



# diabetes and obesity in people with Down syndrome

## easy read summary



based on findings from:

Aslam AA, Baksh RA, Pape SE, et al.(2022). Diabetes and Obesity in Down Syndrome Across the Lifespan: A Retrospective Cohort Study Using U.K. Electronic Health Records. Diabetes Care.  
<https://doi.org/10.2337/DC22-0482>

# background

diabetes is an illness

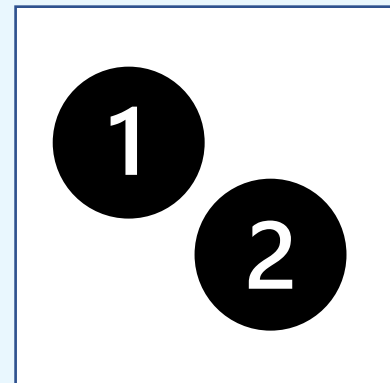
having diabetes means your body  
does not use sugar normally

this means there is too much sugar in  
your body



there are two types of diabetes

type 1 diabetes and type 2 diabetes



type 1 diabetes usually starts in children  
and young people

it is a life-long illness



type 2 diabetes can start at any age  
it is more common in people who are  
overweight (obesity)



it is important for people with diabetes  
to look after their health  
they may need to take injections and  
other medicine



diabetes can cause problems with lots  
of different parts of the body  
your heart, eyes, kidneys and feet can  
be affected



# what we did

we wanted to find out how diabetes affects people with Down syndrome



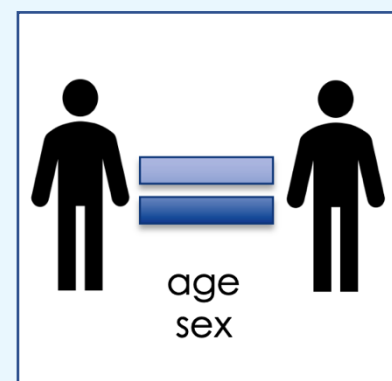
we used health information from lots of people around the UK



we used information from 9,917 people with Down syndrome and 38,266 people without Down syndrome



the people in the study with Down syndrome were matched with people without Down syndrome who were the same age and sex



# what we found out

people with Down syndrome get diabetes at younger ages than people without Down syndrome



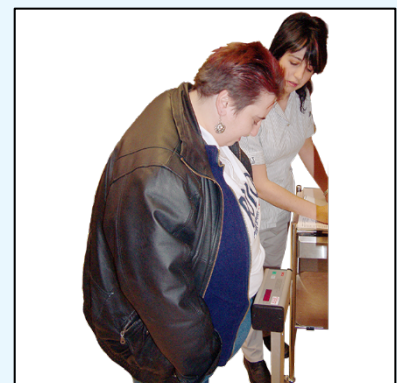
in young people, diabetes is more common in people with Down syndrome than in people without Down syndrome



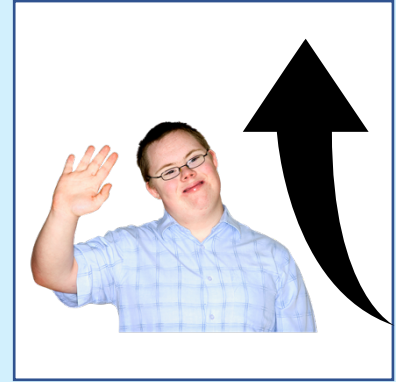
young people with Down syndrome are more often overweight than young people without Down syndrome



more people with Down syndrome were overweight compared to people without Down syndrome

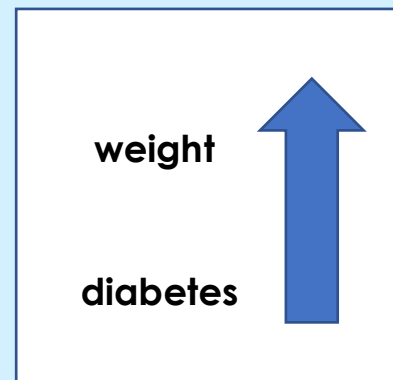


diabetes is more common in people who are overweight

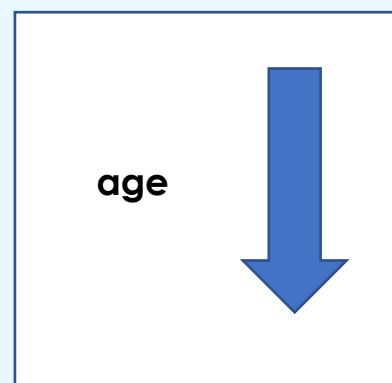


## important messages

diabetes and being overweight are common in people with Down syndrome



diabetes and being overweight start at younger ages in people with Down syndrome



it is important that people with Down syndrome get regular health checks  
health checks should include tests for diabetes at all ages



people with Down syndrome should be supported to keep healthy  
doing exercise and eating a healthy diet can help



more research is needed to help us understand why people with Down syndrome get diabetes more

