

DISABILITY AND PHYSICAL ACTIVITY IN FLORIDA

The Correlates of Physical Activity among Floridians living with a Disability using the 2007 Behavioral Risk Factor Surveillance System



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Presenter Disclosures

Caitlin A. Knox

The following personal financial relationships with commercial interests relevant to this presentation existed during the past 12 months:

No relationships to disclose

Introduction

- Approximately 20% of the adult US population is living with a disability (BRFSS)
- *Healthy People 2010:*
 - Persons with disabilities (PWD) are less likely to participate in leisure activities or activities that are beneficial to their health.
 - Represents a disparity in health promoting behaviors

Definitions

- Respondents categorized as having a disability by the CDC's BRFSS definition
 - Activity limitations
 - Special equipment
- Meeting physical activity (PA) recommendations:
 - Moderate intensity (minutes/week)
 - Vigorous intensity (minutes/week)

Objectives

- Hypothesis: Disability status is associated with lower physical activity
 - Other factors that may influence physical activity levels in adults who are living with a disability were also examined

Methods

- Data: 2007 Florida Behavioral Risk Factor Surveillance System (FBRFSS)
- BRFSS
 - Monitor behaviors associated with the leading causes of morbidity and mortality
 - State-based, random-digit-dialed telephone survey of non-institutionalized U.S. adults aged 18 and older
 - Administered and supported by the Center for Disease Control and Prevention (CDC)

Methods

- Respondents:
 - 39,549 Florida adult respondents
 - Excluded 8,394 people due to missing data
 - Final sample size: 31,155
 - 78.8% of the survey participants

Methods

- Exposure Variable: Disability
 - Activity limitation or special equipment use
- Outcome Variables: Levels of PA
 - Any PA
 - Meeting PA recommendations
- Covariates:
 - Demographic variables:
 - age, race/ethnicity, gender, education status, employment, annual household income, and marital status
 - Obesity (BMI) categories
 - Has a health care provider

Results

	PWD n= 8,133	No disability n= 23,022
Women	52.3%	50.5%
Married/coupled	55.2%	66.8%
Dissatisfied with life	15.2%	3.3%
Fair or poor health	45.0%	8.6%
Obese	33.4%	21.8%
≥1 Health care provider	83.9%	76.4%
Participation in any PA	79.5%	92.2%
Does not meet PA Recommendations	63.1%	49.0%

Adjustment

- Model 1: Meeting PA recommendations
- Model 2: Participation in any PA
- Adjusted by:
 - Age
 - Race/ethnicity
 - Education
 - Income
 - Marital status
 - General life satisfaction
 - Self reported health
 - Health care provider
 - Emotional support
 - Interaction term (Gender*Disability Status)

Results

Interaction term and independent contributors associated with physical inactivity:

Variable	Categories	Meets Recommendations	Any PA
		Adjusted OR*	Adjusted OR
With a Disability (Interaction)	Women	0.66 ⁺	0.56 ⁺
	Men	0.84	0.55 ⁺
Age	85+	0.44 ⁺	0.37 ⁺
Race/Ethnicity	Black only	0.75 ⁺	0.75
	Any race, Hispanic	0.75 ⁺	0.50 ⁺

*OR=odds ratio via logistic regression

+ = Significant

Results

Categories	Meets Rec	Any PA
	Adjusted OR	Adjusted OR
Graduated college or technical school	1.41 ⁺	2.33 ⁺
Life Satisfaction – Very Satisfied/Satisfied	1.10	1.46 ⁺
Good or better health	1.46 ⁺	2.40 ⁺
≥1 Health care provider	0.95	1.54 ⁺
Emotional support – Always /Usually	1.23 ⁺	1.30 ⁺

+ = Significant

Discussion

- **Limitations:**

- Cross-sectional nature of the data limits causal inference
- Self-reported physical activity
- Disability status is a broad definition

- **Strengths:**

- Large sample size
- Somewhat generalizable to other states
- Consistent with other reports

Conclusion

- The results of our study were mostly consistent with previous studies:
 - Florida BRFSS data showed that adults with disability were less likely to meet physical activity recommendations or engage in any exercise than those without a disability.
- However it was unique:
 - Race/Ethnicity (Hispanic ethnicity)
 - Health Care Provider (Participation in PA)

Recommendations

- Future Research
 - Look at barriers to PA among those with disabilities
- Importance to Public Health
 - Meeting Healthy People 2010 goals and objectives for PWD
- Opportunity for Public Health
 - Accessibility/barriers to health promoting PA
 - Health education for PWD

Thank you!