

# Health of Victorian adults with an intellectual disability

Fact sheet issued October 2011

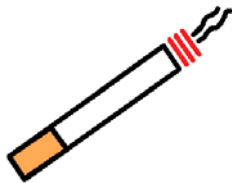
## Health of Victorian adults with an intellectual disability compared to other Victorian adults



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



Eat the same amount of fruit and vegetables



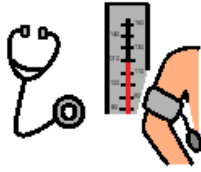
Smoke less



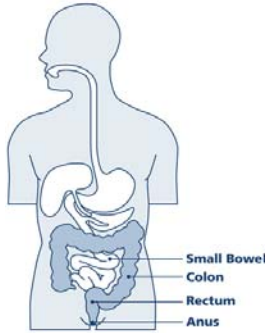
Drink less alcohol



Have less arthritis



Are more likely to have their blood pressure and blood sugar checked



Are just as likely to be screened for bowel cancer



Are just as likely to be part of a sports club



Are just as likely to be part of a church



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



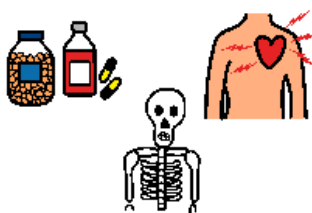
**The bad news is that compared to other adult Victorians, adults with an intellectual disability ...**



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



Are more likely to be overweight or underweight



Are just as likely to have:

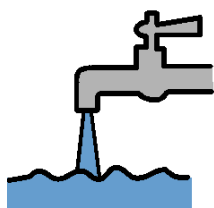
- Asthma
- Diabetes
- Heart disease
- Osteoporosis



Are less physically active



Are more likely to have depression



Drink soft drinks and fruit juice when thirsty instead of water



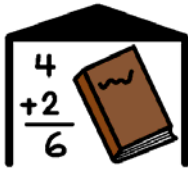
Are less likely to be screened for cervical cancer or breast cancer



Are less likely to be married



Are less likely to be employed



Are less likely to stay at school



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



Are less likely to access community resources such as leisure and sports centres, libraries and neighbourhood centres



The full report is available at:

<http://www.health.vic.gov.au/healthstatus/>

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