



## **VicHealth Indicators Survey**

**Extra report on disability**



**Easy English**



## Hard words

This report has some hard words.

The first time we write a hard word

- the word is in **blue**
  
- we write what the hard word means.

## You can get help with this report



You can get someone to help you

- read this report
  
- know what this report is about



- find more information.

## About this report



This report is written by the Victorian Health Promotion Foundation or **VicHealth**.



VicHealth works in Victoria to

- promote good health



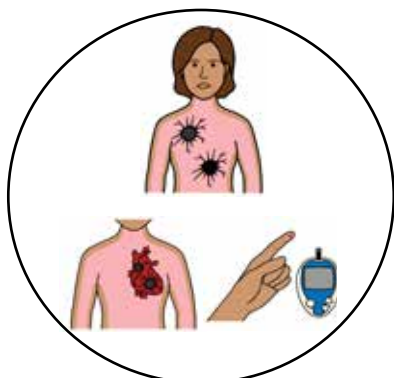
- help others to make programs that promote good health

- stop **chronic disease**.

Chronic disease means an illness that can last for a long time.

For example

- cancer
- heart disease
- diabetes.





This report is about our  
Health Indicators Survey.

The survey is about things that affect the  
health of people.



Things that might affect your health could be  
how you

- feel

or



- behave.

This report is a summary of what we found.

## About the survey

We do the survey every 4 years.



This is about the 2015 survey.

More than 22,000 people did the survey.



There were 6,300 people with disability who did the survey.

The survey shows the differences between people with and without disability.



We asked people about

- wellbeing and safety
- physical activity
- healthy eating
- how much alcohol they drink.



We asked people if they had a health condition. For example,



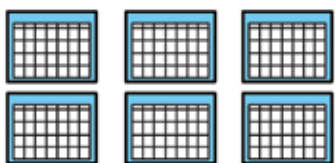
- a disability



- an illness



- an injury.



We asked people if their health condition went for 6 months or more.



We asked people if their health condition made it hard to do everyday activities.

People who said **yes** to these questions were more likely to be

- older
- born in Australia
- from Aboriginal or Torres Strait Islander background.



Compared to people without disability we found out that people with disability



- often had less income



- often had lower education



- were less likely to have a job



- were more likely to live in regional areas.



## What we found

### Wellbeing and safety



How people feel about themselves is important.



We found that Victorians with disability are less likely to feel happy about themselves than Victorians without disability.

Compared to people without disability people with disability also told us they

- feel less safe to go out alone in the daytime

and

- do **not** always like their local neighbourhood.



People with disability also told us they find it harder to help themselves in difficult times than people without disability.

## Physical activity and healthy eating

We know that it is good for health and wellbeing to



- be active

and



- eat healthy food.

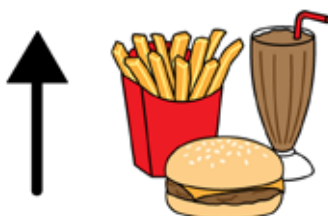
We also know that compared to people without disability people with disability



- are less active



- eat less fruit and vegetables



- eat more takeaway food.

## Alcohol

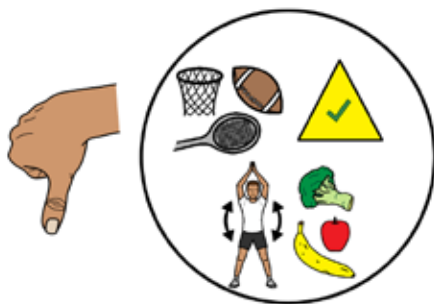


We know that alcohol is a drug that can harm people in the community.



People with disability are less likely to drink enough alcohol that could harm their health.

## Health and wellbeing



We found that the health and wellbeing of people with disability is worse than people without disability.



The survey results do **not** say if health and wellbeing is different for different types of disabilities.



We know that the health and wellbeing of people with disability can be better when they

- are part of their community



- have a job

- feel safe in their house



- go to school



- have money to pay for things.

## What we think is needed



We need **policies** and programs to help everyone in Victoria have a healthy life.



Policies are rules about what we want to happen.



VicHealth has a plan to help everyone in Victoria have a healthy life.



We also have a guide about how to improve the health of people with disability.



The Victorian government has a plan to help people with disability live a good life.

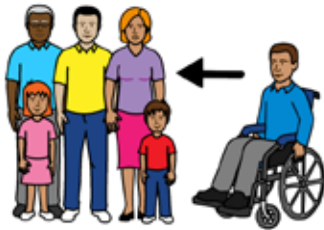


We spoke to 11 other groups who work with people with disabilities.

We asked them what they thought is needed.

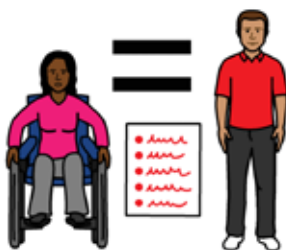


They told us that we need more research to get good information about people with disability.



We want people in the community to better understand what it is like to live with disability.

We need to make ways to help change how people without disability feel about people with disability.



We need to show people with disability doing the same things as people without disability. For example, at work and school.

We need to find more ways for people with disability to be part of



- communities

- sport



- recreation activities.

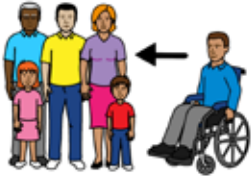


We have helped some sports clubs to make new programs for people with disability.



We have helped some councils to make new community programs for people with disability.

For example, music.



Groups that make decisions must include people with disability.



These groups might be

- government advisory groups



- community planning groups.

The Victorian government has a plan to include people with disability in these groups.



People with disability need more social groups to help them meet new people.





## More information

For more information contact VicHealth.



Call 9667 1333



Website [www.vichealth.vic.gov.au](http://www.vichealth.vic.gov.au)



National Relay Service

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Scope's Communication and Inclusion Resource Centre

wrote the Easy English in November 2018. [www.scopeaust.org.au](http://www.scopeaust.org.au)

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