

Smoking, nutrition, alcohol and physical activity levels of Victorians with an intellectual disability

Fact sheet issued October 2011

Smoking

According to the *Victorian Population Health Survey of People with an Intellectual Disability 2009* (VPHS-ID 2009), a lower proportion of people with an intellectual disability were reported to be current smokers (5.7 per cent) and ex-smokers (3.1 per cent) than the general Victorian population (19.1 per cent and 23.8 per cent respectively).

Fruit intake

Almost half (48.0 per cent) of all people with an intellectual disability surveyed met the recommended minimum daily intake levels for fruit (three or more serves for those aged 18 years and two or more serves for those aged 19 years and over, similar to the general Victorian population (47.4 per cent).

Vegetable intake

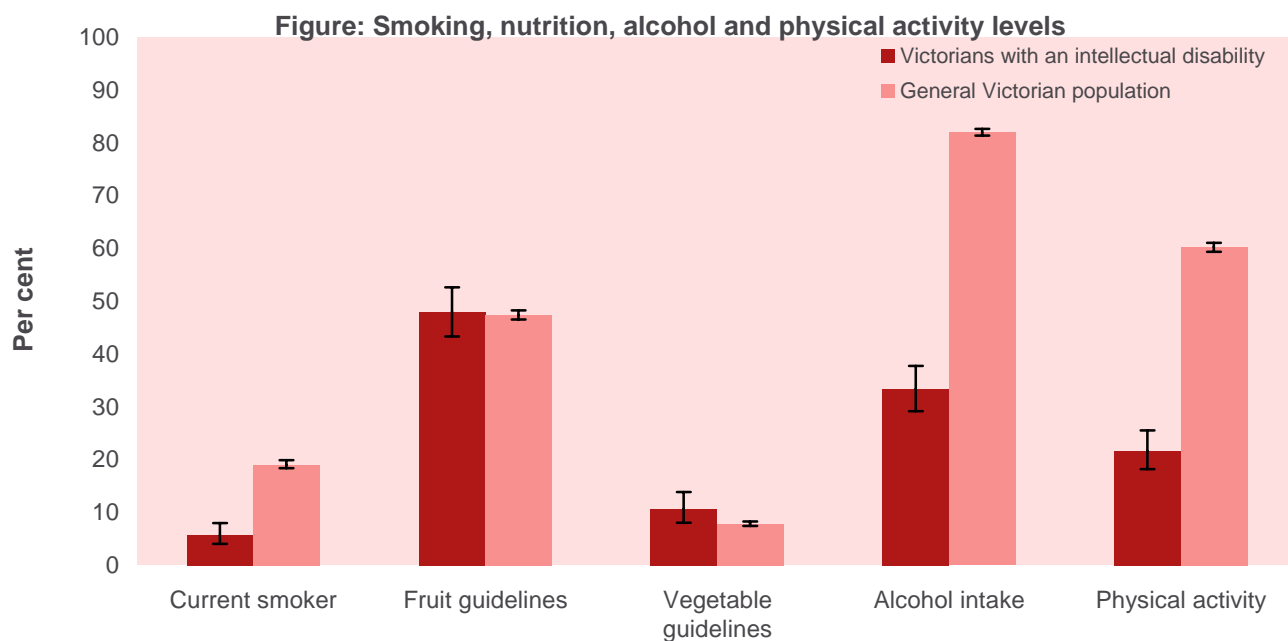
More than one in ten (10.7 per cent) people with an intellectual disability met the recommended minimum daily intake for vegetables (four or more serves for those aged 18 years and five or more serves for those aged 19 years and over), similar to the general Victorian population (7.9 per cent).

Alcohol intake

People with an intellectual disability were less likely to drink alcohol (33.4 per cent), compared with the general Victorian population (82.0 per cent).

Physical activity

The proportion of people with an intellectual disability undertaking adequate physical activity (measured in both sufficient time and sessions) to meet the national guidelines, was 21.7 per cent, lower than the general Victorian population (60.3 per cent).



For further information

The VPHS-ID 2009 is a state-wide survey the Department of Health undertook to collect information on the health and wellbeing of people with an intellectual disability in Victoria. This is the first time the survey has been carried out in Victoria.

The full report of the VPHS-ID 2009 is available at:
<http://www.health.vic.gov.au/healthstatus/>.

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