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Dispelling Myths

healthy kids.....healthy futures

Diabetes and Disability

Myth:

People with Intellectual and Developmental Disabilities (I/DD) have higher rates of diabetes and other chronic conditions.



Please take a minute answer true or false to the questions below.

Question	True	False
Having a disability means you will be obese		
Lifestyle changes are impossible		
People with I/DD are sick		
Chronic conditions are disability related (obesity, diabetes, etc.		

Facts:

- People with disabilities can have a healthy weight
- Health promotion strategies work
- People with I/DD see themselves as healthy
- Chronic conditions are lifestyle related

NOW, please let us know what good health habits prevent diabetes.



In partnership with the HealthMatters Community Academic Partnership in the Rehabilitation Research and Training Center on Aging with Developmental Disabilities at the University of Illinois at Chicago (UIC).

