Disparities in adverse preconception risk factors between women with and without disabilities.

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**Abstract:** The objective of this study was to compare the prevalence of select preconception health indicators among women with and without disabilities. 2010 Behavioral Risk Factor Surveillance System data were used to estimate the prevalence of health behaviors, health status indicators, and preventive health care among non-pregnant women ages 18–44 years with (N=8,370) and without (N=48,036) disabilities. Crude percentages were compared with chi-square statistics. Multivariable logistic regressions adjusted for socio-demographic factors. Women with disabilities were more likely than women without disabilities to currently smoke (30.5% vs. 14.5%, p<0.0001) and less likely to exercise in the past month (67.1% vs. 79.8%, p<0.0001). Heavy drinking was similar in the two groups (4.4% vs. 4.5%, p=0.9). Health status indicators were worse among women with disabilities, with 35.0% reporting fair/poor health and 12.4% reporting diabetes, compared with 6.7% and 5.6%, respectively, among women with no disabilities (p<0.0001 for both). Frequent mental distress, obesity, asthma, and lack of emotional support were also higher among women with disabilities compared with their non-disabled counterparts. Women with disabilities were more likely to receive some types of preventive care, (HIV), but less likely to receive others (recent dental cleaning, routine checkup). Disparities in health behaviors and health status indicators between the two groups remained after adjusting for socio-demographic factors. Women with disabilities at reproductive age are more vulnerable to risk factors associated with adverse pregnancy outcomes compared to their counterparts without disabilities. Our findings highlight the need for preconception health care for women with disabilities.