

## Disability & Health Disparities in Washington State

# OBESITY & PHYSICAL ACTIVITY

## Behavioral Risk Factor Surveillance System (BRFSS)

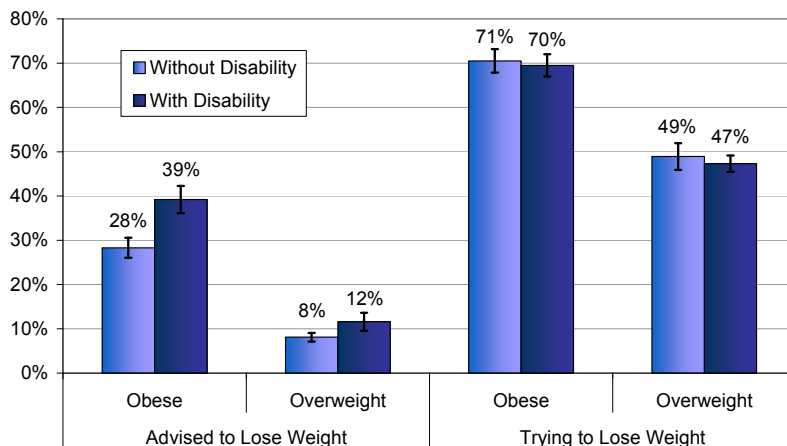
### Weight and Weight Loss

In 2003, people with disabilities were at equal risk of overweight (BMI\* 25.0-29.9) and nearly at twice the risk of obesity (BMI\*  $\geq 30.0$ ) than were those without disabilities, even when other predictors of excessive weight were the same.

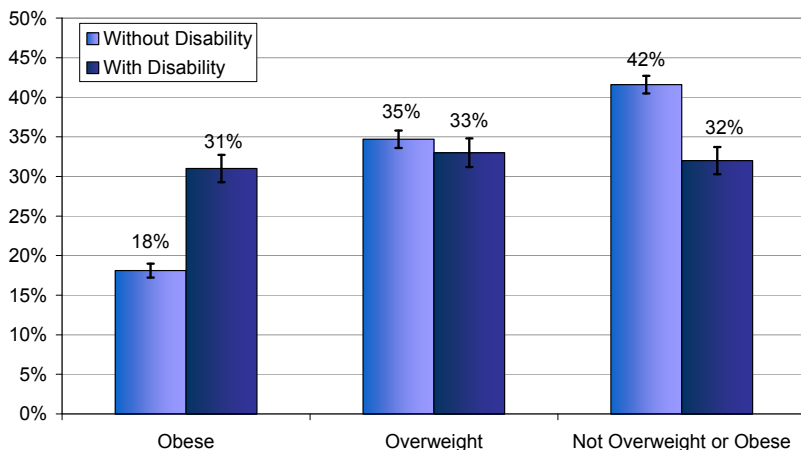
People with disabilities were significantly less likely to use physical activity to reduce their weight, but equally likely to try to eat fewer calories.

\*BMI = Body Mass Index, a standard scale used to relate a person's body weight to their height.

Weight Loss Efforts by Disability, 2003



Weight by Disability, 2004



### Definition of Disability

A person with a disability was defined in BRFSS as someone who reported:

- Being limited in any way in any activities because of physical, mental, or emotional problems, or
- Having health problems that require them to use special equipment.

### Physical Activity

Physical activity is an important way to promote health and control weight. People with disabilities were much less likely to be physically active than those without. Among employed people, 67% of those without disabilities and only half of those with disabilities were adequately active when both occupational and recreational activity were considered.

All statistical comparisons discussed herein were significantly different at  $p < .05$ . Figures show the 95% confidence intervals around sample estimates.

Physical Activity by Disability, 2003 & 2004

