

This project was made possible by funds received from the Illinois Department of Public Health.

What You Should Know *healthy kids.....healthy*

What influences successful aging across the lifespan?



Syndrome and Gender Related Conditions

Men and women with I/DD who have syndrome-related conditions are predisposed to certain health conditions based on their type of disability.

- Down Syndrome**.....Hypothyroidism and Alzheimer's Disease
- Fragile X**Heart Problems
- Prader-Willi**Cardiovascular Disease and Diabetes
- Cerebral Palsy**Reduced Mobility, Bone Demineralization
- Epilepsy**Osteoporosis

Health Matters for People with I/DD
 Health behaviors can prevent the onset of chronic conditions³

- Heart disease • Cancer
- Stroke • Diabetes • Obesity



Myths:

- People with I/DD are sick
- Chronic conditions are disability related (obesity, diabetes, hypertension)
- Lifestyle changes are impossible

What are the benefits of Health Promotion Programs?²

- Increase confidence to perform exercise
- Change attitudes toward exercising
- Enhance life satisfaction
- Improve flexibility, aerobic endurance, balance, and strength
- Reduce barriers to exercising
- Decrease pain in daily activity

Facts:

- People with I/DD see themselves as healthy
- Chronic conditions are lifestyle related (sedentary, poor diets, lack of opportunity)
- Health promotion strategies work

¹ Retrieved from www.highbeam.com/doc/1G1-210719270.html.
² Heller, T., Hsieh, K., & Rimmer, J. (2003). Attitudinal and psychosocial outcomes of a fitness and health education program on adults with Down syndrome. *American Journal on Mental Retardation*, 109(2), 175-185.
³ Centers for Disease Control and Prevention. (2003). *The power of prevention: Reducing the health and economic burden of chronic disease*. Atlanta, GA:U.S. Department of Health and Human Services. Retrieved March 23, 2010 from www.cdc.gov/chronicdisease/overview/pop.htm.

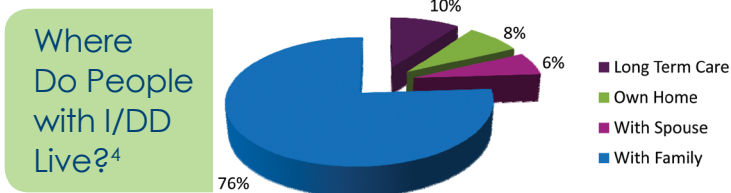
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What You Should Know *healthy kids.....healthy futures*

Where People Live Matters

Social support and environment influences our ability to make health choices that impact health status.

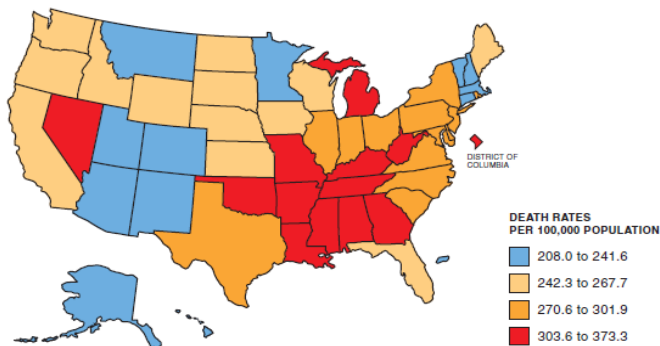
- Caregiver education enhances health behaviors
- Caregiver attitudes increase healthy food choices and physical activity
- Caregiver encouragement improves lifestyle choices



For people with intellectual and developmental disabilities (I/DD), cardiovascular disease is one of the most common causes of death.

Facts about Aging with I/DD

- Families are the major providers of care for adults with I/DD⁴
- Over 76% of adults of all ages with I/DD live at home
- Over 25% of families supporting a child or other relative in the home were headed by persons aged 60 years or older
- Projected increase of 90% to 1.2 million age 60+ by 2030



Total Cardiovascular Disease Deaths, 2005/100,000 Population

Strategies that support access to health promotion and healthcare:

1. Programmatic Infrastructures
2. Attitudes (e.g., health care professionals acquire basic disability education)
3. Physical Accommodations
4. Communication Accommodations
5. Economic Resources
6. Health Literacy