

What the NCI-IDD data tells us about

# People's Wellness in Colorado



**NATIONAL CORE  
INDICATORS<sup>®</sup>**  
NASDDDS & HSRI

For more information

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## This report tells us about:

- What NCI-IDD tells us about people's wellness
- Why healthy habits are important
- Where to find out more about people's wellness in Colorado

## What is NCI-IDD?

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

## Who is surveyed?

Each year people in many states take part in an NCI-IDD meeting. Every year a new group of people are asked to meet.

During the meeting, people are asked the NCI-IDD 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?

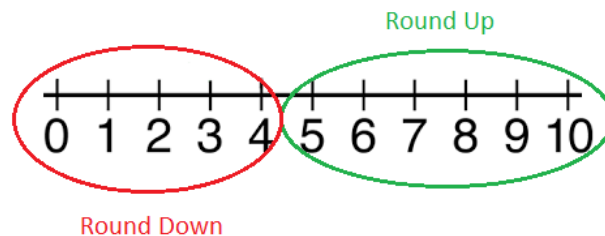
NCI-HDD asks questions about people’s case management and staff. In this report we see how responsive they are to people’s needs. There are questions to find out if people have choices in case management and staff, like, “does your service coordinator ask you what you want?”

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%).

This report includes Colorado’s Survey data compared to the weighted NCI Average. State outcomes that are statistically significantly higher or lower than the NCI Average are indicated with an arrow:

1. Outcomes where the state is **significantly above** the NCI average are denoted with an up arrow ▲
2. Outcomes where the state is **significantly below** the NCI average are denoted with a down arrow ▼

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 choose their staff, we “round up” to 90%.

If 12% of people say they did not choose their staff, 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: [www.nationalcoreindicators.org/resources/reports/](http://www.nationalcoreindicators.org/resources/reports/)

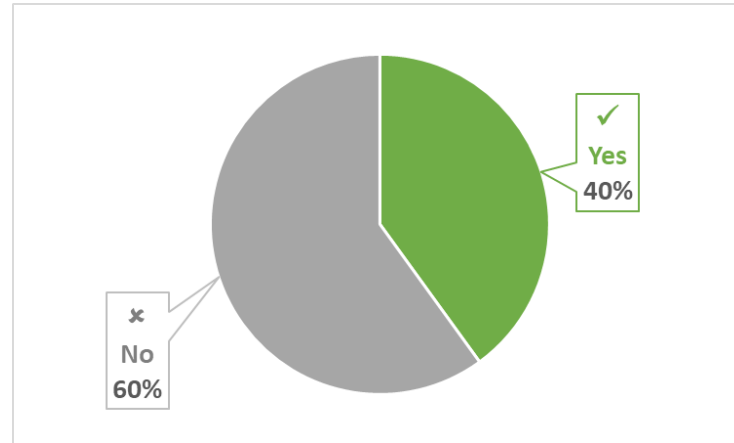


## Making Connections – Why Is Wellness Important?

NCHDD 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,<sup>1</sup> It is important for people with disabilities to have the support they need to make healthy choices in their lives.

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



4 out of 10

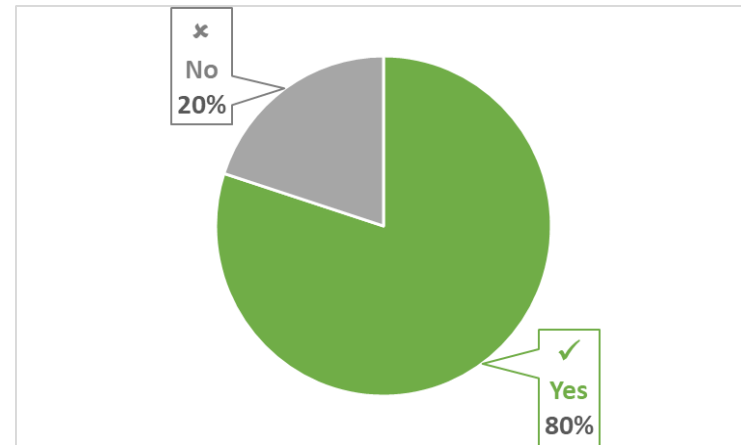


NCI-IDD tells us 4 out of every **10** people **have a healthy BMI.**

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. ▲

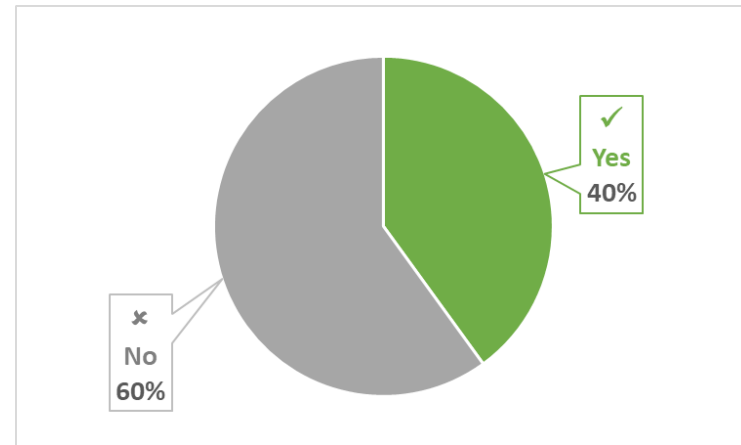


8 out of 10



NCI-IDD tells us 8 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? ▲

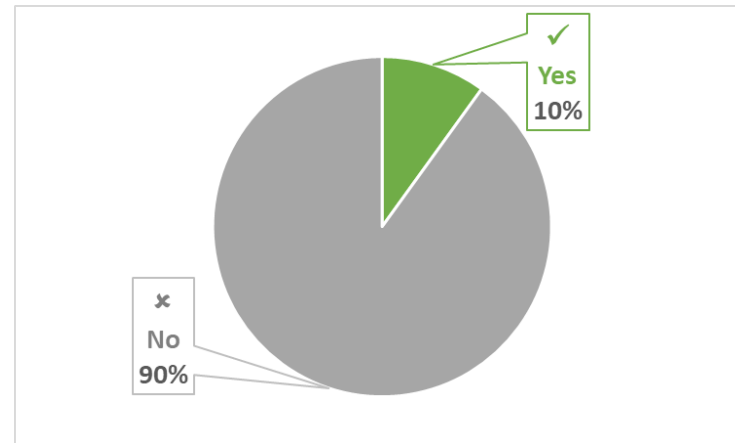


4 out of 10



NCI-IDD 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.



1 out of 10



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





## What Did We Learn?

NCHIDD tell us about people in Colorado:

**36%** Have a healthy Body Mass Index (BMI)

**80%** Exercise or do physical activity for 10 minutes or more at a time at least once a week ▲

**44%** Exercise or do physical activities that make the arms, legs, back, and/or chest work hard ▲

**6%** use nicotine or tobacco products

# Learn More About Wellness in Colorado

- [Health First Colorado \(Colorado's Medicaid program\)](#)
- [Health First Colorado "Find a Provider" Tool](#)
- [HCPF Programs for Adults](#)
- [HCBS Waiver Critical Incident Reporting](#)
- [Consumer Directed Attendant Support Services \(CDASS\)](#)
- [Community Centered Boards \(CCBs\) Case Management Services](#)
- [Colorado National Core Indicator \(NCI\) Surveys](#)
- [Vital Research National Core Indicator webpage](#)
- [National Core Indicators Surveys for Colorado](#)
- [Developmental Disabilities Waiver \(DD\)](#)
- [Supported Living Services Waiver \(SLS\)](#)
- [Colorado Buy-In Program for Working Adults with Disabilities](#)
- [Tobacco Cessation](#)

Have questions or comments, email us at: [Rachel.Newton@state.co.us](mailto:Rachel.Newton@state.co.us)