**Improving Cardiometabolic disease outcomes for people with intellectual disability**

Julian N. Trollor1, Preeyaporn Srasuebkul1, Janelle Weise1.2, Rebecca Koncz1, Jessica Bellamy1,3, Emma Suzuki1, Katherine Samaras4,5, Anurag Sharma6, Benn Harris-Roxas6, Janet C. Long7, Anne Kavanagh8

1National Centre of Excellence in Intellectual Disability Health, UNSW Medicine and Health, UNSW Sydney, NSW, Australia

2Discipline of Occupational Therapy, Sydney School of Health Sciences, Faculty of Medicine and Health, University of Sydney

3School of Medical, Indigenous & Health Sciences, Faculty of Science, Medicine & Health, University of Wollongong, NSW, Australia

4Department of Endocrinology, St Vincent’s Hospital Sydney, Darlinghurst, NSW, Australia

5St Vincent’s Clinical School, UNSW Medicine and Health, UNSW Sydney, NSW, Australia

6School of Population Health, UNSW Medicine and Health, UNSW Sydney, NSW, Australia

7Australian Institute of Health Innovation, Macquarie University, Sydney

8Melbourne School of Population and Global Health, University of Melbourne, Melbourne, Australia

**Introduction.** People with intellectual disability experience significantly higher mortality rates1, including a disproportionate number of potentially avoidable deaths compared to the general population2. Deaths related to cardiovascular conditions, overweight/obesity and diabetes are the most prevalent2 and are exacerbated by undertreated or untreated preventable risk factors.

**Aims**. This work aims to explore the population health needs and emerging evidence concerning the prevalence and prevention of cardiometabolic diseases in individuals with intellectual disability.

**Methods**. We present findings from a mixed-methods research program conducted by the National Centre of Excellence in Intellectual Disability Health, focusing on cardiometabolic health.

**Results.** Our analysis reveals substantial gaps in preventive healthcare policy and practice for people with intellectual disability. Using linked administrative data from Australia, we report the prevalence of specific cardiometabolic conditions in this population. Additionally, we outline a targeted strategy for reducing cardiometabolic disease burden.

**Discussion.** We propose a comprehensive, multipronged approach to improving cardiometabolic health outcomes for people with intellectual disability, inviting further discussion, engagement and collaboration.

1Florio T, Trollor J. Mortality among a Cohort of Persons with an Intellectual Disability in New South Wales, Australia. J Appl Res Intellect Disabil. 2015 Sep;28(5):383-93. doi: 10.1111/jar.12190. Epub 2015 May 21. PMID: 25994286.

2Trollor J, Srasuebkul P, Xu H, et al Cause of death and potentially avoidable deaths in Australian adults with intellectual disability using retrospective linked data BMJ Open 2017;**7:**e013489. doi: 10.1136/bmjopen-2016-013489