

National Core Indicators[®] - Intellectual and Developmental Disabilities (NCI[®]-IDD)



National Report 2021-22

Wellness



Table of Contents: Wellness

Where do these data come from?	iii
What are “collapsed” data?	iii
What is weighting and why do we do it?	iii
DATA CAUTION!	iii
Presentation of state and weighted NCI-IDD averages	iv
Averages	iv
Important Note on Changes to the 2021-22 Survey Tool	iv
Table 1. Uses nicotine or tobacco products	7
Table 2. Body Mass Index (BMI) category (BMI calculated using data on weight and height)	9
Table 3. Exercises or does physical activity at least once per week for 10 minutes or more at a time	11
Table 4. Exercises or does physical activity at least once per week that makes the muscles in arms, legs, back, and/or chest work hard.....	13

Where do these data come from?

Most items in this section are drawn from administrative sources. Select items may have been collected during the face-to-face survey from the person receiving services, or for some select questions, from a “proxy” respondent. A proxy respondent is someone who knows the person well (e.g., a family member), proxy respondents may not be a case manager/service coordinator. Items that may come from administrative records or allow for proxy respondents are noted in the table title. 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-IDD Individuals Outcomes domain (or topic area) and comprise the “Wellness” subdomain (a specific area of concern within the domain). The Wellness sub-domain includes items that help determine whether “People are supported to engage in and maintain healthy habits and lifestyles”.

Read more about NCI-IDD domains and sub-domains in the Overview chapter of this report.

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.

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*). 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.

Due to high rates of “don’t know” and missing data, we first present outcomes that are derived from Background Information in standard collapsed tables (excluding “don’t know”, “not applicable”, and missing data followed by a table displaying “don’t know” and missing percentages.

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 Changes to the 2021-22 Survey Tool

NCI regularly updates survey tools to ensure the current set of indicators meet the needs of state systems and reflect current needs in the field. Survey changes are guided by state managers, people with disabilities, and other experts in the field. The 2021-22 survey tool reflected changes based on this guidance and additional survey testing. Throughout this report, new questions and questions that were modified are noted. Please note, any changes to the survey tool may affect comparison to previous years' data, therefore any cross-year comparison should be made with caution.

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

State	Institutional settings	Community-based Group Residential settings	Own Home or Apartment	Parent's or Relative's Home	Foster Care/Host Home	N
AR	0%	13%	39%	46%	1%	417
CO	0%	8%	13%	57%	22%	407
CT	1%	38%	17%	40%	4%	450
DE	0%	74%	3%	19%	5%	199
FL	0%	33%	19%	47%	0%	444
GA	0%	36%	9%	39%	15%	407
IL	0%	53%	7%	38%	2%	395
IN	32%	21%	11%	35%	1%	1078
KS	0%	49%	22%	28%	1%	385
KY	0%	25%	11%	37%	27%	406
MA	0%	60%	11%	19%	10%	400
MI	0%	43%	17%	37%	2%	657
MN	5%	48%	10%	33%	4%	401
MO	2%	22%	41%	32%	2%	402
NE	7%	28%	23%	27%	15%	413
NV	0%	50%	16%	27%	6%	404
NJ	0%	41%	11%	47%	1%	428
NY	0%	56%	8%	35%	1%	993
NC	12%	14%	7%	54%	13%	462
OH	11%	17%	30%	41%	1%	516
OK	0%	49%	18%	29%	4%	300
OR	0%	11%	4%	73%	12%	416
PA	6%	46%	10%	33%	5%	636
SC	1%	56%	12%	29%	2%	410
UT	6%	34%	10%	39%	12%	502
VA	0%	37%	7%	37%	18%	715
WI	2%	17%	30%	49%	2%	453
Weighted NCI-IDD Average	5%	36%	15%	38%	7%	Total: 13096

Table note: Institutional settings includes ICF/IID, Nursing Facilities, and other institutional settings

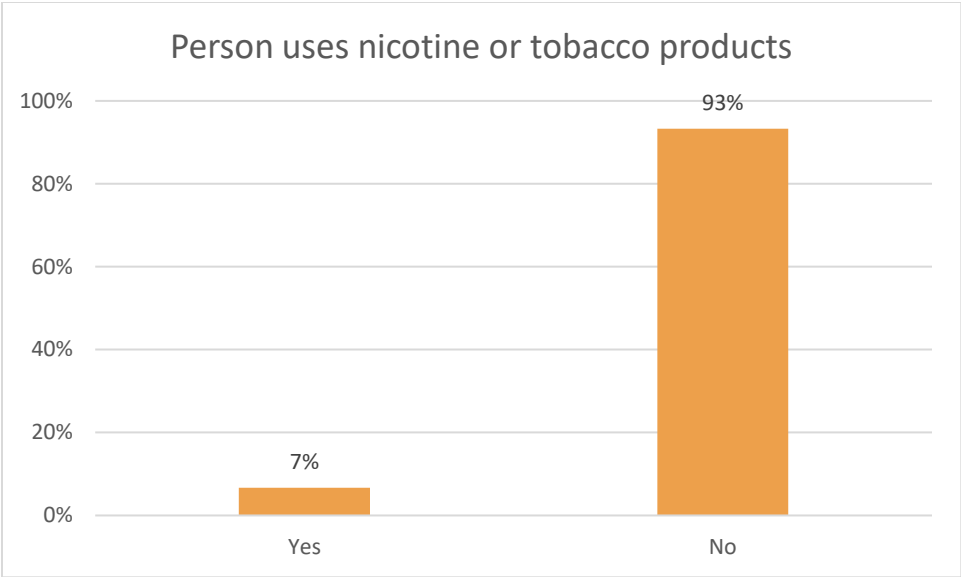


Table 1. Uses nicotine or tobacco products¹

Information may have been obtained through state records; * indicates >25% missing data

Significantly Above Average

State	Average within state	N	Institutional Setting	Community-based Group Residential settings	Own Home or Apartment	Parent's or Relative's Home	Foster Care or Host Home
KY	15%	387	n/a	21%	17%	6%	22%
KS	12%	377	n/a	14%	23%	1%	n/a
WI	10%	492	n/a	13%	22%	4%	n/a

Within Average

State	Average within state	N	Institutional Setting	Community-based Group Residential settings	Own Home or Apartment	Parent's or Relative's Home	Foster Care or Host Home
OK	9%	300	n/a	12%	13%	2%	n/a
MO	9%	401	n/a	12%	12%	3%	n/a
OR	9%	403	n/a	7%	n/a	8%	17%
SC	9%	404	n/a	9%	17%	3%	n/a
IN	9%	1020	9%	10%	13%	6%	n/a
OH	8%	441	12%	9%	14%	3%	n/a
PA	8%	589	0%	10%	24%	2%	7%
Weighted NCI-IDD Average	7%	12664	9%	7%	14%	3%	9%
CO	7%	413	n/a	6%	20%	2%	10%
NE	6%	401	0%	6%	9%	6%	2%
NC	6%	432	9%	23%	11%	2%	5%
UT	6%	486	7%	11%	8%	2%	6%
MA	6%	379	n/a	4%	16%	6%	8%
MI	6%	631	n/a	7%	11%	3%	n/a
GA	6%	406	n/a	6%	11%	3%	10%
NV	6%	356	n/a	8%	4%	2%	5%
FL	5%	438	n/a	4%	12%	3%	n/a
AR	5%	411	n/a	4%	8%	3%	n/a
NJ	5%	415	n/a	6%	19%	1%	n/a
VA	5%	607	n/a	5%	12%	2%	7%
IL	4%	449	n/a	4%	11%	1%	n/a
CT	4%	394	n/a	4%	12%	3%	n/a

Significantly Below Average

State	Average within state	N	Institutional Setting	Community-based Group Residential settings	Own Home or Apartment	Parent's or Relative's Home	Foster Care or Host Home
NY	4%	950	n/a	4%	10%	1%	n/a
MN	4%	403	n/a	4%	5%	2%	n/a
DE*	4%	279	n/a	2%	n/a	0%	n/a

¹ A higher percentage for this item may not indicate a more positive result

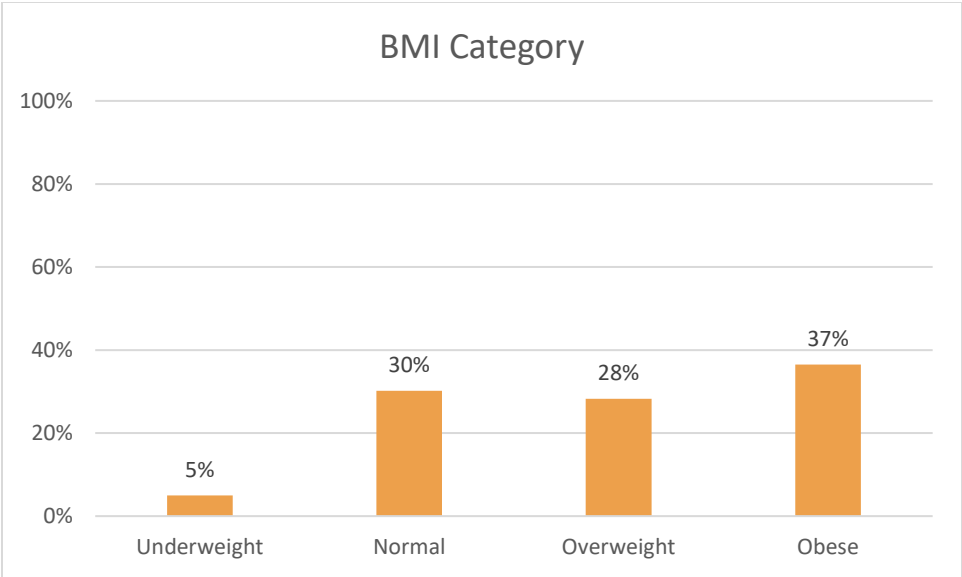


Table 2. Body Mass Index (BMI) category (BMI calculated using data on weight and height)

Information may have been obtained through state records; * indicates >25% missing data

State	Underweight	Normal	Overweight	Obese	N
AR	7%	27%	26%	40%	412
CO	6%	40%	24%	31%	402
CT*	2%	34%	33%	30%	164
DE*	6%	36%	25%	32%	110
FL	7%	37%	26%	30%	382
GA	5%	28%	30%	37%	407
IL	4%	31%	26%	40%	344
IN	5%	30%	29%	36%	905
KS	5%	22%	28%	46%	303
KY	5%	21%	28%	45%	373
MA	5%	27%	30%	38%	367
MI*	6%	27%	28%	39%	457
MN	5%	32%	31%	33%	367
MO	6%	35%	27%	32%	387
NE	2%	33%	31%	33%	410
NV	6%	27%	26%	40%	398
NJ*	5%	27%	32%	36%	305
NY	4%	31%	29%	35%	886
NC	7%	30%	27%	36%	383
OH*	5%	25%	31%	39%	263
OK	4%	29%	22%	44%	299
OR	5%	28%	23%	44%	359
PA*	4%	30%	32%	34%	332
SC	4%	25%	30%	40%	315
UT	8%	31%	28%	33%	444
VA*	6%	30%	28%	36%	475
WI	5%	31%	25%	38%	452
Weighted NCI-IDD Average	5%	30%	28%	37%	10701

How many times a week do you do physical activities for at least 10 minutes at a time?

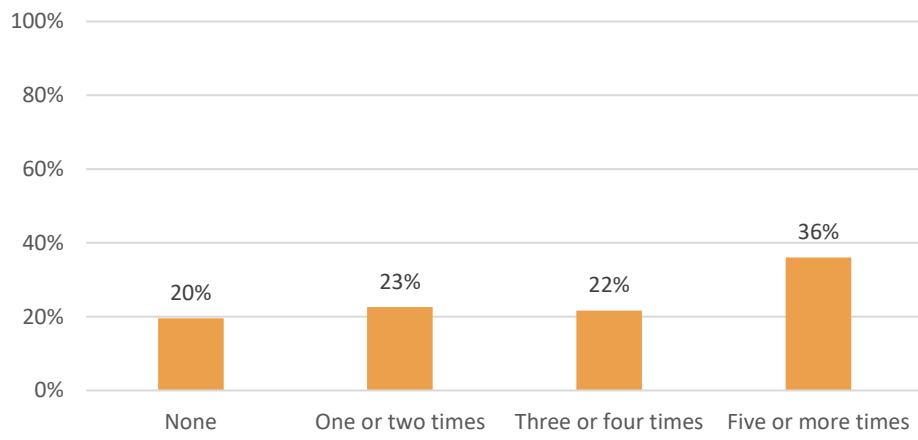


Table 3. Exercises or does physical activity at least once per week for 10 minutes or more at a time

Proxy respondents were allowed for this question;

Significantly Above Average

State	Average within state	N	Institutional Setting	Community-based Group Residential settings	Own Home or Apartment	Parent's or Relative's Home	Foster Care or Host Home
GA	90%	404	n/a	89%	89%	91%	89%
MA	87%	393	n/a	86%	84%	92%	87%
CT	87%	425	n/a	86%	89%	87%	n/a
CO	86%	417	n/a	79%	88%	87%	85%
IL	86%	393	n/a	83%	89%	89%	n/a
MN	85%	405	n/a	88%	88%	86%	n/a
NY	85%	926	n/a	83%	81%	88%	n/a

Within Average

State	Average within state	N	Institutional Setting	Community-based Group Residential settings	Own Home or Apartment	Parent's or Relative's Home	Foster Care or Host Home
NC	83%	460	75%	91%	88%	83%	83%
MO	83%	400	n/a	79%	83%	85%	n/a
VA	83%	702	n/a	84%	76%	80%	88%
NE	83%	405	69%	83%	86%	85%	80%
IN	82%	1051	79%	82%	83%	85%	n/a
OR	81%	394	n/a	63%	n/a	85%	74%
Weighted NCI-IDD Average	80%	13008	73%	80%	78%	83%	81%
UT	80%	360	89%	80%	75%	78%	84%
MI	80%	654	n/a	75%	77%	85%	n/a
SC	80%	404	n/a	78%	83%	80%	n/a
FL	79%	441	n/a	81%	86%	75%	n/a
NJ	78%	420	n/a	78%	80%	79%	n/a
NV	78%	392	n/a	78%	77%	77%	83%
OK	77%	299	n/a	77%	72%	77%	n/a
PA	76%	641	67%	76%	75%	79%	77%
AR	76%	409	n/a	71%	79%	74%	n/a

Significantly Below Average

State	Average within state	N	Institutional Setting	Community-based Group Residential settings	Own Home or Apartment	Parent's or Relative's Home	Foster Care or Host Home
OH	75%	502	67%	69%	72%	82%	n/a
DE	75%	432	n/a	70%	n/a	82%	n/a
KS	74%	383	n/a	73%	76%	73%	n/a
KY	71%	403	n/a	67%	58%	76%	71%
WI	69%	493	n/a	68%	65%	76%	n/a

How many times a week do you do exercise that makes your muscles work hard?

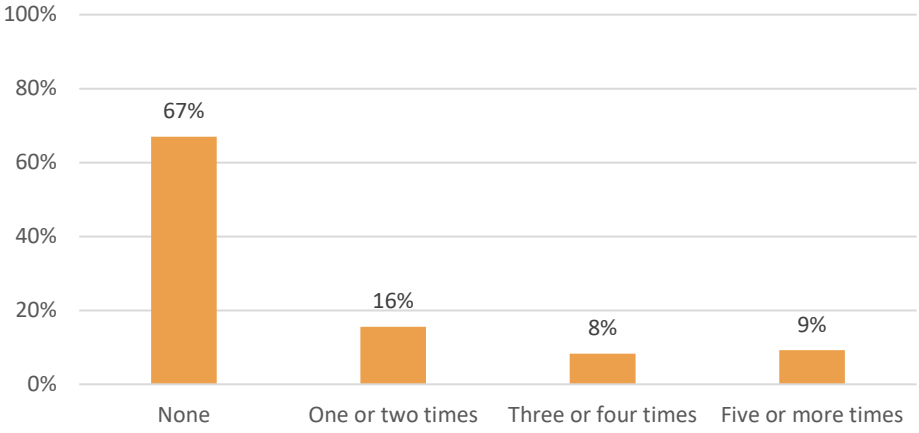


Table 4. Exercises or does physical activity at least once per week that makes the muscles in arms, legs, back, and/or chest work hard

Proxy respondents were allowed for this question

Significantly Above Average

State	Average within state	N	Institutional Setting	Community-based Group Residential settings	Own Home or Apartment	Parent's or Relative's Home	Foster Care or Host Home
MN	47%	402	n/a	43%	62%	50%	n/a
CO	46%	411	n/a	36%	46%	50%	43%
NC	42%	459	40%	33%	47%	43%	41%
NE	41%	405	39%	39%	37%	49%	36%

Within Average

State	Average within state	N	Institutional Setting	Community-based Group Residential settings	Own Home or Apartment	Parent's or Relative's Home	Foster Care or Host Home
CT	38%	423	n/a	40%	45%	36%	n/a
OR	37%	400	n/a	31%	n/a	39%	32%
DE	37%	430	n/a	32%	n/a	32%	n/a
OH	37%	504	42%	28%	31%	43%	n/a
UT	36%	354	50%	37%	29%	35%	40%
WI	36%	498	n/a	38%	32%	41%	n/a
KY	35%	400	n/a	36%	32%	32%	37%
PA	34%	643	27%	28%	45%	40%	47%
IL	34%	381	n/a	30%	39%	39%	n/a
Weighted NCI-IDD Average	33%	12967	31%	27%	34%	38%	33%
FL	31%	442	n/a	29%	35%	31%	n/a
KS	31%	382	n/a	27%	31%	41%	n/a
MA	31%	390	n/a	28%	37%	38%	29%
NJ	31%	421	n/a	19%	38%	40%	n/a
MO	31%	399	n/a	17%	30%	39%	n/a
VA	30%	702	n/a	27%	33%	33%	33%
NV	30%	386	n/a	29%	35%	30%	27%
SC	28%	405	n/a	29%	35%	31%	n/a

Significantly Below Average

State	Average within state	N	Institutional Setting	Community-based Group Residential settings	Own Home or Apartment	Parent's or Relative's Home	Foster Care or Host Home
NY	29%	929	n/a	22%	40%	37%	n/a
IN	27%	1040	19%	26%	25%	34%	n/a
MI	24%	651	n/a	22%	22%	29%	n/a
OK	24%	297	n/a	22%	23%	24%	n/a
AR	21%	413	n/a	22%	20%	23%	n/a
GA	21%	400	n/a	22%	30%	22%	11%



Human Services Research Institute

Human Services Research Institute (HSRI)

2336 Massachusetts Avenue

Cambridge, MA 02140



NASDDDS

National Association of State Directors
of
Developmental Disabilities Services

National Association of State Directors of Developmental Disabilities Services (NASDDDS)

301 N Fairfax Street, Suite 101

Alexandria, VA 22314

May 2023

Questions/Comments: nci@nationalcoreindicators.org