



Trinity College Dublin

Coláiste na Tríonóide, Baile Átha Cliath

The University of Dublin

Bridging Research & Practice: Women's Health and Wellbeing

Celebrating International Day of Action for Women's Health 2025

Prof. Éilish Burke

Director of research SNM

Co-Director of Trinity Centre for Ageing and Intellectual Disability

**“Good health is a cornerstone
of well-being, enabling
individuals to live fulfilling
lives and contribute
meaningfully to society”**

Highlighting Health Inequities and Under-recognition



- Promoting Rights-Based Approaches to Health
- Amplifying the Voices of Women with intellectual disability
- Challenging Stereotypes and Attitudinal Barriers
- Driving Research, Policy, and Education Agendas

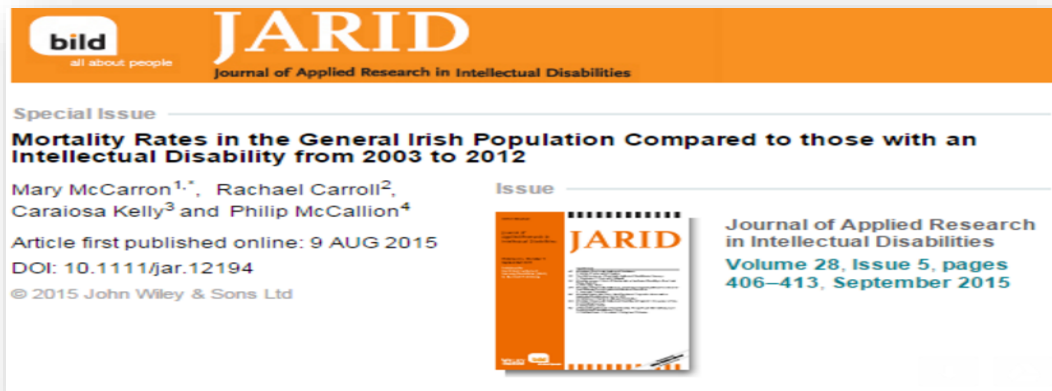




Mortality rates in the General Irish population compared to those with intellectual disability from 2003 – 2012

**Mortality higher in women across age groups.
Average age of death 19.07 years earlier than for the
general population.**

54.73 years compared with 73.80 years

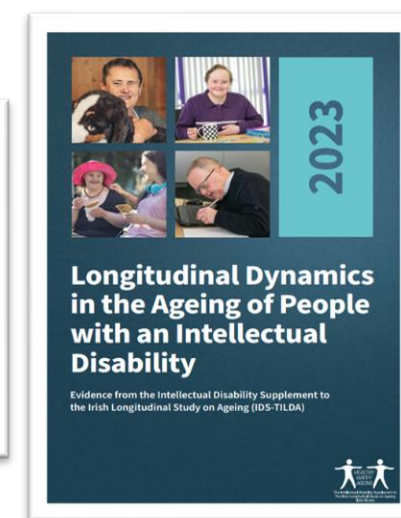
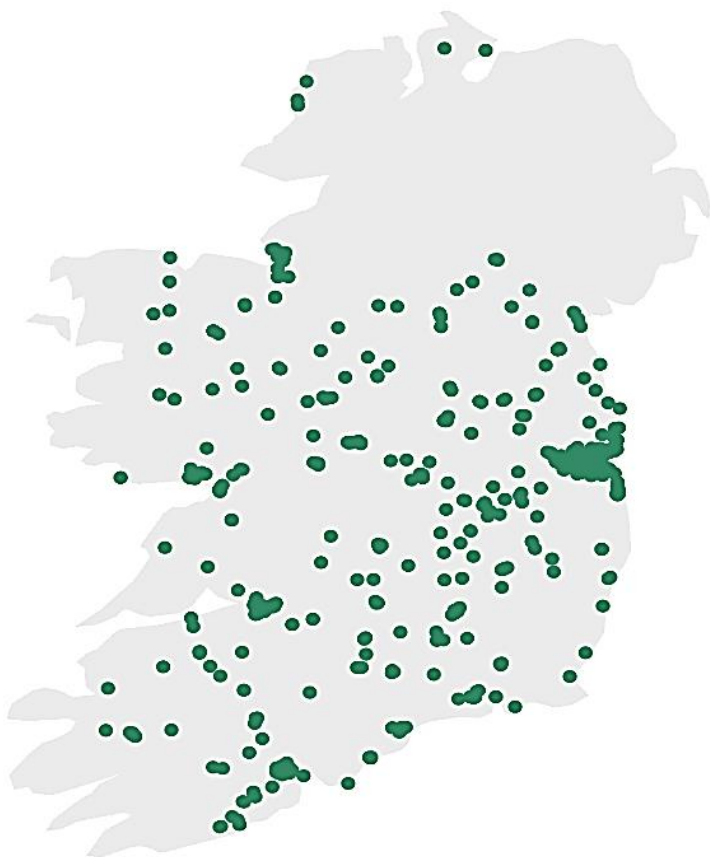




Data from The IDS-TILDA study [2007 – 2023]



The Intellectual Disability Supplement to
The Irish Longitudinal Study on Ageing
(IDS-TILDA)



Longitudinal study collecting data every 3 years which we
refer to as a wave

**First nationally-representative longitudinal study on ageing with an intellectual disability
comparable to the general population**

Multimorbidity, chronic health conditions and women with intellectual disability

WOMEN

Multimorbidity Prevalence
Presence of 2+ chronic
health conditions

76.2%



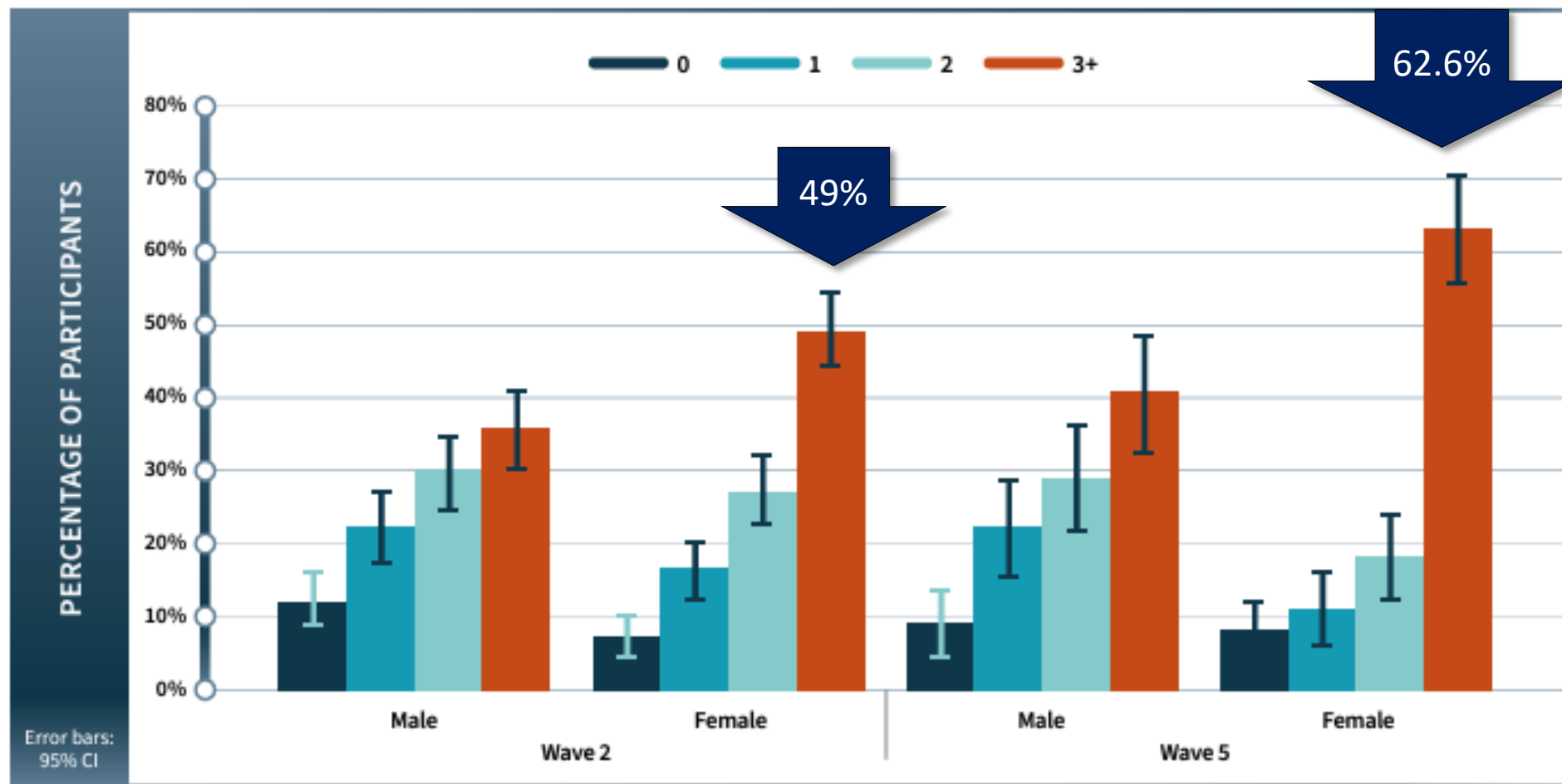
MEN

Multimorbidity Prevalence
Presence of 2+ chronic
health conditions

68.2%



Multimorbidity 3+conditions across 10 years



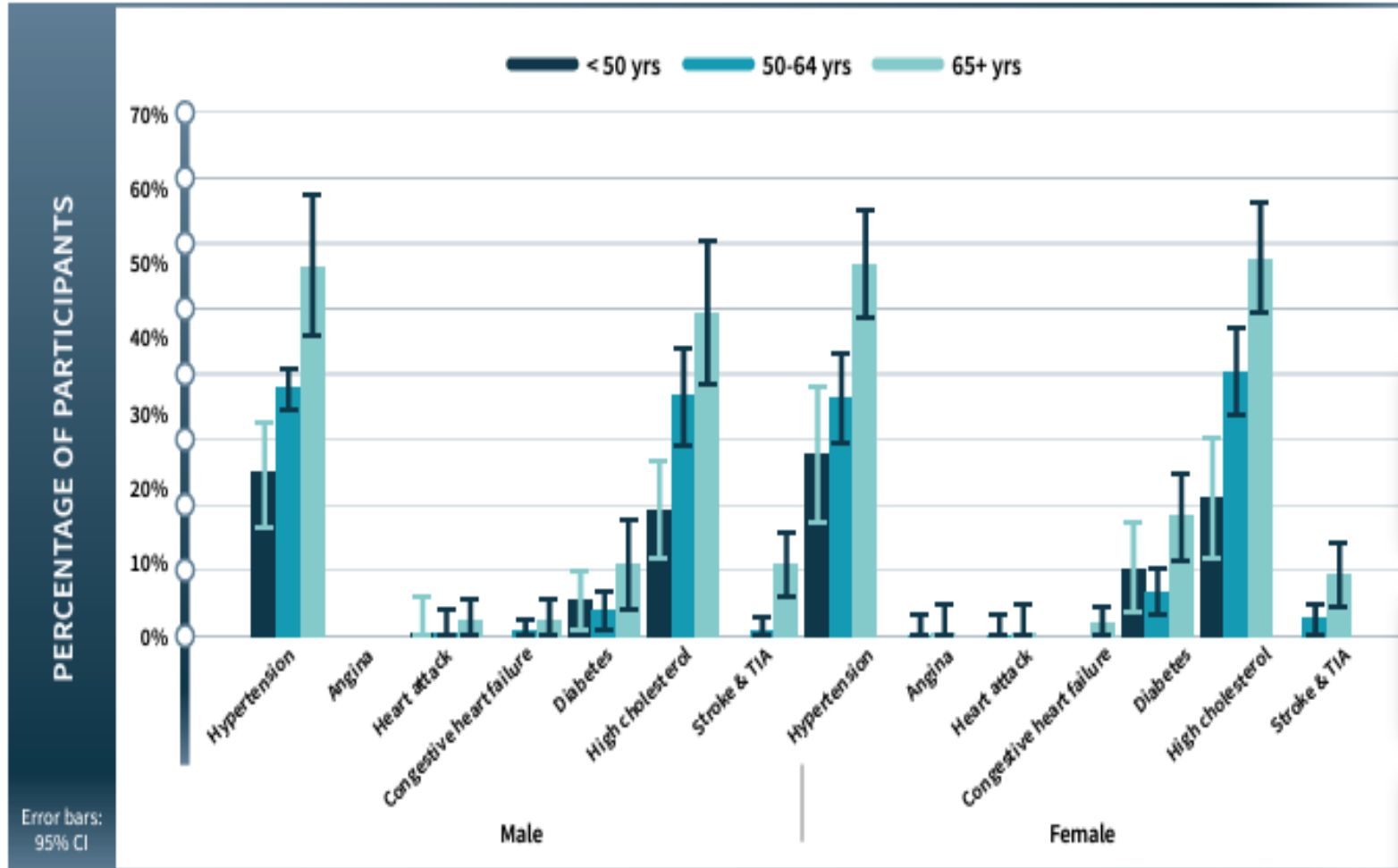
An
increase of
almost
14% for
women
with ID



Cardiovascular Disease



The Intellectual Disability Supplement to
The Irish Longitudinal Study on Ageing
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Higher levels among females than males:

Hypertension **41.8%** v 38.3%

High Cholesterol **42.8%** v 34.4%

Diabetes **11.5%** v 6.2%

Stroke/TIA **4.7%** v 3.1%

Welcome



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**Trinity Centre
for Ageing and
Intellectual Disability**



**INTERNATIONAL DAY
OF ACTION FOR
WOMEN'S HEALTH**

