

# Understanding the health of people with learning disabilities over their lifetime



Mental illness is the most common health condition for people with learning disabilities.

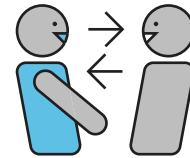
Mental illness affects the way we:



feel



think



communicate

People with a mental illness can develop other health problems.



Reflux Disorders



Airway Diseases



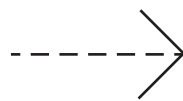
Kidney Disease

The most common are:

These problems do not happen all at the same time. They can take years to develop.



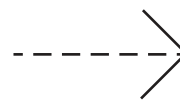
Mental Illness



can take up to 6 years



Reflux Disorders



can take up to 7 years



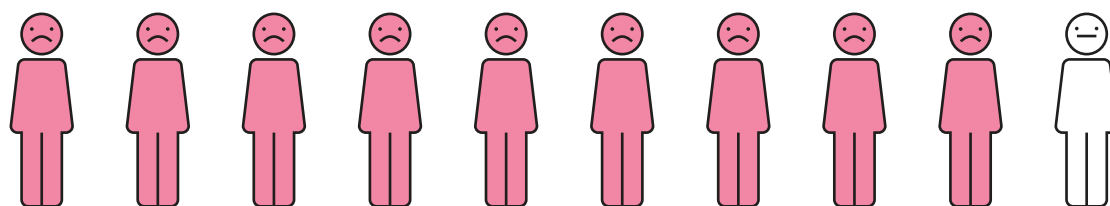
Kidney Disease

Eating healthy, exercising and sleeping well can help prevent these problems from occurring.

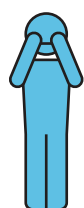
**Speak to your doctor, family or carer if you have any questions or worries about this information.**

# The health of people with learning disabilities

**9 in 10 people** with learning disabilities are likely to develop more than one health problem during their life.



The most common health problems are:



Mental Illness



Reflux Disorders



Epilepsy



Airway Diseases



Hypertension



Thyroid Disorders



Arthritis



Kidney Disease



Diabetes



Anemia

Some health problems can occur together. The most common combinations of health problems are:



Mental Illness  
Reflux Disorders



Airway Diseases  
Reflux Disorders



Hypertension  
Kidney Disease



Airway Diseases  
Mental Illness



Diabetes  
Kidney Disease

**Speak to your doctor, family or carer if you have any questions or worries about this information.**