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





Wellness

Charts and Tables	6
Table 1. Uses nicotine or tobacco products	8
Table 2. Body Mass Index (BMI) category (BMI calculated using data on weight and height)	10
Table 3. Exercises or does physical activity at least once per week for 10 minutes or more at a time	12
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	14

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 subdomains 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.

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-tostate 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 2022-23 Survey Tool

NCI-IDD operates on a six-year revisions cycle to regularly 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. 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 (names abbreviated)	Institutional settings	Community- based Group Residential settings	Own Home or Apartment	Parent's or Relative's Home	Foster Care/Host Home	N
AL	0%	69%	10%	21%	0%	477
AR	0%	13%	43%	41%	4%	417
CA	7%	23%	13%	56%	1%	8808
СТ	0%	48%	14%	35%	3%	600
DE	0%	54%	3%	40%	3%	414
DC	18%	38%	34%	6%	5%	133
FL	0%	36%	14%	50%	0%	524
GA	0%	37%	12%	39%	12%	406
HI	0%	4%	3%	52%	41%	344
IL	2%	47%	7%	43%	1%	398
IN	31%	19%	9%	41%	0%	1074
KS	0%	48%	20%	30%	3%	312
KY	0%	28%	9%	40%	23%	437
MD	1%	32%	10%	57%	0%	522
MI	0%	37%	18%	41%	3%	652
MN	0%	47%	9%	39%	4%	401
MO	2%	24%	33%	39%	3%	400
MT	0%	48%	31%	20%	0%	365
NE	5%	25%	15%	25%	30%	420
NV	0%	48%	14%	32%	6%	416
NH	1%	15%	9%	41%	33%	392
NJ	0%	38%	13%	47%	2%	459
NY	0%	41%	7%	51%	1%	1662
NC	6%	21%	6%	51%	15%	590
OK	0%	45%	19%	35%	2%	400
OR	0%	15%	10%	61%	14%	418
PA	8%	38%	11%	39%	4%	663
SC	1%	51%	14%	29%	5%	509
TX	5%	7%	8%	39%	40%	416
UT	7%	40%	10%	28%	16%	352
VA	0%	36%	9%	39%	17%	757
WI	4%	26%	31%	39%	0%	321
WY	0%	0%	45%	55%	0%	269
Weighted NCI-IDD Average	4%	31%	13%	46%	6%	24728

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

Charts and Tables

Person uses nicotine or tobacco products

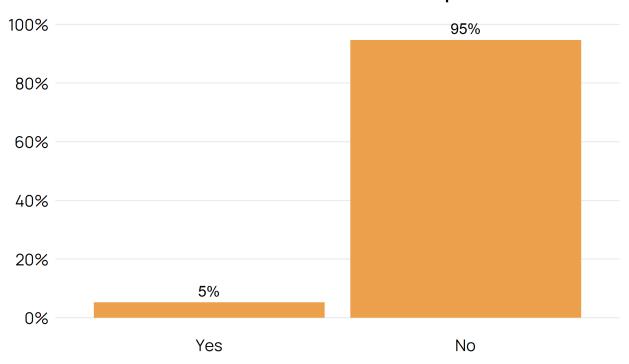


Table 1. Uses nicotine or tobacco products

Information may have been obtained through state records

Key: Up arrow (↑) represents Significantly Above Average; down arrow (↓) represents Significantly Below Average

State (names abbreviated)	Average within State	N	Institutional Settings	Group Settings	Own Home or Apartment	Parent's or Relative's Home	Foster Care or Host Home
KY ↑	14%	421	n/a	24%	16%	5%	19%
UT ↑	12%	339	5%	15%	13%	3%	15%
SC ↑	11%	502	n/a	13%	19%	4%	4%
WY ↑	9%	398	n/a	n/a	16%	3%	n/a
MI ↑	8%	629	n/a	9%	15%	4%	n/a
WI *	9%	254	n/a	10%	18%	2%	n/a
MT	8%	348	n/a	7%	13%	4%	n/a
DE *	8%	219	n/a	11%	n/a	0%	n/a
OK	8%	400	n/a	12%	9%	2%	n/a
MO	7%	401	n/a	6%	9%	4%	n/a
OR	7%	404	n/a	2%	19%	7%	9%
NH	7%	393	n/a	12%	16%	1%	8%
MN	7%	385	n/a	6%	16%	5%	n/a
AR	6%	410	n/a	6%	10%	4%	n/a
IN	6%	1,044	7%	10%	12%	3%	n/a
GA	6%	404	n/a	8%	9%	4%	6%
IL	6%	383	n/a	7%	12%	3%	n/a
KS	6%	311	n/a	5%	16%	2%	n/a
AL	5%	447	n/a	6%	9%	1%	n/a
NCI-IDD Average	5%	23,605	5%	6%	11%	3%	5%
NV	5%	370	n/a	9%	2%	0%	4%
NE	5%	416	0%	7%	5%	3%	6%
VA	5%	618	n/a	4%	9%	4%	5%
NC	5%	549	0%	9%	19%	1%	5%
MD	4%	485	n/a	7%	17%	1%	n/a
PA	4%	619	4%	4%	10%	3%	0%
NY	4%	1,616	n/a	5%	9%	3%	n/a
DC *	2%	99	n/a	0%	3%	n/a	n/a
NJ ↓	3%	447	n/a	5%	5%	1%	n/a
CT * ↓	3%	601	n/a	3%	6%	0%	n/a
FL ↓	3%	515	n/a	3%	7%	1%	n/a
TX ↓	2%	391	0%	7%	0%	2%	2%
HI * ↓	2%	200	n/a	n/a	n/a	1%	0%

Table note: States with more than 25% missing or don't know are marked with *; A higher percentage for this item does not indicate a more positive result.

BMI Category

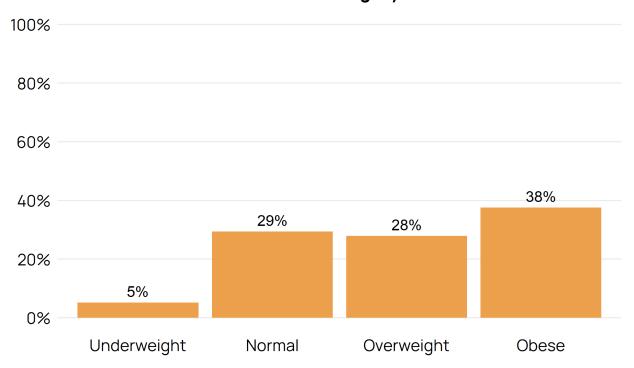


Table 2. Body Mass Index (BMI) category (BMI calculated using data on weight and height)

Information may have been obtained through state records

State (names abbreviated)	Underweight	Normal	Overweight	Obese	N
AL	4%	26%	27%	44%	411
AR	5%	23%	29%	44%	416
CT	4%	27%	34%	35%	485
DE *	3%	27%	32%	38%	180
DC *	2%	37%	26%	35%	116
FL	6%	33%	27%	33%	418
GA	5%	27%	29%	38%	404
HI	10%	33%	25%	31%	318
IL	3%	28%	29%	41%	315
IN	6%	28%	29%	37%	908
KS *	4%	20%	31%	45%	271
KY	4%	27%	28%	41%	438
MD	6%	31%	24%	39%	493
MI *	6%	27%	25%	42%	469
MN	4%	24%	26%	46%	338
MO	4%	31%	26%	38%	385
MT *	6%	27%	32%	34%	273
NE	3%	27%	30%	41%	400
NV	5%	24%	28%	43%	407
NH	4%	30%	30%	36%	364
NJ	4%	29%	33%	34%	398
NY	5%	29%	28%	37%	1,268
NC	5%	31%	26%	38%	475
OK	9%	26%	26%	41%	400
OR	4%	31%	25%	40%	374
PA *	5%	31%	29%	35%	358
SC	5%	29%	23%	43%	405
TX	7%	24%	30%	39%	377
UT	6%	30%	25%	39%	317
VA *	6%	26%	28%	41%	468
WI *	2%	24%	25%	49%	250
WY	6%	30%	25%	39%	361
NCI-IDD Average	5%	29%	28%	38%	22,082

Table note: States with more than 25% missing or don't know are marked with *

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

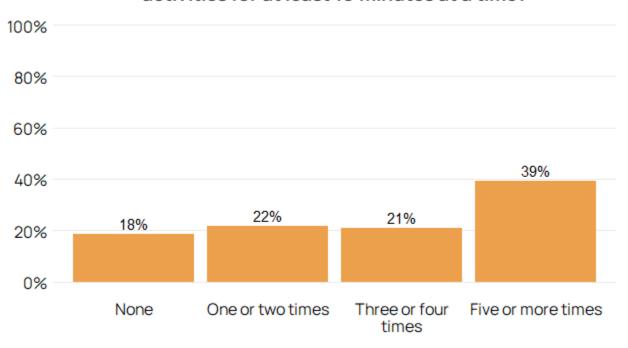


Table 3. Exercises or does physical activity at least once per week for 10 minutes or more at a time

Proxy respondents were allowed for this question

Key: Up arrow (↑) represents Significantly Above Average; down arrow (↓) represents Significantly Below Average

		j 7	oove Average, do	(\$)		Parent's	Foster
State	Average	N	Institutional	Group	Own Home or	or	Care or
(names abbreviated)	within State	N	Settings	Settings	Apartment	Relative's	Host
		0.4.4	070/	0.00/		Home	Home
DC ↑	94%	344	87%	98%	98%	n/a	n/a
GA ↑	93%	404	n/a	93%	87%	94%	92%
HI ↑	90%	346	n/a	n/a	n/a	90%	91%
NE ↑	87%	399	n/a	84%	83%	92%	88%
UT ↑	87%	323	91%	84%	90%	85%	94%
MD ↑	86%	508	n/a	92%	82%	84%	n/a
NC ↑	86%	581	74%	87%	92%	86%	86%
MI ↑	86%	656	n/a	83%	85%	89%	75%
TX	85%	393	81%	79%	85%	88%	84%
NH	85%	396	n/a	83%	73%	92%	81%
IL	84%	386	n/a	81%	85%	89%	n/a
KS	84%	377	n/a	78%	81%	90%	n/a
MO	83%	401	n/a	84%	83%	83%	n/a
NJ	82%	449	n/a	86%	78%	81%	n/a
MN	82%	390	n/a	83%	84%	82%	n/a
OR	82%	398	n/a	64%	81%	89%	75%
CT	82%	584	n/a	80%	83%	83%	n/a
NCI-IDD	020/	24.002	750/	0.00/	040/	020/	
Average	82%	24,802	75%	80%	81%	83%	85%
IN	82%	1,069	77%	79%	75%	88%	n/a
AL	81%	459	n/a	80%	85%	85%	n/a
VA	81%	758	n/a	79%	86%	81%	87%
FL	81%	525	n/a	87%	77%	79%	n/a
MT	80%	347	n/a	77%	83%	86%	n/a
NV	80%	401	n/a	80%	85%	79%	77%
NY	80%	1,602	n/a	76%	83%	83%	n/a
KY	80%	428	n/a	78%	89%	76%	86%
WY	79%	402	n/a	n/a	84%	84%	n/a
SC	79%	507	n/a	80%	74%	81%	71%
PA	78%	672	76%	70%	81%	81%	95%
AR	77%	408	n/a	77%	76%	77%	n/a
WI ↓	75%	346	n/a	72%	77%	77%	n/a
OK ↓	73%	394	n/a	69%	77%	75%	n/a
DE ↓	72%	412	n/a	68%	n/a	79%	n/a

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

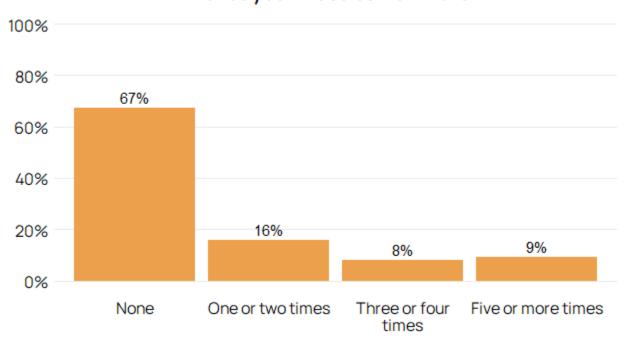


Table 4. Exercises or does physical activity at least once per week that makes the muscles in arms, legs, back, and/or chest work hard

Proxy respondents were allowed for this question

Key: Up arrow (↑) represents Significantly Above Average; down arrow (↓) represents Significantly Below Average

State	Average				Own	Parent's	Foster
(names	within	N	Institutional Settings	Group	Home or	or Bolotivo's	Care or
abbreviated)	State		Settings	Settings	Apartment	Relative's Home	Host Home
HI ↑	51%	342	n/a	n/a	n/a	54%	47%
KS ↑	47%	377	n/a	53%	49%	44%	n/a
NH ↑	46%	396	n/a	42%	46%	58%	34%
WY ↑	45%	402	n/a	n/a	46%	49%	n/a
DC ↑	43%	344	17%	30%	56%	n/a	n/a
UT ↑	43%	318	64%	49%	37%	34%	40%
TX ↑	43%	391	38%	32%	48%	41%	44%
PA ↑	39%	666	47%	33%	48%	40%	55%
NE ↑	39%	397	n/a	35%	47%	41%	41%
MD	38%	499	n/a	35%	44%	40%	n/a
NJ	38%	448	n/a	35%	33%	43%	n/a
OR	38%	400	n/a	33%	42%	42%	19%
NV	37%	387	n/a	35%	27%	38%	64%
VA	35%	755	n/a	32%	44%	36%	36%
IL	35%	371	n/a	31%	46%	39%	n/a
CT	35%	581	n/a	35%	32%	36%	n/a
NC	35%	577	28%	30%	50%	34%	43%
MI	33%	661	n/a	25%	32%	42%	30%
OK	33%	387	n/a	34%	32%	33%	n/a
NCI-IDD	33%	24,669	30%	27%	35%	35%	37%
Average							
FL	32%	523	n/a	31%	37%	32%	n/a
MT	31%	338	n/a	25%	35%	44%	n/a
IN NY	31% 31%	1,058 1,596	24% n/a	30% 23%	24% 32%	38% 38%	n/a n/a
WI	29%	343	n/a			30%	
AL	28%	459	n/a	25% 25%	35% 35%	37%	n/a n/a
MO	28%	400	n/a	21%	28%	32%	n/a
MN ↓ KY ↓	26% 25%	388 418	n/a n/a	21% 33%	24% 29%	33% 21%	n/a 22%
	25%	408	n/a n/a	21%	29% n/a	33%	22% n/a
·	25%	410		21%	11/a 22%	28%	
AR ↓ GA ↓	24%	404	n/a n/a	18%	28%	20%	n/a 28%
SC ↓	18%			17%	17%	20%	29%
3C	1070	509	n/a	1 / 70	1770	2070	2570



Human Services Research Institute (HSRI)

2336 Massachusetts Avenue

Cambridge, MA 02140



National Association of State Directors

Developmental Disabilities Services

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

301 N Fairfax Street, Suite 101

Alexandria, VA 22314

May 2024

Questions/Comments: nci@nationalcoreindicators.org