

Summary of findings

The Victorian population health survey of people with an intellectual disability 2009

The aim of the *Victorian Population Health Survey of People with an Intellectual Disability 2009* was to describe and explore the health and wellbeing of Victorians with an intellectual disability and to compare this to the health and wellbeing of the general Victorian population.

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).

Choice of drinks when thirsty

Compared with the general Victorian population, people with an intellectual disability:

- were much **less** likely to drink **water** when thirsty (44.7 per cent compared to 72.5 per cent)
- were three times **more** likely to drink **soft drinks** when thirsty (30.4 per cent compared to 10.1 per cent)
- were **more** likely to drink **fruit juice** when thirsty (5.0 per cent compared to 3.0 per cent).

Alcohol intake

People with an intellectual disability were **more likely** to be reported as **abstainers** or non drinkers (65.8 per cent), compared with the general Victorian population (18.0 per cent).

Smoking

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).

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).

Sun protection behaviour

Almost four in ten (40.3 per cent) people with an intellectual disability were reported to usually **wear sunglasses** when out in the sun, **lower** than the general Victorian population (74.0 per cent).

More than three quarters (77.7 per cent) of people with an intellectual disability were reported to usually **wear a hat**, when in the sun, **higher** than the general Victorian population (52.6 per cent).

Reported health

The **health status** of approximately three out of four (75.6 per cent) people with an intellectual disability aged 18 years and over was reported as being excellent, very good or good, **similar** to the general population (81.5 per cent).

Body weight

Almost half of all people with an intellectual disability (54.7 per cent) were either **overweight or obese** (28.0 per cent were overweight and 26.7 per cent were obese), which was **higher** than the general Victorian population (48.6 per cent). A **higher** proportion of people with an intellectual disability (3.7 per cent) were **underweight** compared with the general Victorian population (2.2 per cent).

Asthma

Almost one in ten (8.7 per cent) people with an intellectual disability reported experiencing **asthma** symptoms in the previous 12 months, **similar** to the general Victorian population (10.7 per cent).

Diabetes

The prevalence of doctor diagnosed **diabetes** for people with an intellectual disability was 8.9 per cent, **similar** to general Victorian population (5.8 per cent).

Chronic diseases

People with an intellectual disability were **more likely** to have **depression** and **less likely** to have **arthritis** compared with the general Victorian population. There was **no difference** in the prevalence of **heart disease** and **osteoporosis** between people with an intellectual disability and the general Victorian population.

Mental health

More than one in four (26.0 per cent) people with an intellectual disability sought professional help for a **mental health** problem in the last 12 months, **higher** than the general Victorian population (11.4 per cent).

Health checks and screening

People with an intellectual disability were **more likely** to have blood pressure and blood glucose checked in the past two years than the general Victorian population.

Almost one in four (25.6 per cent) people with an intellectual disability were reported to have had a test to detect bowel cancer, **similar** to the general Victorian population (29.4 per cent).

More than one in ten (14.8 per cent) females with an intellectual disability aged 20–69 years were reported to have had a Pap smear in the past two years, **lower** than females from the general Victorian population (71.1 per cent). More than half of (55.2 per cent) females with an intellectual disability were reported to have had a mammogram in the past two years, **lower** than females from the general Victorian population (75.9 per cent).

Medicine use and polypharmacy

More than three out of four (76.5 per cent) people with an intellectual disability were reported to have had a prescribed medicine in the last two weeks.

Almost two out of ten (19.9 per cent) people with an intellectual disability were reported to have been exposed to polypharmacy in the last two weeks.

Connections with others

Higher proportions of people with an intellectual disability attended a local community event in the past six months, received help from volunteer organization and were members of a community or action group, compared with the general Victorian population.

More than one in five (22.6 per cent) people with an intellectual disability was a member of a sports group and almost one in six (16.0 per cent) was a member of a church group, **similar** to the general Victorian population.

People with an intellectual disability were **less likely** to help out as a volunteer, get help from family, friends and neighbours when needed, or access community resources, compared with the general Victorian population.

Socio-demographic characteristics

People with an intellectual disability were **less likely** to be married, born overseas, employed and educated, but were **more likely** to have lived in their current neighbourhood for over 10 years.

For further information

The VPHS-ID 2009 is a statewide survey that 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 that 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/>

Authorised by the Victorian Government, Melbourne. To receive this publication in an accessible format phone Prevention and Population Health Branch on (03) 9096 5076.

Lifestyle behaviours	VPHS-ID 2009	Measure
Fruit intake	↔	Proportion meeting recommended daily intake levels
Vegetable intake	↔	
Alcohol intake	↓	Proportion of persons who drink alcohol
Water intake	↓	Proportion of persons who drink water when thirsty
Smoking	↓	Proportion of current smokers
Physical activity	↓	Adequate physical activity – sufficient time and sessions
Sun protective behaviour	↓	Proportion of persons wearing sunglasses when out in the sun
Health Status		
Reported health status	↔	Proportion reporting excellent/very good/good health
Obesity	↑	Proportion of persons obese according to Body Mass Index
Asthma	↔	Proportion experienced asthma symptoms in last 12 months (current asthma)
Diabetes	↔	Proportion diagnosed with type 2 diabetes
Heart disease	↔	Proportion diagnosed with heart disease
Osteoporosis	↔	Proportion diagnosed with osteoporosis
Arthritis	↓	Proportion diagnosed with arthritis
Depression	↑	Proportion diagnosed with depression
Health checks and screening		
Blood pressure check	↑	Proportion of persons aged 18 years and over who had a test in the past two years
Cholesterol checks	↔	
Blood sugar test	↑	Proportion of persons aged 50 years and over who had a test in the past two years
Bowel screen	↔	
Cervical screen	↓	Proportion of females aged 20–69 years who had a test in the past two years
Breast screen	↓	Proportion of females aged 50–69 years who had a test in the past two years
Connections with others		
Attended a local community event in the past six months	↑	Proportion of persons aged 18 years and over
Member of a sports group	↔	
Member of a church group	↔	Proportion of responses 'Yes definitely'
Member of community or action group	↑	
Receiving help from a volunteer organisation	↑	Proportion of persons who could get carer from relatives or a friend in an emergency
Help out a local group as a volunteer	↓	
Can get help from friends when needed	↓	Proportion of persons residing in neighbourhood for 10 years or more
Can get help from family when needed	↓	
Can get help from neighbours when needed	↓	Proportion of persons with at least secondary school education
Can access community resources	↓	
Can get care from relatives or friends in an emergency	↓	
Years lived in current neighbourhood	↑	
Socio-demographic characteristics		
Marital status	↓	Proportion of persons ever married
Country of birth	↓	Proportion of persons born overseas
Employment status	↓	Proportion of employed persons
Highest level of education attained	↓	Proportion of persons with at least secondary school education

* Aged 18 years and over unless otherwise specified

VPHS-ID 2009 = Victorian population health survey of people with an intellectual disability 2009.

↓ = Estimates that are (statistically) significantly lower than the corresponding estimate for the general Victorian population (VPHS 2008).

↑ = Estimates that are (statistically) significantly higher than the corresponding estimate for the general Victorian population (VPHS 2008).

↔ = Estimates that are not (statistically) significantly different from the corresponding estimate for the general Victorian population (VPHS 2008)