

Patterns and Prevalence of Chronic Health Conditions and Frequent Mental Distress Among Adults with Disabilities

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Outline

Objectives

Brief Findings: Chronic Health Conditions

Brief Findings: Frequent Mental Distress

Implications

Objectives

Among adults with disabilities, describe the patterns and prevalence of:

- Chronic health conditions
- Frequent mental distress

Dataset

- Behavioral Risk Factor Surveillance System 2022
- Survey respondents are individuals 18+

Sample

- Adults with a disability
 - Answered “yes” to any of the ACS-6

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Brief Findings: Chronic Health Conditions

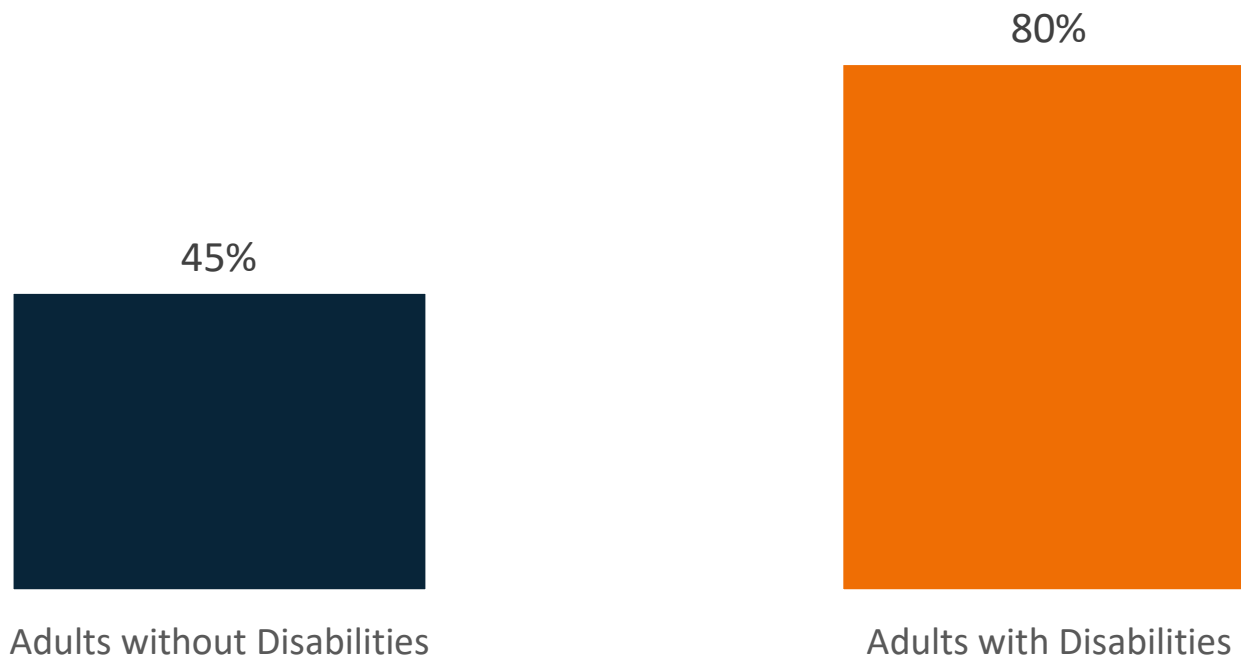
Brief Findings: Frequent Mental Distress

Implications

Chronic health conditions

- Conditions that last 1 year or more and require ongoing medical attention or limit activities of daily living, or both
- Answered “yes” to “Chronic Health Conditions” questions
 - 11 chronic health conditions

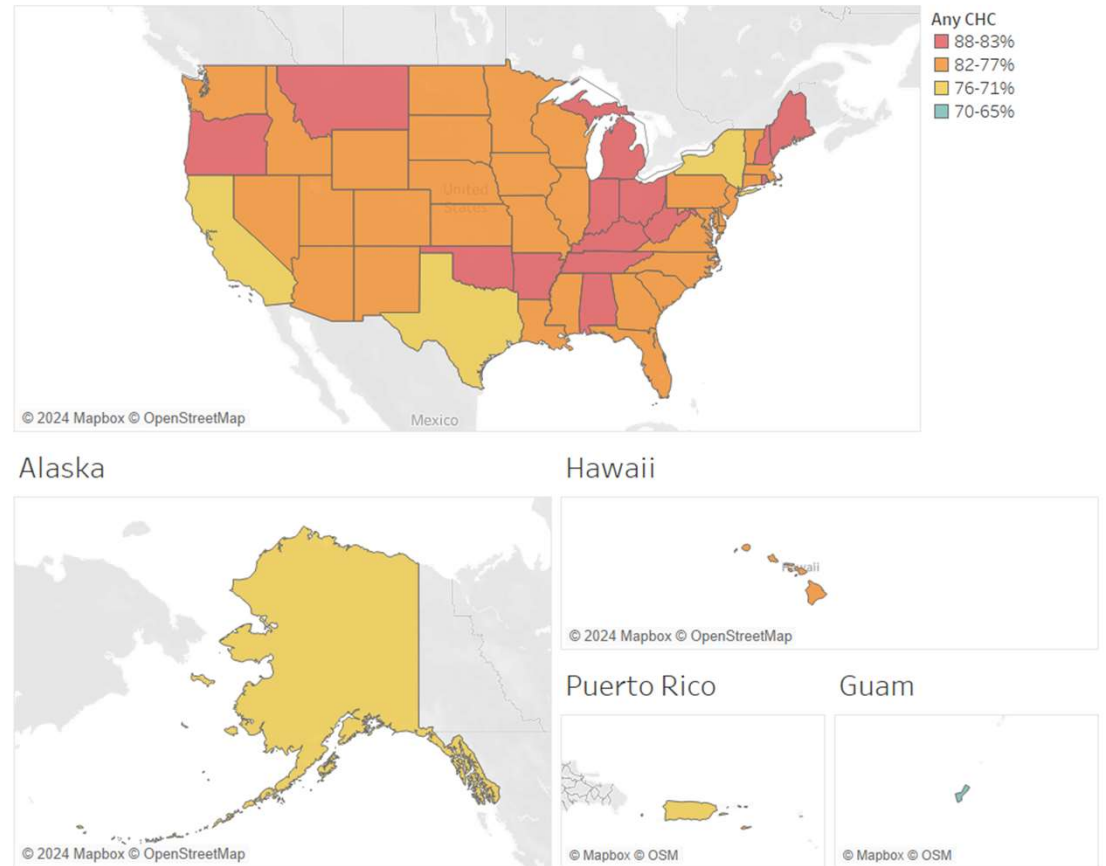
Chronic health conditions are significantly*** more prevalent among **adults with disabilities**



Differences between disability types

- Across age, race, gender, and geographic regions, having any CHC was
 - Most prevalent among those with self-care and independent living disabilities
 - Least common among those with Hearing and Vision related disabilities
- Differences between disability types in prevalence of any CHC were only significant in the 18-44 years old range
 - (i.e., There were no significant differences between disability types in the 45-64 year old or 65+ categories)

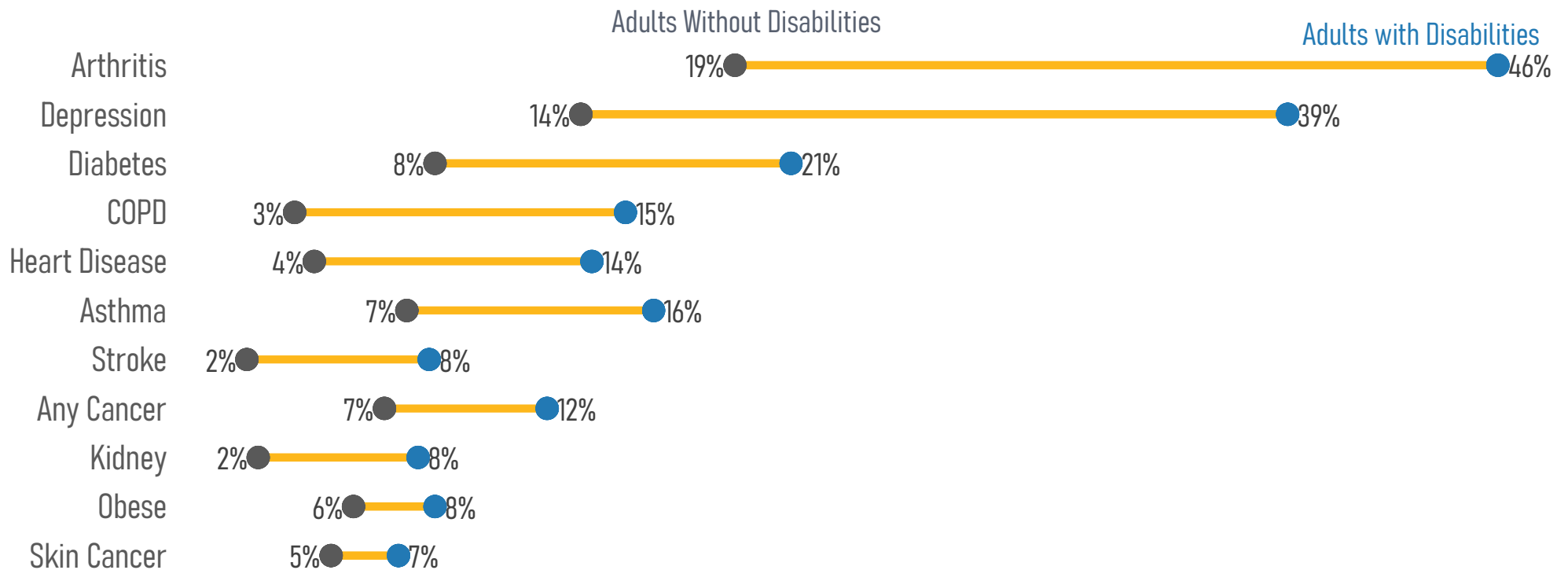
Prevalence of chronic health conditions among adults with disabilities by state



Top Three Most Common Conditions Among Adults with Any Disability

1. Arthritis (46%)
2. Depression (39%)
3. Diabetes (21%)

Adults with disabilities have significantly* higher prevalence of every specific chronic health conditions compared to adults without disabilities.



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Brief Findings: Chronic Health Conditions

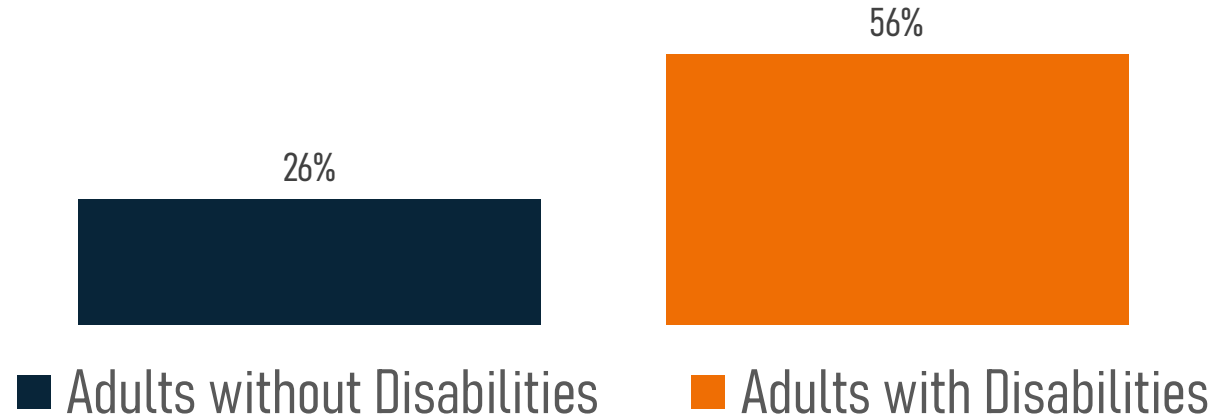
Brief Findings: Frequent Mental Distress

Implications

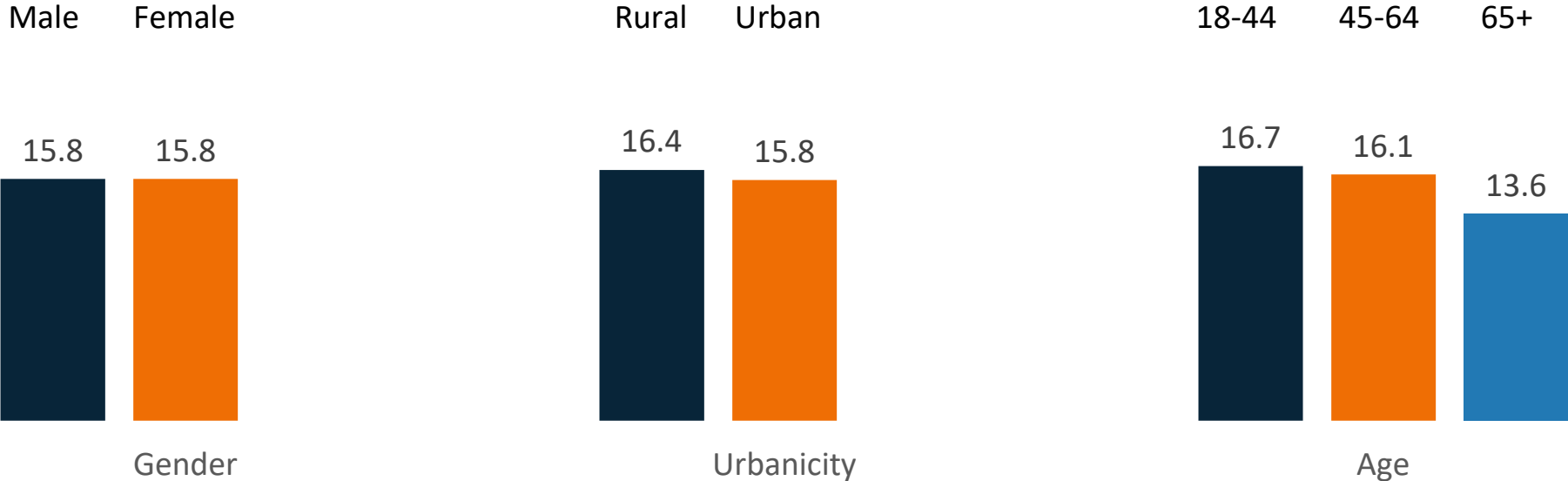
Frequent Mental Distress

- “..how many days during the past 30 days was your mental health not good?”
 - 14 or more days = frequent mental distress

The proportion of people who report frequent mental distress is significantly* higher among **adults with disabilities** than among **adults without disabilities**.

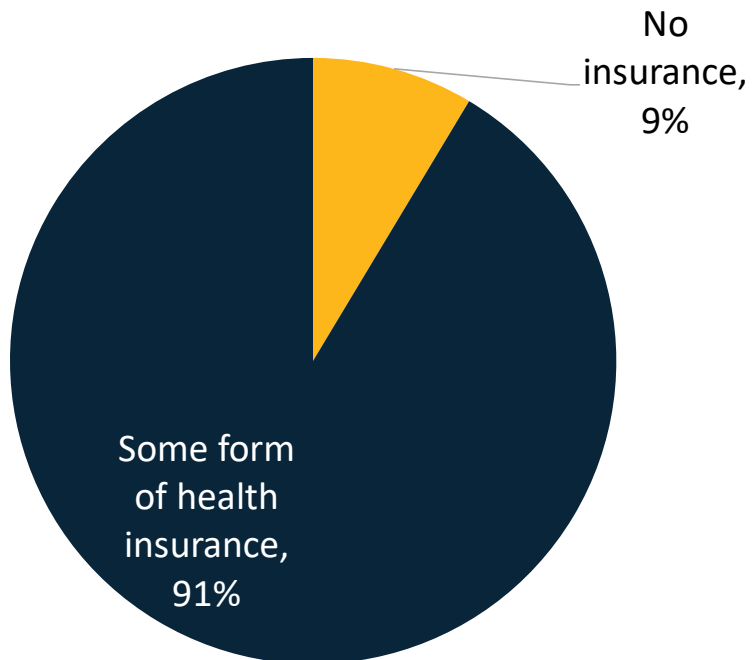


The average number of days, in the past 30 days, adults with disabilities experienced poor mental health varied significantly by **age**, but not urbanicity or gender.

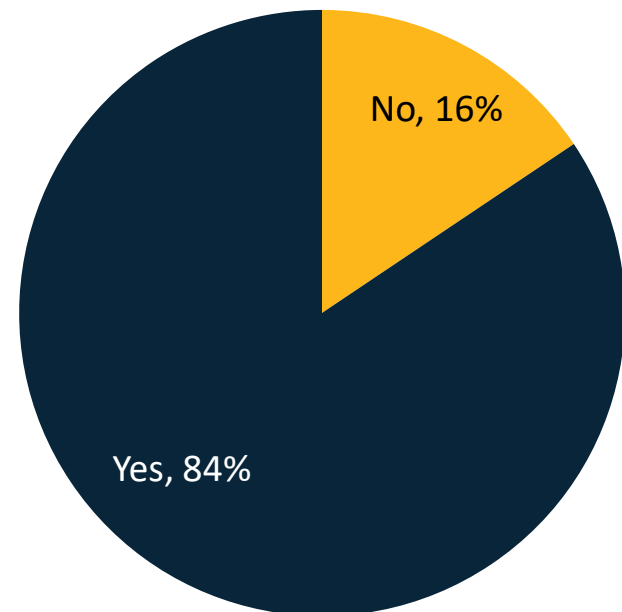


Adults with Disabilities and Healthcare Access

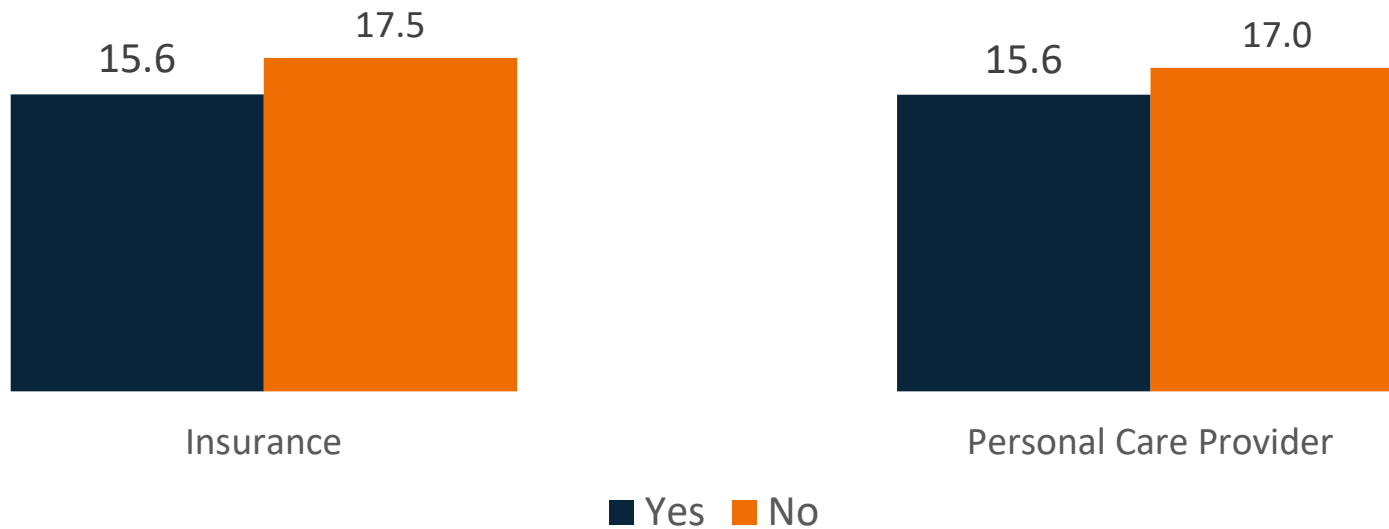
Have health insurance?



Have a personal health care provider?



The average number of days of poor mental health experienced per month is significantly* higher for those with **no insurance** and those who **do not have a personal care provider**.



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- Lack of rural/urban prevalence differences vs resource distribution
- Highlight systemic gaps in services
 - More likely to develop chronic health conditions and frequent mental distress
 - Do not provide adequate support after conditions have developed

How we're using these findings

- Dissemination to public health officials and policymakers
- Support the development of training and resources to address issues identified

Limitations

- BRFSS does not capture institutionalized population
- ACS-6 does not account for all disability types
- Complex relationship between chronic health conditions and disability
- Cross-sectional data does not address causality

More Information

- For more information see:
<https://idrpp.usu.edu/projects/cmhp>

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