



Resource

## Living with JIA

JIA affects every aspect of a person's life. In this section, you will find information to help parents and children/young people with JIA with all aspects of living with this condition, including mental and physical health and education.

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[Article](#)

### [Diet and JIA](#)

[At present, there is no specific recommended diet for children with rheumatic diseases. However, we do know that there are some things that can make a difference to either symptoms or disease activity and to keep weight at a healthy level.](#)



## Article

### Education

Attending school is a huge part of a child's life. It provides structure and stability, as well as helping children develop crucial social, emotional and behavioural skills. Just as getting the right help at work is crucial for any grown up living with a health condition, the same is true of education settings for children.



## Article

### Emotions and Mental Health

Young people with long-term physical conditions, such as JIA are more at risk of suffering from poor emotional and mental health, such as depression and anxiety. It's important to be aware of this, but to know that there is also a lot that can be done to help.