

Autism Society of California's 2018 Survey Results

Health Indicators for the Adult I/DD Population

Exercise - 50% survey participants

The Department of Health and Human Services recommends adults get at least 150 minutes per week of moderate aerobic activity. The Autism Society of California Survey showed 50% of the family members or self-advocates reported meeting this goal. The CDC/National Center for Health Statistics in Jan 2017 showed that 53% of Americans met this goal.

389 survey participants



Eating Healthy

61% of the self advocates and family members with an adult reported this is compared to a 2016 poll conducted by NPR conducted with Truven Health Analytics which reported 75% of Americans believe they eat a healthy diet.

331 survey participants



Visiting the Doctor

Survey results that 83% of adults with I/DD had visited a doctor for a check up with in the last year compared to 85% for the average American.

Last Time an Adult with I/DD Visited Doctor for Medical Check Up

