

National Core Indicators®-- Intellectual and Developmental Disabilities 2020-21 In-Person Survey (IPS) Report

Wellness

People maintain healthy habits.

What to know about the presentation of Wellness data:



Charts with un-collapsed weighted NCI average

Here's what [collapsed](#) data are



State and weighted NCI averages

The number of respondents (N) is not weighted

Here's what [weighting](#) data means for comparisons



DATA CAUTION!

Many states' data have a large amount of missing data or data recorded as “don't know”

Read about what this means [here](#)

Wellness

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Where do these data come from?

Some of the information in this section comes directly from the person receiving services, or for some select questions, from a “proxy” respondent. Others are drawn from administrative sources; these instances are noted in the table titles.

Read more about why we allow proxy respondents for select questions in the IPS in the Overview chapter of this report.

Items in this chapter are a part of the NCI Health, Welfare, and Rights domain (or topic area) and comprise the “Wellness” sub-domain (a specific area of concern within the domain). The Wellness sub-domain includes items that help determine whether “people are supported to maintain healthy habits”. Read more about NCI domains and sub-domains in the Overview chapter or this report.

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What are “collapsed” data?

Many questions in the IPS allow respondents to answer a question with “middle” response like “maybe”, “sometimes” or “in-between”. The tables in this section present collapsed data. That means that two or more response options are grouped together if they are considered to reflect a positive outcome. The table titles explain which options were grouped.

To see the breakout of responses for each option, please see Appendix C.

What is weighting and why do we do it?

The NCI-IDD averages are “weighted” to reflect the states’ relative population and sample sizes. We created the weights using the state’s number of valid surveys and its total survey-eligible population. This way, a state that provides services to a larger number of people but uses a sample similar in size to other states has a greater influence on the overall NCI-IDD average (that is, its contribution is *proportional to its service population*).

In this survey year, CA intentionally oversampled by geographical regions to get more focused insights, so their weights are calculated slightly differently (using

the number of completed surveys and service population sizes in each subpopulation or region). You can read more about this in the Methodology section of the Overview chapter.

The number of respondents (N) for each question *is not* weighted.

DATA CAUTION!

Several states had large amounts of missing data or data recorded as “don’t know.” Where 25% or more of a state’s sample had “don’t know” or missing responses, we used an asterisk (*) to indicate that state’s data should be interpreted with caution as it may not accurately represent the sample or service population.

Note on WI data – for all respondents, WI was unable to collect several data points from administrative records for questions in the Background Information section. Additional data points from the Background Information section were unable to be collected for those respondents who self-direct their services related to certain demographics, health, medication, and wellness.

Presentation of state and weighted NCI-IDD averages

Averages

For the most part, the state outcomes are shown in descending order of percentage and are categorized as statistically significantly above the NCI-IDD Average, within the range of the NCI-IDD Average, or significantly below the NCI-IDD Average. Statistical significance is taken to be at or below the .01 level. For those states that fall within the NCI-IDD Average range, their ‘always’ or ‘yes’ response was not statistically different from the NCI-IDD Average. Other tables show the states listed in alphabetical order and are not tested for significance.

Tables that show significance also break out average results for each state by the type of residence: ICF/IID or other institutional settings, group residence, own home, parent/relative’s home, foster or host home. Figure A on the following page shows, by state, the percentage of people surveyed in each residence type. Please note though that:

- Significance testing was not performed on the breakouts by residence

- The number of people in each residential setting is often too small to allow for valid state-to-state comparisons
- And in many cases, statistically valid conclusions cannot be drawn about differences in results between residence types

Still, we provide this information for states' internal purposes. It should not be used to compare one state with another.

To protect people's privacy, we do not show the data when 20 or fewer people from a state or residence type responded to a question (though their responses are included in the NCI-IDD average).

Important note on Impact of COVID-19

The 2020-21 NCI-IDD IPS data collection cycle began July 1, 2020 and ended June 30, 2021. As COVID-19 continued to spread across the United States, states were impacted in various ways throughout the year. These data cannot fully assess what impact the pandemic had on data collected at different times throughout the year. While these data will serve as an important baseline, and meaningful way for states to understand the overall impact of services on people being served, these data should be read with caution.

To help better understand the overall impact of COVID-19 on people receiving services, NCI-IDD added a state-optional COVID-19 Supplement to all NCI-IDD Surveys. The COVID-19 Supplement is intended to support the understanding of the experience of people with disabilities and their families at the beginning of the COVID-19 pandemic, and their interactions with services during that time. The NCI IPS COVID-19 Supplement can be found [here](#).

Figure A. Percentage of people surveyed in each residence type by state

State	ICF/IID, Nursing Facility and Other Institutional Settings	Community-based Group Residential Settings	Own Home or Apartment	Parent's or Relative's Home	Foster Care or Host Home	N
AL	0%	76%	6%	18%	0%	391
AR	1%	14%	39%	45%	2%	397
CA ¹	10%	25%	13%	51%	2%	8,630
CO	0%	11%	9%	52%	27%	614
FL	0%	42%	16%	42%	0%	399
GA	0%	31%	15%	40%	14%	405
HI	0%	13%	6%	52%	29%	317
IL	0%	50%	10%	39%	1%	339
IN	0%	27%	28%	43%	2%	405
KS	1%	43%	25%	28%	3%	380
KY	1%	37%	7%	28%	27%	393
MI	0%	48%	15%	35%	3%	651
MN	1%	55%	7%	33%	4%	386
MO	1%	20%	45%	30%	4%	399
NE	8%	29%	21%	26%	16%	417
NV	0%	51%	22%	22%	5%	408
NH	2%	15%	10%	39%	33%	396
NJ	0%	48%	13%	34%	5%	406
NC	14%	14%	8%	50%	14%	383
OH	6%	12%	36%	44%	1%	329
OR	0%	21%	9%	50%	20%	419
PA	8%	40%	12%	39%	1%	605
SD	0%	53%	36%	10%	1%	398
TN	3%	39%	31%	24%	4%	317
VA	0%	44%	8%	30%	18%	718
WI	1%	22%	22%	54%	1%	739
Total	5%	30%	16%	43%	6%	19,641

¹ All Californians with an intellectual or developmental disability as defined by California law have both a civil right and an individual entitlement to receive services from the California Department of Developmental Services. These statutory requirements make California's service system unique and could impact comparisons between its survey results and the results of other states.

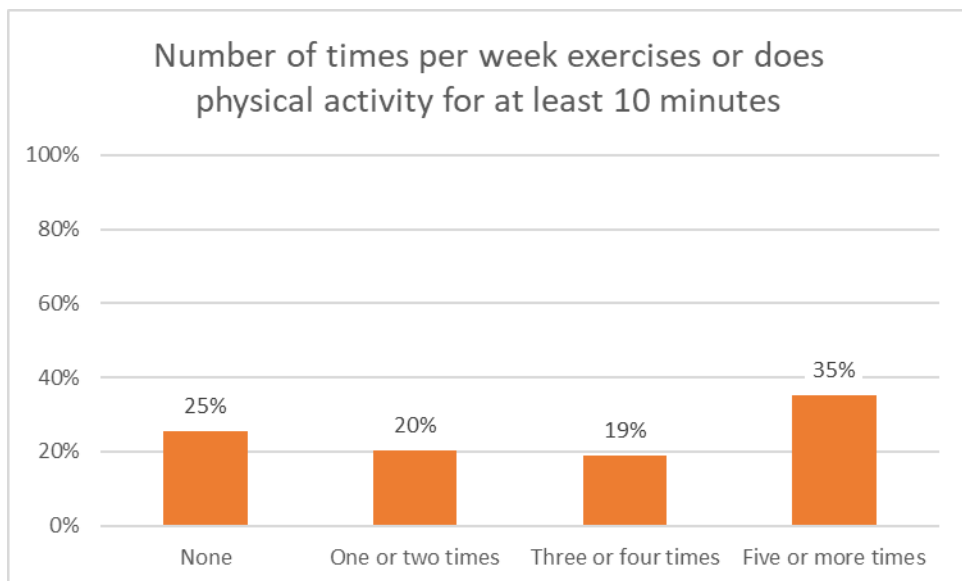


Table 1. Exercises or does physical activity at least once per week for 10 minutes or more at a time ('1 or 2 times', '3 or 4 times' and '5 or more times' responses; proxy respondents were allowed for this question)

Significantly Above Weighted NCI Average

State	Average Within State	N	ICF/IID. Nursing Facility and Other Institutional Settings	Community-based Group Residential Settings	Own Home or Apartment	Parent's or Relative's Home	Foster Care or Host Home
IL	84%	332	n/a	86%	87%	81%	n/a
GA	83%	403	n/a	83%	89%	81%	84%
NH	82%	392	n/a	82%	88%	79%	86%
NJ	82%	403	n/a	84%	87%	81%	64%
NV	81%	397	n/a	84%	80%	80%	n/a
NE	80%	409	68%	82%	86%	79%	79%
CO	80%	633	n/a	75%	81%	83%	79%
MI	80%	648	n/a	81%	78%	80%	n/a

Within Weighted NCI Average

State	Average Within State	N	ICF/IID. Nursing Facility and Other Institutional Settings	Community-based Group Residential Settings	Own Home or Apartment	Parent's or Relative's Home	Foster Care or Host Home
HI	80%	309	n/a	85%	n/a	75%	85%
OR	80%	405	n/a	68%	86%	85%	80%
TN	79%	312	n/a	80%	78%	80%	n/a
IN	79%	344	n/a	76%	79%	80%	n/a
WI	79%	756	n/a	67%	78%	83%	n/a
KS	78%	360	n/a	74%	82%	82%	n/a
MN	78%	382	n/a	80%	83%	76%	n/a
SD	77%	396	n/a	71%	83%	90%	n/a
MO	77%	400	n/a	81%	77%	80%	n/a
Weighted NCI-IDD Average	75%	19,482	63%	77%	76%	75%	75%
FL	75%	394	n/a	81%	74%	69%	n/a
PA	75%	624	69%	71%	79%	75%	n/a
NC	75%	424	67%	87%	64%	77%	72%
VA	74%	711	n/a	73%	80%	72%	79%
CA	72%	8,569	62%	78%	70%	71%	83%
AL	71%	382	n/a	71%	74%	71%	n/a
OH	69%	308	n/a	67%	72%	68%	n/a

Significantly Below Weighted NCI Average

State	Average Within State	N	ICF/IID. Nursing Facility and Other Institutional Settings	Community-based Group Residential Settings	Own Home or Apartment	Parent's or Relative's Home	Foster Care or Host Home
AR	68%	398	n/a	79%	70%	63%	n/a
KY	45%	391	n/a	43%	52%	41%	47%

State data with at least 25% "don't knows" and missing data are denoted with an asterisk (*)

Data for WI were unable to be collected for those respondents who self-direct their services

See all un-collapsed state data showing responses for all possible response options in Appendix C

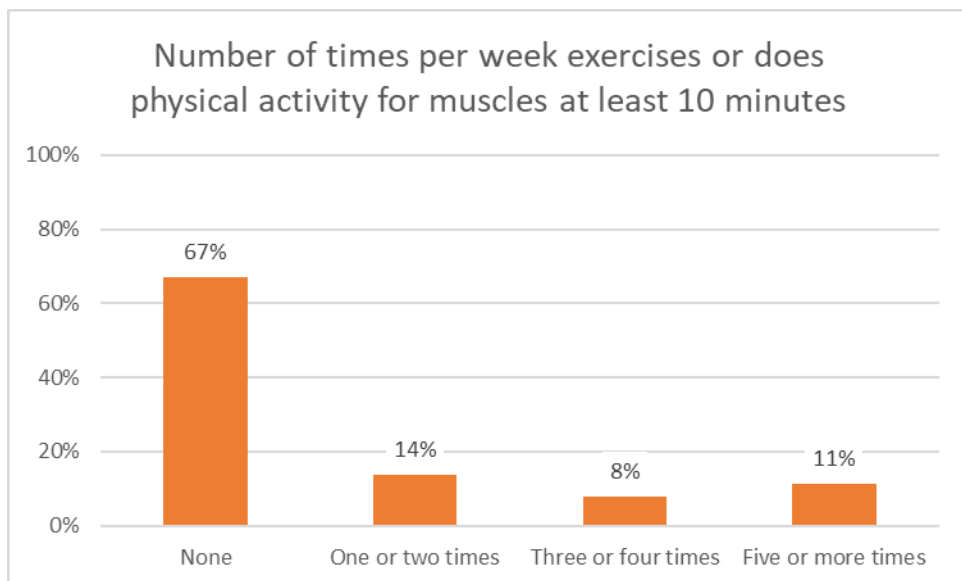


Table 2. Exercises or does physical activity at least once per week that makes the muscles in arms, legs, back, and/or chest work hard ('1 or 2 times', '3 or 4 times' and '5 or more times' responses; proxy respondents were allowed for this question)

Significantly Above Weighted NCI Average

State	Average Within State	N	ICF/IID. Nursing Facility and Other Institutional Settings	Community-based Group Residential Settings	Own Home or Apartment	Parent's or Relative's Home	Foster Care or Host Home
TN	49%	313	n/a	49%	49%	45%	n/a
HI	48%	309	n/a	37%	n/a	47%	54%
KS	45%	356	n/a	39%	48%	50%	n/a
CO	44%	630	n/a	42%	43%	49%	41%
WI	43%	756	n/a	32%	42%	45%	n/a
NE	43%	409	20%	41%	38%	48%	53%
KY	40%	390	n/a	42%	48%	34%	41%
NV	40%	392	n/a	35%	46%	45%	n/a
PA	39%	626	37%	35%	35%	45%	n/a

Within Weighted NCI Average

State	Average Within State	N	ICF/IID. Nursing Facility and Other Institutional Settings	Community-based Group Residential Settings	Own Home or Apartment	Parent's or Relative's Home	Foster Care or Host Home
NH	39%	391	n/a	46%	39%	41%	36%
IN	38%	336	n/a	31%	39%	42%	n/a
MN	36%	392	n/a	32%	50%	39%	n/a
AR	35%	401	n/a	55%	30%	35%	n/a
OR	34%	400	n/a	28%	31%	38%	33%
IL	33%	317	n/a	32%	21%	38%	n/a
SD	33%	392	n/a	32%	36%	36%	n/a
NC	33%	426	33%	34%	21%	35%	31%
Weighted NCI-IDD Average	33%	19,441	32%	30%	33%	35%	34%
MI	30%	649	n/a	31%	26%	31%	n/a
FL	30%	393	n/a	27%	37%	32%	n/a
CA	30%	8,561	31%	28%	34%	30%	37%
VA	29%	710	n/a	27%	34%	26%	35%
MO	28%	398	n/a	37%	23%	30%	n/a
OH	28%	313	n/a	21%	29%	30%	n/a
GA	27%	401	n/a	29%	31%	25%	24%

Significantly Below Weighted NCI Average

State	Average Within State	N	ICF/IID. Nursing Facility and Other Institutional Settings	Community-based Group Residential Settings	Own Home or Apartment	Parent's or Relative's Home	Foster Care or Host Home
NJ	24%	400	n/a	16%	27%	35%	14%
AL	19%	380	n/a	15%	27%	32%	n/a

State data with at least 25% "don't knows" and missing data are denoted with an asterisk (*)

Data for WI were unable to be collected for those respondents who self-direct their services

See all un-collapsed state data showing responses for all possible response options in Appendix C

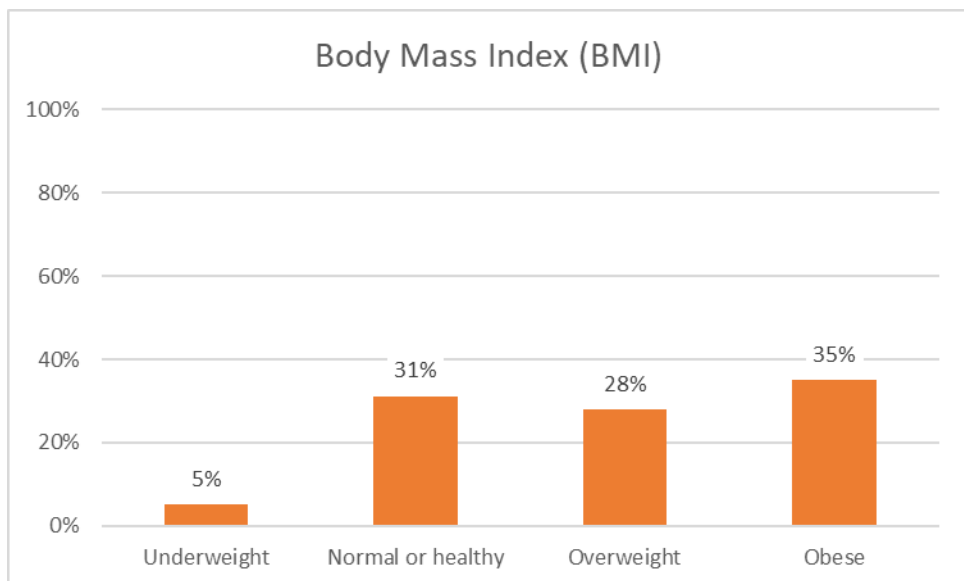


Table 3. Body Mass Index (BMI) category (BMI calculated using data on weight and height; information may have been obtained through state records)

State	Underweight	Normal or Healthy	Overweight	Obese	N
AL	2%	21%	27%	50%	389
AR	6%	26%	27%	42%	402
CA	6%	34%	28%	32%	8,599
CO	6%	36%	28%	29%	614
FL	7%	34%	33%	26%	349
GA	5%	30%	27%	37%	404
HI	8%	37%	28%	28%	285
IL	4%	27%	30%	40%	286
IN*	3%	25%	28%	44%	300
KS	3%	27%	24%	46%	357
KY	2%	20%	25%	53%	380
MI*	6%	29%	30%	36%	484
MN	5%	30%	25%	39%	350
MO	7%	33%	27%	33%	388
NE	2%	40%	30%	28%	387
NV	5%	28%	27%	41%	397
NH	5%	26%	25%	44%	377
NJ	4%	29%	29%	38%	321
NC*	6%	35%	27%	32%	289
OH*	5%	31%	30%	34%	173
OR	6%	35%	20%	38%	372
PA*	5%	31%	27%	38%	320
SD	5%	22%	29%	45%	393
TN	4%	22%	34%	40%	282
VA*	4%	30%	30%	36%	529
WI	6%	31%	27%	36%	715
Weighted NCI-IDD Average	5%	31%	28%	35%	18,142

State data with at least 25% “don’t knows” and missing data are denoted with an asterisk (*)

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Table 3B. Body Mass Index (*includes missing responses to background questions on height and/or weight*; information may have been obtained through state records)

State	Underweight	Normal or Healthy	Overweight	Obese	Missing	N
AL	2%	21%	27%	50%	1%	391
AR	5%	25%	26%	42%	1%	406
CA	6%	33%	28%	32%	1%	8,663
CO	6%	34%	26%	27%	6%	655
FL	6%	29%	29%	23%	13%	400
GA	5%	30%	27%	37%	0%	405
HI	7%	33%	25%	25%	11%	319
IL	3%	22%	25%	33%	17%	346
IN	2%	18%	21%	32%	26%	407
KS	3%	24%	22%	42%	8%	390
KY	2%	19%	24%	51%	5%	399
MI	4%	21%	22%	26%	27%	664
MN	4%	26%	22%	34%	14%	406
MO	6%	32%	26%	32%	4%	402
NE	2%	36%	26%	25%	12%	419
NV	4%	27%	26%	40%	3%	408
NH	5%	25%	24%	42%	6%	399
NJ	3%	23%	23%	30%	21%	407
NC	4%	24%	18%	21%	33%	432
OH	3%	16%	16%	18%	48%	333
OR	5%	31%	18%	34%	11%	420
PA	2%	15%	13%	18%	52%	668
SD	5%	21%	28%	43%	3%	405
TN	3%	19%	30%	35%	12%	322
VA	3%	22%	22%	27%	26%	719
WI	5%	27%	24%	32%	11%	806
Extended weighted NCI-IDD Average	4%	26%	23%	30%	16%	19,991

State data with at least 25% “don’t knows” and missing data are denoted with an asterisk (*)

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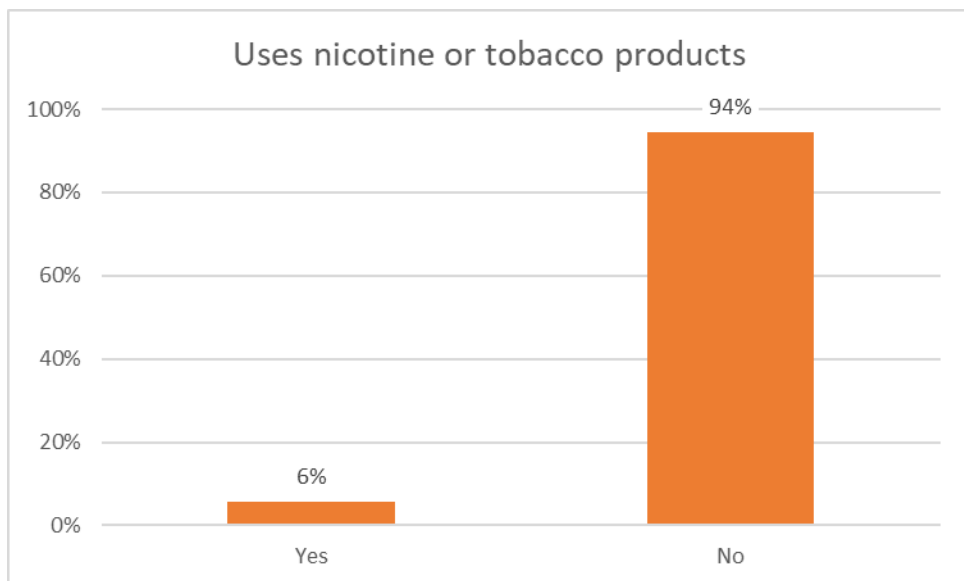


Table 4. Uses nicotine or tobacco products ('yes' responses only; information may have been obtained through state records)

Significantly Above Weighted NCI Average

State	Average Within State	N	ICF/IID, Nursing Facility and Other Institutional Settings	Community-based Group Residential Settings	Own Home or Apartment	Parent's or Relative's Home	Foster Care or Host Home
KY	16%	390	n/a	20%	21%	3%	19%
KS	12%	379	n/a	14%	19%	3%	n/a
IN	11%	382	n/a	8%	17%	10%	n/a
OR	10%	409	n/a	11%	17%	7%	11%
WI	9%	753	n/a	14%	20%	3%	n/a

Within Weighted NCI Average

State	Average Within State	N	ICF/IID, Nursing Facility and Other Institutional Settings	Community-based Group Residential Settings	Own Home or Apartment	Parent's or Relative's Home	Foster Care or Host Home
TN	10%	307	n/a	12%	13%	3%	n/a
AR	9%	400	n/a	17%	10%	6%	n/a
OH*	9%	245	n/a	3%	15%	7%	n/a
NE	8%	406	3%	7%	20%	3%	9%
IL	8%	326	n/a	9%	23%	2%	n/a
MO	7%	399	n/a	7%	10%	3%	n/a
NH	7%	392	n/a	13%	10%	3%	8%
Weighted NCI-IDD Average	6%	19,373	2%	6%	13%	3%	7%
MI	6%	642	n/a	6%	12%	4%	n/a
CO	6%	630	n/a	6%	16%	2%	7%
NV	5%	383	n/a	5%	8%	0%	n/a
MN	5%	386	n/a	4%	12%	2%	n/a
AL	4%	384	n/a	5%	9%	0%	n/a
SD	4%	394	n/a	3%	6%	3%	n/a
PA	4%	581	2%	4%	11%	1%	n/a
NJ	4%	397	n/a	4%	12%	1%	0%
CA	3%	8,592	2%	5%	10%	1%	5%

Significantly Below Weighted NCI Average

State	Average Within State	N	ICF/IID, Nursing Facility and Other Institutional Settings	Community-based Group Residential Settings	Own Home or Apartment	Parent's or Relative's Home	Foster Care or Host Home
VA	3%	674	n/a	3%	4%	3%	3%
NC	3%	420	0%	6%	14%	1%	2%
GA	3%	405	n/a	1%	10%	2%	2%
FL	3%	394	n/a	2%	8%	1%	n/a
HI	1%	303	n/a	0%	n/a	1%	1%

State data with at least 25% "don't knows" and missing data are denoted with an asterisk (*)

Data for WI were unable to be collected for those respondents who self-direct their services

See all un-collapsed state data showing responses for all possible response options in Appendix C

Table 4B. Uses nicotine or tobacco products (*includes missing and don't know responses*; information may have been obtained through state records)

State	Uses tobacco products	Doesn't use tobacco products	Missing	Don't know	N
AL	4%	94%	2%	0%	391
AR	9%	90%	1%	0%	406
CA	3%	96%	1%	0%	8,663
CO	5%	91%	4%	0%	655
FL	3%	96%	2%	0%	400
GA	3%	97%	0%	0%	405
HI	1%	94%	5%	0%	319
IL	8%	87%	6%	0%	346
IN	11%	83%	6%	0%	407
KS	11%	86%	3%	0%	390
KY	15%	82%	2%	0%	399
MI	5%	91%	3%	0%	664
MN	4%	91%	5%	0%	406
MO	7%	92%	1%	0%	402
NE	8%	89%	3%	0%	419
NV	5%	89%	6%	0%	408
NH	7%	91%	2%	0%	399
NJ	4%	94%	2%	0%	407
NC	3%	94%	3%	0%	432
OH	7%	67%	26%	0%	333
OR	10%	88%	3%	0%	420
PA	3%	84%	13%	0%	668
SD	4%	93%	3%	0%	405
TN	9%	86%	5%	0%	322
VA	3%	91%	6%	0%	719
WI	9%	85%	7%	0%	806
Extended weighted NCI-IDD Average	5%	89%	5%	0%	19,991

State data with at least 25% “don't knows” and missing data are denoted with an asterisk (*)

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