

# Healthy ageing and intellectual disabilities (HA-ID) study

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Gain insight into the health and health-related factors in adults with intellectual disabilities.

<b>Ethical review</b>	Approved WMO
<b>Status</b>	Pending
<b>Health condition type</b>	Other condition
<b>Study type</b>	Observational invasive

## Summary

### ID

NL-OMON57279

#### Source

ToetsingOnline

#### Brief title

HA-ID Study

### 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 zorgorganisaties Ipse de

## Intervention

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

## Outcome measures

### Primary outcome

The health and health-related factors associated with health problems will be assessed using five overarching themes:

- 1 Cardiovasculair health
- 2 Psychological problems, psychiatric conditions, including sleeping problems
- 3 Diet and nutritional status, including swallowing difficulties
- 4 Physical activity, fitness, and musculoskeletal disorders
- 5 Geriatric Frailty

### Secondary outcome

Not applicable

## Study description

### Background summary

The life expectancy of people with intellectual disabilities is increasing. Earlier results of the HA-ID Study show that the increase in life expectancy does not mean that adults with intellectual disabilities age healthy. The previous HA-ID Study mainly focused on older adults (50+) with intellectual disabilities, and age-related health problems appear to be more common than in the general population. Because many age-related health problems are already present in people over 50, we do not yet know at what age these problems first occur and what the associated factors are. Furthermore, little is known about the health course and indicators for health problems over an extended period. More longitudinal research focused on the health of adults with intellectual disabilities is therefore very important so that care and policy can be

tailored as best as possible to this aging group.

### **Study objective**

Gain insight into the health and health-related factors in adults with intellectual disabilities.

### **Study design**

A multicenter prospective longitudinal observational cohort study

### **Study burden and risks**

To gain more insight into the health of adults with intellectual disabilities, various measurements are conducted to collect data within the five themes. The measurements will take place for each participant as much as possible within a period of one week. During the measurement period, data is collected through extensive physical examination, fitness tests, an interview with the participant, actigraphy, and a swallowing observation. Blood is collected and a piece of hair is cut if permission has been given. In addition, the caregivers are asked to complete various questionnaires, and some of the participants are interviewed by the researchers. Finally, a file search is carried out. Many measurements are common diagnostic activities during a visit to, for example, a doctor, physiotherapist, or behavioral expert. The risks of participating in this study are negligible and no greater than when visiting a (para)medic. Despite measures to limit the burden on participants as much as possible, a time investment is still required from the participant. However, this is necessary to gain specific knowledge about aging in this target group. New insights will increase the possibilities and quality of prevention, diagnostics, and treatment, which can improve the health and quality of life of adults with intellectual disabilities.

## **Contacts**

### **Public**

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## Trial sites

### Listed location countries

Netherlands

## Eligibility criteria

### Age

Adults (18-64 years)

### Inclusion criteria

Living in one of the involved care organizations (Abrona, Amarant, Ipse de Bruggen)

Age 40-60

Intellectual disability according to the criteria of the American Association on Intellectual and Developmental Disabilities: characterized by limitations in both intellectual functioning (IQ  $\leq$  75) and adaptive behavior, occurring before the age of 22

### 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: Pending  
Start date (anticipated): 01-11-2024  
Enrollment: 975  
Type: Anticipated

## Ethics review

Approved WMO  
Date: 29-01-2025  
Application type: First submission  
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
CCMO	NL87684.078.24