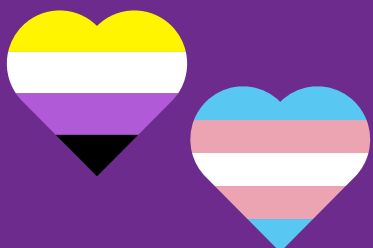


# Research Summary

## Health problems and health service use of Autistic women and men in Ontario



Learn more about the research paper [here](#)



We recognize that the gender and sex spectrums are more broad than men/male and women/female. This research only included male and female identifiers.

# Why did we do this research?



We wanted to learn about the different health problems Autistic men and women have.



We also wanted to know what kinds of health services Autistic adults use.

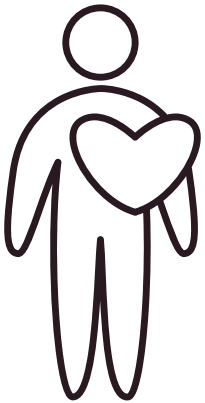


This helps us better support their health when they go to the doctor or hospital.

# What did we do?



We used information collected by doctors of **Autistic women** and **men** who were 19 to 65 years old in **Ontario**, Canada.



We looked for **health problems** that Autistic adults had.



We also looked at different doctors that they saw and if they went to the emergency department or hospital.



We also looked for differences between **Autistic** adults and adults **without developmental disabilities**.

# What did we learn?

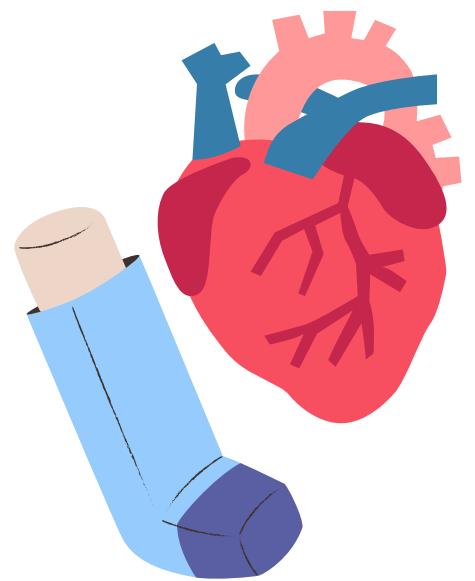
## We found differences in health problems

Autistic adults had **more mental health** and **physical health** problems than adults without developmental disabilities.

Compared to adults **without** developmental disabilities:

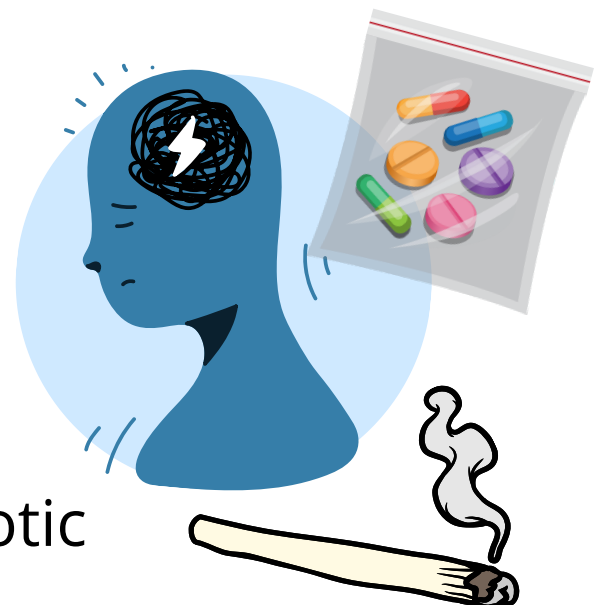
### Autistic Adults

were more likely to have some physical health problems like epilepsy, diabetes, hypertension, chronic obstructive pulmonary disease, asthma, and cancer.



### Autistic Women

were more likely to have psychiatric and substance use problems.



### Autistic Men

were more likely to have non-psychotic and substance use problems.

# What did we learn?

## We found differences in the types health care services used

Compared to adults **without** developmental disabilities Autistic adults got **more help** for mental and physical health problems.



Autistic men and women used most **psychiatric services more often.**



Autistic men and women also used most **health care services more often.**

# What does this mean?



Autistic women and men are **more likely to have health problems** and got **more help** for their health than people without developmental disabilities.



This means we need to make sure health care services are made to **better support** Autistic adults.



**make mental health support accessible to Autistic adults**

We also need to learn how to make mental health supports that **meet the needs** of Autistic women and men.

**Article title:** Health conditions and service use of autistic women and men: A retrospective population-based case-control study.

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This guide was created by staff at the Health Care Access Research and Developmental Disabilities Program (H-CARDD) and CAMH.

We thank the self-advocate advisors who worked together with our team.

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