Summary of Objectives Featured

The programs highlighted in this presentation relate to 18 HP2020 objectives.

**DH-2.1** State Disability and Health Promotion Programs  
**DH-4** Barriers to Primary Care  
**DH-8** Barriers to local health and wellness programs  
**DH-13** Participation in community activities  
**DH-17** Sufficient social and emotional support  
**DH-18** Psychological distress

**HRQOL/WB -1.1** Physical Health  
**HRQOL/WB-1.2** Mental Health  
**PREP-11, 12, 13** Emergency Preparedness
Summary of Objectives Featured (Continued)

**PA-1** No leisure-time physical activity
**PA-2** Adults who meet current Federal guidelines for aerobic physical activity and for muscle-strengthening activity
**PA-3** Adolescents who meet current Federal guidelines for aerobic physical activity and for muscle-strengthening activity

**NWS-14** Fruits in the diet
**NWS-15** Vegetables in the diet
**NWS-16** Whole grains in the diet
**NWS-17** Calories from solid fats and added sugars
DH-1. In 2015, there were several federally-funded data sources that contained the six standard disability identifiers.

**U.S. Department of Health and Human Services**
- Health Information National Trends Survey
- Medical Expenditure Panel Survey
- National Health and Aging Trends Study
- National Health and Nutrition Examination Survey
- National Health Interview Survey
- National HIV Behavioral Surveillance Survey
- National Survey of Children’s Health
- National Survey of Family Growth
DH-1 Population-based data systems used to monitor Healthy People 2020 objectives that include, in their core, a standardized set of questions that identify people with disabilities.
State-Level Health Surveillance

http://dhds.cdc.gov
Disability Inclusion

CDC Grand Rounds: Public Health Practices to Include Persons with Disabilities

Weekly
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This is another in a series of occasional MMWR reports titled CDC Grand Rounds. These reports are based on grand rounds presentations at CDC on high-profile issues in public health science, practice, and policy. Information about CDC Grand Rounds is available at [http://www.cdc.gov/about/grand-rounds](http://www.cdc.gov/about/grand-rounds).

"Persons with disabilities" is a vague designation that might not always be understood (1,2). Persons with disabilities are persons with limitations in hearing, vision, mobility, or cognition, or with emotional or behavioral disorders. What they have in common is that they all experience a significant limitation in function that can make it harder to engage in some activity of daily living without accommodations or supports (3-5).

According to the World Health Organization, disability has three dimensions: 1) impairment in body function or structure, such as loss of a limb or loss of vision; 2) limitation in activity, such as difficulty seeing, hearing, walking, or problem solving; and 3) restriction in participating in normal daily activities, such as preparing a meal or driving a car. Any of these impairments, limitations, or restrictions is a disability if it is a result of a health condition in interaction with one's environment (6).

These limitations all relate to health conditions experienced within the environment in which persons live, as well as to other personal factors. Environmental barriers can be physical barriers, such as stairs; communication barriers, such as websites that can't be read by screen readers; discriminatory policies, such as restrictions on participation in physical activity programs; or societal attitudes, such as presumptions that persons with disabilities cannot be productive employees. Consequently, disability is not a health condition itself, but is the limitation viewed in the context of the community and society in which the person lives. Societal and environmental accommodations are therefore critical if persons with disabilities are to participate in public health programs that prevent disease and promote health (7).
DH-4 Barriers to primary care

Toolbox: Toolbox for Improving Clinical Preventive Services Among Women with Disabilities
Coming Soon! A CDC Disability and Health online catalog of emergency Preparedness materials – Inclusion of People with Disabilities

- **Purpose:** to support emergency preparedness and response activities for people with disabilities.

- **Includes:** materials for surveillance, communication and training, and assessment of emergency plans, shelters, and policies.

- **For:** people with disabilities, public health professionals, emergency managers, community organizations.

*Launching fall 2016!!!*
Living Well with a Disability

A Health Promotion and Wellness Program for Adults with Disabilities

Curriculum Objectives

- Identify and set meaningful quality of life goals
- Teach skills in problem identification and solving
- Teach cognitive-behavioral skills and peer support
- Provides preventive strategies to help manage depression
- Teaches importance of clear communication
- Provides resources for identifying and using health information
- Provides guidelines for increasing physical activity
- Provides information on improving nutrition and eating habits
- Offers resources for self and system advocacy
- Provides strategies for monitoring and evaluating progress

DH-4 Barriers to Primary Care
HRQOL-1.1 and 1.2 Physical and Mental Health