

Research Study

**A study about diabetes for people
who are in Special Olympics and
people who are not**



Special Olympics
Olympiques spéciaux
Canada

Learn more about the research paper [here](#)

Why did we do this research?



It is common for people with developmental disabilities to have **diabetes**.



Getting exercise and being in sports clubs can help people's **physical health**.

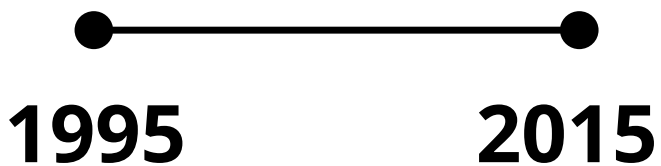


We wanted to know if being in Special Olympics can **help you not get diabetes**.

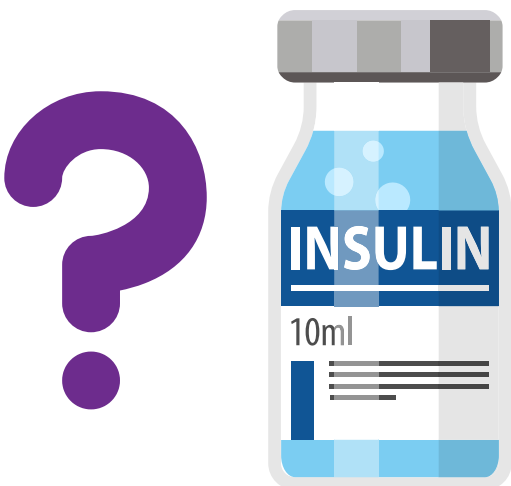
What did we do?



We looked at 30-39-year-olds with developmental disabilities from Ontario who **were** and who **were not** in Special Olympics.



We looked at information that was collected over **20 years**.

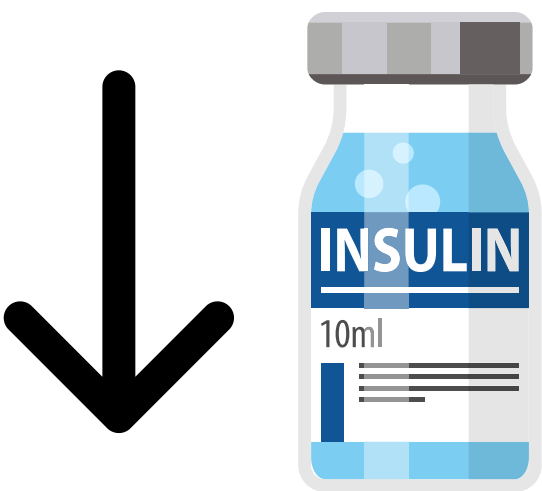


We looked to see how many people in each group got **diabetes**.

What did we learn?



Adults in Special Olympics were **diagnosed with diabetes less often** than people who did not go to Special Olympics.



The people who did Special Olympics were **15% less** likely to get diabetes than the people who did not.

What does this mean?



Special Olympics is a place to have fun and be active.

Participating in Special Olympics is **good for health**.



We think **Special Olympics can help people be healthy**, and it would be good for more people try it. We need more programs like Special Olympics.



Special Olympics is not the only place to be active and meet people. There are other groups that you can join to **feel good, get exercise, and be with other people**.

Title: Participation in Special Olympics reduces the rate for developing diabetes in adults with intellectual and developmental disabilities

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