# Healthy ageing and intellectual disabilities (HA-ID) study, the follow-up

Published: 21-01-2020 Last updated: 10-04-2024

Acquiring knowledge about the health of older adults with intellectual disabilities over time

and associated factors.

**Ethical review** Approved WMO **Status** Recruitment stopped

Health condition type Other condition

**Study type** Observational invasive

## Summary

#### ID

NL-OMON54642

Source

ToetsingOnline

**Brief title** 

Follow-up HA-ID

## **Condition**

Other condition

## **Synonym**

Intellectual disability and ageing

#### **Health condition**

Lichamelijke en geestelijke gezondheidsaandoeningen bij mensen met een verstandelijke beperking.

## Research involving

Human

## **Sponsors and support**

**Primary sponsor:** Erasmus MC, Universitair Medisch Centrum Rotterdam

Source(s) of monetary or material Support: Via de zorgorganisaties Ipse de

Bruggen; Amarant en Abrona

## Intervention

**Keyword:** ageing, Health, intellectual disabilities.

## **Outcome measures**

## **Primary outcome**

Acquiring knowledge about the health of older adults with intellectual disabilities over time and associated factors.

## **Secondary outcome**

The secondary objectives are described in 5 themes.

#### 1. Cardiovascular disease

Identify the prevalence, incidence and course of cardiovascular risk factors, cardiovascular diseas and cardiovascular mortality in older aduts with ID, and gain insight into the relationship with related factors across the themes.

2. Psychological problems and psychiatric disorders

Identify the prevalence, incidence and course of psychological problems and psychiatric disorders in older adults with ID, and gain insight into the relationship with related factors across the themes.

## 3. Frailty

Identify the prevalence, incidence and course of frailty in older adults with

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ID, and gaining insight into the relationship with related factors across the themes.

- 4. Physical activity, fitness and musculoskeletal disorders

  Identify the prevalence, incidence and course of musculoskeletal disorders and
  the degree of physical activity and fitness in older adults with ID, and gain
  insight into the relationship with related factors across the themes.
- Identify the prevalence, incidence and course of food-related problems in older adults with ID, and gain insight into the relationship with related factors across the themes.

## **Study description**

5. Nutrition and nutritional state

## **Background summary**

The life expectancy of people with intellectual disabilities is increasing, and they now almost reach the same age as the general population. However earlier results of the Healthy Ageing and Intellectual Disabilities (HA-ID) Study (MEC-nummer: 2008-234 en 2011-309, Erasmus MC) show that the increase in life expectancy is not always a healthy one. Older adults with ID are very frail, and we see a high incidence of chronic multimorbidity, low physical fitness levels and a lot of problems in performing daily activities. However, little is known about important risk factors for health problems and how the health of older adults with ID changes over time. More knowledge is necessary to optimize the care for older adults with intellectual disabilities. Longitudinal research regarding the health of older adults with intellectual disabilities is therefore of utmost importance. Therefore the current study \*Healthy Ageing and Intellectual disabilities (HA-ID), the follow-up\*, aims to collect longitudinal data of the health of older adults with intellectual disabilities.

## Study objective

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Acquiring knowledge about the health of older adults with intellectual disabilities over time and associated factors.

## Study design

Prospective longitudinal observational cohort study

## Study burden and risks

This study examines the health of the participants over time. Most measurements of the original HA-ID study will be repeated, and supplemented or replaced by new measurements (based on the current insights). Participants will undergo several different measurements during a time frame of one week. The participants will wear an ActiWatch (watch like device) and ActiGraph (device that measures physical activity). They will undergo a physical fitness assessment, a physical examination (participants of Abrona and the remaining participants of Ipse de Bruggen and Amarant undergo the tests to examine the ACR criteria for osteo-arthritis twice), a structured observation of eating and swallowing (this observation will be recorded on video for approximately 40 participants of Ipse de Bruggen), and a blood- and hair sample will be obtained. The participant or their caregiver is interviewed about depression and anxiety. The participant will undergo 6-8 X-rays of the hips and the knees. Caregivers will also be asked to complete various other questionnaires, and we will collect data from files. Many measurements do not differ from usual diagnostic activities. The risks are therefore minimal and comparable to a visit to a physical therapist, physician or behavioural scientist.

## **Contacts**

## **Public**

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## **Scientific**

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## **Trial sites**

## **Listed location countries**

**Netherlands** 

# **Eligibility criteria**

## Age

Adults (18-64 years) Elderly (65 years and older)

## **Inclusion criteria**

Participation in the HA-ID study of 2008

## **Exclusion criteria**

Severely ill, limiting participation

# Study design

## **Design**

Study type: Observational invasive

Masking: Open (masking not used)

Control: Uncontrolled

Primary purpose: Basic science

## Recruitment

NL

Recruitment status: Recruitment stopped

Start date (anticipated): 15-07-2020

Enrollment: 271

Type: Actual

## **Ethics review**

Approved WMO

Date: 21-01-2020

Application type: First submission

Review commission: METC Erasmus MC, Universitair Medisch Centrum Rotterdam

(Rotterdam)

Approved WMO

Date: 19-08-2020

Application type: Amendment

Review commission: METC Erasmus MC, Universitair Medisch Centrum Rotterdam

(Rotterdam)

Approved WMO

Date: 17-11-2020

Application type: Amendment

Review commission: METC Erasmus MC, Universitair Medisch Centrum Rotterdam

(Rotterdam)

Approved WMO

Date: 13-08-2021

Application type: Amendment

Review commission: METC Erasmus MC, Universitair Medisch Centrum Rotterdam

(Rotterdam)

Approved WMO

Date: 21-04-2022

Application type: Amendment

Review commission: METC Erasmus MC, Universitair Medisch Centrum Rotterdam

(Rotterdam)

# **Study registrations**

## Followed up by the following (possibly more current) registration

No registrations found.

# Other (possibly less up-to-date) registrations in this register

No registrations found.

# In other registers

Register ID

Other NL trialregister, registratienummer is NL8564

CCMO NL71218.078.19