

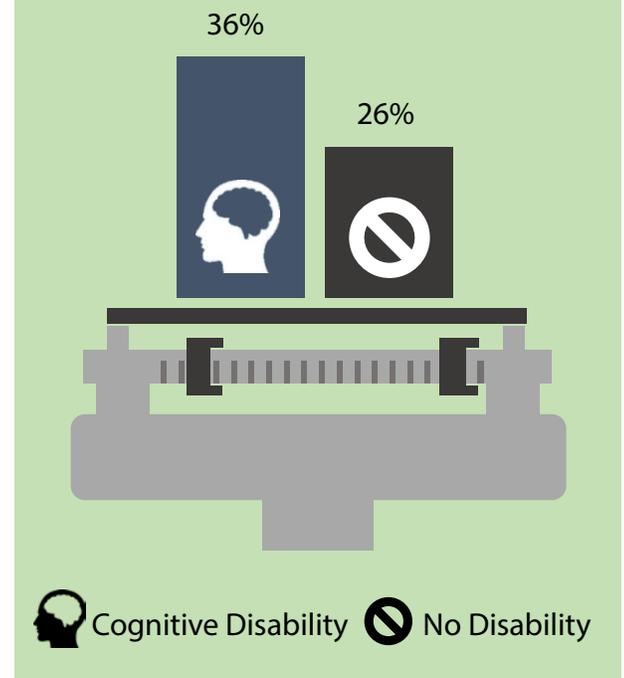
Healthy Lifestyles for People with IDD

In New Hampshire (NH), adults with intellectual and developmental disabilities (IDD) are less likely to be physically active, less likely to eat fruits and vegetables, and more likely to be overweight or obese.¹ These risk factors contribute to higher rates of chronic disease.²

Personal and social supports are essential for people with IDD to access healthy foods and physical activity. The next pages describe options to improve supports at four levels (individual, interpersonal, program, and policy) to help people with IDD be as healthy as possible.



Obesity among NH adults with and without cognitive disabilities



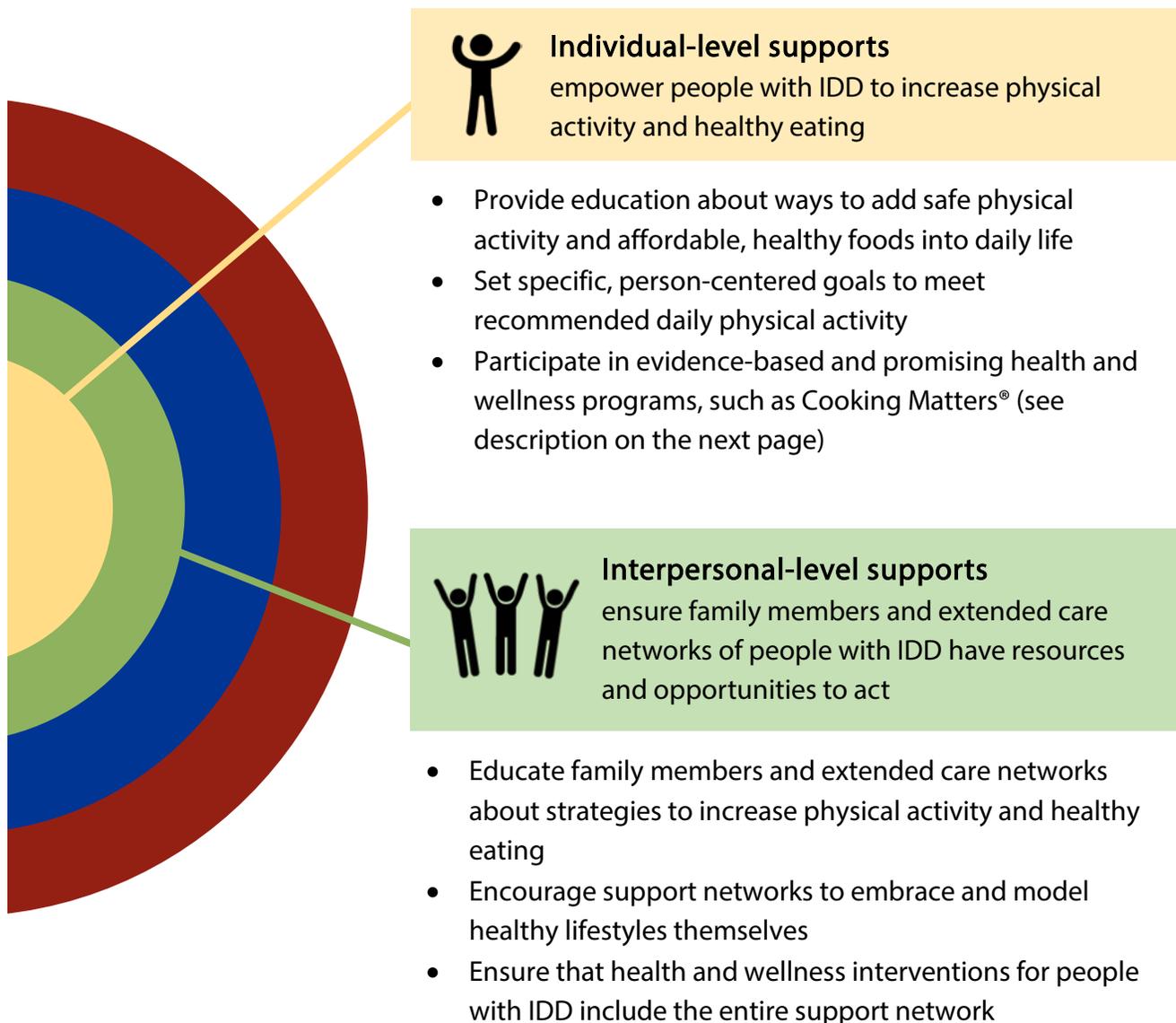
(Behavioral Risk Factor Surveillance System, 2016)

PROGRAM HIGHLIGHT

Fit Squad® is an adaptation of the InSHAPE® evidence-based physical activity and wellness program, designed specifically for people with IDD. Currently being pilot-tested in NH, Fit Squad® features wraparound health promotion. Starting within organizations that serve people with IDD, staff serve as role models and cheerleaders. Family members and extended support networks are provided with education and resources to support physical activity and healthy eating at home. Individuals with IDD are paired with health mentors to achieve person-centered goals related to physical activity, healthy eating, and community connection. More information coming soon at www.nhdisabilityhealth.org.

Policy Options to Improve Healthy Lifestyle Supports for People with IDD

People with IDD can be healthy and with appropriate support can achieve and maintain healthy lifestyles. A healthy lifestyle contributes to individuals' quality of life, maximum independence, and increased community participation.² These policy options show the types of support that are likely to have a positive impact.



"I do my own grocery shopping. Mom and I eat gluten free. I read the labels to find gluten free foods. My mom taught me that."

Forrest lives in NH and has a developmental disability



Program-level supports

foster inclusive and accessible communities of health and wellness

- Partner with disability organizations and the disability community to develop effective outreach and recruitment strategies
- Encourage participation by including pictures of people with IDD in program messaging and materials
- Provide health and wellness information in alternative formats, and offer program activities in accessible environments



Policy-level supports

create accessible environments and inclusive health promotion initiatives

- Adhere to the Americans with Disabilities Act (ADA) and to remove barriers to health
- Develop universally designed walkable or wheel-able communities with accessible recreation spaces
- Establish guidelines and provide incentives for healthy behaviors among caregiving professionals so they can share and model healthier choices and lifestyles

"[My town] is a walkable community with sidewalks... It's a lot easier to get around. I have neighbors that I talk to, and I can easily make friends."

Forrest lives in NH and has a developmental disability

PROGRAM HIGHLIGHT

Cooking Matters® is an evidence-based national program that instructs families how to choose ingredients and prepare healthy, affordable meals. Since 2004, the program has been run by the NH Food Bank. Through a recent collaboration with DreamCatchers, the program hosted a "Tour at the Store," teaching participants with IDD about reading labels and searching for healthy, budget-friendly foods. One participant exclaimed, "It was fun and I learned a lot, especially about unit pricing. I liked learning about whole grains." Find more information about Cooking Matters® at the NH Food Bank website, www.nhfoodbank.org/programs/recipe-for-success/cooking-matters/.

Suggested Citation

Phillips, K. & Rainer, S. (2017). *Disability in Focus: Healthy Lifestyles for People with Intellectual and Developmental Disabilities*. Durham, NH: Institute on Disability, University of New Hampshire.

References

1. New Hampshire Disability and Public Health Project. (2017). 2017 New Hampshire Disability and Public Health Report. University of New Hampshire Institute on Disability, Durham: NH.
2. Reichard, A., Stolzle, H., & Fox, M. H. (2011). Health disparities among adults with physical disabilities or cognitive limitations compared to individuals with no disabilities in the United States. *Disability and Health Journal*, 4(2), 59-67.

This data brief was supported by cooperative agreement #NU27DD000007-02-00 the Centers for Disease Control & Prevention (CDC). Its contents are the responsibility of DPH and do not necessarily represent the views of CDC.

Alternative formats available on request.

Institute on Disability/UCED



@nhdph



@IOD.DPH

(603) 862-4320 | Relay 711

<http://nhdisabilityhealth.org>

dph.iod@unh.edu

DPH

NH Disability &
Public Health Project