

HEALTHIER NUTRITION

“Persons with developmental disabilities are at increased nutritional risk because of feeding problems, drug-nutrient interactions, metabolic disorders, decreased mobility and altered growth patterns. In addition they may also be at risk due to insufficient income, limited nutrition knowledge, and/or care givers who may not provide an environment that promotes the intake of a nutritionally adequate diet.” *Quote from the Journal of the American Dietetic Association, 1997. www.adajournal.org/*

Before changing any individuals’ diet, it must first be discussed and approved by the Primary Care Physician.

Overweight/Obesity

- The rates of overweight people have increased 50% in all populations since 1960.
- One in two adults and one in four children are overweight.
- Increase of Type 2 Diabetes, (insulin resistant).
- Sugar, refined starches and grains are the primary sources of carbohydrates in the American diet.

Health Risks Related to Obesity

- Diabetes
- Heart Disease
- Stroke
- High Blood Pressure
- Gall Bladder Disease
- Increase likelihood of certain cancers
- Orthopedic problems, due to increased weight bearing on joints
- Psychiatric problems; i.e., depression

Cardiovascular Disease Statistics

- Millions of Americans have Cardiovascular Disease.
- It is the #1 cause of death in both the developmental disability population and the general population.
- Millions of Americans have a blood cholesterol >200 mg/dL.
- Reducing your weight as little as 10% can decrease or delay your chances of developing heart disease, improve how your

heart works, lower blood pressure, and lower the levels of blood cholesterol and triglycerides.



RESOURCES

1. “Portion Distortion 1 & 2”, downloadable at <http://hp2010.nhlbihin.net/portion/>
2. Diabetes-Cardiovascular Disease Toolkit, A CD-ROM containing reproducible patient education tools. American Diabetes Association, Call 1-800-342-2383 and request the Toolkit CD. Or www.diabetes.org/for-health-professionals-and-scientists/CVD.jsp

What Should You Do?

READ ABOUT IT!

“Dietary Guidelines for Americans”

<http://www.health.gov/dietaryguidelines/dga2005/document/pdf/DGA2005.pdf>

