

Research Summary: A Study about How Race and Disability Impact Health for People with Down syndrome

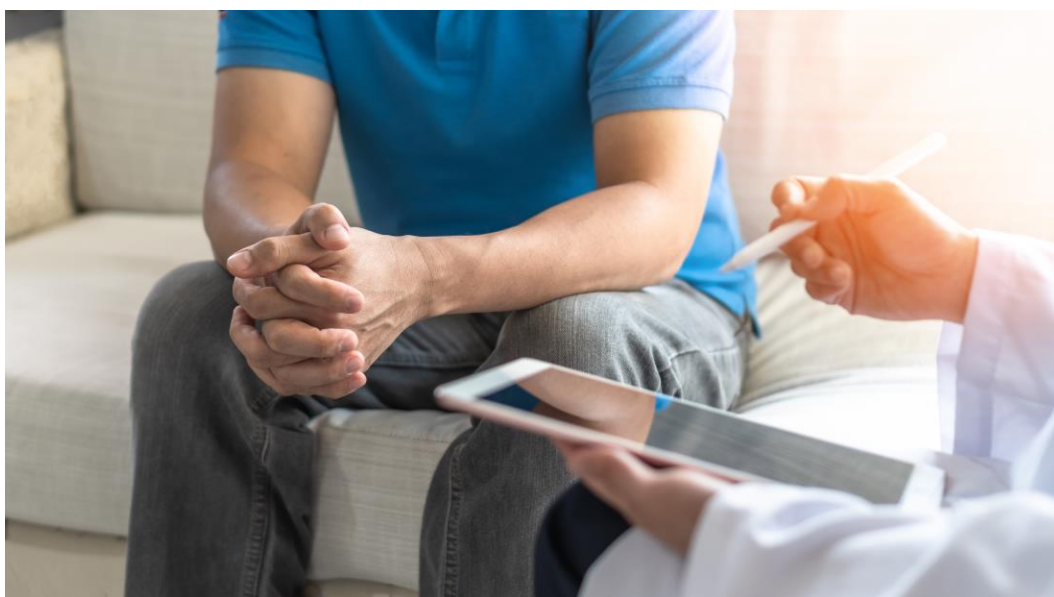


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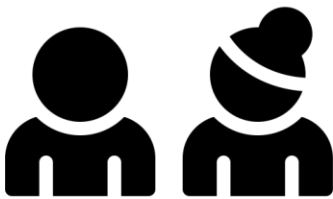
This article summarizes our research study for a wider audience. It explains the findings in a clear and simple way so everyone can understand the main ideas. The **bold** words are defined at the end of the article.

Health Challenges for People with Down Syndrome of Different Races



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People with Down syndrome may have different health problems. These health problems may be worse for some racial and ethnic groups.



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Different parts of a person's identity, like being disabled or from a certain race, can lead to unfair treatment and poor health.



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Being treated badly and unfair systems make health worse for people with Down syndrome, especially those who face **racism** and **ableism**.

Why Study How Racism and Ableism affects health?



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- Learn why people with Down syndrome from different races have worse health
- Improve healthcare
- Help people live longer
- Work to change systems that treat people unfairly because of their race or ethnicity



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Our Study

Our study looks at how race and disability affect health and hospital visits for people with Down syndrome.

What did we do?

Getting Data



We looked at 9 years of **Medicaid** data in the United States. Medicaid data is information about people's healthcare.

2011

People in Our
Study

2019

Analyzing Our Data

We collected information about



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- the health of people from different races



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- how many times people went to the hospital



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- how many people died

Who did we look at?

We found 119,325 adults with Down syndrome. We looked at differences between people of different races and ethnicities.

- Asian
- Black
- Native American
- Pacific Islander
- White
- Hispanic



We compared how often people of different races went to the hospital and the number of people who died.



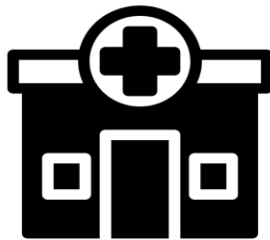
What did we find?

In our study, people with Down syndrome from non-White racial or ethnic groups had similar or fewer deaths compared to White people with Down syndrome.



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Adults with Down syndrome from different races went to the hospital more often than White adults with Down syndrome.



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People with Down syndrome who come from different racial or ethnic groups may have trouble getting healthcare due to **racism** and **ableism**.

Our Big Takeaways

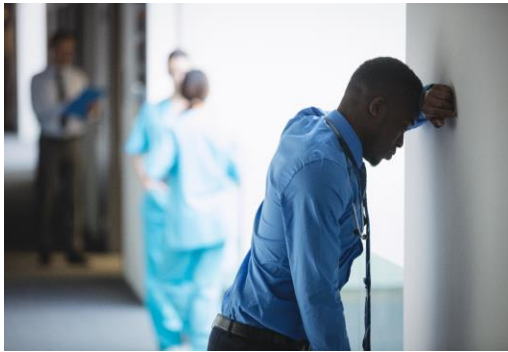


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Being in the hospital: Adults with Down syndrome from different racial or ethnic groups go to the hospital more often and may have worse health or care.

People who died: A similar number of people died from all racial and ethnic groups. This might happen because more people from races other than White die when they are young, leaving fewer people who live to adulthood. People who die young may not get the same care for their health problems because of their race.

How discrimination affects health: **Racism** and **ableism** can make healthcare worse for adults with Down syndrome from different racial groups.

Conclusion



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Our study shows that racism and ableism in society make it important to have healthcare that understands and respects people's differences, especially for people who are treated unfairly because of their race or disability.



Learn more about our research paper [here](#).

Important Words

Ableism: when people treat others unfairly because they have a disability

Medicaid: government program that helps pay for medical care for people who have low income or disabilities.

Racism: when people are treated unfairly because of their race or skin color.

Article Title: Doubly Marginalized: The Interplay of Racism and Disability in Outcomes for Minoritized People With Down Syndrome

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Easy read was created by Ashley Scott and Bailey Needham. It was reviewed by the DSTOTHEMAX Co-Research team.

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