

Eight areas for action to improve the health of Victorians with an intellectual disability

Fact sheet issued October 2011

Victorian Population Health Survey of People with an Intellectual Disability 2009

The aim of the *Victorian Population Health Survey of People with an Intellectual Disability 2009* (VPHS-ID 2009) was to describe and explore the health and wellbeing of Victorians with an intellectual disability and to compare this to the health and wellbeing of the general Victorian population.

Drink water when thirsty

Compared with the general Victorian population, people with an intellectual disability were:

- much **less** likely to drink **water** when thirsty (44.7 per cent compared to 72.5 per cent)
three times **more** likely to drink **soft drinks** when thirsty (30.4 per cent compared to 10.1 per cent)
- **more** likely to drink **fruit juice** when thirsty (5.0 per cent compared to 3.0 per cent).

Increase physical activity

The proportion of people with an intellectual disability undertaking adequate physical activity (measured in both sufficient time and sessions) to meet the national guidelines, was 21.7 per cent, **lower** than the general Victorian population (60.3 per cent).

Aim for a healthy weight

Almost half of all people with an intellectual disability (54.7 per cent) were either overweight or obese (28.0 per cent were overweight and 26.7 per cent were obese). This was **higher** than the general Victorian population at 48.6 per cent. A **higher** proportion of people with an intellectual disability (3.7 per cent) were **underweight** compared with the general Victorian population (2.2 per cent).

Wear sunglasses when in the sun

Almost four in ten (40.3 per cent) people with an intellectual disability were reported to usually wear **sunglasses** when in the sun, **lower** than the general Victorian population (74.0 per cent).

Identify and treat depression

People with an intellectual disability were **more likely** to have **depression** (30.4 per cent) compared to the general Victorian population (19.9 per cent). More than one in four (26.0 per cent) people with an intellectual disability sought professional help for a mental health problem in the last 12 months, **higher** than the general Victorian population (11.4 per cent).

Pap and Breast screens for early detection of cancer

More than one in ten (14.8 per cent) females with an intellectual disability aged 20–69 years were reported to have had a Pap test in the past two years, **lower** than females from the general Victorian population (71.1 per cent).

More than half of (55.2 per cent) females with an intellectual disability were reported to have had a mammogram in the past two years, **lower** than females from the general Victorian population (75.9 per cent).

Connect with others

People with an intellectual disability were **less likely** to help out as a volunteer, get help from family, friends and neighbours when needed, or access community resources, compared with the general Victorian population.

People with an intellectual disability were **less likely** to be married, employed or as well educated as the general Victorian population.

For further information

The VPHS-ID 2009 is a statewide survey that 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 that 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/vphs_id.htm.

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