

# Healthy lifestyle

## GENERAL ADVICE

### Accessible resources to share with your PATIENTS WITH AN INTELLECTUAL DISABILITY:

Resource	Description	Author	Link
Being healthy and happy	This leaflet provides accessible information with images about how to be healthy, including eating healthy foods, brushing teeth and going to the doctor.	Queensland Centre for Intellectual and Developmental Disabilities	<a href="http://www.gcidd.com.au/images/content/ME/food/healthy-and_happy.pdf">http://www.gcidd.com.au/images/content/ME/food/healthy-and_happy.pdf</a>
Health guides	This webpage contains several easy to read resources about health care. Also includes a downloadable hospital passport for people with intellectual disability to provide key information about their personal details, medication and pre-existing health conditions.	Mencap	<a href="https://www.mencap.org.uk/advice-and-support/health/our-health-guides">https://www.mencap.org.uk/advice-and-support/health/our-health-guides</a>
Health checks – information for relatives	An easy to read guide that describes: <ul style="list-style-type: none"><li>• What a health check is</li><li>• How to get a health check</li><li>• How to find out more information about health checks</li></ul>	Mencap	<a href="https://www.mencap.org.uk/sites/default/files/2016-06/Annual_health_checks_Easy_Read_1.pdf">https://www.mencap.org.uk/sites/default/files/2016-06/Annual_health_checks_Easy_Read_1.pdf</a>
NSW Chronic Disease Management Program-Connecting care in the Community (CDMP):	A free service for people with chronic disease who have difficulty managing their condition and who are at risk of hospitalisation.  The CDMP provides care coordination and self-management	Agency for Clinical Innovation NSW	<a href="https://www.aci.health.nsw.gov.au/resources/chronic-care/cdmp/nsw-cdmp">https://www.aci.health.nsw.gov.au/resources/chronic-care/cdmp/nsw-cdmp</a>

# Healthy lifestyle

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support to help people with chronic disease better manage their condition and access appropriate services.

Me – easy read fact sheets

This website contains a range of easy read fact sheets on health, food, teeth, body, feelings and exercise.

Queensland Centre for Intellectual and Developmental Disabilities

<http://www.qcidd.com.au/me>

Books Beyond Words

This website provides a large range of picture stories about health, social care and support. Hard copy books can be ordered. A “story app” is also available for £29.99 per year. Select resources are free to download.

Beyond Words

<http://booksbeyondwords.co.uk/>

Examples of free downloads:

- Jane gets fit and healthy  
<http://app.booksbeyondwords.co.uk/webapp/story?id=83&cid=3&sid=14&scid=27>
- Florence gets tests for diabetes  
<http://app.booksbeyondwords.co.uk/webapp/story?id=100&cid=1&sid=1&scid=14>

# Healthy lifestyle

## Accessible resources to share with CARERS of patients with an intellectual disability:

Resource	Description	Author	Link
"Part 8 - Healthy lifestyles"	Factsheet covering healthy lifestyle advice and support	NSW-cid	<a href="http://www.nswcid.org.au/health-fact-sheets.html">http://www.nswcid.org.au/health-fact-sheets.html</a> or <a href="http://www.nswcid.org.au/images/pdf/health_fact_sheets/8_Fact%20Sheet.pdf">http://www.nswcid.org.au/images/pdf/health_fact_sheets/8_Fact%20Sheet.pdf</a>
Managing blood pressure, salt, lifestyle and other risk factors	Website summarises key lifestyle advice and contains links for further information	The National Heart Foundation	<a href="http://heartfoundation.org.au/your-heart/keep-your-heart-healthy">http://heartfoundation.org.au/your-heart/keep-your-heart-healthy</a>
Learning disability health toolkit. Note: some information in this toolkit is specific to the U.K.	Contains information about a range of issues that may help carers provide quality support.	Turning Point	<a href="http://www.turning-point.co.uk/learning-disability/resources.aspx">http://www.turning-point.co.uk/learning-disability/resources.aspx</a>
NHS – Live well – children with a learning disability Note: some information on this website is specific to the U.K.	This plain website has information and tips for parents of children with an intellectual disability. Includes articles on healthy eating, physical activity and weight loss.	NHS – United Kingdom	<a href="http://www.nhs.uk/Livewell/Childrenwithalearningdisability/Pages/Childrenwithalearningdisabilityhome.aspx">http://www.nhs.uk/Livewell/Childrenwithalearningdisability/Pages/Childrenwithalearningdisabilityhome.aspx</a>

# Healthy lifestyle

## SMOKING, ALCOHOL AND OTHER DRUGS

### Accessible resources to share with your PATIENTS WITH AN INTELLECTUAL DISABILITY:

Resource	Description	Author	Link
Tackling Tobacco booklets Booklet 1: not ready to give up	Free to order easy read booklets with images and text to support the person to reduce/quit smoking.	NSW Cancer Council	<a href="https://www.cancercouncil.com.au/wp-content/uploads/2016/04/16105_CA_CAN5076_QuitSmokingBooklet1_WEB.pdf">https://www.cancercouncil.com.au/wp-content/uploads/2016/04/16105_CA_CAN5076_QuitSmokingBooklet1_WEB.pdf</a>
Tackling Tobacco booklets Booklet 2: thinking about giving up	Free to order easy read booklets with images and text to support the person to reduce/quit smoking.	NSW Cancer Council	<a href="https://www.cancercouncil.com.au/wp-content/uploads/2016/04/16105_CA_CAN5077_QuitSmokingBooklet2_WEB.pdf">https://www.cancercouncil.com.au/wp-content/uploads/2016/04/16105_CA_CAN5077_QuitSmokingBooklet2_WEB.pdf</a>
Tackling Tobacco booklets Booklet 3: ready to give up	Free to order easy read booklets with images and text to support the person to reduce/quit smoking.	NSW Cancer Council	<a href="https://www.cancercouncil.com.au/wp-content/uploads/2016/04/16105_CA_CAN5078_QuitSmokingBooklet3_WEB.pdf">https://www.cancercouncil.com.au/wp-content/uploads/2016/04/16105_CA_CAN5078_QuitSmokingBooklet3_WEB.pdf</a>
Tackling Tobacco booklets Booklet 4: staying a non-smoker	Free to order easy read booklets with images and text to support the person to reduce/quit smoking.	NSW Cancer Council	<a href="https://www.cancercouncil.com.au/wp-content/uploads/2016/04/16105_CA_CAN5079_QuitSmokingBooklet4_WEB.pdf">https://www.cancercouncil.com.au/wp-content/uploads/2016/04/16105_CA_CAN5079_QuitSmokingBooklet4_WEB.pdf</a>
Keeping yourself healthy – A guide to giving up smoking	Easy read fact sheet about giving up smoking	Easyhealth.org.uk*	<a href="http://www.easyhealth.org.uk/sites/default/files/nu/ll/Keep%20Yourself%20Healthy%20-%20A%20Guide%20to%20Giving%20Up%20Smoking.pdf">http://www.easyhealth.org.uk/sites/default/files/nu/ll/Keep%20Yourself%20Healthy%20-%20A%20Guide%20to%20Giving%20Up%20Smoking.pdf</a>

\*Easyhealth.org.uk. Audio versions of these leaflets can also be accessed via the website: [http://www.easyhealth.org.uk/listing/smoking-\(leaflets\)](http://www.easyhealth.org.uk/listing/smoking-(leaflets))

# Healthy lifestyle

## Accessible resources to share with CARERS of patients with an intellectual disability:

Resource	Description	Author	Link
"Part 14 - Alcohol and other drugs"	Fact Sheets for Families, Advocates, Disability Workers and Other Professions on Health and People with Intellectual Disability	NSW-cid	<a href="http://www.nswcid.org.au/health-fact-sheets.html">http://www.nswcid.org.au/health-fact-sheets.html</a>
"I can quit!" - a smoking cessation program for people with an intellectual disability	Facilitators manual to support people with intellectual disability to decrease/stop their tobacco use	Centre for Developmental Disability Health Victoria, Monash University	<a href="https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Richmond-Center/Documents/IDDQuitManual.pdf">https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Richmond-Center/Documents/IDDQuitManual.pdf</a>
The Tackling Tobacco program	This step-by-step program aims to reduce smoking related harm amongst the most socioeconomically disadvantaged groups in NSW.	NSW Cancer Council	<a href="http://www.cancercouncil.com.au/1384/reduce-risks/smoking-reduce-risks/tackling-tobacco/tackling-tobacco-goals-and-target-groups/">http://www.cancercouncil.com.au/1384/reduce-risks/smoking-reduce-risks/tackling-tobacco/tackling-tobacco-goals-and-target-groups/</a>

# Healthy lifestyle

## WEIGHT

### Accessible resources to share with your PATIENTS WITH AN INTELLECTUAL DISABILITY:

Resource	Description	Author	Link
Weight	An accessible leaflet with words and images explaining about weight	Easyhealth.org.uk*	<a href="http://www.easyhealth.org.uk/sites/default/files/weight.pdf">http://www.easyhealth.org.uk/sites/default/files/weight.pdf</a>
Worried About Your Weight. A leaflet by Greenwich Primary Care Trust designed by Working with Words	An accessible leaflet with words and images telling people what to do if they are worried about their weight	Easyhealth.org.uk*	<a href="http://www.easyhealth.org.uk/sites/default/files/worried_about_your_weight.pdf">http://www.easyhealth.org.uk/sites/default/files/worried_about_your_weight.pdf</a>
Overweight. A leaflet by South Staffordshire and Shropshire NHS Trust	An accessible leaflet explaining what it means to be overweight and what you can do about it	Easyhealth.org.uk*	<a href="http://www.easyhealth.org.uk/sites/default/files/overweight.pdf">http://www.easyhealth.org.uk/sites/default/files/overweight.pdf</a>
Overweight. A leaflet by Easyhealth	An accessible leaflet explaining about health problems that can occur if you are overweight. Tips for losing weight are also listed.	Easyhealth.org.uk*	<a href="http://www.easyhealth.org.uk/sites/default/files/nul/Overweight.pdf">http://www.easyhealth.org.uk/sites/default/files/nul/Overweight.pdf</a>
Obesity. A leaflet by the Foundation for People with Learning Difficulties, Prodigy and Easyhealth	An accessible leaflet explaining what it means to be overweight and what you can do about it	Easyhealth.org.uk*	<a href="http://www.easyhealth.org.uk/content/obesity">http://www.easyhealth.org.uk/content/obesity</a>

\*Easyhealth.org.uk. Audio versions of these leaflets can also be accessed via the website: [http://www.easyhealth.org.uk/listing/weight-\(leaflets\)](http://www.easyhealth.org.uk/listing/weight-(leaflets))

# Healthy lifestyle

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Accessible resources to share with CARERS of patients with an intellectual disability:

Resource	Description	Author	Link
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# Healthy lifestyle

## HEALTHY EATING

### Accessible resources to share with your PATIENTS WITH AN INTELLECTUAL DISABILITY:

#### General-

Resource	Description	Author	Link
Healthy eating	An accessible fact sheet with some images that explains eating healthy	Queensland Centre for Intellectual and Developmental Disability	<a href="http://www.qcidd.com.au/images/content/ME/food/healthy_eating.pdf">http://www.qcidd.com.au/images/content/ME/food/healthy_eating.pdf</a>
Healthy eating	An accessible leaflet with words and images explaining about healthy eating	Easyhealth.org.uk*	<a href="http://www.easyhealth.org.uk/sites/default/files/Healthy%20Eating.pdf">http://www.easyhealth.org.uk/sites/default/files/Healthy%20Eating.pdf</a>
Healthy eating and being active. A leaflet by the Cheshire and Wirral Partnership NHS Foundation Trust.	An accessible leaflet with words and images explaining about healthy eating and being active	Easyhealth.org.uk*	<a href="http://www.easyhealth.org.uk/sites/default/files/Healthy%20Eating%20and%20Being%20Active.pdf">http://www.easyhealth.org.uk/sites/default/files/Healthy%20Eating%20and%20Being%20Active.pdf</a>
Get FIT webinar	Promotes the importance of physical activity and a balanced diet in people of all abilities. Discusses the importance of including wellness goals in activities of daily living, while sharing best practices that have proven to work for people of all abilities.	The family resource network	<a href="http://www.getfitnj.org/resources/webinars/">http://www.getfitnj.org/resources/webinars/</a>
Mealtime with Get FIT	A nutrition webinar to promote a balanced diet for individuals with intellectual and developmental disabilities.	The family resource network	<a href="http://youtu.be/qciqbf71v0">http://youtu.be/qciqbf71v0</a>



# Healthy lifestyle

Easy Read Healthy Eating Guide	This easy read booklet about healthy eating gives information on healthy food and planning healthy meals, as well as top tips on losing weight.	Plymouth City Council	<a href="http://webarchive.nationalarchives.gov.uk/20160704162919/http://www.improvinghealthandlives.org.uk/adjustments/?adjustment=391">http://webarchive.nationalarchives.gov.uk/20160704162919/http://www.improvinghealthandlives.org.uk/adjustments/?adjustment=391</a>
12 month challenge	The 12 month challenge is a workbook that helps people with an intellectual disability learn more about healthy eating and exercise. It also aims to encourage behaviour changes.	Derbyshire Healthcare Foundation Trust	<a href="http://webarchive.nationalarchives.gov.uk/20160704162938/http://www.improvinghealthandlives.org.uk/adjustments/?adjustment=388">http://webarchive.nationalarchives.gov.uk/20160704162938/http://www.improvinghealthandlives.org.uk/adjustments/?adjustment=388</a>

\*Easyhealth.org.uk. Audio versions of these leaflets can also be accessed via the website: [http://www.easyhealth.org.uk/listing/healthy-eating-\(leaflets\)](http://www.easyhealth.org.uk/listing/healthy-eating-(leaflets))

# Healthy lifestyle

## Accessible resources to share with CARERS of patients with an intellectual disability:

Resource	Description	Author	Link
The Australian Guide to healthy eating	Visually represents the proportions of the five food groups recommended for consumption each day	The Australian Government: Department of Health	<a href="http://www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/n55_agthe_large.pdf">http://www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/n55_agthe_large.pdf</a>
Eating well and mental health	Webpage that explains nutrition and healthy eating in plain English. Includes detailed nutritional information such as what carbohydrates, proteins and fats are, and what they are used for.	The Royal College of Psychiatrists (U.K.)	<a href="http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/eatingwellandmentalhealth.aspx">http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/eatingwellandmentalhealth.aspx</a>
Omega-3 and mood disorders	Fact sheet on omega-3, including recommendations for dietary intake	Black Dog Institute	<a href="http://www.blackdoginstitute.org.au/docs/default-source/factsheets/omega-3.pdf?sfvrsn=4">http://www.blackdoginstitute.org.au/docs/default-source/factsheets/omega-3.pdf?sfvrsn=4</a>
Need to know nutrition for children with Prader Willi Syndrome	This is a guide about managing diet for parents of children with Prader Willi Syndrome	Professor Peter SW Davies, The University of Queensland	<a href="http://media.wix.com/ugd/a71d4c_9055a2900becfe090122a066742f68.pdf">http://media.wix.com/ugd/a71d4c_9055a2900becfe090122a066742f68.pdf</a>

# Healthy lifestyle

## Healthy Drinking-

Resource	Description	Author	Link
Drink chart. A leaflet by the Community Dietitians, Bristol South and West NHS PCT	Chart that people can tick each day to record how many glasses of water they are drinking	Easyhealth.org.uk*	<a href="http://www.easyhealth.org.uk/sites/default/files/drink_chart.pdf">http://www.easyhealth.org.uk/sites/default/files/drink_chart.pdf</a>

\*Easyhealth.org.uk. Drinking. Audio versions of these leaflets can also be accessed via the website: [http://www.easyhealth.org.uk/listing/drinking-\(leaflets\)](http://www.easyhealth.org.uk/listing/drinking-(leaflets))

## Meal Planning-

Resource description	Description	Author	Link
Sample meal plans	Healthy sample meal plans for women, men and children.	Australian Government Department of Health	<a href="https://www.eatforhealth.gov.au/food-essentials/how-much-do-we-need-each-day/sample-meal-plan-women">https://www.eatforhealth.gov.au/food-essentials/how-much-do-we-need-each-day/sample-meal-plan-women</a>
A week of healthy lunches. A leaflet by Bexley and Bromley Advocacy	Sample meal plan of healthy lunches for a week. Includes images and breaks meal preparation down into simple steps. Also includes tips about: <ul style="list-style-type: none"> <li>• healthy eating</li> <li>• portion size</li> <li>• Foods to avoid</li> <li>• Healthy additions</li> </ul>	Easyhealth.org.uk*	<a href="http://www.easyhealth.org.uk/sites/default/files/a%20week%20of%20healthy%20lunches.pdf">http://www.easyhealth.org.uk/sites/default/files/a%20week%20of%20healthy%20lunches.pdf</a>
Meal Planning For Vegetarians. A leaflet by the Community Dietitians, Bristol South and West NHS PCT.	Accessible leaflet helping vegetarians with meal planning	Easyhealth.org.uk*	<a href="http://www.easyhealth.org.uk/sites/default/files/meal_planning_vegetarians.pdf">http://www.easyhealth.org.uk/sites/default/files/meal_planning_vegetarians.pdf</a>

# Healthy lifestyle

Food Diary. A leaflet by the Community Dietitians, Bristol South and West NHS PCT.	Includes food and fluid diary for the person to complete for review and intervention	Easyhealth.org.uk*	<a href="http://www.easyhealth.org.uk/sites/default/files/a_food_diary.pdf">http://www.easyhealth.org.uk/sites/default/files/a_food_diary.pdf</a>
Snack Ideas. A leaflet by the Community Dietitians, Bristol South and West NHS PCT.	Includes healthy snack ideas and images	Easyhealth.org.uk*	<a href="http://www.easyhealth.org.uk/sites/default/files/snack_ideas.pdf">http://www.easyhealth.org.uk/sites/default/files/snack_ideas.pdf</a>
Meal Ideas with Oily Fish. A leaflet by The Community Dietitians, Bristol NHS PCT	Healthy meal ideas that include fish. With images	Easyhealth.org.uk*	<a href="http://www.easyhealth.org.uk/sites/default/files/meal_ideas_with_oily_fish.pdf">http://www.easyhealth.org.uk/sites/default/files/meal_ideas_with_oily_fish.pdf</a>
Breakfast Cereals. A leaflet by The Community Dietitians, Bristol South and West NHS PCT	Leaflet of healthy breakfast ideas that are low in sugar and high in fibre	Easyhealth.org.uk*	<a href="http://www.easyhealth.org.uk/sites/default/files/breakfast_cereals_0.pdf">http://www.easyhealth.org.uk/sites/default/files/breakfast_cereals_0.pdf</a>

\*Easyhealth.org.uk. Meal planning. Audio versions of these leaflets can also be accessed via the website: [http://www.easyhealth.org.uk/listing/planning-your-meals-\(leaflets\)](http://www.easyhealth.org.uk/listing/planning-your-meals-(leaflets))

# Healthy lifestyle

## EXERCISE

### Accessible resources to share with your PATIENTS WITH AN INTELLECTUAL DISABILITY:

Resource	Description	Author	Link
Exercise Is Good For You. A leaflet by the South Staffordshire and Shropshire Healthcare Foundation Trust:	Accessible leaflet with images about exercise and how to include more exercise in your daily routine	Easyhealth.org.uk*	<a href="http://www.easyhealth.org.uk/sites/default/files/exercise_is_good_for_you.pdf">http://www.easyhealth.org.uk/sites/default/files/exercise_is_good_for_you.pdf</a>
Activities. A leaflet by Easyhealth and Mencap - Photos from the Earthbeat Theatre Company	Supports people to find activities of interest	Easyhealth.org.uk*	<a href="http://www.easyhealth.org.uk/sites/default/files/Activities.pdf">http://www.easyhealth.org.uk/sites/default/files/Activities.pdf</a>
Exercise For Health. A leaflet by the South Staffordshire and Shropshire Healthcare Foundation Trust	Provides examples of simple strengthening exercises to do with only a hair and a resistance band	Easyhealth.org.uk*	<a href="http://www.easyhealth.org.uk/sites/default/files/exercise_for_health.pdf">http://www.easyhealth.org.uk/sites/default/files/exercise_for_health.pdf</a>
Exercise	An accessible leaflet about the importance of exercise and examples of some exercises to try. Images included.	Easyhealth.org.uk*	<a href="http://www.easyhealth.org.uk/sites/default/files/exercise%20-%20unknown.pdf">http://www.easyhealth.org.uk/sites/default/files/exercise%20-%20unknown.pdf</a>
Exercise Video for People with Intellectual and Physical Disabilities.	This video was designed for intellectually disabled adults and people with limited mobility. It features exercises that improve flexibility, strength, and cardiorespiratory endurance	Ivana Exercise's channel	Part 1: <a href="http://youtu.be/zTBBVJsksal">http://youtu.be/zTBBVJsksal</a> Part 2: <a href="http://youtu.be/IQOilFnoyfc">http://youtu.be/IQOilFnoyfc</a> Part 3: <a href="http://youtu.be/HbCJEL55VZc">http://youtu.be/HbCJEL55VZc</a>

# Healthy lifestyle

Reclink Australia website

Reclink Australia is a non-profit organisation whose mission is to provide and promote sport and art programs for people experiencing disadvantage

Reclink

See more at: <http://www.reclink.org/>

Get fit webinar: Healthy transitions

Get FIT webinar promotes the importance of physical activity and a balanced diet in people of all abilities. This webinar will discuss the importance of including wellness goals in activities of daily living, while sharing best practices that have proven to work for people of all abilities

Get Fit

<http://youtu.be/rnCOImYBQYc>

\*Easyhealth.org.uk. Audio versions of these leaflets can also be accessed via the website: [http://www.easyhealth.org.uk/listing/exercise-\(leaflets\)](http://www.easyhealth.org.uk/listing/exercise-(leaflets))

# Healthy lifestyle

## Information for HEALTH PROFESSIONALS:

Resource description	Description	Author	Link
National Australian physical activity guidelines	Includes: <ul style="list-style-type: none"> <li>• Recommendations for Children 0-5 years</li> <li>• Australia's Physical Activity and Sedentary Behaviour Guidelines for Children (5-12 years), young people (13-17 years) and adults (18-64 years)</li> <li>• Choose Health: Be Active – A physical activity guide for older Australians</li> <li>• Make Your Move – Sit Less – Be active for life! - A resource for families</li> </ul>	Australian Government: Department of Health	<a href="http://www.health.gov.au/internet/main/publishing.nsf/Content/health-publth-strateg-phys-act-guidelines">www.health.gov.au/internet/main/publishing.nsf/Content/health-publth-strateg-phys-act-guidelines</a>
Guidelines for the management of absolute cardiovascular disease risk	The guidelines make recommendations for assessing and managing absolute CVD risk in adults aged over. For specific information see 45 years (35 years for Aboriginal or Torres Strait Islander peoples) who are without known CVD. For specific information on exercise see diet, weight and lifestyle recommendations.	National Vascular Disease Prevention Alliance* (NVDPA)	<a href="http://www.cvdcheck.org.au/index.php?option=com_content&amp;view=article&amp;id=47&amp;Itemid=27">http://www.cvdcheck.org.au/index.php?option=com_content&amp;view=article&amp;id=47&amp;Itemid=27</a>
Physical health and mental wellbeing evidence guide	This guide collates information on the links between physical health and mental illness, including comprehensive lifestyle	Mental health Commission of NSW	<a href="http://nswmentalhealthcommission.com.au/publications/physical-health-and-mental-wellbeing-an-evidence-guide">http://nswmentalhealthcommission.com.au/publications/physical-health-and-mental-wellbeing-an-evidence-guide</a>

# Healthy lifestyle

interventions.

Exercise and depression

This webpage explains the benefits of exercise in managing depression. Includes video and downloadable fact sheet.

Black dog institute

[http://www.blackdoginstitute.org.au/docs/default-source/factsheets/exercise\\_depression.pdf?sfvrsn=8](http://www.blackdoginstitute.org.au/docs/default-source/factsheets/exercise_depression.pdf?sfvrsn=8)

Making reasonable adjustments to obesity and weight management services for people with learning disabilities

This guide is for staff running weight management services for people with an intellectual disability. It provides background information such as common barriers to physical activity. It also contains links to helpful resources and descriptions of existing weight loss services.

Public Health England

[https://www.ndti.org.uk/uploads/files/Obesity\\_RA\\_report\\_final.pdf](https://www.ndti.org.uk/uploads/files/Obesity_RA_report_final.pdf)