

# Mapping Disability

the facts

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A statistical review of disabled people in England.

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## Mapping Disability | the facts

### What?

Mapping Disability: the facts has been created to give an overview of disability within the population. Its purpose is to inform and direct strategy and delivery, improving choice and opportunity for disabled people to regularly take part in sport.

### Who?

Disabled people are much less likely to regularly take part in sport than non-disabled people. Disability is a complex market, with huge variations in people's needs and preferences. We realise that a 'one size fits all' strategy won't work if we're to get more disabled people active.

### Why?

The information contained in this pack is only part of the picture. It's designed to be used together with other research from Sport England and their partners about this population, including barriers, motivations and practical examples of how best to communicate.

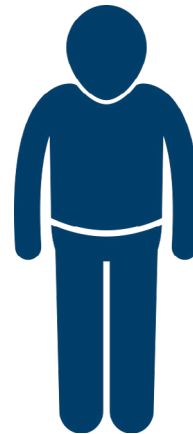
# Mapping Disability | our findings

This research breaks down individual impairments and reveals fascinating insights into disability, from regional variations to age and gender differences. But if you need a starting point, here are the standout findings.

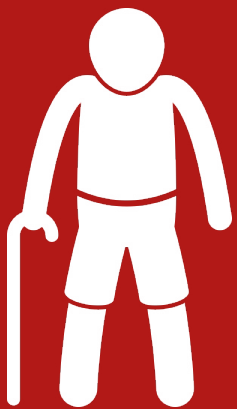


Almost  
**1 in 5**  
people in England have a long standing limiting disability or illness.

Throughout this document we will refer to this group as disabled people.



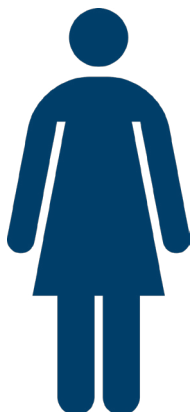
Almost  
**70%**  
of disabled people are aged over 50.



Over  
**50%**  
of disabled people state that they experience long-term pain.



Almost  
**50%**  
of disabled people have a long-term health condition.



There are slightly more disabled females than males in England.



Almost  
**75%**  
of disabled people have more than one impairment.



# Understanding disabled people

## Demographics

# The big picture and definitions



Almost **1 in 5** people in England have a long standing limiting disability or illness.

Of England's population of

**53 million**

**18.4 million**

or **34.9%**

have a **long standing disability or illness**

of which

**9.4 million**

or **17.6%**

have a **long standing and limiting disability or illness**



## Definitions

**Long standing disability or illness:**  
Anything that is experienced over a long period of time or that is likely to be experienced over a long period of time (12 months+).

**Long standing and limiting disability or illness:**  
Impairments or health problems that limit or restrict activities in any way, in different areas of life. Where a limiting disability or illness is referred to it should always be considered long standing.

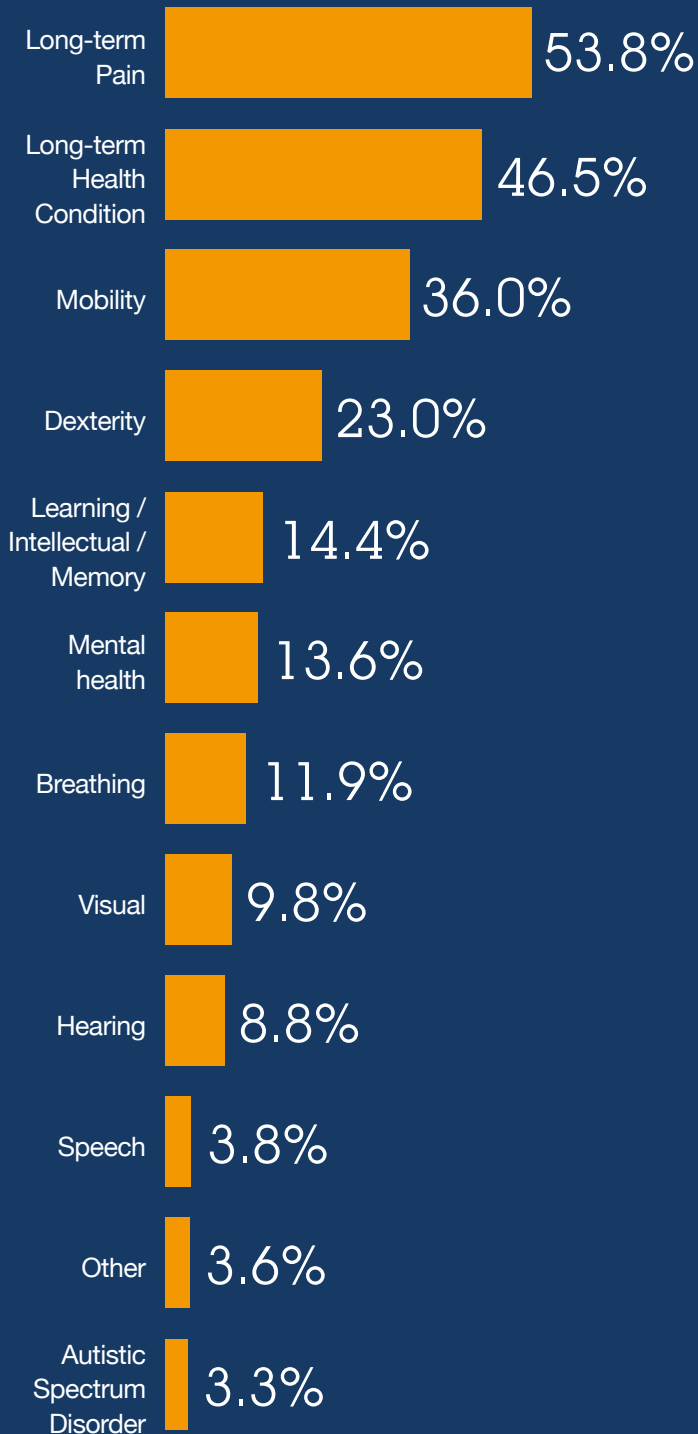


## Definitions

For the purposes of this report the social model term ‘disabled people’ will be used. This term refers to people who have a long-standing and limiting disability or illness. These are impairments or health problems that limit or restrict activities in any way, in different areas of life.

A person can have a long standing disability or illness without it being limiting. In this report sometimes the two categories are classed as limiting and non-limiting.

## Disability by impairment type

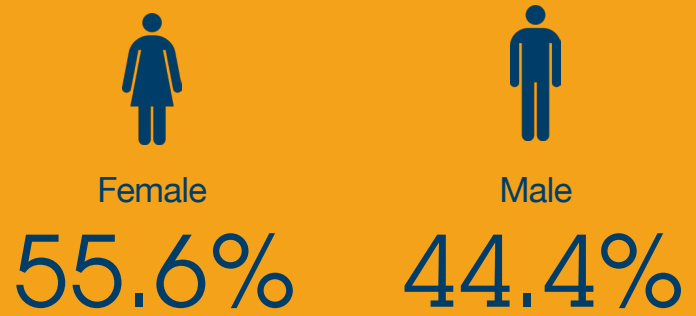


Life Opportunities Survey 2009-2012

The chart shows the proportion of disabled people with each impairment.

Total is over 100% due to people having multiple impairments.

## Gender and impairment type



Overall, there is a slightly higher proportion of disabled females than males in the population.

## Gender split by impairment

The figures below show the split of each impairment by gender.

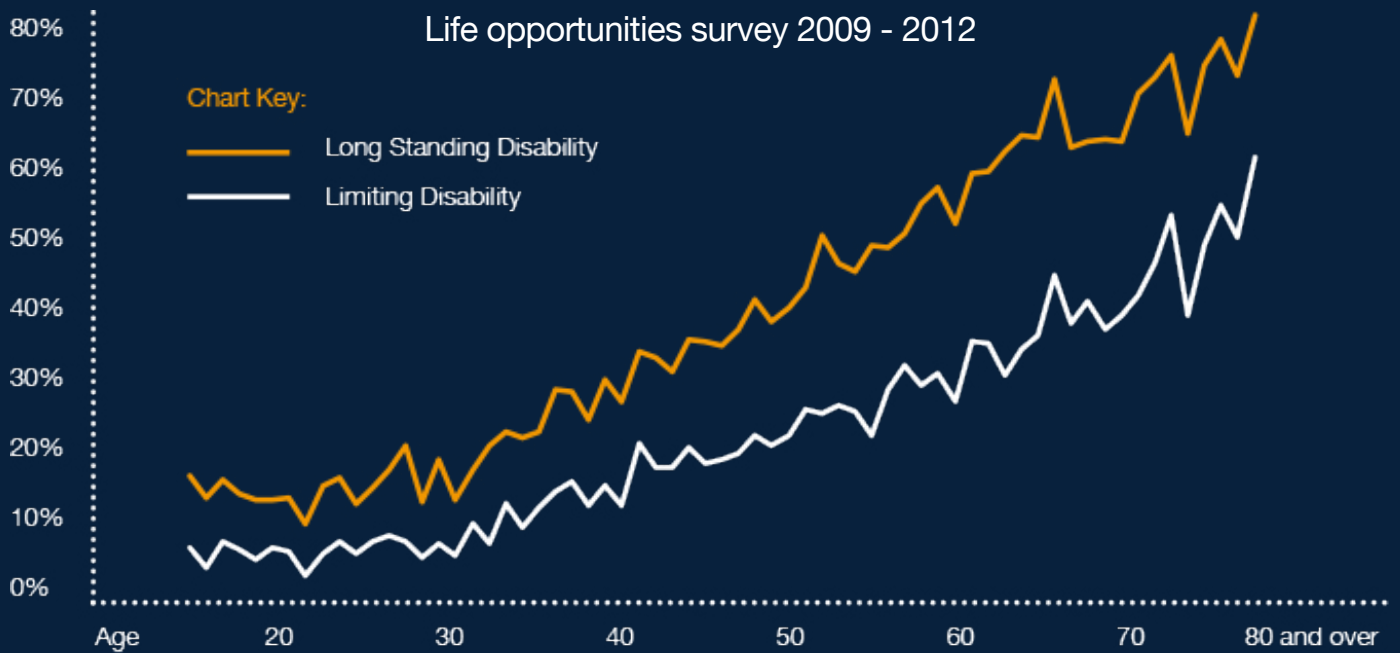
Impairment Type	Female (%)	Male (%)
Visual	60.7%	39.3%
Hearing	50.2%	49.8%
Mental health	56.6%	43.4%
Autistic Spectrum Disorder	42.6%	57.4%
Learning	49.6%	50.4%
Long-term health condition	58.2%	41.8%
Speech	47.8%	52.2%
Other	52.4%	47.6%
Mobility	56.0%	44.0%
Dexterity	60.5%	39.5%
Long-term pain	58.6%	41.4%
Breathing	53.5%	46.5%

A higher proportion of females have physical and visual impairments and mental health conditions.

Males have a higher prevalence of learning impairments, hearing impairments and autistic spectrum disorder.

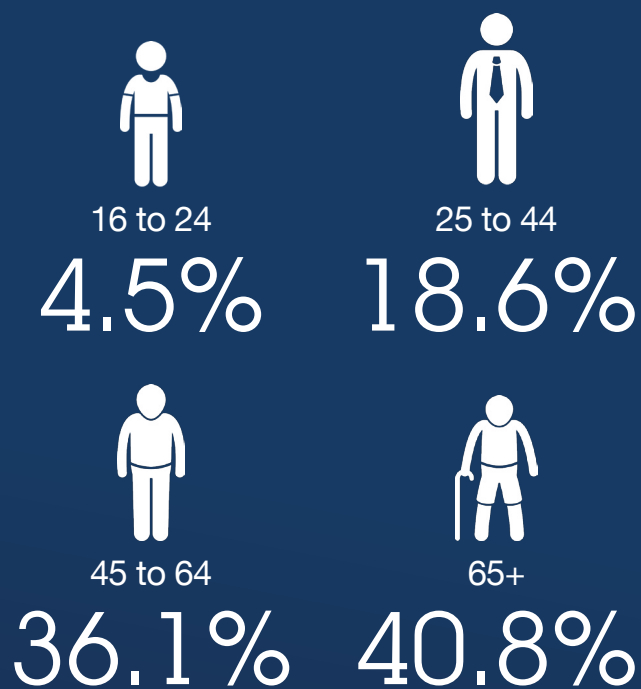


# Disabled people by age groups



As age increases, there is an increase in the proportion of disabled people, from both limiting and non limiting demographics.

## Age (in years) distribution of people with limiting disability



Almost

**70%**

of disabled people are aged over 50.

Life Opportunities Survey  
2009-2012



# Population breakdown by impairment

These figures show the breakdown of impairment by age, across the whole population. Each impairment has a different pattern as age increases.

Most impairments increase with age particularly physical, visual and hearing impairments.

People increasingly experience long-term pain the older they get.

The proportion of the population with a learning, intellectual or memory impairment doubles for people aged 75+, likely influenced by people experiencing memory problems.

Physical impairments have split in to four separate impairments (Long term pain, dexterity, breathing and mobility), as these accounted for such a high proportion of impairments. In all of these sub-categories the number increases with age.

## Visual



16 to 24	1.0%
25 to 44	1.2%
45 to 64	3.1%
65 to 74	4.3%
75+	11.3%

## Hearing



25 to 44	0.8%
45 to 64	2.5%
65 to 74	5.6%
75+	12.7%

## Mental health



16 to 24	2.7%
25 to 44	4.5%
45 to 64	5.0%
65 to 74	2.6%
75+	1.9%

## Autistic Spectrum Disorder



16 to 24	2.0%
25 to 44	1.1%
45 to 64	0.8%

## Speech



16 to 24	1.2%
25 to 44	0.7%
45 to 64	0.9%
65 to 74	1.1%
75+	1.8%

## Learning/Intellectual/Memory



16 to 24	4.7%
25 to 44	3.6%
45 to 64	4.5%
65 to 74	4.0%
75+	8.1%

## Other



25 to 44	0.8%
45 to 64	1.1%
65 to 74	1.2%
75+	1.5%

## Mobility



16 to 24	0.9%
25 to 44	2.7%
45 to 64	9.2%
65 to 74	16.4%
75+	27.9%

## Dexterity



16 to 24	0.8%
25 to 44	2.1%
45 to 64	6.7%
65 to 74	10.7%
75+	16.1%

## Long-term Pain



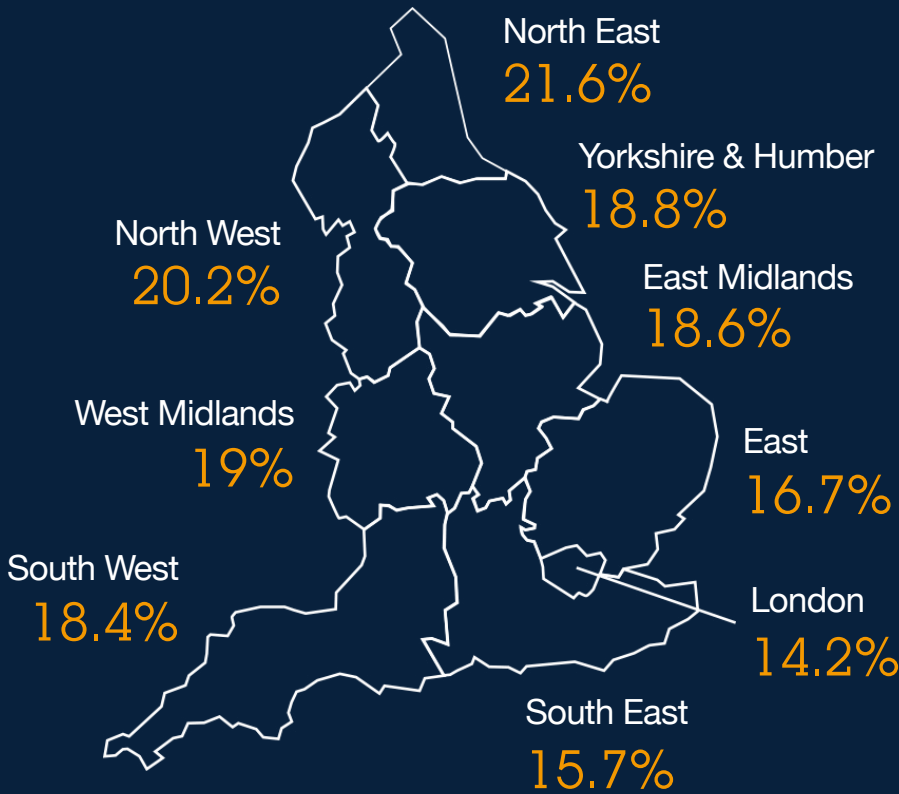
16 to 24	4.7%
25 to 44	11.6%
45 to 64	22.0%
65 to 74	26.9%
75+	33.3%

## Breathing



16 to 24	0.8%
25 to 44	1.1%
45 to 64	3.1%
65 to 74	6.2%
75+	9.3%

# Disability by region



The map shows the proportion of disabled people in each region.

The North East has the highest proportion of disabled people in the region.

London and the South East have the lowest proportion.

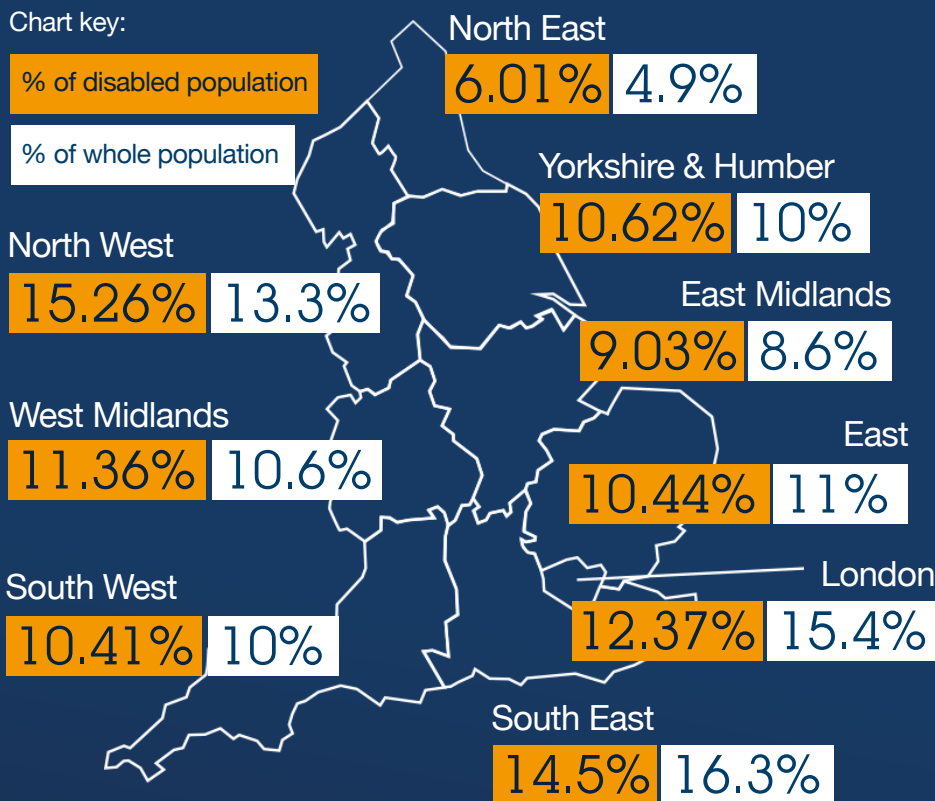
Census 2011

## Disability by region compared with population size

Chart key:

% of disabled population

% of whole population



This map shows the proportion of the total population of England who live in each region against the proportion of the disabled population from each region.

The South East and North West regions have the highest numbers of disabled people living there.

In spite of having the highest rate of disability, the North East actually has the smallest absolute number of disabled people.

Census 2011



# Understanding disabled people

## Impairments



# Introduction to impairment analysis

This section presents a host of information about disabled people in England - and details different types of impairment.

This builds on the data we already have on England's disabled population.

This is not an exhaustive review - but you can find detailed notes in our accompanying report 'Mapping Disability - the facts, a statistical review of England's disabled population - accompanying notes'.

# Multiple impairments

Number of impairments disabled people have							
1	2	3	4	5	6	7	8
26.3%	21.4%	20.6%	15.6%	8.5%	4.4%	1.9%	0.9%

Almost **75%** of disabled people have more than one type of impairment.

## Common combinations of impairments



Hearing &  
Long-term pain

33.8%



Visual &  
Long-term pain

32.2%



Mental health condition &  
Long-term health condition

33.8%



Mental health condition  
& Long-term pain

30.2%



Long-term health  
condition & Mobility

13.3%



Long-term health condition  
& Long-term pain

58.9%



Long-term health  
condition & Breathing

7.6%



Mobility &  
Long-term pain

50.9%



Dexterity &  
Long-term pain

54.2%

Some very specific and common impairments overlap.

For example; people with long-term health conditions together with long-term pain.

In some cases we know certain conditions can fall across impairment types but don't always have numbers for how many this affects. For example, arthritis can involve both long-term pain and dexterity impairments.

Some of the impairment types can underpin many of the others. For example, long-term pain, long-term health conditions and mental health.

# Impairments that overlap

The below graphic illustrates the most common areas where impairments might overlap. Note that the size of overlap areas are not representative of the proportion of people with those impairments.



# Limiting disability by impairment

The following pages highlight different impairments and the key figures and findings related to that population.

On this page the first figure indicates the number of people with that impairment.

The second shows it as a percentage of the overall population.

Remember, figures will add up to over 100% as almost 75% of people have more than one impairment.



## Visual

959,919  
9.8%



## Hearing

867,119  
8.8%



## Mental health

1,332,839  
13.6%



## Autistic Spectrum Disorder (ASD)

328,303  
3.3%



## Long-term health conditions

4,571,401  
46.5%



## Speech

378,176  
3.8%



## Mobility

3,537,048  
36.0%



## Dexterity

2,263,586  
23.0%



## Long-term pain

5,283,185  
53.8%



## Breathing

1,172,782  
11.9%



## Learning/ Intellectual/Memory

1,413,822  
14.4%



## Other

352,103  
3.6%





10% of disabled people have a visual impairment.

This would include: .....



187,740

with profound sight loss (blind)



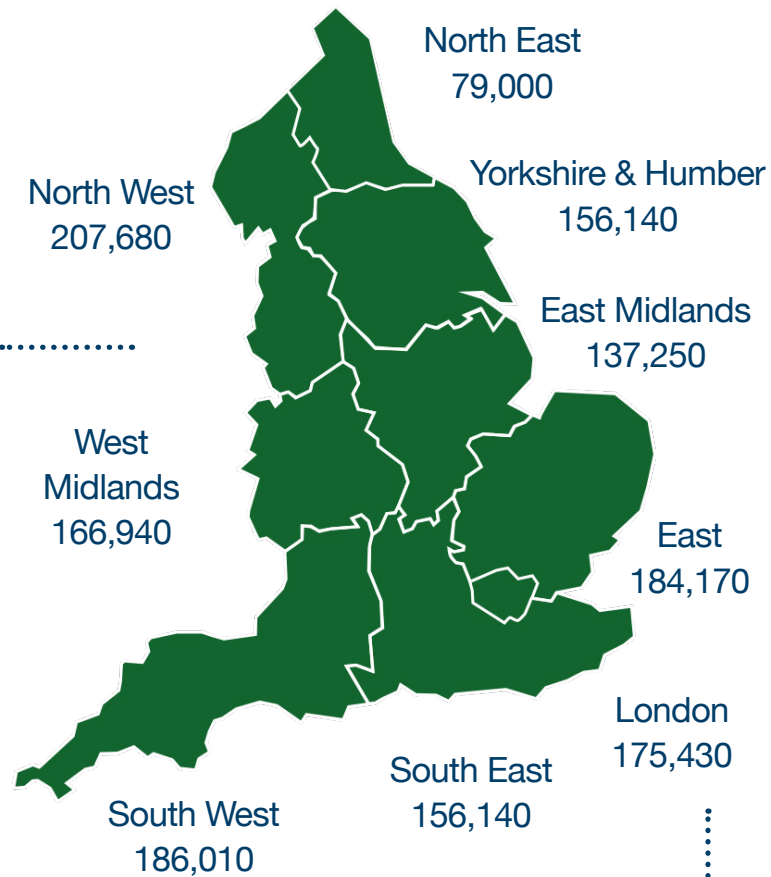
147,715

partially sighted (registered)

1,564,340

with any form of sight loss (limiting and non-limiting).

Sight loss (any): population by region



Sight loss (any): population by age



0-64 years

23%



65-74 years

19%



75-84 years

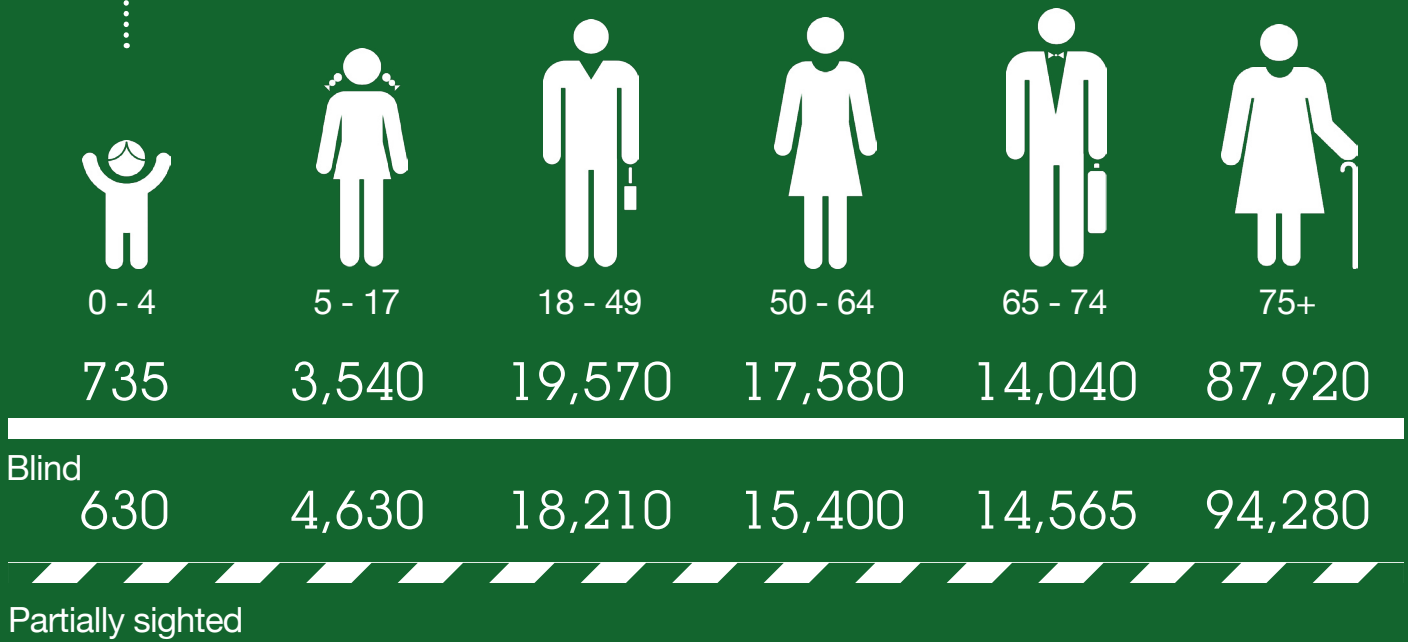
27%



85+ years

31%

## Population registered blind/partially sighted by age



### Overlapping impairments



110,900\* to  
299,100\*

are deafblind (i.e. with profound hearing and visual impairments).



50%  
of people with  
any sight loss  
experience  
mobility issues.



34%

of people with any  
sight loss report  
feeling unhappy  
or depressed.

81,100\*

blind or partially sighted people aged 20  
or over who also have a learning disability.

Around half of blind and partially sighted  
children aged 0-16 (10,500\*) have  
additional impairment and/or special  
educational needs.

\*Numbers calculated from UK/GB figures.

# Hearing

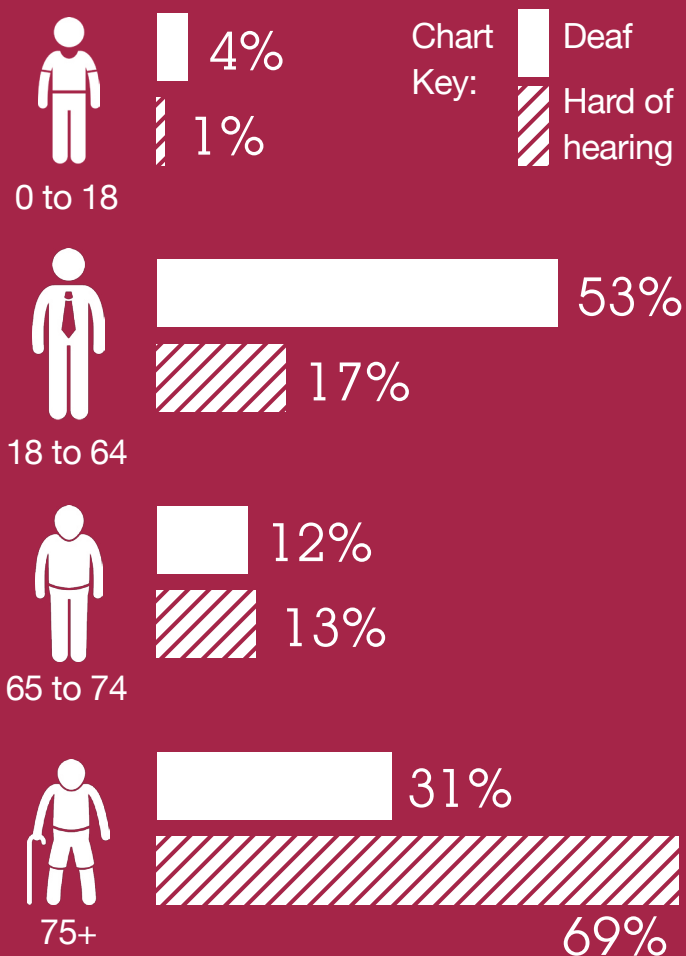


**9%** of disabled people have a hearing impairment.

This would include:  
**697,500**  
with profound hearing loss

**56,400**  
Deaf (registered)  
**156,500**  
Hard of hearing (registered)

## Registered deaf/hard of hearing, population by age in years

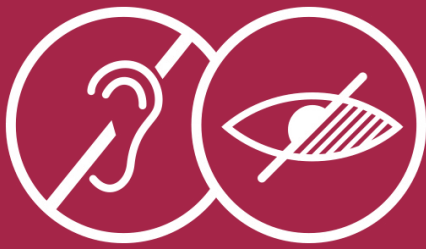


There are almost  
**8.5 million**  
in England with some form of hearing loss (limiting and non-limiting)



## Overlap

Significant overlap with visual impairments:



# 110,900\* to 299,100\*

are deafblind  
(i.e. with profound hearing and visual impairments)

### Deafblind population by gender (lower estimate)

Men\*



54,600

Women\*



55,500

### Deafblind population by age in years (lower estimate)



3%

0-19



10%

20-59



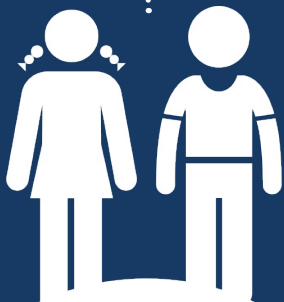
14%

60-69



73%

70+



40%

of deaf children (aged 0-16)  
have additional or complex needs.



50%

of older people (in retirement age)  
with any hearing loss have other  
impairments or long-term conditions.

\*Numbers calculated from UK/GB figures



**14%** of disabled people stated they have a mental health condition.

Definitions and measures vary greatly and some may under report true prevalence.



**10,041,000\***

Adults (16+ years)



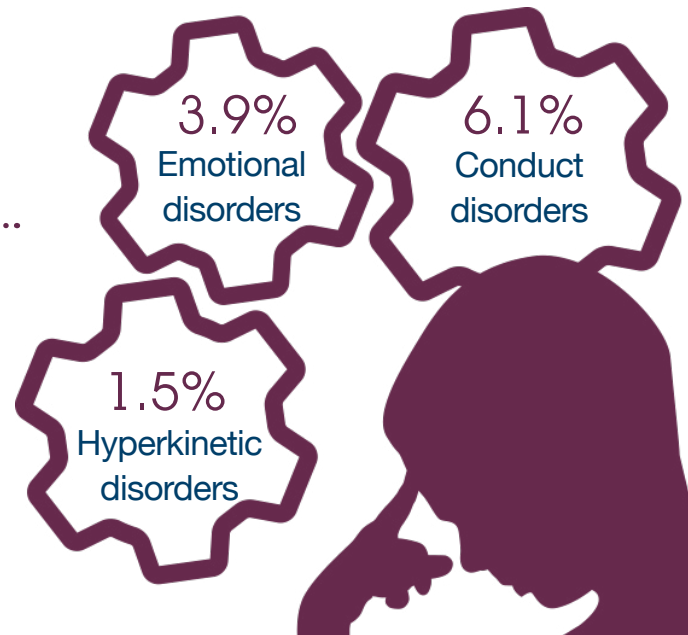
**686,300\***

Children (5-15 years)

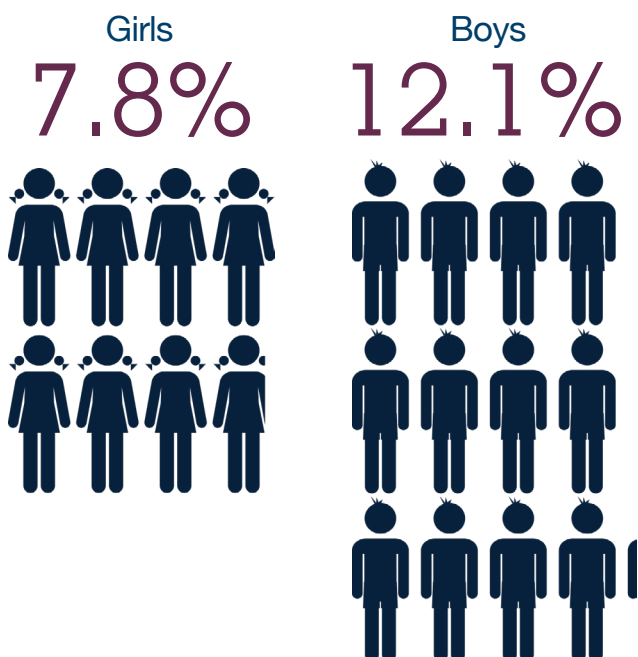
Report a mental health condition (limiting or non-limiting)

\*Numbers calculated from UK/GB figures

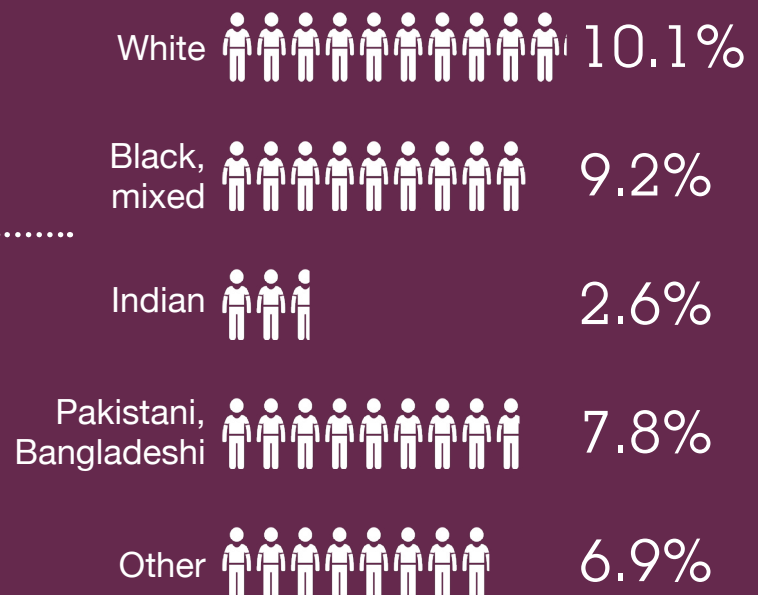
Prevalence of a specific mental health condition (all children aged 5-15)



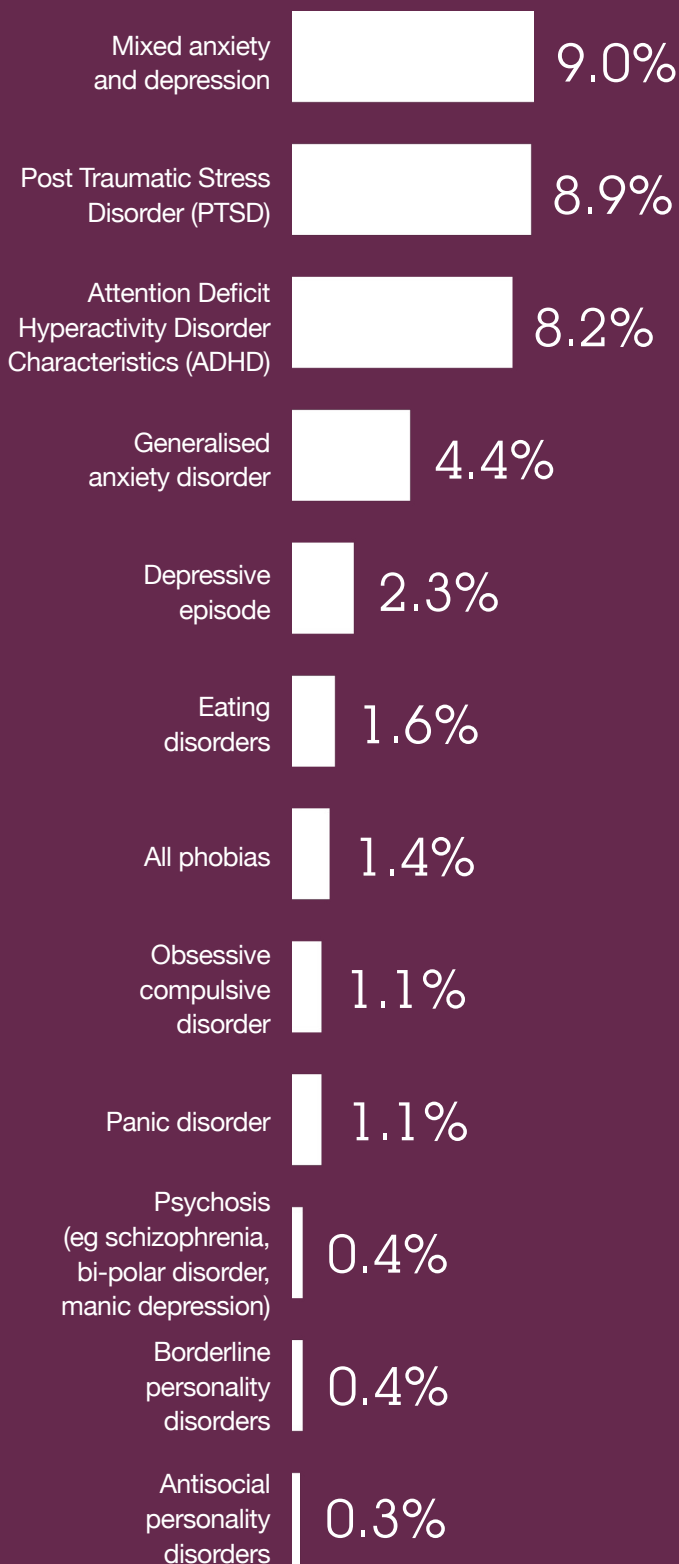
Prevalence of any mental health condition for all children, by gender (all children aged 5-15)



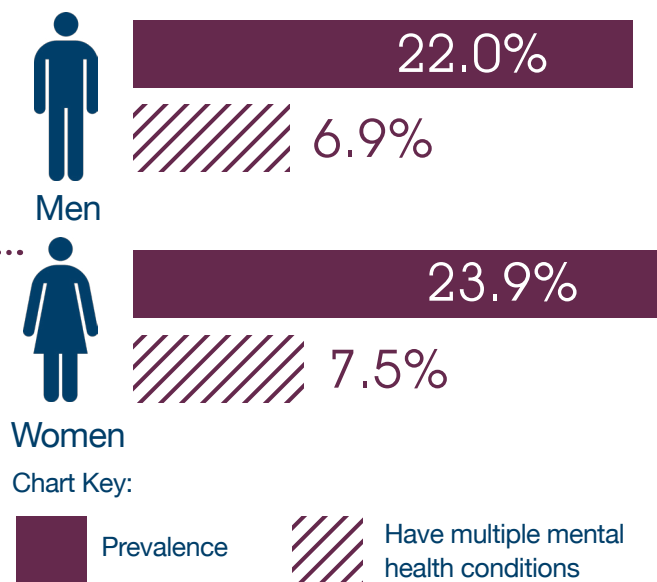
Prevalence of any mental health condition for all children, by ethnicity (all children aged 5-16)



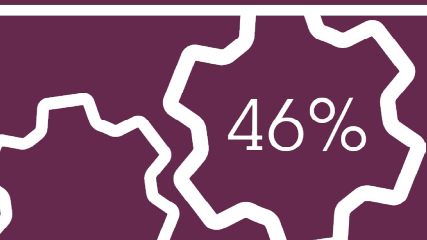
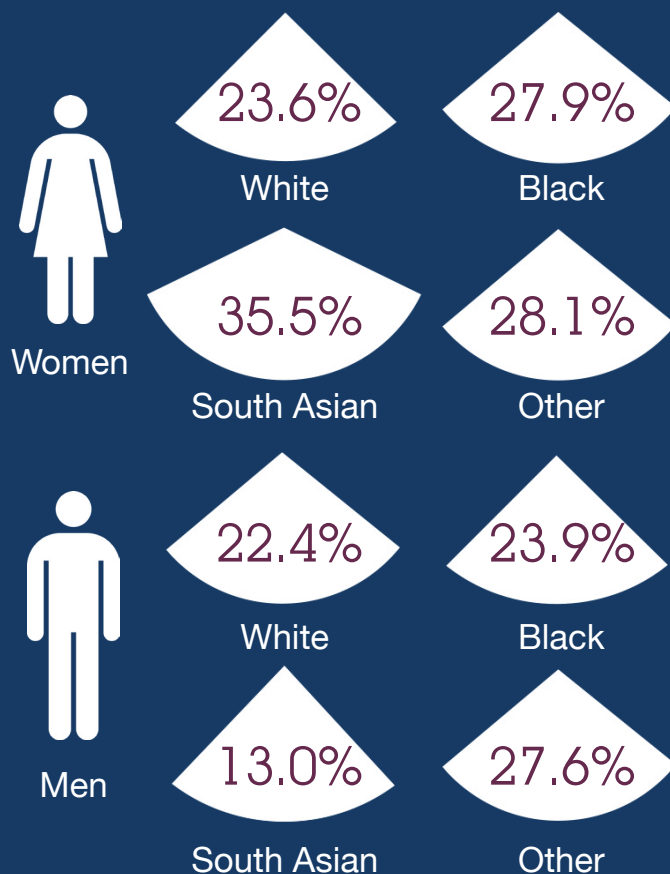
**Prevalence by condition, all adults (16+) note: measures of prevalence are variable**



**Prevalence by gender, all adults (16+)**



**Prevalence by ethnicity and gender, all adults (16+)**



**Overlap**

There are potentially many impairments that overlap here. For example, 46% of people with a mental health problem have a long-term health condition.

# Autistic Spectrum Disorders (ASD)



**3%** of disabled people have an Autistic Spectrum Disorder (ASD).

Around

**1.1%**

of the general population have some form of autistic spectrum disorder (limiting or non-limiting)



Children  
0-17 years\*

126,571



Adults  
18+ years\*

466,000

of the adult population



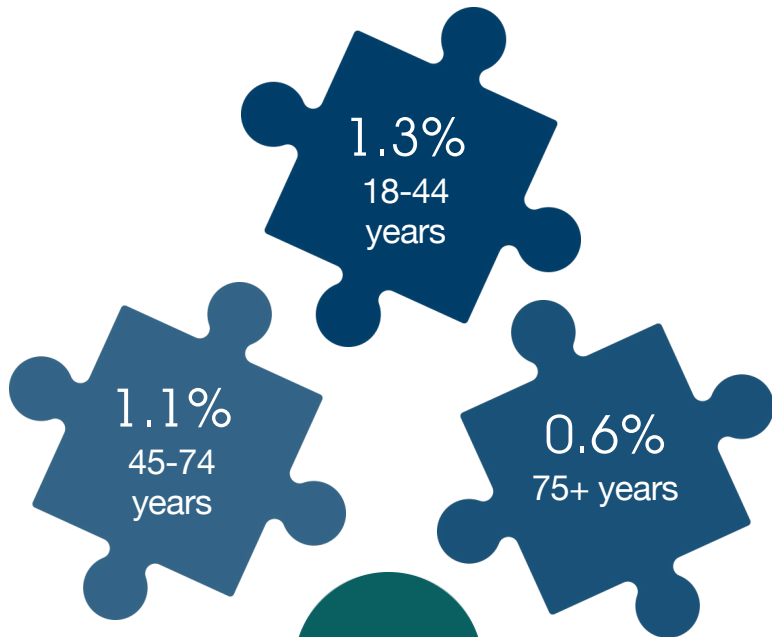
2% of men



0.3% of women

\*Numbers calculated from UK/GB figures

Prevalence among all adults (18+) by age in years



Prevalence by ethnicity (all adults, 18+)

White

1.2%

South Asian

0.8%

# Long-term health conditions



**47%** of disabled people have a long-term health condition.

## 15 million

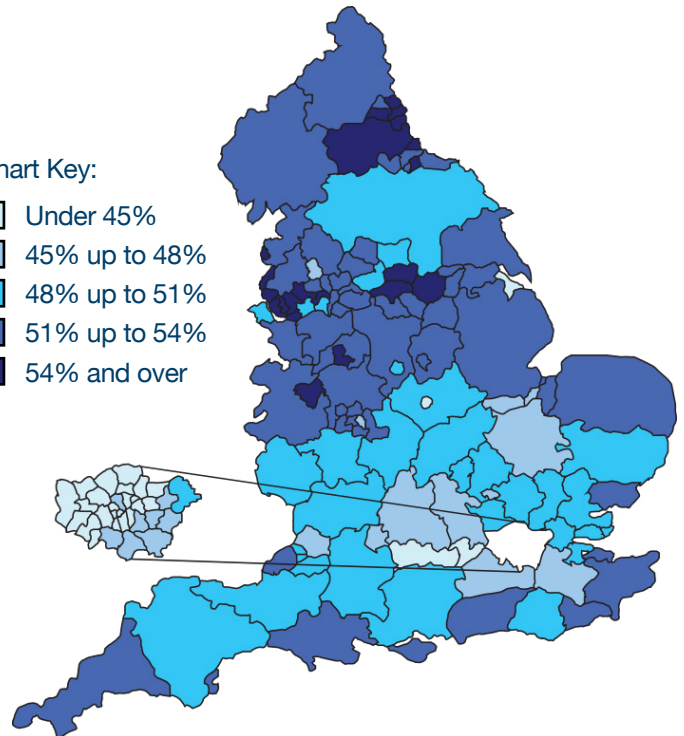
people in England – around 30% – have one or several long-term conditions (limiting or non-limiting). However, definitions used and conditions included vary for different sources.



### Prevalence of long-term health conditions by region

Chart Key:

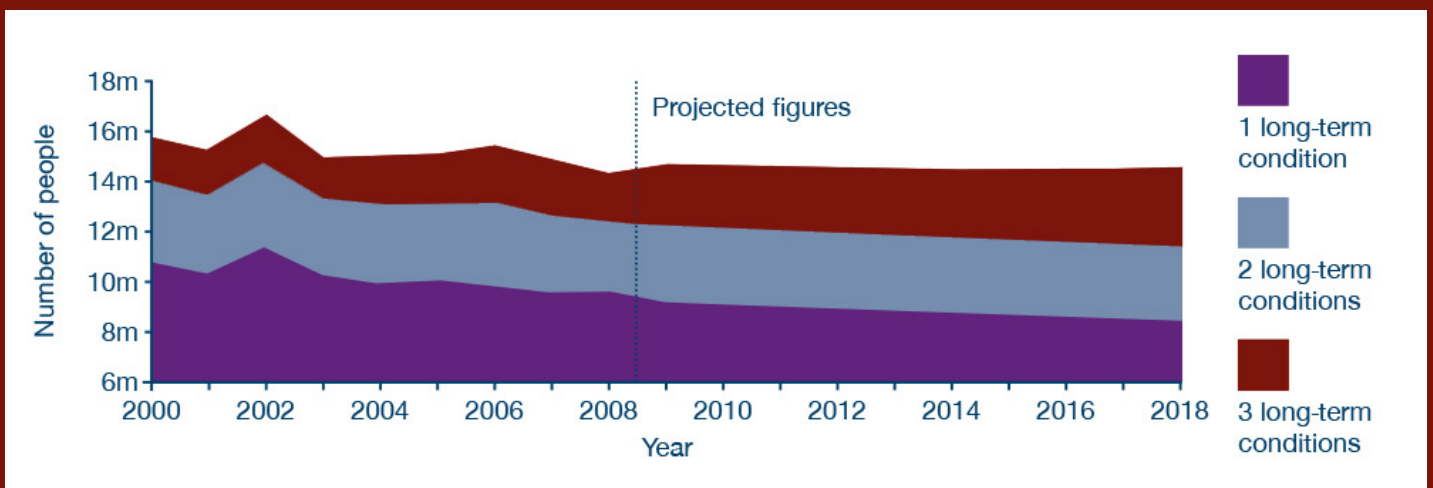
- Under 45%
- 45% up to 48%
- 48% up to 51%
- 51% up to 54%
- 54% and over



Source: GP patient survey 2010-11. Note: England average in 50% for this survey. Covers adults only and uses different method for the other estimates.




















### Actual/projected numbers with one or more long-term health conditions by year and number of conditions

Source: Department of Health projections (2008 based)





A huge number of conditions can be included within this group. Some of the most commonly included conditions are listed below (these can be limiting or non-limiting):

Hypertension (high blood pressure)  12,485,800*	Arthritis or rheumatism  8,402,700*
Cardiovascular disease  5,881,900	Migraines  5,850,000
Musculoskeletal  5,000,000	Asthma  4,536,000
Diabetes  3,218,200*	Chronic Obstructive Pulmonary Disease (COPD)  3,109,000*
Chronic kidney disease  1,855,000	Hypothyroidism  1,667,000
Cancer  1,512,478	Paralysis  1,023,500*
Stroke  966,093	Dementia  685,812
Epilepsy  504,000	Multiple Sclerosis (MS)  87,686
Muscular Dystrophy  70,872	Cerebral Palsy  24,620
Cystic Fibrosis  7,600*	

\*Numbers calculated from UK/GB figures.

## Overlap

In general, many people have more than one long-term health condition – around a third of all those affected have two or more conditions.

There is large overlap between physical and mental health:

# 30%

of people with a chronic physical health condition also have a mental health condition.



Different specific conditions will have different areas of overlap, with common ones including long-term pain, mobility, and breathing.



**4%** of disabled people have a limiting speech condition.

Overall there are

**215,500\*** people

with difficulty speaking

\*Calculated from UK/GB figures



**1 in 10 children\*\***

have speech, language and communication needs (SLCN) requiring long-term support – that's around

**1,000,000**

**1%**

of those have severe and complex needs.

\*\*age not defined in source.

Prevalence of speech impairments (limiting or non-limiting) among children, by age:



3-5 years

**1.5%**



5-7 years

**4.6%**



6-12 years

**12.6%**



12-14 years

**7.3%**

Speech impairments can take a wide range of forms, and can be caused by, or associated with, a large and diverse range of different conditions, each with different areas of overlap and degrees of limitation:

## FORMS

Stammering:  
**423,600\***  
 Adults (16+ years)

**170,700\***  
 Children under 5 years

Aphasia  
**210,100\***  
 overall

Developmental  
 Verbal  
 Dyspraxia


Voice Dystonia/  
 Spasmodic  
 Dysphonia

Dysarthria



### Conditions commonly affecting speech:

Learning disabilities

 1,198,000

Stroke

 966,093

Dementia

 685,812

Autistic Spectrum Disorder

 600,200\*

Parkinson's

 107,835

Multiple Sclerosis

 87,686

Head and neck cancer

 32,500\*

Cerebral Palsy

 24,620

Tourette's of speech

 21,000\*

Motor Neurone Disease

 3,800\*

Traumatic brain injury

 N/A

\*Numbers calculated from UK/GB figures.

# Mobility



36% of disabled people have mobility problems.



5,797,800\*

with some mobility issues (limiting or non-limiting).

546,200\* to over 726,000

estimated number of wheelchair users.

That's 5-7% of the disabled population



Mobility issues can be caused by a range of (also overlapping) problems and conditions including:

Arthritis	Chronic pain
8,402,700*	6,554,100*
Sight loss	Essential tremor
1,564,340	1,417,960
Paralysis	Stroke
1,023,500*	966,093
Chronic fatigue Syndrome/ME	Parkinson's
210,100*	107,835
Post Polio syndrome	Multiple Sclerosis
102,300*	87,686
Muscular dystrophy	Dystonia
70,872	58,800*
Amputation	Congenital Hemiplegia
53,900*	53,500
Spinal cord injuries	Narcolepsy
31,200	26,900*
Cerebral Palsy	Traumatic brain injury
24,620	N/A

\*Numbers calculated from UK/GB figures

## Overlap

Varies by condition but can include:



Dexterity problems



Long-term pain



Visual impairments



Long-term health conditions



23% of disabled people have dexterity problems.

2,856,900\*

of the population have some dexterity problems, e.g. lifting and carrying objects, using a keyboard (limiting or non-limiting).



Common contributing conditions:  
(Condition / Population)

Arthritis	Essential tremor
8,402,700*	1,417,960
Paralysis	Stroke
1,023,500*	966,093
Tourette's	Parkinson's
252,000	107,835
Multiple Sclerosis	Dystonia
87,686	58,800
Amputation	Congenital hemiplegia
53,900	53,500
Cerebral Palsy	Motor Neurone Disease
24,620	3,800*

\*Numbers calculated from UK/GB figures.

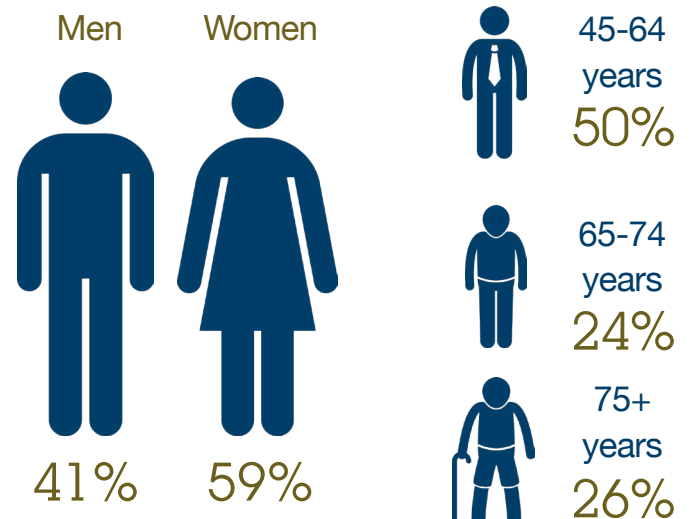
Arthritis  
7.3m

people in England aged 45+ have sought treatment for osteoarthritis (limiting or non-limiting).

336,100\* people with rheumatoid arthritis.

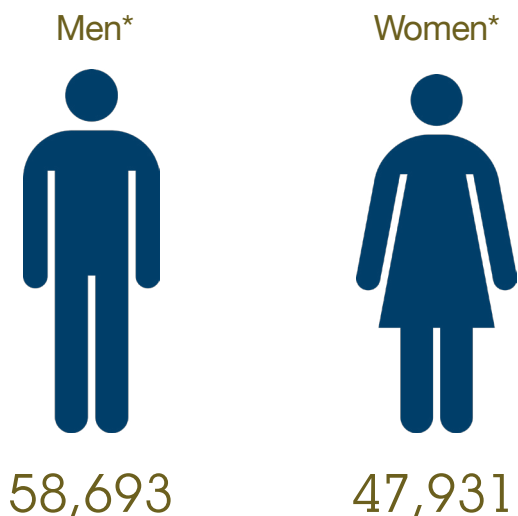


People (aged 45+) with osteoarthritis:

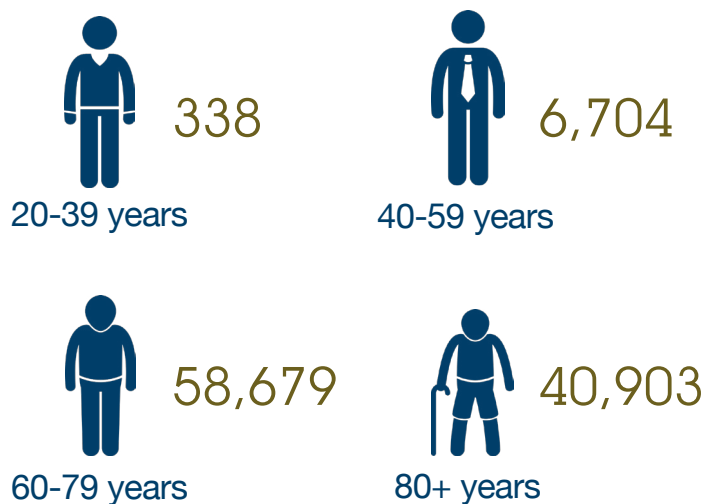


## Parkinson's

Population (20+ years) by gender

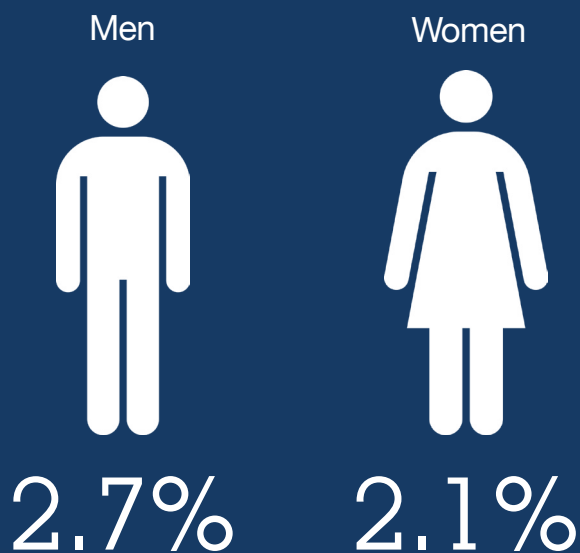


Population (20+ years) by age



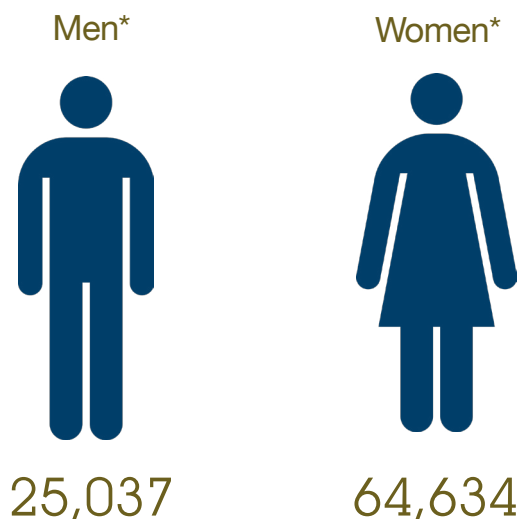
## Stroke

Prevalence by gender  
(all adults 16+ years)



## Multiple Sclerosis

Population by gender



\*Numbers calculated from UK/GB figures

### Overlap

Is very large with those who have mobility issues; also often with long-term pain and long-term health conditions.



Long-term pain



Long-term health conditions

# Long-term pain



**54%** of disabled people have long-term pain.



**6.5 million** <sup>\*</sup>  
people live with chronic pain.

**4.7 million** <sup>\*</sup>  
of which are limited by it.

Main causes are arthritis and back pain. Other common causes can be:

- multiple sclerosis,
- migraine,
- cluster headache,
- fibromyalgia.

People (16+ years) with limiting chronic pain by gender

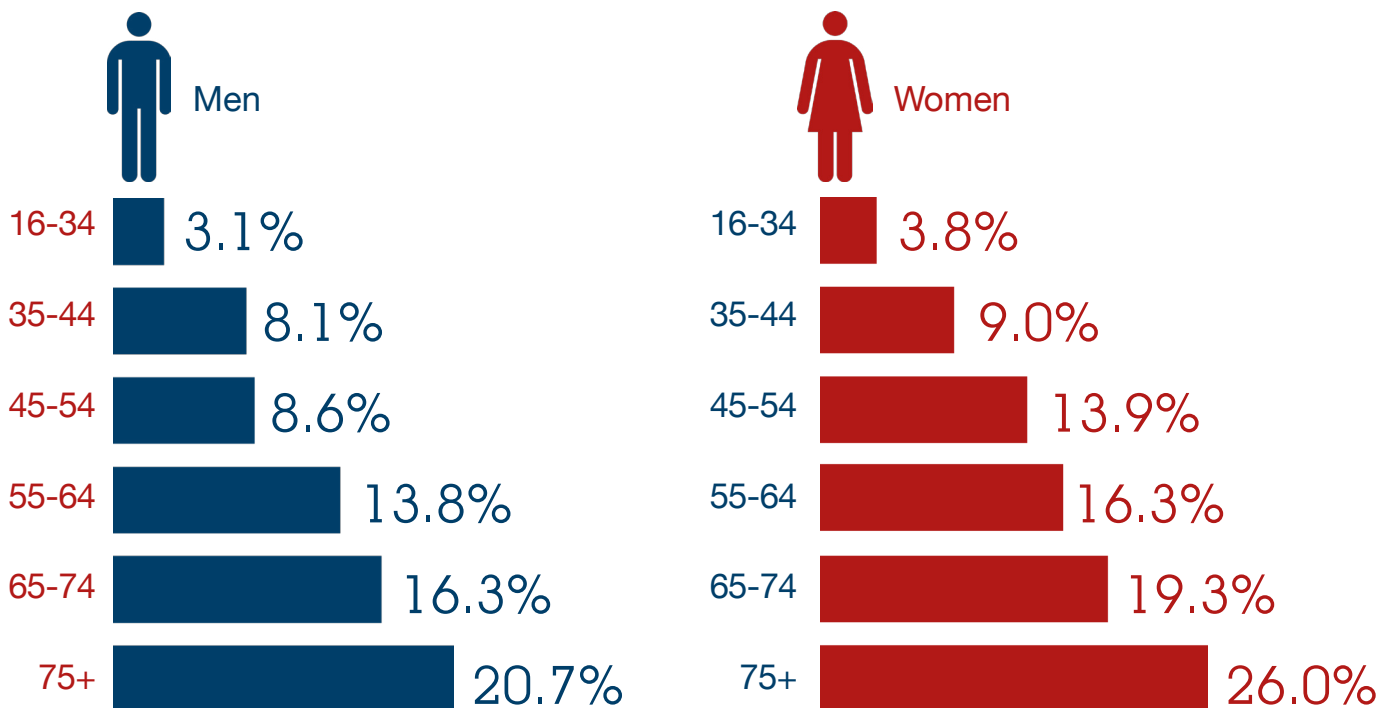
Men Overall  
**9.3%**



Women Overall  
**11.8%**



## People (16+ years) with limiting chronic pain by age in years



\*Numbers calculated from UK/GB figures.

## Arthritis

# 8.4 million\*

with arthritis overall.

# 7.3m

people in England aged 45+ have sought treatment for osteoarthritis (limiting or non-limiting).

# 336,100\*

People with rheumatoid arthritis.



## Back Pain

# 6 million\*

adults 16+ years with back pain.

Men



11.5%

Women



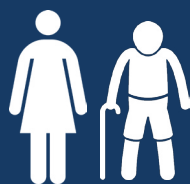
16.3%



## Fibromyalgia

# 1 million\* to 2.4 million\*

People with fibromyalgia.



Women and people aged 35-60 most likely.

## Migraine

# 5.8 million\*

Adults (16-65 years) with migraine.



Men

7.6%



Women

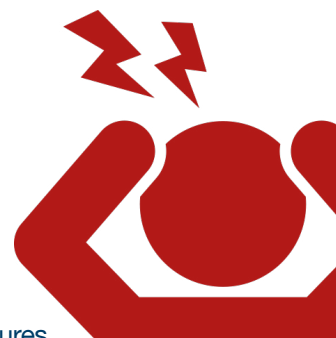
13.8%

## Cluster headache

# 80,260

People affected.

\*Numbers calculated from UK/GB figures



### Overlap

overlap varies by condition and covers many different areas, but can include:



Dexterity problems



Mobility problems



Long-term health conditions





# 12%

 of disabled people have breathing problems.

## 3,865,200\*

Indicate they have problems with stamina/breathing/fatigue that substantially limit their day-to-day activities.



Commonly associated conditions (limiting or non-limiting).

### Asthma

## 4.5 million

People receiving treatment for asthma – some people have both asthma and Chronic Obstructive Pulmonary Disease (COPD).



Adults

3.6 million\*\*

\*\*age not defined in source



Children

933,000\*\*

Includes

- Chronic Sinusitis
- allergies/Hayfever.

### COPD

## 3.1 million\*

With Chronic Obstructive Pulmonary Disease (COPD), many of whom are undiagnosed.

### Cystic Fibrosis

Around **7,600\*** people affected.

Median age: 18 years old.



Men  
52.9%



Women  
47.1%

Can also affect mobility.

\*Numbers calculated from UK/GB figures.

### Overlap

Mainly with those indicating they have long-term health conditions and long-term pain.



Long-term pain



Long-term health conditions



**14%** of disabled people have a learning, intellectual or memory impairment.

**1.1 million**

People with learning, understanding or concentration difficulties (limiting or non-limiting).

**1.5 million\***

People with memory problems (limiting or non-limiting). Most common causes are: anxiety, stress, depression, dementia, head injury, stroke.

### Learning disabilities

Population with learning disabilities by age and gender

Children  
0-17 years

Adult  
18+ years



Female

Male

Female

Male

106,000

180,000

375,000

530,000

Population with profound learning disabilities by age group\*\*

Older people  
25,000

Children and young people  
65,000



Adults of working age  
120,000

\*Numbers calculated from UK/GB figures.

\*\*age not defined in source.

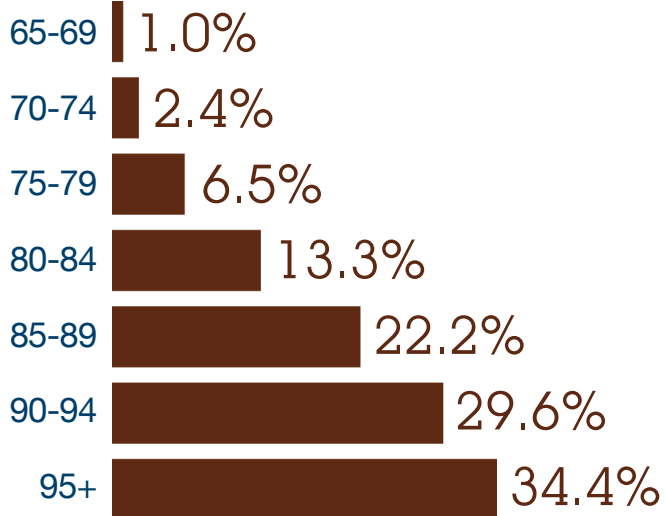
# Dementia 685,812

people overall  
(limiting or non-limiting forms).

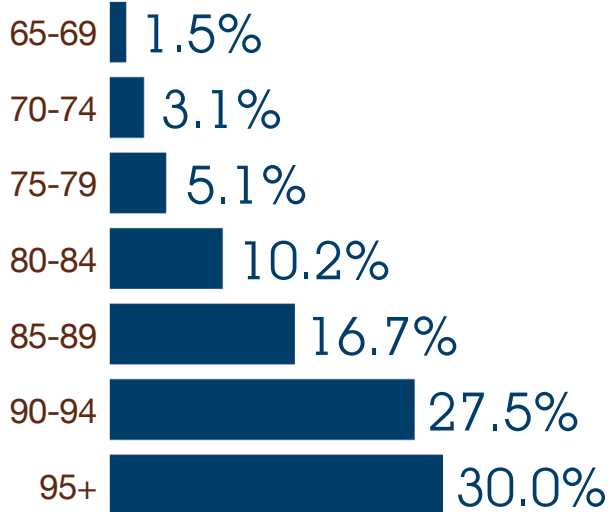
## Prevalence of late onset dementia by age in years



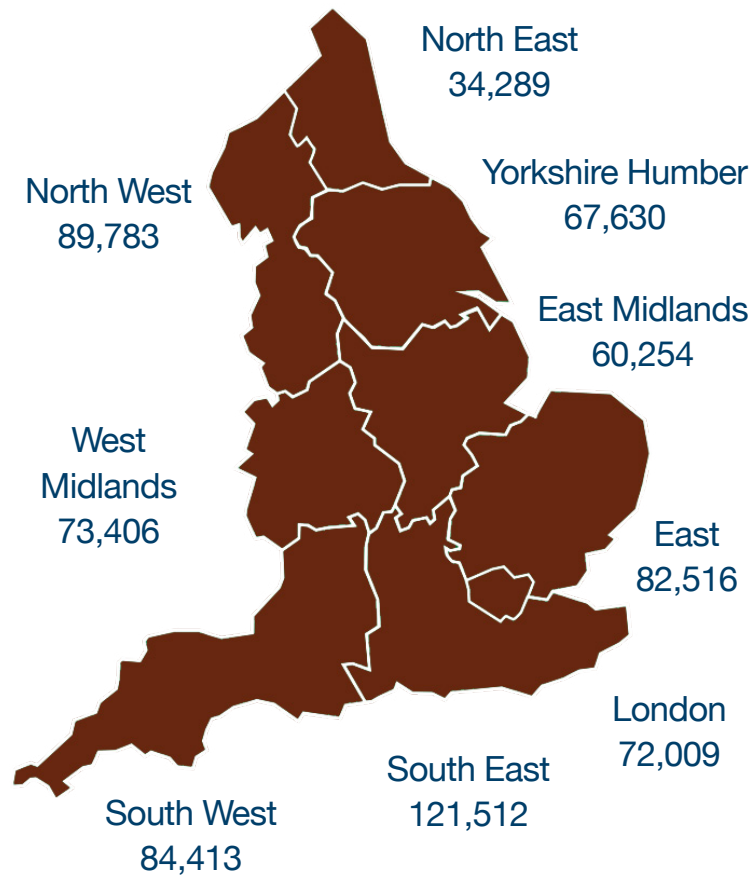
Women



Men



## Dementia population by region



### Overlap

Can occur with:



Autistic Spectrum Disorders



Attention deficit hyperactivity disorder, behaviour, and other mental health conditions



Speech



Long-term health conditions

## Other



**4%** of disabled people have other impairments than those listed in the previous sections.

This equates to

**352,103\***

disabled people who could have a wide variety of other types of impairments.



It is important to include this as a category to ensure that people with any other type of impairment are included in overall statistics.

However it is a very difficult category to analyse.

Some people might not recognise their impairment from those listed previously. Some may prefer not to answer.

Possible other impairment areas which may not have been captured by the previous categories could include:

- Behavioural
- Balance or physical co-ordination
- Continence
- Other sensory impairments
- Alcohol, drug or gambling dependency (these figures are captured in some mental health studies but may not have been self-reported as such)
- Digestive conditions
- People of restricted growth.





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