

CLAHRCBITE

Brokering Innovation Through Evidence

TITLE: Weight management interventions for adults with intellectual disabilities who are obese



Our research aimed to explore how evidence-based multi-component weight management interventions can be tailored and implemented for adults with intellectual disabilities who are obese.

Background

Adults with intellectual disabilities in the UK, such as those who have Down Syndrome, are more likely to be obese than their non-disabled peers and they are at risk of experiencing serious medical conditions such as heart disease, stroke and diabetes. UK weight management guidance recommends evidence-based multi-component weight management interventions (including diet, exercise and behaviour change components) which are tailored for different population groups.

How did we involve people?

We worked with people who have intellectual disabilities to co-produce the research. Co-produced research materials included `easy-read` participant information sheets, consent forms, questionnaires and worksheets for participants with intellectual disabilities.

What did we do?

Our research involved:

- A review of multi-component weight management interventions for adults with intellectual disabilities.
- An exploration of theories used to underpin weight management interventions for this population.
- Exploration of the extent of weight management service provision for adults with, and without, intellectual disabilities.
- Interviews with 14 health care practitioners to explore their views and experiences of barriers and facilitators to weight management for this population.
- Focus groups involving 19 adults with intellectual disabilities (and 8 of their carers) to explore their views and experiences of eating well, living well and weight management.
- A survey involving 19 carers and support workers.

What we found and what does this mean?

Systems-related issues for people with intellectual disabilities and their carers, for example:

- a lack of accessible healthy lifestyle information, training and resources,
- inconsistencies in caring support,
- socio-economic and environmental barriers.

Broader public health interventions are also needed, rather than a reliance on clinical interventions which focus mainly on individual behaviour changes for short-term weight loss.

What next?

Collective, co-produced, partnership action to drive forward improvements in weight management outcomes for people with intellectual disabilities.

Partners / Stakeholders



What is NIHR CLAHRC NWC?

The mission of the NIHR CLAHRC NWC is to work collaboratively with Partner organisations and other stakeholders including members of the public to co-produce and conduct high-quality, leadership enhancing, applied research designed to decrease health inequalities and improve the health of the population of the North West Coast.

Find out more

<http://www.clahrc-nwc.nihr.ac.uk/index.php>

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