

Health of Victorian adults with an intellectual disability

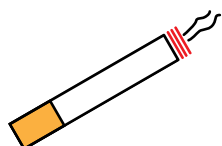
Health of Victorian adults with an intellectual disability compared with other Victorian adults in 2013.



The good news is that in 2013 compared to other adult Victorians, adults with an intellectual disability...



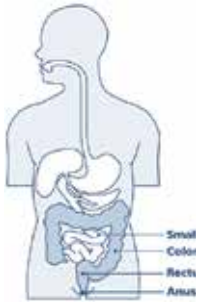
Ate the same amount of fruit and vegetables



Smoked less



Drank less alcohol



Were more likely to be tested for bowel cancer if they were between 50 and 59 years old



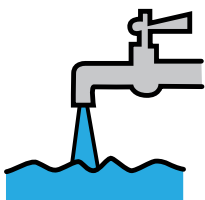
Were just as likely to be part of a sports club



Were just as likely to be part of a church



Were more likely to wear a hat when out in the sun



Were more likely to drink water when thirsty
This has improved in the last four years



Were just as likely to be tested for breast cancer if they were between 50 and 59 years old
Were more likely to be screened for breast cancer if they were older than 60
This has improved in the last four years



There are areas where there is room for improvement. Compared with other Victorian adults, adults with an intellectual disability...



Were less likely to wear sunglasses when in the sun to protect eyes

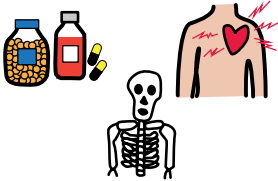


Were more likely to be obese if they were aged between 18 and 39 years



Diabetes Australia

Were just as likely to have diabetes

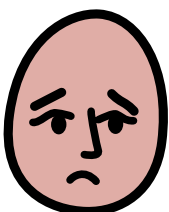


Were more likely to have:

- Heart disease
- Osteoporosis



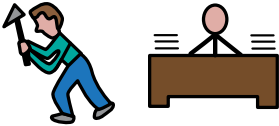
Were less physically active



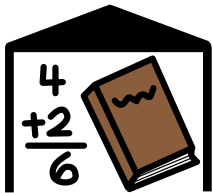
Were more likely to have depression



Were less likely to be tested for cervical cancer if they were between 18 and 59 years old



Were less likely to be employed



Were less likely to stay at school



Were less likely to get help from family, friends and neighbours



Were less likely to use community resources such as leisure and sports centres, libraries and neighbourhood centres if they were between 18 and 59 years old



The full report is available at:

http://www.health.vic.gov.au/healthstatus/vphs_id.htm.

To receive this publication in an accessible format phone 9096 0000, using the National Relay Service 13 36 77 if required, or email vphs@dhhs.vic.gov.au

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