

EXERCISE AND NUTRITION HEALTH EDUCATION CURRICULUM
FOR ADULTS WITH DEVELOPMENTAL DISABILITIES
3rd Edition



A Project of the

Rehabilitation Research and Training Center on Aging with Developmental Disabilities

In Collaboration with the

Center on Health Promotion for Persons with Disabilities (CHP)
UIC Midwest Roybal Center for Health Promotion and Behavior Change
The Retirement Research Foundation

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PROJECT FUNDING

United States Department of Education, Office of Special Education and Rehabilitative Services, National Institute on Disability and Rehabilitation Research, grant #H133B980046 and #H133B031134, Centers for Disease Control and Prevention's Disability and Health Branch, grant #C CRS514155, the National Institute on Aging, grant #P50 AG15890-12 and #P30 AG22849-01, and The Retirement Research Foundation.

The contents of this curriculum do not necessarily represent the policy of the U.S. Department of Education and should not be viewed as an endorsement by the Federal government.

ACKNOWLEDGMENT

We would like to acknowledge the initial work conducted by the dedicated program staff of the UIC Health Promotion Program. The exercise classes were instructed by Todd Creviston, MS, Don Smith, MS, Francis Gando, and Irene Valerio under the direction of James H. Rimmer, PhD. Sandra Gomez, MS, RD, LD taught the nutrition classes under the direction of Carol Braunschweig, PhD. Beth Marks, RN, PhD, Sarah Ailey, RN, PhD, Kelly Hsieh, PhD, Jasmina Sisirak, MPH, and Joanne Lee taught the health education classes under the direction of Tamar Heller, PhD. Additionally, Allison Brown assisted with developing and pilot testing the psychosocial assessments; and, two nursing students from the Netherlands, Karin Bruijnjs and Marleen Haveman, provided assistance in the exercise, nutrition, and health education classes.

In this edition, we added twenty-five new modules based on our teaching experiences with participants of the University of Illinois at Chicago (UIC) Community-Based Train-the-Trainer Health Promotion Program. Thirteen of the new modules were developed for agency staff to introduce core concepts related to physical activity, exercise, and nutrition to persons with intellectual and developmental disabilities (I/DD). Twelve additional modules were created as a way of initiating and encouraging lifelong learning related to health and adoption of healthy lifestyles; six of these modules were developed through a project funded by Special Olympics International (SOI). Through the SOI project, these modules were developed as a part of the *Learning Through Pictures: Nutrition and Physical Activity Education Curriculum for Adults with I/DD*.²⁵

The work of persons with disabilities and staff supporting persons with I/DD in community-based agencies has been invaluable in updating this curriculum for the 3rd edition.

SUGGESTED CITATION

Marks, B., Heller, T., & Sisirak, J. (2006). *Exercise and Nutrition Health Education Curriculum for Adults with Developmental Disabilities* (3rd Edition) Chicago: Rehabilitation Research and Training Center on Aging with Developmental Disabilities, University of Illinois at Chicago.

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