



**Ashtavakra Institute of Rehabilitation Sciences & Research**  
Formerly Special Art School

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**Ashtavakra Journal Club**  
**Session 2022-2023**  
**B.Ed. Spl. Edu. ASD**

Date: 25/11/22

Time: 2:00PM

**TOPIC-**Obesity and Intellectual Disability

**AUTHOR-** James H. Rimmer and Kiyoshi Yamaki

**NAME OF THE JOURNAL(APA)-** Rimmer, James H., Yamaki Kiyoshi.(2006). Obesity and Intellectual disability. Mental Retardation and Developmental Disabilities Research Reviews D01 10:1002/mrdd.

**ABSTRACT**

**Objective:** Review of the prevalence data on obesity in adults with ID and discussion on various environmental factors that may be linked to obesity.

**Methods:** The method used in this research is mainly quantitative based data.

**Result:** Research on factors associated with obesity in persons with ID is needed to determine the relationship between obesity and the environment and to identify potential changes that can positively impact health. While there is growing support for the potential value of altering the environment in reducing obesity prevalence in the general population, there is a general lack of information on how this should be accomplished in persons with ID who live in various types of community settings and who may or may not have control of their own food selection or the amount of physical activity that they can obtain on a regular basis.

**Conclusion:** Current approaches to creating healthier communities for people with ID require greater involvement on the part of direct care staff and family members to facilitate increased access to "healthy" lifestyles, including more opportunities for regular physical activity and greater access to nutritious and affordable food choices. Obesity presents a substantial threat to the livelihood of persons with ID



and may have an effect on community participation, independent living, and healthy years of life.

**Keywords:** obesity; intellectual disability; developmental disability; health promotion; health status.

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