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

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: