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

What influences successful aging across the lifespan?

What are the benefits of Health Promotion Programs?
• 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

Lifestyle Choices & Health Behaviors 70% Genetics 30%

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

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

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

What You Should Know

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

Facts about Aging with I/DD

• Families are the major providers of care for adults with I/DD
• 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

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

Total Cardiovascular Disease Deaths, 2005/100,000 Population