

Victorian Population Health Survey of People with an Intellectual Disability 2013

Summary of findings

The Victorian Population Health Survey of People with an Intellectual Disability 2013	The aim of the Victorian Population Health Survey of People with an Intellectual Disability 2013 was to describe and explore the health and wellbeing of Victorians with an intellectual disability and to compare this with the health and wellbeing of the general Victorian population.
Fruit intake	In every age group similar proportions of people with an intellectual disability 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) as the general Victorian population.
Vegetable intake	In every age group similar proportions of 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) as the general Victorian population.
Consumption of soft drinks	<p>In every age group there was no difference in the consumption of sugar-sweetened soft drinks between people with an intellectual disability and the general Victorian population.</p> <p>There had been a significant reduction in the consumption of sugar-sweetened soft drinks in people with an intellectual disability since 2009.</p>
Alcohol intake	People with an intellectual disability were more likely to be reported as abstainers or non-drinkers in every age group compared with the general Victorian population.
Smoking	A lower proportion of people with an intellectual disability aged 18–59 years were current smokers than the same age groups in the general Victorian population.
Physical activity	People with an intellectual disability aged 18–59 years were less likely to meet physical activity guidelines (measured in both sufficient time and sessions) compared with the general Victorian population.
Sun protection behaviour	For every age group almost four in 10 people with an intellectual disability were reported to usually wear sunglasses when out in the sun, which was lower than the general Victorian population.
Reported health status	A lower proportion of people with an intellectual disability aged 40–59 years were reported to be in excellent or very good health compared with the same age group in the general Victorian population.
Body weight	Obesity was more prevalent among people with an intellectual disability aged 18–39 years compared with the same age group in the general Victorian population.

Asthma	People with an intellectual disability aged 18–39 years were less likely to report having been diagnosed by a doctor with current asthma compared with the same age group in the general Victorian population.
Diabetes	In each age group the prevalence of doctor-diagnosed diabetes for people with an intellectual disability was similar to the general Victorian population.
Chronic diseases	In every age group people with an intellectual disability were more likely to have depression and less likely to have arthritis compared with the general Victorian population. People with an intellectual disability aged 60 years or over were less likely to have ever been diagnosed with arthritis compared with the same age group in the general Victorian population. A higher proportion of people with an intellectual disability aged 18–59 years had been told by a doctor that they had heart disease compared with the same age groups in the general Victorian population.
Oral health	<p>The dental health status of people with an intellectual disability in every age group was reported to be only fair or poor, higher than the same age groups in the general Victorian population.</p> <p>Approximately seven in 10 people with an intellectual disability aged 40–59 years had visited a dental professional within the 12 months preceding the survey, which was higher than the same age group in the general Victorian population.</p> <p>In every age group people with an intellectual disability were less likely to brush their teeth two times or more a day than the same age group in the general Victorian population.</p> <p>There had been a significant change in the preference of choice of drink when thirsty by people with an intellectual disability since 2009. People with an intellectual disability aged 18–59 years in the current survey (VPHS-ID 2013) were less likely to choose soft drinks when thirsty than people with an intellectual disability in the same age group from the previous survey (VPHS-ID 2009).</p>
Mental health	In every age group a higher proportion of people with an intellectual disability sought professional help for a mental health problem in the 12 months preceding the survey compared with the general Victorian population.
Health checks	<p>People with an intellectual disability aged 40–59 years were more likely to have had their blood pressure and blood glucose checked in the preceding two years than the general Victorian population.</p> <p>About eight in 10 people with an intellectual disability aged 60 years or over had had a blood cholesterol check in the preceding two years, which was lower than the same age group in the general Victorian population.</p>

Cancer screening

Four in 10 people with an intellectual disability aged 50–59 years had had a test to detect **bowel cancer** in the preceding two years, which was **higher** than the same age group in the general Victorian population.

Women with an intellectual disability were less likely to have had a **Pap test** in the preceding two years than women from the general Victorian.

Women with an intellectual disability aged 60 years or over were **more likely** to have had a **mammogram** in the preceding two years than females aged 60 years or over from the general Victorian population.

Since the last survey there has been a significant improvement in breast cancer screening rates for women with an intellectual disability. In 2009 the survey showed 42.9 per cent of women with an intellectual disability aged 50–59 years had had a mammogram in the preceding two years. In 2013 this figure had risen to 78.1 per cent.

Medicine use and polypharmacy

In every age group approximately nine out of 10 people with an intellectual disability had taken a medicine in the preceding month.

Almost three out of 10 people with an intellectual disability aged 18–39 years and five out of 10 people with an intellectual disability aged 40–59 years were exposed to polypharmacy (use of five or more medicines).

Connections with others

People with an intellectual disability aged 60 years or over were **less likely** to be definitely able to get help from **family** if needed compared with the same age group in the general Victorian population.

In every age group a **lower** proportion of people with an intellectual disability could definitely get help from **friends** and **neighbours** when needed compared with the general Victorian population.

In every age group **higher** proportions of people with an intellectual disability **attended a local community event** in the preceding six months and **received help from a volunteer organisation** compared with the general Victorian population.

Socio-demographic characteristics

People with an intellectual disability were **less likely** to have ever married, ever been employed or to have completed **secondary education**. They were also less likely than the general Victorian population to have been **born overseas** and have **private health insurance**.

For further information

The VPHS-ID 2013 is a statewide survey that the Department of Health and Human Services undertook to collect information on the health and wellbeing of people with an intellectual disability in Victoria. This is the second time that the survey has been carried out in Victoria.

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

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