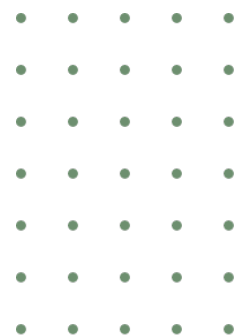


# National Core Indicators<sup>®</sup> - Intellectual and Developmental Disabilities (NCI<sup>®</sup>-IDD)



National Report 2024-25

**Wellness**



## Table of Contents: Wellness

Where do these data come from? .....	3
What are “collapsed” data? .....	3
What is weighting and why do we do it?.....	3
Presentation of state and weighted NCI-IDD averages .....	3
Averages.....	3
Important Note on Changes to the Survey Tool .....	4
Charts and Tables .....	6
Table 1. Person 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-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 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. 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.

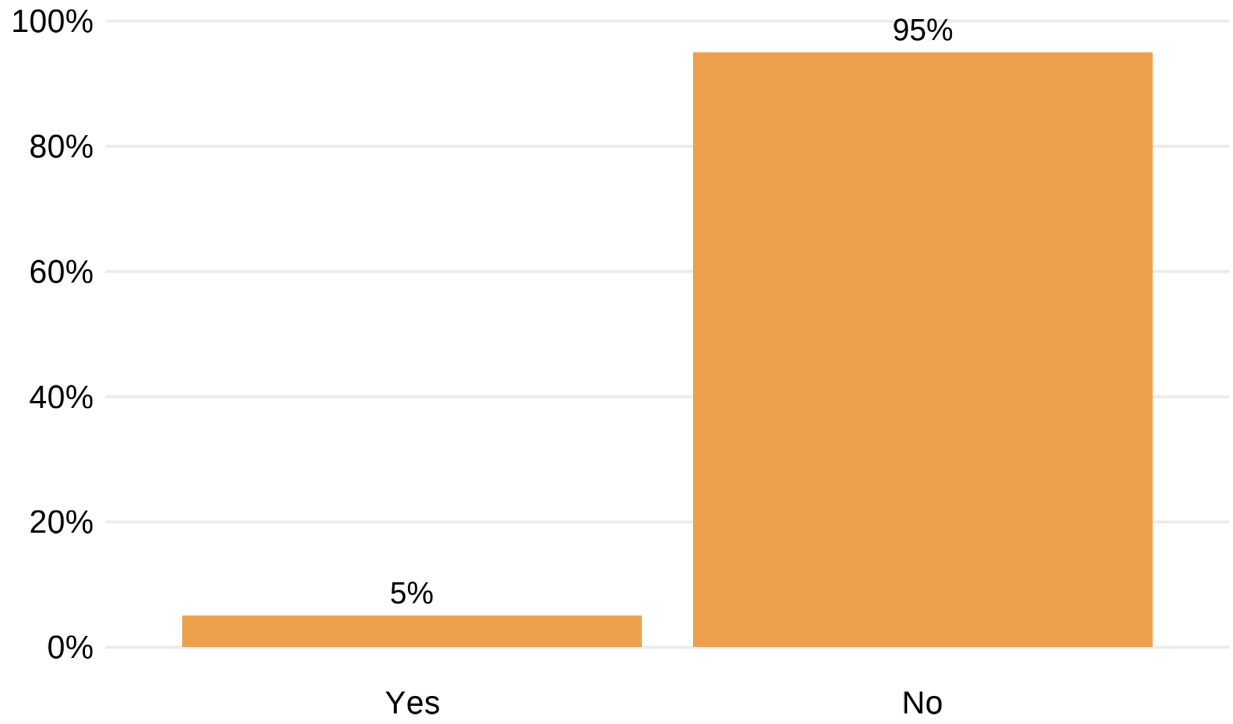
Figure A. Percentage of people surveyed in each residence type by state

State	Institutional Settings	Group Settings	Own Home or Apartment	Parent's or Relative's Home	Host Home, Shared Living or Foster Care	N
AL	0%	60%	7%	33%	1%	600
AZ	0%	19%	5%	73%	3%	385
AR	0%	15%	42%	41%	2%	408
CA	6%	20%	12%	62%	0%	8393
CO	1%	23%	16%	44%	16%	997
CT	1%	45%	11%	38%	6%	603
DE	0%	69%	1%	28%	2%	398
DC	7%	49%	14%	25%	5%	374
GA	0%	33%	8%	47%	12%	410
HI	0%	14%	5%	59%	23%	355
IL	2%	49%	9%	39%	1%	405
IN	11%	23%	20%	45%	0%	844
KS	8%	32%	15%	44%	1%	1171
KY	0%	24%	10%	43%	23%	412
LA	16%	0%	34%	49%	1%	455
MD	1%	35%	15%	48%	1%	408
MI	0%	38%	20%	38%	3%	652
MN	1%	39%	14%	44%	2%	385
MO	1%	24%	39%	31%	5%	403
MT	0%	45%	28%	25%	2%	464
NE	7%	25%	13%	26%	28%	401
NV	0%	47%	11%	37%	5%	492
NH	1%	15%	8%	36%	40%	357
NJ	0%	70%	9%	20%	0%	501
NY	0%	48%	11%	41%	0%	1735
NC	19%	15%	9%	48%	9%	440
ND	18%	14%	45%	23%	0%	417
OH	0%	11%	38%	49%	2%	560
OK	0%	39%	14%	45%	2%	395
OR	0%	19%	13%	59%	9%	414
PA	2%	38%	11%	48%	1%	795
SC	1%	62%	16%	20%	2%	806
SD	0%	52%	34%	14%	1%	345
TX	0%	8%	2%	65%	25%	1209
UT	5%	37%	11%	34%	13%	364
VA	0%	36%	9%	39%	16%	811
WA	0%	16%	30%	54%	0%	406
WI	3%	4%	27%	67%	0%	833
WY	0%	0%	60%	40%	1%	401
<b>NCI-IDD</b>	<b>3%</b>	<b>29%</b>	<b>16%</b>	<b>49%</b>	<b>4%</b>	<b>30204</b>

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

## Charts and Tables

## Person uses nicotine or tobacco products

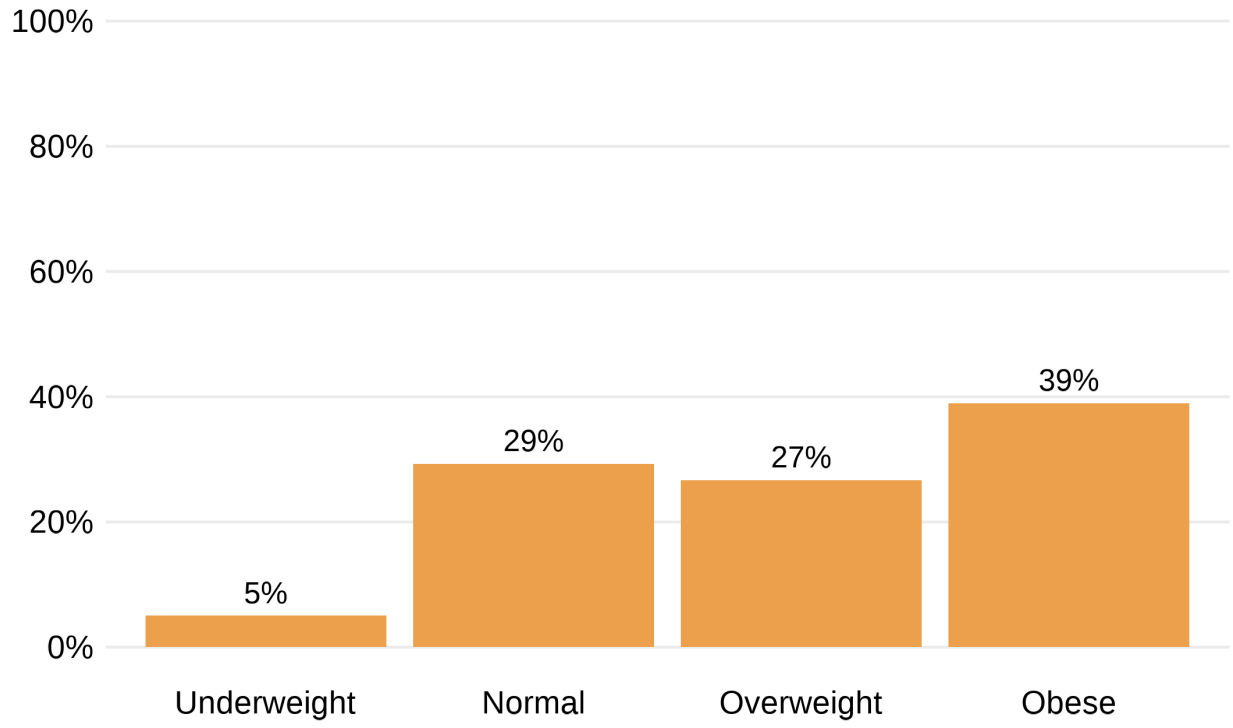


**Table 1. Person uses nicotine or tobacco products***Information may have been obtained through state records*

State	Average	N	Institutional Settings	Group Settings	Own Home or Apartment	Parent's or Relative's Home	Host Home, Shared Living or Foster Care
KY ↑	13%	409	n/a	20%	20%	4%	19%
UT ↑	10%	354	0%	20%	13%	3%	4%
OR ↑	10%	407	n/a	17%	9%	6%	22%
SC ↑	9%	774	n/a	8%	20%	5%	n/a
WY ↑	9%	380	n/a	n/a	13%	3%	n/a
KS ↑	8%	1086	13%	9%	16%	4%	n/a
WI ↑	8%	845	n/a	4%	15%	6%	n/a
ND *	10%	256	4%	9%	16%	2%	n/a
AR	8%	402	n/a	12%	12%	4%	n/a
LA	7%	454	7%	n/a	11%	5%	n/a
MO	7%	402	n/a	7%	11%	0%	15%
SD	7%	333	n/a	6%	12%	0%	n/a
CO	7%	1012	n/a	7%	13%	4%	9%
NE	7%	416	3%	12%	12%	0%	6%
IL	7%	384	n/a	8%	12%	3%	n/a
IN	6%	824	4%	11%	10%	3%	n/a
OK	6%	394	n/a	9%	13%	2%	n/a
OH	6%	489	n/a	7%	10%	2%	n/a
NJ	6%	500	n/a	6%	15%	1%	n/a
PA	6%	753	n/a	7%	17%	3%	n/a
NV	5%	448	n/a	5%	8%	3%	14%
MI	5%	612	n/a	4%	9%	3%	n/a
WA	5%	407	n/a	3%	11%	2%	n/a
DE	5%	395	n/a	5%	n/a	4%	n/a
<b>NCI-IDD</b>	<b>5%</b>	<b>29489</b>	<b>4%</b>	<b>6%</b>	<b>11%</b>	<b>3%</b>	<b>7%</b>
NH	5%	324	n/a	8%	8%	0%	8%
GA	5%	409	n/a	4%	16%	3%	6%
VA	5%	744	n/a	6%	10%	0%	6%
MT	4%	450	n/a	4%	8%	0%	n/a
AL	4%	596	n/a	5%	3%	3%	n/a
MN	4%	367	n/a	5%	8%	2%	n/a
CA	4%	8413	1%	6%	11%	2%	n/a
NY	3%	1710	n/a	4%	8%	2%	n/a
DC	3%	353	0%	3%	4%	4%	0%
NC	3%	436	4%	2%	10%	1%	5%
TX ↓	2%	1212	n/a	7%	0%	2%	3%
MD ↓	2%	397	n/a	1%	7%	2%	n/a
CT ↓	2%	610	n/a	3%	3%	0%	3%
HI ↓	1%	347	n/a	0%	n/a	2%	0%
AZ ↓	1%	385	n/a	3%	n/a	0%	n/a

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

## BMI Category

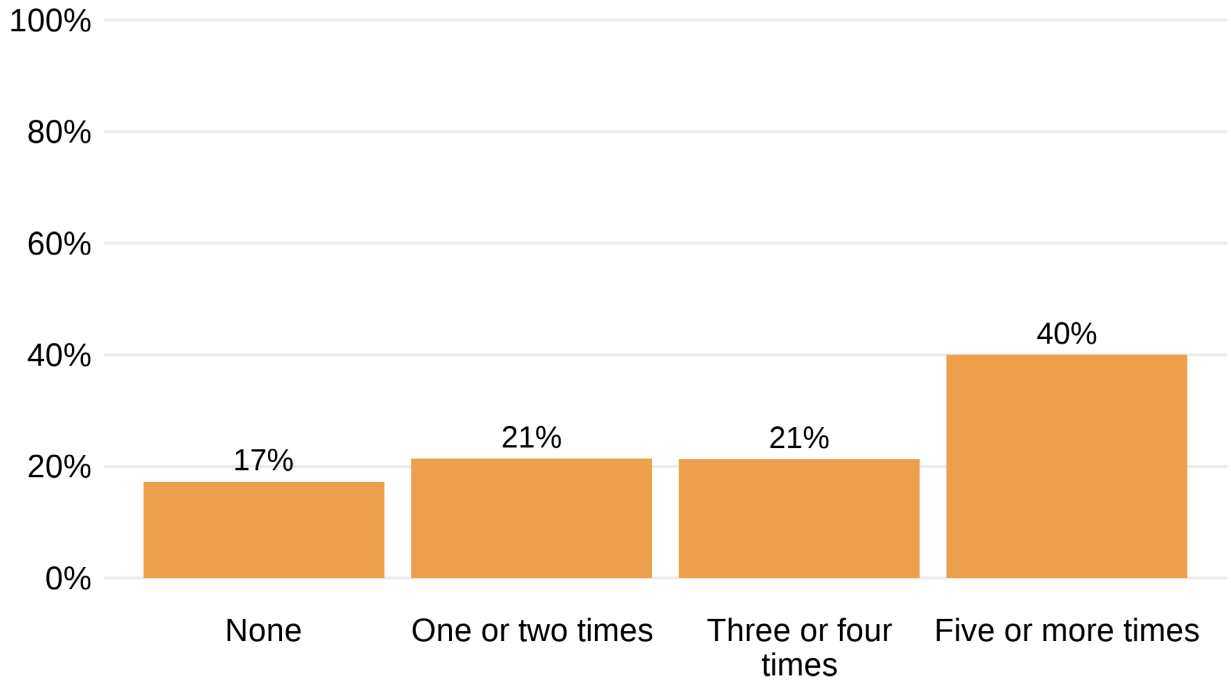


**Table 2. Body Mass Index (BMI) category (BMI calculated using data on weight and height)***Information may have been obtained through state records*

State	Underweight	Normal	Overweight	Obese	N
AL	5%	28%	30%	37%	574
AZ	8%	32%	23%	37%	393
AR	4%	26%	27%	42%	408
CA	6%	32%	27%	35%	8497
CO	6%	31%	29%	34%	956
CT	3%	33%	27%	36%	559
DE *	4%	25%	39%	33%	281
DC	2%	30%	29%	39%	358
GA	3%	23%	27%	47%	411
HI	7%	29%	30%	34%	350
IL	5%	33%	21%	42%	355
IN	4%	24%	29%	44%	774
KS	5%	24%	31%	41%	1027
KY	5%	21%	23%	51%	394
LA	6%	26%	29%	39%	431
MD	2%	26%	25%	47%	401
MI *	5%	25%	28%	43%	486
MN	4%	35%	27%	35%	327
MO	5%	30%	32%	34%	393
MT *	5%	28%	30%	38%	320
NE	1%	32%	28%	39%	320
NV	5%	29%	25%	41%	487
NH	2%	26%	30%	41%	295
NJ	4%	32%	27%	37%	418
NY	4%	30%	27%	40%	1340
NC	8%	34%	23%	35%	431
ND	3%	33%	21%	42%	348
OH *	5%	23%	29%	43%	219
OK	9%	27%	26%	39%	391
OR	4%	24%	27%	45%	377
PA *	5%	31%	31%	33%	510
SC	4%	23%	25%	48%	625
SD	3%	24%	23%	50%	328
TX	7%	28%	26%	38%	1193
UT	6%	28%	26%	40%	283
VA *	7%	26%	27%	41%	550
WA	5%	32%	22%	40%	375
WI	3%	26%	26%	45%	806
WY	7%	34%	27%	32%	344
<b>NCI-IDD</b>	<b>5%</b>	<b>29%</b>	<b>27%</b>	<b>39%</b>	<b>27335</b>

*Table note: States with more than 25% missing or don't know responses are marked with an asterisk (\*).*

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

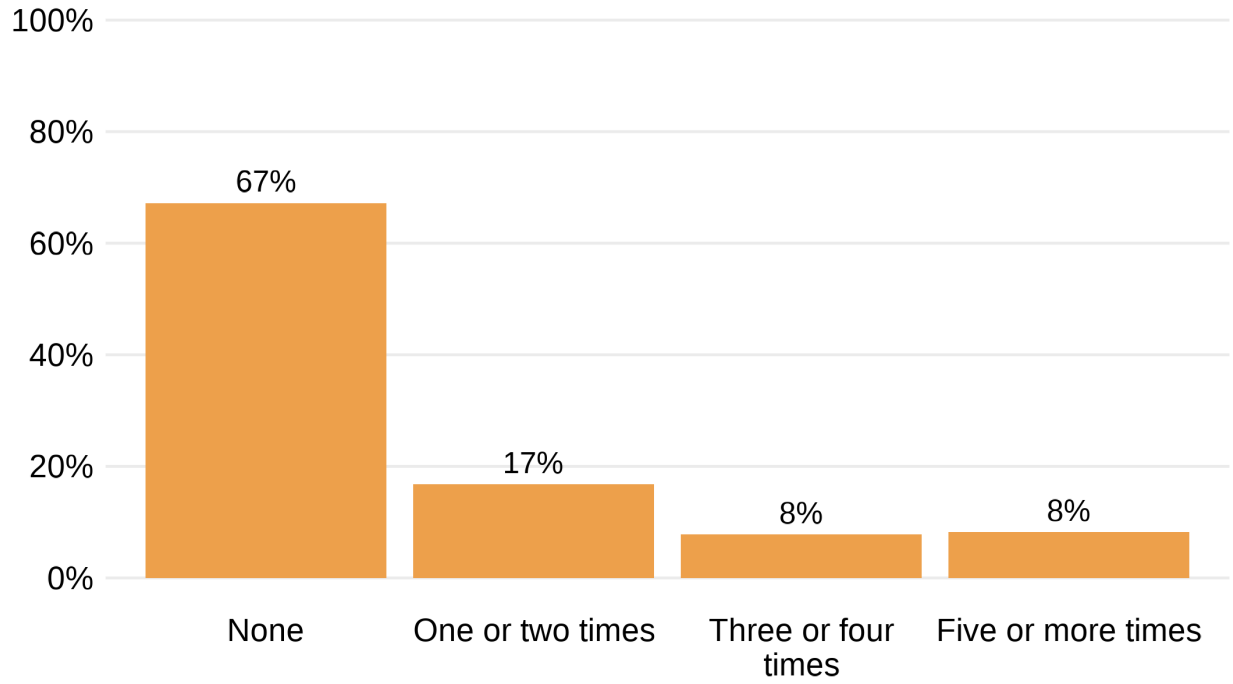


**Table 3. Exercises or does physical activity at least once per week for 10 minutes or more at a time**

*Proxy respondents were allowed for this question*

State		Average	N	Institutional Settings	Group Settings	Own Home or Apartment	Parent's or Relative's Home	Host Home, Shared Living or Foster Care
GA	↑	92%	409	n/a	91%	91%	92%	96%
HI	↑	91%	345	n/a	93%	n/a	92%	90%
KS	↑	90%	1164	83%	90%	90%	91%	n/a
UT	↑	90%	324	n/a	88%	97%	87%	88%
NC	↑	89%	443	89%	88%	92%	90%	87%
AZ	↑	89%	396	n/a	83%	n/a	91%	n/a
MD	↑	88%	397	n/a	88%	90%	88%	n/a
VA	↑	87%	800	n/a	88%	87%	86%	89%
SD		86%	343	n/a	79%	93%	96%	n/a
CO		86%	1002	n/a	77%	88%	89%	88%
CA		85%	8536	75%	86%	84%	87%	n/a
WY		85%	381	n/a	n/a	84%	86%	n/a
OH		85%	557	n/a	85%	83%	85%	n/a
MO		84%	401	n/a	79%	82%	89%	90%
IN		84%	831	83%	75%	83%	88%	n/a
KY		83%	412	n/a	81%	90%	81%	87%
SC		83%	797	n/a	80%	91%	88%	n/a
NV		83%	483	n/a	84%	83%	81%	88%
<b>NCI-IDD</b>		<b>83%</b>	<b>30186</b>	<b>77%</b>	<b>80%</b>	<b>82%</b>	<b>85%</b>	<b>86%</b>
TX		83%	1203	n/a	83%	74%	81%	87%
LA		83%	456	82%	n/a	79%	86%	n/a
MI		82%	641	n/a	78%	88%	82%	n/a
OR		82%	406	n/a	69%	85%	84%	89%
WA		81%	405	n/a	74%	79%	85%	n/a
NY		81%	1681	n/a	79%	81%	84%	n/a
IL		81%	384	n/a	80%	70%	85%	n/a
AL		81%	591	n/a	79%	85%	83%	n/a
DC		81%	363	87%	81%	75%	82%	n/a
NH		80%	359	n/a	77%	83%	85%	76%
NE		80%	410	60%	82%	81%	84%	80%
AR		79%	406	n/a	88%	78%	78%	n/a
PA		79%	854	n/a	77%	74%	81%	n/a
MT		78%	453	n/a	71%	84%	87%	n/a
CT	↓	78%	595	n/a	78%	82%	80%	69%
NJ	↓	77%	493	n/a	75%	84%	79%	n/a
WI	↓	77%	912	n/a	59%	76%	81%	n/a
MN	↓	76%	369	n/a	71%	83%	79%	n/a
DE	↓	76%	395	n/a	74%	n/a	80%	n/a
OK	↓	74%	375	n/a	70%	79%	77%	n/a
ND	↓	71%	414	69%	73%	70%	72%	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*

State		Average	N	Institutional Settings	Group Settings	Own Home or Apartment	Parent's or Relative's Home	Host Home, Shared Living or Foster Care
DC	↑	51%	360	61%	51%	47%	51%	n/a
NH	↑	49%	353	n/a	40%	31%	61%	45%
WY	↑	46%	373	n/a	n/a	42%	51%	n/a
HI	↑	42%	337	n/a	31%	n/a	49%	31%
UT	↑	42%	314	n/a	44%	52%	35%	46%
OH	↑	41%	554	n/a	34%	38%	45%	n/a
CO	↑	38%	998	n/a	28%	46%	40%	40%
MD		38%	396	n/a	27%	46%	43%	n/a
VA		38%	800	n/a	35%	39%	41%	35%
KS		37%	1159	19%	33%	40%	43%	n/a
NY		37%	1654	n/a	32%	50%	40%	n/a
OR		37%	407	n/a	29%	37%	40%	33%
SD		37%	339	n/a	39%	30%	38%	n/a
NC		36%	445	18%	30%	41%	43%	42%
NV		35%	476	n/a	31%	50%	38%	32%
CA		35%	8517	35%	29%	39%	37%	n/a
MI		35%	638	n/a	23%	36%	44%	n/a
AR		35%	408	n/a	42%	32%	36%	n/a
IL		34%	382	n/a	31%	28%	38%	n/a
<b>NCI-IDD</b>		<b>33%</b>	<b>30027</b>	<b>26%</b>	<b>27%</b>	<b>34%</b>	<b>36%</b>	<b>35%</b>
ND		32%	411	29%	27%	33%	35%	n/a
AZ		31%	391	n/a	22%	n/a	34%	n/a
OK		30%	384	n/a	25%	32%	35%	n/a
MT		30%	454	n/a	26%	29%	41%	n/a
CT		30%	590	n/a	28%	35%	31%	33%
WA		30%	407	n/a	14%	26%	36%	n/a
TX		30%	1202	n/a	16%	41%	30%	32%
PA		29%	851	n/a	23%	28%	33%	n/a
IN		29%	828	9%	29%	26%	36%	n/a
NE		28%	406	43%	26%	23%	26%	32%
NJ		28%	495	n/a	23%	26%	44%	n/a
KY		27%	396	n/a	22%	18%	27%	39%
WI	↓	27%	914	n/a	20%	26%	28%	n/a
AL	↓	26%	591	n/a	25%	28%	27%	n/a
DE	↓	25%	388	n/a	20%	n/a	35%	n/a
MO	↓	25%	401	n/a	23%	22%	28%	35%
LA	↓	25%	458	13%	n/a	23%	30%	n/a
MN	↓	23%	364	n/a	15%	34%	27%	n/a
GA	↓	20%	409	n/a	19%	41%	17%	20%
SC	↓	17%	777	n/a	15%	19%	23%	n/a



# 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

April 2026

Questions/Comments: [nci@nationalcoreindicators.org](mailto:nci@nationalcoreindicators.org)