What is health care transition (HCT)?

- HCT is the process of moving from a pediatric to an adult model of health care
- The goal of HCT is to learn skills to manage your own health and health services, with support

What is the prevalence of intellectual and/or developmental disability (ID/DD) among youth?

In 2020/21, 7% of youth, ages 12-17, had ID/DD.

In 2020/21, how many youth, ages 12-17, with ID/DD received HCT preparation guidance?

- 38% had time alone with their doctor (Component 1)*
- 61% had their doctor work with them to gain skills to manage their own care or understand health care changes (Component 2)*
- 22% had their doctor discuss the shift to a doctor who treats adults (Component 3)*
- but only 14% of youth received all 3 components of HCT preparation guidance from their doctor.

*This data is from the 2020-2021 National Survey of Children’s Health (NSCH). The respondent to this questionnaire is a parent or guardian who is living in the home and has knowledge of the sampled child. ID/DD is a term used in this data to include any current experience of autism or autism spectrum disorder (ASD), cerebral palsy, developmental delay, Down syndrome, epilepsy or seizure disorder, intellectual disability, learning disability, speech or language disorder, and Tourette syndrome.

**Differences from 2018/19 may not be statistically significant due to small sample sizes.