



The Intellectual
and Developmental
Disabilities Council
of Tarrant County

Welcome

**Lasting Well-being in IDD
through Good Nutrition and
Healthy Practices**

Thursday, June 4, 2020



@IDDCouncil



/IDDCouncil



Lasting Well-being in IDD through good Nutrition and Healthy Practices

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@AutismRD

Disclosures



MHMR of
Tarrant
County

Lemons
Nutrition



Objectives

- Participant will understand the importance of nutrition to well-being
- Participant will understand the impact of hopes, dreams, and fears on nutrition plan
- Participant will learn practical, easy strategies to improve nutrition for those with IDD through healthy practices



Statistics

- 7.37 million people in the United States
- 200 million worldwide ID or DD
 - 2016
- one in six (17.8%) DD in US
- Globally:
- 52.9 million children birth to 5 years of age DD



Health Disparities

- Life expectancy 20 years younger
 - Cardiovascular disease
 - High blood pressure
 - Diabetes
- <1% of ~630,000 people with IDD supported by HCBS waivers in FY 2015 were projected to receive dietitian services

Community Based Dietician Services for People with Intellectual and Developmental Disabilities Carli Friedman & Natasha A. Spassiani *Journal of Policy and Practice in Intellectual Disabilities*

<https://www.c-q-l.org/wp-content/uploads/2020/02/CQL-2019-Friedman-Spassiani-Diet-and-nutrition-for-people-with-IDD.pdf>

ACE

- (Am J Prev Med 1998;14:245–258) © 1998
- American Journal of Preventive Medicine
- Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults The Adverse Childhood Experiences (ACE) Study
- We found a strong graded relationship between the breadth of exposure to abuse or household dysfunction during childhood and multiple risk factors for several of the leading causes of death in adults.



Person Centered (Hopes, Fears, Dreams)

Assess

Body
Measurements

Communication

Barriers

Environment
(social and
Living)

Team

Factors affecting
eating and food
selection

Priorities



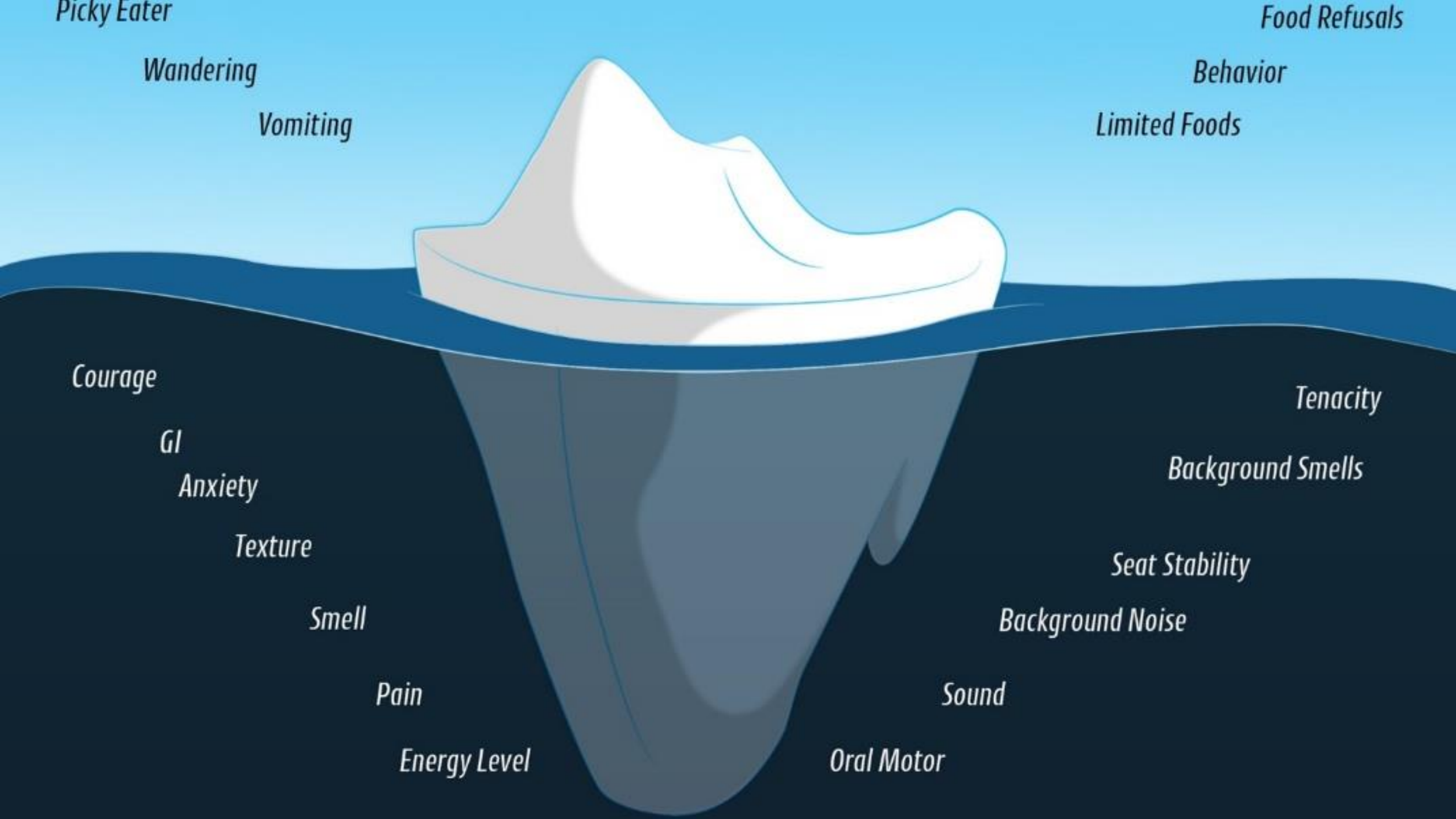
- Individual preferences
- Health
 - Existing conditions
 - At risk conditions
 - Optimal growth
- Independence
- Mitigating barriers
- Nutritional balance
- Realistic goals
- Positive relationship with food

Challenges

- Tube Feeding
- Dysphagia
- Picky eating
- Problem eating
- Texture
- Balanced meals
- Independence
 - Food preparation
 - Order food



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Picky Eater

Food Refusals

Wandering

Behavior

Vomiting

Limited Foods

Courage

Tenacity

GI

Background Smells

Anxiety

Texture

Seat Stability

Smell

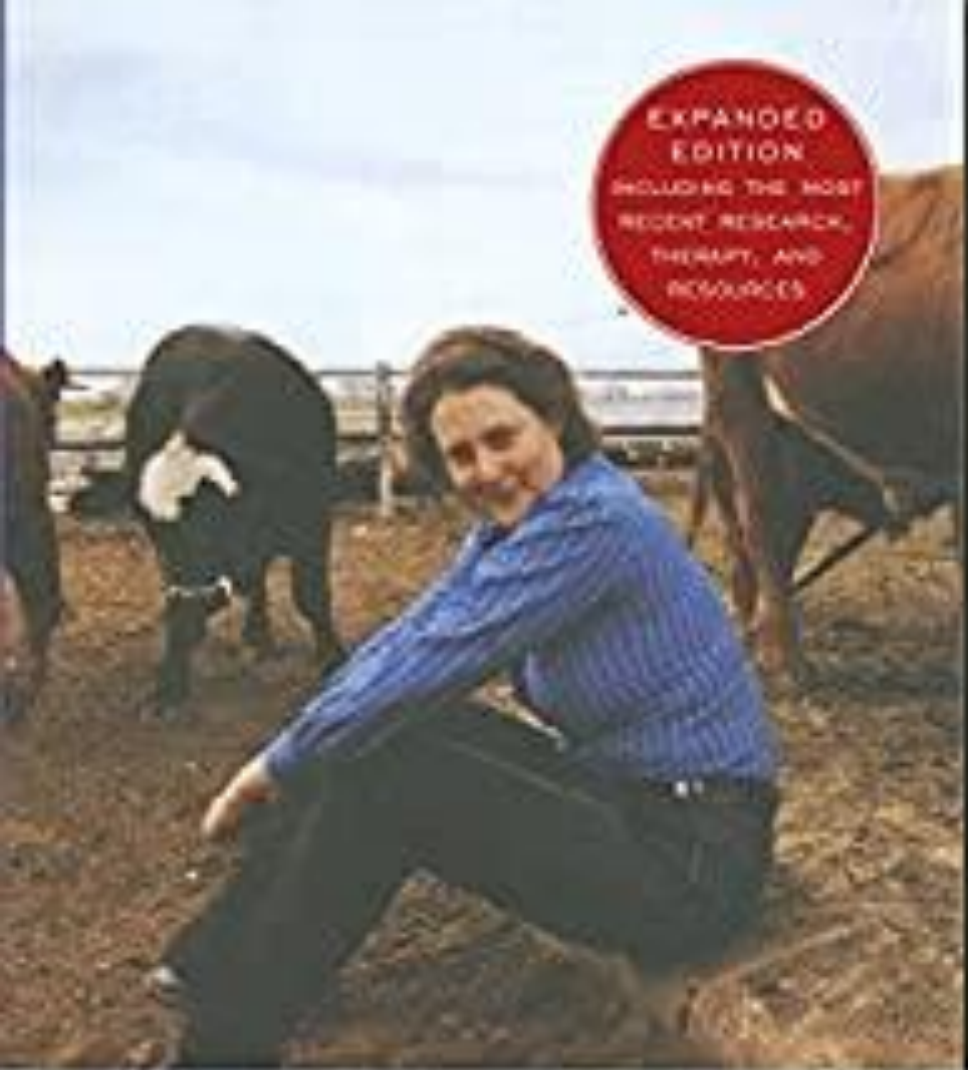
Background Noise

Pain

Sound

Energy Level

Oral Motor

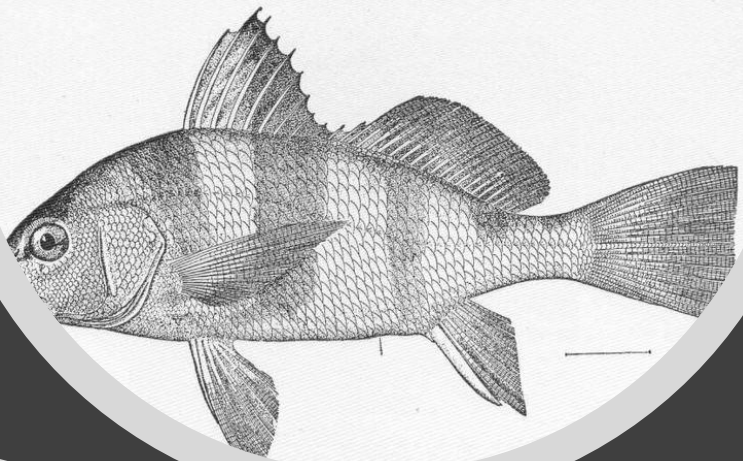


What does good nutrition look like?

- Temple Grandin taught us individuals with autism think in pictures
- But what if the picture is different than our picture?

THINKING IN PICTURES
MY LIFE WITH AUTISM

TEMPLE GRANDIN
AUTHOR OF *ANIMALS IN TRANSLATION*



Drum



Change



- At the individual's pace
- Change is hard
- Keep it person centered
- Strategies
 - Stories
 - Hands on

Mouthfeel
gumminess

Wetness **Hardness**

Mouthcoating

Heaviness **Viscosity**

Smoothness



Smell		Rancid	Sour	Spicy	Savory	Fruity	Fresh	Bland	
	M								
Sounds	o	Fizzy	Crunchy	Snap	Grind	Smack	Gulp	Swish	Silent
	s								
Taste	t	Bitter	Sour	Spicy	Salty	Sweet	Savory	Bland	
	A								
Temperature	l	Alternating		Hot	Cold	Cool	Warm	Room Temperature	
	e								
Texture	r	Mixed	Crunchy	Firm	Ground	Soft	Mushy	Puree	Liquid
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Sensory Spectrum





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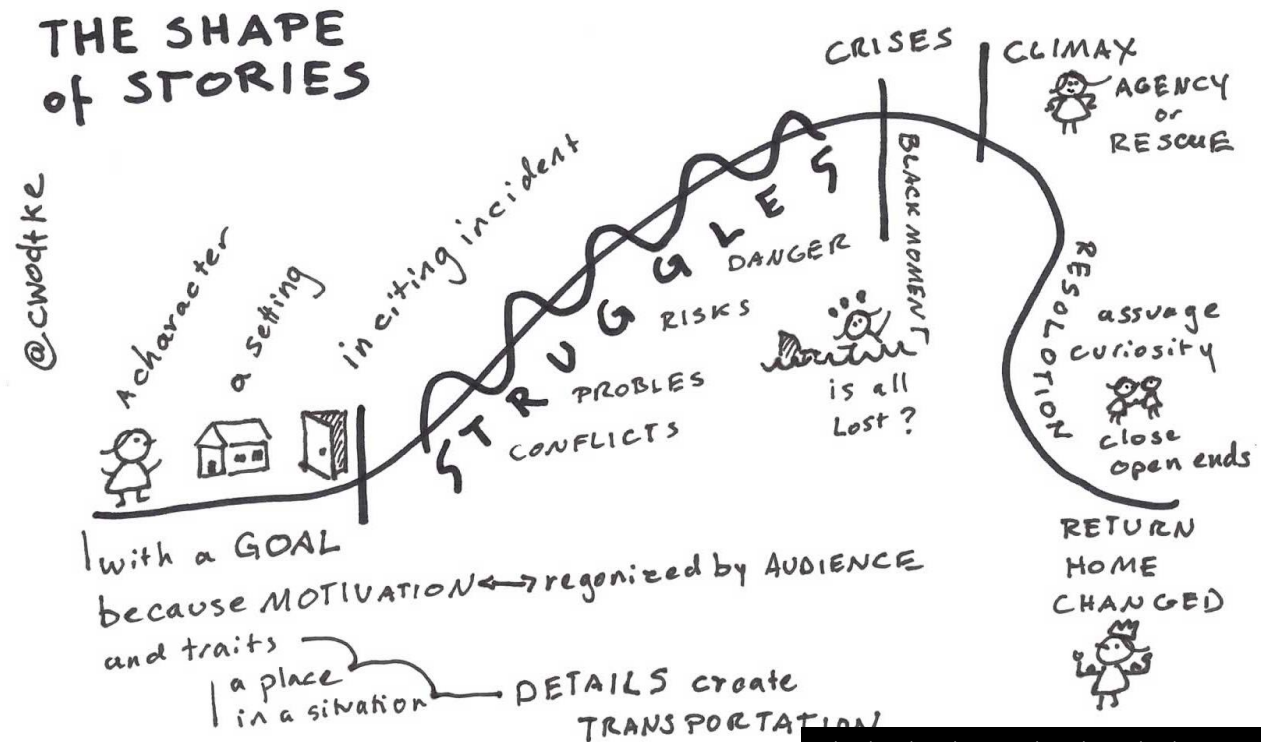
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Sensory activities

Stories

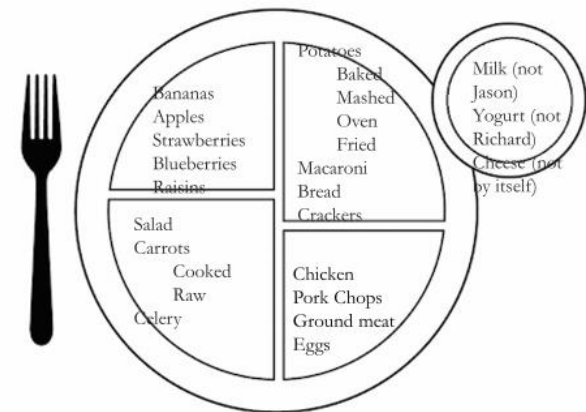
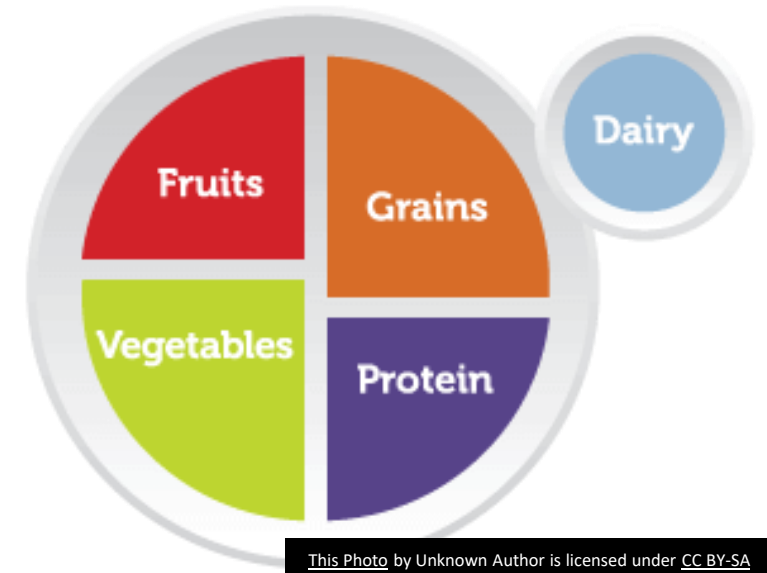


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- Non-threatening
- Positive
- Create a visual picture
- Can be adapted
- Highlight the positives

Meal Planning

- At least 3 food groups
- Variety
- Incorporate favorites
- Establishing habits
- Separate out list of preferred foods in food groups



Food preparation skills

- Storage
- Setting up success
- Microwave
- Stove
- Cooking habits
- Basic recipes



Important to teach

- Serving sizes
- Ordering at restaurants
- Appropriate mealtime conversation
- Gracefully declining food
- Habits that encourage cooking



