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Diabetes 101 *healthy kids.....healthy futures*

Symptoms of Diabetes

- Frequent urination
- Feeling thirsty all the time
- No energy
- Blurred vision
- Unexplained weight loss
- Sores or infections that do not heal or heal slowly
- Skin on neck, under the arms, between fingers and toes or groin area has darkened and become thicker



Diabetes Facts

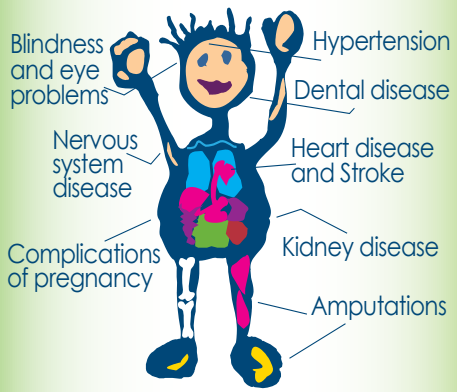
- Type 2 Diabetes is preventable through healthy lifestyle behaviors
- Obesity is a significant risk factor (BMI above 85th percentile for age and gender or 120% above ideal weight)
- Sedentary lifestyle contributes to diabetes risk
- Hereditary factors can increase chances of developing Type 2 diabetes
- Early intervention to prevent and/or treat diabetes is important
- Lifestyle interventions are more cost-effective than medication
- Medical costs for people with diabetes is over twice as high as those without diabetes

Healthy Futures

Diabetes can lead to many of the following conditions.

Take action today to prevent:

- Heart disease and Stroke
- Amputations
- Dental disease
- Hypertension
- Kidney disease
- Blindness and eye problems
- Nervous system disease
- Complications of pregnancy



Diabetes and Disability

- People with Intellectual/Developmental Disabilities (I/DD) have higher rates of diabetes and other chronic conditions
- A person with I/DD is 6.64 times more likely to develop diabetes than a person without a disability
- Individuals with I/DD have 4.8 times higher healthcare expenditures (avg. \$11,487/year)

Diabetes among people with and without cognitive limitations

