

Physical Activity for Persons with Disabilities

The Game Plan

Benefits of Physical Activity

- Improves mood
- Combats depression and anxiety
- Decreases blood pressure
- Improves strength and endurance
- Controls arthritis symptoms
- Independence

As if that's not enough...People with disabilities are...

- Less likely to be physically active
- More likely to be obese
- More likely to be depressed
- At risk of other secondary conditions

Fast Facts:

- One in 5 Americans report either having a disability or limitation in major life activities.
- According to the 2002 National Health Interview Survey, adults with disabilities were less likely to engage in moderate physical activity (22% of people with disability, compared with 34% of people without a disability). Similarly, only 14% of adults with disabilities engaged in vigorous physical activity compared to 25% of people without disabilities. When looking at leisurely activity choices, 56% of adults with a disability reported no leisure-time physical activity compared with 36% of people without a disability.
- In 2004, 53% of people with disability reported no leisure-time physical activity and only 18% reported regular amounts of moderate to vigorous physical activity.
- Among people with disabilities, 27.4% are considered obese compared with 16.5% of people without disabilities.
- People with disabilities are more likely to report feelings of sadness and depression (28% of adults, 31% of children)
- Secondary conditions include respiratory infections, skin breakdown, etc.

Barriers to Physical Activity

- Limited accessibility
- Transportation issues
- High costs
- Lack of support
- Health concerns/Injury potential

Did you know?

Fitness facilities are obligated to provide accessible parking, access routes, and bathrooms. However, the present *Americans with Disabilities Act* guidelines lack enforceable requirements concerning other areas and features of health clubs, including locker rooms, exercise equipment areas, swimming pools, fitness center policies and procedures, and programs.

People with disabilities are nearly twice as likely as people without disabilities to have an annual household income of \$15,000 or less.

Overcoming the Hurdle

- Be supportive
- Are you a role model?
- Look into available resources in your area
- Receive guidance from a physician or other appropriate service provider

Overriding Excuses

- No time? Add activity to their daily routine
- Don't like to exercise? Make it fun
- Painful arthritis? Try exercising in water

Local Resources for the District of Columbia, Maryland and Virginia

- National Capital Parks – East
 - 202-690-5185
- Disability Guide to Parks, sports, and recreation
 - <http://www.disabilityguide.org/recreation.html>
- The ARC of Maryland
 - Scholarship money available for integration
 - <http://www.thearcmd.org/programs/KoC-application-05.pdf>
- Best Buddies Maryland
 - <http://www.bestbuddiesmaryland.org>
- Potomac Community Resources
 - <http://www.pcr-inc.org/communitylinks.asp>

National Resources

- National Center on Physical Activity and Disability www.ncpad.org
- “I can do it, you can do it”
 - Disabled Sports USA www.dsusa.org
 - Special Olympics www.specialolympics.org
- Other Resources
 - America's Athletes with Disabilities <http://www.americasathletes.org/Links.htm>
- On DVD or VHS - *Ease Into Fitness: Beginner Workout For People With Developmental Disabilities*
 - Power Point Presentation
 - http://www.healthyvirginians.virginia.gov/Resources/HV-ConferenceMats/Special%20Pops%20Track_Ward.ppt

Created for the Georgetown University Center for
Child and Human Development, Health Resources Partnership by
Sarah Oliver, SPT, Student Physical Therapist, University of Indianapolis

References - Articles

- Center J, Beange H, McElduff A. People with mental retardation have an increased prevalence of osteoporosis: a population study. *Am J Ment Retard.* 1998;103:19-28.
- Frey GC, Buchanan AM, Rosser Sandt DD. "I'd rather watch TV": An examination of physical activity in adults with mental retardation. *Ment Retard.* 2005;43:241-254.
- Kinne S, Patrick DL, Doyle DL. Prevalence of secondary conditions among people with disabilities. *Am J Public Health.* 2004;94(3):443-445.
- Rimmer JH, Riley B, Wang E, Rauworth A. Accessibility of health clubs for people with mobility disabilities and visual impairments. *Am J Public Health.* 2005;95(11):2022-2028.
- Rimmer JH, Riley B, Wang E, Rauworth A, Jurkowski J. Physical activity participation among persons with disabilities; barriers and facilitators. *Am J Prev Med.* 2004;26(5):419-425.

References - Websites

- www.activelivingbydesign.org/fileadmin/template/documents/Dis_Factsheet.pdf
- www.cdc.gov/nccdphp/dnpa/physical/recommendations/index.htm
- www.cdc.gov/nccdphp/sgr/disab.htm
- www.disabilityfunders.org/disstats.html
- wonder.cdc.gov/data2010/