

What the NCI data tells us about

People's Wellness across NCI States



**NATIONAL CORE
INDICATORS®**
NASDDDS & HSRI

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This report tells us about:

- What NCI tells us about people's wellness
- Why healthy habits are important

What is NCI?

Each year, NCI asks people with intellectual and developmental disabilities (IDD) and their families how they feel about their lives and the services they get. NCI uses surveys so that the same questions can be asked to people in all NCI states.

Who is surveyed?

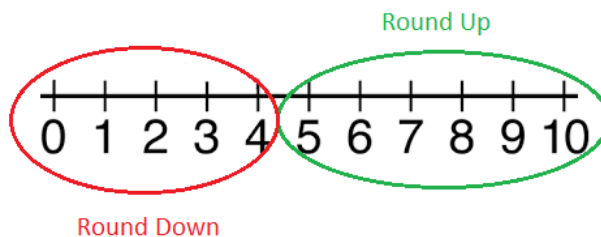
Each year people in many states take part in an NCI meeting. Every year a new group of people are asked to meet. During the meeting, people are asked the NCI survey questions. Questions are asked to the person who gets services from the state. For some questions, a family member, friend, or staff member who knows the person well can answer.

How are data shown?

NCI asks questions about people's wellness. In this report we see how people answered questions about medication, use nicotine, or exercise. There are also questions to find out if people have been tested for breast cancer and cervical cancer.

Each page shows a different question and the answers. Each page also has a pie graph. It shows how many people said **yes** and how many said **no**. There are also words and stick figures that show how many **yes** and **no** answers there were for each question. The answers are whole numbers (like 60% or 90%).

For this report we round percentages to the nearest ten percent. To round, we look at the last digit in a number. If the digit is 5 or more, we “round up” to the next highest number with a zero. If the digit is 4 or less, we “round down” to the next lowest number with a zero.



For example:

If 87% of people say they exercise or do physical activity at least once a week, we “round up” to 90%.

If 12% of people say they do not exercise or do physical activity at least once a week, we “round down” to 10%.

This report can help people talk about services and supports. If you want more information, you can look up the full report at:

<https://www.nationalcoreindicators.org/resources/reports/>

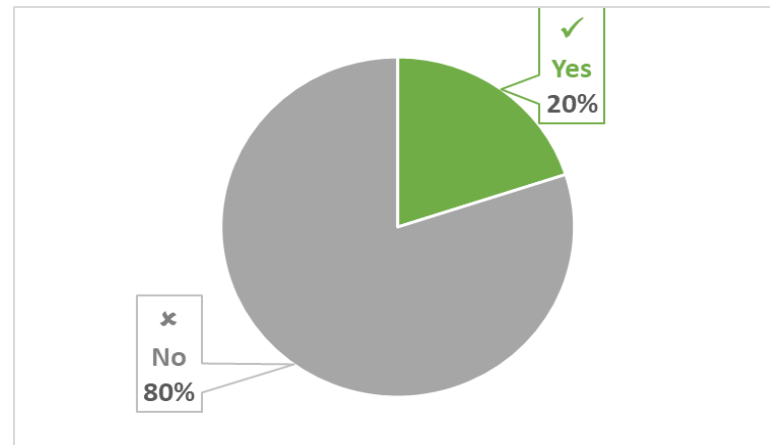


Making Connections – Why Is Wellness Important?

NCI asks questions about people’s wellness and healthy habits. Healthy habit can be things like eating fruits and vegetables, exercising at your gym or walking outside. Doing things like walking, swimming, and other exercise can help people stay well and get out in their community,¹ It is important for people with disabilities to have the support they need to make healthy choices in their lives.

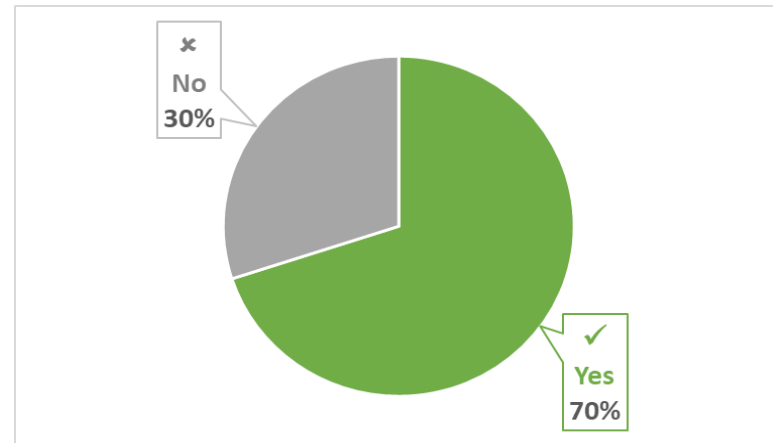
¹ CDC. To Improve the Health and Wellness of Persons with Disabilities, 2005. Available from: <https://www.cdc.gov/ncbddd/disabilityandhealth/pdf/whatitmeanstoyou508.pdf>

Is your Body Mass Index (BMI) in a healthy range? People can be healthy at all different sizes. BMI is one way to see if people are at a healthy weight.



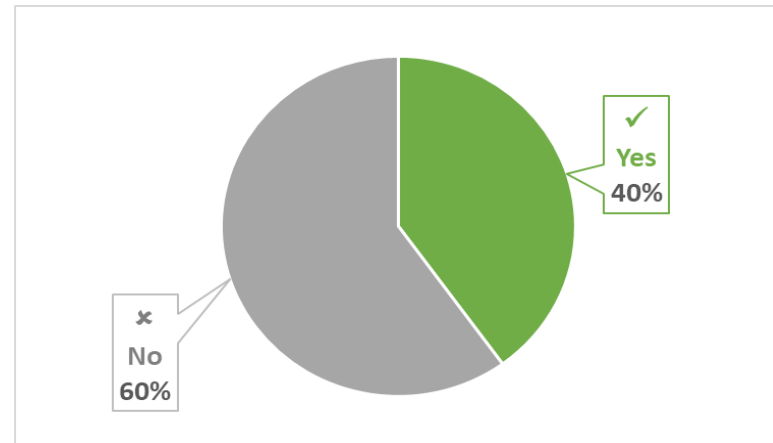
NCI tells us **2** out of every **10** people **have** a **healthy BMI**.

Do you exercise or did physical activity for 10 minutes or more at a time at least once a week? Some examples of physical activity include walking, running, and swimming.



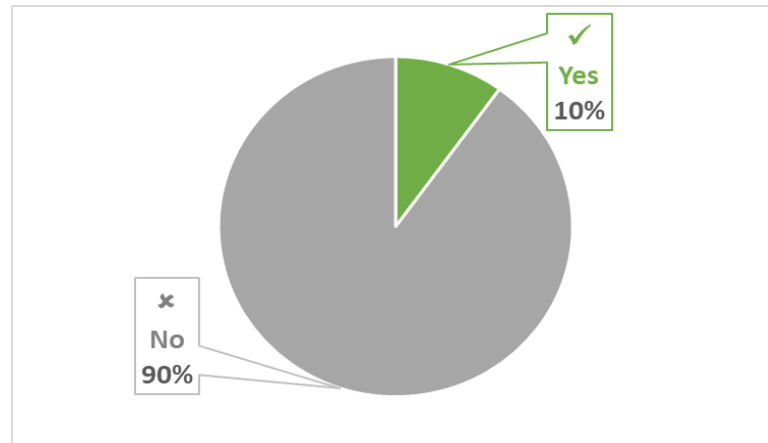
NCI tells us **7** out of every **10** people said they **exercise or do physical activity for 10 minutes or more at a time at least once a week.**

Do you exercise or do physical activity at least once a week that makes the muscles in the arms, legs, back, and/or chest work hard?



NCI tells us **4** out of every **10** people said they **exercise or do physical activity at least once a week that makes the muscles in the arms, legs, back, and/or chest work hard.**

Do you use nicotine or tobacco products? Nicotine or tobacco products are things like cigarettes, e-cigarettes, or chewing tobacco.



NCI tells us **1** out of every **10** people **use nicotine or tobacco products.**



What Did We Learn?

NCI tell us about people in across NCI States:

20% Have a healthy Body Mass Index (BMI)

70% Exercise or do physical activity for 10 minutes or more at a time at least once a week

40% Exercise or do physical activities that make the arms, legs, back, and/or chest work hard

10% use nicotine or tobacco products