Dispelling Myths

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
- 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.

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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).