



Longitudinal Study On the Health Status and Health Behaviors of Adults with Intellectual Disabilities

Project Overview

- Longitudinal study examining the health behaviors and health outcomes in adults with ID.
- The study explores:
 1. Changes across time in the prevalence of six health behaviors (**physical activity, smoking & alcohol consumption, diet and weight control, social participation and oral health**) and their impact on health and function in adults with ID.
 2. The impact of health behavior changes across time on psychosocial well being and community participation.
- Participants: 2000+ adults with ID, recruited between now and September 2010.

Eligibility Criteria

- Adults with an intellectual disability
- 18 years of age or older
- Residing in the United States

Survey Instrument

- Surveys will be completed once a year for 4 years
- Takes about **15-25** minutes to complete
- Participants can choose paper or online version



Study Benefits

- \$5.00 gift card for each completed survey
- Findings will:
 - Help identify health disparities in adults with ID
 - Better inform effectiveness of current interventions & programs
 - Identify new needs and services for adults with ID or select subgroup of adults with ID
- If you are affiliated with an organization serving adults with ID, the UIC team can assist in providing aggregate summaries of data trends for the population served

Global Benefits



- o Advocate for new models of health promotion for adults with ID
- o Inform policy
- o Guide practice (e.g., meeting U.S. recommendations for diet and physical activity)

How do I register?

- Visit:

http://www.rrtcadd.org/Research/Health_Function/Cohort/Enroll/Info.html

(or go to www.rrtcadd.org and click on LHIDS logo)

- If you are affiliated with an organization serving adults with I/DD, please contact Ben Graham to learn about a range of opportunities for promoting and participating in the study.

For more Information

Ben Graham
Project Coordinator
(312) 355-1396
bcgraham@uic.edu



<http://www.rrtcadd.org/>