



## Background

Disability, as defined by the Americans with Disability Act (ADA), is a physical or mental impairment that substantially limits one or more major life activity.<sup>1</sup> A disability can relate to an impairment, an activity limitation, or participation limitation.<sup>2</sup> There are many types of disability including: significant cognitive or emotional limitations; impairment of vision, hearing, or physical function; and inability to complete activities of daily living.<sup>3</sup>

Approximately 10% to 12% of reproductive-aged women have a disability.<sup>3</sup> Living with a disability does not mean a person cannot be healthy. However, women with disabilities report having more barriers accessing reproductive health care than women without disabilities, this includes care during pregnancy.<sup>2,4</sup>

## Pregnancy Risk Assessment Monitoring System (PRAMS)

PRAMS is a survey which collects site-specific, population-based data on maternal attitudes, behaviors, and experiences before, during, and shortly after pregnancy. Questions on disability were added to the 2023 core PRAMS survey. VA PRAMS previously collected disability data in 2019 and 2020 via a supplemental questionnaire.

## Prevalence of Any Disability and Disability Type Among Women with a Recent Birth, 2020 and 2023

Type of Disability	Virginia % (95% Confidence Interval)	
	2020	2023
Any Disability	4.6 (2.9-7.1)‡	8.7 (5.5-11.9)
Remembering	3.6 (2.2-6.0)‡	2.8 (1.0-4.5)
Seeing	0.4 (0.1-1.5)‡	4.9 (2.4-7.5)
Hearing	0.6 (0.2-1.9)‡	1.3 (0.1-2.5)
Communicating	0.1 (0.1-0.2)‡	#
Walking/Climbing stairs	0.3 (0.1-1.7)‡	1.2 (0.0-2.4)
Self-care	0.0 (0.0-0.1)‡	1.3 (0.0-2.7)
Doing Errands	#	1.4 (0.0-2.7)



‡ 2020 disability was defined as having “a lot of difficulty” or “cannot do at all”  
 † 2023 disability was defined as “having serious difficulty” or “having difficulty”  
 # Disability type not asked on survey year

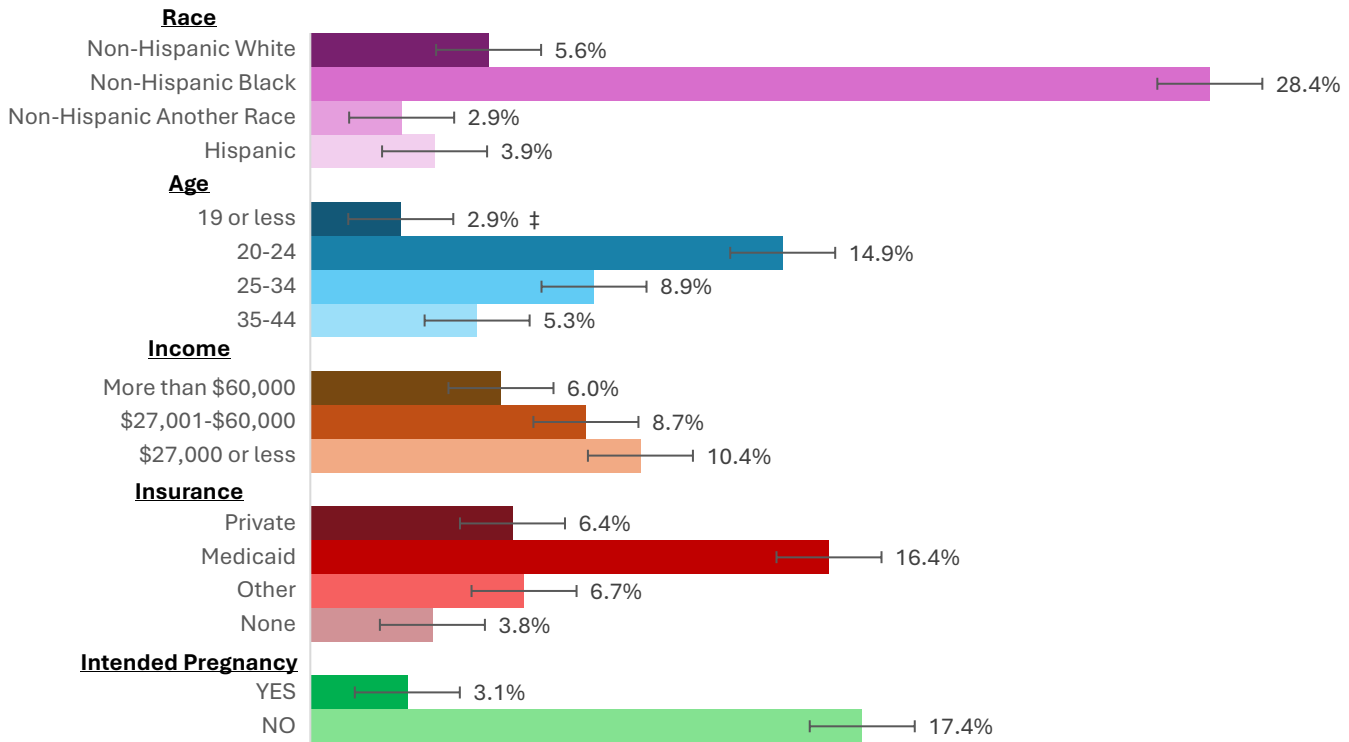
## National Goals related to Disability

<b>Healthy People 2030 Objectives<sup>5</sup></b>	Reduce the proportion of adults with disabilities who delay preventive care because of cost
	Increase the proportion of health departments with programs aimed at improving health in people with disabilities



# Virginia PRAMS: Disability, 2023

## Disability at Time of Most Recent Live Birth by Characteristics, 2023



Non-Hispanic Another Race includes NH Asian or Pacific Islander, American Indian or Alaska Native, and other reported races  
 ‡ < 30 respondents; may not be reliable  
 Note: Bars display 95% Confidence Intervals

## Summary

The rate of women reporting a disability in VA increased from 4.6% in 2020, to 8.4% in 2023.  
 In 2023, the majority of women with a disability reported receiving prenatal care in the 1<sup>st</sup> trimester, 81%.  
 Almost 4% of women with disability had no insurance in the month before their pregnancy. Closing gaps in medical insurance coverage may further improve early access and utilization of prenatal care.

## Resources

**Center for Research on Women with Disabilities:** [bcm.edu/research/research-centers/center-for-research-on-women-with-disabilities](https://bcm.edu/research/research-centers/center-for-research-on-women-with-disabilities)  
**Virginia Board for People with Disabilities:** <https://vbpd.virginia.gov/resources/>

## References

1. ADA National Network. What is the definition of disability under the ADA? <https://adata.org/faq/what-definition-disability-under-ada>
2. Rade, Bayew Kelkay et al. "Prevalence and factors associated with sexual and reproductive health services use among reproductive age women with disabilities: a community based cross-sectional study." *BMC women's health* vol. 23, 1 215. 2 May. 2023, doi:10.1186/s12905-023-02373-5
3. Centers for Disease Control and Prevention. Disability and health overview. [https://www.cdc.gov/disability-and-health/about/?CDC\\_AAref\\_Val=https://www.cdc.gov/ncbddd/disabilityandhealth/disability.html](https://www.cdc.gov/disability-and-health/about/?CDC_AAref_Val=https://www.cdc.gov/ncbddd/disabilityandhealth/disability.html).
4. Biggs MA, Schroeder R, Casebolt MT, et al. Access to Reproductive Health Services Among People With Disabilities. *JAMA Netw Open*. 2023;6(11):e2344877. doi:10.1001/jamanetworkopen.2023.44877
5. National Center for Health Statistics. [https://www.cdc.gov/nchs/healthy\\_people/hp2030/hp2030.htm](https://www.cdc.gov/nchs/healthy_people/hp2030/hp2030.htm)

To learn more about Virginia PRAMS and to see other data visit:  
<http://www.vdh.virginia.gov/prams/>

