - **Without Disability**: 4%

**Disability Healthcare Costs in Washington**²
- About $19.5 BILLION per year, or up to 37% of the state’s healthcare spending
- About $15,068 per person with a disability

Learn how CDC and state programs support people with disabilities at [www.cdc.gov/ncbddd/disabilityandhealth/programs.html](http://www.cdc.gov/ncbddd/disabilityandhealth/programs.html).

**Notes**
1. Data source: 2020 Behavioral Risk Factor Surveillance System (BRFSS)