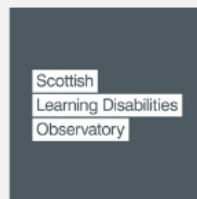


# Transition and health in young people with intellectual disabilities: Secondary analysis of existing data

Genevieve Young-Southward,  
Chris Philo, Jan Blacher,  
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# Transition to adulthood for young people with intellectual disabilities

## Current evidence on transition and health for people with intellectual disabilities

- Health in people with intellectual disabilities is poor relative to the general population and health inequalities start early
- Decrease in health surveillance and limited service input when young people leave school and enter adult services
- Discontinuous and chaotic experiences of transition
- Poor transition outcomes for people with intellectual disabilities compared to people without intellectual disabilities eg employment, community involvement



Risk of isolation, depression and anxiety  
Health problems may go unidentified

## Systematic review

- 17 articles included
- Suggests presence of health and wellbeing issues during transition, including social conflict, obesity and sexual health
- Considerable gaps in the literature
- Methodological limitations eg reliance on proxy reports



## ? Research Questions

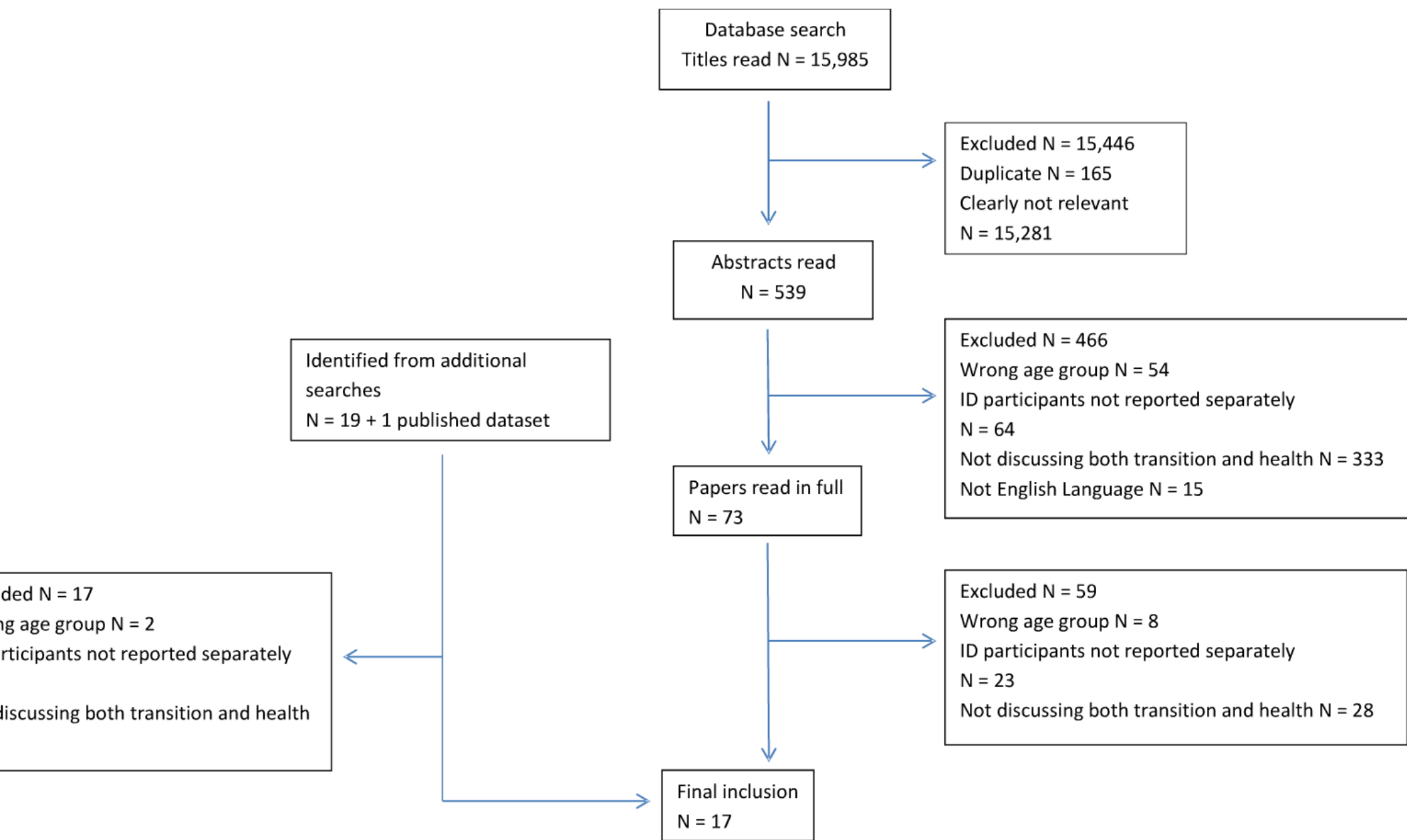
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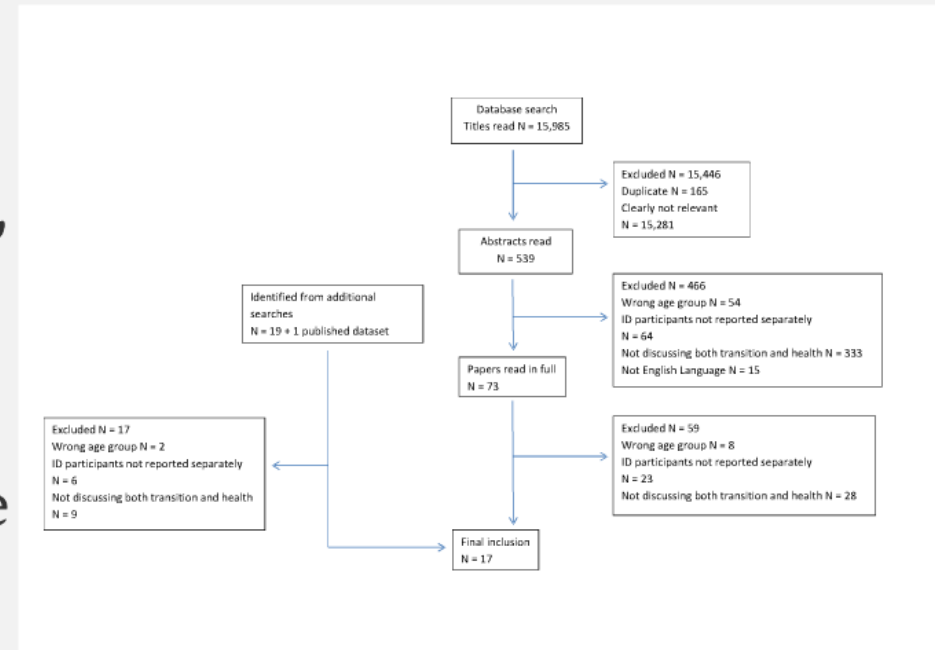


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## Research Questions

1. How is the health of young people with intellectual disabilities compared to young people without intellectual disabilities during transition?
2. What is the impact of transition on health and wellbeing in young people with intellectual disabilities?

# Methods

## Secondary analysis of Scotland's Census (2011)

Census questionnaire administered to population of Scotland  
Individuals with (n = 5,556) and without intellectual disabilities  
(n = 810,333) aged 13 - 24 years

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Printed in Scotland by the Scottish Government.  
Printed on recycled paper.

## Secondary analysis of National Longitudinal Transition Study-2 (NLTS2)

Longitudinal study of SEN students in the USA  
Individuals with intellectual disabilities aged 13 - 25 years  
(n at Wave 1 = 830 )



Do you have any of the following conditions which have lasted, or are expected to last, at least 12 months?

Deafness or partial hearing loss

Blindness or partial sight loss

Learning disability (for example, Down's syndrome)

Learning difficulty (for example, Dyslexia)

Developmental disorder (for example, Autism Spectrum Disorder or Asberger's syndrome)

Physical disability

Mental health condition

Long-term illness, disease or condition

Other condition

How is your health in general?

Very good

Good

Fair

Bad

Very bad

Are your day-to-day activities limited because of a health problem or disability which has lasted, or is expected to last, at least 12 months?

Yes, limited a little

Yes, limited a lot

No

# Methods

## Secondary analysis of Scotland's Census (2011)

Census questionnaire administered to population of Scotland  
Individuals with (n = 5,556) and without intellectual disabilities  
(n = 810,333) aged 13 - 24 years

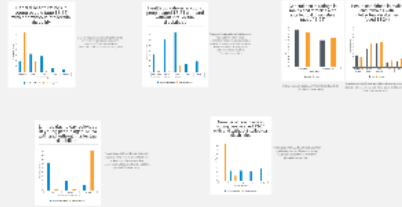
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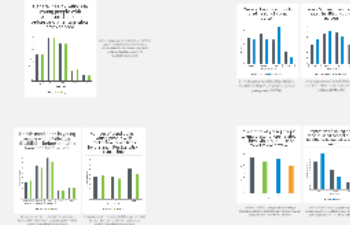
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# Results

How is the health of young people with intellectual disabilities during transition compared to those without intellectual disabilities?



What is the impact of transition on health and wellbeing in young people with intellectual disabilities?



## Strengths

- ✓ Large scale data from two different countries
- ✓ Census provides data from the whole population of Scotland and NLT2 sampled students from whole of USA

## Limitations

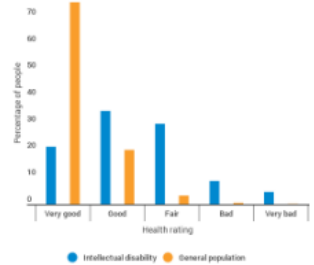
- ✗ Subjective rather than objective measures of health
- ✗ Census data doesn't differentiate between self-reports and proxy reports
- ✗ Can't establish severity of intellectual disability in either dataset

## Implications

- 📌 Health in the population with intellectual disabilities is poor compared to the general population and may remain poor throughout transition

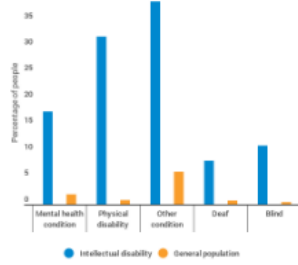
# How is the health of young people with intellectual disabilities during transition compared to those without intellectual disabilities?

General health ratings in young people (age 13-24) with and without intellectual disability



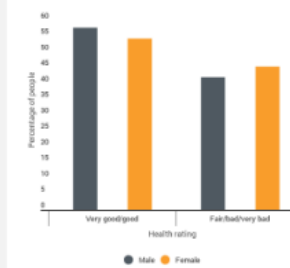
21.5% of young people with intellectual disabilities aged 13-24 rate their health as 'very good' compared to 75.6% of those without intellectual disabilities (Scotland's Census, 2011)

Health conditions in young people aged 13-24 with and without intellectual disabilities



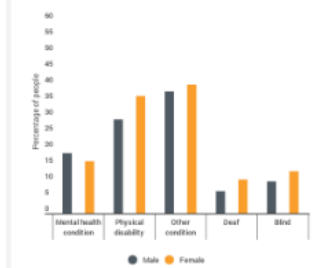
Young people with intellectual disabilities were significantly more likely to have a mental health condition, physical disability, blindness, deafness, or other long-term disease, illness or condition than young people without intellectual disabilities (Scotland's Census, 2011)

General health ratings in males and females with intellectual disabilities (aged 13-24)



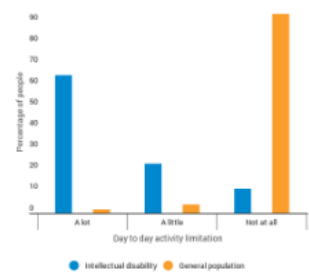
Females reported significantly worse health than males (Scotland's Census, 2011)

Health conditions in males and females with intellectual disabilities (aged 13-24)



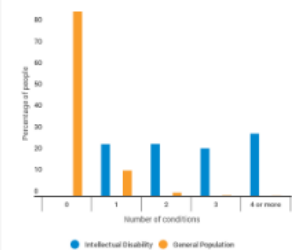
Females were significantly more likely than males to have a physical disability or long-term illness, and to be blind or deaf (Scotland's Census, 2011)

Limited day to day activities in young people aged 13-24 with and without intellectual disabilities



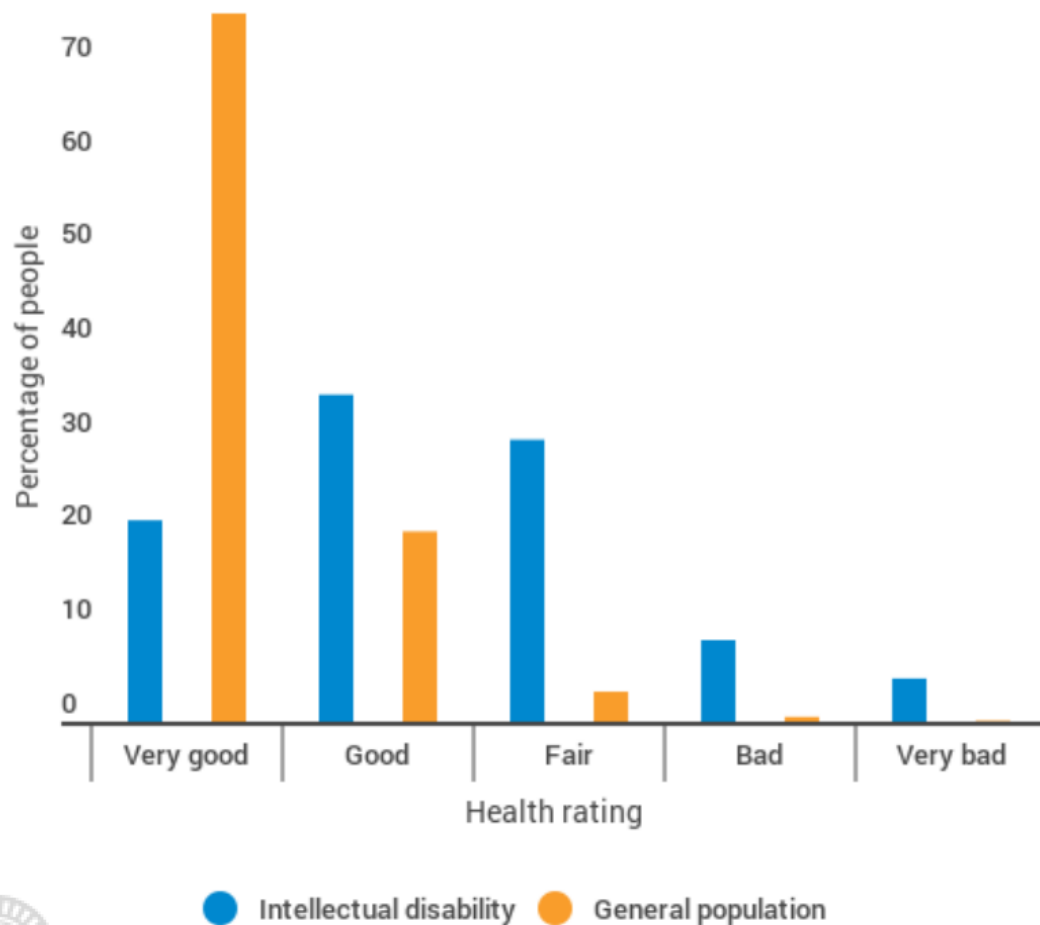
Young people with intellectual disabilities experienced significantly more limitations to their day to day activities than young people without intellectual disabilities (Scotland's Census, 2011)

Number of conditions in young people aged 13-24 with and without intellectual disabilities



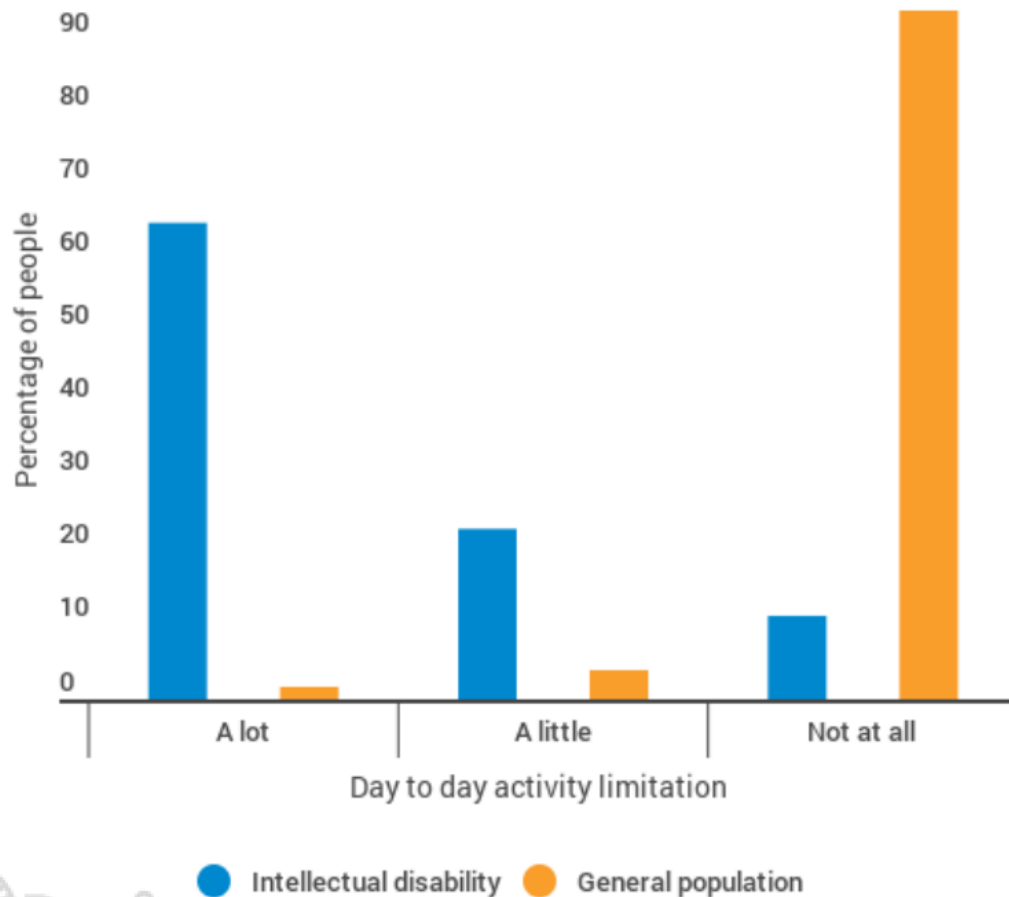
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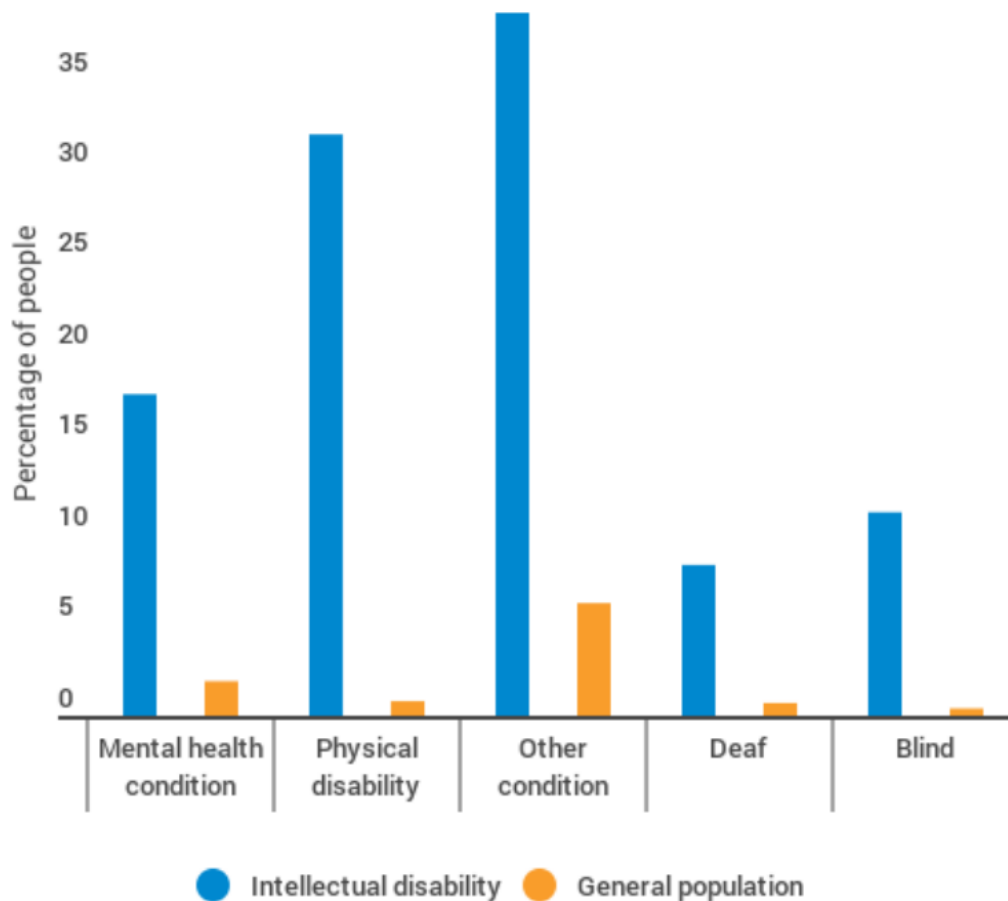
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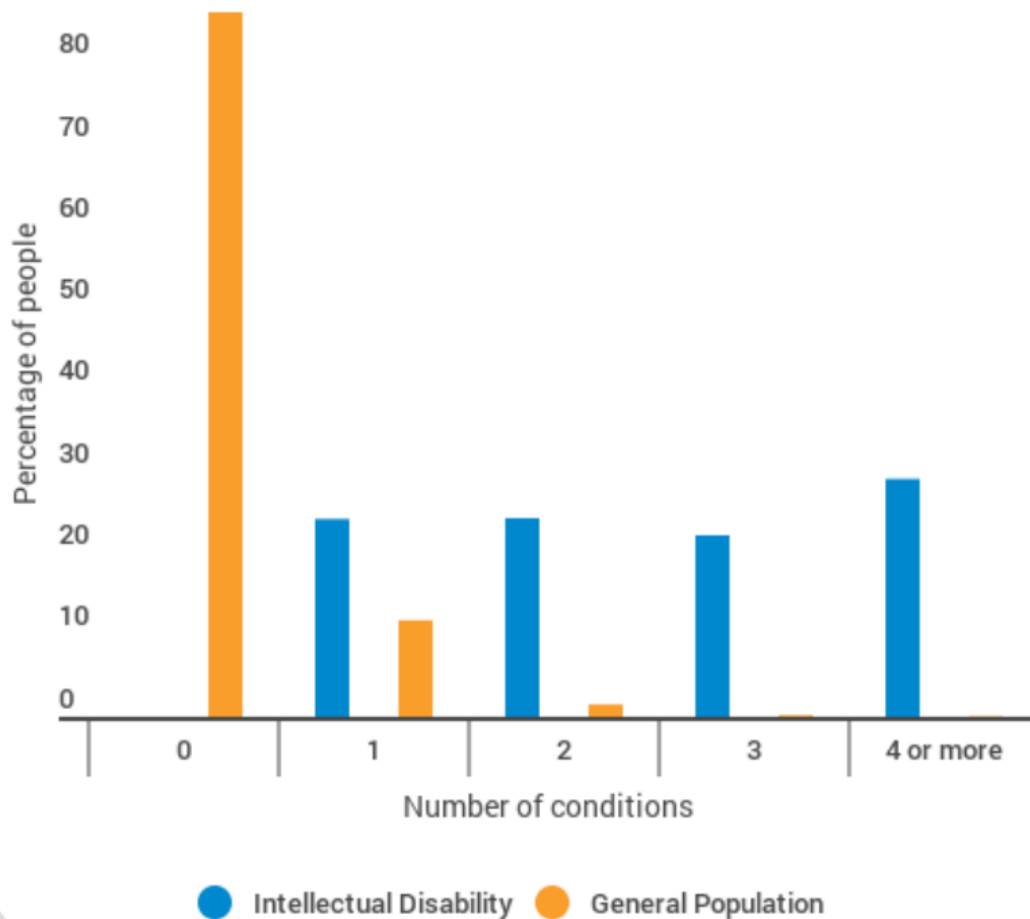
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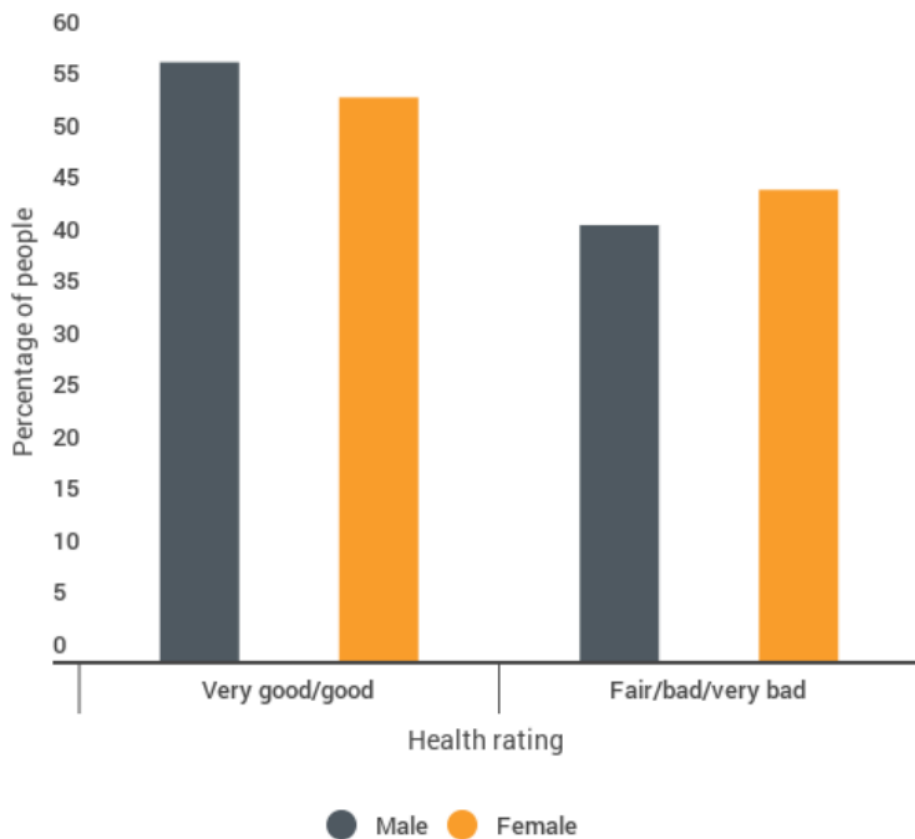
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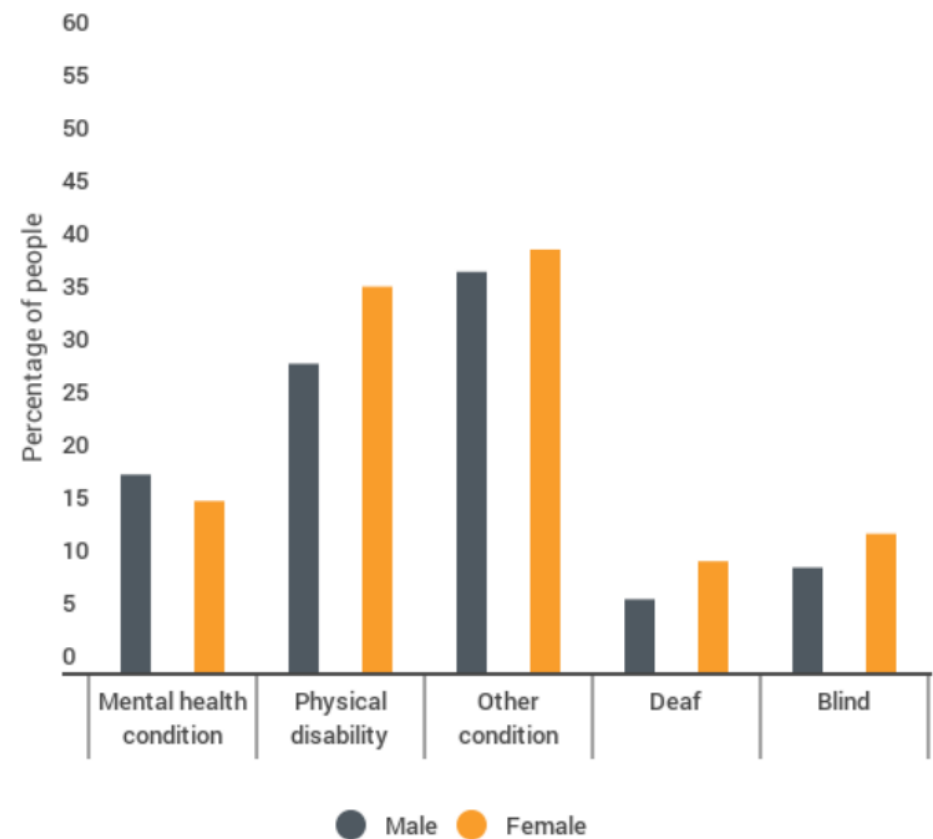


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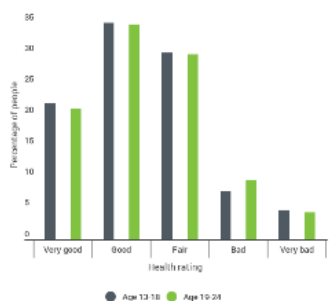
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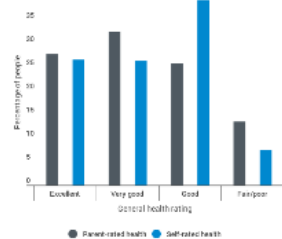
# What is the impact of transition on health and wellbeing in young people with intellectual disabilities?

General health ratings in young people with intellectual disabilities before and after transition from school



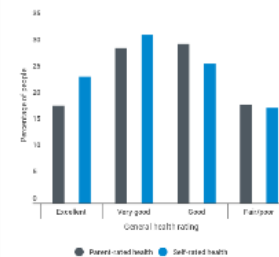
22% of young people with intellectual disabilities aged 13-18 rate their health as 'very good' compared with 21.1% of young people with intellectual disabilities aged 19-24 (Scotland's Census, 2011)

Wave 2: Parent- and self-rated health of young person



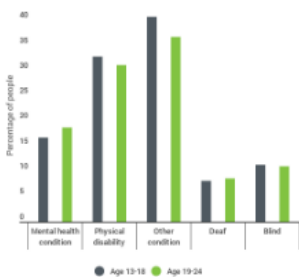
27.9% of parents rate their child's health as 'excellent' at Wave 2 compared to 26.7% of young people (NLTS2)

Wave 5: Parent- and self-rated health of young person



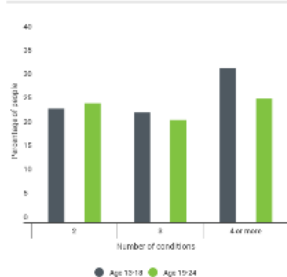
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Health conditions in young people with intellectual disabilities before and after transition from school



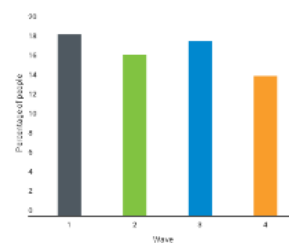
There was no significant difference in the presence of health conditions between young people aged 13-18 and aged 19-24 (Scotland's Census, 2011)

Number of conditions in young people with intellectual disabilities before and after transition from school



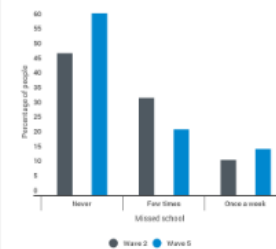
Young people with intellectual disabilities aged 13-18 had significantly more conditions than young people aged 19-24 (Scotland's Census, 2011)

Proportion of young people taking prescriptions related to behaviour, attention or mood at each wave



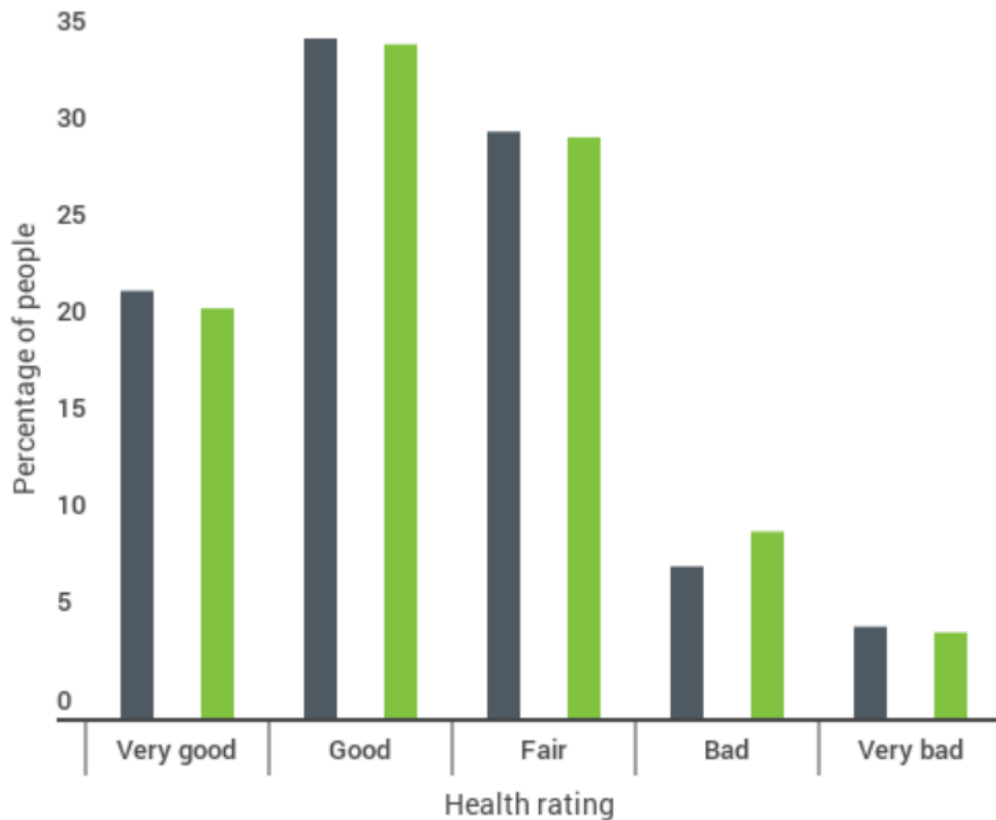
At Wave 1, 18.7% of young people were taking a prescription related to their behaviour, attention or mood, compared to 14.4% at Wave 4 (NLTS2)

Proportion of young people who missed school due to health problems at Waves 2 and 5



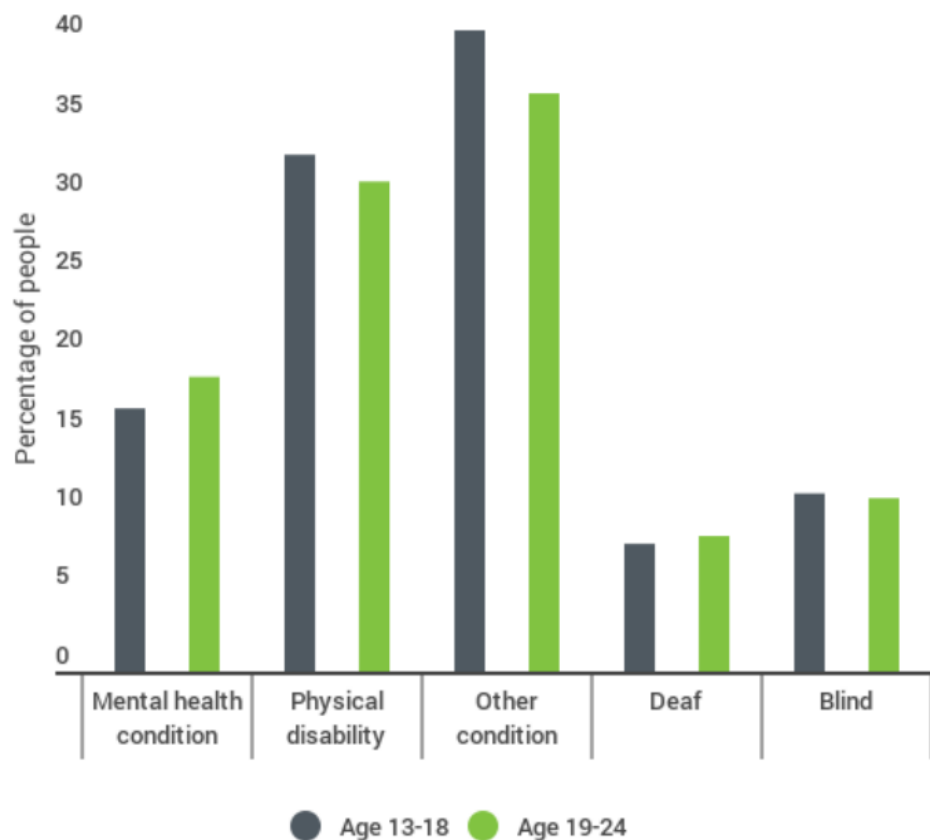
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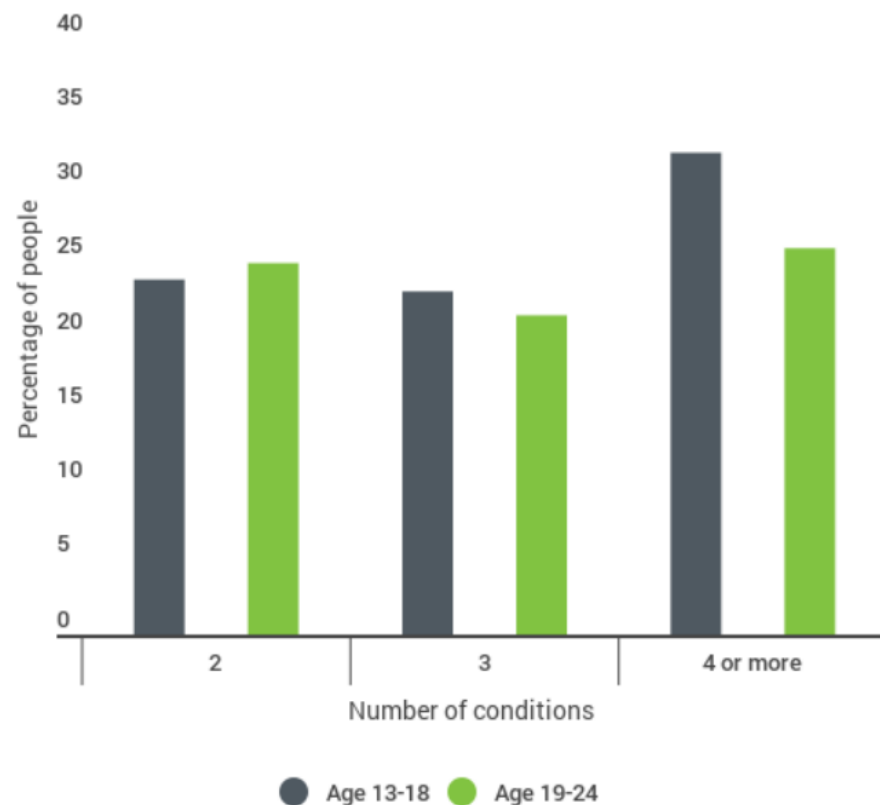
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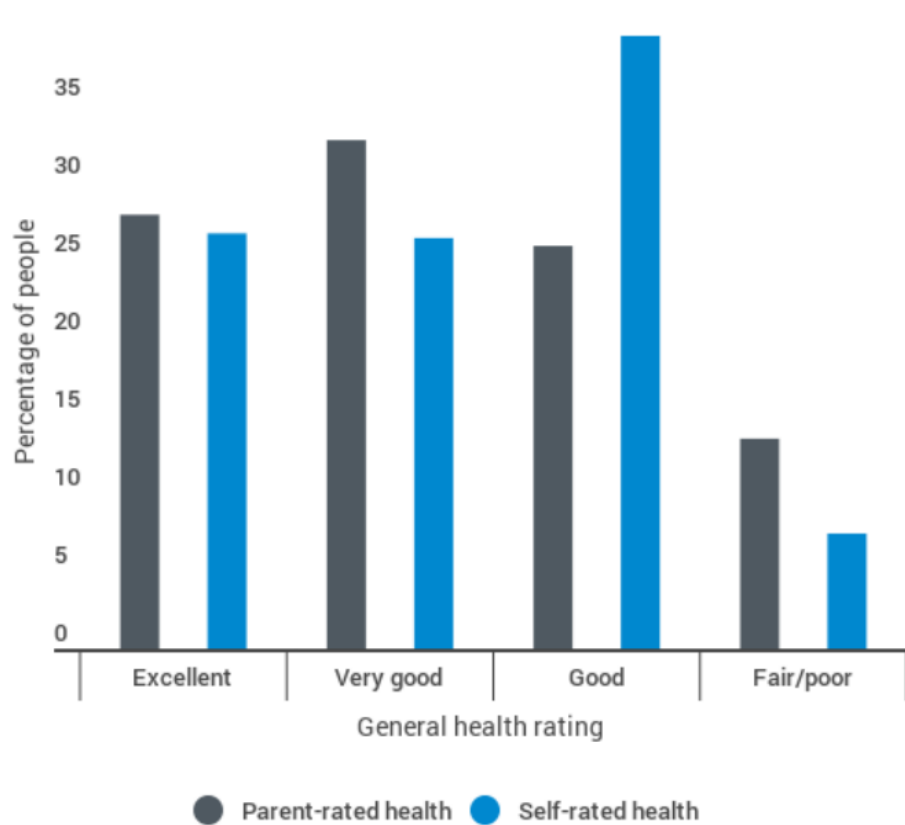
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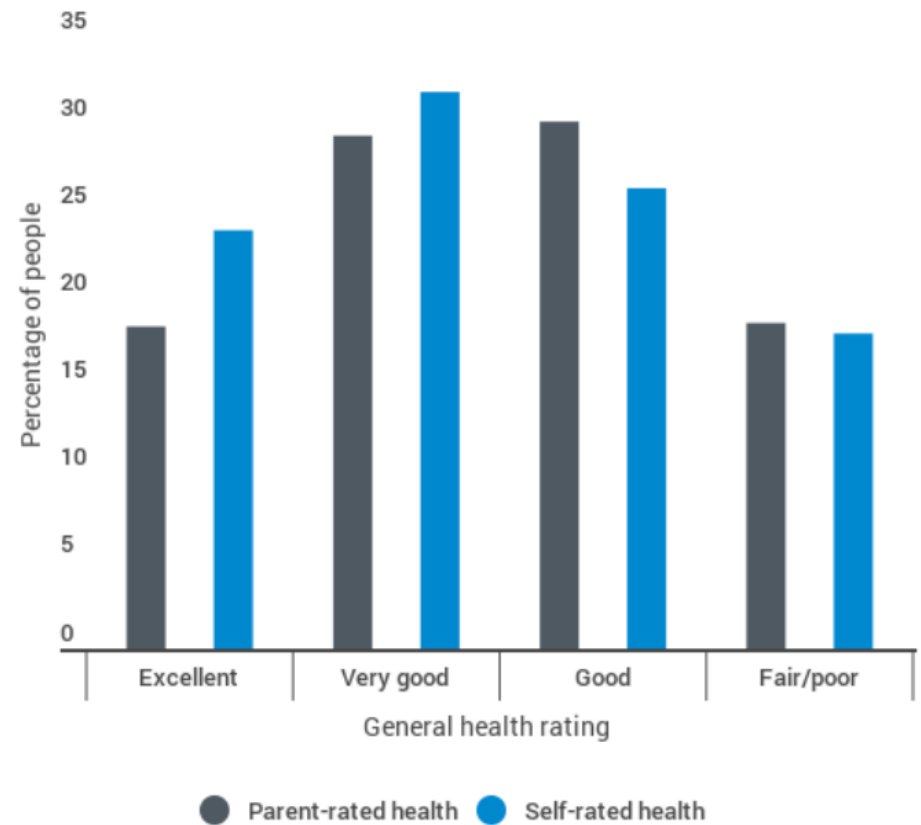
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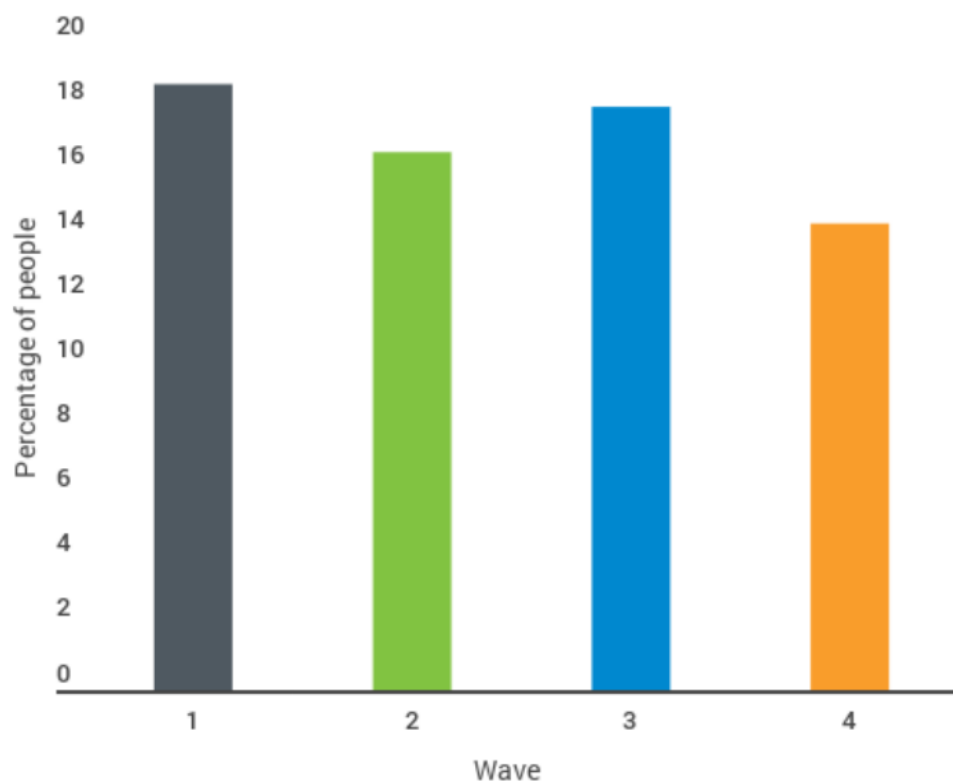
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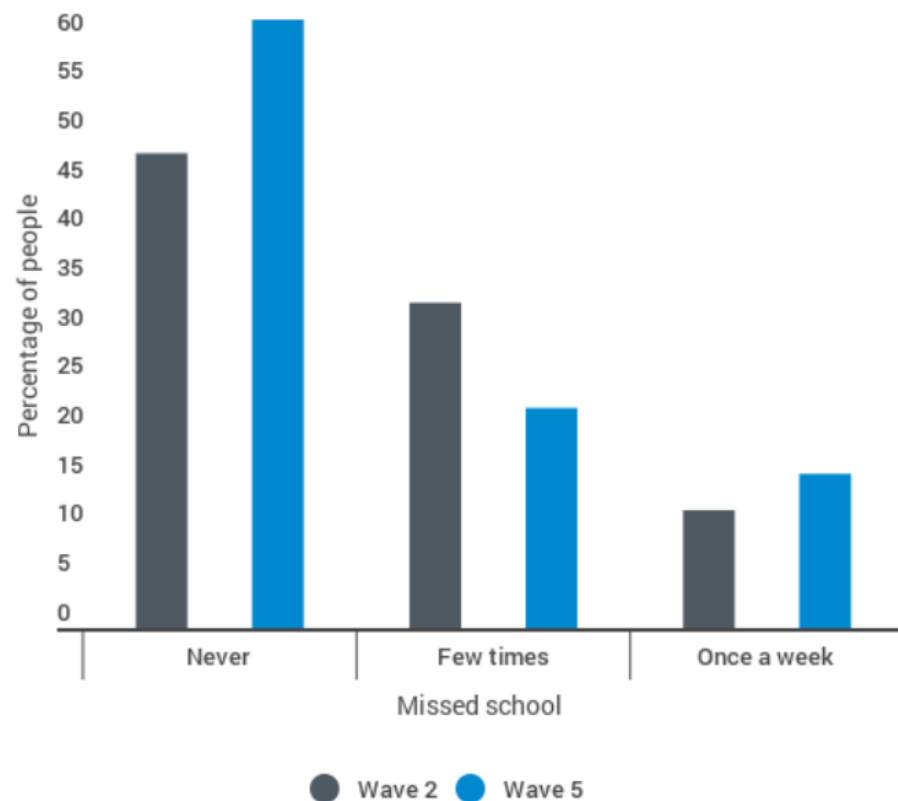
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