

Physical activity and Victorians with an intellectual disability

How much physical activity is enough?

The recommended level of physical activity to obtain a health benefit from physical activity is 30 minutes or more of moderate intensity activity most days of the week.

People with an intellectual disability are less active than the general Victorian population

According to the Victorian Population Health Survey of People with an Intellectual Disability 2013 (VPHS-ID 2013), people with an intellectual disability aged 18–59 years are less likely to meet physical activity guidelines compared with the general Victorian population in this age group. The survey showed no difference between people with an intellectual disability aged 60 years and over and the general Victorian population (Figure 1).

Walking is popular for people with an intellectual disability

The VPHS-ID 2013 asked people if they were involved in either 'no physical activity, walking only, vigorous activity only or vigorous activity plus walking'. In every age group a higher proportion of people with an intellectual disability took part in 'walking only' than the general Victorian population in 2013 (Figure 2).

Why does physical activity matter?

Physical inactivity is a major modifiable risk factor for a range of conditions including cardiovascular disease, diabetes, some cancers, obesity and falls among the elderly. The evidence suggests health benefits occur with increasing levels of physical activity and this protective effect occurs even if physical activity is adopted in middle and later life.

Ideas for becoming more active

The Better Health Channel provides health information that is reliable, up to date and easy to understand. For information about how to stay happy, healthy and active go to: http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/hl_physicalactivity?open

Figure 1: Meeting guidelines for physical activity

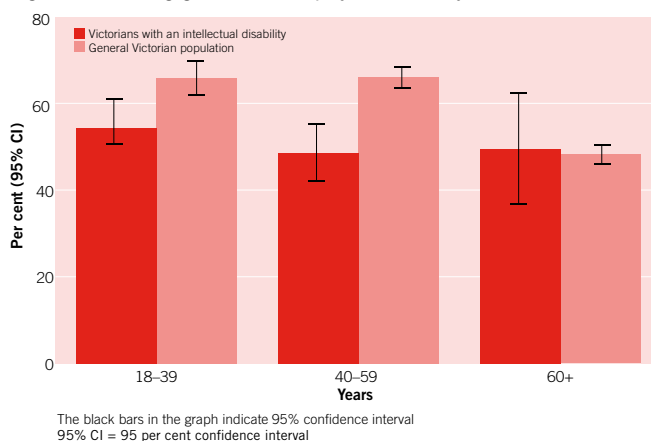
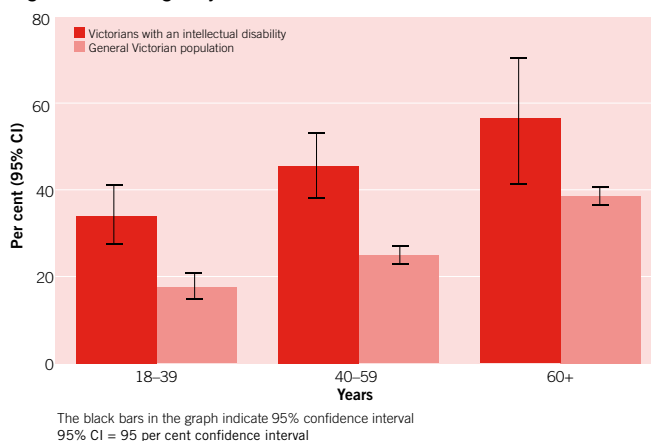


Figure 2: Walking only



Sports and recreation opportunities for residents

Reclink Australia operate the First Point of Call Service, which is part of Access for All Abilities and connects people of all ages with a disability to sports and recreational opportunities in Melbourne. Access for All Abilities is an 'opportunity broker' for every person, no matter what the disability is, to benefit from participating in sport and recreation. The First Point of Call Service offers choice to people with a disability in how to seek information and what sports and recreation opportunities are available. Activities can be found by searching the website at <www.aaavic.org.au> using your postcode and preferred sport, or by phoning 1800 222 842 for personally guided assistance.

For further information

The VPHS-ID 2013 is a statewide survey the Department of Health and Human Services undertook to collect information on the health and wellbeing of people with an intellectual disability in Victoria.

The full report of the VPHS-ID 2013 is available at:
www.health.vic.gov.au/healthstatus

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Available at www.health.vic.gov.au/healthstatus/survey/vphs-id.htm

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