



State of Illinois  
Illinois Department of Public Health

# Illinois Disability and Health Data Report

Demographic and Health Profile  
of Illinois Residents with Disability from  
2014 Illinois Behavioral Risk Factor Surveillance System Data

June 2016



**DISABILITY AND  
HUMAN  
DEVELOPMENT  
COLLEGE OF  
APPLIED HEALTH  
SCIENCES**



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## Learn More

To learn more about the Illinois Disability and Health Program, or to receive the report in accessible formats, contact the Illinois Department of Public Health, Disability and Health Program, at 217-782-3300, TTY 800-547-0466 (hearing impaired use only).

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# About This Report

## Purpose

The *Illinois Disability and Health Data Report* provides empirical data on demography, health, and health service access of people with disability. The report is intended to facilitate dialogue among key stakeholders in Illinois who are interested in promoting the health and wellness of people with disability. Understanding the demography, the current health status, and health service utilization of people with disability is a critical initial step toward planning effective and targeted health promotion and chronic disease prevention activities.

## Contents

Following previous data reports, this report continues to provide demographic profiles of Illinois residents with disability by age, gender, race and ethnic origin, and geography. Prevalence data of selected chronic diseases and associated risk factors are included in the second and third sections of the report. The fourth and the fifth sections of the report provide data pertaining to health-related quality of life and access to health care for those with disability.

## Data Source

The data used for this report were extracted from the 2014 Illinois Behavioral Risk Factor Surveillance System (ILBRFSS). The ILBRFSS, conducted annually by the Illinois Department of Public Health (IDPH), is a randomized telephone survey of community households designed to monitor health-related risk behaviors, chronic health conditions, and use of preventive services among adults. The survey is conducted on both land lines and cell phones and aims for a sample size of 5,000.

# About This Report

## Screening of Target Populations

This *Illinois Disability and Health Data Report* addresses health status of adults with disability. Like previous reports, data for adults with disability were extracted from the ILBRFSS. The ILBRFSS questionnaire includes a pair of disability screening questions. One question inquires whether a respondent has an activity limitation due to physical, mental, and/or emotional problems. Another asks if he or she used a mobility-device (e.g., cane, wheelchair) and/or other assistive devices (e.g., special bed, telephone). Survey participants who respond positively to either or both questions are labeled as “adults with disability.” The respondents who respond negatively to both questions are tallied as “adults without disability” and serve as representatives of the adult population without disability.

## Data Analysis

Data analyses were conducted using a statistical weight to produce state-level estimates. The statistical weight was primarily based on the probability of each respondent being selected in the survey on the basis of gender, age, race, and ethnic origin. The 95 percent confidence intervals (CI) were used to test statistical difference between the weighted estimates. In this report, expressions of “higher” and “lower,” as well as “more likely” and “less likely,” indicate a statistically significant difference between groups. Expressions such as “similar” or “no difference” indicate the group difference was not statistically significant.

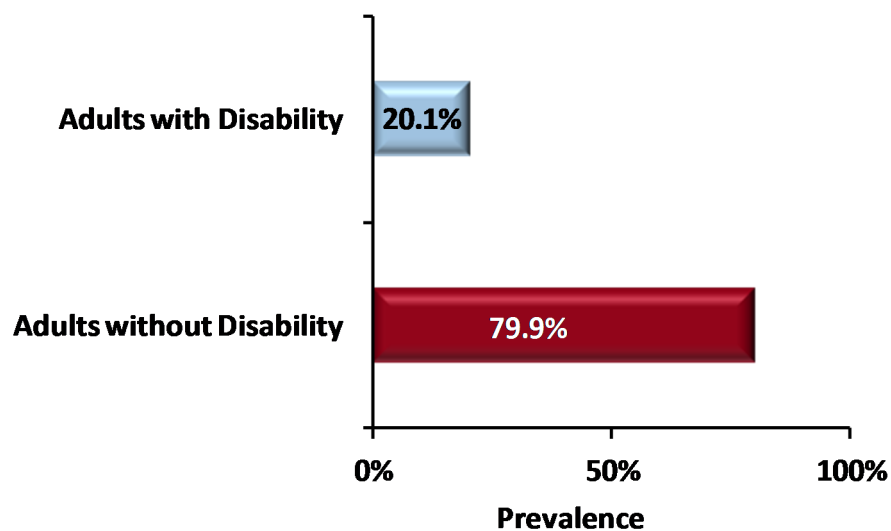
# Section I: Prevalence of Disability in Illinois



# Disability Among Illinois Adults

One in every five adults in Illinois has a disability. Figure 1 shows the proportion of Illinois adults who have a disability. According to the 2014 ILBRFSS data, 20.1 percent of Illinois adults were estimated to have a disability (95% CI: 18.7% - 21.6%) in 2014.

**Figure 1. Disability Prevalence Among Illinois Adults**

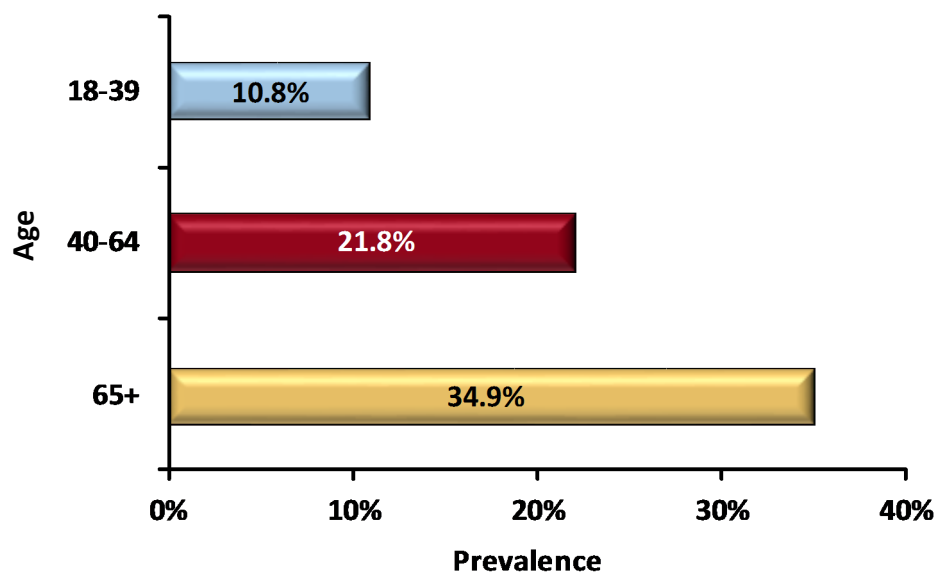




# Disability By Age

Older Illinois adults are more likely to have disability than their younger counterparts. Figure 2 shows how the prevalence of disability varies across three age groups. Each of the three bars represent Illinois adults in three different age groups: ages 18 to 39, 40 to 64, and 65 or older. The prevalence of disability increases across the age groups from 10.8 percent (95% CI: 8.8% - 13.2%) among young adults ages 18 to 39, to 21.8 percent (95% CI: 19.7% - 24.1%) among middle age adults ages 40 to 64, and to 34.9 percent (95% CI: 31.9% - 38.0%) among those ages 65 and older.

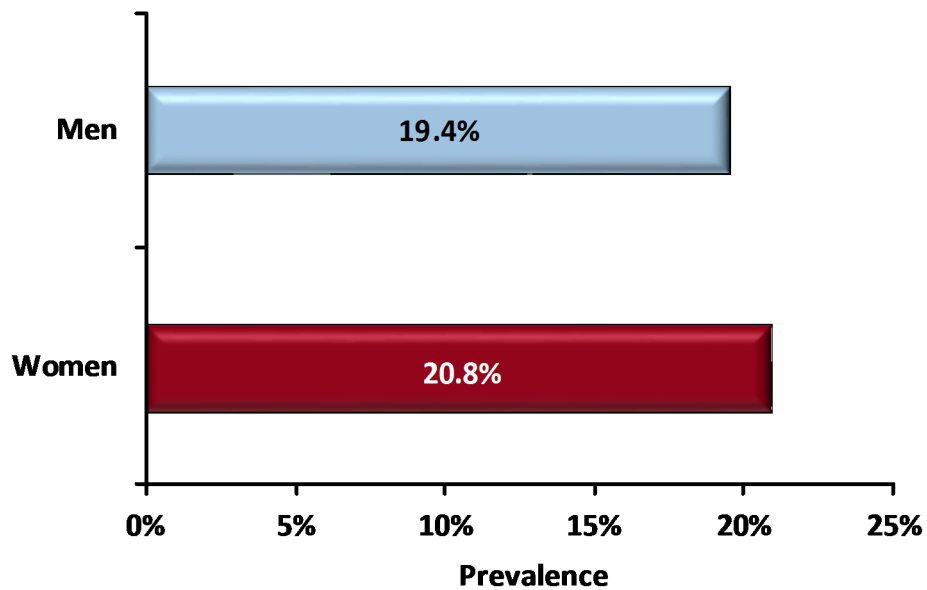
**Figure 2. Disability Prevalence Among Illinois Adults by Age**



# Disability By Gender

The prevalence of disability between Illinois men and women is similar. Figure 3 describes the prevalence of disability among adults by gender. The prevalence of disability for men, 19.4 percent (95 % CI: 17.3% - 21.7%), in comparison to women, 20.8 percent (95% CI: 19.0% - 22.8%) is not different statistically.

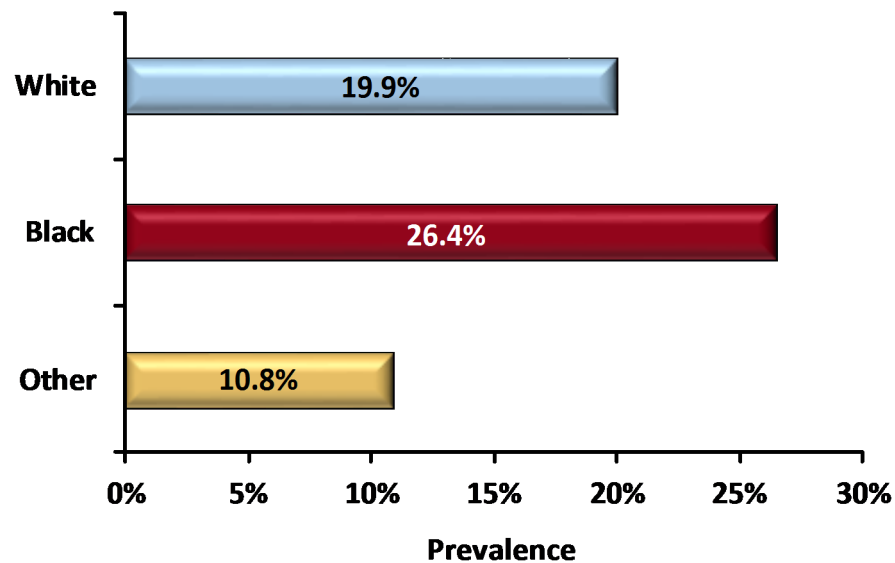
**Figure 3. Disability Prevalence Among Illinois Adults by Gender**



# Disability By Race

Figure 4 graphically shows disability prevalence across three racial groups. From the top, the bars represent white Americans, black or African Americans, and other racial groups, which include American Indians, Alaska Natives, Native Hawaiians, other Pacific Islanders, and others. The prevalence of disability for each race was 19.9 percent (95% CI: 18.4% - 21.5%), 26.4 percent (95% CI: 21.9% - 31.3%), and 10.8 percent (95% CI: 7.1% - 16.0%), respectively. The prevalence reported by other races is lower than for white and black American groups. The prevalence discrepancy between the white and black racial groups is statistically significant.

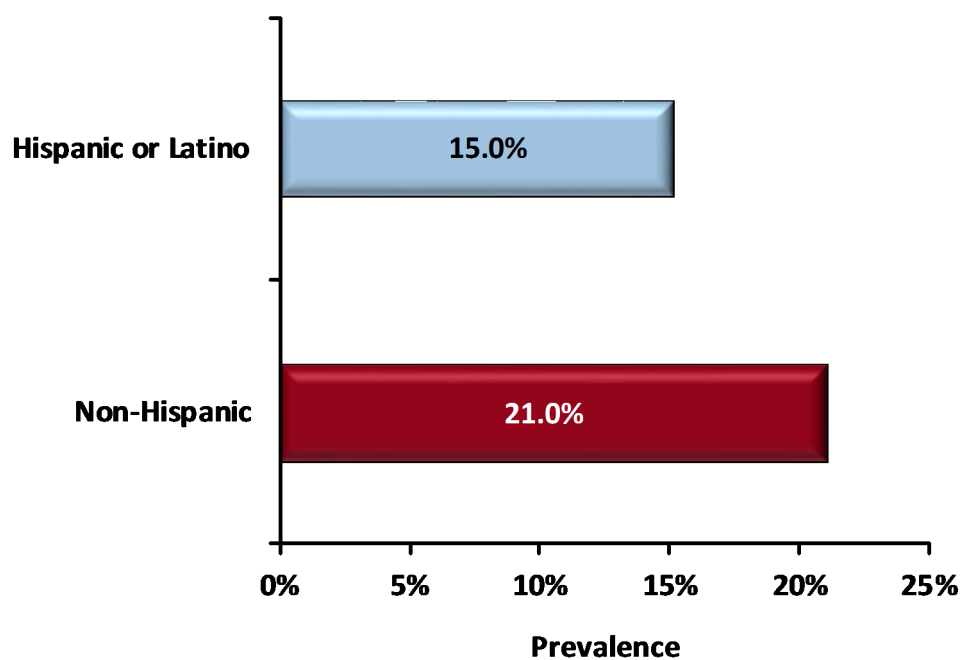
**Figure 4. Disability Prevalence Among Illinois Adults by Race**



# Disability By Hispanic Origin

The prevalence of disability among Illinois adults of Hispanic origin and those of non-Hispanic origin is similar. Figure 5 summarizes the prevalence of disability among adults by Hispanic origin. The prevalence of disability for adults of Hispanic origin, 15.0 percent (95% CI: 11.3% - 19.8%), in comparison to those of non-Hispanic origin, 21.0 percent (95% CI: 19.5% - 22.5%), is not statistically significant.

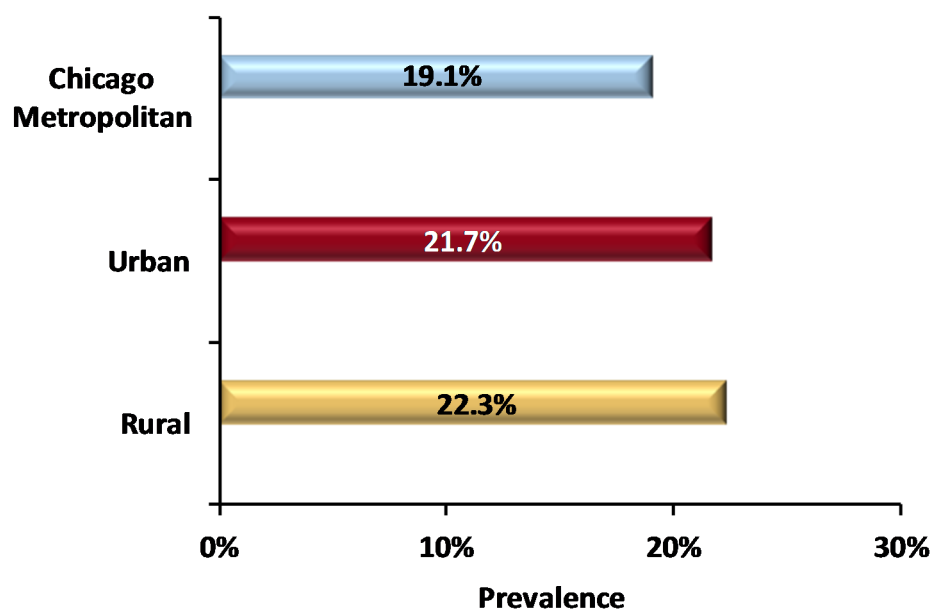
**Figure 5. Disability Prevalence Among Illinois Adults by Hispanic Origin**



# Disability By Geographic Area

Figure 6 summarizes the prevalence of disability across the three areas of the state: Chicago metropolitan area (i.e., city of Chicago and counties of Cook, Lake, McHenry, Kane, DuPage and Will), other urban areas (i.e., counties of Champaign, DeKalb, Kankakee, Kendall, Macon, Madison, Peoria, Rock Island, Sangamon, St. Clair, Tazewell, McLean, and Winnebago), and rural areas (i.e., remaining 83 rural counties). The prevalence of disability in the Chicago metropolitan area, 19.1 percent (95% CI: 17.3% - 20.9%), other urban areas, 21.7 percent (95% CI: 18.5% - 25.3%), and rural areas, 22.3 percent (95% CI: 19.0% - 26.0%), is not statistically different.

**Figure 6. Disability Prevalence Among Illinois Adults by Geographic Area**



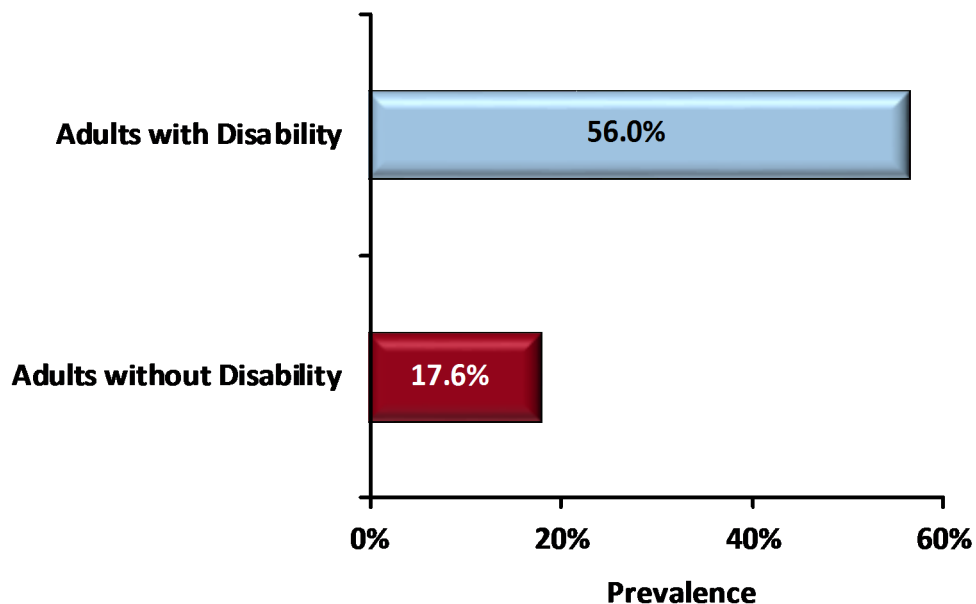
## **Section II: Chronic Disease Prevalence Among People With Disability in Illinois**



# Arthritis

Arthritis prevalence is significantly higher among Illinois adults with disability than those without disability. Figure 7 shows the prevalence of arthritis across the two groups with and without disability. In Figure 7, the top bar shows 56.0 percent (95% CI: 52.0% - 59.9%) of adults with disability have been told by a doctor or other health professional they have arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia. The rate for adults without disability, represented in the bottom bar, is 17.6 percent (95% CI: 16.2% - 19.2%).

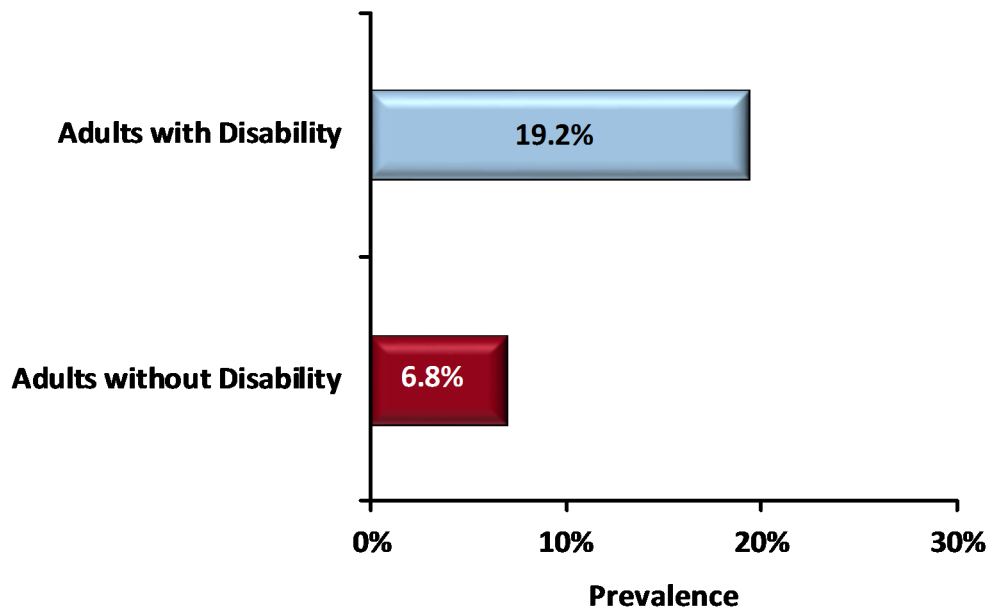
**Figure 7. Prevalence of Arthritis by Disability Status**



# Asthma

Illinois adults with disability are more likely to have asthma than their counterparts without disability. Figure 8 shows the prevalence of doctor-diagnosed asthma between Illinois adults with and without disability. The prevalence of asthma among adults with disability, represented in the top bar of the figure, is 19.2 percent (95% CI: 16.2% - 22.7%). The prevalence rate for adults with disability is higher than that of adults without disability, which is 6.8 percent (95% CI: 5.8% - 7.9%).

**Figure 8. Prevalence of Asthma by Disability Status**



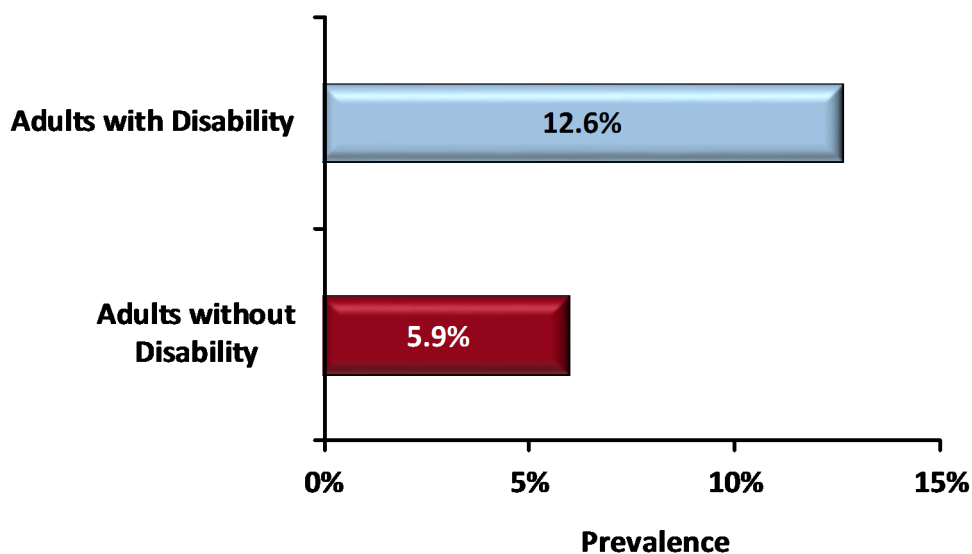


# Pre-Diabetes

Pre-diabetes is a risk factor for the development of type 2 diabetes, heart disease, and stroke.

The term pre-diabetes means the blood glucose level is higher than normal, but not high enough to be diagnosed as diabetes. Healthy lifestyle changes may prevent further increase in blood glucose level and the development of type 2 diabetes. The prevalence of pre-diabetes is higher among Illinois adults with disability than those without disability. Figure 9 summarizes the prevalence of pre-diabetes between adults with disability and adults without disability. The top bar shows that 12.6 percent (95% CI: 9.8% - 16.0%) of adults with disability have been told by a doctor that they have pre-diabetes. The bottom bar shows that 5.9 percent (95% CI: 4.8% - 7.1%) of adults without disability have ever been told that they have pre-diabetes.

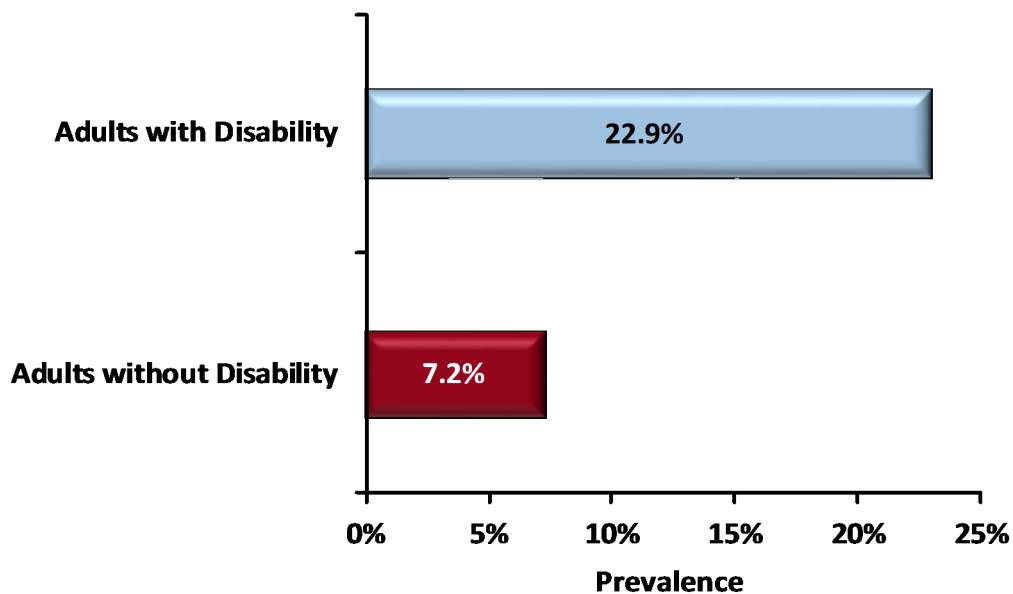
**Figure 9. Prevalence of Pre-Diabetes by Disability Status**



# Diabetes

The prevalence of diabetes is much higher among Illinois adults with disability than those without disability. Figure 10 summarizes the prevalence of diabetes between adults with disability, represented in the top bar of the figure, and adults without disability, represented in the bottom bar. The top bar shows 22.9 percent (95% CI: 19.8% - 26.3%) of adults with disability have been told by a doctor that they have diabetes. The bottom bar shows that 7.2 percent (95% CI: 6.2% - 8.2%) of adults without disability have been told that they have diabetes.

**Figure 10. Prevalence of Diabetes by Disability Status**

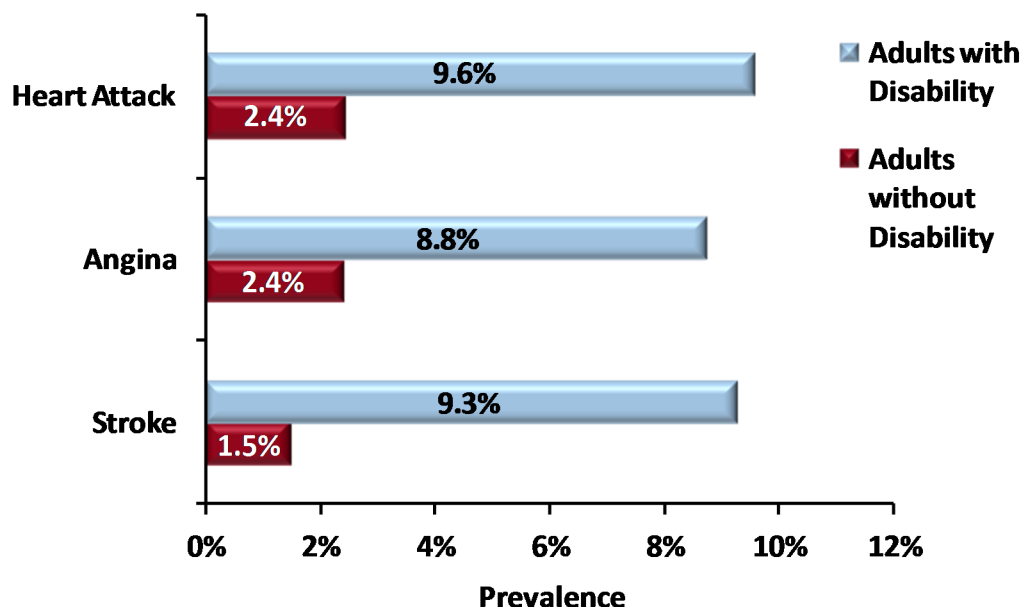


# Cardiovascular Disease

Cardiovascular disease, which includes a wide variety of heart and blood vessel diseases, is much more prevalent among Illinois adults with disability than it is among those without disability.

Figure 11 summarizes the prevalence of the three cardiovascular diseases by disability status.

Shown in the first pair of bars in the figure is the prevalence of heart attack for adults with disability, 9.6 percent (95% CI: 7.7% - 11.8%), and for adults without disability, 2.4 percent (95% CI: 1.9% - 3.1%). The prevalence of angina, represented in the two middle bars, is 8.8 percent (95% CI: 7.1% - 10.8%) for adults with disability, and 2.4 percent (95% CI: 1.9% - 3.0%) for adults without disability. The bottom two bars of the figure show 9.3 percent (95% CI: 7.4% - 11.5%) of adults with disability and 1.5 percent (95% CI: 1.1% - 2.0%) of adults without disability reported ever having a stroke.



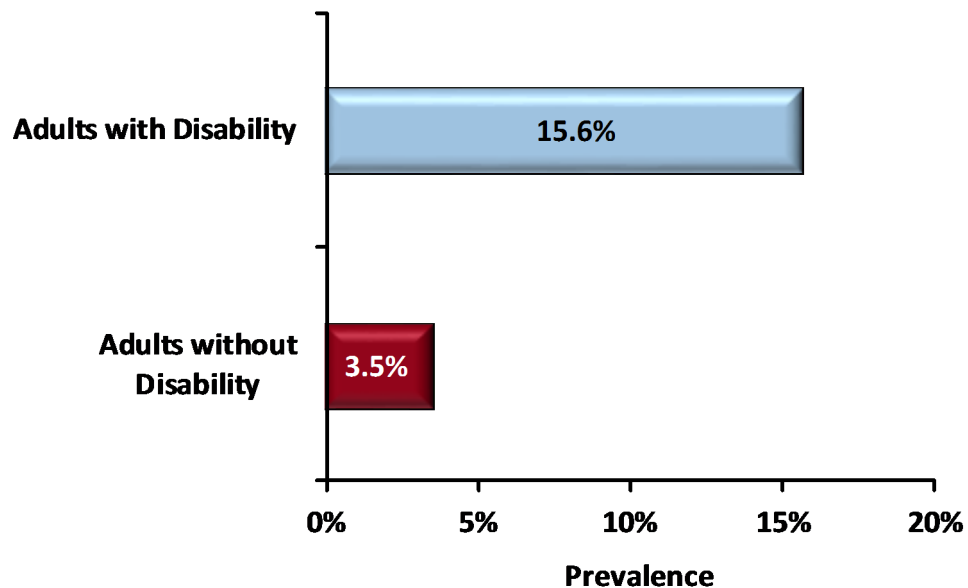
# Chronic Obstructive Pulmonary Disease

Chronic Obstructive Pulmonary Disease (COPD), which includes emphysema and chronic bronchitis, is more prevalent among Illinois adults with disability than it is among those without disability.

Figure 12 summarizes the prevalence of COPD between Illinois adults with and without disability.

The prevalence of COPD among adults with disability, represented in the top bar of the figure, is 15.6 percent (95% CI: 13.1% - 18.3%). The prevalence rate for adults without disability, represented in the bottom bar, is 3.5 percent (95% CI: 2.8% - 4.3%).

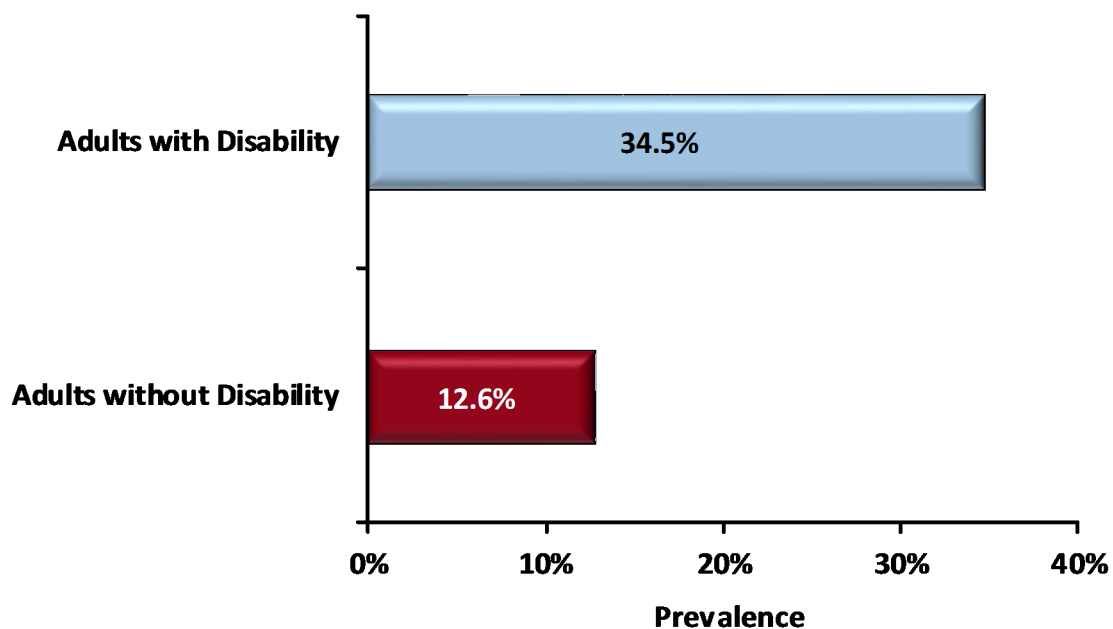
**Figure 12. Prevalence of Chronic Obstructive Pulmonary Disease by Disability Status**



# Depressive Disorder

Depressive Disorder, which includes depression, major depression, dysthymia, or minor depression, is much more prevalent among Illinois adults with disability than it is among those without disability. Figure 13 summarizes the prevalence of depressive disorder by disability status. The prevalence of depressive disorder among adults with disability, represented in the top bar of the figure, is 34.5 percent (95% CI: 30.8% - 38.3%). The prevalence rate for adults without disability is 12.6 percent (95% CI: 11.2% - 14.1%).

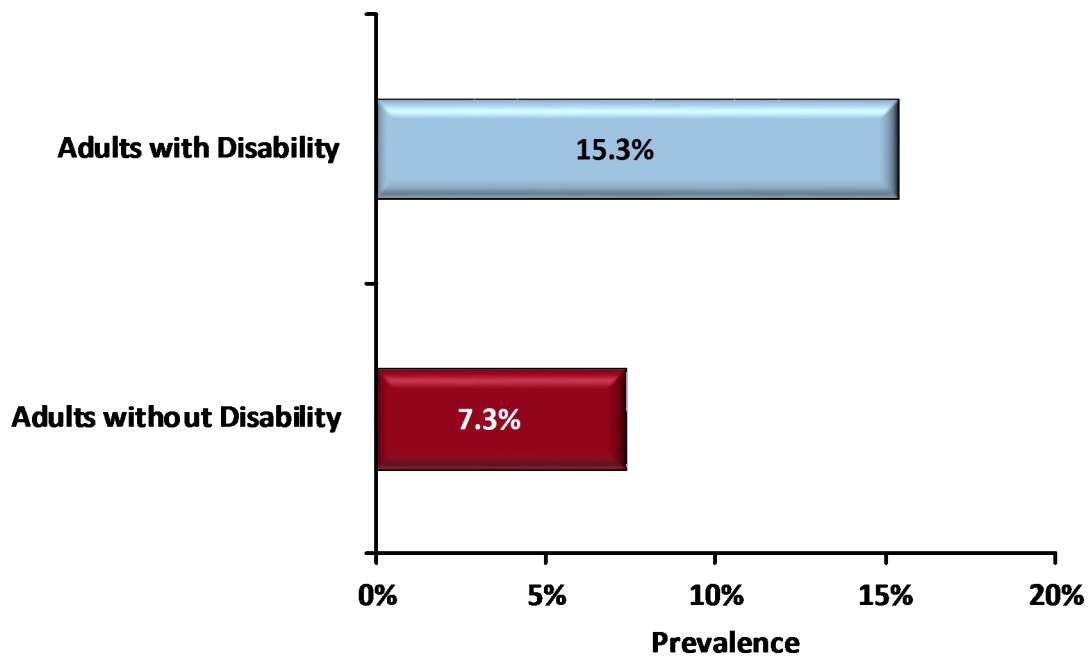
**Figure 13. Prevalence of Depressive Disorder by Disability Status**



# Cancer

Illinois adults with disability are more likely to have cancer than those without disability. Shown in Figure 14 is the prevalence of cancer between Illinois adults with and without disability. The prevalence of cancer among adults with disability is 15.3 percent (95% CI: 13.2% - 17.7%). The prevalence rate for adults with disability is higher than the 7.3 percent (95% CI: 6.5% - 8.2%) of adults without disability..

**Figure 14. Prevalence of Cancer by Disability Status**



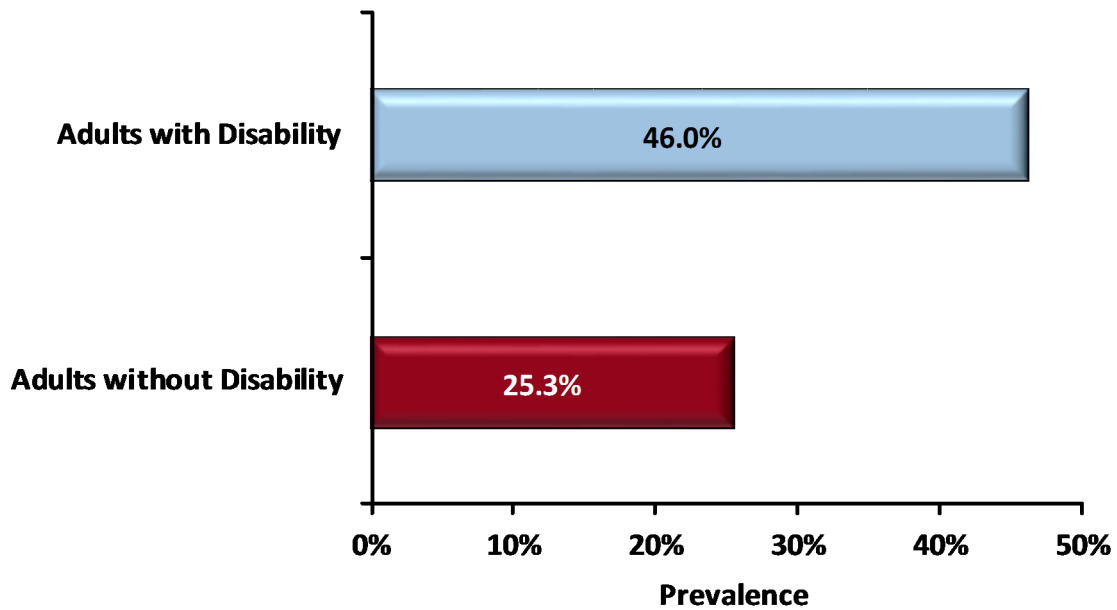
# Section III: Risk Factors for Chronic Disease



# Obesity

Illinois adults with disability are more likely to be obese (i.e., Body Mass Index equal to or greater than 30.0) than those without disability. Figure 15 summarizes the prevalence of obesity among Illinois adults by disability status. The top bar shows 46.0 percent (95% CI: 42.0% - 50.0%) of adults with disability reported being obese compared to 25.3 percent (95% CI: 23.5% - 27.3%) of adults without disability, represented in the bottom bar.

**Figure 15. Obesity Prevalence Among Illinois Adults by Disability Status**

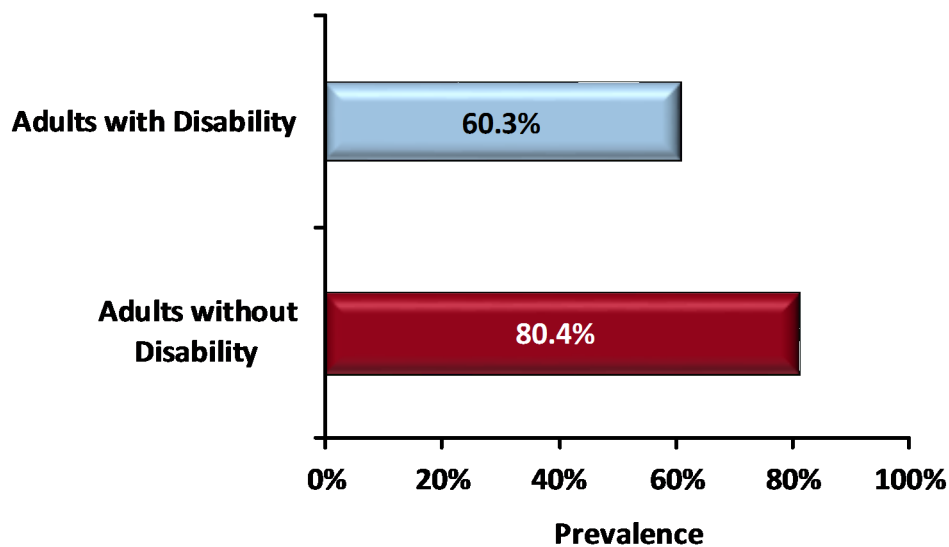




# Exercise

Illinois adults with disability engage in exercise less frequently than Illinois adults without disability. Figure 16 compares the proportion of adults who engage in physical activity or exercise, such as running, calisthenics, golf, gardening, or walking aside from their regular job, in the past month by disability status. The top bar indicates 60.3 percent (95% CI: 56.4% - 64.1%) of adults with disability participated in any physical activity or exercise in the past month. The rate is lower than the rate reported by adults without disability, 80.4 percent (95% CI: 78.6% - 82.1%), shown in the bottom bar.

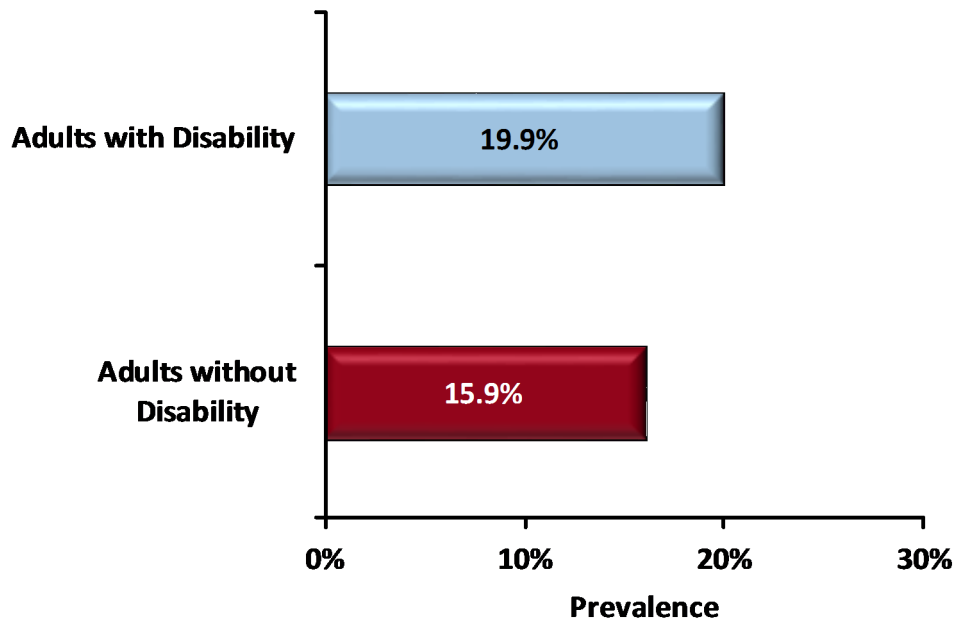
**Figure 16. Percent of Illinois Adults Who Participated in Physical Activity or Exercise in the Past Month by Disability Status**



# Cigarette Smoking

Smoking prevalence is not statistically different between those with disability and those without disability. Figure 17 shows the proportion of Illinois adults who reported being current smokers by disability status. The top bar shows 19.9 percent (95% CI: 16.9% - 23.2%) of adults with disability are currently smoking cigarettes compared to 15.9 percent (95% CI: 14.3% - 17.6%) of those without disability, shown in the bottom bar.

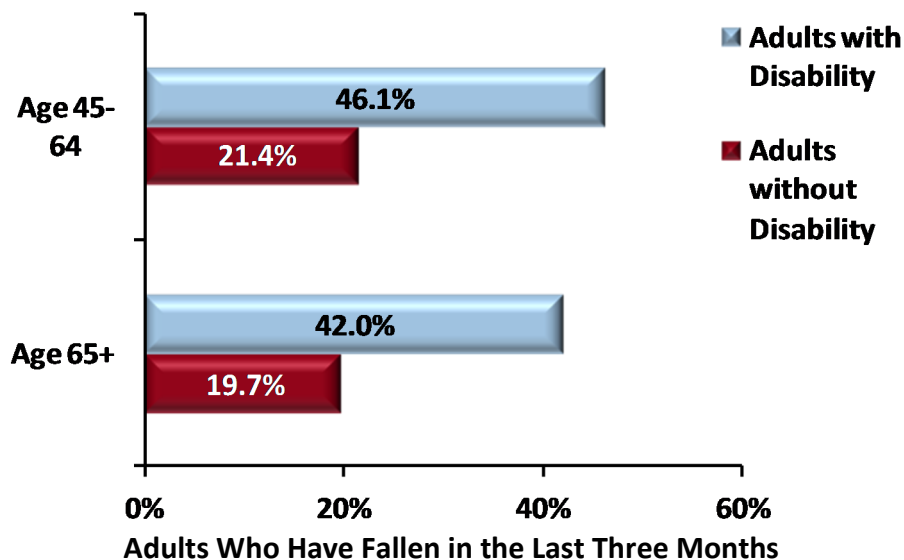
**Figure 17. Percentage of Illinois Adult Cigarette Smokers by Disability Status**



# Falls

Illinois adults with disability are at a higher risk of injury from falls than Illinois adults without disability. Figure 18 compares the rate of adults who have fallen at least once during the past three months by disability status across the two age groups: ages 45 to 64 and ages 65 and older. The two bars on the top, representing adults ages 45 to 64 with and without disability, show the rate is 46.1 percent (95% CI: 40.2% - 52.1%) for adults with disability and 21.4 percent (95% CI: 18.8% - 24.3%) for adults without disability, respectively. The two bottom bars represent adults ages 65 and older by disability status. In this age group, the rate is 42.0 percent (95% CI: 36.6% - 47.5%) for adults with disability and 19.7 percent (95% CI: 16.9% - 22.7%) for adults without disability.

**Figure 18. Percent of Illinois Adults, Ages 45 and Older, Who Have Fallen During the Past Three Months by Disability Status**



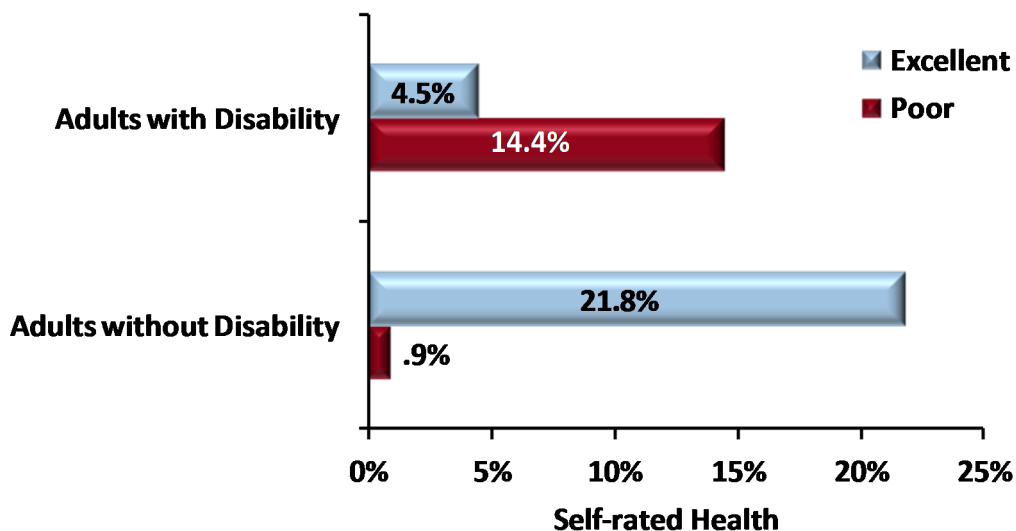
## **Section IV: Quality of Life Among People With Disability**



# Self-rated Health Status

Illinois adults with disability rated their health status less favorably than those without disability. Figure 19 contrasts how Illinois adults with and without disability perceive their health status differently. The two top bars of the graph show 4.5 percent (95% CI: 3.2% - 6.3%) of adults with disability rated their health as “excellent” and 14.4 percent (95% CI: 11.8% - 17.6%) rated it as poor. For adults without disability, represented in the two bottom bars, the rate was 21.8 percent (95% CI: 20.1% - 23.6%) and 0.9 percent (95% CI: 0.6% - 1.5%), respectively. More than three times as many adults with disability reported their health as poor compared to adults with disability who reported excellent health. For those without disability, only a few rated their health as poor.

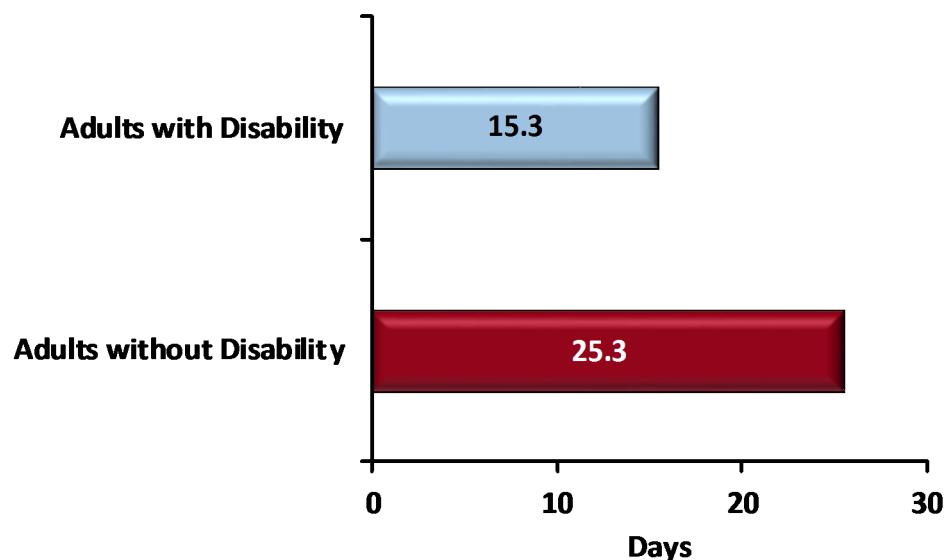
Figure 19. Self-rated Health Status Among Illinois Adults by Disability Status



# Healthy Days

Illinois adults with disability reported fewer healthy days in a month than those without disability. Figure 20 shows the average number of healthy days reported by Illinois adults with and without disability. The average number of the healthy days reported by Illinois adults with disability was 15.3 days (95% CI: 14.3 days – 16.2 days) in the past 30 days, which is shown by the top bar in the graph. Adults without disability, represented in the bottom bar, reported 25.3 healthy days (95% CI: 25.0 days – 25.7days) during the past 30 days. Healthy days based on disability status is statistically significant.

**Figure 20. Self-reported Number of Healthy Days During the Past 30 Days by Disability Status**



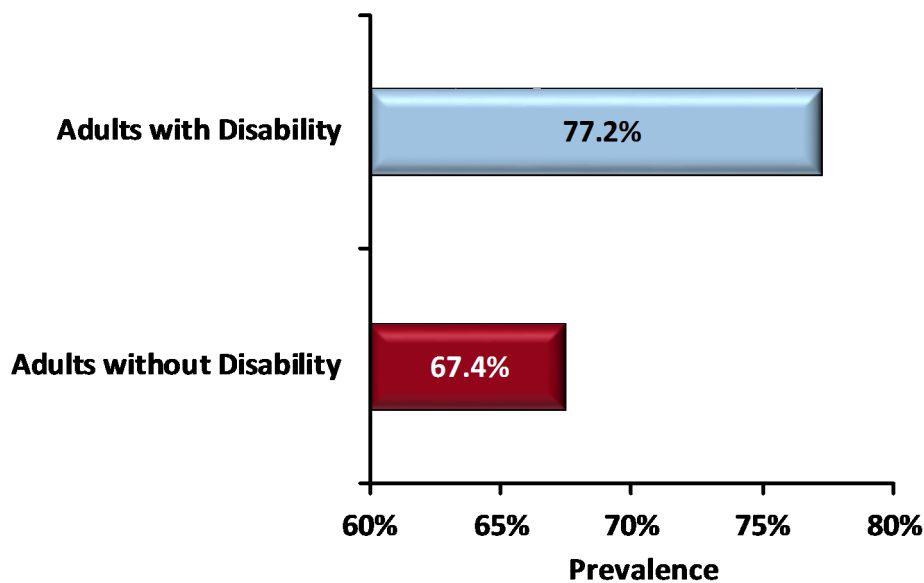
## **Section V: Access to Health Care and Screenings**



# Routine Checkup

Illinois adults with disability are more likely to have had a routine physical checkup within the past year than those without disability. Figure 21 represents the proportion of Illinois adults who visited a doctor for a general physical exam, within the past year by disability status. Represented in the top bar, 77.2 percent (95% CI: 73.6% - 80.4%) of Illinois adults with disability received a routine physical checkup within the past year. The rate was higher than that reported by Illinois adults without disability, 67.4 percent (95% CI: 65.3% - 69.4%) represented in the bottom bar.

**Figure 21. Percent of Illinois Adults Who Had a Routine Checkup Within Past Year by Disability Status**

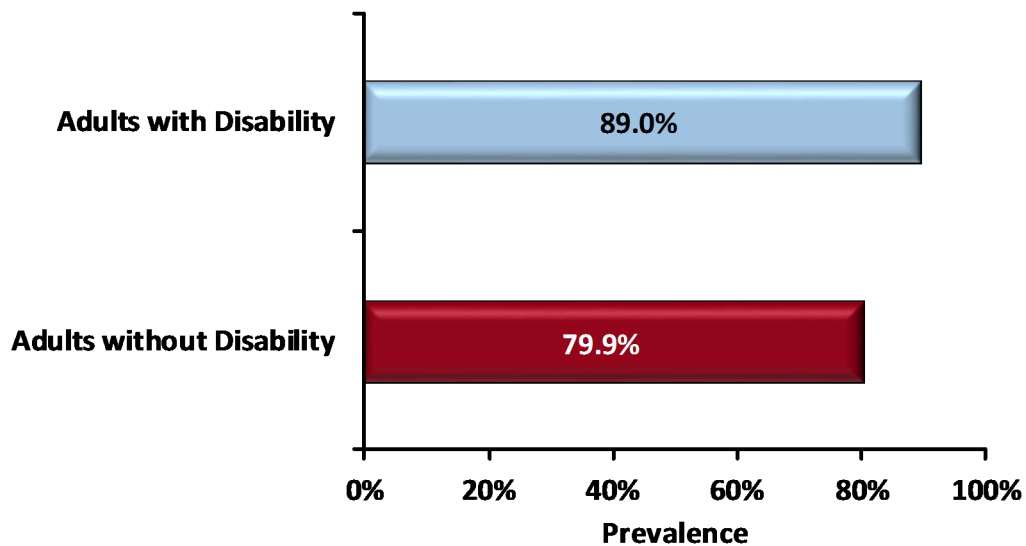




# Usual Primary Care Provider

Illinois adults with disability are more likely to have a usual primary care provider than those without disability. Figure 22 represents the proportion of Illinois adults who think of one or more person(s) as their personal doctor or health care provider by disability status. Represented in the top bar, 89.0 percent (95% CI: 86.3% - 91.3%) of Illinois adults with disability reported having one or more person(s) whom they think of as their personal doctor or health care provider. The rate is higher than that for adults without disability, 79.9 percent (95% CI: 78.0% - 81.7%).

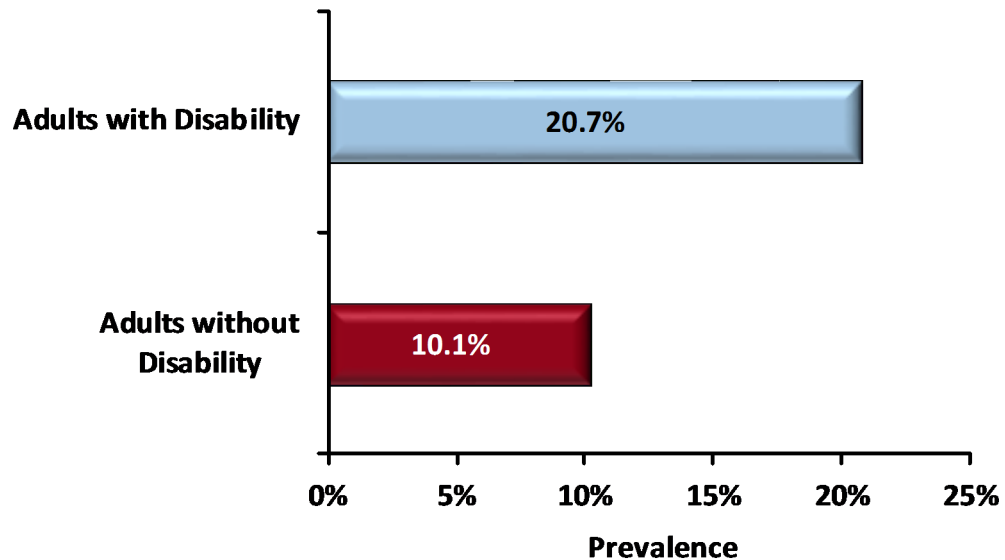
**Figure 22. Percent of Illinois Adults Who Have One or More Person(s) as a Personal Doctor or Health Care Provider by Disability Status**



# Economic Barrier in Access to Health Care

For Illinois adults with disability, costs associated with health care may hinder their use of such services. Figure 23 compares the proportion of Illinois adults who avoided visiting a doctor due to cost by the presence of disability. Represented in the top bar is the rate for Illinois adults with disability who avoided doctor visits due to cost. The rate, 20.7 percent (95% CI: 17.4% - 24.4%), is higher compared to 10.1 percent (95% CI: 8.8% - 11.5%) for those without disability shown in the bottom bar.

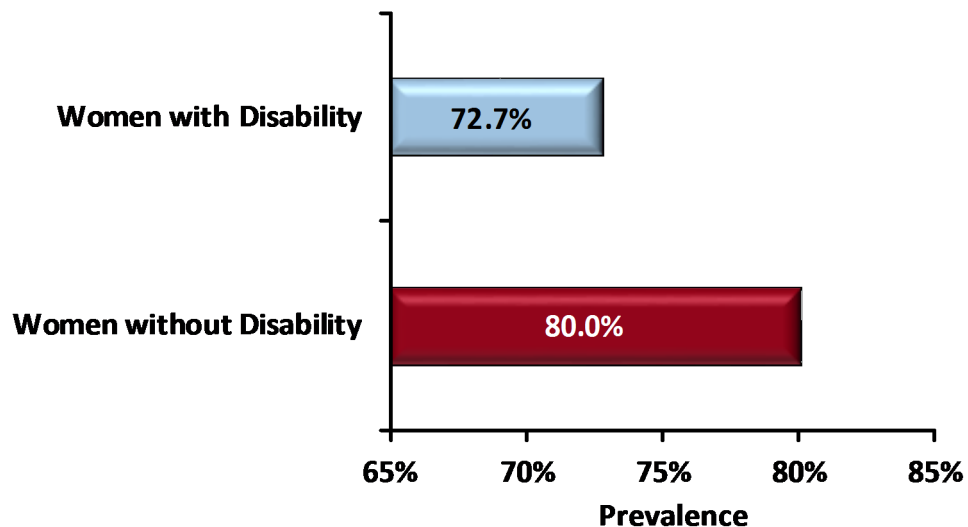
**Figure 23. Percent of Illinois Adults Who Avoided Doctor Visits Due to Cost by Disability Status**



# Mammography

The U.S. Preventive Services Task Force recommends that women ages 50 to 74 have a mammography exam every two years. Figure 24 below summarizes the percentage of Illinois women, age 50 to 74 years, who have received a mammogram within the last two years by disability status. The top bar represents women with disability; the bottom bar represents women without disability. The rate is similar between women with disability, 72.7 percent (95% CI: 66.7% - 77.9%) and those without disability, 80.0 percent (95% CI: 76.8% - 82.8%).

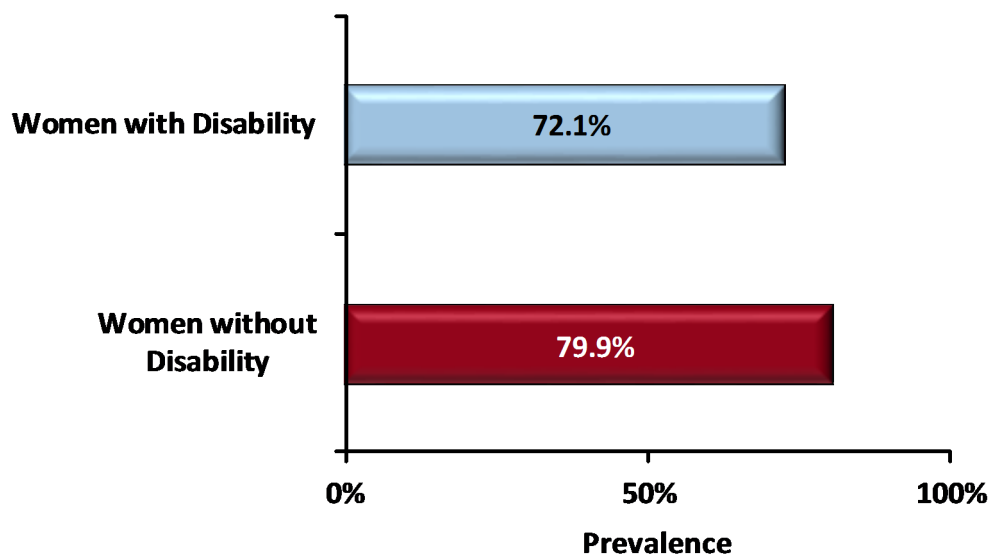
**Figure 24. Percent of Illinois Women Age 50 to 74 Who Have Had a Mammogram Within the Last Two Years by Disability Status**



# Pap Test

The U.S. Preventive Services Task Force recommends that all women ages 21 to 65 have a Pap test for cervical cancer every three years. Figure 25 below summarizes the percentage of Illinois women who have received a Pap test by disability status within the last three years. The top bar represents women with disability; the bottom bar represents women without disability. Women with disability were as likely to have the test within three years compared to women without disability, 72.1 percent (95% CI: 65.3% - 78.0%) vs. 79.9 percent (95% CI: 77.0% - 82.5%).

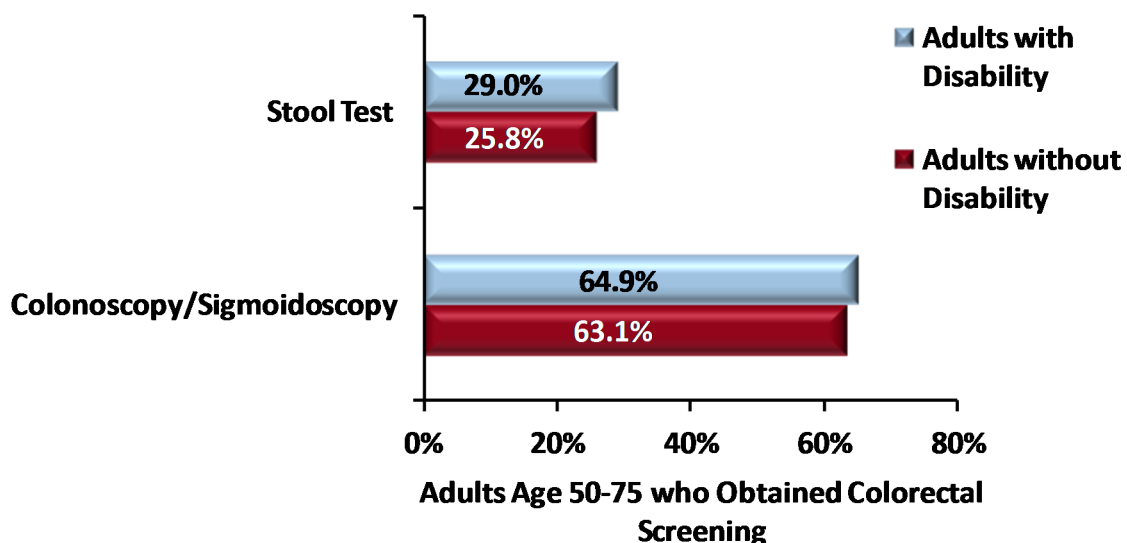
**Figure 25. Percent of Illinois Women Age 21 to 65 Who Have Had a Pap Test Within the Last Three Years by Disability Status**



# Colorectal Cancer Screening

Figure 26 represents the proportion of Illinois adults with and without disability, age 50 to 75 years, who have received two common colorectal cancer screenings: stool test and colonoscopy/sigmoidoscopy. Adults with and without disability are just as likely to have had these tests. The rate for each group for the stool test is shown in the top two bars. The bottom two bars represent the rates for colonoscopy/sigmoidoscopy. The rate for Illinois adults with disability who have ever had a stool test is 29.0 percent (95% CI: 24.7% - 33.6%). There is no significant difference from the rate for Illinois adults without disability, 25.8 percent (95% CI: 23.4% - 28.4%). The rate for Illinois adults with disability who ever received a colonoscopy/sigmoidoscopy, 64.9 percent (95% CI: 59.8% - 69.7%) is not higher compared to Illinois adults without disability, 63.1 percent (95% CI: 60.2% - 66.0%).

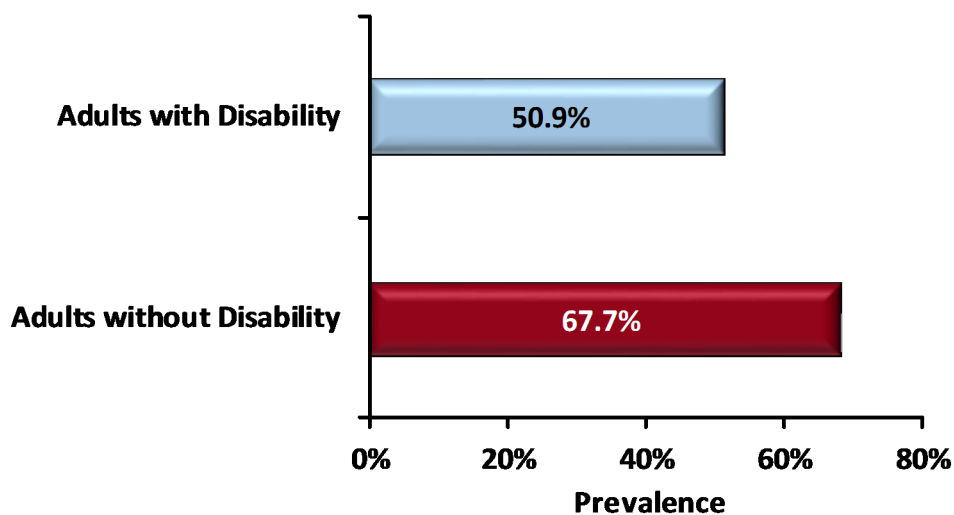
**Figure 26. Percent of Illinois Adults Age 50 to 75 Obtaining Colorectal Screening by Disability Status**



# Visit to Dentist

Illinois adults with disability are less likely to visit the dentist than those without disability. Figure 27 summarizes the proportion of Illinois adults who have visited the dentist within the past 12 months. The top bar shows 50.9 percent (95% CI: 47.0% - 54.8%) of adults with disability have visited the dentist within the past 12 months. The rate is lower than that of adults without disability, 67.7 percent (95% CI: 65.6% - 69.8%) shown in the bottom bar.

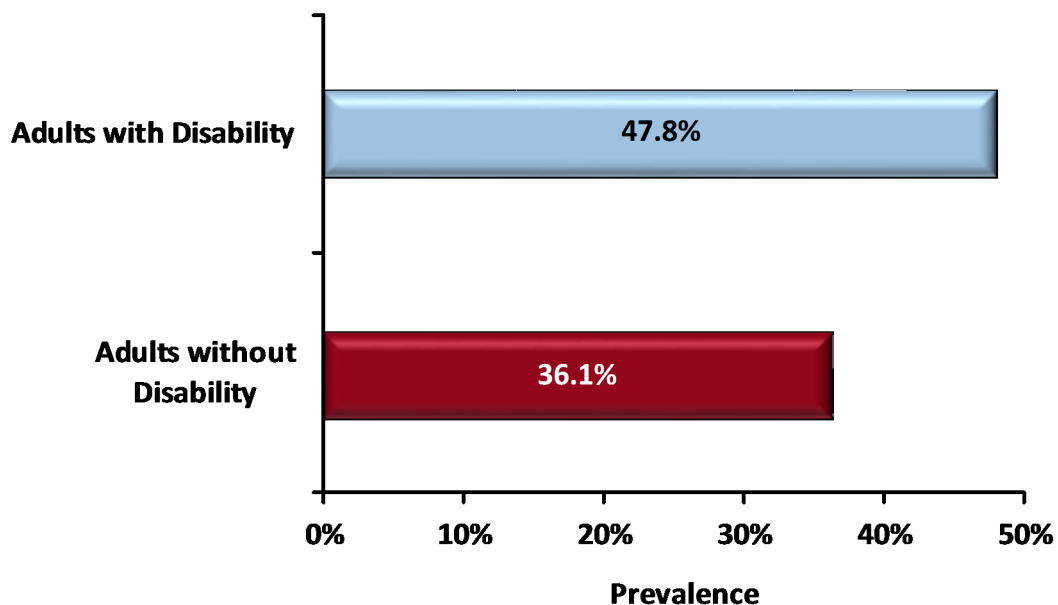
**Figure 27. Percent of Illinois Adults Who Visited Their Dentist Within the Past 12 Months by Disability Status**



# Immunization

Illinois adults with disability are more likely to receive immunization against influenza than those without disability. Figure 28 represents the proportion of Illinois adults who have received vaccinations against influenza. The proportion of Illinois adults with disability who received an influenza vaccine (i.e. flu shot) during the past 12 months, shown in the top bar, was 47.8 percent (95% CI: 43.9% - 51.7%). The rate for adults without disability, shown in the bottom bar, is 36.1 percent (95% CI: 34.1% - 38.1%).

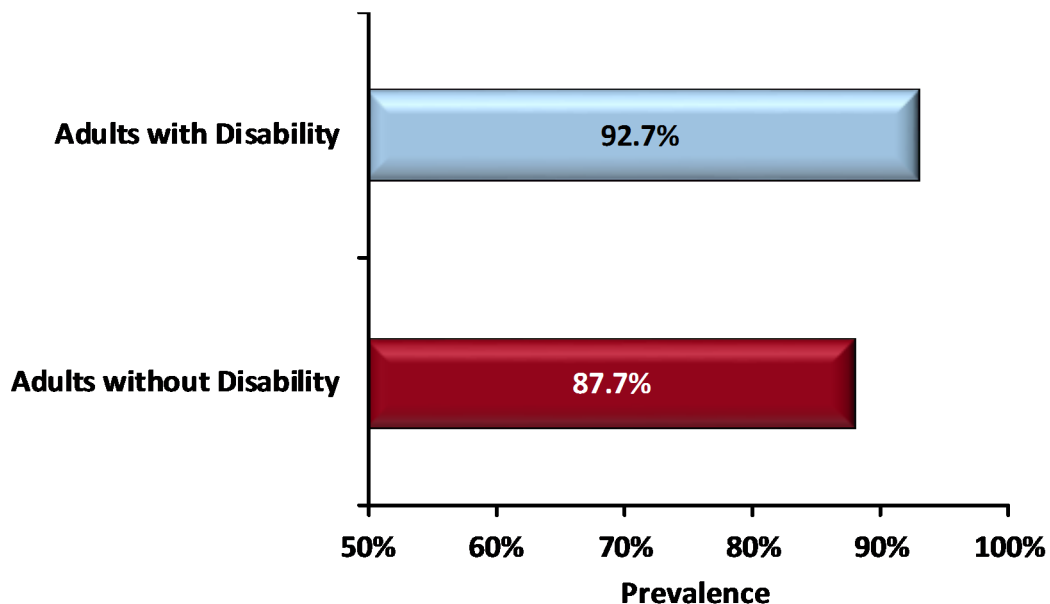
**Figure 28. Percent of Illinois Adults Who Received a Flu Shot by Disability Status**



# Health Insurance Coverage

Adults with disability in Illinois are more likely to have health insurance coverage than those without disability. Figure 29 compares the proportion of Illinois adults who have health insurance coverage by the presence of disability. Represented in the top bar, the rate is 92.7 percent (95% CI: 90.2% - 94.7%) for Illinois adults with disability who have health insurance coverage. The rate for adults without disability, shown in the bottom bar, is 87.7 percent (95% CI: 85.9% - 89.3%). The rate of health insurance coverage is statistically different on the basis of disability.

**Figure 29. Percent of Illinois Adults Who Had Health Insurance Coverage by Disability Status**






# Call to Action

Having a disability does not necessarily mean poor health or the lack of health. People with disability can benefit from disease prevention and health promotion efforts as much as those without disability. Because people with disability are at an increased risk of developing chronic health conditions, prevention strategies may be more critical in maintaining health and continuing active lives in the community.

This report highlights demographic, health, and health-related lifestyle characteristics of Illinois non-institutionalized people with disability. In addition, this report shows disparities in the rates of obtaining common health screenings between people with and without disability. The intent is to provide a clearer understanding of the health status of Illinois adults with disability in the state and their access to health screenings and preventive services. Understanding the extent of disability and the life circumstances facing Illinoisans with disability are critical steps to planning effective health promotion and prevention strategies for this large, but under-studied sub-population.

Reducing barriers and expanding access to various health services and health promotion programs in the community is a critical and urgent issue in supporting independence for people with disability. Traditionally, community health services have not been developed with all of the many needs of people with disability in mind. Thus, people with disability who want to utilize these services often experience access barriers, including inaccessible medical facilities and medical equipment, communication barriers, lack of service providers trained about disability issues, lack of or inadequate public policies and services to address access and health care needs, and lack of information and resource sharing among agencies and health providers about disability issues. These barriers may prevent people with disability from accessing health services and contribute negatively to health disparities between people with and without disability.



Findings from this and the previous reports suggest people with disability will continue to comprise a major portion of the population base in Illinois and state and local policymakers must prepare for a growing population that will require services to remain integrated in their communities. Monitoring and tracking this growing population at the State level will become more critical for future development and implementation of policies and programs that meet the unique needs of state residents with disability. The Illinois Disability and Health Program, with funding from the U.S. Centers for Disease Control and Prevention, National Center on Birth Defects and Developmental Disability, will continue its efforts to monitor the health of Illinois residents with disability and share its findings with various stakeholders who are interested in promoting the health and wellness of individuals with disability.

Readers are encouraged to develop and to refine health promotion programs in state and local communities to be more inclusive for people with disability, and to work together to improve the quality of life for Illinois adults with and without disability.

To learn more about the Disability and Health Data Report, the Illinois Disability and Health Program, how to become involved, or to receive the report in an alternate format, contact the Illinois Department of Public Health, Disability and Health Program, at 217-782-3300, TTY 800-547-0466 (hearing impaired use only).