

Design and Formulation of Nutritious & Physical Health Promotion Program for People with Intellectual Disabilities

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Abstract

The national nutrition survey often neglects the coverage of people with intellectual disabilities (ID). Their nutrition statuses and physical health needs have received limited attention in the medical care system and they are usually at risk for malnutrition or malnourished. This paper explored the studies of nutrition and physical health of people with ID and designed the program of health promotion base on Ottawa Charter for Health Promotion of World Health Organization. The prevention and intervention strategies for people with ID should include effective nutrition education that enables individuals and their carers to adopt healthful dietary practices. This paper included three parts: (i) health promotion for people with ID, (ii) nutrition, physical health and life styles of people with ID, and (iii) the principle of design the program of promoting nutrition health and normal body mass index. The practical guideline of nutritious and physical health promotion program for people with ID will be discussed in the content.

Key words: Body mass index, malnutrition, people with intellectual disability, program of health promotion