

DIABETES AND OBESITY PREVALENCE Among Individuals with Intellectual and Developmental Disabilities

NH-ME LEND SOCIAL WORK TRAINEE DEANNA WHITMORE

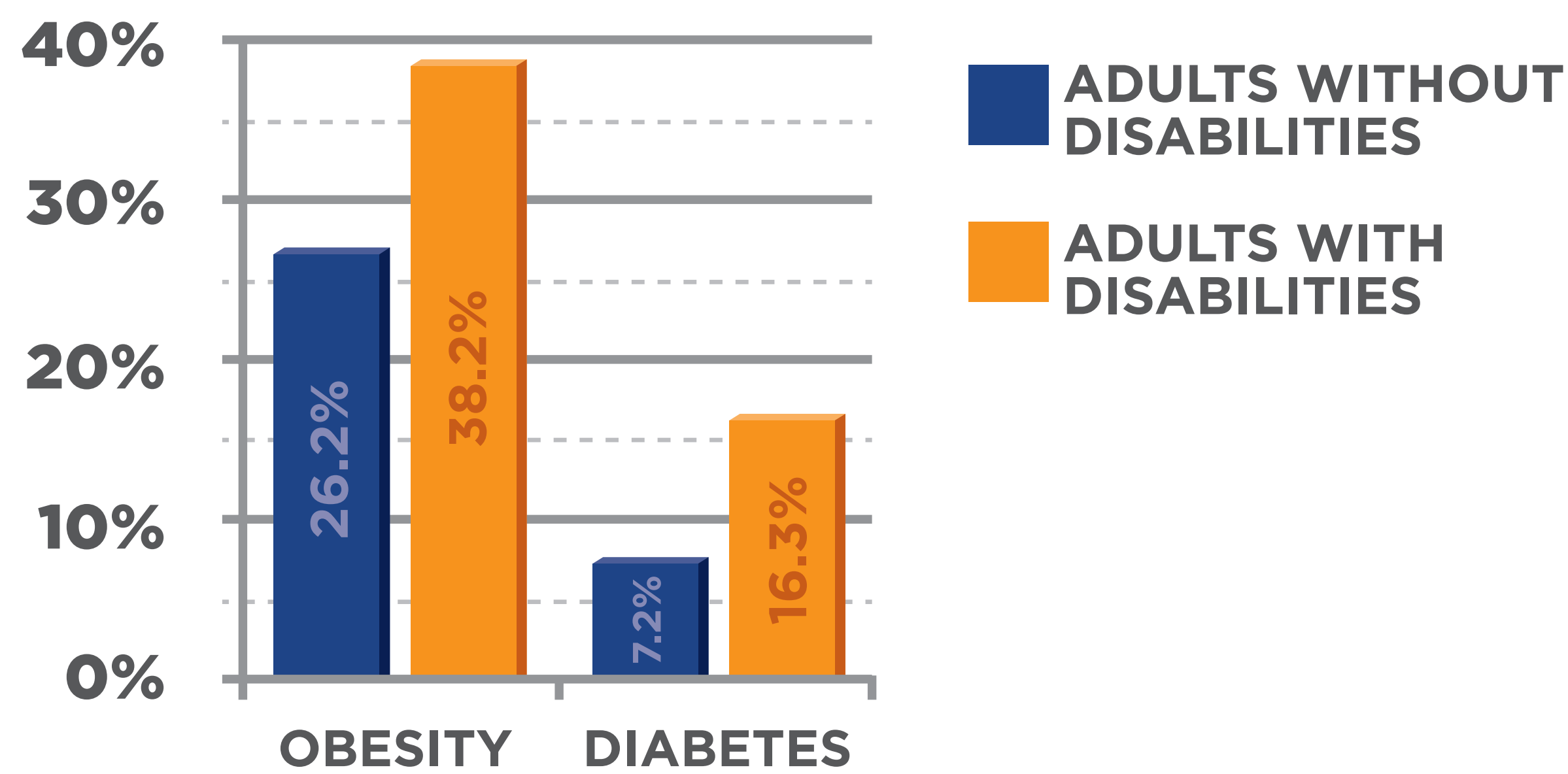
Diabetes

Diabetes is a large cause of heart attacks, kidney failure, blindness, stroke, and limb amputation and believed to be the seventh leading cause of death. Preventative care includes healthy diet, maintaining a normal body weight, and regular physical activity. Medical care can aid in avoiding and treating diabetes with encouraging a healthy diet, medication, screening and treatment for complications.



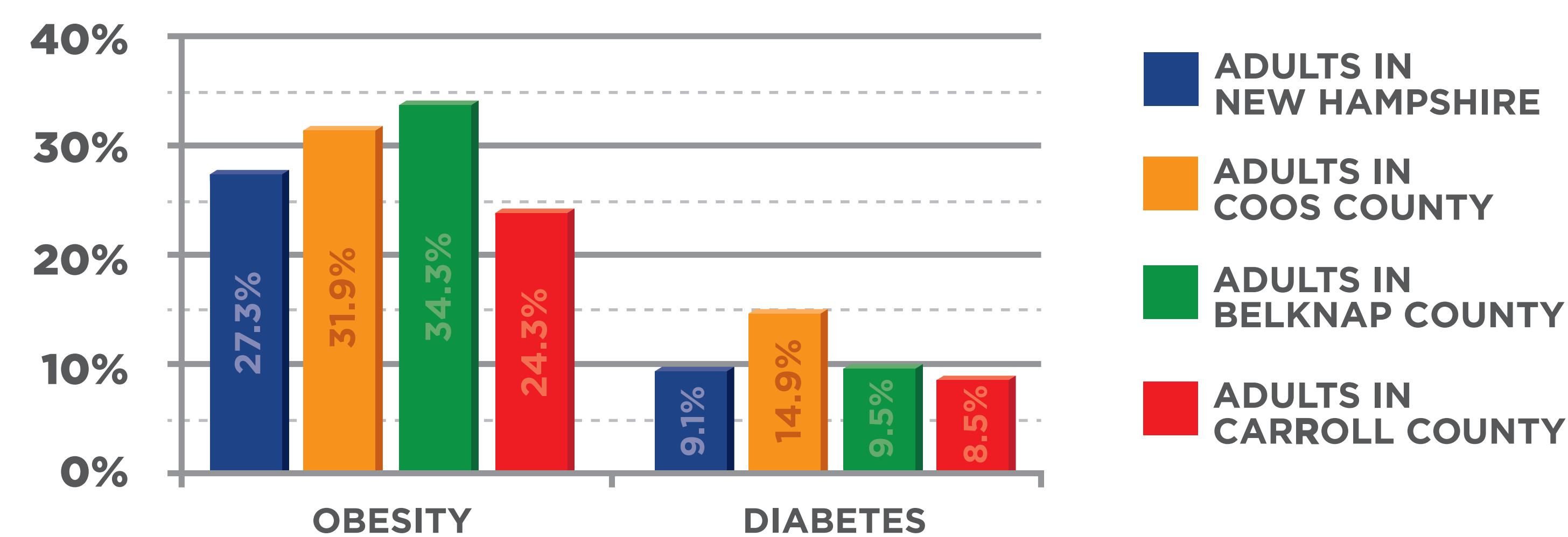
What's More: Health Disparity

There is a higher prevalence of diabetes and obesity among individuals with an intellectual and developmental disability, particularly in rural areas.



Obesity

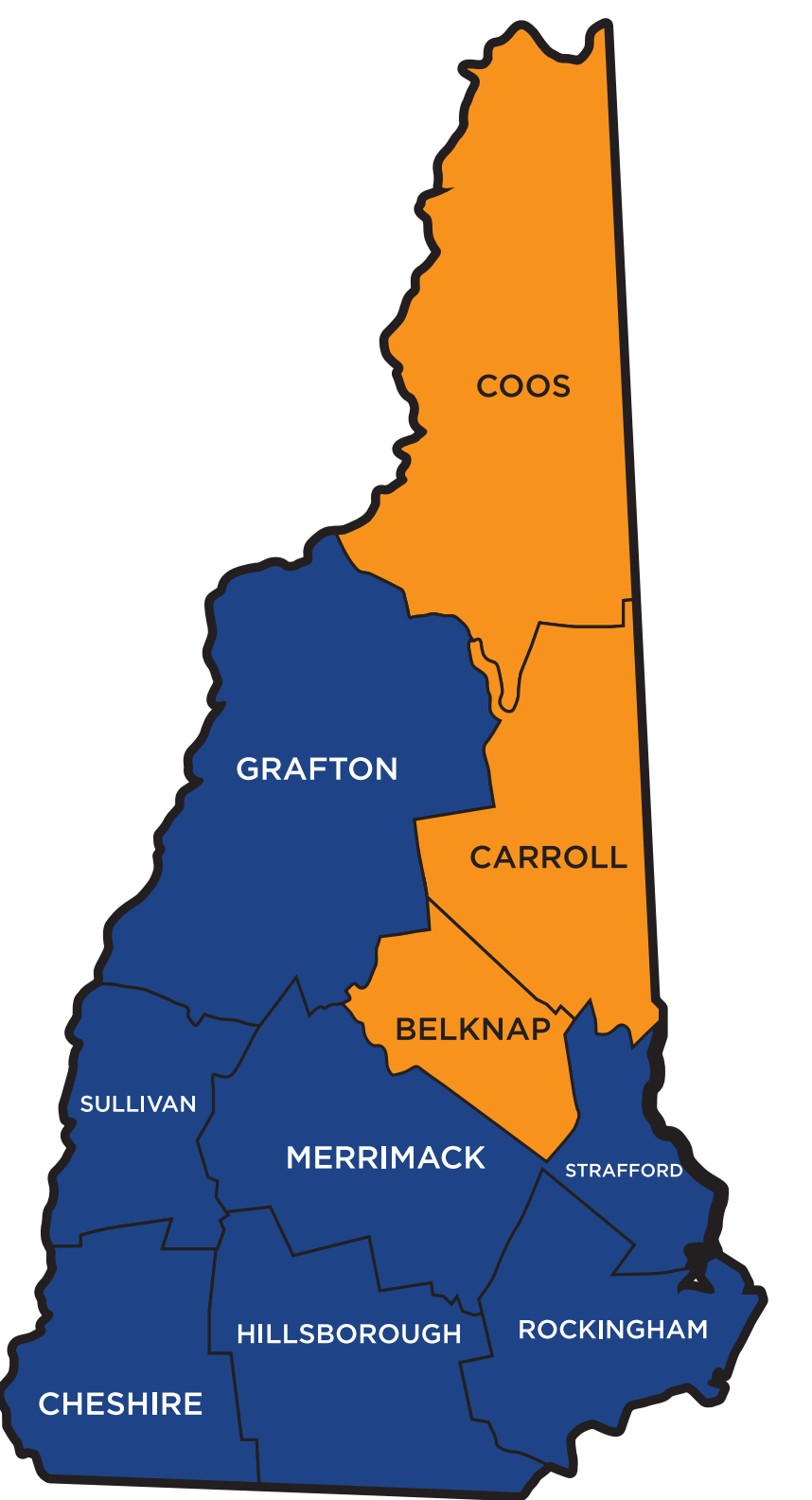
The CDC called on community efforts to aid on obesity. "Community-wide campaigns promote physical activity by combining a variety of strategies, such as media coverage and promotions, risk factor screening and education, community events, and policy and programmatic initiatives."



New Hampshire Council on Developmental Disabilities

Diabetes Awareness Initiative

- NH Council on Developmental Disabilities has an objective on its five-year plan related to increase awareness and access to health education, nutrition and physical activity initiatives for adults with developmental disabilities in the identified rural counties of NH
- Members of **People First of NH** helped create informative videos related to healthy choices and living with diabetes
- Videos will be shown at workshops in three targeted counties in Coos, Belknap and Carroll at local developmental disability service provider agencies
- Workshops will include a panel discussion with questions and answers to some members of People First of NH who participated in the videos
- Take home bag filled with health related materials, such as activity tracker journals to log food/water intake and physical activity
- Several \$50 Visa gift cards will be raffled off at each workshop (with an emphasis on using it on purchases that will improve health) for attendees upon completion of a post-event survey
- People First of NH**, **SALT**, and **NHS** are invited to reflect on the first workshop and make recommendations for changes prior to scheduling and holding additional workshops
- Post workshop surveys will be analyzed to study the demographics of attendees, increase of knowledge, motivation for healthier lifestyle changes, and knowledge gained from the workshop



Other Area Initiatives

A leader in disability rights, **The Arc**, implemented *Health and Fitness for All* project using the *HealthMatters* curriculum developed by University of Illinois at Chicago. *HealthMatters* constructs tailored health education and physical activity program for people with intellectual and developmental disabilities. Results show participants reporting healthy blood pressure, and increase knowledge of food and healthy behaviors.

Partnerships



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