

'Pushing the Boundaries' 2017 Conference: ASID  
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Curtin University



# **What factors affect the perceived health of adults with intellectual disability?**

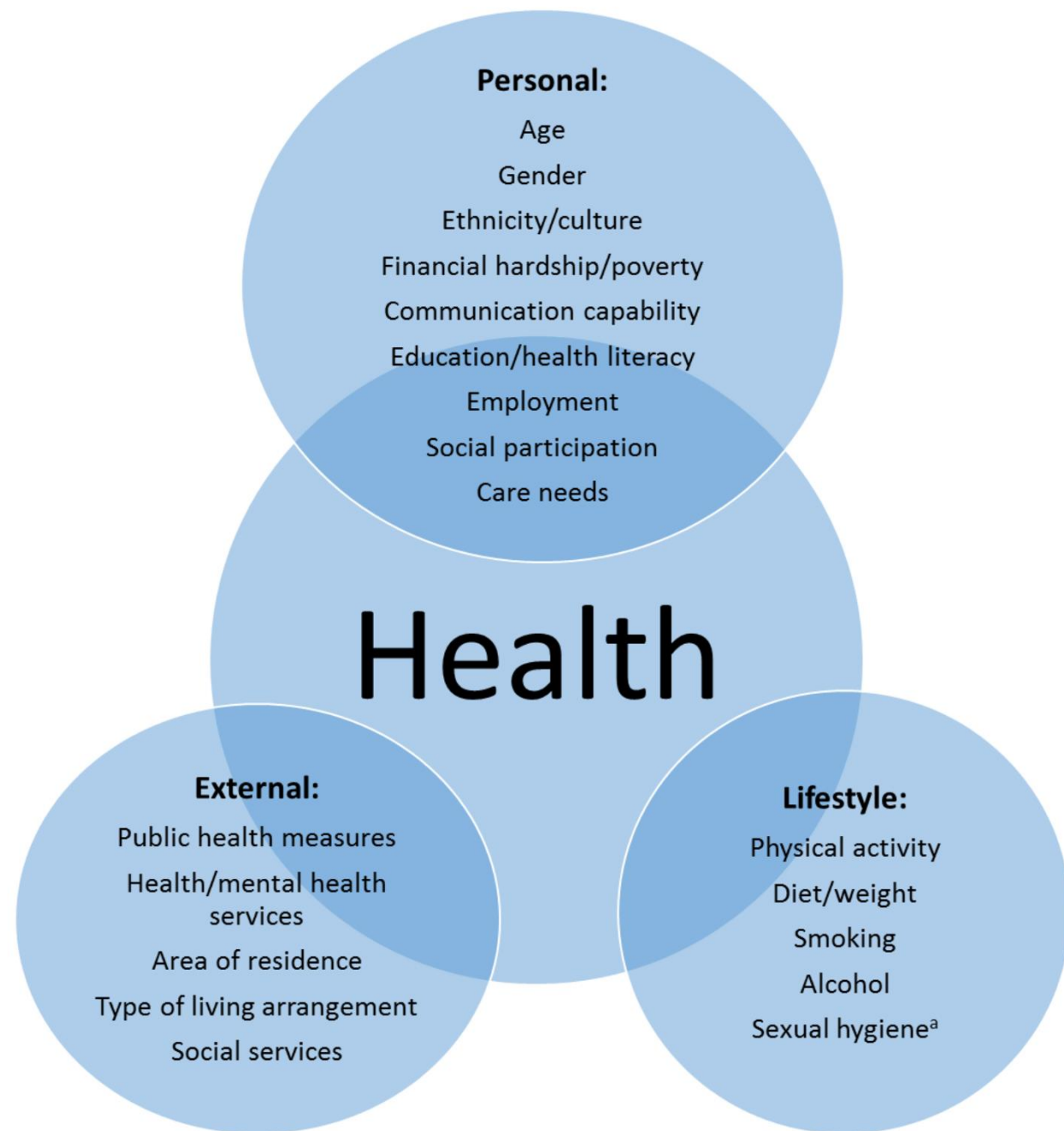


# INTRODUCTION

❖ People with intellectual disability (ID) have poorer health than the wider population

❖ Health is affected by many interconnected factors

- Personal characteristics
- Lifestyle
- External and service factors



# THE STUDY

The Western Australian Study of Health and Intellectual Disability

## ❖ Cross-sectional survey

- Socio-demographic profile
- Health status
- Health behaviours
- Use of health services

## ❖ Face-to-face interviews

## ❖ January to July 2013

## ❖ Uni- and multi-variate regression

- ❖ Dependent variable: Subjective health 'How is your health in general'
  - 'Good' health: rated good or very good
  - 'Not good' health: rated fair, bad or very bad

# PARTICIPANTS

The Western Australian Study of Health and Intellectual Disability

- ❖ 328 adults with ID
- ❖ 24% interviewed alone; 21% with a support person; 55% substitute informants
- ❖ Age: average 37 years old; range 18-82
- ❖ Male 59%
- ❖ Perth metropolitan area 74%
- ❖ Indigenous 4%
- ❖ Chronic or long-term conditions: average 2.6 per person; range 0-10
- ❖ 11% reported no chronic or long-term conditions
- ❖ Medications: average 2.6 per person; range 0-21
- ❖ 77% reported Good/Very good health

# PERSONAL FACTORS

The Western Australian Study of Health and Intellectual Disability

Table 1      Personal factors in relation to subjective general health among WASHID participants

Variable	<i>OR</i>	95% CI	<i>p</i> -value (Univariate)
Age	1.43	1.18 – 1.72	<b>.0002</b>
Poverty/hardship score			
0	1 (reference)		
1-2	2.56	1.20 – 5.45	<b>.0148</b>
3-9	2.80	1.30 – 6.02	<b>.0083</b>
Activities of daily living			
0-2	1 (reference)		
3-4	0.67	0.31 – 1.46	.3123
5-9	0.44	0.21 – 0.92	<b>.0297</b>
10+	0.58	0.28 – 1.22	.1533
Respondent			
Participant alone	1 (reference)		
Support person	0.46	0.25 – 0.85	<b>.0123</b>
Both	0.41	0.19 – 0.88	<b>.0227</b>



# LIFESTYLE FACTORS

The Western Australian Study of Health and Intellectual Disability

Table 2      Lifestyle factors in relation to subjective general health among WASHID participants

Variable	<i>OR</i>	95% CI	<i>p</i> -value (Univariate)
Physical activity			
4 (highest)	1 (reference)		
3	1.40	0.52 – 3.76	.5031
2	2.04	0.80 – 5.17	.1338
1	2.42	0.94 – 6.27	.0678
0 (no activity)	2.94	1.18 – 7.32	<b>.0202</b>
Smoking			
Not exposed	1 (reference)		
Passive	1.13	0.52 – 2.42	.7613
Smoker	8.33	2.98 – 23.33	<b>&lt;.0001</b>
Alcohol use			
No	1 (reference)		
Yes	1.29	0.74 – 2.22	.3685

# EXTERNAL FACTORS

The Western Australian Study of Health and Intellectual Disability

Table 3 External factors in relation to subjective general health among WASHID participants

Variable	OR	95% CI	p-value (Univariate)
Living arrangement			
Family home	1 (reference)		
Own home	3.50	1.85 – 6.61	.0001
Congregate	0.80	0.38 – 1.72	.5723
Mental health professional			
No	1 (reference)		
Yes	2.18	1.21 – 3.91	.0095
Regular GP			
No	1 (reference)		
Yes	0.73	0.31 – 1.74	.4799

# FACTORS INDEPENDENTLY ASSOCIATED WITH NOT GOOD HEALTH

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## ❖ Multivariate:

- Age
- Physical Activity
- Financial hardship
- Smoking
- Type of home



# DISCUSSION

The Western Australian Study of Health and Intellectual Disability

- ❖ **Age: cohort effect or perception?**
- ❖ **Physical activity: reduced by health limitations, or perception of being unfit**
- ❖ **Financial hardship: reported by only one quarter of WASHID participants**
- ❖ **Smoking: very low numbers**
- ❖ **Living in own home: degree of autonomy**
- ❖ **Limitations: self-selection, self-and proxy- respondents**

# IMPLICATIONS

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- ❖ **Targeted and accessible health promotion materials and programs**
- ❖ **Physical activity interventions designed for adults with ID, particularly those living in their own home**
- ❖ **Practitioner awareness of age-related conditions in adults with ID**
- ❖ **Adequate financial support for adults with ID to live a good life**

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### References:

Cocks, E., Thomson, A., Thoresen, S., Parsons, R., & Rosenwax, L. (2017). Factors that affect the perceived health of adults with intellectual disability: A Western Australian study. *Journal of Intellectual & Developmental Disability*, 1–12.

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