

Effects of an Educational Nutrition Intervention on High-Functioning Individuals with Intellectual Disabilities

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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.