

Choice of drinks to improve oral health in Victorians with an intellectual disability

Fact sheet issued October 2011

Fruit juice and soft drink

According to the *Victorian Population Health Survey of People with an Intellectual Disability 2009* (VPHS-ID 2009), people with an intellectual disability were:

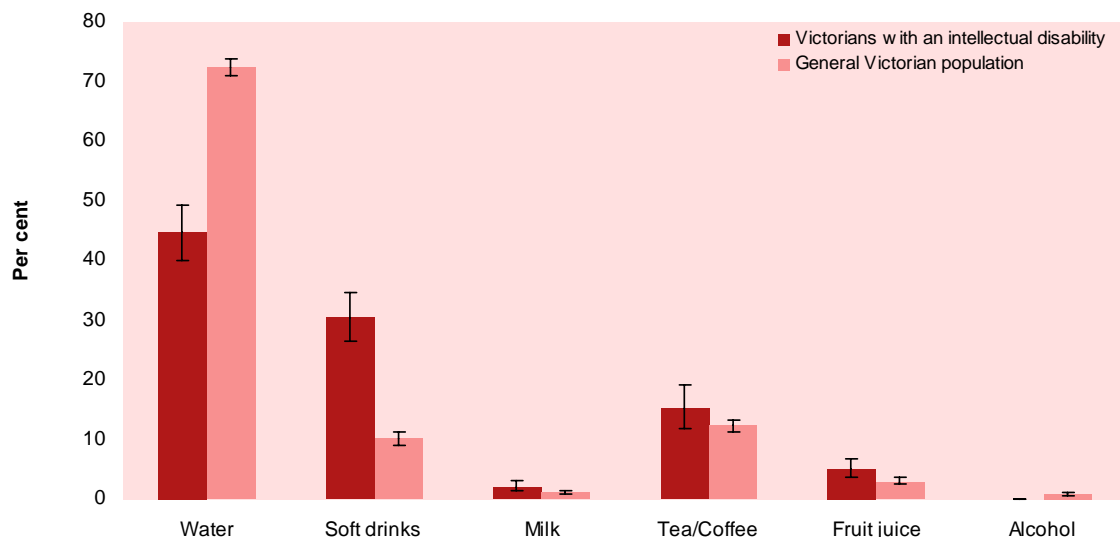
- much less likely (44.7 per cent) to drink water when thirsty than the general Victorian population (72.5 per cent)
- three times more likely to drink soft drinks when thirsty (30.4 per cent), compared with the general Victorian population (10.1 per cent)
- more likely to drink fruit juice when thirsty (5.0 per cent), compared with the general Victorian population (3.0 per cent).

Follow the *Drink well* guidelines to promote good oral health

Frequent exposure to acidic and sugary drinks increases the risk of dental decay. To reduce the risk of dental decay Dental Health Services Victoria suggests people follow the *Drink well* guidelines which are:

- Drink plenty of tap water.
- Avoid acidic and sugary drinks such as soft drinks, sports drinks, cordials, fruit juices and flavoured or carbonated water. If consumed, these are best to have with meals rather than between meals.
- Choose plain milk instead of flavoured milk.

Figure: Preferred drink when thirsty



The black bars in the graph indicate 95% confidence interval

For further information

The VPHS-ID 2009 is a statewide 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/>

Dental Health Services Victoria includes advice for adults to promote good oral health at:
<http://www.dhsv.org.au/dental-advice/general-dental-advice/people-with-disabilities/>

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