

# Disabilities and Health

*[Announcer] This program is brought to you by the Centers for Disease Control and Prevention.*

[Karmen] Hi kids! Welcome to CDC Kidtastics Radio! I'm Karmen Kidtastic. Today, we're learning about disabilities and health.

[Chris] Do you know, or are you, a kid who has trouble moving around?

[Caydan] Has trouble seeing?

[Kaya] Has trouble speaking or getting people to understand what you need?

[Karmen] Finds it hard to keep up in school or do homework?

[Kaya] Has a medical condition like Down syndrome or spina bifida?

[Karmen] If you know a kid who has these difficulties, or if you have them, then you may know or be a kid with a disability. Kids who have disabilities may not have the same opportunities as other kids. They may feel lonely or different and may not have a lot of fun.

[Chris] Sometimes, because kids look or act differently, we avoid them or don't include them in activities.

[Caydan] Can these kids participate in the same activities as other kids? Do they need special equipment? Do they need to go to special schools? If you don't have a disability now, can you become disabled? How does it feel to be disabled?

[Karmen] We challenge you to go on a quest for the answers to these questions! To get started, ask your parents if you can go on the internet and visit [cdc.gov/ncbddd/kids](http://cdc.gov/ncbddd/kids).

Thanks for taking the time to learn more about kids with disabilities and thanks for listening to CDC Kidtastics Radio. We'll talk to you again soon. Until then... be a safer, healthier kid!!

*[Announcer] For more health information, go to [cdc.gov](http://cdc.gov) or call 1-800-CDC-INFO.*