

Preliminary Findings of Health Needs Assessment on Health Promotion Planning for People with an Intellectual Disability in an Institution

**Chia-Feng Yen¹, Ching-Hui Loh², Jin-Ding Lin^{3*}, Mei-Hua Chen¹, Jia-Ling Wu¹,
Tzong-Nan Lee³ and Shin-Hsiang Feng³**

¹Research Center for Intellectual Disabilities Taiwan (RCIDT), Chung-Hua Foundation for Persons with Intellectual Disabilities, Taipei County, Taiwan, Republic of China

²Department of Family and Community Medicine, Tri-Services General Hospital, Taipei, Taiwan, Republic of China

³School of Public Health, National Defense Medical Center, National Defense University, Taipei, Taiwan, Republic of China

*Corresponding Address: School of Public Health, National Defense Medical Center, National Defense University, 161, Min-Chun E. Rd., Section 6, Nei-Hu, Taipei 114, Taiwan
Email: a530706@mail.ndmctsgh.edu.tw

Abstract

Studies of the prevalence of health conditions among persons with ID living in institutions report that these individuals carry a burden of diseases which is greater than the rest of population. A key challenge for the delivery of healthcare to those people caring in institutions is how to coordinate or integrate different disciplines and sectors with these care services. The aim of this paper was to identify the health needs of people with intellectual disabilities caring in an institution, in order to implement health promotion plan in this setting. A cross-sectional study was employed; we collected quantitative data from annual health check of people with intellectual disabilities (N=99) and a qualitative focus-group (6 participants) was also conducted to identify the health needs of this group in institution. The annual health check showed that overweight or obese and hemachrosis were the main health risks of the study subjects. Most focus-group participants stated that obese, athletic feet and skin problems, dental problem, mental problems (included autism), epilepsy and underweight (malnutrition) often bothered the people with intellectual disabilities in their daily livings. From the above findings, the 'body weight' issue, either obese or skinny was the urgent important issue among people with intellectual disabilities living in an institution. Based on the health needs assessment, there will be a number of projects will be conducted to deal with their health problems in the future.

Key words: health management, health need, health promotion, institution, intellectual disability