Effects of an Educational Nutrition Intervention on High-Functioning Individuals with Intellectual Disabilities
Madeline Rosenberg & Lauren Mogelnicki
Individuals with intellectual disabilities (ID) have an exceptionally higher
risk for developing obesity. The purpose of this study was to examine the eating
habits of a sample of individuals with ID, and implement an educational nutrition
intervention to promote healthier lifestyles. The nutritional status of five individuals
with ID was assessed followed by a three-week educational intervention. A post-interventional nutritional assessment was performed and compared to baseline
measures.