Obesity and Individuals with Intellectual and Developmental Disabilities (IDD)

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Outline

- Obesity
  - General population and individuals with intellectual and developmental disabilities (IDD)
- Research regarding weight management and people with IDD
- Resources for weight management
- Policy recommendations
William Neumeier, PhD

BACKGROUND ON OBESITY AND HOW IT RELATES TO INDIVIDUALS WITH IDD
Prevalence of Top 5 Chronic Health Conditions among Adults with ID (N=938)

Data is from the Longitudinal Health and Intellectual/Developmental Disability Study (LHIDDS)
Prevalence of Obesity by Age (N=930) and Sex (N=936)

Data is from the Longitudinal Health and Intellectual/Developmental Disability Study (LHIDDS)

NHIS data from National Health Interview Survey 2009 (N=227,371 in thousands). 
Prevalence of Morbid Obesity (BMI ≥ 40) by Sex (N=917)

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<thead>
<tr>
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<th>LHIDDS</th>
<th>NHANES</th>
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<tbody>
<tr>
<td>Female</td>
<td>11.8%</td>
<td>7.2%</td>
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<tr>
<td>Male</td>
<td>4.9%</td>
<td>4.2%</td>
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Data is from the Longitudinal Health and Intellectual/Developmental Disability Study (LHIDDS)

Percent of Participants with Chronic Health Conditions (N=938)

Data is from the Longitudinal Health and Intellectual/Developmental Disability Study (LHIDDS)
Prevalence of obesity by medication use
(n=342)

Data is from the Longitudinal Health and Intellectual/Developmental Disability Study (LHIDDS)

* p<0.05
Obesity rates and individuals with IDD

- Multiple studies report higher obesity rates for people with IDD
- Obesity is associated with multiple chronic health conditions
  - Diabetes
  - Cardiovascular disease
  - Cancer
  - Mental health (e.g., depression, anxiety)
- Results in increased healthcare costs, reduced quality of life, shortened lifespan
Obesity is a preventable health condition
Calories In vs. Calories Out

GAIN WEIGHT

INTAKE
Calories from foods

LOSE WEIGHT

OUTPUT
Calories used for Energy
Weight Management and IDD Research Findings

- Behavioral weight management
  - Comprehensive approach: physical activity, nutrition, behavioral strategies
- Many programs exist, few adapted for IDD
- When comprehensive approach was utilized, evidence for weight loss observed
AVAILABLE RESOURCES FOR WEIGHT MANAGEMENT AND INDIVIDUALS WITH IDD
Available Resources Utilizing Best Practices

- The Arc, HealthMeet
- HealthMatters
- Wellness for Every Body
- Children
  - OrganWise Guys
  - Healthy Weight Research Network
- Rural Settings
  - Rural Health Hub; telehealth
The Arc, HealthMeet

- Free community-based health assessments
- Includes exercise and nutrition recommendations
- [http://www.thearc.org/healthmeet/about](http://www.thearc.org/healthmeet/about)
Health Matters

- Evidence based training and education resource for organizations and communities

http://www.healthmattersprogram.org/
Hennepin County, MN: Wellness for Every body

- Resources for care providers
- Videos and documents for nutrition, cooking, and physical activity
- [http://www.hennepin.us/residents/health-medical/public-health-promotion](http://www.hennepin.us/residents/health-medical/public-health-promotion)
Resources for Children: OrganWise Guys

https://organwiseguys.com/

Empowering Kids to Be Healthy and Smart From The Inside Out!
Resources for Children: Health U

- Provides nutrition professionals with age-appropriate materials
- Health U is designed for teenagers
- https://hwrn.org/
Resources for Individuals in Rural Settings

- Individuals in rural settings may experience additional barriers
- [https://www.ruralhealthinfo.org/community-health/obesity](https://www.ruralhealthinfo.org/community-health/obesity)
- Tele-health
National Resources

- HHS: I Can Do It You Can Do It
- Special Olympics
  - Inclusive Health Forum
  - Healthy Athletes
- https://www.hhs.gov/fitness/programs-and-awards
Jim Rimmer, PhD

POLICY & ACTION
Do you get enough?
The National Center on Health, Physical Activity and Disability

www.NCHPAD.org
Policy recommendations: Social-ecological model for weight management
Policy recommendations for treatment of obesity with individuals with IDD By Each Level of SEM

Individual

--Women with IDD need to be a targeted subgroup
--Behavior change strategies should include positive psychology using adapted ‘best practices’
--Weight should be tracked and monitored at least weekly
--Continuing education on risks associated with processed foods must be a mainstay
Policy recommendations for treatment of obesity with individuals with IDD By Each Level of SEM

Family and Caregivers

--Find alternative reinforcers to replace processed foods

--Do not encourage ‘hang outs’ in Walmart concessions, McDonalds and other fast food services

--Identify what constitutes good role modeling behaviors

--Support individual in tracking and monitoring processed food intake and sweetened beverages
Policy recommendations for treatment of obesity with individuals with IDD By Each Level of SEM Organizations

--Fitness Centers and Y’s should target people with IDD and provide discounted rates
--Service providers should develop a Bill of Rights for what constitutes a healthy residential setting
--The food environment should be a healthy environment with *more than less* healthier food choices
--Weight should be monitored regularly
--Reward positive health behaviors among staff and residents
Policy recommendations for treatment of obesity with individuals with IDD By Each Level of SEM

Community

--All community events related to health and wellness must include community members with IDD

--Health campaigns should provide inclusive photos and other forms of advertising

--Community members should volunteer to walk with a friend with IDD for 30 min. a day
Policy recommendations for treatment of obesity with individuals with IDD By Each Level of SEM

Structures & Systems

--Greater involvement community health inclusion; become a member of an Inclusion Health Coalition – see NCHPAD
--Health care system must address obesity in people with IDD
--Transportation infrastructure must be a major focus of health promotion with better access to parks/trails, etc.
What policies can you implement?

- Staff training
- Household foods
- Etc.
- What would you do if client had high blood pressure, hoarding food, etc.
Thank You!

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