



# PREVENTION & WELLNESS CHECK-UPS

California Department of Developmental Services



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A healthy lifestyle involves making choices that improve health. This means thinking about how to be healthy in all areas of life, including food, exercise, sleep, and handling stress. It also means being proactive, like visiting the doctor and dentist. It is important to make healthy choices in all these areas of life and understand how they may prevent or reduce serious health problems.

Source: [Health Affairs](#)

## Getting Regular Check-Ups

Help individuals stay up to date on their medical and dental checkups. These appointments can help prevent chronic conditions, lower risk of severe illness, and provide education and counselling.

Identify a memorable time to schedule checkups (birthdays, for example, are memorable and happen annually).

Organize the information in a way that is easy to track.

[Health passports](#) are a person-centered tool that can help organize an individual's medical information.

**Below are some recommended check-ups. Talk with the individual's doctor about check-ups that apply to them.**

### All adults aged 18 and older:

Annual physical exam with the primary care provider and

Annual dental care with a licensed dentist or dental hygienist.

Eye exam (it is recommended to have a complete eye exam at age 40).

### For women:

Age 21- 65 years, a pap smear at least once every three years;

Age 50-74 years, a mammogram at least once every two years.

### All adults aged 45-75, unless otherwise recommended:

Colorectal screening; or

Annual stool-based test;

Flexible sigmoidoscopy every five years; or

Colonoscopy every ten years;

If aged 60 or older, eye exam every year or two.

Source: [United States Preventive Services Taskforce](#)



Wellness and Safety Bulletins are produced by the Department of Developmental Services to alert direct service providers, regional center staff, and others to specific risks identified with our community. Please provide feedback on this bulletin and what we can do better through this survey: [Bulletin Survey](#)

## Statistics

According to the most recent NCI survey of California adults with intellectual and/or developmental disabilities:



IN 2017-18, **85%** OF CALIFORNIA ADULTS WITH INTELLECTUAL AND/OR DEVELOPMENTAL DISABILITIES (IDD) REPORTED HAVING AN ANNUAL PHYSICAL EXAM.

THAT NUMBER FELL TO **65%** DURING THE COVID PANDEMIC.



IN 2017-18, **80%** OF CALIFORNIA ADULTS WITH IDD REPORTED HAVING AN ANNUAL DENTAL EXAM.

THAT NUMBER FELL TO **61%** DURING THE COVID PANDEMIC.



ONLY ABOUT **50%** OF ADULTS WITH IDD GET REGULAR HEARING TESTS AND ONLY ABOUT **40%** GET REGULAR EYE EXAMS.

Source: CA National Core Indicator Survey data FY [2020-21](#)

## Additional Resources

[Understand how Disability Impacts California](#)

To Download PDF: [CA Disability and Health State Profile FINAL \(cdc.gov\)](#)

[Health Care for Adults with Intellectual and Developmental Disabilities](#)



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