



artemis
STRATEGY GROUP

A Women-Owned Business

Women's Well-Being: Impact of Disability

Temporary or Permanent Conditions that Limit Abilities
Have a Major Impact on Women's Financial Well-Being

Selected findings from Artemis Strategy Group's 2024 MAP Study

Women and Well-Being 2024: Impact of Disability



Life Priorities and Women's Well-Being

- Our [Women and Well-Being](#) analysis revealed the disproportionate burden of economic stressors on women in their prime working and childbearing ages and the subsequent toll on well-being.



Impact of Disability on Women's Well-Being

- In this report, we explore an additional factor that has a major impact on well-being: managing a physical or emotional condition that interferes with daily activity.
- Disability impacts women of all ages: over a third of women age 50+ and one in four women under age 50 currently have some type of limiting illness or injury.
- Two in ten (21%) women say they formally qualify as having a disability.



How are Disabled Women Doing on What Matters Most?

- Our work has shown that while family health and relationships are top contributors to happiness, financial security is also an important factor. Disabled women are falling far short on this important measure which may explain why **only 44% feel they are meeting or close to meeting their overall personal goals.**
- Disabled women are feeling best about their situation when it comes to **meeting goals for family, relationships and home. Disabled women fall short when it comes to health/wellness, financial security and job/or career.**

Women and Well-Being 2024: Impact of Disability



What's Getting in the Way?

- Financial security is a top concern and area of focus, but disabled women face a great deal of challenges in working toward that goal.
 - ▶ **64%** of women with a disability faced **financial challenges** in the past year such as **difficulty finding a well-paying job with good benefits, affordable food, housing, healthcare, and childcare.**
 - ▶ **78%** faced **physical health problems or mental health challenges** in the past year.
- On top of their own struggles, those with a disability are more likely than those without to have someone else in the household with a disability (30%) further intensifying the challenge.
- Financial, physical and mental health are so **interconnected that a challenge in one area often compounds the other two.**

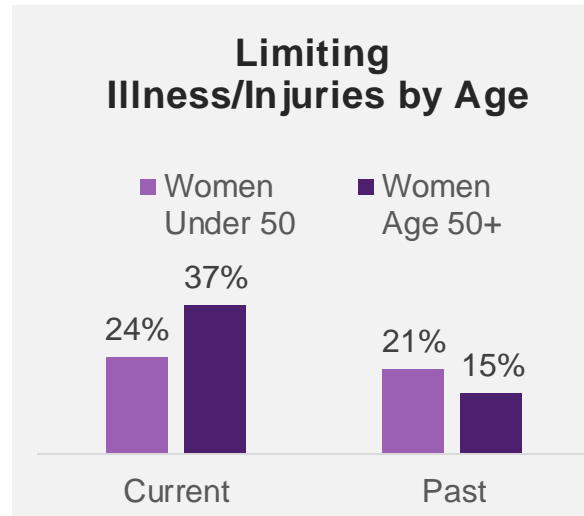
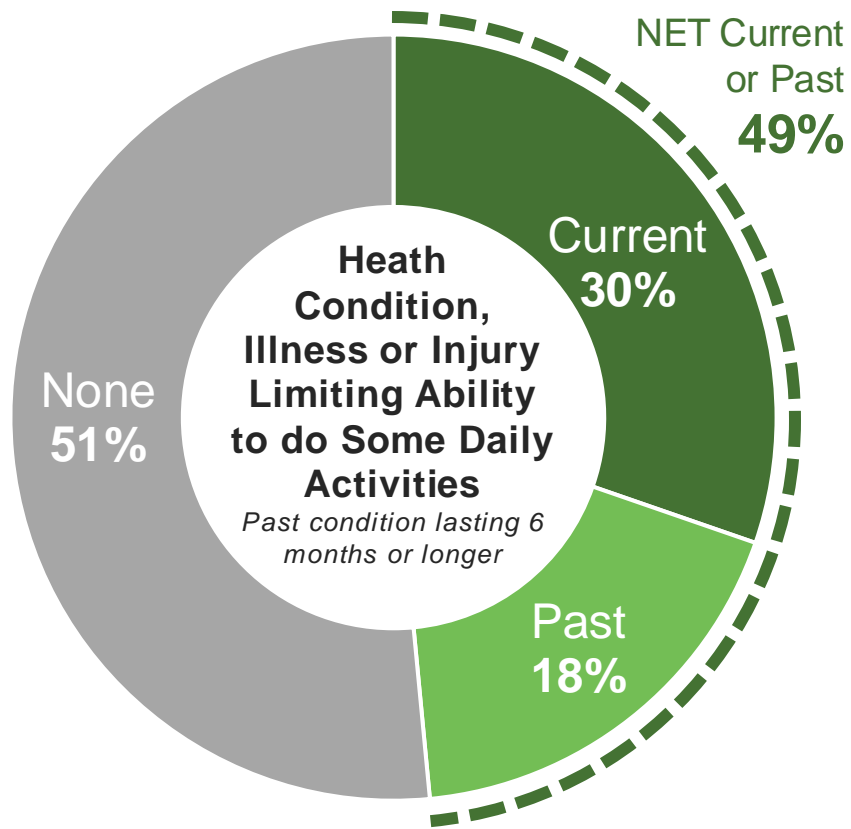


Actions to Alleviate or Improve Situation

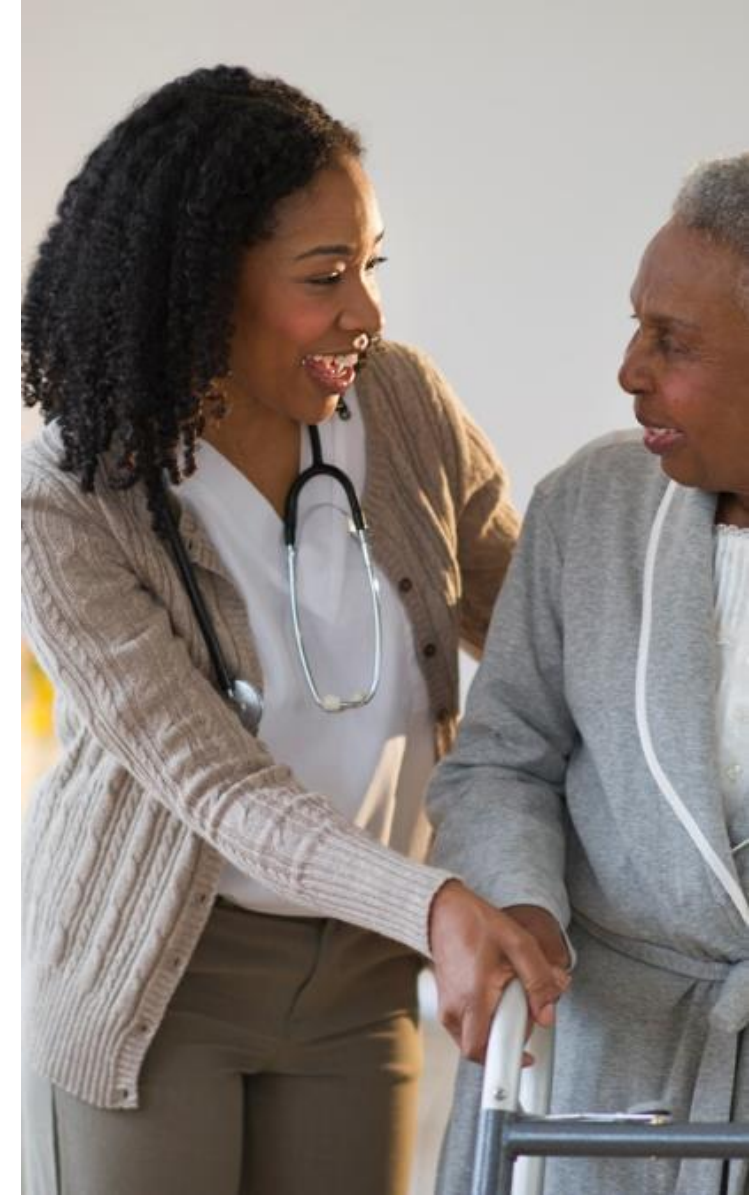
- Diet and exercise top the list of actions women with a disability take to improve their physical health, followed by medical intervention. Spending time outside and in nature, engaging in hobbies, social activity and meditation or prayer are top actions for improving mental health. There is overlap in the physical and mental health benefits of exercise and spending time outside and in nature.
- Increasing savings is the most common factor that enhances feeling financially in control followed by access to quality affordable essentials like food, housing and healthcare.

Three in 10 Women Have Health Conditions or Injuries that Put a Limit on Daily Activities

Over a third of women age 50+ and one in four women under age 50 currently have some type of limiting illness or injury although not all qualify as a disability.*



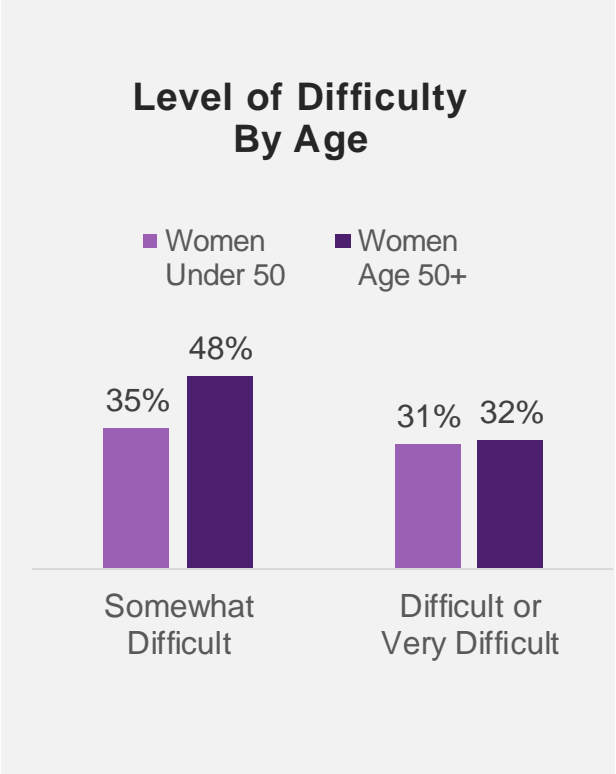
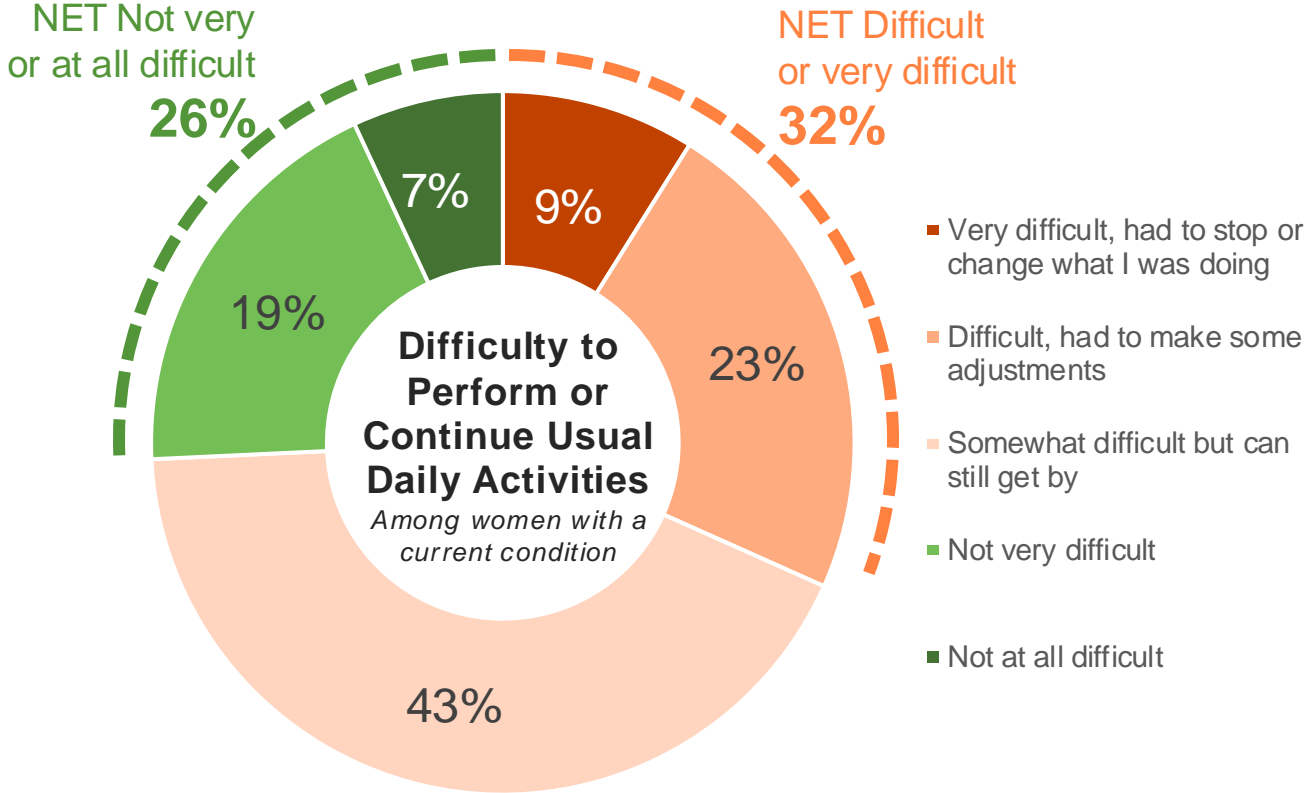
21% of women currently have a long lasting physical or mental condition that **qualifies as a disability** (48% among those with a current limitation)



*Self-reported; in this report we refer to those with a health condition, illness or injury limiting ability to do daily activities as “disabled”, regardless of whether they say it qualifies as a disability

Disability Makes Daily Activities More Difficult; One in Three Women Have to Adjust or Change Daily Activities

Regardless of age, one in three women have to make adjustments to their usual daily activities when they are experiencing a disabling condition.



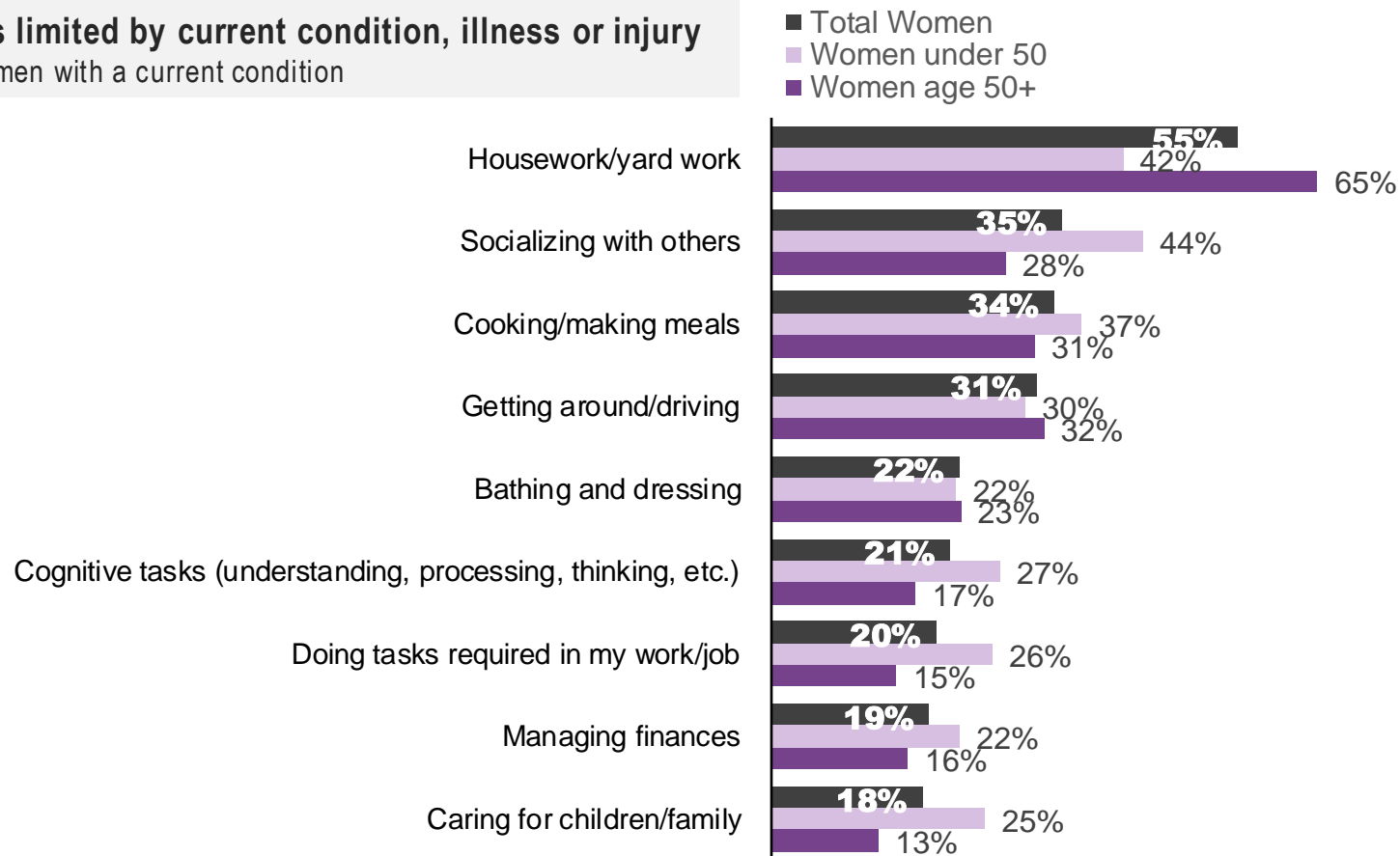


Health Limitations Get in the Way of Chores and Daily Life Activities as well as Socializing

Younger women are more likely than women age 50+ to experience limits on activities related to socializing, cognitive tasks, work related tasks and caring for children/family. Women over 50 are most likely to be challenged by housework and yardwork tasks.

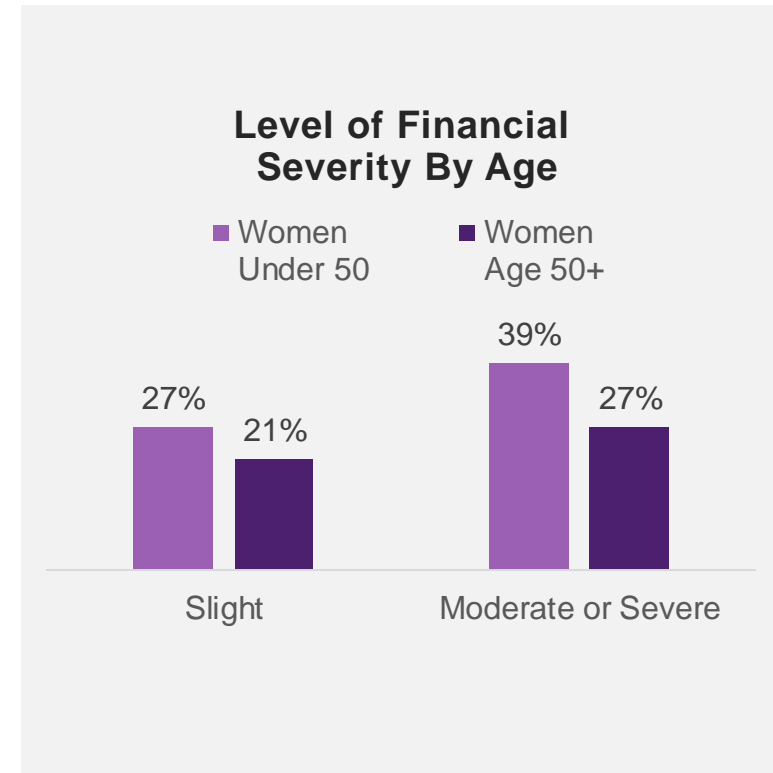
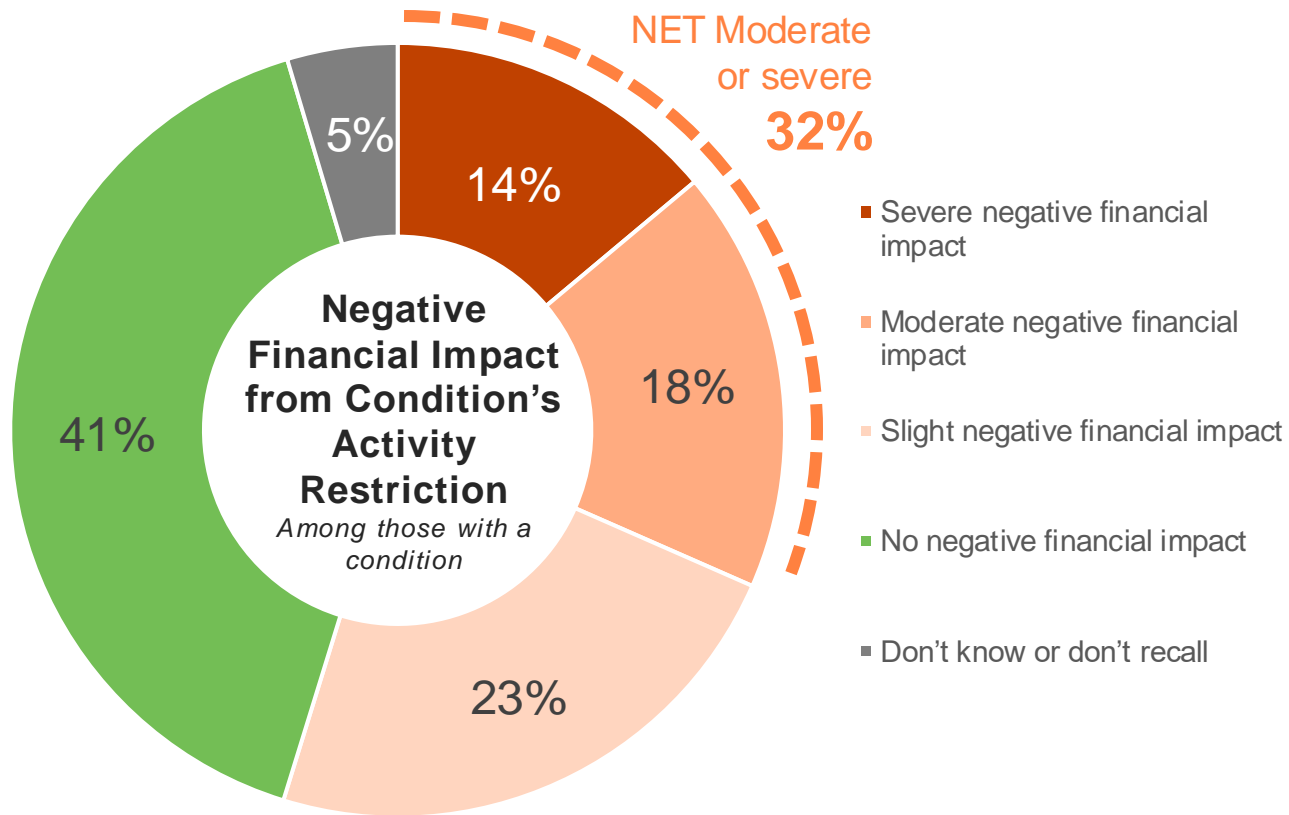
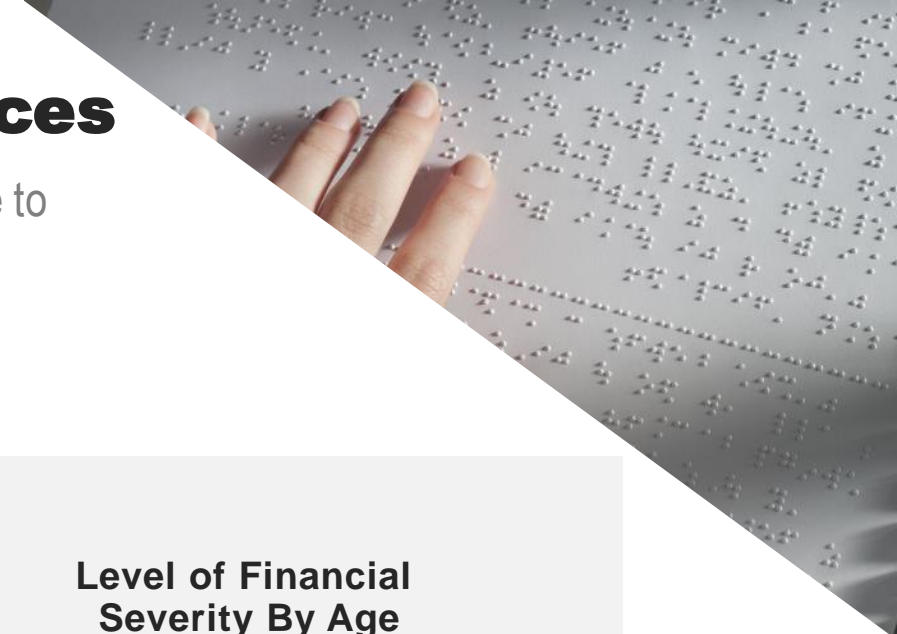
Activities limited by current condition, illness or injury

Among women with a current condition



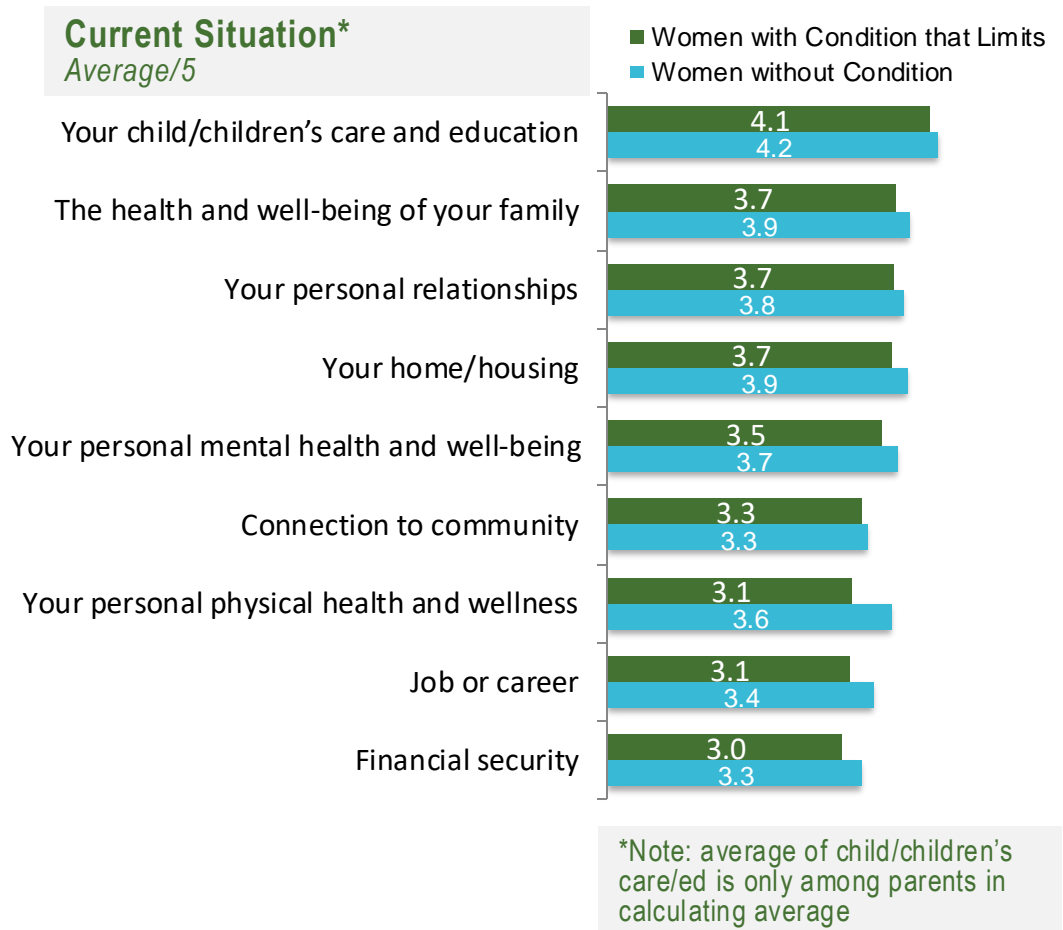
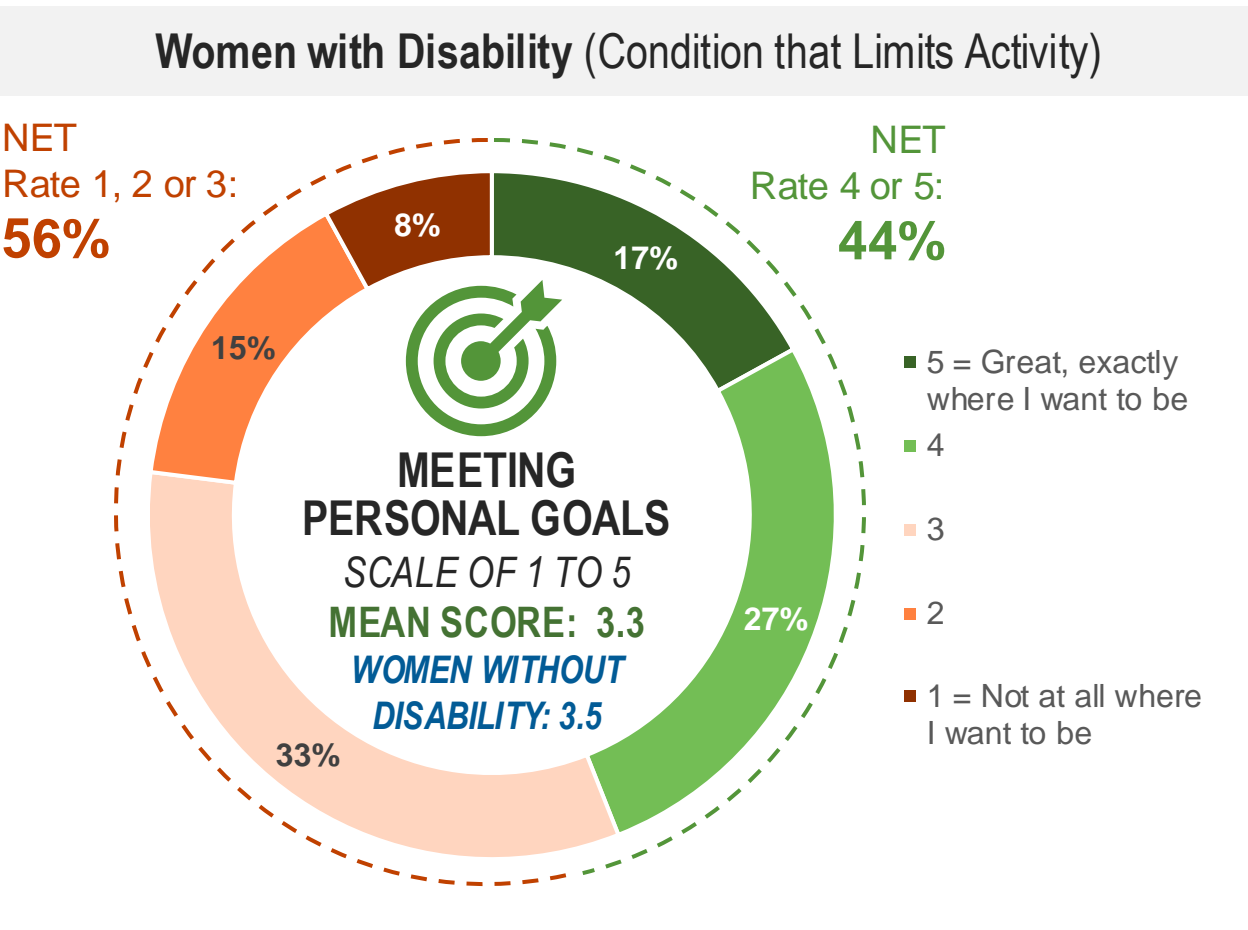
Disabilities Negatively Affect Women's Finances

One in three women experience moderate or severe negative impact on their finances due to their disability, the impact is more severe among women under 50.



Fewer than Half of Women With a Disability Feel They are Meeting or Close to Meeting Their Personal Goals

Women feel they are closest to goals pertaining to their child and family, relationships and home. The biggest gaps for women with disabilities are for health and well being of family, home, mental and physical health, job or career and financial security.



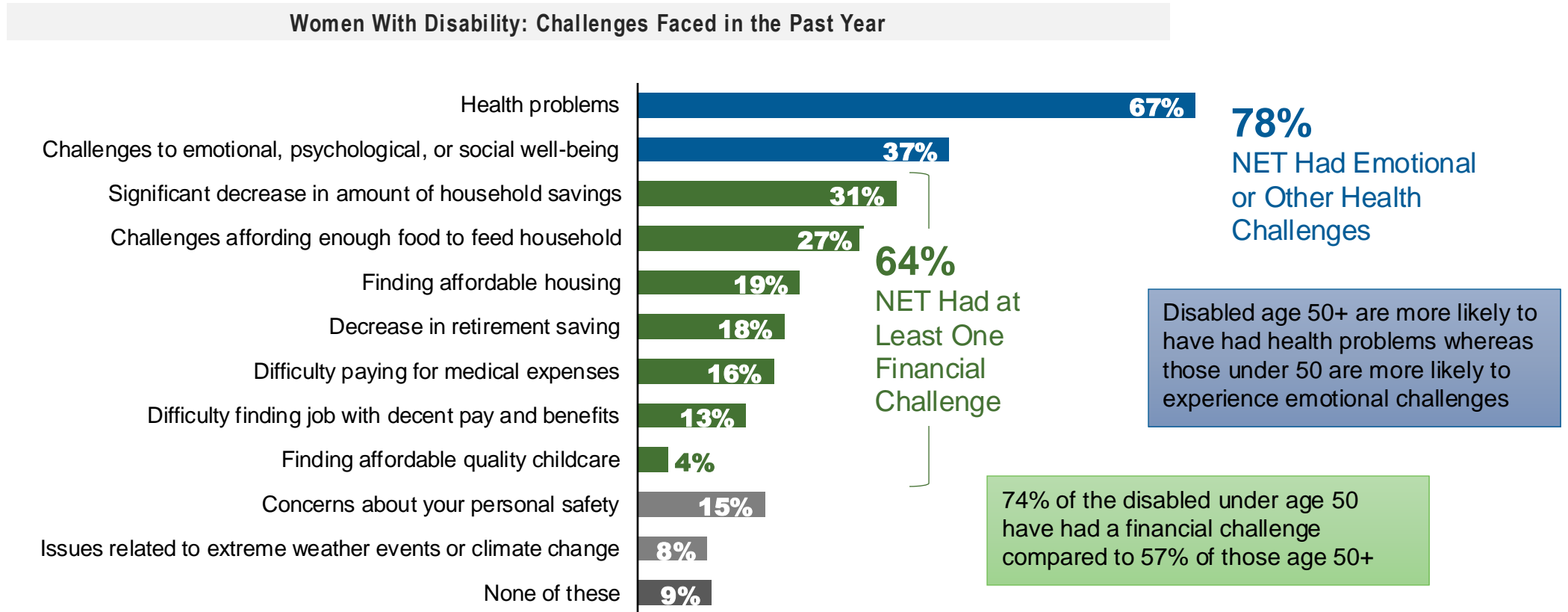
Base: Women who have a current condition, illness or injury that limits activity (N=363)

M8Q2. First, thinking broadly about your life right now, how well do you feel you are doing overall in terms of meeting your personal goals? Using the slider scale below indicate where you feel you are where 5= Great, exactly where I want to be, and 1= Not at all where I want to be.

M8Q3. Now, still thinking about your own life, how would you describe your current situation right now in each of the following areas?

Women with Disabilities Face An Array of Health and Financial Challenges

Two in three women with a disability faced at least one financial challenge and three quarters faced health problems or emotional challenges in the past year



Women Experiencing Disability Are...



54% are **Caregivers** and
15% are “**Sandwich**” **Caregivers**



30% have someone living in the household with a long-lasting condition that qualifies as a **disability**



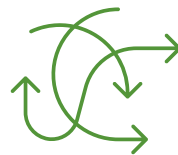
Less likely to have income **\$50,000** or more



Less likely to have assets of **\$100,000** or more



More likely to rate **physical, mental health** and **financial situation** as **fair/poor**



More likely to feel out of control in terms of **financial situation, physical health, and mental health**

Top Actions Taken to Improve Physical and Mental Health Among Women with Disability

Diet and exercise top the list of actions women with a disabling limitation take to improve their physical health, followed by medical intervention. Spending time outside and in nature, engaging in hobbies, social activity and meditation or prayer are top actions for improving mental health. There is overlap in the physical and mental health benefits of exercise and spending time outside and in nature.



Top 5 Actions Taken to Improve or Manage Physical Health

1. Ate a healthy or balanced diet
2. Exercised
3. Took prescription medication
4. Saw medical professional
5. Spent time outside and in nature

Among women with disabilities, under age 50 are more likely than age 50+ to take additional less traditional actions to improve or manage physical health: meditation or prayer, homeopathic remedies, use online tools or apps, engage in therapy, and attend support groups or classes



Top 5 Actions Taken to Improve or Manage Mental Health

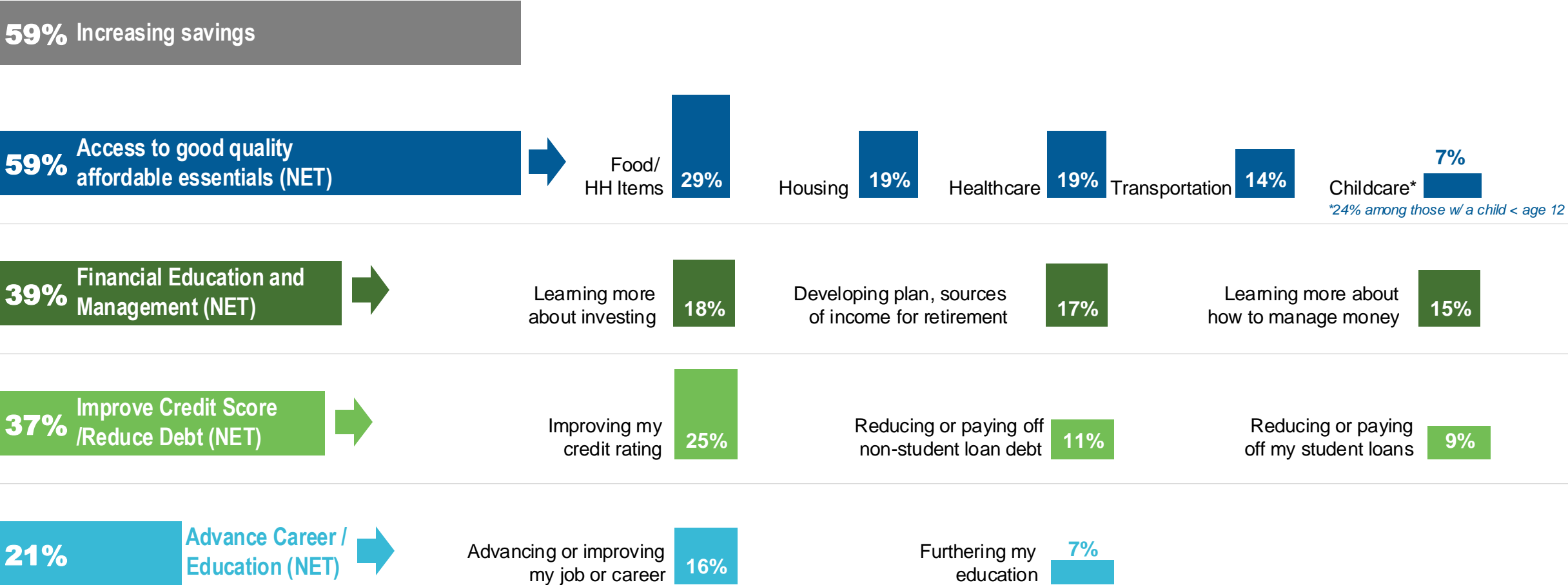
1. Spent time outside and in nature
2. Engaged in hobbies
3. Engaged in social activity with others
4. Engaged in meditation, relaxation or prayer
5. Exercised

Among women with disabilities, under age 50 are more likely than age 50+ to take a range of actions to improve mental health: hobbies, exercise, prescription medication, see a medical professional, eat a healthy diet, use online tools or apps, engage in therapy, take homeopathic remedies, and attend support groups or classes

Enhancing Feelings of Financial Control Among Women With Disability

Increasing savings is the most common factor that enhances feeling financially in control followed by access to quality affordable essentials like food, housing and healthcare.

Women With a Disability Factors Enhancing Feelings of Financial Control



Methodology



Online survey



2,347

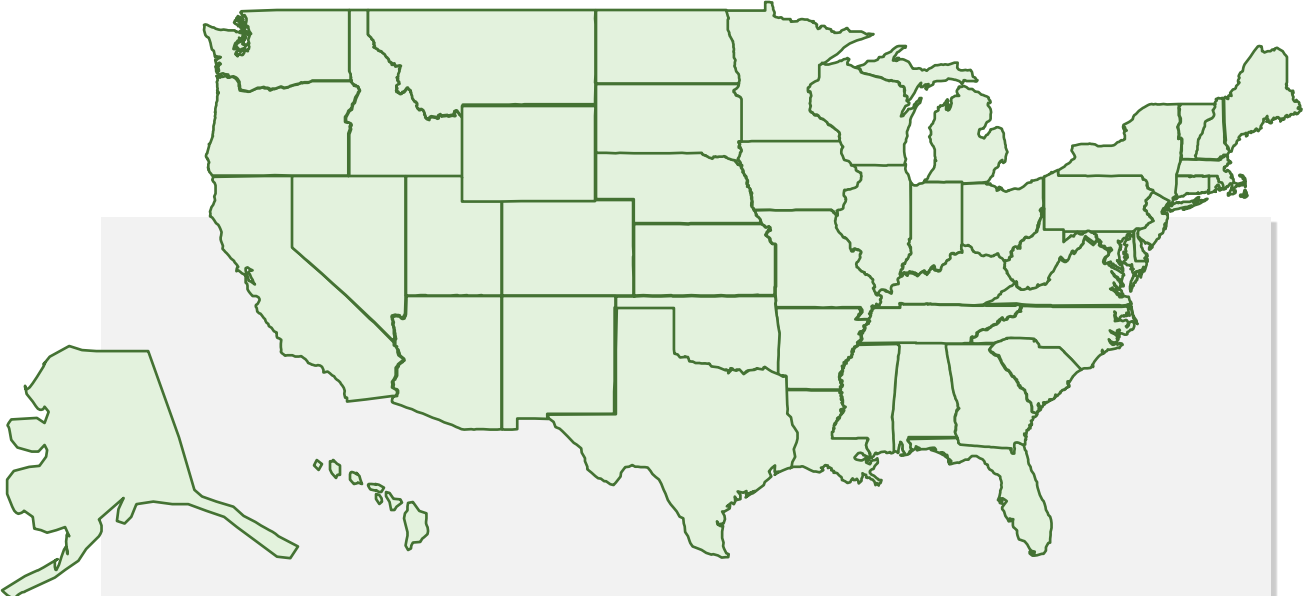
U.S. adults, age 18+



Conducted from
June 12-21, 2024



Median interview length was
approximately 15.5 minutes



Overall demographic targets set for age within gender, race and ethnicity, registered voter party and income to obtain a sample reflective of the U.S. adult population based on Census data.



About this Study

We're excited to share the results of our **Life Priorities Assessment** study with our clients and friends. In it we measure how Americans assess their **financial situation, physical health and emotional health**.

Going further than we have in previous MAP* studies, this year we identify how people are faring on their overall **goals**, what they spend their **time and energy** on, what their **primary concerns and challenges** are, and what most contributes to their **happiness**.

Why do we conduct this research? We often touch on these topics in work we do with clients, and we find that conducting our own studies, as we have for past decade, gives us the freedom to explore what motivates people more holistically, providing a fuller context for understanding decision-making.

Please reach out to the Artemis team to learn more (see the last page for contact information).

*MAP is an initiative based on our proprietary primary research to develop insights and practical tools that inspire marketing and communications leaders.

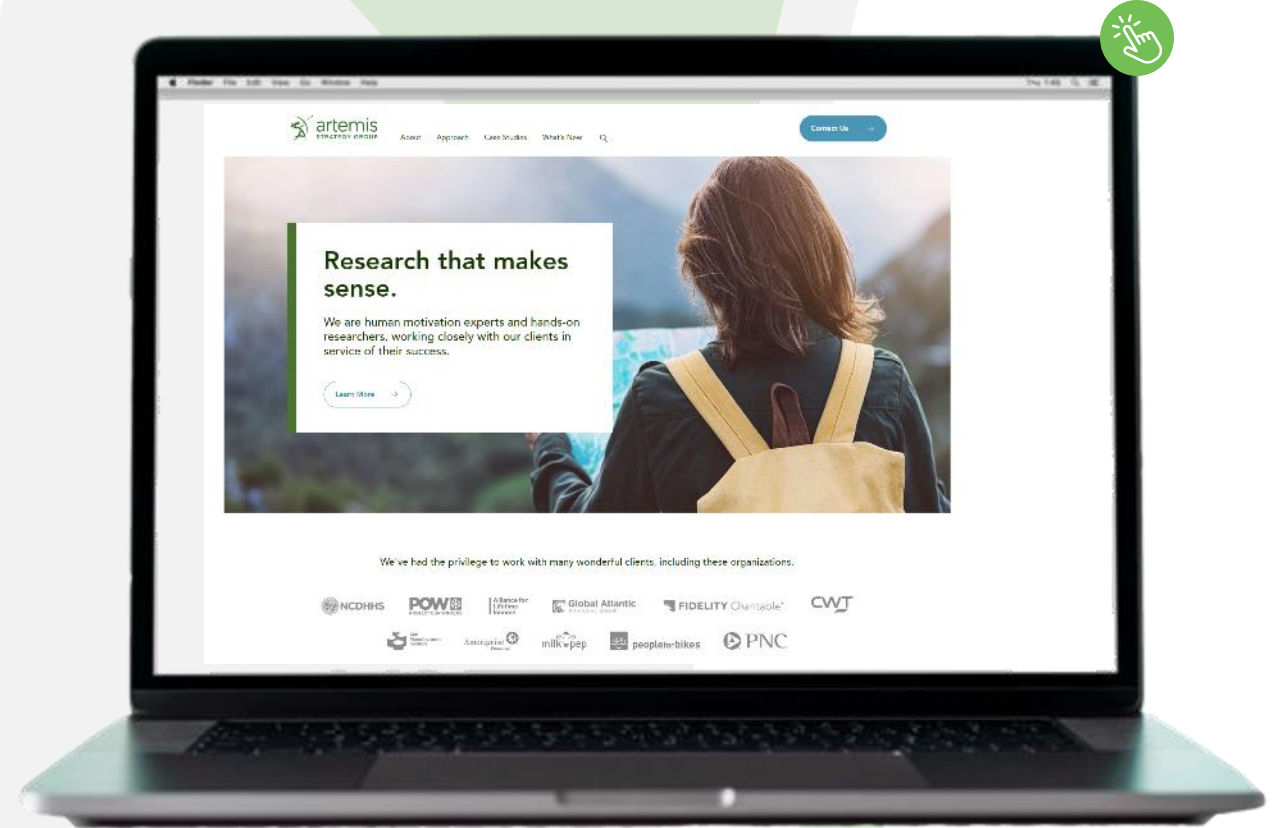
About Us

Click the image (in presentation mode) to visit our website

www.Artemissg.com

Artemis Strategy Group, LLC

is a communications strategy research firm specializing in brand positioning and policy issues. The women-owned firm provides communications research and consulting to a range of public and private sector clients.



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