

Nutrition intervention for adults with intellectual or developmental disabilities residing in group homes: MENU-AIDDs

Abstract

Researchers with the CDC-sponsored Montana Disability and Health Program developed the health promotion program Materials supporting Education and Nutrition for Adults with Intellectual or Developmental Disabilities (MENU-AIDDs). The nutrition intervention was created via PAR research techniques to improve the nutrition and food systems in community-based group homes for adults with IDD. To date, MENU-AIDDs training and materials have been disseminated 90 group homes in Montana. This presentation will describe the MENU-AIDDs nutrition intervention for adults with IDD and report on the results of the Montana dissemination and training of MENU-AIDDs. Outcomes included measures of dietary intake (through menu review and food frequency questionnaire), residents' body weights, and their gastrointestinal health improvements. Process evaluation results will also be shown, including group homes' fidelity to the program and its acceptance by consumers, direct care staff, and home administrators. The value of MENU-AIDDs is demonstrated as an acceptable, accessible, effective health promotion program to improve nutrition and nutrition-related secondary conditions in community-dwelling adults with IDD. Project funded through a cooperative agreement with the Centers for Disease Control and the Montana Department of Public Health and Human Services.

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