



Health of Australians with disability: health status and risk factors

Summary

Despite the overall improvement in population health, the gap between Australians with disability and those without disability remains large. In 2007–08, almost half (46%) of people aged 15–64 years with severe or profound disability reported poor or fair health, compared to 5% for those without disability.

People aged under 65 years with severe or profound disability had a higher prevalence rate of all types of selected long-term health conditions than people without disability. Almost half (48%) of people with severe or profound disability had mental health problems, compared to 6% of people without disability. The prevalence of physical long-term health conditions was higher for people with both mental health problems and severe or profound disability than for those with mental health problems but no disability.

People with severe or profound disability were more likely to have acquired a long-term health condition of the National Health Priority Areas (NHPAs) earlier than those without disability.

(summary continued overleaf)

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Among people aged under 65 years with severe or profound disability and mental health problems, the proportion who had behavioural and emotional problems with usual onset in childhood or adolescence was 14%, compared to 7% of those without disability.

Among people aged 15–64 years with a specific long-term health condition of NHPAs, the comparisons between people with severe or profound disability and those without disability showed that:

- the proportion who had diabetes or a high sugar level before the age of 25 years was 23% versus 7%
- the proportion who acquired arthritis before the age of 25 years was 14% versus 6%
- the proportion who first experienced osteoporosis before the age of 45 years was 43% versus 31%.

About 69% of adults aged 18–64 years with severe or profound disability were overweight or obese, compared with 58% for those without disability.

People aged 35–64 years with severe or profound disability who were overweight or obese were more likely than those without disability to report both cardiovascular diseases and diabetes (9% versus 1%).

Compared to people without disability aged 15–64 years, people of the same age with severe or profound disability were more likely to do a very low level of exercise or no exercise (43% versus 31%); to be current daily smokers (31% versus 18%); to start smoking before the age of 18 years (38% versus 22%); and were less likely to have never smoked (42% versus 61%).

About 42% of people aged 16–64 years with severe or profound disability had seriously thought about committing suicide, including 18% who had attempted suicide. This was associated with their high prevalence of mental and behavioural problems.

Introduction

This bulletin is the first in a series about the health of Australians with disability, based on analysis of national population survey data. It examines how health related factors affect the health status of people with disability in Australia with a focus on prevalence of, and age at, onset of some significant long-term health conditions and related health risk factors and behaviours.

The existing literature on health of people with disability in Australia is generally limited to small geographic areas or specific disability groups such as intellectual or physical disability (e.g. Beange et al. 1999, 1995; Goddard et al. 2008; Lennox et al. 2007; White et al. 2005).

The 2007–08 National Health Survey (NHS) and the 2007 National Survey of Mental Health and Wellbeing (NSMHWB) conducted by the Australian Bureau of Statistics (ABS) were the first to include the short disability identification module (ABS 2008,

2009a). This provides opportunities for examining health of Australians with disability at the national population level.

People with disability are a highly diverse group with significant variations in the extent and nature of their impairments and functional limitations and their health status. This analysis and the subsequent analyses in the series aim to contribute to a better understanding of the following questions and issues:

- How do health problems of Australians with disability affect their health status?
- What is the gap in health status between people with disability and people without disability at the Australian population level?
- The extent to which the determinants of overall population health differ from the determinants of health disparities between people with disability and people without disability in Australia.

The report contains three strands of analysis, starting with an overview of self-assessment of health status. It then examines the associations between severe or profound disability and prevalence of long-term health conditions, including co-morbidity and age at onset of selected long-term conditions. The third strand discusses health risk factors and behaviours.

Main data sources and their limitations

The main data sources are the ABS 2007–08 NHS and the 2007 NSMHWB. The usefulness of these data sources depends on their ability to accurately identify the prevalence of disability. The ABS Survey of Disability, Ageing and Carers (SDAC) is the best source of population disability data, which provides the most comprehensive information on disability prevalence. The disability module used in the 2007–08 NHS and the 2007 NSMHWB is a valuable tool for comparing population characteristics of people with/without disability within the particular survey (ABS 2010).

Analyses of the 2007–08 NHS data indicated a substantial underestimation of disability prevalence among older Australians. However, the estimated age-specific prevalence rates of severe or profound core activity limitation for people aged under 65 years are fairly consistent with estimates of the SDAC. The estimated age-specific rates of other disability status from the 2007–08 NHS and the 2007 NSMHWB, such as moderate and mild core activity limitation, are inconsistent with those of SDAC. The rates are higher for people aged under 65 years, but lower for those aged 65 years and over, than the rates of the 2003 SDAC (Appendix A; AIHW analysis of ABS 2007–08 NHS, 2007 NSMHWB and 2003 SDAC confidentialised unit record files).

The 2007–08 NHS excludes population in institutions. Most people living in institutions are older and more likely to have severe or multiple disabilities. The exclusion of this group of people in the survey may affect any analysis of older people with severe or profound disability.

Scope of this analysis

Because of the data limitations discussed above, the focus of this bulletin is therefore on people aged under 65 years with severe or profound core activity limitation, defined by the ABS surveys as sometimes or always requiring personal help or supervision with core activities of self care, mobility and communication (ABS 2009a, 2009b). Consequently this analysis excludes, to some extent, age-related health conditions and problems.

In this bulletin, 'severe or profound core activity limitation' is sometimes abbreviated to 'severe or profound disability'. 'Without disability or restrictive long-term health conditions' is sometimes abbreviated to 'without disability'. A restrictive long-term health condition is a condition restricting everyday activities of individuals with the condition. 'Restricted in everyday activities' means less able, or unable, to engage in the everyday activities that a healthy individual of the same age is able to (ABS 2009b).

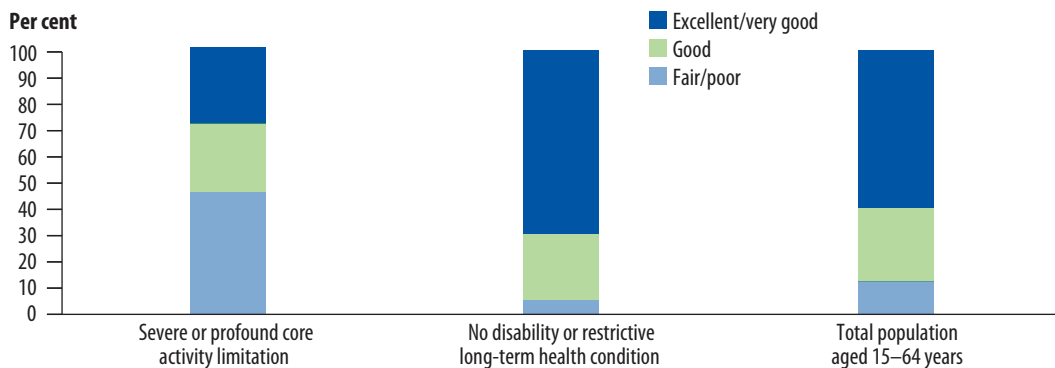
Disability and self-assessment of health

Information about self-assessment of health is collected in many national surveys in Australia. The ABS NHS asks respondents to assess their health against five grades, from excellent through to poor. There was a small increase in the proportion of respondents who reported their health as very good or excellent and a decline in the proportion of respondents reporting fair or poor health from 1995 to 2007–08 (AIHW 2008; ABS 2009a).

Despite the overall improvement in population health, the gap in self-assessed health between people with disability and those without disability remains large. The proportion of Australians aged 15–64 years with severe or profound disability who reported excellent or very good health was substantially lower (29%) than for Australians without disability (70%). Almost half (46%) of people with severe or profound disability reported fair or poor health, compared to 5% of those without disability (Figure 1).

It should be noted that self-assessed health status can depend on a person's awareness and expectations about their health, so it may be affected by access to health information and services and health literacy.

People with disability and those without disability, but with a long-term health condition, are heterogeneous groups. People with the same health condition may have different levels of disability, depending on their environmental and personal factors. People with disability often take into consideration their own functional status when assessing their health (Becker 2005). Much work needs to be done to determine whether the existing measures for self-assessment of health developed for the general population are appropriate for people with disability (Becker 2005).



Note: Percentages have been age-standardised to the Australian Population as at 31 December 2007, adjusted for the scope of the survey.
Source: Table A1: AIHW analysis of ABS 2007–08 National Health Survey confidentialised unit record file.

Figure 1: People aged 15 to 64 years: self-assessed health, by disability status, 2007–08

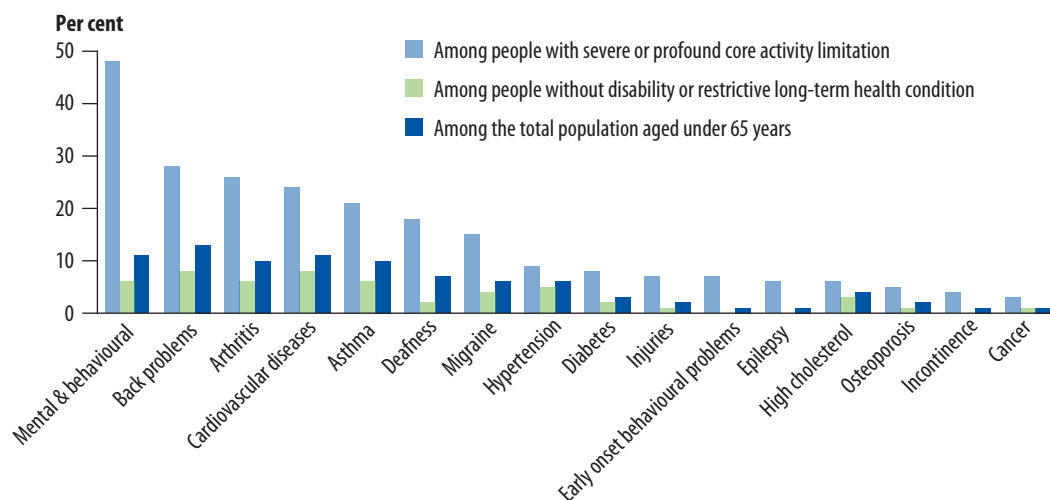
Prevalence of long-term health conditions

In 2007–08, an estimated 75% of Australians had one or more current long-term health conditions; that is, a medical condition (illness, injury or disability) that had lasted, or was expected to last, 6 months or more (ABS 2009a). The range of the conditions collected in the 2007–08 NHS reflects its health focus and is constrained by its scope, in that it excludes people in institutions. Hence, the 2007–08 NHS does not provide information about some disability-related long-term conditions in the Australian population, such as dementia for older people, and autism, Down syndrome, attention deficit hyperactivity disorder (ADHD) and cerebral palsy for younger people.

It should also be noted that the estimated prevalence of health conditions includes those reported by people with disability who would be expected to have the condition/symptoms due to the nature of their disability.

People aged under 65 years with severe or profound disability had a higher age-standardised prevalence rate for all types of reported conditions than people without disability (Figure 2). The most commonly reported conditions were mental health problems, followed by back problems, arthritis, cardiovascular diseases and asthma.

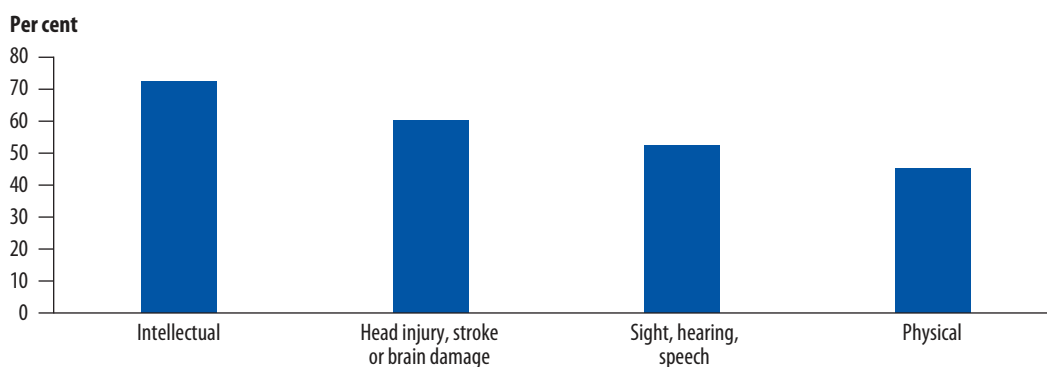
Almost half (48%) of people aged under 65 years with severe or profound disability had mental health problems, compared to 6% of people without disability.



Note: Per cent refers to the proportion in each population group who reported that long-term health condition. Percentages have been age-standardised to the Australian Population as at 31 December 2007, adjusted for the scope of the survey.
Source: Table A2: AIHW analysis of ABS 2007–08 National Health Survey confidentialised unit record file.

Figure 2: People aged under 65 years: prevalence of selected long-term health conditions, by disability status, 2007–08

The rate of mental health problems was higher among people aged under 65 years with intellectual disability than for people with other types of disability (Figure 3). The prevalence rate of mental health problems among young people with intellectual disability is about 3 to 4 times as high as that of typically developing children (Einfeld et al. 2006).



Note: Mental and behavioural problems by definition are classified in the psychiatric disability group.
Source: Table A3: AIHW analysis of ABS 2007–08 National Health Survey confidentialised unit record file.

Figure 3: People aged under 65 years with severe or profound core activity limitation: proportion of people with mental health problems, by selected disability types, 2007–2008

Disability and related long-term health conditions

The relationship between health conditions and disability can be viewed in several different ways (AIHW 2004). One way is by examining health conditions most likely to be associated with severe or profound disability—to look at the proportion who had severe or profound disability among people with specific health conditions.

Of the long-term health conditions recorded in the 2007–08 NHS, the five most likely to be associated with severe or profound disability among people aged under 65 years were: epilepsy; behavioural and emotional problems with usual onset in childhood or adolescence; incontinence; cataract, and Type 1 diabetes (Figure 4).

Some studies show that the epilepsy prevalence rate is about 20% to 30% among people with intellectual disability (Beange et al. 1999).

Another way of looking at the relationship between disability and health conditions is to ask which are the most common conditions associated with profound or severe core activity limitation in the population. This presents a different picture, related to the prevalence of the health conditions themselves. The prevalence rates have been calculated as a percentage of the total population aged under 65 years.

The leading conditions health conditions experienced by people with severe or profound disability aged under 65 years in 2007–08 were: mental and behavioural problems, arthritis, back problems cardiovascular diseases and asthma (Figure 5).

It is not suggested that these conditions ‘account for’ most severe or profound disability in the population. The cross-sectional nature of the survey means that the disability measured in this analysis cannot be assumed as a direct consequence of specific long-term health conditions. More importantly, a person’s functioning or disability is considered as a dynamic interaction between the health condition and environmental and personal factors (WHO 2001). A health condition is one of many factors in the creation of disability.

Based on analyses of the ABS comprehensive disability survey—SDAC—autism, dementia, Down syndrome, cerebral palsy and Parkinson disease are the most likely to be associated with severe or profound disability (AIHW 2004).

Source: Table A4: AIHW analysis of ABS 2007–08 National Health Survey confidentialised unit record file.

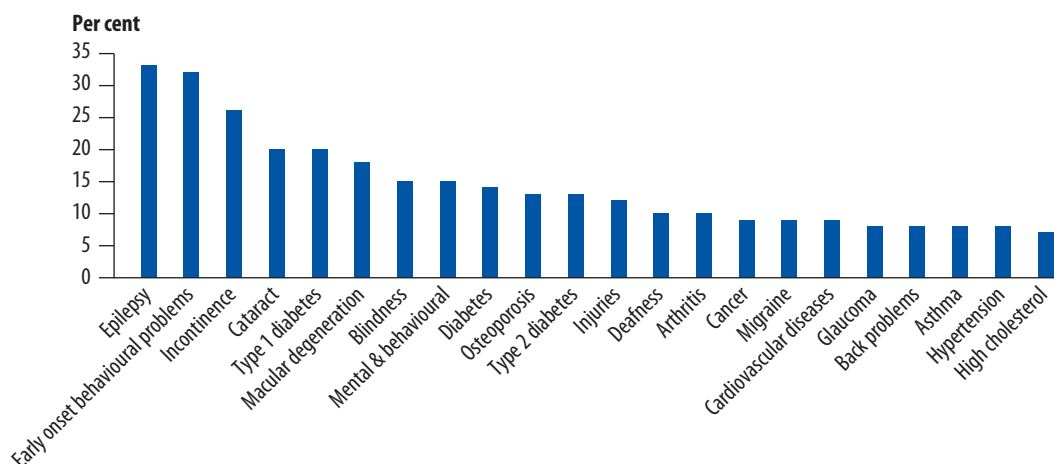
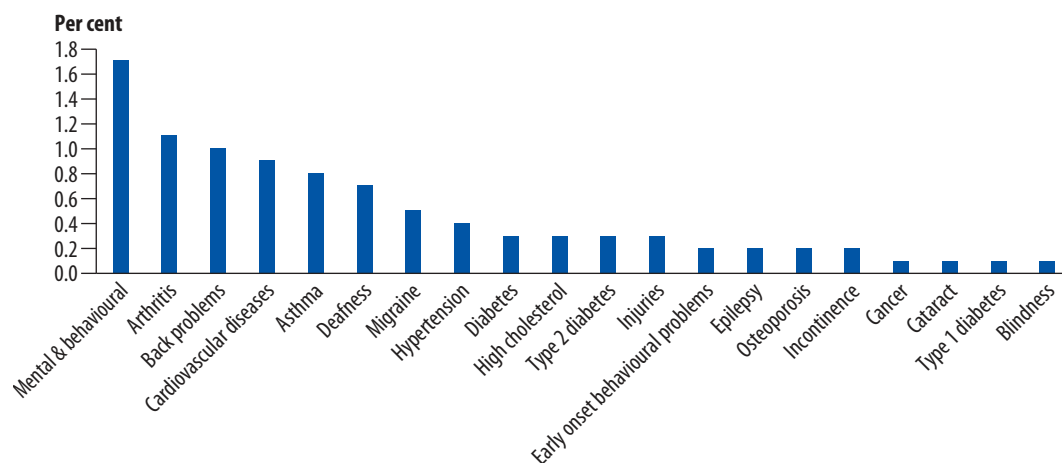


Figure 4: People aged under 65 years with specific health conditions: proportion who have severe or profound core activity limitation, 2007–2008

Note: Prevalence rate has been calculated as a percentage of the total population aged under 65 years.



Source: Table A5: AIHW analysis of ABS 2007–08 National Health Survey confidentialised unit record file.

Figure 5: People aged under 65 years with severe or profound core activity limitation: prevalence of selected health conditions, 2007–2008

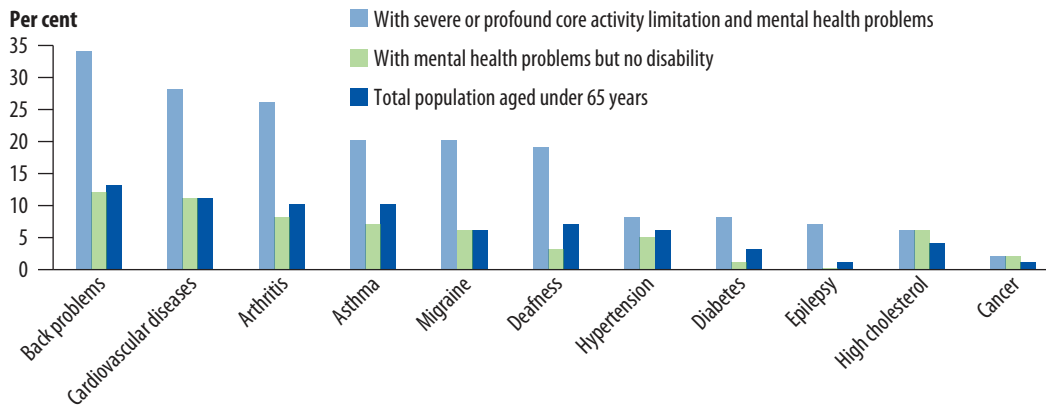
Co-morbidity of mental and physical long-term health conditions

The causal relationship between mental and physical disorders is now widely recognised (AIHW 2008; Scott et al. 2009). The relationships between mental and physical conditions and severity of disability are complex. For example, people with disability and depression may have a greater propensity to develop diabetes, but then the resulting changes in lifestyle due to diabetes may maintain or increase severity of the depression and disability.

Using data from World Mental Health Surveys in 17 countries, a study of the joint effect of mental and chronic physical conditions on the likelihood of severe disability were conducted (Scott et al. 2009). Physical conditions included for consideration were arthritis, heart disease, respiratory disease, back or neck pain, headache and diabetes. The study found that the likelihood of severe disability among people with both mental and each of the physical conditions (with the exception of heart disease) were significantly greater than the sum of the likelihood of the single conditions.

The prevalence of physical conditions was higher among Australians with both mental health problems and severe or profound disability than for those with mental health problems but no disability. The five most frequently reported physical conditions for people with both mental health problems and severe or profound disability were: back problems, cardiovascular diseases, arthritis, asthma and migraine (Figure 6).

Note: Percentages have been age-standardised to the Australian population as at 31 December 2007, adjusted for the scope of the survey.



Source: Table A6: AIHW analysis of ABS 2007–08 National Health Survey confidentialised unit record file.

Figure 6: People aged under 65 years: co-morbidity of mental health problems and physical long-term health conditions, by disability status, 2007–2008

Age at onset of long-term health conditions

Examining age at onset of long-term health conditions may assist in planning early health interventions. Many chronic diseases are preventable or react more favourably to medical treatment and management if they are prevented or detected and treated in their early stages (AIHW 2008). Early detection and intervention of long-term health conditions for people with disability may have the potential to reduce the prevalence and severity of disability and needs for services in their later life. The 2007–08 NHS collected information about the age the person was first told they had a long-term condition of some National Health Priority Areas (NHPAs).

People aged under 65 years with severe or profound disability and a specific long-term health condition of NHPAs were more likely to have acquired the condition earlier than people of the same age who had the conditions but no disability. Among people aged under 65 years with mental health problems, the proportion reporting behavioural and emotional problems with usual onset in childhood or adolescence was 14% versus 7% of those without disability (Figure 7).

Among people aged 15–64 years with a specific long-term health condition or injury, the comparisons between people with severe or profound disability and those without disability showed that:

- the proportion who had diabetes or a high sugar level before the age of 25 years was 23% versus 7% (Figure 8)
- the proportion who acquired arthritis before the age of 25 years was 14% versus 6%; and acquired the condition between age 25 and 44 years was 41% versus 26% (Figure 9)
- the proportion who first experienced osteoporosis before the age of 45 years was 43% versus 31% (Figure 10)
- the proportion who had an injury acquired before the age of 25 years was 69% versus 63% (Figure 11).

Source: Table A7: AIHW analysis of ABS 2007–08 National Health Survey confidentialised unit record file.

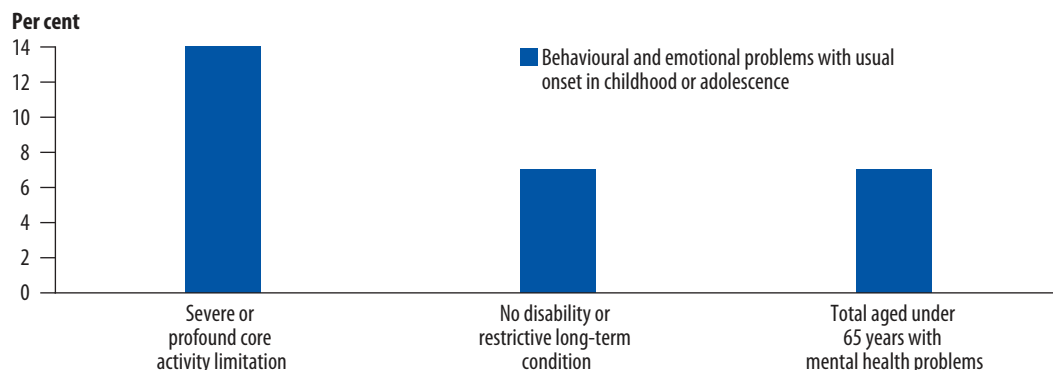


Figure 7: People aged under 65 years with mental health problems: proportion who had behavioural and emotional problems with usual onset in childhood or adolescence, by disability status, 2007–2008

Source: Table A8: AIHW analysis of ABS 2007–08 National Health Survey confidentialised unit record file.

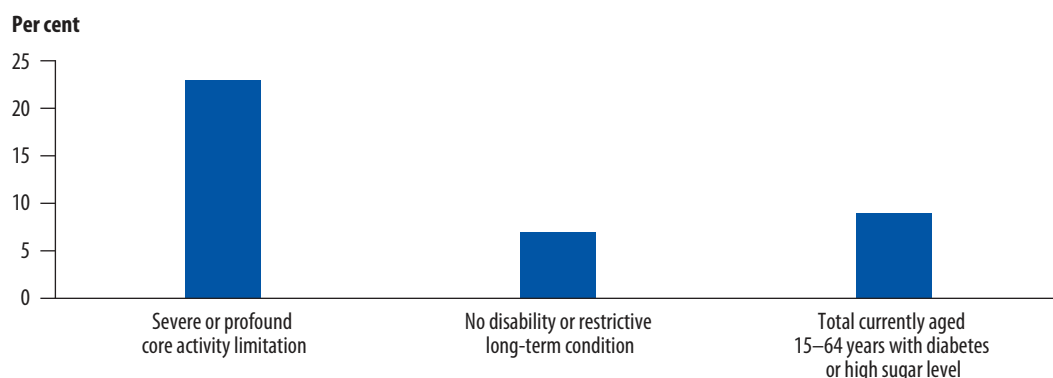


Figure 8: People currently aged 15–64 years who had diabetes or high sugar level: proportion who had diabetes or a high sugar level before the age of 25 years, by disability status, 2007–2008

Source: Table A9: AIHW analysis of ABS 2007–08 National Health Survey confidentialised unit record file.

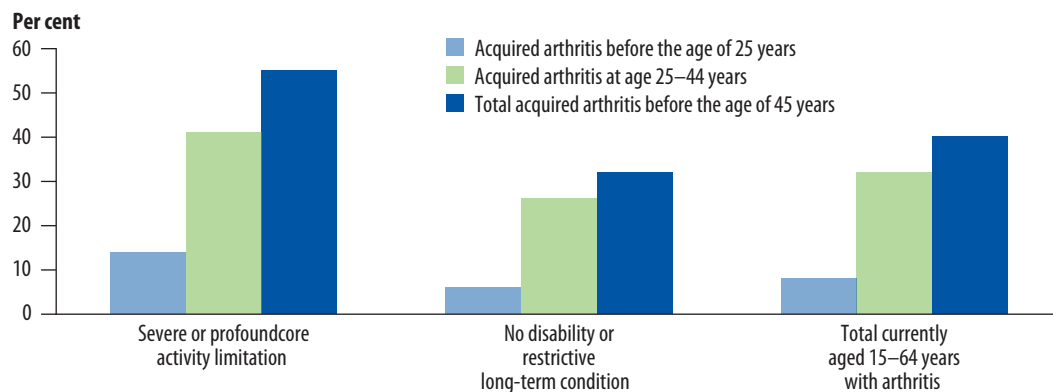
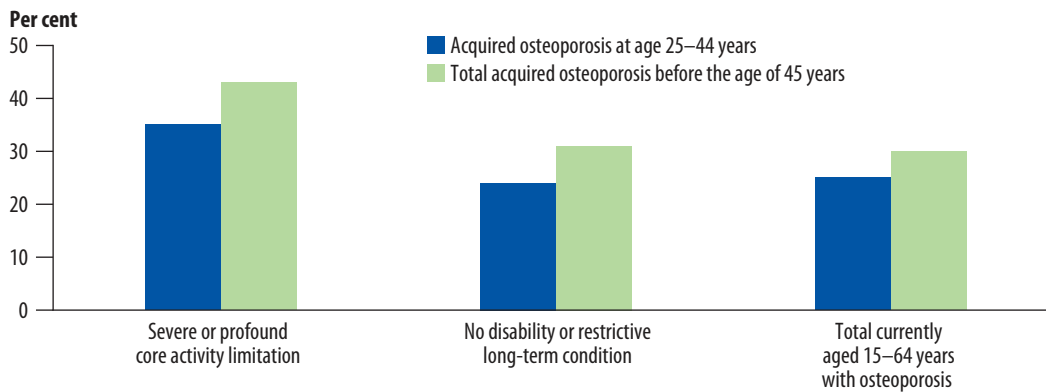
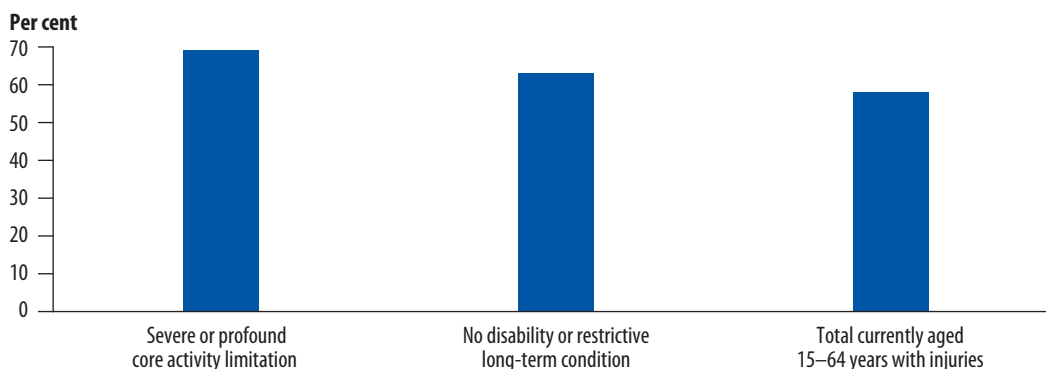


Figure 9: People currently aged 15–64 years who had arthritis: age told had long-term arthritis, by disability status, 2007–2008



Note: The estimates for age told had osteoporosis before the age of 25 years are included in total under 45 years due to their high relative standard errors.
Source: Table A10: AIHW analysis of ABS 2007–08 National Health Survey confidentialised unit record file.

Figure 10: People currently aged 15–64 years who had osteoporosis: age told had osteoporosis, by disability status, 2007–2008



Note: The estimates exclude people who did not know their age when injury occurred.
Source: Table A11: AIHW analysis of ABS 2007–08 National Health Survey confidentialised unit record file.

Figure 11: People currently aged 15–64 years who had an injury: proportion who had an injury before the age of 25 years, by disability status, 2007–08

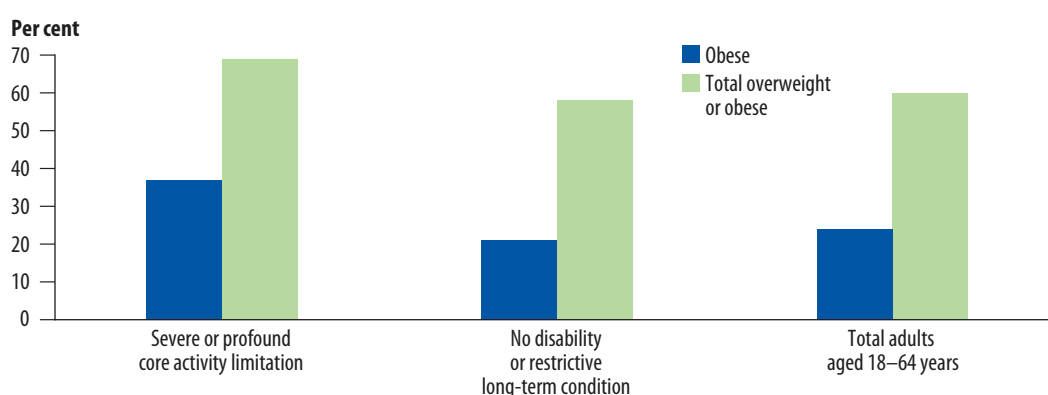
Health risk factors and behaviours

Examining health behaviours may provide useful information for planning health promotion to change health risk behaviours. There are a range of factors likely to affect health, including genetic, social, economic and environmental factors (AIHW 2008). This section focuses on lifestyle-related health risk behaviours. One of the main purposes in health promotion for people with disability is to prevent secondary health conditions. Secondary conditions are health concerns that are not necessarily a direct result of the primary disability but rather are acquired at a later time due to lifestyle changes associated with disability (Rimmer & Rowland 2008). For example, blind people may be less likely to participate in physical activity and subsequently be at higher risk of being overweight or obese.

Overweight and obesity based on measured data

The proportion of Australians classified as overweight or obese based on measured data increased from 64% in 1995 to 68% in 2007–08 for males, and from 49% to 55% for females (ABS 2009a). There is a growing literature documenting the effect of obesity on disability and indicating that the excess risks of disability are far greater than obesity's excess risk of mortality (Alley & Chang 2007).

In 2007–08, about 69% of adults aged 18–64 years with severe or profound disability were overweight or obese, compared with 58% of those without disability (Figure 12).



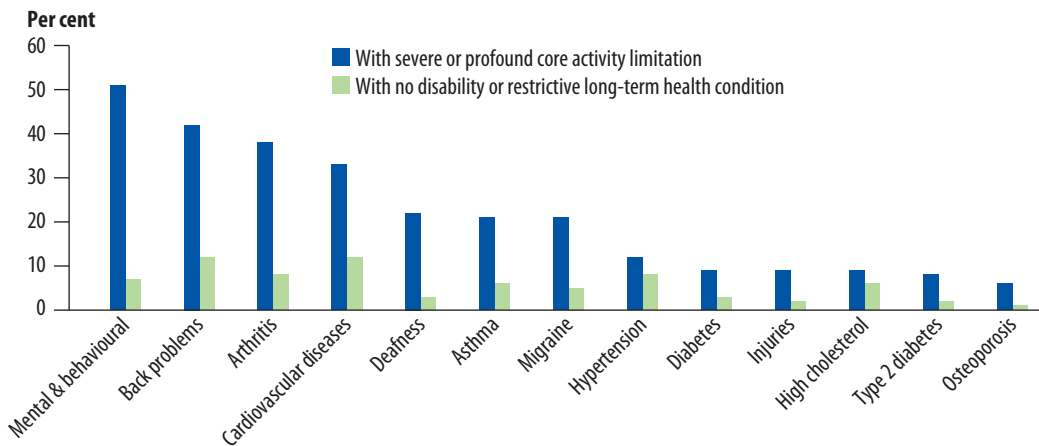
Note: Percentages have been age-standardised to the Australian population as at 31 December 2007, adjusted for the scope of the survey.
Source: Table A12: AIHW analysis of ABS 2007–08 National Health Survey confidentialised unit record file.

Figure 12: Adults aged 18–64 years: proportion of overweight or obese, by disability status, 2007–08

Prevalence of long-term health conditions among people who were overweight or obese

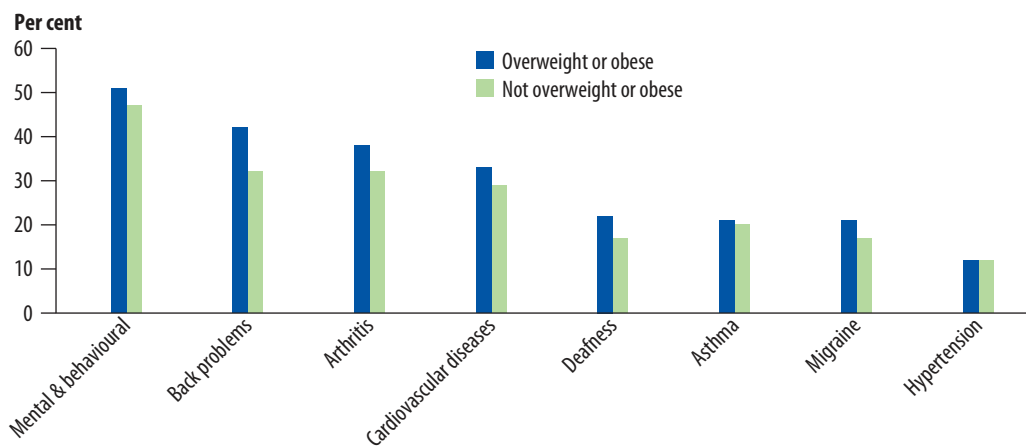
Excess body weight is a major public health problem that increases the risk of developing a range of long-term health conditions such as Type 2 diabetes, cardiovascular disease, osteoarthritis, some cancers, high blood pressure and high cholesterol (WHO 2003). Among adults aged 18–64 years who were overweight or obese, people with severe or profound disability were more likely than those without disability to report a range of other conditions such as mental and behavioural problems (51% versus 7%), back problems (42% versus 12%), arthritis (38% versus 8%) and cardiovascular diseases (33% versus 12%) (Figure 13).

Of people aged 18–64 years with severe or profound disability, those who were overweight or obese were more likely to have back problems (42%) or arthritis (38%) than those who were not overweight or obese (32%) (Figure 14).



Note: Percentages have been age-standardised to the Australian population as at 31 December 2007, adjusted for the scope of the survey.
Source: Table A13: AIHW analysis of ABS 2007–08 National Health Survey confidentialised unit record file.

Figure 13: People aged 18–64 years who were overweight or obese: prevalence of other selected long-term health conditions, by disability status, 2007–08

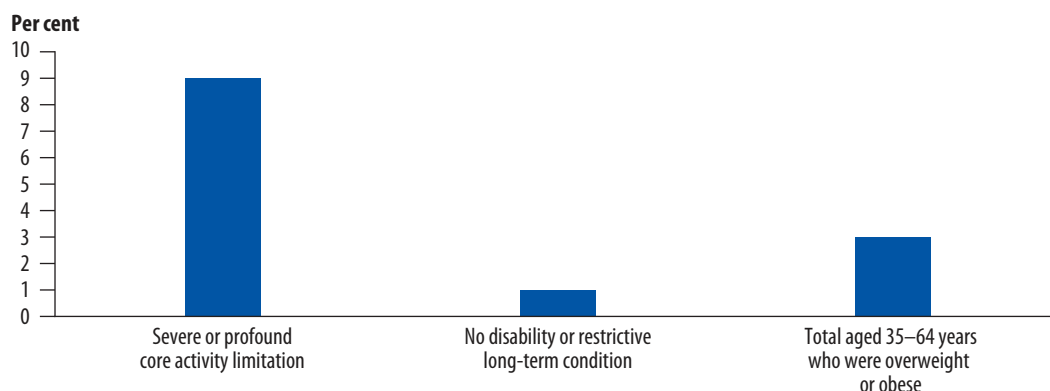


Note: Percentages have been age-standardised to the Australian population as at 31 December 2007, adjusted for the scope of the survey.
Source: Table A14: AIHW analysis of ABS 2007–08 National Health Survey confidentialised unit record file.

Figure 14: People aged 18–64 years with severe or profound core activity limitation: prevalence of selected conditions, by overweight or obesity, 2007–08

Co-morbidity of cardiovascular diseases and diabetes among people who were overweight or obese

Being overweight or obese is a major risk factor for cardiovascular diseases and diabetes. Among people aged 35–64 years who were overweight or obese, 3% reported both cardiovascular diseases and diabetes; and people with severe or profound disability were more likely than those without disability to have both conditions (9% versus 1%) (Figure 15).



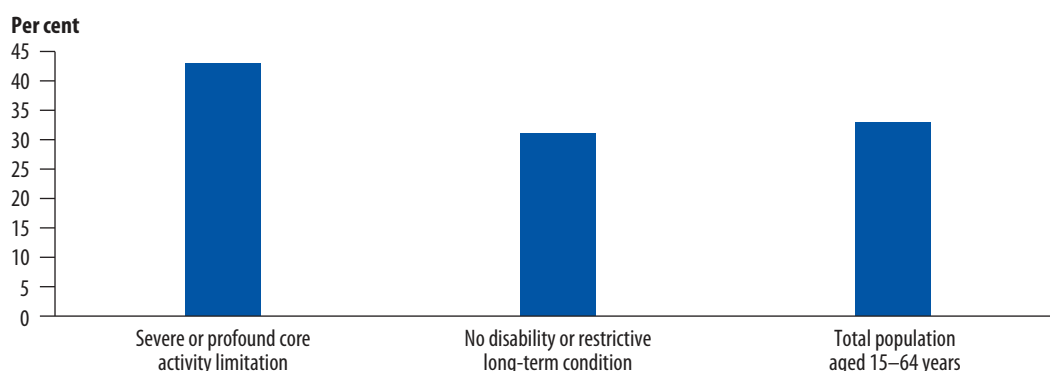
Note: No persons aged under 35 years reported both cardiovascular diseases and diabetes among people who were overweight or obese. Percentages have been age-standardised to the Australian population as at 31 December 2007, adjusted for the scope of the survey.
Source: Table A15: AIHW analysis of ABS 2007-08 National Health Survey confidentialised unit record file.

Figure 15: Proportion who had both cardiovascular diseases and diabetes among people aged 35-64 years who were overweight or obese, by disability status, 2007-08

Level of exercise

Physical inactivity is associated with an increased risk of developing a range of long-term health conditions, especially cardiovascular diseases.

In 2007-08, one-third (33%) of Australians aged 15-64 years reported doing very low level of exercise or no exercise. Those with severe or profound disability were more likely than those without disability to do very low level or no exercise (43% versus 31%) (Figure 16).



Source: Table A16: AIHW analysis of ABS 2007-08 National Health Survey confidentialised unit record file.

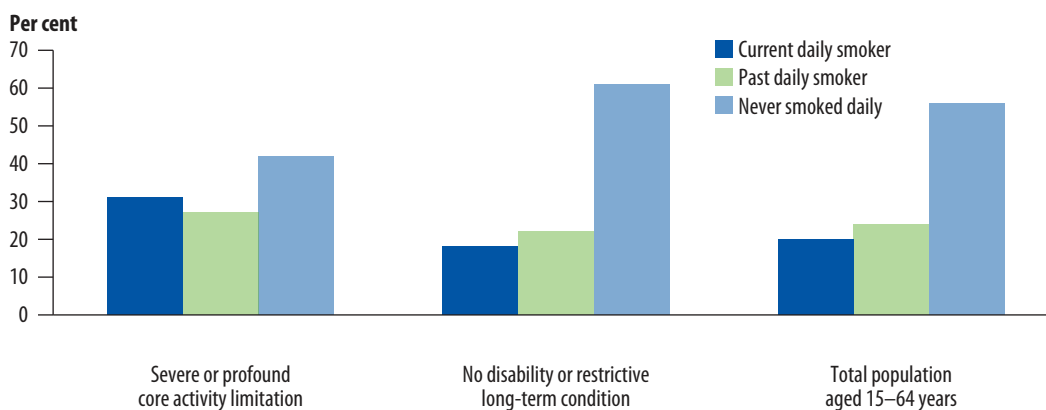
Figure 16: People aged 15-64 years: proportion who reported doing very low level or no exercise, by disability status, 2007-08

Current daily smoker

Tobacco smoking is the single most preventable cause of ill health and death in Australia (AIHW 2008). In 2007-08, one in five Australians aged 15-64 years (20%) were current daily smokers (Figure 17).

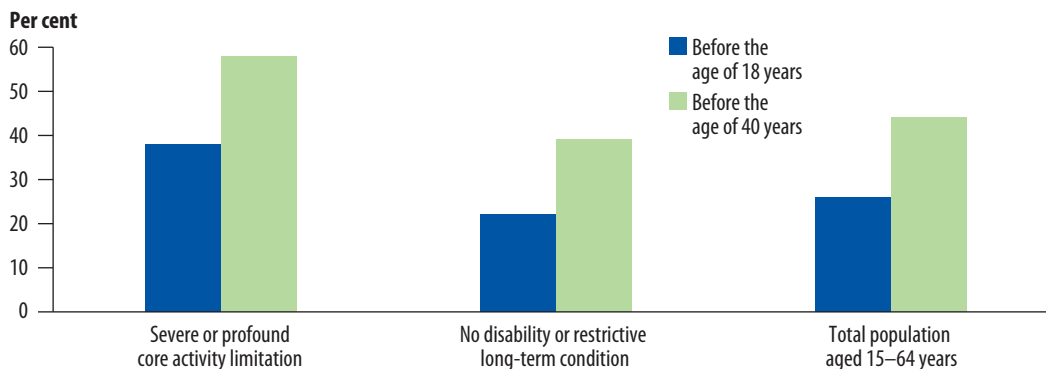
People aged 15–64 years with severe or profound disability were more likely than those without disability to be current daily smokers (31% versus 18%) and past daily smokers (27% versus 22%). The likelihood of having never smoked was lower for people with severe disability (42%) than for those without disability (61%).

More than half (58%) of people aged 15–64 years with severe or profound disability started smoking before the age of 40 years, including 38% who started smoking before the age of 18 years. This is in contrast to much lower proportions for people without disability, 39% and 22% respectively (Figure 18).



Source: Table A17: AIHW analysis of ABS 2007–08 National Health Survey confidentialised unit record file.

Figure 17: People aged 15–64 years: daily smoker status by disability status, 2007–2008



Note: Includes both current and past smokers.

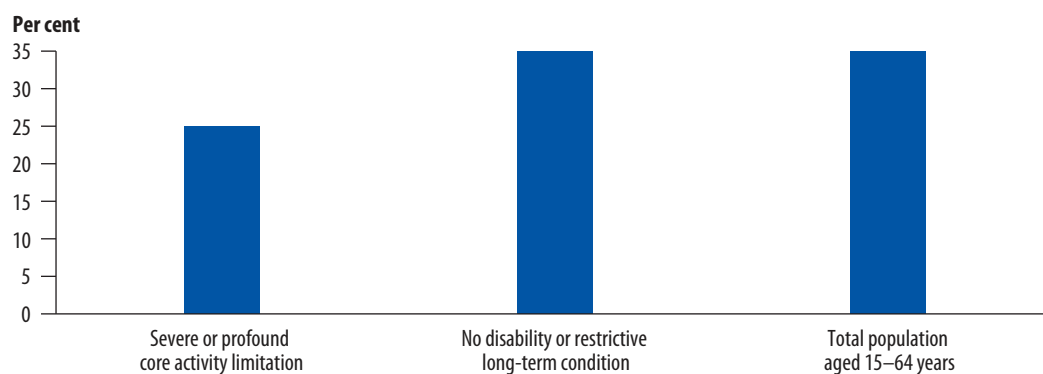
Source: Table A18: AIHW analysis of ABS 2007–08 National Health Survey confidentialised unit record file.

Figure 18: People aged 15–64 years: age commenced daily smoking, by disability status, 2007–08

Alcohol consumption

Excessive alcohol consumption is a major risk factor for morbidity and mortality (AIHW 2008). According to the 2007–08 NHS, one quarter (25%) of people aged 15–64 years with severe or profound disability drank alcohol at medium or high-risk level in the long term. However, this proportion was lower than that for people without disability (35%) and the general population (35%) (Figure 19).

Alcohol consumption risk levels in the long term were derived from the 2007–08 NHS data about the average daily consumption of alcohol by persons aged 15 years and over for 3 days of the week before interview and were grouped into relative risk levels as defined by the National Health and Medical Research Council (NHMRC).

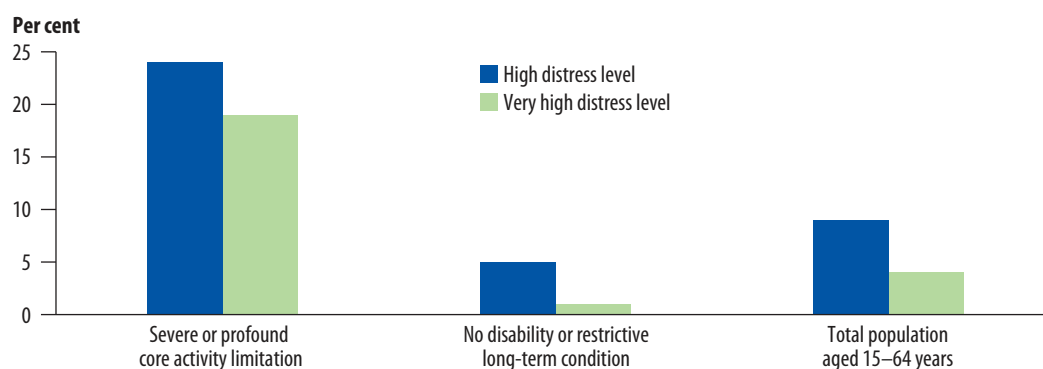


Source: Table A19: AIHW analysis of ABS 2007–08 National Health Survey confidentialised unit record file.

Figure 19: People aged 15–64 years who drank alcohol at medium or high-risk level, by disability status, 2007–08

Psychological distress

In 2007–08, of people aged 15–64 years with severe or profound disability, 24% had high distress level and 19% had very high distress level, compared with 5% and 1% respectively for those without disability (Figure 20).



Note: The measure of psychological distress was derived from the Kessler Psychological Distress Scale -10 items (K10) (ABS 2009a). This is a scale of non-specific psychological distress based on 10 questions about negative emotional states in the 4 weeks before interview (ABS 2009a).

Source: Table A20: AIHW analysis of ABS 2007–08 National Health Survey confidentialised unit record file.

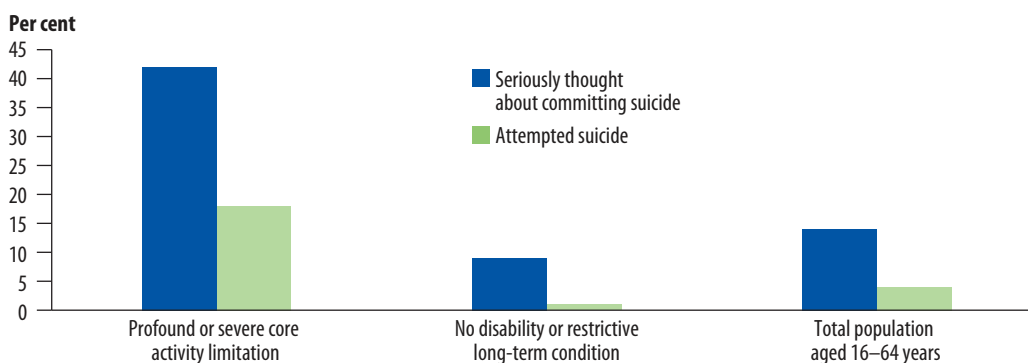
Figure 20: Adults aged 18–64 years: psychological distress by disability status, 2007–08

Suicidal behaviour

In the ABS 2007 NSMHWB, people were asked about suicidal behaviour in their lifetime and in the 12 months prior to the survey interview.

Of people aged 16–64 years with severe or profound disability, 42% had seriously thought about committing suicide, including 18% who had attempted suicide. This is in contrast to much lower proportions for people without disability (9% and 1% respectively) (Figure 21).

The high proportion of thinking and attempting suicide for people with severe or profound disability was associated with their high prevalence of mental and behavioural problems and high level of psychological distress.



Source: Table A21: AIHW analysis of ABS 2007 National Survey of Mental Health and Wellbeing confidentialised unit record file.

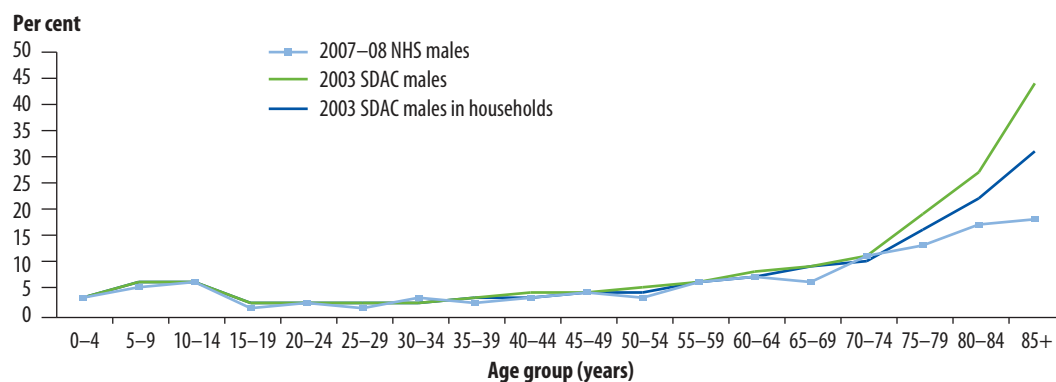
Figure 21: People aged 16–64 years: proportion who had ever seriously thought about or attempted suicide, by disability status, 2007

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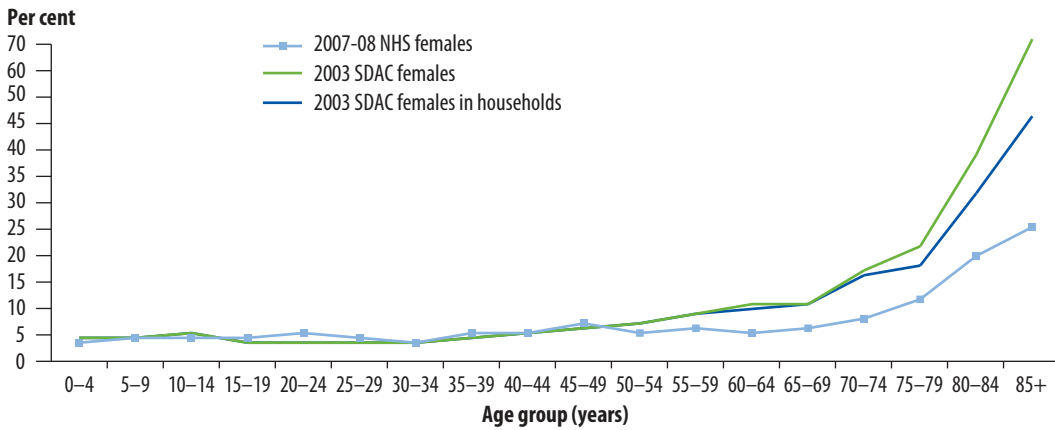
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Appendix A: Comparisons of ABS 2007–08 National Health Survey and 2003 Survey of Disability, Ageing and Carers



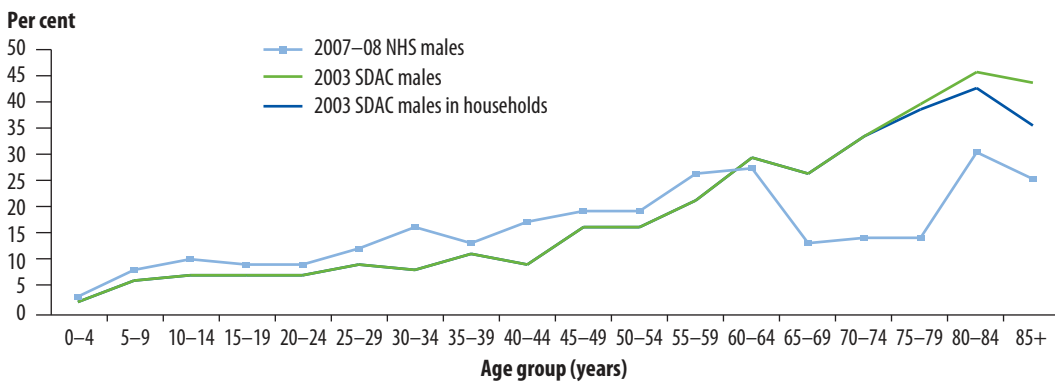
Source: AIHW analysis of ABS 2007–08 National Health Survey and 2003 Survey of Disability, Ageing and Carers confidentialised unit record file.

Figure A1a: Age-specific prevalence rates of severe or profound core activity limitation, males, 2007–08 NHS and 2003 SDAC



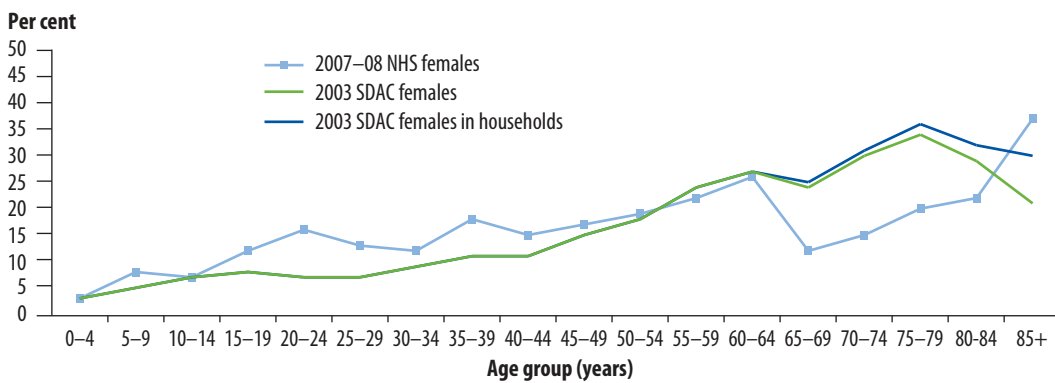
Source: AIHW analysis of ABS 2007-08 National Health Survey and 2003 Survey of Disability, Ageing and Carers confidentialised unit record file.

Figure A1b: Age-specific prevalence rates of severe or profound core activity limitation, females, 2007-08 NHS and 2003 SDAC



Source: AIHW analysis of ABS 2007-08 National Health Survey and 2003 Survey of Disability, Ageing and Carers confidentialised unit record file.

Figure A2a: Age-specific prevalence rates of moderate or mild core activity limitation or schooling/employment restriction only, males, 2008 NHS and 2003 SDAC



Source: AIHW analysis of ABS 2007-08 National Health Survey and 2003 Survey of Disability, Ageing and Carers confidentialised unit record file.

Figure A2b: Age-specific prevalence rates of moderate or mild core activity limitation or schooling/employment restriction only, females, 2008 NHS and 2003 SDAC

Appendix tables

Table A1: People aged 15–64 years, self-assessed health status, by disability status, 2007–2008

	Severe or profound core activity limitation	No disability or restrictive long-term condition	Total population aged 15–64 years
	Per cent of total ^(a)		
Fair/poor	45.6	4.8	12.0
Good	25.7	24.9	28.4
Excellent/very good	28.7	70.3	59.6
Total 15–64 years ('000)	489.6	8,973.2	13,999.5

(a) Percentages have been age-standardised to the Australian population as at 31 December 2007, adjusted for the scope of the survey.

Source: AIHW analysis of ABS 2007–08 National Health Survey confidentialised unit record file.

Table A2: People aged under 65 years: prevalence of selected long-term health conditions, by disability status, 2007–2008

	Among people with severe or profound core activity limitation	Among people without disability or restrictive long-term health condition	Among the total population
	Per cent of total ^(a)		
Mental & behavioural	47.8	5.7	11.4
Back problems	27.6	8.2	13.0
Arthritis	25.8	5.5	10.4
Cardiovascular diseases	24.1	7.8	11.0
Asthma	21.5	6.2	9.9
Deafness	17.9	2.0	6.9
Migraine	15.1	3.6	6.0
Hypertension	8.9	4.6	5.7
Diabetes	7.9	1.5	2.5
Injury	6.7	1.3	2.2
Early onset behavioural problems	6.7	0.3	1.8
Epilepsy	6.1	0.1	0.6
High cholesterol	5.6	3.0	4.1
Osteoporosis	4.8	1.0	1.6
Incontinence	3.7	0.2	0.6
Cancer	*2.6	0.8	1.2
Total under 65 years ('000)	646.7	12,370.2	18,042.0

* Estimate has a relative standard error of 25% to 50% and should be used with caution.

(a) Percentages have been age-standardised to the Australian population as at 31 December 2007, adjusted for the scope of the survey.

Source: AIHW analysis of ABS 2007–08 National Health Survey confidentialised unit record file.

Table A3: People aged under 65 years: proportion of people with mental and behavioural problems by selected disability types, 2007–2008

Disability type ^(a)	With severe or profound core activity limitation	Total with disability or restrictive long-term condition
	Per cent ^(b)	Per cent ^(c)
Intellectual	71.7	56.5
Head injury, stroke or brain damage	60.3	46.9
Sight, hearing, speech	52.3	29.1
Physical	44.9	24.6

(a) Mental and behavioural problems by definition are classified in the psychiatric disability group.

(b) Per cent of total people with a specific type of disability and severe or profound core activity limitation.

(c) Per cent of total people with a specific type of disability.

Source: AIHW analysis of ABS 2007–08 National Health Survey confidentialised unit record file.

Table A4: Proportion who had severe or profound core activity limitation among people aged under 65 years with specific health conditions, 2007–2008

	With severe or profound core activity limitation	Total population with a specific condition
	Number ('000)	Per cent of total with a specific condition
Epilepsy	37.5	32.9
Early onset behavioural problems ^(a)	43.8	31.6
Incontinence	27.4	26.3
Cataract	*17.3	*19.7
Type 1 diabetes	*12.9	*19.5
Macular degeneration	**8.5	**18.4
Blindness	*10.2	*14.8
Mental & behavioural	304.1	14.8
Diabetes	62.3	13.6
Osteoporosis	36.8	13.1
Type 2 diabetes	49.6	12.8
Injuries	47.7	11.8
Deafness	127.5	10.2
Arthritis	191.7	10.2
Cancer	*19.6	*8.9
Migraine	94.5	8.7
Cardiovascular diseases	170.8	8.6
Glaucoma	*4.9	*8.3
Back problems	189.2	8.0
Asthma	140.4	7.8
Hypertension	79.9	7.7
High cholesterol	51.1	7.0
Total aged under 65 years	646.7	3.6
		18,042.0

* Estimate has a relative standard error of 25% to 50% and should be used with caution.

** Estimate has a relative standard error greater than 50% and is considered too unreliable for general use.

(a) This category is a subset of the category of 'Mental & behavioural'.

Source: AIHW analysis of ABS 2007–08 National Health Survey confidentialised unit record file.

Table A5: People aged under 65 years with severe or profound core activity limitation: prevalence rate of selected health conditions, 2007–08

Health conditions	Number ('000)	Per cent of total population aged under 65 years
Mental & behavioural	304.1	1.7
Arthritis	191.7	1.1
Back problems	189.2	1.0
Cardiovascular diseases	170.8	0.9
Asthma	140.4	0.8
Deafness	127.5	0.7
Migraine	94.5	0.5
Hypertension	79.9	0.4
Diabetes	62.3	0.3
High cholesterol	51.1	0.3
Type 2 diabetes	49.6	0.3
Injuries	47.7	0.3
Early onset behavioural problems	43.8	0.2
Epilepsy	37.5	0.2
Osteoporosis	36.8	0.2
Incontinence	27.4	0.2
Cancer	*19.6	*0.1
Cataract	*17.3	*0.1
Type 1 diabetes	*12.9	*0.1
Blindness	*10.2	*0.1
Total population aged under 65 years ('000)	18,042.0	..

.. Not applicable.

* Estimate has a relative standard error of 25% to 50% and should be used with caution.

Source: AIHW analysis of ABS 2007–08 National Health Survey confidentialised unit record file.

Table A6: People aged under 65 years: co-morbidity of mental health problems and physical long-term health conditions, by disability status, 2007–08

	With severe or profound core activity limitation and mental and behavioural problems	With mental and behavioural problems but no disability or restrictive long-term health conditions	Total population under 65 years
	Per cent of total ^(a)		
Back problems	33.5	11.6	13.0
Cardiovascular diseases	28.0	10.9	11.0
Arthritis	25.7	7.8	10.4
Asthma	20.2	6.9	9.9
Migraine	19.7	5.5	6.0
Deafness	19.2	*2.7	6.9
Hypertension	8.4	5.2	5.7
Diabetes	*7.6	**0.9	2.5
Epilepsy	*7.4	**0.4	0.6
High cholesterol	*6.4	5.7	4.1

Table A6 (continued): People aged under 65 years: co-morbidity of mental health problems and physical long-term health conditions, by disability status, 2007–08

	With severe or profound core activity limitation and mental and behavioural problems	With mental and behavioural problems but no disability or restrictive long-term health conditions	Total population under 65 years
Cancer	*2.4	*1.9	1.2
Total ('000)	304.1	686.1	18,042.0

* Estimate has a relative standard error of 25% to 50% and should be used with caution.

** Estimate has a relative standard error greater than 50% and is considered too unreliable for general use.

(a) Percentages have been age-standardised to the Australian population as at 31 December 2007, adjusted for the scope of the survey.

Source: AIHW analysis of ABS 2007–08 National Health Survey confidentialised unit record file.

Table A7: People aged under 65 years with mental health problems: whether have behavioural & emotional problems with usual onset in childhood or adolescence, 2007–08

Whether have early onset mental health problems	Severe or profound core activity limitation	No disability or restrictive long-term condition	Total with mental and behavioural problems
Number ('000)			
No	260.3	637.3	1,922.0
Yes	43.8	48.8	138.7
Total with mental health problems	304.1	686.1	2,060.7
Per cent of total			
No	85.6	92.9	93.3
Yes	14.4	7.1	6.7
Total with mental health problems	100.0	100.0	100.0

Source: AIHW analysis of ABS 2007–08 National Health Survey confidentialised unit record file.

Table A8: People aged 15–64 years who had diabetes or high sugar level: age told had diabetes or high sugar level by disability status, 2007–08

Age told had diabetes or high sugar level	Profound or severe core activity limitation	No disability or restrictive long-term condition	Total with diabetes or high sugar level
Number ('000)			
Under 25 years	*14.2	*11.6	44.3
25–44 years	*9.2	61.7	151.8
45–64 years	38.3	81.3	283.3
Total with diabetes or high sugar level	61.7	154.6	479.4
Per cent of total			
Under 25 years	*23.0	*7.5	9.2
25–44 years	*14.9	39.9	31.7
45–64 years	62.2	52.6	59.1
Total with diabetes or high sugar level	100.0	100.0	100.0

* Estimate has a relative standard error of 25% to 50% and should be used with caution.

Source: AIHW analysis of ABS 2007–08 National Health Survey confidentialised unit record file.

Table A9: People aged 15–64 years who had arthritis: age told had long-term arthritis, by disability status, 2007–08

Age told had arthritis	Profound or severe core activity limitation	No disability or restrictive long-term condition	Total with arthritis(a)
Number ('000)			
Under 25 years	27.5	32.0	157.0
25–44 years	77.7	136.2	592.5
45–64 years	59.0	182.5	688.4
Total under 45 years	105.1	168.2	749.5
Total with arthritis(a)	191.7	522.3	1,871.8
Per cent of total			
Under 25 years	14.3	6.1	8.4
25–44 years	40.5	26.1	31.7
45–64 years	30.8	34.9	36.8
Total under 45 years	54.9	32.2	40.0
Total with arthritis(a)	100.0	100.0	100.0

(a) Total includes categories of 'Not stated', 'Not known' and 'Not applicable' relating to age told had arthritis.

Source: AIHW analysis of ABS 2007–08 National Health Survey confidentialised unit record file.

Table A10: People aged 15–64 years who had osteoporosis: age told had osteoporosis, by disability status, 2007–08

Age told had osteoporosis	Profound or severe core activity limitation	No disability or restrictive long-term condition	Total with osteoporosis
Number ('000)			
Under 25 years	**2.8	*6.1	*15.0
25–44 years	*12.9	23.2	69.3
45–64 years	21.1	65.7	194.7
Total under 45 years	15.7	29.3	84.3
Total with osteoporosis(a)	36.8	95.0	281.0
Per cent of total			
Under 25 years	**7.6	*6.4	*5.3
25–44 years	*35.1	24.4	24.7
45–64 years	57.3	69.1	69.3
Total under 45 years	42.7	30.9	30.0
Total with osteoporosis(a)	100.0	100.0	100.0

* Estimate has a relative standard error of 25% to 50% and should be used with caution.

** Estimate has a relative standard error greater than 50% and is considered too unreliable for general use.

(a) Total includes categories of 'Not applicable' and 'Not known' relating to age told had osteoporosis.

Source: AIHW analysis of ABS 2007–08 National Health Survey confidentialised unit record file.

Table A11: People aged 15–64 years who had injury: age when injury occurred, by disability status, 2007–08

Age when injury occurred	Severe or profound core activity limitation	No disability or restrictive long-term condition	Total with injuries(a)
Number ('000)			
Under 25 years	*14.1	108.5	211.8
25–64 years	*6.2	65.0	154.2
Total with injury(a)	20.3	173.5	366.0
Per cent of total			
Under 25 years	*69.4	62.5	57.9
25–64 years	*30.6	37.5	42.1
Total with injury(a)	100.0	100.0	100.0

* Estimate has a relative standard error of 25% to 50% and should be used with caution.

(a) Total excludes people who did not know age when injury occurred.

Source: AIHW analysis of ABS 2007–08 National Health Survey confidentialised unit record file.

Table A12: Adults aged 18–64 years: body mass index by disability status, 2007–08

	Severe or profound core activity limitation	No disability or restrictive long-term condition	Total adults 18–64 years
Number ('000)			
Not applicable (15–17 years)	*13.1	705.0	849.6
Underweight	**3.1	140.1	201.8
Normal range	75.8	2,432.1	3,618.3
Overweight	101.6	2,064.0	3,339.3
Obese	110.6	1,192.7	2,254.5
Not measured	169.6	2,295.8	3,510.5
Not known	*15.8	143.5	225.5
Total aged 15–64 years	489.6	8,973.2	13,999.5
Total measured 18–64 years(a)	291.1	5,828.8	9,413.9
Per cent of total measured 18–64 years(a)			
Overweight	34.9	35.4	35.5
Obese	38.0	20.5	23.9
Total overweight or obese	72.9	55.9	59.4
Age-standard rates(b)			
Obese	36.5	21.4	24.1
Total overweight or obese	69.0	57.6	59.6

* Estimate has a relative standard error of 25% to 50% and should be used with caution.

** Estimate has a relative standard error greater than 50% and is considered too unreliable for general use.

(a) Excludes categories of 'Not applicable', 'Not measured', and 'Not known'.

(b) Percentages have been age-standardised to the Australian population as at 31 December 2007, adjusted for the scope of the survey.

Source: AIHW analysis of ABS 2007–08 National Health Survey confidentialised unit record file.

Table A13: People aged 18–64 years who were overweight or obese: prevalence of selected conditions by disability status, 2007–08 (per cent)^(a)

Long-term health condition	Among persons with severe or profound core activity limitation	Among persons with no disability or restrictive long-term health condition	Total overweight or obese
Mental & behavioural	51.1	6.9	14.2
Back problems	42.1	12.4	19.2
Arthritis	37.6	7.9	15.2
Cardiovascular diseases	33.0	12.3	16.2
Deafness	21.7	3.4	10.3
Asthma	20.8	6.2	11.1
Migraine	20.8	4.6	7.7
Hypertension	11.9	7.9	9.3
Diabetes	9.4	2.6	4.1
Injuries	*9.2	2.2	3.4
High cholesterol	9.2	5.6	6.9
Type 2 diabetes	*7.6	2.3	3.4
Osteoporosis	*5.9	1.0	1.7

* Estimate has a relative standard error of 25% to 50% and should be used with caution.

(a) Percentages have been age-standardised to the Australian Population as at 31 December 2007, adjusted for the scope of the survey.

Source: AIHW analysis of ABS 2007–08 National Health Survey confidentialised unit record file.

Table A14: People aged 18–64 years with severe or profound core activity limitation: prevalence of selected conditions, by whether overweight or obese, 2007–08 (per cent)^(a)

	Overweight or obese	No overweight or obese
Mental & behavioural	51.1	47.4
Back problems	42.1	32.1
Arthritis	37.6	32.2
Cardiovascular diseases	33.0	28.7
Deafness	21.7	17.5
Asthma	20.8	20.0
Migraine	20.8	17.3
Hypertension	11.9	*11.7

* Estimate has a relative standard error of 25% to 50% and should be used with caution.

(a) Percentages have been age-standardised to the Australian Population as at 31 December 2007, adjusted for the scope of the survey.

Source: AIHW analysis of ABS 2007–08 National Health Survey confidentialised unit record file.

Table A15: People aged 35–64 years who were overweight or obese: proportion who had both cardiovascular diseases and diabetes, by disability status, 2007–08

	Severe or profound core activity limitation	No disability or restrictive long-term condition	Total overweight or obese
	Number ('000)		
People who also had CVD and diabetes	*20.1	*26.4	132.3
Total people who were overweight or obese	165.7	2,101.3	3,919.5
	Per cent ^(a)		
Proportion of people who also had CVD and diabetes			
Observed proportion	*12.2	*1.3	3.4
Age-standardised proportion^(a)	*8.6	*1.4	3.2

* Estimate has a relative standard error of 25% to 50% and should be used with caution.

(a) Percentages have been age-standardised to the Australian population as at 31 December 2007, adjusted for the scope of the survey.

Source: AIHW analysis of ABS 2007–08 National Health Survey confidentialised unit record file.

Table A16: People aged 15–64 years: level of exercise, by disability status, 2007–08

Level of exercise	Severe or profound core activity limitation	No disability or restrictive long-term condition	Total aged 15–64 years
	Number ('000)		
High	*20.2	723.9	1,010.1
Moderate	72.1	2,117.9	3,089.6
Low	184.6	3,350.1	5,276.8
Sedentary (very low)	**1.9	52.9	75.6
Sedentary (no exercise)	210.8	2,722.0	4,536.2
Not stated	0.0	6.4	11.2
Total sedentary (very low or no exercise)	212.7	2,774.9	4,611.9
Total	489.6	8,973.2	13,999.5
	Per cent of total		
High	*4.1	8.1	7.2
Moderate	14.7	23.6	22.1
Low	37.7	37.3	37.7
Sedentary (very low)	**0.4	0.6	0.5
Sedentary (no exercise)	43.1	30.3	32.4
Not stated	0.0	0.1	0.1
Total sedentary (very low or no exercise)	43.4	30.9	32.9
Total	100.0	100.0	100.0

* Estimate has a relative standard error of 25% to 50% and should be used with caution.

** Estimate has a relative standard error greater than 50% and is considered too unreliable for general use.

Source: AIHW analysis of ABS 2007–08 National Health Survey confidentialised unit record file.

Table A17: People aged 15–64 years: daily smoker status, by disability status, 2007–08

Daily smoker status	Severe or profound core activity limitation	No disability or restrictive long-term condition	Total 15–64 years
Number ('000)			
Current daily smoker	151.2	1,600.2	2,836.6
Past daily smoker	133.0	1,936.3	3,382.2
Never smoked daily	205.4	5,436.7	7,780.8
Total	489.6	8,973.2	13,999.5
Per cent of total			
Current daily smoker	30.9	17.8	20.3
Past daily smoker	27.2	21.6	24.2
Never smoked daily	42.0	60.6	55.6
Total	100.0	100.0	100.0

Source: AIHW analysis of ABS 2007–08 National Health Survey confidentialised unit record file.

Table A18: People aged 15–64 year: age commenced daily smoking, by disability status, 2007–08

Age started daily smoking	Severe or profound core activity limitation	No disability or restrictive long-term condition	Total 15–64 years
Number ('000)			
Under 12 years	*17.5	62.2	141.7
12–17 years	166.9	1,904.1	3,541.4
18–39 years	99.1	1,557.7	2,510.7
40 years or over	**0.6	*12.4	*24.8
Never smoked daily	205.4	5,436.7	7,780.8
Total before 18 years	184.5	1,966.4	3,683.2
Total before 40 years	283.6	3,524.0	6,193.9
Total	489.6	8,973.2	13,999.5
Per cent of total			
Under 12 years	*3.6	0.7	1.0
12–17 years	34.1	21.2	25.3
18–39 years	20.2	17.4	17.9
40 years or over	**0.1	*0.1	*0.2
Never smoked daily	42.0	60.6	55.6
Total before 18 years	37.7	21.9	26.3
Total before 40 years	57.9	39.3	44.2
Total	100.0	100.0	100.0

* Estimate has a relative standard error of 25% to 50% and should be used with caution.

** Estimate has a relative standard error greater than 50% and is considered too unreliable for general use.

Source: AIHW analysis of ABS 2007–08 National Health Survey confidentialised unit record file.

Table A19: People aged 15–64 years: alcohol risk level 3 day average (2000 guidelines), by disability status, 2007–08

Alcohol risk level	Severe or profound core activity limitation	No disability or restrictive long-term condition	Total 15–64 years
		Number ('000)	
Low risk	86.4	2,295.9	3,684.8
Medium risk	60.6	1,407.6	2,183.7
High risk	63.5	1,704.5	2,655.8
Last consumed alcohol 1 week to less than 12 months ago	131.3	1,972.6	3,038.0
Last consumed alcohol 12 months or more ago	59.1	400.2	712.4
Never consumed alcohol	76.1	1,090.7	1,538.1
Time since last consumed alcohol not known	*12.6	101.8	186.7
Total medium and high risk	124.0	3,112.0	4,839.5
Total	489.6	8,973.2	13,999.5
		Per cent of total	
Low risk	17.7	25.6	26.3
Medium risk	12.4	15.7	15.6
High risk	13.0	19.0	19.0
Last consumed alcohol 1 week to less than 12 months ago	26.8	22.0	21.7
Last consumed alcohol 12 months or more ago	12.1	4.5	5.1
Never consumed alcohol	15.5	12.2	11.0
Time since last consumed alcohol not known	*2.6	1.1	1.3
Total medium and high risk	25.3	34.7	34.6
Total	100.0	100.0	100.0

* Estimate has a relative standard error of 25% to 50% and should be used with caution.

Source: AIHW analysis of ABS 2007–08 National Health Survey confidentialised unit record file.

Table A20: Adults aged 18–64 years: psychological distress^(a) by disability status, 2007–08

	Severe or profound core activity limitation	No disability or restrictive long-term condition	Total 15–64 years
	Number ('000)		
Low distress level	135.3	6,186.7	8,670.8
Moderate distress level	133.6	1,545.4	2,839.4
High distress level	114.7	447.6	1,154.9
Very high distress level	91.4	88.4	481.0
Unable to determine level	**1.5	**0.1	**3.8
Total	476.5	8,268.2	13,149.9
	Per cent of total		
Low distress level	28.4	74.8	65.9
Moderate distress level	28.0	18.7	21.6
High distress level	24.1	5.4	8.8
Very high distress level	19.2	1.1	3.7
Unable to determine level	**0.3	—	—
Total	100.0	100.0	100.0

** Estimate has a relative standard error greater than 50% and is considered too unreliable for general use.

— Nil or rounded to Zero (includes null cells).

(a) The measure of psychological distress was derived from the Kessler Psychological Distress Scale-10 items (K10). This is a scale of non-specific psychological distress based on 10 questions about negative emotional states in the 4 weeks before interview (ABS 2009a).

Source: AIHW analysis of ABS 2007–08 National Health Survey confidentialised unit record file.

Table A21: People aged 16 to 64 years: whether ever seriously thought about and attempted suicide, by disability status, 2007

	Severe or profound core activity limitation	No disability or restrictive long-term condition	Total 16–64 years
Number ('000)			
Whether ever seriously thought about committing suicide			
Yes	129.6	820.3	1,956.7
No	176.8	8,514.5	11,651.6
Refusal	—	—	**1.6
Whether ever attempted suicide			
Yes	*55.2	139.4	491.6
No	251.1	9,195.5	13,113.4
Not known	—	—	**4.9
Total	306.4	9,334.9	13,609.9
Per cent of total			
Whether ever seriously thought about committing suicide			
Yes	42.3	8.8	14.4
No	57.7	91.2	85.6
Refusal			
Whether ever attempted suicide			
Yes	*18.0	1.5	3.6
No	82.0	98.5	96.4
Not known	—	—	—
Total	100.0	100.0	100.0

* Estimate has a relative standard error of 25% to 50% and should be used with caution.

** Estimates has a relative standard error greater than 50% and is considered too unreliable for general use.

— Nil or rounded to Zero (includes null cells).

Source: AIHW analysis of ABS 2007 National Survey of Mental Health and Wellbeing confidentialised unit record file.

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